

**GREEN TERROR WOMEN'S OUTDOOR TRACK & FIELD RECORDS**

<u>Event</u>	<u>Athlete(s)</u>	<u>Time</u>	<u>Meet</u>
100 M	Jamie Falcone	11.90*+	2001 Towson
200 M	Jamie Falcone	24.02*+	2001 Towson
400 M	Kerry Wilson	59.75*	1998 Centennial Conference Championships
800 M	Sommer Chorman	2:17.66*	1998 Centennial Conference Championships
1500 M	Natasha Young	4:51.15*	2004 Centennial Conference Championships
3000 M	Kendra Weible	10:34.12*	1991 MAC Championships
3000 M Steeplechase	Kelly Gruber	11:59.16*	2005 Gettysburg Invitational
5000 M	Jill Krebs	18:04.78*	2001 Centennial Conference Championships
10,000 M	Jill Krebs	37:55.4	2001 Widener Invitational
100 M Hurdles	Julie Cox	14.67*	1993 NCAA Championships (SF)
400 M Hurdles	Kerry Wilson	65.61*	1997 Centennial Conference Championships
4 x 100	Thea Bayly, Jamie Falcone, Aleya Horn, Stephanie McPherson	47.57*+	2000 Frostburg Invitational
4 x 200	Jamie Falcone, Stephanie McPherson, Melissa Merson, April Brown	1:42.78*	2001 Penn Relays
4 x 400	Jamie Falcone, Stephanie McPherson, Thea Bayly, Melissa Merson	3:58.22*	2001 Penn Relays
4 x 800	Natasha Young, Kelly Gruber, Jen Pullen, Joan Namasinga	10:05.75*	2004 Centennial Conference Championships
Sprint Medley	Kare Fisher, Pauline McAlonan, Kerry Wilson, Sommer Chorman	4:30.36*	1997 Colonial Relays
Dist. Medley		13:29.2	1986
4 x 1600		24:30.9	
Long Jump	Kerry Wilson	17'11" (5.48)	1997 Washington & Lee Invitational
Triple Jump	Kerry Wilson	37'3" (11.37)	1997 Centennial Conference Championships
High Jump	Kris Twiford	5'3" (1.60)	1985 Susquehanna & 1986 MAC Championships
Shot Put	Sabrina Putro	36'2" (11.03)	2004 Bridgewater Invitational
Discus	Kristy Costa	132' 10" (40.50)	2005 Centennial Conference Championships
Javelin	Kristy Costa	129'6" (39.47)	2005 Mt. St. Mary's Metro Invitational
Hammer	Megan Grimshaw	101' 9" (31.02)	2002 Gettysburg Invitational
Pole Vault	Jen Bruce	10'+ (3.06)	2002 Centennial Conference Championships
Heptathlon	Kristy Costa	4263*+	2004 Centennial Conference Championships

+ = Conference Record \* = Fully automatic timing

**MEN'S INDOOR TRACK CHAMPIONSHIP MEDALLISTS****Shot Put**

Paul Charbonnier	2nd	1995	CC
Ron Flipowicz	3rd	1999	CC
David Hose	1st	2000	CC
David Hose	1st	2001	CC
David Hose	1st	2002	CC
Ben Hull	3rd	2003	CC

**Long Jump**

Donte Abron	1st	1995	CC
Alejandro Welch	3rd	1995	CC
Donte Abron	1st	1997	CC
Ifeanyi Ani	1st	2001	CC
Ifeanyi Ani	1st	2002	CC
Broderick Maybank	1st	2003	CC
Ifeanyi Ani	2nd	2003	CC
Broderick Maybank	1st	2004	CC
Broderick Maybank	1st	2005	CC

**Triple Jump**

Donte Abron	2nd	1995	CC
Alejandro Welch	3rd	1995	CC
Donte Abron	2nd	1997	CC
Teron Powell	2nd	1999	CC
Teron Powell	2nd	2000	CC
Ifeanyi Ani	3rd	2000	CC
Ifeanyi Ani	1st	2002	CC
Brad Turner	3rd	2002	CC
Ifeanyi Ani	1st	2003	CC
Broderick Maybank	2nd	2003	CC
Ifeanyi Ani	2nd	2003	ECAC
Broderick Maybank	1st	2004	CC

