

Women's Track & Field Records & Top 10 Performances Indoor Record Book

55 Meter Dash

7.40	Quelani Dhilwayo '95..... 1993
7.56	Abby Lienhard '23..... 2/18/22
7.70	Jacklyn Bentley '03 2000
7.70	Barbara Wert '85 1985
7.70	Marisa Weaver '87..... 1985
7.76	Henley Siegrist '12 2010
7.80	Hope Petralia '24 2/17/23
7.80	Mary Ellen Gazda '89 1987
7.87	Aleksandra Kiszka '18..... 2017
7.88	Robyn Haetel '06 2004

300 Meter Dash

43.01	Kaitlin Muccio '19 2019
43.70	Bella Johnson '28 2/8/25
43.90	Tatum Evans '24..... 1/27/24
44.13	Kristen Marinaccio '13 2012
44.21	Olivia Bendit '16 2013
44.31	Sydney Dzenutis '23..... 1/27/23
44.61	Libby Haas '07..... 2004
44.69	Abby Lienhard '23..... 1/27/23
44.72	Aleksandra Kiszka '18..... 2018
44.84	Ariel Lefkovits '13 2010

60 Meter Dash

7.77	Lauren Dunnigan '27 3/2/25
8.06	Abby Lienhard '23..... 3/4/23
8.26	Hope Petralia '24 2/23/24
8.33	Hanna Rubiales '27 2/23/24
8.36	Henley Siegrist '12 2009
8.41	Bella Johnson '28 2/15/25
8.42	Ariel Lefkovits '13 2012
8.47	Markera Jones '15 2012
8.48	Kaitlin Muccio '19 2018
8.49	Alexandra Hawkins '15 2012

400 Meter Dash

58.55	Megan Hunter '10 2008
59.59	Caitlin Regan '12 2012
59.66	Henley Siegrist '12 2012
1:00.14	Jacklyn Bentley '03 2000
1:00.26	Kaitlin Muccio '19 2017
1:00.70	Rachel Wylie '20 2016
1:01.21	Bella Johnson '28 3/1/25
1:01.69	Tatum Evans '24..... 2/9/24
1:01.99	Jordyn Collie '27..... 3/1/25
1:02.23	Libby Haas '07..... 2007

200 Meter Dash

26.38	Megan Hunter '10 2008
26.65	Lauren Dunnigan '27 3/1/25
26.66	Abby Lienhard '23..... 2/26/23
26.81	Henley Siegrist '12 2011
26.87	Bella Johnson '28 3/1/25
27.11	Jacklyn Bentley '03 2003
27.12	Caitlin Regan '12 2012
27.16	Hope Petralia '24 2/24/24
27.29	Tatum Evans '24..... 2/9/24
27.38	Kaitlin Muccio '19 2019
27.41	Olivia Bendit '16 2014

500 Meter Dash

1:18.34	Caitlin Regan '12 2012
1:19.20	Grace Adams '18..... 2015
1:19.85	Megan Hunter '10..... 2010
1:20.39	Rachel Wylie '20 2018
1:21.58	Sheena Crawley '13 2013
1:22.02	Jeannette Finster '04 2003
1:25.31	Libby Haas '07..... 2005
1:25.83	Emily Natoli '20..... 2020
1:26.37	Larissa Kehne '16 2012
1:27.47	Samantha Greenberg '14..... 2011

600 Meter Run

1:41.40	Sydney Dzenutis '23	1/27/23
1:42.32	Megan Hunter '10	2008
1:43.49	Rachel Wylie '20	2018
1:46.00	Annalise Kauffman '26	1/27/24
1:46.65	Valerie Fieberg '24	1/27/23
1:49.24	Laura Greene '22	2019
1:50.57	Sam Pollinger '04	2002
1:51.79	Abby Bachman '26	1/27/23
1:54.22	Caroline Muir '17	2017
1:55.60	Kathleen McCutcheon '18	2018

800 Meter Run

2:11.48	Sheena Crawley '13	2010
2:16.65	Megan Hunter '10	2010
2:17.76	Sydney Dzenutis '23	2/26/23
2:19.59	Caitlin Regan '12	2010
2:21.34	Elizabeth O'Connell '22	2/5/22
2:22.39	Laura Greene '22	2020
2:22.52	Annalise Kauffman '26	3/2/25
2:23.57	Lexi Salerno '22	1/22/22
2:23.62	Emma Kline '23	2/26/23
2:25.01	June Sanchez '22	2/5/22

