

Carleton College Outdoor Track & Field Top Ten List

updated through 2006 season

100 Meter Dash

Aminah Ricks	Jim Duncan Invite-Drake	4/15-16/94	12.21
Melissa Hamilton	MIAC Championships	5/12/83	12.45
Kim Davis	La Crosse	5/20/00	12.79
Anne Fiechtner	St. Olaf	4/22/95	12.85
Jennifer Streefland	MIAC Championships	5/11-12/90	12.87
Busola Akinwale	Carleton Invitational	5/5/95	12.87
Sandy Helquist	Macalester	4/29/00	12.90
Courtney DeWart	MIAC Championships	5/13/06	12.96
Tsemaye Opubor	MIAC Championships	5/12/84	13.00
Catie Stillman	Carleton Invitational	5/1/92	13.18

200 Meter Dash

Aminah Ricks	NCAA Championships	1994	24.54
Sandy Helquist	MIAC Championships	5/12-13/00	25.50
Kim Davis	Macalester	4/26/03	26.11
Jennifer Shah	MIAC Championships	5/12/84	26.13
Jennifer Streefland	MIAC Championships	5/11-12/90	26.19
Carrie Stuart	MIAC Heptathlon	5/4-5/00	26.44
Courtney Dewart	Manitou Classic	4/22/06	26.51
Melissa Hamilton	MIAC Championships	5/7-8/93	26.62
Jennifer Pietenpol	MIAC Championships	5/10-11/86	26.73
Vanessa Ozomaro	Ben Culley Invitational	3/18/06	26.78
Busola Akinwale	MIAC Heptathlon	5/1-2/97	26.79

100 Meter Hurdles

Carrie Stuart	MIAC Championships	5/12-13/00	14.55
Kelly Tan	MIAC Championships	5/12-13/00	14.60
Kim Davis	Macalester	4/26/03	14.85
Jennifer Streefland	School Records	6/13/05	14.88
Sandy Helquist	Nationals Heptathlon	5/23-24/00	15.13
Jolene Beitz	MIAC Championships	5/10-11/96	15.38
Busola Akinwale	MIAC Championships	5/10-11/96	15.47
Christie Martin	MIAC Championships	5/9-10/97	16.22
Allison Keeley	MIAC Championships	5/12-13/89	16.24
Jan Schlamp	Carleton Heptathlon	1995	16.26

400 Meter Hurdles

Sandy Helquist	NCAA Championships	1999	61.05
Carrie Stuart	NCAA Championships	5/24-26/01	61.81
Kristi Colbenson	MIAC Championships	4/29/04	63.11
Jennifer Streefland	School Records	1988	63.90
Jean Mollenkamp	AIAW Region 6	5/9-10/80	66.99
Erin Quinn	St. Olaf	4/19/97	67.07
Kim Davis	San Diego	5/26/00	67.10
Clara Zamorano	St. Olaf	4/18/98	68.87
Caitlin Coomes	Macalester	4/26/03	69.25
Kestrel Schwaiger	MIAC Championships	5/7/04	69.49

400 Meter Dash

Sandy Helquist	NCAA Championships	1999	56.55
Jennifer Pietenpol	Carleton Invitational	5/3/85	58.67
Aminah Ricks	MIAC Championships	5/13-14/94	59.43
Kristi Colbenson	Carleton Invitational	4/7/04	60.51
Carrie Stuart	St. John's	4/10/99	60.52
Anne Fiechtner	Carleton Invitational	4/13/97	61.04
Kristen McGuire	Macalester	4/11/88	61.10
Kate Meyer	Tommie Twilight	5/3/06	61.27
Vanessa Ozomaro	Ben Culley Invitational	3/18/06	61.37
Karen Ballentine	MIAC Championships	5/12/84	61.47

800 Meters

Heidi Sickler	St. Thomas	4/30/97	2:14.66
Katherine Wingert	Carleton Invitational	4/13/06	2:15.31
Kate Ainsworth	NCAA Championships	6/19/96	2:16.03
Carrie Stuart	MIAC Heptathlon	5/3-4/01	2:16.72
Katherine Wingert	Lee Krough Invite	4/16/05	2:17.90
Muggy Lee	Gustavus	4/13/02	2:17.35
Kristen McGuire	MIAC Championships	5/13-14/88	2:17.54
Sandy Helquist	Nationals Heptathlon	5/23-24/00	2:17.80
Erin Quinn	MIAC Championships	5/8/99	2:18.57
Lindsey Nietmann	MIAC Championships	5/13/06	2:18.24

