



**DUQUESNE**

**TRACK & FIELD**

**WOMEN'S OUTDOOR RECORD BOOK**

**UPDATED END OF 2026 SEASON**



<b>100M</b>	Alyssa Willis	11.91	Apr. 16, 2023	<b>SPRINT MEDLEY RELAY</b>	Nicole Cherok	4:08.86	2011
					Taylor Glenn		
					Shannon Abraham		
					Colleen Gilmore		
<b>100M HURDLES</b>	Amberly Valeriano	13.69	2021	<b>4X800M</b>	Liv Wilson	8:50.27	May 5, 2024
<b>200M</b>	Alyssa Willis	24.32	May 14, 2023		Angela Valotta		
<b>400M</b>	Bethany Evankovich	54.24	2019		Haley Hamilton		
					Hannah Seitzinger		
<b>400M HURDLES</b>	Anna Simone	57.42	2014	<b>DISTANCE MEDLEY RELAY</b>	Amy Ruffolo	12:03.06	2005
<b>800M</b>	Hannah Seitzinger	2:04.92	May 11, 2024		Alison Buchanan		
					Tara Gerlach		
					Samantha Howard		
<b>1500M</b>	Hailey Pisarcik	4:26.64	2014	<b>4X1500M</b>	Ryley Schwalm	19:27.87	2023
<b>3000M</b>	Jenny Delsignore	9:43.87	2017		Kate Saum		
					Laura Ehrenberger		
					Olivia Wilson		
<b>3000M STEEPLECHASE</b>	Danica Snyder	10:13.11	2015	<b>HIGH JUMP</b>	Sherie Key	1.75m	2014
<b>5000M</b>	Jenny DelSignore	16:34.18	2018	<b>POLE VAULT</b>	Nadia Constantakis	3.86m	Mar. 27, 2026
<b>10000M</b>	Meg Ecker	35:13.18	2012	<b>LONG JUMP</b>	Tacquaya Tobias	6.07m	2012
<b>4X100M</b>	Amberly Valeriano	46.58	2021	<b>TRIPLE JUMP</b>	Rose Kuchera	12.59m	May 14, 2026
	Emily Brozeski						
	Gabby Holmberg			<b>SHOT PUT</b>	Madelyn Moretti	15.53m	May 11, 2024
	Bethany Evankovich						
<b>4X200M</b>	Shea McMillan	1:43.31	2004	<b>DISCUS</b>	Mia Pierce	50.60m	May 11, 2026
	Ashley Smith						
	Melissa Blackburn			<b>HAMMER</b>	Mercedes Oliver	52.93m	2017
	Nicole Wiley						
<b>4X400M</b>	Maiah Yankello	3:42.62	2019	<b>JAVELIN</b>	Mary Grusky	51.75m	Apr. 4, 2026
	Gabby Holmberg						
	Kel-Lisa Sebwe			<b>HEPTATHLON</b>	Halle Walcutt	5266	May 3-4, 2025
	Bethany Evankovich						

**100M**

Alyssa Willis	11.91	Apr. 16, 2023
Tacquaya Tobias	12.14	2012
Bethany Evankovich	12.20	2017
Melani Schmidt	12.21	Apr. 12, 2026
Seava Cresta	12.29	Apr. 18, 2026

**1500M**

Hailey Pisarcik	4:25.33	2014
Sylvia Kashak	4:26.12	Apr. 12, 2026
Mara Whalen	4:28.18	Apr. 5, 2025
Amber Valimont	4:28.66	2012
Jenny DelSignore	4:33.03	2018

**100M HURDLES**

Amberly Valeriano	13.69	2021
Anna Rorrer	13.79	Apr. 18, 2025
Anna Simone	14.02	2015
Rose Kuchera	14.19	Apr. 4, 2026
Emily Brozeski	14.20	2022

