

Lebanon Valley College

Women's Outdoor Track & Field Record Book

Current as of 5/18/2009

Hand times from 2009 on are FAT converted (+ .24)

100m Dash

LVC Record:	Jenn Nauss	12.51	1995
AF Record:	Meredith Roberts	12.54	2000

Top 10 Performers

1	Jenn Nauss	12.51	1995
2	Meredith Roberts	12.54	2000
3	Crystal Gibson	12.61	2004
4	Johanna Walker	12.63	4/4/2009
5	Eileen Golias	12.74	2002
6	Tara Ruhl	12.94	1999
7	Jenn Hershey	12.97	1999
8	Jana Romlein	13.08	1999
9	Natalie Goodfellow	13.23	2006
10	Nicole Gallo	13.32	5/1/2009

100m Hurdles

LVC Record:	Johanna Walker	15.84	5/2/2009
AF Record:	Sherise Greene (Howard CC)	15.54	2003

Top 10 Performers

1	Johanna Walker	15.84	5/2/2009
2	Chanel Payne	16.05	2002
3	Jana Romlein	16.24	1998
4	Chris Gill	16.44	1993
5	Cori Nolen	16.45	1998
6	Bryn Metcalf	16.47	1995
7	Nicole Gallo	16.42	5/2/2009
8	Kelsey Sherman	16.46	5/2/2009
9	Cheryl Beezup	16.84	1999
10	Caley Mincemoyer	16.76	2003

200m Dash

LVC Record:	Jenn Nauss	24.9	1996
AF Record:	Jamie Falcone (Western Maryland)	25.74	2000

Top 10 Performers

1	Jenn Nauss	24.90	1996
2	Johanna Walker	25.64	5/2/2009
3	Crystal Gibson	25.69	2003
4	Eileen Golias	26.34	2002
5	Jana Romlein	26.44	1999
6	Tara Ruhl	26.45	2000
7	Meredith Roberts	26.76	2000

8	Kerri Gasser	27.07	1999
9	Stacey Adair	27.36	2000
10	Natalie Goodfellow	27.43	2006

400m Dash

LVC Record:	Jenn Nauss	57.68	1996
AF Record:	Crystal Gibson	59.64	2005

Top 10 Performers

1	Jenn Nauss	57.68	1996
2	Jana Romlein	58.51	1999
3	Stacey Adair	59.21	2003
4	Crystal Gibson	59.64	2005
5	Kelly Hilkert	59.70	2006
6	Eileen Golias	1:00.62	2002
7	Kerri Gasser	1:01.64	1999
8	Johanna Walker	1:02.74	3/20/2009
9	Tara Ruhl	1:02.94	1998
10	Tiffany Frederick	1:04.01	5/1/2009

400m Hurdles

LVC Record:	Kelly Hilkert	1:03.95	2005
AF Record:	Nicole Dernowicz (Susquehanna)	1:02.74	1994

Top 10 Performers

1	Kelly Hilkert	1:03.95	2005
2	Joann Giannettino	1:04.66	1989
3	Cori Nolen	1:05.45	1998
4	Jana Romlein	1:07.44	1998
5	Bryn Metcalf	1:09.24	1995
6	Emily Allison	1:09.20	5/2/2008
7	Megan Risser	1:12.48	2005
8	Yesenia Santiago	1:12.76	4/18/2009
9	Daphne Ferster	1:12.94	1987
10	Miranda Klinger	1:15.11	5/1/2009

800m Run

LVC Record:	Cindy Sladek	2:17.28	1988
AF Record:	Vanessa Jones (Columbia Union)	2:20.70	2006

Top 10 Performers

1	Cindy Sladek	2:17.28	1988
2	Jenn Cronin	2:18.95	5/11/2009
3	Megan Long	2:21.82	5/2/2009
4	Liz Shover	2:21.85	2000
5	Holly Feeser	2:22.54	2006
6	Allison Conety	2:23.59	2006
7	Lauren Johnson	2:23.93	2008
8	Jamie Reynolds	2:24.38	2004

