

CONCORDIA UNIVERSITY NEBRASKA

WOMEN'S OUTDOOR TRACK & FIELD

ALL TIME PERFORMANCE LIST

UPDATED AS OF 5-24-24

100 METER DASH:

1.	Carol Bailey	11.52	1989
2.	Shelly Heny	11.90	5-12-84 NAIA Natls
3.	Charity Anderson	11.90	5-2-98 NIAC Concordia
4.	Shelley Northover	12.14	4-8-89 UNK
5.	Cora Olson	12.15	5-1-21 GPAC Concordia
6.	Adrianna Rodencal	12.22	5-6-23 GPAC Dordt
7.	Amira Cummings	12.35	4-2-21 Bronco Invite
8.	Hannah Mulligan	12.35	5-1-21 GPAC Concordia
9.	Charista Zehnder	12.37	4-3-09 Concordia Invite
10.	Brittney Aitken	12.40	5-7-22 GPAC Doane
11.	Cambria Saunders	12.40	4-6-24 Concordia Invite
12.	Mika Brees	12.43	3-30-18 Alex Francis Classic - FHSU
13.	Brittney Aitken	12.44	4-23-22 Jim Dutcher Memorial
14.	Christine Beune	12.47	5-6-16 GPAC Hastings (prelims)
15.	Emily Loseke	12.50	5-4-24 GPAC Northwestern
16.	Rebecca Proud	12.51	5-4-02 GPAC Concordia
17.	Melody Strom	12.54	5-5-76
18.	Marie Shaepe	12.54	5-10-82
19.	Kari Retzlaff	12.59	5-4-02 GPAC Concordia
20.	Katie Swanson	12.60	5-11-07 GPAC Concordia
21.	Lauren Sankey	12.63	4-22-06 Doane Relays
22.	Jennie Morner	12.64	5-12-80
23.	Jill Pfeifer	12.64	4-21-07 Doane Relays
24.	Sydni Schernikau	12.67	4-10-21 Concordia Invite
25.	Alexandra Eisenhauer	12.68	4-29-23 Prairie Wolf Invite
26.	Heather Olson	12.73	4-3-04 Dana Open
27.	Taylor Meyer	12.74	4-29-23 Prairie Wolf Invite
28.	Kiki Nyanok	12.74	4-13-24 South Dakota Challenge
29.	Curiosity Young	12.74	4-13-13 Concordia Invite
30.	Jill Schroeder	12.79	5-4-13 GPAC Concordia (prelims)
31.	April Niederklein	12.80	5-6-16 GPAC Hastings (prelims)
32.	Janet Brand	12.84	4-21-11 NWU Invite
33.	Emily Loy	12.84	5-5-74
34.	Kellie Rhodes	12.90	4-25-19 Prairie Wolf Invite
35.	Anna Beune	12.92	4-7-23 Central College Dutch Invite
36.	Jamey Broman	12.92	4-9-16 Concordia Invite
37.	Hayley Miles	12.95	4-2-21 Bronco Invite
38.	Amy Schoof	12.99	4-1-23 UNK Central Nebraska Challenge
39.	Gabby Diamond	13.00	4-15-89 Hastings
40.	Katie Severt	13.00	4-2-21 Bronco Invite
41.	Sara Sype	13.00	4-18-21 Jim Dutcher Memorial
42.	Isabelle Salters	13.01	3-27-93 NWU Open
43.	Robin Miller	13.03	4-29-23 Prairie Wolf Invite
			1997 NIAC

200 METER DASH:

1.	Carol Bailey	23.52	5-27-89 NAIA Natls
2.	Charity Anderson	24.86	5-13-98 Concordia Invite
3.	Cora Olson	25.05	5-1-21 GPAC Concordia
4.	Jordan Koepke	25.11	5-10-24 Concordia Twilight
5.	Jenna Esch	25.26	5-11-24 UNK Twilight
6.	Adrianna Rodencal	25.28	5-6-23 GPAC Dordt
7.	Hannah Mulligan	25.42	4-2-21 Bronco Invite
8.	Charista Zehnder	25.55	5-2-09 GPAC Mt. Marty

9. Emily Loy	25.58	5-28-21 NAIA Natls – Gulf Shores, AL
10. Emily Loseke	25.62	4-23-22 Jim Dutcher Memorial
11. Josi Noble	25.64	4-23-23 Doane Jim Dutcher Memorial (Heptathlon)
12. Kayla Kirchner	25.65	5-6-23 GPAC Dordt
13. Christy Beune	25.68	5-7-16 GPAC Hastings (7 th)
14. Brittney Aitken	25.70	5-7-22 GPAC Doane (3 rd)
15. Mika Brees	25.78	4-26-18 Prairie Wolf Invite
16. Sarah Lewis	25.84	5-14-21 Concordia Twilight
17. Curiosity Young	25.85	4-25-13 NWU Open
18. Sara Simmons	25.86	5-3-14 GPAC Doane (Heptathlon)
19. Rachel Battershell	25.90	4-23-22 Jim Dutcher Memorial
20. Katie Swanson	25.90	5-11-07 GPAC Concordia
		5-3-08 GPAC Morningside
21. Amy Richert	25.91	5-4-24 GPAC Northwestern (Heptathlon)
22. Angie Aufdemberge	25.95	5-5-90 NIAC NWU
23. Isabelle Salters	25.95	4-23-23 Doane Jim Dutcher Memorial (Heptathlon)
24. Sydney Schernikau	25.97	5-1-21 GPAC Concordia
25. Taber Schmidt	25.97	4-23-22 Jim Dutcher Memorial
26. Kiki Nyanok	25.98	4-27-24 Doane Invite
27. Jennie Morner	26.04	5-1-80
28. Marie Shaepe	26.04	5-13-83
29. Kellie Rhodes	26.05	5-10-24 Concordia Twilight
30. Rebecca Proud	26.07	5-3-03 GPAC Northwestern
31. Lydia Pomerence	26.10	5-24-14 NAIA Natls Gulf Shores, AL (Heptathlon)
32. Jill Schroeder	26.12	5-7-16 GPAC Hastings
33. Lauren Sankey	26.18	2005
34. Jacee Pfeifer	26.32	4-6-19 Concordia Invite
35. Kari Retzlaff	26.34	2002
36. Jessica Deterding	26.39	5-4-19 GPAC @ Mt. Marty (Heptathlon)
37. Faith Espinosa	26.43	4-23-23 Doane Jim Dutcher Memorial (Heptathlon)
38. Bethany Sutton	26.44	4-30-11 Hastings
39. Taylor Meyer	26.47	5-6-23 GPAC Dordt
40. Jill Pfeifer	26.50	4-8-06 Concordia
41. Shelley Northover	26.52	4-1-89 NWMSU
42. Erin Ely	26.53	5-5-01 GPAC NWU
43. Nancy Weber	26.54	5-5-85
44. Cambria Saunders	26.57	4-6-24 Concordia Invite
45. Anna Beune	26.58	4-23-16 Doane Jim Dutcher Memorial (Heptathlon)
46. Kennedy Mogul	26.59	4-22-18 Jim Dutcher Invite (Heptathlon)
47. Amira Cummings	26.61	4-10-21 Concordia Invite
48. Stephanie Kohlwey	26.62	2005
49. Tori Beran	26.64	4-9-16 Concordia Invite
50. Alexandra Eisenhauer	26.64	4-29-23 Prairie Wolf Invite
51. Kierstyn Besel	26.68	5-3-14 GPAC Doane (Heptathlon)
52. Jessica Klaustermeier	26.71	4-24-13 UNL Mini Meet
53. Gabby Diamond	26.72	5-1-21 GPAC Concordia
54. Melody Strom	26.74	5-6-76
55. Shelly Heny	26.74	5-1-83
56. Renae Beikman	26.75	5-14-94 NWU
57. Marti Vlasin	26.78	4-4-15 UNK Loper Invite
58. Darcy Lindner	26.80	5-17-89 UNL

400 METER DASH:

1. Carol Bailey	53.20	5-17-89 UNL
2. Rachel Battershell	55.05	4-23-21 Drake Relays (2 nd)
3. Jenna Esch	55.80	4-20-24 Jim Dutcher Memorial
4. Bethany Sutton	57.32	5-2-09 GPAC Mt. Marty
		5-7-11 GPAC Northwestern
5. Quinn Wragge	58.16	5-6-17 GPAC Midland
6. Trinity Tuls	58.17	4-23-23 Doane Jim Dutcher Memorial
7. Angie Aufdemberger	58.20	3-31-90 UNK
8. Kimberly Wood	58.34	4-23-15 NWU Spring Open
9. Katie Swanson	58.38	5-2-09 GPAC Mt. Marty
10. Keri Bauer	58.58	5-13-22 Concordia Twilight
11. Kayla Kirchner	58.63	5-4-24 GPAC Northwestern (4 th)
12. Jacee Pfeifer	58.78	5-4-19 GPAC @ Mt. Marty (5 th)

13. Kyley Weinberger	58.90	1994 NWU
14. Randi Janzen	59.08	4-22-15 Concordia Mid Week Challenge
15. Marielle Plunk	59.26	5-2-15 GPAC Dordt
16. Erin Ely	59.30	5-5-01 GPAC NWU
17. Sarah Lewis	59.38	3-26-21 Grandview Viking Relays
18. Rebecca Proud	59.48	4-19-03 Doane Relays
19. Amber Quinn	59.60	5-9-08 Concordia Twilight
20. Julie Reinke	59.74	5-2-98 NIAC Concordia
21. Jessica Klostermeier	59.74	4-6-13 UNK Loper Invite
22. Miranda Rathjen	59.75	5-6-17 GPAC Midland
23. Sydni Schernikau	1:00.00	5-14-21 Concordia Twilight
24. Marti Vlasin	1:00.01	4-24-14 NWU Spring Open
25. Emily Loseke	1:00.03	4-23-23 Doane Jim Dutcher Memorial
26. Isabelle Salters	1:00.04	4-27-24 Doane Invite
27. Katie Klein	1:00.13	4-30-11 Hastings
28. Dove Robinson	1:00.24	1995
29. Kailey Weichel	1:00.51	5-7-22 GPAC Doane
30. Lori Meyer	1:00.64	5-12-86
31. Talitha Elbert	1:00.77	5-7-16 GPAC Hastings
32. Christine Beune	1:00.84	5-7-16 GPAC Hastings
33. Brianna Quinn	1:00.86	4-7-23 Central College Dutch Invite
34. Carol Franklin	1:00.90	4-15-89 Hastings
35. Lainey Werts	1:00.93	5-4-24 GPAC Northwestern
36. Emily Loy	1:01.06	3-26-21 Grandview Viking Relays
37. Renae Beikmann	1:01.12	5-4-96 NIAC
38. M'Leigh Rempfer	1:01.13	5-9-08 Concordia Twilight
39. Kari Retzlaff	1:01.29	4-28-00 Hastings Inv
40. Charity Anderson	1:01.38	4-9-98 Hastings Inv
41. Darcy Lindner	1:01.48	5-1-88 UNL
42. Tayden Kirchner	1:01.49	5-4-24 GPAC Northwestern
43. Breanna Brockhaus	1:01.65	4-12-14 Concordia Invite
44. Robin Leggett	1:01.66	4-16-94 Doane Relays
45. Brittnie Besel	1:01.67	5-2-09 GPAC Mt. Marty
46. Denise Wehrman	1:01.74	5-2-82

800 METER RUN:

1. Kimberly Wood	2:09.66	5-8-15 Concordia Twilight
2. Jenna Esch	2:11.81	5-24-24 NAIA Natls @ Marion, IN (Prelims)
3. Bethany Sutton	2:13.79	4-11-09 UNL Inv
4. Keri Bauer	2:14.01	5-7-22 GPAC Doane (1 st)
5. Julie Reinke	2:14.38	1999
6. Carol Franklin	2:14:74	5-26-90 NAIA Natls
7. Kylahn Freiberg	2:14.78	5-10-24 Concordia Twilight
8. Molly Engel	2:15.05	5-7-05 GPAC Dana
9. Rachael Geidel	2:16.10	5-15-99 ESU Twilight
10. Laree David	2:16.17	5-17-00 Concordia Twilight
11. Dawn Klein	2:16.39	5-5-90 NIAC NWU
12. Kyley Weinberger	2:16.60	1996 NAIA Natls
13. Kim Fichtner	2:16.87	3-28-98 Concordia Inv
14. Jordan Koepke	2:16.99	5-13-22 Concordia Twilight
15. Dove Robinson	2:17.93	1995
16. Jennifer Nikkila	2:17.94	5-7-05 GPAC Dana
17. Martha Meineke	2:17.94	5-7-11 GPAC Northwestern
18. Marti Vlasin	2:18.15	5-9-14 Concordia Twilight
19. Erika Schroeder	2:18.22	4-22-15 Concordia Mid Week Challenge
20. Jenean Williams	2:18.76	5-9-14 Concordia Twilight
21. Katie Lutmer	2:18.74	4-18-09 Doane Relays
22. Rylee Haecker	2:19.10	4-15-22 Loper Invite
23. Ann Hershberger	2:19.33	5-8-09 Concordia Twilight
24. Jena Schwalenberg	2:19.71	5-9-14 Concordia Twilight
25. Micah Dubbs	2:20.07	5-1-04 GPAC Doane
26. Andrea Overstreet	2:20.40	4-25-99 NWU
27. Emly Hartman	2:20.75	4-22-06 Doane Relays
28. Randi Janzen	2:21.01	5-8-15 Concordia Twilight
29. Tanya Kanengieter	2:21.14	5-1-04 GPAC Doane
30. Rhaya Kaschinske	2:21.20	4-20-24 Jim Dutcher Memorial
31. MaryLou Andrews	2:21.55	5-3-08 GPAC Morningside

32. Quinn Wragge	2:21.66	4-22-17 Jim Dutcher Invite
33. Josi Noble	2:21.69	5-4-24 GPAC Northwestern (Heptathlon)
34. Alayna Daberkow	2:22.15	5-9-14 Concordia Twilight
35. Talitha Elbert	2:22.47	5-2-15 GPAC Dordt
36. Anita Lutz	2:22.54	5-12-85
37. Katie Klein	2:22.56	4-16-11 Concordia Invite
38. Miranda Rathjen	2:22.68	4-20-19 Doane Jim Dutcher Memorial
39. Keegan Beisel	2:22.70	5-13-23 Loper Twilight
40. Brie Zydiak	2:22.83	4-13-02 Concordia Inv
41. Breanna Brockhaus	2:22.87	4-18-15 Doane Jim Dutcher Memorial
42. Katie Swanson	2:23.06	5-8-09 Concordia Twilight
43. Alicia Marteney	2:23.08	4-18-09 Doane Relays
44. Kennedy Mogul	2:23.08	5-5-18 GPAC Morningside (Heptathlon-GPAC Hep Record)
45. Christina Tomka	2:23.13	5-7-11 GPAC Northwestern
46. Julie McIntyre	2:23.32	5-4-24 GPAC Northwestern
47. Claire Beikmann	2:23.33	3-28-24 Central Dutch Invite
48. Kit Sundling	2:23.34	5-6-76
49. Rebekah Hinrichs	2:23.35	5-10-19 Concordia Twilight
50. Audrey Reiter	2:23.56	5-10-97 Baker
51. Kailey Weichel	2:23.77	4-18-21 Jim Dutcher Memorial
52. Amy Luft	2:23.89	4-9-98 Hastings Inv
53. Erin Ely	2:24.04	5-16-01 Concordia Twilight
54. Corrine Parker	2:24.50	4-10-1992

