



# Lady Eagle Track and Field Records

## Lady Eagle Indoor Top 5 Performance List

<b>55 Meters</b>			<b>1000 Meters</b>			4 Olsen, Stoltzfus 10:24.12 00 M. Johnson, Brown		
1 Tina Gilbert 7.37 94			1 Jana Kauffman 3:07.74 01			5 Olsen, Stoltzfus 10:24.29 00 Bechtel, M. Johnson		
2 Jennifer Farrow 7.39 02/03			2 Katrin Olsen 3:15.67 02			<b>Distance Medley Relay</b>		
3 Sandy Ritz 7.43 02			3 Meghan Johnson 3:15.35 00			1 Olsen, Ward 12:48.06 02 Gauer, Kauffman		
4 Tiffany Thomas 7.52 93			4 Lauren Bechtel 3:16.11 99			2 Stoltzfus, Akpakip 12:50.8 01 Olsen, Kauffman		
5 Tamara Vreeland 7.54 97			5 Beth Armstrong 3:20.10 01			3 Kauffman, Winkler 13:03.59 01 Stoltzfus, Bechtel		
<b>60 Meters</b>			<b>1500 Meters</b>			4 Thrapp, Vreeland, Yarger, Trimble 13:03.94 95 5 Olsen, Winkler, George, Bechtel 13:07.76 99		
1 Jen Farrow 8.09 02			1 Karen Thrapp 5:09.95 96			<b>Long Jump</b>		
2 Briana Winkler 8.23 00			2 Stacy Puhl 5:17.10 96			1 Tracy Trapp 18' 7-3/4" 93		
3 Melissa Namey 8.27 04			3 Kristin Wolf 5:18.14 94			2 Sandy Ritz 18' 4-3/4" 03		
4 Laura Phillips 8.29 04			4 Pam Sheppard 5:18.55 91			3 Amy Parkes 18' 1-1/2" 98		
5 Sandy Ritz 8.33 01			5 Jamie Noble 5:21.01 96			4 Sonja Yingling 17' 11-1/4" 91		
<b>55 Hurdles</b>			<b>Mile Run</b>			5 Bri Palazzi 17' 11" 03		
1 Brooke Rangì 8.28 02			1 Jana Kauffman 5:15.11 02			<b>Triple Jump</b>		
2 Amy Parkes 8.33 95			2 Amy Yarger 5:21.93 97			1 Bri Palazzi 38' 11-1/2" 03		
3 Erica Aagre 8.38 02			3 Michele Edwards 5:25.61 98			2 Tracy Trapp 38' 11" 93		
4 Precious George 8.54 04			4 Lauren Bechtel 5:31.19 00			3 Sandy Ritz 37' 9-1/2" 03		
5 Sonja Yingling 8.66 91			5 Jessica Stoltzfus 5:32.45 01			4 Natalie Jackson 37' 7-1/4" 96		
<b>60 Hurdles</b>			<b>3000 Meters</b>			5 Shawnta Wetzel 36' 2-1/4" 96		
1 Brooke Rangì 9.19 04			1 Lauren Bechtel 10:52.79 01			<b>High Jump</b>		
2 Erica Aagre 9.24 03			2 Kat Davey 10:53.40 (o) 04			1 Patti Smoker 5' 8" 92		
3 Jaime Gauer 9.73 02			3 Pam Sheppard 10:59.84 93			2 Brooke Rangì 5' 5-3/4" 02		
4 Marsha Krysiowski 9.78 01			4 Jana Kauffman 11:03.55 02			3 Betsy Moore 5' 4-1/2" 97		
5 Heather Camp 10.10 00			5 Brenda Trimble 11:04.08 94			Marsha Krysiowski 5' 4-1/2" 01		
<b>200 Meters</b>			<b>5000 Meters</b>			5 Teresa Falcone 5' 4" 95 Amy Parkes 5' 4" 97		
1 Jennifer Farrow 25.77 03			1 Lauren Bechtel 18:32.89 99			<b>Shot Put</b>		
