

# DWU Track and Field

## Championship Seasons

### Conference Championships

Year	Coach
1990 (Men's)	Larry Buffington
1991 (Men's)	Larry Buffington

- DWU men's track teams have had many ups and downs through the years. They have placed as high as second in some conference meets, until 1990 when they won the first conference championship in the university's history.
- Troy Erickson won the 1992 SDIC long jump (23-11), breaking the oldest conference record of 23-5½ set by Joe Mendel from Yankton College in 1932.
- DWU women's track team finished second in the SDIC four years in a row (1990-93) to Black Hills State University.

## Recognitions and Awards

John Hartung	District 12 Coach-of-the-Year	1971
Eric Pulse	SDIC Outdoor MVP	1990
Larry Buffington	SDIC Coach-of-the-Year	1990
Troy Erickson	SDIC Outdoor MVP	1991
Larry Buffington	SDIC Coach-of-the-Year	1991
Phillip Goodloe	SDIC Indoor MVP	1999
Paul Ekern	SDIC Indoor Coach-of-the-Year	2000

## NAIA All-Americans

### Men's Indoor Track and Field

Troy Erickson	1992	3rd	Long jump
Steve Schmidt	1998	2nd	Shot put
Vladimir Micic	2000	3rd	55-meter hurdles
Vladimir Micic	2001	3rd	55-meter hurdles
Jamey Sperle	2001	4th	55-meter dash
Jamey Sperle	2001	4th	200-meter dash
Jamey Sperle	2003	4th	55-meter dash
Jamey Sperle	2003	3rd	200-meter dash
Matt Hein	2004	3rd	3,000-meter racewalk
David Faith	2005	5th	3,000-meter racewalk

### Men's Outdoor Track and Field

Jim Walton	1973	6th	120-yard hurdles
Tom Bell	1973	4th	Javelin
Steve Schmidt	1997	6th	Shot put
Vladimir Micic	2000	5th	110-meter hurdles
Jamey Sperle	2000	4th	200-meter dash
Jamey Sperle	2001	3rd	200-meter dash
Jamey Sperle	2003	2nd	200-meter dash
Matt Hein	2004	2nd	3,000-meter racewalk
Thomas Madut	2010	3rd	Marathon

## NAIA All-America Scholar-Athletes

### Men's Track and Field

Michael Rogers	1990
Matt Hein	2004
Alan King	2004
David Faith	2005
Matt Maxon	2005
Carey Radway	2007
Jason Lanning	2008
Isaac VanDyke	2008
Jason Lanning	2009
Chris Sheckler	2009
Isaac VanDyke	2009
Derik Fossum	2010
Kyle Schoenfish	2010
Isaac VanDyke	2010
Derik Fossum	2011

### Women's Track and Field

Joanne Herber	1987
Michelle Olson	1993
Sarah Heggelund	1998
Sarah Heggelund	1999
Jane Hall	2000
Jennie Day	2005
Kristin Welsch	2005
Amy Price	2006
Katie Weavill	2006
Paula Mettler	2007
Amy Price	2007
Katie Weavill	2007
Paula Mettler	2008
Steph Leist	2010
Abby Mettler	2010
Wendy Schmaltz	2010
Abby Mettler	2011
Ellie Peterson	2011
Wendy Schmaltz	2011

## USA Track and Field Indoor Championships

Jamey Sperle	2003	12th	200-meter dash
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## Record Holders

### Men's and Women's Track and Field

Tom Bell	SDIC and South Dakota college outdoor javelin (old)	1971
Diane Hillman	SDIC outdoor javelin (old)	1987
Marchell Lupton	SDIC outdoor high jump	1992
Troy Erickson	SDIC outdoor 110-meter hurdles	1992
Vladimir Micic	SDIC indoor 55-meter hurdles	2000
Jamey Sperle	SDIC indoor 200-meter dash	2000
Vladimir Micic	GPAC indoor 55-meter hurdles	2001
Jamey Sperle	GPAC outdoor 100-meter dash	2001
Jamey Sperle	GPAC indoor 55-meter dash	2003
Jamey Sperle	South Dakota college indoor 200-meter dash	2003
Jamey Sperle	South Dakota college outdoor 200-meter dash	2003
Matt Maxon	GPAC indoor 5,000-meter run	2005

## Men's Top 10 Outdoor Track List

### 100-Meter Dash (100 Yards + .90 conversion)

10.34	Jamey Sperle	2001	# c g
*10.74	James Hunter	1989	
*10.74	Eric Pulse	1991	c
*10.74 (y)	Wayne Roberts	1973	
*10.84	Andy Harriel	1995	
*10.94 (y)	Hallie Gregory	1958	
*10.94	Jerry Norton	1988	
*10.94	Randy Pfeifle	1988	
*10.94 (y)	Marcellus Roberts	1973	
11.06	Scott Pekarek	2006	

### 200-Meter Dash (220 Yards - .10 conversion)

*20.64	Jamey Sperle	2003	o + c g
*21.94 (y)	Wayne Roberts	1973	
*22.04	Randy Pfeifle	1988	
22.08	Jay Miller	2004	
*22.14	Eric Pulse	1991	c
*22.24	James Flint	1991	
*22.24	Jerry Norton	1988	
*22.34 (y)	Daniel Cass	1915	
22.34	Robby Sorensen	2004	
*22.46	Scott Pekarek	2006	

### 400-Meter Dash (440 Yards - .30 conversion)

47.00	Jamey Sperle	2003	c g
*48.54	Eric Pulse	1990	c
*49.04 (y)	Jim Martin	1971	
*49.04 (y)	Burt Rice	1971	
49.50	Robby Sorensen	2004	
*49.64 (y)	Bob Auch	1971	
*49.84 (y)	Marcellus Roberts	1975	
49.89	Jared DeWaard	2010	
*49.94	Jerry Norton	1988	
*50.04 (y)	Brian Severeid	1976	

### 800-Meter Run (880 Yards - .70 conversion)

*1:54.24 (y)	Burt Rice	1971	
*1:54.84 (y)	Steve Mach	1976	
*1:56.24 (y)	Dave Tuch	1979	
*1:56.54 (y)	Jim Martin	1971	
*1:56.94 (y)	Wayne Haines	1974	
*1:57.04 (y)	Barry Kusel	1967	
1:57.06	Chris Cutler	1990	
*1:57.94	John Herber	1986	
1:58.07	Andrew Hernandez	2011	
*1:58.54 (y)	Tim Mach	1977	

### 1,500-Meter Run

*3:59.84	Mel Peterson	1984	
*4:01.54	Kirk Strain	1979	
4:05.39	Eric Lustig	2002	
*4:11.54	Dave Lays Bad	1982	
*4:12.14	Rob Becker	1991	
*4:12.34	Don Johnson	1991	
*4:13.94	Corey Baruth	1995	
4:13.95	Dustin Elliott	2006	
4:14.12	Tyrone White	2007	
4:14.60	Ryan Bruns	1998	

### 1,600-Meter Run (1-Mile Run - 1.5 conversion)

*4:14.84	Kirk Strain	1977
*4:20.34	Dave Elhoff	1971
*4:29.24	Lonnie Cowherd	1966
*4:31.54	Gerry Boyle	1971
*4:32.34	Steve Mach	1975
*4:36.74	Doug Powers	1976
*4:38.04	Dave Kroupa	1977
*4:39.14	Tim Mach	1976
*4:40.24	Paul Ekern	1980
*4:43.04	Stan Waddell	1976

### 3,000-Meter Run

*9:03.84	Alan King	2001
*9:23.64	Matt Maxon	2002
*9:56.64	Andy Rust	2002
*10:03.34	Nathan Larsen	2002

### 3,000-Meter Steeplechase

9:27.35	Isaac VanDyke	2010
9:43.09	Alan King	2001
*9:45.84	Stan Waddell	1977
*9:54.64	Ed Sargent	1982
*10:02.74	Mitch Paulsen	1978
*10:12.64	Dave Elhoff	1972
*10:14.14	Herman Taylor	1991
*10:14.24	Seth Sandau	1994
10:16.22	Matt Maxon	2002
*10:17.54	Charles Morris	1978

### 3,200-Meter Run (2-Mile Run - 3.5 conversion)

*9:44.34	Gerry Boyle	1974
*10:06.24	Lonnie Cowherd	1966
*10:07.94	Dave Elhoff	1970
*10:24.84	Robert Backus	1935
*10:29.04	George Gordon	1910

### 3-Mile Run

*14:43.24	Stan Waddell	1977
*14:48.54	Gerry Boyle	1974
*15:13.84	Dave Elhoff	1972
*15:47.24	Jeff Fouberg	1976
*16:08.24	Bill Black	1976
*17:40.84	Erin McBride	1976

### 5,000-Meter Run

*14:49.84	Mel Peterson	1984
15:10.40	Matt Maxon	2005
15:21.09	Alan King	2001
15:33.80	Isaac VanDyke	2010
15:36.34	Dustin Elliott	2006
15:37.08	Thomas Madut	2010
*15:56.24	Stan Waddell	1977
*15:56.74	Jim Anderson	1998
*16:05.24	Paul Ekern	1981
*16:14.74	Dave Lays Bad	1982

### 6-Mile Run

*31:56.24	Stan Waddell	1974
*34:43.24	Bill Black	1975
*34:44.84	Jeff Fouberg	1976

**10,000-Meter Run**

31:05.19	Matt Maxon	2005
*32:04.24	Mel Peterson	1986
32:10.69	Alan King	2003
32:24.34	Thomas Madut	2010
*32:35.74	Paul Ekern	1981
*33:46.34	Herman Taylor	1991
*34:44.84	Jeff Fouberg	1976
34:52.08	Abdiqani Jama	2005
*35:25.44	Steve Lavoie	1981
35:52.51	David Elliott	2011

