

# **2011 WOMEN'S OUTDOOR TRACK & FIELD SEASON REVIEW**



**SEC FINISH: 11th**  
**NCAA FINISH: NA**



# ALABAMA

## WOMEN'S TRACK & FIELD

### 2011 OUTDOOR SEASON NOTES

#### SOUTHEASTERN CONFERENCE

**SEC Finish:** 11th • 31 points

**All-SEC:** Meghan Austin (Javelin), Kaylon Eppinger (Heptathlon)

#### SEC SCORERS

Meghan Austin (Javelin, 2nd), Kaylon Eppinger (Heptathlon, 2nd), Bekah Hoppis (Javelin, 5th), Talaya Owens (400-meter hurdles, 5th), Wilamena Hopkins (Shot Put, 6th), Kaylon Eppinger (100-meter hurdles, 7th), Amethyst Holmes (Hammer Throw, 7th).

#### NCAA EAST REGIONAL

##### QUALIFIERS

Kaylon Eppinger (100-meter hurdles), Talaya Owens (400-meter hurdles), Kia Wansley (Triple Jump), Wilamena Hopkins (Shot Put), Angelica Howard (Hammer Throw), Meghan Austin (Javelin), Bekah Hoppis (Javelin).

#### NCAA CHAMPIONSHIPS

##### QUALIFIERS

Meghan Austin (Javelin), Kaylon Eppinger (Heptathlon)

#### ALL-AMERICA

Meghan Austin (Javelin - Second Team)

#### FINISHES

Meghan Austin (Javelin, 16th), Kaylon Eppinger (Heptathlon, 20th)

#### ACADEMIC ALL-DISTRICT

Leigh Gilmore, Andrea Torske

#### 2011 TOP-50 NATIONAL PERFORMANCES

##### 100 METER HURDLES

Time	Name	Meet	Date	Rank
13.30	Kim Laing	Spec Towns Inv.	April 9	38

##### 400 METER HURDLES

Time	Members	Meet	Date	Rank
58.89	Talaya Owens	Mississippi Open	April 24	35

##### SHOT PUT

Mark	Name	Event	Date	Rank
52-01.25	Wilamena Hopkins	Spec Towns Inv.	April 9	33

##### JAVELIN

Mark	Name	Event	Date	Rank
160-4	Meghan Austin	Alabama Relays	March 26	21

##### HEPTATHLON

Mark	Name	Event	Date	Rank
5499	Kaylon Eppinger	Alabama Relays	March 26	7

#### UA ALL-TIME TOP-10 PERFORMANCES

##### 800 METERS

10.	2:11.84	Leigh Gilmore	May 13, 2011	Athens, Ga.
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##### 1,500 METERS

8.	4:28.96	Leigh Gilmore	April 24, 2011	Oxford, Miss.
10.	4:30.12	Leigh Gilmore	May 14, 2011	Athens, Ga.

##### 3,000 METERS

7.	9:58.79	Andrea Torske	April 2, 2011	Auburn, Ala.
8.	10:02.47	Elsbeth Denton	April 2, 2011	Auburn, Ala.
10.	10:16.12	Leigh Gilmore	April 2, 2011	Auburn, Ala.

##### 100-METER HURDLES

8.	13.51	Kaylon Eppinger	May 14, 2011	Athens, Ga.
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##### 4X400 METER RELAY

9.	3:42.53	Romero, Owens Mays Armstead	April 23, 2001	Oxford, Miss.
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##### TRIPLE JUMP

7.	41-3.75	Kia Wansley	April 2, 2011	Auburn, Ala.
8.	40-9.75	Chloe Hetherton	April 2, 2011	Auburn, Ala.

##### JAVELIN

3.	160-4	Meghan Austin	March 26, 2011	Tuscaloosa, Ala.
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##### HEPTATHLON

2.	5,499	Kaylon Eppinger	April 26, 2011	Tuscaloosa, Ala.
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# ALABAMA

## WOMEN'S TRACK & FIELD

### 2011 OUTDOOR RESULTS/PERFORMANCE LIST

#### 2011 SCHEDULE

Date	Meet	Location	Result
3/24-3/27	Alabama Relays	Tuscaloosa, Ala.	No team scores
4/2-4/3	Tiger Track Classic	Auburn, Ala.	No team scores
4/8-4/9	Spec Towns Team Inv.	Athens, Ga.	No team scores
4/15-4/16	Auburn War Eagle Inv.	Auburn Ala.	No team scores
4/23	Mississippi Open	Oxford, Miss.	No team scores
4/28-4/30	Drake Relays	Des Moines, Iowa	No team scores
5/12-5/15	SEC Championships	Athens, Ga.	11 of 12
5/27-5/28	NCAA Regionals	Bloomington, Ind.	No team scores
6/8-6/11	NCAA Championships	Des Moines, Iowa	Did not score

#### 2011 TOP PERFORMANCES BY EVENT

##### 100 METERS

NCAA Record - 10.78, Dawn Sowell (LSU), 6/02/89  
 UA Record - 11.11, Pauline Davis, 5/18/86

Time	Name	Meet	Date	Finish
11.95	Toni Graham	Spec Towns Inv.	April 9	6
11.96	Toni Graham	Mississippi Open	April 24	8
12.16	Toni Graham	War Eagle Inv.	April 16	24
12.19(p)	Toni Graham	SEC Championships	May 14	21
12.20	Toni Graham	Alabama Relays	March 26	7
12.25	Toni Graham	Tiger Track Classic	April 2	18
12.27	Audra Frimpong	Tiger Track Classic	April 2	19
12.29	Audra Frimpong	Alabama Relays	March 26	11
12.72	Kiara Thompson	Alabama Relays	March 26	26
12.85	Kiara Thompson	Tiger Track Classic	April 2	39
12.98	Kiara Thompson	War Eagle Inv.	April 16	50

##### 200 METERS

NCAA Record - 22.04, Dawn Sowell (LSU), 6/02/89  
 UA Record - 22.38, Lillie Leatherwood, 5/17/87

Time	Name	Meet	Date	Finish
24.10	Camilla Armstead	Alabama Relays	March 26	3
24.19	Camilla Armstead	Spec Towns Inv.	April 9	5
24.29	Camilla Armstead	Mississippi Open	April 24	9
24.33	Camilla Armstead	War Eagle Inv.	April 16	21
24.52	Toni Graham	Mississippi Open	April 24	11
24.58	Devon Romero	Mississippi Open	April 24	12
24.73(p)	Toni Graham	SEC Championships	May 13	30
24.83	Kim Laing	Alabama Relays	March 26	9
24.85	Devon Romero	Alabama Relays	March 26	10
24.87	Toni Graham	Alabama Relays	March 26	12
24.93(p)	Devon Romero	SEC Championships	May 13	31
24.98	Devon Romero	Spec Towns Inv.	April 9	2
25.08	Toni Graham	War Eagle Inv.	April 16	40
25.15	Kim Laing	Tiger Track Classic	April 2	19
25.16	Dacia Mays	Alabama Relays	March 26	16
25.19	Toni Graham	Tiger Track Classic	April 2	21
25.99	Maegan Miller	War Eagle Inv.	April 16	52
25.99	Maegan Miller	Mississippi Open	April 24	23
25.34	Kaylon Eppinger	Spec Towns Inv.	April 9	5

26.39	Maegan Miller	Alabama Relays	March 26	36
26.47	Maegan Miller	Spec Towns Inv.	April 9	11
26.65	Kiara Thompson	Alabama Relays	March 26	41
26.71	Nichole Sides	War Eagle Inv.	April 16	66
26.87	Kiara Thompson	War Eagle Inv.	April 16	68
26.91	Nichole Sides	Tiger Track Classic	April 2	51
26.93	Kiara Thompson	Tiger Track Classic	April 2	52
27.36	Rachel Robbs	Tiger Track Classic	April 2	54

##### 400 METERS

NCAA Record - 50.10, Monique Henderson (UCLA), 6/11/05  
 UA Record - 49.95, Lillie Leatherwood, 6/06/87

Time	Name	Meet	Date	Finish
55.82(p)	Camilla Armstead	SEC Championships	May 14	19
56.33	Camilla Armstead	Alabama Relays	March 26	4
56.47	Devon Romero	Tiger Track Classic	April 2	9
56.98(p)	Devon Romero	SEC Championships	May 14	23
57.02	Devon Romero	Spec Towns Inv.	April 9	4
57.26	Dacia Mays	Alabama Relays	March 26	6
57.78	Dacia Mays	Mississippi Open	April 24	16
58.40(p)	Dacia Mays	SEC Championships	May 14	28
58.68	Maegan Miller	War Eagle Inv.	April 16	25
58.80	Dacia Mays	War Eagle Inv.	April 16	26
58.80	Aubrielle Wright	Tiger Track Classic	April 2	21
58.82	Maegan Miller	Mississippi Open	April 24	21
1:00.16(p)	Aubrielle Wright	SEC Championships	May 14	29
1:00.42	Maegan Miller	Spec Towns Inv.	April 9	6
1:01.26	Aubrielle Wright	Spec Towns Inv. (Open)	April 9	4
1:01.88	Maegan Miller	Alabama Relays	March 26	25

##### 800 METERS

NCAA Record - 1:59.11, Suzy Favor (Wisconsin), 6/01/90  
 UA Record - 2:01.98, Evelyn Adiru, 6/07/86

Time	Name	Meet	Date	Finish
2:11.84 (p)	Leigh Gilmore	SEC Championships	May 13	15
2:14.71	Leigh Gilmore	Tiger Track Classic	April 2	6
2:15.02(p)	Elsbeth Denton	SEC Championships	May 13	20
2:15.52	Leigh Gilmore	Mississippi Open	April 24	5
2:15.98(p)	Katlyn Will	SEC Championships	May 13	21

2:16.26	Aubrielle Wright	Mississippi Open	April 24	9
2:16.42	Aubrielle Wright	War Eagle Inv.	April 16	22
2:17.68	Megan Hawkins	War Eagle Inv.	April 16	25
2:17.89	Katlyn Will	War Eagle Inv.	April 16	26
2:18.47	Andrea Torske	Tiger Track Classic	April 2	12
2:18.72	Elsbeth Denton	Tiger Track Classic	April 2	13
2:19.76	Elsbeth Denton	Mississippi Open	April 24	17
2:20.04	Aubrielle Wright	Alabama Relays	March 26	15
2:20.53	Sarah Gilmore	Mississippi Open	April 24	18
2:20.63	Megan Hawkins	Mississippi Open	April 24	19
2:20.69(p)	Megan Hawkins	SEC Championships	May 13	27
2:21.05	Kelsey Johnson	Spec Towns Inv. (Open)	April 9	1
2:21.62	Aubrielle Wright	Spec Towns Inv.	April 9	5
2:24.76(p)	Aubrielle Wright	SEC Championships	May 13	28
2:25.67	Katlyn Will	Mississippi Open	April 24	31
2:27.00	Kaylon Eppinger	War Eagle Inv.	April 16	39
2:27.55	Palee Myrex	War Eagle Inv.	April 16	41
2:27.87	Palee Myrex	Tiger Track Classic	April 2	27
2:30.90	Palee Myrex	Mississippi Open	April 24	35

### 1,500 METERS

NCAA Record - 3:59.90, Jenny Barringer (Colorado), 6/07/09

UA Record - 4:09.61, Evelyn Adiru, 6/86

Time	Name	Meet	Date	Finish
4:28.96	Leigh Gilmore	Mississippi Open	April 24	1
4:30.12(p)	Leigh Gilmore	SEC Championships	May 14	14
4:32.75(p)	Elsbeth Denton	SEC Championships	May 14	16
4:35.59	Leigh Gilmore	Spec Towns Inv.	April 9	1
4:36.83(p)	Sarah Gilmore	SEC Championships	May 14	21
4:37.02(p)	Katlyn Will	SEC Championships	May 14	22
4:37.46	Sarah Gilmore	Mississippi Open	April 24	6
4:37.50	Leigh Gilmore	War Eagle Inv.	April 16	3
4:38.19	Elsbeth Denton	Mississippi Open	April 24	8
4:38.91	Meghan Hawkins	Mississippi Open	April 24	9
4:41.00	Katlyn Will	Mississippi Open	April 24	11
4:41.56	Elsbeth Denton	Alabama Relays	March 26	4
4:42.48	Katlyn Will	War Eagle Inv.	April 16	7
4:42.68	Katlyn Will	Spec Towns Inv.	April 9	6
4:42.79(p)	Meghan Hawkins	SEC Championships	May 14	32
4:44.19	Sarah Gilmore	Tiger Track Classic	April 2	10
4:44.42	Elsbeth Denton	War Eagle Inv.	April 16	8
4:43.69	Sarah Gilmore	Spec Towns Inv.	April 9	7
4:45.43	Meghan Hawkins	Alabama Relays	March 26	7
4:46.43	Megan Hawkins	Tiger Track Classic	April 2	13
4:47.11	Leigh Gilmore	Alabama Relays	March 26	9
4:47.61	Palee Myrex	Mississippi Open	April 24	15
4:47.71	Katlyn Will	Alabama Relays	March 26	10
4:47.78	Claire Turner	Mississippi Open	April 24	16
4:49.47	Elsbeth Denton	Spec Towns Inv.	April 9	9
4:50.65	Palee Myrex	War Eagle Inv.	April 16	9
4:53.78	Palee Myrex	Tiger Track Classic	April 2	19
4:54.79	Kelsey Johnson	Spec Towns Inv.	April 9	10
4:57.39	Claire Turner	War Eagle Inv.	April 16	13
4:57.82	Palee Myrex	Alabama Relays	March 26	22
4:57.99	Megan Williams	War Eagle Inv.	April 16	14

### 3,000 METERS

NCAA Record - 4:29.04, Angela Chalmers' (Northern Arizona), 5/16/87

UA Record - 8:58.00, Heidi Olafsdottir, 6/06/87

Time	Name	Meet	Date	Finish
9:58.79	Andrea Torske	Tiger Track Classic	April 2	3
10:02.47	Elsbeth Denton	Tiger Track Classic	April 2	4
10:16.12	Leigh Gilmore	Tiger Track Classic	April 2	8

