

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

100 Meter Dash

12.20	Amanda Long '92	1991
12.55	Bella Johnson '28	4/19/25
12.60	Barbara Wert '85	1983
12.74	Alyssa Ward '18	2018
12.77	Abby Lienhard '23	5/5/23
12.80	Mary Ellen Gazda '89	1989
12.83	Hope Petralia '24	5/3/24
12.99	Jacklyn Bentley '03	2000
13.06	Henley Siegrist '12	2010
13.14	Marisa Weaver '87	1986

800 Meter Run

2:09.58	Sheena Crawley '13	2012
2:13.17	Megan Hunter '10	2010
2:13.88	Caitlin Regan '12	2011
2:14.06	Sydney Dzenutis '23	5/5/23
2:15.36	June Sanchez '22	5/8/22
2:17.14	Annalise Kauffman '26	5/2/25
2:18.19	Elizabeth O'Connell '22	4/30/22
2:18.60	Jeanette Finster '04	2002
2:18.88	Lois Lucente '86	1985
2:18.94	Laura Greene '22	4/30/22

200 Meter Dash

25.74	Bella Johnson '28	4/19/25
25.93	Megan Hunter '10	2008
26.12	Abby Lienhard '23	4/28/23
26.16	Henley Siegrist '12	2010
26.39	Mary Ellen Gazda '89	1989
26.50	Olivia Bendit '16	2013
26.66	Ariel Lefkovits '13	2012
26.72	Hope Petralia '24	5/3/24
26.73	Caitlin Regan '12	2012
26.75	Alyssa Ward '18	2016

1,500 Meter Run

4:21.23	Sheena Crawley '13	2013
4:38.00	Terri Smith '88	1986
4:38.22	Elizabeth O'Connell '22	5/19/22
4:41.39	Lois Lucente '86	1985
4:44.11	Lexi Salerno '22	5/7/22
4:46.29	Emma Kline '23	4/16/22
4:47.39	June Sanchez '22	4/23/22
4:50.41	Nancy Leet '86	1986
4:52.70	Tara Silverman '28	4/25/25
4:53.32	Laura Greene '22	2021

400 Meter Dash

57.42	Megan Hunter '10	2008
58.53	Caitlin Regan '12	2012
59.01	Henley Siegrist '12	2011
59.36	Rachel Williamson '01	2000
59.87	Sheena Crawley '13	2013
59.88	Kaitlin Muccio '19	2019
1:00.20	Sydney Dzenutis '23	4/22/23
1:00.58	Bella Johnson '28	4/5/25
1:01.03	Jeannette Finster '04	2002
1:01.08	Tara Cooney '06	2005

3,000 Meter Run

9:48.68	Lois Lucente '86	1986
10:00.08	Sheena Crawley '13	2012
10:11.60	Amanda Shaw '87	1985
10:29.67	Emma Kline '23	4/23/22
10:30.46	Lexi Salerno '22	4/23/22
10:36.38	Jamie Kendig '96	1996
10:37.27	Nancy Leet '86	1986
10:41.33	Denise Paull '84	1983
10:48.50	Laurie Reynolds '86	1984
10:50.66	Emilie Jeanneney '88	1987

5,000 Meter Run

17:15.59	Sheena Crawley '13..... 2012
17:26.38	Denise Paull '84 1983
17:28.49	Amanda Shaw '87 1986
17:50.55	Meredith Janeczek '07 2005
17:56.30	Jamie Kendig '96 1996
18:15.52	Emma Kline '23 5/8/22
18:20.84	Tara Silverman '28..... 5/14/25
18:22.80	Lois Lucente '86 1986
18:29.90	Karen Ziga '07 2007
18:31.00	Katie Scott '27 5/2/25

10,000 Meter Run

36:44.59	Amanda Shaw '87 1986
37:32.07	Jamie Kendig '06 1996
37:34.52	Karen Ziga '07 2007
38:30.20	Deidre Hemingway '88 1987
38:40.40	Laurie Reynolds '86 1984
38:44.10	Erin Carlson '01 1998
39:09.68	Emma Kline '23 2021
39:52.79	Kelly Farrelly '10 2010
40:16.70	Heather Linder '99 1998
40:40.96	Mallory Reed '16 2014

