

## Current and Former Members of the NYSCTC (NYSCT&FA & NYSWCAA)

<i>Current Members</i>	<i>Membership</i>
Alfred	1950 - Present
Hamilton	1953 - Present
Hartwick	1950 - 57, 1961 - 71, 1972 - Present
Ithaca	1950 - 70, 1980 - Present
Nazareth	2003 - Present
Rensselaer	1950 - Present
RIT	1999 - Present
Rochester	1951 - Present
St. Lawrence	1970 - Present
Union	1950 - Present
<i>Former Members</i>	<i>Membership</i>
Albany	1976 - ?
Binghamton	1949 - ?
Brockport	1950 - 2008
Buffalo State	1950 - 1987, 1988 - 2008
Colgate	1971 - 1991
Cortland	1950 - ?, ? - ?, 2005 - 2008
Fredonia	1970 - 2008
Geneseo	1980 - 2008
Harpur College	1949 - ?
LeMoyne	1963 - 1988
Marist	1976 - 1990
NYU (women)	? - 2008
Oswego	1953 - 88, 1996 - 2008
Plattsburgh (Champlain)	1950 - 53, 1962 - 70, 1980 - 1996
Roberts Wesleyan	1955 - 1993
Siena	1978 - 1992
St. John Fisher	1978 - 1989
Stonybrook	?
Univ. of Buffalo	1955 - ?
USMMA	1950 - 1955

# New York State Collegiate Track Conference

## Indoor Track & Field

### Association Records

#### Men

<i>Event</i>	<i>Performance</i>		<i>Name</i>	<i>School</i>	<i>Date</i>
45 m	5.3h		Jeff Imire	Ithaca	1986
	5.3h		Michael Scott	Rochester	1986
50 m	6.05		Dave Cline	Colgate	1983
55 m	6.30		Amaan Siddeeq	Cortland	2/23/08
60 m	6.77		Amaan Siddeeq	Cortland	2/16/08
50 m HH	6.7h		Carl Boykin	Colgate	1980
55 m HH	7.31		Jeffrey York	Albany	1992
60 m HH	8.05		Jeffrey York	Albany	1992
200 m	21.46		Amaan Siddeeq	Cortland	2/9/08
300 m	34.5h		Tim McCrossen	St. Lawrence	1986
400 m	48.32		Tim McCrossen	St. Lawrence	1987
500 m	1:02.66		Howard Sellers	Albany	1993
600 m	1:23.40		Kyle Bigness	St. Lawrence	2001
800 m	1:52.00		Nick Stenuf	Nazareth	3/8/08
1000 m	2:25.51		Peter Kosgei	Hamilton	2/2/08
1500 m	3:49.8h		Bob Carroll	Fredonia	1979
1 mile	4:09.08		Justin Wager	Cortland	2/9/08
3000 m	8:14.6h		Jukka Tammissuo	St. Lawrence	1984
5000 m	14:20.3h		Jukka Tammissuo	St. Lawrence	1986
Shuttle Hurdles	22.4h			Albany	1991
<i>(Sean Condell, Oscar Alemndarez, Jeffrey York)</i>					
800 m Relay	1:28.9h			Buffalo State	1981
<i>(Rollin Mellard, Jeff Atzer, Wayne Woodburn, Ed Harris)</i>					
1600 m Relay	3:17.80			Rochester	2004
<i>(Matt Tierney, Brian Strandsburg, Greg Dusek, Chris Clark)</i>					
3200 m Relay	7:44.23			Albany	1987
<i>(David Reinhardt, Stephen Thompson, Timothy Hoff, Vernon Miller)</i>					
6400 m Relay	18:09.5h			Albany	1991
<i>(William Vanos, Todd Rogers, Howard Zebersky, James Dolny)</i>					
SMR	3:30.5h			Buffalo State	1981
<i>(Neil Hall, Curtis Jackson, Rollin Mellard, George Lewis)</i>					
DMR	9:56.49			Cortland	2/8/08
<i>Niko Viglione 3:00.2, JJ Riese 50.1, Alex Kalinkos 1:56.5, Justin Wager 4:09.4)</i>					
Long Jump	7.39m	24' 3"	Bob Jones	Buffalo State	1993
	7.39m	24' 3"	James Nixon	Albany	1993
Triple Jump	14.98m	49' 1.75"	Dwaine Alleyne	Rensselaer	2004
High Jump	2.21m	7' 3"	Kym Orr	Fredonia	1986
<b>Pole Vault</b>	<b>4.91</b>	<b>16'1/25"</b>	<b>Michael Dempsey</b>	<b>R.I.T.</b>	<b>2/27/10</b>
Shot Put	17.33m	56' 10.25"	Dan Mlodozienec	Fredonia	1983
35# Weight Throw	19.16m	62' 10.50"	Trevor Hitchcock	Fredonia	1994
Total Points	3701		Zane Buckingham	St. Lawrence	2006
<i>55mH (8.06), LJ (6.87m), SP (10.95), HJ (2.00m), 1000m (2:52.61)</i>					

