

SCHOOL RECORDS

55m

Shea McMillan 7.30 2002

55m Hurdles

Nicole Wiley 8.16 2003

60m

Tacquaya Tobias 7.71 2012

60m Hurdles

Nicole Wiley 8.53 2004

200m

Melissa Miller 25.06 2010

400m

Melissa Miller 55.21 2010

500m

Anna Simone 1:13.12 2014

800m

Elise Farris 2:08.38 2014

1000m

Haley Pisarcik 2:51.33 2014

1500m

Anne Granger 4:53.00 2001

MILE

Amber Valimont 4:48.57 2014

3000m

Amy Ruffolo 9:44.26 2007

5000m

Jenny DelSignore 17:02.92 2015

4x200m

Kristen Wenthen 1:45.19 2010
Diane Durkin
Taylor Glenn
Melissa Miller

4x400m

Nicole Cherok 3:43.03 2013
Abby O'Connell
Shannon Abraham
Anna Simone

4x800m

Shelby Haitz 9:01.78 2012
Elise Farris
Hailey Pisarcik
Amber Valimont

DISTANCE MEDLEY RELAY

Hailey Pisarcik 11:35.23 2014
Shannon Abraham
Elise Farris
Amber Valimont

HIGH JUMP

Liz Wayne 1.73m 2017

POLE VAULT

Sarah Fetterman 3.51m 2005

LONG JUMP

Tacquaya Tobias 6.02m 2013

TRIPLE JUMP

Brittney Edwards 12.14m 2014

SHOT PUT

Ashley Adams 14.95m 2011

WEIGHT THROW

Mercedes Oliver 18.85m 2017

PENTATHLON

Louise PrevotEAU 3670 2014

TOP TIMES

55m

Shea McMillan	7.30	2002
Melissa Miller	7.33	2007
Kristin Wenthen	7.42	2011
Shonté Cook	7.44	2005
Aleesha Washington	7.49	2010

55m Hurdles

Nicole Wiley	8.16	2003
Kathleen McCabe	8.53	2000
Nicole McKeone	8.76	2010
Wollonsa Boschulte	8.79	1998
Chris DeMott	8.83	1995

60m

Tacquaya Tobias	7.71	2012
Nicole Cherok	7.73	2013
Kristin Wenthen	7.87	2011
Sierra Larsuel	7.91	2011
Aleesha Washington	7.98	2010

60m Hurdles

Nicole Wiley	8.53	2004
Anna Simone	8.73	2015
Victoria Soeder	8.83	2016
Louise PrevotEAU	9.03	2014
Alyssa Zukowski	9.23	2017

200m

Melissa Miller	25.03	2010
Nicole Cherok	25.17	2013
Tacquaya Tobias	25.29	2013
Anna Simone	25.37	2015
Kristin Wenthen	25.52	2011

400m

Melissa Miller	55.21	2010
Nicole Cherok	55.97	2013
Anna Simone	56.28	2015
Shannon Abraham	56.28	2012
Bethany Evankovich	56.56	2017

500m

Anna Simone	1:13.12	2014
Melissa Miller	1:13.69	2010
Taylor Glenn	1:15.19	2011
Abby O'Connell	1:14.31	2016
Maiah Yankello	1:15.43	2017

800m

Elise Farris	2:08.38	2014
Melissa Miller	2:08.54	2010
Hailey Pisarcik	2:11.92	2011
Hannah Gilliam	2:13.07	2017
Shelby Haitz	2:14.15	2012

1000m

Hailey Pisarcik	2:51.46	2014
Abbie Marquard	2:55.88	2016
Taylor Pletz	2:56.79	2017
Tara Gerlach	2:56.87	2015
Emily Beahan	2:57.22	2007

Mile

Amber Valimont	4:48.57	2014
Hailey Pisarcik	4:52.82	2014
Samantha Howard	4:53.56	2009
Amy Ruffolo	5:01.52	2007
Val Palermo	5:01.92	2017

