



ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

WOMEN'S TRACK AND FIELD RECORD BOOK

Indoor Champions List

Year	School	Points
2020	Webster	212
2021	Greenville	178
2022	Greenville	259
2023	Greenville	281
2024	Greenville	254
2025	Greenville	267.5
2026	Greenville	202.5

Outdoor Champions List

Year	School	Points
1991	Principia	222.0
2017	Greenville	238.0
2018	Webster	260.5
2019	Webster	258.0
2021	Greenville	263.0
2022	Greenville	341.0
2023	Greenville	344.0
2024	Greenville	335.0
2025	Greenville	293.0
2026	Greenville	262.0

Indoor Team Champions

School.....	No.
Greenville	6
Webster	1

Outdoor Team Champions

School.....	No.
Greenville	7
Webster	2
Principia.....	1



ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

WOMEN'S TRACK AND FIELD RECORD BOOK

SLIAC Indoor Championship Results

2020			2024		
Place	School	Points	Place	School	Points
1	Webster	212	1	Greenville	254
2	Greenville	149	2	MUW	47
T3	Fontbonne	25	3	Spalding	35
T3	Principia	25	4	Lyon	31
5	Iowa Wesleyan	23	5	Eureka	23
6	Spalding	6	6	Westminster	22
2021			7	Webster	21
Place	School	Points	8	Principia	14
1	Greenville	178	9	Fontbonne	7
2	Principia	89		Blackburn	NTS
3	Fontbonne	71	2025		
4	Webster	61	Place	School	Points
5	Iowa Wesleyan	29	1	Greenville	267.5
6	Westminster	6	2	Principia	86
2022			3	MUW	68.5
Place	School	Points	4	Spalding	62
1	Greenville	259	5	Webster	34
2	Webster	84	6	Lyon	23
3	Fontbonne	56	7	Westminster	21
4	Principia	54	8	Eureka	8
5	Westminster	14		Blackburn	NTS
6	Eureka	11		Fontbonne	NTS
7	Spalding	10	2026		
2023			Place	School	Points
Place	School	Points	1	Greenville	202.5
1	Greenville	281	2	MUW	82.0
2	Webster	48	3	Spalding	81.0
3	Principia	32	4	Lyon	70.5
4	Eureka	30	5	Principia	62.0
5	Fontbonne	27	6	Webster	36.0
6	Blackburn	10	7	Westminster	19.0
7	Westminster	8	8	Blackburn	6.0
8	Spalding	2	9	Eureka	NTS



ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE WOMEN'S TRACK AND FIELD RECORD BOOK

Indoor Performance Records

Championship Records (Results)

60-Meter Dash

7.78 - Sana Udoekong, Principia (2025)
7.83 - Sara Yakana, Greenville (2024)
7.84 - Amarachi Ejimadu, Principia (2026)
7.89 - Cayden Sharp, Greenville (2023)
7.92 - Amarachi Ejimadu, Principia (2025)

200-Meter Dash

25.75 - Sana Udoekong, Principia (2025)
26.09 - Kalie Strayhorn, Westminster (2024)
26.22 - Taylor Tucker, Greenville (2022)
26.26 - Sara Yakana, Greenville (2024)
26.26 - Jocelyn Fritz, Greenville (2025)

400-Meter Run

1:00.21 - Taylor Tucker, Greenville (2025)
1:01.55 - Brianna Krantz, Lyon (2024)
1:01.69 - Abby Weishaar, Greenville (2026)
1:02.02 - Jazmyn Harmon, Greenville (2024)
1:02.07 - Moenaisa Sidique, Westminster (2022)

800-Meter Run

2:19.22 - Meredith Sowers, Webster (2020)
2:22.49 - Minnell Fundora, Webster (2020)
2:26.10 - Rachel Fisher, Eureka (2023)
2:26.85 - Eva Schwaab, Greenville (2024)
2:27.08 - Norah Swinigan, Greenville (2024)

1 Mile Run

5:27.75 - Gretchen Carie, Greenville (2025)
5:29.99 - Norah Atkins, Greenville (2026)
5:31.23 - Gretchen Carie, Greenville (2024)
5:31.59 - Danielle Schultz, Webster (2022)
5:33.84 - Karissa Heffernan, Eureka (2023)

3,000-Meter Run

10:44.88 - Kaitlin Higgins, Webster (2020)
10:45.08 - Kalleigh Linthicum, Webster (2020)
11:06.27 - Gretchen Carie, Greenville (2024)
11:10.55 - Karissa Heffernan, Eureka (2023)
11:13.66 - Gretchen Carie, Greenville (2023)

60-Meter Hurdles

8.92 - TyKiaza Jones, Greenville (2025)
8.93 - Cayden Sharp, Greenville (2023)
9.29 - Vanessa Jones, Webster (2023)
9.37 - Kenzie Kurdys, Greenville (2025)
9.44 - Cayden Sharp, Greenville (2020)

4x400-Meter Relay

4:10.32 - Greenville (2025 - Tucker/Harmon/Schwaab/Fritz)
4:16.66 - Greenville (2024 - Schwaab/Harmon/Yakana/Graham)
4:17.24 - Principia (2025 - Ejimadu/Boyer/Fenton/Udoekong)
4:19.02 - Greenville (2026 - G. Weishaar/Haacke/Schmeink/A. Weishaar)
4:20.43 - Webster (2020 - Finney/Davidson-Brooks/Lande/Sowers)

All-Time Records (Performers)

60-Meter Dash

7.77 - Sara Yakana, Greenville (2/3/24)
7.78 - Sana Udoekong, Principia (3/1/25)
7.84 - Amarachi Ejimadu, Principia (2/27/26)
7.89 - Cayden Sharp, Greenville (2/25/23)
7.90 - Jocelyn Fritz, Greenville (2/7/25)

200-Meter Dash

25.65 - Sana Udoekong, Principia (2/21/25)
26.09 - Kalie Strayhorn, Westminster (2/24/24)
26.22 - Taylor Tucker, Greenville (2/26/22)
26.26 - Sara Yakana, Greenville (2/24/24)
26.26 - Jocelyn Fritz, Greenville (3/1/25)

400-Meter Run

1:00.21 - Taylor Tucker, Greenville (3/1/25)
1:01.22 - Jazmyn Harmon, Greenville (2/16/24)
1:01.31 - Sana Udoekong, Principia (2/8/25)
1:01.55 - Brianna Krantz, Lyon (2/24/24)
1:01.69 - Abby Weishaar, Greenville (2/27/26)

800-Meter Run

2:15.69 - Danielle Schultz, Webster (3/11/22)
2:18.99 - Meredith Sowers, Webster (3/7/20)
2:22.49 - Minnell Fundora, Webster (2/29/20)
2:26.10 - Rachel Fisher, Eureka (2/25/23)
2:26.85 - Eva Schwaab, Greenville (2/24/24)

1 Mile Run

5:21.39 - Minnell Fundora, Webster (2/22/20)
5:25.03 - Norah Atkins, Greenville (2/21/26)
5:27.75 - Gretchen Carie, Greenville (2/21/25)
5:27.84 - Danielle Schultz, Webster (2/22/20)
5:28.20 - Karissa Heffernan, Eureka (2/2/24)

3,000-Meter Run

10:43.58 - Gretchen Carie, Greenville (2/9/24)
10:44.88 - Kaitlin Higgins, Webster (2/29/20)
10:45.08 - Kalleigh Linthicum, Webster (2/29/20)
10:50.81 - Gretchen Carie, Greenville (2/7/25)
11:01.17 - Karissa Heffernan, Eureka (2/10/24)

60-Meter Hurdles

8.87 - TyKiaza Jones, Greenville (3/7/25)
8.91 - Cayden Sharp, Greenville (1/27/23)
9.20 - Vanessa Jones, Webster (3/3/23)
9.37 - Kenzie Kurdys, Greenville (3/1/25)
9.44 - TyKiaza Valentine, Greenville (1/17/26)

4x400-Meter Relay

4:10.32 - Greenville (3/1/25 - Tucker/Harmon/Schwaab/Fritz)
4:12.52 - Greenville (1/24/26 - Harmon/G. Weishaar/A. Weishaar/Roth)
4:16.27 - Webster (2/14/20 - Finney/Schultz/Davidson-Brooks/Sowers)
4:16.66 - Greenville (2/24/24 - Schwaab/Harmon/Yakana/Graham)
4:17.24 - Principia (3/1/25 - Ejimadu/Boyer/Fenton/Udoekong)



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Championship Records (Results)

Distance Medley Relay

14:00.56 - Greenville (2020 - Williams/Lesicko/Dyson/Nesbit)
14:05.91 - Webster (2020 - Brewer/Bayne/Barnes/Dunning)
14:25.16 - Greenville (2026 - Martinez/Haacke/Vance/Clayton)
14:27.21 - Greenville (2024 - Compton/Roberts/McKee/Schutt)
14:28.33 - Greenville (2025 - Clayton/Schwaab/Vance/Aubuschon)

High Jump

5'6" - Anna Beth Vancil, Greenville (2025)
5'3.75" - Cayden Sharp, Greenville (2023)
5'3.75" - Anna Beth Vancil, Greenville (2023)
5'3.75" - Laila Graham, Greenville (2023)
5'3" - Cayden Sharp, Greenville (2022)

Pole Vault

11'5" - Eryn Rataiczak, Spalding (2025)
10'11" - Kenzie Kurdys, Greenville (2025)
10'10" - Eryn Rataiczak, Spalding (2026)
10'9.5" - Kenzie Kurdys, Greenville (2024)
9'5.25" - Twice

Long Jump

18'4.75" - Sara Yakana, Greenville (2024)
18'3.75" - Daisha Reece, Webster (2020)
18'2.5" - Laila Graham, Greenville (2024)
17'4.75" - Ariella Jones, MUW (2026)
17'4" - Jazmyn Harmon, Greenville (2025)

Triple Jump

37'8.25" - Sara Yakana, Greenville (2024)
37'1.25" - Jazmyn Harmon, Greenville (2025)
36'11.25" - Cayden Sharp, Greenville (2023)
36'4.25" - Katieanna Williams, Greenville (2022)
36'4.25" - Sara Yakana, Greenville (2023)

Shot Put

44'2.25" - Talahiva Talanoa, Greenville (2025)
43'10.75" - Talahiva Talanoa, Greenville (2024)
41'8.5" - Miranda Green, Webster (2020)
41'3.25" - Raven Venegas, Fontbonne (2021)
41'0.25" - Tawny Rodriguez, Greenville (2020)

