

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

RECORDS - SLU - Indoor

Women

| Event | | Mark | Date Set | Record Holder | Team Affiliation |
|--------------|-------------|-------------|------------------|--|-------------------------|
| Open | 55m Dash | 7.38 | Feb-28-03 | Kara Simpson | |
| | 60m Dash | 8.00 | Feb-24-03 | Kara Simpson | |
| | 200m Dash | 26.41 | Feb-16-02 | Kara Simpson | |
| | 300m Dash | 42.95 | Jan-20-01 | Angela Nortz | |
| | 400m Dash | 58.31 | Mar- 7-98 | Bridget Reichhart | |
| | 500m Dash | 1:18.30 | Feb- 2-02 | Angela Nortz | |
| | 600m Dash | 1:46.58 | Jan-23-99 | Sarah Smith | |
| | 800m Run | 2:18.32 | Mar- 2-96 | Deb Danehy | |
| | 1000m Run | 3:01.23 | Feb-17-07 | Laura Clarke | |
| | 1500m Run | 4:38.76 | Mar- 6-99 | Amy Farrell | |
| | 3000m Run | 10:13.77 | Feb-23-08 | Wendy Pavlus | |
| | 5000m Run | 17:16.05 | Mar-07-08 | Wendy Pavlus | |
| | 1 Mile Run | 5:08.94 | Feb-23-07 | Laura Clarke | |
| | 55m Hurdles | 8.55 | Mar- 1-03 | Alissa Bibb | |
| | 60m Hurdles | 9.40 | Feb-01-03 | Alissa Bibb | |
| | High Jump | 1.57m | | K LaMora, S Smith | |
| | Pole Vault | 3.25m | Feb-21-04 | Greta Elliott | |
| | Long Jump | 5.87m | Feb-22-03 | Kate DePuy | |
| | Triple Jump | 11.56m | Mar-08-08 | Jessica Venezia | |
| | Shot Put | 14.20m | Mar-7-08 | Alyssa Pirinelli | |
| | Wght Thr | 15.89m | Feb-29-08 | Alyssa Pirinelli | |
| | In Pent | 3118 | Feb-23-03 | 8.76 1.46m 7.44m 5.42m 2:28.94 | Alissa Bibb |
| 4x200m | Relay | 1:45.85 | Feb-28-03 | A Nortz, K DePuy, A Bibb, K Simpson | |
| 4x220y | Relay | 1:50.80 | Mar-07-08 | 28.1, 27.9, 27.7, 27.1 L Taylor, W Koch, A Nuffer, B Muller | |
| 4x400m | Relay | 4:02.11 | Mar- 7-98 | S Smith, M Pease, R Liiva, B Reichhart | |
| 4x440y | Relay | 4:13.49 | Mar-08-08 | 63.5, 64.8, 63.3, 61.8 W Koch, J Venezia, K Rebehn, B Muller | |
| 4x800m | Relay | 9:36.94 | Mar-3-07 | 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 | Mar-08-08 | 2:26.4, 2:29.6, 2:27.8, 2:25.3 C McKenzie, L Atwood, A Nuffer, W Pavlus | |
| 1600m | SptMedlyR | 4:37.28 | Dec-13-03 | S Collins, E Woodward, J Sayles, S Wilkins | |
| 4000m | DisMedlyR | 12:17.04 | Mar- 5-04 | 3:44.6, 60.2, 2:22.5, 5:09.8 M Doherty, G Elliott, E Devins, A Barr | |