



LIBERTY TRACK & FIELD RECORDS



Last updated 6/24/19

Notes:

- Each athlete is only listed once per event, indicating their top performance in a Liberty uniform in that event.
- Some events include fewer than 10 performers, where insufficient information exists to create an accurate Top 10 list.
- If you notice any errors or omissions in the following lists, please email pjcarmany@liberty.edu.
- **Current Liberty student-athletes are highlighted in bold.**
- Code: c - converted from yards, h - hand time, w - wind aided

Women's Indoor

55-Meter Dash

1) Panthera Seymour	7.17	12/2/00	VMI
2) Andrea Beckles	7.18	1/11/08	Virginia Tech
3) Mynique Robinson	7.22	12/10/04	University of Lynchburg
4) Abigail Flower	7.23	1/18/12	University of Lynchburg
t5) Sheronica Henton	7.28	1/12/07	Virginia Tech
t5) Tonya Poole	7.28	2/16/90	Virginia Tech
7) Ardra Samuel	7.29	12/1/95	Fork Union
8) Christina Schlesinger	7.31	12/8/00	University of Lynchburg
9) Olivia Charnuski	7.33	1/19/11	University of Lynchburg



LIBERTY TRACK & FIELD RECORDS



60-Meter Dash

1) Oasis Hernandez	7.45	3/1/14	Virginia Tech/Big South
2) Abigail Flower	7.49	2/27/15	Winston-Salem/Big South
3) Andrea Beckles	7.56	2/26/09	Clemson/Big South
4) Alexis Wilson	7.60	2/22/19	Liberty/ASUN
5) Alyssa Pegues	7.62	12/4/10	Liberty
6) Alexis Rolan	7.63	3/2/19	Boston/ECAC
7) Kate Flower	7.68	2/27/16	Virginia Tech/Big South
t8) Dana Mercer	7.70	2/25/17	Winston-Salem/Big South
		2/26/16	Virginia Tech/Big South
t8) Meme Layne	7.70	2/25/12	Virginia Tech/Big South
t8) Mynique Robinson	7.70	2/5/05	Liberty
t8) Christina Henry	7.70	2/16/02	Virginia Tech/Big South

200-Meter Dash

1) Kimone Green	23.98	2/24/18	Liberty/Big South
2) Abigail Flower	24.14	3/8/15	Boston/ECAC
3) Oasis Hernandez	24.37	3/1/14	Virginia Tech/Big South
4) Ty'Asia Dansbury	24.45	2/23/18	Liberty/Big South
5) Erin Edmond	24.49	2/27/16	Virginia Tech/Big South
6) Alexis Wilson	24.56	2/23/19	Liberty/ASUN
7) Alexis Rolan	24.66	2/23/19	Liberty/ASUN
8) Kate Flower	24.69	3/7/15	Boston/ECAC
9) Cortney Dowling	24.83	2/10/18	Liberty
10) Olivia Charnuski	24.87	3/5/11	Boston/ECAC



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300-Meter Dash

1) Chenoa Freeman	39.55	1/11/08	Virginia Tech
2) Cortney Dowling	39.85	1/18/19	Virginia Tech
3) Ty'Asia Dansbury	40.17	1/18/19	Virginia Tech
4) Ansley Gebben	40.39	1/23/15	Virginia Tech
5) Olivia Charnuski	40.44	1/22/10	Virginia Tech
6) Gina Turner	40.8h	2/29/92	Virginia Tech
7) Charlene Hibbert	41.49	1/12/07	Virginia Tech
8) Gina Gibson	41.65	2/23/85	George Mason
9) Corinn Bedell	42.14	1/24/14	Virginia Tech
10) Kay Chandler	42.46	2/4/97	Fork Union

400-Meter Dash

1) Cortney Dowling	53.99	2/23/19	Liberty/ASUN
2) Erin Edmond	54.41	3/6/16	Boston/ECAC
3) Kimone Green	54.47	2/24/18	Liberty/Big South
4) Jaime Watson	54.59	2/28/10	Clemson/Big South
5) Ty'Asia Dansbury	55.06	3/2/19	Boston/ECAC
6) Tanner Ealum	55.10	3/5/17	Boston/ECAC
7) Ansley Gebben	55.48	3/9/14	Boston/ECAC
8) Chenoa Freeman	55.56	3/7/10	Boston/ECAC
9) Nicole Leonzo	55.68	3/5/16	Boston/ECAC
10) Olivia Behymer	55.75	3/3/18	Boston/ECAC



LIBERTY TRACK & FIELD RECORDS



500-Meter Dash

1) Tanner Ealum	1:10.74	3/3/19	Boston/ECAC
2) Cortney Dowling	1:12.31	1/26/19	Liberty
3) Jaime Watson	1:13.98	1/30/10	Liberty
4) Gina Turner	1:14.1h	2/22/92	Virginia Tech
5) Delaney McDowell	1:14.77	2/10/18	Liberty
6) Mary Witmer	1:16.17	2/11/17	Liberty
7) Meghan Burggraf	1:16.67	1/18/14	Liberty
8) Olivia Behymer	1:16.71	1/19/18	VMI
9) Kimone Green	1:16.86	1/27/18	Liberty
10) Chenoa Freeman	1:16.92	1/12/07	Virginia Tech

600-Meter Run

1) Jaime Watson	1:28.2h	2/6/10	Penn State
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800-Meter Run

1) Jaime Watson	2:05.42	3/6/10	Boston/ECAC
2) Meghan Burggraf	2:06.84	3/9/14	Boston/ECAC
3) Delaney McDowell	2:07.61	2/23/19	Liberty/ASUN
4) Tanner Ealum	2:10.48	2/24/18	Liberty/Big South
5) Ansley Gebben	2:10.80	2/27/16	Virginia Tech/Big South
6) Naomi Bowser	2:14.38	2/23/19	Liberty/ASUN
7) Alexis Taylor	2:14.54	2/27/16	Virginia Tech/Big South
8) Heather Sagan	2:15.10	2/16/02	Virginia Tech/Big South
9) Brooke Turner	2:15.13	2/26/17	Winston-Salem/Big South
10) Annie Fairchild	2:15.0h	2/27/88	Virginia Tech



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1,000-Meter Run

1) Delaney McDowell	2:49.95	1/27/18	Liberty
2) Anna Van Wyk	2:51.47	2/11/17	Liberty
3) Annie Fairchild	2:52.4h	2/13/88	Virginia Tech
4) Meghan Burggraf	2:54.59	1/24/14	Virginia Tech
5) Melissa Blackstone	2:55.12	3/5/05	Boston/ECAC
6) Amy Teer	2:55.74	2/24/01	Virginia Tech
7) Naomi Bowser	2:56.35	2/9/19	Liberty
8) Laura Gosselin	2:56.77	3/2/96	Boston/ECAC
9) Sue Andrew	2:59.0h	2/2/84	Navy
10) Heather Sagan	2:59.53	2/12/00	Virginia Tech

