

# POMONA-PITZER WOMEN'S TRACK & FIELD

## TOP-TEN LIST

(revised 29 April 2008)

### 100 meters

1.	Catherine Dee	1986	12.23
2.	Kendra Brandrup	1986	12.36
3.	Gre'Juana Dennis	2002	12.61
4.	<u>Connie Cheng</u>	<u>2008</u>	<u>12.74</u>
5.	Julie Gjording	1988	12.78
6.	Debbie Lee	1989	12.78
7.	Miriam Anixter	1995	12.78
8.	Regina Juniel	1984	12.83
9.	Eliza Bonner	1987	12.87
10.	Allison Dubner	2007	12.90

### 200 meters / 220 yards

1.	Kendra Brandrup	1987	24.95
2.	Catherine Dee	1986	25.35
3.	Miriam Anixter	1995	25.83
4.	Ruth Hales	1978	25.99 y
5.	Shannon Whaley	1992	25.99
6.	Jill Kuramoto	1987	26.34
7.	Debbie Lee	1989	26.41
8.	Julie Gjording	1988	26.43
9.	Allison Dubner	2007	26.48
10.	Sybil Rouse	1984	26.60

### 400 meters / 440 yards

1.	Kendra Brandrup	1986	56.00
2.	Catherine Dee	1985	56.51
3.	Shannon Whaley	1992	57.60
4.	Ruth Hales	1978	58.3 y
5.	Eliza Bonner	1987	58.65
6.	Erin McDowell	1993	58.85
7.	Elena Brandford	2007	58.88
8.	Rebecca Sedillo	2005	59.02
9.	Lindsay Ludwick	2007	59.38
10.	Jenny Stary	1980	59.2
11.	Sybil Rouse	1984	59.46

### 800 meters / 880 yards

1.	Stephanie Shideler	1997	2:12.98
2.	Ruth Hales	1979	2:15.1 y
3.	Stefanie McDougall	2002	2:16.13
4.	Anastasia Finnegan	1999	2:16.2
5.	Andrea Shane	1989	2:17.67
6.	Kristin Fix	1993	2:18.23
7.	Marge Patterson	1984	2:18.43
8.	Laura Bishop	2000	2:18.61
9.	<u>Maddy Kieselhorst</u>	<u>2008</u>	<u>2:20.20</u>
10.	Brittany Burch	1992	2:20.68

### 1500 meters

1.	Stephanie Shideler	1997	4:30.79
2.	Anastasia Finnegan	2000	4:38.27
3.	Stefanie McDougall	2004	4:39.17
4.	Becky Beal	1985	4:39.68
5.	Laura Bishop	2001	4:41.55
6.	<u>Alicia Freese</u>	<u>2007</u>	<u>4:45.66</u>
7.	Amy Phillips	1982	4:47.86
8.	Ann Prouty	2003	4:49.05
9.	Andrea Shane	1990	4:50.9
10.	Amy Rapp	2006	4:52.06

### 3000 meters

1.	Stephanie Shideler	1997	9:58.01
2.	Laura Bishop	2001	10:00.13
3.	Anastasia Finnegan	2000	10:07.01
4.	<u>Alicia Freese</u>	<u>2008</u>	<u>10:12.68</u>
5.	Amy Phillips	1984	10:25.0
6.	Kelly Redfield	1992	10:27.97
7.	Julie Come	1997	10:40.64
8.	Katie Burco	1994	10:41.27
9.	Cassie Hartzog	1986	10:42.68
10.	Amy Rapp	2003	10:43.10

### 5000 meters

1.	<u>Alicia Freese</u>	<u>2007</u>	<u>17:27.42</u>
2.	Laura Bishop	2001	17:48.94
3.	Amy Phillips	1984	17:51.9
4.	Cassie Hartzog	1986	17:59.0
5.	Kelly Redfield	1992	18:05.7
6.	Becky Beal	1985	18:26.41
7.	Amy Rapp	2006	18:32.39
8.	Katie Burco	1994	18:41.30
9.	Judith Alderman	1992	18:49.2
10.	<u>Anna Scharfen</u>	<u>2008</u>	<u>18:49.72</u>

