

## 2025 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 5/19/25

### 100 METERS (School Record - 11.20)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lia Love	11.20 %	at Texas Relays - 3/29/25	11.10 %	at Hurricane Invite - 3/18/23
Holly Duax	11.37	at Drake Relays - 4/25/25	11.37	at Drake Relays - 4/25/25
Alexandria Edison	11.74	at Pepsi Florida Relays - 4/5/25	11.70	at Fighting Illini Classic - 4/8/23

### 100-METER HURDLES (School Record - 12.88)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Pauline Bikembo	13.86 ^	at B1G Championships - 5/16/25	13.86 ^	at B1G Championships - 5/16/25
Carlee Rochford	13.83 ^	at B1G Championships - 5/16/25	13.83 ^	at B1G Championships - 5/16/25
Lillian Harden	13.92	at Texas Relays - 3/28/25	14.53	at UCF Invite - 3/22/25
Annie Wirth	14.86	at Texas State Invite - 3/29/25	13.95 %^	at Jim Click Shootout - 4/5/24

### 200 METERS (School Record - 22.30)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lia Love	23.21	Musco Twilight - 5/3/25	23.04	at NCAA West Preliminary - 5/23/24
Holly Duax	23.50	at Tom Jones Memorial - 4/18/25	23.50	at Tom Jones Memorial - 4/18/25
Alivia Williams	23.55	Musco Twilight - 5/3/25	23.55	Musco Twilight - 5/3/25
Damaris Mutunga	23.88	Musco Twilight - 5/3/25	23.88	Musco Twilight - 5/3/25
Alexandria Edison	23.96	at Texas State Memorial - 3/28/25	23.96	at Texas State Invite - 3/28/25
Brynley McDermott	24.35	at UCF Black & Gold Invite - 3/22/25	24.13	at America East Championships - 5/7/22
Olicia Lucas	24.38	at Texas State Invite - 3/28/25	24.38	at Texas State Invite - 3/28/25
Pauline Bikembo	24.44 ^	at B1G Championships - 5/16/25	24.44 ^	at B1G Championships - 5/16/25
Maud Zeffou-Poaty	25.28	at UCF Black & Gold Invite - 3/22/25	24.72	at Pepsi Florida Relays - 3/29/24
Carlee Rochford	25.78 ^	at Mt. SAC Relays - 4/18/25	25.78 ^	at Mt. SAC Relays - 4/18/25

### 400 METERS (School Record - 51.26)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Chioma Nwachukwu	51.26 *	at Tom Jones Memorial - 4/19/25	51.26 *	at Tom Jones Memorial - 4/19/25
Damaris Mutunga	52.13	at Tom Jones Memorial - 4/19/25	52.13	at Tom Jones Memorial - 4/19/25
Alivia Williams	52.92	at Tom Jones Memorial - 4/19/25	52.92	at Tom Jones Memorial - 4/19/25
Olicia Lucas	54.21	Musco Twilight - 5/3/25	54.21	Musco Twilight - 5/3/25

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### 400-METER HURDLES (School Record - 56.16)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Ali Frandsen	59.00	at Tom Jones Memorial - 4/18/25	59.00	at Tom Jones Memorial - 4/18/25
Claire Kohler	59.76	at B1G Championships - 5/16/25	59.76	at B1G Championships - 5/16/25
Ellie Rickertsen	1:00.12	at Texas State Memorial - 3/28/25	1:00.12	at Texas State Invite - 3/28/25
Isabelle Woody	1:07.54	at Cyclone Twilight - 5/9/25	1:07.54	at Cyclone Twilight - 5/9/25

