

Coldwater High School
Girls' Track and Field
Season Results
1987

Coldwater 1st (Class B)	West Michigan Indoor Classic	70
Coldwater 55	Quincy	73
Coldwater 2nd	Sturgis Exchange Club Relays	55
Coldwater 85	Bronson	43
Coldwater 97	Union City	31
Coldwater 84	Homer	44
Coldwater 92	Harper Creek	35
Coldwater (no team score kept)	Roadrunner Relays	
Coldwater 60	Hillsdale	68
Coldwater 94	Lakeview	34
Coldwater 2nd	Ken Herrick Invitational	67
Coldwater 66	Marshall	62
Coldwater 82	Hastings	46
Coldwater 69	Albion	55
Coldwater 42	Sturgis	86
Coldwater 2nd	Class B Regional Meet	71
Coldwater 2nd (tie)	Twin Valley Meet	83
Coldwater 8th (tie)	Class B State Meet	20

Dual Meet Record: 8-3 (5-2 in Twin Valley)

State Meet (20 points):	Jill Strawser	2nd	1600M	5:14.5
	Heidi Olsen	4th	High Jump	5'4"
	Joan Monroe	5th	800M	2:22.4
	Jill Strawser	6th	3200M	11:43.2
	(Jill Strawser, Robin Brodt, Mary Nowak, Joan Monroe)	9th	3200M Relay	9:56.3
	Dawn Whitaker	14th (tie)	High Jump	4'11"
	Heidi Olsen		Long Jump	15'8"

Regional Meet (71 points):	Heidi Olsen	1st	High Jump	5'3"	
	Heidi Olsen	1st	Long Jump	15'8"	
	Jill Strawser	1st	1600M	5:15.5	
	Jill Strawser	1st	3200M	11:48.0	
	Joan Monroe	1st	800M	2:23.4	
	(Jill Strawser, Robin Brodt, Mary Nowak, Joan Monroe)	1st	3200M Relay	9:59.7	
	Dawn Whitaker	3rd	High Jump	5'1"	
	Dawn Marriott	5th	100M HH	17.2	
	(Heidi Olsen, Lisa Hook, Dawn Whitaker, Sonya Smith)	6th	800M Relay	1:54.1	
	(Tara Hatfield, Lisa Hook, Dawn Whitaker, Heidi Olsen)	6th	400M Relay	52.9	
	(Sonya Smith, Robin Brodt, Dawn Marriott, Joan Monroe)	6th	1600M Relay	4:22.2	
	Twin Valley Meet(83 points):	Jill Strawser	1st	1600M	5:18.1
		Jill Strawser	1st	3200M	11:52.0
		Dawn Whitaker	1st	High Jump	5'5"
Heidi Olsen		2nd	Long Jump	16'5½"	
Joan Monroe		2nd	800M	2:24.1	
(Jill Strawser, Robin Brodt, Mary Nowak, Joan Monroe)		2nd	3200M Relay	10:04.2	
Robin Brodt		3rd	800M	2:28.3	
(Tara Hatfield, Lisa Hook, Dawn Whitaker, Heidi Olsen)		3rd	400M Relay	54.3	
Sonya Smith		4th	400M	63.1	
Heidi Olsen		4th-tie	High Jump	5'2"	
Lisa Hook		5th	Shot Put	31'7"	
Heidi Olsen		5th	100M	13.5	
(Sonya Smith, Robin Brodt, Dawn Marriott, Joan Monroe)		5th	1600M Relay	4:27.3	
Dawn Marriott		6th	Long Jump	14'3"	
Dawn Marriott		6th	100M HH	17.5	
Dawn Marriott		6th	300M LH	50.7	
(Tara Hatfield, Sonya Smith, Dawn Whitaker, Lisa Hook)		6th	800M Relay	1:55.0	

Dual Meet Standings

1. Sturgis	7-0	(8 pts.)
2. Hillsdale	5-1-1	(7 pts.)
3. Coldwater	5-2	(6 pts.)
4. Marshall	4-2-1	(5 pts.)
5. Hastings	2-4-1	(4 pts.)
6. Lakeview	2-5	(3 pts.)
7. Albion	1-5-1	(2 pts.)
8. Harper Creek	0-7	(1 pt.)

