

RUTGERS
THE STATE
TRACK & FIELD
TEAM OF
NEW JERSEY

ALL-TIME INDOOR RECORDS

55m	6.96	Shameka Marshall	Penn State Open	State College, Pa.	1/21/06
		Andrea Conaway	ECAC Championships	New Haven, Conn.	3/6/88
60yds	6.88	Hazel Lucas	National Invitational	Columbia, Mo.	3/17-18/78
60m	7.34	Gabrielle Farquharson	Big Ten Championships	Geneva, Ohio	2/27/16
60yds HH	7.80	Debra Deutsch \$	National Invitational	Columbia Mo.	3/2-3/79
55m HH	7.68	Shameka Marshall	Penn State Open	State College, Pa.	1/21/06
60m HH	8.19	Shameka Marshall *	ECAC Championships	Boston, Mass.	3/6/05
200m	23.32	Gabrielle Farquharson !	Big Ten Championships	Geneva, Ohio	2/27/15
300yds	35.34	Lori McCauley	Princeton Relays	Princeton , N.J.	2/1/83
300m	39.25	Bria Saunders	Beantown Challenge	Boston Mass	1/14/17
440yds	53.29	Lori McCauley	EIAIW	Boston, Mass.	3/5/83
		(World Record)			
400m	52.99	Lori McCauley *	ECAC Championships	Boston, Mass.	3/5/83
500m	1:12.43	LaToshia Bost	BIG EAST Championships	Bronx, N.Y.	2/21/10
600yds	1:21.76	Lori McCauley	NCAA Championships	Pontiac, Mich.	3/11-12/83
600m	1:29:53	Denise Peynado	AIW Championships	Columbia Mo.	3/7/80
800m	2:07.07	Jennifer Heggie	NCAA Championships	Indianapolis, Ind.	3/12/94
1000yds	2:35.50	Laurie Feit	ECAC Championship (Trials)	New Haven, Conn.	3/7/87
1000m	2:51.89	Ashley Deckert	Valentine's Invitational	Boston, Mass.	2/10/12
1500m	4:22.5	Desiree Scott	EIAIW	New Haven, Conn.	3/23/84
Mile	4:45.4	Desiree Scott	New England TAC	Boston, Mass.	1/84
3000m	9:17.15	Julie Culley	Metropolitan Championships	Bronx, N.Y.	2/1/03
2 Mile	10:11.0	Desiree Scott	Princeton Relays	Princeton, N.J.	2/2/85
3 Mile	16:06.9	Desiree Scott	Lafayette University	Easton, Pa.	1/6/85
5000m	16:24.25	Alicia Giuliano	Terrier Classic	Boston, Mass.	1/29/93
880 yd Relay	1:41.59	Lori McCauley	EIAIW	Boston, Mass.	3/1-2/80
			Debra Deutsch		
			Judy Davis		
			Terry Dembek		

ALL-TIME INDOOR RECORDS

R

4x200m Relay	1:37.21	Ekene Ugboaja	New Balance Invitational	Bronx N.Y.	2/8/14
		Tylia Gillon			
		Corryn Hurrington			
		Asha Ruth			
4x400m Relay	3:36.64	Gabrielle Farquharson 55.18	ECAC Championships Boston Mass.	3/3/2013	
		Ekene Ugboaja 53.50			
		Tylia Gillon 53.75			
		Asha Ruth 53.83			
4x800m Relay	8:54.03	Cheryl Coleman 2:13.84	EAIWA	Boston, Mass.	3/5/83
		Kathleen Ezell 2:15.12			
		Desiree Scott 2:16.13			
		Kathleen Tisdale 2:10.15			
Distance Medley Relay	11:37.65	Julie Culley 3:27.1	ECAC Championships	Boston, Mass.	3/9/03
		Sherry White 58.3			
		Erin Johnson 2:10.4			
		Belmax DeJesus 5:01.4			
Long Jump	21'10 1/4" (6.66m)	Shameka Marshall	NCAA Championships	Fayetteville, Ark.	3/10/06
Triple Jump	41' 3 1/4" (12.58m)	Nwamaka Okobi	New Balance Invitational	Bronx, N.Y.	2/4/12
High Jump	5' 10 3/4" (1.80m)	Rhonda Rogombe	Rutgers Invitational	Piscataway, N.J.	1/9/16
Pole Vault	12' (3.66m)	Laura Chmielewski	Northeastern Invitational	Boston, Mass.	1/25/02
Shot Put	50' 3/4" (15.26m)	Sylvia Galarza #	Metropolitan Championship	Bronx, N.Y.	2/1/08
20 lb Wt.	62' 3" (18.97m)	Celeste Battle *	ECAC Championship	Boston, Mass.	3/8/98
Pentathlon	3744 pt	Anne Bansemer	ECAC Championships	New Haven, Conn.	3/4/89

\$ = National Champion / * = ECAC Champion / # = Metropolitan Champion / & = Penn Relays Champion /
 ^ = Big East Champion / ! = Big Ten Champion

55m	6.96	Shameka Marshall	Penn State Open	State College, Pa.	1/21/06
100m	11.32	Gabrielle Farquharson	Big Ten Championships	Lincoln, Neb.	5/14/16
200m	23.07	Gabrielle Farquharson	Big Ten Championship	Lincoln, Neb.	5/15/16
400m	52.79	Lori McCauley	EIAIW	Washington, D.C.	5/15/83
800m	2:06.59	Dominique Sanon	NCAA Regional	Greensboro, N.C.	5/26/06
1500m	4:19.19	Jennifer Heggie	NCAA Championships	Boise, Idaho	6/4/94
400m H	55.69	Lori McCauley	National Sports Festival	Colorado Springs, Col.	7/82
		(American Record)			
3000m	9:13.4	Desiree Scott &	Penn Relays	Philadelphia, Pa.	4/22/87
3000m Steeple	11:02.03	Lou Mialhe	Big Ten Championships	Iowa City, Iowa	5/11/19
5000m	16:29.84	Julie Culley	ECAC - Princeton	Princeton, N.J.	5/17/02
10,000m	34:27.56	Nancy Seeger	Rutgers Relays	Piscataway, N.J.	4/18/80
100m HH	13.30	Shameka Marshall	NCAA Regionals	Randalls Island, N.Y.	5/28/05
4x100m Relay	44.46	Chamique Francis	Big Ten Championships	Lincoln, Neb.	5/14/16
		Gabrielle Farquharson			
		Pyllis Gordon			
		Bria Saunders			
4x200m Relay	1:32.66	Ekene Ugboaja	Penn Relays	Philadelphia, Pa.	4/27/13
(Third Fastest in the Nation)		Gabrielle Farquharson			
		Tylia Gillon			
		Asha Ruth			
4x400m Relay	3:34.61	Ekene Ugboaja	Penn Relays	Philadelphia, Pa.	4/26/14
		Tylia Gillon			
		Gabrielle Farquharson			
		Asha Ruth			
4x800m Relay	8:46.68	Lori McCauley - 2:08.8	AIAW	College Station, Tex.	5/27-29/82
		Kathleen Tisdale - 2:14.1			
		Cheryl Coleman - 2:13.1			
		Terry Dembek - 2:10.4			
Distance Medley					
Relay	11:42.13	Alisa Budd - 3:39.8	Penn Relays	Philadelphia, Pa.	4/27/06
		Natasha Norville - 55.2			
		Dominique Sanon - 2:07.8			
		Cheyenne Ogletree - 4:58.9			

