

2008-09 Atlantic 10 Women's Indoor Track & Field Performance Lists (3/16/09)

55-Meter Dash <i>ECAC Qualifying Time: 7.21</i>	Date 3/7 2/13 12/5 2/21 1/30 2/14 2/6 2/6 1/23 1/24 1/31 12/5 1/16 12/6 2/21	Meet VTech LC Clemson Invite Appalachian St. A-10 Championship Findlay Classic Akron Invite Virginia Tech Elite Giegengack Invite Tom Wright Classic UNC Claccis URI Invite Jack Pyrah Invite NYU Gotham Cup Findlay Oiler Invite A-10 Championship	Time 6.84^ 7.05^ 7.09 7.12 7.13^ 7.13^ 7.26^ 7.26^ 7.27^ 7.29^ 7.30 7.34 7.35^ 7.35^ 7.38	400-Meter Dash <i>ECAC Qualifying Time: 57.04</i>	Date 3/7 2/28 2/6 1/9 1/17 2/21 2/6 2/6 2/6 2/27 2/21 1/17 12/5 2/13 2/6	Meet VTech LC NE Championships Virginia Tech Elite Metro Coaches Inv. Kent State A-10 Championship Virginia Tech Elite Virginia Tech Elite Giegengack Invite NYU FasTrack A-10 Championship Kent State Golden Flash Gala Rider/Lafayette Giegengack Invite	Time 55.88 56.09 56.43 56.62 56.85 56.90 57.08 57.16 57.25 57.58 57.66 58.20 58.37 58.41 58.74
55-Meter Hurdles <i>ECAC Qualifying Time: 8.29</i>	Date 2/13 2/6 2/21 2/21 1/31 1/23 2/21 2/21 1/16 2/27 2/13 12/5 2/21 2/6 2/20	Meet Clemson Invite Virginia Tech Elite A-10 Championship A-10 Championship URI Invite Terrier Classic A-10 Championship A-10 Championship NYU Gotham Cup NYU FasTrack Clemson Invite Jack Pyrah Invite A-10 Championship Giegengack Invite A-10 Championship	Time 7.94# 8.08# 8.17 8.19 8.23 8.28 8.36 8.38 8.39# 8.41# 8.42 8.44 8.48 8.49# 8.52	500-Meter Run <i>ECAC Qualifying Time: 1:16.00</i>	Date 3/7 3/7 3/7 2/13 2/21 1/30 1/30 12/5 2/7 2/13 2/7 2/21 2/7 1/29 1/31	Meet ECAC Champions. ECAC Champions. ECAC Champions. Rider/Lafayette A-10 Championship Penn State Open Penn State Open Golden Flash Gala New Balance Invite Valentine Invite New Balance Invite A-10 Championship Giegengack Invite Metro Championship Penn State Open	Time 1:12.62 1:12.63 1:13.76 1:14.20 1:14.48 1:15.86 1:15.91 1:15.94 1:16.53 1:16.74 1:16.99 1:17.11 1:17.34 1:17.42 1:17.66
200-Meter Dash <i>ECAC Qualifying Time: 25.12</i>	Date 3/7 1/24 2/13 2/28 2/21 1/23 2/20 12/5 1/23 1/24 2/14 1/24 2/13 2/13 2/13	Meet VTech LC UNC Classic Rider/Lafayette NE Championships A-10 Championship Terrier Classic A-10 Championship Appalachian St. Terrier Classic Terrier Classic Akron Invite Terrier Classic Valentine Invite Valentine Invite UNC Classic	Time 23.97 24.58 24.83 25.25 25.34 25.36 25.45 25.59 25.59 25.61 25.63 25.67 25.69 25.78 25.84	800-Meter Run <i>ECAC Qualifying Time: 2:14.44</i>	Date 3/7 2/14 1/24 2/20 2/21 2/21 1/31 1/24 2/27 2/27 2/7 1/17 2/20 1/23 2/20	Meet Notre Dame Akron Invite Terrier Classic A-10 Championship A-10 Championship A-10 Championship Penn State Open Gladstein Invite NE Championships NYU FasTrack Yale Invite Kent State A-10 Championship Great Dane Classic A-10 Championship	Time 2:06.47 2:07.34 2:12.11 2:14.91 2:15.54 2:15.56 2:15.71 2:16.69 2:16.71 2:16.96 2:17.01 2:17.25 2:17.48 2:17.51 2:17.66

