

MILLERSVILLE TRACK & FIELD RECORDS

MILLERSVILLE METRICS RECORDS

Event	Name(s)	School	Time/Distance	Year
100 Meters	Kiara Allen	Millersville	12.02	2015
200 Meters	Beth Wermiel	Towson	24.75	2000
400 Meters	Erica Hess	Shippensburg	56.16	2009
800 Meters	Sue Krogstad	Slippery Rock	2:11.1	1980
1,500 Meters	Jennifer Bair	Millersville	4:32.5	1981
3,000 Meters	Elicia Anderson	Millersville	9:43.75	2011
3,000-Meter Steeple	Kelsey Chambers	Wheeling Jesuit	11:07.92	2016
5,000 Meters	Kelly Teufel	Messiah	17:12.09	1986
10,000 Meters	Colleen Casey	College of N.J.	35:56.4	1983
100-Meter Hurdles	Michelle Morcom	Shippensburg	14.53	2009
400-Meter Hurdles	Justina Barone	Lehigh	59.88	2002
4x100-Meter Relay	Doherty Reviere Karch Holloman	Millersville	47.84	2019
4x400-Meter Relay	Kostishion Otis Adams Young	Kutztown	3:55.03	2002
4x800-Meter Relay	Coning Malone McGrainer Tobin	Towson	9:58.40	2013
High Jump	Teri Campbell Karen Way	Towson East Stroudsburg	5-8 (1.73m) 5-8 (1.73m)	1990 1991
Long Jump	Crystal Durnell	West Chester	19-7 (5.97m)	1988
Triple Jump	Quanny Jester	East Stroudsburg	39-2 1/4 (11.94m)	2001
Pole Vault	Rebecca Swisher	Franklin & Marshall	12-3 1/4 (3.74m)	2015
Shot Put	Sunflower Greene	Millersville	50-3 (15.32m)	2019
Discus	Kathy Darling	Johns Hopkins	153-3 (46.72m)	2002
Javelin	Crystal Hartman	Shippensburg	156-2 (47.61m)	2017
Hammer Throw	Sunflower Greene	Millersville	200-3 (61.05m)	2019

Year-By-Year Winners

Year	Team	Points
2013	Towson	153
2014	Millersville	142
2015	West Chester	121
2016	Millersville	147
2017	West Chester	155
2018	Millersville	201
2019	East Stroudsburg	161.5

1979

Event	Champion	School	Time/Distance
800 Meters	Ledda Bact	Clarion	2:22.77
1,500 Meters	Sue Zaborsky	Glassboro	5:01.38
3,000 Meters	Sue Zaborsky	Glassboro	10:43.77
100-Meter Hurdles	Taryn Corter	Clarion	15.32
400-Meter Hurdles	Shelby Dickerson	Towson	1:08.70
4x100-Meter Relay		Clarion	51.19
4x200-Meter Relay		Clarion	1:49.00
Sprint Medley		Millersville	1:51.26
Mile Relay		Millersville	4:05.45
High Jump	Kate Smith	Millersville	4-8
Long Jump	Roxanne Stonewall	Millersville	15-9 1/4
Shot Put	Chris Devenney	Shippensburg	35-8 1/2
Discus	Judy Mitchell	Millersville	121-0
Javelin	Sherrie Kelley	Millersville	127-1

1982

Event	Champion	School	Time/Distance
5,000 Meters	Colleen Casey	Trenton	17:19.8
4x100-Meter Relay		Millersville	49.9
High Jump	Patti Davenport	Bloomsburg	5-6

1983

Event	Champion	School	Time/Distance
10,000 Meters	Colleen Casey	Trenton	35:36.4
100 Hurdles	Linda Clay	Trenton	14.8
400 Hurdles	Joyce VanGinhoven	Millersville	62.0
4x100-Meter Relay		Trenton	50.3
4x200-Meter Relay		Towson	1:31.7
4x800-Meter Relay		St. Joseph's	9:31.1
Sprint Medley		Towson	1:55.0
Mile Relay		Trenton	4:03.2
High Jump	Ashley Thibadeau	Towson	10-4
Long Jump	Wilson VanGinhoven	Millersville	33-1
Triple Jump	Wilson VanGinhoven	Millersville	69-11 3/4
Shot Put	Shriver Mendel	Towson	70-1 1/2
Discus	Hansen Watts	Trenton	226-8
Javelin	Watts Reddy	Trenton	256-3

1985

Event	Champion	School	Time/Distance
100 Meters	Beth Johnson	Millersville	12.91
200 Meters	Beth Johnson	Millersville	26.50
400 Meters	Savena Pvett	Millersville	57.13
800 Meters	Linda Hershey	Bloomsburg	2:14.72
1,500 Meters	Cammy McManus	St. Joseph's	4:45.50
3,000 Meters	Karen Delaney	St. Joseph's	10:29.80
5,000 Meters	Karen Delaney	St. Joseph's	18:04.91
100-Meter Hurdles	Patty Johns	Towson	16.07
400-Meter Hurdles	Sandy Humphrey	Trenton	1:06.04
4x100-Meter Relay		Millersville	50.74
4x400-Meter Relay		Trenton	4:02.59
High Jump	Tracey Engell	GSC	5-0
Long Jump	Deb Wilson	Millersville	16-6
Triple Jump	Patti Johns	Towson	34-5 1/2
Shot Put	Carol Hetrick	Bloomsburg	35-5 1/2
Discus	Karen Condit	Millersville	116-3
Javelin	Emma Painter	GSC	126-8

