

## 2012-13 WOMEN'S INDOOR TOP TIMES

# PENGUINS

**60M DASH -- YSU RECORD: 7.52 (FEB. 27, 2005)**

Ciara Jarrett	7.57	Horizon League Championship	2/24/13
Nina Grambling	7.60	YSU National Invitational	2/2/13
Alexis Washington	7.78	YSU Icebreaker	12/1/12
Kendall Homan	8.29	Akron Zips Invitational	2/15/13
Nicole Vlad	8.45	YSU Icebreaker	12/1/12
Brianna Wise	9.01	YSU Icebreaker	12/1/12

**200M DASH -- YSU RECORD: 24.59 (FEB. 12, 2005)**

Ciara Jarrett	24.48	Horizon League Championship	2/23/13
Nina Grambling	24.87	Horizon League Championship	2/24/13
Alexis Washington	25.16	YSU Icebreaker	12/1/12
Alteeka Vanwright	25.52	YSU Icebreaker	12/1/12
Nicole Pachol	26.05	Akron Zips Invitational	2/15/13

**400M DASH -- YSU RECORD: 55.82 (FEB. 12, 2005)**

Nicole Pachol	56.55	Horizon League Championship	2/24/13
Alteeka Vanwright	57.32	Horizon League Championship	2/24/13
Jillian Smith	1:06.14	YSU Icebreaker	12/1/12

**500M RUN -- YSU RECORD: N/A**

Alexis Cooper	1:20.81	YSU National Invitational	2/2/13
Jillian Smith	1:24.20	YSU National Invitational	2/2/13

**800M RUN -- YSU RECORD: 2:12.90**

Alexis Cooper	2:17.54	Horizon League Championship	2/23/13
Jillian Smith	2:22.59	Horizon League Championship	2/23/13
Heather Coonfare	2:24.78	YSU Icebreaker	12/1/12
Ashley Smith	2:37.16	YSU National Invitational	2/2/13

**1,000M RUN -- YSU RECORD:**

Ashley Smith	3:18.24	YSU Invitational	1/25/13
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**1 MILE RUN -- YSU RECORD: 4:56.82 (FEB. 12, 2011)**

Monica Ciarniello	5:08.04	Horizon League Championship	2/24/13
Heather Coonfare	5:19.76	Great Dane Classic	1/18/13
Ashley Smith	5:51.15	Akron Zips Invitational	2/15/13
Paige Eckman	5:53.28	Akron Zips Invitational	2/15/13
Samantha Atwood	5:57.40	Akron Zips Invitational	2/15/13
Nelly Yegon	6:07.19	Akron Zips Invitational	2/15/13

**3,000M RUN -- YSU RECORD: 9:28.30 (FEB. 25, 2012)**

Anna Pompeo	10:03.60	SPIRE Division I Invitational	2/9/13
Monica Ciarniello	10:19.43	YSU Invitational	1/25/13
Brittany Stockmaster	10:44.34	SPIRE Division I Invitational	2/9/13
Katie Heney	10:49.28	Great Dane Classic	1/18/13
Paige Eckman	11:37.41	Great Dane Classic	1/18/13
Samantha Atwood	11:46.66	Horizon League Championship	2/24/13
Ashley Smith	11:50.84	Horizon League Championship	2/24/13

**5,000M RUN -- YSU RECORD: 16:22.84 (MARCH 2, 2012)**

Anna Pompeo	17:47.79	YSU National Invitational	2/2/13
Monica Ciarniello	17:51.53	SPIRE Division I Invitational	2/9/13
Brittany Stockmaster	18:21.34	YSU National Invitational	2/2/13
Katie Heney	18:53.11	YSU Icebreaker	12/1/12
Samantha Atwood	20:35.93	Horizon League Championship	2/24/13
Ashley Smith	20:52.31	Horizon League Championship	2/24/13
Paige Eckman	20:58.31	YSU National Invitational	2/2/13

**60M HURDLES -- YSU RECORD: 8.60 (FEB. 5, 2005)**

Kendall Homan	9.13	YSU National Invitational	2/2/13
Nicole Pachol	9.34	YSU Icebreaker	12/1/12

**HIGH JUMP -- YSU RECORD: 1.73M | 5'8" (JAN. 29, 2011)**

Katrina Rettburg	1.70m	YSU National Invitational	2/2/13
Leanna Hartsough	1.65m	YSU National Invitational	2/2/13

