

MILLERSVILLE WOMEN'S TRACK & FIELD RECORDS

MILLERSVILLE OUTDOOR TOP TENS

Women's 100-Meter Dash

1. Savena Pyett	11.74 *	5/12/84	Indiana (Pa.)
2. Kiara Allen	11.79	5/1/14	Shippensburg
3. Christina Carpenter	11.91	2004	Slippery Rock
4. Destinee Holloman	11.95	5/9/19	PSAC Championships
5. Erika Smith	12.17	2001	Bucknell
6. Courtney Ingold	12.19	5/4/17	PSAC Championships
7. Emonie Reviere	12.23	4/27/19	Shippensburg
8. Brittany Yanora	12.24	5/9/09	Millersville
9. Aurora Conrad	12.25	5/8/21	PSAC Championships
10. Erin Mason	12.27	5/1/14	Shippensburg

Women's 200-Meter Dash

1. Savena Pyett	24.02 *	5/12/84	Indiana (Pa.)
2. Christina Carpenter	24.34	2004	Slippery Rock
3. Kiara Allen	24.96	4/19/14	East Stroudsburg
4. Brittany Yanora	25.11	5/9/09	Millersville
5. Erin Mason	25.19	4/19/14	East Stroudsburg
6. Courtney Ingold	25.29	5/4/17	PSAC Championships
7. Emonie Reviere	25.33	5/9/19	PSAC Championships
8. Aurora Conrad	25.41	5/8/21	PSAC Championships
9. Erin Madison	25.44	3/17/16	Charlotte
10. Lenaiya Flowers	25.45	4/20/19	East Stroudsburg

Women's 400-Meter Dash

1. Clara Forney	56.17 *	5/9/19	PSAC Championships
2. Kayla Naughton	56.35	5/10/13	Millersville
3. Lenaiya Flowers	56.99	5/3/18	PSAC Championships
4. Aubrey Sydnor	57.06	4/30/22	Shippensburg
5. Savena Pyett	57.2 (57.44)	1985	-
6. Beth McKay	57.47	2000	-
7. Erin Madison	57.59	3/20/14	Coastal Carolina
8. Aniya Gibbs	57.92	5/1/15	East Stroudsburg
9. Jenny Bair	58.0	1981	-
10. Erin Madison	58.17	4/23/17	East Stroudsburg

Women's 800-Meter Run

1. Priscilla Jennings	2:10.22 *	5/3/08	Indiana (Pa.)
2. Jo Rupp	2:13.83	5/13/95	Shippensburg
3. Jenny Bair	2:13.9	4/27/80	Millersville
4. Megan Meyer	2:14.32	5/5/12	Bloomsburg
5. Erin Madison	2:16.32	4/8/16	West Chester
6. Tanya Pina	2:16.53	1986	-
7. Carissa Heiney	2:16.76	5/10/98	Millersville
8. Jessica Kaminski	2:16.79	2000	West Chester
9. Morgan Janiuk	2:17.36	5/12/22	PSAC Championships
10. Brittney Zuver	2:17.43	2007	Shippensburg

Women's 1,500-Meter Run

1. Priscilla Jennings	4:24.57 *	5/9/09	Millersville
2. Jenny Bair	4:32.5	1981	-
3. Megan Edmiston	4:35.3	2000	-
4. Jo Rupp	4:36.2	5/13/95	Shippensburg
5. Elicia Anderson	4:37.41	4/15/11	Bucknell
6. Theresa Mazurek	4:39.11	2002	Kutztown
7. Brenda Pennell	4:43.08	5/11/96	Kutztown
8. Mona Reuter	4:43.68	3/26/11	N.C. State
9. Erin Carey	4:44.34	4/27/96	Millersville
10. Morgan Janiuk	4:45.08	4/2/22	Millersville

