

2011 UAB Indoor Track & Field



Top Performances

(As of Feb. 27, 2011)

NCAA Championships
Automatic Qualifying Marks in Parentheses

55 METER (6.74 AUTOMATIC)

7.12	Shakima Knox	MTSU Invitational	12/11/10
7.39	Kelli Smith	MTSU Invitational	12/11/10
7.64	Adrienne Bradley	MTSU Invitational	12/11/10

55-METER HURDLES (7.57 AUTOMATIC)

8.44	Renay Ransaw	MTSU Invitational	12/11/10
9.63	Rachel Harley	MTSU Invitational	12/11/10

60 METER (7.26 AUTOMATIC)

7.45	Shakima Knox	C-USA Championships	2/25/11
7.56	Shakima Knox	C-USA Championships	2/25/11
7.57	Shakima Knox	Tyson Invitational	2/11/11
7.58	Shakima Knox	Niswonger Invitational	2/4/11
7.59	Shakima Knox	Gladstein Invitational	1/21/11

60-METER HURDLES (8.14 AUTOMATIC)

8.76	Akira McSwain	Tiger Paw Invitational	2/11/11
8.85	Akira McSwain	C-USA Championships	2/25/11
8.88	Akira McSwain	Tiger Paw Invitational	2/11/11
8.87	Akira McSwain	Tiger Paw Invitational	2/11/11
8.89	Akira McSwain	Gladstein Invitational	1/21/11

200 METER (23.70 AUTOMATIC)

24.74	Shakima Knox	Niswonger Invitational	2/5/11
25.10	Shakima Knox	Niswonger Invitational	2/4/11
25.19	Shakima Knox	C-USA Championships	2/25/11
25.25	Shakima Knox	Gladstein Invitational	1/22/11

300 METER (NON-NCAA EVENT)

41.46	Kyana White	Tiger Paw Invitational	2/11/11
43.51	Veronica Johnson	Tiger Paw Invitational	2/11/11
43.80	Elin Andersson	Tiger Paw Invitational	2/11/11

400 METER (53.10 AUTOMATIC)

57.92	Thelyssa Katchen	C-USA Championships	2/25/11
58.07	Thelyssa Katchen	Gladstein Invitational	1/21/11
58.50	Kyana White	Tiger Paw Invitational	2/12/11
58.59	Thelyssa Katchen	C-USA Championships	2/26/11
58.80	Kyana White	Tiger Paw Invitational	2/12/11

500 METER (NON-NCAA EVENT)

1:18.61	Rachel Harley	Tiger Paw Invitational	2/11/11
1:23.79	Lucy Taylor	Tiger Paw Invitational	2/11/11
1:24.31	Kara Woods	Tiger Paw Invitational	2/11/11

600 METER (NON-NCAA EVENT)

1:36.55	Lauren Fayen	Gladstein Invitational	1/22/11
1:38.11	Bianca Le'Blanc	Gladstein Invitational	1/22/11
1:41.64	Rachel Harley	Gladstein Invitational	1/22/11
1:47.19	Kara Woods	Gladstein Invitational	1/22/11

800 METER (2:06.00 AUTOMATIC)

2:15.93	Bianca Le'Blanc	Niswonger Invitational	2/4/11
2:16.70	Bianca Le'Blanc	C-USA Championships	2/25/11
2:17.25	Bianca Le'Blanc	Tyson Invitational	2/11/11
2:19.98	Elin Andersson	Niswonger Invitational	2/4/11
2:21.20	Elin Andersson	Tiger Paw Invitational	2/12/11

MILE (4:38.90 AUTOMATIC)

5:01.11	Rhiannon Johns	Niswonger Invitational	2/5/11
5:07.29	Lauren Fayen	C-USA Championships	2/26/11
5:08.18	Lauren Fayen	Tyson Invitational	2/11/11
5:09.91	Kristina Vaughn	Tiger Paw Invitational	2/11/11
5:10.51	Kristina Vaughn	C-USA Championships	2/26/11

1,000 METER (NON-NCAA EVENT)

