



TRACK & FIELD AND CROSS COUNTRY

TRACK & FIELD PROGRAM RECORDS

INDOOR - TRACK

EVENT	MARK	ATHLETE(S)	YEAR
60m	7.50	Tanique Carter	2009
200m	23.85	Meredith Willis	2020
400m	54.10	Holly Mpassy	2022
500m	1:13.49	Anoush Stamm	2020
800m	2:08.11	Diana Gillam	1996
1,000m	2:46.92	Erica Jackson	2019
Mile	4:40.50	Samantha Bates	1997
3,000m	9:23.40	Miranda Stanhope	2023
5,000m	16:14.31	Miranda Stanhope	2023
60mH	8.30	Jordyn Henderson	2024
4x400m	3:42.25	Burrow, Willis, Johnson, Taylor	2017
4x800m	8:46.91	Westbrook, Sheaffer, Langton, Lopresti	2013
DMR	11:22.06	Burkett, M. Thomas, A. Lewis, Banks	2001

INDOOR - FIELD

EVENT	MARK	ATHLETE	YEAR
Shot Put	16.46m	Amber Monroe	2016
Weight Throw	18.10m	Sidra Morris	2019
High Jump	1.75m	Jessica O'Brien	2007
Long Jump	6.19m	Seun Augustus	2000
Triple Jump	13.03m	Tiombé Hurd	1995
Pole Vault	3.81m	Rachel Lloyd	2023
Pentathlon	3,566	Christine Nicewonger	2008

OUTDOOR - TRACK

EVENT	MARK	ATHLETE(S)	YEAR
100m	11.50	Asia Powell	2023
200m	23.84	Meredith Willis	2019
400m	54.36	Holly Mpassy	2023
800m	2:06.54	Anne Reiner	2012
1,500m	4:17.82	Samantha Bates	1997
3,000m	9:24.08	Mollie DeFrancesco	2002
5,000m	16:03.97	Mollie DeFrancesco	2002
10,000m	33:53.09	Miranda Stanhope	2024
100mH	13.75	Davida Walker	1992
400mH	59.44	Suzi Shreckhise	1983
3,000S	9:57.07	Mollie DeFrancesco	2002
4x100m	45.37	Scott, Taylor, King, Willis	2017
4x200m	1:36.19	Johnson, Burrow, King, Willis	2017
4x400m	3:41.48	Johnson, Taylor, Burrow, Willis	2017
4x800m	8:46.16	Westbrook, Reiner, Langton, Lopresti	2013
4x1,500m	18:15.03	J. Lynch, Speights, Ritter, Taylor	1992
SMR	3:58.93	Augustus, Moore, Bready, Banks	2000
DMR	11:18.51	S. Bates, Stewart, Powers, Eigel	1997

OUTDOOR - FIELD

EVENT	MARK	ATHLETE	YEAR
Shot Put	16.67m	Amber Monroe	2016
Discus Throw	55.45m	Amber Monroe	2016
Hammer Throw	54.12m	Sidra Morris	2019
Javelin Throw	48.92m	Shelby Staib	2022
High Jump	1.76m	Morgan Crewe	2014
Long Jump	6.42m	Seun Augustus	2000
Triple Jump	13.52m	Tiombé Hurd	1995
Pole Vault	3.91m	Rachel Lloyd	2022
Heptathlon	4,828	Nicolette Serratore	2019

ALL-TIME TOP 10: INDOOR

60 METERS

1.	7.50	Tanique Carter	2009
2.	7.51	Marissa McDonald	2012
	7.51	Alexys Taylor	2019
	7.51	Asia Powell	2023
	7.51	Kaia Putman	2024
6.	7.54*	Cathy Beck	1990
7.	7.56	Meredith Willis	2020
8.	7.57	Jordan Simmons	2012
	7.57	Jordyn Henderson	2024
10.	7.59	Kennedy King	2017

*converted from 55m

1,000 METERS

1.	2:46.92	Erica Jackson	2019
2.	2:49.86	Annie Reiner	2012
3.	2:50.90	Keisha Banks	1999
4.	2:51.71	Alison Parris	2010
5.	2:52.31	Suzie Hutchins	2001
6.	2:52.32	Sarah Burkett	2001
7.	2:53.09	Jackie Lynch	1992
8.	2:53.16	Carol Strock	2016
9.	2:53.21	Sarah Matthes	1998
10.	2:53.44	Diana Gillam	1996

4x400 METER RELAY

1.	3:42.25	Burrow, Willis, A. Johnson, Taylor	2017
2.	3:43.79	Lavreshina, Eberly, Lefevre, Mpassy	2022
3.	3:44.06	Eberly, Lavreshina, Wilson, Mpassy	2023
4.	3:46.55	Lott, Lefevre, Lee, Willis	2020
5.	3:46.93	Keys, Wilson, Saint-Germain, Mpassy	2024
6.	3:47.46	A. Johnson, Forbes, Bell, Taylor	2017
7.	3:47.69	Hall, Bryant, Battle, Chitty	2003
8.	3:47.87	Eberly, Wilson, Keys, Mpassy	2023
9.	3:48.61	L. Anderson, Carter, McGowan, Roberson	2008
10.	3:48.63	Burrow, King, Forbes, Taylor	2017

200 METERS

1.	23.85	Meredith Willis	2020
2.	23.98	Tanique Carter	2009
3.	24.31	Kaia Putman	2024
4.	24.60	De'Ana Forbes	2015
5.	24.76	Asia Powell	2023
6.	24.84	Jordan Simmons	2012
7.	24.86	Alexys Taylor	2017
8.	24.87	Arianna Eberly	2022
9.	24.89	Annie Johnson	2015
	24.89	Dardlie Lefevre	2022

MILE

1.	4:40.50	Samantha Bates	1997
2.	4:41.63	Katie Harman	2014
3.	4:45.46	Carol Strock	2017
4.	4:47.90	Keisha Banks	2000
5.	4:48.17	Juli Speights	1992
6.	4:51.65*	Cindy Slagle	1983
7.	4:51.70	Tessa Mundell	2017
8.	4:53.02	Mollie DeFrancesco	2002
9.	4:53.29	Miranda Stanhope	2023
10.	4:53.31	Sarah Burkett	1999

*converted from 1,500m

4x800 METER RELAY

1.	8:46.91	Westbrook, Sheaffer, Langton, Lopresti	2013
2.	8:56.61	Banks, W. Thomas, Burkett, A. Lewis	2001
3.	8:57.63	Westbrook, Reiner, Langton, Lopresti	2013
4.	8:58.56	Bollinger, E. Jackson, Linton, Sargeant	2019
5.	8:58.78	Gray, McCarty, Mundell, Strock	2017
6.	8:59.20	Westbrook, Harman, Sheaffer, Brown	2014
7.	9:00.30	S. Bates, Powers, Torreele, Hanscom	1998
8.	9:00.39	Langton, Landry, Sheaffer, Lopresti	2012
9.	9:01.14	Strock, Landry, Westbrook, Sheaffer	2014
10.	9:01.47	Burkett, M. Thomas, Donohue, A. Lewis	1999

400 METERS

1.	54.10	Holly Mpassy	2022
2.	54.75	Sofia Lavreshina	2022
3.	55.65	Leslie Anderson	2008
4.	55.75	Tyrrah Burrow	2016
5.	55.82	Zakiya Haley	1998
6.	56.00	Kadence Wilson	2023
7.	56.18	Anoush Stamm	2019
8.	56.51	Destiny Simmons	2014
9.	56.60	Shontya' Bready	1998
10.	56.66	Meredith Willis	2016

3,000 METERS

1.	9:23.40	Miranda Stanhope	2023
2.	9:24.87	Bethany Eigel	1998
3.	9:30.85	Shannon Saunders	2005
4.	9:35.57	Alison Parris	2010
5.	9:35.78	Katherine Lawson	2024
6.	9:37.19	Katie Harman	2012
7.	9:40.10	Mollie DeFrancesco	2002
8.	9:43.43	Patricia Ritter	1992
9.	9:43.70	Carol Strock	2017
10.	9:44.66	Cindy Dunham	2002

DISTANCE MEDLEY RELAY

1.	11:22.06	Burkett, M. Thomas, A. Lewis, Banks	2001
2.	11:24.55	Eigel, Stewart, Powers, S. Bates	1997
3.	11:25.73	S. Bates, Stewart, Carpenter, Eigel	1997
4.	11:28.50	Burkett, Bready, A. Lewis, Banks	1999
5.	11:29.31	A. Lewis, Dunham, Battle, Burkett	2002
6.	11:30.34	Powers, Haley, S. Bates, Gillam	1996
7.	11:34.55	Carpenter, Haley, Banks, Eigel	1998
8.	11:40.70	E. Gray, T. Burrow, E. Jackson, O. Viharina	2016
9.	11:41.09	Burkett, Bready, Carpenter, Banks	1999
10.	11:44.70	Burkett, Battle, A. Lewis, Dunham	2002

500 METERS

1.	1:13.49	Anoush Stamm	2020
2.	1:14.45	Shontya' Bready	2000
3.	1:14.51	Tamarra Stewart	1994
4.	1:14.80	Erica Bates	1993
5.	1:14.94	Tiffany Hall	2005
6.	1:15.03	Morgan Sheaffer	2015
7.	1:15.43	Holly Mpassy	2023
8.	1:15.51	Lynsie Battle	2002
9.	1:15.70	Kadence Wilson	2023
10.	1:15.85	Zakiya Haley	1997
	1:15.85	Arianna Eberly	2024

5,000 METERS

1.	16:14.31	Miranda Stanhope	2023
2.	16:22.64	Mollie DeFrancesco	2002
3.	16:40.30	Tracey Livengood	1998
4.	16:41.29	Katherine Lawson	2024
5.	16:43.21	Kathleen Stewart	2016
6.	16:50.00	Nora Raher	2018
7.	16:50.19	Shannon Saunders	2005
8.	16:51.10	Laura Webb	2023
9.	16:52.23	Heather Hanscom	2001
10.	16:55.71	Katie Gorman	2013