Weight Throw

59'3.5" - Talhiva Talanoa, Greenville (2025)
58'9.5" - Talahiva Talanoa, Greenville (2024)
51'3.75" - Talahiva Talanoa, Greenville (2023)
49'3.25" - Tawny Rodriguez, Greenville (2023)
49'0.75" - Brooklyn Kelley, MUW (2026)

All-Time Records (Performers)

Distance Medley Relay

13:04.34 - Greenville (2/13/26 - Atkins/A.Weishaar/Roth/Martinez)
13:08.80 - Greenville (2/9/24 - Logan, Schwaab, Swinigan, Carie)
13:27.21 - Greenville (2/7/25 - Swinigan, Bellew, Vance, Carie)
13:32.37 - Principia (2/19/21 - Mayo, Adhikari, Schaefer, Richards)
13:49.20 - Greenville (2/11/22 - Mansfield, Roberts, Williams, Carie)

High Jump

5'6" - Anna Beth Vancil, Greenville (3/1/25)
5'4.5" - Cayden Sharp, Greenville (2/10/23)
5'4.25" - Laila Graham, Greenville (1/27/23)
5'1.75" - Daisha Reece, Webster (2/29/20)
5'1" - Multiple Times

Pole Vault

12'4.5" - Eryn Rataiczak, Spalding (2/8/25)
12'3.5" - Kenzie Kurdys, Greenville (3/7/25)
10'11.75" - Katie Farrow, Greenville (2/7/26)
9'9" - Meredith Sowers, Webster (1/31/20)
9'7" - Katie Farrow, Greenville (2/21/25)

Long Jump

18'10.75" - Sara Yakana, Greenville (3/1/24)
18'3.75" - Daisha Reece, Webster (2/29/20)
18'3" - Laila Graham, Greenville (3/1/24)
18'0.25" - Cayden Sharp, Greenville (2/10/23)
17'4.75" - Ariella Jones, MUW (2/27/26)

Triple Jump

38'3.5" - Cayden Sharp, Greenville (12/4/21)
37'8.75" - Sara Yakana, Greenville (3/1/24)
37'6.5" - Jazmyn Harmon, Greenville (12/7/24)
37'6.5" - Jada Richards, Greenville (1/24/26)
36'9.75" - Katieanna Williams, Greenville (12/4/21)

Shot Put

44'8.75" - Talahiva Talanoa, Greenville (1/31/25)
42'1.5" - Ashley Smith, Greenville (2/9/24)
41'8.5" - Miranda Green, Webster (2/29/20)
41'8.5" - Tawny Rodriguez, Greenville (2/11/23)
41'5.75" - Raven Venegas, Fontbonne (1/29/21)

Weight Throw

61'4.25" - Talahiva Talanoa, Greenville (2/7/25)
49'7.75" - Isabelle Llewellyn, Webster (2/17/24)
49'7.25" - Deb Cunningham, Greenville (2/21/20)
49'6.5" - Raven Venegas, Fontbonne (1/29/21)
49'3.5" - Tawny Rodriguez, Greenville (2/25/23)

Pentathlon

3490 - Cayden Sharp, Greenville (3/10/23)
1774 - Sophia Palmier, Blackburn (1/30/26)



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WOMEN'S TRACK AND FIELD RECORD BOOK

Indoor Championship Winners

60-Meter Dash

2020	Cayden Sharp, Greenville.....	8.03
2021	Cayden Sharp, Greenville.....	8.05
2022	Alexa Seger, Greenville	8.02
2023	Cayden Sharp, Greenville.....	7.89
2024	Sara Yakana, Greenville	7.83
2025	Sana Udoekong, Principia	7.78
2026	Amarachi Ejimadu, Principia ...	7.84

200-Meter Dash

2020	Cayden Sharp, Greenville.....	26.65
2021	Cayden Sharp, Greenville.....	27.26
2022	Taylor Tucker, Greenville.....	26.22
2023	Cayden Sharp, Greenville.....	26.40
2024	Kalie Strayhorn, Westminster	26.09
2025	Sana Udoekong, Principia	25.76
2026	Amarachi Ejimadu, Principia ..	26.97

400-Meter Run

2020	Kaleigh Finney, Webster	1:05.41
2021	Abby Holt, Principia.....	1:05.65
2022	Moenaisa Sidique, Westminster	1:02.07
2023	Alexa Lofgren, Fontbonne..	1:03.58
2024	Brianna Krantz, Lyon	1:01.55
2025	Taylor Tucker, Greenville....	1:00.21
2026	Abby Weishaar, Greenville.	1:01.69

800-Meter Run

2020	Meredith Sowers, Webster.	2:19.22
2021	Hannah Williams, Greenville	2:34.01
2022	Danielle Schultz, Webster.....	2:28.26
2023	Rachel Fisher, Eureka	2:26.10
2024	Eva Schwaab, Greenville	2:26.85
2025	Norah Atkins, Greenville	2:31.02
2026	Norah Atkins, Greenville	2:27.96

1 Mile Run

2020	Danielle Schultz, Webster..	5:35.46
2021	Emme Schaefer, Principia..	5:35.66
2022	Danielle Schultz, Webster..	5:31.59
2023	Karissa Heffernan, Eureka.	5:33.84
2024	Gretchen Carie, Greenville	5:31.23
2025	Gretchen Carie, Greenville	5:27.75
2026	Norah Atkins, Greenville	5:29.99

3,000-Meter Run

2020	Kaitlin Higgins, Webster ...	10:44.88
2021	Cora Reed, Webster	11:27.50
2022	Victoria Shedron, Spalding...	11:26.24
2023	Karissa Heffernan, Eureka ...	11:10.55
2024	Gretchen Carie, Greenville ...	11:06.27
2025	Gretchen Carie, Greenville ...	11:16.49
2026	Alivia Clayton, Greenville.	11:25.18

60-Meter Hurdles

2020	Cayden Sharp, Greenville.....	9.44
2021	Cayden Sharp, Greenville.....	9.57
2022	Vanessa Jones, Webster	9.45
2023	Cayden Sharp, Greenville.....	8.93

2024	Ty'Kerria Young, MUW.....	9.72
2025	TyKiaza Jones, Greenville	8.92
2026	Madison Kacevicius, Greenville....	9.74

4x400 Meter Relay

2020	Webster.....	4:20.43
2021	Principia	4:40.53
2022	Webster.....	4:23.72
2023	Greenville.....	4:21.70
2024	Greenville.....	4:16.66
2025	Greenville.....	4:10.32
2026	Greenville.....	4:19.02

Distance Medley Relay

2020	Greenville.....	14:00.56
2021	Webster.....	14:30.27
2022	Greenville.....	15:56.19
2023	Greenville.....	14:48.52
2024	Greenville.....	14:27.21
2025	Greenville.....	14:28.33
2026	Greenville.....	14:25.16

High Jump

2020	Cayden Sharp, Greenville.....	5'2"
2021	Abby Holt, Principia.....	5'1"
2022	Cayden Sharp, Greenville.....	5'3"
2023	Cayden Sharp, Greenville...	5'3.75"
2024	Laila Graham, Greenville	5'2.25"
2025	Anna Beth Vancil, Greenville ...	5'6"
2026	Kiara Smith, Principia.....	4'11.75"

Pole Vault

2020	Meredith Sowers, Webster.....	9'5"
2021	Abby Holt, Principia.....	8'7"
2022	Abby Holt, Principia.....	7'5.75"
2023	Vanessa Jones, Webster	7'11.5"
2024	Kenzie Kurdys, Greenville...	10'9.5"
2025	Eryn Rataiczak, Spalding.....	11'5"
2026	Eryn Rataiczak, Spalding.....	10'10"

Long Jump

2020	Daisha Reece, Webster	18'3"
2021	Cayden Sharp, Greenville.....	16'5"
2022	Sara Yakana, Greenville	15'11"
2023	Cayden Sharp, Greenville....	16'11"
2024	Sara Yakana, Greenville ...	18'4.75"
2025	Jazmyn Harmon, Greenville...	17'4"
2026	Ariella Jones, MUW	17'4.75"

Triple Jump

2020	Cayden Sharp, Greenville.....	34'7"
2021	Cayden Sharp, Greenville.....	34'5"
2022	K. Williams, Greenville.....	36'4.25"
2023	Cayden Sharp, Greenville	36'11.25"
2024	Sara Yakana, Greenville	37'8.25"
2025	Jazmyn Harmon, Greenville	37'1.25"
2026	Hali Sinegal, MUW.....	34'11.75"

Shot Put

2020	Miranda Green, Webster.....	41'8"
2021	Raven Venegas, Fontbonne ..	41'3"
2022	Tawny Rodriguez, Greenville .	39'2"
2023	Tawny Rodriguez, Greenville .	39'4"
2024	Talahiva Talanoa, Greenville..	43'10.75"
2025	Talahiva Talanoa, Greenville.....	44'2.5"
2026	Riana Caldwell, Spalding ..	37'1.75"

Weight Throw

2020	Deb Cunningham, Greenville.	48'6"
2021	Raven Venegas, Fontbonne ..	48'7"
2022	Tawny Rodriguez, Greenville	47'2.5"
2023	Talahiva Talanoa, Greenville....	51'3.75"
2024	Talahiva Talanoa, Greenville.....	58'9.5"
2025	Talahiva Talanoa, Greenville....	59'3.52"
2026	Brooklyn Kelley, MUW	49'0.75"

Individual Champions

School	No.
Greenville	52
Webster	12
Principia	10
MUW	4
Spalding	4
Eureka	3
Fontbonne	3
Westminster	2
Lyon.....	1



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WOMEN'S TRACK AND FIELD RECORD BOOK

Indoor All-Time Medalists

BlackburnG ...S ...B... T

Molly Koskey 0 ... 0 ... 1 ... 1
Olivia Leemon..... 0 ... 0 ... 1 ... 1
Elizabeth Morris..... 0 ... 0 ... 1 ... 1
Sophia Palmier 0 ... 0 ... 1 ... 1
Michayne Weber..... 0 ... 0 ... 1 ... 1

Eureka.....G ...S ...B... T

Karissa Heffernan.... 2 ... 2 ... 0 ... 4
Rachel Fisher 1 ... 0 ... 1 ... 2

FontbonneG ...S ...B... T

Emily Bay..... 0 ... 0 ... 2 ... 2
Desiree Brooks 0 ... 0 ... 5 ... 5
Tanya Dixon..... 0 ... 0 ... 2 ... 2
Alinda Dunder..... 0 ... 0 ... 1 ... 1
Madelyn Huffstetter . 0 ... 1 ... 3 ... 4
Rachel Kelly..... 0 ... 2 ... 0 ... 2
Alexa Lofgren 1 ... 0 ... 2 ... 3
Sierra Moore..... 0 ... 0 ... 1 ... 1
Holly Pearce 0 ... 0 ... 2 ... 2
Anna Takano..... 0 ... 0 ... 4 ... 4
Raven Venegas 2 ... 0 ... 0 ... 2

