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Quick Facts	1	Location	Annapolis, Md.	Head Coach	Carla Criste
2007-08 Schedule	1	Founded	October 10, 1845	Alma Mater	Penn State '86
Head Coach Carla Criste	2	Enrollment	4,000	Navy Record	216-49-1 (16 yrs.)
Assistant Coach Karen Boyle	3	Nickname	Midshipmen, Mids	Career Record	216-49-1 (16 yrs.)
Assistant Coach Steven Sarigiannis	3	Colors	Navy Blue and Gold	Office Phone	(410) 293-5580
2007-08 Outlook	4-5	Conference	Patriot League	E-Mail	criste@usna.edu
Team Roster	6	Superintendent	Vice Adm. Jeffrey L. Fowler, USN	Assistant Coach	Karen Boyle
Midshipmen Profiles	7-17	Commandant	Capt. Margaret D. Klein, USN	Alma Mater	Bowling Green '79, 20 yrs.
Seniors	7-13	Director of Athletics	Chet Gladchuk	Office Phone	(410) 293-5579
Juniors	13-15	Home Indoor Facility	Halsey Field House	E-Mail	boyle@usna.edu
Sophomores	15-16	Home Outdoor Facility	Ingram Field	Assistant Coach	Steven Sarigiannis
Freshmen	17	Academy Web Site	www.usna.edu	Alma Mater	UNC-Wilmington '99, 1 yr.
2006-07 Top Indoor Times/Marks	18	Athletics Web Site	www.navy sports.com	Office Phone	(410) 293-5578
2007 Top Outdoor Times/Marks	19	Sports Information			
All-Time Navy Indoor Records	20-21	Women's Track & Field SID	Jonathan Maggart	E-Mail	sarigian@usna.edu
All-Time Navy Outdoor Records	22-23	Office Phone	(410) 293-8771	Athletic Trainer	Amanda Culton
All-Time Individual Honors	24-26	Cell Phone	(410) 507-5873	Equipment Operations	Blake Lange
NCAA Qualifying Standards	27	Fax	(410) 293-8954	Senior Associate AD	Allan Heinze
The Patriot League	28	E-Mail	maggart@usna.edu	Associate AD	Jason Boothe
Academic Success	29	Mailing Address	566 Brownson Road	Officer Representatives	Lt. Danielle Curtis, USN Lt. Cmdr. Monica Rickard, USN
Beat Army!	30-31		Annapolis, MD 21402	Faculty Representatives	Beth Mutch Prof. Priscilla Zotti
Track & Field Facilities	32				

2007-08 Schedule

Indoor

Dec. 4	American, Mount St. Mary's, Towson	Annapolis, Md.	6 p.m.
Jan. 4-5	at World Pole Vault Summit Championship	Reno, Nev.	12 p.m.
Jan. 4	at UMES Invitational	Princess Anne, Md.	9 a.m.
Jan. 19	George Mason, James Madison, Mount St. Mary's, North Carolina, VCU, William & Mary	Annapolis, Md.	3 p.m.
Jan. 26	at Patriot Games	Fairfax, Va.	11 a.m.
Feb. 2	Army (Star Meet)	Annapolis, Md.	3 p.m.
Feb. 15	Loyola	Annapolis, Md.	4 p.m.
Feb. 22-24	at Patriot League Championship	Lewisburg, Pa.	12 p.m.
March 8-9	at ECAC Championship	Boston, Mass.	11 a.m.
March 14-15	at NCAA Championship	Fayetteville, Ark.	12 p.m.

Outdoor

March 15	at Point Loma Invitational	San Diego, Calif.	1 p.m.
March 22	Maryland, Delaware, American, Colgate, George Mason	Annapolis, Md.	2 p.m.
March 29	at Maryland Invitational	College Park, Md.	10 a.m.
April 4-5	at Colonial Relays	Williamsburg, Va.	10 a.m.
April 12	at Army (Star Meet)	West Point, N.Y.	11 a.m.
April 18-19	at Greyhound Invitational	Bethlehem, Pa.	11 a.m.
April 24-26	at Penn Relays	Philadelphia, Pa.	10 a.m.
May 2-3	Patriot League Championship	Annapolis, Md.	11 a.m.
May 9-11	at ECAC Championship	Princeton, N.J.	11 a.m.
May 30-31	at NCAA East Region Championship	Tallahassee, Fla.	11 a.m.
June 11-14	at NCAA Championship	Des Moines, Iowa	12 p.m.

Home meets in **bold**, held at Halsey Field House (Indoor)/Ingram Field (Outdoor)
All times Eastern, subject to change

2006-07 Results

Indoor (7-0)

Dec. 5	American, Mt. St. Mary's, Towson	1st of 4 teams
Jan. 6	at UMES Invitational	NTS
Jan. 20	James Madison, Mt. St. Mary's, VCU	1st of 4 teams
Jan. 27	at Patriot Games	NTS
Feb. 3	at Army (Star Meet)	W, 107-73
Feb. 16-18	at Patriot League Champ.	2nd of 8 teams
March 3-4	at ECAC Championship	NTS

Outdoor (10-0)

March 24	American, Colgate, George Mason, Maryland	1st of 5 teams
March 31	at Military Championships	1st of 6 teams
April 6-7	at Colonial Relays	NTS
April 7	at Penn Invitational	NTS
April 14	Army (Star Meet)	W, 107-96
April 21	at Tiger Track Classic	NTS
April 21	at Greyhound Invitational	NTS
April 26-27	at Penn Relays	NTS
May 4-5	at Patriot League Champ.	2nd of 8 teams
May 11-13	at ECAC Championship	9th of 49 teams
May 25-26	at NCAA East Reg'l Champ.	56th of 57 teams

Home meets in **bold**, held at Halsey Field House (Indoor)/Ingram Field (Outdoor)

Media Guide Credits

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HEAD COACH

2007-08 NAVY WOMEN'S TRACK & FIELD



Carla Criste

Head Coach

17th Year at Navy

Career Record: 216-49-1 (.814)

Penn State '86

Navy women's track & field head coach Carla Criste will begin her 17th year at the helm of the program in 2007-08. Since coming to Annapolis in 1991, she has coached the Midshipmen to an impressive 216-49-1 record, good for an .814 winning percentage.