1986

Event	Champion	School	Time/Distance
100 Meters	Michelle Mazurik	Rochester	12.50
200 Meters	Michelle Mazurik	Rochester	26.02
400 Meters	Cricket Shaeffer	West Chester	61.22
800 Meters	Suzi McGinn	Johns Hopkins	2:16.18
1,500 Meters	Lori Walker	West Chester	4:39.07
3,000 Meters	Lois Lucente	Franklin & Marshall	10:04.00
5,000 Meters	Kelly Tuefel	Messiah	17:12.09
100-Meter Hurdles	Carol Forry	West Chester	15.69
400-Meter Hurdles	Cindy Parks	West Chester	63.16
4x100-Meter Relay		West Chester	49.42
4x400-Meter Relay		West Chester	4:03.01
High Jump	Sandra Barnhart	West Chester	5-4
Long Jump	Karen Sweeney	East Stroudsburg	17-11 1/2
Triple Jump	Carol Forry	West Chester	36-2 1/2
Shot Put	Bess Simmins	Millersville	41-5 3/4
Discus	Amy Westerman	West Chester	128-7
Javelin	Amy Westerman	West Chester	154-5

MILLERSVILLE WOMEN'S TRACK & FIELD RECORDS

1987

Event	Champion	School	Time/Distance
100 Meters	Gillian Grant	West Chester	12.50
200 Meters	Gillian Grant	West Chester	25.91
400 Meters	Elsbeth Bupp	Delaware	1:00.24
800 Meters	Maureen Shaneman	Towson	2:15.13
1,500 Meters	Virginia Zaleski	Trenton	9:53.99
3,000 Meters	Virginia Zaleski	Trenton	9:53.99
5,000 Meters	Nancy Hartley	Millersville	18:18.97
100-Meter Hurdles	Anga Strine	Messiah	16.20
400-Meter Hurdles	Beth Hill	Millersville	1:06.53
4x100-Meter Relay		West Chester	50.37
4x400-Meter Relay		Rochester	4:02.20
High Jump	Tanya Anderson	Trenton	5-6
Long Jump	Kegarise	Messiah	18-2 3/4
Triple Jump	Deanna Hoffer	Lock Haven	36-1 3/4
Shot Put	Jocelyn Wilson	Messiah	38-9 3/4
Discus	Karen Deckelnick	Trenton	130-5 1/2
Javelin	Karen Vance	Trenton	141-7

1988

Event	Champion	School	Time/Distance
100 Meters	Lynne Ritz	Bloomsburg	12.71
200 Meters	Richelle White	Millersville	25.80
400 Meters	Maureen Shaneman	Towson	57.24
800 Meters	Lindis Hoyte	Rochester	2:17.78
1,500 Meters	Josefa Benzoni	Rochester	4:40.92
3,000 Meters	Maureen Shaneman	Towson	10:10.98
5,000 Meters	Tamara Lave	Haverford	17:44.10
10,000 Meters	Jill Baumgartner	Lock Haven	39:14.37
100-Meter Hurdles	Carol Forry Aldinger	Millersville	15.19
400-Meter Hurdles	Janice Meyer	Trenton	1:05.27
4x100-Meter Relay		West Chester	50.37
4x400-Meter Relay		Rochester	4:02.20
High Jump	Tanya Anderson	Trenton	5-6
Long Jump	Kegarise	Messiah	18-2 3/4
Triple Jump	Deanna Hoffer	Lock Haven	37-1 3/4
Shot Put	Jocelyn Wilson	Messiah	38-9 3/4
Discus	Karen Deckelnick	Trenton	130-5 1/2
Javelin	Karen Vance	Trenton	141-7

1989

Event	Champion	School	Time/Distance
100 Meters	Michelle Betz	Moravian	12.59
200 Meters	Michelle Betz	Moravian	26.06
400 Meters	Sally Spahr	Kutztown	58.72
800 Meters	Maureen Shannon	Towson	2:13.57
1,500 Meters	Maureen Shaneman	Towson	4:32.80
3,000 Meters	Marianne Papay	Trenton	10:15.80
5,000 Meters	Kellie Boozer	Millersville	18:18.17
100-Meter Hurdles	Carol Forry Aldinger	Millersville	15.07
400-Meter Hurdles		Kutztown	1:05.75
4x100-Meter Relay		Delaware	50.60
4x400-Meter Relay		West Chester	4:12.80
High Jump	Karen Way	East Stroudsburg	5-6
Long Jump	Jocelyn Wurster	East Stroudsburg	17-3 3/4
Triple Jump	Tami Reider	Kutztown	33-11 1/2
Shot Put	Sue Piekarz	Trenton	41-9 1/4
Discus	Sue Piekarz	Trenton	141-4 1/2
Javelin	Karen Vance	Trenton	126-8

1990

Event	Champion	School	Time/Distance
100 Meters	Sally Spahr	Kutztown	12.74
200 Meters	Sally Spahr	Kutztown	26.21
400 Meters	Tina Butcher	Shippensburg	58.80
800 Meters	Marianne Papay	Trenton	2:18.52
1,500 Meters	Connie Shepos	Millersville	4:50.34
3,000 Meters	Gwen O-Donohue	Ursinus	10:31.00
5,000 Meters	Misti Demko	Shippensburg	17:36.04
100-Meter Hurdles	Margarol Wilkes	Bucknell	14.72
400-Meter Hurdles	Robyn Neely	Delaware	1:05.5
4x100-Meter Relay		Delaware	50.62
4x400-Meter Relay		Delaware	4:07.45
High Jump	Teri Campbell	Towson	5-8
Long Jump	Danielle Paquette	Delaware	17-9
Triple Jump	Michele Duffy	Susquehanna	38-2
Shot Put	Terri Kunsman	Millersville	42-4 3/4
Discus	Kelly Sine	Shippensburg	132-1
Javelin	Kris Knoebel	Delaware	134-3

