

2006-07 NAVY WOMEN'S TRACK & FIELD

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Naval Academy Quick Facts

Location	Annapolis, Md.
Founded	October 10, 1845
Enrollment	4,000
Nickname	Midshipmen, Mids
Colors	Navy Blue and Gold
Superintendent	Vice Adm. Rodney P. Rempt, USN
Commandant	Capt. Margaret D. Klein, USN
Director of Athletics	Chet Gladchuk
Home Indoor Facility	Halsey Field House
Home Outdoor Facility	Ingram Field
Academy Web Site	www.usna.edu
Athletics Web Site	www.navysports.com

Women's Track & Field Staff

Head Coach	Carla Criste (Penn State '86)
Record at Navy	176-43-1 (15 years)
Career Record	176-43-1 (15 years)
Assistant	Karen Boyle (Bowling Green '79)
Women's Track Office Phone	(410) 293-5580
Athletic Trainer	Amanda Culton

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2006-07 Schedule

Indoor

Dec. 5	American, Mount St. Mary's, Towson	Annapolis, Md.	6 p.m.
Jan. 6	at UMES Invitational	Princess Anne, Md.	9 a.m.
Jan. 20	George Mason, Loyola, Mount St. Mary's Robert Morris, VCU	Annapolis, Md.	3 p.m.
Jan. 27	at The Patriot Games	Fairfax, Va.	11 a.m.
Feb. 3	at Army (Star Meet)	West Point, N.Y.	12 p.m.
Feb. 16-18	at Patriot League Championship	West Point, N.Y.	12 p.m.
March 3-4	at ECAC Championship	Boston, Mass.	11 a.m.
March 9-10	at NCAA Championship	Fayetteville, Ark.	12 p.m.

Outdoor

March 24	American, Colgate, Delaware, George Mason, Maryland	Annapolis, Md.	2 p.m.
March 31	at All-Service Academy	Blacksburg, Va.	10 a.m.
April 6-7	at Colonial Relays	Williamsburg, Va.	10 a.m.
April 7	at Delaware Invitational	Newark, Del.	11 a.m.
April 14	Army (Star Meet)	Annapolis, Md.	3 p.m.
April 21	at Tiger Track Classic	Auburn, Ala.	10 a.m.
April 21	at Greyhound Invitational	Bethlehem, Pa.	11 a.m.
April 26-27	at Penn Relays	Philadelphia, Pa.	10 a.m.
May 4-5	at Patriot League Championship	Bethlehem, Pa.	11 a.m.
May 11-13	at ECAC Championship	Princeton, N.J.	11 a.m.
May 25-26	at NCAA East Regional Championship	Gainesville, Fla.	11 a.m.
June 6-9	at NCAA Championship	Sacramento, Calif.	12 p.m.

Home meets in **bold**

All times Eastern, subject to change

2005-06 Results

Indoor (9-0)

Dec. 1	American, Mount St. Mary's, Towson	1st of 4 teams
Jan. 7	at UMES Invitational	NTS
Jan. 14	American, Loyola, Robert Morris, VCU, Winthrop	1st of 6 teams
Jan. 28	at Armory Invitational	NTS
Feb. 4	Army (Star Meet)	W, 99.5-81.5
Feb. 17-19	Patriot League Championship	3rd of 8 teams
March 4-5	at ECAC Championship	19th of 50 teams

Outdoor (5-0)

March 18	at Point Loma Invitational	NTS
March 25	American, Colgate, Maine, Maryland	1st of 5 teams
April 1	at Charlotte Invitational	NTS
April 8	at Blue Hen Invitational	NTS
April 14	at Army (Star Meet)	W, 104-99
April 27-28	at Penn Relays	NTS
May 5-6	at Patriot League Championship	2nd of 8 teams
May 12-14	at ECAC Championship	18th of 46 teams
May 26-27	at NCAA East Regional	NTS

Home meets in **bold**



Head Coach Carla Criste

16th Year at Navy - Penn State '86

Carla Criste takes the helm of the Navy women's track & field team for her 16th season in 2006-07. Since joining the program in the 1991-92 season, she has amassed an impressive Division I record of 176-43-1 (.802).

Last season, Criste guided the Mids to a perfect 14-0 record. Navy finished among the top-three at both Patriot League Championships and sent three of its own to compete at the NCAA East Regional Championship.

