

Defiance College Track Top-10 List Women's Indoor (Updated 3/10/08)

55 M Dash

1	Angie Wittenmyer	7.41	2001
2	Kristin Goldstein	7.65	2008
3	Bria Gendron	7.72	2008
4	Anika McCants	7.75	2001
5	Sarah Johnson	7.89	2003
6	Azelia Goings	7.91	2001
7	Tiffany Goings	7.95	2001
8	Katie Klear	7.99	2003
9	Melissa Snyder	8.04	2002
10	Amanda Misencik	8.08	2004

55 M Hurdles

1	Roxane Kruse	9.04	1998
2	Megan Frazier	9.07	2003
3	Julie Kern	9.93	2006
4	Kristin Goldstein	10.17	2008
5	Bria Gendron	11.27	2008

200 M Dash

1	Roxane Kruse	26.57	1997
2	Angie Wittenmyer	27.39	2001
3	Tiffany Goings	28.10	2001
4	Kristin Goldstein	28.50	2008
5	Katie Klear	28.66	2003
6	Anika McCants	28.76	2001
7	Lynsey Somers	28.86	2003
8	Amanda Misencik	29.22	2006
9	Azelia Goings	29.50	2001
10	Sarah Johnson	29.54	2004

300 M Dash

1	Angela Karacson	44.97	1996
2	Roxane Kruse	45.00	1998
3	Angie Wittenmyer	45.73	2001
4	Sarah Johnson	46.17	2002
	Amanda Misencik	46.17	2006
6	Heidi Grochowalski	47.76	2001
7	Courtney Lantz	47.90	2008
8	Megan Frazier	48.10	2001
9	Amanda Zimmerman	49.57	2006
10	Angela Mester	49.88	2001

400 M Dash

1	Angela Karacson	63.59	1996
2	Lynsey Somers	63.84	2003
3	Sara Baillie	64.17	2003
4	Sarah Johnson	64.94	2002
5	Lenda Butcher	65.60	1998
6	Courtney Lantz	65.87	2008
7	Aubry Shafer	67.19	2007
8	Heidi Grochowalski	68.37	2001
9	Amanda Zimmerman	68.77	2008
10	Kelly Neff	70.56	2007

500 M Dash

1	Courtney Lantz	1:24.96	2008
2	Amanda Zimmerman	1:25.41	2007
3	Lenda Butcher	1:25.43	1997

600 M Dash

1	Courtney Lantz	1:51.33	2008
2	Amanda Zimmerman	1:51.43	2006
3	Kelly Neff	1:58.74	2008
4	Morgan Parsons	2:01.37	2008

800 M Run

1	Sara Baillie	2:28.20	2003
2	Rachel Munoz	2:30.50	2004
3	Lenda Butcher	2:31.00	1997
4	Amanda Zimmerman	2:33.43	2006
5	Maggie Maloy	2:35.80	2001
6	Melanie Lenk	2:37.90	2001
7	Beth Brigeman	2:38.10	2003
9	Courtney Lantz	2:38.41	2008
9	Kaitlin Switzer	2:38.53	2008
10	Stacy Hall	2:45.10	2004

1000 M Run

1	Kaitlin Switzer	3:18.81	2008
2	Stacy Hall	3:22.29	2006
3	Kelly Neff	3:28.52	2008
4	Sarah Stopke	3:55.61	2007

1500 M Run

1	Rachel Munoz	5:07.3	2004
2	Maggie Maloy	5:11.9	2001
3	Melanie Lenk	5:25.0	2002
4	Stacy Hall	5:27.5	2004
5	Susan Schlachter	5:50.6	1998

1 Mile Run

1	Kaitlin Switzer	5:46.16	2008
2	Stacy Hall	5:54.47	2006
3	Kelly Neff	6:13.32	2008
4	Sarah Stopke	6:47.67	2007

3000 M Run

1	Melanie Lenk	11:17.3	2004
2	Stacy Hall	11:55.0	2004
3	Susan Schlachter	12:18.4	1997

5000 M Run

1	Melanie Lenk	19:01.9	2004
2	Stacy Hall	20:06.5	2004
3	Beth Brigeman	20:36.0	2003
4	Susan Schlachter	21:55.4	1997
5	Jackie Broering	22:41.1	2001

