

UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RECORDS

(updated through May 11, 2008)

Event	Record (*converted)	Athlete	Year
100 meters	11.81	Dionne Jones	1990
(add .24 to hand times)	11.95	Michelle Gomes	2006
	12.14	Brittany Wright	2004
	12.15	Asha Quant	2008
	12.20	Kristen Frustillo.....	2004
	12.29	Paula Green	2006
	12.30	Denise Brijbasi	2000
	12.31	Jen Lublanecki	2001
	12.1	Evelyn Campbell	1989
	12.36	Trish Taylor	1984
	12.38	Daniella Price	2004
	12.40	Portia Ramsey	1988
	12.53	Rayna Horsey.....	2005
	12.3	Jill Foster	1989
	12.3	Elsbeth Bupp	1985
	12.3	Nancy Zaiser	1985
	12.54	Bernice Sturgis.....	1986
	12.4	Kristen Singleton	1995
	12.4	Aimee Dempsey.....	1988

Note: Carol Thomson (11.2 in 1976) ran top time while Delaware was a club team

100 yards	12.2	Pam Hohler	1980
100 Meter Hurdles	14.25	Kayla Hennessy	2008
(add .24 to hand times)	14.34	Mandy Stille	2004
	14.75	Alexi Capsouras	2007
	14.79	Sheryl Hall	1994
	14.97	Karen Johnson	1990
	15.04	Daniella Price	2003
	15.08	Leah Putman	2008
	15.37	Vicki Hufnagel	2004
	15.2	Danielle Paquette.....	1990
	15.47	Tiffany Stith	1994
	15.50	Karen James	1989
	15.50	Kim Kolba	1985
	15.4	Lynda Blake	1989
	15.4	Dawn Sullivan.....	1989

Note: Carol Thomson (13.6 in 1976) and Kim Herman (14.18 in 1976) ran top times while Delaware was a club team

200 Meter Dash	24.2	Brittany Wright	2005
(add .24 to hand times)	24.49	Cristine Marquez	2008
	24.81	Dionne Jones	1990
	24.83	Asha Quant	2008
	24.91	Connie Pogue.....	1990
	25.00	Rayna Horsey.....	2005
	24.8	Pam Hohler	1982
	25.23	Kayla Hennessy	2008
	25.38	Jen Lublanecki	2001
	25.49	Daniella Price	2003
	25.57	Tyechia Smith.....	2004
	25.52	Paula Green	2006
	25.65	Elsbeth Bupp	1987
	25.75	Michelle Gomes	2006
	25.79	Evelyn Campbell	1989
	25.95	Mandy Stille	2004
	26.01	Dominique Carter	2006
	26.11	Kristen Frustillo.....	2004

26.15	Kristen Salvatore	2002
26.19	Kristi Cox	2008
26.0	Kristin Singleton	1998
26.31	Jill Foster	1992
26.31	Alex Francis	2008
26.44	Trish Taylor	1984
220 yards	Kathy Knotts	1980
400 Meter Dash	Cristine Marquez	2008
(add .14 to hand times)	Asha Quant	2007
56.95	Tyechia Smith	2004
57.04	Connie Pogue	1990
57.30	Kristi Cox	2008
57.46	Alison Farrance	1986
57.7	Pam Hohler	1983
58.13	Bridget Bicking	1987
58.44	Dionne Jones	1991
58.4	Kristen Frustillo	2002
58.78	Brittany Wright	2004
58.96	Rachel Schultz	2003
59.24	Elsbeth Bupp	1987
59.2	Aimee Dempsey	1991
59.73	Leigh Reagan	1991
59.5		
440 yards	Pam Hohler	1983
400 Meter Hurdles	Kayla Hennessy	2008
(add .14 to hand times)	Laura Fauser	1984
1:01.57	Alexi Capsouras	2006
1:03.04	Sarah Bochet	2002
1:03.44	Lynn Degelmann	1992
1:03.73	Mandy Stille	2004
1:03.80	Kasia Brodka	1999
1:04.07	Sheryl Hall	1994
1:04.50	Robyn Neely	1991
1:04.78	Daniella Price	2003
1:05.08	Vicki Hufnagel	2004
1:06.89	Tyechia Smith	2001
1:07.04	Aimee Dempsey	1988
1:07.46	Julie Lindenberg	1983
1:07.61	Lora Matteis	1993
1:07.4	Lynda Blake	1989
1:07.9		
1:08.34		

