



# George Washington Track Records



## Women's Track Indoor Records

<b>Event</b>	<b>Name</b>	<b>Meet</b>	<b>Year</b>	<b>Time</b>
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

<b>Name</b>	<b>Year</b>	<b>Event</b>
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

<b>Event</b>	<b>Name</b>	<b>Meet</b>	<b>Year</b>	<b>Time</b>
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

<b>Name</b>	<b>Year</b>	<b>Event</b>
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

<b>Event</b>	<b>Name</b>	<b>Meet</b>	<b>Year</b>	<b>Time/Dis</b>
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

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

\*- Atlantic 10 Champion

## Men's Track Outdoor Records

<b>Event</b>	<b>Name</b>	<b>Meet</b>	<b>Year</b>	<b>Time</b>
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

## Men's Track Outdoor All-Conference

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