

PSAC

WOMEN'S OUTDOOR TRACK & FIELD RECORDS

Updated 6/17/19

Event	Type	Time/Mark	Name, School	Year
100 Meters	All-time	11.56	Amber Plowden, IUP	2002
	Championship	11.74	Savena Pyett, Millersville	1984
200 Meters	All-time	23.83	Amber Plowden, IUP	2002
	Championship	24.02	Savena Pyett, Millersville	1984
400 Meters	All-time	54.19	Jennifer Farrow, Lock Haven	2002
	Championship	54.79	Maddy Outman, IUP	2010
800 Meters	All-time	2:05.67	Marty Marczak, Edinboro	1992
	Championship	2:08.75	Claire McSweeney, California	2010
1,500 Meters	All-time	4:23.70	Eileen Hornberger, West Chester	1989
	Championship	4:24.57	Priscilla Jennings, Millersville	2009
3000 Meters	All-time	9:10.82	Neely Spence, Shippensburg	2011
	Championship	9:31.43	Neely Spence, Shippensburg	2010
Steeplechase	All-time	10:04.37	Julie Friend, California	2018
	Championship	10:24.77	Sara Raschiatore, IUP	2002
5000 Meters	All-time	15:33.83	Neely Spence, Shippensburg	2011
	Championship	16:19.50	Julie Bowers, West Chester	1984
10,000 Meters	All-time	33:34.45	Julie Bowers, West Chester	1985
	Championship	34:16.89	Jen Harpp, Slippery Rock	2010
100m Hurdles	All-time	13.62	Maddy Outman, IUP	2010
	Championship	13.70	Maddy Outman, IUP	2010
400m Hurdles	All-time	58.98	Maddy Outman, IUP	2010
	Championship	59.23	Amanda Seigworth, Slippery Rock	2011

4x100 Relay	All-time	46.40	Slippery Rock (Rekich, McDaniel, Rose, Rash)	2006
	Championship	46.40	Slippery Rock (Rekich, McDaniel, Rose, Rash)	2006
4x400 Relay	All-time	3:44.83	Slippery Rock (Tedesco, Seigworth, Smith, Cochran)	2009
	Championship	3:47.18	Shippensburg (Lundy, Fells, Ellsworth, Clemons)	2014
4x800 Relay	All-Time	9:02.85	Shippensburg (Dell, Huber, Dubs, Spence)	2010
	Championship	9:13.60	Bloomsburg (Lehman, Bond, Filemyr, Rankin)	2013
Spr. Med. Relay	All-time	4:09.63	East Stroudsburg (Ventrella, Smith, Brown, Rosario)	2012
Shot Put	All-time	52' 10"	Sunflower Greene, Millersville	2018
	Championship	51' 1"	Sunflower Greene, Millersville	2019
Discus	All-time	166' 11"	Jayne Beatty, Slippery Rock	1985
	Championship	166' 11"	Jayne Beatty, Slippery Rock	1985
Javelin (old)	All-time	159' 4"	Amy Westerman, West Chester	1985
	Championship	156' 3/4"	Lisa Hulihan, Slippery Rock	1982
Javelin (new)	All-time	168' 8"	Mallory Sanner, Seton Hill	2015
	Championship	164' 8"	Mallory Sanner, Seton Hill	2015
Hammer Throw	All-time	200' 3"	Sunflower Greene, Millersville	2019
	Championship	194' 1"	Sunflower Greene, Millersville	2019
Pole Vault	All-time	13' 5-1/4"	Jennifer Hansen, Slippery Rock	2008
	Championship	13' 3-3/4"	Jennifer Hansen, Slippery Rock	2008
Long Jump	All-time	21' 7-1/2"	Nikita Lewis, Slippery Rock	1999, 2000
	Championship	20' 5-3/4"	Nikita Lewis, Slippery Rock	2000
Triple Jump	All-time	42' 5"	Tunisia Lacy, Shippensburg	2003

Championship	42' 5"	Tunisia Lacy, Shippensburg	2003
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High Jump

All-time	5' 10"	Karen Way, East Stroudsburg	1990
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Championship	5' 9"	Rebecca Bullard, IUP	2004
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	5' 9-3/4"*	Rebecca Bullard, IUP	2003
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Heptathlon

All-time	5,392 pts.	Maddy Outman, IUP	2010
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Championship	5,062 pts.	Maddy Outman, IUP	2010
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*during heptathlon competition