

## INDOOR

### Shot Put

1. Lisa Wilson '10	45-1.75	2010
<b>2. Nalis Mbianda '13</b>	<b>44-11.50</b>	<b>2011</b>
3. Jordan Veney	44-5.5	2006
<b>4. Rachelle Bourque '13</b>	<b>43-5.25</b>	<b>2011</b>
5. Carole LaPlante '01	43-0.5	1999

### 20 lb. Weight Throw

<b>1. Lisa Wilson '10</b>	<b>55-1.5</b>	<b>2010</b>
2. Shana Mitchell '98	53-1.5	1997
3. Stephanie Townson '97	52-0	1997
4. Christina Bizon	51-11	2002
5. Giselle Nicholas '00	50-4	1999

### Triple Jump

1. Janey Meeks '95	40-4	1995
<b>2. Stephanie Aguguo '11</b>	<b>40-3.25</b>	<b>2011</b>
3. Rose Bryan '98	39-2.25	1998
<b>4. Ida Okkonen '11</b>	<b>38-1.25</b>	<b>2010</b>
5. Marissa Callahan '05	37-10.75	2005

### Long Jump

1. Pam Hughes '89	19-1.75	1986
2. Shelanda Irish '99	19-1.5	1998
3. Rose Bryan '98	19-0.25	1996
<b>4. Ida Okkonen '11</b>	<b>18-9.25</b>	<b>2009</b>
5. Chante Soares '04	18-7.25	2002

### High Jump

1. Andrea Comeau '00	5-10.5	1999
2. Ashley Creel '06	5-6.5	2003
3. Janey Meeks '95	5-6	1995
<b>4. Rebecca Banker '13</b>	<b>5-5</b>	<b>2011</b>
5. Melissa Ward '00	5-4.5	1998

### Pole Vault

1. Kristen Bakanowski '09	12-09.50	2009
<b>2. Nicole Pompei '13</b>	<b>12-01.50</b>	<b>2010</b>
3. Brandy Green '04	12-0	2003
4. Rhianna DaCruz '03	11-9.75	2002
<b>5. Christine Silvar '11</b>	<b>11-3.75</b>	<b>2011</b>

### Pentathlon

1. Andrea Comeau '00	3,658	1999
2. Melissa Ward '00	3,516	2000
3. Nicole Roberts '96	3,311	1996
4. Megan O'Neill '96	3,236	1995
5. Crystal Therrien '04	3,180	2003

### 55 Meters

1. Kayla Morrison '87	7.04	1987
2. Danielle Bolt '08	7.09	2008
3. Kari Fleischmann '88	7.14	1988
4. Pam Hughes '89	7.17	1986
5. Shelanda Irish '98	7.18	1998
Christina Huff '05	7.18	2003

### 55-Meter Hurdles

1. Rose Bryan '98	7.94	1999
2. Anya Forrest '98	8.06	1996
3. Andrea Comeau '00	8.24	1997
Joyce Baten '89	8.24	1986
5. Chrystal Murphy '01	8.29	1999

### 200 Meters

1. Shelanda Irish '99	25.14	1998
2. Nicole Roberts '96	25.23	1996
<b>3. Holly Heinricher '10</b>	<b>25.25</b>	<b>2010</b>
4. Christina Huff '05	25.28	2003
5. Rose Bryan '98	25.31	1996

### 400 Meters

1. Lee Ann Ambrose '92	54.57	1990
2. Siliifa Kenku '98	56.82	1998
3. Kayla Morrison '87	57.03	1986
4. Leah Loftis '87	57.07	1983
5. Nicole Roberts '96	57.09	1996

### 500 Meters

1. Lee Ann Ambrose '92	1:12.95	1992
2. Barbara Cullinan '87	1:14.38	1987
3. Elisabeth Budd '06	1:15.46	2005
<b>4. Michelle Jenssen '13</b>	<b>1:15.65</b>	<b>2011</b>
<b>5. Deanna Julian '12</b>	<b>1:15.70</b>	<b>2011</b>

### 600 Meters

1. Barbara Cullinan '87	1:22.34	1987
2. Lee Ann Ambrose '92	1:22.38	1992
3. Lennice Johnson '93	1:25.31	1992
4. Leah Loftis '87	1:25.52	1985
5. Susan Goldstein '87	1:26.44	1987

### 800 Meters

1. Barbara Cullinan '87	2:12.34	1987
<b>2. Gina Perno '11</b>	<b>2:12.62</b>	<b>2011</b>
3. Cyndi Martin '80	2:13.04	1979
4. Rebecca Donaghue '98	2:13.54	1996
5. Sonja Vaughan '89	2:13.63	1986