1,000 Meter Run

2:52.52	Sheena Crawley '13	2013
3:08.15	Sydney Dzenutis '23	2020
3:10.68	Shannon Weir '08	2008
3:11.07	Tara Cooney '06	2004
3:13.92	Valerie Fieberg '24	2/10/23
3:14.00	Emma Kline '23	2/10/23
3:15.30	Maggie Selzer '08	2007
3:15.65	Kimberly Hilfrank '15	2014
3:19.18	Emily Wilson '11	2009
3:20.00	Emma Frazier '21	2018

1,500 Meter Run

4:51.30	Terri Smith '88	1986
4:52.00	Lois Lucente '86	1985
4:55.82	Stephanie Stroud '00	2000
5:20.31	Wynne DeCew '02	2000
5:20.91	Cassie McCormick '04	2001
5:22.72	Ariane Smith '00	1997
5:23.15	Jayme Ewanichak '08	2005
5:30.72	Anne Blommer '06	2003
5:31.08	Megan Feehan '06	2003
5:31.92	Shannon Weir '08	2003

Mile Run

4:49.45	Sheena Crawley '13	2013
5:19.68	Lexi Salerno '22	1/28/22
5:19.91	Elizabeth O'Connell '22	1/28/22
5:23.87	Bella Johnson '28	2/8/25
5:23.92	Laura Greene '22	2020
5:24.22	Stephanie Stroud '00	2000
5:24.63	Shannon Weir '08	2008
5:26.52	Katie Scott '27	12/6/24
5:28.74	Tara Silverman '28	1/25/25
5:30.39	Jordyn Collie '26	12/6/24

3,000 Meter Run

10:20.29	Sheena Crawley '13	2013
10:43.44	Katie Scott '27	3/1/25
10:45.00	Lois Lucente '86	1985
10:49.47	Karen Ziga '07	2007
10:51.80	Meredith Janeczek '07	2003
10:53.40	Elizabeth O'Connell '22	1/15/22
10:57.14	Tara Silverman '28	1/18/25
10:58.20	Amanda Shaw '87	1987
10:59.62	Lexi Salerno '22	1/15/22
11:00.66	Rachel Suydam '11	2008

5,000 Meter Run

17:45.20	Jamie Kendig '96..... 1995
18:30.42	Karen Ziga '07 2007
18:42.40	Ariane Smith '00 1997
18:53.11	Tara Silverman '28..... 3/1/25
19:00.99	Erin Carlson '01..... 1998
19:02.45	Nicole DiBenedetto '11..... 2008
19:30.36	Kelly Farrelly '10 2010
19:37.42	Freya Lindvall '22 2/26/22
19:43.53	Lucy Olsen '26..... 2/25/23
19:45.98	Emily Wilson '11 2009
19:47.75	Caylie Privitere '21..... 2020

55 Meter Hurdles

9.09	Rachel Wylie '20 2018
9.10	Mary Ellen Gazda '89 1988
9.17	Samantha Walmer '15 2013
9.20	Heidi Malles '86 1986
9.40	Glory Idioma '23 2/17/23
9.53	Alyssa Ward '18 2016
9.70	Laura Hansen '10 2008
9.73	Christline Edward '25 2/5/22
9.79	Sarah FitzGibbon '00..... 1997
9.85	Samantha Greenberg '14..... 2014

60 Meter Hurdles

8.84	Lauren Dunnigan '27 3/2/25
9.31	Rachel Wylie '20 2019
9.40	Heidi Malles '86 1986
9.53	Alyssa Ward '18 2016
9.75	Samantha Walmer '15 2013
9.77	Aleksandra Kiszka '18..... 2017
9.78	Christline Edward '25 2/27/22
9.98	Hayden Adams '28..... 3/1/25
9.98	Glory Idioma '23 2020
10.01	Samantha Greenberg '14..... 2014

