DUQUESNE

TRACK & FIELD

INDOOR RECORD BOOK

UPDATED END OF 2025-26 SEASON

DUQUESNE TRACK & FIELD
INDOOR SCHOOL RECORDS

60M

Alyssa Willis	7.63	Jan. 20, 2023

60M HURDLES

Amberly Valeriano	8.61	2022

200M

Bethany Evankovich	24.70	2018

400M

Bethany Evankovich	54.27	2020

500M

Hannah Seitzinger	1:12.17	Feb. 24, 2024

800M

Hannah Seitzinger	2:06.01	Jan. 31, 2025

1000M

Sylvia Kashak	*2:47.00*	*Feb. 28, 2026*

MILE

Amber Valimont	4:48.57	2014

3000M

Jenny DelSignore	9:42.52	2018

5000M

Jenny DelSignore	17:02.92	2015

4X200M

Kristen Wenthen Diane Durkin Taylor Glenn Melissa Miller	1:45.19	2010

4X400M

Nicole Cherok Abby O'Connell Shannon Abraham Anna Simone	3:43.03	2013

4X800M

Shelby Haitz Elise Farris Hailey Pisarcik Amber Valimont	9:01.78	2012

DISTANCE MEDLEY RELAY

Hailey Pisarcik Shannon Abraham Elise Farris Amber Valimont	11:35.23	2014

HIGH JUMP

Caroline Garbe	1.74m	Jan. 18, 2025

POLE VAULT

Nadia Constantakis	*3.73m*	*Jan. 16, 2026*

LONG JUMP

Rose Kuchera	*6.52m*	*Jan. 30, 2026*

TRIPLE JUMP

Rose Kuchera	*12.44m*	*Feb. 7, 2026*

SHOT PUT

Ashley Adams	14.95m	2011

WEIGHT THROW

Mercedes Oliver	18.85m	2017

PENTATHLON

Shannon Taub	3834	2019

55M

Shea McMillan	7.30	2002
Melissa Miller	7.33	2007
Kristin Wenthen	7.42	2011
Shonté Cook	7.44	2005
Aleesha Washington	7.49	2010

55M HURDLES

Nicole Wiley	8.16	2003
Kathleen McCabe	8.53	2000
Nicole McKeone	8.76	2010
Wollonsa Boschulte	8.79	1998
Chris DeMott	8.83	1995

60M

Alyssa Willis	7.63	Jan. 20, 2023
Bethany Evankovich	7.70	2019
Tacquaya Tobias	7.71	2012
Nicole Cherok	7.73	2013
Melani Schmidt	***7.79***	***Dec. 5, 2025***

60M HURDLES

Amberly Valeriano	8.61	2022
Anna Rorrer	***8.71***	***Feb. 7, 2026***
Rose Kuchera	***8.72***	***Feb. 13, 2026***
Anna Simone	8.73	2015
Emily Brozeski	8.77	Jan. 13, 2023

200M

Bethany Evankovich	24.70	2018
Melissa Miller	25.03	2010
Alyssa Willis	25.08	Feb. 28, 2025
Nicole Cherok	25.17	2013
Tacquaya Tobias	25.29	2013

400M

Bethany Evankovich	54.27	2020
Hannah Seitzinger	55.17	Feb. 8, 2025
Melissa Miller	55.21	2010
Amy Allen	55.31	Feb. 15, 2025
Nicole Cherok	55.97	2013

500M

Hannah Seitzinger	1:12.17	2.24.24 & 3.1.25
Bethany Evankovich	1:12.73	2018
Anna Simone	1:13.12	2014
Amy Allen	1:13.59	Mar. 2, 2024
Melissa Miller	1:13.69	2010
Abby O'Connell	1:14.31	2016

800M

Hannah Seitzinger	2:06.01	Jan. 31, 2025
Elise Farris	2:08.38	2014
Melissa Miller	2:08.54	2010
Mara Whalen	2:11.26	Mar. 9, 2025
Sylvia Kashak	***2:11.43***	***Feb. 13, 2026***

1000M

Sylvia Kashak	***2:47.00***	***Feb. 28, 2026***
Hailey Pisarcik	2:51.46	2014
Haley Hamilton	2:51.89	Mar. 3, 2023
Megan Aller	2:55.11	2020
Taylor Pletz	2:55.16	2018

MILE

Amber Valimont	4:48.57	2014
Hailey Pisarcik	4:52.82	2014
Sylvia Kashak	***4:53.40***	***Jan. 24, 2026***
Samantha Howard	4:53.56	2009
Haley Hamilton	4:57.31	Mar. 8, 2025

