

# Coastal Carolina Women's Outdoor Track and Field Records

## 100 meters

1.	Courtney Lemon	11.91	2006
2.	Shashonda Lane	11.92	1999
3.	Chasity Johnson	11.94	2006
4.	<b><i>Ikeiyah Brown</i></b>	<b>11.97</b>	<b>2007</b>
5.	Shanta Johnson	12.23	2007
6.	Sandra Henson	12.31	2001
7.	<b><i>Arielle Miller</i></b>	<b>12.33</b>	<b>2008</b>
8.	Latrice Sales	12.35	2003

## 200 meters

1.	Shanta Johnson	24.12	2007
2.	<i>Amber White</i>	<i>24.16</i>	<i>2007</i>
3.	<b><i>Ikeiyah Brown</i></b>	<b>24.33</b>	<b>2008</b>
4.	Chasity Johnson	24.56	2007
5.	<b><i>Vondeeshia Humphries</i></b>	<b>25.07</b>	<b>2008</b>
6.	Shashonda Lane	25.18	1999
7.	Sandra Henson	25.28	1999
8.	Courtney Lemon	25.36	2006

## 400 meters

1.	<b><i>Vondeeshia Humphries</i></b>	<b>54.41</b>	<b>2008</b>
2.	<i>Amber White</i>	<i>54.57</i>	<i>2007</i>
3.	Shanta Johnson	55.10	2007
4.	<i>Ikeiyah Brown</i>	<i>55.80</i>	<i>2007</i>
5.	Ebony Brown	56.88	2005
6.	Desiree Leach	57.71	2007
7.	Dawnita Moore	58.00	2003
8.	Tasha Williams	58.29	1998

## 800 meters

1.	Angela Murphy	2:09.68	1997
2.	Valentine Stumpf	2:10.13	1994
3.	Saskia Janssen	2:12.99	2006
4.	<i>Theresa Schamberger</i>	<i>2:16.16</i>	<i>2007</i>
5.	Kim Nemergut	2:16.40	2004
6.	<b><i>Shelby Donahue</i></b>	<b>2:16.54</b>	<b>2008</b>
7.	Jessica Watson	2:16.96	2004
8.	Sheila Rottier	2:17.99	1994

## 1,500 meters

1.	Angela Murphy	4:22.27	1997
2.	Jolene Williams	4:25.86	1998
3.	Anne Marie Moutsinga	4:31.47	2003
4.	Valentine Stumpf	4:31.65	1994
5.	Kara Koppel	4:37.13	2002
6.	Kim Nemergut	4:37.21	2003
7.	Saskia Janssen	4:38.62	2006
8.	<i>Felicitas Mensing</i>	<i>4:38.78</i>	<i>2006</i>

## 3,000 meters

1.	Angela Murphy	9:22.54	1997
2.	Jolene Williams	9:26.37	1998
3.	Catherine Conder	9:34.77	1996
4.	Kara Koppel	9:55.40	2002
5.	Kim Nemergut	10:00.84	2002
6.	Lital Azulay	10:01.80	2004
7.	Anne Marie Moutsinga	10:02.83	2005
8.	Valentine Stumpf	10:08.84	1994

## 5,000 meters

1.	Catherine Conder	16:26.99	1996
2.	Anne Marie Moutsinga	16:44.28	2004
3.	Jolene Williams	16:54.57	1999
4.	Lital Azulay	17:05.12	2004
5.	<b><i>Diana Jepchirchir</i></b>	<b>17:08.55</b>	<b>2008</b>
5.	Christina Mohr	17:12.50	2005
6.	Estelle Oberson	17:16.41	2006
7.	Kara Koppel	17:20.61	2002

## 10,000 meters

1.	Anne Marie Moutsinga	34:41.79	2005
2.	<b><i>Diana Jepchirchir</i></b>	<b>35:24.54</b>	<b>2008</b>
3.	Catherine Conder	35:25.04	1995
4.	Robyn Ritter	37:27.48	2002
5.	Claudia Witte	37:30.46	2004
6.	Estelle Oberson	37:33.10	2006
7.	<i>Diana Jepchirchir</i>	<i>37:46.96</i>	<i>2007</i>
8.	Lital Azulay	37:55.12	2004

## 100-meter Hurdles

1.	<i>LeAuna Sistrunk</i>	<i>13.67</i>	<i>2007</i>
2.	Ebony Brown	14.09	2006
3.	Felisha Jacobs	14.15	2006
4.	<b><i>Jessica Houston</i></b>	<b>14.58</b>	<b>2008</b>
5.	Courtney Samuel	14.69	2000
6.	<b><i>Sierrah Oates</i></b>	<b>14.73</b>	<b>2008</b>
7.	<i>Elisha Tegeder</i>	<i>14.90</i>	<i>2005</i>
8.	Lisa Holsinger	14.97	2002

