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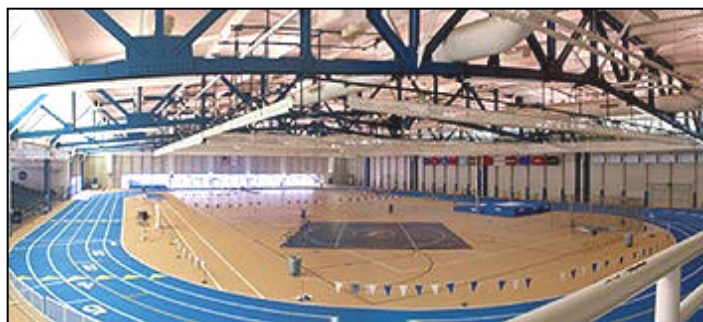
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Mackal Field House

Mackal Field House, which opened in 1991, features an eight-lane, 200-meter indoor track, gymnastics' competition and training area, a weight and fitness center and four basketball courts. The facility annually hosts the Atlantic 10 Conference Men's and Women's Indoor Track & Field Championships.

The track and basketball courts were refurbished in December of 2002, giving the Rams a state-of-the-art track.



University of Rhode Island Quick Facts

The University (website: www.uri.edu)

Name: University of Rhode Island
Location: Kingston, RI 02881
Phone: (401) 874-1000
Enrollment: 14,264
Founded: 1892
President: Dr. Robert L. Carothers (1991 to present)

The Athletic Program

(website: www.GoRhody.com)

Affiliation: NCAA Div. I (Div. I-AA for football)
Conference: Atlantic 10 Conference
Nickname: Rams
Colors: Keaney Blue, Navy Blue and White
Varsity Teams: 10 men's, 12 women's
Athletic Director: Ron Petro (1992 to present)
Athletic Phone: (401) 874-5245

Women's Cross Country/Track & Field

(website: www.GoRhody.com)

Office Fax: (401) 874-5354
Address: University of Rhode Island
 Women's XC/Track & Field Office
 Three Keaney Road, Suite One
 Kingston, RI 02881
Head Coach: Laurie Feit-Melnick (1992 to present)
Office Phone: (401) 874-5234
Email: lauriefm@uri.edu
Assistant Coach: John Melnick (1992 to present)
Office Phone: (401) 874-2322
Email: jm@uri.edu

The Atlantic 10 Conference

(www.Atlantic10.org)

The institutions that comprise the Atlantic 10 Conference are committed to providing a broad-based, competitive athletic environment without sacrificing the high ideals of scholarship and sportsmanship. The University of Dayton, Duquesne University, Fordham University, The George Washington University, La Salle University, University of Massachusetts, University of Rhode Island, University of Richmond, St. Bonaventure University, Saint Joseph's University, Temple University, and Xavier University each offer a rich blend of proud academic and athletic traditions to form an impressive athletic alliance.

The Atlantic 10 Conference will crown champions in 21 sports this season: baseball, men's and women's basketball, men's and women's cross country, field hockey, men's golf, women's lacrosse, men's and women's indoor and outdoor track & field, women's rowing, men's and women's soccer, softball, men's and women's swimming & diving, men's and women's tennis, and women's volleyball.

Coaching Staff



Hometown: Massapequa Park, N.Y.
Position: Head Coach
Birthdate: 03/08/1965
Education: B.S., Rutgers, M.S., Miami (Ohio), 1992
Coaching:
Assistant Cross Country Coach, Rutgers, 1988-89
Assistant Coach, Miami (Ohio), 1989-92
Head Coach, Rhode Island, 1992-present

Laurie Feit-Melnick enters her 12th season as head coach of the Rhode Island women's cross country, indoor and outdoor track & field programs. Feit-Melnick is coming off a very successful year, leading the Rams to their second consecutive Atlantic 10 Outdoor Track & Field Championships, along with a second-place finish in the Indoor Track & Field Championships and a third place finish in the Cross Country Championship.

Feit-Melnick has led the Rams to five Atlantic 10 Track & Field Championships in the past four years and has been named Atlantic 10 Coach of the Year seven times, five for indoor track (1996, '99, '00, '01, '02), once for cross country (1998) and once for outdoor track (2003). The Massapequa Park, N.Y. native has also been honored as the University of Rhode Island Women's Coach-of-the-Year four times (1999, '00, '01, '02). The Rams have had eight second-place conference finishes: cross country (1992, '98, '01), indoor (1993, '96, '03) and outdoor (2000, '01) during Feit-Melnick's tenure.

Feit-Melnick's track & field teams have had 54 Atlantic 10 Champions, seven conference record-holders and sent six athletes to NCAA competitions. Her cross country teams have included 15 All-Conference athletes and two NCAA Championship qualifiers.

She has had 38 Atlantic 10 academic all-conference performers, 11 athletes named Atlantic 10 Most Outstanding Rookie of the Year, and two Atlantic 10 Most Outstanding Performer award winners.

Feit-Melnick served as USA Junior team leader at the 1998 World Cross Country Championships in Marrakech, Morocco. She was appointed to the 2001 World University Games Coaching Staff for the World University Games in Beijing, China.

Feit-Melnick received a bachelor's degree from Rutgers in 1987, where she was a four-year member of the Scarlet Knight cross country, indoor and outdoor track teams. She was named MVP of the Rutgers cross-country team as a senior. A middle distance runner on the track team, she was also a member of the All-East two-mile relay team.

After spending one season as an assistant cross-country coach at Rutgers, Feit-Melnick joined the coaching staff at Miami (Ohio), where she worked from 1989-92. She took over the cross country and track and field head coaching duties on an interim basis during the 1990-91 seasons.

Feit-Melnick received a master's degree in exercise science from Miami (Ohio) in 1992. An USA Track & Field certified Level I and II coach. She is a member of the U.S. Women's Track & Field Association and the Commissioner of the New England Women's Intercollegiate Cross-Country and Track & Field Association. She is also a USATF New England Women's Track & Field representative. She has served as secretary/treasurer of the ECAC. She is presently the ECAC seeding advisor for the Northeast region. She was the coach of the USA Junior Team for the 1998 World She is married to John Melnick, an assistant track & field coach with the Rams. The couple lives in Narragansett, RI with their daughter Mollie Joy.



Hometown: Cato, N.Y.
Position: Assistant Coach
Birthdate: 08/25/1959
Education: B.S., SUNY Plattsburgh, 1982, M.A., Miami (Ohio), 1989
Coaching:
Head Coach, Cato-Meridian and Westhill High Schools, 1984-86
Assistant Coach, Miami (Ohio), 1986-88
Assistant Coach, Ball State, 1988-89
Assistant Coach, Miami (Ohio), 1989-92
Assistant Coach, Rhode Island, 1992-present

John Melnick is entering his 12th year as assistant coach for the women's cross country and track & field teams at Rhode Island working with the teams' sprints/hurdles, javelin and pole vault athletes. He has coached 19 Atlantic 10 champions and Atlantic 10 Conference record holders Stephanie Maugham and Michelle Trefz. 2000 graduate Stephanie Maugham is the conference pole vault record holder indoor/outdoor, URI pole vault record holder indoor/outdoor, four-time conference pole vault champion and was a NCAA pole vault qualifier ('00) during her career at Rhode Island. 2001 graduate Michelle Trefz is a five-time conference hurdle champion, 100m hurdle conference record holder and URI record holder at the 55m and 100m hurdles. Over a dozen indoor and outdoor school records have fallen under Melnick's guidance.

Melnick is a native of Cato, N.Y. He graduated from SUNY Plattsburgh in 1982 with a bachelor's degree in business administration and a concentration in accounting. In 1989, Melnick earned a master's degree in physical education/ health enhancement and appraisal from Miami (Ohio). While at Miami, Melnick coached the sprints, hurdles and throws. He trained a two-time NCAA All-American javelin thrower and 1992 Olympic trials qualifier and coached 69 All-Mid-American Conference (MAC) athletes and 12 MAC Champions.

Melnick holds an USA Track and Field Level I coaching certification as well as a NCAA recruiting certification. He served as Director of Championships for the Women's New England Cross-Country, Indoor and Outdoor Championships for nine years.

Melnick lives with his wife, head coach Laurie Feit-Melnick, in Narragansett, RI with their daughter Mollie Joy.

2003 Cross Country

Saturday	September 5	Providence Invitational @ Goddard State Park	East Greenwich, RI	3:00pm
Saturday	September 13	Dartmouth Invitational	Hanover, NH	10:00am
Saturday	September 27	Iona College-Meet of Champions @ Van Cortlandt Park	Bronx, NY	10:00am
Friday	October 10	New England Championships @ Franklin Park	Boston, MA	12:00pm
Saturday	October 25	Central Connecticut Invite @ Stanley Quarter Park	New Britain, CT	TBA
Saturday	November 1	Atlantic 10 Championships @ Belmont Plateau	Philadelphia, PA	10:00am
Saturday	November 16	NCAA Northeast Regional Championships @ Franklin Park	Boston, MA	TBA
Monday	November 24	NCAA Championships @ University Northern Iowa	Cedar Falls, IA	TBA

2003-2004 Indoor Track & Field

Friday	December 5	URI Pentathlon	Kingston, RI	11:00am
Saturday	December 6	Brown University Invitational	Providence, RI	10:00am
Friday	January 9	URI Open	Kingston, RI	1:00pm
Saturday	January 10	Rhody High School Classic	Kingston, RI	10:00am
Saturday	January 17	Brown University Invitational	Providence, RI	10:00am
Friday	January 23	vs. CCSU, Hartford, Maine, Quinnipiac, UMass	Kingston, RI	6:00pm
Fri.-Sat.	January 30-31	Terrier Invitational @ Boston University	Boston, MA	4:00pm
Saturday	February 7	URI Invitational	Kingston, RI	11:00am
Fri.-Sat.	February 13-14	Fast Track Classic @ Boston University	Boston, MA	10:00am
Saturday	February 21	Atlantic 10 Championships	Kingston, RI	9:30am
Fri.-Sat.	Feb. 27-28	New England Championships @ Boston University	Boston, MA	10:00am
Sat.-Sun.	March 6-7	ECAC Championships @ Reggie Lewis Center	Boston, MA	10:00am
Fri.-Sat.	March 12-13	NCAA Championships @ University of Arkansas	Fayetteville, AR	4:00pm

2004 Outdoor Track & Field

Saturday	March 27	Husky Relays at Northeastern University	Dedham, MA	10:00am
Fri.-Sat.	April 2-3	Duke Invitational	Durham, NC	2:00pm
Saturday	April 10	Brown University Invitational	Providence, RI	10:00am
Wed.-Thurs.	April 14-15	Holy Cross Heptathlon	Worcester, MA	12:00pm
Friday	April 16	UConn Invitational	Storrs, CT	2:00pm
Thurs.-Sat.	April 22-24	Penn Relays	Philadelphia, PA	10:00am
Sunday	April 25	Brown Invitational	Providence, RI	10:00am
Sat.-Sun.	May 1-2	Atlantic 10 Championships @ University Richmond	Richmond, VA	9:00am
Fri.-Sat.	May 7-8	New England Championship @ Northeastern University	Dedham, MA	10:00am
Thurs.-Sun.	May 14-16	ECAC Championship @ George Mason University	Fairfax, VA	10:00am
Fri.-Sat.	May 28-29	NCAA East Regional Championship @ University of Florida	Gainesville, FL	TBA
Wed.-Sat.	June 9-12	NCAA Championship @ University of Texas	Austin, TX	TBA

