



2011 WOMEN'S OUTDOOR TRACK & FIELD SEASON BESTS

100m	Time	Meet	1000m	Time	Meet
Kelly Clyde	12.29	7 Way	Kerriann Borke	14.85	PLC
Adedayo Adu	12.75	7 Way	Stephanie Hazlett	15.78	CCU
Joelle Neilson	13.00	CCU			
Krista Woodward	13.54	Dual			
			400mIH		
			Chelsea Marone	1:03.86	PLC
			Kelly Senters	1:04.37	PLC
200m					
Kelly Clyde	25.39	PLC			
Adedayo Adu	26.05	7 Way	3000m Steeple		
Megan Matusky	26.49	CCU	Rose Willey	11:14.95	PLC
Katie White	26.92	CCU	Julissa Muschlitz	12:07.70	Dual
400m			4x100m Relay		
Adedayo Adu	59.39	Greyhound	Adedayo Adu	49.07	PLC
Megan Matusky	59.40	Dual	Megan Matusky		
Katie White	1:00.05	PLC	Katie White		
Allison Hawkey	1:01.46	Greyhound	Kelly Clyde		
Jenn St. Onge	1:04.08	Dual			
			4x400m Relay		
			Chelsea Marone	3:57.77	PLC
800m			Adedayo Adu		
Allison Hawkey	2:15.14	Princeton	Kelly Clyde		
Elizabethann Coradino	2:22.34	PLC	Megan Matusky		
Annie Aaroe	2:22.85	Lehigh			
Kara Falvey	2:26.96	PLC			
Jennifer St. Onge	2:28.83	7 Way	4x800m Relay		
Kelly Callahan	2:30.33	7 Way	Annie Aaroe	9:54.66	PLC
Katie Piazza	2:32.59	Lehigh	Elizabethann Coradino		
			Kara Falvey		
			Kelly Callahan		
1500m					
Sarah Welsh-Huggins	4:42.39	PLC			
Lauren Kelly	4:55.78	CCU			
Hallie Farber	4:58.04	Lehigh			
Elizabeth Troisi	5:02.08	CCU			
Kelly Callahan	5:06.88	Dual			
Julissa Muschlitz	5:14.17	CCU			
3000m					
Elizabeth Troisi	10:40.91	7 Way			
Tracey Kelly	11:14.44	7 Way			
5000m					
Lauren Kelly	17:56.77	Dual			
Elizabeth Troisi	18:18.53	Princeton			
Tracey Kelly	18:59.45	Dual			
10000m					
Lauren Kelly	36:50.81	Bucknell			

Long Jump	Distance	Meet
Joelle Neilson	18'10 1/2"	PLC
Kerrian Borke	18'7"	PLC
Krista Woodward	17' 1/2"	ESU
Stephanie Hazlett	16'10 1/2"	CCU
Megan Connolly	14'3"	Greyhound
Triple Jump		
Joelle Neilson	39'2 1/2"	PLC
Kerriann Borke	38'6 3/4"	Dual
Megan Connolly	31'1"	Lehigh
High Jump		
Krista Woodward	5'1"	CCU/Lehigh
Stephanie Hazlett	4'11"	7 Way
Joelle Neilson	4'9"	Dual
Pole Vault		
Elise Buffinton	11'9 3/4"	Lehigh
Brooke Kohler	10'10"	ESU
Rebecca Slotkin	10'6"	CCU
Shot Put		
Rachel Pena	40'	Greyhound
Gwen Steckel	37'3 1/4"	Dual
Stephanie Hazlett	34'9 1/2"	7 Way
Discus		
Gwen Steckel	141"	Dual
Rachel Pena	114'10"	Dual
Hammer		
Rachel Pena	162'9"	ESU
Gwen Steckel	153'10"	PLC
Javelin		
Alex Hunsberger	144'	CCU
Danyelle Dell'Olio	107'6"	Greyhound

CCU = 3/18-19/11 Shamrock-Coastal Carolina Invite

7-Way = 4/2/11 Lafayette 7 Way (Home)

Dual = 4/10/11 Lafayette vs Lehigh (Home)

Monds = 4/14-15/11 Monschein Multis (at Kutztown)

Greyhound = 4/16/11 Greyhound Invite (Moravian)

Princeton = 4/22-23/11 Larry Ellis Invite (at Princeton)

ESU = 4/23/11 All American Meet (at East Stroudsburg)

Lehigh = 4/30/11 Lehigh Games (at Lehigh)

PLC = 5/6-7/11 Patriot League Championships (Home)

IC4A = 5/13-14/11 - IC4A Champs (at Princeton)

ECAC = 5/13-14/11 - ECAC Champs (at Princeton)