



George Washington Track Records



Women's Track Indoor Records

Event	Name	Meet	Year	Time
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
Distance Medley Relay	Porter, Yerke, Danneheim, Goetz	Atlantic 10 Championship	2016-17	12:19.37

Women's Track Indoor All-Conference

Name	Year	Event
Miranda DiBiasio	2017	5000m*, 3000m
Halley Brown	2017	Mile*
Miranda DiBiasio	2016	5000m
Hannah Rowe	2015	5000m
Hannah Rowe	2015	3000m
Lauren t'Kint de Roodenbeke	2015	Mile

*- Atlantic 10 Champion

Women's Track Outdoor Records

Event	Name	Meet	Year	Time
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	Ariana North	Morgan State Legacy	2015-16	11:00.94
5000m Run	Miranda DiBiasio	Penn Relays	2016-17	16:47.30
10000m	Miranda DiBiasio	Raleigh Relays	2016-17	34:55.50
4x800m Relay	Anderson, Gabor, Danneheim, North	Colonial Relays	2016-17	9:26.25
4x1500m Relay	T'Kint, Hughen, Prial, Brown	Colonial Relays	2016-17	20:12.20
Distance Medley Relay	Wolfe, Nottingham, North, Brown	Colonial Relays	2015-16	12:37.19

Women's Track Outdoor All-Conference

Name	Year	Event
Miranda DiBiasio	2016*, 2017*	10000m
Ariana North	2015, 2016	3000m Steeplechase
Miranda DiBiasio	2015	5000m
Macaulay Porter	2017	5000m
Halley Brown	2017	1500m
Madison Yerke	2017	1500m
Lesley Fatica	2017	3000m Steeplechase

*- Atlantic 10 Champion



George Washington Track Records



Men's Track Indoor Records

Event	Name	Meet	Year	Time
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	2016-17	37.88
400m Dash	Ed Delavergne	Wesley A. Brown Invitational	2016-17	52.09
500m Dash	Sawyer Bilton	Atlantic 10 Championship	2016-17	1:08.39
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	Tyler Gillies	Navy Invitational	2014-15	4:20.60
3000m Run	Ryan Tucker	Armory Track Invitational	2015-16	8:24.75
5000m Run	Ryan Tucker	Wesley A. Brown Invitational	2014-15	15:14.37
1 Mile	Ryan DePinto	Terrapin Invitational	2016-17	4:14.89
Distance Medley Relay	Day, Shaffer, Coombes, Wills	Atlantic 10 Championship	2016-17	10:08.63
4x400 Relay	E. Delavergne, F. Delavergne, Coombes, Garry	Wesley A. Brown Invitational	2016-17	3:28.33
4x800 Relay	Shaffer, Dubliner, Craven, Day	Atlantic 10 Championship	2014-15	8:00.84

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	Hopkins Invitational	2016-17	23.37
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	John-Louis Pane	Atlantic 10 Championship	2014-15	9:23.19
5000m Run	Ryan Tucker	Penn Relays	2015-16	14:35.04
4x400 Relay	Nelson, Bilton, Scott, E. Delavergne	Hopkins Invitational	2016-17	3:27.59
4x800 Relay	Shaffer, Dooling, Wills, Arnold	Atlantic 10 Championship	2016-17	7:45.80
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

Men's Track Outdoor All-Conference

Name	Year	Event
Chris Shaffer	2017	1500m
Ryan DePinto	2016	1500m
John-Louis Pane	2015	3000m Steeplechase