

# Indoor Records

## 2005 RICE OWLS Women's Track & Field

Event	Rice University School Record	Western Athletic Conference Championships Record	Western Athletic Conference All-time Record	Collegiate Record
55 Meters	Katrice Harris 6.83 (1984)	Hydiane Harper (UNLV) 6.73 (1998)	Giesla Jackson (TCU) 6.71 (1998)	Jeanette Bolden (UCLA) 6.13 (1981)*
60 Meters	TaNisha Mills 7.38 (1997)	Hydiane Harper (UNLV) 7.26 (1998)	Hydiane Harper (UNLV) 7.26 (1998)	Angela Williams (USC) 7.09 (2001)
200 Meters	Margaret Fox 23.80 (1997)	Hydiane Harper (UNLV) 23.57 (1998)	Hydiane Harper (UNLV) 23.57 (1998)	Muna Lee (LSU) 22.49 (2003)
400 Meters	Allison Beckford 52.16 (2002)	Saidat Onanuga (UTEP) 53.27 (1999)	Allison Beckford (Rice) 52.16 (2002)	Maicel Malone (Arizona State) 51.05 (1991)
500 Meters	Maureen Stewart 1:11.89 (1986)			Cathy Rattray (Tennessee) 1:09.38 (1984)
800 Meters	Aimee Teteris 2:06.11 (2002)	Svetlana Badrankova (UTEP) 2:07.53 (2000)	Svetlana Badrankova (UTEP) 2:03.19 (2000)	Amy Wickus (Wisconsin) 2:01.65 (1994)
Mile	Pam Klassen 4:40.86 (1988)	Shaquandra Roberson (Rice) 4:46.99 (2000)	Tara Haynes (BYU) 4:45.53 (1998)	Vicki Huber (Villanova) 4:28.31 (1988)
3,000 Meters	Pam Klassen 9:11.32 (1987)	Adriana Pirtea (UTEP) 9:45.39 (2003)	Janeth Alder (BYU) 9:13.68 (1996)	PattieSue Plumer (Stanford) 8:53.54 (1983)
5,000 Meters	Pam Klassen 16:27.72 (1988)	Tara Rohatinsky (BYU) 17:09.03 (1999)	Emily Nay (BYU) 16:09.41 (1999)	Sonia O'Sullivan (Villanova) 15:17.28 (1991)
55 Meter Hurdles	Andrea Blackett 7.65 (1997)	Tiffany Lott (BYU) 7.30 (1997)	Tiffany Lott (BYU) 7.30 (1997)	Candy Young (F. Dickinson) 6.85 (1983)*
60 Meter Hurdles	Andrea Blackett 8.28 (1997)	Kristin Bolm (BYU) 8.20 (1999)	Kristin Bolm (BYU) 8.20 (1999)	Perdita Felicien (Illinois) 7.90 (2002)
4x400 Meter Relay	Blackett, Mills Fox, Straker 3:34.44 (1997)	Rice 3:41.98 (1997)	Rice 3:34.44 (1997)	Texas 3:27.66 (2003)
Distance Medley Relay	Vigerstol, Teteris Anderson, Roberson 11:15.70 (2000)	Nevada 11:59.39 (2003)	BYU 11:12.22 (1999)	Villanova 10:54.34 (1988)
High Jump	Sonya Henry 5-11.25 (1990)	Kajsa Bergqvist (SMU) 6-4.75 (1997)	Kajsa Bergqvist (SMU) 6-4.76 (1997)	Four tied 6-5.5
Pole Vault	Beth Hinshaw, Ally Daum 13-3.5 (2004)	Melissa Price (Fresno State) 13-11.25 (1999)	Melissa Price (Fresno State) 13-11.25 (1999)	Amy Linnen (Arizona) 14-10.25 (2002)
Long Jump	Alice Falaiye 21-4.25 (2001)	Alice Falaiye (Rice) 21-0 (2002)	Alice Falaiye (Rice) 21-4.25 (2001)	Elva Goulbourne (Auburn) 22-8 (2002)
Triple Jump	Claudia Haywood 43-5 (1992)	Zivile Pukstiene (SMU) 43-8.75 (1998)	Anna Tarasova (UTEP) 44-2.75 (2001)	Suzette Lee (LSU) 46-9 (1997)
Shot Put	Regina Cavanaugh 57-11.75 (1986)	Teri Tunks (SMU) 61-9.5 (1998)	Teri Tunks (SMU) 61-9.5 (1998)	Teri Tunks (SMU) 61-9.5 (1998)
Weight Throw	Teresa Crismon 47-6.5 (2003)	Florence Ezeh (SMU) 72-11.75 (2001)	Florence Ezeh (SMU) 72-11.75 (2001)	Florence Ezeh (SMU) 72-11.75 (2001)
Pentathlon	Ruthann Gairdner 3,876 pts. (2003)	Tiffany Lott (BYU) 4,301 pts. (1997)	Tiffany Lott (BYU) 4,301 pts. (1997)	Austra Skujyte (Kansas State) 4,424 pts. (2002)

