

## UNIVERSITY OF DELAWARE WOMEN'S INDOOR TRACK & FIELD RECORDS

(Updated through 2008 Season)

Event	Record	Athlete	Year
<b>55 meters</b> .....	7.20	<b>Brittany Wright</b> .....	2005
(add .24 to hand times)	7.21	Dionne Jones .....	1989
	7.22	Asha Quant .....	<b>2008</b>
	7.26	Michelle Gomes .....	2007
	7.30	Daniella Price .....	2003
	7.33	Trish Taylor .....	1984
	7.34	Elsbeth Bupp .....	1987
	7.36	Quinetta Roberson .....	1992
	7.37	Brittany Wright .....	2004
	7.2	Kim Kolba .....	1985
	7.2	Kathy Knotts .....	1980
	7.43	Paula Green .....	2006
	7.44	Evelyn Campbell .....	1990
	7.45	Jen Lublanecki .....	2001
	7.48	Kristen Frustillo .....	2004
	7.48	Laura Fraser .....	1983
	7.48	Liz Harvin .....	<b>2008</b>
	7.3	Jeanne Dyson .....	1986
	7.3	Bernice Sturgis .....	1986
	7.3	Enechi Modu .....	1984
<b>60 meters</b> .....	7.61	<b>Michelle Gomes</b> .....	2007
	7.73	Brittany Wright .....	2005
	7.76	Daniella Price .....	2007
	7.84	Asha Quant .....	2007
	7.96	Paula Green .....	2006
	7.97	Kristen Frustillo .....	2005
	8.05	Jennifer Lublanecki .....	2001
	8.06	Liz Harvin .....	2007
	8.10	Kristen Salvatore .....	2002
	8.11	Jenn McDonald .....	2002
	8.11	Rayna Horsey .....	2005
	8.16	Colleen Christopher .....	2000
	8.24	Mandy Stille .....	2004
	8.25	Tyechia Smith .....	2002
	8.27	Domonique Carter .....	2005
	8.36	Elizabeth Russell .....	2003
	8.40	Tehera Nesfield .....	1999
	8.51	Angel Rollins .....	1999
<b>55 meter Hurdles</b>	8.45	<b>Kayla Hennessy</b> .....	<b>2008</b>
(add .24 to hand times)	8.46	Karen Johnson .....	1992
	8.53	Leah Putman .....	<b>2008</b>
	8.56	Karen James .....	1989
	8.56	Alexi Capsouras .....	2006
	8.69	Daniella Price .....	2005
	8.71	Danielle Paquette .....	1991
	8.79	Lisa Scott .....	1984
	8.80	Kim Kolba .....	1985
	8.81	Tiffany Stith .....	1996
	8.84	Traci Slade .....	1998
	8.6	Sheryl Hall .....	1994

**Note:** Carol Thomson (7.5 in 1976) and Kim Herman (8.08 in 1976) ran top times while Delaware was a club team

<b>60 meter Hurdles</b> .....	8.88
	9.00
	9.03
	9.11
	9.45
	9.56
	9.89
	10.09
	10.24
	10.28
	10.34
	10.34
	10.34
	10.88
<b>200 meters</b> .....	24.62
(add .14 to hand time)	24.72
	25.25
	25.35
	25.45
	25.56
	25.60
	25.77
	25.85
	25.93
	25.96
	26.02
	26.07
	26.13
	26.27
	26.34
	26.2
	26.53
	26.61
	26.63
	26.66
	26.71
	26.82
<b>220 yards</b> .....	26.02
<b>300 meters</b> .....	40.74
(add .14 to hand time)	42.49
	42.52
	42.71
	42.73
	42.89
	43.04
	43.06
	43.22
	43.36
	43.46
	43.56
	43.62
	43.79
	44.44
	44.63
	44.4
	44.6
	44.97
<b>300 yards</b> .....	37.3

