

Horizon Titles (9): 2009 Women's Outdoor, 2008 Women's Outdoor, 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

PENGUINS

TRACK & FIELD

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

100M DASH -- YSU RECORD: 11.44 / NCAA REGIONAL: 11.75

Alisha Anthony	12.37	Sea Ray Relays	4/11/09
Kari Kreutzfeld	12.50	Campbell/Wright Invitational	5/9/09
Darcelle Formby	12.56	Northeast Ohio Quad	4/11/09
Breanne Romeo	12.69	Raleigh Relays	3/28/09
Katie Betts	12.80	Sparky Adams Invitational	4/18/09
Katie Wells	13.21	Northeast Ohio Quad	4/11/09
Nicole Rymer	13.52	Northeast Ohio Quad	4/11/09

200M DASH -- YSU RECORD: 23.47 / NCAA REGIONAL: 23.96

Kari Kreutzfeld	25.03	Horizon League Championships	5/1/09
Emily Wollet	25.07	Campbell/Wright Invitational	5/9/09
Breanne Romeo	25.22	Campbell/Wright Invitational	5/9/09
Alisha Anthony	25.27	Horizon League Championships	5/1/09
Darcelle Formby	25.31	Horizon League Championships	5/1/09
Yandeh Joh	26.26	Horizon League Championships	5/1/09
Jennifer Roman	27.90	Northeast Ohio Quad	4/11/09
Robyn Ray	29.44	Horizon League Championships	5/1/09

400M DASH -- YSU RECORD: 54.64 / NCAA REGIONAL: 54.61

Breanne Romeo	54.97	Horizon League Championships	5/1/09
Emily Wollet	55.60	Horizon League Championships	5/1/09
Kari Kreutzfeld	55.78	Horizon League Championships	5/1/09
Jennifer Roman	59.73	Northeast Ohio Quad	4/11/09

800M RUN -- YSU RECORD: 2:13.98 / NCAA REGIONAL: 2:09.80

Jennifer Roman	2:17.77	Horizon League Championships	5/1/09
Lisa Lee	2:23.45	Horizon League Championships	5/1/09
Amy Moore	2:28.65	Horizon League Championships	5/1/09
Yandeh Joh	2:32.71	Horizon League Championships	5/1/09
Kari Kreutzfeld	2:46.54	Detroit Titans Classic	4/3/09

1,500M RUN -- YSU RECORD: 4:37.81 / NCAA REGIONAL: 4:27.80

Lauren Blase	4:46.25	Sparky Adams Invitational	4/18/09
Jennifer Roman	5:05.38	Raleigh Relays	3/28/09
Lisa Lee	5:08.88	Sparky Adams Invitational	4/18/09
Amy Moore	5:12.38	Sparky Adams Invitational	4/18/09

STEEPLECHASE -- YSU RECORD: 10:44.75 / NCAA REGIONAL: 10:50.25

Jocelyn Steiner	12:48.90	Red Flash Open	4/25/09
Dawn Goodwin	13:08.00	Sparky Adams Invitational	4/18/09

5,000M RUN -- YSU RECORD: 17:01.71 / NCAA REGIONAL: 16:52.00

Lauren Blase	17:01.71	Penn Relays	4/25/09
Kayla Witmer	18:21.14	Horizon League Championships	5/1/09
Jocelyn Steiner	21:08.26	Raleigh Relays	3/28/09

10,000M RUN -- YSU RECORD: 35:29.01 / NCAA REGIONAL: 35:00.00

Lauren Blase	36:39.63	Horizon League Championships	5/1/09
Kayla Witmer	36:49.15	Horizon League Championships	5/1/09
Amy Moore	48:28.09	Horizon League Championships	5/1/09

100M HURDLES -- YSU RECORD: 13.88 / NCAA REGIONAL: 13.92

Yandeh Joh	14.57	Sea Ray Relays	4/11/09
Nicole Rymer	15.00	Northeast Ohio Quad	4/11/09
Eryn Langenkamp	15.02	Northeast Ohio Quad	4/11/09
Katy Wells	15.37	Horizon League Championships	5/1/09
Robyn Ray	16.76	Horizon League Championships	5/1/09

