



2015-2016 Women's Outdoor Track & Field Top Performances
(by event)

100-METER DASH	TIME/PLACE	DATE	MEET
Kiara Allen	11.83/1 st	5/13/16	PSAC Championships (P)
Kiara Allen	11.95/1 st	4/23/16	All-American Invitational &
Kiara Allen	12.03/1 st	5/14/16	PSAC Championships (F)
Kiara Allen	12.15/2 nd	4/16/16	Bison Challenge
Kiara Allen	12.19/1 st	4/2/16	Millersville Metrics
100-METER HURDLES	TIME/PLACE	DATE	MEET
Erin Madison	14.42/1 st	5/13/16	PSAC Championships (P)
Erin Madison	14.58/1 st	5/14/16	PSAC Championships (F)
Arianna Camel	14.62/1 st	5/13/16	PSAC Championships \$
Erin Madison	14.86/1 st	4/2/16	Millersville Metrics
Arianna Camel	15.02/3 rd	4/30/16	Paul Kaiser Classic ^
200-METER DASH	TIME/PLACE	DATE	MEET
Kiara Allen	24.87/1 st	4/2/16	Millersville Metrics^
Kiara Allen	24.93/3 rd	5/14/16	PSAC Championships
Kiara Allen	25.19/6 th	4/16/16	Bison Challenge
Kiara Allen	25.21/1 st	4/30/16	Paul Kaiser Classic
Kiara Allen	25.39/22 nd	5/13/16	49er Invitational (P)
400-METER DASH	TIME/PLACE	DATE	MEET
Erin Madison	58.17/2 nd	4/23/16	All-American Invitational^
Courtney Ingold	59.70/1 st	4/10/16	Bill Butler Invitational^
Clara Forney	1:00.40/6 th	4/2/16	Millersville Metrics
Courtney Ingold	1:00.90/9 th	4/23/16	All-American Invitational
Clara Forney	1:04.14/8 th	4/10.16	Bill Butler Invitational
400-METER HURDLES	TIME/PLACE	DATE	MEET
Erin Madison	1:00.37/10 th	5/27/16	NCAA Championships
Erin Madison	1:00.50/1 st	4/10/16	Bison Challenge ^
Erin Madison	1:00.99/1 st	5/14/16	PSAC Championships
Erin Madison	1:01.83/1 st	4/30/16	Paul Kaiser Classic
Erin Madison	1:03.37/1 st	4/2/16	Millersville Metrics
800-METER RUN	TIME/PLACE	DATE	MEET
Erin Madison	2:16.32/1 st	4/10/16	Bill Butler Invitational ^
Amanda Long	2:19.96/	5/14/16	PSAC Championships
Amanda Long	2:21.26/5 th	4/2/16	Millersville Metrics^
Amanda Long	2:22.82/13 th	4/30/16	Paul Kaiser Classic
Taylor Mauro	2:29.48/14 th	4/23/16	All-American Invitational
1,500-METER RUN	TIME/PLACE	DATE	MEET
Taylor Mauro	5:08.32/7 th	4/20/16	4-Way Invitational
Shannon Cruz	5:13.32/12 th	4/23/16	All-American Invitational
Taylor Mauro	5:19.08/15 th	4/2/16	Millersville Metrics
Taylor Mauro	5:23.68/13 th	3/23/16	York Invitational

3,000-METER RUN Meagan O'Neill	TIME/PLACE 11:52.44/11 th	DATE 4/20/16	MEET 4-Way Invitational
3,000-M STEEPLECHASE	TIME/PLACE	DATE	MEET
5,000-METER RUN Shannon Cruz Shannon Cruz Meagan O'Neill Courtney Kearns Donna Molloy	TIME/PLACE 18:49.62/3 rd 19:00.79/6 th 20:24.47/17 th 22:53.21/11 th 22:11.69/12 th	DATE 4/2/16 4/30/16 4/30/16 4/2/16 4/2/16	MEET Millersville Metrics Paul Kaiser Classic Paul Kaiser Classic Millersville Metrics Millersville Metrics
10,000-METER RUN Shannon Cruz	TIME/PLACE 39:36.62/6 th	DATE 4/16/16	MEET Bison Challenge
4 x 100-METER RELAY Courtney Ingold Kiara Allen Erin Madison Clara Forney	TIME/PLACE 47.17/1 st	DATE 4/17/16	MEET Bison Challenge
Courtney Ingold Kiara Allen Erin Madison Clara Forney	47.21/2 nd	5/14/16	PSAC Championships
Courtney Ingold Kiara Allen Erin Madison Clara Forney	47.36/1 st	5/13/16	PSAC Championships (P) *
Courtney Ingold Kiara Allen Erin Madison Clara Forney	47.75/9 th	4/30/16	Paul Kaiser Classic
4 x 400-METER RELAY Kiara Allen Erin Madison Courtney Ingold Clara Forney	TIME/PLACE 3:54.81/2 nd	DATE 5/14/16	MEET PSAC Championships
Kiara Allen Erin Madison Courtney Ingold Clara Forney	3:58.19/1 st	4/23/16	All-American Invitational
LONG JUMP Arianna Camel Maddie Tropp Arianna Camel Erin Harman Arianna Camel	BEST/PLACE 5.13/4 th 4.82/10 th 4.76/3 rd 4.72/27 th 4.66/2 nd	DATE 4/2/16 4/2/16 4/14/16 4/30/16 5/14/16	MEET Millersville Metrics Millersville Metrics Mondschein Multi # Paul Kaiser Classic PSAC Championships \$
TRIPLE JUMP Erin Harman Erin Harman Erin Harman	BEST/PLACE 10.52/13 th 10.49/5 th 10.42/9 th	DATE 4/30/16 4/23/16 4/2/16	MEET Paul Kaiser Classic All-American Invitational Millersville Metrics

