Liberty's All-Time Top 10 Performers

Last updated 9/6/16

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

55m

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	LC
4) Abigail Flower	7.23	1/18/12	LC
t5) Tonya Poole	7.28	2/16/90	Virginia Tech
t5) Sheronica Henton	7.28	1/12/07	Virginia Tech
7) Ardra Samuel	7.29	12/1/95	Fork Union
8) Christina Schlesinger	7.31	12/8/00	LC
9) Olivia Charnuski	7.33	1/19/11	LC

60m

1) Oasis Hernandez	**7.45**	**3/1/14**	**VT/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) Alyssa Pegues	7.62	12/4/10	Liberty
5) Kate Flower	7.68	2/27/16	VT/Big South
t6) Christina Henry	7.70	2/16/02	VT/Big South
t6) Mynique Robinson	7.70	2/5/05	Liberty
t6) Meme Layne	7.70	2/25/12	VT/Big South
t6) Dana Mercer	**7.70**	**2/26/16**	**VT/Big South**
10) Olivia Davis	7.72	2/26/15	Winston-Salem/Big South

55m 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	LC
4) Danielle McNaney	8.21	2/20/02	VCU
5) Olivia Charnuski	8.24	1/19/11	LC
6) Rachel Houseknecht	8.25	1/18/12	LC
7) Holly Deem	8.33	2/21/98	VT/Big South
8) Wendy Heath	8.39	2/21/98	VT/Big South

60m Hurdles

1) Arlene Zelinskas	8.47	2/18/07	Clemson/Big South
2) Rachel Houseknecht	8.64	2/10/12	Liberty
t3) Olivia Charnuski	8.65	2/27/10	Clemson/Big South
t3) Danielle McNaney	8.65	2/19/05	VT/Big South
5) Brittney Webley	8.75	2/21/13	W.-Salem/Big South
6) Marianne Mulkey	8.82	2/16/02	VT/Big South
7) Robin Williams	8.83	3/4/00	Boston/ECAC
8) Audrey Bamford	8.86	2/17/14	Liberty
9) Marie Williams	8.92	2/26/09	Clemson/Big South
10) Erika Jackson	8.93	2/26/16	VT/Big South

200m

1) Abigail Flower	24.14	3/8/15	Boston/ECAC
2) Oasis Hernandez	**24.37**	**3/1/14**	**VT/Big South**
3) Erin Edmond	24.49	2/27/16	VT/Big South
4) Kate Flower	24.69	3/7/15	Boston/ECAC
5) Olivia Charnuski	24.87	3/5/11	Boston/ECAC
6) Dana Mercer	**24.90**	**2/26/16**	**VT/Big South**
7) Christina Henry	25.02	2/23/02	Virginia Tech
8) Andrea Beckles	25.04	2/7/09	Penn State
9) Panthera Seymour	25.07	2/18/01	VT/Big South
10) Kena Butts	25.12	2/13/04	Virginia Tech

300m

1) Chenoa Freeman	39.55	1/11/08	Virginia Tech
2) Ansley Gebben	40.39	1/23/15	Virginia Tech
3) Olivia Charnuski	40.44	1/22/10	Virginia Tech
4) Gina Turner	40.8h	2/29/92	Virginia Tech
5) Charlene Hibbert	41.49	1/12/07	Virginia Tech
6) Gina Gibson	41.65	2/23/85	GMU
7) Corinn Bedell	42.14	1/24/14	Virginia Tech
8) Kay Chandler	42.46	2/4/97	Fork Union
9) Sidell Ingraham	42.61	1/21/11	Virginia Tech
10) Mary Echols	42.72	1/24/14	Virginia Tech

400m

1) Erin Edmond	54.41	3/6/16	Boston/ECAC
2) Jaime Watson	54.59	2/28/10	Clemson/Big South
3) Ansley Gebben	55.48	3/9/14	Boston/ECAC
4) Chenoa Freeman	55.56	3/7/10	Boston/ECAC
5) Nicole Leonzo	**55.68**	**3/5/16**	**Boston/ECAC**
6) Corinn Bedell	56.35	2/6/16	Penn State
7) Gina Turner	56.3h	2/29/92	Virginia Tech
8) Charlene Hibbert	56.67	3/1/08	Clemson/Big South
9) Fadhila Samuel	57.30	2/19/94	GMU
10) DaNae Carlson	57.33	2/22/03	VT/Big South