1500 METER RUN:

1. Kylahn Freiberg	4:31.08	5-24-24 NAIA Natls @ Marion, IN (Prelims)
2. Rylee Haecker	4:33.84	5-29-23 NAIA Natls Marion, IN (6 th)
3. Molly Engel	4:33.98	5-13-05 Concordia Twilight
4. Dawn Klein	4:35.47	5-27-89 NAIA Natls
5. Kimberly Wood	4:35.82	5-13-16 NWU Outdoor Invite
6. Jennifer Nikkila	4:35.93	5-28-05 NAIA Natls Louisville, KY (Prelims)
7. Micah Dubs	4:38.04	5-28-05 NAIA Natls Louisville, KY (Prelims)
8. Rachael Geidel	4:38.86	5-99 NAIA Natls
9. Andrea Overstreet	4:41.48	5-5-01 GPAC NWU
10. Kiley Weinberger	4:42.12	1995
11. Jena Schwalenberg	4:43.52	4-21-12 NWU Invite
12. Keegan Beisel	4:46.10	4-23-23 Doane Jim Dutcher Memorial
13. Martha Meineke	4:46.15	5-7-11 GPAC Northwestern
14. Katie Lutmer	4:46.21	4-13-08 Concordia Invite
15. Ann Hershberger	4:46.30	5-2-09 GPAC Mt. Marty
16. Amy Luft	4:47.19	4-18-98 Doane Relays
17. Kelly Waterman	4:48.50	4-25-03 NWU Twilight
18. Stacey Hain	4:49.46	3-25-00 Concordia Inv
19. Jacquelyn Dibbern	4:49.60	4-29-05 NWU Twilight
20. Devonna Buesing	4:51.24	5-12-1986
21. Bethany Sutton	4:52.04	4-18-09 Doane Relays
22. Alicia Marteney	4:52.05	5-2-09 GPAC Mt. Marty
23. Emily Sievert	4:52.06	4-28-16 NWU Spring Invite
24. Kim Fichtner	4:52.31	5-2-98 NIAC Concordia
25. Hannah Beintema	4:52.43	5-6-23 GPAC Dordt
26. Julie McIntyre	4:52.60	5-6-23 GPAC Dordt
27. Brie Zydiak	4:53.26	2002
28. Rebekah Hinrichs	4:53.51	5-4-19 GPAC @ Mt. Marty (2 nd)
29. Sharon Holthus	4:53.84	5-1-1981
30. Jenean Williams	4:54.09	5-3-14 GPAC Doane
31. Amy Tussing	4:55.34	1994
32. Naomi Geidel	4:55.44	1997 NWU
33. Rhaya Kaschinske	4:55.78	5-6-23 GPAC Dordt
34. Sheila Cihal	4:56.39	5-11-96 Baker Univ
35. Connie Howard	4:56.54	1995
36. Sara Schuelke	4:57.94	5-12-01 UNL Twilight
37. Keri Bauer	4:59.29	4-9-22 Concordia Invite
38. Angela Matthews	4:59.53	4-8-05 Concordia Invite
39. Julie Reinke	4:59.61	1997 NWU

3000 METER RUN:

1. Kylaahn Freiberg	9:54.40	3-28-24 Central Dutch Invite
2. Amy Luft	10:00.10	5-22-97 NAIA Natls
3. Stacey Hain	10:16.9	5-5-01 GPAC NWU
4. Rachael Geidel	10:18.6	4-14-00 Concordia Inv
5. Devonna Buesing	10:25.64	6-3-87 Grenoble/France
6. Sharon Holthus	10:31.84	5-12-81
7. Beth Hersh	10:39.70	5-1-93 NIAC
8. Kiley Weinberger	10:41.79	1995
9. Kim Fichtner	10:45.82	5-9-98 Baker Univ (Mid-States)
10. Brenda Radway	10:46.70	5-5-85
11. Johna Speck	10:52.32	1995
12. Naomi Geidel	10:52.40	1997
13. Connie Howard	10:53.18	1995
14. Tanya Frauendorfer	10:53.28	4-27-01 Hastings
15. Julie Reinke	10:53.30	5-9-98 Baker Univ (Mid-States)
16. Sara Schuelke	10:53.88	4-27-01 Hastings
17. Kelly Waterman	10:54.47	4-26-02 Hastings
18. Kit Sundling	10:55.50	5-7-78

3000 METER STEEPLECHASE:

1. Kelly Waterman	10:50.01	5-28-05 NAIA Natls
2. Emilie Bourret	11:00.77	5-28-11 NAIA Natls Marion, IN (8 th)
3. Angela Matthews	11:02.43	4-23-05 Doane Relays
4. Jacquelyn Dibbern	11:10.18	5-13-05 Concordia Twilight
5. Erika Schroeder	11:14.61	4-18-15 Doane Jim Dutcher Memorial
6. Martha Meineke	11:34.33	5-11-12 Concordia Twilight
7. Renee Williams	11:47.29	5-3-14 GPAC Doane
8. Julie Gaebel	11:49.84	4-19-02 Central Missouri State
9. Rebecca Mol	11:50.76	5-2-09 GPAC Mt. Marty
10. Hannah Beintema	11:52.25	5-4-24 GPAC Northwestern
11. Anna Meyer	11:57.77	5-5-12 GPAC NWU
12. Brittany Singleton	11:57.82	5-7-11 GPAC Northwestern
13. Megan Burma	12:04.22	3-28-15 Wayne State Wildcat Classic
14. Rachelle Gross	12:04.24	5-8-09 Concordia Twilight
15. Kaia Richmond	12:06.47	4-23-23 Doane Jim Dutcher Memorial
16. Allison Michell	12:07.61	4-10-10 Concordia Invite
17. Toni Hulinsky	12:08.01	4-21-12 NWU Invite
18. Jenean Williams	12:09.12	4-12-14 Concordia Invite
19. Jacy Johnston	12:16.96	5-4-19 GPAC @ Mt. Marty (4 th)
20. Grace Reiman	12:18.61	5-1-21 GPAC Concordia
21. Hillary Powell	12:20.22	5-13-05 Concordia Twilight
22. Alyssa Bierwagen	12:23.12	5-1-21 GPAC Concordia
23. Sara Schuelke	12:25.84	4-19-02 Central Missouri State

5000 METER RUN:

1. Amy Luft	17:23.24	4-4-98 NWMSU
2. Molly Engel	17:54.77	4-2-05 Dana Open
3. Kylaahn Freiberg	17:58.43	4-13-24 South Dakota Challenge
4. Kelly Waterman	18:00.11	4-2-05 Dana Open
5. Stacey Hain	18:05.5	4-14-00 Concordia Inv
6. Rachael Geidel	18:11.26	4-7-00 Texas Relays
7. Sarah Kortze	18:11.57	5-7-11 GPAC Northwestern
8. Jena Schwalenberg	18:17.28	4-6-12 Concordia
9. Emilie Bourret	18:26.26	5-7-11 GPAC Northwestern
10. Jacquelyn Dibbern	18:26.31	4-23-05 Doane Relays
11. Emily Sievert	18:26.80	4-23-16 Doane Jim Dutcher Memorial
12. Devonna Buesing	18:28.90	5-24-87 NAIA Natls
13. Martha Meineke	18:30.89	5-7-11 GPAC Northwestern
14. Michelle Quinlan	18:31.81	4-7-04 Concordia Invi
15. Jennifer Nikkila	18:33.33	5-1-04 GPAC Doane
16. Keegan Beisel	18:37.15	4-1-23 UNK Central Nebraska Challenge
17. Brenda Radway	18:37.60	5-10-86 NAIA Districts
18. Kit Sundling	18:40.00	5-5-77
19. Dana Kluthe	18:40.43	5-1-10 GPAC Hastings
20. Alicia Marteney	18:42.12	5-8-09 Concordia Twilight
21. Micah Dubbs	18:43.70	4-1-06 Dana

22. Sara Schuelke	18:45.44	4-18-01 Concordia
23. Julie McIntyre	18:47.74	4-23-23 Doane Jim Dutcher Memorial
24. Tanya Frauendorfer	18:52.34	4-18-01 Concordia
25. Taylor Grove	18:54.77	5-6-17 GPAC Midland
26. Kyley Weinberger	18:55.64	1995 NIAC
27. Catherine Heider	18:56.1	4-14-00 Concordia Inv
28. Ann Hershberger	19:01.73	4-17-10 Doane Relays
29. Beth Hersh	19:02.05	5-1-93 NIAC
30. Sydney Clark	19:03.48	4-10-21 Concordia Invite
31. Renae Fowler	19:06.30	4-1-06 Dana
32. Renee Williams	19:06.79	4-24-14 NWU Spring Open
33. Megan Burma	19:09.02	4-24-14 NWU Spring Open
34. Tara Overstreet	19:11.30	4-21-99 Hastings
35. Anna Meyer	19:13.06	4-18-09 Doane Relays
36. Taylor Felix	19:14.63	4-18-09 Doane Relays
37. Angy Tussing	19:16.23	4-25-93 NWU
38. Joy Malchow	19:17.30	4-23-88 Doane
39. Abi DeLoach	19:24.53	4-12-19 Mid West Quad – Grand View
40. Elizabeth Rasmussen	19:24.66	4-23-15 NWU Spring Open
41. Ashley Canfield	19:26.23	4-18-15 Doane Jim Dutcher Memorial
42. Brittany Singleton	19:28.51	5-7-11 GPAC Northwestern
43. Christina Hanson	19:30.10	4-26-12 NWU – Concordia Dual
44. Grace Reiman	19:33.29	4-2-22 Central Nebraska Challenge (UNK)
45. Hannah Rebmann	19:36.03	3-31-19 Bronco Invite
46. Kristen Cloeter	19:36.30	5-5-86
47. Mattie Clark	19:42.91	5-6-06 GPAC Midland Lutheran
48. Amie Martin	19:46.58	4-1-23 UNK Central Nebraska Challenge
49. Lauren Wilcox	19:46.99	4-18-15 Doane Jim Dutcher Memorial
50. Jacque Wiseman	19:47.48	5-6-06 GPAC Midland Lutheran
51. Melissa Weeder	19:52.80	4-14-04 Concordia Distance Classic
52. Tanya Frauendorfer	19:53.00	5-5-01 GPAC NWU
53. Sherri White	19:55.80	5-5-84

1000 METER RUN:

1. Sarah Kortze	36:33.47	4-25-13 Drake Relays
2. Amy Luft	37:30.02	5-2-98 NIAC Concordia
3. Michelle Quinlan	38:15.45	5-1-04 GPAC Doane
4. Catherine Heider	38:37.60	4-1-00 NWMSU
5. Sydney Clark	38:38.03	4-18-21 Jim Dutcher Memorial
6. Sara Schuelke	38:41.24	3-29-03 Concordia Inv
7. Brenda Radway	38:55.90	5-12-86
8. Stacey Hain	38:57.24	5-1-99 NIAC Midland Lutheran
9. Emily Sievert	39:32.15	3-28-15 Wayne State Wildcat Classic
10. Dana Kluthe	39:40.12	5-1-10 GPAC Hastings
11. Taylor Felix	40:17.65	4-13-08 Concordia Invite
12. Taylor Grove	40:23.70	3-25-17 Wildcat Classic
13. Hannah Ferry	40:24.59	4-17-10 Doane Relays
14. Kim Williams	40:35.09	5-11-96 Baker
15. Hannah Rebmann	40:50.13	5-4-19 GPAC @ Mt. Marty (6 th)
16. Kit Sundling	40:51.20	5-5-79
17. Andrea Overstreet	40:51.83	1999
18. Renae Fowler	40:53.70	4-7-06 Concordia
19. Joy Malchow	40:57.30	4-16-88 Hastings
20. Mattie Clark	40:58.70	4-7-06 Concordia
21. Jacque Wiseman	41:01.14	4-13-08 Concordia Invite
22. Jacquelyn Dibbern	41:09.00	5-7-05 GPAC Dana
23. Amie Martin	41:26.09	3-26-21 Grandview Viking Relays
24. Christina Hanson	41:28.14	5-7-11 GPAC Northwestern
25. Ashley Canfield	41:31.35	5-2-15 GPAC Dordt
26. Karen Brautcheck	41:36.31	3-30-91 Simpson
27. Abi DeLoach	41:39.83	3-26-22 GV Viking Relays
28. Anna Meyer	41:45.76	4-3-09 Concordia Invite
29. Hilary Powell	41:45.80	4-7-06 Concordia
30. Jennifer Henderson	41:53.30	2005
31. Laura Deen	42:04.28	5-4-02 GPAC Concordia
32. Emily Ronning	42:47.98	5-1-04 GPAC Crete
33. Shelby Hohnholt	42:52.14	5-3-14 GPAC Doane

34. Renee Williams	42:52.41	3-30-13 Wayne State Wildcat Classic
35. Jamie Hansen	42:56.80	4-7-06 Concordia
36. Lauren Wilcox	43:25.16	5-2-15 GPAC Dordt
37. Elizabeth Rogers	43:31.20	5-5-01 GPAC NWU
38. Lauren Pankow	43:39.95	5-3-14 GPAC Doane
39. Courtney Wright	43:42.60	3-26-22 GV Viking Relays
40. Jacy Johnston	43:47.48	4-2-16 Hastings (Bronco Relays)
41. Erin Lindeman	44:04.77	5-4-19 GPAC @ Mt. Marty
42. Melissa Weeder	44:07.80	5-7-05 GPAC Dana
43. Kayla Thole	44:11.70	2005

HALF MARATHON:

1. Taylor Grove	1:25.04	12-2-18 Midland Winter Half Marathon
2. Michelle Quinlan	1:25:51	12-11-04 Midland Lutheran
3. Catherine Heider	1:27:37	12-99 Midland Lutheran
4. Angela Matthews	1:30:40	12-9-06 Midland Lutheran
5. Stacey Hain	1:31:10	12-9-2000 Midland Lutheran
6. Karen Brautcheck	1:32:00	1991 Hastings Inv
7. Hannah Ferry	1:32:14	12-5-09 Midland Lutheran
8. Christina Hanson	1:32.15	3-19-2011 O'Round the Loch Half Marathon (Emmetsburg, IA)
9. Amy Luft	1:32:20	12-95 Midland Lutheran
10. Ann Hershberger	1:33:12	12-5-09 Midland Lutheran
11. Rebecca Mol	1:33:13	12-5-09 Midland Lutheran
12. Melissa Weeder	1:34:02	12-11-04 Midland Lutheran
13. Amy Martin	1:34.50	12-4-21 Midland Half Marathon
14. Jenny Henderson	1:34:53	12-11-04 Midland Lutheran
15. Courtney Wright	1:38.50	12-4-21 Midland Half Marathon
16. Abi DeLoach	1:39:14	12-7-19 Midland Half Marathon
17. Amy Hintz	1:41:05	4-10-92 Hastings Inv
18. Hannah Rebmann	1:45:14	12-7-19 Midland Half Marathon
19. Meg Ferrel	1:47:13	12-95 Midland Lutheran

MARATHON:

1. Christina Hanson	3:15:34.80	5-28-11 NAIA Natls Marion, IN (18 th)
2. Kit Sundling	3:19:00	5-10-79
3. Devonna Buesing	3:30:00.60	12-6-86 NAIA Districts
4. Taylor Grove	3:31:13.53	5-26-18 NAIA Natls Gulf Shores, AL (17 th)
5. Corrine Parker	3:31:51.0	5-23-92 NAIA Natls
6. Karen Brautcheck	3:36:18:0	5-23-92 NAIA Natls
7. Stacey Hain	3:37:01.00	5-26-01 NAIA Natls Abbotsford B.C.
8. Catherine Heider	3:45:23.9	5-99 NAIA Natls
9. Krista Buesing	5:05:10:0	12-5-87 NAIA Districts

100 METER HURDLES:

1. Adrianna Rodencal	13.65	5-10-24 Concordia Twilight
2. Rachel Battershell	14.25	5-1-21 GPAC Concordia (2 nd)
3. Kayla Svoboda	14.39	5-10-24 Concordia Twilight
4. Sarah Lewis	14.52	5-7-22 GPAC Doane (3 rd)
5. Jordan Koepke	14.54	5-7-22 GPAC Doane (4 th)
6. Shelby Stolze	14.70	5-2-15 GPAC Dordt (4 th)
7. Stephanie Kohlwey	14.99	5-7-05 GPAC Dana (Prelims)
8. Emily Loy	15.00	4-10-21 Concordia Invite
9. Sara Simmons	15.09	4-24-14 NWU Spring Open
10. Rachel Dippon	15.10	4-21-99 Hastings
11. Monique Odom	15.14	4-11-87 Hastings
12. Amy Richert	15.15	5-28-21 NAIA Natls – Gulf Shores, AL (Heptathlon)
13. Kennedy Mogul	15.21	5-4-19 GPAC @ Mt. Marty (Heptathlon)
14. Jessica Deterding	15.38	5-4-19 GPAC @ Mt. Marty (Heptathlon)
15. Lydia Pomeranke	15.41	5-9-14 Concordia Twilight
16. Isabelle Salters	15.46	4-6-24 Concordia Invite
17. Jamie Nikodym	15.49	5-6-17 GPAC Midland (Prelims)
18. Elena Batenhorst	15.55	4-20-24 Jim Dutcher Memorial (Heptathlon)
19. Faith Espinosa	15.56	4-13-24 South Dakota Challenge
20. Kaylee Boyle	15.58	5-7-22 GPAC Doane
21. Josi Noble	15.60	4-20-24 Jim Dutcher Memorial (Heptathlon)