1991

Event	Champion	School	Time/Distance
100 Meters	Amanda Long	Franklin & Marshall	12.82
200 Meters	Kim Douglass	Delaware Valley	26.21
400 Meters	Tina Butcher	Shippensburg	58.07
800 Meters	Jill Riblett	Delaware	2:21.04
1,500 Meters	Mary Zerby	Millersville	4:49.61
3,000 Meters	Mary Zerby	Millersville	10:35.52
5,000 Meters	Trudy Derr	Millersville	18:42.46
100-Meter Hurdles	Elaina Greaves	Philadelphia Textile	14.61
400-Meter Hurdles	Robyn Neely	Delaware	1:05.08
4x100-Meter Relay		Millersville	49.79
4x400-Meter Relay		Shippensburg	4:00.32
High Jump	Karen Way	East Stroudsburg	5-8
Long Jump	Sonja Yingling	Lock Haven	19-1
Triple Jump	Michele Duffy	Susquehanna	37-6
Shot Put	Deb Stump	Millersville	43-3 1/2
Discus	Sue Piekarz	Trenton	152-8
Javelin	Heather Royer	Shippensburg	133-1

1992

Event	Champion	School	Time/Distance
100 Meters	Jen McDevitt	Millersville	12.85
200 Meters	Kim Douglass	Delaware Valley	25.64
400 Meters	Tina Butcher	Shippensburg	58.73
800 Meters	Marnie Giunta	Delaware	2:16.82
1,500 Meters	Alicia Giuliano	Delaware	4:44.54
3,000 Meters	Mary Zerby	Millersville	10:29.53
5,000 Meters	Daphne Hoyt	Kutztown	18:15.69
100-Meter Hurdles	Tami Rieder	Kutztown	15.45
400-Meter Hurdles	Lynn Deglemann	Delaware	1:03.80
4x100-Meter Relay		Millersville	49.25
4x400-Meter Relay		Millersville	4:11.54
High Jump	Pattie Smoker	Lock Haven	5-6
Long Jump	Jodi Lautner	Trenton	17-3 1/2
Triple Jump	Wendy Clark	Shippensburg	36-2 3/4
Shot Put	Deb Stump	Millersville	43-8
Discus	Adriana Festa	Delaware	136-0
Javelin	Heather Royer	Shippensburg	136-5

1993

Event	Champion	School	Time/Distance
100 Meters	Beth Chaundy	Millersville	12.66

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200 Meters	Krista Snyder	Trenton	26.33
400 Meters	Tina Butcher	Shippensburg	58.96
800 Meters	Marnie Giunta	Delaware	2:17.43
1,500 Meters	Ellen Strickler	Delaware	4:37.79
3,000 Meters	Tina Wikowski	Bloomsburg	10:41.99
5,000 Meters	Tina Wikowski	Bloomsburg	18:27.15
100-Meter Hurdles	Sheryl Hall	Delaware	15.48
400-Meter Hurdles	Beth Chaundy	Millersville	1:03.06
4x100-Meter Relay		Millersville	49.53
4x400-Meter Relay		Trenton	4:00.65
High Jump	Wendy Clark	Shippensburg	5-6
Long Jump	Tracy Trapp	Lock Haven	17-8 1/4
Triple Jump	Wendy Clark	Shippensburg	38-1 3/4
Shot Put	Laura Kochert	Millersville	40-2
Discus	Sharon Bates	Trenton	129-11
Javelin	Michele Pacailer	Trenton	120-7

1994

Event	Champion	School	Time/Distance
100 Meters	Tina Gilbert	Lock Haven	12.79
200 Meters	Tina Gilbert	Lock Haven	26.49
400 Meters	Hayden Pasco	Bucknell	59.44
800 Meters	Missy Blaney	Trenton	2:13.87
1,500 Meters	Aimee Gerlinski	Bloomsburg	4:43.84
3,000 Meters	Michelle McGhee	Shippensburg	10:41.15
5,000 Meters	Amy Dalton	Shippensburg	18:01.63
100-Meter Hurdles	Adelle Conover	Bucknell	15.33
400-Meter Hurdles	Kristina Macphee	Trenton	65.74
4x100-Meter Relay		Bucknell	49.44
4x400-Meter Relay		Trenton	3:58.90
High Jump	Sheryl Hall	Delaware	5-4
Triple Jump	Tina Shepardson	Swarthmore	36-2
Shot Put	Amy Seier	Millersville	42-6
Discus	Lisa Morris	Trenton	133-7
Javelin	Amy Seier	Millersville	134-10

1995

Event	Champion	School	Time/Distance
100 Meters	Stacey Spencer	Gettysburg	12.42
200 Meters	Stacey Roberts	Slippery Rock	25.57
400 Meters	Stacey Roberts	Slippery Rock	59.21
800 Meters	Jo Rupp	Millersville	2:14.70
1,500 Meters	Erin Carey	Millersville	4:47.18
3,000 Meters	Shari Mark	Towson State	10:37.22
5,000 Meters	Tina Wikoski	Bloomsburg	18:35.50
100-Meter Hurdles	Tamelia Hutchinson	Towson State	14.70
400-Meter Hurdles	Amy Smith	Middlesex CC	1:07.67
4x100-Meter Relay		Millersville	49.97
4x400-Meter Relay		Millersville	4:02.59
High Jump	Sheryl Hall	Delaware	5-4
Long Jump	Jen Nauss	Lock Haven	18-3 1/4
Triple Jump	Natalie Jackson	Lock Haven	36-3 1/4
Shot Put	Rachelle Pecovsky	Ursinus	41-2 1/2
Discus	Sharren Bates	Trenton State	133-6
Javelin	Katie White	Gloucester CC	130-0
Hammer Throw	Lisa Allen	Bucknell	151-4