SHOT PUT

1.	16.46m (54' 0")	Amber Monroe	2016
2.	15.25m (50' 0.5")	Sidra Morris	2019
3.	13.96m (45' 9.75")	Dominique Johnson	2019
4.	13.94m (45' 9")	Adrienne Alexander	2014
5.	13.83m (45' 4.5")	Kristen Green	2014
6.	13.80m (45' 3.5")	Jessica Wade	2010
7.	13.53m (44' 4.75")	Daquaa Scott	2013
8.	13.16m (43' 2")	Shanell Atkins	2017
9.	13.00m (42' 8")	Rebecca Eisenhauer	2008
	13.00m (42' 8")	Denise Klugh	1985

800 METERS

1.	2:08.11	Diana Gillam	1996
2.	2:09.51	Keisha Banks	2001
3.	2:09.85	Anoush Stamm	2020
4.	2:10.42	Sarah Burkett	1999
5.	2:10.71	Kelsey Langton	2013
6.	2:10.82	Sara Carpenter	1998
7.	2:10.84	Samantha Bates	1997
8.	2:11.79	Juli Speights	1991
9.	2:12.37	Erica Jackson	2017
10.	2:13.18	Morgan Sheaffer	2014

60 METER HURDLES

1.	8.30	Jordyn Henderson	2024
1.	8.42	Aereale Scott	2018
3.	8.53	De'Ana Forbes	2017
4.	8.62*	Davida Walker	1992
5.	8.72	Skyla Davidson	2023
6.	8.77	Summer Walter	2017
7.	8.80	Seun Augustus	2000
8.	8.81*	Katrina Allen	1992
9.	8.82	Jasmine Waddell	2013
10.	8.88	Danyelle Kent-Robinson	2011

*converted from 55m

WEIGHT THROW

1.	18.10m (59' 4.75")	Sidra Morris	2019
2.	17.65m (57' 11")	Daquaa Scott	2013
3.	16.63m (54' 6.75")	Rebecca Eisenhauer	2008
4.	15.76m (51' 8.25")	Dominique Johnson	2019
5.	15.69m (51' 5.75")	Jessica Wade	2008
6.	15.66m (51' 4.5")	Adrena May	2013
7.	15.38m (50' 5.5")	Jaiden Martellucci	2023
8.	15.36m (50' 4.75")	Christianna Moss	2013
9.	15.04m (49' 4.25")	Tracy Towne	2004
10.	14.38m (47' 2.25")	Adrienne Alexander	2014

HIGH JUMP

1.	1.75m (5' 8.75")	Jessica O'Brien	2007
2.	1.71m (5' 7.25")	Morgan Crewe	2014
3.	1.70m (5' 7")	Alex Kwasnik	2023
	1.70m (5' 7")	Danyelle Kent-Robinson	2011
5.	1.69m (5' 6.5")	Carol Vogt	1983
6.	1.68m (5' 6")	Danielle Legendre	1987
	1.68m (5' 6")	Christine Nicewonger	2008
8.	1.67m (5' 5.75")	Bethany Biggi	2021
9.	1.65m (5' 5")	Brittany Williams	2003
10.	1.63m (5' 4.25")	Seun Augustus	1997
	1.63m (5' 4.25")	Gina Progar	1985
	1.63m (5' 4.25")	Sylvia Mall	1982
	1.63m (5' 4.25")	Nicole Gilbert	2014
	1.63m (5' 4.25")	Gracen King	2023

LONG JUMP

1.	6.19m (20' 3.75")	Seun Augustus	2000
2.	6.01m (19' 8.75")	Marissa McDonald	2011
3.	5.97m (19' 7")	Ebony Owusu-Sampah	2016
4.	5.93m (19' 5.5")	Kennedy King	2017
5.	5.91m (19' 4.75")	Adrienne Mayo	2006
6.	5.82m (19' 1.25")	Tiombé Hurd	1995
7.	5.80m (19' 0.25")	Skyla Davidson	2023
	5.80m (19' 0.25")	Janai Hill	1992
9.	5.79m (19' 0")	Char Lewis	2002
10.	5.74m (18' 10")	Lesa Diggs	1982

TRIPLE JUMP

1.	13.03m (42' 9")	Tiombé Hurd	1995
2.	12.60m (41' 4.25")	Skyla Davidson	2023
3.	12.35m (40' 6.25")	Jordan Venning	2023
4.	12.19m (40' 0")	Lashaunda Jefferson	2003
5.	12.13m (39' 9.5")	Jaclyn Smith	2012
	12.13m (39' 9.5")	Adrienne Mayo	2005
7.	11.92m (39' 1.25")	Christine Nicewonger	2008
8.	11.91m (39' 1")	Candace Nelms	2008
9.	11.83m (38' 9.75")	Ebony Owusu-Sampah	2014
10.	11.72m (38' 5.5")	Char Lewis	2002

POLE VAULT

1.	3.81m (12' 6")	Rachel Lloyd	2023
2.	3.70m (12' 1.5")	Erica Moolman	2022
3.	3.67m (12' 0.5")	Alicia LaRoche	2007
4.	3.65m (12' 0")	Brittany Yates	2006
5.	3.50m (11' 5.75")	Marlayna Concannon	2023
	3.50m (11' 5.75")	Madelyn Moles	2023
7.	3.49m (11' 5.25")	Erin Harrison	2009
8.	3.40m (11' 1.80")	Sydney Binney	2005
9.	3.25m (10' 8")	Madie Croteau	2022
10.	3.22m (10' 6.75")	Lori Jackson	2007

PENTATHLON

1.	3,566	Christine Nicewonger	2008
2.	3,540	Jennifer Monk	2012
3.	3,512	Nicolette Serratore	2019
4.	3,488	Seun Augustus	1999
5.	3,476	Bethany Biggi	2022
6.	3,398	Nicole Gilbert	2013
7.	3,325	Summer Walter	2014
8.	3,319	Erin Babashak	2022
9.	3,266	Karrie Shelton	1997
10.	3,229	Jenna Callan	2023

ALL-TIME TOP 10: OUTDOOR

100 METERS

1.	11.50	Asia Powell	2023
2.	11.68	Tanique Carter	2009
3.	11.72	Marissa McDonald	2012
4.	11.72	Alexys Taylor	2017
5.	11.76	Jordan Simmons	2012
6.	11.80	Kennedy King	2016
	11.80	Kaia Putman	2024
8.	11.83	Aereale Scott	2018
	11.83	Meredith Willis	2018
10.	11.90	Annie Johnson	2015

WIND MARKS

1.	11.50w	Alexys Taylor	2017
2.	11.55w	Kaia Putman	2024
3.	11.74w	Meredith Willis	2019

200 METERS

1.	23.84	Meredith Willis	2019
2.	23.87	Tanique Carter	2008
3.	23.92	Alexys Taylor	2017
4.	24.15	Jordan Simmons	2012
5.	24.20	Patricia Mebane	1984
6.	24.24	Holly Mpassy	2024
7.	24.36	Dardlie Lefevre	2022
8.	24.38	Asia Powell	2023
	24.38	Kennedy King	2017
10.	24.42	Tiombé Hurd	1994

WIND MARKS

1.	23.69w	Tanique Carter	2008 & 2009
2.	23.83w	Rhonda Mason	1984
3.	24.41w	Kaia Putman	2024

400 METERS

1.	54.36	Holly Mpassy	2023
2.	54.44	Tyrah Burrow	2016
3.	54.96	Sofia Lavreshina	2023
	54.96	Leslie Anderson	2008
5.	55.13	Ciarra Morris	2012
6.	55.21	Erica Bates	1991
7.	55.26	Zakiya Haley	1998
8.	55.32	Annie Johnson	2017
9.	55.34	Rhonda Mason	1983
10.	55.64	Tiffany Hall	2004

800 METERS

1.	2:06.54	Anne Reiner	2012
2.	2:07.98	Keisha Banks	1999
3.	2:08.76	Erica Jackson	2019
4.	2:08.97	Juli Speights	1991
5.	2:10.33	Maggie Linton	2021
6.	2:10.50	Carol Strock	2015
7.	2:10.56	Ellen Holmes	1985
8.	2:10.58	Alison Parris	2009
	2:10.58	Samantha Bates	1997
10.	2:11.07	Erica Bates	1993

1,500 METERS

1.	4:17.82	Samantha Bates	1997
2.	4:18.81	Diana Gillam	1996
3.	4:20.28	Katie Harman	2012
4.	4:20.53	Juli Speights	1992
5.	4:22.33	Carol Strock	2016
6.	4:25.33	Mollie DeFrancesco	2002
7.	4:25.69	Keisha Banks	1999
8.	4:27.29	Bethany Eigel	1997
9.	4:27.32	Sarah Burkett	1999
10.	4:27.41	Sara Carpenter	1998

3,000 METERS

1.	9:24.08	Mollie DeFrancesco	2002
2.	9:27.80	Bethany Eigel	2000
3.	9:37.29	Samantha Bates	1997
4.	9:41.76	Diana Gillam	1996
5.	9:42.16	Laura Webb	2023
6.	9:42.67	Miranda Stanhope	2023
7.	9:45.12	Lauren Burawski	2002
8.	9:45.59	Juli Speights	1991
9.	9:46.06	Keisha Banks	2000
10.	9:47.50	Shannon Saunders	2004

5,000 METERS

1.	16:03.97	Mollie DeFrancesco	2002
2.	16:11.00	Miranda Stanhope	2024
3.	16:17.31	Bethany Eigel	1997
4.	16:21.41	Kathleen Stewart	2015
5.	16:21.88	Katherine Lawson	2024
6.	16:29.28	Kaie Harman	2013
7.	16:32.17	Alison Parris	2011
8.	16:38.74	Shannon Saunders	2006
9.	16:42.92	Laura Webb	2023
10.	16:46.81	Nora Raher	2018

10,000 METERS

1.	33:53.09	Miranda Stanhope	2024
2.	33:54.56	Shannon Saunders	2005
3.	34:06.21	Katherine Lawson	2024
4.	34:18.45	Lauren Burawski	2002
5.	34:26.52	Kathleen Stewart	2016
6.	34:31.54	Barb Sabitus	1980
7.	34:40.33	Jenna Flickinger	2013
8.	34:48.64	Heather Hanscom	2001
9.	35:07.14	Stephanie Herbert	1992
10.	35:12.61	Jennifer Lapetoda	2004