**Half Marathon**

1:14.15	Thomas Madut	2010
1:14.49	Alan King	2003
1:16.20	Isaac VanDyke	2010

**Marathon**

2:33.42	Thomas Madut	2010
2:39.17	Alan King	2004
2:45.43	Dave Tuch	1978
2:49.29	Paul Ekern	1983
3:17.23	Herman Taylor	1992

**3,000-Meter Racewalk**

*14:57.64	Matt Hein	2004
15:03.04	Brandon Hislop	2006
*22:03.24	David Faith	2004

**5,000-Meter Racewalk**

24:27.26	Matt Hein	2004
26:36.14	Brandon Hislop	2006
27:43.99	David Faith	2005

**110-Meter Hurdles** (120 Yards + .0 conversion)

*14.34	Vladimir Micic	2000
*14.54	Troy Erickson	1992 c #
*14.74 (y)	Jim Walton	1957
*14.84 (y)	Dave Ackerson	1973
*14.94	Curtis Morris	1991
15.09	Dan Krietlow	1998
*15.14	Jim Robertson	1986
15.15	Bernie Tegethoff	1999
*15.24	Tim Gau	1986
*15.24	Steve Stocker	1991

**400-Meter Hurdles** (440 Yards - .30 conversion)

54.07	Troy Erickson	1991 c
54.58	Steve Stocker	1991
*54.74 (y)	Harlan Glenn	1970
*54.74 (y)	Bill Henjum	1976
54.76	Bernie Tegethoff	1997
*56.24 (y)	Dave Ackerson	1972
56.36	Layne Scheveck	2009
57.01	Curtis Morris	1991
57.01	Khamel Mumford	1995
*57.14 (y)	Harry Birkhimer	1971

**Discus**

158-11	Phil Collins	1978
151-8	Nathan Smith	2000
150-8 <sup>1</sup> / <sub>4</sub>	Tom Miller	1969
150-8	Brad Brodersen	1975
148-3	Jeff Hruby	2002
146-0	Dean Hunhoff	1988
145-11	Steve Schmidt	1998
145-0	Chris Miller	1972
143-2	Jed Fritzeimer	1978
142-0	Bill Farris	1969

**Javelin (New)**

181-0	David Flores	2002
174-5	Michael Rogers	1990
173-0	Jay Schmidt	1992
164-6	Matt Virginia	1989
164-2	Troy Lurz	1988
163-11	Chris Tavajian	1989
162-4	Anton Brintley	2003
159-9 <sup>1</sup> / <sub>2</sub>	Bill Sarringar	1987
158-11	Dan Miles	1995
156-11	Jeff Holstein	2011

**Javelin (Old)**

239-6	Tom Bell	1973 # = o
195-11	Dave Cannan	1970
188-2	Phil Collins	1981
184-2 <sup>1</sup> / <sub>2</sub>	Judd Fritzeimer	1978
184-0	Randy Oldenkamp	1978
179-9 <sup>1</sup> / <sub>2</sub>	Ken Pesicka	1970
179-4	Kevin Williams	1976
179-0	Jack Burrows	1935
176-8	Tom Miller	1970
163-0	Brad Brodersen	1975

**Shot Put**

57 <sup>1</sup> / <sub>2</sub>	Steve Schmidt	1998
51-7	Larry Christianson	1971
50-3	Kevin Williamson	1976
50 <sup>3</sup> / <sub>4</sub>	Rod Campbell	1978
49-5 <sup>3</sup> / <sub>4</sub>	Dan Steffen	1994
49-4	Dean Hunhoff	1987
48-6	Phil Collins	1981
48-4 <sup>1</sup> / <sub>2</sub>	Jed Fritzeimer	1978
47-9 <sup>3</sup> / <sub>4</sub>	Craig Evenson	2004
47-6 <sup>1</sup> / <sub>2</sub>	Art Vassallo	1972

**Hammer**

172-3	Jeff Hruby	2006
147-8	Craig Evenson	2004
144-0	Daryl McNeil	2003
140-3	Jeff Holstein	2011
136-0	Chris Sheckler	2007
114-10	Joey Zito	2002
108-11	Bill Roth	2005
106-3	Jarod Gilmore	2005
105-9	Eric Gwilt	2003
78-5	Jeff Watson	2005

**Pole Vault**

14-1¼	Randy Cahoy	1978
14-0	Darryl Deurmier	1988
13-11¼	Alex Liberty	2011
13-6	Marty Bundy	1991
13-6	Travis Carpenter	1993
13-6	Dave Gukeisen	1993
13-6	Lance Stuwe	1997
13-1½	Rich Dierks	1973
13-0	Brian Bowman	1984
13-0	Shay Davis	1990

**High Jump**

6-8	Frank Thompson	2008
6-8	Travis Martin	1993
6-8	Michael Rogers	1990
6-7	Alex Liberty	2011
6-7	Jesse Haines	1997
6-6	Arin Boschee	2001
6-6	Gary Ebel	1980
6-6	Troy Engels	1998
6-6	Steve Hollenbeck	1980
6-6	Dan Miles	1995

**Long Jump**

23-11	Troy Erickson	1992 c +
23-5½	Ray Seay	1968
23-1¾	Mark Orcutt	1977
22-10½	Jesse Haines	1997
22-9½	James Flint	1991
22-8¾	Sherrill Smith	1973
22-7½	Joe Shepardson	2005
22-7½	Jody Wendte	1987
22-7	Tim Johnson	1976
22-4½	Kevin McNichols	1981

**Triple Jump**

49¼	Sherman Cohen	1973
47-8½	Derik Fossum	2011
46-9½	Kevin McNichols	1982
46-7	Mark Orcutt	1976
46-2	Michael Rogers	1989
45-7½	Quincey Jones	1997
45-6¾	Arin Boschee	2004
45-0	Troy Engels	1998
44-10¾	Gary Ebel	1983
44-10½	Brian Szabo	1992

**400-Meter Relay (100-100-100-100)**

440-Yard Relay (110-110-110-110) - .20 conversion			
*42.64 (y)	Jim Issac, Sherrill Smith,		1971
	Phil Shields, Wayne Roberts		
42.73	Bill Valentine, Jamey Sperle,		2000
	Tyson Schulz, Phillip Goodloe		
42.94	Frank Thompson, Tyler Volesky,		2011
	Derik Fossum, Dalton Smith		
42.95	Bernie Tegethoff, Tyson Schulz,		1999
	Tate Gabriel, Jamey Sperle		
42.99	Jerry Norton, Shawn Stanford,		1991
	Chris Wech, Eric Pulse		
43.01	Dalton Smith, Jared DeWaard,		2010
	Justin Wynia, Jordan Miller		
*43.04	Jerry Norton, Eric Pulse,		1988
	Randy Pfeifle, Lyndon Overweg		
43.04	Bill Valentine, Tyson Schulz,		2000
	Walt Moody, Phillip Goodloe		
43.13	Bernie Tegethoff, Tate Gabriel,		1999
	Jamey Sperle, Phillip Goodloe		
*43.14 (y)	Mark Tyler, Sherrill Smith,		1973
	Marcellus Roberts, Wayne Roberts		
*43.14	Jerry Norton, Eric Pulse,		1990
	Kelly Mikkelsen, Troy Erickson		

**800-Meter Relay (200-200-200-200)**

880-Yard Relay (220-220-220-220) - .40 conversion			
1:29.53	Curtis Morris, Troy Erickson,		1991
	Steve Stocker, James Flint		
1:29.53	Jerry Norton, Chris Wech,		1991
	James Flint, Eric Pulse		
*1:30.14 (y)	Jim Issac, Phil Shields,		1971
	Bob Auch, Wayne Roberts		
1:31.21	Bill Valentine, Vladimir Micic,		2000
	Tate Gabriel, Phillip Goodloe		
*1:31.44 (y)	Jim Martin, Les Heiden,		1969
	Bob Auch, Harlan Glenn		
1:31.53	Austine Nguithi, Derrick Robinson,		2001
	Tate Gabriel, Jay Miller		
*1:31.54 (y)	Brian Severeid, Tim Johnson,		1976
	Bill Henjum, Tim Mach		
*1:31.74	Kelly Mikkelsen, Shay Davis,		1990
	Jerry Norton, Eric Pulse		
*1:31.94 (y)	Doyle Livingston, Tim Johnson,		1971
	Brad Walz, Bart Laber		
*1:32.24 (y)	Hallie Gregory, Mike McKay,		1960
	Cherryl Thayer, Will Rogers		

**1,600-Meter Relay** (400-400-400-400)

1-Mile Relay (440-440-440-440) - 1.1 conversion			
*3:19.54 (y)	Brian Sevareid, Tim Johnson, Bill Henjum, Steve Mach	1976	
3:19.93	Dalton Smith, Tyler Volesky, Jared DeWaard, Frank Thompson	2011	
*3:20.34 (y)	Dave Ackerson, Jim Martin, Rich Dierks, Burt Rice	1972	
3:20.93	Steve Stocker, James Flint, Scott Schuyler, Eric Pulse	1991	
3:21.18	Jamey Sperle, Derrick Robinson, Tate Gabriel, Jay Miller	2001	
*3:21.34 (y)	Bob Auch, Jim Martin, Burt Rice, Gerry Boyle	1971	
*3:21.74 (y)	Jim Martin, Bob Auch, Rich Dierks, Burt Rice	1971	
*3:22.14	John Fraser, Rick Meyerink, Jerry Norton, Lyndon Overweg	1987	
3:22.54	Jamey Sperle, Robby Sorensen, Bill Valentine, Austine Nguithi	2003	
*3:22.84	Jerry Norton, Troy Erickson, Chris Cutler, Eric Pulse	1990	
*3:22.84	Troy Erickson, Kelly Mikkelsen, Chris Cutler, Eric Pulse	1990	