500m

1) Jaime Watson	1:13.98	1/30/10	Liberty
2) Gina Turner	1:14.1h	2/22/92	Virginia Tech
3) Meghan Burggraf	1:16.67	1/18/14	Liberty
4) Chenoa Freeman	1:16.92	1/12/07	Virginia Tech
5) Katie Butler	1:17.88	2/26/00	Virginia Tech
6) Regina McFarland	1:17.92	2/8/97	GMU
7) Ansley Gebben	1:17.95	12/4/15	Liberty
8) Mary Witmer	**1:17.96**	**1/30/16**	**Liberty**
9) Fadhila Samuel	1:18.0h	2/12/94	Virginia Tech
10) Andrea Andrews	1:19.04	2/13/04	Virginia Tech

600m

1) Jaime Watson	1:28.2h	2/6/10	Penn State

800m

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	**2:09.98**	**2/27/16**	**VT/Big South**
4) Ansley Gebben	2:10.80	2/27/16	VT/Big South
5) Alexis Taylor	2:14.54	2/27/16	VT/Big South
6) Heather Sagan	2:15.10	2/16/02	VT/Big South
7) Annie Fairchild	2:15.0h	2/27/88	Virginia Tech
8) Lori Lingenfelter	2:15.40	3/12/88	Vermillion, S.D.
9) Riley Brandon	2:15.61	3/6/15	Boston/ECAC
10) Rebekah Ricksecker	2:15.80	2/23/08	Virginia Tech

1000m

1) Annie Fairchild	2:52.4h	2/13/88	Virginia Tech
2) Meghan Burggraf	2:54.59	1/24/14	Virginia Tech
3) Melissa Blackstone	2:55.12	3/5/05	Boston/ECAC
4) Amy Teer	2:55.74	2/24/01	VT
5) Delaney McDowell	**2:56.68**	**1/30/16**	**Liberty**
6) Laura Gosselin	2:56.77	3/2/96	B.U./ECAC
7) Sue Andrew	2:59.0h	2/2/84	Navy
8) Heather Sagan	2:59.53	2/12/00	Virginia Tech
9) Alexis Taylor	3:00.29	2/12/16	Liberty
10) Lori Lingenfelter	3:00.6h	2/7/87	Virginia Tech

1500m

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

Mile

1) Heather Sagan	4:38.52	3/9/02	Ark./NCAA
2) Ednah Kurgat	4:50.82	2/27/16	VT/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	VT/Big South
6) Katie Albright	4:53.77	3/9/08	Boston/ECAC
7) Annie Fairchild	4:56.6h	1/23/88	E. Tenn. St.
8) Torree Scull	**4:58.39**	**2/27/16**	**VT/Big South**
9) Hailey Neal	5:00.07	2/5/11	Penn State
10) Amy Teer	5:03.04	2/21/99	VT/Big South

3000m

1) Ednah Kurgat	9:32.67	2/26/16	VT/Big South
2) Jacy Christiansen	9:38.90	3/9/14	Boston/ECAC
3) Jennifer Klugh	9:44.62	1/20/12	Virginia Tech
4) Ashley Osborne	9:49.55	3/9/08	Boston/ECAC
5) Heather Sagan	9:52.18	1/26/01	Arkansas
6) Rebekah Ricksecker	9:57.01	1/22/10	Virginia Tech
7) Khristina Kanagy	10:00.82	2/21/13	W.-Salem/Big South
8) Carol Jefferson	10:04.70	1/27/07	Liberty
9) Dacia Bushman	10:07.39	2/24/11	Clemson/Big South
10) Samantha Pelletier	10:07.48	1/26/02	UNC

5000m

1) Ednah Kurgat	15:47.89	2/12/16	Seattle
2) Jennifer Klugh	16:48.32	2/10/12	Boston
3) Jacy Christiansen	17:00.08	2/14/14	Seattle
4) Carol Jefferson	17:03.23	3/3/07	Boston/ECAC
5) Piper Newby	17:08.80	3/3/07	Boston/ECAC
6) Dacia Bushman	17:13.51	3/5/11	Boston/ECAC
7) Khristina Kanagy	17:13.96	3/2/13	Boston/ECAC
8) Heather Sagan	17:17.00	12/1/01	W.Va.
9) Ashley Osborne	17:19.97	3/7/09	Boston/ECAC
10) Samantha Pelletier	17:21.97	3/3/02	Boston/ECAC