**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
Melani Schmidt	24.53	Apr. 12, 2026
Taylor Glenn	24.82	2011

**3000M STEEPLECHASE**

Danica Snyder	10:13.11	2015
Valerie Palermo	10:17.59	2015
Amber Valimont	10:19.85	2009
Haley Hamilton	10:26.03	May 4, 2024
Amy Ruffolo	10:33.39	2005

**400M**

Bethany Evankovich	54.24	2019
Abby O'Connell	54.58	2016
Melissa Miller	54.90	2010
Shannon Abraham	55.02	2012
Amy Allen	55.04	May 17, 2025

**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
Anna Rorrer	59.41	Apr. 3, 2026
Maiah Yankello	1:00.33	2019
Eva Leatherman	1:00.64	May 3, 2026

**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**

Hannah Seitzinger	2:04.92	May 11, 2024
Elise Farris	2:06.80	2014
Sylvia Kashak	2:07.94	Apr. 18, 2026
Melissa Miller	2:08.26	2010
Hannah Gilliam	2:08.99	2017



**4X100M**

Amberly Valeriano Emily Brozeski Gabby Holmberg Bethany Evankovich	46.58	2021
Melani Schmidt Rose Kuchera Isabella Costa Selma Bajgoric	46.78	Apr. 4, 2026
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

**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**

Liv Wilson	8:50.27	May 5, 2024
Angela Valotta		
Haley Hamilton		
Hannah Seitzinger		
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		

**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	1.70m	May 5, 2024
Caroline Garbe	1.70m	Apr. 18, 2025

### POLE VAULT

Nadia Constantakis	3.86m	Mar. 27, 2026
Daniela Siciliano	3.60m	2010
Sarah Fetterman	3.55m	2005
Katelyn Cass	3.55m	2010
Alison McCartney	3.36m	2006

### LONG JUMP

Tacquaya Tobias	6.07m	2012
Victoria Soeder	6.00m	2017
Rose Kuchera	5.97m	Apr. 19, 2026
Brittney Edwards	5.95m	2013
Emily Brozeski	5.91m	2021

### TRIPLE JUMP

Rose Kuchera	12.59m	May 14, 2026
Brittney Edwards	12.50m	2013
Sherie Key	12.31m	2014
Gabby Holmberg	12.22m	2021
Shannon Taub	12.14m	2017

### SHOT PUT

Madelyn Moretti	15.53m	May 11, 2024
Ashley Adams	14.21m	2010
Melissa Stewart	13.93m	2004
Chelsea Zahn	13.56m	2012
Marcie Hepler	13.54m	2002

### DISCUS

Mia Pierce	50.60m	May 11, 2026
Mercedes Oliver	49.34m	2017
Melissa Stewart	49.00m	2004
Ashley Adams	47.45m	2014
Chelsea Zahn	45.95m	2012

### HAMMER

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

### JAVELIN

Mary Grusky	51.75m	Apr. 4, 2026
Makayla Keck	51.22m	Apr. 18, 2026
Julia Franzosa	45.80m	2016
Megan Penrod	42.71m	Apr. 5, 2024
Erica DeCosta	42.67m	2002

### HEPTATHLON

Halle Walcutt	5266	May 3-4, 2025
Emily Brozeski	5172	May 6-7, 2023
Louise PrevotEAU	5034	2014
Isabella Costa	4722	May 2-3, 2026
Brandi Brozeski	4684	May 2-3, 2026

**MOST OUTSTANDING FIELD PERFORMER**

Shea McMillan	2002
Shea McMillan	2004
Kristen Micsky	2005
Brittney Edwards	2013
Madelyn Moretti	2024

**MOST OUTSTANDING ROOKIE PERFORMER**

Amy Ruffolo	2005
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**STUDENT-ATHLETE OF THE YEAR**

