

Carleton College Track & Field

Indoor Top Ten List

updated through 2006

55 Meter Dash

Aminah Ricks	U of M Open	2/19/94	7.27
Sandy Helquist	MIAC Championships	3/3-4/00	7.5
Busola Akinwale	MIAC Championships	3/6-7/98	7.53
Anne Fiechtner	MIAC Championships	2/27-28/97	7.56
Jennifer Streefland	MIAC Championships	2/28-29/91	7.71
Courtney Dewart	MIAC Championships	3/3-4/2006	7.72
Tamra Thayer	MIAC Championships	3/3-4/00	7.79
Terri Stella	MIAC Championships	3/2-3/90	7.80
Sheila Lemoine	Bethel	2/27/87	7.81
Kelly Tan	UW-Stout	2/11/00	7.85

55 Meter Hurdles

Busola Akinwale	MIAC Championships	3/1-2/96, 3/6-7/98	8.45
Jennifer Streefland	Obtained from School Records	1991	8.54
Jolene Beitz	MIAC Championships	3/3-4/95	8.59
Kelly Tan	MIAC Championships Pentathlon	3/5/98	8.65
Carrie Stuart	MIAC Championships	3/2/01	8.66
Sandy Helquist	MIAC Championships Pentathlon	3/2/00	8.74
Kim Davis	Carleton Coed	2/28/03	8.82
Allison Keeley	U of M Open	2/17/90	9.01
Caitlin Coomes	Carleton Coed	2/28/03	9.23
Kestrel Schwaiger	MIAC Championships Pentathlon	3/4/04	9.33

200 Meter Dash

Aminah Ricks	St. Cloud State Invitational	2/5/94	26.12
Sandy Helquist	MIAC Championships	3/3-4/00	26.38
Carrie Stuart	St. John's	2/27/99	26.94
Vanessa Ozomaro	MIAC Championships	3/3-4/06	27.03
Anne Fiechtner	MIAC Championships	2/27-28/97	27.24
Kim Davis	Carleton	2/9/02	27.30
Busola Akinwale	MIAC Championships	3/6-7/98	27.41
Jolene Beitz	UW-River Falls, U of M Open	2/24/95, 2/17/96	27.92
Courtney Dewart	Parents Day Open	2/18/06	28.02
Kelly Tan	UW-Stout	2/11/00	28.27

200 Meter Hurdles

Kim Davis	UW-River Falls	1/29/00	30.1
Sandy Helquist	UW-River Falls	1/29/00	30.25
Carrie Stuart	UW-River Falls	1/30/99	30.54
Tamra Thayer	UW-La Crosse	1/23/99	32.15
Clara Zamorano	UW-River Falls	1/31/98	32.74
Jolene Beitz	UW-River Falls	2/26/94	32.86
Erin Quinn	UW-River Falls	2/1/97	33.49
Lila Planavsky	UW-River Falls	1/29/00	33.52
Alison Ede	UW-River Falls	1/19/00	36.89
Abby Okrent	UW-River Falls	1/15/99	37.89

300 Meter Dash

Aminah Ricks	Obtained from School Records	1992	41.47
Jennifer Streefland	MIAC Championships	2/28-9/91	42.88
Anne Fiechtner	U of M	2/15/97	43.35
Sandy Helquist	St. Olaf	1/21/00	43.54
Kathy McGuire	MIAC Championships	3/4-5/88	43.6HT
Carrie Stuart	U of M	2/13/99	44.17
Malia Ireland	U of M	2/17/96	45.06
Erin Quinn	U of M	2/19/99	45.34
Kate Ainsworth	U of M	2/17/96	45.35
Allison Keeley	UW-Stout	1/26/90	45.35

