



# 2014-15 OUTDOOR TRACK & FIELD PERFORMANCE LIST

## Women's 100 Meter Dash

Rank	Time	Name	Yr.	Date	Venue
1	11.74	Alyssa Wise	Fr.	4-10-15	Tennessee Relays
2	11.95	Alyssa Wise	Fr.	4-18-15	Virginia Challenge
3	11.89	Alyssa Wise	Fr.	5-15-2015	ACC Championships
4	12.00	Alyssa Wise	Fr.	4-3-15	Florida Relays
5	12.07	Khadeja Kearney	Jr.	4-18-15	Virginia Challenge

## Women's 100 Meter Hurdles

Rank	Time	Name	Yr.	Date	Venue
1	13.79	Khadeja Kearney	Jr.	4-18-15	Virginia Challenge
2	13.84	Khadeja Kearney	Jr.	4-10-15	Tennessee Relays
3	13.84	Khadeja Kearney	Jr.	5-15-15	ACC Championships
4	14.08	Khadeja Kearney	Jr.	5-16-15	ACC Championships
5	14.19	Laila Ismail	Fr.	5-15-15	ACC Championships

## Women's 200 Meter Dash

Rank	Time	Name	Yr.	Date	Venue
1	24.26	Alyssa Wise	Fr.	5-14-15	ACC Championships
2	24.35	Alyssa Wise	Fr.	5-2-15	Jesse Owens Classic
3	24.37	Zoey Whittington	Jr.	4-3-15	Florida Relays
4	24.66	Dominique Watkins	Fr.	4-18-15	Virginia Challenge
5	24.95	Khyla Freeman	Fr.	5-2-15	Jesse Owens Classic

## Women's 400 Meter Dash

Rank	Time	Name	Yr.	Date	Venue
1	55.08	Evann Thompson	Jr.	4-10-15	Tennessee Relays
2	55.67	Evann Thompson	Jr.	4-18-15	Virginia Challenge
3	55.83	Dominique Watkins	Fr.	5-15-15	ACC Championships
4	56.15	Dominique Watkins	Fr.	4-10-15	Tennessee Relays
5	56.28	Dominique Watkins	Fr.	5-2-15	Jesse Owens Classic

## Women's 400 Meter Hurdles

Rank	Time	Name	Yr.	Date	Venue
1	57.02	Evann Thompson	Jr.	5-29-15	NCAA East Prelims
2	57.33	Evann Thompson	Jr.	5-16-15	ACC Championships
3	58.37	Evann Thompson	Jr.	5-28-15	NCAA East Prelims
4	58.56	Evann Thompson	Jr.	4-18-15	Virginia Challenge
5	58.82	Evann Thompson	Jr.	5-2-15	Jesse Owens Classic

## Women's 800 Meters

Rank	Time	Name	Yr.	Date	Venue
1	2:10.70	Hana Casanova	Sr.	4-18-15	Virginia Challenge
2	2:10.97	Dana DelleFemine	Sr.	3-21-15	Wake Forest Open
3	2:11.18	Hana Casanova	Sr.	4-12-15	Bison Classic
4	2:11.41	Dana DelleFemine	Sr.	4-12-15	Bison Classic
5	2:11.55	Beth Shenck	Fr.	4-18-15	Virginia Challenge

### Women's 1500 Meter Run

Rank	Time	Name	Yr.	Date	Venue
1	4:28.96	Hana Casalnova	Sr.	4-18-15	Virginia Challenge
2	4:30.49	Hana Casalnova	Sr.	5-14-15	ACC Championships
3	4:30.62	Morgan Perry	Sr.	5-14-15	ACC Championships
4	4:31.35	Melanie Vlastic	Fr.	4-18-15	Virginia Challenge
5	4:31.51	Hana Casalnova	Sr.	4-11-15	Bison Classic

### Women's 3,000 Meter Run

Rank	Time	Name	Yr.	Date	Venue
1	9:59.83	Morgan Perry	Sr.	4-12-15	Bison Classic
2	10:11.92	Dee Dee Adams	So.	4-3-15	Colonial Relays
3	10:20.27	Hillary Boxheimer	Jr.	3-21-15	Wake Forest Open
4	10:24.16	Caroline Defrank	Fr.	4-3-15	Colonial Relays
5	10:26.18	Amy Kelly	Fr.	3-21-15	Wake Forest Open

