

UNIVERSITY OF TOLEDO

Women's Track & Field Record Book 2025-26



TABLE OF CONTENTS

Mission Statement32

Indoor Track & Field (3-15)

Records & Individual Champions 3

Athletic & Academic Honors..... 4

All-Time Top-10 Performances 5-9

MAC Championship Results 10-12

USTFCCCA Rankings History..... 13-15

Outdoor Track & Field (16-30)

Records & Individual Champions 16

Athletic & Academic Honors..... 17

All-Time Top-10 Performances 18-23

MAC Championship Results 24-27

USTFCCCA Rankings History..... 28-30

Postseason

NCAA Regional & Championship Results 31

QUICK FACTS

The University of Toledo

Location	Toledo, Ohio
Founded.....	1872
Enrollment.....	14,290
Nickname.....	Rockets
Colors.....	Midnight Blue & Gold
Interim President	Dr. James Holloway
VP/ Director of Athletics.....	Bryan B. Blair
Faculty Athletic Rep.	Kim Nigem

Track & Field History

2025 Indoor MAC Finish.....	6th
2025 Outdoor MAC Finish	9th
MAC Individual Champions	72
MAC Freshman of the Year	4
MAC Coach of the Year	2
Letterwinners Returning/ Lost	36/7
Newcomers	12

Coaching Staff

Director of XC and TF	Andrea Grove-McDonough
Alma Mater.....	Minnesota ('04)
Seasons at UT	6
Associate Head Coach	Louis Vazquez
Assistant Coach	Ronnie Brandal
Assistant Coach	Devin Quinn

Social Media

Athletics Website	www.utrockets.com
X (formerly Twitter)	@ToledoXCTF
Instagram & Threads.....	@toledoxctf
Facebook.....	Toledo XCTF

Athletic Communications

The 2025-26 Toledo Women's Track & Field record book was written by Jordyn Prok and edited by the Athletic Communications department. Cover photo was taken by Christian Surtz.

All interviews and media requests must be coordinated with the athletic communications office. Please contact Rachel Rusnak with any questions or requests.

Asst. Dir. of Communications.....	Jordyn Prok
Office	419-530-4920
E-mail.....	jordyn.prok@utoledo.edu
Address	2801 W. Bancroft St.
.....	Savage Arena
.....	Toledo, Ohio 43606

INDOOR TRACK & FIELD MAC CHAMPIONS

60m

2018 Shanice Williams, 7.41
2019 Shanice Williams, 7.37

200m

2010 Amanda Kaverman, 24.43

400m

1998 Arnika Edwards, 55.51

800m

2020 Petronela Simiuc, 2:07.46
2025 Laura Nicholson, 2:06.75

Mile

2002 Petra Tevali, 4:54.49
2003 Everlyne Lagat, 4:49.10
2012 Emma Kertesz, 4:47.96
2014 Megan Wright, 4:51.04
2020 Petronela Simiuc, 4:46.93
2023 Lou Trois, 4:54.05
2025 Laura Nicholson, 4:43.58

3000m

2002 Briana Shook, 9:43.35
2003 Briana Shook, 9:25.91*
2004 Briana Shook, 9:43.77
2022 Joy Chirchir, 9:41.09
2025 Laura Nicholson, 9:29.38

5000m

2003 Briana Shook, 16:33.00
2004 Briana Shook, 16:42.75
2010 Ari Fisher, 16:42.87
2012 Emma Kertesz, 16:53.76
2013 Mackenzie Chojnacky, 16:47.40
2019 Athena Welsh, 16:33.55
2022 Joy Chirchir, 16:31.57

Distance Medley Relay

2020 Yasar, Horner, Karaslan, Simiuc,
11:38.11

Long Jump

2006 April Williams, 6.32m*

Triple Jump

2006 April Williams, 12.94m
2011 Alexandra Afloari, 12.60m

Pentathlon

2019 Atalia Lima, 3542 pts.

**MAC championship meet record*

NCAA INDOOR CHAMPIONSHIPS

2020 - Albuquerque, N.M.

Mile Petronela Simiuc, *Event Cancelled*

2011 - College Station, Texas

5000m Ari Fisher, - 11th - 16:04.56 (P)

2006 - Fayetteville, Ark.

LJ April Williams, 6.19m - 6th (F)

INDOOR TRACK & FIELD ATHLETIC HONORS

NCAA All-American

2006 April Williams (Long Jump)

Most Valuable Performer

2012 Emma Kertesz

2022 Joy Chirchir

2025 Laura Nicholson

Most Outstanding Track Performer

2003 Briana Shook

2010 Ari Fisher

2020 Petronela Simiuc

2022 Joy Chirchir

2025 Laura Nicholson

Freshman Performer of the Year

2018 Karoline Steppin (Field)

2022 Joy Chirchir

First-Team All-MAC

2006 April Williams

2010 Ari Fisher

Amanda Kaverman

2011 Alexandra Afloari

2012 Emma Kertesz

2013 Mackenzie Chojnacky

2014 Megan Wright

2019 Atalia Lima

Athena Welsh

Shanice Williams

2020 Rayna Horner

Semra Karaslan

Petronela Simiuc

Meltem Yashar

2022 Joy Chirchir

2023 Lou Trois

2024 Cadence Christie

Krystal Clark

Laura Nicholson

Lianna Surtz

2025 Laura Nicholson

Second-Team All-MAC

2006 Ebba Stenback

2008 Kari Shade

2010 Michelle Sutherland

2011 Ari Fisher

Amanda Kaverman

2012 Kiah Douglas

Megan Voglesong

2013 Brooke Tullis

2014 Brooke Tullis

Priscilla Timmons

Sharah Woodrum

2015 Michelle Davis

Julia Pusateri

Liz Weiler

Megan Wright

2017 Joan Jepkirui

2020 Raynesha Lewis

2022 Emily Vining

2023 Emily Vining

Jaydon Cirincione

Ava Moran

2024 Mercy Kinyanjui

2025 Alex Bauer

Mercy Kinyanjui

Lianna Surtz

Samantha Thomas



April Williams is the only Rocket to earn All-American honors in indoor track & field after placing sixth in the 2006 long jump finals with a mark of 6.19m, the second-best result in school history.



Laura Nicholson became the first Rocket to win three individual championships at the conference meet in 2025. The Cork, Ireland native brought home gold in the mile (4:43.58), the 800 (2:06.75) and the 3000m (9:29.38). She earned MVP honors and was named the MAC Most Outstanding Track Performer after scoring 30 points as an individual.

INDOOR TRACK & FIELD ACADEMIC HONORS

Academic All-MAC

2005	April Williams	Olivia Chinn	Claire Steigerwald
2006	April Williams Ebba Stenback	Daa da Silva	Hannah Sponaugle
2009	Sandy Brazeau ^ Audra Brown ^ Shari Harmon Karen Sovacool ^	Jordan Doore	Emily Vining
2010	Julie Snyder Micchelle Sutherland Danielle Thomas	Maddie Ferner	Alison Vogl
2013	Kaylin Belair ^ Mackenzie Chojnacky	Sally Frank	Meltem Yasar
2014	Priscillia Timmons Brooke Tullis Megan Wright	Nautica Hill	2022 Madison Barnes
2015	Kelsey Calhoun Mackenzie Chojnacky Natalie Comardo Megan Csechi Alexandra Domoras Megan Gaysunas Alexa Jarrett Carly Molls Sharon Morgan Kyesha Neal Julia Pusateri Hannah Saba Priscillia Timmons Brooke Tullis Liz Weiler Megan Wright Emily Wyrick	Christina Johnson	Jordyn Boyer
2016	Stephanie Barlow Akili Barnes Alexandra Domoras Julia Mendiola Madeline Pacella Julia Pusateri* Hannah Saba Priscillia Timmons Brooke Tullis Liz Weiler Emily Wyrick	Bridget Keenan	Krystal Clark
2017	Sally Frank Nautica Hill Alexa Jarrett* Maddie Jarrett Alissa Jenkins Gabby Jett Emly Wyrick	Yana Khabina	Paige Embaugh
2018	Amanda Bakley Stephanie Barlow	Roma Lucarelli	Rayna Horner
		Janelle Noe	Ava Moran
		Madison Pierce	Claire Steigerwald
		Stephanie Sherman	Hannah Sponaugle
		Petronela Simiuc	Saraah-Rose Sullivan
		Athena Welsh	Amanda Tremains
		Tor Thompson	Lou Trois
		Athena Welsh	Madedline Vining
	2019	Olivia Chinn	Emily Vining
		Morgan Dembowski	Audrey Witham
		Jordan Doore	2023 Mayson Bates
		Sally Frank	Jordyn Boyer
		Ashley Herrmann	Krystal Clark
		Nautica Hill	Alexia Moehling
		Michelle Hostettler	Ava Moran
		Christina Johnson	Amara Okpalaoka
		Yana Khabina	Jimesha Ragland
		Riley Kwiatkowski	Sarah-Rose Sullivan
		Jennifer Lichter	Lou Trois
		Atalia Lima	Emily Vining
		Roma Lucarelli	Madeline Vining
		Deja Martin	Audrey Witham
		Janelle Noe	2024 Sydney Caddell
		Madison Pierce	Cadence Christie
		Stephanie Sherman	Krystal Clark
		Petronela Simiuc	McKinley Fieldding
		Athena Welsh	Morgan Hicks
		Shanice Williams	Emily Vining
	2020	Amanda Bakley	Madeline Vining
		Rayna Horner	Margrett Watt
		Michelle Hostettler	Audrey Witham
		Yana Khabina	Laryah Worthy
		Chloee Kleespies	2025 Alex Bauer
		Riley Kwiatkowski	Sydney Caddell
		Atalia Lima	Aubrey Duhaime
		Holly Nation	Bella Earl
		Stephanie Sherman	Makenna Englund
		Petronela Simiuc	Karina James
		Claire Steigerwald	Laura Nicholson
	2021	Alyssa Edwards	Bailey Ranta
		Paige Embaugh	Jordyn Wright
		Maya Hannagan	
		Rayna Horner	
		Roma Lucarelli	
		Ava Moran	

^Honorable Mention

*Distinguished Scholar-Athlete

MAC INDOOR CHAMPIONSHIP RESULTS

1996

1. Ball State	145
2. Eastern Michigan	126
3. Bowling Green	80
4. Kent State	75.5
5. Western Michigan	69
6. Central Michigan	58
7. Toledo	43.5
8. Miami	32
9. Ohio	26
10. Akron	8

1997

1. Eastern Michigan	138
2. Kent State	108
3. Ball State	90
4. Western Michigan	64
5. Bowling Green	60
6. Toledo	59
7. Miami	47
8. Ohio	41
9. Central Michigan	30
10. Akron	26

1998

1. Ball State	131.5
2. Kent State	108
3. Bowling Green	91
4. Eastern Michigan	76.5
5. Miami	65.5
6. Toledo	61
7. Akron	56
8. Ohio	53
9. Central Michigan	44
10. Western Michigan	14.5
11. Marshall	1

Feb. 26-27, 1999

Bowling Green, Ohio

1. Bowling Green	110
2. Ball State	109.5
3. Eastern Michigan	92
4. Akron	79
5. Central Michigan	76
6. Kent State	68.5
7. Miami	55
8. Ohio	35
9. Western Michigan	17
10. Marshall	13
11. Buffalo	5
12. Toledo	3

Feb. 25-26, 2000

Ypsilanti, Mich.

1. Eastern Michigan	142.67
2. Ball State	109.5
3. Akron	115
4. Kent State	97
5. Central Michigan	81.33
6. Toledo	28
7. Buffalo	25
8. Western Michigan	16
8. Bowling Green	16
10. Miami	15
11. Ohio	2
12. Marshall	0

Feb. 23-24, 2001

Mt. Pleasant, Mich.

1. Ball State	145
2. Kent State	120
3. Eastern Michigan	91
4. Central Michigan	90
5. Akron	53.5
6. Bowling Green	44
7. Miami	39.5
8. Buffalo	28.5
9. Western Michigan	19
10. Ohio	18
11. Toledo	11
12. Marshall	3.5

Feb. 22-23, 2002

Bowling Green, Ohio

1. Central Michigan	122
2. Eastern Michigan	101
3. Ball State	97
4. Kent State	88
5. Toledo	58.5
6. Akron	51.5
7. Miami	38
8. Bowling Green	31
9. Western Michigan	24
10. Ohio	22
11. Buffalo	21
12. Marshall	9
13. Northern Illinois	0

March 1-2, 2003

Kent, Ohio

1. Kent State	88
2. Ball State	84.33
3. Central Michigan	75.66
4. Eastern Michigan	72.5
5. Western Michigan	72
6. Toledo	62

7. Akron	53
8. Miami	47.5
9. Buffalo	47
10. Bowling Green	34
11. Ohio	23
11. Marshall	4
13. Northern Illinois	0

Feb. 27-28, 2004

Ypsilanti, Mich.

1. Central Michigan	103
2. Eastern Michigan	92.5
3. Kent State	90.5
4. Ball State	77
5. Western Michigan	57
6. Miami	51
6. Akron	51
8. Bowling Green	45
9. Buffalo	41
10. Toledo	28
11. Northern Illinois	13
12. Ohio	9
13. Marshall	5

Feb. 25-26, 2005

Mt. Pleasant, Mich.

1. Akron	97
2. Eastern Michigan	95.5
3. Kent State	88.5
4. Ball State	81.5
5. Central Michigan	79
6. Western Michigan	57
7. Miami	49
8. Buffalo	43.5
9. Northern Illinois	28
10. Bowling Green	19
11. Toledo	16
12. Ohio	7
13. Marshall	2

Feb. 24-25, 2006

Bowling Green, Ohio

1. Akron	118.5
2. Ball State	105
3. Western Michigan	75.75
4. Eastern Michigan	69.5
5. Central Michigan	61
6. Toledo	51.75
7. Kent State	46.5
8. Miami	46
9. Buffalo	41.5
10. Bowling Green	30.75
11. Northern Illinois	13.75
12. Ohio	3

MAC INDOOR CHAMPIONSHIP RESULTS

Feb. 23-24, 2007

Akron, Ohio

1. Akron	136
2. Western Michigan	112
3. Ball State	82.5
4. Central Michigan	62
5. Miami	55.5
6. Buffalo	51
7. Ohio	44
8. Bowling Green	37
9. Kent State	36
10. Northern Illinois	22.5
11. Toledo	17.5
12. Eastern Michigan	7

Feb. 29 - March 1, 2008

Ypsilanti, Mich.

