

# 2011 UAB Outdoor Track & Field

## Top Performances

(Final)



### 100 METER

11.75	Alexis Bates	Memphis Invitational	4/30/11
11.75	Shakima Knox	Memphis Invitational	4/30/11
11.75	Shakima Knox	Alabama Relays	3/26/11
11.80	Shakima Knox	Vanderbilt Invitational	4/23/11
11.84	Alexis Bates	Vanderbilt Invitational	4/23/11

### 100-METER HURDLES

14.10	Akira McSwain	Vanderbilt Invitational	4/22/11
14.24	Akira McSwain	Bulldog Twilight Invitational	4/1/11
14.43	Akira McSwain	Birmingham-Southern Invite	3/11/11
14.45	Akira McSwain	Alabama Relays	3/26/11
14.49	Akira McSwain	C-USA Championships	5/12/11

### 200 METER

24.10	Shakima Knox	C-USA Championships	5/12/11
24.50	Shakima Knox	Sea Ray Relays	4/13/11
24.54	Shakima Knox	Bulldog Twilight Invitational	4/1/11
24.61	Alexis Bates	C-USA Championships	5/12/11
24.74	Shakima Knox	Vanderbilt Invitational	4/22/11

### 400 METER

56.36	Thelyssa Katchen	Vanderbilt Invitational	4/22/11
56.84	Thelyssa Katchen	Bulldog Twilight Invitational	3/26/11
56.86	Thelyssa Katchen	C-USA Championships	5/12/11
57.03	Kyana White	C-USA Championships	5/12/11
57.35	Kyana White	Alabama Relays	3/26/11

### 400-METER HURDLES

1:00.96	Rachel Harley	C-USA Championships	5/12/11
1:01.51	Rachel Harley	C-USA Championships	5/12/11
1:01.76	Rachel Harley	Sea Ray Relays	4/13/11
1:02.35	Rachel Harley	Vanderbilt Invitational	4/22/11
1:02.37	Rachel Harley	Bulldog Twilight Invitational	4/1/11

### 800 METER

2:09.81	Lauren Fayen	Vanderbilt Invitational	4/22/11
2:10.56	Lauren Fayen	C-USA Championships	5/12/11
2:10.93	Lauren Fayen	Memphis Invitational	4/30/11
2:12.00	Bianca Le'Blanc	Memphis Invitational	4/30/11
2:12.07	Bianca Le'Blanc	Vanderbilt Invitational	4/22/11

### 1,500 METER

4:28.59	Rhiannon Johns	Birmingham-Southern Invite	3/13/11
4:33.28	Kristina Vaughn	Vanderbilt Invitational	4/22/11
4:34.90	Lauren Fayen	Bulldog Twilight Invitational	4/1/11
4:36.75	Kristina Vaughn	Bulldog Twilight Invitational	4/1/11
4:37.53	Lauren Fayen	Vanderbilt Invitational	4/22/11

### 3,000 METER STEEPLECHASE

10:45.85	Kristina Vaughn	Mt. SAC Relays	4/14/11
10:52.23	Kristina Vaughn	Stanford Invitational	3/26/11
11:13.03	Kristina Vaughn	C-USA Championships	5/12/11
11:19.17	Kristina Vaughn	Birmingham-Southern Invite	3/11/11
11:37.32	Colleen Standridge	Birmingham-Southern Invite	3/11/11

### 5,000 METER

16:13.32	Rhiannon Johns	Mt. SAC Relays	4/16/11
16:27.04	Rhiannon Johns	NCAA East Preliminary Round	5/14/11
16:29.21	Rhiannon Johns	NCAA Championships	6/11/11
17:12.65	Clara Cid	C-USA Championships	5/12/11
17:32.09	Clara Cid	Sea Ray Relays	4/13/11

### 10,000 METER

34:14.04	Rhiannon Johns	Stanford Invitational	3/26/11
34:15.07	Rhiannon Johns	NCAA East Preliminary Round	5/26/11
35:06.23	Rhiannon Johns	C-USA Championships	5/14/11
36:24.94	Stephanie Gammon	Sea Ray Relays	4/13/11
36:41.55	Stephanie Gammon	Stanford Invitational	3/26/11