**LONG JUMP -- YSU RECORD: 5.90M | 19'4.25" (FEB. 27, 2011)**

Ciara Jarrett	5.54m	Horizon League Championship	2/24/13
Nina Grambling	5.45m	YSU Icebreaker	12/1/12
Kendall Homan	5.34m	Horizon League Championship	2/24/13
Katrina Rettburg	5.12m	Akron Zips Invitational	2/15/13
Nicole Vlad	4.98m	YSU Invitational	1/25/13

**TRIPLE JUMP -- YSU RECORD: 12.07M | 39'7.25" (FEB. 27, 2011)**

Kendall Homan	11.59m	Great Dane Classic	1/18/13
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**POLE VAULT -- YSU RECORD: 3.50M | 11'5.75" (FEB. 21, 2009)**

Hannah Ropp	3.50m	Horizon League Championship	2/23/13
Brianna Wise	3.20m	YSU National Invitational	2/2/13
Karlie Ligore	3.20m	Horizon League Championship	2/23/13

**SHOT PUT -- YSU RECORD: 14.60M | 47'11" (FEB. 26, 2012)**

Jennifer Neider	14.18m	Horizon League Championship	2/24/13
Alison Roth	13.89m	Horizon League Championship	2/24/13
Megan Wesner	11.06m	Horizon League Championship	2/24/13
Kendall Homan	8.99m	Akron Zips Invitational	2/15/13

**WEIGHT THROW -- YSU RECORD: 19.47M | 63'10.5" (MARCH 2, 2008)**

Megan Wesner	15.19m	YSU Icebreaker	12/1/12
Alison Roth	13.68m	Horizon League Championship	2/23/13
Jennifer Neider	12.75m	Great Dane Classic	1/18/13

**4X400M RELAY -- YSU RECORD: 3:48.24 (FEB. 24, 2013)**

3:48.24	Horizon League Championship	2/24/13
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**DMR -- YSU RECORD: 12:11.64 (FEB. 23, 2013)**

12:11.64	Horizon League Championship	2/23/13
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**PENTATHLON -- YSU RECORD: 3,436 POINTS (FEB. 26, 2006)**

Kendall Homan	3,153 points	Horizon League Championship	2/24/13
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# YSU WOMEN'S INDOOR PERSONAL-BEST MARKS

## SAMANTHA ATWOOD

Mile \_\_\_\_\_ 5:57.40 \_\_\_\_\_ 2/15/13  
 3,000m \_\_\_\_\_ 11:46.44 \_\_\_\_\_ 2/24/13  
 5,000m \_\_\_\_\_ 20:35.93 \_\_\_\_\_ 2/24/13

## KEASIA BELL

60m \_\_\_\_\_ 8.22 \_\_\_\_\_ 2/17/12  
 200m \_\_\_\_\_ 27.29 \_\_\_\_\_ 2/17/12  
 400m \_\_\_\_\_ 1:05.49 \_\_\_\_\_ 2/4/12

## MONICA CIARNELLO

Mile \_\_\_\_\_ 5:08.04 \_\_\_\_\_ 2/24/13  
 3,000m \_\_\_\_\_ 10:19.43 \_\_\_\_\_ 1/25/13  
 5,000m \_\_\_\_\_ 17:51.53 \_\_\_\_\_ 2/8/13

## HEATHER COONFARE

800m \_\_\_\_\_ 2:24.78 \_\_\_\_\_ 12/1/12  
 1,000m \_\_\_\_\_ 3:22.54 \_\_\_\_\_ 2/4/12  
 Mile \_\_\_\_\_ 5:19.76 \_\_\_\_\_ 1/18/13

## ALEXIS COOPER

400m \_\_\_\_\_ 1:04.15 \_\_\_\_\_ 1/13/12  
 500m \_\_\_\_\_ 1:20.81 \_\_\_\_\_ 2/2/13  
 800m \_\_\_\_\_ 2:17.54 \_\_\_\_\_ 2/23/13  
 1,000m \_\_\_\_\_ 3:14.08 \_\_\_\_\_ 2/4/12  
 Mile \_\_\_\_\_ 5:47.02 \_\_\_\_\_ 1/27/12

