

Coldwater High School
Girls' Track and Field
Season Results
1988

Coldwater 55 (2nd - Class B)	West Michigan Indoor Classic	
Coldwater 114	Union City	14
Coldwater 102	Bronson	26
Coldwater 78	Lakeview	50
Coldwater 66 (2nd)	Sturgis Exchange Club Relays	
Coldwater 81	Sturgis	47
Coldwater 83	Hillsdale	45
Coldwater 96	Harper Creek	32
Coldwater (no team score kept)	Roadrunner Relays	
Coldwater 94	Albion	34
Coldwater 48 (4th)	Ken Herrick Invitational	
Coldwater 76	Hastings	52
Coldwater 95	Marshall	33
Coldwater 85 (1st)	Class B Regional Meet	
Coldwater 127 (1st)	Twin Valley Meet	
Coldwater 9	Class B State Meet	

Dual Meet Record: 9-0 (7-0 in Twin Valley)

State Meet (9 points):

(Jill Strawser, Joan Monroe, Robin Brodt, Joy Strawser)	3rd	3200M Relay	9:33.9
Jill Strawser (Dawn Marriott, Joy Strawser, Sonya Smith, Penny Scheetz)	7th	1600M	5:19.3
Dawn Whitaker	8th	800M Relay	1:47.4
Jill Strawser	9th (tie)	High Jump	5'2"
Joy Strawser		3200M	12:09.0
		400M	60.4

Regional Meet (85 points):

Jill Strawser	1st	1600M	5:23.2
Jill Strawser	1st	3200M	11:56.7
(Jill Strawser, Joan Monroe, Robin Brodt, Joy Strawser)	1st	3200M Relay	9:37.9
(Dawn Marriott, Joy Strawser, Sonya Smith, Penny Scheetz)	1st	800M Relay	1:48.0
Dawn Whitaker	2nd	High Jump	5'2 $\frac{1}{4}$ "
Dawn Marriott	3rd	100M HH	16.7
Penny Scheetz	3rd	200M	27.8
(Penny Scheetz, Lisa Hook, Dawn Whitaker, Kara Rutledge)	3rd	400M Relay	52.8
Penny Scheetz	4th	100M	13.3
Joy Strawser	4th	400M	60.0
Dawn Marriott	4th	Long Jump	15'2 $\frac{1}{2}$ "
(Sonya Smith, Joan Monroe, Robin Brodt, Joy Strawser)	4th	1600M Relay	4:22.5
Dawn Marriott	5th	300M LH	49.6
Lisa Hook	6th	Discus	101'0"

Twin Valley Meet (127 points):

Jill Strawser	1st	1600M	5:19.5
Jill Strawser	1st	3200M	11:55.3
Dawn Marriott	1st	300M LH	48.5
Joy Strawser	1st	400M	59.9
(Jill Strawser, Joan Monroe, Robin Brodt, Joy Strawser)	1st	3200M Relay	9:51.0
(Dawn Marriott, Joy Strawser, Sonya Smith, Penny Scheetz)	1st	800M Relay	1:48.5
Dawn Marriott	2nd	Long Jump	16'2 $\frac{3}{4}$ "
Penny Scheetz	2nd	100M	12.9
Penny Scheetz	2nd	200M	27.4
Lisa Hook	3rd	Shot Put	33'6 $\frac{1}{2}$ "
Dawn Marriott	3rd	100M HH	16.8
(Penny Scheetz, Lisa Hook, Dawn Whitaker, Kara Rutledge)	3rd	400M Relay	53.1

Twin Valley Meet (cont.):	Dawn Whitaker	4th	High Jump	4'10"
	Shelly Winney	4th	Shot Put	32'11 3/4"
	Kara Rutledge	4th	300M LH	51.5
	(Sonya Smith, Kristin Bell, Tara Hatfield, Joy Strawser)	4th	1600M Relay	4:22.4
	Lisa Hook	5th	Discus	105'5"
	Tara Hatfield	5th	100M HH	17.0
	Dawn Whitaker	5th	200M	28.8
	Sonya Smith	5th	400M	63.1
	Kristin Bell	6th	100M HH	17.1

