

## UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RECORDS

(Updated through 2011 Season)

Event	Record	Athlete	Year
<b>100 meters</b> .....	11.81	<b>Dionne Jones</b> .....	<b>1990</b>
(add .24 to hand times)	11.86	Vicky Caruso .....	2010
	11.95	Michelle Gomes .....	2006
	12.14	Brittany Wright .....	2004
	12.15	Asha Quant .....	2008
	12.20	Kristen Frustillo .....	2004
	12.20	Asia Hollis .....	2011
	12.29	Paula Green.....	2006
	12.30	Denise Brijbasi .....	2000
	12.31	Jen Lublanecki .....	2001
	12.1	Evelyn Campbell .....	1989
	12.36	Trish Taylor.....	1984
	12.38	Daniella Price.....	2004
	12.40	Portia Ramsey .....	1988
	12.53	Rayna Horsey.....	2005
	12.3	Jill Foster .....	1989
	12.3	Elsbeth Bupp .....	1985
	12.3	Nancy Zaiser .....	1985
	12.54	Bernice Sturgis.....	1986
	12.54	Latoya James.....	2011
	12.4	Kristen Singleton .....	1995
	12.4	Aimee Dempsey .....	1988

**Note:** Carol Thomson (11.2 in 1976) ran top time while Delaware was a club team

<b>100 yards</b> .....	12.2	<b>Pam Hohler</b> .....	<b>1980</b>
<b>100 Meter Hurdles</b> .....	14.07	<b>Latoya James</b> .....	<b>2011</b>
(add .24 to hand times)	14.18	Kayla Hennessy .....	2011
	14.34	Mandy Stille .....	2004
	14.75	Alexi Capsouras.....	2007
	14.79	Sheryl Hall .....	1994
	14.97	Karen Johnson .....	1990
	15.04	Daniella Price .....	2003
	15.08	Leah Putman. ....	2008
	15.37	Vicki Hufnagel .....	2004
	15.2	Danielle Paquette.....	1990
	15.46	Bethany Fox .....	2011
	15.47	Tiffany Stith .....	1994
	15.50	Karen James. ....	1989
	15.50	Kim Kolba. ....	1985
	15.4	Lynda Blake.....	1989
	15.4	Dawn Sullivan.....	1989

**Note:** Carol Thomson (13.6 in 1976) and Kim Herman (14.18 in 1976) ran top times while Delaware was a club team

- over for more -

<b>200 Meter Dash</b> .....	23.67
(add .24 to hand times)	24.07
	24.2
	24.81
	24.83
	24.91
	24.91
	24.97
	25.00
	24.8
	25.23
	25.27
	25.38
	25.49
	25.52
	25.57
	25.65
	25.75
	25.79
	25.91
	25.95
	26.00
	26.01
	26.11
	26.15
	26.23
	26.0
	26.31
	26.44

**220 yards**.....27.1

<b>400 Meter Dash</b> .....	53.87
(add .14 to hand times)	54.34
	56.41
	56.64
	56.78
	56.95
	57.04
	57.24
	57.30
	57.7
	58.13
	58.44
	58.4
	58.78
	58.96
	59.24
	59.33
	59.2
	59.73
	59.5

<b>Vicky Caruso</b> .....	<b>2010</b>
Cristine Marquez .....	2009
Brittany Wright .....	2005
Dionne Jones .....	1990
Asha Quant .....	2008
Connie Pogue.....	1990
Kristi Cox .....	2011
Asia Hollis.....	2010
Rayna Horsey .....	2005
Pam Hohler .....	1982
Kayla Hennessy.....	2008
Nijah Dupiche .....	2011
Jen Lublanecki .....	2001
Daniella Price.....	2003
Paula Green .....	2006
Tyechia Smith.....	2004
Elsbeth Bupp .....	1987
Michelle Gomes .....	2006
Evelyn Campbell .....	1989
Yesenia Boynton.....	2010
Mandy Stille.....	2004
Gabrielle Coleman .....	2011
Dominique Carter.....	2006
Kristen Frustillo .....	2004
Kristen Salvatore .....	2002
Alex Francis .....	2008
Kristin Singleton.....	1998
Jill Foster .....	1992
Trish Taylor .....	1984