400 Meter Dash

Sandy Helquist	MIAC Championships	3/3-4/00	59.33
Jennifer Pietenpol	Obtained from School Records	1985	59.58
Carrie Stuart	MIAC Championships	3/4-5/99	60.21
Kate Meyer	MIAC Championships	3/3-4/06	60.57
Kathy McGuire	MIAC Championships	3/4-5/88	60.68
Abby Hanson	MIAC Championships	2/28-9/91	60.85
Terri Stella	MIAC Championships	2/28-9/91	61.08
Lindsey Nietmann	Meet of the Hearts	2/11/06	61.17
Animah Ricks	UW-River Falls	2/26/94	61.64
Claire Shapleigh	Meeting of the Minds	2/15/03	61.66

500 Meter Dash

Sarah Paul	Carleton	2/23/01	1:22.44
Kathy McGuire	UW-River Falls	1/30/88	1:24.3HT
Liz Cassel	Carleton	2/23/01	1:24.96
Erin Quinn	St. Cloud State	2/8/97	1:25.51
Jessica Deutsch	Carleton	2/23/01	1:25.75
Eithne-Marie Barton	UW-River Falls	1990	1:26HT
Lori Bollin	U of M	2/21/87	1:27.19
Mammie Johnson	U of M	2/21/87	1:28.4
Lauren Persha	St. Cloud State	2/4/95	1:34.75
Irena Praitis	U of M	2/21/87	1:38.65

600 Meters

Claire Shapleigh	Carleton Coed	2/28/03	1:38.79
Kate Ainsworth	MIAC Championships	3/1-2/96	1:38.94
Carrie Stuart	MIAC Championships	3/1/02	1:39.03
Lindsey Nietmann	MIAC Championships	3/3/-4/06	1:39.17
Erin Quinn	U of M	2/13/99	1:39.72
Jessica Deutsch	UW-River Falls	2/22/02	1:41.52
Kristen McGuire	U of M	2/20/88	1:42.65
Sarah Paul	Carleton	2/1/02	1:42.99
Katherine Wingert	Carleton Women's Invite	2/4/05	1:43.13
Jennifer Streefland	U of M	2/18/89	1:43.27
Becky Schaumberg	Meeting of the Minds	2/15/03	1:43.32

800 Meters

Kate Ainsworth	NCAA Championships	3/8-9/96	2:16.03
Katherine Wingert	Pre-MIAC Meet	2/24/06	2:17.52
Lindsey Nietmann	Parents Day Open	2/18/06	2:20.59
Kate Meyer	MIAC Championships	3/3-4/06	2:20.72

Carrie Stuart	MIAC Championships	3/2/02	2:21.34
Erin Quinn	MIAC Championships	3/4-5/99	2:21.35
Kathy Neff	Obtained from School Records	1983	2:21.74
Becky Schaumberg	UWRF Early Bird	2/28/03	2:22.57
Debbie Quanbeck	MIAC Championships	2/2-3/90	2:22.79
Anna Prineas	UW-Eau Claire	2/6/88	2:22.87

1000 Meters

Heidi Sickler	MIAC Championships	3/3-4/95	2:59.61
Lindsey Nietmann	MIAC Championships	3/3-4/06	02:59.8
Lisa Scott	MIAC Championships	3/4-6/93	3:03.10
Muggy Lee	U of M	2/16/02	3:03.10
Amy Fitzgibbon	MIAC Championships	1986	3:03.65
Sarah Roth	UW-River Falls	2/26/94	3:03.87
Katherine Wingert	St. Olaf Quadrangular	1/28/05	3:03.99
Shelly Scherer	McFee Physical Educ. Center	2/11/89	3:04.45
Jessica Deutsch	MIAC Championships	3/2/02	3:04.62
Anne Purushotham	MIAC Championships	3/5-6/99	3:05.06

1500 Meters

Anna Prineas	MIAC Championships	3/4-5/88	4:34.07
Shelley Scherer	St. Cloud	2/11/89	4:41.24
Muggy Lee	MIAC Championships	3/1/02	4:45.34
Heidi Sickler	UW-Stevens Point	2/11/95	4:45.45
Lisa Scott	MIAC Championships	3/3-4/95	4:47.8
Laura Bloedorn	Meeting of the Minds	2/15/03	4:48.97
Sarah Roth	MIAC Championships	3/4-6/93	4:50.49
Libby Garrard	MIAC Championships	3/6-7/98	4:51.32
Laura Hudson	Meeting of the Minds	2/15/03	4:51.54

