

2004 WOMEN'S INDOOR TRACK AND FIELD TOP TIMES

55-METER DASH

Jessica Fouche	2/21/04	7.26
Rowsha LaBranche	1/10/04	7.55
Elaine Hayes	2/21/04	7.76
Jessica Cwiak	2/21/04	7.94

60-METER DASH

Jessica Fouche	2/29/04	7.78
Rowsha LaBranche	2/29/04	8.12
Tamika Johnson	1/24/04	8.17
Elaine Hayes	2/29/04	8.28
Jessica Cwiak	1/24/04	8.61

200-METER DASH

Jessica Fouche	2/21/04	25.48
Rowsha LaBranche	2/29/04	26.02
Jessica Cwiak	2/14/04	27.70
Elaine Hayes	2/14/04	28.06
Laura Otepka	2/14/04	31.17
Sarah Morrison	1/10/04	32.39

400-METER DASH

Jessica Fouche	2/29/04	57.71
Rowsha LaBranche	2/29/04	58.07
Tamika Johnson	2/29/04	1:00.53
Jessica Cwiak	3/6/04	1:02.48*
Elaine Hayes	2/21/04	1:03.27

800-METER RUN

Rachel Covert	1/31/04	2:26.41
Lisa Petty	1/31/04	2:31.04
Susie Martinez	1/31/04	2:42.60

1,000-METER RUN

Lisa Petty	2/21/04	3:10.44
Susie Martinez	2/21/04	3:20.87
Rachel Fisher	2/29/04	3:21.02

1,500-METER RUN

Rachel Fisher	1/31/04	5:41.61
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1-MILE RUN

Rachel Covert	2/14/04	5:26.39
Lisa Petty	2/14/04	5:28.98
Jenni Goebel	1/24/04	5:35.32
Susie Martinez	1/10/04	5:36.76
Rachel Fisher	2/29/04	5:51.89
Stephanie Maisel	1/10/04	6:10.05

3,000-METER RUN

Jenni Goebel	2/29/04	10:21.03
Susie Martinez	1/24/04	10:56.56
Rachel Covert	2/29/04	10:59.04
Lisa Petty	2/29/04	11:00.06
Stephanie Maisel	1/31/04	11:32.85
Rachel Fisher	1/24/04	12:39.54

5,000-METER RUN

Jenni Goebel	2/29/04	17:41.98
Stephanie Maisel	2/14/04	20:09.46

800-METER RELAY

1/31/04	1:57.36
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1,600-METER RELAY

2/21/04	4:02.20
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DISTANCE MEDLEY RELAY

2/29/04	12:16.07
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HIGH JUMP

Laura Otepka	2/21/04	5'1 1/2"
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POLE VAULT

Candace Jackson	2/7/04	9'2"	SCHOOL RECORD
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LONG JUMP

Sarah Morrison	2/29/04	15'7 1/2"
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TRIPLE JUMP

Sarah Morrison	2/7/04	32'4 1/2"
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SHOT PUT

Sara O'Mara	2/29/04	37'9 1/2"
Danielle Simpson	2/29/04	34'7 3/4"

WEIGHT THROW

Danielle Simpson	2/29/04	49'10 1/2"
Sara O'Mara	2/14/04	48' 0"
Candace Jackson	2/7/04	43'4 3/4"
Meghan Connelly	1/24/04	41'7 3/4"

*** DENOTES MOST RECENT TOP TIME**