

2005-06 Top Indoor Times/Marks

55-meter Dash

7.12	Loni Forsythe	vs. Army
7.20	Danielle Still	vs. Army
7.33	Priscilla Lewis	Patriot League Championship
7.46	Yasmin Sauls	Navy Six-Team Meet
7.68	Lori Simerly	Navy Four-Team Meet
7.78	Ebony Miller	Navy Four-Team Meet
7.82	Rochelle Gandy	Navy Six-Team Meet
7.84	Debbi Choi	Navy Four-Team Meet

60-meter Dash

7.75	Loni Forsythe	at Armory Invitational
7.92	Danielle Still	at ECAC Championship
8.05	Priscilla Lewis	at Armory Invitational
8.26	Yasmin Sauls	at Armory Invitational

200-meter Dash

25.86	Loni Forsythe	vs. Army
25.87	Danielle Still	Patriot League Championship
26.13	Yasmin Sauls	Patriot League Championship
27.27	Lori Simerly	Navy Four-Team Meet
27.36	Sheivon Davis	Navy Four-Team Meet

400-meter Dash

59.51	Taren Burkett	Navy Four-Team Meet
59.87	Michelle Bostic	vs. Army
1:00.22	Jessica Orr	Patriot League Championship
1:01.44	Priscilla Lewis	at Armory Invitational
1:01.45	Yasmin Sauls	at Armory Invitational
1:01.86	Lauren Burmeister	at Armory Invitational
1:02.40	Joanna Clark	at UMES Invitational

500-meter Run

1:19.48	Joanna Clark	vs. Army
1:19.52	Tina Terry	vs. Army
1:21.62	Jessica Orr	at Armory Invitational
1:36.34	Lori Simerly	vs. Army

800-meter Run

2:20.68	Stefania Peskoszy	vs. Army
2:22.07	Vicki Moore	Navy Four-Team Meet
2:22.23	Allie Moreland	vs. Army
2:26.15	Joanna Clark	Navy Six-Team Meet
2:29.28	Sarah Albi	Navy Four-Team Meet
2:30.51	Caitlyn Harrington	Navy Six-Team Meet

1,000-meter Run

2:52.80	Vicki Moore	at ECAC Championship
3:00.89	Caitlyn Harrington	at Armory Invitational
3:03.76	Maureen Dooley	Patriot League Championship
3:10.69	Chelsea Decker	vs. Army

Mile Run

5:04.49	Erin Demchko	vs. Army
5:17.12	Maureen Dooley	vs. Army
5:22.29	Vicki Moore	Navy Six-Team Meet
5:22.36	Juliann Jordan	vs. Army
5:26.20	Caitlyn Harrington	Navy Four-Team Meet
5:29.76	Allie Moreland	Navy Four-Team Meet

3,000-meter Run

10:07.03	Justine Whipple	Patriot League Championship
10:23.96	Kyleigh Millhouse	vs. Army
10:31.64	Erin Demchko	Navy Six-Team Meet
10:37.19	Allison Barlow	Navy Four-Team Meet
10:39.91	Shannon Reese	Navy Six-Team Meet
10:52.83	Maureen Dooley	Navy Four-Team Meet

5,000-meter Run

16:40.86	Justine Whipple	at ECAC Championship
18:11.53	Juliann Jordan	Patriot League Championship
18:13.34	Jade Baum	Navy Four-Team Meet

19:20.13	Anna Latorre	at Armory Invitational
19:26.34	Tara Lenn	Navy Four-Team Meet
19:34.33	Katherine Wirtz	Navy Six-Team Meet
19:43.46	Dawn Weaver	Navy Six-Team Meet
19:50.45	Bethany Kauffman	Navy Six-Team Meet

55-meter Hurdles

8.00	Danielle Still	vs. Army
8.05	Kirsten Andrews	Patriot League Championship
8.44	Michelle Bostic	vs. Army
8.51	Sabrina Gambill	Patriot League Championship
8.93	Colleen Conley	Patriot League Championship
9.58	Angelique Martin	Navy Four-Team Meet

60-meter Hurdles

8.76	Kirsten Andrews	at ECAC Championship
8.87	Danielle Still	at ECAC Championship
9.24	Michelle Bostic	at Armory Invitational
9.85	Colleen Conley	at UMES Invitational

High Jump

5'3" (1.60m)	Jacquelyn Charnigo	Patriot League Championship
5'3" (1.60m)	Elizabeth Wrona	Patriot League Championship
5'1" (1.55m)	Katie Berkey	vs. Army
4'11" (1.50m)	Rebecca Tucker	Navy Six-Team Meet

Pole Vault

12'8" (3.86m)	Kirsten Andrews	vs. Army
11'9-3/4" (3.60m)	Jacquelyn Charnigo	Patriot League Championship
11'5-3/4" (3.50m)	Tina Terry	at Armory Invitational
9'10" (3.00m)	Carmen Meier	Patriot League Championship

Long Jump

17'6-3/4" (5.35m)	Michelle Schiller	Navy Four-Team Meet
17'4-1/4" (5.29m)	Rochelle Gandy	Patriot League Championship
16'8-1/2" (5.09m)	Colleen Conley	at Armory Invitational
16'5" (5.00m)	Michelle Bostic	Navy Four-Team Meet
16'1" (4.90m)	Rebecca Tucker	Navy Four-Team Meet

Triple Jump

37'3-3/4" (11.37m)	Michelle Schiller	Navy Six-Team Meet
36'5" (11.10m)	Jessica Goetz	vs. Army
36'4-3/4" (11.09m)	Lauren Burmeister	Navy Four-Team Meet
35'10" (10.92m)	Gloria Gill	Navy Four-Team Meet
34'7-1/2" (10.55m)	Rochelle Gandy	at Armory Invitational
34'6-3/4" (10.53m)	Colleen Conley	at Armory Invitational

Shot Put

41'8" (12.70m)	Danielle Still	Navy Four-Team Meet
36'1/4" (10.98m)	Jamie Latta	Navy Four-Team Meet
33'6-3/4" (10.23m)	Carolynn Hine	vs. Army

20-lb. Weight Throw

53'4-1/4" (16.26m)	Cayanne McFarlane	Patriot League Championship
47'7-3/4" (14.52m)	Meg Joyce	vs. Army
40'9-3/4" (12.44m)	Mary Nell	Patriot League Championship
39'8-3/4" (12.11m)	Carolynn Hine	Patriot League Championship

Pentathlon

3,263 pts.	Danielle Still	Patriot League Championship
3,134 pts.	Michelle Bostic	Patriot League Championship
2,894 pts.	Ebony Miller	Patriot League Championship

4x400-meter Relay

4:04.78	Patriot League Championship
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4x800-meter Relay

9:32.65	Patriot League Championship
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Distance Medley Relay

12:06.28	Patriot League Championship
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2006 Top Outdoor Times/Marks

100-meter Run

12.03	Priscilla Lewis	at Blue Hen Invitational
12.48	Yasmin Sauls	at Blue Hen Invitational
13.06	Loni Forsythe	Navy Five-Team Meet
13.34	Rochelle Gandy	at Point Loma Invitational

200-meter Run

25.65	Priscilla Lewis	at Army
26.14	Yasmin Sauls	at Point Loma Invitational
26.20	Danielle Still	at Army
26.22	Loni Forsythe	at Army
26.87	Sheivon Davis	at Charlotte Invitational
27.26	Lori Simerly	Navy Five-Team Meet

400-meter Run

58.79	Taren Burkett	at Patriot League Championship
58.93	Lauren Burmeister	at Patriot League Championship
59.46	Michelle Bostic	at Army
59.88	Jessica Orr	at Army
1:00.83	Sheivon Davis	at Patriot League Championship
1:02.21	Joanna Clark	at Charlotte Invitational

800-meter Run

2:14.13	Vicki Moore	at Patriot League Championship
2:15.77	Erin Demchko	at Patriot League Championship
2:18.59	Stefanie Peskosky	at Patriot League Championship
2:19.16	Joanna Clark	at Patriot League Championship
2:23.97	Allie Moreland	at Blue Hen Invitational

