

Lebanon Valley College

Women's Indoor Track & Field Record Book

Current as of 3/1/2010

55m Dash

LVC Record:	Jenn Nauss	7.44	1995
ASC Record:	Laura Morland (Unattached)	7.42	1996
	Devan Cool (Schuylkill Valley H.S.)	7.16	2008
	Fatima Gaston (Reading H.S.)	7.16	2008

Top 10 Performers

1	Jenn Nauss	7.44	1995
2	Johanna Walker	7.55	2/20/2010
3	Eileen Golias	7.61	2002
4	Allix Sanders	7.63	2/27/2010
5	Jana Romlein	7.64	1998
6	Meredith Roberts	7.74	2000
7	Jenn Reilly	7.78	2008
8	Tara Ruhl	7.79	2000
9	Stacey Adair	7.86	2003
10	Danielle Stoveken	7.91	1999

55m Hurdles

LVC Record:	Johanna Walker	8.79	2/27/2010
ASC Record:	Sharon Edmunds (Catonsville)	8.44	1994
	Kathy Lauletta (Widener)	8.44	1994

Top 10 Performers

1	Johanna Walker	8.79	2/27/2010
2	Chanel Payne	9.04	2002
3	Jana Romlein	9.05	1998
4	Bryn Metcalf	9.15	1984
5	Nicole Gallo	9.36	2/14/2009
6	Emily Allison	9.37	2008
7	Kelsey Sherman	9.48	2/21/2009
8	Cori Nolen	9.50	1998
9	LaToya Stewart	9.54	2005
10	Jenn Hersey	9.69	1997

200m Dash

LVC Record:	Jenn Nauss	26.54	1997
ASC Record:	Jenn Nauss	27.07	1996
	Alysha Cook (Harrisburg H.S.)	26.84	2007

Top 10 Performers

1	Jenn Nauss	26.54	1997
2	Johanna Walker	26.89	2/28/2009
3	Kelly Hilbert	27.58	2006

4	Eileen Golias	27.74	2002
5	Allix Sanders	27.78	2/27/2010
6	Natalie Goodfellow	27.91	2006
7	Tara Ruhl	28.31	1999
8	Stacey Adair	28.33	2003
9	Jana Romlein	28.71	1999
10	Meredith Roberts	28.76	2000

300m Dash

LVC Record:	Allix Sanders	45.28	1/30/2010
ASC Record:	Allix Sanders	45.28	1/30/2010

Top 10 Performers

1	Allix Sanders	45.28	1/30/2010
2	Meggy McLean	45.54	2/20/2010
3	Emily Allison	47.17	2006
4	Cheryl Beezup	52.74	2000

400m Dash

LVC Record:	Kelly Hilkert	01:00.2	2006
ASC Record:	Jan Meyer (TCNJ)	1:01.84	1991
	Sharon Edmunds (Catonsville)	1:01.84	1993
	Nicole Heck (Garden Spot H.S.)	59.55	2003

Top 10 Performers

1	Kelly Hilkert	1:00.17	2005
2	Jenn Nauss	1:01.54	1997
3	Jana Romlein	1:01.87	2000
4	Stacey Adair	1:03.67	2004
5	Natalie Goodfellow	1:03.88	2006
6	Kerri Gasser	1:05.02	1999
7	Allix Sanders	1:05.03	2/13/2010
8	Stacey Rivenburg	1:05.57	2001
9	Alisha Farrell	1:05.72	12/5/2009
10	Joann Giannettino	1:05.84	1990

500m Dash

LVC Record:	Holly Feeser	1:24.87	2006
ASC Record:	Ashley Suermann (Catholic)	1:26.06	1/30/2010

Top 10 Performers

1	Holly Feeser	1:24.87	2006
2	Miranda Klinger	1:28.87	1/30/2010
3	Heidi Allison	1:34.50	2006

800m Run

LVC Record:	Cindy Sladek	02:24.9	1988
ASC Record:	Heidi Wolfsberger (Moravian)	2:22.86	1999

Top 10 Performers

1	Cindy Sladek	2:24.90	1988
2	Megan Long	2:25.15	2/27/2010
3	Sarah Abbott	2:25.79	2007
4	Holly Feeser	2:25.99	2007
5	Jamie Reynolds	2:27.99	2004
6	Liz Shover	2:30.50	2000
7	Jenn Cronin	2:34.64	1/31/2009
8	Jen Lazarski	2:36.62	2006
9	Alisha Ferrell	2:36.83	3/6/2010
10	Stacey Rivenburg	2:38.63	2001

