

Winona State University Track & Field

All-Time Outdoor Top Ten List

100m Dash

1. Cait Dhein	11.87	2010
2. Shereen Vallabouy	11.89	2019
3. Maddy Pietz	11.91	2019
4. Nicole Drangstveit	11.92	2012
5. Michaela Pryor	11.95	2019
6. Sarah Finley	12.04	2013
7. Jenny Cuculi	12.06	2004
8. Brittany Schyvinck	12.07	2019
9. Brooklyn Schyvinck	12.17	2019
10. Jamie Miller	12.22	2003

100m Hurdles

1. Jess Devine	14.36	2007
2. Anna Blaske	14.51	2013
3. Olivia Fixsen	14.58	2015
4. Hannah Mueller	14.61	2013
5. Emily Asuncion	14.80	2008
6. Amanda Wanie	14.91	2019
7. Brittany Dulak	14.97	2015
8. Hillary Cunningham	15.00	2005
9. Deidra Faber	15.07	2004
10. Ashley Sprain	15.14	2019

200m Dash

1. Megan Seidl	24.00	2017
2. Kelly Shaw	24.21	2010
3. Shereen Vallabouy	24.28	2019
4. Brittany Schyvinck	24.37	2019
5. Nicole Drangstveit	24.53	2012
6. Michaela Pryor	24.54	2019
7. Brooklyn Schyvinck	24.68	2019
8. Maddy Pietz	24.75	2019
9. Cait Dhein	25.19	2012
10. Catherine Whitcomb	25.22	2012

400m Dash

1. Kelly Shaw	53.62	2010
2. Shereen Vallabouy	54.32	2019
3. Megan Seidl	54.40	2017
4. Brittany Schyvinck	55.74	2017
5. Brooklyn Schyvinck	56.32	2019
6. Catherine Whitcomb	56.42	2014
7. Kelsey Bethke	56.45	2013
8. Deidra Faber	56.64	2005
9. Jennifer Bradford	57.21	2008
10. Brit Rynda	57.55	2011

400m Hurdles

1. Deidra Faber	59.98	2005
2. Kari Schneiss	1:01.56	2019
3. Kalley Harris	1:01.69	2019
4. Lisa Meyer	1:01.96	2008
5. Kendall Zeman	1:02.83	2019
6. Amanda Wanie	1:03.64	2019
7. Taylor Vogel	1:03.80	2014
8. Olivia Fixsen	1:04.46	2017
9. Karina Elford	1:05.30	2016
10. Brenda Root	1:06.24	1984

800m Run

1. Allison Johnson	2:12.48	2017
2. Katie Bagley	2:13.27	2014
3. Hope Willenbrink	2:14.54	2019
4. Anna Rogahn	2:14.58	2018
5. Maureen Ryan	2:15.00	1991
6. Madeline Tompach	2:15.69	2017
7. Ashton Lamp	2:16.13	2013
8. Julia Silloway	2:17.04	2019
9. Madison Schroeder	2:17.45	2018
10. Kelsey Bethke	2:19.02	2015

1500m Run

1. Maureen Ryan	4:29.77	1992
2. Anna Rogahn	4:35.16	2019
3. Jordan Paschke	4:35.66	2015
4. Jordan Skelly	4:38.22	2015
5. Raissa Hansen	4:39.67	2018
6. Nikki Staffen	4:40.80	2017
7. Chelsea Schrubbe	4:43.02	2015
8. Amanda Kaiser	4:44.43	2016
9. Hope Willenbrink	4:45.46	2016
10. Courtney Seyller	4:46.42	2012

3,000m Steeplechase

1. Jordan Skelly	10:33.21	2015
2. Raissa Hansen	10:55.55	2016
3. McKenzie Fortier	11:18.58	2018
4. Becca Richtman	11:19.29	2019
5. Megan Snyder	11:23.16	2012
6. Kayla Gudmundson	11:24.16	2013
7. Nikki Staffen	11:33.51	2018
8. Nicole Coleman	11:47.00	2005
9. Jenna Southworth	11:48.37	2008
10. Kate Simonet	11:52.83	2015

