



# American University



## 2003 Men's and Women's Track and Field

For Immediate Release... May 29, 2003 Contact: Nate Kraft • Office - (202) 885-3032 • Cell - (202) 431-9265 • kraft@american.edu

### NCAA EAST REGIONAL CHAMPIONSHIPS

Fri. May 30-Sat. May 31 • George Mason Stadium

#### EAGLES SEND SIX TO NCAA REGIONAL MEET

American has six runners competing at this weekend's NCAA East Regional with four men and two women making the trip to nearby George Mason. Freshman **Keira Carlstrom** will run in the women's 1500m at 2:30 p.m. on Friday and senior **Sean O'Brien**, sophomore **Sean Duffy** and freshman **Phil Gaeta** will compete in the men's 1500m. All of these athletes will be running in the preliminary heats in hopes of advancing to the final on Saturday at 4:15 p.m. Friday evening, senior **Samia Akbar** will run in the women's 5000m while junior **Matt Seymour** races in the men's 5000m in an event beginning at 6:30 p.m.

#### FEELS LIKE THE FIRST TIME

For the first time, the NCAA will hold regional qualifying for the NCAA Championships. AU is in the East Regional, which is the largest of the four regions with 110 men's squads and 112 women's teams. The region runs down the East Coast from Maine to Florida and includes West Virginia. The top five athletes in each individual event and the top three relay teams will automatically advance to the NCAA Championship Meet to be held at California State University in Sacramento, Calif., from June 11-14.

#### HEAD COACH MATT CENTROWITZ

Currently in his ninth season as head coach at American University, **Matt Centrowitz** (Oregon '78) has guided the program to national recognition. Centrowitz earned three Patriot League Coach of the Year awards in the 2002-03 year. He was named men's and women's coach of the year after both squads captured the Patriot League title in the fall. Centrowitz was then named Patriot League Men's Track Coach of the Year after leading the Eagles to a third-place finish with athletes in only nine events.



Centrowitz has also coached four different athletes to All-American honors in the past three years. Senior **Sean O'Brien** earned All-American recognition in the outdoor 1500m the last two seasons. This winter, he was joined by classmate **Andy Ellerhorst**, sophomore **Sean Duffy** and freshman **Phil Gaeta** on the distance medley relay squad that placed eighth at the NCAA Indoor Track and Field Championships to earn All-American honors.

A member of the U.S. Olympic Team in 1976 and 1980, Centrowitz is a former U.S. record holder in the 5000m and a four-time national champion in the event. His times are still among the best ever run by an American athlete as his 5000m time is sixth all-time while he is 36th in the mile, 38th in the 1500m and 42nd in the 3000m.

#### SWEET HOME VIRGINIA

Of the six AU athletes competing at the NCAA East Regional, three are from Virginia and attended Oakton High School, just 10 minutes from George Mason. Senior **Samia Akbar** and freshmen **Keira Carlstrom** and **Phil Gaeta** all hail from Northern Virginia and will have the hometown support at the regional meet. Carlstrom and Gaeta will compete in the 1500m while Akbar will run the 5000m.

### 2003 Outdoor Schedule/Results

| Date   | Opponent                     | Location/Place     |
|--------|------------------------------|--------------------|
| M22    | UMBC "Big Dawg" Invitational | NTS                |
| A5     | Maryland Invitational        | M-3rd, W-8th       |
| A11    | Bison Outdoor Classic        | NTS                |
| A12    | UVA Invitational             | M-13th, W-NTS      |
| A19    | Morgan State Invitational    | M-10, W-12th       |
| A24-26 | Penn Relays                  | NTS                |
| M2-3   | Patriot League Championships | M-3rd, W-6th       |
| M11    | James Madison Invitational   | NTS                |
| M12    | Tuppeny Twilight Meet        | NTS                |
| M30-31 | NCAA Regional Championships  | Fairfax, Va.       |
| J11-14 | NCAA Championships           | Sacramento, Calif. |

NTS - No team scoring

### American Quick Facts

|   |  |
|---|--|
| Location .....  | Washington, DC                             |
| Founded .....   | 1893                                       |
| Enrollment .....  | 5,249 men & women                          |
| Nickname .....  | Eagles                                     |
| Colors .....  | AU Red, White & Blue                       |
| Affiliation .....   | NCAA Division I                            |
| Conference .....  | Patriot League                             |
| President .....   | Dr. Benjamin Ladner                        |
| Vice President, Development .....                                 | Al Checcio                                 |
| Director of Athletics .....                                       | Tom George                                 |
| Head Coach .....  | Matt Centrowitz (Oregon '78; ninth season) |
| Assistant Director of Athletic Communications/Track Contact ..... | Nate Kraft                                 |
| Kraft E-Mail .....  | kraft@american.edu                         |
| Athletic Communications Phone .....                               | (202) 885-3032                             |
| Athletic Communications FAX .....                                 | (202) 885-3033                             |



The latest information on Eagle track and field, including statistics, results, notes, schedules, rosters and athlete information.



## ENJOYING THE LONG DISTANCES

After spending much of the early part of her AU career in the middle distances, senior **Samia Akbar** has seen great success in the long distances the last two years. She won the Patriot League indoor and outdoor 5000m in 2002 and then won the Patriot League Cross Country title by over 40 seconds. Akbar qualified for the NCAA Cross Country Championships by finishing fifth in the regional and posted the best finish ever by a Patriot League woman, placing 60th.

Akbar's success continued on the indoor track as she captured the mile at the Patriot League Championships as well as anchored the 4x800m and distance medley relay to victory.

As the schedule turned outdoors, Akbar was faced with a new challenge - the 10,000m. First, she ran a school record-time in the 5000m at the Bison Outdoor Classic, qualifying for the NCAA Regional Championships. Then, at the Penn Relays, Akbar ran the 10,000m for the first time in her career. Running an outstanding race, she just missed the automatic qualifying time, running 34:17.48 to finish second in the Championship of America. Akbar's time is currently 19th in the NCAA and should place her in the NCAA Championships in June in Sacramento.

At the Patriot League Outdoor Championships, she repeated in the 5000m, defeating the field by 34 seconds and setting a new Patriot League record.

### 2003 Patriot League Outdoor Track Champions

| Men            |        |          |
|----------------|--------|----------|
| Name           | Event  | Time     |
| Hunt, Duffy    | 4x800m | 7:31.99  |
| Gaeta, O'Brien |        |          |
| Sean Duffy     | 1500m  | 3:45.66  |
| Sean O'Brien   | 800m   | 1:52.94  |
| Matt Seymour   | 5000m  | 14:30.58 |

| Women           |       |          |
|-----------------|-------|----------|
| Name            | Event | Time     |
| Samia Akbar     | 5000m | 17:02.36 |
| Keira Carlstrom | 1500m | 4:31.82  |



## A RECORD BREAKING SEASON

Four men's and seven women's outdoor school records were broken by the 2003 AU track team. For the women, five of the records were individual while two relay records were broken. The men set three relay records and one individual record this year.

Senior **Samia Akbar** and freshman **Zaia Wharton** each set two school records this season. Akbar set the school record in the 5000m (16:37.70) at the Bison Outdoor Classic and the 10,000m record (34:17.48) at the Penn Relays. Wharton set the school's 400m record (1:01.91) at the UMBC Invitational and the 800m mark (2:15.77) at the UVA Invitational. Also setting an individual record this year was freshman **Keira Carlstrom** in the 3000m at the Penn Relays (9:45.74).

