

Millikin Women's Track Indoor Top Ten Performance List

55 Meter Dash

#	Time	Person	Date
1	7.28	Domonique Irons	3/1/08
2	7.31	Ariel Robinson	2/4/12
3	7.33	Felicia Britton	2/27/98
4	7.35	Erin Owens	1/15/2016
5	7.38	Kapricia Poulos	2/25/06
6	7.43	Isabella Newingham	2/24/2018
T7	7:48	Itzel Garcia	2/26/2022
T7	7.48	Rachel Thomas	2/14/04
9	7.54	Markesha Davis	12/4/09
T-10	7.61	Jennifer Scull	2/8/03
T-10	7.61	Jasharra Clark	2/28/15

60 Meter Dash

#	Time	Person	Date
1	7.67	De'Andranay Chism	12/7/2024
2	7.76	Ariel Robinson	2/25/12
3	7.95	Erin Owens	2/27/2016
4	7.99	Maria Lambert	1/20/2023
5	8.01	Isabella Newingham	2/16/2018
6	8.02	Itzel Garcia	2/26/2023
7	8.07	Domonique Irons	1/19/08
8	8.12	Eryn Renison	2/27/2021
T9	8.18	Kapricia Poulos	12/9/06
T9	8.18	Jennifer Scull	2/15/02

200 Meters

#	Time	Person	Date
1	24.82	De'Andranay Chism	12/7/2024
2	25.65	Ariel Robinson	2/2/13
3	25.75	Isabella Newingham	3/2/2018
4	25.92	Erin Lukens	2/3/2018
5	25.96	Jasharra Clark	2/28/15
6	26.14	Erin Owens	2/27/2016
7	26.21	Itzel Garcia	2/26/2022
8	26.25	Hailey Wimberly	3/13/2021
9	26.26	Felicia Britton	2/27/98
10	26.46	Bridgette Starwalt	2/27/10

300 Meters

#	Time	Person	Date
1	42.26	Erin Lukens	1/20/2018
2	43.04	Bridgette Starwalt	12/4/09
3	43.10	Mackenzie Dixon	1/20/2018
4	43.37	Jasharra Clark	1/24/2015
5	43.46	Marie Guillain	12/7/13
6	43.54	Ariel Robinson	12/3/10
7	43.98	Erin Owens	1/23/2016
8	44.75	Kirsten Daykin	12/3/11
9	44.89	Alexis Wike	12/9/2023
10	45.62	Alayna Schultz	12/7/2024

400 Meters

#	Time	Person	Date
1	58.32	Erin Lukens	2/24/2018
2	58.35	Hailey Wimberly	2/29/2020
3	59.08	Mackenzie Dixon	3/6/2020
4	59.20	Ariel Robinson	2/11/12
5	59.34	Bridgette Starwalt	2/6/10
6	59.60	Jennifer Scull	3/1/03
7	59.91	Eryn Renison	2/11/2022
8	60.30	Brianna Niebrugge	2/8/2020
9	60:62	Jamie Michl	1/26/13
10	60.92	Akilah Ware	2/29/2020

500 Meters

#	Time	Person	Date
1	1:19.85	Mackenzie Dixon	1/13/2018

600 Meters

#	Time	Person	Date
1	1:34.83	Mackenzie Dixon	2/21/2020
2	1:35.79	Jamie Michl	2/19/2016
3	1:39.10	Kirsten Daykin	2/18/12
4	1:39.83	Kindra Emberton	12/1/12
5	1:39.93	Lovenya Perry	12/10/2022
6	1:40.78	Eryn Renison	12/4/2021
7	1:40.99	Morgan Powers	1/10/2020
8	1:42.31	Arianna Pruitt-LaFaiver	12/10/2022
9	1:44.74	Krista Koke	1/27/2024
10	1:44.84	Abby Parsons	1/19/08