1500 Meters

Laura Bloedorn	St. Thomas	4/16/03	4:37.49
Heidi Sickler	NCAA Championships	5/21-24/97	4:37.67
Katherine Wingert	Manitou Classic	4/22/06	4:38.64
Kate Ainsworth	NCAA Championships	5/22-25/96	4:39.28
Lisa Scott	St. Thomas	5/3/95	4:40.39
Kathy Neff	School Records	6/4/05	4:42.24
Anna Prineas	Carleton Invite	5/6/88	4:42.80
Muggy Lee	Tommie Twilight	5/1/02	4:43.91
Sarah Roth	MIAC Championships	5/13-14/94	4:44.97
Shelley Sherer	Carleton Invite	4/9/88	4:47.10

3000 Meters

Anna Prineas	School Records	1989	9:51.35
Becky Braddy	School Records	1981	10:02.00
Laura Bloedorn	St. Olaf Manitou Classic	4/18/03	10:09.23
Shelley Sherer	NCAA Championships	6/8/05	10:12.50
Heidi Sickler	U of M	5/3/97	10:14.33
Lisa Scott	Carleton Invitational	5/5/95	10:17.88
Libby Garrard	Tommie Twilight	5/3/00	10:27.25
Gail Teitzel	Tommie Twilight	5/3/00	10:27.78
Zee Carpino	Macalester Invite	4/29/89	10:27.90
Carolyn Hunt	MIAC Championships	1984	10:27.99

5000 Meters

Anna Prineas	NCAA Championships	1989	16:50.74
Laura Bloedorn	NCAA Championships	5/22-23/03	17:04.42
Shelley Sherer	St. Thomas	4/15/88	17:43.10

Sarah Tabbutt	School Records	1981	17:45.00
Sarah Schillaci	Oxy Distance Carnival	3/17/06	18:06.26
Karen Campbell	MIAC Championships	5/13/06	18:10.22
Andrea Mosher	St. Olaf	4/17/99	18:11.12
Emily Scotton	Gustavus	4/13/02	18:13.0
Andrea Grunst	Hamline Invite	4/6/02	18:27.7
Melissa Grunst	Hamline Invite	4/6/02	18:27.7

10,000 Meters

Anna Prineas	School Records	1989	34:17.92
Laura Bloedorn	NCAA Championships	5/22-24/03	35:35.20
Sarah Tabbutt	School Records	1981	37:42.00
Andrea Grunst	St. Olaf	4/20/02	37:48.00
Melissa Grunst	St. Olaf	4/20/02	37:48.10
Cassie Funke	MIAC Championships	5/7/04	37:56.03
Karen Campbell	Manitou Classic	4/22/06	38:32.64
Heather Hoecker	Manitou Classic	4/22/06	38:37.20
Cindy Conley	MIAC Championships	5/13-14/88	38:43.50
Sue Paulson	Macalester Invite	4/26/80	38:46.70

3000m Steeplechase

Cassie Funke	Last Chance Meets	2004	11:09.34
Heather Hoecker	MIAC Championships	5/13/06	11:31.07
Karen Campbell	Tommie Twilight	5/3/06	11:32.43
Annie Mills	Wartburg	4/8-9/05	11:48.63
Kelsey Barale	Tommie Twilight	5/4/05	12:09.35
Meghan Miller	Macalester Invite	4/30/05	12:16.31
Keren Schaalman	St. Olaf	4/20/02	12:21.63
Nicole Mauriello	MIAC Championships	5/11-12/01	12:36.08
Jill McKiernan	MIAC Championships	5/11-12/01	12:42.37
Abby Okrent	Carleton Invitational	4/1/00	13:14.76

