

Coldwater High School
Girls' Track and Field
Season Results
1989

Coldwater 26 (4th - Class B)	West Michigan Indoor Classic	
Coldwater 73	Union City	55
Coldwater 31 (6th)	Michigan State Spartan Relays	
Coldwater 74	Lakeview	53
Coldwater 36 (4th)	Sturgis Exchange Club Relays	
Coldwater 66	Sturgis	62
Coldwater 62	Hillsdale	66
Coldwater 90½	Harper Creek	37½
Coldwater 107	Albion	19
Coldwater 46 (6th)	Ken Herrick Invitational	
Coldwater 81	Hastings	46
Coldwater 54 (tie-4th)	Waverly Invitational	
Coldwater 80	Marshall	44
Coldwater 53 (3rd)	Class B Regional Meet	
Coldwater 125 (1st)	Twin Valley Championship Meet	
Coldwater 0	Class B State Meet	

Dual Meet Record: 7-1 (6-1 in Twin Valley)

State Meet (0 points):	Joy Strawser	9th	400M	59.8
	Jill Strawser		1600M	5:34.0
	Jill Strawser		3200M	12:06.7
	Dawn Marriott		100M HH	16.4 (prel-1st)
				16.5 (semi-6th)
	(Dawn Marriott, Joy Strawser, Sonya Smith, Penny Scheetz)		800M Relay	1:48.8

Regional Meet (53 points):	Dawn Marriott	1st	100M HH	16.0
	Jill Strawser	1st	1600M	5:19.7
	Jill Strawser	2nd	3200M	11:55.1
	Joy Strawser	2nd	400M	59.7
	(Dawn Marriott, Joy Strawser, Sonya Smith, Penny Scheetz)	3rd	800M Relay	1:48.3
	Shelly Winney	4th	Shot Put	33'8 3/4"
	Dawn Marriott	4th	300M LH	49.6
	(Jill Strawser, Joan Monroe, Dawn Marriott, Joy Strawser)	5th	3200M Relay	10:04.4
	(Sonya Smith, Tina Boester, Nikki Lamb, Penny Scheetz)	tie-5th	400M Relay	53.0

TV Championship Meet (125 points):	Jill Strawser	1st	1600M	5:31.2
	Jill Strawser	1st	800M	2:26.8
	Jill Strawser	1st	3200M	12:18.8
	Dawn Marriott	1st	100M HH	16.3
	Dawn Marriott	1st	300M LH	47.7
	Joy Strawser	1st	400M	58.7
	(Jill Strawser, Joan Monroe, Mery Davis, Joy Strawser)	1st	3200M Relay	10:16.9
	(Dawn Marriott, Joy Strawser, Sonya Smith, Penny Scheetz)	1st	800M Relay	1:48.0
	Dawn Marriott	2nd	200M	27.5
	Joy Strawser	2nd	800M	2:27.5
	Shelly Winney	3rd	Discus	108'2"
	Shelly Winney	3rd	Shot Put	33'1"
	Penny Scheetz	4th	100M	13.4
	Penny Scheetz	4th	200M	27.6
	(Sonya Smith, Tina Boester, Nikki Lamb, Penny Scheetz)	4th	400M Relay	53.1
	Tami Snyder	5th	3200M	13:14.5
	(Jessica AcMoody, Tina Boester, Jenni Bloss, Sonya Smith)	5th	1600M Relay	4:29.1
	Kim Langley	6th	High Jump	4'9"

Dual Meet Standings

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

Championship Meet

1. Coldwater	125 (8 pts.)
2. Sturgis	119 (7 pts.)
3. Hillsdale	108 (6 pts.)
4. Hastings	70 (5 pts.)
5. Lakeview	43 (4 pts.)
6. Marshall	15 (3 pts.)
7. Harper Creek	14 (2 pts.)
8. Albion	2 (1 pt.)

Final Standings

1. Coldwater	15 pts.
2. Sturgis	14 pts.
3. Hillsdale	13 pts.
4. Hastings	9 pts.
Lakeview	9 pts.
6. Harper Creek	5 pts.
Marshall	5 pts.
8. Albion	2 pts.

