

# PENGUINS

**Horizon Titles (9):** 2009 Women's Outdoor, 2008 Women's Indoor, 2008 Women's Indoor, 2006 Women's Outdoor, 2005 Women's Outdoor, 2005 Women's Indoor, 2004 Women's Outdoor, 2004 Women's Indoor, 2003 Men's Indoor

**Mid-Con Titles (8):** 1997 Women's XC, 1997 Women's Outdoor, 1997 Men's Outdoor, 1997 Women's Indoor, 1996 Women's Indoor, 1996 Men's XC, 1995 Men's XC, 1994 Men's XC

## 55-METER DASH

1. Mona Jackson	6.94	11/3/93
2. Danielle Bolt	7.01	2/19/05
3. Charlene White	7.20	2/11/95
<b>Darcelle Formby</b>	<b>7.20</b>	<b>2/6/09</b>
<b>Kari Kreutzfeld</b>	<b>7.20</b>	<b>2/6/09</b>
6. Jeanna Cunningham	7.26	2/19/05
7. Aaliyah Gillespie	7.29	2/19/05
<b>8. Katie Betts</b>	<b>7.34</b>	<b>1/19/06</b>
<b>9. Ashley Oliver</b>	<b>7.36</b>	<b>2/18/06</b>
10. Jo-Lein Ocasio-Quarles	7.40	2/22/97

## 55-METER HURDLES

1. Aaliyah Gillespie	8.02	3/3/05
2. Satara Freeman	8.06	2/18/06
<b>3. Yandeh Joh</b>	<b>8.32</b>	<b>2/15/08</b>
<b>4. Jen Grayson</b>	<b>8.40</b>	<b>2/18/06</b>
5. Kelly Leonard	8.42	2/16/02
<b>6. Laura Kosiorek</b>	<b>8.45</b>	<b>2/6/09</b>
<b>7. Katy Wells</b>	<b>8.55</b>	<b>2/15/08</b>
<b>8. Nicole Rymer</b>	<b>8.58</b>	<b>2/6/09</b>
<b>9. Emily Dumitru</b>	<b>8.67</b>	<b>2/15/08</b>
10. Cassandra Smith	8.71	2/19/05

## 60-METER DASH

1. Danielle Bolt	7.52	2/27/05
2. Jeanna Cunningham	7.69	2/27/05
<b>3. Katie Betts</b>	<b>7.77</b>	<b>2/26/06</b>
4. Aaliyah Gillespie	7.80	2/27/05
<b>5. Alisha Anthony</b>	<b>7.82</b>	<b>3/1/09</b>
6. Ashley Oliver	7.85	2/25/07
<b>7. Darcelle Formby</b>	<b>7.87</b>	<b>12/8/07</b>
8. Jen Rizer	7.93	2/23/01
9. Suzy Thompson	7.98	2/26/00
10. Cassandra Smith	7.99	3/2/03

## 60-METER HURDLES

1. Aaliyah Gillespie	8.60	2/5/05
2. Satara Freeman	8.74	2/26/06
3. Kelly Leonard	8.88	2/26/00
<b>4. Yandeh Joh</b>	<b>8.92</b>	<b>1/13/07</b>
<b>5. Katy Wells</b>	<b>8.95</b>	<b>3/2/08</b>
<b>6. Jen Grayson</b>	<b>9.01</b>	<b>2/26/06</b>
<b>7. Emily Dumitru</b>	<b>9.09</b>	<b>3/2/08</b>
<b>8. Laura Kosiorek</b>	<b>9.21</b>	<b>2/14/09</b>
<b>9. Nicole Rymer</b>	<b>9.28</b>	<b>1/30/09</b>
10. Cassandra Smith	9.31	2/15/03

## 200-METER DASH

1. Danielle Bolt	24.59	2/12/05
<b>2. Katie Betts</b>	<b>24.75</b>	<b>2/18/06</b>
3. Jeanna Cunningham	24.97	2/27/05
4. Mona Jackson	25.12	11/3/93
<b>5. Breanne Romeo</b>	<b>25.50</b>	<b>2/23/08</b>
<b>6. Alisha Anthony</b>	<b>25.63</b>	<b>3/2/08</b>
<b>7. Kari Kreutzfeld</b>	<b>25.70</b>	<b>12/8/07</b>
8. Suzy Thompson	25.70	2/19/00
9. Aaliyah Gillespie	25.72	2/12/05
<b>10. Alisha Anthony</b>	<b>25.77</b>	<b>2/23/08</b>

## 400-METER DASH

1. Jeanna Cunningham	55.82	2/12/05
<b>2. Breanne Romeo</b>	<b>56.06</b>	<b>12/8/07</b>
3. Leslie Johnson	56.95	2/29/04
4. Janae Stephens	57.39	2/26/00
<b>5. Yandeh Joh</b>	<b>57.76</b>	<b>2/26/06</b>
<b>6. Emily Wollet</b>	<b>57.81</b>	<b>3/2/08</b>
<b>7. Kari Kreutzfeld</b>	<b>57.89</b>	<b>3/2/08</b>
8. Marcella Scaife	58.16	2/14/98
9. Jen Rizer	58.40	2/12/00
10. Alex Casi	59.06	2/29/04