1. Akron	106
2. Western Michigan	96
3. Miami	88
4. Ball State	86
5. Central Michigan	55.5
6. Buffalo	50.5
7. Eastern Michigan	40.5
8. Kent State	34
9. Toledo	32.5
10. Ohio	32
11. Bowling Green	26.5
12. Northern Illinois	12.5

Feb. 27-28, 2009

Kent, Ohio

1. Akron	126
2. Kent State	101
3. Miami	73
3. Ball State	73
5. Western Michigan	62
6. Buffalo	52
7. Central Michigan	44.5
8. Ohio	42.5
9. Eastern Michigan	42
10. Toledo	35
11. Bowling Green	11
12. Northern Illinois	1

Feb. 26-27, 2010

Mt. Pleasant, Mich.

1. Kent State	107
2. Central Michigan	100
3. Western Michigan	92
4. Miami	79.5
5. Eastern Michigan	75
6. Akron	61

7. Buffalo	46
8. Toledo	44
9. Ohio	26.5
10. Ball State	25
11. Bowling Green	6
12. Northern Illinois	1

Feb. 25-26, 2011

Bowling Green, Ohio

1. Eastern Michigan	118
2. Western Michigan	89
3. Miami	81
4. Kent State	76
5. Toledo	66.5
6. Akron	51
7. Central Michigan	50.5
8. Bowling Green	45
9. Buffalo	33
10. Ohio	32
11. Ball State	13
12. Northern Illinois	8

Feb. 24-25, 2012

Akron, Ohio

1. Kent State	108.5
2. Toledo	87.5
3. Western Michigan	85.5
4. Buffalo	73.5
5. Miami	66
6. Eastern Michigan	63
7. Northern Illinois	48
8. Akron	38
9. Ohio	37
10. Central Michigan	32
11. Bowling Green	14
12. Ball State	10

Feb. 22-23, 2013

Ypsilanti, Mich.

1. Kent State	175
2. Eastern Michigan	94
3. Western Michigan	73
4. Akron	71
5. Toledo	65
6. Buffalo	51
7. Ohio	38
8. Miami	35.5
9. Central Michigan	25.5
10. Northern Illinois	16
12. Bowling Green	12
12. Ball State	7

Feb. 28-March 1, 2014

Kent, Ohio

1. Kent State	127.5
2. Akron	98.5
3. Eastern Michigan	91.5
4. Buffalo	58
5. Central Michigan	52
6. Toledo	49
7. Western Michigan	48
8. Bowling Green	38
8. Miami	38
10. Northern Illinois	37
11. Ohio	24
12. Ball State	1.5

Feb. 27-28, 2015

Mount Pleasant, Mich.

1. Eastern Michigan	110.75
2. Akron	107.75
3. Kent State	90.75
4. Northern Illinois	79
5. Buffalo	50
6. Toledo	48
7. Western Michigan	45
8. Central Michigan	39.75
9. Bowling Green	35
10. Miami	26
11. Ball State	22
12. Ohio	9

Feb. 26-27, 2016

Akron, Ohio

1. Eastern Michigan	127
2. Akron	126
3. Kent State	87
4. Northern Illinois	75.5
5. Western Michigan	46
6. Buffalo	44
7. Central Michigan	41
8. Bowling Green	39
9. Miami	29
10. Ohio	21.5
11. Ball State	14
12. Toledo	13

Feb. 24-25, 2017

Ypsilanti, Mich.

1. Akron	145
2. Eastern Michigan	139
3. Kent State	60
4. Bowling Green	44
5. Buffalo	39
5. Northern Illinois	39

MAC INDOOR CHAMPIONSHIP RESULTS

7. Central Michigan.....	38
7. Western Michigan.....	38
9. Ball State.....	37
9. Miami.....	37
11. Toledo.....	36
12. Ohio.....	10

Feb. 23-24, 2018

Bowling Green, Ohio

1. Eastern Michigan.....	154
2. Akron.....	76
3. Bowling Green.....	68
4. Kent State.....	64
5. Toledo.....	55
6. Central Michigan.....	52
7. Northern Illinois.....	45
8. Western Michigan.....	42
9. Buffalo.....	36
10. Miami.....	33
11. Ball State.....	25
12. Ohio.....	13

Feb. 22-23, 2019

Kent, Ohio

1. Central Michigan.....	114.5
2. Eastern Michigan.....	91
3. Akron.....	84
4. Toledo.....	69
5. Western Michigan.....	62
6. Kent State.....	56.5
7. Northern Illinois.....	48
8. Ball State.....	43
9. Bowling Green.....	32
10. Miami.....	29
11. Buffalo.....	17
11. Ohio.....	17

Feb. 28-29, 2020

Akron, Ohio

1. Eastern Michigan.....	104
2. Northern Illinois.....	102
3. Ball State.....	77
4. Akron.....	72
5. Bowling Green.....	68
6. Toledo.....	60.5
7. Miami.....	60
8. Central Michigan.....	34
9. Kent State.....	33.50
10. Buffalo.....	24
11. Ohio.....	14
11. Western Michigan.....	14

Feb. 26-27, 2021

Mt. Pleasant, Mich.

1. Northern Illinois.....	127
2. Akron.....	104
3. Bowling Green.....	86
4. Eastern Michigan.....	77
5. Central Michigan.....	60
6. Kent State.....	54
7. Miami.....	53.5
8. Ball State.....	30.5
9. Buffalo.....	21.5
9. Toledo.....	21.5
11. Western Michigan.....	16
12. Ohio.....	12

Feb. 25-26, 2022

Kent, Ohio

1. Akron.....	117.5
2. Eastern Michigan.....	84.5
3. Northern Illinois.....	70
4. Kent State.....	68
4. Toledo.....	68
6. Ball State.....	62
7. Miami.....	58
8. Bowling Green.....	48
9. Central Michigan.....	35
10. Buffalo.....	24
11. Western Michigan.....	16
12. Ohio.....	12

Feb. 24-25, 2023

Bowling Green, Ohio

1. Eastern Michigan.....	89.5
2. Ball State.....	83
3. Bowling Green.....	74.5
4. Kent State.....	73.5
5. Miami.....	66
6. Central Michigan.....	53
7. Toledo.....	51
8. Northern Illinois.....	50.5
9. Buffalo.....	43.5
10. Akron.....	32.5
11. Western Michigan.....	29
12. Ohio.....	16

Feb. 23-24, 2024

Ypsilanti, Mich.

1. Eastern Michigan.....	144.5
2. Kent State.....	85.5
3. Ball State.....	61.5
4. Bowling Green.....	61.5
5. Miami.....	57.5
6. Western Michigan.....	52
7. Toledo.....	48
8. Akron.....	44
9. Central Michigan.....	42
10. Buffalo.....	28
11. Ohio.....	21
12. Northern Illinois.....	19

Feb. 28-March 1, 2025

Ypsilanti, Mich.

1. Bowling Green.....	95
2. Akron.....	79
3. Eastern Michigan.....	77
4. Ball State.....	70.5
4. Kent State.....	70.5
6. Toledo.....	64
7. Miami.....	60
8. Ohio.....	38
9. Central Michigan.....	30
9. Northern Illinois.....	30
11. Buffalo.....	26
12. Western Michigan.....	22

ALL-TIME INDOOR TOP-10 PERFORMANCES

55M	TIME	YEAR	MEET
1. Amanda Kaverman	7.26	Jan. 2010	Western Michigan-Toledo Dual Meet
2. Katie Bollin	7.42	Dec. 2010	Eagle/ Rocket Holiday Meet
3. Kiah Douglas	7.54	Jan. 2010	Western Michigan-Toledo Dual Meet
60M	TIME	YEAR	MEET
1. Agata Forkasiewicz	7.30	Jan. 2017	Thundering Herd Invitational & Multi
2. Shanice Williams	7.37	Feb. 2019	MAC Championships (Kent State)
3. Sherrell Wimbs	7.42	1992	
4. Shantel Ransom	7.47	1989	
5. Eunice Ashford	7.50	1985	
6. Colleen "Coco" Saunders	7.54	1998	
7. LaShawn Vaughns	7.56	2008	
8. Amber Brown	7.56	Feb. 2013	MAC Championships (Eastern Michigan)
9. Amanda Kaverman	7.58	2011	MAC Championship (Bowling Green)
10. Natuica Hill	7.66	Feb. 2019	MAC Championships (Kent State)
200M	TIME	YEAR	MEET
1. Shantel Ransom	23.57	1991	
2. Amanda Kaverman	23.86	2011	MAC Championship (BGSU)
3. Agata Forkasiewicz	24.08	Jan. 2017	Thundering herd Invitational & Multi
4. Nicole Wilson	24.21	1993	
5. Shanice Williams	24.34	Feb. 2019	MAC Championships (Kent State)
6. Nautica Hill	24.42	Feb. 2019	MAC Championships (Kent State)
7. Julia Ford	24.51	1999	
8. Samantha Thomas	24.67	Jan. 2025	Wolverine Invitational
9. Colleen "Coco" Saunders	24.68	1998	
10. Candy Campbell	24.68	1992	
11. LaShawn Vaughns	24.77	2009	
300M	TIME	YEAR	MEET
1. Amanda Kaverman	39.72	Dec. 2010	Eagle/ Rocket Holiday Meet
2. Sarah Woodrum	40.96	Dec. 2010	Eagle/ Rocket Holiday Meet
3. Yana Khabina	41.46	Jan. 2017	GVSU Bob Eubanks Open
4. Kristiana Collins	42.13	Jan. 2016	BGSU Tom Wright Classic
400M	TIME	YEAR	MEET
1. Samantha Thomas	54.31	Feb. 2025	Michigan Invitational
2. Samantha Thomas	54.82	Jan. 2025	Al Campbell Invitational (Akron)
3. Shantel Ransom	54.90	1991	
4. Arnika Edwards	54.97	1998	
5. Samantha Thomas	55.19	March 2025	MAC Championships (Eastern Michigan)
6. Samantha Thomas	55.29	Jan. 2025	Wolverine Invitational
7. Samantha Thomas	55.55	Feb. 2025	MAC Championships (Eastern Michigan)
8. Samantha Thomas	55.99	Jan. 2025	Bob Parks Memorial (Eastern Michigan)
9. Dandadeua Da Silva	56.13	Jan. 2018	SPIRE Midwest Indoor T&F Open
10. Colleen "Coco" Saunders	56.36	1998	
11. Julia Ford	56.64	2000	
500M	TIME	YEAR	MEET
1. Kimara Morgan	1:19.05	Dec. 2010	Eagle/ Rocket Holiday Meet
2. Danielle Jacoby	1:20.13	Dec. 2010	Eagle/ Rocket Holiday Meet

ALL-TIME INDOOR TOP-10 PERFORMANCES

600M	TIME	YEAR	MEET
1. Yana Khabina	1:35.14	Jan. 2020	SPIRE Midwest Indoor T&F Meet
2. Margrett Watt	1:35.50	Jan. 2024	Michigan Invitational
3. Maja Pacaric	1:36.57	Jan. 2014	SPIRE NCAA DI Indoor T&F Invitational
4. Rayna Horner	1:37.21	Jan. 2019	GVSU Open
5. Kennedey Glover	1:37.75	Feb. 2020	GVSU Big Meet Invite (Friday)
6. Cadence Christie	1:37.90	Jan. 2024	Michigan Invitational
7. Audrey Witham	1:39.59	Jan. 2023	Michigan Invitational
8. Danielle Jacoby	1:40.18	Jan. 2010	BGSU Challenge
9. Emily Wyrick	1:40.41	Jan. 2014	Bowling Green Opener
10. Krystal Clark	1:41.23	Jan. 2024	Michigan Invitational

800M	TIME	YEAR	MEET
1. Laura Nicholson	2:06.75	March 2025	MAC Championships (Eastern Michigan)
2. Petronela Simuic	2:07.46	Feb. 2020	MAC Championships (Akron)
3. Laura Nicholson	2:07.99	Jan. 2025	Notre Dame Invitational
4. Janelle Noe	2:09.20	2019	Meyo Invitational
5. Julia Pusateri	2:10.28	Feb. 2014	MAC Championships (Kent State)
6. Cadence Christie	2:11.27	Jan. 2025	Notre Dame Invitational
7. Semra Karaslan	2:11.58	Feb. 2022	Silverston Invitational
8. Margrett Watt	2:11.70	Jan. 2024	Michigan Invitational
9. Krystal Clark	2:11.74	Feb. 2022	MAC Championships (Kent State)
10. Alex Bauer	2:11.94	Jan. 2025	Notre Dame Invitational

1000M	TIME	YEAR	MEET
1. Megan Wright	2:49.29	Feb. 2014	SPIRE NCAA DI Indoor T&F Invitational
2. Maja Pacaric	2:51.16	Feb. 2014	SPIRE NCAA DI Indoor T&F Invitational
3. Krystal Clark	2:54.07	Jan. 2023	John Thomas Terrier Classic
4. Julia Pusateri	2:54.95	Feb. 2014	SPIRE NCAA DI Indoor T&F Invitational
5. Emily Wyrick	2:55.10	Feb. 2015	SPIRE NCAA DI Indoor T&F Invitational
6. Janelle Noe	2:57.98	Feb. 2014	Meyo Invitational
7. Julia Dames	3:02.42	Feb. 2021	John Hartpence Classic
8. Sarah-Rose Sullivan	3:02.56	Feb. 2021	John Hartpence Classic
9. Danielle Thomas	3:04.83	Dec. 2009	Kent State Golden Flash Gala
10. Paige Embaugh	3:05.03	Feb. 2021	John Hartpence Classic

