# Women's Outdoor Records

(through 05-26-15)

<table>
<thead>
<tr>
<th>Event</th>
<th>Time/ Height</th>
<th>Name</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>100M</td>
<td>12.43</td>
<td>Sue Bochnovich</td>
<td>2009</td>
</tr>
<tr>
<td>100HH</td>
<td>14.46</td>
<td>Hilari Norris</td>
<td>2014</td>
</tr>
<tr>
<td>200M</td>
<td>25.40</td>
<td>Sue Bochnovich</td>
<td>2009</td>
</tr>
<tr>
<td>400M</td>
<td>56.06</td>
<td>Amy Viti</td>
<td>2014</td>
</tr>
<tr>
<td>400IH</td>
<td>1:02.66</td>
<td>Jill Dunn</td>
<td>2013</td>
</tr>
<tr>
<td>800M</td>
<td>2:10.45</td>
<td>Amy Viti</td>
<td>2015</td>
</tr>
<tr>
<td>1,500M</td>
<td>4:38.46</td>
<td>Marina Orrson</td>
<td>2013</td>
</tr>
<tr>
<td>3000M</td>
<td>10:22.46</td>
<td>Ali Ostrum</td>
<td>2009</td>
</tr>
<tr>
<td>3K Steeple</td>
<td>11:42.94</td>
<td>Bethany Killmon</td>
<td>2015</td>
</tr>
<tr>
<td>5,000M</td>
<td>17:26.62</td>
<td>Amy Bower</td>
<td>2005</td>
</tr>
<tr>
<td>10,000M</td>
<td>36:25.26</td>
<td>Marina Orrson</td>
<td>2013</td>
</tr>
<tr>
<td>Long Jump</td>
<td>18' ¼&quot;</td>
<td>Sarah Ostroski</td>
<td>2014</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>38&quot;</td>
<td>Jill Dunn</td>
<td>2012</td>
</tr>
<tr>
<td>High Jump</td>
<td>5' 9 ¾&quot;</td>
<td>Ashlee Ward</td>
<td>2014</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>10' 2&quot;</td>
<td>Rachael Rutkoski</td>
<td>2010</td>
</tr>
<tr>
<td>Shot Put</td>
<td>38' 2&quot;</td>
<td>Jessica Bealer</td>
<td>2011</td>
</tr>
<tr>
<td>Discus</td>
<td>133' 11&quot;</td>
<td>Ashlee Ward</td>
<td>2011</td>
</tr>
<tr>
<td>Hammer</td>
<td>148' 9 &quot;</td>
<td>Sarah Wigg</td>
<td>2014</td>
</tr>
<tr>
<td>Javelin</td>
<td>127' 4&quot;</td>
<td>Shannon Kane</td>
<td>2011</td>
</tr>
<tr>
<td>Heptahlon</td>
<td>3618</td>
<td>Robin Razawich</td>
<td>2010</td>
</tr>
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## Relays

<table>
<thead>
<tr>
<th>Relay</th>
<th>Time</th>
<th>Team</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>4X100</td>
<td>48.18</td>
<td>S. Grow, J. Dunn, J. Lozier, S. Perrins</td>
<td>2012</td>
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<tr>
<td>4X400</td>
<td>3:50.11</td>
<td>K. Fairchild, M. Fairchild, M. Fry, A. Viti</td>
<td>2015</td>
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<tr>
<td>4X800</td>
<td>9:24.22</td>
<td>K. Cameron, B. Comiskey, A. Yoder, M. Orrson</td>
<td>2013</td>
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<tr>
<td>Sprint Medley</td>
<td>2:00.75</td>
<td>L. Greenfield, T. Irizarry, J. O'Connor, R. Straub</td>
<td>2004</td>
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</tbody>
</table>