1989 Captains and Award Winners

Captains: Dawn Marriott and Jill Strawser

MVP (Most Varsity Points): Dawn Marriott (220) (school record)

Previous Winners: 1988 - Dawn Marriott (178 1/6)
 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: Tami Snyder

State Qualifiers: Dawn Marriott 100M HH, 800M Relay
 Jill Strawser 1600M, 3200M
 Joy Strawser 400M, 800M Relay
 Sonya Smith 800M Relay
 Penny Scheetz 800M Relay

All-Conference: Jill Strawser 800M, 1600M, 3200M, 3200M Relay
 Dawn Marriott 100M HH, 300M LH, 200M, 800M Relay
 Joy Strawser 400M, 800M, 800M Relay, 3200M Relay
 Shelly Winney Discus, Shot Put
 Joan Monroe 3200M Relay
 Sonya Smith 800M Relay
 Mery Davis 3200M Relay
 Penny Scheetz 800M Relay

Branch County Area Best - Champions and Runners-up (based on final newspaper standings - no meet was held due to weather):

Dawn Marriott	100M HH	1st
Dawn Marriott	300M LH	1st
Jill Strawser	1600M	1st
Jill Strawser	3200M	1st
Shelly Winney	Discus	1st
Joy Strawser	400M	1st

Branch County Area Best - Champions and Runners-up (cont.):

(Jill Strawser, Joan Monroe, Dawn Marriott, Joy Strawser)	3200M Relay	1st
(Dawn Marriott, Joy Strawser, Sonya Smith, Penny Scheetz)	800M Relay	1st
(Sonya Smith, Tina Boester, Nikki Lamb, Penny Scheetz)	400M Relay	1st
Joan Monroe	800M	2nd
Shelly Winney	Shot Put	2nd
Joy Strawser	200M	2nd

New School Records

Discus	Shelly Winney	118'6 3/4"	(vs. Hastings, 5-9; old: 107'6" by Lisa Hook, BCAB, 5-31-88)
100M HH	Dawn Marriott	16.0	(Regional, 5-20; old: 16.7 by Dawn vs. Marshall, 5-17-88, and by Tara Hatfield at BCAB, 5-31-88)
400M	Joy Strawser	58.7	(TV Meet, 5-24; old: 59.9, TV Meet, 5-25-88)
Sprint Medley (100-100-200-400)	(Tina Boester, Nikki Lamb, Dawn Marriott, Joy Strawser)	1:54.0	(Sturgis Relays, 4-15; old: 1:54.6 by Whitaker, Hook, Scheetz, and Joy Strawser at Roadrunner Relays, 4-30-88)
Most Varsity Points (season)	Dawn Marriott	220	(old record: 203 3/4 by Jill Strawser in 1987)
Most Varsity Points - Career		660 3/4	(old record: 596 3/4 by Kathi Miller, 1979-1982)

Varsity Letter Winners

Dawn Marriott	Senior Award - 4 years	Joy Strawser	Second Year Award
Joan Monroe	Senior Award - 4 years	Jenni Bloss	First Year Award
Sonya Smith	Senior Award - 4 years	Tina Boester	First Year Award
Jill Strawser	Senior Award - 4 years	Mery Davis	First Year Award
Shelly Winney	Senior Award - 4 years	Sandy Kontowsky	First Year Award
Jessica AcMoody	Senior Award - 1 year	Nikki Lamb	First Year Award
Stacie Force	Senior Award - 1 year	Kim Langley	First Year Award
Danielle Lippert	Second Year Award	Tami Snyder	First Year Award
Penny Scheetz	Second Year Award		

Reserve Letter Winners

Erin Boester	Second Year	Janel Luna	First Year
Jenni Burr	Second Year	Angie Trailer	First Year

Varsity Points

1. Dawn Marriott	220	8. Kim Langley	32	15. Mery Davis	11 1/2
2. Jill Strawser	164 3/4	9. Sandy Kontowsky	30 1/4	16. Stacie Force	11
3. Joy Strawser	144 3/4	10. Nikki Lamb	28 3/4	17. Jenni Bloss	9 1/2
4. Shelly Winney	105	11. Sonya Smith	21 1/2	18. Jenni Burr	6
5. Penny Scheetz	81 1/2	12. Jessica AcMoody	18	19. Erin Boester	1
6. Joan Monroe	54 3/4	13. Tina Boester	15 1/4		
7. Tami Snyder	34 1/2	14. Danielle Lippert	14 1/2		
				Total:	1,004 1/2

Best Performance - Relays (1989)