### 800 METERS (School Record - 2:02.92)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Alli Bookin-Nosbisch	2:02.92 *	at Pepsi Florida Relays - 4/5/25	2:02.92 *	at Pepsi Florida Relays - 4/5/25
Gabby Cortez	2:05.39	Musco Twilight - 5/3/25	2:05.39	Musco Twilight - 5/3/25
Jaiden Itson	2:08.49	at Bryan Clay Invite - 4/17/25	2:08.49	at Bryan Clay Invite - 4/17/25
Jalyssa Blazek	2:11.35	at Bryan Clay Invite - 4/17/25	2:11.35	at Bryan Clay Invite - 4/17/25
Clare Kelly	2:11.66	at Drake Relays - 4/24/25	2:11.66	at Drake Relays - 4/24/25
Lily Johannes	2:13.49	at Cyclone Twilight - 5/9/25	2:13.49	at Cyclone Twilight - 5/9/25
Cameron Kalaway	2:13.50	at Mike Fanelli Track Classic - 4/5/25	2:13.50	at Mike Fanelli Track Classic - 4/5/25
Ava Rush	2:20.97	at Jim Duncan Invite - 4/11/25	2:20.97	at Jim Duncan Invite - 4/11/25
Pauline Bikembo	2:20.74 ^	at B1G Championships - 5/17/25	2:20.74 ^	at B1G Championships - 5/17/25
Carlee Rochford	2:24.99 ^	at Mt. SAC Relays - 4/17/25	2:24.99 ^	at Mt. SAC Relays - 4/17/25

### 1,500 METERS (School Record - 4:17.41)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jalyssa Blazek	4:28.46	at B1G Championships - 5/16/25	4:28.46	at B1G Championships - 5/16/25
Cameron Kalaway	4:33.38	at Drake Relays - 4/24/25	4:33.38	at Drake Relays - 4/24/25
Clare Kelly	4:35.43	at Bryan Clay Invite - 4/18/25	4:35.56	at Bryan Clay Invite - 4/18/25
Elena Torres	4:36.52	at Bryan Clay Invite - 4/18/25	4:36.52	at Bryan Clay Invite - 4/18/25
Julia Gehl	4:38.09	at Cyclone Twilight - 5/9/25	4:38.09	at Cyclone Twilight - 5/9/25
Hillary Trainor	4:42.59	at Bryan Clay Invite - 4/18/25	4:42.59	at Bryan Clay Invite - 4/18/25
Marissa Long	4:48.13	at Jim Duncan Invite - 4/11/25	4:48.13	at Jim Duncan Invite - 4/11/25
Rowan Boulter	4:50.01	at Cyclone Twilight - 5/9/25	4:50.01	at Cyclone Twilight - 5/9/25
Miriam Sandeen	4:50.35	at Bryan Clay Invite - 4/18/25	4:47.48	at ISU Alumni Invite 5/6/23
Audra Soderlind	4:56.01	at Illinois State Redbird Challenge - 3/29/25	4:56.01	at Illinois State Redbird Challenge - 3/29/25
Ellie Rathe	4:57.74	at Cyclone Twilight - 5/9/25	4:57.74	at Cyclone Twilight - 5/9/25

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### 3,000 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Julia Gehl	10:18.57	Musco Twilight - 5/3/25	10:18.57	Musco Twilight - 5/3/25
Audra Soderlind	10:26.23	Musco Twilight - 5/3/25	10:26.23	Musco Twilight - 5/3/25
Rowan Boulter	10:27.49	Musco Twilight - 5/3/25	10:27.49	Musco Twilight - 5/3/25
Marissa Long	10:31.83	Musco Twilight - 5/3/25	10:31.83	Musco Twilight - 5/3/25
Ellie Rathe	10:41.68	Musco Twilight - 5/3/25	10:41.68	Musco Twilight - 5/3/25

### 5,000 METERS (School Record - 15:45.84)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Elena Torres	16:27.85	at B1G Championships - 5/18/25	16:27.85	at B1G Championships - 5/18/25
Miriam Sandeen	16:55.71	at Drake Relays - 4/24/25	16:55.71	at Drake Relays - 4/24/25
Hillary Trainor	16:59.17	at Mike Fanelli Track Classic - 4/4/25	16:59.17	at Mike Fanelli Track Classic - 4/4/25
Jalyssa Blazek	17:10.07	at B1G Championships - 5/18/25	17:10.07	at B1G Championships - 5/18/25
Rowan Boulter	17:47.18	at Jim Duncan Invite - 4/11/25	17:47.18	at Jim Duncan Invite - 4/11/25
Audra Soderlind	17:59.54	at Mike Fanelli Track Classic - 4/4/25	17:59.54	at Mike Fanelli Track Classic - 4/4/25
Marissa Long	18:24.89	at Mike Fanelli Track Classic - 4/4/25	18:24.89	at Mike Fanelli Track Classic - 4/4/25
Ellie Rathe	18:37.15	at Jim Duncan Invite - 4/11/25	18:37.15	at Jim Duncan Invite - 4/11/25

