

UNIVERSITY OF DELAWARE

FIGHTIN' BLUE HENS

INDOOR TRACK & FIELD

ALL-TIME HEAD COACHES

Coach	Years	Record (Pct.)
Mary E. Shull	1979-82 (3)	10-6 (.625)
Sue McGrath-Powell	1982-2008 (26)	129-50 (.721)
Wendy McFarlane	2008-2021 (14)	129-50 (.721)
Ryan Waite	2021-22 (1)	N/A
Kenyetta Iyevbele	2022-24 (2)	N/A
Josh Hayman	2024-Present	N/A
TOTALS	44 Seasons	149-59 (.716)

TEAM RECORDS

FIRST SEASON:	1979	CONFERENCE TITLES:	0
SEASONS PLAYED:	44		
ALL-TIME RECORD:	149-59 (.716)		
NCAA CHAMPIONSHIPS:	N/A		





UNIVERSITY OF DELAWARE WOMEN'S INDOOR TRACK & FIELD RECORDS / TOP 10

60 METER DASH

1.	Aja Davis	2023	:07.45
2.	Latazah Coleman	2015	:07.59
3.	Trinity Tapper	2021	:07.60
4.	Michelle Gomes	2007	:07.61
5.	Isis Pinkney	2016	:07.69
6.	Vicky Caruso	2012	:07.71
7.	Halima Scott	2020	:07.72
8.	Adriene Rose	2017	:07.72
9.	Brittany Wright	2005	:07.73
10.	Daniella Price	2007	:07.76

200 METER DASH

1.	Vicky Caruso	2012	:24.00
2.	Halima Scott	2020	:24.12
3.	Latazah Coleman	2015	:24.15
4.	Aja Davis	2023	:24.37
5.	Cristine Marquez	2010	:24.39
6.	Michelle Gomes	2007	:24.62
7.	Tyra Reid	2016	:24.85
8.	Tyler Jackson	2016	:24.94
9.	Trinity Tapper	2022	:25.05
10.	Roshelle Leaks	2020	:25.19

400 METER DASH

1.	Halima Scott	2020	:53.97
2.	Cristine Marquez	2010	:54.26
3.	Vicky Caruso	2012	:55.16
4.	Marie-Frederique Poulin	2022	:55.46
5.	Nijah Dupiche	2013	:56.03
6.	Toresha Foster	2013	:56.04
7.	Tyra Reid	2016	:56.07
8.	Tyechia Smith	2004	:56.83
9.	London Freeland	2017	:56.85
10.	Kristi Cox	2011	:57.22

500 METER RUN

1.	Michaela Meyer	2020	1:11.96
2.	Carly Pettipaw	2019	1:14.71
3.	Sydni Stovall	2020	1:14.80
4.	Cristine Marquez	2008	1:14.87
5.	Kadence Dumas	2024	1:14.92
6.	Alyssa Armor	2020	1:15.27
7.	Tyechia Smith	2004	1:15.70
8.	Marie-Frederique Poulin	2022	1:16.33
9.	Tyra Reid	2017	1:16.52
10.	Alexandra Carroll	2012	1:16.85

800 METER RUN

1.	Michaela Meyer	2020	2:03.40
2.	Jeanette Bendolph	2018	2:09.61
3.	Kadence Dumas	2024	2:11.03
4.	Carly Pettipaw	2019	2:11.34
5.	Liz McGroarty	2018	2:11.58
6.	Jessica Harding	2022	2:11.88
7.	Lindsay Prettyman	2013	2:13.75
8.	Sydni Stovall	2020	2:14.62
9.	Erin Gemmill	2003	2:15.84
10.	Angie Spadaccini	2018	2:16.14

1,000 METER RUN

1.	Liz McGroarty	2018	2:49.16
2.	Lindsay Prettyman	2013	2:50.63
3.	Jeanette Bendolph	2019	2:52.56
4.	Karen Mandrachia	2009	2:52.71
5.	Jill Riblett	1992	2:54.47
6.	Michaela Meyer	2020	2:55.33
7.	Betsy Erlanger	2014	2:55.87
8.	Erin Gemmill	2003	2:56.25
9.	Susanna Weir	2019	2:56.25
10.	Emily Gispert	2013	2:56.47

MILE RUN

1.	Liz McGroarty	2018	4:43.62
2.	Lindsay Prettyman	2014	4:45.55
3.	Michaela Meyer	2020	4:48.33
4.	Mary Schilly	1980	4:51.60
5.	Sarah Cowles	1996	4:53.93
6.	Roxanne Ramirez	2022	4:55.21
7.	Susanna Weir	2022	4:55.83
8.	Nina Sgambelluri	2023	4:56.10
9.	Michele Lambert	2014	4:56.95
10.	Christina Antonopoulos	2009	4:57.05
	Leah Clear	2024	4:57.05

3,000 METER RUN

1.	Tina Capparell	2022	9:32.18
2.	Lindsay Prettyman	2014	9:32.76
3.	Susanna Weir	2022	9:39.91
4.	Autumn Sands	2023	9:48.38
5.	Nina Sgambelluri	2023	9:50.90
6.	Michele Lambert	2013	9:51.33
7.	Aimee Alexander	2002	9:52.63
8.	Sarah Daniels	2023	9:53.38
9.	Mackenzie Jones	2020	9:54 hi.12
10.	Alicia Giuliano	1992	9:57.69





UNIVERSITY OF DELAWARE WOMEN'S INDOOR TRACK & FIELD RECORDS / TOP 10

5,000 METER RUN

1.	Susanna Weir	2022	16:31.85
2.	Tina Capparell	2022	16:38.60
3.	Autumn Sands	2022	17:00.16
4.	Kim Mitchell	1985	17:03.28
5.	Mackenzie Jones	2020	17:09.81
6.	Hannah Lindgren	2022	17:09.90
7.	Michele Lambert	2014	17:11.51
8.	Sarah Daniels	2022	17:11.78
9.	Julien Webster	2022	17:17.74
10.	Abigail Bolt	2020	17:18.11

60 METER HIGH HURDLES

1.	Latoya James	2013	:08.47
2.	Olivia Goncerz	2018	:08.86
3.	Leslie Ope	2017	:08.87
4.	Kayla Hennessy	2008	:08.88
5.	Carlyn McGrath	2019	:08.89
6.	Mandy Stille	2004	:09.00
7.	Leah Putman	2011	:09.01
8.	Alexi Capsouras	2007	:09.03
	Destiny DeBlock	2022	:09.03
9.	Erin Henderson	2020	:09.07

HIGH JUMP

1.	Candy Cashell	1986	6'01.25" (1.86m)
2.	Annemarie Quinn	2000	5'08.50" (1.74m)
3.	Kelsey Evancho	2012	5'07.00" (1.70m)
4.	Erika Brandt	1990	5'06.50" (1.69m)
5.	Dawn Sullivan	1989	5'05.25" (1.66m)
	Kai Starnes	2020	5'05.25" (1.66m)
6.	Destiny DeBlock	2023	5'05.00" (1.65m)
	Latazah Coleman	2015	5'05.00" (1.65m)
	Sheryl Hall	1993	5'05.00" (1.65m)
	Nadia Khoury	2019	5'05.00" (1.65m)
7.	Nancy Sottos	1986	5'04.00" (1.63m)

POLE VAULT

1.	Ashley Bailey	2018	13'00.25" (3.97m)
2.	Casey Bennett	2004, '05	12'06.00" (3.81m)
3.	Kelli McDonald	2009	12'05.50" (3.80m)
4.	Cierra Crane	2021	12'04.00" (3.76m)
5.	Bridget Joyce	2023	12'01.50" (3.70m)
6.	Laura Chirico	2009	11'11.75" (3.65m)
7.	Haley Gorenflo	2015	11'11.75" (3.60m)
	Jennifer Holly	2012	11'09.75" (3.60m)
	Courtney Markow	2013	11'09.75" (3.60m)
8.	Miranda Reinson	2015	11'05.75" (3.50m)
9.	Carol Oliveri	2001	11'03.75" (3.45m)

LONG JUMP

1.	Amira Idris	2015	19'04.25" (5.90m)
2.	Asha Quant	2007	19'00.25" (5.81m)
3.	Mandy Stille	2004	18'10.75" (5.76m)
4.	Paige Morris	2012	18'10.50" (5.75m)
5.	Roshelle Leaks	2020	18'10.00" (5.74m)
6.	Alicia Lehman-Woodyard	2022	18'08.00" (5.69m)
7.	Ashley Bailey	2016	18'06.50" (5.64m)
8.	Leah Putman	2008	18'04.25" (5.59m)
	Latoya James	2013	18'04.25" (5.59m)
9.	Andriene Rose	2017, '19	18'03.75" (5.58m)

