

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

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

100-METER DASH

1. Jasmine Reynolds	11.44	5/7/00
2. Danielle Bolt	11.82	5/12/06
Mona Jackson	11.82	1994
4. Katie Betts	12.01	4/12/08
5. Jeanna Cunningham	12.08	4/30/05
6. Aaliyah Gillespie	12.15	5/13/05
7. Darcelle Formby	12.24	5/11/07
8. Ashley Oliver	12.27	5/12/06
9. Alisha Anthony	12.37	5/9/08
10. Jen Rizer	12.48	4/29/00

200-METER DASH

1. Jasmine Reynolds	23.47	5/7/00
2. Jeanna Cunningham	24.19	4/29/06
3. Mona Jackson	24.20	5/14/94
4. Katie Betts	24.40	5/12/06
5. Darcelle Formby	24.41	5/5/07
6. Danielle Bolt	24.61	5/12/06
7. Kari Kreutzfeld	24.65	5/5/07
8. Suzanne Thompson	25.00	5/1/99
9. Emily Wollet	25.07	5/9/09
10. Jen Rizer	25.18	5/1/99

400-METER DASH

1. Jeanna Cunningham	54.64	4/29/06
2. Breanne Romeo	54.97	5/3/09
3. Emily Wollet	55.60	5/3/09
4. Kari Kreutzfeld	55.78	5/3/09
5. Janae Stephens	55.91	5/13/00
6. Marcella Scaife	56.09	5/1/99
7. Mona Jackson	56.35	5/20/94
8. Leslie Johnson	56.89	4/24/04
9. Jen Rizer	57.24	5/3/98
10. Jennifer Roman	57.91	5/5/07

800-METER DASH

1. Lindsay Frontz	2:13.98	5/9/02
2. Jennifer Roman	2:14.73	5/9/08
3. Jen Moore	2:16.24	
4. Marielle Glanz	2:16.60	5/13/05
5. Shantel Jackson	2:18.10	5/5/07
6. Janae Stephens	2:18.43	5/7/00
7. Racheal Albert	2:19.36	5/9/02
8. Lisa Clegg	2:19.50	1994
9. Lisa Spalding	2:20.35	5/13/95
10. Lisa Lee	2:20.67	5/9/08

1,500-METER RUN

1. Emily Schnitkey	4:37.81	5/7/04
2. Anna Ralston	4:45.83	5/14/96
3. Annabelle Hunt	4:45.91	4/24/99
4. Lauren Blase	4:46.25	4/18/09
5. Jen Moore	4:47.74	4/28/01
6. Chrysta Gearhart	4:48.74	5/13/95
7. Andrea Snyder	4:49.66	5/5/01
8. Adeen Cahal	4:50.97	3/25/00
9. Lindsay Frontz	4:51.00	4/13/02
10. Laura Thomas	4:51.26	5/11/97

3,000-METER RUN

1. Laura Thomas	10:01.55	4/10/99
2. Lauren Blase	10:08.69	4/11/09
3. Andrea Cohol	10:18.05	5/13/00
4. Amy Vernace	10:22.88	5/11/97
5. Anna Ralston	10:25.67	5/14/96
6. Chrysta Georhart	10:40.05	5/14/96
7. Becky Rudzik	10:42.82	
8. Anne Uhrin	10:44.24	5/3/98
9. Becky Riggie	10:49.23	5/11/97
10. Kim Jendre	10:51.73	4/24/04

5,000-METER RUN

1. Lauren Blase	17:01.71	4/25/09
2. Emily Schnitkey	17:13.15	5/13/05
3. Andrea Cohol	17:39.00	3/18/00
4. Lisa Davies	17:48.55	4/10/04
5. Laura Thomas	17:51.84	5/1/99
6. Anna Ralston	18:07.70	5/14/96

7. Kim Rosenberger	18:13.35	5/13/95
8. Becky Riggie	18:19.85	5/11/97
9. Kayla Witmer	18:21.14	5/3/09
10. Lindsay Wojciak	18:23.08	5/7/04

10,000-METER RUN

1. Laura Thomas	35:29.01	4/24/99
2. Andrea Cohol	36:34.61	4/29/00
3. Lisa Davies	36:38.23	3/26/04
4. Lauren Blase	36:39.63	5/3/09
5. Kayla Witmer	36:49.15	5/3/09
6. Emily Schnitkey	37:14.51	5/9/02
7. Becky Riggie	37:39.85	3/27/99
8. Kim Rosenberger	37:49.07	5/13/95
9. Lori Ruggles	38:39.09	3/27/99
10. Andrea Bardy	39:22.32	4/28/01

