

Stevens Women's Outdoor Track & Field Records

<u>Event</u>	<u>Mark</u>	<u>Athlete</u>	<u>Location</u>	<u>Date</u>
100-Meter Dash	12.74	Laura Barito	Lion Invitational	4/30/2011
200-Meter Dash	25.62	Laura Barito	Vassar Invitational	5/6/2011
400-Meter Dash	57.51	Salme Cook	Lion Invitational	4/24/2010
800-Meter Run	2:12.88	Salme Cook	Lion Invitational	4/24/2010
1,500-Meter Run	4:54.85	Kelly Freed	Swarthmore Lst Chance	5/16/2011
One-Mile Run	5:40.53	Sara Amitrani	Coach O Invitational	4/14/2007
3,000-Meter Run	11:20.69	Melissa Franzese	New Jersey Invite	4/11/2009
5,000-Meter Run	19:04.23	Sara Amitrani	Princeton Elite Meet	5/2/2008
10,000-Meter Run	39:49.88	Melissa Franzese	Princeton Invitational	4/3/2009
100-Meter Hurdles	15.31	Laura Barito	ECAC Championships	5/19/2011
400-Meter Hurdles	59.49	Laura Barito	NCAA Championships	5/28/2011
3,000-Meter Steeplechase	12:24.80	Jamie Brabston	Lion Invitational	4/24/2010
Shot Put	11.06m (36'3")	Alina Duran	Stockton Quad	4/21/2011
Hammer Throw	47.58m (156'1.25")	Grace Python	Osprey Open	3/20/2010
Discus Throw	32.31m (106'00")	Monica Johnson	Wagner College	4/7/2001
Javelin Throw	42.52m (139'06")	Maggie Kowalska	Vassar Invitational	5/6/2011
High Jump	1.57m (5'02")	Laura Goodman	Kings Point Invitational	5/5/2007
Long Jump	5.11m (16'9")	Tiffany Evangelou	Lion Invitational	4/30/2011
Triple Jump	10.57m (34'8")	Caroline Pawalowski	Empire 8 Championships	4/19/2009
Pole Vault	3.26m (10'8")	Rebecca Tylock	Stockton Quad	4/21/2011
Heptathlon	2,890	Efe Kragha	CTC Championships	5/2/1998
4x100-Meter Relay	52.78	Chika Ekweghariri, Caroline Pawalowski Laura Barito, Salme Cook	Empire 8 Championships	4/19/2008
4x200-Meter Relay	2:11.17	Sunny Kennedy, Anne Krone, Natalie Vanatta, Varuna Sundaram	Bronx Invitational	4/1/2000
4x400-Meter Relay	4:04.82	Salme Cook, Caroline Pawalowski, Laura Barito, Shanna Bearisto	Princeton Elite Meet	5/1/2010
4x800-Meter Relay	10:50.77	Shanna Bearisto, Jamie Brabston Katie Castroagudin, Kelly Freed	VMI/W&L T&F Carnival	3/26/2011
4x1600-Meter Relay	N/A			
SMR	4:54.82	Naomi Chin, Anne Krone, Louise Firner, Maureen Amador	Bergen Invitational	4/28/2001
DMR	14:27.45	Michelle Devlin, Melissa McAvoy, Rachel Luch, Karen O'Shea	Bergen Invitational	4/26/2003

Stevens Women's Outdoor Track & Field Records (Cont.)

Event	Mark	Athletes	Location	Date
Shot Put Relay	17.65m (57'-11.5")	Monica Johnson/Naomi Chin	William Paterson University	4/14/2001
Discus Throw Relay	N/A			
Javelin Throw Relay	64.49m (211'-7")	Monica Johnson/Naomi Chin	William Paterson University	4/14/2001
Hammer Throw Relay	N/A			
High Jump Relay	2.79m (9'-2")	Elizabeth Bakarich/Lauren Spingler	Bergen Community College	4/26/2003
Long Jump Relay	8.20m (26'-11")	Sunny Kennedy/Naomi Chin	Bronx Community College	4/1/2000
Triple Jump Relay	13.72m (45'-1")	Zhanna Lasun/Rachel Luch	Bergen Community College	4/26/2003
Pole Vault Relay	N/A			

WOMEN'S OUTDOOR TRACK & FIELD RECORD BOOK

Updated 7/21/11 *jjm*

Year-By-Year					
1998	Adalberto Alonso	2003	Adalberto Alonso	2008	John Crawford
1999	Adalberto Alonso	2004	Kevin McGinn	2009	John Crawford
2000	Adalberto Alonso	2005	John Crawford	2010	John Crawford
2001	Adalberto Alonso	2006	John Crawford	2011	John Crawford
2002	Adalberto Alonso	2007	John Crawford		

Coaching Records		
Coach	# of Years	Years
Adalberto Alonso	6	1998-2003
Kevin McGinn	1	2004
John Crawford	7	2005-11
TOTALS	14	

Collegiate Track Conference Championship Finishes			
1998	8 th /16	2003	10 th /15
1999	8 th /16	2004	13 th /18
2000	10 th /18	2005	Did Not Compete
2001	12 th /31	2006	15 th /15
2002	14 th /25	2007	12 th /17

