

## 2004-2005 Atlantic 10 Indoor Track & Field Reporting Form

Times are due by 2:00 on Mondays during the season. Please email ([shaug@atlantic10.org](mailto:shaug@atlantic10.org)) or fax: 215.545.3342.

<b>55-Meter Dash</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1. Stacia Harold	1/28	Findlay Invite	7.32
2. Aftan Delaney	1/28	Findlay Invite	7.36
3. Stacia Harold	1/15	Ball State Open	7.43
4. Aftan Delaney	1/15	Ball State Open	7.44
5. Lindsey Brown	1/15	Ball State Open	7.48
6. Lindsey Brown	1/28	Findlay Invite	7.49
7. Megan Sweeney	1/15	Ball State Open	7.91
8. Lauren Anders	1/15	Ball State Open	8.35

<b>55-Meter Hurdles</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1. Candace McKinley	1/28	Findlay Invite	8.66
2. Sally Sauerenheimer	1/15	Ball State Open	9.06
3. Candace McKinley	1/15	Ball State Open	9.77
4. Katie Clifford	1/28	Findlay Invite	10.32
5. Katie Clifford	1/15	Ball State Open	10.62
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<b>60-Meter Dash</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1. Aftan Delaney	2/6	Akron Invite	7.87
2. Stacia Harold	1/22	Central Collegiate	7.92
3. Aftan Delaney	2/13	All-Ohio Championships	7.98
4. Lindsey Brown	1/22	Central Collegiate	7.99
5. Stacia Harold	2/13	All-Ohio Championships	8.01
6. Aftan Delaney	1/8	Indiana Hoosier Open	8.05
7. Harold Stacia	1/8	Indiana Hoosier Open	8.05
8. Aftan Delaney	1/22	Central Collegiate	8.18

<b>60-Meter Hurdles</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1. Candace McKinley	2/13	All-Ohio Championships	9.12
2. Sally Sauerenheimer	2/6	Akron Invite	9.60
3. Sally Sauerenheimer	1/8	Indiana Hoosier Open	9.68
4. Katie Clifford	2/6	Akron Invite	10.96
5. Katie Clifford	2/13	All-Ohio Championships	10.96
6. Katie Clifford	1/8	Indiana Hoosier Open	11.29
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<b>200-Meter Dash</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1. Lindsey Brown	2/13	All-Ohio Championships	26.29
2. Micella Davis	2/13	All-Ohio Championships	26.48
3. Aftan Delaney	2/13	All-Ohio Championships	26.71
4. Lindsey Brown	1/28	Findlay Invite	26.84

5. Micella Davis	1/28	Findlay Invite	26.92
6. Micella Davis	1/22	Central Collegiate	27.19
7. Aftan Delaney	1/28	Findlay Invite	27.31
8. Micella Davis	1/8	Indiana Hoosier Open	27.46

<b>300-Meter Dash</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1. Liz Forster	1/15	Ball State Open	43.09
2. Micella Davis	1/15	Ball State Open	44.88
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<b>400-Meter Dash</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1. Liz Forster	1/28	Findlay Invite	1:00.33
2. Liz Forster	1/8	Indiana Hoosier Open	1:00.82
3. Lindsey Brown	2/6	Akron Invite	1:02.92
4. Tara Hentgen	2/6	Akron Invite	1:05.24
5. Kristen Lauer	2/6	Akron Invite	1:07.65
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<b>500-Meter Run</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
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<b>600-Meter Run</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1. Sarah Kessley	1/15	Ball State Open	1:41.46
2. Meg Watkins	1/15	Ball State Open	1:45.90
3. Sally Sauerenheimer	1/28	Findlay Invite	1:50.15
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<b>800-Meter Run</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1. Sarah Kessler	2/6	Akron Invite	2:20.49
2. Liz Forster	2/13	All-Ohio Championships	2:22.32
3. Sarah Kessler	1/15	Ball State Open	2:23.84
4. Sarah Kessler	1/28	Findlay Invite	2:24.08
5. Meg Watkins	1/22	Central Collegiate	2:24.18
6. Meg Watkins	2/13	All-Ohio Championships	2:24.45
7. Liz Forster	2/6	Akron Invite	2:25.34
8. Meg Watkins	1/28	Findlay Invite	2:26.21