Women's 3,000-Meter Run

1. Elicia Anderson	9:43.75 *	4/9/11	Millersville
2. Priscilla Jennings	9:55.00	4/6/08	West Chester
3. Erin Carey	9:55.2	5/4/96	West Chester
4. Jenny Bair	10:05.9	5/2/81	Hayward, Calif.
5. Mona Reuter	10:14.84	4/30/11	Shippensburg
6. Mary Zerby	10:22.66	5/9/92	Millersville
7. Rebekah Moore	10:23.01	3/12/11	Coastal Carolina
8. Andrea DeBerardinis	10:25.5	1991	-
9. Kellie Boozer	10:26.25	5/11/91	Shippensburg
10. Nancy Hartley	10:26.72	4/29/89	Millersville

Women's 3,000-Meter Steeplechase (under 12:30)

1. Abbey Daley	10:58.31 *	5/1/15	East Stroudsburg
2. Brittney Zuver	11:13.3	4/12/08	Bucknell
3. Sarah Mulvey	11:26.38	5/11/13	Millersville
4. Abbey Sullivan	11:36.81	5/12/22	PSAC Championships
5. Jen Knuth	11:59.00	2001	-
6. Elizabeth Reese	12:12.88	5/11/13	Millersville
7. Theresa Miller	12:12.91	2002	Kutztown
8. Jessica Jacobson	12:13.72	3/15/08	Coastal Carolina
9. Brittany Arnold	12:20.73	5/9/09	Millersville

Women's 5,000-Meter Run

1. Elicia Anderson	16:27.44 *	4/28/11	U-Penn
2. Priscilla Jennings	16:29.05	4/23/09	U-Penn
3. Erin Carey	17:18.47	5/25/96	Emporia, Kan.
4. Nancy Hartley	17:52	5/13/89	Shippensburg
5. Kellie Boozer	17:54	5/13/89	Shippensburg
6. Rebekah Moore	17:55.18	4/15/11	Bucknell
7. Morgan Janiuk	17:58.31	4/14/22	Bucknell
8. Emily Francisco	18:00.13	3/18/10	UNC-Charlotte
9. Shannon Cruz	18:03.95	4/5/14	Millersville
10. Samantha Mulvey	18:06.26	3/25/11	N.C. State

Women's 10,000-Meter Run

1. Elicia Anderson	34:17.31 *	5/26/11	Turlock, Calif.
2. Emily Francisco	36:32.17	3/35/11	N.C. State
3. Kellie Boozer	36:39	1991	-
4. Nancy Yangtuk	36:57	5/10/86	Kutztown
5. Erin Carey	37:03	5/13/95	Shippensburg
6. Rebekah Moore	37:11.79	5/13/10	West Chester
7. Nancy Hartley	37:25	5/12/90	Clarion
8. Shannon Cruz	37:25.75	5/1/14	Shippensburg
9. Andrea DeBerardinis	37:38	5/11/91	Shippensburg
10. Kelly Sprout	37:40	5/7/88	Indiana (Pa.)

Women's 100-Meter Hurdles

1. Arianna Camel	14.31 *	5/3/18	PSAC Championships
2. Carol Forry	14.34	5/13/89	Shippensburg
2. Erin Madison	14.55	5/1/14	Shippensburg
4. Carol Aldinger	14.63	5/7/88	Indiana (Pa.)
5. De'Asia Holloman	14.69	4/30/22	Shippensburg
6. Michele Frayne	14.79	5/21/09	San Angelo, Texas
7. Jane Cartabiano	14.8 (15.04)	1978	-
8. Joyce VanGinhoven	15.08	5/12/84	Indiana (Pa.)
9. Madie Tropp	15.14	5/3/18	PSAC Championships
10. Leequan Ray	15.57	-	-

Women's 400-Meter Hurdles

1. Erin Madison	1:00.85 *	5/1/14	Shippensburg
2. Joyce VanGinhoven	1:02.00	4/30/83	Millersville
3. Beth Chaundry	1:02.26	5/15/93	Shippensburg

