

2017 Outdoor Season Bests

Women

100m

Mara Blanchard	12.67	ESU
Charlotte Gacek	13.37	Dual
Natasha Otton	13.62	7 Way
Nina Milligan	13.86	Dual

200m

Drew Davis	25.03	Dual
Mara Blanchard	26.38	Dual
Amy Hewlett	27.51	Greyhound
Charlotte Gacek	27.59	LU Games
Crosby Spiess	27.95	7 Way

400m

Drew Davis	54.92	High Point
Crosby Spiess	58.41	Dual
Kelly Reager	59.12	Muhlenberg
Tessa Broholm	59.56	LU Games
Amy Hewlett	59.60	PLC
Kate Mozzochi	1:02.09	LU Games
Charlotte Gacek	1:03.35	Greyhound
Natasha Otton	1:05.11	Muhlenberg
Nina Milligan	1:05.14	LU Games

800m

Kelly Reager	2:15.03	PLC
Alexa Kwapinski	2:15.30	LU Games
Crosby Spiess	2:17.57	LU Games
Amy Hewlett	2:19.19	LU Games
Samira Sujak	2:26.34	7 Way
Drew Davis	2:29.13	7 Way
Margaret Schiazza	2:29.28	LU Games
Brigid McGill	2:29.06	LU Games

1,500m

Alexa Kwapinski	4:44.54	Bison
Caroline Harmon	4:49.16	Princeton
Brigid McGill	4:49.72	Bison
Emily Moore	4:49.95	7 Way
Samira Sujak	4:54.89	PLC
Courtney Geisenheimer	4:59.51	LU Games
Brook Blackshaw	5:30.52	Muhlenberg
Avery Nunn	6:29.10	Muhlenberg

3,000m Steeplechase

Emily Moore	11:45.13	Dual
Morgan Nobles	12:13.95	Greyhound
Mikayla Pacilio	12:47.85	Muhlenberg

5000m

Caroline Harmon	18:04.04	Bison
Brigid McGill	18:36.07	Muhlenberg
Emily Moore	18:37.87	PLC
Jennifer Salvatore	18:49.31	PLC
Courtney Geisenheimer	19:33.99	7 Way
Morgan Nobles	19:37.05	ESU
Stephanie McCartney	20:10.93	Muhlenberg
Brook Blackshaw	20:10.97	7 Way
Mikayla Pacilio	20:41.04	Greyhound
Rebecca Bosanko	20:44.07	Muhlenberg
Kattie Millar	20:44.15	LU Games
Erin Rome	21:39.24	LU Games

10,000m

Emily Moore	35:50.19	Bison
Jennifer Salvatore	38:23.08	Bison

100m Hurdles

Tessa Broholm	15.58	Dual
Kate Mozzochi	15.60	LU Games
Nina Milligan	16.03	LU Games

400m Hurdles

Tessa Broholm	1:03.32	Princeton
Kate Mozzochi	1:06.63	PLC
Nina Milligan	1:12.32	7 Way

4x100m Relay

Davis, Spiess, Broholm, Blanchard	48.24	LU Games
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4x400m Relay

Reager, Spiess, Davis, Broholm	3:51.48	PLC
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4x800m Relay

Harmon, Kwapinski, Spiess, Reager	9:03.60	PLC
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**2017 Outdoor Season Bests
Women**

Long Jump

Mara Blanchard	16' 8.5"	Dual
Tessa Broholm	15' 0"	Dual
Zoe Peerman	12' 7.25"	Dual

Shot Put

Jaimie Sheppard	31' 7.25"	Dual
Tracy Kurdziel	30' 11.25"	Dual
Colleen Cass	23' 7.25"	Dual

Triple Jump

Zoe Peerman	30' 11.75"	Dual
Tessa Broholm	30' 9.75"	Dual

Discus

Tracy Kurdziel	119' 1"	Greyhound
Jaimie Sheppard	106' 8"	Dual
Rosario Rivera	56' 6"	Dual

High Jump

Morgan Maves	4' 9"	Greyhound
Zoe Peerman	4' 9"	Dual

Hammer

Tracy Kurdziel	134' 9"	Dual
Rosario Rivera	96' 8"	Dual

Pole Vault

Mara Blanchard	11' 5.75"	LU Games
Sarah Shoop	9' 8"	Dual
Maurin O'Connor	8' 2.5"	Dual

Javelin

Jaimie Sheppard	109' 8"	Greyhound
Colleen Cass	107' 11"	ESU
Tracy Kurdziel	67' 4"	Dual

7-Way = 3/25/17 - Lafayette 7-Way (Metzgar Fields)

High Point = 3/31/17 & 4/1/17 - High Point VertKlasse Meeting (at High Point)

Muhlenberg = 4/01/17 - Muhlenberg Spring Invitational (at Muhlenberg)

Dual = 4/8/17 - Lafayette vs Lehigh (Metzgar Fields)

KU Multi = 4/13/17 & 4/14/17 - Monschein Multis (at Kutztown)

Bison = 4/14/17 & 4/15/17 - Bucknell Bison Open (at Bucknell)

Greyhound = 4/14/17 & 4/15/17 - Greyhound Invite (at Moravian)

Princeton = 4/21/17 & 4/22/17 - Larry Ellis Invite (at Princeton)

ESU = 4/22/17 - All American Invitational (at East Stroudsburg)

Penn = 4/27/17 & 4/28/17 - Penn Relays (at UPenn)

LU Games = 4/28/17 & 4/29/17 - Lehigh Games (at Lehigh)

PLC = 5/5/17 & 5/6/17 - Patriot League Championships (at Lehigh)

ECAC = 5/12/17-5/14/17 - ECAC Championships (at Princeton)