**Kathy Knotts** .....**1980**

<b>Vicky Caruso</b> .....	<b>2011</b>
Cristine Marquez .....	2010
Nijah Dupiche .....	2011
Kristi Cox .....	2010
Yesenia Boynton.....	2010
Asha Quant .....	2007
Tyechia Smith.....	2004
Asia Hollis.....	2010
Connie Pogue.....	1990
Alison Farrance .....	1986
Pam Hohler .....	1983
Bridget Bicking .....	1987
Dionne Jones .....	1991
Kristen Frustillo .....	2002
Brittany Wright .....	2004
Rachel Schultz .....	2003
Marla Woodarek .....	2010
Elsbeth Bupp .....	1987
Aimee Dempsey .....	1991
Leigh Reagan.....	1991

<b>440 yards</b> .....	59.0
<b>400 Meter Hurdles</b> .....	1:00.42
(add .14 to hand times)	1:03.04
	1:03.44
	1:03.73
	1:03.80
	1:04.07
	1:04.50
	1:04.78
	1:05.08
	1:06.54
	1:06.89
	1:07.04
	1:07.20
	1:07.32
	1:07.46
	1:07.61
	1:07.4
	1:07.9
	1:08.34
	1:08.34

<b>Pam Hohler</b> .....	1983
<b>Kayla Hennessy</b> .....	2011
Laura Fauser .....	1984
Alexi Capsouras .....	2006
Sarah Bochet .....	2002
Lynn Degelmann .....	1992
Mandy Stille.....	2004
Kasia Brodka .....	1999
Sheryl Hall.....	1994
Robyn Neely .....	1991
Marla Woodarek .....	2010
Daniella Price.....	2003
Vicki Hufnagel .....	2004
Bethany Fox .....	2011
Carly Simmons .....	2011
Tyechia Smith.....	2001
Aimee Dempsey .....	1988
Julie Lindenberg. ....	1983
Lara Matteis. ....	1993
Lynda Blake.....	1989
Erica Sickler .....	2010

**Note:** Kim Herman (1:05.7 in 1976) ran a top time while Delaware was a club team

<b>440 yard Intermediate Hurdles</b> .....	1:16.0
<b>800 Meter Run</b> .....	2:13.71
	2:13.84
	2:14.20
	2:14.86
	2:15.3
	2:15.10
	2:15.54
	2:15.74
	2:16.19
	2:16.26
	2:16.41
	2:16.73
	2:16.87
	2:17.1
	2:17.49
	2:17.88
	2:18.03

<b>Maro Bchakjian</b> .....	1980
<b>Lindsay Prettyman</b> .....	2011
Erin Gemmill .....	2002
Kellyn Wright.....	2010
Sarah Cowles .....	1994
Marnie Giunta .....	1993
Emily Gispert .....	2011
Kristen Robbins. ....	1999
Cristine Marquez .....	2007
Kasia Brodka .....	1998
Cristine Marquez .....	2010
Kristi Cox .....	2011
Karen Mandrachia .....	2009
Jill Riblett .....	1992
Sandy Gibney .....	1980
Katie Guarracino .....	1994
Caron Marra .....	2000
Mary Carceras .....	1992

**Note:** Mary Schilly (2:12.4 in 1978) ran top time while Delaware was a club team

<b>880 yards</b> .....	2:21.0
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<b>Mary Schilly-Knisely</b> .....	1980
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<b>1500 meters</b> .....	4:23.0
	4:34.27
	4:36.62
	4:37.79
	4:37.8
	4:37.84
	4:37.9
	4:38.21
	4:38.26
	4:39.17
	4:40.1
	4:43.14
	4:43.24
<b>Mile Run</b> .....	5:01.4
<b>2,000m Steeplechase</b> .....	7:46.49
	8:36.75
<b>3,000m Steeplechase</b> .....	11:13.80
	11:17.41
	11:26.36
	11:46.66
	11:56.78
	11:58.64
	12:03.57
	12:21.44
	12:29.74
	12:32.28
	12:32.50
	12:36.69
	12:42.17
	12:44.97
	12:52.47
	13:04.55
	13:12.55
	13:12.92
	13:13.23
	13:27.77
	13:51.79
	14:01.55
<b>3000 meters</b> .....	9:38.54
	9:54.04
	9:54.53
	9:56.5
	9:59.13
	10:01.4
	10:02.78
	10:06.0
	10:08.69
	10:11.4

