

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

### 100m

Time	Athlete	Date	Meet
12.67	Troutman, Meredith	4/29/06	Paul Kaiser Classic at Shippensburg
12.69	Evans, Peggy	1984	
12.81	Rynkewitz, Stefanie	5/4/01	MAC Championship at Messiah
12.84	Hinson, Caitlin	4/26/08	Landmark Championship at Moravian
<b>13.11</b>	<b>Reynolds, Amy</b>	<b>5/2/09</b>	<b>LHU Qualifier at Lock Haven</b>

### 200m

Time	Athlete	Date	Meet
<b>25.94</b>	<b>Reynolds, Amy</b>	<b>5/2/09</b>	<b>LHU Qualifier at Lock Haven</b>
26.04	Troutman, Meredith	4/20/05	At University of Pittsburgh at Johnstown
26.06	Evans, Peggy	1984	
26.37	Hinson, Caitlin	4/26/08	Landmark Championship at Moravian
26.43	Rynkewitz, Stefanie	5/2/03	MAC Championship at Widener

### 400m

Time	Athlete	Date	Meet
0:57.99	Troutman, Meredith	5/1/04	MAC Championship at Messiah
0:58.27	Rynkewitz, Stefanie	5/2/03	MAC Championship at Widener
<b>0:59.55</b>	<b>Reynolds, Amy</b>	<b>4/26/09</b>	<b>Landmark Championship at Goucher</b>
0:59.78	Amato, Elena	5/1/04	MAC Championship at Messiah
1:00.31	Mueller, Lisa	4/26/97	Dickinson Invitational

### 800m

Time	Athlete	Date	Meet
2:17.23	Amato, Elena	5/7/05	MAC Championship at Widener
2:19.5	Wurth, Kim	1992	
2:20.88	Langer, Bonnie	5/2/98	MAC Championship at Widener
<b>2:21.36</b>	<b>Rupprecht, Laura</b>	<b>4/18/09</b>	<b>Greyhound Invitational at Moravian</b>
2:26.15	Hillegass, Juliana	4/16/03	Juniata Invitational

### 1500m

Time	Athlete	Date	Meet
<b>4:48.12</b>	<b>Rupprecht, Laura</b>	<b>4/25/09</b>	<b>Landmark Championship at Goucher</b>
4:48.24	Wurth, Kim	1992	
5:04.39	McQuillan, Megan	3/22/08	Towson University Invitational
5:05.94	Hayes, Nancy	4/29/06	Paul Kaiser Classic at Shippensburg
5:07.26	Glunt, Katey	3/31/06	Western PA Championship at CMU

### 3000m

Time	Athlete	Date	Meet
10:48.36	Bella, Lia	4/4/07	Elizabethtown Pentangular
<b>10:57.53</b>	<b>Koenig, Jessica</b>	<b>4/4/09</b>	<b>Juniata Tri-Meet</b>
11:03.10	Glunt, Katey	4/22/06	IUP Open
11:06.40	Hayes, Nancy	4/22/06	IUP Open
11:21.64	Palmer, Michelle	4/22/00	IUP Invitational

---

**5000m**

---

<b>Time</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
18:29.22	Glunt, Katey	4/14/06	Bison Outdoor Classic at Bucknell
18:35.80	Hayes, Nancy	4/9/05	Bison Outdoor Classic at Bucknell
<b>18:37.63</b>	<b>Koenig, Jessica</b>	<b>4/10/09</b>	<b>Bison Outdoor Classic at Bucknell</b>
18:49.83	Tendall, Carol	1983	
18:52.03	Bella, Lia	4/14/07	Bison Outdoor Classic at Bucknell

---

**10,000m**

---

<b>Time</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
39:07.65	Hayes, Nancy	5/5/05	MAC Championship at Widener
40:10.86	Gates, Lauren	5/3/07	MAC Championship at Elizabethtown
40:22.75	Jones, Meghan	5/3/07	MAC Championship at Elizabethtown
40:42.32	Jones, Christina	5/5/06	MAC Championship at Widener
42:26.57	Gochnauer, Kristen	3/25/06	Jim Taylor Invitational at Susquehanna

