

UNIVERSITY AT ALBANY

Top Ten Women's Outdoor Track & Field Performers

100 Meter Dash

1. Teresa Covert	11.55	2004
2. Winsome Foreringham	11.79	1987
3. Tequirra Cox	11.95	2004
4. Ellakisha Williamson	12.00	1997
5. Xiomara Davila Diaz	12.17	1998
6. Jillian Sherman	12.31	2004
7. Sarah Charles	12.35	2007
8. Tara Bialy	12.44	1999
9. Ashley Vives	12.50	2008
10. Tameka Hutcherson	12.60	2000

200 Meter Dash

1. Ellakisha Williamson	23.85	1997
2. Winsome Foreringham	24.15	1987
3. Teresa Covert	24.50	2003
4. Tequirra Cox	24.53	2004
5. Ashley Vives	25.08	2007
6. Xiomara Davila Diaz	25.09	1999
7. Christen Griffin	25.50	2008
8. Quanté Harris	25.65	2007
9. Seidah Abu-Bakir	25.74	1999
10. Kamilah McShine	25.79	2006

400 Meter Dash

1. Ellakisha Williamson	55.14	1997
2. Xiomara Davila Diaz	56.44	1997
2. Anisha Andrews	56.44	2007
4. Oneika Randall	56.92	2000
5. Ricshara Knight	57.13	2004
6. Adanna Andrews	57.14	2007
7. Tracy Estriplet	57.43	2004
8. Melissa Lee	57.95	2008
9. Jessica Ortman	58.02	2007
10. Kimberly Bloomer	58.10	1982

800 Meter Run

1. Jessica Ortman	2:06.63	2007
2. Adanna Andrews	2:10.17	2007
3. Jenna Ortman	2:12.57	2006
4. Diane Matthews	2:12.87	2004
5. Zuliana Fontanez	2:13.57	2008
6. Laura Cummings	2:15.30	2008
7. Xiomara Davila Diaz	2:15.64	1997
8. Dinnah Decatus	2:15.79	2002
9. Deborah Rohmiller	2:16.44	1979
10. Andrea Viger	2:16.57	2000

1,500 Meter Run

1. Jenna Ortman	4:28.62	2006
2. Jessica Ortman	4:29.65	2007
3. Tonya Dodge	4:30.93	1997
4. Laura Cummings	4:33.09	2008
5. Alyssa Lotmore	4:34.68	2005
6. Diane Matthews	4:39.18	2004
7. Meghan Howell	4:39.95	2004
8. Nicole Susser	4:42.92	2005
9. Andrea Viger	4:43.64	1998
10. Zerlinda Martinez	4:45.13	2003

High Jump

1. Brenna Militello	1.72 (5'7.75")	2007
2. Janna Johnston	1.69 (5'6.25")	1999
3. Ricshara Knight	1.67 (5'5.75")	2003
4. Georgina Torchon	1.62 (5'3.75")	2006
5. Erin Watson	1.60 (5'3")	2002
5. Rebecca Habemig	1.60 (5'3")	2003
7. Seidah Abu-Bakir	1.57 (5'1.75")	1998
8. Dawn Kassabassian	1.55 (5'1")	1995
8. Raphaelle Jean	1.55 (5'1")	2002
8. Rachel Selkregg	1.55 (5'1")	2005

Pole Vault

1. Corrina Hengen	3.30 (10'10")	2006, 2007
2. Kristen O'Brien	3.05 (10'0")	2002
3. Krystal Myers	3.05 (10'0")	2008
4. Amy Morrison	2.90 (9'6.25")	2006
5. Sara Best	2.895 (9'6")	2000
6. Jessica Burger	2.44 (8'0")	2000

Long Jump

1. Teresa Covert	5.93 (19'5.50")	2004
2. Jillian Sherman	5.91 (19'4.75")	2002
3. Jennifer Gurrant	5.80 (19'0.50")	2007
4. Janna Johnston	5.73 (18'9.25")	1999
5. Kimberly Toone	5.72 (18'9")	1995
6. Tonya Dunkley	5.70 (18'8")	1994
7. Jennifer Aubin	5.58 (18'3.75")	2003
8. Valerie Maignan	5.52 (18'1.50")	2008
9. Sarah Charles	5.51 (18'1")	2005
10. Kamilah McShine	5.46 (17'11")	2006

Triple Jump

1. Arina Gerasimova	12.77 (41'10.75")	2008
2. Jennifer Gurrant	12.69 (41'7.75")	2008
3. Sarah Charles	12.56 (41'2.50")	2007
4. Jennifer Aubin	12.47 (40'11")	2003
5. Teresa Covert	12.27 (40'3.25")	2003
6. Tiffany Sprenkels	11.76 (38'7")	2008
7. Sandy Antenor	11.68 (38'4")	2008
8. Jillian Sherman	11.67 (38'3.50")	2006
9. Nierria Jones	11.60 (38'0.75")	2002
10. Bonnie Boyette	11.58 (38'0")	1993

Discus Throw

1. Ritshell Verdier	48.06 (157'8")	2006
2. Ashley Lewis	42.20 (138'5")	2007
3. Kadine Johnson	42.04 (137'11")	2008
4. Alexis Bowens	41.67 (136'8")	2003
5. April Hanley	40.95 (134'4")	2004
6. Tymika Lawrence	37.74 (123'10")	2007
7. Flavia Cass	37.44 (122'10")	1998
8. Andrea DeLaurier	37.16 (121'11")	1984
9. Ann Laverk	36.00 (118'1")	1989
10. Taisha Shaw	35.92 (117'10")	2007

