

Updated through March 15, 2009

**55m**

1	7.46		Erin Lichti	2/26/2005	MAC Indoor Championships
2	7.60		Lori Havrilak	2/24/2007	MAC Indoor Championships
3	7.70		Annalisa Ellis	2/23/2002	MAC Indoor Championships
4	7.73		Kristen Pettibon	2/21/2003	Susquehanna Open
5	7.5h	7.74	Lindsey Oliver	12/2/2005	Dickinson Holiday Meet
6	7.92		Katelyn John	1/28/2006	Haverford Seamus McElligott Invitational
7	7.7h	7.94	Sarah Bennick	12/2/2005	Dickinson Holiday Meet
8	7.95		Betsy Burroughs	1/26/2002	Bucknell Bison Open
9	8.01		Tasha Ambrosius	1/27/2007	Haverford Seamus McElligott Invitational
9	8.01		Allie Gold	2/23/2008	Dickinson DuCharme Invitational

**200m**

1	26.56		Erin Lichti	2/11/2005	Boston Univ. St. Valentine's Invitational
2	26.97		Carrie Kerna	2/28/2004	MAC Indoor Championships
3	27.02		Katelyn John	2/25/2006	MAC Indoor Championships
4	27.26		Betsy Burroughs	2/23/2002	MAC Indoor Championships
5	27.32		Kristen Pettibon	2/23/2002	MAC Indoor Championships
6	27.40		Lori Havrilak	3/1/2008	MAC Indoor Championships
7	27.4h	27.64	Tina Bucci	12/2/2005	Dickinson Holiday Meet
8	<b>27.67</b>		<b>Chelsea Miles</b>	<b>2/21/2009</b>	<b>Susquehanna Open</b>
9	28.19		Jill Brobst	2/5/2005	Frank Colden Invitational
9	28.19		Lindsey Oliver	2/5/2006	East Stroudsburg Dick DeSchriver Invitational

**400m**

1	1:00.42		Tina Bucci	2/25/2006	MAC Indoor Championships
2	1:00.44		Lori Havrilak	2/8/2008	New Balance Collegiate Invitational
3	1:00.71		Betsy Burroughs	2/28/2004	MAC Indoor Championships
4	1:01.43		Carrie Kerna	1/30/2004	Bucknell Bison Open
5	1:02.46		Nicole Murphy	1/29/2005	Haverford Seamus McElligott Invitational
6	1:03.5h	1:03.64	Katelyn John	12/2/2005	Dickinson Holiday Meet
7	<b>1:05.00</b>		<b>Bernadette Frawley</b>	<b>2/21/2009</b>	<b>Susquehanna Open</b>
8	1:05.02		Laura Shaw	2/27/1999	MAC Indoor Championships
9	1:04.9h	1:05.04	Erin Lichti	12/2/2005	Dickinson Holiday Meet
10	1:05.09		Kim Whalen	2/21/2003	Susquehanna Open

**800m**

1	2:20.36		Katie Garner	2/18/2005	Susquehanna Open
2	2:20.89		Tiffany Kulp	3/1/2008	MAC Indoor Championships
3	<b>2:22.44</b>		<b>Megan VanDenHengel</b>	<b>2/28/2009</b>	<b>MAC Indoor Championships</b>
4	2:23.26		Jill Brobst	3/1/2003	MAC Indoor Championships
5	2:24.82		Julie Torchia	2/11/2005	Boston Univ. St. Valentine's Invitational
6	2:24.83		Nicole Murphy	2/18/2005	Susquehanna Open
7	<b>2:25.59</b>		<b>Kathryn Howser</b>	<b>2/21/2009</b>	<b>Susquehanna Open</b>
8	2:27.08		Kim Whalen	2/28/2004	MAC Indoor Championships
9	2:29.57		Melissa St Clair	2/8/2003	Susquehanna Orange & Maroon Classic
10	2:31.12		Amanda Santore	2/13/2004	Susquehanna Orange & Maroon Classic