For the second-consecutive year, Criste guided the Mids to a perfect record during regular season meets. The Midshipmen boasted a 17-0 record (7-0 indoor, 10-0 outdoor) in 2006-07, preceded by their unblemished 14-0 mark (9-0 indoor, 5-0 indoor) one year before.

With the regular season successes, Navy has also stepped up at the postseason championship level. Criste and the Midshipmen have posted three top-20 efforts at the ECAC Championship over the last-two years and four in the last-four campaigns. Navy recorded a ninth-place team score at the ECAC Championship during the 2007 outdoor slate, its highest finish since moving up to the Division I ranks in 1991-92. In that same outdoor season, the Midshipmen also scored at the NCAA East Region Championship for the first time since the regional was added in 2003.

In addition to her team's performance on the track, her student-athletes have also done their part in the classroom. One of Criste's student-athletes, Kirsten Andrews, was twice named a CoSIDA Academic All-American and a first-team selection in 2007. As a result, Criste's track & field team was awarded the Naval Academy Athletic Director's Cup for being the most successful all-around team on The Yard.

She came to the Academy in 1991 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 as a professor at the Academy.

Year-by-Year Record

Year	In	vs. Army	Out	vs. Army
1991-92	0-1	L, 69-49	0-1	L, 93-61
1992-93	2-1	L, 65-53	3-1	L, 81-73
1993-94	1-1	L, 82.3-35.7	6-1	L, 89-65
1994-95	3-3	L, 64-54	8-0	W, 83-71
1995-96	3-6-1	T, 74-74	5-3	L, 80.3-73.7
1996-97	10-0	W, 73-63	5-0	W, 82.5-71.5
1997-98	8-6	L, 74-71	2-3	L, 103-60
1998-99	7-2	W, 93-88	5-1	W, 103-100
1999-00	8-2	W, 113-68	5-0	W, 118-85
2000-01	9-2	W, 100-81	9-2	W, 107-96
2001-02	17-2	W, 93-88	9-2	W, 109-94
2002-03	10-2	L, 97-81	4-1	L, 106-97
2003-04	11-2	W, 94.5-86.5	10-1	L, 112-91
2004-05	11-2	L, 92-89	14-0	W, 110-92
2005-06	9-0	W, 99.5-81.5	5-0	W, 104-99
2006-07	7-0	W, 107-73	10-0	W, 107-96
Totals	116-32-1		100-16	
	.782		.862	

Year-by-Year Postseason Record

Year	- Indoor -		- Outdoor -	
	ECAC	NCAA	ECAC Reg'l	NCAA
1992	32nd	---	DNS	---
1993	---	---	---	---
1994	---	---	27th	---
1995	26th	---	33rd	DNS
1996	DNS	---	40th	---
1997	33rd	---	DNS	---
1998	---	---	DNS	---
1999	DNS	---	41st	---
2000	DNS	---	40th	---
2001	29th	---	26th	---
2002	23rd	---	DNS	---
2003	33rd	---	50th	DNS
2004	21st	---	19th	DNS
2005	DNS	---	DNS	DNS
2006	19th	---	18th	DNS
2007	DNS	---	9th	56th

Criste's Coaching Timeline

- ◆ **West Virginia (1987-88)**
Assistant Coach
*Earned master's degree in exercise physiology
- ◆ **George Mason (1989-91)**
Assistant Coach
*Coached five athletes to All-America honors
- ◆ **Navy (1991-Present)**
Head Coach
*Has totaled a 216-49-1 career record
*Four top-20 teams at ECAC Championship
- ◆ **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



Karen Boyle

Assistant Coach
21st Year at Navy
Bowling Green '79

Karen Boyle enters her 21st year as a Navy women's track & field assistant coach. In addition to her assistant coaching duties on the track, Boyle also serves as the head coach of the women's cross country squad. She guided the team to a perfect 4-0 record in dual-meet action, including a N-Star win over Army, last fall and owns a 107-19 (.849) career record.

Last year, Boyle coached one of her runners, Justine Whipple, to First-Team All-Patriot League honors in cross country, indoor track and outdoor track. With Boyle's coaching and training, Whipple won both the 5,000-meter and 10,000-meter events at the outdoor league championship to earn Patriot League Track Athlete-of-the-Meet honors.

Boyle has led the cross country teams to successes on both the Division II (1987-1990) and Division I (1991-present) levels. In Navy's final four years of Division II competition, Boyle guided 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 earned 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.



Steven Sarigiannis

Assistant Coach
Second Year at Navy
UNC-Wilmington '99

Steven Sarigiannis begins his second year as an assistant coach at Navy in 2007-08, focusing on the throwing events.

In just his first campaign with the Midshipmen last year, Sarigiannis helped one thrower to a NCAA regional qualifying mark in the javelin and two competitors to three ECAC qualifying efforts.

Sarigiannis came to the Academy in 2006 after serving as an assistant men's & women track and cross country coach at Robert Morris from 2001-06. During his tenure with the Colonials, he was primarily responsible for all five throwing events, assisted with cross country and distance runners. He also helped the head coach in training the sprinters, jumpers and hurdlers, while spearheading the recruitment of all track athletes. Other duties included assisting the head coach with fundraising, scheduling, meet management, budgeting, travel plans, organizing team events and academic monitoring.

In addition to his responsibilities with the track and cross country teams, Sarigiannis was the head strength coach from 2001-05, where he designed and oversaw the weight training programs for more than 10 teams.

Prior to his time at Robert Morris, Sarigiannis worked as a graduate assistant with the men's track & field team at Ball State from 2000-01. While earning his master's degree in Health Science in July 2001, he coached all five throwing events and was responsible for the recruitment of throwers.

During his coaching career, Sarigiannis has guided one U.S. Olympic Trials qualifier in the hammer throw, two Senior Olympic qualifiers in the shot put and discus, three NCAA Division I All-Americans, four NCAA Championship automatic qualifiers and 28 NCAA East Region Championship qualifiers.

The product of Cicero, N.Y., was a four-year thrower at UNC-Wilmington, where he majored in physical education and graduated in December 1999 with honors. He was a three-time All-East and Colonial Athletic Association champion in the discus throw, earning MVP honors during his senior year. The two-time academic all-league thrower also served as the school's student representative at the NCAA Leadership Conference in 1999.