# New York State Collegiate Track Conference

## Indoor Track & Field

### Championship Records

#### Men

<i>Event</i>	<i>Performance</i>		<i>Name</i>	<i>School</i>	<i>Date</i>
45 m	5.4h		Howard Hemmings	Colgate	1980
50 m	6.05		Dave Cline	Colgate	1983
55 m	6.39		Amaan Siddeeq	Cortland	3/1/08
50 m HH	6.7h		Carl Boykin	Colgate	1980
55 m HH	7.58		Carl Boykin	Colgate	1982
60 m HH	8.22		Keith Norward	Fredonia	1984
<b>200 m</b>	<b>22.28</b>		<b>Max Orenstein</b>	<b>Ithaca</b>	<b>2010</b>
400 m	48.94		Willie Mitchell	Colgate	1989
500 m	1:04.76		Jim Ravener	Ithaca	2003
800 m	1:53.21		Justin Wager	Cortland	3/1/08
1000 m	2:27.82		Peter Kosgei	Hamilton	3/1/08
1500 m	3:50.69		Jukka Tammissuo	St. Lawrence	1987
Mile	4:10.54		Peter Kosgei	Hamilton	3/1/08
3000 m	8:26.6h		Tom Dalton	Siena	1980
5000 m	14:40.41		Glenn Lamb	Rochester	1983
<b>800 m Relay</b>	<b>1:29.66</b>			<b>Ithaca</b>	<b>2010</b>
<i>(Doug Koury, Chris Mastrosimone, Max Orenstein, Jeff Wetmore)</i>					
1600 m Relay	3:19.7			Albany	1990
<i>(Lance Richardson, Wilfredo Rodriguez, Derek Westbrook, Howard Sellers)</i>					
3200 m Relay	7:50.73			Union	1985
<i>(Mike Reed, Winston Britton, Jeff Barker, Rob Mohlar)</i>					
DMR	10:05.30			Ithaca	2003
<i>(Brian Cocca 3:07.4, Jim Ravener 48.3, Brandon Mallette 1:54.5, Garrett Wagner 4:14.8)</i>					
Long Jump	7.39m	24' 3"	Bob Jones	Buffalo State	1993
Triple Jump	14.89m	48' 10.25"	Geoffrey Rono	Roberts Wesleyan	1994
High Jump	2.13m	6' 11.75"	Kym Orr	Fredonia	1985
<b>Pole Vault</b>	<b>4.91</b>	<b>16'1.25"</b>	<b>Michael Dempsey</b>	<b>R.I.T.</b>	<b>2010</b>
Shot Put	17.33m	56' 10.25"	Dan Mlodozieniec	Fredonia	1983
35# Weight Throw	18.65m	61' 2.25"	Trevor Hitchcock	Fredonia	1994
Total Points	3701		Zane Buckingham	St. Lawrence	2006
<i>55mH (8.06), LJ (6.87m), SP (10.95), HJ (2.00m), 1000m (2:52.61)</i>					