22. Claire Cornell	15.63	4-6-19 Concordia Invite
23. Emily Wolters	15.63	4-3-09 Concordia Invite
24. Karissa Segelke	15.65	4-23-15 NWU Spring Open
25. Zoey Walker	15.69	4-6-24 Concordia Invite
26. Deb Kroese	15.75	5-3-03 GPAC Northwestern
27. Sophie Hoelz	15.89	4-26-18 Prairie Wolf Invite
28. Julie Howard	15.90	4-17-93 Doane Relays
29. Paige Getz	15.91	5-3-14 GPAC Doane (Heptathlon)
30. Ericka Fischer	15.99	5-2-15 GPAC Dordt (Heptathlon)
31. Josie Puelz	16.01	5-1-21 GPAC Concordia
32. Alayna Daberkow	16.05	4-19-14 Doane Relays
33. Katie Rich	16.16	5-14-10 Doane Tune-up
34. Emma Kucera	16.17	5-4-24 GPAC Northwestern (Heptathlon)
35. Montana Hayes	16.33	5-3-14 GPAC Doane (Heptathlon)
36. Landrey Walter	16.35	4-29-23 Prairie Wolf Invite
37. Natalya Wells	16.38	4-18-21 Jim Dutcher Memorial (Heptathlon)
38. Sloan Brandon	16.41	4-16-11 Concordia Invite
39. Molly Frenzen	16.41	4-13-24 South Dakota Challenge
40. Julie Aufdemberge	16.44	5-5-79
41. Tori Beran	16.50	4-9-16 Concordia Invite (Prelim)
42. Alivia Weathers	16.51	5-6-24 GPAC Dordt (Heptathlon)
43. Bonnie Stehlik	16.54	5-10-85
44. Robyn Miller	16.62	4-4-98 NWMSU
45. Diane Bartels	16.64	5-10-85
46. Addie Reimer	16.69	4-20-24 Jim Dutcher Memorial (Heptathlon)
47. Madelyn Lorenzen	16.70	4-29-05 NWU Twilight
48. Myria Knapp	16.72	4-21-12 NWU Invite
49. Allison Brooks	16.81	5-5-12 GPAC NWU
50. Jordyn Hilyard	16.87	4-20-19 Doane Jim Dutcher Memorial (Heptathlon)
51. Cynthia Mick	16.88	4-25-19 Prairie Wolf Invite
52. Anna Rolf	16.97	4-6-13 UNK Loper Invite
53. Daniele Buffington	17.00	4-18-01 Concordia
54. Bridget Boyd	17.08	3-29-09 Hastings
55. Amanda Steinke	17.18	5-2-92
56. Keyna Kobza	17.20	4-28-22 Prairie Wolf Invite
57. Holly Wagner	17.24	4-29-05 NWU Twilight
58. Kierstyn Besel	17.26	5-5-80
59. Lynda Beck	17.35	5-3-14 GPAC Doane (Heptathlon)
60. Grace Reimer	17.38	5-6-89 NIAC
61. Gay Schuessler	17.44	4-2-21 Bronco Invite
		5-11-81

400 METER HURDLES:

1. Jordan Koepke	59.90	5-7-22 GPAC Doane 1 st (GPAC Record)
2. Emily Wolters	1:00.87	5-23-09 NAIA Natls Edwardsville, IL (Prelim)
3. Sarah Lewis	1:01.14	5-27-22 NAIA Natls @ Gulf Shores, AL (4 th)
4. Rachel Battershell	1:02.18	4-18-21 Jim Dutcher Memorial
5. Kennedy Mogul	1:04.31	5-11-18 Concordia Twilight
6. Kari Retzlaff	1:04.66	5-24-03 NAIA Natls Olathe, KS (Prelim)
7. Alayna Daberkow	1:04.79	5-8-15 Concordia Twilight
8. Stephanie Kohlwey	1:05.10	2005
9. Tori Beran	1:05.21	5-5-18 GPAC Morningside
10. Shelby Stolze	1:05.40	4-22-15 Concordia Mid Week Challenge
11. Adrianna Rodencal	1:05.44	3-28-24 Central Dutch Invite
12. Josi Noble	1:05.90	5-4-24 GPAC Northwestern
13. Karissa Segelke	1:06.94	5-3-14 GPAC Doane
14. Isabelle Salters	1:07.16	4-20-24 Jim Dutcher Memorial
15. Julie Howard	1:07.26	4-9-93 Hastings Invite
16. Jamie Nikodym	1:07.39	5-4-19 GPAC @ Mt. Marty (7 th)
17. Gayle Gerkenmeyer	1:07.50	5-5-90 NIAC
18. Sandy Fluegge	1:07.84	5-12-84
19. Marti Vlasin	1:07.93	5-7-16 GPAC Hastings
20. Jessica Deterding	1:08.06	3-31-19 Bronco Invite
21. Faith Espinosa	1:08.13	4-13-24 South Dakota Challenge
22. Kenya Kobza	1:08.40	4-29-05 NWU Twilight
23. Erika Schroeder	1:08.58	4-25-12 UNL Mini-Meet
24. Stephanie Nordling	1:08.94	5-5-85

25. Laura Bogenhagen	1:09.07	5-6-06 GPAC Midland Lutheran
26. Emily Loy	1:09.14	4-6-19 Concordia Invite
27. Julie Aufdemberge	1:09.34	5-1-81
28. Landry Walter	1:09.34	4-23-23 Doane Jim Dutcher Memorial
29. Robyn Miller	1:09.62	5-2-98 NIAC Concordia
30. Martha Meineke	1:09.66	4-10-10 Concordia Invite
31. Lydia Pomeranke	1:09.82	5-5-12 GPAC NWU
32. Grace Reimer	1:09.92	5-1-21 GPAC Concordia
33. Montana Hayes	1:10.25	5-5-12 GPAC NWU
34. Ericka Fischer	1:10.25	4-12-14 Concordia Invite
35. Madelyn Lorenzen	1:10.30	4-29-05 NWU Twilight
36. Alia Brand	1:10.40	5-4-19 GPAC @ Mt. Marty
37. Jordyn Hilyard	1:10.69	4-23-22 Jim Dutcher Memorial
38. Sloan Brandon	1:10.84	4-10-10 Concordia Invite
39. Emma Kucera	1:11.05	4-13-24 South Dakota Challenge
40. Kaylee Boyle	1:11.16	4-6-19 Concordia Invite
41. Sue Phipps	1:11.20	5-2-87 NIAC
42. Sara Simmons	1:11.35	4-21-12 NWU Invite
43. Danielle Buffington	1:11.50	5-2-09 GPAC Mt. Marty
44. Denise Wehrman	1:11.54	5-1-84
45. Audrey Reiter	1:11.63	1997

4 x 100 METER RELAY:

1. Rachel Battershell, Kayla Kirchner Kellie Rhodes, Adrianna Rodencal	47.40	5-6-23 GPAC Dordt (1 st – GPAC Champions)
2. Cambria Saunders, Kayla Kirchner Kellie Rhodes, Adrianna Rodencal	47.41	5-11-24 UNK Twilight
3. Cambria Saunders, Kayla Kirchner Kellie Rhodes, Adrianna Rodencal	47.54	5-24-24 NAIA Natls @ Marion, IN (18 th)
4. Cambria Saunders, Kayla Kirchner Kellie Rhodes, Adrianna Rodencal	47.55	5-10-24 Concordia Twilight
5. Cambria Saunders, Kayla Kirchner Kellie Rhodes, Adrianna Rodencal	47.66	4-6-24 Concordia Invite
6. Emily Loy, Rachel Battershell Hannah Mulligan, Cora Olson	47.66	5-28-21 NAIA Natls – Gulf Shores, AL (prelims, 10 th)
7. Cambria Saunders, Kayla Kirchner Kellie Rhodes, Adrianna Rodencal	47.67	5-4-24 GPAC Northwestern
8. Sarah Lewis, Rachel Battershell Hannah Mulligan, Cora Olson	47.70	5-7-21 South Dakota Tune Up
9. Rachel Battershell, Brittney Aitken Sarah Lewis, Cora Olson	47.80	5-27-22 NAIA Natls @ Gulf Shores, AL (prelims – 17 th)
10. Rachel Battershell, Brittney Aitken Sarah Lewis, Cora Olson	47.82	5-13-22 Concordia Twilight
11. Emily Loy, Amira Cummings Hannah Mulligan, Cora Olson	47.82	5-14-21 Concordia Twilight
12. Rachel Battershell, Kayla Kirchner Kellie Rhodes, Adrianna Rodencal	47.92	4-23-23 Doane Jim Dutcher Memorial
13. Cambria Saunders, Kayla Kirchner Kellie Rhodes, Adrianna Rodencal	48.08	4-27-24 Drake Relays (14 th)
14. Cambria Saunders, Kayla Kirchner Kellie Rhodes, Adrianna Rodencal	48.08	3-28-24 Central Dutch Invite
15. Rachel Battershell, Brittney Aitken Sarah Lewis, Cora Olson	48.19	4-23-22 Jim Dutcher Memorial
16. Emily Loseke, Kayla Kirchner Kellie Rhodes, Adrianna Rodencal	48.22	4-1-23 UNK Central Nebraska Challenge
17. Katie Swanson, Lauren Sankey, Jill Pfeifer, Emily Wolters	48.32	5-11-07 GPAC Concordia
18. Emily Loy, Amira Cummings Hannah Mulligan, Cora Olson	48.35	4-10-21 Concordia Invite
19. Cambria Saunders, Kayla Kirchner Kellie Rhodes, Adrianna Rodencal	48.40	4-13-24 South Dakota Challenge

20.	Rachel Battershell, Brittney Aitken Sarah Lewis, Cora Olson	48.42	4-2-22 Central Nebraska Challenge (UNK)
21.	Katie Swanson, Lauren Sankey, Jill Pfeifer, Emily Wolters	48.57	5-26-07 NAIA Natls Fresno, CA
22.	Rachel Battershell, Brittney Aitken Sarah Lewis, Cora Olson	48.73	4-29-22 Drake Relays (13 th)
23.	Katie Swanson, Lauren Hannemann, Jill Pfeifer, Charista Zehnder	48.73	5-3-08 GPAC Morningside
24.	Katie Swanson, Lauren Hannemann, Jill Pfeifer, Charista Zehnder	48.74	5-9-08 Concordia Twilight
25.	Katie Swanson, Lauren Hanneman, Jill Pfeifer, Charista Zehnder	48.77	5-24-08 NAIA Natls Edwardsville, IL
26.	Amy Schoof, Carol Franklin, Angie Aufdemberge, Carol Bailey	48.78	5-6-89 NIAC
27.	Katie Swanson, Lauren Sankey, Jill Pfeifer, Emily Wolters	48.79	4-29-07 UNL Open
28.	Katie Swanson, Lauren Hanneman, Jill Pfeifer, Charista Zehnder	48.79	5-24-08 NAIA Natls Edwardsville, IL (prelims)
29.	Katie Swanson, Lauren Sankey, Emily Wolters, Charista Zehnder	48.83	4-27-08 UNL Open
30.	Emily Wolters, Katie Swanson, Jill Pfeifer, Charista Zehnder	48.91	5-2-09 GPAC Mt. Marty
31.	Katie Swanson, Lauren Sankey, Emily Wolters, Jill Pfeifer	49.07	4-22-06 Doane Relays
32.	Katie Swanson, Bethany Sutton, Emily Wolters, Charista Zehnder	49.07	4-19-08 Doane Relays
33.	Christine Beune, Tori Beran, Jill Schroeder, Anna Beune	49.07	4-23-16 Doane Jim Dutcher Memorial
34.	Christine Beune, Melanie Jochimsen, Jill Schroeder, Anna Beune	49.11	5-7-16 GPAC Hastings
35.	Emily Wolters, Katie Swanson, Bethany Sutton, Charista Zehnder	49.15	4-25-09 Drake Relays (Prelims)
36.	Katie Swanson, Jill Pfeifer Emily Wolters, Charista Zehnder	49.20	4-25-08 Hastings
37.	Katie Swanson, Laura Bogenhagen, Lauren Sankey, Jill Pfeifer	49.22	4-8-06 Concordia
38.	Carol Bailey, Carol Franklin, Darcy Lindner, Shelly Northover	49.24	4-11-89 Wayne
39.	Amy Schoof, Angie Aufdemberge, Darcy Lindner, Carol Bailey	49.25	4-21-90 Doane
40.	Emily Loy, Cora Olson Jamey Broman, Hannah Mulligan	49.28	4-6-19 Concordia Invite
41.	Emily Loy, Josie Puelz Hannah Mulligan, Cora Olson	49.29	4-2-21 Bronco Invite
42.	Emily Loseke, Hayley Miles Taylor Meyer, Alexandra Eisenhauer	49.31	4-23-23 Doane Jim Dutcher Memorial
43.	Emily Wolters, Katie Swanson, Bethany Sutton, Charista Zehnder	49.36	4-18-09 Doane Relays
44.	Emily Loseke, Kiki Nyanok Molly Frenzen, Hayley Miles	49.44	3-28-24 Central Dutch Invite
45.	Emily Wolters, Katie Swanson, Bethany Sutton, Charista Zehnder	49.55	4-3-09 Concordia Invite
46.	Isabelle Salters, Taylor Meyer Josi Noble, Hayley Miles	49.60	4-1-23 UNK Central Nebraska Challenge
47.	Emily Loy, Cora Olson Jamey Broman, Hannah Mulligan	49.61	5-4-19 GPAC @ Mt. Marty
48.	Jill Pfeifer, Lauren Sankey, Emily Wolters, Michelle Anderson	49.64	5-12-06 Concordia Twilight

49.	Emily Loy, Miranda Rathjen Hayley Stazak, Mika Brees	49.66	5-5-18 GPAC Morningside
50.	Katie Swanson, Lauren Sankey, Emily Wolters, Jill Pfeifer	49.66	5-6-06 GPAC Midland Lutheran
51.	Katie Swanson, Jill Pfeifer, Bethany Sutton, Charista Zehnder	49.71	3-29-08 Hastings Invite
52.	Emily Loy, Sydni Schernikau Hannah Mulligan, Cora Olson	49.74	3-26-21 Grandview Viking Relays
53.	Randi Janzen, Anna Beune, Jill Schroeder, Marielle Plunk	49.74	5-2-15 GPAC Dordt (5 th)
54.		49.84	4-15-06 UNL Invite
55.	Katie Swanson, Bethany Sutton, Emily Wolters, Charista Zehnder	49.84	4-13-08 Concordia Invite
56.	Sydni Schernikau, Josie Puelz Katie Severt, Amy Richert	49.89	4-10-21 Concordia Invite
57.	Katie Swanson, Laura Bogenhagen, Lauren Sankey, Jill Pfeifer	49.94	4-1-06 Dana
58.	Christy Beune, Anna Beune Tori Beran, Miranda Rathjen	49.95	4-8-17 Concordia Invite
59.	Katie Swanson, Bethany Sutton, Jill Pfeifer, Charista Zehnder	49.95	4-5-08 Wayne State Classic
60.	Emily Loy, Cora Olson Jamey Broman, Hannah Mulligan	49.96	3-31-19 Bronco Invite
61.	Christine Beune, Anna Beune Tori Beran, Miranda Rathjen	49.98	5-6-17 GPAC Midland
62.	Stephanie Kohlwey, Lauren Sankey, Keyna Kobza, Michelle Anderson	50.01	5-7-05 GPAC Dana
63.	Karissa Segelke, Alayna Daberkow, Christine Beune, Marti Vlasin	50.03	5-3-14 GPAC Doane
64.	Emily Loy, Kennedy Mogul Haley Stazak, Mika Brees	50.07	4-12-18 NAIA – Mid West Quad - Grandview
65.	Randi Janzen, Anna Beune, Marti Vlasin, Cynthia Mick	50.07	5-8-15 Concordia Twilight
66.	Emily Wolters, Lauren Sankey, Katie Swanson, Jill Pfeifer	50.11	4-16-07 Wayne State Classic
67.	Iris Dalton, Carol Bailey, Debbie Adams, Monique Odom	50.14	4-18-87
68.	Emily Loy, Cora Olson Jamey Broman, Hannah Mulligan	50.15	4-13-19 Mid West Quad – Grand View
69.	Randi Janzen, Anna Beune, Marielle Plunk, Jill Schroeder	50.18	3-28-15 Wayne State Wildcat Classic
70.	Deb Kroese, Kari Retzaff, Katie Andreasen, Rebecca Proud	50.28	5-4-02 GPAC Concordia
71.	Christy Beune, Anna Beune Tori Beran, Miranda Rathjen	50.35	4-22-17 Jim Dutcher Invite
72.	Katie Swanson, Lauren Sankey, Jill Pfeifer, Emily Wolters,	50.38	4-21-07 Doane Relays
73.	Bonnie Stehlik, Marie Schaepe, Denise Wehrman, Shelley Heny	50.44	5-10-83