3000m

Amy Ruffolo	9:44.26	2007
Jenny DelSignore	9:49.95	2017
Amber Valimont	9:51.92	2012
Autumn Greba	9:53.18	2017
Samantha Howard	9:56.04	2007

5000m

Jenny Delsignore	17:02.92	2015
Meg Ecker	17:07.44	2012
Samantha Howard	17:20.23	2007
Megan Baritot	17:26.78	2014
Danica Snyder	17:26.84	2012

TOP TIMES

4x200m

Kristen Wenthen 1:45.19 2010
 Diane Durkin
 Taylor Glenn
 Melissa Miller

Kathleen McCabe 1:49.62 1999
 Courtney Clause
 Nancy Pferdehirt
 Adjoa Taylor

Ashley Smith 1:55.90 2004
 Elena Resovich
 Dominique Cothran
 Nicole Wiley

Kristen Kaczmarek 1:58.10 1993
 Mary Beth Sypien
 Betecia Sands
 Kristin Drodz

4x400m

Nicole Cherok 3:43.03 2013
 Abby O'Connell
 Shannon Abraham
 Anna Simone

Abby O'Connell 3:47.94 2014
 Shannon Abraham
 Elisa Joyce
 Anna Simone

Anna Simone 3:47.27 2015
 Louise PrevotEAU
 Kim Watterson
 Abby O'Connell

Maiah Yankello 3:48.34 2017
 Hannah Gilliam
 Kel-Lisa Sebwe
 Bethany Evankovich

Nicole Cherok 3:48.87 2011
 Kristin Wenthen
 Shannon Abraham
 Taylor Glenn

4x800m

Shelby Haitz 9:01.78 2012
 Elise Farris
 Hailey Pisarcik
 Amber Valimont

Shelby Haitz 9:03.98 2011
 Elise Farris
 Hailey Pisarcik
 Amber Valimont

Hannah Gilliam 9:14.45 2017
 Courtney Conway
 Annegret Nehl
 Taylor Pletz

Colleen Gilmore 9:16.46 2013
 Hailey Pisarcik
 Elise Farris
 Shelby Haitz

Abby O'Connell 9:16.04 2016
 Hannah Gilliam
 Abbie Marquard
 Annegret Nehl

DISTANCE MEDLEY RELAY

Hailey Pisarcik 11:35.23 2014
 Shannon Abraham
 Elise Farris
 Amber Valimont

Hailey Pisarcik 11:45.87 2014
 Anna Simone
 Elise Farris
 Amber Valimont

Autumn Greba 11:47.05 2016
 Kim Watterson
 Hannah Gilliam
 Valerie Palermo

Hailey Pisarcik 11:48.13 2012
 Brittany Sinclair
 Elise Farris
 Amber Valimont

Hailey Pisarcik 11:51.20 2013
 Shannon Abraham
 Shelby Haitz
 Amber Valimont

TOP TIMES

HIGH JUMP

Liz Wayne	1.73m	2017
Shannon Taub	1.72m	2017
Sherie Key	1.70m	2013
Emily Durkota	1.69m	2000
Paige Rittelmann	1.68m	2003
Louise PrevotEAU	1.67m	2014

PENTATHLON

Louise PrevotEAU	3670	2014
Amanda Collins	3172	2011
Lexis Frost	3155	2014
Gabriella Benninger	3151	2016
Anna Simone	3106	2012

LONG JUMP

Tacquaya Tobias	6.02m	2013
Brittney Edwards	5.77m	2013
Victoria Soeder	5.72m	2017
Sierra Larsuel	5.67m	2011
Shea McMillan	5.64m	2004

TRIPLE JUMP

Brittney Edwards	12.14m	2014
Shea McMillan	11.89m	2004
Shannon Taub	11.84m	2017
Sierra Larsuel	11.75m	2011
Gabriella Benninger	11.52	2016

SHOT PUT

Ashley Adams	14.95m	2011
Mercedes Oliver	13.53m	2017
Melissa Stewart	13.50m	2005
Marcie Hepler	13.48m	2002
Chelsea Zahn	13.21m	2012