# New York State Collegiate Track Conference

## Indoor Track & Field

### Championship Penthalon Records

#### Men

<i>Event</i>	<i>Performance</i>		<i>Name</i>	<i>School</i>	<i>Date</i>
55 m HH	7.6*		Guy Proulx	Rensselaer	1984
	7.79		Ray Shadowens	Buffalo State	2/24/08
Long Jump	7.00m	22' 11.75"	Mike Johnson	Ithaca	1987
Shot Put	13.81m	45' 3.75"	Jacob Budny	Rochester	2003
High Jump	2.09m	6' 10.25"	Ron Przybocki	Fredonia	1982
	2.09m	6' 10.25"	Derrick Dorsey	Fredonia	1990
	2.09m	6' 10.25"	Andy Gatt	Colgate	
1000 m	2:34.10		Geoffrey Rono	Roberts Wesleyan	1993
Total Points	3701		Zane Buckingham	St. Lawrence	2006
<i>55mH (8.06), LJ (6.87m), SP (10.95), HJ (2.00m), 1000m (2:52.61)</i>					

\* Conv. from 50 yard distance. Jon Weir (Fredonia) ran 7.87 at the 55m distance in 1994

# New York State Collegiate Track Conference

## Indoor Track & Field

### Association Records

#### Women

<i>Event</i>	<i>Performance</i>		<i>Name</i>	<i>School</i>	<i>Date</i>
45 m	5.9h		Michelle Mazurick	Rochester	1986
50 m	6.6h		Michelle Mazurick	Rochester	1983
55 m	7.22		Michelle Mazurick	Rochester	1986
60 m	8.00		Kara Simpson	St. Lawrence	2003
40 m HH	6.2h		Pam Leffler	Brockport	1992
50 m HH	7.60		Monique Hacker	Binghamton	1998
55 m HH	8.10		Monique Hacker	Binghamton	1998
	8.10		Christina Acquiviva	Cortland	2007
60 m HH	9.09		Christina Acquiviva	Cortland	2007
200 m	25.51		Latoya D. Edwards	Buffalo State	3/1/08
300 m	42.95		Angela Nortz	St. Lawrence	2002
400 m	56.38		Sheri Kelleher	Hartwick	2004
500 m	1:16.01		Danielle Simmons	RIT	2005
600 m	1:33.3		Marisa Sutera	Ithaca	1982
800 m	2:12.85		Marie Bernard	Stonybrook	1985
1000 m	2:56.14		Amanda Laytham	Ithaca	2003
1500 m	4:27.9h		Josefa Benzoni	Rochester	1989
1 mile	4:56.20		Marta Scott	Geneseo	2006
3000 m	9:37.0h		Josefa Benzoni	Rochester	1989
3000 m RW	14:13.99		Laura Richenderfer	Rochester	2006
5000 m	16:39.16		Melissa White	Geneseo	2003
800 m Relay	1:45.23			Buffalo State	2/29/08
<i>Latoya D. Edwards 25.8, Katya Marin 26.1, Taniqua Hollingsworth 26.6, Anika Niles 26.7</i>					
1600 m Relay	3:57.23			Hartwick	2003
<i>(Stephanie Moreau 60.3, Shala Wilson 59.2, Amy Luomo 60.1, Sheri Kelleher 57.3)</i>					
3200 m Relay	9:26.35			Geneseo	2003
<i>(Jen Rettke 2:18.2, Joanna Zieno 2:21.3, Katie Smith 2:27.2, Kris Reale 2:19.8)</i>					
DMR	11:51.09			Ithaca	2003
<i>(Kristen Cravotta 3:37.4, Lynn Janovich 59.4, Emily Maston 2:14.4, Amanda Laytham 4:59.7)</i>					
Long Jump	5.87m	19' 3.25"	Kate DePuy	St. Lawrence	2003
Triple Jump	12.71m	41' 8.50"	Monique Hacker	Binghamton	1998
High Jump	1.80m	5' 11"	Maria Megnin	Hartwick	1999
Pole Vault	3.56m	11' 8"	Sarah Kimball	Cortland	2007
Shot Put	14.20m	46' 7 1/4"	Alyssa Pirinelli	St. Lawrence	3/8/08
20# Weight Throw	17.41m	57' 1 1/2"	Julia Hopson	Fredonia	2/1/08
Pentathlon	3518		Caryl Senn	Stonybrook	1985
<i>55mH (), LJ (), SP (), HJ (), 800m ()</i>					

