

ESU WOMEN'S LEADERS - PSAC CHAMPIONSHIPS

This document includes all women's track & field athletes who scored in at least 5 events (combined individual/relays) at PSAC Track & Field Championships. A complete list of scoring performances at PSAC Championships can be found on the Track & Field Archives page.

Please note: The list below includes both PSAC indoor and outdoor championships. The first indoor championship was held in 2002.

Most PSAC Scoring Performances (overall)

24	Danielle Smith	16 ind, 8 relay
24	Jasmine Johnson	13 ind, 11 relay
23	Trina Carito	18 ind, 5 relay
20	Aspen Gaita	15 ind, 5 relay
19	Lauren Ventrella	9 ind, 10 relay
18	Jeanette Jones	11 ind, 7 relay
17	Katherine Doyle	11 ind, 6 relay
16	Kaylyn West	7 ind, 9 relay
16	Jayme Ferraro	15 ind, 1 relay
15	Victoria Matthews	9 ind, 6 relay
15	Natasha Jarrett	15 ind
14	Tiana Webster	10 ind, 4 relay
14	Kim Wernerspach	6 ind, 8 relay
14	Tawny Youtz	11 ind, 3 relay
13	Leslie Martin	12 ind, 1 relay
12	Samantha Young	3 ind, 9 relay
12	Rose Mascoli	11 ind, 1 relay
12	Amanda Sines	12 ind
11	Ariel Kyle	3 ind, 8 relay
11	Corinne Fitzgerald	8 ind, 3 relay
11	Quanette Jester	11 ind
11	Theresa Manera	9 ind, 2 relay
10	Elizabeth Makar	10 ind
	Imani Rosario	2 ind, 8 relay

Scoring Performances (Individual)

18	Trina Carito
16	Danielle Smith
15	Aspen Gaita
15	Jayme Ferraro
15	Natasha Jarrett
13	Jasmine Johnson
12	Leslie Martin
12	Amanda Sines
11	Jeanette Jones
11	Katherine Doyle
11	Aspen Gaita
11	Rose Mascoli
11	Tawny Youtz
10	Elizabeth Makar
10	Quanette Jester
10	Tiana Webster
9	Victoria Matthews
9	Lauren Ventrella
9	Vanessa Andes
9	Theresa Manera
9	Sue Carden
8	Theresa Horn
8	Corinne Fitzgerald
8	Lynn Mayer
8	Janelle Smith

Scoring Performances (Relays)

11	Jasmine Johnson
10	Lauren Ventrella
9	Samantha Young
9	Kaylyn West
9	Erin Brady
8	Imani Rosario
8	Danielle Smith
8	Kim Wernerspach

DESTINY THOMPSON (6 individual, 3 relays)2024 Outdoor

100m	7	12.15
4x4	7	48.95

2024 Indoor

4x4	4	4:00.65
200m	5	25.72
60m	6	7.76

2023 Outdoor

200m	4	24.71
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2023 Indoor

4x4	3	4:00.72
200m	4	25.10
100m	5	7.61

ISABELLA MARTE (5 individual)2023 Outdoor

Hammer	5	162-5
Discus	6	131-4

2023 Indoor

Weight	3	53-6 1/2
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2022 Outdoor

Discus	5	144-1
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2022 Indoor

Weight	6	50-11
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KAMYA EDMONDS (6 individual)2024 Outdoor

LJ	5	18-0 1/2
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2023 Indoor

TJ	5	37-7 1/4
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2022 Outdoor

LJ	2	18-6 1/2
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2022 Indoor

TJ	3	37-3 3/4
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NICKOLINA ANNELLI (5 individual)2024 Indoor

PV	3	12-2 3/4
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2023 Outdoor

PV	4	12-2
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2023 Indoor

PV	t-5	11-5 3/4
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2022 Indoor

PV	4	11-11 3/4
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2020 Indoor

PV	7	10-5 1/2
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ELIZABETH MAKAR (10 individual)2023 Outdoor

Hammer	2	180-10
SP	3	45-11 1/4

2023 Indoor

SP	2	45-5 1/4
Weight	2	55-2 3/4

2022 Outdoor

SP	1	47-7 1/4
Hammer	5	162-6

2022 Indoor

SP	2	47-6 1/2
Weight	4	52-8

2021 Outdoor

SP	5	43-0 1/2
Hammer	6	150-7

ARIEL KYLE (3 individual, 8 relays)2023 Indoor

4x4	3	4:00.72
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2022 Outdoor

4x1	5	48.15
200m	6	25.47
4x4	7	4:01.52

2022 Indoor

200m	5	26.06
4x4	8	4:08.06

2021 Outdoor

4x4	5	4:01.52
4x1	6	49.17
400m	8	1:00.29

2020 Indoor

4x4	6	4:02.54
DMR	8	13:05.92

KAYLA HORNING (5 relays)2024 Outdoor

4x1	7	48.95
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2024 Indoor

4x4	4	4:00.65
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2023 Indoor

4x4	3	4:00.72
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2022 Outdoor

4x4	7	4:01.52
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2022 Indoor

4x4	8	4:08.06
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JEANETTE JONES (11 individual, 7 relays)2023 Outdoor