4x200 METER RELAY:

1.	Jenna Esch, Kayla Kirchner Jordan Koepke, Adrianna Rodencal	1:40.76	4-27-24 Drake Relays (7 th)
2.	Rachel Battershell, Kayla Kirchner Emily Loseke, Adrianna Rodencal	1:44.26	4-29-23 Drake Relays (18 th)
3.	Angie Aufdemberge, Carol Franklin, Darcy Lindner, Carol Bailey	1:44.92	4-21-90 Doane
4.	Robin Miller, Renae Beikman, Kyley Weinberger, Audrey Reiter	1:49.56	4-19-97 Grinnell

5. Marie Schaepe, Sharon Kahre, 1:50.30 5-12-80 Doane
Joyce Dirks, Jenny Morner

4x400 METER RELAY:

1.	Sarah Lewis, Jordan Koepke Jacee Pfeifer, Rachel Battershell	3:47.26	5-27-22 NAIA Natls @ Gulf Shores, AL (Prelims – 6 th)
2.	Jenna Esch, Trinity Tuls Isabelle Salters, Kayla Kirchner	3:47.68	5-24-24 NAIA Natls @ Marion, IN (4 th)
3.	Jenna Esch, Kayla Kirchner Trinity Tuls, Jordan Koepke	3:48.16	4-27-24 Drake Relays (prelims-4 th , didn't run finals due to weather)
4.	Jenna Esch, Kayla Kirchner Trinity Tuls, Jordan Koepke	3:48.81	5-24-24 NAIA Natls @ Marion, IN (Prelims-4 th)
5.	Sarah Lewis, Jordan Koepke Jenna Esch, Keri Bauer	3:48.93	5-7-22 GPAC Doane (2 nd)
6.	Jenna Esch, Kayla Kirchner Trinity Tuls, Rachel Battershell	3:49.24	5-6-23 GPAC Dordt (1 st – GPAC Champions)
7.	Emily Wolters, Katie Swanson, Charista Zehnder, Bethany Sutton	3:49.27	5-23-09 NAIA Natls Edwardsville, IL (5 th)
8.	Jacee Pfeifer, Sarah Lewis Sydni Schernikau, Rachel Battershell	3:49.51	5-28-21 NAIA Natls – Gulf Shores, AL (Prelims, 8 th)
9.	Sarah Lewis, Jordan Koepke Jacee Pfeifer, Rachel Battershell	3:49.86	5-27-22 NAIA Natls @ Gulf Shores, AL (7 th)
10.	Sarah Lewis, Jordan Koepke Jacee Pfeifer, Rachel Battershell	3:49.86	4-29-22 Drake Relays (Prelim - 8 th)
11.	Jenna Esch, Josi Noble Trinity Tuls, Rachel Battershell	3:49.92	5-29-23 NAIA Natls Marion, IN (Prelims – 6 th)
12.	Jenna Esch, Josi Noble Trinity Tuls, Rachel Battershell	3:50.06	5-29-23 NAIA Natls Marion, IN (8 th)
13.	Jenna Esch, Kayla Kirchner Josi Noble, Rachel Battershell	3:50.29	4-29-23 Drake Relays (Prelim – 4 th)
14.	Jenna Esch, Kayla Kirchner Josi Noble, Rachel Battershell	3:50.43	4-29-23 Drake Relays (Final – 4 th)
15.	Rachel Battershell, Sarah Lewis Jamie Nikodym, Jacee Pfeifer	3:50.82	5-24-19 NAIA Natls – Gulf Shores, AL (Prelims – 5 th)
16.	Jenna Esch, Kayla Kirchner Trinity Tuls, Jordan Koepke	3:50.97	5-4-24 GPAC Northwestern (1 st)
17.	Jacee Pfeifer, Sarah Lewis Keri Bauer, Rachel Battershell	3:51.32	5-28-21 NAIA Natls – Gulf Shores, AL (Finals, 8 th)
18.	Emily Wolters, Katie Swanson, Charista Zehnder, Bethany Sutton	3:51.51	4-25-09 Drake Relays (3 rd)
19.	Angie Aufdemberge, Dawn Klein, Carol Franklin, Carol Bailey	3:51.87	5-27-89 NAIA Natls
20.	Rachel Battershell, Sarah Lewis Jamie Nikodym, Jacee Pfeifer	3:52.15	5-24-19 NAIA Natls – Gulf Shores, AL (Finals – 6 th)
21.	Sarah Lewis, Jordan Koepke Jacee Pfeifer, Rachel Battershell	3:53.07	4-9-22 Concordia Invite
22.	Emily Wolters, Katie Swanson, Charista Zehnder, Bethany Sutton	3:53.55	5-2-09 GPAC Mt. Marty
23.	Jenna Esch, Jordan Koepke Trinity Tuls, Rachel Battershell	3:53.60	4-23-23 Doane Jim Dutcher Memorial
24.	Sarah Lewis, Jordan Koepke Jacee Pfeifer, Rachel Battershell	3:53.91	4-29-22 Drake Relays (Final - 8 th)
25.	Keri Bauer, Sarah Lewis, Sydni Schernikau, Rachel Battershell	3:53.92	4-10-21 Concordia Invite
26.	Jenna Esch, Trinity Tuls Kayla Kirchner, Jordan Koepke	3:53.96	4-6-24 Concordia Invite
27.	Rachel Battershell, Sarah Lewis Jamie Nikodym, Jacee Pfeifer	3:54.44	4-27-19 Drake Relays (Prelims – 16 th)

28.	Emily Wolters, Katie Swanson, Charista Zehnder, Bethany Sutton	3:54.69	4-25-09 Drake Relays (Prelims)
29.	Mika Brees, Miranda Rathjen Tori Beran, Kennedy Mogul	3:55.12	5-11-18 Concordia Twilight
30.	Carol Franklin, Darcy Lindner, Dawn Klein, Carol Bailey	3:56.19	5-12-89 NAIA Districts
31.	Emily Wolters, Amber Quinn, M'Leigh Rempfer, Katie Swanson	3:57.13	5-9-08 Concordia Twilight
32.	Rachel Battershell, Sarah Lewis Jamie Nikodym, Jacee Pfeifer	3:57.55	5-4-19 GPAC @ Mt. Marty (3 rd)
33.	Emily Wolters, Ann Hershberger, Katie Swanson, Bethany Sutton	3:57.64	4-11-09 UNL Inv
34.	Emily Wolters, Amber Quinn, MaryLou Andrews, Katie Swanson	3:57.77	5-3-08 GPAC Morningside
35.	Emily Wolters, Amber Quinn, Katie Swanson, Bethany Sutton	3:57.86	4-18-09 Doane Relays
36.	Mika Brees, Miranda Rathjen Tori Beran, Kennedy Mogul	3:58.50	5-25-18 NAIA Natls Gulf Shores, AL (prelims)
37.	Kimberly Wood, Alayna Daberkow, Marielle Plunk, Marty Vlasin	3:58.79	4-18-15 Doane Jim Dutcher Memorial
38.	Renaë Beikmann, Julie Reinke, Sara Sype, Kiley Weinberger	3:58.85	5-4-96 NIAC
39.	Kim Fichtner, Kiley Weinberger, Renaë Beikmann, Charity Anderson	3:58.90	5-23-98 NAIA Natls (Prelims)
40.	Angie Aufdemberge, Carol Franklin, Corrine Ohlde, Carol Bailey	3:59.40	3-31-90 Kearney
41.	Mika Brees, Miranda Rathjen Tori Beran, Jamie Nikodym	3:59.71	5-5-18 GPAC Morningside
42.	Kim Fichtner, Julie Reinke, Renaë Beikman, Kiley Weinberger	3:59.75	5-3-97 NIAC

4 x 800 METER RELAY:

1.	Jennifer Nikkila, Angela Matthews, Micah Dubbs, Molly Engel	9:02.29	5-28-05 NAIA Natls Louisville, KY (4 th place)
2.	Rachael Geidel, Andrea Overstreet, Stacey Hain, Julie Reinke	9:07.23	4-24-99 Drake Relays (11 th)
3.	Jennifer Nikkila, Micah Dubbs, Angela Matthews, Molly Engel	9:08.27	4-30-05 Drake Relays (3 rd)
4.	Rylee Haecker, Jenna Esch Jordan Koepke, Keri Bauer	9:09.24	4-29-22 Drake Relays (3 rd)
5.	Rylee Haecker, Jenna Esch Kylahn Heritage, Keri Bauer	9:10.00	5-27-22 NAIA Natls @ Gulf Shores, AL (4 th)
6.	Martha Meineke, Bethany Sutton, Jena Schwalenberg, Jenean Williams	9:10.35	5-26-12 NAIA Natls Marion, IN (7 th place)
7.	Rachael Geidel, Andrea Overstreet, Stacey Hain, Julie Reinke (??)	9:12.40	5-00 NAIA Natls
8.	Jenna Esch, Rylee Haecker Rhaya Kaschinske, Kylahn Freiberg	9:12.95	4-27-24 Drake Relays (4 th)
9.	Jennifer Nikkila, Stephanie Kohlwey, Micah Dubbs, Molly Engel	9:14.02	5-28-05 NAIA Natls Louisville, KY (Prelims)
10.	Kim Fichtner, Julie Reinke, Stacey Hain, Kiley Weinberger	9:15.04	5-23-98 NAIA Natls (2 nd)
11.	Rylee Haecker, Jenna Esch Kylahn Heritage, Keri Bauer	9:15.06	5-27-22 NAIA Natls @ Gulf Shores, AL (Prelims – 6 th)
12.	Jenna Esch, Rylee Haecker Rhaya Kaschinske, Kylahn Freiberg	9:15.11	5-24-24 NAIA Natls @ Marion, IN (Prelims – 11 th)
13.	Katie Lutmer, Emily Wolters, Ann Hershberger, Bethany Sutton	9:15.81	4-25-09 Drake Relays (3 rd)

14.	Rachael Geidel, Andrea Overstreet, Stacey Hain, Julie Reinke (??)	9:17.36	5-99 NAIA Natls (4 th)
15.	Micah Dubbs, Jennifer Nikkila, Molly Engel, Kari Retzlaff	9:17.48	4-26-03 Drake Relays (4 th)
16.	Marti Vlasin, Erika Schroeder, Randi Janzen, Kim Woods	9:18.46	5-2-15 GPAC Dordt (3 rd)
17.	Rylee Haecker, Jenna Esch Kylahn Heritage, Keri Bauer	9:18.80	4-9-22 Concordia Invite
18.	Jenean Williams, Marti Vlasin, Alayna Daberkow, Kimberly Wood	9:19.42	5-24-14 NAIA Natls Gulf Shores, AL (Prelim)
19.	Jennifer Nikkila, Tanya Kanengieter, Micah Dubbs, Molly Engel	9:20.59	5-23-03 NAIA Natls Olathe, KS (Prelims)
20.	Bethany Sutton, Martha Meineke, Jenean Williams, Jena Schwalenberg	9:20.72	4-28-12 Drake Relays (6 th)
21.	Rachael Geidel, Andrea Overstreet, Stacey Hain, Julie Reinke	9:20.80	4-17-99 Doane Relays
22.	Jenna Esch, Kylahn Freiberg Rhaya Kaschinske, Rylee Haecker	9:20.98	4-29-23 Drake Relays (5 th)
23.		9:21.04	1999 Doane
24.	Marti Vlasin, Quinn Wragge Alayna Daberkow, Miranda Rathjen	9:21.39	5-27-17 NAIA Natls Gulf Shores, AL (16 th)
25.	Kim Wood, Erika Schroeder, Marti Vlasin, Randi Janzen	9:21.83	4-25-15 Drake Relays
26.	Jennifer Nikkila, Tanya Kanengieter, Micah Dubbs, Molly Engel	9:22.05	5-23-03 NAIA Natls Olathe, KS (6 th place)
27.	Keegan Beisel, Kylahn Freiberg Rhaya Kaschinske, Rylee Haecker	9:23.18	5-29-23 NAIA Natls Marion, IN (Prelims – 12 th)
28.	Erika Schroeder, Marti Vlasin, Randi Janzen, Kim Wood	9:23.46	5-23-15 NAIA Natls Gulf Shores, AL (prelims)
29.	Jena Schwalenberg, Martha Meineke, Jenean Williams, Bethany Sutton,	9:23.59	5-25-12 NAIA Natls Marion, IN (prelims)
30.	Jenean Williams, Jena Schwalenberg, Erika Schroeder, Kim Wood	9:23.59	5-26-13 NAIA Natls Marion, IN (9 th place)
31.	MaryLou Andrews, Ann Hershberger Alicia Martene, Katie Lutmer	9:23.82	5-24-08 NAIA Natls Edwardsville, IL (prelims)
32.	Kim Wood, Jenean Williams, Erika Schroeder, Jena Schwalenberg	9:24.10	4-26-14 Drake Relays (10 th)
33.	Miranda Rathjen, Rebekah Hinrichs Tori Beran, Alyssa Fye	9:24.90	5-4-19 GPAC @ Mt. Marty (5 th)
34.	Naomi Geidel, Amy Luft, Julie Reinke, Kim Fichtner	9:25.39	4-18-98 Doane
35.	MaryLou Andrews, Ann Hershberger, Alicia Martene, Katie Lutmer	9:26.87	5-3-08 GPAC Morningside
36.	Jenean Williams, Jena Schwalenberg, Erika Schroeder, Marti Vlasin	9:27.37	5-3-14 GPAC Doane
37.	Martha Meineke, Jenean Williams, Jena Schwalenberg, Bethany Sutton	9:28.21	5-28-11 NAIA Natls Marion, IN (Prelim)
38.	Marti Vlasin, Quinn Wragge Alayna Daberkow, Miranda Rathjen	9:28.65	4-28-17 Drake Relays (8 th)
39.	Katie Klein, Jenean Williams Jena Schwalenberg, Bethany Sutton	9:29.04	5-7-11 GPAC Northwestern
40.	Andrea Overstreet, Stacy Hain, Laree David, Rachael Geidel	9:29.39	4-22-00 Doane Relays
41.	Jena Schwalenberg, Jenean Williams, Erika Schroeder, Kim Woods	9:30.29	5-10-13 Concordia Twilight
42.	Jenean Williams, Jena Schwalenberg, Erika Schroeder, Kim Woods	9:32.89	5-26-13 NAIA Natls Marion, IN (Prelim)
43.	Christina Tomka, Megan Letts, Jenean Williams, Bethany Sutton	9:33.18	5-5-12 GPAC NWU

44.	Marti Vlasin, Quinn Wragge, Miranda Rathjen, Tori Beran	9:33.51	5-6-17 GPAC Midland
45.		9:33.54	3-27-99 Polardog
46.	Rylee Haecker, Keri Bauer Kailey Weichel, Grace Reiman	9:33.90	5-1-21 GPAC Concordia
47.	Miranda Rathjen, Rebekah Hinrichs Tori Beran, Alyssa Fye	9:24.90	5-23-19 NAIA Natls Gulf Shores, AL (Prelims – 15 th)
48.	Martha Meineke, Jenean Williams, Jena Schwalenberg, Bethany Sutton	9:34.7h	5-13-11 Concordia Twilight
49.		9:36.31	4-21-01 Doane Relays
50.	Marti Vlasin, Quinn Wragge Alayna Daberkow, Miranda Rathjen	9:36.53	4-22-17 Jim Dutcher Invite
51.	Corrine Parker, Angy Tussing, Amy Tussing, Dawn Mueller	9:37:24	1992
52.	Quinn Wragge, Marti Vlasin Elizabeth Rasmussen, Talitha Elbert	9:37.41	5-6-16 GPAC Hastings
53.	Rylee Haecker, Keri Bauer Grace Riman, Alyssa Fye	9:39.09	4-23-21 Drake Relays (7 th)
54.	MaryLou Andrews, Katie Lutmer, Bethany Sutton, Ann Hershberger	9:39.25	4-26-08 Drake Relays
55.	Naomi Geidel, Sheila Cihal, Kim Fichtner, Julie Reinke	9:39.61	4-19-97 Grinnell
56.	Marti Vlasin, Quinn Wragge Alayna Daberkow, Miranda Rathjen	9:42.06	4-14-17 Grand View Quad
57.	Rylee Haecker, Grace Reiman Keri Bauer, Lainey Werts	9:42.14	4-18-21 Jim Dutcher Memorial
58.	Martha Meineke, Anna Meyer, Hannah Ferry, Bethany Sutton	9:43.53	5-2-09 GPAC Mt. Marty
59.	Martha Meineke, Katie Klein, Christina Tomka, MaryLou Andrews	9:43.61	5-1-10 GPAC Hastings
60.	Naomi Geidel, Julie Reinke, Rachael Geidel, Kim Fichtner	9:43.91	4-9-98 Hastings Inv
61.	Jennifer Nikkila, Micah Dubbs, Angela Matthews, Tanya Kanengieter	9:44.05	4-24-04 Drake Relays
62.	Miranda Rathjen, Rebekah Hinrichs Tori Beran, Alyssa Fye	9:44.75	4-13-19 Mid West Quad – Grand View
63.	Jennifer Nikkila, Molly Engel, Julie Gaebel, Brie Zydiak	9:47:00h	4-20-02 Drake Relays
64.	Carol Franklin, Dawn Klein, Gayle Gerkenmeyer, Corrine Ohlde	9:47.37	4-21-90 Doane
65.	Anita Lutz, Lori Meyer, Gina Werre, Devonna Buesing	9:47.70	5-12-86 NAIA Districts
66.	Rylee Haecker, Rhaya Kaschinske Keegan Beisel, Hannah Beintema	9:50.09	4-23-23 Doane Jim Dutcher Memorial
67.	Rachel Geidel, Erin Ely, Stacy Hain, Andrea Overstreet	9:51.87	5-26-01 NAIA Natls Abbotsford B.C.
68.	Angie Aufdemberge, Amy Tussing, Robin Leggett, Gayle Gerkenmeyer	9:52.20	4-20-91 Doane

