

Syracuse Chargers Records for F1415

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|-------------------|--------------------------|-----------|------------|
| heptathlon | April Rushey | 3994 | 6/15/1997 |
| high jump | Meagan Turner | 4ft 10in | 7/14/2008 |
| indoor pentathlon | April Rushey | 2690 | 3/15/1997 |
| 1 mile | Kelly Murray | 5:26.4 | 7/1/2002 |
| 10 miles | Kayla Nimmo | 1:12:34 | 7/4/1998 |
| 1000m | Suzanne Verdoliva | 3:14.0 | 2/4/1979 |
| 1000y | Tonya Heard | 2:48.6 | 2/1/1976 |
| 100m | Antonika Owens | 12.9 | 7/13/1994 |
| 100m HH | Jane O'Brien | 16.3 | 6/21/1980 |
| 100y | Erica Hagenlocher | 12.8 | 7/28/1973 |
| 100y | Sherry Winters | 12.8 | 7/7/1978 |
| 10km road | Roberta Bain | 38:35.0 | 3/18/1979 |
| 1500m | Colleen Eccles | 4:56.4 | 3/15/1997 |
| 15km road | Beth Sierzant | 1:01:15 | 4/2/1983 |
| 2 miles | Melanie Spera | 12:47.5 | 8/3/2009 |
| 2000m | Kelly Murray | 7:25.2 | 3/16/2003 |
| 200m | Ore Akinpelu | 26.25 | 6/24/2012 |
| 220y | Joanne Atkinson | 28.1 | 4/5/1978 |
| 2km steeple | Trina Bills | 7:43.7 | 7/25/2008 |
| 3000m road | Katlyn McNamara | 12:25 | 5/8/2008 |
| 3000m | Heidi Andrews | 10:52.7 | 12/21/1986 |
| 300m | Kelly Kuss | 47.0 | 1/24/1998 |
| 400m | Allison Stone | 60.7 | 3/13/1999 |
| 400m IH | Beth Sierzant | 1:07.9 | 8/18/1984 |
| 440y | Kristen Hagenlocher | 64.0 | 1/17/1976 |
| 5 miles road | Marcy Rothenberg | 35:28.0 | 3/18/1979 |
| 50m | Juliet Armstrong | 7.2 | 2/22/1980 |
| 55m | Allison Stone | 7.4 | 3/13/1999 |
| 55m HH | April Rushey | 9.0 | 3/15/1997 |
| 5km road | Tonya Heard | 18:57 | 8/8/1976 |
| 600m | Colleen Eccles | 1:45.7 | 3/15/1997 |
| 600y | Kristen Hagenlocher | 1:29.7 | 2/11/1976 |
| 880y | Kristen Hagenlocher | 2:14.7 | 7/12/1975 |
| 8km road | Laura Feller | 34:09.0 | 5/21/1995 |
| discus | April Rushey | 86-6 | 6/1/1997 |
| hammer | April Rushey | 73-1 1/2 | 6/1/1997 |
| javelin | April Rushey | 126-3 3/4 | 6/1/1997 |
| long jump | Vicky Williams | 16-6 1/2 | 7/13/1985 |
| marathon | Wendy Pusch | 3:30:23 | 5/18/1975 |
| pole vault | Linda Hadfield | 10ft 11in | 7/26/2007 |
| shot put 4kg | Shayna Santarelli-Hansen | 37-6 3/4 | 6/23/2013 |
| triple jump | Antonika Owens | 35-10 1/2 | 7/17/1994 |
| weight pentathlon | April Rushey | 2295 | 6/1/1997 |

weight throw 20lb April Rushey

29-2 6/1/1997

20 Oct 2018