

2009 Atlantic 10 Women's Outdoor Track & Field Performance Lists (3/24/09)

100-Meter Dash	Date	Meet	Time	400-Meter Dash	Date	Meet	Time
<i>ECAC Qualifying Time: 12.12</i>				<i>ECAC Qualifying Time: 56.14</i>			
1. Lamarra Currie (CHA)	3/20	49er Classic	11.29	1. Kortnie Coleman (CHA)	3/20	49er Classic	54.85
2. Pat Springs (CHA)	3/20	49er Classic	11.65	2. Paris Williams (TU)	3/20	Wake Forest	56.68
3. Sirrell Butler (CHA)	3/20	49er Classic	11.83	3. Ebonie Cunningham (CHA)	3/20	49er Classic	56.89
4. Chalonda Silver (CHA)	3/20	49er Classic	12.20	4. Olivia Brown (CHA)	3/20	49er Classic	57.21
5. Ashley Bethune (CHA)	3/20	49er Classic	12.25	5. Najla Singleton (URI)	3/20	Hurricane Invitational	57.24
6. Toree Roseboro (CHA)	3/20	49er Classic	12.33	6. Brittani Peltz (XU)	3/21	Early Bird Relays	59.06
7. Ashley Robinson (URI)	3/20	Hurricane Invitational	12.44	7. Brittani Adams (TU)	3/20	Wake Forest	1:00.21
8. Geneen Dore (UR)	3/20	Wake Forest	12.53	8. Kelly Connolly (FOR)	3/21	Morgan St. Classic	1:02.03
9. Devon DuPont (TU)	3/20	Wake Forest	12.53	9. Lauryn Dugan (XU)	3/21	Early Bird Relays	1:02.04
10. Brittany Thomas (UD)	3/21	UC Early Bird Relays	12.58	10. Sam English (UD)	3/21	UC Early Bird Relays	1:02.84
11. Lauren McCormick (UD)	3/21	UC Early Bird Relays	12.74	11. Kerry Kwalwasser (FOR)	3/21	Morgan St. Classic	1:03.58
12. Kate Muskat (UD)	3/21	UC Early Bird Relays	12.95	12. Deanna Minasi (FOR)	3/21	Morgan St. Classic	1:04.80
13. Elisabeth Warren (FOR)	3/21	Morgan St. Classic	13.03	13. Gisele Adanlete (UR)	3/20	Wake Forest	1:06.10
14. Sherilyn Groeninger (FOR)	3/21	Morgan St. Classic	13.05	14. Danna Deans (XU)	3/21	Early Bird Relays	1:07.59
15. Christine Willeford (FOR)	3/21	Morgan St. Classic	13.19	15.			
100-Meter Hurdles				400-Meter Hurdles			
<i>ECAC Qualifying Time: 14.44</i>				<i>ECAC Qualifying Time: 1:02.54</i>			
1. Sunita Brathwaite (CHA)	3/20	49er Classic	14.05	1. Assata Cowart (TU)	3/20	Wake Forest	1:02.02
2. Lanaire Lindo (CHA)	3/20	49er Classic	14.08	2. Kalyn Sheehan (URI)	3/20	Hurricane Invitational	1:04.19
3. Brittany Clybourn (TU)	3/20	Wake Forest	14.73	3. Shanice Jones (CHA)	3/20	49er Classic	1:05.98
4. Lara-Jane Que (URI)	3/20	Hurricane Invitational	14.73	4. Emily Tyler (XU)	3/21	Early Bird Relays	1:06.74
5. TyLynn Graham (URI)	3/20	Hurricane Invitational	14.78	5. Catherine Groene (FOR)	3/21	Morgan St. Classic	1:07.50
6. Ashley Bethune (CHA)	3/20	49er Classic	14.94	6. Cecily Young (CHA)	3/20	49er Classic	1:07.70
7. Kalyn Sheehan (URI)	3/20	Hurricane Invitational	14.94	7. Koree Roseboro (CHA)	3/20	49er Classic	1:09.59
8. Andrea Cornell (UD)	3/21	UC Early Bird Relays	15.02	8. Sarah Howley (UD)	3/21	UC Early Bird Relays	1:09.84
9. Devon DuPont (TU)	3/20	Wake Forest	15.08	9. Kerry Kelly (UR)	3/20	Wake Forest	1:12.02
10. Shanice Jones (CHA)	3/20	49er Classic	15.27	10.			
11. Tacara Morissey (CHA)	3/20	49er Classic	15.33	11.			
12. Chantee Mathews (UD)	3/21	UC Early Bird Relays	15.56	12.			
13. Emily Tyler (XU)	3/21	Early Bird Relays	15.77	13.			
14. Jeana Fletcher (FOR)	3/21	Morgan St. Classic	16.31	14.			
15. Gretchen Anderson (URI)	3/20	Wake Forest	18.06	15.			
200-Meter Dash				800-Meter Run			
<i>ECAC Qualifying Time: 24.88</i>				<i>ECAC Qualifying Time: 2:11.44</i>			
1. Ebonie Cunningham (CHA)	3/20	49er Classic	24.78	1. Aja Jackson (CHA)	3/20	49er Classic	2:10.51
2. Kortnie Coleman (CHA)	3/20	49er Classic	24.93	2. Grace Venzor (XU)	3/21	Early Bird Relays	2:17.31
3. Sirell Butler (CHA)	3/20	49er Classic	25.11	3. Tamisha Stephens (TU)	3/20	Wake Forest	2:17.90
4. Ashley Robinson (URI)	3/20	Hurricane Invitational	25.21	4. Jackie Ross (CHA)	3/20	49er Classic	2:18.06
5. Najla Singleton (URI)	3/20	Hurricane Invitational	25.32	5. Andi Defonce (UR)	3/20	Wake Forest	2:19.23
6. Olivia Brown (CHA)	3/20	49er Classic	25.39	6. Stacy Chew (UD)	3/21	UC Early Bird Relays	2:19.98
7. Toree Roseboro (CHA)	3/20	49er Classic	25.67	7. Assata Cowart (TU)	3/20	Wake Forest	2:20.38
8. Lauren McCormick (UD)	3/21	UC Early Bird Relays	25.84	8. Christina Hobbs (CHA)	3/20	49er Classic	2:21.35
9. Carleen Allison (TU)	3/20	Wake Forest	25.90	9. Kelsey Erlenbaugh (XU)	3/21	Early Bird Relays	2:22.04
10. Paris Williams (TU)	3/20	Wake Forest	26.11	10. Rachel Weber (UD)	3/21	UC Early Bird Relays	2:22.14
11. Brittany Thomas (UD)	3/21	UC Early Bird Relays	26.34	11. Ashley Stick (XU)	3/21	Early Bird Relays	2:23.81
12. Brittani Adams (TU)	3/20	Wake Forest	26.69	12. Micayla McGinn (XU)	3/21	Early Bird Relays	2:24.75
13. Rose Drayton (TU)	3/20	Wake Forest	26.81	13. Shadaya Bennett (TU)	3/20	Wake Forest	2:25.03
14. Elisabeth Warren (FOR)	3/21	Morgan St. Classic	26.96	14. Mary Lesage (FOR)	3/21	Morgan St. Classic	2:28.67
15. Christina Abebreseh (TU)	3/20	Wake Forest	27.03	15. Lauren Sweeney (FOR)	3/21	Morgan St. Classic	2:30.17

