

Coldwater High School  
Girls' Track and Field  
Season Results  
1990

Coldwater	(no team score)	Shamrock Invitational - Siena Heights	
Coldwater	55	Union City	55
Coldwater	44	Jackson Lumen Christi	84
Coldwater	49	Sturgis	79
Coldwater	27 (6th)	Sturgis Exchange Club Relays	
Coldwater	35	Hillsdale	93
Coldwater	63	Harper Creek	65
Coldwater	87	Albion	41
Coldwater	51	Hastings	77
Coldwater	20 (9th)	Ken Herrick Invitational	
Coldwater	67	Marshall	61
Coldwater	21 (9th)	Waverly Invitational	
Coldwater	33	Lakeview	95
Coldwater	33 (6th)	Class B Regional at Sturgis	
Coldwater	40 (5th)	T. V. Championship Meet at Sturgis	
Coldwater	1	Class B State Meet at Jackson NW	

Dual Meet Record: 2-7 (2-5 in Twin Valley)

State Meet (1 point): Joy Strawser 8th 400M 58.9  
 (Joy Strawser,  
 Mandy Broughman,  
 Nic Lamb,  
 Josie Olsen) 800M Relay 1:50.6

Regional Meet (33 points):	Joy Strawser	1st	400M	59.8
	(Joy Strawser, Mandy Broughman, Nic Lamb, Josie Olsen)	2nd	800M Relay	1:49.7
	(Mandy Broughman, Tina Boester, Josie Olsen, Joy Strawser)	3rd	1600M Relay	4:17.7
	Becky Kelly	4th	3200M	12:58.0
	Mandy Broughman	5th	400M	63.1
	Tami Snyder	5th	1600M	5:51.1
	(Catina Sevidal, Tina Boester, Nic Lamb, Sarah Lyon)	6th	400M Relay	54.3

T. V. Championship Meet  
at Sturgis (40 points):

Joy Strawser	1st	400M	59.9
(Mandy Broughman, Tina Boester, Josie Olsen, Joy Strawser)	1st	1600M Relay	4:13.5
Joy Strawser	3rd	200M	27.2
(Becky Kelly, Tami Snyder, Sharon Creighton, Mery Davis)	4th	3200M Relay	10:56.9
(Catina Sevidal, Tina Boester, Nic Lamb, Sarah Lyon)	4th	400M Relay	53.2
Mandy Broughman	5th	400M	62.8
(Joy Strawser, Mandy Broughman, Nic Lamb, Josie Olsen)	5th	800M Relay	1:52.4
Becky Kelly	6th	1600M	5:55.1
Catina Sevidal	6th	200M	28.6

Dual Meet Standings

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

Championship Meet

1. Hillsdale	146 1/2 (8 pts)
2. Sturgis	110 1/2 (7 pts.)
3. Lakeview	93 (6 pts.)
4. Hastings	50 (5 pts.)
5. Coldwater	40 (4 pts.)
6. Marshall	23 (3 pts.)
7. Harper Creek	17 (2 pts.)
8. Albion	16 (1 pt.)

Final Standings

1. Hillsdale	16 pts.
2. Sturgis	14 pts.
3. Lakeview	12 pts.
4. Hastings	10 pts.
5. Coldwater	7 pts.
6. Marshall	6 pts.
7. Harper Creek	5 pts.
8. Albion	2 pts.

## 1990 Captains and Award Winners

Captains: Sandy Kontowsky and Joy Strawser

MVP (Most Varsity Points): Joy Strawser (145 1/2)

Previous Winners: 1989 - Dawn Marriott (220)  
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: Mandy Broughman

Previous Winners: 1989 - Tami Snyder  
1988 - Penny Scheetz  
1987 - Joy Thayer  
1986 - Jill Strawser  
1985 - Lisa Hook  
1984 - Rhonda Hansel  
1983 - Jody Toth  
1982 - Dana Cooper

State Qualifiers: Joy Strawser 400M, 800M Relay  
Mandy Broughman 800M Relay  
Nic Lamb 800M Relay  
Josie Olsen 800M Relay