### 1,000 Meters

1. Nicole Way '99	2:50.59	1999
2. Rebecca Johnson '93	2:51.47	1992
<b>2. Gina Perno '11</b>	<b>2:51.47</b>	<b>2011</b>
3. Rebecca Donaghue '98	2:52.93	1997
4. Megan McCormick '01	2:53.54	2001

### 1,500 Meters

1. Judy McCrone '82	4:37.30	1980
2. Precious Hill '92	4:37.50	1988
3. Kelly Liljebblad '95	4:37.70	1992
4. Sarah Kittchell '88	4:39.85	1985
5. Rebecca Donaghue '98	4:41.44	1997

### Mile

1. Rebecca Donaghue '98	4:50.07	1996
2. Kelly Liljebblad '95	4:50.22	1995
3. Kathy Contini '80	4:55.98	1979
4. Jen Waeger '96	4:56.50	1996
5. Judy McCrone '82	4:56.54	1989

### 3,000 Meters

1. Kelly Liljebblad '95	9:35.67	1995
2. Christina DeRosa '08	9:42.26	2008
3. Rebecca Donaghue '98	9:49.04	1998
<b>4. Karen Roa '12</b>	<b>9:49.38</b>	<b>2011</b>
5. Precious Hill '92	9:52.10	1989

### Two Mile

1. Judy McCrone '82	10:23.10	1981
2. Kelly Liljebblad '95	10:45.90	1992
3. Julie Burke '82	10:46.00	1980
4. Tina Francario '81	10:46.80	1979
5. Cathy Petrick '82	10:59.20	1980

### 5,000 Meters

1. Christina DeRosa '08	16:41.71	2008
2. Kelly Liljebblad '95	16:44.73	1995
3. Judy McCrone '82	17:04.84	1980
4. Julie Burke '82	17:17.84	1979
<b>5. Karen Roa '12</b>	<b>17:30.77</b>	<b>2011</b>

### 4 X 200-Meter Relay

1. Keri Fleischmann	1:42.30	1986
Wendy Marshall, Pam Hughes, Kayla Morrison		
2. Rose Bryan,	1:42.64	1999
Taneka Miller, Aandrea Comeau, Shelanda Irish		
3. P. Booker,	1:42.84	1985
Keri Fleischmann, Leah Loftis, Kayla Morrison		
4. P. Booker '87,	1:43.03	1987
Keri Fleischmann, Pamela Carter, Kayla Morrison		
5. Keri Fleischmann,	1:43.14	1985
Wendy Marshall, Pam Hughes, Kayla Morrison		

### 4 X 400-Meter Relay

1. Christine Bates,	3:50.59	1986
Wendy Marshall, Barbara Cullinan, K. Morrison		
2. Sonja Vaughan,	3:50.77	1987
Susan Goldstein, Barbara Cullinan, K. Morrison		
3. Sonja Vaughan,	3:50.84	1987
K. Morrison, Wendy Marshall, Barbara Cullinan		
4. Michelle Cooper,	3:52.22	1997
Siliifa Kenku, Andrea Comeau, Shelanda Irish		
5. Leah Loftis,	3:52.79	1985
Susan Goldstein, Barbara Cullinan, K. Morrison		

### 4x800-Meter Relay

1. Kerry Aker,	9:01.71	1993
Lennice Johnson, K. Liljebblad, Rebecca Johnson		
<b>2. Claire Pettit,</b>	<b>9:14.71</b>	<b>2011</b>
<b>Gina Perno, Deanna Julian, Conena</b>		
<b>3. Gina Perno</b>	<b>9:15.10</b>	<b>2010</b>
<b>Courtney Baldwin, Karen Roa, Stocker</b>		
4. Kerry Aker,	9:15.45	1992
Maureen Meldrim, K. Liljebblad, Rebecca Johnson		
5. Lee Ann Ambrose,	9:15.84	1992
Kerry Aker, Kim Liljebblad, Rebecca Johnson		
5. Maureen Meldrim,	9:16.51	1990
Cathy Crocker, Shana Smith, Rebecca Johnson		

### Distance Medley Relay

<b>1. Gina Perno</b>	<b>11:49.37</b>	<b>2010</b>
<b>Courtney Baldwin, Karen Roa, Jenssen</b>		
<b>2. Gina Perno,</b>	<b>11:49.64</b>	<b>2011</b>
<b>Michelle Jenssen, Claire Pettit, Karen Roa</b>		
3. Christy Martin,	11:53.54	1997
Shelanda Irish, Lisa Flood, Rebecca Donaghue		
4. Shana Smith,	11:56.64	1987
Susan Goldstein, Barbara Cullinan, Julie Ott		
5. Melissa Henderson,	11:57.04	2001
Jen Freemans, Kristen Ford, Megan McCormick		