100 METER HURDLES

1.	13.75	Davida Walker	1992
2.	13.78	Jordyn Henderson	2022
3.	13.83	De'Ana Forbes	2015
4.	13.86	Aereale Scott	2018
5.	13.99	Katelyn Guerriere	2008
6.	14.10	Jasmine Waddell	2013
7.	14.14	Sharnet Rowland	1985
8.	14.20	Summer Walter	2016
9.	14.32	Seun Augustus	1999
10.	14.34	Danyelle Kent-Robinson	2011

WIND MARKS

1.	13.76w	Aereale Scott	2017
2.	14.19w	Skyla Davidson	2023

400 METER HURDLES

1.	59.44	Suzi Shreckhise	1983
2.	59.75	Sofia Lavreshina	2022
3.	59.82	Tiffany Hall	2004
4.	1:01.74	Carolyn Holgerson	1988
5.	1:02.12	Jasmine Waddell	2014
6.	1:02.23	LaVonne Ellerbe	2006
7.	1:02.45	Gina Bischof	2018
8.	1:02.98	CJ Wilkerson	1999
9.	1:02.99	Lori Gauer	2002
10.	1:03.47	Summer Walter	2016

3,000M STEEPLECHASE

1.	9:56.07	Mollie DeFrancesco	2002
2.	10:18.97	Nelly Anderson	2006
3.	10:24.58	Olivia Vigarina	2016
4.	10:27.92	Tessa Mundell	2017
5.	10:45.95	Cindy Dunham	2001
6.	10:47.85	Aspen Foster	2009
7.	10:55.87	Erin Lopresti	2013
8.	10:57.57	Maddy Hesler	2023
9.	11:01.89	Kelly Jemison	2008
10.	11:11.71	Faithe Ketchum	2023

4x100 METER RELAY

1.	45.37	Scott, Taylor, King, Willis	2017
2.	45.66	Scott, King, Johnson, Willis	2016
3.	45.76	Willis, Scott, Forbes, Taylor	2018
4.	45.85	Putman, Powell, Henderson, Keys	2023
5.	45.88	Johnson, King, Scott, Taylor	2017
	45.88	Henderson, Putman, Keys, Mpassy	2024
7.	45.91	Marissa McDonald, Simmons, Williams, Morris	2011 & 2012
8.	45.99	Scott, Johnson, Forbes, King	2015
9.	46.13	Nelms, Carter, Roberson, L. Anderson	2008
10.	46.33	Putman, Powell, Keys, Mpassy	2023
	46.33	Da. Walker, Hicks, DeBerry, Beck	1990

4x200 METER RELAY

1.	1:36.19	Johnson, Burrow, King, Willis	2017
2.	1:37.17	Scott, Burrow, King, Taylor	2017
3.	1:37.95	Forbes, Simmons, Johnson, Burrow	2015
4.	1:38.04	M. McDonald, J. Simmons, Williams, Morris	2012
5.	1:38.11	M. McDonald, J. Simmons, Williams, D. Simmons	2012
6.	1:38.24	Lefevre, Keys, Lavreshina, Mpassy	2022
7.	1:38.53	Lott, Stamm, Willis, Taylor	2019
8.	1:38.66	Scott, Johnson, Willis, King	2016
9.	1:38.72	Lott, Carter, McAlpine, L. Anderson	2009
10.	1:38.76	Johnson, Burrow, Scott, Forbes	2017

4x400 METER RELAY

1.	3:41.48	Johnson, Taylor, Burrow, Willis	2017
2.	3:41.54	Wilson, Eberly, Lavreshina, Mpassy	2023
3.	3:41.98	Haley, Saint Cyr, Stewart, Bready	1997
4.	3:42.22	Wilson, Lavreshina, Keys, Mpassy	2023
5.	3:43.38	Johnson, Taylor, Bell, Burrow	2017
6.	3:44.06	Keys, Saint-Germain, Wilson, Mpassy	2024
6.	3:44.66	Bready, Saint Cyr, M. Thomas, Wilkerson	1999
7.	3:45.04	Mason, DeVance, Ni. Deskins, Mebane	1986
8.	3:45.09	Haley, Roberts, Saint Cyr, Wilkerson	1998
	3:45.09	Haley, Saint Cyr, Bready, Stewart	1997
10.	3:45.24	Bready, Haley, Roberts, Saint Cyr	1998

4x800 METER RELAY

1.	8:46.16	Westbrook, Reiner, Langton, Lopresti	2013
2.	8:47.28	S. Bates, Banks, Bready, Burkett	1998
3.	8:47.34	A. Lewis, Banks, W. Thomas, Burkett	2001
4.	8:49.75	W. Thomas, Burkett, Gauer, A. Lewis	2002
5.	8:49.97	Banks, Carpenter, S. Bates, Matthes	1998
6.	8:52.14	Banks, M. Thomas, A. Lewis, Burkett	1999
7.	8:54.48	Landry, Reiner, Sheaffer, Langton	2013
8.	8:54.48	Westbrook, Strock, Langton, Sheaffer	2014
9.	8:55.10	Landry, Langton, Sheaffer, Westbrook	2015
10.	8:55.47	Harman, Reiner, Lambert, Wilhelm	2010

4x1,500 METER RELAY

1.	18:15.03	J. Lynch, Speights, Ritter, Taylor	1992
2.	18:29.43	Lapetoda, DeFrancesco, Hutchins, Burkett	2002
3.	18:30.12	Strader, Eigel, Hanscom, S. Bates	1997
4.	18:42.59	DeFrancesco, Burkett, Hutchins, A. Lewis	2002
5.	18:45.08	Carpenter, Banks, Matthes, Torreele	1998
6.	18:45.89	Landry, Nobles, Harman, Lopresti	2012
7.	18:58.83	Gray, Swanson, Strock, Murphy	2017
8.	19:03.66	Donohue, Burkett, Quenzer, Carpenter	1999
9.	19:04.65	Gray, Rahe, Mundell, Viparina	2016
10.	19:07.76	Harman, Gorman, Propst, Nobles	2010

SPRINT MEDLEY RELAY

1.	3:58.93	Augustus, Moore, Bready, Banks	2000
	3:58.93	Haley, Saint Cyr, Bready, Burkett	1998
3.	3:59.34	Allen, Hill, E. Bates, Speights	1992
4.	3:59.79	Haley, Saint Cyr, Bready, Stewart	1997
5.	4:01.06	Haley, Hurd, Stewart, E. Bates	1995
6.	4:02.94	J. Smith, C. Morris, Sheaffer, Wilhelm	2012
7.	4:03.81	Augustus, Moore, Bready, A. Lewis	2000
8.	4:03.95	McAlpine, Poore, Staton, Reiner	2011
9.	4:04.34	Haley, Saint Cyr, Wilkerson, Bready	1998
10.	4:04.75	Hall, Chitty, Bryant, M. Thomas	2002

DISTANCE MEDLEY RELAY

1.	11:18.51	S. Bates, Stewart, Powers, Eigel	1997
2.	11:20.51	Banks, Bready, W. Thomas, Eigel	2000
3.	11:20.90	S. Bates, Haley, Carpenter, Eigel	1998
4.	11:24.40	Gillam, Haley, Carpenter, S. Bates	1996
5.	11:27.66	Carpenter, Saint Cyr, Burkett, Banks	1999
6.	11:31.29	Speights, E. Bates, J. Lynch, Ritter	1992
7.	11:37.81	Banks, A. Lewis, M. Thomas, Eigel	2000
8.	11:38.82	Carpenter, Haley, S. Bates, Eigel	1997
9.	11:38.94	Banks, M. Thomas, A. Lewis, Hutchins	2001
10.	11:44.67	Gillam, Haley, Matthes, S. Bates	1996

SHOT PUT

1.	16.67m (54' 8.35")	Amber Monroe	2016
2.	14.95m (49' 0.75")	Sidra Morris	2019
3.	14.93m (48' 11.75")	Jessica Wade	2007
4.	14.06m (46' 1.5")	Dominique Johnson	2019
5.	13.56m (44' 6")	Adrienne Alexander	2013
6.	13.49m (44' 3.25")	Kristen Greene	2014
7.	13.28m (43' 7")	Daquaa Scott	2013
8.	13.05m (42' 9.75")	Rebecca Eisenhauer	2008
9.	12.75m (41' 10")	Jenae Bowers	2023
	12.75m (41' 10")	Laquell Harris	2016

DISCUS THROW

1.	55.45m (181' 11")	Amber Monroe	2016
2.	52.38m (171' 10")	Dominique Johnson	2019
3.	44.78m (146' 11")	Jaiden Martellucci	2024
4.	43.94m (144' 2")	Jennifer Marinacci	2008
5.	43.13m (141' 6")	Christianna Moss	2012
6.	43.05m (140' 1")	Ryann Bennett	2022
7.	42.53m (139' 6")	Jamie Richards	2019
8.	41.88m (137' 5")	Denise Klugh	1985
9.	41.64m (136' 7")	Susan Ferrel	1992
10.	40.57m (133' 3")	Daquaa Scott	2013

JAVELIN THROW

1.	48.92m (160' 6")	Shelby Staib	2022
2.	48.43m (158' 11")	Nicolette Serratore	2019
3.	46.84m (153' 8")	Denise Klugh	1985
4.	44.22m (145' 1")	Beth Lippard	1983
5.	41.82m (137' 2")	Kristen Greene	2014
6.	39.56m (129' 9")	Megan Fry	2019
7.	36.73m (120' 6")	Morgan Sheaffer	2012
8.	35.90m (117' 9")	Bethany Biggi	2021
9.	33.46m (109' 9")	Jen Monk	2013

HIGH JUMP

1.	1.76m (5' 9.25")	Morgan Crewe	2014
2.	1.74m (5' 8.5")	Danielle Legendre	1990
3.	1.70m (5' 7")	Danyelle Kent-Robinson	2010 & 12
	1.70m (5' 7")	Sylvia Mall	1981
5.	1.68 (5' 6")	Alex Kwasnik	2022
	1.68m (5' 6")	Gina Progar	1984
7.	1.67m (5' 5.75")	Gracen King	2024
8.	1.66 (5' 5.5")	Bethany Biggi	2023
	1.66m (5' 5.5")	Susan Broadddus	1979
10.	1.65m (5' 5")	Ryan Olexson	2009
	1.65m (5' 5")	Brittany Williams	2003
	1.65m (5' 5")	Jordan Otto	2021