9	Sarah Abbott	2:29.26	2007
10	Jen Lazarski	2:30.55	2005

1500m Run

LVC Record:	Jenn Cronin	4:41.15	5/2/2009
AF Record:	Amanda Wachter (Muhlenberg)	4:53.54	1993

Top 10 Performers

1	Jenn Cronin	4:41.15	5/2/2009
2	Megan Long	4:49.56	5/2/2009
3	Cindy Sladek	4:51.24	1986
4	Kelly Stewart	4:57.93	2000
5	Kelly Ogurcak	5:06.29	2003
6	Holly Feeser	5:07.70	2006
7	Amy Willow	5:10.34	5/2/2009
8	Allison Conety	5:10.38	2006
9	Shannon Gamble	5:14.36	2002
10	Jen Bachman	5:15.24	1994

3000m Run

LVC Record	Kelly Stewart	10:30.65	2000
AF Record:	Nicole Bhala (Catholic)	10:54.9	2001

Top 10 Performers

1	Kelly Stewart	10:30.65	2000
2	Jenn Cronin	10:58.66	4/26/2008
3	Cindy Sladek	11:04.24	1986
4	Megan Long	11:05.66	4/25/2009
5	Melissa Black	11:23.47	1998
6	Jess Zarko	11:24.14	2000
7	Deb Popper	11:41.14	1994
8	Lauren Hindley	11:50.34	2000
9	Maria DeLiberato	11:52.25	1998
10	Jen Smith	11:55.90	1996

3000m Steeplechase

LVC Record:	Jenn Cronin	11:24.88	4/18/2009
AF Record:	Jen McCulley (Goucher)	12:43.7	2003

Top 10 Performers

1	Jenn Cronin	11:24.88	4/18/2009
2	Brittany Dukeman	12:38.58	5/2/2008
3	Jessica Sweitzer	13:12.84	2003

5000m Run

LVC Record:	Jenn Cronin	17:38.50	5/15/2009
AF Record:	Kelly Buriak (Hood)	20:01.0	2004

Top 10 Performers

1	Jenn Cronin	17:38.50	5/15/2009
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2	Kelly Stewart	18:27.57	2000
3	Jess Zarko	19:28.28	2000
4	Lauren Hindley	19:39.80	2000
5	Deb Popper	20:20.12	1994
6	Kelly Ulrich	20:27.32	1998
7	Maria DeLiberato	20:28.71	1997
8	Leah Bergey	20:30.01	2002
9	Lynne Heisey	20:37.24	1997
10	Melissa Black	21:03.14	1998

10000m Run

LVC Record:	Kelly Stewart	39:07.39	2000
AF Record:	Kate Paine (Messiah)	42:17.9	1998

Top 10 Performers

1	Kelly Stewart	39:07.39	2000
2	Jess Zarko	41:52.02	2000
3	Deb Popper	44:00.40	1994
4	Maria DeLiberato	44:47.29	1998
5	Amanda Pone	44:49.61	3/27/2009
6	Jen Smtih	44:54.62	1996
7	Michelle Walmsley	46:01.24	1998

4x100m Relay

LVC Record:	Eileen Golias, Meredith Roberts, Tara Ruhl, Jana Romlein	49.94	2000
AF Record:	N/A (Western Maryland)	49.74	2001

Top 10 Performers

1	Eileen Golias, Meredith Roberts, Tara Ruhl, Jana Romlein	49.94	2000
2	Eileen Golias, Tara Ruhl Kerri Gasser, Jana Romlein	50.16	1999
3	Thea Roomet, Jenn Hershey Cori Nolen, Jen Nauss	50.51	1997
4	Eileen Golias, Meredith Roberts, Stacey Adair, Jana Romlein	50.62	2001
5	Latoya Stewart, Caley Mincemoyer Stacey Adair, Crystal Gibson	50.65	2003
6	Latoya Stewart, Kelly Hilkert Jamie Reynolds, Crystal Gibson	50.69	2004
7	Nicole Gallo, Nicole Barra Allix Sanders, Johanna Walker	50.82	5/2/2009
8	Cori Nolen, Jenn Hershey Tara Ruhl, Jana Romlein	51.07	1998
9	Latoya Stewart, Kelly Hilkert Megan Risser, Crystal Gibson	51.11	2005
10	Cori Nolen, Byrn Metcalf	51.20	1995

