



George Washington Track Records



Women's Track Indoor Records

<u>Event</u>	<u>Name</u>	<u>Meet</u>	<u>Year</u>	<u>Time</u>
60m Dash	Lauren Battle	CNU Holiday Open	2015-16	8.34
60m Hurdles	Liberty Mason-Sharma	Vince Brown Invitational	2014-15	10.68
200m Dash	Taryn Milbourne	Atlantic 10 Championship	2015-16	27.20
300m Dash	Taryn Milbourne	Terrapin Invitational	2015-16	45.63
400m Dash	Gianna Smith	CNU Holiday Open	2015-16	1:01.44
500m Dash	Kirsten Nottingham	Patriot Games	2014-15	1:26.42
600m Run	Kirsten Zeller	Terrapin Invitational	2015-16	1:49.19
800m Run	Abby Llanos	Navy Multi-Mix Invitational	2015-16	2:19.82
1000m Run	Madison Yerke	Patriot Games	2016-17	2:57.88
3000m Run	Hannah Rowe	Atlantic 10 Championship	2014-15	9:53.12
5000m Run	Miranda DiBiasio	Atlantic 10 Championship	2016-17	16:58.89
One Mile Run	Halley Brown	Atlantic 10 Championship	2016-17	4:53.02
4x400m Relay	Coulter, Wolfe, Gabor, Mason Sharma	Patriot Games	2014-15	4:34.53
4x800m Relay	Wilkinson, Dannheim, t'Kint, Brown	Atlantic 10 Championship	2017-18	9:35.79
Distance Medley Relay	Porter, Yerke, Danneheim, Goetz	Atlantic 10 Championship	2016-17	12:19.37

Women's Track Indoor All-Conference

<u>Name</u>	<u>Year</u>	<u>Event</u>
Miranda DiBiasio	2017	5000m*
Halley Brown	2017	Mile*

*- Atlantic 10 Champion

Women's Track Outdoor Records

<u>Event</u>	<u>Name</u>	<u>Meet</u>	<u>Year</u>	<u>Time</u>
100m Dash	Kirsten Nottingham	VCU Ram Invitational	2014-15	13.90
100m Hurdles	Liberty Mason-Sharma	Morgan State Legacy	2014-15	16.95
400m Hurdles	Liberty Mason-Sharma	Morgan State Legacy	2014-15	1:12.64
200m Dash	Kirsten Nottingham	Atlantic 10 Championship	2014-15	27.19
400m Dash	Kirsten Nottingham	Atlantic 10 Championship	2015-16	1:01.04
800m Run	Halley Brown	Navy Invitational	2016-17	2:15.35
1500m Run	Halley Brown	Colonial Relays	2016-17	4:29.96
3000m Run	Halley Brown	Penn Relays	2016-17	9:48.76
3000m Steeplechase	Suzanne Dannheim	ECAC/IC4A Championship	2017-18	10:38.36
5000m Run	Miranda DiBiasio	Penn Relays	2016-17	16:47.30
10000m	Miranda DiBiasio	Raleigh Relays	2016-17	34:55.50
4x400m	Coogan, Nohilly, Wilkinson, Fatica	Navy Invitational	2017-18	4:17.32
4x800m Relay	Brown, Nohilly, Coogan, Yerke	Penn Relays	2017-18	9:10.52
4x1500m Relay	T'Kint, Hughen, Prial, Brown	Colonial Relays	2016-17	20:12.20
Distance Medley Relay	Coogan, Nohilly, Yerke, Brown	Colonial Relays	2017-18	12:19.72

Women's Track Outdoor All-Conference

<u>Name</u>	<u>Year</u>	<u>Event</u>
Miranda DiBiasio	2016*, 2017*	10000m
Ariana North	2015, 2016	3000m Steeplechase
Miranda DiBiasio	2015	5000m
Macaulay Porter	2017	5000m
Halley Brown	2017, 2018	1500m
Madison Yerke	2017	1500m
Lesley Fatica	2017	3000m Steeplechase
Suzanne Dannheim	2018	3000m Steeplechase

