

UMASS RECORDS

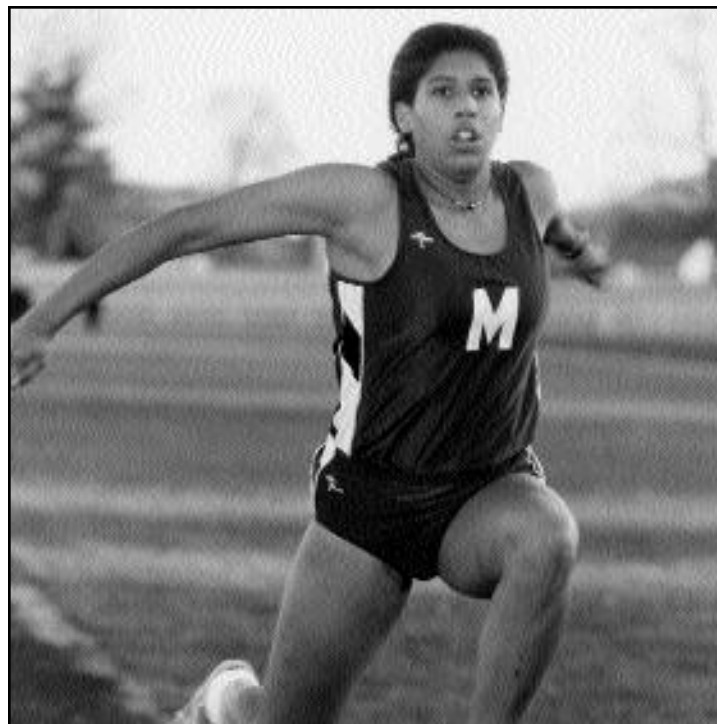
UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND

<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>
Shot Put	Carole LaPlante	43'0-1/2"	1999
20 lb. Weight	Shana Mitchell	53'1-1/2"	1997
Triple Jump	Janey Meeks	40'4"	1995
Long Jump	Pam Hughes	19'1-3/4"	1986
High Jump	Andrea Comeau	5'10-1/2"	1999
Pole Vault	Rhianna DaCruz	11'9-3/4"	2002
Pentathlon	Andrea Comeau	3,658	1999
55 Meter	Kayla Morrison	7.04	1987
55 Meter Hurdles	Rose Bryan	7.94	1999
200 Meter	Shelanda Irish	25.14	1998
400 Meter	Lee Ann Ambrose	54.57	1990
500 Meter	Lee Ann Ambrose	1:12.95	1992
600 Meter	Barbara Cullinan	1:22.34	1987
800 Meter	Barbara Cullinan	2:12.34	1987
1,000 Meter	Nicole Way	2:50.59	1999
1,500 Meter	Judy McCrone	4:37.30	1980
Mile	Rebecca Donaghue	4:50.07	1996
3,000 Meter	Kelly Liljeblad	9:35.67	1995
Two Mile	Judy McCrone	10:23.11	1981
5,000 Meter	Kelly Liljeblad	16:44.73	1995
4 x 200 Meter Relay	Keri Fleischmann Wendy Marshall Pam Hughes Kayla Morrison	1:42.30	1986
4 x 400 Meter Relay	Christine Bates Wendy Marshall Barbara Cullinan Kayla Morrison	3:50.59	1986
4 x 800 Meter Relay	Kerry Aker Lennice Johnson Kim Liljeblad Rebecca Johnson	9:01.71	1993
Distance Medley Relay	Cyndi Martin Shelana Irish Lisa Flood Rebecca Donaghue	11:53.54	1999

<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>
Shot Put	Natalie Hart	43'9 1/2"	1993
Hammer	Shana Mitchell	169'3"	1998
Discus	Natalie Hart	153'8 "	1993
Old Rules Javelin	Heather Brown	161'3"	1995
New Rules Javelin	Rhianna DaCruz	139'0"	2001
Triple Jump	Janey Meeks	40'5 1/4"	1995
Long Jump	Shelanda Irish	20'2 1/4"	1999
High Jump	Andrea Comeau Sharon Lassard	5'8" 5'8"	1997 1984