In the relays, the team of Akbar, Carlstrom, Wharton and junior **Leah Heinecke-Krumhus** broke the school record by nearly 40 seconds in the 4x800m relay at the Patriot League Championships, running 9:14.01. Carlstrom, Heinecke-Krumhus, Wharton and freshman **Emily Price** set the school record in the 4x400m (4:07.22) at the Maryland Invitational.

For the men, senior **Sean O'Brien** was the lone Eagle to break an individual school record. O'Brien ran 1:50.56 in the 800m at the Tuppyeny Twilight Meet to set the new mark.

AU set two school records at the Penn Relays. The team of O'Brien, senior **Andy Ellerhorst**, sophomore **Sean Duffy** and freshman **Phil Gaeta** set a new record in the distance medley relay, running 9:38.78. The next day, Duffy, Gaeta, O'Brien and junior **Matt Seymour** set a new record in the 4xMile relay, running 16:34.35. At the Patriot League Championships, the 4x800m relay team of Duffy, Gaeta, O'Brien and junior **Carlos Hunt** broke the school record en route to winning the Patriot League title in 7:31.99.

## ONCE, TWICE, THREE TIMES THE COACH OF THE YEAR

AU head coach **Matt Centrowitz** became the first American University coach to claim three Patriot League Coach of the Year awards when he was named men's track and field coach of the year in early May. Centrowitz led the AU men to a third-place finish despite only competing in nine events. In the fall, he was named Patriot League Coach of the Year for men's and women's cross country after both squads won the Patriot League title.

### American University All-Time Track and Field All-Americans

| Name            | Year | Event      |
|-----------------|------|------------|
| Andrew Bell     | 1966 | 400m IH    |
|                 | 1967 | 400m IH    |
|                 | 1968 | 400m IH    |
| Peter Chen      | 1966 | Pole Vault |
|                 | 1968 | Pole Vault |
| Sean Duffy      | 2003 | DMR        |
| Andy Ellerhorst | 2003 | DMR        |
| Phil Gaeta      | 2003 | DMR        |
| James Hackett   | 1965 | 110m HH    |
| Sean O'Brien    | 2001 | 1500m      |
|                 | 2002 | 1500m      |
|                 | 2003 | DMR        |

## IN SEARCH OF A FOURTH

Senior **Sean O'Brien** heads to the NCAA East Regional looking to advance to the NCAA Championships for the third consecutive year. In 2001 and 2002, O'Brien earned All-American honors in the 1500m. This winter, he anchored the distance medley relay team to an eighth place finish and All-American honors at the NCAA Indoor Track and Field Championships. If he can earn All-American honors again this spring, O'Brien will become the first AU athlete ever to be named an All-American four times. Currently, he is tied with **Andrew Bell** (men's track), **Michael Brady** (men's soccer) and **Tim Miller** (men's swimming) for the most All-American awards at American with three.

## AU IN THE NCAAs

With the men's and women's track and field teams competing at the NCAA Regional Championships, 10 of the 19 programs at American University will have competed in NCAA competition in 2002-03.

The women's lacrosse, men's soccer, women's soccer, men's tennis and volleyball teams all qualified for the NCAA Tournament earlier this year. Individuals from women's cross country, men's swimming, men's indoor track and field and the two outdoor track and field squads also reached the NCAA Championships this year. AU has five All-Americans this year and is looking to add to that total this June in Sacramento, Calif. at the track and field championships.





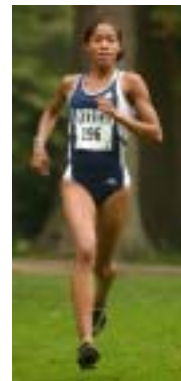
# Samia Akbar

*Distance • Senior • 5-8 • Herndon, Va./Oakton*

### Top Career Outdoor Times

800m - 2:18.47      1500m - 4:27.66\*      3000m - 10:18.19      5000m - 16:37.70\*      10,000m - 34:17.48\*  
 \* indicates school record

**Akbar Notes:** NCAA individual qualifier in cross country ... All-Patriot League First Team in cross country, indoor track and outdoor track ... 2002 Patriot League Cross Country Champion ... Patriot League Cross Country Runner of the Year ... Patriot League Indoor Track Runner of the Year ... 2003 Patriot League Indoor Track Runner of the Meet ... Patriot League Champion in the indoor mile ... ran on the league indoor champion 4x800m and DMR squads ... two-time Patriot League Champion in the outdoor 5000m ... three-time Patriot League Track Athlete of the Week ... 19th in the NCAA in the 10,000m ... seeded 12th in the East Regional in the 5000m.



### 2003 Outdoor Meet-By-Meet Results

| Date    | Meet                  | Event   | Time      | Place |
|---------|-----------------------|---------|-----------|-------|
| 4/5/03  | Maryland Invitational | 1500m   | 4:39.98   | 3rd   |
| 4/11/03 | Bison Outdoor Classic | 5000m   | 16:37.70* | 1st   |
| 4/24/03 | Penn Relays           | 10,000m | 34:17.48* | 2nd   |
| 5/3/03  | PL Championships      | 5000m   | 17:02.36  | 1st   |

\* indicates personal best time



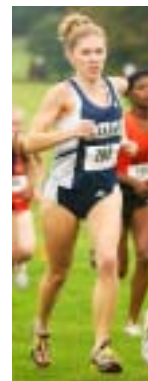
# Keira Carlstrom

*Middle Distance/Distance • Freshman • 5-5 • Oakton, Va./Oakton*

### Top Career Outdoor Times

800m - 2:16.57      1500m - 4:29.71      3000m - 9:45.74\*      5000m - 16:45.72  
 \* indicates school record

**Carlstrom Notes:** All-Patriot League First Team in cross country, indoor track and outdoor track ... finished fourth at the PL Cross Country Championships ... won the 1000m at the Patriot League Indoor Championships ... on the league indoor champion 4x800m and DMR squads ... won the 1500m at the PL Outdoor Championships ... three-time Patriot League Track Athlete of the Week ... seeded 44th in the East Regional in the 1500m.



### 2003 Outdoor Meet-By-Meet Results

| Date    | Meet                  | Event | Time     | Place |
|---------|-----------------------|-------|----------|-------|
| 3/24/03 | UMBC Invitational     | 1500m | 4:38.45  | 1st   |
| 4/5/03  | Maryland Invitational | 1500m | 4:32.54  | 1st   |
| 4/11/03 | Bison Outdoor Classic | 5000m | 16:45.72 | 2nd   |
| 4/24/03 | Penn Relays           | 3000m | 9:45.74* | 10th  |
| 5/3/03  | PL Championships      | 800m  | 2:16.57* | 4th   |
|         |                       | 1500m | 4:31.82  | 1st   |
| 5/11/03 | JMU Invitational      | 1500m | 4:29.71  | 8th   |

\* indicates personal best time



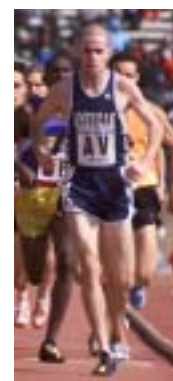
# Sean Duffy

*Middle Distance/Distance • Sophomore • 6-0 • Holmes, Pa./Cardinal O'Hara*

### Top Career Outdoor Times

800m - 1:52.38      1500m - 3:44.03      5000m - 14:20.52

**Duffy Notes:** NCAA Indoor Track All-American in the Distance Medley Relay ... All-Patriot League First Team in cross country, indoor track and outdoor track ... fifth in the PL Cross Country Championships ... won the indoor 1000m at the PL Championships ... two-time Patriot League Champion in the 1500m ... ran on the PL Champion indoor and outdoor 4x800m relay squad and indoor DMR team ... earned Patriot League Track Athlete of the Week honors ... seeded 11th in the East Region in the 1500m.



