



Women's Track Record Book

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Wittenberg University Women's Indoor Track School Records

Updated May 3, 2007

Event	Record	Name	Year
50 Yards	7.2	April Hamilton	1986
55 Meters	7.30	Nikki Bailey	2007
50 Yard Hurdles	8.3	Joy Mercer	1986
55 Meter Hurdles	8.95	Beth Meyer	1987
300 Meters	43.21	Stacy Walker	1997
400 Meters	59.31	Sherri Graw	1983
500 Meters	1:21.37	Kelly Zilli	2001
600 Meters	1:39.79	Sarah Weide	2001
800 Meters	2:19.78	Sarah Weide	2001
1000 Meters	3:05.12	Sarah Weide	1999
1500 Meters	4:45.44	Wendy Johnecheck	1995
3000 Meters	10:46.0	Wendy Johnecheck	1995
5000 Meters	18:51.45	Natacha Theytaz	1998
High Jump	5-6	Sheila Simon	1983
Triple Jump	36-4 3/4	Nikki Bailey	2005
Long Jump	17-2 1/4	Kim Johnston	1992
Shot Put	42-11	Missy Novak	1997
20# Weight	42-1 1/4	Allison Walker	2007
Pole Vault	9-0 1/4	Amy Sonnanstine	2001
		Kelly Zilli	2001
		LaRissa O'Neal	2001
4x200 Relay	1:48.56	Lori Lyle, Shondraye Smith Amber Barr, Stacy Walker	1997
4x400 Relay	4:10.64	Sarah Weide, Kristen Mumper, Abi Gerstle, Kelly Zilli	2001
Distance Medley	12:22.27	Kelly Zilli, Kristen Mumper, Sarah Weide, Abi Gerstle	2001
Sprint Medley	4:30.47	Shauna Malliski, Heidi Michelfelder, Emily Hillard Sarah Weide	1999

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Wittenberg University Women's Outdoor Track School Records

<u>Event</u>	<u>Record</u>	<u>Name</u>	<u>Year</u>
100 Meters	12.41	Lori Lyle	1997
200 Meters	26.04	April Hamilton	1985
400 Meters	59.4	Sherri Graw	1982
800 Meters	2:14.94	Sarah Weide	2000
1500 Meters	4:40.78	Abi Gerstle	2001
3000 Meters	10:37.10	Wendy Johncheck	1995
3000 Meter Steeple	11:43.91	Abi Gerstle	2001
5000 Meters	18:09.00	Wendy Johncheck	1995
10,000 Meters	39:06.92	Jen Campbell	1999
100 Meter Hurdles	15.49	Beth Meyer	1988
400 Meter Hurdles	64.7	Beth Meyer	1988
Javelin	129-11	Andi Warner	2001
High Jump	5-8	Sheila Simon	1982
Long Jump	17-10 1/4	Nicole Canty	1996
Triple Jump	35-3 3/4	Nikki Bailey	2005
Shot Put	44-1	Missy Novak	1996
Discus	137-2	Missy Novak	1997
Hammer	134-11	Alison Walker	2007
Pole Vault	9-0	Amy Sonnanstine	2000
		LaRissa O'Neal	2001
		Jackie Spray	2001
Heptathlon	3,320	Emily Hillard	1999
400 Meter Relay	49.20	Shondraye Smith, Amber Barr Stacy Walker, Lori Lyle	1997
1600 Meter Relay	4:03.62	Emily Hillard, Amy Horn, Emily Brown, Stacy Walker	1998

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Wittenberg University Women's Track and Field Letterwinners

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