Rams Roster

<u>Athlete</u>	<u>Class</u>	<u>Hometown (High School/Last School)</u>	<u>Events</u>
Anderson, Emily	Sophomore	Westerly, RI (Westerly H.S.)	XC, Mid-Distance
Bickford, Laurel	Freshman	Oakdale, NY (Connetquot H.S.)	Sprints
Bizon, Christina	Junior	Warwick, RI (Toll Gate H.S./U. Massachusetts)	Throws
Boltzer, Margie	Junior	Greenfield, NY (Saratoga springs H.S.)	XC, Distance
Bubier, Holly	Sophomore	Pawtucket, RI (St. Raphael Academy)	Sprints
Coon, Kristen	Sophomore	Webster, NY (Webster H.S.)	XC, Distance
*Delaunay, Pascale	Senior	Claremont, CA (Claremont H.S.)	Jumps/Multi's
Densing, Caitlyn	Sophomore	Blue Point, NY (Bayport/Blue Point H.S.)	Pole Vault
DiVincenzo, Erin	Senior	Georgetown, MA (Georgetown H.S.)	Sprints
*Drewes, Devon	Senior	Concord, NH (Concord H.S.)	XC, Distance
Duncan, Lucy	Senior	Carpinteria, CA (Carpinteria H.S.)	Sprints
Dunlop, Katie	Junior	Seymour, CT (Seymour H.S.)	Sprints
Guilfoyle, Katherine	Freshman	Mt. Sinai, NY (Mt. Sinai H.S.)	XC, Distance
Gulick, Nancy	Senior	Stroudsburg, PA (Stroudsburg H.S.)	Sprints
Hagner, Kelly	Senior	Clifton Park, NY (Shenendehowa H.S.)	Throws
*Hinze, Kristen	Senior	Dover, NH (Dover H.S.)	Throws
Hodge, Candace	Sophomore	Highlands Ranch, CO (Highlands Ranch H.S.)	Sprints
Hoffman, Dana	Freshman	Holmdel, NJ (Holmdel H.S.)	Javelin
Hurley, Caitlin	Freshman	N. Attleboro, MA (North Attleboro H.S.)	Sprints
Hyziewicz, Stacy	Sophomore	McKean, PA (General McLane H.S.)	Sprints
Jean-Gilles, Fallon	Junior	Providence, RI (LaSalle Academy)	Sprints
*Jones, Colleen	Senior	Rye, NY (Rye H.S.)	Mid-Distance
Kirsch, Sara	Freshman	Yardley, PA (Pennsbury H.S.)	Jumps
Klenk, Courtney	Sophomore	Charlton, MA (Norton H.S.)	XC, Distance
Long, Elizabeth	Sophomore	Harvard, MA (The Bromfield Academy)	Jumps/Multi's
Lucek, Diana	Senior	Chicopee, MA (Chicopee H.S.)	Throws
Lyons, Elizabeth	Freshman	Charlestown, RI (Chariho H.S.)	Sprints, Jumps
Mansfield, Kylie	Sophomore	Quincy, MA (Fontbonne Academy)	XC, Distance
Martins, Theresa	Senior	Providence, RI (Mount Pleasant H.S.)	Sprints
McCauley, Kolleen	Freshman	Red Bank, NJ (Middletown H.S.)	XC, Mid-Distance
McDaniels, Toni	Junior	Oneonta, NY (Oneonta H.S.)	Jumps/Multi's
Millette, Nicole	Freshman	East Greenwich, RI (East Greenwich H.S.)	XC, Distance
Murray, Anna	Junior	Wyoming, RI (Chariho H.S.)	Jumps
Oakes, Rachel	Junior	Scotia, NY (Scotia-Glenville H.S.)	Sprints
O'Shea, Megan	Junior	Miller Place, NY (Miller Place H.S.)	XC, Distance
Pailes, Janet	Junior	North Attleboro, MA (North Attleboro H.S.)	Sprints
Petrarca, Joanne	Junior	Warwick, RI (Warwick Vets H.S.)	Sprints/Hurdles
Price, Amber	Freshman	Westerly, RI (Westerly H.S.)	Sprints
Pugsley, Elizabeth	Senior	Yonkers, NY (Our Lady of Victory Academy)	High Jump
Roberts, Rebecca	Senior	East Greenwich, RI (East Greenwich H.S.)	Pole Vault
Salucci, Toni-Lynn	Freshman	Wading River, NY (Shoreham-Wading River H.S.)	XC, Distance
Sample, Stacey (Nikki)	Senior	Washington Township, NJ (Washington Township H.S.)	Javelin
Smith, Cynthia (Cindy)	Junior	Miller Place, NY (Miller Place H.S.)	XC, Distance
Stettner, Holly	Sophomore	Flemington, NJ (Hunterdon Central H.S.)	Pole Vault
Stryzko, Jennifer	Junior	Hillburn, NY (Suffern H.S.)	Sprints/Hurdles
Sullivan, Caitlin	Senior	Washingtonville, NY (Washingtonville H.S.)	Sprints/Hurdles
Sweeney, Jamie	Sophomore	Saratoga Springs, NY (Saratoga Springs H.S.)	XC, Mid-Distance
Sweitzer, Erica	Senior	Wakefield, RI (South Kingstown H.S./U. Delaware)	XC, Distance
Vieira, Lindsay	Sophomore	N. Kingstown, RI (North Kingstown H.S.)	XC, Distance
Westerling, Heidi	Senior	Charlestown, NH (Fall Mountain Regional H.S.)	XC, Distance
Williams, Megan	Sophomore	Corning, NY (Corning-Painted Post East H.S.)	XC, Mid-Distance
Woodbury, Destiny	Sophomore	Providence, RI (Mount Pleasant H.S.)	Sprints

*Captains for 2003-2004

Head Coach Laurie Feit-Melnick (12th year)

Assistant Coach John Melnick (12th year)

Squad Breakdown

By Class:		By State:		Returning Atlantic 10 Scorers:		
Seniors	16	California	2	New Jersey	4	Anderson, Bizon, Bubier, Coon, Delaunay, Densing, Duncan,
Juniors	12	Colorado	1	New York	17	Hagner, Hinze, Jones, Klenk, Long, Lucek, Martins, McDaniels,
Sophomores	14	Connecticut	1	Pennsylvania	3	Oakes, Petrarca, Pugsley, Sample, Smith, Stettner, Stryzko,
Freshman	10	Massachusetts	7	Rhode Island	14	Sweeney, Vieira, Westerling, Williams, Woodbury
		New Hampshire	3			

Past Atlantic 10 X-Country Team Standings

2002	Nov. 2, Schenley Park, Pittsburgh, PA La Salle 52, Richmond 69, Rhode Island 86, St. Joseph's 107, Duquesne 145, Dayton 165, Fordham 176, UMass 198, George Washington 200, Xavier 241, St. Bonaventure 365
2001	Oct. 27, Belmont Plateau, Philadelphia, PA La Salle 55, Rhode Island 65, Richmond 72, UMass 122, St. Joseph's 125, Dayton 129, Xavier 130, Duquesne 182, Fordham 260, George Washington 290, St. Bonaventure 365
2000	Oct. 28, Schenley Park, Pittsburgh, PA St. Joseph's 55, UMass 74, La Salle 82, Duquesne 91, Rhode Island 92, Dayton 111, Xavier 194, Fordham 221, George Washington 284, St. Bonaventure 329
1999	Oct. 30, Belmont Plateau, Philadelphia, PA UMass 44, La Salle 70, Virginia Tech 76, St. Joseph's 124, Dayton 160, Rhode Island 161, Duquesne 167, Fordham 169, George Washington 267, Xavier 229, St. Bonaventure 365
1998	Oct. 30, Belmont Plateau, Philadelphia, PA UMass 35, Rhode Island 67, Virginia Tech 79, La Salle 87, St. Joseph's 132, Fordham 163, Dayton 182, Duquesne 186, George Washington 284, Xavier 314, St. Bonaventure 345
1997	Nov. 1, Bull Run Park, Centreville, VA UMass 28, St. Joseph's 48, Virginia Tech 66, Rhode Island 118, George Washington 167, Fordham 175, La Salle 180, Duquesne 190, Dayton 222, Xavier 331, St. Bonaventure 337
1996	Nov. 2, Van Cortlandt Park, Bronx, NY UMass 35, St. Joseph's 74, La Salle 78, Duquesne 104, Virginia Tech 115, Rhode Island 162, Dayton 202, George Washington 164, Fordham 243, Xavier 299, St. Bonaventure 299
1995	Oct. 28, Schenley Park, Pittsburgh, PA UMass 46, St. Joseph's 49, La Salle 113, Virginia Tech 118, Rhode Island 126, Fordham 140, Duquesne 164, George Washington 195, Dayton 227, Xavier 297, St. Bonaventure 332
1994	Oct. 29, Agronomy Farm, Morgantown, WV West Virginia 35, St. Joseph's 58, UMass 60, Rutgers 111, Rhode Island 117, Duquesne 166, George Washington 177, St. Bonaventure 233
1993	Oct. 23, Fort DuPont Park, Washington, DC St. Joseph's 41, UMass 68, West Virginia 72, Rhode Island 73, Rutgers 108, Duquesne 151, George Washington 214, St. Bonaventure 237
1992	Oct. 24, Van Cortlandt Park, Bronx, NY UMass 38, Rhode Island 51, Rutgers 71, St. Joseph's 77, West Virginia 131, George Washington 177, St. Bonaventure 204
1991	Oct. 26, Van Cortlandt Park, Bronx, NY UMass 59, Rutgers 65, West Virginia 79, Rhode Island 68, St. Joseph's 87, Duquesne 153, George Washington 203, St. Bonaventure 248
1990	Oct. 20, Van Cortlandt Park, Bronx, NY Penn State 29, West Virginia 74, UMass 91, St. Joseph's 108, Rhode Island 111, Rutgers 115, Duquesne 220, St. Bonaventure 245
1989	Oct. 24, Van Cortlandt Park, Bronx, NY Penn State 32, West Virginia 60, UMass 71, St. Joseph's 85, Rhode Island 105, Rutgers 139, Duquesne 222, St. Bonaventure 236

Top 20 Championship Performances

<u>Runner</u>	<u>Year</u>	<u>Time</u>
1. Christine Kane–St. Joseph's	2000	17:23
2. Sue Yagielski–St. Joseph's	1995	17:29.42
3. Rebecca Donaghue–Massachusetts	1995	17:38.34
4. Sheila Klick–LaSalle	2002	17:39
5. Kara Storage–Dayton	2002	17:41
6. Alicia Giuliano–Rutgers	1992	17:43.20
7. Kristin Cisowski–Massachusetts	2000	17:44
8. Sarah Como–Duquesne	2000	17:50
9. Carrie Hucko–Duquesne	2002	17:55
10. Melissa Henderson–Massachusetts	2000	17:55
11. Wendy Nelson–Penn State	1990	17:55.85
12. Solomiya Login–LaSalle	2002	17:56
13. Kerry Hills–Xavier	2001	17:56.7
14. Erin Silvering–Rhode Island	2000	17:57
15. Kristen Coon–Rhode Island	2002	17:58
16. Erin Silvering–Rhode Island	2001	17:58.8
17. Christine Kane–St. Joseph's	1999	17:59.7
18. Kelly Liljeblad–Massachusetts	1992	18:01.70
19. Kara Storage–Dayton	2000	18:02
20. Amy Taylor–Rhode Island	2000	18:03
Tara Storage–Dayton	2000	18:03

Rams Atlantic 10 All-Conference Performers (Top 10 finishers)

2002	Kristen Coon	Fr	5 th	17:58.0
2001	Erin Silvering	Sr	2 nd	17:58.8
	Heather Whitmore	Sr	5 th	18:25.8
2000	Erin Silvering	Jr	5 th	17:57.0
	Amy Taylor	Sr	7 th	18:03.0
1999	Amy Taylor	Jr	5 th	18:44.3
1998	Heather Whitmore	So	5 th	18:37.0
	Jessica McGarty	Sr	7 th	18:48.0
	Erin Silvering	Fr	8 th	18:49.0
1997	Heather Whitmore	Fr	5 th	18:58.7
1994	Karen Labbadia	So	9 th	19:07.0
1993	Stephanie Ulicny	Sr	2 nd	19:05.0
	Sarita Pfhall	Sr	9 th	19:38.3
1992	Tiffany Coulombe	Sr	4 th	18:18.5
	Jessica O'Connor	Fr	6 th	18:58.5
1991	Stephanie Ulicny	Jr	4 th	18:52.8
	Tiffany Coulombe	Jr	6 th	19:17.1
1990	Stephanie Ulicny	So	5 th	18:32.8
	Karen Peterson	Sr	9 th	18:39.1
1989	Stephanie Ulicny	Fr	9 th	18:54.0

Rams Atlantic 10 X-Country Athletic Awards

2002	Kristen Coon	Most Outstanding Rookie Performer
1997	Heather Whitmore	Most Outstanding Rookie Performer
1995	Jessica McGarty	Most Outstanding Rookie Performer
1992	Jessica O'Connor	Most Outstanding Rookie Performer