400m Hurdles	1	1:01.30
100m Hurdles	2	14.34

2023 Indoor

4x4	3	4:00.72
60m Hurdles	4	8.99
400m	5	59.17

2022 Outdoor

100m Hurdles	3	14.69
400m Hurdles	4	1:02.64
4x1	5	48.15
4x4	7	4:01.52

2022 Indoor

60m Hurdles	6	9.18
4x4	8	4:08.06

2021 Outdoor

4x4	5	4:01.52
4x1	6	49.17
400m Hurdles	7	1:07.19
100m Hurdles	8	19.52

2020 Indoor

4x4	6	4:02.54
60m Hurdles	7	9.27

2019 Outdoor

100m Hurdles	3	14.89
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TATIANA WILLIAMS (5 individual)2020 Indoor

HJ	5	5-0 1/2
TJ	1	38-2 3/4

2019 Outdoor

HJ	8	5-3
TJ	4	37-1 3/4

2019 Indoor

TJ	7	36-6 1/4
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BRITTANY CARRATURA (2 individual, 6 relays)

<u>2021 Outdoor</u>		
4x4	5	4:01.52
800m	8	2:18.03
<u>2020 Indoor</u>		
4x8	7	9:53.47
<u>2019 Outdoor</u>		
4x8	7	9:41.55
<u>2019 Indoor</u>		
800m	8	2:24.90
DMR	7	13:00.45
<u>2018 Outdoor</u>		
4x8	5	9:32.27
<u>2018 Indoor</u>		
4x8	6	10:01.48

ALLYSON STITZER (2 individual, 5 relays)

<u>2020 Indoor</u>		
4x4	6	4:02.54
4x8	7	9:53.47
<u>2019 Outdoor</u>		
400m Hurdles	3	1:03.99
4x4	5	4:05.95
<u>2018 Outdoor</u>		
400m Hurdles	6	1:04.57
4x4	6	3:54.76
<u>2018 Indoor</u>		
4x4	3	3:57.01

TIANA WEBSTER (10 individual, 4 relays)

<u>2021 Outdoor</u>		
100m	5	12.25
200m	6	25.95
4x1	6	49.17
<u>2020 Indoor</u>		
60m	2	7.62
200m	7	25.97
<u>2019 Outdoor</u>		
100m	3	12.27
200m	7	25.90
4x1	3	41.69
<u>2019 Indoor</u>		
60m	7	7.82
<u>2018 Outdoor</u>		
100m	7	12.25
4x1	2	46.93

<u>2017 Outdoor</u>		
100m	6	12.58
4x1	3	47.64
<u>2017 Indoor</u>		
60m	3	7.79

ME'SAJ CLOSS (7 individual)

<u>2020 Indoor</u>		
SP	3	43-7 3/4
Weight	3	53-0 1/4
<u>2019 Outdoor</u>		
Hammer	4	167-8
<u>2019 Indoor</u>		
Weight	4	52-0
<u>2018 Outdoor</u>		
Hammer	8	152-5
<u>2018 Indoor</u>		
Weight	7	51-2 3/4
<u>2017 Indoor</u>		
Weight	8	47-11 1/4

SARAH KLAG (2 individual, 5 relays)

<u>2020 Indoor</u>		
4x4	6	4:02.54
<u>2019 Outdoor</u>		
400m	3	58.31
<u>2019 Indoor</u>		
400m	3	58.74
4x4	5	4:05.95
<u>2018 Outdoor</u>		
4x4	6	3:54.76
<u>2018 Indoor</u>		
4x4	3	3:57.01
<u>2017 Outdoor</u>		
4x4	8	3:59.02

ASPEN GAITA (15 individual, 5 relays)

<u>2019 Outdoor</u>		
100m Hurdles	1	14.38
400m Hurdles	6	1:07.55
4x1	3	41.69

<u>2019 Indoor</u>		
60m Hurdles	1	8.72
Pentathlon	2	3,385

<u>2018 Outdoor</u>		
200m	5	25.54
100m Hurdles	2	13.96
HJ	8	5-1 3/4
4x1	2	46.93

<u>2018 Indoor</u>		
200m	4	25.33
60m Hurdles	2	8.64
LJ	4	18-2 1/2
4x4	3	3:57.01

<u>2017 Outdoor</u>		
100m Hurdles	1	13.94
LJ	6	19-0
4x1	3	47.64
4x4	8	3:59.02

<u>2017 Indoor</u>		
60m Hurdles	1	8.54
HJ	6	5-3 3/4
LJ	6	17-9 1/2

VICTORIA MATTHEWS (9 individual, 6 relays)

