

# **RECORD BOOK**

## **EMPIRE 8 CONFERENCE**

### **[WOMENS INDOOR TRACK & FIELD]**

#### **Empire 8 Women's Indoor Track and Field Record Book From Empire 8 Championships Starting in 2004**

##### **Track Events**

55 Meters	Kim Henn (Ithaca, 2004), :07.59
200 Meters	Sheri Kelleher (Hartwick, 2004), :25.99
400 Meters	Sheri Kelleher (Hartwick, 2004), :57.65
500 Meters	Danielle Simmons (RIT, 2007), 1:16.79
800 Meters	Emily Maston (Ithaca, 2004), 2:17.00
1,000 Meters	Amanda Laytham (Ithaca, 2004), 2:59.43
Mile Run	Elizabeth Wilcox (Ithaca, 2006), 5:11.47
3,000 Meters	Bridgette Pilling (Ithaca, 2004), 10:22.42
5,000 Meters	Bridgette Pilling (Ithaca, 2004), 17:55.32
55-Meter Hurdles	LaKeisha Perez (RIT, 2007), :08.44

##### **Field Events**

High Jump	Meghan Morningstar (Ithaca, 2005), 1.68
Pole Vault	Alison Spivak (Ithaca, 2005), 3.05
Long Jump	Elena DeQuesada (Ithaca, 2005), 5.42
Triple Jump	Kelly Sisti (Ithaca, 2004), 10.63
Shot Put	Allison Griggs (RIT, 2005), 13.07
Weight Throw	Allison Griggs (RIT, 2005), 15.61
Pentathlon	Lauren Koppel (Ithaca, 2007), 3259

##### **Relay Events**

800-Meter Relay	Ithaca, 2005, 1:48.74 (Sarah Boucher, Stephanie Donahue, Leigh Klumpp, Kim Henn)
1,600-Meter Relay	Ithaca, 2006, 4:08.47 (Jessica Bachiochi, Leigh Klumpp, Jessica Wilcox, Elizabeth Wilcox)
3,200-Meter Relay	RIT, 2007, 9:42.44 (Kathryn Palermo, Nicole Varble, Trisha Sliker, Danielle Simmons)
Distance Medley Relay	Ithaca, 2004, 11:59.16 (Kristen Cravotta, Irena McQuarrie, Emily Maston, Amanda Laytham)