

Men's Indoor Records

60-METERS

6.74cRandy Jones 1992
6.84cDave Sime 1956
6.84cLamar Grant1997
6.97Ben Kittleson 2004
7.02Khary Sharpe 2004

200-METERS

21.63Daniel King 2007
21.83Lamar Grant 2000
21.93Ben Kittleson 2004
22.02Randy Jones 1992
22.60Charles London 1996

400-METERS

47.61Daniel King 2007
48.90Matt Danforth 2008
49.10Peter Lewellen 2008
49.30cMike Murphy1971
49.51David Maloney 2001

500-METERS

1:03.42Peter Lewellen 2006
1:04.04Jesse Allen 1999
1:04.41Matt Danforth 2007
1:04.48 Sam Bowler 2009
1:04.69Nick Trombold 2006

800-METERS

1:52.30Bill Spierdowis 2001
1:52.43 Chris Rowland 2006
1:52.50Ian Cronin 2005
1:52.68Kyle Leonard 1998
1:53.08Brian McCulley 1998

1,000-METERS

2:22.20Bob Wheeler1971
2:25.09 Cory Nanni 2009
2:25.77John Brockardt 2008
2:26.17Brendan Fitzgibbon 1999
2:26.49Casey Reardon 2004

MILE

4:00.70Bob Wheeler1973
4:04.21 Cory Nanni 2009
4:06.99Chris Spooner 2007
4:07.40Nick Schneider 2002
4:07.75Bill Spierdowis 2000

3,000-METERS

8:10.62 Bo Waggoner 2009
8:11.48Chris Spooner 2008
8:14.47Nick Schneider 2004
8:16.92 Ryan McDermott 2009
8:17.58Jared Moore 2003

5,000-METERS

14:14.20Michael Hatch 2003
14:17.90Sean Kelly 2002
14:21.76 Bo Waggoner 2009
14:22.54Joe Wirgau 1999
14:25.91Terry Brennan 1999

60-METER HURDLES

7.84cJeff Howser 1971
8.07cSean Thomas 1993
8.20Richmond Flowers 1999



Michael Hatch

8.46Tyler Clarke 2009
8.50cMark Blakemore1997

4X400-METER RELAY

3:13.77Lewellen, Trombold, Danforth, King 2007
3:14.17Trombold, Lewellen, Danforth, King 2007
3:16.07Lewellen, Trombold, Morrell, Danforth 2007
3:16.17Trombold, Danforth, Morrell, King 2006
3:17.51Walker, McCulley, Diglio, Allen1997

4X800-METER RELAY

7:29.15McCann, Cronin Spooner, Schneider 2005
7:30.17Gianturco, Fowler, Schneider, Amt 2003
7:32.40Vasak, McKeever, Spierdowis, Leonard 1999
7:33.32 Oswald, Rowland, Nanni, McDermott 2009
7:33.57Spierdowis, Cronin, Wells, Schneider 2002

DISTANCE MEDLEY RELAY

9:41.11Spooner, Lewellen, Cronin, Schneider 2005
9:42.88Amt, King, Craig, Schneider 2004
9:43.61McKeever, Vasak, Leonard, Spierdowis 2000
9:44.50cBlock, Castor, Donegan, Allf1981
9:46.20Spierdowis, Amt, Wells, Schneider 2002

LONG JUMP

25-2.75Jade Ellis 2009
24-2.5Lamar Grant 1998
23-5.75Joel Shankle 1954
23-4.5Desi Thomas 1995
23-2.5Dave Sime 1956

TRIPLE JUMP

51-3Jade Ellis 2005
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HIGH JUMP

6-10.75Jerry Surrat1991
6-10Craig Henderson 1983
6-8.25 Michael Kotecki 2008
6-7.5Tyler Clarke 2007
6-7Jeff Thompson1970

POLE VAULT

17-0.75Brent Warner 2004
16-10.75Ian Cassidy 2007
16-9.5Seth Benson 2000
16-5Terry Ransbury 1983
16-0.75Jonathan Fay 2006

HEPTATHLON

5,402Tyler Clarke 2009
4,564 Buzz Moorman 2009
4,408Brett Morrell 2004
3,679Matthew Hoyle 2008

PENTATHLON

3,669Mike Zulantz 2000
3,549Rob West 1998
3,239Calen Powell 2001
3,105Tijan Redmon 1995
3,100Ekan Essien1997

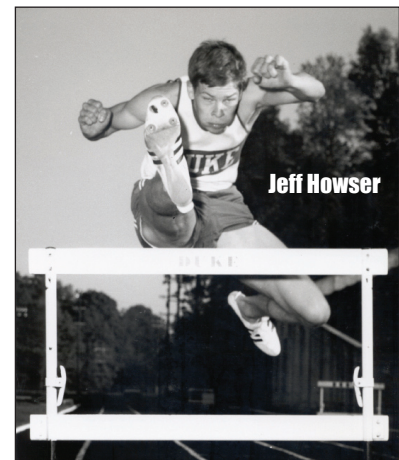
SHOT PUT

57-10.5Rod Stewart 1966
57-2.75Richard Gesswein 1963
55-9 Michael Barbas 2009
53-1.75 Mike Schallmo 2009
51-1.5Durham Lawshe 1955

WEIGHT THROW

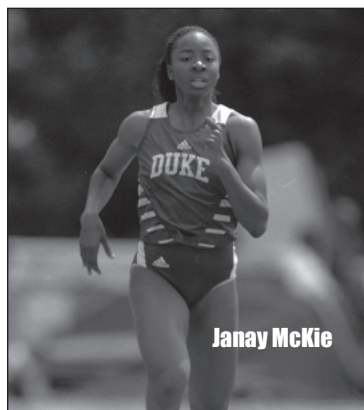
55-9.25 Mike Schallmo 2009
43-10.75Bob Enright1972
43-8.5Harrison Till 2003
41-10.5 Michael Barbas 2009
41-9.25 Dave Piccirilli 2009

c=converted time
Bold denotes current athlete



Jeff Howser

Women's Indoor Records



60-METERS

7.57Janay McKie 2002
7.87Allison Nesbitt 2004
7.89Ifeyinwa Anoliefo 2002
7.91cKim Hay 1995
7.94cHope Wright 1989

200-METERS

24.91Janay McKie 2002
25.45Jenna Turner 2002
26.14Ifeyinwa Anoliefo 2002
26.16Erin McClure 2001
26.21Kristin Sbarra 1998

400-METERS

55.85Jenna Turner 2003
57.12 Brittany Whitehead 2009
57.12Janay McKie 2003
57.46Courtney Botts 2000
57.68 Nicole Ragucci 2009

500-METERS

1:13.63 Cydney Ross 2009
1:14.41Lindsay Owen 2006
1:14.50Courtney Botts 2000
1:15.17Michelle Seibert 2006
1:15.18Kim Voyticky 1997

800-METERS

2:06.58Shannon Rowbury 2005
2:08.39Katie Atlas 2001
2:09.17Kim Voyticky 1998
2:10.37Libby Jenke 2006
2:10.46 Kate Van Buskirk 2007

1,000-METERS

2:45.79Meaghan Leon 2005
2:48.26Molly Lehman 2008
2:50.38Katie Atlas 2001
2:51.02 Virginia Hine 2009
2:51.04 Leslie Morrison 2009

MILE

4:34.94Shannon Rowbury 2007
4:41.69Molly Lehman 2009
4:43.34Katie Atlas 2001

4:44.64Liz Wort 2007
4:45.58Sheela Agrawal 2000

3,000-METERS

9:02.73Shannon Rowbury 2007
9:13.45Clara Horowitz 2006
9:15.52Liz Wort 2007
9:18.30Paige Miller 2004
9:19.88Sally Meyerhoff 2005

5,000-METERS

15:52.47Clara Horowitz 2006
15:58.18Maddie McKeever 2008
16:11.57Sally Meyerhoff 2007
16:15.39Paige Miller 2004
16:26.86Laura Stanley 2004

60-METER HURDLES

8:60cHope Wright 1989
8:65Allison Nesbitt 2004
8:87cKirsten Johnson 1997
8:92Jenna Turner 2003
8:96Jillian Schwartz 2000

4X400-METER RELAY

3:47.78Bell, Turner, Doody, McKie 2002
3:48.33 Ragucci, Whitehead, Ontko, Ross 2009
3:49.63Doody, McKie, Matic, Turner 2003
3:50.00McKie, Botts, Doody, Turner 2000
3:50.46 Ragucci, Ontko, Whitehead, Morrison 2009