4x100 Meter Relay

School Records 1984	Lisa Hawkinson, Melissa Hamilton Shay Opubor, Liz Shah		49.04
MIAC 5/12/84			49.15
Carleton 4/24/00	Kelly Tan, Sandy Helquist Kim Davis, Carrie Stuart		49.52
MIAC 5/10-11/96	Malia Ireland, Anne Fiechtner Jolene Beitz, Busola Akinwale		50.09
MIAC 5/12-14/95	Erin Kennedy, Anne Fiechtner Jolene Beitz, Busola Akinwale		50.1
St. Olaf 4/19/97	Kelly Tan, Anne Fiechtner Malia Ireland, Busola Akinwale		50.43
MIAC 5/8-9/92	Catie Stillman, Lesley Anderson Aminah Ricks, Martha Villalba		50.45
Macalester 4/24/99	Kelly Tan, Carrie Stuart Tamra Thayer, Sandy Helquist		50.50
MIAC 5/10/02	Kim Davis, Sarah Paul Tamra Thayer, Carrie Stuart		50.75
Carleton Invite 5/3/85			50.82

4x400 Meter Relay

School Records 1991	Abby Hanson, Eithne Barton Mary Pennel, Jennifer Streefland	4:00.92
MIAC 5/8/99	Carrie Stuart, Erin Quinn Sarah Paul, Sandy Helquist	4:01.22
MIAC 5/11-12/90		4:01.33
MIAC 5/13/06	Kate Meyer, Katherine Wingert Lindsey Nietmann, Kestrel Schwaiger	4:03.76
Macalester Invite 4/27/96	Malia Ireland, Kate Ainsworth Heidi Sickler, Jolene Beitz	4:04.26
Macalester 4/26/03	Liz Cassel, Kristi Colbenson, Kim Davis, Claire Shapleigh	4:04.28
MIAC 5/11-12/01	Liz Cassel, Muggy Lee Tamra Thayer, Carrie Stuart	4:05.97
MIAC 5/9-10/86	McGuire, Bollin, McGuire, Pietenpol	4:07.20
MIAC 5/11/02	Liz Cassel, Sarah Paul, Kristi Colbenson, Carrie Stuart	4:07.26
MIAC 5/12/84	Ballantine, Shieds, Neff, Hawkinson	4:07.88
	4x800 Meter Relay	
Manitou Classic 4/22/06	Kate Meyer, Katherine Wingert, Lauren Milne, Natalie Scheneman	9:38.42
MIAC 5/9-10/03	Liz Cassel, Kristi Colbenson, Laura Hudson, Kristin O'Connell	9:39.01
MIAC 5/13-14/04	Meghan Miller, Lauren Milne Heather Hoecker, Katherine Wingert	9:39.85
Macalester 4/24/99	Libby Garrard, Gail Teitzel Anne Purushotham, Erin Quinn	9:42.31
Macalester 4/29/95	Heidi Sickler, Kate Ainsworth Lisa Scott, Jennifer Keeley	9:44.00
MIAC 5/10/02	Kristin O'Connell, Laura Hudson Kristi Colbenson, Sarah Paul	9:44.2
MIAC 5/10-11/96	Melissa Salzman, Andrea Mosher Lauren Hafner, Lauren Persha	9:44.53
Macalester Invite 4/29/00	Anne Purushotham, Gail Teitzel Libby Garrard, Laura Bloedorn	9:45.82
Macalester 1993	Kate Ainsworth, Jennifer Keeley Lisa Scott, Sarah Roth	9:49.99
MIAC 5/11-12/01	Andrea Grunst, Jessica Deutsch Cora Monahan, Muggy Lee	9:52.08
Carleton Relays 4/20/85		9:54.46
	4x1600 Meter Relay	
Jim Duncan Invite 4/9-10/93	Sarah Roth, Kate Ainsworth Jennifer Keeley, Lisa Scott	20:20.90
Jim Duncan Invite 4/15-16/94	Sarah Roth, Kate Ainsworth Heidi Sickler, Shannon Stroschein	20:36.44
Jim Duncan Invite 4/15/95	Jennifer Keeley, Kate Ainsworth Rachel Free, Shannon Stroschein	21:01.56
Jim Duncan Invite 4/13/96	Jennifer Keeley, Melissa Salzman Abby Forster, Katie Kosseff	21:30.02
	4x200 Meter Relay	
School Records 1984	Opubor, Shah, Hawkinson, Hamilton	1:48.37

