



60m (School Record: 7.26, Funmi Alabi, 2011)

Athlete	Year	Time	Meet	Meet Date	Place
Caitlan Tate	Fr.	7.38 (p)	ACC Indoor Championships	2/23	Q
		7.40	ACC Indoor Championships	2/24	8th
		7.40 (p)	Tiger Paw Invitational	2/9	13th
		7.43	Rod McCravy Invitational	2/3	3rd
		7.43 (p)	Rod McCravy Invitational	2/3	Q
		7.46 (q)	Tiger Paw Invitational	2/9	Q
		7.46	Roanoke Tune-Up	2/16	1st
		7.47 (p)	Clemson Invitational	1/19	9th
		7.48	Nittany Lion Challenge	1/13	2nd
		7.51 (p)	Nittany Lion Challenge	1/13	Q
		7.54 (p)	Roanoke Tune-Up	2/16	Q
Kennedy Dennis	Fr.	7.40	ACC Indoor Championships	2/23	9th
-		7.44	Clemson Invitational	1/19	7th
		7.45 (p)	Clemson Invitational	1/19	Q
		7.45 (p)	Tiger Paw Invitational	2/9	15th
		7.51 (p)	Rod McCravy Invitational	2/3	Q
		7.53 (q)	Tiger Paw Invitational	2/9	Q
		7.53	Roanoke Tune-Up	2/16	2nd
		7.55 (p)	Roanoke Tune-Up	2/16	Q
		7.56	Rod McCravy Invitational	2/3	6th
		7.57	Nittany Lion Challenge	1/13	4th
		7.57 (p)	Nittany Lion Challenge	1/13	Q
Courtney Blanden	Sr.	7.52	Nittany Lion Challenge	1/13	3rd
		7.60 (p)	Nittany Lion Challenge	1/13	Q
Ama-Selina Tchume	Sr.	7.68	Rod McCravy Invitational	2/3	11th

200m (School Record: 23.60, Courtney Blanden, 2017)

Athlete	Year	Time	Meet	Meet Date	Place
Courtney Blanden	Sr.	23.74 (p)	ACC Indoor Championships	2/23	Q
-		23.84	ACC Indoor Championships	2/24	7th
		24.17	Tiger Paw Invitational	2/10	23rd
Kennedy Dennis	Fr.	23.91 (p)	ACC Indoor Championships	2/23	12th
		24.25	Clemson Invitational	1/20	10th
		24.28	Rod McCravy Invitational	2/3	8th
		24.30	Tiger Paw Invitational	2/10	25th
Caitlan Tate	Fr.	23.94 (p)	ACC Indoor Championships	2/23	13th
		23.96	Tiger Paw Invitational	2/10	17th
		24.10	Rod McCravy Invitational	2/3	6th
		24.49	Clemson Invitational	1/20	16th
Ama-Selina Tchume	Sr.	24.00 (p)	ACC Indoor Championships	2/23	15th
		24.45	Tiger Paw Invitational	2/10	27th
		24.64	Rod McCravy Invitational	2/3	12th
		24.85	Roanoke Tune-Up	2/16	2nd
		25.03	Clemson Invitational	1/20	22nd
Nora McKiver	r-Sr.	24.43	Clemson Invitational	1/20	14th
		24.45	Tiger Paw Invitational	2/10	26th
		24.70	Roanoke Tune-Up	2/16	1st
		DNF (p)	ACC Indoor Championships	2/23	
Arlicia Bush	So.	24.98	Clemson Invitational	1/20	21st
Shanel Burr	Sr.	26.28	Roanoke Tune-Up	2/16	4th
		26.70	Bob Pollack Invitational	1/26	42nd
		26.97	Clemson Invitational	1/20	38th

300m (School Record: 37.93, Britni Spruill, 2008)

Athlete	Year	Time	Meet	Meet Date	Place
Courtney Blanden	Sr.	38.58	Nittany Lion Challenge	1/13	1st
Caitlan Tate	Fr.	38.62	Nittany Lion Challenge	1/13	2nd
Nora McKiver	r-Sr.	39.17	Nittany Lion Challenge	1/13	4th
Arlicia Bush	So.	39.39	Nittany Lion Challenge	1/13	6th
Kennedy Dennis	Fr.	39.84	Nittany Lion Challenge	1/13	7th
Ama-Selina Tchume	Sr.	39.31	Nittany Lion Challenge	1/13	8th







