



OUTDOOR RECORDS

Event	Individual	Record	Meet	Date
100m	Kate Carnevale	12.06	Atlantic 10 Championship	5/01/21
200m	Kate Carnevale	24.60	Atlantic 10 Championship	5/01/21
400m	Bianca Nolde-Lopez	54.81	Atlantic 10 Championship	5/01/21
800m	Eleni Daughters	2:08.26	Atlantic 10 Championship	5/04/19
1,500m	Sarah Paddon	4:22.90	Virginia Challenge	5/10/14
Mile	Kathy Beach	5:09.95	Southern	4/20/91
3,000m	Erin Osment	9:44.58	Carolina's Cup	5/03/15
3k Steeple	Caroline Willis	11:09.00	Atlantic 10 Championship	5/01/21
5,000m	Caroline Yarbrough	16:20.70	Raleigh Relays	3/30/18
10,000m	Erin Osment	34:14.25	NCAA Championship	6/11/15
100H	Hannah Kanjian	14.61	Atlantic 10 Championship	5/01/21
400H	Anna Davis	59.87	Atlantic 10 Championship	5/02/21
4x100m	Cassandra Blau, Kate Carnevale, Meghan Corso, Kierra Marshall	47.51	Atlantic 10 Championship	5/02/21
4x200m	Meghan Corso, Katie Hines, Marquia Humphries, Tori Long	1:43.41	Raleigh Relays	3/30/19
4x400m	Anna Davis, Rachel Horowitz, Marquia Humphries, Bianca Nolde-Lopez	3:43.45	Atlantic 10 Championship	5/02/21
4x800m	Brigid Behrens, Ashlyn Gruber, Sarah Paddon, Hannah Rieden	8:50.10	A-10 Championship	5/08/16
4x1600m	Chelley Alexander, Lisa Culbertson, Katie Reynolds, Missy Willis	23:16.00	Davidson	4/02/88
DMR	Lucy Billingsley, Smyth Bitter, Clare Frey, Jamilah Sawyer	12:15.19	Duke Invitational	3/02/99
High Jump	Kristen Meister	1.81m (5'11.25)	SoCon Championship	4/22/07
Pole Vault	Megan Burkholder	3.71m (12'2)	A-10 Championship	5/01/21
Long Jump	Makayla Binter	5.60m (18'4.5)	A-10 Championship	5/06/18
Triple Jump	Kennesia Martin	11.97m (39'3.25)	SoCon Championship	4/11/09
Shot Put	Kittery Neale	12.25m (40'2.25)	Unknown	2009
Discus	Danielle Mall	48.50m (159'1)	Gamecock	4/14/95
Javelin	Carly Peters	45.91m (150'7)	49er Classic	3/16/17
Hammer	Caroline Djakuduel	35.79m (102'4)	Vertklasse Meeting	4/01/21
Heptathlon	Hannah Kanjian	4,805	49er Classic	3/19-3/20/21



OUTDOOR PERFORMANCES

100 METER DASH PERFORMANCES

Mark	Athlete	Meet	Date
12.06	Kate Carnevale	A-10 Champs	5/01/21
12.30	Kate Carnevale	A-10 Champs	5/02/21
12.36	Katie Hines	A-10 Champs	5/04/19
12.40	Meghan Corso	A-10 Champs	5/01/21
12.40	Katie Hines	A-10 Champs	5/05/19
12.41	Cassandra Blau	A-10 Champs	5/01/21
12.43	Kim Colley	UNC Invitational	4/11/09
12.44	Kate Carnevale	Mason Invite	4/11/21
12.57	Cassandra Blau	Mason Invite	4/11/21
12.47	Katie Hines	Raleigh Relays	3/30/19

200 METER DASH PERFORMANCES

Mark	Athlete	Meet	Date
24.60	Kate Carnevale	A-10 Champs	5/01/21
24.81	Kim Colley	SoCon Champs	4/21/07
24.94	Kate Carnevale	A-10 Champs	5/02/21
25.03	Kate Carnevale	Mason Invite	4/11/21
25.17	Kim Colley	Liberty Invite	4/04/09
25.20	Kate Carnevale	USC Open	4/17/21
25.25	Kierra Marshall	A-10 Champs	5/01/21
25.31	Kim Colley	SoCon Champs	4/25/09
25.31	Chieko Phillips	SoCon Champs	4/21/07
25.37	Kierra Marshall	Mason Invite	4/11/21

100 METER HURDLE PERFORMANCES

Mark	Athlete	Meet	Date
14.61	Hannah Kanjian	A-10 Champs	5/01/21
14.66	Jamilah Sawyer	SoCon Champs	4/23/99
14.68	Jamilah Sawyer	SoCon Champs	4/24/99
14.69	Jamilah Sawyer	Duke	4/13/96
14.74c	Jamilah Sawyer	SoCon Champs	4/18/97
14.77	Jamilah Sawyer	App. State	4/17/99
14.79	Jamilah Sawyer	SoCon Champs	3/19/96
14.82	Anna Davis	Mason Invite	4/11/21
14.85	Jamilah Sawyer	Emory	3/30/96
14.87	Jamilah Sawyer	Emory	3/28/98