---

**100m Hurdles**

---

<b>Time</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
<b>15.96</b>	<b>Buffenmyer, Kelsey</b>	<b>4/4/09</b>	<b>Juniata Tri-Meet</b>
16.08	Sprankle, Jessica	5/6/00	MAC Championship at Widener
16.44	Damico, Kristin	4/2/97	Quad Meet at Susquehanna
<b>16.60</b>	<b>Johnson, Melissa</b>	<b>4/26/09</b>	<b>Landmark Championship at Goucher</b>
16.74	Carpin, Cara	4/30/05	Juniata Qualifier

---

**400m Hurdles**

---

<b>Time</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
<b>1:04.94</b>	<b>Johnson, Melissa</b>	<b>5/8/09</b>	<b>Gator Invitational at Allegheny</b>
1:05.56	Sprankle, Jessica	5/6/00	MAC Championship at Widener
1:05.56	Troutman, Meredith	4/10/04	Bison Outdoor Classic at Bucknell
1:07.11	Shoaf, Rebecca	5/3/03	MAC Championship at Widener
1:07.92	Alworth, Lynzee	5/3/02	MAC Championship at Susquehanna

---

**3000m Steeplechase**

---

<b>Time</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
11:33.57	Glunt, Katey	4/29/06	Paul Kaiser Classic at Shippensburg
<b>12:24.91</b>	<b>Koenig, Jessica</b>	<b>4/26/09</b>	<b>Landmark Championship at Goucher</b>
12:43.70	Hayes, Nancy	4/24/04	IUP Open
12:49.98	Gochnauer, Kristen	5/4/07	MAC Championship at Elizabethtown
<b>13:05.54</b>	<b>McQuillan, Megan</b>	<b>3/21/09</b>	<b>Maroon Invitational at Roanoke</b>

---

**4x100m Relay**

---

<b>Time</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
50.49	Buffenmyer, Reynolds, Hinson, Troutman	5/6/06	MAC Championship at Widener
50.65	Buffenmyer, Johnson, Reynolds, Hinson	4/27/08	Landmark Championship at Moravian
50.93	Sprankle, Coulson, Yorks, Wagner	4/29/00	Frostburg State University Invitational
51.08	Rynkewitz, M Troutman, Alworth, Amato	5/1/04	MAC Championship at Messiah
51.37	Rynkewitz, Shoaf, Heuston, M Troutman	5/3/03	MAC Championship at Widener

---

**4x400m Relay**

---

<b>Time</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
4:00.18	Hillegass, Amato, Rynkewitz, M Troutman	5/1/04	MAC Championship at Messiah
4:03.91	Shoaf, Hillegass, Rynkewitz, M Troutman	5/3/03	MAC Championship at Widener
4:08.19	Shoaf, Amato, M Troutman, Felix	5/7/05	MAC Championship at Widener
4:08.35	Hinson, Reynolds, Troutman, Landis	4/15/06	Bison Outdoor Classic at Bucknell
<b>4:09.23</b>	<b>Johnson, DeGemmis, Shuke, Reynolds</b>	<b>4/26/09</b>	<b>Landmark Championship at Goucher</b>

---

**Shot Put**

---

<b>Metric</b>	<b>Imperial</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
13.26	43 - 6	Myers, Melissa	5/2/98	NCAA Championship at St. Paul, MN
12.38	40 - 7.5	Myers, Hope	5/5/00	MAC Championship at Widener
10.77	35 - 4.25	Delaney, Debbie	4/9/05	Messiah Invitational
10.65	34 - 11.25	Troutman, Kira	5/6/05	MAC Championship at Widener
10.36	34 - 0	Anderson, Jenni	5/5/00	MAC Championship at Widener

---

**Discus**

---

<b>Metric</b>	<b>Imperial</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
35.61	116 - 10	DeChano, Lisa	1993	
35.20	115 - 6	Delaney, Debbie	4/22/06	IUP Open
35.13	115 - 3.25	Jennings, Jan	5/7/05	MAC Championship at Widener
34.69	113 - 10	Anderson, Jenni	4/27/02	Dickinson Invitational
34.68	113 - 9	Wheeler, Jessica	4/26/97	Dickinson Invitational

