

400 Meters			600 Meters			800 Meters			1000 Meters			1600 Meters			1 Mile	
57.98	Lia Joham	2012	1.44.36	Cate Allen	2012	2.15.07	Cate Allen	2013	2.59.40	Cate Allen	2013	4.49.33	Cate Allen	2013	4.53.91	Meg Ryan
59.97	Emily Bengermينو	2008	1.46.43	Maggie Giambalvo	2009	2.18.52	Meg Ryan	2010	2.59.81	Meg Ryan	2009	4.51.76	Meg Ryan	2010	5.09.98	Cate Allen
62.46	Carly Pavoni	2016	1.47.53	Laurne Levine	2012	2.20.22	Paige Hanley	2013	3.07.87	Kim Bartlett	2004	5.11.25	Gabi Galletta	2017	5.15.19	Gabi Galletta
62.83	Mackenzie Dancho	2010	1.47.72	Meg Pengue	2007	2.21.70	Julia Eustace	2017	3.14.98	Gabi Galletta	2017	5.11.45	Julia Eustace	2018	5.23.62	Lexi Hoadley
63.57	Lauren Levine	2012	1.47.84	Hannah Dougherty	2012	2.24.61	Jocelyn Monahan	2007	3.16.01	Emilia Kozeracki	2020	5.15.63	Carly Birkhold	2010	5.30.00	Caroline Keough
63.76	Phoebe Marsick	2021	1.49.65	Sarah Reilly	2012	2.26.57	Carly Pavoni	2016	3.18.08	Jackie Wall	2010	5.21.35	Lexi Hoadley	2012	5.32.14	Abby Hart
63.84	Ida Moczerniuk	2021	1.51.40	Shannon Garrett	2018	2.28.69	Quinn Igram	2012	3.19.74	Quinn Igram	2014	5.22.33	Emilia Kozeracki	2021	5.33.75	Jackie Wall
64.14	Kayla Yaverski	2016				2.32.07	Katie Tangney	2013	3.20.63	Carly Pavoni	2018	5.23.12	Kim Bartlett	2007	5.37.43	Julia Eustace
64.20	Julia Eustace	2018				2.32.14	Lexi Hoadley	2011	3.21.47	Julia Eustace	2018	5.26.23	Maddy Stevener	2021	5.37.51	Roey Mappa
65.02	Hannah Dougherty	2015				2.32.39	Shannon Garrett	2018	3.22.23	Olivia Spinosa	2014	5.26.90	Paige Hanley	2014	5.43.66	Emilia Kozeracki
						2.32.48	Olivia Spinosa	2015	3.22.46	Abby Hart	2018	5.27.30	Abby Hart	2020	5.59.04	Taylor Treonze
												5.31.88	Roey Mappa	2014	5.59.62	Allie Burt
												5.33.02	Molly Robb	2009		

2:28.9 Abby Hart 2018

2:29.3 Shannon Garrett 2018

2:32.0 Caroline Egervari 2018

	Distance Medley			4 x 1 Mile		
2012 Outdoor	13.00.02	Allen, Hoadley, Keough, Levine	2012 Outdoor	22.12.95	Wall, Tallent, Hoadley, Keough	2012
2010 Indoor	13.14.78	Allen, Dougherty, Igram, Reilly	2013 Indoor			
2013 Indoor	13.49.65	Spinosa, Galletta, Dougherty, S Radziewicz	2014 Indoor			
2005 Indoor	14.13.47	Burt, Garrett, Treonze, Vogt	2020 Indoor			
2004 Indoor	14.15.17	Egervari, Garrett, Kareem, McVeigh	2019 Indoor			
	14.21.56	Calamari, Egervari, Marino, McVeigh	2017 Indoor			