

Stevens Women's Indoor Track & Field Records

<u>Event</u>	<u>Mark</u>	<u>Athlete</u>	<u>Location</u>	<u>Date</u>
55-Meter Dash	7.71	Chika Ekweghariri	Wesleyan Invite	1/24/2009
60-Meter Dash	8.31	Chika Ekweghariri	Seton Hall	12/7/2008
200-Meter Dash	27.34	Salme Cook	Empire 8 Championships	2/1/2009
300-Meter Dash	N/A			
400-Meter Dash	59:69	Salme Cook	Wesleyan Invite	1/23/2010
500-Meter Run	1:16.43	Salme Cook	ECAC Championships	3/6/2010
600-Meter Run	1:42.44	Salme Cook	Metro Coaches Challenge	1/9/2009
800-Meter Run	2:19.71	Salme Cook	NYU Last Chance	2/26/2010
1,000-Meter Run	3:07.51	Shanna Bearisto	NYU Last Chance	2/26/2010
One-Mile Run	5:34.10	Melissa Franzese	Empire 8 Championships	2/1/2009
3,000-Meter Run	10:45.14	Ashley Princiotta	Gotham Cup	1/14/2012
5,000-Meter Run	18:40.47	Sara Amitrani	CTC Relays	12/2/2007
55-Meter Hurdles	9.05	Tiffany Evangelou	Springfield Invite	2/8/2011
60-Meter Hurdles	9.65	Tiffany Evangelou	NYU Last Chance	2/25/2011
1,600-Meter Walk	9:57.02	Melissa McAvoy	CTC Relays	12/8/2002
3,000-Meter Walk	19:47.61	Melissa McAvoy	New York City Armory	3/8/2003
Shot Put	11.70m (38'4")	Alina Duran	Empire 8 Championships	1/30/2011
Weight Throw	16.99m (55'8")	Alina Duran	CTC Relays	12/4/2011
High Jump	1.55m (5'01")	Laura Goodman	Empire 8 Championships	2/10/2008
Long Jump	5.04m (16'6")	Tiffany Evangelou	Empire 8 Championships	1/30/2011
Triple Jump	10.98m (36')	Tiffany Evangelou	CTC Relays	12/5/2010
Pole Vault	3.05m (10')	Rebecca Tylock	Wesleyan University	1/21/2012
Pentathlon	2,563	Amira Dardir	Crowell Invitational	1/7/2012
4x200-Meter Relay	2:14.86	Lizzie Bakarich, Cindy Chin, Jen Spero, Rachel Dougherty	CTC Relays	12/8/2002
4x400-Meter Relay	4:08.62	Salme Cook, Hillary Paul, Jillian Price, Shanna Bearisto	NYU Last Chance	2/26/2010
4x800-Meter Relay	9:49.68	Salme Cook, Hillary Paul, Shanna Bearisto, Ashley Princiotta	ECAC Championships	3/6/2010
4x1,600-Meter Relay	23:26.37	Katie Castroagudin, Laura Lemke, Jamie Brabston, Kelly Freed	CTC Relays	12/4/2011
Sprint Medley Relay	5:23.11	Mildred Santos, Leela Nathan, Efe Kragha, Winnie Yau	CTC Relays	12/6/1998
Distance Medley Relay	12:48.71	Shanna Bearisto, Hillary Paul, Salme Cook, Ashley Princiotta	ECAC Championships	3/6/2010

WOMEN'S INDOOR TRACK & FIELD RECORD BOOK

Updated 1/25/12 *jml* - records page

Year-By-Year	
1997-98	Adalberto Alonso
2003-04	Kevin McGinn
2004-05	John Crawford
2005-06	John Crawford
2006-07	John Crawford
2007-08	John Crawford
2008-09	John Crawford
2009-10	John Crawford
2010-11	John Crawford

Coaching Records		
Coach	# of Years	Years
Adalberto Alonso	1	1997-98
Kevin McGinn	1	2003-04
John Crawford	7	2004-11
TOTALS	9	

Eastern Collegiate Athletic Conference Championship Qualifiers		
2008	Sara Amitrani	5,000-Meter Run
2008	Melissa Franzese	3,000-Meter Run
2010	Salme Cook	500-Meter Run
2010	Grace Python	Weight Throw
2010	Hillary Paul Ashley Princiotta Shanna Bearisto Salme Cook	4x800-Meter Relay
2011	Grace Python	Weight Throw
2011	Alina Duran	Weight Throw

All-Eastern Collegiate Athletic Conference		
2000	Monica Johnson	Javelin
2010	Salme Cook	500-Meter Run

All-Empire 8			
2008	Salme Cook	First-Team	400-meter dash
2008	Melissa Franzese	First-Team	5,000-meter run
2008	Sara Amitrani	Second-Team	5,000-meter run
2008	Laura Goodman	Second-Team	High Jump
2009	Salme Cook	First-Team	400-meter dash
2009	Alina Duran	First-Team	Shot Put
2010	Salme Cook	First-Team	400-meter dash
2010	Grace Python	First-Team	Weight Throw
2011	Grace Python	First-Team	Weight Throw
2011	Alina Duran	First-Team	Shot Put

Empire 8 Presidents' List	
Sara Amitrani	Fall 2007
Jamie Brabston	Fall 2007
Allyson Mackavage	Fall 2007

All-Women's Intercollegiate Athletic Conference		
2004	Allison Donnelly	Woman of the Year

College Athletic Administrators of New Jersey Scholar-Athlete	
2004	Allison Donnelly

College Sports Information Directors of America Academic All-District		
2004	Allison Donnelly	First-Team
2008	Sara Amitrani	Second-Team

College Sports Information Directors of America Academic All-America		
2004	Allison Donnelly	First-Team

Stevens Team Awards		
2005-06	Kristen Wolf	Most Valuable Player
2005-06	Ayse Figanmese	Coach's Award
2006-07	Sara Amitrani	Most Valuable Player
2006-07	Laura Goodman	Coach's Award
2007-08	Sara Amitrani	Most Valuable Player
2007-08	Laura Goodman	Coach's Award
2009-10	Grace Python	Most Valuable Player
2009-10	Jenny Wehof	Coach's Award
2010-11	Laura Barito	Most Valuable Player
2010-11	Katie CastroAgudin	Coach's Award

John A. Davis Award	
2009-10	Hillary Paul

NCAA Woman of the Year Award	
2009-10	Hillary Paul

Stevens Athletics Hall of Fame		
Adalberto Alonso '83	Inducted 2006	Coach