4x200m 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

4x400m Relay

1) Corinn Bedell (56.69), Nicole Leonzo (55.42), Ansley Gebben (56.08), Erin Edmond (54.45) 3:42.64 2/27/16 VT/Big South
2) Corinn Bedell (56.30), Nicole Leonzo (56.23), Olivia Behymer (56.36), Erin Edmond (53.88) 3:42.75 3/6/16 Boston/ECAC
3) Ansley Gebben (56.4), Mary Witmer (56.9), Corinn Bedell (56.8), Meghan Burggraf (55.9) 3:46.28 3/1/14 VT/Big South
4) Chenoa Freeman (56.9), Brittany Heath (59.3), Charlene Hibbert (55.6), Jaime Watson (55.1) 3:47.16 2/23/08 Virginia Tech
5) Abigail Flower (57.6), Mary Witmer (57.0), Corinn Bedell (56.8), Ansley Gebben (55.8) 3:47.32 2/7/15 Penn State
6) Mynique Robinson (58.1), Tra' Screen (56.9), Kena Butts (56.9), Jaime Watson (55.6)
3:47.67 3/5/06 Boston/ECAC
7) Olivia Charnuski, Meghan Burggraf, Chenoa Freeman, Jaime Watson
3:47.79 2/6/10 Penn State
8) Christina Schlesinger (58.1), Danelle DeKrey (57.8), Robin Williams (56.9), Kodi Pollard (56.2) 3:49.24 3/4/01 Boston/ECAC
9) Christina Henry, Danelle DeKrey, Erika Gaesser, Danielle McNaney
3:50.50 2/23/02 VT
10) Chenoa Freeman, Melanie Sims, Meghan Burggraf, Jaime Watson
3:50.71 1/23/10 Virginia Tech

4x800m 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 GMU

Sprint Medley Relay

1) 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

2) 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

Distance Medley Relay

1) 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

2) 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

3) Amy Teer, Kodi Pollard, Katie Butler, Heather Sagan
11:57.94 2/9/01 VT

4) Jacy Christiansen, Mia Aghaji, Meghan Burggraf, Jennifer Klugh
11:58.50 1/21/12 VT

5) Torree Scull (3:38.90), Bailey Reeves (57.80), Delaney McDowell (2:16.33), Hannah Scherlacher (5:08.91) 12:01.92 2/26/16 VT/Big South

6) Hannah Scherlacher (3:46.7), Mary Witmer (56.9), Meghan Burggraf (2:10.2), Katie Russo (5:09.8) 12:04.07 2/28/14 VT/Big South

7) Samantha Pelletier, Christina Henry, Rebecca Parsons, Heather Sagan
12:06.80 1/26/02 UNC

8) Katie Russo, Kylie McMichael, Meghan Burggraf, Betel Yosef
12:14.49 2/24/12 VT/Big South

9) Melissa Blackstone, Katie Butler, Sarah Pettit, Rebecca Parsons
12:15.73 3/2/02 ECAC

10) Torree Scull (3:50.8), Bailey Reeves (57.6), Delaney McDowell (2:12.1), Kat Bouton (5:18.7) 12:19.46 2/5/16 Penn State

Long Jump

1) Gina Gibson	19-1.25	2/23/85	GMU
2) Robin Williams	19-0.75	2/20/00	VT/Big South
t3) Kena Butts	19-0.5	2/21/04	VT/Big South
t3) Charlene Hibbert	19-0.5	2/19/05	VT/Big South
t3) Arlene Zelinskas	19-0.5	2/17/07	Clemson/Big South
6) Danielle McNaney	18-11.75	2/16/02	VT/Big South
7) Dana Mercer	**18-11.25**	**1/30/16**	**Liberty**
t8) Oasis Hernandez	**18-7**	**12/5/13**	**Liberty**
t8) Alyssa Pegues	18-7	2/24/11	Clemson/Big South
10) Jonisha Saunders	18-5.75	3/1/03	VT

Triple Jump

1) Jonisha Saunders	40-7.75	3/1/03	VT
2) Janae Jones	**40-5.5**	**3/1/14**	**VT/Big South**
3) Mia Aghaji	40-2.25	2/24/12	VT/Big South
4) Melissa Rohwer	40-0.75	3/1/14	VT/Big South
5) Oasis Hernandez	**39-11.25**	**3/8/14**	**Boston/ECAC**
6) Alyssa Pegues	39-5.75	2/13/10	Arkansas
7) Anna-Kate Jarman	39-2.25	2/23/96	Fork Union
8) Charlene Hibbert	38-7.75	12/2/06	Liberty
9) Amy Sturgill	38-7.25	2/16/99	VCU
10) Candace Lee	37-6	12/5/98	VMI

High Jump

1) Kena Butts	5-10.75	2/5/05	Liberty
2) Arlene Zelinskas	5-8.75	3/3/07	Boston/ECAC
t3) Mia Aghaji	5-8	2/10/12	Boston
t3) Erin Zappia	**5-8**	**2/27/16**	**VT/Big South**
t5) Riley Brandon	5-6	2/17/14	Liberty
t5) Danielle McNaney	5-6	1/26/02	UNC
t5) Kylie Polsgrove	**5-6**	**2/26/16**	**VT/Big South**
t8) Anna-Kate Jarman	5-5.75	2/8/97	GMU
t8) Kristen Willeford	5-5.75	2/8/13	Liberty
t10) Audrey Bamford	5-5.25	12/1/12	Liberty
t10) Christina Mitchell	5-5.25	Two times	