### 5,000 METERS

NCAA Record - 15:01.70, Jenny Barringer (Colorado), 2/14/09

UA Record - 16:06.91, Jessica Fry, 3/10/95

Time	Name	Meet	Date	Finish
17:31.29	Leigh Gilmore	SEC Championships	May 15	21
17:34.91	Andrea Torske	SEC Championships	May 15	23
17:39.97	Andrea Torske	Alabama Relays	March 26	4
17:42.12	Sarah Gilmore	SEC Championships	May 15	25
17:53.84	Elsbeth Denton	SEC Championships	May 15	28
17:55.44	Megan Williams	SEC Championships	May 15	29
18:06	Megan Williams	Spec Towns Inv.	April 9	1
18:09.61	Megan Williams	Alabama Relays	March 26	8
18:51.93	Sara Vaughn	Alabama Relays	March 26	15

### 10,000 METERS

NCAA Record -

UA Record -

Time	Name	Meet	Date	Finish
36:10.82	Kelsey Johnson	Stanford Invitational	March 26	31
37:23.86	Kelsey Johnson	SEC Championships	May 13	9
38:53.37	Megan Williams	SEC Championships	May 13	12

### 100 METER HURDLES

NCAA Record - 12.48, Ginnie Powell (USC), 6/09/06

UA Record - 12.96, Beau Walker, 5/28/04

Time	Name	Meet	Date	Finish
13.30	Kim Laing	Spec Towns Inv.	April 9	1
13.34	Kim Laing	Mississippi Open	April 24	1
13.49	Kim Laing	Alabama Relays	March 26	1
13.51(p)	Kaylon Eppinger	SEC Championships	May 14	7
13.52	Kim Laing	War Eagle Inv.	April 16	4
13.52	Kaylon Eppinger	SEC Championships	May 15	7
13.53	Kim Laing	Tiger Track Classic	April 2	2
13.58	Kaylon Eppinger	Spec Towns Inv.	April 9	3
13.59	Kim Laing	War Eagle Inv.	April 16	4
13.65	Kaylon Eppinger	Mississippi Open	April 24	3
13.68	Kaylon Eppinger	War Eagle Inv.	April 16	6
13.73	Kaylon Eppinger	War Eagle Inv.	April 16	6
13.80	Kaylon Eppinger	Alabama Relays	March 26	3
13.95(p)	Kaylon Eppinger	NCAA East Regional	May 27	29
14.09(p)	Talaya Owens	SEC Championships	May 14	16
14.13	Talaya Owens	Spec Towns Inv.	April 9	5
14.19	Talaya Owens	Mississippi Open	April 24	10
14.50	Audra Frimpong	Alabama Relays	March 26	6
14.51	Audra Frimpong	Tiger Track Classic	April 2	14
14.71	Rachel Robbs	Spec Towns Inv.	April 9	7
14.73	Talaya Owens	Alabama Relays	March 26	10
14.98	Shani Chandler	Alabama Relays	March 26	12
15.77	Nichole Sides	War Eagle Inv.	April 16	4

### 400 METER HURDLES

NCAA Record - 53.54, Sheena Johnson (UCLA), 6/12/04

UA Record - 55.92, Petagay Gayle, 7/21/01

Time	Members	Meet	Date	Finish
58.89	Talaya Owens	Mississippi Open	April 24	2
59.05	Talaya Owens	SEC Championships	May 15	5
59.34	Talaya Owens	Spec Towns Inv.	April 9	1
59.54	Talaya Owens	Drake Relays	April 30	3
59.55	Talaya Owens	Tiger Track Classic	April 2	2
59.70(p)	Talaya Owens	SEC Championships	May 13	8
59.71	Talaya Owens	War Eagle Inv.	April 16	4
59.77(p)	Talaya Owens	NCAA East Invitational	May 26	17
1:00.67	Shani Chandler	Mississippi Open	April 24	7
1:00.69	Talaya Owens	NCAA East Regional	May 27	20
1:01.17	Shani Chandler	Spec Towns Inv.	April 9	5
1:01.95	Shani Chandler	Tiger Track Classic	April 2	5
1:02.54	Talaya Owens	Alabama Relays	March 26	10
1:03.31	Shani Chandler	Alabama Relays	March 26	12

## 4X100 METER RELAY

NCAA Record - 42.36, Texas A&M, 6/12/09  
 UA Record - 43.51, Hyacinth, Latham, Leatherwood, Davis, 1987

Time	Name	Meet	Date	Finish
45.81	Armstead, Frimpong	Mississippi Open	April 24	5
	Graham, Laing			
46.20	Frimpong, Armstead	SEC Championships	May 15	11
	Eppinger, Graham			
46.42	Frimpong, Armstead	Tiger Track Classic	April 2	5
	Laing, Graham			
46.60	Frimpong, Armstead	Spec Towns Inv.	April 9	5
	Laing, Graham			
47.29	Owens, Armstead	War Eagle Inv.	April 16	12
	Laing, Graham			
47.33	Frimpong, Laing	Alabama Relays	March 27	3
	Eppinger, Graham			

## 4X100 METER SHUTTLE HURDLE RELAY

Time	Name	Meet	Date	Finish
54.27	Laing, Frimpong	Drake Relays	April 30	1
	Eppinger, Owens			
56.60	Laing, Frimpong,	Alabama Relays	March 27	1
	Owens, Eppinger			

## 4X200 METER RELAY

NCAA Record - 1:29.42, Texas A&M, 4/24/10  
 UA Record -

Time	Members	Meet	Date	Finish
1:39.22	Owens, Laing	Drake Relays	April 30	4
	Graham, Armstead			
1:45.19	Armstead, Romero	Alabama Relays	March 27	6
	Chandler, Mays			

## 4X400 METER RELAY

NCAA Record - 3:23.75, Texas, 4/03/04  
 UA Record - 3:28.56, Latham, Hyacinth, Davis, Leatherwood, 1987

Time	Members	Meet	Date	Finish
3:42.53	Romero, Owens	Mississippi Open	April 24	1
	Mays, Armstead			
3:44.61	Armstead, Romero	Alabama Relays	March 27	2
	Chandler, Mays			
3:46.12	Romero, Owens	Tiger Track Classic	April 2	4
	Chandler, Wright			
3:46.48	Armstead, Chandler	Drake Relays	April 30	5
	Owens, Mays			
3:47.16	Owens, Eppinger	War Eagle Inv.	April 16	8
	Chandler, Armstead			
4:06.36	Hawkins, Will	Mississippi Open	April 24	10
	Wright, S. Gilmore			
4:07.70	Gilmore, Denton	Spec Towns Inv.	April 9	6
	Will, Wright			
4:08.86	Wright, Will	War Eagle Inv.	April 16	21
	Hawkins, Myrex			
4:15.49		Alabama Relays	March 27	13

## 4X800 METER RELAY

NCAA Record - 8:17.91, Tennessee, 4/25/09  
 UA Record -

Time	Members	Meet	Date	Finish
9:20.60	Armstead, Romero	Alabama Relays	March 27	3
	Chandler, Mays			
9:31.33		Alabama Relays	March 27	5

## HIGH JUMP

NCAA Record - 6-6, Amy Acuff (UCLA), 5/19/95  
 UA Record - 6-3.5, Miruna Mataoanu, 6/09/07

Mark	Name	Meet	Date	Finish
5-05.75	Alexis Paine	Spec Towns Inv.	April 9	7
5-05.75	Alexis Paine	War Eagle Inv.	April 16	12
5-03	Alexis Paine	Tiger Track Classic	April 2	13

## POLE VAULT

NCAA Record - 15-4.60, Amy Chelsea Johnson (Arizona), 5/14/06  
 UA Record - 13-4.5, Lynda Cooper, 5/17/08

Mark	Name	Meet	Date	Finish
10-02	Alexis Paine	Tiger Track Classic	April 2	21

## LONG JUMP

NCAA Record - 22-11.25, Jackie Joyner-Kersey (UCLA), 5/04/85  
 UA Record - 21-6.5, Flora Hyacinth, 5/17/87

Mark	Name	Event	Date	Finish
18-2.25	Audra Frimpong	SEC Championships	May 14	21
17-8.75	Kia Wansley	Alabama Relays	March 27	10
17-6.75	Chloe Hetherton	Alabama Relays	March 27	12
17-2.75	Nichole Sides	Tiger Track Classic	April 2	17
16-6	Sarah Buschmann	Alabama Relays	March 27	16
1-9.25	Nichole Sides	Alabama Relays	March 27	22

## TRIPLE JUMP

NCAA Record - 46-9, Suzette Lee (LSU), 3/8/97  
 UA Record - 45-0.5, Flora Hyacinth, 5/16/87

Mark	Name	Event	Date	Finish
41-3.75	Kia Wansley	Tiger Track Classic	April 2	4
40-9.75	Chloe Hetherton	Tiger Track Classic	April 2	7
40-7	Kia Wansley	NCAA East Regional	May 27	20
40-5	Kia Wansley	Drake Relays	April 30	7
40-2.75	Kia Wansley	Spec Towns Inv.	April 8	7
40-0	Chloe Hetherton	Mississippi Open	April 24	3
39-5.75	Chloe Hetherton	SEC Championships	May 15	11
39-5.25	Kia Wansley	SEC Championships	May 15	12
39-03.75	Chloe Hetherton	Spec Towns Inv.	April 8	8
38-4	Chloe Hetherton	Alabama Relays	March 27	2
37-11.25	Kia Wansley	Mississippi Open	April 24	6
37-10.5	Kia Wansley	Alabama Relays	March 27	4
32-4.25	Sarah Buschmann	Alabama Relays	March 27	14

## DISCUS THROW

NCAA Record - 221-5, Meg Ritchie' (Arizona), 4/26/81  
 UA Record - 194-9, Beth Mallory, 6/10/05

Mark	Name	Event	Date	Finish
146-6	Wilamena Hopkins	Alabama Relays	March 26	7
145-07	Wilamena Hopkins	Tiger Track Classic	April 2	4
145-03	Wilamena Hopkins	Spec Towns Inv.	April 9	6
143-4	Wilamena Hopkins	Mississippi Open	April 24	4
130-10	Wilamena Hopkins	SEC Championships	May 15	13
127-4	Amethyst Holmes	SEC Championships	May 15	14
125-11	Amethyst Holmes	Spec Towns Inv.	April 9	9
119-5	Amethyst Holmes	Mississippi Open	April 24	13
118-3	Amethyst Holmes	Alabama Relays	March 26	20

## SHOT PUT

NCAA Record - 62-10, Laura Gerraughty (North Carolina), 3/13/04  
 UA Record - 56-6.5, Aymara Albury, 5/27/06

Mark	Name	Event	Date	Finish
52-01.25	Wilamena Hopkins	Spec Towns Inv.	April 9	1
50-5.50	Wilamena Hopkins	SEC Championships	May 15	6
50-4	Wilamena Hopkins	Tiger Track Classic	April 2	3
50-3.5	Wilamena Hopkins	NCAA East Regional	May 27	19
48-8	Wilamena Hopkins	Mississippi Open	April 24	2
47-9.75	Wilamena Hopkins	Alabama Relays	March 26	3
46-9.50	Angelica Howard	SEC Championships	May 15	11
46-1.50	Angelica Howard	Alabama Relays	March 26	5
45-6.35	Angelica Howard	Mississippi Open	April 24	5
45-02.25	Angelica Howard	Tiger Track Classic	April 2	6
45-01.5	Angelica Howard	Spec Towns Inv.	April 9	10
43-06.5	Amethyst Holmes	Tiger Track Classic	April 2	8
43-3.75	Amethyst Holmes	SEC Championships	May 15	14
41-2.5	Amethyst Holmes	Mississippi Open	April 24	12
41-07.25	Amethyst Holmes	Spec Towns Inv.	April 9	13
39-01	Rachel Robbs	Spec Towns Inv.	April 9	14
37-03	Kaylon Eppinger	Spec Towns Inv.	April 9	15

## HAMMER THROW

NCAA Record - 239-4, Jenny Dahlgren (Georgia), 4/13/07  
 UA Record - 207-10, Beth Mallory, 6/10/05

Mark	Name	Event	Date	Finish
186-2	Angelica Howard	Alabama Relays	March 25	2
176-11	Amethyst Holmes	SEC Championships	May 13	7
174-05	Aoife Hickey	War Eagle Inv.	April 16	10
172-02	Amethyst Holmes	Spec Towns Inv.	April 9	8
168-06	Aoife Hickey	Tiger Track Classic	April 1	6
167-11	Amethyst Holmes	Tiger Track Classic	April 1	7
167-7	Angelica Howard	Mississippi Open	April 24	2
167-6	Amethyst Holmes	Mississippi Open	April 24	3
166-2	Jasmine Williams	Mississippi Open	April 24	4
167-01	Angelica Howard	Spec Towns Inv.	April 9	12
166-4	Aoife Hickey	Alabama Relays	March 25	7
166-08	Aoife Hickey	Spec Towns Inv.	April 9	13
164-03	Lee Stowers	War Eagle Inv.	April 16	14
163-0	Aoife Hickey	Mississippi Open	April 24	6
162-8	Lee Stowers	SEC Championships	May 13	13
160-8	Angelica Howard	SEC Championships	May 13	14
160-1	Lee Stowers	Alabama Relays	March 25	9
159-4	Lee Stowers	Mississippi Open	April 24	8
159-2	Jasmine Williams	Alabama Relays	March 25	11
159-04	Amethyst Holmes	War Eagle Inv.	April 16	17
158-8	Amethyst Holmes	Alabama Relays	March 25	12
155-08	Angelica Howard	Tiger Track Classic	April 1	10
155-08	Jasmine Williams	Tiger Track Classic	April 1	10
155-01	Lee Stowers	Spec Towns Inv.	April 9	18
154-00	Lee Stowers	Tiger Track Classic	April 1	12
153-7	Jasmine Williams	SEC Championships	May 13	19
153-7	Aoife Hickey	SEC Championships	May 13	20
150-04	Jasmine Williams	Spec Towns Inv.	April 9	19

## JAVELIN THROW

NCAA Record - 202-10, Irina Kharun (Indiana), 6/13/03  
 UA Record - 194-0.25, Iris Gronfeldt, 4/19/86

