

Juniata College Women's Indoor Track and Field Top-5 All-Time Performance List

55m (60 to 55 conversion: -0.52*)

Time	Athlete	Date	Meet
7.63	Hinson, Caitlin	2/23/08	Landmark Championship at Susquehanna
7.67	Rynkewitz, Stefanie	3/1/03	MAC Championship at Susquehanna
7.92	Coulson, Diana	2/20/99	Albright Invitational
7.92	Reynolds, Amy	1/31/09	DuCharme Invitational at Dickinson
8.02	Buffenmyer, Kelsey	1/19/07	Susquehanna Orange & Maroon Classic

200m

Time	Athlete	Date	Meet
27.43	Troutman, Meredith	2/25/06	MAC Championship at Susquehanna
27.81	Rynkewitz, Stefanie	2/15/02	Susquehanna Invitational
27.89	Johnson, Melissa	2/2/08	WVU State Farm Shell Games
27.92	Hinson, Caitlin	2/10/07	Bucknell Winter Classic
28.16	Reynolds, Amy	2/16/08	Susquehanna Open

300m

Time	Athlete	Date	Meet
47.28	Hinson, Caitlin	12/9/05	Dickinson DuCharme Invitational
48.34	Yorks, Toni	2/19/00	Albright Invitational
49.77	Carpin, Cara	12/9/05	Dickinson DuCharme Invitational
50.09	Alworth, Lynzee	12/1/01	Dickinson Holiday Meet
51.08	Heuston, Misty	12/1/01	Dickinson Holiday Meet

400m

Time	Athlete	Date	Meet
1:01.06	Rynkewitz, Stefanie	2/13/04	Susquehanna Orange and Maroon Classic
1:01.71	Johnson, Melissa	2/23/08	Landmark Championship at Susquehanna
1:01.97	Reynolds, Amy	2/28/09	Landmark Championship at Susquehanna
1:02.00	Troutman, Meredith	3/1/03	MAC Championship at Susquehanna
1:03.81	Shoaf, Rebecca	2/18/05	Susquehanna Open

500m

Time	Athlete	Date	Meet
1:25.71	DeGemmis, Courtney	2/9/08	Bucknell Winter Classic
1:33.07	Howser, Mary	1/24/09	WVU State Farm Games
1:44.28	Macczis, Melissa	1/24/09	WVU State Farm Games
1:59.84	Kifer, Carla	2/17/01	Albright Invitational

800m

Time	Athlete	Date	Meet
2:22.86	Amato, Elena	2/28/04	MAC Championship at Susquehanna
2:26.11	Rupprecht, Laura	2/23/08	Landmark Championship at Susquehanna
2:31.53	McQuillan, Megan	2/23/08	Landmark Championship at Susquehanna
2:35.16	Rynkewitz, Stefanie	2/21/03	Susquehanna Open
2:35.83	Cyphert, Aubrey	2/17/06	Susquehanna Open

1000m

Time	Athlete	Date	Meet
3:26.67	Cyphert, Aubrey	2/10/07	Bucknell Winter Classic
3:31.88	Bella, Lia	1/27/07	Dickinson Winter Invitational
3:33.91	Jones, Meghan	1/27/07	Dickinson Winter Invitational
3:34.18	Gates, Lauren	1/27/07	Dickinson Winter Invitational
3:34.31	Koenig, Jessica	1/24/09	WVU State Farm Games

Mile

Time	Athlete	Date	Meet
5:18.71	Rupprecht, Laura	2/28/09	Landmark Championship at Susquehanna
5:35.04	Hayes, Nancy	2/17/06	Susquehanna Open
5:35.58	Glunt, Katey	2/17/06	Susquehanna Open
5:38.92	McQuillan, Megan	2/9/08	Bucknell Winter Classic
5:50.67	Bella, Lia	2/9/07	Susquehanna Invitational

