

UIC Women's Indoor Track and Field Top Times

55-Meter Dash

Crystal Sanders	1/31/03	7.57
Erica Nsoedo-Heady	1/31/03	7.86
Lauren Quinn	2/14/03	8.17

55-Meter Hurdles

Crystal Sanders	1/31/03	8.58
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60-Meter Dash

Crystal Sanders	3/1/03	8.03	SCHOOL RECORD
Korinne Krych	2/21/03	8.13	
Tamika Johnson	1/18/03	8.28	
Erica Nsoedo-Heady	3/1/03	8.51	
Gloria Jackson	1/25/03	8.63	
Lauren Quinn	3/1/03	8.78	

60-Meter Hurdles

Crystal Sanders	3/1/03	9.10	SCHOOL RECORD
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200-Meter Dash

Crystal Sanders	3/1/03	26.61
Gloria Jackson	2/15/03	26.90
Korinne Krych	2/21/03	27.16
Tamika Johnson	3/1/03	27.47
Erica Nsoedo-Heady	2/21/03	28.65

400-Meter Dash

Monieka Thompson	3/1/03	57.72	SCHOOL RECORD
Korinne Krych	1/25/03	1:01.93	
Gloria Jackson	3/1/03	1:07.37	
Erica Nsoedo-Heady	2/14/03	1:07.85	

800-Meter Run

Monieka Thompson	2/15/03	2:12.84
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1-Mile Run

Sara Jeffers	2/21/03	5:24.02
Lizet Diaz	2/21/03	5:24.36
Jessica Streit	2/21/03	5:26.58
Stephanie Maisel	2/21/03	7:19.50

3,000-Meter Run

Sara Jeffers	3/1/03	10:36.43
Lizet Diaz	3/1/03	10:36.53
Jessica Streit	3/1/03	10:51.22
Stephanie Maisel	1/18/03	13:26.30

5,000-Meter Run

Sara Jeffers	1/25/03	18:09.84
Stephanie Maisel	1/31/03	21:28.59

Pole Vault

Lauren Quinn	3/1/03	9'0"	SCHOOL RECORD
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Long Jump

Crystal Sanders	1/11/03	17'3 1/2"	SCHOOL RECORD
Korinne Krych	3/1/03	16'6"	
Gloria Jackson	3/1/03	16'5"	
Erica Nsoedo-Heady	3/1/03	13' 10 1/2"	
Jessica Pancoska	1/25/03	12' 3 3/4"	

Triple Jump

Tamika Johnson	3/1/03	35'1/4"	SCHOOL RECORD
Gloria Jackson	2/21/03	30' 1 1/2"	

Shot Put

Sara O'Mara	1/31/03	37'7"
Danielle Simpson	2/14/03	35'3 3/4"

Weight Throw

Danielle Simpson	3/1/03	48'6 1/4"
Sara O'Mara	2/21/03	43'2 1/4"

800-Meter Relay

1:47.81	1/31/03
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1,600-Meter Relay

4:00.86	3/1/03	SCHOOL RECORD
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Distance Medley Relay

12:50.05	1/31/03
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* **DENOTES MOST RECENT TOP TIMES**