\* indicates 50 meters

### Other Rice Indoor Records

300 Yards - 35.33, Tanya McIntosh (1987)  
 440 Yards - 55.20, Tanya McIntosh (1987)  
 600 Yards - 1:21.29, Maureen Stewart (1987)  
 600 Meters - 1:33.24, Pam Brooks (1994)  
 880 Yards - 2:14.30, Maureen Stewart (1986)  
 1,000 Yards - 2:35.29, Disa Lewis (1984)  
 1,000 Meters - 2:52.60, Kristen Scobie (1987)  
 Two Miles - 10:06.14, Pam Klassen (1987)  
 4x400 Yard Relay - 3:42.54, Katrice Harris, Tammy Welch, Monique Millar, Laura Shoppa (1987)  
 4x800 Meter Relay - 8:41.64, Heather McDermid, Michelle Barz, Kristen Aure, Maureen Stewart (1989)



## 2005 RICE OWLS Women's Track & Field

Event	Rice University School Record	Rice Track/Soccer Stadium Record	Western Athletic Conf. Championships Record	Western Athletic Conf. All-time Record	Collegiate Record
<b>100 Meters</b>	Nina Mayes 11.35 (2003)	Jackie Washington (UH) 11.33 (1986)	Melinda Sergent (UTEP) 11.19 (1996)	Melinda Sergent (UTEP) 11.14 (1996)	Dawn Sowell (LSU) 10.78 (1989)
<b>200 Meters</b>	Melissa Straker 23.25 (1996)	Mary Onyali (TSU) 22.91 (1986)	Alicia Tyson (UNLV) 22.78 (1999)	Alicia Tyson (UNLV) 22.78 (1999)	Dawn Sowell (LSU) 22.04 (1989)
<b>400 Meters</b>	Allison Beckford 50.83 (2002)	Michelle Collins (Unatt.) 51.38 (1997)	Allison Beckford (Rice) 51.86 (2002)	Allison Beckford (Rice) 50.86 (2002)	Pauline Davis (Alabama) 50.18 (1989)
<b>800 Meters</b>	Shaquandra Roberson 2:03.23 (2000)	Delisa Walton-Floyd (Unatt.) 2:03.19 (1985)	Jeanette Castro (UTEP) 2:05.34 (1998)	Tytti Reho (SMU) 2:01.29 (1999)	Suzy Favor (Wisconsin) 1:59.11 (1990)
<b>1,500 Meters</b>	Shaquandra Roberson 4:17.26 (2000)	Mary Kinsely (MSTC) 4:15.89 (1984)	Dorota Buczowska (BYU) 4:22.07 (1991)	Tytti Reho (SMU) 4:13.58 (2000)	Tiffany McWilliams (MSU) 4:06.75 (2003)
<b>Steeple</b>	Shannon Murto 10:43.59 (2004)	Kara June (Fresno State) 10:26.17 (2002)	Kara June (Fresno State) 10:26.17 (2002)	Kara June (Fresno State) 10:53.83 (2001)	Kassi Andersen (BYU) 9:44.95 (2003)
<b>5,000 Meters</b>	Pam Klassen 16:31.62 (1988)	Middle Hamrin (Harr.) 16:12.13 (1986)	Sandy Ham (Colorado State) 16:42.77 (1991)	Fride Vullum (Tulsa) 16:01.41 (2001)	Kathy Hayes (Oregon) 15:23.03 (1985)
<b>10,000 Meters</b>	Julie Jiskra 33:22.14 (1991)	Gina McMenamin (Houston) 33:51.20 (1986)	Tangi Galloway (New Mex.) 34:24.62 (1997)	Satu Levela (UTEP) 33:07.00 (1991)	Carole Zajac (Villanova) 32:22.97 (1992)
<b>100 Meter Hurdles</b>	Funmi Jimoh 13.42 (2004)	Dionne Rose (Unatt.) 12.80 (1997)	Miesha McKelvy (SDSU) 12.84 (1999)	Tiffany Lott (BYU) 12.72 (1997)	Gail Devers (UCLA) 12.61 (1988)