Twin Valley Meet

1. Sturgis	125	(8 pts.)
2. Coldwater	83	(6½ pts.)
Marshall	83	(6½ pts.)
4. Hastings	61	(5 pts.)
5. Albion	56	(4 pts.)
6. Hillsdale	49	(3 pts.)
7. Harper Creek	26	(2 pts.)
8. Lakeview	14	(1 pt.)

Final Standings

1. Sturgis	16 pts.
2. Coldwater	12½ pts.
3. Marshall	11½ pts.
4. Hillsdale	10 pts.
5. Hastings	9 pts.
6. Albion	6 pts.
7. Lakeview	4 pts.
8. Harper Creek	3 pts.

1987 Captains and Award Winners

Captains: Rhonda Hansel and Heidi Olsen

MVP (Most Varsity Points): Jill Strawser (203 3/4)

All-Conference: Jill Strawser 1600M, 3200M, 3200M Relay
 Dawn Whitaker High Jump, 400M Relay
 Heidi Olsen Long Jump, 400M Relay
 Joan Monroe 800M, 3200M Relay
 Robin Brodt 800M, 3200M Relay
 Tara Hatfield 400M Relay
 Lisa Hook 400M Relay

State Qualifiers: Jill Strawser 1600M, 3200M, 3200M Relay
 Heidi Olsen High Jump, Long Jump
 Joan Monroe 800M, 3200M Relay
 Dawn Whitaker High Jump
 Mary Nowak 3200M Relay
 Robin Brodt 3200M Relay

Branch County
 Area Best:

Jill Strawser	1st	Mile	5:32.4 (meet record)
Jill Strawser	1st	2 Mile	12:24.6
Heidi Olsen	2nd	Long Jump	16'0"
Dawn Whitaker	2nd	High Jump	5'2" (ties meet record)
Joan Monroe	2nd	880	2:33.0
(Jill Strawser, Robin Brodt, Mary Nowak, Joan Monroe)	2nd	2 Mile Relay	10:12.2
Heidi Olsen	3rd	100	12.1
Robin Brodt	3rd	880	2:33.0+
(Heidi Olsen, Sonya Smith, Dawn Whitaker, Lisa Hook)	3rd	880 Relay	1:53.5
(Sonya Smith, Joan Monroe, Dawn Marriott, Robin Brodt)	3rd	Mile Relay	4:27.7

Branch County

Area Best (cont.):	Shelly Winney	4th	Discus	93'1"
	Lisa Hook	4th	Shot Put	32'3"
	Tara Hatfield	4th	110 HH	17.3
	Dawn Marriott	4th	330 LH	52.1
	(Tara Hatfield, Lisa Hook, Dawn Whitaker, Heidi Olsen)	4th	440 Relay	53.8
	Sonya Smith	5th	440	67.1
	Dawn Marriott	6th	Long Jump	13'6½"
	Dawn Marriott	6th	110 HH	17.7
	Dawn Whitaker	6th	100	12.7
	Tara Hatfield	6th	330 LH	55.5
	Sonya Smith	6th	220	29.5

New School Records

100M HH	Dawn Marriott	16.9	(Regional, 5-16; old: 17.7 (Marriott, 1986))
300M LH	Dawn Marriott	50.9	(Regional, 5-16; old: 51.8 (Marriott, 1986 and Angle, 1985))
800M	Joan Monroe	2:22.4	(State Meet, 5-30; old: 2:26.0 (c) (L. Page, 1978))
1600M	Jill Strawser	5:14.5	(State Meet, 5-30; old: 5:19.3 (Strawser, 1986))
3200M	Jill Strawser	11:41.3	(Ken Herrick Inv., 5-2; old: 11:52.8 (Strawser, 1986))
3200M Relay	(Jill Strawser, Robin Brodt, Mary Nowak, Joan Monroe)	9:56.3	(State Meet, 5-30; old: 10:00.0 (1986))
Shuttle Hurdles	(Dawn Marriott, Tara Hatfield, Kristin Bell, Amy Risedorph)	1:14.8	(Sturgis Relays, 4-11; old: 1:17.1 (1981))
Sprint Medley	(Heidi Olse, Dawn Whitaker, Rhonda Hansel, Sonya Smith)	1:58.2	(Sturgis Relays, 4-11; old: 1:59.9 (1985))
Distance Medley	(Mary Nowak, Robin Brodt, Joan Monroe, Jill Strawser)	13:18.6	(Roadrunner Relays, 4-25; old: 13:41.1 (1986))
Shot Put (2)	(Lisa Hook, Shelly Winney)	62'4½"	(Roadrunner Relays, 4-25; old: 59'3 3/4" (1986))

