

# Records

## GIRLS PERSONAL BESTS HONOR ROLL 1992 THROUGH 2011

(Includes Earlier School Records)

[100 METER] [200 METER] [400 METER] [800 METER] [1600 METER] [3200 METER] [100 METER HURDLES] [300 METER INTERMEDIATE HURDLES]

[SHOT PUT] [DISCUS] [JAVELIN] [HIGH JUMP] [LONG JUMP] [TRIPLE JUMP] [POLE VAULT]

[400 METER RELAY] [1600 METER RELAY] [3200 METER RELAY]

"F" indicates Fully Automated Timing (FAT)      "h" indicates Hand Timing

### 100 METER

Season (:12.8)				Career (:13.1)			
Rank	Mark	Name	Year	Rank	Mark	Name	Year
1	:12.1h	Anne Henry	1989	1	:12.1h	Anne Henry	1989
1	:12.1h	Beth Walton	1980	1	:12.1h	Beth Walton	1980
3	:12.2h	Caitlin Hewitt	2003	3	:12.2h	Caitlin Hewitt	2003
4	:12.3h	Caitlin Hewitt	2004	4	:12.6h	Tearra Kuhn	1999
5	:12.4h	Caitlin Hewitt	2005	5	:12.7h	Julie Pavlakovic	1993
6	:12.6h	Tearra Kuhn	1999	6	:12.73F	Melissa Segraves	2008
7	:12.7h	Julie Pavlakovic	1993	7	:12.8h	Stephanie Huston	2010
8	:12.73F	Melissa Segraves	2008	8	:12.8h	Michelle Moss	2007
9	:12.8h	Stephanie Huston	2010	8	:12.9h	Katie Kimmel	2001
9	:12.8h	Michelle Moss	2007	10	:12.9h	Michele Pawlosky	1994
9	:12.8h	Tearra Kuhn	2000	11	:13.0h	Kim McDonagh	2010, 2011
				11	:13.0h	Ashley Argenta	2004
				12	:13.1h	Amanda Winkleman	2005

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### 200 METER

Season (:27.0)				Career (:27.9)			
Rank	Mark	Name	Year	Rank	Mark	Name	Year
1	:25.3h	Caitlin Hewitt	2003	1	:25.3h	Caitlin Hewitt	2003
2	:25.5h	Caitlin Hewitt	2004	2	:25.7h	Michelle Moss	2007
3	:25.6h	Caitlin Hewitt	2005	3	:25.9h	Beth Walton	1982
4	:25.7h	Michelle Moss	2007	4	:26.2h	Emily Fedor	2007
5	:25.9h	Beth Walton	1982	5	:26.4h	Tearra Kuhn	2000
6	:26.2h	Emily Fedor	2007	5	:26.4h	Julie Pavlakovic	1992
7	:26.4h	Julie Pavlakovic	1992	7	:26.69F	Melissa Segraves	2009
8	:26.5h	Tearra Kuhn	1999	8	:26.7h	Amy Egan	2003
9	:26.69F	Melissa Segraves	2009	9	:26.8h	Stephanie Huston	2010

10	:26.7h	Michelle Moss	2006	10	:26.9h	Michele Pawlosky	1994
10	:26.7h	Amy Egan	2003	11	:27.2h	Kim McDonagh	2010
12	:26.8h	Stephanie Huston	2010	11	:27.2h	Virginia Bogdan	1998
13	:26.9h	Michele Pawlosky	1994	13	:27.4h	Katie Kimmel	2003
14	:27.0h	Michelle Moss	2005	13	:27.4h	Amanda Winkleman	2005
15	:27.03F	Tearra Kuhn	1998	15	:27.6h	Carly Yelenic	2011
				15	:27.6h	Kelly Mueseler	2006
				17	:27.78F	Francesca Fazzini	2011
				18	:27.9h	Nikki Nowlin	1997