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4. Chrissy Savage	1:03.50	5/13/11	Slippery Rock
5. Carissa Heiney	1:03.65	5/10/97	Lock Haven
6. Leequan Ray	1:04.43	5/11/96	Kutztown
7. Lisa Winkler	1:04.55	4/24/99	Millersville
8. Brittany Yanora	1:04.78	4/23/11	East Stroudsburg
9. Beth Hill	1:05.06	5/11/85	East Stroudsburg
10. Jessica Hill	1:05.11	5/10/97	Lock Haven

Women's Discus

1. Hannah Woelfling	51.63m	5/12/22	PSAC Championships
2. Sunflower Greene	48.97m	5/9/19	PSAC Championships
3. Aliyah Striver	46.20m	3/27/21	Millersville
4. Beth Lord	44.18m	2003	-
5. Madison Martin	44.02m	5/9/19	PSAC Championships
6. Maddy Downs	42.54m	5/12/22	PSAC Championships
7. Terri Kunsman	41.90m	4/27/89	Penn Relays
8. Sue Goodard	41.75m	1990	Florida State
9. Allison Hess	39.84m	2001	Shippensburg
10. Vanessa Hower	38.97m	5/4/13	Lock Haven

Women's Javelin

1. Amanda Myers	48.12m	5/28/16	NCAA Championships
2. Amy Seier	45.58m	1992	-
3. Jen Smith	43.63m	2000	West Chester
4. Sherri Kelly	43.01m	1980	-
5. Jen Schubert	41.06m	5/12/90	Clarion
Sue Goodard	41.06m	5/12/90	Clarion
7. Michele Frayne	41.05m	4/17/09	Millersville
8. Cassie Sharrow	40.38m	5/12/22	PSAC Championships
9. Kandice Liebl	39.47m	3/11/22	Myrtle Beach
10. Mikaela Wolf	39.35m	5/12/22	PSAC Championships

Women's Shot Put

1. Sunflower Greene	16.10m	5/24/18	NCAA Championships
2. Aliyah Striver	14.84m	5/3/19	Lock Haven
3. Hannah Woelfling	13.68m	5/12/22	PSAC Championships
4. Deb Stump	13.55m	5/11/91	Shippensburg
5. Amy Seier	13.07m	5/14/94	Kutztown
6. Terri Kunsman	12.92m	1990	Millersville
7. Allison Hess	12.83m	2001	Shippensburg
8. Laura Kochert	12.73m	5/9/92	Millersville
9. Madison Martin	12.66m	5/9/19	PSAC Championships
10. Bess Simmons	12.64m	1986	Millersville

Women's Hammer Throw

1. Sunflower Greene	61.05m	4/6/19	Millersville
2. Hannah Woelfling	60.95m	5/12/22	PSAC Championships
3. Aliyah Striver	57.35m	4/2/22	Millersville
4. Amanda Myers	53.92m	4/28/18	Shippensburg
5. Vanessa Hower	52.49m	4/11/14	West Chester
6. Madison Martin	52.09m	4/27/19	Shippensburg
7. Ann Kovacs	51.61m	4/11/14	West Chester
Kelli Farris	51.61m	5/9/14	Penn State
9. Deja Loose	51.21m	4/14/17	Bison Outdoor Classic
10. Stephanie Garner	48.66m	5/9/19	PSAC Championships

Women's High Jump

1. Joyce VanGinhoven	1.70m	5/7/83	Indiana (Pa.)
2. Deb Hallman	1.67m	5/7/88	Indiana (Pa.)
3. Chris Raymock	1.65m	5/12/90	Clarion
4. Arianna Camel	1.64m	5/12/16	Mansfield
5. Sonya Sims	1.63m	5/10/80	Indiana (Pa.)
6. Ruth Smith	1.62m	4/30/88	Millersville