1,500-Meter Run

1) Annie Fairchild	4:33.23	3/12/88	Vermillion, S.D./NCAA II
2) Samantha Pelletier	4:42.96	2/8/02	Christopher Newport
3) Amy Teer	4:46.09	1/27/01	Christopher Newport
4) Melissa Blackstone	4:49.59	2/7/03	Christopher Newport
5) Rebecca Parsons	4:50.21	2/8/02	Christopher Newport
6) Chelsey Swanson	4:50.96	2/7/03	Christopher Newport

Mile Run

1) Heather Sagan	4:38.52	3/9/02	Fayetteville, Ark./NCAA I
2) Ednah Kurgat	4:50.82	2/27/16	Virginia Tech/Big South
3) Jennifer Klugh	4:51.04	3/6/11	Boston/ECAC
4) Rebekah Ricksecker	4:51.39	2/6/10	Penn State
5) Jacy Christiansen	4:53.40	3/1/14	Virginia Tech/Big South
6) Katie Albright	4:53.77	3/9/08	Boston/ECAC
7) Anna Van Wyk	4:53.88	1/21/17	Liberty
8) Calli Parlier	4:54.38	3/2/19	Boston/ECAC
9) Annie Fairchild	4:56.6h	1/23/88	E. Tenn. St.
10) Torree Scull	4:58.39	2/27/16	Virginia Tech/Big South



LIBERTY TRACK & FIELD RECORDS



3,000-Meter Run

1) Ednah Kurgat	9:32.67	2/26/16	Virginia Tech/Big South
2) Jacy Christiansen	9:38.90	3/9/14	Boston/ECAC
3) Anna Van Wyk	9:43.63	2/4/17	Penn State
4) Jennifer Klugh	9:44.62	1/20/12	Virginia Tech
5) Ashley Osborne	9:49.55	3/9/08	Boston/ECAC
6) Noel Palmer	9:51.72	1/18/19	Virginia Tech
7) Heather Sagan	9:52.18	1/26/01	Fayetteville, Ark.
8) Rebekah Ricksecker	9:57.01	1/22/10	Virginia Tech
9) Khristina Kanagy	10:00.82	2/21/13	Winston-Salem/Big South
10) Carol Jefferson	10:04.70	1/27/07	Liberty

5,000-Meter Run

1) Ednah Kurgat	15:47.89	2/12/16	Seattle
2) Noel Palmer	16:44.58	3/3/18	Boston/ECAC
3) Jennifer Klugh	16:48.32	2/10/12	Boston
4) Jacy Christiansen	17:00.08	2/14/14	Seattle
5) Carol Jefferson	17:03.23	3/3/07	Boston/ECAC
6) Piper Newby	17:08.80	3/3/07	Boston/ECAC
7) Dacia Bushman	17:13.51	3/5/11	Boston/ECAC
8) Khristina Kanagy	17:13.96	3/2/13	Boston/ECAC
9) Anna Van Wyk	17:16.50	2/26/17	Winston-Salem/Big South
10) Heather Sagan	17:17.00	12/1/01	W.Va.



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55-Meter Hurdles

1) Arlene Zelinskas	7.99	1/13/07	Virginia Tech
2) Delethea Quarles	8.11	2/25/89	Virginia Tech
3) Robin Williams	8.17	2/6/01	University of Lynchburg
4) Danielle McNaney	8.21	2/20/02	VCU
5) Olivia Charnuski	8.24	1/19/11	University of Lynchburg
6) Rachel Houseknecht	8.25	1/18/12	University of Lynchburg
7) Holly Deem	8.33	2/21/98	Virginia Tech/Big South
8) Wendy Heath	8.39	2/21/98	Virginia Tech/Big South

60-Meter Hurdles

1) Arlene Zelinskas	8.47	2/18/07	Clemson/Big South
2) Jada Thomas	8.61	3/3/19	Boston/ECAC
3) Rachel Houseknecht	8.64	2/10/12	Liberty
t4) Olivia Charnuski	8.65	2/27/10	Clemson/Big South
t4) Danielle McNaney	8.65	2/19/05	Virginia Tech/Big South
6) Brittney Webley	8.75	2/21/13	Winston-Salem/Big South
7) Jaiden Mulder	8.76	2/23/19	Liberty/ASUN
		2/22/19	Liberty/ASUN
		2/3/18	Liberty
8) Kylie Polsgrove	8.79	2/24/18	Liberty/Big South
9) Katie Dodson	8.80	2/23/19	Liberty/ASUN
10) Marianne Mulkey	8.82	2/16/02	Virginia Tech/Big South



LIBERTY TRACK & FIELD RECORDS



4 x 200-Meter Relay

- 1) Christi Barefield (27.3), Mari Kong (27.0), Amanda Holbrook (27.4), Ardra Samuel (25.6)
1:47.1 2/4/95 Virginia Tech
- 2) Fadhila Samuel (25.9), Leeann Hayslett (27.2), Shauna Hutcheson (28.3), Tara Harper (28.7)
1:50.10 2/6/93 Virginia Tech
- 3) Laurie Dunlap, Valerie Atkins, Lynne Palmer, Tony Floyd
1:51.31 2/14/85 Navy

4 x 400-Meter Relay

- 1) Cortney Dowling (56.29), Ty'Asia Dansbury (53.65), Delaney McDowell (55.61), Tanner Ealum (53.52)
3:39.06 3/3/19 Boston/ECAC
- 2) Ty'Asia Dansbury (55.7), Cortney Dowling (55.1), Olivia Behymer (56.6), Tanner Ealum (53.8)
3:41.09 3/4/18 Boston/ECAC
- 3) Corinn Bedell (56.69), Nicole Leonzo (55.42), Ansley Gebben (56.08), Erin Edmond (54.45)
3:42.64 2/27/16 Virginia Tech/Big South
- 4) Corinn Bedell (56.30), Nicole Leonzo (56.23), Olivia Behymer (56.36), Erin Edmond (53.88)
3:42.75 3/6/16 Boston/ECAC
- 5) Nicole Leonzo (55.6), Mary Witmer (57.5), Olivia Behymer (55.8), Tanner Ealum (53.9)
3:42.79 3/4/17 Boston/ECAC
- 6) Cortney Dowling (55.90), Kimone Green (55.62), Tanner Ealum (55.15), Olivia Behymer (56.72)
3:43.39 2/3/18 Liberty
- 7) Kimone Green (56.07), Ty'Asia Dansbury (56.19), Olivia Behymer (56.57), Tanner Ealum (55.13)
3:43.95 2/24/18 Liberty/Big South
- 8) Nicole Leonzo (56.4), Delaney McDowell (56.1), Olivia Behymer (56.7), Tanner Ealum (55.1)
3:44.35 3/5/17 Boston/ECAC
- 9) Kimone Green (56.8), Delaney McDowell (56.8), Olivia Behymer (55.9), Tanner Ealum (55.7)
3:45.45 1/27/18 Liberty
- t10) Nicole Leonzo (57.64), Mary Witmer (57.25), Delaney McDowell (56.90), Tanner Ealum (54.50)
3:46.28 2/26/17 Winston-Salem/Big South
- t10) Ansley Gebben (56.4), Mary Witmer (56.9), Corinn Bedell (56.8), Meghan Burggraf (55.9)
3:46.28 3/1/14 Virginia Tech/Big South



