

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	13.36	Chika Ekweghariri	Coach O Invitational	4/5/2008
200-Meter Dash	27.47	Salme Cook	New Balance Challenge	5/10/2008
400-Meter Dash	1:00.16	Salme Cook	New Jersey Invite	4/11/2009
800-Meter Run	2:24.60	Salme Cook	Dick Shea Invite	3/29/2009
1,500-Meter Run	5:07.16	Shanna Beairsto	Lion Invite	4/26/2009
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	19:12.67	Melissa Franzese	Empire 8 Championships	4/19/2008
10,000-Meter Run	39:49.88	Melissa Franzese	Princeton Invitational	4/3/2009
100-Meter Hurdles	17.38	Jennifer Wehof	Lion Invite	4/26/2009
400-Meter Hurdles	1:09.08	Laura Barito	Lion Invite	4/26/2009
3,000-Meter Steeplechase	13:23.21	Jamie Brabston	New Balance Challenge	5/10/2008
Shot Put	10.96m (35'11")	Rachel Cannell	CTC Championships	4/21/2007
Hammer Throw	36.99m (121'04")	Grace Python	Dick Shea Invite	3/29/2009
Discus Throw	32.31m (106'00")	Monica Johnson	Wagner College	4/7/2001
Javelin Throw	35.96m (117'11")	Monica Johnson	Bowdoin College	5/13/2000
High Jump	1.57m (5'02")	Laura Goodman	Kings Point Invitational	5/5/2007
Long Jump	5.010m (16'9")	Salme Cook	Empire 8 Championship	4/19/2009
Triple Jump	10.57m (34'8")	Caroline Pawalowski	Empire 8 Championships	4/19/2009
Pole Vault	N/A			
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	4:21.96	Salme Cook, Caroline Pawalowski, Laura Barito, Shanna Beairsto	Dick Shea Invite	3/29/2009
4x800-Meter Relay	10:56.81	Karen O'Shea, Emily Schlipf, Louise Firner, Anne Krone	Bergen Invitational	4/27/2002
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 6/11/08 *RC*

Year-By-Year						
1998	Adalberto Alonso		2003	Adalberto Alonso	2008	John Crawford
1999	Adalberto Alonso		2004	Kevin McGinn		
2000	Adalberto Alonso		2005	John Crawford		
2001	Adalberto Alonso		2006	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	4	2005-08
TOTALS	11	

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

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

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 Amitrani	10,000-Meter Run	2 nd Place

NOTE: all-conference selections were based on placement (1-6).

Eastern Collegiate Athletic Conference Championship Qualifiers		
2000	Monica Johnson	Javelin
2001	Monica Johnson	Javelin
2008	Sara Amitrani	10,000-Meter Run
2008	Melissa Franzese	10,000-Meter Run

All-Eastern Collegiate Athletic Conference		
2000	Monica Johnson	Javelin

All-Empire 8			
2008	Melissa Franzese	First-Team	5,000-meter run
2008	Ellyn Griggs	Second-Team	Javelin Throw
2008	Madalyn Kulas	Second-Team	High Jump
2008	Sara Amitrani	Sportswoman of the Year	

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