**3,200-Meter Relay** (800-800-800-800)

2-Mile Relay (880-880-880-880) - 2.5 conversion			
*7:48.24 (y)	Dave Elhoff, Jim Martin, Gerry Boyle, Burt Rice	1971	
*7:55.64 (y)	Steve Mach, Tim Mach, Doug Powers, Dave Tuch	1977	
*7:59.24	Alix Brice, Dave Kroupa, Keith Brown, Ed Sargent	1981	
8:00.30	Ryan Bruns, Austine Nguithi, Eric Lustig, Alan King	2001	
*8:08.84 (y)	Dave Tuch, Tim Mach, Kirk Strain, Steve Mach	1977	
*8:10.94 (y)	Lynn Frederick, Tim Mach, Dave Tuch, Steve Mach	1977	
*8:11.24 (y)	Mitch Paulsen, Doug Powers, Kirk Strain, Tim Mach	1978	
*8:11.64 (y)	Tim Mach, Doug Powers, Kirk Strain, Steve Mach	1977	
8:14.01	Austine Nguithi, Matt Maxon, Kelly Skatvold, Eric Lustig	2002	
*8:14.64	Mel Peterson, Jeff Jenssen, Jeff Decker, John Herber	1986	

**4 x 1,600-Meter Relay**

*18:30.24	Dave Kroupa, Steve Lavoie, Ed Sargent, Paul Ekern	1981	
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**Sprint Medley Relay** (200-200-400-800)

Sprint Medley Relay (220-220-440-880) - 1.1 conversion			
*3:30.74 (y)	Wayne Roberts, Sherrill Smith, Marcellus Roberts, Gerry Boyle	1973	
*3:31.04 (y)	Don Hilton, Bart Laber, Brad Walz, Steve Mach	1977	
*3:31.34 (y)	Dave Ackerson, Bob Auch, Jim Martin, Burt Rice	1971	
*3:32.34	Phil Collins, Keith Dykstra, Kirk Strain, Dave Tuch	1979	
*3:33.14 (y)	Don Hilton, Tim Johnson, Brian Sevareid, Steve Mach	1976	
*3:35.14 (y)	Bill Henjum, Tim Johnson, Brian Sevareid, Steve Mach	1976	
*3:36.44 (y)		1971	
3:39.04	Bill Valentine, Phillip Goodloe, Jamey Sperle, Eric Lustig	2000	
*3:39.24 (y)		1971	
*3:39.54 (y)	Sherrill Smith, Bill Henjum, Dennis Theel, Gerry Boyle	1974	

**Sprint Medley Relay** (176-176-440-1,760)

*7:32.44	Dave Ackerson, Bob Auch, Jim Martin, Burt Rice	1971	
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**Distance Medley Relay** (400-800-1,200-1,600)

Distance Medley Relay (440-880-1,320-1,760) - 3.3 conversion			
10:34.48	Eric Lustig, Jay Miller, Ryan Bruns, Alan King	2001	
*10:46.14 (y)	Steve Mach, Brad Walz, Dave Tuch, Kirk Strain	1977	
*10:46.24 (y)	Dave Tuch, Tim Mach, Doug Powers, Kirk Strain	1978	
*10:47.04 (y)	Tim Mach, Brian Sevareid, Doug Powers, Steve Mach	1976	
10:50.21	Ryan Bruns, Austine Nguithi, Bryan Fuks, Eric Lustig	2000	
*10:50.44 (y)	Tim Johnson, Tim Mach, Doug Powers, Steve Mach	1976	
10:51.75	Eric Lustig, Kelly Skatvold, Austine Nguithi, Matt Maxon	2002	
*10:58.24 (y)	Bob Auch, Phil Sturlaugson, Dave Elhoff, Gerry Boyle	1971	
11:02.37	Kelly Skatvold, Robby Sorensen, Austine Nguithi, Eric Lustig	2003	
*11:12.84	Lance Gilmore, Shawn Geigle, Mike Rhode, Jared Budenski	1997	

**Shuttle Hurdle Relay** (110-110-110-110)

Shuttle Hurdle Relay (120-120-120-120) + .0 conversion			
*1:02.74	Troy Erickson, Curtis Morris, Steve Stocker, Bruce Hinkley	1991	
*1:05.04 (y)	Don Hilton, Bill Henjum, Randy Oldenkamp, Tim Johnson	1976	
*1:06.24	Troy Erickson, Brian Szabo, Curtis Morris, Marty Bundy	1992	
*1:07.14 (y)	Harry Birkhimer, Clark Routh, Dave Ackerson, George Palmer	1971	
1:09.14	Duncan Yager, Bryan Fuks, Travis Getting, Bernie Tegethoff	1999	

## Decathlon

6,158	Randy Oldenkamp	1978
5,955	James Flint	1991
5,907	Mark Orcutt	1977
5,611	Dan Miles	1995
5,479	Tim Ausland	1982
5,460	Randy Cahoy	1979
5,351	Boyd Erickson	1991
5,272	Marty Bundy	1991
5,253	Troy Erickson	1991
5,234	Alex Liberty	2011

# Conference record holder

c SDIC MVP

+ Former SDIC record holder

g GPAC MVP

o SD collegiate record holder

\* Fully Automatic Timing (FAT)

## Women's Top 10 Outdoor Track List

### 100-Meter Dash (100 Yards + .90 conversion)

12.11	Tamika Irvin	2011
12.50	Alyssa Christianson	2010
12.53	Kailey Hunhoff	2011
12.70	Natalie Munger	2011
*12.74	Joni Peskey	1991
12.82	Kim Zachrison	2004
12.91	Natalie Wipf	2009
13.07	Steph Leist	2010
13.11	Kristin Welsch	2004
*13.14	Kristi Weber	1986

### 200-Meter Dash (220 Yards - .10 conversion)

25.28	Natalie Wipf	2010
25.62	Alyssa Christianson	2010
25.96	Tamika Irvin	2011
26.27	Kailey Hunhoff	2009
*26.34	Jenny Wright	2004
*26.64	Kim Curtis	1993
*26.94	Candace Crabtree	1985
27.01	Audrey Wipf	2011
27.14	Kim Zachrison	2003
27.17	Joni Peskey	1991

### 400-Meter Dash (440 Yards - .30 conversion)

58.29	Natalie Wipf	2009
59.26	Jenny Wright	2004
60.87	Suzie Sully	2001
*62.04	Penny Peterson	1978
62.40	Lindy Pekarek	1999
*63.64	Emy Madrid	1996
*63.94	Joanne Herber	1986 c
*64.04	Tammy Pracht	1987
64.07	Kristi Anderson	2004
*64.34	Candace Crabtree	1987

## 800-Meter Run (880 Yards - .70 conversion)

*2:17.14	Joanne Herber	1986 c +
*2:23.24	Shannon Lehnertz	1990
2:27.25	Dana Desautels	1997
2:28.55	Gail McIntyre	2009
2:31.26	Amanda Burton	2011
*2:31.74	Cindy Buresh	1986
*2:31.74	Tammy Rogers	1978
2:32.31	Lisa Spors	2004
2:32.73	Holly Farnsworth	1993
*2:32.74	Bonnie Bartscher	1991

## 1,500-Meter Run

*4:40.74	Joanne Herber	1986 c +
4:56.94	Gail McIntyre	2009
*5:05.44	Shannon Lehnertz	1989
*5:11.44	Bonnie Bartscher	1991
5:15.37	Holly Farnsworth	1993
5:17.98	Mandy Lipp	1999
*5:19.74	Angi Klibbe	1997
*5:21.04	Tammy Rogers	1978
5:21.50	Dana Desautels	1998
5:22.44	Katie Weavill	2004

## 1,600-Meter Run (1-Mile Run - 1.5 conversion)

5:41.68	Katie Weavill	2004
*5:43.14	Tammy Rogers	1977
*5:49.14	Pam Arychuk	1977

## 3,000-Meter Run

*11:06.84	Shannon Lehnertz	1990
11:10.86	Katie Weavill	2006
11:34.51	Mandy Lipp	2000
11:36.75	Bonnie Bartscher	1993
11:39.83	Jude Haas	2003
*11:52.24	Pam Arychuk	1977
*11:56.04	Angi Klibbe	1997
12:23.32	Erica Parsons	1999
*12:33.54	Jennie Day	2001
*12:42.24	Kim Wasserman	1994

## 3,000-Meter Steeplechase

10:52.29	Gail McIntyre	2011
11:44.22	Katie Weavill	2007
14:11.98	Amy McIntyre	2007

## 2-Mile Run

*13:04.34	Pam Arychuk	1977
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## 5,000-Meter Run

18:57.14	Gail McIntyre	2011
19:03.65	Ellie Peterson	2011
19:28.04	Katie Weavill	2006
20:03.39	Mandy Lipp	2000
*20:14.94	Joanne Herber	1986 c
20:31.25	Jude Haas	2003
*21:03.34	Cynthia Dyk	1987
21:27.86	Angi Klibbe	1997
21:56.77	Aimee Lenocker	2011
22:01.00	Abby Mettler	2010

## 10,000-Meter Run

40:04.5	Ellie Peterson	2011
41:08.64	Katie Weavill	2006
*49:18.64	Kim Wasserman	1993

**1,500-Meter Racewalk**  
 \*9:25.34 Jane Hall 1999

**3,000-Meter Racewalk**  
 \*16:33.94 Jennie Day 2004  
 \*16:50.94 Jane Hall 2000

**100-Meter Hurdles** (120 Yards + .0 conversion)  
 14.88 Kristin Welsch 2005  
 \*15.54 Kim Curtis 1993  
 \*16.54 Michelle Olson 1993  
 16.85 Kris Jensen 1997  
 \*17.14 Peggy Paulson 1986  
 \*17.14 Tarinna Sax 1986  
 \*17.24 Crystale Tibodeau 1999  
 17.30 Savannah Breen 2007  
 \*17.34 Kelly Greenway 1996  
 17.34 Wendy Schmaltz 2011