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4 x 800-Meter Relay

- 1) Ansley Gebben (2:11.01), Alexis Taylor (2:15.10), Torree Scull (2:12.42), Delaney McDowell (2:08.61)
8:47.12 3/6/16 Boston/ECAC
- 2) Rebekah Ricksecker (2:19.6), Meghan Burggraf (2:20.8), Rod'Esther Castor (2:22.2), Jaime Watson (2:12.4)
9:15.21 1/22/10 Virginia Tech
- 3) Sarah Roberts, Carol Jefferson, Chelsey Swanson, Melissa Blackstone
9:15.23 3/5/05 Boston/ECAC
- 4) Sarah Roberts, Carol Jefferson, Samantha Pelletier, Melissa Blackstone
9:25.31 2/25/05 Liberty
- 5) Ashley Osborne, Chelsey Swanson, Rebekah Ricksecker, Jaime Watson
9:26.20 2/4/06 Liberty
- 6) Lori Lingenfelter, Robin Currie, Teresa Duncan, Annie Fairchild
9:26.8c 1/22/88 E. Tenn. St.
- 7) Urlene Dick (2:23.4), Dawn Mihm (2:24.0), Esther Mills (2:21.1), J'Aime Cowan (2:21.1)
9:29.14 2/20/93 George Mason

Sprint Medley Relay

- t1) Audrey Ebanks (61.2), Sarah Harford (27.1), Christi Barefield (26.3), J'Aime Cowan (2:24.7)
4:19.4 2/4/95 Virginia Tech
- t1) Fadhila Samuel (58.6), Stacy Wilson (26.5), Sarah Harford (26.8), Esther Mills (2:27.5)
4:19.4 2/5/94 Virginia Tech



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Distance Medley Relay

- 1) Naomi Bowser (3:41.23), Tanner Ealum (54.18), Delaney McDowell (2:12.62), Calli Parlier (4:54.26)
11:42.29 2/22/19 Liberty/ASUN
- 2) Alyssa Karle (3:36.8), Ty'Asia Dansbury (55.0), Heidi Smith (2:16.0), Anna Van Wyk (4:56.6)
11:44.49 3/4/18 Boston/ECAC
- 3) Naomi Bowser (3:38.50), Alexis Rolan (56.03), Heidi Smith (2:14.90), Calli Parlier (4:57.35)
11:46.76 3/3/19 Boston/ECAC
- 4) Brooke Turner (3:37.8), Mary Witmer (57.1), Delaney McDowell (2:10.4), Hannah Scherlacher (5:03.8)
11:48.99 3/5/17 Boston/ECAC
- 5) Rebecca Parsons (3:41.7), Kodi Pollard (55.6), Amy Teer (2:18.7), Heather Sagan (4:56.1)
11:52.36 3/4/00 Harvard/ECAC
- 6) Hannah Scherlacher (3:36.13), Bailey Reeves (56.41), Jasmin Sutton (2:18.37), Kat Bouton (5:03.12)
11:54.02 3/6/16 Boston/ECAC
- 7) Alyssa Karle (3:42.19), Tanner Ealum (54.60), Delaney McDowell (2:14.11), Anna Van Wyk (5:04.64)
11:55.53 2/23/18 Liberty/Big South
- 8) Anna Van Wyk (3:39.62), Olivia Behymer (55.90), Heidi Smith (2:16.89), Noel Palmer (5:03.81)
11:56.20 2/2/18 Liberty
- 9) Amy Teer, Kodi Pollard, Katie Butler, Heather Sagan
11:57.94 2/9/01 Virginia Tech
- 10) Jacy Christiansen, Mia Aghaji, Meghan Burggraf, Jennifer Klugh
11:58.50 1/21/12 Virginia Tech

Shuttle Hurdles Relay

- 1) Tiffany Jeffcoat (9.15), Katie Dodson (8.50), Kylie Polsgrove (8.54), Jaiden Mulder (8.50)
34.69 2/8/19 Liberty
- 2) Jaiden Mulder (8.93), Kylie Polsgrove (8.54), Kimone Green (8.71), Katie Dodson (8.90)
35.08 2/2/18 Liberty



LIBERTY TRACK & FIELD RECORDS



High Jump

1) Kena Butts	5-10.75 (1.80m)	2/5/05	Liberty
t2) Kylie Polsgrove	5-8.75 (1.75m)	3/1/19	Boston/ECAC
t2) Arlene Zelinskas	5-8.75 (1.75m)	3/3/07	Boston/ECAC
t4) Mia Aghaji	5-8 (1.73m)	2/10/12	Boston
t4) Erin Zappia	5-8 (1.73m)	2/27/16	Virginia Tech/Big South
t6) Riley Brandon	5-6 (1.68m)	2/17/14	Liberty
t6) Danielle McNaney	5-6	1/26/02	Chapel Hill, N.C.
t8) Anna-Kate Jarman	5-5.75	2/8/97	George Mason
t8) Kristen Willeford	5-5.75 (1.67m)	2/8/13	Liberty
t10) Abby Thorpe	5-5.25 (1.66m)	2/22/19	Liberty/ASUN
t10) Audrey Bamford	5-5.25 (1.66m)	12/1/12	Liberty
t10) Christina Mitchell	5-5.25 (1.66m)	1/28/11	Liberty
		12/3/10	Liberty

Pole Vault

1) Andrea Wildrick	14-0 (4.27m)	2/8/02	Christopher Newport
2) Jessie Glynn	12-11.5 (3.95m)	3/3/18	Boston/ECAC
t3) Taylen Langin	12-9.5 (3.90m)	3/2/19	Boston/ECAC
		2/2/19	Liberty
t3) Mariel Finger	12-9.5 (3.90m)	2/12/16	Liberty
t5) Rachel Milnes	12-5.5 (3.80m)	2/3/18	Liberty
		1/26/18	Liberty
t5) Rachel Houseknecht	12-5.5 (3.80m)	3/4/12	Boston/ECAC
		2/10/12	Liberty
t7) Shelley Parker	12-1.5 (3.70m)	3/4/12	Boston/ECAC
		2/10/12	Liberty
t7) Aimee Riley	12-1.5	2/11/05	Virginia Tech
9) Audrey Rabe	11-11.75 (3.65m)	12/3/14	Liberty
10) Brooke Shelton	11-9.75 (3.60m)	2/13/15	Liberty



LIBERTY TRACK & FIELD RECORDS



Long Jump

1) Makenzy Mizera	19-1.5 (5.83m)	2/22/19	Liberty/ASUN
2) Gina Gibson	19-1.25 (5.82m)	2/23/85	George Mason
3) Robin Williams	19-0.75 (5.81m)	2/20/00	Virginia Tech/Big South
t4) Kena Butts	19-0.5 (5.80m)	2/21/04	Virginia Tech/Big South
t4) Charlene Hibbert	19-0.5 (5.80m)	2/19/05	Virginia Tech/Big South
t4) Arlene Zelinskas	19-0.5 (5.80m)	2/17/07	Clemson/Big South
7) Danielle McNaney	18-11.75 (5.78m)	2/16/02	Virginia Tech/Big South
8) Dana Mercer	18-11.25 (5.77m)	1/30/16	Liberty
9) Kylie Polsgrove	18-9.25 (5.72m)	2/2/19	Liberty
10) Fiona Barnes	18-8.5 (5.70m)	1/26/19	Liberty
		1/19/19	Virginia Tech

