



DUQUESNE

TRACK & FIELD

WOMEN'S OUTDOOR RECORD BOOK

UPDATED 4.30.24



100M	Alyssa Willis	11.91	Apr. 16, 2023	SPRINT MEDLEY RELAY	Nicole Cherok	4:08.86	2011
100M HURDLES	Amberly Valeriano	13.69	2021		Taylor Glenn		
200M	Alyssa Willis	24.32	May 14, 2023		Shannon Abraham		
400M	Bethany Evankovich	54.24	2019		Colleen Gilmore		
400M HURDLES	Anna Simone	57.42	2014	4X800M	Elise Farris	8:52.15	2012
800M	Elise Farris	2:06.80	2014		Shelby Haitz		
1500M	Hailey Pisarcik	4:26.64	2014		Haley Pisarcik		
3000M	Jenny Delsignore	9:43.87	2017		Amber Valimont		
3000M STEEPLECHASE	Danica Snyder	10:13.11	2015	DISTANCE MEDLEY RELAY	Amy Ruffolo	12:03.06	2005
5000M	Jenny DelSignore	16:34.18	2018		Alison Buchanan		
10000M	Meg Ecker	35:13.18	2012		Tara Gerlach		
4X100M	Amberly Valeriano	46.58	2021		Samantha Howard		
	Emily Brozeski			4X1500M	Ryley Schwalm	19:27.87	2023
	Gabby Holmberg				Kate Saum		
	Bethany Evankovich				Laura Ehrenberger		
4X200M	Shea McMillan	1:43.31	2004		Olivia Wilson		
	Ashley Smith			HIGH JUMP	Sherie Key	1.75m	2014
	Melissa Blackburn				Daniela Siciliano	3.6m	2010
	Nicole Wiley			POLE VAULT	Tacquaya Tobias	6.07m	2012
4X400M	Maiah Yankello	3:42.62	2019		Brittney Edwards	12.50m	2013
	Gabby Holmberg			LONG JUMP			
	Kel-Lisa Sebwe						
	Bethany Evankovich			TRIPLE JUMP			
				SHOT PUT	<i>Madelyn Moretti</i>	<i>14.72m</i>	<i>Apr. 27, 2024</i>
				DISCUS	Mercedes Oliver	49.34m	2017
				HAMMER	Mercedes Oliver	52.93m	2017
				JAVELIN	Julia Franzosa	45.80m	2016
				HEPTATHLON	Emily Brozeski	5172	May 6-7, 2023

**100M**

Alyssa Willis	11.91	Apr. 16, 2023
Tacquaya Tobias	12.14	2012
Bethany Evankovich	12.20	2017
Shea McMillan	12.35	2004
Kristin Wenthen	12.35	2011

1500M

Hailey Pisarcik	4:25.33	2014
Amber Valimont	4:28.66	2012
Jenny DelSignore	4:33.03	2018
Samantha Howard	4:34.21	2009
<i>Haley Hamilton</i>	<i>4:34.43</i>	<i>Apr. 19, 2024</i>

100M HURDLES

Amberly Valeriano	13.69	2021
Anna Simone	14.02	2015
Emily Brozeski	14.20	2022
Victoria Soeder	14.38	2017
Nicole Wiley	14.43	2003

3000M

Jenny Delsignore	9:43.87	2017
Autumn Greba	9:55.04	2017
Danica Snyder	9:55.89	2015
Amber Valimont	9:57.76	2011
Carrie Hucko	10:01.96	2003

200M

Alyssa Willis	24.32	May 14, 2023
Bethany Evankovich	24.33	2019
Melissa Miller	24.46	2009
Taylor Glenn	24.82	2011
Kel-Lisa Sebwe	25.07	2018

3000M STEEPLECHASE

Danica Snyder	10:13.11	2015
Valerie Palermo	10:17.59	2015
Amber Valimont	10:19.85	2009
Amy Ruffolo	10:33.39	2005
<i>Haley Hamilton</i>	<i>10:36.66</i>	<i>Apr. 13, 2024</i>

400M

Bethany Evankovich	54.24	2019
Abby O'Connell	54.58	2016
Melissa Miller	54.90	2010
Shannon Abraham	55.02	2012
Hannah Seitzinger	55.25	Mar. 24, 2023

5000M

Jenny Delsignore	16:34.18	2018
Autumn Greba	16:39.34	2017
Samantha Howard	16:47.98	2009
Meg Ecker	16:51.33	2012
Elizabeth Morris	16:54.19	2019

400M HURDLES

Anna Simone	57.42	2014
Nicole Cherok	58.62	2013
Maiyah Yankello	1:00.33	2019
<i>Jamelah Carswell</i>	<i>1:01.10</i>	<i>April 14, 2024</i>
Gabby Holmberg	1:01.28	2021

10000M

Meg Ecker	35:13.18	2012
Autumn Greba	35:33.42	2016
Elizabeth Morris	35:45.71	2019
Jenny DelSignore	35:47.39	2018
Jenna Gigliotti	35:58.43	2014