SEASON OUTLOOK

2007-08 NAVY WOMEN'S TRACK & FIELD

Overall Comments

"We have an incredibly young and enthusiastic cadre of talent on this year's squad," stated Navy head coach Carla Criste. "Last year's team won the Athletic Director's Cup for being the most all-around successful team on The Yard. This year's team knows they have some big shoes to fill and are excited to accept the challenge."

Sprints/Hurdles

Returners (Career-Best Times)

	55	100	200	400	55 h	100 h	400 h
Mary Bellis	8.14	---	---	---	9.26	---	---
Katie Berkey	---	---	---	---	8.77	---	---
Michelle Bostic	---	---	---	59.40	8.37	14.44	1:00.87
Lauren Burmeister	---	---	---	58.93	---	---	---
Antoinette Carter	---	---	---	---	---	---	---
Debbi Choi	7.84	13.34	27.52	---	---	---	---
Colleen Conley	---	---	---	---	8.72	15.68	---
Crystal Curtis	---	---	---	---	---	---	---
Sabrina Gambill	7.81	---	---	---	8.51	15.11	---
Krystina Johnson	---	13.03	26.77	---	---	---	---
Angelique Martin	---	---	---	---	9.04	16.29	1:07.25
Jessica Orr	---	---	27.01	58.95	8.78	15.87	1:03.92
Rebecca Tucker	7.96	13.67	27.90	---	---	---	---
Ashley Waddle	8.17	---	---	1:04.91	---	---	1:12.24
Elizabeth Wrona	---	---	---	---	9.18	---	1:12.37

Newcomers

Ashley Boykin	Radcliff, Ky. / North Hardin
Jennifer Gabriel	Baltimore, Md. / Pikesville
Natalie Logan	Colorado Springs, Colo. / Doherty
June Ann Lusk	Wailuku, Hawai'i / Baldwin
Ebony Pierre	Lawrenceville, Ga. / Sheephead Bay (N.Y.)
Krys Porter Lott	Papillion, Neb. / Papillion-La Vista South
Ashley Robinson	Oxnard, Calif. / Pacifica

"This year's sprints and hurdles crew features some fantastic freshman talent," said Criste. "Two freshmen we expect to headline for us are June Ann Lusk, the Hawai'i state sprints record holder, and Ashley Boykin, the Kentucky 400-meter state champion."

"We are also looking to seniors Michelle Bostic, Lauren Burmeister, Sabrina Gambill and Jessica Orr to continue to lead the league in the hurdles, sprints, 4x100-meter and 4x400-meter relays."



Michelle Bostic



Vicki Moore

Middle Distance

Returners (Career-Best Times)

	400	500	800	1,000	1,500	Mile
Sarah Albi	---	---	2:24.28	---	---	---
Kaitlin Baker	---	---	2:25.53	---	5:03.13	---
Lyzy Brumbaugh	---	---	---	---	---	---
Taren Burkett	57.44	1:19.40	2:33.52	---	---	---
Joanna Clark	59.28	1:18.57	2:18.80	---	---	---
Abby Gesecki	1:00.52	1:17.40	2:27.88	---	---	---
Vicki Moore	---	---	2:11.74	2:52.80	4:41.75	5:16.56
Allie Moreland	---	---	2:21.76	3:09.11	4:53.36	5:29.76
Stefanie Peskosky	---	---	2:17.45	3:00.01	4:51.10	5:31.87

Newcomers

Melanie Arden	Dallas, Texas / Bishop Lynch
Brittney Boucher	San Antonio, Texas / St. Mary's Hall
Lara Bzik	Bedford, N.H. / Manchester West
Chelsea Chlebo	Fredericksburg, Va. / Mountain View
Erin Neumann	Wray, Colo. / Wray
Katie Rentz	San Diego, Calif. / Mt. Carmel

"This is probably our most successful and experienced group of returning talent," stated Criste. "All-East senior Vicki Moore leads a great range of talent from the 400-meter dash to the mile run."

"The 4x800-meter and distance medley relays have a large pool of athletes vying for a leg. This includes All-Patriot League returnees Stefanie Peskosky, Maureen Dooley, Taren Burkett, Joanna Clark and Abby Gesecki. Complementing that group is an extremely gifted collection of freshman talent."

Distance

Returners (Career-Best Times)

	1,500	Mile	3,000	5,000	10,000	3,000 st.
Arwyn Becker	4:57.43	5:19.63	11:00.60	---	---	---
Anna Bernal	---	---	---	19:25.31	40:27.14	---
Katie Calhoun	---	---	11:42.63	19:54.09	---	---
Maureen Dooley	4:55.17	5:11.62	10:52.83	---	---	11:12.05
Lexa Gass	---	5:24.95	11:19.28	18:38.86	38:06.64	---
Nicole Kauzlarich	---	---	11:00.39	---	---	11:30.44
Kyleigh Millhouse	4:58.96	---	10:17.43	18:30.76	---	11:14.68
Emi Parker	5:07.61	---	---	---	---	---
Jenny Rubin	---	5:19.01	10:29.47	18:08.77	---	---
Kayla Sax	---	5:32.13	---	---	---	---
Amy Watson	---	---	11:11.57	19:18.70	---	---
Katherine Wirtz	---	---	11:15.59	19:02.35	38:48.54	---
Shannon Yingling	---	---	---	---	---	---
Erica Ziel	---	5:31.23	---	18:16.31	---	---

Newcomers

Caroline Barlow	Orange Park, Fla. / The Bolles School
Sarah Burns	Rochester Hills, Mich. / Notre Dame Prep
Sara Latorre	White Marsh, Md. / Towson Catholic
Anne Prisk	Traverse City, Mich. / Traverse City West
Bethany Rahall	Yorktown, Va. / Grafton

"Following Navy's long-standing tradition, this year's group of talent is poised to score some big points for the team," said Criste. "Look for senior cross country team captain Kyleigh Millhouse to set the tempo. Bolstering us in quality and depth are Maureen Dooley, Arwyn Becker, Amy Watson, Jenny Rubin, Lexa Gass, Katherine Wirtz and Erica Ziel."