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#### 400 METER

<b>Season</b> (60.6)				<b>Career</b> (62.3)			
<b>Rank</b>	<b>Mark</b>	<b>Name</b>	<b>Year</b>	<b>Rank</b>	<b>Mark</b>	<b>Name</b>	<b>Year</b>
1	:57.35F	Hanna Green	2011	1	:57.35F	Hanna Green	2011
2	:57.37F	Caitlin Hewitt	2004	2	:57.37F	Caitlin Hewitt	2004
3	:58.1h	Julie Pavlakovic	1991	3	:58.1h	Julie Pavlakovic	1991
3	:58.1h	Beth Walton	1981	3	:58.1h	Beth Walton	1981
5	:58.7h	Julie Pavlakovic	1993	5	:58.97F	Amanda Winkleman	2007
6	:58.79F	Caitlin Hewitt	2005	6	:59.4h	Amy Egan	2003
7	:58.97F	Amanda Winkleman	2007	7	:59.54F	Emily Fedor	2006
8	:59.4h	Amy Egan	2003	8	:59.78F	Virginia Bogdan	1998
9	:59.54F	Emily Fedor	2006	9	:60.12F	Tearra Kuhn	2001
10	:59.56F	Emily Fedor	2007	10	:60.2h	Michelle Moss	2006
11	:59.60F	Amanda Winkleman	2008	11	:62.0h	Stacey Null	2003
12	:59.78F	Virginia Bogdan	1998	12	:62.3h	Christine Gettemy	2004
13	:60.12F	Tearra Kuhn	2001				
14	:60.69F	Hanna Green	2010				
15	:60.2h	Michelle Moss	2006				
16	:60.4h	Tearra Kuhn	2000				
17	:60.6h	Amy Egan	2002				

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#### 800 METER

<b>Season</b> (2:27.4)				<b>Career</b> (2:32.0)			
<b>Rank</b>	<b>Mark</b>	<b>Name</b>	<b>Year</b>	<b>Rank</b>	<b>Mark</b>	<b>Name</b>	<b>Year</b>
1	2:13.92F	Amy Egan	2002	1	2:13.92F	Amy Egan	2002
2	2:16.39F	Hanna Green	2011	2	2:16.39F	Hanna Green	2011
3	2:17.78F	Amy Egan	2001	3	2:18.03F	Christine Gettemy	2004
4	2:18.0h	Amy Egan	2003	4	2:19.61F	Natalie Bower	2006
5	2:18.03F	Christine Gettemy	2004	5	2:22.0h	Lori Lentz	1980
6	2:19.3h	Christine Gettemy	2003	6	2:23.8h	Katie Hennessy	2000
7	2:19.61F	Natalie Bower	2006	7	2:24.75F	Abby Hewitt	2009
8	2:19.99F	Natalie Bower	2009	8	2:27.04F	Nicole Egan	2009
9	2:21.21F	Christine Gettemy	2005	9	2:27.7h	Amanda Binkey	2006
10	2:21.97F	Natalie Bower	2007	10	2:28.2h	Karen Overly	1992
11	2:22.0h	Lori Lentz	1980	11	2:29.1h	Elizabeth Harkins	2007
12	2:22.50F	Hanna Green	2010	12	2:30.1h	Alyssa Frayvolt	1997
13	2:23.0h	Natalie Bower	2008	13	2:30.6h	Kelly Null	1995

14	2:23.8h	Katie Hennessy	2000	14	2:31.3h	Elizabeth Brickley	2004
15	2:24.75F	Abby Hewitt	2009	15	2:32.0h	Kristy Ditch	1998
16	2:26.4h	Abby Hewitt	2007	15	2:32.0h	Kaitlin Paul	2007
17	2:26.7h	Amy Egan	2000				
18	2:27.0h	Katie Hennessy	1999				
19	2:27.04F	Nicole Egan	2009				
20	2:27.40F	Abby Hewitt	2008				

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## 1600 METER

Season (5:23.7)				Career (5:35.8)			
Rank	Mark	Name	Year	Rank	Mark	Name	Year
1	4:52.65F	Natalie Bower	2009	1	4:52.65F	Natalie Bower	2009
2	4:55.42F	Natalie Bower	2008	2	4:59.70F	Amy Egan	2003
3	4:59.02F	Natalie Bower	2007	3	5:09.7h	Elizabeth Brickley	2005
4	4:59.70F	Amy Egan	2003	4	5:15.8h	Bridget O'Rourke	1992
5	5:02.49F	Natalie Bower	2006	5	5:16.39F	Abby Hewitt	2009
6	5:09.7h	Elizabeth Brickley	2005	6	5:16.6h	Carly Petrarca	2006
7	5:15.3h	Amy Egan	2002	7	5:19.4h	Alyssa Frayvolt	1997
8	5:15.8h	Bridget O'Rourke	1992	8	5:20.4h	Hanna Green	2011
9	5:16.39F	Abby Hewitt	2009	8	5:20.4h	Gail Hornack	1975
10	5:16.6h	Carly Petrarca	2006	10	5:20.66F	Lizzie Harkins	2009
11	5:17.41F	Abby Hewitt	2008	11	5:28.0h	Sarah Hartley	2004
12	5:19.2h	Elizabeth Brickley	2004	12	5:30.0h	Katherine Fedele	2004
13	5:19.4h	Alyssa Frayvolt	1997	13	5:31.6h	Amanda Hewitt	2004
14	5:20.4h	Hanna Green	2011	14	5:33.9h	Kelly Null	1994
14	5:20.4h	Gail Hornack	1975	15	5:35.20	Nicole Egan	2008
16	5:20.66F	Lizzie Harkins	2009	16	5:35.8h	Christine Gettemy	2004
17	5:21.1h	Elizabeth Brickley	2003				
18	5:22.74F	Lizzie Harkins	2008				
19	5:23.7h	Carly Petrarca	2005				