800M

Elise Farris	2:06.80	2014
<i>Hannah Seitzinger</i>	<i>2:07.29</i>	<i>Apr. 14, 2024</i>
Melissa Miller	2:08.26	2010
Hannah Gilliam	2:08.99	2017
<i>Liv Wilson</i>	<i>2:10.80</i>	<i>Apr. 14, 2024</i>



4X100M

Amberly Valeriano Emily Brozeski Gabby Holmberg Bethany Evankovich	46.58	2021
Nicole Cherok Shannon Abraham Taylor Glenn Tacquaya Tobias	46.92	2012
Faith Mucci Emily Brozeski Amy Allen Alyssa Willis	47.26	Mar. 30, 2023
Amy Allen Emily Brozeski Alyssa Willis Bethany Evankovich	47.28	2022
Nicole Cherok Kristin Wenthen Taylor Glenn Shannon Abraham	47.41	2011

4X200M

Victoria Soeder Alexis Cadden Maiah Yankello Bethany Evankovich	1:41.44	2017
Shea McMillan Ashley Smith Melissa Blackburn Nicole Wiley	1:43.31	2004
Shonté Cook Ashley Earnest Kathleen Parker Erica Moody	1:43.43	2006
Shonté Cook Kathleen Parker Amelia Sofis Erica Moody	1:43.74	2006
April Allensworth Julie Tyo LynnDee Howell Adjoa Taylor	1:44.54	2000

4X400M

Maiah Yankello Gabby Holmberg Kel-Lisa Sebwe Bethany Evankovich	3:42.62	2019
Anna Simone Kim Watterson Louise PrevotEAU Abby O'Connell	3:42.86	2015
Nicole Cherok Shannon Abraham Taylor Glenn Tacquaya Tobias	3:44.40	2012
Nicole Cherok Abby O'Connell Shannon Abraham Anna Simone	3:44.57	2013
Alyssa Willis Mara Whalen Faith Mucci Amy Allen	3:45.61	Apr. 29, 2023

SPRINT MEDLEY RELAY

Nicole Cherok Taylor Glenn Shannon Abraham Colleen Gilmore	4:08.86	2011
Elena Resovich Shea McMillian Chivon Younger Alison Buchanan	4:11.62	2004
Nancy Pferdehirt Wollansa Boschulte Adjoa Taylor Liz Bollens	4:21.13	1997
Nicole Cherok Lexis Frost Domonique Wilson Natalie Schichtel	4:22.79	2013
Melissa Blackburn Erica Moody Ashley Smith Amelia Sofis	4:37.60	2004



4X800M

Elise Farris	8:52.15	2012
Shelby Haitz Haley Pisarcik Amber Valimont		
Elise Farris	8:55.09	2011
Colleen Gilmore Haley Pisarcik Amber Valimont		
Hanna Gilliam	8:55.31	2017
Maiah Yankello Taylor Pletz Annegret Nehl		
Liv Wilson	8:56.53	May 14, 2023
Delaney Line Haley Hamilton Mara Whalen		
Tara Gerlach	9:02.23	2004
Alison Buchanan Michelle Flynn Elena Resovich		

DISTANCE MEDLEY RELAY

Amy Ruffolo	12:03.06	2005
Alison Buchanan Tara Gerlach Samantha Howard		
Tara Gerlach	12:05.05	2004
Elena Resovich Alison Buchanan Carrie Hucko		
Annegret Nehl	12:16.11	2017
Hannah Gilliam Courtney Conway Valerie Palermo		
Tara Gerlach	12:18.63	2003
Elena Resovich Alison Buchanan Michelle Flynn		
Annie Granger	12:20.40	1998
Adjoa Taylor Tricia Snyder Katie Talarico		

4X1500M

Ryley Schwalm	19:27.87	Mar. 30, 2023
Kate Saum Laura Ehrenberger Olivia Wilson		
Alison Buchanan	19:38.80	2002
Carrie Hucko Michelle Flynn Tanya Brown		
Alison Buchanan	19:48.27	2003
Tara Gerlach Michelle Flynn Liz Graham		
Kelcie Hess	20:38.40	1995
Jill Knesh Jenna Bartolomeo Kristin Cooper		



HIGH JUMP

Sherie Key	1.75m	2014
Kristen Micsky	1.70m	2005
Shannon Taub	1.70m	2017
Sadie Wetzel	1.69m	Mar. 24, 2023
Louise PrevotEAU	1.69m	2014
Emily Taylor	1.69m	2000

POLE VAULT

Daniela Siciliano	3.60m	2010
Sarah Fetterman	3.85m	2005
Katelyn Cass	3.55m	2010
Alison McCartney	3.36m	2006
3 tied	3.20m	

LONG JUMP

Tacquaya Tobias	6.07m	2012
Victoria Soeder	6.00m	2017
Brittney Edwards	5.95m	2013
Emily Brozeski	5.91m	2021
Kristen Micsky	5.82m	2003