LONG JUMP

1.	6.42m (21' 0.75")	Seun Augustus	2000
2.	6.15m (20' 2")	Ebony Owusu-Sampah	2015
3.	6.13m (20' 1.25")	Kennedy King	2015
4.	6.06m (19' 10.75")	Marissa McDonald	2012
5.	6.05m (19' 10.5")	Janai Hill	1992
6.	5.90m (19' 4.25")	Katelyn Guerriere	2008
7.	5.88m (19' 3.5")	Adrienne Mayo	2004
8.	5.86m (19' 2.75")	Tiombé Hurd	1995
9.	5.83m (19' 1.5")	Leslie Anderson	2008
10.	5.80m (19' 0.5")	Lesa Diggs	1982

TRIPLE JUMP

1.	13.52m (44' 4.25")	Tiombé Hurd	1995
2.	12.97m (42' 6.75")	Jantsen Wilson	2019
3.	12.93m (42' 5.25")	Skyla Davidson	2023
4.	12.44m (40' 9.75")	Adrienne Mayo	2005
5.	12.31m (40' 4.75")	Lashaunda Jefferson	2004
6.	12.26m (40' 2.75")	Char Lewis	2002
7.	12.17m (39' 11.25")	Jordan Venning	2023
8.	12.15m (39' 10.25")	Jaclyn Smith	2011
9.	12.04m (39' 6")	Katelyn Guerriere	2008
10.	12.03m (39' 5.75")	Christine Nicewonger	2007

POLE VAULT

1.	3.91m (12' 10")	Rachel Lloyd	2022
2.	3.89m (12' 9")	Erica Moolman	2024
3.	3.80m (12' 5.5")	Brittany Yates	2006
4.	3.64m (11' 11.25")	Madelyn Moles	2024
5.	3.50m (11' 5.75")	Alicia LaRoche	2007
6.	3.36m (11' 0")	Sydney Binney	2004
7.	3.35m (10' 11.75")	Maddie Croteau	2023
	3.35m (10' 11.75")	Erin Harrison	2009
9.	3.20m (10' 6")	Lori Jackson	2007
	3.20m (10' 6")	Katherine Sigler	2004

HAMMER THROW

1.	54.12m (177' 7")	Sidra Morris	2019
2.	50.52m (165' 9")	Adrena May	2013
3.	50.05m (164' 2")	Daquaa Scott	2012
4.	49.50m (162' 4")	Danielle Little	2022
5.	46.84m (153' 8")	Jennifer Marinacci	2008
6.	46.66m (153' 7")	Jaiden Martellucci	2022
7.	46.30m (151' 11")	Rebecca Eisenhauer	2008
8.	45.27m (148' 6")	Christianna Moss	2013
9.	43.87m (143' 11")	Adrienne Alexander	2013
10.	43.34m (142' 2")	Jessica Wade	2008

HEPTATHLON

1.	4,828	Nicolette Serratore	2019
2.	4,796	Jennifer Monk	2013
3.	4,784	Christine Nicewonger	2008
4.	4,694	Bethany Biggi	2022
5.	4,638	Summer Walter	2014
6.	4,586	Karrie Shelton	1998
7.	4,481	Erin Babashak	2022
8.	4,447	Lesa Diggs	1983
9.	4,349	Seun Augustus	1999
10.	4,334	Nicole Gilbert	2014

*last updated May 31, 2023

ALL-TIME TOP 10: CROSS COUNTRY

5K				6K				JMU INVITATIONAL (5.2K)			
1.	17:05.9	Miranda Stanhope	2022	1.	20:12.4	Miranda Stanhope	2022	1.	18:21.3	Alison Paris (1st)	2010
2.	17:08.0	Heather Hanscom	1999	2.	20:15.0	Alison Paris	2010	2.	18:36.4	Kathleen Stewart (7th)	2014
3.	17:10.0	Bethany Eigel	1996	3.	20:17.0	Mollie DeFrancesco	2002	3.	18:49.6	Shannon Saunders (1st)	2005
4.	17:15.0	Katie Harman	2011	4.	20:27.0	Carol Strock	2016	4.	18:51.0	Nora Rahe (1st)	2017
5.	17:20.2	Jennifer Lapetoda	2002	5.	20:29.3	Shannon Saunders	2004	5.	18:54.0	Shannon Saunders (1st)	2004
6.	17:24.0	Chanley Bregman	1981	6.	20:33.0	Kathleen Stewart	2014	6.	18:56.5	Katie Gorman (1st)	2012
7.	17:26.0	Samantha Bates	1996	7.	20:49.0	Stacey Nobles	2010	7.	18:58.5	Alison Paris (1st)	2009
8.	17:27.4	Alison Paris	2010	8.	20:51.1	Katie Harman	2011	8.	19:00.1	Tiel Westbrook (10th)	2014
9.	17:33.3	Juli Speights	1991	9.	20:53.8	Carol Strock	2015	9.	19:05.8	Tessa Mundell (13th)	2014
10.	17:35.0	Jenae Strader	1997	10.	21:04.0	Tessa Mundell	2014	10.	19:09.0	Carol Strock (2nd)	2017

OVERALL JMU INVITATIONAL (NEW MARKET BATTLFIELD - 5.2K)

1.	Katrina Coogan	Georgetown	17:46.00	1st	2014
2.	Emily Schwitzer	Duke	18:09.50	1st	2009
3.	Carly Seymour	Duke	18:12.50	2nd	2009
4.	Andrea Keklak	Georgetown	18:19.30	2nd	2014
5.	Emily McCabe	Duke	18:20.00	1st	2006
6.	Alison Parris	JMU	18:21.30	1st	2010
7.	Haley Pierce	Georgetown	18:22.10	3rd	2014
8.	Bethany Sachtleben	George Mason	18:25.10	4th	2014
9.	Annamarie Maag	Georgetown	18:27.30	5th	2014
10.	Hannah Moran	Radford	18:27.5	1st	2021
11.	Kelsey Smith	Georgetown	18:33.20	6th	2014
12.	Kathleen Stewart	JMU	18:36.40	7th	2014
13.	Samantha Nadel	Georgetown	18:37.30	1st	2015
14.	Janel Blancett	Georgia State	18:41.50	3rd	2009
15.	Suejin Ahn	Duke	18:41.90	4th	2009
16.	Piper Donaghu	Georgetown	18:43.80	2nd	2015
17.	Autumn Eastman	Georgetown	18:46.10	8th	2014
18.	Sophia Ziemian	Duke	18:48.00	5th	2009
19.	Shannon Saunders	JMU	18:49.60	1st	2005
20.	Nora Rahe	JMU	18:51.00	1st	2017
21.	May Carleton Johnston	Duke	18:51.20	6th	2009
22.	Shannon Saunders	JMU	18:54.00	1st	2004
23.	Madeline Chambers	Georgetown	18:55.40	9th	2014
24.	Elizabeth Stockman	Richmond	18:55.5	2nd	2021
24.	Katie Gorman	JMU	18:56.50	1st	2012
25.	Madeline McKeever	Duke	18:57.00	2nd	2006

YEAR-BY-YEAR RESULTS

1976

ND	Eastern Mennonite Dual - Harrisonburg, Va. Def. Eastern Mennonite
11/13	AAIAW Nationals - Madison, Wis.

1977

10/4	Richmond Dual - Harrisonburg, Va. -- Def. Richmond
10/14	JMU Duals Harrisonburg, Va. -- Def. Virginia Tech and Radford
10/29	Virginia State Championships - Fairfax, Va. - 4th/7
11/4	AAIAW Regionals - Raleigh, N.C. - 9th/13

1978

10/7	George Mason Invitational - Fairfax, Va. - 3rd/15
10/13	Radford Dual Harrisonburg, Va. Def. Radford
10/20	Richmond Duals Richmond, Va. -- Def. by Richmond and Georgetown
10/28	Virginia AAIAW Championship - Fairfax, Va. - 3rd/6
11/3	AAIAW Regionals Raleigh, N.C. 11th/11

1979

9/29	JMU Duals - Harrisonburg, Va. Def. by Richmond, Defeated William & Mary
10/6	George Mason Invitational - Fairfax, Va. - 4th/10
10/13	Radford Quad Meet - Radford, Va. - 1st/4
10/20	Navy Duals - Annapolis, Md. Def. by Navy and Catholic
10/27	Virginia AAIAW Championships - Lynchburg, Va. - 3rd/8
11/3	AAIAW Regionals - Murray, Ky. - 2nd/3
11/17	AAIAW Nationals - Tallahassee, Fla. - 18th/23

1980

9/13	JMU Meet - Harrisonburg, Va. - 1st/3
9/20	Liberty Dual - Lynchburg, Va. Def. Liberty Baptist
10/4	George Mason Invitational - Fairfax, Va. - 1st/12
10/11	Eastern Mennonite Dual - Harrisonburg, Va. Def. Eastern Mennonite
10/18	Navy Duals - Annapolis, Md. Def. Navy, Radford, UMBC, Catholic
10/25	Virginia AAIAW Championships - Radford, Va. - 2nd/5
11/2	AAIAW Regionals - Charlottesville, Va. - 1st/6
11/15	AAIAW Nationals - Seattle, Wash. - 12th/22

1981

9/19	JMU Meet - Harrisonburg, Va. - 1st/4
9/26	Indiana University Invitational - Indiana, Pa. - 1st/13
10/3	George Mason Invitational - Fairfax, Va. - 4th/21
10/10	Navy Duals - Annapolis, Md. Def. Navy, Def. by Air Force
10/17	JMU Meet - Harrisonburg, Va. - 1st/4
10/24	ETSU Duals - Johnson City, Tenn. - 2nd/3
10/31	Virginia AAIAW Championships - Blacksburg, Va. - 2nd/7
11/6	AAIAW Regionals - Fairfax, Va. - 3rd/9
11/21	AAIAW Nationals - Pocatello, Idaho - 11th/21

