



2006 RICE WOMEN'S TRACK & FIELD

Rice at the NCAA Indoor Championships

NCAA INDOOR CHAMPIONS

- 1984** Regina Cavanaugh, shot put (54-08)
- 1985** Regina Cavanaugh, shot put (54-01.75)
- 1986** Regina Cavanaugh, shot put (57-11.75)
- 1997** 4x400 meter relay (3:34.44)
Andrea Blackett, TaNisha Mills, Margaret Fox, Melissa Straker
- 2002** Allison Beckford, 400 meters (52.16)

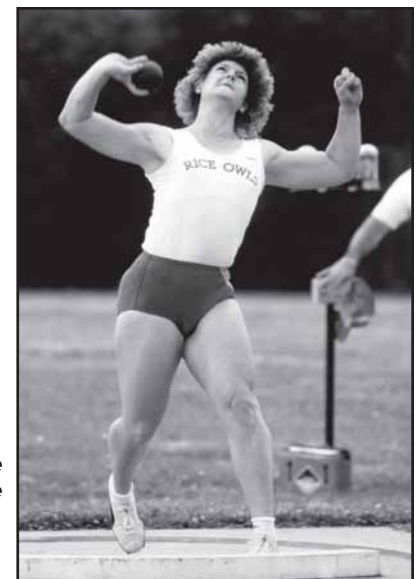
NCAA INDOOR ALL-AMERICAS

- 1983** Regina Cavanaugh, shot put
- 1984** Regina Cavanaugh, shot put
4x400 meter relay
Katrice Harris, Monique Millar, Laura Shoppa, Tammy Welch
- 1985** Regina Cavanaugh, shot put
Tanya McIntosh, 400 meters
4x400 meter relay
Katrice Harris, Tanya McIntosh, Monique Millar, Tammy Welch
- 1986** Regina Cavanaugh, shot put
- 1987** Pam Klassen, 3,000 meters
4x400 meter relay
Robyn Bryant, Tanya McIntosh, Maureen Stewart, Tammy Welch
- 1988** Tanya McIntosh, 400 meters
4x400 meter relay
Robyn Bryant, Michele Lynch, Tanya McIntosh, Maureen Stewart
- 1989** Rosey Edeh, 400 meter hurdles
Wendi Miller, shot put
Diane Sommerville, triple jump
4x400 meter relay
Robyn Bryant, Rosey Edeh, Tanya McIntosh, Maureen Stewart
- 1990** Rosey Edeh, 400 meters
Sonya Henry, long jump
- 1991** Claudia Haywood, triple jump
- 1992** Claudia Haywood, triple jump

- 1993** 4x800 meter relay
Pam Brooks, Chepella Scurlock, Emily Massad, Candace Lessmeister
- 1994** Vonda Newhouse, 200 meters
Candace Lessmeister, mile
4x400 meter relay
Pam Brooks, TaNisha Mills, Vonda Newhouse, Melissa Straker
- 1995** Candace Lessmeister, mile
4x400 meter relay
TaNisha Mills, Vonda Newhouse, Andrea Blackett, Melissa Straker
- 1997** 4x400 meter relay
Andrea Blackett, TaNisha Mills, Margaret Fox, Melissa Straker
- 1999** Distance Medley Relay
Kari Vigerstol, Margaret Fox, Aimee Teteris, Erin Brand
- 2000** Alice Falayie, long jump
Distance medley relay
Kari Vigerstol, Kelechi Anderson, Aimee Teteris, Shaquandra Roberson
- 2001** Alice Falaiye, long jump
- 2002** Allison Beckford, 400 meters
Alice Falaiye, long jump
Aimee Teteris, 800 meters
Distance medley relay
Tanya Wright, Yvonne Umeh, Aimee Teteris, Erin Brand
4x400 meter relay
Yvonne Umeh, Aimee Teteris, Keitha Moseley, Allison Beckford
- 2004** Beth Hinshaw, pole vault



Allison Beckford won the indoor 400 meters in 2002, finishing her collegiate career a two-time all-America.



Regina Cavanaugh won the NCAA indoor shot put three times while at Rice, and was a four-time all-America.



2006 RICE WOMEN'S TRACK & FIELD

Rice at the NCAA Outdoor Championships

NCAA OUTDOOR CHAMPIONS

- 1981*** Catherine Baker, 800 meters
- 1985** Regina Cavanaugh, shot put
- 1986** Regina Cavanaugh, shot put
- 1987** Regina Cavanaugh, shot put
- 1992** Valerie Tulloch, javelin
- 1993** Claudia Haywood, triple jump
- 1994** Valerie Tulloch, javelin
- 1995** Valerie Tulloch, javelin
- 2001** Allison Beckford, 400 meters
- 2002** Allison Beckford, 400 meters

NCAA OUTDOOR ALL-AMERICAS

- 1981*** Catherine Baker, 800 meters[^]
Jodi Radziewicz, 400 meter hurdles
Laura Shoppa, 400 meters
Sprint Medley Relay
Catherine Baker, Susan Conte, Jodi Radziewicz, Laura Wright
4x400 meter relay
Catherine Baker, Anne MacMaster, Jodi Radziewicz, Laura Wright
- 1982*** Lisa Ferdinand, high jump
Lisa Ferdinand, heptathlon
Pennie Goff, high jump
Disa Lewis, 1,500 meters
Laura Shoppa, 400 meters
Sprint Medley Relay
Alecia Abraham, Susan Conte, Jodi Radziewicz, Laura Wright
Mile Relay
Alecia Abraham, Lisa Myers, Jodi Radziewicz, Laura Wright
- 1983** Regina Cavanaugh, shot put
- 1985** Regina Cavanaugh, shot put
Pam Klassen, cross country
4x100 Meter Relay
Katrice Harris, Tanya McIntosh, Cecilia Nunez, Laura Wright
- 1986** Regina Cavanaugh, shot put
Pam Klassen, cross country
Pam Klassen, 3,000 meters
Catherine Spradley, 10,000 meters
- 1987** Regina Cavanaugh, shot put
Pam Klassen, 3,000 meters
- 1988** Pam Klassen, 3,000 meters
Tanya McIntosh, 400 meters
- 1989** Rosey Edeh, 400 meter hurdles
Wendi Miller, shot put
- 1990** Rosey Edeh, 400 meter hurdles
4x100 meter relay
Robyn Bryant, Mary McCoy, Lila Washington, Desiree Woods
- 1991** Julie Jiskra, 10,000 meters
- 1992** Yvette Haynes, triple jump
Claudia Haywood, triple jump
Valerie Tulloch, javelin
- 1993** Pam Brooks, 400 meter hurdles
Claudia Haywood, triple jump
Valerie Tulloch, javelin
- 1994** Nicole Aleskowitch, 3,000 meters
Pam Brooks, 400 meter hurdles
Valerie Tulloch, javelin

- 1995** Valerie Tulloch, javelin
Stacy Swank, 3,000 meters
- 1996** Andrea Blackett, 400 meter hurdles
4x400 meter relay
Andrea Blackett, TaNisha Mills, Melissa Straker, Vonda Newhouse
- 1997** Andrea Blackett, 400 meter hurdles
4x400 meter relay
Andrea Blackett, Melissa Straker, TaNisha Mills, Margaret Fox
- 2000** Shaquandra Roberson, 800 meters
Shaquandra Roberson, 1,500 meters
- 2001** Allison Beckford, 400 meters
Allison Beckford, 400 meter hurdles
Alice Falaiye, long jump
- 2002** Allison Beckford, 400 meters
- 2003** Nina Mayes, 100 meters
Allison Beckford, 400 meters
- 2004** Allison Beckford, 400 meters
- 2005** Krystal Robinson, discus

* indicates AIAW Division II

[^] as the AIAW Division II national champion, Baker also competed at the Division I championships, earning all-America honors with a fifth-place finish.