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## 3200 METER

Season (12:04.0)				Career (12:47.1)			
Rank	Mark	Name	Year	Rank	Mark	Name	Year
1	10:39.40F	Natalie Bower	2009	1	10:39.40F	Natalie Bower	2009
2	10:55.22F	Natalie Bower	2008	2	10:57.33F	Abby Hewitt	2009
3	10:57.33F	Abby Hewitt	2009	3	11:16.65F	Elizabeth Brickley	2005
4	11:07.7h	Natalie Bower	2007	4	11:28.8h	Bridget O'Rourke	1993
5	11:16.65F	Elizabeth Brickley	2005	5	11:42.0h	Mary Jo Jakubek	2007
6	11:21.62F	Elizabeth Brickley	2006	6	11:51.6h	Lori Lenz	1979
7	11:26.0h	Natalie Bower	2006	7	11:55.0h	Megan Lordi	2005
8	11:27.73F	Elizabeth Brickley	2004	8	11:57.39F	Genie Fratto	2010
9	11:28.8h	Bridget O'Rourke	1993	9	12:00.0h	Amy Egan	2000
10	11:42.0h	Mary Jo Jakubek	2007	10	12:00.19F	Alex Brant	2011
11	11:43.48F	Elizabeth Brickley	2003	11	12:04.0h	Kelly Null	1997
12	11:47.5h	Mary Jo Jakubek	2008	12	12:04.29F	Nicole Egan	2008

13	11:51.6h	Lori Lenz	1979	13	12:10.1h	Erica Klingensmith	1998
14	11:55.0h	Megan Lordi	2005	14	12:14.15F	Mary Fratto	2011
15	11:57.39F	Genie Fratto	2010	15	12:17.8h	Erin Cary	2007
16	11:58.0h	Mary Jo Jakubek	2009	16	12:22.0h	Leigh Buches	2006
17	12:00.0h	Amy Egan	2000	17	12:44.0h	Lauren Buches	2004
18	12:00.10F	Mary Jo Jakubek	2010	18	12:45.0h	Rebecca Findle	2011
19	12:00.19F	Alex Brant	2011	19	12:46.0h	Alyssa Frayvolt	1994
20	12:04.0h	Kelly Null	1997	20	12:47.02F	Caitlin Egan	2009

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### 100 METER HURDLES

Season (:17.0)				Career (:17.8)			
Rank	Mark	Name	Year	Rank	Mark	Name	Year
1	:15.4h	Maia Johnston	1999	1	:15.44F	Maia Johnston	1999
2	:15.44F	Maia Johnston	1998	2	:15.50F	Kim McDonagh	2011
3	:15.50F	Kim McDonagh	2011	3	:16.6h	Alison Panigall	2003
4	:15.73F	Kim McDonagh	2010	4	:16.9h	Christine Vish	1996
5	:16.6h	Alison Panigall	2003	5	:17.0h	Jessica Sarnese	2000
6	:16.8h	Alison Panigall	2004	5	:17.0h	Taylor Thompson	2007
7	:16.9h	Christine Vish	1996	7	:17.3h	Jill Painter	2001, 02
8	:17.0h	Jessica Sarnese	2000	7	:17.3h	Andrea Riggins	1996
8	:17.0h	Taylor Thompson	2007	7	:17.3h	Jeanne Kondrich	1994
				10	:17.4h	Mary Riker	1984
				11	:17.5h	Natalie Dado	2003, 05
				12	:17.7h	Macy Kozar	2006
				13	:17.8h	S. Bircher	1992
				13	:17.8h	V. Simms	1993