3,000-METER STEEPLECHASE

1. Emily Schnitkey	10:44.75	4/28/05
2. Lindsay Wojciak	11:29.78	5/7/04
3. Andrea Snyder	11:43.14	4/21/01
4. Andrea Bardy	11:50.80	4/27/02
5. Dawn Goodwin	12:30.62	5/9/08
6. Jocelyn Steiner	12:48.90	4/25/09
7. Courtney Houck	12:57.43	4/21/01
8. Kelcie Witmer	13:15.28	5/9/08
9. Amy Moore	13:23.94	4/29/06

100-METER HURDLES

1. Aaliyah Gillespie	13.88	5/13/05
2. Satara Freeman	14.23	4/22/06
3. Kelly Leonard	14.39	5/9/02
4. Yandeh Joh	14.57	4/11/09
5. Kenitha Smith	14.66	5/14/96
6. Katy Well	14.81	4/19/08
7. Nicole Rymer	15.00	4/11/09
8. Eryn Langenkamp	15.02	4/11/09
9. Jen Grayson	15.17	5/12/06
10. Emily Dumitru	15.32	4/19/08

400-METER HURDLES

1. Yandeh Joh	1:02.47	4/22/06
2. Michelle Fletcher	1:02.90	1994
3. Satara Freeman	1:02.92	4/29/06
4. Kelly Leonard	1:04.21	5/9/02
5. Kenitha Smith	1:05.92	5/14/96
6. Emily Dumitru	1:06.31	5/9/08
7. Alex Casi	1:06.57	5/7/04
8. Brittny Humphrey	1:06.66	4/30/05
9. Aaliyah Gillespie	1:06.88	3/26/05
10. Cassandra Smith	1:07.96	5/7/04

LONG JUMP

1. Alisha Anthony	5.77m (18-11 1/4)	5/9/08
2. Yandeh Joh	5.73m (18-9 3/4)	5/12/06
3. Carly Youlton	5.65m (18-6 1/2)	5/13/05
4. Marcella Scaife	5.64m (18-6)	4/24/99
5. Lissette Alamo	5.56m (18-3)	5/9/02
6. Vickie Robinson	5.48m (17-11 3/4)	5/11/97
7. Alex Casi	5.34m (17-6 1/4)	5/7/04
8. Suzanne Thompson	5.32m (17-5 1/2)	5/1/99
9. Eryn Langenkamp	5.31m (17-5)	5/3/09
10. Marcy Reinbolt	5.25m (17-2 3/4)	4/1/00

TRIPLE JUMP

1. Alisha Anthony	12.28m (40-3 1/2)	5/3/09
2. Carly Youlton	11.73m (38-5 3/4)	5/13/05
3. Lissette Alamo	11.41m (37-5 1/4)	5/9/02
4. Robyn Ray	11.34m (37-2 1/2)	5/3/09
5. Miranda Fellows	11.11m (36-5 1/2)	5/14/96
6. Marcella Scaife	11.10m (36-5)	5/1/99
7. Nikki Hooper	10.90m (35-9 1/4)	3/27/04
8. Laura Schatz	10.75m (35-3 1/4)	4/28/01
9. Amanda Eichner	9.91m (32-6 1/4)	5/13/95
10. Amy Wilson	9.58m (31-5 1/4)	5/13/00

HIGH JUMP

1. Jen Grayson	1.67m (5-5 3/4)	5/12/06
Laura Schatz	1.67m (5-5 3/4)	4/7/01

3. Amanda Eichner	1.63m (5-4 1/4)	5/14/96
4. Shannon Devlin	1.62m (5-4)	1995
5. Courtney Collins	1.60m (5-3)	5/13/95
Chrystina Sawyer	1.60m (5-3)	5/7/00
Jessica Wran	1.60m (5-3)	4/8/00
8. Robyn Ray	1.59m (5-2 1/2)	5/3/09
9. Yandeh Joh	1.55m (5-1)	5/9/08
10. Kim Hensel	1.53m (5-0 1/4)	3/25/00
Larissa Papach	1.53m (5-0 1/4)	4/10/04

