

PENGUINS

Horizon Titles (9): 2009 Women's Outdoor, 2008 Women's Outdoor, 2008 Women's Indoor, 2006 Women's Outdoor, 2005 Women's Outdoor, 2005 Women's Indoor, 2004 Women's Outdoor, 2004 Women's Indoor, 2003 Men's Indoor

Mid-Con Titles (8): 1997 Women's XC, 1997 Women's Outdoor, 1997 Men's Outdoor, 1997 Men's Indoor, 1996 Women's Indoor, 1996 Men's XC, 1995 Men's XC, 1994 Men's XC

ALISHA ANTHONY

60m _____ 7.82 _____ 2/28/09
200m _____ 25.63 _____ 3/2/08
Long Jump _____ 5.84m (19-2) _____ 2/2/08
Triple Jump _____ 12.02m (39-5 1/4) _____ 1/23/09

KATIE BETTS

55m _____ 7.34 _____ 1/19/06
60m _____ 7.77 _____ 2/26/06
200m _____ 24.75 _____ 2/18/06

LAUREN BLASE

Mile _____ 5:10.45 _____ 2/28/09
3,000m _____ 10:07.87 _____ 2/28/09
5,000m _____ 17:47.00 _____ 2/28/09

AMANDA CARPIN

Pole Vault _____ 3.10m (10-2) _____ 2/28/09

AMANDA COX

Shot Put _____ 12.02m (39-5 1/4) _____ 2/28/09

DANIELLE CURRY

Shot Put _____ 13.75m (45-1 1/2) _____ 2/28/09
Weight Throw _____ 17.18m (56-4 1/2) _____ 2/28/09

EMILY DUMITRU

55m _____ 7.72 _____ 2/15/08
55H _____ 8.67 _____ 2/15/08
60m _____ 8.26 _____ 2/6/09
60H _____ 9.09 _____ 3/2/08
200m _____ 27.77 _____ 2/8/08

DARCELLE FORMBY

55m _____ 7.35 _____ 1/19/06
60m _____ 7.87 _____ 12/8/07
200m _____ 25.80 _____ 2/11/06
400m _____ 1:04.11 _____ 1/30/09
Long Jump _____ 5.51m (18-1) _____ 1/19/06

DAWN GOODWIN

Mile _____ 6:04.15 _____ 2/23/08
3,000m _____ 11:58.33 _____ 3/2/08
5,000m _____ 19:33.62 _____ 3/2/08

JEN GRAYSON

55H _____ 8.40 _____ 2/18/06
60H _____ 9.01 _____ 2/26/06
800m _____ 2:27.11 _____ 2/26/06
High Jump _____ 1.70m (5-7) _____ 2/26/06
Long Jump _____ 4.86m (15-11 1/2) _____ 2/26/06
Pentathlon _____ 3,392 points _____ 2/26/06

KAITLYN GRIFFITH

Shot Put _____ 12.97m (42-6 3/4) _____ 1/30/09
Weight Throw _____ 14.79m (48-6 1/4) _____ 2/25/07

ALEXIS HALL

Shot Put _____ 11.40m (37-5) _____ 2/6/09
Weight Throw _____ 17.04m (55-11) _____ 2/21/09

LYNDSIE HALL

Weight Throw _____ 12.60m (41-4 1/4) _____ 3/2/08

STEPHANIE JARVIS

Pole Vault _____ 3.40m (11-1 3/4) _____ 2/21/09

YANDEH JOH

55H _____ 8.32 _____ 2/15/08
60H _____ 8.92 _____ 1/13/07
200m _____ 25.78 _____ 2/18/06
400m _____ 57.76 _____ 2/26/06
800m _____ 2:24.66 _____ 2/26/06
High Jump _____ 1.61m (5-3 1/2) _____ 2/25/07
Long Jump _____ 5.53m (18-1 3/4) _____ 1/28/05
Shot Put _____ 10.30m (33-9 1/2) _____ 1/13/07
Pentathlon _____ 3,436 points _____ 2/26/06