<u>2019 Outdoor</u>		
HJ	6	5-3
Heptathlon	4	4,153
<u>2019 Indoor</u>		
HJ	4	5-4 1/4
Pentathlon	4	3,096
<u>2018 Outdoor</u>		
HJ	t-6	5-3 3/4
<u>2018 Indoor</u>		
HJ	8	5-3 3/4
4x8	6	10:01.48
<u>2017 Outdoor</u>		
HJ	t-6	5-3 1/4
4x4	8	3:59.02

<u>2017 Indoor</u>		
HJ	t-2	5-6
4x8	2	9:27.23
<u>2016 Outdoor</u>		
HJ	3	5-5 1/4
4x4	3	3:57.30
<u>2016 Indoor</u>		
4x4	5	3:58.24
4x8	1	9:23.48

MARISSA FLIM (5 individual, 3 relays)

<u>2019 Outdoor</u>		
4x1	3	41.69
<u>2019 Indoor</u>		
60m	2	7.73
<u>2018 Outdoor</u>		
100m	5	12.15
4x1	2	46.93
<u>2018 Indoor</u>		
60m	2	7.71
200m	6	25.56
<u>2017 Outdoor</u>		
4x1	3	47.64
<u>2016 Indoor</u>		
60m	6	7.83

CARLY GREGAS (6 individual)

<u>2019 Outdoor</u>		
HJ	3	5-5 1/4
<u>2019 Indoor</u>		
HJ	2	5-5 1/4
<u>2018 Outdoor</u>		
HJ	t-3	5-3 3/4
<u>2018 Indoor</u>		
HJ	t-3	5-3 3/4
<u>2017 Indoor</u>		
HJ	t-8	5-2 1/2
<u>2016 Outdoor</u>		
HJ	5	5-3 1/4

LEIANA DEAN (6 relays)

<u>2018 Outdoor</u>		
4x4	6	3:54.76
<u>2018 Indoor</u>		
DMR	3	12:05.04
<u>2017 Outdoor</u>		
4x1	3	47.64
<u>2017 Indoor</u>		
4x4	6	3:59.87
<u>2016 Outdoor</u>		
4x4	3	3:57.30
<u>2016 Indoor</u>		
4x4	5	3:58.24
<u>2017 Outdoor</u>		
4x8	5	9:32.27
<u>2018 Indoor</u>		
4x4	3	3:57.01
DMR	3	12:05.04
<u>2017 Outdoor</u>		
4x8	2	9:25.28
<u>2017 Indoor</u>		
4x4	6	3:59.87

SHANTE DORIN (5 relays)

<u>2018 Outdoor</u>		
4x8	5	9:32.27
<u>2018 Indoor</u>		
4x4	3	3:57.01
DMR	3	12:05.04
<u>2017 Outdoor</u>		
4x8	2	9:25.28
<u>2017 Indoor</u>		
4x4	6	3:59.87

HOPE DECKER (1 individual, 5 relays)

<u>2017 Outdoor</u>		
400m Hurdles	4	1:03.16
<u>2017 Indoor</u>		
DMR	5	12:34.57
<u>2016 Outdoor</u>		
4x8	2	9:26.78
<u>2015 Outdoor</u>		
4x8	4	9:38.36
<u>2015 Indoor</u>		
4x4	3	4:00.08
4x8	3	9:48.12

KAYLYN WEST (7 individual, 9 relays)

<u>2018 Outdoor</u>		
3000m Stpl	4	11:26.06
4x8	5	9:32.27
<u>2018 Indoor</u>		
800m	2	2:16.55
DMR	3	12:15.04
<u>2017 Outdoor</u>		
3000m Stpl	4	11:10.58
4x8	2	9:25.28
<u>2017 Indoor</u>		
800m	5	2:18.27
4x8	2	9:27.23
<u>2016 Outdoor</u>		
3000m Stpl	4	11:14.84
4x8	2	9:26.78
<u>2016 Indoor</u>		
800m	8	2:19.42
Mile	7	5:07.30
4x8	1	9:23.48
<u>2015 Outdoor</u>		
4x8	4	9:38.36
<u>2015 Indoor</u>		
4x8	3	9:48.12
DMR	4	12:24.89

SAMANTHA YOUNG (3 individual, 9 relays)2019 Outdoor

1500m	6	4:47.95
4x8	7	9:41.55

2018 Indoor

Mile	6	5:13.98
DMR	3	12:15.04

2017 Outdoor

1500m	7	4:50.64
4x8	2	9:25.28

2017 Indoor

DMR	5	12:34.57
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2016 Outdoor

4x8	2	9:26.78
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2016 Indoor

4x8	1	9:23.48
DMR	5	12:42.61

2015 Outdoor

4x8	4	9:38.36
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2015 Indoor

DMR	4	12:24.89
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JAID HARSCH (1 individual, 4 relays)2016 Outdoor

