

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	10:48.76	Melissa Franzese	Metro Coaches Challenge	2/8/2008
5,000-Meter Run	18:40.47	Sara Amitrani	CTC Relays	12/2/2007
55-Meter Hurdles	9.19	Amethyst Holder	Empire 8 Championships	2/1/2009
60-Meter Hurdles	10.05	Jenny Wehof	Seton Hall Games	2/28/2010
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	10.88m (35'8")	Alina Duran	Empire 8 Championships	2/1/2009
Weight Throw	14.95m (49'0.5")	Grace Python	Seton Hall Games	2/28/2010
High Jump	1.55m (5'01")	Laura Goodman	Empire 8 Championships	2/10/2008
Long Jump	4.84m (15'10.5")	Caroline Pawalowski	Empire 8 Championships	1/31/2010
Triple Jump	10.42m (34'02")	Caroline Pawalowski	Empire 8 Championships	1/31/2010
Pole Vault	2.85m (9'4.25")	Rebecca Tylock	Metro Coaches Invitational	1/8/2010
Pentathlon	2,030	Kristen Wolf	Army Open	1/28/2006
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	26:08.17	Laura Monchinski, Yelena Havryliuk, Mildred Santos, Maureen Amador	CTC Relays	12/6/1998
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 6/11/08 *RC*

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

Coaching Records		
Coach	# of Years	Years
Adalberto Alonso	1	1997-98
Kevin McGinn	1	2003-04
John Crawford	4	2004-08
TOTALS	6	

Eastern Collegiate Athletic Conference Championship Qualifiers		
2000	Monica Johnson	Javelin
2001	Monica Johnson	Javelin
2008	Sara Amitrani	5,000-Meter Run
2008	Melissa Franzese	3,000-Meter Run

All-Eastern Collegiate Athletic Conference		
2000	Monica Johnson	Javelin

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

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

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