

WOMEN'S INDOOR TRACK & FIELD RECORDS

55 METERS				
SBC Champ	6.77s	Tayna Lawrence, FIU		02.22.99
SBC Season	6.75s	Sheri-Ann Brooks, FIU		02.26.05
55 METER HURDLES				
SBC Champ	7.66s	Sharika Nelvis, Arkansas State	Murfreesboro, Tenn.	02.25.12
SBC Season	7.66s	Sharika Nelvis, Arkansas State	Murfreesboro, Tenn.	02.25.12
200 METERS				
SBC Champ	23.45s	Sheri-Ann Brooks, FIU		02.28.05
SBC Season	23.18s	Tayna Lawrence, FIU		03.05.99
400 METERS				
SBC Champ	53.28s	Valerie Brown, WKU		02.28.09
SBC Season	52.74s	Valerie Brown, WKU		03.13.09
800 METERS				
SBC Champ	2:09.50s	Sara Dietz. North Texas		02.25.12
SBC Season	2:04.91s	Dawn Williams-Sewer, UALR		03.09.96
MILE				
SBC Champ	4:48.27s	ZamZam Sangau, Middle Tennessee		2008
SBC Season	4:38.28s	Ida Nilsson, UALR		01.27.01
3,000 METERS				
SBC Champ	9:34.11s	Friederike Feil, Florida Atlantic	Jonesboro, Ark.	02.27.11
SBC Season	9:11.09s	Janet Jesang, WKU	Lexington, Ky.	01.15.10
5,000 METERS				
SBC Champ	16:51.20s	Marion Kandie, WKU	Jonesboro, Ark.	02.28.11
SBC Season	16:01.77s	Janet Jesang, WKU	Seattle, Wash.	2009
4x400 METER RELAY				
SBC Champ	3:44.30s	FIU		02.26.01
SBC Season	3:35.38s	WKU		02.28.09
DISTANCE MEDLEY RELAY				
SBC Champ	11:29.63s	UALR		02.25.01
SBC Season	11:29.63s	UALR		02.25.01
HIGH JUMP				
SBC Champ	1.87m (6'1.5")	Ann Dudley, Middle Tennessee	Jonesboro, Ark.	02.24.13
SBC Season	1.80m (6'0")	Ann Dudley, Middle Tennessee	Murfreesboro, Tenn.	12.10.11
POLE VAULT				
SBC Champ	4.15m (13'7.25")	Stephanie Foreman, Arkansas State	Jonesboro, Ark.	02.28.11
SBC Season	4.15m (13'7.25")	Stephanie Foreman, Arkansas State	Jonesboro, Ark.	02.28.11

LONG JUMP

SBC Champ	6.32m (20'9")	Sharika Nevlis, Arkansas State	Jonesboro, Ark.	02.25.13
SBC Season	6.36m (20'10.5")	Sarah Nambawa, Middle Tennessee	Murfreesboro, Tenn.	12.12.09

TRIPLE JUMP

SBC Champ	13.62m (44'8.25")	Sarah Nambawa, Middle Tennessee		02.23.08
SBC Season	13.62m (44'8.25")	Sarah Nambawa, Middle Tennessee		02.14.09

SHOT PUT

SBC Champ	15.51m (50'10.75")	Melissa Gibbons, Louisiana Tech		02.25.01
SBC Season	16.39m (53'9.25")	Jessica Ramsey, WKU	Bloomington, Ind.	01.31.14

20-LB WEIGHT THROW

SBC Champ	19.78m (64'10.75")	Benia Gregoire, FIU	Murfreesboro, Tenn.	02.25.12
SBC Season	20.57m (67'6")	Brittany Cox, Middle Tennessee	Murfreesboro, Tenn.	02.06.10

PENTATHLON

SBC Champ	3,996 points	Lindsay Schwartz, South Alabama		02.25.12
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LEGEND

SBC Champ – Sun Belt Conference Championship Record