Jumps/Pole Vault

Returners (Career-Best Marks)

	LJ	TJ	HJ	PV
Katie Berkey	18'2-1/2"	38'9-1/2"	5'3"	---
Michelle Bostic	16'5"	---	---	---
Lauren Burmeister	---	38'0"	---	---
Jacqui Charnigo	---	---	5'6"	12'9-1/2"
Colleen Conley	18'7-1/4"	38'4-3/4"	---	---
Gloria Hill	17'11-3/4"	36'3"	---	---
Krystina Johnson	---	---	5'1"	---
Jessica Schlaegel	---	---	---	10'11-3/4"
Rebecca Tucker	16'1"	---	5'2-1/4"	---
Elizabeth Wrona	---	---	5'5"	---

Newcomers

Thereza Alvesteffer	Hart, Mich. / Hart
Ashley Bucholz	DeBerry, Fla. / Father Lopez
Colleen Carberry	Boise, Idaho / Boise
Brittany Churchey	Hagerstown, Md. / North Hagerstown
Jennifer Gabriel	Baltimore, Md. / Pikesville
Natalie Logan	Colorado Springs, Colo. / Doherty
Kendra McClain	Glen Burnie, Md. / Old Mill
Krys Porter Lott	Papillion, Neb. / Papillion-La Vista South

"This is a true powerhouse group of jumpers for Navy, with eight of the 10 returning upperclassmen having scored at the Patriot League Championship," stated Criste. "This area should be the crux of Navy's point-scoring ability."

"The jumps cadre is led by outdoor team captain and ECAC Champion Jacqui Charnigo. Expected to also significantly contribute in scoring are Elizabeth Wrona, Katie Berkey, Colleen Conley, Gloria Hill, Jessica Schlaegel and indoor team captain Lauren Burmeister."

Throws

Returners (Career-Best Marks)

	SP	WT	DT	HT	JT
Mia Blundetto	---	41'3-1/4"	---	137'2"	---
Liz Hall	---	---	---	---	108'7"
Stephanie Hamilton	---	---	93'8"	---	92'9"
Carolynn Hine	33'6-3/4"	41'4-1/4"	122'4"	125'9"	---
Meg Joyce	---	47'7-3/4"	---	170'0"	---
Amber Scott	34'5-1/2"	---	97'10"	---	---
Ashley Valanzola	---	---	---	---	---

Newcomers

LeShay Bernstein	Glen Gardner, N.J. / Voorhees
Sienna Brown	Alamo, Calif. / Monte Vista
Brittany Maehl	Neenah, Wis. / Hortonville
Joy Nameth	Walden, Colo. / North Park
Amber Salter	Springfield, Va. / Robert E. Lee
Janet von Eiff	San Diego, Calif. / Montgomery

"This year's group of throwers will feature talented junior Meg Joyce, who earned high school All-America honors in the hammer throw while in Rhode Island," said Criste. "Meg and her upperclassmen throwers will be setting the marks for a very gifted group of newcomers. Among the highly recruited freshmen throwers are LeShay Bernstein, Sienna Brown, Joy Nameth and Janet von Eiff."