^converted 60m dash time
#converted 60m hurdles time

*denotes hand time
+converted 220-yard/440-yard/880-yard times

2008-09 Atlantic 10 Women's Indoor Track & Field Performance Lists (page 2)

<p>1,000-Meter Run</p> <p><i>ECAC Qualifying Run: 2:56.24</i></p> <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;">Date</th> <th style="text-align: left;">Meet</th> <th style="text-align: left;">Time</th> </tr> </thead> <tbody> <tr><td>2/28</td><td>NE Championships</td><td>2:56.71</td></tr> <tr><td>1/29</td><td>Metro Championship</td><td>2:57.59</td></tr> <tr><td>2/20</td><td>A-10 Championship</td><td>2:57.73</td></tr> <tr><td>2/20</td><td>A-10 Championship</td><td>2:57.69</td></tr> <tr><td>2/7</td><td>Giegengack Invite</td><td>2:57.93</td></tr> <tr><td>2/20</td><td>A-10 Championship</td><td>2:58.08</td></tr> <tr><td>2/6</td><td>Giegengack Invite</td><td>2:58.43</td></tr> <tr><td>2/21</td><td>A-10 Championship</td><td>2:58.77</td></tr> <tr><td>2/7</td><td>Husker Invite</td><td>2:59.07</td></tr> <tr><td>2/7</td><td>Yale Invite</td><td>2:59.36</td></tr> <tr><td>2/20</td><td>A-10 Championship</td><td>3:00.12</td></tr> <tr><td>2/21</td><td>A-10 Championship</td><td>3:00.62</td></tr> <tr><td>1/16</td><td>Sorlein Invite</td><td>3:00.64</td></tr> <tr><td>2/7</td><td>New Balance Invite</td><td>3:00.94</td></tr> <tr><td>2/7</td><td>Yale Invite</td><td>3:01.12</td></tr> </tbody> </table>	Date	Meet	Time	2/28	NE Championships	2:56.71	1/29	Metro Championship	2:57.59	2/20	A-10 Championship	2:57.73	2/20	A-10 Championship	2:57.69	2/7	Giegengack Invite	2:57.93	2/20	A-10 Championship	2:58.08	2/6	Giegengack Invite	2:58.43	2/21	A-10 Championship	2:58.77	2/7	Husker Invite	2:59.07	2/7	Yale Invite	2:59.36	2/20	A-10 Championship	3:00.12	2/21	A-10 Championship	3:00.62	1/16	Sorlein Invite	3:00.64	2/7	New Balance Invite	3:00.94	2/7	Yale Invite	3:01.12	<p>5,000-Meter Run</p> <p><i>ECAC Qualifying Time: 17:33.64</i></p> <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;">Date</th> <th style="text-align: left;">Meet</th> <th style="text-align: left;">Time</th> </tr> </thead> <tbody> <tr><td>1/24</td><td>Terrier Classic</td><td>16:46.85</td></tr> <tr><td>3/7</td><td>Notre Dame</td><td>17:00.06</td></tr> <tr><td>2/20</td><td>A-10 Championship</td><td>17:27.16</td></tr> <tr><td>1/16</td><td>NYU Gotham Cup</td><td>17:35.28</td></tr> <tr><td>2/20</td><td>A-10 Championship</td><td>17:37.71</td></tr> <tr><td>2/20</td><td>A-10 Championship</td><td>17:38.45</td></tr> <tr><td>3/7</td><td>Notre Dame</td><td>17:41.10</td></tr> <tr><td>1/23</td><td>Great Dane Classic</td><td>17:50.86</td></tr> <tr><td>1/16</td><td>NYU Gotham Cup</td><td>17:51.34</td></tr> <tr><td>2/20</td><td>A-10 Championship</td><td>17:53.66</td></tr> <tr><td>2/20</td><td>A-10 Championship</td><td>17:55.27</td></tr> <tr><td>1/24</td><td>Terrier Classic</td><td>18:00.50</td></tr> <tr><td>2/20</td><td>A-10 Championship</td><td>18:01.61</td></tr> <tr><td>2/20</td><td>A-10 Championship</td><td>18:08.27</td></tr> <tr><td>2/20</td><td>A-10 Championship</td><td>18:12.58</td></tr> </tbody> </table>	Date	Meet	Time	1/24	Terrier Classic	16:46.85	3/7	Notre Dame	17:00.06	2/20	A-10 Championship	17:27.16	1/16	NYU Gotham Cup	17:35.28	2/20	A-10 Championship	17:37.71	2/20	A-10 Championship	17:38.45	3/7	Notre Dame	17:41.10	1/23	Great Dane Classic	17:50.86	1/16	NYU Gotham Cup	17:51.34	2/20	A-10 Championship	17:53.66	2/20	A-10 Championship	17:55.27	1/24	Terrier Classic	18:00.50	2/20	A-10 Championship	18:01.61	2/20	A-10 Championship	18:08.27	2/20	A-10 Championship	18:12.58
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2/7	Giegengack Invite	10:06.54																																																																																															
2/21	A-10 Championship	10:07.71																																																																																															
2/6	Giegengack Invite	10:08.74																																																																																															
2/21	A-10 Championship	10:09.88																																																																																															
1/16	NYU Gotham Cup	10:12.96																																																																																															
1/31	Carolina Classic	10:15.28																																																																																															
2/6	Giegengack Invite	10:15.32																																																																																															
1/31	Carolina Classic	10:16.83																																																																																															
2/7	CNU Invite	10:17.47																																																																																															
2/28	NE Championships	10:17.91																																																																																															
Date	Meet	Distance																																																																																															
3/7	VTech LC	20-10																																																																																															
1/16	NYU Gotham Cup	19-7																																																																																															
12/5	Jack Pyrah Invite	19-0																																																																																															
1/23	Great Dane Classic	18-9 1/4																																																																																															
12/6	ISU Early Bird	18-8 1/2																																																																																															
12/5	Jack Pyrah Invite	18-7 3/4																																																																																															
2/20	A-10 Championship	18-3																																																																																															
2/20	A-10 Championship	18-1 1/2																																																																																															
12/5	Golden Flash Gala	17-11																																																																																															
2/20	A-10 Championship	17-10 1/4																																																																																															
2/7	Giegengack Invite	17-8 1/4																																																																																															
12/5	Golden Flash Gala	17-7 3/4																																																																																															
2/20	A-10 Championship	17-6 3/4																																																																																															
2/13	Valentine Invite	17-6 1/4																																																																																															
1/24	Liberty Open	17-6																																																																																															

