

## 2009 WOMEN'S DRAGONE TRACK RECORDS

EVENT	RECORD	NAME	SCHOOL	YEAR
100H	14.53	Maddy Outman	Williams College	2007
100M	12.33	Valerie Ambroise	W.P.I.	2001
200M	25.21	Valerie Ambroise	W.P.I.	2001
400H	1:03.49	Kristen Paquette	Williams College	1997
400M	57.85	Karel Charles	Brandeis University	2001
800M	2:13.62	Sarah Deeb	Tufts University	2001
1500M	4:35.28	Catherine Beck	Tufts University	2007
3000M	10:08.70	Mary Proulx	Keene State	2001
5000M	16:51.97	Shauneen Garrahan	Amherst College	2007
10000M	36:48.33	Heather Swarts	Cortland State	1996
4X100	48.64	Schlegel, Horne, Barrett, Flateman	Wesleyan University	2001
4X400	3:56.26	Samuel, Doody, Shank, Rearick	Williams College	2001
4X800	9:31.13	runners not available	Williams College	1997
3000ST	11:32.78	Andrea Giddings	Middlebury College	2006
Heptath.	4220 points	Melissa Purdy	Williams College	2001
Hammer	168'1"	Louise Duffus	Bowdoin College	2007
Shot Put	44'4.25"	Henly Thompson	Williams College	2001
Discus	148'2"	Anna Morrison	Williams College	2007
Javelin	140'5"	Elissa Burnell '01	unattached	2003
Long Jump	18'6"	Caroline Doctor	Williams College	2007
Triple Jump	38'10.25"	Caroline Doctor	Williams College	2007
High Jump	5'10.5"	Kristy (Laramee) Kerin '01	unattached	2006
Pole Vault	11'7"	Alissa White	Middlebury College	1997

## 2009 MEN'S DRAGONE TRACK RECORDS

EVENT	RECORD	NAME	SCHOOL	YEAR
100M	10.81	Andrew Arons	Williams College	2007
110H	14.38	Ethan Barron	Middlebury College	2001
200M	21.68	Mike Cormier	Middlebury College	1998
400H	53.45	Kevin Bright	Middlebury College	2006
400M	47.56	Timothy Allsopp	Williams College	1997
800M	1:51.33	Geoff Getz	Brandeis Univ.	1998
1500M	3:52.29	Robert Mitchell	Amherst College	1998
3000ST	9:00:06	Matt Kocyba	Keene State	1998
5000M	14:47.32	Samson Yohannos	Brandeis Univ.	1998
10000M	30:49.57	Paul Alsdorf	Williams College	1998
4X100	42.21	runners not available	Wheaton College	1997
4X400	3:19.16	Seferis, Arons, Gray, Hoerman	Williams College	2007
DMR	10:07.61	runners not available	Amherst College	1997
Hammer	190'7"	Mike Pockoski	W.P.I.	1998
Shot Put	53'4.5"	Robert Grieco	UMass.-Boston	1998
Discus	162'4"	David DeVaughn	Williams College	2007
Javelin	218'8"	Bryan Black	Middlebury College	2002
Long Jump	23'8.25"	Branden Mirach	Williams College	2007
Triple Jump	47'6.25"	Ray Jones	Trinity College	1998
High Jump	6'7"	Jeff Adams	Brandeis Univ.	1998
Pole Vault	14'11"	Andrew Dixon	Middlebury College	1997
Decathlon	5780	Dave Kahill	Bowdoin College	1998