Dual Meet Standings

Twin Valley Meet

Final Standings

1. Coldwater	7-0 (8 pts.)	1. Coldwater	127 (8 pts.)	1. Coldwater	16 pts.
2. Sturgis	6-1 (7 pts.)	2. Albion	85 (7 pts.)	2. Sturgis	13 pts.
3. Hillsdale	5-2 (6 pts.)	3. Sturgis	79 (6 pts.)	3. Hillsdale	11 pts.
4. Marshall	4-3 (5 pts.)	4. Hillsdale	60 (5 pts.)	4. Albion	10 pts.
5. Albion	2-5 (3 pts.)	5. Marshall	47 (4 pts.)	5. Marshall	9 pts.
Hastings	2-5 (3 pts.)	6. Hastings	42 (3 pts.)	6. Hastings	6 pts.
Lakeview	2-5 (3 pts.)	7. Harper Creek	34 (2 pts.)	7. Lakeview	4 pts.
8. Harper Creek	0-7 (1 pt.)	8. Lakeview	22 (1 pt.)	8. Harper Creek	3 pts.

1988 Captains and Award Winners

Captains: Kristin Bell and Robin Brodt

MVP (Most Varsity Points): Dawn Marriott (178 1/6)

Previous Winners: 1987 - Jill Strawser (203 3/4)
 1986 - Heidi Olsen (157 2/3)
 1985 - Dawn Valle (115 1/2)
 1984 - Dana Cooper (120 1/4)
 Lara Scheidler (120 1/4)
 1983 - Dana Cooper (154)
 1982 - Kathi Miller (176 3/4)
 1981 - Kathi Miller (184)
 1980 - Cathy Page (168 1/2)

Rookie of the Year: Penny Scheetz

All-State: Jill Strawser, Joan Monroe, Robin Brodt, Joy Strawser (3200M Relay)

State Qualifiers: Jill Strawser 1600M, 3200M, 3200M Relay
 Joy Strawser 400M, 3200M Relay, 800M Relay
 Dawn Whitaker High Jump
 Robin Brodt 3200M Relay
 Joan Monroe 3200M Relay
 Dawn Marriott 800M Relay
 Sonya Smith 800M Relay
 Penny Scheetz 800M Relay

All-Conference: Dawn Marriott 300M LH, Long Jump, 100M HH, 800M Relay
 Penny Scheetz 100M, 200M, 800M Relay, 400M Relay
 Jill Strawser 1600M, 3200M, 3200M Relay
 Joy Strawser 400M, 3200M Relay, 800M Relay
 Lisa Hook Shot Put, 400M Relay
 Robin Brodt 3200M Relay
 Joan Monroe 3200M Relay
 Sonya Smith 800M Relay
 Dawn Whitaker 400M Relay
 Kara Rutledge 400M Relay

Branch County Area Best - Champions and Runners-up:

Jill Strawser	1st	800M	2:23.6 (meet record)
Jill Strawser	1st	3200M	11:57.7
Dawn Marriott	1st	Long Jump	15'7½"
(Jill Strawser, Joan Monroe, Robin Brodt, Joy Strawser)	1st	3200M Relay	10:18.1
(Dawn Marriott, Joy Strawser, Sonya Smith, Penny Scheetz)	1st	800M Relay	1:48.1
Lisa Hook	2nd	Discus	1107'6"
Lisa Hook	2nd	Shot Put	34' 3/4"
Penny Scheetz	2nd	100M	13.1
Penny Scheetz	2nd	200M	27.5
Dawn Whitaker	2nd	High Jump	5'1"
Sonya Smith	2nd	400M	63.5
Dawn Marriott	2nd	300M LH	47.6
(Penny Scheetz, Lisa Hook, Dawn Whitaker, Kara Rutledge)	2nd	400M Relay	53.2
(Sonya Smith, Joan Monroe, Robin Brodt, Tara Hatfield)	2nd	1600M Relay	4:25.7

New School Records

Discus	Lisa Hook	107'6"	(Area Best, 5-31; old: 101'11 3/4" by Mary Jo Henderson, 1976)
100M HH	Dawn Marriott	16.7	(vs. Marshall, 5-17; old: 16.9 by Dawn Marriott, Regional, 1987)
	Tara Hatfield	16.7	(Area Best, 5-31)
300M LH	Dawn Marriott	47.6	(Area Best, 5-31; old: 50.9 by Dawn Marriott, Regional, 1987)
400M	Joy Strawser	59.9	(Twin Valley Meet, 5-25; old: 60.4 by Cathy Page, 1981)
800M Relay	(Dawn Marriott, Joy Strawser, Sonya Smith, Penny Scheetz)	1:47.4	(State Meet, 6-4; old: 1:48.8 (c) by C. Page, C. Howe, L. Kellogg, J. Austin, 1979)

New School Records (cont.)

