



Macalester Scots Women's Track & Field Indoor All-Time Top 10 Performances



As of March 14, 2026

55 METERS

1. Ariella Rogahn-Press	7.24	2026
2. Francene Young	7.25	1987
3. Holly Harris	7.28	2000
4. Diarra Chatham	7.29	2024
5. Kaela Schramm	7.38	2007
6. Emily Matthews	7.42	2010
7. Claire Beckley	7.43	2026
8. Mary Kay Gallagher	7.48	1985
9. Kara Komoto	7.55	2016
10. Elizabeth Durney	7.56	2002
Alexa Simpson	7.56	2011

60 METERS

1. Diarra Chatham	7.68	2023
2. Ariella Rogahn-Press	7.79	2026
3. Eva Abreu	7.93	2026
4. Kara Komoto	7.96	2017
5. Claire Beckley	7.98	2025
6. Hannah Pollard-Garber	8.03	2014
7. Shasta Webb	8.12	2013
Alexa Simpson	8.12	2012
9. Emily Matthews	8.15	2007
10. Hannah Sonsalla	8.20	2018
Journey Amundson	8.20	2023

200 METERS

1. Ariella Rogahn-Press	24.68	2026
2. Hannah Sonsalla	25.66	2017
3. Ana Armitage	26.10	2011
4. Holly Harris	26.13	1999
5. Diarra Chatham	26.25	2024
6. Kara Komoto	26.28	2017
7. Eva Abreu	26.30	2026
8. Lily Schlieman	26.41	2020
9. Emily Matthews	26.50	2010
10. Alexa Simpson	26.55	2012

400 METERS

1. Ariella Rogahn-Press	54.22	2026
2. Hannah Sonsalla	57.57	2018
3. Holly Harris	59.13	1999
4. Diaga Kravale	59.54	2013
5. Irene Gibson	59.59	2013
6. Victoria Casarrubias	59.95	2017
7. Ana Armitage	60.03	2012
8. Lily Schlieman	60.08	2020
9. Eva Abreu	60.11	2026
10. Emily Diener	60.32	2015

600 METERS

1. Phoebe Aguiar	1:31.68	2019
2. Irene Gibson	1:37.67	2013
3. Robin Major	1:37.99	2011
4. Emily Stafford	1:38.28	2006
5. Victoria Casarrubias	1:38.72	2017
6. Anna Hankins	1:39.86	2007
7. Karen Goodrich	1:40.28	1992
8. Marta LeFevre-Levy	1:40.30	2013
9. Daiga Kravale	1:40.63	2014
10. Carmen Garson-Shumway	1:41.14	2015

800 METERS

1. Phoebe Aguiar	2:07.50	2019
2. Emily Stafford	2:16.70	2006
3. Megan Auger	2:18.23	1999
4. Carmen Garson-Shumway	2:18.48	2018
5. Tara McCoy	2:18.89	2011
6. Anna Hankins	2:19.56	2007
7. Kate Fox	2:19.71	2026
8. Irene Gibson	2:19.83	2012
9. Robin Major	2:19.91	2011
10. Mary Schlick	2:20.64	1986

1000 METERS

1. Mary Schlick	2:57.24	1987
2. Tara McCoy	2:58.95	2011
3. Julia Kirtland	3:00.64	1986
4. Carmen Garson-Shumway	3:00.70	2018
5. Maria Blaesing	3:01.14	2022
6. Koby Hagen	3:01.36	2004
7. Kate Fox	3:01.40	2026
8. Kimber Meyer	3:02.13	2014
9. Alia Benedict	3:02.69	2019
10. Liz Connors	3:03.41	1999

1500 METERS

1. Julia Kirtland	4:31.34	1986
2. Mary Schlick	4:32.35	1987
3. Karen Kreul	4:45.19	1993
4. Koby Hagen	4:46.65	2004
5. Megan Auger	4:47.06	1999
6. Joy Kelly	4:48.9h	1980
7. Liz Connors	4:49.94	1999
8. Elizabeth Gotz	4:52.74	1987
9. Amanda Pischke	4:52.75	1998
10. Linda Zeman	4:53.2h	1982



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MILE

1. Kate Fox	4:59.60	2026
2. Kimber Meyer	4:59.83	2014
3. Maria Blaesing	5:00.24	2023
4. Koby Hagen	5:06.87	2006
5. Allie Woerpel	5:16.45	2007
6. Julia Kirtland	5:17.5h	1984
7. Sarah Jonathan	5:17.70	2016
8. Elizabeth Nelson	5:19.52	2007
9. Emilie Schur	5:19.92	2010
10. Anna Schmitz	5:20.43	2014