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### 300 METER INTERMEDIATE HURDLES

Season (:50.0)				Career (:53.0)			
Rank	Mark	Name	Year	Rank	Mark	Name	Year
1	:44.79F	Kim McDonagh	2011	1	:44.79F	Kim McDonagh	2011
2	:47.6h	Maia Johnston	1999	2	:47.6h	Maia Johnston	1999
3	:47.77F	Jill Painter	2003	3	:47.77F	Jill Painter	2003
4	:47.9h	Alison Panigall	2004	4	:47.9h	Alison Panigall	2004
5	:48.0h	Alison Panigall	2003	5	:48.8h	Carly Meholic	2011
6	:48.6h	Jill Painter	2001	6	:48.9h	Mary Hewitt	1990
7	:48.8h	Carly Meholic	2011	7	:49.1h	Carrie Hellein	1989
8	:48.9h	Mary Hewitt	1990	8	:49.4h	Megan Strayer	2006
9	:49.1h	Carrie Hellein	1989	9	:51:0h	Carolyn Clark	2007
9	:49.1h	Maia Johnston	1998	10	:51.4h	Macy Kozar	2006
11	:49.4h	Megan Strayer	2006	11	:51.5h	Stephanie Dorazio	2000
11	:49.4h	Alison Panigall	2001	11	:51.5h	Jessica Sarnese	2000
13	:49.8h	Alison Panigall	2002	13	:51.7h	Natalie Dado	2005
14	:49.9h	Jill Painter	2002	14	:52.2h	Stacey Null	2005
				15	:52.5h	Laura Mains	1998
				16	:52.6h	Andrea Riggins	1994

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## SHOT PUT

Season (32' 0")				Career (29' 0")			
Rank	Mark	Name	Year	Rank	Mark	Name	Year
1	41' 0.5"	Erin Diehl	1990	1	41' 0.5"	Erin Diehl	1990
2	36' 11"	Emily Rudy	1999	2	36' 11"	Emily Rudy	1999
3	35' 11.75"	Stacey McCallen	1999	3	35' 11.75"	Stacey McCallen	1999
4	35' 11"	Emily Rudy	2000	4	35' 3"	April Krivoniak	2011
5	35' 3"	April Krivoniak	2011	5	34' 5"	Savana Moore	2011
6	34" 5"	Savana Moore	2011	6	34' 1"	Samantha Piscione	2004
7	34' 1"	Samantha Piscione	2004	7	32' 2.5"	Jamie Dunlap	2000
8	33' 7.25"	Stacey McCallen	2000	8	32' 2"	Ashlee Cowles	2008
9	33' 1"	Emily Rudy	1998	9	31' 10.75"	Kristy Kelly	1994
10	33' 0.5"	Emily Rudy	2001	10	31' 9"	Ashley Hoyle	2008
11	32' 10"	Savana Moore	2010	11	31' 8.75"	Kelly Townsend	1999
12	32' 4"	Samantha Piscione	2003	12	30' 11.5"	Sherrie Dunlap	2004
13	32' 2.5"	Jamie Dunlap	2000	13	30' 2"	Bailey Tobias	2007
14	32' 2"	Ashlee Cowles	2008	14	29' 9"	Kristen Wasylik	2003
15	32' 1.5"	Samantha Piscione	2002	15	29' 8.5"	Laura Faust	2010
16	32' 1.25"	Ashlee Cowles	2007	16	29' 0.5"	Bethy Murray	2006