3000m

Time	Athlete	Date	Meet
11:05.96	Hayes, Nancy	2/18/05	Susquehanna Open
11:08.41	Glunt, Katey	1/27/06	F&M Invitational
11:20.14	Jones, Meghan	2/14/09	Bucknell Winter Classic
11:25.61	Koenig, Jessica	2/21/09	Susquehanna Open
11:44.84	Gates, Lauren	1/29/05	Dickinson DuCharme Invitational

5000m

Time	Athlete	Date	Meet
18:46.47	Hayes, Nancy	2/25/06	MAC Championship at Susquehanna
18:48.80	Glunt, Katey	2/25/06	MAC Championship at Susquehanna
19:22.42	Jones, Meghan	2/28/09	Landmark Championship at Susquehanna
19:31.59	Gates, Lauren	2/24/07	MAC Championship at Susquehanna
19:46.01	Jones, Christina	2/25/06	MAC Championship at Susquehanna

55m Hurdles (60 to 55 conversion: -0.58*)

Time	Athlete	Date	Meet
9.07	Buffenmyer, Kelsey	2/17/07	Susquehanna Open
9.30	Johnson, Melissa	2/24/07	MAC Championship at Susquehanna
9.47	Carpin, Cara	2/26/05	MAC Championship at Susquehanna
9.48	Sprankle, Jessica	2/24/01	MAC Championship at Widener
9.85	Damico, Kristin	2/1/98	Dickinson Invitational

4x200m Relay

Time	Athletes	Date	Meet
1:49.62	Hinson, DeGemmis, Reynolds, Johnson	2/23/08	Landmark Championship at Susquehanna
1:50.68	Hinson, M. Troutman, Morris, Buffenmyer	2/25/06	MAC Championship at Susquehanna
1:51.15	Johnson, Reynolds, DeGemmis, Shuke	2/28/09	Landmark Championship at Susquehanna
1:52.22	Hinson, Johnson, Buffenmyer, Amato	2/24/07	MAC Championship at Susquehanna
1:53.38	DeGemmis, Reynolds, Johnson, Buffenmyer	2/16/08	Susquehanna Open

4x400m Relay

Time	Athletes	Date	Meet
4:10.86	Hinson, Majocho, Reynolds, Johnson	2/23/08	Landmark Championship at Susquehanna
4:14.26	Hinson, Shoaf, Amato, M. Troutman	2/26/05	MAC Championship at Susquehanna
4:14.64	Hinson, DeGemmis, Reynolds, Johnson	2/16/08	Susquehanna Open
4:15.45	Johnson, DeGemmis, Shuke, Reynolds	2/28/09	Landmark Championship at Susquehanna
4:16.93	Johnson, Rupprecht, DeGemmis, Reynolds	2/14/09	Bucknell Winter Classic

4x800m Relay

Time	Athletes	Date	Meet
10:22.05	Rupprecht, McQuillan, Brooks, Koenig	1/31/09	DuCharme Invitational at Dickinson
10:24.84	Rupprecht, Bella, Gorman, Peterson	2/24/07	MAC Championship at Susquehanna
10:31.81	Hayes, Glunt, Cyphert, M. Jones	2/17/06	Susquehanna Open
10:38.58	Koenig, Rupprecht, McQuillan, M. Jones	2/21/09	Susquehanna Open
10:50.81	Rupprecht, McQuillan, Magerowski, Fricke	2/23/08	Landmark Championship at Susquehanna

Distance Medley Relay

Time	Athletes	Date	Meet
13:06.58	Hayes, Landis, Cyphert, Glunt	2/25/06	MAC Championship at Susquehanna
13:16.91	Glunt, Hillegass, Amato, Hayes	2/28/04	MAC Championship at Susquehanna
13:19.67	Bella, Majocha, Gorman, Rupprecht	2/24/07	MAC Championship at Susquehanna
13:25.52	McQuillan, Lehmann, Brooks, Rupprecht	1/31/09	DuCharme Invitational at Dickinson
13:45.24	Bella, Majocha, Moreau, M. Jones	2/17/07	Susquehanna Open