ALL-TIME OUTDOOR RECORDS

R

Sprint Medley

Relay	3:48.63	Iyanla Kollock	Penn Relays	Philadelphia, Pa.	4/27/19
		Ajae Alvarez-Tyler			
		Reanda Richards			
		Jenna Sobieski			

Long Jump	21' 6 3/4" (6.57m)	Shameka Marshall *	ECAC Championships	Princeton, N.J.	5/14/05
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Triple Jump	41' 3" (12.57m)	Kahimah Liverman	Metropolitan Championships	Piscataway, N.J.	4/21/07
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High Jump	5' 10 1/2" (1.79m)	Kimberly Fife	Colonial Relays	Williamsburg, Va.	4/2/99
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Pole Vault	11' 5 3/4"	Karen Langner	BIG EAST Championship	Storrs, Conn.	5/6/06
		Marsha Day	BIG EAST Championship	Piscataway, N.J.	5/5/01

Shot Put	49' 7" (15.12m)	Kiara Adams	Lou Onesty Invitational	Charlottesville, Va.	4/14/01
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Discus	167' 7" (51.09m)	Cylerli Ash ^	BIG EAST Championships	Storrs, Conn.	5/6/06
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Javelin	166' 7" (50.77m)	Lisa Kohut	NCAA Championships	Austin Texas	6/4/92
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Javelin	162' 4" (49.48m)	Jenny Graf	Raleigh Relays	Raleigh, N.C.	3/31/01
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4K Hammer	185' 8" (56.59m)	Melissa Houston	Junior Nationals	Denton, Texas	6/19/99
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Heptathlon	5211 pts	Anne Bansemir	GMU Last Chance	Fairfax, Va.	5/25-26/89
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55m Dash

Shameka Marshall	6.96
Andrea Conway	6.96
Neretta Freeman	7.05
Robin Luster	7.17
Jamie Walker	7.19

60m Dash

Gabrielle Farquharson	7.34
Shameka Marshall	7.41
Oniesha Clarke	7.43
Tylia Gillon	7.47
Bria Saunder	7.53
Michelle Gomes	7.56
Jamie Walker	7.59

200m

Gabrielle Farquharson	23.32
Bria Saunders	23.86
Asha Ruth	23.98
Michelle Gomes	24.08
Oniesha Clarke	24.19
Jacqueline Todd	24.24
Tylia Gillon	24.36

300m

Bria Saunders	39.25
Asha Ruth	39.50
Jacqueline Todd	39.75
Tylia Gillon	40.39
Gabrielle Farquharson	40.41
Michelle Gomes	40.51

400m

Lori McCauley	52.99
Asha Ruth	53.75
Ekene Ugboaja	54.42
Jacqueline Todd	55.01
Phyllis Gordon	54.64

500m

Latoshia Bost	1:12.43
Reanda Richards	1:12.60
Asha Ruth	1:12.54
Natasha Norville	1:12.96
Dominique Sanon	1:13.35
Lori McCauley	1:13.53
Danai Lendor	1:13.77

800m

Jennifer Heggie	2:07.07
Jenna Sobieski	2:07.73
Amonica Phipps	2:08.35
Lori McCauley	2:08.37
Kathleen Tisdale	2:08.7h
Sarah Robbie	2:09.76
Justina Doyle	2:09.86

1500m/Mile*

Desiree Scott	4:22.4h
Jennifer Heggie	4:34.69
Julie Culley	4:46.34 *
Cheyenne Ogletree	4:50.48
Ashley Deckert	4:53.32
Kelly Flannigan	4:54.83 *

3000m

Julie Culley	9:17.15
Desiree Scott	9:22.30
Alicia Guiliano	9:37.35
Paige Senatore	9:40.98
Olympia Martin	9:44.23
Cheyenne Ogletree	9:48.96
Alison Caruana	9:54.45

5000m/3 Mile*

Alicia Guiliano	16:24.25
Nancy Seeger	16:140h*
Olympia Martin	16:49.19
Desiree Scott	16:53.66
Alison Caruana	17:01.59
Jill Duthie	17:01.9h

55 HH

Shameka Marshall	7.68
Debra Deutsch	7.80
Julie Smithers	7.84
Tishona Watson	7.87
Tosca Blandford	7.97

60 HH

Shameka Marshall	8.19
Debra Deutsch	8.48
Kaprice James	8.68
Julie Smithers	8.69
Patty Knighton	8.72
Bryanna Johnson	8.72

Pentathlon

Anne Bansemir	3744 pts
Debra Deutsch	3698 pts
Angela Messerschmidt	3439 pts
Oksana Sokolova	3391 pts
Kristen Bradley	3369 pts
Danielle Hobson	3360 pts
Viveca McDonald-Ortiz	3331 pts

High Jump

Rhonda Rogombe	5' 10 ¾"
Kimberly Fife	5' 10"
Denise Durham	5' 9 ¾"
Karen Frederick	5' 9 ½"
Kristi White	5' 9 ¼"

Long Jump

Shameka Marshall	21' 10 ¼"
Gabrielle Farquharson	20' 10 ¼"
Asha Ruth	20' 3 ¾"
Adrienne Williams	19' 10 ¼"
Nwamaka Okobi	19' 9 ¾"
Patty Knighton	19' 6 ½"

Triple Jump

Nwamaka Okobi	41' 3 ¼"
Pamela Birchett	40' 8 ¾"
Bryanna Grant	40' 6¾"
Kahimah Liverman	40' 5"
Kathleen Garrigan	39' 6 ¾"

