

# Men's Indoor Records

## 60-METERS

6.74c	.....Randy Jones	..... 1992
6.84c	.....Dave Sime	..... 1956
6.84c	.....Lamar Grant	.....1997
6.97	.....Ben Kittleson	..... 2004
7.02	.....Khary Sharpe	..... 2004

## 200-METERS

21.63	.....Daniel King	..... 2007
21.83	.....Lamar Grant	..... 2000
21.93	.....Ben Kittleson	..... 2004
22.02	.....Randy Jones	..... 1992
22.60	.....Charles London	..... 1996

## 400-METERS

47.61	.....Daniel King	..... 2007
48.90	.....Matt Danforth	..... 2008
49.10	.....Peter Lewellen	..... 2008
49.30c	.....Mike Murphy	.....1971
49.51	.....David Maloney	..... 2001

## 500-METERS

1:03.42	.....Peter Lewellen	..... 2006
1:04.04	.....Jesse Allen	..... 1999
1:04.41	.....Matt Danforth	..... 2007
<b>1:04.48</b>	..... <b>Sam Bowler</b>	..... <b>2009</b>
1:04.69	.....Nick Trombold	..... 2006

## 800-METERS

1:52.30	.....Bill Spierdowis	..... 2001
<b>1:52.43</b>	..... <b>Chris Rowland</b>	..... <b>2006</b>
1:52.50	.....Ian Cronin	..... 2005
1:52.68	.....Kyle Leonard	..... 1998
1:53.08	.....Brian McCulley	..... 1998

## 1,000-METERS

2:22.20	.....Bob Wheeler	.....1971
<b>2:25.09</b>	..... <b>Cory Nanni</b>	..... <b>2009</b>
2:25.77	.....John Brockardt	..... 2008
2:26.17	.....Brendan Fitzgibbon	..... 1999
2:26.49	.....Casey Reardon	..... 2004

## MILE

4:00.70	.....Bob Wheeler	.....1973
<b>4:04.21</b>	..... <b>Cory Nanni</b>	..... <b>2009</b>
4:06.99	.....Chris Spooner	..... 2007
4:07.40	.....Nick Schneider	..... 2002
4:07.75	.....Bill Spierdowis	..... 2000

## 3,000-METERS

<b>8:10.62</b>	..... <b>Bo Waggoner</b>	..... <b>2009</b>
8:11.48	.....Chris Spooner	..... 2008
8:14.47	.....Nick Schneider	..... 2004
<b>8:16.92</b>	..... <b>Ryan McDermott</b>	..... <b>2009</b>
8:17.58	.....Jared Moore	..... 2003

## 5,000-METERS

14:14.20	.....Michael Hatch	..... 2003
14:17.90	.....Sean Kelly	..... 2002
<b>14:21.76</b>	..... <b>Bo Waggoner</b>	..... <b>2009</b>
14:22.54	.....Joe Wirgau	..... 1999
14:25.91	.....Terry Brennan	..... 1999

## 60-METER HURDLES

7.84c	.....Jeff Howser	..... 1971
8.07c	.....Sean Thomas	..... 1993
8.20	.....Richmond Flowers	..... 1999



Michael Hatch

8.46	.....Tyler Clarke	..... 2009
8.50c	.....Mark Blakemore	.....1997

## 4X400-METER RELAY

3:13.77	.....Lewellen, Trombold, Danforth, King	..... 2007
3:14.17	.....Trombold, Lewellen, Danforth, King	..... 2007
3:16.07	.....Lewellen, Trombold, Morrell, Danforth	..... 2007
3:16.17	.....Trombold, Danforth, Morrell, King	..... 2006
3:17.51	.....Walker, McCulley, Diglio, Allen	.....1997

## 4X800-METER RELAY

7:29.15	.....McCann, Cronin Spooner, Schneider	..... 2005
7:30.17	.....Gianturco, Fowler, Schneider, Amt	..... 2003
7:32.40	.....Vasak, McKeever, Spierdowis, Leonard	..... 1999
<b>7:33.32</b>	..... <b>Oswald, Rowland, Nanni, McDermott</b>	..... <b>2009</b>
7:33.57	.....Spierdowis, Cronin, Wells, Schneider	..... 2002

## DISTANCE MEDLEY RELAY

9:41.11	.....Spooner, Lewellen, Cronin, Schneider	..... 2005
9:42.88	.....Amt, King, Craig, Schneider	..... 2004
9:43.61	.....McKeever, Vasak, Leonard, Spierdowis	..... 2000
9:44.50c	.....Block, Castor, Donegan, Allf	.....1981
9:46.20	.....Spierdowis, Amt, Wells, Schneider	..... 2002

## LONG JUMP

25-2.75	.....Jade Ellis	..... 2009
24-2.5	.....Lamar Grant	..... 1998
23-5.75	.....Joel Shankle	..... 1954
23-4.5	.....Desi Thomas	..... 1995
23-2.5	.....Dave Sime	..... 1956

## TRIPLE JUMP

51-3	.....Jade Ellis	..... 2005
------	-----------------	------------

## HIGH JUMP

6-10.75	.....Jerry Surrat	.....1991
6-10	.....Craig Henderson	..... 1983
<b>6-8.25</b>	..... <b>Michael Kotecki</b>	..... <b>2008</b>
6-7.5	.....Tyler Clarke	..... 2007
6-7	.....Jeff Thompson	.....1970

## POLE VAULT

17-0.75	.....Brent Warner	..... 2004
16-10.75	.....Ian Cassidy	..... 2007
16-9.5	.....Seth Benson	..... 2000
16-5	.....Terry Ransbury	..... 1983
16-0.75	.....Jonathan Fay	..... 2006

## HEPTATHLON

5,402	.....Tyler Clarke	..... 2009
<b>4,564</b>	..... <b>Buzz Moorman</b>	..... <b>2009</b>
4,408	.....Brett Morrell	..... 2004
3,679	.....Matthew Hoyle	..... 2008

## PENTATHLON

3,669	.....Mike Zulantz	..... 2000
3,549	.....Rob West	..... 1998
3,239	.....Calen Powell	..... 2001
3,105	.....Tijan Redmon	..... 1995
3,100	.....Ekan Essien	.....1997

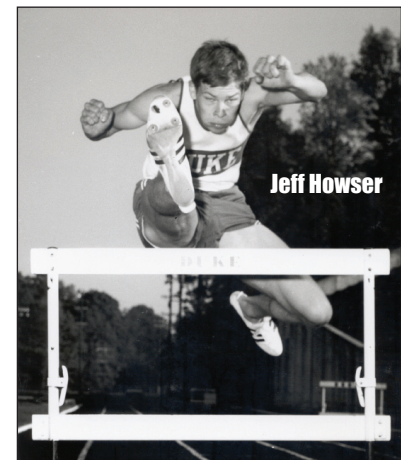
## SHOT PUT

57-10.5	.....Rod Stewart	..... 1966
57-2.75	.....Richard Gesswein	..... 1963
<b>55-9</b>	..... <b>Michael Barbas</b>	..... <b>2009</b>
<b>53-1.75</b>	..... <b>Mike Schallmo</b>	..... <b>2009</b>
51-1.5	.....Durham Lawshe	..... 1955

## WEIGHT THROW

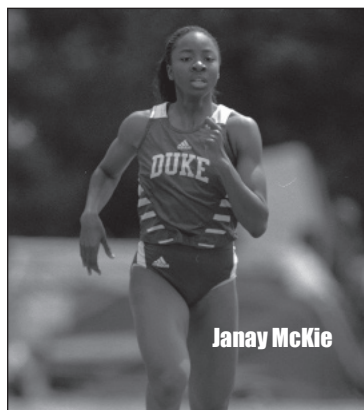
<b>55-9.25</b>	..... <b>Mike Schallmo</b>	..... <b>2009</b>
43-10.75	.....Bob Enright	.....1972
43-8.5	.....Harrison Till	..... 2003
<b>41-10.5</b>	..... <b>Michael Barbas</b>	..... <b>2009</b>
<b>41-9.25</b>	..... <b>Dave Piccirilli</b>	..... <b>2009</b>

c=converted time  
Bold denotes current athlete



Jeff Howser

# Women's Indoor Records



## 60-METERS

7.57	.....Janay McKie	..... 2002
7.87	.....Allison Nesbitt	..... 2004
7.89	.....Ifeyinwa Anoliefo	..... 2002
7.91c	.....Kim Hay	..... 1995
7.94c	.....Hope Wright	..... 1989

## 200-METERS

24.91	.....Janay McKie	..... 2002
25.45	.....Jenna Turner	..... 2002
26.14	.....Ifeyinwa Anoliefo	..... 2002
26.16	.....Erin McClure	..... 2001
26.21	.....Kristin Sbarra	..... 1998

## 400-METERS

55.85	.....Jenna Turner	..... 2003
<b>57.12</b>	..... <b>Brittany Whitehead</b>	..... <b>2009</b>
57.12	.....Janay McKie	..... 2003
57.46	.....Courtney Botts	..... 2000
<b>57.68</b>	..... <b>Nicole Ragucci</b>	..... <b>2009</b>

## 500-METERS

<b>1:13.63</b>	..... <b>Cydney Ross</b>	..... <b>2009</b>
1:14.41	.....Lindsay Owen	..... 2006
1:14.50	.....Courtney Botts	..... 2000
1:15.17	.....Michelle Seibert	..... 2006
1:15.18	.....Kim Voyticky	..... 1997

## 800-METERS

2:06.58	.....Shannon Rowbury	..... 2005
2:08.39	.....Katie Atlas	..... 2001
2:09.17	.....Kim Voyticky	..... 1998
2:10.37	.....Libby Jenke	..... 2006
<b>2:10.46</b>	..... <b>Kate Van Buskirk</b>	..... <b>2007</b>