Mark	Name	Event	Date	Finish
160-4	Meghan Austin	Alabama Relays	March 26	2
154-4	Meghan Austin	SEC Championships	May 15	2
151-5	Meghan Austin	NCAA Championships	June 9	16
151-4	Meghan Austin	NCAA East Regional	May 27	12
150-02	Meghan Austin	Tiger Track Classic	April 2	3
150-0	Meghan Austin	Spec Towns Inv.	April 9	2
147-1	Meghan Austin	Mississippi Open	April 24	2
144-11	Meghan Austin	War Eagle Inv.	April 16	2
144-7	Bekah Hoppis	SEC Championships	May 15	5
135-11	Brittany Hines	War Eagle Inv.	April 16	5
135-07	Rachel Robbs	Spec Towns Inv.	April 9	6
134-7	Bekah Hoppis	Mississippi Open	April 24	3

133-03	Brittany Hines	Spec Towns Inv.	April 9	7
133-0	Brittany Hines	Tiger Track Classic	April 2	7
132-10	Bekah Hoppis	War Eagle Inv.	April 16	7
132-10	Rachel Robbs	SEC Championships	May 15	10
132-2	Brittany Hines	Alabama Relays	March 26	3
130-05	Bekah Hoppis	Spec Towns Inv.	April 9	8
129-5	Brittany Hines	SEC Championships	May 15	11
128-5	Bekah Hoppis	Alabama Relays	March 26	6
127-7	Bekah Hoppis	NCAA East Regional	May 27	41
126-03	Bekah Hoppis	Tiger Track Classic	April 2	10
126-0	Kaylon Eppinger	Mississippi Open	April 24	5
122-06	Rachel Robbs	Tiger Track Classic	April 2	13

## HEPTATHLON

NCAA Record - 6527, Diane Guthrie-Gresham (George Mason), 6/02/95  
 UA Record - 5672, Chelsea Taylor, 5/16/10

Mark	Name	Event	Date	Finish
5499	Kaylon Eppinger	Alabama Relays	March 26	1
5479	Kaylon Eppinger	SEC Championships	May 13	2
5140	Kaylon Eppinger	NCAA Championships	May 9-10	20
4523	Rachel Robbs	SEC Championships	May 13	11
4328	Nichole Sides	Alabama Relays	March 26	10

## CAMILLA ARMSTEAD

### 200 Meters • PR - 24.10

Time	Meet	Date	Finish
24.10	Alabama Relays	March 26	3
24.19	Spec Towns Inv.	April 9	5
24.29	Mississippi Open	April 23	9
24.33	War Eagle Inv.	April 16	21
25.13	Auburn Tiger Classic	April 2	17

### 400 Meters • PR - 56.33

Time	Meet	Date	Finish
55.82(p)	SEC Championships	May 14	19
56.33	Alabama Relays	March 26	4

### 4x100m Relay

Time	Meet	Date	Finish
45.81	Mississippi Open	April 23	5
46.20	SEC Championships	May 15	11
46.42	Tiger Track Classic	April 2	5
46.60	Spec Towns Invitational	April 9	5
47.29	War Eagle Invitational	April 16	12

### 4x200m Relay

Time	Meet	Date	Finish
1:39.22	Drake Relays	April 30	10
1:45.19	Alabama Relays	March 27	6

### 4x400m Relay

Time	Meet	Date	Finish
3:42.53	Mississippi Open	April 23	1
3:44.61	Alabama Relays	March 27	2
3:46.12	Tiger Track Classic	April 2	4
3:46.48	Drake Relays	April 30	16
3:47.16	War Eagle Invitational	April 16	8

## MEGHAN AUSTIN

### Javelin • PR - 160-4

Mark	Meet	Date	Finish
160-4	Alabama Relay	March 26	2
154-4	SEC Championships	May 15	2
151-4	NCAA East Regional	May 27	12
150-02	Alabama Relays	March 26	2
150-0	Spec Towns Inv.	April 9	2
147-1	Mississippi Open	April 23	2
144-11	War Eagle Inv.	April 16	2

## SARAH BUSCHMANN

### Long Jump • PR - 18-8

Mark	Meet	Date	Finish
16-6	Alabama Relays	March 27	16

### Triple Jump • PR - 39-2.5

Mark	Meet	Date	Finish
36-6.25	Alabama Relays	March 27	14

## SHANI CHANDLER

### 100 Meter Hurdles • PR - 14.10

Time	Meet	Date	Finish
14.98	Alabama Relays	March 27	12

### 400 Meter Hurdles • PR - 1:00.67

Time	Meet	Date	Finish
1:00.61	Mississippi Open	April 23	7
1:01.17	Spec Towns Inv.	April 9	5
1:01.95	Tiger Track Classic	April 2	5
1:03.31	Alabama Relays	March 26	6

### 100m Shuttle Hurdle Relay

Time	Meet	Date	Finish
54.27	Drake Relays	April 30	1
56.17p	Drake Relays	April 29	1

### 4x400m Relay

Time	Meet	Date	Finish
3:46.12	Tiger Track Classic	April 2	4
3:46.48	Drake Relays	April 30	16
3:47.16	War Eagle Invitational	April 16	8

## ELSBETH DENTON

### 800 Meters • PR - 2:17.40

Time	Meet	Date	Finish
2:15.02(p)	SEC Championships	May 13	20
2:18.72	Tiger Track Classic	April 2	13
2:19.76	Mississippi Open	April 23	17

### 1500 Meters • PR - 4:29.55

Time	Meet	Date	Finish
4:32.75(p)	SEC Championships	May 14	16
4:38.19	Mississippi Open	April 23	8
4:41.56	Alabama Relays	March 26	4
4:44.42	War Eagle Inv.	April 16	8
4:49.47	Spec Towns Inv.	April 9	9

### 3,000 Meters • PR - 10:02.47

Time	Meet	Date	Finish
10:02.47	Tiger Track Classic	April 2	4

### 5000 Meters • PR - 17:53.84

Time	Meet	Date	Finish
17:53.84	SEC Championships	May 15	28

### 4x400m Relay

Time	Meet	Date	Finish
4:06.36	Mississippi Open	April 23	10
4:07.70	Spec Towns Invitational	April 9	6

## KAYLON EPPINGER

### 100 Meter Hurdles • PR - 13.52

Time	Meet	Date	Finish
13.51(p)	SEC Championships	May 14	7
13.52	SEC Championships	May 15	7
13.54	SEC Championships (Hep)	May 12	2
13.58	Spec Towns Inv.	April 9	3
13.65	Mississippi Open	April 23	3
13.68	War Eagle Inv.	April 16	6
13.73p	War Eagle Inv.	April 16	6
13.80	Alabama Relays	March 27	3
13.86	NCAA Championships (Hep)	June 9	6
13.93	Alabama Relays (Hep)	March 25	1
13.95(p)	NCAA East Regional	May 27	29

### 200 Meters • PR - 25.34

Time	Meet	Date	Finish
25.30	Alabama Relays (Hep)	March 25	1
25.34	Spec Towns Inv.	April 9	5
25.53	SEC Championships	May 12	9
26.23	NCAA Championships (Hep)	June 9	21

### 800 Meters • PR - 2:17.40

Time	Meet	Date	Finish
2:23.38	SEC Championships	May 13	7
2:24.95	Alabama Relays (Hep)	April 25	3
2:27.00	War Eagle Inv.	April 16	39
2:31.08	NCAA Championship (Hep)	June 9	20

### 4x100m Relay

Time	Meet	Date	Finish
45.81	Mississippi Open	April 23	5
46.20	SEC Championships	May 15	11
47.33	Alabama Relays	March 27	3

### 4x400m Relay

Time	Meet	Date	Finish
3:46.48	Drake Relays	April 30	16
3:47.16	War Eagle Invitational	April 16	8

### 100m Shuttle Hurdle Relay

Time	Meet	Date	Finish
54.27	Drake Relays	April 30	1
56.17p	Drake Relays	April 29	1
56.60	Alabama Relays	March 27	1

### High Jump • PR - 5-7

Mark	Meet	Date	Finish
5-7	Alabama Relays (Hep)	March 26	2
5-4.5	SEC Championships (Hep)	May 12	4
5-3	NCAA Championships (Hep)	June 9	16

### Long Jump • PR - 18-11.75

Mark	Meet	Date	Finish
18-11.75	SEC Championships (Hep)	May 13	3
18-8	Alabama Relays (Hep)	March 26	2
17-5.5	NCAA Championships (Hep)	June 10	17

### Shot Put • PR - 41-10

Mark	Meet	Date	Finish
41-10	NCAA Championships (Hep)	June 9	4
37-10	SEC Championships (Hep)	May 12	2
37-03	Spec Towns Inv.	April 9	15
36-11.5	Alabama Relays (Hep)	March 25	1

### Javelin • PR - 127-9

Mark	Meet	Date	Finish
127-9	Mississippi Open	April 23	5
123-6	SEC Championships	May 13	4
118-1	NCAA Championships (Hep)	June 10	10

### Heptathlon • PR - 5,499

Score	Meet	Date	Finish
5,499	Alabama Relays	March 25	1
5,479	SEC Championships	May 13	2
5,140	NCAA Championships	May 10	20

## AUDRA FRIMPONG

### 100 Meters • PR - 12.27

Time	Meet	Date	Finish
12.27	Tiger Track Classic	April 2	19
12.29	Alabama Relays	March 26	11

### 100 Meter Hurdles • PR - 13.56

Time	Meet	Date	Finish
14.50	Alabama Relays	March 26	6
14.51	Tiger Track Classic	April 2	14

### 4x100m Relay

Time	Meet	Date	Finish
45.81	Mississippi Open	April 23	5
46.20	SEC Championships	May 15	11
46.42	Tiger Track Classic	April 2	5
46.60	Spec Towns Invitational	April 9	5
47.33	Alabama Relays	March 27	3

### 4x200m Relay

Time	Meet	Date	Finish
1:39.22	Drake Relays	April 30	10

### 100m Shuttle Hurdle Relay

Time	Meet	Date	Finish
54.27	Drake Relays	April 30	1
56.17p	Drake Relays	April 29	1

### Long Jump

Mark	Meet	Date	Finish
18-2.25	SEC Championships	May 14	21

## LEIGH GILMORE

### 800 Meters • PR - 2:10.54

Time	Meet	Date	Finish
2:11.84 (p)	SEC Championships	May 13	15
2:14.71	Tiger Track Classic	April 2	6
2:15.52	Mississippi Open	April 23	5

### 1,500 Meters • PR - 4:28.96

Time	Meet	Date	Finish
4:28.96	Mississippi Open	April 23	1
4:30.12(p)	SEC Championships	May 14	14
4:35.59	Spec Towns Inv.	April 9	1
4:37.50	War Eagle Inv.	April 16	3
4:47.11	Alabama Relays	March 26	9

### 3000 Meters • PR - 10:16.12

Time	Meet	Date	Finish
10:16.12	Tiger Track Classic	April 2	8

### 5000 Meters • PR - 17:31.29

Time	Meet	Date	Finish
17:31.29	SEC Championships	May 15	21

### 4x400m Relay

Time	Meet	Date	Finish
4:07.70	Spec Towns Invitational	April 9	6

# 2011 OUTDOOR INDIVIDUAL PERFORMANCES

## SARAH GILMORE

### 800 Meters • PR - 2:17.83

Time	Meet	Date	Finish
2:20.53	Mississippi Open	April 23	18

### 1500 Meters • PR - 4:37.46

Time	Meet	Date	Finish
4:36.83(p)	SEC Championships	May 14	21
4:37.46	Mississippi Open	April 23	6
4:43.69	Spec Towns Inv.	April 9	7
4:44.19	Tiger Track Classic	April 2	10
4:49.90	Alabama Relays	March 26	14

### 5000 Meters • PR - 17:42.12

Time	Meet	Date	Finish
17:42.12	Sarah Gilmore SEC Championships	May 15	25

### 4x400m Relay

Time	Meet	Date	Finish
4:06.36	Mississippi Open	April 23	10

## TONI GRAHAM

### 100 Meters • PR - 11.8

Time	Meet	Date	Finish
11.95	Spec Towns Inv.	April 9	6
11.96	Mississippi Open	April 23	8
12.16	War Eagle Inv.	April 16	24
12.19 (p)	SEC Championships	May 14	21
12.20	Alabama Relays	March 26	7
12.25	Tiger Track Classic	April 2	18

### 200 Meters • PR - 24.5

Time	Meet	Date	Finish
24.52	Mississippi Open	April 23	11
24.73(p)	SEC Championships	May 13	30
24.87	Alabama Relays	March 26	12
25.08	War Eagle Inv.	April 16	40
25.19	Tiger Track Classic	April 2	21

### 4x100m Relay

Time	Meet	Date	Finish
45.81	Mississippi Open	April 23	5
46.20	SEC Championships	May 15	11
46.42	Tiger Track Classic	April 2	5
46.60	Spec Towns Invitational	April 9	5
47.29	War Eagle Invitational	April 16	12
47.33	Alabama Relays	March 27	3

### 4x200m Relay

Time	Meet	Date	Finish
1:39.22	Drake Relays	April 30	10

## MEGHAN HAWKINS

### 800 Meters • PR - 2:17.40

Time	Meet	Date	Finish
2:17.68	War Eagle Inv.	April 16	25
2:20.63	Mississippi Open	April 23	19
2:20.69(p)	SEC Championships	May 13	27

### 1500 Meters • PR - 4:38.91

Time	Meet	Date	Finish
4:38.91	Mississippi Open	April 23	9
4:42.79(p)	SEC Championships	May 14	32
4:45.43	Alabama Relays	March 26	7
4:46.43	Tiger Track Classic	April 2	13

### 4x400m Relay

Time	Meet	Date	Finish
4:06.36	Mississippi Open	April 23	10
4:08.86	War Eagle Invitational	April 16	21

### 4x800m Relay

Time	Meet	Date	Finish
9:31.33	Alabama Relays	March 27	5

### Distance Medley Relay

Time	Meet	Date	Finish
12:36.84	Alabama Relays	March 27	4

## CHLOE HETHERTON

### Triple Jump • PR - 41-9.75

Mark	Meet	Date	Finish
40-09.75	Tiger Track Classic	April 2	7
40-0	Mississippi Open	April 23	3
39-5.75	SEC Championships	May 15	11
39-03.75	Spec Towns Inv.	April 9	8
38-4	Alabama Relays	March 26	2

