



Women's Track & Field Outdoor Records

EVENT	NAME	MARK/TIME	YEAR
100m	Stephanie Dumas	12.44	2008
200m	Stephanie Dumas	25.77	2008
400m	Danielle Rose	57.71	2008
800m	Alexis Skarda	2:18.82	2010
1500m	Alexis Skarda	4:28.84	2010
3000m	Samantha Towne	11:19.74	2008
5000m	Alexis Skarda	17:22.06	2010
10000m	Esmeralda Martinez-Ramos	40:13.26	2009
100mH	Lindsay Hart	15.88	2010
400mH	Andrea Ager	1:05.69	2010
Shot Put	Michelle Clements	37-11.5	2009
Javelin	Sierra Wiggins	123.09	2010
Discus	Jacie Birt	120-01	2008
Hammer Throw	Jessica Needham	104-06	2010
Triple Jump	Cassie Butler	31-06.75	2009
Long Jump	Christina Slanger	16-03.75	2010
High Jump	Christina Slanger	4-10.25	2010
Heptathlon	Christina Slanger	3857	2010
4x100m Relay	Litsheim, Rose Deimling, Dumas	49.22	2008
4x400m Relay	Hafey, Rose Dumas, Benson	3:57.98	2008
Sprint Medley	Dumas, Deimling Thompson, Haskins	4:43.87	2008