### Women's 3,000 Meter Steeplechase

Rank	Time	Name	Yr.	Date	Venue
1	11:00.15	Karli O'Neill	So.	5-15-2015	ACC Championships
2	11:07.49	Karli O'Neill	So.	4-18-15	Virginia Challenge
3	11:18.50	Karli O'Neill	So.	3-28-15	Raleigh Relays
4	11:19.24	Karli O'Neill	So.	5-2-15	Jesse Owens Classic
5	11:20.40	Caroline Defrank	Fr.	4-11-15	Bison Classic

### Women's 5,000 Meters

Rank	Time	Name	Yr.	Date	Venue
1	16:59.24	Hillary Boxheimer	Jr.	4-11-15	Bison Classic
2	17:03.17	Amy Kelly	Fr.	4-11-15	Bison Classic
3	17:15.16	Morgan Perry	Sr.	4-23-15	Penn Relays
4	17:20.88	Hillary Boxheimer	Jr.	4-18-15	Virginia Challenge
5	17:22.40	Ariel Pastore-Sebring	So.	4-11-15	Bison Classic

### Women's 10,000 Meters

Rank	Time	Name	Yr.	Date	Venue
1	36:02.01	Hillary Boxheimer	Jr.	3-28-15	Raleigh Relays
2	36:57.08	Hillary Boxheimer	Jr.	5-14-15	ACC Championships
3	39:10.39	Paige Anderson	Jr.	4-3-15	Colonial Relays

### Women's High Jump

Rank	Height	Name	Yr.	Date	Venue
1	1.45m	Paige Lumley	Jr.	4-18-15	Virginia Challenge
2	1.45m	Paige Lumley	Jr.	3-21-15	Wake Forest Open
3	1.35m	Savannah Cameron	Jr.	3-21-15	Wake Forest Open

### Women's Long Jump

Rank	Distance	Name	Yr.	Date	Venue
1	5.85m	Julia Koloski	Sr.	5-14-15	ACC Championships
2	5.47m	Paige Lumley	Jr.	4-18-15	Virginia Challenge
3	5.39m	Julia Koloski	Sr.	3-21-15	Wake Forest Open
4	5.38m	Julia Koloski	Sr.	4-3-15	Florida Relays
5	5.37m	Paige Lumley	Jr.	3-28-15	Raleigh Relays

### Women's Triple Jump

Rank	Distance	Name	Yr.	Date	Venue
1	12.77m	Julia Koloski	Sr.	3-27-15	Texas Relays
2	12.72m	Julia Koloski	Sr.	4-18-15	Virginia Challenge
3	12.37m	Paige Lumley	Jr.	3-28-15	Raleigh Relays
4	12.03m	Julia Koloski	Sr.	4-24-15	Penn Relays
5	11.94m	Paige Lumley	Jr.	4-10-15	Tennessee Relays

### Women's Discus

Rank	Distance	Name	Yr.	Date	Venue
1	47.11m	Haley Springman	Sr.	4-18-15	Virginia Challenge
2	46.09m	Haley Springman	Sr.	5-2-15	Jesse Owens Classic
3	44.29m	Haley Springman	Sr.	5-15-14	ACC Championships
4	43.52m	Haley Springman	Sr.	3-21-15	Wake Forest Open
5	43.66m	Haley Springman	Sr.	3-28-15	UNF Invitational

### Women's Hammer Throw

Rank	Distance	Name	Yr.	Date	Venue
1	56.26m	Haley Springman	Sr.	4-18-15	Virginia Challenge
2	54.44m	Haley Springman	Sr.	5-14-15	ACC Championships
3	53.97m	Haley Springman	Sr.	5-2-15	Jesse Owens Classic
4	52.93m	Haley Springman	Sr.	4-9-15	Tennessee Relays
5	52.75m	Andin Fosam	Fr.	5-2-15	Jesse Owens Classic

### Women's Shot Put

Rank	Distance	Name	Yr.	Date	Venue
1	10.19m	Paige Lumley	Jr.	4-18-15	Virginia Challenge

### Women's Javelin

Rank	Distance	Name	Yr.	Date	Venue
1	47.15m	Taylor Slaney	Sr.	3-21-15	Wake Forest Open
2	46.29m	Taylor Slaney	Sr.	4-10-15	Tennessee Relays
3	45.97m	Taylor Slaney	Sr.	4-18-15	Virginia Challenge
4	45.58m	Taylor Slaney	Sr.	5-15-15	ACC Championships
5	45.08m	Taylor Slaney	Sr.	5-2-15	Jesse Owens Classic