Pole Vault

1) Andrea Wildrick	14-0	2/8/02	CNU
2) Mariel Finger	**12-9.5**	**2/12/16**	**Liberty**
3) Rachel Houseknecht	12-5.5	Two times	
4) Jessie Glynn	**12-3.5**	**3/7/15**	**Boston/ECAC**
t5) Aimee Riley	12-1.5	2/11/05	VT
t5) Shelley Parker	12-1.5	Two times	
7) Audrey Rabe	**11-11.75**	**12/3/14**	**Liberty**
8) Brooke Shelton	11-9.75	2/13/15	Liberty
9) Liz Robertson	11-8	2/25/00	VT
10) Rachael Fasana	11-5.75	12/3/15	Liberty

Shot Put

1) Mychelle Cumings	53-5.5	3/1/14	VT/Big South
2) Rachel Barnes	45-1.75	2/17/14	Liberty
3) Jocelyn Williams	44-11.5	2/26/15	Winston-Salem/Big South
4) Dasiana Larson	**44-4.75**	**2/12/16**	**Birmingham**
5) Emily Woods	44-2.75	1/21/12	VT
6) Jennifer Nicholson Smith	44-1.5	3/1/14	VT/Big South
7) Caitlyn Sutterfield	43-10.75	12/2/06	Liberty
8) Pam Pollock	43-6	3/18/83	UNC
9) Tracy Tyler	42-6	2/7/04	VMI
10) Tiffany Brizzi	42-2.25	2/24/90	VT

20lb Weight

1) Jocelyn Williams	67-5.5	2/28/14	VT/Big South
2) Melinda Bendik	56-9.5	2/24/12	VT/Big South
3) Dasiana Larson	**56-1.75**	**2/26/16**	**VT/Big South**
4) Caitlyn Sutterfield	54-0.5	1/27/07	Liberty
5) Mychelle Cumings	52-5.5	1/25/13	Liberty
6) Catherine Oyarzun	**52-1.75**	**2/5/16**	**Penn State**
7) Holly Arey	**51-11.25**	**2/26/16**	**VT/Big South**
8) Jennifer Nicholson Smith	51-5.5	2/27/15	Winston-Salem/Big South
9) Keri Wallace	50-1	12/8/00	LC
10) Bari Minter	49-2.25	2/8/13	Liberty

Pentathlon

1) Arlene Zelinskas	3,882	1/26/07	Liberty
2) Danielle McNaney	3,822	3/5/05	Boston/ECAC
3) Riley Brandon	3,753	3/6/15	Boston/ECAC
4) Erika Jackson	3,706	3/4/16	Boston/ECAC
5) Christina Mitchell	3,651	3/5/11	Boston/ECAC
6) Audrey Bamford	3,609	2/17/14	Liberty
7) Marie Williams	3,607	3/7/09	Boston/ECAC
8) Robin Williams	3,522	2/21/01	VCU
9) Kylie Polsgrove	**3,427**	**3/4/16**	**Boston/ECAC**
10) DaNae Carlson	3,380	2/7/03	CNU

Women's Outdoor

100m

1) Abigail Flower	11.57w	4/19/13	Liberty/Big South
2) Panthera Seymour	11.68	5/11/00	Liberty
3) Andrea Beckles	11.74w	4/4/09	Liberty
4) Kate Flower	11.76w	5/4/16	Liberty
5) Ardra Samuel	11.82w	4/19/97	UMBC/Big South
6) Meme Layne	11.85w	4/7/12	Liberty
7) Alyssa Pegues	11.90w	4/8/11	Texas Relays
t8) Mynique Robinson	11.96	5/6/04	Liberty
t8) Olivia Davis	11.96	4/29/15	Liberty
10) Oasis Hernandez	**11.97w**	**5/1/14**	**Liberty**

200m

1) Abigail Flower	23.48w	4/19/13	Liberty/Big South
2) Panthera Seymour	23.91	5/6/00	GMU
3) Andrea Beckles	24.19w	4/4/09	Liberty
4) Ardra Samuel	24.23w	4/19/97	UMBC/Big South
5) Charlene Hibbert	24.27	4/21/07	Liberty/Big South
6) Erin Edmond	24.29	5/12/16	Liberty/Big South
7) Christina Henry	24.31	5/9/02	Liberty
8) Olivia Charnuski	24.38	3/19/11	Coastal Carolina
9) Kate Flower	24.46	5/10/16	Liberty/Big South
10) Nicole Leonzo	**24.50**	**5/4/16**	**Liberty**