# New York State Collegiate Track Conference

## Indoor Track & Field

### Championship Records

#### Women

<i>Event</i>	<i>Performance</i>		<i>Name</i>	<i>School</i>	<i>Date</i>
45 m	6.0h		Monique Hacker	Binghamton	1998
55 m	7.22		Michelle Mazurick	Rochester	1986
50 m HH	7.60		Monique Hacker	Binghamton	1998
55 m HH	8.18		Andrea Gentile	Cortland	2006
200 m	25.51		Latoya D. Edwards	Buffalo State	3/1/08
300 m	41.74		Iris Izquierdo	Hunter	1985
400 m	57.29		Sheri Kelleher	Hartwick	2002
500 m	1:16.79		Danielle Simmons	RIT	2007
800 m	2:13.89		Marie Bernard	Stony Brook	1985
1000 m	2:57.98		Marta Scott	Geneseo	2006
1500 m	4:37.11		Amanda Laytham	Ithaca	2003
Mile	5:02.57		Meghan Nolan	Geneseo	2007
3000 m	9:44.7h		Trisha Lacasse	Cortland	1984
3000 m RW	14:48.03		Laura Richenderfer	Rochester	2005
5000 m	16:47.36		Melissa White	Geneseo	2003
800 m Relay	1:45.23			Buffalo State	2/29/08
<i>Latoya D. Edwards 25.8, Katya Marin 26.1, Taniqua Hollingsworth 26.6, Anika Niles 26.7</i>					
1600 m Relay	3:58.83			Hartwick	2003
<i>(Stephanie Moreau 61.1, Shala Wilson 58.4, Amy Luomo 60.6, Sheri Kelleher 58.7)</i>					
3200 m Relay	9:29.10			Geneseo	2003
<i>(Jen Rettke 2:20.3, Joanna Zieno 2:17.8, Katie Smith 2:26.8, Kris Reale 2:24.3)</i>					
DMR	11:51.09			Ithaca	2003
<i>(Kristen Cravotta 3:37.4, Lynn Janovich 59.4, Emily Maston 2:14.4, Amanda Laytham 4:59.7)</i>					
<b>Long Jump</b>	<b>5.86</b>	<b>19'2.75"</b>	<b>Marcia McCord</b>	<b>Ithaca</b>	<b>2010</b>
Triple Jump	12.23m	40' 1.50"	Monique Hacker	Binghamton	1997
High Jump	1.75m	5' 8.75"	Marie Megnin	Hartwick	1999
<b>Pole Vault</b>	<b>3.50</b>	<b>11'5.75"</b>	<b>Kristen DeSefano</b>	<b>Ithaca</b>	<b>2010</b>
<b>Shot Put</b>	<b>14.17</b>	<b>46'6"</b>	<b>Alyssa Pirinelli</b>	<b>St. Lawrence</b>	<b>2/26/10</b>
20# Weight Throw	17.65	57'11"	Alyssa Pirinelli	St. Lawrence	2009
<b>Pentathlon</b>	<b>3508</b>		<b>Emma Dewart</b>	<b>Ithaca</b>	<b>2010</b>
<b>55HH = 8.75, HJ = 1.64, SP = 9.59, LJ = 5.45, 800 = 2:28.64</b>					

Last updated 3/30/10

Results from:

1983-86, 89-90, 92-96, 2000-05

# New York State Collegiate Track Conference

Indoor Track & Field

Championship Penthalon Records

Women

<i>Event</i>	<i>Performance</i>		<i>Name</i>	<i>School</i>	<i>Date</i>
40 m HH	8.1		L. Connor	Geneseo	1984
	8.1		C. Culver	Hamilton	1984
50 m HH	8.30		Michelle Pease	St. Lawrence	1998
55 m HH	8.54		Lauren Koppell	Ithaca	2/18/2007
60 m HH	9.75		Caryl Senn	Stony Brook	1985
Long Jump	5.60m	18' 4.5"	Molly Urquhart	RIT	2002
Shot Put	11.24m	36' 10.5"	Erin Woodward	St. Lawrence	2/20/2005
	11.24m	36' 10.5"	Nicole Barzee	Geneseo	2/20/2005
High Jump	1.70m	5' 7"	Tara Phouthavongsa	Brockport	2/18/2007
800 m	2:22.90		Greta Elliott	St. Lawrence	2/20/2005
<b>Total Points</b>	<b>3508</b>		<b>Emma Dewart</b>	<b>Ithaca</b>	<b>2/21/10</b>
<b><i>55HH = 8.75, HJ = 1.64, SP = 9.59, LJ = 5.45, 800 = 2:28.64</i></b>					

Last updated 3/30/10

Results from:

2000-2005

1984-86, 89, 90, 92-96

1983 (no individual scores)

# New York State Collegiate Track Conference

## Outdoor Track & Field

### Association Records

#### Men

<i>Event</i>	<i>Performance</i>		<i>Name</i>	<i>School</i>	<i>Date</i>
<b>100 m</b>	<b>10.37</b>	<b>[+3.8w]</b>	<b>Amaan Siddeeq</b>	<b>Cortland</b>	<b>4/26/2008</b>
110 m HH	13.56w	13.84	Jeffrey York	Albany	1992
200 m	20.92	<b>[+2.9w]</b>	Willie Hordge	Buffalo State	5/25/2007
400 m	46.68		Tim McCrossen	St. Lawrence	1987
400 m IH	51.50		Wilfredo Rodriguez	Albany	1990
<b>800 m</b>	<b>1:48.72</b>		<b>Peter Kosgei</b>	<b>Hamilton</b>	<b>5/3/2008</b>
1500 m	3:41.56		Tom Tuori	Rochester	1987
1 mile	4:11.5		Lee Pollock	St. Lawrence	1974
3000 m SC	8:43.78		Peter Kosgei	Hamilton	4/24/2008
2 mile	9:17.0h		Fran Verdoliva	Oswego	1973
5000 m	14:22.94		Ted Turner	Geneseo	4/28/2005
	14:12.0h	3 mile conv.	David Moller	Rochester	1974
5000 m RW	25:28.54		Sean McVeigh	RIT	4/30/2004
10000 m	29:55.13		C. Fred Joslyn	Cortland	4/13/2007
400 m Relay	40.59			Cortland	5/26/2007
<i>(Kevin Ma, John Reise, Matt Bieringer, Amaan Siddeeq)</i>					
800 m Relay	1:28.6h			Albany	1991
<i>(Bryant Denson, Jose Maymi, Lance Richardson, Wilfredo Campana)</i>					
1600 m Relay	3:10.99			Buffalo State	1983
<i>(Neil Hall, Tim Tolli, Wayne Woodburn, Ed Harris)</i>					
3200 m Relay	7:39.69			Rochester	5/2/2008
<i>David Lloyd, Terrence Fox, Erik Donohoe, Mark Burnham</i>					
4 x 1 mile	17:15.6h			Fredonia	1980
<i>(Tim Zintel, Don Brenner, Greg Miller, Dave Rieman)</i>					
SMR	3:26.3			Fredonia	1980
<i>(Bill Soeltz, Paul Herman, Rich Joyce, Neil Moore)</i>					
DMR	9:54.81			Albany	1991
<i>(Joseph McCullen, Derek Westbrook, Howard Sellers, Todd Orvis)</i>					
Long Jump	7.42m	24' 4.25"	Chris Burgess	St. Lawrence	1998
Triple Jump	15.41m	50' 7"	Ed Williams	Fredonia	1980
High Jump	2.24m	7' 4.25"	Kym Orr	Fredonia	1985
Pole Vault	4.90m	16' 1"	Alexander Grelland	St. Lawrence	1989
	4.90m	16' 1"	James Nixon	Albany	1989
Javelin	65.27m	214' 1"	James Motzkin	Rensselaer	4/31/2004
Shot Put	17.64m	57' 10.50"	Dan Mlodozieniec	Fredonia	1983
Discus	51.79m	169' 11"	Marcus Matyas	Cortland	5/5/2006
Hammer	62.54m	205' 2"	Rich Wright	St. Lawrence	1988
Decathlon	7141 pts		Matt Riordan	Rochester	1981
<i>100m (), LJ (), SP (), HJ (), 400m (), 110mHH (), DT (), PV (), JT (), 1500 ()</i>					