3200M Relay	(Jill Strawser, Joan Monroe, Robin Brodt, Joy Strawser)	9:33.9	(State Meet, 6-4; old: 9:56.3 by J. Strawser, R. Brodt, M. Nowak, J. Monroe, State, 1987)
Shuttle Hurdles	(Dawn Marriott, Kara Rutledge, Tara Hatfield, Kristin Bell)	1:11.3	(Sturgis Relays, 4-16; old: 1:14.8 by Marriott, Hatfield, Bell, Risedorph, Sturgis Relays, 1987)
Sprint Medley (100-100-200-400)	(Dawn Whitaker, Lisa Hook, Penny Scheetz, Joy Strawser)	1:54.6	(Roadrunner Relays, 4-30; old: 1:58.2 by Olsen, Whitaker, Hansel, Smith, Sturgis Relays, 1987)
Discus (2)	(Lisa Hook, Shelly Winney)	178' 5 3/4"	(Roadrunner Relays, 4-30; old: 163'1" by J. Gruza, K. Rehm, 1983)
Discus (3)	(Shelly Winney, Lisa Hook, Stacie Force)	257'3"	(Sturgis Relays, 4-16; old: 236'10" by J. Gruza, K. Rehm, T. Karkkainen, 1984)
Shot Put (2)	(Lisa Hook, Shelly Winney)	64'10 1/4"	(Roadrunner Relays, 4-30; old: 62'4 1/2" by L. Hook, S. Winney, Roadrunner, 1987)
Shot Put (3)	(Lisa Hook, Shelly Winney, Stacie Force)	81'10 3/4"	(Sturgis Relays, 4-16; old: 79'4 1/2" by L. Hook, J. Macklin, K. Rehm, 1985)
Freshman 200M	Penny Scheetz	26.6	(Ken Herrick, 5-7; old: 27.9 by R. Hansel at Ken Herrick, 1984)
Freshman 400M	Joy Strawser	59.9	(Twin Valley Meet, 5-25; old: 63.6 by Lara Scheidler at Area Best, 1983)

Varsity Letter Winners

Kristin Bell	Senior Award - 4 years	Sonya Smith	Third Year Award
Robin Brodt	Senior Award - 4 years	Jill Strawser	Third Year Award
Tara Hatfield	Senior Award - 4 years	Shelly Winney	Third Year Award
Lisa Hook	Senior Award - 4 years	Danielle Lippert	First Year Award
Dawn Whitaker	Senior Award - 4 years	Kara Rutledge	First Year Award
Emily Stankey	Senior Award - 1 year	Penny Scheetz	First Year Award
Dawn Marriott	Third Year Award	Joy Strawser	First Year Award
Joan Monroe	Third Year Award	Jill Thayer	First Year Award

Reserve Letter Winners

Jessica AcMoody	Second Year	Andi Blossom	First Year
Colleen Brown	Second Year	Erin Boester	First Year
Jenni DePue	Second Year	Jenny Burr	First Year
Stacie Force	Second Year	Jenny Davidson	First Year
Monica Pierucki	Second Year	Michelle Schmidt	First Year
Eriko Asai	First Year	Connie Sims	First Year
Nikki Barringer	First Year		

Varsity Points

1. Dawn Marriott	178 1/6	10. Shelly Winney	56	19. Emily Stankey	2 1/2
2. Jill Strawser	169 1/4	11. Kristin Bell	49	20. Jessica AcMoody	1 1/4
3. Penny Scheetz	152 1/2	12. Kara Rutledge	46 2/3	Sandi Adams	1 1/4
4. Dawn Whitaker	106 2/3	13. Jill Thayer	25 1/4	Andi Blossom	1 1/4
5. Lisa Hook	101 1/4	14. Tara Hatfield	21 1/4	Connie Sims	1 1/4
6. Joy Strawser	94	15. Danielle Lippert	8 2/3	Joy Thayer	1 1/4
7. Joan Monroe	65 2/3	16. Colleen Brown	4 1/2	25. Jenny Davidson	1
8. Sonya Smith	57 5/12	17. Jenni DePue	3 1/4		
9. Robin Brodt	56 3/4	18. Stacie Force	3		
					Total: 1,209 (record)