## 1,000-METERS

2:45.79	.....Meaghan Leon	..... 2005
2:48.26	.....Molly Lehman	..... 2008
2:50.38	.....Katie Atlas	..... 2001
<b>2:51.02</b>	..... <b>Virginia Hine</b>	..... <b>2009</b>
<b>2:51.04</b>	..... <b>Leslie Morrison</b>	..... <b>2009</b>

## MILE

4:34.94	.....Shannon Rowbury	..... 2007
4:41.69	.....Molly Lehman	..... 2009
4:43.34	.....Katie Atlas	..... 2001

4:44.64	.....Liz Wort	..... 2007
4:45.58	.....Sheela Agrawal	..... 2000

## 3,000-METERS

9:02.73	.....Shannon Rowbury	..... 2007
9:13.45	.....Clara Horowitz	..... 2006
9:15.52	.....Liz Wort	..... 2007
9:18.30	.....Paige Miller	..... 2004
9:19.88	.....Sally Meyerhoff	..... 2005

## 5,000-METERS

15:52.47	.....Clara Horowitz	..... 2006
15:58.18	.....Maddie McKeever	..... 2008
16:11.57	.....Sally Meyerhoff	..... 2007
16:15.39	.....Paige Miller	..... 2004
16:26.86	.....Laura Stanley	..... 2004

## 60-METER HURDLES

8:60c	.....Hope Wright	..... 1989
8:65	.....Allison Nesbitt	..... 2004
8:87c	.....Kirsten Johnson	..... 1997
8:92	.....Jenna Turner	..... 2003
8:96	.....Jillian Schwartz	..... 2000

## 4X400-METER RELAY

3:47.78	.....Bell, Turner, Doody, McKie	..... 2002
<b>3:48.33</b>	..... <b>Ragucci, Whitehead, Ontko, Ross</b>	..... <b>2009</b>
3:49.63	.....Doody, McKie, Matic, Turner	..... 2003
3:50.00	.....McKie, Botts, Doody, Turner	..... 2000
<b>3:50.46</b>	..... <b>Ragucci, Ontko, Whitehead, Morrison</b>	..... <b>2009</b>

## 4X800-METER RELAY

8:49.47	.....Wort, Matic, Leon, Rowbury	..... 2005
<b>8:52.90</b>	..... <b>Moore, Morrison, Hine, Lehman</b>	..... <b>2009</b>
8:55.21	.....Thomas, Ryan, Atlas, Sullivan	..... 1999
8:56.43	.....Klaas, Lehman, Jenke, Harsha	..... 2007
<b>8:58.60</b>	..... <b>Stankavage, Moore, Sherrard, Lehman</b>	..... <b>2008</b>

## DISTANCE-MEDLEY RELAY

11:14.30	.....Rowbury, Stankavage, Leon, Meyerhoff	..... 2005
<b>11:15.20</b>	..... <b>Van Buskirk, Seibert, Jenke, Rowbury</b>	..... <b>2007</b>
11:19.15	.....Matic, McKie, Doody, Rowbury	..... 2003
11:20.28	.....Rowbury, Ball, Matic, Miller	..... 2004
11:21.11	.....Rowbury, Owen, Matic, Miller	..... 2004

## LONG JUMP

19-1.5	.....Ifeyinwa Anoliefo	..... 2002
--------	------------------------	------------

18-2.25	.....Jeanie Minton	..... 1997
18-0.5	.....Rena Stahl	..... 1993
18-0	.....Jodi Schlesinger	..... 2002
<b>17-6.50</b>	..... <b>Kelsey Ontko</b>	..... <b>2009</b>

## TRIPLE JUMP

40-3.75	.....Jodi Schlesinger	..... 2002
36-4.75	.....Tiara Monroe	..... 2004
35-8.75	.....Breanna Pearson	..... 1994
35-7.75	.....Jeanie Minton	..... 1996
35-5.25	.....Jillian Schwartz	..... 1998

## HIGH JUMP

5-11.5	.....Debra Vento	..... 2005
5-8.75	.....Kelly Miezalski	..... 1990
5-7.0	.....Laura Malnati	..... 2007
5-6	.....Jamila Forte	..... 1998
5-6	.....Jeannie Minton	..... 1998

## POLE VAULT

13-5.25	.....Jillian Schwartz	..... 2001
<b>13-1.5</b>	..... <b>Amy Fryt</b>	..... <b>2009</b>
<b>12-9.5</b>	..... <b>Cassie Ludwig</b>	..... <b>2009</b>
12-7.5	.....Laura Chen	..... 2004
12-7.5	.....Lara Jones	..... 2006

## PENTATHLON

<b>3,688</b>	..... <b>Karolina Haraldsdottir</b>	..... <b>2009</b>
3,398	.....Jeanie Milton	..... 1998
3,348	.....Jenna Turner	..... 2001
3,136	.....Amy Basile	..... 1998
2,931	.....Kim Voyticky	..... 1996

## SHOT PUT

43-7.75	.....Alexa Revord	..... 2007
43-0.25	.....Beth Maher	..... 2004
41-11.25	.....Kim Hanauer	..... 2001
40-11.5	.....Jessica Tanner	..... 2006
<b>40-7.5</b>	..... <b>Karolina Haraldsdottir</b>	..... <b>2009</b>

## WEIGHT THROW

55-2.0	.....Kelly Reynolds	..... 2007
52-10.75	.....Kim Hanauer	..... 2002
45-6.25	.....Jessica Tanner	..... 2006
43-11.75	.....Ginny Stone	..... 2002

c=converted time  
Bold denotes current athlete



# Men's Outdoor Records

## 100-METERS

10.20 ..... Dave Sime..... 1960  
 10.38 ..... Randy Jones..... 1992  
 10.68 ..... Ronnie Drummer..... 2005  
 10.80 ..... Lamar Grant..... 2000  
 10.89 ..... Kenneth Stanford..... 2002  
 10.89 ..... Desi Thomas ..... 1995

## 200-METERS

21.34..... Dave Sime..... 1956  
 21.44c..... Randy Jones..... 1992  
 21.44..... John Brownlee..... 1933  
 21.46..... Rodney Dickerson..... 1990  
 21.54c..... Hugh Woodward..... 1937  
 21.54c..... Henry Poss..... 1950

## 400-METERS

46.74c..... Mike Murphy..... 1973  
 47.31..... Daniel King..... 2006  
 47.40..... Rodney Dickerson..... 1990  
 48.35..... Peter Lewellen..... 2007  
 48.44c..... Tom Bazemore..... 1958  
 48.44c..... Dave Dunaway..... 1966

## 800-METERS

1:47.38..... Rich Block ..... 1982  
 1:47.70c..... Bob Wheeler ..... 1972  
 1:49.26..... Kyle Leonard ..... 2000  
 1:50.10c..... Phill Wilson ..... 1970  
 1:50.12..... Jon Amt ..... 2004

## 1,500-METERS

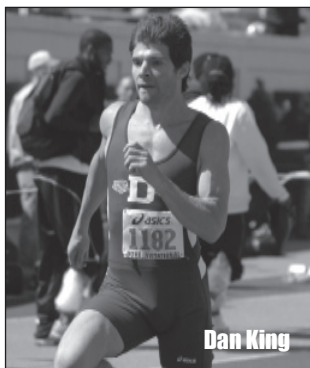
3:39.00..... Bob Wheeler ..... 1972  
 3:41.90c..... Steve Wheeler ..... 1974  
 3:42.00c..... Richard Schwartz..... 1977  
**3:43.02..... Cory Nanni ..... 2009**  
 3:43.79..... Brendan Fitzgibbon... 2000

## 3,000-METERS

7:56.68c..... Brian Allf ..... 1982  
 7:58.30c..... Steve Wheeler..... 1974  
 8:03.90c..... Scott Eden ..... 1974  
 8:09.80c..... Robbie Perkins ..... 1975  
 8:10.90c..... Roger Beardmore ..... 1973

## 3,000-METER STEEPLECHASE

8:38.10..... Roger Beardmore ..... 1972  
**8:52.36..... Ryan McDermott..... 2009**  
 8:59.20..... Jim Clayton..... 1977  
 9:02.20..... Larry Forrester..... 1972  
 9:03.73..... Kevin McDermott ..... 2007



## 5,000-METERS

13:48.90c... Robbie Perkins ..... 1975  
 13:52.41 ... Brian Allf..... 1981  
 14:04.29 ... Nick Schneider..... 2005  
 14:04.40c... Scott Eden ..... 1973  
 14:14.10c ... Roger Beardmore ..... 1973

## 10,000-METERS

28:56.80 ... Robbie Perkins ..... 1976  
 29:09.20c .. Scott Eden ..... 1974  
 29:39.00 ... Bynum Merritt ..... 1978  
 29:41.40c... Mike Graves..... 1971  
 29:48.60 ... Peter Quance ..... 1975

## 110-METER HURDLES

13.74c..... Jeff Howser ..... 1971  
 14.34c..... Joel Shankle..... 1955  
 14.54c..... Dave Wingle..... 1938  
 14.54c..... Roger Fogle..... 1965  
 14.74c..... Gary Goodrich ..... 1974

## 400-METER HURDLES

49.42 ..... Jesse Allen..... 1999  
 51.49..... Chris Castor..... 1980  
 52.34c..... Tom Dunnigan..... 1970  
 52.44c..... Jeff Howser ..... 1969  
**54.03..... Mario Moreno ..... 2009**

## SHOT PUT

59.11..... Rod Stewart ..... 1966  
 57.4.5..... Richard Gesswein..... 1963  
**54.7.5..... Michael Barbas ..... 2009**  
**54.0..... Mike Schallmo ..... 2009**  
 52.7 ..... Durham Lawshe ..... 1955

## DISCUS

**173.3..... Mike Schallmo ..... 2009**  
 168.8..... Rod Stewart ..... 1966  
 160.6..... Richard Gesswein..... 1960  
 159.11..... Jim Anthony..... 1976  
 159.6.5..... Kyle Kruger ..... 1969