4x200 Meter Relay

1:47.93	Aleksandra Kiszka '18, Rachel Wylie '20, Kaitlin Muccio '19, Alyssa Ward '18 2017
1:48.28	Henley Siegrist '12, Alexandra Hawkins '15, Caitlin Regan '12, Brea Smith '15..... 2012
1:48.56	Tatum Evans '24, Hope Petralia '24, Lauren Dunnigan '27, Hanna Rubiales '27 2/23/24
1:48.76	Kaitlin Muccio '19, Aleksandra Kiszka '18, Rachel Wylie '20, Alyssa Ward '18 2018
1:48.82	Henley Siegrist '12, Megan Hunter '10, Caitlin Regan '12, Ariel Lefkovits '13 2010
1:49.56	Abby Lienhard '23, Christline Edward '25, Sydney Dzenutis '23, Tatum Evans '24..... 2/26/22
1:49.57	Abby Lienhard '23, Hope Petralia '24, Tatum Evans '24, Abby Bachman '26 2/25/23
1:50.00	Olivia Bendit '16, Kaitlin Muccio '19, Aleksandra Kiszka '18, Alyssa Ward '18 2016
1:50.42	Kaitlin Muccio '19, Rachel Wylie '20, Emily Natoli '20, Sabrina Piccinini '20 2019
1:51.02	Henley Siegrist '12, Caitlin Regan '12, Sylvia Zohrabian '13, Claire Marshall '12 2011

Sprint Medley Relay

4:33.36	DuCharme Relays..... 2003
5:14.90	DuCharme Relays..... 2002

4x400-Meter (Mile) Relay

3:56.53	Megan Hunter '10, Henley Siegrist '12, Caitlin Regan '12, Sheena Crawley '13..... 2010
4:02.69	Henley Siegrist '12, Ariel Lefkovits '13, Sheena Crawley '13, Caitlin Regan '12 2012
4:06.31	Kaitlin Muccio '19, Aleksandra Kiszka '18, Chelsea Frantz '20, Rachel Wylie '20..... 2017
4:07.03	Henley Siegrist '12, Caitlin Regan '12, Sylvia Zohrabian '13, Sheena Crawley '13 2011
4:08.09	Kaitlin Muccio '19, Aleksandra Kiszka '18, Rachel Wylie '20, Alyssa Ward '18 2018
4:08.72	Abby Lienhard '23, Christline Edward '25, Sydney Dzenutis '23, Tatum Evans '24..... 2/27/22
4:11.98	Abby Lienhard '23, Tatum Evans '24, Emma Kline '23, Sydney Dzenutis '23 2/26/23
4:12.39	Lauren Dunnigan '27, Jordyn Collie '27, Annalise Kauffman '26, Bella Johnson '28 3/2/25
4:13.94	Sydney Dzenutis '23, Lexi Salerno '22, June Sanchez '22, Laura Greene '22 2020
4:14.22	Olivia Bendit '16, Aleksandra Kiszka '18, Kaitlin Muccio '19, Rebecca Swisher '16 2016

4x800 Meter Relay

9:26.76	June Sanchez '22, Lexi Salerno '22, Laura Greene '22, Elizabeth O'Connell '22 ... 2/27/22
9:29.20	June Sanchez '22, Lexi Salerno '22, Laura Greene '22, Sydney Dzenutis '23 2020
9:39.69	Jordyn Collie '27, Emily Jones '28, Katie Scott '27, Annalise Kauffman '26 3/1/25
9:43.43	Valerie Fieberg '24, Annalise Kauffman '26, Emma Kline '23, Sydney Dzenutis '23 2/26/23
9:51.94	Kaitlin Muccio '19, Rachel Wylie '20, Madeline Huelbig '22, Laura Greene '22 2019
9:53.84	Emma Frazier '21, Rachel Wylie '20, Caylie Privitere '21, Grace Adams '18 2018
10:01.11	Centennial Conference Championship 2005
10:01.71	Valerie Fieberg '24, Anna Atticks '26, Abby Bachman '26, Annalise Kauffman '26 2/23/24
10:03.90	Jeannette Finster '04, Cassie McCormick '04, Susanne Daly '02, Sam Pollinger '04 2002
10:12.96	Katie Byrne '09, Megan Hunter '10, Johanna Jasinski '09, Nikki Salenetri '07 2006