TRIPLE JUMP

Brittney Edwards	12.50m	2013
Sherie Key	12.31m	2014
Gabby Holmberg	12.22m	2021
Shannon Taub	12.14m	2017
Chyna Beck	12.03m	2019

SHOT PUT

<i>Madelyn Moretti</i>	<i>14.72m</i>	<i>Apr. 27, 2024</i>
Ashley Adams	14.21m	2010
Melissa Stewart	13.93m	2004
Chelsea Zahn	13.56m	2012
Marcie Hepler	13.54m	2002

DISCUS

Mercedes Oliver	49.34m	2017
Melissa Stewart	49.00m	2004
Ashley Adams	47.45m	2014
Chelsea Zahn	45.95m	2012
<i>Mia Pierce</i>	<i>45.83m</i>	<i>Apr. 13, 2024</i>

HAMMER

Mercedes Oliver	52.93m	2017
<i>Ezra Johnson-Mills</i>	<i>48.80m</i>	<i>Mar. 29, 2023</i>
Rachel Fyalkowski	48.39m	2017
Serena Lalli	48.10m	Apr. 13, 2023
Arin Whitman	47.73m	2012

JAVELIN

Julia Franzosa	45.80m	2016
<i>Megan Penrod</i>	<i>42.71m</i>	<i>Apr. 5, 2024</i>
Erica DeCosta	42.67m	2002
Mindy Haulman	42.24m	2011
<i>Amber McCool</i>	<i>41.29m</i>	<i>Apr. 5, 2024</i>

HEPTATHLON

Emily Brozeski	5172	May 6-7, 2023
Louise PrevotEAU	5034	2014
<i>Halle Walcutt</i>	<i>4674</i>	<i>April 12-13, 2024</i>
<i>Jamelah Carswell</i>	<i>4534</i>	<i>April 12-13, 2024</i>
Shannon Taub	4409	2018

**MOST OUTSTANDING FIELD PERFORMER**

Shea McMillan	2002
Shea McMillan	2004
Kristen Micsky	2005
Brittney Edwards	2013

MOST OUTSTANDING ROOKIE PERFORMER

Amy Ruffolo	2005
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STUDENT-ATHLETE OF THE YEAR

Kathleen McCabe	2002
Shea McMillan	2004

ATLANTIC 10 ALL-ROOKIE TEAM

Bethany Evankovich	2017
Maiah Yankello	2017
Halle Walcutt	2022

ATLANTIC 10 ACADEMIC ALL-CONFERENCE

Trish Coffin	1997
Kelsie Hess	1997
Trish Snyder	1998
Anne Granger	1999
Trish Snyder	1999
Liz Bollens	2000
Anne Granger	2000
LynnDee Howell	2000
Kathleen McCabe	2000
Kathleen McCabe	2001
Tanya Brown	2002
Kathleen McCabe	2002
Shea McMillian	2002
Sarah Saunders	2002
Alison Buchanan	2003
Shea McMillian	2003
Sarah Fetterman	2004
Shea McMillian	2004
Melissa Stewart	2004
Sarah Fetterman	2005
Kristen Micsky	2005
Melissa Stewart	2006
Emily Beahan	2007
Jenna Daggett	2007
Samantha Howard	2007
Melissa Stewart	2007
Samantha Howard	2009
Melissa Miller	2010

Ashley Adams	2011
Ashley Adams	2013
Shannon Abraham	2013
Nicole Cherok	2013
Amber Valimont	2013
Julia Franzosa	2016
Autumn Greba	2016
Valerie Palermo	2016
Autumn Greba	2017
Valerie Palermo	2017
Rachel Fyalkowski	2018
Elizabeth Morris	2018
Elizabeth Morris	2019
Maiah Yankello	2019
Emily Brozeski	2022

COACH OF THE YEAR

Bryan Delsite	2002
Bryan Delsite	2005

PERFORMER OF THE WEEK

Erica DaCosta	04/08/03
Marcie Hepler	04/07/04
Kristen Micsky	04/21/04
Melissa Stewart	04/26/04
Brittney Edwards	04/08/13
Anna Simone	03/25/15

ROOKIE OF THE WEEK

Shea McMillian	03/26/01
Sarah Como	04/03/01
Shea McMillian	04/17/01
Marcie Hepler	04/15/03
Melissa Stewart	04/28/03
Ashley Smith	04/05/04
Erica Moody	03/21/05
Erica Moody	03/28/05
Erica Moody	04/04/05
Erica Moody	04/18/05
Amy Ruffolo	05/02/05
Arin Whitman	04/28/08
Ashley Adams	04/19/10
Tacquaya Tobias	04/02/12
Madelyn Moretti	03/21/23
Madelyn Moretti	04/18/23
Mia Pierce	04/09/24



STUDENT-ATHLETE OF THE YEAR

Kathleen McCabe	2002
Shea McMillan	2004
Laura Ehrenberger	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
Laura Ehrenberger	2021
Laura Ehrenberger	2022