Kathleen McCabe	2002
Shea McMillan	2004

**COACH OF THE YEAR**

Bryan Delsite	2002
Bryan Delsite	2005

**ATLANTIC 10 ALL-ROOKIE TEAM**

Bethany Evankovich	2017
Maiah Yankello	2017
Emily Brozeski	2021
Hannah Seitzinger	2021
Halle Walcutt	2022
Madelyn Moretti	2023
Anna Rorrer	2024
Caroline Garbe	2024
Mia Pierce	2024
Rose Kuchera	2025
Nadia Constantakis	2025

**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
Rose Kuchera	04/08/25
Rose Kuchera	04/15/25
Sylvia Kashak	03/25/26
Melani Schmidt	03/31/26
Mary Grusky	04/08/26
Makayla Keck	04/22/26



**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	2021
Laura Ehrenberger	2021
Emily Brozeski	2022
Emily Brozeski	2023
Emily Brozeski	2024
Madelyn Moretti	2024
Hannah Seitzinger	2024
Halle Walcutt	2025
Madelyn Moretti	2025

**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
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

**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

**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
Emily Brozeski	Heptathlon	2024
Madelyn Moretti	Shot Put	2024
Liv Wilson	4x400m Relay	2024
Angela Valotta		
Haley Hamilton		
Hannah Seitzinger		
Halle Walcutt	Heptathlon	2025
Anna Rorrer	100m Hurdles	2026
Anna Rorrer	400m Hurdles	2026
Rose Kuchera	Triple Jump	2026

**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
Halle Walcutt	Heptathlon	2024
Hannah Seitzinger	800m	2024
Jamelah Carswell	400m Hurdles	2024
Madelyn Moretti	Discus	2024
Sadie Wetzel	High Jump	2024
Madelyn Moretti	Shot Put	2025
Mia Pierce	Discus	2025
Makayla Keck	Javelin	2026
Sylvia Kashak	800m	2026
Mia Pierce	Discus	2026

**BRONZE MEDAL WINNERS**

Jenna Bartolomeo	5000m	1997	Haley Pisarcik	4x800	2014
Katie Talarico	3000m	1998	Hannah Gilliam		
Emily Burkota	Heptathlon	1999	Amber Valimont		
Kathleen McCabe	400m Hurdles	2000	Elise Farris		2014
Kathleen McCabe	4x100m	2000	Louise PrevotEAU	High Jump	2014
LynnDee Howell			Ashley Adams	Shot Put	2014
Nycole West			Ashley Adams	Discus	2014
April Allensworth			Julia Franzosa	Javelin	2014
Lena Harris	Shot Put	2001	Anna Simone	100m Hurdles	2015
Shea McMillan	Triple Jump	2001	Sherie Key	Triple Jump	2015
Marcie Hepler	Shot Put	2002	Kaitlyn Janusey	4x400	2016
Tanya Brown	Steeplechase	2002	Hannah Gilliam		
Kristen Micsky	Triple Jump	2002	Kim Watterson		
Erica DaCosta	Javelin	2002	Abby O'Connell		
Shea McMillan	Long Jump	2002	Bethany Evankovich	400m	2017
Nicole Wiley	100m Hurdles	2002	Victoria Soeder	Long Jump	2017
Carrie Hucko	1500m	2002	Hannah Gilliam	4x800m	2017
Lena Harris	Discus	2002	Maiah Yankello		
Shea McMillan	Triple Jump	2003	Taylor Pletz		
Tara Gerlach	4x800m	2003	Annegret Nehl		
Alison Buchanan			Jenny DelSignore	5000m	2018
Michelle Flynn			Maris Seto	Long Jump	2018
Liz Graham			Maris Seto	High Jump	2019
Keri Durica	Triple Jump	2004	Maiah Yankello	400m Hurdles	2019
Erica DaCosta	Javelin	2004	Bethany Evankovich	4x400m	2019
Shea McMillian	Long Jump	2004	Gabby Holmberg		
Tara Gerlach	1500m	2004	Kel-Lisa Sebwe		
Carrie Hucko	10000m	2004	Maiah Yankello		
Tara Gerlach	4x800m	2004	Gabby Holmberg	Triple Jump	2021
Alison Buchanan			Haley Hamilton	3000m Steeplechase	2022
Michelle Flynn			Haley Hamilton	3000m Steeplechase	2023
Liz Graham			Liv Wilson	4x800m Relay	2023
Caitlin Cielo	Javelin	2005	Delaney Line		
Samantha Howard	1500m	2005	Haley Hamilton		
Erica Moody	4x400m	2005	Mara Whalen		
Kristen Micsky			Haley Hamilton	3000m Steeplechase	2024
Elena Resovich			Anna Rorrer	400m Hurdles	2024
Amelia Sofis			Rose Kuchera	Long Jump	2025
Allison McCartney	Pole Vault	2006	Rose Kuchera	Triple Jump	2025
Samantha Howard	1500m	2006	Caroline Garbe	High Jump	2025
Katie Kelly	Steeplechase	2008	<b>Nadia Constantakis</b>	<b>Pole Vault</b>	<b>2026</b>
Sierra Larsuel	Long Jump	2009	<b>Mary Grusky</b>	<b>Javelin</b>	<b>2026</b>
Melissa Miller	200m	2009	<b>Rose Kuchera</b>	<b>Long Jump</b>	<b>2026</b>
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			