All-Conference: Joy Strawser 400M, 1600M Relay  
Mandy Broughman 1600M Relay  
Tina Boester 1600M Relay  
Josie Olsen 1600M Relay

Branch County Area Best: Joy Strawser 1st 400M 61.7  
Tami Snyder 1st 3200M 12:50.6  
(Joy Strawser,  
Mandy Broughman,  
Nic Lamb,  
Josie Olsen) 1st 800M Relay 1:50.1  
(Mandy Broughman,  
Tina Boester,  
Josie Olsen,  
Joy Strawser) 1st 1600M Relay 4:14.0  
Mandy Broughman 2nd 400M 63.5  
Becky Kelly 2nd 3200M 12:55.9  
Rachel Carrion tie-2nd High Jump 4'8"  
Catina Sevidal 3rd 100M 13.4  
Josie Olsen 3rd 200M 28.1

(Becky Kelly, Tami Snyder, Sharon Creighton, Mery Davis)	3rd	3200M Relay	10:58.7
(Catina Sevidal, Tina Boester, Nic Lamb, Sarah Lyon)	3rd	400M Relay	54.6
Mandy Broughman	4th	Long Jump	14'0"
Sandy Kontowsky	4th	100M HH	17.6
Tami Snyder	4th	1600M	6:00.7
Rachel Carrion	4th	800M	2:43.0
Catina Sevidal	4th	200M	28.5
Sandy Kontowsky	tie-4th	High Jump	4'6"
Becky Kelly	5th	1600M	6:01.6
Sandy Kontowsky	5th	300M LH	54.5
Mery Davis	5th	800M	2:43.1
Sarah Lyon	6th	100M HH	18.8
Sarah Lyon	6th	300M LH	56.3
Tina Boester	7th	100M	13.9

#### New School Records:

1600M Relay	(Mandy Broughman, Tina Boester, Josie Olsen, Joy Strawser)	4:13.5	(TV Meet, 5-23; old: 4:14.2 by Hansel, Grupp, Cooper, Scheidler at TV Meet, 5-84)
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#### Varsity Letter Winners:

Catina Sevidal	Senior Award - 1 year	Mandy Broughman	First Year Award
Joy Strawser	Third Year Award	Rachel Carrion	First Year Award
Tina Boester	Second Year Award	Sharon Creighton	First Year Award
Sandy Kontowsky	Second Year Award	Becky Kelly	First Year Award
Nic Lamb	Second Year Award	Sarah Lyon	First Year Award
Tami Snyder	Second Year Award	Josie Olsen	First Year Award

#### Reserve Letter Winners:

Angie Trailer	Second Year Award	Rae Ann Miller	First Year Award
Mery Davis	First Year Award	Tracy Posante	First Year Award

#### Varsity Points:

1. Joy Strawser	145 1/2	Catina Sevidal	32 3/4
2. Sandy Kontowsky	81 1/4	9. Rachel Carrion	31 1/4
3. Mandy Broughman	75 3/4	10. Tina Boester	22 3/4
4. Tami Snyder	70 1/4	11. Sarah Lyon	13
5. Josie Olsen	51 3/4	12. Sharon Creighton	12
6. Becky Kelly	46 1/4	13. Mery Davis	8 1/4
7. Nic Lamb	32 3/4	14. Tracy Posante	2 1/2

Total 626

### Best Performance - Relays (1990)

400M	53.2	Catina Sevidal, Tina Boester, Nic Lamb, Sarah Lyon
800M	1:49.6	Joy Strawser, Mandy Broughman, Nic Lamb, Josie Olsen
1600M	4:13.5*	Mandy Broughman, Tina Boester, Josie Olsen, Joy Strawser
3200M	10:52.1	Becky Kelly, Tami Snyder, Rachel Carrion, Joy Strawser
Sprint Medley (100-100-200-400)	1:57.8	Catina Sevidal, Tina Boester, Nic Lamb, Joy Strawser
Distance Medley (800-400-1200-1600)	15:39.8	Rachel Carrion, Sharon Creighton, Tami Snyder, Becky Kelly
Shuttle Hurdles	1:23.8	Sandy Kontowsky, Nic Lamb, Rachel Carrion, Sarah Lyon

