

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

**RECORDS - SLU - Outdoor**

**Women**

<b>Event</b>		<b>Mark</b>	<b>Date Set</b>	<b>Record Holder</b>	<b>Team Affiliation</b>
Open	100m Dash	12.42	<b>Apr-30-04</b>	Kara Simpson	
	200m Dash	25.78	<b>Apr-13-02</b>	Angela Nortz	
	400m Dash	57.26	<b>Apr-21-98</b>	Bridget Reichhart	
	800m Run	2:17.13	<b>May-2-09</b>	Alexis Nuffer	
	1500m Run	4:38.16	<b>May-14-10</b>	Wendy Pavlus	
	3000m Run	10:08.78	<b>May-23-97</b>	Deb Danehy	
	5000m Run	17:02.84	<b>Apr-9-10</b>	Wendy Pavlus	
	10000m Run	35:12.04	<b>Apr-22-11</b>	Wendy Pavlus	
	100m Hurdles	14.79	<b>May-21-97</b>	Reili Liiva	
	400m Hurdles	1:00.68	<b>May-23-98</b>	Karen LaMora	
	2000m StplCh	8:04.6h	<b>May-12-00</b>	Karen Stout	
	3000m StplCh	10:31.28	<b>Apr-9-11</b>	Wendy Pavlus	
	High Jump	1.63m	<b>Apr-28-97</b>	Karen LaMora	
	Pole Vault	3.31m	<b>May-14-04</b>	Greta Elliot	
	Long Jump	5.74m	<b>May- 9-03</b>	Kate De Puy	
	Triple Jump	11.12m	<b>Apr-12-08</b>	Jessica Venezia	
	Shot Put	14.50m	<b>May-28-10</b>	Alyssa Pirinelli	
	Discus	39.25m	<b>May-14-10</b>	Alyssa Pirinelli	
	Hammer	54.88m	<b>May-13-10</b>	Alyssa Pirinelli	
	Javelin	38.97m	<b>May-4-07</b>	Carleigh Fedorka	
	Heptathlon	4629	<b>May-22-97</b>	Reili Liiva	
	4x100m Relay	48.93	<b>May- 3-03</b>		A. Nortz K. De Puy A. Bibb K. Simpson
	4x200m Relay	1:50.58	<b>Mar-23-07</b>	28.1, 27.3, 28.4, 26.7	L. Taylor, M. Moore, L. Fellows, A. Nuffer
	4x400m Relay	3:57.80	<b>May- 8-98</b>		S. Smith M. Pease R. Liiva B. Reichhart
	4x800m Relay	9:18.87	<b>May-4-07</b>	2:19.1, 2:23.6, 2:19.0, 2:17.1	M. Moore, A. Nuffer, L. Taylor, L. Clarke
	4x1500m Relay	21:58.60	<b>Mar-22-07</b>	5:25.2, 5:46.4, 5:01.9, 5:45.3	K. Keszey, H. St John, C. Nuffer, L. Bisaccio
	800m SptMedlyR	1:53.36	<b>Mar-12-05</b>	13.1, 14.3, 26.0, 60.0	L. Taylor L. Rich K. Simpson G. Elliott
	1600m SptMedlyR	4:18.64	<b>Apr-12-97</b>		M. Pease R. Liiva S. Smith S. Chiappinelli
	4000m DisMedlyR	13:09.15	<b>Mar-11-00</b>		J. Greenleaf S. Smith K. Stout N. Moser