TRIPLE JUMP

1.	Amira Idris	2016	42'00.75" (12.82m)
2.	Halimah Roberson	2019	40'09.50" (12.43m)
3.	Paige Morris	2013	39'10.75" (12.16m)
4.	Ruby Mullen	2020	39'00.25" (11.89m)
5.	Jahniah Hodge	2024	38' 5.50" (11.72m)
6.	Lissy Dean	2004	37'09.25" (11.51m)
7.	Whitney Bailey-Hicks	2019	37'07.75" (11.47m)
8.	Anisa Fortt	2017	37'03.25" (11.36m)
9.	Olivia Goncerz	2017	37'01.75" (11.32m)
10.	Biola Adeleye	2023	37'01.50" (11.31m)

SHOT PUT

1.	Sarah Hillman	2017	50'08.00" (15.44m)
2.	Rachel Young	2007	46'00.50" (14.03m)
3.	Myrissa McFolling-Young	2022	46'03.50" (14.11m)
4.	Kosie Nkwonta	2023	45'20.25" (13.77m)
5.	Alana Pantale	2013	45'01.50" (13.75m)
6.	Amanda Marshall	2007	44'00.00" (13.41m)
7.	Gabrielle Holliday	2020	43'06.00" (13.26m)
8.	Chioma Njoku	2021	43'05.75" (13.25m)
9.	Stacey Price	1992	43'05.00" (13.23m)
10.	Jade Francis	2017	42'03.25" (12.88m)

WEIGHT THROW

1.	Chioma Njoku	2023	66'10.50" (20.15m)
2.	Amanda Marshall	2009	58'03.25" (17.76m)
3.	Lynne Gbadamosi	2023	57' 11" (17.65m)
4.	Kosie Nkwonta	2024	56'09.50" (17.31m)
5.	Bethany Clement	2020	56'01.00" (17.09m)
6.	Brandy Connell	1999	54'09.25" (16.69m)
7.	Caltha Seymour	2000	54'02.75" (16.53m)
8.	Alana Pantale	2013	53'11.75" (16.45m)
9.	Gabrielle Holliday	2022	53'09.00" (16.39m)
10.	Jennie Chiller	2002	53'04.25" (16.26m)



UNIVERSITY OF DELAWARE WOMEN'S INDOOR TRACK & FIELD RECORDS / TOP 10

PENTATHLON

1.	Alicia Lehman-Woodyard	2022	3305 points
2.	Destiny DeBlock	2023	3282 points
3.	Mandy Stille	2004	3279 points
4.	Sofia Janotti	2020	3248 points
5.	Hannah Pepper	2015	3171 points
6.	Carlyn McGrath	2019	3142 points
7.	Mayson Light	2023	2915 points
8.	Kai Starnes	2020	2893 points
9.	Samantha Uy	2023	2746 points
10.	Jillian Seamon	2010	2543 points

55 METER DASH (EVENT NOT CONTESTED IN NCAA/ECAC)

1.	Vicky Caruso	2010	:07.14
2.	Brittany Wright	2005	:07.20
3.	Dionne Jones	1989	:07.21
4.	Asha Quant	2008	:07.22
5.	Michelle Gomes	2007	:07.26
6.	Daniella Price	2003	:07.30
7.	Trish Taylor	1984	:07.33
8.	Asia Hollis	2011	:07.33
9.	Elsbeth Bupp	1987	:07.34
10.	Quinetta Roberson	1992	:07.36

300 METER RUN (EVENT NOT CONTESTED IN NCAA/ECAC)

1.	Tyra Reid	2016	:39.40
2.	Vicky Caruso	2010	:39.81
3.	Halima Scott	2019	:40.01
4.	Michelle Gomes	2007	:40.74
5.	Taliah Cintron	2019	:40.82
6.	Roshelle Leaks	2019	:41.10
7.	Toresha Foster	2012	:41.17
8.	Nijah Dupiche	2011	:41.32
9.	Asia Hollis	2011	:41.73
10.	Andrienne Rose	2019	:42.22

600 METER RUN (EVENT NOT CONTESTED IN NCAA/ECAC)

1.	Carly Pettipaw	2019	1:32.59
2.	Kadence Dumas	2024	1:33.15
3.	Lauren Leath	2024	1:34.74
4.	Sydni Stovall	2019	1:34.95
5.	Alyssa Armor	2019	1:36.10
6.	Hannah Smalley	2024	1:36.96
7.	Michaela Meyer	2018	1:37.11
8.	Jenna Scandale	2024	1:37.24
9.	Jessica Harding	2019	1:38.34
10.	Jeanette Bendolph	2018	1:40.33

1,500 METER RUN (EVENT NOT CONTESTED IN NCAA/ECAC)

1.	Sarah Cowles	1996	4:38.51
2.	Erin Gemmill	2003	4:38.59
3.	Jill Riblett	1992	4:46.10
4.	Amy Oppermann	1990	4:46.8
5.	Marnie Giunta	1992	4:48.71
6.	Tara Pointin	1996	4:50.66
7.	Nori Wilson	1987	4:50.9
8.	Christina Roller	1996	4:51.31
9.	Colleen O'Connor	1987	4:52.8
10.	Katie Guarracino	1995	4:55.15

55 METER HIGH HURDLES (EVENT NOT CONTESTED IN NCAA/ECAC)

1.	Latoya James	2013	:08.11
2.	Kayla Hennessy	2008	:08.45
3.	Karen Johnson	1992	:08.46
4.	Leah Putman	2008	:08.53
5.	Karen James	1989	:08.56

4x200 METER RELAY

1.	Tyra Reid, Tyler Jackson, Isis Pinkney, La'Tazah Colelman	2016	1:39.30
2.	Cristine Marquez, Kristi Cox, Nijah Dupiche, Vicky Caruso	2010	1:39.84
3.	Vicky Caruso, Asia Hollis, Nijah Dupiche, Kristi Cox	2011	1:40.74
4.	Andriene Rose, Taliah Cintron, Roshelle Leaks, Halima Scott	2019	1:40.78
5.	Trinity Tapper, Kamylin Padgham, Shylehn Ebuenga-Smith, Taylor Johnson	2023	1:42.13
6.	Tyler Jackson, Toresha Foster, Breanna Nicholson, Kelley Donovan	2014	1:42.64
7.	Amira Idris, Nijah Dupiche, Breanna Nicholson, Toresha Foster	2012	1:42.96
8.	Amira Idris, Michele Simmons, Latoya James, Alexandra Muro	2013	1:43.48
9.	Kai Starnes, Isis Pinkney, Bema Kyeadea-Amponsah, Adriene Rose	2018	1:44.4
10.	Stephanie Floyd, Ali Muro, Anisa Fortt, Toresha Foster	2015	1:45.20
11.	Makiyah Cannon-Price, Amber Cray, Jayde McDermid, Ava Scheibe	2023	1:48.82





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4x400 METER RELAY

1.	Nadia Khoury, Halima Scott, Alyssa Armor, Taliah Cintron	2019	3:45.36
2.	Cristine Marquez, Asha Quant, Kristi Cox, Kayla Hennessy	2008	3:45.44
3.	Cristine Marquez, Asia Hollis, Vicky Caruso, Kristi Cox	2010	3:45.74
4.	Halima Scott, Sydney Stovall, Taliah Cintron, Michaela Meyer	2020	3:45.81
5.	Cristine Marquez, Nijah Dupiche, Vicky Caruso, Kristi Cox	2010	3:45.89
6.	Vicky Caruso, Nijah Dupiche, Asia Hollis, Kristi Cox	2011	3:46.61
7.	Toresha Foster, Nijah Dupiche, Chelsi Campbell, Michele Simmons	2013	3:46.79
8.	Carolyn Darr, Nadia Khoury, London Freeland, Carly Pettipaw	2017	3:46.80
9.	Marie-Frederique Poulin, Halima Scott, Jalynn Sharp, Alyssa Armor	2022	3:47.52
10.	Carolyn Darr, Tyra Reid, Carly Pettipaw, Michelle Simmons	2016	3:48.16