POLE VAULT

Sarah Fetterman	3.51m	2005
Franki DiSalvo	3.50m	2012
Taylor Yarshen	3.50m	2012
Daniela Siciliano	3.45m	2010
Alison McCartney	3.21m	2006

WEIGHT THROW

Mercedes Oliver	18.85m	2017
Arin Whitman	16.67m	2010
Marcie Hepler	15.83m	2003
Korrey Willis	15.49m	2011
Lena Harris	14.91m	2003
Alyse DePaola	14.91m	2016

ATLANTIC 10 CONFERENCE HONORS & AWARDS

MOST OUTSTANDING FIELD PERFORMER

Shea McMillan	2002
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STUDENT-ATHLETE OF THE YEAR

Kathleen McCabe	2002
Shea McMillan	2004

ATLANTIC 10 ACADEMIC ALL-ROOKIE

Maria Carberry	2017
Liz Wayne	2017

ATLANTIC 10 ACADEMIC ALL-CONFERENCE

Wendy Beaver	1994
Kelsie Hess	1995
Kelsie Hess	1996
Jill Knish	1996
Michelle Brinsko	1997
Kelsie Hess	1997
Tricia Snyder	1997
Tricia Snyder	1998
Liz Bollens	1999
Tricia Snyder	1999
Liz Bollens	2000
Anne Granger	2000
Kathleen McCabe	2000
Anne Granger	2001
Kathleen McCabe	2001
Kathleen McCabe	2002
Sarah Saunders	2002
Shea McMillian	2003
Sarah Fetterman	2003
Carrie Hucko	2003
Shea McMillian	2003
Alison Buchanan	2004
Sarah Fetterman	2004
Shea McMillian	2004
Sarah Fetterman	2005
Melissa Stewart	2005
Samantha Howard	2008
Samantha Howard	2009
Ashley Adams	2011
Ashley Adams	2012
Shannon Abraham	2013
Sherie Key	2013
Shannon Abraham	2014
Haley Pisarcik	2014
Autumn Greba	2016
Abby O'Connell	2016
Autumn Greba	2017

PERFORMER OF THE WEEK

Emily Taylor	01/16/00
Anne Granger	02/05/01
Shea McMillian	02/18/01
Melissa Miller	02/01/10
Shannon Taub	12/06/16

ROOKIE OF THE WEEK

Kathleen McCabe	01/24/99
Shea McMillian	01/15/01
Shea McMillian	01/22/01
Sarah Como	01/29/01
Sarah Como	12/17/01
Marcie Hepler	01/28/02
Sarah Fetterman	12/10/02
Haley Pisarcik	01/24/11
Tacquaya Tobias	12/05/12
Liz Wayne	02/07/17

COSIDA ACADEMIC ALL-AMERICA**COSIDA ACADEMIC ALL-AMERICA**

Kelsie Hess	1996
Kelsie Hess	1997
Tanya Brown	2002
Kathleen McCabe	2002
Sarah Fetterman	2005
Melissa Stewart	2006
Melissa Stewart	2007

COSIDA DISTRICT 2 ACADEMIC ALL-AMERICA

Kelsie Hess	1996
Kelsie Hess	1997
Tricia Snyder	1999
Anne Granger	2000
Anne Granger	2001
Tanya Brown	2002
Kathleen McCabe	2002
Shea McMillan	2002
Shea McMillan	2003
Sarah Fetterman	2004
Shea McMillan	2004
Melissa Stewart	2004
Sarah Fetterman	2005
Kristen Micsky	2005
Samantha Howard	2006
Kristen Micsky	2006
Melissa Stewart	2006
Emily Beahan	2007
Samantha Howard	2007
Melissa Stewart	2007
Samantha Howard	2009
Shannon Abraham	2013
Ashley Adams	2013

ATLANTIC 10 CONFERENCE MEDALISTS

GOLD MEDAL WINNERS (18)