3000M

Jenny DelSignore	9:42.52	2018
Amy Ruffolo	9:44.26	2007
Samantha Howard	9:49.69	2008
Amber Valimont	9:51.92	2012
Autumn Greba	9:53.18	2017

5000M

Jenny Delsignore	17:02.92	2015
Meg Ecker	17:07.44	2012
Samantha Howard	17:20.23	2007
Lizzie Morris	17:21.46	2018
Gina Bolla	17:22.94	Feb. 28, 2025

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 Kaczamarek 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
Alyssa Willis Eva Leatherman Amy Allen Hannah Seitzinger	3:44.25	Feb. 8, 2025
Alyssa Willis Amy Allen Jamelah Carswell Hannah Seitzinger	3:44.85	Mar. 3, 2024
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

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
Cydney Blahovec ***Reagan Ryen*** ***Kate Saum*** ***Sylvia Kashak***	***9:12.03***	***Feb. 28, 2026***
Laura Ehrenberger Erin Durnin Rachel Valotta Megan Aller	9:12.62	2019
Hannah Gilliam Courtney Conway Annegret Nehl Taylor Pletz	9:14.45	2017

DISTANCE MEDLEY RELAY

Hailey Pisarcik Shannon Abraham Elise Farris Amber Valimont	11:35.23	2014
Mara Whalen Amy Allen Hannah Seitzinger Haley Hamilton	11:36.94	Feb. 1, 2025
Liv Wilson Amy Allen Hannah Seitzinger Haley Hamilton	11:42.60	Feb. 24, 2024
Hailey Pisarcik Anna Simone Elise Farris Amber Valimont	11:45.87	2014
Autumn Greba Kim Watterson Hannah Gilliam Valerie Palermo	11:47.05	2016

HIGH JUMP

Caroline Garbe	1.74m	Jan. 18, 2025
Sadie Wetzel	1.73m	Feb. 24, 2024
Liz Wayne	1.73m	2017
Shannon Taub	1.72m	2017
Maris Seto	1.71m	2020

LONG JUMP

Rose Kuchera	***6.52m***	***Jan. 30, 2026***
Tacquaya Tobias	6.02m	2013
Isabella Costa	***5.90m***	***Jan. 30, 2026***
Eva Leatherman	***5.89m***	***Jan. 30, 2026***
Emily Brozeski	5.81m	2022

TRIPLE JUMP

Rose Kuchera	***12.44m***	***Feb. 7, 2026***
Brittney Edwards	12.14m	2014
Shannon Taub	12.10m	2019
Maris Seto	12.09m	2020
Shea McMillan	11.89m	2004

SHOT PUT

Ashley Adams	14.95m	2011
Madelyn Moretti	14.52m	Feb. 1, 2025
Mercedes Oliver	13.53m	2017
Melissa Stewart	13.50m	2005
Marcie Hepler	13.48m	2002

POLE VAULT

Nadia Constantakis	***3.73m***	***Jan. 16, 2026***
Sarah Fetterman	3.51m	2005
Franki DiSalvo	3.50m	2012
Taylor Yarshen	3.50m	2012
Daniela Siciliano	3.45m	2010

WEIGHT THROW

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

PENTATHLON

Shannon Taub	3834	2019
Emily Brozeski	3764	2022
Rose Kuchera	***3694***	***Jan. 30, 2026***
Louise Prevoteau	3670	2014
Halle Walcutt	3635	Feb. 28, 2025

NCAA ALL-AMERICAN

Rose Kuchera *(Long Jump - 2nd Team)*	2026

ATLANTIC 10 MOST OUTSTANDING FIELD PERFORMER

Shea McMillan	2002
Shannon Taub	2019

ATLANTIC 10 STUDENT-ATHLETE OF THE YEAR

Kathleen McCabe	2002
Shea McMillan	2004

A-10 ALL-ROOKIE TEAM

Maria Carberry	2017
Liz Wayne	2017
Chyna Beck	2018
Hannah Seitzinger	2022
Angela Valotta	2022
Madelyn Moretti	2023
Caroline Garbe	2024
Sylvia Kashak	***2026***
Isabella Costa	***2026***
Brandi Brozeski	***2026***

A-10 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
Hannah Seitzinger	02/10/24
Caroline Garbe	01/21/25
Madelyn Moretti	02/04/25
Hannah Seitzinger	02/11/25
Rose Kuchera	***02/03/26***