### 2003 Outdoor Meet-By-Meet Results

| Date    | Meet                   | Event | Time      | Place |
|---------|------------------------|-------|-----------|-------|
| 4/5/03  | Maryland Invitational  | 800m  | 1:53.37   | 2nd   |
|         |                        | 1500m | 3:48.54   | 1st   |
| 4/11/03 | Bison Outdoor Classic  | 5000m | 14:20.52* | 2nd   |
| 5/3/03  | PL Championships       | 800m  | 1:54.30   | 6th   |
|         |                        | 1500m | 3:45.66   | 1st   |
| 5/12/03 | Villanova Invitational | 1500m | 3:55.54   | 7th   |

\* indicates personal best time



# Phil Gaeta

*Middle Distance/Distance • Freshman • 5-9 • Herndon, Va./Oakton*

### Top Career Outdoor Times

800m - 1:51.37      1500m - 3:48.12

**Gaeta Notes:** NCAA Indoor Track All-American in the Distance Medley Relay ... All-Patriot League First Team in indoor track and outdoor track ... All-League Second Team in cross country ... won the Patriot League Indoor Championship in the 800m ... ran on the PL Champion indoor and outdoor 4x800m relay squad and indoor DMR team ... placed fourth in the 1500m at the Patriot League Outdoor Championships, attaining the regional qualifying time in the process ... seeded 31st in the East Regional in the 1500m.



### 2003 Outdoor Meet-By-Meet Results

| Date    | Meet                      | Event | Time     | Place |
|---------|---------------------------|-------|----------|-------|
| 4/5/03  | Maryland Invitational     | 1500m | 3:51.42  | 2nd   |
| 4/12/03 | UVA Invitational          | 800m  | 1:51.46  | 3rd   |
| 4/19/03 | Morgan State Invitational | 800m  | 1:51.37* | 1st   |
| 5/3/03  | PL Championships          | 1500m | 3:48.12* | 4th   |
| 5/11/03 | JMU Invitational          | 1500m | 3:51.72  | 8th   |

\* indicates personal best time



# Sean O'Brien

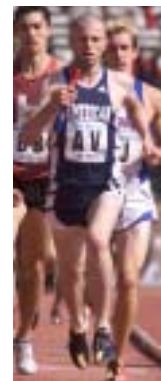
*Middle Distance/Distance • Senior • 5-10 • Tewksbury, Mass./Winnisquam Reg.*

### Top Career Outdoor Times

800m - 1:50.56\*      1500m - 3:41.29\*      Mile - 4:04.47\*      3000m - 8:20.68      5000m - 14:20.03

\* indicates school record

**O'Brien Notes:** NCAA Indoor Track All-American in the Distance Medley Relay ... two-time All-American in outdoor 1500m ... All-Patriot League First Team in cross country, indoor track and outdoor track ... two-time Patriot League Indoor Champion in the mile ... Patriot League Outdoor Champion in the 800m ... ran on the PL Champion indoor and outdoor 4x800m relay squad and indoor DMR team ... four-time Patriot League Track Athlete of the Week ... seeded 15th in the 1500m at the East Regional.



### 2003 Outdoor Meet-By-Meet Results

| Date    | Meet                   | Event | Time      | Place |
|---------|------------------------|-------|-----------|-------|
| 4/5/03  | Maryland Invitational  | 800m  | 1:53.09   | 1st   |
| 4/11/03 | Bison Outdoor Classic  | 5000m | 14:20.03* | 1st   |
| 5/3/03  | PL Championships       | 800m  | 1:52.94   | 1st   |
|         |                        | 1500m | 3:46.14   | 2nd   |
| 5/12/03 | Villanova Invitational | 800m  | 1:50.56*  | 1st   |

\* indicates personal best time



# Matt Seymour

*Distance • Junior • 5-10 • Rockville, Md./Magruder*

### Top Career Outdoor Times

1500m - 3:52.96      3000m - 8:24.89      5000m - 14:26.77

**Seymour Notes:** All-Patriot League First Team in cross country and outdoor track ... second at the Patriot League Cross Country Championships ... finished fourth in the 5000m at the Patriot League Indoor Championships ... two-time Patriot League Champion in the outdoor 5000m ... ran on the school record-setting 4xMile Relay at the Penn Relays as the team finished seventh in the Championship of America ... named to the Verizon Academic All-District II Second Team ... seeded 46th in the East Region in the 5000m.



### 2003 Outdoor Meet-By-Meet Results

| Date    | Meet             | Event | Time     | Place |
|---------|------------------|-------|----------|-------|
| 4/12/03 | UVA Invitational | 1500m | 3:55.98  | 9th   |
| 5/3/03  | PL Championships | 5000m | 14:30.58 | 1st   |
| 5/11/03 | JMU Invitational | 1500m | 3:53.05  | 11th  |

# American Men's 2003 Top Times

## 200-Meter Dash

IC4A 21.70; NCAA Regional 21.20; School Record 21.74

|    |       |                 |         |
|----|-------|-----------------|---------|
| 1. | 21.99 | Andy Ellerhorst | 5/2/03  |
| 2. | 22.01 | Andy Ellerhorst | 4/12/03 |
| 3. | 22.33 | Andy Ellerhorst | 5/3/03  |
| 4. | 22.37 | Andy Ellerhorst | 4/5/03  |
| 5. | 22.87 | Andy Ellerhorst | 4/19/03 |
| 6. | 23.30 | Chris Buerger   | 4/12/03 |
| 7. | 23.92 | Greg Vogt       | 4/12/03 |

## 400-Meter Dash

IC4A 48.10; NCAA Regional 47.45; School Record 47.44

|     |       |                 |         |
|-----|-------|-----------------|---------|
| 1.  | 49.28 | Andy Ellerhorst | 4/5/03  |
| 2.  | 49.43 | Andy Ellerhorst | 4/19/03 |
| 3.  | 49.59 | Andy Ellerhorst | 5/3/03  |
| 4.  | 50.51 | Chris Buerger   | 4/19/03 |
| 5.  | 50.75 | Ed Topolewski   | 3/22/03 |
| 6.  | 50.82 | Ed Topolewski   | 4/5/03  |
| 7.  | 51.05 | Chris Buerger   | 4/5/03  |
| 8.  | 51.65 | Chris Buerger   | 3/22/03 |
| 9.  | 52.97 | Greg Vogt       | 3/22/03 |
| 10. | 53.07 | Greg Vogt       | 4/5/03  |
| 11. | 53.74 | Michael Edwards | 3/22/03 |
| 12. | 54.67 | Greg Vogt       | 4/19/03 |