### 4X100-METER RELAY

46.55	UAB "A" (Katchen, White, Knox, Bates)	C-USA Championships	4/30/11
46.58	UAB "A"	Alabama Relays	3/26/11
46.64	UAB "A" (Katchen, White, Knox, Bates)	Memphis Invitational	4/30/11
47.03	UAB "A" (Katchen, White, Knox, Bates)	Sea Ray Relays	4/13/11

### 4X200-METER RELAY

1:38.78	UAB "A"	Alabama Relays	3/26/11
1:39.15	UAB "A" (McSwain, Katchen, Knox, Bates)	Sea Ray Relays	4/13/11
1:41.75	UAB "A" (White, Harley, Johnson, Katchen)	Bulldog Twilight Invitational	4/1/11

### 4X400-METER RELAY

3:45.89	UAB "A" (White, Johnson, McSwain, Expose)	Vanderbilt Invitational	4/22/11
3:49.41	UAB "A" (White, Katchen, McSwain, Johnson)	C-USA Championships	5/12/11
3:51.02	UAB "A"	Alabama Relays	3/26/11
3:52.03	UAB "A" (White, Katchen, McSwain, Expose)	Memphis Invitational	4/30/11
3:57.01	UAB "B"	Alabama Relays	3/26/11

### 4X800-METER RELAY

9:09.69	UAB "A"	Alabama Relays	3/26/11
9:51.80	UAB "A" (Cid, Fayen, Taylor, Le'Blanc)	Sea Ray Relays	4/13/11

### DISTANCE MEDLEY RELAY

4:20.24	UAB "A"	Alabama Relays	3/26/11
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### HIGH JUMP

1.78m	Nora Mehl	NCAA East Preliminary Round	5/28/11
1.76m	Nora Mehl	Birmingham-Southern Invite	3/11/11
1.76m	Nora Mehl	Vanderbilt Invitational	4/22/11
1.75m	Nora Mehl	Sea Ray Relays	4/13/11
1.75m	Nora Mehl	Memphis Invitational	4/30/11

### LONG JUMP

5.93m	Kelli Smith	C-USA Championships	5/12/11
5.67m	Akira McSwain	Alabama Relays	3/26/11
5.65m	Akira McSwain	Memphis Invitational	4/30/11
5.63m	Akira McSwain	Bulldog Twilight Invitational	4/1/11
5.54m	Kelli Smith	Birmingham-Southern Invite	3/11/11

### JAVELIN THROW

31.22m	Akira McSwain	Birmingham-Southern Invite	3/11/11
30.39m	Nora Mehl	Vanderbilt Invitational	4/22/11
27.40m	Nora Mehl	Birmingham-Southern Invite	3/11/11
26.62m	Akira McSwain	Vanderbilt Invitational	4/22/11
25.18m	Sterling Cross	Bulldog Twilight Invitational	4/1/11

### HEPTATHLON

5,051	Akira McSwain	C-USA Championships	5/12/11
4,843	Akira McSwain	Sea Ray Relays	4/13/11

# 2011 UAB Outdoor Track & Field



## Top Performers (Final)

### 100 METER

11.75	Alexis Bates	Memphis Invitational	4/30/11
11.75	Shakima Knox	Alabama Relays	3/26/11
12.63	Adrienne Bradley	Vanderbilt Invitational	4/22/11
12.68	Kelli Smith	Birmingham-Southern Invite	3/11/11
16.45	Nora Mehl	Alabama Relays	3/26/11

### 100-METER HURDLES

14.10	Akira McSwain	Vanderbilt Invitational	4/22/11
16.00	Renay Ransaw	Birmingham-Southern Invite	3/11/11
18.95	Sterling Cross	Bulldog Twilight Invitational	4/1/11

### 200 METER

24.10	Shakima Knox	C-USA Championships	5/12/11
24.61	Alexis Bates	C-USA Championships	5/12/11
24.98	Thelyssa Katchen	Birmingham-Southern Invite	3/11/11
25.03	Akira McSwain	Bulldog Twilight Invitational	4/1/11
25.76	Veronica Johnson	Birmingham-Southern Invite	3/11/11
25.81	Kyana White	Bulldog Twilight Invitational	4/1/11
26.16	Adrienne Bradley	C-USA Championships	5/12/11
26.59	Callerina Key	Vanderbilt Invitational	4/22/11
27.09	Nora Mehl	Vanderbilt Invitational	4/22/11
28.36	Sterling Cross	Alabama Relays	3/26/11

