

ILLINOIS WOMEN'S INDOOR TRACK & FIELD RECORDS

60 METER DASH

1.	Benita Kelley	7.27	1996
2.	Asia Thomas	7.28	2024
3.	Chequetta Bearfield	7.30	2003
4.	Yvonne Mensah	7.31	2007
5.	Morolake Akinosun	7.32	2013
6.	Kerry-Ann Richards	7.33	2000
7.	Aleisha Latimer	7.34	1999
	Azariyah Bryant	7.34	2024
9.	Perdita Felicien	7.37	2002
10.	Sophia Beckmon	7.38	2024

200 METER DASH

1.	Ashley Spencer	23.24	2012
2.	Jessica McDowell	23.32	2024
3.	Celena Mondie-Milner	23.33	1989
4.	Asia Thomas	23.45	2024
5.	Morolake Akinosun	23.47	2013
6.	Azariyah Bryant	23.53	2024
7.	Aspen Burkett	23.57	1996
8.	Aleisha Latimer	23.67	1998
9.	Tonya Williams	23.68	1996
10.	Angela McClatchey	23.84	1989

400 METER DASH

1.	Ashley Spencer	51.27	2013
2.	Jessica McDowell	51.81	2024
3.	Chisom Nwoko	53.26	2018
4.	Ashley Kelly	53.59	2011
5.	Yvonne Harrison	53.80	1998
6.	Renee Carr	53.88	1990
7.	Asia Thomas	54.04	2013
8.	Camile Robinson	54.47	2006
9.	Felicia Phillips	54.58	2021
10.	Melissa Bates	54.53	2009



Angela Bizzarri owns the school 3,000m and 5,000m record.

600 METER DASH

1.	Samantha Murphy	1:28.87	2013
2.	Carlene Robinson	1:29.40	2007
3.	Nicole Choquette	1:29.48	2015
4.	Jessica McDowell	1:29.83	2024
5.	Ryisha Boyd	1:30.88	2012
6.	Tama Tochihara	1:31.08	1994
7.	Tara Mendoza	1:31.33	1999
8.	Shayla Baine	1:31.66	1991
9.	Ahlivia Spencer	1:31.69	2013
10.	Jayla McArthur	1:31.79	2012

800 METER DASH

1.	Samantha Murphy	2:03.95	2013
2.	Olivia Howell	2:04.03	2023
3.	Nicole Choquette	2:05.90	2016
4.	Ahlivia Spencer	2:06.53	2014
5.	Carlene Robinson	2:06.69	2005
6.	Hope Sanders	2:06.91	1995
7.	Amanda Duwendack	2:07.06	2014
8.	Candace Nicholson	2:07.14	1998
9.	Stephanie Morgan	2:07.44	2011
10.	Tama Tochihara	2:07.58	1994

MILE RUN

1.	Olivia Howell	4:33.75	2022
2.	Angela Bizzarri	4:40.68	2010
3.	Melissa Straza	4:40.68	1988
4.	Julie Lantis	4:40.91	1983
5.	Laura Simmering	4:41.75	1992
6.	Halle Hill	4:41.86	2024
7.	Rebecca Craddock	4:42.64	2020
8.	Alyssa Schneider	4:42.78	2015
9.	Katie Porada	4:43.24	2013
10.	Emma Milburn	4:44.89	2022

3,000 METER RUN

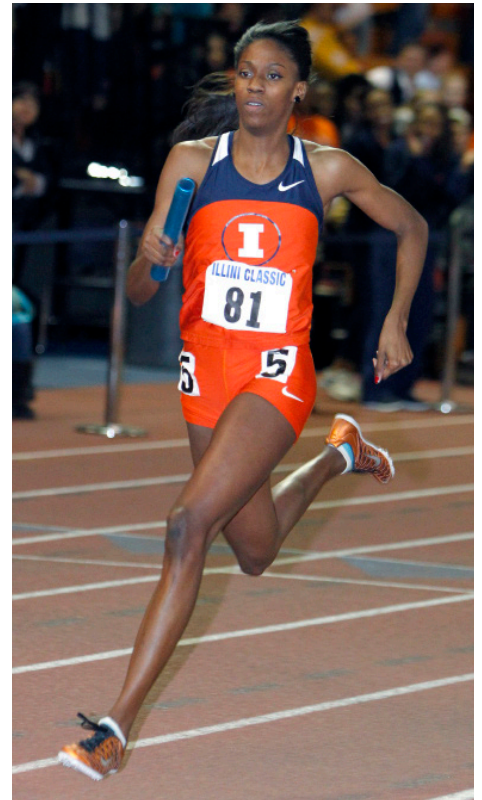
1.	Angela Bizzarri	8:57.40	2010
2.	Cassie Hunt	9:15.16	2006
3.	Emma Milburn	9:20.28	2023
4.	Halle Hill	9:21.40	2024
5.	Rebecca Craddock	9:22.82	2021
6.	Jaime Turilli	9:28.43	2005
7.	Alyssa Schneider	9:28.72	2014
8.	Stephanie Simms	9:29.95	2006
9.	Chantelle Groenewoud	9:31.49	2011
10.	Kristin Sutherland	9:34.07	2010