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
Ashley Adams	2014
Autumn Greba	2016
Autumn Greba	2017
Elizabeth Morris	2018
Rachel Fyalkowski	2018
Elizabeth Morris	2019
Laura Ehrenberger	2020
Laura Ehrenberger	2021
Laura Ehrenberger	2022
Emily Brozeski	2023
Laura Ehrenberger	2023
Haley Hamilton	2023
Tori Kocsis	2023
Hannah Seitzinger	2023

**GOLD MEDAL WINNERS**

Nicole Wiley	100m Hurdles	2001
Kathleen McCabe	400m Hurdles	2002
Shea McMillan	Triple Jump	2002
Melissa Stewart	Discus	2003
Sarah Fetterman	Pole Vault	2004
Kristen Micsky	400m Hurdles	2005
Amy Ruffolo	Steeplechase	2005
Sarah Fetterman	Pole Vault	2005
Kristen Micsky	Long Jump	2005
Kristen Micsky	Triple Jump	2005
Ashley Adams	Discus	2010
Taylor Glenn	200m	2011
Nicole Cherok	400m Hurdles	2012
Nicole Cherok	400m Hurdles	2013
Amber Valimont	Steeplechase	2013
Brittney Edwards	Long Jump	2013
Anna Simone	400m Hurdles	2014
Sherie Key	High Jump	2014
Louise PrevotEAU	Heptathlon	2014
Anna Simone	400m Hurdles	2015
Danica Snyder	Steeplechase	2015
Julia Franzosa	Javelin	2016
Valerie Palermo	Steeplechase	2016
Valerie Palermo	Steeplechase	2017
Emily Brozeski	Heptathlon	2022
Emily Brozeski	Heptathlon	2023

SILVER MEDAL WINNERS

Emily Taylor	High Jump	2000
Erica DaCosta	Javelin	2001
Sarah Saunders	800m	2002
Alison Buchanan	4x800m	2002
Carrie Hucko		
Michelle Flynn		
Sarah Saunders		
Marcia Hepler	Shot Put	2003
Kristen Micsky	High Jump	2003
Erica DaCosta	Javelin	2003
Shea McMillan	Triple Jump	2004
Melissa Stewart	Discus	2004
Tara Gerlach	800m	2005
Amy Ruffolo	1500m	2005
Kristen Micsky	High Jump	2005
Allison McCartney	Pole Vault	2005
Melissa Stewart	Discus	2006
Kristen Micsky	High Jump	2006

Amy Ruffolo	Steeplechase	2006
Melissa Stewart	Shot Put	2007
Brianne Scott	Steeplechase	2007
Melissa Miller	400m	2009
Sydney Schwab	Javelin	2009
Melissa Miller	400m	2010
Amanda Collins	Heptathlon	2011
Sherie Key	High Jump	2011
Sherie Key	High Jump	2012
Brittney Edwards	Long Jump	2013
Nicole Cherok	4x400m	2013
Abby O'Connell		
Shannon Abraham		
Anna Simone		
Elise Farris	800M	2014
Haley Pisarcik	1500M	2014
Valerie Palermo	Steeplechase	2014
Taylor Yarshen	Long Jump	2014
Sherie Key	Triple Jump	2014
Valerie Palermo	Steeplechase	2015
Autumn Greba	5000m	2017
Autumn Greba	10000m	2017
Mercedes Oliver	Hammer	2017
Mercedes Oliver	Discus	2017
Victoria Soeder	100m	2017
Bethany Evankovich	400m	2019
Bethany Evankovich	4x100m	2019
Amberly Valeriano		
Chyna Beck		
Gabby Holmberg		
Emily Brozeski	Heptathlon	2021

BRONZE MEDAL WINNERS

Jenna Bartolomeo	5000m	1997
Katie Talarico	3000m	1998
Emily Burkota	Heptathlon	1999
Kathleen McCabe	400m Hurdles	2000
Kathleen McCabe	4x100m	2000
LynnDee Howell		
Nycole West		
April Allensworth		
Lena Harris	Shot Put	2001
Shea McMillan	Triple Jump	2001
Marcie Hepler	Shot Put	2002
Tanya Brown	Steeplechase	2002
Kristen Micsky	Triple Jump	2002
Erica DaCosta	Javelin	2002



