

UNIVERSITY OF DELAWARE WOMEN'S INDOOR TRACK & FIELD RECORDS/TOP 25

(Updated through February 10, 2022)

Event	Record	Athlete	Year
55 meters	7.14	Vicky Caruso	2010
(add .24 to hand times)	7.20	Brittany Wright	2005
	7.21	Dionne Jones	1989
	7.22	Asha Quant	2008
	7.26	Michelle Gomes	2007
	7.30	Daniella Price	2003
	7.33	Asia Hollis	2011
	7.33	Trish Taylor	1984
	7.34	Elsbeth Bupp	1987
	7.36	Quinetta Roberson	1992
	7.39	Amira Idris	2012
	7.43	Paula Green	2006
	7.44	Evelyn Campbell	1990
	7.2	Kim Kolba	1985
	7.2	Kathy Knotts	1980
	7.45	Jen Lublanecki	2001
	7.48	Kristen Frustillo	2004
	7.48	Laura Fraser	1983
	7.48	Liz Harvin	2008
	7.3	Jeanne Dyson	1986
	7.3	Bernice Sturgis	1986
	7.3	Enechi Modu	1984
	7.57	Alex Francis	2009
	7.60	Rayna Horsey	2002
	7.63	Jen McDonald	2002
	7.63	Kristen Salvatore	2002
60 meters	7.59	Latazah Coleman	2015
	7.60	Trinity Tapper	2021
	7.61	Michelle Gomes	2007
	7.69	Isis Pinkney	2016
	7.71	Vicky Caruso	2012
	7.72	Halima Scott	2020
	7.72	Andriene Rose	2017
	7.73	Brittany Wright	2005
	7.76	Daniella Price	2007
	7.76	Aja Davis	2022
	7.78	Khamoy Farquharson	2019
	7.84	Asha Quant	2007
	7.84	Tyra Reid	2015
	7.88	Amira Idris	2012
	7.89	Roshelle Leaks	2019
	7.89	Tyler Jackson	2016
	7.90	Haley Berkeley	2017
	7.90	Danielle Rochester	2019

- over for more -

7.92	Asia Hollis	2010
7.92	Kamylin Padgham	2021
7.93	Latoya James	2015
7.93	Shylehn Ebuenga-Smith	2022
7.94	Whitney Bailey-Hicks	2019
7.96	Paula Green	2006
7.96	Paige Thompson-Charles	2014
7.97	Kristen Frustillo	2005
8.01	Joana Opung-Duah	2020
8.02	Erin Henderson	2020
8.05	Jennifer Lublanecki	2001
8.05	Paige Morris	2014
8.06	Liz Harvin	2007
8.06	Cristine Marquez	2009
8.07	Joana Opung-Duah	2019
8.08	Alexandra Muro	2014
8.08	Jaylynn Sharp	2019
8.09	Michelle Simmons	2014
8.10	Stephanie Floyd	2015
8.10	Kristen Salvatore	2002
8.10	Onyinyechi Osuagwu	2020
8.10	Melady Brown	2021
8.11	Jenn McDonald	2002
8.11	Rayna Horsey	2005
8.12	Nijah Dupiche	2010
8.12	Toresha Foster	2012
8.13	Carolyn Darr	2014
8.16	Colleen Christopher	2000
8.17	Leah Putman	2011
8.24	Mandy Stille	2004
8.24	Arianna Richards	2019
8.25	Tyechia Smith	2002
8.25	Ciera Ismail	2015

55 meter Hurdles

(add .24 to hand times)

8.11	Latoya James	2013
8.45	Kayla Hennessy	2008
8.46	Karen Johnson	1992
8.53	Leah Putman	2008
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
8.87	Elizabeth Russell	2003
8.97	Vicki Hufnagel	2004
9.05	Lauren Paciorek	2010
9.13	Becky Russo	2002

- over for more -

9.13	Bethany Fox	2011
9.31	Michelle White	2013
9.51	Kimberly Rubin	2003
10.10	Kate Noonan-Sessa.....	2005
10.51	Keren Rozensher	2009
11.89	Jennifer Hogue	2002

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

60 meter Hurdles	8.47	Latoya James	2013
(add .24 to hand times)	8.86	Olivia Goncerz	2019
	8.87	Leslie Ope	2017
	8.88	Kayla Hennessy	2008
	8.89	Carlyn McGrath	2019
	9.00	Mandy Stille.....	2004
	9.01	Leah Putman	2011
	9.03	Alexi Capsouras	2007
	9.03	Destiny DeBlock	2022
	9.07	Erin Henderson	2020
	9.10	Alicia Lehman.....	2022
	9.15	Makiyah Cannon-Price	2022
	9.20	Taliah Cintron.....	2019
	9.31	Whitney Bailey-Hicks	2020
	9.35	Megan Crowley	2014
	9.39	Lauren Paciorek	2010
	9.45	Daniella Price	2003
	9.56	Annemarie Quinn	2000
	9.57	Bethany Fox	2012
	9.61	Ashley Bailey	2016
	9.61	Ineka Armstead	2016
	9.70	Erin Henderson	2020
	9.76	Michelle White	2013
	9.78	Sofia Janotti.....	2020
	9.80	Riley Murtha	2020
	9.83	Hannah Pepper	2015
	9.87	McKensie Walker	2012
	9.89	Elizabeth Russell.....	2003
	9.91	Kai Starnes	2020
	10.09	Tyechia Smith.....	2002
	10.24	Katie Sheaffer	2001
	10.28	Jennifer Hogue	2002
	10.34	Becky Russo.....	2002
	10.34	Liesje Cardillo	2000
	10.34	Kimberly Rubin	2003
	10.34	Courtney Markow.....	2012
	10.36	Alexandra Cassu.....	2021
	10.39	Mayson Light	2022
	10.45	Jillian Seamon	2010
	10.52	Cassandra Wahl	2017
	10.88	Melissa Weitz	1999
	10.90	Onyinyechi Osuagwu	2020

