

Chargers Age Group Records 18-19 Women

40y	Lynn Rosenthal	5.3	1/29/78
50m	Lynn Rosenthal	7.0	2/19/78
55m	Yolanda Mikell	8.6	2/3/90
100y	Diane Holmes	11.8	7/77
100m	Zanderland Dixon	12.1	7/26/90
200m	Zanderland Dixon	24.8	7/26/90
220y	Cindy White	31.6	2/12/78
300m	Betsy Lepkowski	44.3	2/27/83
400y	Erica Hagenlocher	58.7	8/77
500m	Melissa St. Vil	1:25.95	2/9/03
600y	Mary Rybinski	1:27.3	2/1/76
600m	Lila Buchanan	1:49.4	2/28/87
880y	Katy Schilly	2:15.9	4/27/75
1000y	Katy Schilly	2:36.4	2/1/76
1000m	Colleen Peterson	3:08.3	1/16/99
1500m	Katy Schilly	4:25.8	6/76
1 mile	Katy Schilly	4:49.8	1/26/75
2000m	Theresa Trudell	6:57.6	1/18/95
3000m	Katy Schilly	9:40.4	1/17/76
2 miles	Katy Schilly	10:19.4	2/27/76
5km (r)	Mary Seybold	17:34	7/29/77
8km (r)	Betsy Kneale	29:13	7/19/84
5 miles	Laura Kellogg	30:52	6/26/83
10km (r)	Katy Schilly	34:44	10/4/75
10km (t)	Betsy Kneale	38:36.1	8/17/784
15km (r)	Betsy Kneale	55:25	7/8/84
20km	Kathy Mills	1:12:53	8/1/77
1/2 marathon	Betsy Kneale	1:27:31	8/9/84
30km	Mary Hoey	2:13:13	3/21/82
Marathon	Vicky Kraft	2:52:18	10/13/79
1 mi. walk	Ellen Minkow	7:29.5	6/74
5km walk (r)	Ellen Minkow	26:53	10/27/73
10km walk (r)	Ellen Minkow	56:18	10/27/73
55m HH	Melissa St. Vil	9.41	2/9/03
100m HH	Janet Adams	16.1	8/13/81
100m HH	Cathy Golden	16.1	6/22/85
300m IH	Grace Killory	53.8	8/15/80
400m IH	Grace Killory	1:12.7	6/15/80
3km Steeple	Brittany Wilder	12:46.97	7/23/06
Long Jump	Lynn Rosenthal	16-5	1/29/78
High Jump	Janet Adams	5-3	8/15/80

Shot Put, 8lb	Patrina Thomas	44-4 1/2	8/9/85
Shot Put, 4kg	Shari Zembek	43-5 3/4	7/27/91
Discus	Shari Zembek	138-10	7/27/91
Javelin	Janet Adams	125-8	8/13/81
Hammer, 4kg	Monica Ridgeway	144-4	7/13/07
Weight, 20lb	Monica Ridgeway	45-5 1/4	7/13/07
Heptathlon	Janet Adams	4580	8/14/81
Weight Pent.	Monica Ridgeway	3125	7/13/07