



MAC OUTDOOR TRACK & FIELD OVERALL RECORDS

** Records include trials and finals marks/times*

MEN'S MAC OVERALL RECORDS

100-Meter Dash

Devonte Williams, Stevenson [2017]10.43

110-Meter Hurdles

Ozzie Brown, Moravian [2007]14.38

200-Meter Dash

Tony Brown, Widener [1999].....21.06

400-Meter Dash

Dave German, Susquehanna [1983].....47.02

400-Meter Hurdles

Richie Weaver, Widener [1970]51.44

800-Meter Run

Patrick Roach, Messiah [2009]1:48.77

1,500-Meter Run

Kevin Foley, Haverford [1983]3:45.68

3,000-Meter Steeplechase

Benjamin Schott, Messiah [2019].....8:53.74

5,000-Meter Run

Ernie Pitone, Widener [2017]14:08.18

10,000-Meter Run

Macharia Yuot, Widener [2005]29:21.05

4x100-Meter Relay

Widener [1975]41.29
R. Hodge, G. Foster, W. Carter, G. Ivery

4x400-Meter Relay

Delaware Valley [1982].....3:15.10
Mark Tankerly, Eichhorn, Rasbach, Jeff Robinson

4x800-Meter Relay

Elizabethtown [2012].....7:41.21
Mark Weber, Brad Risser, Eric Reichert, Matt Rever

Shot Put

Trevor Stutzman, Messiah [2015]18.00m

Hammer Throw

Tyler Williams, Widener [2014].....65.97m

Discus Throw

Frank Schubert, Lehigh [1954].....52.92m

Javelin Throw

Matt Deamer, Susquehanna [2002].....68.91m

Pole Vault

Tim Moses, Messiah [2015 & 2016]5.15m

High Jump

Chris Boyles, Messiah [2001]2.12m

Long Jump

Ta'riq Thomas, Delaware Valley [2018]7.86m

Triple Jump

Mike Williams, Widener [1975].....15.28m

Decathlon

Rich Grzeszkowiak, Widener [1980]7,160 pts

WOMEN'S MAC OVERALL RECORDS

100-Meter Dash

Oniesha Clarke, Misericordia [2017]11.64

100-Meter Hurdles

Kristen Bates, Messiah [2010].....13.83

200-Meter Dash

Danisha Higgs, Albright [2013]24.32

400-Meter Dash

Lauren Decker, Lebanon Valley [2017]55.58

400-Meter Hurdles

Liz Martin, Messiah [2013].....1:00.80

800-Meter Run

Esther Seeland, Messiah [2019]2:05.24

1,500-Meter Run

Lois Lucente, Franklin & Marshall [1985].....4:31.40

3,000-Meter Steeplechase

Gina Lucrezi, DeSales [2005].....10:50.69

5,000-Meter Run

Clare Schoen, Misericordia [2018]16:54.45

10,000-Meter Run

Clare Schoen, Misericordia [2018]34:53.15

4x100-Meter Relay

Lebanon Valley [2012]47.89
Kristin Fitti-Hafer, Alisha Farrell, Ines Antensteiner, Johanna Walker

4x400-Meter Relay

Misericordia [2015]3:50.11
Kelty Fairchild, Mary Fairchild, Melanie Fry, Amy Viti

4x800-Meter Relay

Lebanon Valley [2012].....9:16.48
Lauren Decker, Kelsey Patrick, Dana Stockdale, Cynthia Adams

Shot Put

Lauren Lucci, Widener [2008]15.04m

Hammer Throw

Allison Reuter, Widener [2019]53.39m

Discus Throw

Lauren Lucci, Widener [2006]46.53m

Javelin Throw

Christina Scherwin, Moravian [2002].....55.98m

Pole Vault

Abby Schaffer, Widener [2010]3.91m

High Jump

Ashlee Ward, Misericordia [2014]1.76m

Long Jump

Kimberly Hammond, Stevenson [2019]/Oniesha Clarke, Misericordia [2017] ..5.90m

Triple Jump

Kristen Bates, Messiah [2010].....12.12m

Heptathlon

Amy Reed, Messiah [2007].....5,142 pts