### Long Jump • PR - 17-8

Mark	Meet	Date	Finish
17-6.75	Alabama Relays	March 26	12

## AOIFE HICKEY

### Hammer Throw • PR - 174-05

Mark	Meet	Date	Finish
174-05	War Eagle Inv.	April 16	10
168-06	Tiger Track Classic	April 2	6
166-4	Alabama Relays	March 25	7
166-08	Spec Towns Inv.	April 9	13
163-0	Mississippi Open	April 23	6
153-7	SEC Championships	May 13	20

## BRITTANY HINES

### Javelin Throw • PR - 143-1

Mark	Meet	Date	Finish
135-11	War Eagle Inv.	April 16	5
133-03	Spec Towns Inv.	April 9	7
133-0	Tiger Track Classic	April 2	7
132-3	Alabama Relays	March 26	3
129-5	SEC Championships	May 15	11

## AMETHYST HOLMES

### Discus Throw • PR - 141-9

Mark	Meet	Date	Finish
127-4	SEC Championships	May 15	14
125-11	Spec Towns Inv.	April 9	9
119-5	Mississippi Open	April 23	13
118-3	Alabama Relays	March 26	20

### Shot Put • PR - 44-4.25

Mark	Meet	Date	Finish
43-3.75	SEC Championships	May 15	14
43-06.5	Tiger Track Classic	April 2	8
41-07.25	Spec Towns Inv.	April 9	13
41-2.5	Mississippi Open	April 23	12

### Hammer Throw • PR - 175-2

Mark	Meet	Date	Finish
176-11	SEC Championships	May 13	7
172-02	Spec Towns Inv.	April 9	8
167-11	Tiger Track Classic	April 2	7
167-6	Mississippi Open	April 23	3
159-04	War Eagle Inv.	April 16	17
158-8	Alabama Relays	March 25	12

## WILAMENA HOPKINS

### Discus Throw • PR - 159-10

Mark	Meet	Date	Finish
146-6	Alabama Relays	March 26	7
145-07	Tiger Track Classic	April 2	4
145-03	Spec Towns Inv.	April 9	6
143-4	Mississippi Open	April 23	2
130-10	SEC Championships	May 15	13

### Shot Put • PR - 52-01.25

Mark	Meet	Date	Finish
52-01.25	Spec Towns Inv.	April 9	1
50-5.50	SEC Championships	May 15	6
50-4	Tiger Track Classic	April 2	3
50-3.5	NCAA East Regional	May 27	19
48-8	Mississippi Open	April 23	2
47-9.75	Alabama Relays	March 26	3

## BEKAH HOPPIS

### Javelin Throw • PR - 150-11

Mark	Meet	Date	Finish
144-7	SEC Championships	May 15	5
134-8	Mississippi Open	April 23	3
132-10	War Eagle Inv.	April 16	7
130-5	Spec Towns Inv.	April 9	8
128-5	Alabama Relays	March 26	6
127-7	SEC East Regional	May 27	41
126-3	Tiger Track Classic	April 2	10
125-4	Drake Relays	April 29	17

## ANGELICA HOWARD

### Shot Put • PR - 50-9.5

Mark	Meet	Date	Finish
46-9.50	SEC Championships	May 15	11
46-1.5	Alabama Relays	March 26	5
45-6.25	Mississippi Open	April 23	5
45-2.25	Tiger Track Classic	April 2	6
45-01.5	Spec Towns Inv.	April 9	10

### Hammer Throw • PR -197-5

Mark	Meet	Date	Finish
186-2	Alabama Relays	March 25	2
167-7	Mississippi Open	April 23	2
167-01	Spec Towns Inv.	April 9	12
160-8	SEC Championships	May 13	14
155-08	Tiger Track Classic	April 2	10

## KELSEY JOHNSON

### 800 Meters • PR -2:14.53

Time	Meet	Date	Finish
2:21.05	Spec Towns Inv.	April 9	1

### 1,500 Meters • PR - 4:27.12

Time	Meet	Date	Finish
4:54.79	Spec Towns Inv.	April 9	10

### 10,000 Meters • PR - 35:43.29

Time	Meet	Date	Finish
36:10.82	Stanford Invitational	March 26	31
37:23.86	SEC Championships	May 13	9

## KIM LAING

### 100 Meter Hurdles • PR - 13.20

Time	Meet	Date	Finish
13.30	Spec Towns Inv.	April 9	1
13.34	Mississippi Open	April 23	1
13.49	Alabama Relays	March 26	1
13.52	War Eagle Inv.	April 16	4
13.53	Tiger Track Classic	April 2	2
13.59p	War Eagle Inv.	April 16	4

### 200 Meters • PR - 24.83

Time	Meet	Date	Finish
24.83	Alabama Relays	March 26	9
25.15	Tiger Track Classic	April 2	19

### 4x100m Relay

Time	Meet	Date	Finish
45.81	Mississippi Open	April 23	5
46.42	Tiger Track Classic	April 2	5
46.60	Spec Towns Invitational	April 9	5
47.29	War Eagle Invitational	April 16	12
47.33	Alabama Relays	March 27	3

### 4x200m Relay

Time	Meet	Date	Finish
1:39.22	Drake Relays	April 30	10

### 100m Shuttle Hurdle Relay

Time	Meet	Date	Finish
54.27	Drake Relays	April 30	1
56.17p	Drake Relays	April 29	1
56.60	Alabama Relays	March 27	1

# 2011 OUTDOOR INDIVIDUAL PERFORMANCES

## DACIA MAYS

### 200 Meters • PR - 25.16

Time	Meet	Date	Finish
25.16	Alabama Relays	March 26	16

### 400 Meters • PR - 57.26

Time	Meet	Date	Finish
57.26	Alabama Relays	March 26	6
57.78	Mississippi Open	April 23	16
58.40(p)	SEC Championships	May 14	28
58.80	War Eagle Inv.	April 16	26

### 4x200m Relay

Time	Meet	Date	Finish
1:45.19	Alabama Relays	March 27	6

### 4x400m Relay

Time	Meet	Date	Finish
3:42.53	Mississippi Open	April 23	1
3:44.61	Alabama Relays	March 27	2
3:46.48	Drake Relays	April 30	16

## MAEGAN MILLER

### 200 Meters • PR - 25.99

Time	Meet	Date	Finish
25.99	Mississippi Open	April 23	23
25.99	War Eagle Inv.	April 16	52
26.39	Alabama Relays	March 26	36
26.47	Spec Towns Inv.	April 9	11

### 400 Meters • PR - 58.68

Time	Meet	Date	Finish
58.68	War Eagle Inv.	April 16	25
58.82	Mississippi Open	April 23	21
1:00.42	Spec Towns Inv.	April 9	6
1:01.88	Alabama Relays	March 26	25

## PALEE MYREX

### 800 Meters • PR - 2:23

Time	Meet	Date	Finish
2:27.55	War Eagle Inv.	April 16	41
2:27.87	Tiger Track Classic	April 2	27
2:30.90	Mississippi Open	April 23	35

### 1,500 Meters • PR - 4:47.61

Time	Meet	Date	Finish
4:47.61	Mississippi Open	April 23	15
4:50.65	War Eagle Inv.	April 16	9
4:53.78	Tiger Track Classic	April 2	19
4:57.82	Alabama Relays	March 26	22

### 4x400m Relay

Time	Meet	Date	Finish
4:08.86	War Eagle Invitational	April 16	21

### 4x800m Relay

Time	Meet	Date	Finish
9:31.33	Alabama Relays	March 27	5

### Dis

Time	Meet	Date	Finish
4:47.61	Mississippi Open	April 23	15

## TALAYA OWENS

### 100 Meter Hurdles • PR - 13.47

Time	Meet	Date	Finish
14.09(p)	SEC Championships	May 14	16
14.19	Mississippi Open	April 23	10
14.13	Spec Towns Inv.	April 9	5
14.73	Alabama Relays	March 26	10

### 400 Meter Hurdles • PR - 57.76

Time	Meet	Date	Finish
58.59	Mississippi Open	April 23	2
59.05	SEC Championships	May 15	5
59.34	Spec Towns Inv.	April 9	1
59.54	Drake Relays	April 30	3
59.55	Tiger Track Classic	April 2	2
59.70(p)	SEC Championships	May 13	8
59.77(p)	NCAA East Regional	May 26	17
59.71	War Eagle Inv.	April 16	4
1:00.69	NCAA East Regional	May 27	20
1:02.54	Alabama Relays	March 26	4

### 100m Shuttle Hurdle Relay

Time	Meet	Date	Finish
54.27	Drake Relays	April 30	1
56.17p	Drake Relays	April 29	1
59.60	Alabama Relays	March 27	1

### 4x100m Relay

Time	Meet	Date	Finish
45.81	Mississippi Open	April 23	5
47.29	War Eagle Invitational	April 16	12

### 4x200m Relay

Time	Meet	Date	Finish
1:39.22	Drake Relays	April 30	10
1:45.19	Alabama Relays	March 27	6

### 4x400m Relay

Time	Meet	Date	Finish
3:42.53	Mississippi Open	April 23	1
3:44.61	Alabama Relays	April 27	2
3:46.12	Tiger Track Classic	April 2	4
3:46.48	Drake Relays	April 30	16
3:47.16	War Eagle Invitational	April 16	8

## ALEXIS PAINE

### Pole Vault • PR - 11-8-.75

Mark	Meet	Date	Finish
11-8.75	Mississippi Open	April 23	9
10-6	Alabama Relays	March 26	11
10-2	Tiger Track Classic	April 2	21

### High Jump • PR - 5-8.25

Time	Meet	Date	Finish
5-3	Tiger Track Classic	April 2	13
5-05.75	Spec Towns Inv.	April 9	7
5-05.75	War Eagle Inv.	April 16	12

## RACHEL ROBBS

### 200 Meters • PR - 25.71

Time	Meet	Date	Finish
26.92	Alabama Relays (Hep)	March 25	17
26.91	SEC Championships (Hep)	May 12	14
27.36	Tiger Track Classic	April 2	54

### 800 Meters • PR - 2:32.95

Time	Meet	Date	Finish
2:58.88	SEC Championships (Hep)	May 13	12

### 100 Meter Hurdles • PR - 14.28

Time	Meet	Date	Finish
14.71	Spec Towns Inv.	April 9	7
14.90	SEC Championships (Hep)	May 12	13
15.17	Alabama Relays (Hep)	March 25	8

### High Jump • PR - 5-6

Mark	Meet	Date	Finish
5-2.25	SEC Championships (Hep)	May 12	10
4-10.25	Alabama Relays (Hep)	March 25	12

### Long Jump • PR - 18-3

Mark	Meet	Date	Finish
17-0	SEC Championships (Hep)	May 13	13
16-2.5	Alabama Relays (Hep)	March 25	12

### Shot Put • PR - 43-3.75

Mark	Meet	Date	Finish
39-01	Spec Towns Inv.	April 9	14
37-5.75	Alabama Relays (Hep)	March 25	3
37-3.25	SEC Championships (Hep)	May 12	3

### Javelin Throw • PR - 139-9

Time	Meet	Date	Finish
135-7	Spec Towns Inv.	April 9	6
132-10	SEC Championships (Hep)	May 15	10
131-9	Alabama Relays (Hep)	March 25	2
125-4	SEC Championships (Hep)	May 13	3
122-5	Tiger Track Classic	April 2	13

### Heptathlon • PR - 5,242

Score	Meet	Date	Finish
3983	Alabama Relays	March 25	16

## DEVON ROMERO

### 200 Meters • PR - 24.58

Time	Meet	Date	Finish
24.58	Mississippi Open	April 23	12
24.85	Alabama Relays	March 26	10
24.93(p)	SEC Championships	May 13	31
24.98	Spec Towns Inv.	April 9	2

### 400 Meters • PR - 56.47

Time	Meet	Date	Finish
56.47	Tiger Track Classic	April 2	9
56.98(p)	SEC Championships	May 14	23
57.02	Spec Towns Inv.	April 9	4

### 4x200m Relay

Time	Meet	Date	Finish
1:45.19	Alabama Relays	March 27	6

### 4x400m Relay

Time	Meet	Date	Finish
3:42.53	Mississippi Open	April 23	1
3:44.61	Alabama Relays	March 27	2
3:46.12	Tiger Track Classic	April 2	4
3:46.48	Drake Relays	April 30	16

## NICHOLE SIDES

### 200 Meters • PR - 26.50

Time	Meet	Date	Finish
26.50	Alabama Relays (Hep)	March 24	14
26.71	War Eagle Inv.	April 16	66
26.91	Tiger Track Classic	April 2	51

### 800 Meters • PR - 2:38.44

Time	Meet	Date	Finish
2:38.44	Alabama Relays (Hep)	March 26	15

### 100 Meter Hurdles • PR - 15.69

Time	Meet	Date	Finish
15.69	Alabama Relays (Hep)	March 24	13
15.77	War Eagle Inv.	April 16	40

### High Jump • PR - 5-3

Mark	Meet	Date	Finish
4-9.5	Alabama Relays (Hep)	March 24	15

### Long Jump • PR - 18-0

Mark	Meet	Date	Finish
17-10-25	Alabama Relays	March 26	10
17-2.75	Tiger Track Classic	April 2	17
16-11.25	Alabama Relays (Hep)	March 25	6

### Shot Put • PR - 31-5.25

Mark	Meet	Date	Finish
31-5.25	Alabama Relays (Hep)	March 25	13

### Javelin • PR - 110-3

Mark	Meet	Date	Finish
110-3	Alabama Relays	March 25	7

### Heptathlon • PR - 4,328

Score	Meet	Date	Finish
4,328	Alabama Relays	March 25	10

## LEE STOWERS

### Hammer Throw • PR - 164-03

Mark	Meet	Date	Finish
164-03	War Eagle Inv.	April 16	14
162-8	SEC Championships	May 13	13
159-4	Mississippi Open	April 23	8
155-02	Spec Towns Inv.	April 9	18
153-11	Tiger Track Classic	April 2	12
160-1	Alabama Relays	March 25	9