5,000m Run

1. Jordan Paschke	17:27.29	2014
2. Anna Rogahn	17:43.26	2019
3. Tracy Nelson	17:54.43	1987
4. Jessica Young	18:02.71	2015
5. Jordan Skelly	18:12.13	2014
6. Steph Smith	18:16.37	2010
7. Jenna Southworth	18:20.37	2009
8. Olivia Anger	18:20.99	2018
9. Becca Richtman	18:21.11	2019
10. Chelsea Schrubbe	18:21.68	2014

10,000m Run

1. Jessica Young	36:39.72	2014
2. Tracy Nelson	37:04.42	1987
3. Jordan Paschke	37:23.31	2016
4. Steph Smith	38:13.78	2010
5. Jenna Southworth	38:21.54	2010
6. Lia Soto	38:45.18	2005
7. Heidi Hujik	38:55.14	2016
8. Kayla Gudmundson	39:05.65	2011
9. Jordana LeSavage	39:06.42	2014
10. Hannah Lewis	39:30.56	2017

Heptathlon

1. Olivia Fixsen	4831	2018
2. Deidra Faber	4414	2006
3. Anna Blaske	4266	2013
4. Natalie Busher	4170	2013
5. Kaitlyn Jensen	4113	2007
6. Keri Kreuzer	4078	2004
7. Haley Reinke	4065	2017
8. Hillary Cunningham	3985	2005
9. Jess Devine	3910	2005
10. Lindsey Lowe	3902	2014

Long Jump

1. Tamika Tucker	19' 9"	2018
2. Hailey Deschaine	19' 4 1/4"	2016
3. Hannah Mueller	19' 4"	2013
4. Kristi Springer	19' 1/2"	2019
5. Taylor Juresh	18' 11 1/4"	2017
6. Anna Blaske	18' 7 3/4"	2013
Amanda Schaefer	18' 7 1/4"	2017
7. Abby Albers	18' 5 3/4"	2011
8. Andrea Bartz	18' 4 1/2"	2015
10. Jenny Cuculi	18' 3 1/4"	2003

Triple Jump

1. Kristi Springer	39' 3 3/4"	2019
2. Andrea Bartz	39' 3"	2015
3. Amanda Schaefer	38' 9 3/4"	2018
4. Gretchen Harty	38' 9 1/2"	2006
5. Kyja Griggs	38' 7 1/2"	2019
6. Brit Rynda	38' 4"	2013
7. Allie Schultz	37' 11 1/2"	2013
8. Keri Kreuzer	37' 11 1/4"	2004
9. Tamika Tucker	37' 8 3/4"	2017
10. Madison Rizner	37' 8 1/2"	2019

High Jump

1. Hillary Cunningham	5' 6 1/2"	2005
2. Brenda Gilles	5' 5 3/4"	2005
3. Olivia Fixsen	5' 5 1/4"	2016
Haley Reinke	5' 5 1/4"	2016
5. Gretchen Folkerts	5' 5"	2011
Amanda Schaefer	5' 5"	2017
7. Keri Kreuzer	5' 4 1/4"	2002
Tamara Price	5' 4 1/4"	2018
9. Taylor Goergen	5' 3 3/4"	2012
10. Thoma/Wrage	5' 3 1/4"	'04/'16

Pole Vault

1. Bria Magnuson	13' 1/4"	2007
2. Alyssa McCarthy	11' 2"	2010
3. Jana Olson	11' 1/4"	2012
4. Allyson Thelen	10' 11 3/4"	2004
5. Jessica Christy	10' 2 1/2"	2011
Ali Martin	10' 2"	2010
7. Jenny Foegen	10' 0"	2004
Brittany Reinbolt	10' 0"	2003
Jamie Christy	10' 0"	06/07
10. Kendra Taylor	9' 8 1/4"	2005