100m Hurdles	5	1:03.91
4X4	3	3:57.30

2016 Indoor

4x4	5	3:58.24
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2015 Outdoor

4x4	5	3:55.33
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2015 Indoor

4x4	3	4:00.08
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ALLISON DECKER (6 individual, 1 relay)2016 Outdoor

5000m	4	17:36.63
10,000m	1	37:47.43

2016 Indoor

5000m	4	17:14.85
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2015 Outdoor

5000m	5	18:06.14
10,000m	6	37:23.89

2015 Indoor

3000m	3	10:02.11
DMR	4	12:24.89

LAUREN TOTH (1 individual, 7 relays)2017 Indoor

800m	6	2:18.61
4x8	2	9:27.23

2016 Outdoor

4x8	2	9:26.78
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2016 Indoor

4x8	1	9:23.48
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2015 Outdoor

4x8	4	9:38.36
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2015 Indoor

DMR	4	12:24.89
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2014 Outdoor

4x8	5	9:30.97
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2014 Indoor

4x8	1	9:25.29
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TIRZAH JOHNSON (6 individual, 2 relays)2016 Indoor

60m	7	7.85
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2015 Outdoor

LJ	3	18-6
TJ	8	37-1 1/4
4x1	6	48.45

2014 Outdoor

TJ	5	38-3 1/2
4x1	3	48.03

2014 Indoor

TJ	4	37-3
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2013 Outdoor

TJ	6	36-5
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ERIN BRADY (9 relays)2017 Outdoor

4x4	8	3:59.02
4x8	2	9:25.28

2017 Indoor

4x4	6	3:59.87
4x8	2	9:27.23

2015 Outdoor

4x4	5	3:55.33
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2015 Indoor

4x4	3	4:00.08
4x8	3	9:48.12

2014 Outdoor

4x8	5	9:30.97
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2014 Indoor

4x4	7	4:03.49
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DANIELLE SMITH (16 individual, 8 relays)2015 Outdoor

200m	2	24.73
400m	3	56.88
4x1	6	48.45
4x4	5	3:55.33

2015 Indoor

60m	1	7.62
200m	2	24.92
4x4	3	4:00.08

2014 Outdoor

100m	2	12.07
200m	8	26.03
4x1	3	48.03

2014 Indoor

60m	1	7.68
200m	1	25.32
4x4	7	4:03.49

2013 Outdoor

100m	1	12.10
200m	2	24.72
4x4	7	3:56.99

2013 Indoor

60m	1	7.66
200m	1	25.04

2012 Outdoor

100m	T1	12.00
200m	1	24.60
4x1	3	47.54
4x4	4	3:55.34

2012 Indoor

60m	3	7.82
200m	8	26.19

CHRISTINA O'CONNOR (8 individual)

<u>2015 Outdoor</u>		
HJ	1	5-7 1/4
<u>2015 Indoor</u>		
HJ	1	5-10
<u>2014 Outdoor</u>		
HJ	1	5-7 3/4
<u>2014 Indoor</u>		
HJ	1	5-7
<u>2013 Outdoor</u>		
HJ	T4	5-3 3/4
<u>2013 Indoor</u>		
HJ	1	5-7 3/4
<u>2012 Outdoor</u>		
HJ	T2	5-5 1/4
<u>2012 Indoor</u>		
HJ	4	5-4 1/4

THERESA HORN (8 individual)

<u>2014 Outdoor</u>		
Heptathlon	2	4,454
<u>2014 Indoor</u>		
Pentathlon	1	3,355
<u>2013 Outdoor</u>		
HJ	T8	5-1 3/4
Heptathlon	5	4,324
<u>2013 Indoor</u>		
Pentathlon	4	3,134
<u>2012 Outdoor</u>		
HJ	6	5-3 1/4
Heptathlon	3	4,187
<u>2012 Indoor</u>		
Pentathlon	8	2,819

ELIZABETH MADDEN (7 individual)

<u>2015 Outdoor</u>		
Hammer	4	160-3
<u>2014 Outdoor</u>		
Hammer	4	159-3
<u>2014 Indoor</u>		
WT	1	55-3 1/2
<u>2013 Indoor</u>		
WT	1	52-1 3/4
<u>2012 Indoor</u>		
WT	2	51-10
<u>2011 Outdoor</u>		
Hammer	8	143-5
<u>2011 Indoor</u>		
WT	8	45-7

IMANI ROSARIO (2 individual, 8 relay)

<u>2014 Indoor</u>		
4x4	7	4:03.49
4x8	1	9:25.29
<u>2013 Outdoor</u>		
800m	4	2:18.81
4x4	7	3:56.99
4x8	5	9:32.73
<u>2012 Indoor</u>		
4x4	3	3:56.95
DMR	4	12:18.76
<u>2013 Indoor</u>		
800m	7	2:20.45
4x4	4	3:59.90
4x8	5	9:48.78

RACHEL PIERANTOZZI (6 individual, 3 relay)