1982

9/18	UVA Duals - Charlottesville, Va. Def. Maryland and Richmond; Def. by Virginia
9/25	Indiana University Invitational - Indiana, Pa. - 1st/13
10/2	George Mason Invitational - Fairfax, Va. - 1st/16
10/16	William & Mary Dual - Williamsburg, Va. Def. William & Mary
10/23	Liberty Baptist Dual - Harrisonburg, Va. Def. Liberty Baptist
10/30	Virginia Intercollegiate Championship - Williamsburg, Va. - 2nd/6
11/6	ECAC Championships - Worcester, Mass. - 1st/8
11/13	NCAA Regionals - Greenville, S.C. - 8th/18

1983

9/17	UVA Invitational - Charlottesville, Va. - 4th/4
9/24	Indiana University Invitational - Indiana, Pa. - 2nd/18
10/1	George Mason Invitational - Fairfax, Va. - 1st/15
10/11	UMW Dual - Harrisonburg, Va. Def. Mary Washington
10/15	Clemson Invitational - Clemson, S.C. - 5th/7
10/29	Virginia Intercollegiate League Championships Blacksburg, Va. - 2nd/6
11/5	ECAC Championships - Willimantic, Conn. - 1st/41
11/12	NCAA Regionals - Greenville, S.C. - 10th/15

1984

9/22	Indiana University Invitational - Indiana, Pa. - 3rd/9
9/29	George Mason Invitational - Fairfax, Va. - 4th/17
10/6	Richmond Dual - Harrisonburg, Va. Def. by Richmond
10/13	Bucknell Invitational - Lewisburg, Pa. - 4th/14
10/20	Virginia Intercollegiate League Championships Williamsburg, Va. - 2nd/5
11/3	ECAC South Championships - Richmond, Va. - 2nd/5
11/10	ECAC Championships - University Park, Pa. - 10th/27

1985

9/14	ODU Invitational - Virginia Beach, Va. - 1st/9
9/21	Indiana University Invitational - Indiana, Pa. - 4th/10
10/5	George Mason Invitational - Fairfax, Va. - 4th/13
10/12	William & Mary Duals - Williamsburg, Pa. Def. by Georgetown and William & Mary
10/19	American Meet - Harrisonburg, Va. - 1st/2
11/2	Penn State Open - University Park, Pa. - 5th/6
11/9	CAA Championships - Williamsburg, Va. - 3rd/6
11/16	ECAC Championships - Bethlehem, Pa. - 24th/30

1986

9/13	Wake Forest Invitational - Winston-Salem, N.C. - 6th/9
9/20	Indiana University Invitational - Indiana, Pa. - 6th/11
10/4	George Mason Invitational - Fairfax, Va. - 4th/9
10/18	UVA Invitational - Charlottesville, Va. - 9th/15
10/18	Virginia State Championships - Charlottesville, Va. - 6th/10
11/1	Penn State Invitational - University Park, Pa. - 7th/9
11/8	CAA Championships - Williamsburg, Va. - 3rd/7
11/15	NCAA Regionals - Greenville, S.C. - 19th/29

1987

9/12	Wake Forest Invitational - Winston-Salem, N.C. - 5th/7
9/19	Indiana University Invitational - Indiana, Pa. - 4th/10
10/3	George Mason Invitational - Fairfax, Va. - 8th/9
10/17	UVA Invitational - Charlottesville, Va. - 11th/17
10/17	Virginia State Championship - Charlottesville, Va. - 6th/9
10/24	Bucknell Dual - Lewisburg, Pa. Def. by Bucknell
11/7	CAA Championships - Williamsburg, Va. - 3rd/7
11/14	NCAA Regionals - Greenville, S.C. - 24th/32

1988

9/10	Wake Forest Invitational - Winston-Salem, N.C. - 7th/13
9/17	Indiana University Invitational - Indiana, Pa. - 5th/14
10/1	George Mason Invitational - Fairfax, Va. - 7th/11
10/15	Virginia State Championship - Williamsburg, Va. - 7th/10
10/22	JMU Quadrangular - Harrisonburg, Va. - 4th/4
11/5	CAA Championships - Williamsburg, Va. - 3rd/7
11/12	ECAC Championships - New Canaan, Conn. - 30th/45
11/12	NCAA Regionals - New Canaan, Conn. - 19th/31

1989

9/9	Indiana University Invitational - Indiana, Pa. - 4th/17
9/23	George Mason Invitational - Annapolis, Md. - 4th/9
10/7	Penn State Open - University Park, Pa. - 2nd/2
10/14	Virginia State Championship - Williamsburg, Va. - 6th/10
10/21	JMU Duals - Harrisonburg, Va. Def. Richmond and Radford
11/4	CAA Championships - Williamsburg, Va. - 3rd/7
11/12	ECAC Championships - New Canaan, Conn. - 5th/25

1990

9/15	Indiana University Invitational - Indiana, Pa. - 2nd/11
9/22	Virginia Invitational - Charlottesville, Va. - 3rd/5
9/29	Moving Comfort Invitational - Fairfax, Va. - 2nd/6
10/13	Virginia State Championship - Blacksburg, Va. - 2nd/7
11/3	CAA Championships - Williamsburg, Va. - 2nd/7
11/10	NCAA Regionals - Stamford, Conn. - 10th/14
11/10	ECAC Championships - Stamford, Conn. - 18th/24

1991

9/14	Spiked Shoe Invitational - University Park, Pa. - 4th/10
9/28	Moving Comfort Invitational - Old Tavern, Va. - 1st/7
10/5	PA Duals - Lewisburg, Pa. Def. Bucknell and Colgate
10/19	Virginia State Championships - Williamsburg, Va. - 2nd/9
11/2	CAA Championships - Williamsburg, Va. - 2nd/8
11/16	NCAA Regionals - Bethlehem, Pa. - 9th/18
11/16	ECAC Championships - Bethlehem, Pa. - 11th/28
11/30	The Athletics Congress National Championship Individual Runners, No Team Score - Boston, Mass.

1992

9/12	Spiked Shoe Invitational - University Park, Pa. - 4th/11
9/26	Georgetown Invitational - Leesburg, Va. - 5th/10
10/10	Furman Invitational - Greenville, S.C. - 3rd/22
10/17	Liberty Invitational - Lynchburg, Va. - 1st/7
10/31	CAA Championships - Williamsburg, Va. - 2nd/7
11/14	NCAA Regionals - Bethlehem, Pa. - 7th/17
11/14	ECAC Championships - Bethlehem, Pa. - 11th/30

1993

9/11	Manhattan Quad Meet - New York, N.Y. Def. Bucknell and Manhattan; Def. by Connecticut
9/18	Navy Tri Meet - Annapolis, Md. Def. George Mason; Def. by Navy
9/25	Morven Park Invitational - Leesburg, Va. - 9th/17
10/9	Paul Short Invitational - Bethlehem, Pa. - 24th/32
10/16	Liberty Invitational - Lynchburg, Va. - 1st/3
10/30	CAA Championships - Williamsburg, Va. - 2nd/8
11/13	NCAA Regionals - Leesburg, Va. - 9th/16
11/13	ECAC Championships - Leesburg, Va. - 17th/28

1994

9/10	Fordham Invitational - New York, N.Y. Def. Penn. State, Joes, Fordham, and Fairleigh Dickinson
9/17	Cavalier Invitational - Charlottesville, Va. Individual Runners, No Team Score
9/24	Morven Park Invitational - Leesburg, Va. - 4th/13
10/8	Paul Short Invitational - Bethlehem, Pa. - 10th/24
10/15	Liberty Dual - Lynchburg, Va. - 1st/2
10/29	CAA Championships - Williamsburg, Va. - 3rd/8
11/12	NCAA Regionals - Boston, Mass. - 12th/19
11/12	ECAC Championships - Boston, Mass. - 20th/31

YEAR-BY-YEAR RESULTS

1995

9/16	Virginia Invitational - Charlottesville, Va. - 2nd/10
9/23	Morven Park Invitational - Leesburg, Va. - 7th/13
9/30	Auburn Invitational - Auburn, Ala. - 8th/25
10/7	Paul Short Invitational - Bethlehem, Pa. - 21st/28
10/14	Liberty Invitational - Lynchburg, Va. - 2nd/3
10/16	Penn State National Invitational - University Park, Pa. - 5th/11
10/28	CAA Championships - Williamsburg, Va. - 1st/9
11/11	NCAA Regionals - Boston, Mass. - 5th/16
11/11	ECAC Championships - Boston Mass. - 9th/28

1996

9/14	Virginia Invitational - Charlottesville, Va. - 3rd/10
9/28	Maryland Invitational - College Park, Md. - 5th/8
10/12	Auburn Invitational - Auburn, Ala. - 9th/42
10/12	Paul Short Invitational - Bethlehem, Pa. - 24th/29
10/20	Penn State National Invitational - University Park, Pa. - 7th/8
11/2	CAA Championships - Greenville, N.C. - 2nd/9
11/16	NCAA Regionals - Boston, Mass. - 5th/22
11/16	ECAC Championships - Boston, Mass. - 8th/33
11/25	NCAA Championships - Tuscon, Ariz. - Bethany Eigel

1997

9/12	North Carolina Invitational - Chapel Hill, N.C. - 2nd/4
9/13	Virginia Invitational - Charlottesville, Va. - 6th/10
9/20	George Mason Invitational - Leesburg, Va. - 4th/10
10/4	Paul Short Invitational - Bethlehem, Pa. - 2nd/27
10/4	Bridgewater Dual - Bridgewater, Va. - 1st/2
10/18	VMI Invitational - Lexington, Va. - 1st/4
10/19	Michigan Invitational - Ann Arbor, Mich. - 4th/14
11/1	CAA Championships - Williamsburg, Va. - 2nd/9
11/15	NCAA Regionals - Greenville, S.C. - 3rd/29
11/24	NCAA Championships - Greenville, S.C. - Bethany Eigel (87th)

1998

9/12	Lou Onesty Invitational - Charlottesville, Va. - 10th/14
9/19	Cavalier Invitational - Charlottesville, Va. - 5th/5
10/3	Paul Short Invitational - Bethlehem, Pa. - 5th/39
10/17	William & Mary Invitational - Williamsburg, Va. - NTS
10/18	Michigan Inter-Regional Meet - Ann Arbor, Mich. - 9th/15
10/31	CAA Championships - Centreville, Va. - 2nd/9
11/14	NCAA Regionals - Greenville, S.C. - 7th/29