1,500-meter Run

4:40.16	Erin Demchko	at Patriot League Championship
4:45.30	Vicki Moore	Navy Five-Team Meet
4:51.10	Stefanie Peskosky	at Army
4:53.36	Allie Moreland	at Army
4:55.17	Maureen Dooley	Navy Five-Team Meet
4:58.96	Kyleigh Millhouse	at Blue Hen Invitational

3,000-meter Steeplechase

11:34.61	Kyleigh Millhouse	at Army
11:39.75	Sammy Jo Andrews	at Army
11:57.51	Chelsea Decker	Navy Five-Team Meet

5,000-meter Run

17:01.06	Justine Whipple	at Army
17:51.51	Allison Barlow	at Army
17:51.99	Juliann Jordan	at Army
18:35.38	Jade Baum	at Patriot League Championship
18:56.40	Sammy Jo Andrews	Navy Five-Team Meet
19:13.74	Shannon Reese	Navy Five-Team Meet

10,000-meter Run

35:30.02	Justine Whipple	at ECAC Championship
39:02.86	Katherine Wirtz	Navy Five-Team Meet
39:33.08	Anna Latorre	Navy Five-Team Meet
39:36.20	Tara Lenn	Navy Five-Team Meet
39:52.06	Dawn Weaver	Navy Five-Team Meet

100-meter High Hurdles

13.95	Kirsten Andrews	at ECAC Championship
14.36	Danielle Still	at Charlotte Invitational
14.64	Michelle Bostic	at Patriot League Championship
15.49	Sabrina Gambill	at Army

400-meter Hurdles

1:00.87	Michelle Bostic	at ECAC Championship
1:04.46	Tina Terry	at Patriot League Championship
1:05.62	Jessica Orr	at Patriot League Championship
1:07.55	Ebony Miller	at Point Loma Invitational

High Jump

5'3-3/4" (1.62m)	Jacquelyn Charnigo	at Army
5'3" (1.60m)	Elizabeth Wrona	at Patriot League Championship
4'11-3/4" (1.52m)	Katie Berkey	at Army
4'9-3/4" (1.47m)	Rebecca Tucker	at Point Loma Invitational

Pole Vault

12'5-1/2" (3.80m)	Kirsten Andrews	at Penn Relays
12'5-1/2" (3.80m)	Jacquelyn Charnigo	at Patriot League Championship
11'5-3/4" (3.50m)	Tina Terry	at Patriot League Championship
10'0" (3.05m)	Carmen Meier	Navy Five-Team Meet

Long Jump

18'8-3/4" (5.71m)	Kirsten Andrews	at Patriot League Championship
17'8-1/4" (5.39m)	Michelle Schiller	at Army
17'5-1/4" (5.31m)	Rochelle Gandy	at Patriot League Championship
17'2" (5.23m)	Gloria Hill	at Patriot League Championship
16'10-3/4" (5.15m)	Danielle Still	at Patriot League Championship
16'6" (5.03m)	Colleen Conley	Navy Five-Team Meet

Triple Jump

37'10-1/2" (11.54m)	Michelle Schiller	at Army
37'3-1/4" (11.36m)	Lauren Burmeister	at Patriot League Championship
36'10-1/4" (11.23m)	Jessica Goetz	at Patriot League Championship
35'8-1/2" (10.88m)	Gloria Hill	at Patriot League Championship
34'3" (10.44m)	Colleen Conley	at Patriot League Championship

Shot Put

40'8-3/4" (12.41m)	Lindsay Brand	at Army
40'7" (12.37m)	Danielle Still	at Patriot League Championship
37'1" (11.30m)	Lindi Connor	at Army

Discus

132'7" (40.42m)	Mary Nell	at Army
116'3" (35.44m)	Carolynn Hine	at Charlotte Invitational
114'4" (34.86m)	Lindi Connor	Navy Five-Team Meet

Hammer Throw

170'0" (51.82m)	Meg Joyce	at Army
168'2" (51.26m)	Cayanne McFarlane	at Army
134'6" (41.01m)	Mary Nell	at Army
125'3" (38.19m)	Carolynn Hine	Navy Five-Team Meet

Javelin

158'2" (48.22m)	Danielle Still	at Patriot League Championship
120'9" (36.81m)	Cayanne McFarlane	at Patriot League Championship

Heptathlon

4,873 pts.	Danielle Still	at Patriot League Championship
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4x100-meter Relay

47.73	at Army
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4x400-meter Relay

3:54.12	at Patriot League Championship
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4x800-meter Relay

9:05.47	at Patriot League Championship
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Navy All-Time Top-Indoor Performances

55-meter Dash

1.	Loni Forsythe	7.12	2/4/06
2.	Chantelle Nagby	7.13	2/27/00
3.	Chantelle Nagby	7.14	2/26/00
4.	Chantelle Nagby	7.15	2/26/00
5.	Chantelle Nagby	7.17	2/20/99
6.	Chantelle Nagby	7.18	2/20/99
7.	Loni Forsythe	7.19	1/15/05
8.	Danielle Still	7.20	2/4/06
	Loni Forsythe	7.20	12/1/05
	Loni Forsythe	7.20	2/7/04
	Chantelle Nagby	7.20	12/2/99
	Chantelle Nagby	7.20	2/7/98

60-meter Dash

1.	Loni Forsythe	7.67	3/6/04
2.	Loni Forsythe	7.73	1/29/05
3.	Chantelle Nagby	7.74	3/4/00
	Loni Forsythe	7.74 (c)	2/5/05
5.	Loni Forsythe	7.75	1/27/06
	Loni Forsythe	7.75	2/21/04
7.	Loni Forsythe	7.76	1/27/06
	Loni Forsythe	7.76	3/5/05
9.	Loni Forsythe	7.78	2/18/05
10.	Chantelle Nagby	7.79	1/15/00

200-meter Dash

1.	Tineisha Davis	25.23	2/21/04
2.	Tineisha Davis	25.25	12/8/01
3.	Tineisha Davis	25.27	2/7/04
4.	Chantelle Nagby	25.37	2/26/00
5.	Tineisha Davis	25.41	2/18/05
6.	Chantelle Nagby	25.44	2/20/99
	Chantelle Nagby	25.44 (c)	12/4/98
8.	Loni Forsythe	25.45	1/31/04
9.	Loni Forsythe	25.46	2/21/04
10.	Chantelle Nagby	25.47	2/26/00

400-meter Run

1.	Tineisha Davis	55.33	3/3/02
2.	Tineisha Davis	55.34	2/15/02
3.	Tineisha Davis	55.48	3/2/02
4.	Tineisha Davis	55.77	2/23/02
5.	Tineisha Davis	55.81	1/5/02
6.	Tineisha Davis	55.95	2/23/02
7.	Tineisha Davis	56.04 (c)	2/5/05
8.	Joanna Helm	56.17	2/27/00
9.	Tineisha Davis	56.26	3/2/03
10.	Tineisha Davis	56.56	1/15/05



Chantelle Nagby

500-meter Run

1.	Tineisha Davis	1:12.39	3/5/05
2.	Tineisha Davis	1:12.40	1/31/04
3.	Tineisha Davis	1:12.50	3/6/04
4.	Tineisha Davis	1:12.56	3/5/05
	Tineisha Davis	1:12.56	3/9/03
6.	Tineisha Davis	1:12.64	2/21/04
7.	Joanna Helm	1:12.80	3/5/00
8.	Tineisha Davis	1:13.00	2/7/04
9.	Tineisha Davis	1:13.13	2/21/03
10.	Joanna Helm	1:13.22	2/20/00

800-meter Run

1.	Carol Womack	2:10.00	3/14/87
2.	Carol Womack	2:10.72	3/1/87
3.	Stefani Green	2:11.53	2/26/83
4.	Stefani Green	2:11.70	3/2/85
5.	Stefani Green	2:11.8	2/18/84
6.	Stefani Green	2:12.49	2/26/84
7.	Tineisha Davis	2:12.65	1/26/02
8.	Carol Womack	2:12.93	2/8/86
9.	Carol Womack	2:13.02	2/1/86
10.	Carol Womack	2:13.07	3/8/87