3:07.18	Colleen Standridge	Tiger Paw Invitational	2/11/11
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3,000 METER (9:16.00 AUTOMATIC)

9:34.92	Rhiannon Johns	C-USA Championships	2/26/11
9:38.43	Rhiannon Johns	Gladstein Invitational	1/21/11
10:15.60	Stephanie Gammon	Gladstein Invitational	1/21/11
10:18.82	Stephanie Gammon	Niswonger Invitational	2/5/11
10:23.53	Kristina Vaughn	Tiger Paw Invitational	2/12/11

5,000 METER (16:12.50 AUTOMATIC)

16:58.82	Rhiannon Johns	C-USA Championships	2/25/11
17:01.18	Rhiannon Johns	Tyson Invitational	2/11/11
17:53.11	Stephanie Gammon	C-USA Championships	2/25/11
17:55.88	Stephanie Gammon	Tyson Invitational	2/11/11
19:18.62	Emily Trotter	Tiger Paw Invitational	2/12/11

4X400-METER RELAY (3:35.80 AUTOMATIC)

3:51.10	UAB	C-USA Championships	2/26/11
	(White, Katchen, Harley, McSwain)		
3:51.94	UAB	Niswonger Invitational	2/5/11
3:55.53	UAB	Tiger Paw Invitational	2/12/11
	(White, Katchen, Harley, McSwain)		
3:58.27	UAB	Gladstein Invitational	1/22/11
	(Katchen, White, Harley, McSwain)		
4:02.12	UAB	Saluki Open	1/15/11
	(Katchen, Harley, White, McSwain)		

DISTANCE MEDLEY RELAY (11:05.50 AUTOMATIC)

11:56.65	UAB	C-USA Championships	2/26/11
	(Fayen, Harley, Le'Blanc, Vaughn)		

HIGH JUMP (1.85M AUTOMATIC)

1.72m	Nora Mehl	C-USA Championships	2/26/11
1.68m (5-06.00)	Nora Mehl	Tyson Invitational	2/12/11
1.65m (5-05.00)	Nora Mehl	Niswonger Invitational	2/4/11
1.61m (5-03.25)	Nora Mehl	Gladstein Invitational	1/21/11
1.60m (5-03.00)	Akira McSwain	Tiger Paw Invitational	2/11/11

LONG JUMP (6.38M AUTOMATIC)

5.91m (19-05.00)	Kelli Smith	MTSU Invitational	12/11/10
5.84m (19-02.00)	Kelli Smith	Niswonger Invitational	2/5/11
5.84m (19-02.00)	Renay Ransaw	MTSU Invitational	12/11/10
5.74m	Kelli Smith	Saluki Open	1/14/11
5.70m (18-8.50)	Renay Ransaw	Tiger Paw Invitational	2/11/11

PENTATHLON (4,075 POINTS AUTOMATIC)

3,534	Akira McSwain	C-USA Championships	2/26/11
3,038	Renay Ransaw	C-USA Championships	2/26/11

* - UAB School Record

A - NCAA Championships automatic qualifying mark

P - NCAA Championships provisional qualifying mark

2011 UAB Indoor Track & Field



Top Performers

(As of Feb. 27, 2011)

NCAA Championships
Automatic Qualifying Marks in Parentheses

55 METER (6.74 AUTOMATIC)

7.12	Shakima Knox	MTSU Invitational	12/11/10
7.39	Kelli Smith	MTSU Invitational	12/11/10
7.64	Adrienne Bradley	MTSU Invitational	12/11/10

55-METER HURDLES (7.57 AUTOMATIC)

8.44	Renay Ransaw	MTSU Invitational	12/11/10
9.63	Rachel Harley	MTSU Invitational	12/11/10

60 METER (7.44 PROVISIONAL // 7.26 AUTOMATIC)

7.45	Shakima Knox	C-USA Championship	2/25/11
7.81	Alexis Bates	C-USA Championship	2/25/11
8.00	Thelyssa Katchen	Saluki Open	1/15/11
8.07	Kelli Smith	Gladstein Invitational	1/21/11
8.09	Adrienne Bradley	C-USA Championship	2/25/11