3000 Meters

Anna Prineas	NCAA Championships	3/10-11/89	9:39.86
Laura Bloedorn	U of M Parent's Day Open	2/22/03	10:10.24
Shelley Scherer	St. Olaf	2/24/89	10:24.8HT
Karen Campbell	MIAC Championships	3/3-4/06	10:33.1
Cassie Funke	MIAC Championships	3/5-6/04	10:34.27
Andrea Grunst	MIAC Championships	3/5-6/04	10:35.12
Emily Scotton	MIAC Championships	3/2/02	10:36.41
Lisa Scott	UW-River Falls	2/24/95	10:38.3HT
Lauren Hafner	MIAC Championships	3/1-2/96	10:39.02
Jennifer Keeley	UW-Stevens Point	2/12/94	10:40.34

5000 Meters

Laura Bloedorn	Carleton Triangular	2/7/03	17:36.74
Andrea Grunst	Meet of the Hearts	2/14/04	18:16.02
Melissa Grunst	Meet of the Hearts	2/14/04	18:16.04
Karen Campbell	MIAC Championships	3/3-4/06	18:27.37
Emily Scotton	MIAC Championships	3/1/02	18:28.06
Andrea Mosher	MIAC Championships	3/4-5/99	18:28.17
Cassie Funke	MIAC Championships	3/5-6/04	18:28.94
Heather Hoecker	MIAC Championships	3/3-4/06	18:33.83
Sarah Roth	UW-Stevens Point	2/12/94	18:35.00
Lauren Hafner	MIAC Championships	3/6-7/98	18:35.19

800 Meter Relay

Kelly Tan, Tamra Thayer	St. Johns	2/26/00	1:47.46
Kim Davis, Sandy Helquist			
Kelly Tan, Malia Ireland	MIAC Championships	2/27-28/97	1:49.15
Busola Akinwale, Anne Fiechtner			
Kelly Tan, Tamra Thayer	St. Johns	2/27/99	1:49.68
Carrie Stuart, Sandy Helquist			
Busola Akinwale, Jolene Beitz	MIAC Championships	3/1-2/96	1:50.17
Malia Ireland, Anne Fiechtner			
Kim Davis, Tamra Thayer	Carleton	2/3/01	1:50.44
Sarah Paul, Carrie Stuart			
Anne Fiechtner, Toni Moe	Minnesota Open	2/18/95	1:52.11
Jolene Beitz, Erin Kennedy			
Kelly Tan, Jaimie Kelley	MIAC Championships	3/6-7/98	1:52.59
Clara Zamorano, Sandy Helquist			
Courtney Dewart, Kestrel Schwaiger,	MIAC Championships	3/3-4/06	1:53.42
Becca Dole, Vanessa Brown			
Vanessa Brown, Kestral Schwaiger,	Meeting of the Hearts and Minds	2/12/05	01:54.0
Becca Dole, Kara Veitenheimer			
Julia Yoshimoto, Tamra Thayer	UW-River Falls	1/29/00	1:54.29
Kim Davis, Carrie Stuart			
Kim Davis, Tamra Thayer	Carleton	2/1/02	1:55.63
Jess Rosenblatt, Liz Cassel			