## JAVELIN-NEW

**225.5..... John Austin ..... 2008**  
 216.6..... Jamie Rodriguez ..... 1995  
 214.6..... Mark Della Volpe ..... 2008  
 209.11..... Robert Weinstein ..... 2008  
 190.2..... Gill Winters ..... 1994

## JAVELIN-OLD

250.1 ..... Kalen Cookson..... 1984  
 217.5 ..... Jim Anthony..... 1975  
 213.2 ..... Mike Curtis ..... 1963

## HAMMER

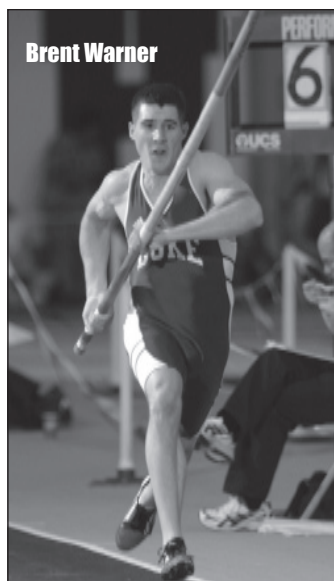
182.2..... Chad Stearns ..... 1988  
**167.3..... Mike Schallmo ..... 2009**  
**132.3..... David Piccirilli..... 2009**

## LONG JUMP

25.6 ..... Jade Ellis ..... 2009  
 24.8..... Joel Shankle..... 1955  
 24.2.5 ..... Lamar Grant..... 1998  
 24.2..... Jeff Nesbit..... 1978  
 23.11.75..... Desi Thomas ..... 1995

## TRIPLE JUMP

51.11.75..... Jade Ellis..... 2009  
 48.7 ..... Garry Geck..... 1986



47.3..... Bob Chambers ..... 1978  
 46.4.5 ..... Dave Wheeler ..... 1963  
 45.6.5 ..... Garry High ..... 1963

## POLE VAULT

17.2.75..... Brent Warner..... 2004  
 16.8.75..... Seth Benson ..... 2001  
 16.7..... Terry Ransbury..... 1983  
 16.6.75..... Ian Cassidy ..... 2007  
 16.4.75..... Jeff Buttacio..... 2003

## HIGH JUMP

6.10.75 ..... Jerry Surratt ..... 1991  
 6.10..... Craig Henderson..... 1983  
 6.8.25 ..... Tyler Clarke ..... 2006  
**6.8.25..... Michael Kotecki..... 2008**  
 6.8 ..... Jeff Thompson..... 1970  
 6.8 ..... Jeff Smith..... 1993

## DECATHLON (MODERN TABLES)

7,326 ..... Tyler Clarke ..... 2009  
 6,633 ..... Mike Zulantz..... 2000  
 6,593 ..... Rob West ..... 1998  
 6,516..... Tijan Redmon ..... 1995  
 6,253 ..... Ted Payne..... 1999

## DECATHLON (OLD TABLES)

5,698 ..... Jim Anthony..... 1976

## 4x100-METER RELAY

41.06.....D. Thomas, C. Thomas,  
 London, Brugger..... 1995  
 41.81.....Morrell, Marshall  
 Drummer, King..... 2005  
 41.87.....Stanford, Amamoo,  
 Douglas, Winniford..... 2001  
 41.94.....Martinez, Waggoner,  
 Krassny, Murphy ..... 1973  
 41.95.....Morrell, Kittleson,  
 King, Winniford ..... 2004

## 4x400-METER RELAY

3:12.89 ..Kommer, Allen,  
 Diglio, Vasak ..... 1999  
 3:13.10c..Eiseman, Wilson,  
 Dunnigan, Murphy..... 1970

3:13.20...Summers, Dunnigan,  
 Murphy, Mazzarella..... 1970  
 3:14.07...Lewellen, Danforth  
 Morrell, King..... 2005  
 3:14.33...Danforth, Lewellen  
 Trombold, King ..... 2006

## 4X800-METER RELAY

7:26.43...Cronin, Reardon,  
 Spierdowis, Schneider... 2003  
 7:27.16...Gianturco, Paul,  
 Fowler, Amt..... 2003  
**7:27.44... Lund, Clark,  
 Rowland, Nanni..... 2009**  
 7:27.75...Gianturco, Amt,  
 Fowler, Spierdowis ..... 2003  
 7:27.94...McNiff, Gianturco,  
 Fowler, Spierdowis ..... 2003

## SPRINT MEDLEY RELAY

3:22.10...Krassny, Howser,  
 Murphy, R. Wheeler.... 1971  
 3:22.75...Grant, Watkins,  
 Vasak, Leonard..... 2000  
 3:27.01...Grant, Amanoo,  
 Diglio, Vasak ..... 1998  
 3:27.37...King, Morrell,  
 Lewellen, Rowland ..... 2007  
**3:28.67 .. Bowler, Duncanson,  
 Troxell, Clark..... 2009**

## DISTANCE MEDLEY RELAY

9:32.30c Beardmore, Murphy,  
 S. Wheeler, R. Wheeler 1973  
 9:34.30c..Ramsland, S. Wheeler,  
 Beardmore, R. Wheeler.. 1972  
 9:38.10c..Murphy, Wilson,  
 Beardmore, R. Wheeler.. 1971  
 9:42.30...Fitzgibbon, Grant,  
 Leonard, McKeever ..... 2000  
 9:43.93...Spooner, King  
 Lewellen, Schneider..... 2005

## 4x1,500-METER RELAY

15:17.80..Royce, Clayton,  
 Perkins, Schwartz ..... 1976  
**15:28.45 Clark, R. McDermott,  
 Nanni, Waggoner..... 2009**  
 15:36.53..Cronin, Reardon,  
 Spierdowis, Schneider . 2003  
 15:37.57..Brennan, McKeever,  
 Spierdowis, Leonard .... 1999  
 15:38.50...Schaefer, Brennan,  
 McKeever, Fitzgibbon .. 2000

## 4xMILE RELAY

16:22.34 .Eden, S. Wheeler,  
 Beardmore, R. Wheeler .. 1973  
**16:32.40 Lund, R. McDermott,  
 Waggoner, Nanni..... 2009**  
 16:34.50 .Eden, S.Wheeler,  
 Beardmore, R.Wheeler.... 1973  
 16:39.36 .Spierdowis, Brennan,  
 Kelly, McKeever..... 2001

c=converted time  
**Bold denotes current athlete**

# Women's Outdoor Records

## 100-METERS

11.87.....Janay McKie.....2003  
 12.25.....Allison Nesbitt.....2003  
 12.42.....Ifeyinwa Anoliefo.....2002  
 12.60.....Kim Hay.....1995  
 12.66.....Yvonne Ayew.....1998

## 200-METERS

23.85.....Janay McKie.....2003  
 25.30.....Jenna Turner.....2002  
 25.55.....Brittany Whitehead.....2009  
 25.56.....Nicole Ragucci.....2009  
 25.60.....Erin McClure.....2001

## 400-METERS

54.09.....Courtney Botts.....2000  
 54.44.....Janay McKie.....2003  
 56.51.....Brittany Whitehead.....2009  
 56.94.....Stephanie Thomas.....1997  
 56.94.....Amanda Green.....1990

## 800-METERS

2:05.34.....Kim Voyticky.....1998  
 2:07.10.....Lauren Matic.....2003  
 2:07.26.....Katie Atlas.....2000  
 2:07.80.....Michelle Seibert.....2007  
 2:08.00.....Molly Lehman.....2009

## 1,500-METERS

4:12.13.....Molly Lehman.....2009  
 4:14.81.....Shannon Rowbury.....2005  
 4:22.07.....Megan Sullivan.....2002  
 4:22.12.....Ellison Goodall.....1978  
 4:22.56.....Meaghan Leon.....2005

## 3,000-METERS

9:19.12.....Ellison Goodall.....1978  
 9:23.74.....Ellen Reynolds.....1985  
 9:25.10.....Clara Horowitz.....2003  
 9:30.89.....Sheela Agrawal.....2000  
 9:40.00.....Laura Stanley.....2005

## 3,000-METER STEEPLECHASE

9:51.76.....Liz Wort.....2007  
 10:08.26.....Patricia Loughlin.....2009  
 10:39.92.....Maddie McKeever.....2006  
 11:04.16.....Kelly Fillnow.....2006  
 11:12.20.....Phebe Ko.....2002



## 5,000-METERS

15:52.83.....Maddie McKeever.....2007  
 16:08.12.....Ellison Goodall.....1978  
 16:08.60.....Clara Horowitz.....2006  
 16:12.42.....Ellen Reynolds.....1986  
 16:16.64.....Laura Stanley.....2005

## 10,000-METERS

32:40.70.....Ellen Reynolds.....1986  
 33:00.85.....Clara Horowitz.....2006  
 33:30.12.....Sally Meyerhoff.....2007  
 33:44.20.....Ellison Goodall.....1977  
 33:52.95.....Maddie McKeever.....2007

## 100-METER HURDLES

13.98.....Jenna Turner.....2003  
 14.07.....Allison Nesbitt.....2003  
 14.40.....Hope Wright.....1989  
 14.51.....Kirsten Johnson.....1996  
 14.64.....Stephanie Stephens.....1986

## 400-METER HURDLES

58.49.....Jenna Turner.....2002  
 1:01.39.....Stephanie Stephens.....1987  
 1:01.50.....Helen Henry.....1988  
 1:02.20.....Lindsay Owen.....2006  
 1:03.40.....Kirsten Johnson.....1995

## LONG JUMP

19-1.5.....Ifeyinwa Anoliefo.....2004  
 18-7.....Renaeh Stahl.....1992  
 17-10.5.....Kristen Sbarra.....1998  
 17-9.....Kim Voyticky.....1995  
 17-8.....Jeanie Minton.....1996

## TRIPLE JUMP

41-5.75.....Jodi Schlesinger.....2001  
 36-9.....Brianna Pearson.....1994  
 36-0.25.....Tiara Monroe.....2004  
 35-2.5.....Ifeyinwa Anoliefo.....2004  
 35-2.....Laura Peresky.....1987