*denotes hand time

2008-09 Atlantic 10 Women's Indoor Track & Field Performance Lists (page 3)

Triple Jump	Date	Meet	Distance	Weight Throw	Date	Meet	Distance
<i>ECAC Qualifying Mark: 38-4 3/4 (11.70m)</i>				<i>ECAC Qualifying Mark: 52-6 (16.00m)</i>			
1. Amanda Fraser (URI)	3/8	ECAC Championsh.	41-3	1. Amanda Cole (TU)	3/7	ECAC Champions.	62-5
2. Brittney Cloudy (SLU)	2/21	A-10 Championship	39-9 1/4	2. Mallory Barnes (UD)	1/31	Findlay Classic	60-4 1/2
3. Ananda Fraser (URI)	2/21	A-10 Championship	39-4	3. Molly McCarty (UD)	2/20	A-10 Championship	56-6
4. Danielle Brown (CHA)	1/30	Penn State Open	39-1	4. Crystal Bourque (URI)	1/16	Sorlein Invite	54-6 3/4
5. Stephanie Aguguo (UM)	2/21	A-10 Championship	38-6	5. Samella Koroma (UR)	2/7	New Balance Invite	54-4
6. X'Auntasia Johnson (UR)	2/21	A-10 Championship	38-5	6. Kerry Allen (UD)	2/20	A-10 Championship	52-6 1/2
7. Catherine Groene (FOR)	1/29	Metro Championship	38-4	7. Monica Howard (UR)	2/20	A-10 Championship	51-9 1/4
8. Sequoia McBall (TU)	2/14	Bucknell Winter	37-11 1/2	8. Sharonda Bailey (CHA)	2/20	A-10 Championship	50-8 1/4
9. Nohjay Nimpson (SJU)	1/9	Delaware Invite	37-8 1/2	9. Meaghan McGovern (UR)	2/20	A-10 Championship	50-6 1/4
10. Megan Ney (UR)	1/19	Tarrapin Invitational	37-5 1/4	10. Lisa Wilson (UM)	1/23	Great Dane Classic	50-4
11. Ida Okkonen (UM)	2/21	A-10 Championship	36-10 1/4	11. Arin Whitman (DUQ)	2/5	Slippery Rock Open	50-3
12. Natatia Nugent (URI)	1/31	URI Invite	36-7	12. Lisa Wilson (UM)	2/7	Giegengack Invite	49-1 3/4
13. Sara Fox (CHA)	12/5	Appalachian St.	36-6 3/4	13. Tayla Sawtelle (URI)	12/6	Alden Invite	48-9
14. Sequoia McBall (TU)	2/21	A-10 Championship	36-4 1/4	14. Anna Alexandrov (SLU)	2/20	A-10 Championship	47-2 1/4
15. TyLynn Graham (URI)	2/21	A-10 Championship	36-2 3/4	15. C. Van Dodewaard (CHA)	2/20	A-10 Championship	44-8