800 Meters

#	Time	Person	Date
1	2:12.88	Mackenzie Dixon	2/14/2020
2	2:15.10	Jamie Michl	3/5/2016
3	2:17.40	Kindra Emberton	3/1/13
4	2:18.30	Alyssa Ruiz	2/16/2024
5	2:20.28	Morgan Powers	2/29/2020
6	2:21.91	Katie Risner	3/13/2021
7	2:22.81	Abby Parsons	2/23/08
8	2:23.34	Brooklyn Sweikar	1/18/2025
9	2:24.08	Krista Koke	2/25/2023
10	2:24.81	Arianna Pruitt LaFaivre	2/10/2023

1000 Meters

#	Time	Person	Date
1	3:08.34	Kindra Emberton	2/18/12
2	3:11.76	Ashley Thomasma	2/21/09
3	3:12.71	Mackenzie Dixon	1/13/2018
4	3:14.37	Emma Mallory	1/20/2023
5	3:16.03	Amber Johnson	2/17/2017
7	3:16.40	Kelli Stratmeyer	2/12/05
7	3:21.01	Michelle Malo	
8	3:21.90	Jamie Virzi	2/11/06
9	3:22.15	Natalie Krol	2/17/2017
10	3:23.73	Liz Wrobel	2/11/12

1200 Meters

#	Time	Person	Date
1	4:03.37	Teyla Wendt	1/18/2025
2	4:25.64	Marissa Duffey	12/4/09
3	4:50.00	Roni Dixon	12/4/09
4	5:00.00	Skylar Sparks	12/4/09

1500 Meters

#	Time	Person	Date
1	5:06.92	Sarah Mallory	2/10/01
2	5:16.27	Rachel Kirleis	2/20/04
3	5:17.08	Leslie Nottingham	2/25/95
4	5:21.47	Jamie Virzi	3/1/03
5	5:22.00	Angel Colón	2/7/04
6	5:24.00	Cassie Gonzales	2/7/04
7	5:30.47	Tiffany Gawrysh	2/9/02
8	5:37.69	Jennifer Bruns	2/6/99
9	5:43.80	Amanda Uribe	2/14/04
10	6:00.62	Kim Ryan	2/20/04

1 Mile Run

#	Time	Person	Date
1	5:05.37	Alyssa Ruiz	2/23/2023
2	5:07.65	Sarah Bradley	2/1/14
3	5:10.68	Kindra Emberton	2/16/13
4	5:22.68	Joycelyn VanAntwerp	2/29/2020
5	5:26.33	Emma Mallory	2/23/2023
6	5:27.90	Victoria Mineo	1/18/2019
7	5:28.10	Maddy Eck	2/15/2019
8	5:30.01	Kelli Stratmeyer	2/19/05
9	5:32.01	Sarah Mallory	2/16/01
10	5:32.18	Mackenzie Dixon	1/28/2022

3000 Meters

#	Time	Person	Date
1	10:21.88	Kindra Emberton	2/23/13
2	10:22.78	Sarah Bradley	2/1/14
3	10:28.12	Alyssa Ruiz	1/19/2024
4	10:51.02	Quincy Collings	2/27/2021
5	11:00.53	Victoria Mineo	1/11/2019
6	11:02.94	Emma Mallory	2/24/2024
7	11:03.48	Maddy Eck	2/29/2020
8	11:05.70	Liz Wrobel	2/7/2015
9	11:06.62	Elizabeth Hulick	2/17/2023
10	11:09.69	Kelli Stratmeyer	1/29/05

5000 Meters

#	Time	Person	Date
1	17:50.97	Sarah Bradley	2/14/14
2	17:54.97	Kindra Emberton	2/22/13
3	19:08.53	Joycelyn VanAntwerp	3/13/2021
4	19:14.54	Elizabeth Hulick	2/24/2023
5	19:18.29	Kelli Stratmeyer	2/5/05
6	19:19.65	Rachel Kirleis	3/5/04
7	19:25.20	Amanda Landacre	2/23/01
8	19:28.81	Jenny Gawrysh	2/7/04
9	19:44.56	Liz Wrobel	2/11/12
10	19:49.66	Amanda Meeker	2/8/14

