

# **RECORD BOOK**

## **EMPIRE 8 CONFERENCE**

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

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

##### **Track Events**

100 Meters	Leigh Klumpp (Ithaca, 2006), :12.55
200 Meters	LaKeisha Perez (RIT, 2007), :25.43
400 Meters	Sheri Kelleher (Hartwick, 2004), :56.16
800 Meters	Danielle Simmons (RIT, 2007), 2:16.20
1,500 Meters	Emily Maston (Ithaca, 2004), 2:18.29
3,000 Meter Steeplechase	Trisha Sliker (RIT, 2006), 11:10.40
5,000 Meters	Bridgette Pilling (Ithaca, 2004), 17:48.09
10,000 Meters	Autumn Swan (Hartwick, 2006), 36:46.86
100-Meter Hurdles	LaKeisha Perez (RIT, 2007), :14.38
400-Meter Hurdles	Jessica Wilcox (Ithaca, 2006), 1:06.94

##### **Field Events**

High Jump	Meghan Morningstar (Ithaca, 2004), 1.67
Pole Vault	Alison Spivak (Ithaca, 2007), 3.20
Long Jump	Elena DeQuesada (Ithaca, 2005), 5.24
Triple Jump	Elena DeQuesada (Ithaca, 2005), 10.65
Shot Put	Allison Griggs (RIT, 2004), 13.16
Discus Throw	Jen McDonnell (Hartwick, 2005), 40.02
Hammer Throw	Allison Griggs (RIT, 2004), 51.91
Javelin Throw	Katie Schkolenko (Ithaca, 2004), 38.78
Heptathlon	Lauren Koppel (Ithaca, 2006), 4263

##### **Relay Events**

400-Meter Relay	Ithaca, 2007, :50.28 (Stephanie Donahue, Kathryn Palermo, Diamondo Stratakos, Hannah Jacobsen)
1,600-Meter Relay	RIT, 2007, 3:59.59 (LaKeisha Perez, Kathryn Palermo, Nicole Varble, Danielle Simmons)
3,200-Meter Relay	RIT, 2007, 9:15.32 (Adrienne Gagnier, Trisha Sliker, Nicole Varble, Danielle Simmons)