Shea McMillan	Triple Jump	2002
Tara Gerlach	1000m	2004
Emily Beahan	1000m	2007
Daniela Siciliano	Pole Vault	2007
Melissa Miller	200m	2010
Melissa Miller	400m	2010
Taylor Glenn	500m	2011
Ashley Adams	Shot Put	2011
Haley Pisarcik	1000m	2013
Sherie Key	High Jump	2013
Anna Simone	500m	2014
Elise Farris	800m	2014
Haley Pisarcik	1000m	2014
Louise PrevotEAU	Pentathlon	2014
Haley Pisarcik	4x800m	2014
Shelby Haitz		
Amber Valimont		
Elise Farris		
Haley Pisarcik	DMR	2014
Shannon Abraham		
Elise Farris		
Amber Valimont		
Anna Simone	500m	2015
Louise PrevotEAU	Pentathlon	2015

SILVER MEDAL WINNERS (19)

Jill Knesch	3000m	1996
Sarah Saunders	1000m	2002
Shea McMillan	Long Jump	2002
Marcie Hepler	Weight	2003
Kristen Micsky	High Jump	2004
Sarah Fetterman	Pole Vault	2004
Kristen Micsky	High Jump	2005
Kristen Micsky	Triple Jump	2005
Melissa Stewart	Shot Put	2005
Sarah Fetterman	Pole Vault	2005
Alison McCartney	Pole Vault	2006
Tara Gerlach	1000m	2006
Samantha Howard	5000m	2007
Melissa Miller	200m	2009
Brittney Edwards	Triple Jump	2012
Ashley Adams	Shot Put	2012
Nicole Cherok	4x400m	2013
Abby O'Connell		
Shannon Abraham		
Anna Simone		

Haley Pisarcik	DMR	2013
Shannon Abraham		
Shelby Haitz		
Amber Valimont		
Abby O'Connell	4x400m	2014
Anna Simone		
Elisa Joyce		
Shannon Abraham		

BRONZE MEDAL WINNERS (34)

Anne Granger	1000m	2000
Emily Taylor	High Jump	2000
Sarah Como	5000m	2001
Nicole Wiley	55m	2001
Emily Taylor	High Jump	2001
Shea McMillan	Triple Jump	2001
Nicole Wiley	55m	2002
Kristen Micsky	High Jump	2002
Marcie Hepler	Shot Put	2002
Carrie Hucko	Mile	2003
Nicole Wiley	55m	2003
Kristen Micsky	High Jump	2003
Marcie Hepler	Shot Put	2003
Sarah Fetterman	Pole Vault	2003
Shea McMillan	Triple Jump	2004
Erica Moody	400m	2005
Alison McCartney	Pole Vault	2005
Brianne Scott	3000m	2006
Melissa Stewart	Shot Put	2007
Samantha Howard	3000m	2008
Melissa Miller	400m	2010
Katelyn Cass	Pole Vault	2011
Amanda Collins	Pentathlon	2011
Nicole Cherok	400m	2012
Amber Valimont	Mile	2012
Meg Ecker	5000m	2012
Tacquaya Tobias	Long Jump	2012
Nicole Cherok	400m	2013
Brittney Edwards	Triple Jump	2013
Amber Valimont	Mile	2014
Taylor Yarshen	Long Jump	2014
Anna Simone	60m Hurdles	2015
Autumn Greba	3000m	2016
Autumn Greba	DMR	2016
Kim Watterson		
Hannah Gilliam		
Valerie Palermo		

as of Feb. 21, 2017

ATLANTIC 10 CONFERENCE MEDALISTS

Autumn Greba	3000m	2017	2009	1
Autumn Greba	DMR	2017	2014	1
Kim Watterson				
Hannah Gilliam				
Valerie Palermo				

BRONZE MEDALS BY YEAR

2003	5
2001	4
2012	4
2002	3
2000	2
2005	2
2011	2
2013	2
2014	2
2016	2
2017	2
2004	1
2006	1
2007	1
2008	1
2010	1
2015	1