Shot Put

1. Katie Taylor	51' 1 3/4"	2017
2. Alissa Rausch	49' 10"	2015
3. Rebecca Stier	49' 6 1/2"	2011
4. Mary Theisen	49' 5"	2011
5. Heather Buckler	47' 8"	2017
6. Kaitlyn Long	46' 9"	2016
7. Brea Perron	45' 9 1/4"	2017
8. Shanai Guider	45' 1 1/4"	2010
9. Ashley Thooft	45' 1/2"	2016
10. Paige Garriga	44' 4 3/4"	2012

Hammer

1. Michelle Potter	198' 8"	2012
2. Nicole Nelson	196' 4"	2017
3. Erin Perkins	193' 4"	2017
4. Kaitlyn Long	192' 8"	2016
5. Jenny Schuler	189' 8"	2012
6. Alissa Rausch	188' 8"	2015
7. Emily King	184' 9"	2007
8. Abbey Ristow	179' 9"	2015
9. Megan Elliott	175' 10"	2013
10. Nicole Lonning	175'	2007

Discus

1. Alissa Rausch	183' 5"	2015
2. Mary Theisen	176' 3"	2011
3. Shanai Guider	169' 3"	2012
4. Katie Taylor	158' 9"	2017
5. Caitlyn Zepczyk	157' 7"	2014
6. Delaney Miller	157' 1"	2015
7. Elisa Moenkedick	156' 8"	2012
8. Rebecca Stier	155' 8"	2011
Ashley Thooft	155' 8"	2016
10. Erin Bramble	155'	2016

Javelin

1. Lauren Brown	143' 4"	2010
2. Taylor Juresh	143' 2"	2018
3. Krystle Lonning	130' 7"	2010
4. Rachel Hamilton	128' 2"	1989
5. Natalie Busher	126' 6"	2015
6. Paige Garriga	125' 11"	2012
7. Lynn Breckenfelder	123' 10"	1986
8. Lisa Stockel	122' 11"	1998
Alyssa McCarthy	122' 11"	2012
10. Lindsey Rutz	121' 7"	2015

4 x 100m Relay

1. Juresh, Tucker, Schyvinck, Seidl	46.10	2017
2. Pryor, Schyvinck, Pietz, Schyvinck	46.22	2019
3. Deschaine, Tucker, Schyvinck, Seidl	46.86	2016
4. Tucker, Schyvinck, Pietz, Vallabouy	47.06	2019
5. S Finley, Drangstveit, Albers, Dhein	47.13	2012
6. Juresh, Hutchison, Schyvinck, Seidl	47.26	2017
7. Grassl, Drangstveit, Albers, Dhein	47.49	2012
8. Whitcomb, Schyvinck, Deschaine, Seidl	47.59	2015
9. Milkent, Drangstveit, Derby, Dhein	47.69	2010
10. Juresh, Tucker, Hutchison, Schmidt	47.80	2018

4 x 400m Relay

1. Harris, Schyvinck, Schyvinck, Vallabouy	3:41.97	2019
2. Harris, Schyvinck, Schyvinck, Schneiss	3:45.21	2019
3. Seidl, Vogel, Bagley, Schyvinck	3:46.81	2016
4. Seidl, Bethke, Schyvinck, Whitcomb	3:47.67	2015
5. Bethke, Bagley, Rynda, Whitcomb	3:47.88	2013
6. Schyvinck, Patterson, Johnson, Seidl	3:48.35	2017
7. Schyvinck, Patterson, Hutchison, Seidl	3:49.07	2017
8. Bethke, Bagley, Vogel, Whitcomb	3:49.90	2014
9. Bradford, Braun, Rynda, Shaw	3:50.14	2010
10. Milkent, Braun, Rynda, Shaw	3:50.54	2010