1000m Run

LVC Record:	Holly Feeser	3:20.27	2006
ASC Record:	n/a	n/a	n/a

Top 10 Performers

1	Holly Feeser	3:20.27	2006
2	Melissa Black	3:34.13	1998
3	Michelle Walmsley	3:41.80	1998
4	Kelly Ulrich	3:44.60	1998

1500m Run

LVC Record	Cindy Sladek	04:57.7	1988
ASC Record:	Heidi Wolfsberger (Moravian)	4:49.38	2000

Top 10 Performers

1	Cindy Sladek	4:57.74	1988
2	Shannon Gamble	5:19.29	2002
3	Melissa Black	5:22.64	1998
4	Leah Bergey	5:26.82	2002
5	Mary Frey	5:28.75	1995
6	Jen Smith	5:31.24	1995
7	Maria DeLiberato	5:32.68	1997
8	Joanna Bissell	5:33.78	2000
9	Kodie Morrison	5:40.51	2007
10	Deanna Sanders	5:42.24	1991

1 Mile Run

LVC Record:	Megan Long	5:17.48	2/13/2010
ASC Record:	Jenn Cronin	5:27.90	1/31/2009

Top 10 Performers

1	Megan Long	5:17.48	2/13/2010
2	Jenn Cronin	5:25.79	2008
3	Holly Feeser	5:58.68	2007
4	Emily DeVivo	6:18.33	2/14/2009
5	Kate Anderson	6:22.64	2/13/2010
6	Brianna Eroh	6:48.62	2/21/2009

3000m Run

LVC Record:	Jenn Cronin	10:18.51	3/8/2009
ASC Record:	Tara Wartman (Moravian)	10:45.60	1997

Top 10 Performers

1	Jenn Cronin	10:18.51	3/8/2009
2	Megan Long	10:40.58	3/6/2010
3	Kelly Stewart	11:15.50	2000
4	Melissa Black	11:41.12	1998
5	Deb Popper	11:42.24	1993
6	Shannon Gamble	12:01.00	2002
7	Leah Bergey	12:02.60	2002
8	Jessica Sweitzer	12:03.70	2002
9	Maria DeLiberato	12:07.90	1997
10	Anna Malocu	12:17.90	1999

5000m Run

LVC Record:	Jenn Cronin	18:24.08	2/28/2009
ASC Record:	Emily Shertzer (Moravian)	18:25.61	2000

Top 10 Performers

1	Jenn Cronin	18:24.08	2/28/2009
2	Kelly Stewart	19:07.42	2000
3	Amanda Pone	21:37.78	2/21/2009
4	Emily DeVivo	21:41.83	2/21/2009
5	Kodie Morrison	22:35.60	2004
6	Brittany Dukeman	22:50.90	2006

4x200m Relay

LVC Record:	Allix Sanders, Katie Evison Meggy McLean, Johanna Walker	1:50.00	2/27/2010
ASC Record:	Kertesz, Blake, Learn, Stausberger (Moravian)	1:53.05	1997
	n/a (Harrisburg H.S.)	1:52.54	2007

Top 10 Performers

1	Allix Sanders, Katie Evison Meggy McLean, Johanna Walker	1:50.00	2/27/2010
2	Allix Sanders, Alisha Farrell Meggy McLean, Johanna Walker	01:53.0	1/23/2010
3	Allix Sanders, Katie Evison Meggy McLearn, Miranda Klinger	1:53.48	2/13/2010
4	Danielle Stoveken, Jenn Hershey, Tara Ruhl, Jana Romlein	1:53.72	1999
5	Allix Sanders, Nicole Barra Meggie McLean, Katie Evison	1:53.81	12/5/2009
6	Meredith Roberts, Lexi Smith, Kerri Gasser, Jana Romlein	1:54.59	2000
7	Kelly Hilkert, Emily Allison,	1:55.07	2006

8	LaToya Stewart, Natalie Goodfellow Kelly Hilkert, Megan Risser, Brittany Dukeman, LaToya Stewart	1:55.26	2005
9	Stacey Adair, Kelly Hilkert, Sarah O'Connell, LaToya Stewart	1:55.80	2003
10	Cori Nolan, Kim Dotson Jana Romlein, Jenn Hershey	1:55.89	1998

4x400m Relay

LVC Record:	Keri Gasser, Liz Shover, Stacey Adair, Jana Romlein	4:22.08	2000
ASC Record:	n/a (Catholic)	4:18.74	1992