4X800-METER RELAY

8:49.47Wort, Matic, Leon, Rowbury 2005
8:52.90 Moore, Morrison, Hine, Lehman 2009
8:55.21Thomas, Ryan, Atlas, Sullivan 1999
8:56.43Klaas, Lehman, Jenke, Harsha 2007
8:58.60 Stankavage, Moore, Sherrard, Lehman 2008

DISTANCE-MEDLEY RELAY

11:14.30Rowbury, Stankavage, Leon, Meyerhoff 2005
11:15.20 Van Buskirk, Seibert, Jenke, Rowbury 2007
11:19.15Matic, McKie, Doody, Rowbury 2003
11:20.28Rowbury, Ball, Matic, Miller 2004
11:21.11Rowbury, Owen, Matic, Miller 2004

LONG JUMP

19-1.5Ifeyinwa Anoliefo 2002
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18-2.25Jeanie Minton 1997
18-0.5Rena Stahl 1993
18-0Jodi Schlesinger 2002
17-6.50 Kelsey Ontko 2009

TRIPLE JUMP

40-3.75Jodi Schlesinger 2002
36-4.75Tiara Monroe 2004
35-8.75Breanna Pearson 1994
35-7.75Jeanie Minton 1996
35-5.25Jillian Schwartz 1998

HIGH JUMP

5-11.5Debra Vento 2005
5-8.75Kelly Miezalski 1990
5-7.0Laura Malnati 2007
5-6Jamila Forte 1998
5-6Jeannie Minton 1998

POLE VAULT

13-5.25Jillian Schwartz 2001
13-1.5 Amy Fryt 2009
12-9.5 Cassie Ludwig 2009
12-7.5Laura Chen 2004
12-7.5Lara Jones 2006

PENTATHLON

3,688 Karolina Haraldsdottir 2009
3,398Jeanie Milton 1998
3,348Jenna Turner 2001
3,136Amy Basile 1998
2,931Kim Voyticky 1996

SHOT PUT

43-7.75Alexa Revord 2007
43-0.25Beth Maher 2004
41-11.25Kim Hanauer 2001
40-11.5Jessica Tanner 2006
40-7.5 Karolina Haraldsdottir 2009

WEIGHT THROW

55-2.0Kelly Reynolds 2007
52-10.75Kim Hanauer 2002
45-6.25Jessica Tanner 2006
43-11.75Ginny Stone 2002

c=converted time
Bold denotes current athlete



Men's Outdoor Records

100-METERS

10.20 Dave Sime..... 1960
 10.38 Randy Jones..... 1992
 10.68 Ronnie Drummer..... 2005
 10.80 Lamar Grant..... 2000
 10.89 Kenneth Stanford..... 2002
 10.89 Desi Thomas 1995

200-METERS

21.34..... Dave Sime..... 1956
 21.44c..... Randy Jones..... 1992
 21.44..... John Brownlee..... 1933
 21.46..... Rodney Dickerson..... 1990
 21.54c..... Hugh Woodward..... 1937
 21.54c..... Henry Poss..... 1950

400-METERS

46.74c..... Mike Murphy..... 1973
 47.31..... Daniel King..... 2006
 47.40..... Rodney Dickerson..... 1990
 48.35..... Peter Lewellen..... 2007
 48.44c..... Tom Bazemore..... 1958
 48.44c..... Dave Dunaway..... 1966

800-METERS

1:47.38..... Rich Block 1982
 1:47.70c..... Bob Wheeler 1972
 1:49.26..... Kyle Leonard 2000
 1:50.10c..... Phill Wilson 1970
 1:50.12..... Jon Amt 2004

1,500-METERS

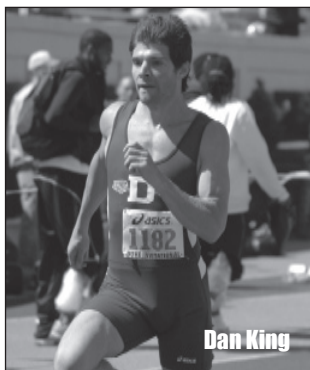
3:39.00..... Bob Wheeler 1972
 3:41.90c..... Steve Wheeler 1974
 3:42.00c..... Richard Schwartz..... 1977
3:43.02..... Cory Nanni 2009
 3:43.79..... Brendan Fitzgibbon... 2000

3,000-METERS

7:56.68c..... Brian Allf 1982
 7:58.30c..... Steve Wheeler..... 1974
 8:03.90c..... Scott Eden 1974
 8:09.80c..... Robbie Perkins 1975
 8:10.90c..... Roger Beardmore 1973

3,000-METER STEEPLECHASE

8:38.10..... Roger Beardmore 1972
8:52.36..... Ryan McDermott..... 2009
 8:59.20..... Jim Clayton..... 1977
 9:02.20..... Larry Forrester..... 1972
 9:03.73..... Kevin McDermott 2007



5,000-METERS

13:48.90c... Robbie Perkins 1975
 13:52.41 ... Brian Allf..... 1981
 14:04.29 ... Nick Schneider..... 2005
 14:04.40c... Scott Eden 1973
 14:14.10c ... Roger Beardmore 1973

10,000-METERS

28:56.80 ... Robbie Perkins 1976
 29:09.20c .. Scott Eden 1974
 29:39.00 ... Bynum Merritt 1978
 29:41.40c... Mike Graves..... 1971
 29:48.60 ... Peter Quance 1975

110-METER HURDLES

13.74c..... Jeff Howser 1971
 14.34c..... Joel Shankle..... 1955
 14.54c..... Dave Wingle..... 1938
 14.54c..... Roger Fogle..... 1965
 14.74c..... Gary Goodrich 1974

400-METER HURDLES

49.42 Jesse Allen..... 1999
 51.49..... Chris Castor..... 1980
 52.34c..... Tom Dunnigan..... 1970
 52.44c..... Jeff Howser 1969
54.03..... Mario Moreno 2009

SHOT PUT

59.11..... Rod Stewart 1966
 57.4.5..... Richard Gesswein..... 1963
54.7.5..... Michael Barbas 2009
54.0..... Mike Schallmo 2009
 52.7 Durham Lawshe 1955

DISCUS

173.3..... Mike Schallmo 2009
 168.8..... Rod Stewart 1966
 160.6..... Richard Gesswein..... 1960
 159.11..... Jim Anthony..... 1976
 159.6.5..... Kyle Kruger 1969

JAVELIN-NEW

225.5..... John Austin 2008
 216.6..... Jamie Rodriguez 1995
 214.6..... Mark Della Volpe 2008
 209.11..... Robert Weinstein 2008
 190.2..... Gill Winters 1994

JAVELIN-OLD

250.1 Kalen Cookson..... 1984
 217.5 Jim Anthony..... 1975
 213.2 Mike Curtis 1963

HAMMER

182.2..... Chad Stearns 1988
167.3..... Mike Schallmo 2009
132.3..... David Piccirilli..... 2009

LONG JUMP

25.6 Jade Ellis 2009
 24.8..... Joel Shankle..... 1955
 24.2.5 Lamar Grant..... 1998
 24.2..... Jeff Nesbit..... 1978
 23.11.75..... Desi Thomas 1995

TRIPLE JUMP

51.11.75..... Jade Ellis..... 2009
 48.7 Garry Geck..... 1986



47.3..... Bob Chambers 1978
 46.4.5 Dave Wheeler 1963
 45.6.5 Garry High 1963

POLE VAULT

17.2.75..... Brent Warner..... 2004
 16.8.75..... Seth Benson 2001
 16.7..... Terry Ransbury..... 1983
 16.6.75..... Ian Cassidy 2007
 16.4.75..... Jeff Buttacio..... 2003

HIGH JUMP

6.10.75 Jerry Surratt 1991
 6.10..... Craig Henderson..... 1983
 6.8.25 Tyler Clarke 2006
6.8.25..... Michael Kotecki..... 2008
 6.8 Jeff Thompson..... 1970
 6.8 Jeff Smith..... 1993

DECATHLON (MODERN TABLES)

7,326 Tyler Clarke 2009
 6,633 Mike Zulant..... 2000
 6,593 Rob West 1998
 6,516..... Tijan Redmon 1995
 6,253 Ted Payne..... 1999

DECATHLON (OLD TABLES)

5,698 Jim Anthony..... 1976

4x100-METER RELAY

41.06.....D. Thomas, C. Thomas,
 London, Brugger..... 1995
 41.81.....Morrell, Marshall
 Drummer, King..... 2005
 41.87.....Stanford, Amamoo,
 Douglas, Winniford..... 2001
 41.94.....Martinez, Wagoner,
 Krassny, Murphy 1973
 41.95.....Morrell, Kittleson,
 King, Winniford 2004