<u>2014 Outdoor</u>		
4x1	3	48.03
<u>2014 Indoor</u>		
60m	5	7.92
200m	7	26.06
<u>2013 Indoor</u>		
60m	4	7.83
200m	6	25.77
<u>2012 Indoor</u>		
60m	6	7.97
<u>2012 Outdoor</u>		
4x1	3	47.54
<u>2011 Indoor</u>		
60m	7	8.03
<u>2011 Outdoor</u>		
4x1	7	48.75

KIM WERNERSPACH (6 individual, 8 relay)

<u>2014 Outdoor</u>		
1500m	3	4:41.85
4x8	5	9:30.97
<u>2014 Indoor</u>		
Mile	5	5:06.93
3000m	8	10:20.49
4x8	1	9:25.29
<u>2013 Outdoor</u>		
1500m	4	4:40.28
4x8	5	9:32.73
<u>2013 Indoor</u>		
800m	4	2:18.56
4x8	5	9:48.78
<u>2012 Indoor</u>		
DMR	4	12:18.76
<u>2012 Outdoor</u>		
1500m	7	4:42.65
<u>2011 Indoor</u>		
4x8	5	9:37.65
DMR	3	12:19.45

COLLEEN MURPHY (1 individual, 6 relay)

<u>2014 Outdoor</u>		
400m	4	57.10
<u>2012 Outdoor</u>		
4x1	3	47.54
4x4	4	3:55.34
<u>2012 Indoor</u>		
4x4	3	3:56.95
DMR	4	12:18.76
<u>2011 Outdoor</u>		
4x4	7	3:57.09
<u>2011 Indoor</u>		
4x4	3	3:59.48

LAURA BEIMFOHR (6 individual)

<u>2014 Outdoor</u>		
PV	7	11-4 1/2
<u>2013 Indoor</u>		
PV	T5	11-2 1/2
<u>2012 Indoor</u>		
PV	T3	11-3 3/4
<u>2012 Outdoor</u>		
PV	T3	11-8 1/2
<u>2011 Indoor</u>		
PV	3	11-6 1/2
<u>2011 Outdoor</u>		
PV	T4	11-2 1/2

ANIYAH WILLIAMS (3 individual, 2 relay)

<u>2013 Outdoor</u>		
Heptathlon	3	4,461
4x4	7	3:56.99
<u>2013 Indoor</u>		
Pentathlon	8	2,920
4x4	4	3:59.90
<u>2011 Outdoor</u>		
Long Jump	7	16-5 3/4

LAUREN VENTRELLA (9 individual, 10 relay)

<u>2013 Outdoor</u>		
100m Hurdles	3	14.47
400m Hurdles	4	1:03.07
4x4	7	3:56.99
<u>2013 Indoor</u>		
60m Hurdles	5	9.02
4x4	4	3:59.90
<u>2012 Outdoor</u>		
100m Hurdles	3	14.53
4x1	3	47.54
4x4	4	3:55.34
<u>2012 Indoor</u>		
60m Hurdles	4	9.00
4x4	3	3:56.95
<u>2011 Outdoor</u>		
100m Hurdles	8	15.81
4x1	7	48.75
4x4	7	3:57.09
<u>2010 Outdoor</u>		
100m Hurdles	4	14.73
4x1	4	48.72
4x4	5	3:56.35
<u>2010 Indoor</u>		
60m	3	7.79
60m Hurdles	1	8.94
4x4	4	3:59.65

ROSE MASCOLI (11 individual, 1 relay)

<u>2013 Indoor</u>		
DMR	7	12:52.29
<u>2012 Outdoor</u>		
1500m	5	4:41.06
3000m	4	10:06.08
10000m	2	36:43.42
<u>2012 Indoor</u>		
3000m	6	10:07.01
Mile	7	5:07.02
5000m	4	17:43.57

<u>2011 Outdoor</u>		
1500m	5	4:37.78
3000m	2	10:04.57
5000m	3	16:59.11
<u>2010 Outdoor</u>		
1500m	7	4:46.43
10000m	6	37:38.02

CORINNE FITZGERALD (8 individual, 3 relay)

<u>2013 Outdoor</u>		
10000m	3	36:43.36
3000m Stpl	2	10:44.34
<u>2013 Indoor</u>		
5000m	6	17:56.64
<u>2012 Outdoor</u>		
10000m	3	37:03.38
3000m Stpl	1	10:50.72
<u>2012 Indoor</u>		
DMR	4	12:18.76
<u>2011 Outdoor</u>		
3000m Stpl	7	11:25.18
<u>2011 Indoor</u>		
3000m	6	9:59.72
4x8	5	9:37.65
DMR	3	12:19.45
<u>2010 Outdoor</u>		
3000m Stpl	4	11:17.83

NICOLE BROWN (1 individual, 4 relay)