### Women's 4x100 Meter Relay

Rank	Time	Name	Date	Venue
1	45.89	Fremman, Kearney Watkins, Wise	5-2-15	Jesse Owens Classic
2	45.92	Kearney, Wise Freeman, Watkins	5-16-15	ACC Championships
3	46.20	Freeman, Watkins Kearney, Wise	4-18-15	Virginia Challenge
4	46.39	Freeman, Watkins Robinson, Wise	4-4-15	Florida Relays
5	46.49	Watkins, Kearney Ismail, Thompson	4-11-15	Tennessee Relays

**Women's 4x100 Shuttle Hurdle Relay**

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>Date</b>	<b>Venue</b>
1	58.10	Harvey, Ismail Kearney, Thompson	4-4-15	Florida Relays

**Women's 4x200 Meter Relay**

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>Date</b>	<b>Venue</b>
1	1:36.81	Watkins, Kearney Wise, Koloski	3-28-15	Texas Relays
2	1:37.65	Freeman, Thompson Koloski, Wise	4-25-15	Penn Relays
3	1:40.00	Thompson, Wise Freeman, Koloski	4-24-15	Penn Relays

**Women's 4x400 Meter Relay**

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>Date</b>	<b>Venue</b>
1	3:39.04	Watkins, Kearney Ismail, Thompson	5-15-15	ACC Championships
2	3:41.18	Watkins, Whittington Kearney, Thompson	4-3-15	Florida Relays
3	3:41.72	Ismail, Kearney Thompson, Watkins	5-2-15	Jesse Owens Classic
4	3:41.73	Whittington, Watkins Ismail, Thompson	3-28-15	Texas Relays
5	3:42.92	Whittington, Ismail Watkins, Thompson	3-27-15	Texas Relays

**Sprint Medley Relay**

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>Date</b>	<b>Venue</b>
1	3:53.39	Watkins, Kearney Ismail, Thompson	4-11-15	Tennessee Relays
2	3:56.64	Kearney, Watkins Whittington, Thompson	4-4-15	Florida Relays

**Women's 4x800 Meter Relay**

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>Date</b>	<b>Venue</b>
1	8:54.26	DelleFemine, Vlastic Perry, Casalnova	4-4-15	Colonial Relays
2	9:17.46	Finikiotis, Kochinsky Peters, Buescher	4-12-15	Bison Classic

**Women's 4x1500 Meter Relay**

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>Date</b>	<b>Venue</b>
1	18:39.84*	Vlastic, Casalnova DelleFemine, Crook	4-24-15	Penn Relays
2	19:17.16	Crook, Finikiotis Pastore-Sebring, Burger	3-28-15	Raleigh Relays

\* School Record



# 2014-15 INDOOR TRACK & FIELD PERFORMANCE LIST

## Women's 60 Meter Dash

Rank	Time	Name	Yr.	Date	Venue
1	7.55	Alyssa Wise	Fr.	2-21-15	Kent State Tune-Up
2	7.56	Alyssa Wise	Fr.	2-27-15	ACC Championships
3	7.57	Alyssa Wise	Fr.	2-21-15	Kent State Tune-Up
4	7.59	Alyssa Wise	Fr.	1-23-15	YSU Invitational
	7.59	Alyssa Wise	Fr.	1-31-15	Penn State National

## Women's 60 Meter Hurdles

Rank	Time	Name	Yr.	Date	Venue
1	8.66	Khadeja Kearney	Jr.	1-23-15	YSU Invitational
	8.66	Khadeja Kearney	Jr.	2-27-15	ACC Championships
3	8.69	Khadeja Kearney	Jr.	1-10-15	PSU Relays
4	8.74	Khadeja Kearney	Jr.	1-17-15	Nittany Lion Challenge
5	8.75	Khadeja Kearney	Jr.	1-23-15	YSU Invitational

## Women's 200 Meter Dash

Rank	Time	Name	Yr.	Date	Venue
1	24.28	Zoey Whittington	Jr.	2-27-15	ACC Championships
2	24.38	Zoey Whittington	Jr.	2-21-15	Kent State Tune-Up
3	24.49	Dominique Watkins	Fr.	2-27-15	ACC Championships
4	24.63	Zoey Whittington	Jr.	1-31-15	Penn State National
5	24.84	Zoey Whittington	Jr.	2-14-15	SPIRE Invite

