

PENN RELAYS CHAMPIONS

4x800 Meter Relay

(14)

Year	Name	Time
1979*	Villanova	8:47.8
	Jennifer Whitfield	2:09.8
	Sue Shea	2:17.1
	Brigid Leddy	2:10.5
	Doriane Lambelet	2:10.4
1985	Villanova	8:27.58
	Mary Ellen McGowan	2:09.1
	Debbie Grant	2:06.4
	Joanne Kehs	2:08.4
	Veronica McIntosh	2:03.7
1988	Villanova	8:25.28
	Kathy Franey	2:09.2
	Vicki Huber	2:04.2
	Michelle DiMuro	2:04.3
	Celeste Halliday	2:07.5
1989	Villanova	8:28.83
	Michelle DiMuro	2:08.6
	Vicki Huber	2:07.3
	Kim Certain	2:06.0
	Michelle Bennett	2:06.9
1990	Villanova	8:30.61
	Michelle Torelli	2:08.8
	Michelle Bennett	2:06.7
	Sonia O'Sullivan	2:08.4
	Kathy Franey	2:06.7
1991	Villanova	8:29.52
	Irene Ruopoli	2:10.0
	Sonia O'Sullivan	2:04.4
	Michelle Torelli	2:09.5
	Michelle Bennett	2:05.6
1993	Villanova	8:30.76
	Irene Ruopoli	2:09.5
	Tosha Woodward	2:05.8
	Cheri Goddard	2:07.6
	Abby Hunte	2:07.9
1995	Villanova	8:31.99
	Emer Molloy	2:11.7
	Krestena Sullivan	2:05.3
	Becky Spies	2:11.4
	Tosha Woodward	2:03.6
1997	Villanova	8:27.66
	Jurga Marcinkeviciute	2:06.6
	Tamieka Grizzle	2:04.7
	Carmen Douma	2:11.4
	Krestena Sullivan	2:05.0
2013	Villanova	8:17.45
	Kelsey Margey	2:07.04
	Angel Piccirillo	2:04.12
	Nicky Akande	2:04.04
	Emily Lipari	2:02.25

4x800 Meter Relay

Year	Name	Time
2014	Villanova	8:21.49
	Kelsey Margey	2:06.32
	Angel Piccirillo	2:06.00
	Nicky Akande	2:05.67
	Emily Lipari	2:03.50
2015	Villanova	8:26.36
	Kelsey Margey	2:10.28
	Stephanie Schappert	2:03.98
	Siofra Cleirigh Buttner	2:07.83
	Angel Piccirillo	2:04.28
2017	Villanova	8:24.87
	Nicole Hutchinson	2:09.03
	Angel Piccirillo	2:03.62
	McKenna Keegan	2:08.14
	Siofra Cleirigh Buttner	2:04.10
2018	Villanova	8:19.98
	Kelsey Margey	2:06.67
	Rachel McArthur	2:05.78
	McKenna Keegan	2:04.91
	Siofra Cleirigh Buttner	2:02.63

BY THE NUMBERS

CHAMPIONSHIPS OF AMERICA

Distance Medley Relay	16
4x800 Meter Relay	14
4x1500 Meter Relay	13
TOTAL	43

INDIVIDUAL CHAMPIONS

10000 Meters	3
High Jump	1
Javelin	1
TOTAL	5

CHAMPIONSHIPS OF AMERICA

All-Time College Women

LSU	46
Villanova	43
Texas	24
Texas A&M	22
South Carolina	21
Tennessee	21
Florida	11
Oregon	10
Arizona State	9
Georgetown	7
Norh Carolina	7

Single Carnival College Women

Texas, 1989	4
LSU, 2003	4
South Carolina, 2003	4
LSU, 2008	4

Villanova, 1989	3
Villanova, 1990	3
Villanova, 1995	3
Villanova, 1997	3
Villanova, 2014	3
Villanova, 2017	3
Villanova, 2018	3
19 others	3

All-Time College Men/Women Combined

Villanova	140
LSU	70
Penn	57
Tennessee	54
Michigan	48



* The 1979 race was a two mile relay (4x880 yards)

PENN RELAYS CHAMPIONS

Distance Medley Relay (16)

Year	Name	Time
1984	Villanova	10:53.27
	Mary Ellen McGowan	3:21.4
	Veronica McIntosh	55.7
	Patty Bradley	2:01.3
	Lauren Searby	4:34.9
1987	Villanova	10:55.46
	Gina Procaccio	3:22.0
	Celeste Halliday	54.8
	Debbie Grant	2:04.6
	Vicki Huber	4:34.1
1988	Villanova	10:48.38
	Kathy Franey	3:20.9
	Michelle Bennett	52.9
	Celeste Halliday	2:04.7
	Vicki Huber	4:29.9
1989	Villanova	10:53.37
	Kathy Franey	3:22.2
	Michelle Bennett	52.1
	Michelle DiMuro	2:07.5
	Vicki Huber	4:31.6
1990	Villanova	10:49.81
	Sonia O'Sullivan	3:18.7
	Michelle Bennett	52.0
	Michelle Torelli	2:06.3
	Kathy Franey	4:32.8
1991	Villanova	10:55.98
	Nnenna Lynch	3:24.0
	Michelle Bennett	52.3
	Cheri Goddard	2:12.2
	Sonia O'Sullivan	4:27.5
1994	Villanova	11:04.21
	Tosha Woodward	3:21.6
	Cathalina Staye	54.9
	Abby Hunte	2:07.0
	Becky Spies	4:40.7
1995	Villanova	11:05.49
	Krestena Sullivan	3:22.6
	Cathalina Staye	54.8
	Tosha Woodward	2:02.9
	Becky Spies	4:45.2
1997	Villanova	10:57.97
	Jurga Marcinkeviciute	3:22.0
	Kesha Walley	54.5
	Tamieka Grizzle	2:03.8
	Krestena Sullivan	4:37.7
2006	Villanova	10:57.03
	Frances Koons	3:23.1
	Tiera Fletcher	53.9
	Akilah Vargas	2:08.2
	Marina Muncan	4:31.8