Jenn Smith, Jenn Nauss

4x400m Relay

LVC Record:	Holly Feeser, Kelly Hilkert Julia Cupp, Natalie Goodfellow	4:06.78	2006
AF Record:	Keira Hill, Dawniell Tillman Jade Tillman, Vanessa Jones (Columbia Union)	4:10.0	2006

Top 10 Performers

1	Holly Feeser, Kelly Hilkert Julia Cupp, Natalie Goodfellow	4:06.78	2006
2	Stacey Adair, Kelly Hilkert Kelly Ogurcak, Crystal Gibson	4:07.19	2003
3	Cori Nolen, Jenn Hershey Tara Ruhl, Jana Romlein	4:08.03	1998
4	Kelly Hilkert, Megan Risser Jen Lazarski, Crystal Gibson	4:10.20	2005
5	Lauren Johnson, Tiffany Frederick Megan Long, Johanna Walker	4:12.97	4/23/2009
6	Holly Feeser, Natalie Goodfellow Julia Cupp, Allison Conety	4:13.42	2006
7	Liz Shover, Tara Ruhl Stacey Adair, Jana Romlein	4:13.91	2000
8	Patricia Haeusler, Sue Yingst Joann Giannettino, Cindy Sladek	4:14.89	1988
9	Cori Nolen, Erica Schneck Collette Drumheller, Jen Nauss	4:15.87	1996
10	Kelly Hilkert, Jamie Reynolds Brittany Dukeman, Crystal Gibson	4:17.30	2004

4x800m Relay

LVC Record:	Jenn Cronin, Megan Long Lauren Johnson, Amy Willow	9:46.21	3/27/2009
AF Record:	N/A (Messiah)	10:20.3	1998

Top 10 Performers

1	Jenn Cronin, Megan Long Lauren Johnson, Amy Willow	9:46.21	3/27/2009
2	Jenn Cronin, Allie Conety Lauren Johnson, Brittany Dukeman	10:29.0	2008
3	Lauren Johnson, Heidi Allison Allison Conety, Brittany Dukeman	10:31.63	4/12/2008
3	Missy Anderson, Lynn Sosnoski Erica Schneck, Deb Popper	11:27.34	1993
4	Kelly Ulrich, Maria DeLiberato, Sherry Zeiders, Michelle Walmsley	11:50.74	1998

Long Jump

LVC Record:	Jen Nauss	18-3 1/4	1995
AF Record:	Jen Nauss	17-8	1995

Top 10 Performers

1	Jen Nauss	18-3 1/4	1995
2	Eileen Golias	17-3 1/2	2002
3	Joann Giannettino	17-1 1/2	1988
4	Chris Gill	16-10	1992
5	Bobbi Fessler	16-6 1/2	2000
6	LaToya Stewart	16-3 1/2	2004
7	Yesenia Santiago	16-3 1/4	4/18/2009
8	Amanda Knapp	16-1 1/2	2007
9	Lisa Landis	15-10	2004
9	Bonnie Susan	15-10	2004

Triple Jump

LVC Record:	LaToya Stewart	35-11 1/4	2006
AF Record:	Gennifer Washington (Juniata)	36-4	1993

Top 10 Performers

1	LaToya Stewart	35-11 1/4	2006
2	Chris Gill	35-2	1993
3	Eileen Golias	34-10	2000
4	Lisa Landis	34-0 3/4	2004
5	Amanda Knapp	33-11 1/2	5/2/2009
6	Patricia Haeusler	33-1 3/4	1991
7	Bonnie Susan	32-9	2003
8	Jenn Reilly	31-6 1/2	3/20/2009
9	Nicole Barra	31-5	3/20/2009
10	Alica Petruska	31-4 3/4	1990