**Bold** denotes current UMass athlete

## OUTDOOR

### Shot Put

1. Lisa Wilson '10	48-0.75	2010
2. Nalis Mbianda '13	45-3.75	2011
3. Jordan Veney	44-10.25	2006
4. Natalie Hart '95	43-9.5	1993
5. Christie Martin '96	42-6.25	1999

### Hammer

1. Lisa Wilson '10	185-1	2010
2. Shana Mitchell '98	169-3	1998
3. Christina Bizon	165-6	2002
4. Diane Ozzolek '92	161-3	1993
5. Jen lasiello '05	160-8	2004

### Discus

1. Lisa Wilson '10	156-2	2009
2. Natalie Hart '95	153-8	1998
3. Shana Mitchell '98	147-11	1998
4. Jordan Veney	144-10	2006
5. Maggie Curry '03	144-10	2000

### Old Rules Javelin

1. Heather Brown '97	161-3	1995
2. Carla DeSantis '89	158-8	1988
3. Karen Snow '81	149-7	1981
4. Tara Reece '89	135-9	1987
5. Cindy Krupa '86	131-10	1983

### New Rules Javelin

1. Rachelle Bourque '13	141-11	2011
2. Rhianna DaCruz '03	139-0	2001
3. Sharyn Harrison '01	133-6	2000
4. Stefanie Danhey '13	131-3	2010
5. Billieann Kelly '06	131-0	2003

### Triple Jump

1. Stephanie Aguguo '11	41-03.75	2011
1. Janey Meeks '95	40-5.5	1995
3. Mercedes Milligan '92	38-5.5	1988
4. Marissa Callahan '05	38-5	2006
5. Rose Bryan '98	38-2.75	1998

### Long Jump

1. Shelanda Irish '99	20-2.25	1999
2. Kari Fleischmann '88	19-4.75	1988
3. Chante Soares '04	19-3.5	2002
4. Melanie Bell '99	18-9.25	1997
Rose Bryan '98	18-9.25	1996

### High Jump

1. Andrea Comeau '00	5-8	1997
Sharon Lassard '87	5-8	1984
3. Melissa Golembewski '90	5-6	1988
Kathy Harrington '81	5-6	1979
Patricia Owen '82	5-6	1979
Ashley Creel '06	5-6	2003

### Heptathlon

1. Andrea Comeau '00	4,800	1999
2. Melissa Ward '00	4,704	2000
3. Nicole Roberts '96	4,313	1996
4. Crystal Therrien '04	4,287	2003
5. Micki Callahan '05	4,123	2002

### Pole Vault

1. Kristen Bakanowski '08	12-7.5	2008
2. Brandy Green '04	12-0	2003
3. Nicole Pompei '13	11-11.75	2010
4. Rhianna DaCruz '02	11-6.25	2002
5. Chrissy Silvar '11	11-05.75	2011

### 100 Meters

1. Christina Huff '05	11.81	2004
2. Keri Fleischmann '88	12.00	1988
3. Pam Hughes '89	12.10	1987
4. Abby Rubino '03	12.12	1999
5. Alisha Tatham '08	12.15	2008

### 100 Meter Hurdles

1. Rose Bryan '98	13.76	1999
2. Anya Forrest '98	14.01	1998
3. Chrystal Murphy '01	14.38	1998
4. Mary Serdakowski '07	14.46	2007
5. Andrea Comeau '00	14.49	1997

### 200 Meters

1. Pam Hughes '89	24.38	1986
2. Nicole Roberts '96	24.70	1996
3. Christina Huff '05	24.71	2003
Holly Heinricher '10	24.71	2009
5. Lee Ann Ambrose '92	24.76	1990

### 400 Meters

1. Lee Ann Ambrose '92	54.2	1990
2. Kayla Morrison '87	56.14	1986
3. Nicole Roberts '96	56.74	1996
4. Diane Sealey '81	56.74	1980
5. Susan Goldstein '87	56.85	1984

### 400-Meter Hurdles

1. Silifa Kenku '98	1:00.56	1998
2. Jennifer Freemas '03	1:01.31	2001
3. Julie Muccini '90	1:02.23	1988
4. Shannon Jackson '04	1:02.32	2004
5. Brittany Bakanowski '10	1:02.51	2009

### 800 Meters

1. Lee Ann Ambrose '92	2:09.42	1991
2. Leah Loftis '87	2:10.10	1985
3. Gina Perno	2:10.29	2011
4. Barbara Cullinan '87	2:11.24	1986
5. Cyndi Martin '80	2:11.64	1980