Deb Hallman	1.62m	4/29/89	Millersville
Becky Kase	1.62m	4/25/92	Millersville
9. Sandy Messner	1.60m	5/9/92	Millersville
10. Jess Rhyner	1.59m	3/18/11	UNC-Charlotte

Women's Long Jump

1. Brianna Doherty	5.76m	4/29/17	Shippensburg
2. Kay Liebl	5.63m	4/28/18	Shippensburg
3. Carol Forry	5.58m	5/13/89	Shippensburg
4. Michele Frayne	5.57m	4/3/10	Millersville
5. Keli Caldwell	5.51m	5/8/96	Kutztown
6. Alexis Martin	5.44m	2005	Mansfield
7. Destinee Holloman	5.43m	4/28/18	Shippensburg
8. Gena Allen	5.38m	1993	-
9. Katherine Lennex	5.36m	4/23/11	East Stroudsburg
10. Kay Liebl	5.35m	4/17/19	Shippensburg

Women's Triple Jump

1. Kelli Caldwell	12.28m	1996	-
2. Katherine Lennex	11.73m	5/4/12	Bloomsburg
3. Joyce VanGinhoven	11.34m	4/28/84	Millersville
4. Gena Allen	11.21m	1998	-
5. Whitney Savoy	11.16m	4/30/11	Bloomsburg
6. Heather Robertson	11.05m	2001	Shippensburg
7. Michele Frayne	11.02m	2007	Shippensburg
8. Angel Rollins	10.92m	5/7/83	Lock Haven
9. Patrisha Davis	10.76m	4/17/19	Shippensburg
10. Jess Fritsche	10.64m	4/28/12	Shippensburg

Women's Pole Vault

1. Darian Hauf	3.95m	4/23/22	East Stroudsburg
2. Erin Harman	3.61m	5/12/17	Georgian Court
3. Megan Malecki	3.40m	4/14/22	Bucknell
4. Shannon Murphy	3.20m	2004	-
5. Kim Stokes	3.17m	5/14/10	West Chester
6. Caitlin Miller	3.11m	5/1/21	Lock Haven
7. Katherine Geating	3.06m	4/26/14	Shippensburg
8. Devon Erb	3.05m	4/24/21	Shippensburg
9. Carley Persa	2.89m	4/24/99	Millersville
10. Jess White	2.90m	4/10/15	West Chester

Women's Heptathlon

1. Joyce VanGinhoven	4,968 points *	1983	-
2. Michele Frayne	4,802 points	5/8/09	Millersville
3. Arianna Camel	4,397 points	5/12/16	Mansfield
4. Carol Forry	4,385 points	5/13/89	Shippensburg
5. Kaitlin Moyer	4,383 points	5/7/21	PSAC Championships
6. Carol Aldinger	4,143 points	5/7/88	Indiana (Pa.)
7. Maureen McElrone	4,041 points	5/15/93	Shippensburg
8. Mary Dietrich	4,010 points	5/04	PSAC Championships
9. Martie Rauhala	3,942 points	5/9/87	Slippery Rock
10. Lizanne McNally	3,842 points	1986	-

Women's 4x100-Meter Relay

1. Kay Liebl, Brianna Doherty, Destinee Holloman, Courtney Ingold	47.03 *	5/3/18	PSAC Championships
2. Courtney Ingold, Erin Madison, Clara Forney, Kiara Allen	47.17	4/18/16	Bucknell
3. Kayla Naughton, Erin Mason, Jess Fritsche, Kiara Allen	47.24	5/1/14	Shippensburg
4. Kayla Naughton, Erin Mason, Jess Fritsche, Kiara Allen	47.25	5/10/13	Millersville