Varsity Letter Winners

Rhonda Hansel	Senior Award - 4 years	Dawn Marriott	Second Year Award
Mary Nowak	Senior Award - 4 years	Joan Monroe	Second Year Award
Heidi Olsen	Senior Award - 4 years	Sonya Smith	Second Year Award
Kristin Bell	Third Year Award	Jill Strawser	Second Year Award
Robin Brodt	Third Year Award	LaShon Valle	Second Year Award
Tara Hatfield	Third Year Award	Shelly Winney	Second Year Award
Lisa Hook	Third Year Award	Joy Thayer	First Year Award
Dawn Whitaker	Third Year Award		

Reserve Letter Winners

Reserve Letter Winners

Emily Stankey	Third Year	Catou Mayeur	First Year
Jessica AcMoody	First Year	Monica Pierucki	First Year
Kyra Coe	First Year	Amy Risedorph	First Year
Jenni DePue	First Year	Lori Schmidt	First Year
Franziska Fenner	First Year	Linda Tappenden	First Year
Stacie Force	First Year	Hiroko Tsutsumi	First Year

Varsity Points

1. Jill Strawser	203 3/4	9. Tara Hatfield	50 1/4	17. Kyra Coe	4 1/2
2. Heidi Olsen	180 1/3	10. Shelly Winney	45	18. Jenni Davidson	3 1/2
3. Dawn Whitaker	113 1/12	11. Robin Brodt	32 3/4	19. Catou Mayeur	3 1/4
4. Joan Monroe	109 1/4	12. Mary Nowak	23 1/2	20. Jessica AcMoody	2 3/4
5. Dawn Marriott	108 3/4	13. LaShon Valle	18 3/4	21. Jenni DePue	2 1/4
6. Rhonda Hansel	90 5/6	14. Kristin Bell	13 1/2	22. Nikki Olsen	1 1/2
7. Sonya Smith	88 3/4	15. Joy Thayer	10 3/4	23. Jenny Honyoust	1 1/4
8. Lisa Hook	76 1/2	16. Dawn Valle	6 1/4	24. Amy Risedorph	1

Total: 1,192 (record)

Best Performance - Relays (1987)

400M	52.9:	Heidi Olsen, Lisa Hook, Dawn Whitaker, Rhonda Hansel
	52.9:	Tara Hatfield, Lisa Hook, Dawn Whitaker, Heidi Olsen
800M	1:51.0:	Heidi Olsen, Sonya Smith, Dawn Whitaker, Rhonda Hansel
1600M	4:22.2:	Sonya Smith, Robin Brodt, Dawn Marriott, Joan Monroe
3200M	9:56.3*:	Jill Strawser, Robin Brodt, Mary Nowak, Joan Monroe
Sprint Medley	1:58.2*:	Heidi Olsen, Dawn Whitaker, Rhonda Hansel, Sonya Smith
(100-100-200-400)		
Distance Medley	13:18.6*:	Mary Nowak, Robin Brodt, Joan Monroe, Jill Strawser
(800-400-1200-1600)		
Shuttle Hurdles	1:14.8*:	Dawn Marriott, Tara Hatfield, Kristin Bell, Amy Risedorph

*school record

Best Individual Performances (1987) (all times have been converted to metric)

* indicates new school record

Discus

1. Shelly Winney	93'1"
2. Lisa Hook	86'5"
3. LaShon Valle	78'6"
4. Franziska Fenner	69'11"
5. Catou Mayeur	65'6"
6. Stacie Force	64'0"

Shot Put

1. Lisa Hook	33'7"
2. Shelly Winney	31'1½"
3. Catou Mayeur	25'3"
4. Stacie Force	24'2"
5. Franziska Fenner	23'5"

High Jump

1. Dawn Whitaker	5'5"
2. Heidi Olsen	5'4"
3. Rhonda Hansel	5'2"
4. Jenny Honyoust	4'0"

Long Jump

1. Heidi Olsen	16'5½"
2. Dawn Marriott	15'5¼"
3. Sonya Smith	13'11½"
4. Nikki Olsen	11'8"
5. Joan Monroe	9'4½"

Best Individual Performances (cont.)