GreenvilleG ...S ...B... T

Norah Atkins 3 ... 3 ... 0 ... 6
Chloe Aubuschon ... 1 ... 0 ... 0 ... 1
Cheyenne Bradshaw .. 0 ... 1 ... 1 ... 2
Emma Brown 0 ... 0 ... 1 ... 1
Leah Brown 1 ... 2 ... 1 ... 4
Gretchen Carie 4 ... 3 ... 1 ... 8
Maci Clarke-Peterson.. 0 ... 0 ... 1 ... 1
Alivia Clayton..... 3 ... 1 ... 1 ... 5
Kiera Coleman..... 1 ... 0 ... 0 ... 1
Alyssa Comer 0 ... 4 ... 0 ... 4
Vanessa Compton ... 3 ... 0 ... 0 ... 3
Deb Cunningham..... 1 ... 0 ... 0 ... 1
Haniah Davis 0 ... 0 ... 1 ... 1
Victoria Dyson 1 ... 1 ... 0 ... 2
Ashley Edmond 0 ... 1 ... 0 ... 1
Katie Farrow 0 ... 1 ... 0 ... 1
Sabrina Favela 0 ... 1 ... 0 ... 1
Jocelyn Fritz 1 ... 1 ... 2 ... 4
Payten Geppert 1 ... 0 ... 0 ... 1
Amber Glazebrook... 0 ... 1 ... 0 ... 1
Laila Graham 2 ... 1 ... 4 ... 7
Jazmyn Harmon 4 ... 1 ... 1 ... 6
Lauren Haacke 2 ... 0 ... 0 ... 2
Lainey Hicks 0 ... 0 ... 4 ... 4

TyKiaza Jones 1 ... 0 ... 0 ... 1
Madison Kacevicius. 1 ... 2 ... 1 ... 4
Kenzie Kurdys 1 ... 3 ... 0 ... 4
Emma Leonhard 0 ... 1 ... 0 ... 1
Desiree Lesicko 1 ... 1 ... 0 ... 2
Sedina Logan 1 ... 2 ... 2 ... 5
Olivia Mansfield 0 ... 4 ... 2 ... 6
Alexis Martinez 1 ... 0 ... 0 ... 1
Brooklyn McKee 2 ... 0 ... 0 ... 2
Kori Nesbit 1 ... 0 ... 0 ... 1
Eyonna Owens 1 ... 0 ... 1 ... 2
Keiko Palen 1 ... 0 ... 0 ... 1
Ella Ray 0 ... 1 ... 1 ... 2
Zoe Ray 0 ... 0 ... 1 ... 1
Jada Richards..... 0 ... 1 ... 1 ... 2
Alexis Roberts 2 ... 1 ... 0 ... 3
Tawny Rodriguez 3 ... 5 ... 0 ... 8
Natali Roth..... 0 ... 2 ... 0 ... 2
Lera Schmeink..... 1 ... 0 ... 1 ... 2
Brook Schutt..... 2 ... 0 ... 1 ... 3
Eva Schwaab..... 5 ... 1 ... 0 ... 6
Alexa Seger 1 ... 2 ... 0 ... 3
Cayden Sharp..... 17 ... 2 ... 1 ... 20
Ashley Smith..... 0 ... 2 ... 2 ... 4
Talahiva Talanoa..... 5 ... 2 ... 0 ... 7
Abbi Thomason 0 ... 1 ... 0 ... 1
Taylor Tucker 3 ... 1 ... 1 ... 5
Hailey Underwood ... 0 ... 1 ... 0 ... 1
Raven Vance 2 ... 0 ... 0 ... 2
Anna Beth Vancil 1 ... 2 ... 0 ... 3
Aaliyah Vasquez 0 ... 1 ... 2 ... 3
Abby Weishaar 2 ... 0 ... 0 ... 2
Gabby Weishaar 1 ... 0 ... 0 ... 1
Hannah Williams... 2 ... 2 ... 0 ... 4
Katieanna Williams.. 1 ... 1 ... 0 ... 2
Sara Yakana 5 ... 4 ... 1 ... 10

Iowa WesleyanG ...S ...B... T

Izela Avalos 0 ... 0 ... 1 ... 1
De'Anna Houston ... 0 ... 0 ... 2 ... 2
Keona Love 0 ... 1 ... 1 ... 2
Veronica Morgan 0 ... 0 ... 1 ... 1
Allison Morris 0 ... 0 ... 1 ... 1

LyonG ...S ...B... T

Lana Ballard 0 ... 2 ... 2 ... 4
Brooklyn Collins..... 0 ... 1 ... 2 ... 3
Trinity Davis 0 ... 0 ... 1 ... 1
Nevaeah Gahn 0 ... 1 ... 0 ... 1

Brianna Krantz..... 1 ... 3 ... 1 ... 5
Novalee Lackey 0 ... 1 ... 0 ... 1
Jordyn Turner 0 ... 0 ... 1 ... 1

MUW.....G ...S ...B... T

Michaiah Adams 0 ... 1 ... 0 ... 1
Kendall Clay 0 ... 0 ... 2 ... 2
Paris Flanery 0 ... 0 ... 1 ... 1
Ariella Jones 1 ... 1 ... 0 ... 2
Brooklyn Kelley..... 1 ... 1 ... 1 ... 3
Aromini King 0 ... 0 ... 1 ... 1
Princess Lofton..... 0 ... 0 ... 2 ... 2
Hannah Owens..... 0 ... 0 ... 3 ... 3
Kalee Sanders..... 0 ... 0 ... 2 ... 2
Hali Sinegal 1 ... 0 ... 1 ... 2
Vonisha Towns..... 0 ... 0 ... 3 ... 3
Kamayah Whiting..... 0 ... 0 ... 1 ... 1
Ty'Kerria Young 1 ... 1 ... 0 ... 2

PrincipiaG ...S ...B... T

Tara Adhikari..... 1 ... 0 ... 0 ... 1
Mirsa Boyer 0 ... 1 ... 3 ... 4
Kyrstyn Cieply..... 0 ... 1 ... 1 ... 2
Amarachi Ejimadu ... 2 ... 4 ... 0 ... 6
Sarah Erickson 0 ... 2 ... 0 ... 2
Sarah Fakorede..... 0 ... 1 ... 0 ... 1
Myka Fenton..... 0 ... 2 ... 1 ... 3
Sophia Green 0 ... 1 ... 1 ... 2
Abby Holt..... 4 ... 2 ... 4 ... 10
Afton Leslie..... 0 ... 1 ... 0 ... 1
Laura Mayo..... 1 ... 1 ... 2 ... 4
Joy Onyechi..... 0 ... 2 ... 1 ... 3
Beka Petersen..... 0 ... 1 ... 0 ... 1
Geena Richards..... 1 ... 0 ... 2 ... 3
Emme Schaefer..... 2 ... 1 ... 1 ... 4
Kiara Smith 1 ... 2 ... 0 ... 3
Sana Udoekong..... 2 ... 1 ... 0 ... 3
Danielle Vargas 0 ... 1 ... 1 ... 2
Madeleine Waters... 0 ... 1 ... 0 ... 1

SpaldingG ...S ...B... T

Riana Caldwell..... 1 ... 1 ... 0 ... 2
Takeiyah Conn..... 0 ... 0 ... 1 ... 1
Avory Hamblen 0 ... 1 ... 1 ... 2
Holly Higgs 0 ... 1 ... 0 ... 1
Muskan Jamshed 0 ... 1 ... 0 ... 1
Lucy Jones 0 ... 1 ... 0 ... 1
Bessie Kelley 0 ... 1 ... 1 ... 2
Reganne Piercy 0 ... 1 ... 1 ... 2



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Indoor All-Time Medalists

Eryn Rataiczak 2 0 ... 0 ... 2
Vivienne Reinhardt .. 0 1 ... 0 ... 1
Victoria Shedron 1 0 ... 0 ... 1
Roslyn Stull..... 0 0 ... 1 ... 1
Alliyah Thomas 0 1 ... 1 ... 2
Takara Williams 0 1 ... 0 ... 1
Dawn Wilson..... 0 1 ... 1 ... 2

Webster G ... S ... B ... T

Micah Barnes..... 1 2 ... 1 ... 4
Megan Bartz 0 1 ... 0 ... 1
Sady Bayne 1 1 ... 0 ... 2
Savannah Brewer 0 1 ... 0 ... 1
Jakara Davidson-Brooks ... 1 1 ... 1 ... 3
Taylor Dunning..... 0 1 ... 0 ... 1
Kaleigh Finney..... 2 0 ... 0 ... 2
Minnell Fundora..... 0 2 ... 0 ... 2
Michelle Grant 0 0 ... 1 ... 1
Miranda Green..... 1 0 ... 1 ... 2
Katilin Higgins..... 1 0 ... 0 ... 1
Elena Hutson 0 0 ... 1 ... 1
Vanessa Jones 3 6 ... 1 . 10
Aissata Kamara 0 0 ... 2 ... 2
Jordan Lande..... 3 0 ... 1 ... 4
Kalleigh Linthicum ... 0 0 ... 1 ... 1
Isabelle Llewellyn 0 0 ... 3 ... 3
Olivia Nelsen 0 1 ... 1 ... 2
Kianna Patton 0 0 ... 1 ... 1
Cali Pavlisko 0 1 ... 1 ... 2
Lindsay Poitras 1 0 ... 2 ... 3
Daisha Reece 1 2 ... 0 ... 3
Cora Reed 2 0 ... 0 ... 2
Symphony Schodroski..... 0 0 ... 1 ... 1
Danielle Schultz..... 4 0 ... 1 ... 5
Meredith Sowers..... 3 1 ... 0 ... 4
Elicia Theroff..... 0 0 ... 1 ... 1

Westminster G ... S ... B ... T

Moenaisa Sidique 1 1 ... 0 ... 2
Haleigh St. Clair..... 0 0 ... 1 ... 1
Kalie Strayhorn 1 0 ... 1 ... 2



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WOMEN'S TRACK AND FIELD RECORD BOOK