Best Performance - Relays (1988)

400M	52.7	- Penny Scheetz, Lisa Hook, Dawn Whitaker, Kara Rutledge
800M	1:47.4*	- Dawn Marriott, Joy Strawser, Sonya Smith, Penny Scheetz
1600M	4:18.3	- Sonya Smith, Kristin Bell, Jenni DePue, Joy Strawser
3200M	9:33.9*	- Jill Strawser, Joan Monroe, Robin Brodt, Joy Strawser
Sprint Medley (100-100-200-400)	1:54.6*	- Dawn Whitaker, Lisa Hook, Penny Scheetz, Joy Strawser
Distance Medley (800-400-1200-1600)	13:38.6	- Joan Monroe, Dawn Marriott, Robin Brodt, Jill Strawser
Shuttle Hurdles	1:11.3*	- Dawn Marriott, Kara Rutledge, Tara Hatfield, Kristin Bell

*indicates school record

Best Individual Performances (1988) (all times are metric)

*indicates a new school record

Discus

1. Lisa Hook	107'6"*
2. Shelly Winney	99'8"
3. Stacie Force	80'10 1/4"
4. Jenni Burr	59'8"

Shot Put

1. Lisa Hook	34' 3/4"
2. Shelly Winney	32'11 3/4"
3. Stacie Force	23'5 1/2"
4. Jenni Burr	19'10"

High Jump

1. Dawn Whitaker	5'4"
2. Joan Monroe	4'6"
3. Danielle Lippert	4'2"

Long Jump

1. Dawn Marriott	16'2 3/4"
2. Penny Scheetz	15'1 1/4"
3. Sonya Smith	15'1"
4. Kara Rutledge	14'8 3/4"

100M HH

1. Tara Hatfield	16.7*
Dawn Marriott	16.7*
3. Kristin Bell	16.9
4. Kara Rutledge	17.0
5. Monica Pierucki	20.1
6. Andi Blossom	21.5
7. Michelle Schmidt	22.5

300M LH

1. Dawn Marriott	47.6*
2. Kristin Bell	50.1
3. Kara Rutledge	51.4
4. Tara Hatfield	51.9
5. Monica Pierucki	62.5

100M

1. Penny Scheetz	12.9
2. Lisa Hook	13.4
3. Dawn Whitaker	13.7
4. Jenni Field	14.1
5. Sandi Adams	14.3
6. Jenny Davidson	14.4

Best Individual Performances (1988) (cont.)

200M

1. Penny Scheetz	26.6
2. Dawn Whitaker	28.4
3. Jenni Field	29.1
4. Jessica AcMoody	29.3
5. Sonya Smith	29.3
6. Jenny Davidson	30.9
7. Sandi Adams	31.1
8. Andi Blossom	32.7
9. Monica Pierucki	33.0

400M

1. Joy Strawser	59.9*
2. Sonya Smith	63.1
3. Dawn Marriott	64.1
4. Jenni Field	67.3
5. Jenni DePue	68.2
6. Tara Hatfield	69.1
7. Jessica AcMoody	69.2
8. Jenny Davidson	69.7
9. Andi Blossom	75.1
10. Emily Stankey	82.8

800M

1. Jill Strawser	2:23.6
2. Joan Monroe	2:30.6
3. Robin Brodt	2:31.5
4. Danielle Lippert	2:49.7
5. Andi Blossom	2:54.1
6. Emily Stankey	2:56.8
7. Colleen Brown	2:57.2
8. Jenny Davidson	3:03.7
9. Connie Sims	3:04.1
10. Jill Thayer	3:07.2
11. Eriko Asai	3:20.3
12. Nikki Barringer	3:25.8
13. Erin Boester	3:26.9