Distance Medley Relay

Year	Name	Time
2012	Villanova	11:01.03
	Emily Lipari	3:22.9
	Christie Verdier	52.8
	Nicky Akande	2:04.5
	Sheila Reid	4:40.8
2013	Villanova	10:58.84
	Angel Piccirillo	3:21.8
	Michaela Wilkins	54.6
	Nicky Akande	2:04.7
	Emily Lipari	4:37.7
2014	Villanova	10:57.35
	Stephanie Schappert	3:25.00
	Michaela Wilkins	54.4
	Nicky Akande	2:04.51
	Emily Lipari	4:33.44
2015	Villanova	11:09.06
	Angel Piccirillo	3:23.25
	Michaela Wilkins	56.3
	Siofra Cleirigh Buttner	2:09.91
	Stephanie Schappert	4:39.61
2017	Villanova	10:53.97
	Nicole Hutchinson	3:21.39
	McKenna Keegan	54.05
	Siofra Cleirigh Buttner	2:05.78
	Angel Piccirillo	4:32.76
2018	Villanova	11:01.94
	Nicole Hutchinson	3:21.86
	McKenna Keegan	55.71
	Rachel McArthur	2:08.30
	Siofra Cleirigh Buttner	4:36.09

CAREER COA TITLES

9	Angel Piccirillo
8	Siofra Cleirigh Buttner
7	Michelle Bennett, Kathy Franey, Nicole Hutchinson
6	Nicky Akande, Vicki Huber, Emily Lipari, Sonia O'Sullivan, Becky Spies, Krestena Sullivan
5	Cheri Goddard, Kelsey Margey, Tosha Woodward
4	Michelle DiMuro, McKenna Keegan, Stephanie Schappert
3	Carmen Douma, Celeste Halliday, Nnenna Lynch, Rachel McArthur, Michelle Torelli, Michaela Wilkins
2	Bella Burda, Debbie Grant, Tamieka Grizzle, Abby Hunte, Jurga Marcinkeviciute, Mary Ellen McGowan, Veronica McIntosh, Emer Molloy, Jen Rhines, Irene Ruopoli, Cathalina Staye, Carrie Tollefson, Carole Zajac
1	Caroline Alcorta, Liz Awtrey, Sammy Bockoven, Patty Bradley, Kim Certain, Kaley Ciluffo, Tiera Fletcher, Megan Flowers, Kate Fonshell, Christine Gentile, Kristine Jost, Joanne Kehs, Frances Koons, Doriane Lambelet, Brigid Leddy, Marina Muncan, Kristen Nicolini, Lydia Olivere, Gina Procaccio, Sheila Reid, Lauren Ryan, Lauren Searby, Sue Shea, Akilah Vargas, Christie Verdier, Kesha Walley, Jennifer Whitfield

PENN RELAYS CHAMPIONS

4x1500 Meter Relay (13)

Year	Name	Time
1989	Villanova	17:22.58
	Michelle DiMuro	4:26.3
	Sonia O'Sullivan	4:16.4
	Kathy Franey	4:21.3
	Vicki Huber	4:18.6
1990	Villanova	17:18.10
	Nnenna Lynch	4:25.8
	Sonia O'Sullivan	4:13.5
	Cheri Goddard	4:21.6
	Kathy Franey	4:17.2
1992	Villanova	17:43.33
	Christine Gentile	4:24.7
	Nnenna Lynch	4:23.2
	Kate Fonshell	4:27.6
	Cheri Goddard	4:27.8
1993	Villanova	17:55.51
	Becky Spies	4:30.5
	Carole Zajac	4:32.9
	Megan Flowers	4:26.8
	Cheri Goddard	4:25.3
1994	Villanova	17:37.51
	Carole Zajac	4:27.5
	Jen Rhines	4:23.6
	Emer Molloy	4:29.0
	Becky Spies	4:17.4
1995	Villanova	17:33.79
	Tosha Woodward	4:22.7
	Krestena Sullivan	4:25.1
	Jen Rhines	4:20.0
	Becky Spies	4:26.0
1997	Villanova	17:29.32
	Carmen Douma	4:27.0
	Kristine Jost	4:19.6
	Carrie Tollefson	4:20.5
	Krestena Sullivan	4:22.2
2000	Villanova	17:30.38
	Liz Awtrey	4:26.3
	Carrie Tollefson	4:16.8
	Kristen Nicolini	4:26.1
	Carmen Douma	4:21.2
2014	Villanova	17:16.52
	Stephanie Schappert	4:22.3
	Angel Piccirillo	4:17.4
	Nicky Akande	4:20.4
	Emily Lipari	4:16.4
2016	Villanova	17:44.29
	Bella Burda	4:29.7
	Sammy Bockoven	4:22.7
	Nicole Hutchinson	4:30.2
	Siofra Cleirigh Buttner	4:21.7