- over for more -

	10.99	Stephanie Floyd	2015
	11.07	Kristyn Ferrell	2012
	11.23	Keren Rozensher	2009
200 meters	24.00	Vicky Caruso	2012
(add .14 to hand time)	24.12	Halima Scott	2020
	24.15	Latazah Coleman	2015
	24.39	Cristine Marquez	2010
	24.62	Michelle Gomes	2007
	24.85	Tyra Reid	2016
	24.94	Tyler Jackson	2016
	25.06	Trinity Tapper	2020
	25.19	Roshelle Leaks	2020
	25.25	Asha Quant	2008
	25.28	Isis Pinkney	2016
	25.29	London Freeland	2017
	25.35	Kayla Hennessy	2008
	25.41	Nijah Dupiche	2012
	25.45	Brittany Wright	2005
	25.46	Toresha Foster	2012
	25.47	Chelsi Campbell	2013
	25.56	Daniella Price	2003
	25.56	Andriene Rose	2019
	25.60	Amira Idris	2012
	25.60	Dionne Jones.	1992
	25.67	Aja Davis	2022
	25:71	Kristi Cox	2011
	25.76	Paige Thompson-Charles	2014
	25.77	Jen Lublanecki	2001
	25.85	Tyechia Smith	2003
	25.85	Asia Hollis	2010
	25.91	Arianna Richards	2019
	25.91	Taliah Cintron	2019
	25.92	Breanna Nicholson	2012
	25.93	Paula Green	2006
	25.96	Liz Harvin	2008
	26.01	Alyssa Armor	2020
	26.02	Kristen Frustillo	2004
	26.04	Haley Berkeley	2017
	26.07	Elsbeth Bupp	1987
	26.12	Khamoy Faruharson	2019
	26.14	Jalynn Sharp	2020
	26.19	Erin Henderson	2020
	26.26	Carolyn Darr	2017
	26.27	Rayna Horsey	2005
	26.32	Stephanie Floyd	2015
	26.34	Connie Pogue	1990
	26.2	Pam Hohler	1981
	26.21	Shylehn Ebuenga-Smith	2022
	26.22	Kamylin Padgham	2022
	26.36	Adeola Togun	2014

220 yards26.02

300 meters39.40
(add .14 to hand time) 39.81

40.07
40.74
40.82
41.10
41.17
41.32
41.73
40.22
42.49
42.52
42.52
42.71
42.73
42.89
43.04
43.06
43.08
43.22
43.36
43.36
43.40
43.45
43.46
43.56
43.56
43.62
43.79
44.12
44.28
44.42
44.44
44.5
44.53
44.63
44.63
44.71
44.74
44.6
44.97

300 yards37.3

400 meters53.97
54.26
55.16
56.03
56.04

Dionne Jones.....1990

Tyra Reid2016

Vicky Caruso2010
Halima Scott2019
Michelle Gomes2007
Taliah Cintron2019
Rochelle Leaks2019
Toresha Foster2012
Nijah Dupiche2011
Asia Hollis2011
Andriene Rose2019
Brittany Wright2005
Kristen Frustillo2005
Alicia Lehman2022
Alex Francis2008
Asha Quant2007
Kristi Cox2008
Elsbeth Bupp1985
Paula Green2006
Erica Sickler2010
Rayna Horsey2005
Enechi Modu1984
Melady Brown2020
Arianan Richards2019
Sofia Janotti.....2019
Daniella Price.....2005
Trish Taylor1984
Sydney Shepherd2012
Alexi Capsouras2007
Kristen Frustillo2004
Onyinyechi Osuagwu2020
Shylehn Ebuenga-Smith2020
Kelley Donovan2012
Kim Kolba1985
Kelly Flaherty1985
Stephanie Floyd2015
Nancy Zaiser1986
Sydney Shepherd2013
Alexandra Muro2012
Lindsay Guptill2013
Yulonda Wheeler1985
Melissa Tosch1985

Pam Hohler1982

Halima Scott2020

Cristine Marquez2010
Vicky Caruso2012
Nijah Dupiche2013
Toresha Foster2013

56.07	Tyra Reid	2016
56.83	Tyechia Smith	2004
56.85	London Freeland	2017
57.22	Kristi Cox	2011
57.40	Taliah Cintron	2020
57.58	Sydni Stovall	2019
56.85	London Freeland	2017
57.22	Kristi Cox	2011
57.40	Taliah Cintron	2020
57.58	Sydni Stovall	2019
57.70	Nadia Khoury	2019
57.85	Chelsi Campbell	2013
57.90	Kayla Hennessy	2008
57.90	Marie-Frederique Poulin	2022
58.11	Asia Hollis	2010
58.11	Breanna Nicholson	2014
58.24	Brittany Wright	2004
58.25	Carolyn Darr	2017
58.38	Carly Pettipaw	2018
58.40	Asha Quant	2007
58.44	Alyssa Armor	2020
58.45	Kelley Donovan	2014
58.56	Jalynn Sharp	2020
58.72	Kristen Frustillo	2004
58.85	Michele Simmons	2016
58.92	Rachel Schultz	2003
59.05	Yesenia Boynton	2010
59.17	Alexi Capsouras	2007
59.1	Pam Hohler	1983
59.29	Bridget Bicking	1988
59.32	Kai Starnes	2019
59.33	Hannah Pepper	2014
59.46	Connie Pogue	1990
59.46	Alison Farrance	1986
59.54	Jen Lubanecki	2001
59.94	Melady Brown	2020
59.98	Michaela Meyer	2018
59.99	Maamoe Kyeadea-Amponsah	2018
1:00.00	Kathryn Jenkins	2011
1:00.02	Alexandra Muro	2012
1:00.42	Adeola Togun	2014
1:00.43	Aimee Dempsey	1991
1:00.49	Erica Sickler	2010

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

440 yards	59.40	Pam Hohler	1983
500 meters	1:11.96	Michaela Meyer	2020
	1:14.71	Carly Pettipaw	2019
	1:14.80	Sydni Stovall	2020
	1:15.70	Tyechia Smith	2004

- over for more -

1:14.87	Cristine Marquez	2008
1:15.23	Alyssa Armor	2020
1:16.33	Marie-Frederique Poulin	2022
1:16.52	Tyra Reid	2017
1:16.85	Alexandra Carroll	2012
1:16.99	Halima Scott	2022
1:17.11	London Freeland	2017
1:17.14	Kristi Cox	2008
1:17.28	Shanel Dickens	2013
1:17.40	Breanna Nicholson	2014
1:17.44	Chelsi Campbell	2014
1:17.61	Jessica Harding	2022
1:17.71	Alison Farrance	1986
1:17.89	Kelley Donovan	2015
1:18.56	Rachel Schultz	2003
1:18.7	Melissa Tosch	1987
1:18.98	Alexi Capsouras	2006
1:19.02	Carly Simmons	2011
1:19.02	Maame Kyeadea-Amponsah	2017
1:19.15	Vicky Caruso	2010
1:19.17	Kristen Robbins	1999
1:19.19	Bridget Bicking	1987
1:19.48	Marla Woodarek	2010
1:19.49	Lynn Degelmann	1992
1:19.59	Madison Powel	2014
1:19.65	Pam Hohler	1983
1:19.9	Leigh Reagan	1991
1:19.80	Erica Sickler	2010
1:19.91	Lindsay Guptill	2014
1:19.92	Megan O'Dell	2014
1:20.14	Leigh Reagan	1991
1:20.28	Yesenia Boynton	2010
1:20.32	Jacqui Tweed	1993
1:20.3	Aimee Dempsey	1990
1:20.60	Sarah Bochet	2004

