

### 2007 - 2008 Top Individual Female Performances

Event	Name	Performance	Place	Date	Meet
55 meter dash	Melissa Scorse	<b>7.42*</b>	1	February 1, 2008	RIT
	Jenny Ruhlman	7.48	5	March 1, 2008	NYSCTCs
	Arlene Cudjoe	7.79	13	February 23, 2008	SUNYACs
	Britney Falcon	7.92	18	February 23, 2008	SUNYACs
60 meter dash	Jenny Ruhlman	<b>8.17*</b>	12	December 1, 2007	Cornell Relays
	Melissa Scorse	8.22	5	February 16, 2008	Cornell Kane Inv.
	Arlene Cudjoe	8.36	18	February 9, 2008	Cornell Open
	Nicole Sosnoski	8.43	13	February 16, 2008	Cornell Kane Inv.
	Britney Falcon	8.57	29	February 9, 2008	Cornell Open
200 meter dash	Melissa Scorse	27.27	98	February 8, 2008	Boston University
	Randi DeBoy	27.44	11	February 23, 2008	SUNYACs
	Jenny Ruhlman	27.82	2	January 26, 2008	St. Lawrence
	Amanda Elias	28.00	4	January 26, 2008	St. Lawrence
	Nicole Sosnoski	28.01	23	February 9, 2008	Cornell Open
	Arlene Cudjoe	28.35	5	December 6, 2007	RIT Early Season
	Britney Falcon	28.92	38	February 9, 2008	Cornell Open
	Karly Donovan	29.49	28	February 1, 2008	RIT
	Ashley Redino	30.85	19	January 26, 2008	St. Lawrence
	Jessica Grass	31.27	21	January 26, 2008	St. Lawrence
300 meter dash	Randi DeBoy	<b>42.86*</b>	3	February 9, 2008	Cornell Open
	Jenny Ruhlman	44.74	24	December 1, 2007	Cornell Relays
	Melissa Scorse	46.47	38	December 1, 2007	Cornell Relays
	Arlene Cudjoe	46.56	39	December 1, 2007	Cornell Relays
	Lisa VonZagorski	47.88	47	December 1, 2007	Cornell Relays
	Karly Donovan	48.04	50	December 1, 2007	Cornell Relays
400 meter dash	Amanda Elias	58.36	5	March 8, 2008	ECACs
	Randi DeBoy	59.82	15	March 8, 2008	ECACs
	Keelan Walsh	1:04.13	21	February 23, 2008	SUNYACs
	Christine Reamer	1:04.59	17	February 16, 2008	Cornell Kane Inv.
	Lisa VonZagorski	1:04.70	23	February 23, 2008	SUNYACs
	Melissa Scorse	1:04.86	4	December 6, 2007	RIT Early Season
	Karly Donovan	1:08.73	8	December 6, 2007	RIT Early Season
	Ashley Redino	1:09.82	9	December 6, 2007	RIT Early Season
	Jessica Grass	1:12.19	22	February 9, 2008	Cornell Open
500 meter dash	Amanda Elias	<b>1:19.79*</b>	1	February 1, 2008	RIT
	Christine Reamer	1:21.94	45	February 8, 2008	Boston University
	Keelan Walsh	1:24.31	58	February 8, 2008	Boston University
	Stephanie Van Deven	1:27.57	6	February 16, 2008	Cornell Kane Inv.
	Ashley Redino	1:32.91	22	December 1, 2007	Cornell Relays

\* denotes school record

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Event	Name	Performance	Place	Date	Meet
800 meter dash	Amanda Elias	<b>2:16.91*</b>	2	March 1, 2008	NYSCTCs
	Christine Reamer	2:27.46	3	December 6, 2007	RIT Early Season
	Stephanie Van Deven	2:29.03	11	February 23, 2008	SUNYACs
	Ashley Mrozek	2:40.00	34	February 16, 2008	Cornell Kane Inv.
	Erika Zampella	2:43.76	36	February 16, 2008	Cornell Kane Inv.
	Lauren Roe	2:47.50	21	February 9, 2008	Cornell Open
	Sam Rinaldo	2:54.55	27	February 9, 2008	Cornell Open
1000 meter run	Caitlin McAneney	3:18.17	12	February 16, 2008	Cornell Kane Inv.
	Keelan Walsh	3:24.91	7	January 26, 2008	St. Lawrence
	Stephanie Van Deven	3:31.97	22	February 1, 2008	RIT
	Lauren Roe	3:38.69	29	February 1, 2008	RIT
1 Mile run	Caitlin McAneney	5:41.08	11	February 1, 2008	RIT
	Lauren Mesi	5:45.50	22	February 16, 2008	Cornell Kane Inv.
	Caileen Childs	5:55.02	17	February 1, 2008	RIT
	Shannon Meehan	6:08.48	24	February 9, 2008	Cornell Open
	Stephanie Van Deven	6:11.75	10	January 26, 2008	St. Lawrence
	Karina Spicer	6:14.61	22	February 1, 2008	RIT
	Jen Siglin	6:14.67	23	February 1, 2008	RIT
3000 meter run	Kelsey Conn	<b>10:15.97*</b>	1	March 8, 2008	ECACs
	Lauren Mesi	11:13.45	2	January 26, 2008	St. Lawrence
	Jen Siglin	11:33.79	26	February 16, 2008	Cornell Kane Inv.
	Caileen Childs	11:56.89	6	January 26, 2008	St. Lawrence
	Shannon Meehan	12:15.44	7	January 26, 2008	St. Lawrence
5000 meter run	Kelsey Conn	<b>17:33.04*</b>	5	March 7, 2008	ECACs
	Caileen Childs	19:49.68	14	February 29, 2008	NYSCTCs
	Karina Spicer	20:17.82	13	February 16, 2008	Cornell Kane Inv.
	Jen Siglin	20:22.60	13	February 23, 2008	SUNYACs
	Shannon Meehan	20:59.64	13	February 1, 2008	RIT
55 meter hurdles	Shannon O'Keeffe	8.68	1 h	February 23, 2008	SUNYACs
	Ashley Redino	9.26	2 h	December 6, 2007	RIT Early Season
	Jessica Grass	9.46	6	February 23, 2008	SUNYACs
	Erika Zampella	9.55	5	February 1, 2008	RIT
	Lisa VonZagorski	10.11	17	February 23, 2008	SUNYACs
60 meter hurdles	Shannon O'Keeffe	<b>9.47*</b>	2 h	February 16, 2008	Cornell Kane Inv.
	Ashley Redino	10.24	17	February 9, 2008	Cornell Open
	Jessica Grass	10.40	19	February 9, 2008	Cornell Open
	Erika Zampella	10.43	21	February 9, 2008	Cornell Open
	Lisa VonZagorski	10.72	27	February 9, 2008	Cornell Open
	Ashley Mrozek	10.79	20	February 16, 2008	Cornell Kane Inv.