NCAA National Participants			
2010	Salme Cook	800-Meter Run	14 th Place
2010	Maggie Kowalska	Javelin	17 th Place
2011	Laura Barito	400-Meter Hurdles	1st Place - National Champion
2011	Maggie Kowalska	Javelin	20 th Place

USTFCCCA All-American		
2011	Laura Barito	400-Meter Hurdles

NCAA National Champion		
2011	Laura Barito	400-Meter Hurdles

NCAA Team National Championship Finishes		
2011	19 th Place	10 points

All-Collegiate Track Conference			
1998	Laura Monchinski	10,000-Meter Run	3 rd Place
1998	Yelena Havryliuk	10,000-Meter Run	4 th Place
1998	Efe Kragha	High Jump	3 rd Place
1998	Efe Kragha	Heptathlon	4 th Place
1999	Maureen Amador	5,000-Meter Run	3 rd Place
1999	Maureen Amador	10,000-Meter Run	6 th Place
1999	Maureen Amador	3,000-Meter Walk	4 th Place
1999	Rebecca Dougherty	2,000-Meter Steeplechase	6 th Place
1999	Efe Kragha	High Jump	2 nd Place
1999	Efe Kragha	Long Jump	4 th Place
1999	Efe Kragha Maureen Amador Kameelah Majied Hillary Green	4x100-Meter Relay	5 th Place
1999	Efe Kragha Laura Monchinski Kameelah Majied Maureen Amador	4x400-Meter Relay	5 th Place
1999	Laura Monchinski Kameelah Majied Maureen Amador Mildred Santos	4x800-Meter Relay	5 th Place
2000	Rachel Luch	3,000-Meter Walk	6 th Place
2000	Monica Johnson	Shot Put	5 th Place
2000	Monica Johnson	Discus Throw	5 th Place
2000	Monica Johnson	Javelin Throw	5 th Place
2000	Sunny Kennedy	Triple Jump	5 th Place
2000	Naomi Chin	Heptathlon	6 th Place
2000	Varona Sundaram Rachel Luch Naomi Chin Anne Krone	4x100-Meter Relay	6 th Place
2000	Anne Krone Rachel Luch Varona Sundaram Monica Johnson	4x400-Meter Relay	5 th Place
2000	Anne Krone Naomi Chin Rachel Luch Varona Sundaram	4x800-Meter Relay	6 th Place
2001	Monica Johnson	Javelin Throw	3 rd Place
2001	Naomi Chin	Heptathlon	3 rd Place
2002	Melissa McAvoy	3,000-Meter Walk	3 rd Place
2003	Melissa McAvoy	3,000-Meter Walk	1 st Place
2003	Zhanna Lasun	3,000-Meter Walk	3 rd Place
2004	Allison Donnelly	10,000-Meter Run	3 rd Place
2007	Sara Amtrani	10,000-Meter Run	2 nd Place
NOTE: all-conference selections were based on placement (1-6) from 1998-2001. Beginning in 2001, only top 3 were selected			

Eastern Collegiate Athletic Conference Championship Qualifiers		
2000	Monica Johnson	Javelin
2001	Monica Johnson	Javelin
2008	Sara Amtrani	10,000-Meter Run
2008	Melissa Franzese	10,000-Meter Run
2009	Melissa Franzese	10,000-Meter Run
2010	Salme Cook	800-Meter Run
2010	Maggie Kowalska	Javelin
2010	Laura Barito	400-Meter Hurdles
2010	Grace Python	Hammer Throw
2011	Maggie Kowalska	Javelin
2011	Laura Barito	400-Meter Hurdles 100-Meter Dash
2011	Alina Duran	Hammer Throw

All-Eastern Collegiate Athletic Conference			
2000	Monica Johnson	Javelin	
2010	Salme Cook	800-Meter Run	
2011	Maggie Kowalska	Javelin	ECAC Champion
2011	Laura Barito	400-Meter Hurdles	

All-Empire 8			
2008	Melissa Franzese	First-Team	5,000-meter run
2008	Ellyn Griggs	Second-Team	Javelin
2008	Madalyn Kulas	Second-Team	High Jump
2008	Sara Amitrani	Sportswoman of the Year	
2009	Laura Barito	Second-Team	400-Meter Hurdles
2009	Caroline Pawalowski	Second-Team	Triple Jump
2010	Laura Barito	First-Team	400-Meter Hurdles
2010	Laura Barito	Second-Team	400-Meter Dash
2010	Salme Cook	First-Team	800-Meter Run
2010	Maggie Kowalska	First-Team	Javelin
2010	Caroline Pawalowski Shanna Bearisto Laura Barito Salme Cook	First-Team	4x400-Meter Relay
2011	Laura Barito	First-Team	100-Meter Dash
2011	Laura Barito	First-Team	400-Meter Run
2011	Laura Barito	First-Team	400-Meter Hurdles
2011	Laura Barito	Second-Team	100-Meter Hurdles
2011	Alina Duran	First-Team	Hammer Toss
2011	Maggie Kowalska	Second-Team	Javelin

Empire 8 Championship Athlete of the Meet	
2011	Laura Barito

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

Irvin "Buzz" Seymour Stevens Athlete of the Year	
2009-10	Laura Barito
2010-11	Laura Barito

NCAA Woman of the Year Award	
2009-10	Hillary Paul

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