## KIARA THOMPSON

### 100 Meters • PR - 12.72

Time	Meet	Date	Finish
12.72	Alabama Relays	March 26	26
12.85	Tiger Track Classic	April 2	39
12.98	War Eagle Inv.	April 16	50

### 200 Meters • PR - 26.65

Time	Meet	Date	Finish
26.65	Alabama Relays	March 26	41
26.387	War Eagle Inv.	April 16	68
26.93	Tiger Track Classic	April 2	52

## ANDREA TORSKE

<b>800 Meters • PR - 2:18.47</b>			
Time	Meet	Date	Finish
2:18.47	Tiger Track Classic	April 2	12
<b>3,000 Meters • PR - 9:58.79</b>			
Time	Meet	Date	Finish
9:58.79	Tiger Track Classic	April 2	3
<b>5,000 Meters • PR - 17:39.97</b>			
Time	Meet	Date	Finish
17:34.91	SEC Championships	May 15	23
17:39.97	Alabama Relays	March 26	4
<b>3,000m Steeplechase • PR - 10:59.01</b>			
Time	Meet	Date	Finish
11:05.45	Spec Towns Invitational	April 9	3
<b>4x800m Relay</b>			
Time	Meet	Date	Finish
9:31.33	Alabama Relays	March 27	5

## KATHRYN TURNER

<b>1,500 Meters • PR - 4:47.78</b>			
Time	Meet	Date	Finish
4:47.58	Mississippi Open	April 23	16
1:57.39	War Eagle Invitational	April 16	13

## SARA VAUGHN

<b>5,000 Meters • PR - 18:51.93</b>			
Time	Meet	Date	Finish
18:51.93	Alabama Relays	March 26	15
<b>Distance Medley Relay</b>			
Time	Meet	Date	Finish
12:36.84	Alabama Relays	March 27	4

## KIA WANSLEY

<b>Long Jump • PR - 18-10</b>			
Mark	Meet	Date	Finish
17-8.5	Alabama Relays	March 26	11
<b>Triple Jump • PR - 41-3.75</b>			
Mark	Meet	Date	Finish
41-3.75	Tiger Track Classic	April 2	4
40-7	NCAA East Regional	May 27	20
40-5	Drake Relays	April 30	7
40-2.75	Spec Towns Inv.	April 9	7
39-5.25	SEC Championships	May 15	12
37-11.25	Mississippi Open	April 23	23
37-10.5	Alabama Relays	March 26	4

## KATLYN WILL

<b>800 Meters • PR - 2:11.44</b>			
Time	Meet	Date	Finish
2:15.98(p)	SEC Championships	May 13	21
2:17.89	War Eagle Invitational	April 16	26
2:25.67	Mississippi Open	April 23	31
<b>1,500 Meters • PR - 4:33.90</b>			
Time	Meet	Date	Finish
4:37.02(p)	SEC Championships	May 14	22
4:41.00	Mississippi Open	April 23	11
4:42.48	War Eagle Inv.	April 16	7
4:42.68	Spec Towns Inv.	April 9	6
4:47.71	Alabama Relays	March 26	10
<b>4x400m Relay</b>			
Time	Meet	Date	Finish
4:06.36	Mississippi Open	April 23	10
4:06.86	War Eagle Invitational	April 16	21
4:07.70	Spec Towns Invitational	April 9	6

## JASMINE WILLIAMS

<b>Hammer Throw • PR - 166-2</b>			
Mark	Meet	Date	Finish
166-2	Mississippi Open	April 23	4
159-2	Alabama Relays	March 26	11
155-8	Tiger Track Classic	April 2	10
153-7	SEC Championships	May 13	19
150-4	Spec Towns Inv.	April 9	19

## MEGAN WILLIAMS

<b>1,500 Meters • PR - 4:33.90</b>			
Time	Meet	Date	Finish
4:57.99	War Eagle Inv.	April 16	14
<b>5,000 Meters • PR - 17:55.44</b>			
Time	Meet	Date	Finish
17:55.44	SEC Championships	May 15	29
18:06.00	Spec Towns Inv.	April 9	1
18:09.61	Alabama Relays	March 26	8
<b>10,000 Meters • PR - 38:53.37</b>			
Time	Meet	Date	Finish
38:53.37	SEC Championships	May 13	12

**AUBRIELLE WRIGHT****400 Meters • PR - 56.40**

<b>Time</b>	<b>Meet</b>	<b>Date</b>	<b>Finish</b>
58.80	Tiger Track Classic	April 2	21
1:00.16(p)	SEC Championships	May 14	29
1:01.26	Spec Towns Inv.	April 9	4

**800 Meters • PR - 2:13**

<b>Time</b>	<b>Meet</b>	<b>Date</b>	<b>Finish</b>
2:16.26	Mississippi Open	April 23	9
2:16.42	War Eagle Inv.	April 16	22
2:20.04	Alabama Relays	March 26	15
2:21.62	Spec Towns Inv.	April 9	5
2:24.76(p)	SEC Championships	May 13	28

**4x400m Relay**

<b>Time</b>	<b>Meet</b>	<b>Date</b>	<b>Finish</b>
3:46.12	Tiger Track Classic	April 2	4
4:06.36	Mississippi Open	April 23	10
4:07.70	Spec Towns Invitational	April 9	6
4:08.86	War Eagle Invitational	April 16	21

**4x800m Relay**

<b>Time</b>	<b>Meet</b>	<b>Date</b>	<b>Finish</b>
9:31.33	Alabama Relays	March 27	5

**Distance Medley Relay**

<b>Time</b>	<b>Meet</b>	<b>Date</b>	<b>Finish</b>
12:36.84	Alabama Relays	March 27	4

## ALABAMA RELAYS

March 24-27

Tuscaloosa, Ala. • Sam Bailey Track

Alabama women's track and field team recorded 35 top-10 finishes over the course of four days at the annual Alabama Relays to open the outdoor season.

Junior Kaylon Eppinger led the University of Alabama women's track and field team with a victory in the heptathlon on the second day of the relays. Her score of 5,499 was the second best in Alabama history and ranked seventh in the nation.

Also on the second day, Angelica Howard threw 186-3 to finish in second place. Freshman Aoife Hickey recorded a mark of 166-4 to finish seventh while sophomore Lee Stowers finished ninth with a mark of 160-1.

Action on Saturday included Kim Laing running a time of 13.49 to win the 100-meter hurdles. Junior Kaylon Eppinger, who won the heptathlon competition Friday, finished third with a time of 13.80 while Audra Frimpong ran a time of 14.50, finishing sixth.

In the 400-meter hurdles, Talaya Owens and Shani Chandler finished fourth and sixth with times of 1:02.54 and 1:03.31, respectively.

In the discus throw, sophomore Wilamena Hopkins recorded a mark of 146-6, finishing seventh. Hopkins also competed in the shot put competition, throwing 47-09.75 to finish in third place. Angelica Howard finished fifth with a throw of 46-01.50

Sophomore Camilla Armstead recorded a personal-best time of 24.10 in the 200 meters to finish third. Seniors Kim Laing and Devon Romero also recorded personal bests, running 24.83 and 24.85 to finish ninth and tenth in the 200 meters. Freshman Dacia Mays finished sixth in the 400 meters with a time of 1:03.31

The final day of action saw the Tide get off to a strong start with a victory in the 4x100 meter shuttle hurdle relay. The team of Kim Laing, Audra Frimpong, Talaya Owens and Kaylon Eppinger recorded a time of 56.60. In the 4x100 meter relay, junior Toni Graham teamed up with Frimpong, Laing and Eppinger for third place, finishing with a time of 47.33.

Freshman Chloe Hetherington posted a mark of 38-4.00 in the triple jump to finish second, while junior Kia Wansley finished fourth with a leap of 37-10.50. In the javelin competition, senior Meghan Austin threw a personal best and the third best mark in school history at 160-4 for second place. Junior Brittany Hines finished third with a throw of 132-3 while sophomore Bekah Hoppis recorded a mark of 128-5, finishing sixth.

### 100 Meters

7.	Toni Graham	12.20
11.	Audra Frimpong	12.29
26.	Kiara Thompson	12.72

### 200 Meters

3.	Camilla Armstead	24.10
9.	Kim Laing	24.83
10.	Devon Romero	24.85
12.	Toni Graham	24.87
16.	Dacia Mays	25.16
36.	Maegan Miller	26.39
41.	Kiara Thompson	26.65

### 400 Meters

4.	Camilla Armstead	56.33
6.	Dacia Mays	57.26
25.	Maegan Miller	1:01.80

### 800 Meters

15.	Aubrielle Wright	2:20.04
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### 5,000 Meters

4.	Andrea Torske	17:39.97
7.	Megan Williams	18:09.61
14.	Sara Vaughn	18:51.93

### 100 Meter Hurdles

1.	Kim Laing	13.49
3.	Kaylon Eppinger	13.80
6.	Audra Frimpong	14.50
10.	Talaya Owens	14.73
12.	Shani Chandler	14.98

### 400 Meter Hurdles

4.	Talaya Owens	1:02.54
6.	Shani Chandler	1:03.31

### 4x100 Meter Relay

3.	Frimpong, Laing, Eppinger, Graham,	47.33
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### 4x200 Meter Relay

6.	Armstead, Romero, Owens, Mays	1:45.19
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### 4x400 Meter Relay

2.	Armstead, Romero, Mays, Owens	3:44.61
13.	Alabama - B	4:15.49

### 4x800 Meter Relay

3.	Alabama - B	9:20.60
5.	Wright, Hawkins, Torske, Myrex	9:31.33

### 4x100 Meter Shuttle Hurdle Relay

1.	Laing, Frimpong, Owens, Eppinger	56.60
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### Distance Medley Relay

4.	Myrex, Wright, Hawkins, Vaughn	12:36.84
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### Long Jump

10.	Kia Wansley	17-8.75
12.	Chloe Hetherington	17-6.75
16.	Sarah Buschmann	16-6.00

### Triple Jump

2.	Chloe Hetherington	38-4.00
4.	Kia Wansley	37-10.50

### Discus

7.	Wilamena Hopkins	146-6
20.	Amethyst Holmes	118-3

### Shot Put

3.	Wilamena Hopkins	47-9.75
5.	Angelica Howard	46-1.50

### Hammer Throw

2.	Angelica Howard	186-3
7.	Aoife Hickey	166-4
9.	Lee Stowers	160-1
11.	Jasmine Williams	159-2
12.	Amethyst Holmes	158-9

### Javelin

2.	Meghan Austin	160-4
3.	Brittany Hines	132-3
6.	Bekah Hoppis	128-5

### Heptathlon

1.	Kaylon Eppinger	5,499
10.	Nichole Sides	4,328
16.	Rachel Robbs	3,983

## STANFORD RELAYS

**March 25-26**

**Palo Alto, Calif. • Cobb Track and Angell Field**

Junior Kelsey Johnson traveled across the country to compete in her first 10,000 meters of the season against a deep field to open the season.

In the second section of the event, Johnson finished 31st in the 40-runner field with a time of 36:10.82. Her time was her fastest of the season and fastest for Alabama on the season.

### 10,000 Meters

31. Kelsey Johnson 36:10.82

## TIGER TRACK CLASSIC

**April 1-2**

**Auburn, Ala. • Hutsell-Rosen Track**

Alabama posted a total of 17 top-10 finishes on April 2 in addition to seven top-10 finishes in the javelin and hammer throw on April 1 at the Auburn Tiger Track Classic.

Kia Wansley had one of the Crimson Tide's top performances on the meet as she posted the then ninth best jump in the nation in the triple jump with a mark of 41-3.75 for fourth place. Teammate Chloe Hetherton finished seventh with a jump of 40-9.75

Senior Kim Laing recorded a time of 13.53 to finish second in the 100 meter hurdles. Laing teamed up with sophomore Camilla Armstead, juniors Audra Frimpong and Toni Graham to run a time of 46.42 in the 4x100 meter relay, finishing fifth.

Talaya Owens ran a time of 59.55 in the 400 meter hurdles for a second-place finish while freshman Shani Chandler finished fifth with a time of 1:01.95. Leigh Gilmore was the top finisher for the Crimson Tide in the 800 meters, running a time of 2:14.71 to finish sixth. Senior Devon Romero, competing in the 400 meters dash, recorded a personal-best time of 56.47 to finish ninth.

In the shot put, sophomore Wilamena Hopkins was the Tide's top finisher, finishing third with a mark of 50-4.00. Angelica Howard and Amethyst Holmes also competed in the shot put, finishing sixth and eighth with marks of 45-02.25 and 43-06.50, respectively. Hopkins also competed in the discus, throwing 145-7 to finish fourth.

In the 3,000 meters, all of the Tide's competitors finished in the top 10. Andrea Torske finished third with a time of 9:58.79 with Elsbeth Denton right behind with a time of 10:02.47. Leigh Gilmore ran a time of 10:16.12 to finish eighth. The 4x400 meter relay team of Camilla Armstead, Shani Chandler, Devon Romero and Talaya Owens finished fourth with a time of 3:46.12.

In the hammer throw, held April 1, freshman Aoife Hickey finished sixth with a mark of 168-6. Hickey was third among collegiate competitors in the 24-thrower field. Amethyst Holmes was seventh with a throw of 167-11 while Angelica Howard and Jasmine Williams tied for 11th at 155-8.

In the javelin, Meghan Austin finished third at 150-2 while Brittany Hines was seventh with a mark of 133-0. Bekah Hoppis finished 10th with a throw of 126-3.

