



OUTDOOR CONFERENCE MEET RECORDS

Performances from 2007 through 2008

WOMEN

Event	Athlete	School	Mark	Year
☛ 100 Meter Dash	Kimyenna Abron	Benedictine	12.37	2008
☛ 200 Meter Dash	Kimyenna Abron	Benedictine	25.38	2008
☛ 400 Meter Dash	Kim Bahr	Concordia Wisconsin	1:00.65	2008
☛ 800 Meter Run	Heather Delany	MSOE	2:25.13	2008
1500 Meter Run	Fran Sikorski	Aurora	5:04.72	2007
☛ 5000 meter Run	Morgan Jacqueline	Aurora	19:47.06	2008
☛ 10000 Meter Run	Morgan Jacqueline	Aurora	38:57.1h	2008
☛ 3000 Meter Steeplechase	Kristen Renninger	Aurora	12:09.27	2008
100 Meter Hurdles	Stacey Sara	Benedictine	16.04	2007
☛ 400 Meter Hurdles	Rae Tagai	Concordia Chicago	1:06.25	2008
☛ 4x100 Meter Relay		Benedictine	51.18	2008
☛ 4x400 Meter Relay		Benedictine	4:20.26	2008
Long Jump	Janeen Corbn	Concordia Wisconsin	4.99m	2007
☛ Triple Jump	Samantha Bloxdorf	Concordia Wisconsin	10.63m	2008
☛ Shot Put	Alissa Decker	Aurora	12.09m	2008
☛ Discus Throw	Elissa Decker	Aurora	39.88m	2008
Hammer Throw	Sarah Brennan	Aurora	40.06m	2007
☛ Javelin Throw	Stephanie Deluca	Aurora	34.83m	2008
☛ High Jump	Heather Delany	MSOE	1.50m	2008
Pole Vault	Laurie Dexter	Wisconsin Lutheran	2.75m	2007

MEN

Event	Athlete	School	Mark	Year
☛ 100 Meter Dash	Ryan Timm	Wisconsin Lutheran	11.03	2008
200 Meter Dash	Tinashe Ota	Lakeland	22.41	2007
☛ 400 Meter Dash	Brian Semiuk	MSOE	49.14	2008
☛ 800 Meter Run	Matt Lindgren	Rockford	1:56.46	2008
☛ 1500 Meter Run	Dominic Maio	MSOE	4:01.56	2008
☛ 5000 meter Run	Zach Shiels	Wisconsin Lutheran	15:33.39	2008
☛ 10000 Meter Run	Zach Shiels	Wisconsin Lutheran	32:26.02	2008
3000 Meter Steeplechase	Zach Shiels	Wisconsin Lutheran	9:56.13	2007
☛ 110 Meter Hurdles	Dylan Roff	Benedictine	15.60	2008
☛ 400 Meter Hurdles	Dylan Roff	Benedictine	55.56	2008
☛ 4x100 Meter Relay		Concordia Wisconsin	43.36	2008
☛ 4x400 Meter Relay		MSOE	3:26.33	2008
Long Jump	Brock Solveson	Concordia Wisconsin	6.59m	2007
Triple Jump	Brock Solveson	Concordia Wisconsin	13.09m	2007
☛ Shot Put	Adrian Kibiersza	Aurora	15.72m	2008
☛ Discus Throw	Adrian Kibiersza	Aurora	45.45m	2008
Hammer Throw	Matt Wilkin	Benedictine	46.74m	2007
☛ Javelin Throw	Brock Solveson	Concordia Wisconsin	57.16m	2008
☛ High Jump	Julius Higgs	Lakeland	1.93m	2008
Pole Vault	Jeff Fellers	Aurora	4.10m	2007