1,000-meter Run

1.	Erin O'Marr	2:51.93	3/5/00
2.	Vicki Moore	2:52.80	3/5/06
3.	Erin O'Marr	2:54.74	2/12/00
4.	Lori Kelly	2:54.80	2/20/93
5.	Amy Baxter	2:55.26	2/12/00
6.	Vicki Moore	2:56.09	1/27/06
7.	Vicki Moore	2:56.17	3/4/06
8.	Vicki Moore	2:56.18	3/5/05
9.	Amy Baxter	2:56.22	2/20/00
10.	Vicki Moore	2:56.65	2/5/05

Mile Run

1.	Kim McGreevy	4:51.21	3/5/95
2.	Amy Baxter	4:52.64	2/25/01
3.	Amy Baxter	4:52.69	3/4/00
4.	Amy Baxter	4:52.94	2/27/00
5.	Kim McGreevy	4:53.75	2/25/95
6.	Kim McGreevy	4:54.80	2/18/95
7.	Kim McGreevy	4:55.18	1/14/95
8.	Kim McGreevy	4:55.1	2/3/95
9.	Lisa Procaccini	4:55.38	3/2/02
10.	Melissa Foon	4:55.60	2/11/01

3,000-meter Run

1.	Melissa Foon	9:34.44	3/5/00
2.	Melissa Foon	9:40.41	2/18/01
3.	Melissa Foon	9:40.48	3/4/01
4.	Melissa Foon	9:44.05	2/25/01
5.	Melissa Foon	9:46.05	2/27/00
6.	Melissa Foon	9:49.11	2/12/00
7.	Melissa Foon	9:49.53	1/27/01
8.	Marty Shue	9:50.50	2/24/91
9.	Melissa Foon	9:51.45	2/20/00
10.	Susie Stewart	9:53.2	2/18/89

5,000-meter Run

1.	Justine Whipple	16:40.86	3/4/06
2.	Melissa Foon	17:04.4	12/9/00
3.	Justine Whipple	17:04.79	1/27/06
4.	Justine Whipple	17:10.38	2/18/06
5.	Melissa Foon	17:15.44	2/17/01
6.	Justine Whipple	17:18.05	12/1/05
7.	Kerry O'Neill	17:22.53	2/13/93
8.	Kerry O'Neill	17:24.62	2/27/93
9.	Marty Shue	17:24.82	2/23/91
10.	Rebecca Cline	17:27.75	2/22/97

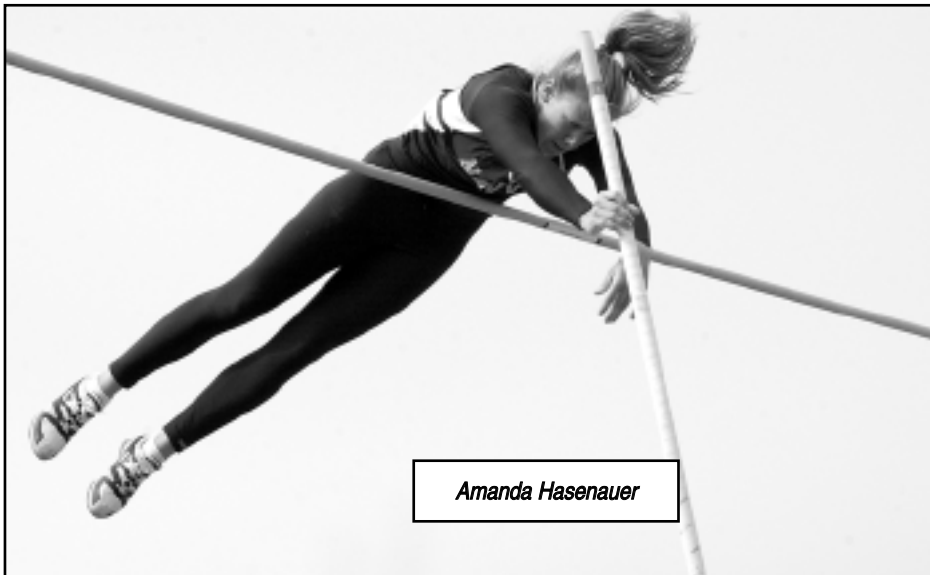
55-meter Hurdles

1.	Danielle Still	8.00	2/4/06
2.	Kirsten Andrews	8.05	2/19/06
3.	Danielle Still	8.08	2/19/06
4.	Kirsten Andrews	8.14	2/18/06
5.	Kirsten Andrews	8.15	2/18/06
	Danielle Still	8.15	2/18/06
7.	Kirsten Andrews	8.17	2/4/06
	Danielle Still	8.17	2/7/04
9.	Kirsten Andrews	8.21	1/14/06
10.	Danielle Still	8.22	12/1/05

60-meter Hurdles

1.	Danielle Still	8.72	3/6/04
2.	Kirsten Andrews	8.76	3/4/06
3.	Kirsten Andrews	8.77	3/4/06
	Joanna Helm	8.77	3/4/00
5.	Kirsten Andrews	8.78	3/5/06
6.	Danielle Still	8.84 (c)	2/5/05
7.	Danielle Still	8.87	3/4/06
	Kirsten Andrews	8.87	1/27/06
	Kirsten Andrews	8.87	2/21/04
10.	Danielle Still	8.88	1/29/05

2006-07 NAVY WOMEN'S TRACK & FIELD



Amanda Hasenauer

High Jump

1.	Suzanne Dondero	1.73m	5'8"	2/23/97
2.	Shannon Crites	1.69m	5'6-1/2"	2/12/00
3.	Suzanne Dondero	1.68m	5'6"	1/25/97
	Suzanne Dondero	1.68m	5'6"	1/31/97
	Suzanne Dondero	1.68m	5'6"	2/15/97
6.	Jacquelyn Chamigo	1.65m	5'5"	2/18/05
	Jacquelyn Chamigo	1.65m	5'5"	2/5/05
	Elizabeth Wrona	1.65m	5'5"	2/5/05
	Jacquelyn Chamigo	1.65m	5'5"	1/15/05
	Elizabeth Wrona	1.65m	5'5"	1/15/05
	Jacquelyn Chamigo	1.65m	5'5"	1/7/05
	Jacquelyn Chamigo	1.65m	5'5"	12/1/04
	Shannon Crites	1.65m	5'5"	3/2/03
	Shannon Crites	1.65m	5'5"	2/8/03
	Shannon Crites	1.65m	5'5"	1/18/03
	Shannon Crites	1.65m	5'5"	1/4/03
	Shannon Crites	1.65m	5'5"	12/6/02
	Shannon Crites	1.65m	5'5"	2/15/02
	Shannon Crites	1.65m	5'5"	2/2/02
	Shannon Crites	1.65m	5'5"	1/26/02
	Shannon Crites	1.65m	5'5"	12/8/01
	Shannon Crites	1.65m	5'5"	1/27/01
	Joanna Helm	1.65m	5'5"	2/18/00

Pole Vault

1.	Amanda Hasenauer	3.92m	12'10-1/4"	2/15/03
2.	Amanda Hasenauer	3.90m	12'9-1/2"	2/8/03
	Amanda Hasenauer	3.90m	12'9-1/2"	2/15/02
4.	Kirsten Andrews	3.86m	12'8"	2/4/06
5.	Amanda Hasenauer	3.84m	12'7-1/4"	12/8/01
6.	Amanda Hasenauer	3.81m	12'6"	1/25/03
	Amanda Hasenauer	3.81m	12'6"	2/23/02
	Amanda Hasenauer	3.81m	12'6"	2/11/01
9.	Kirsten Andrews	3.80m	12'5-1/2"	3/5/05
10.	Amanda Hasenauer	3.79m	12'5-1/4"	1/26/02

Long Jump

1.	Chantelle Nagby	5.80m	19'1/2"	2/19/00
2.	Chantelle Nagby	5.77m	18'11-1/4"	2/12/00
3.	Chantelle Nagby	5.67m	18'7-1/4"	2/6/99
4.	Joanne Uwujaren	5.64m	18'6"	2/2/02

5.	Joanne Uwujaren	5.62m	18'5-1/4"	2/19/00
6.	Joanne Uwujaren	5.60m	18'4-1/2"	1/19/02
7.	Joanne Uwujaren	5.59m	18'4-1/4"	1/18/03
	Tia Vonil	5.59m	18'4-1/4"	1/20/01
	Tia Vonil	5.59m	18'4-1/4"	2/17/01
	Chantelle Nagby	5.59m	18'4-1/4"	2/20/99