Sprint Medley Relay

Time	Athletes	Date	Meet
5:00.33	Coulson, Helfer, Wagner, Yorks	2/25/00	Slippery Rock Relays
5:02.90	Rynkewitz, Amato, Hillegass, Bella	1/24/04	Dickinson DuCharme Relays
5:04.84	Damico, Langer, Harris, Oakman	2/14/98	Dickinson DuCharme Relays
5:08.32	Coulson, Helfer, Yorks, Wagner	1/29/00	Dickinson DuCharme Relays

High Jump

Metric	Imperial	Athlete	Date	Meet
1.66m	5 - 5.25	Buffenmyer, Kelsey	12/6/08	WVU Holiday Classic
1.57m	5 - 1.75	Brown, Erika	2/21/09	Susquehanna Open
1.42m	4 - 8	Heuston, Misty	2/28/04	MAC Championship at Susquehanna
1.42m	4 - 8	Troutman, Kira	2/23/02	MAC Championship at Susquehanna
1.37m	4 - 6	Konowal, Melissa	12/2/06	Dickinson Holiday Meet
1.37m	4 - 6	Noerr, Alicia	2/1/98	Dickinson Invitational

Long Jump

Metric	Imperial	Athlete	Date	Meet
5.22m	17 - 1.5	Buffenmyer, Kelsey	2/10/07	Bucknell Winter Classic
4.86m	15 - 11.5	Welch, Maria	1/29/05	Dickinson DuCharme Invitational
4.84m	15 - 10.5	Lamens, Megan	2/23/08	Landmark Championship at Susquehanna
4.65m	15 - 3.75	Brown, Erika	2/28/09	Landmark Championship at Susquehanna
4.57m	15 - 0	Heuston, Misty	2/23/02	MAC Championship at Susquehanna

Triple Jump

Metric	Imperial	Athlete	Date	Meet
10.43m	34 - 2.75	Wagner, Kristi	2/25/00	Slippery Rock Relays
10.14m	33 - 3.25	Kulbacki, Skylar	2/28/09	Landmark Championship at Susquehanna
9.53m	31 - 3.25	Brown, Erika	2/28/09	Landmark Championship at Susquehanna
9.48m	31 - 1.25	Bloom, Anna	1/27/07	Dickinson Winter Invitational
9.04m	29 - 8	Welch, Maria	2/12/05	Susquehanna Invitational

Pole Vault

Metric	Imperial	Athlete	Date	Meet
3.05m	10 - 0	Varner, Stephanie	2/23/08	Landmark Championship at Susquehanna
2.59m	8 - 6	Wasylyk, Stephanie	2/28/04	MAC Championship at Susquehanna
2.59m	8 - 6	Welch, Maria	1/25/03	Susquehanna Invitational
2.28m	7 - 5.75	McGovern, Amy	2/15/02	Susquehanna Invitational

Shot Put

Metric	Imperial	Athlete	Date	Meet
11.55m	37 - 9.25	Myers, Hope	2/19/00	Albright Invitational
11.36m	37 - 3.25	Lamens, Megan	2/23/08	Landmark Championship at Susquehanna
10.80m	35 - 5.25	Troutman, Kira	2/26/05	MAC Championship at Susquehanna
10.17m	33 - 4.5	Houseknecht, Ryann	2/19/00	Albright Invitational
10.02m	32 - 10.5	Delaney, Debbie	2/26/05	MAC Championship at Susquehanna

Weight Throw

Metric	Imperial	Athlete	Date	Meet
12.27m	40 - 3.25	Courtney, Cheryn	3/1/03	MAC Championship at Susquehanna
11.75m	38 - 6.75	Denkovich, Andrea	2/28/04	MAC Championship at Susquehanna
11.44m	37 - 6.5	Tavener, Katie	2/14/09	Bucknell Winter Classic
11.19m	36 - 8.5	Delaney, Debbie	2/17/06	Susquehanna Open
10.94m	35 - 10.75	Diehl, Regina	1/19/07	Susquehanna Orange and Maroon Classic

Pentathlon

Score	Athlete	Date	Meet
2249	Myers, Melissa	2/21/98	Albright Pentathlon
1859	Wagner, Kristy	1/28/99	Albright Pentathlon