<b>Mary Schilly-Knisely</b> .....	<b>1980</b>
Karen Mandrachia .....	2009
Caron Marra .....	1999
Ellen Strickler .....	1993
Jody Campbell .....	1984
Erin Gemmill .....	2003
Marnie Giunta .....	1993
Jill Riblett .....	1993
Aimee Alexander .....	2002
Christina Antonopoulos .....	2007
Nori Wilson .....	1987
Kasia Brodka .....	1998
Kristen Robbins .....	1999
<b>Sandy Gibney</b> .....	<b>1980</b>
<b>Kate Klim</b> .....	<b>2002</b>
Tess Beinke .....	2002
<b>Julia Somers</b> .....	<b>2009</b>
Kate Klim .....	2003
Christine Sloat .....	2008
Annie Kowtuniak .....	2008
Ashley Olsen .....	2003
Tracy Powell .....	2009
Toni Riggi .....	2006
Krista Kulger .....	2002
Colleen Reid .....	2005
Alison Zukowski .....	2010
Jessica Leitsch .....	2006
Lisa Salvatore .....	2002
Lauren Shaub .....	2006
Tess Beinke .....	2001
Leslie Wason .....	2007
Julianne Twomey .....	2007
Cristin Romano .....	2001
Brittany Wilder .....	2007
Alex Finocchio .....	2011
Megan McGrath .....	2007
Krista Levy .....	2008
Pooja Aysola .....	2006
<b>Sarah Cowles</b> .....	<b>1996</b>
Caron Marra .....	2000
Jody Campbell .....	1984
Ellen Strickler .....	1993
Aimee Alexander .....	2002
Nori Wilson .....	1987
Colleen O'Conner .....	1987
Sandy Gibney .....	1980
Tara Pointin .....	1996
Jill Riblett .....	1993

<b>Two Mile Run</b> .....	10:46.0
<b>5000 Meter Run</b> .....	16:53.0
	17:02.37
	17:15.4
	17:33.63
	17:34.01
	17:37.4
	17:39.29
	17:45.31
	17:48.39
	17:54.46
	17:55.14
	18:00.0
	18:02.14
	18:07.19
	18:14.7
	18:16.12
	18:18.18
	18:20.7

<b>Sandy Gibney</b> .....	1980
<b>Sandy Gibney</b> .....	1980
Aimee Alexander .....	2002
Jody Campbell .....	1983
Kim Mitchell .....	1983
Christina Antonopoulos.....	2009
Tara Pointin .....	1996
Jen Watunya .....	2011
Yianna Antonopoulos .....	2009
Jessie Ermak .....	2010
Julia Somers .....	2006
Ellen Strickler.....	1993
Amy Oppermann.....	1992
Leeann Seiwel .....	2011
Colleen O'Connor .....	1987
Chris Rolleri .....	1994
Brooke Maguire .....	2006
Jessie Ermak .....	2011
Michelle Socorso.....	1989

**Note:** Pam Adams (18:18.0 in 1978) ran a top time while Delaware was a club team

<b>Three Mile Run</b> .....	18:28.0
<b>10,000 meters</b> .....	35:09.81
	35:18.4
	36:09.50
	36:23.87
	37:00.27
	37:13.33
	37:17.36
	37:52.39
	38:15.3
	38:25.7
	38:34.00
	38:39.23
	38:45.00
	39:03.13
	39:23.40
	39:35.5
	39:47.0

<b>Rachel Davis</b> .....	1982
<b>Alicia Giuliano</b> .....	1993
Kim Mitchell .....	1985
Tara Pointin .....	1997
Jen Watunya .....	2011
Chris Rolleri .....	1994
Cassie White.....	2008
Jessie Ermak .....	2010
Julia Somers .....	2008
Jody Campbell .....	1983
Michele Socorso .....	1989
Julia Somers .....	2006
Sophie Kauffman .....	2009
Monica Marchetta.....	2002
Liz Paul .....	2008
Shauna Hughes .....	2000
Rachel Davis .....	1982
Angela Socorso.....	1987