MILE	TIME	YEAR	MEET
1. Laura Nicholson	4:30.85	Feb. 2025	Eagle Elite Invitational
2. Laura Nicholson	4:31.26	Feb. 2025	David Hemery Valentine Invitational
3. Laura Nicholson	4:34.35	Feb. 2024	David Hemery Valentine Invitational
4. Petronela Simuic	4:34.59	Feb. 2020	BU David Hemery Valentine Invitational
5. Laura Nicholson	4:35.61	Jan. 2025	Notre Dame Invitational
6. Lou Trois	4:37.47	Feb. 2023	BU David Hemery Valentine Invitational
7. Megan Wright	4:39.81	Feb. 2014	SPIRE NCAA DI Indoor T&F Invitational
8. Janelle Noe	4:42.80	Jan. 2018	SPIRE Midwest Indoor T&F Open
9. Athena Welsh	4:43.15	Jan. 2018	SPIRE Midwest Indoor T&F Open
10. Laura Nicholson	4:43.58	March 2025	MAC Championships (Eastern Michigan)

3000M	TIME	YEAR	MEET
1. Mercy Kinyanjui	9:07.85	Feb. 2025	Penn State National Open
2. Mercy Kinyanjui	9:09.15	Feb. 2025	David Hemery Valentine Invitational
3. Laura Nicholson	9:13.54	Dec. 2024	Sharon Colyear-Danville Season Opener
4. Vilde Henriksen	9:13.62	Feb. 2024	David Hemery Valentine Invitational
5. Madeline Vining	9:16.87	Jan. 2023	John Thomas Terrier Classic
6. Alex Bauer	9:23.57	Feb. 2025	Penn State National Open
7. Mercy Kinyanjui	9:21.61	Feb. 2024	David Hemery Valentine Invitational
8. Briana Shook	9:23.90	2003	
9. Everlyne Lagat	9:26.40	2003	
10. Semra Karaslan	9:26.88	Feb. 2020	BU David Hemery Valentine invitational

ALL-TIME INDOOR TOP-10 PERFORMANCES

5000M	TIME	YEAR	MEET
1. Ari Fisher	16:04.56	2011	Iowa State Classic
2. Everlyne Lagat	16:15.54	2003	
3. Joy Chirchir	16:16.77	Feb. 2023	BU David Hemery Valentine Invitational
4. Mackenzie Chojnacky	16:17.16	Feb. 2015	Iowa State Classic
5. Athena Welsh	16:24.28	Dec. 2018	GVSU Holiday Open
6. Tuula Laitinen	16:25.13	2000	MAC Championships (Kent State)
7. Joan Jepkirui	16:25.42	Feb. 2017	SPIRE NCAA DI Indoor T&F Meet
8. Madeline Vining	16:27.23	Feb. 2023	BU David Hemery Valentine Invitational
9. Briana Shook	16:32.12	2003	
10. Brooke Tullis	16:32.56	Feb. 2013	GVSU Big Meet

55 HURDLES	TIME	YEAR	MEET
1. Alexandra Afloari	8.44	Jan. 2010	Western Michigan-Toledo Dual Meet
2. Julie Snyder	8.45	Jan. 2010	Albany Great Dane Classic
3. Jilian Sledge	8.65	Feb. 2012	Notre Dame Meyo Invitational
4. Alecia Zaper	8.72	Jan. 2010	Albany Great Dane Classic

60M HURDLES	TIME	YEAR	MEET
1. Arnika Edwards	8.43	1997	
2. Francine Jennings	8.59	2008	
3. Jillian Sledge	8.65	2012	Meyo Invitational
4. Alexia Moehling	8.65	Feb. 2023	MAC Championships (Bowling Green)
5. Mayson Bates	8.66	March 2024	MAC Championships (Eastern Michigan)
6. Sonya Pritchett	8.67	1993	
7. Promise Cross	8.68	Feb. 2022	Silverston Invitational
8. Mayson Bates	8.70	Feb. 2023	Silverston Invitational
9. Susie Frogde	8.71	1991	
10. April Williams	8.72	2006	

4X400M RELAY	TIME	YEAR	MEET
1. Khabina, Hill, Collins, da Silva	3:45.30	2017	MAC Championships (Bowling Green)
2. Johnson, Hill, Horner, Khabina	3:48.84	2019	Meyo Invitational
3. Hill, Khabina, Johnson, Da Silva	3:50.45	Feb. 2018	MAC Championships (Bowling Green)
4. Morgan, Kaverman, Jacoby, Woodrum	3:50.79	Feb. 2010	GVSU Bug Meet
5. Taylor, Eshnauer, Edwards, Saunders	3:51.49	1995	
6. Dickerson, Williams, Woodrum, Sledge	3:53.42	Feb. 2013	GVSU Big Meet
7. Hill, Barnes, Johnson, Collins	3:55.66	2016	SPIRE NCAA DI Indoor T&F Invitational
8. Khabina, Moran, Vogl, Horner	3:55.88	Feb. 2020	MAC Championships (Akron)
9. Rios-Smith, Jones, Worthy, Christie	3:55.95	March 2024	MAC Championships (Eastern Michigan)
10. Moran, Sullivan, Worthy, Johnson	3:57.02	Feb. 2023	MAC Championships (Bowling Green)

4X200M RELAY	TIME	YEAR	MEET
1. Townsend, Saba, Sares, Jarrett	1:56.47	Dec. 2013	EMU Eagle Duel Meet
2. Huelsman, Garvin, Clarke, Macut	2:08.19	Dec. 2010	Eagle/ Rocket Holiday Meet

DISTANCE MEDLEY RELAY	TIME	YEAR	MEET
1. Surtz, Bauer, Thomas, Kinyanjui	11:23.70	2025	MAC Championships (Eastern Michigan)
2. Shook, Grimm, Palm, Lagat	11:29.57	2003	
3. Surtz, Christie, Clark, Nicholson	11:30.45	March 2024	MAC Championships (Eastern Michigan)
4. Timmons, Woodrum, Now, Wright	11:31.69	Feb. 2014	MAC Championships (Kent State)
5. Tullis, Woodrum, Belair, Chojnacky	11:35.41	Feb. 2013	Notre Dame Meyo Invitational
6. Vince, Davis, Warsecke, Chojnacky	11:35.90	Feb. 2015	Meyo Invitational
7. Yasar, Horner, Karaslan, Simuic	11:38.11	Feb. 2020	MAC Championships (Akron)
8. Vining, Horner, Vining, Karaslan	11:38.18	Feb. 2021	MAC Championships (Central Michigan)
9. Warsecke, Hill, Pusateri, Weiler	11:38.77	Feb. 2016	MAC Championships (Akron)
10. Kertesz, Woodrum, Wright, Fisher	11:44.43	Jan., 2011	All-Ohio Indoor Championships

ALL-TIME INDOOR TOP-10 PERFORMANCES

HIGH JUMP	MARK	YEAR	MEET
1. Susie Frodge	1.78m/5'10"	1988	
2. Madeline Pascella	1.76m/ 5'9.25"	Jan. 2017	BGSU Tom Wright Classic
3. Michelle Sutherland	1.75m/ 5'8.75"	Jan. 2010	Albany Great Dane Classic
4. Sara Coutu	1.73m/ 5'8"	1997	
5. Nora Mehl	1.72m/ 5'7.75"	2007	
6. Julie Snyder	1.72m/ 5'7.75"	Feb. 2012	MAC Championships (Akron)
7. Atalina Da Silva	1.72m/ 5'7.75"	Feb. 2018	MAC Championships (BGSU)
8. Camille Cain	1.70m/ 5'7'	1991	
9. Jenny Junig	1.70m/ 5'7'	2012	Albany Great Dane Classic
10. Atalia Lima	1.69m/ 5'6.5"	Feb. 2019	MAC Championships (Kent State)
POLE VAULT	MARK	YEAR	MEET
1. Alexa Jarrett	4.00m/ 13'1.5"	Feb. 2017	Kent State Tune-Up
2. Shari Harmon	3.84m/ 12'7.5"	2009	
3. Maddie Jarrett	3.78m/ 12'5"	2017	SPIRE NCAA D1 Invite
4. Madeline Barnes	3.75m/ 12'3.5"	Feb. 2022	MAC Championships (Kent State)
5. Alexandra Domoras	3.612m/ 11'10"	Feb, 2015	Meyo Invitational
6. Jordyn Wright	3.55m/ 11'7.75"	March 2024	Michigan's Silverston Invitational
7. Alissa Jenkins	3.50m/11'6.5"	2017	MAC Championships (BGSU)
8. Ellen Sliva	3.49m/ 11'5.7"	2012	BGSU Tom Wright Classic
9. Jordyn Wright	3.40m/ 11' 1.75"	Jan. 2024	Bob Parks Memorial
10. Hannah Virtanen	3.39m/11'1.7"	2002	
LONG JUMP	MARK	YEAR	MEET
1. April Williams	6.32m/ 20'9"	2006	
2. Candy Campbell	6.18m/20'3.5"	1994	
3. Raynesha Lewis	6.10m/ 20'0.25"	Feb. 2020	MAC Championships (Akron)
4. Blair Summers	5.98m/19'7.5"	2008	
5. Madison Pierce	5.94m/ 19'6"	Jan. 2017	Thundering Herd Invitational & Multi
6. Kiah Douglas	5.90m/ 19'4.25"	Feb. 2013	MAC Championships (Eastern Michigan)
7. Shantel Ransom	5.89m/ 19'4"	1991	
8. Elan Pessoa	5.88m/ 19'3.5"	2007	
9. Sonya Pritchett	5.87m/ 19'3.2"	1993	
10. Michelle Delatour	5.78m/ 18'11.5"	1999	
TRIPLE JUMP	MARK	YEAR	MEET
1. April Williams	12.92m/ 42'5"	2006	
2. Karoline Steppin	12.66m/ 41'6.5"	Feb. 2018	MAC Championships (Bowling Green)
3. Alexandra Afloari	12.55m/ 41'2.25"	2011	MAC Championship (Bowling Green)
4. Tyshai Freeman	12.41m/ 40'8.75"	Feb. 2017	MAC Championships (Eastern Michigan)
5. Candy Campbell	12.24m/ 40'2"	1995	
6. Jaime Gittens	12.23m/ 40'1.5"	2008	
7. Alexandra Afloari	12.23m/ 40'1.5"	Jan. 2010	Albany Great Dane Classic
8. Janell Rowe	12.17m/ 39'11.25"	Feb. 2020	MAC Championships (Akron)
9. Kira Shade	12.13m/ 39'9.7"	2008	
10. Kiah Douglas	12.06m/ 39'7"	Feb. 2013	MAC Championships (Eastern Michigan)
SHOT PUT	MARK	YEAR	MEET
1. Katie Dewey	15.25m/ 50'0.5"	Feb. 2018	Meyo Invitational
2. Kyesha Neal	14.87m/ 48'9.5"	Feb. 2016	SPIRE NCAA DI Indoor T&F invitational
3. Mary Reighard	13.85m/ 45'5.5"	1989	
4. Cyd Edmunds	13.83m/ 45'4.5"	2000	
5. Jill Weiner	13.54m/44'5.2"	2002	
6. Sally Frank	13.57m/ 44'6.25"	Feb. 2018	MAC Championships (Bowling Green)
7. Chloee Kleespis	13.21m/ 43'4.25"	Jan. 2019	Bowling Green/ Toledo Dual
8. Angie Draper	13.06m/ 42'10.2"	1991	
9. Cindy Olberding	12.80m/42'02"	1993	
10. Julie Snyder	10.63m/ 34'10.5"	Feb. 2010	MAC Championships (Central Michigan)

ALL-TIME INDOOR TOP-10 PERFORMANCES

WEIGHT THROW

	MARK	YEAR	MEET
1. Katie Dewey	17.70m/ 58'1"	Jan. 2019	Bowling Green/ Toledo Dual
2. Kyesha Neal	15.75m/ 51'8.25"	Jan. 2014	Bowling Green Opener
3. Carly Molls	15.70m/ 51'6.2"	2015	Meyo Invitational
4. Jill Weiner	15.65m/ 51'4.2"	2002	
5. Sarah Garvin	15.83m/ 51'11.5"	2012	MAC Championships (Akron)
6. Megan Vaillant	15.57m/ 51'1"	2004	
7. Meredith Elliot	15.46m/ 50'8.7"	2004	
8. Anna Bellman	15.07m/ 49'5.5"	2017	SPIRE DI Indoor T&F Invite
9. Kallie Strauss	14.78m/ 48'6"	Jan. 2020	SPIRE Midwest Indoor T&F Open
10. Sandy Brazeau	14.54m/ 47'8.5"	2006	

PENTATHLON

	SCORE	YEAR	MEET
1. Sonya Pritchett	3743	1993	
2. Julie Snyder	3657	Feb. 2010	MAC Championships (Central Michigan)
3. Michelle Hayden	3651	1987	
4. Promise Cross	3591	Feb. 2022	MAC Championships (Kent State)
5. Atalia Lima	3542	Feb. 2019	MAC Championships (Kent State)
6. April Williams	3520	2005	
7. Alexandra Afloari	3050	Feb. 2010	GVSU Big Meet
8. Nora Mehl	3414	2007	
9. Susie Frodge	3412	1991	
10. Mayson Bates	3004	Feb. 2023	Notre Dame's Meyo Invitational

USTFCCCA INDOOR RATING INDEX

NCAA DI NATIONAL

2025		2014	
Week 1	102	Preseason	128
Week 2	133	Week 1	136
Week 4	94	Week 2	133
Week 5	94	Week 4	108
Week 6	96	Week 5	113
		Week 6	126
2024		2012	
Week 1	135	Preseason	75
Week 5	125	Week 1	75
Week 6	128	Week 2	79
		Week 3	82
2022		2011	
Week 1	141	Preseason	133
		Week 1	130
		Week 4	77
		Week 5	75
		Week 6	77
		Week 7	82
2020		2010	
Week 1	96	Week 1	123
Week 2	103		
Week 3	106		
Week 4	55		
Week 5	58		
Week 6	63		
Week 7	48		
2018			
Preseason	100		
Week 1	108		
Week 3	105		
2017			
Week 3	96		
Week 4	92		
Week 5	91		
Week 6	109		
2015			
Preseason	106		
Week 1	106		
Week 2	109		
Week 3	109		
Week 4	115		
Week 5	117		

