

BALL STATE

TRACK AND FIELD

CROSS COUNTRY

2024-2025

RECORD BOOK



CROSS COUNTRY

5,000 Meters	Time	Year
1. Katie Nowak	17:23.00	2000
2. Ali Bishel	17:28.00	2009
3. Elka Machan	17:30.50	2021
4. Shannon Dye	17:31.00	1997
Kathy Kadziolka	17:31.00	2000
6,000 Meters	Time	Year
1. Jill Scully	20:28.00	2004
2. Elka Machan	20:46.90	2021
3. Stacey Ritz	20:49.90	2001
4. Carly Spletzer	20:52.20	2024
5. Sarah Huddleston	20:56.60	2004

Cross Country Awards and Honors**Mid-American Cross Country Team Championships****YEAR:**

2003

NAME:Jill Scully, Crystal Meeks, Sarah Huddleston, Rose Lehe,
Nicole Hartford, Amanda Ponsot, Aubrey Gaffer, Lindsay Keazer**First Team All-MAC Honorees****YEAR:****NAME:**

2021 Elka Machan
2007, 09 Allison Bishel
2004 Jill Scully, Sarah Huddleston
2003 Jill Scully, Crystal Meeks
2002 Stacy Ritz, Katie Nowak, Crystal Meeks,
2001 Katie Nowak, Stacy Ritz, Jill Scully
2000 Katie Nowak, Kathy Kadziolka, Amy Beatty
1999 Kathy Kadziolka
1997 Blythe Rogers
1996 Shannon Dye
1994, 95 Julie Focht
1993, 92 Patty Baker
1989 Rosalyn Wilson
1986 Judy Crowe
1985 Melissa Scott

MAC Coach of the Year Honorees

YEAR: NAME:
2003 Sue Parks

NCAA Championship Qualifiers

YEAR:	NAME:	TIME:	FINISH:
2009	Ali Bishel	21:04.7	67th
2007	Ali Bishel	21:12.0	52nd
2004	Jill Scully	21:21.1	52nd
2002	TEAM	108:30.7 (612pts)	27th
	Stacey Ritz	21:17.3	77th
	Jilly Scully	21:32.8	106th
	Crystal Meeks	21:41.6	123rd
	Katie Nowak	21:50.4	138th
	Sarah Huddleston	22:08.6	168th
	Aubrey Gaffer	22:39.8	(202nd)
	Nicole Hartford	22:53.3	(206th)
2001	Stacey Ritz	21:04.0	17th
2000	Katie Nowak	21:31.0	44th

NCAA All-Americans

YEAR: NAME:
2001 Stacey Ritz



In 2003, the Ball State women's cross country team captured the program's first Mid-American Conference title. The Cardinals' top five runners finished the event with 73 points, five less than second-place Toledo.

INDOOR TRACK AND FIELD

60-Meter Dash	Time/Mark	Year
1. LaTasha Jenkins	7.33c	1998
2. Amber Williams	7.42c	2007
3. Tameka Borders	7.43c	1996
4. Bryeana Byrdsong	7.45	2020
5. Alana Springer	7.47	2025
60-Meter Hurdles		
1. Amber Williams	8.19	2007
2. Jazmin Smith	8.29	2019
3. Jennah Rogers	8.39	2025
4. Katie Johnson	8.42	2009
Jenelle Rogers	8.42	2024
200-Meter Dash		
1. LaTasha Jenkins	23.25	1999
2. MaQuila Norman	23.87	2020
3. Bryeana Byrdsong	23.99	2019
4. Tameka Borders	24.05	2000
5. Jazmin Smith	24.19	2019
300-Meter Dash		
1. Jenna Oriani	39.28	2025
2. Voni Ferguson	39.61	2005
3. MaQuila Norman	39.60	2022
4. Emma Potter	39.82	2024
5. Amber Jones	39.89	2019
400-Meter Dash		
1. Amber Jones	54.46	1999
2. Jenna Oriani	54.60	2025
3. Linise Gordon	55.11	2000
4. Emma Potter	55.12	2025
4. Yvonne Ferguson	55.22	2007
600-Meter Run		
1. Kayla Jones	1:30.69	2023
2. Payton Barlow	1:33.84	2022
3. Danielle Dahl	1:34.28	2016
4. Dejah Johnson	1:34.47	2020
5. Karlie Zumbro	1:34.70	2022
800-Meter Run		
1. Natasha Lothery	2:07.30	2002
2. Kayla Jones	2:07.47	2023
3. Danielle Dahl	2:11.91	2016
4. Amanda Ponsot	2:11.93	2006
5. Ann Brady	2:12.42	2000