Pole Vault	Date	Meet	Distance	4x400-Meter Relay	Date	Meet	Time
<i>ECAC Qualifying Mark: 11-9 3/4 (3.60m)</i>				<i>ECAC Qualifying Time: 3:53.94</i>			
1. Courtney Siebenaller (UD)	2/14	Akron Invite	13-0 1/4	1. Temple	3/7	ECAC Champions.	3:43.39
2. Kristen Bakanowski (UM)	3/8	ECAC Championsh.	12-9 1/2	2. Rhode Island	2/28	NE Championships	3:46.95
3. Stephanie Gregory (URI)	2/20	A-10 Championship	11-3 3/4	3. Charlotte	1/31	Penn State Open	3:47.33
4. Katie DeVault (UD)	2/20	A-10 Championship	11-3 3/4	4. Massachusetts	1/15	Boston University	3:53.70
5. Melissa Gale (TU)	2/14	Bucknell Winter	10-11 3/4	5. Saint Joseph's	1/31	Penn State Open	3:53.77
6. Makenzie Mullinax (CHA)	2/13	Clemson Invite	10-10 3/4	6. Duquesne	1/23	Great Dane Classic	3:54.15
7. Daniela Siciliano (DUQ)	2/20	A-10 Championship	10-10	7. La Salle	2/13	Rider/Lafayette	3:54.74
8. Erin Baldringer (UD)	1/30	Findlay Classic	10-8	8. Dayton	1/17	Kent State	3:55.32
9. Jenelle Denehy (UM)	2/28	NE Championships	10-6 1/4	9. Fordham	2/13	Valentine Invite	3:57.73
10. Molly Chapin (UM)	2/13	Valentine Invite	10-6	10. Xavier	2/21	A-10 Championship	4:05.01
11. Maggie McGowan (FOR)	1/9	Metro Coaches Inv.	10-4	11. Saint Louis	1/31	McDonald's Invite	4:05.34
12. Megan Boivin (CHA)	2/20	A-10 Championship	10-4	12. Richmond	2/21	A-10 Championship	4:05.94
Shannon Garzoni (CHA)	12/5	Appalachian St.	10-0				
Lindsey Pfau (UM)	2/7	Giegengack Invite	10-0				
Jillian Pizzo (URI)	1/23	Terrier Classic	10-0				
Pembroke Strickland (UD)	1/17	Kent State	10-0				
Dusti Varland (LAS)	1/31	Delaware Invite	10-0				