REGIONAL RANKING

2025	Week 4	15	
Week 1	13	Week 5	16
Week 2	15	Week 6	17
Week 3	16		
Week 4	16	2017	
Week 5	17	Week 1	16
Week 6	13	Week 2	18
Week 7	13	Week 3	12
		Week 4	12
		Week 5	12
		Week 6	12
2024		2015	
Week 1	16	Week 1	23
Week 2	14	Week 2	17
Week 3	14	Week 3	15
Week 4	16	Week 4	13
Week 5	16	Week 5	14
Week 6	15	Week 6	18
Week 7	15		
2023			
Week 1	21	2014	
Week 2	17	Week 1	24
Week 3	19	Week 2	17
Week 4	18	Week 3	18
Week 5	17	Week 4	18
Week 6	19	Week 5	19
		Week 6	18
2022		2013	
Week 1	21	Week 1	15
Week 2	22	Week 2	15
Week 3	21	2012	
Week 4	23	Week 1	10
Week 5	23	Week 2	15
Week 6	22	Week 3	16
2021		Week 4	17
Week 1	19	Week 5	17
Week 2	21	Week 6	17
Week 3	25	Week 7	17
Week 4	23	2011	
Week 5	23	Week 1	9
Week 6	19	Week 3	14
2020		Week 4	12
Week 1	21	Week 5	10
Week 2	17	Week 6	11
Week 3	19	2010	
Week 4	18	Week 2	13
Week 5	17	Week 3	17
Week 6	19	Week 4	16
2019		Week 5	17
Week 1	15	Week 6	16
Week 2	15		
Week 3	15		

USTFCCCA INDOOR RANKINGS

#EventSquad Rankings

Season	60m						
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7
2018		136	112	109	92	91	
2019		75	81	87	94	75	
2021		73	91	102	108	118	
2022		193	206	215	221	225	
2023		159	172	185	190	190	
2024		218	222	228	233	243	243
2025	175	199	211	219	223	230	230

Season	200m						
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7
2018		119	129	134	128	140	
2019		134	144	110	118	98	
2021		64	90	97	98	100	
2022		189	214	224	227	228	
2023		176	195	212	221	228	
2024		231	248	263	266	275	275
2025	168	192	215	226	230	236	236

Season	400m						
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7
2018			102	111	130		
2019		78	111	134	145	155	
2021							
2022		133	171	193	193	203	
2023		146	184	212	223	225	225
2024		165	202	221	222		

Season	800m						
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7
2018		160	124	141	151	160	
2019		106	61	73	79	95	
2021		40	53	66	71	81	
2022		109	134	89	88		
2023		39	56	56	58	62	
2024		40	52	71	74	89	89
2025	11	28	35	43	46	47	47

Season	Mile						
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7
2018		8	10	16	17	19	
2019		18	25	22	22	26	
2021		36	47	68	72	64	
2022		43	50	59	63	66	
2023		13	18	28	28	31	
2024		18	24	26	26	27	27
2025	11	24	26	29	29	29	29

USTFCCCA INDOOR RANKINGS

#EventSquad Rankings

Season	<u>3,000m</u>						
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7
2018		26	21	36	36	35	
2019		19	22	42	42	47	
2021		37	27	30	32	34	
2022		19	24	40	41	49	
2023		14	19	34	35	40	
2024		48	57	23	23	27	27
2025	31	16	17	23	23	23	23

Season	<u>5,000m</u>						
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7
2018		14	16	19	31		
2019		7	16	16	20		
2022			18	18	22		

Season	<u>Long Jump</u>						
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7
2018		126	141	128	133	140	
2019		90	102	103	106	94	
2023		114	130	141	135	138	
2025	119	127	130	142	148	157	157

Season	<u>High Jump</u>						
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7
2019		72	82	82	84	71	

Season	<u>Weighted Throw</u>						
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7
2018		83	86	86	89	91	
2019		90	95	95	102	103	

Season	<u>Shot Put</u>						
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7
2018		83	86	86	89	91	
2019		54	52	57	61	50	

OUTDOOR TRACK & FIELD MAC CHAMPIONS

Heptathlon

1988 Michelle Hayden, 4532
1989 Susie Fordge, 4729
1990 Susie Fordge, 5286
1993 Sonya Pritchett, 5092

100m

1989 Shantel Ransom, 12.02
1990 Shantel Ransom, 11.58
1991 Sherrell Williams, 11.70
2007 Amber Williams, 11.54

200m

1989 Shantel Ransom, 23.99
1990 Shantel Ransom, 23.87
1992 Shantel Ransom, 23.74
2010 Amanda Kaverman, 23.99

400H

1987 Janet Sottek, 1:00.65
1997 Arnika Edwards, 57.94*
1998 Arnika Edwards, 59.20

800m

2024 Laura Nicholson, 2:07.83

1500m

1997 Theresa Mariea, 4:33.27
2018 Janelle Noe, 4:17.01
2022 Lou Trois, 4:19.45
2024 Laura Nicholson, 4:23.32

3000m Steeplechase

1996 Lois Albers, 9:52.01
2002 Briana Shook, 10:04.18
2004 Briana Shook, 9:59.22*
2006 Ebba Stenbeck, 10:14.55
2012 Emma Kertesz, 10:33.45

5000m

1996 Lois Albers, 17:33.84
2002 Briana Shook, 16:22.75
2004 Briana Shook, 16:22.46
2012 Emma Kertesz, 16:35.87
2024 Mercy Kinyanjui, 16:32.01

10,000m

2002 Chris Tye, 35:52.70
2003 Sara Vergote, 35:13.63
2012 Ari Fisher, 35:23.13
2022 Faith Linga, 33:57.02
2024 Mercy Kinyanjui, 34:29.19

Triple Jump

2017 April Williams, 43'11.7"

High Jump

1990 Susie Fordge, 5'8.25"
1995 Sandra Sulzer, 5'8"
2012 Huijun Jing, 5'7.75"

Long Jump

1990 Shantal Ransom, 19'11"
1992 Candice Campbell, 21'1.5"*
1993 Candice Campbell, 19'11"
2007 April Williams, 20'7"

400m Relay

1990 Toledo, 47.1
1992 Toledo, 46.20

1600m Relay

1984 Toledo, 3:44.4

*MAC Women's Championship Meet Record

MAC Championship Individual Records

Individual Victories, one meet 3, Shantel Ransom, 1990
Career Victories 9, Shantel Ransom (1988-92)

OUTDOOR TRACK & FIELD HONORS

Most Valuable Performer

1990 Shantel Ransom
1992 Mireille Sankatsing
2004 Briana Shook
2012 Emma Kertesz

Most Outstanding Performance

1990 Shantel Ransom
2002 Briana Shook

Freshman Performer of the Year

2018 Karoline Steppin (field)
2021 Joy Chirchir (track)

Track Coach of the Year

1990 Jill Lancaster
1992 Jill Lancaster

Track Assistant Coach of the Year

2018 Samantha Bluske

First Team All-MAC

2006 Ebba Stenbeck
2007 April Williams
2010 Amanda Kaverman
2012 Ari Fisher
 Huijun Jing
 Emma Kertesz
2018 Janelle Noe
2021 Semra Karaslan
 Petronela Simiuc
2022 Lou Trois
 Faith Linga
2024 Mercy Kinyanjui
 Laura Nicholson

Second Team All-MAC

2006 April Williams
2007 Nicole Camp
2009 Shari Harmon
2010 Michelle Sutherland
 Dagna Sztukiel

2011 Emma Kertesz
2012 Mackenzie Chojnacky
 Kiah Douglas
 Julie Snyder
 Megan Vogelsong
 Megan Wright
2014 Mackenzie Chojnacky
2017 Joan Jepkirui
2018 Petronella Simiuc
 Athena Welsh
2019 Petronella Simiuc
2021 Stephanie Sherman
2022 Semra Karaslan
 Stephanie Sherman
2023 Madeline Vining
2024 Nora Hark
2025 Karina James

NCAA EAST REGIONALS RESULTS

100m

2010 Amanda Kaverman - 11.86 - 45th

400m Hurdles

2017 Dandadeua da Silva - 1:00.65 - 34th

2018 Yana Khabani - 59.84 - 37th

2021 Yana Khabani - 59.41 - 30th

1500m

2015 Megan Wright - 4:27.25 - 35th

2018 Janelle Noe - 4:16.34 - 9th (F)
Petronela Simiuc - 4:28.49 - 20th

2019 Petronela Simiuc - 4:40.28 - 47th

2021 Petronela Simiuc - 4:20.11 - 19th (P)
Petronela Simiuc - 4:14.91 - 9th (F)

2022 Lou Trois - 4:18.45 - 25th

2024 Laura Nicholson - 4:14.81 - 13th (P)
Laura Nicholson - 4:11.49 - 13th (F)
Lou Trois - 4:23.55 - 29th

2025 Laura Nicholson - 4:15.92 - 21st (P)
Laura Nicholson - 4:11.43 - 15th (F)

3000m Steeplechase

2003 Sara Vergote - 10:29.53 - 5th

2006 Ebba Stenback - 10:04.33 - 1st

2009 Dagna Szykiel - 10:59.19 - 16th

2011 Emma Kertesz - 10:34.52 - 31st

2014 Mackenzie Chojnacky - 10:07.87 - 9th
Liz Weiler, 10:26.09 - 23rd

2015 Mackenzie Chojnacky - 10:03.22 - 15th
Liz Weiler - 10:04.04 - 17th

2016 Liz Weiler - 9:59.73 - 9th

2018 Athena Welsh - 10:16.59 - 20th
Stephanie Barlow - 10:45.37 - 40th

2021 Semra Karaslan - 10:25.89 - 24th
Emily Vining - 10:47.95 - 43rd

2022 Semra Karaslan - 10:05.38 - 13th
Emily Vining - 10:16.63 - 22nd

2024 Vilde Henriksen - 10:37.42 - 34th

5000m

2003 Evelyne Lagat - 16:34.60 - 3rd

2014 Brooke Tullis - 16:36.23 - 26th

2017 Joan Jepkirui - 16:39.32 - 19th

2021 Stephanie Sherman - 16:27.36 - 22nd

2022 Stephanie Sherman - 16:25.38 - 32nd

2024 Mercy Kinyanjui - 16:47.16 - 38th

10,000m

2011 Audra Brown - 35:39.24 - 45th

2012 Emma Kertesz - 34:36.34 - 10th
Ari Fisher - 35:11.13 - 19th
Megan Vogelsong - 36:13.43 - 29th

2015 Brooke Tullis - 34:36.85 - 13th
Cassandra Vince - 35:23.41 - 28th

2016 Jennifer Lichter - 34:49.40 - 14th
Brooke Tullis - 35:35.72 - 30th

2017 Caroline Lambert - 34:57.01 - 24th

2018 Jennifer Lichter - 34:35.69 - 15th
Joan Jepkiuri - 34:46.29 - 21st

2021 Stephanie Sherman - 34:08.86 - 11th
2022 Faith Linga, 34:27.92 - 9th
Stephanie Sherman - 34:42.01 - 13th

2023 Madeline Vining - 35:03.71 - 32nd
Joy Chirchir - 35:35.97 - 39th

2024 Mercy Kinyanjui - 34:14.25 - 37th

High Jump

2008 Evelyne Lagat,

2017 Madeline Pacella - 1.69m - 33rd

Pole Vault

2009 Shari Harmon - 3.71m - 21st

Long Jump

2006 April Williams - 6.27m - 7th

2007 April Williams - 6.05m - 3rd

2010 Kiah Douglas - 5.93m - 27th

2012 Katie Bollin - 5.52m - 44th

2013 Kiah Douglas - 5.53m - 44th

Triple Jump

2006 April Williams - 12.99m - 2nd

2007 April Williams - 11.75m - 2nd

Shot Put

2019 Katie Dewey - 14.88m - 40th

Discus

2016 Kyesha Neal - 52.92m - 9th

2019 Katie Dewey - 49.42m - 26th

Javelin

2015 Carly Molls - 42.61m - 39th

NCAA NATIONAL CHAMPIONSHIP RESULTS

2003 - Sacramento, Calif.

3000m S - Sara Vergote, 10:25.83 - 17th (P)
 5000m - Evelyne Lagat, 16:29.65 - 12th (P)
 Evelyne Lagat, 16:23.53 - 9th (F)

2004 - Austin, Texas

3000m S - Brianna Shook - 9:49.44 - 2nd

2006 - Sacramento, Calif.

3000m S - Ebba Stenback, 10:11.38 - 2nd (P)
 Ebba Stenback, 10:08.68 - 8th (F)
 LJ - April Williams, 6.14m - 18th (P)
 TJ - April Williams, 12.51m - 22nd (P)

2007 - Sacramento, Calif.

LJ - April Williams, 6.18m - 15th (P)
 TJ - April Williams, 13.18m - 8th (P)

April Williams, 13.04m - 8th (F)

2012 - Des Moines, Iowa

10,000m - Emma Kertesz, 33:54.99 - 16th (F)

2014 - Eugene, Ore.

3000m S - Mackenzie Chojnacky, 10:24.85 - 20th

2016 - Eugene, Ore.

3000m S - Liz Weiler, 10:18.18 - 18th (P)
 Discus - Kyesha Neal, 52.11m - 17th (F)

2018 - Eugene, Ore.

1500m - Janelle Noe, 4:10.83 - 7th (P)
 Janelle Noe, 4:20.37 - 11th (F)

2021 - Eugene, Ore.

1500m - Petronela Simiuc, 4:16.64 - 20th (P)
 10000m - Stephanie Sherman, 33:25.31 - 16th (F)

2022 - Eugene, Ore.