<b>400 Meter Hurdles</b>	Andrea Blackett 54.78 (1997)	Allison Beckford (Rice) 56.58 (2001)	Andrea Blackett (Rice) 56.15 (1997)	Andrea Blackett (Rice) 54.78 (1997)	Sheena Johnson (UCLA) 54.24 (2003)
<b>4x100 Relay</b>	Mays, Smallwood Robertson, Fox 44.37 (1999)	Texas 44.47 (1986)	TCU 43.70 (1997)	TCU 43.70 (1997)	LSU 42.50 (1989)
<b>4x400 Relay</b>	Blackett, Straker V. Newhouse, Mills 3:31.68 (1996)	Houston All-Stars 3:30.69 (1989)	UTEP 3:34.94 (2000)	Rice 3:31.68 (1996)	South Carolina 3:26.46 (2002)
<b>High Jump</b>	Sonya Henry 5-11.25 (1990)	Louise Ritter (PCTC) 6-02 (1986)	Kajsa Bergvist (SMU) 6-6 (1999)	Kajsa Bergvist (SMU) 6-6 (1999)	two tied 6-6
<b>Pole Vault</b>	Beth Hinshaw 13-6.25 (2004)	Beth Hinshaw (Rice) 13-6.25 (2004)	Melissa Price (Fresno State) 14-3.5 (1998)	Melissa Price (Fresno State) 14-3.5 (1998)	Becky Holliday (Oregon) 14-8 (2003)
<b>Long Jump</b>	Alice Falaiye 21-9 (2000)	Cynthia Henry (UTEP) 21-4 (1986)	Anu Kaljurand (BYU) 21-4.75 (1991)	Alice Falaiye (Rice) 21-9 (2000)	Jackie Joyner (UCLA) 22-11.25 (1985)
<b>Triple Jump</b>	Claudia Haywood 44-6.25 (1993)	Diana Orrange 44-0 (1995)	Anna Tarasova (UTEP) 44-0 (2000)	Anna Tarasova (UTEP) 44-9 (2001)	Stacey Bowers (Baylor) 46-1 (1999)
<b>Shot Put</b>	Regina Cavanaugh 58-1 (1986)	Regina Cavanaugh (Rice) 56-1 (1988)	Marika Tuliniemi (SMU) 56-5.25 (1997)	Teri Tunks (SMU) 60-10.5 (1998)	Meg Ritchie (Arizona) 62-3.75 (1983)
<b>Discus</b>	Regina Cavanaugh 172-7 (1986)	Penny Neer (W. Michigan) 156-1 (1988)	Shelly Borrman (Colorado State) 198-8 (1999)	Shelly Borrman (Colo. St.) 198-8 (1999)	Meg Ritchie (Arizona) 221-5 (1981)
<b>Hammer Throw</b>	Teresa Crismon 159-9 (2003)	Johanna Doyle (Harvard) 170-11 (2002)	Florence Ezeh (SMU) 218-5 (2001)	Amy Palmer (BYU) 220-1 (1998)	Candisce Scott (Florida) 229-0 (2003)
<b>Javelin</b>	Valerie Tulloch 198-9 (1995)	Valerie Tulloch (Rice) 186-3 (1993)	Angeliki Tsiolakoudi (UTEP) 191-9 (2000)	Angeliki Tsiolakoudi (UTEP) 197-8 (2000)	Irina Kharun (Indiana) 202-10 (2003)
<b>Heptathlon</b>	Ruthann Gairdner 5,205 (2003)	Stephanie Rombach (SMU) 5,268 pts. (2002)	Tiffany Lott (BYU) 5,778 (1997)	Tiffany Lott (BYU) 6,211 (1997)	Diane Guthrie (G. Mason) 6,527 (1995)

### Other Rice Outdoor Records



**Mile Relay** - 3:36.17, TaNisha Mills, Melissa Straker, Pam Brooks, Vonda Newhouse (1994)  
**4x800 Meter Relay** - 8:42.32, Tanya Wright, Brandi Armstrong, Erin Brand, Aimee Teteris (2003)  
**Sprint Medley Relay (short)** - 1:39.90, Katrice Harris, Laura Wright, Cecilia Nunez, Tanya McIntosh (1986)  
**Sprint Medley Relay** - 3:47.17, LaKeisha Robertson, Keitha Moseley, Aimee Teteris, Allison Beckford (2001)

