

ESU WOMEN'S TRACK & FIELD NCAA CHAMPIONSHIPS

NCAA INDOOR CHAMPIONSHIPS

1989	Karen Way	HJ	t-5th	5-5
1990	Jenn Moyer	3000	8th	10:16.2
1991	Karen Way	HJ	2nd	5-9 1/4
1992	Jenn Moyer	3000	11th	10:29.5
1995	Jan Blake	1500	dnp	4:42.95
1996	Jan Blake	800	dnp	2:14.28
1997	Jan Blake	Mile	3rd	4:49.60
1999	Tina Vosper	5000	6th	17:36.08
2000	Cheryl Griffin	55	dnp	7.21
2001	Shavanna Ross	HJ	6th	5-5 3/4
2004	Vanessa Andes	5000	9th	17:07.7
2007	Leslie Martin	HJ	5th	5-8
2008	Lynn Mayer	HJ	t-5th	5-7
	Janelle Smith	HJ	13th	5-5
2010	Lynn Mayer	HJ	t-2nd	5-8 1/2
	Trina Carito	Pent	10th	3,337
2011	Lynn Mayer	HJ	2nd	5-8 1/2
	Trina Carito	Pent	12th	3,344
2013	Christina O'Connor	HJ	6th	5-8
2014	Christina O'Connor	HJ	9th	5-7
2015	Christina O'Connor	HJ	6th	5-8
2017	Aspen Gaita	Pent	12th	3,530
	Aspen Gaita	60H	16th	8.83
2018	Aspen Gaita	Pent	6th	3,786
	Aspen Gaita	60H	13th	8.61
2022	Elizabeth Makar	SP	9th	47-4 1/2

AIAW OUTDOOR CHAMPIONSHIPS

1981	Sue Carden	10,000	All-America
1982	800 Medley Relay		1st
	(Marie Hamilton, Lisa Gabel, Michelle Peters, Deb Townsend)		

NCAA OUTDOOR CHAMPIONSHIPS

1984	Laura Mason	3000	dnp	
1985	Laura Mason	5000	dnp	18:23.8
1986	Georgianna Messinger	10,000	7th	36:49.9
1987	Georgianna Messinger	10,000	11th	38:36.1
1990	Karen Way	HJ	2nd	5-10
1991	Karen Way	HJ	1st	5-9
1993	Jenn Moyer	10,000	7th	37:34.99
1994	Jan Blake	1500	12th	4:43.82
1995	Jan Blake	1500	6th	4:39.14
1996	Jan Blake	1500	6th	4:34.10
1998	Jenn Grube	Jav	9th	134-11
	Tina Vosper	10,000	9th	37:20.31
1999	Jenelle Strine	Hammer	7th	165-3
	Tina Vosper	10,000	8th	37:37.72
		5000	14th	18:32.75
	Amy Walbert	10,000	9th	37:52.52
2000	Jenn Grube	Jav	5th	146-7
2001	Jenn Grube	Jav	6th	140-9 1/4
	Quanette Jester	TJ	7th	39-5 3/4
		HJ	t-9th	5-3 3/4
	Shavanna Ross	HJ	dnp	nh
		400H	dnp	64.07
2003	Amy Donovan	TJ	17th	39-4 1/2
2004	Vanessa Andes	5000	15th	18:21.66
		10,000	11th	36:32.01
2005	Vanessa Andes	10,000	6th	36:33.40
		5000	13th	17:49.33
2007	Leslie Martin	Hept	8th	4,767
		HJ	14th	5-5
2008	Lynn Mayer	HJ	6th	5-8
	Trina Carito	Hept	12th	4,322
	Kahla Doran	Jav	13th	126-5
	Janelle Smith	HJ	t-17th	5-3
2009	Janelle Smith	HJ	10th	5-6
	Lynn Mayer	HJ	t-15th	5-4 1/4
	Jasmine Johnson	400	18th	56.50
2010	Lynn Mayer	HJ	t-3rd	5-7
	Janelle Smith	HJ	dnp	nh
2011	Rose Mascoli	10,000	3rd	33:54.74
	Rose Mascoli	5000	5th	16:38.24
	Lynn Mayer	HJ	t-3rd	5-6
	Corinne Fitzgerald	3000 stpl	15th	11:10.60
2012	Corinne Fitzgerald	3000 stpl	10th	11:07.62
2013	Corinne Fitzgerald	3000 stpl	10th	11:14.11
2014	Christina O'Connor	HJ	5th	5-8
2015	Christina O'Connor	HJ	6th	5-8
2018	Aspen Gaita	Hept	6th	5,017
2022	Elizabeth Makar	SP	10th	47-0 3/4

Multiple All-Americans

6 - Lynn Mayer
 4 - Christina O'Connor, Karen Way
 3 - Jan Blake, Aspen Gaita
 2 - Elizabeth Makar, Rose Mascoli, Leslie Martin, Jenn Grube, Tina Vosper, Jenn Moyer

17 All-Americans in school history

ESU WOMEN'S TRACK & FIELD PSAC CHAMPIONS

2024	Outdoor	Samiyah Little (HT)
2024	Indoor	Samiyah Little (WT)
2023	Outdoor	Jeanette Jones (400H)
2022	Outdoor	Elizabeth Makar (SP)
2020	Indoor	Tatiana Williams (TJ)
2019	Outdoor	Aspen Gaita (100H)
	Indoor	Aspen Gaita (60H)
2017	Outdoor	Aspen Gaita (100H)
	Indoor	Aspen Gaita (60H)
2016	Outdoor	Allison Decker (10k)
	Indoor	4x800 Relay (Matthews, Young, Toth, West)
2015	Outdoor	Christina O'Connor (HJ)
	Indoor	Danielle Smith (200), Christina O'Connor (HJ)
2014	Outdoor	Christina O'Connor (HJ)
	Indoor	Danielle Smith (60, 200), 4x800 Relay (Ragard, Rosario, Toth, Wernerspach), Christina O'Connor (HJ), Elizabeth Madden (WT), Theresa Horn (Pent)
2013	Outdoor	Danielle Smith (100)
	Indoor	Danielle Smith (60, 200), Christina O'Connor (HJ), Elizabeth Madden (WT)
2012	Outdoor	Danielle Smith (100 [t-1st, photo finish], 200), Corinne Fitzgerald (3k STPL)
2011	Outdoor	Lynn Mayer (HJ)
	Indoor	Lynn Mayer (HJ)
2010	Outdoor	Lynn Mayer (HJ)
	Indoor	Lauren Ventrella (60H), Lynn Mayer (HJ), Trina Carito (Pent)
2009	Outdoor	Amanda Sines (SP)
2008	Outdoor	Trina Carito (Hept)
	Indoor	Trina Carito (TJ)
2007	Indoor	Amanda Sines (SP), Leslie Martin (Pent)
2005	Outdoor	Tawny Youtz (400), Vanessa Andes (10k), 4x100 Relay (Youtz, Ashley Janosko, Ashley Murdock, Theresa Manera)
	Indoor	Theresa Manera (200), Tawny Youtz (400), 4x400 Relay (Jayme Ferraro, Manera, Ashley Janosko, Youtz)
2004	Outdoor	Vanessa Andes (10k)
	Indoor	Natasha Jarrett (55, 200)
2003	Indoor	Natasha Jarrett (55, 200), 4x400 Relay (Jackie Babbini, Jill Koscielecki, Kristin Mullin, Tawny Youtz)
2001		4x400 Relay (Jen Eye, Cheryl Griffin, Angela Gray, Shavanna Ross)
2000		4x400 Relay (Jackie Babbini, Cheryl Griffin, Jenn Eye, Shavanna Ross)
1998		Quanette Jester (TJ)
1996		Jan Blake (800, 1,500)
1995		Jan Blake (1,500), Colleen Goble (400H)
1994		Melainie Avenarius (200), Shannon Kalnoski (Hept)
1993		Jenn Moyer (5k, 10k)
1992		Michelle Cole (200, 400), Jenn Moyer (10k)
1991		Karen Way (HJ)
1990		Karen Way (HJ), Jocelyn Wurster (LJ)
1989		Melanie Wentz (100)
1988		Karen Way (HJ)
1985		Mile Relay (Karen Sweeney, Niki Romanchik, Dawn Wolfe, Mary Lou Tuttle)
1982		Sue Carden (5k, 10k), 4x200 Relay (Marie Hamilton, Lisa Gabel, Michelle Peters, Deb Townsend)
1981		Sue Carden (5k, 10k)
1980		Sue Carden (5k, 10k), Kathy Hall (SP)
1979		Laurie Hocker (200), Sue Carden (5k), Cheryl Baker (SP), Jodi Jarrett (Jav), Terry Walker (Pent), 4x100 Relay (Laurie Hocker, Sharon Sober, Pam Madge, Liz Bodnyk)