TOTAL MEDALS BY YEAR

14	2014
12	2005
11	2017
10	2024
9	2004
9	2026
7	2011
6	2003
6	2010
6	2013
6	2025
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
3	2024
3	2026
2	2002
2	2015
2	2016
1	2001
1	2003
1	2004
1	2010
1	2011
1	2012
1	2017
1	2022
1	2023
1	2025

SILVER MEDALS

6	2017
5	2014
5	2024
4	2005
3	2003
3	2006
3	2026
2	2002
2	2004
2	2007
2	2009
2	2011
2	2013
2	2019
2	2025
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
3	2025
3	2026
2	2018
2	2000
2	2001
2	2003
2	2006
2	2009
2	2015
2	2023
2	2024
1	1997
1	1998
1	1999
1	2008
1	2012
1	2013
1	2016
1	2021
1	2022

**TOTAL INDIVIDUAL MEDALS**

Kristen Micsky	8
Shea McMillan	6
Ashley Adams	5
Sherie Key	5
Emily Brozeski	4
Erica DaCosta	4
Tara Gerlach	4
<b>Rose Kuchera</b>	<b>4</b>
Melissa Miller	4
Melissa Stewart	4
Alison Buchanan	3
Nicole Cherok	3
Michelle Flynn	3
Haley Hamilton	3
Carrie Hucko	3
Katie Kelly	3
Kathleen McCabe	3
<b>Anna Rorrer</b>	<b>3</b>
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
Lena Harris	2
Marcie Hepler	2
Samantha Howard	2
Allison McCartney	2
Madelyn Moretti	3
Abby O'Connell	2
Valerie Palermo	2
<b>Mia Pierce</b>	<b>2</b>
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
Jamelah Carswell	1
Caitlin Cielo	1
Amanda Collins	1
<b>Nadia Constantakis</b>	<b>1</b>
Jenny DelSignore	1
Bethany Evankovich	1
Caroline Garbe	1
Gabby Holmberg	1

LynnDee Howell	1
Keri Durica	1
Taylor Glenn	1
<b>Mary Grusky</b>	<b>1</b>
Mindy Haulmann	1
Kaitlyn Janusey	1
<b>Sylvia Kashak</b>	<b>1</b>
<b>Makayla Keck</b>	<b>1</b>
Sierra Larsuel	1
Erica Moody	1
Paige Rittelman	1
Hannah Seitzinger	1
Brianne Scott	1
Sydney Schwab	1
Danica Snyder	1
Katie Talarico	1
Emily Taylor	1
Halle Walcutt	2
Kim Watterson	1
Nycole West	1
Sadie Wetzel	1
Maiah Yankello	1
Taylor Yarshen	1
Chelsea Zahn	1