400m (Sc	hool Record:	53.06.	Queen	Harrison.	. 2010)

Athlete	Year	Time	Meet	Meet Date	Place
Courtney Blanden	Sr.	54.31 (p)	ACC Indoor Championships	2/23	10th
		54.85	Roanoke Tune-Up	2/16	1st
		55.47	Tiger Paw Invitational	2/9	21st
		55.90	Clemson Invitational	1/19	12th
Arlicia Bush	So.	54.62	Rod McCravy Invitational	2/3	12th
		56.87	Tiger Paw Invitational	2/9	33rd
Arlicia Bush	So.	54.68 (p)	ACC Indoor Championships	2/23	13th
		55.90	Clemson Invitational	1/19	12th
Nora McKiver	r-Sr.	56.81	Clemson Invitational	1/19	19th
		56.84	Tiger Paw Invitational	2/9	32nd
Amanda Thomas	So.	57.88	Clemson Invitational	1/19	24th

500m (School Record: 1:11.49, Asia Washington, 2010)

Athlete	Year	Time	Meet	Meet Date	Place

600m (School Record: 1:27.39, Hanna Green, 2017)

Athlete	Year	Time	Meet	Meet Date	Place
Amanda Thomas	So.	1.33.69	Clemson Invitational	1/20	7th
		1:33.78	Nittany Lion Challenge	1/13	6th

800m (School Record: 2:02.13, Hanna Green, 2017)

Athlete	Year	Time	Meet	Meet Date	Place
Racehl Pocratsky	Jr.	2:03.17	ACC Indoor Championships	2/24	1st
		2:03.93	NCAA Indoor Champinoships	3/10	6th
		2:04.74 (p)	NCAA Indoor Championships	3/9	Q
		2:05.06	Camel City Elite	2/3	3rd
		2:07.07 (p)	ACC Indoor Championships	2/23	Q
Laurie Barton	So.	2:03.72	ACC Indoor Championships	2/24	4th
		2:07.41 (p)	ACC Indoor Championships	2/23	Q
		2:08.23	Camel City Elite	2/3	7th
		2:12.71	Keydet Invitational	1/20	1st
Shannon Quinn	Jr.	2:09.24	Music City Challenge	2/10	7th
		2:10.44 (p)	ACC Indoor Championships	2/23	12th
		2:10.66	Camel City Invitational	2/2	3rd
		2:13.48	Keydet Invitational	1/20	2nd
Katie Kennedy	r-Jr.	2:09.35	Music City Challenge	2/10	8th
Alyssa Shupe	Jr.	2:18.06	Keydet Invitational	1/20	7th
•		2:22.82	Camel City Invitational	2/2	23rd
Ellie Brush	Fr.	2:20.79	Keydet Invitational	1/20	12th

1,000m (School Record: 2:41.98, Rachel Pocratsky, 2018)

1,000m (Ochool Necold, 2.41.90, Nachel Focialsky, 2010)							
Athlete	Year	Time	Meet	Meet Date	Place		
Rachel Pocratsky	Jr.	2:41.98	Liberty Kickoff	1/27	1st		
Sarah Edwards	So.	2:45.45	Liberty Kickoff	1/27	2nd		
Katie Kennedy	r-Jr.	2:47.93	Liberty Kickoff	1/27	3rd		
Laurie Barton	So.	2:48.00	Liberty Kickoff	1/27	4th		
Kayla Richardson	So.	2:53.24	Liberty Kickoff	1/27	6th		
Alvssa Shupe	Jr.	2:58.99	Liberty Kickoff	1/27	11th		

1,500m (School Record: 4:15.34, Shannon Morton, 2016)

Athlete	Year	Time	Meet	Meet Date	e Place







Mile (School	Record:	4:34.01.	Rachel	Pocratsky.	2018)
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Athlete	Year	Time	Meet	Meet Date	Place
Rachel Pocratsky	Jr.	4:34.01	Music City Challenge	2/10	1st
		4:44.83	Keydet Invitational	1/20	1st
Katie Kennedy	r-Jr.	4:39.97	Camel City Elite	2/3	5th
		4:44.77	ACC Indoor Championships	2/24	4th
		4:48.76 (p)	ACC Indoor Championships	2/23	Q
Sarah Edwards	So.	4:42.31	Music City Challenge	2/10	3rd
		4:46.81	Keydet Invitational	1/20	2nd
Laurie Barton	So.	4:46.24	Music City Challenge	2/10	7th
Lauren Berman	r-So.	4:50.38	Keydet Invitational	1/20	5th
		4:51.71	Liberty Kickoff	1/27	1st
Sara Freix	So.	4:56.63	Liberty Kickoff	1/27	3rd
		5:01.21	Keydet Invitational	1/20	8th
Kayla Richardson	So.	5:02.36	Keydet Invitational	1/20	9th
Ellie Brush	Fr.	5:04.54	Music City Challenge	2/10	29th
		5:05.03	Liberty Kickoff	1/27	5th
		5:06.41 (p)	ACC Indoor Championships	2/23	29th
		5:11.95	Roanoke Tune-Up	2/16	3rd

