



2006-07 Women's Indoor Season's Best List



55-meter dash

1. 7.49 - K. James-Wintjen (BH)
2. 7.64 - Chessa Forer (BH)
3. 7.67 - Kristen Steele (BH)
4. 7.71 - Stephanie Evans (BH)
5. 7.74 - Lesley Emons (BH)

60-meter dash

1. 7.99 - Chessa Forer (BWC)
2. 8.00 - K. James-Wintjen (BOr) (2)
2. 8.08 - C. Trentacoste (BOr) (5)
4. 8.10 - Stephanie Evans (PL) (8)
5. 8.16 - Kristen Steele (BWC)

55-meter hurdles

1. 8.25 - C. Trentacoste (BH) (2) E
2. 8.49 - Melanie Buczko (BH)
3. 8.59 - Nina Reinhardt (BH)
4. 8.95 - Ashley Curry (BWC)
5. 9.01 - Amy Mantush (BOM)

60-meter hurdles

1. 8.78 - C. Trentacoste (PL) (1) E
2. 8.89 - Melanie Buczko (PL)
3. 9.19 - Nina Reinhardt (PL)
4. 9.54 - Kaite Beckett (BOM)
5. 9.62 - Kat Allen (BOr)

200-meter dash

1. 25.86 - K. James-Wintjen (PNI) (8)
2. 26.04 - C. Trentacoste (SS) (10)
3. 26.32 - S. VanderBroek (PL)
4. 26.67 - Stephanie Evans (BWC)
5. 26.68 - Chessa Forer (BWC)

400-meter dash

1. 57.52 - C. Trentacoste (AO)
2. 58.67 - Megan Hathaway (AO)
3. 58.69 - K. James-Wintjen (AO)
4. 59.47 - Jenny Dalzell (AO)
5. 59.82 - Jennifer Pierce (PL)

500-meter dash

1. 1:16.46 - Megan Hathaway (PL)
2. 1:17.37 - Jenny Dalzell (PL)
2. 1:18.27 - Mariel Fink (BH)
4. 1:18.31 - Allison Janda (PL)
5. 1:19.90 - Jennifer Pierce (PNI)

800-meter run

1. 2:09.99 - Christa Sawko (ECAC) E
2. 2:15.96 - Victoria Gilbert (PL)
3. 2:16.41 - Cranmer-Hart (BWC)
4. 2:17.35 - O. Hanson-Hall (AO)
5. 2:17.73 - Mariel Fink (AO)

1,000-meter run

1. 2:56.69 - Christa Sawko (BH) E
2. 2:57.87 - E. Cramner-Hart (BH)
3. 2:59.32 - O. Hanson-Hall (PL)
4. 3:05.16 - Laura Cundey (BWC)
5. 3:05.73 - Victoria Gilbert (BWC)

Mile run

1. 4:53.78 - Cranmer-Hart (ECAC)(2) E
2. 4:58.11 - Christa Sawko (AO) (4) E
3. 5:08.31 - Jennifer Stevens (BH)
4. 5:09.65 - Leanna Nastase (BWC)
5. 5:15.01 - Christy Totten (GR)

3,000-meter run

1. 10:01.20 - Leanna Nastase (AO)
2. 10:02.26 - Jenny Stevens (PL) (6)
3. 10:10.87 - E. Cramner-Hart (BOr)
4. 10:13.88 - Christy Totten (AO)
5. 10:15.60 - Nicole Falcaro (PL)

5,000-meter run

1. 17:22.73 - Leanna Nastase (ECAC)
2. 17:30.78 - Jenny Stevens (AO) (8)
3. 18:03.85 - Chrity Totten (BH)
4. 18:08.12 - Nicole Falcaro (BH)
5. 18:28.26 - Mollie Harms (PL)

Long Jump

1. 18-3 1/4 - Nina Reinhardt (BOr)
2. 17-11 3/4 - Amy Mantush (PL)
3. 17-4 - Jenny Pierce (GR)
4. 17-2 3/4 - Kati Dempsey (PL)
5. 17-2 - Nicole Ayala (GR)

