



DUQUESNE
TRACK & FIELD

INDOOR RECORD BOOK

UPDATED 2.15.24



60M	Alyssa Willis	7.63	Jan. 20, 2023	4X800M	Shelby Haitz	9:01.78	2012
60M HURDLES	Amberly Valeriano	8.61	2022		Elise Farris		
200M	Bethany Evankovich	24.70	2018		Hailey Pisarcik		
400M	Bethany Evankovich	54.27	2020	DISTANCE MEDLEY RELAY	Amber Valimont		
500M	Hannah Seitzinger	1:12.54	2022		Hailey Pisarcik	11:35.23	2014
800M	Elise Farris	2:08.38	2014		Shannon Abraham		
1000M	Haley Pisarcik	2:51.33	2014		Elise Farris		
MILE	Amber Valimont	4:48.57	2014		Amber Valimont		
3000M	Jenny DelSignore	9:42.52	2018	HIGH JUMP	Liz Wayne	1.73m	2017
5000M	Jenny DelSignore	17:02.92	2015				
4X200M	Kristen Wenthon	1:45.19	2010	POLE VAULT	Sarah Fetterman	3.51m	2005
	Diane Durkin						
	Taylor Glenn			LONG JUMP	Tacquaya Tobias	6.02m	2013
	Melissa Miller						
4X400M	Nicole Cherok	3:43.03	2013	TRIPLE JUMP	Brittney Edwards	12.14m	2014
	Abby O'Connell						
	Shannon Abraham			SHOT PUT	Ashley Adams	14.95m	2011
	Anna Simone						
				WEIGHT THROW	Mercedes Oliver	18.85m	2017
				PENTATHLON	Shannon Taub	3834	2019



55M			500M		
Shea McMillan	7.30	2002	Hannah Seitzinger	1:12.54	2022
Melissa Miller	7.33	2007	Bethany Evankovich	1:12.73	2018
Kristin Wenthen	7.42	2011	Anna Simone	1:13.12	2014
Shonté Cook	7.44	2005	Melissa Miller	1:13.69	2010
Aleesha Washington	7.49	2010	Abby O'Connell	1:14.31	2016
55M HURDLES			800M		
Nicole Wiley	8.16	2003	Elise Farris	2:08.38	2014
Kathleen McCabe	8.53	2000	Melissa Miller	2:08.54	2010
Nicole McKeone	8.76	2010	<i>Hannah Seitzinger</i>	2:10.16	Jan. 27, 2024
Wollonsa Boschulte	8.79	1998	Hailey Pisarcik	2:11.92	2011
Chris DeMott	8.83	1995	Maiah Yankello	2:12.10	2018
60M			1000M		
Alyssa Willis	7.63	Jan. 20, 2023	Hailey Pisarcik	2:51.46	2014
Bethany Evankovich	7.70	2019	<i>Haley Hamilton</i>	2:54.77	Jan. 27, 2023
Tacquaya Tobias	7.71	2012	Megan Aller	2:55.11	2020
Nicole Cherok	7.73	2013	Taylor Pletz	2:55.16	2018
Kristin Wenthen	7.87	2011	<i>Liv Wilson</i>	2:55.22	Jan. 27, 2023
60M HURDLES			MILE		
Amberly Valeriano	8.61	2022	Amber Valimont	4:48.57	2014
Anna Simone	8.73	2015	Hailey Pisarcik	4:52.82	2014
Emily Brozeski	8.77	Jan. 13, 2023	Samantha Howard	4:53.56	2009
Chyna Beck	8.80	2018	Megan Aller	4:57.68	2020
Victoria Soeder	8.83	2017	Rachel Valotta	5:00.49	2020
200M			3000M		
Bethany Evankovich	24.70	2018	Jenny DelSignore	9:42.52	2018
Melissa Miller	25.03	2010	Amy Ruffolo	9:44.26	2007
Alyssa Willis	25.11	Feb. 17, 2023	Samantha Howard	9:49.69	2008
Nicole Cherok	25.17	2013	Amber Valimont	9:51.92	2012
Tacquaya Tobias	25.29	2013	Autumn Greba	9:53.18	2017
400M			5000M		
Bethany Evankovich	54.27	2020	Jenny Delsignore	17:02.92	2015
Melissa Miller	55.21	2010	Meg Ecker	17:07.44	2012
<i>Hannah Seitzinger</i>	55.80	Feb. 10, 2024	Samantha Howard	17:20.23	2007
Nicole Cherok	55.97	2013	Lizzie Morris	17:21.46	2018
Anna Simone	56.28	2015	Megan Baritot	17:26.78	2014
Shannon Abraham	56.28	2012			