Rams Atlantic 10 X-Country Academic Awards

2002	Heidi Westerling	Academic All-Conference
2001	Erin Silvering	Student-Athlete of the Year
2000	Erin Silvering	Academic All-Conference
1997	Karen Labbadia	Academic All-Conference
1996	Karen Labbadia	Academic All-Conference
1994	Kara Elise Hegre	Academic All-Conference
1992	Kara Elise Hegre	Academic All-Conference

Conference History

Past Atlantic 10 Indoor Team Standings

2003	Feb. 22, Mackal Field House, Kingston, RI Richmond 134 __, Rhode Island 132 __, Temple 115, St. Joseph's 81 __, Duquesne 74, UMass 60 __, La Salle 59, Dayton 51, Fordham 33
2002	Feb. 16, Mackal Field House, Kingston, RI Rhode Island 123 __, LaSalle 101 __, Richmond 100 __, Temple 99, Dayton 89, Duquesne 75, UMass 74, St. Joseph's 60, Fordham 17 __
2001	Feb. 17, Mackal Field House, Kingston, RI Rhode Island 160 1/3, Temple 117 2/3, UMass 110, St. Joseph's 106 2/3, Duquesne 72 2/3, Dayton 72 2/3, LaSalle 64, Fordham 29
2000	Feb. 19, Mackal Field House, Kingston, RI Rhode Island 146 __, Virginia Tech 139, La Salle 86, Temple 84, UMass 82 __, Dayton 73 __, St. Joseph's 60, Duquesne 42 __, Fordham 21
1999	Feb. 20, Mackal Field House, Kingston, RI Virginia Tech 143, UMass 137, Rhode Island 123, St. Joseph's 54, Dayton 52, Temple 25, Duquesne 22, La Salle 20, Fordham 13
1998	Feb. 21, Mackal Field House, Kingston, RI UMass 137 __, Virginia Tech 111, Rhode Island 103, La Salle 75 __, St. Joseph's 60, Dayton 55, Temple 22, Duquesne 14, Fordham 10
1997	Feb. 15, Mackal Field House, Kingston, RI Virginia Tech 161, UMass 111 __, Rhode Island 95 __, St. Joseph's 54, Temple 51, La Salle 46, Duquesne 17, Fordham 12, Dayton 10
1996	Feb. 17, Mackal Field House, Kingston, RI UMass 158, Rhode Island 124, Temple 84, Fordham 53, La Salle 49, St. Joseph's 37, Dayton 29, Duquesne 22
1995	Feb.11, Mackal Field House, Kingston, RI West Virginia 166, UMass 123, Rhode Island 74, Rutgers 66, Temple 64, St. Joseph's 57, Duquesne 7
1994	Cancelled due to weather
1993	(Start of the Indoor Championship) Feb. 13, Mackal Field House, Kingston, RI West Virginia 129, Rhode Island 91, UMass 91, Rutgers 75, Temple 68, St. Joseph's 67

Atlantic 10 Indoor Championship Records

<u>Event</u>	<u>Record Holder</u>	<u>Year</u>	<u>Record</u>
55m Dash	Trinese Summerlin (WVU)	1993	6.90
200m Dash	Kay Iheagwam (WVU)	1995	24.52
400m Dash	Kaamilya Davis (UD)	1997	55.70
500m Dash	Tamara Stoner (WVU)	1995	1:14.35
800m Run	Ndidi Obichere (LAS)	2001	2:13.39
1,000m Run	Nicole Way (UM)	1999	2:53.78
1mile Run	Toniann Razzi (LAS)	2000	4:49.71
3,000m Run	Erin O'Reilly (WVU)	1993	9:46.55
5,000m Run	Sue Yagielski (SJU)	1996	16:47.95
55m Hurdles	Patience Itanyi (WVU)	1995	7.91
Distance Medley	Massachusetts	2001	12:09.93
4x400m Relay	Temple	1993	3:51.88
4x800m Relay	La Salle	2002	9:07.26
High Jump	Katie Ollendick (VT)	1998	6-0
Long Jump	Patience Itanyi (WVU)	1995	20-4.5
Triple Jump	April Byrd (VT)	2000	40-6
20lb Weight	Michelle Fournier (URI)	1997	60-8
Shot Put	Jodi Borges (UD)	2000	50-7.5
Pole Vault	Stephanie Maugham (URI)	1999	12-5.5

Rams Atlantic 10 Indoor Conference Champions

2003	Toni McDaniels	High Jump	5'7"
2002	Kelly Martin	1000m	2:57.06
	Rachel Oakes	200m	25.40
	Heidi Westerling	5000m	17:29.44
2001	Kelly Hagner	20lb Weight	45'3"
2000	Janelle Erskine	Pole Vault	11' __
	Kelly Martin	1000m	2:55.78
	Natalie Popowicz	4 x 400m	3:54.14
	Amy Taylor	4 x 400m	3:54.14
	Michelle Trefz	4 x 400m	3:54.14
	Michelle Trefz	55m Hurdles	8.02
	Courtney West	4 x 400m	3:54.14
1999	Angela Levens	20lb Weight	52'5 __
	Stephanie Maugham	Pole Vault	12'5 __
	Angela Girardin	500m	1:14.45
	Aoife Hearne	55m Dash	7.10
	Erin Silvering	5000m	17:45.13
1998	Tiffany Adams	4 x 400m	3:52.23
	Angela Girardin	4 x 400m	3:52.23
	Stephanie Maugham	Pole Vault	9'5 __
	Amy Taylor	4 x 400m	3:52.23
	Michelle Trefz	55m Hurdles	7.99
	Michelle Trefz	4 x 400m	3:52.23
	Heather Whitmore	3000m	10:11.16
1997	Darien Dudek	Long Jump	18'7 __
	Michelle Fournier	20lb Weight	60'8"
1996	Angela Bertholdt	Shot Put	47'11 __
	Charlene Fleming	High jump	5'8"
	Michelle Fournier	20lb Weight	55'2 __
1995	Angela Bertholdt	Shot Put	45'3 __
	Amy Hafler	20lb Weight	47'6 __
1994	Indoor Meet cancelled due to inclement weather		
1993	(Start of the Indoor Championship)		
	Caryn Figueras	Shot Put	43'5"
	Christel Kittredge	20lb Weight	51'11 __

Rams Atlantic 10 Indoor Athletic Awards

2002	Rachel Oakes	Most Outstanding Rookie Performer
2001	Kelly Hagner	Most Outstanding Rookie Performer
1999	Erin Silvering	Most Outstanding Rookie Performer
1998	Heather Whitmore	Most Outstanding Rookie Performer
1996	Michelle Fournier	Most Outstanding Rookie Performer

Rams Atlantic 10 Indoor Academic Awards

2003	Pascale Delaunay	Academic All-Conference
2002	Kelly Martin	Academic All-Conference
	Erin Silvering	Academic All-Conference
2001	Erin Silvering	Academic All-Conference
2000	Erin Silvering	Academic All-Conference
	Heather Whitmore	Academic All-Conference
1999	Jessica Lincoln	Academic All-Conference
	Heather Whitmore	Academic All-Conference
1998	Patricia Gohring	Academic All-Conference
	Karen Labbadia	Academic All-Conference
1997	Michelle Fournier	Academic All-Conference
	Karen Labbadia	Academic All-Conference
1996	Angela Bertholdt	Academic All-Conference
	Rebecca Jenkins	Academic All-Conference
	Karen Labbadia	Academic All-Conference
1995	Kara Elise Hegre	Academic All-Conference
	Rebecca Jenkins	Academic All-Conference
1994	Kara Elise Hegre	Academic All-Conference
	Rebecca Jenkins	Academic All-Conference
1993	Tiffany Coulombe	Academic All-Conference
	Christina Sadlow	Academic All-Conference

Past Atlantic 10 Outdoor Team Standings

2003	May 3-4, Sports Backers Stadium, Richmond, VA Rhode Island 207 __, Richmond 136 __, Temple 114, Duquesne 97, UMass 96, Dayton 88, St. Joseph's 64, LaSalle 39, Fordham 16
2002	May 4-5, Sports Backers Stadium, Richmond, VA Rhode Island 135 __, UMass 118, Duquesne 115 __, Temple 114, Richmond 112, LaSalle 85, Dayton 78, St. Joseph's 9, Fordham 27
2001	May 5-6, Troy, OH UMass 191, Rhode Island 168, St. Joseph's 143, LaSalle 102, Temple 92, Duquesne 70, Dayton 58, Fordham 24
2000	May 6-7, Blacksburg, VA Virginia Tech 194, Rhode Island 157, UMass 119, Temple 88, St. Joseph 77, LaSalle 76, Dayton 71, Duquesne 52, Fordham 9
1999	May 1-2, Blacksburg, VA UMass 208, Virginia Tech 206, Rhode Island 132 __, St. Joseph 85 __, Dayton 84 __, LaSalle 50 __, Duquesne 33, Temple 29, Fordham 25
1998	May 2-3, Blacksburg, VA Virginia Tech, 252, UMass 151, LaSalle 104 __, Rhode Island 103 __, Dayton 76, Duquesne 46, St. Joseph 45, Temple 20 __, Fordham 14
1997	May 3-4, LaSalle University, Philadelphia, PA (Start of the Outdoor Championship) Virginia Tech 181, UMass 98, Rhode Island 87, LaSalle 85, Temple 70, Dayton 27, Fordham 25, St. Joseph 25, Duquesne 22

Atlantic 10 Outdoor Championship Records

Event	Record Holder	Year	Record
100m Dash	Aderonke Adeniyi (TU)	2003	11.81
200m Dash	Aderonke Adeniyi (TU)	2003	24.02
400m Dash	Kaamilya Davis (UD)	1998	54.30
800m Run	ToniAnn Razzi (LAS)	2001	2:09.20
1500m Run	ToniAnn Razzi (LAS)	2001	4:24.56
3000m Run	Theresa Carroll (LAS)	1998	9:48.0
3k Steeple	Amy Taylor (URI)	2002	10:46.96
5000m Run	Kara Storage (UD)	2002	17:11.11
10,000mRun	Ruth Chege (UR)	2003	36:57.99
100m Hurdles	Michelle Trefz (URI)	1998	13.72
400m Hurdles	Brandi Smith (VT)	1999	59.24
4x100m Relay	Temple	2003	46.79
4x400m Relay	Virginia Tech	1999	3:44.67
4x800m Relay	Saint Joseph's	1998	9:03.03
High Jump	Katie Ollendick (VT)	1997/98	5'10
Long Jump	Shelanda Irish (UM)	1999	20-2 _
Triple Jump	April Byrd (VT)	1999	42-2
Hammer	Michelle Fournier (URI)	1997	179'7
Shot Put	Paula Allen (VT)	1998	50' _
Discus	Michelle Fournier (URI)	1997	157'10
Javelin	Denise O'Connell (VT)	1999	151'2
Pole Vault	Stephanie Maugham (URI)	2000	12'5 _
Heptathlon	Melissa Ward (UM)	2000	4,582pts

Rams Atlantic 10 Outdoor Champions

2003	Pascale Delaunay Jennifer Haigh Toni McDaniels Jamie Sweeney	Long Jump Javelin High Jump 3000m Steeple	19'2 _" 138'0" 5'7 11:05.7h
2002	Jennifer Flinchum Jennifer Haigh Amy Taylor	Discus Javelin 3000m Steeple	153'1" 147'4" 10:46.96
2001	Jen Flinchum Jen Flinchum Heather Johnston Heidi Westerling Heidi Westerling	Discus Shot Put Hammer 5000m 10,000m	131'3" 41'10 _" 154'10" 17:19.14 37:38.67
2000	Jennifer Haigh Stephanie Maugham Michelle Trefz	Javelin Pole Vault 100m Hurdles	141'10" 12'5 _ 14.02
1999	Jessica Lincoln Michelle Trefz	Heptathlon 100m Hurdles	4525pts 13.77
1998	Stephanie Maugham Michelle Trefz	Pole Vault 100m Hurdles	11'1 _" 13.72
1997	(Start of the Outdoor Championship) Michelle Fournier Michelle Fournier	Discus Hammer	157'10" 179'7"

Rams Atlantic 10 Outdoor Athletic Awards

2003	Pascale Delaunay Jamie Sweeney	Most Outstanding Field Performer Most Outstanding Rookie Performer
2001	Heidi Westerling	Most Outstanding Rookie Performer
1997	Michelle Fournier	Most Outstanding Performer

