

100 Meters			
(hand-timed or F.A.T. minus .24 conversion)			
Name	Time	Date	
1 Olivia Florio	11.87	19-May-17	
2 Morgan Florio	12.01	9-May-16	
3 Ana Ordonez	12.36	23-May-15	
4 Hana Kerner	12.37	31-May-14	
4 Belle Bennett	12.37	12-Jun-23	
6 Emma Sullivan	12.49	25-May-12	
7 Julia Marshall	12.60	21-May-05	
8 MacKenzie Burgoyne	12.64	25-May-18	
8 Emily Simon	12.64	28-May-99	
10 Alexa Birch	12.69	2-Jun-23	

200 Meters			
(hand-timed or F.A.T. minus .24 conversion)			
Name	Time	Date	
1 Olivia Florio	24.86	27-May-17	
2 Grace Smiechowski	25.08	24-May-19	
3 Emma Sullivan	25.53	26-May-13	
4 Morgan Florio	25.63	13-May-17	
5 Alexa Birch	25.72	10-Jun-23	
6 Ana Ordonez	25.85	23-May-15	
7 Molly Bennett	25.89	22-May-21	
8 Belle Bennett	25.99	12-Jun-23	
9 Emily Simon	26.36	23-May-99	
10 Amanda Pook	26.37	1-May-14	

400 Meters			
(hand-timed or F.A.T. minus .14 conversion)			
Name	Time	Date	
1 Emma Sullivan	56.37	31-May-13	
2 Robine Arami	56.79	13-May-16	
3 Grace Smiechowski	56.97	10-May-19	
4 Kyla Krawczyk	57.16	2-Jun-17	
5 Molly Bennett	57.36	5-Jun-21	
5 Amanda Pook	57.36	30-May-15	
7 Alexa Birch	58.58	3-Jun-22	

8	Katie Nestor	59.10	25-May-07
9	Jenn Pierce	59.36	30-May-06
10	Hilary McElwain	59.49	7-May-14

800 Meters			
	Name	Time	Date
1	Catherine Pagano	2:08.75	4-Jun-14
2	Madison Holleran	2:08.87	5-Jun-13
3	Kyla Krawczyk	2:16.42	31-May-19
4	Anna Richard	2:17.99	16-May-14
5	Rebecca MacLaren	2:18.56	2-Jun-23
6	Molly Bennett	2:19.48	12-Jun-21
7	Hilary McElwain	2:19.56	23-May-15
8	Katie Nestor	2:19.76	31-May-08
9	Ariana North	2:20.85	21-May-11
10	Katie Morris	2:21.8	31-May-92

1600 Meters			
	Name	Time	Date
1	Catherine Pagano	4:48.82	5/7/2014
2	Madison Holleran	5:01.0	30-Apr-13
3	Daisy Liljegren	5:03.43	14-May-19
4	Ariana North	5:05.10	25-May-12
5	Monica Hebner	5:07.95	4-May-18
6	Isabel Hebner	5:10.94	25-May-18
7	Charlotte Tregelles	5:11.67	30-May-08
8	Rebecca MacLaren	5:14.22	22-May-21
9	Anna Richard	5:15.11	25-May-12
10	Jodi Hinchin	5:15.43	8-May-15

3200 Meters			
	Name	Time	Date
1	Catherine Pagano	10:34.60	7-May-14
2	Monica Hebner	10:43.52	9-Jun-18
3	Isabel Hebner	10:51.65	2-Jun-17
4	Daisy Liljegren	10:58.49	27-May-17
5	Ariana North	11:04.99	9-May-12
6	Jennie Meighan	11:29.4	27-May-95
7	Claire Zilenziger	11:32.71	28-May-11

8 Eileen Schultz	11:34.0	19-May-84
9 Allison Courtney	11:34.18	2-Jun-23
10 Paige Wilderotter	11:36.52	11-May-18

100 Meters High Hurdles		
(hand-timed or F.A.T. minus .24 conversion)		
Name	Time	Date
1 Belle Bennett	14.41	2-Jun-23
2 Beth Mayland	14.90	31-May-88
3 Julia Marshall	15.20	24-Apr-06
4 Anna Bryan-Jones	15.24	10-Jun-23
5 Brie-Ann Forhecz	15.40	15-May-04
6 Christina Hughes	15.57	5-Jun-21
7 Maura Nestor	15.57	5-May-11
8 Ellis McGovern	15.60	1-May-10
9 Madison Holleran	15.67	9-May-12
10 Morgan Valente	15.71	27-May-16