ESU WOMEN'S TRACK & FIELD PSAC CHAMPIONS

100m			5000m			Javelin		
Melanie Wentz	12.59	1989	Sue Carden	18:16.7	1979	Jodi Jarrett	148-10	1979
Danielle Smith	12.00 (t-1st)	2012	Sue Carden	18:08.0	1980	High Jump		
Danielle Smith	12.10	2013	Sue Carden	17:39.52	1981	Karen Way	5-7 1/4	1988
55m (Indoors)			Sue Carden	17:33.40	1982	Karen Way	5-7	1990
Natasha Jarrett	7.23	2003	Jenn Moyer	18:14.48	1993	Karen Way	5-8 1/2	1991
Natasha Jarrett	7.29	2004	10,000m			Lynn Mayer	5-7 3/4	2010
Danielle Smith	7.66 (60)	2013	Sue Carden	38:31.3	1980	Lynn Mayer	5-8 1/2	2011
Danielle Smith	7.68 (60)	2014	Sue Carden	37:06.66	1981	Christina O'Connor	5-7 3/4	2014
200m			Sue Carden	37:05.80	1982	Christina O'Connor	5-7 1/4	2015
Laurie Hocker	26.6	1979	Jenn Moyer	37:05.4	1992	High Jump (Indoors)		
Michelle Cole	25.42	1992	Jenn Moyer	37:34.99	1993	Lynn Mayer	5-7	2010
Melanie Avenarius	25.66	1994	Vanessa Andes	36:06.18	2004	Lynn Mayer	5-7 3/4	2011
Danielle Smith	24.60	2012	Vanessa Andes	37:00.85	2005	Christina O'Connor	5-7 3/4	2013
200m (Indoors)			Allison Decker	37:47.43	2016	Christina O'Connor	5-7	2014
Natasha Jarrett	25.84	2003	60m Hurdles (Indoors)			Christina O'Connor	5-10	2015
Natasha Jarrett	25.87	2004	Lauren Ventrella	8.94	2010	Weight Throw		
Theresa Manera	25.50	2005	Aspen Gaita	8.54	2017	Elizabeth Madden	52-1 3/4	2013
Danielle Smith	25.04	2013	Aspen Gaita	8.72	2019	Elizabeth Madden	55-3 1/2	2014
Danielle Smith	25.32	2014	100m Hurdles			Samiyah Little	57-0 1/4	2024
Danielle Smith	24.92	2015	Aspen Gaita	13.94	2017	Hammer Throw		
400m			Aspen Gaita	14.38	2019	Samiyah Little	170-8	2024
Michelle Cole	57.35	1992	400m Hurdles			Shot Put		
Tawny Youtz	56.89	2005	Colleen Goble	1:05.10	1995	Cheryl Baker	45-1 1/2	1979
400m (Indoors)			Jeanette Jones	1:01.30	2023	Kathy Hall	37-10 3/4	1980
Tawny Youtz	57.54	2005	3000m Steeplechase			Amanda Sines	41-8	2009
800m			Corinne Fitzgerald	10:50.72	2012	Elizabeth Makar	47-7 1/4	2022
Jan Blake	2:12.98	1996	Triple Jump			Shot Put (Indoors)		
1500m			Quanette Jester	37-6 1/4	1998	Amanda Sines	42-4 3/4	2007
Jan Blake	4:34.78	1995	Triple Jump (Indoors)			Heptathlon (Outdoors)		
Jan Blake	4:37.00	1996	Trina Carito	37-5 3/4	2008	Shannon Kalnoski	4029	1994
			Tatiana Williams	38-2 3/4	2020	Trina Carito	4661	2008
			Long Jump			Pentathlon (Outdoors)		
			Jocelyn Wurster	18-1 1/2	1990	Terry Walker		1979
						Pentathlon (Indoors)		
						Leslie Martin	3594	2007
						Trina Carito	3498	2010
						Theresa Horn	3355	2014
4x100m Relay			Multiple PSAC Championships					
1979	Hocker, Sober, Madge, Bodnyk	51.3	8 - Danielle Smith					
2005	Youtz, Janosko, Murdock, Manera	48.37	7 - Sue Carden					
4x200m Relay			5 - Christina O'Connor					
1982	Hamilton, Gabel, Peters, Townsend	1:50.8	4 - Aspen Gaita, Lynn Mayer, Natasha Jarrett					
Mile/4x400m Relay			3 - Trina Carito, Jan Blake (+1 relay), Jenn Moyer, Karen Way					
1985	Sweeney, Romanchik, Wolfe, Tuttle	3:56.83 yd	2 - Samiyah Little, Elizabeth Madden, Tawny Youtz (+3 relays), Amanda Sines, Vanessa Andes, Michelle Cole (+2 relays)					
2000	Babbini, Griffin, Eye, Ross	3:51.91						
2001	Eye, Griffin, Gray, Ross	3:55.35						
4x400m Relay (Indoors)								
2003	Babbini, Koscielecki, Mullin, Youtz	3:58.59						
2005	Ferraro, Manera, Janosko, Youtz	3:58.68						
4x800m Relay (Indoors)								
2014	Ragard, Rosario, Toth, Wernerspach	9:25.29						
2016	Matthews, Young, Toth, West	9:23.48						