Note: Kim Herman (1:05.7 in 1976) ran a top time while Delaware was a club team

440 yard Intermediate Hurdles ..	1:16.0	Maro Bchakjian	1980
800 Meter Run	2:13.84	Erin Gemmill	2002
	2:14.86	Sarah Cowles	1994
	2:15.3	Mamie Giunta	1993
	2:15.54	Kristen Robbins	1999
	2:15.74	Cristine Marquez	2007
	2:16.19	Kasia Brodka	1998
	2:16.70	Kellyn Wright	2008
	2:16.87	Jill Riblett	1992
	2:17.1	Sandy Gibney	1980
	2:17.49	Katie Guarracino	1994
	2:17.88	Caron Marra	2000
	2:18.03	Mary Carceras	1992

Note: Mary Schilly (2:12.4 in 1978) ran top time while Delaware was a club team

880 yards	2:21.0
1500 meters	4:23.0
	4:36.62
	4:37.79
	4:37.8
	4:37.84
	4:37.9
	4:38.21
	4:38.26
	4:39.17
	4:40.1
	4:43.14
	4:43.24
Mile Run	5:01.4
2,000m Steeplechase	7:46.49
	8:36.75
3,000m Steeplechase	11:14.22
	11:17.41
	11:26.36
	11:46.66
	11:56.78
	12:03.57
	12:21.44
	12:29.74
	12:32.50
	12:36.69
	12:42.17
	12:44.97
	12:52.47
	13:04.55
	13:12.55
	13:12.92
	13:27.77
	13:51.79
	14:01.55
3000 meters	9:38.54
	9:54.04
	9:54.53
	9:56.5
	9:59.13
	10:01.4
	10:02.78
	10:06.0
	10:08.69
	10:11.4
Two Mile Run	10:46.0
5000 Meter Run	16:53.0
	17:02.37
	17:15.4
	17:33.63
	17:37.4
	17:54.46
	17:55.14
	18:00.0
	18:06.12
	18:07.19
	18:14.7
	18:16.12
	18:20.7

Mary Schilly-Knisely	1980
Mary Schilly-Knisely	1980
Caron Marra	1999
Ellen Strickler	1993
Jody Campbell	1984
Erin Gemmill	2003
Marnie Giunta	1993
Jill Riblett	1993
Aimee Alexander	2002
Christina Antonopoulos	2007
Nori Wilson	1987
Kasia Brodka	1998
Kristen Robbins	1999
Sandy Gibney	1980
Kate Klim	2002
Tess Beinke	2002
Julia Somers	2008
Kate Klim	2003
Christine Sloat	2008
Annie Kowtuniak	2008
Ashley Olsen	2003
Toni Riggi	2006
Krista Kulger	2002
Colleen Reid	2005
Jessica Leitsch	2006
Lisa Salvatore	2002
Lauren Shaub	2006
Tess Beinke	2001
Leslie Wason	2007
Julianne Twomey	2007
Cristin Romano	2001
Brittany Wilder	2007
Megan McGrath	2007
Krista Levy	2008
Pooja Aysola	2006
Sarah Cowles	1996
Caron Marra	2000
Jody Campbell	1984
Ellen Strickler	1993
Aimee Alexander	2002
Nori Wilson	1987
Colleen O'Conner	1987
Sandy Gibney	1980
Tara Pointin	1996
Jill Riblett	1993
Sandy Gibney	1980
Sandy Gibney	1980
Aimee Alexander	2002
Jody Campbell	1983
Kim Mitchell	1983
Tara Pointin	1996
Julia Somers	2006
Ellen Strickler	1993
Amy Oppermann	1992
Christina Antonopoulos	2008
Colleen O'Connor	1987
Chris Rolleri	1994
Brooke Maguire	2006
Michelle Socorso	1989

