

(as of 6-1-11)

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

100

| | | | |
|----------|-------------------|-------------------|----------|
| 12.06 | Kaley Jameson | NAIA Champs | 05/27/10 |
| 12.11 | Stephanie Persaud | CCC Champs | 05/14/11 |
| 12.28 | Catherine Sims | Pacific Twilight | 05/01/10 |
| 12.51 | Joyce Oniah | Willamette Invite | 04/03/09 |
| 12.63 | Eunice Makinde | Mt. Hood Festival | 05/07/11 |
| 12.65 | Brittany Grizzard | Willamette | 04/07/06 |
| 12.77 | Dominique Jacoy | CCC Champs | 05/14/11 |
| 12.9 (h) | Kayla Richardson | Cougar Invite | 04/23/11 |
| 12.98 | Siara Leininger | Mt. Hood Twilight | 05/07/10 |
| 13.04 | Jessie Gallaher | CCC Champs | 05/05/06 |
| 13.05 | Lakeesha Cadogan | Willamette | 04/06/07 |
| 13.12 | Bethany Calloway | Lewis & Clark | 04/14/07 |
| 13.22 | Sabrina Hoffman | Pacific Preview | 03/13/10 |
| 13.23 | Theresah Banful | Willamette | 04/07/06 |
| 13.24 | Cortney Bannister | Lewis & Clark | 04/14/07 |
| 13.5 (h) | Alissa Klose | Cougar Invite | 04/23/11 |
| 13.59 | Breeanne Barker | Chuck Bowles | 03/23/07 |
| 14.65 | Erika Pajunen | Chuck Bowles | 03/24/06 |

200

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|----------|-------------------|-------------------|----------|
| 24.38 | NyEma Sims | Stanford Invite | 03/26/11 |
| 24.50 | Catherine Sims | CCC Champs | 05/15/10 |
| 25.16 | Stephanie Persaud | CCC Champs | 05/14/11 |
| 25.42 | Brittany Grizzard | Willamette | 04/07/06 |
| 25.62 | Eunice Makinde | CCC Champs | 05/05/10 |
| 25.70 | Dominique Jacoy | CCC Champs | 05/14/11 |
| 25.71 | Kaley Jameson | Pacific Twilight | 05/01/10 |
| 25.80 | Joyce Oniah | Willamette Invite | 04/03/09 |
| 26.00 | Junia Limage | CCC Champs | 05/14/11 |
| 26.30 | Siara Leininger | CCC Champs | 05/15/10 |
| 26.47 | Bethany Calloway | CCC Champs | 05/11/07 |
| 26.67 | Tanya Baker | WOU Twilight | 04/09/06 |
| 27.05 | Cortney Bannister | Willamette | 04/06/07 |
| 27.18 | Kayla Richardson | Cougar Invite | 04/23/11 |
| 27.19 | Sabrina Hoffman | WWU Invite | 04/10/09 |
| 27.70 | Lakeesha Cadogan | Willamette | 04/06/07 |
| 28.09 | Theresah Banful | Willamette | 04/07/06 |
| 29.26 | Danielle Ferguson | Linfield Multi | 03/25/08 |
| 30.7 (h) | Katie Lind | Chuck Bowles | 03/24/06 |

