



Women's Indoor Top 10 (through 2008-09 season)

Event		Name(s)	Year	Event		Name(s)	Year	Event		Name(s)	Year					
55m	1	7.57	Sue Bochnovich	2008	3000m	1	10:34.82	Ali Ostrum	2009	PV	1					
	2	7.78	Jenn Lozier	2008		2	10:35.04	Amy Bower	2005		2					
	3	7.84	Ashley Branham	2005		3	11:28.01	Aimee DiLuicido	2009		3					
	4	7.86	April Showwer	2001		4	11:28.64	Meaghan Hession	2001		4					
	5	7.88	Debra Kortze	2009		5	11:51.79	Beth Arminavage	2002		5					
	6	8.01	Karena Richards	2006		6	11:57.19	Amanda Radishofski	2009		6					
	7	8.11	Robin Razawich	2008		7	12:03.84	Leanne Grzybowski	2004		7					
	8	8.30	Rebecca Straub	2004		8	12:13.00	Christine Manfredonia	2005		8					
	8	8.40	Lindsay Fox	2002		9	12:33.02	Kayla Weaver	2008		9					
	10	8.40	Joelle Rhayem	2004		10	12:38.73	Bethany Shoaf	2005		10					
60m	1	8.75	Karena Richards	2006	5000m	1	18:27.55	Ali Ostrum	2009	4X200	1	1:50.605	J. Lozier - S. Pellegrino	2008		
	2	8.87	Robin Razawich	2007		2	18:34.99	Amy Bower	2005				2	1:51.05	S. Bochnovich - R. Razawich S. Pellegrino - A. Cory	2009
	3	9.22	Tova Westlake	2006		3	19:56.12	Meaghan Hession	2001							
	4	9.62	Alex Velez	2007		4	19:45.96	Jodie Kitchell	2009							
	5					5	20:28.75	Amanda Radishofski	2009				3	1:55.53	J. Rhayem-J. O'Connor	2004
	6					6	20:52.12	Kayla Weaver	2009							
	7					7	21:49.72	Christine Manfredonia	2007				4	2:02.34	J. Rhayem-L. Greenfield	2003
	8					8	21:56.39	Bethany Shoaf	2005							
	9					9							5	2:06.12	T. Irizarry-J. O'Connor B. Lose-V. Widmann	2003
	10					10									L. Duceman-C. Lawruk	
200m	1	26.64	Sue Bochnovich	2008	55h	1	9.06	Stephanie Pellegrino	2007	4X400	1	4:16.59	S. Pellegrino - M. Cusatis	2009		
	2	28.01	Ashley Branham	2005		2	9.40	Lauren Greenfield	2005						S. Bochnovich - R. Razawich	
	3	28.11	Jenn Lozier	2008		3	9.66	Taryn Irizarry	2004		2	4:17.16	J. Lozier - A. Ostrum	2008		
	4	28.22	Stephanie Pellegrino	2007		4	10.05	Val Widmann	2003						S. Pellegrino - S. Bochnovich	
	5	28.29	April Showwer	2001		5	10.49	Meghan Crowley	2001		3	4:25.58	S. Pellegrino - K. Richards	2006		
	6	28.59	Debra Kortze	2009		6	10.53	Tova Westlake	2006						P. Palmitessa - S. Bochnovich	
	7	28.66	Ashley Cory	2009		7	10.92	Kerriann Prinz	2006		4	4:30.93	A. Branham - T. Irizarry	2005		
	8	28.95	Jamie O'Connor	2004		8	10.94	Megan Kane	2007						T. Morris - L. Greenfield	
	9	29.01	Karena Richards	2006		9	12.44	Kristina Johnson	2005		5	4:31.06	J. O'Connor-L. Grzybowski	2004		
	10	29.28	Lauren Greenfield	2005		10									L. Greenfield-N. Bedio	
