

Syracuse Chargers Records for F1617

heptathlon	Janeen Bonner	4200	8/18/1984
high jump	Cathy Golden	5ft 7in	6/18/1983
1 mile	Katy Schilly	4:53.0	6/30/1978
1 mile walk	Katie Monco	10:22.4	12/20/1998
10 miles	Katy Schilly	1:02:24	7/27/1978
1000m	Sarah Verdoliva	3:10.0	1/18/2004
1000y	Mary Seybold	2:40.2	1/26/1974
100m	Jazmine Herbert	12.84	6/24/2012
100m HH	Sarah Kranzler	14.5	6/21/1997
100y	Linda Cupit	11.4	4/12/1975
10km road	Katy Schilly	36:09.0	10/6/1974
10km track	Jennifer Rhines	38:18.4	8/2/1990
10km walk track	Laura Feller	64:11.0	8/1/1997
1500m	Catey Shanahan	4:35.0	8/18/1984
1500m walk	Marie Killory	8:28.0	6/15/1980
15km road	Hope Wynkoop	1:00:40	7/8/1978
2 miles	Katy Schilly	10:40.0	6/9/1973
2000m	Kim Winslow	7:22.4	3/18/1984
200m	Leashia Rahr	25.5	7/15/1996
20km	Michelle Sierzant	1:27:28	6/6/1984
220y	Mary Rybinski	26.4	6/9/1974
2km steeple	Kayleigh Wheeless	8:07.6	8/2/2002
3000m	Kathy Mills	9:48.6	6/28/1975
3000m steeple	Kayleigh Wheeless	12:54.7	7/25/2003
3000m walk	Rebecca Soderholm	18:59.4	3/20/1988
300m	Jeanne Lyon	46.7	2/22/1980
300y	Linda Cupit	39.6	2/1/1976
330y IH	Erica Hagenlocher	46.3	4/27/1975
400m	Leashia Rahr	57.4	6/17/1995
400m IH	Erica Hagenlocher	1:06.8	6/9/1974
440y	Linda Cupit	59.8	4/27/1975
440y IH	Grace Killory	1:17.0	6/79
5 miles road	Hope Wynkoop	33:04.0	8/25/1983
50m HH	Beth Sierzant	8.2	1/19/1985
50y	Linda Cupit	6.5	1/26/1975
50y HH	Betsey Fey	8.0	12/17/1983
55m	Amira Felton	7.4	1/27/1991
55m HH	Nell Campbell	9.2	12/19/1999
5km road	Ann Nicholson	18:35	7/4/1993
5km track	Ann Nicholson	17:57.0	6/22/1993
5km walk	Laura Feller	29:13.0	7/31/1997
600m	Heather Whitmore	1:45.5	3/15/1997
600y	Mary Rybinski	1:31.2	2/3/1974

880y	Katy Schilly	2:16.6	12/8/1972
8km road	Tracey Bunce	30:08.0	5/5/1991
discus	Monica Ridgeway	110-7 3/4	7/28/2005
javelin	Cassie Quackenbush	109-2	8/7/1983
long jump	Antonika Owens	17-6 1/2	8/6/1994
marathon	Mary Durgin	3:14:00	11/29/1981
pole vault	Katie Wilmer	10ft 6in	7/10/2003
pole vault	Katie Wilmer	10ft 6in	2/14/2004
shot put 4kg	Shari Zembek	41-4 1/2	1/6/1990
triple jump	Antonika Owens	39-7	8/6/1994
weight throw 20lb	April Rushey	19-3 1/2	1/16/1999

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