<b>Kayla Hennessy</b> .....	<b>2008</b>
Mandy Stille .....	2004
Alexi Capsouras .....	2007
Leah Putman .....	<b>2008</b>
Daniella Price .....	2003
Annemarie Quinn .....	2000
Elizabeth Russell .....	2003
Tyechia Smith .....	2002
Katie Sheaffer .....	2001
Jennifer Hogue .....	2002
Becky Russo .....	2002
Liesje Cardillo .....	2000
Kimberly Rubin .....	2003
Melissa Weitz .....	1999
<b>Michelle Gomes</b> .....	2007
Cristine Marquez .....	<b>2008</b>
Asha Quant .....	<b>2008</b>
Kayla Hennessy .....	<b>2008</b>
Brittany Wright .....	2005
Daniella Price .....	2003
Dionne Jones .....	1992
Jen Lublanecki .....	2001
Tyechia Smith .....	2003
Paula Green .....	2006
Liz Harvin .....	<b>2008</b>
Kristen Frustillo .....	2004
Elsbeth Bupp .....	1987
Kristi Cox .....	<b>2008</b>
Rayna Horsey .....	2005
Connie Pogue .....	1990
Pam Hohler .....	1981
Quinetta Roberson .....	1992
Mandy Stille .....	2004
Kristen Salvatore .....	2002
Alex Francis .....	<b>2008</b>
Rayna Horsey .....	2005
Evelyn Campbell .....	1990
<b>Dionne Jones</b> .....	1990
<b>Michelle Gomes</b> .....	2007
Brittany Wright .....	2005
Kristen Frustillo .....	2005
Alex Francis .....	<b>2008</b>
Asha Quant .....	2007
Kristi Cox .....	<b>2008</b>
Elsbeth Bupp .....	1985
Paula Green .....	2006
Rayna Horsey .....	2005
Enechi Modu .....	1984
Daniella Price .....	2005
Trish Taylor .....	1984
Alexi Capsouras .....	2007
Kristen Frustillo .....	2004
Kim Kolba .....	1985
Nancy Zaiser .....	1986
Kelly Flaherty .....	1985
Yulonda Wheeler .....	1985
Melissa Tosch .....	1985
<b>Pam Hohler</b> .....	1982

<b>400 meters</b> .....	55.45	<b>Cristine Marquez</b> .....	<b>2008</b>
	56.83	Tyechia Smith .....	2004
	57.53	Kristi Cox .....	<b>2008</b>
	57.90	Kayla Hennessy .....	<b>2008</b>
	58.40	Asha Quant .....	2007
	58.72	Kristen Frustillo .....	2004
	58.92	Rachel Schultz .....	2003
	59.10	Brittany Wright .....	2005
	59.17	Alexi Capsouras .....	2007
	59.29	Bridget Bicking .....	1988
	59.1	Pam Hohler .....	1983
	59.46	Connie Pogue .....	1990
	59.46	Alison Farrance .....	1986
	59.54	Jen Lubanecki .....	2001
	1:00.43	Aimee Dempsey .....	1991
	1:00.54	Daniella Price .....	2006
	1:00.65	Denise Pechillo .....	1992
	1:00.66	Alex Francis .....	<b>2008</b>
	1:00.5	Robin Neely .....	1990

**Note:** Cathy Kirchner (58.9 in 1976) ran top time while Delaware was a club team

<b>440 yards</b> .....	59.40	<b>Pam Hohler</b> .....	1983
<b>500 meters</b> .....	1:14.87	<b>Cristine Marquez</b> .....	<b>2008</b>
	1:15.70	Tyechia Smith .....	2004
	1:17.14	Kristi Cox .....	<b>2008</b>
	1:17.71	Alison Farrance .....	1986
	1:18.56	Rachel Schultz .....	2003
	1:18.7	Melissa Tosch .....	1987
	1:18.98	Alexi Capsouras .....	2006
	1:19.17	Kristen Robbins .....	1999
	1:19.19	Bridget Bicking .....	1987
	1:19.49	Lynn Degelmann .....	1992
	1:19.65	Pam Hohler .....	1983
	1:19.9	Leigh Reagan .....	1991
	1:20.32	Jacqui Tweed .....	1993
	1:20.3	Aimee Dempsey .....	1990
	1:20.60	Sarah Bochet .....	2004
<b>600 yards</b> .....	1:28.15	<b>Pam Hohler</b> .....	1983
<b>880 yards</b> .....	2:17.9	<b>Mary Schilly-Knisely</b> .....	1980
<b>800 meters</b> .....	2:15.84	<b>Erin Gemmill</b> .....	2003
	2:16.33	Sarah Cowles .....	1994
	2:16.9	Mary Schilly .....	1980
	2:18.05	Jill Riblett .....	1992
	2:18.20	Kellyn Wright .....	2007
	2:18.69	Colleen O'Brien .....	2005
	2:20.00	Sarah Johnson .....	1999
	2:20.05	Caron Marra .....	1998
	2:20.12	Loretta Reilly .....	1985
	2:20.32	Cristine Marquez .....	2007
	2:20.34	Kristen Robbins .....	1999
	2:21.20	Shelly Frenduto .....	1988
	2:21.25	Karen Mandrachia .....	<b>2008</b>
	2:21.4	Kasia Brodka .....	1996
	2:21.4	Jody Campbell .....	1983