400

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|---------|-------------------|----------------------|----------|
| 54.91 | Catherine Sims | NAIA Champs | 05/28/11 |
| 56.41 | NyEma Sims | Stanford Invite | 03/26/11 |
| 56.58 | Junia Limage | Mt. Hood Festival | 05/07/11 |
| 56.66 | Brittany Grizzard | CCC Champs | 05/05/06 |
| 57.48 | Stephanie Persaud | CCC Champs | 05/09/09 |
| 58.47 | Mariana Toscano | CCC Champs | 05/10/08 |
| 58.50 | Cortney Bannister | CCC Champs | 05/10/08 |
| 58.97 | Sabrina Hoffman | CCC Champs | 05/09/09 |
| 59.47 | Linsie Michels | Pacific Twilight | 05/02/09 |
| 59.70 | Tanya Baker | WOU Twilight | 04/09/06 |
| 1:01.19 | Bethany Calloway | Stanford Invite | 03/30/07 |
| 1:01.50 | Siara Leininger | Stanford Invite | 03/26/10 |
| 1:01.82 | Joyce Oniah | L&C Invite | 04/18/09 |
| 1:02.62 | Dominique Jacoy | Mt. Hood/CU Open | 04/25/09 |
| 1:04.64 | Eunice Makinde | L&C Invite | 04/18/09 |
| 1:05.10 | Kristina Cupp | Lewis & Clark Invite | 04/16/11 |
| 1:05.23 | Kaley Jameson | WWU Invite | 04/10/09 |
| 1:11.64 | Katie Lind | Lewis & Clark | 02/25/06 |

800

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|---------|-------------------|-------------------|----------|
| 2:09.75 | Junia Limage | NAIA Champs | 05/28/11 |
| 2:11.69 | Linsie Michels | Oregon Relays | 04/25/09 |
| 2:13.52 | Andria Scheese | Mt. Hood Festival | 05/07/11 |
| 2:18.97 | Lauren Moran | Mt. Hood Festival | 05/07/11 |
| 2:19.28 | Alice Taylor | Lewis & Clark | 04/17/10 |
| 2:23.32 | Noel Cameron | CCC Champs | 05/05/06 |
| 2:29.29 | Samantha Robert | Lewis & Clark | 04/17/10 |
| 2:30.33 | Dominique Jacoy | CCC Champs Hept. | 05/14/10 |
| 2:33.00 | Kristina Cupp | Pacific Twilight | 04/30/11 |
| 2:35.78 | Malary Cotnoir | Pioneer Open | 02/23/08 |
| 2:37.17 | Maggie Pesanti | Lewis & Clark | 04/12/08 |
| 2:40.06 | Courtney Olsen | Lewis & Clark | 02/25/06 |
| 2:41.83 | Mailee Wilson | CCC Champs | 05/05/06 |
| 2:46.48 | Kristen Hamman | Chuck Bowles | 03/21/08 |
| 2:48.89 | Danielle Fergason | Linfield Multi | 03/25/08 |

1,500

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|---------|-----------------|---------------------|----------|
| 4:28.36 | Andria Scheese | NAIA Champs | 05/28/11 |
| 4:32.74 | Alice Taylor | CCC Champs | 05/14/10 |
| 4:34.36 | Linsie Michels | Willamette Invite | 04/03/09 |
| 4:40.33 | Junia Limage | Willamette Invite | 04/02/11 |
| 4:43.10 | Lauren Moran | Lewis & Clark | 04/17/10 |
| 4:50.66 | Samantha Robert | CCC Champs | 05/14/10 |
| 5:13.89 | Maggie Pesanti | L&C Invite | 04/18/09 |
| 5:21.75 | Courtney Olsen | Linfield Icebreaker | 03/04/06 |

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|---------|----------------|----------------|----------|
| 5:26.43 | Noel Cameron | Oregon Preview | 03/18/06 |
| 5:35.02 | Malary Cotnoir | UW Preview | 03/28/08 |

3,000

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|----------|--------------|--------------|----------|
| 10:55.77 | Alice Taylor | Pioneer Open | 02/23/08 |
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3,000 Racewalk

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|----------|----------------|----------------|----------|
| 17:42.0 | Amanda Davis | NAIA Qualifier | 04/26/08 |
| 21:05.26 | Kristin Hamman | CCC Champs | 05/10/08 |