400M	53.0	Sonya Smith, Tina Boester, Nikki Lamb, Penny Scheetz
800M	1:48.0	Dawn Marriott, Joy Strawser, Sonya Smith, Penny Scheetz
1600M	4:29.1	Jessica AcMoody, Tina Boester, Jenni Bloss, Sonya Smith
3200M	10:04.4	Jill Strawser, Joan Monroe, Dawn Marriott, Joy Strawser
Sprint Medley (100-100-200-400)	1:54.0*	Tina Boester, Nikki Lamb, Dawn Marriott, Joy Strawser
Distance Medley (800-400-1200-1600)	13:46.6	Joan Monroe, Danielle Lippert, Joy Strawser, Jill Strawser
Shuttle Hurdles	1:12.9	Dawn Marriott, Sandy Kontowsky, Nikki Lamb, Kim Langley

*indicates new school record

Best Individual Performances (1989) (all times are metric)

*indicates new school record

Discus

1. Shelly Winney	118'6 3/4"*
2. Stacie Force	87'2"
3. Jenni Burr	70'9"
4. Angie Trailer	53'4"
5. Erin Boester	47'8"

Long Jump

1. Dawn Marriott	15'5"
2. Jessica AcMoody	13'8 1/2"
3. Sonya Smith	13'7 1/2"
4. Jenni Bloss	13'1 3/4"
5. Tina Boester	12'1"

Shot Put

1. Shelly Winney	33'8 3/4"
2. Stacie Force	27'3"
3. Jenni Burr	24'7"
4. Erin Boester	20'0"
5. Angie Trailer	18'9 1/2"
6. Janel Luna	18'6 1/2"

100M HH

1. Dawn Marriott	16.0*
2. Sandy Kontowsky	17.7
3. Nikki Lamb	18.5

300M LH

1. Dawn Marriott	47.6
2. Sandy Kontowsky	53.1
3. Nikki Lamb	55.4

High Jump

1. Kim Langley	4'10"
2. Sandy Kontowsky	4'8"
3. Nikki Lamb	4'6"

Best Individual Performances (1989) (cont.)

100M

1. Penny Scheetz	13.0
2. Joy Strawser	13.4
3. Jessica AcMoody	13.7
4. Sonya Smith	14.0
5. Tina Boester	14.5
6. Jenni Bloss	14.6
7. Janel Luma	15.0
8. Kim Langley	15.3
9. Shelly Winney	15.7
10. Angie Trailer	18.3

200M

1. Joy Strawser	27.3
2. Dawn Marriott	27.5
3. Penny Scheetz	27.6
4. Nikki Lamb	28.8
5. Sonya Smith	29.6
6. Tina Boester	29.8
7. Jessica AcMoody	31.0
8. Janel Luma	31.3
9. Jenni Bloss	31.6
10. Kim Langley	32.9

400M

1. Joy Strawser	58.7*
2. Dawn Marriott	62.2 (c)
3. Jessica AcMoody	66.5
4. Joan Monroe	67.8
5. Tina Boester	68.4
6. Danielle Lippert	69.2
7. Mery Davis	71.5
8. Jenni Bloss	72.0

800M

1. Jill Strawser	2:26.8
2. Joy Strawser	2:27.5
3. Joan Monroe	2:34.9
4. Mery Davis	2:52.1 (c)
5. Danielle Lippert	2:56.2
6. Tami Snyder	3:10.8

1600M

1. Jill Strawser	5:19.7
2. Tami Snyder	6:05.8
3. Joan Monroe	6:16.0
4. Erin Boester	7:25.8

3200M

1. Jill Strawser	11:55.1
2. Tami Snyder	13:12.4
3. Joan Monroe	13:15.5

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. Shelly Winney (89)	118'6 3/4"*
2. Lisa Hook (88)	107'6"*
3. Mary Jo Henderson (76)	101'11 3/4"*
4. Kelly Rehm (85)	96'3"
5. Carrie Miller (80)	96'2"
6. Jackie Gruza (84)	94'8 1/2"
7. Stacie Force (89)	87'2"
8. Joanna Bartlett (84)	86'11 1/2"
9. Lara Scheidler (86)	85'2"
10. Denise Orris (81)	84'7"
11. Norma Carl (81)	82'9"
12. LaShon Valle (86)	80'7"
13. Cathy Puorro (79)	78'7"
14. Kathi Miller (81)	78'5"
15. Wendi Noble (85)	77'10"
16. Julie Schorfhaar (82)	77'1 1/2"
17. Tracy Mosher (81)	75'6 1/2"
18. Tarja Karkkainen (84)	74'1"
19. Lori Card (80)	72'10"
20. Julie Robinson (81)	71'8 1/2"