<b>Shuttle Hurdle Relay</b> .....	49.2
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<b>Julie Lindenberg, Linda Mullaney, Lisa Scott</b> .....	1983
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<b>4 x 100 meter Relay</b> .....	46.03
	46.78
	47.05
	47.17
	47.22
	47.31
	47.45
	47.75
<b>4 x 200 meter Relay</b> .....	1:36.55
	1:39.38
	1:40.05
	1:40.61
	1:40.99
	1:42.21
	1:42.40
	1:43.20
	1:45.64
	1:46.4
<b>4 x 220 yard Relay</b> .....	1:53.9
<b>4 x 400 meter Relay</b> .....	3:40.72
	3:42.34
	3:42.55
	3:43.82
	3:45.78
	3:46.90
	3:49.29
	3:49.46
	3:50.16
	3:52.69
	3:54.24
	3:55.33
	3:55.37
<b>4 x 800 meter Relay</b> .....	9:02.61
	9:07.29
<b>Two-mile Relay</b> .....	9:44.2
<b>880 Sprint Relay</b> .....	1:47.9
<b>Sprint Medley Relay</b> .....	4:04.37
	4:06.61
	4:08.0
	4:08.0
	4:16.91

<b>Vicky Caruso, Asia Hollis, Kristi Cox, Cristine Marquez</b> .....	<b>2010</b>
Asha Quant, Kayla Hennessy, Kristi Cox, Cristine Marquez.....	2008
Vicky Caruso, Nijah Dupiche, Asia Hollis, Kristi Cox .....	2011
Brittany Wright, Mandy Stille, Kristen Frustillo, Tyechia Smith .....	2004
Brittany Wright, Asha Quant, Daniella Price, Liz Harvin. ....	2007
Brittany Wright, Michelle Gomes, Paula Green, Rayna Horsey .....	2006
Brittany Wright, Mandy Stille, Danielle Price, Tyechia Smith .....	2004
Evelyn Campbell, Connie Pogue, Jill Foster, Dionne Jones .....	1990
<b>Vicky Caruso, Cristine Marquez, Asia Hollis, Kristi Cox</b> .....	<b>2010</b>
Vicky Caruso, Asia Hollis, Kristi Cox, Nijah Dupiche .....	2011
Asha Quant, Kayla Hennessy, Kristi Cox, Cristine Marquez. ....	2008
Cristine Marquez, Asia Hollis, Alexa Windsor, Kristi Cox. ....	2009
Michelle Gomes, Paula Green, Brittany Wright, Asha Quant .....	2006
Cristine Marquez, Kristi Cox, Asia Hollis, Megan Wiseman .....	2009
Brittany Wright, Asha Quant, Daniella Price, Liz Harvin.....	2007
Elizabeth Russell, Daniella Price, Tyechia Smith, Kristin Frustillo.....	2003
Kristen Frustillo, Liesje Cardillo, JenMcDonald, Kristen Salvatore .....	2002
Laura Fauser, Trish Taylor, Pam Hohler, Sue Tyler.....	1981
<b>Laura Markey, Pam Hohler, Kathy Knotts, Sandy Gibney</b> .....	<b>1980</b>
<b>Cristine Marquez, Yesenia Boynton, Vicky Caruso, Kristi Cox</b> .....	<b>2010</b>
Cristine Marquez, Asia Hollis, Vicky Caruso, Kristi Cox .....	2010
Vicky Caruso, Nijah Dupiche, Kayla Hennessy, Kristi Cox .....	2011
Vicky Caruso, Nijah Dupiche, Asia Hollis, Kristi Cox .....	2011
Cristine Marquez, Asia Hollis, Alexi Capsouras, Kristi Cox .....	2009
Cristine Marquez, Asha Quant, Kayla Hennessy, Kristi Cox.....	2008
Daniella Price, Liz Harvin, Cristine Marquez, Asha Quant. ....	2007
Kellyn Wright, Liz Harvin, Cristine Marquez, Asha Quant .....	2007
Rachel Schultz, Tyechia Smith, Mandy Stille, Brittany Wright.....	2004
Cristine Marquez, Asha Quant, Alexi Capsouras, Liz Harvin. ....	2007
Tyechia Smith, Daniella Price, Erin Gemmill, Kristin Frustillo .....	2003
Brittany Wright, Paula Green, Alexi Capsouras, Asha Quant .....	2006
Robyn Neely, Leigh Reagan, Dionne Jones, Connie Pogue .....	1990
<b>Emily Gispert, Lindsay Prettyman, Jessica Olsen, Rachel Wasserman</b> .....	<b>2011</b>
Jill Riblett, Katie Guarracino, Jacqui Tweed, Marnie Giunta .....	1993
<b>Jody Campbell, Maureen Clarke, Loretta Reilly, Liz Adams</b> .....	<b>1982</b>
<b>Trish Taylor, Mary Davis, Laura Fauser, Pam Hohler.</b> .....	<b>1981</b>
<b>Rachel Schultz, Erin Gemmill, Daniella Price, Tyechia Smith</b> .....	<b>2003</b>
Kristin Frustillo, Erin Gemmill, Daniella Price, Tyechia Smith .....	2003
Liesje Cardillo, Kristen Salvatore, Tyechia Smith, Erin Gemmill.....	2002
Vicky Caruso, Asia Hollis, Kristi Cox, Nijah Dupiche .....	2011
Nina Anderson, Kristin Sweeney, Amber MacNeill, Kristen Robbins.....	1998