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## DISCUS

Season (92' 7")				Career (86' 2")			
Rank	Mark	Name	Year	Rank	Mark	Name	Year
1	115' 0"	Erin Diehl	1989	1	115' 0"	Erin Diehl	1989
2	106' 5"	Krystal Kunkle	2005	2	106' 5"	Krystal Kunkle	2005
3	104' 11.5"	Kristen Wasylik	2002	3	104' 11.5"	Kristen Wasylik	2002
4	104' 1"	Kristen Wasylik	2003	4	98' 11"	Anne Jupena	2010
5	98' 11"	Anne Jupena	2010	5	96' 9"	Chelsey Yandrick	2003
6	97' 11"	Krystal Kunkle	2004	6	95' 0"	Bailey Tobias	2007
7	97' 1.5"	Anne Jupena	2011	7	94' 6"	Michelle Myers	2004
8	96' 9"	Chelsey Yandrick	2003	8	93' 6"	Emily Rudy	1999
9	95' 0"	Bailey Tobias	2007	9	92' 11"	Molly Ulishney	2011
10	94' 8"	Kristen Wasylik	2000	10	90' 7"	Chelsey Firestone	2007
11	94' 6"	Michelle Myers	2004	11	90' 3"	Christina Wallace	1997
12	93' 8"	Bailey Tobias	2006	12	90' 2"	Chelsey Firestone	2006
13	93' 6"	Emily Rudy	1999	13	89' 10"	Rachel Lute	2006
14	93' 4"	Emily Rudy	2000	14	89' 9"	Stacey McCallen	2001
15	93' 0"	Bailey Tobias	2008	15	87' 11"	Kristy Frayvolt	2003
16	92' 11"	Molly Ulishney	2011	16	86' 3"	Kayle Pry	2005
17	92' 7"	Emily Rudy	1998	17	86' 2"	Kelly Townsend	1998

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## JAVELIN

Season (89' 7")				Career (80' 11")			
Rank	Mark	Name	Year	Rank	Mark	Name	Year
1	113' 5"	April Krivoniak	2011	1	113' 5"	April Krivoniak	2011
2	107' 1"	Ashley Argenta	2004	2	107' 1"	Ashley Argenta	2004

3	105' 10"	Lindsay Kramer	2008	3	105' 10"	Lindsay Kramer	2008
4	105' 1"	Margaret Florendo	2005	4	105' 1"	Margaret Florendo	2005
5	103' 7"	Laurel Fry	2010	5	103' 7"	Laurel Fry	2010
6	103' 4"	Camille Florendo	2002	6	103' 4"	Camille Florendo	2002
7	102' 2"	Ashley Argenta	2003	7	98' 9"	Mary Rizzardi	2006
8	98' 9"	Mary Rizzardi	2006	8	97' 9"	Natalie Zitterbart	2004
9	98' 4"	Laurel Fry	2009	9	94' 9"	Rebecca Friedline	2007
10	97' 9"	Natalie Zitterbart	2004	10	93' 7"	Sarah Hartley	2005
11	94' 9"	Rebecca Friedline	2007	11	93' 0"	Jessica Doris	2011
12	93' 7"	Sarah Hartley	2006	12	90' 3"	Krystal Kunkle	2006
13	93' 0"	Jessica Doris	2011	13	89' 11"	Molly Ulishney	2011
14	92' 8"	Margaret Florendo	2004	14	88' 1"	Brianna Saddler	2007
15	92' 0"	Mary Rizzardi	2005	15	87' 0"	Stacey Null	2005
16	90' 3"	Krystal Kunkle	2005	16	86' 3"	April Krivoniak	2010
17	89' 11"	Molly Ulishney	2011	17	84' 8"	Megan Casler	2004
18	89' 9"	Krystal Kunkle	2004	18	83' 2"	Kayla DeVault	2006
19	89' 7"	Sarah Hartley	2005	19	80' 11"	Samantha Piscione	2003
19	89' 7"	Natalie Zitterbart	2003				

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## HIGH JUMP

Season (5' 0")				Career (4' 10")			
Rank	Mark	Name	Year	Rank	Mark	Name	Year
1	5' 5"	Jenell Eddins	2000	1	5' 5"	Jenell Eddins	2000
2	5' 4"	Shannon Barnett	1999	2	5' 4"	Shannon Barnett	1999
3	5' 3"	Jolene Krinock	2000	3	5' 3"	Jolene Krinock	2000
4	5' 2"	Emily Wood	2007	4	5' 2"	Emily Wood	2007
4	5' 2"	Jolene Krinock	2002	5	5' 1.5"	Janice Rakar	1980
4	5' 2"	Jolene Krinock	2001	6	5' 1"	Jill Painter	2003
4	5' 2"	Shannon Barnett	2000	7	5' 0"	Carly Yelenic	2011
4	5' 2"	Jenell Eddins	1999	7	5' 0"	Courtney Zitt	2007,10
4	5' 2"	Shannon Barnett	1997	7	5' 0"	Abby Sherbuck	2002
10	5' 1.5"	Janice Rakar	1980	10	4' 11"	Mary Maata	2006
11	5' 1"	Jill Painter	2003	11	4' 10"	Margaret Florendo	2005
12	5' 0"	Carly Yelenic	2011	11	4' 10"	Alicia Walsh	2003
12	5' 0"	Courtney Zitt	2010	11	4' 10"	Kristy Kelly	1994
12	5' 0"	Emily Wood	2008	11	4' 10"	Jamie Dumas	1993
12	5' 0"	Courtney Zitt	2007				
12	5' 0"	Abby Sherbuck	2002				