She came to the Academy after spending three years as an assistant women's track & field coach at George Mason. As a member of the Patriots' staff, Criste worked with the jumps, sprints, hurdles and multi-events. Five athletes earned All-America status and two became NCAA champions under Criste's tutelage. The Patriots also captured the Eastern College Athletic Conference (ECAC) Division I Championship in each of the three years she was associated with the program.

Criste has also been recognized on the national scene. She was selected as the field events coach for the 1993 U.S. Olympic Festival and coached the East team to victory, marking the East's first-win in the history of the festival. In 1999, Criste was named head coach for that year's Pan Am Games in Winnipeg, Manitoba, Canada. She also was named head coach of the 1995 U.S. National Track & Field Team, which consisted of men's and women's junior and senior teams for a series of meets against Canada. Criste guided the U.S. team to wins in all four meets that were contested between the two countries.



A standout performer in her own right, Criste was a four-year letterwinner in track at Penn State, serving as captain of the squad in 1985-86. She was an NCAA qualifier in the triple jump and was a national qualifier and ECAC record holder in the pentathlon and heptathlon. Criste also earned All-East honors in the pentathlon (4011), heptathlon (5677), long jump (19'11-3/4"), triple jump (40'7"), high jump (5'10"), hurdles (13.98), 800 meters (2:10.03), and 4x100-meter, 4x400-meter and 4x800-meter relays.

After graduating from Penn State with a degree in nutritional science in 1986, she went on to earn her master's degree in exercise physiology from West Virginia in 1988.

While at West Virginia, Criste served as an assistant track & field coach, handling the Mountaineers' jumps, sprints, hurdles and multi-events.

After concluding her own collegiate career, Criste continued competing at the national level. For three years (1986-89) she competed at the U.S. Olympic Festival and was a member of the U.S. National Team from 1986-91. She was nationally ranked in both the triple jump and multi-events, representing the United States in several international team competitions.

The daughter of Joan and Dave Criste (USNA '60), Criste also serves as Assistant Athletic Director and Senior Women's Administrator as well as a professor at the Academy.

Naval Academy Duties

- ◆ Navy women's track & field head coach
- ◆ Assistant Athletic Director
- ◆ Professor

Coaching Career

- ◆ **West Virginia (1987-88)**
Assistant Coach
*Earned master's degree in exercise physiology
- ◆ **George Mason (1989-91)**
Assistant Coach
*Coached five athletes to NCAA All-America honors
- ◆ **Navy (1991-Present)**
Head Coach
*Has totaled a 162-43-1 career record
- ◆ **U.S. Olympic Festival (1993)**
Field Events Coach
- ◆ **U.S. Olympic Festival East Team (1994)**
Head Coach
*Guided the East team to its first-ever win in the event
- ◆ **U.S. Pan Am Team (1999)**
Head Coach

Athletic Career

- ◆ **Penn State**
*Graduated in 1986 with a bachelor's degree in nutritional science.
*Four-year letterwinner in track and an NCAA qualifier in the triple jump.
*ECAC record holder in the pentathlon and the heptathlon.



Assistant Coach Karen Boyle **20th Year at Navy - Bowling Green '79**

Karen Boyle enters her 20th season as a Navy women's track & field assistant coach. In addition to her assistant coaching duties for the track & field team, Boyle also serves as the head coach of the Navy women's cross country squad. She guided the team to a perfect 5-0 record in dual-meet action, including a N-Star win over Army, last fall and owns a 103-19 (.844) record as head coach.

Boyle has led the Mids' cross country teams to successes on both the Division II (1987-1990) and Division I (1991-present) lev-

els. In Navy's final four years of Division II competition, Boyle coached the Mids to four-straight undefeated seasons and top-five finishes in the NCAA Division II Championship, with five runners garnering All-America honors. Boyle was also named Eastern Region Coach of the Year three-consecutive times (1988-90).

Boyle guided the program into the Division I ranks in 1991 and immediately the Mids achieved success by capturing the Eastern Collegiate Athletic Conference (ECAC) championship.

During her tenure at Navy, Boyle has coached four NCAA qualifiers, including Kerry O'Neill who became the school's first NCAA Division I qualifier in 1992. Jackie Hayes and Rebecca Cline each reached the NCAA's in back-to-back years in the mid-1990's and, in 2000, Melissa Foon earned a spot at the NCAA Championship in Ames, Iowa.