100 METER DASH PERFORMERS

Mark	Athlete	Meet	Date
12.06	Kate Carnevale	A-10 Champs	5/01/21
12.36	Katie Hines	A-10 Champs	5/04/19
12.40	Meghan Corso	A-10 Champs	5/01/21
12.41	Cassandra Blau	A-10 Champs	5/01/21
12.43	Kim Colley	UNC Invitational	4/13/09
12.61	Kierra Marshall	A-10 Champs	5/01/21
12.65	Sharon Bryant	App State	4/23/83
12.74	Katurri Phillips	Coastal	3/11/06
12.78	Chieko Phillips	SoCon Champs	4/21/07
12.84	Marquia Humphries	Charlotte Invite	4/13/19

200 METER DASH PERFORMERS

Mark	Athlete	Meet	Date
24.60	Kate Carnevale	A-10 Champs	5/01/21
24.81	Kim Colley	SoCon Champs	4/21/07
25.25	Kierra Marshall	A-10 Champs	5/01/21
25.52	Marquia Humphries	A-10 Champs	5/04/19
25.31	Chieko Phillips	Unknown	2007
25.47	Katie Hines	Charlotte Invite	4/13/18
25.60	Katurri Phillips	SoCon Champs	4/29/06
25.74	Rachel Horowitz	Vertklasse Meet	4/01/21
25.75	Cassandra Blau	A-10 Champs	5/01/21
25.79	Bianca Nolde-Lopez	USC Open	4/17/21

100 METER HURDLE PERFORMERS

Mark	Athlete	Meet	Date
14.61	Hannah Kanjian	A-10 Champs	5/01/21
14.66	Jamilah Sawyer	SoCon Champs	4/23/99
14.82	Anna Davis	Mason Invite	4/11/21
15.05	Meghan Corso	Mason Invite	4/11/21
15.20	Rosie Lewis	SoCon Champs	4/24/10
15.27	Hazel Tankard	A-10 Champs	5/04/19
15.49	Chloe Davis	49er Classic	3/19/21
15.65	Maria Douglas	App State	4/19/86
15.69	Makayla Binter	A-10 Champs	5/04/19



DAVIDSON TRACK & FIELD

OUTDOOR PERFORMANCES

400 METER HURDLE PERFORMANCES

Mark	Athlete	Meet	Date
59.87	Anna Davis	A-10 Champs	5/02/21
59.99	Anna Davis	NCAA East	5/27/21
1:00.86	Anna Davis	A-10 Champs	5/01/21
1:00.96	Anna Davis	USC Open	4/17/21
1:01.16	Anna Davis	Mason Invite	4/11/21
1:01.25	Anna Davis	Vertklasse Meet	4/01/21
1:01.53	Chloe Davis	A-10 Champs	5/01/21
1:01.75	Chloe Davis	Mason Invite	4/11/21
1:01.93	Chloe Davis	USC Open	4/17/21
1:01.94	Anna Davis	Raleigh Relays	3/25/21

400 METER PERFORMANCES

Mark	Athlete	Meet	Date
54.60	Bianca Nolde-Lopez	A-10 Champs	5/02/21
54.81	Bianca Nolde-Lopez	A-10 Champs	5/01/21
55.64	Bianca Nolde-Lopez	Raleigh Relays	3/25/21
55.67	Bianca Nolde-Lopez	Mason Invite	4/11/21
55.75	Tori Long	A-10 Champs	5/04/19
55.82	Tori Long	Duke Invite	4/20/19
55.85	Tori Long	A-10 Champs	5/05/19
56.18	Rachel Horowitz	A-10 Champs	5/02/21
56.47	Rachel Horowitz	A-10 Champs	5/01/21
56.52	Tori Long	A-10 Champs	5/07/17

800 METER PERFORMANCES

Mark	Athlete	Meet	Date
2:08.26	Eleni Daughters	A-10 Champs	5/05/19
2:08.65	Hannah Rieden	Duke Invite	4/21/17
2:08.82	Eleni Daughters	A-10 Champs	5/04/19
2:09.25	Hannah Rieden	Aggie Last Chance	5/14/17
2:10.07	Hannah Rieden	A-10 Champs	5/07/16
2:10.09	Hannah Rieden	Mason Spring Invite	4/08/17
2:10.28	Eleni Daughters	A-10 Champs	5/02/21
2:10.31	Hannah Rieden	49er Classic	3/17/16
2:10.45	Hannah Rieden	A-10 Champs	5/06/17
2:10.93	Hannah Rieden	Raleigh Relays	3/23/17

400 METER HURDLE PERFORMERS

Mark	Athlete	Meet	Date
59.87	Anna Davis	A-10 Champs	5/02/21
1:01.53	Chloe Davis	A-10 Champs	5/01/21
1:02.65	Melissa Millar	SoCon Champs	4/20/01
1:05.06	Rosie Lewis	SoCon Champs	4/27/10
1:05.32	Jamilah Sawyer	SoCon Champs	4/24/99
1:05.92	Heather Tarpley	Wake Relays	4/06/91
1:07.19	Kate Kosticky	49er Classic	3/20/14
1:07.42	Maria Whitehead	Gamecock	4/16/94
1:07.89	Schaap Freeman	Duke Invitational	4/11/97
1:08.62	Maria Douglas	Davidson	4/05/86

400 METER PERFORMERS

Mark	Athlete	Meet	Date
54.60	Bianca Nolde-Lopez	A-10 Champs	5/02/21
55.75	Tori Long	A-10 Champs	5/04/19
56.18	Rachel Horowitz	A-10 Champs	5/02/21
57.23	Marquia Humphries	Mason Invite	4/11/21
57.30	Grace Loehr	USC Open	4/17/21
58.08	Jessica Chasen	SoCon Champs	4/30/06
58.22	Amaka Obidegwu	Unknown	2008
58.27	Claire Nieuwsma	Duke Invite	4/21/17
58.41	Brigid Behrens	49er Classic	3/20/14
58.47	Smyth Bitter	App State	4/17/99

