



## Individual All Time Indoor Track List

### 55 (Open)

1	Alexis Cubbage	(2011)	7.37
2	Jen Seniszyn	(2007)	7.39
3	Imani Beauliere	(2011)	7.60
4	Dainah Bland	(2009)	7.70
5	Ashley Broderick	(2005)	7.72
6	Ivohna Howard	(2008)	7.80
7	Taylor Campbell	(2011)	7.92
8	Angelica Glover	(2008)	8.01
9	Caryn Grabowski	(2008)	8.05
10	Miriam Majeski	(2007)	8.07

### 55 HH (Open)

1	Morgan Mclaughlin	(2011)	8.44
2	Caryn Grabowski	(2008)	8.70
3	Genesis Fulmer	(2008)	8.80
4	Alisa Harris	(2007)	9.16
5	Ellen McDermott	(2009)	10.18
6	Kelly Springer	(2011)	10.40
7	Katie Ryan	(2007)	10.63
8	Ivohna Howard	(2008)	10.75
9	Frances Nesi	(2009)	10.90
10	Ashley Broderick	(2007)	10.92

### 55 HH (Relay)

1	Morgan Mclaughlin	(2011)	7.90
2	Genesis Fulmer	(2008)	8.30
3	Caryn Grabowski	(2009)	8.40
4	Ellen McDermott	(2009)	8.90
5	Ayleen Santiago	(2010)	9.30
6	Ivohna Howard	(2008)	9.50
7	Kelly Springer	(2011)	9.50
8	Frances Nesi	(2009)	9.90
9	Michelle Veltz	(2009)	10.00
10	Elissa Smart	(2008)	10.00

### 60 (Open)

1	Morgan Mclaughlin	(2011)	9.49
---	-------------------	--------	------

### 60 Y (Open)

1	Jen Seniszyn	(2007)	7.40
2	Ashley Broderick	(2007)	7.70
3	Ivohna Howard	(2007)	7.80
4	Miriam Majeski	(2007)	7.80
5	Angelica Glover	(2008)	7.90
6	Iris Pegeron	(2009)	8.00

7	Abigail Calixto	(2009)	8.30
8	Michelle Veltz	(2007)	8.60
9	Tejah Larkin	(2007)	8.90

### 60 Y HH (Open)

1	Genesis Fulmer	(2008)	8.80
2	Caryn Grabowski	(2008)	9.30
3	Alisa Harris	(2007)	9.30
4	Katie Ryan	(2007)	10.00
5	Ivohna Howard	(2008)	10.50

### 1.0 mile (Open)

1	Jillian Roth	(2005)	5:36.80
2	Jenna Socci	(2009)	5:58.70
3	Amanda Dalton	(2007)	6:04.20
4	Allie Whitefleet	(2008)	6:04.50
5	Kendra Simcox	(2009)	6:06.10
6	Gina Egidio	(2007)	6:22.00
7	Lila Majano	(2010)	6:26.60
8	Margeaux Hedley	(2009)	6:31.00
9	Jessica Murawski	(2005)	7:00.20

### 100 (Relay)

1	Ivohna Howard	(2007)	19.90
---	---------------	--------	-------

### 2.0 miles (Open)

1	Gina Egidio	(2007)	13:52.00
2	Bree Kelly	(2005)	14:00.20
3	Allie Whitefleet	(2007)	14:20.00

### 200 (Open)

1	Jen Seniszyn	(2004)	26.80
2	Alexis Cubbage	(2008)	27.90
3	Imani Beauliere	(2011)	28.00
4	Genesis Fulmer	(2007)	28.01
5	Morgan Mclaughlin	(2010)	28.20
6	Caryn Grabowski	(2008)	28.50
7	Angelica Glover	(2008)	28.90
8	Dainah Bland	(2009)	29.50
9	Taylor Campbell	(2010)	29.60
10	Ivohna Howard	(2007)	29.70

### 200 (Relay)

1	Alexis Cubbage	(2011)	25.90
2	Jen Seniszyn	(2007)	26.50
3	Morgan Mclaughlin	(2011)	26.50
4	Alisa Harris	(2007)	27.30



## Individual All Time Indoor Track List

---

5	Genesis Fulmer	(2008)	27.40
6	Imani Beauliere	(2011)	27.50
7	Caryn Grabowski	(2008)	27.70
8	Angelica Glover	(2008)	27.70
9	Taylor Campbell	(2011)	27.70
10	Iris Pegeron	(2011)	27.90