## HIGH JUMP

6-1.5.....Debra Vento.....2005  
 5-8.75.....Kelly Mieszkalski.....1990  
 5-8.....Denise Yamada.....1985  
 5-7.75.....Misty Farrell.....1996  
 5-7.75.....Jeanie Minton.....1997

## POLE VAULT

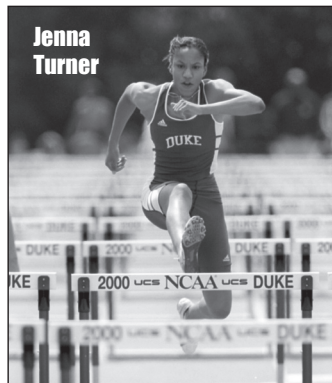
14-2.....Jillian Schwartz.....2001  
 13-3.5.....Amy Fryt.....2009  
 12-11.5.....Lara Jones.....2007  
 12-9.5.....Laura Chen.....2003  
 12-3.5.....A. Gordon.....2008

## HEPTATHLON

4,827.....Jenna Turner.....2001  
 4,633.....K. Haraldsdottir.....2008  
 4,593.....Jeanie Minton.....1998  
 4,417.....Kim Voyticky.....1996  
 4,189.....Christine Gregorski.....1994

## SHOT PUT

45-0.25.....Beth Maher.....2004  
 42-8.25.....Kim Hanauer.....2001  
 40-9.75.....Alexa Revord.....2007  
 40-4.25.....K. Haraldsdottir.....2009  
 40-1.25.....Megan Mitchell.....1994



## DISCUS

160-09.....Alexa Revord.....2007  
 142-8.....Jessica Tanner.....2006  
 137-6.....Courtney Bowen.....2009  
 136-5.....Ginny Stone.....2001  
 135-9.....Kim Hanauer.....2001

## HAMMER

181-5.....Kelly Reynolds.....2007  
 160-2.....Kim Hanauer.....2002  
 159-11.....Ginny Stone.....2003  
 145-11.....Maria Monge.....2000  
 129-10.....Courtney Bowen.....2009

## JAVELIN

168-11.....Daina Pucurs.....2007  
 150-5.....Amy Matulewicz.....2009  
 146-2.....Beth Maher.....2006  
 135-6.....Lindsey Edwards.....2007  
 128-6.....Beth Reimers.....1991

## 4x100-METER RELAY

48.56.....Anoliefo, McKie, McKie, Turner.....2003  
 47.60.....Turner, Anoliefo, McDermott, McKie.....2002  
 48.13.....Nesbitt, Turner, Doody, McKie.....2003  
 48.17.....Nesbitt, Turner, Anoliefo, McKie.....2003  
 48.31.....Ontko, Whitehead, Ragucci, Anglin-Stone.....2009

## 4x200-METER RELAY

1:40.18.....Turner, Anoliefo, McDermott, McKie.....2002  
 1:41.35.....Anoliefo, Turner, McKie, McClure.....2001  
 1:41.68.....Nesbitt, Turner, Anoliefo, McKie.....2003  
 1:42.73.....Turner, McKie, Asante, Botts.....2000  
 1:44.94.....Tonn, Anoliefo, Bradley, McDermott.....2002

## 400-METER RELAY

3:42.71.....Botts, Turner, Doody, McKie.....2000  
 3:45.26.....Botts, Turner, McKie, Asante.....2000  
 3:46.44.....Ontko, Whitehead, Ragucci, Moore.....2009  
 3:48.42.....Belle, Turner,

Sullivan, McKie.....2002  
 3:49.07.....Thomas, Sbarra, Gurtler, Voyticky.....1998

## SPRINT MEDLEY RELAY

3:55.57.....Turner, McClure, McKie, Atlas.....2001  
 3:58.40.....Cyre, Ayew, Thomas, Voyticky.....1998  
 4:02.22.....McKie, Nesbitt, Turner, Doody.....2003  
 4:02.28.....Sbarra, Forte, Sullivan, Voyticky.....1998  
 4:02.64.....Turner, McKie, Botts, Doody.....2000

## 4x800-METER RELAY

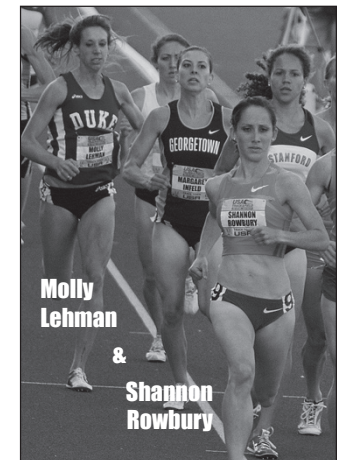
8:41.96.....Seibert, Van Buskirk, Wort, Sherrard.....2007  
 8:42.01.....Hofmann, Leon, Matic, Rowbury.....2004  
 8:43.20.....Doody, Meyerhoff, Leon, Matic.....2003  
 8:44.33.....Doody, Atlas, Sullivan, Matic.....2002  
 8:44.11.....Apibunyopas, Moore, Morrison, Lehman.....2009

## DISTANCE MEDLEY RELAY

11:10.18.....Leon, Owen, Matic, Rowbury.....2005  
 11:11.81.....Sullivan, Botts, Atlas, Agrawal.....2000  
 11:16.84.....Van Buskirk, Owen, Seibert, Wort.....2007  
 11:18.59.....Meyerhoff, Owen, Jenke, Horowitz.....2006  
 11:24.05.....Sullivan, McKie, Doody, Atlas.....2001

## 4x1500-METER RELAY

17:45.20.....Leon, Rowbury, Meyerhoff, Horowitz.....2004  
 17:48.30.....Van Buskirk, Wort, Sherrard, McKeever.....2007  
 17:59.05.....Farias-Eisner, Owen, Lehman, Jenke.....2006  
 18:03.69.....Meyerhoff, Rowbury, Leon, Horowitz.....2003  
 18:06.78.....Matic, Leon, Rowbury, Wort.....2005



# Men's Honors & Awards

## NATIONAL HONORS

### National Champions

Joel Shankle.....	Long Jump (Out.).....	1955
Bob Wheeler.....	1,000 yds.....	1971

### All-America

Jesse Allen.....	400m-Hurdles.....	1999
Brian Allf.....	DMR.....	1981
Brian Allf.....	5,000m.....	1981
John Austin.....	Javelin.....	2008
Roger Beardmore.....	3,000m SC.....	1972
Rich Block.....	DMR.....	1981
Chris Castor.....	DMR.....	1981
John Donegan.....	DMR.....	1981
Scott Eden.....	Cross Country.....	1973, 1974
Jeff Howser.....	120-Yd Hurdles.....	1968
Sean Kelly.....	Cross Country.....	2001
Robbie Perkins.....	10,000m.....	1976
Joel Shankle.....	120-Yd Hurdles.....	1956
Joel Shankle.....	Long Jump.....	1956
Dave Sime.....	100-Yd.....	1956
Ed Stenberg.....	10,000m.....	1968
Brent Warner.....	Pole Vault.....	2003
Bob Wheeler.....	1,000-Yd.....	1971
Bob Wheeler.....	1,500m.....	1971, 1972

### USATF Junior All-America

Keith Krieger.....	10,000m.....	2004
Jade Ellis.....	Long Jump.....	2005

### Rhodes Scholarship

Chas Salmen.....	.....	2006
------------------	-------	------

### USTCA Academic All-America

Michael Hatch.....	.....	2003
Craig Henderson.....	.....	1983
Sean Kelly.....	.....	2001, 2002
Brent Warner.....	.....	2003, 2004

### Cross Country Academic All-America

Terry Brennan.....	.....	2000
Michael Hatch.....	.....	2002
Sean Kelly.....	.....	2000, 2001
Chris Williams.....	.....	2001, 2002
Bo Waggoner.....	.....	2008
Duke Team.....	.....	2008

### Duke Outdoor World Record Setters

Dave Sime.....	60-Yd (6.1).....	1956
Dave Sime.....	100-Yd (9.3).....	1956
Dave Sime.....	220-Yd (20.0).....	1956
Dave Sime.....	220-Yd Hurdles (22.2).....	1956
Dave Sime.....	100m (10.1).....	1960
Dave Sime.....	200m (20.0).....	N/A

### Duke Indoor World Record Setters

Dave Sime.....	100-Yds (9.5).....	1956
----------------	--------------------	------

### Duke American Record Setters

Cary Weisiger.....	1,500m.....	3:39.3
Curt Clausen.....	50K Racewalk.....	3:48:04

### Duke Olympians

Curt Clausen.....	20K Racewalk.....	1996
Curt Clausen.....	50K Racewalk.....	2000, 2004
Randy Jones.....	Bobsled.....	1994, 1998, 2002
Joel Shankle.....	110m Hurdles.....	1956
Dave Sime.....	100m.....	1960
Bob Wheeler.....	1,500m.....	1972

## REGIONAL HONORS

### All-Southeast Region Cross Country

Terry Brennan.....	.....	2000
Brendan Fitzgibbon.....	.....	2000
Michael Hatch.....	.....	2001-02, 2004
Sean Kelly.....	.....	2000-2001
Keith Krieger.....	.....	2004-2005
Jared Moore.....	.....	2001
James Osborne.....	.....	2008
Nick Schneider.....	.....	2002-2004
Bo Waggoner.....	.....	2008
Chris Williams.....	.....	2001-02

### All-NCAA Regional Outdoor Track & Field

John Austin.....	Javelin.....	2007
Jade Ellis.....	Long Jump.....	2009
Cory Nanni.....	1,500m.....	2009
Brent Warner.....	Pole Vault.....	2003