Boyle was named Navy's Fall Coach of the Year in 1997 when she led the Mids to an undefeated season.

In 2001, the cross country team won the Academic Leadership Award for carrying the highest GPA of all the varsity teams at Navy.

In 1995, Boyle was selected as team leader for the USA Ekiden International Marathon in Beijing, China. She was also selected to help rewrite the Level I Track and Field Certification Curriculum at the USA Training Center in Colorado Springs, Colo. In 1999, she received her nationally accredited Certified Strength and Conditioning Specialist certification. The summer of 2001 saw Boyle serve as an assistant track & field coach for Team USA in the Deaf World Games, held in Rome, Italy.

Her coaching career began at Heidelberg College in Tiffin, Ohio, where she coached the women's cross country and track & field teams from 1984 to 1986, developing one national champion and nine All-Americans.

A 1979 graduate of Bowling Green, Boyle received her degree in physical education, and earned her master's degree in athletic administration and recreation from her alma mater three years later.

She competed in both track and lacrosse at Bowling Green. Boyle specialized in the 400 and 4x400-meter relay on the track and was a leading scorer for the Falcons' lacrosse squad.

Boyle is also a tenured professor in the Physical Education Department, teaching personal conditioning, rock climbing, kayaking and the adventure challenge. Boyle also participates in road races and adventure races and is currently training for the Tri-America Triathlon with "Team in Training," benefiting the Leukemia Society.

Administratively, Boyle served as a committee member on the USA Track & Field Coaching Education Board and the United States Track Coaches Association Long Distance Advisory Board.



*2006-07 Navy Women's
Track & Field Team*

2006-07 Outlook

Overall Comments

"This is probably the most experienced group of talent that we have ever had here at Navy," stated Navy head coach Carla Criste. "This year features 18 seniors, 14 indoor and 17 outdoor all-time top-10 event performances.

"This year's team is built on unity and hard work," stated Criste. "If we continue to train smart and stay healthy, this should be one of the best years in the history of our program."

Sprints/Hurdles

Returners (Career-Best Times)

	55	100	200	400	55 h	100 h	400 h
Kirsten Andrews	---	---	---	---	8.05	13.95	---
Katie Berkey	---	---	---	---	---	17.04	---
Michelle Bostic	---	---	---	59.40	8.37	14.64	1:00.87
Lauren Burmeister	---	---	---	58.93	---	---	---
Debbi Choi	7.84	---	28.00	---	---	---	---
Loni Forsythe	7.12	11.74	24.60	---	---	---	---
Sabrina Gambill	7.81	---	28.20	---	8.51	15.11	---
Rochelle Gandy	7.82	13.34	---	---	---	---	---
Amanda Gragg	8.22	---	---	1:06.71	---	---	1:18.18
Gloria Hill	7.96	13.80	---	---	---	---	---
Priscilla Lewis	7.33	12.03	25.65	1:00.73	---	---	---
Angelique Martin	---	---	29.05	---	9.58	---	---
Ebony Miller	7.59	---	---	---	9.26	16.42	1:06.95
Jessica Orr	---	---	27.01	59.50	8.78	15.90	1:03.92
Lori Simerly	7.68	12.94	26.64	1:04.87	---	---	---
Danielle Still	7.20	---	25.40	---	8.00	14.26	---
Rebecca Tucker	7.96	---	---	1:05.60	---	---	---
Ashley Waddle	---	---	29.17	---	---	---	---

Newcomers

Mary Bellis	San Luis Obispo, Calif. / San Luis Obispo
Mia Blundetto	Apple Valley, Minn. / Eastview
Ashley Carline	San Diego, Calif. / University of San Diego
Crystal Curtis	Norfolk, Va. / Naples American (Italy)
Ashley Houston	San Diego, Calif. / Coronado
Krystina Johnson	Savannah, Ga. / Sol C. Johnson

"This year's sprints/hurdles crew is led by what may well be Navy's most talented group of seniors in our program's history," said Criste. "Loni Forsythe and Priscilla Lewis are currently ranked first and third, respectively, on our all-time 100-meter dash list. Danielle Still and Kirsten Andrews own school records in the 55-meter and 100-meter hurdles, respectively. Both Danielle and Kirsten have serious NCAA potential in the short hurdles. With this year's sprint crew, the sky is the limit for our 4x100-meter and shuttle hurdle relay teams.