Mile Run

1. MaryKate Mellen	4:50.10	2013
2. Laura Didion	4:50.87	1988
4. Sarah Mahnensmith	4:51.54	2025
3. Katie Nowak	4:51.87	2002
5. Ali Bishel	4:53.72	2008

3,000-Meter Run

1. Jill Scully	9:31.43	2006
2. Ali Bishel	9:34.16	2009
3. Sarah Mahnensmith	9:40.80	2025
4. Carly Spletzer	9:43.37	2025
5. Maritza Rodriguez	9:48.17	2020

5,000-Meter Run

1. Ali Bishel	16:21.66	2008
2. Jill Scully	16:31.26	2006
3. Katie Nowak	16:45.67	2002
4. Kathy Kadziolka	16:50.39	2000
5. Sarah Mahnensmith	16:52.95	2023

High Jump

1. Charity Griffith	6-2.75/1.90m	2023
2. Regan Lewis	5-11.25/1.81m	2017
3. Ashley Gillies	5-9.75/1.77m	2002
Susan Setlack	5-9.75/1.77m	2000
5. Rebecca Lomax	5-9.25/1.76m	2015
Jenelle Rogers	5-9.25/1.76m	2024

Long Jump

1. Patricia Soman	21-1.5/6.43m	2003
2. Jenelle Rogers	20-7.25/6.28m	2024
3. Terri Abraham	20-5/6.22m	2006
4. Amanda Barnhart	20-4.5/6.21m	2005
5. Jada Phelps	20-3/6.17m	1999

Triple Jump

1. Patricia Soman	43-2.5/13.16m	2003
2. Linise Gordon	41-11.5/12.78m	2000
3. Charmayne Caldwell	41-3.25/12.57m	1998
4. Terri Abraham	41-1/12.52m	2006
5. Tameka Borders	41-0.5/12.50m	1996

Pole Vault

1. Elizabeth Eversole	12-4.5/3.77m	2015
2. Hannah Ciasto-Poor	12-3.5/3.75m	2015
3. Lauren McNichols	12-0/3.65m	2008
4. Melissa Smith	10-10/3.30m	2003
5. Megan Dearlove	10-0.5/3.06m	2014

Shot Put

1. Kelsey Walters	50-3.5/15.33m	2020
2. Jenelle Rogers	49-6.25/15.09m	2025
3. Gena Rusch	48-5.75/14.77m	1990
4. Michaela Hull	47-0.75/14.34m	2016
5. Amanda Cope	46-2/14.07m	2002

Weight Throw

1. Marie Lumpkin	60-10.5/18.55m	2015
2. Cara Collins	60-7.75/18.48m	2008
Janee Longhorne	60-7.75/18.48m	2002
4. Megan Graves	58-7.25/17.86m	2020
5. Princess Carter	58-6/17.83m	2019

Pentathlon

1. Jenelle Rogers	4,430 points	2024
2. Charity Griffith	4,315 points	2023
3. Thekla Lorenz	3,797 points	2008
4. Rebecca Lomax	3,765 points	2015
5. Jennifer McCoy	3,739 points	2006