<b>Distance Medley Relay</b> .....	12:00.06
	12:16.23
	12:23.87
	12:26.28

<b>4 x 1,500 meter Relay</b> .....	19:02.19
	19:23.35

<b>Javelin</b> .....	44.79m (146-11)
	43.82m (143-9)
	43.16m (141-7)
	42.18m (138-5)
	38.74m (127-1)
	38.68m (126-11)
	37.80m (124-0)
	37.05m (121-7)
	36.82m (120-9)
	36.45m (119-7)
	36.38m (119-4)
	36.31m (119-1)
	35.81m (117-6)
	35.66m (117-0)
	35.54m (116-7)
	35.28m (115-9)
	34.58m (113-5)
	34.54m (113-4)

<b>Discus</b> .....	45.11m (148-0)
	43.30m (142-0)
	42.86m (140-7)
	42.82m (140-6)
	40.84m (134-0)
	40.72m (133-7)
	40.06m (131-5)
	39.58m (129-10)
	39.24m (128-9)
	39.17m (128-6)
	39.02m (128-1/2)
	38.94m (127-9)
	38.90m (127-7)
	38.64m (126-9)
	38.60m (126-8)
	38.57m (126-6)
	38.47m (126-2)
	38.19m (125-3)
	37.58m (123-3)

<b>Lindsay Prettyman, Kayla Hennessy, Emily Gispert, Jessica Olsen</b> .....	2011
Karen Mandrachia, Yesenia Boynton, Samantha Jones, Kellyn Wright .....	2010
Christine Sloat, Alex Francis, Yianna Antonopoulos, Julia Somers .....	2008
n/a .....	1997

<b>Y.Antonopoulos, C.Antonopoulos, Kellyn Wright, Karen Mandrachia</b> .....	2009
Caron Marra, Kristen Robbins, Aimee Alexander, Kasia Brodka .....	1999

<b>Jillian Seamon</b> .....	2010
Carol Miller .....	1980
Barbara Wolff .....	1984
Kris Knoebel .....	1990
Christine Kowalchuk .....	2002
Julie Hischmann .....	2005
Jess Urbonas.....	2001
Kristen Hunter .....	2008
Lindsay Taylor .....	2000
Mandy Stille.....	2004
Nancy Lageranne .....	1984
Alex Francis .....	2008
Stephanie Cronk .....	2007
Marianne Marron.....	1980
Susan Gulbicki .....	2002
Chris Delli Paoli .....	1996
Linda Mullaney .....	1984
Ashley Forlini .....	1998

<b>Amanda Marshall</b> .....	2009
Alana Pantale .....	2011
Adriana Festa.....	1990
Rachel Young .....	2004
Maureen O'Neill .....	1996
Erin Belz.....	1999
Carol Peoples.....	1984
Lisa Weeks.....	2005
Stephanie Cronk .....	2006
Rachael Jensen .....	2010
Melissa Calvanico .....	2000
Michele Curcio.....	1990
Rachel Jensen .....	2011
Gena Carapezza.....	2002
Beth Diver.....	1988
Leslie Lynch .....	2008
Michelle Perno .....	2001
Lauren Murray .....	2007
Sally Smithouser .....	1983