**1 mile**

1	<b>5:02.06</b>		<b>Tiffany Kulp</b>	<b>3/7/2009</b>	<b>Virginia Tech Last Chance Meet</b>
2	5:12.59		Katie Garner	2/5/2005	Frank Colden Invitational
3	5:15.63		Erin Fisher	1/12/2008	Bucknell Gulden Relays
4	5:18.09		Melissa St Clair	2/5/2005	Frank Colden Invitational
5	5:22.79		Megan VanDenHengel	1/20/2008	Susquehanna Orange & Maroon Classic
6	5:24.15		Samantha Jones	2/17/2006	Susquehanna Open
7	5:25.40		Danielle Frye	2/5/2005	Frank Colden Invitational
8	5:31.67		Amanda Santore	1/30/2004	Bucknell Bison Open
9	5:33.44		Kristin Bowen	2/2/2008	Haverford Seamus McElligott Invitational
10	<b>5:34.83</b>		<b>Amanda Daws</b>	<b>2/14/2009</b>	<b>Dickinson Valentine's Day Invitational</b>

**3000m**

1	10:15.65	Melissa St Clair	1/8/2005	Bucknell Gulden Relays
2	10:22.62	Erin Fisher	3/8/2008	Virginia Tech Last Chance Meet
3	<b>10:43.07</b>	<b>Amanda Daws</b>	<b>3/7/2009</b>	<b>Virginia Tech Last Chance Meet</b>
4	10:53.39	Samantha Jones	1/7/2006	Bucknell Gulden Relays
5	10:58.13	Sarah Grove	3/8/2008	Virginia Tech Last Chance Meet
6	10:59.62	Tiffany Kulp	1/13/2007	Bucknell Gulden Relays
7	11:02.67	Kristen O'Brien	2/16/2008	Susquehanna Open
8	11:05.07	Erin Deihl	1/8/2005	Bucknell Gulden Relays
9	11:07.43	Tara Fagan	2/18/2005	Susquehanna Open
10	11:10.03	Allison Rahtes	2/17/2007	Susquehanna Open

**5000m**

1	17:18.19	Melissa St Clair	3/12/2004	NCAA Division III Indoor Championships
2	17:25.68	Erin Fisher	2/16/2008	Susquehanna Open
3	<b>18:32.63</b>	<b>Amanda Daws</b>	<b>2/28/2009</b>	<b>MAC Indoor Championships</b>
4	18:38.82	Samantha Jones	1/28/2006	Haverford Seamus McElligott Invitational
5	18:42.36	Bri Lambert	1/31/2003	Bucknell Bison Open
6	19:04.18	Kristen O'Brien	2/2/2008	Haverford Seamus McElligott Invitational
7	19:04.83	Danielle Frye	2/28/2004	MAC Indoor Championships
8	19:11.57	Sarah Grove	3/1/2008	MAC Indoor Championships
9	19:11.81	Erin Deihl	2/26/2005	MAC Indoor Championships
10	19:12.37	Tara Fagan	2/26/2005	MAC Indoor Championships

**55m High Hurdles**

1	8.21	Carrie Kerna	2/28/2004	MAC Indoor Championships
2	<b>8.88</b>	<b>Allie Gold</b>	<b>2/14/2009</b>	<b>Dickinson Valentine's Day Invitational</b>
3	9.56	Tasha Ambrosius	12/2/2006	Dickinson Holiday Meet
4	9.56	Rebekah Arbogast	1/24/2007	Ursinus Pentathlon
5	9.57	Kristin Lander	2/21/2003	Susquehanna Open
6	9.69	Christie Stapleton	1/27/2007	Haverford Seamus McElligott Invitational
7	9.71	Anne Bryan	2/25/2006	MAC Indoor Championships
8	9.93	Sarah Chick	12/2/2006	Dickinson Holiday Meet
9	<b>9.94</b>	<b>Nicole Lipari</b>	<b>2/21/2009</b>	<b>Susquehanna Open</b>
10	10.14	Samantha Adams	1/19/2007	Susquehanna Orange & Maroon Classic