<u>2012 Outdoor</u>		
4x4	4	3:55.34
<u>2012 Indoor</u>		
400m	8	58.00
4x4	3	3:56.95
<u>2011 Outdoor</u>		
4x1	7	48.75
<u>2011 Indoor</u>		
4x4	3	3:59.48

DEVYN EMERICH (7 individual)

<u>2012 Outdoor</u>		
HJ	T2	5-5 ¼
<u>2012 Indoor</u>		
HJ	3	5-4 ¼
<u>2011 Indoor</u>		
HJ	T3	5-3 ¾
<u>2010 Outdoor</u>		
HJ	4	5-3 ¾
<u>2010 Indoor</u>		
HJ	5	5-5
<u>2009 Outdoor</u>		
HJ	T3	5-5 ¾
<u>2009 Indoor</u>		
HJ	4	5-5 ¾

JASMINE JOHNSON (13 individual, 11 relay)

<u>2011 Outdoor</u>		
200m	2	25.39
400m	2	56.60
4x4	7	3:57.09
<u>2011 Indoor</u>		
200m	6	25.94
400m	2	57.53
4x4	3	3:59.48
<u>2010 Outdoor</u>		
200m	2	25.17
400m	3	56.67
4x1	4	48.72
4x4	5	3:56.35
<u>2010 Indoor</u>		
200m	2	25.47
400m	2	56.70
4x4	4	3:59.65
<u>2009 Outdoor</u>		
200m	5	25.25
400m	3	56.06
4x1	4	48.57
4x4	4	3:53.93
<u>2009 Indoor</u>		
400m	5	58.24
4x4	4	4:00.95
<u>2008 Outdoor</u>		
400m	3	57.40
4x1	2	48.55
4x4	3	3:53.19
<u>2008 Indoor</u>		
400m	8	59.25
4x4	3	3:58.51

LYNN MAYER (8 individual)

<u>2011 Outdoor</u>		
HJ	1	5-8 ½
<u>2011 Indoor</u>		
HJ	1	5-7 ¾
<u>2010 Outdoor</u>		
HJ	1	5-7 ¾
<u>2010 Indoor</u>		
HJ	1	5-7
<u>2009 Outdoor</u>		
HJ	T3	5-5 ¾
<u>2009 Indoor</u>		
HJ	5	5-3 ¾
<u>2008 Outdoor</u>		
HJ	2	5-8
<u>2008 Indoor</u>		
HJ	3	5-7 ¼
DANIELLE LAWS (7 individual)		
<u>2011 Outdoor</u>		
Discus	2	130-2
Hammer	5	155-10
<u>2011 Indoor</u>		
Weight	4	47-3 ¾
<u>2010 Outdoor</u>		
Hammer	3	161-5
Discus	3	127-11
<u>2009 Outdoor</u>		
Discus	6	126-4
<u>2008 Outdoor</u>		
Discus	4	125-11

TRINA CARITO (18 individual, 5 relay)

2011 Indoor
HJ 6 5-1 ¾

2010 Outdoor
4x4 5 3:56.35
HJ T6 5-3 ¾
Hept 2 4,784

2010 Indoor
4x4 4 3:59.65
HJ 6 5-3
Pent 1 3,498

2009 Outdoor
4x4 4 3:53.93
TJ 7 36-6 ¼
HJ 5 5-3 ¾

2008 Outdoor
4x4 3 3:53.19
TJ 5 36-8 ½
HJ 7 5-3
Hept 1 4,661

2008 Indoor
4x4 3 3:58.51
LJ 5 17-1 ¼
TJ 1 37-5 ¾
HJ T6 5-3 ¼

2007 Outdoor
HJ 8 5-1 ¾
TJ 7 36-3
Hept 3 4384

2007 Indoor
HJ 3 5-5 ¼
TJ 3 36-10 ½

EMILY HOLLICK (3 individual, 3 relay)

2010 Outdoor
400m Hurdles 7 1:03.73

2010 Indoor
HJ T7 5-3

2009 Outdoor
400m Hurdles 7 1:03.98

2009 Indoor
4x4 4 4:00.95
4x8 8 10:11.84

2008 Indoor
DMR 7 13:06.67

NIKI PASQUARELLA (4 individual, 1 relay)

2010 Outdoor
3000m Stpl 6 11:34.43

2009 Outdoor
3000m Stpl 8 12:15.10

2008 Outdoor
3000m Stpl 3 11:34.3

2008 Indoor
3000m 7 10:32.45
4x8 3 9:40.45

EMILY CAROTHERS (6 individual)

2010 Outdoor
Hammer 7 147-5

2010 Indoor
Weight 7 48-6 ¾

2009 Outdoor
Hammer 5 151-2

2009 Indoor
Shot Put 7 39-0 ½

2008 Outdoor
Hammer 8 140-8

2008 Indoor
Shot Put 8 38-2 ¼

JANELLE SMITH (8 individual)