Valerie Tulloch won three national championships and was a four-time all-America in the javelin.



2006 RICE WOMEN'S TRACK & FIELD

Indoor Conference History

INDIVIDUAL & RELAY CHAMPIONS

- 1983** Regina Cavanaugh, shot put (53-6.5)
- 1984** Regina Cavanaugh, shot put (53-9)
- 1985** Regina Cavanaugh, shot put (54-5.5)
- 1986** Regina Cavanaugh, shot put (54-6.5)
- 1987** Pam Klassen, two mile (10:06.14)
Maureen Stewart, 600 yards (1:21.40)
Mile Relay (3:43.54)
Robyn Bryant, Tanya McIntosh, Tammy Welch, Maureen Stewart
- 1988** Pam Klassen, mile (4:40.86)
Tanya McIntosh, 400 meters (54.05)
Wendi Miller, shot put (47-3.75)
- 1990** Claudia Haywood, triple jump (42-8)
3,200 meter relay (9:02.15)
Ali Uberecken, Heather McDermid, Julie Jiskra, Michelle Barz
- 1991** Claudia Haywood, triple jump (42-11)
- 1992** Nicole Aleskowitch, 3,000 meters (10:14.84)
3,200 meter relay (9:04.77)
Chepelle Scurlock, Emily Massad, Natalie Aleskowitch, Candace Lessmeister
- 1993** Nicole Aleskowitch, 3,000 meters (10:02.84)
Candace Lessmeister, 800 meters (2:12.53)
Candace Lessmeister, mile (4:51.14)
- 1994** Candace Lessmeister, 800 meters (2:07.38)
Candace Lessmeister, mile (4:45.65)
- 1995** Candace Lessmeister, 3,000 meters (10:08.76)
- 1996** Distance Medley Relay (11:41.28)
Holly Welch, Chaundra Frank, Alex Gajewski, Shaquandra Roberson
- 1997** 4x400 meter relay (3:41.98)
Andrea Blackett, TaNisha Mills, Margaret Fox, Melissa Straker
- 1998** Kim Smallwood, 55-meter hurdles (7.67)
- 1999** 4x400 meter relay (3:42.99)
Aimee Teteris, Margaret Fox, LaKeisha Robertson, Kelechi Anderson
- 2000** Alice Falaiye, Long jump (20-9.75)
Keitha Moseley, Pentathlon (3,570 pts.)
Keitha Moseley, 60 meter hurdles (8.67)
Jessica Sommerfeld, shot put (47-0.25)
Allison Beckford, 400 meters (54.33)
Shaquandra Roberson, mile (4:46.99)
Shaquandra Roberson, 3,000 meters (9:45.84)
Distance Medley Relay (12:03.11)
Kari Vigerstol, Kelechi Anderson, Aimee Teteris, Shaquandra Roberson
- 2001** Allison Beckford, 400 meters (54.66)
Alice Falaiye, long jump (20-5.75)
Keitha Moseley, 55 meter hurdles (7.97)
Elizabeth Ruckman, mile (5:09.41)
Jessica Sommerfeld, shot put (50-2.75)
Keia Watkins, high jump (5-6)
Distance Medley Relay (12:12.30)
Aimee Teteris, Tanya Wright, Benecia Newhouse, Elizabeth Ruckman
- 2002** Allison Beckford, 400 meters (53.72)
Alice Falaiye, long jump (21-0)
Distance Medley Relay (12:05.69)
Shannon Murto, Keia Watkins, Aimee Teteris, Liza Ruckman
Beth Hinshaw, pole vault (12-8)
- 2003** Nina Mayes, 60 meters (7.48)
Allison Beckford, 400 meters (53.97)
4x400 meter relay (3:40.40)
Yvonne Umeh, Keia Watkins, Ruthann Gairdner, Allison Beckford
- 2004** Keia Watkins, 400 meters (54.33)
Beth Hinshaw, pole vault (12-10.25)

CONFERENCE INDOOR FINISHES

Year	Rice Finish	Points	SWC Champion
1983	4	30	Houston
1984	3	60	Houston
1985	3	39	Texas
1986	3	53	Texas
1987	3	63	Texas
1988	2	96	Texas
1989	2	91	Texas
1990	2	93	Texas
1991	6	21	Texas
1992	2	75	Texas
1993	4	71	Texas
1994	3	90	Texas
1995	2	79	Texas
1996	2	83	Texas
WAC Champion			
1997	3	83	BYU
1998	t-7	34	BYU
1999	5	51	BYU
2000	1	163	RICE OWLS
2001	1	144.5	RICE OWLS
2002	1	141	RICE OWLS
2003	2	120	Nevada
2004	3	91.5	Nevada
2005	2	84	Louisiana Tech