### 100 Meters

18.	Toni Graham	12.25
19.	Audra Frimpong	12.27
39.	Kiara Thompson	12.85

### 200 Meters

17.	Camilla Armstead	25.13
19.	Kim Laing	25.15
21.	Toni Graham	25.19
51.	Nichole Sides	26.91
52.	Kiara Thompson	26.93
54.	Rachel Robbs	27.36

### 400 Meters

9.	Devon Romero	56.47
21.	Aubrielle Wright	58.80

### 800 Meters

6.	Leigh Gilmore	2:14.71
12.	Andrea Torske	2:18.47
13.	Elsbeth Denton	2:18.72
27.	Palee Myrex	2:27.87

### 1500 Meters

10.	Sarah Gilmore	4:44.19
19.	Palee Myrex	4:53.78

### 3000 Meters

3.	Andrea Torske	9:58.79
4.	Elsbeth Denton	10:02.47
8.	Leigh Gilmore	10:16.12

### 100 Meter Hurdles

2.	Kim Laing	13.53
14.	Audra Frimpong	14.51

### 400 Meter Hurdles

2.	Talaya Owens	59.55
5.	Shani Chandler	1:01.95

### 4x100 Meter Relay

5.	Armstead, Frimpong, Graham, Laing	46.42
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### 4x400 Meter Relay

4.	Armstead, Chandler Romero, Owens	3:46.12
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### High Jump

13.	Alexis Paine	5-03.00
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### Pole Vault

20.	Alexis Paine	10-02.00
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### Long Jump

17.	Nichole Sides	17-02.75
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### Triple Jump

4.	Kia Wansley	41-03.75
7.	Chloe Hetherton	40-09.75

### Discus

4.	Wilamena Hopkins	145-07
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### Shot Put

3.	Wilamena Hopkins	50-04.00
6.	Angelica Howard	45-02.25
8.	Amethyst Holmes	43-06.50

### Hammer Throw

6.	Aoife Hickey	168-6
7.	Amethyst Holmes	167-11
10.	Angelica Howard	155-8
10.	Jasmine Williams	155-8
12.	Lee Stowers	154-0

### Javelin

3.	Meghan Austin	150-2
7.	Brittany Hines	133-0
10.	Bekah Hoppis	126-3
13.	Rachel Robbs	122-6

## SPEC TOWNS TEAM INVITATIONAL

**April 8-9**

**Athens, Ga. • Spec Towns Track**

Alabama earning a total of five first-place finishes and 36 top-10 finishes during the two days of competition at the Spec Towns Team Invitational.

One of the highlights of the meet was the Crimson Tide's showing in the 1,500 meters as junior Leigh Gilmore placed first with a then season-best time of 4:35.59. Katlyn Will ran 4:42.68 for sixth place while Sarah Gilmore was right behind with a time of 4:43.69. Elsbeth Denton and Kelsey Johnson rounded out the top 10 with times of 4:49.47 and 4:54.79, respectively.

In the 100-meter hurdles, senior Kim Laing ran a season-best time of 13.30 to finish first while Kaylon Eppinger was third with a season-best time of 13.58. Talaya Owens was fifth with a time of 14.13 while Rachel Robbs, finishing seventh, ran a time of 14.71.

Junior Megan Williams ran a then personal-best time of 18:06 in the 5,000 meters for a first-place finish. Kelsey Johnson, competing in the 800 meters, also finished first with a time of 2:21.05.

In the 400-meter hurdles, Talaya Owens ran a then season-best time of 59.55 to win the event while freshman Shani Chandler finished fifth, running a then season-best time of 1:01.17. Sophomore Andrea Torske finished first in the 3,000m steeplechase with a season-best time of 11:05.45.

On the first day of competition, Wilamena Hopkins recorded a first-place finish with a then season-best throw of 52-1.25 in the shot put, which ranks fifth all time at UA. In the throws on Saturday, Alabama dominated the javelin field with four top-10 finishes led by Meghan Austin's throw of 150-0.

Junior Kia Wansley and freshman Chloe Hetherton competed in the triple jump with Wansley finishing seventh with a jump of 40-2.75 while Hetherton's jump of 39-3.75 placed eighth.

Junior Amethyst Holmes was the Tide's top finisher in the hammer throw with a throw of 172-2. Holmes' mark was a season best and placed her eighth.

### 100 Meters (Invitational)

6.	Toni Graham	11.95
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### 200 Meters (Invitational)

5.	Camilla Armstead	24.19
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### 200 Meters (Open)

2.	Devon Romero	24.98
5.	Kaylon Eppinger	25.34
11.	Maegan Miller	26.47

### 400 Meters (Invitational)

4.	Devon Romero	57.02
6.	Maegan Miller	1:00.42

### 400 Meters (Open)

4.	Aubrielle Wright	1:01.26
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### 800 Meters (Invitational)

5.	Aubrielle Wright	2:21.62
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### 800 Meters (Open)

1.	Kelsey Johnson	2:21.05
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### 1,500 Meters

1.	Leigh Gilmore	4:35.59
6.	Katlyn Will	4:42.68
7.	Sarah Gilmore	4:43.69
9.	Elsbeth Denton	4:49.47
10.	Kelsey Johnson	4:54.79

### 5,000 Meters (Invitational)

1.	Megan Williams	18:06.00
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### 100-Meter Hurdles

1.	Kim Laing	13.30
3.	Kaylon Eppinger	13.58
5.	Talaya Owens	14.13
7.	Rachel Robbs	14.71

### 400-Meter Hurdles

1.	Talaya Owens	59.34
5.	Shani Chandler	1:01.17

### 3,000-Meter Steeplechase

3.	Andrea Torske	11:05.45
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### 4x100-Meter Relay

5.	Frimpong, Armstead, Laing, Graham	46.60
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### 4x400-Meter Relay

6.	Gilmore, Denton, Will, Wright	4:07.70
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### High Jump

7.	Alexis Paine	5-05.75
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### Triple Jump

7.	Kia Wansley	40-02.75
8.	Chloe Hetherton	39-03.75

### Discus

6.	Wilamena Hopkins	145-03
9.	Amethyst Holmes	125-11

### Shot Put

1.	Wilamena Hopkins	52-01.25
10.	Angelica Howard	45-01.50
13.	Amethyst Holmes	41-07.25
14.	Rachel Robbs	39-01.00
15.	Kaylon Eppinger	37-03.00

### Hammer Throw

8.	Amethyst Holmes	172-02
12.	Angelica Howard	167-01
13.	Aoife Hickey	166-08
18.	Lee Stowers	155-02
19.	Jasmine Williams	150-04

### Javelin

2.	Meghan Austin	150-0
6.	Rachel Robbs	135-07
7.	Brittany Hines	133-03
8.	Bekah Hoppis	130-05

**WAR EAGLE INVITATIONAL****April 16****Auburn, Ala. • Hutsell-Rosen Track**

Alabama returned to rival Auburn's track for the second time on the season and recorded 17 top-10 finishes at the War Eagle Invitational.

In the 1,500 meters invitational run, junior Leigh Gilmore finished third with a time of 4:37.50. Katlyn Will finished seventh with a season-best time of 4:42.48 while Elsbeth Denton ran a time of 4:44.42 for eighth.

Senior Meghan Austin finished second in the javelin throw, recording a mark of 144-11. Brittany Hines threw a season best 135-11 for fifth while Bekah Hoppis finished seventh with a then season-best mark of 132-10.

In the 100-meter hurdles, Kim Laing and Kaylon Eppinger ran times of 13.59 and 13.73 in the preliminaries, respectively, to advance to the finals. Laing finished fourth with a time of 13.52 while Eppinger ran a time of 13.68 to finish sixth in the finals.

Talaya Owens ran her third sub-one minute time of the year in the 400-meter hurdles, running a time of 59.71 to finish fourth.

In the hammer throw, freshman Aoife Hickey threw a personal-best mark of 174-5 to finish 10th. Lee Stowers finished 14th with a personal-best mark of 164-3 while Amethyst Holmes finished 17th with a mark of 159-4.

**100 Meters**

24.	Toni Graham	12.16
50.	Kiara Thompson	12.98

**200 Meters**

21.	Camilla Armstead	24.33
40.	Toni Graham	25.08
52.	Maegan Miller	25.99
66.	Heather Sides	26.87

**400 Meters**

25.	Maegan Miller	58.68
26.	Dacia Mays	58.80

**800 Meters**

25.	Megan Hawkins	2:17.68
26.	Katlyn Will	2:17.89
39.	Kaylon Eppinger	2:27.00
41.	Palee Myrex	2:27.55

**1,500 Meters (Invitational)**

3.	Leigh Gilmore	4:37.50
7.	Katlyn Will	4:42.28
8.	Elsbeth Denton	4:44.42

**1,500 Meters (Open)**

9.	Palee Myrex	4:50.65
13.	Claire Turner	4:57.39
14.	Megan Williams	4:57.99

**100-Meter Hurdles (Prelim)**

5.	Kim Laing	13.59
7.	Kaylon Eppinger	13.73
40.	Nichole Sides	15.77

**100-Meter Hurdles (Finals)**

4.	Kim Laing	13.52
6.	Kaylon Eppinger	13.68

**400-Meter Hurdles**

4.	Talaya Owens	59.71
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**4x100-Meter Relay**

12.	Owens, Armstead, Laing, Graham	47.29
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**4x400-Meter Relay**

8.	Owens, Eppinger, Chandler, Armstead	3:47.16
21.	Wright, Will Hawkins, Myrex	4:08.86

**High Jump**

12.	Alexis Paine	5-05.75
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**Hammer Throw**

10.	Aoife Hickey	174-05
14.	Lee Stowers	164-03
17.	Amethyst Holmes	159-04

**Javelin Throw**

2.	Meghan Austin	144-11
5.	Brittany Hines	135-11
7.	Bekah Hoppis	132-10

## MISSISSIPPI INVITATIONAL

**April 24**

### Oxford, Miss. • Ole Miss Track & Field Complex

The Crimson Tide competed in the Mississippi Open and collected two first-place finishes and 31 top-10 finishes.

Leading the way for the Tide was Leigh Gilmore, who ran a personal-best time of 4:28.96 to win the 1,500 meters. Gilmore was also the Tide's top finisher in the 800 meters, finishing fifth with a time of 2:15.51. Junior Sarah Gilmore also ran a then personal best with a time of 4:37.36 for sixth. Elsbeth Denton finished in eighth place with a time of 4:38.19 while Meghan Hawkins finished right behind with a personal-best time of 4:38.91.

Senior Kim Laing finished first in the 100-meter hurdles with a time of 13.34. Kaylon Eppinger was third with a time of 13.65 while Talaya Owens ran 14.19 to finish 10th. Owens also competed in the 400-meter hurdles, running a season-best time of 58.59 for second place. Freshman Shani Chandler was seventh with a season-best time of 1:00.67.

The Tide dominated the hammer throw with all of the team's competitors finishing in the top 10. Angelica Howard was Alabama's top finisher, finishing second with a throw of 167-7. Amethyst Holmes finished third with 167-6 and Jasmine Williams took fourth with a personal-best throw of 166-2. Freshman Aoife Hickey took sixth with a mark of 163-0 while Lee Stowers threw 159-4 for eighth place.

The team also had a strong showing in the javelin, with Meghan Austin throwing a mark of 147-1 for second place. Bekah Hoppis finished third with a mark of 134-08 while Kaylon Eppinger threw 126-00 for fifth place.

In the shot put, Wilamena Hopkins threw 48-8 for second place, Angelica Howard had a mark of 45-0.25 for fifth and Amethyst Holmes finished 12th, throwing 41-2.50. Hopkins also competed in the discus throw, finishing fourth with a mark of 143-4.

In the triple jump, Chloe Hetherton finished third with a leap of 40-0 while teammate Kia Wansley finished sixth with a mark of 37-11.25.

The Tide won the final event of the day, the 4x400 meter relay, running a season-best time of 3:42.50 from the team of Camilla Armstead, Shani Chandler, Talaya Owens and Devon Romero.

#### 100 Meters

8.	Toni Graham	11.96
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#### 200 Meters

9.	Camilla Armstead	24.52
11.	Toni Graham	24.52
12.	Devon Romero	24.58
23.	Maegan Miller	25.99

#### 400 Meters

16.	Dacia Mays	57.78
21.	Maegan Miller	58.82

#### 800 Meters

5.	Leigh Gilmore	2:15.52
9.	Aubrielle Wright	2:16.26
17.	Elsbeth Denton	2:19.76
18.	Sarah Gilmore	2:20.53
19.	Meghan Hawkins	2:20.63
35.	Palee Myrex	2:30.90

#### 1,500 Meters

1.	Leigh Gilmore	4:28.96
6.	Sarah Gilmore	4:37.36
8.	Elsbeth Denton	4:38.19
9.	Meghan Hawkins	4:38.91
11.	Katlyn Will	4:41.00
15.	Palee Myrex	4:47.61
16.	Claire Turner	4:47.78

#### 100-Meter Hurdles

1.	Kim Laing	13.34
3.	Kaylon Eppinger	13.65
10.	Talaya Owens	14.19

#### 400-Meter Hurdles

2.	Talaya Owens	58.59
7.	Shani Chandler	1:00.67

#### 4x100 Meter Relay

5.	Armstead, Frimpong, Graham, Laing	45.81
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#### 4x400 Meter Relay

1.	Armstead, Chandler, Owens, Romero	3:42.50
10.	Alabama 'B'	4:06.36

#### Pole Vault

9.	Alexis Paine	11-8.5
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#### Triple Jump

3.	Chloe Hetherton	40-0
6.	Kia Wansley	37-11.25

#### Shot Put

2.	Wilamena Hopkins	48-8
5.	Angelica Howard	45-6.25
12.	Amethyst Holmes	41-2.50

#### Discus Throw

4.	Wilamena Hopkins	143-4
13.	Amethyst Holmes	119-5

#### Hammer Throw

2.	Angelica Howard	167-7
3.	Amethyst Holmes	167-6
4.	Jasmine Williams	166-2
6.	Aoife Hickey	163-0
8.	Lee Stowers	159-4

#### Javelin Throw

2.	Meghan Austin	147-1
3.	Bekah Hoppis	134-8
5.	Kaylon Eppinger	126-0

**MISSISSIPPI OPEN****April 24****Oxford, Miss. • Ole Miss Track & Field Complex**

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The team also had a strong showing in the javelin, with Meghan Austin throwing a mark of 147-1 for second place. Bekah Hoppis finished third with a mark of 134-08 while Kaylon Eppinger threw 126-00 for fifth place.