5,000 METER RUN

1.	Angela Bizzarri	16:06.88	2010
2.	Alyssa Schneider	16:18.41	2015
3.	Jaime Turilli	16:32.57	2005
4.	Cassie Hunt	16:32.96	2005
5.	Stephanie Simms	16:33.79	2006
6.	Avril Andre	16:37.29	2024
7.	Courtney Yaeger	16:40.09	2013
8.	Kristin Sutherland	16:42.00	2009
9.	Allison McGrath	16:43.56	2022
10.	Ayah Aldadah	16:47.63	2022

60 METER HURDLES

1.	Perdita Felicien	7.90	2002
2.	Pedrya Seymour	7.97	2017
3.	Susanna Kallur	8.00	2002
4.	Yvonne Harrison	8.03	1997
5.	Tamika Robinson	8.12	2011
6.	Yvonne Mensah	8.15	2005
	LaNeisha Waller	8.15	2007
8.	Breeana Coleman	8.17	2012
9.	Dawn Riley	8.24	1996
10.	Jesica Ejesieme	8.25	2013



Ashley Spencer owns the 200 meter dash school record.

4X400 METER RELAY

1.	Thomas, Akinosun Golliday, Ash. Spencer	3:33.30	2013
2.	Thomas, Kelly Griffith, Spencer	3:34.89	2012
3.	Ugiagbe, Brown Boyd, Bates	3:35.13	2009
4.	Mensah, Robinson, Robinson, Ugiagbe	3:35.34	2006
5.	Thomas, McDowell, Bryant, Hardamon	3:35.73	2024

ILLINOIS WOMEN'S INDOOR TRACK & FIELD RECORDS

DISTANCE MEDLEY RELAY

1.	Poglitsch, McDowell		
	Howell, Towns	11:03.41	2022
2.	Woods, Ugiagbe,		
	Hernandez, Bizzarri	11:09.09	2008
3.	Poglitsch, Hardamon	11:13.87	2023
	Towns, Howell		
4.	Aufmann, Hollingsworth		
	Schmidt, Porada	11:16.03	2013
5.	Morgan, Taylor,		
	Schmidt, Schneider	11:20.14	2014

HIGH JUMP

1.	Bara Sajdokova	1.89m (6-2 1/4)	2024
2.	Rose Yeboah	1.88m (6-2)	2024
3.	Stacy Ann Grant	1.87m (6-1 1/2)	1999
4.	Kandie Bloch-Jones	1.85m (6-1 3/4)	2017
	Carmel Corbett	1.85m (6-0 3/4)	1992
6.	Mariesa Greene	1.84m (6-0 1/2)	2007
7.	Tacoria Humphrey	1.83m (6-0)	2023
8.	Nora Weber	1.81m (5-11 1/2)	1996
9.	Cindy Lawrence	1.80m (5-11 1/4)	1989
10.	Wendy Meyle	1.77m (5-9 3/4)	1982

POLE VAULT

1.	Stephanie Richartz	4.45m (14-7 1/4)	2015
2.	Tori Thomas	4.42m (14-6)	2024
3.	Mia Morello	4.35m (14-3 1/4)	2024
4.	Leah Pasqualetti	4.15m (13-7 1/4)	2024
5.	Kelsey Rothas	4.10m (13-5 1/4)	2024
6.	Jen DeBellis	4.09m (13-5 1/2)	2015
7.	Sara McKeeman	4.07m (13-4 1/4)	2018
8.	Carolyn Nye	4.05m (13-3 1/2)	2020
9.	Elizabeth Eitzen	3.95m (12-11 1/2)	2013
10.	Ashley Whittaker	3.91m (12-10)	2007

LONG JUMP

1.	Sophia Beckmon	6.49m (21-3 1/2)	2024
2.	Tacoria Humphrey	6.42m (21-0 3/4)	2024
3.	Elizabeth Ndudi	6.41m (21-0 1/2)	2024
4.	Yvonne Mensah	6.29m (20-8)	2007
5.	Darja Sopova	6.28m (20-7 1/4)	2024
6.	Leticia Beverly	6.27m (20-7)	1989
7.	Tisha Ponder	6.24m (20-5 3/4)	1997
8.	Becky Kaiser	6.23m (20-5 1/2)	1980
9.	Jessica Penney	6.14m (20-1 3/4)	2009
	Amira Aduma	6.14m (20-1 3/4)	2020

TRIPLE JUMP

1.	Darja Sopova	13.58m (44-6 1/2)	2024
2.	Nicole Whitman	13.46m (44-2)	2003
3.	Yvonne Mensah	13.30m (43-7 3/4)	2007
4.	Dawn Riley	13.25m (43-6)	1996
5.	Nina Henson	13.21m (43-4)	2006
6.	Kelly O'Brien	12.56m (41-2 1/2)	1990
7.	Kristina Jones	12.55m (41-2 1/4)	2005
8.	Tisha Ponder	12.36m (40-6 3/4)	2000
9.	Sade' Hargrove	12.32m (40-5)	2019
10.	Allanah Lee	12.31m (40-4 3/4)	2023



Marrissa Golliday owns the pentathlon school record.