**High Jump**

1	5-04.00	1.62m	Carrie Kerna	2/28/2004	MAC Indoor Championships
2	5-02.00	1.57m	Katie Hershberger	2/23/2002	MAC Indoor Championships
2	<b>5-02.00</b>	<b>1.57m</b>	<b>Chelsea Miles</b>	<b>2/14/2009</b>	<b>Dickinson Valentine's Day Invitational</b>
4	4-10.00	1.47m	Jill Brobst	2/18/2005	Susquehanna Open
5	4-08.00	1.42m	Casey Moser	2/5/2002	Haverford Quadrangular
5	<b>4-08.00</b>	<b>1.42m</b>	<b>Gabrielle Whitley</b>	<b>2/14/2009</b>	<b>Dickinson Valentine's Day Invitational</b>
7	4-07.75	1.42m	Sarah Klunk	2/6/1999	William Iannicelli Invitational
8	4-06.00	1.37m	Janelle Lawson	12/1/2007	Dickinson Holiday Meet
8	4-06.00	1.37m	Sarah Chick	2/13/2004	Susquehanna Orange & Maroon Classic

**Pole Vault**

1	10-00.00	3.05m	Samantha Adams	1/27/2007	Haverford Seamus McElligott Invitational
1	10-00.00	3.05m	Lauren Riley	2/16/2008	Susquehanna Open
3	9-06.00	2.89m	Jessica Popp	3/1/2003	MAC Indoor Championships
4	8-00.00	2.43m	Julia Sahd	2/28/2004	MAC Indoor Championships
5	7-06.00	2.28m	Melissa Pavlinsky	2/21/2004	Susquehanna Open

**Long Jump**

1	16-07.00	5.05m	Chelsea Miles	1/13/2007	Bucknell Gulden Relays
2	16-05.00	5.00m	Casey Moser	2/28/2004	MAC Indoor Championships
3	16-04.25	4.98m	Shauna Hughes	2/18/2005	Susquehanna Open
4	16-02.25	4.93m	Sarah Chick	12/2/2006	Dickinson Holiday Meet
5	16-00.75	4.89m	Kati Young	2/27/1999	MAC Indoor Championships
6	15-11.75	4.87m	Lauren Riley	2/23/2008	Dickinson DuCharme Invitational
7	15-07.75	4.77m	Lindsey Oliver	2/3/2007	East Stroudsburg Dick DeSchraver Invitational
8	15-05.00	4.70m	Jenna Riley	12/2/2006	Dickinson Holiday Meet
9	15-03.25	4.65m	Rebekah Arbogast	12/2/2006	Dickinson Holiday Meet
10	15-02.25	4.63m	Carrie Kerna	2/5/2002	Haverford Quadrangular

**Triple Jump**

1	35-10.75	10.94m	Chelsea Miles	3/3/2007	Virginia Tech Last Chance Meet
2	35-07.75	10.86m	Casey Moser	2/28/2004	MAC Indoor Championships
3	35-04.50	10.78m	Jenna Riley	3/3/2007	Virginia Tech Last Chance Meet
4	33-10.25	10.32m	Lauren Riley	2/2/2008	Haverford Seamus McElligott Invitational
5	33-08.75	10.28m	Sauna Hughes	2/26/2005	MAC Indoor Championships
6	33-00.75	10.07m	Kati Young	2/26/2000	MAC Indoor Championships
7	30-09.00	9.37m	Samantha Adams	12/2/2005	Dickinson Holiday Meet
8	30-04.25	9.25m	Janelle Lawson	2/23/2008	Dickinson DuCharme Invitational

**Shot Put**

1	36-11.00	11.25m	Amanda Morrisette	2/25/2006	MAC Indoor Championships
2	34-05.75	10.51m	Anna Kent	2/28/2004	MAC Indoor Championships
3	34-03.00	10.44m	Dawn Mellen	1/19/2007	Susquehanna Orange & Maroon Classic
4	33-04.75	10.18m	Crystal Tracy	2/28/2004	MAC Indoor Championships
5	<b>32-07.00</b>	<b>9.93m</b>	<b>Crystal Connelly</b>	<b>2/14/2009</b>	<b>Dickinson Valentine's Day Invitational</b>
6	30-08.50	9.36m	Allie Gold	2/16/2008	Susquehanna Open
7	30-00.00	9.14m	Sarah Chick	12/2/2006	Dickinson Holiday Meet
8	29-07.00	9.01m	Jessica Russell	2/9/2002	William Iannicelli Invitational
9	28-06.50	8.70m	Rebekah Arbogast	1/24/2007	Ursinus Pentathlon
10	28-04.00	8.63m	Heather Kettering	1/21/2005	Susquehanna Orange & Maroon Classic