## PAIGE ECKMAN

Mile \_\_\_\_\_ 5:45.72 \_\_\_\_\_ 1/25/13  
 3,000m \_\_\_\_\_ 11:37.41 \_\_\_\_\_ 1/18/13  
 5,000m \_\_\_\_\_ 20:03.95 \_\_\_\_\_ 2/3/12

## TAYLOR ENTZI

60m \_\_\_\_\_ 8.33 \_\_\_\_\_ 1/13/12  
 200m \_\_\_\_\_ 26.30 \_\_\_\_\_ 12/2/11  
 400m \_\_\_\_\_ 59.67 \_\_\_\_\_ 12/2/11

## NINA GRAMBLING

60m \_\_\_\_\_ 7.60 \_\_\_\_\_ 2/2/13  
 200m \_\_\_\_\_ 24.87 \_\_\_\_\_ 2/24/13  
 Long Jump \_\_\_\_\_ 5.45m \_\_\_\_\_ 12/1/12

## SAMANTHA HAMILTON

800m \_\_\_\_\_ 2:18.76 \_\_\_\_\_ 2/28/10  
 1,000m \_\_\_\_\_ 2:56.80 \_\_\_\_\_ 2/10/10  
 Mile \_\_\_\_\_ 4:56.82 \_\_\_\_\_ 2/12/11  
 3,000m \_\_\_\_\_ 9:40.25 \_\_\_\_\_ 2/4/12  
 5,000m \_\_\_\_\_ 16:51.28 \_\_\_\_\_ 2/11/12

## LEANNA HARTSOUGH

High Jump \_\_\_\_\_ 1.65m \_\_\_\_\_ 2/2/13

## KATIE HENEY

3,000m \_\_\_\_\_ 10:49.28 \_\_\_\_\_ 1/18/13  
 5,000m \_\_\_\_\_ 18:38.80 \_\_\_\_\_ 2/11/12

## KENDALL HOMAN

55m Hurdles \_\_\_\_\_ 8.83 \_\_\_\_\_ 2/5/11  
 60m Hurdles \_\_\_\_\_ 9.13 \_\_\_\_\_ 2/2/13  
 60m \_\_\_\_\_ 8.29 \_\_\_\_\_ 2/15/13  
 Long Jump \_\_\_\_\_ 5.34m \_\_\_\_\_ 2/23/13  
 Triple Jump \_\_\_\_\_ 11.59m \_\_\_\_\_ 1/18/13  
 Shot Put \_\_\_\_\_ 8.99m \_\_\_\_\_ 2/15/13  
 Pentathlon \_\_\_\_\_ 3,153 points \_\_\_\_\_ 2/23/13

## CIARA JARRETT

60m \_\_\_\_\_ 7.57 \_\_\_\_\_ 2/24/13  
 200m \_\_\_\_\_ 24.48 \_\_\_\_\_ 2/23/13  
 400m \_\_\_\_\_ 59.27 \_\_\_\_\_ 2/12/11  
 Long Jump \_\_\_\_\_ 5.54m \_\_\_\_\_ 2/23/13

## LAURA KOSIOREK

60m \_\_\_\_\_ 7.92 \_\_\_\_\_ 2/4/12  
 60m Hurdles \_\_\_\_\_ 8.71 \_\_\_\_\_ 1/25/13  
 Long Jump \_\_\_\_\_ 5.15m (16-10 3/4) \_\_\_\_\_ 12/5/08  
 Triple Jump \_\_\_\_\_ 11.68m (38-4) \_\_\_\_\_ 2/27/11

## KARLIE LIGORE

55m \_\_\_\_\_ 8.56 \_\_\_\_\_ 2/5/11  
 60m \_\_\_\_\_ 9.21 \_\_\_\_\_ 2/19/11  
 Pole Vault \_\_\_\_\_ 3.20m \_\_\_\_\_ 2/23/13

## MAKAYLA MARTIN

High Jump \_\_\_\_\_ 1.68m \_\_\_\_\_ 12/2/11

## JENNIFER NEIDER

Shot Put \_\_\_\_\_ 14.18m \_\_\_\_\_ 2/24/13  
 Weight Throw \_\_\_\_\_ 12.75m \_\_\_\_\_ 1/18/13