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## LONG JUMP

Season (15' 11")				Career (15' 7.5")			
Rank	Mark	Name	Year	Rank	Mark	Name	Year
1	18' 9.5"	Caitlin Hewitt	2004	1	18' 9.5"	Caitlin Hewitt	2004
2	18' 2"	Caitlin Hewitt	2005	2	17' 11.5"	Kim McDonagh	2011
3	17' 11.5"	Kim McDonagh	2011	3	17' 2.5"	Stacey Olczak	2007
4	17' 9.5"	Kim McDonagh	2010	4	17' 2"	Anne Henry	1990
5	17' 3.75"	Caitlin Hewitt	2006	5	16' 11.5"	Janie Rakar	1979
6	17' 2.5"	Stacey Olczak	2007	6	16' 10.5"	Danielle Scalise	2011
7	17' 2"	Anne Henry	1990	7	16' 8"	Ashley Argenta	2004

8	16' 11.5"	Janice Rakar	1979	8	16' 2.5"	Annie Jakubek	2011
9	16' 10.5"	Danielle Scalise	2011	9	16' 1"	Courtney Zitt	2007, 10
10	16' 10"	Caitlin Hewitt	2003	9	16' 1"	Kim Kuhn	2008
11	16' 8"	Ashley Argenta	2004	9	16' 1"	Alison Pawlosky	1998
12	16' 2.5"	Annie Jakubek	2011	12	15' 11.25"	Stephanie Huston	2010
13	16' 2"	Stacey Olczak	2004	13	15' 10.75"	Carly Yelenic	2010
14	16' 1"	Courtney Zitt	2010	14	15' 10.5"	Jeanne Kondrich	1994
14	16' 1"	Kim Kuhn	2008	15	15' 10"	Stephanie Dorazio	2001
14	16' 1"	Courtney Zitt	2007	16	15' 8.5"	Erin Rafferty	2000
14	16' 1"	Alison Pawlosky	1998	17	15' 8"	Taylor Thompson	2006
18	15' 11.5"	Kim McDonagh	2009	18	15' 7.75"	Mary Maata	2006
19	15' 11.25"	Stephanie Huston	2010	18	15' 7.75"	Brandy Nicolai	1996
20	15' 11"	Stacey Olczak	2006	20	15' 7.5"	Emily Wood	2007

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### TRIPLE JUMP

Season (33' 5")				Career (31' 8")			
Rank	Mark	Name	Year	Rank	Mark	Name	Year
1	36' 1"	Danielle Scalise	2010	1	36' 1"	Danielle Scalise	2010
2	35' 6.5"	Danielle Scalise	2011	2	35' 6.5"	Janice Rakar	1980
2	35' 6.5"	Janice Rakar	1980	3	35' 4.5"	Annie Jakubek	2011
4	35' 4.5"	Annie Jakubek	2011	4	34' 11.5"	Taylor Thompson	2006
5	34' 11.5"	Taylor Thompson	2006	5	34' 8"	Alison Pawlosky	1998
6	34' 9.5"	Taylor Thompson	2007	6	34' 6"	Jill Painter	2003
7	34' 8"	Alison Pawlosky	1998	7	34' 2"	Emily Wood	2008
8	34' 6"	Jill Painter	2003	8	34' 1"	Shannon Barnett	1998
9	34' 3.5"	Taylor Thompson	2008	9	33' 10.75"	Shannon Cassidy	1997
10	34' 2"	Emily Wood	2008	9	33' 10.75"	Courtney Zitt	2009
11	34' 1.25"	Alison Pawlosky	1997	11	33' 6"	Kelly Mueseler	2007
12	34' 1"	Shannon Barnett	1998	12	33' 4"	Ashley Argenta	2004
13	33' 10.75"	Shannon Cassidy	1997	13	33' 0"	Elyse Keno	2002
13	33' 10.75"	Courtney Zitt	2009	14	32' 11"	Erin Wilt	2011
15	33' 10.5"	Emily Wood	2005	14	32' 11"	Stacey Olczak	2006
15	33' 7.5"	Alison Pawlosky	1996	16	32' 7.25"	April Krivoniak	2010
17	33' 6"	Kelly Mueseler	2007	17	32' 2"	Kim McDonagh	2010
17	33' 6"	Emily Wood	2007	18	32' 0"	Carly Yelenic	2010
19	33' 5.5"	Emily Wood	2006	19	31' 8"	Mary Maata	2006
19	33' 5.5"	Courtney Zitt	2007				