4x1500 Meter Relay

Year	Name	Time
2017	Villanova	17:25.85
	Bella Burda	4:33.8
	Angel Piccirillo	4:17.9
	Nicole Hutchinson	4:23.6
	Siofra Cleirigh Buttner	4:11.6
2018	Villanova	17:35.48
	Kelsey Margey	4:29.2
	Kaley Ciluffo	4:24.2
	Lauren Ryan	4:25.1
	Nicole Hutchinson	4:17.0
2019	Villanova	17:39.26
	Lydia Olivere	4:28.6
	Rachel McArthur	4:18.4
	Caroline Alcorta	4:28.0
	Nicole Hutchinson	4:24.3

AWARD WINNERS

ATHLETE OF THE MEET

College Women's Athlete of the Meet (Relays)

1987.....	Vicki Huber
1989.....	Vicki Huber
1992.....	Carole Zajac
1997.....	Krestena Sullivan
2013.....	Emily Lipari
2014.....	Emily Lipari
2015.....	Angel Piccirillo
2017.....	Siofra Cleirigh Buttner
2018.....	Nicole Hutchinson

College Women's Athlete of the Meet (Individual Events)

1996.....	Jen Pastore
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WALL OF FAME RELAY TEAMS

1984 Distance Medley Relay10:53.97

Inducted 2017

Mary Ellen McGowan, Veronica McIntosh,
Patty Bradley, Lauren Searby

1988 Distance Medley Relay10:48.38

Inducted 1999

Kathy Franey, Michelle Bennett,
Celeste Halliday, Vicki Huber

1990 4x1500 Meter Relay17:18.10

Inducted 2000

Nnenna Lynch, Sonia O'Sullivan,
Cheri Goddard, Kathy Franey

WALL OF FAME ATHLETES

Induction Year **Athlete**

1995.....	Vicki Huber
2006.....	Kathy Franey
2013.....	Michelle Bennett
2015.....	Gina Procaccio
2023.....	Sonia O'Sullivan
2025.....	Krestena Sullivan

The Penn Relays Wall of Fame is located on the back turn of the Franklin Field track and was started in 1994 on the 100th anniversary of the Relays. Individual inductions are based on an athlete's career accomplishments at the Penn Relays during their scholastic, collegiate and/or professional careers.

PENN RELAYS CHAMPIONS

10000 Meters (3)

<u>Year</u>	<u>Name</u>	<u>Time</u>
1992	Carole Zajac	32:22.96
1994	Carole Zajac	33:05.05
2025	Sadie Sigfstead	32:39.54

High Jump (1)

<u>Year</u>	<u>Name</u>	<u>Mark</u>
2024	Roschell Clayton	1.83m

Javelin (1)

<u>Year</u>	<u>Name</u>	<u>Mark</u>
1996	Jen Pastore	56.16m

CHRONOLOGY

ALL EVENTS WON BY YEAR

(Championships of America denoted by a *)

1979.....	Two Mile Relay*
1984.....	Distance Medley Relay*
1985.....	4x800 Meter Relay*
1987.....	Distance Medley Relay*
1988.....	4x800 Meter Relay*
1988.....	Distance Medley Relay*
1989.....	4x800 Meter Relay*
1989.....	Distance Medley Relay*
1989.....	4x1500 Meter Relay*
1990.....	4x800 Meter Relay*
1990.....	Distance Medley Relay*
1990.....	4x1500 Meter Relay*
1991.....	4x800 Meter Relay*
1991.....	Distance Medley Relay*
1992.....	4x1500 Meter Relay*
1992.....	10000 Meters
1993.....	4x800 Meter Relay*
1993.....	4x1500 Meter Relay*
1994.....	Distance Medley Relay*
1994.....	4x1500 Meter Relay*
1994.....	10000 Meters
1995.....	4x800 Meter Relay*
1995.....	Distance Medley Relay*
1995.....	4x1500 Meter Relay*
1996.....	Javelin
1997.....	4x800 Meter Relay*
1997.....	Distance Medley Relay*
1997.....	4x1500 Meter Relay*
1997.....	4x400 Meter Relay
2000.....	4x1500 Meter Relay*
2006.....	Distance Medley Relay*
2012.....	Distance Medley Relay*
2013.....	4x800 Meter Relay*
2013.....	Distance Medley Relay*
2014.....	4x800 Meter Relay*
2014.....	Distance Medley Relay*
2014.....	4x1500 Meter Relay*
2015.....	4x800 Meter Relay*
2015.....	Distance Medley Relay*
2016.....	4x1500 Meter Relay*
2017.....	4x800 Meter Relay*
2017.....	Distance Medley Relay*
2017.....	4x1500 Meter Relay*
2018.....	4x800 Meter Relay*
2018.....	Distance Medley Relay*
2018.....	4x1500 Meter Relay*
2019.....	4x1500 Meter Relay*
2024.....	High Jump
2025.....	10000 Meters