**400-Meter Hurdles**  
 1:06.86 Amanda Williams 2003  
 1:08.16 Jodi Plender 2001  
 1:09.73 Michelle Olson 1993  
 \*1:12.44 Tarinna Sax 1986  
 1:12.94 Paula Mettler 2006  
 1:14.66 Sarah Carstens 1997  
 \*1:15.04 Anne Bindenagel 1996  
 \*1:15.74 Peggy Paulson 1986  
 \*1:15.84 Lorrie Roth 1990  
 1:16.04 Amy McIntyre 2005  
 \*1:16.04 Tammy Pracht 1986

**Discus**  
 143-8 Sara Ehresmann 1996  
 140-4 Krystal Schneider 2002  
 133-8 Sara Heggelund 1999  
 126-10 Brenda Casper 1992  
 125-6 Chris Deters 1988  
 122-0 Kerri Gray 1992  
 121-6 Lori Kalenda 1989  
 120-9/4 Dawn Schroeder 2000  
 119-10 Amy Price 2005  
 119-4 Amy Moses 1997

**Javelin (New)**  
 139-6 Amy Price 2007  
 121-2 Heather Winnan 2006  
 110-7 Wendy Schmaltz 2011  
 94-2 Danielle Heltzel 2004  
 92-2 Krystal Schneider 2002  
 91-6 Molly Peugh 1999  
 89-3 Dawn Schoeder 2000  
 82-9 Kristi Anderson 2005  
 70-4 Courtney Arsenault 2005

**Javelin (Old)**  
 142-8 Diane Hillman 1987 #  
 120-2 Chris Stanley 1992  
 120-0 Jen Schlekeway 1996  
 116-4 Brenda Casper 1992  
 115-10 1/2 Deb McKelvey 1989  
 115-10 Jodi Klostreich 1989  
 108-0 Lisa Tully 1995  
 107-10 1/2 Lori Kalenda 1991  
 101-9 Laurel Globke 1993  
 97-11 1/2 Dawn Hahler 1987

**Shot Put**  
 43-2 Sara Heggelund 1999  
 41-4 1/2 Kim Barents 1993  
 40-7 Sara Ehresmann 1998  
 39-8 1/2 Kerri Gray 1992  
 39-5 Marjae Sippel 1986  
 38-7 Krystal Schneider 2002  
 38-5 1/2 Dawn Schroeder 1999  
 38-2 Jen Schlekeway 1996  
 37-4 Courtney Arsenault 2005  
 37-3 Amy Price 2005

**Hammer**  
 136-4 Amy Price 2005  
 132-3 Krystal Schneider 2003  
 130-7 Courtney Arsenault 2005  
 113-0 Vanessa Bender 2003  
 102-9 Dawn Schroeder 2002  
 80-1 Danielle Heltzel 2004  
 76-4 Tiff Bottum 2001

**Pole Vault**  
 10-0 Kallie Baum 2009

**High Jump**  
 5-8 Marchell Lupton 1990 #  
 5-2 Jennifer Wollman 2002  
 5-0 Tricia Haarstad 1990  
 5-0 Jeanene McKelvey 1993  
 5-0 Tammy Pracht 1987  
 4-10 Laurel Globke 1993  
 4-10 Elaine Ramold 1993  
 4-8 Becky Gregg 1999  
 4-6 Michelle Olson 1993  
 4-6 Heather Winnan 2005

**Long Jump**  
 17-3 Sunshine Garcia 2001  
 17-2 1/4 Tamika Irvin 2011  
 17-1 Suzie Sully 2001  
 17-0 Michelle Olson 1990  
 16-9 Trina Moore 1995  
 16-8 1/2 Brittany Ulmer 2005  
 16-4 1/2 Natalie Munger 2011  
 16-2 1/2 Marilyn Schmitz 1980  
 16 1/4 Peggy Paulson 1986  
 15-9 1/4 Sarah Weidler 2009

**Triple Jump**  
 36-1 3/4 Brittany Ulmer 2005  
 35-5 Trina Moore 1995  
 35-2 Michelle Olson 1993  
 35-1 3/4 Sarah Weidler 2009  
 34-3 Sunshine Garcia 2001  
 33-8 Monica Nelson 1992  
 33-7 1/4 Tarinna Sax 1986  
 32-10 Marchell Lupton 1992  
 32-9 1/2 Jenny Evans 1990  
 32-7 3/4 Leah Radway 2002

**400-Meter Relay (100-100-100-100)**

440-Yard Relay (110-110-110-110) - .20 conversion			
47.32	Kailey Hunhoff, Alyssa Christianson, Natalie Munger, Tamika Irvin	2011	
47.63	Steph Leist, Alyssa Christianson, Tamika Irvin, Natalie Wipf	2010	
49.06	Steph Leist, Kailey Hunhoff, Sarah Weidler, Natalie Wipf	2009	
51.21	Kim Zachrison, Jenny Wright, Kristi Anderson, Kristin Welsch	2004	
51.84	Denise Heltzel, Kim Zachrison, Tristen Schulz, Jenny Wright	2003	
52.08	Sunshine Garcia, Denise Heltzel, Suzie Sully, Jamie Day	2001	
52.41	Lindy Pekarek, Emily Selthun, Denise Heltzel, Jamie Day	2000	
*52.54	Michelle Olson, Pam Kingery, Kim Curtis, Monica Nelson	1991	
*52.84	Kristi Weber, Tarinna Sax, Peggy Paulson, Candace Crabtree	1986	
*52.94	Peggy Paulson, Kristi Weber, Candace Crabtree, Kristi Donovan	1985	

**800-Meter Relay (200-200-200-200)**

880-Yard Relay (220-220-220-220) - .40 conversion			
1:43.63	Kailey Hunhoff, Alyssa Christianson, Tamika Irvin, Natalie Wipf	2010	
1:49.86	Kristi Anderson, Kristin Welsch, Kim Zachrison, Jenny Wright	2004	
*1:52.84	Shannon Lehnertz, Joni Peskey, Laura Mitchell, Michelle Olson	1990	
1:53.29	Kim Zachrison, Amanda Williams, Tristen Schulz, Jenny Wright	2003	
1:54.84	Lindy Pekarek, Emily Selthun, Denise Heltzel, Jamie Day	2000	
*1:55.14	Michelle Olson, Pam Kingery, Laura Mitchell, Joni Peskey	1991	
*1:55.44	Tarinna Sax, Peggy Paulson, Lorie Bartscher, Candace Crabtree	1986	
1:56.81	Kristi Anderson, Katie Leuthold, Kristin Welsch, Jenny Wright	2005	
*1:57.34	Laurel Globke, Kim Curtis, Pam Kingerly, Monica Nelson	1992	
1:58.42	Lindy Pekarek, Robyn Kirsch, Crystale Tibodeau, Jamie Day	1999	

**1,600-Meter Relay (400-400-400-400)**

1-Mile Relay (440-440-440-440) - 1.1 conversion			
3:56.77	Tamika Irvin, Kailey Hunhoff, Alyssa Christianson, Natalie Wipf	2010	
4:15.87	Jodi Plender, Amanda Williams, Becca Vrooman, Suzie Sully	2001	
*4:17.84	Joanne Herber, Tarinna Sax, Lorie Bartscher, Candace Crabtree	1986	
4:18.96	Jenny Wright, Kristi Anderson, Tristen Schulz, Tricia Hight	2004	
*4:19.24	Tammy Pracht, Candace Crabtree, Lorie Bartscher, Joanne Herber	1987	
*4:20.04	Kristi Weber, Lorie Bartscher, Candace Crabtree, Tammy Pracht	1987	
*4:22.34	Joni Peskey, Shannon Lehnertz, Michelle Olson, Laura Mitchell	1990	
*4:22.84	Joanne Herber, Candace Crabtree, Kristi Donovan, Kristi Weber	1985	
*4:23.74	Joanne Herber, Cindy Buresh, Candace Crabtree, Karen Holm	1986	
*4:24.74 (y)	Roxie Wells, Tammy Rogers, Andria Peterson, Penny Peterson	1978	

**3,200-Meter Relay (800-800-800-800)**

2-Mile Relay (880-880-880-880) - 2.5 conversion			
10:28.42	Kristi Anderson, Lisa Spors, Katie Weavill, Jenny Wright	2004	
10:36.12	Tricia Hight, Jenny Wright, Kristi Anderson, Amy McIntyre	2005	
*10:40.34	Bonnie Bartscher, Tiff Barents, Holly Farnsworth, Kim Wasserman	1993	
10:52.59	Heather Winnan, Katie Weavill, Lisa Spors, Paula Mettler	2005	
11:09.56	Tricia Hight, Amy McIntyre, Paula Mettler, Lisa Spors	2005	
11:15.70	Bonnie Bartscher, Alisa Voorhis, Pam Peppmuller, Laura Mitchell	1991	

**800-Meter Medley Relay (100-100-200-400)**

880-Yard Medley Relay (110-110-220-440) + .40 conversion			
1:57.36	Stacy Toelle, Michelle Olson, Joni Peskey, Shannon Lehnertz	1990	
*1:59.94	Kristi Weber, Tarinna Sax, Peggy Paulson, Candace Crabtree	1986	
*1:59.94	Kristi Weber, Tammy Pracht, Lorie Bartscher, Candace Crabtree	1987	
*2:00.74	Stacy Toelle, Michelle Olson, Joni Peskey, Laura Mitchell	1990	
2:01.66	Stacy Zimmer, Christy Rohlf, Jenny Birger, Dana Desautels	1997	
*2:01.74	Michelle Olson, Pam Kingery, Laura Mitchell, Joni Peskey	1991	
*2:02.74 (y)	Roxie Wells, Tammy Rogers, Andria Peterson, Penny Peterson	1978	
*2:02.94	Kristi Weber, Tarinna Sax, Candace Crabtree, Tammy Pracht	1986	
*2:05.94	Jamie Day, Crystale Tibodeau, Lindy Pekarek, Dana Desautels	1998	
*2:07.94 (y)	Gail Kroupa, Penny Peterson, Andria Peterson, Tammy Rogers	1978	

