



DUQUESNE UNIVERSITY DEPARTMENT OF INTERCOLLEGIATE ATHLETICS

DUQUESNE UNIVERSITY TRACK & FIELD ALL-TIME INDOOR/OUTDOOR TOP PERFORMANCES

(as of May 18, 2009)

55m	Name	Time	Year
1.	Shea McMillan	7.30	2002
2.	Melissa Miller	7.33	2007
3.	Michelle Brinsko	7.44*	1996
3.	Nancy Pferdehirt	7.44*	1997
3.	Shonté Cook	7.44	2005

400mHH	Name	Time	Year
1.	Kathleen McCabe	1:02.85	2002
2.	Kristen Micsky	1:03.07	2005
3.	Meghan Hahn	1:05.89	2009
4.	Amanda Collins	1:05.91	2008
5.	Nicole McKeone	1:05.99	2009

55mH	Name	Time	Year
1.	Nicole Wiley	8.16	2003
2.	Kathleen McCabe	8.53	2000
3.	Wollonsa Boschulte	8.79	1998
4.	Chris DeMott	8.83	1995
5.	Merritt Woods	8.90	2007

500m	Name	Time	Year
1.	Charlene Garth	1:15.94	2009
2.	Adjoa Taylor	1:17.27	1999
3.	Kathy Parker	1:17.58	2007
4.	Elena Resovich	1:18.08	2004
5.	Sarah Saunders	1:18.97	2002

100m	Name	Time	Year
1.	Shea McMillan	12.35	2004
2.	Jania Brimage	12.40	1994
2.	Nancy Pferdehirt	12.40	1999
4.	Michelle Brinsko	12.43	1996
5.	Melissa Miller	12.41	2009

800m	Name	Time	Year
1.	Kathy Parker	2:14.00	2009
2.	Adjoa Taylor	2:14.17	2000
3.	Sarah Saunders	2:14.72	2002
4.	Tara Gerlach	2:14.74	2005
5.	Liz Bollens	2:14.92	2000

100mHH	Name	Time	Year
1.	Nicole Wiley	14.42	2003
2.	Kathleen McCabe	14.70	2000
3.	Emily Durkota	15.64*	1999
4.	Merritt Woods	15.87	2007
5.	Emily Baker	16.20	2003

1000m	Name	Time	Year
1.	Tara Gerlach	2:56.87	2005
2.	Sarah Saunders	2:57.08	2002
3.	Emily Beahan	2:57.22	2007
4.	Samantha Howard	2:57.69	2005
5.	Anne Granger	2:58.00	2000

200m	Name	Time	Year
1.	Melissa Miller	24.46	2009
2.	LynnDee Howell	25.68	2000
3.	Jania Brimage	25.80	1994
4.	Nicole Wiley	25.89	2003
5.	Erica Moody 2x	25.96	2006

1500m	Name	Time	Year
1.	Samantha Howard	4:34.21	2009
2.	Carrie Hucko	4:37.20	2004
3.	Katie Talarico	4:37.80	1998
4.	Amy Ruffolo	4:38.54	2007
5.	Tara Gerlach	4:39.26	2005

400m	Name	Time	Year
1.	Melissa Miller	55.49	2009
2.	Erica Moody	56.67	2008
3.	LynnDee Howell	57.59	2000
4.	Kathy Parker	57.99	2006
5.	Elena Resovich	58.07	2005

Mile	Name	Time	Year
1.	Samantha Howard	4:57.15	2009
2.	Amy Ruffolo	5:01.52	2007
3.	Elizabeth Graham	5:02.59	2005
4.	Carrie Hucko	5:04.53	2003
5.	Emily Beahan	5:05.04	2007

3000m	Name	Time	Year
1.	Amy Ruffolo	9:44.26	2007
2.	Samantha Howard	9:49.69	2008
3.	Brianne Scott	10:01.88	2006
4.	Carrie Hucko	10:01.96	2003
5.	Katie Talarico	10:02.10	1998

Steeplechase	Name	Time	Year
1.	Amy Ruffolo	9:49.71	2006
2.	Tanya Brown	10:44.00	2002
3.	Brianne Scott	10:50.47	2006
4.	Katie Kelly	10:56.26	2008
5.	Bethany Walker	11:06.81	2009

5000m	Name	Time	Year
1.	Samantha Howard	16:47.98	2009
2.	Amy Ruffolo	17:20.45	2006
3.	Brianne Scott	17:30.64	2006
4.	Tanya Brown	17:34.93	2002
5.	Sarah Como	17:44.35	2001

10000m	Name	Time	Year
1.	Samantha Howard	36:17.67	2009
2.	Carrie Hucko	37:06.95	2004
3.	Sarah Como	37:32.31	2001
4.	Amy Tucker	37:56.27	2005
5.	Trish Coffin	38:24.84	1996

High Jump	Name	Height	Year
1.	Kristen Micsky	5-7	2005
2.	Emily Durkota	5-6.50	2000
3.	Kathy Ridilla	5-6	1989
4.	Kerri Durica	5-5	2005
5.	Crystal Paris	5-4	2000

Long Jump	Name	Time	Year
1.	Kristen Micsky	19-1.25	2003
2.	Sierra Larsuel	18-10	2009
3.	Shea McMillan	18-6	2004
4.	Kristen Drozd	17-11.5	1994
5.	Ashley Cochran	17-10.75	2003

