



Cal State Northridge Track and Field
Freshman Women's Outdoor All Time List

100 Meters

1	Sandra Howard	11.48	1976
2	Shauna Hackett	11.67	2004
3	Valerie Brisco	11.69	1979
4	Charlotte Vines	11.75	1990
5	Ragean Hill	11.81	1998
6	Lashaunda Fowler	11.82	1998
7	Alice Brown	11.84	1979
8	Deanna Goodwin	11.86	2004
9	Zarinah Tillman	11.89	1996
10	Danita Mc Kinley	11.94	1979
11	Krystal Harris	11.96	1999
12	Danita Young	11.96	1979

200 Meters

1	Valerie Brisco	23.16	1979
2	Malinda Malone	23.86	2001
3	Sandra Howard	23.94	1976
4	Zarinah Tillman	24.04	1996
5	Deanna Goodwin	24.18	2004
6	Krystal Harris	24.29	1999
7	Marlene Harmon	24.33	1983
7	Melanie Markham	24.33	1981
9	Shauna Hackett	24.35	2004
10	Lashaunda Fowler	24.39	1998
11	Charlotte Vines	24.47	1990
12	Cristal Steen	24.60	2005

400 Meters

1	Malinda Malone	53.88	2001
2	Zarinah Tillman	54.71	1996
3	Toi Lark	54.85	1983
4	Erika Bowling	55.19	1996
5	Cela Taylor	55.32	1990
6	Valerie Brisco	55.49	1979
7	Lashaunda Fowler	55.80	1998
8	Mary Coleman	56.16	1988
9	Tanisha Cooper	56.37	2005
10	Genia Seymour	56.38	1999



11 Kathy Costello	56.54	1977
12 Terrylah Woods	56.95	2001

800 Meters

1 Darcy Arreola	2;05.73	1987
2 Kathy Costello	2;07.64	1976
3 Cathy Jones	2;08.04	1979
4 Marlene Harmon	2;09.35	1983
5 Anne Dandoy	2;11.54	1978
6 Leslie Pratt	2;11.73	1984
7 Persephone Lowery	2;12.29	1990
8 Jennie Stachura	2;12.83	1983
9 Angela Talarico	2;14.25	2002
10 Cherie McPherson	2;14.45	2004
11 Heather Houston	2;14.60	1987
12 Karla Sanford	2;14.75	1992

1500 Meters

1 Darcy Arreola	4;15.35	1987
2 Leslie Pratt	4;28.66	1984
3 Kathy Costello	4;31.54	1977
4 Angela Talarico	4;32.08	2002
5 Lori Miller	4;36.30	1993
6 Rosanna Kirkendall	4;38.01	2001
7 Teresa Poy	4;39.84	1987
8 Chris Troffer	4;40.04	1977
9 Anne Dandoy	4;40.44	1978
10 Tammy McCarty	4;41.24	1986
11 Karla Sanford	4;44.89	1992
12 Dee Dee Deegan	4;46.46	1981

3000 Meters

1 Darcy Arreola	9;40.04	1987
2 Chris Troffer	9;55.14	1977
3 Tammy Mc Carty	9;58.64	1986
4 Angela Talarico	10;01.85	2002
5 Teresa Poy	10;12.33	1987
6 Wendy Walker	10;15.54	1979
7 Heather Brookes	10;17.64	1986
8 Margaret Barlog	10;20.74	1986
9 Kathy Robertson	10;25.64	1978
10 Jamie Whitmore	10;26.45	1995



11 Liz Camy

10;27.87

2002

12 Kathy Costello

10;31.34

1977



5000 Meters

1	Chris Troffer	17;06.94	1977
2	Kathy Robertson	17;17.58	1978
3	Wendy Walker	17;27.74	1979
4	Tammy Mc Carty	17;41.24	1986
5	Heather Brookes	17;52.74	1986
6	Dee Dee Deegan	18;07.44	1981
7	Jamie Whitmore	18;17.41	1995
8	Liz Camy	18;21.10	2002
9	Georgia McLean	18;30.24	1988
10	Laura Doering	18;37.67	1990
11	Marianne Gerry	20;20.08	2004
12	Diana Rosete	21;01.0	2004

