

**WOMEN'S INDOOR INDIVIDUAL RECORD - UPDATED THROUGH 2003 SEASON:  
(FIRST LISTING BSU RECORD; SECOND LISTING NSIC RECORD)**

**55-Meter Hurdle:**

Bitsey Sorenson (1979)..... 8.32  
Tiffany Schacher, Wayne State ..... 8.88

**60-Meter Hurdles:**

Melanie Hoheisel (2003)..... 9.01

**200-Meter Hurdle: (no longer an NSIC event)**

Karen Larson (1985)..... 30.5

**55-Meter Dash:**

G. Terhaar (1989)..... 7.24  
Kaneisha Hunter, MSUM ..... 7.29

**200-Meter Dash:**

Amber Bohman (1999) ..... 25.72  
Mary Richardson, MSUM ..... 26.27

**300-Meter Dash: (no longer an NSIC event)**

C. Kasprowlszcz (1992)..... 43.67

**400-Meter Dash:**

Amber Boahman (1996) ..... 59.46  
Heather Hamilton, UMD ..... 59.74

**500-Meter Dash: (no longer an NSIC event)**

T. Weldenborner (1992) ..... 1:20.23

**600-Meter Run:**

Cathy Adrian (2000) ..... 1:41.58  
Charane Wilson, MSUM..... 1:39.34

**800-Meter Run:**

E. Herberg (1984) ..... 2:20.12  
Amanda Dietrich, Northern State ..... 2:22.03

**1,000-Meter Run:**

Jayne Dusich (1991) ..... 3:04.24  
Sarah Kiser, Concordia- St. Paul ..... 3:09.89

**1,500-Meter Run (no longer an NSIC event)**

Jayne Dusich (1990) ..... 4:42.09

**One-Mile Run:**

Martha Miltich (2002)..... 5:30.36  
Sarah Keiser, Concordia-St. Paul..... 5:22.83

**3,000-Meter Run: (no longer an NSIC event)**

Jayne Dusich (1990) ..... 10:27.85

**5,000-Meter Run:**

Marilyn Nelson (1991)..... 18:57.72  
Kristin Peterson, Northern State ..... 19:17.81

**Long Jump:**

Cristy Reisberg (1994)..... 18'9 3/4"  
Adedeji Adejoke, Concordia..... 18'1"

**High Jump:**

Cristy Reisberg (1994)..... 5'6"  
Tanya Salter, MSUM ..... 5'4"

**4 x 400 Relay:**

Algoe, Kasprowicz, (1992) .....  
Olson, Weidenbornes ..... 4:06.98  
Minnesota State Moorhead

**4x 800 Relay:**

Dusich, M. Nelson, (1990)  
C. Nelson, Salmen..... 9:48.48  
Concordia-St. Paul ..... 10:06.34

**Distance Medley: (no longer an NSIC event)**

C. Nelson, Skahen, (1990)  
M. Nelson, Dusich ..... 12:34.74

**Pole Vault:**

Molly Reque (2001)..... 10'0"  
Erin Beucksler, Concordia, St. Paul..... 10'0"

**Triple Jump:**

Cristy Risberg (1994)..... 35'61/4"  
Shiah Damyanovich, UMD..... 37'8"

**Shot Put:**

Liz Muluihill (1988) ..... 51' 1/4"  
Leanne Ehrich, Northern State..... 43'00"

**Weight Throw:**

Erin Suhonen (2003) ..... 40'5 1/2"  
Leanne Ehrich, Northern State..... 51'91/4"

**Pentathlon:**

Melanie Hoheisel (2003)..... 3,049  
Keri Kreuzer (2003)..... 3,128

**MEN'S INDOOR INDIVIDUAL RECORD - UPDATED THROUGH 2003 SEASON:  
(FIRST LISTING BSU RECORD; SECOND LISTING NSIC RECORD)**

**55-Meter Dash:**

George Chittle (1998) ..... 6.43  
Micah Arnold, Northern State..... 6.50

**200-Meter Dash:**

Andy Eggerth (2000) ..... 22.02  
Micah Arnold, Northern State..... 22.81

**300-Meter Dash:**

Walter Sutton, Southwest State.....35.34 (1990)

**400-Meter Dash:**

Andy Eggerth (1999) ..... 48.36  
Jake Nelson, Concordia-St. Paul..... 50.53

**500-Meter Run:**

Joe Vorthemms, Mankato State..... 1:05.13 (1980)

**600-Meter Run:**

Aaron Feia (2002) ..... 1:22.2  
Aaron Feia, Bemidji State..... 1:22.45

**800-Meter Run:**

LeEarl Rugland (1996) ..... 1:54.77  
Adam Gellerstadt, UMD..... 1:56.34

**1,000-Meter Run:**

Wayne Carrier (1974)..... 2:28.74  
Nate Beerling, UMD ..... 2:36.59

**One-Mile Run:**

Dave Anderson (1973) ..... 4:15.34  
Nate Beerling, UMD..... 4:20.27

**3,000-Meter Run: (no longer an NSIC event)**

Steve Leuer (2003)..... 8:44.99

**5,000-Meter Run:**

Dan Pemble (1998) ..... 14:50.30  
Andy Tucknot, Wayne State..... 15:40.79

**55-Meter Hurdles:**

Andy Eggerth (2000) ..... 7.52  
Eric Longhenry, Northern State ..... 7.69

**Long Jump:**

Mitch Cooper (2001)..... 22' 10"  
Eric Havranek, Wayne State ..... 22'7 3/4"

**Pole Vault:**

Andy Eggerth (1999) ..... 16'1"  
Ryan Wilhelm, Northern State ..... 15' 1/4"

**High Jump:**

Bill Hewitt (1991)..... 6'9 3/4"  
Nate Swenson, UMD ..... 6'8 1/4"

**Triple Jump:**

Mark Nordell (2003)..... 46' 1 1/4"  
David Dooley, Wayne State ..... 45'4 1/2"

**Shot Put:**

Joe Ferraro (2002)..... 51'6 1/2"  
Joe Ferraro, Bemidji State..... 51'6 1/2"

**4x400 Relay:**

Eggerth, J.Schultz, (1999)  
Leden, Fjosne..... 3:20.15  
Bemidji State..... 3:31.05

**4x800 Relay:**

Fera, May, (2000)  
White, J. Miller ..... 7:57.32  
Bemidji State..... 8:03.30

**Weight Throw:**

Ben Baird (1998)..... 53'3"  
Chris Nulle, MSUM..... 58' 1/2"

**Pentathlon:**

Dan Frette (1999)..... 3,544  
Keith Knoke, MSUM..... 3,196