2 Maggie Borden 26.60 04			2 Bridget Kielty 18:51.84 97			1 Cheryl Stohr 42' 9-1/4" 77		
3 Melissa Namey 26.72 03			3 Brenda Trimble 18:57.66 96			2 Jess Cross 41' 1-1/4" 04		
4 Sandy Ritz 26.80 02			4 Jill Baumgartner 19:13.74 90			3 Shelly Levy 40'0" 04		
5 Briana Winkler 26.97 00			5 Michele Edwards 19:19.98 98			4 Gabi George 38' 5" 00		
<b>300 Meters</b>			<b>800 Meter Relay</b>			5 Mindy Cressley 38' 4" 03		
1 Precious George 46.34 04			1 Winkler, Ritz 1:45.84 (o) 00			<b>Weight Throw</b>		
2 Mary Ewanich 46.42 04			Moore, Farrow			1 Melissa Miller 49' 00" 03		
3 Maggie Borden 46.66 04			2 Ritz, Winkler 1:46.26 01			2 Mindy Cressley 48' 2" 03		
4 Laura Phillips 47.25 04			Farrow, Namey			3 Jessie Williams 45'7" 04		
5 Katie MacDonald 48.05 00			3 Namey, Hollenbach 1:50.14 03			4 Gabi George 45' 0" 00		
<b>300 Meter Hurdles</b>			Palazzi, Ritz			5 Jess Cross 44'0" 04		
1 Mary Ewanich 48.76 (o) 04			4 Vreeland, Briggs, 1:51.16 97			<b>Pole Vault</b>		
<b>400 Meters</b>			Moore, Noll			1 J.J. Held 11' 0" 03		
1 Jen Farrow 56.27 (b) 03			5 Kopp, Trapp, 1:51.71 92			2 Darla Neff 10' 5-3/4" 02		
2 Maggie Borden 59.45 (o) 04			Thomas, Gilbert			3 Steph Schiebel 9'6-1/4" 04		
3 Melissa Namey 59.73 03			<b>1600 Meter Relay</b>			4 Maura Ruckert 9'0-1/4" 04		
4 Mary Ewanich 62.10 (o) 04			1 Namey, Aagre 3:59.73 (o) 03			5 Kate Brubaker 7' 8-1/2" 02		
5 Brianna Winkler 1:02.38 01			Hollenbach, Farrow			<b>Pentathlon</b>		
<b>500 Meters</b>			2 Namey, Ewanich 4:01.27 04			1 Brooke Rangì 3491 03		
1 Jennifer Farrow 1:16.16 03			Phillips, Borden			2 Amy Parkes 3286 97		
2 Brianna Winkler 1:21.37 00			3 Hollenbach, Aagre 4:03.43 03			3 Tracy Trapp 3262 93		
3 Katrin Olsen 1:23.47 00			Namey, Farrow			4 Erica Aagre 3211 03		
4 Melissa Namey 1:23.81 04			4 Namey, Aagre 4:08.02 02			5 Sonja Yingling 3182 91		
4 Jessica Stoltzfus 1:25.54 00			Ward, Farrow					
<b>800 Meters</b>			5 Namey, Ritz 4:08.76 02					
1 Amy Yarger 2:18.14 95			Farrow, Ward					
2 Jana Kauffman 2:21.12 02			<b>3200 Meter Relay</b>					
3 Jennifer Farrow 2:21.33 02			1 Olsen, M. Johnson 9:50.86 00					
4 Katrin Olsen 2:22.26 02			Kauffman, Stoltzfus					
5 Jessica Stoltzfus 2:22.55 00			2 Stoltzfus, Gauer 9:58.95 01					
			Olsen, Kauffman					
			3 Olsen, Gauer 10:03.54 02					
			Geroge, Kauffman					