ECAC INDOOR CHAMPIONS (before 2002)

55m			1500m			High Jump		
Tracey Wrubel	7.2	1992	Jenn Moyer	4:51.09	1996	Karen Way	5-6	1989
Cheryl Griffin	7.17	2001	Jan Blake	4:40.62	1997	Karen Way	5-7	1990
						Karen Way	5-6	1991
200m			Mile			Shavanna Ross 5-7 1/4 2001		
Cheryl Griffin	24.94	2000	Jan Blake	5:06.04	1996			
Cheryl Griffin	25.27	2001	Jan Blake	5:02.03	1997	Pentathlon		
						Shannon Kalnoski	3112	1994
500m			55m Hurdles					
Shannon O'Donnell	1:19.23	1999	Sheara Williamson	8.38	1996			
Shavanna Ross	1:17.52	2001						
			Long Jump					
			Melanie Avenarius	17-11 3/4	1994			
1000m								
Jan Blake	3:00.68	1995						
Jan Blake	3:01.06	1996						
Jan Blake	3:00.10	1997						
4x200m Relay								
1992	Cole, Wrubel, Gobel, Avenarius		1:47.27					
1993	Wrubel, Cole, Gobel, Avenarius		1:49.67					
1998	Kissling, Williamson, O'Donnell, Griffin		1:46.38					
2001	Eye, Gray, Babbini, Griffin		1:44.72					
4x400m Relay								
2001	Eye, Griffin, Gray, Ross		3:56.30					
4x800yd Relay								
1996	Vosper, Erario, France, Blake		9:54.30					

PSAC CHAMPIONSHIPS AWARD WINNERS

2015	Christina O'Connor	Field Athlete (Indoor)
2007	Leslie Martin	Field Athlete (Indoor)
2003	Natasha Jarrett	Track Athlete (Indoor)
1996	Jan Blake	Track Athlete
1993	Jenn Moyer	Track Athlete
1992	Michelle Cole	Track Athlete
1991	Karen Way	Field Athlete

USTFCCCA ATLANTIC REGION AWARD WINNERS

(Men + Women)		
2015	Christina O'Connor	(W) Indoor Field Athlete
	Karen Gaita	(W) Indoor Assistant Coach
2014	Karen Gaita	(W) Indoor Assistant Coach
2013	Matt Tholis	(M) Outdoor Field Athlete
2010	Chris Merli	(M) Outdoor Assistant Coach
2009	Chris Merli	(M) Outdoor Assistant Coach

PSAC OVERALL AWARD WINNERS

2024	Bri Hennett	Indoor Freshman
2022	Elizabeth Makar	Indoor Track, Freshman
2018	Aspen Gaita	Indoor Track
2015	Christina O'Connor	Indoor Field
2012	Danielle Smith	Indoor Freshman
	Danielle Smith	Outdoor Freshman
2010	Lauren Ventrella	Indoor Freshman
2007	Leslie Martin	Indoor Field
1991	Karen Way	Outdoor Athlete

PSAC Championships - Men

	Indoor	Outdoor
1971		7th 34
1972		5th 44
1973		4th 64
1974		3rd 38.5
1975		6th 48
1976		2nd 111.6
1977		3rd 90
1978		2nd 116
1979		2nd 101
1980		3rd 79
1981		6th 46
1982		3rd 71.5
1983		7th 41
1984		4th 56
1985		3rd 88
1986		7th 24.33
1987		6th 49
1988		t-6th 32
1989		6th 42.5
1990		5th 57
1991		7th 47.33
1992		4th 58
1993		9th 34
1994		7th 35
1995		5th 45
1996		6th 64
1997		7th 34
1998		8th 34
1999		8th 26
2000		10th 20
2001		7th 51
2002	4th 62	7th 38
2003	6th 55	8th 35
2004	6th 32	8th 33
2005	5th 50	6th 45
2006	5th 56	6th 51
2007	3rd 82	4th 94.5
2008	3rd 100	5th 89
2009	3rd 120	2nd 137
2010	2nd 134.5	2nd 159.5
2011	3rd 102.5	2nd 111
2012	4th 72	4th 100
2013	2nd 119.5	3rd 120.5
2014	2nd 109	2nd 104
2015	4th 75	3rd 117
2016	3rd 70	3rd 109
2017	3rd 78	3rd 77
2018	3rd 70	3rd 84
2019	2nd 98	3rd 86
2020	2nd 123.5	
2021		2nd 106.5
2022	3rd 76	3rd 104.5
2023	3rd 73.5	3rd 113
2024	3rd 92	3rd 139.5

PSAC Championships - Women

	Indoor	Outdoor
1979		2nd 123.5
1980		2nd 98
1981		3rd 72.5
1982		2nd 112
1983		11th 9
1984		12th 5
1985		11th 16
1986		7th 16
1987		10th 21
1988		7th 38
1989		7th 31
1990		7th 42
1991		5th 68.75
1992		3rd 81.5
1993		6th 60
1994		4th 74.33
1995		7th 44
1996		5th 59
1997		10th 13
1998		5th 60
1999		3th 79
2000		4th 81
2001		3rd 85
2002	7th 48	8th 34
2003	3rd 78	8th 33.17
2004	2nd 79	4th 76
2005	3rd 69	6th 65
2006	7th 48	8th 49.5
2007	4th 72	t-4th 81
2008	5th 65	5th 71.5
2009	6th 41	5th 79.5
2010	3rd 80.75	4th 97
2011	5th 64	4th 73.5
2012	3rd 67	2nd 101.5
2013	4th 83	5th 77
2014	2nd 86.5	7th 60
2015	7th 51	6th 62
2016	9th 32	7th 56
2017	5th 53	8th 50.5
2018	3rd 66	t-7th 58
2019	4th 70	4th 87
2020	7th 51.5	
2021		10th 47.5
2022	9th 40	t-7th 61
2023	5th 58	5th 72
2024	5th 56.5	9th 32

Other top finishes:

2nd - 1956 (25.75), 1951 (44.75), 1935 (20), 1934 (17), 1933 (20.25)
 3rd - 1950 (37.5), 1949 (36.25), 1932 (19), 1930 (24), 1929 (14)

ESU WOMEN'S INDOOR TRACK & FIELD TOP 10

55m/60yd

1. Destiny Thompson	7.09	2023
2. Cheryl Griffin	7.13	2000
3. Danielle Smith	7.14	2015
4. Marissa Flim	7.18	2018
5. Tiana Webster	7.19	2020
6. Morgan Dey	7.22	2020
Katherine Doyle	7.22	2009
8. Natasha Jarrett	7.23	2003
9. Rachel Pierantozzi	7.26	2014
10. Theresa Manera	7.27	2005