400m

1) Jaime Watson	53.61	4/17/10	CSU/Big South
2) Erin Edmond	54.08	5/12/16	Liberty/Big South
3) Gina Turner	54.68	4/11/92	Duke
4) Chenoa Freeman	54.79	5/17/08	Princeton/ECAC
5) Fadhila Samuel	55.00	5/21/94	GMU/ECAC
6) Ansley Gebben	55.03	5/16/15	High Point/Big South
7) Olivia Behymer	**55.42**	**4/2/16**	**High Point**
8) Nicole Leonzo	**55.50**	**5/4/16**	**Liberty**
9) Charlene Hibbert	55.67	5/18/07	LC
10) Ardra Samuel	55.73	5/24/97	GMU/ECAC

800m

1) Jaime Watson	2:06.09	5/1/10	Stanford
2) Meghan Burggraf	2:07.09	4/5/14	Stanford
3) Heather Sagan	2:08.00	4/13/02	LC
4) Ansley Gebben	2:08.41	5/12/16	Liberty/Big South
5) Delaney McDowell	**2:08.59**	**4/22/16**	**Virginia**
6) Amy Teer	2:08.80	6/23/98	Vancouver, B.C.
7) Annie Fairchild	2:11.04	5/16/87	N.C. State
8) Rebekah Ricksecker	2:11.20	5/1/08	Liberty
9) Sue Andrew	2:11.28	5/11/85	Tennessee
10) Renae Reimer	2:13.00	4/21/84	Navy

1500m

1) Heather Sagan	4:14.71	6/1/02	LSU/NCAA
2) Sue Andrew	4:22.62	5/25/85	Cal. St./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	SE Miss./NCAA II
6) Jacy Christiansen	4:31.47	5/16/15	High Point/Big South
7) Torree Scull	**4:32.19**	**4/15/16**	**High Point**
8) Hailey Neal	4:33.13	4/30/11	Radford
9) Ednah Kurgat	4:33.85	4/24/15	Radford
10) Katie Albright	4:34.32	3/29/08	Liberty

Mile

1) Heather Sagan	4:37.53	4/20/02	Penn Relays

3000m

1) Heather Sagan	9:34.54	3/16/02	UNC 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	CCU
5) Carol Jefferson	10:06.81	3/21/08	CCU
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

3000m Steeplechase

1) Piper Newby	10:35.19	5/26/07	Florida/NCAA Reg.
2) Hailey Neal	10:58.31	4/22/10	Penn Relays
3) Betel Yosef	11:01.13	4/19/13	Liberty/Big South
4) Alyssa Karle	**11:05.82**	**5/11/16**	**Liberty/Big South**
5) Kat Bouton	**11:12.06**	**5/11/16**	**Liberty/Big South**
6) Rebekah Wahlquist	11:24.11	4/21/06	CCU/Big South
7) Jessica Gass	11:29.22	4/19/13	Liberty/Big South
8) Lucy LeBaron	11:34.94	4/20/01	Liberty/Big South
9) Dacia Bushman	11:40.98	3/29/08	Liberty
10) Sally McEnany	11:42.60	5/5/04	GMU

5000m

1) Ednah Kurgat	15:48.63	4/15/16	Mt. SAC Relays
2) Ashley Osborne	16:31.00	5/14/10	Princeton/ECAC
3) Jacy Christiansen	16:45.99	4/4/14	Stanford
4) Carol Jefferson	16:50.86	5/25/07	Florida/NCAA Reg.
5) Khristina Kanagy	17:00.93	5/10/13	Princeton/ECAC
6) Jennifer Klugh	17:25.87	4/21/12	CCU/Big South
7) Dacia Bushman	17:29.81	4/23/11	VMI/Big South
8) Danielle Jordan	17:36.68	4/2/05	LU Twilight
9) Samantha Pelletier	17:39.43	4/2/05	LU Twilight
10) Piper Newby	17:41.06	4/21/07	Liberty/Big South

10000m

1) Ashley Osborne	34:00.60	5/1/10	Stanford
2) Carol Jefferson	34:37.27	4/26/07	Penn Relays
3) Ednah Kurgat	34:38.75	3/27/15	Raleigh Relays
4) Dacia Bushman	35:15.84	3/25/11	Raleigh Relays
5) Khristina Kanagy	35.21.97	3/29/13	Raleigh Relays
6) Jacy Christiansen	36:24.50	4/17/14	Winthrop/Big South
7) Meredith Mistretta	36:57.22	3/30/13	Raleigh Relays
8) Tracy Hoare	37:08.50	3/30/01	Raleigh Relays
9) Nancy Knowles	37:36.2h	4/14/84	Messiah College
10) Tammi Green	37:37.16	3/26/99	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	