4x800 METER RELAY

1.	Carly Pettipaw, Sydney Stovall, Jeanette Bendolph, Michaela Meyer	8:45.08	2019
2.	Carly Pettipaw, Tina Capparell, Michaela Meyer, Jeanette Bendolph	8:51.60	2019
3.	Carly Pettipaw, Michaela Meyer, Angie Spadaccini, Liz McGroarty	8:54.17	2018
4.	Michaela Meyer, Susanna Weir, Carly Pettipaw, Angie Spadaccini	8:56.83	2018
5.	Jeanette Bendolph, Angie Spadaccini, Betsy Erlanger, Liz McGroarty	8:57.32	2017
6.	Michaela Meyer, Ciara Murphy, Angie Spadaccini, Betsy Erlanger	9:04.60	2017
7.	Jessica Harding, Jessica Stratton, Sydney Stovall, Tina Capparell	9:05.07	2020
8.	Jeanette Bendolph, Angie Spadaccini, Carly Pettipaw, Liz McGroarty	9:06.57	2017
9.	Emily Gispert, Lindsay Prettyman, Alex Gervais, Alexandra Carroll	9:13.72	2012
10.	Jessica Harding, Michaela Meyer, Sydney Stovall, Carly Pettipaw	9:14.65	2019

DISTANCE MEDLEY RELAY

1.	Jessica Stratton, Halima Scott, Sydney Stovall, Michaela Meyer	11:30.29	2020
2.	Carly Pettipaw, Tyra Reid, Jeanette Bendolph, Liz McGroarty	11:43.49	2017
3.	Maro Bchakjian, Jennifer Mills, Mary Schilly-Knisely, Rachel Davis	11:46.1	1980
4.	Karen Mandrachia, Kristi Cox, Kellyn Wright, Christina Antonopoulos	11:49.81	2009
5.	Karen Mandrachia, Asia Hollis, Kellyn Wright, Christina Antonopoulos	11:51.32	2009
6.	Betsy Erlanger, Tyler Jackson, Alexandra Carroll, Emily Gispert	11:52.57	2014
7.	Tina Capparell, Jessica Harding, Roxanne Ramirez, Susanna Weir	12:10.02	2022
8.	Marissa Dailey, Lauren Leath, Jenna Scandale, Tiffany Herrera	12:14.20	2024
9.	Kadence Dumas, Jenna Scandale, Lauren Leath, Lindsey Volkman	12:19.36	2024
10.	Tiffany Herrera, Jenna Scandale, Carolyn Coletti, Marissa Dailey	12:24.08	2023
11.	Danielle Eshelman, Aja Davis, Carolyn Coletti, Marissa Dailey	13:02.29	2022



Lauren Leath



UNIVERSITY OF DELAWARE WOMEN'S INDOOR TRACK & FIELD RECORDS

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	Kadence Dumas	1:33.15	2024
	Lauren Leath	1:34.74	2024
	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





UNIVERSITY OF DELAWARE WOMEN'S INDOOR TRACK & FIELD RECORDS

FRESHMAN INDOOR RECORDS

Event	Record Holder	Record	Year
800 Meters	Carly Pettipaw	2:13.21	2016
	Liz McGroarty	2:16.46	2015
	Lindsay Prettyman	2:18.00	2011
	Kellyn Wright	2:18.20	2007
1,000 Meters	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
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
Weight Throw	Chioma Njoku	60-2.5 (18.35m)	2021
	Gabrielle Holliday	53-2.25 (16.21m)	2020
	Monica Hagenauer	50-7.25 (15.42m)	2013
	Kosie 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
High Jump	Kelsey Evancho	5-7 (1.70m)	2012
	Kristen Collins	5-5 (1.65m)	2004
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



UNIVERSITY OF DELAWARE WOMEN'S INDOOR TRACK & FIELD RECORDS

DELAWARE FIELD HOUSE RECORDS

Event	Record Holder	Record	Year
55 meter hurdles	Debbie Deutsch (Rutgers)	7.70	2/10/1980
60 meter hurdles	Charmaine Walker (Villanova)	8.35	2/7/1999
55meters	Maria Parsons (Morgan State)	6.80	2/12/1978
60 meters	Teyarnte Carter (Maryland)	7.56	1/10/2003
	Melissa Cadle (UMES)	7.56	1/4/2013
200 meters	Debbie Dunn (Norfolk State)	24.23	2/6/2000
300 meters	Sophia Hunter (Delaware State)	38.86	2/10/1985
400 meters	Sonja Fridy (Virginia)	54.95	2/8/1987
500 meters	Nadeen Bridgeforth (Temple)	1:13.02	2/8/1987
800 meters	Kerrie Bowes (Maryland)	2:10.99	1/20/1996
1000 meters	Vicki Huber (Villanova)	2:52.86	2/9/1986
Mile	Suzanne Girard (North Carolina State)	4:45.84	2/22/1981
1500 meters	Elaine McGillian (St. Joseph's)	4:24.46	2/9/1986
3000 meters	Jennifer Rhines (Villanova)	9:19.13	2/3/1996
5000 meters	Julie Bowers (West Chester)	16:17.10	2/10/1985
1600 meter relay	Hitchcock, Robinson, Ford, Kelly (Howard)	3:44.85	2/8/1987
3200 meter relay	Gerken, Stever, Spalvino, Cassel (Penn State)	9:09.29	2/10/1985
Distance medley	Lisa Beck (2:16.78), Barbara Smith (59.6), Susanne Girard (3:29.72), Sande Colanane (4:46.8) (North Carolina State)	11:35.84	2/21/1982
Long jump	Kim Schofield (Florida)	6.31m (20-8.5)	2/21/1982
High jump	Candy Cashell (Delaware)	1.86m (6-1.25)	2/16/1986
Triple jump	Donna Crumety (St. Joseph's)	12.57m (41-3)	2/2/1991
Pole Vault	Casey Bennett (Delaware)	3.65m (11-11.75)	1/9/2004
Weight throw	Ruth Kura (Maryland)	18.85m (61-10)	2001
Shot Put	Elaine Sobansky (Penn State)	16.53m (54-2.75)	2/20/1983





UNIVERSITY OF DELAWARE WOMEN'S INDOOR TRACK & FIELD RECORDS

YEAR-BY-YEAR FINISHES

Year	Conference	Finish
1980	N/A	-
1981	N/A	8th, EAIAW
1982	N/A	10th, EAIAW
1983	East Coast Conference	East Coast Conference Champions
1984	East Coast Conference	East Coast Conference Champions
1985	East Coast Conference	2nd, ECC Championships ECAC Championship
1986	East Coast Conference	2nd, ECC Championships ECAC Championships 38th, NCAA Championships
1987	East Coast Conference	3rd, ECC Championships ECAC Championships
1988	East Coast Conference	3rd, ECC Championships ECAC Championships
1989	East Coast Conference	2nd, ECC Championships ECAC Championships
1990	East Coast Conference	East Coast Conference Champions
1991	East Coast Conference	East Coast Conference Champions ECAC Championships
1992	North Atlantic Conference	4th, North Atlantic Conference Championships 28th, ECAC Championships
1993	North Atlantic Conference	4th, NAC Championships
1994	North Atlantic Conference	4th, NAC Championships ECAC Championships
1995	North Atlantic Conference	4th, NAC Championships ECAC Championships
1996	North Atlantic Conference	4th, NAC Championships ECAC Championships
1997	America East Conference	6th, America East Championships 33rd, ECAC Championships
1998	America East Conference	7th, America East Championships ECAC Championships
1999	America East Conference	5th, America East Championships ECAC Championships
2000	America East Conference	6th, America East Championships 43rd, ECAC Championships
2001	America East Conference	6th, America East Championships ECAC Championships
2002	Colonial Athletic Association	ECAC Championships
2003	Colonial Athletic Association	49th, ECAC Championships
2004	Colonial Athletic Association	44th, ECAC Championships
2005	Colonial Athletic Association	49th, ECAC Championships
2006	Colonial Athletic Association	32nd, ECAC Championships
2007	Colonial Athletic Association	47th, ECAC Championships
2008	Colonial Athletic Association	38th, ECAC Championships
2009	Colonial Athletic Association	16th, ECAC Championships
2010	Colonial Athletic Association	22nd, ECAC Championships
2011	Colonial Athletic Association	36th, ECAC Championships
2012	Colonial Athletic Association	20th, ECAC Championships