Candace Lessmeister



2006 RICE WOMEN'S TRACK & FIELD

Outdoor Conference History

- 1983** Regina Cavanaugh, shot put (52-8)
Regina Cavanaugh, discus (158-1)
Disa Lewis, 800 meters (2:08.32)
- 1985** Regina Cavanaugh, shot put (53-9.5)
Regina Cavanaugh, discus (157-3)
Tanya McIntosh, 400 meters (52.90)
Bronwen Morrison, javelin (150-4)
- 1986** Regina Cavanaugh, shot put (58-1)
Regina Cavanaugh, discus (169-7)
- 1987** Regina Cavanaugh, shot put (58-1)
Regina Cavanaugh, discus (164-11)
Tanya McIntosh, 400 meters (52.71)
Tammy Welch, 400 meter hurdles (59.75)
4x400 meter relay (3:39.72)
Robyn Bryant, Maureen Stewart, Rosey Edeh, Tanya McIntosh
- 1989** Rosey Edeh, 400 meter hurdles (57.78)
Wendi Miller, shot put (49-11.75)
Mile relay (3:36.88)
Robyn Bryant, Maureen Stewart, Tammy Welch, Tanya McIntosh
- 1990** Michelle Barz, 1,500 meters (4:28.81)
Cherisse Traylor, triple jump (42-4)
Desiree Woods, 200 meters (23.14w)
- 1992** Claudia Haywood, triple jump (42-9w)
Valerie Tulloch, javelin (180-11)
- 1993** Pam Brooks, 400 meter hurdles (57.39)
Claudia Haywood, long jump (19-9.75)
Claudia Haywood, triple jump (44-6.25)
Candace Lessmeister, 1,500 meters
Valerie Tulloch, javelin (156-9)
- 1994** Nicole Aleskowitz, 3,000 meters (9:33.92)
Pam Brooks, 400 meter hurdles (58.27)
Candace Lessmeister, 1,500 meters (4:20.97)
Valerie Tulloch, javelin (179-3)
- 1995** Andrea Blackett, 400 meter hurdles (1:00.22)
Cherita Howard, triple jump (40-4.25)
Candace Lessmeister, 1,500 meters (4:34.89)
Valerie Tulloch, javelin (184-8)
- 1996** Cherita Howard, triple jump (43-7.25)
- 1997** Andrea Blackett, 400 meter hurdles (56.15)
TaNisha Mills, 400 meters (53.44)
4x400 meter relay (3:36.95)
TaNisha Mills, Margaret Fox, Andrea Blackett, Melissa Straker
- 1998** 4x400 meter relay
Kelechi Anderson, LaKeisha Robertston, Benecia Newhouse, Margaret Fox
- 1999** 4x100 meter relay (44.37)
Konnett Mays, Kim Smallwood, LaKeisha Robertson, Margaret Fox
4x400 meter relay (3:37.30)
Kelechi Anderson, LaKeisha Robertson, Aimee Teteris, Margaret Fox
- 2000** Katie Waite, 10,000 meters (39:57.48)
Alice Falaiye, long jump (20-9.75)
Jessica Sommerfeld, shot put (48-10.75)
Keitha Moseley, 100 meter hurdles (13.85)
Keitha Moseley, heptathlon (4,549 pts.)
- 2001** Allison Beckford, 400 meters (52.06)
Allison Beckford, 400 meter hurdles (58.59)
Alice Falaiye, long jump (21-2.50)
Keitha Moseley, heptathlon (4,862 pts.)
Jessica Sommerfeld, shot put (48-3.5)
- 2002** Allison Beckford, 400 meters (51.86)
Allison Beckford, 400 meter hurdles (57.71)
Keitha Moseley, 100 meter hurdles (13.77)

- 2003** Allison Beckford, 400 meters (53.30)
Funmi Jimoh, 100 meter hurdles (13.75)
Allison Beckford, 400 meter hurdles (57.75)
4x400 meter relay (3:36.23)
Keia Watkins, Aimee Teteris, Ruthann Gairdner, Allison Beckford
Alice Falaiye, long jump (21-10.75w)
Beth Hinshaw, pole vault (13-5.75)
Ruthann Gairdner, heptathlon (5,205 pts.)
- 2004** Nina Mayes, 100 meters (11.51)
Nina Mayes, 200 meters (23.61)
Allison Beckford, 400 meters (52.50)
Kate Gorry, 10,000 meters (35:38.63)
Allison Beckford, 400 meter hurdles (57.19)
Beth Hinshaw, pole vault (13-3.5)
Ruthann Gairdner, heptathlon (5,283 pts.)
- 2005** Marissa Daniels, 10,000 meters (35:34.41)
Funmi Jimoh, long jump (6.31/20-8.5)
Krystal Robinson, discus (54.62/179-2)
Yvonne Umeh, 200 meters (23.36)

Year	Rice Finish	Points	SWC Champion
1983	4	37	Houston
1984	4	43.5	Houston
1985	3	90	Texas
1986	3	69	Texas
1987	3	83	Texas
1988	2	119	Texas
1989	3	117.5	Texas
1990	2	135	Houston
1991	6	37	Texas
1992	3	107	Texas
1993	3	101	Texas
1994	2	126	Texas
1995	t-2	110	Texas
1996	4	77.25	Texas
			WAC Champion
1997	3	78	BYU
1998	5	63	BYU
1999	t-7	42	BYU
2000	1	153	RICE OWLS
2001	1	142.5	RICE OWLS
2002	2	126	Fresno State
2003	1	172.83	RICE OWLS
2004	1	161.5	RICE OWLS
2005	2	159	Louisiana Tech



Beth Hinshaw



2006 RICE WOMEN'S TRACK & FIELD

All-Time Lists

100 Meters

11.44	TaNisha Mills	April 13, 1996 at College Station
11.50	Nina Mayes	May 17, 2003 at El Paso
11.51	Dionne Wright	April 13, 1996 at College Station
11.51	Margaret Fox	May 9, 1998 at El Paso
11.59	Katrice Harris	May 5, 1985 at Houston
11.62	Shelly Northover	May 23, 1992 at Houston
11.65	Yvonne Umeh	May 14, 2005 at Tulsa, Okla.
11.66	Desiree Woods	April 10, 1993 at El Paso
11.67	LaKeisha Robertson	May 18, 2001 at Fresno, Calif.
11.68	Tanya McIntosh	May 7, 1988 at Austin
11.69	Laura Wright	May 13, 1983 at Fort Worth
11.34w	Nina Mayes	May 29, 2004 at College Station
11.51w	Northover	May 28, 1992 at Houston
11.57w	Robertson	April 20, 2001 at Austin

200 Meters

23.35	Vonda Newhouse	May 7, 1994 at Houston
23.36	Yvonne Umeh	May 14, 2005 at Tulsa, Okla.
23.42	TaNisha Mills	May 8, 1997 at College Station
23.58	Margaret Fox	May 8, 1997 at College Station
23.60	Tanya McIntosh	May 7, 1988 at Austin
23.61	Desiree Woods	May 13, 1990 at Houston
23.61	Nina Mayes	May 15, 2004 at Rice
23.75	LaKeisha Robertson	May 20, 2000 at El Paso
23.77	Desarie Walwyn	April 15, 2005 at Walnut, Calif.
23.77	Keitha Moseley	April 20, 2001 at Austin
23.14w	Woods	May 19, 1990 at College Station
23.18w	Allison Beckford	May 8, 2003 at College Station
23.25w	Melissa Straker	May 18, 1996 at Lubbock
23.61w	Shelly Northover	May 1, 1992 at College Station
23.69w	Katrice Harris	May 18, 1986 at Rice

400 Meters

50.83	Allison Beckford	June 1, 2002 at Baton Rouge, La.
51.76	Tanya McIntosh	June 18, 1988 at Tampa, Fla.
52.26	Melissa Straker	April 21, 1996 at Walnut, Calif.
53.01	Kelechi Anderson	May 22, 1999 at Ft. Collins, Colo.
53.24	Vonda Newhouse	April 24, 1994 at Rice
53.38	Pam Brooks	May 14, 1993 at Rice
53.44	TaNisha Mills	May 23, 1997 at San Diego, Calif.
53.63	Robyn Bryant	April 14, 1990 at Rice
53.64	Yvonne Umeh	May 17, 2002 at Rice
53.84	Laura Shoppa	May 17, 1984 at Austin