# Women's Track and Field...

## Lady Eagle Outdoor Top 5 Performance List

### 100 Meters

*1 Sandy Ritz	12.17 (w.a.)	02
1 Jennifer Farrow	12.40	02
2 Tina Gilbert	12.44	94
3 Sandy Ritz	12.50	00
4 Briana Winkler	12.64	00
5 Tamara Vreeland	12.66	96

### 100 High Hurdles

1 Amy Parkes	14.24	95
2 Brooke Rangi	14.55	02
3 Erica Aagre	14.84	02
4 Marsha Krysiowski	15.07	01
5 Sonja Yingling	15.30	91

### 200 Meters

1 Jennifer Farrow	25.00	02
2 Sandy Ritz	25.45	00
3 Maggie Borden	25.67	04
4 Tamara Vreeland	26.14	96
5 Briana Winkler	26.18	00

### 400 Meters

1 Jen Farrow	54.19	02
2 Maggie Borden	56.46	04
3 Briana Winkler	57.31	00
4 Melissa Namey	58.08	03
5 Melanie Helm	58.96	94

### 400 Intermediate Hurdles

1 Sherry Groff	1:03.44	87
2 Mary Ewanich	1:04.43	04
3 Tracy Trapp	1:06.49	93
4 Christie Marshall	1:06.90	98
5 Fonati Ward	1:06.92	02

### 800 Meters

1 Katrin Olsen	2:13.23	00
2 Jennifer Farrow	2:14.73	03
3 Amy Yarger	2:14.97	96
4 Lori Lingenfelder	2:16.44	91
5 Jana Kauffman	2:17.87	02

### 1500 Meters

1 Lori Lingenfelder	4:34.74	89
2 Jana Kauffman	3:37.35	02
3 Amy Yarger	4:42.05	97
4 Kai Davey	4:56.52	04
5 Vicki Smith	4:57.74	78

### Mile/1600 Meters

1 Vicki Smith	5:15.94	79
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### 3000 Meters

1 Vicki Smith	10:24.24	81
2 Lauren Bechtel	10:50.94	00
3 Michele Edwards	10:54.97	98
4 Jana Kauffman	10:57.78	00
5 Brenda Trimble	11:06.24	96

### 3000 Meter Steeplechase

1 Jessica Stoltzfus	12:02.32	01
2 Meghan Johnson	12:37.6h	01
3 Chandra Heilman	14:23.22	02

### 5000 Meters

1 Vicki Smith	17:46.24	81
2 Lauren Bechtel	18:19.59	99
3 Jana Kauffman	18:52.98	02
4 Brenda Trimble	18:55.68	94
5 Jill Baumgartner	19:09.24	89

### 10000 Meters

1 Lauren Bechtel	38:34.1	01
2 Jill Baumgartner	38:49.76	90
3 Brenda Trimble	38:55.20	96
4 Pam Sheppard	40:23.79	92
5 Pam Knoll	41:00.54	86

### 400 Meter Relay

1 Namey, MacDonald Ritz, Farrow	47.77	02
2 Namey, Hollenbach Ritz, Farrow	47.81	03
3 Winkler, Moore Ritz, Farrow	48.19	00
4 Namey, Winkler Ritz, Farrow	48.33	01
5 Akpakip, Winkler Ritz, Farrow	48.40	01

### 800 Meter Relay

1 Vreeland, Parkes, Karchner, Falcone	1:46.79	96
2 Vreeland, Winkler, Krysiowski, Moore	1:49.38	98
3 Winkler, MacDonald Camp, Moore	1:50.09	99
4 Hoffer, McGuire, Groff, Taylor	1:55.89	86

### 1600 Meter Relay

1 Namey, Ritz Olsen, Farrow	3:53.17	02
2 Namey, Ward Olsen, Farrow	3:53.50	02
3 Namey, Winkler Olsen, Farrow	3:54.47	01
4 Winkler, Ritz Olsen, Farrow	3:55.58	00
5 Namey, Ritz Hollenbach, Farrow	3:56.96	03

### 3200 Meter Relay

1 M. Johnson, Stoltzfus Kauffman, Olsen	9:53.26	00
2 Stoltzfus, Russell Armstrong, Bechtel	10:15.38	01
3 Bechtel, Stoltzfus Kauffman, Gauer	10:15.55	00
4 Houser, Grasser, Myers, Trapp	10:29.24	90

### Distance Medley Relay

1 Thrapp, Vreeland, Yarger, Trimble	13:07.20	95
2 Wolf, Roush, Yarger, Trimble	13:23.24	94

### Sprint Medley Relay

1 Ritz, Namey Farrow, Olsen	4:07.61	01
2 Vreeland, Gilbert, Parkes, Yarger	4:17.70	95
3 Vreeland, Falcone, Parkes, Yarger	4:19.90	96
4 Gilbert, Roush, Helm, Yarger	4:25.83	94
5 Vreeland, Moore, Winkler, Edwards	4:26.73	98