10000 Meters

1	Heather Brookes	36;39.34	1986
2	Margaret Barlog	37;07.14	1986
3	Jamie Whitmore	39;24.42	1995
4	Georgia McLean	39;41.84	1988
5	Martha Segura	39;49.05	1990
6	Marianne Gerry	40;54.66	2004
7	Nancy Fitzgerald	41;01.34	1979
8	Ellen Muench	42;01.57	1996
9	Diana Rosete	42;15.75	2004

100 Meter Hurdles

1	Jackie Washington	13.63	1980
2	Marlene Harmon	13.68	1983
3	Kim Young	13.77	1990
4	Alesia Sweeney	13.89	1981
5	Ashleigh McGrew	13.93	2005
6	Heather Heron	13.97	2001
7	Julie Eze	13.99	2005
8	Christina Gutierrez	14.10	2004
9	Beyonka McDowell	14.24	2001
10	Mickey Rogers	14.30	1996
11	Erin Morris	14.35	1990
12	Maronke Sims	14.54	1993

400 Meter Hurdles

1	Sandy Myers	56.40	1980
2	Jodi Anderson	60.04	1977



3	Christina Gutierrez	60.25	2004
4	Julie Eze	60.29	2005
5	Sheila Hamilton	60.31	1977
6	Natasha Smith	62.42	1981
7	Brandi Prieto	62.55	1997
8	Sarah Bonilla	62.71	1999
9	Alesia Sweeney	63.31	1981
10	Jackie Poe	63.34	1989
11	Mickey Rogers	63.57	1996
12	Jennie Stachura	64.54	1983

3000 Meter Steeplechase

Long Jump

1	Jodi Anderson	21' 6	1979
2	Marlene Harmon	20' 9-1/4	1983
3	Sandy Myers	20' 7-3/4	1980
4	Melanie Markham	20' 1/2	1981
5	Candyce Babb	19' 11-3/4	2005
6	Dee Scott	19' 8	2000
7	Dominique Calvin	19' 5-1/2	2006
8	Kim Moran	19' 5-1/4	1978
9	Kayli Sanders	19' 31/4	2006
10	Tonya Conner	19' 3	1990
11	Kim Young	19' 1/2	1990
12	Kim Goodman	18'11-1/2	1983
12	Beyonka McDowell	18'11-1/2	2001

Triple Jump

1	Tonis Smith	41' 8-3/4	2004
2	Dee Scott	41' 1	2000
3	Brandi Prieto	40' 5-1/4	1997
4	Tonya Conner	40' 3-1/2	1990
5	Lolita Pile	39' 8-3/4	1987
6	Aaliyah Shareef	39' 1-3/4	2004
7	Stephanie Werth	38' 11-3/4	1999
8	Angela Hill	38' 7-3/4	1988
9	Kim Young	38' 7-1/2	1990
10	Reena Sihota	37' 10-12	1997
11	Carlene Jones	37' 10-1/4	1995
12	Candyce Babb	37' 6-1/2	2005



High Jump

1	Noreen Flynn	5' 8-1/2	1987
2	Cassandra Vance	5' 7-3/4	1986
3	Lisa Gill	5' 7-1/4	1989
4	Kari Gosswiller	5' 7	1979
5	Natasha Smith	5' 6	1981
6	Christina Gutierrez	5' 5-3/4	2004
7	Terry Wasson	5' 5-1/4	1990
8	Tait Holden	5' 5	1997
8	Jodi Anderson	5' 5	1979
10	Gabrielle LeClair	5' 4	1983
10	Tammy Allington	5' 4	1988
12	Erin Nichols	5' 3-3/4	1997
12	Jennifer Barnes	5' 3-3/4	1997