### 220 Y (Relay)

---

1	Angelica Glover	(2007)	30.70
2	Ivohna Howard	(2007)	31.20
3	Elissa Smart	(2007)	31.80
4	Michelle Veltz	(2007)	32.10
5	Danielle Hoff	(2007)	33.20
6	Nina Napolitano	(2007)	35.00
7	Ivonne Thompson	(2007)	35.60
8	Tejah Larkin	(2007)	37.30
9	Tess Lowe	(2006)	1:09.90
10	Jillian Roth	(2006)	1:10.40

### 300 (Open)

---

1	Alexis Cabbage	(2011)	42.72
2	Alisa Harris	(2007)	44.26
3	Jen Seniszyn	(2007)	44.68
4	Imani Beauliere	(2011)	44.73
5	Iris Pegeron	(2011)	45.78
6	Frances Nesi	(2006)	46.00
7	Ashley Broderick	(2007)	46.40
8	Taylor Campbell	(2011)	46.59
9	Michelle Veltz	(2009)	46.84
10	Ivohna Howard	(2007)	47.00

### 400 (Open)

---

1	Alexis Cabbage	(2011)	59.21
2	Alisa Harris	(2007)	1:01.46
3	Tess Lowe	(2008)	1:02.34
4	Morgan Mclaughlin	(2011)	1:02.46
5	Genesis Fulmer	(2008)	1:03.20
6	Jen Seniszyn	(2005)	1:04.69
7	Katie Vargo	(2006)	1:06.05
8	Michelle Veltz	(2009)	1:06.63
9	Katie Colombo	(2009)	1:06.71
10	Iris Pegeron	(2010)	1:06.90

### 400 (Relay)

---

1	Morgan Mclaughlin	(2011)	58.50
2	Alexis Cabbage	(2011)	59.80
3	Genesis Fulmer	(2008)	59.90

---

4	Alisa Harris	(2007)	1:01.20
5	Samantha Peters	(2008)	1:02.90
6	Tess Lowe	(2008)	1:03.10
7	Jen Seniszyn	(2007)	1:03.80
8	Iris Pegeron	(2011)	1:03.90
9	Kate Lowe	(2011)	1:05.30
10	Kendra Simcox	(2010)	1:05.40

### 440 Y (Open)

---

1	Alisa Harris	(2007)	1:04.80
2	Tess Lowe	(2008)	1:06.40
3	Genesis Fulmer	(2008)	1:06.80
4	Jen Seniszyn	(2007)	1:07.90
5	Katie Vargo	(2009)	1:09.70
6	Katie Colombo	(2007)	1:10.10
7	Frances Nesi	(2009)	1:11.30
8	Angelica Glover	(2008)	1:12.50
9	Katie Ryan	(2006)	1:14.40
10	Danielle Hoff	(2007)	1:14.90

### 440 Y (Relay)

---

1	Alisa Harris	(2007)	1:04.50
2	Genesis Fulmer	(2008)	1:06.00
3	Tess Lowe	(2008)	1:07.40
4	Alexis Cabbage	(2008)	1:07.50
5	Samantha Peters	(2008)	1:07.90
6	Katie Vargo	(2007)	1:08.00
7	Kendra Simcox	(2009)	1:09.50
8	Katie Colombo	(2007)	1:09.90
9	Jillian Roth	(2009)	1:10.40
10	Jenna Socci	(2009)	1:11.90

### 600 (Open)

---

1	Tess Lowe	(2006)	1:47.60
2	Kendra Simcox	(2009)	1:47.85
3	Alexis Cabbage	(2010)	1:48.20
4	Katie Colombo	(2007)	1:49.20
5	Jillian Roth	(2005)	1:50.10
6	Kate Lowe	(2011)	1:51.81
7	Katie Vargo	(2007)	1:51.83
8	Michelle Veltz	(2009)	1:53.14
9	Jenna Socci	(2010)	1:53.20
10	Ayleen Santiago	(2011)	1:56.62