60m

1. Destiny Thompson	7.59	2023
2. Tiana Webster	7.62	2020
Danielle Smith	7.62	2015
4. Marissa Flim	7.70	2018
5. Briana Randolph	7.75	2020
6. Rachel Pierantozzi	7.76	2014
7. Lauren Ventrella	7.79	2010
8. Theresa Manera	7.82	2005
9. Morgan Dey	7.85	2020
Tirzah Johnson	7.85	2016
Cheryl Griffin	7.85	2000

200m/220 yd

1. Destiny Thompson	24.92	2024
Danielle Smith	24.92 o	2015
3. Cheryl Griffin	24.94 b	2000
4. Aspen Gaita	25.33 o	2018
5. Jasmine Johnson	25.47 o	2010
6. Theresa Manera	25.50	2005
7. Rachel Pierantozzi	25.55 b	2014
8. Marissa Flim	25.56 o	2018
9. Katherine Doyle	25.67	2008
10. Tiana Webster	25.82	2020
(--). Melanie Avenarius	26.03	1994

300yd

1. Melanie Wentz	38.5	1989
2. Mary Lou Tuttle	38.8	1987
3. Deb Townsend	39.1	1983
4. Tracy Guider	39.9	1988
5. Karen Sweeney	40.3	1986
Dawn Wolfe	40.3	1986

300m

1. Nicole Brown	41.85	2011
2. Michelle Cole	42.52	1992
3. Tawny Youtz	42.68	2005
4. Tracy Guider	42.9	1988
5. Ashley Murdock	43.20	2005
6. Danielle Smith	43.27	2012
7. Shannon O'Donnell	44.14	1998
Melanie Wentz	44.14	1989
9. Melanie Avenarius	44.3	1991
10. Tracy Wruble	44.5	1991

400m/440yd*

1. Jasmine Johnson	56.70 o	2010
2. Tawny Youtz	57.54	2005
3. Shavanna Ross	57.77	2001
4. Nicole Brown	57.87 o	2012
5. Jeanette Jones	58.01	2023
6. Danielle Smith	58.20 b	2014
7. Sarah Klag	58.44 b	2018
8. Jill Koscielecki	58.95	2003
9. Colleen Murphy	59.25	2014
10. Leiana Dean	59.71 b	2016
(--). Mary Lou Tuttle	59.94	1985

500m

1. Erin Brady	1:17.10b	2017
2. Shavanna Ross	1:17.52	2001
3. Trina Carito	1:17.54 b	2011
4. Jasmine Johnson	1:18.33	2011
5. Jeanette Jones	1:19.08	2023
6. Jan Blake	1:19.16	1996
7. Shannon O'Donnell	1:19.23	1999
8. Hope Decker	1:19.28	2017
9. Jackie Babbini	1:19.57	2000
10. Emily Hollick	1:19.60	2009

600yd

1. Mary Lou Tuttle	1:27.2	1985
2. Niki Romanchik	1:30.8	1988
3. Deb Abrams	1:32.7	1988
4. Karen Sweeney	1:33.5	1985
5. Donna Serpi	1:34.0	1989
6. Joelle Fenn	1:34.6	1989

600m

1. Erin Brady	1:38.06	2017
2. Sarah Klag	1:39.64	2019
3. Shante Dorin	1:39.92	2018
4. Kaylyn West	1:40.39	2016
5. Lauren Toth	1:40.74	2017
6. Hope Decker	1:41.74	2017
7. Brittany Carratura	1:43.12	2020
8. Deb Abrams	1:43.94	1990
9. Allyson Stitzer	1:44.06	2019
10. Brittany Carratura	1:44.26	2019

800m/880yd*

1. Jan Blake	2:14.28	1996
2. Kaylyn West	2:16.55 o	2018
3. Kristin Mullin	2:17.19	2004
4. Kim Wernerspach	2:18.56 o	2013
5. Lauren Toth	2:18.61 o	2017
6. Michelle Cole	2:18.81	1993
7. Erin Brady	2:19.80 b	2017
8. Imani Rosario	2:20.45 o	2013
9. Brittany Carratura	2:21.16	2020
10. Hope Decker	2:21.21 o	2017
(--). Jenn Moyer	2:22.84	1989

1000yd

1. Georgianna Messinger	2:46.7	1986
2. Allison Dale	2:48.5	1985
3. Jenn Moyer	2:49.8	1989
4. Terry Snyder	2:50.4	1978
5. Jen Sabol	2:53.6	1989

1000m

1. Jan Blake	2:54.9	1997
2. Kaylyn West	2:59.56 b	2016
3. Tina Vosper	3:02.13	1999
4. Samantha Young	3:02.18 b	2016
5. Kim Wernerspach	3:02.65 b	2012
6. Jenn Moyer	3:02.84	1992
7. Allison Dale	3:03.68	1985
8. Kristin Mullin	3:04.30	2003
9. Deb Adams	3:05.64	1991
10. Laura Mason	3:07.04	1984

1500m

1. Jan Blake	4:40.40	1995
2. Laura Mason	4:45.24	1985
3. Jenn Moyer	4:47.64	1992
4. Georgianna Messinger	4:47.74	1985
5. Deb Abrams	4:55.14	1989
6. Trish Monteforte	4:56.70	2004
7. Jane Grendel	4:59.75	2004
8. Daffney Parsons	5:01.29	2004
9. Sarah Sheldon	5:03.47	1995
10. Jess Chong	5:04.20	2004

Mile

1. Jan Blake	4:49.60 b	1997
2. Kim Wernerspach	5:06.93	2014
3. Rose Mascoli	5:07.02	2012
4. Kaylyn West	5:07.30 o	2016
5. Corinne Fitzgerald	5:07.42	2011
6. Laura Mason	5:08.34	1985
7. Chelsea Conover	5:08.45 b	2016
8. Tina Vosper	5:11.57	1999
9. Samantha Young	5:12.45 b	2018
10. Chelsea Conover	5:12.79 b	2014

3000m

1. Laura Mason	9:56.06	1985
2. Corinne Fitzgerald	9:59.72 o	2011
3. Vanessa Andes	10:01.04	2004
4. Jan Blake	10:01.74	1997
5. Allison Decker	10:02.11	2015
6. Jenn Moyer	10:05.74	1990
7. Kim Wernerspach	10:05.99 b	2014
8. Rose Mascoli	10:07.01	2012
9. Georgianna Messinger	10:11.20	1986
10. Brianna Hennett	10:16.76	2024
(--). Sue Carden	10:17.94	1980

