

## Syracuse Chargers Records for F2024

high jump	Sharon Gleasman	5-11 1/4	5/18/1984
outdoor pentathlon	Chris Schilly	3132	8/25/1973
1 hour walk	Laura Feller	10630m	7/20/2003
1 mile	Kaitlin O'Sullivan	4:46.78	2/7/2009
1 mile walk	Laura Feller	8:05:06	7/14/2003
10 miles	Kaitlin O'Sullivan	59:52.0	5/3/2009
1000m	Kim Standridge	2:47.6	1/14/2012
100m	Deborah Richards	13.09	2/25/2003
100m HH	Anne Murrock	16.7	8/14/1982
100y	Chris Schilly	11.5	7/28/1973
10km road	Jennifer Rhines	34:53.0	8/10/1995
10km track	Amanda Laytham	34:07.8	6/9/2007
10km walk road	Laura Feller	56:12.0	7/24/2000
10km walk track	Laura Feller	58:25.0	7/27/2000
1500m	Leah Andrianos	4:25.4	6/2/2012
15km road	Christine Sisting	54:24.0	7/12/1998
2000m	Michelle Crew	7:42.2	1/19/1986
20km	Melissa LaCasse	1:11:26	9/2/1984
20km walk road	Laura Feller	2:00:46	7/26/2003
220y	Chris Schilly	25.1	6/9/1974
25km road	Deb Froehlich	1:43:18	5/1/1983
2km steeple	Tonya Dodge	7:02.7	8/14/1999
3000m road	Megan O'Connor	11:25	5/5/2013
3000m steeple	Tonya Dodge	10:10.8	5/12/2001
3000m	Tonya Dodge	9:29.4	6/27/2000
3000m walk	Laura Feller	15:26.7	1/18/2004
300m	Cathy McKeever	46	2/27/1983
30km road	Carol Andrew-Zipprich	1:54:32	3/24/1985
400m IH	Anne Murrock	1:07.7	8/14/1982
440y	Chris Schilly	55.4	6/1974
5 miles road	Christine Sisting	29:47.0	6/23/1997
50m	Cathy McKeever	6.7	2/27/1982
50m HH	Janet Adams	8.1	3/15/1986
55m	Musu Jackson-Buckner	7.34	2/2/2008
5km road	Amanda Laytham	16:52	9/30/2007
5km track	Amanda Laytham	16:48.0	4/26/2007
5km walk road	Laura Feller	26:41.0	10/20/2002
5km walk track	Laura Feller	26:24.0	4/26/2003
600m	Carolyn Eich	1:43.0	2/27/1983
600y	Chris Schilly	1:24.0	date unknown
60m	Andrea Bader	8.03	2/20/2010
60m HH	Melissa St. Vil	9.61	2/6/2005
60y	Chris Schilly	6.9	2/3/1974

800m	Kim Standridge	2:05.8	4/20/2012
880y	Chris Schilly	2:12.3	2/23/1975
8km	Carol Andrew-Zipprich	29:12.0	7/18/1985
8km walk	Laura Feller	45:18.0	7/20/2003
discus	Shari Zembek	150-8	5/22/1992
half marathon	Rachael Sweet	1:20:49	5/24/2009
hammer	Shari Zembek	139-4	5/22/1992
javelin	Janet Adams	137-7 3/4	8/8/1985
long jump	Sharon Gleasman	17-6 1/2	2/27/1983
marathon	Marian Teitsch	2:40:32	5/2/1984
shot put 4kg	Shari Zembek	44-1	7/25/1992
weight throw 20lb	Monica Ridgeway	44-4	12/14/2008

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