4x400-Meter Relay

	Time	Year
1. Jada Phelps, Angka Morris, Patricia Soman, Linise Gordon	3:39.94c	2001
2. Yvonne Ferguson, Amber Williams, Christina Whitt, Crystal Winfrey	3:42.53	2005
3. Angka Morris, Keisha Pedigo, Patricia Soman, Crystal Winfrey	3:43.01	2003
4. Dejah Johnson, Amber Jones, Madison Kiser, MaQuila Norman	3:45.17	2020
5. LaTasha Jenkins, Crystal Bonewitz, Linise Gordon, Brandi Smiley	3:45.43	1998

Distance Medley Relay

	Time	Year
1. Donna Harless, Liniese Gordon, Natasha Lothery, Katie Nowak	11:34.14	2001
2. Lindsay Keazer, Angka Morris, Natasha Lothery, Katie Nowak	11:39.30	2002
3. Kathy Kadziolka, Angka Morris, Anna Brady, Katie Nowak	11:40.25	2000
4. Rose Lehe, Amanda Ponsot, Jill Scully, Crystal Winfrey	11:42.14	2004
5. Lisa Arrowsmith, Ali Bishel, Brittany Ade, Jenna Schmitmeyer	11:44.33	2008

Indoor Track and Field Awards and Honors

Mid-American Indoor Track and Field Team Championships

1996, 1998 & 2001 Champions

Mid-American Indoor Track and Field Individual Championships

55m Dash: 1996 - Tameka Borders 6.94

60m Dash: 2009 - Amber Williams 7.44

1999 - LaTasha Jenkins 7.35

60m Hurdles: 2019 - Jazmin Smith 8.29

2017 - Jazmin Smith 8.43

2009 - Amber Williams 8.24

2008 - Ra'Jae Marable 8.58

2007 - Amber Williams 8.19

2001 - Ayesha George 8.46

200m Dash: 2020 - MaQuila Norman 23.87

2009 - Amber Williams 24.27

1999 - LaTasha Jenkins 23.79

1998 - LaTasha Jenkins 23.29

1996 - Tameka Borders 24.05

400m Dash: 2024 - Jenna Oriani 55.31

2001 - Jada Phelps 55.58

2000 - Linise Gordon 55.11

800m Run: 2024 - Kayla Jones 2:08.94

2002 - Natasha Lothery 2:08.37

Mile Run: 2008 - Ali Bishel 4:53.72

2001 - Katie Nowak 4:54.78

1998 - Carrie Sheffield 4:54.81

1996 - Julie Focht 4:57.64

3,000m Run: 2009 - Ali Bishel 9:43.23

2008 - Ali Bishel 9:40.59

2006 - Jill Scully 9:44.49

2005 - Jill Scully 9:38.04

2001 - Katie Nowak 10:01.95

1998 - Kelly Caudill 9:58.57

1996 - Julie Focht 9:57.33

Mid-American Indoor Track and Field Individual Champions Continued

5,000m Run:	2009 - Ali Bishel	16:39.80
	2006 - Jill Scully	16:42.66
	2005 - Jill Scully	17:09.21
	2002 - Katie Nowak	16:45.76
	2001 - Katie Nowak	17:14.86
1600m Relay:	2003 - Morris, Pedigo, Soman, Winfrey	3:43.01
	2001 - Phelps, Soman, Morris, Gordon	3:45.59
	1998 - Jenkins, Bonewiz, Gordon, Smiley	3:47.57
Distance Medley Relay:	2008 - Arrowsmith, Schmitmeyer, Ade, Bishel	11:44.33
	2002 - Nowak, Lothery, Morris, Keazer	11:39.30
	1998 - Caudill, Bonewitz, Brady, Sheffield	11:46.66
	1996 - Sheffield, Stewart, Danks, Focht	11:49.84
High Jump:	2023 - Charity Griffith	6-2.75/1.90m
	2022 - Charity Griffith	6-0.75/1.85m
	2019 - Regan Lewis	5-6.5/1.69m
	2018 - Regan Lewis	5-9.25/1.76m
Long Jump:	2024 - Jenelle Rogers	20-7.25/6.26m
	2008 - Terri Abraham	19-8.75/6.01m
	2003 - Patricia Soman	20-4.5/6.21m
	2002 - Patricia Soman	20-5.75/6.24m
	2001 - Jada Phelps	19-11.75/6.09m
	1999 - Jada Phelps	19-6/5.94m
	1997 - Charmayne Caldwell	19-5.5/5.93m
	1996 - Jada Prothro	19-10.75/6.06m
Triple Jump:	2003 - Patricia Soman	43-1/13.13m
	2002 - Patricia Soman	41-1/12.52m
	2000 - Linisa Gordon	41-2.5/12.56m
	1996 - Tameka Borders	40-4/12.29m
Weight Throw:	2002 - Janee Langhorne	60-7.75/18.48m
Pentathlon	2025 - Jenelle Rogers	3,998 Points
	2024 - Jenelle Rogers	4,056 Points
	2023 - Charity Griffith	4,315 Points
	2022 - Charity Griffith	4,099 Points
	2008 - Thekla Lorenz	3,797 Points