800 METER PERFORMERS

2:08.26	Eleni Daughters	A-10 Champs	5/05/19
2:08.65	Hannah Rieden	Duke Invite	4/21/17
2:11.54	Brigid Behrens	A-10 Champs	5/07/16
2:11.86	Sophia Mills	A-10 Champs	5/04/19
2:11.92	Sarah Paddon	VertKlasse Meeting	4/04/14
2:12.44	Ashlyn Gruber	Duke Invitational	4/22/16
2:12.60	Olivia Menden	Duke Twilight	5/06/15
2:13.17	Smyth Bitter	SoCon Champs	4/21/01
2:13.23	Claire Nieuwsma	Aggie Last Chance	5/14/17
2:13.56	Grace Loehr	Mason Invite	4/11/21



HANNAH RIEDEN

- 2016 A-10 Outdoor 800m Champion
- Left with the 800m school record (2:08.65)
- 3x Atlantic 10 All-Conference
(Outdoor 800m / 4x800; Indoor 800m)



OUTDOOR PERFORMANCES

1500 METER PERFORMANCES

Mark	Athlete	Meet	Date
4:22.90	Sarah Paddon	Va. Challenge	5/09/14
4:24.54	Sarah Paddon	SoCon Champs	4/26/14
4:24.86	Sarah Sears	Charlotte Invite	4/13/18
4:25.30	Sarah Paddon	NCAA East Champs	5/29/14
4:27.11	Sarah Sears	A-10 Champs	5/07/17
4:27.69	Maddie Hunter	Raleigh Relays	3/30/18
4:27.94	Maddie Hunter	A-10 Champs	5/06/18
4:28.11	Maddie Hunter	Duke Invite	4/21/18
4:28.50	Sarah Sears	Mason Spring Invite	4/08/17
4:28.60	Sophia Mills	Charlotte Invite	4/13/19

1500 METER PERFORMERS

Mark	Athlete	Meet	Date
4:22.90	Sarah Paddon	Va. Challenge	5/09/14
4:24.86	Sarah Sears	Charlotte Invite	4/13/18
4:27.69	Maddie Hunter	Raleigh Relays	3/30/18
4:28.60	Sophia Mills	Charlotte Invite	4/13/19
4:33.35	Olivia Menden	A-10 Champs	5/02/15
4:34.95	Caroline Yarbrough	Duke Invite	4/21/18
4:35.05	Eleni Daughters	USC Open	4/17/21
4:36.36	Sierra Ponthier	Charlotte Invite	4/17/15
4:36.84	Allie Martin	SoCon Champs	4/30/06
4:38.03	Brigid Behrens	Charlotte Invite	4/15/16

3000 METER STEEPLE PERFORMANCES

Mark	Athlete	Meet	Date
11:09.00	Caroline Willis	A-10 Champs	5/01/21
11:10.01	Megal Atias	SoCon Champs	4/26/08
11:19.51	Sarah Sears	A-10 Champs	5/08/16
11:22.31	Megal Atias	Waldrop Invite	4/13/08
11:23.97	Sarah Sears	Charlotte Invite	4/15/16
11:24.94	Caroline Willis	Mason Invite	4/11/21
11:31.83	Anna Brew	Furman	4/05/03
11:50.68	Carissa Skrivaneck	SoCon Champs	5/01/04
12:05.02	Caroline Willis	49er Classic	3/17/18
12:06.60	Lauren Childs	SoCon Champs	4/26/09

3000 METER STEEPLE PERFORMERS

Mark	Athlete	Meet	Date
11:09.00	Caroline Willis	A-10 Champs	5/01/21
11:10.01	Megal Atias	SoCon Champs	4/26/08
11:19.51	Sarah Sears	A-10 Champs	5/08/16
11:31.83	Anna Brew	Furman	4/05/03
11:50.68	Carissa Skrivaneck	SoCon Champs	5/01/04
12:06.60	Lauren Childs	SoCon Champs	4/26/09
12:07.94	Cara Wilck	SoCon Champs	4/20/13
12:21.47	Claire Naisby	SoCon Champs	4/21/12
12:29.80	Helen Webster	Charlotte Invite	4/17/15
13:26.06	Kate Wilson	Davidson	3/29/03

3000 METER PERFORMANCES

Mark	Athlete	Meet	Date
9:44.58	Erin Osment	Carolina's Cup	4/22/15
9:53.16	Caroline Yarbrough	49er Classic	3/16/19
9:59.91	Erin Osment	Carolina's Cup	4/10/14
10:02.87	Caroline Yarbrough	Duke Invitational	4/22/16
10:09.22	Megal Atias	Charlotte	4/10/06
10:10.06	Kathy Beach	Duke Invitational	4/14/90
10:14.47	Brenna Burns	Davidson	4/19/08
10:16.45	Caroline Sanker	Unknown	2009
10:16.64c	Kathy Beach	Wake Relays	3/21/92
10:16.75	Kathy Beach	Duke Invitational	4/13/91