Triple Jump

1) Janae Jones	41-0.5 (12.51m)	2/26/17	Winston-Salem/Big South
2) Jonisha Saunders	40-7.75	3/1/03	Virginia Tech
3) Adrianna Mitchell	40-6.25 (12.35m)	3/3/19	Boston/ECAC
4) Mia Aghaji	40-2.25 (12.25m)	2/24/12	Virginia Tech/Big South
5) Melissa Rohwer	40-0.75 (12.21m)	3/1/14	Virginia Tech/Big South
6) Oasis Hernandez	39-11.25 (12.17m)	3/8/14	Boston/ECAC
7) Makenzy Mizera	39-10 (12.14m)	2/23/19	Liberty/ASUN
8) Alyssa Pegues	39-5.75 (12.03m)	2/13/10	Fayetteville, Ark.
9) Anna-Kate Jarman	39-2.25	2/23/96	Fork Union
10) Charlene Hibbert	38-7.75 (11.78m)	12/2/06	Liberty



LIBERTY TRACK & FIELD RECORDS



Shot Put

1) Mychelle Cumings	53-5.5 (16.29m)	3/1/14	Virginia Tech/Big South
2) Naomi Mojica	51-3 (15.62m)	2/3/18	Liberty
3) Patria Vaimaona	48-4.5 (14.74m)	3/3/19	Boston/ECAC
4) Dasiana Larson	45-9 (13.94m)	2/23/18	Liberty/Big South
5) Chelsea Igberaese	45-4.25 (13.82m)	2/22/19	Liberty/ASUN
6) Rachel Barnes	45-1.75 (13.76m)	2/17/14	Liberty
7) Jocelyn Williams	44-11.5 (13.70m)	2/26/15	Winston-Salem/Big South
8) Holly Arey	44-4 (13.51m)	2/10/18	Liberty
9) Emily Woods	44-2.75 (13.48m)	1/21/12	Virginia Tech
10) Jennifer (Nicholson) Smith	44-1.5 (13.45m)	3/1/14	Virginia Tech/Big South

Weight Throw

1) Jocelyn Williams	67-5.5 (20.56m)	2/28/14	Virginia Tech/Big South
2) Dasiana Larson	66-2.75 (20.18m)	2/24/18	Liberty/Big South
3) Chelsea Igberaese	64-7.75 (19.70m)	2/23/19	Liberty/ASUN
4) Patria Vaimaona	63-7.5 (19.39m)	2/8/19	Liberty
		2/2/19	Liberty
5) Marvalyn Vernon	61-3 (18.67m)	2/8/19	Liberty
6) Catherine Oyarzun	58-7.25 (17.86m)	2/10/18	Liberty
7) Holly Arey	57-7.25 (17.55m)	2/24/18	Liberty/Big South
8) Melinda Bendik	56-9.5 (17.31m)	2/24/12	Virginia Tech/Big South
9) Naomi Mojica	56-2 (17.12m)	1/25/19	Liberty
10) Caitlyn Sutterfield	54-0.5 (16.47m)	1/27/07	Liberty



LIBERTY TRACK & FIELD RECORDS



Pentathlon

1) Kylie Polsgrove	3,986	3/1/19	Boston/ECAC
2) Arlene Zelinkas	3,882	1/26/07	Liberty
3) Danielle McNaney	3,822	3/5/05	Boston/ECAC
4) Riley Brandon	3,753	3/6/15	Boston/ECAC
5) Erika Jackson	3,706	3/4/16	Boston/ECAC
6) Christina Mitchell	3,651	3/5/11	Boston/ECAC
7) Audrey Bamford	3,609	2/17/14	Liberty
8) Marie Williams	3,607	3/7/09	Boston/ECAC
9) Robin Williams	3,522	2/21/01	VCU
10) DaNae Carlson	3,380	2/7/03	Christopher Newport



LIBERTY TRACK & FIELD RECORDS



Women's Outdoor

100-Meter Dash

1) Abigail Flower	11.57w (+2.3)	4/19/13	Liberty/Big South
t2) Ty'Asia Dansbury	11.68w (+3.9)	5/1/19	Liberty
t2) Panthera Seymour	11.68	5/11/00	Liberty
4) Andrea Beckles	11.74w (+3.1)	4/4/09	Liberty
5) Kate Flower	11.76w (+2.2)	5/4/16	Liberty
6) Ardra Samuel	11.82w (+3.7)	4/19/97	UMBC/Big South
7) Meme Layne	11.85w (+2.1)	4/7/12	Liberty
t8) Alexis Wilson	11.90 (+0.1)	5/11/18	High Point/Big South
t8) Alyssa Pegues	11.90w (+2.2)	4/8/11	Texas Relays
t10) Olivia Davis	11.96 (+1.7)	4/29/15	Liberty
t10) Mynique Robinson	11.96	5/6/04	Liberty
<i>Top Wind-Legal Mark:</i>			
Abigail Flower	11.59 (+1.3)	5/16/15	High Point/Big South

200-Meter Dash

1) Abigail Flower	23.48w (+4.7)	4/19/13	Liberty/Big South
2) Ty'Asia Dansbury	23.66 (-1.2)	5/11/19	Jacksonville, Fla./ASUN
3) Panthera Seymour	23.91	5/6/00	George Mason
4) Andrea Beckles	24.19 (+2.0)	4/4/09	Liberty
5) Ardra Samuel	24.23w (+5.4)	4/19/97	UMBC/Big South
6) Charlene Hibbert	24.27 (-1.9)	4/21/07	Liberty/Big South
7) Erin Edmond	24.29 (+1.1)	5/12/16	Liberty/Big South
8) Christina Henry	24.31	5/9/02	Liberty
9) Olivia Charnuski	24.38 (+0.9)	3/19/11	Coastal Carolina
10) Kimone Green	24.42 (+1.1)	3/23/18	FSU Relays
<i>Top Wind-Legal Mark:</i>			
Ty'Asia Dansbury	23.66 (-1.2)	5/11/19	Jacksonville, Fla./ASUN



LIBERTY TRACK & FIELD RECORDS



400-Meter Dash

1) Ty'Asia Dansbury	53.28	5/11/19	Jacksonville, Fla./ASUN
2) Jaime Watson	53.61	4/17/10	Charleston Southern/Big South
3) Cortney Dowling	54.05	4/13/19	South Carolina
4) Erin Edmond	54.08	5/12/16	Liberty/Big South
5) Tanner Ealum	54.33	4/21/17	Charlottesville, Va.
6) Gina Turner	54.68	4/11/92	Duke
7) Chenoa Freeman	54.79	5/17/08	Princeton/ECAC
8) Nicole Leonzo	54.97	4/8/17	Liberty
9) Olivia Behymer	54.99	5/12/17	Charleston Southern/Big South
10) Fadhila Samuel	55.00	5/21/94	George Mason/ECAC

800-Meter Run

1) Jaime Watson	2:06.09	5/1/10	Stanford
2) Delaney McDowell	2:06.53	5/11/19	Jacksonville, Fla./ASUN
3) Tanner Ealum	2:06.65	5/1/19	Liberty
4) Meghan Burggraf	2:07.09	4/5/14	Stanford
5) Heather Sagan	2:08.00	4/13/02	University of Lynchburg
6) Ansley Gebben	2:08.41	5/12/16	Liberty/Big South
7) Amy Teer	2:08.80	6/23/98	Vancouver, B.C.
8) Annie Fairchild	2:11.04	5/16/87	N.C. State
9) Rebekah Ricksecker	2:11.20	5/1/08	Liberty
10) Sue Andrew	2:11.28	5/11/85	Knoxville, Tenn.



