



DUQUESNE UNIVERSITY DEPARTMENT OF INTERCOLLEGIATE ATHLETICS

DUQUESNE UNIVERSITY TRACK & FIELD ALL-TIME OUTDOOR SCHOOL RECORDS

<u>100m</u>	<u>Time</u>	<u>Year</u>
Shea McMillan	12.35	2004

<u>100mH</u>	<u>Time</u>	<u>Year</u>
Nicole Wiley	14.42	2003

<u>200m</u>	<u>Time</u>	<u>Year</u>
Melissa Miller	24.46	2009

<u>400m</u>	<u>Time</u>	<u>Year</u>
Melissa Miller	54.90	2010

<u>400mH</u>	<u>Time</u>	<u>Year</u>
Nicole Cherok	1:02.37	2011

<u>800m</u>	<u>Time</u>	<u>Year</u>
Melissa Miller	2:08.26	2010

<u>1500m</u>	<u>Time</u>	<u>Year</u>
Amber Valimont	4:29.89	2011

<u>3000m</u>	<u>Time</u>	<u>Year</u>
Amber Valimont	9:57.76	2011

<u>Steeplechase</u>	<u>Time</u>	<u>Year</u>
Amy Ruffolo,	10:33.39	2005

<u>5000m</u>	<u>Time</u>	<u>Year</u>
Samantha Howard	16:47.98	2009

<u>10000m</u>	<u>Time</u>	<u>Year</u>
Samantha Howard	36:17.67	2009

<u>High Jump</u>	<u>Height</u>	<u>Year</u>
Sherie Key	5-7	2011
Kristen Micsky	5-7	2005

<u>Long Jump</u>	<u>Time</u>	<u>Year</u>
Kristen Micsky	19-1.25	2003

<u>Triple Jump</u>	<u>Time</u>	<u>Year</u>
Shea McMillan	39-2.5	2004

<u>Pole Vault</u>	<u>Time</u>	<u>Year</u>
Daniela Siciliano	11-9.75	2010

<u>Discus</u>	<u>Time</u>	<u>Year</u>
Melissa Stewart	160-9	2004

<u>Javelin</u>	<u>Time</u>	<u>Year</u>
Erica DaCosta	140-0	2002

<u>Shot Put</u>	<u>Time</u>	<u>Year</u>
Ashley Adams	48-7	2010

<u>Hammer</u>	<u>Time</u>	<u>Year</u>
Arin Whitman	154-5.5	2009

<u>Heptathlon</u>	<u>Score</u>	<u>Year</u>
Emily Durkota	4065	2000

<u>4x100m</u>	<u>Time</u>	<u>Year</u>
Nicole Cherok, Kristin Wenthien, Taylor Glenn, Shannon Abraham	47.41	2011

<u>4x200m</u>	<u>Time</u>	<u>Year</u>
Shea McMillan Ashley Smith Melissa Blackburn Nicole Wiley	1:43.31	2004

<u>4x400m</u>	<u>Time</u>	<u>Year</u>
Nicole Cherok Kristin Wenthien Shannon Abraham Taylor Glenn	3:47.85	2011

<u>4x800m</u>	<u>Time</u>	<u>Year</u>
Elise Farris, Colleen Gilmore, Haley Pisarcik, Amber Valimont	8:55.09	2011

<u>4x1500m</u>	<u>Time</u>	<u>Year</u>
Allison Buchanan Carrie Hucko Michelle Flynn Tanya Brown	19:38.80	2002

<u>Distance</u>	<u>Time</u>	<u>Year</u>
Amy Ruffolo, Alison Buchanan Tara Gerlach Samantha Howard	12:03.06	2005

as of May 9, 2011