4X200M

Kristen Wenthen Diane Durkin Taylor Glenn Melissa Miller	1:45.19	2010
Kathleen McCabe Courtney Clause Nancy Pferdehirt Adjoa Taylor	1:49.62	1999
Ashley Smith Elena Resovich Dominique Cothran Nicole Wiley	1:55.90	2004
Kristen Kaczmarek Mary Beth Sypien Betecia Sands Kristin Drodz	1:58.10	1993

4X400M

Nicole Cherok Abby O'Connell Shannon Abraham Anna Simone	3:43.03	2013
Maiah Yankello Gabby Holmberg Kel-Lisa Sebwe Bethany Evankovich	3:45.39	2020
Alyssa Willis Amy Allen Faith Mucci Hannah Seitzinger	3:46.20	Mar. 3, 2023
Anna Simone Louise PrevotEAU Kim Watterson Abby O'Connell	3:47.27	2015
Abby O'Connell Shannon Abraham Elisa Joyce Anna Simone	3:47.94	2014

4X800M

Shelby Haitz Elise Farris Hailey Pisarcik Amber Valimont	9:01.78	2012
Shelby Haitz Elise Farris Hailey Pisarcik Amber Valimont	9:03.98	2011
Laura Ehrenberger Erin Durnin Rachel Valotta Megan Aller	9:12.62	2019
Hannah Gilliam Courtney Conway Annegret Nehl Taylor Pletz	9:14.45	2017
Abby O'Connell Hannah Gilliam Abbie Marquard Annegret Nehl	9:16.04	2016

DISTANCE MEDLEY RELAY

Hailey Pisarcik Shannon Abraham Elise Farris Amber Valimont	11:35.23	2014
Hailey Pisarcik Anna Simone Elise Farris Amber Valimont	11:45.87	2014
Autumn Greba Kim Watterson Hannah Gilliam Valerie Palermo	11:47.05	2016
Hailey Pisarcik Brittany Sinclair Elise Farris Amber Valimont	11:48.13	2012
Megan Aller Bethany Evankovich Maiah Yankello Rachel Valotta	11:51.49	2020



HIGH JUMP

Liz Wayne	1.73m	2017
<i>Sadie Wetzel</i>	<i>1.72m</i>	<i>Feb. 2, 2024</i>
Shannon Taub	1.72m	2017
Maris Seto	1.71m	2020
Sherie Key	1.70m	2013
Emily Durkota	1.69m	2000

LONG JUMP

Tacquaya Tobias	6.02m	2013
Emily Brozeski	5.81m	2022
Brittney Edwards	5.77m	2013
Victoria Soeder	5.72m	2017
Sierra Larsuel	5.67m	2011

TRIPLE JUMP

Brittney Edwards	12.14m	2014
Shannon Taub	12.10m	2019
Maris Seto	12.09m	2020
Shea McMillan	11.89m	2004
Chyna Beck	11.88m	2019

SHOT PUT

Ashley Adams	14.95m	2011
<i>Madelyn Moretti</i>	<i>14.44m</i>	<i>Feb. 10, 2024</i>
Mercedes Oliver	13.53m	2017
Melissa Stewart	13.50m	2005
Marcie Hepler	13.48m	2002

