

# CW GIRLS FRESHMAN RECORDS

\*= 0.24 Added to Hand Timed Results FAT Results in hundredths

<b>Event</b>	<b>Time/Dist</b>	<b>Name</b>	<b>Year</b>
100 Meter Dash	12.8	Amber Lindblad	1993
200 Meter Dash	26.7	Amber Lindblad	1993
400 Meter Dash	63.3	Michelle Hagen	1987
800 Meter Run	2:24.2	Lindsey Oleskow	1998
1600 Meter Run	5:32.8	Lindsey Oleskow	1998
3200 Meter Run	12:18.0	Katie Hepner	1984
100 High Hurdles	17.2	Amy Jorgenson	1999
300 Low Hurdles	49.26	Megan Erspamer	2005
High Jump	5' 3"	Corey Newman	1988
Long Jump	15' 9"	Amber Lindblad	1993
Triple Jump	31' 4"	Elizabeth Rockwood	1992
Pole Vault	8' 0"	Christina Swangim	2006
Shot Put	33' 0"	Janielle West	1999
Discus	101' 5"	Chrissy Black	1985
400 M. Relay	54.37	McKayla Motzer Tirzah Snyder Sarah Chuchwar Mya Monnier	2014
800 M. Relay	1:58.0	Alison Brenholt Callie Tarvis Megan Erspamer Alisha Jones	2005
1600 M. Relay	4:33.8	Megan Howard Lindsey Wehe Mikinsey Grover Kiersten Schultz	2003
3200 M. Relay	10:23.83	Tracy Uchtyl Britany Bronstad K. Hayes Katie Heppner	1999