High Jump

1. 5-8 - Amy Mantush (PL) (1)
2. 5-1 1/4 - Nina Reinhardt (BOM)
- 5-1 1/4 - Becky Eppleman
4. 5-1 - Kati Dempsey (BOr)
- 5-1 - Denise Manero (BOM)

Triple Jump

1. 37-9 1/2 - Ann Doty (PL)
2. 37-4 1/2 - Nicole Ayale (BOr)
3. 36-11 - Denise Manero (PL)
4. 35-0 1/2 - A. Kronquist (PL)
5. 33-7 1/2 - Stephanie Evans (GR)

Pole Vault

1. 13-4 1/4 - M. Buczko (BWC) NP E
2. 12-3 1/2 - Angie Hall (PL) E
3. 10-10 - Ashley Curry (PL)
4. 10-6 - Alyson Cobb (GR)
5. 9-4 1/4 - A. Kronquist (BOr)

Shot Put

1. 46-2 - Marjorie Grap (GR) (1) E
2. 41-4 1/4 - A. Mockbee (PL)
3. 40-8 1/4 - C. Mustante (AO)
4. 40-7 3/4 - K. Hart (PL)
5. 35-6 1/2 - Nina Reinhardt (GR)

Weight Throw

1. 65-7 1/2 - M. Grap (PNI) (1) NP E
2. 51-9 3/4 - A. Mockbee (GR) (6)
3. 47-1 - Kathleen Hart (BOM)
4. 45-5 3/4 - C. Mustante (PL)
5. 35-8 3/4 - Nina Reinhardt (BOM)

4x400 Relays

1. 3:53.15 - Trentacoste, James-Wintjen, Pierce, Sawko (PNI) (7) E
2. 3:55.10 - Trentacoste, Hathaway, Dalzell, Pierce (ECAC)
3. 3:57.64 - Trentacoste, Hathaway, Pierce, Sawko (BH)
4. 4:01.75 - Trentacoste, Hathaway, Dalzell, James-Wintjen (AO)
5. 4:02.75 - Allen, Pierce, Fink, Sawko (GR)

4x800 Relays

1. 9:09.03 - Hanson-Hall, Gilbert, Fink, Sawko (PL) E
2. 9:37.11 - Hanson-Hall, Gilbert, Cranmer-Hart, Janda (BH)
3. 9:42.83 - Gilbert, Hanson-Hall, Strunk, Shambaugh (GR)
4. 10:04.04 - Strunk, Cundy, Shambaugh, Hibbert (BH)
5. 10:27.02 - Cundy, Miller, Selonik, Castafero (GR)

Sprint Medley Relays

1. 4:05.44 - Trentacoste, James-Wintjen, Forer, Sawko (GR) (1)
2. 4:16.59 - Hathaway, Reinhardt, Mantush, Fink (GR) (5)
3. 4:28.36 - Allen, Pierce, Evans, Shambaugh (GR)

Distance Medley Relays

1. 12:18.82 - Stevens, Dalzell, Hanson-Hall, Cranmer-Hart (GR)
2. 12:20.21 - Cundey, Strunk, Janda, Sawko (PL)
3. 13:35.70 - Janda, Coffin, Shambaugh, Behre (GR)
4. 12:38.54 - Cundey, Welsted, Strunk, Hibbert (BOM)

Pentathlon

1. 3,504 - Nina Reinhardt (BOM) (1) E
2. 3,351 - Amy Mnatush (PL) (5)
3. 3,042 - KAt Allen (PL) (10)
4. 2,648 - Becky Eppleman (BOM)
5. 2,560 - Kati Dempsey (BOM)

(1) - Bucknell Top Ten

- E - ECAC
 NP - NCAA Provisional
 NA - NCAA Automatic
 (BOr) - Bison Opener
 (GR) - Gulden Relays
 (BH) - Bucknell Heptagonal
 (BOM) - Bison Open and Multi
 (PNI) - PSU National Invitational
 (AO) - Akron Open
 (BWC) - Bucknell Winter Classic
 (SS) - Sykes-Sabok Challenge Cup

(PL) - PL Championships

- (ECAC) - ECAC Championships