<b>1000 meters</b> .....	2:54.47
	2:56.25
	2:57.07
	2:59.27
	3:00.37
	3:01.3
	3:01.79
	3:01.90
	3:01.8
	3:02.39
	3:02.77
	3:02.82

<b>1000 yards</b> .....	2:44.51
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<b>Mile Run</b> .....	4:51.6
	4:53.93
	4:58.28
	4:59.35
	5:02.46
	5:03.17
	5:06.02
	5:07.78
	5:07.89
	5:09.04
	5:09.83
	5:09.97

<b>1500 meters</b> .....	4:38.51
	4:38.59
	4:46.10
	4:46.8
	4:48.71
	4:50.66
	4:50.9
	4:51.31
	4:52.8
	4:55.15
	4:56.87

<b>2-Mile Run</b> .....	10:52.6
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<b>3-Mile Run</b> .....	16:42.5
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<b>3000 meters</b> .....	9:52.63
	9:57.69
	9:58.57
	10:00.30
	10:05.74
	10:06.50
	10:07.6
	10:10.75
	10:14.79
	10:17.82
	10:18.30
	10:19.21
	10:27.27

<b>Jill Riblett</b> .....	1992
Erin Gemmill .....	2003
Sarah Cowles .....	1996
Caron Marra .....	2000
Kasia Brodka .....	1997
Nori Wilson .....	1987
Katie Guarracino .....	1995
Kristen Robbins .....	1999
Cheryl Amin .....	1987
Christina Antonopoulos .....	<b>2008</b>
Kara Priggon .....	1992
Ann Marie Prebish .....	1992

<b>Cheryl Amin</b> .....	1990
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<b>Mary Schilly-Knisely</b> .....	1980
Sarah Cowles .....	1996
Colleen O'Brien .....	2005
Jody Campbell .....	1983
Erin Gemmill .....	2003
Nori Wilson .....	1987
Caron Marra .....	2000
Maria Giunta .....	1992
Amy Oppermann .....	1990
Aimee Alexander .....	2002
Christina Antonopoulos .....	<b>2008</b>
Jill Riblett .....	1990

<b>Sarah Cowles</b> .....	1996
Erin Gemmill .....	2003
Jill Riblett .....	1992
Amy Oppermann .....	1990
Marnie Giunta .....	1992
Tara Pointin .....	1996
Nori Wilson .....	1987
Christina Rolleri .....	1996
Colleen O'Connor .....	1987
Katie Guarracino .....	1995
Cheryl Amin .....	1989

<b>Jody Campbell</b> .....	1984
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<b>Kim Mitchell</b> .....	1985
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<b>Aimee Alexander</b> .....	2002
Alicia Giuliano .....	1992
Marnie Giunta .....	1993
Colleen O'Brien .....	2005
Nori Wilson .....	1987
Kim Mitchell .....	1985
Jody Campbell .....	1984
Brooke Maguire .....	2006
Julia Somers .....	2006
Tara Pointin .....	1997
Chris Rolleri .....	1995
Amy Oppermann .....	1992
Caron Marra .....	1998

