

Updated through 2009 NCAA Division III Championships

100m

1	12.42	Erin Lichti	4/24/2004	Dickinson Spring Classic
2	12.68	Lori Havrilak	3/26/2004	Adidas Raleigh Relays
3	12.90	Carrie Kerna	4/3/2004	Elizabethtown College Quadrangular
4	13.03	Jamie Kudel	5/5/2000	MAC Outdoor Championships
4	13.03	Katelyn John	4/29/2006	Shippensburg Paul Kaiser Classic
6	13.09	Tina Bucci	4/22/2006	Widener Invitational
7	13.12	Lindsey Oliver	4/14/2006	Bucknell Bison Outdoor Classic
8	13.31	Kristen Pettibon	3/30/2002	Susquehanna Invitational
9	13.33	Annalisa Ellis	5/2/2002	MAC Outdoor Championships
10	13.50	Allie Gold	5/11/2009	Swarthmore Last Chance Meet

200m

1	24.90	Erin Lichti	5/25/2006	NCAA Division III Outdoor Championships
2	26.33	Katelyn John	5/4/2006	MAC Outdoor Championships
3	26.35	Betsy Burroughs	5/2/2002	MAC Outdoor Championships
4	26.47	Carrie Kerna	5/2/2002	MAC Outdoor Championships
5	26.76	Lori Havrilak	5/4/2006	MAC Outdoor Championships
6	26.81	Jill Brobst	5/5/2005	MAC Outdoor Championships
7	26.91	Jamie Kudel	5/5/2000	MAC Outdoor Championships
8	27.01	Chelsea Miles	5/2/2009	MAC Outdoor Championships
9	27.56	Allie Gold	5/1/2008	MAC Outdoor Championships
10	27.69	Tina Bucci	4/22/2006	Widener Invitational

400m

1	57.87	Tina Bucci	4/29/2006	Shippensburg Paul Kaiser Classic
2	58.65	Betsy Burroughs	4/29/2004	MAC Outdoor Championships
3	59.49	Erin Lichti	4/22/2005	Widener Invitational
4	1:00.39	Nicole Murphy	5/5/2005	MAC Outdoor Championships
5	1:01.22	Lori Havrilak	4/19/2008	Widener Invitational
6	1:01.28	Chelsea Miles	4/18/2009	Widener Invitational
7	1:01.50	Jill Brobst	4/22/2005	Widener Invitational
8	1:02.25	Bernadette Frawley	5/2/2009	MAC Outdoor Championships
9	1:02.66	Katelyn John	4/29/2006	Shippensburg Paul Kaiser Classic
10	1:03.72	Jessica Popp	4/7/2001	Ithaca Invitational

800m

1	2:15.15	Katie Garner	4/22/2005	Widener Invitational
2	2:15.90	Kathryn Howser	5/11/2009	Swarthmore Last Chance Meet
3	2:18.78	Jill Brobst	5/2/2002	MAC Outdoor Championships
4	2:20.31	Tiffany Kulp	4/4/2008	Duke Asics Invitational
5	2:20.55	Megan VanDenHengel	5/1/2009	MAC Outdoor Championships
6	2:21.08	Julie Torchia	4/9/2005	Messiah Invitational
7	2:24.47	Bri Lambert	5/1/2003	MAC Outdoor Championships
8	2:24.98	Kim Whalen	4/29/2004	MAC Outdoor Championships
9	2:25.98	Amanda Santore	5/1/2003	MAC Outdoor Championships
10	2:26.44	Kristin Bowen	5/1/2008	MAC Outdoor Championships

1500m

1	4:36.03	Tiffany Kulp	5/13/2008	Swarthmore Last Chance Meet
2	4:36.33	Katie Garner	5/16/2005	Villanova Tuppenny Twilight Meet
3	4:45.36	Melissa St Clair	4/29/2004	MAC Outdoor Championships
4	4:46.30	Megan VanDenHengel	5/2/2009	MAC Outdoor Championships
5	4:48.23	Bri Lambert	5/1/2003	MAC Outdoor Championships
6	4:51.74	Danielle Frye	4/29/2004	MAC Outdoor Championships
7	4:55.39	Kristin Bowen	5/1/2008	MAC Outdoor Championships
8	4:56.66	Samantha Jones	3/25/2006	Susquehanna Jim Taylor Invitational
9	4:57.18	Erin Fisher	4/21/2007	Widener Invitational
10	4:57.51	Jill Brobst	5/10/2002	JMU Invitational