400M HURDLES -- YSU RECORD: 1:02.47 / NCAA REGIONAL: 1:00.82

Yandeh Joh	1:03.28	Horizon League Championships	5/1/09
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HIGH JUMP -- YSU RECORD: 1.67M / NCAA REGIONAL: 1.75M

Jen Grayson	1.64m (5-4 1/2)	Horizon League Championships	5/1/09
Robyn Ray	1.59m (5-2 1/2)	Horizon League Championships	5/1/09
Yandeh Joh	1.49m (4-10 3/4)	Horizon League Championships	5/1/09
Eryn Langenkamp	1.49m (4-10 3/4)	Horizon League Championships	5/1/09

LONG JUMP -- YSU RECORD: 5.77M / NCAA REGIONAL: 6.00M

Alisa Anthony	5.74m (18-10)	Horizon League Championships	5/1/09
Yandeh Joh	5.58m (18-3 3/4)	Horizon League Championships	5/1/09
Eryn Langenkamp	5.31m (17-5)	Horizon League Championships	5/1/09
Robyn Ray	5.13m (16-10)	Horizon League Championships	5/1/09

TRIPLE JUMP -- YSU RECORD: 12.28M / NCAA REGIONAL: 12.32M

Alisha Anthony	12.28m (40-3 1/2)	Horizon League Championships	5/1/09
Robyn Ray	11.34m (37-2 1/2)	Horizon League Championships	5/1/09

POLE VAULT -- YSU RECORD: 3.40M / NCAA REGIONAL: 3.85M

Stephanie Jarvis	3.20m (10-6)	Sparky Adams Invitational	4/9/09
Amanda Carpin	3.10m (10-2)	Northeast Ohio Quad	4/11/09
Eryn Langenkamp	2.89m (9-5 3/4)	Horizon League Championships	5/1/09

SHOT PUT -- YSU RECORD: 14.22M / NCAA REGIONAL: 14.30M

Danielle Curry	14.22m (46-7 3/4)	Campbell/Wright Invitational	5/9/09
Kaitlyn Griffith	13.29m (43-7 1/4)	Horizon League Championships	5/1/09
Leah Love	12.52m (41-1)	Horizon League Championships	5/1/09
KaiCee Kubicina	12.01m (39-4 3/4)	Horizon League Championships	5/1/09
Amanda Cox	11.86m (38-11)	Red Flash Open	4/25/09

DISCUS -- YSU RECORD: 47.04M / NCAA REGIONAL: 47.30M

Danielle Curry	43.78m (143-7 1/2)	Sea Ray Relays	4/11/09
KaiCee Kubicina	41.73m (136-11)	Horizon League Championships	5/1/09
Alexis Hall	40.83m (133-11 1/2)	Horizon League Championships	5/1/09
Marissa Opper	40.05m (131-4 3/4)	Horizon League Championships	5/1/09
Leah Love	29.96m (98-3 1/2)	Horizon League Championships	5/1/09

HAMMER -- YSU RECORD: 58.04M / NCAA REGIONAL: 54.15M

Alexis Hall	51.79m (169-11)	Red Flash Open	4/25/09
Kaitlyn Griffith	49.13m (161-2 1/4)	Campbell/Wright Invitational	5/9/09
Danielle Curry	48.61m (159-5 3/4)	Horizon League Championships	5/1/09
Marissa Opper	44.75m (146-9 3/4)	Horizon League Championships	5/1/09
KaiCee Kubicina	37.02m (121-5 1/2)	Horizon League Championships	5/1/09
Amanda Cox	25.76m (84-6 1/4)	Red Flash Open	4/25/09

JAVELIN -- YSU RECORD: 45.19M / NCAA REGIONAL: 43.45M

Lyndsie Hall	32.02m (105-0 3/4)	Horizon League Championships	5/1/09
Kaitlyn Griffith	30.52m (100-1 1/2)	Horizon League Championships	5/1/09
Kelcie Witmer	29.50m (96-9 1/2)	Horizon League Championships	5/1/09

HEPTATHLON

Yandeh Joh	4,467 points	Horizon League Championships	5/1/09
Robyn Ray	3,693 points	Horizon League Championships	5/1/09