100 Meter Hurdles

15.00	Rachel Wylie '20 2019
15.04	Lauren Dunnigan '27 4/20/24
15.20	Heidi Malles '86 1986
15.74	Mary Ellen Gazda '89 1988
15.90	Alyssa Ward '18 2015
16.03	Samantha Walmer '15 2013
16.25	Hayden Adams '28 4/19/25
16.41	Christline Edward '25 5/8/22
16.64	Amanda Imhauser '26 4/19/25
16.68	Glory Edima '23 5/5/23

400 Meter Hurdles

1:02.22	Rachel Wylie '20 2017
1:04:12	Tatum Evans '24 5/15/24
1:04.21	Heidi Malles '86 1986
1:04.37	Christline Edward '25 4/23/22
1:06.70	Elizabeth Horenkamp '88 1988
1:07.20	Jeannette Finster '04 2004
1:08.32	Kaitlin Muccio '19 2019
1:08.35	Samantha Walmer '15 2013
1:08.72	Aleksandra Kiszka '18 2017
1:08.99	Mary Ellen Gazda '89 1989

3,000 Meter Steeplechase

11:29.39	Meredith Janeczek '07 2005
11:36.76	Katie Scott '27 5/2/25
11:37.52	Tara Silverman '28..... 5/2/25
11:52.72	Freya Lindvall '22 5/16/22
11:54.97	Shannon Weir '08 2008
12:09.53	Anna Atticks '26 5/2/24
12:22.33	Katie Byrne '09 2006
12:26.81	Kate Henderson '23 4/7/23
12:35.00	Colette Buchanan '08 2005
12:39.75	Abigail Grehlinger '18 2017

4x100-Meter Relay

49.31	Tatum Evans '24, Hope Petralia '24, Glory Ediom '23, Abby Lienhard '23..... 5/7/23
49.87	Kaitlin Muccio '19, Rachel Wylie '20, Aleksandra Kiszka '18, Sabrina Piccinini '20..... 2017
50.39	Lauren Dunnigan '27, Hope Petralia '24, Hanna Rubiales '27, Tatum Evans '24 4/20/24
50.53	Henley Siegrist '12, Ariel Lefkovits '13, Kristen Marinaccio '13, Sylvia Zohrabian '13..... 2010
50.65	Olivia Bendit '16, Samantha Greenberg '14, Sylvia Zohrabian '13, Alexandra Hawkins '15 2013
50.72	Olivia Bendit '16, Kaitlin Muccio '19, Aleksandra Kiszka '18, Alyssa Ward '18 2016
51.00	Mary Ellen Gazda '89, Cindy Lange '86, Heidi Malles '86, Marissa Weaver '87 1986
51.02	Sabrina Piccinini '20, Kaitlin Muccio '19, Rachel Wylie '20, Alyssa Ward '18 2018
51.06	MAC Championships..... 1989
51.26	Christline Edward '25, Abby Lienhard '23, Hope Petralia '24, Tatum Evans '24..... 5/8/22

4x200 Meter Relay

1:54.03	Katie Allison '13, Claire Marshall '12, Sylvia Zohrabian '13, Hannah Westlake '13 2010
1:57.00	Cynthia Granger '82, Henry, Knight, Riukind..... 1979
2:01.30	Alena Bodnar '91, Patty Borosky '91, Kim Murphy '91, Chris Neill '92 1989