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Men's Track Indoor Records

Event	Name	Meet	Year	Time/Dis
60m Dash	Ira Clark	Wesley A. Brown Invitational	2016-17	7.44
60m Hurdles	Joe Verghese	CNU Holiday Open	2015-16	9.62
200m Dash	Ira Clark	Wesley A. Brown Invitational	2016-17	23.87
300m Dash	Ed Delavergne	Terrapin Invitational	2017-18	37.79
400m Dash	Justin Scott	Navy Invitational	2017-18	51.10
500m Dash	Frank Delavergne	Mason Last Chance	2017-18	1:08.18
600m Run	Sawyer Bilton	CNU Holiday Open	2015-16	1:25.51
800m Run	Carter Day	Wesley A. Brown Invitational	2015-16	1:56.78
1000m Run	Carter Day	Armory Track Invitational	2015-16	2:29.73
1500m Run	Kyle Beaudette	Navy Invitational	2017-18	4:05.16
3000m Run	Carter Day	Atlantic 10 Championship	2017-18	8:18.93
5000m Run	Jack Conlon	Patriot Games	2017-18	15:05.56
1 Mile	Chris Shaffer	BU Last Chance	2017-18	4:07.64
Distance Medley Relay	Wills, Shaffer, E. Delavergne, Day	Atlantic 10 Championship	2017-18	9:56.46
4x200 Relay	E. Delavergne, F. Delavergne, Nelson, Verghese	DuCharme Invitational	2017-18	1:38.09
4x400 Relay	E. Delavergne, F. Delavergne, Coombes, Garry	Wesley A. Brown Invitational	2016-17	3:28.33
4x800 Relay	Shaffer, Dublirer, Craven, Day	Atlantic 10 Championship	2014-15	8:00.84
Long Jump	Ed Delavergne	Mason Last Chance	2017-18	5.83m
Triple Jump	Jared Nelson	Terrapin Invitational	2017-18	13.68m

Men's Track Indoor All-Conference

Name	Year	Event
Colin Wills	2018*	Mile
Carter Day	2018*	3000m
Colin Wills, Chris Shaffer, Ed Delavergne, Carter Day	2018*	Distance Medley Relay

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Men's Track Outdoor Records

Event	Name	Meet	Year	Time
100m Dash	Joe Verghese	VCU Ram Invitational	2014-15	11.50
110m Hurdles	Joe Verghese	Maryland Invitational	2014-15	18.03
200m Dash	Jared Nelson	Mason Spring Invitational	2017-18	23.34
400m Hurdles	Joe Verghese	Morgan State Legacy	2014-15	1:01.40
400m Dash	Ed Delavergne	Swarthmore Last Chance	2016-17	51.29
800m Run	Chris Shaffer	UCF Black & Gold Challenge	2016-17	1:54.25
1500m Run	Chris Shaffer	Mason Spring Invitational	2016-17	3:49.18
3000m Run	Seamus Roddy	Colonial Relays	2015-16	8:44.45
3000m Steeplechase	Carter Day	Atlantic 10 Championship	2017-18	8:58.40
5000m Run	Carter Day	Raleigh Relays	2017-18	14:22.45
10000m Run	Andrew Weber	Atlantic 10 Championship	2017-18	31:20.75
4x400 Relay	Nelson, Bilton, Scott, E. Delavergne	Hopkins Invitational	2016-17	3:27.59
4x800 Relay	Wills, DePinto, Dooling, Shaffer	Atlantic 10 Championship	2017-18	7:44.11
4xMile	Wills, Day, Shaffer, Lange	Penn Relays	2017-18	16:34.53
4x1500 Relay	Housey, James, Roddy, Sye	Colonial Relays	2016-17	16:44.52
Sprint Medley Relay	Nelson, E. Delavergne, Scott, Shaffer	Colonial Relays	2016-17	3:34.76
Distance Medley Relay	Day, E. Delavergne, Wills, Shaffer	Penn Relays	2016-17	9:57.43
Triple Jump	Jared Nelson	Navy Invitational	2017-18	12.73m

Men's Track Outdoor All-Conference

Name	Year	Event
Carter Day	2018*	3000m Steeplechase
Carter Day	2018*	5000m
Ryan DePinto	2018*	1500m
Colin Wills	2018	1500m