400m	1	1:01.14	Sue Bochnovich	2008	60h	1	10.09	Stephanie Pellegrino	2007	4X800	1	10:41.94	A. DiLuicido - A. Trent - R. Tomkins - A. Ostrum	2009		
	2	1:02.57	Jenn Lozier	2008		2	10.13	Lauren Greenfield	2005							
	3	1:04.69	Jamie O'Connor	2002		3	10.33	Taryn Irizarry	2005		2	10:54.06	J. O'Connor-B. Arminavage	2002		
	4	1:05.53	Meghan Crowley	2001		4	11.17	Tova Westlake	2006							
	5	1:06.00	Natalie Bedio	2004		5							3	10:59.53	K. Nye-K. Maddalena A. Johnson-M. Hession	2002
	6	1:06.47	Stephanie Pellegrino	2006		6									J. O'Connor-K. Nye	
	7	1:06.66	Marcie Cusatis	2008		7							4	11:02.93	S. Drake-C. Lawruk	2001
	8	1:05.74	Ashley Cory	2009		8									L. Levine-J. O'Connor	
	9	1:07.78	Ali Ostrum	2008		9							5	11:15.97	H. McAndrew - K. Weaver	2008
	10	1:09.95	Robin Razawich	2008		10									D. Basile - M. Cusatis	
500m	1	1:21.38	Sue Bochnovich	2006	LJ	1	15'11.50"	Robin Razawich	2009	DMR	1	12:35.42	A. DiLuicido - R. Razawich	2009		
	2	1:30.75	Sarah Drake	2001		2	15'5.5"	Stephanie Pellegrino	2008						M. Cusatis - A. Ostrum	
	3	1:34.99	Colleen Lawruk	2001		3	15'4.25"	Ashley Branham	2005		2	13:53.98	C. Manfredonia - M. Ditzler	2005		
	4					4	15'0.5"	Rebekah Williams	2008						B. Shoaf - A. Bower	
	5					5	14'10"	Jen Menchi	2003		3	14:02.17	A. Ostrum - M. Cusatis	2008		
	6					6	14'4"	Jamie O'Connor	2001						H. McAndrew - A. Radishofski	
	7					7	13'10.25"	Taryn Irizarry	2005		4	14:08.73	K. Nye-L. Duceman	2002		
	8					8	13'10"	Tonisha Morris	2005						J. O'Connor-A. Bower	
	9					9	13'9"	Jillian Conte	2005		5	14:31.87		2005		
	10					10	13'0.75"	Robyn Rincavage	2004							
800m	1	2:25.67	Ali Ostrum	2009	TJ	1	34'0.5"	Jen Menchi	2003	4X1600	1	24:37.89	K. Weaver - A. Radishofski	2008		
	2	2:27.90	Marcie Cusatis	2009		2	29'5"	Jillian Conte	2005						H. McAndrew - A. Ostrum	
	3	2:32.02	Jamie O'Connor	2001		3							2			
	4	2:39.51	Paula Palmitessa	2006		4										
	5	2:40.46	Heather McAndrew	2008		5							3			
	6	2:40.53	Aimee DiLuicido	2009		6										
	7	2:40.55	Leanne Grzybowski	2004		7							4			
	8	2:41.94	Katie Maddalena	2002		8										
	9	2:42.59	Colleen Lawruk	2001		9							5			
	10	2:46.33	Rachel Tomkins	2009		10										
1000m	1	3:07.61	Ali Ostrum	2009	HJ	1	4'11.75"	Ashley Carlton	2004	Pent	1	2447	Stephanie Pellegrino	2008		
	2	3:10.08	Marcie Cusatis	2009		2	4'10"	Rebekah Williams	2008				2			
	3	3:29.54	Paula Palmitessa	2006		3	4'9.75"	Robin Razawich	2009				3			
	4	3:30.48	Kelly Nye	2002		4	4'7.75"	Stephanie Pellegrino	2008				4			
	5	3:32.40	Beth Arminavage	2002		5	4'6"	Jessica Bealer	2008				5			
	6	3:35.62	Allyson Johnson	2002		6							6			
	7	3:48.00	Lauren Levine	2001		7							7			