Shea McMillan	Long Jump	2002	Julia Franzosa	Javelin	2014
Nicole Wiley	100m Hurdles	2002	Anna Simone	100m Hurdles	2015
Carrie Hucko	1500m	2002	Sherie Key	Triple Jump	2015
Lena Harris	Discus	2002	Kaitlyn Janusey	4x400	2016
Shea McMillan	Triple Jump	2003	Hannah Gilliam		
Tara Gerlach	4x800m	2003	Kim Watterson		
Alison Buchanan			Abby O'Connell		
Michelle Flynn			Bethany Evankovich	400m	2017
Liz Graham			Victoria Soeder	Long Jump	2017
Keri Durica	Triple Jump	2004	Hannah Gilliam	4x800m	2017
Erica DaCosta	Javelin	2004	Maiah Yankello		
Shea McMillian	Long Jump	2004	Taylor Pletz		
Tara Gerlach	1500m	2004	Annegret Nehl		
Carrie Hucko	10000m	2004	Jenny DelSignore	5000m	2018
Tara Gerlach	4x800m	2004	Maris Seto	Long Jump	2018
Alison Buchanan			Maris Seto	High Jump	2019
Michelle Flynn			Maiah Yankello	400m Hurdles	2019
Liz Graham			Bethany Evankovich	4x400m	2019
Caitlin Cielo	Javelin	2005	Gabby Holmberg		
Samantha Howard	1500m	2005	Kel-Lisa Sebwe		
Erica Moody	4x400m	2005	Maiah Yankello		
Kristen Micsky			Gabby Holmberg	Triple Jump	2021
Elena Resovich			Haley Hamilton	3000m Steeplechase	2022
Amelia Sofis			Haley Hamilton	3000m Steeplechase	2023
Allison McCartney	Pole Vault	2006	Liv Wilson	4x800m Relay	2023
Samantha Howard	1500m	2006	Delaney Line		
Katie Kelly	Steeplechase	2008	Haley Hamilton		
Sierra Larsuel	Long Jump	2009	Mara Whalen		
Melissa Miller	200m	2009			
Katie Kelly	5000m	2010			
Katie Kelly	Steeplechase	2010			
Katelyn Cass	Pole Vault	2010			
Melissa Miller	200m	2010			
Ashley Adams	Discus	2011			
Ashley Adams	Shot Put	2011			
Mindy Haulmann	Javelin	2011			
Katelyn Cass	Pole Vault	2011			
Chelsea Zahn	Discus	2012			
Paige Rittelman	High Jump	2013			
Amber Valimont	Steeplechase	2014			
Haley Pisarcik	4x800	2014			
Hannah Gilliam					
Amber Valimont					
Elise Farris		2014			
Louise PrevotEAU	High Jump	2014			
Ashley Adams	Shot Put	2014			
Ashley Adams	Discus	2014			

**TOTAL MEDALS BY YEAR**

14	2014
12	2005
11	2017
9	2004
7	2011
6	2003
6	2010
6	2013
5	2006
5	2015
5	2019
4	2001
4	2009
3	2000
3	2012
3	2016
3	2023
2	2022
2	2021
2	2018
2	2007
1	1997
1	1998
1	1999
1	2008

GOLD MEDALS BY YEAR

5	2005
3	2013
3	2014
2	2002
2	2015
2	2016
1	2001
1	2003
1	2004
1	2010
1	2011
1	2012
1	2017
1	2022
1	2023

SILVER MEDALS

6	2017
5	2014
4	2005
3	2003
3	2006
2	2002
2	2004
2	2007
2	2009
2	2011
2	2013
2	2019
1	2000
1	2001
1	2010
1	2012
1	2015
1	2021

BRONZE MEDALS

8	2002
7	2014
6	2004
4	2010
4	2011
3	2005
3	2017
3	2019
2	2018
2	2000
2	2001
2	2003
2	2006
2	2009
2	2015
2	2023
1	1997
1	1998
1	1999
1	2008
1	2012
1	2016
1	2021
1	2022

**TOTAL INDIVIDUAL MEDALS [134]**

Kristen Micsky	8
Shea McMillan	6
Ashley Adams	5
Sherie Key	5
Erica DaCosta	4
Tara Gerlach	4
Melissa Miller	4
Melissa Stewart	4
Emily Brozeski	3
Alison Buchanan	3
Nicole Cherok	3
Michelle Flynn	3
Carrie Hucko	3
Katie Kelly	3
Kathleen McCabe	3
Amy Ruffolo	3
Anna Simone	3
Amber Valimont	3
Nicole Wiley	3
Katelyn Cass	2
Brittney Edwards	2
Elise Farris	2
Sarah Fetterman	2
Julia Franzosa	2
Hannah Gilliam	2
Liz Graham	2
Haley Hamilton	2
Lena Harris	2
Marcie Hepler	2
Samantha Howard	2
Allison McCartney	2
Abby O'Connell	2
Valerie Palermo	2
Haley Pisarcik	2
Louise PrevotEAU	2
Sarah Saunders	2
Maris Seto	2
Shannon Abraham	1
April Allensworth	1
Jenna Bartolomeo	1
Tanya Brown	1
Emily Burkota	1
Caitlin Cielo	1
Amanda Collins	1
Jenny DelSignore	1
Bethany Evankovich	1

Gabby Holmberg	1
LynnDee Howell	1
Keri Durica	1
Taylor Glenn	1
Mindy Haulmann	1
Kaitlyn Janusey	1
Sierra Larsuel	1
Erica Moody	1
Paige Rittelman	1
Brianne Scott	1
Sydney Schwab	1
Danica Snyder	1
Katie Talarico	1
Emily Taylor	1
Kim Watterson	1
Nycole West	1
Maiah Yankello	1
Taylor Yarshen	1
Chelsea Zahn	1

TOTAL INDIVIDUAL GOLD MEDALS [23]

