

**St. Lawrence University  
Track and Field Team**

**RECORDS - MERRICK PINKARD - Outdoor**

**Women**

Event		Mark	Date Set	Record Holder	Team Affiliation
Open	100m Dash	11.56	<b>Apr-19-02</b>	Ashley Purnell	Ottawa Lions TC
	200m Dash	23.73	<b>Apr-19-02</b>	Ashley Purnell	Ottawa Lions TC
	400m Dash	54.25	<b>May-24-03</b>	Amber James	Wheaton (MA)
	800m Run	2:07.39	<b>May-24-03</b>	Liz Woodworth	UW-Oshkosh
	1500m Run	4:20.86	<b>May-24-03</b>	Missy Buttry	Wartburg
	3000m Run	10:17.85	<b>Apr-28-06</b>	Liz Ludovici	St. Lawrence
	5000m Run	15:51.23	<b>May-24-03</b>	Missy Buttry	Wartburg
	10000m Run	34:08.59	<b>May-22-03</b>	Mary Proulx	Keene State
	100m Hurdles	13.69	<b>May-11-01</b>	Lesley Tahlin	Ottawa Lions TC
	400m Hurdles	59.22	<b>May-24-03</b>	Tierra Hicks	Montclair State
	3000m StplCh	10:33.67	<b>May-23-03</b>	Jenn Campbell	Williams
	High Jump	1.70m	<b>May-13-05</b>	Jenna Grimaldi	Syracuse
	Pole Vault	4.01m	<b>May-22-03</b>	Kim Marino	Richard Stockton
	Long Jump	6.09m	<b>May-22-03</b>	Darcell Edwards	McMurray
	Triple Jump	12.82m	<b>May-24-03</b>	Darcell Edwards	McMurray
	Shot Put	15.18m	<b>May-24-03</b>	Healy Thompson	Williams
	Discus	49.64m	<b>May-22-03</b>	Marie-Josée Le Jour	Unattached
	Hammer	57.43m	<b>May-23-03</b>	Deena Heins	UW Oshkosh
	Javelin	55.34m	<b>May-23-03</b>	Christina Scherwin	Moravian
	Heptathlon	4852	<b>May-23-03</b>	Annie Vanderlaan	Calvin
4x100m Relay	46.55	<b>May-24-03</b>	C Carroll, S Grigsby, L Powell, M Israel		Carthage
4x200m Relay	1:56.93	<b>Apr-15-08</b>	A Nuffer, M Derby, M Moore, C McKenzie		St. Lawrence
4x400m Relay	3:43.32	<b>May-24-03</b>	T Donoghue, V Smith, J Bromell, A James		Wheaton (MA)
4x800m Relay	9:13.63	<b>May-02-03</b>	B Pilling, L Janovich, A Laytham, K Cravotta		Ithaca