TOTAL MEDALS BY YEAR

1996	1
2000	2
2001	4
2002	6
2003	6
2004	4
2005	6
2006	4
2007	4
2008	1
2009	1
2010	3
2011	4
2012	6
2013	6
2014	9
2015	3
2016	2
2017	2

GOLD MEDALS BY YEAR

2014	6
2015	2
2007	2
2010	2
2011	2
2013	2
2002	1
2004	1

SILVER MEDALS BY YEAR

2005	4
2002	2
2004	2
2006	2
2012	2
1996	1
2003	1
2007	1

TOTAL INDIVIDUAL MEDALS

Kristen Micsky	5
Haley Pisarcik	5
Amber Valimont	5
Anna Simone	5
Shannon Abraham	4
Shea McMillan	4
Melissa Miller	4
Nicole Cherok	3
Elise Farris	3
Sarah Fetterman	3
Autumn Greba	3
Marcie Hepler	3
Nicole Wiley	3
Ashley Adams	2
Brittney Edwards	2
Tara Gerlach	2
Shelby Haitz	2
Samantha Howard	2
Alison McCartney	2
Abby O'Connell	2
Louise PrevotEAU	2
Melissa Stewart	2
Emily Beahan	1
Katelyn Cass	1

as of Feb. 21, 2017

ATLANTIC 10 CONFERENCE MEDALISTS

Amanda Collins	1	Samantha Howard	1
Sarah Como	1	Jill Knesh	1
Meg Ecker	1	Allison McCartney	1
Hannah Gilliam	1	Shea McMillan	1
Taylor Glenn	1	Melissa Miller	1
Anne Granger	1	Abby O'Connell	1
Autumn Greba	1	Sarah Saunders	1
Carrie Hucko	1	Anna Simone	1
Elisa Joyce	1	Melissa Stewart	1
Sherie Key	1		
Jill Knesh	1		
Erica Moody	1		
Valerie Palermo	1		
Sarah Saunders	1		
Brianne Scott	1		
Daniela Siciliano	1		
Emily Taylor	1		
Tacquaya Tobias	1		
Kim Watterson	1		
Taylor Yarshen	1		

TOTAL INDIVIDUAL BRONZE MEDALS

Autumn Greba	3
Nicole Wiley	3
Nicole Cherok	2
Marcie Hepler	2
Shea McMillan	2
Kristen Micsky	2
Emily Taylor	2
Amber Valimont	2
Katelyn Cass	1
Amanda Collins	1
Sarah Como	1
Meg Ecker	1
Brittney Edwards	1
Sarah Fetterman	1
Hannah Gilliam	1
Anne Granger	1
Samantha Howard	1
Carrie Hucko	1
Alison McCartney	1
Melissa Miller	1
Erica Moody	1
Valerie Palermo	1
Brianne Scott	1
Anna Simone	1
Melissa Stewart	1
Tacquaya Tobias	1
Kim Watterson	1
Taylor Yarshen	1

TOTAL INDIVIDUAL GOLD MEDALS

Haley Pisarcik	4
Elise Farris	3
Melissa Miller	2
Louise PrevotEAU	2
Anna Simone	2
Amber Valimont	2
Shannon Abraham	1
Ashley Adams	1
Emily Beahan	1
Tara Gerlach	1
Taylor Glenn	1
Shelby Haitz	1
Sherie Key	1
Shea McMillan	1
Daniela Siciliano	1

TOTAL INDIVIDUAL SILVER MEDALS

Kristen Micsky	3
Sarah Fetterman	2
Ashley Adams	1
Shannon Abraham	1
Nicole Cherok	1
Brittney Edwards	1
Tara Gerlach	1
Marcie Hepler	1