### 400 METER

56.36	Thelyssa Katchen	Vanderbilt Invitational	4/22/11
57.03	Kyana White	C-USA Championships	5/12/11
57.50	Veronica Johnson	C-USA Championships	5/12/11
57.56	Karina Expose	Vanderbilt Invitational	4/22/11
1:00.16	Lytrice Thomas	Bulldog Twilight Invitational	4/1/11

### 400-METER HURDLES

1:00.96	Rachel Harley	C-USA Championships	5/12/11
1:07.09	Lytrice Thomas	C-USA Championships	5/12/11

### 800 METER

2:09.81	Lauren Fayen	Vanderbilt Invitational	4/22/11
2:12.00	Bianca Le'Blanc	Memphis Invitational	4/30/11
2:16.02	Lucy Taylor	Vanderbilt Invitational	4/22/11
2:20.12	Elin Andersson	Vanderbilt Invitational	4/22/11
2:25.08	Rachel Harley	Birmingham-Southern Invite	3/11/11
2:27.57	Kara Woods	Alabama Relays	3/26/11

### 1,500 METER

4:28.59	Rhiannon Johns	Birmingham-Southern Invite	4/22/11
4:33.28	Kristina Vaughn	Vanderbilt Invitational	4/22/11
4:34.90	Lauren Fayen	Bulldog Twilight Invitational	4/1/11
4:42.43	Bianca Le'Blanc	Bulldog Twilight Invitational	4/1/11
4:53.34	Lucy Taylor	Bulldog Twilight Invitational	4/1/11
4:54.16	Colleen Standridge	Bulldog Twilight Invitational	4/1/11
5:07.55	Elin Andersson	Bulldog Twilight Invitational	4/1/11
5:31.78	Kara Woods	Bulldog Twilight Invitational	4/1/11
5:51.90	Amanda Horton	Vanderbilt Invitational	4/22/11

### 3,000 METER STEEPLECHASE

10:45.85	Kristina Vaughn	Mt. SAC Relays	4/14/11
11:37.32	Colleen Standridge	Birmingham-Southern Invite	3/11/11

### 5,000 METER

16:13.32	Rhiannon Johns	Mt. SAC Relays	4/16/11
17:12.65	Clara Cid	C-USA Championships	5/12/11
17:54.89	Stephanie Gammon	Birmingham-Southern Invite	3/11/11
18:16.35	Kristina Vaughn	C-USA Championships	5/12/11
18:39.25	Kristina Olson	Birmingham-Southern Invite	3/11/11
19:44.82	Emily Trotter	Birmingham-Southern Invite	3/11/11

### 10,000 METER

34:14.04	Rhiannon Johns	Stanford Invitational	3/26/11
36:41.55	Stephanie Gammon	Stanford Invitational	3/26/11

### 4X100-METER RELAY

46.55	UAB "A"	C-USA Championships	4/30/11
(Katchen, White, Knox, Bates)			

### 4X200-METER RELAY

1:38.78	UAB "A"	Alabama Relays	3/26/11
1:39.15	UAB "A"	Sea Ray Relays	4/13/11
(McSwain, Katchen, Knox, Bates)			
1:41.75	UAB "A"	Bulldog Twilight Invitational	4/1/11
(White, Harley, Johnson, Katchen)			

### 4X400-METER RELAY

3:45.89	UAB "A"	Vanderbilt Invitational	4/22/11
(White, Johnson, McSwain, Expose)			
3:49.41	UAB "A"	C-USA Championships	5/12/11
(White, Katchen, McSwain, Johnson)			
3:51.02	UAB "A"	Alabama Relays	3/26/11
3:52.03	UAB "A"	Memphis Invitational	4/30/11
(White, Katchen, McSwain, Expose)			
3:57.01	UAB "B"	Alabama Relays	3/26/11
3:57.17	UAB "A"	Sea Ray Relays	4/13/11
(White, Harley, Expose, Katchen)			

### 4X800-METER RELAY

9:09.69	UAB "A"	Alabama Relays	3/26/11
9:51.80	UAB "A"	Sea Ray Relays	4/13/11
(Cid, Fayen, Taylor, Le'Blanc)			

### DISTANCE MEDLEY RELAY

4:20.24	UAB "A"	Alabama Relays	3/26/11
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### HIGH JUMP

1.78m	Nora Mehl	NCAA East Preliminary Round	5/28/11
1.67m	Akira McSwain	Birmingham-Southern Invite	3/11/11
1.65m	Taylor Simpson	Memphis Invitational	4/30/11
1.55m	Kelli Smith	Vanderbilt Invitational	4/22/11