<u>Event</u>	<u>Name</u>	<u>Record</u>	<u>Year</u>
Pole Vault	Brandy Green	12'0"	2002
Heptathlon	Andrea Comeau	4,800	1999
100 Meter	Keri Fleischmann	12.00	1988
100 Meter Hurdles	Rose Bryan	13.76	1999
200 Meter	Pam Hughes	24.38	1986
400 Meter	Lee Ann Ambrose	54.2	1990
400 Meter Hurdles	Silifa Kenku	1:00.56	1998
800 Meter	Lee Ann Ambrose	2:09.42	1991
1,500 Meter	Rebecca Donaghue	4:22.13	1996
Mile	Kathy Contini	4:58.50	1979
3,000 Meter	Judy McCrone	9:39.10	1980
Two Mile	Tina Francario	10:54.80	1979
5,000 Meter	Trish Moores	16:28.81	1982
Three Mile	Julie Burke	17:17.40	1979
10,000 Meter	Kelly Liljeblad	35:10.97	1995
4 x 100 Meter Relay	Rose Bryan Raqueil Shelton Abby Rubino Shelanda Irish	46.82	1999
4 x 400 Meter Relay	Andrea Comeau Silifa Kenku Michelle Cooper Shelanda Irish	3:47.71	1998
4 x 800 Meter Relay	Kerry Aker Jen Waeger Lennice Johnson Rebecca Johnson	9:01.59	1993
Sprint Medley Relay	Melanie Bell Kendy Amazan Nicole Roberts Rebecca Donaghue	4:03.55	1996

Bold indicates a current UMass athlete



Janey Meeks

TOP INDOOR PERFORMERS

UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK

SHOT PUT

1. Carole LaPlante	.43'0-1/2"	1999
2. Natalie Hart	.42'3-1/4"	1993
3. Liz Patterson	.42'1-3/4"	1984
4. Alison Tostevin	.42'2-3/4"	2000
5. Simone Marisseau	.42'0"	1992

20 LB. WEIGHT

1. Shana Mitchell	.53'1-1/2"	1997
2. Stephanie Townson	.52'0"	1997
3. Christina Bizon	.51'11"	2002
3. Giselle Nicholas	.50'4"	1999
4. Christie Martin	.50'3/4"	1996

TRIPLE JUMP

1. Janey Meeks	.40'4"	1995
2. Rose Bryan	.39'2-1/4"	1998
3. Nicole Way	.37'1"	1996
4. Tiffany Chaplin	.36'1-1/4"	2000
5. Jen Piccoli	.36'1/2"	1990

LONG JUMP

1. Pam Hughes	.19'1-3/4"	1986
2. Shelanda Irish	.19'1-1/2"	1998
3. Rose Bryan	.19'1/4"	1996
4. Chante Soares	.18'7-1/4"	2002
5. Corinne Mathews	.18'3-3/4"	2002

HIGH JUMP

1. Andrea Comeau	.5'10-1/2"	1999
2. Janey Meeks	.5'6"	1995
3. Melissa Ward	.5'4-1/2"	1998
4. Sharon Lassard	.5'4"	1984
Melissa Golembewski	.5'4"	1987
Tina Smith	.5'4"	1987

POLE VAULT

1. Rhianna DaCruz	.11'9-3/4"	2002
2. Brandy Green	.11'8-1/2"	2002
3. Johanna Lelke	.10'1/2"	1999
4. Heather Palmer	.9'8"	1999

PENTATHLON

1. Andrea Comeau	.3,658	1999
2. Melissa Ward	.3,516	2000
3. Nicole Roberts	.3,311	1996
4. Megan O'Neill	.3,236	1995

55 METERS

1. Kayla Morrison	.7.04	1987
2. Kari Fleischmann	.7.14	1988
3. Pam Hughes	.7.17	1986
4. Shelanda Irish	.7.18	1998
5. Bridgette Booker	.7.20	1985

55 METER HURDLES

1. Rose Bryan	.7.94	1999
2. Anya Forrest	.8.06	1996
3. Andrea Comeau	.8.24	1997
Joyce Baten	.8.24	1986
5. Chrystal Murphy	.8.29	1999