### 10,000 METERS (School Record - 33:17.01)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Miriam Sandeen	35:27.09	at B1G Championships - 5/16/25	35:27.09	at B1G Championships - 5/16/25

### 4x100-METER RELAY (School Record - 43.69)

Names	Season Best	Meet - Date
Holly Duax, Olicia Lucas, Alivia Williams, Lia Love	44.29	at Tom Jones Memorial - 4/19/25
Holly Duax, Olicia Lucas, Brynley McDermott, Lia Love	44.63	at UCF Black & Gold Invite - 3/22/25
Holly Duax, Arianna Williams, Alexandria Edison, Lia Love	44.79	at Texas Relays - 3/28/25

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### **4x400-METER RELAY (School Record - 3:30.92)**

<b>Names</b>	<b>Season Best</b>	<b>Meet - Date</b>
Olicia Lucas, Alivia Williams, Damaris Mutunga, Chioma Nwachukwu	3:30.92 *	at Tom Jones Memorial - 4/19/25
Alivia Williams, Olicia Lucas, Damaris Mutunga, Chioma Nwachukwu	3:31.13	at Drake Relays - 4/26/25
Alivia Williams, Damaris Mutunga, Olicia Lucas, Chioma Nwachukwu	3:31.54	at B1G Championships - 5/18/25
Olicia Lucas, Alivia Williams, Chioma Nwachukwu, Damaris Mutunga	3:31.55	at Pepsi Florida Relays - 4/5/25
Ali Frandsen, Alivia Williams, Holly Duax, Arianna Williams	3:39.83	at Texas Relays - 3/29/25
Ellie Rickertsen, Gabby Cortez, Ali Frandsen, Jaiden Itson	3:40.67	at Drake Relays - 4/26/25
Ellie Rickertsen, Damaris Mutunga, Alli Bookin-Nosbisch, Ali Frandsen	3:43.38	Musco Twilight - 5/3/25
Ellie Rickertsen, Ali Frandsen, Claire Kohler, Annie Wirth	3:47.62	at UCF Black & Gold Invite - 3/22/25
Ali Frandsen, Claire Kohler, Ellie Rickertsen, Isabelle Woody	3:50.31	at Texas State Invite - 3/29/25
Claire Kohler, Lily Johannes, Isabelle Woody, Clare Kelly	3:57.43	Musco Twilight - 5/3/25

### **SPRINT MEDLEY RELAY (School Record 3:44.12)**

<b>Names</b>	<b>Season Best</b>	<b>Meet - Date</b>
Holly Duax, Lia Love, Damaris Mutunga, Alli Bookin-Nosbisch	3:44.12 *	at Drake Relays - 4/26/25

### **4x800-METER RELAY (School Record - 8:31.84)**

<b>Names</b>	<b>Season Best</b>	<b>Meet - Date</b>
Clare Kelly, Gabby Cortez, Jaiden Itson, Alli Bookin-Nosbisch	8:41.93	at Drake Relays - 4/25/25

### **DISTANCE MEDLEY RELAY (School Record - 11:22.18)**

<b>Names</b>	<b>Season Best</b>	<b>Meet - Date</b>
Jalyssa Blazek, Gabby Cortez, Jaiden Itson, Elena Torres	11:28.80	at Drake Relays - 4/26/25

### **4x1,600-METER RELAY (School Record - 19:05.63)**

<b>Names</b>	<b>Season Best</b>	<b>Meet - Date</b>
Jalyssa Blazek, Elena Torres, Cameron Kalaway, Clare Kelly	19:59.51	at Drake Relays - 4/25/25