First Team All-MAC Honorees

YEAR: NAME:

2025 Jenelle Rogers
2024 Jenelle Rogers, Jenna Oriani
2023 Kayla Jones, Charity Griffith
2022 Charity Griffith
2020 MaQuila Norman
2019 Regan Lewis, Jazmin Smith
2018 Regan Lewis
2017 Jazmin Smith
2008 Terri Abraham, Brittany Ade, Lisa Arrowsmith, Alison Bishel, Thekla Lorenz,
Rajae Marable, Jenna Schitmeyer
2007 Amber Williams
2006 Jill Scully

MAC Coach of the Year Selections

YEAR: NAME:

2001 Sue Parks
2000 Sue Parks
1998 Sue Parks
1996 Sue Parks

MAC Assistant Coach of the Year Selections

YEAR: NAME:

2023 Matt Bigelow

MAC Most Valuable Performers

YEAR: NAME:

2023 Charity Griffith
2022 Charity Griffith (T)
2009 Amber Williams
2007 Amber Williams
2003 Patricia Soman
2002 Katie Nowak
2001 Katie Nowak
1999 LaTasha Jenkins
1996 Tameka Borders

MAC Most Outstanding Performers

YEAR: SPECIALTY: NAME:

2025 Field Jenelle Rogers
2024 Field Jenelle Rogers
2023 Field Charity Griffith
2022 Field Charity Griffith
2009 Track Ali Bishel
2006 Jill Scully
2007 Jill Scully
1996 Julie Focht

MAC Freshman Performer of the Year

YEAR: SPECIALTY: NAME:

2023 Track Alana Springer

Indoor MAC Championship Meet Record Holders

YEAR:	NAME:	EVENT:	TIME:
2024	Jenelle Rogers	Pentathlon	4,430 Points
2023	Charity Griffith	High Jump	1.90m
2007	Amber Williams	60m Hurdles	8.19
2002	Natasha Lothery	800m Run	2:08.37
1998	LaTasha Jenkins	200m Dash	23.79

Indoor NCAA Championship Qualifiers

YEAR:	NAME:	EVENT:	FINISH:
2025	Jenelle Rogers	Pentathlon	7th
2024	Jenelle Rogers	Pentathlon	2nd
2023	Charity Griffith	High Jump	5th
2022	Charity Griffith	Pentathlon	13th
		High Jump	15th
2009	Amber Williams	Pentathlon	16th
		60m Hurdles	12th
2008	Ali Bishel	5,000m Run	16th
2007	Amber Williams	60m Hurdles	15th
2003	Patricia Soman	Long Jump	8th
		Triple Jump	8th
2002	Patricia Soman	Triple Jump	9th
1999	LaTasha Jenkins	200m Dash	6th
1998	LaTasha Jenkins	200m Dash	8th
1996	Tameka Borders	200m Dash	15th