b = banked track

o = oversized track

Names listed outside Top 10 are former

ESU record holders

Records current through 2023

ESU WOMEN'S INDOOR TRACK & FIELD TOP 10

2 Mile			Long Jump			Shot Put		
1. Laura Mason	10:45.8	1985	1. Aspen Gaita	18-10 3/4	2018	1. Elizabeth Makar	47-9	2022
2. Sue Carden	11:09.2	1980	2. Kamya Edmonds	18-5 3/4	2023	2. Amanda Sines	44-7 1/2	2007
3. Georgianna Messinger	11:10.8	1985	3. Leslie Martin	18-1	2007	3. Natasha Jarrett	44-3	2004
4. Alyssa Williams	11:29.8	1987	4. Melanie Avenarius	17-11 3/4	1994	4. Me'Saj Closs	43-7 3/4	2020
5. Eleanor Lewis	11:36.2	1979	5. Tirzah Johnson	17-9 1/2	2015	5. Madison Horahan	43-0 1/2	2023
6. Tina Vosper	11:41	1997	6. Becky Fitz	17-9 1/4	2003	6. Cheryl Baker	42-0	1979
7. Amy Walbert	11:48	1997	7. Jayme Ferraro	17-9	2004	7. Renee Konopka	41-9	1986
3 Mile			8. Trina Carito	17-7 1/2	2011	8. Barbara Grossov	41-5 1/4	2020
1. Sue Carden	17:46.0	1981	9. Shannon Harnett	17-7	2025	9. Olivia Ellzy	41-4 1/4	2020
2. Jocelyn Barnett	18:09.6	1985	10. Michayla Weitman	17-4 1/4	2018	10. Jenn DeLuca	40-6	1990
3. Cheryl Williams	19:26.6	1985	Aniyah Williams	17-4 1/4	2013	Weight Throw		
5000m			(--). Denise Consla	17-0	1990	1. Samiyah Little	58-3 1/4	2024
1. Vanessa Andes	16:56.36	2004	Triple Jump			2. Me'Saj Closs	55-6 1/2	2020
2. Allison Decker	17:14.85 o	2016	1. Shannon Harnett	38-11 3/4	2025	3. Elizabeth Makar	55-3 3/4	2023
3. Tina Vosper	17:22.11	1999	2. Tatiana Williams	38-2 3/4	2020	4. Elizabeth Madden	55-3 1/2	2014
4. Corinne Fitzgerald	17:30.03 b	2011	3. Kamya Edmonds	37-7 1/4	2023	5. Isabella Marte	53-6 1/2	2023
5. Rose Mascoli	17:30.80 b	2012	4. Quanette Jester	37-7	2000	6. Sam Giangrasso	53-5	2020
6. Brianna Hennett	17:44.89	2024	5. Trina Carito	37-5 3/4	2008	7. Madison Horahan	52-6 3/4	2022
7. Sue Carden	17:46.00	1981	6. Tirzah Johnson	37-4	2014	8. Amanda Sines	50-4	2007
8. Jenn Moyer	17:54.74	1993	Tracy Guider	37-4	1988	9. Zionette Salahuddin	49-3 3/4	2023
9. Kim Wernerspach	17:57.55 b	2014	8. Becky Fitz	37-3 1/2	2003	10. Jennelle Strine	48-11 1/4	2000
10. Amy Walbert	17:59.84	1999	9. Amy Donovan	36-9 1/2	2003	Pentathlon		
55m/60yd Hurdles			Sarah Smith	36-9 1/2	2017	1. Aspen Gaita	3786	2018
1. Aspen Gaita	7.99	2017	High Jump			2. Leslie Martin	3594	2007
2. Sheara Williamson	8.38	1998	1. Christina O'Connor	5-10	2015	3. Trina Carito	3519	2011
3. Jayme Ferraro	8.41	2004	2. Karen Way	5-9 1/4	1991	4. Theresa Horn	3355	2014
4. Lauren Ventrella	8.42	2010	Lynn Mayer	5-9 1/4	2011	5. Shannon Kalnoski	3112	1994
5. Leslie Martin	8.47	2007	4. Leslie Martin	5-8	2007	6. Victoria Matthews	3096	2019
6. Brittney Mackey	8.68	2009	5. Porschia Bennett	5-7 3/4	2025	7. Michayla Weitman	3042	2018
Shavanna Ross	8.68	2001	6. Janelle Smith	5-7 1/4	2008	8. Aniyah Williams	3007	2013
8. Brandie Tartza	8.72	2017	Shavanna Ross	5-7 1/4	2001	9. Kelly Henzl	2988	1994
9. Jeanette Jones	8.73	2020	8. Devyn Emerich	5-7	2009	10. Brandie Tartza	2957	2014
10. Aniyah Williams	8.80	2013	9. Aspen Gaita	5-6 1/2	2017			
--. Shannon Kalnoski	8.83	1994	Kelli Strickler	5-6 1/2	1999			
60m Hurdles			Pole Vault					
1. Aspen Gaita	8.54	2017	1. Nickolina Anelli	12-2 3/4	2024			
2. Lauren Ventrella	8.94	2010	2. Laura Beimfohr	11-10	2013			
3. Jeanette Jones	8.99	2023	3. Heather Gaughran	11-5 3/4	2023			
4. Aniyah Williams	9.18	2013	4. Kirsten Muhaw	11-4 1/4	13/14			
5. Jaid Harsch	9.20	2016	Julia Molloy	11-3 3/4	2014			
6. Brandie Tartza	9.29	2016	6. Reese Ruggiero	10-11 3/3	2025			
7. Jayme Ferraro	9.30	2004	Hannah Frankenfield	10-11 3/4	2020			
8. Brittany Knowles	9.31	2011	Brandie Tartza	10-11 3/4	2017			
9. Kelley Anne Stuetz	9.39	2016	Juliana Schraer	10-11 3/4	2022			
10. Misha Duverger	9.44	2020	10. Aina Galan	10-10	2025			
			(--). Shannon O'Donnell	8-6	1999			
			Maureen Murray	8-6	2000			

ESU WOMEN'S INDOOR TRACK & FIELD TOP 10

4x200m/4x200yd Relay

1. 1:44.72	Eye, Gray, Babbini, Griffin	2001
2. 1:44.80	Gaita, Flim, Klag, Webster	2018
3. 1:44.86	Youtz, Manera, Murdock, Janosko	2004
4. 1:44.94	Smith, Bell, Johnson, Terembula	2015
5. 1:45.19	Brown, Pierantozzi, Ventrella, Smith	2012
6. 1:45.29	Babbini, Fitz, Portzline, Griffin	2000
7. 1:45.51	Ventrella, Johnson, Brown, Pierantozzi	2011
8. 1:46.38 yd	Kissling, Williamson, O'Donnell, Griffin	1998
9. 1:46.52	Doyle, Martin, Murdock, Manera	2007
10. 1:46.63	Thompson, Horning, Reed, Edmonds	2023

4x400m/4x400yd Relay

1. 3:53.73 b	Brown, Johnson, Getz, Carito	2011
2. 3:55.38 b	Eye, Griffin, Gray, Ross	2001
3. 3:56.42	Johnson, Martin, Carito, Doyle	2008
4. 3:56.71	Ferraro, Manera, Mullin, Youtz	2004
5. 3:56.75	Mackey, Johnson, Hollick, Doyle	2009
6. 3:56.82 b	Dorin, Gaita, Brady, Matthews	2017
7. 3:56.95	Murphy, Brown, Rosario, Ventrella	2012
8. 3:57.01 o	Klag, Gaita, Stitzer, Dorin	2018
9. 3:57.74	Jones, Horning, Kyle, Thompson	2023
10. 3:58.24 o	Dean, Harsch, Matthews, Swingle	2016