3,000m (School Record: 9:01.57, Tasmin Fanning, 2008)

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Athlete	Year	Time	Meet	Meet Date	Place
Sarah Edwards	So.	9:18.99	ACC Indoor Championships	2/24	2nd
		9:20.46	Camel City Elite	2/3	9th
Sara Freix	So.	9:34.64	Camel City Invitational	2/2	1st
Lauren Berman	r-So.	9:36.30	ACC Indoor Championships	2/24	13th
Katie Kennedy	r-Jr.	9:40.75	Keydet Invitational	1/20	2nd
		9:59.98	ACC Indoor Championships	2/24	26th
Kayla Richardson	So.	9:50.29	Camel City Invitational	2/2	13th
Ellie Brush	Fr.	10:06.36	Camel City Invitational	2/2	7th

5,000m (School Record: 16:13.85, Courtney Dobbs, 2014)

Athlete	Ye	ear Time	Meet	Meet Date	Place
Sara Freix	So.	16:28.95	Music City Challenge	2/9	6th
		16:47.21	ACC Indoor Championships	2/23	9th
Lauren Berman	r-So.	16:37.56	Music City Challenge	2/9	13th
		17:17.30	ACC Indoor Championships	2/23	21st
Kayla Richardson	So.	16:46.03	Music City Challenge	2/9	14th
-		17:39 15	ACC Indoor Championships	2/23	27th

60m Hurdles (School Record: 7.94, Queen Harrison, 2010)

Athlete	Year	Time	Meet	Meet Date	Place
Shanel Burr	Sr.	8.75	Roanoke Tune-Up	2/16	1st
		8.88 (p)	Roanoke Tune-Up	2/16	Q
		8.98 (p)	Bob Pollack Invitational	1/26	9th
		9.20 (p)	Clemson Invitational	1/19	19th

4x200m (School Record: 1:36.43, Potts, Spruill, Castlin, Harrison; 2008)

Time Athletes Meet	Meet Date Place
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4x400m (School Record: 3:36.83, Blanden, Dennis, Tate, Bush, 2018)

Time	Athletes	Meet	Meet Date	Place			
3:36.83	Blanden, Dennis Tate, Bush	ACC Indoor Championships	2/24	4th			
3:41.26	Bush, Tate, McKiver, Dennis	Tiger Paw Invitational	2/10	11th			
3:43.85	Blanden, Bush,	Nittany Lion Challenge	1/13	1st			

4x800m (School Record: 8:33.50, Smiljanec, Dowd, A. Smith, H. Green, 2014)

Time Athletes Meet Meet Date Place







Distance Medle	v Relav	(School Record:	10.53 62	Kennedy	Rlanden	Rarton	Edwards 2	(018)
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Time	Athletes	Meet	Meet Date	Place
10:53.62	Kennedy, Blanden	NCAA Indoor Championships	3/9	3rd
	Barton, Edwards			
10:57.60	Pocratsky, Bush	ACC Indoor Championships	2/22	1st
	Quinn, Edwards			
11:08.48	Pocratsky, Bush,	Roanoke Tune-Up	2/16	1st
	Barton, Kennedy			
11:25.51	Edwards, McKiver,	Roanoke Tune-Up	2/16	2nd
	Quinn, Berman	·		

High Jump (School Record: 6 ft., 1.83m, Katie Ollendick, 1998)

Athlete	Year	English	Metric	Meet	Meet Date	Place
Emily Miller	r-So.	4 ft., 2 in.	1.27m	Roanoke Tune-Up	2/16	

Long Jump (School Record: 19 ft., 10.75 in., 6.06m, Eszter Bajnok, 2018)