5,000

| | | | |
|----------|---------------------|----------------------|----------|
| 16:48.31 | Alice Taylor | Oregon Relays | 04/30/10 |
| 17:28.86 | Andria Scheese | Willamette Invite | 04/03/09 |
| 17:36.44 | Lauren Moran | Willamette Invite | 04/02/10 |
| 17:46.95 | Samantha Robert | Willamette Invite | 04/02/10 |
| 17:59.19 | Sami Andrews | Warner Pacific 50/50 | 02/19/11 |
| 18:38.71 | Sophia DeGraff | Oregon Relays | 04/30/10 |
| 19:52.14 | Maggie Pesanti | Willamette Invite | 04/02/10 |
| 20:09.07 | Malary Cotnoir | Chuck Bowles | 03/21/08 |
| 20:20.90 | Jenessa Rosenberger | WOU Twilight | 04/18/08 |

10,000

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|-------------|---------------------|------------------------|----------|
| 35:40.35 | Alice Taylor | Willamette Invite | 04/02/10 |
| 37:30.39 | Samantha Robert | Oregon Relays | 04/30/10 |
| 38:56.91 | Sophia DeGraff | CCC Champs | 05/13/10 |
| 41:47.37 | Maggie Pesanti | WOU John Knight Invite | 04/08/11 |
| 43:21.23 | Jenessa Rosenberger | CCC Champs | 05/10/08 |
| 45:32.7 (h) | Michelle Washington | CU-WP Mini | 04/05/07 |

Marathon

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|------------|----------------|-------------|----------|
| 3:12:41.80 | Sophia DeGraff | NAIA Champs | 05/29/10 |
| 3:24:46.01 | Maggie Pesanti | NAIA Champs | 05/28/11 |

100 Hurdles

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|-------|-------------------|-------------------|----------|
| 14.08 | Eunice Makinde | NAIA Champs | 05/27/10 |
| 14.82 | Cortney Bannister | CCC Champs | 05/10/08 |
| 15.63 | Dominique Jacoy | CCC Champs | 05/14/11 |
| 15.78 | Jessie Gallaher | CCC Champs | 05/05/06 |
| 16.06 | Catherine Sims | Linfield Invite | 04/03/10 |
| 17.12 | Emma Ward | CCC Champs | 05/10/08 |
| 17.29 | Sabrina Hoffman | Willamette Invite | 04/03/09 |
| 19.06 | Danielle Ferguson | Chuck Bowles | 03/21/08 |

400 Hurdles

| | | | |
|------------|-------------------|----------------|----------|
| 1:02.56 | Cortney Bannister | NAIA Champs | 05/22/08 |
| 1:05.0 (h) | Mariana Toscano | Warner Pacific | 04/20/07 |

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|---------|-------------------|----------------|----------|
| 1:05.33 | Bethany Calloway | Oregon Preview | 03/17/07 |
| 1:06.24 | Sabrina Hoffman | CCC Champs | 05/09/09 |
| 1:11.21 | Courtney Olsen | WOU Twilight | 04/09/06 |
| 1:12.79 | Eunice Makinde | WWU Invite | 04/10/09 |
| 1:16.40 | Danielle Fergason | Lewis & Clark | 04/12/08 |
| 1:20.64 | Erika Schmid | CU-MHCC Invite | 04/26/08 |
| 1:21.95 | Ellen Dexter | Cougar Invite | 04/23/11 |

Steeplechase

| | | | |
|-------------|----------------|----------------------|----------|
| 10:45.06 | Lauren Moran | CCC Champs | 05/14/10 |
| 12:31.33 | Maggie Pesanti | CCC Champs | 05/14/10 |
| 13:09.63 | Courtney Olsen | Chuck Bowles | 03/24/06 |
| 14:02.8 (h) | Ellen Dexter | Lewis & Clark Invite | 04/16/11 |

