



updated 12/17/03 by Rob Walter

W30 800 METER RUN

World Record: 1:58.4 Olga Vakhrusheva (URS) 2/17/80

American Record:

All-American Standard: 2:33

1:59.75 JENNIFER TOOMEY
2:13.05 CAMILLE MARTIN
2:13.45 SARAH LEONARD
2:15.51 MISSY VANEK
2:16.81 ROBIN UNGER
2:17.35 KYRA JORGENSON
2:18.12 SHEILA BURRELL
2:21.55 KELLY TYSSELING
2:34.58 MERRY IRWIN
2:45.2 ANGELA BUNCE
2:49.8 SHANNON OVERBAY

W35 800 METER RUN

World Record: 1:56.53 Lyubov Gurina

American Record: 2:02.83 Ruth Wysocki (CA) 05/23/92

All-American Standard: 2:35

1:58.61 JEARL MILES-CLARK
2:00.01 REGINA JACOBS
2:16.38 MEGAN FINALY
2:20.70 LE SHUNDRANATHAN
2:22.24 E YOUNG
2:22.7 KIM SHEFFIELD
2:28.1 KELLY HEWETT
2:33.75 JULIE LAUFER
2:41.68 SHERRI SIMS-HARPER
2:45.43 EILEEN PRESCOTT
2:57.00 RICHEE CUNNINGHAM
3:03.63 MAGGIE KEENAN

W30 1,500 METER RUN

World Record: 4:00.22 Doina Melinte (ROM) 2/9/90

American Record:

All-American Standard: 5:10

4:01.69 SUZY FAVOR-HAMILTON
4:08.16 SARAH SCHWALD
4:10.11 JENNIFER TOOMEY
4:10.62 COLLETTE LISS
4:35.69 SARAH LEONARD

4:50.17 WENDY JOHNSON

5:06.05 KELLY TYSSELING

5:17.16 BECKY HENRY

5:55.80 MONICA ROSSI-NOMTER

W35 1,500 METER RUN

World Record: 3:59.98 Regina Jacobs (USA) 3/1/03

American Record: 3:59.98 Regina Jacobs (USA) 3/1/03

All-American Standard: 5:20

4:01.63 REGINA JACOBS
4:18.10 AERON GENET
4:55.08 KIM SHEFFIELD
5:03.90 PAMELA BOYLES
5:03.94 SHERI WRIGHT
5:20.92 REBECA DEL RIO
5:24.61 EILEEN PRESCOTT
5:30.3 KELLY HEWETT
5:40.35 SHERRI SIMS-HARPER
5:41.66 LORI WRAY
5:46.50 JENNIFER ALVAREZ
5:54.62 MAGGIE KEENAN
6:23.92 RICHEE CUNNINGHAM
7:20.02 LISA RENDER

W30 ONE MILE RUN

World Record: 4:17.14 Doina Melinte (ROM) 2/9/90

American Record:

All-American Standard: 5:40

5:08.89 CAMILLE MARTIN

5:47.14 BECKY HENRY

W35 ONE MILE RUN

World Record: 4:21.79 Regina Jacobs (USA) 1/2/00

American Record: 4:21.79 Regina Jacobs (USA) 1/2/00

All-American Standard: 5:50

4:42.75 AERON GENET

6:00.21 SHERRI SIMS-HARPER

6:48.59 SHERI LIEBSCHNER

W30 3,000 METER RUN

World Record: 8:36.79 Carla Sacramento (POR) 2/17/02

American Record:

All-American Standard: 11:30

9:07.09 ELVA DRYER
11:32.04 BECKY HENRY
12:17.7 SHANNON OVERBAY
12:40.0 MINDY TAYLOR
14:26.55 YVETTE CORDOVA
15:13.0 WENDY KLECK

W35 3,000 METER RUN

World Record: 8:39.14 Regina Jacobs (USA) 3/7/99
American Record: 8:39.14 Regina Jacobs (USA) 3/7/99
All-American Standard: 11:50

10:43.40 PAMELA BOYLES
11:23.75 JULIE THOMAS
11:41.14 EILEEN PRESCOTT
11:46.22 REBECCA DEL RIO
11:58.20 JENNIFER ALVAREZ
12:39.22 SUSAN STINE-MELGARES
13:37.1 LAURIEA BLUME

W30 5,000 METER RUN

World Record: 15:04.73 Restitututa Joseph (TAN)
American Record: 15:07.33 Marla Runyan (USA) 2/18/01
All-American Standard: 19:45

15:16.18 MARLA RUNYAN
15:18.55 ELVA DRYER
15:43.64 BREEDA WILLIE
15:47.90 SARAH HANN
17:00.11 LORILYNN BLOOMER
18:23.72 HEATHER MCLAUGHLIN
19:43.23 KAMI ALLESSANDRO
20:08.16 BECKY HENRY
20:39.8 EILEEN TORRES
24:12.0 Hayriye ayhan

W35 5,000 METER RUN

World Record: 15:11.28 Lynn Jennings
American Record: 15:15.2 Francis Larrieu (TX) 07/02/88
All-American Standard: 20:15

15:52.73 MARY COBB
18:17.09 BETH ELLICKSON
18:42.78 SHERI WRIGHT
19:21.29 KATHERINE NICHOLS
20:59.03 LEAH JESKE
21:37.77 SUSAN STINE-MELGARES
22:06.15 LAURIEA BLUME
22:43.0 SUE HACKETT
23:52.8 DESIREE LOVE
25:22.7 NATHALIE GAUTHIER
35:32.0 CRYSTAL TAYLOR