Pole Vault

Laura Chmielewski	12'
Karen Langner	11' 9 ¾"
Marsha Day	11' 5 ¾"
Sonya Schement	11' 3 ¾"
Colleen McDowell	10' 10"
Kate McFarlane	10' 8"

20 LB Weight

Celeste Battle	62'3
Cylerli Ash	58'10 ¼"
Melissa Houston	56'9"
Claire Inskeep	53'2 ¾"
Brooke Spears	52'11 ½"

Shot Put (Indoor & Outdoor)

Sylvia Galarza	50' ¾"
Kiara Adams	49' 7 ¼"
Cylerli Ash	48' 6 ¼"
Sarah Beth Cullen	48' 4"
Natalie Clickett	48' 4"

ALL-TIME TOP OUTDOOR PERFORMANCES

R

100m

Gabrielle Farquharson	11.32
Asha Ruth	11.54
Oniesha Clarke	11.59
Tylia Gillon	11.60
Michelle Gomes	11.62
Andrea Conway	11.71
Jacqueline Todd	11.75

Wind-Aided Times

Tylia Gillon	11.48 wi.
Jamie Walker	11.55 wi.

200m

Gabrielle Farquharson	23.07
Bria Saunders	23.36
Michelle Gomes	23.70
Asha Ruth	23.79
Tylia Gillon	23.90
Andrea Conway	23.95

400m

Lori McCauley	52.79
Gabrielle Farquharson	53.20
Asha Ruth	53.58
Ekene Ugboaja	53.86
Phyllis Gordon	54.31
Denise Peynado	54.85

800m

Dominique Sanon	2:06.59
Amonica Phipps	2:07.46
Jennifer Heggie	2:07.46
Sarah Robbie	2:08.36
Krista Dunbar	2:08.98
Elizabeth Graham	2:09.85

1500m

Jennifer Heggie	4:19.19
Desiree Scott	4:20.60
Ashley Deckert	4:27.90
Cheyenne Ogletree	4:28.64
Justina Doyle	4:29.21
Paige Senatore	4:30.58
Kelly Flannigan	4:31.55
Pippa Holman	4:32.2h

3000m

Desiree Scott	9:13.4h
Julie Culley	9:37.41
Pippa Holman	9:38.7h
Paula Chakos	9:48.0h
Cheryl Keating	9:54.83

3000m Steeplechase

Lou Mialhe	11:02.03
Danielle Patoir	11:18.74
Sarah Peterson	11:23.23
Kathryn Tappen	11:24.07
Jamie Kerstetter	11:24.77
Lindsay Bertulis	11:26.50

5000m/3 Mile*

Julie Culley	16:29.84
Desiree Scott	16:30.86
Paige Senatore	16:57.35
Jill Duthie	16:58.8h
Nancy Seeger	17:03.0h
Colleen Sunderland	17:12.71

10,000m

Nancy Seeger	34:27.56
Alicia Guiliano	35:07.99
Olympia Martin	35:27.01
Alison Caruana	35:54.92
Allyson Black	36:06.69
Colleen Sunderland	36:38.01

100 HH

Shameka Marshall	13.30
Debra Deutsch	13.68
Tishona Watson	13.90
Tosca Blandford	13.94
Julie Smithers	13.8h

400 IH

Lori McCauley	55.69
Reanda Richards	56.31
Danielle Hobson	58.28
Courtney Sample	60.95
Lidia Dickinson	61.17
Jillian Grant	61.28
Anne Bansemir	61.33
Debra Deutsch	61.4h

Heptathlon

Anne Bansemir	5211 pts
Debra Deutsch	4971 pts
Angela Messerschmidt	4691 pts
Lisa Foley	4638 pts
Kristen Bradley	4552 pts

High Jump

Kimberly Fife	5' 10 1/2"
Rhonda Rogombe	5' 10"
Denise Durham	5' 10"
Michelle Gorden	5' 10"
Regina Harding	5' 9 3/4"
Rhonda Rogombe	5' 8 3/4"
Kerry Ann Mitchell	5' 8 1/2"
Courtney Matlock	5' 8 1/2"

Long Jump

Shameka Marshall	21' 6 3/4"
Gabrielle Farquharson	21' 5 1/2"
Asha Ruth	21' 1/2"
Ekene Ugboaja	20' 1/4
Patty Knighton	19' 9 3/4"

Triple Jump

Kahimah Liverman	41' 3"
Nwamaka Okobi	41' 1/4"
Bryanna Grant	40' 5.5"
Pamela Birchett	40' 2 1/4"
Kathleen Garrigan	39' 11 1/4"

Pole Vault

Sonya Schement	11' 5 3/4"
Karen Langner	11' 5 3/4"
Marsha Day	11' 5 3/4"
Kate McFarlane	11' 1/4"
Colleen McDowell	10' 11 3/4"
Laura Chmielewski	10' 11 3/4"

Javelin

Lisa Kohut	166' 7"
Jen Graf	162' 4"
Jen Austin	161' 7"
Katherine Johnston	161' 1"
Kathryn Campbell	160' 7"
Brooke Spears	160' 1"
Elaina Mezzasalma	158' 4"

Discus

Cyrcerli Ash	167' 7"
Gina Lomonaca	165' 11"
Natalie Clickett	165' 9"
Tammy Pellein	161' 10"
Sylvia Galarza	157' 3"

Hammer

Melissa Houston	185' 8"
Celeste Battle	175' 9"
Claire Inskeep	174' 2"
Jeane Curnoles	172' 3"
Sylvia Galarza	165' 6"

Shot Put (Indoor & Outdoor)

Sylvia Galarza	50' 3/4"
Kiara Adams	49' 7 1/4"
Cyrcerli Ash	48' 6 1/4"
Sarah Beth Cullen	48' 4"
Natalie Clickett	48' 4"

1978**INDOOR:**

Debra Deutsch	60ydH	National Champion *
Julie Smithers	60 ydH	2nd*
Hazel Lucas	60 yd Dash	4th *
Cynthia Wuss	800 yds	3rd*

OUTDOORS:

Debra Deutsch	100 mH	11th
Julie Smithers	100 mH	13th
Donna O'Carrol	Javelin	3rd
	4x800 Relay	

1979**INDOOR:**

Debra Deutsch	60ydH	National Champion *
Julie Smithers	60ydH	3rd*
Pippa Holman	3Mile Run	7th *
Hazel Lucas	60 yd Dash	5th*

OUTDOOR:

Nancy Seeger	10,000m	18th
Debra Deutsch	100mH	
Julie Smithers	100mH	
Pippa Holman	5000m	18th