Long Jump

| | | | |
|-------------------|-------------------|---------------------|----------|
| 19-0 3/4 (5.81m) | Lakeesha Cadogan | NAIA Champs | 05/24/07 |
| 17-11 (5.46m) | Joyce Oniah | NAIA Champs | 05/23/09 |
| 17-9 1/2 (5.42m) | Catherine Sims | Lewis & Clark | 04/17/10 |
| 17-5 1/2 (5.32m) | Dominique Jacoy | Pacific NW Multis | 04/08/11 |
| 16-11 1/2 (5.17m) | Jessie Gallaher | CCC Champs | 05/05/06 |
| 16-0 1/4 (4.88m) | Danielle Fergason | Lewis & Clark | 04/17/10 |
| 15-11 (4.85m) | Theresah Banful | Linfield Icebreaker | 03/04/06 |
| 15-2 1/4 (4.63m) | Kristin Sass | CCC Champs | 05/14/11 |
| 15-0 (4.57m) | Erika Pajunen | WOU Twilight | 04/09/06 |
| 14-9 3/4 (4.51m) | Emma Ward | CCC Champs | 05/09/09 |
| 13-8 3/4 (4.18m) | Erika Schmid | Lewis & Clark | 02/25/06 |

Triple Jump

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|--------------------|-------------------|------------------------|----------|
| 37-10 (11.53m) | Lakeesha Cadogan | WOU Twilight | 04/09/06 |
| 36-10 1/4 (11.23m) | Danielle Fergason | Pacific Twilight | 05/02/09 |
| 35-7 1/4 (10.85m) | Kristin Sass | WOU John Knight Invite | 04/08/11 |
| 35-3 (10.74m) | Alissa Klose | Pacific Twilight | 04/30/11 |
| 33-8 1/2 (10.27m) | Jessie Gallaher | Willamette | 04/07/06 |
| 33-4 (10.16m) | Mariana Toscano | Lewis & Clark | 02/24/07 |
| 33-3 (10.13m) | Tanya Baker | Lewis & Clark | 02/24/07 |
| 32-9 3/4 (10.00m) | Erika Pajunen | CCC Champs | 05/05/06 |
| 30-0 1/4 (9.15m) | Theresah Banful | Lewis & Clark | 02/25/06 |

High Jump

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|------------------|-------------------|-------------------|----------|
| 5-7 1/4 (1.71m) | Erika Schmid | Lewis & Clark | 04/14/07 |
| 5-4 1/2 (1.64m) | Jessie Gallaher | Willamette | 04/07/06 |
| 5-4 1/4 (1.63m) | Tanya Baker | Lewis & Clark | 04/14/07 |
| 5-1 3/4 (1.57m) | Danielle Fergason | CU-MHCC Invite | 04/26/08 |
| 5-1 (1.55m) | Joyce Oniah | CCC Champs | 05/09/09 |
| 4-10 1/4 (1.48m) | Kristen Gunderson | Chuck Bowles | 03/23/07 |
| 4-8 1/4 (1.43m) | Dominique Jacoy | Pacific NW Multis | 04/08/11 |

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| 4-3 1/4 (1.30m) | Sarah Arceneaux | Pacific Twilight | 05/01/10 |
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Pole Vault

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|-------------------|-------------------|----------------------|----------|
| 13-7 1/4 (4.15m) | Jessie Gallaher | CCC Champs | 05/11/07 |
| 10-11 3/4 (3.35m) | Kaycee Gillespie | Warner Pacific 50/50 | 02/19/11 |
| 9-8 (2.95m) | Kendra Jantzi | WWU Invite | 04/10/09 |
| 9-2 1/4 (2.80m) | Danielle Fergason | Mt. Hood Twilight | 05/07/10 |