**TOTAL INDIVIDUAL GOLD MEDALS**

Kristen Micsky	3
Emily Brozeski	3
Nicole Cherok	2
Sarah Fetterman	2
<b>Anna Rorrer</b>	<b>2</b>
Anna Simone	2
Ashley Adams	1
Brittney Edwards	1
Taylor Glenn	1
Sherie Key	1
<b>Rose Kuchera</b>	<b>1</b>
Kathleen McCabe	1
Shea McMillan	1
Madelyn Moretti	1
Louise PrevotEAU	1
Amy Ruffolo	1
Danica Snyder	1
Melissa Stewart	1
Amber Valimont	1
Halle Walcutt	1
Nicole Wiley	1

**TOTAL INDIVIDUAL SILVER MEDALS**

Sherie Key	3
Kristen Micsky	3
Melissa Stewart	3
Erica DaCosta	2
Melissa Miller	2
Madelyn Moretti	2
<b>Mia Pierce</b>	<b>2</b>
Amy Ruffolo	2
Sarah Saunders	2
Shannon Abraham	1
Emily Brozeski	1
Alison Buchanan	1
Jamelah Carswell	1
Amanda Collins	1
Nicole Chero	1
Brittney Edwards	1
Elise Farris	1
Michelle Flynn	1
Tara Gerlach	1
Marcia Hepler	1
Carrie Hucko	1
<b>Sylvia Kashak</b>	<b>1</b>
<b>Makayla Keck</b>	<b>1</b>
Allison McCartney	1
Shea McMillian	1
Abby O'Connell	1
Valerie Palermo	1
Haley Pisarcik	1
Brianne Scott	1
Sydney Schwab	1
Hannah Seitzinger	1
Anna Simone	1
Emily Taylor	1
Halle Walcutt	1
Sadie Wetzel	1
Taylor Yarshen	1

**TOTAL INDIVIDUAL BRONZE MEDALS**

Ashley Adams	4
Shea McMillian	4
Tara Gerlach	3
Haley Hamilton	3
Katie Kelly	3
<b>Rose Kuchera</b>	<b>3</b>
Alison Buchanan	2
Katelyn Cass	2
Erica DaCosta	2
Michelle Flynn	2
Hannah Gilliam	2
Liz Graham	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
Caitlin Cielo	1
<b>Nadia Constantakis</b>	<b>1</b>
Jenny DelSignore	1
Keri Durica	1
Elise Farris	1
Julia Franzosa	1
Caroline Garbe	1
<b>Mary Grusky</b>	<b>1</b>
Mindy Haulmann	1
Marcie Hepler	1
Gabby Holmberg	1
LynnDee Howell	1
Kaitlyn Janusey	1
Sherie Key	1
Sierra Larsuel	1
Allison McCartney	1
Erica Moody	1
Abby O'Connell	1
Haley Pisarcik	1
Louise PrevotEAU	1
Anna Simone	1
Paige Rittelman	1
Anna Rorrer	1
Katie Talarico	1
Kim Watterson	1
Nycole West	1
Maiah Yankello	1
Chelsea Zahn	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
2024	3rd Place	101.2
2025	7th Place	66
2026	2nd Place	109