**Sprint Medley Relay (200-200-400-800)**

Sprint Medley Relay (220-220-440-880) - 1.1 conversion			
4:34.75	Jamie Day, Jodi Plender, Amanda Williams, Becca Vrooman	2001	
4:36.96	Kim Zachrison, Kristi Anderson Jenny Wright, Lisa Spors	2004	
*4:40.64	Kris Jensen, Stacy Zimmer, Angi Klibbe, Dana Desautels	1997	
4:42.41	Jodi Plender, Jamie Day, Lindy Pekarek, Charity Schneider	2000	
*4:42.84	Jamie Day, Crystale Tibodeau, Lindy Pekarek, Dana Desautels	1998	
4:45.03	Jamie Day, Lindy Pekarek, Charity Schneider, Mandy Lipp	1999	
4:46.84	Kim Zachrison, Tristen Schulz, Amanda Williams, Jenny Wright	2003	
*4:48.34	Kris Jensen, Jenny Birger, Stacy Zimmer, Dana Desautels	1997	
4:53.19	Kristi Anderson, Tricia Hight, Tristen Schulz, Katie Weavill	2005	
*4:58.54	Kim Curtis, Trina Moore, Dana Desautels, Kim Wasserman	1995	

**Distance Medley Relay (400-800-1,200-1,600)**

Distance Medley Relay (440-880-1,320-1,760) - 3.3 conversion			
14:14.93	Lindy Pekarek, Charity Schneider, Mandy Lipp, Erica Parsons	1999	

**Shuttle Hurdle Relay (110-110-110-110)**

Shuttle Hurdle Relay (120-120-120-120) + .0 conversion			
1:17.85	Amy Westphal, Robyn Kirsch, Lindy Pekarek, Crystale Tibodeau	1999	

**Heptathlon**

3,390	Wendy Schmaltz	2011	
3,297	Michelle Olson	1993	
3,217	Heather Winnan	2005	
2,824	Laurel Globke	1992	
1,918	Lorrie Roth	1991	

- # Conference record holder
- c SDIC MVP
- + Former SDIC record holder
- g GPAC MVP
- o SD collegiate record holder
- \* Fully Automatic Timing (FAT)

**Men's Top 10 Indoor Track List****50-Yard Dash**

*5.84	Cass Long	1976	
*5.94	Don Hilton	1977	
*6.04	Tim Johnson	1977	
*6.04	Bart Laber	1977	
*6.04	Brian Severeid	1976	
*6.04	Brad Walz	1977	
*6.04	Kevin Woods	1976	

**55-Meter Dash (60-Yard Dash + .0 conversion)**

6.32	Jamey Sperle	2003	# c g
*6.54	James Hunter	1989	
*6.54 (y)	Wayne Roberts	1973	
6.57	Phillip Goodloe	1999	c
6.59	Scott Pekarek	2006	
6.60	Nick Andrews	2005	
*6.64	Jerry Norton	1988	
*6.64	Randy Pfeifle	1988	
*6.64	Tyson Schulz	1998	
6.64	Bill Valentine	2000	

**60-Meter Dash**

6.76	Jamey Sperle	2003	c g
*7.04	Mike Negley	1981	
7.08	Scott Pekarek	2006	
*7.14	Tom Byrd	1981	
7.18	Nick Andrews	2005	
7.30	Jay Miller	2003	
7.31	Scott Pekarek	2005	
7.32	Michael Sestak	2003	
*7.34	Steve Gleisner	1981	
*7.34	Dennis LoVatto	1982	
*7.34	Fred Smith	1986	

**176-Yard Dash**

*18.44	Wayne Roberts	1973	
*19.54	Cass Long	1975	
*20.14	Kevin Williamson	1976	
*20.84	Randy Oldenkamp	1976	

**200-Meter Dash (220-Yard Dash - .10 conversion)**

21.38	Jamey Sperle	2003	#+cgo
22.55	Dalton Smith	2011	
22.60	Phillip Goodloe	1999	c
22.94	Jay Miller	2004	
23.03	Bill Valentine	2000	
*23.14 (y)	Eric Pulse	1990	
23.24	Scott Pekarek	2006	
23.40	Bernie Tegethoff	1997	
23.43	Jared DeWaard	2011	
*23.64	Troy Erickson	1992	

**300-Yard Dash**

*33.64	Wayne Roberts	1973	
*35.24	Tim Johnson	1976	
*38.14	Brian Severeid	1976	

**300-Meter Dash**

*36.64	Randy Pfeifle	1988	
*36.94	Eric Pulse	1988	
36.94	Robby Sorensen	2004	
37.42	Troy Erickson	1992	
*37.44	Jerry Norton	1990	
37.57	Curtis Morris	1992	
*38.24	John Herber	1986	
*38.44	Scott Schuyler	1990	
*38.64	James Hunter	1989	
38.80	Jonah Heckel	2004	

**400-Meter Dash** (440-Yard Dash - .30 conversion)

49.60	Jamey Sperle	2000	c g
50.49	Robby Sorensen	2003	
50.63	Jay Miller	2004	
*51.14	Eric Pulse	1990	
51.23	Dalton Smith	2011	
51.54	Bernie Tegethoff	1997	
51.76	Jared DeWaard	2011	
51.85	Frank Thompson	2011	
52.38	Layne Scheveck	2009	
52.53	Tyler Volesky	2011	

**500-Meter Dash**

1:07.29	Jamey Sperle	1999	c g
1:07.60	Robby Sorensen	2003	
*1:07.74	James Flint	1991	
1:10.10	Mike Rhode	1997	
1:10.16	Austine Nguithi	2000	
1:10.62	Corey Valentine	1995	
*1:11.74	Scott Schuyler	1990	
*1:12.74	Andrew Jacobs	1995	
*1:12.84	Chris Cutler	1990	
1:13.37	Kelly Skatvold	2003	

**600-Yard Dash**

1:12.80	Robby Sorensen	2004	
*1:15.34	Steve Mach	1974	
1:17.23	Andrew Hernandez	2011	
1:17.56	Austine Nguithi	2002	
*1:19.74	Tim Mach	1976	
1:19.79	Chris Sterrett	2011	
*1:21.04	Brian Severeid	1976	
*1:21.94	Bill Henjum	1976	
*1:21.94	Mike McNichols	1977	
*1:26.04	Mark Chilson	1978	

**600-Meter Dash**

1:21.39	Robby Sorensen	2003	
*1:25.14	Scott Schuyler	1990	
1:25.84	Jared DeWaard	2011	
1:26.02	Austine Nguithi	2002	
1:26.72	DaQuen Bashir	2007	
1:27.41	Jamey Sperle	1999	c g
1:27.96	Ryan Bruns	2001	
1:28.78	Tyler Volesky	2011	
1:28.79	Andrew Hernandez	2011	
1:28.91	Dalton Smith	2011	

**800-Meter Run** (880-Yard Run - .70 conversion)

*1:59.84 (y)	Steve Mach	1975	
2:00.82	Tyrone White	2007	
*2:01.54 (y)	Burt Rice	1972	
*2:01.64	Don Johnson	1989	
2:01.95	Ryan Bruns	2001	
2:02.11	Matt Maxon	2002	
2:02.26	Eric Lustig	2001	
*2:02.94	Alix Brice	1980	
2:03.05	Andrew Hernandez	2011	
2:03.37	Alan King	2000	

**1,000-Yard Run**

*2:18.84	Steve Mach	1977	
2:22.65	Eric Lustig	2002	
2:25.64	Tim Mach	1976	
*2:27.94	Doug Powers	1978	
*2:32.24	Kirk Strain	1978	
*2:35.74	Mark Chilson	1976	

**1,000-Meter Run**

2:36.81	Eric Lustig	2002	
*2:38.64	Don Johnson	1989	
2:40.77	Thomas Madut	2009	
2:42.79	Mike Lynch	2010	
2:43.19	Kelly Skatvold	2002	
*2:43.94	Lance Gilmore	1997	
2:44.49	David Faith	2002	
2:44.62	Ryan Bruns	1999	
2:45.96	Nathan Larsen	2002	
*2:46.34	Scott Lieswald	1982	

**1,500-Meter Run**

*4:01.84	Mel Peterson	1986	
*4:15.84	Don Johnson	1991	
4:16.18	Eric Lustig	2000	
*4:17.24	Ed Sargent	1982	
*4:18.44	Bill Black	1976	
*4:19.24	Scott Dirck	1988	
4:20.07	Ryan Bruns	1998	
*4:22.04	Rob Becker	1990	
*4:22.54	Tim Jensen	1989	
4:25.51	Alan King	2000	

**1,600-Meter Run** (1-Mile Run - 1.5 conversion)

*4:24.14 (y)	Gerry Boyle	1974	
4:24.32	Matt Maxon	2005	
*4:27.54 (y)	Dave Elhoff	1971	
4:31.41	Thomas Madut	2009	
*4:32.44 (y)	Mel Peterson	1986	
4:32.61	Alan King	2001	
4:33.22	Eric Lustig	2003	
*4:33.44 (y)	Mitch Paulsen	1978	
4:34.72	George Summerside	2005	
*4:35.54 (y)	Doug Powers	1976	

**3,000-Meter Run**

*8:20.24	Dan Bulloch	1980	
8:42.75	Matt Maxon	2004	
8:51.40	Dustin Elliott	2006	
8:52.51	Isaac VanDyke	2010	
8:58.13	Alan King	2004	
9:02.56	Thomas Madut	2010	
9:25.68	George Summerside	2005	
*9:26.34	Jim Anderson	1998	
*9:26.94	Herman Taylor	1990	
9:27.99	Andrew Zoller	2001	