# New York State Collegiate Track Conference

## Outdoor Track & Field

### Championship Records

#### Men

<i>Event</i>	<i>Performance</i>		<i>Name</i>	<i>School</i>	<i>Date</i>
100 m	10.52		Tim McCrossen	St. Lawrence	1987
110 m HH	14.2h		Jeffrey York	Albany	1992
200 m	21.21	[0.0w]	Amaan Siddeeq	Cortland	5/3/2008
400 m	47.36		Kirk Dixon	St. Lawrence	1984
400 m IH	51.9h		Wilfredo Rodriquez	Albany	1991
800 m	1:48.72		Peter Kosgei	Hamilton	5/3/2008
1500 m	3:49.18		Dave Elster	St. Lawrence	1984
3000 m SC	9:09.78		Peter Kosgei	Hamilton	5/5/2007
5000 m	14:34.09		Marc Gosselin	St. Lawrence	1984
5000 m RW	25:28.54		Sean McVeigh	RIT	4/30/2004
10000 m	30:25.80		John Trowse	Brockport	1988
400 m Relay	41.62			Buffalo State	1986
<i>(Lamar Smith, Melvin Parr, William Garner, Daryl Brownlee)</i>					
1600 m Relay	3:15.50			Buffalo State	1981
<i>(Mike Burroughs, George Lewis, Neil Hall, Ed Harris)</i>					
3200 m Relay	7:39.69			Rochester	5/2/2008
<i>David Lloyd, Terrence Fox, Erik Donohoe, Mark Burnham</i>					
Long Jump	7.42m	24' 4.25"	Chris Burgess	St. Lawrence	1998
Triple Jump	15.28m	50' 1.75"	Randy Smith	Buffalo State	1971
High Jump	2.24m	7' 4.25"	Kym Orr	Fredonia	1985
Pole Vault	4.73m	15' 6.25"	James Nixon	Albany	1993
Javelin	62.95m	206' 6"	James Motzkin	Rensselaer	5/7/2005
Shot Put	17.64m	57' 10.50"	Dan Mlodozeniec	Fredonia	1983
Discus	50.24m	164' 10"	Mike Pestilli	Rensselaer	2000
Hammer	58.64m	192' 5"	Rich Wright	St. Lawrence	1988
Decathlon	6742 pts		Matt Riordan	Rochester	1981
<i>100m (), LJ (), SP (), HJ (), 400m (), 110mHH (), DT (), PV (), JT (), 1500 ()</i>					