HIGH JUMP	BEST/PLACE	DATE	MEET
Arianna Camel	1.64/3 rd	5/13/16	PSAC Championships \$
Arianna Camel	1.63/2 nd	4/30/16	Paul Kaiser Classic
Arianna Camel	1.58/3 rd	4/14/16	Mondschein Multi #
Arianna Camel	1.58/3 rd	4/2/16	Millersville Metrics
POLE VAULT	BEST/PLACE	DATE	MEET
Erin Harman	3.45/8 th	4/16/16	Bison Challenge^
Erin Harman	3.41/2 nd	4/30/16	Paul Kaiser Classic
Erin Harman	3.40/3 rd	4/20/16	Shippensburg Invitational
Erin Harman	3.40/3 rd	4/10/16	Bill Butler Invitational
Erin Harman	3.25/6 th	4/23/16	All-American Invitational
HAMMER THROW	BEST/PLACE	DATE	MEET
Vanessa Hower	54.84/1 st	4/30/16	Bill Butler Invitational *
Vanessa Hower	54.12/1 st	4/10/16	Bison Challenge
Vanessa Hower	54.07/2 nd	4/28/16	Penn Relays
Vanessa Hower	53.86/1 st	4/20/16	4-Way Invitational
Vanessa Hower	53.50/1 st	5/13/16	PSAC Championships
JAVELIN	BEST/PLACE	DATE	MEET
Amanda Myers	48.12m/1 st	5/27/16	NCAA Championships*
Amanda Myers	45.69/4 th	5/13/16	PSAC Championships
Amanda Myers	42.43/9 th	4/28/16	Penn Relays
Amanda Myers	42.11/1 st	4/23/16	All-American Invitational
Amanda Myers	40.97/1 st	4/2/16	Millersville Metrics
SHOT PUT	BEST/PLACE	DATE	MEET
Sunflower Greene	13.81/2 nd	4/20/16	Shippensburg Invitational
Sunflower Greene	13.77/3 rd	5/13/16	PSAC Championships
Sunflower Greene	13.49/2 nd	4/30/16	Paul Kaiser Classic
Sunflower Greene	13.26/1 st	4/23/16	All-American Invitational
Sunflower Greene	13.07/1 st	5/7/16	SU Rumble
DISCUS	BEST/PLACE	DATE	MEET
Sunflower Greene	43.09/1 st	4/23/16	All-American Invitational
Sunflower Greene	40.58/14 th	4/16/16	Bison Challenge
Vanessa Hower	39.65/6 th	5/13/16	PSAC Championships
Vanessa Hower	38.47/5 th	4/30/16	Paul Kaiser Classic
Sunflower Greene	38.16/7 th	5/13/16	PSAC Championships
HEPTATHLON	POINTS/PLACE	DATE	MEET
Arianna Camel	4,397/2 nd	5/13/16	PSAC Championships
Arianna Camel	4,134/3 rd	4/14/16	Mondschein Multi
Maddie Tropp	3,575/14 th	4/14/16	Mondschein Multi

Key: * - Millersville Record
 ^ - PSAC Outdoor Championships Qualifying Time
 @ - NCAA Division II Outdoor Championships Qualifier
 & - NCAA Division II Outdoor Championships Provisional Qualifier
 (P) - Preliminaries
 # - Pentathlon
 \$ - Heptathlon



2015-2016 Women's Outdoor Track & Field Top Performances
(by individual)

KIARA ALLEN (RSo., Sprints, Somet, N.J./Central Dauphin)