TaNisha Mills



Shaquandra Roberson

800 Meters

2:03.33	Shaquandra Roberson	June 2, 2000 at Durham, N.C.
2:04.29	Heather McDermid	June 10, 1989 at Canada
2:05.31	Tanya Wright	April 27, 2001 at Des Moines
2:05.46	Aimee Teteris	July 18, 2003 at Victoria, B.C., Canada
2:06.20	Maureen Stewart	May 30, 1986 at Austin
2:06.91	Candace Lessmeister	April 8, 1995 at Rice
2:07.18	Disa Lewis	April 16, 1983 at Houston
2:07.20	Chepelle Scurlock	April 17, 1993 at Houston
2:07.34	Catherine Baker	May 29, 1981 at College Station
2:08.02	Erin Brand	May 9, 1998 at College Station

1500 Meters

4:16.86	Shaquandra Roberson	July 14, 2000 at Sacramento
4:18.60	Pam Klassen	May 18, 1986 at Rice
4:19.06	Disa Lewis	May 22, 1983 at Austin
4:19.42	Candace Lessmeister	May 20, 1994 at Santa Monica
4:20.94	Erin Brand	April 18, 1998 at Austin
4:24.45	Michelle Barz	May 21, 1988 at Houston
4:25.51	Kirsten Aure	May 15, 1988 at Austin
4:26.65	Nicole Aleskowitch	May 7, 1994 at Houston
4:26.73	Callie Wells	May 14, 2005 at Tulsa, Okla.
4:27.50	Kari Vigerstol	May 10, 2000 at College Station

3000 Meter Steeplechase

10:36.77	Sarah Yoder	May 14, 2005 at Tulsa, Okla.
10:43.59	Shannon Murto	April 17, 2004 at Walnut, Calif.
10:59.00	Kari Vigerstol	April 3, 2000 at Austin
11:06.08	Liza Ruckman	May 18, 2001 at Fresno, Calif.
11:06.38	Katie Waite	April 26, 2001 at Des Moines, Iowa

5000 Meters

16:31.62	Pam Klassen	April 8, 1988 at Austin
16:41.31	Marissa Daniels	April 15, 2005 at Walnut, Calif.
16:42.16	Catherine Spradley	April 4, 1986 at Austin
16:51.73	Nicole Aleskowitch	April 24, 1994 at Rice
16:53.78	Julie Jiskra	April 28, 1990 at Des Moines
16:56.40	Stacy Swank	May 20, 1995 at Van Nuys, Calif.
16:58.8	Kathy Sullivan	April 7, 1984 at Austin
16:59.72	Kate Gorry	April 1, 2004 at Austin
17:02.81	Katy Eklof	April 6, 1994 at Austin
17:10.40	Marta Fonesca	April 2, 1992 at Austin



2006 RICE WOMEN'S TRACK & FIELD



Julie Jiskra

10,000 Meters

33:22.14	Julie Jiskra	May 31, 1991 at Eugene, Ore.
33:58.84	Catherine Spradley	June 4, 1986 at Indianapolis, Ind.
35:22.15	Katy Eklof	April 20, 1996 at Walnut, Calif.
35:31.0	Marta Fonesca	May 22, 1992 at Santa Monica
35:34.41	Marissa Daniels	May 13, 2005 at Tulsa, Okla.
35:35.32	Summer Bell	April 18, 2003 at Walnut, Calif.
35:38.63	Kate Gorry	May 14, 2005 at Rice
36:41.11	Katie Waite	April 4, 2002 at Austin
36:55.84	Whitney McAlpine	April 4, 2002 at Austin
37:18.55	Heather Howard	April 23, 1999 at Philadelphia, Pa.

100 Meter Hurdles

13.46	Andrea Blackett	May 23, 1997 at San Diego
13.51	Funmi Jimoh	May 27, 2005 at Norman, Okla.
13.53	Kim Smallwood	May 21, 1999 at Ft. Collins, Colo.
13.60	Keitha Moseley	April 24, 2000 at St. Georges, Grenada
13.83	Rosey Edeh	June 10, 1989 at Vancouver, Canada
13.92	Yvette Haynes	May 23, 1992 at Houston
14.02	Monique Millar	April 6, 1984 at Austin
14.14	Julie Butcher	April 8, 1995 at Rice
14.18	TaNisha Mills	May 3, 1997 at Houston
13.52w	Moseley	April 20, 2001 at Austin
13.68w	Haynes	May 1, 1992 at College Station

400 Meter Hurdles

54.78	Andrea Blackett	June 6, 1997 at Bloomington, Ind.
55.18	Allison Beckford	April 5, 2003 at Austin
56.10	Rosey Edeh	June 2, 1989 at Provo, Utah
57.39	Pam Brooks	May 19, 1993 at Austin
59.75	Tammy Welch	May 17, 1987 at Lubbock
59.96	Yvette Haynes	April 18, 1992 at Houston
1:01.21	Chaundra Frank	May 22, 1998 at Rice
1:02.01	Ruthann Gairdner	April 3, 2003 at Austin
1:02.52	Lisa Myers	May 8, 1982 at Austin
1:02.55	Kelly Shumaker	March 28, 1986 at Rice

4x100 Meter Relay

44.37	Kelechi Anderson, Kim Smallwood, LaKeisha Robertson, Margaret Fox	May 22, 1999 at Ft. Collins, Colo.
44.55	Funmi Jimoh, Desarie Walwyn, Yvonne Umeh, Nina Mayes	May 27, 2005 at Norman, Okla.
44.57	Funmi Jimoh, Keia Watkins, Yvonne Umeh, Nina Mayes	May 28, 2004 at College Station
44.58	Katrice Harris, Laura Wright, Cecilia Nunez, Tanya McIntosh	May 29, 1985 at Austin
44.63	Konnett Mays, Kim Smallwod, LaKeisha Robertson, Margaret Fox	May 9, 1998 at El Paso
44.88	Desiree Woods, Nicole Wright, Michele Lynch, Shelly Northover	May 22, 1992 at RTSS
44.89	Kelechi Anderson, LaKeisha Robertson, Keitha Moseley, Konett Mays	May 30, 2001 at Eugene, Ore.
44.98	Lila Washington, Mary McCoy, Robyn Bryant, Desiree Woods	May 30, 1990 at Durham, N.C.
44.98	TaNisha Mills, Melissa Straker, Vonda Newhouse, Dionne Wright	April 1, 1998 at Rice
45.02	Konnett Mays, Kim Smallwood, LaKeisha Robertson, Margaret Fox	April 23, 1999 at Austin