60-METER HURDLES (8.43 PROVISIONAL // 8.14 AUTOMATIC)

8.76	Akira McSwain	Tiger Paw Invitational	2/11/11
9.09	Renay Ransaw	Tiger Paw Invitational	2/11/11
9.97	Nora Mehl	Gladstein Invitational	1/21/11

200 METER (24.40 PROVISIONAL // 23.70 AUTOMATIC)

24.74	Shakima Know	Niswonger Invitational	2/5/11
26.11	Thelyssa Katchen	Gladstein Invitational	1/22/11
26.16	Kyana White	MTSU Invitational	12/11/10
26.31	Alexis Bates	C-USA Championships	2/25/11
26.85	Adrienne Bradley	Niswonger Invitational	2/4/11
26.97	Veronica Johnson	Niswonger Invitational	2/4/11

300 METER (NON-NCAA EVENT)

41.46	Kyana White	Tiger Paw Invitational	2/11/11
43.51	Veronica Johnson	Tiger Paw Invitational	2/11/11
43.80	Elin Andersson	Tiger Paw Invitational	2/11/11

400 METER (54.90 PROVISIONAL // 52.90 AUTOMATIC)

57.92	Thelyssa Katchen	C-USA Championships	2/25/11
58.50	Kyana White	Tiger Paw Invitational	2/12/11
59.99	Rachel Harley	Gladstein Invitational	1/21/11

500 METER (NON-NCAA EVENT)

1:18.61	Rachel Harley	Tiger Paw Invitational	2/11/11
1:23.79	Lucy Taylor	Tiger Paw Invitational	2/11/11
1:24.31	Kara Woods	Tiger Paw Invitational	2/11/11

600 METER (NON-NCAA EVENT)

1:36.55	Lauren Fayen	Gladstein Invitational	1/22/11
1:38.11	Bianca Le'Blanc	Gladstein Invitational	1/22/11
1:41.64	Rachel Harley	Gladstein Invitational	1/22/11
1:47.19	Kara Woods	Gladstein Invitational	1/22/11

800 METER (2:10.00 PROVISIONAL // 2:06.00 AUTOMATIC)

2:15.93	Bianca Le'Blanc	Niswonger Invitational	2/4/11
2:19.18	Elin Andersson	Niswonger Invitational	2/4/11
2:25.65	Rachel Harley	Niswonger Invitational	2/4/11
2:26.74	Lucy Taylor	Tiger Paw Invitational	2/12/11
2:32.26	Kara Woods	Tiger Paw Invitational	2/12/11

MILE (4:48.90 PROVISIONAL // 4:38.90 AUTOMATIC)

5:01.11	Rhiannon Johns	Niswonger Invitational	2/5/11
5:07.29	Lauren Fayen	C-USA Championships	2/26/11
5:09.91	Kristina Vaughn	Tiger Paw Invitational	2/11/11
5:22.19	Elin Andersson	Gladstein Invitational	1/22/11
5:30.34	Colleen Standridge	Niswonger Invitational	2/5/11

1,000 METER (NON-NCAA EVENT)

3:07.18	Colleen Standridge	Tiger Paw Invitational	2/11/11
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3,000 METER (9:35.00 PROVISIONAL // 9:16.00 AUTOMATIC)

9:34.92	Rhiannon Johns	C-USA Championships	2/26/11
10:15.60	Stephanie Gammon	Gladstein Invitational	1/21/11
10:23.53	Kristina Vaughn	Tiger Paw Invitational	2/12/11
10:38.99	Colleen Standridge	Tiger Paw Invitational	2/12/11
10:57.10	Emily Trotter	C-USA Championships	2/26/11

5,000 METER (16:49.50 PROVISIONAL // 16:12.50 AUTOMATIC)

16:58.82	Rhiannon Johns	C-USA Championships	2/25/11
17:53.11	Stephanie Gammon	C-USA Championships	2/25/11
19:18.62	Emily Trotter	Tiger Paw Invitational	2/12/11