600 meters.	1:32.59	Carly Pettipaw	2019
	1:34.99	Sydni Stovall	2019
	1:36.10	Alyssa Armor	2019
	1:37.11	Michaela Meyer	2018
	1:38.34	Jessica Harding	2019
	1:40.33	Jeanette Bendolph	2018
	1:40.64	Chelsi Campbell	2013
	1:40.64	Rachel Wasserman	2013
	1:43.41	Carly Simmons	2011
	1:44.79	Breanna Nicholson	2012
	1:44.83	Amanda Harding	2016
	1:44.88	Marla Woodarek	2011
	1:44.96	Megan O'Dell	2016
	1:44.98	Kelly Knauer	2013
	1:45.84	McKensie Walker	2015
	1:46.21	Samantha Jones	2010

- over for more -

1:46.21
1:46.50
1:51.85

Samantha Jones2010
Lindsay Guptill2015
Tijen Ozcan2009

Note: 600 yards: Pam Hohler ran (1:28.15) in 1983

880 yards2:17.9

Mary Schilly-Knisely1980

800 meters2:03.40

Michaela Meyer2020

2:09.61

Jeanette Bendolph2018

2:11.34

Carly Pettipaw2019

2:11.58

Liz McGroarty2018

2:12.14

Jessica Harding2022

2:13.75

Lindsay Prettyman2013

2:14.62

Sydni Stovall2020

2:15.84

Erin Gemmill2003

2:16.33

Sarah Cowles1994

2:16.44

Angie Spadaccini2018

2:16.49

Karen Mandrachia2009

2:16.9

Mary Schilly1980

2:18.05

Jill Riblett1992

2:18.20

Kellyn Wright2007

2:18.36

Alexandra Carroll2014

2:18.37

Shanel Dickens2013

2:18.57

Roxanne Ramirez2022

2:18.69

Colleen O'Brien2005

2:19.09

Emily Gispert2012

2:19.66

Alex Gervais2012

2:19.77

Jessica Olsen2011

2:20.00

Sarah Johnson1999

2:20.05

Caron Marra1998

2:20.12

Loretta Reilly1985

2:20.32

Cristine Marquez2007

2:20.34

Kristen Robbins1999

2:20.49

Valerie Romero2020

2:20.73

Christina Antonopoulos2009

2:21.20

Shelly Frenduto1988

2:21.21

Ciara Murphy2017

2:21.31

Rachel Wasserman2013

2:21.4

Kasia Brodka1996

2:21.4

Jody Campbell1983

2:21.94

Meredith Steenkamer2013

1000 meters2:49.16

Liz McGroarty2018

2:50.63

Lindsay Prettyman2013

2:52.56

Jeanette Bendolph2019

2:52.71

Karen Mandrachia2009

2:54.47

Jill Riblett1992

2:55.33

Michaela Meyer2020

2:55.87

Betsy Erlanger2014

2:56.25

Susanna Weir2019

2:56.25

Erin Gemmill2003

2:56.47

Emily Gispert2013

- over for more -

2:57.07	Sarah Cowles	1996
2:58.53	Angie Spadaccini	2018
2:59.27	Caron Marra	2000
2:59.67	Carolyn Coletti	2022
3:01.90	Kristen Robbins	1999
3:02.39	Christina Antonopoulos	2008
3:02.74	Mandy Odom	2019
3:02.77	Kara Priggon	1992
3:02.82	Ann Marie Prebish	1992
3:03.30	Jessica Olsen	2012
3:04.88	Jessica Harding	2020
3:05.21	Julia Somers	2006
3:05.42	Meredith Steenkamer	2013
3:05.63	Sydni Stovall	2020
3:06.06	Erin McCloskey	2015
3:06.19	Diana Dunn	2019
3:06.29	Gabby Alaimo	2016
3:06.52	Colleen O'Brien	2005
3:06.90	Ilana Schnauffer	2016
3:07.52	*Rebecca Pepper	2011
3:07.93	Sarah Johnson	2002
3:08.24	Kellyn Wright	2008

Note: Rebecca Pepper (3:03.47 in 2011) ran a top time while Delaware was a club team

1000 yards 2:44.51

Cheryl Amin **1990**

Mile Run 4:43.62

Liz McGroarty **2018**

4:45.55	Lindsay Prettyman	2014
4:48.33	Michaela Meyer	2020
4:51.6	Mary Schilly-Knisely	1980
4:53.93	Sarah Cowles	1996
4:54.25	Jeanette Bendolph	2017
4:56.95	Michele Lambert	2014
4:57.05	Christina Antonopoulos	2009
4:57.35	Roxanne Ramirez	2022
4:58.28	Colleen O'Brien	2005
4:58.64	Tina Capparell	2022
4:58.94	Valerie Romero	2020
4:59.04	Lauren Zodl	2019
4:59.35	Jody Campbell	1983
5:00.30	Karen Mandrachia	2009
5:01.49	Susanna Weir	2022
5:01.95	Roxanne Ramirez	2022
5:02.46	Erin Gemmill	2003
5:03.01	Katrina Steenkamer	2014
5:03.14	Emily Gispert	2014
5:03.17	Nori Wilson	1987
5:03.63	Jessica Stratton	2020
5:04.92	Mackenzie Jones	2020
5:06.00	Julien Webster	2022
5:06.02	Caron Marra	2000

- over for more -

	5:07.40	Diane Dunn	2019
	5:07.78	Maria Giunta	1992
	5:07.81	Yianna Antonopoulos	2009
	5:07.89	Amy Oppermann	1990
	5:09.04	Aimee Alexander	2002
	5:09.63	Rebecca Pepper	2011
	5:09.97	Jill Riblett.....	1990
	5:10.01	Ilana Schnauffer	2017
	5:10.32	Alyssa Kennedy	2014
	5:10.52	Jessica Olsen	2012
	5:10.89	Abby Bolt.....	2020
	5:12.20	Julia Somers	2006
	5:13.03	Diana Dunn	2020
	5:13.05	Melissa Mazzo	2015
	5:13.27	Leanza Lopez.....	2016
	5:13.43	Betsy Erlanger	2014
	5:15.96	Kellye Foulke	2013
1500 meters	4:38.51	Sarah Cowles	1996
	4:38.59	Erin Gemmill	2003
	4:46.10	Jill Riblett.....	1992
	4:46.8	Amy Oppermann	1990
	4:48.71	Marnie Giunta	1992
	4:50.66	Tara Pointin	1996
	4:50.9	Nori Wilson	1987
	4:51.31	Christina Roller	1996
	4:52.8	Colleen O'Connor	1987
	4:55.15	Katie Guarracino	1995
	4:56.87	Cheryl Amin.....	1989
	5:04.91	Kate Klim.....	2003
	5:05.73	Allison Behrle.....	2003
	5:21.74	Lauren Shaub.....	2003
	5:23.34	Mary Martini	2003
	5:36.85	Lisa Salvatore	2003
	5:45.04	Cristin Romano.....	2003
	6:08.15	Nicole Voight	2003
	6:19.77	Melissa Taylor	2003
2-Mile Run	10:52.6	Jody Campbell	1984
3-Mile Run	16:42.5	Kim Mitchell	1985
3000 meters	9:32.76	Lindsay Prettyman	2014
	9:39.91	Susana Weir	2022
	9:45.83	Tina Capparell	2022
	9:51.33	Michele Lambert.....	2013
	9:52.63	Aimee Alexander	2002
	9:54.12	Mackenzie Jones	2020
	9:57.69	Alicia Giuliano	1992
	9:58.57	Marnie Giunta	1993
	10:00.30	Colleen O'Brien	2005
	10:01.48	Liz McGroarty	2018