SPRINT MEDLEY RELAY(100–100–200–400):

1.	Amy Schoof, Angie Aufdemberge, Darcy Lindner, Carol Bailey	1:45.02	5-26-89 NAIA Natls
2.	Amy Schoof, Carol Franklin, Darcy Lindner, Carol Bailey	1:46.36	4-29-89 Drake Relays
3.	Amy Schoof, Darcy Lindner, Shelly Northover, Carol Bailey	1:46.89	4-11-89 Wayne
4.	Amy Schoof, Carol Franklin, Shelly Northover, Angie Aufdemberge	1:48.31	4-15-89 Hastings

5.	Amy Schoof, Dawn Farden, Darcy Lindner, Angie Aufdemberge	1:49.97	4-14-91 Hastings
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1600 SPRINT MEDLEY RELAY (200-200-400-800):

1.	Angie Aufdemberge, Darcy Lindner, Carol Bailey, Carol Franklin	4:04.89	4-28-90 Drake Relays
2.	Robin Miller, Renae Beikman, Kyley Weinberger, Julie Reinke	4:08.71	4-25-97 Drake Relays
3.	Renae Beikman, Sara Sype, Julie Reinke, Kyley Weinberger	4:09.31	4-96 Drake Relays
4.	Robyn Miller, Charity Anderson Julie Reinke, Kim Fichtner	4:13.27	4-18-98 Doane Relays

DISTANCE MEDLEY RELAY (1200M-400M-800M-MILE):

1.	Jennifer Nikkila, Angela Matthews, Micah Dubbs, Molly Engel	11:55.22	4-30-05 Drake Relays (4 th)
2.	Alicia Marteney, Amber Quinn, Katie Lutmer, Ann Hershberger	12:35.61	4-25-09 Drake Relays (14 th)
3.	Naomi Geidel, Kyley Weinberger, Sheila Cihal, Audrey Reiter	12:42.73	4-19-97 Grinnell
4.	Jennifer Nikkila, Angela Matthews, Tanya Kanengieter, Micah Dubbs	12:48.99	4-24-04 Drake Relays
5.	Corrine Parker, Angy Tussing, Amy Tussing, Dawn Mueller	12:54.22	4-10-92
6.	Audrey Reiter, Sheila Cihal, Amy Luft, Naomi Geidel	13:07.50	4-20-96 Grinnell

HIGH JUMP:

1.	Bonnie Jelinek Zoey Walker	5'6		5-12-86 3-28-24 Central Dutch Invite 5-4-24 GPAC Northwestern (Heptathlon)
2.	Mackenzie Koepke	5'5 ¾	1.67m	4-6-19 Concordia Invite 4-18-21 Jim Dutcher Memorial
3.	Amy Richert	5'5 ¾	1.67m	5-1-21 GPAC Concordia (Heptathlon)
4.	Hannah Newton	5'5 ¾	1.66m	4-29-23 Prairie Wolf Invite
5.	Allison Brooks	5'5		5-12-17
6.	Addie Reimer	5'5	1.65m	4-27-24 Doane Invite
7.	Dawn Farden	5'4 ¼		4-6-91 NWMSU
8.	Lori Gieck	5'4		5-5-78
9.	Bonnie Stehlik	5'4		5-5-82
10.	Dorris Benson	5'4		5-5-85
11.	Rhonda Weber	5'4		5-9-92
12.	Paige Getz	5'3 ¾	1.62m	5-3-14 GPAC Doane (Heptathlon)
13.	Marykae Christensen	5'3		4-18-01 Concordia
14.	Jericca Pearson	5'3		5-5-12 GPAC NWU
15.	Kara Stark	5'3		3-30-18 Alex Francis Classic - FHSU
16.	Ally Glaser	5'2 ½	1.59m	4-20-19 Doane Jim Dutcher Memorial
17.	Sophie Hoelz	5'2 ½	1.59m	4-20-19 Doane Jim Dutcher Memorial
18.	Grace Reimer	5'2 ½	1.59m	4-23-22 Jim Dutcher Memorial
19.	Karissa Segelke	5'2 ½	1.59m	4-18-15 Doane Jim Dutcher Memorial
20.	Amanda Steinke	5'2 ¼	1.58m	5-2-15 GPAC Dordt (Heptathlon)
21.	Amy Wolf	5'2 ¼		4-23-23 Doane Jim Dutcher Memorial (Heptathlon)
22.	Angie Christensen	5'2		5-3-08 GPAC Morningside 3-28-98 Concordia Inv
23.	Kristina Anderson	5'2		4-12-03 Concordia In 4-7-04 Concordia Inv
24.	Claire Cornell	5'1 ¾	1.56m	4-20-19 Doane Jim Dutcher Memorial (Heptathlon)
25.	Lydia Pomeranke	5'1 ¾	1.56m	5-3-14 GPAC Doane (Heptathlon)
26.	Montana Hayes	5'1 ¾	1.56m	5-3-14 GPAC Doane (Heptathlon)
27.	Ava Bartels	5'1	1.55m	4-20-24 Jim Dutcher Memorial 4-23-23 Doane Jim Dutcher Memorial (Heptathlon)
28.	Faith Espinosa	5'1	1.55m	3-28-24 Central Dutch Invite 4-27-24 Doane Invite

29. Sandy Kirchner	5'1		5-16-01 Concordia Twilight 5-5-01 GPAC NWU
30. Kimberly Schropfer	5'1	1.55m	4-23-23 Doane Jim Dutcher Memorial 5-12-23 Concordia Twilight 4-27-24 Doane Invite
31. Katie Rich	5'0 ½	1.54m	5-1-10 GPAC Hastings (Heptathlon) 5-29-10 NAIA Natls (Heptathlon)
32. Keyna Kobza	5'0 ¾		2005
33. Stephanie Kohlwey	5'0		2005
34. Sandy Fluegge	5'0		5-12-82
35. Keven Nienhueser	5'0		5-12-82
36. Faith Burger	5'0		4-11-87 Bronco Invite

TRIPLE JUMP:

1. Charista Zehnder	38'9 ½	11.82m	4-17-10 Doane Relays
2. Jericca Pearson	38'4		5-26-13 NAIA Natls Marion, IN (9 th)
3. Leah Larson	38'3 ½	11.67m	4-27-19 Blizzard Buster
4. Katelyn Shoup	38'3 ¼		4-12-14 Concordia Invite
5. Josi Noble	38'1 ½	11.62m	4-13-24 South Dakota Challenge
6. Taylor Moes	37'9 ¼	11.51m	5-14-21 Concordia Twilight
7. Jessica Deterding	37'7 ¼		4-28-18 Blizzard Buster
8. Renae Beikman	37'7		4-9-93 Hastings Inv
9. Dawn Farden	37'5 ¼		5-8-93 NIAC
10. Hayley Miles	37'3 ¼	11.36m	5-10-24 Concordia Twilight
11. Cora Olson	36'6 ¾	11.14m	5-1-21 GPAC Concordia
12. Jill Pfeifer	36'5 ¼		4-21-07 Doane Relays
13. Greta Corneliusen	35'11 ¼	10.95m	5-10-24 Concordia Twilight
14. Holly Halambeck	35'10 ¾		4-5-08 Wayne State Classic
15. Laura Skerjanc	35'10 ½		5-1-04 GPAC Doane
16. Maire Lavicky	35'8		4-21-99 Hastings
17. Katie Severt	35'6 ¾	10.84m	5-7-22 GPAC Doane (4 th)
18. Averie Lambrecht	35'5 ¼	10.80m	5-1-21 GPAC Concordia
19. Christine Pfeifer	35'5 ¼		5-7-10 Concordia Twilight
20. Amber Burklund	35'5		5-2-98 NIAC Concordia
21. Jill Schroeder	35'3 ¾		5-2-15 GPAC Dordt
22. Elena Batenhorst	35'3 ¼	10.75m	4-13-24 South Dakota Challenge
23. Paige Hemmer	35'3 ¼		4-21-12 NWU Invite
24. Tracy Peitz	35'3 ¼		4-25-13 NWU Open
25. Alivia Weathers	35'3 ¼	10.75m	5-12-23 Concordia Twilight
26. Gabby Diamond	35'2	10.72m	5-7-22 GPAC Doane (6 th)
27. Rene Dinkel	35'0		5-16-01 Concordia Twilight
28. Laura Bogenhagen	34'9		4-1-06 Dana
29. Krynn Ekart	34'8		4-14-00 Concordia Inv
30. Sarah Allen	34'1 ½		4-28-18 Blizzard Buster
31. Amanda Steinke	33'8	10.26m	4-28-22 Prairie Wolf Invite
32. Susan Dugan	33'7 ¾		4-31-01 Doane Relays
33. McKenna Kaskie	33'7 ½"		4-5-18 Concordia Invite
34. Lisa Onnen	33'7 ¼		4-21-07 Doane Relays
35. Kierstyn Besel	33'6 ½		5-10-13 Concordia Twilight
36. Keri Bauer	33'6	10.21m	4-20-19 Doane Jim Dutcher Memorial
37. Allison Raders	33'5 ¼		5-7-05 GPAC Dana
38. Kristina Anderson	33'3 ¾		4-7-04 Concordia Inv
39. Amy Warneke	33'3 ¾		5-3-03 GPAC Northwestern
40. Christel Stuhr	33'3 ½		4-21-93 Pre-Drake
41. Gemma SeEVERS	33'1 ¾	10.10m	4-2-21 Bronco Invite
42. Nicole Daum	33'1 ¼	10.09m	4-13-19 Mid West Quad – Grand View
43. Sarah Heck	33'0 ½	10.07m	4-2-21 Bronco Invite
44. Amanda Dechant	32'11 ¼		4-25-13 NWU Open
45. Rebecca Rusnak	32'9 ½		2002
46. Heather Siefken	32'7 ¾		2001
47. Bonnie Stehlik	32'6 ½		5-5-85 Doane
48. Brittnie Besel	31'5 ¾		3-29-09 Hastings
49. Nancy Weber	30'6 ½		5-5-85 Doane

LONG JUMP:

1. Carol Bailey	19'6 ¾	5-2-87 NIAC
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2.	Charista Zehnder	19'5 ½		5-8-09 Concordia Twilight
3.	Claire Cornell	18'10 ¾	5.76m	4-6-19 Concordia Invite
4.	Jill Pfeifer	18'10		4-16-07 Wayne State Classic
5.	Jessica Deterding	18'9	5.71m	4-27-19 Blizzard Buster
6.	Cora Olson	18'5 ¼	5.62m	4-23-22 Jim Dutcher Memorial
7.	Hayley Miles	18'4 ½	5.60m	5-13-23 Loper Twilight
8.	Amy Richert	18'3 ¾	5.58m	4-18-21 Jim Dutcher Memorial (Heptathlon)
9.	Emily Loy	18'3 ¼	5.57m	4-10-21 Concordia Invite
10.	Kiki Nyanok	18'3 ¼	5.57m	5-14-21 Concordia Twilight
				4-6-24 Concordia Invite
11.	Katie Severt	17'10 ¾	5.45m	5-4-24 GPAC Northwestern (3 rd)
				5-1-21 GPAC Concordia
12.	Natalya Wells	17'9 ½	5.42m	5-7-22 GPAC Doane (4 th)
13.	Jamey Broman	17'9	5.41m	4-10-21 Concordia Invite
14.	Leah Larson	17'8 ¼		4-18-21 Jim Dutcher Memorial
15.	Sara Simmons	17'8		4-28-18 Blizzard Buster
16.	Renae Beikman	17'7		5-11-12 Concordia Twilight
17.	McKenzie Gravo	17'6 ¾		4-21-93 Pre-Drake
18.	Josi Noble	17'6 ¾	5.35m	5-7-16 GPAC Hastings (5 th)
19.	Brittnie Besel	17'6 ¼	5.34m	5-12-23 Concordia Twilight (Heptathlon)
20.	Lydia Pomeranke	17'6		5-8-09 Concordia Twilight
21.	Kellie Rhodes	17'6	5.33m	5-10-13 Concordia Twilight
22.	Tracy Peitz	17'5 ½		4-6-24 Concordia Invite
23.	Dawn Farden	17'5 ¼		4-25-13 NWU Open
24.	Sloan Brandon	17'4 ¾		4-28-91 LTC
25.	Paige Hemmer	17'4 ¼		4-16-11 Concordia Invite
26.	Jill Schroeder	17'3 ½		5-4-13 GPAC Concordia
27.	Gabby Diamond	17'3 ¼	5.26m	4-23-16 Doane Jim Dutcher Memorial
28.	Katelyn Shoup	17'2 ¼		4-10-21 Concordia Invite
29.	Lisa Onnen	17'2	5.23m	5-2-15 GPAC Dordt
30.	Sarah Heck	17'2	5.23m	5-12-06 Concordia Twilight
31.	Amanda Steinke	17'1 ½	5.22m	4-27-19 Blizzard Buster
32.	Skylar Kreifels	17'0 ¾	5.20m	4-15-23 Concordia Invite (indoors)
33.	Joyce Dirks	16'11 ¾		4-10-21 Concordia Invite
34.	Paige Getz	16'11 ½		5-12-80
35.	Taylor Moes	16'11 ¼	5.16m	4-23-15 NWU Spring Open
36.	Josie Puelz	16'11 ¼	5.16m	4-18-21 Jim Dutcher Memorial
37.	Kennedy Mogul	16'10 ¾	5.15m	5-10-24 Concordia Twilight
38.	Katie Rich	16'10		3-30-18 Alex Francis Classic - FHSU
39.	Amanda Dechant	16'10		5-14-10 Doane Tune-up
40.	Bonnie Stehlik	16'9 ½		4-25-13 NWU Open
41.	Kierstyn Besel	16'9 ¼		5-10-85
42.	Elena Batenhorst	16'8 ¾	5.10m	5-10-13 Concordia Twilight
43.	Emma Kucera	16'8 ¾	5.10m	4-15-23 Concordia Invite (indoors)
44.	Danielle Masur	16'8 ¾		4-6-24 Concordia Invite
45.	Christine Pfeifer	16'8 ½		5-11-12 Concordia Twilight
46.	Sophia Hoelz	16'7 ¾		3-28-10 Hastings
47.	Anna Beune	16'7 ¼		4-8-17 Concordia Invite
48.	Rene Dinkel	16'7		4-28-16 NWU Spring Invite
49.	Amber Burklund	16'6 ½		5-16-01 Concordia Twilight
50.	Krynn Ekart	16'6		4-26-98 NWU Open
51.	Lorie Gieck	16'6		4-14-00 Concordia Inv
52.	Bonnie Jelinek	16'6		5-5-79
53.	Averie Lambrecht	16'5 ¾	5.02m	5-12-76
54.	Brianna Quinn	16'5 ¾	5.02m	4-2-21 Bronco Invite
55.	Taylor Meyer	16'4 ½	4.99m	4-13-24 South Dakota Challenge
56.	Jericca Pearson	16'4 ½		4-7-23 Central College Dutch Invite
57.	Holly Wagner	16'4		3-31-12 Wayne State
58.	Bonita Malone	16'4		5-1-80
59.	Stephanie Beberniss	16'3 ¾	4.97m	5-1-80
60.	Rebecca Rusnak	16'3 ¾	4.97m	2003
61.	Amanda Steinke	16'3 ¾	4.97m	4-12-03 Concordia Invite
62.	Susan Dugan	16'3		4-23-22 Jim Dutcher Memorial
63.	McKenna Kaskie	16'2 ¼		4-28-00 Hastings Inv
64.	Linda Wesche	16'2 ¼		4-22-18 Jim Dutcher Invite
				5-12-76

