

Syracuse Chargers Records for F1415

heptathlon	April Rushey	3994	6/15/1997
high jump	Meagan Turner	4ft 10in	7/14/2008
indoor pentathlon	April Rushey	2690	3/15/1997
1 mile	Kelly Murray	5:26.4	7/1/2002
10 mile	Kayla Nimmo	1:12:34	7/4/1998
1000m	Suzanne Verdoliva	3:14.0	2/4/1979
1000y	Tonya Heard	2:48.6	2/1/1976
100m	Antonika Owens	12.9	7/13/1994
100m HH	Jane O'Brien	16.3	6/21/1980
100y	Erica Hagenlocher	12.8	7/28/1973
100y	Sherry Winters	12.8	7/7/1978
10k road	Roberta Bain	38:35.0	3/18/1979
1500m	Colleen Eccles	4:56.4	3/15/1997
15k	Beth Sierzant	1:01:15	4/2/1983
2 mile	Melanie Spera	12:47.5	8/3/2009
2k	Kelly Murray	7:25.2	3/16/2003
200m	Ore Akinpelu	26.25	6/24/2012
200m IH	Lydia Detraglia	31.62	6/29/2022
220y	Joanne Atkinson	28.1	4/5/1978
2k steeple	Trina Bills	7:43.7	7/25/2008
300m IH	Lydia Detraglia	57.73	6/30/2021
3k road	Katlyn McNamara	12:25	5/8/2008
3k	Heidi Andrews	10:52.7	12/21/1986
300m	Kelly Kuss	47.0	1/24/1998
40y	Lydia Detraglia	5.8	1/28/2021
400m	Allison Stone	60.7	3/13/1999
400m IH	Beth Sierzant	1:07.9	8/18/1984
440y	Kristen Hagenlocher	64.0	1/17/1976
5 mile	Marcy Rothenberg	35:28.0	3/18/1979
50m	Juliet Armstrong	7.2	2/22/1980
55m	Allison Stone	7.4	3/13/1999
55m HH	April Rushey	9.0	3/15/1997
5k road	Tonya Heard	18:57	8/8/1976
600m	Colleen Eccles	1:45.7	3/15/1997
600y	Kristen Hagenlocher	1:29.7	2/11/1976
880y	Kristen Hagenlocher	2:14.7	7/12/1975
8k	Laura Feller	34:09.0	5/21/1995
discus	Jenna Deep	94-0	7/3/2019
hammer	Jenna Deep	106-11.75	7/22/2020
javelin	April Rushey	126-3 3/4	6/1/1997
long jump	Vicky Williams	16-6 1/2	7/13/1985
marathon	Wendy Pusch	3:30:23	5/18/1975
pole vault	Linda Hadfield	10ft 11in	7/26/2007

shot put 4kg	Shayna Santarelli-Hansen	37-6 3/4	6/23/2013
triple jump	Antonika Owens	35-10 1/2	7/17/1994
weight pentathlon	April Rushey	2295	6/1/1997
weight throw 20lb	Jenna Deep	35-7	7/8/2020

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