Indoor Individual Awards

Field Athlete of the Year		Track Athlete of the Year		Field Freshman of the Year		Track Freshman of the Year	
2020	Daisha Reece (WU)	2020	Cayden Sharp (GU)	2020	Tawney Rodriguez (GU)	2020	Keona Love (IWU)
2021	Raven Venegas (FU)	2021	Cayden Sharp (GU)	2021	Holly Pierce (FU)	2021	Olivia Mansfield (GU)
2022	Tawny Rodriguez (GU)	2022	Danielle Schultz (WU)	2022	Sara Yakana (GU)	2022	Moenasia Sinique (WC)
2023	Cayden Sharp (GU)	2023	Cayden Sharp (GU)	2023	Lainey Hicks (GU)	2023	Rachel Fisher (EC)
2024	Sara Yakana (GU)	2024	Gretchen Carie (GU)	2024	Kenzie Kurdys (GU)	2024	Brianna Kantz (LC)
2025	Talahiva Talanoa (GU)	2025	Sana Udoekong (PC)	2025	Eryn Rataiczak (SU)	2025	Sana Udoekong (PC)
2026	Riana Caldwell (SU)	2026	Amarachi Ejimadu (PC)	2026	Ariella Jones (MUW)	2026	Abby Weishaar (GU)

Indoor Coaching Staff of the Year Award

2020	Webster (Nick Niehaus)	2024	Greenville (Brian Patton)
2021	Greenville (Brian Patton)	2025	Greenville (Brian Patton)
2022	Greenville (Brian Patton)	2026	Greenville (Brian Patton)
2023	Greenville (Brian Patton)		

Indoor Records

All-Time Medal Count (Gold)

Blackburn - 2
Eureka - 6 (3)
Fontbonne - 19 (3)
Greenville - 120 (60)
Iowa Wesleyan - 4
Lyon - 8 (1)
MUW - 16 (4)
Principia - 34 (11)
Spalding - 13 (4)
Webster - 49 (15)
Westminster - 5 (2)

Most Team Gold Medals at Championship

12 - Greenville (2024)
12 - Greenville (2025)
10 - Greenville (2023)
8 - Webster (2020)
8 - Greenville (2022)

Most Team Overall Medals at Championship

30 - Greenville (2023)
27 - Greenville (2025)
26 - Greenville (2024)
24 - Greenville (2022)
23 - Webster (2020)

Most Gold Medals in One Championship

6 - Cayden Sharp, Greenville (2023)
5 - Cayden Sharp, Greenville (2020)
5 - Cayden Sharp, Greenville (2021)
4 - Sara Yakana, Greenville (2024)
3 - Multiple Times

Most Overall Medals in One Championship

6 - Cayden Sharp, Greenville (2020)
6 - Cayden Sharp, Greenville (2021)
6 - Cayden Sharp, Greenville (2023)
5 - Sara Yakana, Greenville (2024)
4 - Multiple Times

Most Gold Medals in Career

17 - Cayden Sharp, Greenville (2019-23)
5 - Eva Schwaab, Greenville (2022-25)
5 - Talahiva Talanoa, Greenville (2021-25)
5 - Sara Yakana, Greenville (2022-present)
4 - Multiple times

Most Overall Medals in Career

20 - Cayden Sharp, Greenville (2019-23)
10 - Abby Holt, Principia (2019-22)
10 - Vanessa Jones, Webster (2018-23)
10 - Sara Yakana, Greenville (2022-present)
8 - Multiple times



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Indoor NCAA Division III All-Americans

(SLIAC Members Only)

2020 - Daisha Reece, Webster (Long Jump)

2023 - Cayden Sharp, Greenville (Pentathlon)

2024 - Talahiva Talanoa, Greenville (Weight Throw) 2nd Team

Sara Yakana, Greenville (Long Jump) 1st Team

2025 - Talahiva Talanoa, Greenville (Weight Throw) 1st Team

Talahiva Talanoa, Greenville (Shot Put) 2nd Team



ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

WOMEN'S TRACK AND FIELD RECORD BOOK

Outdoor Championship Results

1991			2022			2026		
Place	School	Points	Place	School	Points	Place	School	Points
1	Principia	225	1	Greenville	341	1	Greenville	262.0
2	Fontbonne	31	2	Webster	91	2	Principia	115.0
3	Blackburn	20	3	Principia	37	3	MUW	110.0
4	Webster	4	4	Fontbonne	32	4	Lyon	95.0
			5	Westminster	26	5	Spalding	67.06
			6	Spalding	10	6	Webster	43.0
			7	Eureka	3	7	Westminster	35.0
						8	Blackburn	16.0
						9	Eureka	NTS
2017			2023					
Place	School	Points	Place	School	Points			
1	Greenville	238	1	Greenville	344			
2	Webster	208	2	Webster	66			
3	Westminster	91	3	Principia	42			
4	Fontbonne	42	4	Westminster	34			
5	Spalding	15	5	Eureka	31			
6	Principia	6	6	Fontbonne	23			
7	Eureka	5	7	Spalding	4			
			8	Blackburn	2			
2018			2024					
Place	School	Points	Place	School	Points			
1	Webster	260.5	1	Greenville	335			
2	Greenville	191.5	2	MUW	87			
3	Fontbonne	45	3	Spalding	72			
4	Spalding	40		Lyon	72			
5	Westminster	28	5	Westminster	38			
6	Eureka	24	6	Webster	34			
7	Principia	19		Fontbonne	34			
			8	Principia	26			
2019			9	Eureka	16			
Place	School	Points		Blackburn	NTS			
1	Webster	258	2025					
2	Greenville	170	Place	School	Points			
3	Fontbonne	90	1	Greenville	293			
4	Principia	42	2	Principia	133			
5	Spalding	33	3	MUW	91.5			
6	Westminster	8	4	Webster	77			
			5	Spalding	60.5			
2021			6	Westminster	50			
Place	School	Points	7	Lyon	28			
1	Greenville	263	8	Eureka	5			
2	Webster	179		Blackburn	NTS			
3	Fontbonne	115						
4	Principia	66						
5	Westminster	45						
6	Iowa Wesleyan	27						
7	Eureka	2						



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WOMEN'S TRACK AND FIELD RECORD BOOK

Outdoor Performance Records

SLIAC Championship Records (Results)

100 Meter Dash

12.19 - Cayden Sharp, Greenville (2023)
12.20 - Kalie Strayhorn, Westminster (2024)
12.21 - Sana Udoekong, Principia (2025)
12.41 - Jocelyn Fritz, Greenville (2025)
12.43 - Amarachi Ejimadu, Principia (2026)

200 Meter Dash

24.84 - Sana Udoekong, Principia (2025)
25.04 - Kalie Strayhorn, Westminster (2024)
25.11 - Jocelyn Fritz, Greenville (2025)
25.44 - Laila Graham, Greenville (2024)
25.45 - Jocelyn Fritz, Greenville (2024)

400 Meter Dash

58.38 - Brianna Krantz, Lyon (2024)
58.69 - Abby Weishaar, Greenville (2026)
58.73 - Moenaisa Sidique, Westminster (2022)
58.90 - Chelsea Gilles, Greenville (2017)
58.97 - Moenaisa Sidique, Westminster (2023)

800 Meter Run

2:17.75 - Meredith Sowers, Webster (2019)
2:19.55 - Meredith Sowers, Webster (2018)
2:21.98 - Danielle Schultz, Webster (2021)
2:22.96 - Olivia Mansfield, Greenville (2023)
2:23.12 - Rachel Fisher, Eureka (2023)

1500 Meter Run

4:52.97 - Norah Atkins, Greenville (2026)
4:55.41 - Danielle Schultz, Webster (2021)
4:56.08 - Gretchen Carie, Greenville (2025)
4:56.74 - Minnell Fundora, Webster (2019)
4:57.05 - Natali Roth, Greenville (2026)

5000 Meter Run

18:20.85 - Jessica Kuykendall, Westminster (2017)
18:38.33 - Jessica Kuykendall, Westminster (2018)
19:02.65 - Lia Kruse, Greenville (2018)
19:16.65 - Kalleigh Linthicum, Webster (2018)
19:34.54 - Holly Goergen, Webster (2017)

10,000 Meter Run

38:09.00 - Jessica Kuykendall, Westminster (2018)
40:50.00 - Sophia Green, Principia (2026)
41:02.00 - Alexis Martinez, Greenville (2026)
41:05.00 - Holly Goergen, Webster (2018)
41:18.00 - Brooklynn Collins, Lyon (2026)

All-Time Records (Performers)

100 Meter Dash

12.19 - Cayden Sharp, Greenville (4/28/23)
12.20 - Kalie Strayhorn, Westminster (4/26/24)
12.21 - Sana Udoekong, Principia (4/25/25)
12.28 - Jocelyn Fritz, Greenville (3/28/25)
12.30 - Sara Yakana, Greenville (3/29/25)

200 Meter Dash

24.75 - Sana Udoekong, Principia (4/18/25)
24.90 - Chelsea Gilles, Greenville (2017)
24.96 - Kalie Strayhorn, Westminster (4/12/24)
25.11 - Jocelyn Fritz, Greenville (4/25/25)
25.28 - Cayden Sharp, Greenville (4/13/23)

400 Meter Dash

54.68 - Chelsea Gilles, Greenville (5/12/17)
57.66 - Taylor Tucker, Greenville (5/7/25)
57.93 - Moenaisa Sidique, Westminster (5/19/22)
58.38 - Brianna Krantz, Lyon (4/26/24)
58.69 - Abby Weishaar, Greenville (4/24/26)

800 Meter Run

2:15.10 - Minnell Fundora, Webster (5/15/19)
2:15.78 - Danielle Schultz, Webster (5/19/22)
2:16.17 - Meredith Sowers, Webster (4/13/19)
2:18.40 - Norah Atkins, Greenville (5/13/26)
2:18.98 - Olivia Mansfield, Greenville (5/19/22)

1500 Meter Run

4:42.82 - Minnell Fundora, Webster (5/15/19)
4:50.09 - Shannon McCaul, Westminster (4/15/17)
4:52.97 - Norah Atkins, Greenville (4/24/26)
4:54.23 - Lia Kruse, Greenville (5/4/18)
4:54.87 - Danielle Schulz, Webster (3/20/21)

5000 Meter Run

18:17.61 - Jessica Kuykendall, Westminster (4/7/18)
18:37.33 - Lia Kruse, Greenville (3/31/18)
18:43.72 - Kelsey Phillips, Spalding (3/29/19)
18:47.15 - Holly Goergen, Webster (3/31/18)
18:48.15 - Victoria Shedron, Spalding (5/12/22)

