



## 2012 Women's Indoor Performance List

EVENT	MARK	MEET	DATE
<b>60-METER HURDLES</b>	<b>NCAA AUTO: 8.10</b>	<b>UM RECORD: 8.00</b>	
Nicole Cummings	8.61p	ACC Championships	2/24/12
Brittney Clarke	8.65p	ACC Championships	2/23/12
Rachel Dupree	8.88p	Tyson Invitational	2/10/12
<b>60-METERS</b>	<b>NCAA AUTO: 7.23</b>	<b>UM RECORD: 7.17</b>	
Tarika Williams	7.29	Virginia Tech Elite Meet	2/3/12
Alyssa McClure	7.57p	Iowa State Classic	2/10/12
Jokira Jiles	7.65p	Iowa State Classic	2/10/12
Jasmyne King	7.81p	Iowa State Classic	2/10/12
Elyse Houston	7.89p	Virginia Tech Elite Meet	2/3/12
<b>200-METERS</b>	<b>NCAA AUTO: 23.12</b>	<b>UM RECORD: 22.79</b>	
Tarika Williams	23.61	ACC Championships	2/25/12
Jokira Jiles	24.54	Iowa State Classic	2/10/12
Shannon Wright	25.37	Iowa State Classic	2/10/12
Elyse Houston	26.34	Virginia Tech Elite Meet	2/3/12
Rachel Dupree	26.57	Virginia Tech Elite Meet	2/3/12
<b>400-METERS</b>	<b>NCAA AUTO: 52.60</b>	<b>UM RECORD: 51.95</b>	
Thandi Stewart	54.50	Virginia Tech Elite Meet	2/3/12
Tameka Jameson	55.62	Kentucky Invitational	1/14/12
Shannon Wright	56.66	Kentucky Invitational	1/14/12
Jennifer Estime	58.47	Iowa State Classic	2/10/12
<b>800-METERS</b>	<b>NCAA AUTO: 2:04.50</b>	<b>UM RECORD: 2:06.38</b>	
Taniesha Cordell	2:11.59	Virginia Tech Elite Meet	2/3/12
Lindi Arrington	2:14.90	Virginia Tech Elite Meet	2/3/12
Jennifer Estime	2:14.91	ACC Championships	2/24/12
<b>ONE MILE</b>	<b>NCAA AUTO: 4:37.00</b>	<b>UM RECORD: 4:46.81</b>	
Lindi Arrington	4:54.95	ACC Championships	2/24/12
Brooke Dovell	5:24.05	Kentucky Invitational	1/14/12
<b>3000-METERS</b>	<b>NCAA AUTO: 9:10.00</b>	<b>UM RECORD: 9:48.40</b>	
Lindi Arrington	10:03.35	ACC Championships	2/25/12
Brooke Dovell	10:45.91	Birmingham Invitational	1/25/12



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### **4X400-METER RELAY**      **NCAA AUTO: 3:34.00**      **UM RECORD: 3:30.91**

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Jokira Jiles	3:45.66	Kentucky Invitational	1/14/12
Tameka Jameson			
Shannon Wright			
Tarika Williams			
Shannon Wright	3:46.90	ACC Championships	2/25/12
Jokira Jiles			
Jasmyne King			
Jennifer Estime			
Jokira Jiles	3:47.55	Iowa State Classic	2/11/12
Jasmyne King			
Tarika Williams			
Shannon Wright			
Shannon Wright	3:49.57	Birmingham Invitational	1/25/12
Taniesha Cordell			
Tameka Jameson			
Jennifer Estime			
Britney Clarke	3:55.02	Virginia Tech Elite Meet	2/4/12
Lindsy Arrington			
Jasmyne King			
Jennifer Estime			

### **LONG JUMP**      **NCAA AUTO: 6.45M**      **UM RECORD: 6.52M**

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Nicole Cummings	19' 11.75"/6.09m	Tyson Invitational	2/10/12
Samantha Williams	19' 3"/5.87m	ACC Championships	2/24/12
Britney Clarke	17' 6.75"/5.35m	ACC Championships	2/23/12
Elyse Houston	17' 4"/5.28m	Kentucky Invitational	1/13/12
Rachel Dupree	16' 10"/5.13m	Kentucky Invitational	1/13/12

### **TRIPLE JUMP**      **NCAA AUTO: 13.30M**      **UM RECORD: 13.65M**

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Samantha Williams	41' 4.25"/12.60m	Tyson Invitational	2/11/12
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### **HIGH JUMP**      **NCAA AUTO: 1.85M**      **UM RECORD: 1.82M**

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Rachel Dupree	5' 3.25"/1.61m	Kentucky Invitational	1/14/12
Kirsten Myers	5' 1"/1.55m	Birmingham Invitational	1/25/12
Britney Clarke	4' 10.5"/1.49m	ACC Championships	2/23/12
Nicole Cummings	4' 10.5"/1.49m	ACC Championships	2/23/12

### **SHOT PUT**      **NCAA AUTO: 17.20M**      **UM RECORD: 18.19M**

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Ashley Holmes	47' 4.5"/14.44m	Virginia Tech Elite Meet	2/4/12
Amber Monroe	39' 7.5"/12.08m	ACC Championships	2/25/12
Nicole Cummings	37' 9.5"/11.52m	ACC Championships	2/23/12
Britney Clarke	33' 5.5"/10.20m	ACC Championships	2/23/12
Rachel Dupree	31'/9.45m	Birmingham Invitational	1/25/12



## 2012 Women's Indoor Performance List

<b>WEIGHT THROW</b>	<b>NCAA AUTO: 21.00M</b>	<b>UM RECORD: 21.51M</b>
Miranda Wilson	62' 6.75"/19.07m	ACC Championships 2/24/12
Ashley Holmes	58' 5.25"/17.81m	Birmingham Invitational 1/25/12
Amber Monroe	44' 6.5"/13.58m	ACC Championships 2/24/12

  

<b>PENTATHLON</b>	<b>NCAA AUTO: 4,150 POINTS</b>	<b>UM RECORD: 4,088 POINTS</b>
Nicole Cummings	3,544 points	ACC Championships 2/23/12
Britney Clarke	3,395 points	ACC Championships 2/23/12
Rachel Dupree	3,333 points	Birmingham Invitational 1/25/12