1999

9/11	Lou Onesty Invitational - Charlottesville, Va. - 1st/9
9/26	George Washington Invitational - Centreville, Va. - 2nd/11
10/9	Paul Short Invitational - Bethlehem, Pa. - 2nd/32
10/16	William & Mary Tribe Open - Williamsburg, Va. - NTS
10/17	Wolverine Inter-Regional Meet - Ann Arbor, Mich. - 3rd/12
10/30	CAA Championships - Wilmington, N.C. - 1st/9
11/13	NCAA Regionals - Greenville, S.C. - 4th/29

2000

9/11	Spiked Shoe Invitational - University Park, Pa. - 3rd/24
9/29	George Washington Invitational - Centreville, Va. - 2nd/15
9/30	Iona Meet of Champions - Van Cortlandt Park, N.Y. - 6th/20
10/14	William & Mary Invitational - Williamsburg, Va. - 2nd/8
10/15	Michigan Inter-Regional Meet - Ann Arbor, Mich. - 3rd/4
10/28	CAA Championships - Greenville, N.C. - 1st/6
11/11	NCAA Regionals - Greenville, S.C. - 6th/26
11/18	ECAC Championships - New York, N.Y. - 2nd/10

2001

9/8	Lou Onesty Invitational - Charlottesville, Va. - 4th/5
9/22	William & Mary Invitational - Williamsburg, Va. - 2nd/13
9/29	Roy Griak Invitational - St. Paul, Minn. - 10th/32
9/29	George Washington Invitational - Centreville, Va. - 2nd/19
10/13	Penn State National Invitational - University Park, Pa. - 7th/8
10/27	CAA Championships - Williamsburg, Va. - 1st/9
11/3	Virginia Invitational - Charlottesville, Va. - 4th/4
11/10	NCAA Regionals - Greenville, S.C. - 4th/26
11/17	ECAC Championships - New York, N.Y. - 1st/14
11/19	NCAA Championships - Greenville, S.C. - Mollie DeFrancesco (59th)

2002

9/14	Lou Onesty Invitational - Charlottesville, Va. - 6th/11
9/22	JMU Invitational - New Market, Va. - 1st/7
9/27	Great American Festival - Charlotte, N.C. - 11th/26
9/28	George Washington Invitational - Centreville, Va. - 3rd/6
10/19	Pre-Nationals - Terre Haute, Ind. - 20th/38
10/19	Tribe Invitational - Williamsburg, Va. - 4th/12
11/2	CAA Championships - Centreville, Va. - 1st/8
11/9	Virginia Invitational - Charlottesville, Va. - NTS
11/16	NCAA Regionals - Greenville, N.C. - 9th/28
11/23	ECAC Championships - New York, N.Y. - 5th/9
11/25	NCAA Championships - Terre Haute, Ind. - Mollie DeFrancesco (30th)

2003

9/13	Lou Onesty Invitational - Charlottesville, Va. - NTS
9/20	JMU Invitational - New Market, Va. - 1st/6
9/27	George Washington Invitational - Centreville, Va. - NTS
10/4	Paul Short Invitational - Bethlehem, Pa. - 4th/32
10/18	NCAA Pre-Nationals - Waterloo, Iowa - 21st/33
10/18	Tribe Open - Williamsburg, Va. - 8th/10
11/1	CAA Championships - Hunt Valley, Md. - 2nd/8
11/8	Cavalier Open - Charlottesville, Va. - NTS
11/15	NCAA Regionals - Greenville, N.C. - 11th/26
11/22	ECAC Championships - New York, N.Y. - 5th/8

2004

9/11	Georgetown Great Meadows Invitational - The Plains, Va. - 3rd/3
9/18	JMU Invitational - New Market, Va. - 1st/8
9/25	Minnesota Griak Invitational - Minneapolis, Minn. - 12th/29
10/2	George Mason Invitational - Centreville, Va. - 5th/8
10/16	Penn State National Invitational - University Park, Pa. - 9th/11
10/30	CAA Championships - New Market, Va. - 2nd/7
11/13	NCAA Regionals - Greenville, N.C. - 7th/25
11/20	ECAC Championships - New York, N.Y. - 7th/15
11/22	NCAA Championships - Terre Haute - Shannon Saunders (58th)

2005

9/18	JMU Invitational - New Market, Va. - 1st/5
9/24	Minnesota Griak Invitational - Minneapolis, Minn. - 16th/31
10/1	George Mason Invitational - Centreville, Va. - 6th/9
10/15	Penn State National Invitational - University Park, Pa. - 7th/34
10/29	CAA Championships - Wilmington, N.C. - 2nd/10
11/12	NCAA Regionals - Greenville, N.C. - 8th/17
11/19	ECAC Championships - New York, N.Y. - 8th/12
11/21	NCAA Championships - Terre Haute, Ind. - Shannon Saunders (96th)

2006

9/16	JMU Invitational - New Market, Va. - 3rd/6
9/29	Paul Short Invitational - Bethlehem, Pa. - 11th/35
10/14	Chile Pepper Invitational - Fayetteville, Ark. - 15th/41?
10/14	VMI Invitational - Lexington, Va. - NTS
10/27	CAA Championships - Newark, Del. - 3rd/10
11/4	Cavalier Open - Charlottesville, Va. - NTS
11/11	NCAA Regionals - Louisville, Ky. - 18th/32
11/18	ECAC Championships - New York, N.Y. - 10th/12?
11/20	NCAA Championships - Terre Haute, Ind. - Dena Spickard (107th)

2007

9/15	JMU Invitational - New Market, Va. - 2nd/8
9/28	Paul Short Invitational - Bethlehem, Pa. - 17th/47
10/13	Chile Pepper Invitational - Fayetteville, Ark. - 10th/41
10/13	William & Mary Invitational - Williamsburg, Va. - 2nd/11
10/26	CAA Championships - Hempstead, N.Y. - 2nd/10
11/3	Cavalier Open - Earlsville, Va. - NTS
11/10	NCAA Regionals - Louisville, Ky. - 12th/31
11/17	ECAC Championships - New York, N.Y. - 6th/12

2008

9/13	JMU Invitational - New Market, Va. - 1st/9
9/27	Roy Griak Invitational - Minneapolis, Minn. - 7th/20
10/4	GMU Invitational - Manassas, Va. - 9th/16
10/17	Penn State National - University Park, Pa. - 9th/28
11/1	CAA Championships - Centreville, Va. - 2nd/7
11/7	Cavalier Open - Charlottesville, Va. - NTS
11/15	NCAA Regionals - Winston-Salem, N.C. - 12th/33
11/24	ECAC Championships - Bronx, N.Y. - 4th/11

2010

9/11	JMU Invitational - New Market, Va. - 1st/5
10/1	Paul Short Run - Bethlehem, Pa. - 3rd/41
10/16	Tribe Open - Williamsburg, Va. - NTS
10/16	Pre-National Invitational - Terre Haute, Ind. - 20th/40
10/30	CAA Championships - Wilmington, N.C. - 1st/10
11/5	Cavalier Open - Charlottesville, Va. - NTS
11/13	NCAA Regionals - Louisville, Ky. - 5th/37
11/20	ECAC Championships - New York, N.Y. - 1st/12

2011

9/2	VMI Relays - Lexington, Va. - 1st/6
9/10	JMU Open Invitational - New Market, Va. - 2nd/5
9/30	Notre Dame Invitational - South Bend, Ind. - 14th/28
10/1	George Mason Invitational - Leesburg, Va. - 4th/4
10/14	Wisconsin Adidas Invitational - Madison, Wisc. - 36th/36
10/15	Tribe Open - Williamsburg, Va. - NTS
10/29	CAA Championships - Atlanta, Ga. - 1st/10
11/12	NCAA Regionals - Louisville, Ky. - 8th/35
11/19	ECAC Championships - Bronx, N.Y. - 4th/11

2012

9/1	VMI Invitational - Lexington, Va. - NTS
9/15	JMU Open Invitational - New Market, Va. - 1st/6
9/29	George Mason Invitational - Oatlands, Va. - NTS
9/29	Roy Griak Invitational - Minneapolis, Minn. - 8th/17
10/13	William & Mary Tribe Open - Williamsburg, Va. - 5th/7
10/27	CAA Championships - Williamsburg, Va. - 2nd/9
11/9	NCAA Regionals - Charlotte, N.C. - 6th/37
11/17	ECAC Championships - New York, N.Y. - 1st/11

2013

9/21	Towson Invitational - Towson, Md. - 1st/9
10/5	Paul Short Invitational - Bethlehem, Pa. - Gold Race: 24th/48 - Dual Meet: Def. 24 teams
10/18	Penn State National Invitational - University Park, Pa. - 3rd/10
11/2	CAA Championships - Towson, Md. - 2nd/9
11/15	NCAA Regionals - Charlottesville, Va. - 15th/38
11/23	ECAC Championships - Bronx, N.Y. - 2nd/9

YEAR-BY-YEAR RESULTS

2014

8/29	UVA Duals - Earlysville, Va. - Def. 2/5 opponents - Def. Liberty 22-33, Norfolk State 25-40
9/13	JMU Invitational - New Market, Va. - 2nd/6
9/19	Longwood/Adidas Invitational - Farmville, Va. - 3rd/4
10/4	Paul Short Run - Bethlehem, Pa. - 17th/38
10/18	Pre-National Invitational - Terre Haute, Ind. - 11th/33
11/1	CAA Championships - Boston, Mass. - 3rd/9
11/14	NCAA Regionals - Louisville, Ky. - 11th/38
11/22	ECAC Championships - Bronx, N.Y. - 6th/12

2015

9/2	UVA Duals - Earlysville, Va. - 3rd/4
9/12	JMU Invitational - New Market, Va. - 2nd/4
10/2	Paul Short Run - Bethlehem, Pa. - 35th/35
10/17	Pre-Nationals - Louisville, Ky. - 35th/45
10/31	CAA Championships - Charleston, S.C. - 2nd/9
11/13	NCAA Regionals - Charlottesville, Va. - 9th/33
11/21	ECAC Championships - Bronx, N.Y. - 2nd/17