1996

Event	Champion	School	Time/Distance
100 Meters	Keli Caldwell	Millersville	12.66
200 Meters	Amy Marie Smith	College of N.J.	24.94
400 Meters	Marianne Deregibus	College of N.J.	58.71

800 Meters	Amy Yarger	Lock Haven	2:16.71
1,500 Meters	Erin Carey	Millersville	4:44.34
3,000 Meters	Aileen Cangiano	Syracuse	10:43.33
5,000 Meters	Steph Yingling	Shippensburg	18:14.65
100-Meter Hurdles	Leequan Ray	Millersville	15.57
400-Meter Hurdles	Leequan Ray	Millersville	1:06.15
4x100-Meter Relay		Millersville	49.72
4x400-Meter Relay		College of N.J.	3:59.37
High Jump	Sheryl Hall	Delaware	5-2
Long Jump	Kate Deicas	Bucknell	17-11 3/4
Triple Jump	Natalie Jackson	Lock Haven	38-4 1/4
Shot Put	Deidre Rhodes	Kutztown	42-2
Discus	Deidre Rhodes	Kutztown	144-9
Javelin	Katie White	Gloucester CC	136-11
Hammer Throw	Lisa Allen	Bucknell	151-4

1997

Event	Champion	School	Time/Distance
100 Meters	Theresa Pello	West Chester	12.61
200 Meters	Heather Amell	IUP	24.78
400 Meters	Heather Amel	IUP	56.28
800 Meters	Marianne Deregibus	College of N.J.	2:14.88
1,500 Meters	Brenda Pennell	Millersville	4:48.14
3,000 Meters	Michelle Wolyniec	Bloomsburg	10:35.72
5,000 Meters	Carrie McGourty	College of N.J.	18:36.30
100-Meter Hurdles	Tina Hall	Bucknell	15.44
400-Meter Hurdles	Carisa Heiney	Millersville	1:05.75
4x100-Meter Relay		Bucknell	49.07
4x400-Meter Relay		IUP	3:55.40
High Jump	Amy Bidle	Hagerstown JC	5-3
Long Jump	Kate Deicas	Bucknell	17-7 3/4
Triple Jump	Jenn Rice	Bucknell	37-5 3/4
Shot Put	Ann Musser	Lebanon Valley	40-10 1/2
Discus	Ann Musser	Lebanon Valley	137-11 1/2
Javelin	Catherine Speer	Towson	122-8
Hammer Throw	Lisa Allen	Bucknell	151-4

1998

Event	Champion	School	Time/Distance
100 Meters	Kim Stowe	Millersville	12.43
200 Meters	Beth Wermiel	Towson	25.74
400 Meters	Ovida Hamersham	Hagerstown JC	59.71
800 Meters	Caron Marra	Delaware	2:18.30
1,500 Meters	Michele Mathsen	Towson	4:44.17
3,000 Meters	Jen Vitola	Bloomsburg	10:36.84
5,000 Meters	Suzanne Baum	Bloomsburg	17:59.54
100-Meter Hurdles	Nadia Johnson	Towson	15.18
400-Meter Hurdles	Nicole Brooks	Shippensburg	1:06.09
4x100-Meter Relay		Shippensburg	48.68
4x400-Meter Relay		Shippensburg	4:01.75
High Jump	Karen Middleton	Bucknell	5-3
Long Jump	Gena Allen	Millersville	17-6 1/4
Triple Jump	Quanette Jester	East Stroudsburg	36-2 1/4
Pole Vault	Carol Forlini	Delaware	9-0
	Carley Persa	Millersville	9-0
Shot Put	Tria Tyler	Bucknell	41-9
Discus	Tria Tyler	Bucknell	141-4
Javelin	Jen Grube	East Stroudsburg	137-10
Hammer Throw	Tria Tyler	Bucknell	150-0

1999

Event	Champion	School	Time/Distance
100 Meters	Rasheeda Murphy	Kutztown	12.57

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200 Meters	Ovida Habersham	College of N.J.	25.56
400 Meters	Kristin Rusak	College of N.J.	1:00.89
800 Meters	Damay Vega	Shippensburg	2:17.29
1,500 Meters	Caron Marra	Delaware	18:24.41
3,000 Meters	Megan Seefeldt	Kutztown	10:36.45
5,000 Meters	Megan Makowski	Towson	18:06.65
100-Meter Hurdles	Erica DeStefano	College of N.J.	15.13
400-Meter Hurdles	Emily Foltz	Kutztown	1:04.05
4x100-Meter Relay		Towson	49.20
4x400-Meter Relay		College of N.J.	3:55.52
High Jump	Amanda Schaeffer	Kutztown	5-2
Long Jump	Colleen Christopher	Delaware	16-11
Triple Jump	Quanette Jester	East Stroudsburg	36-4 1/2
Pole Vault	Kristie Braine	Kutztown	11-0
Shot Put	Amanda Sage	Lehigh	40-8 3/4
Discus	Jen Willman	Kutztown	144-0
Javelin	Jenn Grube	East Stroudsburg	134-9
Hammer Throw	Amanda Sage	Lehigh	157-4