Shot Put	Date	Meet	Distance	4x800-Meter Relay	Date	Meet	Time
<i>ECAC Qualifying Mark: 44-7 1/2 (13.60m)</i>				<i>ECAC Qualifying Time 9:25.24</i>			
1. Johnna Zaccari (UD)	2/21	A-10 Championship	45-11 1/4	1. Charlotte	2/21	A-10 Championship	9:10.20
2. Lisa Wilson (UM)	1/23	Great Dane Classic	44-6	2. Dayton	2/21	A-10 Championship	9:13.06
3. Caitlin van Dodewaard (CHA)	1/31	Penn State Open	44-1 1/4	3. La Salle	2/21	A-10 Championship	9:17.76
4. Mallory Barnes (UD)	1/10	Indiana Open	43-9	4. Fordham	1/24	Terrier Classic	9:19.10
5. Amanda Cole (TU)	1/24	Terrier Classic	43-8 1/2	5. Saint Louis	2/21	A-10 Championship	9:21.37
6. Molly McCarty (UD)	2/21	A-10 Championship	43-7 1/4	6. Xavier	1/31	Indiana Relays	9:22.17
7. Corinne Free (DUQ)	1/23	WVU State Farm	43-3	7. Temple	2/21	A-10 Championship	9:22.78
8. Sarah Allen (UD)	2/14	Akron Invite	40-11	8. Massachusetts	2/28	NE Championships	9:22.87
9. Nellie Henigin (UR)	12/6	CNU Holiday	40-9 3/4	9. Rhode Island	2/28	NE Championships	9:26.29
10. Korrey Willis (DUQ)	2/5	Slippery Rock Open	40-7	10. Saint Joseph's	1/10	PSU Relays	9:27.18
11. Samella Koroma (UR)	2/21	A-10 Championship	40-4	11. Duquesne	1/31	Penn State Open	9:29.86
12. Monica Howard (UR)	2/13	Liberty Quad	40-3 1/2	12. Richmond	2/21	A-10 Championship	9:35.53
13. Nellie Henigin (UR)	2/21	A-10 Championship	39-8 3/4				
14. Arin Whitman (DUQ)	2/21	A-10 Championship	39-8 1/2				
15. Sommer Cloinger (URI)	1/31	URI Invite	39-6				

*denotes hand time
+ Converted from 4x440-yard relay

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Distance Medley Relay	Date	Meet	Time
<i>ECAC Qualifying Mark: 12:08.64</i>			
1. Dayton	1/17	Kent State	11:48.22
2. Charlotte	2/20	A-10 Championship	11:53.47
3. Xavier	2/20	A-10 Championship	11:58.43
4. Richmond	2/20	A-10 Championship	12:02.68
5. Massachusetts	2/28	NE Championships	12:04.19
6. La Salle	2/20	A-10 Championship	12:06.98
7. Saint Joseph's	2/20	A-10 Championship	12:07.90
8. Duquesne	1/31	Penn State Open	12:15.82
9. Rhode Island	2/20	A-10 Championship	12:24.72
10. Saint Louis	2/20	A-10 Championship	12:32.76
11. Fordham	1/29	Metro Championship	12:35.93
12.			



Pentathlon	Date	Meet	Time
<i>ECAC Qualifying Mark: 3450 points</i>			
1. Devon Dupont (TU)	1/31	Bison Multi	3457
2. Jeana Fletcher (FOR)	2/13	Valentine Invite	3410
3. Amy Kremer (UD)	1/31	Findlay Classic	3280
4. Emily Krizmanic (UD)	1/31	Findlay Classic	2718
Shaniece Stonewall (TU)	1/31	Bison Multi	2718
6. Kallyn Falvo (CHA)	1/24	Liberty Open	2678
7. Megan Ney (UR)	1/24	Hampton Invite	2657
8. Marisa Dickey (CHA)	1/24	Liberty Open	2542
9. Gretchen Anderson (UR)	1/24	Hampton Invite	2257
10.			
11.			
12.			

Field Performer of the Year:

Mallory Barnes (UD)

Track Performer of the Year:

Paris Williams (TU)

Rookie of the Year:

Courtney Siebenaller (UD)

Coach of the Year:

Adam Steinwachs (UD)

Performer of the Week

- 12/8 Lamarra Currie, Charlotte
- 12/5 Jeana Fletcher, Fordham
- 1/12 Ashley Cattran, Dayton /
Amanda Cole, Temple
- 1/19 Lamarra Currie, Charlotte
- 1/26 Christa Plummer, La Salle
- 2/2 Ashley Cattran, Dayton
- 2/9 Amanda Cole, Temple /
Aja Jackson, Charlotte
- 2/16 Ashley Cattran, Dayton

Rookie of the Week

- 12/8 Brittney Cloudy, Saint Louis
- 12/5 Emily Warren, Fordham
- 1/12 Courtney Siebnaller, Dayton
- 1/19 Brittney Cloudy, Saint Louis
- 1/26 Courtney Siebenaller, Dayton
- 2/2 Kalyn Sheehan, Rhode Island
- 2/9 Kalyn Sheehan, Rhode Island
- 2/16 Courtney Siebenaller, Dayton