---

**Javelin**

---

<b>Metric</b>	<b>Imperial</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
43.35	142 - 3	Gladfelter, Amy	5/2/97	MAC Championship at Susquehanna
42.32	138 - 10.25	Troutman, Kira	4/3/04	Western PA Championship at CMU
<b>37.82</b>	<b>124 - 1</b>	<b>Ginter, Kristyn</b>	<b>4/18/09</b>	<b>Greyhound Invitational at Moravian</b>
36.60	120 - 1	Wolenter, Maggie	4/28/07	Paul Kaiser Classic at Shippensburg
36.52	119 - 9	Diehl, Regina	4/28/07	Paul Kaiser Classic at Shippensburg

---

**Hammer**

---

<b>Metric</b>	<b>Imperial</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
38.88	127 - 6.75	Diehl, Regina	5/7/05	MAC Championship at Widener
<b>37.40</b>	<b>122 - 8</b>	<b>Tavener, Katie</b>	<b>4/26/09</b>	<b>Landmark Championship at Goucher</b>
35.76	117 - 4	Delaney, Debbie	4/15/06	Bison Outdoor Classic at Bucknell
34.76	114 - 0.5	Kusniez, Betsy	5/7/05	MAC Championship at Widener
33.43	109 - 8.25	Denkovich, Andrea	4/5/03	Western PA Championship at CMU

---

**Long Jump**

---

<b>Metric</b>	<b>Imperial</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
<b>5.69</b>	<b>18 - 8</b>	<b>Buffenmyer, Kelsey</b>	<b>5/2/09</b>	<b>LHU Qualifier at Lock Haven</b>
5.54	18 - 2.5	Washington, Gennifer	1993	
5.15	16 - 10.75	Welch, Maria	4/20/05	UPJ Invitational
5.14	16 - 10.50	Hinson, Caitlin	4/26/08	Landmark Championship at Moravian
4.88	16 - 0.25	Regan, Rose	4/4/98	Carnegie Mellon Invitational

---

**Triple Jump**

---

<b>Metric</b>	<b>Imperial</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
11.46	37 - 7.25	Washington, Gennifer	1993	
10.74	35 - 3	Wagner, Kristy	5/12/01	Towson Open
10.35	33 - 11.5	Bright, Hillary	3/31/01	Juniata Blue & Gold Invitational
<b>10.22</b>	<b>33 - 6.5</b>	<b>Kulbacki, Skylar</b>	<b>4/4/09</b>	<b>Juniata Tri-Meet</b>
10.04	32 - 11.25	George, Kara	4/24/04	IUP Open

---

**High Jump**

---

<b>Metric</b>	<b>Imperial</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
1.68	5 - 6	Buffenmyer, Kelsey	4/28/07	Paul Kaiser Classic at Shippensburg
1.65	5 - 5	Hazuda, Angela	1994	
<b>1.57</b>	<b>5 - 1.75</b>	<b>Brown, Erika</b>	<b>4/25/09</b>	<b>Landmark Championship at Goucher</b>
1.52	5 - 0	Flint, Melissa	4/28/01	Western MD College Green Terrier Classic
1.52	5 - 0	Myers, Melissa	4/11/98	Juniata Blue-Gold Invitational

---

**Pole Vault**

---

<b>Metric</b>	<b>Imperial</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
<b>3.20</b>	<b>10 - 6</b>	<b>Varner, Stephanie</b>	<b>5/8/09</b>	<b>Gator Invitational at Allegheny</b>
2.60	8 - 6.25	Wasylyk, Stephanie	4/26/03	Dickinson Spring Classic
2.59	8 - 6	George, Kara	4/24/04	IUP Open
2.28	7 - 6	Longenecker, Carol	5/4/01	MAC Championship at Messiah
2.28	7 - 5.75	Welch, Maria	4/17/04	Messiah Invitational

---

**Heptathlon**

---

<b>Score</b>	<b>Athlete</b>	<b>Date</b>	<b>Meet</b>
3427	Troutman, Kira	5/3/02	MAC Championship at Susquehanna
3148	Heuston, Misty	5/2/03	MAC Championship at Widener
2475	Konowal, Melissa	5/5/06	MAC Championship at Widener