## NICOLE PACHOL

55m Hurdles \_\_\_\_\_ 8.69 \_\_\_\_\_ 2/5/11  
 60m Hurdles \_\_\_\_\_ 8.92 \_\_\_\_\_ 2/27/11  
 200m \_\_\_\_\_ 25.91 \_\_\_\_\_ 2/12/11  
 400m \_\_\_\_\_ 56.55 \_\_\_\_\_ 2/24/13  
 800m \_\_\_\_\_ 2:23.73 \_\_\_\_\_ 2/11/12

## ANNA POMPEO

800m \_\_\_\_\_ 2:32.67 \_\_\_\_\_ 2/12/11  
 Mile \_\_\_\_\_ 5:31.05 \_\_\_\_\_ 1/22/11  
 3,000m \_\_\_\_\_ 10:03.60 \_\_\_\_\_ 2/9/13  
 5,000m \_\_\_\_\_ 17:47.79 \_\_\_\_\_ 2/2/13

## KATRINA RETTBURG

200m \_\_\_\_\_ 27.52 \_\_\_\_\_ 2/4/12  
 High Jump \_\_\_\_\_ 1.73m (5-7 1/4) \_\_\_\_\_ 1/29/11  
 Long Jump \_\_\_\_\_ 5.31m (17-5 1/4) \_\_\_\_\_ 2/17/12

## HANNAH ROPP

60m \_\_\_\_\_ 8.90 \_\_\_\_\_ 12/2/11  
 Long Jump \_\_\_\_\_ 4.83m \_\_\_\_\_ 12/2/11  
 Pole Vault \_\_\_\_\_ 3.50m \_\_\_\_\_ 2/23/13

## ALISON ROTH

Shot Put \_\_\_\_\_ 13.89m \_\_\_\_\_ 2/24/13  
 Weight Throw \_\_\_\_\_ 13.68m \_\_\_\_\_ 2/23/13

## ASHLEY SMITH

800m \_\_\_\_\_ 2:50.39 \_\_\_\_\_ 12/2/11  
 1,000m \_\_\_\_\_ 3:18.24 \_\_\_\_\_ 2/2/13  
 3,000m \_\_\_\_\_ 11:50.84 \_\_\_\_\_ 2/24/13  
 5,000m \_\_\_\_\_ 20:52.31 \_\_\_\_\_ 2/24/13  
 Mile \_\_\_\_\_ 5:51.15 \_\_\_\_\_ 2/15/13

## JILLIAN SMITH

400m \_\_\_\_\_ 1:06.14 \_\_\_\_\_ 12/1/12  
 800m \_\_\_\_\_ 2:22.59 \_\_\_\_\_ 2/23/13

## BRITTANY STOCKMASTER

Mile \_\_\_\_\_ 5:53.07 \_\_\_\_\_ 2/17/12  
 3,000m \_\_\_\_\_ 10:44.34 \_\_\_\_\_ 2/9/13  
 5,000m \_\_\_\_\_ 18:21.34 \_\_\_\_\_ 2/2/13

## ALTEEKA VANWRIGHT

60m \_\_\_\_\_ 8.14 \_\_\_\_\_ 1/13/12  
 200m \_\_\_\_\_ 25.52 \_\_\_\_\_ 12/1/12  
 400m \_\_\_\_\_ 57.32 \_\_\_\_\_ 2/24/13

## NICOLE VLAD

400m \_\_\_\_\_ 1:04.74 \_\_\_\_\_ 12/2/11  
 60m \_\_\_\_\_ 8.45 \_\_\_\_\_ 12/1/12  
 Long Jump \_\_\_\_\_ 4.98m \_\_\_\_\_ 1/25/13

## ALEXIS WASHINGTON

60m \_\_\_\_\_ 7.78 \_\_\_\_\_ 12/1/12  
 200m \_\_\_\_\_ 25.16 \_\_\_\_\_ 12/1/12  
 400m \_\_\_\_\_ 1:00.47 \_\_\_\_\_ 2/11/12

## MEGAN WESNER

Shot Put \_\_\_\_\_ 11.06m \_\_\_\_\_ 2/24/13  
 Weight Throw \_\_\_\_\_ 15.19m \_\_\_\_\_ 12/1/12

## BRIANNA WISE

60m \_\_\_\_\_ 9.01 \_\_\_\_\_ 12/1/12  
 Pole Vault \_\_\_\_\_ 3.20m \_\_\_\_\_ 2/2/13