### 800 (Open)

---

1	Samantha Peters	(2008)	2:26.20
2	Tess Lowe	(2008)	2:31.90



## Individual All Time Indoor Track List

---

3	Kate Lowe	(2011)	2:33.70
4	Kendra Simcox	(2010)	2:34.08
5	Jenna Socci	(2009)	2:34.09
6	Jillian Roth	(2007)	2:34.91
7	Allie Whitefleet	(2008)	2:39.40
8	Amanda Dalton	(2007)	2:40.79
9	Gina Egidio	(2009)	2:41.30
10	Christie Bianco	(2011)	2:43.48

### 800 (Relay)

---

1	Samantha Peters	(2008)	2:27.60
2	Genesis Fulmer	(2008)	2:29.70
3	Tess Lowe	(2008)	2:29.80
4	Jenna Socci	(2011)	2:31.90
5	Kendra Simcox	(2009)	2:34.00
6	Jillian Roth	(2006)	2:34.76
7	Allie Whitefleet	(2008)	2:36.40
8	Kate Lowe	(2011)	2:36.40
9	Alexis Cabbage	(2010)	2:37.00
10	Katie Colombo	(2007)	2:38.00

### 800 Y (Open)

---

1	Jillian Roth	(2009)	2:46.00
2	Tess Lowe	(2009)	2:50.00

### 880 Y (Open)

---

1	Samantha Peters	(2007)	2:35.30
2	Jillian Roth	(2006)	2:41.84
3	Tess Lowe	(2007)	2:43.60
4	Katie Colombo	(2007)	2:45.00
5	Allie Whitefleet	(2006)	2:49.98
6	Jenna Socci	(2008)	2:50.80
7	Amanda Dalton	(2007)	2:58.80
8	Jessica Murawski	(2006)	3:01.00

### 1000 (Open)

---

1	Jenna Socci	(2009)	3:16.37
2	Kendra Simcox	(2009)	3:17.28
3	Jillian Roth	(2006)	3:17.30
4	Amanda Dalton	(2007)	3:26.10
5	Allie Whitefleet	(2006)	3:33.30
6	Sarah Fox	(2011)	3:33.37
7	Gina Egidio	(2007)	3:33.90
8	Christie Bianco	(2011)	3:36.20
9	Olena Lyaschenko	(2005)	3:38.20
10	Katie Gigl	(2006)	3:39.10

### 1000 (Relay)

---

1	Amanda Dalton	(2007)	3:54.90
---	---------------	--------	---------

### 1200 (Relay)

---

1	Jenna Socci	(2009)	4:04.50
2	Kate Lowe	(2010)	4:05.80
3	Jillian Roth	(2007)	4:07.00
4	Amanda Dalton	(2009)	4:13.90
5	Kendra Simcox	(2010)	4:14.90
6	Allie Whitefleet	(2008)	4:18.00
7	Tess Lowe	(2006)	4:22.21
8	Meaghan Geislinger	(2005)	4:27.00

### 1600 (Open)

---

1	Jenna Socci	(2011)	5:24.86
2	Jillian Roth	(2006)	5:33.33
3	Samantha Peters	(2008)	5:35.01
4	Kendra Simcox	(2009)	5:35.72
5	Allie Whitefleet	(2008)	5:50.29
6	Sarah Fox	(2011)	5:52.10
7	Amanda Dalton	(2007)	6:08.01
8	Gina Egidio	(2007)	6:17.30
9	Lila Majano	(2011)	6:17.32
10	Margeaux Hedley	(2006)	6:19.49

### 1600 (Relay)

---

1	Jenna Socci	(2011)	5:33.80
2	Jillian Roth	(2005)	5:36.60
3	Samantha Peters	(2007)	5:39.70
4	Kendra Simcox	(2009)	5:43.70
5	Allie Whitefleet	(2006)	6:30.80

### 3200 (Open)

---

1	Jenna Socci	(2009)	12:03.50
2	Bree Kelly	(2006)	13:15.46
3	Gina Egidio	(2006)	13:22.65
4	Samantha Peters	(2007)	13:27.10
5	Allie Whitefleet	(2008)	13:43.92
6	Olena Lyaschenko	(2005)	13:58.90
7	Katie Gigl	(2006)	14:01.87