

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	1.46.91	Sophie Spelman	2022	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	1.47.53	Laurne Levine	2012	2.21.70	Julia Eustace	2017	3.14.98	Gabi Galletta	2017	5.11.45	Julia Eustace	2018	5.23.62	Lexi Hoadley
63.24	Sophie Spelman	2022	1.47.72	Meg Pengue	2007	2.22.72	Sophie Spelman	2022	3.16.01	Emilia Kozeracki	2020	5.15.63	Carly Birkhold	2010	5.30.00	Caroline Keough
63.45	Molly Coyne	2022	1.47.84	Hannah Dougherty	2012	2.24.61	Jocelyn Monahan	2007	3.16.46	Maddy Stevener	2022	5.21.35	Lexi Hoadley	2012	5.32.14	Abby Hart
63.57	Lauren Levine	2012	1.49.65	Sarah Reilly	2012	2.26.57	Carly Pavoni	2016	3.18.08	Jackie Wall	2010	5.22.33	Emilia Kozeracki	2021	5.33.75	Jackie Wall
63.76	Phoebe Marsick	2021	1.51.40	Shannon Garrett	2018	2.28.69	Quinn Igram	2012	3.19.74	Quinn Igram	2014	5.23.12	Kim Bartlett	2007	5.37.43	Julia Eustace
63.84	Ida Moczerniuk	2021				2.32.07	Katie Tangney	2013	3.20.63	Carly Pavoni	2018	5.26.23	Maddy Stevener	2021	5.37.51	Roey Mappa
64.14	Kayla Yaverski	2016				2.32.14	Lexi Hoadley	2011	3.21.47	Julia Eustace	2018	5.26.90	Paige Hanley	2014	5.43.66	Emilia Kozeracki
64.20	Julia Eustace	2018				2.32.39	Shannon Garrett	2018	3.22.23	Olivia Spinosa	2014	5.27.30	Abby Hart	2020	5.59.04	Taylor Treonze
64.38	Phoebe Marsick	2022				2.32.48	Olivia Spinosa	2015	3.22.46	Abby Hart	2018	5.31.88	Roey Mappa	2014	5.59.62	Allie Burt
64.94	Olivia Foster	2022				2.32.48	Maddy Stevener	2022				5.33.02	Molly Robb	2009		
65.02	Hannah Dougherty	2015														

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			