POLE VAULT:

1.	Josie Puelz	13'7 ¼	4.15m	5-1-21 GPAC Concordia (1 st)
2.	Allison Brooks	12'9 ½		4-29-17 Drake Relays (7 th)
3.	McKenzie Gravo	12'8		4-21-17 Sioux City Relays
4.	Erin Mapson	12'7 ½	3.85m	4-2-21 Bronco Invite 5-1-21 GPAC Concordia
5.	Cassandra Starks	12'6 ¼		4-11-15 Concordia Invite (1 st)
6.	Steph Beberniss	12'6"		4-26-03 Drake Relays
7.	Michelle Anderson	12'5		5-11-07 GPAC Concordia
8.	Cynthia Mick	12'3 ½		5-23-15 NAIA Natls Gulf Shores, AL (2 nd)
9.	Shelby Yelden	12'2		5-3-14 GPAC Doane (1 st)
10.	Katie Andreasen Wright	11'11 ¾		5-24-03 NAIA Natls Olathe, KS (2 nd)
11.	Amira Cummings	11'11 ¾	3.65m	5-14-22 Loper Twilight
12.	Erin Eitzman	11'9 ¾	3.60m	5-26-07 NAIA Natls Fresno, CA
13.	Kamala Moore	11'9 ¾	3.60m	3-30-13 Wayne State Wildcat Classic
14.	Tristen Mosier	11'9 ¾	3.60m	4-6-19 Concordia Invite 5-23-19 NAIA Natls Gulf Shores, AL (8 th)
15.	Kellie Fegter	11'9		5-7-10 Concordia Twilight 5-29-10 NAIA Natls Marion, IN (17 th)
16.	Amanda Fosler	11'8		5-12-06 Concordia Twilight
17.	Erin Boggs	11'7 ¾	3.55m	5-12-23 Concordia Twilight
18.	Sydney Reichert	11'7 ¾	3.55m	5-10-24 Concordia Twilight 4-15-23 Concordia Invite (indoors)
19.	Kayla Svoboda	11'7 ¾	3.55m	5-12-23 Concordia Twilight 5-13-23 Loper Twilight
20.	Ashlee Brown	11'7		4-21-12 NWU Invite
21.	Lindsey (Aurich) Flaten	11'6		2005
22.	Anna Baack	11'1 ¾	3.40m	5-7-21 Bronco Last Chance
23.	Rianne Gross	11'1 ½		3-28-15 Wayne State Wildcat Classic
24.	Jacee Pfeifer	10'11 ¾	3.35m	5-4-19 GPAC @ Mt. Marty (5 th)
25.	Andrea Anderson	10'9"		4-23-15 NWU Spring Open
26.	Abby Shay	10'8 ¾	3.26m	4-18-21 Jim Dutcher Memorial
27.	Lindsay Anderson	10'6 ¼		4-25-13 NWU Open
28.	Kristen Peters	10'6	3.20m	4-29-05 NWU Twilight
29.	Casey Eberth	10'2	3.10m	4-27-17 Prairie Wolf Invite
30.	Fallon Kostbahn	10'2	3.10m	5-9-14 Concordia Twilight
31.	Alivia Weathers	10'2	3.10m	4-1-23 UNK Central Nebraska Challenge
32.	Cassie Peatrowsky	10'2	3.10m	5-4-24 GPAC Northwestern
33.	Allison Pinkall	10'0	3.05m	5-4-19 GPAC @ Mt. Marty
34.	Heather McCracken-Pastirchak	9'10 ½		4-28-16 NWU Spring Invite
35.	Jaime Loos	9'10"	3.00m	5-6-06 GPAC Midland Lutheran
36.	Aliana McNair	9'10	3.00m	4-6-24 Concordia Invite
37.	Breeann Klute	9'9		5-11-07 GPAC Concordia
38.	Stephanie Aurich	9'8		5-9-14 Concordia Twilight
39.	T. Remkea Ocklander	9'2 ¼		4-1-00 NWMSU
40.	Amber Burklund	9'2 ¼		5-23-98 NAIA Natls
41.	Ellee VanBuskirk	9'1 ½	2.78m	4-28-22 Prairie Wolf Invite
42.	Montana Hayes	9'0 ¾		3-31-12 Wayne State
43.	Alexa Williams	9'0 ¾	2.75m	4-20-19 Doane Jim Dutcher Memorial
44.	Andrea Domeier	9'0"		4-22-06 Doane Relays

JAVELIN:

1.	Elizabeth Stottlemyre	167'2	50.95m	5-28-21 NAIA Natls – Gulf Shores, AL (1 st -National Champion)
2.	Elizabeth King	166'11		5-9-14 Concordia Twilight
3.	Phyllis Luedders	145'9		5-12-79
4.	Leah Ohlrich	145'7		5-13-98 Concordia Invite
5.	Darcy Lindner	141'4		5-24-91 NAIA Natls
6.	Katricia Svoboda	141'0		5-27-17 NAIA Natls Gulf Shores, AL (5 th)
7.	Debbie Gians	139'6		5-18-88 UNL
8.	Nancy Asche	138'8		5-5-83
9.	Gretchen Stottlemyre	136'6	41.60m	5-24-24 NAIA Natls @ Marion, IN (8 th)
10.	Bonnie Stehlik	135'0		5-4-84
11.	Sydney Meyer	134'6		4-22-17 Jim Dutcher Invite
12.	Jasmine Eickhoff	134'5		5-6-17 GPAC Midland
13.	Tracy Larson	130'5 ½		5-16-01 Concordia Twilight
14.	Marlee Denton	129'6		4-25-12 UNL Mini-Meet

15. Steph Schilke	128'0		5-4-96 NIAC
16. Katie Rich	127'3		5-11-12 Concordia Twilight
17. Lydia Pomeranke	125'5		5-24-14 NAIA Natls Gulf Shores, AL (Heptathlon)
18. Deb Fitzpatrick	125'4		5-12-76
19. Sara Simmons	124'10		5-3-14 GPAC Doane (Heptathlon)
20. Jessica Deterding	120'10	36.84m	4-20-19 Doane Jim Dutcher Memorial (Heptathlon)
21. Abi Wohlgemuth	120'1	36.60m	4-23-23 Doane Jim Dutcher Memorial
22. Nicole Perry	119'5		4-23-16 Doane Jim Dutcher Memorial
23. Susan Dugan	118'3		5-6-00 NIAC Hastings
24. Kali Robb	117'8		4-18-15 Doane Jim Dutcher Memorial
25. Morgan De Jong	117'6		5-5-18 GPAC Morningside
26. Mariah Huneke	117'4		4-14-17 Grand View Univ Quad
27. Suzanne Stark	117'4		5-12-90 NAIA Districts
28. Emily Loy	116'7	35.54m	5-28-21 NAIA Natls – Gulf Shores, AL (Heptathlon)
29. Josi Noble	116'7	35.55m	5-29-23 NAIA Natls Marion, IN (Heptathlon)
30. Alayna Kavanaugh	116'6		4-11-15 Concordia Invite
31. Amy Richert	115'11	35.33m	4-20-24 Jim Dutcher Memorial (Heptathlon)
32. Emma Kucera	115'3	35.12m	5-24-24 NAIA Natls @ Marion, IN (Heptathlon)
33. Ashlee Brown	114'11		5-4-24 GPAC Northwestern
34. Anna Beune	114'0		3-31-12 Wayne State
35. Randi Hill	112'6		4-23-16 Doane Jim Dutcher Memorial (Heptathlon)
36. Isabella Schreckengost	112'1	34.16m	5-5-80
37. Mackenzie Ferrell	110'2	33.59m	4-15-23 Concordia Invite
38. Carlene Gebhardt	110'1		4-2-22 Central Nebraska Challenge (UNK)
			5-12-76

DISCUS THROW:

1. Steph Schilke	165'11		5-23-98 NAIA Natls (1 st)
2. Adrianna Shaw	164'11	50.26m	5-1-21 GPAC Concordia
3. Stephanie Coley	160'11		5-13-16 NWU Outdoor Invite
4. Erin Painter	159'11	48.75m	4-2-21 Bronco Invite
5. Katricia Svoboda	158'4		4-8-17 Concordia Invite
6. Alli Owings	156'8	47.75m	4-23-22 Jim Dutcher Memorial
7. Bethany Shaw	154'5	47.08m	5-1-21 GPAC Concordia
8. Sara Huss	152'7	46.51m	4-23-22 Jim Dutcher Memorial
9. Jami Hadwiger	152'03		5-1-99 NIAC Midand Lutheran
10. Kali Robb	152'2		5-28-16 NAIA Natls Gulf Shores AL (6 th)
11. Kathy Gottberg	151'5		4-1-89 NWMSU
12. Kattie Cleveland	150'5		4-4-15 UNK Loper Invite
13. Carley Weisser (Skorepa)	150'3	45.80m	4-27-19 Blizzard Buster
14. Sara Retzlaff	148'3		5-11-12 Concordia Twilight
15. Samantha Liermann	148'0	45.12m	5-10-19 Concordia Twilight
16. Jan Steinbrueck	147'4		4-8-17 Concordia Invite
17. Brandy Zarek	147' ½		4-29-05 NWU Twilight
18. Carley Skorepa	146'3		4-26-18 Prairie Wolf Invite
19. Emma Lloyd	145'6	44.36m	5-11-18 Concordia Twilight
20. Morgan De Jong	145'5	44.32m	5-12-23 Concordia Twilight
21. Nancy Asche	145'4		4-2-21 Bronco Invite
22. Brittany Erdmann	143'10		5-20-81 NAIA Natls
23. Carly Stokebrand	143'6		5-9-14 Concordia Twilight
24. Jacy Embray	142'10		4-10-10 Concordia Invite
25. Olivia Buschow	141'6	43.14m	4-8-17 Concordia Invite
26. Amy Migl	140'7		4-2-21 Bronco Invite
27. Sarah Ragland	138'11	42.34m	5-12-17 Concordia Twilight
28. Amy (Sandefur) Baller	137'2		4-2-21 Bronco Invite
29. Johanna Ragland	137'2		4-24-10 Hastings (GPAC last chance)
30. Zoe Cluster	136'8		4-6-19 Concordia Invite
31. Tierra Hubbard	136'8		5-5-85
32. Christina Lark	136'5		4-2-10 Concordia Open
33. Leslie Norris	135'1		2005
34. Abigail Gerber	133'5	40.67m	4-12-96 Hastings
35. Katelynn Butts	133'2		5-4-24 GPAC Northwestern
36. Elle Luehr	132'0	40.23m	4-26-12 NWU – Concordia Dual
37. Karen Brookens	131'2		4-25-19 Prairie Wolf Invite
38. Marlee Denton	129'0		4-18-87 Doane
39. Trisha Ragland	128'11		5-7-11 GPAC Northwestern
			5-9-92

40. Katie Werner	128'7		4-19-08 Doane Relays
41. Jenna Engel	126'2		4-16-07 Wayne State Classic
42. Amber Tiedeman	125'7		2002
43. Nicole Hass	124'8		4-25-12 UNL Mini-Meet
44. Jamie Crouse	124'2	37.86m	4-25-12 UNL Mini-Meet
45. Elle Luehr	124'2	37.86m	4-2-21 Bronco Invite
46. Sydney Meyer	123'10		4-24-14 NWU Spring Open
47. Leah Mussell	123'4		4-8-17 Concordia Invite
48. Courtney Koepke	123'3		4-2-11 Hastings (Bronco Relays)
49. Kalee Brosius	123'1	37.53m	4-27-24 Doane Invite
50. Mariah Huneke	122'10		3-25-17 Wildcat Classic
51. Michelle Kruger	121'2		5-12-90 NAIA Districts
52. Jordyn Anderson	120'9	36.81m	4-20-19 Doane Jim Dutcher Memorial
53. Leah Mussell	120'9	36.81m	4-28-16 NWU Spring Invite
54. Hannah Krenz	120'3		2002
55. Emily Agena	120'0	36.59m	4-23-22 Jim Dutcher Memorial
56. Amanda Dechant	119'11		5-4-13 GPAC Concordia
57. Aliyah Sinn	119'9	36.49m	4-27-24 Doane Invite
58. Debbie Gians	119'6		4-27-88 Kearney

SHOT PUT:

1. Samantha Liermann	50'8 ¼	15.45m	5-25-18 NAIA Natls Gulf Shores, AL (2 nd)
2. Tierra Hubbard	50'2		5-29-10 NAIA Natls Marion, IN (2 nd)
3. Kali Robb	49'5		5-7-16 GPAC Hastings (1 st)
4. Adrianna Shaw	49'4 ¼	15.04m	5-1-21 GPAC Concordia
5. Stephanie Coley	48'7		5-27-16 NAIA Natls Gulf Shores AL (4 th)
6. Katie Rich	48'2		5-11-12 Concordia Twilight
7. Lauren Eickemeyer	48'0 ½		5-5-12 GPAC NWU
8. Abigail Gerber	47'8	14.53m	4-20-24 Jim Dutcher Memorial
9. Brittany Erdmann	47'6 ½		5-11-12 Concordia Twilight
10. Amber Tiedeman	46'11		2004 Mid-States Meet
11. Katie Werner	46'2 ¾		5-24-08 NAIA Natls Edwardsville, IL
12. Kathy Gottberg	45'9 ¾		5-25-89 NAIA Natls
13. Jordyn Anderson	45'9 ¼	13.95m	5-28-21 NAIA Natls – Gulf Shores, AL (4 th)
14. Johanna Ragland	45'9 ¼	13.95m	5-24-19 NAIA Natls Gulf Shores, AL (8 th)
15. Jamie Crouse	45'6 ½		4-25-13 NWU Open
16. Leslie Norris	45'5 ½		5-4-96 NIAC
17. Brandy Zarek	45'3		5-13-05 Concordia Twilight
18. Steph Schilke	44'9 ½		5-2-98 NIAC Concordia
19. Kamryn Pokorney	44'8	13.61m	5-4-24 GPAC Northwestern
20. Elle Luehr	44'5 ½	13.55m	4-2-21 Bronco Invite
21. Karen Brookens	44'3		5-20-84 NAIA Natls
22. Jodi Fry	43'8 ½		4-28-18 Blizzard Buster
23. Jasmine Eickhoff	43'5		5-12-17 Concordia Twilight
24. Alli Owings	43'1 ¾	13.15m	4-9-22 Concordia Invite
25. Sara Retzlaff	42'7		5-7-10 Concordia Twilight
26. Jacy Embray	42'2		4-22-17 Jim Dutcher Invite
27. Jessica Wolzen	41'2 ½		5-4-96 NIAC
28. Carly Stokebrand	40'9 ¾		4-17-10 Doane Relays
29. Beth Riemersma	40'8 ¾		5-2-98 NIAC Concordia
30. Nicole Hass	40'8 ¾		4-21-12 NWU Invite
31. Erin Painter	40'3 ½	12.28m	3-26-21 Grandview Viking Relays
			3-26-22 Doane Icebreaker
			4-15-22 Loper Invite
32. Sherri Peters	39'11		4-11-89 Wayne
33. Brittni Kinne	39'8	12.09m	4-13-24 South Dakota Challenge
34. Kailey Randall	39'7	12.06m	3-25-23 Grand View Viking Relays
35. Abi Wohlgemuth	39'6 ½	12.05m	4-23-22 Jim Dutcher Memorial
36. Faith Riggle	39'6	12.04m	4-15-23 Concordia Invite
37. Samantha Thompson	39'3 ¾	11.98m	4-22-21 Prairie Wolf Invite
38. Trisha Ragland	39'2		4-18-92
39. Bethany Shaw	39'0 ½	11.90m	4-25-19 Prairie Wolf Invite
40. Jami Hadwiger	38'10		1997
41. Morgan De Jong	38'9 ½	11.82m	5-7-22 GPAC Doane
42. Tasha Osten	38'9		4-2-05 Dana
43. Deb Fitzpatrick	38'6 ¾		5-5-76
44. Marissa Heins	38'6	11.73m	4-27-24 Doane Invite