- over for more -

10:03.52	Jessica Pidgeon	2021
10:05.74	Nori Wilson	1987
10:05.76	Katrina Steeknamer	2013
10:06.50	Kim Mitchell	1985
10:07.55	Christina Antonopoulos	2009
10:07.6	Jody Campbell	1984
10:08.24	Valerie Romero	2020
10:08.97	Yianna Antonopoulos	2009
10:09.24	Lauren Zodl	2016
10:10.00	Jessica Stratton	2020
10:10.18	Roxanne Ramirez	2019
10:10.75	Brooke Maguire	2006
10:13.35	Emily Paolucci	2018
10:13.99	Alyssa Kennedy	2014
10:14.79	Julia Somers	2006
10:15.26	Abby Bolt	2020
10:17.82	Tara Pointin	1997
10:18.30	Chris Roller	1995
10:19.21	Amy Oppermann	1992
10:20.61	Kellye Foulke	2013
10:22.06	Diana Dunn	2020
10:25.54	Emma Sidoriak	2013
10:27.27	Caron Marra	1998
10:29.47	Christine Sloat	2010
10:30.45	Melissa Mazzo	2015
10:30.45	Rebecca Gessler	2015
10:30.54	Stephanie Palese	2018
10:30.63	Emily Gispert	2014
10:31.54	Leanza Lopez	2016
10:32.34	Nicole Daly	2014

5000 meters	16:38.60	Tina Capparell	2022
	16:49.62	Susanna Weir	2022
	17:03.28	Kim Mitchell	1985
	17:09.81	Mackenzie Jones	2020
	17:09.90	Hannah Lindgren	2022
	17:11.51	Michele Lambert	2014
	17:17.74	Julien Webster	2022
	17:18.11	Abby Bolt	2020
	17:19.02	Liz McGroarty	2018
	17:20.04	Tara Pointin	1997
	17:20.2	Alicia Giuliano	1992
	17:22.9	Sandy Gibney	1980
	17:27.2	Chris Roller	1996
	17:35.48	Roxanne Ramirez	2022
	17:37.96	Jessica Pidgeon	2021
	17:38.98	Colleen O'Brien	2006
	17:43.44	Amy Oppermann	1992
	17:45.93	Lauren Zodl	2018
	17:54.2	Kara Priggon	1994
	17:56.89	Katrina Steenkamer	2012
	17:57.55	Stephanie Bazan	2019

- over for more -

17:58.38	Kellye Foulke	2013
18:05.36	Jen Watunya	2011
18:01.53	Emily Paolucci	2018
18:02.98	Brooke Maguire	2006
18:05.66	Julia Somers	2006
18:07.82	Caron Marra	1999
18:08.06	Aimee Alexander	2001
18:09.45	Leeann Seiwel	2010
18:12.09	Jessie Ermak	2011
18:12.17	Michelle Socorso	1989
18:12.44	Carolyn Sloat	2010
18:19.44	Analise Kaminski	2019
18:22.84	Leanza Lopez	2016
18:23.27	Becky Gessler	2015
18:26.52	Liz Paul	2009
18:29.37	Monica Marchetta	2002
18:31.68	Sophie Kauffman	2010
18:31.95	Nicole Daly	2012
18:33.66	Katie Deinert	2012
4 x 200 meter Relay	Tyra Reid, Tyler Jackson, Isis Pinkney, La'Tazah Coleman	2016
1:39.30	Cristine Marquez, Kristi Cox, Nijah Dupiche, Vicky Caruso	2010
1:39.84	Vicky Caruso, Asia Hollis, Nijah Dupiche, Kristi Cox	2011
1:40.74	Andriene Rose, Taliah Cintron, Roshelle Leaks, Halima Scott	2019
1:40.78	Tyler Jackson, Toresha Foster, Breanna Nicholson, Kelley Donovan	2014
1:42.64	Amira Idris, Nijah Dupiche, Breanna Nicholson, Toresha Foster	2012
1:42.96	Amira Idris, Michele Simmons, Latoya James, Alexandra Muro	2013
1:43.48	Kai Starnes, Isis Pinkney, Bema Kyeadea-Amponsah, Adriene Rose	2018
1:44.4	Stephanie Floyd, Ali Muro, Anisa Fortt, Toresha Foster	2015
1:45.20	Pam Hohler, Sue Tyler, Regina Knotts, Laura Fauser	1981
1:49.8		
4 x 200 yard Relay	Kai Starnes, Isis Pinkney, Bema Kyeadea-Amponsah, Andriene Rose	2018
1:44.44	Chelsi Campbell, Tyler Jackson, Latoya James, Alexandra Carroll	2015
1:45.22	Delaware	2018
1:46.95	Enechi Modu, Trish Taylor, Nancy Zaiser, Laura Fauser	1984
1:47.27		
4 x 400 meter Relay	Nadia Khoury, Halima Scott, Alyssa Armor, Taliah Cintron	2019
3:45.36	Cristine Marquez, Asha Quant, Kristi Cox, Kayla Hennessy	2008
3:45.44	Cristine Marquez, Asia Hollis, Vicky Caruso, Kristi Cox	2010
3:45.74	Halima Scott, Sydney Stovall, Taliah Cintron, Michaela Meyer	2020
3:45.81	Cristine Marquez, Nijah Dupiche, Vicky Caruso, Kristi Cox	2010
3:45.89	Vicky Caruso, Nijah Dupiche, Asia Hollis, Kristi Cox	2011
3:46.61	Toresha Foster, Nijah Dupiche, Chelsi Campbell, Michele Simmons	2013
3:46.79	Carolyn Darr, Nadia Khoury, London Freeland, Carly Pettipaw	2017
3:46.80	Carolyn Darr, Tyra Reid, Carly Pettipaw, Michelle Simmons	2016
3:48.16	Cristine Marquez, Asia Hollis, Alexi Capsouras, Kristi Cox	2009
3:49.47	Breanna Nicholson, Toresha Foster, Kelley Donovan, Chelsi Campbell	2014
3:49.90	Toresha Foster, Nijah Dupiche, Chelsi Campbell, Lindsay Prettyman	2013
3:50.18	Brittany Wright, Kristen Frustillo, Tyechia Smith, Mandy Stille	2004
3:50.27	Daniella Price, Asha Quant, Cristine Marquez, Alexi Capsouras	2007
3:50.37	Sydney Stovall, Carly Pettipaw, Michaela Meyer, Nadia Khoury	2019
3:50.52	Breanna Nicholson, Carolyn Darr, Tyler Jackson, Chelsi Campbell	2015
3:50.75		