10000m - Faith Linga, 34:19.43 - 21st (F)

OUTDOOR TRACK & FIELD ATHLETIC HONORS

NCAA All-American

1980 Robert Williamson - Mile - Men's T&F
 1983 Byron Harris - 55m - Men's T&F
 2006 Ebba Stenback - First Team
 2016 Liz Weiler - Honorable Mention
 Kyesha Neal - Honorable Mention
 2018 Janelle Noe - Second Team
 2021 Stephanie Sherman - Second Team

USTFCCCA All-American

2020 Petronela Simiuc - IT&F (Mile)
 2022 Faith Linga - Honorable Mention

MAC Most Valuable Performer

1990 Shantel Ransom
 1992 Mireille Sankatsing
 2004 Briana Shook
 2012 Emma Kertesz

Most Outstanding Performance

1990 Shantel Ransom
 2002 Briana Shook

Freshman Performer of the Year

2018 Karoline Steppin (field)
 2021 Joy Chirchir (track)

Track Coach of the Year

1990 Jill Lancaster
 1992 Jill Lancaster

Track Assistant Coach of the Year

2018 Samantha Bluske

First Team All-MAC

2006 Ebba Stenback
 2007 April Williams
 2010 Amanda Kaverman
 2012 Ari Fisher
 Huijun Jing
 Emma Kertesz
 2018 Janelle Noe
 2021 Semra Karaslan
 Petronela Simiuc
 2022 Lou Trois
 Faith Linga
 2024 Mercy Kinyanjui
 Laura Nicholson

Second Team All-MAC

2006 April Williams
 2007 Nicole Camp
 2009 Shari Harmon
 2010 Michelle Sutherland
 Dagna Sztukiel
 2011 Emma Kertesz
 2012 Mackenzie Chojnacky
 Kiah Douglas
 Julie Snyder
 Megan Vogelsong
 Megan Wright
 2014 Mackenzie Chojnacky
 2017 Joan Jepakirui
 2018 Petronella Simiuc
 Athena Welsh
 2019 Petronella Simiuc
 2021 Stephanie Sherman
 2022 Semra Karaslan
 Stephanie Sherman
 2023 Madeline Vining
 2024 Nora Hark
 2025 Karina James

ROCKETS IN THE OLYMPICS

2000 - Sydney, Australia

Paul Sehzué (Liberia) 110m Hurdles

2008 - Beijing, China

Petra Teveli (Hungary) Marathon

ROCKETS IN INTERNATIONAL COMPETITION

2019 World University Games (Napoli, Italy)

Petronela Simiuc (Romania) 800m, 1500m

2025 World University Games (Germany)

Laura Nicholson (Ireland) 1500m

Andrea Grove-McDonough (USA) Coach

2025 World Athletics Championships (Tokyo)

Laura Nicholson (Ireland) 1500m

OUTDOOR TRACK & FIELD ACADEMIC HONORS

Academic All-MAC

1994	Becky Cook	2017	Emily Wyrick*		Madeline Vining
1995	Becky Cook		Stephanie Barlow		Allison Vofg
1997	Lois Albers		Olivia Chinn		Meltem Yasar
1998	Theresa Mariera		Sally Frank	2022	Madeline Barnes
2003	Lindsey Misejka		Nautica Hill		Jordyn Boyer
	Sara Vergote		Alexa Jarrett		Krystal Clark
2004	Brianna Shook		Joan Jepkirui		Paige Embaugh
2006	Ebba Stenback		Janelle Noe*		Mallory Ferguson
	April Williams	2018	Marissa Rossetti		Meyah Haywood
2007	Erica Moriaty		Madeline Pacella*		Maya Hannagan
	April Williams		Amanda Bakley		Rayna Horner
2009	Shari Harmon		Stephanie Barlow*		Alexia Moehling
	Dagna Szytkiel		Olivia Chinn		Ava Morgan
2010	Michelle Sutherland		Madison Ferner		Stephanie Sherman
	Dagna Sztukiel		Sally Frank		Hannah Sponaugle
2011	Audra Brown		Ashley Herrmann		Claire Steigerwald
2012	Huijun Jing		Allyson Hill		Sarah-Rose Sullivan
	Julie Snyder		Nautica Hill		Amanda Temains
	Megan Vogelsong		Christina Johnson		Lou Trois
	Megan Wright		Bridget Keenan		Emily Vining
2013	Richelle Gray		Yana Khabia*		Madeline Vining
	Carly Molls		Roma Lucarelli	2023	Audrey Witham
2014	Mackenzie Chojnacky		Janelle Noe*		Jordyn Boyer
	Megan Gaysunas		Madison Pierce		Sydney Caddell
	Alelxa Jarrett		Dansa de Silva		Joy Chirchir
	Carly Molls		Petronella Simiuc*		Krystal Clark
	Liz Weiler		Shaince Williams		Morgan Hicks
2015	Akili Barnes		Athena Welsh*		Alexia Moehling
	Mackenzie Chojnacky*	2019	Josie Yesmunt		Ava Morgan
	Megan Csehi		Amanda Bakley		Amara Okpalaoka
	Alexandra Domoras		Olivia Chinn		Jimesha Ragland
	Megan Gaysunas		Jordan Doore		Madelién Vining
	Alexa Jarrett*		Sally Frank	2024	Audrey Witham
	Jaclyn Koza		Ashley Herrmann		Alex Bauer
	Carly Molls*		Nautica Hill		Sydney Caddell
	Kelly Morgan		Yana Khabia		Cadence Christie
	Sharon Morgan		Chloee Kleespies		Krystal Clark
	Janelle Noe*		Riley Kwiatowski		Paige Embaugh
	Julia Pusateri*		Jennifer Lichter		Vilde Henriksen
	Marissa Rossetti		Roma Lucarelli		Michaela McGill
	Hanna Saba		Janelle Noe		Lou Trois
	Priscillia Timmons		Madison Pierce	2025	Laryah Worthy
	Brooke Tullis		Stephanie Sherman		Alex Bauer
	Cassie Vince		Petronella Simiuc		Sydney Caddell
	Liz Weiler*		Tori Thompson		Cadence Christie
	Emily Wyrick*	2021	Shanice Williams		Jaydon Cirincione
2016	Stephanie Barlow		Megan Burmeister		Makenna Englund
	Akili Barnes		Maya Hannagan		Nora Hark
	Megan Gaysunas		Rayna Horner		Morgan Hicks
	Julia Mendiola		Ava Moran		Karina James
	Madeline Pacella*		Yana Khabia		Laura Nicholson
	Delainey Phelps		Riley Kwiatowski		Bailey Ranta
	Julia Pusateri		Roma Lucarelli		Emily Vining
	Hanna Saba		Stephanie Sherman		Margrett Watt
	Priscillia Timmons		Petronella Simiuc		
	Brooke Tullis*		Hannah Sponaugle		
	Liz Weiler		Claire Steigerwald		
			Emily Vining		

^Honorable Mention | *Distinguished Scholar-Athlete

MAC OUTDOOR CHAMPIONSHIP RESULTS

1982

Athens, Ohio

1. Eastern Michigan	125
2. Bowling Green	120.33
3. Ohio	98
4. Western Michigan	80.33
5. Central Michigan	75
6. Kent State	73
7. Ball State	26
8. Miami	19.33
9. Northern Illinois	2
10. Toledo	1

1983

Mt. Pleasant, Mich.

1. Ohio	160
2. Western Michigan	104.5
3. Central Michigan	70
4. Bowling Green	69.5
5. Kent State	56
6. Eastern Michigan	52
7. Ball State	23
8. Miami	19
9. Toledo	4

1984

Ypsilanti, Mich.

1. Ohio	126
2. Western Michigan	116
3. Bowling Green	67
4. Eastern Michigan	66
5. Kent State	66
6. Central Michigan	52
7. Toledo	38
8. Ball State	34.5
9. Miami	23.5

1985

Kalamazoo, Mich.

1. Western Michigan	135
2. Central Michigan	92
3. Eastern Michigan	73
4. Miami	68
5. Bowling Green	64
6. Ohio	63
7. Kent State	46
8. Toledo	27
9. Ball State	21

1986

Oxford, Ohio

1. Miami	151
2. Eastern Michigan	142

3. Western Michigan	88
4. Bowling Green	75
5. Kent State	62
6. Ball State	19
7. Ohio	18
8. Toledo	17
9. Central Michigan	13

1987

Kalamazoo, Mich.

1. Miami	60
2. Eastern Michigan	52
3. Western Michigan	47
4. Ohio	30
5. Toledo	29
6. Ball State	21
7. Bowling Green	13

1988

Mt. Pleasant, Mich.

1. Eastern Michigan	163
2. Bowling Green	89
3. Toledo	72.5
4. Miami	67.5
5. Kent State	58
6. Ball State	44
7. Western Michigan	39
8. Ohio	34
9. Central Michigan	22

1989

Ypsilanti, Mich.

1. Eastern Michigan	161
2. Kent State	144
3. Bowling Green	115
4. Ball State	59
4. Toledo	59
6. Central Michigan	57
6. Miami	57
8. Ohio	46
9. Western Michigan	41

1990

Oxford, Ohio

1. Eastern Michigan	157
2. Toledo	114
3. Kent State	110.5
4. Central Michigan	96
5. Bowling Green	74
6. Ohio	70
7. Miami	52.5
8. Ball State	37.5
9. Western Michigan	29.5

1991

Muncie, Ind.

1. Eastern Michigan	138
2. Kent State	129
3. Ball State	106
4. Miami	104
5. Bowling Green	90
6. Ohio	61
7. Toledo	60
8. Central Michigan	34
9. Western Michigan	19

1992

Toledo, Ohio

1. Eastern Michigan	1338
2. Kent State	122
3. Miami	110
4. Toledo	106
5. Bowling Green	87.5
6. Ball State	70
7. Ohio	39
8. Central Michigan	37.5
9. Western Michigan	28

1993

Bowling Green, Ohio

1. Eastern Michigan	135
2. Bowling Green	98
3. Toledo	92
4. Miami	83
5. Ohio	82
6. Ball State	75
7. Kent State	70
8. Western Michigan	57
9. Central Michigan	31
10. Akron	18

1994

Athens, Ohio

1. Ohio	136
2. Eastern Michigan	122
3. Ball State	103
4. Miami	87
5. Bowling Green	73
6. Kent State	72
7. Toledo	55
8. Central Michigan	47
9. Western Michigan	40
10. Akron	15

MAC OUTDOOR CHAMPIONSHIP RESULTS

1995

1. Eastern Michigan	160
2. Ball State	119
3. Bowling Green	94
4. Kent State	81
5. Western Michigan	63
6. Central Michigan	58
7. Ohio	50
7. Miami	50
9. Toledo	48
10. Akron	18

1996

Oxford, Ohio

1. Ball State	134
2. Eastern Michigan	118
3. Kent State	116
4. Bowling Green	94.5
5. Miami	88.5
6. Western Michigan	72
7. Central Michigan	52
8. Ohio	48
9. Toledo	47
10. Akron	18

1997

Kent, Ohio

1. Eastern Michigan	136
2. Kent State	132
3. Miami	103
4. Ball State	96
5. Western Michigan	76
6. Bowling Green	68
7. Ohio	66
8. Toledo	49.5
9. Central Michigan	36.5
10. Akron	17

1998

Akron, Ohio

1. Ball State	120
2. Kent State	119
3. Bowling Green	108.5
4. Central Michigan	100
5. Ohio	90
6. Miami	83
7. Akron	56.5
8. Eastern Michigan	47
9. Toledo	45
10. Western Michigan	33.5
11. Marshall	15.5

May 20-22, 1999

Mt. Pleasant, Mich.

1. Akron	121
2. Eastern Michigan	117
3. Kent State	115
4. Central Michigan	103
5. Ball State	97.5
6. Bowling Green	94
7. Ohio	61.5
8. Miami	49
9. Buffalo	24.5
10. Toledo	15
11. Western Michigan	14
12. Marshall	7.5

May 18-20, 2000

Buffalo, N.Y.

1. Ball State	157
2. Kent State	151.5
3. Eastern Michigan	137.5
4. Central Michigan	106
5. Akron	94.5
6. Toledo	42
7. Buffalo	41.5
8. Bowling Green	35
9. Ohio	20.5
10. Western Michigan	18
11. Miami	13.5
12. Marshall	0

May 17-19, 2001

Oxford, Ohio

1. Ball State	187.5
2. Eastern Michigan	127
3. Akron	101.5
4. Miami	82.5
5. Kent State	78
6. Central Michigan	76
7. Ohio	46
8. Bowling Green	34.5
9. Toledo	33
10. Western Michigan	23
11. Marshall	16
12. Buffalo	14

May 16-18, 2002

Ypsilanti, Mich.

1. Kent State	133
2. Eastern Michigan	128
3. Central Michigan	112
4. Ball State	93
5. Western Michigan	67
6. Toledo	58

7. Akron	55.5
8. Buffalo	47
9. Miami	45
10. Bowling Green	41.5
11. Ohio	37
12. Marshall	2
13. Northern Illinois	0

May 15-17, 2003

Mt. Pleasant, Mich.