## 800-METER DASH

1. Becky Rudzik	2:12.90	
2. Marielle Glanz	2:15.02	2/12/05
3. Lindsay Frontz	2:15.31	2/22/03
<b>4. Jennifer Roman</b>	<b>2:15.64</b>	<b>3/2/08</b>
5. Jen Moore	2:16.31	2/9/02
6. Emily Cicero (Schnitkey)	2:16.84	2/16/02
<b>7. Lisa Lee</b>	<b>2:17.49</b>	<b>3/2/08</b>
<b>8. Shantel Jackson</b>	<b>2:17.79</b>	<b>2/18/06</b>
9. Lindsay Wojciak	2:18.53	2/22/03
10. Racheal Albert	2:19.45	2/22/03

## 1,000-METER RUN

1. Lindsay Frontz	2:58.32	3/2/03
2. Emily Cicero (Schnitkey)	2:58.99	2/19/05
3. Jen Moore	2:59.44	2/24/02
4. Lindsay Wojciak	3:03.16	1/31/04
5. Racheal Albert	3:02.29	2/24/02
6. Gina Mavrikis	3:07.35	2/26/06
<b>7. Lisa Lee</b>	<b>3:07.61</b>	<b>2/6/09</b>
8. Kim Jendre	3:10.66	2/29/04
<b>9. Amy Moore</b>	<b>3:12.34</b>	<b>2/26/06</b>
<b>10. Jennifer Roman</b>	<b>3:12.47</b>	<b>2/15/08</b>

## 1-MILE RUN

1. Emily Cicero (Schnitkey)	5:01.41	2/14/04
2. Lisa Davies	5:06.76	2/14/04
3. Andrea Cohol	5:08.98	2/7/98
4. Amy Vernace	5:10.19	2/14/98
5. Laura Thomas	5:10.77	2/20/99
<b>6. Lauren Blase</b>	<b>5:11.05</b>	<b>3/1/09</b>
7. Anne Ughrin	5:14.34	2/14/98
8. Marielle Glanz	5:15.09	2/5/05
9. Lindsay Wojciak	5:15.99	2/14/04
10. Lindsay Frontz	5:16.79	2/15/03

## 3,000-METER RUN

1. Becky Rudzik	10:08.50	
<b>2. Lauren Blase</b>	<b>10:08.67</b>	<b>3/1/09</b>
3. Lisa Davies	10:10.55	1/31/04
4. Andrea Cohol	10:13.00	2/26/00
5. Emily Cicero (Schnitkey)	10:15.65	2/1/03
6. Laura Thomas	10:17.70	2/20/99
7. Becky Riggie	10:22.72	1/31/98
8. Amy Vernace	10:28.80	2/7/98
<b>9. Kayla Witmer</b>	<b>10:37.39</b>	<b>3/1/09</b>
10. Lindsay Wojciak	10:39.90	1/25/03

## 5,000-METER RUN

1. Laura Thomas	17:25.57	2/27/99
2. Lisa Davies	17:30.05	2/29/04
<b>3. Lauren Blase</b>	<b>17:48.60</b>	<b>3/1/09</b>
4. Emily Cicero (Schnitkey)	17:54.54	2/15/03
<b>5. Kayla Witmer</b>	<b>18:04.10</b>	<b>2/6/09</b>
6. Amy Vernace	18:05.45	1/31/98
7. Becky Riggie	18:14.79	1/24/98
8. Andrea Cohol	18:18.97	2/26/00
9. Andrea Bardy	18:36.21	2/23/01
10. Lindsay Wojciak	18:39.75	2/1/03

## LONG JUMP

1. Lissette Alamo	5.87m (19-3 1/4)	3/2/03
2. Marcella Scaife	5.86m (19-2 3/4)	2/20/99
<b>3. Alisha Anthony</b>	<b>5.84m (19-2)</b>	<b>2/2/08</b>
4. Carly Youlton	5.59m (18-4 1/4)	2/27/05
<b>5. Yandeh Joh</b>	<b>5.53m (18-1 3/4)</b>	<b>1/28/05</b>
<b>6. Darcelle Formby</b>	<b>5.51m (18-1)</b>	<b>1/19/06</b>
7. Alex Casi	5.34m (17-6 1/4)	2/21/04
8. Nikki Hooper	5.28m (17-4)	2/21/04
9. Amy Wilson	5.27m (17-3 1/2)	2/12/00
10. Suzy Thompson	5.22m (17-1 1/2)	2/20/99