100m Hurdles

1) Olivia Charnuski	13.65w	4/29/10	Liberty
2) Delethea Quarles	13.5h	4/29/89	Penn Relays
3) Arlene Zelinskas	13.78w	5/4/06	Liberty
t4) Brittney Webley	14.03w	5/1/13	Liberty
t4) Robin Williams	14.03	4/20/01	Liberty/Big South
6) Holly Deem	14.12	3/20/98	Florida State
7) Danielle McNaney	14.14	6/10/05	Sacramento/NCAA
8) Rachel Houseknecht	14.23	3/24/12	Virginia
9) Marie Williams	14.40	5/15/09	Princeton/ECAC
10) Erika Jackson	14.44	5/10/16	Liberty/Big South

400m Hurdles

1) Mary Witmer	**59.92**	**5/16/15**	**High Point/Big South**
2) Ansley Gebben	60.32	4/19/14	Winthrop/Big South
3) Danielle McNaney	60.57	4/16/05	VMI/Big South
4) Holly Deem	60.93	3/22/97	Florida State
5) Brittney Webley	60.97	5/11/13	Princeton/ECAC
6) Arlene Zelinskas	61.27	4/18/06	VMI/Big South
7) Marie Williams	61.96	4/18/09	Radford/Big South
8) Katie Butler	62.28	5/5/01	Liberty
9) Audrey Ebanks	62.30	4/12/96	Duke
10) Robin Williams	62.38	4/20/01	Liberty/Big South

Shuttle Hurdle Relay

1) Olivia Charnuski, Krystle Matthews, Rachel Houseknecht, Christina Mitchell
58.77 3/11/11 CCU

2) Marie Williams, Olivia Charnuski, Krystle Matthews, Rachel Houseknecht
59.10 4/24/09 Penn Relays

3) Danielle McNaney, Tessa Sturgill, Anna Goudeau, Arlene Zelinskas
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

4x100m Relay

1) Nicole Leonzo, Kate Flower, Dana Mercer, Erin Edmond
45.60 5/12/16 Liberty/Big South
2) Dana Mercer, Abigail Flower, Olivia Davis, Kate Flower
45.68 5/16/15 High Point/Big South
3) Enajah Winbush, Abigail Flower, Kate Flower, Olivia Davis
45.81 4/11/15 Duke
4) Meme Layne, Abigail Flower, Olivia Charnuski, Alyssa Pegues
45.90 4/7/12 Liberty
5) Sherri Spruel, Abigail Flower, Olivia Charnuski, Alyssa Pegues
45.92 4/21/12 CCU/Big South
6) Andrea Beckles, Charlene Hibbert, Tra' Screen, Arlene Zelinskas
45.95 4/21/07 Liberty/Big South
7) Olivia Charnuski, Alyssa Pegues, Chenoa Freeman, Andrea Beckles
46.05 5/16/09 Princeton/ECAC
8) Melanie Sims, Chenoa Freeman, Olivia Charnuski, Alyssa Pegues
46.19 5/16/10 Princeton/ECAC
9) Sherri Spruel, Abigail Flower, Olivia Charnuski, Meme Layne
46.27 3/24/12 Virginia
10) Nicole Leonzo, Kate Flower, Olivia Behymer, Erin Edmond
46.37 4/22/16 Virginia

4x200m 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

4x400m Relay

1) Marie Williams (56.3), Tra' Screen (55.5), Charlene Hibbert (54.1), Chenoa Freeman (54.8) 3:41.00 5/13/07 Princeton/ECAC
2) 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
3) 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
4) Nicole Leonzo (55.8), Ansley Gebben (56.4), Delaney McDowell (58.0), Erin Edmond (54.3) 3:44.79 4/2/16 Texas Relays
5) Olivia Behymer (56.6), Corinn Bedell (56.4), Mary Witmer (57.84), Ansley Gebben (54.83) 3:45.79 5/16/15 High Point/Big South
6) Ansley Gebben (56.3), Mary Witmer (56.3), Corinn Bedell (57.1), Meghan Burggraf (56.3) 3:46.56 3/28/14 Texas Relays
7) Holly Deem (57.4), Audrey Ebanks (56.8), Ardra Samuel (55.7), Regina McFarland (57.1) 3:47.36 5/18/96 GMU/ECAC
8) Christina Schlesinger (59.3), Danelle DeKrey (56.5), Robin Williams (56.3), Kodi Pollard (55.5) 3:47.93 5/19/01 Princeton/ECAC
9) Holly Deem (57.6), Kay Chandler (56.4), Regina McFarland (57.8), Ardra Samuel (56.0) 3:47.97 3/21/97 Florida State
t10) Charlene Hibbert (57.8), Tra' Screen (56.1), Kena Butts (57.6), Jaime Watson (56.3) 3:48.01 3/18/06 UNCC
t10) Corinn Bedell (57.8), Mary Witmer (57.0), Kate Flower (58.4), Ansley Gebben (54.8) 3:48.01 4/11/15 Duke