POLE VAULT

Sarah Fetterman	3.51m	2005
Franki DiSalvo	3.50m	2012
Taylor Yarshen	3.50m	2012
Daniela Siciliano	3.45m	2010
Alison McCartney	3.21m	2006

WEIGHT THROW

Mercedes Oliver	18.85m	2017
<i>Ezra Johnson-Mills</i>	<i>17.40m</i>	<i>(multiple meets) 2024</i>
Arin Whitman	16.67m	2010
Madelyn Resciniti	15.93m	2022
Marcie Hepler	15.83m	2003

PENTATHLON

Shannon Taub	3834	2019
Emily Brozeski	3764	2022
Louise PrevotEAU	3670	2014
<i>Jamelah Carswell</i>	<i>3598</i>	<i>Jan. 27, 2024</i>
<i>Halle Walcutt</i>	<i>3177</i>	<i>Feb. 3, 2024</i>

**MOST OUTSTANDING FIELD PERFORMER**

Shea McMillan	2002
Shannon Taub	2019

STUDENT-ATHLETE OF THE YEAR

Kathleen McCabe	2002
Shea McMillan	2004

ALL-ROOKIE TEAM

Maria Carberry	2017
Liz Wayne	2017
Chyna Beck	2018
Hannah Seitzinger	2022
Angela Valotta	2022
Madelyn Moretti	2023

PERFORMER OF THE WEEK

Emily Taylor	01/16/00
Anne Granger	02/05/01
Shea McMillian	02/18/01
Melissa Miller	02/01/10
Shannon Taub	12/06/16
Bethany Evankovich	12/11/18
Bethany Evankovich	12/10/19
Maiah Yankello	02/25/20
Amy Allen	02/23/23

ROOKIE OF THE WEEK

Kathleen McCabe	01/24/99
Shea McMillian	01/15/01
Shea McMillian	01/22/01
Sarah Como	01/29/01
Sarah Como	12/17/01
Marcie Hepler	01/28/02
Sarah Fetterman	12/10/02
Haley Pisarcik	01/24/11
Tacquaya Tobias	12/05/12
Liz Wayne	02/07/17

ACADEMIC ALL-CONFERENCE

Wendy Beaver	1994
Kelsie Hess	1995
Kelsie Hess	1996
Jill Knish	1996
Michelle Brinsko	1997
Kelsie Hess	1997
Tricia Snyder	1997
Tricia Snyder	1998
Liz Bollens	1999
Tricia Snyder	1999
Liz Bollens	2000
Anne Granger	2000
Kathleen McCabe	2000
Anne Granger	2001
Kathleen McCabe	2001
Kathleen McCabe	2002
Sarah Saunders	2002
Shea McMillian	2003
Sarah Fetterman	2003
Carrie Hucko	2003
Shea McMillian	2003
Alison Buchanan	2004
Sarah Fetterman	2004
Shea McMillian	2004
Sarah Fetterman	2005
Melissa Stewart	2005
Samantha Howard	2008
Samantha Howard	2009
Ashley Adams	2011
Ashley Adams	2012
Shannon Abraham	2013
Sherie Key	2013
Shannon Abraham	2014
Haley Pisarcik	2014
Autumn Greba	2016
Abby O'Connell	2016
Autumn Greba	2017
Shannon Taub	2019
Laura Ehrenberger	2020
Emily Brozeski	2022
Hannah Seitzinger	2022
Emily Brozeski	2023
Hannah Seitzinger	2023



COSIDA ACADEMIC ALL-AMERICA

Kelsie Hess	1996
Kelsie Hess	1997
Tanya Brown	2002
Kathleen McCabe	2002
Sarah Fetterman	2005
Melissa Stewart	2006
Melissa Stewart	2007