UNIVERSITY OF DELAWARE WOMEN'S INDOOR TRACK & FIELD RECORDS

YEAR-BY-YEAR FINISHES

Year	Conference	Finish
2013	Colonial Athletic Association	14th, ECAC Championships
2014	Colonial Athletic Association	16th, ECAC Championships
2015	Colonial Athletic Association	8th, ECAC Championships
2016	Colonial Athletic Association	15th, ECAC Championships
2017	Colonial Athletic Association	18th, ECAC Championships
2018	Colonial Athletic Association	9th, ECAC Championships
2019	Colonial Athletic Association	8th, ECAC Championships
2020	Colonial Athletic Association	25th, ECAC Championships
2021	Colonial Athletic Association	-
2022	Colonial Athletic Association	17th, ECAC Championships
2023	Colonial Athletic Association	T-6th, CAA Championships
2024	Coastal Athletic Association	12th, CAA Championships

YEAR-BY-YEAR HONORS

Year	Athlete	Honor
2023	Aja Davis	CAA 60m dash Champion (7.45)
2000	Caltha Seymour	AE Weight Throw Champion (54'2.75")
1999	Ashley Forlini	AE Scholar-Athlete AE Pole Vault Champion (10'0")
1998	Tiffany Goldy	AE Scholar-Athlete
1997	Judy Elfassy	AE Most Outstanding Performer
	Linda Bosse	AE Scholar-Athlete
1996	Sarah Cowles	NAC Mile Champion (4:53.93)
	Chris Rolleri	NAC 5,000m Champion (17:27.20)
1994	Kara Priggon	NAC 5,000m Champion (17:54.20)
1993	Jill Riblett	NAC 1,000m Champion (2:58.22)

All-Conference Selections (4-Coastal Athletic Association)

Aja Davis (2023)
Bridget Joyce (2023)
Chioma Njoku (2023)
Autumn Sands (2023)

All-Conference Selections (12-America East Conference)

Aimee Alexander (2000)
Melissa Calvanico (2001)
Brandy Connell (1999)
Sarah Cowles (1996)
Ashley Forlini (1999)
Carol Oliveri (2000, 01)
Kara Priggon (1994)
Annemarie Quinn (2000)
Jill Riblett (1993)
Chris Rolleri (1996)
Caltha Seymour (2000)



UNIVERSITY OF DELAWARE **OUTDOOR TRACK & FIELD**

FIGHTIN' BLUE HENS

ALL-TIME HEAD COACHES

Coach	Years	Record (Pct.)
Mary E. Shull	1980-82 (3)	17-3 (.850)
Sue McGrath-Powell	1983-2008 (25)	34-16 (.692)
Wendy McFarlane	2009-2021 (12)	N/A
Ryan Waite	2021-22 (1)	N/A
Kenyetta Iyevbele	2022-24 (2)	N/A
Josh Hayman	2024-Present	N/A
TOTALS	44 Seasons	51-19 (.739)

TEAM RECORDS

FIRST SEASON:	1980	CONFERENCE TITLES:	5
SEASONS PLAYED:	44	East Coast Conference:	1983, 1984, 1991
ALL-TIME RECORD:	51-19 (.739)	Colonial Athletic Association:	2014, 2019
NCAA CHAMPIONSHIPS:	N/A		

NCAA REGIONALS EAST PRELIMINARY APPEARANCES

2004 – Casey Bennet (pole vault), Mandy Stille (100m hurdles)
 2008 – Asha Quant (long jump)
 2009 – Kelli McDonald (pole vault)
 2010 – Victoria Caruso (200m), Cristine Marquez (400m), Jillian Seamon (Javelin)
 2011 – Victoria Caruso (400m)
 2012 – Latoya James (100mH)
 2013 – Amira Idris (Triple Jump), Latoya James (100mH)
 2014 – Amira Idris (Long Jump), Paige Morris (Triple Jump), Lindsay Prettyman (1500m)
 2016 – Sarah Hillman (Discus), Tyra Reid (400m)
 2017 – Sarah Hillman (Discus), Liz McGroarty (1500m)
 2018 – Liz McGroarty (1500m), Ashley Bailey (Pole Vault)
 2019 – Ashley Bailey (Pole Vault), Myrissa McFolling-Young (Discus), Michaela Meyer (800m)
 2020 – COVID
 2021 – Megan Albamonti (Javelin), Holly Manning (800m)
 2022 – Megan Albamonti (Javelin), Susanna Weir (10,000m)
 2023 – Megan Albamonti (Javelin), Marie-Frederique Poulin (400mH), Myrissa McFolling-Young (Discus), Chioma Njoku (Hammer), Halima Scott (400m)
 2024 – Sarah Daniels (3000m Steeple), Halima Scott (400m)

NCAA CHAMPIONSHIPS APPEARANCES

2023 – Megan Albamonti (Javelin)



Halima Scott



2019 CAA Championship Team



Megan Albamonti



UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RECORDS / TOP 10

100 METER DASH

1.	Aja Davis	2022	:11.58
2.	Dionne Jones	1990	:11.81
3.	Vicky Caruso	2010	:11.86
4.	Trinity Tapper	2022	:11.88
5.	Michelle Gomes	2006	:11.95
6.	Latazah Coleman	2015	:11.99
7.	Tyler Jackson	2015	:12.03
8.	Isis Pinkney	2018	:12.10
9.	Toresha Foster	2013	:12.11
10.	Taylor Johnson	2023	:12.12

200 METER DASH

1.	Vicky Caruso	2010	:23.67
2.	Halima Scott	2019	:23.99
3.	Latazah Coleman	2015	:24.03
4.	Cristine Marquez	2009	:24.07
5.	Brittany Wright	2005	:24.20
6.	Toresha Foster	2013	:24.25
7.	Roshelle Leaks	2019	:24.28
8.	Aja Davis	2022	:24.38
9.	Tyler Jackson	2016	:24.54
10.	Dionne Jones	1990	:24.81

400 METER DASH

1.	Halima Scott	2023	:53.01
2.	Tyra Reid	2016	:53.79
3.	Vicky Caruso	2011	:53.87
4.	Cristine Marquez	2010	:54.34
5.	Sydni Stovall	2019	:55.30
6.	Toresha Foster	2013	:55.34
7.	Nijah Dupiche	2012	:56.03
8.	Chelsi Campbell	2014	:56.35
9.	Nadia Khoury	2017	:56.56
10.	Kristi Cox	2010	:56.64

800 METER DASH

1.	Holly Manning	2021	2:04.82
2.	Michaela Meyer	2019	2:07.02
3.	Lindsay Prettyman	2014	2:08.12
4.	Jeanette Bendolph	2019	2:08.69
5.	Liz McGroarty	2018	2:08.74
6.	Kadence Dumas	2024	2:08.90
7.	Carly Pettipaw	2018	2:09.75
8.	Jessica Harding	2022	2:09.94
9.	Angie Spadaccini	2018	2:10.69
10.	Shanel Dickens	2015	2:11.58

1,500 METER RUN

1.	Liz McGroarty	2018	4:19.52
2.	Lindsay Prettyman	2014	4:21.65
3.	Mary Schilly	1980	4:23.0
4.	Holly Manning	2021	4:23.54
5.	Michaela Meyer	2019	4:29.55
6.	Emily Gispert	2014	4:31.10
7.	Susanna Weir	2022	4:31.48
8.	Roxanne Ramirez	2021	4:32.36
9.	Karen Mandrachia	2009	4:34.27
10.	Betsy Erlanger	2015	4:34.28

3,000 METER RUN

1.	Sarah Cowles	1996	9:38.54
2.	Liz McGroarty	2018	9:42.24
3.	Lauren Zodi	2016	9:47.89
4.	Katrina Steenkamer	2014	9:51.11
5.	Diana Dunn	2019	9:53.87
6.	Caron Marra	2000	9:54.04
7.	Jody Campbell	1984	9:54.53
8.	Ellen Strickler	1993	9:56.5
9.	Aimee Alexander	2002	9:59.13
10.	Nori Wilson	1987	10:01.4

5,000 METER RUN

1.	Susanna Weir	2022	16:27.68
2.	Hannah Lindgren	2023	16:47.07
3.	Lindsay Prettyman	2014	16:48.18
4.	Sarah Daniels	2024	16:51.06
5.	Sandy Gibney	1980	16:53.00
6.	Tina Capparell	2022	16:59.31
7.	Katrina Steenkamer	2015	17:00.64
8.	Aimee Alexander	2002	17:02.37
9.	Sarah Daniels	2022	17:04.73
10.	Nina Sgambelluri	2023	17:07.24