Shot

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|--------------------|--------------------|------------------------|----------|
| 51-11 3/4 (15.84m) | Kayla Xavier | NAIA Champs | 05/28/11 |
| 49-0 3/4 (14.95m) | Katherine Tripp | WWU Invite | 04/10/09 |
| 48-6 1/4 (14.79m) | Gabriella Dixson | WOU John Knight Invite | 04/08/11 |
| 44-0 (13.41m) | Kristine Leonard | Mt. Hood/CU Open | 04/25/09 |
| 43-0 1/4 (13.11m) | Annie Hess | Lewis & Clark | 04/12/08 |
| 41-3 3/4 (12.59m) | Breezy Wentz | CCC Champs | 05/15/10 |
| 41-3 (12.57m) | Sharayah Kenady | Mt. Hood/CU Open | 04/25/09 |
| 40-5 1/2 (12.63m) | Katie Rice | Saints' Open | 03/11/06 |
| 38-3 1/4 (11.66m) | Chrissi Grizzel | CCC Champs | 05/10/08 |
| 38-0 1/4 (11.59m) | E. Redmayne-Titley | CCC Champs | 05/15/10 |
| 36-5 3/4 (11.12m) | Danelle Himango | WWU Twilight | 04/23/10 |
| 36-4 1/3 (11.08m) | Danielle Clauson | Lewis & Clark | 04/12/08 |
| 34-11 (10.64m) | Dominique Jacoy | CCC Champs Hept. | 05/13/10 |
| 30-11 3/4 (9.44m) | Amanda Federici | Lewis & Clark Invite | 04/16/11 |
| 30-9 1/2 (9.38m) | Aria Nojima | Chabot Relays | 03/28/09 |
| 28-0 (8.53m) | Danielle Fergason | Linfield Multi | 03/25/08 |

Discus

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|-----------------|--------------------|-----------------|----------|
| 192-7 (58.69m) | Annie Hess | NAIA Champs | 05/22/08 |
| 164-11 (50.27m) | Gabriella Dixson | CCC Champs | 05/14/11 |
| 163-10 (49.95m) | Kayla Xavier | NAIA Champs | 05/28/11 |
| 163-3 (49.75m) | E. Redmayne-Titley | NAIA Champs | 05/28/11 |
| 147-10 (45.06m) | Kristine Leonard | NAIA Champs | 05/23/09 |
| 147-8 (45.02m) | Katherine Tripp | NAIA Champs | 05/28/11 |
| 147-7 (44.99m) | Breezy Wentz | NAIA Champs | 05/29/10 |
| 132-10 (40.50m) | Lauren Sexton | CCC Champs | 05/05/06 |
| 132-4 (40.33m) | Sharayah Kenady | CCC Champs | 05/09/09 |
| 126-6 (38.56m) | Katie Rice | WOU Last Chance | 05/12/06 |
| 113-10 (34.69m) | Chrissi Grizzel | Chuck Bowles | 03/21/08 |
| 110-3 (33.61m) | Danielle Clauson | Lewis & Clark | 04/12/08 |
| 94-6 (28.80m) | Amanda Federici | Lewis & Clark | 04/17/10 |
| 87-2 (26.56m) | Aria Nojima | Chabot Relays | 03/28/09 |

Hammer

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|-----------------|------------------|----------------------|----------|
| 176-2 (53.69m) | Gabriella Dixson | CCC Champs | 05/14/11 |
| 175-11 (53.62m) | Sharayah Kenady | Lewis & Clark Invite | 04/16/11 |
| 169-1 (51.55m) | Amanda Federici | CCC Champs | 05/14/11 |

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|----------------|--------------------|------------------|----------|
| 165-4 (50.40m) | Kayla Xavier | NAIA Champs | 05/28/11 |
| 152-1 (46.35m) | Annie Hess | CCC Champs | 05/10/08 |
| 143-8 (43.79m) | Breezy Wentz | Pacific Twilight | 05/01/10 |
| 131-8 (40.14m) | E. Redmayne-Titley | WWU Invite | 04/10/09 |
| 130-7 (39.80m) | Kristine Leonard | L&C Invite | 04/18/09 |
| 122-2 (37.35m) | Katherine Tripp | L&C Invite | 04/18/09 |
| 121-0 (36.88m) | Lauren Sexton | Saints' Open | 03/11/06 |