Triple Jump

1.	Chantelle Nagby	11.87m	38'11-1/2"	2/7/98
2.	Joanne Uwujaren	11.84m	38'10-1/4"	3/9/03
	Chantelle Nagby	11.84m	38'10-1/4"	12/5/97
4.	Joanne Uwujaren	11.81m	38'9"	3/2/03
5.	Joanne Uwujaren	11.76m	38'7"	1/5/02
6.	Chantelle Nagby	11.74m	38'6-1/4"	1/10/98
7.	Joanne Uwujaren	11.67m	38'3-1/2"	2/2/02
8.	Chantelle Nagby	11.63m	38'2"	12/4/98
9.	Chantelle Nagby	11.57m	37'11-1/2"	2/12/00
10.	Chantelle Nagby	11.55m	37'10-3/4"	2/23/97

Shot Put

1.	Jen Leatherman	14.52m	47'7-3/4"	2/7/04
2.	Jen Leatherman	13.76m	45'1-3/4"	1/9/04
3.	Jen Leatherman	13.74m	45'1"	1/17/04
4.	Jen Leatherman	13.71m	44'11-3/4"	2/21/04
5.	Jen Leatherman	13.70m	44'11-1/2"	1/31/04
6.	Jen Leatherman	13.62m	44'8-1/4"	3/6/04
7.	Ashleigh Shear	13.41m	44'0"	1/10/03
8.	Ashleigh Shear	13.28m	43'7"	2/15/03
9.	Danielle Still	13.09m	42'11-1/2"	2/5/05
10.	Ashleigh Shear	13.08m	42'11"	1/18/03

Weight Throw

1.	Jen Leatherman	18.52m	60'9-1/4"	1/31/04
2.	Jen Leatherman	18.35m	60'2-1/2"	1/9/04
3.	Jen Leatherman	18.13m	59'5-3/4"	2/21/04
4.	Jen Leatherman	18.07m	59'3-1/2"	2/7/04
5.	Jen Leatherman	17.77m	58'3-3/4"	3/6/04
6.	Jen Leatherman	17.36m	56'11-1/2"	1/17/04
7.	Sonja Washington	16.46m	54'0"	2/27/94
8.	Sonja Washington	16.45m	53'11-3/4"	3/5/95
9.	Cayanne McFarlane	16.26m	53'4-1/4"	2/18/06
10.	Sonja Washington	16.15m	53'0"	12/1/95

Pentathlon

1.	Joanna Helm	3,467 pts.	2/18/00
2.	Danielle Still	3,263 pts.	2/17/06
3.	Cindy Pease	3,145 pts.	2/28/98
4.	Laura Hatcher	3,137 pts.	3/4/89
5.	Lisa Gibellato	3,136 pts.	2/27/94
6.	Michelle Bostic	3,134 pts.	2/17/06
7.	Lisa Gibellato	3,080 pts.	2/24/96
8.	Erin Martin	3,069 pts.	3/2/85
9.	Danielle Still	3,058 pts.	2/18/05
10.	Erin Martin	3,032 pts.	3/6/88

4x400-meter Relay

1.	3:49.34	3/9/03
	Amy Stokes, Eva Tukarski, Kacee Jossis, Tineisha Davis	
2.	3:51.41	2/21/03
3.	3:52.00	2/27/00
4.	3:52.10	2/25/01
5.	3:52.47	3/4/00
6.	3:53.42	1/27/01
7.	3:54.46	2/15/02
8.	3:54.87	12/8/01
9.	3:54.95	2/23/02
10.	3:55.16	2/27/94

4x800-meter Relay

1.	9:04.81	3/6/04
	Gina DiPiero, Kacee Jossis, Erin Demchko, Tineisha Davis	
2.	9:05.34	2/21/04
3.	9:06.31	2/27/00
4.	9:07.93	2/16/97
5.	9:10.66	2/19/00
6.	9:12.17	3/4/00
7.	9:12.59	2/18/05
8.	9:13.05	2/27/94
9.	9:13.38	2/23/97
10.	9:14.52	2/18/96

Distance Medley Relay

1.	11:54.03	1/26/01
	Lisa Procaccini, Kacee Jossis, Sara Waters, Melissa Foon	
2.	11:56.03	3/4/01
3.	11:59.47	1/29/05
4.	12:06.28	2/19/06
5.	12:06.37	1/31/04
6.	12:07.00	3/5/06
7.	12:14.53	3/6/04
8.	12:15.80	2/19/94
9.	12:15.90	1/23/94
10.	12:16.05	1/22/95

Note:

(c) - converted from hand-time

Navy All-Time Top-Outdoor Performances

100-meter Dash

1.	Loni Forsythe	11.74 (c)	4/16/05
2.	Chantelle Nagby	11.95	5/6/00
3.	Loni Forsythe	12.01	5/14/05
4.	Priscilla Lewis	12.03	4/8/06
5.	Loni Forsythe	12.04	5/13/05
6.	Loni Forsythe	12.09	5/7/05
7.	Loni Forsythe	12.10	4/9/05
	Chantelle Nagby	12.10	4/1/00
	Chantelle Nagby	12.10	3/25/00
10.	Chantelle Nagby	12.12	4/3/99

200-meter Dash

1.	Loni Forsythe	24.60	3/27/04
2.	Chantelle Nagby	24.70	5/6/00
	Chantelle Nagby	24.70	3/25/00
4.	Tineisha Davis	24.73	5/12/02
5.	Tineisha Davis	24.87	5/11/02
6.	Chantelle Nagby	24.89	5/10/97
7.	Chantelle Nagby	24.90	5/10/97
8.	Chantelle Nagby	24.91	5/13/00
9.	Loni Forsythe	24.92	4/9/05
	Chantelle Nagby	24.92	4/1/00

400-meter Dash

1.	Tineisha Davis	54.16	4/16/05
2.	Tineisha Davis	54.55	5/7/05
3.	Tineisha Davis	54.56	5/15/05
4.	Tineisha Davis	54.67	5/14/05
5.	Tineisha Davis	54.99	5/16/04
6.	Tineisha Davis	55.05	4/13/02
7.	Tineisha Davis	55.23	5/2/03
8.	Tineisha Davis	55.26	5/4/02
9.	Tineisha Davis	55.35	4/12/03
10.	Tineisha Davis	55.39	5/12/02

800-meter Run

1.	Stefani Green	2:07.31	5/26/84
2.	Carol Womack	2:08.84	5/16/87
3.	Carol Womack	2:08.88	5/23/86
4.	Carol Womack	2:09.13	5/3/87
5.	Carol Womack	2:09.16	5/21/86
6.	Stefani Green	2:09.50	5/22/85
7.	Carol Womack	2:09.78	5/23/87
8.	Carol Womack	2:10.01	5/11/86
9.	Stefani Green	2:10.02	5/26/83
10.	Stefani Green	2:10.38	5/24/85

1,500-meter Run

1.	Kim McGreevy	4:25.71	5/6/95
2.	Kim McGreevy	4:28.1	3/31/95
3.	Kim McGreevy	4:29.58	4/8/95
4.	Kim McGreevy	4:29.93	5/6/95
5.	Amy Baxter	4:30.56	5/1/99
6.	Lisa Procaccini	4:30.87	4/12/03
7.	Amy Baxter	4:30.90	5/2/99
8.	Kim McGreevy	4:31.19	5/8/94
9.	Lisa Procaccini	4:31.26	4/5/03
10.	Kim McGreevy	4:31.45	5/22/94

3,000-meter Steeplechase

1.	Amy Baxter	10:24.01	5/18/01
2.	Amy Baxter	10:44.63	4/26/01
3.	Amy Baxter	10:47.1	5/11/01
4.	Amy Baxter	11:01.21	4/14/01
5.	Amy Baxter	11:08.40	4/7/01
6.	Erin Demchko	11:13.29	3/26/05
7.	Abby Wilder	11:17.18	4/14/01
8.	Abby Wilder	11:20.26	5/4/02
9.	Jen Day	11:21.61	4/5/03
10.	Erin Demchko	11:27.10	3/27/04

