

OUTDOOR TRACK FIELD ALL TIME LIST - FEMALE

All Time Outdoor 400 Meter List

	<u>Name</u>	<u>School</u>	<u>Grade</u>	<u>Year</u>	<u>Time</u>	<u>Meet</u>
<u>Top 5 Individuals</u>						
1	<u>Tionna Garner</u>	<u>Monmouth University</u>	<u>SO</u>	<u>2015</u>	<u>55.34f</u>	<u>Princeton Quad Meet</u>
2	Jamieson, Dana	Lincoln Sudbury HS	11th	2007	55.80f	Mass All State Championships
3	Binder, Molly	Lincoln Sudbury HS	11th	2007	57.70f	Acton Boxboro and Concord Carsile
4	Zoya Naumov	Monmouth University	FR	2014	58.81f	Princeton Quad Meet
5	Ariel Brockman	Cherokee	11th	2002	59.30f	Olympic Conference
<u>Top 10 Times</u>						
1	<u>Tionna Garner</u>	<u>Monmouth University</u>	<u>SO</u>	<u>2015</u>	<u>55.34f</u>	<u>Princeton Quad Meet</u>
2	Jamieson, Dana	Lincoln Sudbury HS	11th	2007	55.80f	Mass All State Championships
3	Jamieson, Dana	Lincoln Sudbury HS	11th	2007	56.21f	EMass Class "A" State Championships
4	Jamieson, Dana	Lincoln Sudbury HS	11th	2007	57.35f	Hartford Public Schools Invite
5	Binder, Molly	Lincoln Sudbury HS	11th	2007	57.70f	Acton Boxboro and Concord Carsile
6	Binder, Molly	Lincoln Sudbury HS	11th	2007	58.12f	Hartford Public Schools Invite
7	Binder, Molly	Lincoln Sudbury	12th	2008	58.45f	Dual County League Championship
8	Binder, Molly	Lincoln Sudbury	12th	2008	58.60f	Acton Boxboro and Westford Academy
9	Jamieson, Dana	Lincoln Sudbury HS	11th	2006	58.61f	Eastern Mass Class "A" Championships
10	Binder, Molly	Lincoln Sudbury	12th	2008	58.75f	Weston Twilight

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All Time Outdoor 800 Meter List

	<u>Name</u>	<u>School</u>	<u>Grade</u>	<u>Year</u>	<u>Time</u>	<u>Meet</u>
<u>Top 10 Individuals</u>						
1	<i>Tionna Garner</i>	<i>Monmouth University</i>	<i>FR</i>	<i>2014</i>	<i>2:09.17f</i>	<i>Swarthmore Final Qualifier</i>
2	Kendal Hand	Monmouth University	JR	2014	2:11.55f	Virginia Challenge
3	Binder, Molly	Lincoln Sudbury HS	11th	2007	2:11.88f	Mass All State Championships
4	Zoya Naumov	Monmouth University	FR	2014	2:12.14f	Colonial Relays
5	Jenna Cupp	Monmouth University	FR	2014	2:12.26f	Swarthmore Final Qualifier
6	Allie Wilson	Monmouth University	FR	2015	2:12.35f	Virginia Challenge
7	MacEwen, Emily	Monmouth University	JR	2012	2:12.76f	Princeton Larry Ellis
8	Danielle Leavitt	Monmouth University	FR	2015	2:13.15f	Virginia Challenge
9	Emily Mephram	Monmouth University	SR	2008	2:13.78f	Emass Class "A"

Top 20 Times

1	<i>Tionna Garner</i>	<i>Monmouth University</i>	<i>FR</i>	<i>2014</i>	<i>2:09.17f</i>	<i>Swarthmore Final Qualifier</i>
2	Tionna Garner	Monmouth University	SO	2015	2:11.26f	Colonial Relays
3	Kendal Hand	Monmouth University	JR	2014	2:11.55f	Virginia Challenge
4	Tionna Garner	Monmouth University	SO	2015	2:11.77f	MAAC Championships
5	Binder, Molly	Lincoln Sudbury HS	11th	2007	2:11.88f	Mass All State Championships
6	Zoya Naumov	Monmouth University	FR	2014	2:12.14f	Colonial Relays
7	Tionna Garner	Monmouth University	FR	2014	2:12.19f	MAAC Championships
8	Jenna Cupp	Monmouth University	FR	2014	2:12.26f	Swarthmore Final Qualifier
9	Zoya Naumov	Monmouth University	FR	2014	2:12.27f	Princeton Larry Ellis
10	Jenna Cupp	Monmouth University	SO	2015	2:12.30f	Virginia Challenge
11	Allie Wilson	Monmouth University	FR	2015	2:12.35f	Virginia Challenge
12	Jenna Cupp	Monmouth University	FR	2014	2:12.54f	Colonial Relays
13	Tionna Garner	Monmouth University	FR	2014	2:12.67f	Princeton Quad Meet
14	MacEwen, Emily	Monmouth University	JR	2012	2:12.76f	Princeton Larry Ellis
15	Jenna Cupp	Monmouth University	SO	2015	2:12.87f	MAAC Championships
16	Jenna Cupp	Monmouth University	FR	2014	2:12.89f	Princeton Quad Meet