**3000m**

1	10:19.33	Melissa St Clair	4/9/2004	Bucknell Bison Outdoor Classic
2	10:47.11	Danielle Frye	4/9/2004	Bucknell Bison Outdoor Classic
3	10:50.66	Sarah Grove	4/15/2008	Elizabethtown College Quadrangular
4	10:50.70	Kristen O'Brien	4/15/2008	Elizabethtown College Quadrangular
5	11:04.41	Amanda Daws	4/15/2008	Elizabethtown College Quadrangular
6	11:09.1h	Gretchen Junko	4/1/2000	Tri-Meet vs. Messiah and Susquehanna
7	11:13.48	Tara Fagan	4/4/2007	Elizabethtown College Pentangular
8	11:25.09	Trish Fullmer	4/3/2004	Elizabethtown College Quadrangular
9	11:25.6h	Jessica Cook	4/2/2005	Elizabethtown College Quadrangular
10	11:32.3h	Kelly Harris	4/28/2001	Millersville Metrics

**5000m**

1	17:14.79	Melissa St Clair	5/26/2005	NCAA Division III Outdoor Championships
2	<b>17:19.16</b>	<b>Tiffany Kulp</b>	<b>3/28/2009</b>	<b>VMI-W&amp;L Carnival</b>
3	17:20.60	Erin Fisher	5/13/2008	Swarthmore Last Chance Meet
4	<b>17:55.31</b>	<b>Amanda Daws</b>	<b>4/17/2009</b>	<b>Larry Ellis Invitational</b>
5	<b>18:24.56</b>	<b>Megan VanDenHengel</b>	<b>5/2/2009</b>	<b>MAC Outdoor Championships</b>
6	18:38.64	Samantha Jones	4/22/2006	Widener Invitational
7	18:42.53	Tara Fagan	4/15/2005	Bucknell Bison Outdoor Classic
8	18:47.28	Erin Deihl	4/15/2005	Bucknell Bison Outdoor Classic
9	<b>18:50.88</b>	<b>Kristen O'Brien</b>	<b>3/28/2009</b>	<b>VMI-W&amp;L Carnival</b>
10	18:54.05	Danielle Frye	3/27/2004	Susquehanna Invitational

**10,000m**

1	35:46.62	Melissa St Clair	4/28/2005	Penn Relays Carnival
2	36:00.52	Erin Fisher	5/22/2008	NCAA Division III Outdoor Championships
3	<b>36:57.32</b>	<b>Amanda Daws</b>	<b>5/11/2009</b>	<b>Swarthmore Last Chance Meet</b>
4	38:40.00	Erin Deihl	3/26/2005	Susquehanna Jim Taylor Invitational
5	38:55.00	Tara Fagan	3/26/2005	Susquehanna Jim Taylor Invitational
6	<b>39:09.59</b>	<b>Kristen O'Brien</b>	<b>4/10/2009</b>	<b>Bucknell Bison Outdoor Classic</b>
7	39:22.01	Sarah Grove	4/4/2008	Duke Asics Invitational
8	39:24.94	Samantha Jones	5/4/2006	MAC Outdoor Championships
9	39:44.53	Amanda Daws	5/1/2008	MAC Outdoor Championships
10	40:16.20	Gretchen Junko	3/25/2000	Susquehanna Invitational

**100m High Hurdles**

1	14.27	Carrie Kerna	5/27/2004	NCAA Division III Outdoor Championships	
2	15.63	Allie Gold	5/1/2008	MAC Outdoor Championships	
3	<b>16.96</b>	<b>Nicole Lipari</b>	<b>5/2/2009</b>	<b>MAC Outdoor Championships</b>	
4	17.08	Kristin Lander	4/29/2004	MAC Outdoor Championships	
5	17.36	Rebekah Arbogast	4/21/2007	Widener Invitational	
6	17.59	Anne Bryan	5/4/2006	MAC Outdoor Championships	
7	17.72	Melissa Van Blarcom	5/4/2007	MAC Outdoor Championships	
8	18.09	Christie Stapleton	4/4/2007	Elizabethtown College Pentangular	
9	18.19	Sarah Chick	4/29/2004	MAC Outdoor Championships	
10	18.7h	18.94	Ann Neddoff	3/20/1999	Franklin & Marshall Diplomat Invitational