5,000-meter Run

1.	Melissa Foon	16:29.77	4/26/01
2.	Melissa Foon	17:00.64	3/31/01
3.	Justine Whipple	17:01.06	4/14/06
4.	Melissa Foon	17:04.27	5/18/01
5.	Melissa Foon	17:11.61	4/7/01
6.	Melissa Foon	17:14.9	3/24/01
7.	Kerry O'Neill	17:17.79	5/5/91
8.	Kerri Gray	17:18.89	5/8/94
9.	Kerry O'Neill	17:22.6	4/11/92
10.	Rebecca Cline	17:23.1	5/4/97

10,000-meter Run

1.	Melissa Foon	35:08.27	4/22/01
2.	Justine Whipple	35:30.02	5/12/06
3.	Allison Barlow	36:27.52	5/15/05
4.	Jackie Hayes	36:27.80	4/18/98
5.	Justine Whipple	36:43.73	5/5/06
6.	Susie Stewart	36:57.28	5/5/91
7.	Jackie Hayes	36:57	4/25/96
8.	Jackie Hayes	36:59.0	3/23/96
9.	Andi Johnson	37:00.80	5/22/94
10.	Allison Barlow	37:08.70	5/7/05

100-meter Hurdles

1.	Kirsten Andrews	13.95	5/14/06
2.	Kirsten Andrews	14.02	5/6/06
3.	Kirsten Andrews	14.05	5/13/06
4.	Kirsten Andrews	14.13	5/5/06
5.	Kirsten Andrews	14.17	5/13/06
6.	Kirsten Andrews	14.24	3/25/06
	Joanna Helm	14.24	5/14/00
8.	Danielle Still	14.26	5/13/05
9.	Danielle Still	14.33	5/14/05
10.	Kirsten Andrews	14.35	4/14/06

400-meter Hurdles

1.	Joanna Helm	58.44	5/14/00
2.	Joanna Helm	59.28	4/27/00
3.	Joanna Helm	1:00.40	5/6/00
4.	Joanna Helm	1:00.44	5/13/00
5.	Stefani Green	1:00.47	5/24/85
6.	Joanna Helm	1:00.54	4/1/00
7.	Stefani Green	1:00.84	5/6/84
8.	Michelle Bostic	1:00.87	5/13/06
9.	Stefani Green	1:00.89	5/26/84
10.	Stefani Green	1:00.91	5/5/85

High Jump

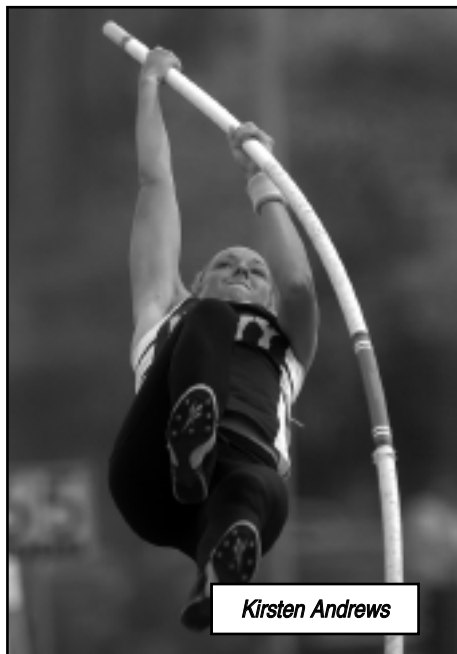
1.	Shannon Crites	1.70m	5'7"	5/3/03
	Shannon Crites	1.70m	5'7"	3/16/02
3.	Shannon Crites	1.69m	5'6-1/2"	3/31/01
	Suzanne Dondero	1.69m	5'6-1/2"	5/11/97
	Suzanne Dondero	1.69m	5'6-1/2"	4/4/97
	Suzanne Dondero	1.69m	5'6-1/2"	3/22/97
7.	Suzanne Dondero	1.68m	5'6"	5/5/96
	Suzanne Dondero	1.68m	5'6"	5/6/95
	Jenna McDermott	1.68m	5'6"	4/18/92
	Erin Martin	1.66m	5'6"	3/26/88

Pole Vault

1.	Amanda Hasenauer	3.97m	13'1/4"	4/5/03
2.	Amanda Hasenauer	3.91m	12'10"	4/20/02
3.	Amanda Hasenauer	3.90m	12'9-1/2"	4/13/02
4.	Amanda Hasenauer	3.89m	12'9"	4/22/00
5.	Amanda Hasenauer	3.81m	12'6"	3/22/03
	Amanda Hasenauer	3.81m	12'6"	3/23/02
7.	Jacquelyn Chamigo	3.80m	12'5-1/2"	5/5/06
	Kirsten Andrews	3.80m	12'5-1/2"	4/27/06
	Amanda Hasenauer	3.80m	12'5-1/2"	4/24/03
10.	Amanda Hasenauer	3.75m	12'3-1/2"	4/8/00

Long Jump

1.	Michelle Schiller	5.77m	18'11-1/4"	5/1/04
	Joanne Uwujaren	5.77m	18'11-1/4"	4/20/02
3.	Michelle Schiller	5.73m	18'9-3/4"	4/17/04
	Chantelle Nagby	5.73m	18'9-3/4"	3/25/00
5.	Kirsten Andrews	5.71m	18'8-3/4"	5/5/06
	Joanne Uwujaren	5.71m	18'8-3/4"	3/22/03
7.	Rhonda Leverett	5.67m	18'7-1/4"	5/3/97
8.	Tamara Allen	5.65m	18'6-1/2"	5/10/97
9.	Tamara Allen	5.61m	18'5"	4/19/97
10.	Joanne Uwujaren	5.60m	18'4-1/2"	5/3/03
	Joanne Uwujaren	5.60m	18'4-1/2"	4/7/01



Kirsten Andrews



Danielle Still

Triple Jump

1.	Chantelle Nagby	12.05m	39'6-1/2"	5/14/00
2.	Joanne Uwujaren	12.02m	39'5-1/4"	5/3/03
3.	Joanne Uwujaren	11.92m	39'1-1/4"	4/5/03
	Joanne Uwujaren	11.92m	39'1-1/4"	4/20/02
	Chantelle Nagby	11.92m	39'1-1/4"	5/6/00
6.	Michelle Schiller	11.85m	38'10-1/2"	4/16/05
7.	Joanne Uwujaren	11.74m	38'6-1/4"	3/23/02
8.	Joanne Uwujaren	11.69m	38'4-1/4"	4/25/03
9.	Sonja Knight	11.67m	38'3-1/2"	4/16/94
10.	Jen Drake	11.66m	38'3-1/4"	5/11/97
	Jen Drake	11.66m	38'3-1/4"	4/4/97

Shot Put

1.	Jen Leatherman	14.30m	46'11"	5/1/04
2.	Jen Leatherman	14.28m	46'10-1/4"	5/16/04
3.	Jen Leatherman	13.85m	45'5-1/4"	3/20/04
4.	Jen Leatherman	13.83m	45'4-1/2"	5/9/04
5.	Jen Leatherman	13.69m	44'11"	4/10/04
6.	Jen Leatherman	13.57m	44'6-1/4"	4/17/04
7.	Jen Leatherman	13.26m	43'6"	3/27/04
8.	Ashleigh Shear	13.10m	42'11-3/4"	5/12/02
9.	Danielle Still	12.98m	42'7"	3/27/04
10.	Jen Leatherman	12.96m	42'6-1/4"	4/5/03

Discus Throw

1.	Jen Leatherman	47.60m	156'2"	5/1/04
2.	Kristy Yarbrough	43.42m	142'5"	5/2/99
3.	Kristy Nistler	43.22m	141'9"	4/3/99
4.	Kristy Nistler	43.14m	141'6"	5/2/99
5.	Elizabeth McQuinn	42.52m	139'6"	5/3/98
6.	Kristy Yarbrough	42.48m	139'4"	4/8/00
7.	Jen Leatherman	42.30m	138'9"	5/16/04
8.	Kristy Nistler	42.26m	138'8"	3/20/99
9.	Kristy Nistler	42.18m	138'5"	5/3/98
10.	Maureen Magnan	42.11m	138'2"	5/18/91