PENN RELAYS CHAMPIONS

CHAMPIONSHIP OF AMERICA RELAYS

Nicky Akande (6)

Year	Event	Leg	Split
2012	Distance Medley Relay	800	2:04.5
2013	4x800 Meter Relay	3rd	2:04.04
2013	Distance Medley Relay	800	2:04.7
2014	4x800 Meter Relay	3rd	2:05.67
2014	Distance Medley Relay	800	2:04.51
2014	4x1500 Meter Relay	3rd	4:20.4

Caroline Alcorta (1)

Year	Event	Leg	Split
2019	4x1500 Meter Relay	3rd	4:28.0

Liz Awtrey (1)

Year	Event	Leg	Split
2000	4x1500 Meter Relay	1st	4:26.3

Michelle Bennett (7)

Year	Event	Leg	Split
1988	Distance Medley Relay	400	52.9
1989	4x800 Meter Relay	4th	2:06.9
1989	Distance Medley Relay	400	52.1
1990	4x800 Meter Relay	2nd	2:06.7
1990	Distance Medley Relay	400	52.0
1991	4x800 Meter Relay	4th	2:05.6
1991	Distance Medley Relay	400	52.3

Sammy Bockoven (1)

Year	Event	Leg	Split
2016	4x1500 Meter Relay	2nd	4:22.7

Patty Bradley (1)

Year	Event	Leg	Split
1984	Distance Medley Relay	800	2:01.3

Bella Burda (2)

Year	Event	Leg	Split
2016	4x1500 Meter Relay	1st	4:29.7
2017	4x1500 Meter Relay	1st	4:33.8

Kim Certain (1)

Year	Event	Leg	Split
1989	4x800 Meter Relay	3rd	2:06.0

Kaley Ciluffo (1)

Year	Event	Leg	Split
2018	4x1500 Meter Relay	2nd	4:24.2

Siofra Cleirigh Buttner (8)

Year	Event	Leg	Split
2015	4x800 Meter Relay	3rd	2:07.83
2015	Distance Medley Relay	800	2:09.91
2016	4x1500 Meter Relay	4th	4:21.7
2017	4x800 Meter Relay	4th	2:04.10
2017	Distance Medley Relay	800	2:05.78
2017	4x1500 Meter Relay	4th	4:11.6
2018	4x800 Meter Relay	4th	2:02.63
2018	Distance Medley Relay	4th	4:36.09

Michelle DiMuro (4)

Year	Event	Leg	Split
1988	4x800 Meter Relay	3rd	2:04.3
1989	4x800 Meter Relay	1st	2:08.6
1989	Distance Medley Relay	800	2:07.5
1989	4x1500 Meter Relay	1st	4:26.3

Carmen Douma (3)

Year	Event	Leg	Split
1997	4x800 Meter Relay	3rd	2:11.4
1997	4x1500 Meter Relay	1st	4:27.0
2000	4x1500 Meter Relay	4th	4:21.2

Tiera Fletcher (1)

Year	Event	Leg	Split
2006	Distance Medley Relay	400	53.9

Megan Flowers (1)

Year	Event	Leg	Split
1993	4x1500 Meter Relay	3rd	4:26.8

Kate Fonshell (1)

Year	Event	Leg	Split
1992	4x1500 Meter Relay	3rd	4:27.6

Kathy Franey (7)

Year	Event	Leg	Split
1988	4x800 Meter Relay	1st	2:09.2
1988	Distance Medley Relay	1200	3:20.9
1989	Distance Medley Relay	1200	3:22.2
1989	4x1500 Meter Relay	3rd	4:21.3
1990	4x800 Meter Relay	4th	2:06.7
1990	Distance Medley Relay	1600	4:32.8
1990	4x1500 Meter Relay	4th	4:17.2

Christine Gentile (1)

Year	Event	Leg	Split
1992	4x1500 Meter Relay	1st	4:24.7

Cheri Goddard (5)

Year	Event	Leg	Split
1990	4x1500 Meter Relay	3rd	4:21.6
1991	Distance Medley Relay	800	2:12.2
1992	4x1500 Meter Relay	4th	4:27.8
1993	4x800 Meter Relay	3rd	2:07.6
1993	4x1500 Meter Relay	4th	4:25.3

Debbie Grant (2)

Year	Event	Leg	Split
1985	4x800 Meter Relay	2nd	2:06.4
1987	Distance Medley Relay	800	2:04.6

Tamieka Grizzle (2)

Year	Event	Leg	Split
1997	4x800 Meter Relay	2nd	2:04.7
1997	Distance Medley Relay	800	2:03.8

Celeste Halliday (3)

Year	Event	Leg	Split
1987	Distance Medley Relay	400	54.8
1988	4x800 Meter Relay	4th	2:07.5
1988	Distance Medley Relay	800	2:04.7

