



RECORD BOOK

EMPIRE 8

[WOMEN'S INDOOR TRACK AND FIELD]

From Empire 8 Championships Starting in 2004

Track Events

55 Meters	Marcia McCord (Ithaca, 2009), :07.35
200 Meters	Sheri Kelleher (Hartwick, 2004), :25.99
400 Meters	Sheri Kelleher (Hartwick, 2004), :57.65
800 Meters	Emily Maston (Ithaca, 2004), 2:17.00
Mile Run	Elizabeth Wilcox (Ithaca, 2006), 5:11.47
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	Kristen DeStefano (Ithaca, 2009), 3.25
Long Jump	Elena DeQuesada (Ithaca, 2005), 5.42
Triple Jump	Marcia McCord (Ithaca, 2009), 11.10
Shot Put	Allison Griggs (RIT, 2005), 13.07
Weight Throw	Allison Griggs (RIT, 2005), 15.61

Relay Events

1,600-Meter Relay	Ithaca, 2006, 4:08.47 (Jessica Bachiochi, Leigh Klumpp, Jessica Wilcox, Elizabeth Wilcox)
Distance Medley Relay	Ithaca, 2004, 11:59.16 (Kristen Cravotta, Irena McQuarrie, Emily Maston, Amanda Laytham)