4X400-METER RELAY (3:42.80 PROVISIONAL // 3:35.80 AUTOMATIC)

3:51.10	UAB	C-USA Championships	2/26/11
(White, Katchen, Harley, McSwain)			

DISTANCE MEDLEY RELAY (11:26.50 PROVISIONAL // 11:05.50 AUTOMATIC)

11:56.65	UAB	C-USA Championships	2/26/11
(Fayen, Harley, Le'Blanc, Vaughn)			

HIGH JUMP (1.78M PROVISIONAL // 1.85M AUTOMATIC)

1.72m	Nora Mehl	C-USA Championships	2/26/11
1.60m (5-03.00)	Akira McSwain	Tiger Paw Invitational	2/11/11
1.57m (5-02.00)	Kelli Smith	MTSU Invitational	12/11/10
1.50m	Renay Ransaw	Tiger Paw Invitational	2/11/11

LONG JUMP (6.13M PROVISIONAL // 6.38M AUTOMATIC)

5.91m (19-05.00)	Kelli Smith	MTSU Invitational	12/11/10
5.84m (19-02.00)	Renay Ransaw	MTSU Invitational	12/11/10
5.40m	Akira McSwain	Gladstein Invitational	1/22/11
5.13m (16-10.00)	Thelyssa Katchen	Niswonger Invitational	2/5/11
4.38m (14-04.50)	Nora Mehl	Niswonger Invitational	2/5/11

PENTATHLON (3,725 POINTS PROVISIONAL // 4,075 POINTS AUTOMATIC)

3,534	Akira McSwain	C-USA Championships	2/26/11
3,038	Renay Ransaw	C-USA Championships	2/26/11

* - UAB School Record; p- Preliminary Time; sf - Semi-final Time

A - NCAA Championships automatic qualifying mark

P - NCAA Championships provisional qualifying mark

2011 UAB Indoor Track & Field

Individual Performances

(As of Feb. 27, 2011)



