Empire 8 Women's Outdoor Track and Field Record Book
From Empire 8 Championships Starting in 2004

Track Events

100 Meters	Samantha Mitchell (RIT, 2009), :12.50
200 Meters	LaKeisha Perez (RIT, 2007), :25.43
400 Meters	Sheri Kelleher (Hartwick, 2004), :56.16
800 Meters	Danielle Simmons (RIT, 2007), 2:16.20
1,500 Meters	Katie Leugers (Ithaca, 2010), 4:46.37
3,000 Meter Steeplechase	Trisha Sliker (RIT, 2006), 11:10.40
5,000 Meters	Bridgette Pilling (Ithaca, 2004), 17:48.09
100-Meter Hurdles	LaKeisha Perez (RIT, 2007), :14.38
400-Meter Hurdles	Jillian Putney (RIT, 2009), 1:06.93

Field Events

High Jump	Meghan Morningstar (Ithaca, 2004), 1.67
Pole Vault	Julie Orlando (Ithaca, 2010), 3.40
Long Jump	Marcia McCord (Ithaca, 2009), 5.55
Triple Jump	Marcia McCord (Ithaca, 2008), 11.40
Shot Put	Allison Griggs (RIT, 2004), 13.16
Discus Throw	Jen McDonnell (Hartwick, 2005), 40.02
Hammer Throw	Allison Griggs (RIT, 2004), 51.91
Javelin Throw	Ashley Dlubac (Ithaca, 2011), 41.19

Relay Events

400-Meter Relay	Ithaca, 2008, :49.19 (Laura Gallup, Leigh Klumpp, Laura Morehouse, Marcia McCord)
1,600-Meter Relay	RIT, 2007, 3:59.59 (LaKeisha Perez, Kathryn Palermo, Nicole Varble, Danielle Simmons)