Last Updated 5/5/08

# New York State Collegiate Track Conference

## Outdoor Track & Field

### Championship Decathlon Records

#### Men

<i>Event</i>	<i>Performance</i>		<i>Name</i>	<i>School</i>	<i>Date</i>
100 m	10.7		Cliff Canepa	Colgate	1979
Long Jump	7.03m	23' 0.75"	Bryan Ingham	Fredonia	1993
Shot Put	13.56m	44' 6"	Jacob Budny	Rochester	4/25/2004
High Jump	2.11m	6' 11"	Ron Przybocki	Fredonia	1981
400 m	49.5h		Bob Healy	Fredonia	1984
110 m HH	14.5h		Matt Riordan	Rochester	1980
Discus	43.58m	143' 0"	Lou Scotti	Cortland	1987
Pole Vault	4.74m	15' 6.50"	Mike Gordon	Rensselaer	1998
Javelin	60.78m	192' 1"	Jason Fairlee	Fredonia	1992
1500 m	4:17.34		Dave Stevens	Brockport	2001
1st Day Totals	3553		Trevor Tersmette	Rensselaer	4/21/2005
<i>100m (11.56), LJ (6.48m), SP (10.88m), HJ (2.02m), 400m (51.22)</i>					
2nd Day Totals	3353*		Matt Riordan	Rochester	1981
Total Points	6742*		Matt Riordan	Rochester	1981
<i>100m (), LJ (), SP (), HJ (), 400m (), 110mHH (), DT (), PV (), JT (), 1500 ()</i>					
* Converted to new tables (1985 edition)					

Last Updated 5/29/07

# New York State Collegiate Track Conference

## Outdoor Track & Field

### Association Records

#### Women

<i>Event</i>	<i>Performance</i>		<i>Name</i>	<i>School</i>	<i>Date</i>
100 m	11.79		Winsome Foderingham	Albany	1987
100 m HH	13.87	[+5.8w]	Christina Acquaviva	Cortland	5/24/2007
200 m	24.5h		Michelle Mazurik	Rochester	1986
400 m	55.42		Sheri Kelleher	Hartwick	2003
400 m IH	59.50		Fawn Dorr	Cortland	5/26/2007
800 m	2:10.45		Lynn Janovich	Ithaca	2003
1500 m	4:27.31		Josefa Benzoni	Rochester	1987
3000 m	9:42.32		Maggie Hanson	Hamilton	5/26/2000
3000 m SC	10:46.29		Wendy Pavlus	St. Lawrence	5/23/2008
5000 m	16:17.00		Melissa White	Geneseo	2003
5000 m RW	26:17.60		Laura Richenderfer	Rochester	5/6/2005
10000 m	34:13.83		Melissa White	Geneseo	2003
400 m Relay	48.05			Buffalo State	4/26/2008
<i>(Katya Marin, LaToya D. Edwards, Taniqua Hollinsworth, Anika Niles)</i>					
1600 m Relay	3:50.50			Ithaca	1991
<i>(Cheryl Nethaway, Wachtel, Amy Vanaskie, Jennifer Potter)</i>					
3200 m Relay	9:04.66			Ithaca	2003
<i>(Lynn Janovich 2:13.4, Emily Maston 2:18.4, Amanda Laytham 2:16.4, Kristen Cravotta 2:16.4)</i>					
DMR	13:09.15			St. Lawrence	2000
<i>(Karen Stout 2:34.5, Sarah Smith 62.9, Jenna Greenleaf 4:05.2, Nicole Moser 5:26.4)</i>					
Long Jump	6.08m	19' 11.50"	Molly Urquhart	RIT	2003
Triple Jump	12.66m	41' 6.50"	Monique Hacker	Binghamton	1998
High Jump	1.81m	5' 11.25"	Maria Megnin	Hartwick	1999
Pole Vault	3.66m	12' 0"	Allison Benson	Rensselaer	2003
Javelin	47.00m	154' 2"	Carrie Gorton	Brockport	1992
Shot Put	14.18m	46' 6.25"	Alyssa Pirinelli	St. Lawrence	4/24/2008
Discus	43.65m	143' 2"	Jen Heim	Brockport	5/19/2006
Hammer	57.25m	187' 10"	Julia Hopson	Fredonia	5/15/2008
Heptathlon	5189		Christina Acquiviva	Cortland	5/24-25/2007
<i>100mHH (13.87), HJ (1.65), SP (9.41), 200m (24.89), LJ (5.48), JT (36.36), 800m (2:28.16)</i>					