100M HH

1. Dawn Marriott	16.9*
2. Tara Hatfield	17.2
3. Kristin Bell	19.4
4. Amy Risedorph	20.6
5. Lori Schmidt	21.0
6. Monica Pierucki	21.3

300M LH

1. Dawn Marriott	50.7*
2. Tara Hatfield	52.5
3. Kristin Bell	54.0
4. Amy Risedorph	58.8
5. Monica Pierucki	59.6
6. Lori Schmidt	60.7

100M

1. Heidi Olsen	12.9
2. Dawn Whitaker	13.4
3. Lisa Hook	14.1
Kristin Bell	14.1
5. Sonya Smith	14.2
6. Jenny Honyoust	15.1
7. Kari Duncan	15.9
8. Linda Tappenden	17.7

200M

1. Rhonda Hansel	27.9
2. Heidi Olsen	28.4
3. Sonya Smith	28.6
4. Joan Monroe	29.9
5. Tara Hatfield	30.0
6. Lisa Hook	30.2
7. Kristin Bell	30.5
8. LaShon Valle	31.4
9. Nikki Olsen	33.1
10. Jenny Honyoust	32.4
11. Monica Pierucki	33.1
12. Lori Schmidt	34.2
13. Hiroko Tsutsumi	36.6
14. Linda Tappenden	42.9

400M

1. Sonya Smith	62.6
2. Robin Brodt	66.1
3. LaShon Valle	69.3
Jessica AcMoody	69.3
5. Jenni DePue	70.9
6. Catou Mayeur	72.9
7. Lisa Hook	75.4
8. Emily Stankey	80.0
9. Monica Pierucki	80.5
10. Franziska Fenner	90.1
11. Linda Tappenden	103.1

800M

1. Joan Monroe	2:22.4*
2. Robin Brodt	2:28.3
3. Jenni Davidson	2:54.3
4. Dawn Valle	3:04.1
5. Kyra Coe	3:04.4

1600M

1. Jill Strawser	5:14.6*
2. Joan Monroe	5:33.1
3. Mary Nowak	6:16.3
4. Joy Thayer	6:25.3

3200M

1. Jill Strawser	11:41.3*
2. Joan Monroe	12:50.9
3. Joy Thayer	14:07.6
4. Robin Brodt	14:24.7
5. Mary Nowak	14:44.8
6. Dawn Valle	14:56.2

Coldwater High School
All-time Best
Girls' Track and Field Performances

(For ease of comparison all times have been converted to metric times)

* indicates past or present school record

Discus

1. Mary Jo Henderson (76)	101'11 3/4"*
2. Kelly Rehm (85)	96'3"
3. Lisa Hook (86)	96'2"
Carrie Miller (80)	96'2"
5. Jackie Gruza (84)	94'8 1/2"
6. Shelly Winney (87)	93'1"
7. Joanna Bartlett (84)	86'11 1/2"
8. Lara Scheidler (86)	85'2"
9. Denise Orris (81)	84'7"
10. Norma Carl (81)	82'9"
11. LaShon Valle (86)	80'7"
12. Cathy Puorro (79)	78'7"
13. Kathi Miller (81)	78'5"
14. Wendi Noble (85)	77'10"
15. Julie Schorfhaar (82)	77'1 1/2"
16. Tracy Mosher (81)	75'6 1/2"
17. Tarja Karkkainen (84)	74'1"
18. Lori Card (80)	72'10"
19. Julie Robinson (81)	71'8 1/2"
20. Shelley Garn (83)	71'6"

Shot Put

1. Lisa Hook (86)	34'11"*
2. Shelly Winney (87)	31'1 1/2"
3. Heidi Olsen (85)	30'5"
4. Joanna Bartlett (84)	30'1 1/4"*
5. Julie Schorfhaar (82)	29'10 1/2"*
6. Mandy LaFever (86)	29'5"
7. Carrie Miller (80)	28'6 1/2"*
8. Jodie Macklin (85)	28'4"
9. Norma Carl (80)	27'4"
10. Tracey Mosher (81)	27'0"
11. Kelly Rehm (84)	26'11"
12. Jackie Gruza (84)	26'10"
13. Julie Robinson (81)	26'2"
14. LaShon Valle (86)	25'9"
Denise Orris (81)	25'9"
16. Catou Mayeur (87)	25'3"
17. Tarja Karkkainen (84)	25'2"
18. Tracey Walker (82)	25'0"
Theresa Summitt (83)	25'0"
20. Teri Kellogg (85)	24'4"