- over for more -

3:51.33	Michaela Meyer, Nadia Khoury, Alyssa Armor, Halima Scott	2019
3:51.40	Sydni Stovall, Kai Starnes, Bema Amponsah, London Freeland	2018
3:51.81	Tyra Reid, Carolyn Darr, Carly Pettipaw, London Freeland	2017
3:52.18	Halima Scott, Carly Pettipaw, Sydni Stovall, Michaela Meyer	2019
3:52.30	Alyssa Armor, Nailah Jackson, Taliah Cintron, Kalyann Sharp	2020
3:52.34	Breanna Nicholson, Nijah Dupiche, Kelley Donovan, Toresha Foster	2012
3:52.93	London Freeland, Sydni Stovall, Carly Pettipaw, Jeanette Bendolph	2018
3:53.47	Halima Scott, Jessica Harding, Alyssa Armor	2022
3:53.48	Kelley Donovan, Breanna Nicholson, Carolyn Darr, Tyra Reid	2015
3:53.54	Sydni Stovall, Carly Pettipaw, Michaela Meyer, London Freeland	2018
3:53.85	Halima Scott, Alyssa Armor, Kai Starnes, Taliah Cintron	2019
3:54.05	Alyssa Armor, Sydni Stovall, Roselle Leaks, Talia Cintron	2020
3:54.70	Kristin Frustillo, Tyechia Smith, Brittany Wright, Sarah Bochet	2004
3:54.78	Kristin Frustillo, Tyechia Smith, Rachel Schultz, Erin Gemmill	2003
3:55.31	Breanna Nicholson, Tyra Reid, Carolyn Darr, Alexandra Carroll	2015
3:55.43	Vicky Caruso, Nijah Dupiche, Yessina Boynton, Kristi Cox	2010
3:55.82	Nadia Khoury, Alyssa Armor, Roshelle Leaks, Michaela Meyer	2019
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	2008
3:57.86	Tyra Reid, Kelley Donovan, Alexandra Carroll, Carolyn Darr	2015
3:57.89	Alyssa Armor, Jessica Harding, Jalyann Sharp, Nailah Jackson	2020
3:58.01	Halima Scott, Alyssa Armor, Nailah Jackson, Roshelle Leaks	2020
3:58.62	Kristi Cox, Liz Harvin, Kayla Hennessy, Cristine Marquez	2008
3:58.82	Toresha Foster, Sydney Shepherd, Lindsay Prettyman, Kelley Donovan	2013
3:58.92	Kelley Donovan, Breanna Nicholson, Alexandra Carroll, Carolyn Darr	2015
3:58.97	Alexi Capsouras, Paula Green, Rayna Horsey, Daniella Price	2006
3:59.04	Alexi Capsouras, Paula Green, Laura Heenan, Daniella Price	2006
3:59.30	Cristine Marquez, Asia Hollis, Kayla Hennessy, Kristi Cox	2009
3:59.45	Halimah Scott, Alyssa Armor, Sydni Stovall, Jessica Harding	2021
3:59.60	Alexandra Carroll, Latazah Coleman, Michele Simmons, Kelley Knauer	2015
4:00.33	Jalyann Sharp, Maame Kyeadea-Amponsah, Kai Starnes, Nailah Jackson	2019
4:00.63	Alexi Capsouras, Michelle Gomes, Daniella Price, Asha Quant	2007
4:00.00	Breanna Nicholson, Toresha Foster, Nijah Dupiche, Chelsi Campbell	2013
4:01.03	Haley Berkely, Bema Amponsah, Nadia Khoury, Isis Pinkney	2017
4:01.33	Halima Scott, Marie-Frederique Poulin, Alyssa Armor, Jalyann Sharp	2022
4:01.42	Alyssa Armor, Melady Brown, Nailah Jackson, Kai Starnes	2020
4:01.60	Denise Pechillo, Carmen Matteis, Dionne Jones, Lynn Degelmann	1992
4 x 800 meter Relay	Carly Pettipaw, Sydni Stovall, Jeanette Bendolph, Michaela Meyer	2019
8:45.08	Carly Pettipaw, Tina Capparell, Michaela Meyer, Jeanette Bendolph	2019
8:51.60	Carly Pettipaw, Michaela Meyer, Angie Spadaccin, Liz McGroarty	2018
8:54.17	Michaela Meyer, Susanna Weir, Carly Pettipaw, Angie Spadaccini	2018
8:56.83	Jeanette Bendolph, Angie Spadaccini, Betsy Erlanger, Liz McGroarty	2017
8:57.32	Michaela Meyer, Ciara Murphy, Angie Spadaccini, Betsy Erlanger	2017
9:04.60	Jessica Harding, Jessica Stratton, Sydni Stovall, Tina Capparell	2020
9:05.07	Jeanette Bendolph, Angie Spadaccini, Carly Pettipaw, Liz McGroarty	2017
9:06.57	Emily Gispert, Lindsay Prettyman, Alex Gervais, Alexandra Carroll	2012
9:13.72	Jessia Harding, Michaela Meyer, Sydni Stovall, Carly Pettipaw	2019
9:14.65	Emily Gispert, Lindsay Prettyman, Jessica Olsen, Rachel Wasserman	2011
9:15.09	Christina Antonopoulos, Yiann Antonopoulos, Kellyn Wright, Karen Mandrachia	2009
9:15.89	Emily Gispert, Karen Mandrachia, Rachel Wasserman, Lindsay Prettyman	2011
9:20.82		