ROSTER

2007-08 NAVY WOMEN'S TRACK & FIELD

Name	Cl.	Event	Height	Letters	Hometown / High School
Sarah Albi	Sr.	Middle Distance	5-9		Eugene, Ore. / South Eugene
Thereza Alvesteffer	Fr.	Pole Vault	5-6		Hart, Mich. / Hart
Melanie Arden	Fr.	Middle Distance	5-4		Dallas, Texas / Bishop Lynch
Kaitlin Baker	So.	Middle Distance	5-7		Rockford, Mich. / Rockford
Caroline Barlow	Fr.	Distance	5-8		Orange Park, Fla. / The Bolles School
Arwyn Becker	Sr.	Distance	5-9	1-I	Vail, Colo. / Western State College
Mary Bellis	So.	Hurdles	5-9		San Luis Obispo, Calif. / San Luis Obispo
Katie Berkey	Jr.	Jumps/Hurdles	5-6	1-I / 1-O	Tempe, Ariz. / Horizon Honors
Anna Bernal	So.	Distance	5-0		Bonaire, Ga. / Mount de Sales Academy
LeShay Bernstein	Fr.	Throws	5-8		Glen Gardner, N.J. / Voorhees
Mia Blundetto	So.	Throws	5-7	1-I	Apple Valley, Minn. / Eastview
Michelle Bostic	Sr.	Multi-Events	5-10	2-I / 3-O	Rockwall, Texas / Rockwall
Brittney Boucher	Fr.	Middle Distance	5-2		San Antonio, Texas / St. Mary's Hall
Ashley Boykin	Fr.	Sprints	5-2		Radcliff, Ky. / North Hardin
Sienna Brown	Fr.	Throws	5-9		Alamo, Calif. / Monte Vista
Lyzzy Brumbaugh	So.	Middle Distance	5-9		Ashburn, Va. / Silvercreek
Ashley Bucholz	Fr.	Jumps	5-11		DeBerry, Fla. / Father Lopez
Taren Burkett	Sr.	Middle Distance	5-11	2-I / 3-O	Virginia Beach, Va. / Kempsville
Lauren Burmeister*	Sr.	Jumps/Sprints	5-7	2-I / 3-O	Brownsdale, Minn. / Hayfield
Sarah Burns	Fr.	Distance	5-2		Rochester Hills, Mich. / Notre Dame Prep
Lara Bzik	Fr.	Middle Distance	5-6		Bedford, N.H. / Manchester West
Katie Calhoun	So.	Distance	5-7		Lancaster, Pa. / Manheim Township
Colleen Carberry	Fr.	Jumps	5-9		Boise, Idaho / Boise
Antoinette Carter	Jr.	Sprints	5-5		Pasadena, Texas / Deer Park
Jacqui Charnigo**	Sr.	Pole Vault/Jumps	5-9	3-I / 2-O	Medina, Ohio / Buckeye
Chelsea Chlebo	Fr.	Middle Distance	5-10		Fredericksburg, Va. / Mountain View
Debbi Choi	Jr.	Sprints	5-2		Clarksville, Md. / River Hill
Brittany Churchey	Fr.	Jumps	5-7		Hagerstown, Md. / North Hagerstown
Joanna Clark	Sr.	Middle Distance	5-8	3-I / 3-O	Harpers Ferry, W.Va. / Jefferson
Colleen Conley	Jr.	Jumps/Hurdles	5-6	1-I / 1-O	Woodstock, Md. / Mount Hebron
Crystal Curtis	So.	Sprints	5-7		Norfolk, Va. / Naples American (Italy)
Maureen Dooley	Jr.	Distance	5-5	2-I / 1-O	Durham, Conn. / Coginchaug Regional
Jennifer Gabriel	So.	Sprints/Jumps	5-7		Baltimore, Md. / Pikesville
Sabrina Gambill	Sr.	Hurdles	5-8	1-O	Bridgewater, Mass. / Bridgewater-Raynham
Lexa Gass	So.	Distance	5-3	1-O	Crescent, Pa. / Moon Area
Abby Gesecki	So.	Middle Distance	5-6	1-I / 1-O	Nanticoke, Pa. / Greater Nanticoke Area
Liz Hall	Sr.	Throws	5-7	1-O	Erie, Pa. / Iroquois
Stephanie Hamilton	Sr.	Throws	6-1		Canton, Ohio / Canton South
Gloria Hill	Sr.	Jumps	5-5	1-I	Mitchellville, Md. / National Cathedral School
Carolynn Hine	Sr.	Throws	5-7	1-I / 3-O	Wilmington, N.C. / Homeschool
Krystina Johnson	So.	Sprints/Jumps	5-7		Savannah, Ga. / Sol C. Johnson
Meg Joyce	Jr.	Throws	5-6	2-I / 2-O	West Kingston, R.I. / South Kingstown
Nicole Kauzlarich	So.	Distance	5-9		Kanehoe Bay, Hawaii / Kadena (Japan)
Sara Latorre	So.	Distance	5-4		White Marsh, Md. / Towson Catholic
Natalie Logan	Fr.	Sprints/Jumps	6-2		Colorado Springs, Colo. / Doherty
June Ann Lusk	Fr.	Hurdles/Sprints	5-8		Wailuku, Hawaii / Baldwin
Brittney Maehl	Jr.	Throws	5-8		Neenah, Wis. / Hortonville
Angelique Martin	Jr.	Hurdles	5-2		Lexington Park, Md. / Great Mills
Kendra McClain	Fr.	Pole Vault	5-4		Glen Burnie, Md. / Old Mill
Kyleigh Millhouse	Sr.	Distance	5-4	2-I / 3-O	Boiling Springs, Pa. / Boiling Springs
Vicki Moore	Sr.	Middle Distance	5-6	3-I / 3-O	Burke, Va. / James W. Robinson Jr.
Allie Moreland	Jr.	Middle Distance	5-7	1-I / 1-O	Ocean City, N.J. / Ocean City
Joy Nameth	Fr.	Throws	5-7		Walden, Colo. / North Park
Erin Neumann	Fr.	Middle Distance	5-5		Wray, Colo. / Wray
Jessica Orr	Sr.	Sprints/Hurdles	5-6	3-I / 3-O	New Holland, Pa. / Garden Spot
Emi Parker	So.	Distance	5-2		Tacoma, Wash. / Curtis
Stefanie Peskosky	Sr.	Middle Distance	5-8	2-I / 3-O	Charlotte, N.C. / South Mecklenburg
Ebony Pierre	Fr.	Sprints	4-11		Lawrenceville, Ga. / Sheepshead Bay (N.Y.)
Krys Porter Lott	Fr.	Jumps/Sprints	5-4		Papillion, Neb. / Papillion-La Vista South
Anne Prisk	Fr.	Distance	5-5		Traverse City, Mich. / Traverse City West
Bethany Rahall	Fr.	Distance	5-1		Yorktown, Va. / Grafton
Katie Rentz	Fr.	Middle Distance	5-5		San Diego, Calif. / Mt. Carmel
Ashley Robinson	Fr.	Hurdles	5-9		Oxnard, Calif. / Pacifica
Jenny Rubin	So.	Distance	5-3	1-O	Papillion, Neb. / Papillion-La Vista South
Amber Salter	Jr.	Throws	5-11		Springfield, Va. / Robert E. Lee
Kayla Sax	So.	Distance	5-11		Richland, Wash. / Richland
Jessica Schlaegel	So.	Pole Vault	5-5	1-I / 1-O	Nashport, Ohio / Tri-Valley
Amber Scott	So.	Throws	5-11	1-I	Chattaroy, Wash. / Riverside
Rebecca Tucker	Sr.	Sprints/Jumps	5-6		Oregon City, Ore. / Damascus Christian
Ashley Valanzola	So.	Throws	5-5		Grafton, Mass. / Grafton
Janet Von Eiff	Fr.	Throws	5-7		San Diego, Calif. / Montgomery
Ashley Waddle	Jr.	Sprints	5-7		Cary, N.C. / Cardinal Gibbons
Amy Watson	So.	Distance	5-1		Hampstead, Md. / North Carroll
Katherine Wirtz	Jr.	Distance	5-3		Willoughby Hills, Ohio / Laurel School
Elizabeth Wrona	Sr.	Jumps/Hurdles	5-5	3-I / 3-O	Fairfax Station, Va. / Hayfield Secondary School
Shannon Yingling	So.	Distance	5-4		Johnstown, Pa. / Bishop McCort
Erica Ziel	So.	Distance	5-5		Saginaw, Mich. / Swan Valley

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

Head Coach: Carla Criste (Penn State '86)

Assistant Coach: Karen Boyle (Bowling Green '79), Steven Sarigiannis (UNC-Wilmington '99)

Managers: MIDN 1/C Mika Feagans, MIDN 3/C Ashlee Houston, MIDN 3/C Christina Lewis, 3/C Kollette Valdez

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

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

Midshipmen by Class

Seniors (18)

Sarah Albi	Middle Distance
Arwyn Becker	Distance
Michelle Bostic	Multi-Events
Taren Burkett	Middle Distance
Lauren Burmeister	Jumps
Jacquelyn Charnigo	Pole Vault/Jumps
Joanna Clark	Middle Distance
Sabrina Gambill	Hurdles
Liz Hall	Throws
Stephanie Hamilton	Throws
Gloria Hill	Jumps
Carolynn Hine	Throws
Kyleigh Millhouse	Distance
Vicki Moore	Middle Distance
Jessica Orr	Sprints/Hurdles
Stefanie Peskosky	Middle Distance
Rebecca Tucker	Sprints/Jumps
Elizabeth Wrona	Jumps/Hurdles