4x400-Meter (Mile) Relay

3:53.74	Henley Siegrist '12, Sheena Crawley '13, Caitlin Regan '12, Megan Hunter '10 2010
3:57.19	Henley Siegrist '12, Ariel Lefkovits '13, Sheena Crawley '13, Caitlin Regan '12 2012
3:57.42	Henley Siegrist '12, Sylvia Zohrabian '13, Sheena Crawley '13, Caitlin Regan '12 2011
4:00.68	Kaitlin Muccio '19, Rachel Wylie '20, Laura Greene '22, Emily Natoli '20 2019
4:01.11	Sydney Dzenutis '23, June Sanchez '22, Laura Greene '22, Christline Edward '25 5/8/22
4:02.35	Olivia Bendit '16, Sylvia Zohrabian '13, Sheena Crawley '15, Ariel Lefkovits '13 2013
4:02.48	Kaitlin Muccio '19, Aleksandra Kiszka '18, Chelsea Frantz '20, Rachel Wylie '20..... 2017
4:07.90	Centennial Conference 2004
4:09.62	Kaitlin Muccio '19, Emily Natoli '20, Aleksandra Kiszka '18, Grace Adams '18..... 2018
4:10.55	Jacklyn Bentley '03, Rachel Williamson '01, Wynne DeCew '02, Susanne Daly '02 2000

Sprint Medley Relay

1:57.80	Barbara Wert '85, Cindy Lange '86, Heidi Malles '86, Nancy Leet '86..... 1983
2:01.10	Chris Neill '92, Patty Borosky '91, Mary Ellen Gazda '89, Rachel Hutson '91 1989
2:02.90	Cynthia Granger '92, Joyce Hester '82, Emma Lewinsohn '83, Marianne O'Leary '81 1979
2:13.65	Henley Siegrist '12, Ariel Lefkovits '13, Megan Hunter '10, Sheena Crawley '13 2010

4x800 Meter Relay

9:23.51	Lexi Salerno '22, Laura Greene '22, Sydney Dzenutis '23, Elizabeth O'Connell '22 ... 5/7/22
9:32.53	June Sanchez '22, Laura Greene '22, Lexi Salerno '22, Elizabeth O'Connell '22 5/2/21
9:33.27	Jordyn Collie '27, Emily Jones '28, Katie Scott '27, Annalise Kauffman '26, 5/14/25
9:37.60	Kaitlin Muccio '19, Lexi Salerno '22, Laura Greene '22, Elizabeth O'Connell '22 2019
9:38.81	Valerie Fieberg '24, Abby Bachman '26, Annalise Kauffman '26, Emma Kline '23 5/7/23
9:42.80	Denise Paull '84, Lois Lucente '86, Nancy Leet '86, Tracy Timony '83 1983
9:56.56	Centennial Conference Championships 2004
10:01.63	Olivia Bendit '16, Grace Adams '18, Caroline Muir '17, Kimberly Hilfrank '15 2015
10:02.60	Centennial Conference Championships 2002
10:09.46	Tricia Robinson '97, Sara FitzGibbon '00, Andrea Session '00, Kathy Raguckas '98 1997

Distance Medley Relay

12:52.00	Nancy Leet '86, Mary Kilgannon '87, Katrina Harriman '86, Lois Lucente '86 1985
13:12.80	Nancy Leet '86, Heidi Malles '86, Laurie Reynolds '86, Lois Lucente '86. 1984
13:19.70	Tracy Timothy '83, Karla Gasper '84, Lois Lucente '86, Nancy Leet '86..... 1983
13:59.09	Little 3 Meet 2006
14:16.70	Pam Matten '92, Mary Ellen Gazda '89, Liz Acker '92, Janet Cowley '91 1989

4x1,600 Meter Relay

22:08.50	Nancy Leet '86, Katrina Harriman '86, Amanda Shaw '87, Lois Lucente '86 1985
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High Jump

1.65m	Alyssa Ward '18 2018
1.65m	Libby Haas '07..... 2005
1.59m	Bryn Benford '05..... 2005
1.59m	Mary Ellen Gazda '89 1988
1.58m	Allison Hollingsworth '86..... 1983
1.52m	Allison Huelbig '26 5/2/24
1.52m	Rachel Hutson '91..... 1988
1.50m	Catherine Westerduin '12..... 2010
1.50m	Alexandra Hawkins '15 2012
1.50m	Geena Chang '15 2012
1.50m	Rachel Umberger '17 2014

