



ESU Track & Field 2008-09 Indoor Season Bests

as of March 1, 2009

Women's Track Events

55m

1. Katherine Doyle - 7.22 (at PSAC's 2/28)
2. Alyssa Rupp - 7.58 (at Lafayette 12/6)
3. Kayla Littrell - 7.86 (at Lafayette 12/6)

60m

1. Katherine Doyle - 8.04 (at Armory 2/13)
2. Alyssa Rupp - 8.32 (at Lehigh 1/24)
3. Kayla Littrell - 8.52 (at Armory 2/13)

200m

1. Katherine Doyle - 26.13 (at PSAC's 2/28)
2. Jasmine Johnson - 26.17 (at Armory 2/13)
3. Alyssa Rupp - 27.95 (at Haverford 2/20)

400m

1. Jasmine Johnson - 58.24 (at PSAC's 3/1)
2. Katherine Doyle - 59.84 (at Armory 2/6)
3. Amilee Schillinger - 62.16 (at Haverford 2/20)

500m

1. Emily Hollick - 1:19.61 (at Armory 2/6)
2. Kara Parrillo - 1:27.50 (at Lafayette 12/6)
3. Adrienne Dieter - 1:28.20 (at Lafayette 12/6)

800m

1. Emily Hollick - 2:24.43 (at Armory 2/13)
2. Lindsey Clark - 2:31.53 (at Armory 2/13)
3. Sarah Wysocki - 2:42.50 (at Haverford 2/20)

1000m

1. Lindsey Clark - 3:24.02 (at Delaware 1/31)
2. Kristine Goemaat - 3:35.63 (at Bucknell 1/17)
3. Sarah Wysocki - 3:37.28 (at Delaware 1/31)

1 Mile Run

1. Niki Pasquarella - 5:30.29 (at Bucknell 1/17)
2. Jonna Trexler - 5:38.27 (at Lehigh 1/24)
3. Brooke Dunphy - 5:43.09 (at Lehigh 1/24)

3000m

1. Niki Pasquarella - 10:41.58 (at Armory 2/6)
2. Jonna Trexler - 10:58.36 (at Haverford 2/20)
3. Brooke Dunphy - 11:29.00 (at ESU 2/7)

5000m

1. Niki Pasquarella - 18:38.69 (at Armory 2/13)
2. Bree Kelly - 21:12.46 (at ESU 2/7)
3. Lisa Lower - 21:27.49 (at ESU 2/7)

55m Hurdles

1. Brittney Mackey - 8.68 (at Lafayette 12/6)
2. Brittany Knowles - 8.85 (at PSAC's 2/28)
3. Anna Bixler - 9.36 (at Kutztown 1/9)

60m Hurdles

1. Brittney Mackey - 9.50 (at Delaware 1/31)
2. Brittany Knowles - 9.71 (at Armory 2/13)
3. Kara Parrillo - 10.04 (at Lehigh 1/24)

Women's Relays

4x200m Relay

1. Johnson, Mackey, Rupp, Doyle - 1:46.93 (at ESU 2/7)

4x400m Relay

1. Mackey, Johnson, Hollick, Doyle - 3:56.75 (at Armory 2/13)

4x800m Relay

1. Hollick, Parrillo, Clark, Trexler - 10:11.84 (at PSAC's 2/28)

Distance Medley Relay

1. Trexler, Schillinger, Hollick, Pasquarella - 12:59.17 (at PSAC's 2/28)

Women's Field Events

High Jump

1. Devyn Emerich - 5-7 (at Lehigh 1/24)
- Lynn Mayer - 5-7 (at ESU 2/7)
3. Janelle Smith - 5-5 (at Bucknell, at Delaware, at Armory)

Pole Vault

1. Steph Weber - 10-5 1/2 (at Lehigh 1/24)
2. Kristen Morby - 10-0 (Delaware, Haverford, PSAC's)

Long Jump

1. Anna Bixler - 15-11 (at Kutztown 1/9)
2. Jess Palmer-Bacon - 15-9 1/2 (at ESU 2/7)
3. Jennifer Alpers - 15-4 (at ESU 2/7)

Triple Jump

1. Trina Carito - 37-4 1/2 (at Lafayette 12/6)
2. Lynn Mayer - 34-0 1/4 (at Lafayette 12/6)
3. Jess Palmer-Bacon - 33-10 (at Lafayette 12/6)