ELIN ANDERSSON				400m	57.92	C-USA Championships	2/25/11
300m	43.80	Tiger Paw Invitational	2/11/11		58.07	Gladstein Invitational	1/21/11
800m	2:19.18	Niswonger Invitational	2/4/11		58.59	C-USA Championships	2/26/11
	2:21.20	Tiger Paw Invitational	2/12/11		58.84	Niswonger Invitational	2/4/11
Mile	5:22.19	Gladstein Invitational	1/22/11		59.50	Tiger Paw Invitational	2/12/11
					59.72	MTSU Invitational	12/11/10
ALEXIS BATES					1:00.84	Saluki Open	1/14/11
60m	7.81	C-USA Championships	2/25/11	Long Jump	5.13m (16-10.00)	Niswonger Invitational	2/5/11
	7.91	Niswonger Invitational	2/4/11		5.12m	Saluki Open	1/14/11
	8.05	Tiger Paw Invitational	2/11/11		4.96m (16-03.50)	MTSU Invitational	12/11/10
200m	26.31	C-USA Championships	2/25/11	SHAKIMA KNOX			
	26.80	Tiger Paw Invitational	2/12/11	55m	7.12	MTSU Invitational	12/11/10
ADRIENNE BRADLEY				60m	7.45	C-USA Championships	2/25/11
55m	7.64	MTSU Invitational	12/11/10		7.56	C-USA Championships	2/25/11
60m	8.09	C-USA Championship	2/25/11		7.57	Tyson Invitational	2/11/11
	8.30	Saluki Open	1/15/11		7.58	Niswonger Invitational	2/4/11
	8.20	Niswonger Invitational	2/4/11		7.59	Gladstein Invitational	1/21/11
200m	26.85	Niswonger Invitational	2/4/11		7.60	Gladstein Invitational	1/21/11
	27.23	MTSU Invitational	12/11/10		7.64	Niswonger Invitational	2/4/11
	27.33	C-USA Championships	2/25/11		7.66	Saluki Open	1/15/11
LAUREN FAYEN					7.68	Saluki Open	1/15/11
600m	1:36.55	Gladstein Invitational	1/22/11	200m	24.74	Niswonger Invitational	2/5/11
Mile	5:07.29	C-USA Championships	2/26/11		25.10	Niswonger Invitational	2/4/11
	5:08.18	Tyson Invitational	2/11/11		25.19	C-USA Championships	2/25/11
STEPHANIE GAMMON					25.25	Gladstein Invitational	1/22/11
3,000m	10:15.60	Gladstein Invitational	1/21/11		25.39	Saluki Open	1/15/11
	10:18.82	Niswonger Invitational	2/5/11		25.60	MTSU Invitational	12/11/10
	10:26.00	C-USA Championship	2/26/11	BIANCA LE'BLANC			
5,000m	17:53.11	C-USA Championships	2/25/11	400m	2:17.25	Tyson Invitational	2/11/11
	17:55.88	Tyson Invitational	2/11/11	600m	1:38.11	Gladstein Invitational	1/22/11
RACHEL HARLEY				800m	2:15.93	Niswonger Invitational	2/4/11
55m Hurdles	9.63	MTSU Invitational	12/11/10		2:16.70	C-USA Championships	2/26/11
60m Hurdles	9.09	Tiger Paw Invitational	2/11/11		2:23.45	Saluki Open	1/14/11
	9.54	Saluki Open	1/14/11	AKIRA MCSWAIN			
200m	59.99	Gladstein Invitational	1/21/11	60m Hurdles	8.76	Tiger Paw Invitational	2/11/11
400m	61.02	Niswonger Invitational	2/4/11		8.85	C-USA Championships	2/25/11
	1:00.48	Tiger Paw Invitational	2/12/11		8.87	Tiger Paw Invitational	2/11/11
	1:00.86	Saluki Open	1/14/11		8.88	Tiger Paw Invitational	2/11/11
500m	1:18.61	Tiger Paw Invitational	2/11/11		8.89	Gladstein Invitational	1/21/11
600m	1:41.64	Gladstein Invitational	1/22/11		8.97	Niswonger Invitational	2/5/11
800m	2:25.65	Niswonger Invitational	2/4/11		9.05	Niswonger Invitational	2/4/11
Long Jump	5.84m (19-02.00)	MTSU Invitational	12/11/10	High Jump	1.60m (5-03.00)	Gladstein Invitational	1/21/11
	5.70m (18-8.50)	Tiger Paw Invitational	2/11/11		1.60m	Niswonger Invitational	2/4/11
RHIANNON JOHNS					1.60m	Tiger Paw Invitational	2/11/11
Mile	5:01.11	Niswonger Invitational	2/5/11	Long Jump	1.56m	Gladstein Invitational	1/21/11
3,000m	9:34.92	C-USA Championships	2/26/11		5.40m	Gladstein Invitational	1/22/11
	9:38.43	Gladstein Invitational	1/21/11		5.36m (17-07.00)	Niswonger Invitational	2/5/11
5,000m	16:58.82	C-USA Championships	2/25/11		5.20m	Saluki Open	1/14/11
	17:01.18	Tyson Invitational	2/11/11	Pentathlon	3,534	C-USA Championships	2/26/11
VERONICA JOHNSON				NORA MEHL			
200m	26.97	Niswonger Invitational	2/4/11	60m Hurdles	9.97	Gladstein Invitational	1/21/11
300m	43.51	Tiger Paw Invitational	2/11/11		9.97	Niswonger Invitational	2/4/11
THELYSSA KATCHEN				High Jump	1.72m	C-USA Championships	2/26/11
60m	8.00	Saluki Open	1/15/11		1.68m (5-06.00)	Tyson Invitational	2/12/11
200m	26.11	Gladstein Invitational	1/22/11		1.65m (5-05.00)	Niswonger Invitational	2/4/11
					1.61m (5-03.25)	Gladstein Invitational	1/21/11
					1.60m	Saluki Open	1/14/11
				Long Jump	4.38m	Niswonger Invitational	2/5/11