9:26.98	Christina Antonopoulos, Yianna Antonopoulos, Laura Heenan, Kellyn Wright	2007	
9:28.12	Angie Spadaccini, Maddie Berman, Susanna Weir, Liz McGroarty	2018	
9:33.36	Liz McGroarty, Angie Spadaccini, Melissa Mazza, Erin McCloskey	2015	
9:34.59	Jacqui Tweed, Katie Guarracino, Jill Riblett, Murphee Hayes	1993	
9:34.64	Kellyn Wright, Karen Mandrachia, Stephanie Taylor, Julia Somers	2008	
Sprint Medley	4:13.6	Pam Hohler, Trish Taylor, Laura Fauser, Jody Campbell.....1983	
Distance Medley Relay	11:30.29	Jessica Stratton, Halima Scott, Sydni Stovall, Michaela Meyer	2020
	11:43.49	Carly Pettipaw, Tyra Reid, Jeanette Bendolph, Liz McGroarty	2017
	11:46.1	Maro Bchakjian, Jennifer Mills, Mary Schilly-Knisely, Rachel Davis.....	1980
	11:49.81	Karen Mandrachia, Kristi Cox, Kellyn Wright, Christina Antonopoulos.....	2009
	11:51.32	Karen Mandrachia, Asia Hollis, Kellyn Wright, Christina Antonopoulos	2009
	11:52.57	Betsy Erlanger, Tyler Jackson, Alexandra Carroll, Emily Gispert	2014
Shot Put	15.44m (50-8)	Sarah Hillman	2017
	14.03m (46-5)	Rachel Young	2007
	13.84m (45-5)	Myrissa McFolling-Young.....	2019
	13.75m (45-1.5)	Alana Pantale	2013
	13.41m (44-0)	Amanda Marshall	2007
	13.26m (43-6)	Gabrielle Holliday	2020
	13.25m (43-5.75)	Chioma Njoku	2021
	13.23m (43-5)	Stacey Price	1992
	13.09m (42-11.5)	Kaosisochukwu Nkwonta.....	2022
	12.88m (42-3.75)	Jade Francis.....	2017
	12.82m (42-0.75)	Monica Hagenauer	2014
	12.74m (41-9.75)	Aretah Ettarh	2013
	12.65m (41-6)	Melissa Calvanico	2001
	12.44m (40-9.75)	Oliva Duffy	2020
	12.16m (39-10.75)	Lisa Weeks.....	2005
	12.08m (39-7.75)	Irene Cedano	2017
	11.96m (39-3)	Adriana Festa.....	1991
	11.81m (38-9)	Brandy Connell	1999
	11.79m (38-8.25)	Caltha Seymour	2000
	11.71m (38-5)	Carol Peoples	1983
	11.70m (38-4.75)	Kerry Van Riper	2002
	11.66m (38-3.25)	Jessica Urbonas	2004
	11.55m (37-10.75)	Bethany Clement	2019
	11.53m (37-10)	Myrna Jacobs.....	1983
	11.33m (37-2)	Carol Miller	1980
	11.06m (36-3.5)	Angela Pollino	2006
	11.05m (36-3)	Stephanie Sileo	1995
	11.02m (36-2)	Courtney Sniscak	2014
	10.87m (35-8)	Bethany Clement	2020
	10.84m (35-6.75)	Alyson Leppa.....	2012
	10.83m (35-6.5)	Terri Norris.....	1989
	10.71m (35-1.75)	Jillian Seamon	2010
	10.71m (35-1.75)	Sarah Ahmed	2017
	10.69m (35-1)	Sharon Gassert.....	1984

Club Record: Wendy Sorrik, 11.57m (37-11.5), 1976

20 lb. Weight Throw	18.73 (61-5.5)	Chioma Njoku	2022
	17.76m (58-3.25)	Amanda Marshall	2009
	17.09m (56-1)	Bethany Clement	2020
	16.69m (54-9.25)	Brandy Connell	2000
	16.53m (54-2.75)	Caltha Seymour	2000
	16.45m (53-11.75)	Alana Pantale	2013
	16.39m (53-9.25)	Gabrielle Holliday	2020
	16.26m (53-4.25)	Jennie Chiller	2002
	16.26m (53-4.25)	Monica Hagenauer	2015
	16.05m (52-8)	Sarah Hillman	2017
	15.85m (52-0)	Myrissa McFolling-Young	2020
	15.26m (50-0.75)	Courtney Sniscak	2012
	15.12m (49-7.25)	Diethra Seymour	2002
	15.14m (49-8.25)	Olivia Duffy	2020
	15.06m (49-5)	Chris Delli Paoli	1996
	15.96m (52-4.5)	Jade Francis	2017
	15.01m (49-3)	Kaosisochukwu Nkwonta	2022
	14.98m (49-1.75)	Michelle Curcio	1991
	14.20m (46-7.25)	Aretah Ettarh	2012
	14.16m (46-5.5)	Kirstin Joynt	1995
	14.08m (46-2.5)	Irene Cedeno	2015
	14.00m (45-11.75)	Rachel Young	2005
	13.78m (45-2.5)	Jacqueline Scogna	2004
	13.75m (45-1.5)	Gabrielle Holliday	2020
	13.74m (45-2.5)	Stephanie Cronk	2007
	13.72m (45-0.25)	Kerry Van Riper	2002
	13.59m (44-7)	Terri Norris	1990
	13.35m (43-9.75)	Maureen O'Neill	1996
	13.34m (43-9.25)	Debbie Bruno	1989
	13.33m (43-9)	Mackenzie Stephens	2022
	13.30m (43-7.75)	Kari Elzey	2013
	12.89m (42-3.5)	Mary McGuire	1999
	12.88m (42-3.25)	Lauren Palmer	2003
	12.87m (42-2.75)	Sharri Norris	1990
High Jump	1.86m (6-1.25)	Candy Cashell	1986
	1.74m (5-8.5)	Annemarie Quinn	2000
	1.70m (5-5)	Kelsey Evancho	2012, 2013
	1.69m (5-6.5)	Erika Brandt	1990
	1.66m (5-5.25)	Kai Starnes	2020
	1.66m (5-5.25)	Dawn Sullivan	1989
	1.65m (5-5)	Nadia Khoury	2016/2017/2018/2019
	1.65m (5-5)	Latazah Coleman	2015
	1.65m (5-5)	Sheryl Hall	1993
	1.63m (5-4)	Nancy Sottos	1986
	1.62m (5-3.75)	Melanie Macchiaverna	2015
	1.61m (5-3.5)	Megan Crowley	2014
	1.60m (5-3)	Briana Gray	2008/2009/2010/2011
	1.60m (5-3)	Toresha Foster	2012
	1.60m (5-3)	Brittany Scott	2016
	1.58m (5-2.25)	Stephanie Kuehne	2001

