

**Concordia College Women's Track & Field**

**Outdoor Records**

<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Date</u>	<u>Site</u>
100 m	Angie Pfeiffer	11.95	2003	MSU-M
200 m	Angie Pfeiffer	25.00	2006	Dickinson
400 m	Angie Pfeiffer	55.50	2006	NCAA
800 m	Natalie Hanson	2:11.96	2006	MSU-M
1500 m	Natalie Hanson	4:30.31	2006	NCAA
3000 Steeple	Jen St. John	11:19.4	2005	MSU-M
3000 m	Chris Fredrick	10:12.00	1991	Hamline
5000 m	Marion Strand	17:40.24	1984	Concordia
10,000 m	Marion Strand	37:39.64	1984	Carleton
100 m Hurdles	Sara Grineski	14.27	2000	MIAC-Hamline
400 m Hurdles	Tracy Berntsen	1:01.72	1995	NCAA
4X100 Relay	Kari Rosenfeldt Annie Knierim Kelli Tranby Angie Pfeiffer	48.78	2003	UW-Osh Kosh
4X200 Relay	Kari Rosenfeldt Emily Tollefson Kelli Tranby Angie Pfeiffer	1:47.06	2003	Drake Relays
4X400 Relay	Mary Line Tammy Krell Ann McKenna Pam Olsgaard	3:50.69	1985	NCAA
4x800 Relay	Leta Prochnow Kristen Bollingberg Julie Engh Mollee Ludtke	9:20.11	1997	MIAC-Macalester
4x1 Mile Relay	Rachel Charpentier Kendra Bengtson Heather Schuster Natalie Hanson	21:51.06	2006	Kansas Relays
Sprint Medley 200-200- 400-800	Kelly Olson Angie Pfeiffer Abby Scheel Natalie Hanson	4:13.05	2006	Drake Relays
Distance Medley 1200-400- 800-1600	Rachel Charpentier Amy Ravenhorst Heather Schuster Natalie Hanson	12:16.55 conversion (12:21.00 yards)	2006	Kansas Relays
Shuttle Hurdle Relay	Nicole Plante Amber Schackman Emily Tollefson Jill Fancher	1:05.05	2005	Kansas Relays
Long Jump	Sarah Severson	19-2 1/2 (5.85m)	1998	NDSU
Triple Jump	Kris DeBoer	38-8 1/2 (11.79m)	1989	MSU
High Jump	Tammy Krell	5-6 1/4 (1.68m)	1987	MSU
Pole Vault	Renee Splichal Natalie Hanson	11-1.75 (3.40m) 11-1.75 (3.40m)	2004 2006	St. John's Coe
Shot Put	Kris Kuehl	46-8 3/4 (14.24m)	1992	NCAA
Discus	Kris Kuehl	180-6 (55.02m)	1992	NCAA
Javelin (old)	Renee Erickson	154-0 (46.94m)	1996	CalTech
Javelin (new)	Nicole Plante	144-5 (44.03m)	2005	Jamestown
Hammer	Mariah Mougey	164-7 (50.18m)	2003	MSU-M
Heptathlon	Nicole Plante	4640 (updated June 2006)	2005	NCAA-Wartburg