Vicki Huber (6)

Year	Event	Leg	Split
1987	Distance Medley Relay	1600	4:34.1
1988	4x800 Meter Relay	2nd	2:04.2
1988	Distance Medley Relay	1600	4:29.9
1989	4x800 Meter Relay	2nd	2:07.3
1989	Distance Medley Relay	1600	4:31.6
1989	4x1500 Meter Relay	4th	4:18.6

Abby Hunte (2)

Year	Event	Leg	Split
1993	4x800 Meter Relay	4th	2:07.9
1994	Distance Medley Relay	800	2:07.0

Nicole Hutchinson (7)

Year	Event	Leg	Split
2016	4x1500 Meter Relay	3rd	4:30.2
2017	4x800 Meter Relay	1st	2:09.03
2017	Distance Medley Relay	1200	3:21.39
2017	4x1500 Meter Relay	3rd	4:23.6
2018	Distance Medley Relay	1200	3:21.86
2018	4x1500 Meter Relay	4th	4:17.0
2019	4x1500 Meter Relay	4th	4:24.3

Kristine Jost (1)

Year	Event	Leg	Split
1997	4x1500 Meter Relay	2nd	4:19.6

PENN RELAYS CHAMPIONS

CHAMPIONSHIP OF AMERICA RELAYS

McKenna Keegan (4)

Year	Event	Leg	Split
2017	4x800 Meter Relay	3rd	2:08.14
2017	Distance Medley Relay	400	54.05
2018	4x800 Meter Relay	3rd	2:04.91
2018	Distance Medley Relay	400	55.71

Joanne Kehs (1)

Year	Event	Leg	Split
1985	4x800 Meter Relay	3rd	2:08.4

Frances Koons (1)

Year	Event	Leg	Split
2006	Distance Medley Relay	1200	3:23.1

Doriane Lambelet (1)

Year	Event	Leg	Split
1979	Two Mile Relay	4th	2:10.4

Brigid Leddy (1)

Year	Event	Leg	Split
1979	Two Mile Relay	3rd	2:10.5

Emily Lipari (6)

Year	Event	Leg	Split
2012	Distance Medley Relay	1200	3:22.9
2013	4x800 Meter Relay	4th	2:02.25
2013	Distance Medley Relay	1600	4:37.7
2014	4x800 Meter Relay	4th	2:03.50
2014	Distance Medley Relay	1600	4:33.44
2014	4x1500 Meter Relay	4th	4:16.4

Nnenna Lynch (3)

Year	Event	Leg	Split
1991	Distance Medley Relay	1200	3:24.0
1991	4x1500 Meter Relay	1st	4:25.8
1992	4x1500 Meter Relay	2nd	4:23.2

Jurga Marcinkeviciute (2)

Year	Event	Leg	Split
1997	4x800 Meter Relay	1st	2:06.6
1997	Distance Medley Relay	1200	3:22.0

Kelsey Margey (5)

Year	Event	Leg	Split
2013	4x800 Meter Relay	1st	2:07.04
2014	4x800 Meter Relay	1st	2:06.32
2015	4x800 Meter Relay	1st	2:10.28
2018	4x800 Meter Relay	1st	2:06.67
2018	4x1500 Meter Relay	1st	4:29.2

Rachel McArthur (3)

Year	Event	Leg	Split
2018	4x800 Meter Relay	2nd	2:05.78
2018	Distance Medley Relay	800	2:08.30
2019	4x1500 Meter Relay	2nd	4:18.4

Mary Ellen McGowan (2)

Year	Event	Leg	Split
1984	Distance Medley Relay	1200	3:21.4
1985	4x800 Meter Relay	1st	2:09.1

Veronica McIntosh (2)

Year	Event	Leg	Split
1984	Distance Medley Relay	400	55.7
1985	4x800 Meter Relay	4th	2:03.7

Emer Molloy (2)

Year	Event	Leg	Split
1994	4x1500 Meter Relay	3rd	4:29.0
1995	4x800 Meter Relay	1st	2:11.7

Marina Muncan (1)

Year	Event	Leg	Split
2006	Distance Medley Relay	1600	4:31.8

Kristen Nicolini (1)

Year	Event	Leg	Split
2000	4x1500 Meter Relay	3rd	4:26.1

Lydia Olivere (1)

Year	Event	Leg	Split
2019	4x1500 Meter Relay	1st	4:28.6

Sonia O'Sullivan (6)

Year	Event	Leg	Split
1989	4x1500 Meter Relay	2nd	4:26.3
1990	4x800 Meter Relay	3rd	2:08.4
1990	Distance Medley Relay	1200	3:18.7
1990	4x1500 Meter Relay	2nd	4:13.5
1991	4x800 Meter Relay	2nd	2:04.4
1991	Distance Medley Relay	1600	4:27.5

Angel Piccirillo (9)

