

UNIVERSITY AT ALBANY

Top Ten Women's Outdoor Track & Field Performers Revised 6/19/10

100 Meter Dash

1. Teresa Covert	11.55 (wa)	2004
2. Feyisara Adaramola	11.76	2009
3. Winsome Foreringham	11.79	1987
4. Tequirra Cox	11.95	2004
5. Ellakisha Williamson	12.00	1997
6. Allison Rogers	12.02 (wa)	2010
7. Xiomara Davila Diaz	12.17	1998
8. Jillian Sherman	12.31	2004
9. Sarah Charles	12.35	2007
10. Tara Bialy	12.44	1999

High Jump

1. Brenna Militello	1.72 (5' 07.75")	2007
2. Janna Johnston	1.69 (5' 06.25")	1999
3. Ricshara Knight	1.67 (5' 05.75")	2003
4. Georgina Torchon	1.62 (5' 03.75")	2006
5. Erin Watson	1.60 (5' 03.00")	2002
5. Rebecca Habemig	1.60 (5' 03.00")	2003
5. Karley Giles	1.60 (5' 03.00")	2010
8. Seidah Abu-Bakir	1.57 (5' 01.75")	1998
9. Dawn Kassabassian	1.55 (5' 01.00")	1995
9. Raphaelle Jean	1.55 (5' 01.00")	2002
9. Rachel Selkregg	1.55 (5' 01.00")	2005
9. Ashleigh Whitfield	1.55 (5' 01.00")	2009
9. Bryanna Hebenstreit	1.55 (5' 01.00")	2009
9. Emily Curry	1.55 (5' 01.00")	2009

200 Meter Dash

1. Ellakisha Williamson	23.85	1997
2. Feyisara Adaramola	23.91	2009
3. Winsome Foreringham	24.15	1987
4. Teresa Covert	24.50	2003
5. Tequirra Cox	24.53	2004
6. Allison Rogers	24.68	2010
7. Sheena Simpkins	24.96	2010
8. Ashley Vives	25.08	2007
9. Xiomara Davila Diaz	25.09	1999
10. Christen Griffin	25.22	2010

Pole Vault

1. Celine Cauderlier	3.70 (12' 01.50")	2010
2. Rebecca Power	3.35 (10' 11.75")	2010
3. Corrina Hengen	3.30 (10' 10.00")	2006, 2007
4. Emily Mino	3.12 (10' 04.00")	2010
5. Kristen O'Brien	3.05 (10' 00.00")	2002
5. Krystal Myers	3.05 (10' 00.00")	2008
7. Amy Morrison	2.90 (9' 06.25")	2006
8. Sarah Best	2.895 (9' 06.00")	2000
9. Jessica Burger	2.44 (8' 00.00")	2000

400 Meter Dash

1. Ellakisha Williamson	55.14	1997
2. Feyisara Adaramola	56.09	2010
3. Sheena Simpkins	56.31	2010
4. Xiomara Davila Diaz	56.44	1997
4. Anisha Andrews	56.44	2007
6. Oneika Randall	56.92	2000
7. Ricshara Knight	57.13	2004
8. Adanna Andrews	57.14	2007
9. Tracy Estriple	57.43	2004
10. Jessica Hunter	57.44	2010

Long Jump

1. Teresa Covert	5.93 (19' 05.50")	2004
2. Jillian Sherman	5.91 (19' 04.75")	2006
3. Patricia McNish	5.83 (19' 01.50")	2010
4. Jennifer Gurrant	5.80 (19' 00.50")	2007
5. Janna Johnston	5.73 (18' 09.25")	1999
6. Kimberly Toone	5.72 (18' 09.00")	1995
7. Tonya Dunkley	5.70 (18' 08.00")	1994
7. Ashley Mahlmeister	5.70 (18' 08.00")	2010
9. Jennifer Aubin	5.58 (18' 03.75")	2003
10. Valerie Maignan	5.52 (18' 01.50")	2008

800 Meter Run

1. Jessica Ortman	2:06.63	2007
2. Adanna Andrews	2:10.17	2007
3. Zuliana Fontanez	2:11.65	2009
4. Jenna Ortman	2:12.57	2006
5. Diane Matthews	2:12.87	2004
6. Laura Cummings	2:15.10	2009
7. Melissa Lee	2:15.40	2009
8. Xiomara Davila Diaz	2:15.64	1997
9. Dinnah Decatus	2:15.79	2002
10. Deborah Rohmiller	2:16.44	1979

Triple Jump

1. Jennifer Gurrant	13.11 (43' 00.25")	2009
2. Arina Gerasimova	12.77 (41' 10.75")	2008
3. Sarah Charles	12.56 (41' 02.50")	2007
4. Jennifer Aubin	12.47 (40' 11.00")	2003
5. Teresa Covert	12.27 (40' 03.25")	2003
6. Sandy Antenor	12.07 (39' 07.25")	2008
7. Tiffany Sprenkels	11.95 (39' 02.50")	2010
8. Ashley Mahlmeister	11.94 (39' 02.25")	2010
9. Patricia McNish	11.88 (38' 11.75")	2010
10. Jillian Sherman	11.67 (38' 03.50")	2006

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. Jenn Pierson	4:39.62	2010
8. Meghan Howell	4:39.95	2004
9. Nicole Susser	4:42.92	2005
10. Andrea Viger	4:43.64	1998

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. Ada Lauterbach	10:35.99	2009
10. Nicole Susser	10:37.82	2002