Distance Medley Relay

12:18.36	Lexi Salerno '22, Sydney Dzenutis '23, Laura Greene '22, Elizabeth O'Connell '22 ... 2/26/22
12:28.29	Laura Greene '22, Emily Natoli '20, Sydney Dzenutis '23, Lexi Salerno '22 2020
12:57.61	Emily Weir '08, Laura Hansen '10, Megan Hunter '10, Rachel Suydam '11 2008
13:02.09	Tara Silverman '28, Annalise Kauffman '26, Jordyn Collie '27, Katie Scott '27..... 2/15/25
13:02.65	Jeannette Finster '04, Elizabeth Randolph '03, Tara Cooney '06, Anne Blommer '06 2002
13:09.74	Laura Greene '20, Emma Frazier '21, Madeline Huelbig '22, Caylie Privitere '21 2019
13:11.30	Nikki Salenetri '07, Libby Haas '07, Megan Hunter '10, Katie Byrne '09 2006
13:13.08	Rachael Weiss '16, Meredith Malcolm '17, Grace Adams '18, Julia Zielinski '16 2016
13:13.60	Bucknell Invite 1/20/05
13:13.95	Grace Adams '18, Aleksandra Kiszka '18, Chelsea Frantz '20, Abby Grehlinger '18 2017

4x1,600 Meter Relay

25:18.58	DuCharme Relays..... 2003
26:06.23	DuCharme Relays..... 2002

High Jump

1.63m	Libby Haas '07..... 2006
1.62m	Alyssa Ward '18 2016
1.58m	Allison Hollingsworth '86..... 1984
1.57m	Allison Huelbig '26 1/27/24
1.57m	Kathy Kavulak '95..... 1992
1.53m	Bryn Benford '05..... 2005
1.52m	Mary Ellen Gazda '89 1987
1.49m	Jill Ireland '21..... 2017
1.49m	Hannah Westlake '13 2010
1.47m	Jillian Barger '23..... 2/27/22
1.47m	Alexandra Hawkins '15 2012
1.47m	Catherine Westerduin '12..... 2012
1.47m	Geena Chang '15 2012
1.47m	Samantha Greenberg '14..... 2014
1.47m	Rachel Umberger '17 2014

Pole Vault

3.81m	Rebecca Swisher '16 2016
3.17m	Hayden Adams '28 3/1/25
3.05m	Stephani Franks '24 12/5/21
3.05m	Katie Allison '13 2011
3.05m	Sylvia Zohrabian '13..... 2012
2.90m	Laura Lautenbacher '07 2004
2.62m	Sabrina Piccinini '20..... 2019
2.60m	Megan Lipset '15 2013
2.54m	Courtney Weibel '03..... 2001
2.44m	Sarah Primak '06..... 2003

Long Jump

5.36m	Abby Lienhard '23..... 2/27/22
5.26m	Alyssa Ward '18 2018
5.09m	Kristen Marinaccio '13 2012
5.07m	Amanda Imhauser '26..... 3/2/25
5.00m	Morgan Gray '16..... 2015
4.95m	Brea Smith '15 2012
4.94m	Lauren Dunnigan '27 1/27/24
4.94m	Sabrina Piccinini '20..... 2017
4.93m	Merideth Sandherr '94 1992
4.93m	Alison Huelbig '26 1/27/24

Triple Jump

11.22m	Alyssa Ward '18	2018
10.78m	Morgan Gray '16	2014
10.68m	Lauren Dunnigan '27	1/21/24
10.63m	Catherine Westerduin '12	2012
10.59m	Bryn Benford '05	2005
10.26m	Vanessa Pabon '10	2007
10.16m	Allison Huelbig '26	2/9/24
10.08m	Kristen Marinaccio '13	2009
9.70m	Monique Lumsden '05	2003
9.60m	Abby Lienhard '23	2/18/22

Pentathlon

2,716	Samantha Greenberg '14	2014
2,161	Amanda Imhauser '26	3/1/25

Updated 3/4/25

Shot Put

12.91m	Maya Jackson '17	2015
12.34m	Livia Meneghin '15	2015
12.25m	Alyssa Catalano '09	2009
11.82m	Erin Gleason '09	2009
11.80m	Martha Stefaniak '13	2012
11.66m	Lindsey Powers '19	2019
11.24m	Emma Steffan '22	12/5/21
11.21m	Bryn Benford '05	2005
10.08m	Susanne Daly '02	2001
9.76m	Jillian Barger '23	12/5/21

Weight Throw

16.91m	Alyssa Catalano '09	2009
14.50m	Emma Steffan '22	2/26/22
14.42m	Jillian Barger '23	1/27/23
13.31m	Bryn Benford '05	2005
13.10m	Aspen Mazzatta '25	2/26/22
12.72m	Erin Gleason '09	2008
12.12m	Martha Stefaniak '13	2010
12.06m	Hannah Metheny '14	2013
10.86m	Najee Mendes '18	2018
10.54m	Bridget McEliece '12	2010