## NELLY YEGON

800m \_\_\_\_\_ 2:22.28 \_\_\_\_\_ 5/8/11  
 Mile \_\_\_\_\_ 6:07.19 \_\_\_\_\_ 2/15/13  
 1,500m \_\_\_\_\_ 4:56.46 \_\_\_\_\_ 4/30/11  
 3,000m \_\_\_\_\_ 11:02.97 \_\_\_\_\_ 4/2/11  
 5,000m \_\_\_\_\_ 19:03.78 \_\_\_\_\_ 4/9/11

**Horizon Titles (10):** 2012 Women's Outdoor, 2009 Women's Outdoor, 2008 Women's Outdoor, 2008 Women's Indoor, 2006 Women's Outdoor, 2005 Women's Outdoor, 2005 Women's Indoor, 2004 Women's Outdoor, 2004 Women's Indoor, 2003 Men's Indoor

# PENGUINS

## TRACK & FIELD

**Mid-Con Titles (8):** 1997 Women's XC, 1997 Women's Outdoor, 1997 Men's Outdoor, 1997 Men's Indoor, 1996 Women's Indoor, 1996 Men's XC, 1995 Men's XC, 1994 Men's XC

### 100M DASH - YSU RECORD: 11.44 (Jasmine Reynolds, 5/7/2000)

Nina Grambling	11.69	Sea Ray Relays	4/11/13
Ciara Jarrett	11.84	Penn Relays	4/26/13
Alexis Washington	12.10	Northeast Ohio Invitational	4/6/13
Laura Kosiorek	12.24	Northeast Ohio Invitational	4/6/13
Kendall Homan	12.85	Jesse Owens Classic	4/20/13

### 200M DASH - YSU RECORD: 23.47 (Jasmine Reynolds, 5/7/2000)

Ciara Jarrett	23.78	Sea Ray Relays	4/13/13
Nina Grambling	24.11	Horizon League Championship	5/5/13
Alexis Washington	24.93	Northeast Ohio Invitational	4/6/13
Alteeka Vanwright	25.63	Horizon League Championship	5/5/13

### 400M DASH - YSU RECORD: 54.64 (Jeanna Cunningham, 4/29/2006)

Alteeka Vanwright	57.48	Raleigh Relays	3/30/13
Nicole Pachol	58.34	Raleigh Relays	3/30/13
Jen Shiley	1:01.13	Bennie Benson Memorial Invite	4/13/13
Jillian Smith	1:04.95	Northeast Ohio Invitational	4/6/13

### 800M RUN - YSU RECORD: 2:13.98 (Lindsay Frontz, 5/9/2002)

Alexis Cooper	2:19.52	Ashland Alumni Open	4/27/13
Jillian Smith	2:29.78	Ashland Alumni Open	4/27/13
Heather Coonfare	2:31.94	Northeast Ohio Invitational	4/6/13
Ashley Smith	2:33.74	Northeast Ohio Invitational	4/6/13
Ashlyn Myers	2:41.69	Ashland Alumni Open	4/27/13

### 1,500M RUN - YSU RECORD: 4:32.56 (Samantha Hamilton, 5/14/2011)

Monica Ciarnello	4:43.23	Horizon League Championship	5/5/13
Brittany Stockmaster	5:00.13	Northeast Ohio Invitational	4/6/13
Heather Coonfare	5:00.73	Horizon League Championship	5/5/13
Ashley Smith	5:23.36	Raleigh Relays	3/30/13
Samantha Atwood	5:33.03	Northeast Ohio Invitational	4/6/13
Paige Eckman	5:33.22	Northeast Ohio Invitational	4/6/13

### 3,000M RUN - YSU RECORD: 10:01.55 (Laura Thomas, 4/10/1999)

Samantha Atwood	11:56.77	Northeast Ohio Invitational	4/6/13
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### STEEPLECHASE - YSU RECORD: 10:36.44 (Samantha Hamilton, 5/5/2011)

Brittany Stockmaster	11:09.78	Horizon League Championship	5/4/13
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### 5,000M RUN - YSU RECORD: 16:34.44 (Samantha Hamilton, 3/31/2012)