## 400-meter Hurdles

1.	Ebony Brown	58.67	2006
2.	Dawnita Moore	1:01.39	2003
3.	Felisha Jacobs	1:01.57	2006
4.	<i>LeAuna Sistrunk</i>	<i>1:01.74</i>	<i>2006</i>
5.	Marilyn Testa	1:01.77	2002
6.	Desiree Leach	1:03.00	2007
7.	<i>Elisha Tegeder</i>	<i>1:06.76</i>	<i>2005</i>
8.	Jessica Doolady	1:08.18	2005

## 3,000-meter Steeplechase

1.	<i>Felicitas Mensing</i>	<i>10:24.24</i>	<i>2006</i>
2.	Daneja Grandovec	10:45.37	2004
3.	Lindsey Kozlovski	10:49.96	2004
4.	Eileen Wicker	11:26.78	2006
5.	Kara Koppel	11:27.39	2001
6.	<i>Aubrey Bergquist</i>	<i>11:29.15</i>	<i>2007</i>
7.	Jessica Goeden	11:33.34	2003
8.	Jessica Balance	12:16.55	2003

## 4x100-meter Relay

1.	I. Brown, S. Johnson, Lemon, C. Johnson	45.77	2007
2.	I. Brown, S. Johnson, Lemon, C. Johnson	46.12	2007
3.	Sistrunk, Lemon, Jacobs, C. Johnson	46.18	2006
4.	I. Brown, S. Johnson, Sistrunk, C. Johnson	46.30	2007
5.	I. Brown, S. Johnson, A. White, C. Johnson	46.53	2007
6.	Sistrunk, A. White, Jacobs, Lemon	46.63	2006
7.	<b><i>Brown, Miller Sistrunk, Humphries</i></b>	<b>46.65</b>	<b>2008</b>
8.	Sistrunk, Lemon, Jacobs, Johnson	46.74	2006

## 4x200-meter Relay

1.	I. Brown, S. Johnson, A. White, C. Johnson	1:37.86	2007
2.	<b><i>Brown, Humphries Sistrunk, Sita</i></b>	<b>1:39.87</b>	<b>2008</b>
3.	<b><i>Allcock, Houston Arango Miller</i></b>	<b>1:45.81</b>	<b>2008</b>

## 4x400-meter Relay

1.	I. Brown, E. Brown, S. Johnson, Leach	3:44.87	2007
2.	I. Brown, S. Johnson, A. White, Leach	3:45.23	2007
3.	Leach, A. White, I. Brown, S. Johnson	3:46.34	2007
4.	E. Brown, Sistrunk, Jacobs, A. White	3:46.42	2006
5.	I. Brown, S. Johnson, A. White, Leach	3:46.21	2007
6.	I. Brown, Leach, Sistrunk, Houston	3:50.50	2007
7.	E. Brown, Sistrunk, Janssen, White	3:50.94	2006
8.	Brown, Sistrunk, Jacobs, White	3:51.91	2006

## Sprint Medley Relay

1.	S. Johnson, I. Brown, A. White, Schamberger	4:03.42	2007
2.	<b><i>Brown, Sita Humphries, Donahue</i></b>	<b>4:15.50</b>	<b>2008</b>

## 4x1,500-meter Relay

1.	Conder, Murphy, Williams, Occhipinti	18:40.32	1997
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## Shuttle Hurdle Relay

1.	E. Brown, Jacobs, Tegeder, Sistrunk	59.01	2006
2.	<b><i>Sistrunk, Arango Oates, Houston</i></b>	<b>59.10</b>	<b>2008</b>
3.	<b><i>Allcock, Arango Oates, Sita</i></b>	<b>1:02.11</b>	<b>2008</b>

## High Jump

1.	Courtney Samuel	5'8"/>1.73m	2001
	Chasity Johnson	5'8"/>1.73m	2005
3.	Jessica Watson	5'5.25"/>1.66m	2002
4.	<i>Jessica Houston</i>	<i>5'5"/&gt;1.65m</i>	<i>2007</i>
5.	Marilyn Testa	5'4.25"/>1.63m	2002
6.	<b><i>Kandisa Allcock</i></b>	<b>5'3.75"/&gt;1.62m</b>	<b>2008</b>
7.	<b><i>Elisha Tegeder</i></b>	<b>5'3.75"/&gt;1.62m</b>	<b>2008</b>
8.	<i>Mikaela Terry</i>	<i>5'3"/&gt;1.60m</i>	<i>2007</i>

## Pole Vault

1.	Marilyn Testa	12'11.75"/>3.96m	2004
2.	<b><i>Claire Young</i></b>	<b>11'9"/&gt;3.58m</b>	<b>2008</b>
3.	<i>Laura Flath</i>	<i>11'5.75"/&gt;3.50m</i>	<i>2006</i>
4.	<i>Marcie Veitch</i>	<i>11'3.75"/&gt;3.45m</i>	<i>2007</i>
5.	Lisa Holsinger	10'11.75"/>3.35m	2002
6.	Jenny Lewinski	10'0"/>3.05m	2003
7.	Margo Sanders	10'0"/>3.05m	2004
8.	Monique Gibson	9'6.25"/>2.90m	2006