Rams Atlantic 10 Outdoor Academic Awards

2003	Pascale Delaunay	Academic All-Conference
2002	Tara Hutchinson	Academic All-Conference
2001	Erin Silvering Jen Wanat	Academic All-Conference Academic All-Conference
2000	Erin Silvering	Academic All-Conference
1999	Jessica Lincoln	Academic All-Conference
1998	Patricia Gohring Karen Labbadia	Academic All-Conference Academic All-Conference
1997	Michelle Fournier Karen Labbadia	Academic All-Conference Academic All-Conference



Rams All-Time Indoor Performers

55m Hurdles–Top 10 Individuals

1	Michelle Trefz	7.99	1998
2	Becky Jenkins	8.18	1996
3	Stephanie Maugham	8.26	1999
4	Cindy Buratti	8.32	1988
5	Darien Dudek	8.34	1997
6	Aleta Fischer	8.39	1981
7	Robyn Worthley	8.49	1983
8	Chanessa Saunders	8.51	1994
	Pascale Delaunay	8.51	2003
10	Angela Bertholdt	8.54	1995

55m Hurdles–Top 10 Times

1	Michelle Trefz	7.99	1998
2	Michelle Trefz	8.02	1998
	Michelle Trefz	8.02	2000
4	Michelle Trefz	8.04	1999
5	Michelle Trefz	8.08	1998
	Michelle Trefz	8.08	1998
7	Michelle Trefz	8.09	1999
	Michelle Trefz	8.09	2000
9	Michelle Trefz	8.10	1998
10	Michelle Trefz	8.12	1998

55m Dash–Top 10 Individuals

1	Wanda Eades	7.07	1984
2	Aoife Hearne	7.09	1999
3	Tiffany Adams	7.16	1998
4	Kathy Black	7.21	1986
5	Rachel Oakes	7.23	2002
6	Monda Webb	7.24	1989
7	Christine Harrison	7.29	1983
8	Aleta Fischer	7.31	1981
9	Fern Dubose	7.32	1992
	Melba Mebane	7.32	1995

55m Dash–Top 10 Times

1	Wanda Eades	7.07	1984
2	Aoife Hearne	7.09	1999
3	Aoife Hearne	7.10	1999
4	Wanda Eades	7.14	1984
5	Wanda Eades	7.15	1984
	Aoife Hearne	7.15	1999
7	Tiffany Adams	7.16	1998
	Wanda Eades	7.16	1984
9	Tiffany Adams	7.18	1998
	Wanda Eades	7.18	1984
	Aoife Hearne	7.18	1999
	Aoife Hearne	7.18	1999

200m–Top 10 Individuals

1	Kathy Black	25.13	1986
2	Wanda Eades	25.15	1984
3	Michelle Trefz	25.32	1998
4	Rachel Oakes	25.40	2002
5	Joanna Russell	25.46	1995
6	Christine Harrison	25.84	1983
	Aoife Hearne	25.84	1999
8	Theresa Martins	25.94	2003
9	Courtney West	25.98	2001
10	Christina Sadlow	25.99	1990

200m–Top 10 Times

1	Kathy Black	25.13	1986
2	Wanda Eades	25.15	1984
3	Kathy Black	25.19	1986
4	Michelle Trefz	25.32	1998
5	Kathy Black	25.39	1986
6	Rachel Oakes	25.40	2002
7	Michelle Trefz	25.44	1998
8	Joanna Russell	25.46	1995
	Rachel Oakes	25.46	2003
10	Joanna Russell	25.50	1995

400m–Top 10 Individuals

1	Angela Girardin	56.97	1999
2	Amy Taylor	57.46	1998
3	Aleta Fischer	57.74	1981
4	Joanna Russell	57.98	1995
5	Michelle Trefz	58.22	2000
6	Kathy Black	58.24	1985
	Christina Sadlow	58.24	1990
8	Avis Lewis	58.59	1985
9	Becky Alves	58.79	1990
10	Christine Harrison	58.84	1983

400m–Top 10 Times

1	Angela Girardin	56.97	1999
2	Amy Taylor	57.46	1998
3	Angela Girardin	57.51	1996
4	Aleta Fischer	57.74	1981
5	Amy Taylor	57.79	1998
6	Aleta Fischer	57.84	1981
7	Angela Girardin	57.89	1999
8	Aleta Fischer	57.94	1981
	Aleta Fischer	57.94	1979
10	Joanna Russell	57.98	1995

500m–Top 10 Individuals

1	Angela Girardin	1:14.85	1999
2	Amy Taylor	1:16.62	1999
3	Christina Sadlow	1:16.76	1993
4	Elisa Warren	1:17.06	1990
5	Becky Jenkins	1:17.48	1996
6	Karen Murphy	1:17.50	1984
7	Natalie Popowicz	1:18.16	2000
8	Kelly Morin	1:18.24	1987
9	Erin Petrella	1:19.04	2000
10	Kathy Black	1:19.10	1985

500m–Top 10 Times

1	Angela Girardin	1:14.85	1999
2	Angela Girardin	1:15.43	1999
3	Angela Girardin	1:15.67	1997
4	Angela Girardin	1:15.71	1997
5	Angela Girardin	1:16.04	1998
6	Angela Girardin	1:16.24	1999
7	Angela Girardin	1:16.34	1998
8	Angela Girardin	1:16.35	1996
9	Angela Girardin	1:16.60	1997
10	Amy Taylor	1:16.62	1999

800m–Top 10 Individuals

1	Patti Douglas (2:08.73)	2:09.48*	1980
2	Amy Taylor	2:10.82	2000
3	Becky Alves	2:12.55	1991
4	Kerry Arsenault	2:12.63	1984
5	Kelly Morin	2:13.00	1990
6	Lisa Kothe	2:14.54	1980
7	Patty Gohring	2:15.12	1998
8	Megan Lee	2:17.24	1987
	Colleen Jones	2:17.24	2001
10	Karen Murphy	2:17.34	1983

800m–Top 10 Times

1	Patti Douglas (2:08.73)	2:09.48*	1980
2	Patti Douglas (2:08.89)	2:09.64*	1980
3	Patti Douglas	2:09.74	1980
4	Patti Douglas (2:09.58)	2:10.34*	1979
5	Patti Douglas (2:10.48)	2:11.24*	1979
6	Amy Taylor	2:10.82	2000
7	Patti Douglas	2:11.04	1980
8	Patti Douglas (2:11.12)	2:11.88*	1979
9	Amy Taylor	2:11.36	2000
10	Patti Douglas	2:11.64	1979

*(metric conversions in paren's)

*(metric conversions in paren's)

1000 Meters–Top 10 Individuals

1	Patti Douglas	2:49.09	1980
2	Becky Alves	2:52.74	1990
3	Emily Anderson	2:54.63	2003
4	Sarita Pfahl	2:55.05	1994
5	Kerry Arsenault	2:55.06	1986
6	Rebecca Pereira	2:55.44	1998
7	Kelly Martin	2:55.78	2000
8	Tara Hutchinson	2:58.00	2002
9	Patty Gohring	2:58.18	1996
10	Jamie Sweeney	2:59.67	2003

1000 Meters–Top 10 Times

1	Patti Douglas	2:49.09	1980
2	Becky Alves	2:52.74	1990
3	Emily Anderson	2:54.63	2003
4	Emily Anderson	2:54.68	2003
5	Sarita Pfahl	2:55.05	1994
6	Kerry Arsenault	2:55.06	1986
7	Rebecca Pereira	2:55.44	1998
8	Kelly Martin	2:55.78	2000
9	Kelly Martin	2:56.70	1999
10	Rebecca Pereira	2:57.03	1998

Mile–Top 10 Individuals

1	Kristen O'Connell	4:51.94	1983
2	Patti Douglas	4:56.64	1980
3	Christine Healy	4:57.34	1988
4	Amy Taylor	4:57.95	2000
5	Tiffany Coulombe	5:00.60	1993
6	Pam Tomek	5:01.24	1980
7	Rebecca Pereira	5:02.83	1998
8	Kristen Dempsey	5:04.35	1992
9	Karen Murphy	5:04.64	1981
10	Sarita Pfahl	5:05.18	1994

Mile–Top 10 Times

1	Kristen O'Connell	4:51.94	1983
2	Patti Douglas	4:56.64	1980
3	Christine Healy	4:57.34	1988
4	Amy Taylor	4:57.95	2000
5	Amy Taylor	4:58.73	2001
6	Amy Taylor	4:58.79	2000
7	Patti Douglas	4:59.64	1980
8	Patti Douglas	5:00.24	1980
9	Tiffany Coulombe	5:00.60	1993
10	Pam Tomek	5:01.24	1980

3000 Meters–Top 10 Individuals

1	Kristen O'Connell	9:48.34	1984
2	Tiffany Coulombe	9:52.02	1993
3	Erin Silvering	9:53.14	2002
4	Heidi Westerling	9:53.35	2003
5	Heather Whitmore	9:57.53	1998
6	Stephanie Ulicny	10:02.24	1992
7	Jessica McGarty	10:08.11	1999
8	Christine Healey	10:09.23	1987
9	Karen Peterson	10:10.36	1988
10	Courtney Klenk	10:11.18	2003

3000 Meters–Top 10 Times

1	Kristen O'Connell	9:48.34	1984
2	Kristen O'Connell	9:48.45	1982
3	Tiffany Coulombe	9:52.02	1993
4	Erin Silvering	9:53.14	2002
5	Heidi Westerling	9:53.35	2003
6	Tiffany Coulombe	9:54.64	1993
7	Heather Whitmore	9:57.53	1998
8	Kristen O'Connell	10:00.82	1983
9	Kristen O'Connell	10:00.88	1984
10	Stephanie Ulicny	10:02.24	1992

5000m–Top 10 Individuals

1	Heidi Westerling	17:03.78	2002
2	Erin Silvering	17:13.86	2002
3	Karen Peterson	17:19.71	1990
4	Kristen O'Connell	17:27.29	1983
5	Stephanie Ulicny	17:27.64	1992
6	Deana Germano	17:42.84	1990
7	Kristin Jarman	17:44.99	1993
8	Lindsey Vieira	17:47.86	2003
9	Terry Walsh	17:52.54	1982
10	Kim Deppen	17:53.57	1985

5000m–Top 10 Times

1	Heidi Westerling	17:03.78	2002
2	Heidi Westerling	17:08.90	2001
3	Erin Silvering	17:13.86	2002
4	Heidi Westerling	17:18.13	2003
5	Heidi Westerling	17:18.22	2001
6	Karen Peterson	17:19.71	1990
7	Heidi Westerling	17:23.67	2002
8	Karen Peterson	17:23.84	1991
9	Heidi Westerling	17:25.31	2003
10	Kristen O'Connell	17:27.29	1983

Shot Put–Top 10 Individuals

Shot Put–Top 10 Distances

20lb Weight–Top 10 Individuals

20lb Weight–Top 10 Distances

Rams All-Time Indoor Performers

1 Lynn Lanzel	49'01	1988	1 Lynn Lanzel	49'01	1988	1 Michelle Fournier	61'00	1997	1 Michelle Fournier	61'00	1997
2 Angela Bertholdt	48'06	1996	2 Lynn Lanzel	48'10	1988	2 Lynn Lanzel	56'01	1988	2 Michelle Fournier	60'08	1997
3 Becky Lavoie	46'01	1992	3 Lynn Lanzel	48'08	1988	3 Angela Levens	54'10	1999	3 Michelle Fournier	59'04	1997
4 Liz Legault	44'08	1991	4 Angela Bertholdt	48'06	1996	4 Liz Legault	54'10	1991	4 Michelle Fournier	59'04	1997
5 Michelle Fournier	44'08	1996	5 Lynn Lanzel	48'05	1988	5 Amy Hafler	54'06	1996	Michelle Fournier	59'04	1997
6 Dana Hall	44'07	2000	6 Angela Bertholdt	48'00	1996	6 Christel Kittredge	53'00	1993	6 Michelle Fournier	59'02	1997
7 Caryn Figueras	44'03	1993	7 Angela Bertholdt	47'11	1996	7 Chrissy Bizon	53'00	2003	7 Michelle Fournier	58'10	1997
8 Sherri Pierce	43'10	1997	8 Lynn Lanzel	47'05	1988	8 Kristen Hinz	51'09	2003	8 Michelle Fournier	58'08	1997
9 Elena Gervino	43'05	1981	9 Lynn Lanzel	47'05	1986	9 Kelly Hagner	51'02	2003	9 Michelle Fournier	58'04	1997
10 Michelle Houston	43'00	1985	Lynn Lanzel	47'05	1987	10 Becky Lavoie	50'00	1992	10 Michelle Fournier	58'04	1997