COSIDA ACADEMIC ALL-DISTRICT

Kelsie Hess	1996
Kelsie Hess	1997
Tricia Snyder	1999
Anne Granger	2000
Anne Granger	2001
Tanya Brown	2002
Kathleen McCabe	2002
Shea McMillan	2002
Shea McMillan	2003
Sarah Fetterman	2004
Shea McMillan	2004
Melissa Stewart	2004
Sarah Fetterman	2005
Kristen Micsky	2005
Samantha Howard	2006
Kristen Micsky	2006
Melissa Stewart	2006
Emily Beahan	2007
Samantha Howard	2007
Melissa Stewart	2007
Samantha Howard	2009
Shannon Abraham	2013
Ashley Adams	2013
Autumn Greba	2017
Rachel Fyalkowski	2018
Elizabeth Morris	2018
Laura Ehrenberger	2021

**GOLD MEDAL WINNERS**

Shea McMillan	Triple Jump	2002
Tara Gerlach	1000m	2004
Emily Beahan	1000m	2007
Daniela Siciliano	Pole Vault	2007
Melissa Miller	200m	2010
Melissa Miller	400m	2010
Taylor Glenn	500m	2011
Ashley Adams	Shot Put	2011
Haley Pisarcik	1000m	2013
Sherie Key	High Jump	2013
Anna Simone	500m	2014
Elise Farris	800m	2014
Haley Pisarcik	1000m	2014
Louise PrevotEAU	Pentathlon	2014
Haley Pisarcik	4x800m	2014
Shelby Haitz		
Amber Valimont		
Elise Farris		
Haley Pisarcik	DMR	2014
Shannon Abraham		
Elise Farris		
Amber Valimont		
Anna Simone	500m	2015
Louise PrevotEAU	Pentathlon	2015
Bethany Evankovich	200m	2018
Bethany Evankovich	500m	2018
Bethany Evankovich	400m	2020
Bethany Evankovich	4x400m	2020
Gabby Holmberg		
Kel-Lisa Sebwe		
Maiah Yankello		
Hannah Seitzinger	500m	2022
Emily Brozeski	Pentathlon	2023
Hannah Seitzinger	500m	2023

SILVER MEDAL WINNERS

Jill Knesh	3000m	1996
Sarah Saunders	1000m	2002
Shea McMillan	Long Jump	2002
Marcie Hepler	Weight	2003
Kristen Micsky	High Jump	2004
Sarah Fetterman	Pole Vault	2004
Kristen Micsky	High Jump	2005
Kristen Micsky	Triple Jump	2005
Melissa Stewart	Shot Put	2005
Sarah Fetterman	Pole Vault	2005
Alison McCartney	Pole Vault	2006
Tara Gerlach	1000m	2006
Samantha Howard	5000m	2007
Melissa Miller	200m	2009
Brittney Edwards	Triple Jump	2012
Ashley Adams	Shot Put	2012
Nicole Cherok	4x400m	2013
Abby O'Connell		
Shannon Abraham		
Anna Simone		
Haley Pisarcik	DMR	2013
Shannon Abraham		
Shelby Haitz		
Amber Valimont		
Abby O'Connell	4x400m	2014
Anna Simone		
Elisa Joyce		
Shannon Abraham		
Shannon Taub	Pentathlon	2018
Shannon Taub	Pentathlon	2019
Shannon Taub	High Jump	2019
Shannon Taub	Triple Jump	2019
Bethany Evankovich	200m	2020
Maris Seto	High Jump	2020
Megan Aller	DMR	2020
Bethany Evankovich		
Rachel Valotta		
Maiah Yankello		
Emily Brozeski	Pentathlon	2022
Amberly Valeriano	60m Hurdles	2022