4x400 Meter Relay

3:31.68	Andrea Blackett, Melissa Straker, Vonda Newhouse, TaNisha Mills	April 21, 1996 at Eugene, Ore.
3:34.35	TaNisha Mills, Melissa Straker, Vonda Newhouse, Pam Brooks	June 2, 1994 at Boise, Idaho
3:34.46	Kelechi Anderson, LaKeisha Robertson, Aimee Teteris, Allison Beckford	May 31, 2001 at Eugene, Ore.
3:34.69	Yvonne Umeh, Allison Beckford, Keia Watkins, Aimee Teteris	April 5, 2003 at Austin
3:34.89	Kelechi Anderson, Margaret Fox, LaKeisha Robertson, Aimee Teteris	April 16, 2000 at Walnut, Calif.
3:35.45	Robyn Bryant, Rosey Edeh, Michele Lynch, Tanya McIntosh	June 1, 1989 at Provo, Utah
3:35.96	Robyn Bryant, Maureen Stewart, Tammy Welch, Tanya McIntosh	May 30, 1987 at Rice
3:36.42	Katrice Harris, Tammy Welch, Monique Millar, Tanya McIntosh	May 30, 1985 at Austin
3:37.48	Katrice Harris, Tammy Welch, Monique Millar, Laura Shoppa	May 25, 1984 at Rice
3:37.54	Yvonne Umeh, Keitha Moseley, Tanya Wright, Allison Beckford	May 18, 2002 at Rice



LaKeisha Robertson



Margaret Fox



2006 RICE WOMEN'S TRACK & FIELD

High Jump

1.81/5-11.25	Sonya Henry	May 9, 1990 at Rice
1.80/5-10.75	Keitha Moseley	March 30, 2002 at Rice
1.78/5-10	Flo Nwagwu	May 13, 2005 at Tulsa, Okla.
5-9.5	Lisa Ferdinand	May 22, 1982 at Clarksville, Tenn.
5-9	Diane Sommerville	April 15, 1989 at College Station
1.73/5-8	Funmi Jimoh	May 6, 2004 at Huntsville
1.71/5-7.25	Keia Watkins	May 19, 2001 at Fresno, Calif.
1.70/5-7	Laurie Lingel	April 21, 1983 at Houston
1.68/5-6	Pennie Goff	May 8, 1982 at Austin
1.68/5-6	Pat Krieger	March 20, 1981 at Pasadena, Calif.
1.68/5-6	Danille Prime	May 14, 2004 at Rice

Pole Vault

4.12/13-6.25	Beth Hinshaw
4.06/13-3.75	Rachel Greff
3.90/12-9.5	Ally Daum
3.80/12-5.5	Rhian Clarke
3.75/12-3.5	Erica Derrickson

Long Jump

6.63/21-9	Alice Falaiye	July 6, 2000 at Flagstaff, Ariz.
6.43/21-1.25	Cherita Howard	April 13, 1996 at College Station
6.31/20-8.5	Funmi Jimoh	May 14, 2005 at Tulsa, Okla.
6.26/20-6.5	Sonya Henry	April 14, 1990 at Rice
6.08/19-11.5	Yvette Haynes	May 23, 1992 at Houston
6.07/19-11	Claudia Haywood	May 1, 1993 at College Station
6.07/19-11	Keitha Moseley	May 9, 2002 at College Station
6.03/19-9.5	Diane Sommerville	May 4, 1988 at Houston
6.03/19-9.5	Konnett Mays	May 10, 2000 at College Station
5.95/19-6.25	Cherrise Traylor	March 30, 1990 at Rice

Triple Jump

13.57/44-6.25	Claudia Haywood	May 19, 1993 at Austin (w:-2.0)
13.29/43-7.25	Cherita Howard	May 16, 1996 at Lubbock
42-10.5	Yvette Haynes	April 11, 1992 at El Paso
12.98/42-7	Cherrise Traylor	April 27, 1990 at Des Moines, Iowa
12.97/42-6.75	Diane Sommerville	May 20, 1989 at Waco
12.39/40-7.75	Shardee Caesar	April 23, 2005 at Baton Rouge, La.
12.32/40-5	Rosita Hogan	April 13, 1996 at College Station
12.08/39-7.75	Rebecca Perry	May 8, 2003 at College Station
12.06/39-6.75	Konnett Mays	April 11, 1998 at College Station
11.99/39-4	Cecilia Nunez	March 27, 1987 at Rice

Shot Put

17.70/58-1	Regina Cavanaugh	May 18, 1986 at Rice
15.57/51-1	Wendi Miller	June 3, 1989 at Waco
15.05/49-4.5	Jessica Sommerfeld	April 20, 2001 at Austin
14.73/48-4	Valerie Tulloch	April 24, 1994 at Rice
14.04/46-0.75	Tammy McCallum	May 16, 1996 at Lubbock
13.63/44-8.75	Trisha Harris	March 25, 1995 at Houston
13.14/43-1.5	Debbie Kusiak	May 5, 1991 at Houston
13.05/42-9.75	Ulrika Hinson	April 16, 2005 at Nacogdoches
13.00/42-8	Krystal Robinson	April 16, 2004 at Nacogdoches
12.52/41-1	Teresa Crismon	May 9, 2002 at College Station
12.32/40-5	LaTrice Hebron	March 18, 1994 at Houston

Discus

54.62/179-2	Krystal Robinson	May 14, 2005 at Tulsa, Okla.
172-7	Regina Cavanaugh	May 17, 1986 at Rice
166-4	Trisha Harris	June 9, 1996 at Mexico City
161-11	Jessica Sommerfeld	April 15, 2000 at College Station
157-0	Wendi Miller	April 22, 1989 at Baton Rouge, La.
154-1	Mary Wallace	May 15, 1988 at Austin
44.42/145-9	Ulrika Hinson	May 14, 2005 at Tulsa, Okla.
132-8	Eimile Gavagan	May 8, 2003 at College Station
129-9	Debbie Kusiak	May 19, 1991 at Houston
129-6	Laura Boms	May 11, 1991 at Occidental, Calif.