LIBERTY TRACK & FIELD RECORDS



1,500-Meter Run

1) Heather Sagan	4:14.71	6/1/02	LSU/NCAA I
2) Sue Andrew	4:22.62	5/25/85	Los Angeles/NCAA II
3) Jennifer Klugh	4:24.16	5/6/12	Duke
4) Rebekah Ricksecker	4:24.78	5/9/10	Duke
5) Annie Fairchild	4:25.84	5/23/87	Cape Girardeau, Mo./NCAA II
6) Anna Van Wyk	4:28.47	5/3/17	Liberty
7) Delaney McDowell	4:29.99	3/22/19	FSU Relays
8) Jacy Christiansen	4:31.47	5/16/15	High Point/Big South
9) Torree Scull	4:32.19	4/15/16	High Point
10) Hailey Neal	4:33.13	4/30/11	Radford

Mile Run

1) Heather Sagan	4:37.53	4/20/02	Penn Relays
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3,000-Meter Run

1) Heather Sagan	9:34.54	3/16/02	Charlotte
2) Jennifer Klugh	9:41.33	5/13/12	Princeton/ECAC
3) Lynn Attwood	9:56.0h	4/16/88	Hampton
4) Ashley Osborne	10:03.07	3/17/07	Coastal Carolina
5) Carol Jefferson	10:06.81	3/21/08	Coastal Carolina
6) Renee Viertel	10:11.69	4/19/86	Navy
7) Karen Eisemann	10:12.9h	3/24/90	Liberty
8) Monica Carmona	10:14.6h	4/16/88	Hampton



LIBERTY TRACK & FIELD RECORDS



3,000-Meter Steeplechase

1) Piper Newby	10:35.19	5/26/07	Gainesville, Fla./NCAA East Regional
2) Hailey Neal	10:58.31	4/22/10	Penn Relays
3) Alyssa Karle	10:58.86	5/11/17	Charleston Southern/Big South
4) Betel Yosef	11:01.13	4/19/13	Liberty/Big South
5) Kat Bouton	11:12.06	5/11/16	Liberty/Big South
6) Chelsea Stocki	11:21.29	5/10/19	Jacksonville, Fla./ASUN
7) Rebekah Wahlquist	11:24.11	4/21/06	Coastal Carolina/Big South
8) Mary Kate McElroy	11:27.17	4/20/18	Duke
9) Jessica Gass	11:29.22	4/19/13	Liberty/Big South
10) Lucy LeBaron	11:34.94	4/20/01	Liberty/Big South

5,000-Meter Run

1) Ednah Kurgat	15:48.63	4/15/16	Mt. SAC Relays
2) Noel Palmer	16:28.13	4/21/18	Charlottesville, Va.
3) Ashley Osborne	16:31.00	5/14/10	Princeton/ECAC
4) Jacy Christiansen	16:45.99	4/4/14	Stanford
5) Carol Jefferson	16:50.86	5/25/07	Gainesville, Fla./NCAA East Regional
6) Khristina Kanagy	17:00.93	5/10/13	Princeton/ECAC
7) Anna Van Wyk	17:13.72	4/21/18	Charlottesville, Va.
8) Jennifer Klugh	17:25.87	4/21/12	Coastal Carolina/Big South
9) Dacia Bushman	17:29.81	4/23/11	VMI/Big South
10) Danielle Jordan	17:36.68	4/2/05	Liberty



LIBERTY TRACK & FIELD RECORDS



10,000-Meter Run

1) Noel Palmer	33:56.67	3/29/19	Raleigh Relays
2) Ashley Osborne	34:00.60	5/1/10	Stanford
3) Carol Jefferson	34:37.27	4/26/07	Penn Relays
4) Ednah Kurgat	34:38.75	3/27/15	Raleigh Relays
5) Dacia Bushman	35:15.84	3/25/11	Raleigh Relays
6) Khristina Kanagy	35:21.97	3/29/13	Raleigh Relays
7) Greer Wilson	36:13.41	3/29/19	Raleigh Relays
8) Jacy Christiansen	36:24.50	4/17/14	Winthrop/Big South
9) Meredith Mistretta	36:57.22	3/30/13	Raleigh Relays
10) Tracy Hoare	37:08.50	3/30/01	Raleigh Relays

Marathon

1) Nancy Knowles	3:06.45	12/10/84	Baltimore
2) Lyndi Fielitz	3:29:43	1/8/12	Orlando, Fla.
3) Cindy Steffen	3:38.00	5/17/80	

100-Meter Hurdles

1) Olivia Charnuski	13.65w (+2.8)	4/29/10	Liberty
2) Jada Thomas	13.72w (+2.8)	5/1/19	Liberty
3) Delethea Quarles	13.5h	4/29/89	Penn Relays
4) Arlene Zelinskas	13.78w	5/4/06	Liberty
t5) Brittney Webley	14.03w (+3.3)	5/1/13	Liberty
t5) Robin Williams	14.03 (+1.2)	4/20/01	Liberty/Big South
7) Kylie Polsgrove	14.05w (+2.1)	5/11/18	High Point/Big South
t8) Jaiden Mulder	14.07 (+0.3)	5/11/19	Jacksonville, Fla./ASUN
t8) Katie Dodson	14.07w (+2.1)	5/12/17	Charleston Southern/Big South
10) Holly Deem	14.12	3/20/98	Florida State

Top Wind-Legal Mark:

Delethea Quarles	13.5h	4/29/89	Penn Relays
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LIBERTY TRACK & FIELD RECORDS



400-Meter Hurdles

1) Kimone Green	58.46	5/11/18	High Point/Big South
2) Mary Witmer	59.84	5/12/17	Charleston Southern/Big South
3) Ansley Gebben	60.32	4/19/14	Winthrop/Big South
4) Danielle McNaney	60.57	4/16/05	VMI/Big South
5) Kylie Polsgrove	60.65	5/11/19	Jacksonville, Fla./ASUN
6) Holly Deem	60.93	3/22/97	Florida State
7) Brittney Webley	60.97	5/11/13	Princeton/ECAC
8) Arlene Zelinkas	61.27	4/18/06	VMI/Big South
9) Marie Williams	61.96	4/18/09	Radford/Big South
10) Katie Butler	62.28	5/5/01	Liberty