10,000 METER RUN

1.	Susanna Weir	2022	34:24.34
2.	Jessica Pidgeon	2021	35:08.81
3.	Alicia Giuliano	1993	35:09.81
4.	Kim Mitchell	1985	35:18.4
5.	Sarah Daniels	2022	35:26.85
6.	Molly Lashley	2024	35:55.16
7.	Tara Pointin	1997	36:09.50
8.	Julien Webster	2022	36:13.53
9.	Stephanie Bazan	2019	36:19.10
10.	Jen Watunya	2011	36:23.87





UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RECORDS / TOP 10

100 METER HIGH HURDLES

1.	Latoya James	2013	:13.60
2.	Leslie Ope	2017	:14.14
3.	Kayla Hennessy	2011	:14.18
4.	Olivia Goncerz	2019	:14.28
5.	Mandy Stille	2004	:14.34
	Carlyn McGrath	2018	:14.34
6.	Megan Crowley	2014	:14.47
7.	Alicia Lehman-Woodyard	2024	:14.64
8.	Alexi Capsouras	2007	:14.75
9.	Sheryl Hall	1994	:14.79
10.	Jayde McDermid	2024	:14.83

400 METER INTERMEDIATE HURDLES

1.	Marie-Frederique Poulin	2023	58.83
2.	Taliah Cintron	2019	1:00.09
3.	Kayla Hennessy	2011	1:00.42
4.	Carly Pettipaw	2019	1:00.64
5.	London Freeland	2018	1:00.92
6.	Carly Schmidt	2023	1:01.40
7.	Breanna Nicholson	2015	1:01.85
8.	Leslie Ope	2017	1:02.95
9.	Laura Fauser	1984	1:03.04
10.	Alexi Capsouras	2006	1:03.44

3,000 METER STEEPLECHASE

1.	Tina Capparell	2022	10:22.95
2.	Sarah Daniels	2024	10:24.15
3.	Susanna Weir	2021	10:33.26
4.	Melissa Mazzo	2015	10:51.82
5.	Analise Kaminski	2018	10:55:25
6.	Roxanne Ramirez	2019	10:59.64
7.	Lauren Zodi	2019	11:03.08
8.	Stephanie Bazan	2017	11:10.85
9.	Kayla Koonz	2013	11:12.67
10.	Julia Somers	2009	11:13.80

POLE VAULT

1.	Ashley Bailey	2019	13'05.25" (4.10m)
2.	Kelli McDonald	2009	12'10.00" (3.91m)
3.	Cierra Crane	2023	12'06.00" (3.81m)
	Casey Bennett	2004	12'06.00" (3.81m)
4.	Bridget Joyce	2023	12'05.50" (3.80m)
	Laura Chirico	2008	12'05.50" (3.80m)
5.	Jennifer Holly	2009	12'02.50" (3.72m)
6.	Jennifer Hineman	2018	12'01.50" (3.70m)
7.	Haley Gorenflo	2015	11'10.50" (3.62m)
8.	Meredith Kreiger	2021	11'09.75" (3.60m)

HIGH JUMP

1.	Candy Cashell	1986	6'01.25" (1.86m)
2.	Annemarie Quinn	2000	5'08.00" (1.73m)
3.	Kelsey Evancho	2012, 2014	5'07.00" (1.70m)
4.	Erika Brandt	1989	5'06.50" (1.69m)
5.	Sheryl Hall	1994	5'06.00" (1.68m)
6.	Alicia Lehman-Woodyard	2024	5'05.25" (1.66m)
7.	Kristen Collins	2004	5'05.00" (1.65m)
	Nadia Khoury	2018	5'05.00" (1.65m)
8.	Destiny DeBlock	2022	5'04.25" (1.63m)
	Nancy Sottos	1983	5'04.00" (1.63m)
	Jan Woolson	1983	5'04.00" (1.63m)

LONG JUMP

1.	Asha Quant	2008	19'11.50" (6.08m)
2.	Amira Idris	2014	19'09.50" (6.03m)
3.	Roshelle Leaks	2019	19'05.50" (5.93m)
4.	Alicia Lehman-Woodyard	2022	19'02.75" (5.86m)
5.	Paige Morris	2013	18'10.75" (5.76m)
6.	Andriene Rose	2019	18'09.95" (5.72m)
7.	Ashley Bailey	2018	18'08.50" (5.70m)
8.	Nancy Zaiser	1985	18'07.00" (5.67m)
9.	Liesje Cardillo	2002	18'06.00" (5.64m)
10.	Carmen Matties	1991	18'02.25" (5.55m)

TRIPLE JUMP

1.	Paige Morris	2014	41'09.75" (12.74m)
2.	Amira Idris	2013	41'01.00" (12.52m)
3.	Halimah Roberson	2019	40'09.75" (12.44m)
4.	Jahniah Hodge	2024	40'06.25" (12.35m)
5.	Ruby Mullen	2019	39'00.25" (11.89m)
6.	Mandy Stille	2004	38'09.75" (11.83m)
7.	Pauline Dargis	1989	38'02.50" (11.65m)
8.	Anisa Fortt	2017	37'02.25" (11.64m)
9.	Spencer Nendza	2015	37'09.10" (11.51m)
10.	Lissy Dean	2003	37'06.75" (11.45m)

SHOT PUT

1.	Myrissa McFolling-Young	2023	49'11.75" (15.23m)
2.	Sarah Hillman	2017	47'01.50" (14.36m)
3.	Kosie Nkwonta	2023	46'04.00" (14.12m)
4.	Chioma Njoku	2021	45'10.50" (13.98m)
5.	Jade Francis	2017	45'00.50" (13.73m)
6.	Alana Pantale	2012	44'11.50" (13.70m)
7.	Rachel Young	2006	44'03.50" (13.50m)
8.	Stacey Price	1991	43'11.25" (13.39m)
9.	Amanda Marshall	2009	43'04.50" (13.22m)
10.	Aretah Ettarh	2013	41'08.75" (12.72m)



UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RECORDS / TOP 10

DISCUS THROW

1.	Sarah Hillman	2017	186'02" (56.75m)
2.	Myrissa McFolling-Young	2023	176'04" (53.74m)
3.	Gabrielle Holliday	2021	157'01" (47.89m)
4.	Alana Pantale	2012	150'10" (45.97m)
5.	Amanda Marshall	2009	148'00" (45.11m)
6.	Bethany Clement	2022	141'06" (43.13m)
7.	Adriana Festa	1990	140'07" (42.86m)
8.	Rachel Young	2004	140'06" (42.82m)
9.	Emily Eckard	2023	139'06" (42.52m)
10.	Jade Francis	2017	137'04" (41.85m)

HAMMER THROW

1.	Chioma Njoku	2023	195'00" (59.45m)
2.	Kosie Nkwonta	2024	186'10" (56.95m)
3.	Bethany Clement	2021	179'03" (54.63m)
4.	Brandy Connell	1999	175'08" (53.54m)
5.	Mackenzie Stephens	2024	170'09" (52.05m)
6.	Alana Pantale	2014	168'04" (51.33m)
7.	Chris Delli Paoli	1996	167'02" (50.96m)
8.	Amanda Marshall	2009	166'11" (50.88m)
9.	Courtney Sniscak	2012	165'10" (50.54m)
10.	Caltha Seymour	1998	164'11" (50.28m)

JAVELIN THROW

1.	Megan Albamonti	2022	183'00" (55.78m)
2.	Jillian Seamon	2010	146'11" (44.79m)
3.	Carol Miller	1980	143'09" (43.82m)
4.	Alexis Lipnicky	2019	143'01" (43.62m)
5.	Barbara Wolff	1984	141'07" (43.16m)
6.	Kris Knoebel	1990	138'05" (42.18m)
7.	Rachel Schmitt	2024	136'01" (41.49m)
8.	Niyah Cosme	2019	135'02" (41.19m)
9.	Kristina Valko	2018	134'03" (40.93m)
10.	Alana Pantale	2014	132'10" (40.48m)

HEPTATHLON

1.	Alicia Lehman-Woodyard	2024	4952 points
2.	Mandy Stille	2004	4853 points
3.	Carlyn McGrath	2019	4499 points
4.	Sofia Janotti	2019	4451 points
5.	Destiny DeBlock	2023	4432 points
6.	Hannah Pepper	2015	4395 points
7.	Leah Putman	2011	3956 points
8.	Sarah Sharp	2024	3916 points
9.	Mayson Light	2022	3866 points
10.	Michelle White	2013	3811 points

