

WOMEN'S CAA CHAMPIONSHIPS

2007 Results

TEAM SCORING

1. Northeastern	163
2. William and Mary	156
3. Georgia State	116
4. UNC Wilmington	102
5. James Madison	98
6. George Mason	64
7. Delaware	57
8. Towson	44
9. Virginia Commonwealth	19

Conference Champions from George Mason

Murielle Ahoure	100M	11.72
Murielle Ahoure	200M	23.48
Tiara Swindell	400M	55.11
Ryann Hendricks	TJ	12.33m

Most Outstanding Track Performer of the Meet:

Murielle Ahoure, George Mason

Tremaine Shaw, Northeastern

Most Outstanding Field Performer of the Meet:

Zara Northover, Northeastern

Rookie of the Year:

Tiara Swindell, George Mason

Athlete of the Year:

Murielle Ahoure, George Mason

Anna Raynor, UNC Wilmington

Coach of the Year:

Sherman Hart, Northeastern

Past CAA Team Champions - Patriots Finish

2007	Northeastern – 6th
2006	William & Mary - 5th
2005	William & Mary - 6th
2004	William & Mary - 2nd
2003	William & Mary - 2nd
2002	William & Mary - 2nd
2001	William & Mary - 2nd
2000	East Carolina - 9th (DNP)
1999	William & Mary - 2nd
1998	George Mason
1997	George Mason
1996	George Mason
1995	George Mason
1994	George Mason
1993	George Mason
1992	George Mason
1991	George Mason
1990	George Mason

Past Mason CAA Athletes of the Year

2007	Murielle Ahoure (co)
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2004	Alyce Williams
1997	Tamika Powell
1996	Tamika Powell
1995	Diane Guthrie-Gresham
1994	Diane Guthrie
1993	Susan Moats
1992	Diane Guthrie

Past Mason CAA Coaches of the Year

1998	Norm Gordon
1995	Norm Gordon
1994	Norm Gordon
1993	Norm Gordon
1992	Norm Gordon
1991	Norm Gordon
1990	Norm Gordon

Past Mason CAA Rookies of the Year

2007	Tiara Swindell
2006	Murielle Ahoure
2005	Fiana York
2002	Tysha Colon
2001	LaToya Phillips
1999	Janelle Billingslea
1996	Amina Amaddah (co)
1995	Vera Inancsi
1994	Kim Baldwin

Past Mason CAA Outstanding Performer of the Championships

2007	Murielle Ahoure (co – Track)
2006	Murielle Ahoure (Track)
2004	Alyce Williams
2002	LaToya Phillips
1998	Angie Brown
1997	Tamika Powell
1996	Tamika Powell
1995	Patrice Smothers
1993	Susan Moats

Mason CAA Individual Champions

Discus

1997	Tamika Powell	165-2^
1996	Tamika Powell	158-5
1995	Tamika Powell	159-8
1994	Tamika Powell	145-6
1993	Susan Moats	143-11
1990	Shirl Dorsey	132-8

Hammer Throw

1997	Tamika Powell	179-5
1996	Tamika Powell	184-6
1995	Tamika Powell	170-1
1993	Susan Moats	155-10
1992	Susan Moats	146-0
1991	Shirl Dorsey	134-10

1990 Shirl Dorsey 155-11

High Jump

1997 Lisa Wright 5-6½
1995 Diane Guthrie Gresham 5-8
1993 Sarah Castleberry 5-0¼
1992 Diane Guthrie 6-2½^
1991 Diane Guthrie 5-6

Javelin

1997 Lisa Wright 147-8
1995 Vera Inancsi 146-1
1994 Diane Guthrie 132-10
1992 Diane Guthrie 134-1
1991 Diane Guthrie 112-2
1990 Audra Corson 125-0

Long Jump

2004 Alyce Williams 18-5¾ (5.63m)
2003 Kim Morgan 18-9¾ (5.73m)
2002 LaToya Phillips 6.25m
1999 Angie Brown 21-5¼
1998 Angie Brown 20-1
1996 Hitomi Takamatsu 21-4¾
1995 Diane Guthrie Gresham 21-8¾
1994 Diane Guthrie 20-7
1993 Tamara Cuffee 19-6¾
1992 Diane Guthrie 22-3^
1991 Diane Guthrie 19-3¾

Pole Vault

None

Shot Put

1997 Tamika Powell 44-8¼
1996 Tamika Powell 44-4¼
1995 Christine Williams 46-11½^
1994 Christine Williams 44-10¾
1993 Susan Moats 45-5¾
1992 Susan Moats 43-11¼
1991 Shirl Dorsey 45-10
1990 Shirl Dorsey 44-2½