Shuttle Hurdles Relay

1) Olivia Charnuski, Krystle Matthews, Rachel Houseknecht, Christina Mitchell	58.77	3/11/11	Coastal Carolina
2) Marie Williams, Olivia Charnuski, Krystle Matthews, Rachel Houseknecht	59.10	4/24/09	Penn Relays
3) Danielle McNaney, Tessa Sturgill, Anna Goudeau, Arlene Zelinkas	1:01.20	4/26/04	Penn Relays
4) Arlette Springer, Holly Deem, Lora Randolph, Audrey Ebanks	1:03.38	3/16/96	Florida State



LIBERTY TRACK & FIELD RECORDS



4 x 100-Meter Relay

1) Alexis Wilson, Ty'Asia Dansbury, Kimone Green, Cortney Dowling	44.80	5/11/18	High Point/Big South
2) Nicole Leonzo, Kate Flower, Dana Mercer, Erin Edmond	45.60	5/12/16	Liberty/Big South
3) Dana Mercer, Abigail Flower, Olivia Davis, Kate Flower	45.68	5/16/15	High Point/Big South
4) Jada Thomas, Ty'Asia Dansbury, Cortney Dowling, Alexis Wilson	45.80	5/11/19	Jacksonville, Fla./ASUN
5) Enajah Winbush, Abigail Flower, Kate Flower, Olivia Davis	45.81	4/11/15	Duke
6) Meme Layne, Abigail Flower, Olivia Charnuski, Alyssa Pegues	45.90	4/7/12	Liberty
7) Sherri Spruel, Abigail Flower, Olivia Charnuski, Alyssa Pegues	45.92	4/21/12	Coastal Carolina/Big South
8) Andrea Beckles, Charlene Hibbert, Tra' Screen, Arlene Zelinkas	45.95	4/21/07	Liberty/Big South
9) Alexis Wilson, Ty'Asia Dansbury, Alexis Rolan, Cortney Dowling	45.99	3/22/19	FSU Relays
10) Olivia Charnuski, Alyssa Pegues, Chenoa Freeman, Andrea Beckles	46.05	5/16/09	Princeton/ECAC



LIBERTY TRACK & FIELD RECORDS



4 x 200-Meter Relay

1) Dana Mercer, Erin Edmond, Nicole Leonzo, Kate Flower	1:37.33	3/18/16	Coastal Carolina
2) Andrea Beckles, Charlene Hibbert, Chenoa Freeman, Jaime Watson	1:37.99	4/25/08	Penn Relays
3) Oasis Hernandez, Abigail Flower, Corinn Bedell, Janae Jones	1:38.58	3/29/14	Texas Relays
4) Oasis Hernandez, Abigail Flower, Corinn Bedell, Kate Flower	1:38.60	4/25/14	Penn Relays
5) Abigail Flower, Dana Mercer, Ansley Gebben, Kate Flower	1:38.72	3/28/15	Texas Relays
6) Janelle Shiffer, Kodi Pollard, Christina Schlesinger, Panthera Seymour	1:38.94	4/29/00	Penn Relays
7) Andrea Beckles, Charlene Hibbert, Tra' Screen, Arlene Zelinskas	1:39.06	4/27/07	Penn Relays
8) Andrea Beckles, Marie Williams, Chenoa Freeman, Alyssa Pegues	1:39.22	4/24/09	Penn Relays
9) Mynique Robinson, Charlene Hibbert, Aniska Strachan, Kena Butts	1:39.83	3/18/05	FSU Relays
10) Andrea Beckles, Alyssa Pegues, Olivia Charnuski, Chenoa Freeman	1:39.85	3/28/09	Raleigh Relays



LIBERTY TRACK & FIELD RECORDS



4 x 400-Meter Relay

- 1) Tanner Ealum (54.4), Ty'Asia Dansbury (51.4), Delaney McDowell (54.82), Cortney Dowling (52.57)
3:33.20 5/25/19 Jacksonville, Fla./NCAA Prelim Round
- 2) Kimone Green (54.5), Tanner Ealum (54.6), Cortney Dowling (54.86), Ty'Asia Dansbury (52.34)
3:36.56 5/26/18 Tampa, Fla./NCAA Prelim Round
- 3) Tanner Ealum (54.4), Mary Witmer (57.1), Nicole Leonzo (53.50), Olivia Behymer (54.92)
3:40.32 4/29/17 Penn Relays
- 4) Marie Williams (56.3), Tra' Screen (55.5), Charlene Hibbert (54.1), Chenoa
Freeman (54.8) 3:41.00 5/13/07 Princeton/ECAC
- 5) Nicole Leonzo (55.2), Ansley Gebben (55.9), Olivia Behymer (56.4), Erin Edmond (53.8)
3:41.65 5/15/16 N.C. A&T
- 6) Corinn Bedell (56.1), Ansley Gebben (56.3), Olivia Behymer (55.14), Erin Edmond (54.11)
3:41.92 5/12/16 Liberty/Big South
- 7) Tanner Ealum (54.8), Delaney McDowell (57.2), Nicole Leonzo (54.8), Olivia Behymer (55.4)
3:42.25 4/15/17 Columbia, S.C.
- 8) Alexis Rolan (58.2), Ty'Asia Dansbury (55.8), Delaney McDowell (55.84), Cortney Dowling (53.67)
3:43.63 3/22/19 FSU Relays
- 9) Nicole Leonzo (55.8), Ansley Gebben (56.4), Delaney McDowell (58.0), Erin Edmond (54.3)
3:44.79 4/2/16 Texas Relays
- 10) Ty'Asia Dansbury (56.7), Kimone Green (55.3), Delaney McDowell (56.84), Tanner Ealum (55.78)
3:44.84 3/23/18 FSU Relays



LIBERTY TRACK & FIELD RECORDS



4 x 800-Meter Relay

- 1) Ansley Gebben (2:12.7), Torree Scull (2:14.5), Alexis Taylor (2:16.7), Delaney McDowell (2:12.3)
8:56.96 4/2/16 Texas Relays
- 2) Lori Lingenfelter (2:14.7), Robin Currie (2:17.9), Tracy Tidwell (2:16.1), Annie Fairchild (2:10.8)
8:59.48 4/28/88 Penn Relays
- 3) Jaime Watson (2:09.6), Meghan Burggraf (2:15.3), Hailey Neal (2:20.9), Rebekah Ricksecker (2:14.2)
8:59.79 4/24/10 Penn Relays
- 4) Jaime Watson, Kati Albright, Sarah Roberts, Rebekah Ricksecker
9:05.67 4/26/08 Penn Relays
- 5) Sarah Roberts, Carol Jefferson, Chelsey Swanson, Melissa Blackstone
9:06.67 5/15/05 Princeton/ECAC
- 6) Rebekah Ricksecker, Sarah Roberts, Chelsey Swanson, Jaime Watson
9:07.71 4/30/06 Penn Relays
- 7) Jennifer Klugh, Amanda Wimbush, Meghan Burggraf, Jacy Christiansen
9:11.33 4/28/12 Penn Relays
- 8) Amy Teer, Heather Sagan, Katie Butler, Sarah Pettit
9:12.56 5/10/01 Liberty
- 9) Jennifer Klugh, Rod'Esther Castor, Amanda Wimbush, Meghan Burggraf
9:15.11 3/18/11 Coastal Carolina
- 10) Christieanna Apon (2:19.01), Hannah Scherlacher (2:18.13), Riley Brandon (2:19.83), Jasmin Sutton (2:21.31)
9:18.26 3/18/16 Coastal Carolina