200 METERS

1. Shelanda Irish	.25.14	1998
2. Nicole Roberts	.25.23	1996
3. Rose Bryan	.25.31	1996
4. Lee Ann Ambrose	.25.32	1990
5. Pam Hughes	.25.40	1986

400 METERS

1. Lee Ann Ambrose	.54.57	1990
2. Silifa Kenku	.56.82	1998
3. Kayla Morrison	.57.03	1986
4. Leah Loftis	.57.07	1983
5. Nicole Roberts	.57.09	1996

500 METERS

1. Lee Ann Ambrose	.1:12.95	1992
2. Barbara Cullinan	.1:14.38	1987
3. Lennice Johnson	.1:16.50	1992
4. Leah Loftis	.1:17.00	1985
5. Andrea Comeau	.1:17.23	1998

600 METERS

1. Barbara Cullinan	.1:22.34	1987
2. Lee Ann Ambrose	.1:22.38	1992
3. Lennice Johnson	.1:25.31	1992
4. Leah Loftis	.1:25.52	1985
5. Susan Goldstein	.1:26.44	1987

800 METERS

1. Barbara Cullinan	.2:12.34	1987
2. Cyndi Martin	.2:13.04	1979
3. Rebecca Donaghue	.2:13.54	1996
4. Sonja Vaughan	.2:13.63	1986
5. Rebecca Johnson	.2:13.94	1991

1,000 METERS

1. Nicole Way	.2:50.59	1999
2. Rebecca Johnson	.2:51.47	1992
3. Rebecca Donaghue	.2:52.93	1997
4. Megan McCormick	.2:53.54	2001
5. Shana Smith	.2:55.17	1987



Shana Mitchell

TOP INDOOR PERFORMERS

UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND

1,500 METERS

1. Judy McCrone	4:37.30	1980
2. Precious Hill	4:37.50	1988
3. Kelly Liljebblad	4:37.70	1992
4. Sarah Kittchell	4:39.85	1985
5. Rebecca Donaghue	4:41.44	1997

MILE

1. Rebecca Donaghue	4:50.07	1996
2. Kelly Liljebblad	4:50.22	1995
3. Kathy Contini	4:55.98	1979
4. Jen Waeger	4:56.50	1996
5. Judy McCrone	4:56.54	1989

3,000 METERS

1. Kelly Liljebblad	9:35.67	1995
2. Rebecca Donaghue	9:49.04	1998
3. Precious Hill	9:52.10	1989
4. Judy McCrone	9:54.34	1981
5. Trish Moores	9:57.54	1982

TWO MILE

1. Judy McCrone	10:23.10	1981
2. Kelly Liljebblad	10:45.90	1992
3. Julie Burke	10:46.00	1980
4. Tina Francario	10:46.80	1979
5. Cathy Petrick	10:59.20	1980

5,000 METERS

1. Kelly Liljebblad	16:44.73	1995
2. Judy McCrone	17:04.84	1980
3. Julie Burke	17:17.84	1979
4. Sally Hirsch	17:33.90	2000
5. Maureen Meldrim	17:38.49	1991