## TRIPLE JUMP

<b>1. Alisha Anthony</b>	<b>12.02m (39-5 1/4)</b>	<b>1/23/09</b>
2. Miranda Fellows	11.47m (37-7 3/4)	
3. Lissette Alamo	11.35m (37-3)	3/2/03
4. Carly Youlton	11.30m (37-1)	2/5/05
<b>5. Laura Kosiorek</b>	<b>11.29m (37-0 1/2)</b>	<b>2/6/09</b>
<b>6. Robyn Ray</b>	<b>11.16m (36-7 1/2)</b>	<b>2/10/07</b>
7. Nikki Hooper	11.07m (36-4)	2/29/04
8. Marcella Scaife	10.74m (35-3)	2/13/99
9. Alex Casi	10.24m (33-7 1/4)	3/2/03
10. Laura Schatz	10.22m (33-6 1/2)	1/19/02
Mary Domitrovich	10.22m (33-6 1/2)	2/13/99

## HIGH JUMP

<b>1. Jen Grayson</b>	<b>1.70m (5-7)</b>	<b>2/26/06</b>
Laura Schatz	1.70m (5-7)	2/14/04
3. Shannon Devlin	1.68m (5-6)	
<b>4. Robyn Ray</b>	<b>1.63m (5-4 1/4)</b>	<b>3/1/09</b>
<b>5. Yandeh Joh</b>	<b>1.61m (5-3 1/2)</b>	<b>2/25/07</b>
6. Amanda Eichner	1.60m (5-3)	12/2/95
Christina Sawyer	1.60m (5-3)	1/15/00
Jessica Wran	1.60m (5-3)	2/26/00
9. Courtney Collins	1.55m (5-1)	2/11/95
10. Estee Rogers	1.53m (5-0 1/4)	2/19/05

## POLE VAULT

<b>1. Stephanie Jarvis</b>	<b>3.40m (11-1 3/4)</b>	<b>2/21/09</b>
<b>2. Amanda Carpin</b>	<b>3.10m (10-2)</b>	<b>3/1/09</b>
3. Darla Wilson	3.05m (10-0)	2/23/08
4. Kristen Hill	3.04m (9-11 3/4)	12/8/07
5. Racheal Albert	2.44m (8-0)	
6. Laura Schatz	2.13m (7-0)	3/2/03
Amber Buckwald	2.13m (7-0)	2/14/03
8. Jen Rizer	1.98m (6-6)	2/20/99

## SHOT PUT

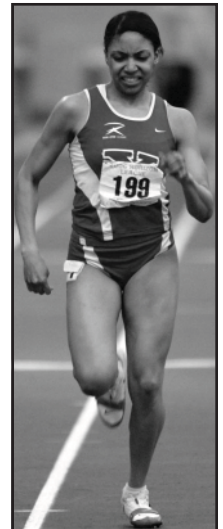
1. Bethany Anderson	14.51m (47-7 1/4)	2/27/05
<b>2. Danielle Curry</b>	<b>13.75m (45-1 1/4)</b>	<b>3/1/09</b>
3. Lindsey Hill	13.42m (44-0 1/2)	2/27/05
4. Meressa Cornwall	13.38m (43-10 3/4)	2/14/98
5. Beth Hochstetler	13.28m (43-7)	2/10/01
6. Amy Hill	13.21m (43-4 1/4)	2/26/06
7. Delores Gaines	13.19m (43-3 1/4)	2/16/02
8. Courtney Proctor	13.02m (42-8 3/4)	2/26/00
<b>9. Kaitlyn Griffith</b>	<b>12.97m (42-6 3/4)</b>	<b>1/30/09</b>
10. Natalie Sekula	12.78m (41-11 1/4)	2/6/99

## WEIGHT THROW

<b>1. Bethany Anderson</b>	<b>19.47m (63-10 1/2)</b>	<b>3/2/08</b>
<b>2. Danielle Curry</b>	<b>17.18m (56-4 1/2)</b>	<b>3/1/09</b>
<b>3. Alexis Hall</b>	<b>17.04m (55-10 3/4)</b>	<b>2/21/09</b>
4. Delores Gaines	16.65m (54-7 1/2)	3/2/03
5. Katy Williams	16.50m (54-1 3/4)	2/12/05
6. Meressa Cornwall	15.94m (52-3 3/4)	2/22/97
7. Amy Hill	15.26m (50-0 3/4)	2/26/06
<b>8. Marissa Opper</b>	<b>15.22m (49-11 1/4)</b>	<b>2/21/09</b>
Lindsay Cobey	15.11m (49-7)	2/18/06
<b>10. Kaitlyn Griffith</b>	<b>14.79m (48-6 1/4)</b>	<b>2/21/09</b>

## PENTATHLON

<b>1. Yandeh Joh</b>	<b>3,436 points</b>	<b>2/26/06</b>
<b>2. Jen Grayson</b>	<b>3,392 points</b>	<b>2/26/06</b>
<b>3. Robyn Ray</b>	<b>3,076 points</b>	<b>3/1/09</b>
<b>4. Eryn Langenkamp</b>	<b>2,843 points</b>	<b>2-14-09</b>
5. Estee Rogers	2,150 points	12/10/05
6. Kristen Hill	2,001 points	2/3/07



Danielle Bolt is the top runner in the 60m and 200m.



Becky Rudzik owns records in the 800m and 3,000m.



Lindsay Frontz holds the 1,000m standard.