### Shot Put

1 Cheryl Stohr	43' 6-1/2"	77
2 Nancy Houston	42' 1"	84
3 Mindy Cressley	40' 11"	03
4 Gabi George	39' 11"	00
5 Shelly Levy	39' 3-1/4"	04

### Discus

1 Angie Jones	137' 6"	89
2 Nancy Houston	135' 2"	83
3 Melissa Miller	133' 0"	02
4 Jody Kratzer	130' 0"	03/02
5 Cheryl Stohr	126' 3"	79

### Javelin

1 Brianna Bair	150' 5"	01
2 Mindy Cressley	138' 7"	02
3 Vicki Smith	130' 9"	78
4 Amy Parkes	128' 0"	96
5 Kristen Walters	127' 0"	91

### Hammer

1 Melissa Miller	157' 5"	03
2 Richelle Reed	140' 0"	04
3 Gabi George	135' 8"	98
4 Jessie Williams	133' 3"	03
5 Mindy Cressley	132' 10"	02

### High Jump

1 Patti Smoker	5' 8"	93
2 Marsha Krysiowski	5' 6-1/2"	01
3 Amy Parkes	5' 6"	96
Nancy Larena	5' 6"	84
5 Tracy Trapp	5' 5-3/4"	93

### Long Jump

1 Sandy Ritz	19' 4-1/2" (w.a.)	02
Sandy Ritz	19' 2-1/2"	02
Bri Palazzi	19' 4-1/2" (w.a.)	03
3 Sonja Yingling	19' 1"	91
4 Deanna Hoffer	18' 5-1/2"	85
5 Amy Parkes	18' 3-1/4"	97

### Triple Jump

1 Bri Palazzi	40' 10-1/2"	03
2 Tracy Trapp	39' 7"	93
3 Sandy Ritz	39' 3"	03
4 Natalie Jackson	38' 11"	96
5 Deanna Hoffer	37' 8-1/4"	85

### Heptathlon

1 Amy Parkes	4886	97
2 Brooke Rangi	4760	03
3 Marsha Krysiowski	4618	01
4 Tracy Trapp	4480	93
5 Erica Aagre	4219	02

### Pole Vault

1 J.J. Held	11' 10"	03
2 Steph Schiebel	10' 6-1/4"	04
3 Darla Neff	10' 6-1/4"	01
4 Maura Ruckert	9' 6"	04
5 Kate Brubaker	8' 0"	01

## Hubert Jack Stadium Records

Events	Name	School	Time/Dist	Year
100m	Kerryi-Ann Mitchell	Pine Ridge (CAN) H.S.	12.21	2001
200m	Christine Carpenter	Millersville	24.75	2004
400m	Jennifer Farrow	Lock Haven	55.13	2002
800m	Niya Adams	Kutztown	2:11.13	2003
1500m	Lindsay Rangel	Indiana	4:41.29	1997
3000m	Kelly Stewart	Shippensburg	10:03.62	2004
5000m	Emily Budnyk	Shippensburg	17:17.00	1997
10000m	Stephanie Yingling	Shippensburg	36:28.17	1997
400m Relay		Lock Haven	47.77	2002
1600m Relay		Kutztown	3:52.25	2003
100m Hurdles	Linsey Westerman	Slippery Rock	14.21	2003
400m Hurdles	Jen Comtois	Slippery Rock	1:02.94	1997
3000 Steeplechase	Charity Learn	Mansfield	11:09.26	2003
Long Jump	Bri Palazzi	Lock Haven	19'4-1/2"	2003
	Tunisia Lacy	Shippensburg	19'4-1/2"	2003
Triple Jump	Tunisia Lacy	Shippensburg	42'5"	2003
High Jump	Becky Bullard	Indiana	5'6-3/4"	2003
Shot Put	Jen Klock	Clarion	44'6-1/2"	2004
Discus	Kimberly Sellers	Shippensburg	143' 7"	1997
Javelin	Karyn McCready	Slippery Rock	151'10"	2003
Hammer	Alison Maurer	Kutztown	167'7"	2004
Pole Vault	Kate Mullins	Binghamton	12' 02"	2001
Heptathlon	Amy Parkes	Lock Haven	4,886 points	1997