3000 METERS

1. Julia Kirtland	9:33.07	1986
2. Kimber Meyer	9:46.31	2014
3. Linda Zeman	10:13.9h	1982
4. Koby Hagen	10:19.51	2006
5. Shona Hillman	10:22.6h	1981
Elizabeth Gotz	10:22.6h	1987
7. Anna Schmitz	10:29.30	2014
8. Ivy Coldren	10:30.94	2024
9. Samantha Ellis	10:33.15	2026
10. Megan Auger	10:34.33	1998

5000 METERS

1. Kimber Meyer	17:24.14	2017
2. Erin Lowery	18:04.55	2010
3. Anna Schmitz	18:10.64	2014
4. Ingrid Norquist	18:25.50	2025
5. Jennifer Tonkin	18:26.44	1992
6. Sarah Jonathan	18:27.45	2016
7. Sarah Jo Devore	18:38.83	2017
8. Becky Kane	18:39.44	2014
9. Samantha Ellis	18:41.26	2026
10. Sylvia Green	18:47.06	2022

55 HURDLES

1. Kaela Schramm	8.25	2007
2. Liz Hajek	8.49	2001
3. Karen Goodrich	8.61	1990
4. Kirsten Fristad	8.65	2005
5. Brooke Hunter	8.67	2015
6. Johanna Shreve	8.87	2003
7. Marissa Lightbourne	9.03	2000
8. Melinda Goodwin	9.07	1996
9. Jhanelle Latore	9.09	2008
10. Sarah Beth Hobby	9.14	2024

60 HURDLES

1. Kaela Schramm	8.92	2007
2. Eva Abreu	9.23	2026
3. Brooke Hunter	9.36	2016
Liz Hajek	9.36	1999
5. Colleen Schramm	9.41	2004
6. Tessa Myatt	9.57	2025
7. Sarah Beth Hobby	9.65	2024
8. Jasmine Loving	9.71	2020
9. Sarah Silbert	9.86	2014
10. Judy Syrkin-Nikolau	9.87	2012

4x200 METER RELAY

1. Webb, Ortiz, Kravale, Armitage	1:45.32	2013
2. Simpson, Kravale, Ortiz, Armitage	1:45.82	2012
3. Schramm, Noelke, Mette, Matthews	1:46.87	2007
4. Regan, Sonsalla, Schlieman, Komoto	1:46.97	2017
5. Diener, Ortiz, Kravale, Pollard-Garber	1:47.18	2014
6. Beckley, Rogahn-Press, Cunningham, Wilkins	1:47.44	2026
7. Beckley, Wilkins, Wilson, Rogahn-Press	1:47.55	2025
8. Diener, Ortiz, Regan, Sonsalla	1:47.94	2015
9. Abreu, Beckley, Cunningham, Rogahn-Press	1:47.97	2026
10. Rogahn-Press, Beckley, Cunningham, Myatt	1:48.07	2025



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4x400 METER RELAY

1. Casarrubias, Aguiar, Regan, Sonsalla	4:00.97	2017
2. Kravale, LeFevre-Levy, Armitage, Gibson	4:01.56	2013
3. Beckley, Myatt, Wilkins, Rogahn-Press	4:01.82	2026
4. Casarrubias, Prescott, Regan, Sonsalla	4:06.32	2017
5. Sonsalla, Porter, Ivy, Pollard-Garber	4:07.17	2016
6. Diener, Ortiz, I. Greene, Gibson	4:07.42	2015
7. Gallagher, Humanson, Young, Schlick	4:07.46	1986
8. Rogahn-Press, Abreu, Wilkins, Beckley	4:07.82	2026
9. Kravale, Diener, LeFevre-Levy, Gibson	4:07.86	2014
10. Diener, Sonsalla, Ortiz, Gibson	4:08.37	2015

DISTANCE MEDLEY RELAY

1. Prescott, Sonsalla, Casarrubias, Meyer	12:12.62	2017
2. Jensen, Wilkins, Morris Fox	12:30.35	2026
3. Shamey, Noelke, Hagen, Stafford	12:35.62	2006
4. Prescott, Schlieman, Pillar, Ramsey	12:37.42	2017
5. Nevo, Edison, Wilkins, Coldren	12:42.59	2024
6. Stern, Schlieman, Drake, Simpson	12:44.37	2020
7. Pirone, Amundson, Wilkins, Blaesing	12:45.46	2023
8. Hagen, Noelke, Woerpel, Stafford	12:46.09	2006
9. Shamey, Fristad, Woerpel, Stafford	12:46.47	2005
10. Coldren, Beckley, Wilkins, Fox	12:46.83	2025