10,000 Meter Run

38:09.00 - Jessica Kuykendall, Westminster (4/27/18)
39:19.09 - Lia Kruse, Greenville (5/16/18)
40:25.89 - Holly Goergen, Webster (3/16/18)
40:50.00 - Sophia Green, Principia (4/24/26)
41:19.32 - Kelsey Phillips, Spalding (4/26/19)



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Championship Records (Results)

100 Meter Hurdle

14.58 - TyKiaza Jones, Greenville (2025)
14.66 - Cayden Sharp, Greenville (2023)
14.88 - Cayden Sharp, Greenville (2022)
15.17 - Kenzie Kurdys, Greenville (2025)
15.19 - Meghan Illig, Webster (2017)

400 Meter Hurdle

1:05.40 - Meghan Illig, Webster (2017)
1:06.13 - Meghan Illig, Webster (2018)
1:06.73 - Meredith Sowers, Webster (2019)
1:07.01 - Meredith Sowers, Webster (2018)
1:09.58 - Cassidy Talley, MUW (2026)

3000 Steeplechase

11:40.50 - Shannon McCaul, Westminster (2017)
11:49.71 - Gretchen Carie, Greenville (2025)
12:10.20 - Brooke Goodyear, Greenville (2017)
12:18.66 - Megan McKee, Greenville (2018)
12:20.25 - Brooklynn Collins, Lyon (2026)

4x100 Relay

47.65 - Greenville (2024 - Tucker/Graham/Fritz/Yakana)
48.33 - Greenville (2025 - Jones/Harmon/Tucker/Fritz)
48.52 - Principia (2025 - Ejimadu/Williams/Myers/Udoekong)
48.91 - Greenville (2026 - Kacevicius/Schmeink/Richards/A.Weishaar)
49.02 - Greenville (2022 - Sharp/Seeger/Boscolo/Tucker)

4x400 Relay

4:02.56 - Greenville (2024 - Tucker, Schwaab, Harmon, Graham)
4:03.77 - Greenville (2025 - Harmon/Haacke/Schwaab/Fritz)
4:05.51 - Webster (2018 - Sowers/Desir/Fundora/Illig)
4:06.63 - Greenville (2026 - G.Weishaar/Roth/Atkins/A.Weishaar)
4:09.15 - Webster (2017 - Sowers/Desir/Huckstep/Illig)

High Jump

5'3.75" - Avylina Powel-Qualo, Westminster (2021)
5'3.75" - Cayden Sharp, Greenville (2022)
5'3.75" - Laila Graham, Greenville (2024)
5'3.75" - Anna Beth Vancil, Greenville (2024)
5'3.75" - Hannah Myers, Principia (2025)
5'3.75" - Hannah Myers, Principia (2026)

Pole Vault

12'9.5" - Kenzie Kurdys, Greenville (2025)
11'1.75" - Eryn Rataiczak, Spalding (2026)
10'6" - Kenzie Kurdys, Greenville (2024)
10'4.33" - Rachel Hanna, Greenville (2018)
10'0" - Katie Farrow, Greenville (2026)

All-Time Records (Performers)

100 Meter Hurdles

14.22 - TyKiaza Jones, Greenville (4/18/25)
14.28 - Cayden Sharp, Greenville (5/25/23)
14.78 - Kenzie Kurdys, Greenville (4/18/25)
14.83 - Vanessa Jones, Webster (5/5/23)
15.19 - Multiple Times

400 Meter Hurdle

1:02.52 - Meghan Illig, Webster (4/21/18)
1:03.59 - Meredith Sowers, Webster (5/15/19)
1:06.08 - Rebecca Buehler, Fontbonne (4/10/15)
1:07.07 - Cayden Sharp, Greenville (4/21/23)
1:07.26 - Alliyah Thomas, Spalding (5/3/24)

3000 Steeplechase

11:18.36 - Gretchen Carie, Greenville (4/12/25)
11:34.15 - Shannon McCaul, Westminster (4/7/18)
11:45.30 - Brooke Goodyear, Greenville (4/21/17)
12:00.06 - Kelsey Phillips, Spalding (5/9/19)
12:05.28 - Brooklynn Collins, Lyon (4/10/26)

4x100 Relay

46.90 - Greenville (5/8/24 - Tucker, Graham, Fritz, Yakana)
47.58 - Greenville (4/12/25 - Tucker, Fritz, Jones, Harmon)
47.82 - Greenville (5/10/23 - Sharp, Graham, Fritz, Yakana)
48.52 - Principia (4/25/25 - Ejimadu, Williams, Myers, Udoekong)
48.91 - Greenville (4/24/26 - Kacevicius/Schmeink/Richards/G.Weishaar)

4x400 Relay

3:51.65 - Greenville (5/14/25 - Tucker, Harmon, Fritz, Schwaab)
4:02.56 - Greenville (4/24/24 - Tucker, Schwaab, Harmon, Graham)
4:02.62 - Webster (4/21/18 - Sowers, Desir, Fundora, Illig)
4:04.17 - Webster (4/6/19 - Lande, Fundora, Davidson-Brooks, Sowers)
4:06.24 - Greenville (5/6/26 - G.Weishaar/A.Weishaar/Haacke/Atkins)

High Jump

5'7" - Avylina Powel-Qualo, Westminster (4/22/21)
5'5.25" - Hannah Myers, Principia (4/18/25)
5'5" - Laila Graham, Greenville (5/8/24)
5'4.5" - Cayden Sharp, Greenville (5/26/22)
5'4.5" - Anna Beth Vancil, Greenville (4/18/25)

Pole Vault

12'9.5" - Kenzie Kurdys, Greenville (4/25/25)
11'1.75" - Eryn Rataiczak, Spalding (4/24/26)
10'11.75" - Rachel Hanna, Greenville (5/10/18)
10'3.25" - Meredith Sowers, Webster (4/19/19)
10'0" - Emily Gillespie, Principia (4/14/18)

Championship Records (Results)



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Long Jump

19'3.25" - Cayden Sharp, Greenville (2023)
18'9.75" - Hannah Myers, Principia (2026)
18'9.25" - Sara Yakana, Greenville (2024)
18'9.25" - Madison Kacevicius, Greenville (2026)
18'4.25" - Laila Graham, Greenville (2023)

Triple Jump

39'3.75" - Sara Yakana, Greenville (2024)
38'0" - Sara Yakana, Greenville (2023)
37'10.75" - Jazmyn Harmon, Greenville (2025)
37'5.25" - Hannah Myers, Principia (2026)
37'4.5" - Cayden Sharp, Greenville (2023)

Shot Put

48'0.75" - Talahiva Talanoa, Greenville (2025)
44'3.25" - Talahiva Talanoa, Greenville (2024)
41'7" - Tawny Rodriguez, Greenville (2021)
41'4.5" - Raven Venegas, Fontbonne (2017)
40'2.75" - Tawny Rodriguez, Greenville (2022)

Discus

136'8" - Talahiva Talanoa, Greenville (2025)
134'3" - Talahiva Talanoa, Greenville (2024)
133'3" - Tawny Rodriguez, Greenville (2023)
130'8" - Tawny Rodriguez, Greenville (2022)
125'2" - Tawny Rodriguez, Greenville (2021)

Hammer

172'5" - Talahiva Talanoa, Greenville (2025)
170'07" - Talahiva Talanoa, Greenville (2024)
157'2" - Ella Ray, Greenville (2025)
153'5" - Marideth Tate, Greenville (2017)
153'0" - Arielle Lawrence, Greenville (2026)

Javelin

133'1" - Abbi Thomason, Greenville (2024)
132'6" - Rebekkah Yunck, Greenville (2026)
125'4" - Natalie Stewart, Westminster (2023)
125'2" - Emma Brown, Greenville (2023)
123'4" - Emma Brown, Greenville (2024)

Long Jump

19'3.25" - Cayden Sharp, Greenville (4/28/23)
18'9.75" - Hannah Myers, Principia (4/24/26)
18'9.25" - Sara Yakana, Greenville (4/26/24)
18'4.25" - Laila Graham, Greenville (2023)
18'2.5" - Twice

Triple Jump

40'4.75" - Sara Yakana, Greenville (5/22/24)
38'2.75" - Cayden Sharp, Greenville (5/11/22)
37'10.75" - Jazmyn Harmon, Greenville (4/25/25)
37'5.25" - Hannah Myers, Principia (4/24/26)
36'11" - Laila Graham, Greenville (4/26/24)

Shot Put

48'0.75" - Talahiva Talanoa, Greenville (4/25/25)
42'11.75" - Raven Venegas, Fontbonne (5/10/19)
42'6" - Tawny Rodriguez, Greenville (4/17/21)
40'7.75" - Ashley Smith, Greenville (4/13/24)
39'11.5" - Jessie Chappel, Greenville (5/1/17)

Discus

142'10" - Talahiva Talanoa, Greenville (3/28/25)
141'7" - Tawny Rodriguez, Greenville (5/19/22)
127'3" - Jillian Venegas, Fontbonne (5/3/19)
123'10" - Raven Venegas, Fontbonne (5/3/19)
123'4" - Isabelle Llewellyn, Webster (4/26/24)

Hammer

178'6" - Talahiva Talanoa, Greenville (4/12/25)
157'2" - Ella Ray, Greenville (4/25/25)
155'7" - Marideth Tate, Greenville (5/16/18)
153'0" - Arielle Lawrence, Greenville (4/24/26)
152'6" - Tawny Rodriguez, Greenville (4/15/23)

Javelin

136'9" - Rebekkah Yunck, Greenville (5/6/26)
133'1" - Abbi Thomason, Greenville (4/26/24)
131'1" - Emma Brown, Greenville (3/29/24)
128'3" - Sophia Cashion, Webster (4/16/26)
125'4" - Natalie Stewart, Westminster (2023)

Heptathlon

4923 - Cayden Sharp, Greenville (5/25/23)
3385 - Sydney Porter, Greenville (5/8/19)
3360 - Monica Niebrugge, Greenville (5/11/17)
3105 - Katie Gosser, Fontbonne (5/16/18)
2754 - Emily Bay, Fontbonne (5/16/18)



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WOMEN'S TRACK AND FIELD RECORD BOOK

Outdoor Championship Winners

100-Meter Dash	
1991 Kenda Nordin, Principia	13.60
2017 Chelsea Gilles, Greenville.....	12.57
2018 Taylor Tucker, Greenville.....	12.72
2019 Cayden Sharp, Greenville.....	12.88
2021 Cayden Sharp, Greenville.....	12.54
2022 Cayden Sharp, Greenville.....	12.60
2023 Cayden Sharp, Greenville.....	12.19
2024 Kalie Strayhorn, Westminster	12.20
2025 Sana Udoekong, Principia	12.21
2026 Amarachi Ejimadu, Principia .	12.43