4x400-METER RELAY

3:12.89 ..Kommer, Allen,
 Diglio, Vasak 1999
 3:13.10c..Eiseman, Wilson,
 Dunnigan,Murphy..... 1970

3:13.20...Summers, Dunnigan,
 Murphy, Mazzarella..... 1970
 3:14.07...Lewellen, Danforth
 Morrell, King..... 2005
 3:14.33...Danforth, Lewellen
 Trombold, King 2006

4X800-METER RELAY

7:26.43...Cronin, Reardon,
 Spierdowis,Schneider... 2003
 7:27.16...Gianturco, Paul,
 Fowler, Amt..... 2003
**7:27.44...Lund, Clark,
 Rowland, Nanni..... 2009**
 7:27.75...Gianturco, Amt,
 Fowler, Spierdowis 2003
 7:27.94...McNiff, Gianturco,
 Fowler, Spierdowis 2003

SPRINT MEDLEY RELAY

3:22.10...Krassny, Howser,
 Murphy, R. Wheeler.... 1971
 3:22.75...Grant, Watkins,
 Vasak, Leonard..... 2000
 3:27.01...Grant, Amanoo,
 Diglio, Vasak 1998
 3:27.37...King, Morrell,
 Lewellen, Rowland 2007
**3:28.67 ..Bowler, Duncanson,
 Troxell, Clark..... 2009**

DISTANCE MEDLEY RELAY

9:32.30c Beardmore, Murphy,
 S. Wheeler, R. Wheeler 1973
 9:34.30c..Ramsland, S. Wheeler,
 Beardmore, R. Wheeler.. 1972
 9:38.10c..Murphy, Wilson,
 Beardmore, R. Wheeler.. 1971
 9:42.30...Fitzgibbon, Grant,
 Leonard, McKeever 2000
 9:43.93...Spooner, King
 Lewellen, Schneider..... 2005

4x1,500-METER RELAY

15:17.80..Royce, Clayton,
 Perkins, Schwartz 1976
**15:28.45 Clark, R. McDermott,
 Nanni, Waggoner..... 2009**
 15:36.53..Cronin, Reardon,
 Spierdowis, Schneider . 2003
 15:37.57..Brennan, McKeever,
 Spierdowis, Leonard 1999
 15:38.50...Schaefer, Brennan,
 McKeever, Fitzgibbon .. 2000

4xMILE RELAY

16:22.34 .Eden, S. Wheeler,
 Beardmore, R. Wheeler .. 1973
**16:32.40 Lund, R. McDermott,
 Waggoner, Nanni..... 2009**
 16:34.50 .Eden, S.Wheeler,
 Beardmore, R.Wheeler.... 1973
 16:39.36 .Spierdowis, Brennan,
 Kelly, McKeever..... 2001

c=converted time
Bold denotes current athlete

Women's Outdoor Records

100-METERS

11.87.....Janay McKie.....2003
 12.25.....Allison Nesbitt.....2003
 12.42.....Ifeyinwa Anoliefo.....2002
 12.60.....Kim Hay.....1995
 12.66.....Yvonne Ayew.....1998

200-METERS

23.85.....Janay McKie.....2003
 25.30.....Jenna Turner.....2002
 25.55.....Brittany Whitehead.....2009
 25.56.....Nicole Ragucci.....2009
 25.60.....Erin McClure.....2001

400-METERS

54.09.....Courtney Botts.....2000
 54.44.....Janay McKie.....2003
 56.51.....Brittany Whitehead.....2009
 56.94.....Stephanie Thomas.....1997
 56.94.....Amanda Green.....1990

800-METERS

2:05.34.....Kim Voyticky.....1998
 2:07.10.....Lauren Matic.....2003
 2:07.26.....Katie Atlas.....2000
 2:07.80.....Michelle Seibert.....2007
 2:08.00.....Molly Lehman.....2009

1,500-METERS

4:12.13.....Molly Lehman.....2009
 4:14.81.....Shannon Rowbury.....2005
 4:22.07.....Megan Sullivan.....2002
 4:22.12.....Ellison Goodall.....1978
 4:22.56.....Meaghan Leon.....2005

3,000-METERS

9:19.12.....Ellison Goodall.....1978
 9:23.74.....Ellen Reynolds.....1985
 9:25.10.....Clara Horowitz.....2003
 9:30.89.....Sheela Agrawal.....2000
 9:40.00.....Laura Stanley.....2005

3,000-METER STEEPLECHASE

9:51.76.....Liz Wort.....2007
 10:08.26.....Patricia Loughlin.....2009
 10:39.92.....Maddie McKeever.....2006
 11:04.16.....Kelly Fillnow.....2006
 11:12.20.....Phebe Ko.....2002



5,000-METERS

15:52.83.....Maddie McKeever.....2007
 16:08.12.....Ellison Goodall.....1978
 16:08.60.....Clara Horowitz.....2006
 16:12.42.....Ellen Reynolds.....1986
 16:16.64.....Laura Stanley.....2005

10,000-METERS

32:40.70.....Ellen Reynolds.....1986
 33:00.85.....Clara Horowitz.....2006
 33:30.12.....Sally Meyerhoff.....2007
 33:44.20.....Ellison Goodall.....1977
 33:52.95.....Maddie McKeever.....2007

100-METER HURDLES

13.98.....Jenna Turner.....2003
 14.07.....Allison Nesbitt.....2003
 14.40.....Hope Wright.....1989
 14.51.....Kirsten Johnson.....1996
 14.64.....Stephanie Stephens.....1986

400-METER HURDLES

58.49.....Jenna Turner.....2002
 1:01.39.....Stephanie Stephens.....1987
 1:01.50.....Helen Henry.....1988
 1:02.20.....Lindsay Owen.....2006
 1:03.40.....Kirsten Johnson.....1995

LONG JUMP

19:1.5.....Ifeyinwa Anoliefo.....2004
 18:7.....Renaeh Stahl.....1992
 17:10.5.....Kristen Sbarra.....1998
 17:9.....Kim Voyticky.....1995
 17:8.....Jeanie Minton.....1996

TRIPLE JUMP

41:5.75.....Jodi Schlesinger.....2001
 36:9.....Brianna Pearson.....1994
 36:0.25.....Tiara Monroe.....2004
 35:2.5.....Ifeyinwa Anoliefo.....2004
 35:2.....Laura Peresky.....1987

HIGH JUMP

6:1.5.....Debra Vento.....2005
 5:8.75.....Kelly Mieszkalski.....1990
 5:8.....Denise Yamada.....1985
 5:7.75.....Misty Farrell.....1996
 5:7.75.....Jeanie Minton.....1997

POLE VAULT

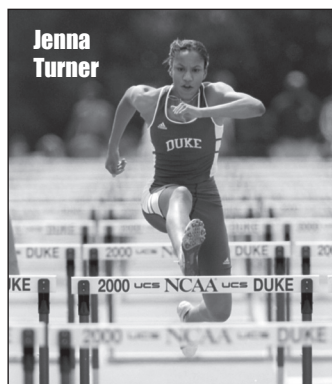
14:2.....Jillian Schwartz.....2001
 13:3.5.....Amy Fryt.....2009
 12:11.5.....Lara Jones.....2007
 12:9.5.....Laura Chen.....2003
 12:3.5.....A. Gordon.....2008

HEPTATHLON

4,827.....Jenna Turner.....2001
 4,633.....K. Haraldsdottir.....2008
 4,593.....Jeanie Minton.....1998
 4,417.....Kim Voyticky.....1996
 4,189.....Christine Gregorski.....1994

SHOT PUT

45:0.25.....Beth Maher.....2004
 42:8.25.....Kim Hanauer.....2001
 40:9.75.....Alexa Revord.....2007
 40:4.25.....K. Haraldsdottir.....2009
 40:1.25.....Megan Mitchell.....1994



DISCUS

160:09.....Alexa Revord.....2007
 142:8.....Jessica Tanner.....2006
 137:6.....Courtney Bowen.....2009
 136:5.....Ginny Stone.....2001
 135:9.....Kim Hanauer.....2001

HAMMER

181:5.....Kelly Reynolds.....2007
 160:2.....Kim Hanauer.....2002
 159:11.....Ginny Stone.....2003
 145:11.....Maria Monge.....2000
 129:10.....Courtney Bowen.....2009

JAVELIN

168:11.....Daina Pucurs.....2007
 150:5.....Amy Matulewicz.....2009
 146:2.....Beth Maher.....2006
 135:6.....Lindsey Edwards.....2007
 128:6.....Beth Reimers.....1991

