

**INDOOR TRACK FIELD
ALL TIME TOP 10
WOMEN**

20lb WT

Ashley Harbin	66' 2 1/4"	2008
Rachel Pena	61' 11"	2014
Rhonda Snyder	56' 8 1/2"	2001
Osasumwen Izevbigie	56' 6 1/2"	2008
Penny Erisman	55' 11"	1991
Gwen Steckel	54' 4 3/4"	2012
Tonia Simmons	51' 1 1/2"	1990
Larissa Bellamy	51' 1/2"	2004
Vicky Melroy	50' 11"	2009
Liz Graybill	50' 6"	2010

55M DASH

Tina Beth Pina	7.17	1993
Jill Corey	7.21	1999
Sharon Lukenda	7.24	1984
Asia Hollis	7.26	2008
Janica Austin	7.29	2008
Medinah Salahm	7.31	1998
Suzette Francois	7.34	1986
Vanessa Youngs	7.36	2007
Kisha Thomas	7.40	2005
Brooke DiMarco	7.44	2001
Genine Darrough	7.44	1995

SHOT PUT

Osasumwen Izevbigie	48' 1 3/4"	2008
Hope McCorkle	47' 5"	1998
Rhonda Snyder	46' 4"	2001
Pam Glennon	44' 4"	2008
Rachel Pena	43' 11 1/4"	2014
Larissa Bellamy	42' 5 1/2"	2003
Sarah Talmadge	41' 9 1/4"	2013
Andrea Cerbie	41' 8 3/4"	2007
Penny Erisman	41' 6 3/4"	1988
Noreen Chamberlain	40' 5"	1988

60M DASH

Asia Hollis	7.75	2008
Devin Smith	7.76	2016
Kelly Clyde	7.79	2011
Janica Austin	7.81	2008
Erin Keen	7.87	2016
Kisha Thomas	7.91	2006
Brittany Powell	7.93	2012
Dina Naphor	7.95	2015
Mara Blanchard	7.96	2017
Vanessa Youngs	7.96	2007

POLE VAULT

Elise Buffinton	12' 11 1/2"	2014
Mara Blanchard	11' 5 3/4"	2015/2017
Claire Murphy	11' 5 3/4"	2013
Daria Szkwarko	11' 5 1/4"	2006
Rebecca Slotkin	11' 3 3/4"	2011
Brooke Kohler	11' 3 3/4"	2010-2011
Jennifer Kihm	11' 3 3/4"	2010
Ambyr Craw	11' 3 3/4"	2002
Kim Miller	11' 0"	2000
Kelly Hinkel	10' 10"	2008
Olivia Tusinski	10' 10"	2001-02

55M HURDLES

Noreen Chamberlain	8.16	1988
Sharon Lukenda	8.18	1984
Jayne O'Brien	8.32	1986
Debbie Linton	8.40	1986
Kristen Kalinowski	8.48	2008
Carrie Strong	8.51	1999
Jodi Bruder	8.54	2000
Jennifer White	8.58	2003
Jessica Buzzell	8.61	2006
Kerriann Borke	8.64	2008

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LONG JUMP

Brittany Powell	19' 5 1/4"	2015
Joelle Neilson	18' 11 1/4"	2012
Jessica Buzzell	18' 9 3/4"	2008
Kerriann Borke	18' 7 1/4"	2011
Jodi Bruder	18' 6"	2000
Emily Cholak	18' 5"	2008
Stephanie Hazlett	18' 2 1/4"	2010
Sharon Lukenda	18' 1/4"	1984
Jody Walsh	17' 8"	1999
Noreen Chamberlain	17' 7 3/4"	1987

60M HURDLES

Janica Austin	8.67	2008
Jessica Buzzell	8.95	2009
Dejana Harris	8.99	2015
Kristen Kalinowski	9.04	2008
Erica Swinton	9.07	2013
Dina Naphor	9.09	2015
Jennifer White	9.17	2004
Jodi Bruder	9.24	2000
Kerriann Borke	9.25	2009
Sally Trout	9.28	2014

TRIPLE JUMP

Joelle Neilson	39' 1 1/4"	2012
Brittany Powell	38' 4 1/4"	2013
Emily Cholak	38' 4 1/4"	2008
Kelly Barrett	38' 4 1/4"	1999
Kerriann Borke	38' 3/4"	2011
Shannon Brennan	37' 9 1/4"	1994
Jody Walsh	37' 4"	1999
Noreen Chamberlain	37' 0"	1988
Danielle Hasiuk	36' 11"	2000
Colleen Becker	36' 9 3/4"	2002

200M DASH

Devin Smith	24.71	2016
Drew Davis	25.21	2017
Kelly Clyde	25.43	2011
Janica Austin	25.51	2008
Erin Keen	25.53	2016
Medinah Salaam	25.66	1998
Asia Hollis	25.73	2008
Suzette Francois	25.79	1986
Adedayo Adu	25.96	2012
Haley Langton	26.13	2014

** Converted from Yards*

HIGH JUMP

Carrie Strong	5' 8 1/4"	1998
Kristen Kalinowski	5' 7 1/4"	2008
Beth Loretz	5' 6 1/2"	2000
Susan Waters	5' 6 1/2"	1998
Rachel Douglas	5' 5"	2015
Jessica Buzzell	5' 5"	2009
Leigh Kalinowski	5' 5"	2008
Jodi Bruder	5' 4"	1997
Maggie Gray	5' 4"	1990
Sharon Lukenda	5' 4"	1985