45. Katelynn Butts	38'4 ¼	4-21-11 NWU Invite
46. Hannah Krenz	38'3	5-4-02 GPAC Concordia
47. Debbie Gians	38'0	4-16-88 Hastings

HAMMER THROW:

1. Jamie Crouse	190'5	4-13-13 Concordia Invite
Kali Robb		4-8-17 Concordia Invite
2. Elizabeth King	189'10	5-2-15 GPAC Dordt (1 st)
3. Adrianna Shaw	188'5	5-1-21 GPAC Concordia (1 st)
4. Sarah Ragland	183'0	5-14-21 Concordia Twilight
5. Stephanie Coley	181'11	4-2-16 Hastings (Bronco Relays)
6. Kattie Cleveland	181'9	4-9-16 Concordia Invite
7. Sydney Meyer	179'3	4-8-17 Concordia Invite
8. Sara Retzlaff	179'3	5-26-12 NAIA Natls Marion, IN (3 rd)
9. Samantha Liermann	177'10	4-6-19 Concordia Invite
10. Morgan De Jong	176'4	4-15-22 Loper Invite
11. Kamryn Pokorney	175'6	5-6-24 GPAC Dordt
12. Johanna Ragland	175'0	5-4-19 GPAC @ Mt. Marty (2 nd)
13. Carly Stokebrand	174'2	5-1-10 GPAC Hastings
14. Tierra Hubbard	173'3	3-28-10 Hastings
15. Abi Wohlgemuth	172'10	5-11-24 UNK Twilight
16. Carley Skorepa	172'9	5-5-18 GPAC Morningside
17. Katricia Svoboda	171'8	4-22-17 Jim Dutcher Invite
18. Amy (Sandefur) Baller	170'6	4-17-10 Doane Relays
19. Abigail Gerber	170'3	5-10-24 Concordia Twilight
20. Brittany Erdmann	170'0	4-11-15 Concordia Invite
21. Katricia Svoboda	169'9	4-8-17 Concordia Invite
22. Alli Owings	169'0	5-12-23 Concordia Twilight
23. Christina Lark	166'6	4-26-07 UNK Twilight
24. Bethany Shaw	166'6	4-22-21 Prairie Wolf Invite
25. Nicole Perry	165'4	4-9-16 Concordia Invite
26. Madison Holt	165'3	3-30-18 Alex Francis Classic - FHSU
27. Mackenzie Ferrell	164'4	4-2-22 Central Nebraska Challenge (UNK)
28. Brandy Zarek	163'9	4-23-05 Doane Relays
29. Katie Werner	161'4	5-9-08 Concordia Twilight
30. Erin Painter	161'2	4-23-22 Jim Dutcher Memorial
31. Lauren Eickemeyer	160'4	3-31-12 Wayne State
32. Marlee Denton	157'6	5-5-12 GPAC NWU
33. Mariah Huneke	152'9	4-28-18 Blizzard Buster
34. Allison Wiebe	152'2	4-8-17 Concordia Invite
35. Courtney Covington	150'5	5-13-23 Loper Twilight
36. Jacy Embray	150'3	4-8-17 Concordia Invite
37. Marissa Heins	149'6	5-4-24 GPAC Northwestern
38. Courtney Koepke	149'1	4-21-12 NWU Invite
39. Katelyn Butts	148'2	5-5-12 GPAC NWU
40. Jodi Fry	145'11	4-28-18 Blizzard Buster
41. Elle Luehr	145'10	4-10-21 Concordia Invite
42. Emily Agena	145'0	4-22-21 Prairie Wolf Invite
43. Amber Tiedeman	144'10	2003??
44. Jordyn Anderson	143'2	4-10-21 Concordia Invite
45. Morgan Eggert	142'8	4-28-16 NWU Spring Invite
46. Jan Steinbrueck	142'5	4-8-17 Concordia Invite
47. Brittni Kinne	139'7	5-4-24 GPAC Northwestern
48. Amy Migl	138'4	4-28-18 Blizzard Buster
49. Tasha Osten	137'7	4-29-07 UNL Open
50. Emma Lloyd	137'5	4-1-23 UNK Central Nebraska Challenge
51. Olivia Buschow	136'8	4-10-21 Concordia Invite
52. Faith Riggle	134'10	3-25-23 Grand View Viking Relays
53. Laura Riley	132'5	4-2-21 Bronco Invite
54. Leah Elmshouser	132'1	4-15-06 UNL Invite
55.	131'3	(Tasha's old mark)

HEPTATHLON:

1. Emily Loy	4733	5-28-21 NAIA Natls Gulf Shores, AL (5 th)
2. Amy Richert	4708	5-28-21 NAIA Natls Gulf Shores, AL (6 th)
3. Jessica Deterding	4707	4-20-19 Doane Jim Dutcher Memorial

4.	Lydia Pomerence	4671	5-24-14 NAIA Natls Gulf Shores, AL (5 th)
5.	Josi Noble	4655	5-4-24 GPAC Northwestern (1 st)
6.	Sara Simmons	4621	5-24-14 NAIA Natls Gulf Shores, AL (6 th)
7.	Katie Rich	4336	5-29-10 NAIA Natls Marion, IN (13 th)
8.	Kennedy Mogul	4314	5-5-18 GPAC Morningside (3 rd)
9.	Bonnie Stehlik	4251	5-12-85 Kansas Wes.
10.	Zoey Walker	4246	5-4-24 GPAC Northwestern (3 rd)
11.	Kenya Kobza	4203	4-16-04 Doane Multi-Event
12.	Karissa Segelke	4185	5-2-15 GPAC Dordt (5 th)
13.	Emma Kucera	4128	4-20-24 Jim Dutcher Memorial
14.	Paige Getz	4061	5-3-14 GPAC Doane (6 th)
15.	Claire Cornell	4048	4-20-19 Doane Jim Dutcher Memorial
16.	Amanda Steinke	4040	4-23-23 Doane Jim Dutcher Memorial
17.	Elena Batenhorst	4036	4-20-24 Jim Dutcher Memorial
18.	Montana Hayes	4018	5-3-14 GPAC Doane (7 th)
19.	Faith Espinosa	3997	4-23-23 Doane Jim Dutcher Memorial
20.	Kierstyn Besel	3941	5-3-14 GPAC Doane (8 th)
21.	Anna Beune	3924	5-6-17 GPAC Midland
22.	Sandy Fluegge	3886	4-16-82
23.	Sophie Hoelz	3835	5-6-17 GPAC Midland
24.	Kaylee Boyle	3816	5-7-22 GPAC Doane (6 th)
25.	Josie Puelz	3767	5-4-24 GPAC Northwestern
26.	Natalya Wells	3737	4-18-21 Jim Dutcher Memorial
27.	Bonita Malone	3728	4-15-81
28.	Julie Aufdemberge	3728	4-15-81
29.	Isabelle Salters	3692	5-6-24 GPAC Dordt
30.	Addie Reimer	3635	4-20-24 Jim Dutcher Memorial
31.	Allison Brooks	3625	4-20-19 Doane Jim Dutcher Memorial
32.	Alivia Weathers	3591	4-23-23 Doane Jim Dutcher Memorial
33.	Ericka Fischer	3565	5-2-15 GPAC Dordt (8 th)
34.	Keven Nienhueser	3557	4-16-82
35.	Myria Knapp	3454	5-5-12 GPAC NWU
36.	Sloan Brandon	3401	5-7-11 GPAC Northwestern
37.	Christine Pfeifer	3320	5-1-10 GPAC Hastings
38.	Lisa Onnen	3184	4-16-04 Doane Multi-Event
39.	Gabby Diamond	3124	5-13-22 Concordia Twilight
40.	Sue Phipps	2930	5-9-87 NAIA Districts

3000 METER RACEWALK:

1.	Emily Hansen	15:33.90	5-8-08 Concordia Twilight
2.	Jamie Burmeister	17:38.19	5-13-05 Concordia Twilight
3.	Rachel Kettner	18:10.46	3-21-09 Central Methodist Univ.
4.			

5000 METER RACEWALK:

In 2010, NAIA National race walk for the women was increased to a 5k.

1.	Lauren Dawson	28:33.68	5-12-23 Concordia Twilight
2.	Rachel Kettner	32:11.29 (handheld)	4-10-10 Concordia Invite
3.	Peyton Gissler	33:07.83	4-15-23 Concordia Invite
4.	Abby Protzman	34:57.29	4-14-17 Grand View Univ Quad
5.	Emily Wetzel	37:51.53	4-14-17 Grand View Univ Quad
6.			

CONCORDIA UNIVERSITY WOMEN'S OUTDOOR TRACK & FIELD RECORDS:

[Updated as of 5-10-2024]

100 Meter Dash	Carol Bailey	11.52		1989
200 Meter Dash	Carol Bailey	23.52		5-27-89 NAIA Natls
400 Meter Dash	Carol Bailey	53.20		5-17-89 UNL
800 Meter Run	Kimberly Wood	2:09.66		5-8-15 Concordia Twilight
1500 Meter Run	Kylahn Freiberg	4:31.08		5-24-24 NAIA Natls @ Marion, IN (Prelims)
3000 Meter Run	Kylahn Freiberg	9:54.40		3-28-24 Central Dutch Invite
3000 Meter Steeplechase	Kelly Waterman**	10:50.01		5-28-05 NAIA Natls
	Angela Matthews**	11:02.43		4-23-05 Doane Relays
3000 Meter Race Walk	Emily Hansen	15:33.90		5-8-08 Concordia Twilight
5000 Meter Race Walk	Lauren Dawson	28:33.68		5-12-23 Concordia Twilight
5000 Meter Run	Amy Luft	17:23.24		4-4-98 NWMSU
10,000 Meter Run	Sarah Kortze	36:33.47		4-25-13 Drake Relays
100 Meter Hurdles	Adrianna Rodencal	13.65		5-10-24 Concordia Twilight
400 Meter Hurdles	Jordan Koepke	59.90		5-7-22 GPAC Doane 1 st (GPAC Record)
4x100 Meter Relay	Rachel Battershell, Kayla Kirchner Kellie Rhodes, Adrianna Rodencal	47.40		5-6-23 GPAC Dordt (1 st – GPAC Champions)
4x200 Meter Relay	Jenna Esch, Kayla Kirchner Jordan Koepke, Adrianna Rodencal	1:40.76		4-27-24 Drake Relays (7 th)
4x400 Meter Relay	Sarah Lewis, Jordan Koepke Jacee Pfeifer, Rachel Battershell	3:47.26		5-27-22 NAIA Natls @ Gulf Shores, AL (Prelims – 6 th)
4x800 Meter Relay	Jennifer Nikkila, Angela Matthews, Micah Dubbs, Molly Engel	9:02.29		5-28-05 NAIA Natls
Sprint Medley Relay (100-100-200-400)	Amy Schoof, Angie Aufdemberge, Darcy Lindner, Carol Bailey	1:45.02		5-26-89 NAIA Natls
Sprint Medley Relay (200- 200-400-800)	Angie Aufdemberge, Darcy Lindner, Carol Bailey, Carol Franklin	4:04.89		4-28-90 Drake Relays
Distance Medley Relay	Jennifer Nikkila, Angela Matthews, Micah Dubbs, Molly Engel	11:55.22		4-30-05 Drake Relays
High Jump	Bonnie Jelinek	5'6"	1.68m	5-12-86
	Zoey Walker			5-4-24 GPAC Northwestern (Heptathlon)
Triple Jump	Charista Zehnder	38'9 ½"		4-17-10 Doane Relays
Long Jump	Carol Bailey	19'6 ¼"		5-2-87 NIAC
Javelin	Elizabeth Stottlemire	167'2	50.95m	5-28-21 NAIA Natls – Gulf Shores, AL (1 st -National Champion)
Discus	Steph Schilke	165'11"		5-23-98 NAIA Natls
Shot Put	Samantha Liermann	50'8 ¼"		5-25-18 NAIA Natls Gulf Shores, AL (2 nd)
Hammer Throw	Jamie Crouse	190'5"		4-13-13 Concordia Invite
	Kali Robb			4-8-17 Concordia Invite
Pole Vault	Josie Puelz	13'7 ¼	4.15m	5-1-21 GPAC Concordia (1 st)
Heptathlon	Emily Loy	4733		5-28-21 NAIA Natls Gulf Shores, AL (5 th)
1/2 Marathon	Taylor Grove	1:25.04		12-2-18 Midland Winter Half Marathon
Marathon	Christina Hanson	3:15:34.80		5-28-11 NAIA Natls

**Kregg decided that Kelly and Angela will share the steeple record since Kelly's record time was set in a race (Nationals) that excluded several laps of jumping the water pit (Angela fell on the first water jump and blocked the lane until the emergency personnel were able to move her off the track).

CONCORDIA WOMEN'S OUTDOOR TRACK & FIELD STADIUM RECORDS:

[Updated as of 5-10-2024] [Records started with new stadium built in 1997]

100 Meter Dash	Raheema Westfall, Trackbarn	11.49	5-12-23 Concordia Twilight
200 Meter Dash	Raheema Westfall, Trackbarn	23.66	5-12-23 Concordia Twilight
400 Meter Dash	Sandrae Farquharson, Doane	54.85	4-12-14 Invite
800 Meter Run	Jana Shawver, Central Missouri	2:07.64	5-13-22 Concordia Twilight
1500 Meter Run	Suzanne Weeder Einspahr, Unat.	4:32.18	5-13-05 Twilight
3000 Meter Run	Aimee Neilsen, USD	10:02.09	5-14-04 Twilight
3000 Meter Steeplechase	Marissa DeWispelare, Doane	10:38.73	4-8-17 Concordia Invite
3000 Meter Race Walk	Emily Hansen, Concordia	15:33.90	5-9-08 Twilight
5000 Meter Race Walk	Paige Thompson, Grand View	28:14.95	5-12-23 Concordia Twilight
5000 Meter Run	Suzanne Weeder Einspahr, Unat.	17:27.00	4-7-06 Invite
10,000 Meter Run	Sarah Kortze, Concordia	36:55.66	4-13-13 Invite
100 Meter Hurdles	Kiara Smith, Missouri Southern	13.61	5-12-23 Concordia Twilight
400 Meter Hurdles	Luisarys Toledo, NW Missouri	59.89	5-10-24 Concordia Twilight
4x100 Meter Relay	NW Missouri St. (L. Gilbert, T. Hughey C. Saenz, A. Hammond)	45.58	5-12-23 Concordia Twilight
4x200 Meter Relay			
4x400 Meter Relay	Doane (J. Sughroue, S. Holtmeier, L. Wright, S. Farquharson)	3:47.40	5-10-13 Twilight
4x800 Meter Relay	Concordia (R. Haecker, J. Esch, K. Heritage, K. Bauer)	9:18.80	4-9-22 Concordia Invite
Sprint Medley Relay			
Distance Medley Relay			
High Jump	Jess Thompson, UNL	5'11 ¼"	5-12-99 Twilight
Triple Jump	Ineta Radevica, UNL	43'1 ¾"	5-13-03 Twilight
Long Jump	Ineta Radevica, UNL	20'7 ½"	5-13-03 Twilight
Javelin	Elizabeth King, Concordia	166'11"	5-9-14 Twilight
Discus	Becky Breisch, UNL	194'11"	4-8-05 Invite
Shot Put	D. Thompson, Unat.	59'2 ½"	5-12-99 Twilight
Hammer Throw	Aubrey Baxter, Unat.	217'2"	4-9-16 Invite
Pole Vault	Natalie Willer, UNL	14'4 ½"	5-8-09 Twilight
Heptathlon	Lauren Tamayo, Hastings	4710	5-1-21 GPAC Concordia

CONCORDIA WOMEN'S OUTDOOR TRACK & FIELD NATIONAL CHAMPIONS:

[Updated as of 6-1-2022]

100 Meter Dash	Carol Bailey	12.00	1987
100 Meter Dash	Carol Bailey	11.54	1988
100 Meter Dash	Carol Bailey	11.52	1989
100 Meter Dash	Carol Bailey	11.60	1990
200 Meter Dash	Carol Bailey	23.93	1987
200 Meter Dash	Carol Bailey	23.57	1989
200 Meter Dash	Carol Bailey	23.78	1990
Shot Put	Kathy Gottberg	45'9 ¾"	1989
Discus	Stephanie Schilke	165'11"	1998
Pole Vault	Stephanie Beberniss	11'11 ¾"	2003
Javelin	Elizabeth King	164'8"	2014
Hammer Throw	Elizabeth King	188'0 ¼"	2016
Shot Put	Samantha Liermann	48'8 ½"	2017
Discus Throw	Adrianna Shaw	154'4"	2018
Discus Throw	Adrianna Shaw	154'9"	2019
Shot Put	Samantha Liermann	50'5 ¼"	2019
Javelin	Elizabeth Stottlemyre	167'2"	2021
Pole Vault	Josie Puelz	13'3 ½"	2021
Pole Vault	Josie Puelz	13'1 ½"	2022