3000 METER PERFORMERS

Mark	Athlete	Meet	Date
9:44.58	Erin Osment	Carolina Cup	4/22/15
9:53.16	Caroline Yarbrough	49er Classic	3/16/19
10:09.22	Megal Atias	Charlotte	4/10/06
10:10.06	Kathy Beach	Duke Invitational	4/14/90
10:14.47	Brenna Burns	Davidson	4/19/08
10:16.45	Caroline Sanker	Unknown	2009
10:17.13	Allison Cheeseman	Charlotte Invite	4/15/16
10:18.06	Natalie Atabek	Carolina's Cup	4/09/10
10:18.41	Heather Conarroe	Carolina's Cup	4/09/10
10:19.61	Allie Martin	NC A&T	3/18/06



OUTDOOR PERFORMANCES

5,000 METER PERFORMANCES

Mark	Athlete	Meet	Date
16:20.70	Caroline Yarbrough	Raleigh Relays	3/30/18
16:21.59	Sarah Sears	Duke Invite	4/21/18
16:28.33	Caroline Yarbrough	Raleigh Relays	3/29/19
16:32.86	Erin Osment	A-10 Champs	5/02/15
16:36.40	Caroline Yarbrough	NCAA East Prelims	5/26/18
16:37.71	Caroline Yarbrough	A-10 Champs	5/05/19
16:45.99	Caroline Yarbrough	49er Classic	3/17/18
16:50.19	Erin Osment	Va. Challenge	4/17/15
16:51.35	Brenna Burns	Duke Invitational	4/08/07
16:51.16	Sarah Sears	A-10 Champs	5/06/18

10,000 METER PERFORMANCES

Mark	Athlete	Meet	Date
34:14.25	Erin Osment	NCAA Champs	6/10/15
34:27.15	Caroline Yarbrough	A-10 Champs	5/04/19
34:27.86	Erin Osment	NCAA East Champs	5/28/15
34:36.74	Erin Osment	A-10 Champs	5/02/15
35:15.01	Sarah Sears	A-10 Champs	5/05/18
35:19.73	Caroline Yarbrough	A-10 Champs	5/05/18
35:30.82	Erin Osment	SoCon Champs	4/26/14
35:45.70	Caroline Yarbrough	A-10 Champs	5/07/16
35:48.41	Brenna Burns	SoCon Champs	4/22/07
36:18.12	Laurel Sheffield	Raleigh Relays	3/24/17

4x100 METER RELAY PERFORMANCES

Mark	Athletes	Meet	Date
47.51	Blau, Carnevale, Corso, Marshall	A-10 Champs	5/02/21
47.67	Blau, Carnevale, Corso, Marshall	USC Open	4/17/21
47.70	Blau, Carnevale, Corso, Marshall	Mason Invite	4/11/21
47.77	Colley, Meister, Obidegwu, Phillips	SoCon Champs	4/22/07
48.12	Corso, Hines, Humphries, Long	Raleigh Relays	3/30/19
48.26	Blau, Carnevale, Corso, Marshall	Vertklasse Meet	4/01/21
48.29	Corso, Hines, Humphries, Long	Caroline Invite	4/13/19
48.40	Hines, Rahman, Thompson, Woods	A-10 Champs	5/07/17
48.60	Corso, Hines, Humphries, Rahman	A-10 Champs	5/05/19
48.60	Ackerman, Hines, Humphries, Rahman	49er Classic	3/16/19

5,000 METER PERFORMERS

Mark	Athlete	Meet	Date
16:20.70	Caroline Yarbrough	Ral. Relays	3/30/18
16:21.59	Sarah Sears	Duke Invite	4/21/18
16:32.86	Erin Osment	A-10 Champs	5/02/15
16:51.35	Brenna Burns	Duke Invitational	4/08/07
17:11.22	Laurel Sheffield	Mason Spring Invite	4/08/17
17:21.28	Hayden Bates	Raleigh Relays	3/24/17
17:26.35	Susannah Cate	Raleigh Relays	3/24/17
17:35.88	Natalie Atabek	Duke Invitational	4/02/10
17:38.84	Allison Cheeseman	Duke Invitational	4/22/16
17:43.06	Heather Conarroe	49er Classic	3/18/10

10,000 METER PERFORMERS

Mark	Athlete	Meet	Date
34:14.25	Erin Osment	NCAA DI Champs	6/10/15
34:27.15	Caroline Yarbrough	A-10 Champs	5/04/19
35:15.01	Sarah Sears	A-10 Champs	5/05/18
35:48.41	Brenna Burns	SoCon Champs	4/22/07
36:18.12	Laurel Sheffield	Raleigh Relays	3/24/17
36:18.92	Caroline Yarbrough	A-10 Champs	5/06/17
37:05.28	Allison Cheeseman	A-10 Champs	5/07/16
37:14.14	Caroline Turner	Raleigh Relays	3/24/17
37:15.91	Natalie Atabek	SoCon Champs	4/20/13
37:45.13	Danielle Ruggieri	SoCon Champs	4/25/09

4x200 METER RELAY PERFORMANCES

Mark	Athletes	Meet	Date
1:43.41	Ackerman, Corso, Humphries, Rahman	Raleigh Relays	3/30/19
1:45.90	Hines, Loehr, Rahman, Thompson	Coastal Carolina Invite	3/10/18
1:48.61	Borders, DiCosmo, Millar, Smith	Raleigh Relays	3/31/01
1:51.64	Bryant, Hills, Webb, Whitlock	Davidson	4/03/82
1:57.02	Bryant, Webb, Whitlock, <i>Unknown</i>	Davidson	4/02/83
1:58.02	Dalton, Fierro, Follmer, Russ	Davidson	4/10/89
2:01.13	Dalton, Fierro, Follmer, Russ	Davidson	4/07/84
2:01.20	Unknown	Davidson	4/09/77
2:01.83	Bryant, Dalton, Kalogridis, Myers	JC Smith	5/05/84
2:04.23	Boyle, McNeill, Stimson, Tanner	Davidson	4/10/76