"This year's underclassmen will be in for some truly 'first class' mentoring," commented Criste. "I'm very excited about freshman Abby Gesecki. She has a lot of potential to impact the mid-sprints and hopefully garner a spot on our 4x400-meter relay team with other likely candidates: Michelle Bostic, Lori Simerly, Jessica Orr, Taren Burkett, Kirsten Andrews and Lauren Burmeister."

Middle Distance

Returners (Career-Best Times)

	400	500	800	1,000	1,500	Mile
Sarah Albi	1:04.72	---	2:24.28	---	---	---
Helen Barnhart	---	---	---	---	---	5:33.92
Taren Burkett	57.44	1:19.40	2:33.52	---	---	---
Erin Demchko	---	1:20.35	2:15.77	2:58.59	4:40.16	5:04.49
Caitlyn Harrington	---	---	2:22.61	3:00.89	4:47.68	5:20.35
Vicki Moore	---	---	2:11.74	2:52.80	4:41.75	5:16.56
Allie Moreland	1:04.17	---	2:22.23	---	4:53.36	5:29.76
Jessica Orr	59.50	1:18.60	---	---	---	---
Stefanie Peskosky	---	---	2:17.64	3:14.57	4:51.10	---
Caitlin Rummel	1:03.50	---	2:29.43	---	---	---

Newcomers

Nicki Bastine	Sammamish, Wash. / Eastlake
Lyzzy Brumbaugh	Ashburn, Va. / Silvercreek
Kelsey Casey	Orinda, Calif. / Miramonte
Abby Gesecki	Nanticoke, Pa. / Greater Nanticoke Area
Erin Moss	Medford, Ore. / Phoenix
Christina Peters	Oklahoma City, Okla. / Westmoore

"This is a fairly young group of runners that will be led by our cross country team captain, Erin Demchko," stated Criste. "We're very excited about Vicki Moore's upcoming season. She has a great range from the 400-meter dash to the mile run, and was a true East Coast standout last year in the 1,000-meter run.

"The 4x800-meter relay group has a large pool of returning talent vying for a leg," Criste said. "This includes returnees Caitlyn Harrington, Stefanie Peskosky, Maureen Dooley and Allie Moreland, along with Moore and Demchko. I'm also looking for newcomers Erin Moss, Christina Peters and Abby Gesecki to be immediate impact runners."



Loni Forsythe

2006-07 NAVY WOMEN'S TRACK & FIELD

Distance

Returners (Career-Best Times)

	1,500	Mile	3,000	5,000	10,000	3,000 st.
Sammy Jo Andrews	---	5:42.75	11:30.60	18:56.40	---	11:39.75
Allison Barlow	5:10.40	---	10:19.05	17:47.28	36:27.52	---
Jade Baum	---	5:28.02	10:42.65	18:13.34	---	---
Arwyn Becker	---	---	---	---	---	---
Chelsea Decker	---	5:35.53	10:58.57	---	---	11:57.51
Erin Demchko	4:40.16	5:04.49	10:31.64	---	---	11:13.29
Maureen Dooley	4:55.17	5:17.12	10:52.83	---	---	---
Juliann Jordan	---	5:22.36	10:52.53	17:51.99	---	---
Kyleigh Millhouse	4:58.96	---	10:23.96	18:30.76	---	11:34.61
Jamie Molcson	---	5:51.16	---	---	---	---
Vicki Moore	4:41.75	5:16.56	---	19:19.74	40:11.29	---
Justine Whipple	---	---	10:07.03	16:40.86	35:30.02	---
Katherine Wirtz	---	---	---	19:34.33	39:02.86	---

Newcomers

Kaitlin Baker	Rockford, Mich. / Rockford
Anna Bernal	Bonaire, Ga. / Mount de Sales Academy
Katie Calhoun	Lancaster, Pa. / Manheim Township
Lexa Gass	Crescent, Pa. / Moon Area
Nicole Kauzlarich	Annapolis, Md. / Kadena (Japan)
Brandi Luongo	Palmetto, Ga. / Northgate
Emi Parker	Tacoma, Wash. / Curtis
Susan Richardson	Louisville, Colo. / Fairview
Jenny Rubin	Papillion, Neb. / Papillion La Vista South
Kayla Sax	Pichland, Wash. / Richland
Amy Watson	Hampstead, Md. / North Carroll
Shannon Yingling	Johnstown, Pa. / Bishop McCort
Erica Ziel	Saginaw, Mich. / Swan Valley

"This area is loaded with both talented and experienced runners," said Criste. "Look for all-league senior Justine Whipple, Allison Barlow and Juliann Jordan to continue to dominate the 3,000-meter to 10,000-meter run range. If all goes well, Justine should be a strong NCAA contender in the 10,000-meter run.