# Top Outdoor Performances

## 2005 RICE OWLS Women's Track & Field

### 100 Meters

11.34	Nina Mayes	May 29, 2004 at College Station
11.44	TaNisha Mills	April 13, 1996 at College Station
11.51	Dionne Wright	April 13, 1996 at College Station
11.51	Margaret Fox	May 9, 1998 at El Paso
11.57	LaKeisha Robertson	April 20, 2001 at Austin
11.59	Katrice Harris	May 5, 1985 at Houston
11.62	Shelly Northover	May 23, 1992 at Houston
11.66	Desiree Woods	April 10, 1993 at El Paso
11.68	Tanya McIntosh	May 7, 1988 at Austin
11.69	Laura Wright	May 13, 1983 at Fort Worth

### 200 Meters

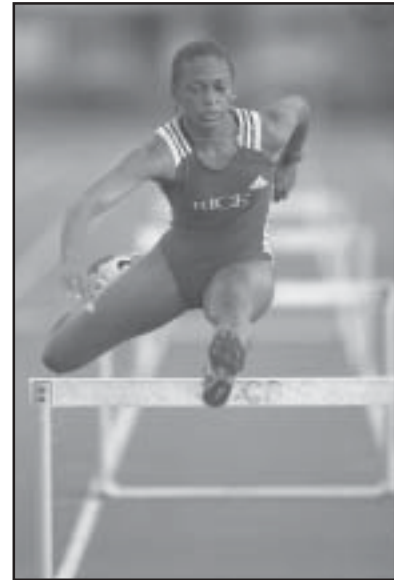
23.18	Allison Beckford	May 8, 2003 at College Station
23.25	Melissa Straker	May 18, 1996 at Lubbock
23.35	Vonda Newhouse	May 7, 1994 at Houston
23.44	TaNisha Mills	April 13, 1996 at College Station
23.60	Tanya McIntosh	May 7, 1988 at Austin
23.61	Desiree Woods	May 13, 1990 at Houston
23.61	Nina Mayes	May 15, 2004 at Rice Track/Soccer Stadium
23.69	Katrice Harris	May 18, 1986 at Rice Track/Soccer Stadium
23.69	Yvonne Umeh	April 12, 2003 at College Station
23.75	LaKeisha Robertson	May 20, 2000 at El Paso

### 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 Track/Soccer Stadium
53.38	Pam Brooks	May 14, 1993 at Rice Track/Soccer Stadium
53.63	Robyn Bryant	April 14, 1990 at Rice Track/Soccer Stadium
53.64	Yvonne Umeh	May 17, 2002 at Rice Track/Soccer Stadium
53.84	Laura Shoppa	May 17, 1984 at Austin
54.01	TaNisha Mills	April 21, 1996 at Walnut, Calif.



*TaNisha Mills*



*Andrea Blackett*

### 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 Track/Soccer Stadium
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

### 1,500 Meters

4:16.86	Shaquandra Roberson	July 14, 2000 at Sacramento
4:18.60	Pam Klassen	May 18, 1986 at Rice Track/Soccer Stadium
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
4:27.50	Kari Vigerstol	May 10, 2000 at College Station
4:28.39	Liza Ruckman	April 20, 2002 at Walnut, Calif.

### 3,000 Meters

9:03.39	Pam Klassen	June 4, 1987 at Baton Rouge
9:27.89	Nicole Aleskowitch	June 3, 1994 at Boise, Idaho
9:29.33	Kirsten Aure	May 21, 1988 at Houston
9:33.25	Julie Jiskra	May 11, 1991 at Occidental, Calif
9:35.25	Kari Vigerstol	May 5, 2000 at Stanford, Calif.
9:36.98	Stacy Swank	May 20, 1995 at Van Nuys, Calif.
9:40.45	Disa Lewis	March 5, 1983 at Laredo
9:40.84	Candace Lessmeister	April 2, 1994 at Rice Track/Soccer Stadium
9:42.65	Shaquandra Roberson	April 1, 2000 at Rice Track/Soccer Stadium
9:45.67	Catherine Spradley	May 4, 1986 at Houston

### 3,000 Meter Steeplechase

10:43.59	Shannon Murto	April 17, 2004 at Walnut, Calif.
10:51.64	Sarah Yoder	May 14, 2004 at Rice Track/Soccer Stadium
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