Hammer Throw

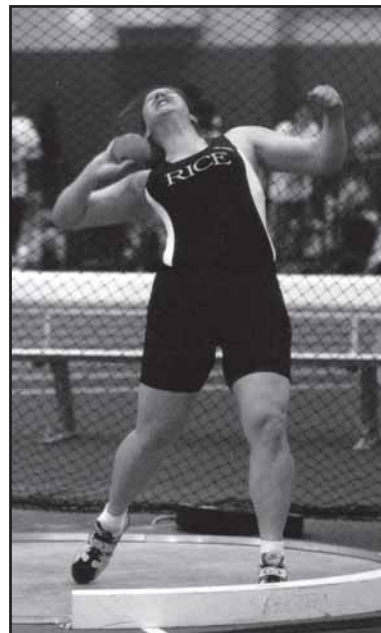
159-9	Teresa Crismon	April 18, 2003 at Houston
141-5	Jessica Sommerfeld	May 19, 2000 at El Paso
48.80/160-1	Krystal Robinson	May 14, 2005 at Tulsa, Okla.
126-8	Eimile Gavagan	April 12, 2003 at College Station
36.74/120-6	Ulrika Hinson	March 19, 2005 at Rice

Javelin

198-9	Valerie Tulloch	March 19, 1995 at Argentina
165-5	Bronwen Morrison	May 25, 1985 at Rice
150-9	Jessica Sommerfeld	May 18, 2001 at Fresno, Calif.
44.82/147-0	Ulrika Hinson	May 28, 2005 at Norman, Okla.
146-6	Lisa Ferdinand	April 28, 1984 at Walnut, Calif.
142-6	Mary Wallace	May 14, 1988 at Austin
140-5	Holly Jones	March 26, 1988 at College Station
137-0	Ally Daum	April 12, 2003 at College Station
125-7	Cherrise Traylor	April 14, 1990 at Rice
116-9	Monique Millar	March 25, 1982 at Waco
h116-4	Ruthann Gairdner	June 10, 2004 at Austin

Heptathlon

5,283 pts.	Ruthann Gairdner	May 14, 2004 at Rice
4,862 pts.	Keitha Moseley	May 17, 2001 at Fresno, Calif.
4,751 pts.	Monique Millar	May 6, 1982 at Austin
4,695 pts.	Pat Krieger	April 27, 1981 at College Station
4,624 pts.	Lisa Ferdinand	April 30, 1982 at College Station
4,513 pts.	Jodi Radziewicz	April 27, 1981 at College Station
4,030 pts.	Flo Nwagwu	May 14, 2004 at Rice
4,016 pts.	Jasmine Davis	May 14, 2004 at Rice
3,855 pts.	Laurell Lund	May 20, 1989 at Waco



Jessica Sommerfeld



2006 RICE WOMEN'S TRACK & FIELD

Cross Country History

Year-by-Year With the Cross Country Owls

Year	Conf.	Rice Invitational	Conf. Champs	NCAA Regionals	NCAA Championships
1984	SWC	1 st /7	4 th /8	5 th /33	--
1985	SWC	1 st /8	4 th /9	4 th /33	Pam Klassen - 25 th
1986	SWC	2 nd /8	4 th /9	5 th /33	Pam Klassen - 11 th
1987	SWC	1 st /8	3 rd /7	3 rd /33	15 th /16
1988	SWC	2 nd /7	3 rd /9	3 rd /33	Kirsten Aure - 48 th
1989	SWC	2 nd /5	4 th /9	--	--
1990	SWC	1 st /4	3 rd /9	--	Julie Jiskra - 81 st
1991	SWC	2 nd /5	5 th /8	7 th /33	--
1992	SWC	1 st /4	2 nd /8	3 rd /33	Nicole Aleskowitch - 126 th
1993	SWC	1 st /6	2 nd /8	2 nd /33	19 th /22
1994	SWC	1 st /4	1 st /8	3 rd /33	Candace Lessmeister - 42 nd
1995	SWC	1 st /8	3 rd /8	7 th /33	Stacy Swank - 167 th
1996	WAC	1 st /6	8 th /16	7 th /33	--
1997	WAC	1 st /8	3 rd /16	5 th /33	--
1998	WAC	1 st /6	8 th /16	1-5 th /33	Erin Brand - 133 rd
1999	WAC	1 st /5	1 st /8	7 th /33	--
2000	WAC	1 st /6	2 nd /9	8 th /33	--
2001	WAC	--	2 nd /10	6 th /33	--
2002	WAC	2 nd /5	1 st /10	6 th /33	--
2003	WAC	1 st /4	3 rd /9	6 th /33	Kate Gorry - 53 rd
2004	WAC	1 st /4	2 nd /9	9 th /33	Marissa Daniels - 53 rd
2005	C-USA	1 st /10	1 st /11	3 rd /33	25 th /31

Conference Champion Teams



1994 SWC - Rice's first conference title in any women's sport



1999 WAC



2002 WAC



2005 C-USA - Rice's first C-USA title in any sport

Cross Country All-Western Athletic Conference



Katie Waite
1999



Shaquandra Roberson
1999



Shannon Murto
2000



Tanya Wright
1999 (first team)
2003 (second team)