Long Jump–Top 10 Individuals

1 Darien Dudek	19'00	1997
2 Pascale Delaunay	18'05	2003
3 Charlene Fleming	18'01	1995
4 Christina Sadlow	18'00	1990
5 Jen Aubin	17'06	2000
6 Sharon Gleasman	17'06	1981
7 Angela Bertholdt	17'05	1995
8 Cheryl Dalton	17'04	1988
9 Cindy Buratti	17'04	1989
10 Chris Harrison	17'02	1983

Long Jump–Top 10 Distances

1 Darien Dudek	19'00	1997
2 Darien Dudek	18'08	1997
3 Darien Dudek	18'07	1997
4 Darien Dudek	18'06	1997
5 Darien Dudek	18'06	1997
6 Darien Dudek	18'06	1997
Darien Dudek	18'06	1997
8 Darien Dudek	18'05	1997
9 Pascale Delaunay	18'05	2003
10 Darien Dudek	18'03	1997

Triple Jump–Top 10 Individuals

1 Pascale Delaunay	39'05	2003
2 Monda Webb	39'03	1990
3 Jen Aubin	38'06	2000
4 Jessica Lincoln	35'11	1998
5 Dorene Leedberg	35'10	1988
6 Elisa Warren	35'10	1988
7 Charlene Fleming	35'10	1996
8 Deb Pierce	34'09	1995
9 Jami Titus	34'03	2000
10 Janet Pailles	33'09	2002

Triple Jump–Top 10 Distances

1 Pascale Delaunay	39'05	2003
2 Monda Webb	39'03	1990
Pascale Delaunay	39'03	2003
4 Pascale Delaunay	39'02	2003
5 Pascale Delaunay	39'00	2003
6 Pascale Delaunay	38'11	2003
7 Pascale Delaunay	38'09	2003
8 Pascale Delaunay	38'09	2003
9 Pascale Delaunay	38'08	2003
10 Pascale Delaunay	38'07	2003

High Jump–Top 10 Individuals

1 Charlene Fleming	5'11	1996
2 Sharon Gleasman	5'09	1981
3 Linda Ferrara	5'08	1986
4 Toni McDaniels	5'07	2003
5 Kelly McGill	5'06	1985
6 Angela Bertholdt	5'05	1995
7 Lisa Christiansen	5'05	1990
8 Darien Dudek	5'04	1997
Liz Pugsley	5'04	2000
Amy Taylor	5'04	2001
Pascale Delaunay	5'04	2003

High Jump–Top 10 Heights

1 Charlene Fleming	5'11	1996
2 Charlene Fleming	5'10	1996
3 Charlene Fleming	5'09	1996
4 Sharon Gleasman	5'09	1981
5 Linda Ferrara	5'08	1986
Linda Ferrara	5'08	1987
6 Charlene Fleming	5'08	1996
7 Charlene Fleming	5'08	1996
Charlene Fleming	5'08	1996
Charlene Fleming	5'08	1996
Charlene Fleming	5'08	1996
Charlene Fleming	5'08	1996

4 x 200 Meter & 4 x 220 Yard Relays

1 A.Taylor–T.Adams–A.Girardin–M.Trefz	1:41.91	1998
2 K.Black–K.Roberts–K.Murphy–W.Eades (1:42.61)	1:43.44*	1984
3 R.Worthley–K.Black–K.Murphy–C.Harrison	1:44.04	1983
4 K.Roberts–W.Eades–R.Worthley–K.Black	1:44.14	1984
5 K.Black–K.Roberts–K.Murphy–W.Eades (1:44.30)	1:45.14*	1984
6 M.Lyons–T.Cominoli–C.Buratti–M.Webb	1:44.67	1989
7 M.Lyons–T.Cominoli–C.Buratti–M.Webb	1:44.83	1989
8 M.Lyons–T.Cominoli–C.Buratti–M.Webb	1:44.95	1989
9 K.Roberts–W.Eades–K.Murphy–K.Black	1:45.04	1984
10 C.West–A.Taylor–A.Hearne–M.Trefz	1:45.27	2000

*4 x 220yds (220yds equals 201.2 meters, metric conversion in parenthesis)

Pentathlon–Top 10 Individuals

1 Angela Bertholdt (8.67–5'3"–45'11"–16'7"–2:34.83)	3570pts	1996
2 Darien Dudek (8.1–5'4"–26'4"–18'6"–2:27.3)	3532pts	1997
3 Cindy Buratti (8.62–5'0"–31'9"–17'4"–2:24.56)	3422pts	1989
4 Pascale Delaunay (9.41–5'2"–34'2"–18"–2:37.68)	3405pts	2003
5 Jessica Lincoln (8.8–5'3"–36'0"–17'1"–2:32.2)	3362pts	1999
6 Christina Sadlow (8.6–4'7.5"–29'5"–16'8.5"–2:21.1)	3155pts	1992
7 Liz Long (8.87–5'1"–26'1"–16'8"–2:29.71)	3153pts	2003
8 Stephanie Maugham (8.4–5'1"–30'2"–15'5"–2:41.1)	3044pts	1997
9 *Sheri Papcsy (9.3–4'8"–36'9"–16'2.5"–2:33.6)	2972pts*	1985
10 Amy Taylor (9.4–5'1"–26'5"–13'9"–2:14.8)	2961pts	2000

Pentathlon–Top 10 Point Totals

1 Angela Bertholdt (8.67–5'3"–45'11"–16'7"–2:34.83)	3570pts	1996
2 Angela Bertholdt (8.65–5'3"–46'4"–17'0"–2:40.33)	3567pts	1996
3 Angela Bertholdt (8.54–5'2"–45'5"–16'9"–2:38.19)	3536pts	1995
4 Darien Dudek (8.1–5'4"–26'4"–18'6"–2:27.3)	3532pts	1997
5 Angela Bertholdt (8.61–5'5"–44'11"–16'9"–2:44.97)	3514pts	1994
6 Angela Bertholdt (8.5–5'3"–42'6"–17'0"–2:37.4)	3478pts	1994
7 Angela Bertholdt (8.66–5'0"–46'1"–16'9"–2:40.62)	3438pts	1995
8 Angela Bertholdt (8.80–5'0"–45'4"–16'8"–2:36.27)	3426pts	1994
9 Cindy Buratti (8.62–5'0"–31'9"–17'4"–2:24.56)	3422pts	1989
10 Cindy Buratti (8.64–4'11"–33'5"–17'0"–2:21.60)	3417pts	1988

4 x 400 Meter Relay

1 A.Taylor–P.Gohring–M.Trefz–A.Girardin	3:50.79	1998
2 A.Taylor–P.Gohring–M.Trefz–A.Girardin	3:51.58	1998
3 A.Taylor–T.Adams–M.Trefz–A.Girardin	3:52.23	1998
4 A.Taylor–N.Popowicz–C.West–M.Trefz	3:54.14	2000
5 A.Taylor–C.West–K.Martin–A.Girardin	3:54.60	1999
6 B.Alves–M.Lyons–E.Warren–C.Sadlow	3:55.34	1990
7 A.Taylor–E.Petrella–M.Trefz–A.Girardin	3:55.95	1999
8 C.Jones–D.Woodbury–N.Popowicz–R.Oakes	3:56.08	2003
9 C.West–E.Petrella–M.Trefz–A.Girardin	3:56.25	1999
10 R.Boucher–J.O'Connor–A.Murrock–A.Fischer	3:56.44	1981

4 x 800 Meter & 4 x 880 Yard Relays

1 A.Taylor–R.Pereira–K.Martin–A.Girardin	8:53.87	1999
2 A.Taylor–R.Pereira–K.Martin–A.Girardin	8:54.60	1999
3 S.O'Connor–L.Kothe–P.Tomek–P.Douglas (9:03.67)	9:06.54yds	1980
4 T.Hutchinson–C.Jones–N.Popowicz–K.Martin	9:07.54	2002
5 A.Taylor–C.Jones–T.Hutchinson–K.Martin	9:09.83	2001
6 S.O'Connor–L.Kothe–S.Murphy–P.Douglas (9:12.44)	9:15.54yds	1980
7 A.Taylor–C.Jones–T.Hutchinson–K.Martin	9:12.68	2001
8 T.Hutchinson–C.Jones–N.Popowicz–K.Martin	9:13.47	2002
9 N.Popowicz–C.Jones–E.Anderson–C.Smith	9:13.48	2003
10 S.O'Connor–L.Kothe–S.Murphy–P.Douglas (9:14.01)	9:17.24yds	1980

Distance Medley–Meters & *Yards (880–440–1320–1760)

1 A.Taylor–M.Trefz–K.Martin–H.Whitmore	11:45.38	2000
2 L.Kothe–R.Boucher–P.Tomek–P.Douglas (11:52.88)	11:57.04yds	1980
3 R.Pereira–A.Girardin–P.Gohring–H.Whitmore	11:56.12	1998
4 L.Kothe–R.Boucher–K.Murphy–K.O'Connell (12:01.93)	12:06.14yds	1982
5 E.Silvering–C.West–K.Martin–H.Whitmore	12:05.73	1999
6 L.Kothe–R.Boucher–P.Tomek–P.Douglas (12:06.80)	12:11.04yds	1980
7 F.Bauman–K.Black–K.Murphy–K.O'Connell	12:08.30	1984
8 E.Anderson–D.Woodbury–J.Sweeney–C.Smith	12:08.94	2003
9 A.Lewis–K.Black–J.Buckley–K.Arsenault (12:10.08)	12:14.34yds	1985
10 R.Pereira–A.Girardin–P.Gohring–H.Whitmore	12:11.98	1998

Additional Indoor School Records

50yd Dash	Christine Harrison	6.54	12/4/82
50yd Hurdles	Aleta Fischer	7.34	3/3/79
60m Hurdles	Michelle Trefz	8.65	2/27/99
60m Dash	Aoife Hearne	7.68	2/28/99
300yd Dash	Aleta Fischer	38.24	12/6/80
300m Dash	Michelle Trefz	41.05	12/5/98
600yd Run	Elisa Warren	1:25.09	2/25/90
1000yd Run	Patti Douglas	2:33.74	1/27/80
1500m Run	Kerry Arsenault	4:32.83	1/26/86
2 Mile Run	Kristen O'Connell	10:27.74	2/28/82

Pole Vault–Top 10 Individuals

Pole Vault–Top 10 Heights

Rams All-Time Indoor Performers

1	Stephanie Maugham	12'5 _	1999	1	Stephanie Maugham	12'5 _	1999
2	Janelle Erskine	11'3 _	2001	2	Stephanie Maugham	12'4 _	1999
3	Katie Waters	11'1 _	2003	3	Stephanie Maugham	12'2 _	1999
4	Caitlyn Densing	10'6 _	2003	4	Stephanie Maugham	12'0 _	1999
5	Holly Stettner	10'0 _	2003	5	Stephanie Maugham	11'8 _	1999
6	Patrice LeTourneau	9'10 _	2002	6	Stephanie Maugham	11'7 _	1999
7	Becky Roberts	9'5 _	2002	7	Stephanie Maugham	11'5 _	1999
8	Leah Stoddard	8'8 _	2001		Stephanie Maugham	11'5 _	1999
9	Joanne Reed	8'0 _	2000	9	Janelle Erskine	11'3 _	2001
				10	Janelle Erskine	11'1 _	1999
					Stephanie Maugham	11'1 _	1999
					Stephanie Maugham	11'1 _	1999
					Katie Waters	11'1 _	2003