2000

Event	Champion	School	Time/Distance
100 Meters	Beth Wermiel	Towson	12.23
200 Meters	Beth Wermiel	Towson	24.75
400 Meters	Beth McKay	Millersville	57.47
800 Meters	Sherry Esposito	Salisbury	2:17.81
1,500 Meters	Betty Mohler	Millersville	4:43.38
3,000 Meters	Christel Hibbard	East Stroudsburg	10:24.16
5,000 Meters	Betty Mohler	Millersville	18:24.41
100-Meter Hurdles	Emily Foltz	Kutztown	15.57
400-Meter Hurdles	Jen Gubernot	Shippensburg	1:03.41
4x100-Meter Relay		Lehigh	49.09
4x400-Meter Relay		Millersville	4:01.03
High Jump	Justina Barone	Lehigh	5-4
Long Jump	Shannon McIntyre	Kutztown	17-7
Triple Jump	Amanda Schaeffer	Kutztown	37-9
Pole Vault	Kristi Braine	Kutztown	11-6
Shot Put	Molly Shank	Kutztown	44-3
Discus	Molly Shank	Kutztown	145-5
Javelin	Jen Smith	Millersville	128-0
Hammer Throw	Katie Spain	Lehigh	164-0

2001

Event	Champion	School	Time/Distance
100 Meters	Beth Wermiel	Towson	12.44
200 Meters	Beth Wermiel	Towson	24.78
400 Meters	Steph Hauze	Shippensburg	58.74
800 Meters	Lauren Maxwell	Kutztown	2:18.40
1,500 Meters	Meghan Edmiston	Millersville	4:48.23
3,000 Meters	Meghan Edmiston	Millersville	10:33.9
5,000 Meters	Betty Mohler	Millersville	18:30.81
100-Meter Hurdles	Emily Foltz	Kutztown	15.36
400-Meter Hurdles	Edwina Bourne	Bloomsburg	1:03.50
4x100-Meter Relay		Kutztown	49.86
4x400-Meter Relay		Kutztown	3:59.48
High Jump	Quanny Jester	East Stroudsburg	5-6 1/2
Long Jump	Attor Kludze	Rutgers-Camden	17-5
Triple Jump	Quanny Jester	East Stroudsburg	39-2
Pole Vault	Carol Oliveri	Delaware	11-0
Shot Put	Katie Spain	Lehigh	41-11
Discus	Erin Lee	Bloomsburg	133-0
Javelin	Alison Herman	Kutztown	141-9
Hammer Throw	Katie Spain	Lehigh	159-2

2002

Event	Champion	School	Time/Distance
100 Meters	Christina Carpenter	Millersville	12.53
200 Meters	Christina Carpenter	Millersville	25.60
400 Meters	Steph Hauze	Shippensburg	57.67
800 Meters	Niya Adams	Kutztown	2:15.85
1,500 Meters	Theresa Mazurek	Millersville	4:45.76
3,000 Meters	Laura Brazil	Towson	10:49.14
5,000 Meters	Sarah Baer	Shippensburg	18:16.02
100-Meter Hurdles	Kiley MacDonald	Bucknell	14.65
400-Meter Hurdles	Justina Barone	Lehigh	59.88
4x100-Meter Relay		Rutgers-Camden	48.99
4x400-Meter Relay		Kutztown	3:55.03
High Jump	Michele Smith	Towson	5-5
Long Jump	Lindsay Hinch	Lehigh	17-5
Triple Jump	Jessica McCreary	Lehigh	36-3 1/4
Pole Vault	Louise Sawyer	Kutztown	11-6
Shot Put	Yasmin Deliz	Lehigh	43-3
Discus	Kathy Darling	Johns Hopkins	153-3
Javelin	Kathy Darling	Johns Hopkins	135-1 1/2
Hammer Throw	Jennie Chiller	Delaware	148-1

2003

Event	Champion	School	Time/Distance
100 Meters	Flo Yerokun	Shippensburg	12.4
200 Meters	Tameka Jackson	Rutgers-Camden	25.4
400 Meters	Steph Hauze	Shippensburg	59.1
800 Meters	Niya Adams	Kutztown	2:16.3
1,500 Meters	Niya Adams	Kutztown	4:51.6
3,000 Meters	Kelly Stewart	Shippensburg	10:31.5
5,000 Meters	Kelly Stewart	Shippensburg	18:19.9
100-Meter Hurdles	Tunisia Lacey	Shippensburg	14.5
400-Meter Hurdles	Tara Witmer	Shippensburg	1:04.3
4x100-Meter Relay		Shippensburg	49.42
4x400-Meter Relay		Shippensburg	4:00.6
High Jump	Candice Bullard	Kutztown	5-2
Long Jump	Megan Patrono	Susquehanna	16-3 1/4
Triple Jump	Lissy Dean	Delaware	35-7 1/4
Pole Vault	(none-weather)		
Shot Put	Susan Spurduto	Shippensburg	36-10 3/4
Discus	Beth Lord	Millersville	136-6 1/2
Javelin	Alyssa Kilgore	Shippensburg	114-3

2008

Event	Champion	School	Time/Distance
100 Meters	Lauren Mable	Unattached	12.52
200 Meters	Brittany Yanora	Millersville	25.97
400 Meters	Megan Hunter	Franklin & Marshall	58.32
800 Meters	Rachel Hull	Millersville	2:18.62
1,500 Meters	Samantha Mulvey	Millersville	4:56.66
3,000 Meters	Brittney Zuver	Millersville	10:33.62
5,000 Meters	Nicole DiBenedetto	Franklin & Marshall	18:42.24
100-Meter Hurdles	Shannon Findley	Albright	17.29
400-Meter Hurdles	Siobhan Richards	Shippensburg	1:07.52
3,000-Meter Steeplechase	Emily Wilson	Franklin & Marshall	13:09.51
4x100-Meter Relay		Millersville	51.19
High Jump	Becka Newhart	Shippensburg	1.60m
Long Jump	Becka Newhart	Shippensburg	5.0m
Triple Jump	Deon Mallory	Albright	9.77m
Pole Vault	Maggie Majka	Millersville	2.59m
Shot Put	Erin Gleason	Franklin & Marshall	12.18m

