

UALBANY WOMEN'S OUTDOOR TRACK & FIELD SCHOOL RECORDS

<u>Track Event</u>	<u>Time</u>	<u>Name</u>	<u>Year</u>
100m Dash	11.55w	Teresa Covert	2004
	11.76	Fey Adaramola	2009
100m Hurdles	13.30	Teresa Covert	2004
200m Dash	23.85	Ellakisha Williamson	1997
400m Dash	55.14	Ellakisha Williamson	1997
400m Int. Hurdles	58.89	Kamilah McShine	2009
800m Run	2:06.63	Jessica Ortman	2007
1,500m Run	4:28.12	Jenna Ortman	2006
3,000m Run	9:39.34	Tonya Dodge	1997
5,000m Run	16:48.68	Alyssa Lotmore	2006
10,000m Run	36:52.81	Andrea Viger	2000
2,000m Steeplechase	7:48.10	Erica Viger	2000
3,000m Steeplechase	10:29.27	Laura Cummings	2010
3,000m Racewalk	14:09.40	Samantha Cohen	1998
5,000m Racewalk	23:19.88	Samantha Cohen	1998

<u>Field Event</u>	<u>Mark</u>	<u>Name</u>	<u>Year</u>
Long Jump	19-5.50	Teresa Covert	2004
Triple Jump	43-0.25	Jenn Gurrant	2009
High Jump	5-7.75	Brenna Militello	2007
Pole Vault	12-1.50	Celine Cauderlier	2010
Shot Put	45-3.5	Joy Williams	2004, 2005
Discus	159-9	Ritshell Verdier	2009
Javelin	136-6	Ashley Lewis	2009
Hammer	174-0	Kadine Johnson	2010
Heptathlon	5,008 pts.	Janna Johnston	1999

w – wind-aided

<u>Relay Event</u>	<u>Time</u>	<u>Names</u>	<u>Year</u>
Shuttle Hurdle	57.93	Xiomara Davila-Diaz, Ellakisha Williamson, Tara Bialy, Janna Johnston	1998
4x100 Meter	46.27	Alli Rogers, Christen Griffin, Quante Harris, Fey Adaramola	2010
4x200 Meter	1:39.32	Alli Rogers, Christen Griffin, Sheena Simpkins, Fey Adaramola	2010
4x400 Meter	3:45.52	Octavia Clarkson, Sheena Simpkins, Sherez Mohamed, Fey Adaramola	2010
Sprint Medley	3:55.87	Anisha Andrews, Ashley Vives, Adanna Andrews, Jessica Ortman	2007
4x800 Meter	8:53.49	Jenna Ortman, Adanna Andrews, Anisha Andrews, Jessica Ortman	2006
Distance Medley	11:34.21	Jenna Ortman, Anisha Andrews, Adanna Andrews, Jessica Ortman	2006