400 Meters Low Hurdles		
(hand-timed or F.A.T. minus .14 conversion)		
Name	Time	Date
1 Grace Smiechowski	61.69	1-Jun-18
2 Madison Holleran	62.14	1-Jun-13
3 Hilary McElwain	62.17	3-Jun-15
4 Molly Bennett	62.29	5-Jun-21
5 Amanda Pook	63.08	23-May-14
6 Kyla Krawczyk	64.39	26-May-17
7 Anna Bryan-Jones	64.83	18-Jun-22
8 Elizabeth Healy	66.03	13-May-17
9 Emma Sullivan	66.10	18-May-13
10 Pam Kopfensteiner	66.23	23-May-08

High Jump		
Name	Height	Date
1 Caitlyn Kunisch	5-4	12-Jun-21
2 Lia Torre	5-3	28-May-02
2 Stephanie Bembridge	5-3	24-May-80
4 Lizzie Faust	5-2	27-May-06
4 Deanna Bryant	5-2	13-Apr-87

4	Maura Nestor	5-2	25-May-10
7	Kelly Knight	5-0	13-Apr-15
7	Jackie Reyneke	5-0	1-Jun-13
7	Beth Mayland	5-0	3-May-88
7	Emily Simon	5-0	23-May-99
7	Catherine Henny	5-0	25-May-02
7	Alyssa Pessolano	5-0	9-Apr-05

Pole Vault			
	Name	Height	Date
1	Randi Conroy	12-0	19-Jun-21
2	Erika Kluge	10-0	31-May-19
2	Kaia Becker	10	1-Jun-18
4	Michelle Bechtel	9-0	24-May-19
4	Brie-Ann Forhecz	9-0	18-May-05
4	Erin Jones	9-0	27-May-05
7	Julia Tamulewicz	8-6	13-Apr-15
8	Katherine Aguilon	8-0	1-Jun-13
8	Brigette Inserra	8-0	11-May-18
8	Kylie Labbate	8-0	3-Jun-22

Long Jump			
	Name	Distance	Date
1	Brie-Ann Forhecz	17-6 1/4	12-May-04
2	Stephanie Bembridge	17-5	14-Apr-78
3	Jenn Pierce	17-4 1/2	19-May-06
4	Beth Mayland	17-2 1/2	31-May-88
5	Julia Healy	16-11	9-May-16
6	Maura Nestor	16-9 3/4	27-May-11
7	Lizzie Faust	16-9 1/2	26-May-06
8	Alexa Birch	16-8 3/4	2-Jun-23
9	Hannah Feeley	16-8	3-Jun-22
10	Julia Homan	16-7	5/23/2015

Triple Jump			
	Name	Distance	Date
1	Lizzie Faust	37-9 3/4	27-May-06
2	Lynda Blake	36-4	21-May-88
3	Julia Healy	35-11 1/2	26-May-17

4	Jackie Reyneke	34-11.75	6-May-13
5	Christina Hughes	34-5.25	5-Jun-21
6	Cassandra Lee	34-0 3/4	2-Jun-23
7	Morgan Valente	34-0 1/2	26-May-17
8	Rachel Brach	33-11	25-May-00
9	Nicole Waletzki	33-9	31-May-19
10	Caitlyn Kunisch	33-8.75	21-May-21

Shot Put		
Name	Distance	Date
1 Brynn Madonna	41-.25	21-May-21
2 Danielle Bach	39-0	26-May-12
3 Catherine Henny	37-1	25-May-02
4 Tori Reich	36-5	30-May-14
5 Suzy Beck	36-0	5-Mar-90
6 Sara Dec	35-10.5	16-May-15
7 Jen Ahlers	35-8	11-May-85
8 Hannah Mayer	35-0 1/4	7-May-09
9 Allison Dench	34-7 3/4	26-May-07
10 Morgan Micallef	32-4	2-May-19

Discus		
Name	Distance	Date
1 Brynn Madonna	122-9	12-Jun-21
2 Hannah Mayer	119-4	2-Apr-09
3 Taylor Shea	112-8	29-May-07
4 Danielle Bach	110-6	18-May-12
5 Sara Dec	110-6	13-Apr-15
6 Allison Dench	107-9	30-Apr-09
7 Athena Georgiades	106-2	12-Jun-21
8 Morgan Micallef	106-1	31-May-19
9 Christie Cali	104-0	31-May-05
10 Suzy Beck	103-10	11-Apr-88

Javelin		
Name	Distance	Date
1 Hannah Mayer	149-3	25-May-10
2 Jackie Reyneke	132	18-May-13
3 Brynn Madonna	129-7	21-May-21

	4 Julia Cohan	129-6	8-Jun-06
	5 Danielle Bach	121-1	25-May-12
	6 Demi Mcentee	117-7	19-May-12
	7 Christina Hughes	113-4	6-May-21
	8 Michelle Bond	113-3	27-May-17
	9 Erica Parsons	100-3	6-May-95
	10 Tori Reich	99-0	26-Apr-15