Year	Event	Leg	Split
2013	4x800 Meter Relay	2nd	2:04.12
2013	Distance Medley Relay	1200	3:21.8
2014	4x800 Meter Relay	2nd	2:06.00
2014	4x1500 Meter Relay	2nd	4:17.4
2015	4x800 Meter Relay	4th	2:04.28
2015	Distance Medley Relay	1200	3:23.25
2017	4x800 Meter Relay	2nd	2:03.62
2017	Distance Medley Relay	1600	4:32.76
2017	4x1500 Meter Relay	2nd	4:17.9

Gina Procaccio (1)

Year	Event	Leg	Split
1987	Distance Medley Relay	1200	3:22.0

Sheila Reid (1)

Year	Event	Leg	Split
2012	Distance Medley Relay	1600	4:40.8

Jen Rhines (2)

Year	Event	Leg	Split
1994	4x1500 Meter Relay	2nd	4:23.6
1995	4x1500 Meter Relay	3rd	4:20.0

Irene Ruopoli (2)

Year	Event	Leg	Split
1991	4x800 Meter Relay	1st	2:10.0
1993	4x800 Meter Relay	1st	2:09.5

Lauren Ryan (1)

Year	Event	Leg	Split
2018	4x1500 Meter Relay	3rd	4:25.1

Stephanie Schappert (4)

Year	Event	Leg	Split
2014	Distance Medley Relay	1200	3:25.00
2014	4x1500 Meter Relay	1st	4:22.3
2015	4x800 Meter Relay	2nd	2:03.98
2015	Distance Medley Relay	1600	4:39.61

Lauren Searby (1)

Year	Event	Leg	Split
1984	Distance Medley Relay	1600	4:34.9

Sue Shea (1)

Year	Event	Leg	Split
1979	Two Mile Relay	2nd	2:17.1

PENN RELAYS CHAMPIONS

CHAMPIONSHIP OF AMERICA RELAYS

Becky Spies (6)

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1993	4x1500 Meter Relay	1st	4:30.5
1994	Distance Medley Relay	1600	4:40.7
1994	4x1500 Meter Relay	4th	4:17.4
1995	4x800 Meter Relay	2nd	2:11.4
1995	Distance Medley Relay	1600	4:45.2
1995	4x1500 Meter Relay	4th	4:26.0

Cathalina Staye (2)

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1994	Distance Medley Relay	400	54.9
1995	Distance Medley Relay	400	54.8

Krestena Sullivan (6)

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1995	4x800 Meter Relay	2nd	2:05.3
1995	Distance Medley Relay	1200	3:22.6
1995	4x1500 Meter Relay	2nd	4:25.1
1997	4x800 Meter Relay	4th	2:05.0
1997	Distance Medley Relay	1600	4:37.7
1997	4x1500 Meter Relay	4th	4:22.2

Carrie Tollefson (2)

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1997	4x1500 Meter Relay	3rd	4:20.5
2000	4x1500 Meter Relay	2nd	4:16.8

Michelle Torelli (3)

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1990	4x800 Meter Relay	1st	2:08.8
1990	Distance Medley Relay	800	2:06.3
1991	4x800 Meter Relay	3rd	2:09.5

Akilah Vargas (1)

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
2006	Distance Medley Relay	800	2:08.2

Christie Verdier (1)

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
2012	Distance Medley Relay	400	52.8

Kesha Walley (1)

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1997	Distance Medley Relay	400	54.5

Jennifer Whitfield (1)

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1979	Two Mile Relay	1st	2:09.8

Michaela Wilkins (3)

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
2013	Distance Medley Relay	400	54.6
2014	Distance Medley Relay	400	54.4
2015	Distance Medley Relay	400	56.3

Tosha Woodward (5)

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1993	4x800 Meter Relay	2nd	2:05.8
1994	Distance Medley Relay	1200	3:21.6
1995	4x800 Meter Relay	4th	2:03.6
1995	Distance Medley Relay	800	2:02.9
1995	4x1500 Meter Relay	1st	4:22.7

Carole Zajac (2)

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1993	4x1500 Meter Relay	2nd	4:32.9
1994	4x1500 Meter Relay	1st	4:27.5

PENN RELAYS CHAMPIONS

INDIVIDUAL EVENTS

Roschell Clayton (1)

<u>Year</u>	<u>Event</u>	<u>Mark</u>
2024	High Jump	1.83m

Jen Pastore (1)

<u>Year</u>	<u>Event</u>	<u>Mark</u>
1996	Javelin	56.16m

Sadie Sigfstead (1)

<u>Year</u>	<u>Event</u>	<u>Time</u>
2025	10000 Meters	32:39.54

Carole Zajac (2)

<u>Year</u>	<u>Event</u>	<u>Time</u>
1992	10000 Meters	32:22.96
1994	10000 Meters	33:05.05

PENN RELAYS CHAMPIONS

FASTEST RELAY SPLITS

FASTEST PENN RELAYS SPLITS

Villanova Athletes in the Rankings

<u>800 Meter Splits</u>	<u>Split</u>	<u>Year</u>
<i>All-Time</i>		
23. Patty Bradley	2:01.3	1984
Debbie Grant	2:01.3	1987

Women's College

5. Patty Bradley	2:01.3	1984
Debbie Grant	2:01.3	1987
21. Debbie Grant	2:02.2	1986
24. Emily Lipari	2:02.25	2013

<u>1200 Meter Splits</u>	<u>Split</u>	<u>Year</u>
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All-Time