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**100 Meters**

8.	Toni Graham	11.96
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**200 Meters**

9.	Camilla Armstead	24.52
11.	Toni Graham	24.52
12.	Devon Romero	24.58
23.	Maegan Miller	25.99

**400 Meters**

16.	Dacia Mays	57.78
21.	Maegan Miller	58.82

**800 Meters**

5.	Leigh Gilmore	2:15.52
9.	Aubrielle Wright	2:16.26
17.	Elsbeth Denton	2:19.76
18.	Sarah Gilmore	2:20.53
19.	Meghan Hawkins	2:20.63
35.	Palee Myrex	2:30.90

**1,500 Meters**

1.	Leigh Gilmore	4:28.96
6.	Sarah Gilmore	4:37.36
8.	Elsbeth Denton	4:38.19
9.	Meghan Hawkins	4:38.91
11.	Katlyn Will	4:41.00
15.	Palee Myrex	4:47.61
16.	Claire Turner	4:47.78

**100-Meter Hurdles**

1.	Kim Laing	13.34
3.	Kaylon Eppinger	13.65
10.	Talaya Owens	14.19

**400-Meter Hurdles**

2.	Talaya Owens	58.59
7.	Shani Chandler	1:00.67

**4x100 Meter Relay**

5.	Armstead, Frimpong, Graham, Laing	45.81
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**4x400 Meter Relay**

1.	Armstead, Chandler, Owens, Romero	3:42.50
10.	Alabama 'B'	4:06.36

**Pole Vault**

9.	Alexis Paine	11-8.5
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**Triple Jump**

3.	Chloe Hetherton	40-0
6.	Kia Wansley	37-11.25

**Shot Put**

2.	Wilamena Hopkins	48-8
5.	Angelica Howard	45-6.25
12.	Amethyst Holmes	41-2.50

**Discus Throw**

4.	Wilamena Hopkins	143-4
13.	Amethyst Holmes	119-5

**Hammer Throw**

2.	Angelica Howard	167-7
3.	Amethyst Holmes	167-6
4.	Jasmine Williams	166-2
6.	Aoife Hickey	163-0
8.	Lee Stowers	159-4

**Javelin Throw**

2.	Meghan Austin	147-1
3.	Bekah Hoppis	134-8
5.	Kaylon Eppinger	126-0

**DRAKE RELAYS****April 30****Des Moines, Iowa • Drake Stadium**

For the third straight year, the University of Alabama women's track and field team won the 4x100-meter shuttle hurdle relay at the prestigious Drake Relays. The Crimson Tide took top honors in the event with the nation's second fastest time in the event on the season at 54.27 to cap a successful weekend at the relays.

The Tide's victorious shuttle hurdle relay team consisted of Kim Laing, Audra Frimpong, Kaylon Eppinger and Talaya Owens. Owens also competed individually on the track and finished 10th in the 400m hurdles with a time of 59.54.

Due to the destructive tornado that struck Tuscloosa on April, 27, the Tide traveled a much smaller than expected team to the relays.

In the field events, Kia Wansley finished 12th in the triple jump with a jump of 40-5 and Tuscaloosa native Bekah Hoppis finished 17th in the javelin with a throw of 125-4.

Head coach Sandy Fowler also earned a personal honor as the 14-year head coach of the Tide was inducted into the Drake Relays Hall of Fame prior to the start of action.

**400-Meter Hurdles**

10. Talaya Owens	59.54
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**4x200-Meter Relay**

10. Owens, Laing, Graham, Armstead	1:39.22
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**4x400-Meter Relay**

16. Armstead, Chandler, Owens, Mays	3:46.48
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**4x100-Meter Shuttle Hurdle Relay Finals**

1. Laing, Frimpong, Eppinger, Owens,	54.27
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**Prelims**

1. Laing, Frimpong, Eppinger, Owens,	56.17
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**Triple Jump**

12. Kia Wansley	40-5
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**Javelin**

17. Bekah Hoppis	125-4
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## SEC CHAMPIONSHIPS

**May 12-15**

**Athens, Ga. • Spec Towns Track**

**11th Place • 31 points**

The Crimson Tide was again successful in the javelin at the SEC Championships with three top-10 finishes in the event.

Meghan Austin led the way with a second-place throw of 154-4 and Bekah Hoppis uncorked a season-best throw of 144-7 on her final attempt to move up three spots into fifth.

The hurdles were also a source of points for the Tide with Talaya Owens coming in fifth with a time of 59.05 in the 400m hurdles.

In the 100-meter hurdles, Kaylon Eppinger stepped up and nearly bested her personal best set in the preliminaries with a 13.52 finish to finish seventh.

The 100m hurdle finish capped a week that saw her finish second in the heptathlon and set three personal bests. The defending champion in the event, senior Kim Laing, suffered an injury halfway through the race and was unable to finish and defend her title.

UA also got points in the shot put where SEC indoor champion Wilamena Hopkins finished sixth with a throw of 50-5.5.

In the hammer throw, Amethyst Holmes shattered a personal best by nearly two feet and season best five feet with a throw of 176-11 to finish seventh.

Kelsey Johnson just missed scoring in the 10,000-meter final with a ninth-place time of 37:23.86.

The 800-meter preliminary saw Leigh Gilmore record a season-best time of 2:11.84 while Elsbeth Denton notched a personal best of 2:15.02 to come in 15th and 20th respectively.

In the 400-meter preliminary heats, Camilla Armstead posted a personal-best time of 55.82 in 19th place. In the 1,500 meters, the Crimson Tide had a pair of runners narrowly miss advancing as Leigh Gilmore and Elsbeth Denton finished 14th and 16th, respectively, with times of 4:30.12 and 4:32.75.

In the long jump, Audra Frimpong had a season best with a leap of 18-2.25.

As a team, the Crimson Tide finished 11th with 31 points. LSU won the women's title with 146 points while Florida and Arkansas were second and third, respectively.

### Team Results

1.	LSU	146.00
2.	Florida	116.00
3.	Arkansas	107.00
4.	Georgia	94.00
5.	Tennessee	92.00
6.	Auburn	66.00
7.	South Carolina	46.00
8.	Kentucky	42.00
9.	Mississippi	38.00
10.	Mississippi State	34.00
11.	Alabama	31.00
12.	Vanderbilt	7.00

### 100 Meters (Prelims)

21.	Toni Graham	12:19
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### 200 Meters (Prelims)

25.	Camilla Armstead	24.47
30.	Toni Graham	24.73
31.	Devon Romero	24.93

### 400 Meters (Prelims)

19.	Camilla Armstead	55.82
23.	Devon Romero	56.98
28.	Dacia Mays	58.40
29.	Aubrielle Wright	1:00.16

### 800 Meters (Prelim)

15.	Leigh Gilmore	2:11.84
20.	Elsbeth Denton	2:15.02
21.	Katlyn Will	2:15.98
27.	Meghan Hawkins	2:20.69
28.	Aubrielle Wright	2:24.76

### 1,500 Meters (Prelims)

14.	Leigh Gilmore	4:30.12
16.	Elsbeth Denton	4:32.75
21.	Sarah Gilmore	4:36.83
20.	Katlyn Will	4:37.02
32.	Meghan Hawkins	4:42.79

### 5,000 Meters (Final)

21.	Leigh Gilmore	17:31.29
23.	Andrea Torske	17:34.91
25.	Sarah Gilmore	17:42.12
28.	Elsbeth Denton	17:53.84
29.	Megan Williams	17:55.44

### 10,000 Meters (Final)

9.	Kelsey Johnson	37:23.86
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### 100-Meter Hurdles (Final)

7.	Kaylon Eppinger	13.52
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### 100-Meter Hurdles (Prelims)

7.	Kaylon Eppinger	13.51
16.	Talaya Owens	14.09
DQ.	Audra Frimpong	
DNF.	Kim Laing	

### 400-Meter Hurdles (Final)

5.	Talaya Owens	59.05
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### 400-Meter Hurdles (Prelims)

8.	Talaya Owens	59.70
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### 3,000-Meter Steeplechase (Final)

13.	Andrea Torske	11:21.28
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### 4x100-Meter Relay

11.	Frimpong, Armstead, Eppinger, Graham	46.20
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### Long Jump (Final)

21.	Audra Frimpong	18-2.25
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### Triple Jump (Final)

11.	Chloe Hetherton	39-5.75
12.	Kia Wansley	39-5.25

### Shot Put (Final)

6.	Wilamena Hopkins	50-5.5
11.	Angelica Howard	46-9.5
14.	Amethyst Holmes	43-3.75

### Discus (Final)

13.	Wilamena Hopkins	130-10
14.	Amethyst Holmes	127-4

### Hammer Throw (Final)

7.	Amethyst Holmes	176-11
13.	Lee Stowers	162-8
14.	Angelica Howard	160-8
19.	Jasmine Williams	153-7
20.	Aoife Hickey	153-7

### Javelin (Final)

2.	Meghan Austin	154-4
5.	Bekah Hoppis	144-7
10.	Rachel Robbs	132-10
11.	Brittany Hines	129-5

### Heptathlon (Final)

2.	Kaylon Eppinger	5,479
11.	Rachel Robbs	4,523

**NCAA EAST REGIONAL**

**May 27-28**

**Bloomington, Ind. • Robert C. Haugh Track & Field Complex**

Senior Meghan Austin finished 12th in the javelin at the NCAA East Regional to earn a berth in the NCAA Outdoor Track & Field Championships.

Austin's throw of 151-4 was good enough to finish in the top 12 of the field and earn the final spot from the East Regional to the NCAA Championships.

In other throws, Wilamena Hopkins just missed qualifying for NCAAs with a 19th-place finish in the shot put and a mark of 50-3.5. Talaya Owens and Kia Wansley also missed the 12 qualifying spots in each event. Both finished 20th in the 400-meter hurdles and triple jump, respectively.

Kaylon Eppinger also competed in the 100-meter hurdles and did not advance to the event's finals with a 29th-place time of 13.95 in the preliminary.

However, the junior will still make the trip to Des Moines in the heptathlon where she owns the seventh-best score in the nation.

**100-Meter Hurdles (Prelims)**

29. Kaylon Eppinger 13.95

**400-Meter Hurdles (Finals)**

20. Talaya Owens 1:00.69

**400-Meter Hurdles (Prelims)**

17. Talaya Owens 59.77

**Triple Jump (Finals)**

20. Kia Wansley 40-7

**Shot Put (Finals)**

19. Wilamena Hopkins 50-3.5

**Javelin (Finals)**

12. Meghan Austin 151-4

41. Bekah Hoppis 127-7

**Hammer Throw**

- Angelica Howard, Foul

**NCAA CHAMPIONSHIPS**

**June 8-11**

**Des Moines, Iowa • Drake Stadium**

Senior Meghan Austin finished 16th in the javelin at the NCAA Outdoor Track & Field Championships to earn second team All-America honors.

Austin recorded a mark of 151-5 on her first throw of the day but couldn't improve upon that distance in her subsequent two throws to reach the finals. Her mark was her third-longest throw of the season.

Kaylon Eppinger finished 20th in the heptathlon after coming into the final day in 15th but dropped five spots in the final three events to finish with 5,140 points.

Throughout nearly constant rain and weather delays throughout the day, Eppinger opened the second day of competition with a jump of 17-5.5 in the long jump, followed by a mark of 118-1 in the javelin. In the final event, the 800 meters, she finished in 2:31.08.

Eppinger opened event with a 13.86 finish in the 100-meter hurdles, cleared 5-3 in the high jump, recorded a career-best throw of 41-10 in the shot put and time of 26.23 in the 200 meters.

**Javelin (Final)**

16. Meghan Austin 151-5

**Heptathlon (Final)**

20. Kaylon Eppinger 5,140

**Heptathlon Event Results**

100m Hurdles	13.86
High Jump	5-3
Shot Put	41-10
200m	26.23
Long Jump	17-5.5
Javelin	118-1
800m	2:31.08

## 100 METERS

1.	11.11	Pauline Davis	May 18, 1986	Knoxville, Tenn.
2.	11.13	Tahesia Harrigan	May 13, 2006	Fayetteville, Ark.
3.	11.24	Judyth Kitson	May 9, 2003	Columbus, Ohio
4.	11.34	Faith Idehen	May 16, 1993	Knoxville, Tenn.
5.	11.36	Petagay Barrett	May 31, 2001	Eugene, Ore.
6.	11.37	Andria Lloyd	May 16, 1993	Knoxville, Tenn.
7.	11.42	Tulia Robinson	April 21, 2001	Auburn, Ala.
8.	11.48	Delilah Dillard	April 6, 2001	
9.	11.51	Petagay Barrett	April 14, 2001	Miami, Fla.

## 200 METERS

1.	22.38	Lillie Leatherwood	May 17, 1987	Tuscaloosa, Ala.
2.	22.49	Pauline Davis	May 17, 1987	Tuscaloosa, Ala.
3.	22.85	Stacy Bowen	May 15, 1994	Fayetteville, Ark.
4.	22.90	Benita Thomas	May 5, 1990	Tuscaloosa, Ala.
5.	23.07	Andria Lloyd	May 14, 1994	Fayetteville, Ark.
6.	23.10	Trish Bartholomew	May 30, 2008	Fayetteville, Ark.
7.	23.19	Tahesia Harrigan	May 27, 2006	Knoxville, Tenn.
8.	23.41	Beau Walker	April 2, 2005	
9.	23.67	Judyth Kitson	March 29, 2003	
10.	23.73	Petagay Barrett	April 14, 2001	Miami, Fla.

## 400 METERS

1.	49.95	Lillie Leatherwood	June 6, 1987	San Jose, Calif.
2.	50.18	Pauline Davis	June 3, 1989	Provo, Utah
3.	51.25	Diane Dunrod	June 2, 1990	Durham, N.C.
4.	51.29	Trish Bartholomew	June 14, 2008	Des Moines, Iowa
5.	52.28	Stacy Bowen	June 4, 1994	Boise, Idaho
6.	52.47	Kou Luogon	May 27, 2006	Knoxville, Tenn.
7.	52.50	Faith Idehen	June 3, 1992	Austin, Texas

## 800 METERS

1.	2:01.98	Evelyn Adiru	June 7, 1986	Indianapolis, Ind.
2.	2:03.40	Vicky Lynch	June 5, 1992	Austin, Texas
3.	2:06.41	Marie Ohlund	May 23, 1992	Atlanta, Ga.
4.	2:06.49	Donna Cargill	May 21, 1994	Tuscaloosa, Ala.
5.	2:06.76	Kristen Seabury	May 17, 1992	Starkville, Miss.
6.	2:09.41	Virnetta Greene	April 19, 2002	Baton Rouge, La.
7.	2:09.77	Bobbette Stewart	March 22, 2001	Tuscaloosa, Ala.
8.	2:10.54	Leigh Gilmore	May 15, 2010	Knoxville, Tenn.
9.	2:11.44	Katlyn Will	May 15, 2010	Knoxville, Tenn.
10.	2:11.84	Leigh Gilmore	May 13, 2011	Athens, Ga.

