

2004 WOMEN'S OUTDOOR TRACK AND FIELD TOP TIMES

100-METER DASH

Jessica Fouche	4/3/04	12.16	SCHOOL RECORD
Rowsha LaBranche	4/3/04	12.84	
Jessica Cwiak	5/1/04	13.19	

200-METER DASH

Jessica Fouche	5/28/04	24.28*
Rowsha LaBranche	5/6/04	25.47
Elaine Hayes	5/7/04	25.48
Tamika Johnson	4/10/04	26.05
Jessica Cwiak	5/6/04	26.60
Sarah Morrison	3/27/04	29.40
Laura Otepka	5/1/04	30.13

400-METER DASH

Jessica Fouche	4/23/04	55.26
Rowsha LaBranche	5/7/04	57.68
Tamika Johnson	5/7/04	57.86
Elaine Hayes	5/6/04	59.23
Jessica Cwiak	5/6/04	1:00.66

800-METER RUN

Rachel Fisher	4/17/04	2:36.41
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1,500-METER RUN

Lisa Petty	5/1/04	4:58.62
Rachel Covert	5/7/04	4:59.34
Susie Martinez	5/7/04	5:06.37
Lizet Diaz	5/1/04	5:06.53
Rachel Fisher	4/17/04	5:14.70

3,000-METER RUN

Jenni Goebel	5/1/04	10:19.04
Lisa Petty	4/17/04	10:54.80
Stephanie Maisel	5/1/04	11:20.58

5,000-METER RUN

Jenni Goebel	4/17/04	17:47.60
Rachel Covert	4/3/04	18:42.58
Lisa Petty	4/3/04	19:23.85
Stephanie Maisel	4/10/04	19:30.26
Lizet Diaz	4/3/04	19:38.60

10,000-METER RUN

Jenni Goebel	5/6/04	35:59.84
Lizet Diaz	5/6/04	39:42.74
Stephanie Maisel	5/6/04	40:04.47

4x100 RELAY

47.31	5/7/04	SCHOOL RECORD
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4x200 RELAY

1:41.44	3/27/04	
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4x400 RELAY

3:55.89	5/7/04	SCHOOL RECORD
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HIGH JUMP

Laura Otepka 4/10/04 5'1 3/4"

POLE VAULT

Candace Jackson 4/23/04 9'6" **SCHOOL RECORD**

LONG JUMP

Sarah Morrison 3/27/04 15'5 3/4"

TRIPLE JUMP

Tina Thompson 4/10/04 33'6"

Tamika Johnson 4/10/04 33'2 1/2"

Sarah Morrison 4/3/04 32'4 1/4"

DISCUS

Sara O'Mara 4/10/04 119'6"

Meghan Connelly 4/10/04 103'7"

SHOT PUT

Sara O'Mara 5/7/04 36'10 1/2"

Danielle Simpson 5/7/04 35'6 1/2"

HAMMER THROW

Sara O'Mara 5/7/04 157'4" **SCHOOL RECORD**

Danielle Simpson 4/3/04 151'2"

Candace Jackson 5/7/04 135'4"

Meghan Connelly 4/23/04 120'5"