5,000 Meter Run

1. Alyssa Lotmore	16:46.68	2006
2. Tonya Dodge	17:35.95	1997
3. Alexandra Panos	18:03.82	2009
4. Karen Kurthy	18:08.77	1985
5. Andrea Viger	18:12.56	1999
6. Kristine Mun	18:14.13	2008
7. Betty Dzamba	18:15.20	1985
8. Karen McCarthy	18:22.50	1983
9. Theresa Juva	18:24.00	2003
10. Trista Neinast	18:25.58	2003

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. Kristin Grab	39:32.32	2009

100 Meter Hurdles

1. Teresa Covert	13.30	2004
2. Ellakisha Williamson	13.45	1997
3. Kamilah McShine	13.67	2009
4. Xiomara Davila Diaz	13.81	1998
5. Christen Griffin	13.90	2010
6. Winsome Foderingham	14.14	1998
7. Patricia Diedrich	14.20	2005
8. Mary Ingram	14.25	1996
9. Sue Kalled	14.51	1980
10. Ashley Mahlmeister	14.56	2010

Discus Throw

1. Ritshell Verdier	48.69 (159' 09.00")	2009
2. Catherine Coxon	47.92 (157' 03.00")	2010
3. Ashley Lewis	42.20 (138' 05.00")	2007
4. Kadine Johnson	42.04 (137' 11.00")	2008
5. Alexis Bowens	41.67 (136' 08.00")	2003
6. April Hanley	40.95 (134' 04.00")	2004
7. Tymika Lawrence	37.74 (123' 10.00")	2007
8. Flavia Cass	37.44 (122' 10.00")	1998
9. Andrea DeLaurier	37.16 (121' 11.00")	1984
10. Ann Laverk	36.00 (118' 01.00")	1989

Hammer Throw

1. Kadine Johnson	53.05 (174' 00.00")	2010
2. Sinead Corley	47.91 (157' 02.00")	2010
3. Natasha Bermudez	47.74 (156' 07.00")	2004
4. Joy Williams	46.81 (153' 06.00")	2004
5. Ritshell Verdier	45.37 (148' 10.00")	2008
6. Cherice Vanderhall	42.40 (139' 01.00")	2003
7. Mary Walminski	41.98 (138' 00.00")	1995
8. April Hanley	41.58 (136' 05.00")	2004
9. Flavia Cass	40.90 (134' 02.00")	2000
10. Stacy Kupcheni	39.95 (131' 01.00")	2010

Javelin

1. Ashley Lewis	41.60 (136' 06.00")	2009
2. Rebecca Power	39.93 (131' 00.00")	2010
3. Isabella Katsarelis	38.20 (125' 04.00")	2006
4. Ashley Kangas	35.55 (116' 07.00")	2002
5. Janna Johnston	34.63 (113' 07.00")	1999
6. Stacy Kupcheni	34.33 (112' 07.00")	2002
7. April Hanley	31.91 (104' 08.00")	2003
8. Tara McCarthy	30.62 (100' 05.00")	1999
9. Ritshell Verdier	29.62 (97' 02.00")	2007
10. Meghan Crowe	29.32 (96' 02.00")	2007

Shot Put

1. Joy Williams	13.80 (45' 03.50")	2004,2005
2. Ritshell Verdier	13.72 (45' 00.25")	2009
3. Kadine Johnson	13.55 (44' 05.50")	2010
4. Alexis Bowens	13.05 (42' 09.75")	2003
5. Candice Mann	12.63 (41' 05.25")	2006
6. Ashley Lewis	12.41 (40' 08.75")	2009
7. Elizabeth Meierdierck	12.34 (40' 06.00")	2003
8. Cherice Vanderhall	12.32 (40' 05.00")	2003
9. Rebecca Power	12.01 (39' 05.00")	2010
10. Isabella Katsarelis	11.40 (37' 05.00")	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. Emily Curry	3,762 points	2010
6. Valerie Maignan	3,744 points	2007
7. Meghan Crowe	3,658 points	2007
8. Georgina Torchon	3,651 points	2006
9. Nierria Jones	3,500 points	2004
10. Bryanna Hebenstreit	2,963 points	2008

400 Meter Hurdles

1. Kamilah McShine	58.89	2009
2. Xiomara Davila Diaz	59.57	1997
3. Rebecca Kelly	1:01.27	2010
4. Mary Ingram	1:00.54	1996
5. Brittany Eveleth	1:02.30	2010
6. Patricia Diedrich	1:03.17	2005
7. Eliana Durko	1:03.54	2004
8. Tammy Freeman	1:03.63	2002
9. Christen Griffin	1:04.25	2010
10. Tamirah Haywood	1:04.33	1999

3,000 Meter Steeplechase

1. Laura Cummings	10:29.27	2010
2. Jenn Pierson	10:30.30	2010
3. Jessica Ortman	10:34.62	2006
4. Ada Lauterbach	10:54.50	2009
5. Danielle Trimpop	10:56.27	2006
6. Meghan Howell	10:56.89	2004
7. Kristine Mun	11:00.31	2008
8. Jenna Ortman	11:09.80	2006
9. Maureen Brown	11:37.06	2005
10. Erica Viger	11:59.10	2000

3,000 Meter Racewalk

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

5,000 Meter Racewalk

1. Samantha Cohen	23:19.00	1998
2. Dana Giancaspro	26:08.0	1999

10,000 Meter Racewalk

1. Samantha Cohen	55:15.00	1997
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