2010 Outdoor
HJ 2 5-7 ¾

2010 Indoor
HJ 4 5-5

2009 Outdoor
HJ T7 5-1 ¾

2009 Indoor
HJ T6 5-1 ¾

2008 Outdoor
HJ 8 5-3

2008 Indoor
HJ 4 5-7 ¼

2007 Outdoor
HJ 7 5-3 ¾

2007 Indoor
HJ 4 5-3 ¼

AMANDA SINES (12 individual)

2010 Outdoor
Hammer 5 154-6
Discus 8 110-9
Shot Put 8 40-2 ¼

2010 Indoor
Weight 3 50-0 ½
Shot Put 8 39-7 ¾

2009 Outdoor
Hammer 2 161-7
Shot Put 1 41-8

2009 Indoor
Shot Put 8 38-11 ½

2007 Indoor
Weight 5 49-0 ¾
Shot Put 1 42-4 ¾

2006 Outdoor
Hammer 6 139-9

2006 Indoor
Weight 5 49-0 ¾

KATHERINE DOYLE (11 individual, 6 relay)

2009 Outdoor
100m 6 12.51
200m 7 25.63
4x1 4 48.57
4x4 4 3:53.93

2009 Indoor
55m 3 7.25
200m 4 26.18
4x4 4 4:00.95

2008 Outdoor
200m 4 25.64
4x1 2 48.55
4x4 3 3:53.19

2008 Indoor
55m 3 7.34
200m 4 26.21
4x4 3 3:58.51

2007 Outdoor
200m 4 25.85

2007 Indoor
55m 7 7.55
200m 8 26.76

2006 Outdoor
100m 8 12.87

LESLIE MARTIN (12 individual, 1 relay)

<u>2008 Indoor</u>		
4x4	3	3:38.51
Pent	4	3,142

<u>2007 Outdoor</u>		
400m Hurdles	3	1:01.23
HJ	2	5-7 ¾
LJ	2	18-5
TJ	2	37-8

<u>2007 Indoor</u>		
HJ	2	5-7 ¼
Pent	1	3,594
LJ	2	17-9

<u>2006 Outdoor</u>		
HJ	T5	5-3
Hepa	2	4,314

<u>2006 Indoor</u>		
Pent	2	3,216
LJ	8	16-8 ½

JAYME FERRARO (15 individual, 1 relay)

<u>2006 Outdoor</u>		
100m Hurdles	5	15.12
400m Hurdles	4	1:03.65

<u>2006 Indoor</u>		
200m	8	26.53
55m	2	8.48
LJ	4	17-3

<u>2005 Outdoor</u>		
100m Hurdles	3	14.80
400m Hurdles	6	1:09.44

<u>2005 Indoor</u>		
200m	3	26.55
55m Hurdles	2	8.42
4x4	1	3:58.68

<u>2004 Outdoor</u>		
400m Hurdles	6	1:07.13
LJ	5	16-11 ¾

<u>2004 Indoor</u>		
400m	6	59.93
55m Hurdles	3	8.41
LJ	3	17.8

<u>2003 Indoor</u>		
55m Hurdles	4	8.61

THERESA MANERA (9 individual, 2 relay)

<u>2006 Outdoor</u>		
200m	3	25.62

<u>2006 Indoor</u>		
200m	5	26.18

<u>2005 Outdoor</u>		
100m	4	12.42
200m	5	25.77
4x1	1	48.37

<u>2005 Indoor</u>		
55m	2	7.27
200m	1	25.50
4x4	1	3:58.68

<u>2004 Outdoor</u>		
200m	4	25.57

<u>2004 Indoor</u>		
55m	6	7.37
200m	3	25.99

TAWNY YOUTZ (11 individual, 3 relay)

<u>2005 Outdoor</u>		
400m	1	56.89
4x1	1	48.37

<u>2005 Indoor</u>		
400m	1	57.54
4x4	1	3:58.68

<u>2004 Outdoor</u>		
200m	6	25.79
400m	2	57.30

<u>2004 Indoor</u>		
400m	2	59.37

<u>2003 Outdoor</u>		
100m	4	12.56
200m	3	25.75

<u>2003 Indoor</u>		
55m	2	7.29
200m	3	26.22
4x4	1	3:58.59

<u>2002 Indoor</u>		
55m	4	7.41
200m	5	26.53

VANESSA ANDES (9 individual)

<u>2005 Outdoor</u>		
5000m	2	18:12.91
10000m	1	37:00.85

<u>2005 Indoor</u>		
3000m	2	10:14.84
5000m	2	18:01.16

<u>2004 Outdoor</u>		
3000m	3	10:17.27
5000m	3	17:30.02
10000m	1	36:06.18

<u>2004 Indoor</u>		
3000m	5	10:23.04
5000m	2	17:57.06

KRISTIN MULLIN (4 individual, 1 relay)