## Women's 400 Meter Dash

Rank	Time	Name	Yr.	Date	Venue
1	55.07	Zoey Whittington	Jr.	2-6-15	Meyo Invitational
2	55.67	Zoey Whittington	Jr.	1-31-15	Penn State National
3	55.84	Zoey Whittington	Jr.	1-17-15	Nittany Lion Challenge
4	56.10	Zoey Whittington	Jr.	2-27-15	ACC Championships
5	56.12	Dominique Watkins	Fr.	2-27-15	ACC Championships

## Women's 500 Meter Dash

Rank	Time	Name	Yr.	Date	Venue
1	1:15.29	Zoey Whittington	Jr.	12-6-14	Golden Flash Gala
2	1:15.35	Laila Ismail	Fr.	12-6-14	Golden Flash Gala
3	1:17.05	Laila Ismail	Fr.	1-10-15	PSU Relays
4	1:17.19	Zoey Whittington	Jr.	1-10-15	PSU Relays
5	1:18.45	Emily Schumacher	Fr.	1-31-15	Penn State National

### Women's 600 Meter Run

Rank	Time	Name	Yr.	Date	Venue
1	1:37.73	Paige Lumles	Jr.	2-14-15	SPIRE Invite
2	1:37.82	Paige Lumley	Jr.	1-17-15	Nittany Lion Challenge
3	1:40.34	Lydia Dennis	Fr.	1-17-15	Nittany Lion Challenge

### Women's 800 Meters

Rank	Time	Name	Yr.	Date	Venue
1	2:11.44	Evan Thompson	Jr.	2-6-15	Meyo Invitational
2	2:12.61	Evann Thompson	Jr.	1-31-15	Penn State National
3	2:13.86	Dana DelleFemine	Sr.	1-31-15	Penn State National
4	2:14.51	Dana DelleFemine	Sr.	2-6-15	Doc Hale Elite
5	2:14.82	Dana DelleFemine	Sr.	2-27-15	ACC Championships

### Women's 1000 Meters

Rank	Time	Name	Yr.	Date	Venue
1	2:59.70	Beth Shenck	Fr.	1-31-15	Penn State National
2	3:00.20	Evann Thompson	Jr.	12-6-14	Golden Flash Gala
3	3:10.59	Rebecca Peters	Fr.	12-6-14	Golden Flash Gala

### Women's 1 Mile Run

Rank	Time	Name	Yr.	Date	Venue
1	4:55.08	Melanie Vlastic	Fr.	2-27-15	ACC Championships
2	4:59.88	Cayla Del Piano	Jr.	1-17-15	Nittany Lion Challenge
3	5:02.15	Melanie Vlastic	Fr.	2-6-15	Doc Hale Elite
4	5:03.16	Ellen Crook	Fr.	1-31-15	Penn State National
5	5:05.12	Ellen Crook	Fr.	2-27-15	ACC Championships

### Women's 3,000 Meters

Rank	Time	Name	Yr.	Date	Venue
1	9:55.97	Hillary Boxheimer	Jr.	2-14-15	SPIRE Invite
2	9:57.03	Morgan Perry	Sr.	2-28-15	ACC Championships
3	10:04.73	Morgan Perry	Sr.	2-6-15	Doc Hale Elite
4	10:09.51	Amy Kelly	Fr.	1-31-15	Penn State National
5	10:13.39	Hillary Boxheimer	Jr.	1-17-15	Nittany Lion Challenge

### Women's 5,000 Meters

Rank	Time	Name	Yr.	Date	Venue
1	17:14.65	Hillary Boxheimer	Jr.	1-31-15	Penn State National
2	17:29.01	Hillary Boxheimer	Jr.	2-27-15	ACC Championships
3	17:51.44	Alexandra Cady	So.	2-27-15	ACC Championships
4	17:51.97	Alexandra Cady	So.	1-31-15	Penn State National
5	18:03.33	Dee Dee Adams	So.	2-14-15	SPIRE Invite

### Women's High Jump

Rank	Height	Name	Yr.	Date	Venue
1	1.53m	Paige Lumley	Jr.	1-31-15	Penn State National
2	1.49m	Paige Lumley	Jr.	12-6-14	Golden Flash Gala
3	1.45m	Savannah Cameron	Jr.	12-6-14	Golden Flash Gala
4	1.43m	Lydia Dennis	Fr.	12-6-14	Golden Flash Gala
	1.43m	Paige Lumley	Jr.	2-26-15	ACC Championships