4 x 200 METERS

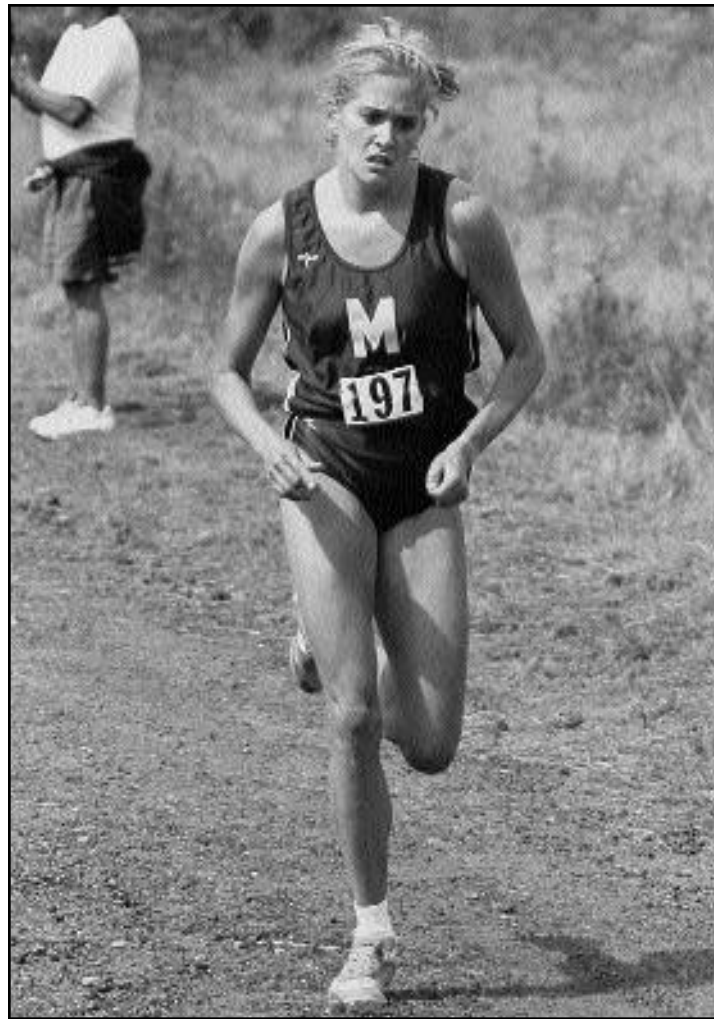
1. Keri Fleischmann, Wendy Marshall, Pam Hughes, Kayla Morrison	1:42.30	1986
2. Rose Bryan, Taneka Miller, Aandrea Comeau, Shelanda Irish	1:42.64	1999
3. P. Booker, Keri Fleischmann, Leah Loftis, Kayla Morrison	1:42.84	1985
4. P. Booker, Keri Fleischmann, Pamela Carter, Kayla Morrison	1:43.03	1987
5. Keri Fleischmann, Wendy Marshall, Pam Hughes, Kayla Morrison	1:43.14	1985

4 x 400 METERS

1. Christine Bates, Wendy Marshall, Barbara Cullinan, Kayla Morrison	3:50.59	1986
2. Sonja Vaughan, Susan Goldstein, Barbara Cullinan, Kayla Morrison	3:50.77	1987
3. Sonja Vaughan, Kayla Morrison, Wendy Marshall, Barbara Cullinan	3:50.84	1987
4. Michelle Cooper, Silifa Kenku, Andrea Comeau, Shelanda Irish	3:52.22	1997
5. Leah Loftis, Susan Goldstein, Barbara Cullinan, Kayla Morrison	3:52.79	1985

4 x 800 METERS

1. Kerry Aker, Lennice Johnson, Kim Liljebblad, Rebecca Johnson	9:01.71	1993
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Kelly Liljebblad

2. Kerry Aker, Maureen Meldrim, Kim Liljebblad, Rebecca Johnson	9:15.45	1992
3. Lee Ann Ambrose, Kerry Aker, Kim Liljebblad, Rebecca Johnson	9:15.84	1992
4. Maureen Meldrim, Cathy Crocker, Shana Smith, Rebecca Johnson	9:16.51	1990
5. Maureen Meldrim, Kerry Aker, Kim Liljebblad, Rebecca Johnson	9:17.16	1992

DISTANCE MEDLEY RELAY

1. Cyndi Martin, Shelanda Irish, Lisa Flood, Rebecca Donaghue	11:53.54	1997
2. Shana Smith, Susan Goldstein, Barbara Cullinan, Julie Ott	11:56.64	1987
3. Kristen Ford, Jen Freemas, Melissa Henderson, Megan McCormick	11:57.04	2001
4. Melissa Henderson, Erin Hankard, Shelanda Irish, Kristin Cisowski	11:58.64	1999
5. Nicole Way, Kandy Amazan, Melissa Henderson, Rebecca Donaghue	12:01.27	1998

Bold indicates current UMass athlete

TOP OUTDOOR PERFORMERS

UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK

SHOT PUT

1. Natalie Hart	.43'9-1/2"	1993
2. Christie Martin	.42'6-1/4"	1996
3. Carole LaPlante	.42'2"	1999
4. Alison Tostevin	.41'10-3/4"	1999
5. Simone Marisseau	.41'6"	1989