Indoor NCAA First Team All-Americans

YEAR:	NAME:	EVENT:
2025	Jenelle Rogers	Pentathlon
2024	Jenelle Rogers	Pentathlon
2023	Charity Griffith	High Jump
2022	Charity Griffith	High Jump
		Pentathlon
2003	Patricia Soman	Long Jump
		Triple Jump
1999	LaTasha Jenkins	200m Dash
1998	LaTasha Jenkins	200m Dash

OUTDOOR TRACK AND FIELD

100-Meter Dash	Time/Mark	Year
1. LaTasha Jenkins	11:08	1999
2. Makayla Sumrall	11.44	2024
3. Tameka Borders	11.46	1996
4. Amber Williams	11.54	2007
5. Peyton Stewart	11.55	2017

100-Meter Hurdles		
1. Amber Williams	13.18	2007
2. Simone Kirtz	13.54	1995
3. Jenelle Rogers	13.55	2024
4. Darjul Claiborne	13.65	1993
Jazmin Smith	13.66	2019

200-Meter Dash		
1. LaTasha Jenkins	22.29	1999
2. Bryeana Byrdsong	23.53	2019
3. MaQuila Norman	23.73	2021
4. Jenelle Rogers	23.53	2024
5. Alana Springer	23.67	2025

400-Meter Dash		
1. Yvonne Ferguson	53.68	2006
2. MaQuila Norman	53.94	2019
3. Jada Phelps	53.97	2000
4. Jenna Oriani	54.16	2025
5. Crystal Winfrey	54.17	2004

400-Meter Hurdles		
1. Linise Gordon	57.82	2000
2. Simone Kirtz	58.84	1995
3. Kenli Nettles	58.96	2025
4. Crystal Anderson	59.76	1995
5. Karlie Zumbro	59.88	2022

800-Meter Run		
1. Angie Stewart	2:06.40	1997
2. Kayla Jones	2:06.54	2022
3. Natasha Lothery	2:06.55	2002
4. Lisa Showley	2:09.74	1986
5. Karleigh Conner	2:10.88	2019

1,500-Meter Run

1. Katie Nowak	4:25.67	2002
2. Julie Focht	4:28.61	1995
3. MaryKate Mellen	4:28.71	2013
4. Ann Brady	4:28.83	2000
5. Sarah Mahnensmith	4:31.89	2024

5,000-Meter Run

1. Katie Nowak	16:15.29	2003
2. Ali Bishel	16:23.39	2008
3. Kathy Kadziolka	16:29.55	2001
4. Jill Scully	16:30.34	2005
5. Laura Didion	16:51.92	1998

10,000-Meter Run

1. Jill Scully	33:54.66	2006
2. Ali Bishel	34:37.63	2008
3. Kathy Kadiolka	34:43.93	2001
4. Patty Baker	35:06.00	1992
5. Carly Spletzer	35:53.98	2024

3,000-Meter Steeple Chase

1. Katie Nowak	10:34.05	2002
2. Emmalyne Tarsa	10:44.62	2019
3. Rose Lehe	10:46.87	2007
4. Courtney Edon	11:00.17	2013
5. Juliana Stogsdill	11:12.06	2021

High Jump

1. Charity Griffith	6-4/1.93m	2023
2. Bonita Harrington	6-0.5/1.84m	1984
3. Regan Lewis	5-11.5/1.82m	2017
4. Rebecca Lomax	5-10/1.78m	Twice
5. Susan Setlak	5-9.75/1.77m	1998

Long Jump

1. Patricia Soman	21-8/6.60m	2003
2. Jada Phelps	20-10.75/6.37m	2000
3. Jenelle Rogers	20-9/6.32m	2023
4. Amanda Barnhart	20-4.5/6.21m	2005
Jada Prothro	20-4.5/6.21m	1996

Triple Jump

1. Patricia Soman	44-0.75/13.43m	2003
2. Tamecla Lewis	41-10.5/12.76m	2006
3. Linise Gordon	41-6.5/12.66m	2000
4. Charmayne Caldwell	41-3.25/12.57m	1997
5. Tameka Borders	40-11.75/12.49m	1996