**A-10 CHAMPIONSHIP BY PLACE**

2014	2nd Place	137
2005	2nd Place	135
2017	2nd Place	112
2026	2nd Place	109
2002	3rd Place	115.5
2013	T-3rd Place	97
2024	3rd Place	101.2
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
2025	7th Place	66
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
2017	2nd Place	112
2026	2nd Place	109
2024	3rd Place	101.2
2004	4th Place	98.5
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
2025	7th Place	66
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	Arin Whitman	Discus	2011
Carrie Hucko			Mindy Haulman	Javelin	2011
Alison Buchanan			Taylor Glenn	400m	2011
Michelle Flynn			Amber Valimont	1500m	2011
Tanya Brown	Steeplechase	2002	Meg Ecker	10000m	2011
Marcie Hepler	Shot Put	2002	Nicole Cherok	4x100m	
Erica DaCosta	Javelin	2002	Kristin Wenthen		
Alison Buchanan	4x800m	2003	Taylor Glenn		
Michelle Flynn			Shannon Abraham		
Tara Gerlach			Shannon Abraham	4x400m	2011
Elizabeth Graham			Kristin Wenthen		
Kristen Micsky	Long Jump	2003	Nicole Cherok		
Marcie Hepler	Shot Put	2003	Taylor Glenn		
Erica DaCosta	Javelin	2003	Elise Farris	4x800m	2011
Carrie Hucko	10000m	2004	Colleen Gilmore		
Tara Gerlach	4x800m	2004	Haley Pisarcik		
Alison Buchanan			Amber Valimont		
Michelle Flynn			Sherie Key	High Jump	2011
Liz Graham			Shannon Abraham	400m	2012
Shea McMillian	Triple Jump	2004	Nicole Cherok	400m Hurdles	2012
Sarah Fetterman	Pole Vault	2004	Danica Snyder	Steeplechase	2012
Melissa Stewart	Discus	2004	Meg Ecker	5000m	2012
Melissa Stewart	Shot Put	2004	Nicole Cherok	4x100m	2012
Kristen Micsky	High Jump	2005	Shannon Abraham		
Kristen Micsky	Long Jump	2005	Taylor Glenn		
Kristen Micsky	Triple Jump	2005	Tacquaya Tobias		
Sarah Fetterman	Pole Vault	2005	Anna Simone	4x400m	2012
Brianne Scott	Steeplechase	2006	Shannon Abraham		
Amy Ruffolo	3000m	2006	Brittany Sinclair		
Samantha Howard	5000m	2006	Taylor Glenn		
Amy Ruffolo	4x800m	2006	Elise Farris	4x800m	2012
Tara Gerlach			Haley Pisarcik		
Emily Beahan			Amber Valimont		
Samantha Howard			Shelby Haitz		
Kristen Micsky	High Jump	2006	Brittney Edwards	High Jump	2012
Kristen Micsky	Triple Jump	2006	Sherie Key	High Jump	2012
Melissa Stewart	Discus	2006	Tacquaya Tobias	Long Jump	2012
Samantha Howard	5000m	2007	Brittney Edwards	Triple Jump	2012
Melissa Stewart	Discus	2007			
Charlene Garth	4x400m	2008	Chelsea Zahn	Discus	2012
Erica Moody			Abby O'Connell	400m	2013
Melissa Miller			Elise Farris	800m	2013
Kathleen Parker			Haley Pisarcik	1500m	2013
Melissa Miller	200m	2009	Nicole Cherok	400m Hurdles	2013
Melissa Miller	400m	2009	Anna Simone	400m Hurdles	2013
Samantha Howard	5000m	2009	Danica Snyder	Steeplechase	2013
Sydney Schwab	Javelin	2009	Amber Valimont	Steeplechase	2013
Melissa Miller	800m	2010	Brittney Edwards	Long Jump	2013
Meg Ecker	10000m	2010	Brittney Edwards	Triple Jump	2013
Danielle Werley	10000m	2010	Anna Simone	400m Hurdles	2014
Katie Kelly	Steeplechase	2010	Elise Farris	800m	2014
Ashley Adams	Discus	2010	Danica Snyder	Steeplechase	2014
Ashley Adams	Shot Put	2010	Amber Valimont	Steeplechase	2014
Ashley Adams	Shot Put	2011	Jenny DelSignore	5000m	2014
Ashley Adams	Discus	2011	Haley Pisarcik	5000m	2014