4x100-METER RELAY

48:56.....Anoliefo, McKie, McKie, Turner.....2003
 47:60.....Turner, Anoliefo, McDermott, McKie.....2002
 48:13.....Nesbitt, Turner, Doody, McKie.....2003
 48:17.....Nesbitt, Turner, Anoliefo, McKie.....2003
 48:31.....Ontko, Whitehead, Ragucci, Anglin-Stone.....2009

4x200-METER RELAY

1:40.18.....Turner, Anoliefo, McDermott, McKie.....2002
 1:41.35.....Anoliefo, Turner, McKie, McClure.....2001
 1:41.68.....Nesbitt, Turner, Anoliefo, McKie.....2003
 1:42.73.....Turner, McKie, Asante, Botts.....2000
 1:44.94.....Tonn, Anoliefo, Bradley, McDermott.....2002

400-METER RELAY

3:42.71.....Botts, Turner, Doody, McKie.....2000
 3:45.26.....Botts, Turner, McKie, Asante.....2000
 3:46.44.....Ontko, Whitehead, Ragucci, Moore.....2009
 3:48.42.....Belle, Turner,

Sullivan, McKie.....2002
 3:49.07.....Thomas, Sbarra, Gurtler, Voyticky.....1998

SPRINT MEDLEY RELAY

3:55.57.....Turner, McClure, McKie, Atlas.....2001
 3:58.40.....Cyre, Ayew, Thomas, Voyticky.....1998
 4:02.22.....McKie, Nesbitt, Turner, Doody.....2003
 4:02.28.....Sbarra, Forte, Sullivan, Voyticky.....1998
 4:02.64.....Turner, McKie, Botts, Doody.....2000

4x800-METER RELAY

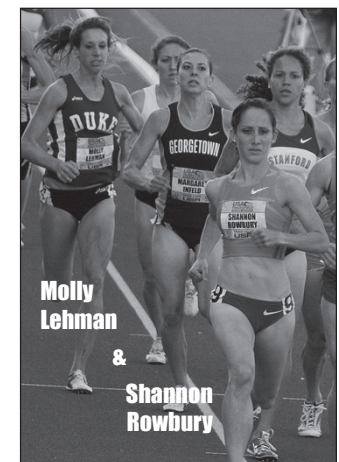
8:41.96.....Seibert, Van Buskirk, Wort, Sherrard.....2007
 8:42.01.....Hofmann, Leon, Matic, Rowbury.....2004
 8:43.20.....Doody, Meyerhoff, Leon, Matic.....2003
 8:44.33.....Doody, Atlas, Sullivan, Matic.....2002
 8:44.11.....Apibunyopas, Moore, Morrison, Lehman.....2009

DISTANCE MEDLEY RELAY

11:10.18.....Leon, Owen, Matic, Rowbury.....2005
 11:11.81.....Sullivan, Botts, Atlas, Agrawal.....2000
 11:16.84.....Van Buskirk, Owen, Seibert, Wort.....2007
 11:18.59.....Meyerhoff, Owen, Jenke, Horowitz.....2006
 11:24.05.....Sullivan, McKie, Doody, Atlas.....2001

4x1500-METER RELAY

17:45.20.....Leon, Rowbury, Meyerhoff, Horowitz.....2004
 17:48.30.....Van Buskirk, Wort, Sherrard, McKeever.....2007
 17:59.05.....Farias-Eisner, Owen, Lehman, Jenke.....2006
 18:03.69.....Meyerhoff, Rowbury, Leon, Horowitz.....2003
 18:06.78.....Matic, Leon, Rowbury, Wort.....2005



Men's Honors & Awards

NATIONAL HONORS

National Champions

Joel Shankle	Long Jump (Out.)	1955
Bob Wheeler	1,000 yds.	1971

All-America

Jesse Allen	400m-Hurdles	1999
Brian Allf	DMR	1981
Brian Allf	5,000m	1981
John Austin	Javelin	2008
Roger Beardmore	3,000m SC	1972
Rich Block	DMR	1981
Chris Castor	DMR	1981
John Donegan	DMR	1981
Scott Eden	Cross Country	1973, 1974
Jeff Howser	120-Yd Hurdles	1968
Sean Kelly	Cross Country	2001
Robbie Perkins	10,000m	1976
Joel Shankle	120-Yd Hurdles	1956
Joel Shankle	Long Jump	1956
Dave Sime	100-Yd	1956
Ed Stenberg	10,000m	1968
Brent Warner	Pole Vault	2003
Bob Wheeler	1,000-Yd	1971
Bob Wheeler	1,500m	1971, 1972

USATF Junior All-America

Keith Krieger	10,000m	2004
Jade Ellis	Long Jump	2005

Rhodes Scholarship

Chas Salmen		2006
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USTCA Academic All-America

Michael Hatch		2003
Craig Henderson		1983
Sean Kelly		2001, 2002
Brent Warner		2003, 2004

Cross Country Academic All-America

Terry Brennan		2000
Michael Hatch		2002
Sean Kelly		2000, 2001
Chris Williams		2001, 2002
Bo Waggoner		2008
Duke Team		2008

Duke Outdoor World Record Setters

Dave Sime	60-Yd (6.1)	1956
Dave Sime	100-Yd (9.3)	1956
Dave Sime	220-Yd (20.0)	1956
Dave Sime	220-Yd Hurdles (22.2)	1956
Dave Sime	100m (10.1)	1960
Dave Sime	200m (20.0)	N/A

Duke Indoor World Record Setters

Dave Sime	100-Yds (9.5)	1956
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Duke American Record Setters

Cary Weisiger	1,500m	3:39.3
Curt Clausen	50K Racewalk	3:48:04

Duke Olympians

Curt Clausen	20K Racewalk	1996
Curt Clausen	50K Racewalk	2000, 2004
Randy Jones	Bobsled	1994, 1998, 2002
Joel Shankle	110m Hurdles	1956
Dave Sime	100m	1960
Bob Wheeler	1,500m	1972

REGIONAL HONORS

All-Southeast Region Cross Country

Terry Brennan		2000
Brendan Fitzgibbon		2000
Michael Hatch		2001-02, 2004
Sean Kelly		2000-2001
Keith Krieger		2004-2005
Jared Moore		2001
James Osborne		2008
Nick Schneider		2002-2004
Bo Waggoner		2008
Chris Williams		2001-02

All-NCAA Regional Outdoor Track & Field

John Austin	Javelin	2007
Jade Ellis	Long Jump	2009
Cory Nanni	1,500m	2009
Brent Warner	Pole Vault	2003

PENN RELAYS HONORS

Individual Champions

Roger Beardmore	4xMile Relay	1972
Werner Brown	4x110-Yd Relay	1941
Ian Cassidy	Pole Vault	2007
Scott Eden	Six Mile Run	1974
Larry Forester	4xMile Relay	1972
Henry Fulmer	Long Jump	1932
Donn Kinzle	120-Yd Hurdles	1938
Jared Nourse	2-Mile Run	1962
James O'Leary	Discus	1950
Hubert Reavis	440-Yd Hurdles	1939
Edward Sargent	4x110-Yd Relay	1941
Joel Shankle	120-Yd Hurdles	1954, 1955
Joel Shankle	Long Jump	1954, 1955
Moffat Storer	4x110-Yd Relay	1941
Ernest Vail	4x110-Yd Relay	1941
Bob Wheeler	4xMile Relay	1972
Steve Wheeler	4xMile Relay	1972

ALL-EAST/IC4A HONORS

IC4A Team Champions

Cross Country		2005, 2008
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IC4A Individual Champions

Jesse Allen	400m Hurdles	1999
John Austin	Javelin	2008
Seth Benson	Pole Vault	2001
Tyler Clarke	Heptathlon (Ind.)	2007
Jade Ellis	Long Jump	2005
Jeff Howser	60-Yd Hurdles	1971
Cory Nanni	1,500m	2009
Cory Nanni	Mile	2009
Joel Shankle	Outdoor Hurdles	1954
Joel Shankle	Long Jump	1954
Rod Stewart	Shot Put	1966
Brent Warner	Pole Vault	2003, 2004
Bob Wheeler	Cross Country	1971

Cross Country All-East

Tom Becker		1997, 1998
Terry Brennan		1998, 1999
Josh Brewer		2008
Andrew Brodeur		2008
Dan Daly		2005, 2006
Brendan Fitzgibbon		1997-1999
Geary Gubbins		2006
Michael Hatch		2004
Charlie Kelly		1999
James Kostenlik		2008
Keith Krieger		2005, 2006
Kevin McDermott		2007
Ryan McDermott		2008
Cory Nanni		2007, 2008
James Osborne		2008
Tim Schaefer		1998
Chris Spooner		2005, 2007
Bo Waggoner		2007
Tradelle Ward		2008