\*indicates new school record

### Best Individual Performances (1990) (all times are metric)

\*indicates a new school record

#### Discus

1. Sharon Creighton	72'3"
2. Angie Trailer	62'4"
3. Tracy Posante	60'0"
4. Sarah Lyon	53'0"

#### 300M LH

1. Sandy Kontowsky	54.0
2. Sarah Lyon	56.3
3. Rachel Carrion	57.9

#### Shot Put

1. Sharon Creighton	26'10"
2. Sarah Lyon	23'1"
3. Tracy Posante	21'9 1/2"
4. Angie Trailer	18'5"

#### 100M

1. Joy Strawser	13.2
2. Catina Sevidal	13.4
3. Tina Boester	13.9
4. Sarah Lyon	14.0
5. Nic Lamb	14.4
6. Mery Davis	15.1
7. Rae Ann Miller	15.5

#### High Jump

1. Sandy Kontowsky	4'9"
2. Rachel Carrion	4'8"
3. Nic Lamb	4'0"

#### 200M

1. Joy Strawser	27.2
2. Josie Olsen	28.1
3. Catina Sevidal	28.3
4. Nic Lamb	29.2
5. Sharon Creighton	30.4
6. Tina Boester	31.2
7. Sarah Lyon	31.9
8. Rae Ann Miller	33.9

#### Long Jump

1. Mandy Broughman	14'7"
2. Josie Olsen	12'10 1/2"
3. Rae Ann Miller	12'3 3/4"
4. Sharon Creighton	11'3"

#### 100M HH

1. Sandy Kontowsky	17.3
2. Sarah Lyon	18.8
3. Nic Lamb	19.1

#### 400M

1. Joy Strawser	58.8
2. Mandy Broughman	62.8
3. Tina Boester	68.5
4. Josie Olsen	69.2
5. Sharon Creighton	73.1
6. Rae Ann Miller	81.1

**800M**

1. Joy Strawser	2:30.0
2. Rachel Carrion	2:43.0
3. Mery Davis	2:43.1
4. Sharon Creighton	2:53.5
5. Rae Ann Miller	3:08.5
6. Tracy Posante	3:10.1

**1600M**

1. Tami Snyder	5:51.1
2. Becky Kelly	5:53.1
3. Tracy Posante	7:15.3
4. Angie Traller	7:48.2

**3200M**

1. Tami Snyder	12:50.6
2. Becky Kelly	12:55.9

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. Sharon Creighton (90)	72'3"

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 (90)	4'9"
10. Rachel Carrion (90)	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"*
16. 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 Heater (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. Sharon Creighton (90)	26'10"
Jackie Gruza (84)	26'10"
15. Julie Robinson (81)	26'2"
16. LaShon Valle (86)	25'9"
Denise Orris (81)	25'9"
18. Catou Mayeur (87)	25'3"
19. Tarja Karkkainen (84)	25'2"
20. Tracey Walker (82)	25'0"
Theresa Summitt (83)	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. Mandy Broughman (90)	14'7"
19. Julie Swanson (85)	14'6 1/2"
20. Deb McKinley (74)	14'6"

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 (90)	17.3
6. Nikki Lamb (89)	18.5
Shelly Angle (85)	18.5*
Jody Toth (84)	18.5*
9. Sarah Lyon (90)	18.8
10. Amy Carpenter (85)	19.1
11. Julie Wilcox (85)	19.8
12. Monica Pierucki (88)	20.1
13. Julie Swanson (85)	20.2
14. Beth Milnes (84)	20.4
15. Amy Risedorph (87)	20.6
16. Lori Schmidt (87)	21.0
17. Jenny Spaulding (84)	21.2
18. Andi Blossom (88)	21.5
19. LaShon Valle (85)	22.1
20. Amy Thomas (86)	22.2