PENTATHLON

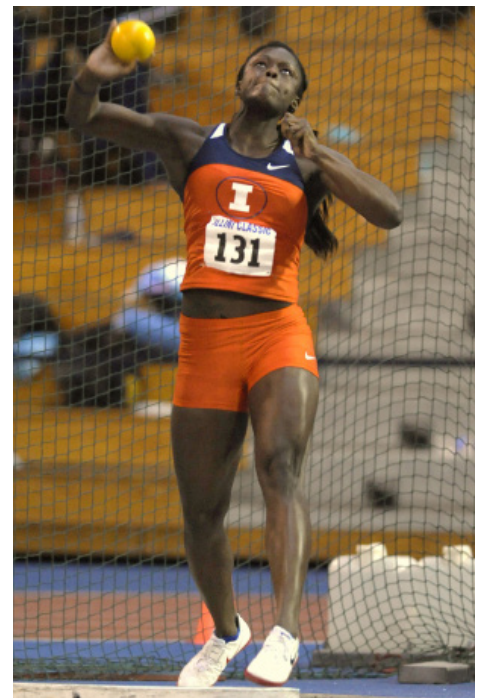
1.	Marissa Golliday	4,167	2013
2.	Carmel Corbett	4,148	1994
3.	Camee' Williams	3,918	2002
4.	Susanna Kallur	3,917	2002
5.	Jan Wacaser-Lottes	3,851	1983
6.	Alecia Beckford-Stewart	3,841	2010
7.	Amy Kopko	3,781	1983
8.	Leticia Beverly	3,732	1989
9.	Danni Stoughton	3,706	2023
10.	Nora Weber	3,629	1996

SHOT PUT

1.	Aja Evans	17.08m (56-0 1/2)	2010
2.	Collinus Newsome	16.15m (53-0)	1996
3.	Debbie Smith	15.67m (51-5)	1988
4.	Adeoti Oshionowo	14.75m (48-4 3/4)	2002
5.	Laura Mindock	14.29m (46-10 3/4)	1996
6.	Rhea Rogers	14.07m (46-9)	1982
7.	Kristen Wilson	14.16m (46-5)	2013
8.	Kim Bodey	13.93m (45-8 1/2)	1989
9.	Gia Lewis	13.90m (45-7 1/4)	2001
10.	Angie Heitz	13.87m (45-6)	1985

20 LB WEIGHT THROW

1.	Amber Simpson	22.01m (72-2 1/2)	2024
2.	Jordan Koskondy	20.41m (66-11 1/2)	2024
3.	Gia Lewis	18.91m (62-0 1/2)	2002
4.	Adeoti Oshinowo	18.56m (60-10 3/4)	2002
	Olivia Campbell	18.56m (60-10 3/4)	2023
6.	Marie Hilmersson	18.10m (59-4 3/4)	2002
7.	Mariah Smith	17.50m (57-5 3/4)	2015
8.	Faith Deering	17.23m (56-6 1/2)	2024
9.	Katie LeVanti	16.74m (54-11 1/4)	2004
10.	Collinus Newsome	16.59m (54-5 1/4)	1997



Aja Evans owns the school record in the shot put

ILLINOIS WOMEN'S INDOOR TRACK & FIELD RECORDS

55 METER DASH

1.	Celena Mondie-Milner	6.73	1989
	Aleisha Latimer	6.73	1998
3.	Benita Kelley	6.74	1996
4.	Kim Dunlap	6.87	1986
5.	Tonja Buford	6.88	1993

300 METER DASH

1.	Celena Mondie-Milner	34.26	1988
2.	Angela McClatchey	34.41	1988
3.	Kim Dunlap	34.67	1986
4.	Rolanda Conda	35.31	1982
5.	Linn Grieb	36.28	1978

300 METER DASH

1	Jessica McDowell	37.13	2023
2.	Ashley Spencer	37.67	2012
3.	Tonja Buford	38.14	1992
4.	Kim Dunlap	38.60	1985
5.	Melissa Bates	39.09	2010
6.	Yvonne Mensah	39.12	2006
7.	Ashley Kelly	39.17	2010
8.	Angela McClatchey	39.76	1986
9.	Rolanda Conda	39.80	1982
10.	Latoya Griffith	39.85	2010