"Coach Karen Boyle has recruited a large contingent of young and motivated talent," added Criste. "We are definitely looking forward to some great performances."

Jumps/Pole Vault

Returners (Career-Best Marks)

	LJ	TJ	HJ	PV
Kirsten Andrews	18'8-3/4"	---	---	12'8"
Katie Berkey	15'8-3/4"	---	5'1"	---
Michelle Bostic	16'5"	---	---	---
Lauren Burneister	---	37'3-1/4"	---	---
Jacquelyn Charnigo	---	---	5'5"	12'5-1/2"
Colleen Conley	16'8-1/2"	34'6-3/4"	---	---
Rochelle Gandy	17'5-1/4"	36'1/4"	---	---
Jessica Goetz	---	37'6-1/2"	---	---
Gloria Hill	17'2"	35'10"	---	---
Priscilla Lewis	---	---	5'1/4"	---
Ebony Miller	17'8-3/4"	---	---	---
Rebecca Tucker	16'1"	---	5'1"	---
Elizabeth Wrona	---	---	5'5"	---

Newcomers

Krystina Johnson	Savannah, Ga. / Sol C. Johnson
Jessica Schlaegel	Nashport, Ohio / Tri-Valley

"This is a really well-rounded group -- all of whom are multi-talented," Criste stated. "The pole vault should be one of our premier events with Kirsten Andrews (12'8") and Jacquelyn Charnigo (12'5-1/2") hoping to maintain their East Coast dominance. Both of them should expect to break the 13'-barrier this year.

"The horizontal jumpers also return with a wealth of experience," Criste said. "The long and triple jumpers are all very close in talent and are a tight-knit force with plenty of leadership coming from Jessica Goetz in the triple jump and Ebony Miller and Kirsten Andrews in the long jump.



Juliann Jordan

"In the high jump, I'm fully expecting Jacquelyn Charnigo and Elizabeth Wrona to keep Navy's vertical jumping as a traditional strong suit," commented Criste. "There is no doubt in my mind that the sky is truly the limit for this year's jumpers and pole vaulters."

Throws

Returners (Career-Best Marks)

	SP	WT	DT	HT	JT
Stephanie Hamilton	---	27'6-1/2"	93'8"	---	---
Meg Joyce	---	47'7-3/4"	---	170'0"	---
Ebony Miller	36'6-1/4"	---	---	---	---
Danielle Still	42'11-1/2"	---	---	---	158'2"

Newcomers

Amber Scott	Chattaroy, Wash. / Riverside
Ashlee Smith	Seligman, Ariz. / Seligman
Sara Supancic	Bristol, R.I. / St. Mary Academy
Ashley Valanzola	Grafton, Mass. / Grafton

"This year's cadre of throwers is led by the most-talented multi-event athlete in Navy's track & field history -- senior Danielle Still," stated Criste. "She has one of the most 'can-do' attitudes that a coach could ever ask for. Last year, she was rightfully voted as the Patriot League Field Athlete of the Meet, where she set league and school records in both the heptathlon and javelin and placed in the shot put.

"Danielle's competitive attitude is closely mirrored by sophomore Meg Joyce," Criste said. "She was a high school All-American and broke into the all-time top-10 list in the hammer throw as a freshman last season. I also have no doubt that Ashlee Smith, Arizona state champion in the discus and shot put, along with newcomers Amber Scott and Ashley Valanzola will keep up with the competitive tone set by Danielle, Meg and junior Stephanie Hamilton."