4x800m 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

4x1500m 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

Sprint Medley Relay

1) 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

2) Panthera Seymour, Christina Schlesinger, Kodi Pollard, Heather Sagan
3:57.43 3/17/01 Disney Relays

3) 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

4) 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

5) 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

6) Alyssa Pegues, Olivia Charnuski, Mia Aghaji, Meghan Burggraf
4:01.02 4/8/11 Texas Relays

7) Arlene Zelinskas, Charlene Hibbert, Chenoa Freeman, Jaime Watson
4:02.15 4/27/07 Penn Relays

8) Erica Gaesser, Charlene Hibbert, Jenni Santino, Melissa Blackstone
4:02.78 3/17/05 FSU Relays

9) Mari Kong, Panthera Seymour, Jaquay Reid, Amy Teer
4:04.37 3/28/98 Raleigh Relays

10) Mari Kong (24.7), Christi Barefield (25.9), Regina McFarland (57.1), Laura Gosselin (2:21.0) 4:04.59 3/16/96 Florida State

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) 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

4) 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

5) Rebekah Ricksecker, Charlene Hibbert, Sarah Roberts, Katie Albright
11:49.20 3/21/08 CCU

6) Tracy Tidwell, Renee Hawkins, Lori Lingenfelter, Annie Fairchild
11:52.73 3/18/88 Florida State

7) 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

8) 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

9) Melissa Blackstone, Erica Gaesser, Andrea Andrews, Rebecca Parsons
12:00.86 4/22/04 Penn Relays

10) Esther Mills (3:43.1), Fadhila Samuel (56.4), J'Amie Cowann (2:24.9), Urlene Dick (5:06.9) 12:11.47 3/19/93 Florida State

Long Jump

1) Gina Gibson	20-0.25	5/26/84	SE Miss.
t2) Danielle McNaney	19-6.25	5/18/02	Princeton/ECAC
t2) Charlene Hibbert	19-6.25	4/20/06	CCU/Big South
4) Kena Butts	19-5.25	4/15/05	VMI/Big South
5) Robin Williams	19-2.25	5/4/01	Liberty
6) Jonisha Saunders	19-1.25	4/4/03	Liberty
7) Melissa Rohwer	19-0w	4/18/13	Liberty/Big South
8) Mia Aghaji	18-10.5	4/19/12	CCU/Big South
9) Alyssa Pegues	18-9.75	4/21/11	VMI/Big South
10) Dana Mercer	**18-9.25**	**3/21/15**	**Virginia**

Triple Jump

1) Mia Aghaji	42-1.25w	5/13/12	Princeton/ECAC
2) Janae Jones	**41-2.25**	**5/16/15**	**High Point/Big South**
3) Oasis Hernandez	**41-0.5**	**5/8/14**	**Roanoke**
4) Melissa Rohwer	40-5.5	5/1/13	Liberty
t5) Anna-Kate Jarman	39-8.5	3/15/96	Florida State
t5) Amy Sturgill	39-8.5	4/10/99	Liberty
7) Alyssa Pegues	39-6	4/21/12	CCU/Big South
8) Candace Lee	39-4	4/10/99	Liberty
9) Jonisha Saunders	38-7.5	3/28/03	Raleigh Relays
10) Kena Butts	38-3.5	4/23/06	CCU/Big South

High Jump

1) Kena Butts	5-10	4/16/05	VMI/Big South
2) Mia Aghaji	5-9.25	4/20/12	CCU/Big South
3) Arlene Zelinskas	5-8.75	4/21/07	Liberty/Big South
t4) Danielle McNaney	5-7	4/19/02	Liberty/Big South
t4) Marie Williams	5-7	4/17/09	Radford/Big South
t4) Kylie Polsgrove	**5-7**	**5/10/16**	**Liberty/Big South**
t7) Kristen Willeford	5-6	4/26/14	Radford
t7) Erin Zappia	**5-6**	**5/11/16**	**Liberty/Big South**
t9) Riley Brandon	5-5	4/20/12	CCU/Big South
t9) Christina Mitchell	5-5	4/15/10	CSU/Big South
t9) Delethea Quarles	5-5	5/18/88	Angelo St./NCAA II
t9) Marianne Wheeler	5-5	Five times	

