

MARIAN TRACK TOP 5

100m

1. Candice Mills	12.1	2002
2. Victoria Wilson	12.3	2007
2. Neeia Cooperwood	12.3	2011
4. Nikki Meadows	12.5	1989
5. Payton Horacek	12.56	2011

200m

1. Candice Mills	24.9	2002
2. Neeia Cooperwood	25.25	2011
3. Victoria Wilson	25.88	2008
4. Nicole Liske	26.15	2011
5. Nikki Meadows	26.5	1989

400m

1. Ali Jones	59.64	1999
2. Edna Johnson	59.98	2007
3. Mary Lenz	1:01.57	1998
4. Christine Buechler	1:01.9	2006
5. Lisa Clifford	1:02.1	1991
5. Kasha Tafoya	1:02.1	2006

800m

1. Anna Jones	2:15.49	1998
2. Laura Spanheimer	2:15.96	2000
3. Emily Sisson	2:18.63	2007
4. Whitney Jones	2:20.13	2005
5. Krissie Spanheimer	2:20.45	1997

1600m

1. Krissie Spanheimer	5:05.22	1997
2. Laura Spanheimer	5:06.46	1998
3. Emily Sisson	5:07.0	2007
4. Kelli Budd	5:10.71	2009
5. Sara Prince	5:13.33	2004

3200m

1. Emily Sisson	10:47.28	2007
2. Laura Spanheimer	11:01.18	1998
3. Kelli Budd	11:05.43	2007
4. Megan Millea	11:07.21	2003
5. Krissie Spanheimer	11:10.96	1997

100m High Hurdles

1. Emmy Brock	15.5	1985
2. Noelle Mapes	16.16	2009
3. Amy Gradoville	16.2	1983
4. Chelsea Kropp	16.3	2004
5. Liz Lenihan	16.47	1999

300m Low Hurdles

1. Chelsea Kropp	46.8	2005
2. Korie Lebeda	47.17	2004
3. Liz Lenihan	47.65	1999
4. Noelle Mapes	48.49	2009
5. Sarah Carlson	48.89	2007

400m Relay

1. 2011	49.14	(N. Cooperwood, P. Horacek, S. Quinlan, N. Liske)
2. 2010	49.24	(N. Cooperwood, P. Horacek, S. Quinlan, V. Wilson)
3. 2007	49.61	(L. Boulay, C. Buechler, E. Johnson, V. Wilson)
4. 2008	50.5	(N. Cooperwood, C. Buechler, A. Rogers, V. Wilson)
5. 2009	50.68	(N. Cooperwood, J. Johnson, C. Sehn, V. Wilson)

1600m Relay

1. 1977	4:06.14	(G. Hungerford, T. Vollmer, M. Delorenzo, C. Shelton)
2. 2009	4:06.58	(L. Nelson, M. Neary, M. Ogorzaly-Eaton, V. Wilson)
3. 2010	4:07.54	(L. Nelson, M. Neary, L. Mancuso, V. Wilson)
4. 2007	4:07.82	(L. Boulay, C. Buechler, E. Knowles, E. Johnson)
5. 1998	4:07.97	

3200m Relay

1. 2000	9:21.47	(A. Sibbensen, An. Jones, M. Lenihan, L. Spanheimer)
2. 1998	9:22.69	(An. Jones, Al. Jones, A. Sibbensen, L. Spanheimer)
3. 1999	9:30.03	(An. Jones, Al. Jones, A. Sibbensen, L. Spanheimer)
4. 2005	9:33.24	(W. Jones, K. Esch, K. Kersenbrock, S. Prince)
5. 1997	9:37.5	(An. Jones, Al. Jones, K. Lotspeich, K. Spanheimer)

Long Jump

1. Candice Mills	19'9 1/4"	2002
2. Neeia Cooperwood	17' 11"	2011
3. Nicole Liske	17' 5"	2011
4. Nikki Meadows	17'3"	1989
5. Cathy Harrison	16'11 1/2"	1983

Triple Jump

1. Candice Mills	37'10"	2002
2. Nicole Liske	36'9 1/2"	2011
3. Korie Lebeda	36'1"	2003
4. Lauren Nelson	35'6 3/4"	2009
5. Sydney Quinlan	34' 7"	2011

High Jump

1. Katie Stanzel	5'	1999
1. Lauren Nelson	5'	2009
1. Maggie Heim	5'	2011
4. Emmy Brock	4'9"	1985
5. Stacey Koesters	4'8"	2004
5. Kelly Esch	4'8"	2005
5. Beth Grove	4'8"	2005
5. Megan Tessmer	4'8"	2009

Pole Vault

1. Molly McCandless	10'4"	2008
2. Mary Hinrichs	9'10"	2004
3. Emily Clayton	9'	1999
3. Laura Haller	9'	2009
3. Ana Nelson	9'	2011

Discus

1. Ronda Motykowski	125'7"	1980
2. Maggie Horan	114'2"	2005
3. Ann Marie Pesavento	112'	2004
4. Elise Jones	99'9"	2007
5. Johanna Hilbers	99'	2004

Shot Put

1. Ronda Motykowski	39'8 1/2"	1980
2. Elise Jones	34'6"	2007
3. Ashley Smith	34'	2002
4. Cindy Cernech	32'11"	1988
5. Sheila Kelly	30'9"	2006

RECORDS ARE BASED ON INCOMPLETE INFORMATION. IF YOU KNOW OF ANY CORRECTIONS OR ADDITIONS, PLEASE EMAIL GREG GOLKA (golkag@omahamarian.org).