Athlete	Year	English	Metric	Meet	Meet Date	Place
Eszter Bajonk	So.	19 ft., 10.75 in.	6.06m	ACC Indoor Championships	2/23	5th
·		18 ft., 10.5 in.	5.75m	Tiger Paw Invitational	2/9	20th
Stefanie Aeschlimann	Fr.	17 ft., 9 in.	5.41m	ACC Indoor Championships	2/23	24th
Ama-Selina Tchume	Sr.	18 ft., 6 in.	5.64m	Clemson Invitational	1/19	12th
		18 ft., 1.75 in.	5.53m	Tiger Paw Invitational	2/9	31st
		17 ft., 11.5 in.	5.47m	Roanoke Tune-Up	2/16	1st
		17 ft., 8 in.	5.38m	Rod McCravy Invitational	2/3	8th
		17 ft, 3.25 in.	5.26m	Nittany Lion Challenge	1/13	8th

Triple Jump (School Record: 42 ft., 5.25 in., 12.60m, Eszter Bajnok, 2018)

Athlete	Year	English	Metric	Meet	Meet Date	Place
Eszter Bajnok	So.	42 ft., 5.25 in.	12.93m	ACC Indoor Championships	2/24	1st
Stefanie Aeschlimann	Fr.	41 ft., 5 in.	12.62m	ACC Indoor Championships	2/24	6th
		39 ft., 11.25 in.	12.17m	Nittany Lion Challenge	1/13	1st
		39 ft., 9.75 in.	12.13m	Tiger Paw Invitational	2/10	17th
		39 ft 8 75 in	12 11m	Akron Invitational	2/3	3rd

Pole Vault (School Record: 14 ft. 7.5 in. 4.46m, Lisa Gunnarsson, 2018)

role vault (Sch	ooi Kecoia.	14 11., 7.5 111.,	4.40III, LI	sa Guillaisson, 2010)		
Athlete	Year	English	Metric	Meet	Meet Date	Place
Lisa Gunnarsson	Fr.	14 ft., 7.5 in.	4.46m	Bob Pollack Invitational	1/26	1st
		14 ft., 6 in.	4.42m	Nittany Lion Challenge	1/13	1st
		14 ft., 5.5 in.	4.41m	NCAA Indoor Championships	3/10	4th
		14 ft., 5.5 in.	4.41m	Tyson Invitational	2/10	3rd
		14 ft., 3.25 in.	4.35m	ACC Indoor Championships	2/23	1st
		14 ft., 3.25 in.	4.35m	Gladstein Invitational	1/19	1st
Rachel Baxter	Fr.	14 ft., 1.25 in.	4.30m	ACC Indoor Championships	2/23	2nd
		14 ft., 0 in.	4.27m	Nittany Lion Challenge	1/13	2nd
		13 ft., 11.25 in.	4.25m	Bob Pollack Invitational	1/26	2nd
		13 ft., 9.75 in.	4.21m	NCAA Indoor Championships	3/10	11th
		13 ft., 5.25 in.	4.10m	Gladstein Invitational	1/19	2nd
		13 ft., 0.75 in.	3.98m	Akron Invitational	2/3	4th
		13 ft., 1.75 in. NH	4.01m NH	Tyson Invitational	2/10	
Olivia Privitera	r-Sr.	12 ft., 7.50 in.	3.85m	Bob Pollack Invitational	1/26	8th
		12 ft., 7.50 in.	3.85m	Gladstein Invitational	1/19	4th
		12 ft., 6.25 in.	3.82m	Nittany Lion Challenge	1/13	5th
		12 ft., 5.5 in.	3.80m	ACC Indoor Championships	2/23	15th
		12 ft., 6,75 in, NH	3.83m NH	Akron Invitational	2/3	

Weight Throw (School Record: 73 ft., 3.25 in., 22.33m, Tamara Burns, 2005)

Athlete	Year	English	Metric	Meet	Meet Date	Place
Pavla Kuklova	r-So.	60 ft., 6.5 in.	18.45m	Tiger Paw Invitational	2/10	7th
		59 ft., 11 in.	18.26m	ACC Indoor Championships	2/23	10th
		59 ft 0 25 in	1799m	Rod McCravy Invitational	2/3	2nd







Shot Put (School Record: 54 ft., 9.5 in., 16.70m, Brittany Pryor, 2008)

Athlete Year English Metric Meet Meet Date Place

Pentathlon (School Record: 4,224 points, Saskia Triesscheijn, 2006)

Athlete Year Points Meet Meet Date Place