1600 Meter Relay

Carrie Stuart, Erin Quinn	MIAC Championships	3/5-6/99	4:02.84
Sarah Paul, Sandy Helquist			
Abby Hanson, Eithne Barton	School Records	1991	4:03.74
Terri Stella, Jennifer Streefland			
Vanessa Ozomaro, Kate Meyer,	MIAC Championships	3/3-4/06	04:07.7
Katherine Wingert, Lindsey Nietmann			
	U of M	2/17/90	4:08.69
Anne Fiechtner, Malia Ireland	UW-River Falls	2/23/96	4:09.60
Kate Ainsworth, Heidi Sickler			
Jessica Deutsch, Muggy Lee	MIAC Championships	3/3/01	4:09.92
Sarah Paul, Carrie Stuart			
Jessica Deutsch, Carrie Stuart	MIAC Championships	3/2/02	4:10.27
Liz Cassel, Muggy Lee			
Jennifer Streefland, Kathy McGuire	MIAC Championships	3/4-5/89	4:12.12
Kris Deffenbacher, Kristen McGuire			
	UW-Stout	1/27/89	4:12.83
Carrie Stuart, Erin Quinn	UW-La Crosse	2/6/99	4:13.44
Sarah Paul, Tamra Thayer			
	Bethel Invite	2/10/90	4:13.45

3200 Meter Relay

Sarah Roth, Jennifer Keeley	MIAC Championships	3/4-6/93	9:42.10
Kate Ainsworth, Lisa Scott			
Shannon Stroschein, Katie Kosseff	MIAC Championships	3/1-2/96	9:45.30
Heidi Sickler, Kate Ainsworth			
Lisa Scott, Heidi Sickler	MIAC Championships	3/3-4/95	9:51.64

Lauren Persha, Kate Ainsworth	U of M	2/18/89	9:54.10
	St. Olaf	2/24/89	9:57.70
Cindy Conley, Molly Hogan	River Falls	1/30/88	10:02.70
Sarah Bing, Anna Prineas	MIAC Championships	3/4-5/88	10:04.40
Abby Forster, Emma Sandberg	MIAC Championships	3/5-6/99	10:05.54
Anne Purushotham, Libby Garrard			
Abby Forster, Libby Garrard	MIAC Championships	2/27-28/97	10:05.98
Shannon Stroschein, Lauren Persha	U of M	1/16/93	10:06.65
	<u>Distance Medley Relay</u>		
Muggy Lee, Sarah Paul	UW-River Falls	2/22/02	12:28.9
Carrie Stuart, Laura Bloedorn			
Names unavailable	Meet of the Hearts	2/11/06	12:31.4
Jessica Deutsch, Tamra Thayer	Carleton	2/9/02	12:41.25
Laura Hudson, Laura Bloedorn			
Melissa Grunst, Liz Cassel	UW-La Crosse	2/3/01	12:45.90
Jessica Deutsch, Andrea Grunst			
Laura Bloedorn, Pua Mench	UW-La Crosse	2/5/00	12:49.55
Gail Teitzel, Libby Garrard			
Laura Hudson, Kim Davis,	Meeting of the Minds	2/15/03	12:49.70
Claire Shapleigh, Laura Bloedorn			
Andrea Grunst, Tamra Thayer	MIAC Championships	3/1/02	12:56.73
Kristin O'Connell, Melissa Grunst	MIAC Championships	3/4-5/05	12:58.92
	<u>Shot Put</u>		
Rachel Sinclair	MIAC Championships	3/3-4/06	12.74
Michelle Eisenreich	MIAC Championships	3/3-4/95	12.40
Melissa Logan	Meet of the Hearts	2/14/04	11.74
Molly Christian	St. Olaf Women's Invite	1/21/06	10.95
Emily Robb	MIAC Championships	3/4-6/93	10.68
Cheryl Fricke	Carleton Triangular	2/7/03	10.41
Anna Noren	Olaf Triangular	1/24/03	10.1
McMullen	Bethel	2/27/93	10.06
Kim Davis	Carleton	2/9/02	10.03
Sandy Helquist	MIAC Championships Pentathlon	3/2/00	9.89
	<u>20 Lb. Weight Throw</u>		
Lyz Durham	U of M	2/19/05	14.89
Melissa Logan	MIAC Championships	3/5-6/04	14.56
Molly Christian	MIAC Championships	3/4-5/05	14.05
Cheryl Fricke	MIAC Championships	3/4-5/05	12.81
Diana Chan	MIAC Championships	3/3-4/06	12.3
Anna Noren	Gustavus	1/29/04	12.16
Rachel Sinclair	U of M	2/21/04	12.12
Michelle Eisenreich	MIAC Championships	3/1-2/96	11.89
Bretta Norton	UW-River Falls	2/21/97	11.82
Kerstin Johnson	Meet of the Hearts	2/11/06	11.73