OUTDOOR RELAY PERFORMANCES

4x400 METER RELAY PERFORMANCES

Mark	Athletes	Meet	Date
3:46.40	Horowitz, Humphries, Loehr, Nolde-Lopez	Raleigh Relays	3/25/21
3:48.05	Hines, Loehr, Long, Nolde-Lopez	Raleigh Relays	3/30/19
3:49.05	Horowitz, Humphries, Loehr, Nolde-Lopez	USC Open	4/17/21
3:49.68	Hines, Loehr, Long, Nolde-Lopez	A-10 Champs	5/05/19
3:50.36	Hines, Long, Loehr, Niesma	A-10 Champs	5/06/18
3:50.97	Hines, Loehr, Long, Nolde-Lopez	Duke Invite	4/20/19
3:51.01	Long, Hines, Niesma, Thompson	A-10 Champs	5/07/17
3:51.02	Hines, Loehr, Long, Nolde-Lopez	49er Classic	3/16/19
3:51.10	Ackerman, Horowitz, Humphries, Nolde-Lopez	Mason Invite	4/11/21
3:51.79	Hines, Long, Loehr, Niesma	Duke Invite	4/21/18

DISTANCE MEDLEY RELAY PERFORMANCES

Mark	Athletes	Meet	Date
12:15.19	Billingsley, Bitter, Frey, Sawyer	Duke Invitational	3/02/99
12:27.69	Bitter, Feldmeier, Frey, Sawyer	Duke Invitational	4/04/98
12:33.54	Beach, Marshall, Reynolds, Tarpley	Wake Relays	4/06/91
12:43.88	Burkholder, Burr, Feldmeier, Grisez	Duke Invitational	4/12/96
12:49.43	Burkholder, Grisez, Nguyen, Whitehead	Duke Invitational	4/08/94
12:52.89	Bennett, Bitter, Gross, Kittenger	Duke Invitational	4/07/00
12:55.42	Marshall, Nguyen, Tarpley, Whitehead	Duke Invitational	4/09/93
13:03.23	Bryant, Foreman, Hills, Webb	Davidson	4/03/82
13:07.26	Aardema, Burr, Feldmeier, Goldstein	Duke Invitational	4/11/97
13:11.87	Bryant, Hills, Patterson, Webb	Davidson	4/02/83

4x800 METER RELAY PERFORMANCES

Mark	Athletes	Meet	Date
8:50.01	Behrens, Gruber, Paddon, Rieden	A-10 Champs	5/08/16
8:50.79	Behrens, Gruber, Menden, Rieden	A-10 Champs	5/03/15
8:57.98	Daughters, Mills, Niesma, Willis	A-10 Champs	5/05/19
8:59.52	Daughters, Hunter, Mills, Niesma	A-10 Champs	5/06/18
8:59.96	Daughters, Loehr, Simms, Troutman	A-10 Champs	5/02/21
9:04.68	Mills, Niesma, Ponthier, Rieden	A-10 Champs	5/07/17
9:05.34	Daughters, Grammel, Mills, Niesma	Raleigh Relays	3/30/19
9:06.35	Behrens, Gruber, Paddon, Watt	Raleigh Relays	3/28/14
9:12.97	MacTurk, Mills, Ponthier, Sears	Raleigh Relays	3/25/17
9:20.77	Gruber, Menden, Sears, Watt	Raleigh Relays	3/28/15

4x1600 METER RELAY PERFORMANCES

Mark	Athletes	Meet	Date
23:16.00	Alexander, Culbertson, Reynolds, Willis	Davidson	4/02/88
23:48.70	Beach, McNeill, Price, Reynolds	Davidson	4/01/89
24:00.92	Allen, Alexander, Kemerait, Willis	Davidson	4/04/87

HEPTATHLON PERFORMANCES

Mark	Athlete	Meet	Date
4,805	Hannah Kanjian	49er Classic	3/18-19/21
4,783	Hannah Kanjian	A-10 Champs	5/1-5/2/21
4,578	Makayla Binter	A-10 Champs	5/04-05/19
4,558	Makayla Binter	A-10 Champs	5/05-06/18
4,507	Makayla Binter	49er Classic	3/14-15/19
4,384	Makayla Binter	Bill Webb	3/28-29/18
4,258	Hazel Tankard	A-10 Champs	5/04-05/19
4,226	Makayla Binter	A-10 Champs	5/06-07/17
4,126	Hazel Tankard	A-10 Champs	5/1-5/2/21
4,100	Hazel Tankard	49er Classic	3/18-19/21
3,824	Laura Hills	James Madison	4/29-30/83
3,738	Makayla Binter	Winthrop Invite	3/23-24/17
3,677	Hazel Tankard	49er Classic	3/14-15/19



OUTDOOR FIELD PERFORMANCES

LONG JUMP PERFORMANCES

Mark	Athlete	Meet	Date
5.60m (18'4.5)	Makayla Binter	A-10 Champs	5/06/18
5.52 m (18'1.25)	Lara Burkholder	Gamecock	4/14/95
5.51m (18'1)	Makayla Binter	Winthrop Invite	3/23/18
5.49m (18'0.25)	Makayla Binter	A-10 Champs	5/05/18
5.48m (17'11.75)	Makayla Binter	A-10 Champs	5/05/18
5.46m (17'11)	Makayla Binter	Charlotte Invite	4/13/18
5.43m (17'9.75)	Lara Burkholder	SoCon Champs	4/23/94
5.42m (17'9.5)	Makayla Binter	49er Classic	3/15/18
5.36m (17'7)	Lara Burkholder	Wake Classic	4/06/96
5.35m (17'6.5)	Lara Burkholder	Wake Relays	3/23/96
5.35m (17'6.75)	Hannah Kanjian	49er Classic	3/19/21