Kate Gorry
2002, 2003
2004 Champion



Marissa Daniels
2004



2006 RICE WOMEN'S TRACK & FIELD

All-Time Letterwinners

Abraham, Alecia	1985	Gaidner, Ruthann	2002-03-04	Medina, Danielle	2005	Tacy, Pam	1981
Ackely, Holly	1981-82-83-84	Gajewski, Alexandra	1992-93-94-95	Meier, Marti	1985-86-87-88	Teteris, Aimee	1999-00-01-02-03
Adekoya, LaToya	2005	Gambetta, Kristen	2004	Millar, Monique	1983-84-85-86	Thompson, Juliellen	1986-87-88-89
Adelman, Jodi	1983	Gavagan, Eimile	2002-03	Miller, Kelly	1985-86-87-88	Traylor, Cherrise	1988-90-91
Aleskowitz, Nicole	1990-91-92-93	Gillingham, Sonya	1992	Miller, Wendi	1986-87-88-89	Truesdale, Michelle	1996-97
Anderson, Kelechi	1998-99-00-01	Gleeson, Liz	2005	Mills, Tanisha	1994-95-96-97	Tulloch, Valerie	1991-92-93-94
Armstrong, Brandi	2003-04-05	Goff, Pennie	1981-82-83-84	Mills, Valerie	1980	Twichell, Ginger	1977-78-79
Aure, Kristen	1986-87-88-89	Gorry, Kate	2003-04-05	Moore, A.J.	1997-98-99-00		
		Gray, Lynn	1983	Moore, Kristine	1980-81	Uberecken, Allison	1990-91-92-93
Barrows, Linda	1977-78-79-1980	Greff, Rachel	2005	Moreau, Janine	2005	Umeh, Yvonne	2002-03-04-05
Barrows, Susie	2005			Morrison, Bronwen	1984-85-86-87		
Barz, Michelle	1986-87-88-89	Harp, Mary Rebecca	1994-95-96-97	Moseley, Keitha	1999-00-01-02	Vidal, Camille	1997-98-99-00
Beckford, Allison	2000-01-02-03-04	Harris, Katrice	1983-84-85-86	Murphy, Lauren	2003-04-05	Vigerstol, Kari	1996-97-98-99-00
Belizaire, Raffi	2004	Harris, Trisha	1994-95-96-97	Murto, Shannon	2001-02-03-04		
Bell, Summer	2000-01-02-03	Hawryluk, Jennifer	1981	Myers, Lisa	1982-83-84-85		
Bhardwaj, Sue	1978	Haynes, Patricia	1980-81-82-83			Waite, Katie	1999-00-01-02-03
Birch, Anne	1980	Haynes, Yvette	1991-92			Waite, Lennie	2005
Blackett, Andrea	1994-95-96-97	Haywood, Claudia	1989-90-91-92	Nelson, Jamila	1997-98-99-00	Wallace, Mary	1986-87-88-89
Boms, Laura	1991	Hebron, LaTrice	1991-92-93-94	Newhouse, Benecia	1998-99-00-01	Walwyn, Desarie	2005
Bono, Marisa	1998-99-00-01	Henry, Sonya	1989-90-91-92	Newhouse, Vonda	1992-93-94-95	Washington, Cheryle	1975-76
Bradley, Laura	1979	Hinshaw, Elizabeth	2001-02-03-04	Nicholson, Catherine	1979-80-81	Washington, Lila	1990-91-92-93
Brand, Erin	1998-99-01-02-03	Hinson, Ulrika	2005	Northover, Shelly	1991-92	Watkins, Keia	2001-02-03-04-05
Brantley, Dendra	1988	Hodgson, Kim	1986-87-88-89	Nugent, Rebecca	1996-97-98-99	Weeden, Denise	1982-83-84-85
Brooks, Pam	1990-91-92-93	Hogan, Rosita	1994-95-96-97	Nunez, Cecilia	1983-84-85-86	Welch, Holly	1992-93-94-95
Bryan, Bonnie	2000-01	Honeycutt, D'Arcy	1977-78	Nwagwu, Florence	2003-04-05	Welch, Tammy	1984-85-86-87
Bryant, Robyn	1987-88-89-90	Hooks, Molly	1994-95-96-97	Nwokolo, Chinemerem	1997-98-99-00	Wells, Callie	2005
Buettner, Tracy	1997-98-99-00	Hornbacher, Julie	1980-81-82-83			Westbury, Jennifer	1978-79-80-81-82
Burke, Diane	1980	Howard, Cherita	1994-95-96-97	Ocker, Martha	1992-93-94-95	Wheeler, Sarah	2001-02
Burke, Tiane	2001-02	Howard, Heather	1996-97-98-99	Oppedijk, Elizabeth	1981	Whitaker, Kim	1985-86-87-88
Burns, Catherine	1988	Hudson, Laura	2005	Oujesky, Kathryn	1983	Whiting, Kasonya	1996-97
Bushnell, Shelaswau	1994-95-96-97					Wiese, Caroline	1992
Butcher, Julie	1994-95-96-97	Ibarra, Tessa	1985-86-87-88	Perry, Beth	1979	Wilkerson, Nicole	1993
				Perry, Rebecca	2000-01-02-03	Woods, Desiree	1990-91-92-93
Caesar, Shardee	2004-05	Jackson, Andrea	2005	Porterfield, Beth	2004-05	Woods, Teresa	1990-91-92-93
Carmon, Lacey	2005	Jackson, Felicia	2003	Prime, Danille	2004-05	Wright, Laura E.	1984-85-86-87
Carruthers, Vicky	1984-85-86-87	Jenkins, Daphne	1998-99			Wright, Laura J.	1982-83-84-85
Cavanaugh, Regina	1984-85-86-87	Jimenez, Patricia	1997-98-99-00	Qualls, Goya	1979-80-81-82	Wright, Nicole	1991-92-93-94
Clarke, Rhian	1998-99-00	Jimoh, Funmi	2003-04-05			Wright, Tanya	1999-01-02-03-04
Claunch, Candice	2005	Jiskra, Julie	1989-90-91-92	Rabbitt, Emily	1993-94-95		
Clopton, Kristin	1998-99-00	Jones, Katie	1980-81-82-83	Radziewicz, Jodi	1979-80-81-82-83	Yoder, Sarah	2003-04-05
Cockerham, Camille	1982-83-84-85	Justice, Tanya	1989	Rahl, Riva	1991-92-93-94		
Coe, Monica	1982			Ramirez, Ana Lisa	2001		
Conte, Susan	1984-85-86-87	Kelley, Laura	2005	Reeve, Anna	2002-03-04-05		
Cox, Allison	1998-99-00-01	Klassen, Pam	1985-86-87-88	Roberson, Shaquandra	1996-97-98-99		
Cox, Jessica	2004-05	Klein, Lisa	1979-80-81-82	Robertson, LaKeisha	1998-99-00-01		
Crandall, Martha	1980-81-82-83	Krieger, Pat	1978-79-80-81-82	Robinson, Krystal	2003-04-05		
Crison, Teresa	2001-02-03-04			Romanko, Martha	1979-80-81-82		
Cruz, Marisa	1995-96-97-98	Lawrence, Pamela	1988	Rucker, Mich	1984		
		Lessmeister, Candace	1991-92-93-94	Ruckman, Elizabeth	1999-00-01-02		
Daniels, Marissa	2005	Levine, Erica	1991-92-93-94	Ruel, Brenda	1987		
Daum, Ally	2001-02-03-04	Lewis, Beryl	1985-86-87-88	Sandler, Megan	2003-04-05		
Davis, Jasmine	2004-05	Lewis, Disa	1979-80-81-82-83	Sandoval, Magdalena	2001		
Decker, Rachel	1980-81-82-83	Lewis, Galin	1980	Schmitt, Nancy	1980		
DeSouza, Natalie	1989-90-91-92	Lingel, Laurie	1984	Schumaker Kling, Kelly	1985-86-87-88		
		Luquette, Tammy	1987	Scobie, Kristen	1987-88-89-90		
Easter, Amaris	1999-00-01-02	Lund, Laurell	1986-87-88-89	Scurlock, Chepelle	1990-91-92-93		
Edeh, Rosey	1987-88-89-90	Lynch, Michelle	1988-89-90-91	Seymour, Julie	1987-88-89		
Edwards, Nicola	1996-97-98			Sherry, Lynn	1991-92-93		
Eklouf, Katy	1992-93-94-95	MacMasters, Anne	1979-80-81-82-83	Shoppa, Laura	1984		
Elahee, Trecia	1989-90-91-92	Machen, Heather	1990	Shupack, Carol	1990-91-92		
Elliot, Jen	1992-93-94-95	Madigan, Sheila	1995-96-97-98	Simpson, Julie	1990-91-92		
Epley, Lisa	1981-82-83-84	Marko, Christine	1984	Smallwood, Kim	1998-99		
Ewing, Chandra	2005	Mason, Malia	1998-99-00	Smith, Alexis	1995-96-97-98		
		Massad, Emily	1990-91-92-93	Smith, Megan	2001-02-04-05		
Falaiye, Alice	2000-01-02-03	Mathre, Becky	1979	Sohn, Katherine	2000		
Fearney, Kate	1997-98-99-00	Mayberry, Dana	1991-92-93-94	Sommerfeld, Jessica	1998-99-00-01		
Felder, Amanda	2001-02-03	Mayes, Nina	2003-04-05	Sommerville, Diane	1986-87-88-89		
Feldhaum, Mia	1998-99-00	Mays, Konnett	1998-99-00-01	Spradley, Catherine	1985-86-87-88		
Ferdinand, Lisa	1982-83-84-85	McAlpine, Whitney	2001-02-03-04-05	Stammer, Wendy	1987		
Fonseca, Marta	1989-90-91-92	McCallum, Tammy	1992-93-94-95	Stewart, Maureen	1986-87-88-89		
Fox, Margaret	1997-98-99-00	McCarthy, Schwannah	2002-03	Straker, Melissa	1994-95-96-97		
Frank, Chandra	1996-97-98-99	McCoy, Mary	1991	Sullivan, Kathy	1979-80-81-82-83		
Fuglesang, Malin	2004-05	McDermid, Heather	1987-88-89-90	Swank, Stacy	1992-93-94-95		
Fynes, Margaret	1983	McIntosh, Tanya	1985-86-87-88	Szarmach, Laura	2004-05		
		McKay, Leah	2004-05				
		McVe, Kim	1984-85				