# DUQUESNE TRACK & FIELD

## ECAC OUTDOOR QUALIFIERS

Jenna Gigliotti	10000m	2014	Maiah Yankello	400m Hurdles	2018
Louise PrevotEAU	Heptathlon	2014	Megan Aller	Steeplechase	2019
Abby O'Connell	4x400	2014	Morgan Perkins	Steeplechase	2019
Shannon Abraham			Chyna Beck	Triple Jump	2019
Louise PrevotEAU			Bethany Evankovich	200m	2019
Kim Watterson			Bethany Evankovich	400m	2019
Hannah Gilliam	4x800	2014	Kel-Lisa Sebwe	400m	2019
Amber Valimont			Elizabeth Morris	5000m	2019
Jenny DelSignore			Ava Pietrzyk	10000m	2019
Valerie Palermo			Amberly Valeriano	100m Hurdles	2019
Sherie Key	High Jump	2014	Maiah Yankello	400m Hurdles	2019
Ashley Adams	Shot Put	2014	Amberly Valeriano	4x100m	2018
Ashley Adams	Discus	2014	Chyna Beck		
Julia Franzosa	Javelin	2014	Gabby Holmberg		
Anna Simone	400m Hurdles	2015	Bethany Evankovich		
Louise PrevotEAU	400m Hurdles	2015	Rachel Valotts	4x800m	2019
Danica Snyder	Steeplechase	2015	Erin Durnin		
Valerie Palermo	Steeplechase	2015	Megan Aller		
Sherie Key	High Jump	2015	Maiah Yankello		
Sherie Key	Triple Jump	2015	Emily Brozeski	100m Hurdles	2021
Julia Franzosa	Javelin	2015	Emily Brozeski	Long Jump	2021
Anna Simone	4x400	2015	Luara Ehrenberger	800m	2021
Kim Watterson			Bethany Evankovich	400m	2021
Louise PrevotEAU			Gabby Holmberg	Triple Jump	2021
Abby O'Connell			Tori Kocsis	3000m	2021
Abby O'Connell	400m	2016	Hannah Seitzinger	400m	2021
Annegret Nehl	800m	2016	Grace Sisson	3000m	2021
Hannah Scipio	10000m	2016	Amberly Valeriano	100m Hurdles	2021
Autumn Greba	10000m	2016	Angela Valotta	800m	2021
Victoria Soeder	100m Hurdles	2016	Amberly Valeriano	4x100m	2021
Valerie Palermo	Steeplechase	2016	Emily Brozeski		
Julia Franzosa	Javelin	2016	Gabby Holmberg		
Gabirella Benninger	Heptathlon	2016	Bethany Evankovich		
Kaitlyn Janusey	4x400m	2016	Hannah Seitzinger	4x400m	2021
Abbie Marquard			Faith Mucci		
Kim Watterson			Gabby Holmberg		
Hannah Gilliam			Bethany Evankovich		
Bethany Evankovich	400m	2017	Rachel Valotta	4x800m	2021
Hannah Gilliam	800m	2017	Angela Valotta		
Annegret Nehl	800m	2017	Olivia Wilson		
Jenny DelSignore	5000m	2017	Laura Ehrenberger		
Victoria Soeder	100m Hurdles	2017	Amy Allen	400m	2022
Maiah Yankello	400m Hurdles	2017	Kaylin Cousin	400m	2022
Shannon Taub	High Jump	2017	Bethany Evankovich	200m	2022
Shannon Taub	Triple Jump	2017	Bethany Evankovich	400m	2022
Mercedes Oliver	Discus	2017	Haley Hamilton	3000m Steeplechase	2022
Mercedes Oliver	Hammer	2017	Tori Kocsis	5000m	2022
Valerie Palermo	Steeplechase	2017	Amberly Valeriano	100m Hurdles	2022
Jenny DelSignore	5000m	2018	Angela Valotta	800m	2022
Laura Ehrenberger	4x800m	2018	Sadie Wetzel	High Jump	2022
Erin Durnin			Alyssa Willis	100m	2022
Megan Aller			Alyssa Willis	200m	2022
Rachel Valotta			Alyssa Willis	100m	2023
Elizabeth Morris	5000m	2018	Alyssa Willis	200m	2023
Maris Seto	Long Jump	2018	Faith Mucci	200m	2023