High Jump

1. Heidi Olsen (86)	5'5"*
Dawn Whitaker (87)	5'5"
3. Dana Cooper (83)	5'3"*
4. Rhonda Hansel (87)	5'2"
5. Labeth Page (79)	5' 1/2"*
6. Jan Linteau (75)	5'0"*
7. Julie Schorfhaar (81)	4'10"
8. Shelly Angle (84)	4'8"
Patti Norton (82)	4'8"
Cheryl Schorfhaar (82)	4'8"
Mary Jo Henderson (75)	4'8"
Sue Hoeksema (73)	4'8"
13. Lisa Birk (86)	4'6"
Dawn Marriott (86)	4'6"
Jody Toth (84)	4'6"
Becky Howe (81)	4'6"
Julie Robinson (81)	4'6"
Cathy Heater (75)	4'6"
19. Ruth Warner (74)	4'5"

Long Jump

1. Lisa Kellogg (81)	16'9 1/2"*
2. Judy Kasperski (75)	16'7 1/2"*
3. Heidi Olsen (87)	16'5 1/2"
4. Angela VanBuskirk (82)	16'2 1/2"
5. Jodie Macklin (84)	15'7 1/2"
6. Deb Leach (73)	15'6 1/2"*
7. Julie Bettinger (81)	15'6"
8. Dawn Marriott (87)	15'5 1/4"
9. Lara Scheidler (84)	15'5"
10. Teri Kellogg (85)	15'3"
11. Shelly Angle (85)	15' 1/2"
12. Karen Heinemann (79)	15'0"
13. Kathi Miller (81)	14'9"
14. Julie Schorfhaar (81)	14'7 1/2"
15. Julie Swanson (85)	14'6 1/2"
16. Deb McKinley (74)	14'6"
17. Lisa Birk (85)	14'4 1/2"
18. Vicki Keeslar (74)	14'3 1/2"
19. Karen Lincoln (84)	14'3"
20. Becky Howe (81)	14'2 1/2"
Cathie Hacker (83)	14'2 1/2"

100M HH

1. Dawn Marriott (87)	16.9*
2. Tara Hatfield (87)	17.2*
3. Shelly Angle (85)	18.5*
Jody Toth (84)	18.5*
5. Amy Carpenter (85)	19.1
6. Kristin Bell (86)	19.3
7. Julie Wilcox (85)	19.8
8. Julie Swanson (85)	20.2
9. Beth Milnes (84)	20.4
10. Amy Risedorph (87)	20.6
11. Lori Schmidt (87)	21.0
12. Jenny Spaulding (84)	21.2
13. Monica Pierucki (87)	21.3
14. LaShon Valle (85)	22.1
15. Amy Thomas (86)	22.2
16. Cindy Yope (85)	22.5

300M LH

1. Dawn Marriott (87)	50.7*
2. Shelly Angle (85)	51.8*
3. Tara Hatfield (87)	52.5
4. Kristin Bell (87)	54.0
5. Julie Wilcox (85)	54.6
6. Jody Toth (83)	56.1
7. LaShon Valle (85)	56.4
8. Amy Carpenter (85)	56.7
9. Julie Swanson (85)	58.4
10. Beth Milnes (83)	58.5
11. Amy Risedorph (87)	58.8
12. Robin Worst (83)	59.1
13. Monica Pierucki (87)	59.6
14. Amy Thomas (86)	60.1
15. Cindy Yope (85)	60.3
Jenny Spaulding (84)	60.3
17. Lori Schmidt (87)	60.7
18. Stephanie Hoard (83)	64.1

100M

1. Janet Austin (79)	12.5*
2. Tina Straw (77)	12.7*
3. Rhonda Hansel (85)	12.8
Deb McKinley (74)	12.8*
5. Heidi Olsen (87)	12.9
Cathy Page (79)	12.9
Vicki Keeslar (74)	12.9
8. Angela VanBuskirk (83)	13.0
9. Cathy Heator (75)	13.1
10. Deb Leach (73)	13.3
11. Dawn Whitaker (87)	13.6
12. Connie Allen (75)	13.7
Jan Linteau (75)	13.7
14. Jodie Macklin (84)	13.8

100M (cont.)