LAURA KOSIOREK

60m _____ 9.31 _____ 1/23/09
60m H _____ 9.02 _____ 2/6/09
Long Jump _____ 4.80m (15-9) _____ 12/5/08
Triple Jump _____ 11.29m (37-0 1/2) _____ 12/5/08

KARI KREUTZFELD

55m _____ 7.53 _____ 2/15/08
60m _____ 7.96 _____ 2/6/09
200m _____ 25.70 _____ 12/8/07
400m _____ 57.89 _____ 3/2/08
800m _____ 2:25.71 _____ 2/4/06
Long Jump _____ 4.73m (15-6 1/4) _____ 1/27/06

KAICEE KUBICINA

Shot Put _____ 11.52m (37-9 1/2) _____ 1/23/09
Weight Throw _____ 11.79m (38-8 1/4) _____ 1/17/09

ERYN LANGENKAMP

60m _____ 9.55 _____ 1/23/09
800m _____ 2:53.66 _____ 12/5/08
60m H _____ 9.35 _____ 12/5/08
High Jump _____ 1.50m (4-11) _____ 1/23/09
Long Jump _____ 5.10m (16-8 3/4) _____ 2/28/09
Shot Put _____ 8.84m (29-0) _____ 12/5/08
Pentathlon _____ 2,843 points _____ 2/14/09

LISA LEE

800m _____ 2:17.49 _____ 3/2/08
1,000m _____ 3:10.56 _____ 2/15/08
Mile _____ 5:23.58 _____ 1/18/08
3,000m _____ 11:13.30 _____ 1/17/09
5,000m _____ 20:04.53 _____ 12/8/07

LEAH LOVE

Shot Put _____ 12.13m (39-9 3/4) _____ 2/6/09

MADELYN MCGHEE

800m _____ 2:37.57 _____ 2/4/06
1,000m _____ 3:19.52 _____ 2/15/08
Mile _____ 5:40.54 _____ 2/23/08
3,000m _____ 11:24.41 _____ 3/2/08
5,000m _____ 20:13.84 _____ 3/2/08

AMY MOORE

800m _____ 2:24.86 _____ 2/21/09
1,000m _____ 3:12.34 _____ 2/26/06
Mile _____ 5:31.24 _____ 2/14/09

MARISSA OPPER

Shot Put _____ 10.15m (33-3 3/4) _____ 1/18/08
Weight Throw _____ 15.22m (49-11 1/4) _____ 2/21/09

ROBYN RAY

60H _____ 9.81 _____ 2/25/07
800m _____ 2:41.92 _____ 2/28/09
High Jump _____ 1.63m (5-4 1/4) _____ 2/28/09
Long Jump _____ 4.97m (16-3 3/4) _____ 2/28/09
Triple Jump _____ 11.16m (36-7 1/2) _____ 2/10/07
Shot Put _____ 9.14m (30-0) _____ 2/28/09
Pentathlon _____ 3,076 points _____ 2/28/09

JENNIFER ROMAN

200m _____ 27.33 _____ 2/3/07
400m _____ 1:00.01 _____ 2/3/07
800m _____ 2:15.64 _____ 3/2/08
1,000m _____ 3:12.47 _____ 2/15/08

BREANNE ROMEO

60m _____ 8.02 _____ 1/11/08
200m _____ 25.50 _____ 2/23/08
400m _____ 56.06 _____ 12/8/07

NICOLE RYMER

60m _____ 8.54 _____ 12/5/08
60m H _____ 9.15 _____ 2/6/09

JOCELYN STEINER

Mile _____ 5:45.42 _____ 2/21/09
3,000m _____ 11:45.19 _____ 2/14/09
5,000m _____ 21:16.95 _____ 12/5/08

KATY WELLS

55m _____ 7.65 _____ 2/15/08
55H _____ 8.55 _____ 2/15/08
60m _____ 8.26 _____ 2/6/09
60H _____ 8.95 _____ 3/2/08
200m _____ 27.14 _____ 1/19/06

KAYLA WITMER

Mile _____ 5:30.39 _____ 2/23/08
3,000m _____ 10:36.59 _____ 2/28/09
5,000m _____ 18:04.09 _____ 2/6/09

