

Syracuse Chargers Records for F1617

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|-----------------|-------------------|---------|------------|
| 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 |

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|-------------------|--------------------|-----------|------------|
| 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 |

20 Oct 2018