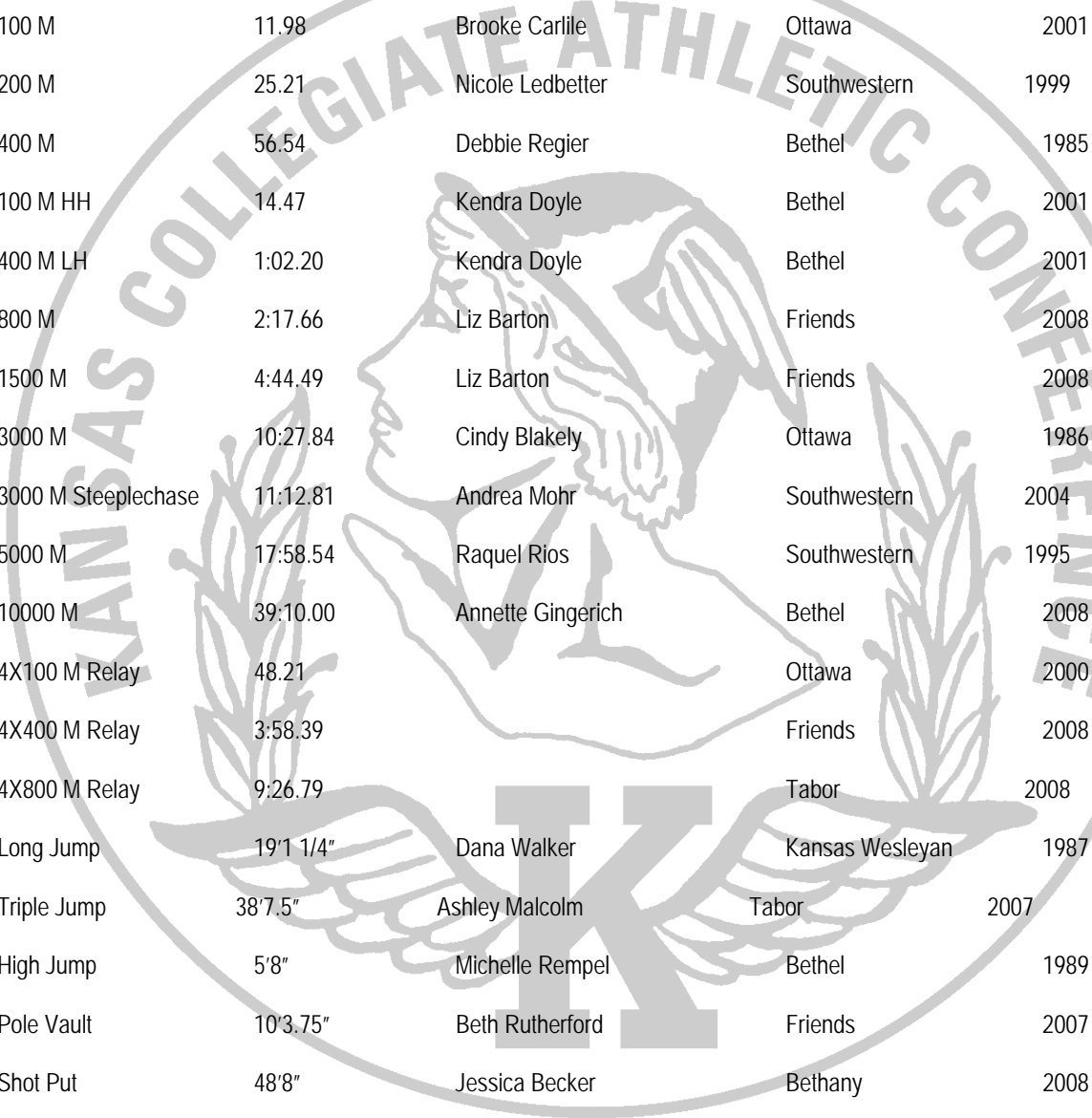


KCAC TRACK AND FIELD CHAMPIONSHIPS

WOMEN'S MEET RECORDS

NOTE: Includes the Spring 2008 Meet



100 M	11.98	Brooke Carlile	Ottawa	2001
200 M	25.21	Nicole Ledbetter	Southwestern	1999
400 M	56.54	Debbie Regier	Bethel	1985
100 M HH	14.47	Kendra Doyle	Bethel	2001
400 M LH	1:02.20	Kendra Doyle	Bethel	2001
800 M	2:17.66	Liz Barton	Friends	2008
1500 M	4:44.49	Liz Barton	Friends	2008
3000 M	10:27.84	Cindy Blakely	Ottawa	1986
3000 M Steeplechase	11:12.81	Andrea Mohr	Southwestern	2004
5000 M	17:58.54	Raquel Rios	Southwestern	1995
10000 M	39:10.00	Annette Gingerich	Bethel	2008
4X100 M Relay	48.21		Ottawa	2000
4X400 M Relay	3:58.39		Friends	2008
4X800 M Relay	9:26.79		Tabor	2008
Long Jump	19'1 1/4"	Dana Walker	Kansas Wesleyan	1987
Triple Jump	38'7.5"	Ashley Malcolm	Tabor	2007
High Jump	5'8"	Michelle Rempel	Bethel	1989
Pole Vault	10'3.75"	Beth Rutherford	Friends	2007
Shot Put	48'8"	Jessica Becker	Bethany	2008
Discus	141'2"	Jessica Becker	Bethany	2006
Javelin	140'0"	Stacy Koontz	Bethel	1993
Hammer	154'6"	Michelle Baltimore	Bethany	2008