Indoor All-East

Jesse Allen	Two-Time	1996, 1997
Jon Amt	Three-Time	2002, 2003, 2004
Seth Benson	Two-Time	1999, 2001
Sam Bowler	Two-Time	2007, 2009
John Brockardt	Four-Time	2005-08
Stephen Clark	One-Time	2009
Tyler Clarke	One-Time	2007
Steve Craig	Three-Time	2003, 2004, 2005
Ian Cronin	Four-Time	2002-05
Matt Danforth	One-Time	2007
Caleb Duncanson	One-Time	2009
Jade Ellis	Two-Time	2005
Brendan Fitzgibbon	Two-Time	1998, 2002
Donny Fowler	Two-Time	2000, 2003
Tom Gianturco	Two-Time	2002, 2003
Lamar Grant	Three-Time	1997, 1999, 2000
Miles Hall	Two-Time	1995, 1996
Michael Hatch	One-Time	2003
Pat Kelly	One-Time	1995
Sean Kelly	One-Time	2002
Daniel King	Four-Time	2004, 2006, 2007
Doug Kling	Two-Time	1995, 1996
Kyle Leonard	Three-Time	1998, 1999, 2000
Pete Lewellen	Two-Time	2005, 2007
Ryan McCann	One-Time	2005
Brian McCulley	Two-Time	1997, 1998

Devin McDaniel	One-Time	2006
Kevin McDermott	One-Time	2006
Ryan McDermott	Two-Time	2009
Mike McKeever	Three-Time	1998, 1999, 2000
Dan McManamon	One-Time	2007
Brett Morrell	One-Time	2007
Cory Nanni	Two-Time	2009
Sean Pat Oswald	One-Time	2009
Mike Park	Three-Time	1995, 1997, 1998
Aaron Paul	One-Time	2003
Brendon Pierson	One-Time	2009
Casey Reardon	Two-Time	2003, 2004
Chris Rowland	Three-Time	2006, 2007, 2009
Nick Schneider	Six-Time	2002-05
Dan Schuman	One-Time	1996
Will Smith	One-Time	2009
Bill Spierdowis	Three-Time	1999, 2000, 2002
Chris Spooner	Three-Time	2005, 2006, 2007
Ken Sullivan	One-Time	2009
Nick Trombold	One-Time	2007
James Vasak	Three-Time	1998, 1999, 2000
Bo Waggoner	Two-Time	2009
Tradelle Ward	One-Time	2007
Brent Warner	Three-Time	2002, 2003, 2004
Brendan Wells	One-Time	2002
Rob West	One-Time	1998
Ade Wise	Two-Time	2003, 2006
Mike Zulantz	One-Time	2000

Outdoor All-East

Jesse Allen	Three-Time	1996, 1999
Jon Amt	Three-Time	2002, 2003, 2004
John Austin	One-Time	2008
Seth Benson	Three-Time	1999, 2000, 2001
Jeff Buttaccio	Two-Time	2002, 2003
Stephen Clark	One-Time	2009
Tyler Clarke	Three-Time	2006, 2007, 2008
Matt Diglio	One-Time	1999
Jade Ellis	Two-Time	2005
Jon Fay	Two-Time	2005, 2006
Donny Fowler	Two-Time	2002, 2003
Tom Gianturco	One-Time	2003
Miles Hall	One-Time	1995
Michael Hatch	Two-Time	2003, 2004
Randy Jones	Two-Time	1992
Pat Kelly	One-Time	1995
Daniel King	One-Time	2006
Doug Kling	One-Time	1995
Keith Krieger	One-Time	2004
Kyle Leonard	One-Time	1999
Joshua Lund	One-Time	2009
Mike McKeever	Two-Time	1999, 2001
Ryan McDermott	One-Time	2009
Cory Nanni	Three-Time	2008, 2009
Brian McNiff	One-Time	2003
Mike Park	One-Time	1995
Casey Reardon	Two-Time	2001, 2002
Chris Rowland	One-Time	2009
Alex Reinhart	One-Time	2006
Mike Schallmo	One-Time	2007
Nick Schneider	Three-Time	2002, 2004, 2005
Bill Spierdowis	Four-Time	1999, 2001-03
Chris Spooner	One-Time	2006
Ken Sullivan	One-Time	2009
Brent Warner	Two-Time	2002, 2003
Robert Weinstein	One-Time	2008
Brendan Wells	Two-Time	2001, 2002
Rob West	Three-Time	1999, 2000, 2001

ACC HONORS

ACC Cross Country Champions

Jerry Nourse		1959, 1961
Cary Weisiger		1959
Ed Stenberg		1967
Bob Wheeler		1970, 1971
Roger Beardmore		1972
Scott Eden		1973, 1974
Robbie Perkins		1975
Sean Kelly		2000

Cross Country All-ACC

Tom Becker		1996, 1998
Terry Brennan		1999, 2000
Brendan Fitzgibbon		2000
Michael Hatch		2002, 2004
Sean Kelly		2000, 2001
Keith Krieger		2007
Nick Schneider		2002, 2004

Men's Honors & Awards

Chris Spooner	2005
Bo Waggoner	2007, 2008
Chris Williams	2002

ACC Cross Country Coach of the Year

Al Buehler	1998
Norm Ogilvie	2000

ACC 50th Anniversary Cross Country Team

Roger Beardmore	1969-71
Terry Brennan	1998-2000
Scott Eden	1972-74
Sean Kelly	1999-2001
Robbie Perkins	1974-76
Bob Wheeler	1969-71

ACC Indoor Track & Field Champions

Duke*	1,600m Relay	1971
Duke*	DMR	1976, 1978, 1980
Duke*	2-Mile Relay	1977
Scott Eden	2-Mile	1973
Bob Fogle	70-Yd HH	1964
Dick Gesswein	Shot Put	1961, 1962, 1963
Jeff Howser	60-Yd HH	1968, 1969, 1971
Bob Laverly	Long Jump	1957
Durham Lawshe	Shot Put	1954, 1955
Kyle Leonard	DMR	2000
Michael McKeever	DMR	2000
Mike Murphy	600-Yd	1973
Jerry Nourse	1-Mile	1962
Jerry Nourse	2-Mile	1962
Robbie Perkins	2-Mile	1975
Joel Shankle	High Jump	1954
Joel Shankle	Long Jump	1954, 1955
Joel Shankle	70-Yd HH	1954, 1955
Joel Shankle	70-Yd LH	1954, 1955
Mike Shankle	Pole Vault	1978
Dave Sime	Long Jump	1956
Dave Sime	70-Yd LH	1956
Dave Sime	60-Yd	1956, 1957
Bill Spierdowis	DMR	2000
Ed Stenberg	2-Mile	1968
Rod Stewart	Shot Put	1965, 1966
Louis Van Dyke	1-Mile	1963
James Vasak	DMR	2000
Cary Weisiger	1-Mile	1960
Cary Weisiger	880-Yd	1960
Bob Wheeler	1-Mile	1971, 1973
Steve Wheeler	2-Mile	1974

Indoor Track & Field All-ACC (Since 1995)

Jesse Allen	800m	1997
Seth Benson	Pole Vault	2000
Jade Ellis	Triple Jump	2005
Donny Fowler	800m	2003
Charlie Kelly	5,000m	2000
Kyle Leonard	800m	1999
Kyle Leonard	DMR	2000
Michael McKeever	DMR	2000
Nick Schneider	Mile	2003
Bill Spierdowis	DMR	2000
James Vasak	DMR	2000
Brent Warner	Pole Vault	2002, 2003, 2004

ACC 50th Anniversary Indoor Track & Field Team

Jeff Howser	1968-71
Robbie Perkins	1974-76
Joel Shankle	1954-56
Dave Sime	1954-57
Bob Wheeler	1970-73

ACC Outdoor Track & Field Meet MVP

Dick Gesswein	1961, 1962
Robbie Perkins	1975
Joel Shankle	1954, 1955
Dave Sime	1956, 1958
Bob Wheeler	1971

ACC Outdoor Track & Field Champions

Bryan Allf	5,000m	1981, 1982
Tom Bazemore	880-Yd	1960
Roger Beardmore	3,000m SC	1971, 1973
Rick Block	800m	1981, 1982
Clint Brown	Pole Vault	1967
Jim Clayton	3,000m SC	1976, 1978
Mike Curtis	Javelin	1963
Jon Donegan	1500m	1979
Duke*	Mile Relay	1958-60, 1973-74