KELCIE WITMER

800m _____ 2:38.56 _____ 1/11/08
Mile _____ 5:51.30 _____ 1/11/08
5,000m _____ 20:35.09 _____ 12/8/07

EMILY WOLLET

200m _____ 26.24 _____ 3/2/08
400m _____ 57.81 _____ 3/2/08
800m _____ 2:28.89 _____ 1/11/08

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PENGUINS

Mid-Con Titles (8): 1997 Women's XC, 1997 Women's Outdoor, 1997 Men's Outdoor, 1997 Men's Indoor, 1996 Women's Indoor, 1996 Men's XC, 1995 Men's XC, 1994 Men's XC

ALISHA ANTHONY

100m _____ 12.37 _____ 5/9/08
200m _____ 25.27 _____ 5/1/09
Long Jump _____ 5.77m (18-11 1/4) _____ 5/9/08
Triple Jump _____ 12.28m (39-4) _____ 5/1/09

KATIE BETTS

100m _____ 12.01 _____ 4/12/08
200m _____ 24.40 _____ 5/12/06
400m _____ 1:01.27 _____ 4/7/07

LAUREN BLASE

1,500m _____ 4:46.25 _____ 4/18/09
5,000m _____ 17:01.71 _____ 4/23/09
10,000m _____ 36:39.63 _____ 5/1/09

AMANDA CARPIN

Pole Vault _____ 3.10m (10-2) _____ 4/10/09

AMANDA COX

Shot Put _____ 11.86m (38-11) _____ 5/6/06
Hammer _____ 25.76m (84-6 1/4) _____ 4/29/06

DANIELLE CURRY

Shot Put _____ 14.22m (46-7 3/4) _____ 5/9/09
Discus _____ 43.78m (143-7 1/2) _____ 4/11/09
Hammer _____ 48.61m (159-5 3/4) _____ 5/1/09

EMILY DUMITRU

100m Hurdles _____ 15.32 _____ 4/19/08
400m Hurdles _____ 1:06.31 _____ 5/9/08

DARCELLE FORMBY

100m _____ 12.24 _____ 5/11/07
200m _____ 24.41 _____ 5/5/07
400m _____ 1:00.10 _____ 4/7/07
Long Jump _____ 5.00m (16-5) _____ 5/9/08

DAWN GOODWIN

3,000m _____ 11:56.13 _____ 4/14/07
5,000m _____ 20:15.09 _____ 5/9/08
Steeplechase _____ 12:30.62 _____ 5/9/08

JEN GRAYSON

100H _____ 15.17# _____ 5/12/06
200m _____ 26.57# _____ 5/12/06
400H _____ 1:11.20 _____ 3/25/06
High Jump _____ 1.67m (5-5 3/4) _____ 5/12/06
Long Jump _____ 4.68m (15-4 1/4) _____ 4/22/06
Shot Put _____ 8.60m (28-2 3/4)# _____ 5/12/06
Javelin _____ 16.21m (53-2) _____ 4/15/06
Heptathlon _____ 4,195 points _____ 5/12/06

KAITLYN GRIFFITH

Shot Put _____ 13.29m (43-7 1/4) _____ 5/1/09
Hammer _____ 49.13m (161-2 1/4) _____ 5/9/09
Javelin _____ 30.52m (100-1 1/2) _____ 5/1/09

ALEXIS HALL

Discus _____ 38.97m (127-10) _____ 4/14/07
Hammer _____ 48.94m (160-7) _____ 5/9/08

LYNDSIE HALL

Hammer _____ 31.87m (104-7) _____ 4/12/08
Javelin _____ 32.02m (105-0 3/4) _____ 5/1/09

STEPHANIE JARVIS

100m _____ 14.58 _____ 3/25/06
Pole Vault _____ 3.40m (11-1 3/4) _____ 5/9/08
Discus _____ 34.46m (113-0 3/4) _____ 4/29/06

YANDEH JOH

100m Hurdles _____ 14.57 _____ 4/11/09
200m _____ 26.26 _____ 5/1/09
400m _____ 58.46 _____ 3/26/05
400m Hurdles _____ 1:02.47 _____ 4/22/06
Long Jump _____ 5.73m (18-9 3/4) _____ 5/12/06
High Jump _____ 1.55m (5-1) _____ 5/9/08
Heptathlon _____ 4,467 points _____ 5/1/09