	FRESHMEN	SOPHOMORE	JUNIOR	SENIOR
55m Dash	Wanda Eades 7.07 1984	Tiffany Adams 7.16 1998	Monda Webb 7.24 1989	Kathy Black 7.21 1986
55m Hurdles	Michelle Trefz 8.22 1997	Michelle Trefz 7.99 1998	Michelle Trefz 8.04 1999	Michelle Trefz 8.02 2000
200m Dash	Wanda Eades 25.15 1984	Michelle Trefz 25.32 1998	Kathy Black 25.74 1985	Kathy Black 25.13 1986
400m Dash	Amy Taylor 57.46 1998	Angela Girardin 58.97 1997	Aleta Fischer 57.74 1981	Angela Girardin 56.97 1999
500m Dash	Angela Girardin 1:16.35 1996	Angela Girardin 1:15.67 1997	Angela Girardin 1:16.04 1998	Angela Girardin 1:14.85 1999
800m Run	Kerry Arsenault 2:12.63 1984	Lisa Kothe 2:14.54 1980	Patti Douglas 2:10.34 (yds) 1979	Patti Douglas 2:09.48 (yds) 1980
1000m Run	Emily Anderson 2:54.63 2003	Kelly Martin 2:55.78 2000	Becky Alves 2:52.74 1983	Patti Douglas 2:49.09 1980
Mile Run	Pam Tomek 5:01.24 1980	Pam Tomek 5:02.21 1981	Kristen O'Connell 4:51.94 1983	Patti Douglas 4:56.64 1980
3000m Run	Heather Whitmore 9:57.53 1998	Kristen O'Connell 9:48.65 1982	Heidi Westerling 9:53.35 2003	Kristen O'Connell 9:48.34 1984
5000m Run	Heidi Westerling 17:08.90 2001	Heidi Westerling 17:03.78 2002	Heidi Westerling 17:18.13 2003	Erin Silvering 17:13.86 2002
Long Jump	Darien Dudek 18' 1" 1994	Darien Dudek 18' 1" 1995	Pascale Delaunay 18' 5 _" 2003	Darien Dudek 19' 0" 1997
		Charlene Fleming 18' 1" 1996		
Triple Jump	Jen Aubin 38' 6 _" 2000	Pascale Delaunay 36' 4 _" 2002	Pascale Delaunay 39' 5" 2003	Monda Webb 39' 3 _" 1990
High Jump	Charlene Fleming 5' 8" 1995	Charlene Fleming 5' 11 _" 1996	Linda Ferrara 5' 8 _" 1986	Sharon Gleasman 5' 9" 1981
Shot Put	Lynn Lanzel	Lynn Lanzel	Lynn Lanzel	Lynn Lanzel

Rams Indoor Class Records

	45' 6" 1985	47' 5" 1986	47' 5" 1987	49' 1" 1988
20lb Weight	Michelle Fournier	Michelle Fournier	Liz Legault	Lynn Lanzel
	56' 10" 1996	61' 0" 1997	54' 10" 1991	56' 1" 1988
Pentathlon	Cindy Buratti	Angela Bertholdt	Angela Bertholdt	Angela Bertholdt
	3417pts 1988	3514pts 1994	3536pts 1995	3570pts 1996
Pole Vault	Caitlyn Densing	Janelle Erskine	Janelle Erskine	Stephanie Maugham
	10'6" 2003	11'1" 1999	11' " 2000	12' 5" 1999

Rams All-Time Outdoor Performers

100m Hurdles–Top 10 Individuals

1	Michelle Trefz	13.72	1998
2	Becky Jenkins	14.00	1996
3	Robyn Worthley	14.47	1984
4	Stephanie Maugham	14.55	1998
5	Kali Coleman	14.66	1994
6	Jen Strysko	14.68	2003
7	Aleta Fischer	14.84	1981
8	Liz Long	14.99	2003
9	Chanessa Saunders	15.04	1994
10	Pascale Delaunay	15.09	2003

100m Hurdles–Top 10 Times

1	Michelle Trefz	13.72	1998
2	Michelle Trefz	13.76	1999
3	Michelle Trefz	13.77	1999
4	Michelle Trefz	13.89	1999
5	Michelle Trefz	13.91	1998
6	Michelle Trefz	13.92	1998
	Michelle Trefz	13.92	1998
	Michelle Trefz	13.92	2000
9	Michelle Trefz	13.94	2000
10	Michelle Trefz	13.97	1999

100m Dash–Top 10 Individuals

1	Joanna Russell	11.94	1995
2	Aoife Hearne	11.97	1999
3	Rachel Oakes	12.13	2003
4	Kathy Black	12.15	1986
5	Tiffany Adams	12.29	1997
6	Monda Webb	12.33	1988
7	Courtney West	12.46	2000
8	Aleta Fischer	12.64	1981
9	Nellie Dowling	12.66	1986
10	Fern Dubose	12.74	1993

100m Dash–Top 10 Times

1	Joanna Russell	11.94	1995
2	Aoife Hearne	11.97	1999
3	Joanna Russell	12.06	1995
4	Joanna Russell	12.12	1995
5	Rachel Oakes	12.13	2003
6	Kathy Black	12.14	1986
	Joanna Russell	12.14	1995
	Joanna Russell	12.14	1995
9	Kathy Black	12.15	1986
	Joanna Russell	12.15	1995

200m–Top 10 Individuals

1	Joanna Russell	24.57	1995
2	Rachel Oakes	24.69	2003
3	Michelle Trefz	24.70	1998
4	Kathy Black	24.89	1986
5	Aoife Hearne	25.19	1999
6	Destiny Woodbury	25.35	2003
7	Theresa Martins	25.55	2003
8	Courtney West	25.58	2000
9	Wanda Eades	25.64	1984
10	Jessica Lincoln	25.84	1998

200m–Top 10 Times

1	Joanna Russell	24.57	1995
2	Joanna Russell	24.69	1995
	Rachel Oakes	24.69	2003
4	Michelle Trefz	24.70	1998
5	Michelle Trefz	24.73	1999
6	Joanna Russell	24.74	1995
7	Joanna Russell	24.78	1995
8	Kathy Black	24.89	1986
9	Joanna Russell	24.97	1995
10	Rachel Oakes	25.00	2002

400m–Top 10 Individuals

1	Angela Girardin	56.42	1998
2	Destiny Woodbury	57.22	2003
3	Avis Lewis	57.44	1985
4	Aleta Fischer	57.74	1981
5	Amy Taylor	58.17	1998
6	Courtney West	58.43	2002
7	Colleen Jones	58.50	2003
8	Becky Alves	58.67	1991
9	Erin Petrella	58.71	2000
10	Kathy Black	58.94	1983

400m–Top 10 Times

1	Angela Girardin	56.42	1998
2	Angela Girardin	56.89	1999
3	Destiny Woodbury	57.22	2003
4	Angela Girardin	57.28	1996
5	Angela Girardin	57.32	1998
6	Avis Lewis	57.44	1985
7	Avis Lewis	57.64	1985
8	Destiny Woodbury	57.73	2003
9	Aleta Fischer	57.74	1981
	Destiny Woodbury	57.74	2003

400m Hurdles–Top 10 Individuals

1	Becky Jenkins	61.19	1996
2	Amy Taylor	61.32	1998
3	Christina Sadlow	61.66	1993
4	Michelle Trefz	62.11	1998
5	Elisa Warren	62.25	1990
6	Natalie Popowicz	62.73	2000
7	Robyn Worthley	62.84	1984
8	Anne Murrock	64.34	1980
9	Joanne Petrarca	65.13	2003
10	Dana Ivey	65.64	1992

400m Hurdles–Top 10 Times

1	Becky Jenkins	61.19	1996
2	Becky Jenkins	61.25	1996
3	Amy Taylor	61.32	1998
4	Becky Jenkins	61.58	1996
5	Christina Sadlow	61.66	1993
6	Becky Jenkins	61.87	1996
7	Michelle Trefz	62.11	1998
8	Amy Taylor	62.19	1998
9	Amy Taylor	62.20	1999
10	Becky Jenkins	62.25	1996
	Elisa Warren	62.25	1990

800m–Top 10 Individuals

1	Patti Douglas	2:09.83*	1979
2	Amy Taylor	2:09.29	2000
3	Angela Girardin	2:11.45	1999
4	Kelly Morin	2:12.55	1990
5	Kelly Martin	2:13.18	1999
6	Colleen Jones	2:13.49	2002
7	Patty Gohring	2:13.69	1998
8	Becky Alves	2:14.90	1990
9	Karen Murphy	2:15.14	1981
10	Kerry Arsenault	2:15.20	1985

*880yds(880yds equals 804.8mts)

800m–Top 10 Times

1	Patti Douglas(2:09.08)	2:09.83*	1979
2	Amy Taylor	2:09.29	2000
3	Patti Douglas	2:10.34	1980
4	Patti Douglas	2:10.42	1980
5	Patti Douglas	2:10.44	1979
6	Angela Girardin	2:11.45	1999
7	Amy Taylor	2:11.50	2000
8	Amy Taylor	2:11.79	2000
9	Kelly Morin	2:12.55	1990
10	Amy Taylor	2:12.73	2000

*880yds(880yds equals 804.8mts)

1500m–Top 10 Individuals

1	Amy Taylor	4:32.62	2000
2	Emily Anderson	4:34.84	2003
3	Kristen O'Connell	4:35.52	1982
4	Kerry Arsenault	4:36.84	1984
	Patti Douglas	4:36.84	1980
6	Sarita Pfahl	4:38.74	1993
7	Christine Healy	4:39.64	1988
8	Kristen Coon	4:40.65	2003
9	Jamie Sweeney	4:41.02	2003
10	Cindy Smith	4:41.11	2003

1500m–Top 10 Times

1	Amy Taylor	4:32.62	2000
2	Emily Anderson	4:34.84	2003
3	Kristen O'Connell	4:35.52	1982
4	Amy Taylor	4:36.37	2000
5	Kerry Arsenault	4:36.84	1984
	Patti Douglas	4:36.84	1980
7	Kerry Arsenault	4:38.16	1984
8	Kerry Arsenault	4:38.74	1985
	Sarita Pfahl	4:38.74	1993
10	Kerry Arsenault	4:38.77	1984

3000m–Top 10 Individuals

1	Kerry Arsenault	9:46.54	1986
2	Christine Healy	9:54.74	1987
3	Kristen O'Connell	9:56.24	1982
4	Heather Whitmore	10:02.64	1998
5	Sarita Pfahl	10:03.24	1994
6	Deana Germano	10:06.59	1989
7	Karen Peterson	10:06.81	1991
8	Erin Silvering	10:07.49	2001
9	Kim Deppen	10:14.24	1985
10	Kristin Jarman	10:14.94	1993

3000m–Top 10 Times

1	Kerry Arsenault	9:46.54	1986
2	Christine Healy	9:54.74	1987
3	Kerry Arsenault	9:56.24	1986
	Kristen O'Connell	9:56.24	1982
5	Kristen O'Connell	9:56.54	1982
6	Kerry Arsenault	9:56.64	1986
7	Christine Healy	9:57.34	1988
8	Heather Whitmore	10:02.64	1998
9	Kristen O'Connell	10:02.94	1983
10	Sarita Pfahl	10:03.24	1994

5000m–Top 10 Individuals

1	Heidi Westerling	16:40.41	2001
2	Erin Silvering	17:07.00	2002
3	Kristen O'Connell	17:16.54	1984
4	Deanna Germano	17:27.84	1990
5	Lindsay Vieira	17:29.20	2003
6	Stephanie Ulicny	17:31.14	1992
7	Kim Deppen	17:37.15	1985
8	Courtney Klenk	17:37.23	2003
9	Kristin Jarman	17:43.01	1993
	Kristen Coon	17:43.01	2003

5000m–Top 10 Times

1	Heidi Westerling	16:40.41	2001
2	Erin Silvering	17:07.00	2002
3	Kristen O'Connell	17:16.54	1984
4	Erin Silvering	17:18.66	2001
5	Heidi Westerling	17:19.30	2001
6	Kristen O'Connell	17:25.30	1984
7	Deanna Germano	17:27.84	1990
8	Erin Silvering	17:27.93	2001
9	Lindsay Vieira	17:29.20	2003
10	Stephanie Ulicny	17:31.14	1992

10,000m–Top 10 Individuals

1	Heidi Westerling	35:19.69	2001
2	Karen Peterson	35:40.86	1990
3	Lindsay Vieira	36:39.83	2003
4	Kristin Jarman	36:54.14	1993
5	Jo-Ann Choiniere	37:01.64	1981
6	Stephanie Ulicny	37:05.14	1993
7	Karen Labbadia	37:13.34	1997
8	Courtney Klenk	37:25.16	2003
9	Sheila West	38:00.94	1982
10	Wendy Westphal	38:17.74	1986

10,000m–Top 10 Times

1	Heidi Westerling	35:19.69	2001
2	Heidi Westerling	35:32.34	2001
3	Karen Peterson	35:40.86	1990
4	Karen Peterson	36:13.98	1991
5	Karen Peterson	36:17.73	1991
6	Lindsay Vieira	36:39.83	2003
7	Kristin Jarman	36:54.14	1993
8	Jo-Ann Choiniere	37:01.64	1981
9	Stephanie Ulicny	37:05.14	1993
10	Karen Peterson	37:05.28	1990