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1,500-Meter Run	Date	Meet	Time	10,000-Meter Run	Date	Meet	Time
<i>ECAC Qualifying Run: 4:32.44</i>				<i>ECAC Qualifying Time: 37:40.00</i>			
1. Aja Jackson (CHA)	3/20	49er Classic	4:31.92	1.			
2. Keara Thomas (CHA)	3/20	49er Classic	4:41.30	2.			
3. Jackie Ross (CHA)	3/20	49er Classic	4:41.99	3.			
4. Stephanie Snyder (CHA)	3/20	49er Classic	4:43.57	4.			
5. Liz Coorey (UD)	3/21	UC Early Bird Relays	4:43.99	5.			
6. Melissa Salerno (FOR)	3/21	Morgan St. Classic	4:44.86	6.			
7. Kate Phillips (XU)	3/21	Early Bird Relays	4:45.07	7.			
8. Kelly Johnson (UD)	3/21	UC Early Bird Relays	4:45.09	8.			
9. Bethany Moore (XU)	3/21	Early Bird Relays	4:45.77	9.			
10. Caylin Howell (XU)	3/21	Early Bird Relays	4:51.74	10.			
11. Tamisha Stephens (TU)	3/20	Wake Forest	4:54.40	11.			
12. Lindsey Cummings (UD)	3/21	UC Early Bird Relays	4:55.76	12.			
13. Kate Tejkl (UD)	3/21	UC Early Bird Relays	4:56.72	13.			
14. Kathleen Reilly (FOR)	3/21	Morgan St. Classic	4:57.32	14.			
15. Megan Casey (XU)	3/21	Early Bird Relays	4:57.73	15.			