### LONG JUMP

5.93m	Kelli Smith	C-USA Championships	5/12/11
5.67m	Akira McSwain	Alabama Relays	3/26/11
5.38m	Thelyssa Katchen	Alabama Relays	3/26/11
4.54m	Callerina Key	Birmingham-Southern Invite	3/11/11

### JAVELIN THROW

31.22m	Akira McSwain	Birmingham-Southern Invite	3/11/11
30.39m	Nora Mehl	Vanderbilt Invitational	4/22/11
25.18m	Sterling Cross	Bulldog Twilight Invitational	4/1/11

### HEPTATHLON

5,051	Akira McSwain	C-USA Championships	5/12/11
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# 2011 UAB Outdoor Track & Field Individual Performances (Final)

## ELIN ANDERSSON

800m	2:20.12	Vanderbilt Invitational	4/22/11
1,500m	5:07.55	Bulldog Twilight Invitational	4/1/11

## ALEXIS BATES

100m	11.75	Memphis Invitational	4/30/11
	11.84	Vanderbilt Invitational	4/22/11
	12.06	Sea Ray Relays	4/13/11
	12.11	Alabama Relays	3/26/11
	12.24	C-USA Championship	5/12/11
	12.26	Birmingham-Southern Invite	3/11/11
200m	24.61	C-USA Championships	5/12/11
	25.11	Alabama Relays	3/26/11

## ADRIENNE BRADLEY

100m	12.63	Vanderbilt Invitational	4/22/11
	12.68	Alabama Relays	3/26/11
	12.69	Memphis Invitational	4/30/11
	12.73	C-USA Championships	5/12/11
	12.79	Bulldog Twilight Invitational	4/1/11
	12.90	Birmingham-Southern Invite	3/11/11
200m	26.16	C-USA Championships	5/12/11
	26.29	Vanderbilt Invitational	4/22/11
	26.52	Alabama Relays	3/26/11
	26.73	Memphis Invitational	4/30/11
	26.77	Bulldog Twilight Invitational	4/1/11

## CLARA CID

3,000m	10:06.02	Vanderbilt Invitational	4/22/11
5,000m	17:12.65	C-USA Championships	5/12/11
	17:32.09	Sea Ray Relays	4/13/11
	17:45.03	Alabama Relays	3/26/11
	18:04.64	Birmingham-Southern Invite	3/11/11

## STERLING CROSS

200m	28.36	Alabama Relays	3/26/11
100m Hurdles	18.95	Bulldog Twilight Invitational	4/1/11
Javelin Throw	25.18m	Bulldog Twilight Invitational	4/1/11

## KARINA EXPOSE

400m	57.56	Vanderbilt Invitational	4/22/11
	1:00.11	Bulldog Twilight Invitational	4/1/11

## LAUREN FAYEN

800m	2:09.81	Vanderbilt Invitational	4/22/11
	2:10.56	C-USA Championships	5/12/11
	2:10.93	Memphis Invitational	4/30/11
	2:12.64	Bulldog Twilight Invitational	4/1/11
	2:12.81	Sea Ray Relays	4/13/11
	2:15.60	Birmingham-Southern Invite	3/11/11
1,500m	4:34.90	Bulldog Twilight Invitational	4/1/11
	4:37.53	Vanderbilt Invitational	4/22/11
	4:43.77	Alabama Relays	3/26/11

## STEPHANIE GAMMON

3,000m	10:43.85	Vanderbilt Invitational	4/22/11
5,000m	17:54.89	Birmingham-Southern Invite	3/11/11
	18:00.66	C-USA Championships	5/12/11
10,000m	36:41.55	Stanford Invitational	3/26/11
	36:24.94	Sea Ray Relays	4/13/11
	38:29.20	C-USA Championships	5/12/11

## RACHEL HARLEY

400m Hurdles	1:00.96	C-USA Championships	5/12/11
	1:01.76	Sea Ray Relays	4/13/11
	1:02.35	Vanderbilt Invitational	4/22/11
	1:02.37	Bulldog Twilight Invitational	4/1/11
	1:02.52	Memphis Invitational	4/30/11
	1:02.97	Alabama Relays	3/26/11
800m	2:25.08	Birmingham-Southern Invite	3/11/11