Pole Vault

1) Andrea Wildrick	14-3.25	6/9/02	USATF
2) Jessie Glynn	**13-1.75**	**4/24/15**	**Radford**
3) Shelley Parker	12-7.5	4/22/11	VMI/Big South
4) Mariel Finger	**12-3.5**	**4/22/16**	**Virginia**
5) Brooke Shelton	12-0.5	4/29/15	Liberty
t6) Aimee Riley	12-0	5/27/05	NCAA Reg.
t6) Elisabeth Robertson	12-0	3/11/00	Coastal Carolina
8) Rachel Houseknecht	11-11.75	Two times	
t9) Rachael Fasana	11-5.75	3/25/16	Winthrop
t9) Nicole Iovine	11-5.75	4/3/04	Liberty

Shot Put

1) Mychelle Cumings	51-2.75	5/13/12	Princeton/ECAC
2) Rachel Barnes	45-7.25	4/5/14	Liberty
3) Dasiana Larson	**44-9**	**4/15/16**	**High Point**
4) Pam Pollock	43-11.75	4/24/82	E.C. Glass
5) Amy Rodriguez	42-6.75	3/20/98	Florida State
6) Caitlyn Sutterfield	42-2.75	3/24/07	LC
7) Jennifer Nicholson Smith	42-0	4/18/14	Winthrop/Big South
8) Tracy Tyler	41-2.25	5/5/05	Liberty
9) Holly Arey	**41-1.5**	**5/12/16**	**Liberty/Big South**
10) Jocelyn Williams	40-11.75	4/6/13	Liberty

Discus

1) Mychelle Cumings	167-0	4/7/12	Liberty
2) Jennifer Nicholson Smith	164-11	3/29/14	Texas Relays
3) Jocelyn Williams	163-10	3/30/13	Texas Relays
4) Holly Arey	**151-11**	**4/2/16**	**High Point**
5) Janet Rorer	151-8	5/28/92	UNC
6) Kelly Lyle	144-3	4/27/89	Penn Relays
7) Melinda Bendik	142-9	4/3/10	Liberty
8) Caitlyn Sutterfield	142-5	4/23/06	CCU/Big South
9) Devon Parks	140-10	4/20/01	Liberty/Big South
10) Keri Wallace	133-9	4/20/01	Liberty/Big South

Javelin

1) Christina Mitchell	152-9	4/19/13	Liberty/Big South
2) Yana Babbitt	144-5	4/24/15	Penn Relays
3) Brenna Smith	**140-10**	**4/24/15**	**Radford**
4) Lacey Cunningham	140-5	3/17/07	Coastal Carolina
5) Kylene Helman	140-3	4/21/01	Liberty/Big South
6) Danielle McNaney	140-1	4/15/04	CSU
7) Nicole Bishop	**137-10**	**3/13/15**	**Coastal Carolina**
8) Riley Brandon	136-10	5/11/16	Liberty/Big South
9) Naomi Richards	136-8	5/13/84	Virginia
10) Shannon Marrow	136-2	3/14/86	E.C. Glass

Hammer

1) Melinda Bendik	202-7	5/26/12	UNF/NCAA Prelim Rd.
2) Jocelyn Williams	200-10	5/16/15	High Point/Big South
3) Dasiana Larson	**185-5**	**5/4/16**	**Liberty**
4) Jennifer Nicholson Smith	184-8	5/16/15	High Point/Big South
5) Catherine Oyarzun	**180-2**	**5/11/16**	**Liberty/Big South**
6) Keri Wallace	171-4	4/19/02	Liberty/Big South
7) Holly Arey	**163-5**	**4/15/16**	**High Point**
t8) Mychelle Cumings	156-10	4/6/12	Liberty
t8) Caitlyn Sutterfield	156-10	4/24/04	VT
10) Amy Rodriguez	155-4	4/18/98	Liberty/Big South

Heptathlon

1) Danielle McNaney	5,504	4/27/05	Penn Relays
2) Arlene Zelinskas	5,242	5/12/07	Princeton/ECAC
3) Delethea Quarles	5,116	4/26/89	Penn Relays
4) Erika Jackson	5,056	4/14/16	Azusa Pacific
5) Marie Williams	4,985	5/16/09	Princeton/ECAC
6) Christina Mitchell	4,968	4/7/11	Texas Relays
7) Riley Brandon	4,926	5/17/14	Princeton/ECAC
8) Robin Williams	4,922	5/5/01	Liberty
9) Kylie Polsgrove	**4,875**	**5/11/16**	**Liberty/Big South**
10) Krystle Matthews	4,751	4/3/10	Liberty