<b>5000 meters</b> .....	17:03.28	<b>Kim Mitchell</b> .....	1985
	17:20.04	Tara Pointin .....	1997
	17:20.2	Alicia Giuliano .....	1992
	17:22.9	Sandy Gibney .....	1980
	17:27.2	Chris Roller .....	1996
	17:38.98	Colleen O'Brien .....	2006
	17:43.44	Amy Oppermann .....	1992
	17:54.2	Kara Priggon .....	1994
	18:02.98	Brooke Maguire .....	2006
	18:05.66	Julia Somers .....	2006
	18:07.82	Caron Marra .....	1999
	18:08.06	Aimee Alexander .....	2001
	18:12.17	Michelle Socorso .....	1989
<b>4 x 200 meter Relay</b> .....	1:49.8	<b>Pam Hohler, Sue Tyler, Regina Knotts, Laura Fauser</b> .....	1981
<b>4 x 200 yard Relay</b> .....	1:47.27	<b>Enechi Modu, Trish Taylor, Nancy Zaiser, Laura Fauser</b> .....	1984
<b>4 x 400 meter Relay</b> .....	3:45.44	Cristine Maarquez, Asha Quant, Kristi Cox, Kayla Hennessy .....	<b>2008</b>
	3:50.27	Brittany Wright, Kristen Frustillo, Tyechia Smith, Mandy Stille .....	2004
	3:50.37	Daniella Price, Asha Quant, Cristine Marquez, Alexi Capsouras .....	2007
	3:54.70	Kristin Frustillo, Tyechia Smith, Brittany Wright, Sarah Bochet .....	2004
	3:54.78	Kristin Frustillo, Tyechia Smith, Rachel Schultz, Erin Gemmill .....	2003
	3:55.85	Michelle Gomes, Liz Harvin, Cristine Marquez, Alexi Capsouras .....	2007
	3:55.02	Alexi Capsouras, Laura Heenan, Cristine Marquez, Asha Quant .....	2007
	3:56.73	Cristine Marquez, Kayla Hennessy, Liz Harvin, Alex Francis .....	<b>2008</b>
	3:58.62	Kristi Cox, Liz Harvin, Kayla Hennessy, ,Cristine Marquez .....	<b>2008</b>
	3:58.97	Alexi Capsouras, Paula Green, Rayna Horsey, Daniella Price .....	2006
	3:59.04	Alexi Capsouras, Paula Green, Laura Heenan, Daniella Price .....	2006
	4:00.63	Alexi Capsouras, Michelle Gomes, Daniella Price, Asha Quant .....	2007
	4:01.60	Denise Pechillo, Carmen Matteis, Dionne Jones, Lynn Degelmann .....	1992
<b>4 x 800 meter Relay</b> .....	9:26.98	<b>C. Antonopoulos, Y. Antonopoulos, Laura Heenan, Kellyn Wright</b> .....	2007
	9:34.59	Jacqui Tweed, Katie Guarracino, Jill Riblett, Murphee Hayes .....	1993
	9:34.64	Kellyn Wright, Karen Mandrachia, Stephanie Taylor, Julia Somers .....	<b>2008</b>
<b>Sprint Medley</b> .....	4:13.6	<b>Pam Hohler, Trish Taylor, Laura Fauser, Jody Campbell</b> .....	1983
<b>Distance Medley Relay</b> .....	11:46.1	<b>Maro Bchakjian, Jennifer Mills, Mary Schilly-Knisely, Rachel Davis</b> .....	1980
<b>Pentathlon</b> .....	3279 points	<b>Mandy Stille</b> .....	2004
	2703 points	Danielle Paquette .....	1990
<b>Shot Put</b> .....	14.03m (46- 1/2)	<b>Rachel Young</b> .....	2007
	13.41m (44-0)	Amanda Marshall .....	2007
	13.23m (43-5)	Stacey Price .....	1992
	12.65m (41-6)	Melissa Calvanico .....	2001
	12.16m (39-10 3/4)	Lisa Weeks .....	2005
	11.96m (39-3)	Adriana Festa .....	1991
	11.81m (38-9)	Brandy Connell .....	1999
	11.71m (38-5)	Carol Peoples .....	1983
	11.70m (38-4 3/4)	Kerry Van Riper .....	2002
	11.67m (38-3 1/2)	Caltha Seymour .....	2000
	11.66m (38-3 1/4)	Jessica Urbonas .....	2004
	11.53m (37-10)	Myrna Jacobs .....	1983
	11.33m (37-2)	Carol Miller .....	1980

<b>20 lb. Weight Throw</b> .....	16.69m (54-9 1/4)	<b>Brandy Connell</b> .....	2000
	16.53m (54-2 3/4)	Caltha Seymour .....	2000
	16.26m (53-4 1/4)	Jennie Chiller .....	2002
	16.07m (52-8 3/4)	Amanda Marshall .....	<b>2008</b>
	15.12m (49-7 1/4)	Diethra Seymour .....	2002
	15.06m (49-5)	Chris Delli Paoli .....	1996
	14.98m (49-1 3/4)	Michelle Curcio .....	1991
	14.16m (46-5 1/2)	Kirstin Joynt .....	1995
	14.00m (45-11 3/4)	Rachel Young .....	2005
	13.78m (45-2 1/2)	Jacqueline Scogna .....	2004
	13.74m (45-1)	Stephanie Cronk .....	2007
	13.73m (45-0 1/2)	Kerry Van Riper .....	2002
	13.59m (44-7)	Terri Norris .....	1990
	13.35m (43-9 3/4)	Maureen O'Neill .....	1996