1980**INDOOR:**

Debra Deutsch	60mH	4th *
Julie Smithers	60mH	6th *
Patricia Knighton	60 mH	
Denise Peynado	600 m	
	Steeplechase*	
	4x200 Relay	
	4x800 Relay	

OUTDOOR:

Nancy Seeger	10,000m	17th
	4x400 Relay	
Debra Deutsch	100mH	6th*
Patricia Knighton	Long Jump	12th
	4x400 Relay,	
Denise Peynado	400 m	

1981**INDOORS:**

Debra Deutsch	60mH	
	4x400 Relay	
Nancy Seeger	5000m	8th *

OUTDOOR:

Julie Smithers	100mH	
Debra Deutsch	100mH	
Nancy Seeger	10,000m	
Lori McCauley	400m	
Pippa Holman	3000m	

1982**INDOORS:**

Lori McCauley	440yds	National Champion *
Mile Relay		5th *

OUTDOOR:

Lori McCauley	400m	6th
	4x200 Relay	4th
	4x800 Relay	4th

1983**INDOOR:**

Tosca Blandford	60ydH	
Lori McCauley	600yds	2nd *
	4x400 Relay	

OUTDOOR:

Lori McCauley	400IH	4th *
	4x800 Relay	

1984**INDOOR:**

Desiree Scott	1,500m	
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OUTDOOR:

Desiree Scott	1,500m	
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1985**INDOOR:**

Desiree Scott	1,500m	
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1987**INDOOR:**

Desiree Scott	3,000m	
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OUTDOOR:

Desiree Scott	3,000m	
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1992**OUTDOOR:**

Lisa Kohut	Javelin	5th *
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1993**INDOOR:**

Tishona Watson	55mH	
Alicia Giuliano	5,000m	

1994**INDOOR:**

Jennifer Heggie	800m*	
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OUTDOOR:

Jennifer Heggie	1,500m	3rd
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1996**INDOORS:**

Brooke Speers	Javelin	
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1998**INDOORS:**

Celeste Battle	20 lb. wt.	9th *
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2000**CROSS COUNTRY:**

Julie Culley		
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2001**OUTDOOR:**

Jen Graf	Javelin	
Jen Austin	Javelin	

2002**CROSS COUNTRY:**

Julie Culley		
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2003**INDOOR:**

Julie Culley	3,000 m	12th
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OUTDOOR:

Shameka Marshall	Long Jump	19th
Jen Austin	Javelin	23rd
Danielle Hobson	400 mH	15th

2004**OUTDOOR::**

Shameka Marshall	Long Jump	13th
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2005**INDOOR:**

Shameka Marshall	Long Jump	4th *
Shameka Marshall	60m H	14th

OUTDOOR:

Shameka Marshall	Long Jump	14th
Shameka Marshall	100mH	22nd
Amonica Phipps	800m	23rd

2006**INDOOR: :**

Shameka Marshall	Long Jump	2nd*
Shameka Marshall	60mH	13th

OUTDOOR:

Dominique Sanon	800m	27th
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2007**CROSS COUNTRY:**

Cheyenne Ogletree		
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2012**OUTDOOR:**

Asha Ruth	Long Jump	16th *
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2013**OUTDOOR:**

Asha Ruth	Long Jump	19th *
4x100m Relay	Gabrielle Farquharson	14th *
	Asha Ruth	
	Corryn Hurrington	
	Tylia Gillon	
4x400m Relay	Gabrielle Farquharson	18th *
	Tylia Gillon	
	Ekene Ugboaja	
	Asha Ruth	

2015**INDOOR:**

Gabrielle Farquharson	Long Jump	16th *
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2016**INDOOR:**

Gabrielle Farquharson	200m	14th *
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OUTDOOR:

Gabrielle Farquharson	100m	13th *
	200m	10th *
	Long Jump	7th *

2019**OUTDOOR:**

Reanda Richards	400mH	4th *
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* Denotes NCAA-AIAW All-American

2019 - Big Ten

Outdoor

(Francis X. Cretzmeyer Track, Iowa City, Iowa)

400mH Reanda Richards 57.68

2016 - Big Ten

Outdoor

(Ed Weir Stadium, Lincoln, Nebraska)

100m Gabrielle Farquharson 11.43

Indoor

(Spire Institute, Akron, Ohio)

200m Gabrielle Farquharson 23.32

2015 - Big Ten

Indoor

(Spire Institute, Akron, Ohio)

200m Gabrielle Farquharson 23.50

2014 - American Athletic Conference

Indoor

(New Balance Track & Field Center - Bronx, N.Y.)

Long Jump Asha Ruth 20' 3.75"

Outdoor

(USF Track Stadium - Tampa, Fla.)

Long Jump Gabrielle Farquharson 20' 3.5"

2013 - BIG EAST

Outdoor

(Bauer Track & Field Complex - Piscataway, N.J.)

Long Jump Asha Ruth 20' 1.75"

2012 - BIG EAST

Outdoor

(USF Track Stadium - Tampa, Fla.)

Long Jump Asha Ruth 21' 0.5"

2007 - BIG EAST

Indoor

(Athletic Field House, Akron, Ohio)

Shot Put Sylvia Galarza 49' 4 1/4"

Outdoor

(George J. Sherman - Family Sports Complex, Storrs, Conn.)

Discus Natalie Clickett 165' 9"

2006 - BIG EAST

Indoor

(Athletic Field House, Akron, Ohio)

60m Hurdles Shameka Marshall 8.25 *

* facility record

Long Jump Shameka Marshall 20' 9 1/4"

Outdoor

(George J. Sherman - Family Sports Complex, Storrs, Conn.)

Discus Cyrcerli Ash 167' 7"

2005 - BIG EAST

Indoor

(Carrier Dome, Syracuse, N.Y.)

Long Jump Shameka Marshall (20' 5 3/4")

Outdoor

(Bauer Track & Field Complex - Piscataway, N.J.)

100m Hurdles Shameka Marshall 13.64

4x100 Relay Shameka Marshall 46.19

Jacqueline Tood

Ariel Brockman,

Coryn Gomez

2004 - BIG EAST

Outdoor

(Bauer Track & Field Complex - Piscataway, N.J.)

100m Hurdles Shameka Marshall 13.78

Javelin Jen Austin 153' 4"

2001 - BIG EAST

Indoor

(Carrier Dome, Syracuse, N.Y.)

High Jump Kim Fife 1.78m (5' 10")

1995 - Atlantic 10

Indoor

University of Rhode Island - Kingston, R.I.

High Jump Denise Durham 5' 6"

1993 - Atlantic 10

Indoor

University of Rhode Island - Kingston, R.I.