Monica Ciarnello	17:52.43	Raleigh Relays	3/31/13
Brittany Stockmaster	18:25.20	Raleigh Relays	3/30/13
Katey Heney	19:21.63	Jesse Owens Classic	4/20/13
Samantha Atwood	20:45.99	Ashland Alumni Open	4/27/13
Ashley Smith	21:19.82	Raleigh Relays	3/30/13

### 10,000M RUN - YSU RECORD: 35:25.96 (Anna Pompeo, 3/29/2013)

Anna Pompeo	35:25.96	Raleigh Relays	3/29/13
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### 100M HURDLES - YSU RECORD: 13.88 (Aaliyah Gillespie, 5/13/2005)

Laura Kosiorek	14.03	Horizon League Championship	5/5/13
Kendall Homan	14.33	Horizon League Championship	5/5/13

### 400M HURDLES - YSU RECORD: 1:01.63 (Nicole Pachol, 5/8/2011)

Nichole Pachol	1:01.04	Horizon League Championship	5/5/13
Jen Shiley	1:02.55	Horizon League Championship	5/5/13

### 4X100M RELAY

45.83	Horizon League Championship	5/5/13
Laura Kosiorek/Ciara Jarrett/Alexis Washington/Nina Grambling		

### 4X400M RELAY

3:48.43	Horizon League Championship	5/5/13
Alteeka Vanwright/Alexis Washington/Nicole Pachol/Ciara Jarrett		

### HIGH JUMP - YSU RECORD: 1.70M (Retzburg/Martin, 4/28/2012)

Ashley Wagner	1.65m (5-5)	Northeast Ohio Invitational	4/6/13
Leanna Hartsough	1.58m (5-2.25)	Ashland Alumni Open	4/27/13

### LONG JUMP - YSU RECORD: 6.02M (Alisha Anthony, 5/8/2011)

Nina Grambling	5.76m (18-10.75)	Sea Ray Relays	4/13/13
Ciara Jarrett	5.72m (18-9.25)	Horizon League Championship	5/4/13
Kendall Homan	5.62m (18-5.25)	Horizon League Championship	5/4/13
Laura Kosiorek	5.48m (17-11/75)	Horizon League Championship	5/4/13

### TRIPLE JUMP - YSU RECORD: 12.43M (Alisha Anthony, 4/29/2011)

Kendall Homan	11.84m (38-10.25)	Horizon League Championship	5/5/13
Laura Kosiorek	11.16m (36-7.5)	Penn Relays	4/26/13

### POLE VAULT -- YSU RECORD: 3.40M (Stephanie Jarvis, 5/9/2008)

Hanna Ropp	3.45m (11-3.75)	Jesse Owens Classic	4/20/13
Karlie Ligore	3.30m (10-10)	Horizon League Championship	5/5/13

### SHOT PUT - YSU RECORD: 15.71M (Danielle Curry, 5/27/2010)

Alison Roth	14.41m (47-3.5)	Sea Ray Relays	4/13/13
Jennifer Neider	14.29m (46-10.75)	Sea Ray Relays	4/13/13
Megan Wesner	10.01m (32-10.25)	Horizon League Championship	5/4/13
Kendall Homan	9.31m (30-6.5)	Northeast Ohio Invitational	4/6/13

### DISCUS - YSU RECORD: 47.58M (Alison Roth, 5/6/2012)

Alison Roth	46.65m (153-1)	Northeast Ohio Invitational	4/6/13
Megan Wesner	40.86m (134-1)	Sea Ray Relays	4/13/13
Jennifer Neider	40.73m (133-7)	Sea Ray Relays	4/13/13

### HAMMER - YSU RECORD: 58.04M (Bethany Anderson, 4/5/2008)

Megan Wesner	50.98m (167-3)	Ashland Alumni Open	4/27/13
Jennifer Neider	45.38m (148-10)	Horizon League Championship	5/5/13

### JAVELIN - YSU RECORD: 45.19M (Karen McReady, 5/12/2001)

Kendall Homan	41.01m (134-6)	Bennie Benson Memorial Invite	4/13/13
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### HEPTATHLON - YSU RECORD: 4.467 (Yandeh Joh, 5/3/2009)