Hammer Throw

1.	Jen Leatherman	58.81m	192'11"	5/16/04
2.	Jen Leatherman	58.33m	191'4"	5/1/04
3.	Jen Leatherman	57.99m	190'3"	4/17/04
4.	Jen Leatherman	57.79m	189'7"	5/29/04
5.	Jen Leatherman	57.43m	188'5"	4/10/04
6.	Jen Leatherman	55.46m	181'11"	5/9/04
7.	Jen Leatherman	54.12m	177'7"	4/22/04
8.	Jen Leatherman	52.40m	171'11"	3/27/04
9.	Meg Joyce	51.82m	170'0"	4/14/06
10.	Cayanne McFarlane	51.26m	168'2"	4/14/06

Javelin Throw

1.	Danielle Still	48.22m	158'2"	5/6/06
2.	Danielle Still	47.42m	155'7"	4/14/06
3.	Danielle Still	46.60m	152'11"	3/18/06
4.	Danielle Still	46.39m	152'2"	5/5/06
5.	Susan Smith	45.52m	149'4"	3/27/99
6.	Susan Smith	45.18m	148'3"	4/3/99
7.	Rochelle Smith	44.82m	147'0"	5/18/91
8.	Danielle Still	44.66m	146'6"	5/7/05
9.	Susan Smith	44.16m	144'10"	5/3/98
10.	Susan Smith	43.90m	144'0"	3/20/99

Heptathlon

1.	Danielle Still	4,873 pts.	5/6/06
2.	Jenna Hausvik	4,756 pts.	5/9/93
3.	Jenna Hausvik	4,650 pts.	5/8/94
4.	Jenna Hausvik	4,615 pts.	5/10/92
5.	Danielle Still	4,525 pts.	4/30/04
6.	Jenna Hausvik	4,359 pts.	4/22/92
7.	Laura Hatcher	4,318 pts.	5/7/89
8.	Karon Barker	4,265 pts.	5/7/89
9.	Karen Lewis	4,198 pts.	5/6/90
10.	Danielle Still	4,177 pts.	5/14/04

4x100-meter Relay

1.	47.24	5/7/05
	Katie Scotidas, Loni Forsythe, Danielle Still, Tineisha Davis	
2.	47.50	3/27/04
3.	47.57	4/16/05
4.	47.61	4/17/04
5.	47.72	5/6/00
6.	47.73	4/14/06
7.	47.76	4/8/00
8.	47.86	5/16/04
9.	47.88	5/4/02
10.	47.90	4/1/06

4x400-meter Relay

1.	3:44.27	5/12/02
	Kacee Jossis, Amy Stokes, Eva Tukarski, Tineisha Davis	
2.	3:47.01	4/13/02
3.	3:47.17	5/3/03
4.	3:48.22	5/4/02
	3:48.22	5/6/00
6.	3:48.88	5/19/01
7.	3:49.35	4/25/02
8.	3:50.00	5/6/01
9.	3:50.20	5/11/97
10.	3:50.64	5/7/05

4x800-meter Relay

1.	8:50.13	5/2/98
	Erin O'Marr, Amy Baxter, Tanya Lehmann, Regina Ware	
2.	8:54.89	5/7/05
3.	8:59.82	5/24/97
4.	9:04.54	4/27/95
5.	9:04.60	5/3/03
6.	9:04.74	5/11/97
7.	9:05.47	5/5/06
8.	9:05.62	5/23/98
9.	9:05.87	5/8/94
10.	9:06.01	5/4/97

Distance Medley Relay

1.	11:48.47	4/24/03
	Tineisha Davis, Kacee Jossis, Amy Stokes, Lisa Procaccini	
2.	12:05.83	4/26/01
3.	12:25.66	4/29/05
4.	12:31.7	4/22/90
	12:32.7	5/17/86
6.	12:34.9	4/2/83
7.	12:44.2	4/23/89
8.	12:45.21	5/16/87
9.	12:47.87	5/18/85
10.	13:21.60	5/18/91

Note:

(c) - converted from hand-time

Individual Honors

Tamara Allen

1997 Patriot League Outdoor Champion (4x100)

Kirsten Andrews

2004 Patriot League Outdoor Champ. (100 hurdles)

2005 Patriot League Indoor Champ. (60 hurdles)

2005 Patriot League Indoor Champ. (Pole vault)

2006 *ESPN The Magazine* Third-Team Academic All-American

2006 Patriot League Women's Track & Field Scholar-Athlete of the Year

2006 Patriot League Indoor Champ. (55 hurdles)

2006 Patriot League Outdoor Champ. (100 hurdles)

2006 Patriot League Outdoor Champ. (4x100)

Marcia Bailey

1994 Patriot League Indoor Champion (DMR)

Lauren Baker

2003 Patriot League Outdoor Champion (Pole vault)

Mary Balch

1987 ECAC Outdoor Champion (DMR)

Amy Baxter

2001 Patriot League Indoor Champion (Mile)

Alicia Berlowski

1995 Patriot League Indoor Champion (DMR)

Michelle Bostic

2005 Patriot League Indoor Champion (4x400)



Amy Baxter

Taren Burkett

2005 Patriot League Indoor Champion (4x400)

2005 Patriot League Outdoor Champion (4x400)

Lauren Burmeister

2006 Patriot League Indoor Champion (DMR)

Laura Bush

1989 ECAC Outdoor Champion (10,000)

Jacquelyn Charnigo

2005 Patriot League Indoor Rookie of the Meet

Rebecca Cline

1997 Patriot League Indoor Champion (3,000)

1997 Patriot League Outdoor Champion (5,000)

Amy Colvin

1988 ECAC Indoor Champion (1,000)

1988 ECAC Indoor Champion (1,500)

1988 ECAC Indoor Champion (DMR)

1988 ECAC Indoor Champion (4x800)

Sarah Colvin

1988 ECAC Indoor Champion (DMR)

1988 ECAC Indoor Champion (4x800)

Nora Connelly

1991 ECAC Outdoor Champion (DMR)

Shannon Crites

2000 Patriot League Indoor Champion (High jump)

2003 Patriot League Outdoor Champion (High jump)

Sarah Crouse

1991 ECAC Indoor Champion (4x800)

Tineisha Davis

2003 Patriot League Indoor Champion (500)

2003 Patriot League Indoor Champion (4x400)

2003 Patriot League Outdoor Champion (400)

2003 Patriot League Outdoor Champ. (4x400)

2003 Patriot League Outdoor Champ. (4x800)

2004 Patriot League Indoor Athlete of the Meet

2004 Patriot League Indoor Champion (200)

2004 Patriot League Indoor Champion (500)

2004 Patriot League Indoor Champion (4x800)

2004 Patriot League Outdoor Champion (400)

2005 Patriot League Indoor Champion (200)

2005 Patriot League Indoor Champion (500)

2005 Patriot League Indoor Champion (4x400)

2005 Patriot League Outdoor Athlete of the Meet

2005 Patriot League Outdoor Champion (400)

2005 Patriot League Outdoor Champion (4x400)



Tineisha Davis

Erin Demchko

2004 Patriot League Indoor Champion (4x800)

2006 Patriot League Indoor Champion (DMR)

Gina DiPiero

2004 Patriot League Indoor Champion (4x800)

Suzanne Dondero

1994 Patriot League Indoor Champion (High jump)

1996 Patriot League Indoor Champion (High jump)

Alyssa Donovan

1996 Patriot League Indoor Champion (4x800)

Maureen Dooley

2006 Patriot League Indoor Champion (DMR)

Maria Filonczuk

1987 ECAC Indoor Champion (DMR)

1987 ECAC Outdoor Champion (DMR)

1987 ECAC Indoor Champion (4x800)

Kathy Fitzpatrick

1990 ECAC Indoor Champion (DMR)

1991 ECAC Indoor Champion (DMR)

Liz Fitzpatrick

1988 ECAC Indoor Champion (4x800)

1991 ECAC Outdoor Champion (3,000)

Marcia Flack

2001 Patriot League Indoor Champion (200)

Melissa Foon

2001 Patriot League Indoor Champion (3,000)
2001 Patriot League Indoor Champion (5,000)

Loni Forsythe

2004 Patriot League Outdoor Champion (200)
2005 Patriot League Outdoor Champion (100)

Tracey Fuchs

1987 ECAC Outdoor Champion (DMR)

Stefani Green

1982 EIAIW Indoor Champion (600)
1982 EIAIW Outdoor Champion (400)
1982 EIAIW Outdoor Champion (400 hurdles)
1983 EIAIW Outdoor Champion (400 hurdles)
1983 ECAC Indoor Champion (800)
1983 Heps Outdoor Champion (400 hurdles)
1984 ECAC Indoor Champion (800)
1984 ECAC Outdoor Champion (800)
1984 Heps Outdoor Champion (400 hurdles)
1985 ECAC Indoor Champion (800)
1985 ECAC Outdoor Champion (800)
1985 ECAC Outdoor Champion (400 hurdles)
1985 ECAC Outdoor Most Outstanding Athlete