1600M

1. Jill Strawser	5:19.3
2. Joan Monroe	5:50.7
3. Robin Brodt	5:56.1
4. Jill Thayer	6:03.7
5. Danielle Lippert	6:12.3
6. Connie Sims	7:18.4
7. Erin Boester	7:31.4
8. Nikki Barringer	7:43.8

3200M

1. Jill Strawser	11:52.1
2. Robin Brodt	13:20.9
3. Jill Thayer	13:28.1
4. Danielle Lippert	13:44.6

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		High Jump		Shot Put		Long Jump	
1. Lisa Hook (88)	107'6"*	1. Heidi Oisen (86)	5'5"*	1. Lisa Hook (86)	34'11"*	1. Lisa Kelling (81)	16'9 1/2"*
2. Mary Jo Henderson (76)	101'11 3/4"*	3. Dawn Whitaker (87)	5'5"	2. Shelly Winney (87)	32'11 3/4"	2. Judy Kasperski (75)	16'7"*
3. Shelly Winney (88)	99'8"	3. Dana Cooper (83)	5'3"*	3. Heidi Oisen (87)	30'5"	3. Heidi Oisen (87)	16'5 1/2"
4. Kelly Rehm (85)	96'3"	4. Rhonda Hansel (87)	5'2"	4. Dawn Marriot (88)	30'1 1/4"*	4. Dawn Marriot (88)	16'2 3/4"
5. Carrie Miller (80)	96'2"	5. Labeth Page (79)	5'1/2"*	5. Angela Vanbuskirk (82)	29'10 1/2"*	5. Angela Vanbuskirk (82)	16'2 1/2"
6. Jackie Gruza (84)	94'8 1/2"	6. Jan Linteau (75)	5'0"*	6. Jodie Macklin (84)	29'5"	6. Jodie Macklin (84)	15'7 1/2"
7. Joanna Bartlett (84)	86'11 1/2"	7. Julie Schorhaar (81)	4'10"	7. Jodie Leach (73)	28'6 1/2"*	7. Deb Leach (73)	15'6 1/2"*
8. Lara Scheidler (86)	85'2"	8. Shelly Angie (84)	4'8"	8. Julie Bettinger (81)	28'4"	8. Julie Bettinger (81)	15'6"
9. Denise Orris (81)	84'7"	8. Patti Norton (82)	4'8"	9. Lara Scheidler (84)	27'4"	9. Lara Scheidler (84)	15'5"
10. Norma Carl (81)	82'9"	9. Cheryl Schorhaar (82)	4'8"	10. Teri Kelling (85)	27'0"	10. Teri Kelling (85)	15'3"
11. Stacie Force (88)	80'10 1/4"	10. Mary Jo Henderson (75)	4'8"	11. Penny Scheetz (88)	26'11"	11. Penny Scheetz (88)	15'1 1/2"
12. Lashon Valie (86)	80'7"	11. Sue Hoeksema (73)	4'8"	12. Sonya Smith (88)	26'10"	12. Sonya Smith (88)	15'1"
13. Cathy Puerto (79)	78'7"	12. Joan Monroe (88)	4'6"	13. Shelly Angie (85)	26'2"	13. Shelly Angie (85)	15' 1/2"
14. Kathi Miller (81)	78'5"	13. Lisa Birk (86)	4'6"	14. Karen Heinemann (79)	25'9"	14. Karen Heinemann (79)	15'0"
15. Wendi Noble (85)	77'10"	14. Lisa Birk (86)	4'6"	15. Kara Rutledge (88)	25'9"	15. Kara Rutledge (88)	14'9"
16. Julie Schorhaar (82)	77'1 1/2"	15. Dawn Marriot (86)	4'6"	16. Kara Rutledge (88)	25'3"	16. Kara Rutledge (88)	14'8 3/4"
17. Tracy Mosher (81)	75'6 1/2"	16. Jody Toth (84)	4'6"	17. Julie Schorhaar (81)	25'2"	17. Julie Schorhaar (81)	14'7 1/2"
18. Tarja Karikainen (84)	74'1"	17. Becky Howe (81)	4'6"	18. Julie Swanson (85)	25'0"	18. Julie Swanson (85)	14'6 1/2"
19. Lori Card (80)	72'10"	18. Julie Robinson (81)	4'6"	19. Deb McKinley (74)	25'0"	19. Deb McKinley (74)	14'6"
20. Julie Robinson (81)	71'8 1/2"	20. Ruth Warner (74)	4'5"	20. Lisa Birk (85)	24'4"	20. Lisa Birk (85)	14'4 1/2"