HIGH JUMP

1. Susan Brown	5-5.75	1.67m	2007
2. Megan June	5-3.75	1.62m	2000
3. Sarah Beth Hobby	5-3.25	1.61m	2024
4. Anne Taylor	5-3	1.60m	1993
5. Tessa Myatt	5-2.5	1.59m	2026
6. Joelle Farrell	5-2		1999
7. Francene Young	5-1.75	1.57m	1988
Meghan Klapper	5-1.75	1.57m	2014
9. Audrey Mills	5-1.25	1.56m	2012
10. Jennifer Linblad	5-1	1.55m	1985
Patty Carver	5-1	1.55m	1988
Erika Jereme	5-1	1.55m	2003

LONG JUMP

1. Susan Brown	17-6.75	5.35m	2007
2. Francene Young	17-4.25	5.29m	1987
3. Journey Amundson	17-4	5.28m	2023
4. Kaela Schramm	17-2.25	5.24m	2007
5. Kate Rochat	17-2	5.23m	2013
6. Harmony-Keli Tomety	17-0.75	5.20m	2025
7. Maddie Mette	16-8	5.09m	2010
8. Mikayla Ennevor	16-6	5.03m	2022
Claire Beckley	16-6	5.03m	2025
10. Helen Mrema	16-5.75	5.02m	1998
Katie Christenson	16-5.75	5.02m	2001

TRIPLE JUMP

1. Journey Amundson	38-7.75	11.78m	2023
2. Susan Brown	38-4	11.68m	2007
3. Kate Rochat	37-5.25	11.41m	2013
4. Kaela Schramm	36-11	11.25m	2006
5. Martha Sarpong	36-0	10.97m	1997
6. Mikayla Ennevor	35-2.5	10.73m	2020
7. Marye deJong	34-10.5	10.63m	1998
Jaeden Sims	34-10.5	10.63m	2023
9. Diane Lacata	34-9.5	10.60m	1998
10. Halla Dontje Lindell	34-5	10.49m	2016



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POLE VAULT

1. Hannah Grosse	11-4.25	3.46m	2022
2. Anik Regan	10-2.5	3.11m	2017
Seneca Wilson	10-2.5	3.11m	2024
4. Christa Von Behren	9-7.25	2.93m	2004
5. Roen Boyd	9-4.25	2.85m	2026
6. Audrey Seligman	9-2.25	2.80m	2016
7. Cerissa Chaney	8-4.75	2.56m	2001
8. Melanie Roberts	8-4	2.55m	2004
9. Nikki Bennington	8-3.5	2.53m	2016
10. Molly Conway	7-10	2.39m	2006

SHOT PUT

1. Tessa Myatt	43-4.5	13.22m	2026
2. Janis Raatz	40-7.5	12.38m	1987
Jasmine Eddy	40-7.5	12.38m	2011
4. Becky Tillotson	40-4.75	12.31m	1987
5. Katie Christenson	40-2.75	12.26m	2003
6. Anne Poduska	38-7.5	11.77m	1999
7. Jessica Lin	38-2.25	11.64m	2024
8. Caitlyn Burmester	38-1.5	11.62m	2020
9. Sarah Beth Hobby	37-10.5	11.54m	2024
10. Angie Ortiz	37-6.25	11.45m	1994

20-LB WEIGHT THROW

1. Stephanie Goei	49-5.75	15.08m	2013
2. Jessica Lin	46-8	14.22m	2026
3. Anne Poduska	44-4.25	13.52m	2001
Risa Luther	44-4.25	13.52m	2016
5. Brita Carlson	44-0.5	13.42m	2006
6. Ava Russell	42-3.25	12.88m	2025
7. Lynn Zemaitis	41-6	12.65m	2017
8. Jasmine Eddy	40-2	12.24m	2011
9. Lisa Ostenson	40-0.5	12.20m	2006
10. Tessa Myatt	38-11	11.86m	2026

PENTATHLON

1. Tessa Myatt	3429	2026
2. Sarah Beth Hobby	3192	2024
3. Katie Christenson	2947	2002
4. Brooke Hunter	2825	2017
5. Jasmine Loving	2697	2016
6. Halla Dontje Lindell	2644	2020
7. Kirsten Fristad	2505	2005
8. Sarah Silbert	2475	2015
9. Alina Siodlarz	2433	2026
10. Melina Goodwin	2350	1998