400M DASH

Devin Smith	54.81	2016
Drew Davis	55.55	2017
Kate Evangelista	57.57	2003
Janica Austin	57.72	2008
Asia Hollis	57.90	2008
Natalie Bosserman	57.99	2002
Haley Langton	58.57	2014
Sadie Wetherbee	58.71	2001
Adedayo Adu	58.79	2012
Dorothea Sepulveda	58.95	1989

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PENTATHLON

Sharon Lukenda	3,544 Pts.	1984
Kristen Kalinowski	3,539 Pts	2008
Carrie Strong	3,534 Pts.	1999
Noreen Chamberlain	3,351 Pts.	1987
Stephanie Hazlett	3,331 Pts	2012
Jennifer White	3,179 Pts	2004
Jessica Buzzell	3,166 Pts	2006
Dina Naphor	3,025 Pts	2015
Shannon Brennan	2,979 Pts.	1994
Leigh Kalinowski	2,962 Pts	2006

500M RUN

Drew Davis	1:14.26	2017
Jayne O'Brien	1:14.34	1985
Haley Langton	1:15.49	2015
Deborah Fink	1:15.55	2006
Elizabeth Hallowell	1:15.73	2004
Carrie Strong	1:16.64*	1999
Kelly Reager	1:16.80	2017
Debbie Linton	1:16.96	1986
Kate Evangelista	1:17.99	2003
Anna Sherman	1:18.01	2001

4 X 400M

Keen, Davis, Reager, Smith	3:46.19	2016
Davis, Langton, Keen, Smith	3:48.69	2015
	3:51.32	2004
	3:52.24	2002
	3:52.32	1986
	3:52.53	1987
	3:52.74	2017
	3:52.99	2013
converted from yds	3:54.04*	1985
	3:55.99	2014

800M RUN

Meghan Baker	2:12.45	2006
Deborah Fink	2:13.97	2006
Anna Sherman	2:15.36	2001
Kate Detterline	2:15.41	1998
Kelly Reager	2:16.38	2016
Lauren McHale	2:17.00	2000
Colleen Gleeson	2:17.74	1997
Alexa Kwapinski	2:17.97	2016
Grace Watters	2:18.09	2014
Mary Beth Townsend	2:18.09	1991

4 X 800M

Harmon, Kwapinski, Spiess, Reager	9:05.04	2017
	9:11.14	2004
	9:12.32	2015
	9:12.46	2006
	9:18.55	1997
	9:19.50	2002
	9:21.98	2008
	9:23.17	2012
	9:23.68	2000
	9:26.79	1998

1000M RUN

Lauren McHale	2:54.61	2002
Alexa Kwapinski	2:55.21	2016
Grace Watters	2:57.73	2015
Anna Sherman	2:57.99	2002
Amy Lion	2:58.56	1999
Hannah Tuson	2:59.74	2004
Jeannine Sluck	2:59.74	1994
Julie Harms	2:59.89	2004
Sarah Welsh-Huggins	3:00.58	2012
Brittany Waldron	3:00.59	2006

*** Converted from Hand Time**

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DMR

Marquis, Pina, Sepulveda, Townsend	11:52.82	1991
Kwapinski, Broholm, Reager, Harn	11:59.36	2017
	12:06.12	2002
	12:08.32	1989
	12:08.55	2001
	12:15.24	1984
	12:20.19	2007
	12:20.84	1992
	12:21.76	2014
Kwapinski, O'Brien, Ayers, Harmon	12:23.19	2016

MILE RUN

Nathalie Marquis	5:00.74*	1992
Lauren McHale	5:02.43	2001
Renee Robbins	5:02.71	1986
Margaret Bruno-Metzger	5:03.30	2009
Mary Beth Townsend	5:04.14*	1989
Sarah Welsh-Huggins	5:05.70	2012
Meghan Baker	5:09.55	2006
Megan Smith	5:09.74	1997
Sharon Leddy	5:09.94	1985
Caroline Harmon	5:10.78	2017

1500M (no longer contested)

Nathalie Marquis	4:42.24	1991
Renee Robbins	4:42.71	1986

3000M RUN

Mary Beth Townsend	9:52.04	1991
Margaret Bruno-Metzger	9:57.23	2009
Katie Schultes	10:05.25	2006
Rose Willey	10:05.57	2013
Stephanie Benko	10:07.79	2013
Nathalie Marquis	10:09.20	1992
Erika Stasakova	10:11.59	2012
Emily Moore	10:13.52	2017
Megan Smith	10:15.18	1997
Laura Nann	10:15.21	2000

5000M RUN

Emily Moore	16:54.23	2017
Katie Schultes	17:09.33	2006
Mary Beth Townsend	17:12.96	1991
Renee Robbins	17:27.10	1986
Lauren Kelly	17:46.69	2011
Rian Landers	17:51.96	2003
Laura Nann	17:53.76	2000
Megan Smith	18:06.78	1997
Julie Gloss	18:07.14	1994
Devon Landers	18:07.69	2003

*** Converted from Hand Time**