

Indoor Records

Community Colleges of Spokane Women's Track and Field Indoor Records

INDOOR RECORDS:

Event	Mark /Time	Athlete	Year
55M	7.44#	Lynn Ingram	1980
	7.44	Lila Bennett	1980
60M	7.62#	Chanel James	2010
200M	25.44#	Whitney Schmaljohn	1998
300M	41.7	Pam Schreiber	1980
400M	56.03#	Stephanie Cummings	2011
500M	01:18.3	Jodi Meyers	1978
600y	01:27.1	Gayle Falconer	1979
600M	1:40.97#	Jenni Saling	2000
800M	2:13.58#	Jenni Saling	2000
1000y	02:42.5	Eva Nicacio	1980
1000M	2:51.98#	Gayle Falconer	1979
1500M	04:45.6	Joanne Lahti	1980
MILE	5:05.47#	Jenni Saling	2000
3000M	9:59.02#	Jessica Mildes	2014
2 MILE	11:03.7	Erika Colin	1998
3 MILE	17:11.5	Joanne Lahti	1980
5000M	18:30.2	Michelle Ballentine	1980
55M HH	8.51#	Amber Miller	2001
60M HH	8.77#	Shelli McMurray	1984
300M IH	45.8	Jodi Meyers	1978
4x200M R	01:51.4	L. Smith, J. Meyers, L. Horlacher, S. Holstein	1978
4x400M R	3:59.02#	S. Dezellum, R. McDaniel, R. Hardgrove, S. Cummings	2011
4x800M R	10:03.77#	J. Corbin, K. Kinniburgh, D. Lahti, B. Harris	1978
Long Jump	18' 06.5"	Chanel James	2008
Triple Jump	36' 03.5"	Rachel Johnson	2001
High Jump	5' 04. 5"	Teona Perkins	2005
Pole Vault	11' 07.75"	Jessica Fuller	2006
Shot Put	43' 10"	Cora Aguilar	1984
Discus	152'09"	Cora Aguilar	1984
20# Weight	50' 04"	Amy Danielson	2007
Pentathlon	3014	Molly Burt	2004