<u>2004 Indoor</u>		
800m	5	2:17.19

<u>2003 Indoor</u>		
800m	3	2:18.91
4x4	1	3:58.59

<u>2002 Outdoor</u>		
800m	4	2:15.85

<u>2002 Indoor</u>		
800m	2	2:21.88

NATASHA JARRETT (15 individual)

<u>2004 Outdoor</u>		
200m	2	25.32
Shot Put	3	43-1 ½

<u>2004 Indoor</u>		
55m	1	7.29
200m	1	25.87
Shot Put	6	40-1

<u>2003 Outdoor</u>		
Shot Put	4	42-3 ½

<u>2003 Indoor</u>		
55m	1	7.23
200m	1	25.84
Shot Put	4	38-8

<u>2002 Outdoor</u>		
100m	3	12.57
200m	3	25.25
Shot Put	8	37-7

<u>2002 Indoor</u>		
200m	4	26.38
400m	3	56.44
Shot Put	4	38-11

BECKY FITZ (5 individual)

<u>2003 Outdoor</u>		
TJ	6	37-2
<u>2003 Indoor</u>		
LJ	4	17-6 ¼
TJ	4	37-3 ¼
<u>2002 Outdoor</u>		
TJ	4	36-7 ¼
<u>2002 Indoor</u>		
TJ	3	35-0 ¼

CHERYL GRIFFIN (6 individual, 3 relay)

<u>2001 Outdoor</u>		
100m	4	12.39
200m	2	25.14
4x1	2	48.27
4x4	1	3:55.35
<u>2000 Outdoor</u>		
100m	2	12.21
200m	2	24.59
4x4	1	3:51.91
<u>1999 Outdoor</u>		
200m	3	25.27
<u>1998 Outdoor</u>		
200m	6	26.59

JENN GRUBE (5 individual)

<u>2001 Outdoor</u>		
Javelin	2	139-1
<u>2000 Outdoor</u>		
Javelin	3	141-5
<u>1999 Outdoor</u>		
Javelin	2	136-5
<u>1998 Outdoor</u>		
Discus	6	119-6
Javelin	2	135-9

QUANETTE JESTER (10 individual, 1 relay)

<u>2001 Outdoor</u>		
4x1	2	48.27
HJ	6	5-2 ¼
LJ	3	17-8 ¾
TJ	2	37-11 ½
<u>2000 Outdoor</u>		
HJ	T2	5-3 ¼
LJ	2	38-9 ½
TJ	2	38-9 ½
<u>1999 Outdoor</u>		
LJ	2	17-7 ¼
TJ	2	38-5
HJ	3	5-4 ½

<u>1998 Outdoor</u>		
TJ	1	37-6 ¼

SHAVANNA ROSS (7 individual, 2 relay)

<u>2001 Outdoor</u>		
100m Hurdles	6	15.34
400m Hurdles	2	1:02.11
4x4	1	3:55.35
HJ	2	5-6 ¼
<u>2000 Outdoor</u>		
400m Hurdles	2	1:01.39
4x4	1	3:51.91
HJ	6	5-3 ¼
<u>1999 Outdoor</u>		
400m	6	58.97
HJ	6	5-0 ¼

TINA VOSPER (6 individual)

<u>1999 Outdoor</u>		
3000m	6	10:21.75
5000m	2	17:26.03
<u>1998 Outdoor</u>		
3000m	4	10:16.26
5000m	2	17:34.41
<u>1997 Outdoor</u>		
3000m	4	10:16.01
<u>1996 Outdoor</u>		
3000m	2	10:35.47

JAN BLAKE (6 individual)

<u>1996 Outdoor</u>		
800m	1	2:12.98
1500m	1	4:37.52
<u>1995 Outdoor</u>		
800m	3	2:15.56
1500m	1	4:34.78
<u>1994 Outdoor</u>		
1500m	2	4:36.91
3000m	3	10:38.52

MELANIE AVERNARIUS (6 individual)

<u>1994 Outdoor</u>		
200m	1	25.66
400m	3	58.50
LJ	2	17-9 ½

<u>1993 Outdoor</u>		
200m	6	26.87
LJ	6	16-1 ½
<u>1991 Outdoor</u>		
400m Hurdles	3	1:07.40

DEB TOWNSEND (6 individual, 1 relay)

<u>1983 Outdoor</u>		
400m	3	58.75
<u>1982 Outdoor</u>		
200m	2	25.97
400m	2	56.96
4x2	1	1:50.8

<u>1980 Outdoor</u>		
100m	5	12.99
200m	5	26.5
LJ	4	16-4

SUE CARDEN (9 individual)

<u>1982 Outdoor</u>		
3000m	5	10:40.50
5000m	1	17:33.4
10000m	1	37:05.80
<u>1981 Outdoor</u>		
5000m	1	17:39.52
10000m	1	37:06.66
<u>1980 Outdoor</u>		
10000m	1	38:31.3
5000m	1	18:08
<u>1979 Outdoor</u>		
3000m	5	10:51.0
5000m	1	18:16.7