4x800m/4x800yd Relay

1. 9:23.48 o	Matthews, Young, Toth, West	2016
2. 9:25.29 o	Ragard, Rosario, Toth, Wernerspach	2014
3. 9:27.23 o	Brady, West, Matthews, Toth	2017
4. 9:31.10	Babbini, Koscielecki, Greenfield, Mullin	2003
5. 9:33.00	Vosper, McDonough, Sheldon, Blake	1997
6. 9:37.65 o	McCarron, Wernerspach, Lowry, Fitzgerald	2011
7. 9:39.13	Ferraro, Monteforte, Parsons, Mullin	2004
8. 9:40.45	LaPergola, Pasquarella, Goemaat, Cooblall	2008
9. 9:43.04 yd	Mason, Tuttle, Romanchick, Dale	1985
10. 9:45.56	Brennan, Dynow, Andes, LaPergola	2006

Distance Medley Relay

1. 12:04.60 b	Young, Klag, Dorin, West	2018
2. 12:08.31	Vosper, O'Donnell, Sheldon, Blake	1997
3. 12:15.04 b	Fitzgerald, Rosario, Wernerspach, Mascoli	2012
4. 12:15.12	Romanchick, Tuttle, Messinger, Mason	1985
5. 12:16.16b	West, Matthews, Toth, Young	2017
6. 12:19.45 o	Wernerspach, Getz, Lowry, Fitzgerald	2011
7. 12:24.55	Wernerspach, Ventrella, Rosario, Mascoli	2013
8. 12:24.89	Young, West, Toth, A. Decker	2015
9. 12:39.88 b	West, H. Decker, Matthews, Young	2016
10. 12:40.17 yd	Serpi, Corrigan, Abrams, Moyer	1990
--. 12:42.24	Tuttle, Wolfe, Sweeny, Stackhouse	1984
--. 12:47.04		1980

Sprint Medley Relay

1. 4:10.54	Youtz, Manera, Murdock, Mullin	2004
2. 4:24.44	Avenarius, Cole, Wrubel, Moyer	1992
3. 4:37.84	Squires, Dias, Greenfield, Loretz	2004
4. 4:38.14		1984

ESU WOMEN'S INDOOR TRACK & FIELD FRESHMAN RECORDS

55m	Marissa Flim	7.30	2016
60m	Danielle Smith	7.73	2012
200m	Theresa Manera	25.99	2004
300m	Nicole Brown	41.85	2011
400m	Jill Koscielecki	58.95	2003
500m	Jackie Babbini	1:19.57	2000
600m	Joann McDonough	1:48.44	1994
600yd	Donna Serpi	1:34.13	1989
800m	Bridget McCarron	2:21.98	2011
1000m	Jan Blake	3:03.36	1994
1000yd	Jenn Moyer	2:49.94	1989
1500m	Georgianna Messinger	4:47.74	1984
Mile	Kim Wernerspach	5:13.1	2011
3000m	Bri Hennett	10:16.76	2024
5000m	Bri Hennett	17:44.89	2024
55 Hurdles	Lauren Ventrella	8.42	2010
60 Hurdles	Lauren Ventrella	8.94	2010
Long Jump	Lauren Hannan	17-4	2010
Triple Jump	Tracy Guider	37-4	1988
High Jump	Lynn Mayer	5-7 1/4	2008
Pole Vault	Laura Beimfohr	11-6 1/2	2011
Shot Put	Elizabeth Makar	47-9	2022
Weight	Samiyah Little	51-11 3/4	2023
Pentathlon	Shannon Kalnoski	3048	1993
4x400 Relay	Ferraro, Greenfield, Dias, Koscielecki	4:05.90	2003
4x800 Relay	Serpi, Sabol, Straut, Moyer	9:51.34	1989