# DUQUESNE TRACK & FIELD

## ECAC OUTDOOR QUALIFIERS

Faith Mucci	400m	2023	Melani Schmidt	4x100m	2026
Amy Allen	400m	2023	Rose Kuchera		
Mara Whalen	800m	2023	Isabella Costa		
Tori Kocsis	10,000m	2023	Selma Bajgoric		
Liv Wilson	4x800m	2023	Melani Schmidt	4x400m	2026
Delaney Line			Selma Bajgoric		
Haley Hamilton			Anna Rorrer		
Mara Whalen			Eva Leatherman		
Sadie Wetzel	High Jump	2023	Cydney Blahovec	4x800m	2026
Madelyn Moretti	Shot Put	2023	Reagan Ryen		
Megan Penrod	Javelin	2023	Eilidh Edgar		
Amy Allen	400m	2024	Sylvia Kashak		
Hannah Seitzinger	800m	2024	Caroline Garbe	High Jump	2026
Liv Wilson	800m	2024	Isabella Costa	High Jump	2026
Anna Rorrer	100m Hurdles	2024	Brandi Brozeski	High Jump	2026
Jamelah Carswell	400m Hurdles	2024	Nadia Constantakis	Pole Vault	2026
Anna Rorrer	400m Hurdles	2024	Rose Kuchera	Long Jump	2026
Eva Leatherman	400m Hurdles	2024	Rose Kuchera	Triple Jump	2026
Haley Hamilton	3000m Steeplechase	2024	Lauren Stroka	Triple Jump	2026
Sadie Wetzel	High Jump	2024	Devlyn Faber	Triple Jump	2026
Jamelah Carswell	Long Jump	2024	Kyndra Seddon	Discus	2026
Madelyn Moretti	Shot Put	2024	Mia Pierce	Discus	2026
Mia Pierce	Discus	2024	Makayla Keck	Javelin	2026
Mia Pierce	Javelin	2024	Mary Grusky	Javelin	2026
Amber McCool	Javelin	2024	Megan Penrod	Javelin	2026
Halle Walcutt	Javelin	2024			
Amy Allen	200m	2025			
Amy Allen	400m	2025			
Mara Whalen	1500m	2025			
Gina Bolla	5000m	2025			
Ryley Schwalm	5000m	2025			
Anna Rorrer	100m Hurdles	2025			
Anna Rorrer	400m Hurdles	2025			
Eva Leatherman	400m Hurdles	2025			
Halle Walcutt	400m Hurdles	2025			
Caroline Garbe	High Jump	2025			
Nadia Constantakis	Pole Vault	2025			
Rose Kuchera	Long Jump	2025			
Rose Kuchera	Triple Jump	2025			
Madelyn Moretti	Shot Put	2025			
Mia Pierce	Discus	2025			
Halle Walcutt	Discus	2025			
Ella Lindberg	Hammer	2025			
Seava Cresta	100m	2026			
Seava Cresta	200m	2026			
Melani Schmidt	400m	2026			
Selma Bajgoric	400m	2026			
Sylvia Kashak	800m	2026			
Cydney Blahovec	800m	2026			
Anna Rorrer	100m Hurdles	2026			
Rose Kuchera	100m Hurdles	2026			
Brandi Brozeski	100m Hurdles	2026			
Isabella Costa	100m Hurdles	2026			
Anna Rorrer	400m Hurdles	2026			
Eva Leatherman	400m Hurdles	2026			



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
Madelyn Moretti	Shot Put	2024
Hannah Seitzinger	800m	2024
Haley Hamilton	Steeplechase	2024
Mary Grusky	Javelin	2026
Makayla Keck	Javelin	2026