800 M Relay

1	"A"	1:50.50	2001
2	"A"	1:51.43	2002
3	Sarah Johnson Katie Klear Amanda Misencik Lynsey Somers	1:54.72	2004
4	"A"	1:55.88	2008
5	Goldstein, Lantz Thiel, Gendron	1:57.53	2008
6	Shafer, Zimmerman, Misencik, Neff	1:57.67	2007
7	Lenda Butcher Angela Karacson Roxane Kruse Sonya Patterson	1:57.77	1997
8	Goldstein, Cole Lantz, Thiel	2:00.89	2008

1600 M Relay

1	"A"	4:20.40	2002
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2	"A"	4:25.50	2003	2	Samantha Higdon	50' 6"	2008
3	"A"	4:27.40	2004	3	Shannon Liechty	47' 8"	2003
4	"A"	4:28.50	2001	4	Amanda Tooley	45' 9 1/4"	2008
5	Butcher, Karacson, Kruse, Paterson	4:33.50	1997	5	Jessica Lipstraw	42' 11 1/2"	2008
6	Lantz, Neff Switzer, Zimmerman	4:35.35	2008	6	Meghan Gee	42' 6"	2002
7	Kruse, Karacson Butcher, Dominique	4:40.0	1998	7	Laura Derov	40' 10 1/2"	2007
8	Shafer, Neff, Stopke, Zimmerman	4:51.02	2007				

Indoor Pentathlon

1	Julie Kern	1982	2006
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Distance Medley Relay

1	Neff, Kern Lantz, Switzer	14:38.56	2008
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High Jump

1	Cassie McClendon	5' 3"	2003
2	Roxane Kruse	5' 2 1/2"	1998
3	Lynsey Somers	5' 1/4"	2004
4	Ame Myer	5' 0"	1994
5	Angela Mester	4' 11"	2002
6	Julie Kern	4' 10 1/4"	2007
7	Billie Jo Elder	4' 10"	1993
8	Jodi Gajdostik Bria Gendron	4' 9"	1994
		4' 9"	2008

Pole Vault

1	Angela Mester	9' 0 1/2"	2001
2	Alex Thiel	9' 0 1/4"	2008
3	Emily Cole	8' 6"	2008
4	Julie Kern	8' 0"	2006
5	Courtney Lantz	7' 6"	2008
6	Jessica Spears	7' 0 1/2"	2007

Long Jump

1	Roxane Kruse	18' 4"	1998
2	Angie Wittenmyer	16' 3 3/4"	2002
3	Sarah Johnson	15' 5 1/2"	2005
4	Sara Baillie	15' 3 1/4"	2003
5	Alex Thiel	14' 8 3/4"	2008
6	Kristyn Tooley	14' 7 3/5"	2006
7	Ame Meyer	14' 2 1/2"	1994
8	Azalia Goings	14' 1 3/4"	2002
9	Lynsey Somers	13' 1 1/2"	2004

Triple Jump

1	Alex Thiel	33' 4"	2008
2	Kristyn Tooley	33' 3 3/4"	2007
3	Angie Wittenmyer	33' 3 1/4"	2002
4	Lynsey Somers	32' 10 1/2"	2004
5	Emili Laughman	32' 3/4"	1998
6	Cassie McClendon	31' 9 1/2"	2003
7	Tiffany Goings	31' 1"	2001

Shot Put

1	Tami Lupton	39' 2"	1998
2	Julie Risenburg	39' 1 1/4"	2003
3	Holly Stein	38' 6 3/4"	2008
4	Laura Derov	37' 10 1/2"	2008
5	Amanda Tooley	37' 9 1/4"	2008
6	Meghan Gee	37' 6 3/4"	2002
7	Kimberly Taylor	36' 0 3/4"	2007
8	Samantha Higdon	34' 11 3/4"	2007
9	Rachel Flad	34' 11"	2008
10	Jessica Morgon	34' 9"	2003

Weight Throw

1	Julie Risenburg	52' 1/2"	2003
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