**3,200-Meter Run** (2-Mile Run - 3.5 conversion)

*9:36.74 (y)	Gerry Boyle	1974	
9:55.80	Matt Maxon	2002	
*9:58.34 (y)	Dave Elhoff	1972	
*10:00.74 (y)	Paul Ekern	1980	
*10:05.34 (y)	Rob Becker	1990	
*10:09.64 (y)	Herman Taylor	1991	
*10:13.94 (y)	Mitch Paulsen	1978	
*10:16.34 (y)	Charles Morris	1978	
*10:24.14 (y)	Bill Black	1976	
*10:26.94 (y)	Stan Waddell	1977	

**3-Mile Run**

*15:10.24	Mel Peterson	1985
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**5,000-Meter Run**

15:05.15	Matt Maxon	2005 #
15:15.85	Isaac VanDyke	2010
15:18.90	Dustin Elliott	2006
15:33.60	Alan King	2004
15:37.06	Thomas Madut	2010
*16:26.64	Herman Taylor	1990
16:48.04	Brian Cruz	2009
*16:53.04	Jim Anderson	1998
17:10.29	Abdiqani Jama	2005
17:11.00	Jared Fields	2011

**1,600-Meter Racewalk**

*7:58.34	Matt Hein	2004
8:33.34	Brandon Hislop	2006

**3,000-Meter Racewalk**

14:56.69	Brandon Hislop	2007
*15:28.64	David Faith	2005
*15:33.44	Matt Hein	2004

**50-Yard Intermediate Hurdles**

*6.74	Don Hilton	1976
*7.24	Randy Oldenkamp	1976
*7.94	Greg Schlinz	1976
*8.34	Bill Henjum	1976

**50-Yard Hurdles**

*6.84	Don Hilton	1976
*7.24	Randy Oldenkamp	1978
*7.64	Greg Schlinz	1976
*7.74	Bill Henjum	1976
*8.44	Tim Johnson	1977

**55-Meter Intermediate Hurdles (60 Yards + .0 conversion)**

*7.64 (y)	Dave Ackerson	1973
*7.74	Tim Gau	1986
*7.84 (y)	Don Hilton	1978
*8.44 (y)	Greg Schlinz	1976

**55-Meter Hurdles (60-Yard Hurdles + .0 conversion)**

7.37	Vladimir Micic	2001 #
7.78	Troy Erickson	1992
7.82	Curtis Morris	1992
*7.94 (y)	Dave Ackerson	1973
7.97	Khamel Mumford	1995
8.03	Bernie Tegethoff	2000
*8.04	Jim Robertson	1986
*8.14	Marc Rentschler	1989
*8.24 (y)	Harry Birkhimer	1971
*8.24	Tim Gau	1986
*8.24	Steve Stocker	1991

**60-Yard Low Hurdles**

*7.54	Dave Ackerson	1973
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**60-Meter Hurdles**

8.08	Vladimir Micic	2001
*9.34	Tim Ausland	1981
*9.64	Steve Gleisner	1982
9.78	Alex Liberty	2011
10.14	Lyndon Scheveck	2007
10.30	Arin Boschee	2003

**160-Meter Intermediate Hurdles (176 Yards - .10 conversion)**

*20.94 (y)	Dave Ackerson	1970
*22.44 (y)	Don Hilton	1976
*23.54 (y)	Bill Henjum	1976
*23.64	Tim Ausland	1982

**200-Meter Hurdles**

26.10	Bernie Tegethoff	1999
27.15	Vladimir Micic	2002
28.06	Sam Bjornestad	2000
28.80	Bryan Fuks	2000
29.81	Arin Boschee	2002

**Shot Put**

57-3¼	Steve Schmidt	1998
49-2½	Larry Christianson	1971
49-1	Dan Steffen	1994
48-7½	Craig Evenson	2003
48-1½	Dean Hunhoff	1988
48½	Rod Campbell	1978
47-5½	Randy Oldenkamp	1978
47-4½	Kevin Williamson	1976
47-1	Phil Collins	1978
45-6¼	Nathan Smith	1998

**Weight Throw**

55-2¾	Jeff Hruby	2005
48-11	Daryl McNeil	2003
48-0	Craig Evenson	2003
46-2½	Jeff Holstein	2011
44-3½	Chris Sheckler	2007
38-7½	Bill Roth	2005
37-11	Joey Zito	2002
31-7½	Tim Strinz	2007
28-4½	Jeff Watson	2005

**Pole Vault**

14-1¼	Alex Liberty	2011
14-0	Darryl Deurmier	1989
13-0	Marty Bundy	1992
12-6	Harry Birkhimer	1971
12-6	Randy Cahoy	1976
12-6	Ben Miller	2001
12-0	Shay Davis	1990
11-6	Mark Orcutt	1976

**High Jump**

6-9½	Alex Liberty	2011
6-9	Travis Martin	1991
6-8	Frank Thompson	2008
6-7	Jesse Haines	1997
6-7	Michael Rogers	1990
6-6	Arin Boschee	2001
6-6	Troy Engels	2000
6-4	Ron Antoine	1982
6-4	Pat Hatwan	1972
6-4	Steve Hollenbeck	1979
6-4	Dan Miles	1995

**Long Jump**

23-3½	Troy Erickson	1992
22-9	James Flint	1991
22-8¾	Jody Wendte	1987
22-6	Troy Engels	2000
22-2	Tim Johnson	1978
22-1	Tyson Schulz	1998
21-10½	Sherman Cohen	1973
21-9½	Quincey Jones	1995
21-8½	Jay Schoenfelder	1997
21-8	Darren Johnson	1989

**Triple Jump**

47-4¾	Sherman Cohen	1974
46-8¾	Derik Fossum	2010
45-11¾	Arin Boschee	2001
45-1	Charles Paris	1997
45-1	Michael Rogers	1990
44-4¾	Mark Orcutt	1976
43-11	Khamel Mumford	1995
43-7	Quincey Jones	1998
43-5	Curtis Morris	1992
43-5	Joe Shepardson	2005

**400-Meter Relay (100-100-100-100)**

440-Yard Relay (110-110-110-110) - .20 conversion		
44.99	Tyson Schulz, Tate Gabriel, Jamey Sperle, Phillip Goodloe	1999
*45.04	Jerry Norton, Eric Pulse, John Fraser, Randy Pfeifle	1988
45.54	Tyson Schulz, Charles Paris, Gary Heater, Josh Lind	1997
45.84	Bruce Hinkley, Curtis Morris, Chris Wech, Shawn Stanford	1991
45.97	Bernie Tegethoff, Josh Lind, Tyson Schulz, Ryan Zilla	1998
*46.34		1980
*46.44	Khamel Mumford, Josh Lind, Andy Harriel, Orville Holz	1995
*46.54 (y)		1973
*46.64		1982
*47.14	Jerry Norton, Lyndon Overweg, Rick Meyerink, John Fraser	1987

**640-Meter Relay (160-160-160-160)**

704-Yard Relay (176-176-176-176) - .20 conversion		
*1:14.04 (y)	Brian Sevareid, Tim Johnson, Cass Long, Steve Mach	1976
*1:14.44	Jerry Norton, Eric Pulse, John Fraser, Randy Pfeifle	1988
*1:15.64 (y)		1976
*1:16.04	John Fraser, Lyndon Overweg, Marc Rentschler, Randy Pfeifle	1988
*1:16.44 (y)	Marcellus Roberts, Brian Sevareid, Cass Long, Craig Else	1975
*1:16.94 (y)	Bart Laber, Don Hilton, Randy Cahoy, Brad Walz	1978
*1:18.34		1981
*1:18.44	Andy Harriel, Orville Holz, Josh Lind, Khamel Mumford	1995
*1:19.44	Ron Morris, James Craig, Wade Pudwill, Rick Meyerink	1986
*1:20.44	Jerry Norton, Marc Rentschler, Shay Davis, Eric Pulse	1990

**800-Meter Relay (200-200-200-200)**

880-Yard Relay (220-220-220-220) - .40 conversion		
1:30.83	Jamey Sperle, Robby Sorensen, Michael Sestak, Bill Valentine	2003
1:32.55	Bernie Tegethoff, Jamey Sperle, Tate Gabriel, Phillip Goodloe	1999
1:33.69	Bernie Tegethoff, Jamey Sperle, Bill Valentine, Phillip Goodloe	2000
1:34.33	Bernie Tegethoff, Tate Gabriel, Phillip Goodloe, Bill Valentine	2000
*1:35.34 (y)		1973
1:35.99	Bernie Tegethoff, Rohan Bryan, Jamey Sperle, Phillip Goodloe	1999
1:36.29	Jay Schoenfelder, Tyson Schulz, Gary Heater, Bernie Tegethoff	1997
1:36.58	Scott Pekarek, Jay Miller, Wendell Johnson, Robby Sorensen	2004
1:36.91	Bernie Tegethoff, Walt Moody, Sam Bjornestad, Tate Gabriel	2000
*1:37.04	Bruce Hinkley, Curtis Morris, Steve Stocker, Shawn Stanford	1991

**960-Meter Relay (240-240-240-240)**

*1:56.94	Troy Erickson, Marc Rentschler, Eric Pulse, Jerry Norton	1990
*1:57.24	Eric Pulse, Jerry Norton, Steve Stocker, Curtis Morris	1991
*1:58.04	Jerry Norton, Chris Wech, Steve Stocker, James Flint	1991
*2:03.34	Shawn Geigle, Ryan Zilla, Kevin Stewart, Josh Lind	1996