Tom Dunigan	440-Yd IHrd	1970
Scott Eden	3-Mile	1972
Scott Eden	6-Mile	1973-74
Jade Ellis	Long Jump	2009
Brendan Fitzgibbon	1,500m	2000
Bob Fogle	120-Yd HH	1964, 1965
Dick Gesswein	Shot Put	1961, 1962, 1963
Dick Gesswein	Discus	1961, 1962, 1963
Mike Graves	3-Mile	1971
Miles Hall	1500m	1995
Jeff Howser	120-Yd HH	1968, 1969
Jeff Howser	440-Yd IH	1969
Jon Krassy	220-Yd	1973
Durham Lawshe	Shot Put	1954
Ryan McDermott	Steeplechase	2009
John McElwain	Long Jump	1961
Mike Murphy	440-Yd	1971, 1973
Jeff Nesbit	Long Jump	1978
Jerry Nourse	2-Mile	1959, 1960, 1962
Robbie Perkins	Mile	1975
Robbie Perkins	3-Mile	1975
Robbie Perkins	10,000m	1976, 1978
Peter Quance	3000m SC	1975
Richard Schwartz	1,500m	1976
Joel Shankle	High Jump	1954
Joel Shankle	Long Jump	1954, 1955
Joel Shankle	Pole Vault	1954
Joel Shankle	120-Yd HH	1954, 1955
Joel Shankle	220-Yd LH	1955
Dave Sime	100-Yd	1956, 1957, 1958
Dave Sime	220-Yd	1956, 1957, 1958
Dave Sime	220-Yd LH	1956
Dave Sime	Javelin	1958
Ed Stenberg	3-Mile	1968
Bob Stephenson	High Jump	1961
Rod Stewart	Shot Put	1965, 1966
Louis Van Dyke	Mile	1963
Cary Weisiger	Mile	1959, 1960
Mark Wells	Mile	1961, 1962
Bob Wheeler	880-Yd	1971
Bob Wheeler	Mile	1971
David Wheeler	Triple Jump	1963
Steve Wheeler	3-Mile	1973

Outdoor Track & Field All-ACC (since 1995)

John Austin	Javelin	2008, 2009
Seth Benson	Pole Vault	1999, 2000
Tyler Clarke	Decathlon	2009
Mark Dellavolpe	Javelin	2008
Jade Ellis	Long Jump	2005
	Long Jump & Triple Jump	2009
Brendan Fitzgibbon	1,500m	2000
Miles Hall	1,500m	1995
Michael Hatch	10,000m	2003
Michael Kotecki	High Jump	2008
Ryan McDermott	Steeplechase	2009
Nick Schneider	1,500m	2003
Nick Schneider	5,000m	2005
Brent Warner	Pole Vault	2003, 2004

ACC 50th Anniversary Outdoor Track & Field Team

Robbie Perkins	1974, 1976, 1978
Joel Shankle	1954-56
Dave Sime	1954-56
Cary Weisiger	1957-60
Bob Wheeler	1970-73

*Prior to 1995 athletes' names in relays not available

DUKE TEAM AWARDS

Cross Country Most Valuable Performer

Andy Taylor	1990
Mark Donahue	1991, 1992
Kevin Hilton	1993
Darin Mellinger	1994
Tom Becker	1995, 1996, 1997, 1998
Terry Brennan	1999
Terry Brennan/Sean Kelly	2000
Sean Kelly	2001
Chris Williams	2002
Michael Hatch	2003
Nick Schneider	2004
Keith Krieger	2005, 2006
Bo Waggoner	2007
Bo Waggoner	2008

Cross Country Freshman of the Year

Keith Krieger	2003
Chris Spooner	2004
Geary Gubbins	2005
Tradelle Ward	2006
Bo Waggoner	2007
Andrew Brodeur	2008

Indoor Track & Field MVP

Sean Kelly	2002
Brent Warner	2003, 2004
Jade Ellis	2005
Tyler Clarke	2006
Dan King	2007
John Brockardt	2008
Jade Ellis	2009

Indoor Track & Field Freshman of the Year

Daniel King	2004
Jade Ellis	2005
Chris Rowland	2006
Mike Schallmo	2007
Cory Nanni	2008
Michael Barbas	2009

Outdoor Track & Field MVP

Brent Warner	2002, 2003, 2004
Nick Schneider	2005
Tyler Clarke	2006, 2007
John Austin	2008
Jade Ellis	2009

Outdoor Track & Field Freshman of the Year

Keith Krieger	2004
Jade Ellis	2005
Kevin McDermott	2006
Mike Schallmo	2007
Ryan McDermott	2008
Mike Barbas	2009

Track & Field MVP (since 1990)

Randy Jones	1990
Andy Taylor	1991
Randy Jones	1992
Doug Kling	1993
Miles Hall	1994, 1995
Jesse Allen	1996, 1997, 1999
Rob West	1998
Brendan Fitzgibbon	2000
Seth Benson	2001

Ed Stenberg Award (Honors Top Track Performer)

Scott Miller	1993
Kevin Hilton	1994
Pat Kelly	1995
Matt Haywood	1996, 1997
Tom Becker	1998
Charlie Kelly	1999
Terry Brennan	2000, 2001
Sean Kelly	2002
Michael Hatch	2003
Nick Schneider	2004, 2005
Chris Spooner	2006
Dan King	2007
Tyler Clarke	2008
Cory Nanni	2009

Rod Stewart Award (Honors Top Field Performer)

Jamie Rodriguez	1995
Rob West	1996, 1997, 1998
Seth Benson	1999, 2000, 2001
Brent Warner	2002, 2003, 2004
Jade Ellis	2005
Jon Fay	2006
Tyler Clarke	2007
John Austin	2008
Jade Ellis	2009

Most Improved Senior

Jon Amt	2004
Michael Hatch	2005
Keith Krieger	2007
John Brockardt	2008
Jade Ellis	2009

Women's Honors & Awards

NATIONAL HONORS

National Champion

Shannon Rowbury..... Mile (Ind.) 2007

All-America

Sheela Agrawal..... Cross Country..... 1999, 2000
 Sheela Agrawal..... 3,000m (Ind.) 2001
 Caroline Bierbaum..... Cross Country..... 2002
 Ellison Goodall..... Cross Country..... 1977
 Ellison Goodall..... 3,000m 1978
 Clara Horowitz..... Cross Country..... 2004, 2005
 Clara Horowitz..... 5,000m (Out.) 2004
 Clara Horowitz..... 10,000m 2006
 Clara Horowitz..... 5,000m (Ind.) 2006
 Molly Lehman..... 1,500m 2009
 Patricia Loughlin..... Steeplechase 2009
 Emily McCabe..... Cross Country..... 2006
 Maddie McKeever..... Cross Country..... 2006, 2007
 Maddie McKeever..... 5,000m (Ind.) 2007
 Maddie McKeever..... 5,000m (Out.) 2007, 2008
 Sally Meyerhoff..... Cross Country..... 2004
 Sally Meyerhoff..... 10,000m 2006
 Sally Meyerhoff..... 5,000m (Ind.) 2007
 Paige Miller..... 3,000m 2005
 Ellen Reynolds..... 10,000m 1985, 1986
 Shannon Rowbury..... Mile 2004, 2005, 2007
 Shannon Rowbury..... Cross Country..... 2004
 Shannon Rowbury..... 1,500m 2005
 Shannon Rowbury..... 3,000m (Ind.) 2007
 Jillian Schwartz..... Pole Vault (Out.) 2000, 2001
 Jillian Schwartz..... Pole Vault (Ind.) 2001
 Debra Vento..... High Jump (Ind.) 2005
 Debra Vento..... High Jump (Out.) 2005
 Liz Wort..... Steeplechase 2005, 2007
 Liz Wort..... 3,000m (Ind.) 2007

National Team

Sheela Agrawal..... Cross Country..... 2000
 Clara Horowitz..... Cross Country..... 2003
 Emily McCabe..... Cross Country..... 2007
 Maddie McKeever..... Cross Country..... 2006
 Sally Meyerhoff..... Cross Country..... 2006
 Shannon Rowbury..... Cross Country..... 2006
 Shannon Rowbury..... Track & Field..... 2006
 Emily Schwitter..... Cross Country..... 2008

USATF Junior Champion

Clara Horowitz..... Cross Country..... 2003

USATF Junior All-America

Debra Vento..... High Jump 2004

USTFCCA Academic All-America

Sheela Agrawal..... 2000, 2002
 Katie Atlas..... 2000, 2001
 Maddie McKeever..... 2008
 Shannon Rowbury..... 2007
 Jillian Schwartz..... 2000, 2001

Cross Country Academic All-America

Sheela Agrawal..... 2001, 2002
 Maddie McKeever..... 2006, 2007
 Paige Miller..... 2001

