

# CENTRAL MICHIGAN WOMEN'S TRACK & FIELD



**RECORD BOOK**  
UPDATED 4/20

## ATHLETIC HONORS

### TEAM MAC TITLES

#### Indoor

2002  
2004  
2019

#### Outdoor

2004

### MAC CHAMPIONSHIPS

#### OUTSTANDING PERFORMER

##### Indoor

Erika Schroll (Field)..... 2010

##### Outdoor

Raeanne Lohner (Track) ..... 2010

#### MAC CHAMPIONSHIPS MOST VALUABLE PERFORMER

##### Indoor

Tamera Thomas ..... 2005, 2006

#### MAC FRESHMAN OF THE YEAR

##### Outdoor

Nadia Williams, Field..... 2017  
Erin Howard, Field ..... 2018

#### MAC COACH OF THE YEAR

##### Indoor

Kathleen Raske ..... 2002  
Karen Lutzke..... 2004  
Jenny Swieton ..... 2019

##### Outdoor

Keela Yount ..... 1985  
Karen Lutzke..... 2004

#### MAC ASSISTANT COACH OF THE YEAR

##### Indoor

Bryant Wilson ..... 2019

##### Outdoor

Bryant Wilson ..... 2019

#### NCAA REGIONAL COACH OF THE YEAR

Kathleen Raske (Indoor)..... 2002  
Karen Lutzke (Outdoor)..... 2004

### ALL-AMERICANS

#### Indoor

Suzy Bozin, High Jump (6th)# ..... 2002  
Tamera Thomas, Pentathlon (8th)# ... 2006  
Nadia Williams, Long Jump (6th)#..... 2019

#### Outdoor

Chris Cooper, 5000m Run (9th)%..... 1987  
Karen Wilkinson, Javelin (8th)#..... 1991  
Suzy Bozin, High Jump (5th)# ..... 2002  
Maria Derezinski, Heptathlon (11th)% ... 2002  
Milica Kulidzan, Javelin (23rd)\* ..... 2012  
Devene Brown, Discus (9th)%..... 2015  
Nadia Williams, Long Jump (14th)% ... 2019  
Erin Howard, Shot Put (19th)\* ..... 2019

# First Team

% Second Team

\* Honorable Mention

### INDIVIDUAL MAC CHAMPIONS

#### Indoor

April Widner, High Jump ..... 1996  
Andrea Baker, 60m Hurdles ..... 2000  
Suzy Bozin, High Jump ..... 2000  
Melissa Brousseau, Shot Put ..... 2001  
Fallon Bailey, 60m ..... 2003  
Jackie Bozin, Pentathlon ..... 2003, 2004  
Jackie Bozin, High Jump ..... 2004  
Tamera Thomas, 60m Hurdles .... 2005, 2006  
Tamera Thomas, Pentathlon.... 2005, 2006  
Jackie Smart, Triple Jump ..... 2007  
Jenaie Edwards, 400m ..... 2007  
Erika Schroll, High Jump ..... 2009, 2010  
Shanaye Carr, 60m Hurdles ..... 2010, 2011  
Shawntoreah Turk, 400m ..... 2014  
Samantha Cuneo, 400m ..... 2017  
Gabriella Beauvais, 400m ..... 2019  
Nadia Williams, Long Jump ..... 2019, 2020

#### Outdoor

Pam Brown, 800m ..... 1981  
Ruth Hubbard, 400m Hurdles ..... 1981  
Sue Reimer, Heptathlon ..... 1981  
Connie Stempfen, 10,000m ..... 1981  
Pam Brown, 800m ..... 1982  
Sue Bosch, 3000m ..... 1982  
Sue Boosch, 5000m ..... 1982  
Cheri Laycock, 400m ..... 1983  
Julie Ravary, Javelin ..... 1984  
Julie O'Donnell, Triple Jump ..... 1985