### 10,000 meters

1.	<u>Alicia Freese</u>	<u>2008</u>	<u>36:29.62</u>
2.	Amy Phillips	1984	37:08.1
3.	Cassie Hartzog	1984	37:27.0
4.	Kelly Redfield	1992	37:51.0
5.	Amy Rapp	2006	38:51.18
6.	Judith Alderman	1992	40:09.3
7.	<u>Kate Brieger</u>	<u>2008</u>	<u>40:45.35</u>
8.	<u>Zoë Meyers</u>	<u>2008</u>	<u>40:50.42</u>
9.	Erin Wagner	2003	41:37.32
10.	Alexandra Borst	2002	42:38.80

### 3000 meters Steeplechase

1.	Heather Callahan	2002	12:05.42
2.	Kira Donnelly	2005	12:26.6
3.	Kelsey Ferguson	2003	12:38.46
4.	Molly Unruhe	2004	13:27.27
5.	Erica Smith	2003	13:33.3
6.	Stephanie Latimer	2005	13:37.47
7.	Susan Houge	2002	13:50.05
8.	Abby Belknap	2006	14:38.94
9.	Anne Wilson	2003	15:04.50

### 100 meter Hurdles

1.	Regina Juniel	1985	14.97
2.	Natashia Harris	1998	15.04
3.	Sarah Poulter	1994	15.27
4.	Brittany Burch	1991	15.35
5.	Jenny Stary	1979	15.64
6.	Hilary Parker	2006	15.78
7.	Larissa Yocom	1999	15.89
8.	Sarah Swenson	1991	15.96
9.	Kristina Bajema	2003	16.22
10.	Joyce Kyi	1996	16.57

### 400 meter Hurdles

1.	Eliza Bonner	1987	62.81
2.	Larissa Yocom	1999	63.68
3.	Natashia Harris	1998	64.18
4.	Jenny Stary	1979	64.32
5.	Izzy Smith	2005	64.78
6.	Brittany Burch	1992	65.18
7.	Katherine Kirkman	1982	65.2
8.	Sarah Poulter	1994	65.46
9.	Regina Juniel	1984	66.75
10.	Elena Brandford	2007	67.52

### Long Jump

1.	Jenny Stary	1977	18'4
2.	Ann Patrick	1983	17'11
3.	Gre'Juana Dennis	2003	17'8 1/2
4.	Brittany Burch	1992	17'2 1/4
5.	Regina Juniel	1985	17'0
6.	Emily Dawe	1993	16'8 3/4
7.	Sybil Rouse	1984	16'8 1/2
8.	Vickie James	1978	16'7
9.	Lisa Armstrong	1985	16'6 1/2
10.	Ginger Ferguson	1986	16'3 3/4

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### Triple Jump

1.	Lisa Armstrong	1985	36' 3 1/2
2.	Emily Dawe	1996	36' 1 1/4
3.	Gre'Juana Dennis	2003	36' 1 1/4
4.	Monique Olesniewicz	1997	35' 9 1/4
5.	<u>Chelsea Muir</u>	<u>2008</u>	<u>34'10 1/2</u>
6.	Ann Patrick	1984	34' 10 1/4
7.	Larissa Yocom	1999	34' 7 3/4
8.	Abby Tammi	1996	34' 2 1/4
9.	Shelley Kunasek	1998	33' 10 3/4
10.	Nicole Dobroski	1997	33' 8 3/4

### High Jump

1.	Lisa Ellis	1984	5'7
2.	Melinda Kelly	1988	5'4
3.	Jenny Stary	1979	5'3 1/2
4.	Brittany Burch	1991	5'3 1/2
5.	Louise Gronich	1980	5'3
6.	Ginger Ferguson	1986	5'3
7.	Paula Jones	1984	5'2
8.	Tisa Read	1992	5'2
9.	Kristina Bajema	2003	5'2
10.	Jessica Gray	1996	5'1 3/4

### Pole Vault

1.	Sara Hastings	2002	10'6 1/4
2.	<u>Katie Pirnack</u>	<u>2008</u>	<u>10'0 (3.05)</u>
3.	Shannon Wolff	2004	9'0 1/4 (2.75)
4.	Jana Porter	2006	9'0 1/4 (2.75)
5.	<u>Alexandra Scharr</u>	<u>2008</u>	<u>9'0 1/4 (2.75)</u>
6.	Becky Ford	2000	9'0
7.	Valerie Love	2004	8'9 1/2
8.	<u>Clare Donahue</u>	<u>2008</u>	<u>8-8 1/4</u>
9.	Ari Schuster	2002	8'6 1/4
10.	Elaine McGlaughlin	2005	8'6 1/4