7. Sonia O'Sullivan	3:18.7	1990
21. Kathy Franey	3:20.9	1988

<u>1500 Meter Splits</u>	<u>Split</u>	<u>Year</u>
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All-Time

8. Siofra Cleirigh Buttner	4:11.6	2017
14. Sheila Reid	4:13.4	2011
16. Sonia O'Sullivan	4:13.5	1990

<u>1600 Meter Splits</u>	<u>Split</u>	<u>Year</u>
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All-Time

6. Sonia O'Sullivan	4:27.5	1991
10. Vicki Huber	4:29.9	1988
16. Vicki Huber	4:31.6	1989
19. Marina Muncan	4:31.8	2006
24. Angel Piccirillo	4:32.76	2017
25. Kathy Franey	4:32.8	1990

FASTEST VILLANOVA SPLITS

Villanova's Fastest Penn Relays Splits

<u>400 Meter Splits</u>	<u>Split</u>	<u>Year</u>
Michelle Bennett	52.0	1990
Michelle Bennett	52.1	1989
Michelle Bennett	52.3	1991
Christie Verdier	52.8	2012
Michelle Bennett	52.9	1988
McKenna Keegan	53.81	2022
Tiera Fletcher	53.9	2006
McKenna Keegan	54.05	2017
Micah Trusty	54.34	2024
Michaela Wilkins	54.4	2014

<u>800 Meter Splits</u>	<u>Split</u>	<u>Year</u>
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Patty Bradley	2:01.3	1984
Debbie Grant	2:01.3	1987
Debbie Grant	2:02.2	1986
Emily Lipari	2:02.25	2013
Tosha Woodward	2:02.4	1994
Siofra Cleirigh Buttner	2:02.63	2018
Tosha Woodward	2:02.9	1995
Emily Lipari	2:03.50	2014
Micah Trusty	2:03.66	2024

<u>1200 Meter Splits</u>	<u>Split</u>	<u>Year</u>
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Sonia O'Sullivan	3:18.7	1990
Kathy Franey	3:20.9	1988
Nicole Hutchinson	3:21.39	2017
Mary Ellen McGowan	3:21.4	1984
Angel Piccirillo	3:21.8	2013
Nicole Hutchinson	3:21.86	2018
Gina Procaccio	3:22.0	1987
Jurga Marcinkeviciute	3:22.0	1997

<u>1500 Meter Splits</u>	<u>Split</u>	<u>Year</u>
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Siofra Cleirigh Buttner	4:11.6	2017
Sheila Reid	4:13.4	2011
Sonia O'Sullivan	4:13.5	1990
Sonia O'Sullivan	4:16.4	1989
Emily Lipari	4:16.4	2014
Carrie Tollefson	4:16.8	2000
Nicole Hutchinson	4:17.0	2018
Kathy Franey	4:17.2	1990

<u>1600 Meter Splits</u>	<u>Split</u>	<u>Year</u>
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Sonia O'Sullivan	4:27.5	1991
Vicki Huber	4:29.9	1988
Vicki Huber	4:31.6	1989
Marina Muncan	4:31.8	2006
Angel Piccirillo	4:32.76	2017
Kathy Franey	4:32.8	1990
Emily Lipari	4:33.44	2014
Vicki Huber	4:34.1	1987

PENN RELAYS CHAMPIONS

RECORDS AND RANKINGS

FRANKLIN FIELD RECORDS

Collegiate Events

10000 Meters

Carole Zajac(1992) 32:22.96

Javelin (Pre-1999 Implement)

Jen Pastore(1996) 56.16m

PENN RELAYS RECORDS

Previously Held Relay Records

4x800 Meter Relay

	<u>Set</u>	<u>Broken</u>
8:47.8	1979	1980
8:17.45	2013	2024

Distance Medley Relay

	<u>Set</u>	<u>Broken</u>
10:53.27	1984	1988
10:48.38	1988	2024

4x1500 Meter Relay

	<u>Set</u>	<u>Broken</u>
17:22.58	1989	1990
17:18.10	1990	2007

PENN RELAYS RECORDS

Previously Held Individual Records

10000 Meters

	<u>Set</u>	<u>Broken</u>
32:22.96	1992	---

Javelin

	<u>Set</u>	<u>Broken</u>
56.16m (Jen Pastore)	1996	---

PENN RELAYS TOP 10

Villanova Relays in the Rankings

4x800 Meter Relay

	<u>Time</u>	<u>Year</u>
2. Villanova	8:17.45	2013
9. Villanova	8:19.98	2018

Distance Medley Relay

	<u>Time</u>	<u>Year</u>
4. Villanova	10:48.38	1988
7. Villanova	10:49.81	1990

PENN RELAYS TOP 10

Villanova Athletes in the Rankings

10000 Meters

	<u>Time</u>	<u>Year</u>
1. Carole Zajac	32:22.96	1992
4. Sadie Sigfstead	32:39.54	2025
7. Carole Zajac	33:05.05	1994

Javelin (pre-1999 javelin)