Last Updated 5/5/08

# New York State Collegiate Track Conference

## Outdoor Track & Field

### Championship Records

#### Women

<i>Event</i>	<i>Performance</i>		<i>Name</i>	<i>School</i>	<i>Date</i>
100 m	12.12		Michelle Jones	RIT	1985
100 m HH	13.9h		Winsome Foderingham	Albany	1988
	14.16	[+2.7w]	Christina Acquaviva	Cortland	5/5/2007
200 m	24.7h		Tracey Armstead	Cortland	1984
	24.95	[+4.2w]	LaToya D. Edwards	Buffalo State	5/5/2007
400 m	55.94		Sheri Kelleher	Hartwick	5/3/2003
400 m IH	1:01.94		Jennifer Dias	Rensselaer	5/5/2007
800 m	2:13.51		Amanda Chase	Hamilton	2002
1500 m	4:35.14		Heidi Swarts	Cortland	1996
3000 m	9:55.72		Alice Willis	Binghamton	1985
3000 m SC	10:52.74		Laura Clarke	St. Lawrence	5/5/2007
5000 m	17:00.50		Catherine Moran	Rensselaer	1996
5000 m RW	26:17.60		Laura Richenderfer	Rochester	5/6/2005
10000 m	35:44.80		Ellyn Block	Cortland	1984
400 m Relay	48.28			Buffalo State	5/5/2007
<i>(Candace Aaron, LaToya D. Edwards, LaVonne Barfield, Chelsea Prophet)</i>					
1600 m Relay	3:51.37			Cortland	5/5/2007
<i>(Christina Acquaviva 58.2, Carly Kennedy 58.5, Ashley Wirges 58.2, Fawn Dorr 56.2)</i>					
3200 m Relay	9:11.37			Geneseo	5/7/2005
<i>(Christy Finke 2:18.6, Meghan Nolan 2:16.8, Fran Magri 2:19.4, Marta Scott 2:16.8)</i>					
Long Jump	5.77m	18' 11"	Christina Acquaviva	Cortland	5/4/2007
Triple Jump	12.63m	41' 5.25"	Monique Hacker	Binghamton	1998
High Jump	1.74m	5' 8.50"	Heidi Nichols	Ithaca	1998
Pole Vault	3.49m	11' 5.25"	Allison Benson	Rensselaer	5/2/2003
Javelin	44.80m	147' 0"	Carrie Gorton	Brockport	1992
Shot Put	13.47m	44' 2.50"	Renata Williams	Hartwick	5/3/2003
Discus	42.56m	139' 7"	Cheryl Hunter	Stonybrook	1986
Hammer	56.34m	184' 10"	Felicia Tsai	Rensselaer	5/5/2006
Heptathlon	4417		Reili Liiva	St. Lawrence	1997
<i>100mHH (15.34), HJ (1.45m), SP (8.75m), 200m (27.20), LJ (5.20m), JT (32.94m), 800m (2:24.40)</i>					

# New York State Collegiate Track Conference

## Outdoor Track & Field

### Championship Heptathlon Records

#### Women

<i>Event</i>	<i>Performance</i>		<i>Name</i>	<i>School</i>	<i>Date</i>
100 m HH	14.96		Monique Hacker	Binghamton	1998
High Jump	1.64m	5' 4.5"	Audrey Renneman	Brockport	1985
Shot Put	11.04m	36' 2.75"	Florence Sharpe	Hunter	1983
200 m	26.49		Monique Hacker	Binghamton	1998
Long Jump	5.49m	18' 0.25"	Kate DePuy	St. Lawrence	2001
Javelin	34.22m		Lauren Koppel	Ithaca	4/30/2007
800 m	2:19.48		Karen LaMora	St. Lawrence	1997
1st Day Totals	2743		Elena DeQuesada	Ithaca	2005
<i>100mHH (15.14), HJ (1.54m), SP (10.40m), 200m (27.17)</i>					
2nd Day Totals	1911		Reili Liiva	St. Lawrence	1997
Total Points	4417		Reili Liiva	St. Lawrence	1997
<i>100mHH (15.34), HJ (1.45m), SP (8.75m), 200m (27.20), LJ (5.20m), JT (32.94m), 800m (2:24.40)</i>					

Last Updated 5/29/07

Results from:

1997-2005

1983, 85, 91