EVENT	TIME/PLACE	DATE	MEET
100-Meter Dash	11.83/1 st	5/13/16	PSAC Championships (P)
200-Meter Dash	24.87/1 st	4/2/16	Millersville Metrics^
4x100-Meter Relay	47.36/1 st	5/13/16	PSAC Championships (P) *
4x400-Meter Relay	3:54.81/2 nd	5/14/16	PSAC Championships

ARIANNA CAMEL (Jr., Sprints/Jumps, Gettysburg/Gettysburg)

EVENT	TIME/PLACE	DATE	MEET
100-Meter Dash	12.61/9 th	4/16/16	Bison Challenge
100-Meter Hurdles	14.62/1 st	5/13/16	PSAC Championships \$
200-Meter Dash	25.73/1 st	5/13/16	PSAC Championships \$
800-Meter Run	2:38.96/9 th	5/13/16	PSAC Championships \$
High Jump	1.64/3 rd	5/13/16	PSAC Championships \$
Long Jump	5.13/4 th	4/2/16	Millersville Metrics
Shot Put	9.55/3 rd	4/14/16	Mondschein Multi #
Javelin	23.99/3 rd	5/13/16	PSAC Championships \$
Heptathlon	4,397/2 nd	5/13/16	PSAC Championships \$

SHANNON CRUZ (Fr., Distance, Lancaster/Lancaster Catholic)

EVENT	TIME/PLACE	DATE	MEET
1,500-Meter Run	5:13.32/12 th	4/23/16	All-American Invitational
5,000-Meter Run	18:49.62/3 rd	4/2/16	Millersville Metrics
10,000-Meter Run	39:36.62/6 th	4/16/16	Bison Challenge

CLARA FORNEY (Fr., Sprints, Leola, Pa./Conestoga Valley)

EVENT	TIME/PLACE	DATE	MEET
100-Meter Dash	12.58/	5/14/16	PSAC Championships(P)
200-Meter Dash	25.67/	5/14/16	PSAC Championships(P)
400-Meter Dash	1:00.40/4 th	4/2/16	Millersville Metrics

SUNFLOWER GREENE (Fr., Throws, Lancaster, Pa./Conestoga Valley)

Discus	43.09/1 st	4/23/16	All-American Invitational
Hammer Throw	50.77/3 rd	4/20/16	4-Way Invitational
Shot Put	13.81/2 nd	4/20/16	Shippensburg Invitational^

REBECCA GRUBE (Fr., Discus/Javelin, Denver/Cocalico)

EVENT	TIME/PLACE	DATE	MEET
Discus	34.98/5 th	4/23/16	All-American Invitational
Hammer Throw	39.04/12 th	4/20/16	4-Way Invitational

ERIN HARMAN (So., Pv/Jumps, Hanover, Pa./South Western)

EVENT	TIME/PLACE	DATE	MEET
Pole Vault	3.45/8 th	4/16/16	Bison Challenge^
Long Jump	4.72/27 th	4/30/16	Paul Kaiser Classic
Triple Jump	10.52/13 th	4/30/16	Paul Kaiser Classic