	<u>Mark</u>	<u>Year</u>
1. Jen Pastore	56.16m	1996

PENN RELAYS CHAMPIONS

PENN RELAYS SUPERLATIVES

Multiple Individual Championships

10000 Meters

2 Carole Zajac, Villanova 1992-94

Consecutive Victories

4x800 Meter Relay

4 Villanova 1988-91
 4 Tennessee 1981-84
 3 Villanova 2013-15
 2 Villanova 2017-18
 2 Florida 2001-02
 2 Tennessee 2009-10
 2 Penn State 2022-23

Distance Medley Relay

5 Villanova 1987-91
 4 Villanova 2012-15
 3 Virginia 1980-82
 3 North Carolina 2001-03

4x1500 Meter Relay

4 Villanova 1992-95
 4 Villanova 2016-19
 3 Stanford 2004-06
 2 Villanova 1989-90
 2 Wisconsin 1998-99
 2 North Carolina 2002-03
 2 Michigan 2007-08
 2 Tennessee 2009-10

Most Titles By School - Relays

4x800 Meter Relay

14 Villanova 1979-85-88-89-90-91-93-
 1995-97-2013-14-15-17-18
 7 Tennessee 1981-82-83-84-2004-09-10

4x1500 Meter Relay

13 Villanova 1980-90-92-93-94-95-97-
 2000-14-16-17-18-19
 4 Stanford 2004-05-06-15

Distance Medley Relay

16 Villanova 1984-87-88-89-
 1990-91-94-95-
 1997-2006-12-13-
 2014-15-17-18
 5 Tennessee 1983-2004-07-09-10

Most Titles By School - Individual

10000 Meters

4 Georgetown 1988-91-98-2004
 2 Villanova 1992-94
 2 North Carolina State 1986-89
 2 Providence 2015-16

Longest Standing Records

4x800 Meter Relay

23 Years Tennessee (1984-2007)
 8 Years Villanova (2013-)

Distance Medley Relay

33 Years Villanova (1988-)

4x1500 Meter Relay

17 Years Villanova (1990-2007)
 10 Years Tennessee (2009-19)

10000 Meters

29 Years Carole Zajac, Villanova (1992-)

PENN RELAYS CHAMPIONS

VILLANOVA SUPERLATIVES

Championship of America Anchor Legs

5

Siofra Clerigh Buttner
Emily Lipari

4

Vicki Huber
Becky Spies

3

Kathy Franey
Krestena Sullivan

2

Michelle Bennett
Cheri Goddard
Nicole Hutchinson
Angel Piccirillo

1

Carmen Douma
Celeste Halliday
Abby Hunte
Doriane Lambelet
Veronica McIntosh
Marina Muncan
Sonia O'Sullivan
Sheila Reid
Stephanie Schappert
Lauren Searby
Tosha Woodward

Winning with the Same Lineup in Consecutive Years

2013-14 4x800 Meter Relay

Kelsey Margey
Angel Piccirillo
Nicky Akande
Emily Lipari

Anchor Three Winning Relays in the Same Year

Kathy Franey

1990: 4x800, Distance Medley, 4x1500

Emily Lipari

2014: 4x800, Distance Medley, 4x1500

Krestena Sullivan

1997: 4x800, Distance Medley, 4x1500

Anchor Two Winning Relays in the Same Year

Siofra Cleirigh Buttner

2017: 4x800, 4x1500
2018: 4x800, Distance Medley

Vicki Huber

1989: Distance Medley, 4x1500

Emily Lipari

2013: 4x800, Distance Medley

Becky Spies

1994: Distance Medley, 4x1500
1995: Distance Medley, 4x1500

PENN RELAYS CHAMPIONS

VILLANOVA SUPERLATIVES

Four Career Titles in One Event

Michelle Bennett

Distance Medley1988, 1989, 1990, 1991

Nicole Hutchinson

4x1500 Meter Relay2016, 2017, 2018, 2019

Kelsey Margey

4x800 Meter Relay2013, 2014, 2015, 2018

Angel Piccirillo

4x800 Meter Relay2013, 2014, 2015, 2017

Ron Delany

Mile Relay1955*, 1956, 1957, 1958

Larry James

Mile Relay1967*, 1968, 1969, 1970

Charles Stead

Mile Relay1956*, 1957, 1958, 1959

Three Career Titles in One Event

Nicky Akande

Distance Medley2013, 2014, 2015

Michelle Bennett

4x800 Meter Relay1989, 1990, 1991

Siofra Cleirigh Buttner

4x800 Meter Relay2015, 2017, 2018

Distance Medley2015, 2017, 2018

Kathy Franey

Distance Medley1988, 1989, 1990

Cheri Goddard

4x1500 Meter Relay1990, 1992, 1993

Vicki Huber

Distance Medley1987, 1988, 1989

Emily Lipari

Distance Medley2012, 2013, 2014

Angel Piccirillo

Distance Medley2013, 2015, 2017

Becky Spies

4x1500 Meter Relay1993, 1994, 1995

Michaela Wilkins

Distance Medley2013, 2014, 2015

Win an Individual Event and Be On at Least One Winning Relay in the Same Year

Carole Zajac

199410000 Meters

19944x1500 Meter Relay