

(as of March 10, 2011)

**Concordia Women's Indoor Track & Field
All-Time Performance List**

60

7.72	Stephanie Persaud	NAIA Champs (Pre)	02/12/11
8.06	Kaley Jameson	Vandal Collegiate	02/19/10
8.08	Joyce Oniah	UW Indoor	02/15/09
8.16	Catherine Sims	Runner's Soul	02/06/10
8.24	Dominique Jacoy	Runner's Soul	02/07/09
8.26	Eunice Makinde	Runners Soul	02/06/10
8.57	Theresah Banful	Washington Open	01/29/06
8.57	Sabrina Hoffman	UW Preview	01/17/09
8.67	Kayla Richardson	Bronco Open	02/05/11

200

26.41	Catherine Sims	Runner's Soul	02/06/10
26.27	Stephanie Persaud	UW Open	02/13/11
26.47	Brittany Grizzard	Washington Open	02/12/06
26.71	Cortney Bannister	Washington Open	02/17/08
26.74	Joyce Oniah	UW Indoor	02/15/09
26.84	Kaley Jameson	UW Open	02/14/10
26.96	Siara Leininger	UW Open	02/14/10
27.02	Eunice Makinde	Runner's Soul	02/06/10
27.11	Sabrina Hoffman	UW Open	02/14/10
27.23	Dominique Jacoy	Runner's Soul	02/07/09
27.60	Bethany Calloway	Washington Invite	01/26/07
28.20	Lakeesha Cadogan	Washington Open	02/17/08
28.62	Kayla Richardson	Bronco Open	02/05/11
29.10	Danielle Ferguson	McDonald Open	02/09/08

400

58.46	Mariana Toscano	Vandal Collegiate	02/19/10
58.94	Brittany Grizzard	Washington Open	02/12/06
1:00.01	Sabrina Hoffman	Vandal Collegiate	02/19/10
1:00.17	Catherine Sims	UW Open	02/13/11
1:01.43	Stephanie Persaud	Jackson Open	12/04/09
1:01.56	Siara Leininger	UW Open	02/14/10
1:03.36	Tanya Baker	Washington Open	02/17/08
1:04.06	Cortney Bannister	Washington Invite	01/26/07
1:04.87	Bethany Calloway	Washington Invite	01/26/07

600

1:45.31	Dominique Jacoy	UW Preview	01/15/11
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800

2:15.14	Linsie Michels	Boise State	01/24/09
2:17.74	Junia Limage	Bronco Open	02/05/11
2:22.90	Lauren Moran	Runner's Soul	02/06/10
2:36.21	Kristina Cupp	Bronco Open	02/05/11
2:40.29	Dominique Jacoy	UW Invite	01/30/10

1,000

2:56.65	Junia Limage	UW Open	02/13/11
2:57.02	Linsie Michels	UW Open	02/13/11
2:58.59	Lauren Moran	UW Open	02/13/11
3:38.43	Kristina Cupp	Jackson Open	12/04/10

3,000

9:56.50	Alice Taylor	UW Open	02/13/11
10:09.75	Lauren Moran	UW Invite	01/30/10
10:11.10	Andria Scheese	Bronco Open	02/05/11
10:24.71	Sami Andrews	Bronco Open	02/05/11
10:25.56	Linsie Michels	UW Winter	12/06/09
10:30.95	Lauren Moran	Jackson Open	12/04/09
10:41.05	Samantha Robert	Jackson Open	12/04/09
11:27.82	Maggie Pesanti	Jackson Open	12/04/10

Mile

4:57.00	Andria Scheese	NAIA Champs (Finals)	03/13/11
5:01.74	Lauren Moran	UW Open	02/14/10
5:02.72	Linsie Michels	UW Preview	01/17/09
5:11.99	Sami Andrews	UW Preview	01/15/11
5:26.13	Samantha Robert	Boise State	01/24/09

5,000

17:09.49	Alice Taylor	UW Invite	01/30/10
18:46.65	Sami Andrews	NAIA Champs (Pre)	03/12/11
18:29.36	Samantha Robert	Husky Classic	02/13/10
19:06.50	Andria Scheese	Runner's Soul	02/07/09
20:27.89	Sophia DeGraff	Runner's Soul	02/06/10
20:43.60	Maggie Pesanti	Runner's Soul	02/07/09
21:33.86	Janessa Rosenberger	McDonald Open	02/09/08
21:38.28	Kelsie Lincoln	Runner's Soul	02/06/10

55 Hurdles

8.65	Cortney Bannister	Pioneer Open	02/23/08
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60 Hurdles

8.92	Eunice Makinde	NAIA Champs (Pre)	03/12/10
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9.41	Catherine Sims	Vandal Collegiate	02/19/10
9.46	Cortney Bannister	NAIA Champs	03/07/08
9.60	Dominique Jacoy	BSU Team Challenge Pent.	02/12/11
10.58	Sabrina Hoffman	UW Preview	01/17/09

Long Jump

18-9 3/4 (5.73m)	Lakeesha Cadogan	NAIA Champs	03/07/08
16-10 (5.13m)	Joyce Oniah	Runner's Soul	02/06/10
16-10 1/2 (5.14m)	Dominique Jacoy	BSU Team Challenge Pent.	02/12/11
15-11 1/2 (4.86m)	Eunice Makinde	Washington Open	02/17/08
15-11 (4.85m)	Catherine Sims	Vandal Collegiate	02/19/10
15-4 1/4 (4.68)	Alissa Klose	Bronco Open	02/05/11
15-2 1/4 (4.63m)	Danielle Ferguson	UW Preview	01/19/08
15-0 3/4 (4.59m)	Kristin Sass	Bronco Open	02/05/11
14-3 (4.34m)	Theresah Banful	Washington Open	02/12/06