Juniors (12)

Katie Berkey	Jumps/Hurdles
Antoinette Carter	Sprints
Debbi Choi	Sprints
Colleen Conley	Jumps/Hurdles
Maureen Dooley	Distance
Meg Joyce	Throws
Brittney Maehl	Throws
Angelique Martin	Hurdles
Allie Moreland	Middle Distance
Amber Salter	Distance
Ashley Waddle	Sprints
Katherine Wirtz	Distance

Sophomores (22)

Kaitlin Baker	Middle Distance
Mary Bellis	Hurdles
Anna Bernal	Distance
Mia Blundetto	Throws
Lyzzy Brumbaugh	Middle Distance
Katie Calhoun	Distance
Crystal Curtis	Sprints
Jennifer Gabriel	Sprints/Jumps
Lexa Gass	Distance
Abby Gesecki	Middle Distance
Krystina Johnson	Sprints/Jumps
Nicole Kauzlarich	Distance
Sara Latorre	Distance
Emi Parker	Distance
Jenny Rubin	Distance
Kayla Sax	Distance
Jessica Schlaegel	Pole Vault
Amber Scott	Throws
Ashley Valanzola	Throws
Amy Watson	Distance
Shannon Yingling	Distance
Erica Ziel	Distance

Freshmen (25)

Thereza Alvesteffer	Pole Vault
Melanie Arden	Middle Distance
Caroline Barlow	Distance
LeShay Bernstein	Throws
Brittney Boucher	Middle Distance
Ashley Boykin	Sprints
Sienna Brown	Throws
Ashley Bucholz	Jumps
Sarah Burns	Distance
Lara Bzik	Middle Distance
Colleen Carberry	Jumps
Chelsea Chlebo	Middle Distance
Brittany Churchey	Jumps
Natalie Logan	Sprints/Jumps
June Ann Lusk	Hurdles/Sprints
Kendra McClain	Pole Vault
Joy Nameth	Throws
Erin Neumann	Middle Distance
Ebony Pierre	Sprints
Krys Porter Lott	Jumps/Sprints
Anne Prisk	Distance
Bethany Rahall	Distance
Katie Rentz	Middle Distance
Ashley Robinson	Hurdles
Janet Von Eiff	Throws



Lauren Burmeister

Indoor Team Captain
Senior
Jumps/Sprints
5-7
Brownsdale, Minn.

Burmeister's Career-Best Marks

Event	Mark	Meet	Date
200m (I)	27.92	Navy Six-Team Meet	Jan. 15, 2005
400m (I)	59.33	at Army	Feb. 3, 2007
Triple jump (I)	38'0" (11.58m)	at Patriot League Ch.	Feb. 18, 2007
400m (O)	58.93	at Patriot League Ch.	May 6, 2006
Triple jump (O)	37'7-1/4" (11.46m)	vs. Army	April 14, 2007

Career Honors:

- First-Team All-Patriot League (Indoor: DMR - 2006)
- Second-Team All-Patriot League (Indoor: Triple Jump - 2007)
- Patriot League Academic Honor Roll (2005 & '07)

In Navy's Record Books:

- Triple Jump - Indoor (38'0" - 9th)
- DMR - Indoor (12:06.28 - 4th, 12:07.00 - 6th)

2006-07: Competed in the 400-meter dash and the triple jump ... totaled 13 top-five performances on the year ... posted a first-place effort in the indoor triple jump during the Navy Lidlifter ... also finished second in the 400-meter dash in that meet ... individually scored in both events at the Patriot League Indoor Championship ... placed second in the triple jump with the team's best mark of the season (38'0") ... also finished sixth in the 400-meter dash (59.91) ... came in third during the indoor Star Meet at Army in the 400-meter dash (59.33) ... produced the team's top-outdoor 400-meter dash time at the Patriot League Championship (59.18), landing in sixth place ... served on Navy's fastest indoor and outdoor 4x400-meter relays of the year.

2005-06: Enjoyed a strong sophomore campaign, primarily serving in the 400-meter events and the triple jump ... helped the indoor distance medley relay team to a first-place time of 12:06.28 at the Patriot League Championship ... registered Navy's third-best distance in the outdoor triple jump, soaring 37'3-1/4" at the Patriot League Championship ... traveled 36'4-3/4" during the team's indoor season-opening meet.

2004-05: Predominantly took part in the triple jump during her rookie season ... recorded a jump of 36'5" (11.10 meters) against Army to finish fourth during the indoor season ... placed fifth or better in two of the three outdoor meets in which she competed.

High School: Attended Hayfield High School ... earned five letters in track, three in basketball and two in cross country and volleyball ... three-time all-conference and academic all-state selection ... won the state championship in the triple jump during her junior (37'1/2") and senior (38'8") seasons ... also finished among the top-10 at the state championship in the 400-meter dash from 2001-03.

Personal: Daughter of James and Cheryl (late) Burmeister ... born July 18, 1986, in Austin, Minn. ... majoring in systems engineering.



Jacqui Charnigo

Outdoor Team Captain
Senior
Pole Vault/Jumps
5-9
Medina, Ohio

Charnigo's Career-Best Marks

Event	Mark	Meet	Date
High jump (I)	5'6" (1.68m)	vs. University of D.C.	Jan. 19, 2007
Pole vault (I)	12'5-1/2" (3.80m)	at Patriot Games	Jan. 27, 2007
High jump (O)	5'5" (1.65m)	at Military Champ.	March 31, 2007
Pole vault (O)	12'9-1/2" (3.90m)	at ECAC Champ.	May 12, 2007

Career Honors:

- All-East (Outdoor: Pole Vault - 2007)
- Second-Team All-Patriot League (Indoor: Pole Vault - 2005, High Jump - 2005)
- Patriot League Rookie of the Meet (Indoor: 2005)
- Patriot League Field Athlete of the Week (Dec. 12, 2006)
- Patriot League Rookie of the Week (Jan. 18, 2005)

In Navy's Record Books:

- High Jump - Indoor (5'6" - 3rd, 5'5" - 7th)
- Pole Vault - Indoor (12'5-1/2" - 9th)
- Pole Vault - Outdoor (12'9-1/2" - 4th)

2006-07: Enjoyed a memorable junior campaign, competing in the high jump and pole vault ... owned the team's top marks in both events ... racked up eight event titles on the year, five in the high jump and three in the pole vault ... placed among the top-five in 20 of her 26 competitions ... qualified for the ECAC Championship during the indoor and outdoor slates in the pole vault ... won the event at the ECAC Outdoor Championship (12'9-1/2") ... also participated in the pole vault at the NCAA East Region Championship, where she placed 15th (12'0") ... scored points in both the high jump (5'5") and pole vault (11'9-3/4") at the Patriot League Indoor Championship ... won the high jump (5'3") and pole vault (11'9-3/4") against Army in the indoor Star Meet.