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Event	Name	Performance	Place	Date	Meet

880 yard relay (804.5m) (1:45.32)	Melissa Scorse Randi DeBoy Amanda Elias Jenny Ruhlman	<b>1:46.14*</b>	3	March 7, 2008	ECACs
800 meter relay	Shannon O'Keeffe Randi DeBoy Amanda Elias Jenny Ruhlman	1:47.18	2	February 29, 2008	NYSCTCs
Mile Relay (1609.344m) (4:01.16)	Randi DeBoy Christine Reamer Shannon O'Keeffe Amanda Elias	<b>4:02.56*</b>	7	March 8, 2008	ECACs
1600 meter relay	Randi DeBoy Christine Reamer Shannon O'Keeffe Amanda Elias	<b>4:05.27*</b>	4	March 1, 2008	NYSCTCs
3200 meter relay	Christine Reamer Stephanie Van Deven Keelan Walsh Julia Ruggiero	10:05.02	3	December 1, 2007	Cornell Relays
3200 meter relay	Caitlin McAneney Ashley Mrozek Stephanie Van Deven Keelan Walsh	10:13.43	8	March 1, 2008	NYSCTCs
Distance Medley	Caitlin McAneney Christine Reamer Amanda Elias Kelsey Conn	12:53.92	23	February 9, 2008	Boston University
Distance Medley	Caitlin McAneney Lisa VonZagorski Stephanie Van Deven Lauren Mesi	13:44.53	6	February 23, 2008	SUNYACs
Long Jump	Tara Phouthavongsa	5.27	1	December 6, 2007	RIT Early Season
	Nicole Sosnoski	5.15	2	December 6, 2007	RIT Early Season
	Britney Falcon	5.13	3	December 6, 2007	RIT Early Season
	Shannon O'Keeffe	5.02	6	February 23, 2008	SUNYACs
	Ashley Mrozek	4.85	4	February 1, 2008	RIT
	Erika Zampella	4.83	5	February 1, 2008	RIT
Triple Jump	Shannon O'Keeffe	<b>11.79*</b>	1	March 7, 2008	ECACs
	Britney Falcon	11.01	7	February 9, 2008	Cornell Open
	Tara Phouthavongsa	10.91	2	December 6, 2007	RIT Early Season
	Nicole Sosnoski	10.91	2	December 6, 2007	RIT Early Season

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Event	Name	Performance	Place	Date	Meet
High Jump	Tara Phouthavongsa	1.62	1	December 6, 2007	RIT Early Season
	Ashley Mrozek	1.47	3	December 6, 2007	RIT Early Season

	Erika Zampella	1.40	8	February 1, 2008	RIT
Pole Vault	Ashley Redino	2.59	9	February 23, 2008	SUNYACs
Shot Put	Stacey Gibbins	11.50	4	March 1, 2008	NYSCTCs
	Bridget Mayne	11.41	5	December 1, 2007	Cornell Relays
	Morgan Sullivan	10.54	12	March 1, 2008	NYSCTCs
	Stephanie Powell	9.75	18	February 16, 2008	Cornell Kane Inv.
	Hannah Cushman	9.81	18	February 23, 2008	SUNYACs
	Ashley Mrozek	7.93	20	January 26, 2008	St. Lawrence
	Megan Boring	7.26	23	February 9, 2008	Cornell Open
	Erika Zampella	6.75	29	February 1, 2008	RIT
Weight Throw	Bridget Mayne	14.38	5	February 16, 2008	Cornell Kane Inv.
	Stacey Gibbins	13.08	11	February 29, 2008	NYSCTCs
	Hannah Cushman	12.60	5	February 23, 2008	SUNYACs
	Morgan Sullivan	11.81	7	December 6, 2007	RIT Early Season
	Stephanie Powell	10.98	13	February 23, 2008	SUNYACs
Pentathlon	Ashley Mrozek	2653	2	February 24, 2008	NYSCTCs

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