## PENN RELAYS HONORS

### Individual Champions

Roger Beardmore.....	4xMile Relay.....	1972
Werner Brown.....	4x110-Yd Relay.....	1941
Ian Cassidy.....	Pole Vault.....	2007
Scott Eden.....	Six Mile Run.....	1974
Larry Forester.....	4xMile Relay.....	1972
Henry Fulmer.....	Long Jump.....	1932
Donn Kinzle.....	120-Yd Hurdles.....	1938
Jared Nourse.....	2-Mile Run.....	1962
James O'Leary.....	Discus.....	1950
Hubert Reavis.....	440-Yd Hurdles.....	1939
Edward Sargent.....	4x110-Yd Relay.....	1941
Joel Shankle.....	120-Yd Hurdles.....	1954, 1955
Joel Shankle.....	Long Jump.....	1954, 1955
Moffat Storer.....	4x110-Yd Relay.....	1941
Ernest Vail.....	4x110-Yd Relay.....	1941
Bob Wheeler.....	4xMile Relay.....	1972
Steve Wheeler.....	4xMile Relay.....	1972

## ALL-EAST/IC4A HONORS

### IC4A Team Champions

Cross Country.....	.....	2005, 2008
--------------------	-------	------------

### IC4A Individual Champions

Jesse Allen.....	400m Hurdles.....	1999
John Austin.....	Javelin.....	2008
Seth Benson.....	Pole Vault.....	2001
Tyler Clarke.....	Heptathlon (Ind.).....	2007
Jade Ellis.....	Long Jump.....	2005
Jeff Howser.....	60-Yd Hurdles.....	1971
Cory Nanni.....	1,500m.....	2009
Cory Nanni.....	Mile.....	2009
Joel Shankle.....	Outdoor Hurdles.....	1954
Joel Shankle.....	Long Jump.....	1954
Rod Stewart.....	Shot Put.....	1966
Brent Warner.....	Pole Vault.....	2003, 2004
Bob Wheeler.....	Cross Country.....	1971

### Cross Country All-East

Tom Becker.....	.....	1997, 1998
Terry Brennan.....	.....	1998, 1999
Josh Brewer.....	.....	2008
Andrew Brodeur.....	.....	2008
Dan Daly.....	.....	2005, 2006
Brendan Fitzgibbon.....	.....	1997-1999
Geary Gubbins.....	.....	2006
Michael Hatch.....	.....	2004
Charlie Kelly.....	.....	1999
James Kostenlik.....	.....	2008
Keith Krieger.....	.....	2005, 2006
Kevin McDermott.....	.....	2007
Ryan McDermott.....	.....	2008
Cory Nanni.....	.....	2007, 2008
James Osborne.....	.....	2008
Tim Schaefer.....	.....	1998
Chris Spooner.....	.....	2005, 2007
Bo Waggoner.....	.....	2007
Tradelle Ward.....	.....	2008

### Indoor All-East

Jesse Allen.....	Two-Time.....	1996, 1997
Jon Amt.....	Three-Time.....	2002, 2003, 2004
Seth Benson.....	Two-Time.....	1999, 2001
Sam Bowler.....	Two-Time.....	2007, 2009
John Brockardt.....	Four-Time.....	2005-08
Stephen Clark.....	One-Time.....	2009
Tyler Clarke.....	One-Time.....	2007
Steve Craig.....	Three-Time.....	2003, 2004, 2005
Ian Cronin.....	Four-Time.....	2002-05
Matt Danforth.....	One-Time.....	2007
Caleb Duncanson.....	One-Time.....	2009
Jade Ellis.....	Two-Time.....	2005
Brendan Fitzgibbon.....	Two-Time.....	1998, 2002
Donny Fowler.....	Two-Time.....	2000, 2003
Tom Gianturco.....	Two-Time.....	2002, 2003
Lamar Grant.....	Three-Time.....	1997, 1999, 2000
Miles Hall.....	Two-Time.....	1995, 1996
Michael Hatch.....	One-Time.....	2003
Pat Kelly.....	One-Time.....	1995
Sean Kelly.....	One-Time.....	2002
Daniel King.....	Four-Time.....	2004, 2006, 2007
Doug Kling.....	Two-Time.....	1995, 1996
Kyle Leonard.....	Three-Time.....	1998, 1999, 2000
Pete Lewellen.....	Two-Time.....	2005, 2007
Ryan McCann.....	One-Time.....	2005
Brian McCulley.....	Two-Time.....	1997, 1998

Devin McDaniel.....	One-Time.....	2006
Kevin McDermott.....	One-Time.....	2006
Ryan McDermott.....	Two-Time.....	2009
Mike McKeever.....	Three-Time.....	1998, 1999, 2000
Dan McManamon.....	One-Time.....	2007
Brett Morrell.....	One-Time.....	2007
Cory Nanni.....	Two-Time.....	2009
Sean Pat Oswald.....	One-Time.....	2009
Mike Park.....	Three-Time.....	1995, 1997, 1998
Aaron Paul.....	One-Time.....	2003
Brendon Pierson.....	One-Time.....	2009
Casey Reardon.....	Two-Time.....	2003, 2004
Chris Rowland.....	Three-Time.....	2006, 2007, 2009
Nick Schneider.....	Six-Time.....	2002-05
Dan Schuman.....	One-Time.....	1996
Will Smith.....	One-Time.....	2009
Bill Spierdowis.....	Three-Time.....	1999, 2000, 2002
Chris Spooner.....	Three-Time.....	2005, 2006, 2007
Ken Sullivan.....	One-Time.....	2009
Nick Trombold.....	One-Time.....	2007
James Vasak.....	Three-Time.....	1998, 1999, 2000
Bo Waggoner.....	Two-Time.....	2009
Tradelle Ward.....	One-Time.....	2007
Brent Warner.....	Three-Time.....	2002, 2003, 2004
Brendan Wells.....	One-Time.....	2002
Rob West.....	One-Time.....	1998
Ade Wise.....	Two-Time.....	2003, 2006
Mike Zulantz.....	One-Time.....	2000

### Outdoor All-East

Jesse Allen.....	Three-Time.....	1996, 1999
Jon Amt.....	Three-Time.....	2002, 2003, 2004
John Austin.....	One-Time.....	2008
Seth Benson.....	Three-Time.....	1999, 2000, 2001
Jeff Buttaccio.....	Two-Time.....	2002, 2003
Stephen Clark.....	One-Time.....	2009
Tyler Clarke.....	Three-Time.....	2006, 2007, 2008
Matt Diglio.....	One-Time.....	1999
Jade Ellis.....	Two-Time.....	2005
Jon Fay.....	Two-Time.....	2005, 2006
Donny Fowler.....	Two-Time.....	2002, 2003
Tom Gianturco.....	One-Time.....	2003
Miles Hall.....	One-Time.....	1995
Michael Hatch.....	Two-Time.....	2003, 2004
Randy Jones.....	Two-Time.....	1992
Pat Kelly.....	One-Time.....	1995
Daniel King.....	One-Time.....	2006
Doug Kling.....	One-Time.....	1995
Keith Krieger.....	One-Time.....	2004
Kyle Leonard.....	One-Time.....	1999
Joshua Lund.....	One-Time.....	2009
Mike McKeever.....	Two-Time.....	1999, 2001
Ryan McDermott.....	One-Time.....	2009
Cory Nanni.....	Three-Time.....	2008, 2009
Brian McNiff.....	One-Time.....	2003
Mike Park.....	One-Time.....	1995
Casey Reardon.....	Two-Time.....	2001, 2002
Chris Rowland.....	One-Time.....	2009
Alex Reinhart.....	One-Time.....	2006
Mike Schallmo.....	One-Time.....	2007
Nick Schneider.....	Three-Time.....	2002, 2004, 2005
Bill Spierdowis.....	Four-Time.....	1999, 2001-03
Chris Spooner.....	One-Time.....	2006
Ken Sullivan.....	One-Time.....	2009
Brent Warner.....	Two-Time.....	2002, 2003
Robert Weinstein.....	One-Time.....	2008
Brendan Wells.....	Two-Time.....	2001, 2002
Rob West.....	Three-Time.....	1999, 2000, 2001

## ACC HONORS

### ACC Cross Country Champions

Jerry Nourse.....	.....	1959, 1961
Cary Weisiger.....	.....	1959
Ed Stenberg.....	.....	1967
Bob Wheeler.....	.....	1970, 1971
Roger Beardmore.....	.....	1972
Scott Eden.....	.....	1973, 1974
Robbie Perkins.....	.....	1975
Sean Kelly.....	.....	2000

### Cross Country All-ACC

Tom Becker.....	.....	1996, 1998
Terry Brennan.....	.....	1999, 2000
Brendan Fitzgibbon.....	.....	2000
Michael Hatch.....	.....	2002, 2004
Sean Kelly.....	.....	2000, 2001
Keith Krieger.....	.....	2007
Nick Schneider.....	.....	2002, 2004

# Men's Honors & Awards

Chris Spooner	2005
Bo Waggoner	2007, 2008
Chris Williams	2002

## ACC Cross Country Coach of the Year

Al Buehler	1998
Norm Ogilvie	2000

## ACC 50th Anniversary Cross Country Team

Roger Beardmore	1969-71
Terry Brennan	1998-2000
Scott Eden	1972-74
Sean Kelly	1999-2001
Robbie Perkins	1974-76
Bob Wheeler	1969-71

## ACC Indoor Track & Field Champions

Duke*	1,600m Relay	1971
Duke*	DMR	1976, 1978, 1980
Duke*	2-Mile Relay	1977
Scott Eden	2-Mile	1973
Bob Fogle	70-Yd HH	1964
Dick Gesswein	Shot Put	1961, 1962, 1963
Jeff Howser	60-Yd HH	1968, 1969, 1971
Bob Laverly	Long Jump	1957
Durham Lawshe	Shot Put	1954, 1955
Kyle Leonard	DMR	2000
Michael McKeever	DMR	2000
Mike Murphy	600-Yd	1973
Jerry Nourse	1-Mile	1962
Jerry Nourse	2-Mile	1962
Robbie Perkins	2-Mile	1975
Joel Shankle	High Jump	1954
Joel Shankle	Long Jump	1954, 1955
Joel Shankle	70-Yd HH	1954, 1955
Joel Shankle	70-Yd LH	1954, 1955
Mike Shankle	Pole Vault	1978
Dave Sime	Long Jump	1956
Dave Sime	70-Yd LH	1956
Dave Sime	60-Yd	1956, 1957
Bill Spierdowis	DMR	2000
Ed Stenberg	2-Mile	1968
Rod Stewart	Shot Put	1965, 1966
Louis Van Dyke	1-Mile	1963
James Vasak	DMR	2000
Cary Weisiger	1-Mile	1960
Cary Weisiger	880-Yd	1960
Bob Wheeler	1-Mile	1971, 1973
Steve Wheeler	2-Mile	1974