Pole Vault

3.84m	Rebecca Swisher '16 2016
3.15m	Hayden Adams '28 5/2/25
3.06m	Stephani Franks '24 3/19/22
3.04m	Katie Allison '13 2011
3.00m	Sylvia Zohrabian '13..... 2010
2.90m	Laura Lautenbacher '07 2004
2.65m	Megan Lipset '15 2012
2.62m	Sabrina Piccinini '20..... 2019
2.59m	Sarah Primak '06..... 2004
2.59m	Courtney Weibel '03..... 2001
2.59m	Lea Marcotrigiano '04..... 2001

Long Jump

5.61m	Alyssa Ward '18 2017
5.55m	Abby Lienhard '23..... 5/7/23
5.36m	Amanda Imhauser '26 4/10/25
5.35m	Kristen Marinaccio '13 2013
5.31m	Barbara Wert '85 1984
5.08m	Mary Ellen Gazda '89 1988
4.99m	Lauren Dunnigan '27 3/22/24
4.97m	Jennifer Neill '89..... 1989
4.92m	Morgan Gray '16..... 2015
4.91m	Allison Huelbig '25 4/13/24
4.91m	Brea Smith '15 2012

Triple Jump

11.77m	Alyssa Ward '18	2018
11.40m	Patricia Borosky '91	1991
11.03m	Lauren Dunnigan '27	3/23/25
10.99m	Morgan Gray '16	2016
10.82m	Bryn Benford '05	2005
10.82m	Barbara Wert '85	1984
10.38m	Barb Walker '86	1986
10.27m	Mary Ellen Gazda '89	1988
10.21m	Catherine Westerduin '12	2012
10.16m	Vanessa Pabon '10	2007

Shot Put

12.72m	Lindsey Powers '19	2019
12.62m	Livia Meneghin '15	2015
12.48m	Maya Jackson '17	2014
12.36m	Erin Gleason '09	2009
12.14m	Anne Krumrine '90	1989
12.05m	Alyssa Catalano '09	2008
11.90m	Emma Steffan '22	4/23/22
11.16m	Martha Stefaniak '13	2013
10.76m	Susanne Daly '02	2000
10.72m	Ruvarashe Chimusoro '19	2017

Discus

39.69m	Martha Stefaniak '13	2012
39.41m	Maya Jackson '17	2015
37.69m	Bryn Benford '05	2005
37.65m	Aspen Mazzatta '25	3/19/22
36.25m	Erin Gleason '09	2009
35.99m	Livia Meneghin '15	2013
35.07m	Melynn Stuft '00	1999
34.76m	Lindsey Powers '19	2019
34.29m	Anne Krumrine '90	1989
33.78m	Karen Steidle '86	1983

Hammer

49.78m	Alyssa Catalano '09	2009
44.41m	Jillian Barger '23	3/31/23
41.07m	Emma Steffan '22	4/9/22
41.05m	Bryn Benford '05	2005
37.95m	Najee Mendes '18	2018
37.66m	Martha Stefaniak '13	2010
36.86m	Hannah Metheny '14	2013
36.32m	Aspen Mazzatta '25	3/6/22
32.52m	Bridget McEliece '12	2011
32.26m	Rachel Caruso '23	4/23/22

Javelin

41.46m	Mackenzie Ward '27	5/14/25
40.39m	Arielle Van Wingerden '13	2010
38.91m	Maya Jackson '17	2014
37.85m	Melynn Stuft '00	1999
37.01m	Rachel Caruso '23	4/9/22
35.67m	Jasmin Wright '19	2018
35.49m	Kristen Groleau '07	2006
34.85m	Kathy Ward '81	1979
32.99m	Bryn Benford '05	2005
32.85m	Erin Gleason '09	2009

Heptathlon

4,179	Mary Ellen Gazda '89	1988
3,585	Amanda Imhauser '26	5/14/25
3,407	Samantha Greenberg '14	2013
3,123	Susanne Daly '02	2000
3,005	Vanessa Pabon '10	2007
2,618	Jillian Barger '23	4/9/22

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