5000m Alicia Guiliano 17:10.97

55m Hurdles Tishona Watson 8.06

1976 440 yards Vanessa Hughley
 4x400m Relay Cynthia Wuss
 Kaufman
 Debra Eichler
 Vanessa Hughley

1978 50 yd H Julie Smithers
 100m H Debra Deutsch

1979 Debra Deutsch 60 yd H

1980 60 yd H Debra Deutsch
 Javelin Patricia Hurley
 4x400m Relay Terry Dembek
 Sandra Ugi
 Lori McCauley
 Denise Peynado

1981 60 yd H Pat Knighton
 100m H Julie Smithers

1982 Two-Mile
 Relay Sandra Guidotti
 Lori McCauley
 Andrea Patterson
 Kathy Tisdale
 4x400m Relay Terry Dembek
 Kathy Tisdale
 Lori McCauley
 Andrea Patterson

1983 400m Lori McCauley
 Mile Relay Lori McCauley

1984 1500m Desiree Scott
 (District 2 Champion)

1985 Javelin Elizabeth Pellerin

1986 55m H Tosca Blandford

1987 5000m Jill Duthie
 5000m Desiree Scott

1989 100m Andrea Conway
 200m Andrew Conway
 Heptathlon Anne Bansemir

1991 55m Neretta Freeman

1992 Javelin Lisa Kohut

1993 10,000m Alicia Giuliano

1996 High Jump Denise Durham -

1998 20 lb wt. Celeste Battle

2004 Long Jump Shameka Marshall

2005 Long Jump Shameka Marshall
 60m Shameka Marshall
 100m HH Shameka Marshall

2006 Long Jump Shameka Marshall
 800m Dominique Sanon

2012 60m Tylia Gillon

2017 Triple Jump Bryanna Grant

2019 60m Oniesha Clarke
 High Jump Rhonda Rogombe

1985

OUTDOOR:

Erna DeWaart (400 IH); Laura Hescock (Discus); Pamela O'Garro (Long Jump); Elizabeth Pellerin (Javelin); Desiree Scott (1500m)

1986

INDOORS:

Kelly Barrett (High Jump); Tosca Blandford (55mH); Mari Parks, Eileen Hartman, Kim Haris, Tracey Piper (4x400 Relay); Laura Wronski, Natalie Dixon, Jill Duthie, Eileen Hartman (Distance Medley Relay)

OUTDOOR:

Tosca Blandford (100mH); Paula Chakos (3000m); Sharon O'Leary (Javelin); Laura Wronski (800m)

1987

INDOOR:

Jill Duthie (5000m); Laurie Feit (1,000m); Pamela O'Garro (Triple Jump); Desiree Scott (1,500m); Laurie Feit, Laura Wronski, Desiree Scott, Ellen Splaine (4x800 Relay)

OUTDOOR:

Jill Duthie (3,000m); Caroline Lisiewski (Javelin); Desiree Scott (1,500m)

1988

INDOOR:

Andrea Conway (400m); Regina Harding (High Jump)

OUTDOOR:

Anne Bansemir (Heptathlon, 400 IH); Kelly Barrett (High Jump); Andrea Conway (400m); Alanna Poirier (100mH);

1989

INDOOR:

Anne Bansemir- Pentathlon; Kelly Barrett- High Jump; Pamela Birchett- Triple Jump; Anne Bansemir, Dawn Borschel, Debby McComiskey, Beth Star (4x800); Justina Doyle, Courtney Matlock, Dawn Edel, Joan Harriman (Distance Medley Relay)

OUTDOOR:

Anne Bansemir (400 IH); Kelly Barrett (High Jump); Andrea Conway (200m); Caroline Lisiewski (Javelin); Mercedes Zak (10,000m); Pamela Birchett, Neretta Freeman, Rhonda Jackson, Andrea Conway (4x100m Relay); Dawn Edel, Beth Star, Ellen Splaine, Joan Harriman (Distance Medley Relay)

1990

INDOOR:

Anne Bansemi (Pentathlon); Pamela Birchett (Triple Jump); Andrea Conway (400m); Regina Harding (High Jump)

OUTDOOR:

Pamela Birchett (Triple Jump); Neretta Freeman (100m, 200m); Courtney Matlock (High Jump)

1991

INDOOR: Justina Doyle (800m); Denise Ihrig, Jocelyn Doyle, Justina Doyle, Kristin Jarman (Distance Medley Relay)

OUTDOOR:

Pamela Birchett (Triple Jump); Lisa Kohut (Javelin)

1992

INDOOR:

Kathleen Garrigan (Triple Jump)

OUTDOOR:

Lisa Kohut (Javelin); Jennifer Stachula (10,000m)

1993

CROSS COUNTRY:

Jennifer Heggie

INDOOR:

Alicia Giuliano (3000m)

OUTDOOR:

Jennifer Heggie (800m); Mercedes Zak (10,000m)

1994

CROSS COUNTRY:

Cheryl Keating

INDOOR:

Denise Durham (High Jump)

OUTDOOR:

Jennifer Heggie (800m); Robin Luster (100m); Elaina Primerano (Javelin); Tishona Watson (100mH)

1995

INDOOR:

Kristi White (High Jump)

OUTDOOR:

Teresa Dickinson (400 IH); Denise Durham (High Jump); Carol Yoon (5,000m) Cheryl Keating (1,500m); Brooke Spears (Javelin); Janis Lemke, Arkessa Hughley, Monique Nicholas, Valerie Baugman (Distance Medley Relay)

1996

CROSS COUNTRY:

Colleen Sunderland

INDOOR:

Miranda Moleski (Pentathlon); Kristi White (High Jump)

OUTDOOR:

Miranda Moleski (Heptathlon); Brooke Spears (Javelin); Kristi White (High Jump); Lina Aguirre (10,000m); Gina Lo Monaco (Discus)

1997

CROSS COUNTRY:

Colleen Sunderland

INDOOR:

Colleen Sunderland (3000m) Carol Yoon (5,000m)

OUTDOOR:

Alana Constantino (Javelin); Arkessa Hughley (800m); Colleen Sunderland (3,000m); Carol Yoon (5,000m)

1998

CROSS COUNTRY:

Colleen Sunderland

INDOOR:

Brooke Carney (5,000m); Celeste Battle (20 lb wt.)