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. Kim Langley (89)	4'10"
Julie Schorfhaar (81)	4'10"
9. Sandy Kontowsky (89)	4'8"
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"*
15. Nikki Lamb (89)	4'6"
Joan Monroe (88)	4'6"
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 Heator (75)	4'6"

Shot Put

1. Lisa Hook (86)	34'11"*
2. Shelly Winney (87)	33'8 3/4"
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. Stacie Force	27'3"
11. Tracey Mosher (81)	27'0"
12. Kelly Rehm (84)	26'11"
13. Jackie Gruza (84)	26'10"
14. Julie Robinson (81)	26'2"
15. LaShon Valle (86)	25'9"
Denise Orris (81)	25'9"
17. Catou Mayeur (87)	25'3"
18. Tarja Karkkainen (84)	25'2"
19. Tracey Walker (82)	25'0"
Theresa Summitt	25'0"

Long Jump

1. Lisa Kellogg (81)	16'9 1/2"*
2. Judy Kasperski (75)	16'7"
3. Heidi Olsen (87)	16'5 1/2"
4. Dawn Marriott (88)	16'2 3/4"
5. Angela VanBuskirk (82)	16'2 1/2"
6. Jodie Macklin (84)	15'7 1/2"
7. Deb Leach (73)	15'6 1/2"*
8. Julie Bettinger (81)	15'6"
9. Lara Scheidler (84)	15'5"
10. Teri Kellogg (85)	15'3"
11. Penny Scheetz (88)	15'1 1/2"
12. Sonya Smith (88)	15'1"
13. Shelly Angle (85)	15' 1/2"
14. Karen Heinemann (79)	15'0"
15. Kathi Miller (81)	14'9"
16. Kara Rutledge (88)	14'8 3/4"
17. Julie Schorfhaar (81)	14'7 1/2"
18. Julie Swanson (85)	14'6 1/2"
19. Deb McKinley (74)	14'6"
20. Lisa Birk (85)	14'4 1/2"

100M HH

1. Dawn Marriott (89)	16.0*
2. Tara Hatfield (88)	16.7*
3. Kristin Bell (88)	16.9
4. Kara Rutledge (88)	17.0
5. Sandy Kontowsky (89)	17.7
6. Nikki Lamb (89)	18.5
Shelly Angle (85)	18.5*
Jody Toth (84)	18.5*
9. Amy Carpenter (85)	19.1
10. Julie Wilcox (85)	19.8
11. Monica Pierucki (88)	20.1
12. Julie Swanson (85)	20.2
13. Beth Milnes (84)	20.4
14. Amy Risedorph (87)	20.6
15. Lori Schmidt (87)	21.0
16. Jenny Spaulding (84)	21.2
17. Andi Blossom (88)	21.5
18. LaShon Valle (85)	22.1
19. Amy Thomas (86)	22.2
20. 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 (89)	51.9
6. Sandy Kontowsky (89)	53.1
7. Julie Wilcox (85)	54.6
8. Nikki Lamb (89)	55.4
9. Jody Toth (83)	56.1
10. LaShon Valle (85)	56.4
11. Amy Carpenter (85)	56.7
12. Julie Swanson (85)	58.4
13. Beth Milnes (83)	58.5
14. Amy Risedorph (87)	58.8
15. Robin Worst (83)	59.1
16. Monica Pierucki (87)	59.6
17. Amy Thomas (86)	60.1
18. Cindy Yope (85)	60.3
Jenny Spaulding (84)	60.3
20. Lori Schmidt (87)	60.7

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
11. Deb Leach (73)	13.3
12. Joy Strawser (89)	13.4
Lisa Hook (88)	13.4
14. Dawn Whitaker (87)	13.6
15. Jessica AcMoody (89)	13.7
Connie Allen (75)	13.7
Jan Linteau (75)	13.7
18. Jodie Macklin (84)	13.8
Joanna Bartlett (81)	13.8
Shelly Heator (80)	13.8
Tracey Snow (75)	13.8