Note: Pam Adams (18:18.0 in 1978) ran a top time while Delaware was a club team

Three Mile Run	18:28.0	Rachel Davis	1982
10,000 meters	35:09.81	Alicia Giuliano	1993
	35:18.4	Kim Mitchell	1985
	36:09.50	Tara Pointin	1997
	37:00.27	Chris Rolleri	1994
	37:13.33	Cassie White	2008
	37:52.39	Julia Somers.....	2008
	38:15.3	Jody Campbell	1983
	38:25.7	Michele Socorso.....	1989
	38:34.00	Julia Somers.....	2006
	38:45.00	Monica Marchetta	2002
	39:03.13	Liz Paul.....	2008
	39:23.40	Shauna Hughes	2000
	39:35.5	Rachel Davis	1982
	39:47.0	Angela Socorso	1987
Shuttle Hurdle Relay	49.2	Julie Lindenberg, Linda Mullaney, Lisa Scott	1983
4 x 100 meter Relay	46.78	Asha Quant, Kayla Hennessy, Kristi Cox, Cristine Marquez	2008
	47.17	Brittany Wright, Mandy Stille, Kristen Frustillo, Tyechia Smith	2004
	47.22	Brittany Wright, Asha Quant, Daniella Price, Liz Harvin	2007
	47.31	Brittany Wright, Michelle Gomes, Paula Green, Rayna Horsey	2006
	47.45	Brittany Wright, Mandy Stille, Danielle Price, Tyechia Smith	2004
	47.75	Evelyn Campbell, Connie Pogue, Jill Foster, Dionne Jones.....	1990
4 x 200 meter Relay	1:40.05	Asha Quant, Kayla Hennessy, Kristi Cox, Cristine Marquez	2008
	1:40.99	Michelle Gomes, Paula Green, Brittany Wright, Asha Quant	2006
	1:42.40	Brittany Wright, Asha Quant, Daniella Price, Liz Harvin	2007
	1:43.20	Elizabeth Russell, Daniella Price, Tyechia Smith, Kristin Frustillo	2003
	1:45.64	Kristen Frustillo, Liesje Cardillo, Jen McDonald, Kristen Salvatore	2002
	1:46.4	Laura Fauser, Trish Taylor, Pam Hohler, Sue Tyler	1981
880 yard Relay	1:53.9	Laura Markey, Pam Hohler, Kathy Knotts, Sandy Gibney	1980
4 x 400 meter Relay	3:46.90	Cristine Marquez, Asha Quant, Kayla Hennessy, Kristi Cox	2008
	3:49.29	Daniella Price, Liz Harvin, Cristine Marquez, Asha Quant.....	2007
	3:49.46	Kellyn Wright, Liz Harvin, Cristine Marquez, Asha Quant	2007
	3:50.16	Rachel Schultz, Tyechia Smith, Mandy Stille, Brittany Wright	2004
	3:52.69	Cristine Marquez, Asha Quant, Alexi Capsouras, Liz Harvin.....	2007
	3:54.24	Tyechia Smith, Daniella Price, Erin Gemmill, Kristin Frustillo	2003
	3:55.33	Brittany Wright, Paula Green, Alexi Capsouras, Asha Quant	2006
	3:55.37	Robyn Neely, Leigh Reagan, Dionne Jones, Connie Pogue	1990
4 x 800 meter Relay	9:07.29	Jill Riblett, Katie Guarracino, Jacqui Tweed, Marnie Giunta	1993
Two-mile Relay	9:44.2	Jody Campbell, Maureen Clarke, Loretta Reilly, Liz Adams	1982
880 Sprint Relay	1:47.9	Trish Taylor, Mary Davis, Laura Fauser, Pam Hohler	1981
Sprint Medley Relay	4:04.37	Rachel Schultz, Erin Gemmill, Daniella Price, Tyechia Smith	2003
	4:06.61	Kristin Frustillo, Erin Gemmill, Daniella Price, Tyechia Smith	2003
	4:08.0	Liesje Cardillo, Kristen Salvatore, Tyechia Smith, Erin Gemmill	2002
	4:16.91	Nina Anderson, Kristin Sweeney, Amber MacNeill, Kristen Robbins	1998
Distance Medley Relay	12:23.87	Christine Sloat, Alex Francis, Yianna Antonopoulos, Julia Somers	2008
	12:26.28	N/A	1997
4 x 1,500 meter Relay	19:23.35	Caron Marra, Kristen Robbins, Aimee Alexander, Kasia Brodka	1999