<b>High Jump</b> .....	1.86m (6-1 1/4)	<b>Candy Cashell</b> .....	1986
	1.74m (5-8 1/2)	Annemarie Quinn .....	2000
	1.69m (5-6 1/2)	Erika Brandt .....	1990
	1.66m (5-5 1/4)	Dawn Sullivan .....	1989
	1.65m (5-5)	Sheryl Hall .....	1993
	1.63m (5-4)	Nancy Sottos .....	1986
	1.60m (5-3)	Briana Gray .....	<b>2008</b>
	1.58m (5-2 1/4)	Stephanie Kuehne .....	2001
	1.58m (5-2)	Sharon Huss .....	1984
	1.58m (5-2)	Jan Woolson .....	1983
	1.58m (5-2)	Barb Hobday .....	1983

<b>Long Jump</b> .....	5.81m (19 1/4)	<b>Asha Quant</b> .....	2007
	5.76m (18-10 3/4)	Mandy Stille .....	2004
	5.59m (18-4 1/4)	Leah Putman .....	<b>2008</b>
	5.52m (18-1 1/4)	Angel Rollins .....	1998
	5.46m (17-11)	Carmen Matteis .....	1992
	5.43m (17-9 3/4)	Nancy Zaiser .....	1985
	5.40m (17-8 3/4)	Colleen Christopher .....	2000
	5.40m (17-8 3/4)	Laura Fauser .....	1983
	5.40m (17-8 3/4)	Liesje Cardillo .....	2002
	5.36m (17-7)	Pauline Dargis .....	1992
	5.23m (17-2)	Annemarie Quinn .....	2000
	5.20m (17 - 3/4)	Danielle Paquette .....	1991

**Note:** Gail Allen (17-4, 5.28m in 1976) had No. 8 best jump while Delaware was a club team

<b>Triple Jump</b> .....	11.51m (37-9 1/4)	<b>Lissy Dean</b> .....	2004
	11.32m (37-1 3/4)	Laura Dietrich .....	2000
	11.23m (36-10 1/4)	Mandy Stille .....	2004
	11.32m (36-6 1/4)	Pauline Dargis .....	1990
	11.03m (36-2 3/4)	Alison Farrance .....	1986
	10.88m (35-8 1/2)	Annie Fulton .....	<b>2008</b>
	10.87m (35-8)	Leah Putman .....	<b>2008</b>
	10.84m (35-6 3/4)	Regina Knotts .....	1987
	10.78m (35-4 1/2)	Lynda Blake .....	1989
	10.72m (35-2)	Lisa Scott .....	1984
	10.71m (35-1 3/4)	Angel Rollins .....	1998
	10.64m (34-11)	Becky Creed .....	1989
	10.61m (34-9 3/4)	Amanda Crouse .....	2003
	10.42m (34-2 1/4)	Nina Anderson .....	1997
	10.42m (34-2 1/4)	Linda Mallaney .....	1986

<b>Pole Vault</b> .....	3.81m (12-6)	<b>Casey Bennett</b> .....	2004/2005
	3.70m (12-2)	Kelli McDonald .....	<b>2008</b>
	3.60m (11-9 3/4)	Laura Chirico .....	<b>2008</b>
	3.45m (11-3 3/4)	Carol Oliveri .....	2001
	3.35m (10-11 3/4)	Ashley Forlini .....	1999
	3.15m (10-4)	Marta Pepe .....	2001
	3.15m (10-4)	Lisa Steward .....	2002
	3.08m (10 1/2)	Amy Miller .....	2006
	3.05m (10-0)	Kristin Tunell .....	2003
	3.05m (10-0)	Laura Matthey .....	2003
	2.90m (9-6 1/4)	Reagan Hastings .....	2003/2004
	2.90m (9-6 1/4)	Kaitlin McGowan .....	2005
	2.85m (9-4 1/4)	Melissa Steward .....	2001
	2.85m (9-4 1/4)	Beth Moore .....	2006
	2.75m (9-0 1/4)	Jennifer Dilzer .....	1999