200-Meter Dash

1991 Ngozi Mwanamwambwa, Principia	25.80
2017 Chelsea Gilles, Greenville.....	25.81
2018 Donalda Desir, Webster	26.71
2019 Jakara Davidson-Brooks, Webster	26.69
2021 Cayden Sharp, Greenville.....	26.51
2022 Taylor Tucker, Greenville.....	25.82
2023 Cayden Sharp, Greenville.....	25.48
2024 Kalie Strayhorn, Westminster	25.04
2025 Sana Udoekong, Principia	24.84
2026 Amarachi Ejimadu, Principia .	26.15

400-Meter Run

1991 Jenna Stonecliffe, Principia 1:10.10	
2017 Chelsea Gilles, Greenville.....	58.90
2018 Donalda Desir, Webster	1:00.02
2019 Jessica Stanley, Greenville 1:01.70	
2021 Abby Holt, Principia.....	1:02.19
2022 Moenaisa Sidique, Westminster	58.73
2023 Moenaisa Sidique, Westminster	58.97
2024 Brianna Krantz, Lyon	58.38
2025 Moenaisa Sidique, Westminster	59.05
2026 Abby Weishaar, Greenville.....	58.69

800-Meter Run

1991 Heather Kibbe, Principia	n/a
2017 Shannon McCaul, Westminster	2:26.79
2018 Meredith Sowers, Webster .	2:19.55
2019 Meredith Sowers, Webster .	2:17.75
2021 Danielle Schultz, Webster..	2:21.98
2022 Danielle Schultz, Webster..	2:24.50
2023 Olivia Mansfield, Greenville	2:22.96
2024 Eva Schwaab, Greenville...	2:26.08
2025 Eva Schwaab, Greenville...	2:25.48
2026 Norah Atkins, Greenville	2:26.38

1500-Meter Run

1991 Tessa Bollinger, Principia ...	5:05.60
2017 Shannon McCaul, Westminster	5:09.88
2018 Minnell Fundora, Webster..	4:59.23
2019 Minnell Fundora, Webster..	4:56.74
2021 Danielle Schultz, Webster..	4:55.41
2022 Danielle Schultz, Webster..	5:18.41
2023 Karissa Heffernan, Eureka .	5:07.12
2024 Gretchen Carie, Greenville 5:11.13	
2025 Gretchen Carie, Greenville	4:56.08
2026 Norah Atkins, Greenville	4:52.97

5,000-Meter Run

2017 Jessica Kuykendall, Westminster...	18:20.85
2018 Jessica Kuykendall, Westminster...	18:38.33
2019 Kelsey Phillips, Spalding..	19:58.58
2021 Cora Reed, Webster	20:17.47
2022 Victoria Shedron, Spalding	19:43.20
2023 Brook Schutt, Greenville ..	20:56.57
2024 Sarah Erickson, Principia .	21:26.17
2025 Alivia Clayton, Greenville .	20:18.08
2026 Alexis Martinez, Greenville	19:45.49

10,000-Meter Run

2017 Jessica Kuykendall, Westminster...	41:46.73
2018 Jessica Kuykendall, Westminster...	38:09.00
2019 Kelsey Phillips, Spalding..	41:19.32
2021 Kalleigh Linthicum, Webster .	42:01.50
2022 Michelle Grant, Webster ..	46:22.80
2023 Katie Leeker, Fontbonne..	52:13.70
2024 Hannah Owens, MUW	43:15.00
2025 Hannah Owens, MUW	43:27.00
2026 Sophia Green, Principia ...	40:50.00

100-Meter Hurdles

1991 Julie Casanave, Principia.....	18:10
2017 Meghan Illig, Webster	15:19
2018 Meghan Illig, Webster	15:53
2019 Meredith Sowers, Webster....	16.00
2021 Cayden Sharp, Greenville.....	15:28
2022 Cayden Sharp, Greenville.....	14.88
2023 Cayden Sharp, Greenville.....	14.66
2024 Ty'Kerria Young, MUW.....	15.84
2025 TyKiaza Jones, Greenville	14.58
2026 Madison Kacevicius, Greenville .	15.40

400-Meter Hurdles

2017 Meghan Illig, Webster	1:05.40
2018 Meghan Illig, Webster	1:06.13
2019 Meredith Sowers, Webster .	1:06.73
2021 Vanessa Jones, Webster ...	1:12.80
2022 Alexis Roberts, Greenville..	1:12.72
2023 Vanessa Jones, Webster ...	1:10.24
2024 Alliyah Thomas, Spalding ..	1:10.48
2025 TyKiaza Jones, Greenville .	1:10.65
2026 Cassidy Talley, MUW	1:09.58

3000-Meter Steeplechase

2017 Shannon McCaul, Westminster .	11:40.50
2018 Megan McKee, Greenville	12:18.66
2019 Kelsey Phillips, Spalding..	12:24.08
2021 Kyanne Williams, Webster....	13:03.26
2022 Gretchen Carie, Greenville	12:42.78
2023 Gretchen Carie, Greenville	12:40.21
2024 Gretchen Carie, Greenville	12:24.63
2025 Gretchen Carie, Greenville	11:49.71
2026 Brooklynn Collins, Lyon ...	12:20.25

4x100-Meter Relay

2017 Greenville.....	51.21
2018 Webster.....	50.31
2019 Webster.....	49.97
2021 Greenville.....	50:57

2022 Greenville.....	49.02
2023 Principia	58.66
2024 Greenville.....	47.65
2025 Greenville.....	48.33
2026 Greenville.....	48.91

4x400-Meter Relay

2017 Webster.....	4:09.15
2018 Webster.....	4:05.51
2019 Webster.....	4:09.46
2021 Webster.....	4:16.77
2022 Greenville	4:12.32
2023 Greenville	4:17.85
2024 Greenville	4:02.56
2025 Greenville	4:03.77
2026 Greenville	4:06.63

High Jump

2017 Sierah Ruffner, Greenville .	4'11.75"
2018 Kylar Craig, Greenville	4'8.25"
2019 Cayden Sharp, Greenville...	5'1.75"
2021 Avylina Powel-Qualo, Westminster	5'3.75"
2022 Cayden Sharp, Greenville...	5'3.75"
2023 Anna Beth Vancil, Greenville	5'1.75"
2024 Laila Graham, Greenville	5'3.75"
2025 Hannah Myers, Principia.....	5'3.75"
2026 Hannah Myers, Principia.....	5'3.75"

Pole Vault

2017 Rachel Hanna, Greenville ...	9'5.75"
2018 Rachel Hanna, Greenville .	10'4.25"
2019 Meredith Sowers, Webster..	9'5.25"
2021 Abby Holt, Principia.....	9'0.25"
2022 Abby Holt, Principia.....	8'6.25"
2023 Mirsa Boyer, Principia	8'5.5"
2024 Kenzie Kurdys, Greenville.....	10'6"
2025 Kenzie Kurdys, Greenville...	12'9.5"
2026 Eryn Rataiczak, Spalding..	11'1.75"

Long Jump

1991 Kerste Bryant, Principia	15'10"
2017 Jakara Davidson-Brooks, Webster..	16'10.5"
2018 Johnae Hightower, Webster	16'9.50"
2019 Daisha Reece, Webster	17'8.25"
2021 Cayden Sharp, Greenville.....	17'7"
2022 Cayden Sharp, Greenville.....	18'1"
2023 Cayden Sharp, Greenville .	19'3.25"
2024 Sara Yakana, Greenville ...	18'9.25"
2025 Hannah Myers, Principia.....	18'1"
2026 Hannah Myers, Principia...	18'9.75"

Triple Jump

1991 Heidi Standish, Principia	30'2"
2017 Monica Niebrugge, Greenville	32'10.25"
2018 Johnae Hightower, Webster	34'5.50"
2019 Johnae Hightower, Webster	33'7.25"
2021 Cayden Sharp, Greenville...	37'2.5"
2022 Cayden Sharp, Greenville .	36'6.25"
2023 Sara Yakana, Greenville	38'0"
2024 Sara Yakana, Greenville ...	39'3.75"
2025 Jazmyn Harmon, Greenville	37'10.75"



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2026 Hannah Myers, Principia . 37'5.25"

Shot Put

1991 Mary Casey, Fontbonne..... 35'9"
2017 Raven Venegas, Fontbonne 41'4.5"
2018 Sierra Moore, Fontbonne 37'9.5"
2019 Raven Venegas, Fontbonne .. 39'6"
2021 Tawny Rodriguez, Greenville . 41'7"
2022 Tawny Rodriguez, Greenville ...40'2.75"
2023 Ashley Smith, Greenville..... 39'4"
2024 Talahiva Talanoa, Greenville....44'3.25"
2025 Talahiva Talanoa, Greenville....48'0.75"
2026 Cali Pavlisko, Webster 37'3.25"

Discus

1991 Sheila Rasmussen, Principia 111'8"
2017 Jessica Chappel, Greenville 114'4"
2018 Katie Suiters, Spalding.... 121'5.25"
2019 Jillian Venegas, Fontbonne.. 114'0"
2021 Tawny Rodriguez, Greenville125'2"
2022 Tawny Rodriguez, Greenville130'8"
2023 Tawny Rodriguez, Greenville133'3"
2024 Talahiva Talanoa, Greenville 134'3"
2025 Talahiva Talanoa, Greenville 136'8"
2026 Amber Dierling, Westminster 115'8"

Hammer

2017 Marideth Tate, Greenville 153'5"
2018 Marideth Tate, Greenville 151'8.25"
2019 Deb Cunningham, Greenville141'2"
2021 Raven Venegas, Fontbonne 135'9"
2022 Tawny Rodriguez, Greenville144'5"
2023 Talahiva Talanoa, Greenville 145'4"
2024 Talahiva Talanoa, Greenville 170'7"
2025 Talahiva Talanoa, Greenville 172'5"
2026 Arielle Lawrence, Greenville 153'0"

Javelin

1991 Kerste Bryant, Principia 107'9"
2017 Lynsey Wehrenberg, Fontbonne ..91'1"
2018 Ashley Harfst, Eureka 108'8.75"
2019 Savannah Maloney, Greenville ...95'10"
2021 Haleigh St. Clair, Westminster103'4"
2022 Emma Brown, Greenville 111'3"
2023 Natalie Stewart, Westminster125'4"
2024 Abbi Thomason, Greenville133'1"
2025 Emma Braby, Westminster 112'7"
2026 Rebekkah Yunck, Greenville.. 132'6"