<b>Shot Put</b> .....	13.50m (44-3 1/2)	<b>Rachel Young</b> .....	<b>2006</b>
	13.39m (43-11 1/2)	Stacey Price .....	1991
	13.22m (43-4 1/2)	Amanda Marshall .....	2009
	12.90m (42-4)	Alana Pantale .....	2011
	12.37m (40-7)	Melissa Calvanico .....	2000
	11.90m (39-1/2)	Carol Peoples .....	1983
	11.84m (38-10 1/4)	Brandy Connell .....	1999
	11.70m (38-4 3/4)	Aretah Ettarh .....	2011
	11.66m (38-3 1/4)	Jessica Urbonas .....	2004
	11.56m (37-11 1/4)	Lisa Weeks .....	2005
	11.41m (37-5 1/4)	Adriana Festa .....	1992
	11.34m (37-2 1/2)	Carol Miller .....	1980
	11.14m (36-6 3/4)	Sarah Gause .....	1984
	11.07m (36-4)	Caltha Seymour .....	1997
	11.06m (36-3 1/2)	Kerry Van Riper .....	1999
	11.01m (36-1 1/2)	Caltha Seymour .....	2000
	10.92m (35-10)	Mandy Stille .....	2004
	10.82m (35-6)	Marianne Marron .....	1980
 <b>Hammer Throw</b> .....	53.54m (175-8)	<b>Brandy Connell</b> .....	<b>1999</b>
	50.96m (167-2)	Chris Delli Paoli .....	1996
	50.87m (166-11)	Amanda Marshall .....	2009
	50.28m (164-11)	Caltha Seymour .....	2000
	49.33m (161-10)	Courtney Sniscak .....	2011
	47.90m (157-2)	Michele Curcio .....	1991
	46.64m (153-0)	Jennie Chiller .....	2002
	46.41m (152-3)	Rachel Young .....	2007
	46.08m (151-2)	Diethra Seymour .....	2002
	45.58m (149-6)	Amanda Marshall .....	2007
	45.16m (148-2)	Mary McGuire .....	1992
	44.04m (144-6)	Rachel Jensen .....	2011
	43.40m (142-5)	Stephanie Cronk .....	2006
	43.36m (142-3)	Kerry Van Riper .....	2002
	42.60m (139-9)	Maureen O'Neil .....	1996
	41.16m (135-0)	Kirstin Joynt .....	1994
	40.94m (134-4)	Debbie Bruno .....	1990
 <b>Long Jump</b> .....	6.08m (19-11 1/2)	<b>Asha Quant</b> .....	<b>2008</b>
	5.73m (18-9 3/4)	Paige Morris .....	2011
	5.67m (18-7)	Nancy Zaiser .....	1985
	5.64m (18-6)	Liesje Cardillo .....	2002
	5.55m (18-2 1/4)	Carmen Matteis .....	1991
	5.54m (18-2)	Danielle Paquette .....	1990
	5.50m (18 1/2)	Pauline Dargis .....	1991
	5.50m (18 1/2)	Megan Wiseman .....	2010
	5.50m (18 1/2)	Leah Putman .....	2010
	5.49m (18-0)	Mandy Stille .....	2004
	5.49m (18-0)	Laura Fauser .....	1983
	5.47m (17-11 1/2)	Lissy Dean .....	2003
	5.40m (17-8 3/4)	Emily Bucciferro .....	2010
	5.32m (17-5 1/2)	Trish Taylor .....	1984