4 x 1,500-Meter Relay

- 1) Rebecca Parsons, Samantha Pelletier, Melissa Blackstone, Reyna Quiroz
19:15.14 3/19/04 FSU Relays
- 2) Cheryl Nash, Patti Bottiglieri, Teresa Duncan, Lynn Atwood
19:24.83 3/30/90 N.C. State
- 3) Patti Bottiglieri, Karen Eisemann, Pam Fauber, Monica Carmona
19:27.99 3/24/89 N.C. State
- 4) Samantha Pelletier, Sarah Roberts, Carol Jefferson, Danielle Jordan
19:33.82 3/17/05 FSU Relays



LIBERTY TRACK & FIELD RECORDS



Sprint Medley Relay

- 1) Ty'Asia Dansbury (24.0), Cortney Dowling (24.1), Tanner Ealum (54.8), Delaney McDowell (2:08.3)
3:51.67 3/29/19 Texas Relays
- 2) Oasis Hernandez (24.5), Abigail Flower (24.1), Ansley Gebben (54.7), Meghan Burggraf (2:08.8)
3:53.34 3/28/14 Texas Relays
- 3) Tanner Ealum (24.9), Dana Mercer (24.5), Olivia Behymer (55.2), Delaney McDowell (2:11.0)
3:55.86 4/28/17 Penn Relays
- 4) Panthera Seymour, Christina Schlesinger, Kodi Pollard, Heather Sagan
3:57.43 3/17/01 Disney Relays (Kissimmee, Fla.)
- 5) Alyssa Pegues (24.7), Olivia Charnuski (23.9), Kiara Bridges (56.8), Meghan Burggraf (2:13.0)
3:58.62 3/25/11 Raleigh Relays
- 6) Mari Kong (24.7), Ardra Samuel (24.3), Regina McFarland (57.2), Amy Teer (2:12.7)
3:59.09 3/22/97 Florida State
- 7) Janelle Schiffer (26.0), Panthera Seymour (23.3), Kodi Pollard (56.2), Heather Sagan (2:15.3)
4:01.01 3/15/00 Florida State
- 8) Alyssa Pegues, Olivia Charnuski, Mia Aghaji, Meghan Burggraf
4:01.02 4/8/11 Texas Relays
- 9) Arlene Zelinkas, Charlene Hibbert, Chenoa Freeman, Jaime Watson
4:02.15 4/27/07 Penn Relays
- 10) Erica Gaesser, Charlene Hibbert, Jenni Santino, Melissa Blackstone
4:02.78 3/17/05 FSU Relays



LIBERTY TRACK & FIELD RECORDS



Distance Medley Relay

- 1) Rebekah Ricksecker, Chenoa Freeman, Jaime Watson, Katie Albright
11:30.56 4/24/08 Penn Relays
- 2) Jennifer Klugh (3:34.6), Chenoa Freeman (55.1), Jaime Watson (2:08.0), Rebekah Ricksecker (4:55.1)
11:32.55 4/22/10 Penn Relays
- 3) Brooke Turner (3:37.72), Tanner Ealum (54.89), Delaney McDowell (2:11.76), Anna Van Wyk (4:53.29)
11:37.64 4/27/17 Penn Relays
- 4 Amy Teer (3:37.9), Robin Williams (56.2), Katie Butler (2:14.5), Heather Sagan (4:56.1)
11:45.48 4/26/01 Penn Relays
- 5) Sarah Roberts (3:40.4), Kena Butts (56.8), Jaime Watson (2:10.7), Rebekah Ricksecker (4:58.0)
11:46.00 4/27/06 Penn Relays
- 6) Rebekah Ricksecker, Charlene Hibbert, Sarah Roberts, Katie Albright
11:49.20 3/21/08 Coastal Carolina
- 7) Tracy Tidwell, Renee Hawkins, Lori Lingenfelter, Annie Fairchild
11:52.73 3/18/88 Florida State
- 8) Rebecca Parsons (3:38.8), Jaquay Reid (57.6), Amy Teer (2:18.1), Heather Sagan (4:58.5)
11:53.24 3/15/00 Florida State
- 9) Hannah Scherlacher (3:48.92), Janae Jones (59.78), Meghan Burggraf (2:08.51), Jacy Christiansen (4:59.35)
11:56.54 4/24/14 Penn Relays
- 10) Melissa Blackstone, Erica Gaesser, Andrea Andrews, Rebecca Parsons
12:00.86 4/22/04 Penn Relays



LIBERTY TRACK & FIELD RECORDS



High Jump

1) Kena Butts	5-10 (1.78m)	4/16/05	VMI/Big South
2) Mia Aghaji	5-9.25 (1.76m)	4/20/12	Coastal Carolina/Big South
t3) Erin Zappia	5-8.75 (1.75m)	5/3/17	Liberty
t3) Arlene Zelinskas	5-8.75 (1.75m)	4/21/07	Liberty/Big South
5) Kylie Polsgrove	5-8 (1.73m)	4/21/17	Charlottesville, Va.
6) Abby Thorpe	5-7.75 (1.72m)	5/11/19	Jacksonville, Fla./ASUN
t7) Marie Williams	5-7 (1.70m)	4/17/09	Radford/Big South
t7) Danielle McNaney	5-7 (1.70m)	4/19/02	Liberty/Big South
9) Kristen Willeford	5-6 (1.68m)	4/26/14	Radford
t10) Marianne Wheeler	5-5 (1.65m)	5/6/12	Winthrop
		4/20/12	Coastal Carolina/Big South
		3/30/12	Raleigh Relays
		3/16/12	Coastal Carolina
		4/3/10	Liberty
t10) Riley Brandon	5-5 (1.65m)	4/20/12	Coastal Carolina/Big South
t10) Christina Mitchell	5-5 (1.65m)	4/15/10	Charleston Southern/Big South
t10) Delethea Quarles	5-5 (1.65m)	5/18/88	San Angelo, Texas/NCAA II

Pole Vault

1) Andrea Wildrick	14-3.25 (4.35m)	6/9/02	Stanford/USATF
2) Jessie Glynn	13-3.5 (4.05m)	3/23/18	FSU Relays
3) Taylen Langin	13-2.5 (4.03m)	4/27/19	Charlottesville, Va.
4) Shelley Parker	12-7.5 (3.85m)	4/22/11	VMI/Big South
5) Rachel Milnes	12-4.5 (3.77m)	5/11/18	High Point/Big South
6) Mariel Finger	12-3.5 (3.75m)	4/22/16	Charlottesville, Va.
7) Brooke Shelton	12-0.5 (3.67m)	4/29/15	Liberty
t8) Audrey Rabe	12-0 (3.66m)	5/3/17	Liberty
t8) Aimee Riley	12-0 (3.66m)	5/27/05	New York, N.Y./NCAA East Regional
t8) Elisabeth Robertson	12-0	3/11/00	Coastal Carolina