## UNIVERSITY OF DELAWARE FRESHMAN INDOOR RECORDS

Event	Record Holder	Record	Year
<b>55 Meter Hurdles</b>	Kayla Hennessy .....	8.45 .....	<b>2008</b>
<b>60 Meter Hurdles</b>	Kayla Hennessy .....	8.81 .....	<b>2008</b>
<b>55 Meters</b>	Brittany Wright .....	7.37 .....	2004
<b>60 Meters</b>	Brittany Wright .....	7.88 .....	2004
	Daniella Price .....	7.88 .....	2003
<b>200 Meters</b>	Kayla Hennessy .....	25.35 .....	<b>2008</b>
<b>300 Meters</b>	Alex Francis .....	42.71 .....	<b>2008</b>
<b>400 Meters</b>	Cristine Marquez .....	55.74 .....	2007
<b>500 Meters</b>	Kristi Cox .....	1:17.14 .....	<b>2008</b>
<b>800 Meters</b>	Kellyn Wright .....	2:18.20 .....	2007
<b>1,000 Meters</b>	Sarah Johnson .....	3:02.85 .....	1999
<b>1,500 Meters</b>	na		
<b>Mile</b>	Colleen O'Brien .....	4:58.28 .....	2005
<b>3,000 Meters</b>	Alicia Giuliano .....	9:57.69 .....	1992
<b>5,000 Meters</b>	Alicia Giuliano .....	17:20.44 .....	1992
<b>Shot Put</b>	Rachel Young .....	43-11 3/4 (13.40m) .....	2004
<b>35# Weight Throw</b>	Caltha Seymour .....	45-11 1/4 (14.0m) .....	1996
<b>High Jump</b>	Dawn Sullivan .....	5-5 1/4 (1.66m) .....	1989
<b>Pole Vault</b>	Kelli McDonald .....	11-9 3/4 (3.60m) .....	2006
<b>Long Jump</b>	Mandy Stille .....	18-10 3/4 (5.76m) .....	2004
<b>Triple Jump</b>	Lissy Dean .....	37-9 1/4 (11.83m) .....	2004
<b>Pentathlon</b>	Mandy Stille .....	3279 .....	2004

## ALL-TIME COACHING RECORDS

Coach	Years	Record (Pct.)
Mary Shull .....	1979-82 (3)	10-6 (.625)
Sue McGrath-Powell .....	1982-Present (26)	129-50 (.721)
<b>Totals</b> .....	<b>29 Seasons</b>	<b>139-56 (.713)</b>

## DELAWARE FIELD HOUSE RECORDS (WOMEN'S)

Event	Record	Holder	Date
<b>55meters</b>	6.80	Maria Parsons (Morgan State)	2/12/78
<b>60 meters</b>	7.56	Teyarnte Carter (Maryland)	1/10/2003
<b>55 meter hurdles</b>	7.70	Debbie Deutsch (Rutgers)	2/10/80
<b>60 meter hurdles</b>	8.35	Charmaine Walker (Villanova)	2/7/99
<b>200 meters</b>	24.23	Debbie Dunn (Norfolk State)	2/6/2000
<b>300 meters</b>	38.86	Sophia Hunter (Delaware State)	2/10/85
<b>400 meters</b>	54.95	Sonja Fridy (Virginia)	2/8/87
<b>500 meters</b>	1:13.02	Nadeen Bridgeforth (Temple)	2/8/87
<b>800 meters</b>	2:10.99	Kerrie Bowes (Maryland)	1/20/96
<b>1000 meters</b>	2:52.86	Vicki Huber (Villanova)	2/9/86
<b>Mile</b>	4:45.84	Suzanne Girard (North Carolina State)	2/22/81
<b>1500 meters</b>	4:24.46	Elaine McGillian (St. Joseph's)	2/9/86
<b>3000 meters</b>	9:19.13	Jennifer Rhines (Villanova)	2/3/96
<b>5000 meters</b>	16:17.10	Julie Bowers (West Chester)	2/10/85
<b>1600 meter relay</b>	3:44.85	Hitchcock, Robinson, Ford, Kelly (Howard)	2/8/87
<b>3200 meter relay</b>	9:09.29	Gerken, Stever, Spalvino, Cassel (Penn State)	2/10/85
<b>Distance medley</b>	11:35.84	Lisa Beck (2:16.78), Barbara Smith(59.6), Susanne Girard (3:29.72), Sande Colanane(4:46.8) (North Carolina State)	2/21/82
<b>Long jump</b>	6.31m (20-8 1/2)	Kim Schofield (Florida)	2/21/82
<b>High jump</b>	1.86m (6-1 1/4)	Candy Cashell (Delaware)	2/16/86
<b>Triple jump</b>	12.57m (41-3)	Donna Crumety (St. Joseph's)	2/2/91
<b>Wt. throw</b>	18.85m ( 61-10)	Ruth Kura (Maryland)	2001
<b>Shot Put</b>	16.53m (54-2 3/4)	Elaine Sobansky (Penn State)	2/20/83
<b>Pole Vault</b>	3.65m (11-11 3/4)	Casey Bennett (Delaware)	1/9/04