OUTDOOR:

Miranda Moleski (Heptathlon); Brooke Spears (Javelin); Amy Stein (10,000m)

1999

INDOOR:

Kate Macfarlane (Pole Vault); Colleen Sunderland (5,000m); Jamillah Jabbar (Pentathlon)

OUTDOOR:

Melinda Churchville (800m); Jen Graf (Javelin)

2000

CROSS COUNTRY:

Julie Culley

OUTDOOR:

Julie Culley (1500m, 3000m); Jen Graf (Javelin); Elizabeth Graham (800m); Tamara Pellien (Discus); Ayana Seibles (High Jump)

2001**INDOOR:**

Julie Culley (Mile, 3000m); Kimberly Fife (High Jump)

OUTDOOR:

Kiara Adams (Shot Put); Jenny Austin (Javelin); Danielle Hobson (400IH); Jamillah Jabbar (Heptathlon); Janelle Ralph (200m); Ayana Seibles (100 HH); Ayana Seibles, Esi Rhett, Janelle Ralph, Monika Allen (4x100m Relay)

2002**CROSS COUNTRY:**

Julie Culley

INDOOR:

Desiree Battle (Triple Jump); Laura Chmielewski (Pole Vault)

2003**INDOOR:**

Julie Culley (3,000m); Marsha Day (Pole Vault); Claire Inskip (20 lb wt); Kerry Ann Mitchell (High Jump); Belmax DeJesus, Chanelle Williams, Amonica Phipps, Julie Culley (Distance Medley Relay)

OUTDOOR:

Kiara Adams (Shot Put); Jen Austin (Javelin); Marsha Day- (Pole Vault); Danielle Hobson (400 IH); Shameka Marshall- (Long Jump, 100 HH); Kerry Ann Mitchell (High Jump); Jacqueline Todd (100m); Danielle Hobson, Jacqueline Todd, Amonica Phipps, Dominique Sanon (4x400m Relay)

2004**INDOOR:**

Shameka Marshall (Long Jump, 60m); Kahimah Liverman (Triple Jump); Kerry Ann Mitchell (High Jump)

OUTDOOR:

Jen Austin (Javelin); Belmax DeJesus (5,000m); La-krisa Howard (Discus); Kahimah Liverman (Triple Jump); Shameka Marshall (Long Jump); Danielle Patoir (3,000m Steeplechase); Amonica Phipps (800m); Nova Roman (10,000m); Shameka Marshall, Jacqueline Todd, Coryn Gomez, Ariel Brockman (4x100m Relay)

2005**CROSS COUNTRY:**

Allison Caruana

INDOOR:

Cylerli Ash (Shot Put); Alexis Gray (1,000m); Kahimah Liverman (Triple Jump); Nicole Lombardy (Mile); Shameka Marshall (Long Jump, 60 HH); Natasha Norville (500m); Amonica Phipps (800m); Jacqueline Todd (400m); Natasha Norville, Jacqueline Todd, Shameka Marshall, Amonica Phipps (4x400 Relay)

OUTDOOR Shameka Marshal (Long Jump, 100 HH)

Cylerli Ash (Shot Put, Discus); Dominique Sanon (400m); Belmax DeJesus (10,000m); Zeena Hazuri, Ariel Brockman, Cryn Gomez, Sophia Wallace (4x100m Relay)

2006**CROSS COUNTRY:**

Allison Caruana

INDOOR:

Kahimah Liverman (Triple Jump); Dominique Sanon (500m); Deanna Poland (Long Jump); Cheyenne Ogletree, Desirae Irby, Karen Wilson, Stephanie Zottoli (Distance Medley Relay); Nicole Lombardy, Alisa Budd, Dominique Sanon, Natasha Norville (4x800m Relay)

OUTDOOR:

Allison Caruana (5,000m); Cheyenne Ogletree (1,500m); Cylerli Ash (Shot Put)

2007**INDOOR:**

Allison Caruana (5,000m); Nicole Lombardy (Mile); Sylvia Galarza (Shot Put); Karen Langner (Pole Vault)

OUTDOOR:

Jacqueline Todd (100m, 200m); Alison Caruana (5,000m); Cheyenne Ogletree (1,500m); Avonie Parchment (400mH); Sylvia Galarza (Shot Put, Discus); Angelina Sancilio (Javelin); Natasha Norville, Sophia Wallace, Lesney Elgin, Jacqueline Todd (4x400m Relay); Cheyenne Ogletree, Alisa Budd, Alexis Gray, Nicole Lombardy (4x800m Relay)

2008**CROSS COUNTRY:**

Cheyenne Ogletree

INDOOR:

Allison Caruana (5,000m); Sylvia Galarza- Shot Put); Karen Langner (Pole Vault); Cheyenne Ogletree (Mile); Asha Singh (3,000m)

2009**INDOOR:**

Janet Adekola (Shot Put); Cheyenne Ogletree (Mile)

2010**INDOOR**

Natalie Clickett (Shot Put); Michelle Gomes - 60m; Nwamaka Okobi (Long Jump)

2011**CROSS COUNTRY:**

Brianna Deming

INDOOR:

Natalie Clickett (Shot Put); Tylia Gillon (60m)

OUTDOOR:

Natalie Clickett (Shot Put, Discus); Alex Kelly (Javelin); Emily Vargas (Triple Jump); Tylia Gillon, Corryn Hurrington, Britni Rodriguez, Jamie Walker (4x100m Relay)

2012**OUTDOOR:**

Ashley Deckert (800m); Asha Ruth (200m); Gabrielle Farquharson, Asha Ruth, Corryn Hurrington, Tylia Gillon (4x100m Relay); Ashley Deckert, Victoria Pontecorvo, Stephanie Krausser Christina Dibernardo (4x800m Relay)

2014**CROSS COUNTRY:**

Paige Senatore

INDOOR:

Kristen Bradley (Pentathlon); Asha Ruth (200m, Long Jump); Ekene Ugboaja (400m); Corryn Hurrington, Ekene Ugboaja, Tylia Gillon, Asha Ruth, (4x400m Relay)

2015**CROSS COUNTRY:**

Paige Senatore

INDOOR:

Gabrielle Farquharson (60m, 200m, Long Jump); Kaprice James (60m H); Paige Senatore (5000m)

2016**CROSS COUNTRY:**

Paige Senatore

INDOOR:

Allyson Black (800m, 5000m); Deanna DiLandro (800m); Gabrielle Farquharson (Long Jump); Bryanna Grant (Triple Jump); Kaprice James (60mH); Rhonda Rogombe (High Jump); Alayna Famble, Phyllis Gordon, Bria Saunders, Gabrielle Farquharson (4x400m Relay); Allison Payenksi, Jenna Sobieski, Celine Mazzi, Allyson Black (Distance Medley Relay)