Pole Vault

1. Hannah Ciasto-Poor	12-2.5/3.72m	2014
2. Lauren McNichols	12-1.5/3.69m	2009
3. Elizabeth Eversole	12-0/3.66m	2015
4. Rachael Walker	10-7/3.23m	2014
5. Shannon Sullivan	9-10/2.99m	2009

Shot Put

1. Jenelle Rogers	51-0.25/15.55m	2023
2. Kelsey Walters	48-5.5/14.77m	2018
3. Gena Rusch	48-2/14.14.68m	1991
4. Amanda Cope	46-8/14.22m	2002
5. Becky Baer	45-9.75/13.96m	1999

Javelin

1. Abby Denham	142-8.9/43.51m	2021
2. Kim Woodhouse	140-4.5*/42.78m	1982
3. Lisa Hendrix	137-10*/42.01m	1991
4. Gloria Tyree	135-5*/41.27m	1982
5. Kenli Nettles	103-2/39.69m	2025

* = performace with old javelin

Discus

1. Christy Richhart	156-11/47.82m	1995
2. Lisa Kendrix	155-4/47.34m	1992
3. Princess Carter	154-9/47.16m	2019
4. Melissa Melgarez	154-9/47.16m	2011
5. Malena Higgins	151-4/46.13m	2025

Hammer Throw

1. Sarah Martin	184-10/56.33m	2001
2. Marie Lumpkin	181-9/55.40m	2016
3. Cara Collins	177-1/53.97m	2008
4. Tyra Schantz	176-1/53.67m	2009
5. Becky Baer	171-9/52.34m	1999

Heptathlon

1. Jenelle Rogers	6,018 points	2023
2. Charity Griffith	5,632 points	2023
3. Kenli Nettles	5,517 points	2025
4. Karlie Zumbro	5,403 points	2022
5. Jennifer McCoy	5,291 points	2006

4x100-Meter Relay

1. Kennedy Batts, Bryeana Byrdsong, MaQuila Norman, Michelle Lehman	44.85	2021
2. Makayla Sumrall, Alana Springer, Moriah Johnson, Lindley Steele	44.92	2024
3. Moriah Johnson, Alana Springer, Jenna Oriani, Kylee Marshall	44.99	2025
4. Moriah Johnson, Alana Springer, Lindley Steele, Jenna Oriani	44.93	2023
5. Peyton Stewart, Bryeana Byrdsong, Ivy McKee, Jasmine Harris	45.20	2019

4x400 Meter Relay

1. Linise Gordon, Angka Morris, Jada Phelps, Patricia Soman	3:38.05	2001
2. Alexis Thigpen, Kayla Jones, Emma Potter, Payton Barlow	3:40.49	2022
3. Jada Phelps, Angka Morris, Brandi Smiley, Linise Gordon	3:41.11	2000
4. Amber Jones, Dejah Johnson, Bryeana Byrdsong, MaQuila Norman	3:42.24	2018
5. Jada Phelps, Crystal Bonewitz, Linise Gordon, LaTasha Jenkins	3:42.67	1998

Outdoor Track and Field Awards and Honors

Mid-American Outdoor Track and Field Team Championships

1996, 1998, 2000, 2001 & 2023 Champions

Mid-American Outdoor Track and Field Individual Champions

Discus:	1992 - Lisa Kendrix	154-7
Triple Jump:	2006 - Tamelca Lewis	41-8.75
	2003 - Patricia Soman	42-08.75
	2000 - Linise Gordon	41-0.2
	1997 - Charmayne Caldwell	41-3.75
	1995 - Tameka Borders	40-9.5
Hammer Throw:	2001 - Sarah Martin	184-10
High Jump:	2023 - Charity Griffith	5-8
	2022 - Charity Griffith	5-9.25
	2018 - Regan Lewis	5-10.5
	2017 - Regan Lewis	5-11.5
	2011 - Rebecca Lomax	5-10
	1998 - Jodi Rafferty	5-11.5
	1985 - Colleen Costello	5-6
	1984 - Bonita Harrington	5-8
Long Jump:	2024 - Jenelle Rogers	20-4.5
	2008 - Amanda Barnhart	20-2.25
	2004 - Terri Abraham	19-5.5
	2003 - Patricia Soman	20-09
	2002 - Patricia Soman	19-6.25
	2000 - Jada Phelps	19-8
	1996 - Jada Prothro	20-4.5
	1986 - Michaela Kinnaird	18-9.75