**1,600-Meter Relay (400-400-400-400)**

1-Mile Relay (440-440-440-440) - 1.1 conversion		
3:22.06	Dalton Smith, Tyler Volesky, Frank Thompson, Jared DeWaard	2011
*3:28.74 (y)	Jerry Norton, Scott Schuyler, Troy Erickson, Eric Pulse	1990
3:28.84	Bernie Tegethoff, Mike Rhode, Shawn Geigle, Gary Heater	1997
3:29.38	Dalton Smith, Jared Thomas, Jordan Miller, Jared DeWaard	2010
*3:29.44	Troy Erickson, James Flint, Steve Stocker, Curtis Morris	1991
*3:30.04	Eric Pulse, Scott Schuyler, Chris Cutler, Jerry Norton	1990
*3:30.14	Jerry Norton, Scott Schuyler, Troy Erickson, Eric Pulse	1990
3:30.61	Bernie Tegethoff, Vladimir Micic, Bill Valentine, Jamey Sperle	2000
*3:31.64 (y)	Brian Sevareid, Tim Johnson, Tim Mach, Steve Mach	1976
3:31.79	Tate Gabriel, Austine Nguithi, Bill Valentine, Jamey Sperle	2000

**3,200-Meter Relay** (800-800-800-800)

2-Mile Relay (880-880-880-880) - 2.5 conversion		
8:05.78	Ryan Bruns, Eric Lustig, Austine Nguithi, Alan King	2001
*8:07.94	Scott Schuyler, Rob Becker, Chris Cutler, Don Johnson	1990
8:11.02	Matt Maxon, Kelly Skatvold, Austine Nguithi, Eric Lustig	2002
8:20.42	Eric Lustig, David Faith, Austine Nguithi, Robby Sorensen	2003
*8:25.54	Mel Peterson, Doug Rice, Thomas Rogers, Todd Sitzmann	1986
8:28.32	Ryan Bruns, Austine Nguithi, Chris Coalter, Bryan Fuks	2000
8:30.96	Dustin Elliott, Eric Lustig, Kelly Skatvold, Robby Sorensen	2003
*8:32.34 (y)	Burt Rice, Dave Elhoff, Gerry Boyle, James Agnostinone	1972
8:33.68	Dustin Elliott, George Summerside, Tim Ryan, Matt Maxon	2005
*8:39.24	Mike Rhode, Corey Baruth, Ryan Zilla, Travis Atkinson	1995

**Sprint Medley Relay** (320-160-160-320)

*2:01.84	Lyndon Overweg, Ron Morris, Jeff Decker, John Herber	1986
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**Sprint Medley Relay** (352-176-176-352)

*1:56.94	Steve Mach, Cass Long, Tim Johnson, Brian Sevareid	1976
*1:58.34		1976
*2:00.04		1975
*2:01.54	Steve Mach, Cass Long, Don Hilton, Doug Powers	1978

**Sprint Medley Relay** (200-200-400-800)

*3:45.44	Jerry Norton, Eric Pulse, Randy Pfeifle, Scott Dirck	1988
*3:50.44	Jim Snipes, Fred Smith, Eric Pulse, Don Johnson	1989
*3:56.34	Brian Reese, Lyndon Overweg, James Craig, Brian Aman	1988

**Sprint Medley Relay** (480-160-160-800)

*3:54.94	Michael Rogers, Shay Davis, Marc Rentschler, Don Johnson	1990
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**Sprint Medley Relay** (440-176-176-880)

*3:32.44	Steve Mach, Sherman Cohen, Cass Long, Gerry Boyle	1975
*3:32.74	Brian Sevareid, Cass Long, Tim Johnson, Steve Mach	1976
*3:38.94	Bart Laber, Don Hilton, Brad Walz, Mitch Paulsen	1978

**Distance Medley Relay** (1,200-400-800-1,600)

(1,320-440-880-1,760) - 3.3 conversion		
10:56.58	Dustin Elliott, Robby Sorensen, Austine Nguithi, Eric Lustig	2003
*11:03.34	Ryan Bruns, Jay Miller, Austine Nguithi, Eric Lustig	2001
*11:04.84 (y)	Kirk Strain, Doug Powers, Mitch Paulsen, Charles Morris	1978
11:09.23	Dustin Elliott, DaQuan Bashir, Thomas Mudat, Tyrone White	2007
11:14.28	Isaac VanDyke, Scott Pekarek, George Summerside, Dustin Elliott	2006
11:17.23	Eric Lustig, Robby Sorensen, Kelly Skatvold, Alan King	2003
*11:19.64 (y)		1970
*11:21.44 (y)	Steve Mach, Don Hilton, Doug Powers, Stan Waddell	1977
*11:31.64	Jerry Norton, Chris Cutler, Don Johnson, Rob Becker	1990
11:37.35	George Summerside, Mark Hauger, Byron Williams, Abdiqani Jama	2004

**Pentathlon**

3,317	Dan Miles	1995
3,060	Jesse Haines	1997
3,051	Arin Boschee	2004
2,319	Heath Swanson	1994
2,282	Lyndon Scheveck	2007
1,809	Junior Soskie	1994

**Heptathlon**

4,374	Alex Liberty	2011
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- # Conference record holder
- c SDIC MVP
- + Former SDIC record holder
- g GPAC MVP
- o SD collegiate record holder
- \* Fully Automatic Timing (FAT)

**Women's Top 10 Indoor Track List****55-Meter Dash** (60-Yard Dash + .0 conversion)

7.30	Tamika Irvin	2011
7.34	Alyssa Christianson	2011
7.65	Audrey Wipf	2011
7.76	Kim Zachrison	2003
7.79	Steph Leist	2011
7.82	Emy Madrid	1996
7.82	Molle Schwinler	2003
7.83	Jamie Day	2000
*7.84	Joni Peskey	1990
7.86	Laurel Globke	1992

**60-Meter Dash**

7.82	Tamika Irvin	2011
7.92	Alyssa Chistianson	2011
8.13	Steph Leist	2010
8.26	Audrey Wipf	2011
8.39	Molle Schwinler	2003
8.51	Kailey Hunhoff	2009
8.52	Kim Zachrison	2004
8.56	Kristin Welsch	2005
8.62	Ashley Haushild	2006
8.63	Jenny Wright	2004

**200-Meter Dash** (220-Yard Dash - .10 conversion)

25.50	Alyssa Christianson	2011
25.64	Natalie Wipf	2010
26.31	Tamika Irvin	2010
26.71	Audrey Wipf	2011
27.12	Jenny Wright	2004
27.96	Kailey Hunhoff	2009
28.00	Kim Zachrison	2004
28.06	Jodi Plender	2001
28.23	Steph Leist	2011
28.33	Lindy Pekarek	2000

**300-Yard Dash**

43.01	Tricia Hight	2002
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**300-Meter Dash**

43.56	Jenny Wright	2004
46.45	Tricia Hight	2002
46.55	Michelle Olson	1993
*47.04	Joni Peskey	1991
47.34	Heather Winnan	2005
*47.94	Kim Curtis	1995
*49.04	Laura Mitchell	1990
*50.64	Emily Lunders	1995
*52.04	Stacy Toelle	1990
*52.14	Lorrie Roth	1989

**400-Meter Dash** (440-Yard Dash - .30 conversion)

59.60	Natalie Wipf	2010
60.02	Jenny Wright	2004
62.00	Tamika Irvin	2010
62.53	Lindy Pekarek	2000
63.13	Jodi Plender	1999
63.91	Kailey Hunhoff	2009
65.93	Rebecca Vrooman	2001
65.99	Dana Desautels	1997
*66.04	Deb Houseman	1993
66.37	Tricia Hight	2005

**500-Meter Dash**

1:24.52	Jenny Wright	2005
1:29.02	Nicole Clutter	1992
1:30.00	Tricia Hight	2003
1:30.19	Charity Schneider	1998
1:31.98	Heather Winnan	2005

**600-Yard Dash**

1:37.12	Becca Vrooman	2002
1:37.45	Tricia Hight	2002
1:39.50	Jenny Wright	2002

**600-Meter Dash**

1:44.03	Jenny Wright	2005
1:48.86	Becca Vrooman	2002
1:49.65	Tricia Hight	2002
1:50.30	Kayleen Gupman	2011
1:50.42	Amanda Burton	2011
1:51.13	Charity Schneider	2000
1:51.79	Paula Mettler	2005
1:52.41	Dana Desautels	1998
1:53.92	JuJet Larson	1992
1:55.10	Pam Horner	2004

**800-Meter Run** (880-Yard Run - .70 conversion)

*2:22.94	Shannon Lehnertz	1990
2:27.97	Gail McIntyre	2009
2:31.68	Rebecca Vrooman	2001
2:33.36	Mandy Lipp	1999
2:34.54	Kayleen Gupman	2011
*2:34.74	Charity Schneider	1998
2:37.27	Paula Mettler	2005
*2:38.34	Abby Nase	1997
*2:39.04	Dana Desautels	1996
2:40.18	Amy McIntyre	2005

**1,000-Yard Run**

3:16.97	Tristen Schulz	2002
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**1,000-Meter Run**

3:08.18	Gail McIntyre	2009
*3:11.34	Shannon Lehnertz	1990
3:30.63	Erica Parsons	1999
3:31.96	Mandy Lipp	1999
3:32.15	Aimee Lenocker	2011
3:36.70	Rebecca Vrooman	2001
*3:36.84	Kim Wasserman	1993
3:37.38	Amy McIntyre	2005
3:38.12	Heidi Birkley	2006
*3:40.14	Cynthia Dyk	1987

**1,500-Meter Run**

*5:07.84	Shannon Lehnertz	1990
5:07.92	Mandy Lipp	2000
5:45.25	Erica Parsons	1999
*5:45.64	Cynthia Dyk	1987
*5:51.24	Angi Klibbe	1997
*5:52.24	Kim Wasserman	1994
*6:17.24	Dana Desautels	1996