ATLANTIC 10 CHAMPIONSHIP FINISHES

1995	7th Place	7
1996	8th Place	22
1997	7th Place	17
1998	8th Place	14
1999	7th Place	22
2000	8th Place	45.25

as of Feb. 21, 2017

ATLANTIC 10 CONFERENCE MEDALISTS

2001	T-5th Place	72.67	2004	4th Place	83
2002	6th Place	75	2002	6th Place	75
2003	5th Place	74	2003	5th Place	74
2004	4th Place	83	2001	T-5th Place	72.67
2005	4th Place	90.67	2017	6th Place	70.67
2006	8th Place	41.5	2007	5th Place	70
2007	5th Place	70	2011	4th Place	66
2008	11th Place	20	2013	6th Place	60
2009	7th Place	34	2010	5th Place	57.5
2010	5th Place	57.5	2015	7th Place	48
2011	4th Place	66	2000	8th Place	45.25
2012	3rd Place	97.5	2016	8th Place	42.5
2013	6th Place	60	2006	8th Place	41.5
2014	T-2nd Place	109	2009	7th Place	34
2015	7th Place	48	1999	7th Place	22
2016	8th Place	42.5	1996	8th Place	22
2017	6th Place	70.67	2008	11th Place	20

ATLANTIC 10 CHAMPIONSHIP BY PLACE

2014	T-2nd Place	109
2012	3rd Place	97.5
2011	4th Place	66
2005	4th Place	90.67
2004	4th Place	83
2010	5th Place	57.5
2007	5th Place	70
2003	5th Place	74
2001	T-5th Place	72.67
2017	6th Place	70.67
2013	6th Place	60
2002	6th Place	75
2015	7th Place	48
2009	7th Place	34
1999	7th Place	22
1997	7th Place	17
1995	7th Place	7
2006	8th Place	41.5
2000	8th Place	45.25
1998	8th Place	14
1996	8th Place	22
2016	8th Place	42.5
2008	11th Place	20

1997	7th Place	17
1998	8th Place	14
1995	7th Place	7

ATLANTIC 10 CHAMPIONSHIP BY POINTS

2014	T-2nd Place	109
2012	3rd Place	97.5
2005	4th Place	90.67

ECAC QUALIFIERS

ECAC QUALIFIERS

Nicole Wiley	60m Hurdles	2003
Alison Buchanan	4x800m	2003
Tara Gerlach		
Michelle Flynn		
Elizabeth Graham		
Marcie Hepler	Shot Put	2003
Tara Gerlach	1000m	2004
Shea McMillian	Triple Jump	2004
Michelle Flynn	4x800m	2004
Elizabeth Graham		
Alison Buchanan		
Elena Resovich		
Amy Ruffolo	3000m	2006
Amy Ruffolo	3000m	2007
Samantha Howard	5000m	2007
Samantha Howard	3000m	2008
Sierra Larsuel	Long Jump	2008
Melissa Miller	800m	2010
Nicole Cherok	4x400m	2010
Kristin Wenthen		
Nicole McKeone		
Melissa Miller		
Meghan VanHouten	DMR	2010
Nicole McKeone		
Laura Vehlies		
Katie Kelly		
Ashley Adams	Shot Put	2010
Arin Whitman	Weight Throw	2010
Taylor Glenn	500m	2011
Hailey Pisarcik	800m	2011
Elise Farris	800m	2011
Amber Valimont	Mile	2011
Meg Ecker	5000m	2011
Shannon Abraham	4x400m	2011
Kristin Wenthen		
Nicole Cherok		
Taylor Glenn		
Elise Farris	4x800m	2011
Shelby Haitz		
Amber Valimont		
Haley Pisarcik		
Ashley Adams	Shot Put	2011
Elise Farris	800m	2012
Shelby Haitz	800m	2012
Hailey Pisarcik	800m	2012
Meg Ecker	5000m	2012

Danica Snyder	5000m	2012
Tacquaya Tobias	Long Jump	2012
Brittney Edwards	Triple Jump	2012
Amber Valimont	Mile	2012
Shelby Haitz	4x800m	2012
Elise Farris		
Haley Pisarcik		
Amber Valimont		
Ashley Adams	Shot Put	2012
Arin Whitman	Weight Throw	2012