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. Joy Strawser (89)	27.3
6. Vicki Keeslar (74)	27.4*
7. Dawn Marriott (89)	27.5
8. Kathi Miller (82)	27.7
9. Deb McKinley (74)	27.8
10. Lara Scheidler (84)	28.0
Angela VanBuskirk (81)	28.0
12. Dawn Whitaker (85)	28.1
Cathy Heator (75)	28.1
14. Sonya Smith (86)	28.2
15. Lisa Birk (85)	28.5
Jodie Macklin (84)	28.5
17. Judy Kasperski (74)	28.6
18. Deb Leach (73)	28.7
19. Nikki Lamb (89)	28.8
Rachelle Brodt (77)	28.8

400M

1. Joy Strawser (89)	58.7*
2. Cathy Page (81)	60.4*
3. Lara Scheidler (84)	61.3
4. Dawn Marriott (89)	62.2
5. Sonya Smith (87)	62.6
Lisa Kerr (74)	62.6*
7. Julie Schorfhaar (82)	63.2
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. Jessica AcMoody (89)	66.5
16. Joan Monroe (86)	66.6
Dana Cooper (85)	66.6
18. Teri Kellogg (85)	66.7
Mary Borden (79)	66.7
20. Jenny Field (88)	67.3

800M

1. Joan Monroe (87)	2:22.4*
2. Jill Strawser (88)	2:23.6
3. Labeth Page (78)	2:26.0*
4. Joy Strawser (89)	2:27.5
5. Robin Brodt (87)	2:28.3
6. Cynthia Grupp (85)	2:32.1
7. Dana Cooper (85)	2:34.0
Judy Kasperski (74)	2:34.0*
9. Ruth Warner (74)	2:35.0
10. Mary Nowak (86)	2:36.0
11. Linda Belau (81)	2:38.5
12. Marianne Exelby (82)	2:40.5
13. Bess Lawhead (80)	2:40.9
14. Denise Dorr (77)	2:42.0
15. Sharon Fisher (75)	2:43.8
16. Teresa Franks (79)	2:44.0
17. Teri Kellogg (85)	2:45.1
18. Cynthia Sellers (81)	2:45.6
19. Colleen Brown (85)	2:45.8
20. Shelly Thompson (84)	2:47.1

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. Tami Snyder (89)	6:05.8
13. Mary Nowak (85)	6:07.9
14. Danielle Lippert (88)	6:12.3
15. Susie Gray (75)	6:13.4*
16. Cynthia Sellers (81)	6:15.2
17. Misty Fougrousse (80)	6:17.5
18. Michelle Laughry (85)	6:17.8
19. Cheryl Paul (80)	6:21.5
20. Nancy Lopez (75)	6:23.5

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. Tami Snyder (89)	13:12.4
8. Robin Brodt (85)	13:14.6
9. Jill Thayer (88)	13:28.1
10. Crissy Wu (86)	13:29.0
11. Julie Wilcox (82)	13:33.8
12. Michelle Laughry (85)	13:41.2
13. Shelly Angle (82)	13:43.2
14. Danielle Lippert (88)	13:44.6
15. Misty Fougrousse (80)	13:47.1
16. Norma Kelley (77)	13:52.6
17. Joy Thayer (87)	14:07.6
18. Nancy Carrion (83)	14:07.7
19. Wendi Noble (84)	14:15.6
20. Renee Brodt (81)	14:21.0
21. Kathy Toupalik (81)	14:21.8
22. Pam Moore (75)	14:22.3*

Coldwater High School
Girls' Varsity
Track and Field Records
1989

Discus	Shelly Winney	118'6 3/4"	1989
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	16.0	1989
300M LH	Dawn Marriott	47.6	1988
100	Janet Austin	11.6	1979
220	Janet Austin	26.6	1979
400M	Joy Strawser	58.7	1989
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):	Dawn Marriott	220	1989
Most Varsity Points (career):	Jill Strawser	660 3/4	1986-1989

Coldwater High School
Girls' Freshman
Track and Field Records
1989

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
300M 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
1989

Shuttle Hurdles	Dawn Marriott, Kara Rutledge, Tara Hatfield, Kristin Bell	1:11.3	1988
Sprint Medley (100-100-200-400)	Tina Boester, Nikki Lamb, Dawn Marriott, Joy Strawser	1:54.0	1989
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