KARI KREUTZFELD

100m _____ 12.50 _____ 5/9/09
200m _____ 24.65 _____ 5/5/07
400m _____ 55.78 _____ 5/1/09
800m _____ 2:31.11 _____ 4/8/06

KAICEE KUBICINA

Shot Put _____ 12.01m (39-4 3/4) _____ 5/1/09
Discus _____ 41.73m (136-11) _____ 5/1/09
Hammer _____ 37.02m (121-5 1/2) _____ 5/1/09

ERYN LANGENKAMP

100m Hurdles _____ 15.02 _____ 4/11/09
High Jump _____ 1.49m (4-10 3/4) _____ 5/1/09
Long Jump _____ 5.31m (17-5) _____ 5/1/09
Pole Vault _____ 2.89m (9-5 3/4) _____ 5/1/09

LISA LEE

800m _____ 2:20.67 _____ 5/9/08
1,500m _____ 5:08.88 _____ 4/18/09

LEAH LOVE

Shot Put _____ 12.52m (41-1) _____ 5/1/09
Discus _____ 29.96m (98-3 1/2) _____ 5/1/09

MADELYN MCGHEE

400m _____ 1:07.16 _____ 4/22/06
800m _____ 2:38.25 _____ 4/29/06
1,500m _____ 5:08.61 _____ 4/26/08
3,000m _____ 11:36.62 _____ 5/5/07
5,000m _____ 19:44.48 _____ 4/28/07
10,000m _____ 43:06.41 _____ 4/7/07

AMY MOORE

400m _____ 1:06.38 _____ 4/22/06
800m _____ 2:28.65 _____ 5/1/09
1,500m _____ 5:12.38 _____ 4/18/09
3,000m _____ 12:21.75 _____ 4/15/06
5,000m _____ 22:53.92 _____ 4/19/08
10,000m _____ 42:28.09 _____ 5/1/09
Steeplechase _____ 13:23.94 _____ 4/29/06

MARISSA OPPER

Discus _____ 40.66m (133-5) _____ 5/2/08
Hammer _____ 46.28m (151-10) _____ 5/9/08

ROBYN RAY

100m Hurdles _____ 16.76 _____ 5/1/09
200m _____ 29.44 _____ 5/1/09
400m _____ 1:06.46 _____ 4/7/07
High Jump _____ 1.59m (5-2 1/2) _____ 5/1/09
Long Jump _____ 5.13m (16-10) _____ 5/1/09
Triple Jump _____ 11.34m (37-2 1/2) _____ 5/1/09
Heptathlon _____ 3,693 points _____ 5/1/09

JENNIFER ROMAN

200m _____ 26.22 _____ 5/5/07
400m _____ 55.63 _____ 4/26/08
800m _____ 2:14.73 _____ 5/9/08
1,500m _____ 5:05.38 _____ 3/28/09

BREANNE ROMEO

100m _____ 12.69 _____ 3/28/09
200m _____ 25.22 _____ 5/9/09
400m _____ 54.97 _____ 5/1/09

NICOLE RYMER

100m _____ 13.52 _____ 4/11/09
100m Hurdles _____ 15.00 _____ 4/11/09

JOCELYN STEINER

5,000m _____ 21:08.26 _____ 3/28/09
Steeplechase _____ 12:48.90 _____ 4/18/09

KATY WELLS

100m _____ 13.21 _____ 4/11/09
100m Hurdles _____ 14.81 _____ 4/19/08

KAYLA WITMER

3,000m _____ 11:46.72 _____ 4/12/08
5,000m _____ 18:21.14 _____ 5/1/09
10,000m _____ 36:49.15 _____ 5/1/09

KELCIE WITMER

Steeplechase _____ 13:15.28 _____ 5/9/08
Javelin _____ 29.50m (96-9 1/2) _____ 5/1/09

EMILY WOLLET

200m _____ 25.07 _____ 5/9/09
400m _____ 55.60 _____ 5/1/09