TRIPLE JUMP PERFORMANCES

Mark	Athlete	Meet	Date
11.97m (39'3.25)	Kennesia Martin	UNC Invitational	4/11/09
11.94m (39'2.25)	Jada Woods	A-10 Champs	5/07/17
11.84m (38'10.25)	Jada Woods	49er Classic	3/16/17
11.81m (38'9)	Jada Woods	Raleigh Relays	3/24/17
11.78m (38'7.75)	Kennesia Martin	Liberty Invite	4/04/09
11.70m (38'4.75)	Kennesia Martin	49er Classic	3/19/09
11.54m (37'10.5)	Kennesia Martin	Duke Invitational	4/08/07
11.52m (37'9.5)	Kennesia Martin	SoCon Champs	4/26/09
11.50m (37'8.75)	Kennesia Martin	SoCon Champs	4/27/08
11.46m (39'3.25)	Kennesia Martin	SoCon Champs	4/29/06
11.46m (39'3.25)	Jada Woods	Mason Spring Invite	4/08/17

HIGH JUMP PERFORMANCES

Mark	Athlete	Meet	Date
1.78m (5'9)	Kristen Meister	SoCon Champs	4/22/07
1.75m (5'8.75)	Kristen Meister	Wake Open	3/25/07
1.70m (5'7)	Kristen Meister	Duke Invitational	4/08/07
1.70m (5'7)	Vanessa Sims	SoCon Champs	4/19/96
1.70m (5'7)	Kristen Meister	Charlotte Invite	3/31/07
1.68m (5'6)	Vanessa Sims	Duke Invitational	4/13/96
1.68m (5'6)	Vanessa Sims	Wake Invite	3/18/95
1.66m (5'5.25)	Hannah Kanjian	A-10 Champs	5/02/21
1.66m (5'5.25)	Vanessa Sims	Raleigh Relays	4/24/95
1.64m (5'4.5)	Makayla Binter	A-10 Champs	5/05/18
1.64m (5'4.5)	Vanessa Sims	Duke Invitational	4/09/94

LONG JUMP PERFORMERS

Mark	Athlete	Meet	Date
5.60m (18'4.5)	Makayla Binter	A-10 Champs	5/06/18
5.52 m (18'1.25)	Lara Burkholder	Gamecock	4/14/95
5.35m (17'6.75)	Hannah Kanjian	49er Classic	3/19/21
5.32m (17'4.5)	Jada Woods	VertKlasse Meeting	3/31/17
5.32m (17'5.5)	Chloe Davis	Mason Invite	4/11/21
5.22m (17'1.5)	Hazel Tankard	49er Classic	3/19/21
5.21m (17'1.25)	Gracie Gordon	SoCon Champs	4/21/12
5.20m (17'0.75)	Amaka Obidegwu	SoCon Champs	4/29/06
14.90m (16'1)	Jamie Glenn	Elon	4/17/04
4.87m (15'11.75)	Laura Hills	Davidson	4/02/83

TRIPLE JUMP PERFORMERS

Mark	Athlete	Meet	Date
11.97m (39'3.25)	Kennesia Martin	UNC Invitational	4/11/09
11.94m (39'2.25)	Jada Woods	A-10 Champs	5/07/17
11.46m (39'3.25)	Kennesia Martin	SoCon Champs	4/29/06
11.18m (36'8.25)	Gracie McBride	A-10 Champs	5/02/21
10.77m (35'4)	Maria Whitehead	Gamecock	4/16/94
10.03m (32'11)	Amanda Yeck	Charlotte	3/17/01
9.90m (32'5.75)	Mary Meghan Daly	SoCon Champs	5/01/05
9.30m (30'6.25)	Anna Chase	Davidson	4/11/89
9.28m (30'5.5)	Jessica Chasen	Elon	4/17/04

HIGH JUMP PERFORMERS

Mark	Athlete	Meet	Date
1.78m (5'9)	Kristen Meister	SoCon Champs	4/22/07
1.70m (5'7)	Vanessa Sims	SoCon Champs	4/19/96
1.66m (5'5.25)	Hannah Kanjian	A-10 Champs	5/02/21
1.64m (5'4.5)	Makayla Binter	A-10 Champs	5/05/18
1.60m (5'3)	Amanda Yeck	Charlotte	4/12/03
1.55m (5'1)	Erin Lupfer	x2	3/17/11
1.53m (5'0)	Anna Memoli	Duke Invite	4/22/17
1.52m (4'11.75)	Kathy MacDonald	Ed Waters	3/05/88
1.50m (4'11)	Anna Memoli	Coastal Carolina Invite	3/10/18
1.47m (4'9.75)	Anna Chase	USC Twilight	4/22/89
1.47m (4'9.75)	Laura Hills	James Madison	4/29/83
1.47m (4'9.75)	Mike Frankhouser	Davidson	4/19/80
1.47m (4'9.75)	Berkeley Mann	Davidson	4/12/80
1.47m (4'9.75)	Hazel Tankard	A-10 Champs	5/04/19