2006-07 Roster

Name	Cl.	Event	Hometown / High School
Sarah Albi	Jr.	Distance	Eugene, Ore. / South Eugene
Kirsten Andrews*	Sr.	Hurdles/Jumps	New Holland, Pa. / Garden Spot
Sammy Jo Andrews	So.	Distance	Pewaukee, Wis. / Catholic Memorial
Kaitlin Baker	Fr.	Distance	Rockford, Mich. / Rockford
Allison Barlow	Sr.	Distance	Orange Park, Fla. / Clay
Helen Barnhart	Sr.	Middle Distance	Hagerstown, Md. / North Hagerstown
Nicki Bastine	Fr.	Middle Distance	Sammamish, Wash. / Eastlake
Jade Baum	Sr.	Distance	Columbia, Pa. / Hempfield
Arwyn Becker	Jr.	Distance	Avon, Colo. / Western State College
Mary Bellis	Fr.	Hurdles	San Luis Obispo, Calif. / San Luis Obispo
Katie Berkey	So.	Hurdles/Jumps	Tempe, Ariz. / Horizon Honors
Anna Bernal	Fr.	Distance	Bonaire, Ga. / Mount de Sales Academy
Mia Blundetto	Fr.	Sprints	Apple Valley, Minn. / Eastview
Michelle Bostic	Jr.	Multi-Events	Rockwall, Texas / Rockwall
Lizzy Brumbaugh	Fr.	Middle Distance	Ashburn, Va. / Silvercreek
Taren Burkett	Jr.	Middle Distance	Virginia Beach, Va. / Kempsville
Lauren Burmeister	Jr.	Jumps	Brownsdale, Minn. / Hayfield
Katie Calhoun	Fr.	Distance	Lancaster, Pa. / Manheim Township
Ashley Carline	Sr.	Sprints	San Diego, Calif. / University of San Diego
Kelsey Casey	Fr.	Middle Distance	Orinda, Calif. / Miramonte
Jacquelyn Charnigo	Jr.	Jumps	Medina, Ohio / Buckeye
Debbi Choi	So.	Sprints	Clarksville, Md. / River Hill
Colleen Conley	So.	Jumps	Woodstock, Md. / Mount Hebron
Crystal Curtis	Fr.	Sprints	Norfolk, Va. / Naples American (Italy)
Chelsea Decker	So.	Distance	Middlebrook, Va. / Riverheads
Erin Demchko	Sr.	Distance	Pearl River, N.Y. / Pearl River
Maureen Dooley	So.	Distance	Durham, Conn. / Coginchaug Regional
Loni Forsythe	Sr.	Sprints	Chattanooga, Tenn. / School for the Arts & Sciences
Sabrina Gambill	Jr.	Hurdles	Bridgewater, Mass. / Bridgewater-Raynham
Rochelle Gandy	Sr.	Jumps/Sprints	Sacramento, Calif. / Sheldon
Lexa Gass	Fr.	Distance	Crescent, Pa. / Moon Area
Abby Gesecki	Fr.	Middle Distance	Nanticoke, Pa. / Greater Nanticoke Area
Jessica Goetz	Sr.	Jumps	Collegeville, Pa. / Methacton
Amanda Gragg	Jr.	Hurdles	El Dorado Hills, Calif. / Loretto
Caitlyn Harrington	Sr.	Distance	Lavaca, Ark. / Lavaca
Stephanie Hamilton	Jr.	Throws	Canton, Ohio / Canton
Gloria Hill	Jr.	Sprints/Jumps	Mitchville, Md. / National Cathedral
Ashlee Houston	Fr.	Sprints	San Diego, Calif. / Coronado
Krystina Johnson	Fr.	Sprints/Jumps	Savannah, Ga. / Sol C. Johnson
Juliann Jordan	Sr.	Distance	Kaneohe, Hawaii / Punahou
Meg Joyce	So.	Throws	West Kingston, R.I. / South Kingstown
Nicole Kauzlarich	Fr.	Distance	Annapolis, Md. / Kadena (Japan)
Priscilla Lewis**	Sr.	Sprints/Jumps	St. Andrews, Jamaica / Ardenne
Brandi Luongo	Fr.	Distance	Palmetto, Ga. / Northgate
Angelique Martin	So.	Hurdles	Lexington Park, Md. / Great Mills
Kyleigh Millhouse	Jr.	Distance	Boiling Springs, Pa. / Boiling Springs
Ebony Miller	Sr.	Hurdles/Jumps	Moreno Valley, Calif. / Woodcrest Christian
Jamie Molcson	So.	Distance	Parker, Colo. / Ponderosa
Vicki Moore	Jr.	Distance	Burke, Va. / James W. Robinson Jr.
Allie Moreland	So.	Distance	Ocean City, N.J. / Ocean City
Erin Moss	Fr.	Middle Distance	Medford, Ore. / Phoenix
Jessica Orr	Jr.	Sprints/Hurdles	New Holland, Pa. / Garden Spot
Emi Parker	Fr.	Distance	Tacoma, Wash. / Curtis
Stefanie Peskosky	Jr.	Distance	Charlotte, N.C. / South Mecklenburg
Christina Peters	Fr.	Middle Distance	Oklahoma City, Okla. / Westmoore
Susan Richardson	Sr.	Distance	Louisville, Colo. / Fairview
Jenny Rubin	Fr.	Distance	Papillion, Neb. / Papillion La Vista South
Caitlin Rummel	Sr.	Middle Distance	Falmouth, Mass. / Falmouth
Kayla Sax	Fr.	Distance	Richland, Wash. / Richland
Jessica Schlaegel	Fr.	Pole Vault	Nashport, Ohio / Tri-Valley
Amber Scott	Fr.	Throws	Chattaroy, Wash. / Riverside
Lori Simerly	Sr.	Sprints	Knoxville, Tenn. / Farragut
Ashlee Smith	Fr.	Throws	Seligman, Ariz. / Seligman
Danielle Still	Sr.	Multi-Events	Lawnside, N.J. / Bishop Eustice
Sara Supancic	So.	Throws	Bristol, R.I. / St. Mary Academy
Rebecca Tucker	Jr.	Sprints/Jumps	Oregon City, Ore. / Damascus Christian
Ashley Valanzola	Fr.	Throws	Grafton, Mass. / Grafton
Ashley Waddle	So.	Sprints/Jumps	Cary, N.C. / Cardinal Gibbions
Amy Watson	Fr.	Distance	Hampstead, Md. / North Carroll
Justine Whipple	Sr.	Distance	Duxbury, Mass. / Duxbury
Katherine Wirtz	So.	Distance	Willoughby Hills, Ohio / Laurel School
Elizabeth Wrona	Jr.	Sprints/Jumps	Fairfax Station, Va. / Hayfield Secondary School
Shannon Yingling	Fr.	Distance	Johnstown, Pa. / Bishop McCort
Erica Ziel	Fr.	Distance	Saginaw, Mich. / Swan Valley