MILLERSVILLE WOMEN'S TRACK & FIELD RECORDS

5. Brianna Doherty, Emonie Reviere, Kayl Liebl, Destinee Holloman
47.47 5/11/19 PSAC Championships
6. Darian Hauf, Gabriela Karch, Arianna Kouakou, Emma Elwell
47.61 5/13/22 PSAC Championships
7. Darian Hauf, Gabriela Karch, Aurora Conrad, Emma Elwell
47.93 4/23/22 East Stroudsburg
8. Brinn Doherty, Clara Forney, Courtney Ingold, Emonie Reviere
47.94 5/4/17 PSAC Championships
9. Arianna Camel, Erin Mason, Jess Fritsche, Kiara Allen
48.06 4/19/14 East Stroudsburg
10. Aurora Conrad, Lyric Williams, Emma Elwell, Gabby Karch
48.22 5/7/21 PSAC Championships

Women's 4x200-Meter Relay

1. Julia Fallows, Arianna Kouakou, Emma Elwell, Mia Carson
1:45.73 3/12/22 Myrtle Beach
2. Abby Schneider, Erin Mason, Mattie Conaboy, Chrissy Savage
1:46.09 * 4/27/12 Pennsylvania
3. Mattie Conaboy, Erin Mason, Mercedes Ortiz, Chrissy Savage
1:47.11 3/16/12 Coastal Carolina
4. Erika Smith, Karen Parker, Keli Caldwell, Melissa McLaughlin
1:47.18 1996

Women's 4x400-Meter Relay

1. Kay Liebl, Lenaiya Flowers, Clara Forney, Aniya Gibbs
3:49.19 * 5/3/2018 PSAC Championships
2. Megan Meyer, Erin Mason, Kayla Naughton, Erin Madison
3:52.67 5/10/13 Millersville
3. Mia Carson, Lyric Williams, Aubrey Sydnor, Emma Elwell
3:52.85 5/12/22 PSAC Championships
4. Kayla Naughton, Megan Meyer, Erin Mason, Erin Madison
3:52.87 4/11/14 West Chester
4. Clara Forney, Kay Liebl, Autumn Lewis, Aniya Gibbs
3:54.62 4/29/17 Paul Kaiser Classic
5. Brittany Yanora, Chrissy Savage, Beth Fry, Priscilla Jennings
3:54.63 5/9/09 Millersville
6. Kiara Allen, Clara Forney, Amanda Long, Erin Madison
3:54.81 5/12/16 Mansfield
7. Yoangelys Rijo-Cedeno, Kay Liebl, Gabriela Karch, Clara Forney
3:55.33 5/11/19 PSAC Championships
9. Kiara Allen, Amanda Long, Aniya Gibbs, Erin Madison
3:55.83 5/2/15 East Stroudsburg
9. Brittany Yanora, Chrissy Savage, Erin Mason, Megan Meyer
3:56.01 4/28/11 Penn
10. Chura, Fry, Jennings, Yanora
3:56.24 5/5/07 Shippensburg

Women's 4x800-Meter Relay (under 10:00)

1. Amanda Long, Aniya Gibbs, Brittney Martin, Megan Meyer
9:16.53 * 5/1/14 Shippensburg
2. Priscilla Jennings, Amy Thornton, Brittney Zuver, Rachel Hull
9:17.1 4/26/08 Penn
3. Skylar Maurer, Yoangelys Rijo-Cedeno, Millie Davis, Jillian Miller
9:33.48 5/11/19 PSAC Championships
4. Megan Meyer, Katie Hild, Amanda Long, Sarah Mulvey
9:41.04 5/10/13 Millersville
5. Amanda Long, Taylour Mauro, Abigail Daley, Brittney Martin
9:56.41 3/20/14 Coastal Carolina

Women's Sprint Medley Relay Record

1. Barb Ferrise, Sheila Mellinger, Joanne Geiger, Jenny Bair
1:51.2 1980 -

Women's Distance Medley Relay Record

1. Tammy Brooks, Michele Hollod, Connie Shepos, Nancy Jo Hartley
12:37.4 1990 -