MILLERSVILLE WOMEN'S TRACK & FIELD RECORDS

Discus	Erin Gleason	Franklin & Marshall	35.10m
Hammer	Alyssa Catalano	Franklin & Marshall	44.61m
Javelin	Jillian Weikel	Shippensburg	37.17m
Heptathlon	Tina Grussenmeyer	Shippensburg	4,157 points

2009

Event	Champion	School	Time/Distance
100 Meters	Siobhan Richards	Shippensburg	12.47
200 Meters	Erica Hess	Shippensburg	25.87
400 Meters	Erica Hess	Shippensburg	56.16
800 Meters	Priscilla Jennings	Millersville	2:11.26
1,500 Meters	Brittney Zuver	Millersville	4:48.17
5,000 Meters	Emily Francisco	Millersville	18:55.20
100-Meter Hurdles	Michelle Morcom	Shippensburg	14.53
400-Meter Hurdles	Michelle Morcom	Shippensburg	1:03.75
4x100-Meter Relay		Shippensburg	49.36
4x400-Meter Relay		Millersville	4:00.57
High Jump	Jessica Yates	Shippensburg	1.55m
Long Jump	Lauren Redington	Shippensburg	5.4m
Triple Jump	Karen Good	Shippensburg	11.55m
Pole Vault	Diane Cressman	Shippensburg	3.21m
Shot Put	Alyssa Catalano	Franklin & Marshall	12.45m
Discus	Jenn Szarzynski	Shippensburg	35.62m
Hammer	Alyssa Catalano	Franklin & Marshall	46.69m
Javelin	Michele Frayne	Millersville	40.44m
Heptathlon	Kristen Grussenmeyer	Shippensburg	3,928 points

2010

Event	Champion	School	Time/Distance
100 Meters	Lauren Mable	Franklin & Marshall	12.96
200 Meters	Henley Siegrist	Franklin & Marshall	26.27
400 Meters	Katherine Restrepo	McDaniel	61.69
800 Meters	Kelsey Cameron	Misericordia	2:20.69
1,500 Meters	Amber Hawkins	Unattached	4:57.76
3,000 Meters	Rebekah Moore	Millersville	10:24.94
3,000-Meter Steeplechase	Lauren Denver	Franklin & Marshall	13:19.79
5,000 Meters	Roxanne Fleischer	McDaniel	19:18.77
100-Meter Hurdles	Heidi Davidhizar	McDaniel	16.92
400-Meter Hurdles	Chrissy Savage	Millersville	65.88
4x100-Meter Relay	Millersville	Millersville	50.95
4x400-Meter Relay	Millersville	Millersville	4:10.74
High Jump	Jess Rhyner	Millersville	1.54m
Long Jump	Kayla Attig	Misericordia	5.09m
Triple Jump	Atinuke Adebowale	Molloy	11.35m
Pole Vault	Rachael Rutkoski	Misericordia	3.1m
Shot Put	Kelly Carioto	Catholic	11.89m
Discus	Martha Stefaniak	Franklin & Marshall	36.85m
Hammer	Amanda Sines	East Stroudsburg	45.22m
Javelin	Arielle Van Wingerden	Franklin & Marshall	39.83m

2011

Event	Champion	School	Time/Distance
100 Meters	Monique Sims	California (Pa.)	12.23
200 Meters	Monique Sims	California (Pa.)	25.41
400 Meters	Erica Hess	Shippensburg	56.43
800 Meters	Sheena Crawley	Franklin & Marshall	2:13.40
1,500 Meters	Rosie Mascoli	East Stroudsburg	4:39.35
3,000 Meters	Elicia Anderson	Millersville	9:43.75
3,000-Meter Steeplechase	Patricia Reis	Shippensburg	11:32.78
5,000 Meters	Kathleen Frey	Shippensburg	18:17.53
10,000 Meters	Erin Kling	California (Pa.)	39:03.25
100-Meter Hurdles	Caitlin Stuetz	Shippensburg	15.00

400-Meter Hurdles	Danielle Malay	Unattached	1:01.71
4x100-Meter Relay		California (Pa.)	48.37
4x400-Meter Relay		California (Pa.)	3:54.22
High Jump	Lynn Mayer	East Stroudsburg	1.69m
Long Jump	Katherine Lennex	Millersville	5.29m
Triple Jump	Katherin Lennex	Millersville	11.24m
Pole Vault	Megan Breski	Shippensburg	3.45m
Shot Put	Stephanie Harrison	Shippensburg	11.67m
Discus	Amber Williams	California (Pa.)	39.11m
Hammer	Vanita Moses	Lock Haven	49.28m
Javelin	Arielle Van Wingerden	Franklin & Marshall	38.97m

2012

Event	Champion	School	Time/Distance
100 Meters	Danae Burgwin	California (Pa.)	12.68
200 Meters	Melanie Ruff	West Chester	25.38
400 Meters	Brooke McDaniel	Indiana (Pa.)	58.02
800 Meters	Stephanie Borland	Kutztown	2:20.64
1,500 Meters	Katrina Spratford	Shippensburg	4:37.87
3,000 Meters	Elicia Anderson	Millersville	9:48.60
3,000-Meter Steeplechase	Perry Scheetz	Bard College	11:16.76
5,000 Meters	Jennifer McLaughlin	C.W. Post	19:20.23
10,000 Meters	Molly Van Doren	Johns Hopkins	40:13.91
100-Meter Hurdles	Caitlin Stuetz	Shippensburg	14.85
400-Meter Hurdles	Becky Novak	Millersville	1:09.14
4x100-Meter Relay		Shippensburg	48.19
4x400-Meter Relay		California (Pa.)	3:59.44
High Jump	Rachel Eshleman	Kutztown	1.64m
Long Jump	Lauren Redington	Shippensburg	5.42m
Triple Jump	Fallon Heddings	Lock Haven	10.94m
Pole Vault	Christy Ohmott	Lock Haven	3.49m
Shot Put	April Doyle	Kutztown	13.60m
Discus	Sarah Brotzman	Shippensburg	40.65m
Javelin	Brittany Harlacker	Shippensburg	40.21m
Hammer	April Doyle	Kutztown	49.11m
Heptathlon	Krista Matsko	Indiana (Pa.)	3,680 pts.