Trishette Hall

1996 Patriot League Indoor Champion (55)
1997 Patriot League Outdoor Champ. (4x100)

Amanda Hasenauer

2000 Patriot League Indoor Champion (Pole vault)
2001 Patriot League Indoor Champion (Pole vault)
2002 Patriot League Indoor Performer of the Meet

Laura Hatcher

1989 ECAC Indoor Champion (4x200)

Jenna Hausvik

1993 Heps Outdoor Champion (200)

Jackie Hayes

1996 Patriot League Indoor Champion (3000)
1996 Patriot League Indoor Champion (5000)

Joanna Helm

2000 Patriot League Indoor Champion (Pentathlon)
2000 Patriot League Indoor Champion (55 hurdles)

Dawn Hillman

1987 ECAC Indoor Champion (DMR)
1988 ECAC Indoor Champion (DMR)
1988 ECAC Indoor Champion (4x800)

Sue Honan

1983 ECAC Indoor Champion (400)



Melissa Foon

Lael House

1990 ECAC Indoor Champion (DMR)
1991 ECAC Indoor Champion (4x800)

Becky Ingraham

1994 Patriot League Indoor Champion (4x400 relay)

Naomi Jackson

1994 Heps Outdoor Champion (Javelin)

Kacee Jossis

2001 Patriot League Indoor Champion (500)
2003 Patriot League Indoor Champion (4x400)
2003 Patriot League Outdoor Champ. (4x400)
2003 Patriot League Outdoor Champ. (4x800)
2004 Patriot League Indoor Champion (4x800)

Kristi Keffer

1989 ECAC Indoor Champion (4x200)

Lori Kelley

1996 Patriot League Indoor Champion (4x800)

Sonja Knight

1995 Patriot League Indoor Champion (Long jump)
1995 Patriot League Indoor Champion (Triple jump)

Jennifer Leatherman

2004 Patriot League Indoor Champion (20-lb. weight)
2004 Patriot League Outdoor Champion (Discus)

Tanya Lehmann

1996 Patriot League Indoor Champion (4x800)

Rhonda Leverett

1994 Heps Outdoor Champion (400)
1994 Patriot League Indoor Champion (4x400)
1995 Patriot League Indoor Champion (DMR)
1997 Patriot League Indoor Champion (500)
1997 Patriot League Outdoor Champ. (4x100)

Priscilla Lewis

2006 Patriot League Outdoor Champion (4x100)

Maureen Magnan

1989 ECAC Outdoor Champion (Hammer throw)
1990 ECAC Outdoor Champion (Discus)
1991 ECAC Outdoor Champion (Hammer throw)
1991 ECAC Outdoor Champion (Discus)
1991 ECAC Indoor Champion (20-lb. weight)

Kim McGreevy

1994 Patriot League Indoor Champion (DMR)
1995 Patriot League Indoor Champion (DMR)
1995 Heps Indoor Champion (Mile)
1995 Patriot League Indoor Champion (Mile)

Honore Mealey

1988 ECAC Indoor Champion (600)

Michelle Montgomery

1991 ECAC Outdoor Champion (10,000)

Vicki Moore

2005 Patriot League Outdoor Champion (4x400)
2006 Patriot League Indoor Champion (DMR)

Maureen Moroney

1996 Patriot League Indoor Champion (800)
1996 Patriot League Indoor Champion (4x800)

Chantelle Nagbe

1997 Patriot League Indoor Champion (Triple jump)
1997 Patriot League Outdoor Champion (100)
1997 Patriot League Outdoor Champ. (4x100)
2000 Patriot League Champion (Long jump)
2000 Patriot League Champion (Triple jump)

Maureen O'Dell

1991 ECAC Outdoor Champion (DMR)

Kerry O'Neill

1990 ECAC Indoor Champion (DMR)
1991 ECAC Indoor Champion (5,000)
1991 ECAC Outdoor Champion (5,000)

Nancy Olson

1994 Patriot League Indoor Champion (DMR)
1995 Patriot League Indoor Champion (DMR)
1995 Patriot League Indoor Champion (1,000)

Jessica Orr

2005 Patriot League Outdoor Champion (4x400)

Gretchen Otto

1986 ECAC Indoor Champion (4x800)

Morgan Paul

1991 ECAC Indoor Champion (DMR)
1991 ECAC Outdoor Champion (DMR)
1991 ECAC Indoor Champion (4x800)

Tawny Petrick

1987 ECAC Outdoor Champion (400 hurdles)

Alexis Petrosky

1989 ECAC Indoor Champion (600)

Lisa Procaccini

2003 Patriot League Outdoor Champion (4x800)

Yasmin Sauls

2006 Patriot League Outdoor Champion (4x100)

Beth Schutte

1994 Patriot League Indoor Champion (4x400)

Katie Scotidas

2005 Patriot League Outdoor Champ. (100 hurdles)

Marty Shue

1990 ECAC Indoor Champion (3,000)
1990 ECAC Outdoor Champion (3,000)
1991 ECAC Indoor Champion (1,500)
1991 ECAC Outdoor Champion (1,500)
1991 ECAC Indoor Champion (3,000)
1991 ECAC Outdoor Champion (DMR)
1991 NCAA Div. II Outdoor Champion (1,500)
1991 NCAA Div. II Outdoor All-American

Lori Simerly

2005 Patriot League Indoor Champion (4x400)

Rochelle Smith

1989 ECAC Outdoor Champion (Javelin)
1991 ECAC Outdoor Champion (Javelin)

Susan Smith

1999 Heptagonal Outdoor Champion (Javelin)



Michelle Van Exel

1987 ECAC Indoor Champion (DMR)
1989 ECAC Indoor Champion (4x200)

Janet Walters

1985 ECAC Indoor Champion (1,000)
1986 ECAC Indoor Champion (4x800)
1987 ECAC Indoor Champion (1,000)
1987 ECAC Indoor Champion (4x800)

Sonja Washington

1994 Heps Indoor Champion (20-lb. weight)

Beth Watt

1986 ECAC Indoor Champion (4x800)

Christine Westrich

1994 Patriot League Indoor Champion (4x400)

Justine Whipple

2006 Patriot League Indoor Champion (5,000)
2006 Patriot League Outdoor Champion (10,000)

Racquel Williams

1989 ECAC Indoor Champion (4x200)
1991 ECAC Indoor Champion (DMR)
1991 ECAC Indoor Champion (4x800)

Carol Womack

1986 ECAC Indoor Champion (4x800)
1986 Heps Outdoor Champion (800)
1987 ECAC Indoor Champion (1000)
1987 ECAC Indoor Champion (DMR)
1987 ECAC Outdoor Champion (DMR)
1987 ECAC Indoor Champion (4x800)
1987 ECAC Outdoor Champion (800)
1987 ECAC Outdoor Athlete of the Meet
1988 ECAC Indoor Champion (DMR)
1989 ECAC Indoor Champion (800)
1989 ECAC Outdoor Champion (800)

Karri Zaremba

1994 Patriot League Indoor Champion (DMR)

Susie Stewart

1989 ECAC Indoor Champion (3,000)
1989 ECAC Indoor Champion (5,000)
1989 ECAC Outdoor Champion (5,000)
1990 ECAC Outdoor Champion (5,000)
1990 ECAC Outdoor Champion (10,000)
1990 ECAC Outdoor Most Valuable Runner