Javelin

| | | | |
|-----------------|-------------------|------------------|----------|
| 161-9 (49.31m) | Lauren Sexton | Stanford Invite | 04/05/08 |
| 159-7 (48.64m) | Danielle Clauson | Oregon Preview | 03/22/08 |
| 157-8 (48.07m) | Aria Nojima | CCC Champs | 05/14/11 |
| 147-4 (44.92m) | Kai Schmidt | Stanford Invite | 03/26/10 |
| 139-4 (42.47m) | Chrissi Grizzel | UW Preview | 03/28/08 |
| 108-11 (33.19m) | Dominique Jacoy | CCC Champs Hept. | 05/14/10 |
| 74-8 (22.75m) | Danielle Fergason | Chuck Bowles | 03/21/08 |

Heptathlon

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|-------|-------------------|-------------------|----------|
| 4,383 | Dominique Jacoy | Pacific NW Multis | 04/08/11 |
| 3,160 | Danielle Fergason | Linfield Multi | 03/25/08 |
| 2,529 | Theresah Banful | CCC Champs | 05/11/07 |

400 Relay

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|---|--|-------------------|----------|
| 47.06 | | Oregon Preview | 03/19/11 |
| (Eunice Makinde, NyEma Sims, Catherine Sims, Stephanie Persaud) | | | |
| 47.16 | | Mt. Hood Twilight | 05/07/10 |
| (Eunice Makinde, Kaley Jameson, Catherine Sims, Stephanie Persaud) | | | |
| 47.20 | | CCC Champs | 05/14/10 |
| (Eunice Makinde, Kaley Jameson, Stephanie Persaud, Catherine Sims) | | | |
| 47.50 | | CCC Champs | 05/14/11 |
| (Stephanie Persaud, Catherine Sims, Dominique Jacoy, Kaley Jameson) | | | |
| 47.59 | | NAIA Champs | 05/28/10 |
| (Eunice Makinde, Kaley Jameson, Stephanie Persaud, Catherine Sims) | | | |
| 47.79 | | NAIA Champs | 05/24/07 |
| (Cortney Bannister, Brittany Grizzard, Joyce Oniah, Bethany Calloway) | | | |
| 48.03 | | NAIA Champs | 05/28/11 |
| (Stephanie Persaud, Catherine Sims, Eunice Makinde, Kaley Jameson) | | | |
| 48.04 | | Mt. Hood Festival | 05/07/11 |
| (Stephanie Persaud, Catherine Sims, Dominique Jacoy, Kaley Jameson) | | | |

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|---|----------------------|----------|
| 48.06 | Lewis & Clark Invite | 04/16/11 |
| (Stephanie Persaud, Catherine Sims, Eunice Makinde, Kayla Richardson) | | |
| 48.18 | Oregon Relays | 04/23/11 |
| (Stephanie Persaud, Eunice Makinde, Catherine Sims, Kaley Jameson) | | |
| 48.34 | CCC Champs | 05/09/09 |
| 48.37 | CCC Champs | 05/11/07 |
| (Cortney Bannister, Brittany Grizzard, Joyce Oniah, Bethany Calloway) | | |
| 48.51 | NAIA Champs | 05/24/07 |
| (Cortney Bannister, Brittany Grizzard, Joyce Oniah, Bethany Calloway) | | |
| 48.55 | Pacific Twilight | 05/01/10 |
| (Eunice Makinde, Kaley Jameson, Siara Leininger, Stephanie Persaud) | | |
| 48.73 | CCC Champs | 05/10/08 |
| (Cortney Bannister, Stephanie Persaud, Joyce Oniah, Kaley Jameson) | | |
| 48.71 | NAIA Champs | 05/23/09 |
| (Sabrina Hoffman, Joyce Oniah, Stephanie Persaud, Kaley Jameson) | | |
| 48.75 | Willamette Invite | 04/03/09 |
| 48.82 | Stanford Invite | 03/26/10 |
| (Eunice Makinde, Siara Leininger, Stephanie Persaud, Kaley Jameson) | | |
| 48.81 | WWU Twilight | 04/23/10 |
| (Eunice Makinde, Stephanie Persaud, Siara Leininger, Catherine Sims) | | |
| 48.82 | NAIA Champs | 05/22/08 |
| (Cortney Bannister, Stephanie Persaud, Joyce Oniah, Kaley Jameson) | | |