## 800-Meter Run

IC4A 1:51.60; NCAA Regional 1:51.15; School Record 1:50.56

|     |         |                 |         |
|-----|---------|-----------------|---------|
| 1.  | 1:50.56 | Sean O'Brien    | 5/12/03 |
| 2.  | 1:51.37 | Phil Gaeta      | 4/19/03 |
| 3.  | 1:51.46 | Phil Gaeta      | 4/12/03 |
| 4.  | 1:52.94 | Sean O'Brien    | 5/3/03  |
| 5.  | 1:53.09 | Sean O'Brien    | 4/5/03  |
| 6.  | 1:53.37 | Sean Duffy      | 4/5/03  |
| 7.  | 1:54.30 | Sean Duffy      | 5/3/03  |
| 8.  | 1:59.22 | Ed Topolewski   | 4/12/03 |
| 9.  | 2:00.07 | Ed Topolewski   | 4/5/03  |
| 10. | 2:00.17 | Michael Edwards | 4/19/03 |
| 11. | 2:00.68 | Michael Edwards | 5/3/03  |
|     | 2:00.68 | Michael Edwards | 4/12/03 |
| 13. | 2:00.88 | Michael Edwards | 4/5/03  |

## 1500-Meter Run

IC4A 3:50.80; NCAA Regional 3:50.00; School Record 3:41.29

|     |         |                |         |
|-----|---------|----------------|---------|
| 1.  | 3:45.66 | Sean Duffy     | 5/3/03  |
| 2.  | 3:46.14 | Sean O'Brien   | 5/3/03  |
| 3.  | 3:48.12 | Phil Gaeta     | 5/3/03  |
| 4.  | 3:48.54 | Sean Duffy     | 4/5/03  |
| 5.  | 3:51.42 | Phil Gaeta     | 4/5/03  |
| 6.  | 3:51.72 | Phil Gaeta     | 5/11/03 |
| 7.  | 3:53.05 | Matt Seymour   | 5/11/03 |
| 8.  | 3:55.54 | Sean Duffy     | 5/12/03 |
| 9.  | 3:55.98 | Matt Seymour   | 4/12/03 |
| 10. | 3:56.67 | Frank Malpigli | 4/12/03 |
| 11. | 3:59.03 | Frank Malpigli | 4/19/03 |
| 12. | 3:59.12 | Carlos Hunt    | 3/22/03 |

|     |         |                 |         |
|-----|---------|-----------------|---------|
| 13. | 3:59.50 | Carlos Hunt     | 4/19/03 |
| 14. | 4:01.11 | Patrick MacAdie | 4/12/03 |
| 15. | 4:02.13 | Patrick MacAdie | 3/22/03 |
| 16. | 4:03.25 | Pat Burford     | 4/5/03  |
| 17. | 4:04.07 | Pat Burford     | 4/12/03 |

## 3000-Meter Steeplechase

IC4A 9:15.50; NCAA Regional 9:12.00; School Record 8:59.44

|    |         |             |         |
|----|---------|-------------|---------|
| 1. | 9:16.06 | Carlos Hunt | 5/3/03  |
| 2. | 9:30.24 | Carlos Hunt | 4/5/03  |
| 3. | 9:31.14 | Carlos Hunt | 4/12/03 |

## 5000-Meter Run

IC4A 14:35.00; NCAA Regional 14:25.00; School Record 14:09.64

|     |          |                 |         |
|-----|----------|-----------------|---------|
| 1.  | 14:20.03 | Sean O'Brien    | 4/11/03 |
| 2.  | 14:20.52 | Sean Duffy      | 4/11/03 |
| 3.  | 14:30.58 | Matt Seymour    | 5/3/03  |
| 4.  | 14:42.23 | Patrick MacAdie | 5/3/03  |
| 5.  | 14:52.03 | Patrick MacAdie | 4/5/03  |
| 6.  | 15:22.16 | Will Knox       | 3/22/03 |
| 7.  | 15:23.08 | Matt Barresi    | 4/5/03  |
| 8.  | 15:29.03 | Will Knox       | 4/12/03 |
| 9.  | 15:35.02 | Matt Barresi    | 3/22/03 |
| 10. | 15:49.52 | Matt Barresi    | 4/12/03 |
| 11. | 16:20.35 | Phil Turner     | 4/12/03 |
| 12. | 16:28.17 | Phil Turner     | 4/5/03  |

## 10,000-Meter Run

IC4A 31:15.00; NCAA Automatic 29:00.00;

NCAA Provisional 29:45.00; School Record 31:20.95

|    |          |                |        |
|----|----------|----------------|--------|
| 1. | 31:30.49 | Frank Malpigli | 5/2/03 |
| 2. | 32:08.07 | Danny Maurer   | 5/2/03 |
| 3. | 32:12.57 | Matt Barresi   | 5/2/03 |

## 4x400 Meter Relay

IC4A 3:17.00; NCAA Regional 3:11.50; School Record 3:15.44

|    |         |   |         |
|----|---------|---|---------|
| 1. | 3:17.18 | Buerger, Ellerhorst,<br>Topolewski, Gaeta | 5/3/03  |
| 2. | 3:28.17 | (No names)                                | 4/12/03 |
| 3. | 3:28.47 | Buerger, Gaeta,<br>O'Brien, Vogt          | 4/5/03  |

## 4x800 Meter Relay

IC4A 7:43.60; School Record 7:31.99

|    |         |                                |        |
|----|---------|--------------------------------|--------|
| 1. | 7:31.99 | Hunt, Duffy,<br>Gaeta, O'Brien | 5/2/03 |
|----|---------|--------------------------------|--------|

## Distance Medley Relay

School Record 9:38.78

|    |         |                                      |         |
|----|---------|--------------------------------------|---------|
| 1. | 9:38.78 | Duffy, Ellerhorst,<br>Gaeta, O'Brien | 4/25/03 |
|----|---------|--------------------------------------|---------|

## 4xMile Relay

School Record 16:34.35

|    |          |                                   |         |
|----|----------|-----------------------------------|---------|
| 1. | 16:34.35 | Gaeta, O'Brien,<br>Seymour, Duffy | 4/26/03 |
|----|----------|-----------------------------------|---------|

# American Women's 2003 Top Times

## 200-Meter Dash

ECAC 24.74; NCAA Regional 24.00; School Record 26.97

|     |       |               |         |
|-----|-------|---------------|---------|
| 1.  | 27.91 | Emily Price   | 4/12/03 |
| 2.  | 28.28 | Emily Price   | 4/5/03  |
| 3.  | 28.36 | Emily Price   | 3/22/03 |
| 4.  | 28.40 | Catie Poppe   | 4/12/03 |
| 5.  | 28.64 | Catie Poppe   | 4/5/03  |
| 6.  | 28.85 | Catie Poppe   | 4/19/03 |
| 7.  | 29.61 | Katie Bassler | 4/19/03 |
| 8.  | 29.65 | Catie Poppe   | 3/22/03 |
| 9.  | 29.94 | Katie Bassler | 4/5/03  |
| 10. | 30.88 | Katie Bassler | 3/22/03 |