3k Steeplechase–Top 10 Individuals

1	Amy Taylor	10:46.96	2002
2	Jamie Sweeney	11:05.7	2003
3	Megan Williams	11:38.25	2003
4	Megan O'Shea	11:44.41	2002

3k Steeplechase –Top 10 Times

1	Amy Taylor	10:46.96	2002
2	Amy Taylor	10:56.00	2002
3	Amy Taylor	11:00.79	2002
4	Jamie Sweeney	11:05.7h	2003
5	Jamie Sweeney	11:30.17	2003
6	Jamie Sweeney	11:37.95	2003
7	Megan Williams	11:38.25	2003
8	Jamie Sweeney	11:38.80	2003
9	Megan O'Shea	11:44.41	2002
10	Jamie Sweeney	11:51.72	2003

Additional Records

4 x 200m	M.Trefz-C.West-J.Lincoln-A.Hearne	1:43.13	1999
Sprint Medley	C.West-A.Hearne-M.Trefz-A.Girardin	4:06.67	1999
4 x 1500m	A.Taylor-T.Hutchinson-K.Martin-M.O'Shea	19:43.65	2002

Rams All-Time Outdoor Performers

Shot Put–Top 10 Individuals

1	Lynn Lanzel	48'07	1988
2	Angela Bertholdt	47'10	1996
3	Michelle Fournier	46'09	1997
4	Becky Lavoie	44'03	1992
5	Dana Hall	44'0	1999
	Michelle Houston	44'0	1985
7	Jen Flinchum	43'10	2003
8	Sherri Pierce	42'11	1997
9	Caryn Figueras	42'08	1990
10	Elena Gervino	42'06	1979

Shot Put–Top 10 Distances

1	Lynn Lanzel	48'07	1988
2	Angela Bertholdt	47'10	1996
3	Angela Bertholdt	47'07	1995
4	Lynn Lanzel	47'06	1988
5	Angela Bertholdt	47'03	1996
	Lynn Lanzel	47'03	1985
7	Angela Bertholdt	47'02	1996
	Angela Bertholdt	47'02	1996
9	Michelle Fournier	46'09	1997
10	Angela Bertholdt	46'08	1996
	Lynn Lanzel	46'08	1988

Hammer–Top 10 Individuals

1	Michelle Fournier	179'07	1997
2	Liz Legault	171'02	1991
3	Lynn Lanzel	163'08	1988
4	Christel Kittredge	163'06	1993
5	Amy Hafner	161'10	1997
6	Christina Bizon	160'07	2003
7	Kelly Hagner	157'02	2003
8	Caryn Figueras	156'05	1992
9	Heather Johnston	155'04	2001
10	Kristen Hinz	153'04	2003

Hammer–Top 10 Distances

1	Michelle Fournier	179'07	1997
2	Michelle Fournier	177'00	1997
3	Michelle Fournier	176'00	1997
4	Michelle Fournier	175'10	1997
5	Michelle Fournier	174'05	1997
6	Michelle Fournier	173'08	1997
7	Michelle Fournier	173'03	1997
8	Michelle Fournier	173'01	1997
9	Michelle Fournier	172'09	1997
10	Michelle Fournier	172'07	1997

Discus–Top 10 Individuals

1	Michelle Fournier	158'02	1997
2	Elena Gervino	154'10	1979
3	Jen Flinchum	153'01	2002
4	Kelly Hagner	150'01	2002
5	Liz Legault	142'05	1992
6	Amy Hafner	135'11	1995
7	Kathy Lyons	134'05	1993
8	Sherri Pierce	133'11	1997
9	Christel Kittredge	133'02	1991
10	Diana Lucek	130'08	2003

Discus–Top 10 Distances

1	Michelle Fournier	158'02	1997
2	Michelle Fournier	157'10	1997
3	Elena Gervino	154'10	1979
4	Michelle Fournier	154'07	1997
5	Michelle Fournier	153'06	1997
6	Jen Flinchum	153'01	2002
	Jen Flinchum	153'01	2003
8	Michelle Fournier	153'00	1996
9	Michelle Fournier	152'00	1997
10	Michelle Fournier	151'10	1996

Javelin–Top 10 Individuals

1	Maureen Hogan	153'08	1981
2	Jeanne Sherlock	148'08	1988
3	Jen Haigh	147'04	2002
4	Angela Bertholdt	131'03	1995
5	Elena Gervino	130'05	1979
6	Mary Lardie	128'02	1997
7	Kathy Drohan	126'06	1980
8	Jen Wanat	121'09	1999
9	Nikki Sample	121'02	2003
10	Dana Hall	121'01	2000

Javelin–Top 10 Distances

1	Maureen Hogan	153'08	1981
2	Maureen Hogan	149'05	1981
3	Jeanne Sherlock	148'08	1988
4	Maureen Hogan	148'07	1981
5	Jen Haigh	147'04	2002
6	Maureen Hogan	147'03	1981
7	Jen Haigh	146'09	2002
8	Jeanne Sherlock	143'04	1988
9	Jeanne Sherlock	143'03	1990
10	Maureen Hogan	143'01	1981

Long Jump–Top 10 Individuals

1	Pascale Delaunay	19'02	2003
2	Darien Dudek	18'11	1996
3	Charlene Fleming	18'10	1996
4	Jen Aubin	17'08	2000
5	Angela Bertholdt	17'07	1995
	Sharon Gleasman	17'07	1980
7	Liz Long	17'07	2003
8	Maggie Daugherty	17'07	1978
9	Christina Sadlow	17'05	1992
10	Chanessa Saunders	17'04	1994

Long Jump–Top 10 Distances

1	Pascale Delaunay	19'02	2003
2	Pascale Delaunay	19'01	2003
3	Pascale Delaunay	19'01	2003
4	Pascale Delaunay	18'11	2003
5	Darien Dudek	18'11	1996
	Darien Dudek	18'11	1997
7	Pascale Delaunay	18'11	2003
8	Charlene Fleming	18'10	1996
9	Pascale Delaunay	18'09	2003
10	Pascale Delaunay	18'09	2003

Triple Jump–Top 10 Individuals

1	Pascale Delaunay	40'08	2003
2	Monda Webb	40'05	1990
3	Jen Aubin	39'00	2000
4	Doreene Leedberg	36'02	1988
5	Elisa Warren	35'08	1988
6	Avis Lewis	35'05	1985
7	Jami Titus	35'01	2000
8	Dana Coppola	34'11	1997
9	Jessica Lincoln	34'06	1998
10	Kate McRedmond	33'06	1996

Triple Jump–Top 10 Distances

1	Pascale Delaunay	40'08	2003
2	Monda Webb	40'05	1990
3	Pascale Delaunay	40'02	2003
4	Pascale Delaunay	40'01	2003
5	Pascale Delaunay	39'10	2003
6	Pascale Delaunay	39'10	2003
7	Pascale Delaunay	39'09	2003
8	Monda Webb	39'08	1989
	Pascale Delaunay	39'08	2003
	Pascale Delaunay	39'08	2003

High Jump–Top 10 Individuals

1	Charlene Fleming	5'10	1996
2	Sharon Gleasman	5'09	1981
3	Linda Ferrara	5'08	1986
4	Toni McDaniels	5'07	2003
5	Kelly McGill	5'06	1985
6	Liz Pugsley	5'04	2002
7	Angela Bertholdt	5'04	1996
	Jessica Lincoln	5'04	1999
9	Lisa Christiansen	5'04	1991
10	Pascale Delaunay	5'03	2003

High Jump–Top 10 Heights

1	Charlene Fleming	5'10	1996
2	Sharon Gleasman	5'09	1981
3	Linda Ferrara	5'08	1986
	Charlene Fleming	5'08	1996
	Charlene Fleming	5'08	1996
	Charlene Fleming	5'08	1996
	Charlene Fleming	5'08	1996
	Charlene Fleming	5'08	1995
	Sharon Gleasman	5'08	1981
10	Charlene Fleming	5'07	1996

4 x 100m Relay–Top 10 Times

1	D.Dudek–J.Russell–M.Mebane–B.Jenkins	46.94	1995
2	M.Trefz–T.Adams–A.Taylor–A.Girardin	47.44	1998
3	M.Trefz–T.Adams–A.Taylor–A.Girardin	47.69	1998
4	M.Trefz–T.Adams–A.Taylor–A.Girardin	47.89	1998
5	M.Trefz–A.Taylor–A.Girardin–A.Hearne	47.96	1999
6	M.Trefz–T.Adams–A.Taylor–A.Girardin	48.18	1998
7	D.Dudek–J.Russell–M.Mebane–T.Winton	48.19	1995
8	J.Lincoln–A.Taylor–A.Girardin–A.Hearne	48.22	1999
9	M.Trefz–T.Adams–A.Taylor–J.Lincoln	48.29	1998
10	M.Trefz–A.Taylor–A.Girardin–A.Hearne	48.32	1999

Heptathlon–Top 10 Individuals

1	Angela Bertholdt (15.68-4'11" _43'3.25-28.06-177.75-122'1-2:36.25)	4670	1995
2	Jessica Lincoln (15.47-5'4" _35'10" _26.04-15'10" _106'11-2:36.00)	4599	1999
3	Pascale Delaunay (15.36-5'3" _31'1" _26.44-18'5" _82'7-2:43.85)	4450	2003
4	Liz Long (15.14-5' _27'9" _26.26-17'7" _64'6-2:27.37)	4364	2003
5	Janelle Erskine (16.17-4'8" _32'5" _27.94-15'10" _93'5-2:39.83)	3966	2000
6	Katie Waters (16.72-4'8" _29'6-27.71-15'9" _78'10-2:49.00)	3650	2000
7	Andrea Figueras (16.34-4'7-32'7-28.24-15'6-66'10-2:45.2)	3608	1994
8	Kathy Costello (17.4-4'9-29'4.5-29.49-14'7.25-79'0-2:36.4)	3463	1989
9	Leah Stoddard (18.26-5'1" _27'7-28.78-14'9-90'7-2:57.88)	3397	2002
10	Janet Pailles (19.51-4'6" _23'7-28.17-15'4-52'2-2:26.98)	3217	2002

Heptathlon–Top 10 Point Totals

1	Angela Bertholdt (15.68-4'11.75-43'3.25-28.06-177.75-122'1-2:36.25)	4670	1995
2	Angela Bertholdt (14.9-5'1.25-45'1.5-27.3-16'10-109'9-2:41.7)	4654	1994
3	Angela Bertholdt (15.70-5'2.5-45'10.5-27.98-16'7.25-11'3-2:37.24)	4632	1996
4	Jessica Lincoln (15.47-5'4" _35'10" _26.04-15'10" _106'11-2:36.00)	4599	1999
5	Jessica Lincoln (16.22-5'1" _37'3-25.88-16'1-106'11-2:31.22)	4551	1999
6	Jessica Lincoln (15.4-5' _36'1" _25.9-16'2" _108'4-2:37.50)	4525	1999
7	Jessica Lincoln (15.80-5'1" _36'6" _26.09-16'10-101'8-2:36.76)	4523	1998
8	Jessica Lincoln (15.90-5'1" _35'1" _25.86-15'9" _101'10-2:28.04)	4522	1998
9	Pascale Delaunay (15.36-5'3" _31'1" _26.44-18'5" _82'7-2:43.85)	4450	2003
10	Liz Long (15.14-5' _27'9" _26.26-17'7" _64'6-2:27.37)	4364	2003

4 x 400 Meter Relay–Top 10 Times

1	A.Taylor–C.West–M.Trefz–A.Girardin	3:47.22	1999
2	A.Taylor–C.West–M.Trefz–A.Girardin	3:48.95	1999
3	A.Taylor–P.Gohring–M.Trefz–A.Girardin	3:49.84	1998
4	C.Jones–D.Woodbury–N.Popowicz–R.Oakes	3:50.22	2003
5	A.Taylor–C.West–M.Trefz–A.Girardin	3:50.48	1999
6	A.Taylor–P.Gohring–M.Trefz–A.Girardin	3:50.73	1998
7	A.Taylor–P.Gohring–M.Trefz–A.Girardin	3:51.01	1998
8	A.Taylor–P.Gohring–M.Trefz–A.Girardin	3:51.36	1998
9	C.Jones–D.Woodbury–N.Popowicz–R.Oakes	3:51.53	2003
10	B.Alves–K.Morin–M.Lyons–C.Sadlow	3:52.50	1990