Javelin	43.82m (143-9)	Carol Miller	1980	
	43.16m (141-7)	Barbara Wolff	1984	
	42.18m (138-5)	Kris Knoebel	1990	
	38.74m (127-1)	Christine Kowalchuk	2002	
	38.68m (126-11)	Julie Hischmann	2005	
	37.80m (124-0)	Jess Urbonas	2001	
	37.05m (121-7)	Kristen Hunter	2008	
	36.82m (120-9)	Lindsay Taylor	2000	
	36.45m (119-7)	Mandy Stille	2004	
	36.38m (119-4)	Nancy Lageranne	1984	
	36.31m (119-1)	Alex Francis	2008	
	35.81m (117-6)	Stephanie Cronk	2007	
	35.66m (117-0)	Marianne Marron	1980	
	35.54m (116-7)	Susan Gulbicki	2002	
	35.28m (115-9)	Chris Delli Paoli	1996	
	34.58m (113-5)	Linda Mullaney	1984	
	34.54m (113-4)	Ashley Forlini	1998	
	Discus	44.00m (144-4)	Amanda Marshall	2007
		42.86m (140-7)	Adriana Festa	1990
		42.82m (140-6)	Rachel Young	2004
40.84m (134-0)		Maureen O'Neill	1996	
40.72m (133-7)		Erin Belz	1999	
40.06m (131-5)		Carol Peoples	1984	
39.58m (129-10)		Lisa Weeks	2005	
39.24m (128-9)		Stephanie Cronk	2006	
39.02m (128- 1/2)		Melissa Calvanico	2000	
38.94m (127-9)		Michele Curcio	1990	
38.64m (126-9)		Gena Carapezza	2002	
38.60m (126-8)		Beth Diver	1988	
38.57m (126-6)		Leslie Lynch	2008	
38.47m (126-2)		Michelle Perno	2001	
38.19m (125-3)		Lauren Murray	2007	
37.58m (123-3)		Sally Smithouser	1983	
Shot Put		13.50m (44-3 1/2)	Rachel Young	2006
		13.92m (43-11)	Stacey Price	1991
		12.98m (42-7)	Amanda Marshall	2008
	12.37m (40-7)	Melissa Calvanico	2000	
	11.90m (39-1/2)	Carol Peoples	1983	
	11.84m (38-10 1/4)	Brandy Connell	1999	
	11.66m (38-3 1/4)	Jessica Urbonas	2004	
	11.56m (37-11 1/4)	Lisa Weeks	2005	
	11.41m (37-5 1/4)	Adriana Festa	1992	
	11.34m (37-2 1/2)	Carol Miller	1980	
	11.14m (36-6 3/4)	Sarah Gause	1984	
	11.07m (36-4)	Caltha Seymour	1997	
	11.06m (36-3 1/2)	Kerry Van Riper	1999	
	11.01m (36-1 1/2)	Caltha Seymour	2000	
	10.92m (35-10)	Mandy Stille	2004	
	10.82m (35-6)	Marianne Marron	1980	