3,000-Meter Steeplechase	Date	Meet	Time	High Jump	Date	Meet	Height
<i>ECAC Qualifying Time: 10:55.04</i>				<i>ECAC Qualifying Mark: 5-7</i>			
1. Rebecca Mims (TU)	3/20	Wake Forest	10:43.57	1. Shayna Daugherty (URI)	3/20	Hurricane Invitational	5-7
2. Kristin Mitchell (CHA)	3/20	49er Classic	11:28.94	2. Tiffany Maske (UD)	3/21	UC Early Bird Relays	5-4 1/4
3. Ellen Nienhaus (UD)	3/21	UC Early Bird Relays	11:40.82	Lauryn Fougerousse (UD)	3/21	UC Early Bird Relays	5-4 1/4
4.				Talittha Smith (TU)	3/20	Wake Forest	5-4 1/4
5.				5. Megan Ney (UR)	3/20	Wake Forest	5-2 1/4
6.				6. Jeana Fletcher (FOR)	3/21	Morgan St. Classic	5-2
7.				7. Kaly Falvo (CHA)	3/20	49er Classic	5-0 1/2
8.				8. Micayla McGinn (XU)	3/21	Early Bird Relays	4-10 1/4
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12.				12.			
13.				13.			
14.				14.			
15.				15.			

5,000-Meter Run	Date	Meet	Time	Long Jump	Date	Meet	Distance
<i>ECAC Qualifying Time: 17:26.14</i>				<i>ECAC Qualifying Mark: 19-0 1/2</i>			
1. Beck Clark (XU)	3/21	Early Bird Relays	17:15.97	1. Ananda Fraser (URI)	3/20	Hurricane Invitational	18-3
2. Maureen Bulgrin (UD)	3/21	UC Early Bird Relays	17:21.01	2. Megan Ney (UR)	3/20	Wake Forest	17-11 3/4
3. Elissa Mason (UD)	3/21	UC Early Bird Relays	17:49.89	3. Devon DuPont (TU)	3/20	Wake Forest	17-4 3/4
4. Caitlin Thomas (XU)	3/21	Early Bird Relays	18:18.90	4. Emily Krizmanic (UD)	3/21	UC Early Bird Relays	17-4
5. Angela Menke (XU)	3/21	Early Bird Relays	18:22.04	Andrea Funk (UD)	3/21	UC Early Bird Relays	17-4
6. Amy Sanders (XU)	3/21	Early Bird Relays	18:27.02	6. Brittany Clybourn (TU)	3/20	Wake Forest	17-3 1/2
7. Danielle Meiners (XU)	3/21	Early Bird Relays	19:13.81	7. Danielle Brown (CHA)	3/20	49er Classic	17-2 1/4
8. Samantha Milroy (XU)	3/21	Early Bird Relays	20:00.49	8. Elisabeth Warren (FOR)	3/21	Morgan St. Classic	17-2
9.				9. Danna Deans (XU)	3/21	Early Bird Relays	16-10 3/4
10.				10. Amy Kremer (UD)	3/21	UC Early Bird Relays	16-10
11.				11. Shanice Stonewall (TU)	3/20	Wake Forest	16-7 1/4
12.				12. Emily Tyler (XU)	3/21	Early Bird Relays	15-9 3/4
13.				13.			
14.				14.			
15.				15.			