* - Indoor Track Captain, ** - Outdoor Track Captain

Head Coach: Carla Criste (Penn State '86)

Assistant Coach: Karen Boyle (Bowling Green '79)

Managers: MIDN 2/C Mika Feagans, MIDN 4/C Tina Lewis

Officer Representatives: Lt. Cheri Taylor, USN (Indoor); Lt. Cmdr. Monica Rickard, USN (Outdoor)

Faculty Representative: Beth Mutch (Indoor), Prof. Priscilla Zotti (Outdoor)

Midshipmen by Class

Seniors (18)

Kirsten Andrews
Allison Barlow
Helen Barnhart
Jade Baum
Ashley Carline
Erin Demchko
Loni Forsythe
Rochelle Gandy
Jessica Goetz
Caitlyn Harrington
Juliann Jordan
Priscilla Lewis
Ebony Miller
Susan Richardson
Caitlin Rummel
Lori Simerly
Danielle Still
Justine Whipple

Juniors (16)

Sarah Albi
Arwyn Becker
Michelle Bostic
Taren Burkett
Lauren Burmeister
Jacquelyn Charnigo
Sabrina Gambill
Amanda Gragg
Stephanie Hamilton
Gloria Hill
Kyleigh Millhouse
Vicki Moore
Jessica Orr
Stefanie Peskosky
Rebecca Tucker
Elizabeth Wrona

Sophomores (13)

Sammy Jo Andrews
Katie Berkey
Debbi Choi
Colleen Conley
Chelsea Decker
Maureen Dooley
Meg Joyce
Angelique Martin
Jamie Molcson
Allie Moreland
Sara Supancic
Ashley Waddle
Katherine Wirtz

Freshmen (27)

Kaitlin Baker
Nicki Bastine
Mary Bellis
Anna Bernal
Mia Blundetto
Lizzy Brumbaugh
Katie Calhoun
Kelsey Casey
Crystal Curtis
Lexa Gass
Abby Gesecki
Ashlee Houston
Krystina Johnson
Nicole Kauzlarich
Brandi Luongo
Erin Moss
Emi Parker
Christina Peters
Jenny Rubin
Kayla Sax
Jessica Schlaegel
Amber Scott
Ashlee Smith
Ashley Valanzola
Amy Watson
Shannon Yingling
Erica Ziel