Hammer Throw	53.54m (175-8)	Brandy Connell	1999
	50.96m (167-2)	Chris Delli Paoli	1996
	50.28m (164-11)	Caltha Seymour	2000
	47.90m (157-2)	Michele Curcio	1991
	47.26m (155-1)	Amanda Marshall	2008
	46.64m (153-0)	Jennie Chiller	2002
	46.41m (152-3)	Rachel Young	2007
	46.08m (151-2)	Diethra Seymour	2002
	45.58m (149-6)	Amanda Marshall	2007
	45.16m (148-2)	Mary McGuire	1992
	43.40m (142-5)	Stephanie Cronk	2006
	43.36m (142-3)	Kerry Van Riper	2002
	42.60m (139-9)	Maureen O'Neil	1996
	41.16m (135-0)	Kirstin Joynt	1994
	40.94m (134-4)	Debbie Bruno	1990
Long Jump	5.99m (19-8)	Asha Quant	2007
	5.67m (18-7)	Nancy Zaiser	1985
	5.64m (18-6)	Liesje Cardillo	2002
	5.55m (18-2 1/4)	Carmen Matteis	1991
	5.54m (18-2)	Danielle Paquette	1990
	5.50m (18 1/2)	Pauline Dargis	1991
	5.49m (18-0)	Mandy Stille	2004
	5.49m (18-0)	Laura Fauser	1983
	5.47m (17-11 1/2)	Lissy Dean	2003
	5.42m (17-9 1/2)	Leah Putman	2008
	5.32m (17-5 1/2)	Trish Taylor	1984
	5.32m (17-5 1/2)	Laketta John	2002
	5.32m (17-5 1/2)	Nina Anderson	1998
	5.29m (17-4 1/4)	Colleen Christopher	1999
High Jump	1.86m (6-1 1/4)	Candy Cashell	1986
	1.73m (5-8)	Annemarie Quinn	2000
	1.69m (5-6 1/2)	Erika Brandt	1989
	1.68m (5-6)	Sheryl Hall	1994
	1.65m (5-5)	Kristen Collins	2004
	1.63m (5-4)	Dawn Sullivan	1990
	1.63m (5-4)	Nancy Sottos	1983
	1.63m (5-4)	Jan Woolson	1983
	1.60m (5-3)	Briana Gray	2008
	1.58m (5-2 1/4)	Kelli Starr	1990
	1.58m (5-2 1/4)	Stephanie Kuehne	2001
	1.57m (5-2)	Sarah Gause	1985
	1.57m (5-2)	Barb Hobday	1983
	1.57m (5-2)	Julie Burns	1981
Triple Jump	11.83m (38-9 3/4)	Mandy Stille	2004
	11.65m (38-2 1/2)	Pauline Dargis	1989
	11.45m (37-6 1/4)	Lissy Dean	2003
	11.38m (37-4)	Alison Farrance	1985
	11.16m (36-7 1/2)	Annie Fulton	2008
	10.87m (35-8)	Angel Rollins	1998
	10.87m (35-8)	Laura Dietrich	2002
	10.81m (35-5 3/4)	Regina Knotts	1986
	10.75m (35-3 1/4)	Lynda Blake	1990
	10.75m (35-3 1/4)	Becky Creed	1988
	10.73m (35-2 1/2)	Nina Anderson	1997
	10.66m (34-11 3/4)	Leah Putman	2008
	10.66m (34-11 1/2)	Linda Mallaney	1985
	10.58m (34-8 1/2)	Lisa Scott	1984

Pole Vault	3.81m (12-6)	Casey Bennett	2004
	3.80m (12-5 1/2)	Kelli McDonald	2008
	3.80m (12-5 1/2)	Laura Chirico	2008
	3.36m (11-0)	Carol Oliveri	2001
	3.20m (10-6)	Marta Pepe	2001
	3.05m (10-0)	Lisa Steward	2002
	3.05m (10-0)	Laura Matthey	2003
	3.05m (10-0)	Reagan Hastings	2002, 2003, 2005
	3.05m (10-0)	Kaitlin McGowan	2005/2006
	2.90m (9-6 1/4)	Kristen Tunnell	2002
	2.90m (9-6 1/4)	Amy Miller	2005
	2.89m (9-6)	Ashley Forlini	1998
	2.59m (8-6)	Beth Moore	2006
	2.44m (8-0)	Jen Dilzer	1998
	2.44m (8-0)	Trina McNair	2000
Heptathlon	4,853 pts.	Mandy Stille	2004
	3,807	Elizabeth Russell	2004
	3,684	Linda Mullaney	1984