LIBERTY TRACK & FIELD RECORDS



Long Jump

1) Gina Gibson	20-0.25 (6.10m)	5/26/84	SE Missouri
2) Makenzy Mizera	19-9.5w (6.03m) (+2.2)	5/1/19	Liberty
t3) Charlene Hibbert	19-6.25 (5.95m) (+0.9)	4/20/06	Coastal Carolina/Big South
t3) Danielle McNaney	19-6.25	5/18/02	Princeton/ECAC
5) Kena Butts	19-5.25 (5.93m)	4/15/05	VMI/Big South
6) Robin Williams	19-2.25	5/4/01	Liberty
t7) Fiona Barnes	19-1.25w (5.82m) (+2.5)	5/1/19	Liberty
t7) Jonisha Saunders	19-1.25	4/4/03	Liberty
9) Melissa Rohwer	19-0w (5.79m) (+3.6)	4/18/13	Liberty/Big South
t10) Dana Mercer	18-10.5 (5.75m) (0.0)	5/10/17	CSU/Big South
t10) Mia Aghaji	18-10.5 (5.75m) (+1.2)	4/19/12	CCU/Big South

Triple Jump

1) Mia Aghaji	42-1.25w (12.83m) (+2.3)	5/13/12	Princeton/ECAC
2) Janae Jones	41-9.75 (12.74m) (+1.4)	4/28/17	Penn Relays
3) Makenzy Mizera	41-2.25w (12.55m) (+3.1)	6/22/19	Miramar, Fla./USATF U20
4) Oasis Hernandez	41-0.5 (12.51m) (+0.9)	5/8/14	Roanoke, Va.
5) Adrianna Mitchell	40-9 (12.42m) (+1.6)	4/13/19	Columbia, S.C.
6) Melissa Rohwer	40-5.5 (12.33m) (+1.0)	5/1/13	Liberty
t7) Amy Sturgill	39-8.5	4/10/99	Liberty
t7) Anna-Kate Jarman	39-8.5	3/15/96	Florida State
9) Alyssa Pegues	39-6 (12.04m) (-1.4)	4/21/12	Coastal Carolina/Big South
10) Candace Lee	39-4	4/10/99	Liberty

Top Wind-Legal Mark:

Janae Jones	41-9.75 (12.74m) (+1.4)	4/28/17	Penn Relays
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LIBERTY TRACK & FIELD RECORDS



Shot Put

1) Naomi Mojica	52-3.75 (15.94m)	3/22/19
2) Mychelle Cumings	51-2.75 (15.61m)	5/13/12
3) Chelsea Igberaese	49-9.75 (15.18m)	3/22/19
4) Dasiana Larson	47-4.5 (14.44m)	4/21/18
5) Patria Vaimaona	46-7.5 (14.21m)	5/10/18
		4/28/18
6) Rachel Barnes	45-7.25 (13.90m)	4/5/14
7) Holly Arey	44-11 (13.69m)	3/23/18
8) Pam Pollock	43-11.75	4/24/82
9) Amy Rodriguez	42-6.75	3/20/98
10) Caitlyn Sutterfield	42-2.75 (12.87m)	3/24/07

Discus

1) Chelsea Igberaese	179-6 (54.71m)	3/30/19
2) Patria Vaimaona	168-7 (51.39m)	5/9/18
3) Mychelle Cumings	167-0 (50.91m)	4/7/12
4) Jennifer Nicholson Smith	164-11 (50.26m)	3/29/14
5) Jocelyn Williams	163-10 (49.95m)	3/30/13
6) Holly Arey	156-4 (47.65m)	4/1/17
7) Janet Rorer	151-8	5/28/92
8) Kelly Lyle	144-3	4/27/89
9) Melinda Bendik	142-9 (43.51m)	4/3/10
10) Caitlyn Sutterfield	142-5 (43.40m)	4/23/06

FSU Relays

Princeton/ECAC

FSU Relays

Duke

High Point/Big South Charlottesville, Va.

Liberty

FSU Relays

E.C. Glass High School

Florida State

University of Lynchburg

Texas Relays

High Point/Big South

Liberty

Texas Relays

Texas Relays

High Point

Chapel Hill, N.C.

Penn Relays

Liberty

Coastal Carolina/Big South



LIBERTY TRACK & FIELD RECORDS



Hammer

1) Dasiana Larson	206-6 (62.94m)	5/11/18	High Point/Big South
2) Melinda Bendik	202-7 (61.76m)	5/26/12	Jacksonville, Fla./NCAA Prelim Round
3) Jocelyn Williams	200-10 (61.21m)	5/16/15	High Point/Big South
4) Chelsea Igberaese	186-10 (56.96m)	5/10/19	Jacksonville, Fla./ASUN
5) Naomi Mojica	185-8 (56.60m)	5/10/19	Jacksonville, Fla./ASUN
6) Jennifer Nicholson Smith	184-8 (56.30m)	5/16/15	High Point/Big South
7) Catherine Oyarzun	180-2 (54.92m)	5/11/16	Liberty/Big South
8) Marvalyn Vernon	177-0 (53.94m)	5/1/19	Liberty
9) Holly Arey	175-11 (53.61m)	3/23/18	FSU Relays
10) Keri Wallace	171-4 (52.22m)	4/19/02	Liberty/Big South

Javelin

1) Brenna Smith	161-7 (49.26m)	4/21/18	Duke
2) Paige Demetriades	156-4 (47.65m)	3/16/18	Charleston Southern
3) Christina Mitchell	152-9 (46.57m)	4/19/13	Liberty/Big South
4) Yana Babbitt	144-5 (44.02m)	4/24/15	Penn Relays
5) Lacey Cunningham	140-5 (42.80m)	3/17/07	Coastal Carolina
6) Kylene Helman	140-3 (42.76m)	4/21/01	Liberty/Big South
7) Danielle McNaney	140-1 (42.69m)	4/15/04	Charleston Southern
8) Mackenzie Hainley	139-8 (42.57m)	5/11/19	Jacksonville, Fla./ASUN
9) Nicole Bishop	138-9 (42.30m)	3/17/17	Charleston Southern
10) Riley Brandon	136-10 (41.71m)	5/11/16	Liberty/Big South



LIBERTY TRACK & FIELD RECORDS



Heptathlon

1) Danielle McNaney	5,504	4/27/05	Penn Relays
2) Kylie Polsgrove	5,333	4/12/19	Knoxville, Tenn.
3) Arlene Zelinskas	5,242	5/12/07	Princeton/ECAC
4) Delethea Quarles	5,116	4/26/89	Penn Relays
5) Erika Jackson	5,056	4/14/16	Azusa Pacific (Azusa, Calif.)
6) Marie Williams	4,985	5/16/09	Princeton/ECAC
7) Christina Mitchell	4,968	4/7/11	Texas Relays
8) Riley Brandon	4,926	5/17/14	Princeton/ECAC
9) Robin Williams	4,922	5/5/01	Liberty
10) Krystle Matthews	4,751	4/3/10	Liberty