St. Olaf 4/19/97		1:52.36
Carleton Relays 4/20/85		1:54.45
Mankato Invite 4/20/79		2:01.80

Sprint Medley Relay

Jim Duncan Invite 4/13/96	Anne Fiechtner, Jolene Beitz Heidi Sickler, Kate Ainsworth	4:17.88
Jim Duncan Invite 4/15/95	Erin Kennedy, Anne Fiechtner Toni Moe, Jennifer Keeley	4:27.73
Jim Duncan Invite 4/10-11/92	Martha Villalba, Leslie Anderson Catie Stillman, Eithne Barton	4:30.70
Jim Duncan Invite 4/9-10/93	Lisa Guckenberger, Toni Moe Emily Beardsley, Deb Quanbeck	4:38.59

800 Medley Relay

Macalester 4/29/95	Erin Kennedy, Anne Fiechtner Malia Ireland, Toni Moe	1:56.24
School Records 1980	Ward, Bergquist, Mitchell, Oberhauser	1:58.45
MAIAW 5/3-4/80		2:00.76
School Records 1979	Levine, Tozer, Bergquist, Mellenkamp	2:01.80
Bethel 4/7/79		2:08.80

Distance Medley Relay

Jim Duncan Invite 4/13/96	Jennifer Keeley, Jolene Beitz Kate Ainsworth, Heidi Sickler	12:34.66
Jim Duncan Invite 4/15/95	Kate Ainsworth, Jolene Beitz Lisa Scott, Heidi Sickler	12:38.21
Jim Duncan Invite 4/15-16/94	Kate Ainsworth, Lauren Persha Heidi Sickler, Sarah Roth	13:08.78
Jim Duncan Invite 4/10-11/92	Josie Raney, Emliy Beardsley Meg Hoyt, Sarah Roth	13:14.20
St. Olaf Manitou Relays 4/15/78		13:46.01

Long Jump

Busola Akinwale	MIAC Championships	5/9-10/97	5.63m
Lisa Hawkinson	School Records	1984	5.41m
Carrie Stuart	MIAC Championships	5/10/02	5.22m
Kristi Colbenson	MIAC Heptathlon	4/29/04	5.12m
Jennifer Streefland	MIAC Championships	5/5-6/88	5.09m
Kelly Tan	Carleton Invite	4/1/00	5.09m
Allison Keeley	MIAC Championships	5/11-12/90	5.035m
Kim Davis	St. Thomas	4/16/03	5.03m
Sarah Paul	Carleton Invitational	3/31/01	5.01m
Linnea Engel	Macalester	4/28/01	5.00m

Triple Jump

Busola Akinwale	MIAC Championships	5/12-14/95	10.93m
Linnea Engel	Macalester	4/28/01	10.89m
Katherine Doherty	Macalester	5/5/00	10.36m
Kristen McGuire	MIAC Championships	5/13-14/88	10.22m
Julia Yohsimoto	MIAC Championships	5/12-13/00	10.19m
Vanessa Brown	Lee Krough Invite	4/16/05	10.03m
Laurie Peterson	MIAC Championships	5/9-10/97	9.95m

Emily Beardsley	Jim Duncan Invite	4/9-10/93	9.95m
Sarah Margoles	Tommie Twilight	4/28/04	9.86m
Eithne Barton	MIAC Championships	5/8-9/92	9.71m

High Jump

Lisa Kelly	Carleton Invitational	4/12/86	1.68m
Julia Lippitt	Lee Krough Invite	4/16/05	1.63m
Kim Davis	MIAC Multis, Nationals	5/1-2, 22-24/03	1.60m
Sarah Paul	MIAC Heptathlon	4/29/99	1.58m
Katherine Doherty	MIAC Championships	5/8/98	1.57m
Sandy Helquist	Nationals Heptathlon	5/23-24/00	1.57m
Kestrel Schwaiger	MIAC Heptathlon	5/4/06	1.56m
Jennifer Streefland	NCAA Championships	1989	1.55m
Allison Keeley	MIAC Championships	5/3-4/90	1.55m
Kristi Colbenson	NCAA Championships-Heptathlon	5/22-24/03	1.51m