# Top Outdoor Performances

## 2005 RICE OWLS Women's Track & Field

### 5,000 Meters

16:31.62	Pam Klassen	April 8, 1988 at Austin
16:42.16	Catherine Spradley	April 4, 1986 at Austin
16:51.73	Nicole Aleskowitch	April 24, 1994 at RTSS
16:53.78	Julie Jiskra	April 28, 1990 at Des Moines
16:56.40	Stacy Swank	May 20, 1995 at Van Nuys, Calif.
16:58.80	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
17:25.46	Kirsten Aure	March 30, 1990 at Houston



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.
35:31.00	Marta Fonesca	May 22, 1992 at Santa Monica
35:35.32	Summer Bell	April 18, 2003 at Walnut, Calif.
35:38.63	Kate Gorry	May 14, 2005 at Rice Track/Soccer Stadium
36:41.11	Katie Waite	April 4, 2002 at Austin
36:55.84	Whitney McAlpine	April 4, 2002 at Austin
37:14.48	Whitney McAlpine	May 14, 2004 at Rice Track/Soccer Stadium
37:18.55	Heather Howard	April 23, 1999 at Philadelphia, Pa.

### 100 Meter Hurdles

13.42	Funmi Jimoh	June 10, 2004 at Austin
13.46	Andrea Blackett	May 23, 1997 at San Diego
13.52	Keitha Moseley	April 20, 2001 at Austin
13.53	Kim Smallwood	May 21, 1999 at Ft. Collins, Colo.
13.79	Funmi Jimoh	May 8, 2003 at El Paso
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 Track/Soccer Stadium
14.21	Tiane Burke	May 9, 2002 at College Station

### 400 Meter Hurdles

54.78	Andrea Blackett	June 6, 1997 at Bloomington, Ind.
55.18	Allison Beckford	April 15, 2003 at Walnut, Calif.
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 Track/Soccer Stadium
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 Track/Soccer Stadium

### 4x100 Meter Relay

44.37	Kelechi Anderson, Kim Smallwood, LaKeisha Robertson, Margaret Fox	May 22, 1999 at Ft. Collins, Colo.
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 Smallwood, 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 Track/Soccer Stadium
45.0	TaNisha Mills, Melissa Straker, Andrea Blackett, Dionne Wright	May 19, 1995 at Houston
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 Track/Soccer Stadium
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 Track/Soccer Stadium
3:37.54	Yvonne Umeh, Keitha Moseley, Tanya Wright, Allison Beckford	May 18, 2002 at Rice Track/Soccer Stadium

# Top Outdoor Performances

## 2005 RICE OWLS Women's Track & Field

### High Jump

5-11 ¼	Sonya Henry	May 9, 1990 at Rice Track/Soccer Stadium
5-10 ¾	Keitha Moseley	March 30, 2002 at Rice Track/Soccer Stadium
5-9 ½	Lisa Ferdinand	May 22, 1982 at Clarksville, Tenn.
h5-9 1/4	Flo Nwagwu	May 12, 2004 at Rice Track/Soccer Stadium
5-9	Diane Sommerville	April 15, 1989 at College Station
5-8	Funmi Jimoh	May 6, 2004 at Huntsville
5-7 ¼	Keia Watkins	May 19, 2001 at Fresno, Calif.
5-7	Laurie Lingel	April 21, 1983 at Houston
5-6	Pennie Goff	May 8, 1982 at Austin
5-6	Pat Krieger	March 20, 1981 at Pasadena, Calif.
5-6	Danille Prime	May 14, 2004 at Rice Track/Soccer Stadium

### Pole Vault

13-6 1/4	Beth Hinshaw	May 22, 2004 at Rice Track/Soccer Stadium
12-9 1/2	Ally Daum	April 3, 2004 at Austin
12-5 ½	Rhian Clarke	March 27, 1999 at Rice Track/Soccer Stadium
12-3 1/2	Erica Derrickson	March 19, 2004 at Rice Track/Soccer Stadium

