

## 2007 WOMEN'S INDOOR TRACK AND FIELD BESTS LIST (FINAL)

### 55m (School Record: 6.78, NCAA Provisional Cut: 7.23)

Keyonna Smith	7.35	Illinois College Early Bird
Neosha Hayes	7.45	Knox College Invite
Katrina Biermann	7.88	Augustana Leif Ericson Invite
Crystal Cunningham	8.24	Augustana Leif Ericson Invite

### 60m (School Record: 7.76, NCAA Provisional Cut: 7.76)

Keyonna Smith	7.97	MIAA Championships
Neosha Hayes	8.03	MIAA Championships
Katrina Biermann	8.50	Mule Relays

### 55m hurdles (School Record: 8.11, NCAA Provisional Cut: 8.42)

Crystal Cunningham	8.80	Knox College Invite
Sarah Bell	9.20	Illinois College Early Bird

### 60m hurdles (School Record: 8.68, NCAA Provisional Cut: 8.99)

Crystal Cunningham	9.46	Mule Relays
Sarah Bell	9.73	Hawkeye Invitational

### 200m (School Record: 25.11, NCAA Provisional Cut: 25.70)

Keyonna Smith	25.52	MIAA Championships
Amber Clayton	26.81	Iowa State Open
Neosha Hayes	26.92	Mule Relays
Amber Clayton	26.97	Mule Relays
Shaina Dochtermann	28.94	Mule Relays
Crystal Cunningham	29.31	Illinois College Early Bird

### 300m (School Record: 40.64)

Keyonna Smith	41.62	Cyclone Holiday Classic
Neosha Hayes	43.55	Cyclone Holiday Classic
Shaina Dochtermann	44.21	Cyclone Holiday Classic

### 400m (School Record: 56.72, NCAA Provisional Cut: 58.10)

Amber Clayton	59.73	Knox College Invite
Sarah Bell	1:01.49	Iowa State Open
Shaina Dochtermann	1:02.36	MIAA Championships
Lisa Langenfeld	1:08.34	Knox College Invite

### 500m (School Record: 1:16.43)

Amber Clayton	1:18.47	Cyclone Holiday Classic
---------------	---------	-------------------------

### 600m (School Record: 1:37.14)

Sarah Bell	1:47.90	Hawkeye Invitational
Lisa Langenfeld	1:58.44	Hawkeye Invitational

### 600 yard run (School Record: 1:24.89)

Amber Clayton	1:27.43	MIAA Championships
Shaina Dochtermann	1:34.86	Mule Relays
Lisa Langenfeld	1:41.01	Iowa State Open

### 800m (School Record: 2:14.75, NCAA Provisional Cut: 2:17.60)

Fiona Williams	2:30.05	Augustana Leif Ericson Invite
----------------	---------	-------------------------------

### Mile (School Record: 4:58.07, NCAA Provisional Cut: 5:06.10)

Jacquie Faust	5:14.75	Augustana Leif Ericson Invite
Danna Kelly	5:26.26	Augustana Leif Ericson Invite
Fiona Williams	5:44.20	Mule Relays

### 1,500m (School Record: 4:43.41)

### 3,000m (School Record: 9:52.84)

Jacquie Faust	10:14.89	Mule Relays
Danna Kelly	10:37.92	MIAA Championships
Fiona Williams	11:25.05	Knox College Invite

### 5,000m (School Record: 17:32.18)

Jacquie Faust	17:37.84	Iowa State Open
Danna Kelly	18:33.26	Iowa State Open

### 4x200m relay (School Record: 1:44.66)

Truman	1:46.51	Illinois College Early Bird
--------	---------	-----------------------------

### 4x300 relay

Truman	2:51.33	Cyclone Holiday Classic
--------	---------	-------------------------

### 4x400 relay (School Record: 3:50.23)

Truman	4:03.62	Knox College Invite
--------	---------	---------------------

### Distance Medley (School Record: 12:16.85, NCAA Provisional: 12:23.20)

### 4x440 yard relay (School Record: 3:56.50)

Truman	4:06.83	MIAA Championships
--------	---------	--------------------

### 4x800 m relay (School Record: 9:21.89)

Truman	10:39.58	Augustana Leif Ericson Invite
--------	----------	-------------------------------

### Long Jump (School Record: 5.77 m, NCAA Provisional Cut: 5.50 m)

Christen Lauer	5.26 (17-03.25)	Iowa State Open
----------------	-----------------	-----------------

### Pole Vault (School Record: 3.56 m, NCAA Provisional Cut: 3.50 m)

Kristen Klesh	3.38 m (11-01.00)	Augustana Leif Ericson Invite
Katrina Biermann	2.90 m (9-06.25)	Cyclone Holiday Classic

### Triple Jump (School Record: 11.67 m, NCAA Provisional Cut: 11.50m)

Christen Lauer	11.56 m (37-11.25)	MIAA Championships
Katrina Biermann	11.18 m (36-08.25)	Knox College Invite

### Shot Put (School Record: 15.25 m, NCAA Provisional Cut: 13.25 m)

Bridgette Carpenter	14.25 m (46-09.00)	MIAA Championships
Ashley Colon	12.95 m (42-06.00)	Mule Relays
Tessa Letuli	12.86 m (42-02.25)	MIAA Championships
Kortney Holeman	12.25 m (40-02.25)	Mule Relays
Ashley Bernard	11.99 m (39-04.00)	Augustana Leif Ericson Invite
Lexi Meinke	11.12 m (36-05.75)	Knox College Invite
Samantha Cassmeyer	9.65 m (31-08.00)	Knox College Invite

### Weight Throw (School Record: 17.86 m, NCAA Provisional Cut: 15.85 m)

Ashley Colon	17.89 m (58-08.50)	NCAA Championships
Bridgette Carpenter	15.55 m (51-00.25)	Knox College Invite
Ashley Bernard	15.40 m (50-06.25)	MIAA Championships
Tessa Letuli	15.39 m (50-06.00)	Augustana Leif Ericson Invite
Kortney Holeman	14.35 m (47-01.00)	Augustana Leif Ericson Invite
Lexi Meinke	14.03 m (46-00.50)	Augustana Leif Ericson Invite
Samantha Cassmeyer	12.83 m (42-01.25)	Augustana Leif Ericson Invite