440 YARD DASH

1.	Victoria Fulcher	55.86	1987
2.	Yvonne Oldham	55.97	1986
3.	Rolanda Conda	56.48	1983
4.	Kim Dunlap	56.58	1985
5.	Rolanda Conda	56.75	1983

500 METER DASH

1.	Carlene Robinson	1:12.92	2006
2.	Yvonne Oldham	1:13.73	1986
3.	Renee Carr	1:14.08	1986
4.	Shirley Bodden	1:14.29	1986
5.	Alondra Cooper	1:14.36	2008

600 YARD RUN

1.	Gretchen Grier-Gentry	1:20.43	1983
2.	Victoria Fulcher	1:21.20	1987
3.	Tama Tochihara	1:22.40	1994
4.	Laura Gerke	1:23.45	2004
5.	Kathy Pannier	1:23.94	1981

880 YARD RUN

1.	Donna Russell	2:12.47	1987
2.	Margaret Vogel	2:12.60	1985
3.	Julie Lantis	2:14.15	1984

1,000 YARD RUN

1.	Vegee Elsen	2:33.85	1982
2.	Ann Henry	2:36.29	1986
3.	Kelly McNee	2:38.17	1984
4.	Colleen Hackett	2:40.79	1984
5.	Marianne Dickerson	2:40.81	1981



Jessica McDowell holds the 300m school record.

1,000 METER RUN

1.	Olivia Howell	2:46.52	2021
2.	Tracy Towns	2:49.16	2020
3.	Sam Poglitsch	2:49.28	2024
4.	Laura Simmering	2:49.93	1989
5.	Rebecca Craddock	2:51.05	2020
6.	Donna Russell	2:51.06	1989

1,500 METER RUN

1.	Kelly McNee	4:22.02	1986
2.	Julie Lantis	4:25.65	1984
3.	Melissa Straza	4:32.61	1987
4.	Colleen Hackett	4:35.12	1985
5.	Marianne Dickerson	4:35.60	1980

TWO MILE RUN

1.	Julie Lantis	10:22.16	1984
2.	Marianne Dickerson	10:23.70	1982
3.	Melissa Straza	10:36.28	1987
4.	Kelly McNee	10:40.61	1985
5.	Michelle Vogel	10:41.12	1985

THREE MILE RUN

1.	Julie Lantis	15:59.20	1984
2.	Marianne Dickerson	16:01.10	1982
3.	Ruth Sterneman	16:12.29	1986
4.	Linda Anderson	17:26.35	1981

55 METER HURDLES

1.	Tonya Williams	7.56	1996
2.	Tonja Buford	7.60	1993
	Dawn Riley	7.60	1996
4.	Tonya Williams	7.62	1996
	Dawn Riley	7.62	1996

4X220 YARD RELAY

1.	Dunlap, Carr, McClatchey, Conda	1:39.62	1986
2.	Dunlap, Oldham, Grier-Gentry, Conda	1:42.40	1983
3.	Kaiser, Hall, Glade, Conda	1:43.31	1982
4.	Glade, Hall, Pannier, Conda	1:45.00	1982
5.	Glade, Hall, Pannier, Conda	1:45.15	1982

4X800 METER RELAY

1.	Duwendack, Schmidt, Ahl, Spencer, Murphy	8:37.02	2013
2.	Baine, Simmering, Mastoris, Russell	8:45.30	1989
3.	Henry, Ward, McNee, Vogel	8:46.64	1985
4.	Tweedy, Withrow, Mastoris, Russell	8:50.71	1990
5.	Tweedy, Withrow, Mastoris, Russell	8:52.98	1990

4X880 YARD RELAY

1.	Henry, Ward, McNee, Vogel	8:52.29	1985
2.	Henry, Ward, McNee, Vogel	8:55.99	1985
3.	Baine, Simmering, Mastoris, Russell	8:58.00	1989
4.	Ward, Vogel, McNee, Lantis	9:00.28	1984

ILLINOIS WOMEN'S OUTDOOR TRACK & FIELD RECORDS

* - Indicates time converted from yards or hand timing.
 a - Indicates mark made at altitude over 1000 meters.
 (Notable wind-aided marks listed separately)

100 METER DASH

1.	Azariyah Bryant	11.24	2024
2.	Aspen Burkett	11.28	1998
3.	Morolake Akinosun	11.29	2013
4.	Benita Kelley	11.30	1998
5.	Celena Mondie-Milner	11.34	1990
6.	Kerry-Ann Richards	11.38	1999
7.	Yvonne Mensah	11.40	2006
8.	Ashley Spencer	11.46	2013
9.	Aleisha Latimer	11.49	1999
10.	Tonja Buford	11.50	1993