### 1,500 Meters

1. Rebecca Donaghue '98	4:22.13	1996
2. Nicole Way '99	4:28.25	1999
3. Jen Waeger '96	4:30.36	1996
4. Rebecca Johnson '93	4:31.95	1993
5. Kathy Contini '80	4:32.74	1979

### Mile

1. Kathy Contini '80	4:58.50	1979
2. Judy McCrone '82	4:58.70	1980
3. Linda Welzel '81	5:01.40	1979
4. Julie LaFreniere '77	5:02.00	1977
5. Julie Banks '82	5:02.70	1979

### 3,000 Meters

1. Judy McCrone '82	9:39.1	1980
2. Trish Moores '82	9:40.0	1982
3. Rebecca Donaghue '98	9:47.44	1998
4. Kelly Liljebblad '95	9:49.50	1992
5. Shana Smith '90	9:55.80	1990

### Steeplechase

1. Karen Roa '12	10:31.28	2011
2. Kate Markopoulos '04	10:55.90	2004
3. Alexis Anzelone '05	11:16.4	2003
4. Taryn Trapp '09	11:29.09	2009
5. Loren Donohue '05	11:42.86	2002

### Two Mile

1. Tina Francario '81	10:54.80	1979
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2. Kathy Contini '80	10:57.80	1979
3. Julie Burke '82	11:05.40	1979
4. Deborah Farmer '79	11:07.60	1978
5. Judy McCrone '82	11:15.40	1980

### 5,000 Meters

1. Trish Moores '82	16:28.81	1979
2. Christina DeRosa '08	16:41.49	2008
3. Kelly Liljebblad '95	16:49.90	1992
4. Judy McCrone '82	17:07.30	1981
5. Shiyl Zan '11	17:08.64	2008

### Three Mile

1. Julie Burke '82	17:17.40	1979
2. Jane Welzel '78	17:38.00	1976
3. Sue Swartz '78	17:49.00	1977

### 10,000 Meters

1. Christina DeRosa '08	34:26.95	2008
2. Kelly Liljebblad '95	35:10.97	1995
3. Julie McGee '03	37:03.46	2003
4. Cate Dean '92	37:25.30	1992
5. Julie Moreau '95	37:34.30	1992

### 4X100-Meter Relay

1. Rose Bryan,	46.82	1999
Raqueil Shelton, Abby Rubino, Shelanda Irish		
2. Nicole Roberts,	47.21	1996
Rose Bryan, Melanie Bell, Shelanda Irish		
3. Jamie Hedgecock	47.32	1998
Anya Forrest, Raqueil Shelton, Shelanda Irish		
4. Anya Forrest,	47.41	1995
Emma Gardiner, Rose Bryan, Nicole Roberts		
5. Emma Gardiner,	47.45	1997
Melanie Bell, Raqueil Shelton, Shelanda Irish		

### 4X400-Meter Relay

1. Michelle Cooper,	3:47.71	1998
Andrea Comeau, Silifa Kenku, Shelanda Irish		
2. Michelle Cooper,	3:48.28	1997
Silifa Kenku, Andrea Comeau, Shelanda Irish		
3. Leah Loftis,	3:48.50	1985
Kayla Morrison, Susan Goldstein, Barbara Cullinan		
4. Rebecca Donaghue,	3:48.56	1998
Andrea Comeau, Silifa Kenku, Shelanda Irish		
5. Susan Goldstein,	3:49.30	1984
Kayla Morrison, Barbara Cullinan, Dana Smith		

### 4X800-Meter Relay

1. Kerry Aker,	9:01.59	1993
Jen Waeger, Lennice Johnson, Rebecca Johnson		
2. Gina Perno	9:04.30	2010
Deanna Julian, Liz Fisk, Courtney Baldwin		
3. Lee Ann Ambrose,	9:06.10	1991
Kelly Liljebblad, Cathy Crocker, Dana Smith		
4. Lee Ann Ambrose,	9:07.69	1992
Lennice Johnson, Rebecca Johnson, Kerry Aker		
5. Kerry Aker,	9:07.95	1992
Kelly Liljebblad, Lennice Johnson, Rebecca Johnson		

### Distance Medley Relay

1. Kristin Cisowski,	11:52.29	1999
Shelanda Irish, Melissa Henderson, Nicole Way		
2. Maureen O'Reilly,	12:03.80	1985
Barbara Cullinan, Leah Loftis, Sarah Kitchell		
3. Maureen O'Reilly,	12:04.00	1982
Leah Loftis, S. Anderson, Caroline Gardiner		

### Sprint Medley Relay

1. Melanie Bell,	4:03.55	1996
Yves Amazan, Nicole Roberts, Rebecca Donaghue		

**Bold** denotes current UMass athlete