



Liberty League Outdoor Track & Field – Championship Records

WOMEN

100 Meters	12.12	Michaela Burrell, Rochester	5/8/2021
200 Meters	25.37	Noemie Bechu, Union	4/22/2017
400 Meters	55.13	Heather Ingraham, Vassar.....	4/18/2015
800 Meters	2:12.84	Susan Bansbach, Rochester	5/7/2022
1,500 Meters	4:30.32	Jordan Hurlbut, Rochester	5/8/2021
5,000 Meters	17:12.32	Lisa Grohn, St. Lawrence.....	4/23/2016
10,000 Meters	35:48.19	Shannon Trant, RPI.....	4/23/2016
100 Meter Hurdles	14.49	Logan Bruce, Ithaca	5/6/2022
400 Meter Hurdles	1:01.87	Harley Wilson, RIT.....	5/4/2019
3,000 Meter Steeplechase	10:42.88	Wendy Pavlus, St. Lawrence.....	4/17/2010
4x100 Meter Relay	48.27	Rochester (K. Isaac, S. Bansbach, A. Heffernan, M. O'Connell)	5/7/2022
4x400 Meter Relay	3:56.64	Rochester (M. Burrell, E. Bequette, S. Bansbach, K. Hardy).....	5/8/2021
Long Jump	5.71m	Logan Bruce, Ithaca	5/7/2022
Triple Jump	11.75m	Divya Biswal, St. Lawrence	4/19/2014
Pole Vault	3.77m	Katherine Pitman, Ithaca	5/5/2018
Hammer	54.06m	Lydia Frangos, RPI	4/19/2014
Discus	41.87m	Kari Leap, Rochester.....	5/8/2021
Javelin	42.56m	Kathleen Merchant, St. Lawrence.....	5/3/2019
Shot Put	14.40m	Alyssa Pirinelli, St. Lawrence	4/17/2010
High Jump	1.71m	Jacy Scharlow, RPI.....	5/4/2019
Heptathlon	4,890	Kylee Bartlett, Rochester	5/5/2018

(updated 11/28/22)