Top 10 Performers

1	Kerri Gasser, Liz Shover, Stacey Adair, Jana Romlein Allix Sanders, Meggy McLean	4:22.08	2000
	Miranda Klinger, Megan Long	4:22.85	2/27/2010
2	Emily Allison, Kelly Hilkert, Jen Lazarski, Natalie Goodfellow	4:24.82	2006
3	Emily Allison, Jen Lazarski, Brittany Dukeman, Kelly Hilkert	4:26.23	2006
4	Allison Conety, Kelly Hilkert, Megan Risser, Brittany Dukeman	4:29.37	2005
5	Heidi Allison, Emily Allison, Tracey Fortugno, Holly Feeser	4:31.10	2007
6	Allix Sanders, Miranda Klinger, Alisha Farrell, Megan Long	4:33.56	1/30/2010
7	Natalie Goodfellow, Kelly Hilkert, Tracy Myers, Emily Allison	4:33.37	2006
8	Johanna Walker, Allix Sanders Nicole Gallo, Miranda Klingler	4:34.27	2/28/2009
9	Allix Sanders, Megan Long Miranda Klinger, Johanna Walker	4:38.86	2/14/2009
10	Jenn Hershey, Jana Romlein, Eileen Golias, Tara Ruhl	4:46.01	1999

4x800m Relay

LVC Record:	Tiffany Frederick, Amy Willow Emily DeVivo, Lauren Johnson	10:35.28	2/28/2009
ASC Record:	Wartman, Rebeck, Hornberger, Page (Moravian)	10:00.33	1996

Top 10 Performers

1	Megan Long, Amy Willow Emily DeVivo, Lauren Johnson	10:35.28	2/28/2009
2	Jen Lazarski, Brittany Dukeman, Allison Conety, Holly Feeser	10:45.90	2006

3	Leah Bergey, Shannon Gamble, Jessica Sweitzer, Liz Shover	10:46.76	2002
4	Melissa Black, Laura Curtis, Kristi Riley, Joanna Bissell	10:56.31	2000
5	Joanna Bissel, Kelly Ulrich, Cheryl Beezup, Maria DeLiberato	11:47.70	1999
6	Kelly Ulrich, Maria DeLiberato, Nicole Dreger, Michelle Walmsley	11:59.80	1998
7	Michelle Walmsley, Maria DeLiberato, Anna Malocu, Nicole Dreger	12:20.47	1998

Distance Medley Relay

LVC Record:	Megan Long, Tiffany Frederick Lauren Johnson, Jenn Cronin	12:34.49	3/6/2009
ASC Record:	Hornberger, Williams, Grabowski, Wartman (Moravian)	13:18.24	1998

Top 10 Performers

1	Megan Long, Tiffany Frederick Lauren Johnson, Jenn Cronin	12:34.49	3/6/2009
2	Holly Feeser, Emily Allison, Amanda Cabbage, Sarah Abbott	13:32.21	2007
3	Michelle Walmsley, Cheryl Beezup, Anna Malocu, Maria DeLiberato	14:45.26	1999
4	Kate Anderson, Kelsey Wallen Rachel Lindt, Emily Devivo	14:53.85	2/27/2010
5	Maria DeLiberato, Anna Malocu, Nicole Dreger, Michelle Walmsley	15:07.36	1998

Sprint Medley Relay

LVC Record:	Jana Romlein, Meredith Roberts, Stacey Adair, Liz Shover	4:47.04	2000
ASC Record:	n/a	n/a	n/a

Top 10 Performers

1	Jana Romlein, Meredith Roberts, Stacey Adair, Liz Shover	4:47.04	2000
2	Emily Allison, Jenn Reilly Ashley Collins, Amanda Cabbage	4:47.85	2008

Pole Vault

LVC Record:	Ashley Weaver	10-6	2008
ASC Record:	Ashley Weaver	10-0	1/30/2010
	Tory Toso (Wilson H.S.)	11-0	2007

Top 10 Performers

1	Ashley Weaver	10-6	2008
2	Amy Wagner	10-0	2002, '03, '04

3	Tracey Fortugno	9-6 1/4	2/21/2009
4	Chelsea Miller	9-6	2005
4	Mandy Warner	9-6	2006
4	Alisha Farrell	9-6	2/27/2010
7	Valarie Schramm	8-0	2/27/2010
8	Christy Puthawala	7-6 1/2	2004
8	Andrea Koslowski	7-6 1/2	2/21/2009
10	Shara Kershner	7-6	2002, 2003
10	Crystal Wyman	7-6	2001