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Triple Jump			Distance Discus				
Date	Meet	Distance	Date	Meet	Distance		
<i>ECAC Qualifying Mark: 39-0</i>			<i>ECAC Qualifying Mark: 139-5</i>				
1. Ananda Fraser (URI)	3/20	Hurricane Invitational	40-11	1. Caitlin van Dodewaard (CHA)	3/20	49er Classic	144-0
2. TyLynn Graham (URI)	3/20	Hurricane Invitational	37-11	2. Mallory Barnes (UD)	3/21	UC Early Bird Relays	140-6
3. Danielle Brown (CHA)	3/20	49er Classic	37-1	3. Monica Howard (UR)	3/20	Wake Forest	140-3
4. Catherine Groene (FOR)	3/21	Morgan St. Classic	36-10 1/4	4. Lindsey Pate (CHA)	3/20	49er Classic	140-1
5. Sara Fox (CHA)	3/20	49er Classic	36-7	5. Emily Overmyer (UD)	3/21	UC Early Bird Relays	131-5
6. Megan Ney (UR)	3/20	Wake Forest	35-3 1/4	6. Sharonda Bailey (CHA)	3/20	49er Classic	128-10
7. Sequoia McBall (TU)	3/20	Wake Forest	35-2	7. Jasmine Jennings (URI)	3/20	Hurricane Invitational	127-11
8. Andrea Funk (UD)	3/21	UC Early Bird Relays	34-8 1/4	8. Heather Roush (UR)	3/20	Wake Forest	125-0
9. Kate Muskat (UD)	3/21	UC Early Bird Relays	32-7 3/4	9. Molly McCarty (UD)	3/21	UC Early Bird Relays	119-8
10.				10. Crystal Bourque (URI)	3/20	Hurricane Invitational	109-11
11.				11. Kate Anderson (XU)	3/21	Early Bird Relays	105-8
12.				12. Nellie Henigin (UR)	3/20	Wake Forest	83-2
13.				13.			
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Pole Vault			Javelin				
Date	Meet	Distance	Date	Meet	Distance		
<i>ECAC Qualifying Mark: 11-11 3/4</i>			<i>ECAC Qualifying Mark: 132-10</i>				
1. Courtney Siebenaller (UD)	3/21	UC Early Bird Relays	11-9 3/4	1. Heather Roush (UR)	3/20	Wake Forest	127-10
2. Makenzie Mullinax (CHA)	3/20	49er Classic	10-8	2. Crystal Bourque (URI)	3/20	Hurricane Invitational	121-9
3. Erin Baldinger (UD)	3/21	UC Early Bird Relays	10-4	3. Micailah Brock (UD)	3/21	UC Early Bird Relays	119-3
Megan Boivin (CHA)	3/20	49er Classic	10-4	4. Amy Kremer (UD)	3/21	UC Early Bird Relays	117-2
Katie DeVault (UD)	3/21	UC Early Bird Relays	10-4	5. Emily Krizmanic (UD)	3/21	UC Early Bird Relays	112-0
6. Shannon Garzoni (CHA)	3/20	49er Classic	9-8	6. Katie Anderson (XU)	3/21	Early Bird Relays	107-11
7.				7. Alex Oszustowicz (UR)	3/20	Wake Forest	106-4
8.				8. Katie Roberts (CHA)	3/20	49er Classic	104-8
9.				9. Emma Steinmetz (UD)	3/21	UC Early Bird Relays	104-6
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Shot Put			Hammer Throw				
Date	Meet	Distance	Date	Meet	Distance		
<i>ECAC Qualifying Mark: 44-7 1/2</i>			<i>ECAC Qualifying Mark: 162-5</i>				
1. Johnna Zaccari (UD)	3/21	UC Early Bird Relays	43-8 3/4	1. Jasmine Jennings (URI)	3/20	Hurricane Invitational	194-0
2. Mallory Barnes (UD)	3/21	UC Early Bird Relays	43-5 3/4	2. Amanda Cole (TU)	3/20	Wake Forest	186-7
3. Sarah Allen (UD)	3/21	UC Early Bird Relays	42-11	3. Mallory Barnes (UD)	3/21	UC Early Bird Relays	176-0
4. Molly McCarty (UD)	3/21	UC Early Bird Relays	42-8	4. Crystal Bourque (URI)	3/20	Hurricane Invitational	168-5
5. Jasmine Jennings (URI)	3/20	Hurricane Invitational	42-6	5. Meaghan McGovern (UR)	3/20	Wake Forest	166-3
6. Caitlin van Dodewaard (CHA)	3/20	49er Classic	42-3 1/4	6. Molly McCarty (UD)	3/21	UC Early Bird Relays	145-6
7. Kerry Allen (UD)	3/21	UC Early Bird Relays	39-9 1/4	7. Monica Howard (UR)	3/20	Wake Forest	142-6
8. Nellie Henigin (UR)	3/20	Wake Forest	39-6 3/4	8. Kerry Allen (UD)	3/21	UC Early Bird Relays	136-6
9. Amanda Cole (TU)	3/20	Wake Forest	38-4	9. Sharonda Bailey (CHA)	3/20	49er Classic	128-4
10. Monica Howard (UR)	3/20	Wake Forest	37-0 1/2	10. Caitlin van Dodewaard (CHA)	3/20	49er Classic	126-4
11. Heather Roush (UR)	3/20	Wake Forest	36-0 1/4	11. Emily Overmyer (UD)	3/21	UC Early Bird Relays	120-5
12. Sharonda Bailey (CHA)	3/20	49er Classic	35-11 1/2	12. Nellie Henigin (UR)	3/20	Wake Forest	117-2
13. Crystal Bourque (URI)	3/20	Hurricane Invitational	34-6	13. Heather Roush (UR)	3/20	Wake Forest	116-6
14. Alex Oszustowicz (UR)	3/20	Wake Forest	29-7 1/2	14. Shana Caballes (CHA)	3/20	49er Classic	112-8
15.				15.			