ESU WOMEN'S OUTDOOR TRACK & FIELD TOP 10

100m			3000m			400m Hurdles		
1. Tiana Webster	11.80	2019	1. Rose Mascoli	9:54.65	2011	1. Leslie Martin	1:01.23	2007
2. Marissa Flim	11.94	2018	2. Laura Mason	9:59.84	1984	2. Jeanette Jones	1:01.30	2023
3. Danielle Smith	12.00	2012	3. Jan Blake	10:02.64	1996	3. Shavanna Ross	1:01.39	2000
4. Destiny Thompson	12.02	2024	4. Georgianna Messinger	10:02.84	1986	4. Lauren Ventrella	1:03.07	2013
5. Cheryl Griffin	12.14	2000	5. Vanessa Andes	10:05.81	2004	5. Jill Koscielecki	1:03.12	2003
6. Keneesha Jones	12.16	2015	6. Corinne Fitzgerald	10:06.58	2011	6. Hope Decker	1:03.16	2017
Natasha Jarrett	12.19	2002	7. Sue Carden	10:08.04	1982	7. Jayme Ferraro	1:03.65	2006
8. Katherine Doyle	12.23	2008	8. Tina Vosper	10:11.16	1998	8. Emily Hollick	1:03.73	2010
Tawny Youtz	12.23	2003	9. Kim Wernerspach	10:17.89	2013	9. Allyson Stitzer	1:03.92	2018
Tracey Wruble	12.23	1992	10. Chelsea Conover	10:18.19	2016	10. Sheara Williamson	1:03.98	1997
--. Melanie Wentz	12.34	1989				(--). Rebecca Urrutia	1:04.83	1996
200m			3000m Steeplechase			High Jump		
1. Cheryl Griffin	24.59	2000	1. Corinne Fitzgerald	10:37.95	2013	1. Karen Way	5-10	1990
2. Danielle Smith	24.60	2012	2. Kaylyn West	11:04.82	2016	2. Lynn Mayer	5-9 3/4	2010
3. Destiny Thompson	24.71	2023	3. Kelly Curry	11:20.02	2005	3. Christina O'Connor	5-8	2014, 15
4. Natasha Jarrett	24.99	2003	4. Niki Pasquarella	11:33.1	2010	4. Janelle Smith	5-7 3/4	2010
5. Jasmine Johnson	25.04	2011	Niki Pasquarella	11:33.1	2008	Leslie Martin	5-7 3/4	2007
6. Michelle Cole	25.14	1992	5. Brittany Callahan	11:33.63	2014	6. Devyn Emerich	5-7	2012
7. Aspen Gaita	25.17	2018	6. Kim Lowry	11:34.40	2011	7. Trina Carito	5-6 1/2	2008
8. Tawny Youtz	25.22	2005	7. Megan Elgrim	11:48.06	2024	Quanette Jester	5-6 1/2	2001
9. Melanie Wentz	25.34	1989	8. Christel Hibbard	11:48.31	2001	9. Shavanna Ross	5-6 1/4	2001
10. Katherine Doyle	25.36	2007	9. Vanessa Andes	11:48.32	2003	10. Victoria Matthews	5-6	2019
			10. Stephanie Soni	11:51.10	2015	Carolyn Way	5-6	1992
400m			5000m			Triple Jump		
1. Danielle Smith	55.75	2014	1. Rose Mascoli	16:36.98	2011	1. Quanette Jester	39-5 3/4	2001
2. Jasmine Johnson	56.06	2009	2. Allison Decker	16:56.53	2016	2. Amy Donovan	39-4 1/2	2003
3. Tawny Youtz	56.24	2005	3. Corinne Fitzgerald	17:16.06	2013	3. Kamya Edmonds	38-5	2023
4. Nicole Brown	57.01	2012	4. Sue Carden	17:20.04	1982	4. Tirzah Johnson	38-3 1/2	2014
5. Colleen Murphy	57.10	2014	5. Laura Mason	17:23.24	1985	5. Leslie Martin	37-8	2007
6. Shavanna Ross	57.23	2001	6. Tina Vosper	17:25.75	1998	6. Trina Carito	37-6 3/4	2008
7. Michelle Cole	57.24	1992	7. Vanessa Andes	17:25.81	2004	7. Becky Fitz	37-2	2003
8. Sarah Klag	57.38	2019	8. Payton Falkenstein	17:36.93	2024	8. Tatiana Williams	37-1 3/4	2019
9. Jeanette Jones	57.92	2023	9. Chelsea Conover	17:40.01	2016	9. Tracy Guider	36-8 1/2	1988
10. Katherine Doyle	58.06	2009	10. Kim Wernerspach	17:41.81	2013	10. Anna Roth	36-4	2024
			(--). Eleanor Lewis	18:21.75	1979	(--). Lisa Adams	35-9 1/2	1985
800m			10,000m			Long Jump		
1. Carly Danoski	2:12.44	2021	1. Rose Mascoli	33:54.74	2011	1. Aspen Gaita	19-1 1/2	2018
2. Jan Blake	2:12.94	1996	2. Georgianna Messinger	35:53.20	1986	2. Donna Walter	18-7 1/2	1977
3. Kristin Mullin	2:15.85	2002	3. Vanessa Andes	36:06.18	2004	3. Trina Carito	18-7	2010
4. Michelle Cole	2:16.24	1993	4. Allison Decker	36:18.18	2016	4. Kamya Edmonds	18-6 1/2	2022
5. Kaylyn West	2:16.34	2016	5. Tina Vosper	36:28.39	1998	5. Tirzah Johnson	18-6	2015
6. Imani Rosario	2:16.69	2013	6. Jenn Moyer	36:40.07	1993	6. Leslie Martin	18-5	2007
7. Sam LaPergola	2:17.42	2006	7. Corinne Fitzgerald	36:43.36	2013	7. Jocelyn Wurster	18-2 1/2	1989
8. Lauren Toth	2:17.45	2017	8. Sue Carden	37:05.80	1982	8. Melanie Avenarius	18-1 1/4	1994
9. Brittany Carratura	2:18.03	2021	9. Amy Walbert	37:15.80	1999	9. Quanette Jester	17-11	2001
10. Sarah Sheldon	2:18.28	1998	10. Caitlin Perry	37:22.85	2015	10. Jayme Ferraro	17-9	2004
(--). Betty Cummings	2:19.38	1983				Pole Vault		
(--). Molly Ginley	2:19.52	1982				1. Nickolina Anelli	12-2	2023
1500m			100m Hurdles			2. Kirsten Muhaw	11-11 3/4	2014
1. Jan Blake	4:31.93	1996	1. Aspen Gaita	13.94	2017	3. Laura Beimfohr	11-8 1/2	2012
2. Rose Mascoli	4:37.78	2011	2. Jeanette Jones	14.34	2023	4. Heather Gaughran	11-5 3/4	2023
3. Kim Wernerspach	4:40.28	2013	3. Lauren Ventrella	14.47	2013	5. Hannah Frankfield	11-3	2021
4. Laura Mason	4:42.34	1984	4. Jaid Harsch	14.71	2016	Juliana Schraer	11-3	2021
5. Samantha Young	4:43:02	2019	5. Jayme Ferraro	14.77	2006	7. Brandie Tartza	11-2 1/4	2017
6. Bridget McCarron	4:43.44	2011	6. Aniyah Williams	14.86	2012	8. Julia Molloy	10-11 3/4	2014
7. Tina Vosper	4:43.96	1998	7. Makayla Smith	15.14	2024	9. Kristen Morby	10-6 1/4	2009
8. Georgianna Messinger	4:44.44	1987	8. Briana Hall	15.21	2019	10. Steph Weber	10-6	2008
9. Jenn Moyer	4:44.64	1993	Acacia Douglas	15.21	2016			
10. Kaylyn West	4:44.99	2018	10. Leslie Martin	15.22	2007			
(--). Terri Snyder	4:46.44	1979	(--). Shannon Kalnoski	15.44	1993			
			(--). Laurie Hill	15.59	1980			

ESU WOMEN'S OUTDOOR TRACK & FIELD TOP 10

Shot Put

1. Elizabeth Makar	47-7 1/4	2022
2. Cheryl Baker	45-1 1/2	1979
3. Natasha Jarrett	43-1 1/2	2004
4. Me'Saj Closs	42-4 1/4	2019
5. Jen DeLuca	42-2 1/2	1991
6. Amanda Sines	41-9 1/4	2007
7. Madison Horahan	40-10 1/4	2022
8. Amy Jones	40-5 1/2	2004
9. Barbara Grossov	40-2 3/4	2018
10. Renee Konopka	40-0 1/2	1988

Hammer

1. Elizabeth Makar	180-10	2023
2. Samiyah Little	176-3	2023
3. Me'Saj Closs	167-8	2019
4. Jenelle Strine	165-3	1999
5. Isabella Marte	163-6	2023
6. Amanda Sines	161-7	2009
7. Danielle Laws	161-5	2010
8. Madison Horahan	160-4	2022
9. Elizabeth Madden	160-3	2015
10. Zionette Salahuddin	154-3	2023

Javelin (old)

1. Jodi Jarrett	148-10	1978
2. Jenn Grube	148-1	1998
3. Kathy Flores	148-0	1977
4. Antoinette Ellis	127-7	1982
5. Lisa Nichols	126-2	1984
6. Karin Frantz	125-1	1995
7. Kathy Bowen	123-5	1981
8. Kathy Hall	121-1	1981
9. Jessica Balbanoff	117-3	1993
10. Kim Bailey	110-0	1988

Discus

1. Isabella Marte	144-1	2022
2. Me'Saj Closs	135-11	2018
3. Amanda Sines	133-3	2007
4. Karin Frantz	133-2	1995
5. Elizabeth Makar	131-8	2021
6. Madison Horahan	131-1	2022
7. Zionette Salahuddin	130-4	2023
8. Danielle Laws	130-2	2011
9. Gina Dibenedetto	129-10	1991
10. Alyssa Thompson	128-3	2004