### Long Jump

21-9	Alice Falaiye	May 10, 2000 at College Station
21-1 ¼	Cherita Howard	April 13, 1996 at College Station
20-6 ½	Sonya Henry	April 14, 1990 at Rice Track/Soccer Stadium
20-1 3/4	Funmi Jimoh	May 14, 2004 at Rice Track/Soccer Stadium
19-11 ½	Yvette Haynes	May 23, 1992 at Houston
19-11	Claudia Haywood	May 1, 1993 at College Station
19-11	Keitha Moseley	May 9, 2002 at College Station
19-9 ½	Diane Sommerville	May 4, 1988 at Houston
19-9 ½	Konnett Mays	May 10, 2000 at College Station
19-6 ¼	Cherrise Traylor	March 30, 1990 at Rice Track/Soccer Stadium

### Triple Jump

44-6 ¼	Claudia Haywood	May 19, 1993 at Austin (w:-2.0)
43-7 ¼	Cherita Howard	May 16, 1996 at Lubbock
42-10 ½	Yvette Haynes	April 11, 1992 at El Paso
42-7	Cherrise Traylor	April 27, 1990 at Des Moines, Iowa
42-6 ¾	Diane Sommerville	May 20, 1989 at Waco
40-5	Rosita Hogan	April 13, 1996 at College Station
39-7 ¾	Rebecca Perry	May 8, 2003 at College Station
39-6 ¾	Konnett Mays	April 11, 1998 at College Station
39-4	Cecilia Nunez	March 27, 1987 at Rice Track/Soccer Stadium

### Shot Put

58-1	Regina Cavanaugh	May 18, 1986 at Rice Track/Soccer Stadium
51-1	Wendi Miller	June 3, 1989 at Waco
49-4 ½	Jessica Sommerfeld	April 20, 2001 at Austin
48-4	Valerie Tulloch	April 24, 1994 at Rice Track/Soccer Stadium
46-0 ¾	Tammy McCallum	May 16, 1996 at Lubbock
44-8 ¾	Trisha Harris	March 25, 1995 at Houston
43-1 ½	Debbie Kusiak	May 5, 1991 at Houston
41-1	Teresa Crismon	May 9, 2002 at College Station
40-5	LaTrice Hebron	March 18, 1994 at Houston
40-2 3/4	Ruthann Gairdner	March 27, 2004 at Rice Track/Soccer Stadium



Keitha Moseley

### Discus

172-7	Regina Cavanaugh	May 17, 1986 at Rice Track/Soccer Stadium
166-4	Trisha Harris	June 9, 1996 at Mexico City
163-11	Krystal Robinson	March 27, 2004 at Rice Track/Soccer Stadium
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
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
135-09	Krystal Robinson	May 16, 2003 at El Paso
126-8	Eimile Gavagan	April 12, 2003 at College Station

### Javelin

198-9	Valerie Tulloch	March 19, 1995 at Argentina
165-5	Bronwen Morrison	May 25, 1985 at Rice Track/Soccer Stadium
150-9	Jessica Sommerfeld	May 18, 2001 at Fresno, Calif.
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 Track/Soccer Stadium
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 Track/Soccer Stadium
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 Track/Soccer Stadium
4,016 pts.	Jasmine Davis	May 14, 2004 at Rice Track/Soccer Stadium
3,855 pts.	Laurell Lund	May 20, 1989 at Waco



Jessica Sommerfeld



Rice's NCAA Champions

*Indoor*

- 1984 -- Regina Cavanaugh, shot put (54-8)
- 1985 -- Regina Cavanaugh, shot put (54-1 3/4)
- 1986 -- Regina Cavanaugh, shot put (57-11 3/4)
- 1997 -- 4x400 meter relay, 3:34.44
- Andrea Blackett, TaNisha Mills, Margaret Fox, Melissa Straker*
- 2002 -- Allison Beckford, 400 meters (52.16)

*Outdoor*

- 1985 -- Regina Cavanaugh, shot put (56-7 1/2)
- 1986 -- Regina Cavanaugh, shot put (56-9 1/2)
- 1987 -- Regina Cavanaugh, shot put (56-10 3/4)
- 1992 -- Valerie Tulloch, javelin (191-2)
- 1993 -- Claudia Haywood, triple jump (44-5 1/4)
- 1994 -- Valerie Tulloch, javelin (187-7)
- 1995 -- Valerie Tulloch, javelin (192-1)
- 2001 -- Allison Beckford, 400 meters (52.33)
- 2002 -- Allison Beckford, 400 meters (50.83)



*Claudia Haywood, triple jump*



*Allison Beckford, 400 meters*



*Regina Cavanaugh, shot put*



*Valerie Tulloch, javelin*



*Melissa Straker, Margaret Fox, Andrea Blackett, TaNisha Mills, 4x400 meter relay*