High Jump

LVC Record:	Crystal Gibson	5-8	2002
AF Record:	Crystal Gibson	5-8	2002

Top 10 Performers

1	Crystal Gibson	5-8	2002
2	Chris Gill	5-3	1993
3	LaToya Stewart	5-2 1/4	2004
4	Sue Yingst	5-2	1988
4	Thea Roomet	5-2	1996
6	Joann Giannettino	4-10	1990
6	Bobbi Fessler	4-10	2000
8	Kelly Jamison	4-9	3/20/2009
9	Shara Kershner	4-8	2002
9	Amanda Knapp	4-8	2006

Pole Vault

LVC Record:	Amy Wagner	10-6	2004
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	Ashley Weaver	10-6	2008
AF Record:	Erin Weaner (Messiah)	10-0	2006
	Jill Mease (Goucher)	10-0	2003
	Amy Wagner	10-0	2003

Top 10 Performers

1	Amy Wagner	10-6	2004
1	Ashley Weaver	10-6	2008
3	Chelsea Miller	9-6	2005
3	Tracey Fortungo	9-5 3/4	4/25/2009
5	Mandy Warner	9-0	2005
6	Cori Nolen	8-9	1998
7	Christy Puthawala	8-0 1/2	2003
8	Kate D'Imperio	8-0	2001
8	Shara Kershner	8-0	2002
10	Crystal Wyman	7-7	2000

Shot Put

LVC Record:	Ann Musser	43-0 1/2	1999
AF Record:	Ann Musser	42-1 1/4	1999

Top 10 Performers

1	Ann Musser	43-0 1/2	1999
2	Sharon Possessky	38-9 1/2	1994
3	Beth Moyer	38-7 1/4	1991
4	Jennifer Emerich	35-11	1996
5	Amanda Conger	34-5 1/4	2000
6	Ann Foose	33-7	2000
7	Amy Hartman	33-6 3/4	2004
8	Amy Cavanaugh	32-8 1/4	1991
8	Kelly Zimmerman	32-8 1/4	1998
10	Andrea Dewitt	32-3 1/2	1999

Discus

LVC Record:	Ann Musser	146-5	1997
AF Record:	Ann Musser	144-3	1999

Top 10 Performers

1	Ann Musser	146-5	1997
2	Beth Moyer	119-4	1993
3	Jennifer Emerich	118-9	1997
4	Laura Robinson	117-1	1996
5	Sharon Possessky	108-8	1996
6	Katie Campbell	108-4	3/27/2009
7	Deb Heidlauf	107-2	1992
8	Sherrri Pursel	106-11 1/2	2001
9	Amy Cavanaugh	103-3	1991
10	Mindy Gordon	103-2	1999

Javelin

LVC Record:	Jaime Greenfield	127-7	2003
AF Record:	Janee Shaner (Susquehanna)	128-7	1998

Top 10 Performers

1	Jaime Greenfield	127-7	2003
2	Mandy Warner	118-10	2004
3	Amanda Knapp	114-11	3/27/2009
4	Julie Yourkawitch	112-5	1998
5	Jenn Reilly	111-4	4/12/2008
6	Cori Nolen	110-6	1998
7	Laurie Mutz	108-3	1986
8	Deb Heidlauf	107-2	1992
9	Deb Detweiler	107-0	1981
10	Jennifer Emerich	104-9	1996

Hammer

LVC Record:	Ann Musser	131-11	1999
AF Record:	Natalie Williams (Goucher)	151-2	2004

Top 10 Performers

1	Ann Musser	131-11	1999
2	Amy Hartman	123-6	2005
3	Kelly Zimmerman	115-11	1998
4	Lexi Horstman	106-7	2006
5	Sharon Possessky	105-4	1997
6	Amanda Cogner	104-4	2000
7	Shaylene Scheib	104-0	2006
8	Mindy Gordon	94-8	1999
9	Andrea Dewitt	92-7	1999
10	Ann Foose	92-0	2000

Heptathlon

LVC Record:	Mandy Warner	2168	2007
AF Record:	n/a	n/a	n/a

Top 10 Performers

1	Mandy Warner	2168	2007
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*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*