2005-06: Advanced to the ECAC Championship in the pole vault during both seasons ... qualified for the NCAA East Regional in the outdoor campaign ... finished second at the Patriot League Championship with a 12'5-1/2" (3.80 meters) clearance before placing 14th at the ECAC Championship ... posted two first-place performances in the pole vault ... totaled three high jump victories (two outdoor, one indoor) as a sophomore ... defeated Army in the outdoor Star Meet with a height of 5'3-3/4" (1.62 meters) ... followed that performance up with a second-place height at the Patriot League Championship.

2004-05: Registered second-place finishes at the Patriot League Indoor Championship in the high jump and pole vault ... cleared 5'5" in the high jump ... in the pole vault, posted a height of 11'9-3/4" ... tied team-best mark in the indoor high jump and outdoor pole vault ... cleared 11'5-3/4" in meet against American, Ohio, Colgate and Delaware ... recorded Navy's second-best high jump result in same meet with a 5'3" effort ... responsible for five first-place event finishes during her rookie campaign.

High School: Attended Buckeye High School ... earned four letters each in track and gymnastics ... served as team captain and named MVP of her track team during her senior year ... placed fourth in the high jump at the 2004 Ohio State Championship.

Personal: Daughter of William and Maureen Charnigo ... born Jan. 18, 1986, in Cleveland, Ohio ... majoring in oceanography.



Arwyn Becker

Senior
Distance
5-9
Vail, Colo.

Becker's Career-Best Marks

Event	Mark	Meet	Date
1,000m (I)	3:02.32	at Patriot League Champ.	Feb. 18, 2007
Mile (I)	5:19.63	vs. JMU, MSM, VCU	Jan. 20, 2007
3,000m (I)	11:00.60	at UMES Invitational	Jan. 6, 2007
800m (O)	2:26.44	at Greyhound Invitational	April 21, 2007
1,500m (O)	4:57.43	at Greyhound Invitational	April 21, 2007

Career Honors:

- Patriot League Academic Honor Roll (2007)

2006-07: Raced in five different events (800m, 1,000m, 1,500m, Mile and 3,000m) during her junior season ... finished among the top-five runners three times ... placed second in the 1,000-meter run during the Star Meet against Army ... would later finish sixth at the Patriot League Championship in that event ... during the fall, competed in three cross country meets ... posted a pair of top-25 performances on the year.

2005-06: Did not compete with the track team ... saw action in four cross country races in the fall ... placed 13th in the Salty Seadog Invitational.

2004-05: Participated in the 3,000-meter run in Navy's Six-Team Meet during the indoor slate ... ran in six cross country meets during the fall ... placed among the top-20 runners in five races ... came in 17th place at the Patriot League Championship.

High School: Attended Mountain View ... earned four letters in cross country and track & field ... named team captain and team MVP of her cross country team in 2002 ... earned all-state, all-region and all-conference honors in track & field, cross country and swimming and diving.

Personal: Daughter of Jonathan and Wendy Becker ... born Aug. 27, 1985, in Vail, Colo. ... majoring in economics.



Arwyn Becker



Michelle Bostic

Senior
Multi-Events
5-10
Rockwall, Texas

Bostic's Career-Best Marks

Event	Mark	Meet	Date
400m (I)	59.40	at Army	Feb. 5, 2005
55m hur. (I)	8.37	Navy Lidlifter	Dec. 1, 2004
60m hur. (I)	9.04	at Army	Feb. 5, 2005
Long Jump (I)	16'5" (5.00m)	Navy Four-Team Meet	Dec. 1, 2005
Shot put (I)	33'10" (10.31m)	Navy Lidlifter	Dec. 1, 2004
Pentathlon (I)	3,134 pts.	Patriot League Champ.	Feb. 17, 2006
400m	59.46	at Army	April 14, 2006
100m hur. (O)	14.44	at Patriot League Champ.	May 5, 2007
400m hur. (O)	1:00.87	at ECAC Championship	May 13, 2006
Discus (O)	112'0" (34.14m)	at Patriot League Champ.	May 5, 2007

Career Honors:

- All-East (Outdoor: 400m hurdles - 2006)
- First-Team All-Patriot League (Indoor: 4x400m - 2005)
- Second-Team All-Patriot League (Outdoor: 400m hurdles - 2007)
- Patriot League Academic Honor Roll (2006 & '07)

In Navy's Record Books:

- Pentathlon - Indoor (3,134 pts. - 7th)
- DMR - Indoor (11:59.47 - 3rd)
- 400m hurdles - Outdoor (1:00.87 - 8th)

2006-07: Saw action in the 100-meter hurdles, 400-meter hurdles and discus throw as a junior ... totaled 10 top-five performances on the year ... finished among among the top-two runners in the 400-meter hurdles in each of her five races ... won the event in the Navy Invitational ... posted ECAC qualifying marks in the 100-meter hurdles (14.44) and the 400-meter hurdles (1:01.21) ... competed in the 100-meter hurdles at the ECAC Championship ... boasted the team's fastest 400-meter hurdles time ... served on Navy's top 4x400-meter relay (3:54.67) unit in the spring.

2005-06: Enjoyed a solid sophomore campaign, highlighted by posting the team's fastest time in the 400-meter hurdles ... ran the event in 1:00.87 during the prelims at the ECAC Championship to qualify for the finals, where she finished eighth ... registered times of 1:02.00 or less on three occasions ... she recorded Navy's second-best score, sixth overall, with 3,134 points in the pentathlon at the Patriot League Championship ... also ran the indoor 400-meter dash in 59.87 to place second in the Star Meet against Army.