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### POLE VAULT

Season (8' 0")				Career (7' 0")			
Rank	Mark	Name	Year	Rank	Mark	Name	Year
1	12' 7"	Caitlin Hewitt	2005	1	12' 7"	Caitlin Hewitt	2005
2	11' 8.5"	Caitlin Hewitt	2004	2	11' 0"	Kim Ciotti	2010
3	11' 6"	Caitlin Hewitt	2006	3	9' 6"	Erin Wilt	2011
3	11' 6"	Caitlin Hewitt	2003	3	9' 6"	Katelyn Blank	2008
5	11' 0"	Kim Ciotti	2010	5	9' 0"	Margaret Florendo	2002, 03, 04
6	10' 0"	Kim Ciotti	2009	6	8' 6"	Hannah Kiesel	2011
7	9' 6"	Erin Wilt	2011	6	8' 6"	Emily Chamberlain	2006

7	9' 6"	Katelyn Blank	2008	8	8' 0"	Annie Jakubek	2010
9	9' 3"	Katelyn Blank	2010	8	8' 0"	Amanda Weber	2007
10	9' 0"	Katelyn Blank	2009	8	8' 0"	Ashley Argenta	2002
10	9' 0"	Kim Ciotti	2008	8	8' 0"	Sarah Kozusko	2002
10	9' 0"	Katelyn Blank	2007	12	7' 6"	Kelly Sanner	2011
10	9' 0"	Margaret Florendo	2004	12	7' 6"	Caitlin Walton	2006
10	9' 0"	Margaret Florendo	2003	12	7' 6"	Amy Egan	2000
15	8' 6"	Hannah Kiesel	2011	15	7' 0"	Kristy Frayvolt	2001, 03
15	8' 6"	Emily Chamberlain	2006	15	7' 0"	Ashley Cooper	2002
15	8' 6"	Margaret Florendo	2005	15	7' 0"	Katherine Kennedy	2002
18	8' 0"	Annie Jakubek	2010	15	7' 0"	Shannon Barnett	1999
18	8' 0"	Amanda Weber	2007	15	7' 0"	R. Hawkins-Braham	2009, 10
18	8' 0"	Ashley Argenta	2002				
18	8' 0"	Sarah Kozusko	2002				

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### 400 METER RELAY (:53.3)

Rank	Mark	Name	Year
1	:50.37F	Emily Fedor, Mellissa Segraves, Kelly Mueseler and Michelle Moss	2007
2	:50.8h	Kim Clark, Beth Walton, Lori Cargnel and Charlene Massena	1980
3	:50.9h	Carly Yelenic, Stevie Huston, Francie Fazzini and Kim McDonagh	2010
4	:51.25F	Danielle Scalise, Francie Fazzini, Carly Yelenic and Erin Wilt	2011
5	:51.5h	Stephanie Dorazio, Kristy Frayvolt, Katie Kimmel and Ashley Argenta	2003
5	:51.5h	Stephanie Dorazio, Tearra Kuhn, Katie Kimmel and Camille Florendo	2001
7	:52.0h	Megan Strayer, Caitlin Walton, Kelly Mueseler and Melissa Segraves	2006
7	:52.0h	Amanda Winkleman, Emily Fedor, Kelly Mueseler and Stacey Null	2005
9	:52.32F	Amanda Winkleman, Carly Meholic, Kim Kuhn and Melissa Segraves	2008
10	:52.6h	Christina Armanious, Maia Johnston, Tearra Kuhn and Erin Rafferty	1999
11	:52.7h	Christina Armanious, Maia Johnston, Tearra Kuhn and Alison Pawlosky	1998
12	:52.8h	Katie Kimmel, Camille Florendo, Ashley Argenta and Elyse Keno	2002
13	:52.83F	Christina Armanious, Nikki Nowlin, Carrie Hartman and Alison Pawlosky	1997
14	:53.0h	Stacy Shultz, April Frowen, Jeanne Kondrich and Michele Pawlosky	1994
15	53.19F	Melissa Segraves, Carly Meholic, Danielle Scalise and Kimberly McDonagh	2009
16	:53.3h	Christine Vish, C. Armanious, Alison Pawlosky and Carrie Hartman	1996
16	:53.3h	Carrie Hartman, Christine Vish, Brandy Nicolai and Stacy Shultz	1995