Julie Ravary, Javelin ..... 1985  
Rita Reifsnnyder, Long Jump..... 1985  
Suzy Somers, 1500m ..... 1990  
Debbie Nowak, 3000m ..... 1990  
Debbie Nowak, 5000m ..... 1990  
Michelle Tate, Triple Jump ..... 1990  
Rachelle Pline, High Jump ..... 1994  
Kary Tomaw, Heptathlon ..... 1995,  
..... 1996, 1997  
Melissa Brousseau, Shot Put .... 1998, 2002  
Mari Chandler, 1500m ..... 1998, 1999  
Andrea Baker, 100m Hurdles... 1999, 2000  
Mari Chandler 800m ..... 1999  
Kari Karhoff, 400m ..... 1999, 2000  
Kari Karhoff, 400m Hurdles ..... 2000  
Maria Derezinski, Long Jump ..... 2001  
Suzy Bozin, High Jump ..... 2002  
Maria Derezinski, Heptathlon ..... 2002  
Fallon Bailey, 100m ..... 2004  
Katie Davis, Shot Put ..... 2004  
Jackie Bozin, High Jump ..... 2004  
Natasha Reynolds, Javelin ..... 2004  
Tamera Thomas, 100m Hurdles ..... 2006  
Jenaie Edwards, 400m ..... 2006  
Najah Floyd, 200m ..... 2007  
Najah Floyd, 400m ..... 2007  
Erika Schroll, High Jump ..... 2009, 2010  
Raeanne Lohner, 5000m ..... 2010  
Raeanne Lohner, 10,000m ..... 2010  
Dierra Riley, 100m ..... 2010  
Gabriella Beauvais, 400m ..... 2018  
Megan O'Neil, 10,000m ..... 2019  
Nadia Williams, Long Jump ..... 2019  
Calli Stemple, High Jump ..... 2019

### CMU HALL OF FAME INDUCTEES

Karen (Karner) Michalek ..... 1988  
Chris (Cooper) Gaudard ..... 2011  
Tamara (Thomas) Rocha ..... 2016  
Maria (Derezinski) Helsen ..... 2019