HAMMER

1. Shana Mitchel	.169'3"	1998
2. Christina Bizon	.165'6"	2002
3. Diane Ozzolek	.161'3"	1993
4. Stephanie Townson	.160'7"	1997
5. Christie Martin	.159'1"	1996

DISCUS

1. Natalie Hart	.153'8"	1993
2. Shana Mitchell	.147' 11"	1998
3. Maggie Curry	.144'1"	2000
4. Nadine Jackson	.141'2"	1981
5. Stephanie Townson	.133' 5"	1997

OLD RULES JAVELIN

1. Heather Brown	.161'3"	1995
2. Carla DeSantis	.158'8"	1988
3. Karen Snow	.149'7"	1981
4. Tara Reece	.135'9"	1987
5. Cindy Krupa	.131'10"	1983

NEW RULES JAVELIN

1. Rhianna DaCruz	.139'0"	2001
2. Sharyn Harrison	.133'6"	2000
3. Neille Giffune	.129'1"	2001
4. Katelyn Carrette	.117'9"	2001

TRIPLE JUMP

1. Janey Meeks	.40'5-1/2"	1995
2. Mercedes Milligan	.38' 5-1/2"	1988
3. Rose Bryan	.38'2-3/4"	1998
4. Melissa Ward	.37'10-1/2"	1997
5. Marissa Callahan	.37'2"	2002

LONG JUMP

1. Shelanda Irish	.20'2-1/4"	1999
2. Kari Fleischmann	.19'4-3/4"	1988
3. Chante Soares	.19'3-1/2"	2002
4. Melanie Bell	.18'9-1/4"	1997
Rose Bryan	.18'9-1/4"	1996

HIGH JUMP

1. Andrea Comeau	.5'8"	1997
Sharon Lassard	.5'8"	1984
3. Melissa Golembewski	.5'6"	1988
Kathy Harrington	.5'6"	1979
Patricia Owen	.5'6"	1979

HEPTATHLON

1. Andrea Comeau	4,800	1999
2. Melissa Ward	4,704	2000
3. Nicole Roberts	4,313	1996
4. Crystal Therrien	4,148	2002
5. Micki Callahan	4,123	1981



Pam Hughes

POLE VAULT

1. Brandy Green	.12'0"	2002
2. Rhianna DaCruz	.11'6-1/4"	2002
3. Heather Palmer	.10'1/2"	1999

100 METERS

1. Keri Fleischmann	12.00	1988
2. Pam Hughes	12.10	1987
3. Abby Rubino	12.12	1999
4. Shelanda Irish	12.15	1998
5. Nicole Roberts	12.21	1995
Kayla Morrison	12.21	1984

100 METER HURDLES

1. Rose Bryan	13.76	1999
2. Anya Forrest	14.01	1998
3. Chrystal Murphy	14.38	1998
4. Andrea Comeau	14.49	1997
5. Kim Baten	14.63	1987

200 METERS

1. Pam Hughes	24.38	1986
2. Nicole Roberts	24.70	1996
3. Lee Ann Ambrose	24.76	1990
4. Shelanda Irish	24.94	1997
5. Kayla Morrison	24.95	1984

400 METERS

1. Lee Ann Ambrose	54.2	1990
2. Kayla Morrison	56.14	1986
3. Nicole Roberts	56.74	1996
4. Diane Sealey	56.74	1980
5. Susan Goldstein	56.85	1984

400 METER HURDLES

1. Silifa Kenku	1:00.56	1998
2. Jennifer Freemas	1:01.31	2001
3. Julie Muccini	1:02.23	1988
4. Shannon Jackson	1:03.55	2002
5. Lennice Johnson	1:03.98	1992

Bold indicates current UMass athlete

TOP OUTDOOR PERFORMERS

UNIVERSITY OF MASSACHUSETTS WOMEN'S TRACK AND

800 METERS

1. Lee Ann Ambrose2:09.42 ...1991
2. Leah Loftis2:10.10 ..1985
3. Barbara Cullinan2:11.24 ...1986
4. Cyndi Martin2:11.64 ...1980
5. Rebecca Donaghue2:12.64 ...1996