<b>1,000-Meter Run</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1. Emily Haas	1/28	Findlay Invite	3:26.67
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<b>One Mile-Run</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1. Sarah Kessler	2/13	All-Ohio Championships	5:06.65
2. Sarah Kessler	1/28	Findlay Invite	5:18.91
3. Lauren Fenske	1/15	Ball State Open	5:24.39
4. Sarah Kessler	1/22	Central Collegiate	5:25.06
5. Emily Deet	2/13	All-Ohio Championships	5:25.15
6. Sarah Kessler	1/8	Indiana Hoosier Open	5:26.48
7. Meg Watkins	1/28	Findlay Invite	5:28.34
8. Michelle Griffin	1/28	Findlay Invite	5:31.67

<b>3,000-Meter Run</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1. Emily Deet	2/6	Akron Invite	10:47.64
2. Michelle Griffin	2/13	All-Ohio Championships	10:55.19
3. Michelle Griffin	2/6	Akron Invite	10:56.00
4. Allison Smith	2/13	All-Ohio Championships	10:56.61
5. Amanda Tucker	2/13	All-Ohio Championships	10:57.65
6. Emily Deet	1/28	Findlay Invite	11:04.7
7. Lauren Fenske	1/8	Indiana Hoosier Open	11:09.68
8. Emily Deet	1/15	Ball State Open	11:19.34

<b>5,000-Meter Run</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1. Allison Smith	2/6	Akron Invite	19:03.81
2. Ruth Hinde	2/6	Akron Invite	19:19.40
3. Amanda Tucker	2/6	Akron Invite	19:20.89
4. Elizabeth Tucker	2/6	Akron Invite	19:52.56
5. Allison Smith	1/22	Central Collegiate	19:58.28

6. Amanda Tucker	1/22	Central Collegiate	20:00.28
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<b>High Jump</b>	<b>Date</b>	<b>Meet</b>	<b>Height (ft)</b>
1. Megan Sweeney	2/13	All-Ohio Championships	5-03.75
2. Megan Sweeney	1/28	Findlay Invite	5-03.00
3. Megan Sweeney	2/6	Akron Invite	5-02.00
4. Megan Sweeney	1/15	Ball State Open	5-01
5. Megan Sweeney	1/8	Indiana Hoosier Open	4-11.75
6. Kristen Lauer	2/13	All-Ohio Championships	4-11.75
7. Kristen Lauer	1/15	Ball State Open	4-11
8. Kristen Lauer	1/28	Findlay Invite	4-11

<b>Long Jump</b>	<b>Date</b>	<b>Meet</b>	<b>Distance (ft)</b>
1. Candace McKinley	2/13	All-Ohio Championships	18-00.25
2. Candace McKinley	1/15	Ball State Open	17-01.75
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<b>Triple Jump</b>	<b>Date</b>	<b>Meet</b>	<b>Distance (ft)</b>
1. Tara Hentgen	1/28	Findlay Invite	34-04.75
2. Tara Hentgen	2/6	Akron Invite	33-03.25
3. Tara Hentgen	1/15	Ball State Open	32-09.75
4. Tara Hentgen	1/8	Indiana Hoosier Open	31-10.75
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<b>Pole Vault</b>	<b>Date</b>	<b>Meet</b>	<b>Distance</b>
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<b>Shot Put</b>	<b>Date</b>	<b>Meet</b>	<b>Distance (ft)</b>
1. Kelly Pohlman	1/8	Indiana Hoosier Open	47-08

2. Kelly Pohlman	1/22	Central Collegiate	47-07
3. Kelly Pohlman	2/13	All-Ohio Championships	46-10.25
4. Kelly Pohlman	1/15	Ball State Open	46-08
5. Kelly Pohlman	2/6	Akron Invite	46-03.25
6. Kelly Pohlman	1/28	Findlay Invite	45-05.75
7. Connie Fleming	2/6	Akron Invite	37-06.75
8. Connie Fleming	2/13	All-Ohio Championships	35-10.75

<b>Weight Throw</b>	<b>Date</b>	<b>Meet</b>	<b>Distance (ft)</b>
1. Kelly Pohlman	2/6	Akron Invite	56-06.75
2. Kelly Pohlman	1/28	Findlay Invite	55-05.00
3. Kelly Pohlman	2/13	All-Ohio Championships	55-04.75
4. Kelly Pohlman	1/8	Indiana Hoosier Open	54-03.25
5. Kelly Pohlman	1/22	Central Collegiate	53-09
6. Kelly Pohlman	1/15	Ball State Open	52-07.50
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8.			

<b>4x400 Meter Relay</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1. Dayton 'A'	2/6	Akron Invite	4:12.52

<b>4x800 Meter Relay</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1.			

<b>Distance Medley Relay</b>	<b>Date</b>	<b>Meet</b>	<b>Time</b>
1.			