1.58m (5-2)	Sharon Huss.....	1984
1.58m (5-2)	Jan Woolson.....	1983
1.58m (5-2)	Barb Hobday	1983
1.55m (5-1)	Casandra Wahl.....	2017/2019
1.55m (5-1)	Hannah Pepper	2015
1.55m (5-1)	Elizabeth Kalvoda.....	2013
1.55m (5-1)	Alexa Windsor	2009
1.54m (5-0.5)	Sofia Janotti.....	2019
1.52m (4-11.75)	Elizabeth Russell	2002/2003
1.52m (4-11.75)	Samantha Hunger	2010
1.52m (4-11.75)	Emily Bucciferro	2011
1.52m (4-11.75)	Destiny DeBlock	2022
1.51m (4-11.5)	Margaret Lestrangle	2011
1.50m (4-11)	Michelle White	2013
1.50m (4-11)	Jennifer Hogue	2002
1.50m (4-11)	Kristen Collins	2005
1.50m (4-11)	Megan Hart	2015
1.50m (4-11)	Riley Murtha	2019
Long Jump	5.90m (19-4.25) Amira Idris	2015
5.81m (19-0.25)	Asha Quant	2007
5.76m (18-10.75)	Mandy Stille	2004
5.75m (18-10.5)	Paige Morris	2012
5.74m (18-10)	Roshelle Leaks	2020
5.64m (18-8)	Ashley Bailey	2016
5.63m (18-5.75)	Alicia Lehman	2022
5.59m (18-4.25)	Leah Putman.....	2008
5.59m (18-4.25)	Latoya James	2013
5.58m (18-3.75)	Andriene Rose	2019
5.52m (18-1.25)	Angel Rollins	1998
5.50m (18-0.5)	Sofia Janotti	2017
5.46m (17-11)	Carmen Matteis	1992
5.43m (17-9.75)	Nancy Zaiser	1985
5.41m (17-9)	Whitney Bailey-Hicks.....	2019
5.40m (17-8.75)	Laura Fauser	1983
5.40m (17-8.75)	Colleen Christopher	2000
5.40m (17-8.75)	Liesje Cardillo	2002
5.38m (17-8)	Lissy Dean.....	2004
5.36m (17-7)	Pauline Dargis.....	1992
5.35m (17-6.75)	Olivia Goncerz.....	2017
5.31m (17-5.25)	Danielle Rochester	2019
5.30m (17-4.75)	Michelle White.....	2013
5.26m (17-3.25)	Tyler Jackson.....	2016
5.26m (17-3.25)	Nadia Khoury	2017
5.23m (17-2)	Annemarie Quinn	2000
5.23m (17-2)	Kelsey Evancho	2014
5.23m (17-2)	Anisa Fortt	2017
5.20m (17-0.75)	Danielle Paquette	1991
5.18m (17-0)	Megan Wiseman	2009
5.15m (16-10.75)	Trinity Tapper	2020
5.12m (16-9.75)	Isis Pinkney.....	2018

5.11m (16-9.25)	Dominique Carter	2005
5.07m (16-7.75)	Spencer Nendza	2015
5.05m (16-7)	Lauren Paciorek	2010
5.02m (16-5.75)	Hannah Pepper	2015
5.01m (16-5.25)	Camille Aitchenson	2019
5.01m (16-5.25)	Carlyn McGrath	2019
5.00m (16-5)	Annie Fulton	2009

Note: Gail Allen (17-4, 5.28m in 1976) had this jump as a club team member

Triple Jump	12.82m (42-0.75)	Amira Idris	2016
	12.43m (40-9.5)	Halimah Roberson	2019
	12.16m (39-10.25)	Paige Morris	2013
	11.52m (37-9.5)	Ruby Mullen	2019
	11.51m (37-9.75)	Lissy Dean	2004
	11.47m (37-7.5)	Whitney Bailey-Hicks	2019
	11.36m (37-3.25)	Anisa Fortt	2017
	11.32m (37-1-.75)	Olivia Goncerz	2017
	11.32m (37-1.75)	Laura Dietrich	2000
	11.23m (36-10.75)	Mandy Stille	2004
	11.15m (36-7)	Hannah Pepper	2012
	11.13m (36-6.25)	Pauline Dargis	1990
	11.12m (36-5.75)	Annie Fulton	2009
	11.09m (36-4.75)	Camille Aitchenson	2019
	11.03m (36-2.75)	Alison Farrance	1986
	10.96m (35-11.5)	Spencer Nendza	2013
	10.93m (35-10.5)	Leah Putman	2009
	10.90m (35-9.25)	Carlyn McGrath	2016
	10.84m (35-6.75)	Regina Knotts	1987
	10.84m (35-6.75)	Megan Wiseman	2012
	10.84m (35-6.75)	Michelle White	2012
	10.83m (35-6.5)	Jessica McDonald	2013
	10.80m (35-5.25)	Biola Adeleye	2020
	10.78m (35-4.5)	Lynda Blake	1989
	10.74m (35-3)	Samantha Hunger	2010
	10.72m (35-2)	Lisa Scott	1984
	10.71m (35-1.75)	Angel Rollins	1998
	10.64m (34-11)	Becky Creed	1989
	10.62m (34-10.25)	Karissa Carty	2013
	10.61m (34-9.75)	Amanda Crouse	2003
	10.51m (34-5.75)	Sofia Janotti	2017
	10.42m (34-2.25)	Nina Anderson	1997
	10.42m (34-2.25)	Linda Mallaney	1986
	10.37m (34-0.25)	Fran Ritchie	2003
Pole Vault	3.97m (13-0.25)	Ashley Bailey	2018
	3.81m (12-6)	Casey Bennett	2004/2005
	3.80m (12-5.5)	Kelli McDonald	2009
	3.65m (11-11.75)	Laura Chirico	2009
	3.65m (11-11.75)	Haley Gorenflo	2015
	3.60m (11-9.75)	Courtney Markow	2011
	3.60m (11-9.75)	Jennifer Holly	2012

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3.50m (11-5.75)	Miranda Reinson.....	2015
3.50m (11-5.75)	Cierra Crane	2022
3.45m (11-3.75)	Carol Oliveri	2001
3.41m (11-2.25)	Meredith Krieger	2021
3.40m (11-1.75)	Alexis Gligor.....	2015
3.40m (11-1.75)	Nicole Filion	2015
3.40m (11-1.75)	Jennifer Hineman	2017/2018
3.36m (11-0.25)	Sarah Megivern	2020
3.35m (10-11-75)	Alana Cohen.....	2021
3.35m (10-11.75)	Ashley Forlini	1999
3.35m (10-11.75)	Rachel Moroknek	2018
3.15m (10-4)	Marta Pepe.....	2001
3.15m (10-4)	Cassandra Wallen	2010
3.15m (10-4)	Lisa Steward.....	2002
3.15m (10-4)	Mayson Light	2022
3.08m (10-0.5)	Amy Miller	2006
3.05m (10-0)	Reagan Hastings.....	2003
3.05m (10-0)	Kristin Tunell	2003
3.05m (10-0)	Laura Matthey	2003
3.05m (10-0)	Victoria Goral	2014
2.90m (9-6.75)	Kaitlin McGowan.....	2005
2.85m (9-4.75)	Beth Moore	2006
2.85m (9-4.75)	Jaclyn Marangella	2010
2.75m (9-0.75)	Jennifer Dilzer	1999
2.75m (9-0.75)	Jessica McDonald	2010
Pentathlon.	Mandy Stille	2004
3,279 points	Sofia Janotti.....	2020
3,248 points	Hannah Pepper	2015
3,171 points	Carlyn McGrath	2019
3,142 points	Destiny DeBlack	2022
2,967 points	Kai Starnes	2020
2,893 points	Danielle Paquette.....	1990
2,703 points	Alicia Lehman.....	2022
2,645 points	Mayson Light	2022
2,616 points	Riley Murtha	2020
2,559 point	Jillian Seamon	2010
2,543 points	Onyinyechi Osuagwu	2020
2,319 point	Lauren Paciorek	2011
2,195 points		

