

**HUBERT JACK STADIUM, LOCK HAVEN UNIVERSITY
WOMEN'S TRACK AND FIELD RECORDS**

<u>Events</u>	<u>Name</u>	<u>School</u>	<u>Time/Dist</u>	<u>Year</u>
100m	Kerryi-Ann Mitchell	Pine Ridge (CAN) H.S.	12.21	2001
	Krystin Lawson	Riverdale Baptist H.S.	12.21	2005
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
1600m	Casey Miller	Lewisburg H.S.	5:06.44	2006
3000m	Kelly Stewart	Shippensburg	10:03.62	2004
3200m	Carly Seymour	Central Cambria	11:07.40	2006
5000m	Emily Budnyk	Shippensburg	17:17.00	1997
10000m	Stephanie Yingling	Shippensburg	36:28.17	1997
400m Relay	Namey, MacDonald	Lock Haven	47.77	2002
	Ritz, Farrow			
1600m Relay	Maxwell, Otis, Johnson, Adams	Kutztown	3:52.25	2003
3200m Relay		Elk County Catholic	9:31.19	2004
100m Hurdles	Linsey Westerman	Slippery Rock	14.21	2003
300m Hurdles	Emily Hollick	Jersey Shore H.S.	46.45	2006
400m Hurdles	Linsey Westerman	Slippery Rock	62.01	2003
3000m Steeplechase	Charity Learn	Mansfield	11:09.26	2003
Long Jump	Tunisia Lacy	Shippensburg	19' 7-3/4"	2003
Triple Jump	Tunisia Lacy	Shippensburg	42' 5"	2003
High Jump	Becky Bullard	Indiana	5' 9-3/4"	2003
Shot Put	Nicole James	West Chester	46' 3"	2006
Discus	Ginger Williams	Lock Haven	147' 0"	2005
Javelin	Karyn McCready	Slippery Rock	151' 10"	2003
Hammer	Alison Maurer	Kutztown	176' 0"	2006
Pole Vault	Kate Mullins	Binghampton	12' 02"	2001
Heptathlon	Amy Parkes	Lock Haven	4,886 points	1997