4x100 METER RELAY

1.	Trinity Tapper, Kamylin Padgham, Shylehn Ebuenga-Smith, Aja Davis	2022	:45.68
2.	Danielle Rochester, Isis Pinkney, Rochelle Leaks, Halimah Scott	2019	:45.93
3.	Vicky Caruso, Asia Hollis, Kristi Cox, Cristine Marquez	2010	:46.03
4.	Paige Thompson-Charles, Tyler Jackson, Tyra Reid, Latazah Coleman	2016	:46.20
	Aja Davis, Shylehn Ebuenga-Smith, Trinity Tapper, Kamylin Padgham	2021	:46.20
5.	Amira Idris, Tyler Jackson, Chelsi Campbell, Latazah Coleman	2015	:46.29
6.	Latazah Coleman, Tyler Jackson, Paige Thompson-Charles, Amira Idris	2015	:46.47
7.	Vicky Caruso, Nijah Dupiche, Latoya James, Toresha Foster	2013	:46.53
	Andriene Rose, Isis Pinkney, Rochelle Leaks, Halimah Scott	2019	:46.53
	Kamylin Padgham, Taylor Johnosn, Shylehn Ebuenga-Smith, Halima Scott	2023	:46.53
8.	Victoria Henry, Taylor Johnson, Jahnna Hodge, Halima Scott	2024	:46.67
9.	Carolyn Darr, Tyler Jackson, Paige Thompson-Charles, Tyra Reid	2016	:46.69

4x200 METER RELAY

1.	Vicky Caruso, Cristine Marquez, Asia Hollis, Kristi Cox	2010	1:36.55
2.	Vicky Caruso, Nijah Dupiche, Toresha Foster, Chelsi Campbell	2013	1:37.92
3.	Vicky Caruso, Nijah Dupiche, Toresha Foster, Latoya James	2012	1:37.96
4.	Vicky Caruso, Asia Hollis, Kristi Cox, Nijah Dupiche	2011	1:39.38
5.	Asha Quant, Kayla Hennessy, Kristi Cox, Cristine Marquez	2008	1:40.05
6.	Cristine Marquez, Asia Hollis, Alexa Windsor, Kristi Cox	2009	1:40.61
7.	Halima Scott, Taliah Cintron, Nailah Jackson, Danielle Rochester	2019	1:40.69
8.	Michelle Gomes, Paula Green, Brittany Wright, Asha Quant	2006	1:40.99
9.	Halima Scott, Taylor Johnson, Lauren Leath, Victoria Henry	2024	1:41.79
10.	Carolyn Darr, Tyler Jackson, Haley Berkeley, Leslie Ope	2017	1:41.86
11.	Tyler Jackson, Amira Idris, Toresha Foster, Latazah Coleman	2015	1:41.96





UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RECORDS / TOP 10

4x400 METER RELAY

1.	Cristine Marquez, Yesenia Boynton, Vicky Caruso, Kristi Cox	2010	3:40.72
2.	Vicky Caruso, Nijah Dupiche, Breanna Nicholson, Toresha Foster	2012	3:42.34
	Cristine Marquez, Asia Hollis, Vicky Caruso, Kristi Cox	2010	3:42.34
3.	Vicky Caruso, Nijah Dupiche, Kayla Hennessy, Kristi Cox	2011	3:42.55
4.	Nadia Khoury, Sydney Stovall, Alyssa Armor, Michaela Meyer	2019	3:43.29
5.	Vicky Caruso, Nijah Dupiche, Toresha Foster, Chelsi Campbell	2013	3:43.75
6.	Halima Scott, Marie Frederique-Poulin, Taylor Johnson, Carly Schmidt	2023	3:43.78
7.	Vicky Caruso, Nijah Dupiche, Asia Hollis, Kristi Cox	2011	3:43.82
8.	Lauren Leath, Kadence Dumas, Leah Clear, Halima Scott	2024	3:44.49
9.	Cristine Marquez, Asia Hollis, Alexi Capsouras, Kristi Cox	2009	3:45.78
10.	Nadia Khoury, Sydney Stovall, Michaela Meyer, London Freeland	2018	3:46.20

4x800 METER RELAY

1.	Liz McGroarty, Michaela Meyer, Angie Spadaccini, Jeanette Bendolph	2017	8:55.47
2.	Shanel Dickens, Betsy Erlanger, Melissa Mazzo, Angie Spadaccini	2015	9:00.95
3.	Emily Gispert, Lindsay Prettyman, Jessica Olsen, Rachel Wasserman	2011	9:02.61
4.	Lindsay Prettyman, Betsy Erlanger, Alexandra Carroll, Emmily Gispert	2014	9:03.29
5.	Michaela Meyer, Susanna Weir, Angie Spadaccini, Jeanette Bendolph	2018	9:05.70
6.	Jill Riblett, Katia Guarracino, Jacqui Tweed, Marnie Giunta	1993	9:07.29
7.	Jeanette Bendolph, Jessica Harding, Sydney Stovall, Michaela Meyer	2019	9:08.59
8.	Leah Clear, Lauren Leath, Marissa Dailey, Kadence Dumas	2024	9:12.90
9.	Hannah Smalley, Marissa Dailey, Lindsey Volkman, Ninna Sgambelluri	2023	9:31.45

4x1,500 METER RELAY

1.	Michaela Meyer, Valerie Romero, Susanna Weir, Diana Dunn	2019	18:34.22
2.	Y.Antonopoulos, C.Antonopoulos, Kellyn Wright, Karen Mandrachia	2009	19:02.19
3.	Lauren Zodl, Susanna Weir, Angie Spadaccini, Liz McGroarty	2018	19:04.17
4.	Caron Marra, Kristen Robbins, Aimee Alexander, Kasia Brodka	1999	19:23.35

SPRINT MEDLEY RELAY

1.	Trinity Tapper, Aja Davis, Halima Scott, Jessica Harding	2022	3:57.75
2.	Halima Scott, Taylor Johnson, Lauren Leath, Kadence Dumas	2024	3:58.54
3.	Sydney Stovall, Nadia Khoury, Michaela Meyer, Carly Pettipaw	2018	4:01.98
4.	Rachel Schultz, Erin Gemmill, Daniella Price, Tyechia Smith	2003	4:04.37
5.	Tyra Reid, London Freeland, Carolyn Darr, Carly Pettipaw	2017	4:04.66
6.	Kristin Frustillo, Erin Gemmill, Daniella Price, Tyechia Smith	2003	4:06.61
7.	Paige Thompson-Charles, Leslie Ope, Bema Amponsah, Jeanette Bendolph	2016	4:07.08
8.	Latazah Coleman, Tyler Jackson, Toresha Foster, Shanel Dickens	2015	4:08.11
9.	Liesje Cardillo, Kristen Salvatore, Tyechia Smith, Erin Gemmill	2002	4:08.0
	Vicky Caruso, Asia Hollis, Kristi Cox, Nijah Dupiche	2011	4:08.0
10.	Taylor Johnson, Shylehn Ebuenga-Smith, Halima Scott, Tiffany Herrera	2023	4:10.44

DISTANCE MEDLEY RELAY

1.	Emily Gispert, Shanel Dickens, Betsy Erlanger, Lindsay Prettyman	2014	11:35.35
2.	Lindsay Prettyman, Breanna Nicholson, M. Steenkamer, Emily Gispert	2013	11:38.36
3.	Betsy Erlanger, Bema Amponsah, Michaela Meyer, Liz McGroarty	2017	11:41.15
4.	Lindsay Prettyman, Kayla Hennessy, Emily Gispert, Jessica Olsen	2011	12:00.06
5.	Lauren Zodl, Michaela Meyer, Emily Paolucci, Roxanne Ramirez	2018	12:01.09
6.	Lindsay Prettyman, Breanna Nicholson, Emily Gispert, Jessica Olsen	2012	12:02.80
7.	Lindsay Prettyman, Alexandra Carroll, Emily Gispert, Jessica Olsen	2012	12:03.47
8.	Karen Mandrachia, Yesenia Boynton, Samantha Jones, Kellyn Wright	2010	12:16.23
9.	Tina Caparell, Kai Starnes, Mandy Odom, Emily Paolucci	2019	12:17.87
10.	Nina Sgambelluri, Hannah Smalley, Lindsey Volkman, Marissa Dailey	2023	12:25.88



UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RECORDS

FRESHMAN OUTDOOR RECORDS

Event	Record Holder	Record	Year
100 Meters	Aja Davis	11.73	2021
	Vicky Caruso	11.86	2010
200 Meters	Vicky Caruso	23.67	2010
	Halima Scott	23.99	2019
	Roshelle Leaks	24.28	2019
	Aja Davis	24.32	2021
	Tyler Jackson	25.03	2014
	Tyra Reid	25.11	2016
	Chelsi Campbell	25.18	2013
	Khamoy Farquharson	25.22	2019
	Kayla Hennessy	25.23	2008
400 Meters	Tyra Reid	53.79	2016
	Halima Scott	54.08	2019
	Vicky Caruso	55.24	2010
	Cristine Marquez	55.34	2007
800 Meters	Holly Manning	2:04.82	2021
	Kadence Dumas	2:08.90	2024
	Jeanette Bendolph	2:13.49	2016
	Liz McGroarty	2:13.53	2015
	Lindsay Prettyman	2:13.71	2011
	Lauren Leath	2:14.29	2024
	Hannah Smalley	2:15.34	2023
	Cristine Marquez	2:15.74	2007
1,500 Meters	Holly Manning	4:23.54	2021
	Liz McGroarty	4:31.57	2015
	Nina Sgambelluri	4:34.38	2023
	Leah Clear	4:36.57	2024
	Betsy Erlanger	4:37.25	2014
	Christina Antonopoulos	4:39.17	2007
3,000 Meters	Lauren Zodi	9:47.89	2016
	Susanna Weir	10:07.51	2018
	Aimee Alexander	10:11.84	1999
3,000 Meter Steeplechase	Susanna Weir	11:08.95	2018
	Stephanie Bazan	11:10.85	2017
	Roxanne Ramirez	11:11.07	2018
	Stephanie Palese	11:24.83	2018
	Christine Sloat	11:26.22	2008
5,000 Meters	Nina Sgambelluri	17:07.24	2023
	Hannah Lindgren	17:13.68	2022
	Jessica Pidgeon	17:14.43	2021
	Alicia Giuliano	17:17.64	1992
10,000 Meters	Alicia Giuliano	35:10.34	1992





UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RECORDS

FRESHMAN OUTDOOR RECORDS

Event	Record Holder	Record	Year
100 Meter Hurdles	Latoya James	14.07	2011
	Kayla Hennessy	14.25	2008
400 Meter Hurdles	Kayla Hennessy	1:01.57	2008
	Carly Pettipaw	1:02.56	2016
Hammer	Chioma Njoku	175-10 (53.59m)	2021
	Courtney Sniscak	161-10 (49.33m)	2011
	Monica Hagenauer	157-10 (48.11m)	2013
	Sarah Hillman	153-10 (46.90m)	2015
	Josie Nkwonta	153-7 (46.82m)	2021
	Olivia Duffy	140-10 (42.93m)	2018
	Stephanie Cronk	139-4 (42.22m)	2004
Javelin	Megan Albamonti	162-9 (49.60m)	2021
	Jillian Seamon	142-4 (43.39m)	2009
	Fiona Letko	130-1 (39.66m)	2021
	Kris Knoebel	128-6 (39.16m)	1989
Discus	Gabrielle Holliday	157-1 (47.89m)	2021
	Sarah Hillman	153-3 (46.71m)	2015
	Myrissa McFilling-Young	150-11 (46.01m)	2018
	Alana Pantale	142-0 (43.30m)	2011
	Rachel Young	140-6 (42.82m)	2004
Shot Put	Myrissa McFilling-Young	47-9 (14.55m)	2018
	Sarah Hillman	45-8 (13.92m)	2015
	Josie Nkwonta	44-9.5 (13.65m)	2021
	Chioma Njoku	44-6.75 (13.58m)	2021
	Rachel Young	42-11 (13.08m)	2004
Long Jump	Roshelle Leaks	19-5.5 (5.93m)	2019
	Paige Morris	18-9.75 (5.73m)	2011
	Ashley Bailey	18-2.5 (5.55m)	2016
Triple Jump	Amira Idris	40-4.25 (12.30m)	2012
High Jump	Kelsey Evancho	5-7 (1.70m)	2012
	Kristen Collins	5-5 (1.65m)	2004
Pole Vault	Ashley Bailey	12-1.5 (3.70m)	2016
	Cierra Crane	12-1.5 (3.70m)	2021
	Bridget Joyce	12-1.5 (3.70m)	2021
	Jennifer Holly	11-11.75 (3.65m)	2009
	Kelli McDonald	11-5.75 (3.50m)	2006
	Courtney Markow	11-5.75 (3.50m)	2011
Heptathlon	Mandy Stille	4,853 points	2004
	Destiny DeBlock	4,132 points	2021



UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RECORDS

STUART & SUZANNE GRANT STADIUM RECORDS

Event	Record Holder	Record	Year
100 meter Hurdles	Latoya James (Delaware)	13.87	2012
	Rachel Clinton (Temple)	13.93	2003
	DeAna Forbes (James Madison)	13.93	2017
400 meter Hurdles	Megan Kelly (Towson)	1:00.66	2017
	London Freeland (Delaware)	1:01.38	2017
	Ashley Woodards (William & Mary)	1:02.01	2017
	Joyce VanGinhoven (Millersville)	1:02.4	1983
100 meters	Latazah Coleman (Delaware)	11.60	2015
	Candice Robinson (Delaware St.)	11.7	1995
	Alexys Taylor (James Madison)	11.72	2017
200 meters	Shanda Jackson (Lincoln)	23.5	2005
400 meters	Vicky Caruso (Delaware)	54.37	2012
	Tyrah Burrow (James Madison)	54.46	2017
	Patrice Williams (Northeastern)	54.51	2017
	Megan Kelly (Towson)	54.94	2017
	Terri Dendy (Reebok R.C.)	55.3	1990
800 meters	Kimberley Johansen (Elon)	2:09.87	2017
	Jeanette Bendolph (Delaware)	2:10.63	2017
1,500 meters	Kimberley Johansen (Elon)	4:25.64	2017
	Liz McGroarty (Delaware)	4:29.73	2017
	Carol Strock (James Madison)	4:29.76	2017
	Julie Bowers (Unattached)	4:30.4	1992
1,500 meter race walk	Katie Deinert (Delaware)	8:46.62	2013
3,000 meter steeplechase	Jordan O'Dea (Northeastern)	10:25.10	2017
	Olivia Viparina (James Madison)	10:32.43	2017
3,000 meters	Brandi Gervais (Towson)	10:07.81	2011
5,000 meters	Regan Rome (William & Mary)	16:39.29	2017
	Julie Bowers (West Chester)	16:50.0	1984
10,000 meters	Molly McKenna (William & Mary)	35:28.67	2017
	Shelby Cuddeback (Elon)	35:53.08	2017
4 x 100 meter relay	Delaware (Kamylin Padgham, Taylor Johnson, Shylehn Ebuenga-Smith, Halima Scott)	46.53	2023
	James Madison (Annie Johnson, Kennedy King, Aereale Scott, Alexys Taylor)	45.96	2017
	Towson (Jaina McLean, Zanae Freeland, Jamila Brown, Liz Reid)	46.28	2017
4 x 200 meter relay	St. Peter's	1:49.77	2017
4 x 400 meter relay	Elon (Desiree Ross, Meagan Henderson, Katherine Arbogast, Lauren Brzozowski)	3:45.17	2017
	Wheaton	3:46.56	2003





UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RECORDS

STUART & SUZANNE GRANT STADIUM RECORDS

Event	Record Holder	Record	Year
4 x 800 meter relay	Navy	9:20.01	2017
Shot Put	Lauren Coleman (Towson)	15.29m (50-2)	2017
	Bryanna Hames (Elon)	14.63m (48-0)	2017
Hammer	Leia Mistowski (William & Mary)	62.03m (203-6)	2017
	Ksenia Safonova (Towson)	61.78m (202-8)	2017
Discus	Sarah Hillman (Delaware)	56.75m (186-2)	2017
	Allison Randell (Unattached)	56.50m (185-8)	2011
Javelin	Megan Albamonti	50.55m (165-10)	2023
High Jump	Candy Cashell (Delaware)	1.81m (5-11.25)	1985
Long Jump	Kim Jones (Coppin State)	5.97m (19-7)	2003
Triple Jump	Christina Epps (AGSTC Club)	12.69m (41-7.75)	2015
	Rebecca duRivage-Jacobs (Towson)	12.41m (40-8.75)	2006
Pole Vault	Kim Marino (Stockton State)	3.99m (13-1)	2003
Heptathlon	Emily Dixon (Elon)	4,799 points	2017