UNIVERSITY OF DELAWARE FRESHMAN INDOOR RECORDS

Event	Record Holder	Record	Year
55 Meter Hurdles	Kayla Hennessy	8.45	2008
60 Meter Hurdles	Latoya James.....	8.55	2012
	Kayla Hennessy	8.88	2008
55 Meters	Vicky Caruso	7.14	2010
	Brittany Wright	7.37	2004

60 Meters	Trinity Tapper	7.74	2020
	Andriene Rose	7.77	2016
	Vicky Caruso	7.81	2010
	Brittany Wright	7.88	2004
	Daniella Price	7.88	2003
	Amira Idris	7.88	2012
200 Meters	Vicky Caruso	24.36	2010
	Tyra Reid	25.24	2015
	Kayla Hennessy	25.35	2008
	Halima Scott	25.35	2019
300 Meters	Vicky Caruso	39.81	2010
	Halima Scott	40.07	2019
	Rosshelle Leaks	41.10	2019
	Toresha Foster	41.17	2012
	Nijah Dupiche	41.65	2010
	Alicia Lehman	42.52	2022
	Alex Francis	42.71	2008
400 Meters	Vicky Caruso	55.33	2010
	Cristine Marquez	55.74	2007
500 Meters	Alyssa Armor	1:15.53	2019
	Carly Pettipaw	1:15.61	2016
	Alexandra Carroll	1:16.85	2012
	Kristi Cox	1:17.14	2008
600 Meters	Alyssa Armor	1:36.10	2019
	Carly Pettipaw	1:36.48	2016
	Chelsi Campbell	1:40.64	2013
	Carly Simmons	1:43.41	2011
	Breanna Nicholson	1:44.79	2012
	Kelly Knauer	1:44.88	2013
	McKensie Walker	1:47.30	2012
	Tijen Ozcan	1:51.85	2009
	Carly Pettipaw	2:13.21	2016
	Liz McGroarty	2:16.46	2015
800 Meters	Lindsay Prettyman	2:18.00	2011
	Kellyn Wright	2:18.20	2007
	Betsy Erlanger	2:55.87	2014
	Liz McGroarty	3:00.41	2015
	Jessica Stratton	3:01.72	2020
	Lindsay Prettyman	3:02.61	2011
	Sarah Johnson	3:02.85	1999
1,000 Meters	na		
1,500 Meters	na		
Mile	Colleen O'Brien	4:58.28	2005
3,000 Meters	Alicia Giuliano	9:57.69	1992
5,000 Meters	Alicia Giuliano	17:20.44	1992
Shot Put	Sarah Hillman	45-7 (13.89m)	2015
	Alana Pantale	44-4 (13.51m)	2011
	Rachel Young	43-11.75 (13.40m)	2004
	Chioma Njoku	60-2.5 (18.35m)	2021
20 lb. Weight Throw	Gabrielle Holliday	53-2.25 (16.21m)	2020
	Monica Hagenauer	50-7.25 (15.42m)	2013
	Kaosisochukwu Nkwonta	47-0.75 (14.34m)	2021

	Caltha Seymour	45-11.25 (14.00m)	1996
	Alana Pantale	46-4.75 (13.51m)	2011
High Jump	Kelsey Evancho	5-7 (1.70m)	2012
	Dawn Sullivan	5-5.25 (1.66m)	1989
Pole Vault	Ashley Bailey	12-7.5 (3.85m)	2016
	Kelli McDonald	11-9.75 (3.60m)	2006
Long Jump	Mandy Stille	18-10.75 (5.76m)	2004
	Roshelle Leaks	18-9 (5.71m)	2019
	Amira Idris	18-8 (5.69m)	2012
	Ashley Bailey	18-8 (5.64m)	2016
	Paige Morris	18-5 (5.61m)	2011
Triple Jump	Amira Idris	40-6.75 (12.36m)	2012
	Ruby Mullen	37-9.5 (11.52m)	2019
	Lissy Dean	37-9.25 (11.51m)	2004
Pentathlon	Mandy Stille	3279 points	2004

ALL-TIME COACHING RECORDS (Coach, Years, Dual Meet Record (Pct.))

Mary Shull	1979-82 (3)	10-6 (.625)
Sue McGrath-Powell	1982-2008 (26)	129-50 (.721)
Wendy McFarlane	2008-21 (14)	129-50 (.721)
Ryan Waite	2022-Present	0-0 (.000)
Totals	43 Seasons	149-59 (.716)

DELAWARE FIELD HOUSE RECORDS (WOMEN'S)

Event	Record	Holder	Year
55 meter hurdles	7.70	Debbie Deutsch (Rutgers)	2/10/1980
60 meter hurdles	8.35	Charmaine Walker (Villanova)	2/7/1999
55meters	6.80	Maria Parsons (Morgan State)	2/12/1978
60 meters	7.56	Teyarnte Carter (Maryland)	1/10/2003
	7.56	Melissa Cadle (UMES)	1/4/2013
200 meters	24.23	Debbie Dunn (Norfolk State)	2/6/2000
300 meters	38.86	Sophia Hunter (Delaware State)	2/10/1985
400 meters	54.95	Sonja Fridy (Virginia)	2/8/1987
500 meters	1:13.02	Nadeen Bridgeforth (Temple)	2/8/1987
800 meters	2:10.99	Kerrie Bowes (Maryland)	1/20/1996
1000 meters	2:52.86	Vicki Huber (Villanova)	2/9/1986
Mile	4:45.84	Suzanne Girard (North Carolina State)	2/22/1981
1500 meters	4:24.46	Elaine McGillian (St. Joseph's)	2/9/1986
3000 meters	9:19.13	Jennifer Rhines (Villanova)	2/3/1996
5000 meters	16:17.10	Julie Bowers (West Chester)	2/10/1985
1600 meter relay	3:44.85	Hitchcock, Robinson, Ford, Kelly (Howard)	2/8/1987
3200 meter relay	9:09.29	Gerken, Stever, Spalvino, Cassel (Penn State)	2/10/1985
Distance medley	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)	2/21/1982
Long jump	6.31m (20-8.5)	Kim Schofield (Florida)	2/21/1982
High jump	1.86m (6-1.25)	Candy Cashell (Delaware)	2/16/1986
Triple jump	12.57m (41-3)	Donna Crumety (St. Joseph's)	2/2/1991
Pole Vault	3.65m (11-11.75)	Casey Bennett (Delaware)	1/9/2004
Weight throw	18.85m (61-10)	Ruth Kura (Maryland)	2001
Shot Put	16.53m (54-2.75)	Elaine Sobansky (Penn State)	2/20/1983