3 Mile Run

#	Time	Person	Date
1	18:35	Tracey Ciota	

55 Meter High Hurdles

#	Time	Person	Date
1	8.44	Ali Davis	2/18/95
2	8.62	Lori Brown	3/8/08
3	8.79	Gloria Banks	2/23/01
4	8.82	Alyssa Vgnos	2/24/2018
5	8.95	Erin Lukens	2/24/2018
6	9.20	Erica Potts	2/23/01
7	9.28	Bridgette Starwalt	2/12/11
8	9.29	Qui Brown	3/5/99
9	9.36	Cassie Meyer	2/23/2018
10	9.54	Shelby Burgin	2/24/2018

60 Meter High Hurdles

#	Time	Person	Date
1	9.50	Alyssa Vgnos	2/29/2020
2	9.57	Gloria Banks	2/16/01
3	9.70	Lori Brown	12/8/07
4	9.78	Erin Lukens	2/25/2017
5	9.80	Charlize Pate	2/22/2019
6	9.96	Cassie Meyer	1/13/2018
7	10.26	Nikki-Qui Brown	2/13/99
8	10.30	Marie Guillian	1/25/14
9	10.31	Maddie Russelburg	2/27/2021
T10	10.48	Bridgette Starwalt	2/19/11
T10	10.48	Michaela Ponstein	2/19/2016
T10	10.48	Maddie Russelburg	2/6/2021

200 Meter Hurdles

#	Time	Person	Date
1	31.89	Marianne Stanton	2/25/95
2	35.36	Ann Mittelsteadt	2001

4x200 (800 Meter) Relay

#	Time	Persons	Date
1	1:47.35	Julie Golden, April Scull, Jennifer Scull, Rachel Thomas	3/1/03
2	1:47.90	Nikki-Qui Brown, Nancy Gilmore, Elizabeth Eden, Kim Stengel	2/26/99
3	1:48.00	Julie Golden, Kelly Clark, Jennifer Scull, Shannon Kronmiller	2/22/02
4	1:49.00	Julie Golden, Cathy Curry, Jennifer Scull, Rachel Thomas	2/28/04
5	1:49.38	Julie Golden, April Scull, Jennifer Scull, Melissa Storm	1/25/03

6	1:49.96	April Scull, Alishea Pulley, Jennifer Scull, Shannon Kronmiller	2/10/01
7	1:50.14	Cathy Curry, Kristi Jackowski, Rachel Thomas, Julie Golden	2/14/04
8	1:50.50	April Scull, Erica Potts, Jennifer Scull, Shannon Kronmiller	2/23/01
9	1:50.84	Erin Lukens, Isabella Newingham, Brianna Niebrugge, Casie Pierce	1/20/2018
10	1:51.02	April Scull, Rachel Thomas, Kristi Jackowski, Jamie Bowen	1/31/04

4X400 (1600 Meters) Relay

#	Time	Persons	Date
1	3:58.13	Hailey Wimberly, Brianna Niebrugge, Mackenzie Dixon, Morgan Powers	2/29/2020
2	4:02.40	Hailey Wimberly, Brianna Niebrugge, Akilah Ware, Morgan Powers	2/8/2020
3	4:02.87	Erin Lukens, Brianna Niebrugge, Mackenzie Dixon, Hailey Wimberly	2/23/2019
4	4:02.89	Jamie Michl, Alyssa Staib, Kindra Emberton, Ariel Robinson	1/26/13
5	4:04.89	Bridgette Starwalt, Kirsten Daykin, Markesha Davis, Nikki Smith	2/27/10
6	4:05.59	Eryn Renison, Katie Risner, Hailey Wimberly, Mackenzie Dixon	2/26/2022
7	4:05.85	Ariel Robinson, Bridgette Starwalt, Kirsten Daykin, Katie Looby	2/26/11
8	4:06.05	Maria Lambert, Alyssa Ruiz, Katie Risner, Arianna Pruitt LeFavre	2/25/2023
9	4:07.08	Mackenzie Dixon, Erin Lukens, Brianna Niebrugge, Claire Weers	2/3/2018
10	4:08.24	Kirsten Daykin, Kindra Emberton, Ariel Robinson, Alyssa Staib	2/25/12

