

2019 WOMEN'S OUTDOOR PERFORMANCE LIST

updated 6/10/19

Athlete	Mark	Wind	Meet	Date	All-Time Indoor PR	All-Time Outdoor PR
100 Meters:						
1. Lakayla Harris	11.53	+2.0	Crimson Tide Invitational	4/12		11.35w (4/13/18)
2. Whitney Bridges	11.90	+2.0	Crimson Tide Invitational	4/12		11.69 (HS)
3. Quashira McIntosh	11.95	+2.0	Crimson Tide Invitational	4/12		11.56Aw (4/27/18)
4. Chanel Freeman	12.12	+1.8	Crimson Tide Invitational	4/12		11.74w (4/23/16)
5. Taylor Johnson	12.35	+1.9	Herm Wilson Invitational	3/23		12.25w (4/6/19)
6. Alicia Lehman-Woodyard	13.17*	+0.5	Nebraska Invitational	5/4		Same
wind-aided						
Whitney Bridges	11.73	+2.2	Husker Invitational	4/6		11.69 (HS)
Quashira McIntosh	11.80	+2.2	Husker Invitational	4/6		11.56Aw (4/27/18)
Deja Ingram	11.83	+2.2	Husker Invitational	4/6		11.69 (HS)
Taylor Johnson	12.25*	+2.7	Husker Invitational	4/6		Same
Zionn Pearson	12.49*	+2.2	Husker Invitational	4/6		Same
200 Meters:						
1. Lakayla Harris	23.44	+1.7	Crimson Tide Invitational	4/12	23.54 (2/23/19)	23.15w (5/5/18)
2. Whitney Bridges	24.15	+2.0	Nebraska Invitational	5/4	24.36 (2/9/19)	23.90 (HS)
3. Quashira McIntosh	24.16	+1.0	Husker Invitational	4/6	24.07 (3/14/15)	23.64 (6/13/15)
4. Deja Ingram	24.38	+1.0	Husker Invitational	4/6	24.53 (2/2/19)	23.81 (HS)
5. Chanel Freeman	25.18*	+2.0	Herm Wilson Invitational	3/23	25.37 (2/5/16)	Same
6. Taylor Johnson	25.30*	-0.1	Husker Invitational	4/6	25.35 (2/2/19)	Same
7. Emily Ellis	26.70	+2.0	Herm Wilson Invitational	3/23	26.87 (1/12/19)	25.45w (5/4/19)
8. Alicia Lehman-Woodyard	26.78*	+1.6	Husker Invitational	4/6	27.56 (2/15/19)	Same
9. Madi Scholl	27.32*	+0.9	Kansas Relays	4/17	27.62 (1/26/19)	Same
wind-aided						
Emily Ellis	25.45*	+2.9	Nebraska Invitational	5/4	26.87 (1/12/19)	Same
400 Meters:						
1. Chelsey Jones	55.62A (55.73)		Texas Tech Shootout	4/26	54.99 (1/20/18)	54.18 (4/28/17)
2. Jasmine Barge	56.04*		Husker Invitational	4/6	56.58 (1/26/19)	Same
3. Emily Ellis	59.78		Crimson Tide Invitational	4/12	57.53 (HS)	54.25 (HS)
4. Quashira McIntosh	59.97		Herm Wilson Invitational	3/23	57.92o (2/10/18)	58.95 (3/25/17)
5. Emily Ellis	1:00.20		Nebraska Invitational	5/4	57.53 (HS)	54.25 (HS)
6. Deja Ingram	1:00.70*		Herm Wilson Invitational	3/23		Same
7. Whitney Bridges	1:01.65*		Herm Wilson Invitational	3/23		Same
800 Meters:						
1. Mia Morck	2:09.78		Bryan Clay Invitational	4/19	2:12.72o (2/8/19)	2:04.77 (6/2/18)
2. Chelsey Jones	2:13.38*		Bryan Clay Invitational	4/19	2:13.81 (2/11/17)	Same
3. Elsa Forsberg	2:13.77*		Beach Invitational	4/20	2:13.92 (2/15/19)	Same
4. Emma Bresser	2:14.27		Nebraska Invitational	5/4	2:12.77 (2/16/18)	2:13.73 (5/12/18)
5. Judi Jones	2:14.49*		Beach Invitational	4/20	2:24.97 (2/17/17)	Same
6. Magaret Pollard	2:21.66		Nebraska Invitational	5/4	2:24.75 (2/15/19)	2:19.63 (HS)
7. Ellie Koncki	2:22.45*		Nebraska Invitational	5/4		Same
8. Nicole Colonna	2:28.23		Nebraska Invitational	5/4	2:26.66 (1/23/16)	2:26.56 (4/22/17)
9. Nicole Colonna	2:32.64		Prairie Wolf Invitational	4/25	2:26.66 (1/23/16)	2:26.52 (4/22/17)
10. Madi Scholl	2:34.43*		Kansas Relays	4/18	2:36.92 (2/1/19)	Same
1,500 Meters:						
1. Elsa Forsberg	4:23.29*		Big Ten Championships	5/12		Same
2. Judi Jones	4:34.50A* (4:31.22)		Texas Tech Shootout	4/26		Same
3. Erika Freyhof	4:37.07*		Crimson Tide Invitational	4/12		Same
4. Mia Morck	4:44.88		Husker Invitational	4/6		4:23.12 (8/2/18)
5. Emma Bresser	4:52.16*		Husker Invitational	4/6		Same
3,000 Meters:						
1. Allie Binder	10:36.94*		Nebraska Invitational	5/4	11:26.07 (1/11/19)	Same
2. Gabrielle Boucher	10:41.28*		Husker Invitational	4/6	10:31.79 (1/26/19)	Same
5,000 Meters:						
1. Judi Jones	16:32.15*		Big Ten Championships	5/12	16:34.08o (2/8/19)	Same
2. Erika Freyhof	16:38.71*		Bryan Clay Invitational	4/18	16:53.80o (2/8/19)	Same
3. Allie Binder	18:38.78A* (18:23.58)		Texas Tech Shootout	4/26	18:59.65 (2/15/19)	Same
4. Gabrielle Boucher	18:48.52*		Herm Wilson Invitational	3/22	18:33.86 (2/1/19)	Same
5. Rachel Brush	19:10.36A (18:54.73)		Texas Tech Shootout	4/26	17:20.76o (2/8/19)	18:00.82 (4/21/18)
6. Audrey Freyhof	19:14.11		Herm Wilson Invitational	3/22	19:11.92 (2/15/19)	19:05.00 (HS)
10,000 Meters:						
1. Erika Freyhof	34:16.54*		Big Ten Championships	5/10		Same
100-Meter Hurdles:						
1. Chanel Freeman	13.08p*	+2.0	NCAA Championships	6/6		Same
2. Jasmine Barge	13.25	+1.0	Big Ten Championships	5/12		13.09wA (4/26/19)
3. Madi Scholl	15.78	+0.4	Nebraska Invitational	5/4		15.77w (4/6/19)
wind-aided						
Jasmine Barge	13.09A* (13.13)	+2.1	Texas Tech Shootout	4/26		Same
Madi Scholl	15.77*	+3.2	Husker Invitational	4/6		Same
Alicia Lehman-Woodyard	18.49*	+3.2	Husker Invitational	4/6		Same
400-Meter Hurdles:						
1. Jasmine Barge	57.38*		NCAA West Preliminary Round	5/25		Same
2. Michaela Peskova	57.46*		NCAA West Preliminary Round	5/25		Same