Triple Jump

2007 Ryann Hendricks 45-0½ (12.33m)
2004 Alyce Williams 43-1¾ (13.15m)^
2002 LaToya Phillips 12.37m
2001 Lauren Chesnut 41-1 (12.52m)
1999 Angie Brown 40-2
1998 Angie Brown 39-10¾
1997 Theresa Jones 40-11¾
1991 Karen Pittman 38-3¾

100 Meters

2007 Murielle Ahoure 11.72
2006 Murielle Ahoure 11.98

2004	Alicia Lowery	11.99
2003	Tysha Colon	11.97
2002	Tysha Colon	11.95
1999	Cydonie Mothersill	11.65^
1998	Saran Patterson	11.81
1995	Patrice Smothers	11.78
1994	Kim Baldwin	11.88
1993	Tamara Cuffee	11.70

200 Meters

2007	Murielle Ahoure	23.48
2006	Murielle Ahoure	23.92
2004	Alycia Williams	24.98
2002	Tysha Colon	24.80
2001	Kimberly Morgan	25.03
1999	Cydonie Mothersill	24.05
1998	Saran Patterson	24.53
1997	Kim Baldwin	24.20
1996	Janelle Johnson	23.95
1995	Patrice Smothers	23.97
1994	Kim Baldwin	24.11

400 Meters

2007	Tiara Swindell	55.11
2004	Sheena Davidson	53.57^
2003	Sheena Davidson	54.78
2002	Sheena Davidson	55.11
1999	Michelle Burgher	54.50
1997	Michelle Ballentine	54.20
1996	Janelle Johnson	54.81
1995	Janelle Johnson	55.04
1994	Tonya Poole	56.70
1992	Anya Mironova	54.98
1990	Sharon Allen	57.60

800 Meters

2005	Fiana York	2:13.02
2004	Sheena Goss	2:14.30
2003	Sheena Goss	2:15.23
1999	Tamika Coombs	2:10.58
1998	Michelle Ballentine	2:09.12^
1996	Staci Hubbard	2:09.42
1995	Staci Hubbard	2:15.45

1500 Meters

1998	Amina Amaddah	4:25.16
1990	Lauretta Miller	4:37.51

3000 Meters/3000 Steeplechase (from 2001-present)

1998	Amina Amaddah	9:36.00
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5000 Meters

1992	Kim Saddic	16:50.69^
1990	Kim Saddic	18:52.87

10,000 Meters

None

100 Hurdles

2002	LaToya Phillips	14.25
2001	LaToya Phillips	14.89
1999	Nyjla Littlejohn	14.28
1998	Renea Jordan	13.99
1997	Renea Jordan	13.73^
1996	Renea Jordan	13.86
1995	Diane Guthrie-Gresham	14.69
1994	Simone Garel	14.18 (WA)
1991	Jackie Joiner	14.35

400 Hurdles

1999	Michelle Burgher	1:00.27
1998	Michelle Burgher	1:01.68
1996	Renea Jordan	1:03.79
1995	Renea Jordan	1:01.69
1994	Simone Garel	1:00.90
1993	Simone Garel	1:04.30
1992	Stacy Rice	1:00.38
1991	Jackie Joiner	1:02.93

Heptathlon

2002	LaToya Phillips	4,399 pts
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4X100-Meter Relay

2006	Hendricks, Turner, Davidson, Ahoure	46.15
2004	Morgan, Louis, Allen, Williams	46.32
2003	Morgan, Joyner, Colon, Davidson	46.20
2002	Colon, Joyner, Morgan, Williams	46.22
1999	Crosby, Billingslea, Arugunes, Mothersill	45.10^
1998	Smothers, Baldwin, Patterson, Jordan	45.47
1996	Arugunes, Jordan, Johnson, Baldwin	46.82
1995	Smothers, Jordan, Johnson, Baldwin	45.10^
1994	Young, Baldwin, Smothers, Garel	47.20
1993	Shields, Cuffee, Sinclair, Poole	47.06
1992	Poole, Cuffee, Rice, Sinclair	46.45
1991	Guthrie, Cuffee, Joiner, Sinclair	47.41

4X400-Meter Relay

2004	Bailey, Davidson, A. Williams, A. Williams	3:42.26^
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2003 Colon, Davidson, 3:42.99
Goss, Joyner
1999 Billingslea, Littlejohn, 3:46.08
Coombs, Burgher
1998 Coombs, Arugunes, 3:43.14
Burgher, Ballentine
1997 Ruckert, Roundtree, 3:48.17
Garel, Hubbard
1996 Hubbard, Ruckert, 3:48.12
Oehrlein, Garel
1995 Hubbard, C. Hunte, 3:51.68
Y. Hunte, Smothers

^ - denotes CAA meet record
(WA) – denotes wind-aided

Updated as of 7/24/07