Javelin (new)

1. Jenn Grube	146-7	2000
2. Kahla Doran	142-7	2008
3. Olivia Sforza	141-1	2022
4. Christa Sandvig	140-8	2004
5. Gabrielle D'Amore	139-4	2018
6. Jess Chong	137-11	2007
7. Taylor Watkins	132-7	2016
8. Hannah Marth	132-5	2018
9. Allyson Cardullo	131-8	2009
10. Jackie Babbini	130-3	2000

Heptathlon

1. Aspen Gaita	5017	2018
2. Leslie Martin	4901	2007
3. Trina Carito	4784	2010
4. Aniyah Williams	4461	2013
5. Theresa Horn	4454	2014
6. Michayla Weitman	4421	2018
7. Jackie Babbini	4266	2001
8. Victoria Matthews	4153	2019
9. Kelli Strickler	4121	2000
10. Elyssa Pemu	4047	2024
--. Kathy Allen	3937	1983

4x100m Relay

1. 46.92	Pierantozzi, Ventrella, Jones, Smith	2013
2. 46.93	Dey, Flim, Webster, Gaita	2018
3. 47.44	Ventrella, Brown, Pierantozzi, Smith	2012
4. 47.56	Flim, Webster, Dey, Gaita	2019
5. 47.62	Pierantozzi, Smith, Johnson, Bell	2014
6. 47.64	Flim, Webster, L. Dean, Gaita	2017
7. 47.94	Babbini, Eye, Youtz, Jarrett	2002
8. 47.98	Youtz, Manera, Murdock, Jarrett	2004
9. 48.01	Johnson, Jones, DiPietro, Bell	2015
10. 48.08	Johnson, Farrar, L. Dean, Flim	2016
(--). 48.27	Babbini, Eye, Jester, Griffin	2001
(--). 48.38	Babbini, Fitz, Eye, Griffin	2000

4x200m Relay

1. 1:40.85	Pierantozzi, Ventrella, Jones, Smith	2013
2. 1:41.32	Flim, Webster, Dey, Gaita	2017
3. 1:41.62	Babbini, Gray, Youtz, Jarrett	2002
4. 1:41.89	Flim, Webster, Dey, Gaita	2018
5. 1:42.16	Eye, Ross, Gray, Griffin	2001
6. 1:42.65	Pierantozzi, Murphy, Bell, Smith	2014
7. 1:42.67	Brown, Murphy, Pierantozzi, Johnson	2011
8. 1:42.76	Youtz, Manera, Murdock, Jarrett	2004
9. 1:43.15	Flim, Webster, Allen, Gaita	2019
10. 1:43.89	Jones, Bell, Harsch, Smith	2015
(--). 1:46.20	Babbini, Fitz, Portzline, Ross	2000
(--). 1:46.40	Cole, Wrubel, Goble, Elder	1993

4x400m Relay

1. 3:51.91	Babbini, Griffin, Eye, Ross	2000
2. 3:52.84	Gray, Griffin, Eye, Ross	2001
3. 3:53.19	Schillinger, Johnson, Carito, Doyle	2008
4. 3:53.78	Brown, Murphy, Getz, Johnson	2011
5. 3:53.96	Johnson, Schillinger, Carito, Doyle	2009
6. 3:54.76	Klag, L. Dean, Phillipe, Stitzer	2018
7. 3:55.12	Babbini, Eye, Mullin, Youtz	2002
8. 3:55.24	Ventrella, Carito, Getz, Hannan	2010
9. 3:55.33	Smith, Brady, McLean, Harsch	2015
10. 3:55.34	Murphy, Ventrella, Smith, Brown	2012
(--.) 3:56.83 yd	Sweeney, Romanchik, Wolfe, Tuttle	1985

4x800m Relay

1. 9:24.40	West, Matthews, Toth, Young	2016
2. 9:25.28	Brady, Dorin, Young, West	2017
3. 9:30.97	Ragard, Toth, Brady, Wernerspach	2014
4. 9:31.03	Avenarius, Gentile, McDonough, Blake	1994
5. 9:32.27	Wilkinson, Carratura, Dorin, West	2018
6. 9:34.04	Amundsen, Hannon, Mason, Ginley	1982
7. 9:38.36	West, Toth, Young, H. Decker	2015
8. 9:41.04	Urrutia, France, Blake, Sheldon	1995
9. 9:41.55	Eder, Young, Carratura, Davalos	2019
10. 9:41.74	Gentile, Moyer, VanMeter, Cole	1993

Sprint Medley Relay

1. 4:09.63	Ventrella, Smith, Brown, Rosario	2012
2. 4:10.45	Manera, Jarrett, Youtz, Mullin	2004
3. 4:11.63	Youtz, Jarrett, Gray, Mullin	2002
4. 4:12.82	Gentile, Elder, Avenarius, Blake	1994
5. 4:13.28	Williamson, Griffin, O'Donnell, Sheldon	1998
6. 4:31.18	Billington, Wolfe, Sweeney, Messinger	1985
7. 4:31.60	O'Donnell, Sabol, Kissling, McDonough	1997

Shuttle Hurdles

1. 1:05.34	Ross, Jester, O'Donnell, Williamson	1998
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Distance Medley Relay

1. 12:10.99	West, Brady, Toth, Young	2017
2. 13:10.30	Brenner, Werner, Bjorndahl, Centurione	2000

ESU WOMEN'S OUTDOOR TRACK & FIELD FRESHMAN RECORDS

100m	Danielle Smith	12.00	2012
200m	Danielle Smith	24.60	2012
400m	Jasmine Johnson	57.40	2008
800m	Lauren Toth	2:19.61	2014
1500m	Laura Mason	4:45.44	1982
3000m	Rose Mascoli	10:33.96	2010
5000m	Payton Falkenstein	17:36.93	2024
10,000m	Rose Mascoli	37:29.93	2010
100 Hurdles	Lauren Ventrella	14.73	2010
400 Hurdles	Jill Koscielecki	1:03.12	2003
3000m ST	Corinne Fitzgerald	10:17.83	2010
4x100 Relay	Duverger, Jones, Rhodes, Edmonds	50.07	2019
4x400 Relay	Krayee, Dean, Matthews, Collins	4:00.85	2016
Long Jump	Jocelyn Wurster	18-2 1/2	1989
Triple Jump	Amy Donovan	39-4 1/2	2003
High Jump	Lynn Mayer	5-8 1/4	2008
Pole Vault	Laura Beimfohr	11-3 3/4	2011
Shot Put	Elizabeth Makar	45-3 3/4	2021
Discus	Elizabeth Makar	131-8	2021
Hammer	Samiyah Little	150-9	2022
Javelin (old)	Jenn Grube	138-1	1998
Javelin (new)	Gabrielle D'Amore	139-4	2018
Heptathlon	Trina Carito	4384	2007