



Liberty League Outdoor Track & Field – Association Records

WOMEN

100 Meters	12.11	Amanda Wetmore, Ithaca	5/23/2019
200 Meters	24.90	Heather Ingraham, Vassar	4/26/2015
400 Meters	53.89	Heather Ingraham, Vassar (National Champion)	5/21/2015
800 Meters	2:10.69	Kelly Holmes, Vassar	5/4/2012
1,500 Meters	4:27.14	Jordan Hurlbut, Rochester	5/27/2021
5,000 Meters	16:17.94	Parley Hannan, Ithaca	3/27/2021
10,000 Meters	33:44.06	Taryn Cordani, Ithaca	4/26/2018
100 Meter Hurdles	14.11	Logan Bruce, Ithaca	5/18/2022
400 Meter Hurdles	1:00.24	Jen Dias, RPI	2007
3,000 Meter Steeplechase	10:24.30	Amy Cymerman, St. Lawrence	5/10/2014
4x100 Meter Relay	47.31	Rochester (K. Isaac, S. Bansbach, A. Heffernan, M. O'Connell)	5/15/2022
4x400 Meter Relay	3:44.63	Rochester (M. O'Connell, K. Hardy, E. Bequette, S. Bansbach)	5/18/2022
Long Jump	5.95m	Divya Biswal, St. Lawrence	5/21/2015
Triple Jump	12.49m	Divya Biswal, St. Lawrence	5/21/2015
Pole Vault	4.31m	Katherine Pitman, Ithaca	4/24/2018
Hammer	57.90m	Lydia Frangos, RPI	5/22/2014
Discus	42.85m	Kari Leap, Rochester	4/9/2021
Javelin	46.24m	Kathleen Merchant, St. Lawrence	4/3/2021
Shot Put	14.50m	Alyssa Pirinelli, St. Lawrence	5/28/2010
High Jump	1.71m	Marisa Turner, St. Lawrence	4/11/2015
	1.71m	Jacy Scharlow, RPI	5/4/2019
Heptathlon	5,035	Logan Bruce, Ithaca	5/27/2021

(updated 11/28/22)