Long Jump

Busola Akinwale	MIAC Championships	2/27-28/97	5.67
Carrie Stuart	MIAC Championships	3/2/01	5.26
Jennifer Streefland	School Records	1990	17' 1 3/4"
Sarah Paul	MIAC Championships Pentathlon	3/1/01	5.00
Kelly Tan	UW-River Falls	1/31/98	4.98
Kim Davis	Meeting of the Minds	2/15/03	4.85
Oyebanke Oyeyinka	Carleton Women's Triangular	2/6/04	4.85
Allison Keeley	U of M	2/17/90	4.83
Kristen McGuire	MIAC Championships	3/4-5/88	4.82
Sandy Helquist	MIAC Championships Pentathlon	3/2/00	4.76

Triple Jump

Busola Akinwale	U of M	2/17/96	10.61
Kristen McGuire	MIAC Championships	3/4-5/88	10.51
Julia Yoshimoto	UW-La Crosse	2/5/00	10.38
Jade Bender	MIAC Championships	3/2/02	10.38
Liz Butler	MIAC Championships	2/28-29/91	10.32
Katherine Doherty	MIAC Championships	3/3-4/00	9.89
Sarah Margoles	Pre-MIAC Championships Meet	2/27/04	9.55
Emily Beardsley	St. Cloud State	1993	9.46
Sarah Margoles	Carleton	2/23/01	9.42

High Jump

Lisa Kelly	U of M	2/20/88	1.66
Julia Lippitt	MIAC Championships	3/5-6/04	1.61
Ann Shaughnessy	St. Olaf	3/13/81	1.60
Sarah Paul	MIAC Championships	3/4-5/99	1.56
Liz Butler	MIAC Championships	2/28-29/91	1.55
Kim Davis	Meeting of the Minds	2/15/03	1.54
Melissa Bergquist	U of M	3/4/78	1.525
Sandy Helquist	MIAC Championships Pentathlon	3/2/00	1.52
Kestrel Schwaiger	Pre-MIAC Meet	2/24/06	1.5
Jennifer Streefland	MIAC Championships	3/4-5/88	1.49
Leah Fox	Carleton Invite	2/3/06	1.49

Pole Vault

Sarah Margoles	Pre-MIAC Championships Meet	2/27/04	3.08
Tamra Thayer	MIAC Championships	3/3/01	3.01
Heather Moor	MIAC Championships	3/1/02	2.85
Jessica Rosenblatt	Pre-MIAC Championships Meet	2/27/04	2.78
Kestrel Schwaiger	St. Olaf Women's Invite	1/21/05	2.60
Holly Hill	St. Johns	2/26/00	2.46
Kate Ihle	UW-La Crosse	2/5/00	2.46
Melinda Laine	MIAC Championships	3/5-6/99	2.45
Amy Macdonald	UW-River Falls	1/15/00	2.13

Pentathlon

Jennifer Streefland	School Records	1990	3357 pts.
Sandy Helquist	MIAC Championships Pentathlon	3/2/00	3227 pts.
Sarah Paul	MIAC Championships Pentathlon	3/1/01	3049 pts.
Kim Davis	MIAC Championships Pentathlon	2/28/02	2951 pts.
Kelly Tan	MIAC Championships Pentathlon	3/2/00	2904 pts.

Carrie Stuart	MIAC Championships Pentathlon	3/2/00	2887 pts.
Kestrel Schwaiger	MIAC Championships Pentathlon	3/2-3/06	2840 pts.
Christie Martin	MIAC Championships Pentathlon	2/28/97	2470 pts.