Distance Medley Relay

#	Time	Persons	Date
T1	12:31.03	Emma Mallory, Itzel Garcia, Krista Koke, Alyssa Ruiz	2/23/2024
T1	12:31.03	Jamie Michl, Erin Lukens, Michaela Ponstein, Sarah Bradley	2/26/2016
3	12:34.05	Emma Mallory, Arianna Pruitt LaFavre, Katie Risner Alyssa Ruiz	2/24/2023
4	12:37.20	Liz Wrobel, Ariel Robinson, Kirsten Daykin, Kindra Emberton	3/2/12
5	12:40.43	Mackenzie Dixon, Akilah Ware, Morgan Powers, Maddy Eck	2/28/2020

6	12:47.62	Mackenzie Dixon, Brianna Niebrugge Claire Weers, Joycelyn VanAntwerp	2/23/2018
7	12:48.99	Mackenzie Dixon, Maddy Eck, Morgan Powers, Victoria Mineo	2/22/2019
8	12:53.37	Mackenzie Dixon, Eryn Renison, Katie Risner, Elizabeth Hulick	2/25/2022
9	13:13.33	Natalie Krol, Taylor Johnson, Morgan Powers, Amber Johnson	2/24/2017
10	13:15.01	Rachel Breault, Jaquelyn Bliss, Jamie Michl, Olivia Powers	2/27/15

Sprint Medley Relay

#	Time	Persons	Date
1	4:37.86	Dominique Irons, Jacque Hall, Bridgette Starwalt, Michelle King	2/16/08
2	4:42.95	Julie Golden, Jamie Bowden, April Scull, Kelli Stratmeyer	2/14/04
3	4:55.10	Stephanie Koback, Amanda Schumaker, Kristi Jackowski, Courtney Woodward	1/31/04

3200 Meter Relay

#	Time	Persons	Date
1	10:16.00	Sarah Mallory, Cassie Gonzales, Amanda Uribe, Angel Colon	3/1/03
2	10:23.17	Kasey Gosch, Cassie Gonzales, Michelle King, Amanda Uribe	2/26/05
3	10:33.56	Angel Colon, Kelli Stratmeyer, Amanda Uribe, Cassie Conzaes	2/28/04
4	11:02.71	Tiffany Gawrysh, Rachel Kirleis, Angel Colon, Tosha Stevens	2/22/02
5	11:27.30	Jessica Williams, Dana Kaminski, Melissa Schults, Kasey Gosch	2/24/07

Pentathlon

#	Points	Person	Date
1	2808	Charlize Pate	2/22/2019
2	2504	Anne Longman	2/25-26/2022
3	2447	Jacque Hall	2/27/2009
4	2200	Maddie Russelburg	2/27/2021
5	1833	Emilie Mineo	2/24/2023
6	1816	Brianna Trimuel	2/24/2017
7	1718	Rachel Breault	2/26-27/2016
8	1593	McKenzie Boren	2/23-24/2024
9	1579	Cassie Meyer	2/23/2018

Weight Throw

#	Feet	Meters	Person	Date
1	60-4.50	18.40	Jazzalynne Hicks	2/16/2024
2	57-7.50	17.56	Adriyanna Patterson	3/10/2023
3	54-5.50	16.60	Allison May	3/6/09
4	54-2.75	16.53	Katie Abell	2/24/2023
5	51-06.25	15.70	Brittany Sherron	2/24/12
6	51-03.50	15.63	Emilie Altenberger	3/2/12
7	50-4	15.34	Stephanie Oliver	2/27/2021
8	49.11.25	15.22	Jordan Harris	2/4/12
9	49-9.25	15.17	LeAnn Spesard	2/22/13
10	49-6.50	15.10	Alexis Obermeyer	1/18/2019