Mid-American Outdoor Track and Field Individual Champions Continued

Heptathlon	2024 - Jenelle Rogers	5,657 points
	2023 - Jenelle Rogers	5,667 points
	2022 - Karlie Zumbro	5,403 points
	2021 - Karlie Zumbro	5,196 points
	2012 - Thekla Lorenz	5,142 points
	2006 - Jennifer McCoy	5,014 points
	2004 - Jennifer McCoy	5,202 points
	1982 - Gloria Tyree	4,714 points

100-Meter Dash	2024 - Makayla Sumrall	11.25
	2019 - Bryeana Byrdsong	11.51
	2017 - Peyton Stewart	11.55
	2009 - Amber Williams	11.66
	2003 - Patricia Soman	11.72
	1999 - LaTasha Jenkins	11.20
	1998 - LaTasha Jenkins	11.31
	1996 - Tameka Borders	11.46
	1994 - Stephanie Henry	12.20
	1993 - Jada Prothro	11.68
1992 - Stephanie Henry	11.90	

200-Meter Dash	2003 - Patricia Soman	23.79
	2000 - Jada Phelps	23.94
	1999 - LaTasha Jenkins	22.91
	1998 - LaTasha Jenkins	23.21
	1997 - LaTasha Jenkins	23.21
	1996 - LaTasha Jenkins	23.63
	1994 - Stephanie Henry	24.10

400-Meter Dash	2004 - Crystal Winfrey	54.17
	2001 - Jada Phelps	54.48

800-Meter Run	2022 - Kayla Jones	2:07.61
	2002 - Natasha Lothery	2:08.99
	1997 - Angie Stewart	2:09.89
	1996 - Angie Stewart	2:10.96

1,500-Meter Run	1995 - Julie Focht	4:34.90
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Mid-American Outdoor Track and Field Individual Champions Continued

3,000-Meter Run	2007 - Rose Lehe	10:46.87
Steeplechase	1998 - Carrie Sheffield	9:54.04
5,000-Meter Run	2006 - Jill Scully	16:40.16
	2005 - Jill Scully	16:42.93
	2001 - Kathy Kadziolka	17:04.43
	2000 - Kathy Kadziolka	16:42.25
10,000-Meter Run	2006 - Jill Scully	35:28.24
	2005 - Jill Scully	34:43.28
	2001 - Kathy Kadziolka	35:40.20
	1992 - Patty Baker	36:29.30
100-Meter Hurdles	2010 - Katie Johnson	13.71
	2009 - Amber Williams	13.60
	2008 - Katie Johnson	13.69
	2007 - Amber Williams	13.32
	2001 - Linise Gordon	13.67
	1994 - Darjul Claiborne	13.93
	1993 - Darjul Claiborne	13.65
400-Meter Hurdles	2001 - Linisa Gordon	59:14
	1995 - Simone Kirtz	58:84
400-Meter Relay	2000 - Phelps, Patterson, Stewart, Gordon	45.58
	1998 - Caldwell, Long, Bonewitz, Jenkins	45.97
	1996 - Prothro, Borders, Miller, Jenkins	46.05
	1994 - Claiborne, Borders, Prothro, Henry	45.58
	1991 - Fletcher, Henry, Claiborne, Lampkins	46.23
1,600-Meter Relay	2001 - Gordon, Phelps, Morris, Soman	3:40.15
	1998 - Phelps, Bonewitz, Gordon, Jenkins	3:42.67