### Women's Long Jump

Rank	Distance	Name	Yr.	Date	Venue
1	5.59m	Paige Lumley	Jr.	1-31-15	Penn State National
2	5.48m	Lydia Dennis	Fr.	1-17-15	Nittany Lion Challenge
3	5.46m	Lydia Dennis	Fr.	1-10-15	PSU Relays
4	5.44m	Paige Lumley	Jr.	1-17-15	Nittany Lion Challenge
5	5.45m	Jenna Gabreski	Fr.	2-27-15	ACC Championships

### Women's Triple Jump

Rank	Distance	Name	Yr.	Date	Venue
1	11.92m	Paige Lumley	Jr.	12-6-14	Golden Flash Gala
2	11.76m	Paige Lumley	Jr.	1-31-15	Penn State National
3	11.75m	Paige Lumley	Jr.	1-17-15	Nittany Lion Challenge
4	11.71m	Paige Lumley	Jr.	2-14-15	SPIRE Invite
5	11.69m	Jenna Gabreski	Fr.	1-10-15	PSU Relays

### Women's Shot Put

Rank	Distance	Name	Yr.	Date	Venue
1	14.45m	Racquel Williams	Jr.	2-28-15	ACC Championships
2	13.75m	Racquel Williams	Jr.	12-5-14	Golden Flash Gala
3	13.54m	Racquel Williams	Jr.	2-6-15	Doc Hale Elite
4	13.24m	Racquel Williams	Jr.	2-14-15	SPIRE Invite
5	13.08m	Racquel Williams	Jr.	1-31-15	Penn State National

### Women's Weight Throw

Rank	Distance	Name	Yr.	Date	Venue
1	19.08m	Haley Springman	Sr.	2-26-15	ACC Championships
2	18.50m	Haley Springman	Sr.	2-14-15	SPIRE Invite
3	18.04m	Haley Springman	Sr.	12-5-14	Golden Flash Gala
4	18.02m	Kalene Anderson	Jr.	2-6-15	Doc Hale Elite
5	17.79m	Kalene Anderson	Jr.	2-14-15	SPIRE Invite



### Women's 4x400 Meter Relay

Rank	Time	Name	Date	Venue
1	3:40.91	Whittington, Ismail Watkins, Thompson	2-28-15	ACC Championships
2	3:43.55	Ismail, Thompson Watkins, Whittington	2-6-15	Meyo Invitational
3	3:47.64	Whittington, Thompson Watkins, Ismail	1-31-15	Penn State National
4	3:49.66	Whittington, Thompson Kearney, Ismail	12-6-14	Golden Flash Gala
5	3:51.64	Whittington, Kearney Dennis, Ismail	1-10-15	PSU Relays

### Women's 4x800 Meters

Rank	Time	Name	Date	Venue
1	9:06.14	Del Piano, DelleFemine Vlasic, Shenck	2-6-15	Doc Hale Elite
2	9:13.80	Del Piano, Vlasic Perry, DelleFemine	1-10-15	PSU Relays
3	9:32.70	Crook, Burger Felicissimo, Finikiotis	1-10-15	PSU Relays
4	9:33.01	Crook, Finikiotis Felicissimo, Buescher	2-6-15	Doc Hale Elite
5	9:44.73	Shenck, Kochinsky Peters, Buescher	1-10-15	PSU Relays

### Women's Distance Medley

Rank	Time	Name	Date	Venue
1	11:47.60	Vlasic, Thompson DelleFemine, Burger	2-26-15	ACC Championships
2	11:56.47	Del Piano, Thompson DelleFemine, Vlasic	2-14-15	SPIRE Invite
3	12:07.38	Finikiotis, Robinson Felicissimo, Burger	1-31-15	Penn State National
4	12:18.49	Vlasic, Dellefemine Perry, Del Piano	1-17-15	Nittany Lion Challenge
5	12:24.93	Finikiotis, Shenck, Crook, Burger	1-17-15	Nittany Lion Challenge

### Women's Indoor Pentathlon

Rank	Points	Name	Yr.	Date	Venue
1	3,538	Paige Lumley	Jr.	1-31-15	Penn State National
2	3,429	Paige Lumley	Jr.	2-26-15	ACC Championships
3	3,371	Paige Lumley	Jr.	12-6-14	Golden Flash Gala
4	2,923	Lydia Dennis	Fr.	12-6-14	Golden Flash Gala