**400m Intermediate Hurdles**

1	1:02.29	Carrie Kerna	5/27/2004	NCAA Division III Outdoor Championships
2	1:06.84	Kristin Lander	4/29/2004	MAC Outdoor Championships
3	<b>1:10.75</b>	<b>Jill Patrick</b>	<b>5/1/2009</b>	<b>MAC Outdoor Championships</b>
4	1:12.47	Rebekah Arbogast	4/15/2008	Elizabethtown College Quadrangular
5	1:14.85	Christie Stapleton	4/4/2007	Elizabethtown College Pentangular
6	<b>1:14.98</b>	<b>Nicole Lipari</b>	<b>5/1/2009</b>	<b>MAC Outdoor Championships</b>
7	<b>1:16.91</b>	<b>Allie Gold</b>	<b>4/4/2009</b>	<b>Tri-Meet vs. Juniata and Messiah</b>

**3000m Steeplechase**

1	11:30.14	Tiffany Kulp	5/1/2008	MAC Outdoor Championships
2	13:06.59	Jill Brobst	4/3/2004	Elizabethtown College Quadrangular
3	13:45.47	Nicole Welch	4/3/2004	Elizabethtown College Quadrangular
4	13:54.91	Alex Walmer	4/10/2008	Messiah Invitational

**High Jump**

1	5-03.25	1.61m	Chelsea Miles	5/13/2008	Swarthmore Last Chance Meet
2	5-03.00	1.60m	Carrie Kerna	4/3/2004	Elizabethtown College Quadrangular
3	5-01.00	1.54m	Katie Hershberger	4/27/2002	Millersville Metrics
4	5-00.00	1.52m	Casey Moser	4/10/2001	Tri-Meet vs. Susquehanna and Messiah
5	4-11.00	1.50m	Gabrielle Whitley	4/26/2008	Shippensburg Paul Kaiser Classic
6	4-10.00	1.47m	Jill Brobst	5/5/2005	MAC Outdoor Championships
7	4-08.00	1.42m	Kati Young	3/27/1999	Susquehanna Invitational
8	4-07.75	1.42m	Sarah Chick	4/29/2004	MAC Outdoor Championship Decathlon/Heptathlon
9	4-07.00	1.40m	Janelle Lawson	4/15/2008	Elizabethtown College Quadrangular
9	4-07.00	1.40m	Jenna Riley	4/15/2008	Elizabethtown College Quadrangular

**Pole Vault**

1	10-06.00	3.20m	Lauren Riley	4/10/2008	Messiah Invitational
2	10-06.00	3.20m	Julia Sahd	5/14/2004	Seamus McElligott Invitational
3	10-00.00	3.05m	Samantha Adams	4/15/2008	Elizabethtown College Quadrangular
4	10-00.00	3.04m	Jessica Popp	5/1/2003	MAC Outdoor Championships
5	8-00.00	2.43m	Melissa Pavlinsky	4/24/2004	Dickinson Spring Classic
6	7-06.00	2.28m	Rebekah Arbogast	4/14/2007	Messiah Invitational

**Long Jump**

1	17-01.25	5.21m	Chelsea Miles	4/29/2006	Shippensburg Paul Kaiser Classic
2	16-11.25	5.16m	Jamie Nace	5/1/2003	MAC Outdoor Championships
3	16-08.50	5.09m	Casey Moser	4/9/2004	Bucknell Bison Outdoor Classic
4	16-04.00	4.97m	Lindsey Oliver	4/29/2006	Shippensburg Paul Kaiser Classic
5	15-10.25	4.83m	Kati Young	4/29/2000	Millersville Metrics
6	15-09.75	4.82m	Jenna Riley	5/4/2007	MAC Outdoor Championships
6	15-09.75	4.82m	Shauna Hughes	4/15/2005	Bucknell Bison Outdoor Classic
8	15-04.00	4.67m	Sarah Chick	5/3/2007	MAC Outdoor Championships
9	<b>15-02.75</b>	<b>4.64m</b>	<b>Allie Gold</b>	<b>5/1/2009</b>	<b>MAC Outdoor Championships</b>
10	15-02.00	4.62m	Carrie Kerna	4/12/2001	MCGC Decathlon/Heptathlon

**Triple Jump**

1	36-04.75	11.09m	Jenna Riley	5/4/2007	MAC Outdoor Championships
2	36-03.00	11.05m	Chelsea Miles	5/4/2006	MAC Outdoor Championships
3	34-09.50	10.60m	Casey Moser	5/1/2003	MAC Outdoor Championships
4	34-07.75	10.56m	Jamie Nace	5/1/2003	MAC Outdoor Championships
5	33-09.50	10.30m	Shauna Hughes	4/9/2005	Messiah Invitational
6	33-07.50	10.24m	Kati Young	5/5/2000	MAC Outdoor Championships
7	32-08.50	9.97m	Erin Lichti	4/17/2004	Messiah Invitational
8	31-08.00	9.65m	Samantha Adams	4/26/2008	Shippensburg Paul Kaiser Classic
9	31-05.00	9.57m	Danielle Seibert	4/29/2000	Millersville Metrics
10	30-10.50	9.41m	Janelle Lawson	4/26/2008	Shippensburg Paul Kaiser Classic