VANESSA HOWER		(So., Throws, Mifflintown/Juniata)	
EVENT	BEST/PLACE	DATE	MEET
Hammer Throw	54.84/5 th	4/10/16	Bill Butler Invitational*
Discus	39.65/6 th	5/14/16	PSAC Championships
COURTNEY INGOLD		(So., Sprints, Elizabethtown, Pa./Elizabethtown)	
EVENT	BEST/PLACE	DATE	MEET
100-Meter Dash	12.72/3 rd	4/2/16	Millersville Metrics
200-Meter Dash	25.43/11 th	5/13/16	PSAC Championships (P)
400-Meter Run	59.70/1 st	4/10/16	Bill Butler Invitational^
4x100 Relay	47.17/2 nd	4/16/16	Bison Challenge
COURTNEY KEARNS		(Fr., Distance, Harrisburg, Pa./Centraul Dauphin East)	
5,000-Meter Run	22:53.21/11 th	4/2/16	Millersville Metrics
AMANDA LONG		(So. Mid-Distance, Pennsburg, Pa./Upper Perkiomen)	
EVENT	BEST/PLACE	DATE	MEE
200-Meter Run	26.84/15 th	4/23/16	All-American Invitational
800-Meter Run	2:19.96/	5/14/16	PSAC Championships
1,500-Meter Run	5:12.42/11 th	4/23/16	All-American Invitational
DEJA LOOSE		(Fr., Throws Lacaster, Pa./Hempfield)	
Hammer Throw	41.08/9 th	4/23/16	All-American Invitational^
Shot Put	11.54/22 nd	4/16/16	Bison Challenge
ERIN MADISON		(So., Sprints/Hurdles, Canadensis, Pocono Mountain East)	
EVENT	BEST/PLACE	DATE	MEET
100-Meter Hurdles	14.58/1 st	5/14/16	PSAC Championships
100-Meter Dash	14.88/6 th	4/16/16	Bison Challenge
200-Meter Dash	25.44/23 rd	3/18/16	49er Invitational^
400-Meter Hurdles	1:00.37/10 th	5/27/16	NCAA Championships
400-Meter Dash	58.17/2 nd	4/23/16	All-American Invitational^
800-Meter Dash	2:16.32/1 st	4/10/16	Bill Butler Invitational^
4x100-Meter Relay	47.17/2 nd	4/10/16	Bill Butler Invitational
4x400-Meter Relay	3:54.81/2 nd	5/14/146	PSAC Outdoor Championships
TAYLOUR MAURO		(Fr., Distance, York/Dallastown)	
EVENT	TIME/PLACE	DATE	MEET
800-Meter Run	2:29.48/14 th	4/23/16	All-American Invitational
1,500-Meter Run	5:08.32/7 th	4/20/16	4-Way Invitational
OLIVIA MISNER		(RJr., Throws, Strongstown/Penns Manor Area)	
EVENT	BEST/PLACE	DATE	MEET
Hammer Throw	43.16/6 th	4/23/16	All-American Invitational
Javelin	36.68/7 th	4/30/16	Paul Kaiser Classic ^
DONNA MOLLOY		(Fr., Distance, Pennsbury, Pa./Fairless Hills)	
EVENT	TIME/PLACE	DATE	MEET
1,500-Meter Run	6:19.72/26 th	3/23/16	York Invitational
5,000-Meter Run	22:11.69/12 th	4/2/16	Millersville Metrics
AMANDA MYERS		(So., Sprints, Red Lion, Pa./Red Lion)	
EVENT	TIME/PLACE	DATE	MEET
Javelin	48.12m/1 st	5/27/16	NCAA Championships*
Hammer Throw	45.20/3 rd	4/30/16	Paul Kaiser Classic
MEGAN O'NEILL		(RJr., Distance, Morton/Ridley)	
EVENT	TIME/PLACE	DATE	MEET

800-Meter Run	2:42.52/45 th	4/23/16	All-American Invitational
1,500-Meter Run	5:25.61/	4/23/16	All-American Invitational
3,000-Meter Run	11:45.09/9 th	4/20/16	4-Way Invitational
5,000-Meter Run	20:24.47/17 th	4/30/16	Paul Kaiser Classic

MADDIE TROPP (So., Hurdles/Jumps, Strasburg, Pa./Lampeter Strasburg)

EVENT	TIME/PLACE	DATE	MEET
100-Meter Hurdles	15.46/3rd	4/23/16	All-American Invitational^
400-Meter Dash	1:05.18/22 nd	4/2/16	Millersville Metrics
Long Jump	4.82/10 th	4/2/16	Millersville Metrics
Javelin	17.60/28 th	4/2/16	Millersville Metrics
Heptathlon	3,575/14 th	4/14/16	Mondschein Multi

Key:

- * - Millersville Record
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- @ - NCAA Division II Outdoor Championships Qualifier
- & - NCAA Division II Outdoor Championships Provisional Qualifier
- (P) - Preliminaries
- (F) – Finals
- # - Pentathlon
- \$ - Heptathlon



2015-2016 Women's Indoor Track & Field Schedule/Results

DATE	MEET	LOCATION	TIME/RESULT
3/18/16	49er Invitational	Charlotte, NC	NTF
3/23/16	York College Twilight Meet	York, PA	NTF
4/2/16	Millersville Metrics	Millersville, PA	1st/18, 147 pts
4/10/16	Bill Butler Invitational	West Chester, PA	NTF
4/14-15/16	Mondschein Multi	Kutztown, Pa.	NTF
4/16/16	Bison Challenge	Lewisburg, Pa.	NTF
4/20/16	4-Way Invitational	Shippensburg, Pa.	NTF
4/23/16	All-American Invitational	East Stroudsburg, PA	NTF
4/28/16	Penn Relays	Philadelphia, PA	NTF
4/30/16	Paul Kaiser Classic	Shippensburg, PA	NTF
5/7/16	SU Rumble	Salisbury, MD	NTF
5/12-14/16	PSAC Outdoor Championships	Shippensburg, PA	3 rd /16, 98 pts
5/26-28/16	NCAA Division II Outdoor Championships	Bradenton, FL	NTF