2013

Event	Champion	School	Time/Distance
100 Meters	Randi Boothe	West Chester	12.28
200 Meters	Randi Boothe	West Chester	24.88
400 Meters	Nicole Smith	West Chester	56.95
800 Meters	Marina Wareham	Indiana (Pa.)	2:15.18
1,500 Meters	Savannah Boucher	Mansfield	4:47.71
3,000-Meter Steeplechase	Sarah Mulvey	Millersville	11:31.96
5,000 Meters	Elizabeth Tauber	Towson	18:03.40
10,000 Meters	Katie Sylvester	Marywood	40:50.83
100-Meter Hurdles	Lauren Ventrella	East Stroudsburg	14.97
400-Meter Hurdles	Liz Martin	Messiah	1:03.74
4x100-Meter Relay		Towson	48.48
4x400-Meter Relay		Towson	3:55.20
4x800-Meter Relay		Towson	9:58.40
High Jump	Erin Flick	Shippensburg	1.67m
Long Jump	Lauren Bergamo	Towson	5.60m
Triple Jump	Jenna Niedermayer	Elizabethtown	11.04m
Pole Vault	Rebecca Swisher	Franklin & Marshall	3.55m
Shot Put	Kayla Owens	West Chester	11.90m
Discus	Sarah Brotzman	Shippensburg	40.00m
Javelin	Jessica Rocco	Indiana (Pa.)	42.63m
Hammer	Kellie Farris	Millersville	45.29m