Top Four Wind-Aided Times

1.	Benita Kelley	11.09	1997
2.	Kerry-Ann Richards	11.19	1996
3.	Aspen Burkett	11.23	1996
4.	Aspen Burkett	11.27	1998

200 METER DASH

1.	Celena Mondie-Milner	22.66	1990
2.	Aspen Burkett	22.90	1995
3.	Azariyah Bryant	22.92	2024
4.	Jessica McDowell	22.95	2024
5.	Ashley Spencer	22.99	2012
6.	Sophia Beckmon	23.13	2024
7.	Tonja Buford	23.16	1993
8.	Morolake Akinosun	23.26	2013
9.	Benita Kelley	23.28	1998
10.	Jenny Kallur	23.31	2001

Top Wind-Aided Times

1.	Aspen Burkett	22.77	1995
2.	Aspen Burkett	22.86	1998

400 METER DASH

1.	Ashley Spencer	50.28	2013
2.	Jessica McDowell	50.98	2024
3.	Celena Mondie-Milner	51.14	1989
4.	Victoria Fulcher	52.55	1988
5.	Ashley Kelly	52.77	2012
6.	Chisom Nwoko	53.11	2018
7.	Tonja Buford	53.17	1993
8.	Melissa Bates	53.39	2009
9.	Ryisha Boyd	53.63	2010
10.	Janelle Johnson	53.76	1994

800 METER DASH

1.	Samantha Murphy	2:02.10	2013
2.	Olivia Howell	2:02.50	2023
3.	Carlene Robinson	2:03.52	2004
4.	Amanda Duvendack	2:05.07	2013
5.	Hope Sanders	2:05.66	1993
6.	Tama Tochiwara	2:05.79	1995
7.	Ahlivia Spencer	2:06.22	2013
8.	Nicole Choquette	2:06.25	2017
9.	Halle Hill	2:06.45	2024
10.	Tracy Towns	2:06.79	2023

1,500 METER RUN

1.	Olivia Howell	4:09.71	2021
2.	Angela Bizzarri	4:15.42	2010
3.	Halle Hill	4:15.86	2024
4.	Stephanie Morgan	4:15.90	2011
5.	Julie Lantis	4:17.50	1984
6.	Katie Porada	4:20.44	2013
7.	Alyssa Schneider	4:20.81	2015
8.	Rebecca Craddock	4:21.04	2018
9.	Melissa Straza	4:21.08	1988
10.	Kelly McNea	4:21.25	1986

3,000 METER RUN

1.	Julie Lantis	9:20.05	1984
2.	Laura Simmering	9:20.88	1992
3.	Kelly McNea	9:27.40	1985
	Melissa Straza	9:27.40	1988
5.	Halle Hill	9:28.75	2024
6.	Alyssa Schneider	9:29.45	2014
7.	Marianne Dickerson	9:38.50	1981
8.	Tara Mendoza	9:43.91	2001
9.	Amy Tomlinson	9:11.54	1994
10.	Amber Hunt	9:45.30	2000

3,000 METER STEEPLECHASE

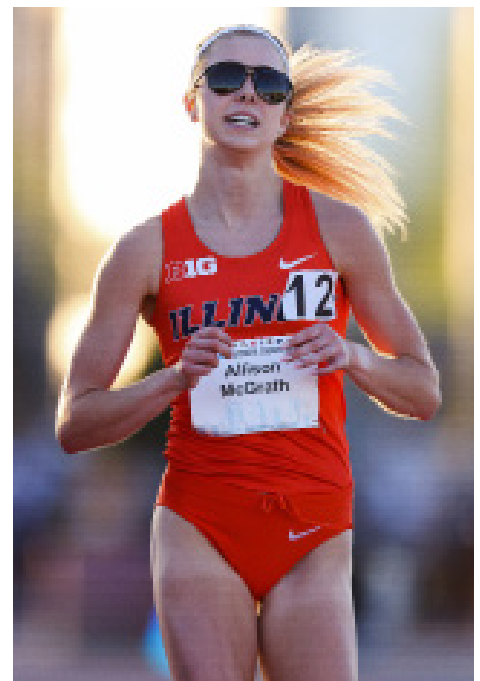
1.	Cassie Hunt	9:55.75	2006
2.	Chantelle Groenewoud	10:04.00	2011
3.	Emma Milburn	10:15.79	2023
4.	Ayah Aldadah	10:16.37	2023
5.	Maddie Aufmann	10:17.57	2012
6.	Amber Stack	10:19.07	2012
7.	Danelle Woods	10:22.36	2008
8.	Valerie Bobart	10:27.46	2017
9.	Britten Petrey	10:30.84	2015
10.	Sam Poglitsch	10:32.57	2022

5,000 METER RUN

1.	Angela Bizzarri	15:33.02	2009
2.	Halle Hill	16:00.11	2024
3.	Rebecca Craddock	16:11.64	2022
4.	Olivia Howell	16:12.40	2023
5.	Alyssa Schneider	16:13.31	2015
6.	Jaime Turilli	16:13.53	2005
7.	Cassie Hunt	16:17.12	2006
8.	Katie Porada	16:17.53	2013
9.	Allison McGrath	16:23.87	2021
10.	Courtney Yaeger	16:26.24	2013