Kristen Micsky	3
Emily Brozeski	2
Nicole Cherok	2
Sarah Fetterman	2
Anna Simone	2
Ashley Adams	1
Brittney Edwards	1
Taylor Glenn	1
Sherie Key	1
Kathleen McCabe	1
Shea McMillan	1
Louise PrevotEAU	1
Amy Ruffolo	1
Danica Snyder	1
Melissa Stewart	1
Amber Valimont	1
Nicole Wiley	1

TOTAL INDIVIDUAL SILVER MEDALS [37]

Sherie Key	3
Kristen Micsky	3
Melissa Stewart	3
Erica DaCosta	2
Melissa Miller	2
Amy Ruffolo	2
Sarah Saunders	2



Shannon Abraham	1	Caitlin Cielo	1
Emily Brozeski	1	Jenny DelSignore	1
Alison Buchanan	1	Keri Durica	1
Amanda Collins	1	Elise Farris	1
Nicole Cherok	1	Julia Franzosa	1
Brittney Edwards	1	Mindy Haulmann	1
Elise Farris	1	Marcie Hepler	1
Michelle Flynn	1	Gabby Holmberg	1
Tara Gerlach	1	LynnDee Howell	1
Marcia Hepler	1	Kaitlyn Janusey	1
Carrie Hucko	1	Sherie Key	1
Allison McCartney	1	Sierra Larsuel	1
Shea McMillian	1	Allison McCartney	1
Abby O'Connell	1	Erica Moody	1
Valerie Palermo	1	Abby O'Connell	1
Haley Pisarcik	1	Haley Pisarcik	1
Brianne Scott	1	Louise PrevotEAU	1
Sydney Schwab	1	Anna Simone	1
Anna Simone	1	Paige Rittelman	1
Emily Taylor	1	Katie Talarico	1
Taylor Yarshen	1	Kim Watterson	1

TOTAL INDIVIDUAL BRONZE MEDALS [71]

Ashley Adams	4	Nycole West	1
Shea McMillian	4	Maiah Yankello	1
Tara Gerlach	3	Chelsea Zahn	1
Katie Kelly	3		
Alison Buchanan	2		
Katelyn Cass	2		
Erica DaCosta	2		
Michelle Flynn	2		
Hannah Gilliam	2		
Liz Graham	2		
Haley Hamilton	2		
Lena Harris	2		
Carrie Hucko	2		
Samantha Howard	2		
Kathleen McCabe	2		
Kristen Micsky	2		
Melissa Miller	2		
Maris Seto	2		
Amber Valimont	2		
Nicole Wiley	2		
April Allensworth	1		
Jenna Bartolomeo	1		
Tanya Brown	1		
Emily Burkota	1		

**A-10 CHAMPIONSHIP FINISHES**

1997	9th Place	22
1998	6th Place	46
1999	7th Place	33
2000	8th Place	52
2001	6th Place	70
2002	3rd Place	115.5
2003	4th Place	97
2004	4th Place	98.5
2005	2nd Place	135
2006	5th Place	88
2007	9th Place	46.5
2008	9th Place	28.5
2009	7th Place	55.5
2010	7th Place	50.25
2011	T-4th Place	93.5
2012	5th Place	86
2013	T-3rd Place	97
2014	2nd Place	137
2015	T-5th Place	72
2016	6th Place	75
2017	2nd Place	112
2018	8th Place	50
2019	7th Place	56.5
2021	8th Place	49.33
2022	9th Place	42.5
2023	8th Place	44.5

A-10 CHAMPIONSHIP BY PLACE

2014	2nd Place	137
2005	2nd Place	135
2002	3rd Place	115.5
2017	2nd Place	112
2013	T-3rd Place	97
2004	4th Place	98.5
2003	4th Place	97
2011	T-4th Place	93.5
2006	5th Place	88
2012	5th Place	86
2015	T-5th Place	72
2001	6th Place	70
1998	6th Place	46
2016	6th Place	75
2019	7th Place	56.5
2010	7th Place	50.25
2009	7th Place	55.5
1999	7th Place	33

2023	8th Place	44.5
2021	8th Place	49.33
2018	8th Place	50
2000	8th Place	52
2007	9th Place	46.5
2008	9th Place	28.5
1997	9th Place	22
2022	9th Place	42.5

A-10 CHAMPIONSHIP BY POINTS

2014	2nd Place	137
2005	2nd Place	135
2002	3rd Place	115.5
2004	4th Place	98.5
2017	2nd Place	112
2003	4th Place	97
2013	T-3rd Place	97
2011	T-4th Place	93.5
2006	5th Place	88
2012	5th Place	86
2016	6th Place	75
2015	T-5th Place	72
2001	6th Place	70
2019	7th Place	56.5
2009	7th Place	55.5
2010	7th Place	50.25
2018	8th Place	50
2021	8th Place	49.33
2007	9th Place	46.5
1998	6th Place	46
2023	8th Place	44.5
2002	9th Place	42.5
1999	7th Place	33
2008	9th Place	28.5
1997	9th Place	22