Key

* = Outdoor PR

= school record

p = prelims

q = qualifying

A = altitude

o = oversized

w = wind-aided

2019 WOMEN'S OUTDOOR PERFORMANCE LIST

updated 6/10/19

Athlete	Time/Mark	Meet	Date	All-Time Indoor PR	All-Time Outdoor PR
3,000-Meter Steeplechase:					
1. Judi Jones	10:10.33*	NCAA West Preliminary Round	5/25		Same
2. Elsa Forsberg	10:56.06	Stanford Invitational	3/29		10:50.60
3. Grace Pagone	11:54.22*	Husker Invitational	4/6		Same
4. Audrey Freyhof	12:20.06*	Husker Invitational	4/6		Same
4x100-Meter Relay:	44.61	NCAA West Preliminary Round	5/26		43.33 (6/4/83)
Bridges, Harris, Ingram, McIntosh					
4x200-Meter Relay:	1:35.64	Florida Relays	3/30		1:33.00 (4/24/92)
McIntosh, Ingram, Barge, Harris					
4x400-Meter Relay:	3:44.45	Husker Invitational	4/6		3:29.61 (6/6/02)
Barge, Peskova, Morck, C. Jones					
High Jump:					
1. Candice Dominguez	5-11 1/4 (1.81m)*	Texas Tech Shootout	4/26	5-9 3/4 (1.77m) (2/8/19)	Same
2. Madi Scholl	5-5 (1.65m)*	Husker Invitational	4/6	5-5 1/4 (1.66m) (2/2/19)	Same
Petra Luteran	5-5 (1.65m)	Kansas Relays	4/19	6-0 3/4 (1.85m) 1/27/18)	5-11 1/2 (HS)
Pole Vault:					
1. Andy Jacobs	13-9 3/4 (4.21m)*	Texas Relays	3/29	13-8 1/2 (4.18m) (2/17/17)	Same
2. Nicole Baker	13-1 3/4 (4.01m)	Texas Tech Shootout	4/26	12-3 1/4 (3.74m) (2/1/18)	13-4 1/4 (4.07m) (HS)
3. Catherine Mick	12-8 (3.86m)*	Texas Tech Shootout	4/26	12-2 (3.71m) (1/28/17)	Same
4. Matty Hoskins	11-6 1/2 (3.52m)*	Husker Invitational	4/6	11-9 1/4 (3.59m) (2/1/19)	Same
5. Madison Yerigan	11-5 (3.48m)*	Herm Wilson Invitational	3/23	11-5 3/4 (1/26/18)	Same
Long Jump:					
1. Shylia Riley	20-5 3/4 (6.24m)	+1.3 Nebraska Invitational	5/4	20-0 1/4 (6.10m) (2/22/19)	20-10 (6.35m) (4/27/18)
2. Zionn Pearson	19-2 1/2 (5.85m)	+1.8 Big Ten Championships	5/11	19-11 3/4 (6.09m) (2/22/19)	19-10 (6.05m) (HS)
3. Ieva Turke	18-0 1/4 (5.49m)	-0.8 Crimson Tide Invitational	4/12	19-11 1/2 (6.08m) (2/22/19)	20-7 (6.27m) (5/12/18)
4. Kiara Hobson	17-0 3/4 (5.20m)	+2.0 Herm Wilson Invitational	3/23	15-9 1/2 (4.81m) (1/25/19)	17-2 3/4 (5.25m)w (3/23/19)
wind-aided					
Zionn Pearson	19-6 (5.94m)	+4.1 Herm Wilson Invitational	3/23	19-11 3/4 (6.09m) (2/22/19)	19-10 (6.05m) (HS)
Kiara Hobson	17-2 3/4 (5.25m)*	+3.9 Herm Wilson Invitational	3/23	15-9 1/2 (4.81m) (1/25/19)	Same
Madi Scholl	16-3 3/4 (4.97m)*	+7.7 Kansas Relays	4/18	16-8 3/4 (5.10m) (2/15/19)	Same