A-10 ROOKIE OF THE WEEK

Kathleen McCabe	01/24/99
Sarah Como	12/17/00
Shea McMillian	01/15/01
Shea McMillian	01/22/01
Sarah Como	01/29/01
Sarah Fetterman	12/10/01
Marcie Hepler	01/28/02
Haley Pisarcik	01/24/11
Tacquaya Tobias	12/05/12
Liz Wayne	02/07/17
Rose Kuchera	12/10/24
Rose Kuchera	02/11/25
Isabella Costa	***02/03/26***

A-10 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
Hannah Seitzinger	2024
Hannah Seitzinger	2025
Amy Allen	2025
Halle Walcutt	2025
Rose Kuchera	***2026***

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

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
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
Haley Hamilton	2024
Hannah Seitzinger	2024
Madelyn Moretti	2024
Sadie Wetzel	2024
Liv Wilson	2024
Haley Hamilton	2025
Madelyn Moretti	2025
Anna Rorrer	2025
Hannah Seitzinger	2025
Halle Walcutt	2025

USTFCCCA ALL-ACADEMIC ATHLETES

Sherie Key	2014
Elise Farris	2014
Valerie Palermo	2014
Mercedes Oliver	2017
Valerie Palermo	2017
Emily Brozeski	2022
Emily Brozeski	2023
Haley Hamilton	2024
Madelyn Moretti	2024
Hannah Seitzinger	2024
Hannah Seitzinger	2025
Halle Walcutt	2025

USTFCCCA ALL-ACADEMIC TEAM

2014 (3.41), 2017 (3.51), 2018 (3.45), 2019 (3.52), 2022 (3.57), 2023 (3.64), 2024 (3.54), 2025 (3.52)

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
Hannah Seitzinger	500m	2024
Jamelah Carswell	Pentathlon	2024

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
Sadie Wetzel	High Jump	2024
Alyssa Willis	4x400m	2024
Amy Allen		
Jamelah Carswell		
Hannah Seitzinger		
Halle Walcutt	Pentathlon	2025
Hannah Seitzinger	500m	2025
Alyssa Willis	4x400m	2025
Eva Leatherman		
Amy Allen		
Hannah Seitzinger		
Sylvia Kashak	***1000m***	***2026***

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 Cherok	400m	2012
Amber Valimont	Mile	2012
Meg Ecker	5000m	2012
Tacquaya Tobias	Long Jump	2012
Nicole Cherok	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
Amy Allen	500m	2024
Haley Hamilton	1000m	2024
Madelyn Moretti	Shot Put	2024
Brandi Brozeski	***Pentathlon***	***2026***

ATLANTIC 10 CONFERENCE INDOOR HONORS

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
2024	7
2025	3
2026	2

GOLD MEDALS

2014	6
2007	2
2010	2
2011	2
2013	2
2015	2
2018	2
2020	2
2023	2
2024	2
2002	1
2004	1
2022	1

SILVER MEDALS

2005	4
2019	3
2025	3
2002	2
2004	2
2006	2
2012	2
2020	2
2022	2
2024	2
1996	1
2003	1
2007	1
2009	1
2014	1
2018	1
2026	1

BRONZE MEDALS

2003	5
2001	4
2012	4
2002	3
2024	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
2026	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
Hannah Seitzinger	4
Shannon Taub	4
Maiah Yankello	4
Nicole Cherok	3
Elise Farris	3
Sarah Fetterman	3
Autumn Greba	3
Marcie Hepler	3
Nicole Wiley	3
Ashley Adams	2
Amy Allen	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
Melissa Stewart	2
Megan Aller	1
Emily Beahan	1
Chyna Beck	1
Brandi Brozeski	***1***
Jamelah Carswell	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
Haley Hamilton	1
Carrie Hucko	1
Elisa Joyce	1
Sylvia Kashak	***1***
Sherie Key	1
Jill Knesh	1
Erica Moody	1
Madelyn Moretti	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
Halle Walcutt	1
Kim Watterson	1
Sadie Wetzel	1
Taylor Yarshen	1

TOTAL INDIVIDUAL GOLD MEDALS

Bethany Evankovich	4
Haley Pisarcik	4
Elise Farris	3
Hannah Seitzinger	3
Melissa Miller	2
Louise Prevoteau	2
Anna Simone	2
Amber Valimont	2
Shannon Abraham	1
Ashley Adams	1
Emily Beahan	1
Emily Brozeski	1
Jamelah Carswell	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
Sylvia Kashak	***1***
Jill Knesh	1
Allison McCartney	1
Shea McMillan	1
Melissa Miller	1
Abby O'Connell	1
Sarah Saunders	1
Hannah Seitzinger	1
Maris Seto	1
Anna Simone	1
Melissa Stewart	1
Amberly Valeriano	1
Halle Walcutt	1
Sadie Wetzel	1