**Shot Put**

1	37-08.75	11.50m	Amanda Morrisette	5/4/2006	MAC Outdoor Championships
2	34-11.50	10.65m	Anna Kent	4/12/2003	Messiah Invitational
3	34-01.25	10.39m	Dawn Mellen	5/4/2007	MAC Outdoor Championships
4	<b>32-09.50</b>	<b>9.99m</b>	<b>Crystal Connelly</b>	<b>5/1/2009</b>	<b>MAC Outdoor Championships</b>
5	31-02.00	9.50m	Crystal Tracy	4/24/2004	Dickinson Spring Classic
6	30-09.00	9.37m	Sarah Chick	5/4/2006	MAC Outdoor Championships
7	30-03.75	9.24m	Allie Gold	4/19/2008	Widener Invitational
8	29-09.00	9.06m	Jessica Russell	4/28/2001	Millersville Metrics
9	28-04.50	8.65m	Rebekah Arbogast	4/9/2007	Dickinson College Multi-Event Meet
10	28-01.00	8.56m	Sarah D'Emilio	4/21/2001	Messiah Invitational

### Discus

1	118-07	36.15m	Anna Kent	3/27/2004	Susquehanna Invitational
2	114-00	34.76m	Jessica Russell	4/18/2003	Widener Invitational
3	<b>107-08</b>	<b>32.82m</b>	<b>Crystal Connelly</b>	<b>4/4/2009</b>	<b>Tri-Meet vs. Juniata and Messiah</b>
4	<b>106-07</b>	<b>32.48m</b>	<b>Sarah DeGeorge</b>	<b>4/18/2009</b>	<b>Widener Invitational</b>
5	98-03	29.94m	Dawn Mellen	4/21/2007	Widener Invitational
6	95-09.75	29.20m	Crystal Tracy	4/24/2004	Dickinson Spring Classic
7	94-11	28.93m	Amanda Morrisette	4/29/2006	Shippensburg Paul Kaiser Classic

### Hammer

1	124-00	37.80m	Dawn Mellen	5/4/2007	MAC Outdoor Championships
2	119-07	36.46m	Amanda Morrisette	5/4/2006	MAC Outdoor Championships
3	101-03	30.86m	Crystal Tracy	4/17/2004	Messiah Invitational
4	99-08	30.37m	Anna Kent	4/17/2004	Messiah Invitational
5	<b>94-01</b>	<b>28.69m</b>	<b>Crystal Connelly</b>	<b>4/18/2009</b>	<b>Widener Invitational</b>
6	<b>87-04</b>	<b>26.62m</b>	<b>Sarah DeGeorge</b>	<b>5/11/2009</b>	<b>Swarthmore Last Chance Meet</b>
7	72-04	22.04m	Jessica Russell	4/10/2001	Tri-Meet vs. Susquehanna and Messiah

### Javelin

1	116-08	35.56m	Anna Kent	3/27/2004	Susquehanna Invitational
2	105-00	32.01m	Sarah Chick	4/29/2004	MAC Outdoor Championships
3	97-11	29.84m	Dawn Mellen	4/17/2004	Messiah Invitational
4	91-01	27.76m	Joanna Hyde	4/21/2001	Messiah Invitational
5	88-03	26.89m	Crystal Tracy	4/17/2004	Messiah Invitational
6	86-01	26.23m	Sarah DeGeorge	5/1/2008	MAC Outdoor Championships
7	77-09	23.69m	Jen Peters	4/17/1999	Mason-Dixon Track & Field Invitational
8	76-04	23.28m	Kate Rowland	4/1/2006	Muhlenberg Invitational
9	73-04	22.35m	Sarah D'Emilio	4/1/2000	Tri-Meet vs. Messiah and Susquehanna
10	72-10	22.21m	Carrie Kerna	4/12/2001	MCGC Decathlon/Heptathlon