## 400-Meter Run

ECAC 56.44; NCAA Regional 55.00; School Record 1:01.91

|    |         |               |         |
|----|---------|---------------|---------|
| 1. | 1:01.91 | Zaia Wharton  | 3/22/03 |
| 2. | 1:07.59 | Katie Bassler | 3/22/03 |
| 3. | 1:08.03 | Catie Poppe   | 3/22/03 |

## 800-Meter Run

ECAC 2:11.44; NCAA Regional 2:10.30; School Record 2:15.77

|     |         |                       |         |
|-----|---------|-----------------------|---------|
| 1.  | 2:15.77 | Zaia Wharton          | 4/12/03 |
| 2.  | 2:16.59 | Keira Carlstrom       | 5/3/03  |
| 3.  | 2:18.24 | Zaia Wharton          | 4/5/03  |
| 4.  | 2:18.44 | Zaia Wharton          | 5/3/03  |
| 5.  | 2:21.38 | Zaia Wharton          | 5/11/03 |
| 6.  | 2:22.19 | Leah Heinecke-Krumhus | 4/12/03 |
| 7.  | 2:24.89 | Leah Heinecke-Krumhus | 3/22/03 |
| 8.  | 2:24.97 | Leah Heinecke-Krumhus | 4/5/03  |
| 9.  | 2:26.29 | Leah Heinecke-Krumhus | 4/19/03 |
| 10. | 2:27.79 | Megan Simpson         | 4/5/03  |
| 11. | 2:28.20 | Megan Simpson         | 4/12/03 |
| 12. | 2:32.62 | Christina Huang       | 4/5/03  |

## 1500-Meter Run

ECAC 4:32.44; NCAA Regional 4:31.00; School Record 4:27.66

|     |         |                  |         |
|-----|---------|------------------|---------|
| 1.  | 4:29.71 | Keira Carlstrom  | 5/11/03 |
| 2.  | 4:31.82 | Keira Carlstrom  | 5/3/03  |
| 3.  | 4:32.54 | Keira Carlstrom  | 4/5/03  |
| 4.  | 4:38.45 | Keira Carlstrom  | 3/22/03 |
| 5.  | 4:39.98 | Samia Akbar      | 4/5/03  |
| 6.  | 4:42.50 | Zaia Wharton     | 4/19/03 |
| 7.  | 5:12.20 | Whitney McNees   | 3/22/03 |
| 8.  | 5:26.61 | Ashley Futrell   | 4/12/03 |
| 9.  | 5:27.45 | Kaitlyn Lavender | 4/5/03  |
| 10. | 5:30.17 | Ashley Futrell   | 4/19/03 |
| 11. | 5:30.27 | Kaitlyn Lavender | 3/22/03 |
| 12. | 5:33.29 | Kaitlyn Lavender | 4/12/03 |
| 13. | 5:33.55 | Ashley Futrell   | 4/5/03  |

## 3000-Meter Run

School Record 9:45.74

|    |          |                 |         |
|----|----------|-----------------|---------|
| 1. | 9:45.74  | Keira Carlstrom | 4/24/03 |
| 2. | 12:56.83 | Jessica Daniel  | 4/12/03 |

## 5000-Meter Run

ECAC 17:32.14; NCAA Regional 17:00.00; School Record 16:37.70

|    |          |                 |         |
|----|----------|-----------------|---------|
| 1. | 16:37.70 | Samia Akbar     | 4/11/03 |
| 2. | 16:45.72 | Keira Carlstrom | 4/11/03 |
| 3. | 17:02.36 | Samia Akbar     | 5/3/03  |
| 4. | 17:35.41 | Jen Baclawski   | 4/11/03 |
| 5. | 19:27.12 | Jessica Daniel  | 3/22/03 |
| 6. | 19:27.50 | Jessica Daniel  | 4/5/03  |
| 7. | 19:30.64 | Whitney McNees  | 5/3/03  |

## 10,000-Meter Run

ECAC 37:40.00; NCAA Automatic 34:10.00;

NCAA Provisional 35:15.00; School Record 34:17.48

|    |          |               |         |
|----|----------|---------------|---------|
| 1. | 34:17.48 | Samia Akbar   | 4/24/03 |
| 2. | 37:11.79 | Jen Baclawski | 5/2/03  |

## 4x400-Meter Relay

ECAC 3:51.84; NCAA Regional 3:45.50; School Record 4:07.22

|    |         |  |         |
|----|---------|--|---------|
| 1. | 4:07.22 | Carlstrom, Wharton,<br>Heinecke-Krumhus, Price | 4/5/03  |
| 2. | 4:18.60 | (No names)                                     | 4/12/03 |

## 4x800-Meter Relay

ECAC 9:25.24; School Record 9:14.01

|    |         |  |        |
|----|---------|--|--------|
| 1. | 9:14.01 | Heinecke-Krumhus, Carlstrom,<br>Akbar, Wharton | 5/2/03 |
|----|---------|--|--------|

# American Men's All-Time Outdoor Top-10

## 100-Meter Dash (100y+.9)

|    |       |                 |           |
|----|-------|-----------------|-----------|
| 1. | 10.84 | Wilbert Smith   | 1970, '73 |
| 2. | 10.94 | Andrew Bell     | 1966      |
| 3. | 11.04 | Ben Amos        | 1960      |
|    | 11.04 | Winfred Beale   | 1972      |
|    | 11.04 | Rick Holden     | 1973      |
| 6. | 11.10 | Andy Ellerhorst | 2000      |
| 7. | 11.14 | Wesley Hall     | 1971      |
| 8. | 11.41 | John Campbell   | 2000      |
| 9. | 11.84 | Jim Easterling  | 1974      |

## 200-Meter Dash (220y-.1)

|     |       |                 |         |
|-----|-------|-----------------|---------|
| 1.  | 21.74 | Andrew Bell     | 1968    |
| 2.  | 21.80 | Andy Ellerhorst | 2001    |
| 3.  | 21.94 | Bob Campbell    | 1963    |
| 4.  | 22.04 | Wilber Smith    | 1973    |
| 5.  | 22.44 | Rick Holden     | 1973    |
| 6.  | 22.63 | John Campbell   | 5/3/02  |
| 7.  | 22.74 | Winfred Beale   | 1973    |
| 8.  | 23.30 | Chris Buerger   | 4/12/03 |
| 9.  | 23.59 | Ed Topolewski   | 2001    |
| 10. | 23.74 | Greg Vogt       | 4/12/03 |

## 400-Meter Dash (440y-.3)

|     |       |                 |         |
|-----|-------|-----------------|---------|
| 1.  | 47.44 | Andrew Bell     | 1968    |
| 2.  | 47.74 | Bob Campbell    | 1964    |
| 3.  | 48.80 | Andy Ellerhorst | 2001    |
| 4.  | 49.58 | Ed Topolewski   | 2001    |
| 5.  | 49.84 | Paul Britt      | 1965    |
| 6.  | 50.51 | Chris Buerger   | 4/19/03 |
| 7.  | 51.82 | John Campbell   | 2000    |
| 8.  | 52.30 | Michael Reilly  | 4/13/02 |
| 9.  | 52.84 | Wilber Smith    | 1973    |
| 10. | 52.94 | George Muschamp | 1971    |