2014

MILLERSVILLE WOMEN'S TRACK & FIELD RECORDS

Event	Champion	School	Time/Distance	Event	Champion	School	Time/Distance
100 Meters	Dorehn Coleman	Unattached	12.53	Long Jump	Octavia Booker	Georgian Court	5.38m
200 Meters	Erin Mason	Millersville	25.20	Triple Jump	Taylor Pugh	West Chester	11.30m
400 Meters	Cynthia Adams	Lebanon Valley	59.74	Pole Vault	Maggie Rampolla	Towson	3.70m
800 Meters	Marina Wareham	Indiana (Pa.)	2:18.08	Shot Put	Tamara Overjera	Shippensburg	13.19m
1,500 Meters	Samantha Thompson	Indiana (Pa.)	4:53.88	Discus	Tamara Ovejara	Shippensburg	44.09m
3,000-Meter Steeplechase	Alexandra Bull	Gettysburg	11:47.88	Javelin	Alyssa Whipkey	Georgian Court	42.19m
5,000 Meters	Katie Govatos	Unattached	18:00.32	Hammer	Vanessa Hower	Millersville	50.42m
10,000 Meters	Amanda Kerno	Elizabethtown	41:33.00				
100-Meter Hurdles	Khabira Crawford	Cheyney	15.10	2017			
400-Meter Hurdles	Erin Madison	Millersville	1:05.11	Event	Champion	School	Time/Distance
4x100-Meter Relay		Millersville	48.60	100 Meters	Clara Forney	Millersville	12.55
4x400-Meter Relay		Millersville	4:10.59	200 Meters	Emily Magnant	West Chester	25.67
4x800-Meter Relay		Lock Haven	10:08.11	400 Meters	Chante Moore	Gwynedd-Merc	58.47
High Jump	Hadlee Coker	Messiah	1.63m	800 Meters	Jessica DelViscio	York (Pa.)	2:21.88
Long Jump	Kendall Reynolds	Bowie State	5.53m	1,500 Meters	Kelsey Brady	Elizabethtown	4:45.81
Triple Jump	Rose Roesler	Hagerstown CC	10.99m	3,000-Meter Steeplechase	Eva Karkuff	Gettysburg	11:58.23
Pole Vault	Rebecca Swisher	Franklin & Marshall	3.55m	5,000 Meters	Amanda Asaro	Gettysburg	17:37.22
Shot Put	Kayla Owens	West Chester	12.88m	10,000 Meters	Mackenzie Lausch	Lebanon Valley	41:51.14
Discus	Maya Jackson	Franklin & Marshall	37.08m	100-Meter Hurdles	Arianna Camel	Unattached	15.36
Javelin	Dyhana Santos	Shippensburg	41.08m	400-Meter Hurdles	Amanda Castellano	West Chester	1:06.17
Hammer	Vanessa Hower	Millersville	50.17m	4x100-Meter Relay		West Chester	48.83
				4x400-Meter Relay		West Chester	3:58.57
2015				4x800-Meter Relay		Penn State T&F Club	10:28.36
Event	Champion	School	Time/Distance	High Jump	Vanessa Romulus	Penn State T&F Club	1.63m
100 Meters	Kiara Allen	Millersville	58.51	Long Jump	Alyssa Moran	Montgomery	5.29m
200 Meters	Janna Wilson	West Chester	25.74	Triple Jump	Olivia Jendrzewski	Lebanon Valley	11.40m
400 Meters	Andrea Fields	Lincoln	58.51	Pole Vault	Charlsie Bowen	Mansfield	3.55m
800 Meters	Amanda Long	Millersville	2:23.47	Shot Put	Sunflower Greene	Millersville	15.00m
1,500 Meters	Joslin Sellers	Unattached	4:57.91	Discus	Tamara Ovejara	Shippensburg	44.19m
5,000 Meters	Yelena Share	Indiana (Pa.)	19:05.06	Javelin	Crystal Hartman	Shippensburg	47.61m
10,000 Meters	Leigh Manning-Smith	West Chester	38:54.93	Hammer	Sunflower Greene	Millersville	54.60m
100-Meter Hurdles	Krista Matsko	Unattached	14.74				
400-Meter Hurdles	Erin Madison	Millersville	1:04.43	2018			
3,000-Meter Steeplechase	Abbey Daley	Millersville	11:49.69	Event	Champion	School	Time/Distance
4x100-Meter Relay		Millersville	49.95	100 Meters	Courtney Ingold	Millersville	12.39
4x400-Meter Relay		West Chester	3:59.43	200 Meters	Courtney Ingold	Millersville	25.57
4x800-Meter Relay		Lock Haven	10:13.34	400 Meters	Heather Sternby	Indiana (Pa.)	58.54
High Jump	Marie Johnson	Messiah	1.58m	800 Meters	Leanne Weaver	Messiah	2:18.50
Long Jump	Kaitlin McCoubrie	Gettysburg	5.30m	1,500 Meters	Yanibel Collado	Juniata	4:51.21
Triple Jump	Marie Johnson	Messiah	10.90m	3,000-Meter Steeplechase	Maria Anderson	Elizabethtown	11:20.12
Pole Vault	Rebecca Swisher	Franklin F&M	3.74m	5,000 Meters	Katie O'Reagan	Bryn Mawr Running Co.	18:23.47
Shot Put	Kayla Owens	West Chester	13.68m	10,000 Meters	Kaitlin Donahue	Elizabethtown	41:38.17
Discus	Tamara Ovejera	Shippensburg	43.62m	100-Meter Hurdles	Arianna Camel	Millersville	14.78
Javelin	Crystal Hartman	Shippensburg	43.71m	400-Meter Hurdles	Jada Wilson	Indiana (Pa.)	1:04.00
Hammer	Lindsay Hepburn	Lock Haven	51.54m	4x100-Meter Relay		Millersville	49.10
				4x400-Meter Relay		Bloomsburg	4:07.08
2016				4x800-Meter Relay		York	10:22.59
Event	Champion	School	Time/Distance	High Jump	Alyssa Ward	Franklin & Marshall	1.63m
100 Meters	Kiara Allen	Millersville	12.19	Long Jump	Brinn Doherty	Millersville	5.43m
200 Meters	Kiara Allen	Millersville	24.87	Triple Jump	Sarah Lehman	PSU-Harrisburg	11.40m
400 Meters	Cynthia Adams	Keystone TC	57.75	Pole Vault	Elizabeth Coppella	Indiana (Pa.)	3.70m
800 Meters	Ashley West	Susquehanna	2:14.69	Shot Put	Sunflower Greene	Millersville	14.51m
1,500 Meters	Fallon Doyle	Wheeling Jesuit	4:56.44	Discus	Sunflower Greene	Millersville	41.84m
3,000-Meter Steeplechase	Kelsey Chambers	Wheeling Jesuit	11:07.92	Javelin	Amanda Myers	Millersville	44.05m
5,000 Meters	Alyssa Kennedy	Unattached	18:22.28	Hammer	Sunflower Greene	Millersville	56.34m
10,000 Meters	Alindon Smith	West Chester	40:11.36				
100-Meter Hurdles	Erin Madison	Millersville	14.86	2019			
400-Meter Hurdles	Erin Madison	Millersville	1:03.37	Event	Champion	School	Time/Distance
4x100-Meter Relay		Millersville	48.06	100 Meters	Tiana Webster	East Stroudsburg	12.47
4x400-Meter Relay		West Chester	3:59.46	200 Meters	Clara Forney	Millersville	25.48
4x800-Meter Relay		West Chester	10:16.44	400 Meters	Clara Forney	Millersville	57.15
High Jump	Olivia Jendrzewski	Lebanon Valley	1.66m	800 Meters	Leanne Weaver	Messiah	2:19.60
				1,500 Meters	Isabella Marchini	Shippensburg	4:53.22

MILLERSVILLE WOMEN'S TRACK & FIELD RECORDS

5,000 Meters	Sarah Codd	Messiah	18:34.15
10,000 Meters	Jenna Vledder	East Stroudsburg	38:49.75
100-Meter Hurdles	Aspen Gaita	East Stroudsburg	14.96
400-Meter Hurdles	Rachel Wylie	Franklin & Marshall	1:04.99
3,000-Meter Steeplechase	Kenzie Jones	Mansfield	11:48.61
4x100-Meter Relay		Millersville	47.84
4x400-Meter Relay		Bloomsburg	4:04.12
High Jump	Taylor Wiederrecht	Messiah	1.68m
Pole Vault	Olivia Faloon	Lebanon Valley	3.15m
Long Jump	Kathlee Stevenson	Bloomsburg	5.64m
Triple Jump	Maya Campbell	Cortland State	11.44m
Discus	Sunflower Greene	Millersville	44.94m
Hammer	Sunflower Greene	Millersville	61.05m
Javelin	Morgan DeFloria	Shippensburg	44.51m
Shot Put	Sunflower Greene	Millersville	15.32m