OUTDOOR:

Sabrina Alexander (100mH); Bryanna Grant (Triple Jump); Gabrielle Farquharson (100m); Paige Senatore (5000m); Oksana Sokolova (High Jump); Phyllis Gordon, Chamique Francis, Bria Saunders, Gabrielle Farquharson (4x100m Relay); Ellen Miller, Allison Payenksi, Jenna Sobieski, Deanna DiLandro (4x800m Relay)

2017

INDOOR:

Sarah Robbie (800m), Brianna Haspel (1000m),
Paige Senatore (3000m), Bryanna Grant (Triple
Jump),

OUTDOOR:

Bria Saunders (100m, 200m), Phyllis Gordon
(200m, 400m), Sarah Robbie (800m) Paige Se-
atore (5000m), Nabiya Garret, Phyllis Gordon,
Imani Beauliere, Bria Saunders (4x100m Relay),
Brianna Haspel, Sarah Robbie, Kaitlyn Bedard,
Jenna Sobieski (4x800m Relay), Rhonda
Rogombe (High Jump), Katherine Johnston
(Javelin)

2019

INDOOR:

Olympia Martin (5000m); Olympia Martin,
Gabriela Sanchez, Kaitlyn Bragen, Kiera Nealon
(Distance Medley Relay); Courteney Campbell
(High Jump)

OUTDOOR:

Jenna Sobieski (800m); Olympia Martin
(5000m); Reanda Richards (400mH); Ajae
Alvarez-Tyler, Arianne Sturnkey, Jenna Sobieski,
Reanda Richards (4x400m Relay); Oniesha
Clarke (Long Jump); Zia Barr (Triple Jump);
Courteney Campbell (High Jump); Kathryn
Campbell (Javelin)

In Memory of Donna M. O'Carroll, '78

1978 AIAW All-American in the Javelin - Third

Former School Record Holder at 157'

Assistant Track and Field Coach - 1982-83

In memory of the enduring spirit of Donna M. O'Carroll, this honor is awarded to that freshman track and field athlete who has contributed most to team success, through outstanding performance, point scores and sportsmanship

1992:	Krista Dunbar
	Cheryl Keating
1993:	Erika Lewis
	Tonya Seymore
1994:	Carol Yoon
	Brooke Speers
1995:	Val Baughman
1996:	Gina Lomonaco
1997:	Tamara Pellien
1998:	Kate MacFarlane
	Jenny Graf
1999:	Melissa Houston
2000:	Julie Culley
2001:	Jen Austin
	Kiara Adams
2002:	Dominique Sanon
2003:	Jacqueline Todd
2004:	Ariel Brockman
	Coryn Gomez
2005:	Alexis Gray
2006:	Alison Caruana
	Cheyenne Ogletree
2007:	Natalie Clickett
2008:	Jamie Walker
2009:	Asha Singh
2010:	Victoria Pontecorvo
	Stephanie Krausser
2011:	Tylia Gillon
2012:	Gabrielle Farquharson
2013:	N/A
2014:	Bryanna Grant
	Nichole Nicholas
2015:	Bria Saunders
	Stacey Anning
2016:	Phyllis Gordon
	Rhonda Rogombe
2017:	Bria Saunders
	Kathryn Johnston
	Rhonda Rogombe
2018:	Bria Saunders
	Rhonda Rogombe
2019:	Reanda Richards
	Courteney Campbell
	Rhonda Rogombe

PENN RELAY CHAMPIONS

1987:	Desiree Scott	3000m
1988:	Kelly Barrett	High Jump
		(College Division)
1989:	Anne Bansemir	Heptathlon
1996:	Gina LoMonaco	Discus
		(College Division)
1999:	Jenny Graf	Javelin
		(College Division)
2000:	Jenny Graf	Javelin
		(College Division)
2006:	Sylvia Galarza	Shot Put
		(College Division)
2009:	Alex Kelly	Javelin
		(College Division)
2013:	4x100 Relay	ECAC Final
	Gabrielle Farquharson,	
	Ekene Ugboaja,	
	Tylia Gillon	
	Asha Ruth	
2014:	4x400 Relay	ECAC Final
	Ekene Ugboaja,	
	Gabrielle Farquharson,	
	Tylia Gillon,	
	Asha Ruth	
2016:	Gabrielle Farquharson	100m

RUTGERS AT OLYMPIC TRIALS

1980:	Debbie Deutsch	100m H
		7th
1984:	Lori McCauley	400m IH
		4th *
	* Olympic Team Alternate	
1988:	Lori McCauley	400m IH
		Semi-Finals
	Desiree Scott	3000m
		EXB
	Desiree Scott	5000m
		EXB
1992:	Lisa Kohut	Javelin
		Provisional Qualifier
2004:	Danielle Hobson	400m IH
	Shameka Marshall	:Long jump
2008:	Jullie Culley	5,000m,
	Shameka Marshall	Long Jump
2012:	Julie Culley	5000m
	Shameka Marshall	Long Jump
	Jennifer Austin	Javelin
2016:	Gabrielle Farquharson	Long Jump

DEBBIE DEUTSCH '81

- 1978 AIAW National Indoor Champion - 60 yd. hurdles
- 1979 AIAW National Indoor Champion - 60 yd. hurdles
- 11-time National (NCAA/AIAW) Qualifier
 - Three-time Eastern Champion
 - Three-time All-American
- 1980 United States Olympic Trials Finalist (Seventh place)
- 1995 Rutgers Olympic Sports Hall of Fame Inductee

Best Performances

- 60 yd. Hurdles - 7.80 - Rutgers School Record
- 60m Hurdles - 8.48 - Rutgers School Record
- 100m Hurdles - 13.68 - Rutgers School Record
- Heptathlon - 4971 pts. - Former Rutgers School Record

JULIE SMITHERS '81

- 1978 AIAW National Indoor Second-Place - 60 yd. Hurdles
- 1979 AIAW National Indoor Third-Place - 60 yd. Hurdles
- 1980 AIAW National Indoor Sixth-Place - 60 yd. Hurdles
 - Three-time All-American
 - Two-time Eastern Champion
- Seven-time National (NCAA/AIAW) Qualifier
- 1982 member of Easter Sports Festival Team
 - 1996 Rutgers Olympic Sports Hall of Fame Inductee

LORI MCCAULEY '83

- World Record Holder - 440 yds. Indoors - 53.29
- American Record Holder - 440m IH - 55.69
- 1982 Indoor AIAW National Champion - 440 yds.
 - 1983 Indoor NCAA Second Place - 600 yds.
 - 1983 Outdoor NCAA Fourth Place - 400m IH
 - Seven-time All-American
 - Seven-time Eastern Champion
- 14-time National (NCAA/AIAW) Qualifier
 - Holds or shares 14 School Records
 - Alternate for 1984 Olympic Team