1. Eastern Michigan	117.50
2. Miami	106
3. Akron	95
4. Kent State	86
5. Western Michigan	83
6. Ball State	68
7. Central Michigan	62.5
8. Toledo	59
9. Buffalo	45
10. Ohio	43
11. Bowling Green	36
12. Marshall	15
13. Northern Illinois	3

May 13-15, 2004

Oxford, Ohio

1. Central Michigan	112
2. Miami	107.5
3. Akron	99.5
4. Eastern Michigan	97.5
5. Kent State	94
6. Ball State	89.5
7. Western Michigan	58
8. Buffalo	46
9. Bowling Green	46
10. Toledo	32
11. Ohio	17.5
12. Northern Illinois	17.5
13. Marshall	6

May 12-14, 2005

Athens, Ohio

1. Kent State	129
2. Akron	122
3. Eastern Michigan	118
4. Western Michigan	98
5. Central Michigan	85
6. Ball State	64
7. Buffalo	59
8. Miami	53
9. Northern Illinois	33
10. Bowling Green	32
11. Ohio	16

MAC OUTDOOR CHAMPIONSHIP RESULTS

12. Marshall	5
12. Toledo	5

May 11-13, 2006 Toledo, Ohio

1. Akron	141
2. Eastern Michigan	103
3. Ball State	97
4. Kent State	89
5. Western Michigan	85
6. Central Michigan	60
7. Bowling Green	52
8. Miami	50
9. Toledo	45
10. Northern Illinois	35.5
11. Ohio	35
12. Buffalo	25

May 10-12, 2007 Oxford, Ohio

1. Akron	154
2. Western Michigan	135
3. Central Michigan	83
4. Ball State	80
5. Buffalo	66.5
6. Ohio	60
7. Bowling Green	54
7. Miami	54
9. Toledo	47
10. Kent State	40
11. Northern Illinois	28.5
12. Eastern Michigan	17

May 15-17, 2008 Bowling Green, Ohio

1. Akron	208.5
2. Western Michigan	153
3. Miami	73.5
4. Kent State	73
5. Central Michigan	64
6. Buffalo	50.5
7. Ohio	43
8. Toledo	35.5
9. Eastern Michigan	35
9. Ball State	35
11. Bowling Green	29
12. Northern Illinois	18

May 14-16, 2009 Akron, Ohio

1. Akron	147
2. Kent State	106.5
3. Western Michigan	103

4. Miami	95.5
5. Ohio	73
6. Ball State	62.5
7. Buffalo	61
7. Eastern Michigan	53
9. Bowling Green	43
10. Central Michigan	37.5
11. Toledo	27
12. Northern Illinois	10

May 13-15, 2010 Buffalo, N.Y.

1. Kent State	142
2. Akron	104
3. Western Michigan	102
4. Central Michigan	86.5
5. Buffalo	81
6. Miami	72
7. Eastern Michigan	65
8. Toledo	56
9. Ohio	44.5
10. Ball State	38
11. Northern Illinois	19
12. Bowling Green	9

May 12-14, 2011 DeKalb, Ill.

1. Kent State	117.5
2. Eastern Michigan	116.5
3. Miami	107
4. Western Michigan	92
5. Buffalo	78
6. Akron	55
6. Toledo	55
8. Northern Illinois	47
9. Ohio	46
10. Central Michigan	38
11. Bowling Green	36
12. Ball State	25

May 10-12, 2012 Mt. Pleasant, Mich.

1. Kent State	134.33
2. Toledo	132
3. Western Michigan	108
4. Miami	82
5. Eastern Michigan	78.33
6. Buffalo	72
7. Akron	68.5
8. Northern Illinois	55.33
9. Central Michigan	48
10. Ball State	22
11. Ohio	17.5

12. Bowling Green	1
-------------------------	---

May 9-11, 2013 Akron, Ohio

1. Kent State	169
2. Akron	119
3. Buffalo	109.5
4. Miami	105
5. Eastern Michigan	82.5
6. Western Michigan	72
7. Toledo	49
8. Central Michigan	41.5
9. Ohio	33.5
10. Bowling Green	23
11. Northern Illinois	11
12. Ball State	4

May 15-17, 2014 Athens, Ohio

1. Kent State	132
2. Akron	127
3. Eastern Michigan	100.5
4. Buffalo	87.5
5. Western Michigan	70
6. Central Michigan	63
7. Bowling Green	60
8. Miami	57
9. Northern Illinois	42
10. Ohio	41
11. Toledo	37
12. Ball State	1

May 14-16, 2015 Muncie, Ind.

1. Akron	142
2. Eastern Michigan	128.5
3. Kent State	124
4. Northern Illinois	107
5. Central Michigan	69
6. Western Michigan	53
7. Toledo	52
8. Buffalo	51.5
9. Bowling Green	48
10. Miami	24
11. Ohio	11
12. Ball State	9

May 12-14, 2016 Toledo, Ohio

1. Eastern Michigan	152
2. Akron	130
3. Northern Illinois	110.5
4. Kent State	104.5

MAC OUTDOOR CHAMPIONSHIP RESULTS

5. Central Michigan.....	67
6. Bowling Green	52
7. Toledo	46
8. Miami	45
9. Western Michigan.....	38
10. Ohio	32
11. Buffalo.....	27
12. Ball State	14

May 11-13, 2017 Kalamazoo, Mich.

1. Akron	128
2. Eastern Michigan	124
3. Kent State	118.5
4. Northern Illinois	84.5
5. Miami	74
6. Toledo	63
7. Bowling Green	60
8. Western Michigan.....	53
9. Buffalo	48
10. Central Michigan	26
11. Ball State	25
12. Ohio	14

May 10-12, 2018 Buffalo, N.Y.

1. Akron	136.5
2. Eastern Michigan	122
3. Toledo	74
4. Central Michigan.....	69
5. Kent State	67
6. Western Michigan.....	64
7. Bowling Green	58
7. Miami	58
7. Northern Illinois	58
10. Ball State	49.5
11. Buffalo.....	34
12. Ohio	29

May 9-11, 2019 Muncie, Ind.

1. Akron	120
2. Central Michigan.....	117.5
3. Eastern Michigan	77
4. Kent State	75.5
5. Northern Illinois	71
6. Miami	70
7. Bowling Green	69
8. Western Michigan.....	63.5
9. Ball State	57
10. Toledo	49
11. Ohio	27
12. Buffalo.....	22.5

May 7-8, 2021 Oxford, Ohio

1. Kent State	102
2. Eastern Michigan	90
3. Miami	89
4. Akron	83.5
5. Toledo	82
6. Northern Illinois	78
7. Bowling Green	74
8. Ball State	60
8. Ball State	60
10. Buffalo	42.5
11. Ohio	33
12. Western Michigan.....	24

May 12-14, 2022 Kalamazoo, Mich.

1. Akron	124
2. Kent State	110
3. Eastern Michigan	108
4. Northern Illinois	94
5. Miami	72
6. Toledo	71
7. Central Michigan.....	67
8. Bowling Green	61
9. Ball State	54
10. Buffalo	27
11. Western Michigan.....	19
12. Ohio	12

May 11-13, 2023 Akron, Ohio

1. Ball State	108
2. Eastern Michigan	105
3. Miami	96.5
4. Bowling Green	91
5. Northern Illinois	76
6. Akron	74.5
7. Kent State	67
8. Buffalo	62
9. Central Michigan.....	57
10. Toledo	46
11. Ohio	28
12. Western Michigan.....	7

May 9-11, 2024 DeKalb, Ill.

1. Kent State	137.5
2. Eastern Michigan	126.5
3. Ball State	103
4. Akron	83
5. Western Michigan.....	78
6. Toledo	66.5

7. Miami	48.5
8. Buffalo	48
9. Bowling Green	47
10. Central Michigan	31
11. Northern Illinois.....	29
12. Ohio	20

May 15-16, 2025 Athens, Ohio

1. Bowling Green	130
2. Eastern Michigan	115
3. Kent State	113.5
4. Akron	85
5. Miami	79
6. Western Michigan.....	74
7. Central Michigan.....	49
8. Ball State	47
9. Toledo	41
10. Buffalo	32
11. Ohio	27
12. Northern Illinois.....	25.5

ALL-TIME OUTDOOR TOP-10 PERFORMANCES

100M	TIME	YEAR	MEET
1. Shantel Ransom	11.57	1990	
2. Eunice Ashford	11.70	1985	
3. Sanice Williams	11.72	May 2018	MAC Championships (Buffalo)
4. Nicole Wilson	11.76	1993	
5. Amanda Kaverman	11.76	May 2010	MAC Championships (Buffalo)
6. CoCo Saunders	11.83	1996	
7. Julia Ford	11.85	April 2000	Drake Relays
8. Amber Brown	11.87	May 2013	MAC Championships (Akron)
9. Nautica Hill	11.91	April 2019	Bryan Clay Invitational
10. Breezie Gibson	12.01	May 2007	MAC Championship (Miami)

200M	TIME	YEAR	MEET
1. Shantel Ransom	23.48	1990	
2. Nicole Wilson	23.90	1993	
3. Amanda Kaverman	23.99	May 2010	MAC Championship (Buffalo)
4. Julia Ford	24.03	May 1999	MAC Championship (Central Michigan)
5. Shanice Williams	24.26	May 2018	MAC Championship (Buffalo)
6. Christina Johnson	24.30	May 2017	MAC Championship (Western Michigan)
7. Nautica Hill	24.37	May 2017	MAC Championship (Western Michigan)
8. Candy Campbell	24.38	1992	
9. Milan Wilder	24.56	1995	
10. Glynnise Redden	24.58	1992	

400M	TIME	YEAR	MEET
1. Shantel Ransom	53.63	1992	
2. Lana Rice	54.10	1984	
3. Glynnise Redden	54.67	1993	
4. Julia Ford	54.73	May 1999	MAC Championship (Western Michigan)
5. Greta Peterson	55.03	1984	
6. Dandadeua da Silva	55.12	April 2018	Hillsdale Gine Relays - 52nd Edition
7. Sarah Woodrum	55.93	April 2011	EMU Twilight
8. Amanda Kaverman	56.64	April 2010	56th Annual Toledo Invitational
9. Kimara Morgan	56.84	March 2010	CCU Invitational
10. Nautica Hill	57.47	April 2016	Al Owens Open

800M	TIME	YEAR	MEET
1. Laura Nicholson	2:04.80	May 2025	Jesse Owens Classic
2. Petronela Simiuc	2:05.73	May 2021	MAC Championship (Miami)
3. Laura Nicholson	2:07.83	May 2024	Bison Outdoor Classic
4. Margrett Watt	2:08.27	May 2022	MAC Championship (Western Michigan)
5. Krystal Clark	2:08.91	April 2022	Joe Walker Invitational (Oxford, Miss.)
6. Lou Trois	2:09.14	April 2022	Joe Walker Invitational (Oxford, Miss.)
7. Janelle Noe	2:09.48	March 2019	Raleigh Relays
8. Karina James	2:09.95	May 2025	Jesse Owens Classic
9. Semra Karaslan	2:10.03	April 2022	Joe Walker Invitational (Oxford, Miss.)
10. Liz Weiler	2:10.85	March 2015	UNCW Seahawk Invitational

ALL-TIME OUTDOOR TOP-10 PERFORMANCES

1500M	TIME	YEAR	MEET
1. Laura Nicholson	4:07.17	April 2025	Wake Forest Invitational
2. Janelle Noe	4:10.83	June 2018	NCAA Championship (Eugene, Ore.)
3. Laura Nicholson	4:11.49	May 2024	Wake Forest Invitational
4. Petronela Simiuc	4:13.62	April 2021	West Coast Relays
5. Laura Nicholson	4:15.92	May 2025	NCAA East Preliminaries (Jacksonville, Fla.)
6. Lou Trois	4:18.45	May 2022	NCAA DI East Preliminaries (Bloomington, Ind.)
7. Vilde Henriksen	4:18.75	April 2024	Bison Outdoor Classic
8. Briana Shook	4:21.51	May 2004	MAC Championship (Miami)
9. Semra Karaslan	4:21.53	May 2021	Rocket Invitational
10. Karina James	4:21.01	May 2025	Jesse Owens Classic

3000M	TIME	YEAR	MEET
1. Briana Shook	9:30.33	April 2003	Sea Ray Relays (Knoxville, Tenn.)
2. Kaylin Belair	9:35.46	May 2012	Penn Relays
3. Stephanie Sherman	9:40.49	May 2021	Blizzard Buster (Oxford, Ohio)
4. Brooke Tullis	9:45.97	March 2016	Wake Forest Open
5. Cara DeAngelis	9:46.50	April 2015	Toledo vs. Bowling Green
6. Kia Minkkinen	9:46.82	May 2000	MAC Championship (Buffalo)
7. Eric Moriarty	9:50.50	May 2003	Ypsilanti EMU Twilight Invitational
8. Ari Fisher	9:51.93	April 2010	Penn Relays
9. Lois Albers	9:52.01	1996	
10. Athena Welsh	9:57.79	April 2017	Toledo vs. Bowling Green

5000M	TIME	YEAR	MEET
1. Laura Nicholson	15:33.04	March 2025	Raleigh Relays
2. Athena Welsh	15:58.93	March 2019	Raleigh Relays
3. Mercy Kinyanjui	16:01.68	March 2024	Raleigh Relays
4. Briana Shook	16:08.40	July 2004	USATF Championships
5. Brooke Tullis	16:09.59	March 2015	Raleigh Relays
6. Mackenzie Chojnacky	16:15.35	April 2014	Jesse Owens Track Classic
7. Stephanie Sherman	16:15.79	April 2022	Joe Walker Invitational (Oxford, Miss.)
8. Madeline Vining	16:20.16	March 2024	Raleigh Relays
9. Joy Chirchir	16:21.90	March 2023	Raleigh Relays
10. Ari Fisher	16:24.27	March 2010	Stanford Payton Jordan Cardinal Invitational

10,000M	TIME	YEAR	MEET
1. Stephanie Sherman	33:25.31	June 2021	NCAA Championships (Eugene, Ore.)
2. Mercy Kinyanjui	33:28.22	April 2024	Wake Forest Invitational
3. Emma Kertesz	33:28.58	April 2012	Stanford Invitational
4. Faith Linga	33:49.76	April 2022	Virginia Challenge (Charlottesville, Va.)
5. Stephanie Sherman	33:57.02	May 2022	MAC Championship (Western Michigan)
6. Madeline Vining	34:03.57	April 2023	Bryan Clay Invitational (Azusa, Calif.)
7. Brooke Tullis	34:11.38	April 2016	Stanford Invitational
8. Joy Chirchir	34:20.31	April 2023	Bryan Clay Invitational (Azusa, Calif.)
9. Caroline Lambert	34:21.50	March 2017	Stanford Invitational
10. Jennifer Lichter	34:22.82	March 2018	Raleigh Relays