OUTDOOR FIELD PERFORMANCES

POLE VAULT PERFORMANCES

Mark	Athlete	Meet	Date
3.71m (12'2)	Megan Burkholder	A-10 Champs	5/01/21
3.60m (11'9.75)	Megan Burkholder	USC Open	4/17/21
3.60m (11'9.75)	Stephanie Hautamaa	Winthrop Invite	3/23/17
3.60m (11'9.75)	Stephanie Hautamaa	Duke Invite	4/21/17
3.57m (11'8.5)	Molly Marshall	VertKlasse Meeting	4/04/14
3.55m (11'7.75)	Megan Burkholder	49er Classic	3/19/21
3.55m (11'7.75)	Stephanie Hautamaa	VertKlasse Meeting	3/31/17
3.55m (11'7.75)	Stephanie Hautamaa	A-10 Champs	5/06/17
3.55m (11'3.75)	Stephanie Hautamaa	A-10 Champs	5/05/18
3.53m (11'7)	Megan Burkholder	Mason Invite	4/11/21

POLE VAULT PERFORMERS

Mark	Athlete	Meet	Date
3.71m (12'2)	Megan Burkholder	A-10 Champs	5/01/21
3.60m (11'9.75)	Stephanie Hautamaa	Winthrop Invite	3/23/17
3.57m (11'8.5)	Molly Marshall	VertKlasse Meeting	4/04/14
3.47m (11'4.5)	Megan Comstock	Carolina Cup	4/22/15
3.20m (10'6)	H. Malfkosky-Berger	Charlotte Invite	4/13/18
2.60m (8'6.25)	Lexie Winograd	Carolina's Cup	4/12/13
2.45m (8'0.5)	Alyssa Moudy	Liberty Invite	4/04/09

SHOT PUT PERFORMANCES

Mark	Athlete	Meet	Date
12.24m (40'2.25)	Kittery Neale		2009
11.83m (38'9.75)	Danielle Mall	Wake Invitational	3/18/95
11.79m (38'8.25)	Danielle Mall	NC State	4/01/95
11.78m (38'7.75)	Danielle Mall	Charlotte	3/04/95
11.65m (38'2.75)	Kittery Neale	49er Classic	3/19/09
11.60m (38'0.75)	Danielle Mall	SoCon Champs	4/22/95
11.40m (37'5)	Danielle Mall	Duke Invitational	4/08/95
10.80m (35'5.25)	Heather Tarpley	Snowbird	3/23/99

SHOT PUT PERFORMERS

Mark	Athlete	Meet	Date
12.24m (40'2.25)	Kittery Neale	Unknown	2009
11.83m (38'9.75)	Danielle Mall	Wake Invite	3/18/95
10.80m (35'5.25)	Heather Tarpley	Snowbird	3/23/91
10.74m (35'3)	Megan O'Neill	Davidson	3/24/01
10.72m (35'2)	Heather McKee	Davidson	4/06/85
10.68m (35'0.5)	Kim Pierre	SoCon Champs	4/19/03
10.67 (35'0.25)	Makayla Binter	49er Classic	4/14/19
10.32m (33'10.25)	Susan Swift	Furman	4/21/90
10.07 (33'0.5)	Hazel Tankard	Charlotte Invite	4/13/19
9.94m (32'7.5)	Caroline Djakuduel	49er Classic	3/19/21

DISCUS PERFORMANCES

Mark	Athlete	Meet	Date
48.50m (159'1)	Danielle Mall	Gamecock	4/14/95
47.26m (155'1)	Danielle Mall	Duke Invitational	4/08/95
45.62m (149'8)	Danielle Mall	NC State	4/01/95
44.90m (147'4)	Danielle Mall	SoCon Champs	4/22/95
43.92m (144'1)	Danielle Mall	Wake Invitational	3/18/95
43.12m (159'1)	Danielle Mall	SoCon Champs	4/20/96
40.84m (134'0)	Danielle Mall	Emory	3/29/97
40.84m (134'0)	Danielle Mall	SoCon Champs	4/19/97
40.52m (132'11)	Danielle Mall	Duke Invitational	4/12/97
39.68m (130'2)	Danielle Mall	Emory	3/30/96

DISCUS PERFORMERS

Mark	Athlete	Meet	Date
48.50m (159'1)	Danielle Mall	Gamecock	4/14/95
39.39m (129'2)	Kittery Neale	SoCon Champs	4/26/09
39.08m (128'2)	Heather Tarpley	Wake Relays	4/06/91
36.89m (121'5.75)	Daisy Borders	VertKlasse Meeting	3/31/17
36.20m (118'10)	Amaka Obidegwu		2007
35.49m (116'5)	Kim Pierre	Davidson	3/29/03
35.42m (116'2)	Daisy Borders	Charlotte Invite	4/15/16
35.39m (116'1)	Caroline Djakuduel	VertKlasse Meet	4/01/21
34.22m (112'3)	Sally Howell	Davidson	4/30/82
33.48m (109'10)	Mike Frankhouser	Davidson	4/03/82

HAMMER PERFORMANCES

35.79m (117'5)	Caroline Djakuduel	VertKlasse Meet	4/01/21
31.20m (102'4)	Caroline Djakuduel	49er Classic	3/19/21

HAMMER PERFORMERS

35.79m (117'5)	Caroline Djakuduel	VertKlasse Meet	4/01/21
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OUTDOOR FIELD PERFORMANCES