UNIVERSITY OF DELAWARE FRESHMAN OUTDOOR RECORDS

Event	Record Holder	Record	Year
100 Meters	Brittany Wright	12.14	2004
200 Meters	Kayla Hennessy	25.23	2008
400 Meters	Cristine Marquez	55.34	2007
800 Meters	Cristine Marquez	2:15.74	2007
1,500 Meters	Christina Antonopoulos	4:39.17	2007
3,000 Meters	Aimee Alexander	10:11.84	1999
3,000 Meter Steeplechase	Christine Sloat	11:26.22	2008
5,000 Meters	Alicia Giuliano	17:17.64	1992
10,000 Meters	Alicia Giuliano	35:10.34	1992
100 Meter Hurdles	Kayla Hennessy	14.25	2008
400 Meter Hurdles	Kayla Hennessy	1:01.57	2008
Hammer	Stephanie Cronk	138-6 (42.22m)	2004
Javelin	Kris Knoebel	128-6 (39.16m)	1989
Discus	Rachel Young	140-6 (42.82m)	2004
Shot Put	Rachel Young	42-11 (13.08m)	2004
Long Jump	Mandy Stille	18-0 (5.49m)	2004
Triple Jump	Mandy Stille	38-9 3/4 (11.83)	2004
High Jump	Kristen Collins	5-5 (1.65m)	2004
Pole Vault	Kelli McDonald	11-5 3/4 (3.50m)	2006
Heptathlon	Mandy Stille	4853 points	2004

ALL-TIME COACHING RECORDS

Coach	Years	Record (Pct.)
Mary Shull	1980-82 (3)	17-3 (.850)
Sue McGrath-Powell	1983-Present (24)	29-11 (.725)
Totals	27 Seasons	46-14 (.767)

DELAWARE MINI-STADIUM RECORDS (WOMEN'S)

Event	Record Holder	Record	Date
Shot Put	Neni Lewis (Unattached)	14.09m (46-2 3/4)	2003
Hammer	Neni Lewis (Unattached)	54.19m (180-3 1/2)	2003
Discus	Sue Piekartz (Unattached)	52.82m (173-3)	1996
Javelin	Tiffany Mashur (Richard Stockton)	46.25m (151-8 1/2)	2004
High Jump	Candy Cashell (Delaware)	1.81m (5-11 1/4)	1985
Long Jump	Kim Jones (Coppin State)	5.97m (19-7)	2003
Triple Jump	Rebecca duRivage-Jacobs (Towson)	12.41m (40-8 3/4)	2006
Pole Vault	Kim Marino (Stockton State)	3.99m (13-1)	2003
100 meter Hurdles	Rachel Clinton (Temple)	13.93	2003
400 meter Hurdles	Joyce VanGinhoven (Millersville)	1:02.4	1983
100 meters	Candice Robinson (Delaware St.)	11.7	1995
200 meters	Shanda Jackson (Lincoln)	23.5	2005
400 meters	Terri Dendy (Reebok R.C.)	55.3	1990
800 meters	Tineisha Davis (Navy)	2:11.84	2005
1,500 meters	Julie Bowers (Unattached)	4:30.4	1992
3,000 meter steeplechase	Jill Hajec (Army)	11:00.81	2004
3,000 meters	Meg Lerch (Towson)	10:30.28	2006
5,000 meters	Julie Bowers (West Chester)	16:50.0	1984
10,000 meters	Chelsea Mullins (Moravian)	38:16.60	2005
4 x 100 meter relay	Lincoln (Douglas, Parker, Ashman, Jackson)	47.09	2007
4 x 400 meter relay	Wheaton	3:46.56	2003

*=Ran as mile relay