## 800-Meter Run (880y-1.0)

|     |         |              |         |
|-----|---------|--------------|---------|
| 1.  | 1:50.56 | Sean O'Brien | 5/12/03 |
| 2.  | 1:51.37 | Phil Gaeta   | 4/19/03 |
| 3.  | 1:51.54 | Dan Frye     | 1967    |
| 4.  | 1:52.38 | Sean Duffy   | 5/4/02  |
| 5.  | 1:53.14 | Andy Harp    | 1973    |
| 6.  | 1:53.53 | Jovens Colas | 5/4/02  |
| 7.  | 1:54.51 | Mike Reilly  | 2001    |
| 8.  | 1:55.44 | Ed Ball      | 1964    |
| 9.  | 1:56.85 | Jose Morales | 2000    |
| 10. | 1:58.34 | Will Rayel   | 2000    |

## 1500-Meter Run

|     |         |                 |         |
|-----|---------|-----------------|---------|
| 1.  | 3:41.29 | Sean O'Brien    | 5/10/02 |
| 2.  | 3:44.03 | Sean Duffy      | 5/10/02 |
| 3.  | 3:48.12 | Phil Gaeta      | 5/3/03  |
| 4.  | 3:52.34 | Clark Woods     | 1975    |
| 5.  | 3:52.96 | Matt Seymour    | 4/20/02 |
| 6.  | 3:52.99 | Frank Malpigli  | 4/20/02 |
| 7.  | 3:55.98 | Jovens Colas    | 2001    |
| 8.  | 3:56.00 | Will Rayel      | 2000    |
| 9.  | 3:57.47 | Carlos Hunt     | 2001    |
| 10. | 4:00.91 | Patrick MacAdie | 4/20/02 |

## Mile Run

|     |         |                |      |
|-----|---------|----------------|------|
| 1.  | 4:04.47 | Sean O'Brien   | 2001 |
| 2.  | 4:07.64 | David Reinhart | 1973 |
| 3.  | 4:09.74 | Dan Reeks      | 1969 |
| 4.  | 4:11.94 | Gary Cohen     | 1973 |
| 5.  | 4:12.14 | Clark Woods    | 1977 |
| 6.  | 4:14.94 | David Legge    | 1973 |
| 7.  | 4:21.54 | Buzz Agniel    | 1966 |
| 8.  | 4:22.14 | Andy Harp      | 1970 |
| 9.  | 4:23.34 | Ed Orem        | 1963 |
| 10. | 4:26.14 | Dan Frye       | 1965 |

## 3000-Meter Run (Two-mile-37.0)

|    |         |                 |         |
|----|---------|-----------------|---------|
| 1. | 8:08.04 | Gary Cohen      | 1973    |
| 2. | 8:20.68 | Sean O'Brien    | 2001    |
| 3. | 8:24.89 | Matt Seymour    | 2001    |
| 4. | 8:35.04 | Dan Reeks       | 1969    |
| 5. | 8:35.11 | Patrick MacAdie | 3/16/02 |
| 6. | 8:37.46 | Frank Malpigli  | 3/16/02 |
| 7. | 8:58.57 | Carlos Hunt     | 2001    |
| 8. | 9:00.74 | Jan Braathen    | 1963    |

## 3,000-Meter Steeplechase

|    |         |                |        |
|----|---------|----------------|--------|
| 1. | 8:59.44 | David Reinhart | 1973   |
| 2. | 9:16.06 | Carlos Hunt    | 5/3/03 |
| 3. | 9:29.14 | Clark Woods    | 1975   |
| 4. | 9:32.64 | Larry Scheid   | 1973   |
| 5. | 9:45.74 | Buzz Agniel    | 1966   |

## 5000-Meter Run (Three-mile+37)

|    |          |                 |         |
|----|----------|-----------------|---------|
| 1. | 14:09.64 | Gary Cohen      | 1973    |
| 2. | 14:20.03 | Sean O'Brien    | 4/11/03 |
| 3. | 14:20.52 | Sean Duffy      | 4/11/03 |
| 4. | 14:26.77 | Matt Seymour    | 5/11/02 |
| 5. | 14:35.14 | David Reinhart  | 1974    |
| 6. | 14:42.23 | Patrick MacAdie | 5/3/03  |
| 7. | 14:50.72 | Frank Malpigli  | 2001    |
| 8. | 14:52.04 | Matthew Cooke   | 2001    |
| 9. | 14:56.14 | Lyons           | 1973    |
|    | 14:56.14 | David Legge     | 1973    |

## 10,000 Meter Run

|    |          |                |        |
|----|----------|----------------|--------|
| 1. | 31:20.95 | Frank Malpigli | 2001   |
| 2. | 31:35.46 | Matthew Cooke  | 2001   |
| 3. | 32:08.07 | Danny Maurer   | 5/2/03 |
| 4. | 32:12.57 | Matt Barresi   | 5/2/03 |

## 6 Mile Run

|    |          |               |      |
|----|----------|---------------|------|
| 1. | 28:14.14 | Gary Cohen    | 1974 |
| 2. | 29:13.74 | John Davis    | 1974 |
| 3. | 31:32.14 | Sean McGinnis | 1974 |

## 110-Meter HH (120yHH=110mHH)

|    |       |              |      |
|----|-------|--------------|------|
| 1. | 14.64 | Jim Hackett  | 1963 |
| 2. | 15.04 | Andrew Bell  | 1967 |
| 3. | 15.74 | Paul Hackett | 1971 |

## 400-Meter Int. Hurdles (440y-.3)

|    |       |                   |      |
|----|-------|-------------------|------|
| 1. | 49.54 | Andrew Bell       | 1968 |
| 2. | 52.04 | Jim Hackett       | 1964 |
| 3. | 58.14 | Dorion Damoorqian | 1974 |

## 4x100-Meter Relay (440 Relay-.2)

|     |       |                                       |        |
|-----|-------|---------------------------------------|--------|
| 1.  | 42.04 | Early, Bell, Campbell, Frye           | 1966   |
| 2.  | 42.54 | Early, Bell, Campbell, Frye           | 1966   |
|     | 42.54 | Holden, Beale, Yates, Smith           | 1973   |
| 4.  | 42.64 | Holden, Beale, Yates, Smith           | 1973   |
| 5.  | 42.74 | (No names)                            | 1971   |
| 6.  | 42.84 | O'Neil, Hackett, Ball, Campbell       | 1964   |
| 7.  | 43.24 | Hall, Whyte, Beale, Smith             | 1971   |
|     | 43.24 | (No names)                            | 1971   |
| 9.  | 43.34 | (No names)                            | 1971   |
| 10. | 44.47 | Campbell, Edwards, Topolewski, Reilly | 5/4/02 |

## 4x400-Meter Relay (Mile Relay+1.2)

|     |         |  |         |
|-----|---------|--|---------|
| 1.  | 3:15.44 | Bell, Campbell, Fields, Frye           | 1966    |
| 2.  | 3:17.18 | Buerger, Ellerhorst, Topolewski, Gaeta | 5/3/03  |
| 3.  | 3:17.74 | Boroto, Hackett, Ball, Campbell        | 1964    |
| 4.  | 3:18.74 | Bell, Frye, Campbell, Fields           | 1966    |
| 5.  | 3:19.78 | Colas, Reilly, Campbell, Topolewski    | 5/4/02  |
| 6.  | 3:20.34 | Barber, Bell, Frye, Campbell           | 1966    |
| 7.  | 3:24.84 | (No names)                             | 1968    |
| 8.  | 3:26.42 | (No names)                             | 2000    |
| 9.  | 3:27.42 | Colas, Topolewski, Campbell, Edwards   | 4/6/02  |
| 10. | 3:28.17 | (No names)                             | 4/12/03 |