2016

9/1	UVA Duals - Panorama Farms, Va. - Def. Liberty 15-40, lost UVA 40-18
9/10	JMU Invitational - New Market, Va. - 1st/6
10/1	Paul Short Run - Bethlehem, Pa. - 15th/45
10/15	Pre-Nationals - Terre Haute, Ind. - 35th/42
10/29	CAA Championships - Newark, Del. - 2nd/9
11/11	NCAA Regionals - Charlottesville, Va. - 10th/32
11/19	ECAC Championships - New York, N.Y. - 2nd/17

2017

9/2	UVA Duals - Earlysville, Va. - Def. UVA 25-44, Liberty 15-70, Norfolk State 20-59
9/9	JMU Invitational - New Market, Va. - 1st/4
9/23	Roy Griak Invitational - Minneapolis, Minn. - 9th/18
10/13	Penn State Open - University Park, Pa. - 7th/17
10/28	CAA Championships - Elon, N.C. - 1st/9
11/10	NCAA Regionals - Charlottesville, Va. - 12th/37
11/18	ECAC Championships - New York, N.Y. - 1st/25

2018

9/1	UVA Duals - Earlysville, Va. - Def. Norfolk State 20-35, lost UVA 37-18
9/8	JMU Invitational - New Market, Va. - 1st/7
9/29	Paul Short Invitational - Bethlehem, Pa. - 35th/41
10/12	Penn State Open - University Park, Pa. - 27th/28
10/26	CAA Championships - Farmingdale, N.Y. - 5th/9
11/9	NCAA Regionals - Rock Hill, S.C. - 23rd/33
11/17	ECAC Championships - Bronx, N.Y. - 9th/18

2019

8/30	Bridgewater Invitational - Bridgewater, Va. - 1st/9
9/14	JMU Invitational - New Market, Va. - 3rd/6
9/27	Queen City Invitational - Charlotte, N.C. - 1st/39
10/18	Penn State Open - University Park, Pa. - 13th/16
11/2	CAA Championships - New Market, Va. - 4th/9
11/15	NCAA Regionals - Charlottesville, Va. - 20th/34
11/23	ECAC Championships - Bronx, N.Y. - 4th/18

2020-21

1/29	UNCW Pre-CAA Meet - Wilmington, N.C. - 2nd/4
2/5	Richmond Invitational - Richmond, Va. - 2nd/5
3/5	CAA Championship - Wilmington, N.C. - 3rd/10

2021

9/4	Spider Alumni Open - Richmond, Va. - 3rd/8
9/17	JMU Invitational - New Market, Va. - 4th/8
10/1	Paul Short Run - Bethlehem, Pa. - 18th/38
10/15	Penn State National Open - University Park, Pa. - 7th/16
10/30	CAA Championship - Boston, Mass. - 4th/9
11/12	NCAA Southeast Regional - Louisville, Ky. - 19th/31

2022

9/3	Spider Alumni Open - Richmond, Va. - 4th/15
9/16	Virginia Tech Alumni Invitational - Blacksburg, Va. - 4th/10
9/30	Paul Short Run - Bethlehem, Pa. - 28th/46
10/14	ECAC Championships - The Bronx, N.Y. - 8th/34
10/28	Sun Belt Conference Championship - Foley, Ala. - 3rd/13
11/11	NCAA Southeast Regional - Louisville, Ky. - 19th/31

2023

9/2	Spider Alumni Open - Richmond, Va. - 10th/16
9/23	Virginia Invitational - Earlysville, Va. - 23rd/23
9/29	Joe Piane Notre Dame Invite - South Bend, Ind. - 6th/19
10/14	Upstate Invite - Spartanburg, S.C. - 5th/32
10/28	Sun Belt Conference Championship - Foley, Ala. - 2nd/13
11/3	Hokie Open - Blacksburg, Va. - 2nd/2
11/10	NCAA Southeast Regional - Spartanburg, S.C. - 19th/34

OLYMPIANS

JULI HENNER - CLASS OF 1992



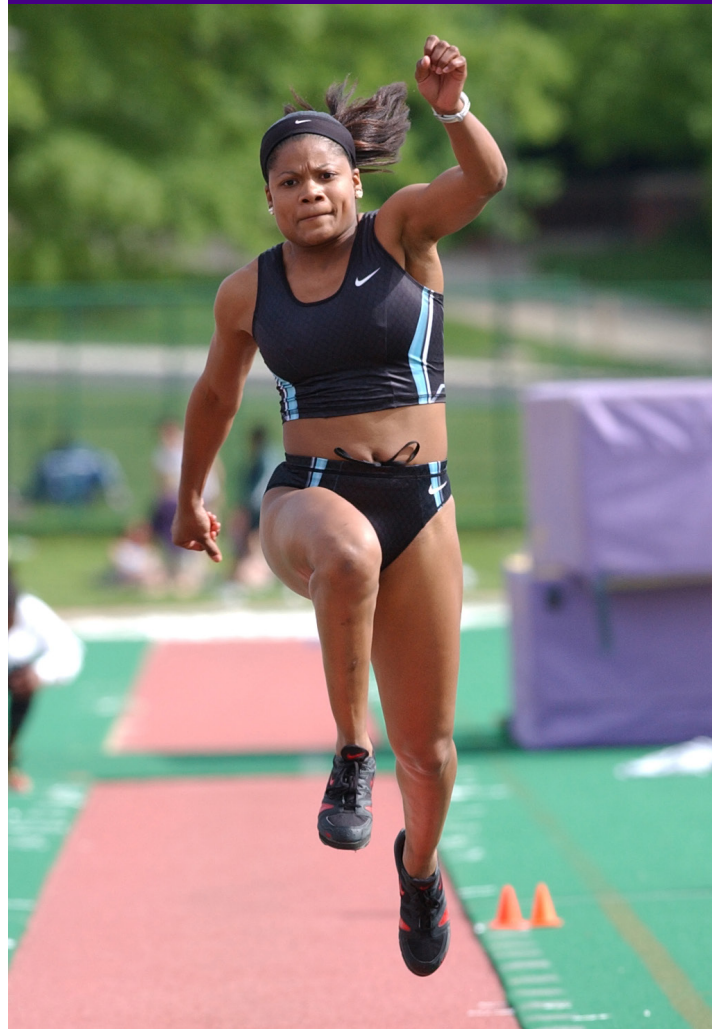
At JMU:

- First female athlete to earn Division I All-American honors in track
- Placed 10th in the NCAA Outdoor Championship 1,500m race in 1992
- Earned All-East honors in the 1,500m (1991, 1992), indoor mile (1991, 1992) and cross country (1992)
- CAA Champion in the 800m (1991) and 1,500m (1991, 1992) races
- 1992 ECAC 1,500m Champion
- 1991 CAA Track & Field Championships Athlete of the Meet
- Three-time All-CAA Cross Country honoree (1990-92)

Post-JMU:

- First JMU U.S. Olympian; 1,500m, Atlanta 1996
- U.S. Olympic Trials 1,500m runner-up in 1996
- Inducted into the JMU Athletics Hall of Fame in 2002
- CAA Silver Anniversary Team Member

TIOMBÉ HURD - CLASS OF 1995



At JMU:

- Only JMU athlete to be named an All-American five times
- Qualified for the NCAA Outdoor Championships three times (1993-95)
- Qualified for the NCAA Indoor Championships twice (1993, 1995)
- Four-time CAA triple jump champion
- Currently holds the indoor and outdoor triple jump school records

Post-JMU:

- U.S. Olympian; Triple Jump, Athens 2004
- At the time, set the American record in the triple jump at 14.45m (47' 5") in 2004
- Earned a bronze medal at the 2001 IAAF World Indoor Championships
- 2004 U.S. Olympic Trials triple jump champion, earned the bronze medal in 2000
- Earned a gold medal (2001) and a silver medal (1999) at the U.S. Outdoor Championships
- Inducted into the JMU Athletics Hall of Fame in 2005
- CAA Silver Anniversary Team member

ALL-AMERICANS

SUZI SHRECKHISE - CLASS OF '83



All-America: 1,500-meter (1982)

- U.S. Olympic Trials (1984)
- U.S. Outdoor Championships (1983)
- AIAW Outdoor National Championships: fifth in 400-meter hurdles (1981); sixth in 400-meter hurdles, 11th in mile relay (1982)
- NCAA National Championships: 10th in indoor 600-meter, 30th in 400-meter hurdles (1983)
- JMU Athletics Hall of Fame: first track & field athlete inducted (2003)
- Current school record in 400-meter hurdles (59.44)

CINDY SLAGLE - CLASS OF '84



All-America: 1,500-meter (1982)

- AIAW Outdoor National Championships: sixth in 1,500-meter, competitor in 3,200-meter relay, qualifier in 3,000-meter (1981, 1982)
- Virginia AIAW champion: 1,500-meter (1981, 1982); 3,200-meter relay (1982)
- JMU Athletics Hall of Fame (2012)

ALL-AMERICANS

TAMARA STEWART - CLASS OF '97



All-America: Distance Medley Relay (1997)

- NCAA Indoor National Championships: eighth in distance medley relay (1997)
- School record in the outdoor distance medley relay (11:18.51)
- Current third-best school 500-meter time
- As a senior, ran on five record-setting relay teams

SAMANTHA BATES - CLASS OF '98



All-America: Distance Medley Relay (1997)

- NCAA Indoor National Championships: eighth in mile, distance medley relay (1997)
- NCAA Outdoor National Championships: 1,500-meter (1997)
- CAA Champion: 800-meter, 1,500-meter (1997)
- CAA Silver Anniversary Team
- Current school records: mile (4:40.50), 1,500-meter (4:17.82) and the outdoor distance medley relay (11:18.51)

ALL-AMERICANS

SARA CARPENTER - CLASS OF '99



All-America: Distance Medley Relay (1997)

- NCAA Indoor National Championships: eighth in distance medley relay (1997)
- All-East: indoor & outdoor 3,200-meter (1996); indoor 800-meter, distance medley relay (1998)

BETHANY EIGEL - CLASS OF '00



All-America: Distance Medley Relay, 5000m (1997); 3000m (1998, 2000)

- Only JMU female runner to be named All-America four times
- NCAA Indoor National Championships: eighth in distance medley relay (1997); eighth in 3,000-meter (1998)
- NCAA Outdoor National Championships: ninth in 5,000-meter (1997); 12th in 3,000-meter (2000)
- CAA cross country Runner of the Year (1996)
- CAA champion: 3,000-meter (1997)
- CAA Silver Anniversary Team
- JMU Athletics Hall of Fame (2009)
- Current school records in the outdoor distance medley relay (11:18.51)