**BRONZE MEDAL WINNERS**

Anne Granger	1000m	2000
Emily Taylor	High Jump	2000
Sarah Como	5000m	2001
Nicole Wiley	55m	2001
Emily Taylor	High Jump	2001
Shea McMillan	Triple Jump	2001
Nicole Wiley	55m	2002
Kristen Micsky	High Jump	2002
Marcie Hepler	Shot Put	2002
Carrie Hucko	Mile	2003
Nicole Wiley	55m	2003
Kristen Micsky	High Jump	2003
Marcie Hepler	Shot Put	2003
Sarah Fetterman	Pole Vault	2003
Shea McMillan	Triple Jump	2004
Erica Moody	400m	2005
Alison McCartney	Pole Vault	2005
Brianne Scott	3000m	2006
Melissa Stewart	Shot Put	2007
Samantha Howard	3000m	2008
Melissa Miller	400m	2010
Katelyn Cass	Pole Vault	2011
Amanda Collins	Pentathlon	2011
Nicole Chero	400m	2012
Amber Valimont	Mile	2012
Meg Ecker	5000m	2012
Tacquaya Tobias	Long Jump	2012
Nicole Chero	400m	2013
Brittney Edwards	Triple Jump	2013
Amber Valimont	Mile	2014
Taylor Yarshen	Long Jump	2014
Anna Simone	60m Hurdles	2015
Autumn Greba	3000m	2016
Autumn Greba	DMR	2016
Kim Watterson		
Hannah Gilliam		
Valerie Palermo		
Autumn Greba	3000m	2017
Autumn Greba	DMR	2017
Kim Watterson		
Hannah Gilliam		
Valerie Palermo		
Chyna Beck	60m hurdles	2018
Maiah Yankello	800m	2018
Bethany Evankovich	400m	2019

Bethany Evankovich	4x400	2019
Gabby Holmberg		
Kel-Lisa Sebwe		
Maiah Yankello		
Alyssa Willis	4x400	2023
Amy Allen		
Faith Mucci		
Hannah Seitzinger		
Amy Allen	500m	2023

**TOTAL MEDALS BY YEAR**

1996	1
2000	2
2001	4
2002	6
2003	6
2004	4
2005	6
2006	3
2007	4
2008	1
2009	1
2010	3
2011	4
2012	6
2013	6
2014	9
2015	3
2016	2
2017	2
2018	5
2019	5
2020	5
2022	3
2023	4

GOLD MEDALS

2014	6
2023	2
2007	2
2010	2
2011	2
2013	2
2015	2
2018	2
2020	2
2002	1
2004	1
2022	1

SILVER MEDALS

2005	4
2019	3
2002	2
2004	2
2006	2
2012	2
2020	2
2022	2
1996	1
2003	1
2007	1
2009	1
2014	1
2018	1

BRONZE MEDALS

2003	5
2001	4
2012	4
2002	3
2023	2
2000	2
2005	2
2011	2
2013	2
2014	2
2016	2
2017	2
2018	2
2019	2
2004	1
2006	1
2007	1
2008	1
2010	1
2015	1
2020	1

**TOTAL INDIVIDUAL MEDALS**

Bethany Evankovich	8
Kristen Micsky	5
Haley Pisarcik	5
Amber Valimont	5
Anna Simone	5
Shannon Abraham	4
Shea McMillan	4
Melissa Miller	4
Shannon Taub	4
Maiah Yankello	4
Nicole Cherek	3
Elise Farris	3
Sarah Fetterman	3
Autumn Greba	3
Marcie Hepler	3
Nicole Wiley	3
Shannon Taub	3
Ashley Adams	2
Emily Brozeski	2
Brittney Edwards	2
Tara Gerlach	2
Shelby Haitz	2
Gabby Holmberg	2
Samantha Howard	2
Alison McCartney	2
Abby O'Connell	2
Louise PrevotEAU	2
Kel-Lisa Sebwe	2
Hannah Seitzinger	2
Melissa Stewart	2
Amy Allen	1
Megan Aller	1
Emily Beahan	1
Chyna Beck	1
Katelyn Cass	1
Amanda Collins	1
Sarah Como	1
Meg Ecker	1
Hannah Gilliam	1
Taylor Glenn	1
Anne Granger	1
Autumn Greba	1
Carrie Hucko	1
Elisa Joyce	1
Sherie Key	1
Jill Knesch	1