Discus

Michelle Eisenreich	St. Thomas	5/1/96	43.86m
Molly Christian	Carleton Invitational	4/13/06	39.17m
Cheryl Fricke	Carleton Invitational	4/7/04	38.31m
Melissa Logan	MIAC Championships	5/7/04	38.13m
Carol Schachet	Carleton Invitational	5/2/86	37.37m
Kerstin Johnson	Carleton Invitational	4/13/06	35.95m
Kair Felien		1982	35.92m
Anna Noren	MIAC Championships	5/7/04	35.82m
Rachel Sinclair	Bagpipe	4/30/04	32.50m
Linda Morrison	Carleton Invitational	4/13/97	30.92m
Rogers	Macalester Invite	4/27/85	29.39m

Javelin

Kristi Colbenson	St. Olaf Manitou Classic	4/18/03	40.78m
Lizzy Erickson	Carleton Invitational	4/7/04	37.36m
Kestrel Schwaiger	MIAC Heptathlon	5/5/06	36.18m
Allison Keeley	School Records	6/12/05	35.59m
Michelle Eisenreich	MIAC Championships	5/12-14/95	35.52m
Carol Schachet	Carleton Invite	5/6/88	35.05m
Sarah Paul	Point Loma Heptathlon	3/22/02	34.95m
Megan Foster	MIAC Championships	5/12-14/95	34.00m
Kelly Tan	MIAC Heptathlon	5/4-5/00	33.26m
Kim Davis	MIAC Heptathlon	5/3/02	31.60m

Shot Put

Michelle Eisenreich	NCAA Championships	5/24-27/95	13.00m
Rachel Sinclair	MIAC Championships	5/13/05	12.42m
Melissa Logan	MIAC Championships	5/9-10/03	11.54m
Sarah Schilley	School Records	1984	11.42m
Kari Felien	MIAC Championships	5/10-11/85	11.24m
Kristi Colbenson	MIAC Heptathlon	4/29/04	11.03m
Emily Robb	Minnesota Invite	4/18/92	10.55m
Molly Christian	Manitou Classic	4/22/05	10.46m
Kerstin Johnson	Carleton Invitational	4/13/06	10.46m
Cheryl Fricke	Tommie Twilight	4/30/03	10.29m

Hammer Throw

Lyz Durham	Macalester Invite	4/24/04	44.55m
Melissa Logan	Carleton Invitational	4/7/04	42.23m
Molly Christian	Carleton Invitational	4/13/06	41.99m
Anna Noren	Carleton Invitational	4/7/04	39.75m
Alexis Surratt	Carleton Invitational	4/7/04	39.08m
Cheryl Fricke	Hamline	4/9/05	37.93
Michelle Eisenreich	MIAC Championships	6/18/95	37.00m
Bretta Norton	Macalester Invite	4/24/99	36.82m
Kerstin Johnson	Carleton Invitational	4/13/06	36.05m
Diana Chan	Carleton Invitational	4/13/06	35.77m

Heptathlon

Jennifer Streefland	School Records	6/13/05	4715
Kim Davis	NCAA Championships	5/22-24/03	4581
Sandy Helquist	NCAA Championships	5/23-24/00	4544
Kristi Colbenson	MIAC Championships	4/29/04	4499
Carrie Stuart	MIAC Championships	5/11-12/01	4306
Kelly Tan	NCAA Championships	5/23-24/00	4301
Kestrel Schwaiger	MIAC Championships	5/4-5/06	4167
Sarah Paul	Point Loma Heptathlon	3/21-22/02	4015
Allison Keeley	Carleton Invitational	5/16-17/89	3842
Kristen McGuire	MIAC Championships	5/5-6/88	3800

Pole Vault

Tamra Thayer	MIAC Championships	5/10/02	3.16m
Sarah Margoles	Tommie Twilight	4/28/04	3.13m
Heather Moor	Hamline	4/6/02	3.00m
Jessica Rosenblatt	Tommie Twilight	2/28/04	2.83m
Melinda Laine	St. John's	4/10/99	2.50m
Ahsley Griffin	Macalester Invite	4/29/00	2.50m
Kate Ihle	Macalester Invite	4/24/99	2.35m
Britta Vietenheimer	Macalester Invite	4/28/01	2.32m
Taylor Ross	Macalester Invite	5/30/05	2.31
Pua Mench	Tommie Twilight	4/29/98	2.29m