

## NORTHWOOD UNIVERSITY WOMEN'S TRACK AND FIELD OUTDOOR RECORDS

|                 |                |                                      |             |
|-----------------|----------------|--------------------------------------|-------------|
| 100m            | 12.19          | Danielle Miller                      | 2003        |
| 200m            | 24.30          | Cicilie Murdock                      | 1987        |
| 400m            | 55.44          | Cicilie Murdock                      | 1987        |
| <b>800m</b>     | <b>2:15.95</b> | <b>Hannah Stone</b>                  | <b>2010</b> |
| <b>1500m</b>    | <b>4:34.57</b> | <b>Hannah Stone</b>                  | <b>2010</b> |
| 3000m           | 9:57.01        | Kylen Cieslak                        | 2008        |
| 5000m           | 17:05.89       | Kylen Cieslak                        | 2009        |
| 10000m          | 35:36.08       | Kylen Cieslak                        | 2009        |
| 100H            | 15.52          | Molly Hurd                           | 1986        |
| <b>400H</b>     | <b>1:04.15</b> | <b>Kayti Simonson</b>                | <b>2010</b> |
| 3000m Steeple   | 11:57.63       | Syrena Rexroat                       | 2007        |
| High Jump       | 5-8 ½"         | Julane Thayer                        | 1984        |
| Long Jump       | 18-1"          | Cicilie Murdock                      | 1987        |
| Triple Jump     | 35-6.5"        | Charonne Thomasos                    | 2006        |
| <b>Shot Put</b> | <b>45-3.5"</b> | <b>Kristin Cameron</b>               | <b>2010</b> |
| <b>Hammer</b>   | <b>185-09"</b> | <b>Kristin Cameron</b>               | <b>2010</b> |
| Javelin         | 126-07"        | Sarah Glowacki                       | 2008        |
| Discus          | 130-6.75"      | Christy Kulp                         | 2009        |
| Pole Vault      | 10-0           | Charonne Thomasos                    | 2006        |
| 4x100           | 48.09          | Merritt/Carter<br>Buckaulter/Murdock | 1986        |
| 4x400           | 3:48.03        | Bettis/Buckaulter<br>Merritt/Murdock | 1986        |