2011 UAB Indoor Track & Field Individual Performances (As of Jan. 17, 2011)

RENAY RANSAW

55m Hurdles	8.44	MTSU Invitational	12/11/10
60m Hurdles	9.09	Tiger Paw Invitational	2/11/11
	9.51	Niswonger Invitational	2/4/11
	9.61	Gladstein Invitational	1/21/11
	9.86	Gladstein Invitational	1/21/11
High Jump	1.50m	Tiger Paw Invitational	2/11/11
Long Jump	5.84m (19-02.00)	MTSU Invitational	12/11/10
	5.70m (18-8.50)	Tiger Paw Invitational	2/11/11
	5.70m	Saluki Open	1/14/11
	5.62m (18-05.25)	Niswonger Invitational	2/5/11
	5.56m	Gladstein Invitational	1/22/11
	5.54m	Saluki Open	1/14/11
	5.37m	C-USA Championships	2/26/11
Pentathlon	3,038	C-USA Championships	2/26/11

KELLI SMITH

55m	7.39	MTSU Invitational	12/11/10
60m	8.07	Gladstein Invitational	1/21/11
	8.09	Gladstein Invitational	1/21/11
	8.11	Saluki Open	1/15/11
High Jump	1.57m (5-02.00)	MTSU Invitational	12/11/10
	1.57m	C-USA Championships	2/26/11
	1.55m	Saluki Open	1/14/11
	1.51m	Gladstein Invitational	1/21/11
Long Jump	5.91m (19-05.00)	MTSU Invitational	12/11/10
	5.84m (19-02.00)	Niswonger Invitational	2/5/11
	5.74m	Saluki Open	1/14/11
	5.65m	C-USA Championships	2/26/11
	5.44m	Gladstein Invitational	1/22/11

COLLEEN STANDRIDGE

Mile	5:30.34	Niswonger Invitational	2/5/11
1,000m	3:07.18	Tiger Paw Invitational	2/11/11
3,000m	10:38.99	Tiger Paw Invitational	2/12/11

LUCY TAYLOR

500m	1:23.79	Tiger Paw Invitational	2/11/11
800m	2:26.74	Tiger Paw Invitational	2/12/11

EMILY TROTTER

3,000m	10:57.10	C-USA Championships	2/26/11
	11:02.05	Tiger Paw Invitational	2/12/11
	11:06.68	Gladstein Invitational	1/21/11
	11:18.41	Niswonger Invitational	2/5/11
	11:27.06	Saluki Open	1/15/11
5,000m	19:18.62	Tiger Paw Invitational	2/12/11

KRISTINA VAUGHN

Mile	5:09.91	Tiger Paw Invitational	2/11/11
	5:10.51	C-USA Championships	2/26/11
	5:11.88	Niswonger Invitational	2/5/11
	5:13.07	Gladstein Invitational	1/22/11
3,000m	10:23.53	Tiger Paw Invitational	2/12/11
	10:23.97	C-USA Championships	2/26/11

KYANA WHITE

200m	26.16	MTSU Invitational	12/11/10
	26.20	Niswonger Invitational	2/4/11
	26.35	Gladstein Invitational	1/22/11
300m	41.46	Tiger Paw Invitational	2/11/11
400m	58.50	Tiger Paw Invitational	2/12/11
	58.80	Tiger Paw Invitational	2/12/11
	59.03	Gladstein Invitational	1/21/11
	59.18	C-USA Championships	2/25/11
	59.82	Saluki Open	1/14/11
	59.98	Niswonger Invitational	2/4/11

KARA WOODS

500m	1:24.31	Tiger Paw Invitational	2/11/11
600m	1:47.19	Gladstein Invitational	1/22/11
800m	2:32.26	Tiger Paw Invitational	2/12/11
	2:34.87	Niswonger Invitational	2/4/11
	2:38.72	Saluki Open	1/14/11

* - UAB School Record

A - NCAA Championships automatic qualifying mark

P - NCAA Championships provisional qualifying mark