100M HH

1. Dawn Marriott (88)	16.7*
Tara Hatfield (88)	16.7*
3. Kristin Bell (88)	16.9
4. Kara Rutledge (88)	17.0
5. Shelly Angle (85)	18.5*
Jody Toth (84)	18.5*
7. Amy Carpenter (85)	19.1
8. Julie Wilcox (85)	19.8
9. Monica Pierucki (88)	20.1
10. Julie Swanson (85)	20.2
11. Beth Milnes (84)	20.4
12. Amy Risedorph (87)	20.6
13. Lori Schmidt (87)	21.0
14. Jenny Spaulding (84)	21.2
15. Andi Blossom (88)	21.5
16. LaShon Valle (85)	22.1
17. Amy Thomas (86)	22.2
18. Michelle Schmidt (88)	22.5
Cindy Yope (85)	22.5

300M LH

1. Dawn Marriott (88)	47.6*
2. Kristin Bell (88)	50.1
3. Kara Rutledge (88)	51.4
4. Shelly Angle (85)	51.8*
5. Tara Hatfield (88)	51.9
6. Julie Wilcox (85)	54.6
7. Jody Toth (83)	56.1
8. LaShon Valle (85)	56.4
9. Amy Carpenter (85)	56.7
10. Julie Swanson (85)	58.4
11. Beth Milnes (83)	58.5
12. Amy Risedorph (87)	58.8
13. Robin Worst (83)	59.1
14. Monica Pierucki (87)	59.6
15. Amy Thomas (86)	60.1
16. Cindy Yope (85)	60.3
Jenny Spaulding (84)	60.3
18. Lori Schmidt (87)	60.7
19. Stephanie Hoard (83)	64.1

100M

1. Janet Austin (79)	12.5*
2. Tina Straw (77)	12.7*
3. Rhonda Hansel (85)	12.8
4. Deb McKinley (74)	12.8*
5. Penny Scheetz (88)	12.9
Heidi Olsen (87)	12.9
Cathy Page (79)	12.9
Vicki Keeslar (74)	12.9
9. Angela VanBuskirk (83)	13.0
10. Cathy Heator (75)	13.1

100M(cont.)

11. Deb Leach (73)	13.3
12. Lisa Hook (88)	13.4
13. Dawn Whitaker (87)	13.6
14. Connie Allen (75)	13.7
Jan Linteau (75)	13.7
16. Jodie Macklin (84)	13.8
Joanna Bartlett (81)	13.8
Shelly Heator (80)	13.8
Tracey Snow (75)	13.8
20. Sonya Smith (86)	13.9
Julie Bettinger (81)	13.9
Julie Schorfhaar (80)	13.9

200M

1. Janet Austin (79)	26.5*
2. Penny Scheetz (88)	26.6
3. Cathy Page (79)	26.9
4. Rhonda Hansel (85)	27.0
5. Vicki Keeslar (74)	27.4*
6. Kathi Miller (82)	27.7
7. Deb McKinley (74)	27.8
8. Lara Scheidler (84)	28.0
Angela VanBuskirk (81)	28.0
10. Dawn Whitaker (85)	28.1
Cathy Heator (75)	28.1
12. Sonya Smith (86)	28.2
13. Lisa Birk (85)	28.5
Jodie Macklin (84)	28.5
15. Judy Kasperski (74)	28.6
16. Deb Leach (73)	28.7
17. Rachelle Brodt (77)	28.8
18. Mary Blaskie (75)	28.9
19. Dana Cooper (85)	29.0
20. Jenny Field (88)	29.1

400M

1. Joy Strawser (88)	59.9*
2. Cathy Page (81)	60.4*
3. Lara Scheidler (84)	61.3
4. Sonya Smith (87)	62.6
Lisa Kerr (74)	62.6*
6. Julie Schorfhaar (82)	63.2
7. Dawn Marriott (88)	64.1
8. Denise Dorr (75)	64.4
9. Patty Brown (79)	64.5
10. Lisa Kellogg (81)	65.7
11. Cynthia Grupp (86)	65.9
Judy Kasperski (75)	65.9
13. Ruth Warner (74)	66.0
14. Robin Brodt (87)	66.1
15. Joan Monroe (86)	66.6
Dana Cooper (85)	66.6
17. Teri Kellogg (85)	66.7
Mary Borden (79)	66.7
19. Jenny Field (88)	67.3
20. LaShon Valle (85)	67.6