**High Jump**

Jarrett Smith	1st	2004	CC
---------------	-----	------	----

**Pole Vault**

Brian Vetter	1st	1999	CC
--------------	-----	------	----

**55-Meter Dash**

Rob Johnson	1st	1994	CC
Kevin Wong	3rd	1994	CC
Donte Abron	1st	1995	CC
Kevin Wong	2nd	1996	CC
Donte Abron	1st	1997	CC
Stuart Johnson	3rd	2003	CC
Broderick Maybank	2nd	2004	CC

**55-Meter Hurdles**

Bill Tyrrell	1st	1995	CC
Jeff Groff	3rd	2001	CC

**200-Meter Dash**

Rob Johnson	1st	1994	CC
Kent Lightbourn	2nd	1994	CC
Kent Lightbourn	2nd	1995	CC
Kevin Wong	2nd	1996	CC
Donte Abron	3rd	1997	CC
Stuart Johnson	2nd	2003	CC
Scott Koleszar	2nd	2005	CC

**4x200-Meter Relay**

Chris Hydorn, Chris Hamilton, Marvin Deal, Matt Gronaw	3rd	1999	CC
--	-----	------	----

**400-Meter Dash**

Kent Lightbourn	1st	1994	CC
Kent Lightbourn	2nd	1995	CC
Scott Koleszar	2nd	2005	CC

**4x400-Meter Relay**

Jeff Groff, Chris Hamilton, Dave Maskeroni, Calvin Woodward	3rd	2001	CC
Tyler Wright, John Riley, Dave Maskeroni, Calvin Woodward	2nd	2002	CC

**800-Meter Run**

Jarrood Gillam	3rd	1998	CC
----------------	-----	------	----

**4x800-Meter Relay**

Calvin Woodward, Ryan Melhorn, Dave Maskeroni, Tyler Wright	3rd	2002	CC
McDaniel NAMES	3rd	2004	CC

**MEN'S OUTDOOR TRACK CHAMPIONSHIP MEDALLISTS****Shot Put**

David Hose	1st	2000	CC
David Hose	1st	2001	CC
Jeff Hynes	3rd	2001	CC
David Hose	1st	2002	CC

**Discus**

Knut Hjelttness	1st	1973	MAC
Knut Hjelttness	1st	1973	NCAA Coll. Div.
Knut Hjelttness	3rd	1073	NCAA Univ. Div.
Odd Haugen	2nd	1973	MAC
Ron Flipowicz	3rd	1998	CC
Jeff Groff	3rd	1999	CC
David Hose	1st	2001	CC
Ben Hull	2nd	2002	CC

**Javelin**

Carl Von Tobel	1st	1994	CC
Carl Von Tobel	1st	1995	CC
Carl Von Tobel	2nd	1995	NCAA
Carl Von Tobel	1st	1996	CC
Carl Von Tobel	1st	1996	NCAA

**Pole Vault**

Brian Vetter	2nd	1999	CC
--------------	-----	------	----

**Long Jump**

Alejandro Welch	1st	1994	CC
Donte Abron	2nd	1994	CC
Donte Abron	2nd	1995	CC
Alejandro Welch	3rd	1995	CC
Donte Abron	1st	1997	CC
Dave Evans	1st	1999	CC
Ifeanyi Ani	1st	2000	CC
Ifeanyi Ani	2nd	2001	CC
Ifeanyi Ani	1st	2002	CC
Broderick Maybank	3rd	2003	CC
Broderick Maybank	1st	2004	CC
Broderick Maybank	1st	2004	NCAA
Broderick Maybank	1st	2005	CC

**Triple Jump**

Pat Dattilio	2nd	1976	MAC
Alejandro Welch	2nd	1994	CC
Donte Abron	3rd	1994	CC
Donte Abron	1st	1995	CC
Alejandro Welch	3rd	1995	CC
Donte Abron	2nd	1997	CC
David McConky	2nd	1998	CC
Teron Powell	1st	1999	CC
Dave Evans	2nd	1999	CC
Brad Turner	3rd	1999	CC
Ifeanyi Ani	1st	2000	CC
Ifeanyi Ani	1st	2001	CC
Teron Powell	2nd	2001	CC
Ifeanyi Ani	1st	2002	CC
Broderick Maybank	1st	2003	CC
Broderick Maybank	2nd	2004	CC
Broderick Maybank	1st	2005	CC