## AMANDA HORTON

1,500m	5:51.90	Vanderbilt Invitational	4/22/11
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## RHIANNON JOHNS

1,500m	4:28.59	Birmingham-Southern Invite	4/22/11
5,000m	16:13.32	Mt. SAC Relays	4/16/11
	16:27.04	NCAA East Preliminary Round	5/14/11
	16:29.21	NCAA Championships	6/11/11
10,000m	34:14.04	Stanford Invitational	3/26/11
	34:15.07	NCAA East Preliminary Round	5/26/11
	35:06.23	C-USA Championships	5/14/11

## VERONICA JOHNSON

200m	25.76	Birmingham-Southern Invite	3/11/11
	25.90	Bulldog Twilight Invitational	4/1/11
	25.90	Sea Ray Relays	4/13/11
400m	57.50	C-USA Championships	5/12/11
	58.60	Memphis Invitational	4/30/11
	58.73	Alabama Relays	3/26/11
	58.76	Vanderbilt Invitational	4/22/11
	59.46	Birmingham-Southern Invite	3/11/11
	1:00.20	Sea Ray Relays	4/13/11

## THELYSSA KATCHEN

200m	24.98	Birmingham-Southern Invite	3/11/11
400m	56.36	Vanderbilt Invitational	4/22/11
	56.84	Bulldog Twilight Invitational	4/1/11
	56.86	C-USA Championships	5/12/11
	58.41	Sea Ray Relays	4/13/11
Long Jump	5.38m	Alabama Relays	3/26/11
	5.21m	Birmingham-Southern Invite	3/11/11
	5.10m	Bulldog Twilight Invitational	4/1/11

## CALLERINA KEY

200m	26.59	Vanderbilt Invitational	4/22/11
	26.71	C-USA Championships	5/12/11
	26.73	Memphis Invitational	4/30/11
	26.79	Alabama Relays	3/26/11
	27.01	Sea Ray Relays	4/13/11
	27.09	Birmingham-Southern Invite	3/11/11
400m	1:00.55	C-USA Championships	5/12/11
	1:00.94	Vanderbilt Invitational	4/22/11
	1:01.86	Memphis Invitational	4/30/11
	1:02.12	Bulldog Twilight Invitational	4/1/11
Long Jump	4.54m	Birmingham-Southern Invite	3/11/11

# 2011 UAB Outdoor Track & Field

## Individual Performances

(Final)



### SHAKIMA KNOX

100m	11.75	Alabama Relays	3/26/11
	11.75	Memphis Invitational	4/30/11
	11.80	Vanderbilt Invitational	4/22/11
	11.81	C-USA Championships	5/12/11
	11.89	Sea Ray Relays	4/13/11
200m	12.02	Birmingham-Southern Invite	3/11/11
	24.10	C-USA Championships	5/12/11
	24.50	Sea Ray Relays	4/13/11
	24.54	Bulldog Twilight Invitational	4/1/11
	24.74	Vanderbilt Invitational	4/22/11

### BIANCA LE'BLANC

800m	2:12.00	Memphis Invitational	4/30/11
	2:12.07	Vanderbilt Invitational	4/22/11
	2:13.07	Alabama Relays	3/26/11
	2:16.80	C-USA Championships	5/12/11
	2:17.15	Birmingham-Southern Invite	3/11/11
1,500m	2:18.26	Sea Ray Relays	4/13/11
	4:42.43	Bulldog Twilight Invitational	4/1/11

### AKIRA MCSWAIN

100m Hurdles	14.10	Vanderbilt Invitational	4/22/11	
	14.24	Bulldog Twilight Invitational	4/1/11	
	14.43	Birmingham-Southern Invite	3/11/11	
	14.45	Alabama Relays	3/26/11	
	14.49	C-USA Championships	5/12/11	
	14.67	Memphis Invitational	4/30/11	
200m	25.03	Bulldog Twilight Invitational	4/1/11	
	High Jump	1.67m	Birmingham-Southern Invite	3/11/11
		1.55m	Alabama Relays	3/26/11
Javelin Throw	1.55m	Vanderbilt Invitational	4/22/11	
	1.55m	Memphis Invitational	4/30/11	
	31.22m	Birmingham-Southern Invite	3/11/11	
	26.62m	Vanderbilt Invitational	4/22/11	
Long Jump	5.67m	Alabama Relays	3/26/11	
	5.65m	Memphis Invitational	4/30/11	
	5.63m	Bulldog Twilight Invitational	4/1/11	
Heptathlon	5,051	C-USA Championships	5/12/11	
	4,843	Sea Ray Relays	4/13/11	