POLE VAULT

1. Stephanie Jarvis	3.40m (11-1 3/4)	5/9/08
2. Amanda Carpin	3.10m (10-2)	4/11/09
3. Darla Wilson	2.95m (9-8)	5/9/08
5. Kristin Hill	2.90m (9-6 1/2)	4/28/07
5. Eryn Langenkamp	2.89m (9-0 1/4)	5/3/09
6. Melissa Zimmerman	2.59m (8-6)	4/1/00
7. Jen Beach	2.44m (8-0)	4/20/00
8. Laura Schatz	2.13m (7-0)	5/9/02
9. Lori Griffin	2.04m (6-8 1/2)	4/27/02

DISCUS

1. Mary Domitrovich	47.04m (154-4)	5/13/00
2. Elizabeth Gilliam	46.43m (152-4)	5/14/96
3. Katy Williams	44.81m (147-0)	4/14/04
4. Beth Hochstetler	44.53 (146-1)	5/9/02
5. Danielle Curry	43.78m (143-7 1/2)	4/11/09
6. Delores Gaines	43.76m (143-7)	5/7/00
7. Amy Hill	43.34 (142-2)	5/11/07
8. Marian Steele	42.54m (139-7)	5/9/03
9. Bethany Anderson	42.51m (139-6)	5/9/08
10. Stephanie Traffis	42.19m (138-5)	5/13/95

HAMMER

1. Bethany Anderson	58.04m (190-5)	4/5/08
2. Alexis Hall	51.79m (169-11)	4/25/09
3. Kaitlyn Griffith	49.13m (161-2 1/4)	5/8/09
4. Lindsay Cobey	49.03m (160-10)	4/21/07
5. Amy Hill	48.87m (160-4)	4/14/07
6. Danielle Curry	48.61m (159-5 3/4)	5/3/09
Katy Williams	47.15m (154-8 1/4)	4/29/06
8. Danielle Sexton	46.41m (152-3)	5/9/03
9. Marissa Oppen	46.28m (151-10)	5/9/08
10. Delores Gaines	45.90m (150-7)	4/6/02

JAVELIN

1. Karen McReady	45.19m (148-3)	5/12/01
2. Lindsey Hill	36.27m (119-0)	5/6/06
3. Laura Widdowson	35.38m (116-1)	3/30/90
4. Laura Schatz	34.36m (112-8 3/4)	5/13/05
5. Amy Hill	34.31m (112-6 3/4)	5/13/05
6. Mary Domitrovich	33.43m (109-8)	4/26/97
7. Christina Campana	33.15m (108-9)	4/6/02
8. Estee Rogers	33.07m (108-6)	5/13/05
9. Delores Gaines	32.87m (107-10)	4/15/00
10. Lyndsie Hall	32.02m (105-0 3/4)	5/3/09

SHOT PUT

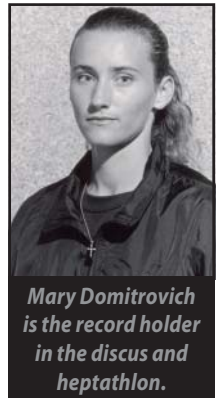
1. Danielle Curry	14.22m (46-7 3/4)	5/9/09
2. Bethany Anderson	14.11m (46-3 1/2)	5/13/05
3. Lori Sickle	13.70m (44-11 1/2)	1991
4. Delores Gaines	13.36m (43-10)	5/9/03
5. Meressa Cornwell	13.31m (43-8)	5/11/97
6. Kaitlyn Griffith	13.29(43-7 1/4)m	5/3/09
7. Lindsey Hill	13.13m (43-1)	4/15/06
8. Amy Hill	13.08m (42-11)	4/15/06
Suzi Behm	13.08m (42-11)	5/13/95
10. Courtney Proctor	12.72m (41-8 3/4)	4/29/00

HEPTATHLON

1. Yandeh Joh	4,467	5/3/09
2. Mary Domitrovich	4,200	5/13/00
3. Jen Grayson	4,195	5/12/06
4. Marcy Reinbolt	3,777	5/13/00
5. Kacy Boros	3,757	5/14/96
6. Robyn Ray	3,693	5/3/09
7. Estee Rogers	3,529	5/13/05
8. Cassandra Smith	3,386	4/26/05
9. Kim Hensel	3,158	5/13/00



Emily Schnitkey owns the 5,000m and steeplechase records.



Mary Domitrovich is the record holder in the discus and heptathlon.



Laura Thomas holds records in the 3,000m and 10,000m.