**High Jump**

Scott Frazer	2nd	1976	MAC
Alejandro Welch	3rd	1995	CC
Dave Evans	1st	1999	CC
Jarrett Smith	2nd	2005	CC

**100-Meter Dash**

Rob Johnson	3rd	1990	MAC
Kevin Wong	3rd	1994	CC
Donte Abron	1st	1995	CC
Bill Tyrrell	2nd	1995	CC
Duane Campbell	3rd	1996	CC
Donte Abron	1st	1997	CC
Broderick Maybank	1st	2003	CC
Broderick Maybank	2nd	2004	CC

**110-Meter Hurdles**

Bill Tyrrell	1st	1994	CC
Bill Tyrrell	1st	1995	CC
Marvin Deal	3rd	1999	CC

**120 High Hurdles**

Steve Wilson	2nd	1973	MAC
Steve Wilson	2nd	1974	MAC

**200-Meter Dash**

Kevin Wong	2nd	1994	CC
Donte Abron	1st	1997	CC
Gavin DeFreitas	2nd	1998	CC
Chris Hydorn	3rd	1999	CC
Chris Hydorn	3rd	2000	CC
Stuart Johnson	2nd	2003	CC
Stuart Johnson	2nd	2004	CC
Scott Koleszar	3rd	2005	CC

**400-Meter Dash**

Kent Lightbourn	1st	1992	MAC
Kent Lightbourn	1st	1994	CC
Kent Lightbourn	1st	1995	CC
Gavin DeFreitas	2nd	1997	CC
Chris Hydorn	3rd	1997	CC
Gavin DeFreitas	2nd	1998	CC
Chris Hydorn	2nd	2000	CC
Scott Koleszar	3rd	2004	CC
Scott Koleszar	3rd	2005	CC

**400-Meter Hurdles**

Kent Lightbourn	2nd	1992	MAC
Kent Lightbourn	3rd	1992	NCAA
Kent Lightbourn	1st	1994	CC
Ronnie Miller	3rd	1994	CC
Kent Lightbourn	1st	1995	CC
Erik Larson	3rd	1999	CC
Erik Larson	2nd	2000	CC

**4x100-Meter Relay**

McDaniel Names	1st	2004	CC
----------------	-----	------	----

**4x400-Meter Relay**

Chris Hydorn, Marvin Deal, Chris Hamilton, Matt Jackson	2nd	1999	CC
McDaniel NAMES	1st	2003	CC
McDaniel Names	1st	2004	CC

**440-Yard Dash**

Eliot Runyon	2nd	1979	MAC
--------------	-----	------	-----

**440-Yard Relay**

WMC NAMES?	3rd	1973	MAC
------------	-----	------	-----

**3,000-Meter Steeplechase**

Derek Johnston	3rd	1992	MAC
Matt Rouse	3rd	2005	CC

**Decathlon**

Jeff Groff	1st	2000	CC
Jeff Groff	1st	2001	CC

**WOMEN'S INDOOR TRACK CHAMPIONSHIP MEDALLISTS****Shot Put**

Julie Cox	3rd	1996	CC
Sabrina Putro	1st	2003	CC

**Long Jump**

Julie Cox	2nd	1996	CC
Kerry Wilson	1st	1997	CC
Kerry Wilson	1st	1998	CC
Christine Johnson	1st	2001	CC
Christine Johnson	3rd	2002	CC
Christine Johnson	2nd	2003	CC

**Triple Jump**

Kerry Wilson	2nd	1997	CC
Kerry Wilson	2nd	1999	CC
Christine Johnson	1st	2002	CC
Christine Johnson	2nd	2003	CC
Jen Bruce	3rd	2003	CC

**Pole Vault**

Jen Bruce	2nd	2002	CC
-----------	-----	------	----

**55-Meter Dash**

Julie Cox	1st	1994	CC
Jenny Spahr	2nd	1995	CC
Julie Cox	1st	1996	CC
Kerry Wilson	1st	1997	CC
Kerry Wilson	1st	1998	CC
Jamie Falcone	1st	1999	CC
Jamie Falcone	1st	2000	CC
Jamie Falcone	1st	2001	CC
April Brown	3rd	2001	CC
April Brown	2nd	2002	CC