CONCORDIA OUTDOOR TRACK & FIELD NAIA TEAM CHAMPIONS:

[Updated as of 6-1-2016]

<u>Team National Champion</u>	<u>Total Team Points</u>	<u>Location</u>
Concordia Women's Outdoor Track & Field - 2016	71	Gulf Shores, AL

**CONCORDIA
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CONCORDIA WOMEN'S OUTDOOR TRACK & FIELD NAIA NATIONAL HONORS:

[Updated as of 5-24-2024]

<u>Individual</u>	<u>Honor</u>	<u>Year</u>	<u>Location</u>
Carol Bailey	Lincoln Journal Star State College Female Athletes of the Year	1990	
Stephanie Schilke	Lincoln Journal Star State College Female Athletes of the Year	1998	
Molly Engel	Lincoln Journal Star State College Female Athletes of the Year	2005	
Sarah Kortze	Lincoln Journal Star State College Female Athletes of the Year	2013	
Cassandra Starks	Inspiration Award from the Nebraska Chapter of the National Hemophilia Foundation	2015	Omaha, NE
Kregg Einspahr	NAIA National Outdoor Women's Coach of the Year	2016	Gulf Shores, AL
Elizabeth King	USTFCCCA Women's Outdoor Field Event Athlete of the Year	2016	
Kregg Einspahr	USTFCCCA Women's Outdoor National Head Coach of the Year	2016	
Ed McLaughlin	USTFCCCA Women's Outdoor National Assistant Coach of the Year	2016	
Elizabeth King	USTFCCCA Women's Outdoor Field Event Athlete of the Year – Midwest Region	2016	
Ed McLaughlin	USTFCCCA Women's Outdoor Assistant Coach of the Year – Midwest Region	2016	
Elizabeth King	Lincoln Journal Star State College Female Athletes of the Year	2016	
Ed McLaughlin	USTFCCCA Women's Outdoor National Assistant Coach of the Year	2017	
Ed McLaughlin	USTFCCCA Women's Outdoor Assistant Coach of the Year – Midwest Region	2017	
Ed McLaughlin	USTFCCCA Women's Outdoor National Assistant Coach of the Year	2019	
Ed McLaughlin	USTFCCCA Women's Outdoor Assistant Coach of the Year – Midwest Region	2019	
Rachel Battershell	USTFCCCA Women's Outdoor Field Track Athlete of the Year – Midwest Region	2021	
Adrianna Shaw	USTFCCCA Women's Outdoor Field Event Athlete of the Year – Midwest Region	2021	
Matt Beisel	USTFCCCA Women's Outdoor Coach of the Year – Midwest Region	2021	
Ed McLaughlin	USTFCCCA Women's Outdoor Assistant Coach of the Year – Midwest Region	2021	
Josie Puelz	Lincoln Journal Star State College Female Athletes of the Year	2021	
Ed McLaughlin	USTFCCCA Women's Outdoor Assistant Coach of the Year – Midwest Region	2022	
Josie Puelz	Omaha World-Herald Midlands Female Athlete of the Year	2022	
Matt Beisel	USTFCCCA Women's Outdoor Coach of the Year – Midwest Region	2023	
Matt Beisel	USTFCCCA Women's Outdoor Coach of the Year – Midwest Region	2024	

CONCORDIA OUTDOOR TRACK & FIELD NAIA NATIONAL TEAM FINISHES:

[Updated as of 5-24-2024]

<u>Year</u>	<u>Final Team Standing</u>	<u>Total Points</u>	<u>Number of All Americans</u>	<u>Location</u>
1989	2 nd (tie)	50		Azusa, CA
1990				Stephenville, TX
1991				Stephenville, TX
1992				Abbotsford, B.C.
1993				Abbotsford, B.C.
1994				Azusa, CA
1995				Azusa, CA
1996	18 th			Marietta, Ga.
1997	29 th			Marietta, Ga.
1998	12 th			Tulsa, OK
1999				Palm Beach Gardens, FL
2000				Abbotsford, B.C.
2001				Abbotsford, B.C.
2002				Olathe, KS
2003				Olathe, KS
2004				Louisville, KY
2005	17 th	18	7	Molly Engel (1500M) Michelle Anderson (Vault) Kelly Waterman (Steeple), 4x800 (Jennifer Nikkila, Micah Dubbs, Molly Engel, ??) Louisville, KY
2006	28 th	8	1	Michelle Anderson (Vault) Fresno, CA
2007	24 th	14	2	Michelle Anderson (Vault) Katie Werner (Shot put) Fresno, CA
2008	29 th	9	1	Katie Werner (Shot – 4 th) Edwardsville, IL
2009	19 th	13	6	Emily Wolters (400M hurdles – 4 th) 4x400 (Emily Wolters, Katie Swanson, Charista Zehnder, Bethany Sutton) Charista Zehnder (Long Jump – 6 th) Emilie Bourret (Steeple – 5 th) Charista Zehnder (Long Jump – 6 th) Edwardsville, IL
2010	14 th	26	6	Tierra Hubbard (Shot – 2 nd ; Hammer – 5 th) Lauren Eickemeyer (Shot – 5 th) Carly Stokebrand (Hammer – 6 th) Marion, IN
2011	57 th (8-way tie)	1	0	NA Marion, IN
2012	15 th (3-way tie)	18	8	Sara Retzlaff (Hammer – 3 rd) Jamie Crouse (Hammer – 5 th) 4x800 – 7 th (Martha Meineke, Bethany Sutton, Jena Schwalenberg, Jenean Williams) Lauren Eickemeyer (Shot – 4 th) Brittany Erdmann (Shot – 8 th) Jamie Crouse (Hammer – 4 th) Marion, IN
2013	20 th	16	4	Elizabeth King (Javelin – 4 th) Sarah Kortze (10K – 5 th) Lydia Pomerence (Heptathlon – 7 th) Elizabeth King (Javelin – 1 st) Shelby Yeldon (Pole Vault – 3 rd) Stephanie Coley (Shot Put – 4 th) Marion, IN
2014	9 th	28.50	6	Lydia Pomerence (Heptathlon – 5 th) Sara Simmons (Heptathlon – 6 th) Jamie Crouse (Hammer – 8 th) Gulf Shores, AL
2015	5 th	39	6	Elizabeth King (Javelin– 2 nd ; Hammer– 7 th) Cynthia Mick (Vault – 2 nd) Cassandra Starks (Vault – 5 th) Kali Robb (Hammer – 2 nd) Stephanie Coley (Hammer – 4 th ; Shot – 6 th) Katricia Svoboda (Javelin– 8 th) Gulf Shores, AL

2016	1 st	71	14	Kimberly Wood (800m – 6 th) McKenzie Gravo (Pole Vault – 7 th) Kali Robb (Shot Put – 2 nd) Stephanie Coley (Shot Put – 4 th) Samantha Liermann (Shot Put – 5 th) Katricia Svoboda (Discus – 2 nd) Stephanie Coley (Discus – 3 rd) Kali Robb (Discus – 6 th) Kattie Cleveland (Discus – 7 th) Elizabeth King (Hammer – 1 st) Stephanie Coley (Hammer – 4 th) Kalie Robb (Hammer – 5 th) Kattie Cleveland (Hammer – 6 th) Elizabeth King (Javelin – 2 nd)	Gulf Shores, AL
2017	6 th	36	7	Mckenzie Gravo (Pole Vault – 4 th) Samantha Liermann (Shot Put – 1 st) Katricia Svoboda (Discus Throw – 5 th) Bethany Shaw (Discus Throw – 6 th) Kali Robb (Hammer Throw – 3 rd) Sydney Meyer (Hammer Throw – 5 th) Katricia Svoboda (Javelin Throw – 5 th)	Gulf Shores, AL
2018	12 th	23	4	Samantha Liermann (Shot Put – 2 nd) Adrianna Shaw (Discus Throw – 1 st) Carley Skorepa (Discus Throw – 5 th) Johann Ragland (Hammer Throw – 8 th)	Gulf Shores, AL
2019	5 th	44	13	4x400m Relay (6 th 3:52.15) Rachel Battershell, Sarah Lewis, Jamie Nikodym, Jacee Pfeifer Erin Mapson (Pole Vault – 4 th 3.70m, 12-01.50) Tristen Mosier (Pole Vault – 8 th 3.60m, 11-09.75) Samantha Liermann (Shot Put – 1 st 15.37m, 50-05.25) Johanna Ragland (Shot Put – 8 th 13.95m, 45-09.25) Adrianna Shaw (Discus – 1 st 47.16m, 154-09) Samantha Liermann (Discus – 4 th 44.02m, 144-05) Carley Weisser (Discus – 6 th 43.42m, 142-05) Johanna Ragland (Hammer Throw – 5 th 53.03m, 174-0) Adrianna Shaw (Hammer Throw – 7 th 50.86m, 166-10) Rachel Battershell (400m Dash– 3 rd 55.75) Sarah Lewis (400m Hurdles – 8 th 1:02.80) 4x400m Relay (8 th 3:51.32) Jacee Pfeifer, Sarah Lewis, Keri Bauer, Rachel Battershell, Sydni Schernikau Emily Loy (Heptathlon – 5 th 4708pts) Amy Richert (Heptathlon – 6 th 4733pts) Mackenzie Koepke (High Jump – 7 th 1.64m, 5-04.50) Amy Richert (High Jump – 7 th 1.64m, 5-04.50)	Gulf Shores, AL
2021	3 rd	63.5	19	Josie Puelz (Pole Vault – 1 st 4.05m, 13-03.50) Erin Mapson (Pole Vault – 7 th 3.75m, 12-03.50) Elizabeth Stottlemire (Javelin – 1 st 50.95m, 167-02) Jordyn Anderson (Shot Put – 4 th 13.95m, 45-09.25) Adrianna Shaw (Shot Put – 6 th 13.85m, 45-05.25) Sarah Ragland (Hammer Throw – 3 rd 54.17m, 177-09) Adrianna Shaw (Hammer Throw – 5 th 53.55m, 175-8) Adrianna Shaw (Discus – 5 th 44.52m, 146-01) Sara Huss (Discus – 6 th 44.48m, 145-11) Rylee Haecker (1500m Run – 7 th 4:36.96) Jordan Koepke (400m Hurdles – 2 nd 1:00.58) Sarah Lewis (400m Hurdles – 4 th 1:01.14) 4x400m Relay (7 th 3:49.86) Sarah Lewis, Jordan Koepke, Jacee Pfeifer, Rachel Battershell	Gulf Shores, AL
2022	4 th	44	15	4x800m Relay (4 th 9:10.00) Rylee Haecker, Jenna Esch, Kylahn Heritage, Keri Bauer Josie Puelz (Pole Vault – 1 st 4.00m, 13-01.50) Erin Painter (Discus – 4 th 44.37m, 145-07) Sarah Ragland (Hammer Throw – 4 th 52.87m, 173-05) Alli Owings (Hammer Throw – 7 th 51.10m, 167-08)	Gulf Shores, AL
2023	23 rd	13	7	Rachel Battershell (400m Dash 8 th – 57.41) Rylee Haecker (1500m Run 6 th – 4:33.84)	Marion, IN

4x400m Relay (8th – 3:50.06) Jenna Esch, Josi Noble,
Trinity Tuls, Rachel Battershell

Josie Puelz (Pole Vault – 2nd 3.90m, 12-09.50)

Kylahn Freiberg (1500m – 7th 4:32.07)

Jordan Koepke (400m Hurdles – 8th 1:02.21)

2024 20th 11 8

Jenna Esch (800m – 7th 2:13.86)

4x400m Relay (4th – 3:47.68) Jenna Esch, Trinity Tuls,
Isabelle Salters, Kayla Kirchner

Gretchen Stottlemire (Javelin – 8th 41.60m, 136-06)



CONCORDIA OUTDOOR TRACK & FIELD WOMEN'S GPAC TEAM FINISHES:

[Updated as of 5-4-2024] [GPAC conference began in 2000/01]

Year	Location	Final Team Standing	Total Points	# of Individual Champions	# of All Conference	GPAC Coach of the Year	GPAC Outstanding Athlete of the Year	GPAC Most Valuable Performance of the Meet
1990								
1991								
1992								
1993		4 th						
1994		6 th						
1995		4 th						
1996		3 rd						
1997		3 rd						
1998		1 st						
1999								
2000								
2001	Nebraska Wesleyan	4 th	74	1				
2002	Concordia	4 th	98.5	1				
2003	Northwestern	3 rd	120	3				
2004	Doane	3 rd	96.5	2				
2005	Dana	2 nd	171.5	3				
2006	Midland Lutheran	3 rd	102.33	0				
2007	Concordia	3 rd	97	4				
2008	Morningside	3 rd	106.5	3				
2009	Mt. Marty	2 nd	155	4		Kregg Einspahr, Concordia	Charista Zehnder (31.5 pts), Concordia	
2010	Hastings	1 st (Tie w/ Doane)	158	4	38	Kregg Einspahr, Concordia		
2011	Northwestern	4 th	94.5	1	28	Gene Brooks, USF	Jillian Ourada (27.25), Doane	Charity Miles, Northwestern (5k)
2012	Nebraska Wesleyan	1 st	158.5	4	35	Kregg Einspahr, Concordia	Briana Vander Woude (26), Dordt	Briana Vander Woude, Dordt (long jump)
2013	Concordia	2 nd	152.5	4	41	Ed Fye, Doane	Neeia Cooperwood (37), Morningside	Erin DeVries, Doane (Heptathlon)
2014	Doane	2 nd	150	4	38	Ed Fye, Doane	Courtney Mills (37.5), Hastings	Elizabeth King, Concordia (Javelin) and Erin DeVries, Doane (Heptathlon)
2015	Dordt	2 nd	156	4	32	Ed Fye, Doane	Neeia Cooperwood (40.75), Morningside	Neeia Cooperwood, Morningside (200M)
2016	Hastings	2 nd	164	6	31	Ed Fye, Doane	Kaitlin Bradley (26.5 points), Doane	Marissa De Wispelare, Doane (Steeplechase)
2017	Midland	3 rd	148	3	30	Ed Fye, Doane	Shantinique Cunningham (33.5) Hastings	Track-Miranda Velgersdyk, Dordt (400m) Field-Anna Megenhardt, Hastings (Pole Vault)

2018	Morningside	3 rd	131.50	2	33	Ed Fye, Doane	Shantinique Cunningham (36.5) Hastings	<u>Track</u> -Michelle Mumm, Morningside (1500m Relay) <u>Field</u> -Aurora Arevalo, Morningside(Heptathlon)
2019	Mt. Marty	1 st	200	4	42	Matt Beisel, Concordia	Kamberlyn Lamer (32) Dakota Wesleyan	<u>Track</u> -Hastings 4x100m Relay (Cunningham, Wilson, Maessner, Moran) <u>Field</u> -Kamberlyn Lamer, Dakota Wesleyan (Heptathlon)
2021	Concordia	1 st	259.5	6	58	Matt Beisel, Concordia	Lauren Tamayo (35.5) Hastings	<u>Track</u> -Lauren Tamayo, Hastings (100m Hurdles) <u>Field</u> -Josie Puelz, Concordia (Pole Vault)
2022	Doane	1 st	216	5	49	Matt Beisel, Concordia	Lauren Tamayo (32.5) Hastings	<u>Track</u> -Jordan Koepke, Concordia (400m Hurdles) <u>Field</u> -Karsen Sears, Hastings (Long Jump)
2023	Dordt	1 st	244.5	7	53	Matt Beisel, Concordia	Adrianna Rodencal (24.5) Concordia	<u>Track</u> -Nisa Thomas, Hastings (100m Hurdles) <u>Field</u> -Kiara Hastings, Hastings (Hammer Throw)
2024	Northwestern	1 st	209.5	5	46	Matt Beisel, Concordia	Kiara Anderson (28) Hastings	<u>Track</u> -Veronica Pinkerton, Hastings (800m) <u>Field</u> -Kiara Hastings, Hastings (Hammer Throw)

*In 2005 and earlier, *All Conference* is earned by placing in the top 6 (Top 6 spots score points). Beginning in 2006, *All Conference* is earned by placing in the top 8 for individual events and the top 3 relays (Top 8 spots score points regardless). A winning relay team counts as (4) four. These totals tally the total number of *All Conference* performances, not individual *All Conference* performers; thus an individual finishing in the top 8 in two events would be counted as two *All Conference* performances.



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