

Syracuse Chargers Records for F1819

heptathlon	Janet Adams	4580	8/14/1981
high jump	Janet Adams	5ft 3in	8/15/1980
1 mile	Katy Schilly	4:49.8	1/26/1975
1 mile walk	Ellen Minkow	7:29.5	6/74
1000m	Colleen Peterson	3:08.3	1/16/1999
1000y	Katy Schilly	2:36.4	2/1/1976
100m	Zanderland Dixon	12.1	7/26/1990
100m HH	Janet Adams	16.1	8/13/1981
100m HH	Cathy Golden	16.1	6/22/1985
100y	Diane Holmes	11.8	7/1977
10km road	Katy Schilly	34:44.0	10/4/1975
10km track	Betsy Kneale	38:36.1	8/17/1984
10km walk road	Ellen Minkow	56:18.0	10/27/1973
1500m	Katy Schilly	4:25.8	6/1976
15km road	Betsy Kneale	55:25.0	7/8/1984
2 miles	Katy Schilly	10:19.4	2/27/1976
2000m	Theresa Trudell	6:57.6	1/18/1995
200m	Zanderland Dixon	24.8	7/26/1990
20km	Kathy Mills	1:12:53	8/1/1977
220y	Cindy White	31.6	2/12/1978
3000m	Katy Schilly	9:40.4	1/17/1976
3000m steeple	Brittany Wilder	12:47.0	7/23/2006
300m	Betsy Lepkowski	44.3	2/27/1983
300m IH	Grace Killory	53.8	8/15/1980
30km road	Mary Hoey	2:13:13	3/21/1982
400m IH	Grace Killory	1:12.7	6/15/1980
400y	Erica Hagenlocher	58.7	8/1977
40y	Lynn Rosenthal	5.3	1/29/1978
5 miles road	Laura Kellogg	30:52.0	6/26/1983
500m	Melissa St. Vil	1:26.0	2/9/2003
50m	Lynn Rosenthal	7.0	2/19/1978
55m	Yolanda Mikell	8.6	2/3/1990
55m HH	Melissa St. Vil	9.41	2/9/2003
5km road	Mary Seybold	17:34.0	7/29/1977
5km walk road	Ellen Minkow	26:53.0	10/27/1973
600m	Lila Buchanan	1:49.4	2/28/1987
600y	Mary Rybinski	1:27.3	2/1/1976
880y	Katy Schilly	2:15.9	4/27/1975
8km road	Betsy Kneale	29:13.0	7/19/1984
discus	Shari Zembek	138-10	7/27/1991
half marathon	Betsy Kneale	1:27:31	8/9/1984
hammer 4kg	Monica Ridgeway	144-4	7/13/2007
javelin	Janet Adams	125-8	8/13/1981

long jump	Lynn Rosenthal	16-5	1/29/1978
marathon	Vicky Kraft	2:52:18	10/13/1979
shot put 4kg	Shari Zembek	43-5 3/4	7/27/1991
shot put 8lb	Patrina Thomas	44-4 1/2	8/9/1985
weight pentathlon	Monica Ridgeway	3125	7/13/2007
weight throw 20lb	Monica Ridgeway	45-5 1/4	7/13/2007

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