### Javelin

1.	Brenda McIntyre	1984	155'10
2.	Jenny Stary	1978	151'11
3.	Ginger Ferguson	1986	150'11
4.	Connie Negus	1984	139'4
5.	<u>Elizabeth Denison</u>	<u>2008</u>	<u>123'2</u>
6.	Carolyn Hettrich	1999	118'2
7.	<u>Ellie Chestnut</u>	<u>2008</u>	<u>116'3</u>
8.	Brittany Burch	1990	115'0
9.	Emily Dawe	1996	114'11
10.	Samantha Hauff	2001	111'6

### Shot Put

1.	Caroline Howe	1985	41'3
2.	Jenny Stary	1978	40'8
3.	Kiyomi Parish	1996	39'9 1/4
4.	Ellen Dinsenbacher	1993	38'10 1/4
5.	Kathy Finn	1992	38'2
6.	Kate Hill	2000	36'10 1/4
7.	Connie Negus	1981	36'8
8.	Donna Smith	1980	36'5
9.	Katie Beck	1996	36'0 3/4
10.	Gretchen Schroeder	1985	35'6

### Discus

1.	Ellen Dinsenbacher	1993	148'3
2.	Caroline Howe	1985	147'6
3.	Brenda McIntyre	1984	141'10
4.	Katie Beck	1996	131'3
5.	Kate Hill	2000	126'2
6.	Connie Negus	1983	124'3
7.	Kiyomi Parish	1997	122'8
8.	Karanda Bowman	2002	122'8
9.	Paige Lettington	1982	121'11 1/2
10.	Kathy Finn	1991	118'10

### Hammer

1.	Kiyomi Parish	1997	196'6
2.	Kate Hill	2000	168'8
3.	<u>Ellie Chestnut</u>	<u>2008</u>	<u>147'1</u>
4.	Raketa Ouedraogo	2003	144'5
5.	Jeaneen Chapman	2001	142'1
6.	Anna Bruett	2004	132'6
7.	Allison Bailey	2005	104'0
8.	Lynnise Phillips	1995	103'6
9.	Lydia Jones	1995	98'6
10.	<u>Marita Pickrom</u>	<u>2008</u>	<u>97'7</u>

### Heptathlon

1.	Brittany Burch	1992	4699 pts.
2.	Kristina Bajema	2003	4261 pts.
3.	Ginger Ferguson	1986	3876 pts.
4.	Jennifer Schuler	1995	3426 pts.
5.	Shelley Kunasek	1998	3271 pts.
6.	Eliza Finley	2006	3121 pts.
7.	Ardelle Hagar	1992	3032 pts.
8.	Joyce Kyi	1996	2936 pts.
9.	Monique Olesniewicz	1995	2802 pts.
10.	Sarah Rinzler	1995	2530 pts.

### 400 meter Relay / 440 yard Relay

1.	1986	48.19	Dee-Brandrup-Bonner-Kuramoto
2.	1985	48.29	Dee-Brandrup-Kuramoto-Juniel
3.	1984	49.29	Dee-Brandrup-Kuramoto-Juniel
4.	1987	49.41	Stephens-Bonner-Kuramoto-Brandrup
5.	1995	50.26	Anixter-Harris-DeCuire-Schuler
6.	2007	50.48	Cheng-Ludwick-Dubner-Brandford
7.	1992	50.49	Jackson-Whaley-DeCuire-Burch
8.	1993	50.61	Jackson-McDowell-DeCuire-Dawe
9.	1996	50.69	Brown-Harris-Dawe-Schuler
10.	1979	50.79y	Hales-James-Stary-Mullineaux

### 1600 meter Relay

1.	1986	3:48.78	Brandrup-Bonner-Kuramoto-Dee
2.	1984	3:54.68	Rouse-Brandrup-Bonner-Dee
3.	1985	3:56.74	Kuramoto-Bonner-Dee-Brandrup
4.	2007	3:58.61	Dubner-Sedillo-Branford-Ludwick
5.	1987	4:02.18	Bonner-Kelly-Kuramoto-Brandrup
6.	1995	4:04.34	DeCuire-Harris-Shideler-Schuler
7.	2006	4:05.75	Kieselhorst-Dubner-Ludwick-Sedillo
8.	1987	4:06.42	Brandrup-Kuramoto-Bonner-Munson
9.	1993	4:06.64	Hagar-DeCuire-Fix-McDowell
10.	1992	4:06.68	Hagar-Savage-Fix-Whaley