ALL-TIME OUTDOOR TOP-10 PERFORMANCES

100M HURDLES

	TIME	YEAR	MEET
1. Arnika Edwards	13.70	1996	
2. Alexia Moehling	13.84	May 2022	MAC Championship (Western Michigan)
3. Sonya Pritchett	13.87	1992	
4. Nicole Cross	14.17	1990	
5. Francine Jennings	14.27	May 2007	MAC Championship (Miami)
6. Promise Cross	14.27	May 2021	MAC Championship (Miami)
7. Jillian Sledge	14.31	April 2014	48th Annual Hillsdale College Gina Relays
8. Julie Snyder	14.32	May 2010	MAC Championship (Buffalo)
9. Mayson Bates	14.38	April 2023	Tennessee Invite
10. Promise Cross	14.46	May 2022	MAC Championship (Western Michigan)

400M HURDLES

	TIME	YEAR	MEET
1. Arnika Edwards	57.94	1997	
2. Yana Khabina	59.01	March 2018	Raleigh Relays
3. Dandadeua da Silva	59.69	May 2017	MAC Championship (Western Michigan)
4. Jillian Sledge	1:00.39	May 2013	MAC Championship (Akron)
5. Janet Sottek	1:00.65	1987	
6. Kelly Morgan	1:00.71	1988	
7. Dandadeau da Silva	1:00.78	May 2018	MAC Championship (Buffalo)
8. Francine Jennings	1:00.86	May 2007	MAC Championship (Miami)
9. Akili Barnes	1:01.51	May 2015	Toledo Invitational
10. Ashley Savoy	1:02.32	April 2006	Ypsilanti

2,000 STEEPLECHASE

	TIME	YEAR	MEET
1. Mackenzie Chojnacky	6:41.65	April 2015	Toledo vs. Bowling Green
2. Liz Weiler	6:41.70	April 2015	Toledo vs. Bowling Green
3. Olivia Chinn	7:03.17	April 2017	Toledo vs. Bowling Green
4. Stephanie Barlow	7:05.39	April 2018	Bowling Green vs. Toledo Dual
5. Zita Molnar	7:07.05	April 2017	Toledo vs. Bowling Green
6. Emma Kertesz	7:11:29	May 2012	Toledo Collegiate Challenge
7. Lindsey Brudette	7:14.87	April 2015	Toledo vs. Bowling Green
8. Amanda Barkley	7:15.48	April 2018	Bowling Green vs. Toledo Dual
9. Joan Jepkirui	7:17.56	April 2019	Toledo vs. BGSU Dual
10. Roma Lucarelli	7:18.56	April 2018	Toledo vs. BGSU Dual

3,000 STEEPLECHASE

	TIME	YEAR	MEET
1. Briana Shook	9:44.71	June 2003	USATF Championships
2. Liz Weiler	9:59.73	May 2016	NCAA DI East Prelims (Jacksonville, Fla.)
3. Mackenzie Chojnacky	10:03.22	May 2015	NCAA DI East Prelims (Jacksonville, Fla.)
4. Lou Trois	10:03.43	April 2024	Wake Forest Invitational
5. Semra Karaslan	10:05.38	May 2022	NCAA DI East Prelims (Bloomington, Ind.)
6. Athena Welsh	10:14.33	May 2018	MAC Championship (Buffalo)
7. Emily Vining	10:15.81	April 2022	Joe Walker Invitational (Oxford, Miss.)
8. Sara Vergote	10:25.83	June 2003	NCAA Championships (Eugene, Ore.)
9. Vilde Henriksen	10:26.25	March 2024	Raleigh Relays
10. Stephanie Barlow	10:26.48	March 2018	Raleigh Relays

ALL-TIME OUTDOOR TOP-10 PERFORMANCES

4X100 RELAY

	TIME	YEAR	MEET
1. Hill, Johnson, Williams, Horner	45.82	April 2019	Toledo vs. BGSU Dual
2. Collins, Hill, Johnson, Thompson	46.27	May 2017	MAC Championship (Western Michigan)
3. Williams, Hill, Johnson, Thompson	46.63	March 2018	Raleigh Relays
4. Morgan, Brown, Woodrum, Kaverman	46.69	May 2011	Toledo Invitational
5. Williams, Dickerson, Brown, Phillips	46.94	May 2013	28th Annual Toledo Invitational
6. Morgan, Woodrum, Kaverman, Douglas	47.29	April 2010	26th Annual Toledo Invitational
7. Johnson, Moran, Haywood, Cross	47.32	May 2022	MAC Championship (Western Michigan)
8. Collins, Hill, Johnson, Williams	47.45	May 2016	MAC Championship (Toledo)
9. Moehling, Morgan, Ragland, Haywood	47.48	May 2023	MAC Championship (Akron)
10. Johnson, Hill, Pierce, Collins	47.50	April 2017	Toledo vs. Bowling Green

4X200 RELAY

	TIME	YEAR	MEET
1. Morgan, Woodrum, Jacoby, Kaverman	1:39.76	April 2010	Penn Relays
2. da Silva, Pierce, Freeman, Johnson	1:43.39	March 2017	Raleigh Relays
3. Johnson, Rowe, Lima, Martin	1:46.40	March 2019	Raleigh Relays

4X400 RELAY

	TIME	YEAR	MEET
1. Hill, Khabina, Johnson, da Silva	3:43.51	May 2018	MAC Championship (Buffalo)
2. Hill, Khabina, Johnson, da Silva	3:44.72	April 2017	Ball State Challenge
3. da Silva, Collins, Johnson, Hill	3:47.24	May 2017	MAC Championship (Western Michigan)
4. Morgan, Kaverman, Jacoby, Woodrum	3:48.08	April 2010	Penn Relays
5. Johnson, Horner, Morah, Khabina	3:49.81	May 2021	MAC Championship (Miami)
6. Dickerson, Sledge, Williams, Woodrum	3:49.95	May 2013	28th Annual Toledo Invitational
7. Worthy, Jones, Moran, Johnson	3:52.12	May 2023	MAC Championship (Akron)
8. Morgan, Sullivan, Horner, Johnson	3:52.47	May 2022	MAC Championship (Western Michigan)
9. Cerdan, Wyrick, Paceric, Barnes	3:53.82	May 2015	MAC Championship (Ball State)
10. Woodrum, Barnes, Townsend, Cerdan	3:53.50	May 2014	MAC Championship (Ohio)

4X800 RELAY

	TIME	YEAR	MEET
1. Pacaric, Wyrick, Warsecke, Noe	9:00.83	March 2014	Raleigh Relays
2. Snyder, Glover, Sullivan, Dames	9:58.56	March 2021	Blizzard Buster (Oxford, Ohio)
3. Ballard, Morgan, Jacoby, Woodrum	10:12.58	March 2010	CCU Invitational

4X1500 RELAY

	TIME	YEAR	MEET
1. Kertesz, Belair, Pusateri, Wright	18:40.63	April 2012	Penn Relays

SPRINT MEDLEY RELAY

	TIME	YEAR	MEET
1. Morgan, Kaverman, Woodrum, Studer	4:06.22	April 2020	Penn Relays
2. Williams, Johnson, Hill, Wyrick	4:09.48	March 2016	Raleigh Relays

HIGH JUMP

	MARK	YEAR	MEET
1. Nora Mehl	1.78m / 5'10"	April 2008	Sea Ray Relays (Knoxville, Tenn.)
2. Susie Frodge	1.77m / 5'9.7"	1990	
3. Madeline Pacella	1.76m / 5'9.3"	April 2016	50th Annual Hillsdale College Gina Relays
4. Michelle Sutherland	1.74m / 5'8.5"	April 2010	Toledo Invitational
5. Julie Snyder	1.73m / 5'8"	April 2010	Ohio Women's Team Challenge
6. Sandra Sulzer	1.72m / 5'7"	1996	
7. Sara Coutu	1.72m / 5'7"	1997	
8. Promise Cross	1.68m / 5'6"	April 2022	North Florida College Invitational
9. Atalia Lima	1.67m / 5'5.75"	May 2018	Toledo Invitational
10. Atalia Lima	1.65m / 5'4"	March 2018	Raleigh Relays

ALL-TIME OUTDOOR TOP-10 PERFORMANCES

POLE VAULT	MARK	YEAR	MEET
1. Alexa Jarrett	4.01m / 13'1.75"	April 2015	Toledo vs. Bowling Green
2. Shari Harmon	3.84m / 12'7.50"	April 2009	Len Paddock Invitational (Ann Arbor, Mich.)
3. Hannah Virtanen	3.60m / 11'9.75"	May 2021	Jesse Owens Classic (Columbus, Ohio)
3. Maddie Jarrett	3.60m / 11'9.75"	April 2017	Toledo vs. Bowling Green
5. Madeline Barnes	3.59m / 11'9.25"	May 2022	MAC Championship (Western Michigan)
6. Jordyn Wright	3.50m / 11'5.75"	April 2024	Tiffin Track Carnival Second Chance
7. Alexandra Dormoras	3.46m / 11'4.25"	April 2015	Hillsdale College 49th Annual Gina Relays
8. Ella Silva	3.35m / 10'11"	March 2012	Toledo Collegiate Challenge
9. Alissa Jenkins	3.30m / 10'10"	April 2016	Al Owens Open (Allendale, Mich.)
10. Hannah Saba	3.25m / 10'8"	May 2015	Toledo Invitational

LONG JUMP	MARK	YEAR	MEET
1. Candy Campbell	6.43m / 21'1.50'	1992	
2. April Williams	6.34m / 20'9.75"	May 2007	Toledo Invitational
3. Kiah Douglas	6.09m / 19'11.75"	May 2013	Toledo Invitational
4. Shantel Ransom	6.07m / 19'11"	1990	
5. Katie Bollin	6.05m / 19'10"	May 2012	Toledo Invitational
6. Madeline Pierce	5.98m / 19'7.5"	May 2017	MAC Championship (Western Michigan)
7. Pam Byrd	5.96m / 19'7"	1988	
8. Elan Pessoa	5.95m / 19'6.50"	May 2007	Toledo Invitational
9. Blair Summers	5.87m / 19'3.25"	May 2007	Toledo Invitational
10. Michelle DeLatour	5.82m / 19'1.25"	2000	

TRIPLE JUMP	MARK	YEAR	MEET
1. April Williams	13.40m / 43'11.75"	May 2007	Mideast Regional Championships (Columbia, Mo.)
2. Karoline Steppin	12.47m / 40'11"	May 2018	MAC Championship (Buffalo)
3. Alexandra Afloari	12.34m / 40'6"	April 2010	Penn Relays
4. Kiah Douglas	12.20m / 40'0.5"	May 2013	Toledo Invitational
5. Tyshai Freeman	12.19m / 40'0"	May 2017	MAC Championship (Western Michigan)
6. Candy Campbell	12.14m / 39'10"	1993	
7. Kira Shade	12.12m / 39'9.25"	2008	
8. Susie Frogde	12.01m / 39'5"	1991	
9. Yuhong Fu	11.99m / 39'4"	May 2011	Toledo Invitational
9. Janelle Rowe	11.99m / 39'4"	March 2019	Raleigh Relays

SHOT PUT	MARK	YEAR	MEET
1. Melody Torcolacci	15.57m / 21'1.25"	1984	
2. Katie Dewey	15.50m / 50'10.25"	April 2019	53rd Annual Hillsdale Gina Relays
3. Kyesha Neal	15.47m / 50'9.25"	April 2016	Ball State Challenge
4. Jill Weiner	14.12m / 46'1"	2002	
5. Sally Frank	13.65m / 44'9.5"	April 2019	Toledo vs. BGSU Dual
6. Mary Reighard	13.41m / 44'0"	1987	
7. Cyd Edmunds	13.30m / 43'8"	2000	
8. Cindy Olberding	13.00m / 42'8"	1993	
9. Becky Caskey	12.83m / 42'1.25"	2001	
10. Chloe Kleespis	12.72m / 41'8.75"	May 2019	MAC Championship (Ball State)

ALL-TIME OUTDOOR TOP-10 PERFORMANCES

DISCUS	MARK	YEAR	MEET
1. Kyesha Neal	52.92m / 173'7"	May 2016	NCAA DI East Prelims (Jacksonville, Fla.)
2. Katie Dewey	49.92m / 163'9"	April 2019	53rd Annual Hillsdale Gina Relays
3. Anna Bellman	48.06m / 157'8"	May 2017	MAC Championship (Western Michigan)
4. Mary Reighard	47.63m / 156'3.5"	1987	
5. Emily Nadolny	46.68m / 153'2"	April 2011	Miami University RedHawk Invitational
6. Chloee Kleespis	46.31m / 151'11"	April 2018	52nd Annual Hillsdale Gina Relays
7. Tammi Semmler	45.28m / 148'7"	1986	
8. Allie Missler	44.23m / 145'1"	May 2013	MAC Championship (Akron)
9. Meredith Elliott	41.55m / 136'4"	2004	
10. Sandy Brazeau	41.24m / 135'4"	2006	

HAMMER	MARK	YEAR	MEET
1. Emily Nadolny	52.08m / 170'10"	April 2011	Gina Relays
2. Kyesha Neal	51.10m / 167'8"	April 2016	Hillsdale College Gina Relays
3. Carly Molls	50.94m / 167'1"	March 2015	UNCW Seahawk Invitational
4. Anna Bellman	50.85m / 166'10"	May 2018	Toledo Invitational
5. Princetta Cummings	49.15m / 161'3"	May 2013	MAC Championship (Akron)
6. Megan Vaillant	48.69m / 159'9"	2004	
7. Bridget Kennan	48.19m / 158'1"	May 2018	Toledo Invitational
8. Sarah Garvin	46.17m / 151'6"	May 2012	MAC Championship (Central Michigan)
9. Kallie Strauss	46.02m / 151'0"	May 2019	Len Paddock Open (Ann Arbor, Mich.)
10. Sally Frank	44.98m / 147'7"	April 2019	Ball State Challenge