Triple Jump:					
1. Kiara Hobson	40-2 (12.24m)	+0.8 Crimson Tide Invitational	4/12	39-5 (12.01m) (2/23/19)	41-11 1/4 (12.78m)w (4/26/19)
2. Zionn Pearson	38-9 3/4 (11.83m)	+0.8 Big Ten Championships	5/12	36-9 (11.20m) (1/25/19)	39-0 1/2 (11.90m) (4/26/19)
3. Shylia Riley	37-7 3/4 (11.47m)	+1.8 Big Ten Championships	5/12		37-10 3/4 (11.55m) (4/8/17)
4. Candice Dominguez	36-0 (10.97m)*	+1.6 Husker Invitational	4/6		Same
wind-aided					
Kiara Hobson	41-11 1/4 (12.78m)*	+4.0 Texas Tech Shootout	4/26	39-5 (12.01m) (2/23/19)	Same
Zionn Pearson	39-0 1/2 (11.90m)*	+3.1 Texas Tech Shootout	4/26	36-9 (11.20m) (1/25/19)	Same
Shot Put:					
1. Kristina Insingo	52-2 1/2 (15.91m)*	Husker Invitational	4/6	50-10 (15.49m) (2/15/19)	Same
2. Jamesha Western	51-11 1/4 (15.83m)*	Crimson Tide Invitational	4/12	50-0 3/4 (15.26m) (2/15/19)	Same
3. Marika Spencer	41-0 1/4 (12.50m)*	Herm Wilson Invitational	3/23		Same
4. Madi Scholl	34-9 (10.59m)*	Kansas Relays	4/17	35-3 1/4 (10.75m) (1/25/19)	Same
Discus:					
1. Alex Meyer	177-9 (54.17m)	Texas Relays	3/30		183-6 (55.93m) (3/24/17)
2. Shelby Brown	170-10 (52.08m)*	Kansas Relays	4/20		Same
3. Marika Spencer	164-1 (50.01m)*	Husker Invitational	4/6		Same
4. Kate Birchmier	158-10 (48.41m)	Kansas Relays	4/20		161-9 (49.31m) (4/8/17)
5. Jamesha Western	141-7 (43.16m)	Husker Invitational	4/6		146-6 (44.65m) (5/19/18)
6. Leah Meyer	138-1 (42.10m)	Husker Invitational	4/6		145-6 (44.35m) (4/21/18)
Hammer Throw:					
1. Anna Purchase	200-9 (61.18m)*	NCAA West Preliminary Round	5/24		Same
2. Jamesha Western	167-6 (51.05m)	Herm Wilson Invitational	3/22		168-11 (51.49m) (5/19/18)
3. Kristina Insingo	164-0 (49.98m)	Crimson Tide Invitational	4/11		171-10 (52.37m) (4/27/18)
4. Marika Spencer	124-8 (37.99m)*	Herm Wilson Invitational	3/22		Same
Javelin:					
1. Chase Wolinski	180-1 (54.90m)*	Big Ten Championships	5/10		Same
2. Brittni Wolczyk	174-1 (53.07m)	Husker Invitational	4/6		178-9 (54.48m) (5/14/17)
3. Sydney Otto	166-9 (50.84m)*	Big Ten Championships	5/10		Same
4. Shelby Brown	133-5 (40.68m)*	Husker Invitational	4/6		Same
5. Johanna Ilves	120-2 (36.63m)*	Herm Wilson Invitational	3/23		Same
6. Madi Scholl	111-3 (33.92m)*	Herm Wilson Invitational	3/23		Same
Heptathlon:					
1. Madi Scholl	4,389*	Kansas Relays	4/17-18		Same

Key

* = Outdoor PR # = school record p = prelims q = qualifying A = altitude o = oversized w = wind-aided