Shot Put

1. Amanda Sines - 40-1 1/2 (at ESU 2/7)
2. Emily Carothers - 39-0 1/2 (at PSAC's 3/1)
3. Deanna Knapp - 38-3 1/2 (at Armory 2/13)

Weight Throw

1. Amanda Sines - 49-1 3/4 (at PSAC's 2/28)
2. Emily Carothers - 48-4 1/2 (at PSAC's 2/28)
3. Jess Sekely - 43-8 3/4 (at Lehigh 1/24)

Pentathlon

1. Anna Bixler - 2,743 (at PSAC's 2/28)

Championships

Katherine Doyle - 55m

Haverford - 7.32

Katherine Doyle - 200m

Lehigh - 26.80

Jasmine Johnson - 220yd

Lafayette - 26.71

Emily Hollick - 500m

Kutztown - 1:24.59

Jonna Trexler - 3000m

Delaware - 11:08.85

Brittany Knowles - 55m Hurdles

Kutztown - 9.00

Brittney Mackey - 55m Hurdles

ESU - 8.84

Brittney Mackey - 60m Hurdles

Delaware - 9.50

Devyn Emerich - High Jump

Kutztown - 5-6

Haverford - 5-5 1/4

Lynn Mayer - High Jump

Lafayette - 5-4 1/2

Bucknell - 5-5

ESU - 5-7

Lynn Mayer - Triple Jump

Kutztown - 32-7

Janelle Smith - High Jump

Lafayette-Rider - 5-5

Trina Carito - Triple Jump

Lafayette - 37-4 1/2

Emily Carothers - Weight Throw

Delaware - 45-10 3/4

Amanda Sines - Shot Put

Lafayette-Rider - 39-11 1/2



Championships

Rusty Smith - 55m Hurdles

- Kutztown - 7.63
- Bucknell - 7.58
- Haverford - 7.64
- PSAC's - 7.60 (7.594)

Rusty Smith - 60m Hurdles

- Lehigh - 8.31
- Delaware - 8.33

Rusty Smith - 60yd Hurdles

- Lafayette - 7.66

Andrew McCloskey - 200m

- Kutztown - 23.02
- ESU - 22.57
- Haverford - 22.42

Chris Reddick - 200m

- PSAC's - 21.86

Chris Reddick - 400m

- Kutztown - 51.06

Greg Pammer - 500m

- Kutztown - 1:09.40

Dan Johnson - High Jump

- Lafayette - 6-4 3/4
- ESU - 6-7

Matthew Gallup - Pole Vault

- Bucknell - 15-3
- ESU - 15-6
- Haverford - 15-5 3/4
- PSAC's - 16-0 1/2

Drew Miller - Triple Jump

- Lafayette - 45-3 3/4
- Kutztown - 45-6 1/2
- Lehigh - 45-8 1/2
- Delaware - 46-10 1/4
- ESU - 47-2 1/2
- PSAC's - 48-3 1/4

Drew Miller - Long Jump

- Kutztown - 20-9 1/2

Jeff McClenton - Long Jump

- ESU - 22-3
- Haverford - 22-6 1/4

Paul Wagner - Weight Throw

- Lafayette - 58-8 3/4
- Kutztown - 60-7 1/2
- Bucknell - 60-4
- Lehigh - 57-9
- Delaware - 58-8 3/4
- ESU - 61-4 1/4
- Lafayette-Rider - 59-10
- PSAC's - 61-3 1/2

Colin Feeney - Heptathlon

- Kutztown - 4,103

Colin Feeney - Pole Vault

- Delaware - 13-9 1/4

Men's Track Events

55m

1. Andrew McCloskey - 6.50 (at Lafayette 12/6)
2. Jeff McClenton - 6.58 (at ESU 2/7)
3. Asher Ashfield - 6.59 (at PSAC's 2/28)

60m

1. Asher Ashfield - 7.15 (at Armory 2/13)
- Jeff McClenton - 7.15 (at Armory 2/13)
3. Andrew McCloskey - 7.17 (at Lehigh 1/24)

200m

1. Chris Reddick - 21.86 (at PSAC's 3/1)
2. Andrew McCloskey - 22.27 (at PSAC's 3/1)
3. Jeff McClenton - 22.29 (at Armory 2/13)

