

2007-08 Cross Country and Track & Field

Whitney JONES

Indoor 60m Hurdles

9.15*	SoCon Prelim 2006
9.18	Carolina Classic 2006
9.25	SoCon Tourney 2008
9.26	SoCon Finals 2006
9.27	Tiger Invite 2006
9.28	Tiger Invite 2005
9.29	Carolina Classic 2006
9.29	SoCon Prelim 2007
9.33	ETSU Invite 2008
9.35 (24th)	UNC Invite 2008
9.42 (30th)	Tiger Invite 2008
9.50	SoCon Prelim 2005
9.60	Carolina Classic 2005
9.62	ETSU Invite 2007
9.70	Tiger Invite 2007
9.72	ETSU Invite 2006

Indoor One Mile

6:01.78	Tiger Invite 2005
6:15.62	SoCon Prelim 2005

Indoor Long Jump

5.12m / 16'9.75"	Tiger Invite 2005
4.85m / 15'11"	SoCon Championship 2005

Indoor Triple Jump

10.35m / 33'11.5"	SoCon Championship 2005
10.22m / 33'6.5"	Tiger Invite 2005

Outdoor 100m Hurdles

15.02*	Winthrop Invite 2007
15.12	Clemson Invite 2006
15.13 (1st)	Furman Invite 2008
15.15	Solid Orange Finals 2006
15.29	SoCon Finals 2005
15.43	USC Invite 2006
15.45	Solid Orange 2005
15.54	Furman Invite 2007
15.66	SoCon Prelim 2007
15.67 (1st)	Emory Asics Invite 2008
16.09	Solid Orange Prelim 2006
16.34	Clemson Invite 2005
16.41	Clemson Invite 2007
17.45	Furman Invite 2005
17.53	CSU Invite 2008
19.95	SoCon Prelim 2006

Outdoor Long Jump

16'5.5"	Furman Invite 2005
4.83m / 15'10.25"	Solid Orange Prelim 2005
4.62m / 15'2"	SoCon Final 2005

Outdoor Triple Jump

10.62m	Emory Asics Invite 2008
10.58m / 34'8.5"	Wake Forest 2005
10.33m / 33'10.75"	SoCon Final 2005
33'9.25"	Furman Invite 2005
10.23m / 33'7"	Furman Invite 2008

*Furman Record