NCAA Postgraduate Scholarship

Shannon Rowbury..... 2007
 Debra Vento..... 2007

Marshall Award

Sally Liu..... 2009

Duke Olympian

Shannon Rowbury..... 1,500m 2008
 Jillian Schwartz..... Pole Vault 2004

REGIONAL HONORS

All-Southeast Region Cross Country

Sheela Agrawal..... 1999, 2000
 Katie Atlas..... 2000
 Caroline Bierbaum..... 2002
 Ellie Culp..... 1999

Paris Edwards..... 2001
 Kelly Fillnow..... 2005
 Tiare Ferguson..... 2004
 Clara Horowitz..... 2002, 2004, 2005
 Meaghan Leon..... 2004
 Emily McCabe..... 2006
 Maddie McKeever..... 2006, 2007
 Paige Miller..... 2001
 Sally Meyerhoff..... 2005
 Natasha Roetter..... 2004, 2005
 Shannon Rowbury..... 2002, 2005
 Laura Stanley..... 2003, 2006
 Megan Sullivan..... 1998, 1999, 2000
 Kate Van Buskirk..... 2006, 2007
 Liz Wort..... 2005

NCAA East Regional Champion

Liz Wort..... Steeplechase 2007

All-NCAA Regional Outdoor Track & Field

Clara Horowitz..... One-Time 2006
 Lara Jones..... Two-Time 2006, 2007
 Molly Lehman..... One-Time 2008
 Patricia Loughlin..... Two-Time 2008, 2009
 Lauren Matic..... Two-Time 2003, 2004
 Maddie McKeever..... Two-Time 2007, 2008
 Daina Pucurs..... One-Time 2006
 Shannon Rowbury..... Two-Time 2004, 2005
 Debra Vento..... Three-Time 2005, 2006, 2007
 Liz Wort..... Two-Time 2005, 2007

PENN RELAYS HONORS

Individual Champions

Ellison Goodall..... 3,000m 1978
 Meaghan Leon..... DMR 2005
 Lauren Matic..... DMR 2005
 Paige Miller..... 5,000m 2004
 Lindsay Owen..... DMR 2005
 Ellen Reynolds..... 10,000m 1985
 Shannon Rowbury..... DMR 2005
 Jillian Schwartz..... Pole Vault 2001

ALL-EAST/ECAC HONORS

ECAC Team Champions

Indoor Track..... 2009

ECAC Individual Champions

Christy Adamyk..... 10,000m 2009
 Katie Apibunoyapas..... 4x800m Relay (Out.) 2009
 Katie Doswell..... 4x800m Relay (Out.) 2009
 Anna Farias-Eisner..... Mile 2009
 Amy Fryt..... Pole Vault (Ind.) 2009
 Christen Harsha..... 4x800m Relay (Ind.) 2007
 Allison Hofmann..... 4x800m Relay 2004
 Clara Horowitz..... 10,000m 2006
 Libby Jenke..... 4x800m Relay (Ind.) 2007
 Lara Jones..... Pole Vault (Ind.) 2007
 Caitlin Klaas..... 4x800m Relay (Ind.) 2007
 Molly Lehman..... 4x800m Relay (Ind.) 2007
 Molly Lehman..... 1,000m 2008
 Molly Lehman..... 4x800m Relay (Ind.) 2008
 Molly Lehman..... 1,500m 2009
 Molly Lehman..... 4x800m Relay (Out.) 2009
 Molly Lehman..... DMR 2009
 Meaghan Leon..... 4x800m Relay (Ind.) 2004-05
 Meaghan Leon..... 4x800m Relay (Out.) 2004-05
 Meaghan Leon..... 1,000m (Ind.) 2005
 Patricia Loughlin..... 4x800m Relay (Out.) 2009
 Lauren Matic..... 4x800m Relay (Ind.) 2004-05
 Lauren Matic..... 4x800m Relay (Out.) 2004-05
 Sally Meyerhoff..... 5,000m (Out.) 2004
 Sally Meyerhoff..... 5,000m (Ind.) 2007
 Sally Meyerhoff..... 3,000m (Ind.) 2005
 Devotia Moore..... 4x800m Relay (Ind.) 2008
 Devotia Moore..... DMR 2009
 Devotia Moore..... 4x800m Relay (Out.) 2009
 Leslie Morrison..... 4x800m Relay (Out.) 2009
 Shannon Rowbury..... Mile 2004
 Shannon Rowbury..... 4x800m Relay (Ind.) 2004-05
 Shannon Rowbury..... 4x800m Relay (Out.) 2004-05
 Emily Schwitter..... DMR 2009
 Emily Schwitter..... 4x800m Relay (Out.) 2009

Emily Sherrard..... 4x800m Relay (Ind.) 2008
 Allison Stankavage..... 4x800m Relay (Ind.) 2008
 Debra Vento..... High Jump 2005-06
 Liz Wort..... 1,500m 2005
 Liz Wort..... 4x800m Relay (Ind.) 2005
 Liz Wort..... 4x800m Relay (Out.) 2005

Cross Country All-East

Sheela Agrawal..... 1999
 Jessica Davlin..... 2007
 Paris Edwards..... 2001, 2004
 Anna Farias-Eisner..... 2005
 Mary Carleton Johnston..... 2008
 Maddie McKeever..... 2005
 Paige Miller..... 2001
 Elle Pishny..... 2004
 Megan Sullivan..... 1999
 Liz Wort..... 2004

Indoor All-East

Sheela Agrawal..... Four-Time 2000, 2002
 Katie Atlas..... Three-Time 1999, 2000, 2001
 Andrea Buckwalter..... One-Time 1999
 Laura Chen..... One-Time 2004
 Jessica Davlin..... Two-Time 2006, 2007
 Kristen Doody..... Two-Time 2001, '03
 Katie Doswell..... One-Time 2008
 Jan Faraguna..... One-Time 2004
 Anna Farias-Eisner..... Four-Time 2006, 2008, 2009
 Jenny Fraser..... Two-Time 2004, 2005
 Amy Fryt..... Two-Time 2008, 2009
 Collette Gurtler..... One-Time 1998
 Karolina Haraldsdottir..... One-Time 2009
 Christen Harsha..... Two-Time 2007, 2008
 Allison Hofmann..... Two-Time 2004, 2005
 Clara Horowitz..... Two-Time 2003, 2004
 Libby Jenke..... One-Time 2007
 Lara Jones..... Three-Time 2005, 2007
 Caitlin Klaas..... Three-Time 2006, 2007
 Phebe Ko..... One-Time 2003
 Molly Lehman..... Four-Time 2006-2009
 Meaghan Leon..... Three-Time 2004, 2005
 Patricia Loughlin..... One-Time 2009
 Cassie Ludwig..... One-Time 2009
 Lauren Matic..... Three-Time 2003, 2004, 2005
 Kelly McCann..... One-Time 2006
 Maddie McKeever..... One-Time 2006
 Janay McKie..... Four-Time 2001, 2002, 2003
 Sally Meyerhoff..... Four-Time 2003-2005, 2007
 Paige Miller..... One-Time 2005
 Devotia Moore..... Two-Time 2008-2009
 Leslie Morrison..... One-Time 2009
 Lindsay Owen..... Four-Time 2004-2007
 Shannon Rowbury..... Four-Time 2003-2005
 Heather Ryan..... One-Time 1999
 Kristin Sharra..... One-Time 1998
 Jodi Schlesinger..... One-Time 2002
 Jillian Schwartz..... Three-Time 1999-2001
 Emily Schwitter..... One-Time 2009
 Emily Sherrard..... Two-Time 2007, 2008
 Allison Stankavage..... Two-Time 2006, 2008
 Laura Stanley..... Two-Time 2003, 2005
 Megan Sullivan..... Three-Time 1998, 1999, 2002
 Stephanie Thomas..... One-Time 1999
 Debra Vento..... Three-Time 2005, 2006, 2007
 Esther Vermeer..... One-Time 2009
 Kim Voyticky..... One-Time 1998
 Brittany Whitehead..... One-Time 2009
 Liz Wort..... Two-Time 2005

Outdoor All-East

Christy Adamyk..... One-Time 2009
 Katie Apibunoyapas..... One-Time 2009
 Katie Atlas..... One-Time 2001
 Courtney Botts..... Two-Time 2000
 Jessica Davlin..... One-Time 2006
 Kristen Doody..... Three-Time 2000-2003
 Katie Doswell..... One-Time 2009
 Paris Edwards..... One-Time 2005
 Jan Faraguna..... Three-Time 2002-2004
 Amy Fryt..... One-Time 2008
 Anne Marie Gordon..... One-Time 2008