400m

1. Chris Reddick - 49.11 (at PSAC's 3/1)
2. Greg Pammer - 51.72 (at Armory 2/13)
3. Steve Greer - 52.89 (at Armory 2/13)

500m

1. Greg Pammer - 1:09.40 (at Kutztown 1/9)
2. Dan Johnson - 1:09.49 (at Lafayette 12/6)
3. Dylan Laders - 1:09.81 (at ESU 2/7)

800m

1. Ryan Doyle - 1:59.51 (at Armory 2/13)
2. Dylan Laders - 1:59.94 (at Armory 2/13)
3. Sam Janssen - 2:00.95 (at Haverford 2/20)

1000m

1. Sam Janssen - 2:35.81 (at Armory 2/6)
2. Pat Carr - 2:37.44 (at Bucknell 1/17)
3. Frank Adragna - 2:40.64 (at ESU 2/7)

1 Mile Run

1. Kyle Weir - 4:30.85 (at Haverford 2/20)
2. Ryan Doyle - 4:30.96 (at Haverford 2/20)
3. Chris Zadroga - 4:32.25 (at Lehigh 1/24)

3000m

1. Chris Zadroga - 8:47.24 (at Armory 2/13)
2. Dan Bowden - 9:01.18 (at Armory 2/13)
3. Sean Norberg - 9:05.47 (at ESU 2/7)

5000m

1. Greg Laraia - 15:28.29 (at Armory 2/13)
2. Kyle Weir - 15:33.98 (at PSAC's 2/28)
3. Sean Norberg - 16:33.03 (at Armory 2/13)

55m Hurdles

1. Rusty Smith - 7.58 (at Bucknell 1/17)
2. Brandon Hillman - 8.06 (at PSAC's 2/28)
3. Ben Koch - 8.42 (at Kutztown 1/9)

60m Hurdles

1. Rusty Smith - 8.08 (at NCAA's 3/13)
2. Brandon Hillman - 8.88 (at Armory 2/13)
3. Ben Koch - 9.07 (at Lehigh 1/24)

Men's Relays

4x200m Relay

1. McClenton, Reddick, Smith, McCloskey - 1:30.88 (at ESU 2/7)

4x400m Relay

1. Pammer, Smith, Johnson, Reddick - 3:26.51 (at Armory 2/13)

4x800m Relay

1. Adragna, Janssen, Bowden, Carr - 8:05.34 (at PSAC's 2/28)

Distance Medley Relay

1. Doyle, Pammer, Laders, Zadroga - 10:31.09 (at PSAC's 2/28)

Men's Field Events

High Jump

1. Dan Johnson - 6-8 (at PSAC's 2/28)
2. Shane Burrows - 6-4 1/2 (at Armory 2/13)
3. Kenny Cardullo - 6-4 (at PSAC's 3/1)

Pole Vault

1. Matthew Gallup - 16-0 1/2 (at PSAC's 2/28)
2. Colin Feeney - 14-3 (at Armory 2/13)
3. Bryant Butala - 13-6 (at ESU 2/7)

Long Jump

1. Jeff McClenton - 22-8 1/2 (at Bucknell, PSAC's)
2. Brandon Hillman - 22-3 1/2 (at PSAC's 2/28)
3. Drew Miller - 21-10 3/4 (at Lehigh 1/24)

Triple Jump

1. Drew Miller - 48-3 1/4 (at PSAC's 3/1)
2. Brandon Hillman - 47-8 (at PSAC's 3/1)
3. Dan Johnson - 40-8 1/4 (at ESU 2/7)

Shot Put

1. Paul Wagner - 49-2 1/4 (at PSAC's 3/1)
2. Dan Johnson - 34-4 3/4 (at PSAC's 2/28)
3. Colin Feeney - 33-3 1/4 (at PSAC's 2/28)

Weight Throw

1. Paul Wagner - 61-4 3/4 (at NCAA's 3/13)
2. Tom Sutor - 47-11 1/4 (at ESU 2/7)

Heptathlon

1. Collin Feeney - 4,488 (at PSAC's 2-28/3-1)
2. Dan Johnson - 4,426 (at PSAC's 2-28/3-1)