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### HIGH JUMP (School Record - 1.88 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Maria Arboleda	6-2 (1.88m) *	Musco Twilight - 5/3/25	6-2 (1.88m) *	Musco Twilight - 5/3/25
Carlee Rochford	5-5 1/4 (1.66m) ^	at B1G Championships - 5/16/25	5-5 1/4 (1.66m) ^	at B1G Championships - 5/16/25
Pauline Bikembo	5-4 1/4 (1.63m) ^	at B1G Championships - 5/16/25	5-4 1/4 (1.63m) ^	at B1G Championships - 5/16/25

### LONG JUMP (School Record - 6.78 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Maud Zeffou-Poaty	20-8 1/2 (6.31m)	at Mt. SAC Relays - 4/18/25	20-8 1/2 (6.31m)	at Mt. SAC Relays - 4/18/25
Pauline Bikembo	20-1 (6.12m)	at Texas Relays - 3/28/25	20-1 (6.12m)	at Texas Relays - 3/28/25
Jeanne Le Goff	19-6 1/2 (5.95m)	at B1G Championships - 5/17/25	19-6 1/2 (5.95m)	at B1G Championships - 5/17/25
Carlee Rochford	17-10 1/4 (5.44m) ^	at B1G Championships - 5/17/25	17-10 1/4 (5.44m) ^	at B1G Championships - 5/17/25

### TRIPLE JUMP (School Record - 13.46 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Daniela Wamokpego	43-10 (13.36m)	at B1G Championships - 5/18/25	43-10 (13.36m)	at B1G Championships - 5/18/25
Jeanne Le Goff	42-10 1/4 (13.06m)	Musco Twilight - 5/3/25	42-10 1/4 (13.06m)	Musco Twilight - 5/3/25

### SHOT PUT (School Record - 18.02 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Wisdom Williams	53-1 1/2 (16.19m)	at B1G Championships - 5/18/25	53-1 1/2 (16.19m)	at B1G Championships - 5/18/25
Carlee Rochford	39-9 1/4 (12.12m) ^	at B1G Championships - 5/16/25	39-9 1/4 (12.12m) ^	at B1G Championships - 5/16/25
Pauline Bikembo	39-3 1/4 (11.97m) ^	at B1G Championships - 5/16/25	39-3 1/4 (11.97m) ^	at B1G Championships - 5/16/25
Annie Wirth	32-4 1/4 (9.86m)	at UCF Black & Gold Invite - 3/21/25	37-5 3/4 (11.42m) ^	at B1G Championships - 5/10/24

### DISCUS THROW (School Record - 63.94 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Sydney Smith	172-2 (52.48m)	at Texas Relays - 3/29/25	172-2 (52.48m)	at Texas Relays - 3/29/25

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### JAVELIN THROW (School Record - 58.10 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lizzy Korczak	190-7 (58.10m) *	at UCF Black & Gold Invite - 3/22/25	190-7 (58.10m) *	at UCF Black & Gold Invite - 3/22/25
Pauline Bikembo	136-8 (41.66m) ^	at B1G Championships - 5/17/25	136-8 (41.66m) ^	at B1G Championships - 5/17/25
Carlee Rochford	130-11 (39.91m) ^	at B1G Championships - 5/17/25	130-11 (39.91m) ^	at B1G Championships - 5/17/25

### HAMMER THROW (School Record - 62.92 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Alivia Bauer	188-1 (57.33m)	Musco Twilight - 5/2/25	188-9 (57.53m)	at B1G Championships - 5/10/24
Peyton Wilson	184-9 (56.33m)	Musco Twilight - 5/2/25	184-9 (56.33m)	Musco Twilight - 5/2/25

### HEPTATHLON (School Record - 5,772 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Pauline Bikembo	5,772 points *	at B1G Championships - 5/16-17/25	5,772 points *	at B1G Championships - 5/16-17/25
Carlee Rochford	5,319 points	at B1G Championships - 5/16-17/25	5,332 points	at Jim Click Shootout - 4/5-6/24

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