DUQUESNE TRACK & FIELD

ECAC OUTDOOR QUALIFIERS

Sarah Saunders	4x800m	2002	Melissa Miller	800m	2010
Carrie Hucko			Meg Ecker	10000m	2010
Alison Buchanan			Danielle Werley	10000m	2010
Michelle Flynn			Katie Kelly	Steeplechase	2010
Tanya Brown	Steeplechase	2002	Ashley Adams	Discus	2010
Marcie Hepler	Shot Put	2002	Ashley Adams	Shot Put	2010
Erica DaCosta	Javelin	2002	Ashley Adams	Shot Put	2011
Alison Buchanan	4x800m	2003	Ashley Adams	Discus	2011
Michelle Flynn			Arin Whitman	Discus	2011
Tara Gerlach			Mindy Haulman	Javelin	2011
Elizabeth Graham			Taylor Glenn	400m	2011
Kristen Micsky	Long Jump	2003	Amber Valimont	1500m	2011
Marcie Hepler	Shot Put	2003	Meg Ecker	10000m	2011
Erica DaCosta	Javelin	2003	Nicole Cherok	4x100m	
Carrie Hucko	10000m	2004	Kristin Wenthen		
Tara Gerlach	4x800m	2004	Taylor Glenn		
Alison Buchanan			Shannon Abraham		
Michelle Flynn			Shannon Abraham	4x400m	2011
Liz Graham			Kristin Wenthen		
Shea McMillian	Triple Jump	2004	Nicole Cherok		
Sarah Fetterman	Pole Vault	2004	Taylor Glenn		
Melissa Stewart	Discus	2004	Elise Farris	4x800m	2011
Melissa Stewart	Shot Put	2004	Colleen Gilmore		
Kristen Micsky	High Jump	2005	Haley Pisarcik		
Kristen Micsky	Long Jump	2005	Amber Valimont		
Kristen Micsky	Triple Jump	2005	Sherie Key	High Jump	2011
Sarah Fetterman	Pole Vault	2005	Shannon Abraham	400m	2012
Brianne Scott	Steeplechase	2006	Nicole Cherok	400m Hurdles	2012
Amy Ruffolo	3000m	2006	Danica Snyder	Steeplechase	2012
Samantha Howard	5000m	2006	Meg Ecker	5000m	2012
Amy Ruffolo	4x800m	2006	Nicole Cherok	4x100m	2012
Tara Gerlach			Shannon Abraham		
Emily Beahan			Taylor Glenn		
Samantha Howard			Tacquaya Tobias		
Kristen Micsky	High Jump	2006	Anna Simone	4x400m	2012
Kristen Micsky	Triple Jump	2006	Shannon Abraham		
Melissa Stewart	Discus	2006	Brittany Sinclair		
Samantha Howard	5000m	2007	Taylor Glenn		
Melissa Stewart	Discus	2007	Elise Farris	4x800m	2012
Charlene Garth	4x400m	2008	Haley Pisarcik		
Erica Moody			Amber Valimont		
Melissa Miller			Shelby Haitz		
Kathleen Parker			Brittney Edwards	High Jump	2012
Melissa Miller	200m	2009	Sherie Key	High Jump	2012
Melissa Miller	400m	2009	Tacquaya Tobias	Long Jump	2012
Samantha Howard	5000m	2009	Brittney Edwards	Triple Jump	2012
Sydney Schwab	Javelin	2009			