10,000 METER RUN

1.	Allison McGrath	33:59.94	2021
2.	Courtney Yaeger	34:17.37	2013
3.	Alyssa Schneider	34:23.64	2014
4.	Elizabeth Boyle	34:28.50	2011
5.	Avril Andre	34:38.00	2024
6.	Marianne Dickerson	34:49.00	1982
7.	Karen Morris	35:22.63	1994
8.	Stephanie Simms	35:34.56	2007
9.	Maggie Carroll	35:42.87	2006
10.	Stephanie Baliga	35:43.53	2007



Allison McGrath sits atop the school's 10,000m top-10 list

100 METER HURDLES

1.	Perdita Felicien	12.53	2003
2.	Pedrya Seymour	12.64	2016
3.	Susanna Kallur	12.74	2001
4.	Tonya Williams	12.91	1996
5.	Dawn Riley	13.00	1996
6.	Tamika Robinson	13.06	2010
7.	Tonja Buford	13.07	1992
8.	LaNeisha Waller	13.11	2008
9.	Jayla Stewart	13.14	2017
10.	Jesica Ejesieme	13.20	2012

Top Five Wind-Aided Times

1.	Susanna Kallur	12.81	2001
2.	Susanna Kallur	12.83	2001
	Susanna Kallur	12.83	2001
4.	Perdita Felicien	12.87	2001
5.	Tonya Williams	12.90	1996

400 METER HURDLES

1.	Tonya Williams	54.17	1996
2.	Tonja Buford	54.38	1993
3.	Yvonne Harrison	55.87	1998
4.	Victoria Fulcher	55.88	1988
5.	Camile Robinson	56.54	2006
6.	Ashley Spencer	56.62	2013
7.	Carlene Robinson	56.73	2007
8.	Deserea Brown	56.85	2009
9.	Latoya Griffith	57.12	2012
10.	Jesica Ejesieme	57.30	2012

*bold indicates current athletes.

ILLINOIS WOMEN'S OUTDOOR TRACK & FIELD RECORDS



Yvonne Mensah holds the school record triple jump.

4X100 METER RELAY

1.	Thomas, Beckmon, Humphrey, McDowell	43.50	2024
2.	Kelley, Richards, Williams, Burkett	43.74	1996
3.	Thomas, Beckmon, Humphrey, Bryant	43.84	2024
3.	Kelley, Tyus, Williams, Burkett	43.88	1995
4.	Kelley, Richards, Williams, Burkett	43.89	1996
5.	Fulcher, McClatchey, Beverly, Mondie-Milner	43.94	1988
6.	Kelley, Richards, Williams, Burkett	44.00	1996
7.	Kelley, Riley, Burkett, Williams	44.03	1996
7.	Fulcher, McClatchey, Beverly, Mondie-Milner	44.03	1989
9.	Kelly, Richards, Ly, Martin, Burkett	44.04	1998
10.	Bearfield, Felicien, Martin, Richards	44.12	2000

4X400 METER RELAY

1.	Golliday, Ahl, Spencer, Ash, Spencer, Akinosun	3:29.18	2013
2.	T. Williams, Johnson, K. Williams, Buford	3:30.98	1993
3.	Golliday, Akinosun, Ash, Spencer, Thomas	3:31.63	2013
4.	Fulcher, McClatchey, Baine, Mondie-Milner	3:33.06	1988
5.	Johnson, T. Williams, K. Williams, Buford	3:33.78	1993
6.	Mensah, Robinson, Robinson, Ugiagbe	3:34.06	2006
7.	Mensah, Robinson, Robinson, Ugiagbe	3:34.21	2006
t-8.	Boyd, Kelly, Bates, Griffith	3:34.25	2010
t-8.	Johnson, Sanders, K. Williams, T. Williams	3:34.35	1993
10.	Dunlap, Carr,	3:34.65	1986

Oldham, Bodden

HIGH JUMP

1	Rose Yeboah	1.97m (6-5 1/2)	2024
2.	Bara Sajdokova	1.91m (6-3 1/4)	2024
3.	Carmel Corbett	1.86m (6-1 1/4)	1993
4.	Stacy Ann Grant	1.84m (6-0 3/4)	1998
	Kandie Bloch-Jones	1.84m (6-0 1/2)	2015
6.	Cindy Lawrence	1.82m (6-0)	1989
7.	Nora Weber	1.81m (5-11 1/4)	1996
	Taylor Beard	1.81m (5-11 1/4)	2024
9.	Marissa Golliday	1.80m (5-10 3/4)	2013
10.	Tacoria Humphrey	1.78m (5-10)	2023
	Bev Washington	1.77m (5-9 3/4)	1978
	Wendy Meyle	1.77m (5-9 3/4)	1981