**55-Meter Hurdles**

Julie Cox	1st	1994	CC
Julie Cox	1st	1996	CC
Julie Cox	3rd	1996	NCAA
Kerry Wilson	2nd	1997	CC
Kare Fisher	3rd	1998	CC
Kerry Wilson	1st	1999	CC

**200-Meter Dash**

Julie Cox	2nd	1996	CC
Kerry Wilson	3rd	1997	CC
Kerry Wilson	2nd	1998	CC
Jamie Falcone	1st	1999	CC
Jamie Falcone	3rd	2000	CC
Jamie Falcone	1st	2001	CC
April Brown	2nd	2002	CC

**4x200-Meter Relay**

Thea Bayly, Kerry Wilson, Jamie Falcone, Aleya Horn	1st	1999	CC
April Brown, Melissa Merson, Thea Bayly, Jamie Falcone	1st	2001	CC
Holly Thompson, April Brown, Thea Bayly, Melissa Merson	1st	2002	CC
April Brown, Rachel Goodwin, Kellie Pfeiffer, Melissa Merson	1st	2003	CC

**400-Meter Dash**

Kerry Wilson	1st	1997	CC
Jamie Falcone	2nd	2001	CC

**4x400-Meter Relay**

Thea Bayly, Jamie Falcone, Christine Johnson, Melissa Merson	3rd	2001	CC
--	-----	------	----

**800-Meter Run**

Holly Thompson	2nd	2000	CC
----------------	-----	------	----

**3,000-Meter Run**

Jill Krebs	2nd	1999	CC
Jill Krebs	2nd	2000	CC
Diana Pool	2nd	2001	CC
Jill Krebs	3rd	2001	CC

**5,000-Meter Run**

Jill Krebs	3rd	2000	CC
Diana Pool	3rd	2001	CC

**WOMEN'S OUTDOOR TRACK CHAMPIONSHIP MEDALLISTS****Shot Put**

Julie Cox	2nd	1994	CC
Julie Cox	3rd	1995	CC

**Discus**

Sherry Albright	3rd	1994	CC
Kristy Costa	1st	2004	CC
Kristy Costa	1st	2005	CC

**Javelin**

Sherry Albright	1st	1994	CC
Kristen Borgeson	3rd	1994	CC
Melanie Phipps	2nd	1995	CC
Julie Cox	3rd	1996	CC
Kristy Costa	3rd	2005	CC

**Pole Vault**

Jen Bruce	1st	2002	CC
-----------	-----	------	----

**Long Jump**

Julie Cox	3rd	1994	CC
Kerry Wilson	1st	1997	CC
Jen Bruce	2nd	2002	CC
Jen Bruce	2nd	2003	CC
Christine Johnson	3rd	2003	CC
Christine Johnson	3rd	2004	CC

**Triple Jump**

Pauline McAlonan	2nd	1995	CC
Kerry Wilson	2nd	1997	CC
Christine Johnson	1st	2002	CC
Jen Bruce	3rd	2002	CC
Christine Johnson	1st	2003	CC
Christine Johnson	2nd	2004	CC

**Heptathlon**

Kristy Costa	1st	2004	CC
Kristy Costa	1st	2005	CC

**100-Meter Dash**

Julie Cox	2nd	1993	MAC
Julie Cox	2nd	1994	CC
Jenny Spahr	3rd	1995	CC
Kerry Wilson	3rd	1997	CC
Jamie Falcone	2nd	1998	CC
Jamie Falcone	1st	1999	CC
Jamie Falcone	1st	2000	CC
Aleya Horn	2nd	2000	CC
Stephanie McPherson	3rd	2000	CC
Jamie Falcone	1st	2001	CC
April Brown	3rd	2001	CC
April Brown	1st	2002	CC
Stephanie McPherson	2nd	2002	CC
April Brown	1st	2003	CC
Melissa Merson	2nd	2003	CC

**100-Meter Hurdles**

Julie Cox	1st	1993	MAC
Julie Cox	1st	1994	CC
Julie Cox	1st	1996	CC
Kerry Wilson	1st	1997	CC
Kerry Wilson	1st	1998	CC
Kerry Wilson	1st	1999	CC
Jody Bowser	2nd	2001	CC
Jen Bruce	3rd	2002	CC

