

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

**RECORDS - SLU - Indoor**

**Women**

<b>Event</b>		<b>Mark</b>	<b>Date Set</b>	<b>Record Holder</b>	<b>Team Affiliation</b>
Open	55m Dash	7.38	<b>Feb-28-03</b>	Kara Simpson	
	60m Dash	8.00	<b>Feb-24-03</b>	Kara Simpson	
	150m Dash	21.44	<b>Jan-16-10</b>	Jessica Venezia	
	200m Dash	26.41	<b>Feb-16-02</b>	Kara Simpson	
	300m Dash	42.95	<b>Jan-20-01</b>	Angela Nortz	
	400m Dash	58.31	<b>Mar- 7-98</b>	Bridget Reichhart	
	500m Dash	1:18.30	<b>Feb- 2-02</b>	Angela Nortz	
	600m Dash	1:40.12	<b>Jan-16-10</b>	Jessica Marini	
	800m Run	2:18.32	<b>Mar- 2-96</b>	Deb Danehy	
	1000m Run	2:58.47	<b>Feb-19-11</b>	Wendy Pavlus at Cornell "DeNeault" Invi	<b>St. Lawrence</b>
	1500m Run	4:38.76	<b>Mar- 6-99</b>	Amy Farrell	
	3000m Run	10:09.11	<b>Feb-21-09</b>	Wendy Pavlus	
	5000m Run	16:59.40	<b>Mar-12-10</b>	Wendy Pavlus	
	1 Mile Run	5:05.39	<b>Mar-5-10</b>	Wendy Pavlus	
	55m Hurdles	8.55	<b>Mar- 1-03</b>	Alissa Bibb	
	60m Hurdles	9.40	<b>Feb-01-03</b>	Alissa Bibb	
	High Jump	1.58m	<b>Feb-21-10</b>	Kylie Morris	
	Pole Vault	3.25m	<b>Feb-21-04</b>	Greta Elliott	
	Long Jump	5.87m	<b>Feb-22-03</b>	Kate DePuy	
	Triple Jump	11.56m	<b>Mar-08-08</b>	Jessica Venezia	
	Shot Put	14.69m	<b>Feb-20-10</b>	Alyssa Pirinelli	
	Wght Thr	17.65m	<b>Feb-27-09</b>	Alyssa Pirinelli	
	In Pent	3118	<b>Feb-23-03</b>	8.76 1.46m 7.44m 5.42m 2:28.94	<b>Alissa Bibb</b>
4x200m	Relay	1:45.85	<b>Feb-28-03</b>	A Nortz, K DePuy, A Bibb, K Simpson	
4x220y	Relay	1:50.80	<b>Mar-07-08</b>	28.1, 27.9, 27.7, 27.1 L Taylor, W Koch, A Nuffer, B Muller	
4x400m	Relay	4:02.11	<b>Mar- 7-98</b>	S Smith, M Pease, R Liiva, B Reichhart	
4x440y	Relay	4:13.49	<b>Mar-08-08</b>	63.5, 64.8, 63.3, 61.8 W Koch, J Venezia, K Rebehn, B Muller	
4x800m	Relay	9:36.94	<b>Mar-3-07</b>	2:22.7, 2:29.7, 2:21.1, 2:23.5 L Taylor, K Keszey, L Clarke, A Nuffer	
4x880y	Relay	9:49.13	<b>Mar-08-08</b>	2:26.4, 2:29.6, 2:27.8, 2:25.3 C McKenzie, L Atwood, A Nuffer, W Pavlus	
1600m	SptMedlyR	4:35.44	<b>Dec-13-08</b>	L. Schwennker, K. Rebehn, B. Muller, L. Webster	
4000m	DisMedlyR	12:16.36	<b>Feb-26-10</b>	3:45.5, 60.4, 2:25.4, 5:05.3 J Hulton, L Schwennker, J Lemme, W Pavlus	