POLE VAULT

1.	Tori Thomas	4.52m (14-10)	2024
2.	Stephanie Richartz	4.45m (14-7 1/4)	2015
3.	Mia Morello	4.30m (13-10)	2024
	Carolyn Nye	4.17 m (13-8)	2021
4.	Kelsey Rothas	4.16m (13-7 3/4)	2023
6.	Jennifer DeBellis	4.14m (13-7)	2015
7.	Sara McKeeman	4.00m (13-1)	2016
8.	Elizabeth Eitzen	3.98m (13-0 3/4)	2012
9.	Alyssa Morello	3.95m (12-11 1/2)	2021
10.	Jess Streepy	3.88m (12-8 3/4)	2022

LONG JUMP

1.	Sophia Beckmon	6.86m (22-6 1/4)	2024
2.	Tacoria Humphrey	6.81m (21-4 1/4)	2024
3.	Elizabeth Ndudi	6.68m (21-11)	2024
4.	Darja Sopova	6.64m (21-9 1/2)	2024
5.	Tisha Ponder	6.35m (20-10)	1997
6.	Yvonne Mensah	6.30m (20-8)	2006
7.	Becky Kaiser	6.29m (20-7 3/4)	1982
8.	LaNeisha Waller	6.26m (20-6 1/2)	2008
9.	Leticia Beverly	6.25m (20-6 1/4)	1987
10.	Jessica Penney	6.22m (20-5)	2008

Top Two Wind-Aided Marks

1.	Leticia Beverly	6.36m (20-10 1/2)	1989
2.	Kathy Williams	6.31m (20-8 3/4)	1993

TRIPLE JUMP

1.	Darja Sopova	14.01m (45-11 3/4)	2024
2.	Yvonne Mensah	13.44m (44-1 1/2)	2006
3.	Nicole Whitman	13.32m (43-8 1/2)	2003
4.	Dawn Riley	13.22m (43-4 1/2)	1996
5.	Nina Henson	12.94m (42-5 1/2)	2005
6.	Kristina Jones	12.87m (42-2 3/4)	2005
7.	Tisha Ponder	12.72m (41-8 3/4)	2000
	Kelly O'Brien	12.72m (41-8 3/4)	1992
9.	Allanah Lee	12.60m (41-4 1/4)	2023
10.	Alicia Shields	12.43m (40-9 1/2)	1990

Top Wind-Aided Mark

1.	Kelly O'Brien	12.88m (42-3 1/4)	1990
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SHOT PUT

1.	Aja Evans	17.03m (55-10 1/2)	2008
2.	Collinus Newsome	16.17m (53-1)	1996
3.	Debbie Smith	15.88m (52-1 1/4)	1989
4.	Adeoti Oshinowo	15.50m (50-10 1/4)	2001
5.	Kim Bodey	14.63m (48-0)	1990
5.	Kristen Wilson	14.59m (47-10 1/2)	2014
6.	Gia Lewis	14.31m (46-11 1/2)	2001
7.	Terika Smith	13.97m (45-10)	1991
9.	Amy Werkowski	13.82m (45-4 1/4)	1989
10.	Rhea Rogers	13.61m (44-8)	1981

DISCUS

1.	Gia Lewis-Smallwood	57.75m (189-6)	2001
2.	Laura Mindock	53.57m (175-9)	1996
3.	Jazjuan Wallace-Sipp	50.77m (166-7)	2014
4.	Mariah Smith	50.61m (166-0)	2014
5.	Adeoti Oshinowo	49.14m (161-3)	2002
6.	Debbie Smith	48.71m (159-10)	1988
7.	Marie Hilmersson	47.83m (156-11)	2004
8.	Tracy Moss	47.73m (156-7)	2000
9.	Angie Heitz	46.48m (152-6)	1985
10.	Jennifer Pryor	46.35m (152-1)	1999

HAMMER THROW

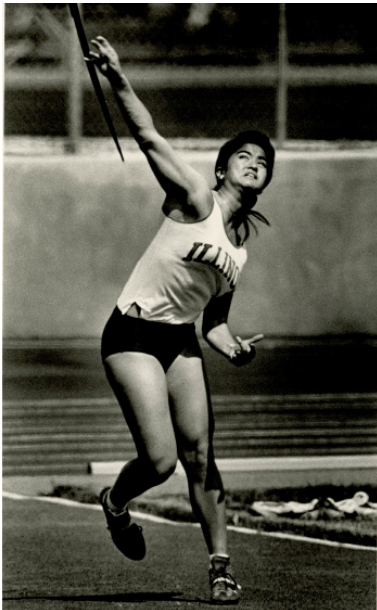
1.	Amber Simpson	70.21m (230-04)	2024
2.	Phethisang Makhetha	61.93m (203-2)	2024
3.	Olivia Campbell	60.55m (198-8)	2023
4.	Marie Hilmersson	59.94m (196-8)	2004
5.	Jordan Koskondy	56.32m (184-9)	2024
6.	Faith Deering	56.13m (184-2)	2024
7.	Katie LeVanti	51.63m (169-5)	2004
8.	Carolina Hintz	51.39m (168-7)	2023
9.	Adeoti Oshinowo	51.35m (168-6)	2002
10.	Collinus Newsome	49.22m (161-6)	1999

*bold indicates current athletes.