### NORA MEHL

100m	16.45	Alabama Relays	3/26/11	
	27.09	Vanderbilt Invitational	4/22/11	
High Jump	1.78m	NCAA East Preliminary Round	5/28/11	
	1.76m	Birmingham-Southern Invite	3/11/11	
	1.76m	Vanderbilt Invitational	4/22/11	
	1.75m	Sea Ray Relays	4/13/11	
	1.75m	Memphis Invitational	4/30/11	
	1.70m	Bulldog Twilight Invitational	4/1/11	
	1.70m	C-USA Championships	5/12/11	
	1.65m	Alabama Relays	3/26/11	
	Javelin Throw	30.39m	Vanderbilt Invitational	4/22/11
		27.40m	Birmingham-Southern Invite	3/11/11

### KRISTINA OLSON

5,000m	18:39.25	Birmingham-Southern Invite	3/11/11
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### RENAY RANSAW

100m Hurdles	16.00	Birmingham-Southern Invite	3/11/11
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### TAYLOR SIMPSON

High Jump	1.65m	Memphis Invitational	4/30/11
	1.60m	Bulldog Twilight Invitational	4/1/11
	1.60m	Sea Ray Relays	4/13/11
	1.60m	C-USA Championships	5/12/11
	1.57m	Birmingham-Southern Invite	3/11/11
	1.55m	Vanderbilt Invitational	4/22/11

### KELLI SMITH

100m	12.68	Birmingham-Southern Invite	3/11/11
Long Jump	5.93m	C-USA Championships	5/12/11
	5.54m	Birmingham-Southern Invite	3/11/11
High Jump	1.55m	Vanderbilt Invitational	4/22/11
	1.55m	C-USA Championships	5/12/11

### COLLEEN STANDRIDGE

1,500m	4:54.16	Bulldog Twilight Invitational	4/1/11
	5:05.68	Birmingham-Southern Invite	3/11/11
3,000m Steeplechase	11:37.32	Birmingham-Southern Invite	3/11/11
	11:58.87	Alabama Relays	3/26/11

### LUCY TAYLOR

800m	2:16.02	Vanderbilt Invitational	4/22/11
	2:21.24	C-USA Championships	5/12/11
	2:21.70	Sea Ray Relays	4/13/11
	2:21.76	Alabama Relays	3/26/11
	2:23.16	Birmingham-Southern Invite	3/11/11
1,500m	2:26.15	Memphis Invitational	4/30/11
	4:53.34	Bulldog Twilight Invitational	4/1/11

### LYTRICE THOMAS

400m	1:00.16	Bulldog Twilight Invitational	4/1/11
400m Hurdles	1:07.09	C-USA Championships	5/12/11
	1:10.24	Memphis Invitational	4/30/11
	1:11.12	Vanderbilt Invitational	4/22/11

### EMILY TROTTER

5,000m	19:44.82	Birmingham-Southern Invite	3/11/11
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### KRISTINA VAUGHN

1,500m	4:33.28	Vanderbilt Invitational	4/22/11
	4:36.75	Bulldog Twilight Invitational	4/1/11
	4:44.38	Birmingham-Southern Invite	3/11/11
3,000m Steeplechase	10:45.85	Mt. SAC Relays	4/14/11
	10:52.23	Stanford Invitational	3/26/11
	11:13.03	C-USA Championships	5/12/11
	11:19.17	Birmingham-Southern Invite	3/11/11
5,000m	18:16.35	C-USA Championships	5/12/11

### KYANA WHITE

200m	25.81	Bulldog Twilight Invitational	4/1/11
400m	57.03	C-USA Championships	5/12/11
	57.35	Alabama Relays	3/26/11
	57.60	Sea Ray Relays	4/13/11
	57.98	Vanderbilt Invitational	4/22/11
	58.26	Memphis Invitational	4/30/11

### KARA WOODS

800m	2:27.57	Alabama Relays	3/26/11
	2:29.75	Birmingham-Southern Invite	3/11/11
	2:31.90	Sea Ray Relays	4/13/11
	2:57.45	Vanderbilt Invitational	4/22/11
1,500m	5:31.78	Bulldog Twilight Invitational	4/1/11