14. Joanna Bartlett (81)	13.8
Shelly Heator (80)	13.8
Tracey Snow (75)	13.8
18. Sonya Smith (86)	13.9
Julie Bettinger (81)	13.9
Julie Schorfhaar (80)	13.9

200M

1. Janet Austin (79)	26.5*
2. Cathy Page (79)	26.9
3. Rhonda Hansel (85)	27.0
4. Vicki Keeslar (74)	27.4*
5. Kathi Miller (82)	27.7
6. Deb McKinley (74)	27.8
7. Lara Scheidler (84)	28.0
Angela VanBuskirk (81)	28.0
9. Dawn Whitaker (85)	28.1
Cathy Heator (75)	28.1
11. Sonya Smith (86)	28.2
12. Lisa Birk (85)	28.5
Jodie Macklin (84)	28.5
14. Judy Kasperski (74)	28.6
15. Deb Leach (73)	28.7
16. Rachelle Brodt (77)	28.8
17. Mary Blaskie (75)	28.9
18. Dana Cooper (85)	29.0
19. Shelly Heator (80)	29.4
20. Kris Post (82)	29.6
Terri Eberspeaker (75)	29.6

400M

1. Cathy Page (81)	60.4*
2. Lara Scheidler (84)	61.3
3. Sonya Smith (87)	62.6
Lisa Kerr (74)	62.6
5. Julie Schorfhaar (82)	63.2
6. Denise Dorr (75)	64.4
7. Patty Brown (79)	64.5
8. Lisa Kellogg (81)	65.7
9. Cynthia Grupp (86)	65.9
Judy Kasperski (75)	65.9
11. Ruth Warner (74)	66.0
12. Robin Brodt (87)	66.1
13. Joan Monroe (86)	66.6
Dana Cooper (85)	66.6
15. Teri Kellogg (85)	66.7
Mary Borden (79)	66.7
17. LaShon Valle (85)	67.6
18. Dawn Whitaker (86)	68.2
19. Lorri Gruner (80)	68.3
20. Kristin Bell (85)	68.6

800M

1. Joan Monroe (87)	2:22.4*
2. Labeth Page (78)	2:26.0*
3. Robin Brodt (87)	2:28.3
4. Cynthia Grupp (85)	2:32.1
5. Dana Cooper (85)	2:34.0
Judy Kasperski (74)	2:34.0*
7. Ruth Warner (74)	2:35.0
8. Mary Nowak (86)	2:36.0
9. Linda Belau (81)	2:38.5
10. Marianne Exelby (82)	2:40.5
11. Bess Lawhead (80)	2:40.9
12. Denise Dorr (77)	2:42.0
13. Sharon Fisher (75)	2:43.8
14. Teri Kellogg (85)	2:45.1
15. Teresa Franks (79)	2:44.0
16. Cynthia Sellers (81)	2:45.6
17. Colleen Brown (85)	2:45.8
18. Shelly Thompson (84)	2:47.1
19. Julie Wilcox (83)	2:48.5
20. Julie Stipe (79)	2:49.3
Sarah Moore (73)	2:49.3

1600M

1. Jill Strawser (87)	5:14.5*
2. Joan Monroe (87)	5:33.1
3. Dana Cooper (83)	5:33.5*
4. Marianne Exelby (85)	5:39.9
5. Dawn Valle (85)	5:41.6
6. Crissy Wu (86)	5:51.3
7. Cathy Puorro (78)	5:52.1*
8. Bess Lawhead (80)	5:56.0
9. Teresa Franks (79)	6:05.3
10. Mary Nowak (85)	6:07.9
11. Susie Gray (75)	6:13.4*
12. Cynthia Sellers (81)	6:15.2
13. Misty Fougerousse (80)	6:17.5
14. Michelle Laughry (85)	6:17.8
15. Cheryl Paul (80)	6:21.5
16. Nancy Lopez (75)	6:23.5
17. Joy Thayer (87)	6:25.3
18. Lorri LoPresto (82)	6:27.9
19. Tammy Huntley (85)	6:28.2
20. Anne Strobel (85)	6:28.8