Gia Lewis-Smallwood sits atop the discus list.

ILLINOIS WOMEN'S OUTDOOR TRACK & FIELD RECORDS



Lisa Balagtas has held the javelin school record since 1989.

JAVELIN

1.	Lisa Balagtas	51.58m (169-3)	1989
2.	Mariesa Greene	46.81m (153-7)	2007
3.	Kristin Morrison	41.44m (135-11)	2013
4.	Mary Ford	41.19m (135-2)	1983
5.	Nessa Calabrese	40.94m (134-4)	1977
6.	Kristina Jones	38.11m (125-0)	2007
7.	Kelly Washington	37.80m (124-0)	2011
8.	Audrea Wall	37.79m (124-0)	2003
9.	Tess Johnson	37.58m (123-3)	2014
10.	Alecia Beckford-Stewart	37.34m (122-6)	2008

HEPTATHLON

1.	Carmel Corbett	5,658	1995
2.	Marissa Golliday	5,305	2013
3.	Alecia Beckford-Stewart	5,272	2010
4.	Camee' Williams	5,268	2001
5.	Kelly Washington	5,221	2012
6.	Kenli Nettles	5,216	2022
7.	Kawanna Brooks	5,170	2012
8.	Jessica Franklin	5,160	2021
9.	Kristina Jones	5,150	2005
10.	Danni Stoughton	5,104	2023

4X200 METER RELAY

1.	Kelley, Riley, Williams, Burkett	1:32.92	1995
2.	Fulcher, McClatchey, Beverly, Mondie-Milner	1:33.74	1988
3.	Kelley, Riley, Williams, Burkett	1:34.03	1996
4.	Baker, Johnson, T. Williams, Buford	1:34.22	1993
5.	Ejesieme, Kelly, Smith, Spencer	1:34.29	2012
6.	Thomas, Buford, Carr, Mondie-Milner	1:35.17	1990
7.	Mondie, Milner, McClatchey, Thomas, Carr	1:35.22	1989
8.	Brown, Buford, Williams, Jones	1:37.57	1992
9.	Fulcher, McClatchey, Carr, Mondie-Milner	1:37.76	1987

10.	Dunlap, Oldham, Kopko, Glade	1:40.62	1983
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4X800 RELAY

1.	Duwendack, Schmidt, Ahl, Spencer, Murphy	8:37.02	2013
2.	Choquette, Rakosnik, Duwendack, Schmidt	8:38.76	2015
3.	Sanders, Tochihara, Schwab, Madsen	8:43.96	1993
4.	Murphy, Schmidt, Aufmann, Duwendack	8:46.99	2012
5.	Sanders, Tochihara, Marine, Garrett	8:47.47	1995

DISTANCE MEDLEY RELAY

1.	Milburn, McDowell , Poglitsch , Howell	11:23.51	2022
2.	Craddock, Towns, Lucki, Milburn	11:27.82	2021
3.	Lucki, Phillips Kladar, Craddock	11:33.16	2018
4.	Illinois	12:03.96	2001
5.	Branch, Phillips, Kladar, Winter	12:11.18	2017

SPRINT MEDLEY RELAY

(100-100-200-400)

Top Illini Performance

1.	Riley, Jones, Baker, K. Williams	1:41.56	1993
2.	Dunlap, Carr, McClatchey, Oldham	1:42.33	1986
3.	Kaiser, Glade, Pannier, Conda	1:47.45	1982

SPRINT MEDLEY RELAY

(200-200-400-800)

Top Illini Performances

1.	Akinosun, Ash, Spencer, 3:45.75	2013	
	Ahl, Spencer, Murphy		
2.	Kelley, Burkett, T. Williams, Tochihara	3:47.84	1995
3.	Driver, Rogers, Nwoko, Choquette	3:48.49	2018

SHUTTLE HURDLE RELAY

1.	J. Kallur, C. Williams, S. Kallur, Felicien,	52.85!	2001
2.	D. Riley, Harrison, Tyus, T. Williams	53.39	1996
3.	J. Kallur, C. Williams, S. Kallur, Felicien	53.95	2002
4.	D. Riley, Harrison, Tyus, T. Williams	54.51	1995
5.	J. Stewart, K. Smyers-Jones P. Seymour, J. Berry	54.54	2017

*bold indicates current athletes.

Carmel Corbett holds the heptathlon school record.