Individual Champions

School.....	No.
Greenville.....	78
Webster.....	36
Principia	28
Westminster	16
Fontbonne.....	7
Spalding	7
MUW	4
Eureka.....	2
Lyon	2



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Outdoor All-Conference Members

Eureka..... G ... S ... B.... T
 Sophia Palmier0 ... 0.... 1 ... 1

Eureka..... G ... S ... B.... T
 Alyssa Bryant.....0 ... 0.... 1 ... 1
 Rachel Fisher0 ... 1.... 1 ... 2
 Ashley Harfst1 ... 1.... 0 ... 2
 Karissa Heffernan...1 ... 0.... 1 ... 2
 Annaliese Miller0 ... 1.... 0 ... 1
 Sophia Palmier0 ... 0.... 1 ... 1
 Jaden Randall.....0 ... 0.... 1 ... 1

Fontbonne G ... S ... B.... T
 Emily Bay.....0 ... 0.... 5 ... 5
 Desiree Brooks0 ... 2.... 0 ... 2
 Tanya Dixon.....0 ... 0.... 1 ... 1
 Alina Dunder.....0 ... 1.... 0 ... 1
 Maris Fusiek0 ... 0.... 1 ... 1
 Colleen Gosser.....0 ... 0.... 2 ... 2
 Katie Gosser.....0 ... 0.... 3 ... 3
 Madelyn Huffstetter 0 ... 2.... 2 ... 4
 Rachel Kelly.....0 ... 3.... 0 ... 3
 Katie Leeker1 ... 0.... 0 ... 1
 Alexa Lofgren0 ... 0.... 2 ... 2
 Sierra Moore.....1 ... 1.... 2 ... 4
 Hannah Myers0 ... 0.... 2 ... 2
 Kayla Sheldon0 ... 0.... 2 ... 2
 Caitlyn Smith0 ... 0.... 1 ... 1
 Anna Takano.....0 ... 1.... 2 ... 3
 Jillian Venegas.....1 ... 1.... 1 ... 3
 Raven Venegas3 ... 5.... 1 ... 9
 Lynsey Wehrenberg...1 ... 0.... 0 ... 1

Greenville G ... S ... B.... T
 Gabby Adams0 ... 0.... 1 ... 1
 Tyla Anderson.....0 ... 1.... 0 ... 1
 Brianna Anello0 ... 1.... 0 ... 1
 Norah Atkins3 ... 3.... 2 ... 8
 Chloe Aubuschohn ...0 ... 0.... 1 ... 1
 Mia Bellegante.....0 ... 1.... 0 ... 1
 Emily Bohm0 ... 0.... 1 ... 1
 Emma Brown.....1 ... 2.... 1 ... 4
 Kiki Boscolo.....1 ... 0.... 1 ... 2
 Lydia Cahill0 ... 0.... 1 ... 1
 Gretchen Carie6 ... 0.... 2 ... 8
 Jessie Chappel1 ... 2.... 0 ... 3
 Alivia Clayton.....1 ... 1.... 0 ... 2
 Alyssa Comer0 ... 1.... 0 ... 1
 Vanessa Compton ...2 ... 0.... 1 ... 3

Kylar Craig1 ... 1.... 1 ... 3
 Deb Cunningham...1 ... 0.... 0 ... 1
 Haniah Davis1 ... 2.... 0 ... 3
 Shirley Estes.....0 ... 1.... 0 ... 1
 Katie Farrow0 ... 2.... 0 ... 2
 Sabrina Favela0 ... 1.... 0 ... 1
 Jayda Fowler1 ... 4.... 0 ... 5
 Jocelyn Fritz3 ... 2.... 3 ... 8
 Chelsea Gilles4 ... 1.... 0 ... 5
 Amber Glazebrook...0 ... 1.... 0 ... 1
 Brooke Goodyear ...0 ... 1.... 2 ... 3
 Laila Graham3 ... 4.... 2 ... 9
 Lauren Haacke1 ... 0.... 1 ... 2
 Rachel Hanna.....3 ... 1.... 2 ... 6
 Jazmyn Harmon4 ... 1.... 1 ... 6
 Emily Hasselbusch .0 ... 0.... 1 ... 1
 Lainey Hicks0 ... 0.... 1 ... 1
 Amari Hurn1 ... 2.... 0 ... 3
 TyKiaza Jones3 ... 0.... 0 ... 3
 Madison Kacevicius...2 ... 2.... 1 ... 5
 Lia Kruse0 ... 2.... 2 ... 4
 Kenzie Kurdys2 ... 2.... 0 ... 4
 Arielle Lawrence1 ... 0.... 0 ... 1
 Emma Leonhard0 ... 2.... 1 ... 3
 Sedina Logan0 ... 2.... 0 ... 2
 Savannah Maloney .1 ... 0.... 1 ... 2
 Olivia Mansfield ...3 ... 3.... 1 ... 7
 Alexis Martinez1 ... 1.... 0 ... 2
 Megan McKee1 ... 0.... 0 ... 1
 Ellen Neese0 ... 0.... 2 ... 2
 Kori Nesbit0 ... 0.... 1 ... 1
 Monica Niebrugge .1 ... 0.... 1 ... 2
 Sheridan Noll0 ... 6.... 1 ... 7
 Eyonna Owens1 ... 1.... 1 ... 3
 Victoria Papez0 ... 2.... 0 ... 2
 Janisha Pealer1 ... 1.... 1 ... 3
 Sydney Porter.....0 ... 2.... 3 ... 5
 Ella Ray0 ... 2.... 1 ... 3
 Zoe Ray0 ... 0.... 1 ... 1
 Jada Richards.....1 ... 0.... 0 ... 1
 Alexis Roberts3 ... 2.... 1 ... 6
 Tawny Rodriguez ...6 ... 1.... 1 ... 8
 Natali Roth.....1 ... 2.... 0 ... 3
 Sierah Ruffner1 ... 1.... 0 ... 2
 Lola Schlarmann....0 ... 1.... 0 ... 1
 Lera Schmeink.....1 ... 0.... 0 ... 1
 Brook Schutt.....1 ... 1.... 0 ... 2
 Aryn Scott0 ... 1.... 0 ... 1
 Eva Schwaab.....4 ... 0.... 1 ... 5

Alexa Seger2 ... 2.... 0 ... 4
 Cayden Sharp.....18 .. 5.... 2 .. 25
 Ashley Smith.....1 ... 4.... 3 ... 8
 Jessica Staley.....1 ... 3.... 2 ... 6
 Talahiva Talanoa7 ... 1.... 3 .. 11
 Marideth Tate.....2 ... 0.... 0 ... 2
 Abbi Thomason1 ... 1.... 1 ... 3
 Lily Towell0 ... 0.... 1 ... 1
 Taylor Tucker7 ... 6.... 1 .. 14
 Anna Beth Vancil ...1 ... 1.... 1 ... 3
 Aaliyah Vasquez0 ... 1.... 2 ... 3
 Trinity Wade.....0 ... 0.... 1 ... 1
 Abby Weishaar3 ... 1.... 0 ... 4
 Gabby Weishaar1 ... 1.... 0 ... 2
 Hannah Williams....0 ... 3.... 3 ... 6
 Sara Yakana4 ... 4.... 1 ... 9
 Rebekkah Yunck.....1 ... 0.... 0 ... 1

Iowa Wesleyan G ... S ... B.... T
 Allison Morris.....0 ... 0.... 1 ... 1

Lyon G ... S ... B.... T
 Lana Ballard0 ... 0.... 1 ... 1
 Brooklynn Collins...1 ... 0.... 2 ... 3
 Trinity Davis.....0 ... 0.... 1 ... 1
 Nevaeh Gahn0 ... 0.... 2 ... 2
 Brianna Krantz.....1 ... 1.... 3 ... 5
 Kasylu Malumbo0 ... 0.... 1 ... 1
 Cynthia Snyder0 ... 1.... 0 ... 1
 Samantha Taylor....0 ... 2.... 0 ... 2
 Kacie Teruya.....0 ... 2.... 1 ... 3
 Jordyn Turner0 ... 0.... 1 ... 1

MUW..... G ... S ... B.... T
 Michaiiah Adams ...0 ... 2.... 3 ... 5
 CeCe Cowan0 ... 1.... 0 ... 1
 Keliyse Faulkner ...0 ... 0.... 1 ... 1
 Paris Flanery0 ... 1.... 1 ... 2
 Ariella Jones0 ... 1.... 1 ... 2
 Brooklyn Kelley ...0 ... 2.... 0 ... 2
 Armoni King0 ... 3.... 1 ... 4
 Arie'Onna McCollum .0 ... 3.... 1 ... 4
 Princess Lofton....0 ... 1.... 1 ... 2
 Hannah Owens.....2 ... 2.... 0 ... 4
 Kalee Sanders.....0 ... 0.... 1 ... 1
 Mariah Shannon0 ... 0.... 1 ... 1
 Cassidy Talley.....1 ... 2.... 0 ... 3
 Vonisha Towns.....0 ... 1.... 3 ... 4
 Kamiyah Whiting....0 ... 1.... 1 ... 2



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WOMEN'S TRACK AND FIELD RECORD BOOK

Sacaria Wofford0 ... 1....0 1
Ty'Kerria Young1 ... 1....0 2

Principia G ... S ...B.... T

Tara Adhikari.....0 ... 0....2 2
Lessly Amwikato1 ... 0....0 1
Bri Baldrige0 ... 0....1 1
Mirsa Boyer2 ... 1....0 3
Laura Cluthe0 ... 0....1 1
Paige DeBoer0 ... 0....1 1
Amarachi Ejimadu ..2 ... 2....2 6
Sarah Erickson1 ... 0....0 1
Myka Fenton.....0 ... 2....0 2
Emily Gillespie0 ... 0....1 1
Sophia Green1 ... 1....2 4
Sophia Hathaway ...0 ... 1....0 1
Haley Hill1 ... 0....0 1
Abby Holt.....3 ... 2....5 .. 10
Afton Leslie.....0 ... 0....2 2
Laura Mayo.....0 ... 2....0 2
Hannah Myers5 ... 2....0 7
Geena Richards.....0 ... 0....2 2
Emme Schaefer.....0 ... 1....1 2
Kiara Smith0 ... 1....1 2
Sana Udoekong.....2 ... 2....0 4
Danielle Vargas0 ... 0....1 1
Ariana Williams.....0 ... 1....1 2
Hannah Wymer.....1 ... 0....0 1