## 1,500 METERS

1.	4:09.61	Evelyn Adiru	June, 1986	Eugene, Ore.
2.	4:13.31	Liz Lynch	May 4, 1986	Baton Rouge, La.
3.	4:14.94	Heidi Olafsdottir	April 17, 1987	Des Moines, Iowa
4.	4:17.19	Vicky Lynch	April 11, 1992	Hot Springs, Ark.
5.	4:17.41	Becki Wells	April 16, 1994	Gainesville, Fla.
6.	4:27.12	Kelsey Johnson	April 16, 2009	Auburn, Ala.
7.	4:28.24	Julia Hicks	April 14, 2005	Knoxville, Tenn.
8.	4:28.96	Leigh Gilmore	April 24, 2011	Oxford, Miss.
9.	4:29.71	Betty Rotich	March 30, 2008	Tuscaloosa, Ala.
10.	4:30.12	Leigh Gilmore	May 14, 2011	Athens, Ga.

## 3,000 METERS

1.	8:58.00	Heidi Olafsdottir	June 6, 1987	Baton Rouge, La.
2.	9:02.80	Liz Lynch	April 19, 1986	Tallahassee, Fla.
3.	9:10.87	Elspeth Turner	May 20, 2088	Knoxville, Tenn.
4.	9:19.29	Evelyn Adiru	March 28, 1987	Gainesville, Fla.
5.	9:22.06	Jeni Nielsen	April 17, 1987	Tallahassee, Fla.
6.	9:40.39	Julia Hicks	April 23, 2005	Nashville, Tenn.
7.	9:58.79	Andrea Torske	April 2, 2011	Auburn, Ala.
8.	10:02.47	Elsbeth Denton	April 2, 2011	Auburn, Ala.
9.	10:13.01	Megan Carnes	April 22, 2005	Nashville, Tenn.
10.	10:16.12	Leigh Gilmore	April 2, 2011	Auburn, Ala.

## 5,000 METERS

1.	16:06.91	Jessica Fry	March 10, 1995	Indianapolis, Ind.
2.	16:11.09	Elspeth Turner	May 22, 1987	Knoxville, Tenn.
3.	16:14.90	Heather Shutt-Warner	April 7, 1994	Knoxville, Tenn.
4.	16:29.88	Betty Rotich	May 18, 2008	Auburn, Ala.
5.	16:29.91	Jeni Nielsen	March 21, 1986	Tallahassee, Fla.
6.	16:40.60	Linda McLennan	May 15, 1981	Gainesville, Fla.
7.	16:47.02	Kelsey Johnson	May 17, 2009	Gainesville, Fla.
8.	16:54.39	Julia Hicks	April 28, 2006	Des Moines, Iowa
9.	16:58.41	Ashley LaBudde	May 10, 2001	Columbia, S.C.

## 10,000 METERS

1.	33:05.43	Elspeth Turner	June 4, 1988	Eugene, Ore.
2.	33:35.41	Heidi Olafsdottir	March 25, 1988	Tuscaloosa, Ala.
3.	33:59.00	Linda McLennan	May 15, 1981	Tuscaloosa, Ala.
4.	34:19.47	Betty Rotich	April 4, 2008	Palo Alto, Calif.
5.	34:28.32	Jeni Nielsen	May 17, 1987	Tuscaloosa, Ala.
6.	34:48.27	Ashley LaBudde	April 21, 1999	Philadelphia, Penn.
7.	35:43.29	Kelsey Johnson	April 17, 2010	Auburn, Ala.
8.	37:21.35	Tara Enebak	May 13, 2005	Nashville, Tenn.
9.	37:23.86	Kelsey Johnson	May 13, 2011	Athens, Ga.
10.	37:29.59	Farrah Stewart	April 15, 2007	Walnut, Calif.

## 100-METER HURDLES

1.	12.96	Beau Walker	May 28, 2004	Baton Rouge, La.
2.	12.92	Kim Laing	May 26, 2010	Greensboro, N.C.
3.	13.03	Brandi Copper	June 3, 2000	Durham, N.C.
4.	13.09	Katie Anderson	May 17, 1992	Starkville, Miss.
5.	13.20	Tonya Lawson	May 31, 1991	Eugene, Ore.
6.	13.20	LaTasha Pharr	May 31, 2003	Columbus, Ohio
7.	13.47	Talaya Owens	May 30, 2008	Fayetteville, Ark.
8.	13.51	Kaylon Eppinger	May 14, 2011	Athens, Ga.
9.	13.54	LaTasha Pharr	April 8, 2006	Oxford, Miss.
10.	13.56	Audra Frimpong	May 16, 2009	Gainesville, Fla.

## 400-METER HURDLES

1.	55.92	Petagay Gayle	July 21, 2001	Guatemala City
2.	56.28	Beau Walker	May 15, 2004	Oxford, Miss.
3.	57.43	Nicole Ireland	May 10, 2001	Columbia, S.C.
4.	57.44	Flora Hyacinth	May 17, 1987	Tuscaloosa, Ala.
5.	57.48	Nicole Ireland	May 11, 2002	
6.	57.60	Michelle Morgan	May 16, 1993	Knoxville, Tenn.
7.	57.76	Talaya Owens	May 18, 2008	Auburn, Ala.

## 3,000-METER STEEPLECHASE

1.	10:42.51	Megan Carnes	May 14, 2005	Nashville, Tenn.
2.	10:58.50	Julia Hicks	May 17, 2008	Auburn, Ala.
3.	10:59.01	Andrea Torske	April 3, 2010	Gainesville, Fla.
4.	11:01.89	Sara Vaughn	May 2, 2009	Oxford, Miss.
5.	11:10.56	Blair Davis	May 3, 2003	Baton Rouge, La.
6.	11:14.32	Sara Vaughn	April 3, 2010	Gainesville, Fla.
7.	11:21.68	Andrea Torske	April 3, 2009	Gainesville, Fla.
8.	11:47.90	Ashley Ard	May 16, 2008	Auburn, Ala.
9.	12:02.48	Shannon Flournoy	April 23, 2005	Knoxville, Tenn.

## 4X100 METER RELAY

1.	43.54	F. Hyacinth, Latham, L. Leatherwood, P. Davis	1987
2.	43.70	Lacey, F. Idehen, S. Bowen, A. Lloyd	1994
3.	43.81	L. Leatherwood, P. Davis, F. Hyacinth, Latham	1987
4.	43.93	T. Robinson, P. Barrett, J. Kitson, D. Dillard	2001
5.	44.17	Reed, B. Walker, K. Luogon, T. Harrigan	2005
6.	44.26	T. Robinson, P. Barrett, Carter, D. Dillard	2001
7.	44.76	T. Harrigan, K. Luogon, C. Taylor, Wilson,	2006
8.	44.88	C. Taylor, L. Pharr, K. Luogon, T. Harrigan	2006
9.	44.89	Rogers, L. Pharr, Trone, J. Kitson	2003
10.	45.11		2004

## 4X400 METER RELAY

1.	3:28.56	Latham, F. Hyacinth, P. Davis, L. Leatherwood	1987
2.	3:29.90	Connally, F. Hyacinth, E. Adiru, L. Leatherwood	1987
3.	3:30.99	C. Smith, B. Thomas, K. Smith, Dunrod	1990
4.	3:31.07	C. Smith, Buzu, K. Smith, Francis	1990
5.	3:33.76	Smith, Roberts, White, Latham	1991
6.	3:37.88		2005
7.	3:39.54	Fairley, K. Luogon, R. Wilson, B. Walker	2004
8.	3:42.51	T. Harrigan, B. Walker, C. Taylor, K. Luogon	2006
9.	3:42.53		2011
10.	3:42.76		2001
11.	3:42.96	T. Owens, T. Bartholomew, D. Romero, H. Matherson	2008

## POLE VAULT

1.	13-4.5	Lynda Cooper	May 17, 2008	Auburn, Ala.
2.	12-6.25	Andree Pickens	May 30, 2003	Columbus, Ohio
3.	12-3.5	Katherine Strickland	March 30, 2008	Tuscaloosa, Ala.
4.	12-0	Kayla Natale	April 1, 2006	Tampa, Fla.

## LONG JUMP

1.	21-6.5	Flora Hyacinth	May 17, 1987	Tuscaloosa, Ala.
2.	20-9.75	Barbara Scott	May 13, 1982	Athens, Ga.
3.	20-7	Mary Grant	May 2, 1999	Tuscaloosa, Ala.
4.	20-6.25	Judyth Kitson	May 17, 2003	Knoxville, Tenn.
5.	20-3.75	Niambi Dennis	April 16, 1994	Gainesville, Fla.
6.	20-3.5	LaTasha Pharr	May 15, 2004	Oxford, Miss.
7.	19-10.75	Tahesia Harrigan	April 17, 2005	Walnut, Calif.
8.	19-3.5	Judyth Kitson	March 16, 2005	Nashville, Tenn.
9.	18-10.75	Chealsea Taylor	May 12, 2006	Fayetteville, Ark.
10.	18-5.75	Audra Frimpong	March 27, 2010	Tuscaloosa, Ala.

## TRIPLE JUMP

1.	45-0.5	Flora Hyacinth	May 16, 1987	Tuscaloosa, Ala.
2.	44-2	LaTasha Pharr	May 15, 2004	Oxford, Miss.
3.	42-9.5	Shun Hunter	May 14, 2000	Baton Rouge, La.
4.	42-7	Miruna Mataoanu	May 25, 2007	Columbus, Mo.
5.	42-5.5	Niambi Dennis	May 15, 1994	Fayetteville, Ark.
6.	42-4.25	Andrea Daniel	May 16, 1993	Knoxville, Tenn.
7.	41-3.75	Kia Wansley	April 2, 2011	Auburn, Ala.
8.	40-9.75	Chloe Hetherton	April 2, 2011	Auburn, Ala.
9.	40-1	Capri Knox	March 28, 2009	Tuscaloosa, Ala.

## HIGH JUMP

1.	6-3.5	Miruna Mataoanu	June 9, 2007	Sacramento, Calif.
2.	6-1.5	Disa Gisladdottir	June 1, 1983	Houston, Texas
3.	6-0.75	Anna Skoog	May 2, 1992	Tuscaloosa, Ala.
4.	6-0.5	Yutta Shelton	April 26, 1985	Des Moines, Iowa
5.	6-0	Laura Agront	May 17, 1987	Tuscaloosa, Ala.
	6-0	Krystle Schade	April 11, 2009	Oxford, Miss.
6.	5-11.75	Chealsea Taylor	April 15, 2006	El Paso, Texas
7.	5-11.5	Terri Johnson	May 14, 1982	Athens, Ga.

## SHOT PUT

1.	56-6.5	Aymara Albury	May 27, 2006	Knoxville, Tenn.
2.	54-2.5	Beth Mallory	May 15, 2005	Nashville, Tenn.
3.	53-7	Hanna Gylfadottir	May 17, 1992	Starkville, Miss.
4.	52-3.25	Wilamena Hopkins	May 26, 2010	Greensboro, N.C.
6.	51-11.75	Safiya Ingram	March 18, 2000	Tuscaloosa, Ala.
6.	50-9.5	Angelica Howard	April 11, 2009	Oxford, Miss.
7.	50-5.25	Pia Iacova	May 13, 1984	Baton Rouge, La.

## DISCUS

1.	194-9	Beth Mallory	June 10, 2005	Sacramento, Calif.
2.	192-1	Pia Iacova	June 2, 1983	Houston, Texas
3.	183-9	Safiya Ingram	May 31, 2000	Durham, N.C.
4.	175-9	Kelly Landry	May 29, 1985	Austin, Texas
5.	168-1	Shannon Emory	April 23, 1988	Tallahassee, Fla.

## JAVELIN

1.	194-0.25	Iris Gronfeldt	April 19, 1986	Tallahassee, Fla.
2.	178-11	Sue Gibson	May 16, 1981	Gainesville, Fla.
3.	160-4	Meghan Austin	March 26, 2011	Tuscaloosa, Ala.
4.	158-10.5	Jennifer Cronin	May 13, 1983	Lexington, Ky.
5.	151-8	Halldora Jonasdottir	May 13, 1999	Athens, Ga.
6.	150-11	Bekah Hoppis	May 16, 2010	Knoxville, Tenn.
7.	147-11	Mona Jonsson	May 16, 1997	Auburn, Ala.

## HAMMER THROW

1.	207-10	Beth Mallory	June 10, 2005	Sacramento, Calif.
2.	197-5	Angelica Howard	April 17, 2009	Knoxville, Tenn.
3.	191-9	Eva Danielsen	April 26, 2001	Philadelphia, Pa.
4.	190-7	Janna Wren	May 13, 1999	Athens, Ga.
5.	190-2	Aymara Albury	April 15, 2006	El Paso, Texas
6.	183-5	Safiya Ingram	March 18, 2000	Tuscaloosa, Ala.
7.	182-0	Chafree Bain	April 23, 2005	Lexington, Ky.

## HEPTATHLON

1.	5,672	Chealsea Taylor	May 16, 2010	Knoxville, Tenn.
2.	5,499	Kaylon Eppinger	April 26, 2011	Tuscaloosa, Ala.
3.	5,491	Yutta Shelton	May 11, 1985	Starkville, Miss.
4.	5,242	Rachel Robbs	May 15, 2009	Gainesville, Fla.
5.	4,698	Kendall Clifford	May 13, 2005	Nashville, Tenn.
6.	4,651	Mitzie Plaeger	May 12, 1990	Gainesville, Fla.
7.	4,235	Swann Blocton	March 24, 1995	Tuscaloosa, Ala.
8.	4,218	Allison Maddox	May 16, 1996	Lexington, Ky.