Pole Vault

1	Allyson Crosby	11' 8	1999
2	Shannon Jentzsch	11' 6	2005
3	Maggie O'Malley	11' 3-3/4	1998
4	Lisa Rugenstein	11' 1-3/4	1999
5	Claire Parker	10' 11-3/4	2002
6	Jennifer Capehart	10' 10	1998
7	Jenifer Sargent	10' 6	1998
8	Jessica Brown	9' 0-1/4	2003

Shot Put

1	Jere' Summers	51' 5-3/4	2006
2	Cheree Hicks	50' 10-1/2	1997
3	Christina Tolson	50' 5-1/4	1997
4	Laura Sauao	49' 3	2001
5	Nancy Jenkins	48' 2	1979
6	Beth Burton	47' 7-1/4	1994
7	Teresa Stricklin	47' 3	1992
8	Nicole Logan	45' 9-1/2	1992
9	Ashley Arbuckle	45' 9	2005
10	Mary Alessi	43' 6	1999
11	Latrice Hagan	43' 5	1987
12	Sonia Yanez	43' 2-1/2	1983

Discus Throw

1	Cheree Hicks	180' 2	1997
2	Jere' Summers	160' 7	2006



3	Teresa Stricklin	160' 4	1992
4	Carol Stevenson	153' 9	2000
5	Christi Pyle	150' 10-1/2	1979
6	Karen Stampfli	150' 4	1979
7	Mary Alessi	145' 5	1999
8	Nicole Logan	143' 2	1992
9	Ashley Arbuckle	141' 10	2005
10	Sonya Yanez	136' 2	1983
11	Renee Beurman	135' 0	1979
12	Anne Petree	130' 6	1984



Hammer Throw

1 Raquel Sola	191' 0	2006
2 Christina Tolson	179' 2	1997
3 Carol Stevenson	178'10	2000
4 Laura Sauao	172'4	2001
5 Jere' Summers	167' 10	2006
6 Mary Alessi	134' 10	1999

Javelin Throw (new rule)

1 Sammie Freeman	164'7	2002
2 Kelley Watson	107' 1	1999
3 Mary Alessi	97'11	1999
4 Tori Curtis	83' 5	2003
5 Laura Sauao	82'2	2001
6 Brittany Ricketts	62' 11	2003

Javelin Old (old rule)

1 Connie Gassen	176' 3	1977
2 Kristen Dunn	138' 0	1991
3 Monique Howard	131' 9	1978
4 Sonya Yanez	118' 5	1983
5 Karen Kartch	118' 0	1979
6 Marlene Harmon	115' 3	1983
7 Anne Petree	105' 10	1984
8 Jane Peluir	94'5	1977
9 Jennifer Barnes	88' 1	1997

Weight Pentathlon (1996 IAAF tables)

1 Carol Stevenson	3526 pts.	1999
2 Laura Sauao	3198 pts.	2000
3 Mary Alessi	2518 pts.	1998
4 Samantha Freeman	2551 pts.	2001

Heptathlon

1 Lisa Gill	4894	1989
2 Sammie Freeman	4333	2002
3 Monica Tobin	3413	1996

400 Meter Relay

1 McDowell, Wilkins, Heron, Malone	47.24	2001
2 Isles, D. Smith, Sapp, Coleman	48.67	1988



Mile Relay

1 Wilkins, Heron, McDowell, Malone	3;46.51	2001
2 Sapp, Isles, D. Smith, Coleman	3;55.84	1988

Notes:

1. all times from 1975 and earlier have been converted from yards
2. multievents performances have been rescored on current tables.
3. all performances are wind legal unless otherwise noted.
4. all times have been altitude adjusted unless otherwise noted.
5. (O) oversized track
6. this list is current as of 7-18-2006
7. corrections gratefully received at dale.cowper@csun.edu