Spalding G ... S ...B.... T

Taylor Bent.....0 ... 0....1 1
Shyanne Hagan.....0 ... 0....1 1
Holly Higgs0 ... 0....1 1
Muskan Jamshed ...0 ... 1....1 2
Lucy Jones0 ... 0....1 1
Kelsey Phillips3 ... 0....0 3
Eryn Rataiczak1 ... 0....0 1
Victoria Shedron1 ... 0....0 1
Roslyn Stull.....0 ... 1....2 3
Katie Suiters1 ... 1....1 3
Alliyah Thomas1 ... 0....2 3
Takara Williams0 ... 1....1 2

Webster G ... S ...B.... T

Lilly Aguilar0 ... 0....1 1
Micah Barnes.....1 ... 2....1 4
Sophia Cashion0 ... 1....0 1
Colleen Coday0 ... 1....0 1
Jakara Davdison-Brooks ..3 ... 4....2 9
Donalda Desir.....5 ... 2....2 9
Taylor Dunning.....0 ... 1....1 2

Alyssa Feldewert0 ... 1....0 1
Kaliegh Finney1 ... 1....0 2
Minnell Fundora4 ... 2....0 6

Michelle Grant0 ... 0....1 1
Miranda Green.....0 ... 0....2 2
Brittney Griffin.....2 ... 1....2 5
Anna Grobelny.....0 ... 1....0 1
Holly Goergen.....0 ... 3....0 3
Johnae Hightower...4 ... 0....1 5
Sarah Huckstep1 ... 1....0 2
Elena Hutson0 ... 0....4 4
Meghan Illig6 ... 2....1 9
Desiree Jones.....0 ... 1....0 1
Vanessa Jones5 ... 6....2 .. 13
Aissata Kamar0 ... 0....1 1
Jordan Lande.....2 ... 0....3 5
Kalleigh Linthicum ..1 ... 1....1 3
Isabelle Llewellyn ...0 ... 2....6 8
Valerie Martin.....0 ... 0....1 1
Olivia Nelsen0 ... 2....1 3
Kianna Patton0 ... 1....0 1
Daisha Reece2 ... 1....1 4
Cora Reed1 ... 1....0 2
Cali Pavlisko1 ... 1....0 2
Lindsay Poitras0 ... 0....3 3
Danielle Schultz5 ... 0....0 5
Meredith Sowers.....8 ... 6....1 .. 15
Jenna Stoble.....0 ... 0....1 1
Elicia Theroff.....0 ... 1....0 1
Emma Teson.....0 ... 0....1 1
Amaryha Williams...0 ... 1....0 1
Kyanne Williams1 ... 1....0 2

Westminster G ... S ...B.... T

Katy Allen.....0 ... 2....0 2
Charley Blair0 ... 0....2 2
Emma Braby.....1 ... 0....1 2
Makayal Cordes.....0 ... 0....0 1
Amber Dierling.....1 ... 0....1 2
Gracie Hamrick.....0 ... 0....1 1
Morgan Henry0 ... 0....2 2
Taylor Howard.....0 ... 0....4 4
Jessica Kuykendall .4 ... 1....0 5
Shannon McCaul3 ... 0....0 3
Whiteny Mitchhart...0 ... 0....1 1
Avylina Powel-Qualo .1 ... 0....1 2
Moenaisa Sidique ...3 ... 0....2 5
Kelsie Speichinger..0 ... 0....1 1
Haleigh St. Clair.....1 ... 0....0 1
Kalie Strayhorn.....2 ... 0....0 2
Natalie Stewart1 ... 0....0 1

Riley Vogel.....0 ... 0....1 1
Madison Zack0 ... 0....1 1



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Outdoor Individual Awards

Field Athlete of the Year		Track Athlete of the Year		Field Freshman of the Year		Track Freshman of the Year	
2017	Jessie Chappel (GU)	2017	Chelsea Giles (GU)	2017	Raven Venegas (FBU)	2017	Meredith Sowers (WU)
2018	Katie Suiters (SU)		Shannon McCaul (WC)	2018	Johnae Hightower (WU)	2018	Taylor Tucker (GU)
2019	Raven Venegas (FBU)	2018	Megan Illig (WU)	2019	Jillian Venegas (FBU)	2019	Cayden Sharp (GU)
2021	Cayden Sharp (GU)	2019	Meredith Sowers (WU)	2021	Katy Allen (WC)	2021	Madelyn Huffstetter (FBU)
2022	Cayden Sharp (GU)	2021	Danielle Schultz (WU)	2022	Talahiva Talanoa (GU)	2022	Moenasia Sidique (WC)
	Tawny Rodriguez (GU)	2022	Danielle Schultz (WU)	2023	Hannah Myers (WC)	2023	Eyonna Owens (GU)
2023	Cayden Sharp (GU)	2023	Cayden Sharp (GU)	2024	Kenzie Kurdys (GU)	2024	Kalie Strayhorn (WC)
2024	Talahiva Talanoa (GU)	2024	Kalie Strayhorn (WC)	2025	Brooklyn Kelly (MUW)	2025	Sana Udoekong (PC)
2025	Talahiva Talanoa (GU)	2025	Sana Udoekong (PC)	2026	Ariella Jones (MUW)	2026	Abby Weishaar (GU)
2026	Hannah Myers (PC)	2026	Norah Atkins (GU)				

Outdoor Coaching Staff of the Year Award

2017	Greenville (Brian Patton)	2021	Greenville (Brian Patton)	2024	Greenville (Brian Patton)
2018	Webster (Nick Niehaus)	2022	Greenville (Brian Patton)	2025	Greenville (Brian Patton)
2019	Webster (Nick Niehaus)	2023	Greenville (Brian Patton)	2026	Greenville (Brian Patton)

Outdoor Records

All-Time Medal Count (Gold)

Blackburn - 1
Eureka - 6 (2)
Fontbonne - 35 (7)
Greenville - 244 (89)
Iowa Wesleyan - 1
Lyon - 14 (2)
MUW - 23 (4)
Principia - 42 (16)
Spalding - 19 (7)
Webster - 115 (36)
Westminster - 30 (15)

Team Gold Medals at Championship

14 - Greenville (2022)
13 - Greenville (2023)
13 - Greenville (2024)
13 - Greenville (2025)
9 - Greenville (2026)

Team Overall Medals at Championship

37 - Greenville (2023)
36 - Greenville (2022)
32 - Greenville (2024)
28 - Greenville (2025)
23 - Greenville (2026)

Individual Gold Medals in One Championship

6 - Cayden Sharp, Greenville (2021)
6 - Cayden Sharp, Greenville (2022)
4 - Chelsea Gilles, Greenville (2017)
4 - Donalda Desir, Webster (2018)
4 - Meredith Sowers, Webster (2019)
4 - Cayden Sharp, Greenville (2023)

Individual Medals in One Championship

8 - Cayden Sharp, Greenville (2021)
7 - Cayden Sharp, Greenville (2022)
6 - Cayden Sharp, Greenville (2023)

Individual Gold Medals in Career

18 - Cayden Sharp, Greenville (2018-23)
8 - Meredith Sowers, Webster (2017-20)
7 - Taylor Tucker, Greenville (2018-25)
7 - Talahiva Talanoa, Greenville (2022-25)
6 - Multiple athletes

Individual Medals in Career

25 - Cayden Sharp, Greenville (2018-23)
15 - Meredith Sowers, Webster (2017-20)
14 - Taylor Tucker, Greenville (2018-25)
13 - Vanessa Jones, Webster (2018-23)
11 - Talahiva Talanoa, Greenville (2022-25)



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WOMEN'S TRACK AND FIELD RECORD BOOK

Outdoor All-Sportsmanship Team

2017 (Team - Fontbonne)

Ashley Harfst (EC)
Katie Gosser (FBU)
Chelsea Gilles (GU)
Gabriel Burns (PC)
Katie Suiters (SU)
Sarah Huckstep (WU)
Taylor Howard (WC)

2018 (Team - Principia)

Annaliese Miller (EC)
Colleen Gosser (FBU)
Lia Kruse (GU)
Brie Burns (PC)
Brianna Marr (SU)
Jessica Phibbs (WU)
Taylor Howard (WC)

2019 (Team - Webster)

Katie Gosser (FBU)
Kori Nesbit (GU)
Elsa Heath (PC)
Kelsey Hamilton (SU)
Vanessa Jones (WU)

2021 (Team - Fontbonne)

Alina Dunder (FBU)
Desiree Lesicko (GU)
Teya Hawkins (IWU)
Afton Leslie (PC)
Lexie Barthmaier (SU)
Vanessa Jones (WU)
Katy Allen (WC)

2022 (Team - Fontbonne/Webster)

Sarah Kimbro (EC)
Ogechi Okpara (FBU)
Leah Brown (GU)
Abby Holt (PC)
Victoria Shedron (SU)
Vanessa Jones (WU)
Gracie Hamrick (WC)

2023 (Team - Blackburn)

Olivia Leemon (BC)
Rachel Fisher (EC)
Ogechi Okpara (FBU)
Leah Brown (GU)
Lessly Amwikato (PC)
Shyanne Hagan (SU)
Abigail Szydlowski (WU)
Hannah Myers (WC)

2024 (Team - Principia)

Molly Koskey (BC)
Isabella Carbajal (EC)
Alexa Lofgren (FBU)
Talahiva Talanoa (GU)
Kacie Teruya (LC)
Kalee Sanders (MUW)
Kannon Gill (PC)
Takeiyah Conn (SU)
Aissata Kumara (WU)
Emma Braby (WC)

2025 (Team - Principia)

Michaela Moulton (BC)
Rachel Fisher (EC)
Taylor Tucker (GU)
Brianna Krantz (LC)
Kalee Sanders (MUW)
Mirsa Boyer (PC)
Morgan Piercey (SU)
Josephine Caesar (WU)
Moenaisa Sidique (WC)

2026 (Team - Webster)

Isabella Bradley (BC)
Zoe Stoecker (EC)
Jazmyn Harmon (GU)
Brooklynn Collins (LC)
Cassidy Talley (MUW)
Elyssa White (PC)
Taimane Alo (SU)
Grace Rose (WU)
Abby Dameron (WC)

Outdoor NCAA Division III All-Americans (SLIAC Members Only)

2017 - Chelsea Giles, Greenville (400 Meters)

2023 - Cayden Sharp, Greenville (Heptahlon)

2024 - Sara Yakana, Greenville (Triple Jump) 1st Team

2025 - Kenzie Kurdys, Greenville (Pole Vault) 1st Team

2025 - TyKiaza Jones, Greenville (100 Meter Hurdles) 2nd Team

2026 - Rebekkah Yunck, Greenville (Javelin) 2nd Team