(missed by 2/10 of a second)

- 1994 Rutgers Olympic Sports Hall of Fame Inductee

Best Performances

Indoor

- 220 yds. - 25.32 - Former Rutgers School Record
- 440 yds. - 53.29 - Former Rutgers School record
- Former World Record
- 500m - 1:13.53 Rutgers School Record
- 600 yds. - 1:21.76 - Rutgers School Record
- 800m - 2:08.37 Rutgers School Record
- Best Mile Relay Split - 52.2

Outdoor

- 400m - 52.79 - Rutgers school record
- 400m IH - 55.69 - Rutgers school record, former American record
- Best Two Mile Relay Split - 2:08.00
- Best Mile Relay Split - 52.0

DESIREE SCOTT '87

- 11-time NCAA Qualifier
- 1987 Rutgers' first Penn Relays Champion - 3000m
- 1984 District 2 Cross Country Champion
 - Two-time Eastern Champion
 - Five-time Metropolitan Champion
- 1987 member of Eastern Olympic Festival Team
- Holder of nine Rutgers School Records
 - 1988 Olympic Trials Qualifier (3000m, 5000m)

LISA KOHUT '92

- 1992 NCAA All-American - Javelin (Fifth-place finish)
- 1992 United States Olympic Trials provisional qualifier
- 1992 ECAC Champion
- Three-time All-East
- Two-time Metropolitan Champion
- Rutgers School Record Holder - javelin (166' 7")
- 1991 Rutgers Most Improved Player
- 1992 Rutgers Most Valuable Player
- 1992 Headley-Singer Award Winner - Outstanding Senior Female Athlete

JENNIFER HEGGIE '94

- Holder of four Rutgers School Records (Outdoor 1500m, Outdoor 800m, Indoor 800m, Sprint medley)
 - Two-time NCAA All-American
- 1994 - Outdoor 1500m, Third in 4:19.19 - Rutgers School Record
- 1994 - Indoor 800m, Sixth fastest U.S. Collegiate Time in 2:07.07
 - Three-time All-East
 - Three-time Metropolitan Champion
 - New Jersey 800m Champion
- 1994 USATF Championships Qualifier - 1500m
- 1994 Rutgers Cross Country Scholar-Athlete
 - Team Captain

CELESTE BATTLE '98

- 1998 NCAA All-American - 20 lb. weight (Ninth overall; Seventh American)
- 1998 ECAC Champion - 20 lb. weight - 62'3"
- 1998 BIG EAST Champion - 20 lb. weight
- 1998 Metropolitan Champion - 20 lb. weight
 - Holds Two Rutgers School Records: (20 lb. weight - 62'3" 4K Hammer - 175'9")
 - 1998 Most Valuable Performer
 - 1998 Most Improved Performer
 - 1996-98 Team Captain

JULIE CULLEY '04

- New Jersey's 2004 NCAA Woman of the Year
 - 2004 Headley-Singer Award Winner
 - Holds three school records: (Indoor 3000 meters - 9:17.15 Indoor Distance Medley Relay - 11:37.65 3:27.1 on 1200m leg/ Outdoor 5000 meters - 16:29.84)
 - Three-time All-East
- 2003 NCAA All-American - Cross Country
 - Five-time Metropolitan Champion
- 2002 Metropolitan Champion - Cross Country (set new Met course record)
 - Three-time Team MVP - Cross Country
 - 2000-04 Team Captain
 - Five-time BIG EAST Academic All-Star

SHAMEKA MARSHALL '06

- Six Rutgers Records

(Indoor & Outdoor Long Jump; Indoor 55m, Indoor 55m Hurdles; Indoor 60m Hurdles; Outdoor 100m Hurdles)

- Three-Time Olympic Trials Qualifier

2004, 2008, 2012 - Long Jump

- Four-Time NCAA Qualifier - Long Jump

- Two-Time NCAA All-American

- 2006 NCAA Runner-Up - Long Jump

- 2005 NCAA Regional Champion - Long Jump

- 2005 Mondo Mid-Atlantic

Track & Field Athlete of the Year

- Two-Time ECAC Most Outstanding Performer

- Eight Big East Titles

(Long Jump, 60m Hurdles, 100m Hurdles 4x100m Relay)

- USATF Junior All-American

ASHA RUTH '14

- American Record Holder in 4x200m Relay set in 2018 at Dr. Sandler Invitational

Four-time All-American

- Holds Nine School Records

Seven Records Still Stand

- 2014 Headley-Singer Award Winner

- 2014 400m Club National Champion

- 2014 200m Club National Runner-Up

- 2014 American Athletic Conference Indoor Long Jump Champion

- 2014 Metropolitan Indoor 4x400 Champion

- 2013 Second Team All-American - 4x100

- 2013 Honorable Mention All-American - Long Jump, 4x400

- 2013, 2012 BIG EAST Outdoor

Long Jump Champion

- 2013 Metropolitan Indoor 200m Champion

- 2012 Second Team All-American -

Long Jump

- 2012 Metropolitan Outdoor

200m & 4x100 Champion

GABRIELLE FARQUHARSON '16

- Seven-time All-American

- Holds Nine Rutgers School Records

- 2016 NJIAAW Woman of the Year

- 2016 Werblin, Headley-Singer & Coursen Award

- 2016 Olympic Trials Qualifier - Long Jump

- 2016 First Team All-American

Outdoor - Long Jump

- 2016 Second Team All-American

Outdoor - 200m, 100m / Indoor - 200m

- 2016 Big Ten Champion

Outdoor - 100m / Indoor 200m

- 2016 Penn Relay Champion - 100m

- 2016 Metropolitan Champion

Outdoor - 100m, 4x100m Relay

Indoor - Long Jump, 4x400m Relay

- 2015 Werblin Award

- 2015 Second Team All-American

Indoor - Long Jump

- 2015 Big Ten Champion- Indoor - 200m

- 2015 Metropolitan Champion

Indoor - 60m, 200m, Long Jump

- 2014 American Athletic Conference

Champion - Outdoor - Long Jump

- 2014 Penn Relays Champion - 4x400m Relay

- 2013 Second Team All-American

Outdoor - 4x100m Relay

- 2013 Honorable Mention All-American

Outdoor - 4x400m Relay

- 2012 Metropolitan Champion

Outdoor - 4x100m Relay