1500 METERS

1. Rebecca Donaghue4:22.13 ...1996
2. Nicole Way4:28.25 ..1999
3. Jen Waeger4:30.36 ...1996
4. Rebecca Johnson4:31.95 ...1993
5. Kathy Contini4:32.74 ...1979

MILE

1. Kathy Contini4:58.50 ...1979
2. Judy McCrone4:58.70 ...1980
3. Linda Welzel5:01.40 ...1979
4. Julie LaFreniere5:02.00 ...1977
5. Julie Banks5:02.70 ...1979

TWO MILE

1. Tina Francario10:54.80 ...1979
2. Kathy Contini10:57.80 ..1979
3. Julie Burke11:05.40 ...1979
4. Deborah Farmer11:07.60 ...1978
5. Judy McCrone11:15.40 ...1980

5,000 METERS

1. Trish Moores16:28.81 ...1982
2. Kelly Liljeblad16:49.90 ..1992
3. Judy McCrone17:07.30 ...1981
4. Sally Hirsch17:18.83 ...1999
5. Chris Pratt17:34.71 ...1985

THREE MILE

1. Julie Burke17:17.40 ...1979
2. Jane Welzel17:38.00 ..1976
3. Sue Swartz17:49.00 ...1977

10,000 METERS

1. Kelly Liljeblad35:10.97 ...1995
2. Cate Dean37:25.30 ..1992
3. Julie Moreau37:34.30 ...1992
4. Amy St. Pierre37:47.64 ...1989
5. Molly Dunlap37:58.20 ...1996

4 x 100 METERS

1. Rose Bryan, Raqueil Shelton, Abby Rubino, Shelanda Irish46.82 ...1999
2. Nicole Roberts, Rose Bryan, Melanie Bell, Shelanda Irish47.21 ..1996
3. Jamie Hedgecock, Anya Forrest, Raqueil Shelton, Shelanda Irish47.32 ...1998
4. Anya Forrest, Emma Gardiner, Rose Bryan, Nicole Roberts47.41 ...1995
5. Emma Gardiner, Melanie Bell, Raqueil Shelton, Shelanda Irish47.45 ...1997

4 x 400 METERS

1. Michelle Cooper, Andrea Comeau, Silifa Kenku, Shelanda Irish3:47.71 ...1998
2. Michelle Cooper, Silifa Kenku, Andrea Comeau, Silifa Irish3:48.28 ..1997
3. Leah Loftis, Kayla Morrison, Susan Goldstein, Barbara Cullinan3:48.50 ...1985
4. Rebecca Donaghue, Andrea Comeau, Silifa Kenku, Shelanda Irish3:48.56 ...1998
5. Susan Goldstein, Kayla Morrison, Barbara Cullinan, Dana Smith3:49.30 ...1984

4 x 800 METERS

1. Kerry Aker, Jen Waeger, Lennice Johnson, Rebecca Johnson9:01.59 ...1993
2. Lee Ann Ambrose, Kelly Liljeblad, Cathy Crocker, Dana Smith9:06.10 ..1991
3. Lee Ann Ambrose, Lennice Johnson, Rebecca Johnson, Kerry Aker9:07.69 ...1992
4. Kerry Aker, Kelly Liljeblad, Lennice Johnson, Rebecca Johnson9:07.95 ...1992
5. Rebecca Johnson, Lee Ann Ambrose, Shana Smith, Cathy Crocker9:08.17 ...1990

SPRINT MEDLEY RELAY

1. Melanie Bell, Kendy Amazan, Nicole Roberts, Rebecca Donaghue4:03.55 ...1996

DISTANCE MEDLEY RELAY

1. Kristin Cisowski, Shelanda Irish, Melissa Henderson, Nicole Way11:52.29 ...1999
2. Maureen O'Reilly, Barbara Cullinan, Leah Loftis, Sarah Kitchell12:03.80 ..1985
3. Maureen O'Reilly, Leah Loftis, S. Anderson, Caroline Gardiner12:04.00 ...1982



Silifa Kenku