First Team All-MAC Honorees

YEAR: NAME:

2024 Makayla Sumrall, Alana Springer, Jenelle Rogers, Moriah Johnson
2023 Jenelle Rogers, Charity Griffith, Moriah Johnson, Alana Springer, Lindley Steele,
2022 Jenna Oriani
2021 Charity Griffith, Kayla Jones, Karlie Zumbro
2019 Karlie Zumbro
2018 Bryeana Byrdsong
2017 Regan Lewis
2012 Regan Lewis, Peyton Stewart
2010 Thekla Lorenz
2009 Katie Johnson
2008 Amber Williams
2007 Amanda Barnhart, Katie Johnson
2006 Rose Lehe, Amber Williams
2005 Jennifer McCoy, Tamelca Lewis, Jill Scully

MAC Coach of the Year Selections

YEAR: NAME:

2023 Adrian Wheatley
2001 Sue Parks
2000 Sue Parks
1998 Sue Parks
1996 Sue Parks
1991 Alison Stanford

MAC Assistant Coach of the Year Selections

YEAR: NAME:

2023 Matt Bigelow

MAC Most Valuable Performers

YEAR: NAME:

2024 Jenelle Rogers
2023 Jenelle Rogers
2019 Bryeana Byrdsong
2007 Amber Williams
2003 Patricia Soman
2001 Linise Gordon
Jada Phelps

MAC Most Outstanding Performers

YEAR: SPECIALTY: NAME:

2024 Field Jenelle Rogers
2023 Field Jenelle Rogers
2006 Track Jill Scully
1998 - LaTasha Jenkins

MAC Freshman Performer of the Year

YEAR: SPECIALTY: NAME:

2022 Track Alana Springer

Outdoor MAC Championship Meet Record Holders

YEAR:	NAME:	EVENT:	TIME:
1999	LaTasha Jenkins	100m Dash	11.08
1999	LaTasha Jenkins	200m Dash	22.29

Outdoor NCAA Championship Qualifiers

YEAR:	NAME:	EVENT:	FINISH:
2024	Jenelle Rogers	Heptathlon	4th
2023	Charity Griffith	High Jump	1st
	Jenelle Rogers	Heptathlon	5th
2022	Charity Griffith	High Jump	5th
2018	Regan Lewis	High Jump	10th
2008	Amanda Barnhart	Long Jump	26th
2007	Amber Williams	100m Hurdles	10th
2006	Jill Scully	10,000m Run	18th
	Jennifer McCoy	Heptathlon	27th
2005	Jill Scully	10,000m Run	16th
2004	Jennifer McCoy	Heptathlon	24th
2003	Patricia Soman	Long Jump	9th
	Patricia Soman	Triple Jump	13th
2002	Katie Nowak	5,000m run	17th
2000	Jada Phelps	Long Jump	10th
	Linise Gordon	400m Hurdles	DNP
1999	LaTasha Jenkins	200m Dash	1st
	LaTasha Jenkins	100m Dash	5th
1998	LaTasha Jenkins	200m Dash	2nd
1997	LaTasha Jenkins	100m Dash	7th (Trials)
	LaTasha Jenkins	200m Dash	17th (Semis)
	Angie Stewart	800m Run	8th (Trials)
1995	Simone Kirtz	400m Hurdles	8th (Trials)
1984	Bonita Harrington	High Jump	T-4th
1983	Bonita Harrington	High Jump	4th

Outdoor NCAA First Team All-Americans

YEAR:	NAME:	EVENT:
2024	Jenelle Rogers	Heptathlon
2023	Charity Griffith	High Jump
2022	Charity Griffith	High Jump
2018	Regan Lewis	High Jump
2007	Amber Williams	100m Hurdles
2000	Linise Gordon	Long Jump
	Jada Phelps	400m Hurdles
1999	LaTasha Jenkins	100m Dash
		200m Dash
1998	LaTasha Jenkins	200m Dash
1984	Bonita Harrington	High Jump
1983	Bonita Harrington	High Jump