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### 1600 METER RELAY (4:20.5)

Rank	Mark	Name	Year
1	3:57.76F	Kim McDonagh, Francie Fazzini, Carly Yelenic and Hanna Green	2011
2	3:58.0h	Amanda Winkleman, Emily Fedor, Michelle Moss and Caitlin Hewitt	2005
3	3:59.19F	Emily Fedor, Natalie Bower, Amanda Winkleman and Michelle Moss	2007
4	4:00.1h	Christine Gettemy, Ashley Bower, Stacey Null and Caitlin Hewitt	2004
5	4:01.01F	Christine Gettemy, Caitlin Hewitt, Stacey Null and Amy Egan	2003
6	4:02.48F	Emily Fedor, Kelly Mueseler, Amanda Winkleman and Michelle Moss	2006
7	4:05.9h	Valerie Kay, Janice Rakar, Jana Leone and Joan Sapovich	1979
8	4:09.1h	Jill Painter, Stacey Null, Alison Panigall and Amy Egan	2002
9	4:09.23F	Danielle Scalise, Annie Jakubek, Carly Yelenic and Hanna Green	2010
10	4:13.3h	Tearra Kuhn, Katie Kimmel, Jill Painter and Amy Egan	2001
11	4:14.0h	Karen Overly, J. Setmire, Sherry Shultz and Julie Pavlakovic	1993

12	4:14.9h	Laura Fedor, Jessica Jellison, Katie Hennessy and Tearra Kuhn	2000
13	4:16.5h	Natalie Bower, Elizabeth Harkins, Melissa Segraves and Amanda Winkleman	2008
14	4:17.4h	Karen Overly, Bethany Banker, April Frowen and Julie Pavlakovic	1993
15	4:19.6h	Erin Rafferty, Camille Florendo, Ashley Gornik and Tearra Kuhn	1999
16	4:20.5h	Nikki Nowlin, Jenell Eddins, Alison Pawlosky and Virginia Bogdan	1997

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### **3200 METER RELAY (10:38.0)**

<b>Rank</b>	<b>Mark</b>	<b>Name</b>	
1	9:17.97F	Elizabeth Harkins, Nicole Egan, Abby Hewitt and Natalie Bower	2009
2	9:19.43F	Elizabeth Harkins, Nicole Egan, Abby Hewitt and Natalie Bower	2008
3	9:23.77F	Emily Fedor, Amanda Binkey, Abby Hewitt and Natalie Bower	2007
4	9:39.7h	Christine Gettemy, Elizabeth Brickley, Amanda Hewitt and Amy Egan	2003
5	9:50.0h	Lori Planinsek, Jill Warren, Gina DeBridge and Laura Myers	1982
6	9:54.0h	Elizabeth Brickley, Amanda Binkey, Emily Fedor and Natalie Bower	2006
7	9:54.3h	Bethy Murray, Amanda Hewitt, Elizabeth Brickley and Christine Gettemy	2004
8	9:56.1h	Emily Fedor, Carly Petrarca, Elizabeth Brickley and Christine Gettemy	2005
9	10:07.0h	Tearra Kuhn, Laura Fedor, Amy Egan and Katie Hennessy	2001
10	10:08.9h	Ashley Gardner, Laura Fedor, Amy Egan and Katie Hennessy	2000
11	10:14.0h	Amanda Hewitt, Amy Kolling, Ashley Gornik and Amy Egan	2002
12	10:16.36F	Mary Fratto, Genie Fratto, Kasey Paul and Annie Jakubek	2010
13	10:18.23F	Annie Jakubek, Alex Brant, Mary Fratto and Hanna Green	2011
14	10:33.0h	Dawn Markiewicz, Laura Palko, Jen Zuzack and Katie Hennessy	1999
14	10:33.0h	M. Robinson, Kristy Ditch, Kelly Null and Alyssa Frayvolt	1997
16	10:37.2h	Erica Klingensmith, Kristy Ditch, Meghan Smith and Katie Hennessy	1998