2009 Atlantic 10 Women's Outdoor Track & Field Performance Lists (page 4)

Heptathlon	Date	Meet	Points
<i>ECAC Qualifying Mark: 4500 points</i>			
1. Kalyn Falvo (CHA)	3/20	49er Classic	3786
2. Tacara Morissey (CHA)	3/20	49er Classic	3701
3. Sara Fox (CHA)	3/20	49er Classic	3692
4. Marisa Dickey (CHA)	3/20	49er Classic	3587
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4x100-Meter Relay	Date	Meet	Time
<i>ECAC Qualifying Time: 48.34</i>			
1. Charlotte	3/20	49er Classic	45.88
2. Temple	3/20	Wake Forest	48.26
3. Xavier	3/21	Early Bird Relays	50.48
4. Fordham	3/21	Morgan St. Classic	51.11
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Performer of the Week

3/23 - Amanda Cole, Temple /
Lamarra Currie, Charlotte

Rookie of the Week

3/23 - Caitlin Van Dodewaard, Charlotte /
Ananda Fraser, Rhode Island

4x400-Meter Relay	Date	Meet	Time
<i>ECAC Qualifying Time: 3:51.84</i>			
1. Charlotte	3/20	49er Classic	3:45.24
2. Temple	3/20	Wake Forest	3:49.78
3. Dayton	3/21	UC Early Bird Relays	4:00.37
4. Fordham	3/21	Morgan St. Classic	4:03.46
5. Richmond	3/20	Wake Forest	4:13.20
6. Xavier	3/21	Early Bird Relays	4:15.57
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4x800-Meter Relay	Date	Meet	Time
<i>ECAC Qualifying Time: 9:16.24</i>			
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* Hand Time