Danielle Still

2004 Patriot League Outdoor Champion (Heptathlon)
2005 Patriot League Outdoor Champion (Javelin)
2006 Patriot League Outdoor Field Athlete of the Meet
2006 Patriot League Outdoor Champion (Javelin)
2006 Patriot League Outdoor Champion (Heptathlon)
2006 Patriot League Outdoor Champion (4x100)

Amy Stokes

2002 Patriot League Indoor Champion (500)
2003 Patriot League Indoor Champion (4x400)
2003 Patriot League Outdoor Champ. (4x400)
2003 Patriot League Outdoor Champ. (4x800)

Tina Terry

2003 Patriot League Indoor Champion (Pole vault)

Eva Tukarski

2003 Patriot League Indoor Champion (4x400)
2003 Patriot League Outdoor Champ. (4x400)

Joanne Uwujaren

2003 Patriot League Outdoor Champion (Long jump)
2003 Patriot League Outdoor Champion (Triple jump)

2007 NCAA Qualifying Standards

Indoor (Sea Level)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 meters	6.75@	-	6.92@	-
60 meters	7.27@	-	7.44@	-
55-meter hurdles	7.58@	-	7.86@	-
60-meter hurdles	8.15@	-	8.43@	-
200 meters				
(Under 200m/220 yds)*	23.70	-	24.30	-
(200m/220 yds)*	23.50	-	24.10	-
(Banked or over 200m/220 yds)*	23.30	-	23.90	-
400 meters				
(Under 200m/220 yds)*	53.00	52.7	55.00	54.7
(200m/220 yds)*	52.70	52.4	54.70	54.4
(Banked or over 200m/220 yds)*	52.40	52.1	54.40	54.1
800 meters				
(200m/220 yds or less)*	2:05.60	2:05.3	2:09.40	2:09.1
(Banked or over 200m/220 yds)*	2:05.20	2:04.9	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:40.60	4:40.4	4:48.60	4:48.3
(Banked or over 200m/220 yds)*	4:40.00	4:39.7	4:48.00	4:47.7
3,000 meters#				
(200m/220 yds or less)*	9:15.80	9:15.5	9:34.80	9:34.5
(Banked or over 200m/220 yds)*	9:15.00	9:14.7	9:34.00	9:33.7
5,000 meters#				
(200m/220 yds or less)*	16:09.60	16:09.3	16:43.60	16:43.3
(Banked or over 200m/220 yds)*	16:08.00	16:07.7	16:42.00	16:41.7
1,600-meter relay				
(Under 200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
(Banked or over 200m/220 yds)*	3:33.00	3:32.7	3:40.00	3:39.7
Mile relay				
(Under 200m/220 yds)*	3:36.60	3:36.3	3:43.60	3:43.3
(200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(Banked or over 200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
Distance medley relay-meters#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:32.00	11:31.7
(Banked or over 200m/220 yds)*	11:09.00	11:08.7	11:30.00	11:29.7
Distance medley relay-yards#				
(200m/220 yds or less)*	11:14.50	11:14.2	11:35.50	11:35.2
(Banked or over 200m/220 yds)*	11:12.50	11:12.2	11:33.50	11:33.2

	METRIC	METRIC
High jump	1.84m	1.78m
Pole vault	4.20m	3.95m
Long jump	6.40m	6.10m
Triple jump	13.30m	12.65m
Shot put	16.90m	15.20m
35-pound weight	21.00m	19.00m
Pentathlon	4,050 points	3,700 points

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds.

Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

*—Size of track #—Altitude adjustment available

•FAT – Fully Automatic Timing

•MT – Manual Time

Outdoor (Regional Level)

Event	FAT	MT	ALTITUDE
			ADJUSTMENT 3k-5,999/6k+
100 meters	11.75	-	+03/+07
200 meters	23.96	-	+07/+14
400 meters	54.61	54.3	+11/+21
800 meters	2:09.80	2:09.5	
1,500 meters#	4:27.80	4:27.5	
Mile#	4:49.60	4:49.3	
3,000-meter steeplechase#	10:50.25	10:50.0	
5,000 meters#	16:52.00	16:51.7	
100-meter hurdles	13.92	-	+04/+08
400-meter hurdles	1:00.82	1:00.5	+11/+21
400-meter relay	45.70	45.4	+12/+28
440-yard relay	45.90	45.6	+12/+28
1,600-meter relay	3:42.00	3:41.7	+44/+84
Mile relay	3:43.20	3:42.9	+44/+84

METRIC

High jump	1.75m
Pole vault	3.80m
Long jump	6.00m
Triple jump	12.32m
Shot put	14.30m
Discus	47.30m
Javelin	43.45m
Hammer	54.15m

- Altitude adjustment available

National Qualifying Standards (NCAA Championship)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
10,000 meters#	33:30.00	33:29.7	35:00.00	34:59.7
Heptathlon	5,500 pts		5,050 pts	

- Altitude adjustment available

The Patriot League



Today's Scholar-Athletes, Tomorrow's Leaders

American University ☆ Bucknell University ☆ Colgate University ☆ College of the Holy Cross
Lafayette College ☆ Lehigh University ☆ United States Military Academy ☆ United States Naval Academy

Executive Director: Carolyn Schlie Femovich

3773 Corporate Pkwy., Ste. 190, Center Valley, PA 18034 ☆ Phone: (610) 289-1950 ☆ www.patriotleague.com

The Patriot League continually demonstrates that student-athletes can excel at both academics and athletics without sacrificing its high standards. The Patriot League's athletic success is achieved while its member institutions remain committed to its founding principle of admitting and graduating student-athletes that are academically representative of their class.

In its second decade of combining academic and athletic excellence, the Patriot League sponsors championships in 23 men's and women's sports. Initially started as an NCAA Division I-AA football conference in 1986, the Patriot League became an all-sport conference in 1990 and includes American, Army, Bucknell, Colgate, Holy Cross, Lafayette, Lehigh and Navy as full members, and Fordham and Georgetown as associate members. These institutions are among the oldest and most prestigious in the nation and their alumni have, and continue to play leadership roles in shaping our country.

Since 1998, the Patriot League has ranked first each year among all Division I conferences awarding athletic aid in the NCAA Graduation Rate Report. In addition, the Patriot League finished first in the new NCAA Academic Progress Report (APR) among all Division I conferences awarding athletic aid (combining with all eight of its full-time member institutions for an average of 984 out of 1,000). The APR is used to measure academic eligibility, retention and graduation of student-athletes.

Patriot League student-athletes and teams continue to enjoy success at the national level, with opening round victories coming in several NCAA Championships, including consecutive wins in men's basketball, a final four appearance in men's lacrosse and a sixth-place finish at the NCAA Cross Country Championship.

The Patriot League's mission is simple, to provide successful competitive athletic experiences while maintaining high academic standards, and to prepare its student-athletes to be leaders in society.

During the 2005-06 year, Patriot League student-athletes and teams accomplished the following:

- ◆ Army's Julie Jorgensen (first-team soccer) and Bucknell's Matt Capece (third-team baseball) were named to ESPN The Magazine Academic All-America team.
- ◆ 50 Patriot League student-athletes were named to ESPN The Magazine Academic All-District teams.
- ◆ In addition to automatic qualifiers, the Patriot League sent a second at-large team to the NCAA I-AA football playoffs for the second-straight season, and to the NCAA Men's Golf Championships for the first time in League history.
- ◆ Bucknell's men's basketball program became the first Patriot League team to crack the *Associated Press* and *ESPN/USA Today* Coaches Top 25 Poll.
- ◆ American's Keira Carlstrom turned in the highest finish in Patriot League history at the NCAA Women's Cross Country Championship, placing sixth overall.
- ◆ Four Patriot League men's lacrosse teams spent portions of the season ranked in the top 20 of the United States Intercollegiate Lacrosse Association Poll, with Navy spending the entire year in the top 15.
- ◆ Holy Cross won the Patriot League's first-ever NCAA postseason contest in women's lacrosse, defeating Le Moyne in the NCAA Play-In Game to advance to the NCAA Women's Lacrosse Tournament.
- ◆ Army's women's basketball program became the first from a service academy to advance to the NCAA Division I Women's Basketball Tournament.
- ◆ Lehigh's Matt McBride became the highest Patriot League student-athlete to be selected in the Major League Baseball College Draft, going in the second round (76th overall).

