

WOMEN'S OUTDOOR INDIVIDUAL RECORD - UPDATED THROUGH 2003 SEASON:

100-Meter Dash:

Bitxy Sorenson (1979)..... 12.34

200-Meter Dash:

Amber Bohman (1999) 28.36

400-Meter Dash:

Sue Johnson (1987)..... 57.84

800-Meter Run:

Kathy Schultz (1979) 2:16.27

1,500-Meter Run:

Jayne Dusich (1991) 4:46.80

3,000-Meter Run:

Jayne Dusich (1990) 10:31.90

5,000-Meter Run:

Martha Miltich (2003) 18:55.95

10,000-Meter Run:

Martha Miltich (2003) 38:45.00

100-Meter Hurdles:

Melanie Hoheisel (2003)..... 14.85

400-Meter Hurdles:

Karen Larson (1985) 1:04.38

3,000-Meter Steeplechase:

Josie Muzquiz (2003) 12:27.00

Long Jump:

Cristy Reisberg (1994)..... 19'6 1/4"

High Jump:

Cristy Reisberg (1994)..... 5'8 1/2"

4 x 100 Relay:

Hollatz, Risberg (1996)

Nendick, Bohman 49.27

4 x 200 Relay:

Beaver, Berzins (1987)

Johnson, Spect..... 1:51.64

4 x 400 Relay:

Bozich, Gerberg (1985)

Larson, Martin..... 4:03.74

4x 800 Relay:

Ritchie, M. Nelson, (1989)

C. Nelson, Skahen..... 9:51.34

Pole Vault:

Molly Reque (2000)..... 10'8"

Triple Jump:

Cristy Risberg (1995)..... 35'6 1/2"

Shot Put:

Liz Mulvihill (1987) 45' 7"

Discus:

Lori Leibhan (1993)..... 142'11 3/4"

Javelin:

Liz Mulvihill (1987) 157'

Hammer:

Sara Olson (2003)..... 117'4"

Heptathlon:

Caesare Stimson (2003) 4,533 points

MEN'S OUTDOOR INDIVIDUAL RECORDS - UPDATED THROUGH 2003 SEASON

100-Meter Dash:

Dan Long (1978).....10.74
Jason Leden (1999)

200-Meter Dash:

Jeff Fjosne (2000) 21.70

400-Meter Dash:

Andy Eggerth (1999) 49.00

800-Meter Run:

Tom Holmes (1969) 1:54.14

1,500-Meter Run:

Steve Leuer (2003)3:56.27

5,000-Meter Run:

Kelly Frazier (1983)..... 14:52.35

10,000-Meter Run:

Steve Taffin (1977).....30:42.80

110-Meter Hurdles:

Andy Eggerth (1999) 14.32

400-Meter Hurdles:

Andy Eggerth (2000).....52.67

3,000-Meter Steeplechase:

Oyvid Simonson(1988)..... 9:13.64

Long Jump:

Ryan Good (1994)..... 23' 9"

Pole Vault:

Todd Williams (1995) 16' 1"

High Jump:

Steve Schreiber (2003)6' 10' 3/4"

Triple Jump:

Ryan Good (1994)..... 48' 4 1/4"

Shot Put:

Joe Ferraro (2000)..... 51' 11"

4x100 Relay:

D. Peterson, J. Schultz, (2002)

J. Leden, J. Carlson.....41.90

4x400 Relay:

Eggerth, J.Schultz, (1999)

Leden, Fjosne..... 3:18.22

4x800 Relay:

Feia, May, (2000)

K. Miller, J. Miller 7:44.00

Discus:

Charlie Anderson (1992)..... 150' 3"

Javelin:

Quinn Hastie (2001).....200' 5"

Hammer:

Ben Baird (1999)..... 158' 9"

Decathlon:

John Pietila (1999) 6,485