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### 100 yards

1.	Vickie James	1978	11.67
2.	Ann Kuhl	1976	12.5
3.	Eleanor Lathrop	1976	12.8

### One Mile

1.	<u>Alicia Freese</u>	<u>2008</u>	<u>5:11.40</u>
2.	Laura Bishop	2002	5:14.0
3.	Stefanie McDougall	2002	5:19.5
4.	Kirsten Rasmussen	2007	5:27.99
5.	Amy Rapp	2006	5:30.42
6.	<u>Claire Ryan</u>	<u>2008</u>	<u>5:32.54</u>
7.	Lily Desmond	2002	5:34.01
8.	Susie Roley	2002	5:35.0
9.	Karen Fine	1976	5:35.4
10.	Heather Callahan	2002	5:42.00

### Two Mile

1.	Karen Fine	1976	12:20.5
2.	Catherine Laun	1978	12:21.9
3.	Darci Ray	1978	12:36.9
4.	Susan Krohn	1979	13:23.4
5.	Caroline Deuerling	1978	13:46.0
6.	Gloria Grigsby	1979	14:34.9

### Three Mile

1.	Karen Fine	1976	19:19.0
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### 4x1600 meter Relay

1.	1993	23:22.3	K. Burco-Portillo-Patton-J. Burco
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### Two-Mile Relay / 4 x 800 Relay

1.	1983	9:54.3	Phillips-Beal-Patterson-N. Smith
2.	1993	9:54.7	McDowell-Fix-Hagar-J. Burco
3.	1982	9:58.1	Phillips-Beal-Paterson-N. Smith
4.	1978	10:26.6	- - Hales-Stary
5.	1979	10:26.6	- - Hales-Stary
6.	1994	10:26.81	J. Burco-Drabkin-Deterville-K. Burco
7.	1981	10:34.2	
8.	1986	10:48.1	Peterson-Hartzog-Richardson-King
9.	1988	10:55.4	Peterson-Jolma-Montgomery-Hayes
10.	1986	11:04.0	King-Poer-Kerman-Stewart

### Distance Medley Relay

1.	<u>2008</u>	<u>12:38.79</u>	<u>Scharfen-Haag-Kieselhorst-Freese</u>
2.	2000	12:46.02	Clemons-Throolin-Bishop-Finnegan
3.	2007	12:50.81	Rasmussen-Ludwick-Brandford-Freese
4.	2006	12:58.80	Rasmussen-Kieselhorst-Ring-Rapp
5.	1998	13:10.26	Aguilera-Schuler-Kretzmann-Finnegan
6.	2003	13:25.08	Prouty-Bajema-McDougall-Bishop
7.	2004	13:32.00	McDougall-Ring-Rapp-Strzelecka
8.	1999	13:38.76	Ormond-Throolin-Clemons-Kettner
9.	2000	13:41.04	Smith-Rebert-Brown-Ferguson
10.	1994	13:42.34	Sullivan-Deterville-K. Burco-J. Burco

### 880 yards Relay / 4 x 200 meter Relay

1.	1986	1:47.0	Brandrup-Janavs-Kuramoto-Dee
2.	2007	1:48.86	Sedillo-Ludwick-Dubner-Brandford
3.	2006	1:49.68	Sedillo-Dubner-Kieselhorst-Ludwick

### Sprint Medley Relay

1.	1986	1:50.00	Bonner-Kuramoto-Brandrup-Dee
2.	1980	1:54.3	
3.	1978	1:54.6	
4.	1979	1:56.0	
5.	1995	1:59.23	Anixter-Dobroski-Chang-Harris
6.	1976	2:02.4	y
7.	1994	2:01.45	Anixter-Dawe-Olesniewicz-Froehlich
8.	1991	2:01.86	Jackson-Swanberg-Swenson-Corbett
9.	1994	2:03.6	Anixter-Dawe-McDowell-Poulter
10.			