Triple Jump	Name	Time	Year
1.	Shea McMillan	39-2.50	2004
2.	Kristen Micsky	38-11.75	2005
3.	Kerri Durica	38-3.25	2004
4.	Sierra Larsuel	37-8.75	2009
5.	Crystal Paris	37-5	2001

Pole Vault	Name	Time	Year
1.	Sarah Fetterman	11-9	2005
2.	Alison McCartney	11-0.25	2006
3.	Daniela Siciliano	10-11.75	2009
4.	Emily Baker	10-6	2003
5.	Jaclyn Walters	10-6	2005

Discus	Name	Time	Year
1.	Melissa Stewart	160-9	2004
2.	Arin Whitman	136-3	2009
	Corinne Free	136-3	2008
4.	Lena Harris	135-2	2002
	Amanda Haeg	132-6	2005

Javelin	Name	Time	Year
1.	Erica DaCosta	140-0	2002
2.	Sydney Schwab	134-3	2009
3.	Holly Mara	131-2	1991
4.	Caitlin Cielo	130-10	2005
5.	Mary Beth Sypien	121-7	1995

Shot Put	Name	Time	Year
1.	Melissa Stewart	45-8.5	2004
2.	Marcie Hepler	44-5	2002
3.	Corinne Free	43-3	2009
4.	Korrey Willis	42-6	2009
5.	Amy Francisco	41-2	1988

Weight Throw	Name	Time	Year
1.	Marcie Hepler	51-11.25	2003
2.	Arin Whitman	50-3	2009
3.	Melissa Stewart	49-6	2007
4.	Lena Harris	48-11	2003
5.	Alana McClanahan	48-10	2006

Hammer	Name	Time	Year
1.	Erin Whitman	154-5.5	2009
2.	Marcie Hepler	146-10	2003
3.	Melissa Stewart	146-5	2007
4.	Arin Whitman	141-1	2009
5.	Alana McClanahan	136-3.5	2006

Heptathlon	Name	Score	Year
1	Emily Durkota	4065	2000
2.	Merritt Woods	3897	2007
3	Kristen Micsky	3783	2006
4.	Christina Burnett	3594	2003
5.	Jennell Hoak	3241	2002

Pentathlon	Name	Score	Year
1.	Emily Durkota	3037	1998
2.	Christina Burnett	2748	2004

4x100m	Team	Time	Year
1.	Shonté Cook Melissa Miller Ashley Earnest Erica Moody	48.78	2007
2.	Melissa Miller Sierra Larsuel Kristin Wenthen Mallory Mitchell	48.97	2009
3.	Kathy Parker	49.16	2007

Melissa Miller
Ashley Earnest
Erica Moody

4. Ashley Smith 49.25 2004
 Nicole Wiley
 Melissa Blackburn
 Shea McMillan

5. Ashley Smith 49.32 2004
 Nicole Wiley
 Melissa Blackburn
 Shea McMillan

4x200m Team Time Year

1. Shea McMillan 1:43.31 2004
 Ashley Smith
 Melissa Blackburn
 Nicole Wiley

2. Shonté Cook 1:43.43 2006
 Ashley Earnest
 Kathleen Parker
 Erica Moody

3. Shonté Cook 1:43.74 2006
 Kathleen Parker
 Amelia Sofis
 Erica Moody

4. April Allensworth 1:44.54 2000
 Julie Tyo
 LynnDee Howell
 Adjoa Taylor

5. Ashley Earnest 1:46.71 2006
 Kathleen Parker
 Erica Moody
 Shonté Cook

4x400m Team Time Year

1. **Charlene Garth 3:49.16 2008**
 Erica Moody
Melissa Miller
Kathy Parker

2. **Melissa Miller 3:53.16 2009**
Kathleen Parker
Meghan Wendelken
Charlene Garth

3. Erica Moody 3:53.28 2006
 Kathleen Parker
 Ashley Earnest
 Kristen Micsky

4. Erica Moody 3:53.32 2005
 Kristen Micsky

Amelia Sofis
 Elena Resovich

5. Erica Moody, 3:54.18 2005
 Kristen Micsky
 Alison Buchanan
 Elena Resovich

4x800m Team Time Year

1. Tara Gerlach 9:02.23 2004
 Alison Buchanan
 Michelle Flynn
 Elena Resovich

2. **Carly Brickett 9:03.13 2009**
Kathleen Parker
Charlene Garth
Samantha Howard

3. Amy Ruffolo 9:06.75 2006
 Tara Gerlach
 Emily Beahan
 Samantha Howard

4. Tara Gerlach 9:10.19 2003
 Alison Buchanan
 Michelle Flynn
 Elena Resovich

5. Tara Gerlach 9:11.96 2003
 Alison Buchanan
 Michelle Flynn
 Elizabeth Graham

4x1500m Team Time Year

1. Allison Buchanan 19:38.80 2002
 Carrie Hucko
 Michelle Flynn
 Tanya Brown

Distance Team Time Year

1. Amy Ruffolo 11:54.56 2007
 Erica Moody
 Emily Beahan
 Samantha Howard

2. Tara Gerlach 12:00.47 2005
 Erica Moody
 Alison Buchanan
 Elizabeth Graham

3. Amy Ruffolo 12:03.06 2005
 Alison Buchanan
 Tara Gerlach
 Samantha Howard

4. Tara Gerlach 12:05.05 2004
 Elena Resovich
 Alison Buchanan

Carrie Hucko

5. Amy Ruffolo 12:10.00 2007
Ashley Earnest
Emily Beahan
Samantha Howard