Women's Honors & Awards

Karolina Haraldsdottir	One-Time	2008
Christen Harsha	One-Time	2007
Allison Hofmann	One-Time	2004
Clara Horowitz	Three-Time	2003, 2004, 2006
Heidi Hullinger	One-Time	2003
Libby Jenke	One-Time	2006
Lara Jones	Two-Time	2006, 2007
Caitlin Klaas	One-Time	2007
Phebe Ko	Two-Time	2003, 2004
Molly Lehman	Four-Time	2006, 2008, 2009
Meaghan Leon	Four-Time	2002, 2004
Patricia Loughlin	Three-Time	2008, 2009
Lauren Matic	Five-Time	2002, 2004
Maddie McKeever	Two-Time	2006, 2007
Janay McKie	One-Time	2000
Sally Meyerhoff	Four-Time	2003, 2004, 2006
Jeanie Minton	One-Time	1998
Devotia Moore	One-Time	2009
Leslie Morrison	One-Time	2009
Lindsay Owen	Two-Time	2004, 2006
Elle Pishny	Three-Time	2004, 2005, 2007
Daina Pucurs	Two-Time	2006, 2007
Kelly Reynolds	Two-Time	2006, 2007
Natasha Roetter	One-Time	2005
Shannon Rowbury	Four-Time	2003, 2004
Jodi Schlesinger	One-Time	2001
Jillian Schwartz	Three-Time	1999-2001
Emily Schwitzer	One-Time	2009
Michelle Seibert	One-Time	2007
Carly Seymour	One-Time	2009
Emily Sherrard	One-Time	2007
Allison Stankavage	Two-Time	2006, 2007
Laura Stanley	Two-Time	2005, 2006
Megan Sullivan	One-Time	2002
Jenna Turner	Five-Time	2000-2003
Kate Van Buskirk	One-Time	2007
Debra Vento	Three-Time	2004-2006
Esther Vermeer	One-Time	2009
Kim Voyticky	One-Time	1998
Liz Wort	Six-Time	2003-2005, 2007

ACC HONORS

Cross Country ACC Champions

Sally Meyerhoff	2004
Shannon Rowbury	2005

Cross Country All-ACC

Sheela Agrawal	1999-2000
Whitney Anderson	2005
Tiare Ferguson	2004
Clara Horowitz	2002, 2005
Phebe Ko	2004
Emily McCabe	2006
Maddie McKeever	2006-2007
Sally Meyerhoff	2004-2005
Natasha Roetter	2004-2005
Shannon Rowbury	2004-2005
Laura Stanley	2005
Megan Sullivan	1998-1999
Kate Van Buskirk	2007
Liz Wort	2005

Cross Country ACC Freshman of the Year

Sheela Agrawal	1999
Whitney Anderson	2005
Tiare Ferguson	2004
Clara Horowitz	2002

Cross Country ACC Coach of the Year

Kevin Jermy	2005
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ACC's 50th Anniversary Cross Country Team

Sheela Agrawal	1999-2001
Ellison Goodall	1977

ACC Indoor Track & Field Champions

Sheela Agrawal	DMR	2000
Courtney Botts	DMR	2000
Clara Horowitz	3,000m	2006
Lindsay Owen	DMR	2007
Shannon Rowbury	Mile & 3,000m	2005, 2007
Heather Ryan	DMR	2000

Michelle Seibert	DMR	2007
Jillian Schwartz	Pole Vault	2001
Laura Stanley	5,000m	2006
Kate Van Buskirk	DMR	2007
Maddy Woodmansee	DMR	2000
Liz Wort	DMR	2007

Indoor Track & Field ACC Rookie of the Year

Sheela Agrawal	1999
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Indoor Track & Field All-ACC

Sheela Agrawal	DMR	2000
Sheela Agrawal	3,000m	2001
Katie Atlas	Mile	2001
Courtney Botts	DMR	2000
Laura Chen	Pole Vault	2004
Amy Fryt	Pole Vault	2009
Clara Horowitz	5,000m	2003
Clara Horowitz	3,000m	2007
Molly Lehman	Mile	2009
Maddie McKeever	5,000m	2008
Sally Meyerhoff	5,000m	2005
Paige Miller	5,000m	2004-2005
Beth O'Donnell	5,000m	1998
Lindsay Owen	DMR	2007
Shannon Rowbury	Mile	2003-2005, 2007
Shannon Rowbury	3,000m	2005, 2007
Heather Ryan	DMR	2000
Jillian Schwartz	Pole Vault	2000-2001
Michelle Seibert	DMR	2007
Laura Stanley	5,000m	2007
Maddy Woodmansee	DMR	2000
Kate Van Buskirk	DMR	2007
Debra Vento	High Jump	2005, '07
Liz Wort	Mile	2005
Liz Wort	3,000m	2007
Liz Wort	DMR	2003, 2007

ACC 50th Anniversary Indoor Track & Field Team

Jillian Schwartz	1998-2001
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ACC Outdoor Track & Field Champions

Amy Fryt	Pole Vault	2009
Daina Pucurs	Javelin	2006-07
Shannon Rowbury	1,500m	2005
Jillian Schwartz	Pole Vault	2000-2001
Debra Vento	High Jump	2006
Kim Voyticky	800m	1998
Liz Wort	Steeplechase	2005

Outdoor Track & Field All-ACC

Christy Adamyk	10,000m	2009
Sheela Agrawal	3,000m	2000
Katie Atlas	1,500m	2001
Amy Fryt	Pole Vault	2009
Clara Horowitz	5,000m	2004, 2006
Lara Jones	Pole Vault	2006
Molly Lehman	1,500m	2009
Patricia Loughlin	Steeplechase	2009
Lauren Matic	800m	2005
Maddie McKeever	5,000m	2007
Paige Miller	10,000m	2004
Beth O'Donnell	5,000m	1998
Daina Pucurs	Javelin	2005-2007
Kelly Reynolds	Hammer Throw	2004
Shannon Rowbury	1,500m	2005
Jillian Schwartz	Pole Vault	2000
Laura Stanley	10,000m	2006
Megan Sullivan	1,500m	2000-2001
Jenna Turner	Pentathlon	2001
Jenna Turner	400m Hurdles	2002
Kate Van Buskirk	1,500m	2007
Debra Vento	High Jump	2004, 2006-2007
Kim Voyticky	800m	1998
Liz Wort	Steeplechase	2005

ACC 50th Anniversary Outdoor Track & Field Team

Ellen Reynolds	1993-1996
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DUKE TEAM AWARDS

Cross Country MVP

Sheela Agrawal	2000
Paige Miller	2001
Caroline Bierbaum	2002
Laura Stanley	2003
Sally Meyerhoff	2004
Clara Horowitz	2005
Emily McCabe	2006
Maddie McKeever	2007

Cross Country Freshman of the Year

Lindsay Van Alstine	2003
Tiare Ferguson	2004
Whitney Anderson	2005
Kate Van Buskirk	2006
Christy Adamyk	2007
Suejin Ahn/Carly Seymour	2008

Indoor Track & Field MVP

Jillian Schwartz	2001
Sheela Agrawal	2002
Shannon Rowbury	2003-2005
Clara Horowitz	2006
Shannon Rowbury	2007
Maddie McKeever	2008
Amy Fryt/Molly Lehman	2009

Indoor Track & Field Freshman of the Year

Debra Vento	2004
Lara Jones	2005
Libby Jenke	2006
Kate Van Buskirk	2007
Amy Fryt	2008
Cydney Ross	2009

Outdoor Track & Field MVP

Jillian Schwartz	2001
Jenna Turner	2002
Clara Horowitz	2003-2004
Liz Wort	2005
Clara Horowitz	2006
Liz Wort	2007
Molly Lehman	2008-2009

Outdoor Track & Field Freshman of the Year

Debra Vento	2004
Daina Pucurs	2005
Maddie McKeever	2006
Kate Van Buskirk	2007
Amy Matulewicz	2008
Esther Vermeer	2009

Top Track Performer

Lauren Matic	2003
Paige Miller	2004
Shannon Rowbury	2005
Clara Horowitz	2006
Shannon Rowbury	2007
Maddie McKeever	2008
Molly Lehman	2009

Top Field Performer

Laura Chen	2003
Debra Vento	2004-2005
Daina Pucurs	2006
Debra Vento	2007
Amy Fryt	2008
Amy Fryt	2009

Most Improved Senior

Heidi Hullinger	2004
Meaghan Leon	2005
Liz Wort	2006
Lindsey Edwards	2007
Lara Jones	2008
Patricia Loughlin	2009