Shot Put

#	Feet	Meters	Person	Date
1	47-8.00	14.53	Leann Spesard	2/23/13
2	42-01.25	12.83	Brittany Sherron	2/25/12
3	41-2.50	12.56	Emilie Altenberger	2/26/11
4	40-8.25	12.40	Jordan Harris	2/23/13
5	40-7.75	12.39	Stephanie Oliver	2/29/2020
6	40-00	12.25	Emma Hoyer	2/4/2017
7	39-6.5	12.05	Tonya Winter	2/28/04
8	39-5	12.01	Karen Neier	2/21/97
9	38-10	11.84	Tracy Olson	2/23/08
10	38-3.50	11.67	Amanda Morgan	2/28/15

High Jump

#	Feet	Meters	Person	Date
1	5-8.5	1.74	Kapricia Poulos	2/24/07
T2	5-2.25	1.58	Samantha Battle	2/28/15
T2	5-2.25	1.58	Alexis Wike	2/16/2024
T2	5-2.25	1.58	Hannah Sago	1/18/2025
T5	5-1	1.55	Christina Patterson	12/3/11 2/11/12
T5	5-1	1.55	Audrey Remole	1/27/2024
T7	5-0.25	1.53	Nancy Kuchar	2/10/01
T7	5-0.25	1.53	Kim Stengel	3/6/98
T7	5-0.25	1.53	Kayla Green	2/26/2022 1/27/2023
10	4-11	1.50	Gloria Banks	2/25/00

Long Jump

#	Feet	Meters	Person	Date
1	17-8.25	5.39	Kapricia Poulos	2/24/07
2	17-7	5.36	Brea Blackwell	2/23/2018
3	17-6.25	5.34	Brianna Niebrugge	2/28/2020
4	17-6.00	5.33	Itzel Garcia	2/17/2023
5	17-5.50	5.32	Kirsten Daykin	2/26/10
6	17-4.75	5.30	Zena Roberts	12/7/2024
7	17-00.00	5.18	Katie Janvrin	2/16/2024
8	16-8.5	5.09	Lauren Hedenschoug	2/7/04
9	16-6	5.05	Bridgette Starwalt	2/20/10
T10	16-4.25	4.98	Ariel Robinson	2/4/12
T10	16-4.24	4.98	Maddie Meyer	1/25/2019

Triple Jump

#	Feet	Meters	Person	Date
1	38-6	11.73	Angie Hawk	2/20/04
2	38-3.25	11.66	Brea Blackwell	2/23/2019
3	36-5	11.10	Lauren Hedenschoug	2/8/03
4	36-4.75	11.09	Brianna Niebrugge	2/23/2019
T5	35-6.50	10.83	Katie Janvrin	2/24/2024
T5	35-6.50	10.83	Kirsten Daykin	2/25/12
7	35-5.75	10.81	Maddie Meyer	2/23/2019
8	34-6.25	10.52	Hannah Sago	12/9/2023
9	34-2	10.41	Kapricia Poulos	2/24/07
10	33-9.25	10.29	Brittney Jones	3/4/05

Pole Vault

#	Feet	Meters	Person	Date
1	11-7.75	3.55	Hailey Newill	2/3/2024
2	10-11.75	3.35	Haylee Yelle	2/23/2024
3	9-10	3.00	Kaitlyn Callahan	2/12/11
4	9-4.25	2.85	Dawn Joutras	3/1/08 And 2/25/11
5	9-0.5	2.76	Jennifer Vlasaty	2/15/02
T6	9-0.25	2.75	Audrey Eades	2/17/2023
T6	9-00.25	2.75	Madison Jessen	12/9/2023
8	8-8.75	2.66	Stephanie Koback	2/28/04
9	8-6.75	2.61	Audrey Eades	1/20/2023
10	8-4.25	2.55	Isabelle Glimco	2/14/2015