## Indoor Track & Field All-ACC (Since 1995)

Jesse Allen	800m	1997
Seth Benson	Pole Vault	2000
Jade Ellis	Triple Jump	2005
Donny Fowler	800m	2003
Charlie Kelly	5,000m	2000
Kyle Leonard	800m	1999
Kyle Leonard	DMR	2000
Michael McKeever	DMR	2000
Nick Schneider	Mile	2003
Bill Spierdowis	DMR	2000
James Vasak	DMR	2000
Brent Warner	Pole Vault	2002, 2003, 2004

## ACC 50th Anniversary Indoor Track & Field Team

Jeff Howser	1968-71
Robbie Perkins	1974-76
Joel Shankle	1954-56
Dave Sime	1954-57
Bob Wheeler	1970-73

## ACC Outdoor Track & Field Meet MVP

Dick Gesswein	1961, 1962
Robbie Perkins	1975
Joel Shankle	1954, 1955
Dave Sime	1956, 1958
Bob Wheeler	1971

## ACC Outdoor Track & Field Champions

Bryan Allf	5,000m	1981, 1982
Tom Bazemore	880-Yd	1960
Roger Beardmore	3,000m SC	1971, 1973
Rick Block	800m	1981, 1982
Clint Brown	Pole Vault	1967
Jim Clayton	3,000m SC	1976, 1978
Mike Curtis	Javelin	1963
Jon Donegan	1500m	1979
Duke*	Mile Relay	1958-60, 1973-74

Tom Dunigan	440-Yd IHrd	1970
Scott Eden	3-Mile	1972
Scott Eden	6-Mile	1973-74
Jade Ellis	Long Jump	2009
Brendan Fitzgibbon	1,500m	2000
Bob Fogle	120-Yd HH	1964, 1965
Dick Gesswein	Shot Put	1961, 1962, 1963
Dick Gesswein	Discus	1961, 1962, 1963
Mike Graves	3-Mile	1971
Miles Hall	1500m	1995
Jeff Howser	120-Yd HH	1968, 1969
Jeff Howser	440-Yd IH	1969
Jon Krassy	220-Yd	1973
Durham Lawshe	Shot Put	1954
Ryan McDermott	Steeplechase	2009
John McElwain	Long Jump	1961
Mike Murphy	440-Yd	1971, 1973
Jeff Nesbit	Long Jump	1978
Jerry Nourse	2-Mile	1959, 1960, 1962
Robbie Perkins	Mile	1975
Robbie Perkins	3-Mile	1975
Robbie Perkins	10,000m	1976, 1978
Peter Quance	3000m SC	1975
Richard Schwartz	1,500m	1976
Joel Shankle	High Jump	1954
Joel Shankle	Long Jump	1954, 1955
Joel Shankle	Pole Vault	1954
Joel Shankle	120-Yd HH	1954, 1955
Joel Shankle	220-Yd LH	1955
Dave Sime	100-Yd	1956, 1957, 1958
Dave Sime	220-Yd	1956, 1957, 1958
Dave Sime	220-Yd LH	1956
Dave Sime	Javelin	1958
Ed Stenberg	3-Mile	1968
Bob Stephenson	High Jump	1961
Rod Stewart	Shot Put	1965, 1966
Louis Van Dyke	Mile	1963
Cary Weisiger	Mile	1959, 1960
Mark Wells	Mile	1961, 1962
Bob Wheeler	880-Yd	1971
Bob Wheeler	Mile	1971
David Wheeler	Triple Jump	1963
Steve Wheeler	3-Mile	1973

## Outdoor Track & Field All-ACC (since 1995)

John Austin	Javelin	2008, 2009
Seth Benson	Pole Vault	1999, 2000
Tyler Clarke	Decathlon	2009
Mark Dellavolpe	Javelin	2008
Jade Ellis	Long Jump	2005
	Long Jump & Triple Jump	2009
Brendan Fitzgibbon	1,500m	2000
Miles Hall	1,500m	1995
Michael Hatch	10,000m	2003
Michael Kotecki	High Jump	2008
Ryan McDermott	Steeplechase	2009
Nick Schneider	1,500m	2003
Nick Schneider	5,000m	2005
Brent Warner	Pole Vault	2003, 2004

## ACC 50th Anniversary Outdoor Track & Field Team

Robbie Perkins	1974, 1976, 1978
Joel Shankle	1954-56
Dave Sime	1954-56
Cary Weisiger	1957-60
Bob Wheeler	1970-73

\*Prior to 1995 athletes' names in relays not available

## DUKE TEAM AWARDS

### Cross Country Most Valuable Performer

Andy Taylor	1990
Mark Donahue	1991, 1992
Kevin Hilton	1993
Darin Mellinger	1994
Tom Becker	1995, 1996, 1997, 1998
Terry Brennan	1999
Terry Brennan/Sean Kelly	2000
Sean Kelly	2001
Chris Williams	2002
Michael Hatch	2003
Nick Schneider	2004
Keith Krieger	2005, 2006
Bo Waggoner	2007
Bo Waggoner	2008

### Cross Country Freshman of the Year

Keith Krieger	2003
Chris Spooner	2004
Geary Gubbins	2005
Tradelle Ward	2006
Bo Waggoner	2007
Andrew Brodeur	2008

### Indoor Track & Field MVP

Sean Kelly	2002
Brent Warner	2003, 2004
Jade Ellis	2005
Tyler Clarke	2006
Dan King	2007
John Brockardt	2008
Jade Ellis	2009

### Indoor Track & Field Freshman of the Year

Daniel King	2004
Jade Ellis	2005
Chris Rowland	2006
Mike Schallmo	2007
Cory Nanni	2008
Michael Barbas	2009

### Outdoor Track & Field MVP

Brent Warner	2002, 2003, 2004
Nick Schneider	2005
Tyler Clarke	2006, 2007
John Austin	2008
Jade Ellis	2009

### Outdoor Track & Field Freshman of the Year

Keith Krieger	2004
Jade Ellis	2005
Kevin McDermott	2006
Mike Schallmo	2007
Ryan McDermott	2008
Mike Barbas	2009

### Track & Field MVP (since 1990)

Randy Jones	1990
Andy Taylor	1991
Randy Jones	1992
Doug Kling	1993
Miles Hall	1994, 1995
Jesse Allen	1996, 1997, 1999
Rob West	1998
Brendan Fitzgibbon	2000
Seth Benson	2001

### Ed Stenberg Award (Honors Top Track Performer)

Scott Miller	1993
Kevin Hilton	1994
Pat Kelly	1995
Matt Haywood	1996, 1997
Tom Becker	1998
Charlie Kelly	1999
Terry Brennan	2000, 2001
Sean Kelly	2002
Michael Hatch	2003
Nick Schneider	2004, 2005
Chris Spooner	2006
Dan King	2007
Tyler Clarke	2008
Cory Nanni	2009

### Rod Stewart Award (Honors Top Field Performer)

Jamie Rodriguez	1995
Rob West	1996, 1997, 1998
Seth Benson	1999, 2000, 2001
Brent Warner	2002, 2003, 2004
Jade Ellis	2005
Jon Fay	2006
Tyler Clarke	2007
John Austin	2008
Jade Ellis	2009

### Most Improved Senior

Jon Amt	2004
Michael Hatch	2005
Keith Krieger	2007
John Brockardt	2008
Jade Ellis	2009

# Women's Honors & Awards

## NATIONAL HONORS

### National Champion

Shannon Rowbury..... Mile (Ind.) ..... 2007

### All-America

Sheela Agrawal..... Cross Country..... 1999, 2000  
 Sheela Agrawal..... 3,000m (Ind.) ..... 2001  
 Caroline Bierbaum..... Cross Country..... 2002  
 Ellison Goodall..... Cross Country..... 1977  
 Ellison Goodall..... 3,000m ..... 1978  
 Clara Horowitz..... Cross Country..... 2004, 2005  
 Clara Horowitz..... 5,000m (Out.) ..... 2004  
 Clara Horowitz..... 10,000m ..... 2006  
 Clara Horowitz..... 5,000m (Ind.) ..... 2006  
 Molly Lehman..... 1,500m ..... 2009  
 Patricia Loughlin..... Steeplechase ..... 2009  
 Emily McCabe..... Cross Country..... 2006  
 Maddie McKeever..... Cross Country..... 2006, 2007  
 Maddie McKeever..... 5,000m (Ind.) ..... 2007  
 Maddie McKeever..... 5,000m (Out.) ..... 2007, 2008  
 Sally Meyerhoff..... Cross Country..... 2004  
 Sally Meyerhoff..... 10,000m ..... 2006  
 Sally Meyerhoff..... 5,000m (Ind.) ..... 2007  
 Paige Miller..... 3,000m ..... 2005  
 Ellen Reynolds..... 10,000m ..... 1985, 1986  
 Shannon Rowbury..... Mile ..... 2004, 2005, 2007  
 Shannon Rowbury..... Cross Country..... 2004  
 Shannon Rowbury..... 1,500m ..... 2005  
 Shannon Rowbury..... 3,000m (Ind.) ..... 2007  
 Jillian Schwartz..... Pole Vault (Out.) ..... 2000, 2001  
 Jillian Schwartz..... Pole Vault (Ind.) ..... 2001  
 Debra Vento..... High Jump (Ind.) ..... 2005  
 Debra Vento..... High Jump (Out.) ..... 2005  
 Liz Wort..... Steeplechase ..... 2005, 2007  
 Liz Wort..... 3,000m (Ind.) ..... 2007