	5.32m (17-5 1/2)	Laketta John .....	2002
	5.32m (17-5 1/2)	Nina Anderson .....	1998
	5.32m (17-5 1/2)	Karissa Carty .....	2011
	5.29m (17-4 1/4)	Colleen Christopher .....	1999
<b>High Jump</b> .....	1.86m (6-1 1/4)	<b>Candy Cashell</b> .....	<b>1986</b>
	1.73m (5-8)	Annemarie Quinn .....	2000
	1.69m (5-6 1/2)	Erika Brandt .....	1989
	1.68m (5-6)	Sheryl Hall .....	1994
	1.65m (5-5)	Kristen Collins .....	2004
	1.63m (5-4)	Dawn Sullivan .....	1990
	1.63m (5-4)	Nancy Sottos .....	1983
	1.63m (5-4)	Jan Woolson .....	1983
	1.61m (5-3 1/4)	Briana Gray .....	2011
	1.58m (5-2 1/4)	Kelli Starr .....	1990
	1.58m (5-2 1/4)	Stephanie Kuehne .....	2001
	1.57m (5-2)	Sarah Gause .....	1985
	1.57m (5-2)	Barb Hobday .....	1983
	1.57m (5-2)	Julie Burns.....	1981
<b>Triple Jump</b> .....	11.83m (38-9 3/4)	<b>Mandy Stille</b> .....	<b>2004</b>
	11.65m (38-2 1/2)	Pauline Dargis .....	1989
	11.45m (37-6 1/4)	Lissy Dean .....	2003
	11.38m (37-4)	Alison Farrance .....	1985
	11.19m (36-8 1/2)	Samantha Hunger .....	2011
	11.16m (36-7 1/2)	Annie Fulton .....	2008
	10.87m (35-8)	Angel Rollins .....	1998
	10.87m (35-8)	Laura Dietrich .....	2002
	10.82m (35-6)	Leah Putman .....	2009
	10.81m (35-5 3/4)	Regina Knotts .....	1986
	10.79m (35-4 3/4)	Paige Morris.....	2011
	10.75m (35-3 1/4)	Lynda Blake.....	1990
	10.75m (35-3 1/4)	Becky Creed.....	1988
	10.73m (35-2 1/2)	Nina Anderson .....	1997
	10.66m (34-11 1/2)	Linda Mallaney .....	1985
	10.59m (34-9)	Megan Wiseman .....	2010
	10.59m (34-9)	Jessica McDonanld .....	2011
	10.58m (34-8 1/2)	Lisa Scott .....	1984
<b>Pole Vault</b> .....	3.91m (12-10)	<b>Kelli McDonald</b> .....	<b>2009</b>
	3.81m (12-6)	Casey Bennett .....	2004
	3.80m (12-5 1/2)	Laura Chirico.....	2008
	3.72m (12-2 1/2)	Jennifer Holly .....	2009
	3.50m (11-5 3/4)	Courtney Markow.....	2011
	3.36m (11-0)	Carol Oliveri .....	2001
	3.20m (10-6)	Marta Pepe.....	2001
	3.05m (10-0)	Lisa Steward .....	2002
	3.05m (10-0)	Laura Matthey .....	2003
	3.05m (10-0)	Reagan Hastings .....	2002, 2003, 2005
	3.05m (10-0)	Kaitlin McGowan .....	2005, 2006
	3.05m (10-0)	Cassie Wallen .....	2010
	2.90m (9-6 1/4)	Kristen Tunnell .....	2002

2.90m (9-6 1/4)	Amy Miller .....	2005	
2.90m (9-6 1/4)	Jaclyn Marangella .....	2009	
2.89m (9-6)	Ashley Forlini .....	1998	
2.85m (9-4 1/4)	Jessica McDonald .....	2011	
2.59m (8-6)	Beth Moore .....	2006	
2.55m (8-4 1/4)	Breanna Pritchard .....	2011	
2.44m (8-0)	Jen Dilzer .....	1998	
2.44m (8-0)	Trina McNair .....	2000	
<b>Heptathlon.....</b>	<b>4,853 pts.</b>	<b>Mandy Stille .....</b>	<b>2004</b>
	3,956	Leah Putman .....	2011
	3,807	Elizabeth Russell .....	2004
	3,684	Linda Mullaney .....	1984
	3,621	Leah Putman .....	2010
	3,436	Lauren Paciorek .....	2010

### UNIVERSITY OF DELAWARE FRESHMAN OUTDOOR RECORDS

Event	Record Holder	Record	Year
<b>100 Meters</b>	Vicky Caruso .....	11.86 .....	2010
<b>200 Meters</b>	Vicky Caruso .....	23.67 .....	2010
	Kayla Hennessy .....	25.23 .....	2008
<b>400 Meters</b>	Vicky Caruso .....	55.24 .....	2010
	Cristine Marquez .....	55.34 .....	2007
<b>800 Meters</b>	Lindsay Prettyman .....	2:13.71 .....	2011
	Cristine Marquez.....	2:15.74 .....	2007
<b>1,500 Meters</b>	Christina Antonopoulos .....	4:39.17 .....	2007
<b>3,000 Meters</b>	Aimee Alexander .....	10:11.84 .....	1999
<b>3,000 Meter Steeplechase</b>	Christine Sloat.....	11:26.22 .....	2008
<b>5,000 Meters</b>	Alicia Giuliano.....	17:17.64 .....	1992
<b>10,000 Meters</b>	Alicia Giuliano.....	35:10.34 .....	1992
<b>100 Meter Hurdles</b>	Latoya James.....	14.07 .....	2011
	Kayla Hennessy .....	14.25 .....	2008
<b>400 Meter Hurdles</b>	Kayla Hennessy .....	1:01.57 .....	2008
<b>Hammer</b>	Courtney Sniscak .....	161-10 (49.33m) .....	2011
	Stephanie Cronk.....	139-4 (42.22m) .....	2004
<b>Javelin</b>	Jillian Seamon .....	142-4(43.39m) .....	2009
	Kris Knoebel .....	128-6 (39.16m) .....	1989
<b>Discus</b>	Alana Pantale .....	142-0 (43.30m) .....	2011
	Rachel Young.....	140-6 (42.82m) .....	2004
<b>Shot Put</b>	Rachel Young.....	42-11 (13.08m) .....	2004
<b>Long Jump</b>	Paige Morris .....	18-9 3/4 (5.73m) .....	2011
	Mandy Stille.....	18-0 (5.49m) .....	2004
<b>Triple Jump</b>	Mandy Stille .....	38-9 3/4 (11.83) .....	2004
<b>High Jump</b>	Kristen Collins .....	5-5 (1.65m) .....	2004
<b>Pole Vault</b>	Jennifer Holly .....	11-11 3/4 (3.65m) .....	2009
	Kelli McDonald.....	11-5 3/4 (3.50m) .....	2006
	Courtney Markow .....	11-5 3/4 (3.50m) .....	2011
<b>Heptathlon</b>	Mandy Stille .....	4853 points .....	2004