**Weight Throw**

1	41-01.50	12.53m	Amanda Morrisette	2/25/2006	MAC Indoor Championships
2	38-03.25	11.66m	Dawn Mellen	2/26/2005	MAC Indoor Championships
3	<b>35-10.75</b>	<b>10.94m</b>	<b>Crystal Connelly</b>	<b>2/21/2009</b>	<b>Susquehanna Open</b>
4	34-07.75	10.56m	Anna Kent	2/28/2004	MAC Indoor Championships
5	28-01.75	8.58m	Sarah D'Emilio	2/10/2001	Widener Invitational
6	26-05.50	8.06m	Crystal Tracy	2/13/2004	Susquehanna Orange & Maroon Classic
7	<b>26-00.25</b>	<b>7.93m</b>	<b>Sarah DeGeorge</b>	<b>1/17/2009</b>	<b>Susquehanna Orange &amp; Maroon Classic</b>

**Indoor Pentathlon**

1	2621	Carrie Kerna	1/24/2002	Albright Pentathlon
2	<b>2370</b>	<b>Allie Gold</b>	<b>1/28/2009</b>	<b>Ursinus Pentathlon</b>
3	2369	Rebekah Arbogast	1/24/2007	Ursinus Pentathlon
4	2250	Sarah Chick	1/28/2005	Lehigh Multi-Event
5	2198	Jill Brobst	1/28/2005	Lehigh Multi-Event

**4x200m Relay**

1	1:47.55	Erin Lichti, Tina Bucci, Lindsey Oliver, Katelyn John	2/25/2006	MAC Indoor Championships
2	1:47.72	Betsy Burroughs, Erin Lichti, Lori Havrilak, Carrie Kerna	2/21/2004	Susquehanna Open
3	1:49.62	Erin Lichti, Tina Bucci, Anne Bryan, Katelyn John	2/17/2006	Susquehanna Open
4	1:51.45	Kristin Lander, Jill Brobst, Kim Whalen, Erin Lichti	2/26/2005	MAC Indoor Championships
5	1:51.55	Lindsey Oliver, Chelsea Miles, Christie Stapleton, Lori Havrilak	2/3/2007	East Stroudsburg Dick DeSchraver Invitational
6	1:52.01	Tina Bucci, Anne Bryan, Chelsea Miles, Katelyn John	2/5/2006	East Stroudsburg Dick DeSchraver Invitational
7	1:52.45	Lori Havrilak, Lauren Riley, Rebekah Arbogast, Allie Gold	3/1/2008	MAC Indoor Championships
8	1:52.6h	Erin Lichti, Kristin Lander, Kristen Pettibon, Carrie Kerna	2/8/2003	Susquehanna Orange & Maroon Classic
9	1:52.77	Betsy Burroughs, Kristin Lander, Sarah Chick, Erin Lichti	2/5/2005	Frank Colden Invitational
10	1:53.54	Carrie Kerna, Kristen Pettibon, Jamie Nace, Betsy Burroughs	3/1/2003	MAC Indoor Championships