### National Team

Sheela Agrawal..... Cross Country..... 2000  
 Clara Horowitz..... Cross Country..... 2003  
 Emily McCabe..... Cross Country..... 2007  
 Maddie McKeever..... Cross Country..... 2006  
 Sally Meyerhoff..... Cross Country..... 2006  
 Shannon Rowbury..... Cross Country..... 2006  
 Shannon Rowbury..... Track & Field..... 2006  
 Emily Schwitter..... Cross Country..... 2008

### USATF Junior Champion

Clara Horowitz..... Cross Country..... 2003

### USATF Junior All-America

Debra Vento..... High Jump ..... 2004

### USTFCCA Academic All-America

Sheela Agrawal..... 2000, 2002  
 Katie Atlas..... 2000, 2001  
 Maddie McKeever..... 2008  
 Shannon Rowbury..... 2007  
 Jillian Schwartz..... 2000, 2001

### Cross Country Academic All-America

Sheela Agrawal..... 2001, 2002  
 Maddie McKeever..... 2006, 2007  
 Paige Miller..... 2001

### NCAA Postgraduate Scholarship

Shannon Rowbury..... 2007  
 Debra Vento..... 2007

### Marshall Award

Sally Liu..... 2009

### Duke Olympian

Shannon Rowbury..... 1,500m ..... 2008  
 Jillian Schwartz..... Pole Vault ..... 2004

## REGIONAL HONORS

### All-Southeast Region Cross Country

Sheela Agrawal..... 1999, 2000  
 Katie Atlas..... 2000  
 Caroline Bierbaum..... 2002  
 Ellie Culp..... 1999

Paris Edwards..... 2001  
 Kelly Fillnow..... 2005  
 Tiare Ferguson..... 2004  
 Clara Horowitz..... 2002, 2004, 2005  
 Meaghan Leon..... 2004  
 Emily McCabe..... 2006  
 Maddie McKeever..... 2006, 2007  
 Paige Miller..... 2001  
 Sally Meyerhoff..... 2005  
 Natasha Roetter..... 2004, 2005  
 Shannon Rowbury..... 2002, 2005  
 Laura Stanley..... 2003, 2006  
 Megan Sullivan..... 1998, 1999, 2000  
 Kate Van Buskirk..... 2006, 2007  
 Liz Wort..... 2005

### NCAA East Regional Champion

Liz Wort..... Steeplechase ..... 2007

### All-NCAA Regional Outdoor Track & Field

Clara Horowitz..... One-Time ..... 2006  
 Lara Jones..... Two-Time ..... 2006, 2007  
 Molly Lehman..... One-Time ..... 2008  
 Patricia Loughlin..... Two-Time ..... 2008, 2009  
 Lauren Matic..... Two-Time ..... 2003, 2004  
 Maddie McKeever..... Two-Time ..... 2007, 2008  
 Daina Pucurs..... One-Time ..... 2006  
 Shannon Rowbury..... Two-Time ..... 2004, 2005  
 Debra Vento..... Three-Time ..... 2005, 2006, 2007  
 Liz Wort..... Two-Time ..... 2005, 2007

## PENN RELAYS HONORS

### Individual Champions

Ellison Goodall..... 3,000m ..... 1978  
 Meaghan Leon..... DMR ..... 2005  
 Lauren Matic..... DMR ..... 2005  
 Paige Miller..... 5,000m ..... 2004  
 Lindsay Owen..... DMR ..... 2005  
 Ellen Reynolds..... 10,000m ..... 1985  
 Shannon Rowbury..... DMR ..... 2005  
 Jillian Schwartz..... Pole Vault ..... 2001

## ALL-EAST/ECAC HONORS

### ECAC Team Champions

Indoor Track..... 2009

### ECAC Individual Champions

Christy Adamyk..... 10,000m ..... 2009  
 Katie Apibunoyopas..... 4x800m Relay (Out.) ..... 2009  
 Katie Doswell..... 4x800m Relay (Out.) ..... 2009  
 Anna Farias-Eisner..... Mile ..... 2009  
 Amy Fryt..... Pole Vault (Ind.) ..... 2009  
 Christen Harsha..... 4x800m Relay (Ind.) ..... 2007  
 Allison Hofmann..... 4x800m Relay ..... 2004  
 Clara Horowitz..... 10,000m ..... 2006  
 Libby Jenke..... 4x800m Relay (Ind.) ..... 2007  
 Lara Jones..... Pole Vault (Ind.) ..... 2007  
 Caitlin Klaas..... 4x800m Relay (Ind.) ..... 2007  
 Molly Lehman..... 4x800m Relay (Ind.) ..... 2007  
 Molly Lehman..... 1,000m ..... 2008  
 Molly Lehman..... 4x800m Relay (Ind.) ..... 2008  
 Molly Lehman..... 1,500m ..... 2009  
 Molly Lehman..... 4x800m Relay (Out.) ..... 2009  
 Molly Lehman..... DMR ..... 2009  
 Meaghan Leon..... 4x800m Relay (Ind.) ..... 2004-05  
 Meaghan Leon..... 4x800m Relay (Out.) ..... 2004-05  
 Meaghan Leon..... 1,000m (Ind.) ..... 2005  
 Patricia Loughlin..... 4x800m Relay (Out.) ..... 2009  
 Lauren Matic..... 4x800m Relay (Ind.) ..... 2004-05  
 Lauren Matic..... 4x800m Relay (Out.) ..... 2004-05  
 Sally Meyerhoff..... 5,000m (Out.) ..... 2004  
 Sally Meyerhoff..... 5,000m (Ind.) ..... 2007  
 Sally Meyerhoff..... 3,000m (Ind.) ..... 2005  
 Devotia Moore..... 4x800m Relay (Ind.) ..... 2008  
 Devotia Moore..... DMR ..... 2009  
 Devotia Moore..... 4x800m Relay (Out.) ..... 2009  
 Leslie Morrison..... 4x800m Relay (Out.) ..... 2009  
 Shannon Rowbury..... Mile ..... 2004  
 Shannon Rowbury..... 4x800m Relay (Ind.) ..... 2004-05  
 Shannon Rowbury..... 4x800m Relay (Out.) ..... 2004-05  
 Emily Schwitter..... DMR ..... 2009  
 Emily Schwitter..... 4x800m Relay (Out.) ..... 2009

Emily Sherrard..... 4x800m Relay (Ind.) ..... 2008  
 Allison Stankavage..... 4x800m Relay (Ind.) ..... 2008  
 Debra Vento..... High Jump ..... 2005-06  
 Liz Wort..... 1,500m ..... 2005  
 Liz Wort..... 4x800m Relay (Ind.) ..... 2005  
 Liz Wort..... 4x800m Relay (Out.) ..... 2005

### Cross Country All-East

Sheela Agrawal..... 1999  
 Jessica Davlin..... 2007  
 Paris Edwards..... 2001, 2004  
 Anna Farias-Eisner..... 2005  
 Mary Carleton Johnston..... 2008  
 Maddie McKeever..... 2005  
 Paige Miller..... 2001  
 Elle Pishny..... 2004  
 Megan Sullivan..... 1999  
 Liz Wort..... 2004

### Indoor All-East

Sheela Agrawal..... Four-Time ..... 2000, 2002  
 Katie Atlas..... Three-Time ..... 1999, 2000, 2001  
 Andrea Buckwalter..... One-Time ..... 1999  
 Laura Chen..... One-Time ..... 2004  
 Jessica Davlin..... Two-Time ..... 2006, 2007  
 Kristen Doody..... Two-Time ..... 2001, '03  
 Katie Doswell..... One-Time ..... 2008  
 Jan Faraguna..... One-Time ..... 2004  
 Anna Farias-Eisner..... Four-Time ..... 2006, 2008, 2009  
 Jenny Fraser..... Two-Time ..... 2004, 2005  
 Amy Fryt..... Two-Time ..... 2008, 2009  
 Collette Gurtler..... One-Time ..... 1998  
 Karolina Haraldsdottir..... One-Time ..... 2009  
 Christen Harsha..... Two-Time ..... 2007, 2008  
 Allison Hofmann..... Two-Time ..... 2004, 2005  
 Clara Horowitz..... Two-Time ..... 2003, 2004  
 Libby Jenke..... One-Time ..... 2007  
 Lara Jones..... Three-Time ..... 2005, 2007  
 Caitlin Klaas..... Three-Time ..... 2006, 2007  
 Phebe Ko..... One-Time ..... 2003  
 Molly Lehman..... Four-Time ..... 2006-2009  
 Meaghan Leon..... Three-Time ..... 2004, 2005  
 Patricia Loughlin..... One-Time ..... 2009  
 Cassie Ludwig..... One-Time ..... 2009  
 Lauren Matic..... Three-Time ..... 2003, 2004, 2005  
 Kelly McCann..... One-Time ..... 2006  
 Maddie McKeever..... One-Time ..... 2006  
 Janay McKie..... Four-Time ..... 2001, 2002, 2003  
 Sally Meyerhoff..... Four-Time ..... 2003-2005, 2007  
 Paige Miller..... One-Time ..... 2005  
 Devotia Moore..... Two-Time ..... 2008-2009  
 Leslie Morrison..... One-Time ..... 2009  
 Lindsay Owen..... Four-Time ..... 2004-2007  
 Shannon Rowbury..... Four-Time ..... 2003-2005  
 Heather Ryan..... One-Time ..... 1999  
 Kristin Sharra..... One-Time ..... 1998  
 Jodi Schlesinger..... One-Time ..... 2002  
 Jillian Schwartz..... Three-Time ..... 1999-2001  
 Emily Schwitter..... One-Time ..... 2009  
 Emily Sherrard..... Two-Time ..... 2007, 2008  
 Allison Stankavage..... Two-Time ..... 2006, 2008  
 Laura Stanley..... Two-Time ..... 2003, 2005  
 Megan Sullivan..... Three-Time ..... 1998, 1999, 2002  
 Stephanie Thomas..... One-Time ..... 1999  
 Debra Vento..... Three-Time ..... 2005, 2006, 2007  
 Esther Vermeer..... One-Time ..... 2009  
 Kim Voyticky..... One-Time ..... 1998  
 Brittany Whitehead..... One-Time ..... 2009  
 Liz Wort..... Two-Time ..... 2005