## ALL-TIME COACHING RECORDS

## Coach Years Record (Pct.)

Mary Shull .....	1980-82 (3) .....	17-3 (.850)
Sue McGrath-Powell .....	1983-2008 (26) .....	29-11 (.725)
Wendy McFarlane .....	2008-Present (3) .....	0-0 (.000)
<b>Totals .....</b>	<b>32 Seasons .....</b>	<b>46-14 (.767)</b>

## DELAWARE MINI STADIUM RECORDS (WOMEN'S)

Event	Record Holder	Record	Year
<b>100 meter Hurdles</b>	Rachel Clinton (Temple) .....	13.93 .....	2003
<b>400 meter Hurdles</b>	Joyce VanGinhoven (Millersville) .....	1:02.4 .....	1983
	Motara Okusaga (Towson) .....	1:02.63 .....	2011
<b>100 meters</b>	Candice Robinson (Delaware St.) .....	11.7 .....	1995
<b>200 meters</b>	Shanda Jackson (Lincoln) .....	23.5 .....	2005
<b>400 meters</b>	Vicky Caruso (Delaware) .....	55.24 .....	2010
	Terri Dendy (Reebok R.C.) .....	55.3 .....	1990
<b>800 meters</b>	Tineisha Davis (Navy) .....	2:11.84 .....	2005
<b>1,500 meters</b>	Julie Bowers (Unattached) .....	4:30.4 .....	1992
<b>3,000 meter steeplechase</b>	Jill Hajec (Army) .....	11:00.81 .....	2004
<b>3,000 meters</b>	Brandi Gervais (Towson) .....	10:07.81 .....	2011
<b>5,000 meters</b>	Julie Bowers (West Chester) .....	16:50.0 .....	1984
<b>10,000 meters</b>	Chelsea Mullins (Moravian) .....	38:16.60 .....	2005
<b>4 x 100 meter relay</b>	Delaware (Caruso, Hollis, Cox, Marquez) .....	47.05 .....	2010
	Lincoln (Douglas, Parker, Ashman, Jackson) .....	47.09 .....	2007
<b>4 x 400 meter relay</b>	Wheaton .....	3:46.56 .....	2003
<b>Shot Put</b>	Neni Lewis (Unattached) .....	14.09m (46-2 3/4) .....	2003
<b>Hammer</b>	Neni Lewis (Unattached) .....	54.19m (180-3 1/2) .....	2003
<b>Discus</b>	Sue Piekartz (Unattached) .....	52.82m (173-3) .....	1996
<b>Javelin</b>	Tiffany Mashur (Richard Stockton) .....	46.25m (151-8 1/2) .....	2004
<b>High Jump</b>	Candy Cashell (Delaware) .....	1.81m (5-11 1/4) .....	1985
<b>Long Jump</b>	Kim Jones (Coppin State) .....	5.97m (19-7) .....	2003
<b>Triple Jump</b>	Rebecca duRivage-Jacobs (Towson) .....	12.41m (40-8 3/4) .....	2006
<b>Pole Vault</b>	Kim Marino (Stockton State) .....	3.99m (13-1) .....	2003

\* = Ran as mile relay