### Lady Eagle All-Americans

Year	Indoor or Outdoor	Name	Event	Place
2003	NCAA II Outdoor	Jennifer Farrow	400m	4th
2003	NCAA II Indoor	Jennifer Farrow	400m	4th
2002	NCAA II Outdoor	Jennifer Farrow	400m	3rd
2001	NCAA II Outdoor	Jennifer Farrow	400m	8th
	NCAA II Outdoor	Marsha Krysiwski	High Jump	t-4th
	NCAA II Outdoor	Brianna Bair	Javelin	7th
2000	NCAA II Outdoor	Brianna Bair	Javelin	4th
1997	NCAA II Outdoor	Amy Parkes	Heptathlon	7th
1996	NCAA II Outdoor	Amy Parkes	Heptathlon	5th
1993	NCAA II Indoor	Tracy Trapp	Triple Jump	5th
1992	NCAA II Outdoor	Patti Smoker	High Jump	4th
	NCAA II Indoor	Patti Smoker	High Jump	2nd



**LHU'S ALL-AMERICANS**  
*(top, l-r) Jennifer Farrow,  
 Marsha Krysiwski, Brianna Bair;  
 (bottom, l-r) Amy Parkes, Tracy Trapp,  
 Patti Smoker.*



*(left and middle) The 2003 and 2002 LHU women's track and field teams captured back-to-back titles at the PSAC Indoor Championships;  
 (left) The Lady Eagles won their first-ever PSAC Outdoor Championship in 2002.*



**Pennsylvania State Athletic Conference Champions**

\*PSAC Championships Most Valuable Track Athlete  
 #PSAC Championships Most Valuable Field Athlete

Year	Name	Event	Year	Name	Event
2004 (O)	Maggie Borden	400 meters	1997	Amy Parkes	100 Hurdles
2003 (O)	Jennifer Farrow*	200 meters		Amy Parkes	Long Jump
	Jennifer Farrow	400 meters		Amy Parkes#	Heptathlon
	Women's 4x100m Relay (M. Namey, J. Hollenbach, S. Ritz, J. Farrow)		1996	Betsy Moore	High Jump
2003 (I)	Jennifer Farrow	400 meters	1995	Amy Parkes	100 Hurdles
	Jocelyn Held	Pole Vault		Amy Parkes#	Heptathlon
	Melissa Miller	20 lbs. Weight Throw		Natalie Jackson	Triple Jump
	Bri Palazzi	Triple Jump			
2002(O)	Jennifer Farrow	400 meters	1994	Natalie Jackson	Triple Jump
	Women's 4x100 Meter Relay (M. Namey, K. MacDonald, S. Ritz#, J. Farrow )		1993	Tracy Trapp	Long Jump
	Women's 4x400 Meter Relay (M. Namey, F. Ward, K. Olsen, J. Farrow Outdoor )			Tracy Trapp#	Heptathlon
	Jana Kauffman	1500 meters		Patti Smoker	High Jump
	Sandy Ritz#	Long Jump	1992	Tracy Trapp	Heptathlon
	Sandy Ritz#	Triple Jump		Patti Smoker	High Jump
	Jocelyn Held	Pole Vault	1989		
	Brooke Rangj	Heptathlon		Lori Lingenfelter	1500 meters
	Brooke Rangj	High Jump	1985	Deana Hoffer	Long Jump
	2002 (I)	Jennifer Farrow	400 meters		Deana Hoffer
Sandy Ritz#		Long Jump	1981		
Sandy Ritz#		Triple Jump		Vicki Smith	3000 meters
Brooke Rangj		55m Hurdles	1979		
Brooke Rangj		High Jump		Cheryl Stohr	Discus
2001	Jennifer Farrow	400 meters			
	Marsha Kryisewski	High Jump			
	Brianna Bair	Javelin			
	J.J. Held	Pole Vault			
2000	Jennifer Farrow	400 meters			
	Katrin Olsen	800 meters			
1999	Marsha Krysiewski	Heptathlon			
	Brianna Bair	Javelin			
1998	Amy Parkes#	Heptathlon			

**PSAC Team Championships**

2002 - Outdoor Champions

2003, 2002 - Indoor Champions