Claudia Haywood



2006 RICE WOMEN'S TRACK & FIELD

Award Winners

Eva Jean Lee

Award Recipients

Presented annually to the most outstanding Rice women's track and field athlete.

- 1979 Jennifer Westbury
- 1980 Jennifer Westbury
- 1981 Catherine Baker
- 1982 Disa Lewis
- 1983 Regina Cavanaugh
- 1984 Regina Cavanaugh
- 1985 No winner
- 1986 Tanya McIntosh
- 1987 Regina Cavanaugh
- 1988 Pam Klassen
- 1989 Diane Sommerville
- 1990 Rosey Edeh
- 1991 Claudia Haywood
- 1992 Claudia Haywood
- 1993 Claudia Haywood
- 1994 Pam Brooks
- 1995 Valerie Tulloch
- 1996 Andrea Blackett
- 1997 Andrea Blackett
- 1998 No winner
- 1999 Erin Brand
- 2000 Shaquandra Roberson
- 2001 Allison Beckford
- 2002 Allison Beckford
- 2003 Allison Beckford
- 2004 Allison Beckford
- 2005 Krystal Robinson

Joyce Pounds Hardy

Award Recipients

Presented annually to the most outstanding female Rice athlete.

- 1981-82 Patricia Krieger
- 1983-84 Regina Cavanaugh
- 1984-85 Regina Cavanaugh
- 1985-86 Regina Cavanaugh
- 1986-87 Catherine Spradley
- 1987-88 Pam Klassen
- 1988-89 Michelle Barz
- 1989-90 Robyn Bryant
- 1991-92 Julie Jiskra
- 1992-93 Claudia Haywood
- 1993-94 Emily Massad
- 1994-95 Candace Lessmeister
- 1995-96 Holly Welch
- 1997-98 Shelia Madigan
- 2000-01 Jessica Sommerfeld
- 2001-02 Erin Brand
- 2004-05 Keia Watkins

Fred J. and Florence Stancliff

Award Recipients

Presented annually for academic achievement and outstanding track and field performance at Rice University.

- 1989 Tanya McIntosh
- 1990 Rosey Edeh
- 1991 Heather McDermid
- 1992 Julie Jiskra
- 1993 Claudia Haywood
- 1994 Pam Brooks
- 1995 Valerie Tulloch
- 1996 Stacy Swank
- 1997 Melissa Straker
- 1998 TaNisha Mills
- 1999 Shaquandra Roberson
- 2000 Kelechi Anderson
- 2001 Keitha Moseley
- 2002 Alice Falaiye
- 2003 Allison Beckford
- 2004 Allison Beckford
- 2005 Yvonne Umeh



Krystal Robinson



Yvonne Umeh



Keia Watkins



2006 RICE WOMEN'S TRACK & FIELD

Records

Indoor

Event	Rice School Record	Athlete
55 Meters	6.83	Katrice Harris (1984)
60 Meters	7.38	TaNisha Mills (1997)
200 Meters	23.80	Margaret Fox (1997)
400 Meters	52.16	Allison Beckford (2002)
800 Meters	2:06.11	Aimee Teteris (2002)
Mile	4:40.86	Pam Klassen (1988)
3,000 Meters	9:11.32	Pam Klassen (1987)
5,000 Meters	16:27.72	Pam Klassen (1987)
55 Meter Hurdles	7.65	Andrea Blackett (1997)
60 Meter Hurdles	8.42	Funmi Jimoh (2004)
4x400 Meter Relay	3:34.44	Blackett, Mills, Straker, Fox (1997)
Distance Medley Relay	11:15.70	Vigerstol, Anderson, Teteris, Roberson (2000)
High Jump	1.82/5-11.5	Sonya Henry (1990)
Pole Vault	4.05/13-3.5	Beth Hinshaw & Ally Daum (2004)
Long Jump	6.51/21-4.25	Alice Falaiye (2001)
Triple Jump	13.23/43-5	Claudia Haywood (1992)
Shot Put	17.67/57-11.75	Regina Cavanaugh (1986)
35-pound Weight	15.73/51-7.5	Krystal Robinson (2005)
Pentathlon	3,937 points	Funmi Jimoh (2006)

Outdoor

Event	Rice School Record	Athlete
100 Meters	11.44	TaNisha Mills (1996)
200 Meters	23.35	Vonda Newhouse (1994)
400 Meters	50.83	Allison Beckford (2002)
800 Meters	2:03.23	Shaquandra Roberson (2000)
1,500 Meters	4:16.86	Shaquandra Roberson (2000)
3,000 Meters	9:03.39	Pam Klassen (1987)
3,000 Steeple	10:31.57	Sarah Yoder (2006)
5,000 Meters	16:28.87	Marissa Daniels (2006)
10,000 Meters	33:22.14	Julie Jiskra (1991)
100 Meter Hurdles	13.46	Andrea Blackett (1997)
400 Meter Hurdles	54.78	Andrea Blackett (1997)
4x100 Relay	44.37	Mays, Smallwood, Robertson, Fox (1999)
4x400 Relay	3:31.68	Blackett, Straker, Newhouse, Mills (1996)
High Jump	5-11.75	Sonya Henry (1990)
Pole Vault	4.12/13-6.25	Beth Hinshaw (2004) & Rachel Greff (2006)
Long Jump	6.63/21-9	Alice Falaiye (2000)
Triple Jump	13.57/44-6.25	Claudia Haywood (1993)
Shot Put	17.70/58-1	Regina Cavanaugh (1986)
Discus	55.94/183-6	Krystal Robinson (2006)
Javelin	60.58/198-9	Valerie Tulloch (1995)
Hammer	48.80/160-1	Krystal Robinson (2005)
Heptathlon	5,283 points	Ruthann Gairdner (2004)

OTHER EVENTS

4x800 Meter Relay – 8:42.32, Wright, Armstrong, Brand, Teteris (2003)

Sprint Medley Relay – 3:47.17, Robertson, Moseley, Teteris, Beckford (2001)