DUQUESNE TRACK & FIELD

ECAC OUTDOOR QUALIFIERS

Chelsea Zahn	Discus	2012	Julia Franzosa	Javelin	2016
Abby O'Connell	400m	2013	Gabirella Benninger	Heptathlon	2016
Elise Farris	800m	2013	Kaitlyn Janusey	4x400m	2016
Haley Pisarcik	1500m	2013	Abbie Marquard		
Nicole Cherok	400m Hurdles	2013	Kim Watterson		
Anna Simone	400m Hurdles	2013	Hannah Gilliam		
Danica Snyder	Steeplechase	2013	Bethany Evankovich	400m	2017
Amber Valimont	Steeplechase	2013	Hannah Gilliam	800m	2017
Brittney Edwards	Long Jump	2013	Annegret Nehl	800m	2017
Brittney Edwards	Triple Jump	2013	Jenny DelSignore	5000m	2017
Anna Simone	400m Hurdles	2014	Victoria Soeder	100m Hurdles	2017
Elise Farris	800m	2014	Maiah Yankello	400m Hurdles	2017
Danica Snyder	Steeplechase	2014	Shannon Taub	High Jump	2017
Amber Valimont	Steeplechase	2014	Shannon Taub	Triple Jump	2017
Jenny DelSignore	5000m	2014	Mercedes Oliver	Discus	2017
Haley Pisarcik	5000m	2014	Mercedes Oliver	Hammer	2017
Jenna Gigliotti	10000m	2014	Valerie Palermo	Steeplechase	2017
Louise PrevotEAU	Heptathlon	2014	Jenny DelSignore	5000m	2018
Abby O'Connell	4x400	2014	Laura Ehrenberger	4x800m	2018
Shannon Abraham			Erin Durnin		
Louise PrevotEAU			Megan Aller		
Kim Watterson			Rachel Valotta		
Hannah Gilliam	4x800	2014	Elizabeth Morris	5000m	2018
Amber Valimont			Maris Seto	Long Jump	2018
Jenny DelSignore			Maiah Yankello	400m Hurdles	2018
Valerie Palermo			Megan Aller	Steeplechase	2019
Sherie Key	High Jump	2014	Morgan Perkins	Steeplechase	2019
Ashley Adams	Shot Put	2014	Chyna Beck	Triple Jump	2019
Ashley Adams	Discus	2014	Bethany Evankovich	200m	2019
Julia Franzosa	Javelin	2014	Bethany Evankovich	400m	2019
Anna Simone	400m Hurdles	2015	Kel-Lisa Sebwe	400m	2019
Louise PrevotEAU	400m Hurdles	2015	Elizabeth Morris	5000m	2019
Danica Snyder	Steeplechase	2015	Ava Pietrzyk	10000m	2019
Valerie Palermo	Steeplechase	2015	Amberly Valeriano	100m Hurdles	2019
Sherie Key	High Jump	2015	Maiah Yankello	400m Hurdles	2019
Sherie Key	Triple Jump	2015	Amberly Valeriano	4x100m	2018
Julia Franzosa	Javelin	2015	Chyna Beck		
Anna Simone	4x400	2015	Gabby Holmberg		
Kim Watterson			Bethany Evankovich		
Louise PrevotEAU			Rachel Valotts	4x800m	2019
Abby O'Connell			Erin Durnin		
Abby O'Connell	400m	2016	Megan Aller		
Annegret Nehl	800m	2016	Maiah Yankello		
Hannah Scipio	10000m	2016	Emily Brozeski	100m Hurdles	2021
Autumn Greba	10000m	2016	Emily Brozeski	Long Jump	2021
Victoria Soeder	100m Hurdles	2016	Luara Ehrenberger	800m	2021
Valerie Palermo	Steeplechase	2016	Bethany Evankovich	400m	2021



Gabby Holmberg	Triple Jump	2021
Tori Kocsis	3000m	2021
Hannah Seitzinger	400m	2021
Grace Sisson	3000m	2021
Amberly Valeriano	100m Hurdles	2021
Angela Valotta	800m	2021
Amberly Valeriano	4x100m	2021
Emily Brozeski		
Gabby Holmberg		
Bethany Evankovich		
Hannah Seitzinger	4x400m	2021
Faith Mucci		
Gabby Holmberg		
Bethany Evankovich		
Rachel Valotta	4x800m	2021
Angela Valotta		
Olivia Wilson		
Laura Ehrenberger		
Amy Allen	400m	2022
Kaylin Cousin	400m	2022
Bethany Evankovich	200m	2022
Bethany Evankovich	400m	2022
Haley Hamilton	3000m Steeplechase	2022
Tori Kocsis	5000m	2022
Amberly Valeriano	100m Hurdles	2022
Angela Valotta	800m	2022
Sadie Wetzel	High Jump	2022
Alyssa Willis	100m	2022
Alyssa Willis	200m	2022
Alyssa Willis	100m	2023
Alyssa Willis	200m	2023
Faith Mucci	200m	2023
Faith Mucci	400m	2023
Amy Allen	400m	2023
Mara Whalen	800m	2023
Tori Kocsis	10,000m	2023
Liv Wilson	4x800m	2023
Delaney Line		
Haley Hamilton		
Mara Whalen		
Sadie Wetzel	High Jump	2023
Madelyn Moretti	Shot Put	2023
Megan Penrod	Javelin	2023



Melissa Stewart	Discus	2003
Erica DaCosta	Javelin	2003
Sarah Fetterman	Pole Vault	2004
Melissa Stewart	Discus	2004
Kristen Micsky	400m Hurdles	2005
Kristen Micsky	Triple Jump	2005
Sarah Fetterman	Pole Vault	2005
Amy Ruffolo	Steeplechase	2006
Brianne Scott	Steeplechase	2007
Melissa Stewart	Discus	2007
Samantha Howard	5000m	2009
Melissa Miller	800m	2010
Katie Kelly	Steeplechase	2010
Nicole Cherok	400m Hurdles	2012
Nicole Cherok	400m Hurdles	2013
Anna Simone	400m Hurdles	2013
Danica Snyder	Steeplechase	2013
Amber Valimont	Steeplechase	2013
Brittney Edwards	Triple Jump	2013
Anna Simone	400m Hurdles	2014
Elise Farris	800m	2014
Valerie Palermo	Steeplechase	2014
Sherie Key	High Jump	2014
Anna Simone	400m Hurdles	2015
Danica Snyder	Steeplechase	2015
Valerie Palermo	Steeplechase	2015
Valerie Palermo	Steeplechase	2016
Julia Franzosa	Javelin	2016