1,600 Relay

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| 3:46.16 | NAIA Champs | 05/27/11 |
| (Catherine Sims, Eunice Makinde, Junia Limage, Stephanie Persaud) | | |
| 3:47.94 | NAIA Champs | 05/28/11 |
| (Junia Limage, Eunice Makinde, Stephanie Persaud, Catherine Sims) | | |
| 3:50.15 | Oregon Relays | 04/23/11 |
| (Stephanie Persaud, Dominique Jacoy, Junia Limage, Catherine Sims) | | |
| 3:50.38 | CCC Champs | 05/14/11 |

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|--|------------------------|----------|
| (Stephanie Persaud, Andria Scheese, Catherine Sims, Junia Limage) | | |
| 3:50.45 | Stanford Invite | 03/26/11 |
| (Stephanie Persaud, Junia Limage, Catherine Sims, NyEma Sims) | | |
| 3:50.67 | CCC Champs | 05/15/10 |
| (Siara Leininger, Mariana Toscano, Catherine Sims, Junia Limage) | | |
| 3:53.31 | NAIA Champs | 05/28/10 |
| (Sabrina Hoffman, Mariana Toscano, Catherine Sims, Junia Limage) | | |
| 3:55.19 | CCC Champs | 05/11/07 |
| (Bethany Calloway, Tanya Baker, Cortney Bannister, Bethany Grizzard) | | |
| 3:55.30 | Stanford Invite | 03/26/10 |
| (Stephanie Persaud, Sabrina Hoffman, Catherine Sims, Mariana Toscano) | | |
| 3:55.82 | NAIA Champs | 05/24/07 |
| (Mariana Toscano, Tanya Baker, Bethany Calloway, Brittany Grizzard) | | |
| 3:56.21 | Mt. Hood Twilight | 05/07/10 |
| (Kaley Jameson, Siara Leininger, Catherine Sims, Stephanie Persaud) | | |
| 3:56.25 | Oregon Preview | 03/19/11 |
| (Stephanie Persaud, Junia Limage, Catherine Sims, NyEma Sims) | | |
| 3:56.55 | WOU Twilight | 04/09/06 |
| (Tanya Baker, Mariana Toscano, Cortney Bannister, Brittany Grizzard) | | |
| 3:56.60 | Stanford Invite | 03/30/07 |
| 3:57.21 | CCC Champs | 05/09/09 |
| 3:57.63 | Lewis & Clark Invite | 04/16/11 |
| (Junia Limage, Linsie Michels, Catherine Sims, Stephanie Persaud) | | |
| 3:58.62 | Oregon Invite | 04/20/07 |
| 4:00.22 | NAIA Champs | 05/23/09 |
| (Eunice Makinde, Joyce Oniah, Stephanie Persaud, Sabrina Hoffman) | | |
| 4:01.80 | CCC Champs | 05/10/08 |
| (Mariana Toscano, Kaley Jameson, Stephanie Persaud, Cortney Bannister) | | |
| 4:03.59 | WOU John Knight Invite | 04/08/11 |
| (Stephanie Persaud, Linsie Michels, Catherine Sims, Kristina Cupp) | | |

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| 4:04.12 | WWU Invite | 04/10/09 |
| (Stephanie Persaud, Sabrina Hoffman, Andria Scheese, Linsie Michels) | | |
| 4:06.28 | Willamette Invite | 04/02/11 |
| (Catherine Sims, Dominique Jacoy, Junia Limage, Kristina Cupp) | | |
| 4:08.11 | Mt. Hood Festival | 05/07/11 |
| (Stephanie Persaud, Andria Scheese, Eunice Makinde, Kristina Cupp) | | |
| Distance Medley | | |
| 12:15.89 | Warner Pacific 50/50 | 02/19/11 |
| (Andria Scheese, Stephanie Persaud, Junia Limage, Lauren Moran) | | |