JAVELIN PERFORMANCES

Mark	Athlete	Meet	Date
45.91m (150'7)	Carly Peters	49er Classic	3/16/17
44.33m (145'5)	Carly Peters	Gamecock Invite	4/07/18
44.08m (144'7)	Carly Peters	49er Classic	3/16/18
43.70m (143'4)	Carly Peters	A-10 Champs	5/05/18
43.59m (143'0)	Carly Peters x2	last - Duke Invite	4/21/18
43.58m (143'0)	Carly Peters	Charlotte Invite	4/13/18
43.39m (142'3)	Carly Peters	Mason Spring Invite	4/08/17
43.33m (142'2)	Carly Peters	Winthrop Invite	3/23/17
43.06m (141'3)	Carly Peters	NCAA East Prelims	5/25/17
42.65m (139'11)	Carly Peters	VertKlasse Meeting	3/31/17

JAVELIN PERFORMERS

Mark	Athlete	Meet	Date
45.91m (150'7)	Carly Peters	49er Classic	3/16/17
33.51m (109'11)	Yolanda Kirby	SoCon Champs	4/24/99
33.02m (108'4)	Hannah Kanjian	USC Open	4/17/21
31.83m (104'5)	McKensy Gruelle	Davidson	4/24/04
29.90m (98'1)	Makayla Binter	Davidson	5/05/19
29.15m (95'8)	Amaka Obidegwu	Unknown	2008
28.66m (94'0)	Nancy Bondurant	Davidson	3/20/82
28.14m (92'4)	Kittery Neale	SoCon Champs	4/26/09
27.22m (89'4)	Mike Frankhouser	Davidson	4/19/80
27.02m (88'8)	Kim Pierre	Furman	4/05/03

MILE PERFORMANCES

Mark	Athlete	Meet	Date
5:09.95	Kathy Beach	Southern	4/20/91
5:14.79	Presley Parkes	Palmetto Classic	3/08/13
5:20.03	Karen Marshall	Southern	4/20/91
5:42.92	Caroline Kelly	The Citadel	4/12/86
5:53.99	Nancy Brown	Davidson	4/10/76
5:56.31	Maggie Rickard	Palmetto Classic	3/08/13

MILE PERFORMERS

Mark	Athlete	Meet	Date
5:09.95	Kathy Beach	Southern	4/20/91
5:14.79	Presley Parkes	Palmetto Classic	3/08/13
5:20.03	Karen Marshall	Southern	4/20/91
5:42.92	Caroline Kelly	The Citadel	4/12/86
5:53.99	Nancy Brown	Davidson	4/10/76
5:56.31	Maggie Rickard	Palmetto Classic	3/08/13



ERIN OSMONT

- 2015 All-American in the 10,000m
- Graduated with three school records: 3k, 5k, 10k
- Two-time A-10 Champion: 5k, 10k



CAROLINE YARBROUGH

- Scored 123 points in A-10 Championships
- 16x All-Conference (6 outdoor, 6 indoor, 4 XC)
- Four-time A-10 Champion
- School record holder in the 5k (16:20.70)



CHAMPIONS

Discus

1995 Danielle Mall

10,000-Meter Run

2006 Emily King



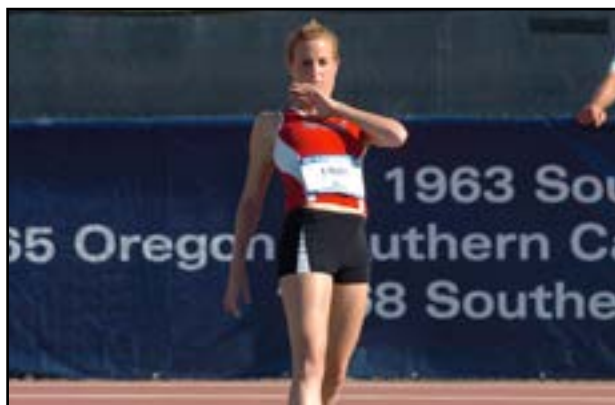
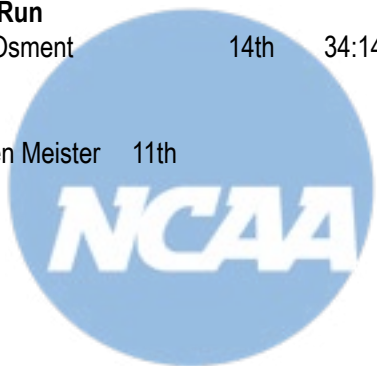
ALL-AMERICANS

10,000-Meter Run

2015 Erin Osment 14th 34:14.25

High Jump

2007 Kristen Meister 11th



KRISTEN MEISTER

- 2007 All-American in the high jump
- Holds high jump school record, 1.78m (5'9)
- Cleared 4-of-the-5 best heights all-time

CHAMPIONS

First competed at the A-10 Championship in 2015

800-Meter Run

2016 Hannah Rieden 2:10.07

5,000-Meter Run

2018 Sarah Sears 16:51.61

2017 Caroline Yarbrough 16:53.60

2015 Erin Osment 16:32.86

10,000-Meter Run

2019 Caroline Yarbrough 34:27.15

2018 Sarah Sears 35:15.01

2015 Erin Osment 34:36.74

4x800-Meter Relay

2016 Brigid Behrens, 8:50.10

Ashlyn Gruber,
Sarah Paddon,
Hannah Rieden



SARAH SEARS

- Two-time A-10 Champion: 5k, 10k
- 2nd all-time in 1500m, Steeple, 5k, 10k