**4x100-Meter Relay**

Jamie Falcone, Aleya Horn, Stephanie McPherson, Thea Bayly	1st	2000	CC
April Brown, Jen Bruce, Stephanie McPherson, Natasha Coleman	1st	2002	CC

**200-Meter Dash**

Julie Cox	3rd	1993	MAC
Erin Murphey	3rd	1995	CC
Erin Murphey	3rd	1996	CC
Jamie Falcone	1st	1999	CC
Jamie Falcone	1st	2000	CC
Jamie Falcone	1st	2001	CC
April Brown	2nd	2002	CC
Stephanie McPherson	3rd	2002	CC
April Brown	1st	2003	CC

**400-Meter Dash**

Erin Murphey	3rd	1994	CC
Erin Murphey	2nd	1995	CC
Erin Murphey	3rd	1996	CC

**4x100-Meter Relay**

McDaniel: NAMES	1st	2003	CC
-----------------	-----	------	----

**4x400-Meter Relay**

McDaniel: NAMES	3rd	2003	CC
McDaniel: NAMES	3rd	2004	CC

**400-Meter Hurdles**

Julie Cox	1st	1994	CC
Kerry Wilson	1st	1997	CC
Thea Bayly	3rd	2000	CC
Thea Bayly	2nd	2001	CC

**800-Meter Run**

Sommer Chorman	2nd	1997	CC
Sommer Chorman	1st	1998	CC
Sommer Chorman	3rd	1999	CC
Holly Thompson	2nd	2000	CC

**3,000-Meter Run**

Jill Krebs	3rd	1999	CC
------------	-----	------	----

**5,000-Meter Run**

Jill Krebs	3rd	1999	CC
------------	-----	------	----

**10,000-Meter Run**

Jill Krebs	1st	2000	CC
Jill Krebs	1st	2001	CC

**MEN'S INDOOR OUTSTANDING CONFERENCE PERFORMERS**

Broderick Maybank, Field, 2004

**MEN'S OUTDOOR OUTSTANDING CONFERENCE PERFORMERS****WOMEN'S INDOOR OUTSTANDING CONFERENCE PERFORMERS****WOMEN'S OUTDOOR OUTSTANDING CONFERENCE PERFORMERS**

Kristy Costa, Field, 2004  
Kristy Costa, Field, 2005

**MEN'S INDOOR TRACK ALL-AMERICANS**

Ifeanyi Ani (2002)  
NCAA DIII - Triple Jump (5th)  
Ifeanyi Ani (2003)  
NCAA DIII Triple Jump (6th)  
Broderick Maybank (2004)  
NCAA DIII Long Jump (5th)

**WOMEN'S INDOOR TRACK ALL-AMERICANS**

Julie Cox (1996)  
NCAA DIII - 55m hurdles (3rd)  
Kerry Wilson (1997)  
NCAA DIII - Triple Jump (6th)  
Wilson (1998)  
NCAA DIII - 55m hurdles (6th)

**MEN'S OUTDOOR TRACK ALL-AMERICANS**

Knut Hjeltnes (1973)  
NCAA College Division (1st) &  
University Division (3rd) - Discus  
Steve Wilson (1974)  
NCAA DIII 120 yard High Hurdles (6th)  
Kent Lightbourn (1992)  
NCAA DIII 400m dash (3rd)  
Lightbourn (1994)  
NCAA DIII 400m hurdles (8th)  
Carl Von Tobel (1994)  
NCAA DIII Javelin (5th)  
Von Tobel (1995)  
NCAA DIII Javelin (2nd)  
Von Tobel (1996)  
NCAA DIII Javelin (1st)  
Ifeanyi Ani (2002)  
NCAA DIII Triple Jump (7th)  
Broderick Maybank (2004)  
NCAA DIII Long Jump (1st)  
Broderick Maybank  
NCAA DIII Long Jump (6th)

**WOMEN'S OUTDOOR TRACK ALL-AMERICANS**

Julie Cox (1993)  
NCAA DIII 100m hurdles (6th)  
Cox (1994)  
NCAA DIII 100m Hurdles (7th)  
Jamie Falcone (1999)  
NCAA DIII 200m dash  
April Brown (2002)  
NCAA DIII 100m dash (7th)

**MEN'S OUTDOOR TRACK NATIONAL CHAMPIONS**

Carl Von Tobel  
Javelin, 1996  
Broderick Maybank  
Long Jump, 2004