4 x 800m Relay–Top 10 Times

1	A.Taylor–P.Gohring–K.Martin–A.Girardin	9:01.22	1999
2	F.Bauman–K.Arsenault–K.Murphy–K.O'Connell	9:02.30	1984
3	F.Bauman–K.Arsenault–K.Murphy–K.O'Connell	9:05.94	1984
4	S.O'Connor–P.Tomek–L.Kothe–P.Douglas	9:10.34	1980
5	S.Pfahl–J.Antes–K.Dempsey–B.Alves	9:11.69	1991
6	K.Martin–N.Popowicz–H.Whitmore–A.Taylor	9:12.54	2000
7	C.Kelly–F.Bauman–K.O'Connell–K.Murphy	9:13.34	1983
8	P.Gohring–A.Girardin–A.Taylor–R.Pereira	9:14.34	1998
9	K.Murphy–F.Bauman–K.O'Connell–K.Arsenault	9:14.70	1984
10	T.Hutchinson–A.Taylor–N.Popowicz–K.Martin	9:16.72	2002

Pole Vault–Top 10 Individuals

Pole Vault–Top 10 Heights

Distance Medley–(1200–400–800–1600)

Rams All-Time Outdoor Performers

1	Stephanie Maugham	12'06 _	2000	1	Stephanie Maugham	12'06 _	2000	1	P.Gohring-D.Dudek-A.Girardin-B.Pereira	11:56.60	1997
2	Janelle Erskine	11'03 _	2000	2	Stephanie Maugham	12'05 _	2000	2	P.Gohring-D.Dudek-A.Girardin-J.McGarty	12:20.76	1996
3	Caitlyn Densing	11'00 _	2003	3	Stephanie Maugham	12'03 _	2000	3	K.Martin-E.Petrella-T.Hutchinson-H.Whitmore	12:16.46	2000
4	Katie Waters	10'08	2002	4	Stephanie Maugham	12'02 _	2000	4	K.Martin-N.Popowicz-T.Hutchinson-S.Pelarske	12:51.11	2001
5	Becky Roberts	9'08	2003	5	Stephanie Maugham	12'0 _	2000				
6	Holly Stettner	9'06 _	2003	6	Stephanie Maugham	12'0 _	2000				
7	Patrice LeTourneau	9'06 _	2002	7	Stephanie Maugham	12'0 _	2000				
8	Leah Stoddard	9'	2000	8	Stephanie Maugham	12'0 _	2000				
				9	Stephanie Maugham	12'0 _	2000				
				10	Stephanie Maugham	12'0 _	2000				

Rams Outdoor Class Records

	FRESHMEN	SOPHOMORE	JUNIOR	SENIOR
100m Dash	Joanna Russell 11.94 1995	Rachel Oakes 12.13 2003	Kathy Black 12.28 1985	Kathy Black 12.16 1986
100m Hurdles	Michelle Trefz 14.42 1997	Michelle Trefz 13.72 1998	Michelle Trefz 13.76 1999	Michelle Trefz 13.92 2000
200m Dash	Joanna Russell 24.57 1995	Rachel Oakes 24.69 2003	Michelle Trefz 24.73 1999	Kathy Black 24.89 1986
400m Dash	Destiny Woodbury 57.22 2003	Angela Girardin 58.85 1997	Angela Girardin 56.42 1998	Angela Girardin 56.89 1999
400m Hurdles	Amy Taylor 61.32 1998	Michelle Trefz 62.11 1998	Elisa Warren 62.72 1989	Rebecca Jenkins 61.19 1996
800m Run	Kelly Martin 2:13.18 1999	Colleen Jones 2:13.49 2002	Patti Douglas 2:09.83 (yds) 1979	Patti Douglas 2:10.34 1980
1500m Run	Emily Anderson 4:34.84 2003	Kristen O'Connell 4:35.52 1982	Amy Taylor 4:32.62 2000	Patti Douglas 4:36.84 1980
3000m Run	Heather Whitmore 10:02.64 1998	Kristen O'Connell 9:56.24 1982	Kerry Arsenault 9:46.54 1986	Christine Healy 9:57.34 1988
3k Steeplechase	Jamie Sweeney 11:05.7 2003			Amy Taylor 10:46.96 2002
5000m Run	Heidi Westerling 16:40.41 2001	Erin Silvering 17:40.36 2000	Erin Silvering 17:18.66 2001	Erin Silvering 17:07.00 2002
10,000m Run	Heidi Westerling 35:19.69 2001	Jo-Ann Choiniere 37:01.64 1981	Karen Peterson 35:40.86 1990	Karen Peterson 36:13.98 1991
Long Jump	Darien Dudek 17' 9 _" 1994	Charlene Fleming 18' 10 _" 1996	Pascale Delaunay 19'2 _" 2003	Darien Dudek 18' 11 _" 1997
Triple Jump	Jennifer Aubin 39' _" 2000	Pascale Delaunay 36'11 _" 2002	Pascale Delaunay 40' 8 _" 2003	Monda Webb 40' 5 _" 1990
High Jump	Charlene Fleming 5' 8" 1995	Charlene Fleming 5' 10" 1996	Linda Ferrara 5' 8" 1986	Sharon Gleasman 5' 9" 1981
Shot Put	Lynn Lanzel 47' 3" 1985	Michelle Fournier 46'9 _" 1997	Angela Bertholdt 47' 7 _" 1995	Lynn Lanzel 48' 7" 1988
Hammer	Michelle Fournier 171' 4" 1996	Michelle Fournier 179' 7" 1997	Liz Legault 171' 2" 1991	Lynn Lanzel 163' 8" 1988
Discus	Elena Gervino 154' 10 _" 1979	Michelle Fournier 158' 2" 1997	Jennifer Flinchum 153'1" 2002	Jennifer Flinchum 153'1" 2003
Javelin	Maureen Hogan 153' 8" 1981	Jeanne Sherlock 148' 8" 1988	Jennifer Haigh 147'4" 2002	Jeanne Sherlock 143' 3" 1990
Heptathlon	Elizabeth Long 4364pts 2003	Angela Bertholdt 4654pts 1994	Angela Bertholdt 4670pts 1995	Angela Bertholdt 4632pts 1996
Pole Vault	Caitlyn Densing 11' _" 2003	Janelle Erskine 11' 0 _" 1999	Stephanie Maugham 11' 4" 1998	Stephanie Maugham 12' 6 _" 2000

Rams Honor Roll

New England Indoor Champions

2003	Heidi Westerling	5000m Run	17:25.31
2001	Colleen Jones	4 x 800m Relay	9:18.59
	Tara Hutchinson	4 x 800m Relay	9:18.59
	Kelly Martin	4 x 800m Relay	9:18.59
	Amy Taylor	4 x 800m Relay	9:18.59
1999	Angela Girardin	400m Dash	56.97
	Angela Girardin	4 x 400m Relay	3:54.60
	Kelly Martin	4 x 400m Relay	3:54.60
	Stephanie Maugham	Pole Vault	11'5 _
	Amy Taylor	4 x 400m Relay	3:54.60
	Amy Taylor	500m Run	1:16.98
1998	Stephanie Maugham	4 x 400m Relay	3:54.60
	Heather Whitmore	Pole Vault	10' _ "
1997	Angela Girardin	3000m Run	9:57.53
	Angela Girardin	500m Dash	1:15.67
1996	Angela Bertholdt	Pentathlon	3567pts
	Charlene Fleming	High Jump	5'11 _ "
1994	Angela Bertholdt	Pentathlon	3514pts
1991	Becky Alves	4 x 800m Relay	9:18.63
	Jennifer Antes	4 x 800m Relay	9:18.63
	Kristen Dempsey	4 x 800m Relay	9:18.63
	Liz Legault	Shot Put	43'2 _ "
	Liz Legault	20lb Weight Throw	51'7"
	Karen Szrom	4 x 800m Relay	9:18.63
1988	Lynn Lanzel	Shot Put	49'1"
1986	Lynn Lanzel	20lb Weight Throw	50'11 _ "
1984	Wanda Eades	55m Dash	7.21
	Wanda Eades	200m Dash	25.73
1980	Patti Douglas	800m Run	2:09.6h
1979	Patti Douglas	800m Run	2:10.2h
	Patti Douglas	4 x 800m Relay	9:19.6h
	Aleta Fischer	400m Dash	57.8h
	Lisa Kothe	4 x 800m Relay	9:19.6h
	Sherry Murphy	4 x 800m Relay	9:19.6h
	Sherry Murphy	4 x 800m Relay	9:19.6h

New England Outdoor Champions

2003	Pascale Delaunay	Triple Jump	40'8"
	Jennifer Flinchum	Discus	150'1"
1998	Jessica Lincoln	Heptathlon	4523pts
	Michelle Trefz	100m Hurdles	13.92
1997	Michelle Fournier	Discus	151'4
	Michelle Fournier	Hammer	175'10
1996	Angela Bertholdt	Heptathlon	4632pts
	Angela Bertholdt	Shot Put	47'2 _ "
	Charlene Fleming	High Jump	5'8
	Rebecca Jenkins	400m Hurdles	61.87
1994	Angela Bertholdt	Heptathlon	4654pts
1992	Liz Legault	Hammer Throw	162'9
1991	Liz Legault	Hammer Throw	163'11
	Karen Peterson	10,000m Run	37:51.13
1990	Caryn Figueras	Shot Put	42'8 _ "
	Liz Legault	Hammer Throw	150'5
	Kelly Morin	800m Run	2:12.55
	Karen Peterson	10,000m Run	37:05.28
	Elisa Warren	400m Hurdles	62.25
1989	Monda Webb	Triple Jump	39'8 _ "
1988	Lynn Lanzel	Shot Put	47'6 _ "
	Lynn Lanzel	Hammer Throw	163'8
1987	Lynn Lanzel	Hammer Throw	158'9
1986	Lynn Lanzel	Hammer Throw	139'4 _ "
1981	Aleta Fischer	400m Dash	57.5h
	Maureen Hogan	Javelin Throw	147'3 _ "

1980	Patti Douglas	800m Run	2:10.1h
	Patti Douglas	4 x 800m Relay	9:10.1h
	Lisa Kothe	4 x 800m Relay	9:10.1h
	Sherry O'Connor	4 x 800m Relay	9:10.1h
1979	Pamela Tomek	4 x 800m Relay	9:10.1h
	Patti Douglas	800m Run	2:10.2h
	Patti Douglas	4 x 800m Relay	9:21.7h
	Elena Gervino	Discus Throw	136'0"
	Lisa Kothe	4 x 800m Relay	9:21.7h
	Sherry Murphy	4 x 800m Relay	9:21.7h
	Sherry O'Connor	4 x 800m Relay	9:21.7h

ECAC Champions

1999	Stephanie Maugham	Indoor Pole Vault	12'2"
1988	Lynn Lanzel	Indoor Shot Put	48'5 _ "
	Lynn Lanzel	Outdoor Hammer	156'0"
1987	Lynn Lanzel	Outdoor Hammer	149'0"
1986	Lynn Lanzel	Indoor 20lb Weight	49'10 _ "
1985	Lynn Lanzel	Indoor 20lb Weight	48'1"
	Lynn Lanzel	Indoor Shot Put	45'6 _ "

NCAA Championship Results

2001	Erin Silvering	Cross Country	22:04 (6k)/91 st
1999	Stephanie Maugham	Indoor Pole Vault	11'7 _"/16 th
1997	Michelle Fournier	Outdoor Hammer	172'9"/13 th
	Michelle Fournier	Indoor 20 lb Weight	58'10 _"/10 th
1996	Charlene Fleming	indoor High Jump	5'8 _"/15 th
	Michelle Fournier	Indoor 20lb Weight	54'8/15 th
1993	Stephanie Ulicny	Cross Country	18:11.5/113 th

NCAA East Regional Outdoor Championship Results (new meet as of 2003)

2003	Pascale Delaunay	Long Jump	18' _"/36 th
	Pascale Delaunay	Triple Jump	39'8 _"/22 nd
	Jennifer Haigh	Javelin	139'0"/14 th
	Jamie Sweeney	3k Steeple	11:30.17/27 th

Penn Relays Champions

2000	Stephanie Maugham	Pole Vault	12'2"
1991	Elizabeth Legault	Hammer	168'9"