JAVELIN	MARK	YEAR	MEET
1. Carly Molls	46.19m / 151'9"	May 2015	Jesse Owens Classic (Columbus, Ohio)
2. Nora Hark	45.40m / 148'11"	May 2025	MAC Championship (Athens, Ohio)
3. Nora Hark	43.44m / 142'6"	May 2025	Raleigh Relays
4. Barbara Veslich	42.54m / 139'7"	1982	
5. Allie Missler	42.46m / 139'4"	May 2013	Toledo Invitational
6. Cyd Edmunds	42.36m / 139'0"	2000	
7. Nora Hark	42.20m / 138'5"	2024	Len Paddock Open (Ann Arbor, Mich.)
8. Tammi Semmler	42.06m / 138'0"	1987	
9. Nora Hark	41.35m	April 2025	Cherry Blossom Invitational (Athens, Ohio)
10. Karoline Steppin	39.58m / 129'10"	May 2018	MAC Championship (Buffalo)

HEPTATHLON	SCORE	YEAR	MEET
1. Susie Frodge	5286	1990	
2. Sonya Pritchett	5092	1993	
3. Julie Snyder	4885	May 2010	MAC Championship (Buffalo)
4. Michelle Hayden	4851	1987	
5. Promise Cross	4826	April 2022	Tiffin Track Carnival Multi
6. Atalia Lima	4596	May 2019	MAC Championship (Ball State)
7. Jen Walters	4466	1996	
8. Akili Barnes	3875	May 2013	MAC Championship (Akron)
9. Holly Nation	3382	May 2019	MAC Championship (Ball State)
10. Alecia Zaper	3362	May 2010	MAC Championship (Buffalo)

USTFCCCA OUTDOOR RATING INDEX

REGIONAL RANKING

2024		2019		2015	
Week 2	16	Week 1	16	Week 1	15
Week 3	19	Week 2	15	Week 2	13
Week 4	14	Week 3	17	Week 3	15
Week 5	12	Week 4	16	Week 4	15
Week 6	13	Week 5	18	Week 5	14
Week 7	13	Week 6	18	Week 6	14
Week 8	12	Week 7	19	Week 7	16
		Week 9	19		
2023		2018		2014	
Week 1	18	Week 1	9	Week 1	13
Week 2	24	Week 2	11	Week 2	16
Week 3	25	Week 3	12	Week 3	16
Week 4	23	Week 4	12	Week 4	18
Week 5	23	Week 5	13	Week 5	18
Week 6	23	Week 6	13	Week 6	18
Week 7	23	Week 7	14	Week 7	18
Week 8	23				
2022		2017		2012	
Week 1	17	Week 1	13	Week 1	10
Week 2	18	Week 2	16	Week 2	15
Week 3	19	Week 3	19	Week 3	15
Week 4	20	Week 4	17	Week 4	15
Week 5	15	Week 5	18	Week 5	15
Week 6	15	Week 6	19	Week 6	13
Week 7	16	Week 7	15	Week 7	13
Week 8	18				
2021		2016		2011	
Week 1	17	Week 1	14	Week 1	14
Week 2	17	Week 2	15	Week 2	19
Week 3	17	Week 3	15	Week 3	23
Week 4	16	Week 4	14	Week 4	22
Week 5	16	Week 5	13	Week 5	21
Week 6	16	Week 6	13	Week 6	21
Week 7	16	Week 7	15	Week 7	21
Week 8	16				
				2010	
				Week 1	19
				Week 2	20
				Week 3	20
				Week 4	20
				Week 5	19
				Week 6	17
				Week 7	15

USTFCCCA OUTDOOR RATINGS

#EventSquad Rankings

100m

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2023	126	152	156	168	174	182	185		
2022					181	184	172		
2019	59	67	73	71	62	62		62	
2018	116	108	121	126	103	105			

200m

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2023		239	248		249	255	253		
2022	202	227	229	241	240	246	248		
2021			220	196	208	212	220		
2019	154	119	97	106	108	114		115	
2018				166	126	133			

400m

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2022						207	211		
2021			129	144	159	164	169		
2019		161	185	191	196	201		201	
2018				194	200	202			

800m

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2023	54	80	60	67	75	80	86		
2022	74	24	30	31	37	37	37		
2021	136	94	92	100	111	105	114		
2019	91	73	69	71	76	81		81	
2018		173	110	121	128	133			

1500m

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2023	89	117	40	51	56	57	62		
2022	33	24	35	37	40	43	44		
2021	81	56	67	75	75	79	53		
2019	29	39	40	40	41	45		45	
2018		66	80	66	69	59			

3,000m Steeplechase

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2023					18	21	22		
2022				14	14	14	15		
2019		21	24	17	27	30		30	
2018		4		5	5	5			

USTFCCCA OUTDOOR RATINGS

#EventSquad Rankings

100H

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2022	88	105	117	122	128	128	127		
2019						152		152	

5000m

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2023		26	32	43	46	48	54		
2022	21	16	26	27	29	30	35		
2021	37	56	25	22	29	32	36		
2019				37	41	49		49	
2018		125	39	33	35	36			

10,000m

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2023			11	11	11	11	17		
2022				7	8	9	22		
2018						13			

High Jump

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2019	50	58	65		68	73		73	

Long Jump

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2019	97	108	124	110	120	100		100	
2018				95	82	89			

Triple Jump

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2018			19	22	24	25			

Shot Put

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2019	41	43	54	52	46	50		50	

Hammer Throw

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2019	87	83	83	87	87	88		88	

Discus

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2018		19	22	21	22	23			

Javelin

Season	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10
2019						105		105	
2018		54	59	67	57	57			

ALL-TIME ROSTER

-A-

Abrams, Ashley.....1989-90
 Adams, BreeAnn 1996
 Adams, Katrina2005-07
 Afloari, Alexandra2010-12
 Aker, Kendra 1992
 Albers, Lous.....1995-96
 Alexander, Margie..... 1989
 Alexander, Niccole..... 1998
 Allen, Irvie.....2008
 Anderson, Sharday 1996, 98, 00
 Andrews, Debbie1991-93
 Ashford, Eunice 1984
 Ashley, Alison.....2007
 Avery, Maribeth..... 1992

-B-

Babcock, Dawn.....1983-84
 Baird, Holly2010
 Baird, Melissa 1993
 Bakley, Amanda2017-20
 Ballard, Antalesha.....2010-13
 Bankhead, Terri.....1989-90
 Barlow, Stephanie.....2015-18
 Barnes, Akili.....2013-16
 Barnes, Madeline2022
 Bartl, April..... ??????????????
 Bates, Mayson.....2022-23
 Bauer, Alex.....2023-25
 Baumgartner, Jackie2005-07
 Beckley, Kim1995-98
 Begue, Jennifer..... 1998
 Belair, Kaylin.....2012-13
 Bellman, Anna2016-18
 Bendixen, Nina2016-17
 Benedict, Katie2007
 Bergman, Nicole.....2009
 Berlin, Jennifer.....1995-98
 Berry, Brenda 1984
 Bhatia, Harbir..... 1990
 Blakeney, Selina 1984
 Bollin, Katie2010-13
 Born, Kate2008
 Bornhorst, Lei2010-13
 Borowske, Danielle.....2010
 Boulter, Tamara 1984
 Boyd, Roschelle 1983
 Boyer, Jordyn2020-23
 Brammer, Misty 1991
 Brazeau, Sandy.....2007-09
 Brisson, Hannah2010-13
 Brockrath, Rachel.....1991-92
 Brown, Amber.....2011-14
 Brown, Angie1983-84
 Brown, Audra.....2008-11
 Brown, Lyndie.....2011-13
 Brown, Tiffany.....2000-02
 Bumpus, Donna1983-84

Burdette, Lindsey.....2013-15
 Burke, Toya2007
 Burmeister, Megan2019-22
 Burton, Vonetta.....2007
 Byrd, Pam..... 1989
 Byrska, Iwona.....2008

-C-

Caddell, Sydney.....2022-25
 Cain, Camille 1991-92,95
 Clahoun, Kelsey.....2013-16
 Camardo, Natalie2015-17
 Camp, Joni.....2008-10
 Camp, Nicole.....2005-08
 Campbell, Candy..... 1992-93,95
 Campbell, Raylene..... 1991
 Carl, Brianne.....2000
 Carroll, Erin2016
 Caskey, Becky.....2001
 Cerdan, Elena.....2013-15
 Chambers, Megan2008-10
 Chandler, Jenny..... 1995
 Chapman, Kayla2018-19
 Chinn, Olivia.....2016-19
 Chirchir, Joy2022-25
 Chojnacky, Mackenzie2012-15
 Cholin, Liza2009-11
 Christian, Cristal2005-07
 Christie, Cadence 2023-Present
 Cirincione, Jaydon 2023-Present
 Clark, Krystal2021-23
 Clarke, Ashley2011-13
 Coker, Monica 1991
 Collins, Kristiana.....2015-17
 Condron, Samantha2009-13
 Congemi, Melanie 1989
 Conyers, Denise..... 1990-91
 Cook, Becky1992-95
 Cooper, Shelley..... 1984
 Copeland, Nikko..... 1995
 Cotton, Nicole..... 1991
 Courtright, Joan 1983
 Cousino, Sarah2008
 Coutu, Sara 1995-98
 Cowan, Laura 1991-92
 Crews, Terese..... 1990
 Cromley, Candance2005-07
 Crook, Kacy.....2009-10
 Cross, Delilah2007
 Cross, Nichole 1989-91
 Cross, Promise2021-22
 Ceshi, Megan2013-15
 Cummings, Princetta2011-14
 Cushnie, Amber.....2008-12

-D-

da Silva2017-18
 Dames, Julia2021-23

Dandrea, Kyle.....2007
 Davis, Alexis2015-16
 Davis, Michelle2015
 DeAngelis, Cara2015
 Dearmas, Andrejsa2015
 Delatour, Alexandra2000-01
 Delatour, Michelle 1996-98
 Dembowski, Morgan2018-19
 Dewey, Katie2016-19
 Dibert, Cindy.....2007
 Dick, Nikko..... 1996
 Dimitriu, Ema2005-07
 Dmytryka, Nancy 1983
 Dobberfuhr, Stephanie.....2005-07
 Dodge, Laura 1995-96
 Domoras, Alexandra2013-16
 Doore, Jordan2016-20
 Dorsch, Rachel..... 1993
 Douglas, Kiah.....2010-13
 Dragon, Mallory2007-09
 Draper, Angie..... 1991-92
 Dunlap, Lisa.....1990-92
 Durden, LaMonica 1995
 Durden, Niki 1993
 Duhaime, Audrey 2023-Present
 Dwyer, Dirdre2013-14

-E-

Edmunds, Cydney2000
 Edwards, Alyssa2019-22
 Edwards, Arnika 1995-98
 Eldridge, Pauline 1989-91
 Elliott, Meredith.....2005-07
 Embaugh, Paige2020-23
 Engle, Heather.....2008
 Englund, Makenna 2003-Present
 Ericksen, Tanya2007
 Ericson, Kim.....1990-91
 Eschenauer, Ann 1995
 Evans, Carmann..... 1993-95
 Evans, Hannah.....2010-13
 Evans, Yolanda..... 1990
 Everhart, Amanda.....2001
 Evink, Lucinda..... 1995
 Eyman, Madison.....2022-23

-F-

Fairless, Nicole2007
 Flak, Jessica2001
 Fantoy, Sherilyn.....2001
 Farkas, MacKenzie2008
 Farmer, Brandy2001-02
 Fassis, Melody2013
 Faussey, Jenna.....2008-10
 Ferguson, Emily.....2020-22
 Ferguson, Mallory.....2020-23
 Ferner, Maddie2017-18
 Fielding, McKinley2023

ALL-TIME ROSTER

Teveli, Petra2002
 Thomas, Danielle2008-10
 Thomas, Julie1991-93
 Thompson, Alisha2005,07
 Thompson, Tori2017-19
 Thorton, Bill1998
 Tille, Susan1993
 Timmons, Priscilla2012-16
 Tittle, Alison2005,07
 Toussant, Lindsay2008-12
 Tremains, Amanda2021-23
 Trent, Sherri2001
 Triplett, Asia2002
 Trois, Lou2022-24
 Townsend, Te'ane2013-15
 Tullis, Brooke2012-16
 Tuyn, Kim1984
 Tye, Christine2002,05

-V-

Valliant, Alison2005-07
 Valliant, Megan2007
 Van Pelt, Dayna1993-95
 Vaughn, Tahira1998,00,01
 Vaughns, LaShawn2009
 Vergote, Sara2000-02
 Villa, Aparil2001
 Vining, Emily2020-25
 Vining, Madeline2020-24
 Virtanen, Hanna2002
 Vogl, Allison2020-22
 Vogel, Elaine1991-93
 Vogel song, Megan2011-15
 Vogel song, Renee1993
 Volf, Renata2008-10

-W-

Wagner, Heather2008
 Walters, Jenn1995-96,98
 Ward, Wylene1989-92
 Warren, Anegla1992
 Weiner, Jill2002
 Welch, Ann1996
 Welty, Chrissy1991-95
 White, Angie1983
 Wilder, Milan1995
 Williams, April2005,07
 Williams, Naketa1995
 Wilson, Nicole1991-93
 Wimbs, Sherrell1990-93
 Warseck, Theresa2013-17
 Watt, Margrett2021-23
 Weiler, Liz2012-16
 Welsh, Athena2017-20
 Williams, April2007
 Williams, Lexis2013-16
 Williams, Shanice2018-19
 Wilson, Paige2009

Wise, Annie2012-13
 Witham, Audrey2021-23
 Wojcik, Angie1993
 Woodrum, Sarah2010-14
 Worley, Emily2019
 Worthy, Laryah2023-24
 Wright, Megan2011-15
 Wyrick, Emily2014-17

-Y-

Yarnell, Sonya2012
 Yasar, Meltem2020-21
 Yeack, Kim1992
 Yesmunt, Josie2015-18

-Z-

Zaper, Alecia2010
 Zupancic, Michelle1984

MISSION

The University of Toledo is a national, public research university where students obtain a world-class education and become part of a diverse community of leaders committed to improving the human condition in the region and the world.

VISION

The University of Toledo will be a nationally ranked, public research university with internationally recognized expertise and exceptional strength in discovery, teaching, clinical practice and service.

VALUES

Excellence

Student-centeredness

Research and Scholarship

Professionalism and Leadership

Diversity



THE UNIVERSITY OF
TOLEDO
1872