**ACADEMIC HONORS****ALL-AMERICANS**

Kary Tomaw (At-Large) ..... 1997

**ACADEMIC ALL-DISTRICT**

Kary Tomaw (At-Large) ..... 1997

Melissa Brousseau ..... 2002

Maria Derezinski ..... 2002

Amanda Lyon ..... 2007

Ashley Anderson ..... 2007

Kelly McClure ..... 2007

Kelly McClure ..... 2008

Raeanne Lohner ..... 2010

**ACADEMIC ALL-MAC****Indoor**

Nicole Eberle ..... 1997

Pam McCiernan ..... 1997

Kary Tomaw ..... 1997

Melissa Brousseau ..... 1999

Katie Davis ..... 2004, 2005

Amanda Storck ..... 2004

Rachel Tarvudd ..... 2004

Danielle Quisenberry ..... 2005

Amanda Lyon ..... 2005, 2006, 2007

Ashley Anderson ..... 2005, 2007

Leslie Johnson ..... 2006

Jackie Smart ..... 2007

Nicole Johnson ..... 2008

Kelly McClure ..... 2008

Amanda Rudert ..... 2008, 2009

Sarah Squires ..... 2009, 2010

Erika Schroll ..... 2009, 2010

Raeanne Lohner ..... 2010

Alexandra Sisson ..... 2010

Holly Anderson ..... 2012

Veronica Garcia ..... 2012

Bridget Doughty ..... 2014, 2015

Breanne Lesnar ..... 2014

Kelly Schubert ..... 2014, 2015, 2016, 2017

Esther Bell ..... 2015, 2016

Michaela Bundy ..... 2015, 2016, 2017

Kylee Dobbelaere ..... 2015, 2016, 2017

Emma Fishnick ..... 2015

Abbey Kelto ..... 2015

Jamie Madrigal ..... 2015, 2016

Katelyn Maylee ..... 2015

Alexandra Mielke ..... 2015, 2016

Kelsey Ross ..... 2015, 2017

Katelyn Weiler ..... 2015, 2016

Brianna Hadley ..... 2016

Megan O'Neil ..... 2016, 2017

Rebekah Petty ..... 2016, 2017

Addie Shumacher ..... 2016

Wendy Szuminski ..... 2016

Amber Wagner ..... 2016, 2018

Kyla Walton ..... 2016, 2018

McKenzie Wieber ..... 2016, 2018

Samantha Cuneo ..... 2017, 2018, 2019

Kyra Harrison ..... 2017, 2018, 2019

Danielle Horton ..... 2017

Cali Stemple ..... 2017, 2018, 2019

Olivia Allmen ..... 2018, 2019

Gabriella Beauvais ..... 2018, 2019

Allee Bunting ..... 2018

Hannah Davis ..... 2018, 2019

Simonae Dismuke ..... 2018, 2019

Marissa Dunn ..... 2018, 2019, 2020

Megan McElroy ..... 2018, 2019

Morgan Merlino ..... 2018, 2019, 2020

Kirsten Olling ..... 2018, 2019

Natalie Beaulieu ..... 2019, 2020

Maya Bennett ..... 2019, 2020

Ana Garcia Arias ..... 2019, 2020

Carissa Gobbi ..... 2019, 2020

Emily Helfrich ..... 2019

Corah Kaufman ..... 2019

Lucia McElwain ..... 2019

Michaela Peramaki ..... 2019

Alexandria Robinson ..... 2019, 2020

Kasey Staley ..... 2019, 2020

Jayden Williams ..... 2019

Lauren Beckmann ..... 2020

Alexa Davis ..... 2020

Mikaela Grant ..... 2020

Olivia Hankey ..... 2020

Rebecca Herman ..... 2020

Lexi Jorgens ..... 2020

Madi Mandelke ..... 2020

Elizabeth O'Brien ..... 2020

Maija Rettelle ..... 2020

Siobhan Szerencsits ..... 2020

**Outdoor**

Chris Cooper ..... 1987, 1988

Ann Wiedmayer ..... 1990, 1992

Janet Boldrey ..... 1996

Kary Tomaw ..... 1996, 1997

Nicole Eberle ..... 1997

April Widner ..... 1997

Melissa Brousseau ..... 1999

Heather Knight ..... 1999

Brook Creed ..... 2003

Katie Davis ..... 2003, 2004, 2005

Kelli Kirchofer ..... 2003

Cami Moll ..... 2004

Rachel Tarvudd ..... 2004

Teresa Bongiovanni ..... 2005

Amanda Lyon ..... 2005, 2007

Danielle Quisenberry ..... 2005

Amanda Storck ..... 2005

Connie Mallinson ..... 2007

Jackie Smart ..... 2007

Kelly McClure ..... 2007, 2008, 2009

Elizabeth Carpenter ..... 2008, 2009

Amanda Rudert ..... 2008

Raeanne Lohner ..... 2009, 2010

Erika Schroll ..... 2009, 2010

Alexandra Sisson ..... 2011

Mykal Imbrock ..... 2011

Holly Anderson ..... 2012

Raeanne Lohner ..... 2012

Maddie Ribant ..... 2012

Bridget Doughty ..... 2014, 2015

Breanne Lesnar ..... 2014

Kelly Schubert ..... 2014, 2016

Esther Bell ..... 2015

Michaela Bundy ..... 2015

Kylee Dobbelaere ..... 2015, 2016

Emma Fishnick ..... 2015

Diamond Hamilton ..... 2015

Abbey Kelto ..... 2015

Alexandra Mielke ..... 2015

Kelsey Ross ..... 2015, 2016

Kyla Walton ..... 2015, 2016, 2017, 2018

Katelyn Weiler ..... 2015

Megan O'Neil ..... 2016, 2017

Rebekah Petty ..... 2016, 2017, 2018

DeJanae Terry ..... 2016

Amber Wagner ..... 2016, 2018

Samantha Cuneo ..... 2017, 2019

Simonae Dismuke ..... 2017, 2018, 2019

Kyra Harrison ..... 2017, 2018, 2019

Danielle Horton ..... 2017

Lexi Mielke ..... 2017

Cali Stemple ..... 2017, 2018, 2019

Wendy Szuminski ..... 2017, 2018

Olivia Allmen ..... 2018, 2019

Natalie Beaulieu ..... 2018, 2019

Gabriella Beauvais ..... 2018, 2019

Marissa Dunn ..... 2018, 2019

Carissa Gobbi ..... 2018, 2019

Mikaela Grant ..... 2018, 2019



**ACADEMIC HONORS**

Emily Helfrich .....	2018, 2019	Abbey Kelto .....	2014
Megan McElroy .....	2018, 2019	Breanne Lesnar .....	2014
Morgan Merlino .....	2018, 2019	Bridget Doughty .....	2014
Kirsten Oliing .....	2018, 2019		
Maya Bennett .....	2019		
Ana Garcia Arias .....	2019		
Emily Helfrich .....	2019		
Megan O'Neil .....	2017, 2018, 2019		
Alexandria Robinson .....	2019		
Kasey Staley .....	2019		

