

# ***Track and Field Women's Records***

<b>Event</b>	<b>Athlete</b>	<b>Time/Distance</b>	<b>Date</b>
100 meter:	Crystal Burgess	13.37	5/12/06
100 meter Hurdles:			
200 meter:	Crystal Burgess	27.5 (HT)	4/1/06
400 meter	Sara Giannasca	61.16	5/18/09
400 meter Hurdle			
800 Meter	Crystal Burgess	2:38:32	3/25/06
1500 Meter	Laura Rudd	5:35:99	4/14/07
3,000 Meter	Laura Rudd	12:16.4	4/1/06
5,000 Meter	Laura Rudd	20:10.66	4/28/07
10,000 Meter	Laura Rudd	44:20.38	5/11/06
400 Meter Relay			
1600 Meter Relay			
3200 Meter Relay			
Triple Jump	Crystal Burgess	32'7 <sup>3</sup> / <sub>4</sub>	4/1/06
Long Jump	Crystal Burgess	16'6	5/6/06
High Jump			
Shot Put	Shana Blaney	36'4 <sup>1</sup> / <sub>4</sub>	5/9/09
Discus	Shana Blaney	111'9	4/25/09
Hammer	Shana Blaney	18.79 m	5/2/09