ALL-AMERICANS

MOLLIE DEFRANCESCO - CLASS OF '03



All-America: Distance Medley Relay (1997)

- Only JMU athlete to earn three All-America honors in the same calendar year
- Third-ranked American in 3,000-meter steeplechase (2002)
- NCAA National Championships: fourth in steeplechase, sixth in indoor 5,000-meter, 30th in cross country (2002)
- Mondo/U.S.Track Coaches Association Southeast Region Athlete of the Year (2002)
- CAA cross country Runner of the Year (2001, 2002)
- CAA track & field Athlete of the Year (2002)
- CAA Silver Anniversary Team
- Current school records: 3,000-meter steeplechase (9:56.07), outdoor 3,000-meter (9:24.08) and outdoor 5,000-meter (16:03.97)

ECAC CHAMPIONS

TRACK & FIELD



Jordyn Henderson

1992: Juli Speights (1,500m)
1994: Samantha Bates (Indoor 1,000m)
1998: Tracey Livengood (5,000m)
2002: Mollie DeFrancesco (Indoor 5,000m and 3,000m Steeplechase)
2003: Mollie DeFrancesco (Indoor, 5,000m)
2005: Shannon Saunders (Outdoor 5,000m and 10,000)
2007: Leslie Anderson (400m)
2014: Katie Herman (Mile)
2016: Amber Monroe (Indoor and Outdoor Shotput), Ebony Owusu-Sampah (Indoor Long Jump), Annie Johnson (4x100), Aereale Scott (4x100), Kennedy King (4x100), Meredith Willis (4x100)
2017: Carole Strock (Mile)
2019: Erica Jackson (Indoor 1,000m)
2020: Meredith Willis (Indoor 400m)
2022: Jordyn Henderson (100H)
2023: Skyla Davidson (Indoor Triple Jump)
2024: Kaia Putman (60m), Jordyn Henderson (60H),

CROSS COUNTRY



Carol Strock

1982: Cindy Slagle
1983: Denise Marini
2001: Cindy Dunham
2010: Alison Parris
2011: Katie Harman
2012: Katie Gorman
2015: Carol Strock
2016: Carol Strock

COLONIAL ATHLETIC ASSOCIATION CHAMPIONS*

Track & Field^

1990: Erica Bates (4x400), Cathy Beck (100m & 4x400), Princess Hicks (4x400), Danielle Legendre (HJ), Juli Speights (800m), Davida Walker (100H), Kim Williams (4x400)

1991: Erica Bates (400m & 4x400), Cathy Beck (100m & 200m), Shelby Brown (4x400), Susan Ferrel (Discus), Kim Schlemmer (4x400), Juli Speights (800m & 1,500m), Kim Williams (4x400)

1992: Erica Bates (4x400), Shelby Brown (4x400), Susan Ferrel (Discus), Tiombé Hurd (4x400 & TJ), Patricia Ritter (10,000m), Juli Speights (800m), Davida Walker (100H), Kim Williams (4x400)

1993: Erica Bates (4x400), Jill Baumgartner (4x400), Janai Hill (4x400), Tiombé Hurd (4x400 & TJ)

1994: Jill Baumgartner (800m & 4x400), Tiombé Hurd (4x400 & TJ), Fatima Joyner (4x400), Kiersten Murray (4x400)

1995: Tiombé Hurd (TJ)

1996: Samantha Bates (1,500m), Diana Gillam (3,000m)

1997: Samantha Bates (800m & 1,500m), Bethany Eigel (3,000m)

1998: Zakiya Haley (400m)

2000: Seun Augustus (LJ), Keisha Banks (800m)

2001: Kelly Baker (10,000m), Lynsie Battle (4x400), Mollie DeFrancesco (3,000m Steeplechase), Tiffany Hall (400H & 4x400), Sarah Kirtland (4x400), Maria Thomas (400m & 4x400)

2002: Sarah Burkett (1,500m), Melanie Bryant (4x400), Mollie DeFrancesco (3,000m Steeplechase), Tiffany Hall (400H & 4x400), Maria Thomas (4x400), Waynitra Thomas (800m)

2003: Tiffany Hall (400H)

2004: Nelly Anderson (3,000m Steeplechase), Tiffany Hall (400H)

2005: Nelly Anderson (3,000m Steeplechase), Shannon Saunders (5,000m), Dena Spickard (10,000m)

2006: Leslie Anderson (400m), Nelly Anderson (1,500m & 3,000m Steeplechase), Adrienne Mayo (TJ), Shannon Saunders (10,000m)

2009: Tnique Carter (200m)

2010: Kelly Jemison (3,000m Steeplechase)

2011: Katie Gorman (10,000m), Alison Parris (5,000m)

2012: Katie Harman (1,500m & 5,000m), Danyelle Kent-Robinson (HJ), Marissa McDonald (LJ), Annie Reiner (800m)

2013: Annie Reiner (800m), Erin Lopestri (3,000m Steeplechase)

2015: De'Ana Forbes (100H & 4x100), Annie Johnson (100m & 4x100), Kennedy King (4x100), Areale Scott (4x100)

2016: Amber Monroe (SP & DT), Carol Strock (1,500m), Olivia Viharina (3,000m Steeplechase)

2017: Tyrah Burrow (400m), De'Ana Forbes (100H), Annie Johnson (4x100), Kennedy King (4x100), Areale Scott (4x100), Alexys Scott (4x100)

2018: De'Ana Forbes (100H), Alexys Taylor (100m)

2019: Olivia Viharina (3,000m Steeplechase), Dominique Johnson (DT), Nicole

Serratore (Heptathlon), Jantsen Wilson (TJ)
2021: Skyla Davidson (TJ), Jordan Otto (HJ)

Cross Country

2001: Mollie DeFrancesco
2002: Mollie DeFrancesco
2004: Shannon Saunders
2005: Shannon Saunders
2006: Dena Spickard
2010: Alison Parris
2017: Nora Raheer

JMU 2013 Dukes Selected to CAA Silver Anniversary Team

Keisha Banks
Samantha Bates
Mollie DeFrancesco
Bethany Eigel
Tiombé Hurd
Shannon Saunders
Juli Speights

*Competed in Colonial Athletic Association from...

^CAA Championships took place during outdoor season

SUN BELT CHAMPIONS

MIRANDA STANHOPE (2022)



ALL-CONFERENCE FIRST TEAM

- Became the first Duke in school history to win an individual event title, earning a victory in the indoor 3,000-meter race in 9:35.15
- Stanhope also placed second in the 5,000-meter competition with a time of 16:38.56

ALL-TIME ROSTER

A

Abbott, Evelyn.....	1998	Bischoff, Gina.....	2015, 16, 17, 18
Abbott, Marie.....	1998, 99	Bistay, Tracy.....	1989, 90, 91, 92
Alexander, Adrienne.....	2013, 14	Block, Teren.....	1986, 87
Alexander, Tiana.....	1998	Bodmer, Ally.....	2015, 16
Alford, Olivia.....	2008	Bogdan, Isabella.....	2020, 21, 22, 23
Allen, Katrina.....	1992, 93	Bollinger, Sophie.....	2018, 19, 20, 21, 22
Allison, Jessica.....	1999	Bonner, Danielle.....	1997
Allport, Hannah-Catherine.....	1990	Bonomo, Kari.....	1997, 98
Alston, Mitchelie.....	1990, 91	Bourgeois, Jordan.....	2018, 19, 20
Anderson, Kirsten.....	1987, 88	Bowers, Jenae.....	2020, 21, 22, 23
Anderson, Leslie.....	2006, 07, 08, 09	Brinkerhoff, Jennifer.....	1988, 90
Anderson, Nelly.....	2003, 04, 05, 06	Braxton, Terri.....	1991
Ankoma-Sey, Angela.....	1995, 96, 97	Bready, Shontyá.....	1997, 98, 99, 00
Antes, Jennifer.....	1988, 89	Brendli, Katie.....	2014
Apostolico, Judy.....	1983, 84, 85, 1986	Britland, Joanne.....	2005, 06, 07
Armstrong, Erin.....	1995	Broaddus, Susan.....	1980, 81, 82
Askea, Laurel.....	2001	Brookes, Talia.....	1996
Augustauskas, Susanne.....	1986	Brown, Carol.....	1988
Augustus, Seun.....	1997, 98, 99, 00	Brown, Lillie.....	2014
Autrey, Arnetta.....	1982, 83	Brown, Shelby.....	1990, 91, 92, 93

B

Babashak, Erin.....	2020, 21, 22, 23	Bryan, Jackie.....	2001, 02, 03
Baker, Kelly.....	2001, 02, 03, 04, 05	Bryant, Melanie.....	2001, 02, 03, 04
Baier, Beth.....	1983	Buff, Jen.....	2003, 04, 05
Baltimore, Karen.....	1981, 82	Bugay, Sabrina.....	1988, 89, 90, 91
Banks, Caroline.....	2000, 01, 02	Buntrock, LeAnn.....	1980, 81, 82
Banks, Keisha.....	1998, 99, 00, 01	Burawski, Lauren.....	2000, 01, 02
Barnes, Megan.....	2010, 11, 12	Burkhart, Jen.....	2003, 04, 05, 06
Bates, Erica.....	1990, 991, 2, 93	Burke, Laurie.....	1999, 00, 01, 02
Bates, Samantha.....	1994, 95, 96, 97, 98	Burkett, Sarah.....	1998, 99, 00, 01, 02
Battle, Lysie.....	2001, 02, 03, 04	Burner, Kyra.....	2007
Baughan, Vicki.....	1988	Burrow, Tyrah.....	2015, 16, 17, 18
Baumgartner, Jill.....	1993, 94	Butler, Elaine.....	1986
Beardmore, Michelle.....	2005, 06, 07, 08	Butler, Sierra.....	2018, 19, 20, 21
Beaver, Meredith.....	2019, 20, 21, 22	Butts, Laurie.....	1996
Beaver, Paris.....	2020, 21, 22, 23		
Beck, Cathy.....	1988, 89, 90, 91	C	
Bell, Charlie.....	2015, 16, 17, 18	Callan, Jenna.....	2023
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