### Outdoor All-East

Christy Adamyk..... One-Time ..... 2009  
 Katie Apibunoyopas..... One-Time ..... 2009  
 Katie Atlas..... One-Time ..... 2001  
 Courtney Botts..... Two-Time ..... 2000  
 Jessica Davlin..... One-Time ..... 2006  
 Kristen Doody..... Three-Time ..... 2000-2003  
 Katie Doswell..... One-Time ..... 2009  
 Paris Edwards..... One-Time ..... 2005  
 Jan Faraguna..... Three-Time ..... 2002-2004  
 Amy Fryt..... One-Time ..... 2008  
 Anne Marie Gordon..... One-Time ..... 2008

# Women's Honors & Awards

Karolina Haraldsdottir	One-Time	2008
Christen Harsha	One-Time	2007
Allison Hofmann	One-Time	2004
Clara Horowitz	Three-Time	2003, 2004, 2006
Heidi Hullinger	One-Time	2003
Libby Jenke	One-Time	2006
Lara Jones	Two-Time	2006, 2007
Caitlin Klaas	One-Time	2007
Phebe Ko	Two-Time	2003, 2004
Molly Lehman	Four-Time	2006, 2008, 2009
Meaghan Leon	Four-Time	2002, 2004
Patricia Loughlin	Three-Time	2008, 2009
Lauren Matic	Five-Time	2002, 2004
Maddie McKeever	Two-Time	2006, 2007
Janay McKie	One-Time	2000
Sally Meyerhoff	Four-Time	2003, 2004, 2006
Jeanie Minton	One-Time	1998
Devotia Moore	One-Time	2009
Leslie Morrison	One-Time	2009
Lindsay Owen	Two-Time	2004, 2006
Elle Pishny	Three-Time	2004, 2005, 2007
Daina Pucurs	Two-Time	2006, 2007
Kelly Reynolds	Two-Time	2006, 2007
Natasha Roetter	One-Time	2005
Shannon Rowbury	Four-Time	2003, 2004
Jodi Schlesinger	One-Time	2001
Jillian Schwartz	Three-Time	1999-2001
Emily Schwitzer	One-Time	2009
Michelle Seibert	One-Time	2007
Carly Seymour	One-Time	2009
Emily Sherrard	One-Time	2007
Allison Stankavage	Two-Time	2006, 2007
Laura Stanley	Two-Time	2005, 2006
Megan Sullivan	One-Time	2002
Jenna Turner	Five-Time	2000-2003
Kate Van Buskirk	One-Time	2007
Debra Vento	Three-Time	2004-2006
Esther Vermeer	One-Time	2009
Kim Voyticky	One-Time	1998
Liz Wort	Six-Time	2003-2005, 2007

## ACC HONORS

### Cross Country ACC Champions

Sally Meyerhoff	2004
Shannon Rowbury	2005

### Cross Country All-ACC

Sheela Agrawal	1999-2000
Whitney Anderson	2005
Tiare Ferguson	2004
Clara Horowitz	2002, 2005
Phebe Ko	2004
Emily McCabe	2006
Maddie McKeever	2006-2007
Sally Meyerhoff	2004-2005
Natasha Roetter	2004-2005
Shannon Rowbury	2004-2005
Laura Stanley	2005
Megan Sullivan	1998-1999
Kate Van Buskirk	2007
Liz Wort	2005

### Cross Country ACC Freshman of the Year

Sheela Agrawal	1999
Whitney Anderson	2005
Tiare Ferguson	2004
Clara Horowitz	2002

### Cross Country ACC Coach of the Year

Kevin Jermy	2005
-------------	------

### ACC's 50th Anniversary Cross Country Team

Sheela Agrawal	1999-2001
Ellison Goodall	1977

### ACC Indoor Track & Field Champions

Sheela Agrawal	DMR	2000
Courtney Botts	DMR	2000
Clara Horowitz	3,000m	2006
Lindsay Owen	DMR	2007
Shannon Rowbury	Mile & 3,000m	2005, 2007
Heather Ryan	DMR	2000

Michelle Seibert	DMR	2007
Jillian Schwartz	Pole Vault	2001
Laura Stanley	5,000m	2006
Kate Van Buskirk	DMR	2007
Maddy Woodmansee	DMR	2000
Liz Wort	DMR	2007

### Indoor Track & Field ACC Rookie of the Year

Sheela Agrawal	1999
----------------	------

### Indoor Track & Field All-ACC

Sheela Agrawal	DMR	2000
Sheela Agrawal	3,000m	2001
Katie Atlas	Mile	2001
Courtney Botts	DMR	2000
Laura Chen	Pole Vault	2004
Amy Fryt	Pole Vault	2009
Clara Horowitz	5,000m	2003
Clara Horowitz	3,000m	2007
Molly Lehman	Mile	2009
Maddie McKeever	5,000m	2008
Sally Meyerhoff	5,000m	2005
Paige Miller	5,000m	2004-2005
Beth O'Donnell	5,000m	1998
Lindsay Owen	DMR	2007
Shannon Rowbury	Mile	2003-2005, 2007
Shannon Rowbury	3,000m	2005, 2007
Heather Ryan	DMR	2000
Jillian Schwartz	Pole Vault	2000-2001
Michelle Seibert	DMR	2007
Laura Stanley	5,000m	2007
Maddy Woodmansee	DMR	2000
Kate Van Buskirk	DMR	2007
Debra Vento	High Jump	2005, '07
Liz Wort	Mile	2005
Liz Wort	3,000m	2007
Liz Wort	DMR	2003, 2007

### ACC 50th Anniversary Indoor Track & Field Team

Jillian Schwartz	1998-2001
------------------	-----------

### ACC Outdoor Track & Field Champions

Amy Fryt	Pole Vault	2009
Daina Pucurs	Javelin	2006-07
Shannon Rowbury	1,500m	2005
Jillian Schwartz	Pole Vault	2000-2001
Debra Vento	High Jump	2006
Kim Voyticky	800m	1998
Liz Wort	Steeplechase	2005

### Outdoor Track & Field All-ACC

Christy Adamyk	10,000m	2009
Sheela Agrawal	3,000m	2000
Katie Atlas	1,500m	2001
Amy Fryt	Pole Vault	2009
Clara Horowitz	5,000m	2004, 2006
Lara Jones	Pole Vault	2006
Molly Lehman	1,500m	2009
Patricia Loughlin	Steeplechase	2009
Lauren Matic	800m	2005
Maddie McKeever	5,000m	2007
Paige Miller	10,000m	2004
Beth O'Donnell	5,000m	1998
Daina Pucurs	Javelin	2005-2007
Kelly Reynolds	Hammer Throw	2004
Shannon Rowbury	1,500m	2005
Jillian Schwartz	Pole Vault	2000
Laura Stanley	10,000m	2006
Megan Sullivan	1,500m	2000-2001
Jenna Turner	Pentathlon	2001
Jenna Turner	400m Hurdles	2002
Kate Van Buskirk	1,500m	2007
Debra Vento	High Jump	2004, 2006-2007
Kim Voyticky	800m	1998
Liz Wort	Steeplechase	2005

### ACC 50th Anniversary Outdoor Track & Field Team

Ellen Reynolds	1993-1996
----------------	-----------

## DUKE TEAM AWARDS

### Cross Country MVP

Sheela Agrawal	2000
Paige Miller	2001
Caroline Bierbaum	2002
Laura Stanley	2003
Sally Meyerhoff	2004
Clara Horowitz	2005
Emily McCabe	2006
Maddie McKeever	2007

### Cross Country Freshman of the Year

Lindsay Van Alstine	2003
Tiare Ferguson	2004
Whitney Anderson	2005
Kate Van Buskirk	2006
Christy Adamyk	2007
Suejin Ahn/Carly Seymour	2008

### Indoor Track & Field MVP

Jillian Schwartz	2001
Sheela Agrawal	2002
Shannon Rowbury	2003-2005
Clara Horowitz	2006
Shannon Rowbury	2007
Maddie McKeever	2008
Amy Fryt/Molly Lehman	2009

### Indoor Track & Field Freshman of the Year

Debra Vento	2004
Lara Jones	2005
Libby Jenke	2006
Kate Van Buskirk	2007
Amy Fryt	2008
Cydney Ross	2009

### Outdoor Track & Field MVP

Jillian Schwartz	2001
Jenna Turner	2002
Clara Horowitz	2003-2004
Liz Wort	2005
Clara Horowitz	2006
Liz Wort	2007
Molly Lehman	2008-2009

### Outdoor Track & Field Freshman of the Year

Debra Vento	2004
Daina Pucurs	2005
Maddie McKeever	2006
Kate Van Buskirk	2007
Amy Matulewicz	2008
Esther Vermeer	2009

### Top Track Performer

Lauren Matic	2003
Paige Miller	2004
Shannon Rowbury	2005
Clara Horowitz	2006
Shannon Rowbury	2007
Maddie McKeever	2008
Molly Lehman	2009

### Top Field Performer

Laura Chen	2003
Debra Vento	2004-2005
Daina Pucurs	2006
Debra Vento	2007
Amy Fryt	2008
Amy Fryt	2009

### Most Improved Senior

Heidi Hullinger	2004
Meaghan Leon	2005
Liz Wort	2006
Lindsey Edwards	2007
Lara Jones	2008
Patricia Loughlin	2009