**1,600-Meter Run** (1-Mile Run - 1.5 conversion)

5:26.27	Gail McIntyre	2011
5:39.90	Katie Weavill	2005
5:53.48	Mandy Lipp	2000
*5:53.64	Angi Klibbe	1997
5:53.78	Amy McIntyre	2005
6:04.65	Aimee Lenocker	2011
6:06.65	Jennie Day	2001
*6:08.24	Laura Cromley	1991
*6:14.54	Kim Wasserman	1994
6:18.38	Donella Headlee	2001

**3,000-Meter Run**

10:21.41	Gail McIntyre	2011
11:12.04	Ellie Peterson	2011
10:50.03	Katie Weavill	2007
*11:34.14	Mandy Lipp	2000
12:08.08	Aimee Lenocker	2011
*12:12.94	Angi Klibbe	1997
12:20.84	Jennie Day	2001
12:38.43	Erica Parsons	1999
12:47.46	Amy McIntyre	2007
13:05.00	Abby Mettler	2010

**3,200-Meter Run** (2-Mile Run - 3.5 conversion)

*13:12.24	Laura Cromley	1991
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**5,000-Meter Run**

18:47.64	Ellie Peterson	2011
18:58.45	Katie Weavill	2006
23:30.00	Abby Mettler	2010
23:43.88	Kim Wasserman	1995

**3,000-Meter Racewalk**

*17:09.84	Jane Hall	2000
17:09.94	Jennie Day	2004

**Marathon**

3:07:41.5	Ellie Peterson	2011
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**55-Meter Hurdles** (60-Yard Hurdles + .0 conversion)

8.57	Kristin Welsch	2005
8.90	Kim Curtis	1993
*9.34	Michelle Olson	1990
*9.44	Nikki Cameron	1998
9.49	Brittany Ulmer	2005
9.59	Heather Winnan	2006
9.72	Kailey Hunhoff	2011
9.78	Wendy Schmaltz	2011
9.89	Crystale Tibodeau	1999
*9.94	Deb Houseman	1993

**60-Meter Hurdles**

9.41	Kristin Welsch	2005
10.31	Brittany Ulmer	2004
10.46	Kailey Hunhoff	2011
10.52	Wendy Schmaltz	2011
10.60	Heather Winnan	2006
10.71	Savannah Breen	2007
*10.84	Lynette Grieve	1980
11.20	Paula Mettler	2006
11.34	Codi Schoon	2003

**200-Meter Hurdles**

34.08	Crystale Tibodeau	1998
35.03	Amy Westphal	1999
37.12	Robyn Kirsch	1999

**Shot Put**

42-2	Sara Heggelund	1999
41-8½	Kim Barents	1994
40-3¼	Sara Ehresmann	1998
39-4½	Kaylene Dozark	2003
39-1¼	Krystal Schneider	2003
38¼	Dawn Schroeder	2001
37-9½	Amy Price	2005
37-1	Marjae Sippel	1986
36-8	Dawn Hahler	1987
36-7¾	Courtney Arsenault	2005

**Pole Vault**

9-10	Kallie Baum	2009
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**Weight Throw**

48-4½	Courtney Arsenault	2006
47-6½	Amy Price	2007
47-3¼	Krystal Schneider	2003
42-3½	Vanessa Bender	2004
37¼	Kaylene Dozark	2003
36-0	Dawn Schroeder	2002
35-2	Danielle Heltzel	2003

**High Jump**

5-6	Marchell Lupton	1993
5¼	Jennifer Wollman	2002
5-0	Tricia Haarstad	1990
4-9½	Kailey Hunhoff	2011
4-6	Heather Willoughby	1994
4-6	Wendy Schmaltz	2011

**Long Jump**

17-11½	Tamika Irvin	2011
16-6½	Michelle Olson	1992
16-6¼	Trina Moore	1995
16-5¾	Natalie Munger	2011
15-11½	Kailey Hunhoff	2011
15-10¾	Brittany Ulmer	2006
15-8¼	Wendy Schmaltz	2011
15-7	Emy Madrid	1996
15-5½	Tracy Wellman	1994
15-4½	Laurel Globke	1992

**Triple Jump**

36-5	Brittany Ulmer	2008
34-6	Trina Moore	1995
34-1	Michelle Olson	1992
33-8	Sara Weidler	2010
31-10	Stacy Zimmer	1997
31-9¼	Heather Winnan	2004
31-6¾	Jenny Evans	1991
31-5½	Nikki Cameron	1998
30-9¼	Denise Heltzel	2002
30-4½	Tarina Sax	1986

**400-Meter Relay** (100-100-100-100)

440-Yard Relay (110-110-110-110) - .20 conversion

*55.94	Joni Peskey, Pam Kingery, Michelle Olson, Jenny Evans	1991
*56.24	Lindy Pekarek, Amy Westphal, Crystale Tibodeau, Jamie Day	1999
*57.14	Michelle Olson, Stacy Toelle, Laura Mitchell, Joni Peskey	1990
58.43	Christy Rohlf, Crystale Tibodeau, Amy Westphal, Jamie Day	1998

**640-Meter Relay** (160-160-160-160)

704-Yard Relay (176-176-176-176) - .20 conversion

*1:34.24	Kim Curtis, Emily Lunders, Trina Moore, Dana Desautels	1995
*1:39.04	Michelle Olson, Joni Peskey, Laura Mitchell, Shannon Lehnertz	1990

**800-Meter Relay** (200-200-200-200)

880-Yard Relay (220-220-220-220) - .40 conversion			
1:45.51	Tamika Irvin, Audrey Wipf, Natalie Munger, Alyssa Christianson	2011	
1:53.19	Molle Schwinler, Kim Zachrison, Tristen Schulz, Jenny Wright	2003	
1:55.12	Jenny Wright, Heather Winnan, Katie Leuthold, Tricia Hight	2005	
*1:55.44	Michelle Olson, Kim Curtis, Laurel Globke, Deb Houseman	1993	
1:55.79	Lindy Pekarek, Charity Schneider, Denise Heltzel, Jamie Day	2000	
1:58.25	Denise Heltzel, Molle Schwinler, Tristen Schulz, Jenny Wright	2003	
1:58.46	Jenny Wright, Tricia Hight, Denise Heltzel, Tristen Schulz	2002	
*1:58.64	Michelle Olson, Pam Kingery, Laura Mitchell, Joni Peskey	1991	
*1:59.54	Trina Moore, Kim Curtis, Emily Lunders, Dana Desautels	1995	
1:59.61	Jenny Wright, Pam Horner, Kristin Welsch, Kim Zachrison	2004	

**960-Meter Relay** (240-240-240-240)

*2:25.94	Michelle Olson, Joni Peskey, Shannon Lehnertz, Laura Mitchell	1990	
*2:26.44	Michelle Olson, Stacy Toelle, Jenny Evans, Joni Peskey	1990	
*2:27.94	Michelle Olson, Pam Kingery, Jenny Evans, Joni Peskey	1991	
*2:30.84	Shannon Lehnertz, Stacy Toelle, Laura Mitchell, Michelle Olson	1990	
*2:35.84	Barb Johnson, Lorrie Roth, Laura Cromley, Stacy Toelle	1990	

**1,600-Meter Relay** (400-400-400-400)

1-Mile Relay (440-440-440-440) - 1.1 conversion			
3:58.47	Tamika Irvin, Kailey Hunhoff, Natalie Munger, Alyssa Christianson	2011	
3:59.23	Tamika Irvin, Gail McIntyre, Alyssa Christianson, Natalie Wipf	2010	
4:18.23	Natalie Wipf, Kailey Hunhoff, Gail McIntyre, Brooke Warne	2009	
4:24.83	Jenny Wright, Heather Winnan, Tristen Schulz, Tricia Hight	2005	
4:26.86	Lindy Pekarek, Mandy Lipp, Charity Schneider, Jamie Day	2000	
4:28.42	Jenny Wright, Tristen Schulz, Tricia Hight, Pam Horner	2004	
4:32.98	Jenny Wright, Tristen Schulz, Tricia Hight, Katie Weavill	2004	
*4:34.34	Laura Mitchell, Michelle Olson, Joni Peskey, Marchell Lupton	1991	
4:35.48	Jodi Plender, Rebecca Vrooman, Donella Headlee, Jamie Day	2001	
4:35.51	Jenny Wright, Kim Zachrison, Tricia Hight, Pam Horner	2004	

**3,200-Meter Relay** (800-800-800-800)

2-Mile Relay (880-880-880-880) - 2.5 conversion			
10:51.29	Jenny Wright, Paula Mettler, Amy McIntyre, Katie Weavill	2005	
10:52.76	Mandy Lipp, Rebecca Vrooman, Jennie Day, Donella Headlee	2001	
10:59.87	Paula Mettler, Heather Winnan, Amy McIntyre, Lisa Spors	2005	
*12:03.64	Alisa Voorhis, Pam Peppmuller, Laura Mitchell, Bonnie Bartscher	1991	

**Distance Medley Relay** (1,200-400-800-1,600)

14:07.13	Paula Mettler, Jenny Wright, Tricia Hight, Katie Weavill	2005	
14:17.08	Paula Mettler, Jenny Wright, Amy McIntyre, Katie Weavill	2004	
14:17.34	Rebecca Vrooman, Jodi Plender, Donella Headlee, Jennie Day	2001	

**Pentathlon**

2,630	Kailey Hunhoff	2011
2,567	Wendy Schmaltz	2011

- # Conference record holder
- c SDIC MVP
- + Former SDIC record holder
- g GPAC MVP
- o SD collegiate record holder
- \* Fully Automatic Timing (FAT)

**\* Fully Automatic Timing**

*Times are converted from handheld to Fully Automatic Timing (FAT). To convert from handheld to FAT you must add a conversion factor of .24 seconds. A hand time recorded in hundredths of a second must be rounded up to the next tenth of a second before adding the conversion factor.*

**Example:** A hand time of 10.43 is rounded to 10.5 before adding .24 for a time of 10.74.