### Heptathlon

1	<b>3458</b>	<b>Allie Gold</b>	<b>5/1/2009</b>	<b>MAC Outdoor Championships</b>
2	3450	Sarah Chick	4/29/2004	MAC Outdoor Championships
3	3298	Carrie Kerna	4/12/2001	MCGC Decathlon/Heptathlon
4	3133	Rebekah Arbogast	4/9/2007	Dickinson College Multi-Event Meet
5	3076	Jill Brobst	4/1/2005	Elizabethtown Quadrangular
6	2610	Amanda Santore	5/5/2005	MAC Outdoor Championships
7	1952	Janelle Lawson	4/10/2008	Messiah Invitational



**4x100m Relay**

1	48.49 Betsy Burroughs, Erin Lichti, Lori Havrilak, Carrie Kerna	5/14/2004	Seamus McElligott Invitational
2	48.53 Katelyn John, Tina Bucci, Lori Havrilak, Erin Lichti	5/4/2006	MAC Outdoor Championships
3	49.61 Lindsey Oliver, Lori Havrilak, Tina Bucci, Erin Lichti	4/14/2006	Bucknell Bison Outdoor Classic
4	50.14 Kristin Lander, Jill Brobst, Betsy Burroughs, Erin Lichti	5/5/2005	MAC Outdoor Championships
4	50.14 Betsy Burroughs, Erin Lichti, Kristin Lander, Carrie Kerna	5/1/2003	MAC Outdoor Championships
6	<b>51.95</b> <b>Chelsea Miles, Lisa Williamson, Bernadette Frawley, Allie Gold</b>	<b>4/18/2009</b>	<b>Widener Invitational</b>
7	<b>52.12</b> <b>Chelsea Miles, Bernadette Frawley, Jill Patrick, Allie Gold</b>	<b>4/11/2009</b>	<b>Bucknell Bison Outdoor Classic</b>
8	<b>52.25</b> <b>Chelsea Miles, Lisa Williamson, Bernadette Frawley, Jill Patrick</b>	<b>4/25/2009</b>	<b>Shippensburg Paul Kaiser Classic</b>
9	52.47 Lindsey Oliver, Katelyn John, Tina Bucci, Erin Lichti	4/8/2006	Messiah Invitational
10	52.64 Lindsey Oliver, Chelsea Miles, Christie Stapleton, Lori Havrilak	3/31/2007	Susquehanna Jim Taylor Invitational

**4x400m Relay**

1	3:57.64 Tina Bucci, Katelyn John, Nicole Murphy, Erin Lichti	4/27/2006	Penn Relays Carnival
2	3:58.02 Betsy Burroughs, Katie Garner, Jill Brobst, Erin Lichti	4/15/2005	Bucknell Bison Outdoor Classic
3	3:58.80 Betsy Burroughs, Nicole Murphy, Jill Brobst, Erin Lichti	5/5/2005	MAC Outdoor Championships
4	3:59.60 Betsy Burroughs, Nicole Murphy, Katie Garner, Erin Lichti	4/28/2005	Penn Relays Carnival
5	4:00.00 Betsy Burroughs, Erin Lichti, Kristin Lander, Carrie Kerna	4/22/2004	Penn Relays Carnival
6	4:01.86 Betsy Burroughs, Erin Lichti, Lori Havrilak, Carrie Kerna	5/14/2004	Seamus McElligott Invitational
7	<b>4:03.11</b> <b>Chelsea Miles, Jill Patrick, Bernadette Frawley, Kathryn Howser</b>	<b>5/11/2009</b>	<b>Swarthmore Last Chance Meet</b>
8	<b>4:06.52</b> <b>Chelsea Miles, Kathryn Howser, Bernadette Frawley, Megan VanDenHengel</b>	<b>4/23/2009</b>	<b>Penn Relays Carnival</b>
9	4:08.17 Betsy Burroughs, Erin Lichti, Kim Whalen, Carrie Kerna	4/18/2003	Widener Invitational
10	4:08.96 Chelsea Miles, Meghan Ryder, Lori Havrilak, Tiffany Kulp	5/1/2008	MAC Outdoor Championships

**4x800m Relay**

1	<b>9:51.44</b> <b>Bernadette Frawley, Megan VanDenHengel, Kathryn Howser, Tiffany Kulp</b>	<b>3/28/2009</b>	<b>VMI-W&amp;L Carnival</b>
2	9:58.54 Kim Whalen, Amanda Santore, Julie Torchia, Melissa St Clair	4/3/2004	Elizabethtown College Quadrangular
3	10:10.47 Ashley Iwanowski, Meghan Ryder, Tenleigh Ayers, Bri Shade	4/9/2005	Messiah Invitational