Erica Moody	1
Valerie Palermo	1
Sarah Saunders	1
Brianne Scott	1
Maris Seto	1
Daniela Siciliano	1
Emily Taylor	1
Tacquaya Tobias	1
Amberly Valeriano	1
Rachel Valotta	1
Kim Watterson	1
Taylor Yarshen	1

TOTAL INDIVIDUAL GOLD MEDALS

Bethany Evankovich	4
Haley Pisarcik	4
Elise Farris	3
Melissa Miller	2
Louise PrevotEAU	2
Hannah Seitzinger	2
Anna Simone	2
Amber Valimont	2
Shannon Abraham	1
Ashley Adams	1
Emily Beahan	1
Emily Brozeski	1
Tara Gerlach	1
Taylor Glenn	1
Shelby Haitz	1
Gabby Holmberg	1
Sherie Key	1
Shea McMillan	1
Kel-Lisa Sebwe	1
Daniela Siciliano	1
Maiah Yankello	1

**TOTAL INDIVIDUAL SILVER MEDALS**

Shannon Taub	4
Kristen Micsky	3
Sarah Fetterman	2
Ashley Adams	1
Shannon Abraham	1
Emily Brozeski	1
Nicole Cherok	1
Brittney Edwards	1
Bethany Evankovich	1
Tara Gerlach	1
Marcie Hepler	1
Samantha Howard	1
Jill Knesh	1
Allison McCartney	1
Shea McMillan	1
Melissa Miller	1
Abby O'Connell	1
Sarah Saunders	1
Maris Seto	1
Anna Simone	1
Melissa Stewart	1
Amberly Valeriano	1

TOTAL INDIVIDUAL BRONZE MEDALS

Bethany Evankovich	3
Autumn Greba	3
Nicole Wiley	3
Maiah Yankello	3
Nicole Cherok	2
Marcie Hepler	2
Shea McMillan	2
Kristen Micsky	2
Emily Taylor	2
Amber Valimont	2
Amy Allen	1
Megan Aller	1
Chyna Beck	1
Katelyn Cass	1
Amanda Collins	1
Sarah Como	1
Meg Ecker	1
Brittney Edwards	1
Sarah Fetterman	1
Hannah Gilliam	1
Anne Granger	1
Gabby Holmberg	1
Samantha Howard	1
Carrie Hucko	1
Alison McCartney	1
Melissa Miller	1
Erica Moody	1
Valerie Palermo	1
Brianne Scott	1
Kel-Lisa Sebwe	1
Anna Simone	1
Melissa Stewart	1
Tacquaya Tobias	1
Rachel Valotta	1
Kim Watterson	1
Taylor Yarshen	1

**A-10 CHAMPIONSHIP FINISHES**

1995	7th Place	7
1996	8th Place	22
1997	7th Place	17
1998	8th Place	14
1999	7th Place	22
2000	8th Place	45.25
2001	T-5th Place	72.67
2002	6th Place	75
2003	5th Place	74
2004	4th Place	83
2005	4th Place	90.67
2006	8th Place	41.5
2007	5th Place	70
2008	11th Place	20
2009	7th Place	34
2010	5th Place	57.5
2011	4th Place	66
2012	3rd Place	97.5
2013	6th Place	60
2014	T-2nd Place	109
2015	7th Place	48
2016	8th Place	42.5
2017	6th Place	70.67
2018	5th Place	77
2019	6th Place	73
2020	5th Place	76
2021	*No Championship Held	
2022	8th Place	57
2023	8th Place	48

A-10 CHAMPIONSHIP BY PLACE

2014	T-2nd Place	109
2012	3rd Place	97.5
2011	4th Place	66
2005	4th Place	90.67
2004	4th Place	83
2020	5th Place	76
2018	5th Place	77
2010	5th Place	57.5
2007	5th Place	70
2003	5th Place	74
2001	T-5th Place	72.67
2019	6th Place	73
2017	6th Place	70.67
2013	6th Place	60
2002	6th Place	75