High Jump

LVC Record:	Sue Yingst	5-2	1988
	LaToya Stewart	5-2	2004, 2005
ASC Record:	Teresz Falcome (Lock Haven)	5-4	1995
	Katherine Butler (Central Dauphin H.S.)	5-4	2007
	Christy Johnson (State College H.S.)	5-4	2007
	Tiffany Hurd (Annville Cleona H.S.)	5-4	2003
	Libby Haas (Eastern York H.S.)	5-4	2003
	Amber Strouse (State College H.S.)	5-4	2003
	Brittany Whitmer (Lower Dauphin H.S.)	5-4	2008

Top 10 Performers

1	Sue Yingst	5-2	1988
1	LaToya Stewart	5-2	2004, 2005
3	Chris Gill	5-1 1/4	1992
4	Thea Roomet	5-0	1996
5	Amanda Knapp	4-10	2006
6	Sarah Fenning	4-9 3/4	2/27/2010
7	Alisha Farrell	4-9	2/27/2010
8	Jenn Reilly	4-7 1/4	2/28/2009
9	Shara Kershner	4-6	2003
10	Amy Hartman	4-4	2004

Long Jump

LVC Record:	Jenn Nauss	18-3 3/4	1995
ASC Record:	Jenn Nauss	18-3 3/4	1995

Top 10 Performers

1	Jenn Nauss	18-3 3/4	1995
2	Joann Giannettino	16-10 1/2	1987
3	Eileen Golias	16-10	2002
4	Alisha Farrell	16-7 3/4	2/27/2010
5	Lisa Landis	16-2 1/2	2004
6	Chris Gill	16-2	1993
7	Sarah Fenning	16-1 3/4	2/27/2010
7	LaToya Stewart	16-1 3/4	2005
9	Yesenia Santiago	15-11 1/2	2007
10	Bonnie Susan	15-10 1/4	2003, 2004

Triple Jump

LVC Record:	Sarah Fenning	36-4	2/27/2010
ASC Record:	Krisitn Brandt (Central Mountain)	37-0 1/4	2007
	Alexis Katchuk (Moravian)	36-7 1/4	1994

Top 10 Performers

1	Sarah Fenning	36-4	2/27/2010
2	LaToya Stewart	35-1	2005
3	Lisa Landis	33-2 1/2	2004
4	Chris Gill	33-1 3/4	1993
5	Amanda Knapp	33-1 3/4	2/28/2009
6	Eileen Golias	32-11 3/4	1999
7	Bonnie Susan	32-9	2003
8	Tricia Haesler	31-11 1/4	1991
9	Alisha Farrell	31-10 1/4	1/30/2010
10	Jenn Reilly	31-2 1/2	2008

Shot Put

LVC Record:	Ann Musser	43'11 3/4"	1999
ASC Record:	Ann Musser	43'11 3/4"	1998
	Heather Coyer (East Juniata H.S.)	48-3	1997

Top 10 Performers

1	Ann Musser	43-11 3/4	1999
2	Beth Moyer	39-3 3/4	1993
3	Sharon Possessky	38-6	1996
4	Kelly Zimmerman	33-2 1/2	1997
5	Amy Hartman	32-8 3/4	2004
6	Sherri Pursel	32-7 3/4	2001
6	Andrea Dewitt	32-7 3/4	1999
8	Amy Cavanaugh	32-6 1/2	1991
9	Katie Campbell	31-8 3/4	2/28/2009
10	Steph Derk	31-6 1/2	1/30/2010

Weight Throw

LVC Record:	Ann Musser	48'7 1/4"	1999
ASC Record:	Alyssa Catalano (F&M)	55-0	1/31/2009

Top 10 Performers

1	Ann Musser	48-7 1/4	1999
2	Kelly Zimmerman	39-3	1998
3	Amy Hartman	35-10 3/4	2006
4	Lexi Horstman	34-3 3/4	2006
5	Andrea Dewitt	33-10	1999
6	Sharon Possessky	32-11	1997
7	Jen D'Emilio	32-9 3/4	2001
8	Shaylene Scheib	32-1 1/2	2007

9	Ashley Kerstetter	31- 1/2	2004
10	Jamie Moyer	27- 1/2	2004

Indoor Pentathlon

LVC Record:	Alisha Farrell	2735	2/27/2010
ASC Record:	none		

Top 10 Performers

1	Alisha Farrell	2735	2/27/2010
2	Jenn Reilly	2041	2/28/2009

*Thanks to Marlin Fureman for initial compilation of Top 10's
Year listed is the spring of that academic year, i.e. 2008 is 2007-08*