



OHIO NORTHERN UNIVERSITY

Department of Sports Information

2009 Women's Indoor Track and Field Season Superlatives

55 Dash - ONU Record 7.26
NCAA Qual. - 7.14, 7.30
 Abby Schulte 7.37 (2/14)
 Amy Swigert 7.57 (3/6)
 Courtney O'Banion 7.87 (2/6)
 Aubrie Stechschulte 7.87 (2/6)
 Kirsten Yoho 8.01 (2/6)

55 Hurdles 8.20
NCAA - 8.25, 8.53
 Michelle Nicol 9.45 (3/6)
 Ashton Dennen 10.23 (2/6)

200 Dash 26.90
 Joy Kessler 27.21 (2/6)
 Abby Schulte 27.33 (2/27)
 Brittany Farber 27.38 (2/6)
 Dani Noe 27.64 (2/6)
 Taylor Garber 28.06 (2/27)

300 Dash 41.47
 Joy Kessler 42.14 (3/6)
 Dani Noe 42.73 (3/6)
 Brittany Farber 42.93 (3/7)
 Karen Thatcher 44.07 (2/20)
 Abby Schulte 44.29 (2/20)

400 Dash 58.63
NCAA - 56.75, 58.70
 Joy Kessler 59.43 (2/14)
 Dani Noe 1:00.82 (2/6)
 Brittany Farber 1:00.84 (1/23)
 Taylor Garber 1:02.04 (2/6)
 Karen Thatcher 1:03.53 (3/6)

500 Run 1:17.80 New!
 Joy Kessler 1:17.80 (3/7)
ONU Record
 Brittany Farber 1:18.80 (3/7)
 Dani Noe 1:18.87 (2/27)
 Lauren Rupp 1:23.72 (3/6)
 Taylor Garber 1:24.06 (1/23)

800 Run 2:14.29
NCAA - 2:13.50, 2:16.50
 Rachel Smith 2:23.02 (2/6)
 Brittany Farber 2:23.94 (2/20)
 Ashley Sottaway 2:27.52 (2/20)
 Ashton Dennen 2:28.50 (2/6)
 Amy Davis 2:28.79 (1/23)

1,000 Run 3:01.10
 Rachel Smith 3:06.10 (1/16)
 Amanda Binkey 3:11.56 (3/7)
 Amy Davis 3:13.96 (3/7)
 Rachele Pavelko 3:14.13 (3/7)
 Julia Urbanski 3:14.42 (2/27)

1-Mile Run 5:10.11 New!
NCAA - 4:55.00, 5:05.00
 Rachel Smith 5:10.11 (3/7)
ONU Record
 Amy Davis 5:23.17 (3/7)
 Amanda Binkey 5:27.64 (1/23)
 Regina Bresson 5:29.12 (2/27)
 Mallory Bloom 5:31.94 (1/23)

3,000 Run 10:23.96
 Regina Bresson 10:48.86 (3/6)
 Rachel Smith 10:48.91 (2/20)
 Erica Rumschlag 11:02.57 (2/20)
 Steph Hiser 11:09.32 (2/20)
 Brooke Bohanon 11:12.22 (2/20)

5,000 Run 17:36.30
NCAA - 17:10.00, 17:42.00
 Regina Bresson 18:49.62 (2/14)
 Kelly Cassanova 18:55.87 (2/14)
 Mallory Bloom 19:05.07 (1/31)
 Stephanie Hiser 19:20.86 (1/31)
 Erica Rumschlag 19:32.50 (1/16)

4x200 Relay 1:47.11
 Abby Schulte 1:48.93 (3/7)
 Kirsten Yoho
 Karen Thatcher
 Amy Swigert

4x400 Relay 4:00.45
NCAA - 3:53.50, 4:00.00
 Brittany Farber 4:05.19 (1/31)
 Dani Noe
 Lauren Rupp
 Joy Kessler

4x800 Relay 9:44.81
 Rachele Pavelko 10:01.65 (1/31)
 Susan Hess
 Julie Urbanski
 Rachel Smith

Dist. Med. Relay 12:27.66
NCAA - 11:53.60, 12:17.00
 Amanda Binkey 12:51.46 (1/31)
 Taylor Garber
 Amy Davis
 Rachel Smith

High Jump 5-7.25
NCAA - 5-7.25, 5-5.25
 Nicole Hope 5-2.25 (2/27)
 Michelle Nicol 4-10.25 (2/27)

Pole Vault 11-6-New!
NCAA - 12-3.5, 11-3.75
 Aubrie Stechschulte 11-6 (???)
School Record
 Nicole Hope 11-3.75 (2/20)
 Janelle Jansen 11-1.75 (3/6)
 Emily Middleton 8-4.25 (1/16)

Long Jump 18-5.75
NCAA - 18-8.5, 17-9.75
 Aubrie Stechschulte 17-8.75 (3/6)
 Janelle Jansen 16-10.75 (1/31)
 Amy Swigert 16-5.75 (2/27)
 Kirsten Yoho 16-5.5 (2/6)
 Nicole Hope 16-5 (2/6)
 Karen Thatcher 16-5 (2/20)

Triple Jump 35-5.5
NCAA - 38-6.75, 36-8.25
 Karen Thatcher 32-9.25 (1/31)
 Janelle Jansen 32-7.5 (2/14)
 Megan Meyer 29-1 (2/27)

Shot Put 41-8.5
NCAA - 45-11.25, 42-4
 Courtney Zupancic 37-6.5 (3/7)
 Tiffany Lerch 33-6.5 (1/23)
 Kelli Sexton 33-4.5 (2/20)
 Amanda Caudill 29-8 (2/20)

20# Wt. Throw 51-0.25-New!
NCAA - 55-9.25, 50-4.5
 Courtney Zupancic 51-0.25 (2/20)
School Record
 Kelli Sexton 43-2.5(2/20)
 Tiffany Lerch 39-10.75 (2/20)
 Amanda Caudill 28-9.75 (2/27)

Janelle Jansen 93
 Nicole Hope 86.5
 Rachel Smith 74
 Aubrie Stechschulte 73
 Karen Thatcher 63.75
 Joy Kessler 63.75
 Abby Schulte 58.75
 Brittany Farber 57.75
 Courtney Zupancic 57
 Dani Noe 55.75
 Amy Swigert 51.75
 Regina Bresson 47.5
 Erica Rumschlag 31.75
 Rachele Pavelko 29.75
 Lauren Rupp 29.75
 Taylor Garber 25.5
 Michelle Nicol 25
 Ashley Sottaway 24.25
 Amy Davis 24.25
 Kirsten Yoho 23.25
 Amanda Binkey 23.25
 Julia Urbanski 22.5
 Katie Andrzejewski 22
 Alyssa Reiter 20.25
 Megan Meyer 18
 Kelly Casanova 16
 Tiffany Lerch 15
 Emily Middleton 15
 Courtney O'Banion 13.5
 Kelli Sexton 13
 Ashton Dennen 11.5
 Stephanie Hiser 11.25
 Ashley Baumer 8
 Susan Hess 7.25
 Mallory Bloom 6
 Katie DeAngelis 6
 Sharan Snyder 6
 Lauren Wood 6
 Rachael Waterson 5
 Brooke Bohanon 5
 Aimee Baehrens 5
 Vyta Kavaliauskas 4
 Tiffany Olberding 4
 Kelly Kasten 2
 Molly Elderbrock 2

(Updated 3/9/09)