2015	7th Place	48
2009	7th Place	34
1999	7th Place	22
1997	7th Place	17
1995	7th Place	7
2023	8th Place	48
2006	8th Place	41.5
2000	8th Place	45.25
1998	8th Place	14
1996	8th Place	22
2016	8th Place	42.5
2022	8th Place	57
2008	11th Place	20

A-10 CHAMPIONSHIP BY POINTS

2014	T-2nd Place	109
2012	3rd Place	97.5
2005	4th Place	90.67
2004	4th Place	83
2018	5th Place	77
2020	5th Place	76
2002	6th Place	75
2003	5th Place	74
2019	6th Place	73
2001	T-5th Place	72.67
2017	6th Place	70.67
2007	5th Place	70
2011	4th Place	66
2013	6th Place	60
2010	5th Place	57.5
2022	8th Place	52
2023	8th Place	48
2015	7th Place	48
2000	8th Place	45.25
2016	8th Place	42.5
2006	8th Place	41.5
2009	7th Place	34
1999	7th Place	22
1996	8th Place	22
2008	11th Place	20
1997	7th Place	17
1998	8th Place	14
1995	7th Place	7



DUQUESNE TRACK & FIELD

ECAC INDOOR QUALIFIERS

Nicole Wiley	60m Hurdles	2003	Tacquaya Tobias	Long Jump	2012
Alison Buchanan	4x800m	2003	Brittney Edwards	Triple Jump	2012
Tara Gerlach			Amber Valimont	Mile	2012
Michelle Flynn			Shelby Haitz	4x800m	2012
Elizabeth Graham			Elise Farris		
Marcie Hepler	Shot Put	2003	Haley Pisarcik		
Tara Gerlach	1000m	2004	Amber Valimont		
Shea McMillian	Triple Jump	2004	Ashley Adams	Shot Put	2012
Michelle Flynn	4x800m	2004	Arin Whitman	Weight Throw	2012
Elizabeth Graham			Hannah Seitzinger	500m	2022
Alison Buchanan			Emily Brozeski	60m hurdles	2022
Elena Resovich			Emily Brozeski	Long Jump	2022
Amy Ruffolo	3000m	2006	Emily Brozeski	High Jump	2023
Amy Ruffolo	3000m	2007	Emily Brozeski	60m hurdles	2023
Samantha Howard	5000m	2007	Sadie Wetzel	High Jump	2023
Samantha Howard	3000m	2008	Serena Lalli	Weight Throw	2023
Sierra Larsuel	Long Jump	2008	Ezra Johnson Mills	Weight Throw	2023
Melissa Miller	800m	2010	Hannah Seitzinger	500m	2023
Nicole Cherok	4x400m	2010	Amy Allen	500m	2023
Kristin Wenthen			Alyssa Willis	60m	2023
Nicole McKeone			Faith Mucci	4x400	2023
Melissa Miller			Alyssa Willis		
Meghan VanHouten	DMR	2010	Amy Allen		
Nicole McKeone			Hannah Seitzinger		
Laura Vehlies					
Katie Kelly					
Ashley Adams	Shot Put	2010			
Arin Whitman	Weight Throw	2010			
Taylor Glenn	500m	2011			
Hailey Pisarcik	800m	2011			
Elise Farris	800m	2011			
Amber Valimont	Mile	2011			
Meg Ecker	5000m	2011			
Shannon Abraham	4x400m	2011			
Kristin Wenthen					
Nicole Cherok					
Taylor Glenn					
Elise Farris	4x800m	2011			
Shelby Haitz					
Amber Valimont					
Haley Pisarcik					
Ashley Adams	Shot Put	2011			
Elise Farris	800m	2012			
Shelby Haitz	800m	2012			
Hailey Pisarcik	800m	2012			
Meg Ecker	5000m	2012			
Danica Snyder	5000m	2012			