Triple Jump

37-3 3/4 (11.37m)	Lakeesha Cadogan	NAIA Champs	03/07/08
36-2 3/4 (11.04m)	Danielle Ferguson	Vandal Collegiate	02/19/10
34-11 1/4 (10.65m)	Kristin Sass	Bronco Open	02/05/11
34-5 (10.49m)	Alissa Klose	Bronco Open	02/05/11

High Jump

5-3 (1.60m)	Danielle Ferguson	UW Open	02/14/10
5-1 3/4 (1.57m)	Eunice Makinde	McDonald Open	02/09/08
5-1 (1.55m)	Erika Schmid	Vandal Indoor	02/06/09
4-8 1/4 (1.43m)	Catherine Sims	Vandal Collegiate	02/19/10
4-7 1/2 (1.41m)	Dominique Jacoy	UW Invite Pent.	01/29/11

Pole Vault

13-9 1/4 (4.20m)	Jessie Gallaher	NAIA Champs	03/08/07
10-8 (3.25m)	Kaycee Gillespie	UW Open	02/14/10
9-10 (3.00m)	Kendra Jantzi	Boise State	01/24/09

Shot

49-1 (14.96m)	Katherine Tripp	NAIA Champs	03/07/09
49-0 3/4 (14.95m)	Kayla Xavier	NAIA Champs	03/13/11
44-3 1/4 (13.49m)	Gabriella Dixson	UW Invite	01/29/11
43-9 3/4 (13.35m)	Kristine Leonard	NAIA Champs	03/07/09
42-5 1/4 (12.93m)	Annie Hess	Washington Open	02/12/06
40-5 1/2 (12.33m)	Sharayah Kenady	UW Preview	01/15/11
38-0 1/4 (11.59m)	Katie Rice	Washington Open	02/12/06
36-11 (11.25m)	E. Redmayne-Titley	UW Open	02/14/10
36-4 (11.07m)	Breezy Wentz	Runner's Soul	02/06/10
35-10 (10.92m)	Dominique Jacoy	UW Invite Pent.	01/29/11
35-3 (10.74m)	Danelle Himango	Runner's Soul	02/06/10

30-3 (9.22m)	Amanda Federici	UW Preview	01/15/11
26-3 (8.00m)	Catherine Sims	Vandal Collegiate	02/19/10

Weight Throw

57-9 3/4 (17.62m)	Gabriella Dixson	UW Open	02/13/11
52-1 1/4 (15.88m)	Sharayah Kenady	UW Open	02/13/11
51-6 1/4 (15.70m)	Amanda Federici	NAIA Champs	03/13/11
51-4 1/4 (15.65m)	Kayla Xavier	UW Open	02/13/11
49-1 1/2 (14.97m)	Breezy Wentz	UW Open	02/14/10
47-3 (14.44m)	Annie Hess	Washington Open	02/17/08
42-4 1/4 (12.91m)	E. Redmayne-Titley	Runner's Soul	02/06/10
33-11 1/2 (10.35m)	Danelle Himango	Runner's Soul	02/06/10

Pentathlon

3,149	Dominique Jacoy	BSU Team Challenge	02/12/11
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1,600 Relay

3:53.14		NAIA Champs	03/04/10
(Stephanie Persaud, Sabrina Hoffman, Catherine Sims, Mariana Toscano)			
3:54.86		NAIA Champs (pre)	03/04/10
(Stephanie Persaud, Sabrina Hoffman, Catherine Sims, Mariana Toscano)			
3:54.87		Vandal Collegiate	02/19/10
(Siara Leininger, Stephanie Persaud, Catherine Sims, Mariana Toscano)			
4:02.05		Vandal Indoor	02/05/10
(Stephanie Persaud, Mariana Toscano, Siara Leininger, Sabrina Hoffman)			
4:09.96		Washington Open	02/17/08
(Tanya Baker, Eunice Makinde, Stephanie Persaud, Cortney Bannister)			
4:13.21		Vandal Indoor	02/06/09
(Kaley Jameson, Stephanie Persaud, Lauren Moran, Joyce Oniah)			
4:13.82		Boise State	01/24/09
(Linsie Michels, Kaley Jameson, Sabrina Hoffman, Stephanie Persaud)			
4:15.86		McDonald Open	02/09/08
(Tanya Baker, Eunice Makinde, Stephanie Persaud, Cortney Bannister)			
4:19.39		Runner's Soul	02/07/09
(Sabrina Hoffman, Kaley Jameson, Lauren Moran, Stephanie Persaud)			

Distance Medley Relay

11:55.10		NAIA Champs (Finals)	03/13/11
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(Lauren Moran, Stephanie Persaud, Linsie Michels, Andria Scheese)

12:00.50 NAIA Champs (Pre) 03/11/11
(Linsie Michels, Stephanie Persaud, Junia Limage, Andria Scheese)

12:13.34 NAIA Champs 03/04/10
(Lauren Moran, Siara Leininger, Andria Scheese, Alice Taylor)

12:14.20 Husky Classic 02/13/10
(Lauren Moran, Sabrina Hoffman, Andria Scheese, Alice Taylor)

12:15.08 NAIA Champs (Pre) 03/04/10
(Lauren Moran, Siara Leininger, Andria Scheese, Alice Taylor)

12:24.12 UW Invite 01/29/11
(Andria Scheese, Stephanie Persaud, Linsie Michels, Sami Andrews)

12:36.48 UW Preview 01/17/09
(Linsie Michels, Sabrina Hoffman, Lauren Moran, Andria Scheese)