## 4x800-Meter Relay (Two-mile-3.0)

|    |         |                                |         |
|----|---------|--------------------------------|---------|
| 1. | 7:31.99 | Hunt, Duffy, Gaeta, O'Brien    | 5/2/03  |
| 2. | 7:36.75 | Reilly, Colas, Duffy, O'Brien  | 5/3/02  |
| 3. | 7:41.94 | Sheehan, Barber, Agniel, Frye  | 1968    |
| 4. | 7:46.00 | (No names)                     | 2000    |
| 5. | 7:47.77 | (No names)                     | 2000    |
| 6. | 7:48.04 | (No names)                     | 2001    |
| 7. | 8:10.14 | Viehe, Boroto, Hackett, Ball   | 1963    |
| 8. | 8:26.77 | Morales, Young, Repka, Barresi | 3/23/02 |

## 4 x Mile Relay

|    |          |                                   |         |
|----|----------|-----------------------------------|---------|
| 1. | 16:34.35 | Gaeta, O'Brien, Seymour, Duffy    | 4/26/03 |
| 2. | 16:39.86 | Duffy, Malpigli, Seymour, O'Brien | 4/27/02 |

## Sprint Medley Relay

|    |         |                                     |      |
|----|---------|-------------------------------------|------|
| 1. | 3:43.44 | Easterling, Beale, Holden, Williams | 1974 |
| 2. | 3:44.54 | Muschamp, Beale, Smith, Visotsky    | 1971 |

## Distance Medley Relay (DMRy+5.0)

|    |          |                                       |         |
|----|----------|---------------------------------------|---------|
| 1. | 9:38.78  | Duffy, Ellerhorst, Gaeta, O'Brien     | 4/25/03 |
| 2. | 9:48.89  | Duffy, Ellerhorst, Colas, O'Brien     | 4/26/02 |
| 3. | 10:13.78 | (No names)                            | 2000    |
| 4. | 10:24.74 | Campbell, Bell, Frye, Agniel          | 1966    |
| 5. | 10:38.44 | Harp, LaViolette, Reinhart, Pawlowski | 1971    |
| 6. | 11:14.94 | Morgan, Viehe, Boroto, Orem           | 1964    |

## Long Jump

|    |          |               |      |
|----|----------|---------------|------|
| 1. | 23' 1.5" | Norman Early  | 1965 |
| 2. | 19' 1.5" | Winfred Beale | 1971 |

## Triple Jump

|    |          |               |      |
|----|----------|---------------|------|
| 1. | 46' 7.5" | Gordon Stiles | 1968 |
| 2. | 46' 2.5" | Norman Early  | 1964 |

## High Jump

|    |           |              |      |
|----|-----------|--------------|------|
| 1. | 6'4"      | Peter Holmes | 1968 |
| 2. | 6' 3.125" | Ben Still    | 1963 |

## Pole Vault

|    |           |            |      |
|----|-----------|------------|------|
| 1. | 16'6 1/2" | Peter Chen | 1968 |
|----|-----------|------------|------|

## Shot Put

|    |          |            |      |
|----|----------|------------|------|
| 1. | 46' 3.5" | Al Dillard | 1961 |
|----|----------|------------|------|

## Discus

|    |           |           |      |
|----|-----------|-----------|------|
| 1. | 137' 0.5" | Ed Moffet | 1943 |
|----|-----------|-----------|------|

## Javelin (after 1986)

|    |           |                |      |
|----|-----------|----------------|------|
| 1. | 98' 0.25" | Scott McCready | 2000 |
|----|-----------|----------------|------|

## Javelin (pre 1986)

|    |          |                      |      |
|----|----------|----------------------|------|
| 1. | 188'6.5" | Dori Strum           | 1969 |
| 2. | 175'     | Duquette             | 1973 |
| 3. | 172' 3"  | Hank Schneiderheinze | 1963 |

The Top-10 lists represent the 10 best performers in American history in each event. Therefore, while a single person may hold 10 (or more) best performances in any given event, that person is only listed once, with his personal-best mark.

The Top-10 performances in the relays represent the best all-time, regardless of the individuals running the times.

All times have been changed to reflect electronic timing. 0.24 has been added to hand times in races 500-meters or shorter, and 0.14 has been added to hand times in races 800-meters and longer.

# American Women's All-Time Outdoor Top-10

## 100-Meter Dash (100y+.9)

|    |       |                    |         |
|----|-------|--------------------|---------|
| 1. | 12.65 | Chanel Spriggs     | 4/6/02  |
| 2. | 13.07 | Deborah Cohen      | 2000    |
| 3. | 13.17 | Maria Weeries      | 2000    |
| 4. | 13.65 | Damarah Rhymer     | 4/20/02 |
| 5. | 13.69 | Jenyce Woodruff    | 4/6/02  |
| 6. | 13.90 | Marissa Schoenfeld | 4/20/02 |
| 7. | 14.38 | Chanel Hunt        | 4/6/02  |

## 200-Meter Dash (220y-.1)

|     |       |                    |         |
|-----|-------|--------------------|---------|
| 1.  | 26.97 | Jina Lewis         | 2000    |
| 2.  | 27.01 | Maria Weeries      | 2000    |
| 3.  | 27.64 | Deborah Cohen      | 2000    |
| 4.  | 27.91 | Emily Price        | 4/12/03 |
| 5.  | 28.58 | Catherine Poppe    | 4/12/03 |
| 6.  | 29.31 | Shondrea Horton    | 2001    |
| 7.  | 29.61 | Katherine Bassler  | 4/19/03 |
| 8.  | 30.01 | Marissa Schoenfeld | 3/23/02 |
| 9.  | 30.72 | Nefertiti Thompson | 2000    |
| 10. | 30.79 | Sandra Bozik       | 3/23/02 |

## 400-Meter Dash (440y-.3)

|    |         |                       |         |
|----|---------|-----------------------|---------|
| 1. | 1:01.91 | Zaia Wharton          | 3/22/03 |
| 2. | 1:03.77 | Deborah Cohen         | 2001    |
| 3. | 1:04.16 | Liz Krashes           | 4/20/02 |
| 4. | 1:05.30 | Leah Heinecke-Krumhus | 4/6/02  |
| 5. | 1:05.53 | Shondrea Horton       | 4/20/02 |
| 6. | 1:07.59 | Katherine Bassler     | 3/22/03 |
| 7. | 1:08.03 | Catherine Poppe       | 3/22/03 |
| 8. | 1:10.04 | Anjolie Phukan        | 2000    |
| 9. | 1:11.85 | Nicole Eldredge       | 2000    |