## Long Jump

1.	Chasity Johnson	20'1.5"/>6.13m	2006
2.	Felisha Jacobs	18'8.5"/>5.70m	2006
3.	Shashonda Lane	18'7.75"/>5.68m	2001
4.	<b><i>Sierrah Oates</i></b>	<b>18'6.5"/&gt;5.65m</b>	<b>2008</b>
5.	Courtney Samuel	18'4"/>5.60m	2002
6.	<b><i>Arielle Miller</i></b>	<b>18'1.75"/&gt;5.53m</b>	<b>2008</b>
7.	Tasha Williams	17'11"/>5.46m	1998
8.	<i>Jessica Houston</i>	<i>17'10.25"/&gt;5.44m</i>	<i>2007</i>
	DeMiracle Washington	17'10.25"/>5.44m	2006

## Triple Jump

1.	Chasity Johnson	43'9"/>13.33m	2005
2.	DeMiracle Washington	40'1.25"/>12.22m	2006
3.	<b><i>LeAuna Sistrunk</i></b>	<b>39'11.5"/&gt;12.18m</b>	<b>2008</b>
4.	Courtney Samuel	39'7.25"/>12.07m	2000
5.	<b><i>Jessica Houston</i></b>	<b>39'1"/&gt;11.91m</b>	<b>2008</b>
6.	Felisha Jacobs	38'5"/>11.71m	2006
7.	Shashonda Lane	37'11.5"/>11.57m	1998
8.	<b><i>Arielle Miller</i></b>	<b>37'2.5"/&gt;11.34m</b>	<b>2008</b>

## Shot Put

1.	Brittany Reid	47'4.25"/>14.43m	2006
2.	Amber Campbell	47'3.75"/>14.42m	2004
3.	Sylvia Galarza	44'5.5"/>13.55m	2005
4.	Tamara Bryant	43'7"/>13.28m	2005
5.	Jackie Lugaila	41'10"/>12.74m	2002
6.	<b><i>Brittany Connor</i></b>	<b>40'8.75"/&gt;12.41m</b>	<b>2008</b>
7.	Brittany Nordin	40'6.75"/>12.36m	2004
8.	Courtney Nash	40'5.5"/>12.33m	2007

## Discus

1.	Amber Campbell	165'10"/>50.54m	2001
2.	Tamara Bryant	164'8"/>40.19m	2005
3.	Brittany Reid	163'2"/>49.73m	2005
4.	Sylvia Galarza	153'6"/>46.80m	2005
5.	Jamie Mushatt-Valrie	149'3"/>45.49m	2007
6.	Courtney Nash	143'8"/>43.68m	2006
7.	<b><i>Brittany Connor</i></b>	<b>140'4"/&gt;42.78m</b>	<b>2008</b>
8.	Jackie Lugaila	134'3"/>40.94m	2002

## Hammer

1.	Amber Campbell	220'7"/>67.24m	2004
2.	Liz Pidgeon	191'2"/>58.26m	1999
3.	Tamara Bryant	183'5"/>55.91m	2007
4.	Jessica Pressley	175'11"/>53.63m	2007
5.	Brittany Reid	173'9"/>52.97m	2005
6.	Annette Purdy	172'6"/>52.58m	2002
7.	Jackie Lugaila	168'8"/>51.43m	2002
8.	Karen Olesky	168'8"/>51.41m	2005

## Javelin

1.	Dana Sizemore	150'5"/>45.86m	2004
2.	Liz Pidgeon	143'9"/>43.82m	1998
3.	Amber Campbell	142'1"/>43.31m	2001
4.	<b><i>Deborah Matern</i></b>	<b>138'9"/&gt;42.29m</b>	<b>2008</b>
5.	<b><i>Caitlin Lupo</i></b>	<b>129'10"/&gt;39.57m</b>	<b>2008</b>
6.	Sylvia Galarza	125'5"/>38.22m	2005
7.	Marilyn Testa	124'8"/>38.00m	2004
8.	<b><i>Bridget Garrity</i></b>	<b>124'6"/&gt;37.94m</b>	<b>2008</b>

## Heptathlon

1.	Courtney Samuel	4,635 points	2001
2.	Marilyn Testa	4,462 points	2002
3.	Heather Saponaro	4,318 points	2002
4.	<b><i>Elisha Tegeder</i></b>	<b>4,151 points</b>	<b>2008</b>
5.	Lisa Holsinger	3,793 points	2001
6.	<i>Lauren Watts</i>	<i>3,757 points</i>	<i>2007</i>
7.	Jessica Doolady	3,668 points	2005
8.	Danielle McGlaughlin	3,402 points	2003
	<b><i>Mikaela Terry</i></b>	<b>3,402 points</b>	<b>2008</b>

**Bold Italics** denotes record set during 2008 season  
*Italics* denotes 2008 team member

(Updated Through 04-30-08)