### 4x400m Relay

1	4:02.56 Katelyn John, Nicole Murphy, Tina Bucci, Erin Lichti	2/25/2006	MAC Indoor Championships
2	4:03.59 Betsy Burroughs, Jill Brobst, Nicole Murphy, Erin Lichti	2/26/2005	MAC Indoor Championships
3	4:09.19 Betsy Burroughs, Jill Brobst, Nicole Murphy, Katie Garner	2/18/2005	Susquehanna Open
4	4:13.27 Betsy Burroughs, Erin Lichti, Lori Havrilak, Carrie Kerna	2/28/2004	MAC Indoor Championships
5	4:13.35 Betsy Burroughs, Erin Lichti, Kristin Lander, Carrie Kerna	2/13/2004	Susquehanna Orange & Maroon Classic
6	4:17.63 Betsy Burroughs, Katie Garner, Kim Whalen, Julie Torchia	1/8/2005	Bucknell Gulden Relays
7	4:17.88 Lori Havrilak, Sarah Merusi, Chelsea Miles, Allie Gold	3/1/2008	MAC Indoor Championships
8	4:18.14 Erin Lichti, Katie Garner, Julie Torchia, Nicole Murphy	1/21/2005	Susquehanna Orange & Maroon Classic
9	4:18.51 Christie Stapleton, Sarah Merusi, Lori Havrilak, Chelsea Miles	2/17/2007	Susquehanna Open
10	4:18.90 Betsy Burroughs, Sarah Rever, Kristin Lander, Carrie Kerna	3/1/2003	MAC Indoor Championships

### 4x800m Relay

1	<b>9:57.87</b> <b>Megan VanDenHengel, Kristen O'Brien, Kathryn Howser, Tiffany Kulp</b>	<b>2/28/2009</b>	<b>MAC Indoor Championships</b>
2	10:00.26 Kristin Bowen, Meghan Ryder, Alex Walmer, Tiffany Kulp	3/1/2008	MAC Indoor Championships
3	10:04.70 Kim Whalen, Amanda Santore, Julie Torchia, Melissa St Clair	2/28/2004	MAC Indoor Championships
4	10:06.38 Kim Whalen, Meghan Ryder, Ashley Iwanowski, Julie Torchia	2/26/2005	MAC Indoor Championships
5	10:09.74 Kim Whalen, Tara Fagan, Meghan Ryder, Tiffany Kulp	2/25/2006	MAC Indoor Championships
6	10:16.68 Tara Fagan, Meghan Ryder, Erin Fisher, Tiffany Kulp	2/24/2007	MAC Indoor Championships
7	10:26.42 Bri Lambert, Kim Whalen, Jill Brobst, Melissa St Clair	1/18/2003	Lebanon Valley Invitational
9	10:27.22 Amanda Santore, Danielle Frye, Kim Whalen, Jill Brobst	3/1/2003	MAC Indoor Championships
10	10:27.89 Samantha Jones, Meghan Ryder, Tara Fagan, Johanna Hanisch	2/9/2007	Susquehanna Invitational

### 4000m Distance Medley Relay

1	12:14.37 Katie Garner, Betsy Burroughs, Nicole Murphy, Melissa St Clair	3/4/2005	Trinity Last Chance Meet
2	12:22.37 Erin Fisher, Lori Havrilak, Megan VanDenHengel, Tiffany Kulp	1/26/2008	Penn State National Invitational
3	<b>12:23.43</b> <b>Megan VanDenHengel, Chelsea Miles, Kathryn Howser, Tiffany Kulp</b>	<b>2/6/2009</b>	<b>New Balance Collegiate Invitational</b>
4	12:35.65 Amanda Santore, Carrie Kerna, Julie Torchia, Melissa St Clair	2/21/2004	Susquehanna Open
5	12:45.87 Melissa St Clair, Sarah Rever, Kim Whalen, Bri Lambert	3/1/2003	MAC Indoor Championships
6	12:48.08 Meghan Ryder, Sarah Merusi, Kristin Bowen, Erin Fisher	3/1/2008	MAC Indoor Championships
7	12:55.07 Amanda Santore, Kristin Lander, Julie Torchia, Melissa St Clair	2/28/2004	MAC Indoor Championships
8	13:01.35 Tara Fagan, Nicole Murphy, Kim Whalen, Tiffany Kulp	2/25/2006	MAC Indoor Championships
9	<b>13:02.50</b> <b>Kristen O'Brien, Jill Patrick, Kathryn Howser, Amanda Daws</b>	<b>2/28/2009</b>	<b>MAC Indoor Championships</b>
10	13:03.31 Tara Fagan, Christie Stapleton, Meghan Ryder, Erin Fisher	2/17/2007	Susquehanna Open