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. Sarah Lyon (90)	56.3
11. LaShon Valle (85)	56.4
12. Amy Carpenter (85)	56.7
13. Rachel Carrion (90)	57.9
14. Julie Swanson (85)	58.4
15. Beth Milnes (83)	58.5
16. Amy Risedorph (87)	58.8
17. Robin Worst (83)	59.1
18. Monica Pierucki (87)	59.6
19. Amy Thomas (86)	60.1
20. Cindy Yope (85)	60.3
Jenny Spaulding (84)	60.3

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. Joy Strawser (90)	13.2
12. Deb Leach (73)	13.3
13. Catina Sevidal (90)	13.4
Lisa Hook (88)	13.4
15. Dawn Whitaker (87)	13.6
16. Jessica AcMoody (89)	13.7
Connie Allen (75)	13.7
Jan Lintean (75)	13.7
19. 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. Josie Olsen (90)	28.1
Dawn Whitaker (85)	28.1
Cathy Heator (75)	28.1
15. Sonya Smith (86)	28.2
16. Catina Sevidal (90)	28.3
17. Lisa Birk (85)	28.5
Jodie Macklin (84)	28.5
19. Judy Kasperski (74)	28.6
20. Deb Leach (73)	28.7



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. Mandy Broughman (90)	62.8
8. Julie Schorfhaar (82)	63.2
9. Denise Dorr (75)	64.4
10. Patty Brown (79)	64.5
11. Lisa Kellogg (81)	65.7
12. Cynthia Grupp (86)	65.9
Judy Kasperski (75)	65.9
14. Ruth Warner (74)	66.0
15. Robin Brodt (87)	66.1
16. Jessica AcMoody (89)	66.5
17. Joan Monroe (86)	66.6
Dana Cooper (85)	66.6
19. Teri Kellogg (85)	66.7
Mary Borden (79)	66.7

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. Rachel Carrion (90)	2:43.0
16. Mery Davis (90)	2:43.1
17. Sharon Fisher (75)	2:43.8
18. Teresa Franks (79)	2:44.0
19. Teri Kellogg (85)	2:45.1
20. Cynthia Sellers (81)	2:45.6

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. Tami Snyder (90)	5:51.1
7. Crissy Wu (86)	5:51.3
8. Cathy Puorro (78)	5:52.1*
9. Becky Kelly (90)	5:53.1
10. Bess Lawhead (80)	5:56.0
11. Robin Brodt (88)	5:56.1
12. Jill Thayer (88)	6:03.7
13. Teresa Franks (79)	6:05.3
14. Mary Nowak (85)	6:07.9
15. Danielle Lippert (88)	6:12.3
16. Susie Gray (75)	6:13.4*
17. Cynthia Sellers (81)	6:15.2
18. Misty Fougerousse (80)	6:17.5
19. Michelle Laughry (85)	6:17.8
20. Cheryl Paul (80)	6:21.5

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. Tami Snyder (90)	12:50.6
7. Joan Monroe (87)	12:50.9
8. Becky Kelly (90)	12:55.9
9. Robin Brodt (85)	13:14.6
10. Jill Thayer (88)	13:28.1
11. Crissy Wu (86)	13:29.0
12. Julie Wilcox (82)	13:33.8
13. Michelle Laughry (85)	13:41.2
14. Shelly Angle (82)	13:43.2
15. Danielle Lippert (88)	13:44.6
16. Misty Fougerousse (80)	13:47.1
17. Norma Kelley (77)	13:52.6
18. Joy Thayer (87)	14:07.6
19. Nancy Carrion (83)	14:07.7
20. Wendi Noble (84)	14:15.6
21. Renee Brodt (81)	14:21.0
22. Kathy Toupalik (81)	14:21.8
23. Pam Moore (75)	14:22.3*

Coldwater High School  
Girls' Varsity  
Track and Field Records  
1990

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	Mandy Broughman, Tina Boester, Josie Olsen, Joy Strawser	4:13.5	1990^
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  
1990

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 (400-200-200-800)	Josie Olsen, Sandy Kontowsky, Nic Lamb, Joy Strawser	4:45.6	1990
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