3,000 Meter Run

1. Tanya Dodge	9:39.34	1997
2. Alyssa Lotmore	9:51.24	2005
3. Andrea Viger	10:07.35	2000
4. Meghan Howell	10:07.85	2004
5. Kim Pettichord	10:21.50	1985
6. Molly Herdic	10:22.50	1992
7. Lynne Jacobs	10:26.40	1985
8. Elizabeth Hamilton	10:35.70	1998
9. Nicole Susser	10:37.82	2002
10. Betty Dzamba	10:38.90	1985

5,000 Meter Run

1. Alyssa Lotmore	16:46.68	2006
2. Tonya Dodge	17:35.95	1997
3. Karen Kurthy	18:08.77	1985
4. Andrea Viger	18:12.56	1999
5. Kristine Mun	18:14.13	2008
6. Betty Dzamba	18:15.20	1985
7. Karen McCarthy	18:22.50	1983
8. Theresa Juva	18:24.00	2003
9. Trista Neinast	18:25.58	2003
10. Elizabeth Hamilton	18:30.90	1998

10,000 Meter Run

1. Andrea Viger	36:52.81	2000
2. Tonya Dodge	36:55.94	1997
3. Alyssa Lotmore	37:08.67	2006
4. Trista Neinast	37:10.13	2004
5. Karen McCarthy	37:26.00	1985
6. Betty Dzamba	37:26.20	1984
7. Lynn Jacobs	38:06.60	1995
8. Lisa Nesta	38:14.20	2002
9. Jessica Chichester	39:03.71	2007
10. Ronnie Dann	40:00.10	1982

100 Meter Hurdles

1. Teresa Covert	13.30	2004
2. Ellakisha Williamson	13.45	1997
3. Xiomara Davila Diaz	13.81	1998
4. Kamilah McShine	13.98	2008
5. Winsome Foderingham	14.14	1998
6. Patricia Diedrich	14.20	2005
7. Mary Ingram	14.25	1996
8. Sue Kalled	14.51	1980
9. Eliana Durko	14.59	2004
10. Tara Bialy	14.75	1998

400 Meter Hurdles

1. Xiomara Davila Diaz	59.57	1997
2. Mary Ingram	1:00.54	1996
3. Rebecca Kelly	1:03.12	2008
4. Patricia Diedrich	1:03.17	2005
5. Eliana Durko	1:03.54	2004
6. Tammy Freeman	1:03.63	2002
7. Tamirah Haywood	1:04.33	1999
8. Maria Valentini	1:04.55	1997
9. Heather Angel	1:04.66	2005
10. Kamilah McShine	1:04.72	2008

3,000 Meter Racewalk

1. Samantha Cohen	14:09.64	1998
2. Dana Giancaspro	15:25.00	1999

Hammer Throw

1. Natasha Bermudez	47.74 (156'7")	2004
2. Kadine Johnson	46.87 (153'9")	2008
3. Joy Williams	46.81 (153'6")	2004
4. Ritshell Verdier	45.37 (148'10")	2008
5. Sinead Corley	44.52 (146'1")	2008
6. Cherice Vanderhall	42.40 (139'1")	2003
7. Mary Walminski	41.98 (138'0")	1995
8. April Hanley	41.58 (136'5")	2004
9. Flavia Cass	40.90 (134'2")	2000
10. Stacy Kupcheni	39.53 (129'8")	2002

Javelin

1. Isabella Katsarelis	38.20 (125'4")	2006
2. Ashley Lewis	36.21 (118'9")	2008
3. Ashley Kangas	35.55 (116'7")	2002
4. Janna Johnston	34.63 (113'7")	1999
5. Stacy Kupcheni	34.33 (112'7")	2002
6. April Hanley	31.91 (104'8")	2003
7. Tara McCarthy	30.62 (100'5")	1999
8. Ritshell Verdier	29.62 (97'2")	2007
9. Meghan Crowe	29.32 (96'2")	2007
10. Nierra Jones	28.06 (92'1")	2004

Shot Put

1. Joy Williams	13.80 (45'3.50")	2004, 2005
2. Alexis Bowens	13.05 (42'9.75")	2003
3. Ritshell Verdier	12.96 (42'6.25")	2006
4. Kadine Johnson	12.95 (42'6")	2008
5. Candice Mann	12.63 (41'5.25")	2006
6. Elizabeth Meierdierck	12.34 (40'6")	2003
7. Cherice Vanderhall	12.32 (40'5")	2003
8. Nene McCormick	11.99 (39'4")	1975
9. Ashley Lewis	11.98 (39'3.75")	2007
10. Isabella Katsarelis	11.40 (37'5")	2006

Heptathlon

1. Janna Johnston	5,008 points	1999
2. Kamilah McShine	4,128 points	2006
3. Patricia Diedrich	3,971 points	2004
4. Ricshara Knight	3,789 points	2003
5. Valerie Maignan	3,744 points	2007
6. Meghan Crowe	3,658 points	2007
7. Georgina Torchon	3,651 points	2006
8. Nierra Jones	3,500 points	2004

3,000 Meter Steeplechase

1. Laura Cummings	10:33.60	2008
2. Jessica Ortman	10:34.62	2006
3. Danielle Trimpop	10:56.27	2006
4. Meghan Howell	10:56.89	2004
5. Kristine Mun	11:00.31	2008
6. Jenna Ortman	11:09.80	2006
7. Maureen Brown	11:37.06	2005
8. Erica Viger	11:59.10	2000
9. Laura Subik	12:03.60	2004
10. Jennifer Russell	12:15.92	2004

5,000 Meter Racewalk

1. Samantha Cohen	23:19.00	1998
2. Dana Giancaspro	26:06.00	1998