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OUTDOOR TRACK FIELD ALL TIME LIST - FEMALE

All Time Outdoor Mile List

	<u>Name</u>	<u>School</u>	<u>Grade</u>	<u>Year</u>	<u>Mile Time</u>	<u>1500 Time</u>
<u>Top 5 Individuals</u>						
1	<i>Eller, Amanda</i>	<i>Monmouth University</i>	<i>JR</i>	<i>2012</i>	4:49.26f	<i>4:27.91 - NEC Championships</i>
2	Jenna Cupp	Monmouth University	SO	2015	4:59.93f	<i>4:37.79 - Princeton Quad Meet</i>
3	Lisa Burkholder	Cherokee	9th	2003	<i>5:00.08f</i>	1st Adidas Outdoor Nationals
4	Keklak, Andrea	Lincoln Sudbury HS	9th	2008	<i>5:02.80f</i>	Hartford Public High School Invitational
5	Embrey, Laura	Monmouth	SR	2010	5:04.46f	<i>4:41.99 - Larry Ellis Invitational</i>
6	Leavitt, Danielle	Monmouth University	FR	2015	5:04.50f	<i>4:42.01 - Colonial Relays</i>
<u>Top 10 Times</u>						
1	<i>Eller, Amanda</i>	<i>Monmouth</i>	<i>JR</i>	<i>2012</i>	4:49.26f	<i>4:27.91 - NEC Championships</i>
2	Eller, Amanda	Monmouth	JR	2012	4:58.14f	<i>4:36.13 - ECAC Championships</i>
3	Eller, Amanda	Monmouth	SR	2013	4:58.15f	<i>4:36.14 - Colonial Relays</i>
4	Jenna Cupp	Monmouth University	SO	2015	4:59.93f	<i>4:37.79 - Princeton Quad Meet</i>
5	Eller, Amanda	Monmouth	JR	2012	5:00.03f	<i>4:37.88 - Princeton Larry Ellis</i>
6	Lisa Burkholder	Cherokee	9th	2003	<i>5:00.08f</i>	1st Adidas Outdoor Nationals
7	Eller, Amanda	Monmouth	SR	2013	5:00.57f	<i>4:38.38 - NEC Championships</i>
8	Eller, Amanda	Monmouth	SR	2013	5:01.38f	<i>4:39.13 - ECAC Championships</i>
9	Keklak, Andrea	Lincoln Sudbury HS	9th	2008	<i>5:02.80f</i>	Hartford Public High School Invitational
10	Embrey, Laura	Monmouth	SR	2010	5:04.46f	<i>4:41.99 - Larry Ellis Invitational</i>
11	Leavitt, Danielle	Monmouth University	FR	2015	5:04.50f	<i>4:42.01 - Colonial Relays</i>
12	Lisa Burkholder	Cherokee	9th	2003	<i>5:04.56f</i>	Meet of Champions

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OUTDOOR TRACK FIELD ALL TIME LIST - FEMALE

All Time 4x400m List

	<u>School</u>	<u>Time - Year</u>	<u>Names</u>
1	<u>Lincoln Sudbury HS</u>	<u>3:56.42f - 2007</u>	<u>Molly Binder - Emily Mepham - Olivia Reed - Dana Jamieson - Nike Outdoor Nationals</u>
2	Lincoln Sudbury HS	3:57.07f - 2007	Molly Binder - Emily Mepham - Olivia Reed - Dana Jamieson - Mass All State
3	Lincoln Sudbury HS	3:57.81f - 2007	Molly Binder - Emily Mepham - Olivia Reed - Dana Jamieson - Emass Class "A"
4	Lincoln Sudbury HS	3:58.20f - 2007	Claire Arthur - Dana Jamieson - Emily Mepham - Dana Jamieson - vs Action Bozboro
5	Lincoln Sudbury HS	4:00.02f - 2006	Molly Binder - Emily Mepham - Olivia Reed - Dana Jamieson - Mass All State
6	Lincoln Sudbury HS	4:00.10f - 2008	Ellie Hylton - Clair Arthur - Emily Mepham - Molly Binder - vs Newton South
7	Lincoln Sudbury HS	4:00.10f - 2007	Olivia Reed - Molly Binder - Emily Mepham - Dana Jamieson - DCL Championships
8	Monmouth University	4:01.24 - 2015	Jenna Cupp - Tionna Garner - Danielle Leavitt - Allie Wilson - Monmouth Season Opener
9	Cherokee	4:01.70f - 2003	Emily Keller - Malia Lyles - Lisa Burkholder - Ariel Brockman - Eastern Relays
10	Lincoln Sudbury HS	4:03.86f - 2007	Molly Binder - Emily Mepham - Claire Arthur - Dana Jamieson - Hartford Invite