**BILL BOYDEN AWARD**

Kary Tomaw .....	1996
Tamera Thomas .....	2005
Libby Carpenter .....	2007

**MAC HONOR ROLL****Indoor/Outdoor**

Andrea Baker .....	2000
Melissa Brousseau .....	2000
Stefanie Burklow .....	2000
Brook Creed .....	2000
Maria Derezinski .....	2000
Molly Galsterer .....	2000
Patty Langworthy .....	2000
Jane Ludtke .....	2000
Andrea Pullen .....	2000
LaQuesha Wiley .....	2000
Lisa Wolbrink .....	2000

**Honorable Mention**

Lisa Kloss .....	1990
Suzy Somers .....	1990
Tammy Lehman .....	1994
Nicole Eberle .....	1996
Joanna Karwan .....	1996
Jennifer Schultz .....	1996
Leslie Wolcott .....	1996
Stefanie Burklow .....	2000
Brook Creed .....	2000
Patty Langworthy .....	2000
Cami Moll .....	2000

**USTFCCCA ALL-ACADEMIC****INDIVIDUAL AWARD**

Katie Davis .....	2004, 2005
Cami Moll .....	2004
Natasha Reynolds .....	2004
Rachael Tarvuud .....	2004
Leslie Johnson .....	2005
Amanda Storck .....	2005
Ariss Seals .....	2005
Jennifer Roberts .....	2005
Erin Dillon .....	2007
Kelly McClure .....	2007
Raeanne Lohner .....	2010



**SCHOOL RECORDS****INDOOR RECORDS**

Event	Student-Athlete	Time/Dist.	Year
60m	Jordan Dunn	7.50	2011
200m	Kia Johnson	24.18	2002
400m	Gabriella Beauvais	53.55	2019
800m	Kelsey Ross	2:10.07	2016
1,500m	Jane Johnson	4:31.1	1986
Mile	Megan O'Neil	4:49.13	2017
3,000m	Abbey Kelto	9:27.44	2015
5,000m	Megan O'Neil	16:34.19	2019
60m Hurdles	Tamera Thomas	8.17	2006
Dist. Med. Relay	O'Neil, Walton Bundy, Schubert	11:37.30	2017
4x400m Relay	Beauvais, Dismuke, Walton, Cuneo	3:40.32	2018
Shot Put	Erin Howard	52-9 1/4	2019
Weight Throw	Quiara Wheeler	64-9 3/4	2020
High Jump	Erika Schroll	6-0 1/2	2010
Long Jump	Nadia Williams	21-0 1/2	2019
Triple Jump	Jackie Smart	43-1 1/2	2007
Pole Vault	Rebekah Petty	13-4 1/2	2019
Pentathlon	Tamera Thomas	4,069 points	2006

**OUTDOOR RECORDS**

Event	Student-Athlete	Time/Dist.	Year
100m	Dierra Riley	11.68	2010
200m	Najah Floyd	23.66	2007
400m	Najah Floyd	52.29	2007
800m	Jenaie Edwards	2:06.90	2008
1500m	Mari Chandler	4:22.67	1999
3000m	Chris Cooper	9:27.34	1991
5000m	Chris Cooper	16:01.30	1987
10,000m	Abbey Kelto	34:06.81	2015
100m Hurdles	Tamera Thomas	13.26	2006
400m Hurdles	Kari Karhoff	57.36	2002
Steeplechase	Alyssa Dyer	10:20.47	2016
4x100m Relay	Seals, L. Johnson, Roberts, Bailey	45.16	2005
4x400m Relay	Byrne, Dillon, Floyd, Edwards	3:37.78	2007
High Jump	Suzy Bozin	5-11 1/2	2001
Long Jump	Nadia Williams	21-5 1/2	2019
Triple Jump	Jackie Smart	43-0 1/2	2007
Discus	Devene Brown	179-3	2014
Shot Put	Erin Howard	53-6 1/4	2019
Javelin	Megan McElroy	158-11	2019
Hammer	Quiarra Wheeler	206-9	2019
Pole vault	Amanda Storck	13-3 3/4	2005
	Siobhan Szerencsits	13-3 3/4	2019
Heptathlon	Maria Derezinski	5,268 points	2002