## 800-Meter Run (880y-1.0)

|     |         |                       |         |
|-----|---------|-----------------------|---------|
| 1.  | 2:15.77 | Zaia Wharton          | 4/12/03 |
| 2.  | 2:16.57 | Keira Carlstrom       | 5/3/03  |
| 3.  | 2:18.47 | Samia Akbar           | 3/16/02 |
| 4.  | 2:20.16 | Paige Koopman         | 2000    |
| 5.  | 2:20.67 | Megan Simpson         | 4/20/02 |
| 6.  | 2:22.19 | Leah Heinecke-Krumhus | 3/22/03 |
| 7.  | 2:25.30 | Whitney McNeas        | 3/23/02 |
| 8.  | 2:31.27 | Kristine Wolff        | 2000    |
| 9.  | 2:32.24 | Liz Krashes           | 2001    |
| 10. | 2:32.62 | Christina Huang       | 4/5/03  |

## 1500-Meter Run

|     |         |                    |         |
|-----|---------|--------------------|---------|
| 1.  | 4:27.66 | Samia Akbar        | 5/11/02 |
| 2.  | 4:29.71 | Keira Carlstrom    | 5/11/03 |
| 3.  | 4:42.50 | Zaia Wharton       | 4/19/03 |
| 4.  | 4:51.50 | Jennifer Baclawski | 2001    |
| 5.  | 4:55.61 | Whitney McNeas     | 3/15/02 |
| 6.  | 4:59.93 | Gina Connell       | 2000    |
| 7.  | 5:07.30 | Erin Hickey        | 4/20/02 |
| 8.  | 5:12.84 | Kristine Wolff     | 1999    |
| 9.  | 5:17.53 | Heidi Fishpaw      | 4/6/02  |
| 10. | 5:18.74 | Lindsay Lohmeyer   | 1999    |

## 3000-Meter Run (Two-mile-45.0)

|    |          |                    |         |
|----|----------|--------------------|---------|
| 1. | 9:45.74  | Keira Carlstrom    | 4/24/03 |
| 2. | 10:18.19 | Samia Akbar        | 2001    |
| 3. | 10:27.20 | Jennifer Baclawski | 2001    |
| 4. | 10:48.04 | Jessica Daniel     | 2001    |
| 5. | 10:49.23 | Gina Connell       | 1999    |
| 6. | 10:58.89 | Siobhan Uniacke    | 3/23/02 |
| 7. | 11:08.24 | Natalia Medley     | 2000    |
| 8. | 11:29.00 | Erin Hickey        | 2000    |
| 9. | 11:40.71 | Lindsay Gilman     | 3/23/02 |

## 5000-Meter Run (Three-mile+40)

|     |          |                  |         |
|-----|----------|------------------|---------|
| 1.  | 16:37.70 | Samia Akbar      | 4/11/03 |
| 2.  | 16:45.72 | Keira Carlstrom  | 4/11/03 |
| 3.  | 17:35.41 | Jen Baclawski    | 4/11/03 |
| 4.  | 18:28.58 | Jessica Daniel   | 2001    |
| 5.  | 18:45.29 | Natalia Medley   | 2001    |
| 6.  | 19:09.46 | Siobhan Uniacke  | 4/6/02  |
| 7.  | 19:26.39 | Heidi Fishpaw    | 4/20/02 |
| 8.  | 19:30.64 | Whitney McNeas   | 5/3/03  |
| 9.  | 19:53.63 | Elizabeth Reaves | 2001    |
| 10. | 19:59.25 | Lindsay Gilman   | 4/6/02  |

## 10,000 Meter Run

|    |          |                    |         |
|----|----------|--------------------|---------|
| 1. | 34:17.48 | Samia Akbar        | 4/24/03 |
| 2. | 37:11.79 | Jennifer Baclawski | 5/2/03  |
| 3. | 38:18.72 | Jessica Daniel     | 2001    |
| 4. | 39:39.70 | Gina Connell       | 2000    |
| 5. | 40:49.22 | Natalia Medley     | 2000    |
| 6. | 41:21.85 | Elizabeth Reaves   | 2001    |

## 100-Meter Hurdles

|    |       |               |      |
|----|-------|---------------|------|
| 1. | 15.08 | Maria Weeries | 2000 |
|----|-------|---------------|------|

## 400-Meter Hurdles (440y-.3)

|    |         |               |      |
|----|---------|---------------|------|
| 1. | 1:04.78 | Maria Weeries | 2000 |
|----|---------|---------------|------|

## 4x100-Meter Relay

|    |       |                                  |         |
|----|-------|----------------------------------|---------|
| 1. | 53.08 | Rhymer, Hunt, Schoenfeld, Horton | 5/4/02  |
| 2. | 53.14 | Rhymer, Hunt, Schoenfeld, Horton | 4/13/02 |
| 3. | 55.83 | Rhymer, Hunt, Schoenfeld, Horton | 4/20/02 |

## 4x400-Meter Relay (Mile Relay+1.2)

|    |         |   |         |
|----|---------|---|---------|
| 1. | 4:07.22 | Carlstrom, Wharton, Heinecke-Krumhus, Price | 4/5/03  |
| 2. | 4:18.15 | (No names)                                  | 2001    |
| 3. | 4:18.60 | (No names)                                  | 4/12/03 |
| 4. | 4:21.95 | Hunt, Simpson, Heinecke-Krumhus, Baclawski  | 4/20/02 |
| 5. | 4:26.38 | Krashes, Fishpaw, Heinecke-Krumhus, Rhymer  | 4/13/02 |
| 6. | 4:38.00 | (No names)                                  | 2000    |
| 7. | 4:42.88 | (No names)                                  | 2001    |

## 4x800-Meter Relay (Two-mile-3.0)

|    |          |   |         |
|----|----------|---|---------|
| 1. | 9:14.01  | Heinecke-Krumhus, Carlstrom, Akbar, Wharton | 5/2/03  |
| 2. | 9:52.39  | McNeas, Simpson, Heinecke-Krumhus, Akbar    | 5/3/02  |
| 3. | 10:14.65 | McNeas, Fishpaw, Hickey, Heinecke-Krumhus   | 3/23/02 |
| 4. | 10:21.11 | (No names)                                  | 2001    |

## Distance Medley Relay

|    |          |  |         |
|----|----------|--|---------|
| 1. | 12:34.35 | Akbar, McNeas, Krashes, Simpson              | 4/13/02 |
| 2. | 12:51.03 | Baclawski, Fishpaw, Heinecke-Krumhus, Horton | 4/13/02 |

## Discus

|    |          |              |         |
|----|----------|--------------|---------|
| 1. | 104' 10" | Leigh Sorkin | 4/13/02 |
| 2. | 100' 1"  | Megan McCoy  | 5/4/02  |

## Javelin

|    |           |              |         |
|----|-----------|--------------|---------|
| 1. | 105'3.75" | Kat Porter   | 2001    |
| 2. | 81' 10"   | Leigh Sorkin | 4/20/02 |
| 3. | 55' 8"    | Megan McCoy  | 4/20/02 |

## Shot Put

|    |          |                 |      |
|----|----------|-----------------|------|
| 1. | 24' 5.5" | Valerie Collins | 2001 |
|----|----------|-----------------|------|

The Top-10 lists represent the 10 best performers in American history in each event. Therefore, while a single person may hold 10 (or more) best performances in any given event, that person is only listed once, with her personal-best mark.

The Top-10 performances in the relays represent the best all-time, regardless of the individuals running the times.

All times have been changed to reflect electronic timing. 0.24 has been added to hand times in races 500-meters or shorter, and 0.14 has been added to hand times in races 800-meters and longer.