4x100m Relay (L-R Shylehn Ebuenga-Smith, Kamylin Padgham, Taylor Johnson, Halima Scott)



UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RECORDS

YEAR-BY-YEAR FINISHES

Year	Conference	Finish
1980	N/A	13th Place, EAIAW Regionals
1981	N/A	7th, EAIAW
1982	N/A	7th, EAIAW
1983	East Coast Conference	East Coast Conference Champions
1984	East Coast Conference	East Coast Conference Champions
1985	East Coast Conference	2nd, ECC Championships
1986	East Coast Conference	3rd, ECC Championships
1987	East Coast Conference	3rd, ECC Championships
1988	East Coast Conference	3rd, ECC Championships
1989	East Coast Conference	2nd, ECC Championships
1990	East Coast Conference	2nd, ECC Championships
1991	East Coast Conference	East Coast Conference Champions
1992	North Atlantic Conference	3rd, North Atlantic Conference Championships 19th, ECAC Championships
1993	North Atlantic Conference	4th, NAC Championships 38th, ECAC Championships
1994	North Atlantic Conference	4th, NAC Championships 38th, ECAC Championships
1995	North Atlantic Conference	4th, NAC Championships
1996	North Atlantic Conference	4th, NAC Championships 29th, ECAC Championships
1997	America East Conference	6th, America East Championships
1998	America East Conference	7th, America East Championships
1999	America East Conference	6th, America East Championships
2000	America East Conference	6th, America East Championships
2001	America East Conference	6th, America East Championships
2002	Colonial Athletic Association	5th, Colonial Athletic Assoc. Championships
2003	Colonial Athletic Association	6th, CAA Championships 49th, ECAC Championships
2004	Colonial Athletic Association	6th, CAA Championships 48th, ECAC Championships
2005	Colonial Athletic Association	7th, CAA Championships 29th, ECAC Championships
2006	Colonial Athletic Association	8th, CAA Championships 47th, ECAC Championships
2007	Colonial Athletic Association	7th, CAA Championships 44th, ECAC Championships
2008	Colonial Athletic Association	7th, CAA Championships 36th, ECAC Championships
2009	Colonial Athletic Association	6th, CAA Championships 38th, ECAC Championships 45th, NCAA East Regionals
2010	Colonial Athletic Association	7th, CAA Championships 20th, ECAC Championships NCAA East Regionals
2011	Colonial Athletic Association	5th CAA Championships 28th, ECAC Championships NCAA East Regionals
2012	Colonial Athletic Association	5th CAA Championships 27th ECAC Championships NCAA East Regionals





UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RECORDS

YEAR-BY-YEAR FINISHES

Year	Conference	Finish
2013	Colonial Athletic Association	2nd, CAA Championships 25th, ECAC Championships NCAA East Regionals
2014	Colonial Athletic Association	CAA Champions 30th, ECAC Championships NCAA East Regionals
2015	Colonial Athletic Association	4th, CAA Championships 31st, ECAC Championships
2016	Colonial Athletic Association	6th, CAA Championships 11th, ECAC Championships NCAA East Regionals
2017	Colonial Athletic Association	4th, CAA Championships 6th, ECAC Championships NCAA East Regionals
2018	Colonial Athletic Association	4th, CAA Championships 18th, ECAC Championships NCAA East Regionals
2019	Colonial Athletic Association	CAA Champions 7th, ECAC Championships NCAA East Regionals
2020	Colonial Athletic Association	COVID
2021	Colonial Athletic Association	3rd, CAA Championships 9th, ECAC Championships NCAA East Regionals
2022	Colonial Athletic Association	2nd, CAA Championships 4th, ECAC Championships NCAA East Regionals
2023	Colonial Athletic Association	5th, CAA Championships T-15th, ECAC Championships NCAA East Regionals NCAA Championships
2024	Coastal Athletic Association	9th, CAA Championships



2014 CAA Championship Team



UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RECORDS

YEAR-BY-YEAR HONORS (*MEET RECORD)

Year	Athlete	Honor
2023	Megan Albamonti	NCAA Second Team All-America (Javelin (54.46m) - 9th) Colonial Athletic Association (CAA) Field Athlete of the Year CAA Javelin Champion (51.24m (168-01.25)) CAA Discus Throw Champion (53.32m (174-11.00))
	Myrissa McFolling-Young	
2022	Megan Albamonti	CAA Outstanding Meet Performer Field Events CAA Javelin Champion (55.78m (183-00))*
	Halima Scott	CAA 400m Champion (54.19)
	Tina Capparell	CAA 3,000m Steeplechase Champion (10:22.95)
	Trinity Tapper	CAA 4x100m Champion (45.68)
	Kamylin Padgham	CAA 4x100m Champion (45.68)
	Shylehn Ebuenga-Smith	CAA 4x100m Champion (45.68)
	Aja Davis	CAA 4x100m Champion (45.68)
2021	Holly Manning	CAA Outstanding Meet Performer Track Events CAA 800m Champion (2:06.23)*
	Megan Albamonti	CAA Javelin Champion (49.60m (162-09))
2019	Wendy McFarlane	CAA Coach of the Year
	Alexis Lipnicky	CAA Javelin Champion (43.62m (131-01))
	Halima Scott	CAA 200m Champion (23.99)
	Jeanette Bendolph	CAA 800m Champion (2:08.69)
2018	Ashley Bailey	CAA Pole Vault Champion (3.96m (12-11.75))
2017	Sarah Hillman	CAA Outstanding Meet Performer Field Events CAA Discus Throw Champion (56.75m (186-02))*
2016	Tyra Reid	CAA 400m Champion (53.79)
2015	Amira Idris	CAA Outstanding Meet Performer Field Events CAA Triple Jump Champion (12.34m (40-06)) CAA 200m Champion (24.03)
	Latazah Coleman	
2014	Lindsey Prettyman	CAA Outstanding Meet Performer Track Events CAA 800m Champion (2:11.61) CAA 1,500m Champion (4:23.82)
	Wendy McFarlane	CAA Coach of the Year
	Alana Pantale	CAA Discus Throw Champion (45.03m (147-09))
	Amira Idris	CAA Long Jump Champion (6.03m (19-09.5))
	Paige Morris	CAA Triple Jump Champion (12.56m (41-02.5))
	Latoya James	CAA 100mH Champion (13.89)
2013	Nijah Dupiche	CAA 4x400m Champion (3:43.75)
	Chelsi Campbell	CAA 4x400m Champion (3:43.75)
	Toresha Foster	CAA 4x400m Champion (3:43.75)
	Victoria Caruso	CAA Outstanding Meet Performer Track Events CAA 200m Champion (23.74) CAA 4x400m Champion (3:43.75)





UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RECORDS

YEAR-BY-YEAR HONORS (*MEET RECORD)

Year	Athlete	Honor
2013	Amira Idris	CAA Outstanding Meet Performer Field Events
	Latoya James	CAA Triple Jump Champion (12.52m (41-01)) CAA 100mH Champion (13.60)
2012	Victoria Caruso	CAA 200m Champion (24.01)
2011	Jillian Seamon	CAA Javelin Champion (41.07m (134-9))
	Victoria Caruso	CAA 400m Champion (53.87)
		CAA 4x400m Champion (3:42.55)
	Nijah Dupiche	CAA 4x400m Champion (3:42.55)
	Kayla Hennessy	CAA 4x400m Champion (3:42.55)
2010	Kristi Cox	CAA 4x400m Champion (3:42.55)
	Victoria Caruso	CAA Rookie of the Year
	Jillian Seamon	CAA Javelin Champion (40.21m (131-11))
2005	Casey Bennett	CAA Pole Vault Champion (3.65m (11-11.75))
2004	Mandy Stille	CAA 100mH Champion (14.42)
2003	Lissy Dean	CAA Triple Jump Champion (11.45m (37-06.75))
2002	Aimee Alexander	CAA 5,000m Champion (17:33.49)
	Monica Marchetta	CAA 10,000m Champion (39:20.47)



Myrissa McFolling-Young, 2023 CAA Discus Throw Champion