



Southwestern Oregon Community College

Women's Track & Field Records

100 Meters	Julia Worthen	12.20	1986	Portland, OR
	Jill Schwartz	12.20	1987	Portland, OR
Converted	Fran Sichting	11.40	1973	Eugene, OR
200 Meters	Julia Worthen	24.6	1986	Oregon City, OR
400 Meters	Fran Sichting	54.5	1973	Irvine, CA
800 Meters	Peggy Martin	2:22.6	1973	Bend, OR
1500 Meters	Francesca Frasier	5:09.60	2008	Newberg, OR
3000 Meters	Francesca Frasier	11:12.10	2008	Ashland, OR
5000 Meters	Kristy Blair	19:01.5	1994	Spokane, WA
10000 Meters	Jessica Pidgeon	42:33.66	2005	Gresham, OR
100 Hurdles	Jasmine Scott	15.15	2008	Spokane, WA
400 I M Hurdles	Stacey Stepp	1:04.7	1985	Spokane, WA
3000 Steeplechase	Francesca Frasier	11:59.55	2009	Salem, OR
4X100 Relay	Joanna Burkhalter Tiffany Thomas Kari Adkins Alyssa Tibbs	49.35	2005	Gresham, OR
Sprint Medely	Selena Lee Alyssa Tibbs Erin Gilkison Elisheba Barnard	1:52.66	2004	Gresham, OR
4X400 Relay	Kim Young Karen Svendsen Stacey Stepp Peggy Martin	4:08.9	1985	Coos Bay, OR
Shot Put	Janette Colegrove	41'1 1/2"	1985	Gresham, OR
Discus	Joy Hall	134'2"	1975	Monmouth, OR
Javelin	Joy Hall	161'1"	1978	Champagne, Il
New Rule	Elizabeth Schwartz	137'8"	2006	Spokane, WA
Long Jump	Fran Sichting	19'11 1/2"	1973	Newberg, OR
Triple Jump	Dianne Chong	37' 8 1/2"	2010	Coos Bay, OR
High Jump	Kelly Millager	5'7 3/4"	2010	Eugene, OR
Hammer	Mary Jo Kraft	140' 11"	2001	Eugene, OR
Pole Vault	Andrea Aldrich	10'6"	2001	Gresham, OR
Heptathlon	Kelsea Colliver-Johnson	3954 Points	2010	Gresham, OR