800M

1. Joan Monroe (87)	2:22.4*
2. Jill Strawser (88)	2:23.6
3. Labeth Page (78)	2:26.0*
4. Robin Brodt (87)	2:28.3
5. Cynthia Grupp (85)	2:32.1
6. Dana Cooper (85)	2:34.0
Judy Kasperski (74)	2:34.0*
8. Ruth Warner (74)	2:35.0
9. Mary Nowak (86)	2:36.0
10. Linda Belau (81)	2:38.5
11. Marianne Exelby (82)	2:40.5
12. Bess Lawhead (80)	2:40.9
13. Denise Dorr (77)	2:42.0
14. Sharon Fisher (75)	2:43.8
15. Teri Kellogg (85)	2:45.1
16. Teresa Franks (79)	2:44.0
17. Cynthia Sellers (81)	2:45.6
18. Colleen Brown (85)	2:45.8
19. Shelly Thompson (84)	2:47.1
20. Julie Wilcox (83)	2:48.5

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. Robin Brodt (88)	5:56.1
10. Jill Thayer (88)	6:03.7
11. Teresa Franks (79)	6:05.3
12. Mary Nowak (85)	6:07.9
13. Danielle Lippert (88)	6:12.3
14. Susie Gray (75)	6:13.4*
15. Cynthia Sellers (81)	6:15.2
16. Misty Fougerousse (80)	6:17.5
17. Michelle Laughry (85)	6:17.8
18. Cheryl Paul (80)	6:21.5
19. Nancy Lopez (75)	6:23.5
20. Joy Thayer (87)	6:25.3

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. Jill Thayer (88)	13:28.1
9. Crissy Wu (86)	13:29.0
10. Julie Wilcox (82)	13:33.8
11. Michelle Laughry (85)	13:41.2
12. Shelly Angle (82)	13:43.2
13. Danielle Lippert (88)	13:44.6
14. Misty Fougerousse (80)	13:47.1
15. Norma Kelley (77)	13:52.6
16. Joy Thayer (87)	14:07.6
17. Nancy Carrion (83)	14:07.7
18. Wendi Noble (84)	14:15.6
19. Renee Brodt (81)	14:21.0
20. Kathy Toupalik (81)	14:21.8
21. Pam Moore (75)	14:22.3*

Coldwater High School
Girls' Varsity
Track and Field Records
1988

Discus	Lisa Hook	107'6"	1988
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	Tara Hatfield	16.7	1988
	Dawn Marriott	16.7	1988
300M LH	Dawn Marriott	47.6	1988
100	Janet Austin	11.6	1979
220	Janet Austin	26.6	1979
400M	Joy Strawser	59.9	1988
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
800M Relay	Dawn Marriott, Joy Strawser, Sonya Smith, Penny Scheetz	1:47.4	1988
1600M Relay	Rhonda Hansel, Cynthia Grupp, Dana Cooper, Lara Scheidler	4:14.2	1984
3200M Relay	Jill Strawser, Joan Monroe, Robin Brodt, Joy Strawser	9:33.9	1988
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	Penny Scheetz	26.6	1988
400M	Joy Strawser	59.9	1988
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
1988

Shuttle Hurdles	Dawn Marriott, Kara Rutledge, Tara Hatfield, Kristin Bell	1:11.3	1988
Sprint Medley (100-100-200-400)	Dawn Whitaker, Lisa Hook, Penny Scheetz, Joy Strawser	1:54.6	1988
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)	Lisa Hook, Shelly Winney	178'5 3/4"	1988
Discus (3)	Shelly Winney, Lisa Hook, Stacie Force	236'10"	1988
Shot Put (2)	Lisa Hook, Shelly Winney	64'10 1/4"	1988
Shot Put (3)	Lisa Hook, Shelly Winney, Stacie Force	81'10 3/4"	1988
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