TOTAL INDIVIDUAL BRONZE MEDALS

Bethany Evankovich	3
Autumn Greba	3
Nicole Wiley	3
Maiah Yankello	3
Amy Allen	2
Nicole Cherok	2
Marcie Hepler	2
Shea McMillan	2
Kristen Micsky	2
Emily Taylor	2
Amber Valimont	2
Megan Aller	1
Chyna Beck	1
Brandi Brozeski	***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
Haley Hamilton	1
Gabby Holmberg	1
Samantha Howard	1
Carrie Hucko	1
Alison McCartney	1
Melissa Miller	1
Erica Moody	1
Madelyn Moretti	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

ATLANTIC 10 CONFERENCE INDOOR HONORS

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
2024	5th Place	70
2025	6th Place	53
2026	7th Place	50

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
2024	5th Place	70
2003	5th Place	74
2001	T-5th Place	72.67
2025	6th Place	53
2019	6th Place	73
2017	6th Place	70.67
2013	6th Place	60
2002	6th Place	75
2026	7th Place	50
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

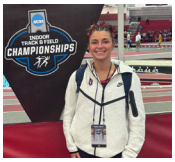
A-10 CHAMPIONSHIP BY POINTS

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
2024	5th Place	70
2011	4th Place	66
2013	6th Place	60
2010	5th Place	57.5
2025	6th Place	53
2022	8th Place	52
2026	7th Place	50
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

Nicole Wiley	60m Hurdles	2003
Alison Buchanan	4x800m	2003
Tara Gerlach		
Michelle Flynn		
Elizabeth Graham		
Marcie Hepler	Shot Put	2003
Tara Gerlach	1000m	2004
Shea McMillian	Triple Jump	2004
Michelle Flynn	4x800m	2004
Elizabeth Graham		
Alison Buchanan		
Elena Resovich		
Amy Ruffolo	3000m	2006
Amy Ruffolo	3000m	2007
Samantha Howard	5000m	2007
Samantha Howard	3000m	2008
Sierra Larsuel	Long Jump	2008
Melissa Miller	800m	2010
Nicole Cherok	4x400m	2010
Kristin Wenthen		
Nicole McKeone		
Melissa Miller		
Meghan VanHouten	DMR	2010
Nicole McKeone		
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
Tacquaya Tobias	Long Jump	2012
Brittney Edwards	Triple Jump	2012
Amber Valimont	Mile	2012
Shelby Haitz	4x800m	2012
Elise Farris		
Haley Pisarcik		
Amber Valimont		
Ashley Adams	Shot Put	2012
Arin Whitman	Weight Throw	2012
Hannah Seitzinger	500m	2022
Emily Brozeski	60m hurdles	2022
Emily Brozeski	Long Jump	2022
Emily Brozeski	High Jump	2023
Emily Brozeski	60m hurdles	2023
Sadie Wetzel	High Jump	2023
Serena Lalli	Weight Throw	2023
Ezra Johnson Mills	Weight Throw	2023
Hannah Seitzinger	500m	2023
Amy Allen	500m	2023
Alyssa Willis	60m	2023
Mara Whalen	800m	2023
Faith Mucci	4x400	2023
Alyssa Willis		
Amy Allen		
Hannah Seitzinger		
Alyssa Willis	60m	2024
Jamelah Carswell	60m hurdles	2024
Amy Allen	500m	2024
Hannah Seitzinger	800m	2024
Liv Wilson	800m	2024
Haley Hamilton	1000m	2024
Ezra Johnson-Mills	Weight Throw	2024
Sadie Wetzel	High Jump	2024
Hannah Seitzinger	4x400m	2024
Amy Allen		
Alyssa Willis		
Jamelah Carswell		
Amy Allen	400m	2025
Mara Whalen	800m	2025
Haley Hamilton	Mile	2025
Gina Bolla	3000m	2025

Did not compete at ECAC meet in 2026

Rose Kuchera Long Jump 2026



Sophomore Rose Kuchera became the first All-American in Duquesne women's track and field program history, competing in the long jump at the 2026 NCAA Division I Indoor Track & Field Championships. Kuchera recorded a mark of 5.94 meters (19-6) on her opening attempt that stood as her top jump of the competition, placing 14th overall in the nation and earning Second Team All-America honors. A native of Canonsburg, Pa., Kuchera also became the first NCAA national championship competitor in Duquesne women's track and field program history, indoors or outdoors.