All Time 4x800m List

	<u>School</u>	<u>Time</u>	<u>Names</u>
1	<u>Monmouth University</u>	<u>8:46.08 - 2015</u>	<u>Allie Wilson - Kendal Hand - Jenna Cupp - Tionna Garner - ECAC Championship Frials</u>
2	Monmouth University	8:49.15 - 2015	Allie Wilson - Kendal Hand - Jenna Cupp - Tionna Garner - MAAC Championships
3	Monmouth University	8:51.27 - 2015	Allie Wilson - Kendal Hand - Jenna Cupp - Tionna Garner - ECAC Championship Trials
4	Monmouth University	8:53.78f - 2014	Jenna Cupp, Zoya Naumov, Abby Baker, Tionna Garner - Penn Relays
5	Monmouth University	8:55.38f - 2014	Jenna Cupp, Zoya Naumov, Abby Baker, Tionna Garner - ECAC Championship Finals
6	Monmouth University	8:55.67 - 2015	Allie Wilson - Kendal Hand - Jenna Cupp - Tionna Garner - Penn Relays
7	Monmouth University	8:57.63 - 2015	Allie Wilson - Kendal Hand - Jenna Cupp - Tionna Garner - Colonial Relays
8	Monmouth University	8:58.73f - 2014	Jenna Cupp, Zoya Naumov, Abby Baker, Tionna Garner - MAAC Championships
9	Monmouth University	9:00.19f - 2014	Jenna Cupp, Zoya Naumov, Kendal Hand, Tionna Garner - Colonial Relays
10	Monmouth University	9:01.40f - 2013	Emily MacEwen, Danielle Toritto, Kendal Hand, Amanda Eller - Penn Relays
11	Monmouth University	9:01.70t - 2014	Jenna Cupp, Zoya Naumov, Abby Baker, Tionna Garner - ECAC Championship Trials
12	Lincoln Sudbury HS "A"	9:05.11f - 2007	Dana Jamieson - Molly Binder - Claire Arthur - Emily Mepham - Nike Outdoor Nationals
13	Monmouth University	9:05.31f - 2013	Emily MacEwen, Danielle Toritto, Kendal Hand, Amanda Eller - ECAC Championships
14	Lincoln Sudbury HS	9:06.44f - 2008	Emily Mepham - Molly Binder - Claire Arthur - Ellie Hylton - Penn Relays Large School
15	Monmouth University	9:09.03f - 2012	Emily MacEwen, Danielle Toritto, Ali Hehn, Amanda Eller - Penn Relays

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OUTDOOR TRACK FIELD ALL TIME LIST - FEMALE

All Time Distance Medley List

<u>School</u>	<u>Time</u>	<u>Names</u>
1 Monmouth University	11:58.75f - 2012	Amanda Eller, Ali Hehn, Emily MacEwen, Jen Nelson - Penn Relays
2 Monmouth University	12:01.96f - 2013	Emily MacEwen, Morgan Spann, Danielle Toritto, Amanda Eller - Penn Relays
3 Monmouth University	12:02.65f - 2013	Emily MacEwen, Laura Williams, Danielle Toritto, Amanda Eller - Colonial Relays
4 Monmouth University	12:06.26f - 2012	Amanda Eller, Ali Hehn, Emily MacEwen, Jen Nelson - Penn Relays
5 Monmouth University	12:20.88f - 2009	Cailin Lynam - Colleen Rutecki - Laura Embrey - Christine Altland - Colonial Relays
6 Cherokee	12:25.00f - 2000	Erin Chiarulli - Amanda Andrews - Lauren Jones - Michelle Bilicki - East Coast Relays
7 Monmouth University	12:28.59f - 2009	Laura Embrey - Mary Wilks - Aracelis Lantigua - Cailin Lynam - Georgia Relays
8 Cherokee	12:31.50f - 2003	Malia Lyles, Emily Keller, Jenna Viggiano, Lisa Burkholder - Adidas Outdoor Nationals
9 Cherokee	12:33.10f - 2003	Malia Lyles - Ariel Brockman - Jenna Viggiano - Lisa Burkholder - Eastern Relays
10 Cherokee	12:35.60f - 2004	Megan O'Leary - Emily Keller - Grace Pelerin - Lisa Burkholder - Penn Relays