3200M

1. Jill Strawser (87)	11:41.3*
2. Dawn Valle (86)	12:08.3
3. Marianne Exelby (85)	12:23.8
4. Dana Cooper (82)	12:41.7*
5. Cathy Puorro (79)	12:42.1*
6. Joan Monroe (87)	12:50.9
7. Robin Brodt (85)	13:14.6
8. Crissy Wu (86)	13:29.0
9. Julie Wilcox (82)	13:33.8
10. Michelle Laughry (85)	13:41.2
11. Shelly Angle (82)	13:43.2
12. Misty Fougerousse (80)	13:47.1
13. Norma Kelley (77)	13:52.6
14. Joy Thayer (87)	14:07.6
15. Nancy Carrion (83)	14:07.7
16. Wendi Noble (84)	14:15.6
17. Renee Brodt (81)	14:21.0
18. Kathy Toupalik (81)	14:21.8
19. Pam Moore (75)	14:22.3*
20. Cheryl Paul (81)	14:22.5

Coldwater High School
Girls' Varsity
Track and Field Records

Discus	Mary Jo Henderson	101' 11 3/4"	1976
Shot Put	Lisa Hook	34' 11"	1986
High Jump	Heidi Olsen	5' 5"	1986
Long Jump	Lisa Kellogg	16' 9 1/2"	1981
100M HH	Dawn Marriott	16.9	1987
300M LH	Dawn Marriott	50.7	1987
100	Janet Austin	11.6	1979
220	Janet Austin	26.6	1979
400M	Cathy Page	60.4	1981
800M	Joan Monroe	2:22.4	1987
1600M	Jill Strawser	5:14.5	1987
3200M	Jill Strawser	11:41.3	1987
440 Relay	Heidi Olsen, Sonya Smith, Dawn Whitaker, Rhonda Hansel	52.0	1986
880 Relay	Cathy Page, Cheryl Howe, Lisa Kellogg, Janet Austin	1:49.3	1979
1600M Relay	Rhonda Hansel, Cynthia Grupp, Dana Cooper, Lara Scheidler	4:14.2	1984
3200M Relay	Jill Strawser, Robin Brodt, Mary Nowak, Joan Monroe	9:56.3	1987
Most Varsity Points (season)	Jill Strawser	203 3/4	1987
Most Varsity Points (career)	Kathi Miller	596 3/4	1979-82

Coldwater High School
Girls' Freshman
Track and Field Records

Discus	Shelly Winney	84' 5"	1986
Shot Put	Lisa Hook	32' 0"	1985
High Jump	Heidi Olsen	5' 0"	1984
Long Jump	Lisa Kellogg	16' 7"	1979
100M HH	Dawn Marriott	17.7	1986
330 LH	Dawn Marriott	52.0	1986
100	Tina Straw	11.8	1977
200M	Rhonda Hansel	27.9	1984
400M	Lara Scheidler	63.6	1983
880	Joan Monroe	2:28.4	1986
1600M	Jill Strawser	5:19.3	1986
3200M	Jill Strawser	11:52.8	1986

Coldwater High School
Girls' Varsity Track and Field
Additional Relay Records

Shuttle Hurdles	Dawn Marriott, Tara Hatfield, Kristin Bell, Amy Risedorph	1:14.8	1987
Sprint Medley (100-100-200-400)	Heidi Olsen, Dawn Whitaker, Rhonda Hansel, Sonya Smith	1:58.2	1987
College Sprint Medley (200-200-400-800)	Cathy Page, Janet Austin, Patty Brown, Labeth Page	4:47.0	1979
Distance Medley (800-400-1200-1600)	Mary Nowak, Robin Brodt, Joan Monroe, Jill Strawser	13:18.6	1987
Discus (2)	Jackie Gruza, Kelly Rehm	163' 1"	1983
Discus (3)	Jackie Gruza, Kelly Rehm, Tarja Karkkainen	236' 10"	1984
Shot Put (2)	Lisa Hook, Shelly Winney	62' 4 1/2"	1987
Shot Put (3)	Lisa Hook, Jodie Macklin, Kelly Rehm	79' 4 1/2"	1985
High Jump (2)	Heidi Olsen, Dawn Whitaker	10' 5"	1986
High Jump (3)	Heidi Olsen, Dawn Whitaker, Dana Cooper	14' 4"	1985
Long Jump (2)	Angela VanBuskirk, Julie Bettinger	30' 1"	1981
Long Jump (3)	Lisa Kellogg, Angela VanBuskirk, Julie Bettinger	44' 6 1/2"	1981