

Duquesne University Track & Field All-Time Indoor/Outdoor Top Performances (as of May 16, 2007)

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

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

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	12.47	2007

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

200m	Name	Time	Year
1.	LynnDee Howell	25.68	2000
2.	Jania Brimage	25.80	1994
3.	Nicole Wiley	25.89	2003
4.	Erica Moody 2x	25.96	(last) 2006
5.	Nancy Pferdehirt	26.12	1998

400m	Name	Time	Year
1.	Erica Moody	56.88	2005
2.	LynnDee Howell	57.59	2000
3.	Kathy Parker	57.99	2006
4.	Elena Resovich	58.07	2005
5.	Adjoa Taylor	59.03	1998

400mHH	Name	Time	Year
1.	Kathleen McCabe	1:02.85	2002
2.	Kristen Micsky	1:03.07	2005
3.	Julie Tyo	1:06.15	2002
4.	Braquel Hoff	1:06.98	1992
5.	Ashley Smith	1:07.25	2006

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

5. Erica Moody 1:19.29 2005

800m	Name	Time	Year
1.	Adjoa Taylor	2:14.17	2000
2.	Sarah Saunders	2:14.72	2002
3.	Tara Gerlach	2:14.74	2005
4.	Liz Bollens	2:14.92	2000
5.	Elizabeth Graham	2:15.21	2007

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

1500m	Name	Time	Year
1.	Samantha Howard	4:34.93	2007
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

Mile	Name	Time	Year
1.	Samantha Howard	5:00.95	2007
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	9:56.04	2007
3.	Brianne Scott	10:01.88	2006
4.	Carrie Hucko	10:01.96	2003
5.	Katie Talarico	10:02.10	1998

5000m	Name	Time	Year
1.	Samantha Howard	17:14.56	2006
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.	Carrie Hucko	37:06.95	2004
2.	Sarah Como	37:32.31	2001
3.	Amy Tucker	37:56.27	2005
4.	Trish Coffin	38:24.84	1996
5.	Kate Szymaszek	38:34.12	2007

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	11:33.45	2007
5.	Lisa Wiley	12:03.61	2002

High Jump	Name	Height	Year
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1.	Kristen Micsky	5-7.00	2005
2.	Emily Durkota	5-6.50	2000
3.	Kathy Ridilla	5-6.00	1989
4.	Kerri Durica	5-5.00	2005
5.	Crystal Paris	5-4.00	2000

Long Jump	Name	Time	Year
1.	Kristen Micsky	19-1.25	2003
2.	Shea McMillan	18-6.00	2004
3.	Kristen Drozd	17-11.50	1994
4.	Ashley Cochran	17-10.75	2003
5.	Nicole Wiley	17-8.00	2004

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.	Crystal Paris	37-5.00	2001
5.	Emily Durkota	36-6.50	1999

Pole Vault	Name	Time	Year
1.	Sarah Fetterman	11-9.00	2005
2.	Alison McCartney	11-0.25	2006
3.	Daniela Siciliano	10-10.0	2007
4.	Emily Baker	10-6.00	2003
5.	Jaclyn Walters	10-6.00	2005

Discus	Name	Time	Year
1.	Melissa Stewart	160-9.00	2004
2.	Lena Harris	135-2.00	2002
3.	Amanda Haeg	132-6.00	2005
4.	Marcie Hepler	132-5.00	2003
5.	Valerie Hahn	117-9.00	2003

Javelin	Name	Time	Year
1.	Erica DaCosta	140-0.00	2002
2.	Holly Mara	131-2.00	1991
3.	Caitlin Cielo	130-10.00	2005
4.	Mary Beth Sypien	121-7.00	1995
5.	Valeria Hahn	115-9.00	2004

Shot Put	Name	Time	Year
1.	Melissa Stewart	45-8.50	2004
2.	Marcie Hepler	44-5.00	2002
3.	Amy Francisco	41-2.00	1988
4.	Lena Harris	39-4.50	2003
5.	Christ Chandler	38-4.00	1995

Weight Throw	Name	Time	Year
1.	Marcie Hepler	51-11.25	2003
2.	Melissa Stewart	49-6.00	2007
3.	Lena Harris	48-11.00	2003
4.	Alana McClanahan	48-10.00	2006
5.	Valerie Hahn	36-5.00	2003

Hammer	Name	Time	Year
1.	Marcie Hepler	146-10.00	2003
2.	Melissa Stewart	146-5.00	2007
3.	Alana McClanahan	136-3.50	2006

4.	Lena Harris	134-1.00	2003
5.	Krishna Mackulin	105-6.00	2002

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.	Shonte-Cook Melissa Miller Ashley Earnest Erica Moody	48.78	2007
2.	Kathy Parker Melissa Miller Ashley Earnest Erica Moody	49.16	2007
3.	Ashley Smith Nicole Wiley Melissa Blackburn Michelle Flynn	49.25	2004
4.	Ashley Smith Nicole Wiley Melissa Blackburn Shea McMillan	49.32	2004
5.	Shonte-Cook Ashley Earnest Kathleen Parker Erica Moody	49.40	2006

4x200m	Team	Time	Year
1.	Shea McMillan Ashley Smith Melissa Blackburn Nicole Wiley	1:43.31	2004
2.	Shonté Cook Ashley Earnest Kathleen Parker Erica Moody	1:43.43	2006
3.	Shonté Cook Kathleen Parker Amelia Sofis Erica Moody	1:43.74	2006
4.	April Allensworth Julie Tyo	1:44.54	2000

LynnDee Howell
Adjoa Taylor

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

4x400m Team Time Year

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

2. Erica Moody 3:53.32 2005
Kristen Micsky
Amelia Sofis
Elena Resovich

3. **Melissa Miller 3:53.93 2007**
Kathy Parker
Charlene Garth
Erica Moody

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

5. Erica Moody 3:54.78 2006
Amelia Sofis
Kathleen Parker
Kristen Micsky

4x800m Team Time Year

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

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

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

4. Elizabeth Graham 9:12.18 2006
Tara Gerlach
Emily Beahan
Samantha Howard

5. Anne Granger 9:13.00 1998
Adjoa Taylor
Tricia Snyder
Amy Talarico

4x1500m	Team	Time	Year
1.	Allison Buchanan Carrie Hucko Michelle Flynn Tanya Brown	19:38.80	2002

Distance	Team	Time	Year
1.	Amy Ruffolo Erica Moody Emily Beahan Samantha Howard	11:54.56	2007
2.	Tara Gerlach Erica Moody Alison Buchanan Elizabeth Graham	12:00.47	2005
3.	Amy Ruffolo Alison Buchanan Tara Gerlach Samantha Howard	12:03.06	2005
4.	Tara Gerlach Elena Resovich Alison Buchanan Carrie Hucko	12:05.05	2004
5.	Amy Ruffolo Ashley Earnest Emily Beahan Samantha Howard	12:10.00	2007