# YSU WOMEN'S OUTDOOR PERSONAL-BEST MARKS

## SAMANTH ATWOOD

1,500m	5:25.75	4/21/12
3,000m	11:56.77	4/6/13
5,000m	20:45.99	4/27/13

## KEASIA BELL

100m	13.30	4/14/12
200m	27.49	4/14/12

## MONICA CIARNELLO

1,500m	4:43.23	5/5/13
5,000m	17:52.43	3/30/13

## HEATHER COONFARE

800m	2:26.48	4/14/12
1,500m	5:00.73	5/5/13

## ALEXIS COOPER

400m	1:01.76	5/8/11
800m	2:19.52	4/27/13
1,500m	5:07.58	3/31/12

## PAIGE ECKMAN

1,500	5:33.22	4/6/13
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## TAYLOR ENTZI

200m	26.79	4/2/11
400m	58.64	5/8/11

## NINA GRAMBLING

100m	11.78	4/6/13
200m	24.11	5/5/13
Long Jump	5.76m	4/13/13

## SAMANTHA HAMILTON

800m	2:19.98	4/23/11
1,500m	4:32.56	5/14/11
Steeplechase	10:55.55	4/9/11
5,000m	16:34.44	3/31/12

## LEANNA HARTSOUGH

High Jump	1.65m	3/31/12
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## KATIE HENEY

3,000m	10:49.14	4/14/12
5,000m	18:36.39	4/14/12
10,000m	38:39.56	3/31/12

## KENDALL HOMAN

100m	12.75	4/21/12
100m Hurdles	14.33	5/5/13
Long Jump	5.67m	4/23/11
Triple Jump	11.84m	5/5/13
Shot	9.31m	4/6/13

## CIARA JARRETT

100m	11.68	4/23/11
200m	23.78	4/13/13
Long Jump	5.72m	5/4/13

## LAURA KOSIOREK

100m	12.24	4/6/13
100m Hurdles	14.03	5/5/13
Long Jump	5.48m	5/4/13
Triple Jump	11.79m	4/9/10

## KARLIE LIGORE

Pole Vault	3.30m	5/5/13
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## ASHLYN MYERS

800m	2:41.69	4/27/13
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## JENNIFER NEIDER

Shot Put	14.29m	4/13/13
Discus	40.73m	4/13/13
Hammer	45.38m	5/5/13

## NICOLE PACHOL

100m Hurdles	14.78	4/23/11
300m Hurdles	43.59	4/2/11
400m Hurdles	1:01.04	5/5/13
400m	58.34	3/30/13

## JESSICA PARHAM

Javelin	41.89m (137-5)	5/8/11
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## ANNA POMPEO

1,500m	5:08.39	4/2/11
5,000m	18:49.79	4/9/11
10,000m	35:25.96	3/30/11

## KATRINA RETTBURG

High Jump	1.70m	4/28/12
Long Jump	5.31m	5/8/11

## HANNA ROPP

Pole Vault	3.35m	3/30/13
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## ALISON ROTH

Shot Put	14.41m	4/13/13
Discus	46.65m	4/9/11

## JEN SHILEY

400m	1:01.19	4/6/13
400m Hurdles	1:02.55	5/5/13

## ASHLEY SMITH

800m	2:33.74	4/6/13
1,500m	5:23.36	3/30/13
3,000m	12:47.79	4/14/12
5,000m	21:19.82	3/30/13
Long Jump	3.95m	4/28/12

## JILLIAN SMITH

400m	1:01.76	4/21/12
800m	2:29.78	4/27/13
1,500m	5:23.46	3/31/12

## BRITTANY STOCKMASTER

1,500m	5:00.13	4/6/13
5,000m	18:25.20	3/30/13
Steeplechase	11:27.33	4/20/13

## ALTEEKA VANWRIGHT

200m	25.63	5/5/13
400m	57.48	3/30/13

## ASHLEY WAGNER

High Jump	1.65m	4/6/13
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## ALEXIS WASHINGTON

100m	12.10	4/6/13
200m	24.93	4/6/13
400m	58.50	5/2/10

## MEGAN WESNER

Shot Put	10.03m	4/5/12
Discus	40.86m	4/13/13
Hammer	50.98m	4/27/13

## BRIANNA WISE

Pole Vault	3.10m	4/28/12
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## NELLY YEGON

800m	2:22.28	5/8/11
1,500m	4:56.46	4/30/11
3,000m	11:02.97	4/2/11
5,000m	19:03.78	4/9/11