2004-05: Ran third-leg of the indoor 4x400-meter relay that posted a time of 3:56.16 to finish first at league championship ... owned Navy's top-time in the 55-meter hurdles with a 8.37 showing in the Navy Lidlifter ... member of the Mids top-finishing 4x400-meter and distance medley relays ... possessed team's best effort in the outdoor 400-meter hurdles ... crossed the finish line first with a 1:01.77 time against Army.

High School: Attended Rockwall High School ... earned four letters in track ... served as team captain of her track team during her senior year and was named the team's MVP ... school-record holder in the 100- and 300-meter hurdles and the mile relay ... three-time district champion in the 100- and 300-meter hurdles and a four-time champion in the mile relay.

Personal: Daughter of Linda Bostic ... born April 1, 1986, in Dallas, Texas ... majoring in English.



Taren Burkett

Senior
Middle Distance
5-11
Virginia Beach, Va.

Burkett's Career-Best Marks

Event	Mark	Meet	Date
400m (I)	59.51	Navy Four-Team Meet	Dec. 1, 2005
500m (I)	1:19.40	at Army	Feb. 5, 2005
800m (I)	2:33.52	Navy Lidlifter	Dec. 1, 2004
High jump (I)	5'1-3/4" (1.57m)	vs. JMU, MSM, VCU	Jan. 19, 2007
Pentathlon (I)	2,607 pts.	vs. JMU, MSM, VCU	Jan. 19, 2007
400m (O)	57.44	vs. Army	April 16, 2005
High jump (O)	4'9" (1.45m)	at Delaware Invite	April 9, 2005

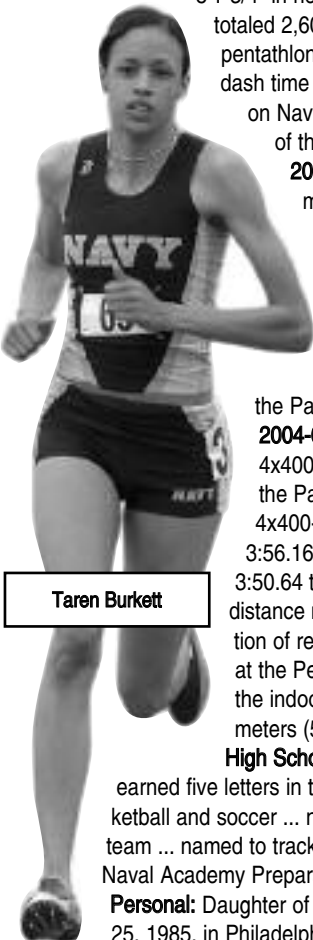
Career Honors:

- First-Team All-Patriot League (Indoor: 4x400m - 2005, DMR - 2007; Outdoor: 4x400m - 2007)

In Navy's Record Books:

- 4x400m - Outdoor (3:50.64 - 10th)

2006-07: Saw action in the 400-meter dash, high jump and the pentathlon ... accumulated six top-five performances on the year ... opened the indoor season with a fourth-place performance in the 400-meter dash ... cleared 5'1-3/4" in her first collegiate try at the high jump ... totaled 2,607 points in her first-career effort in the pentathlon ... came up with season-best 400-meter dash time at the Colonial Relays (59.38) ... helped on Navy's top indoor distance medley relay team of the season (12:18.71).



Taren Burkett

2005-06: Primarily competed in the 400-meter dash during her sophomore campaign ... won the event during Navy's season-opening meet with a time of 59.51 seconds ... finished second against Army in the outdoor Star Meet with a 59.28-second showing ... registered season-best time of 58.79 seconds at the Patriot League Championship.

2004-05: Helped both the indoor and outdoor 4x400-meter relay groups to first-place times at the Patriot League Championship ... the indoor 4x400-meter relay crossed the finish line in 3:56.16, while the outdoor unit registered a 3:50.64 time ... also ran with Navy's top-outdoor distance medley relay ... participated in second-portion of relay group that recorded a time of 12:25.66 at the Penn Relays ... posted season-best times in the indoor 500 meters (1:19.40) and outdoor 400 meters (57.44) against Army.

High School: Attended Kempsville High School ... earned five letters in track ... also lettered in cross country, basketball and soccer ... named team MVP and captain of track team ... named to track all-district and all-region teams ... went to Naval Academy Preparatory School for a year.

Personal: Daughter of Michael and Barbara Lambert ... born July 25, 1985, in Philadelphia, Pa. ... majoring in history.



Joanna Clark

Senior
Middle Distance
5-8
Harpers Ferry, W.Va.

Clark's Career-Best Marks

Event	Mark	Meet	Date
400m (I)	1:00.61	vs. JMU, MSM, VCU	Jan. 20, 2007
500m (I)	1:18.57	at Army	Feb. 3, 2007
800m (I)	2:26.15	Navy Six-Team Meet	Jan. 14, 2006
400m (O)	59.28	at Colonial Relays	April 6, 2007
800m (O)	2:18.80	vs. Army	April 16, 2005

Career Honors:

- Patriot League Academic Honor Roll (2007)

In Navy's Record Books:

- 4x800m - Outdoor (9:05.47 - 8th)

2006-07: Saw action in each event between the 400-meter dash and 800-meter run ... totaled four top-five performances on the year ... finished second in the 500-meter run against Army (1:18.57) ... opened her indoor season against James Madison, Mount St. Mary's and VCU with a third-place effort in the 400-meter dash ... produced a pair of fourth-place times in the 400-meter dash to kickoff the outdoor slate ... recorded the team's second-fastest time in the 500-meter run and outdoor 400-meter dash (59.28) ... member of the team's quickest indoor and outdoor 4x400-meter relay.

2005-06: Raced in the 400-meter, 500-meter and 800-meter events for a second-straight year ... won the 500-meter run in the indoor Star Meet against Army (1:19.48) ... also placed third in the 800-meter run during Navy's Six-Team Meet in the winter (2:26.15) ... narrowly missed scoring points at the Patriot League Indoor Championship in the 500-meter run, placing seventh ... predominantly ran in the 800-meter run during the spring, recording sixth-place efforts on two occasions.

2004-05: Participated in the 400-meter, 500-meter and 800-meter events ... posted a pair of top-five efforts ... placed fourth in the 500-meter run against Army in the indoor Star Meet (1:22.50) ... raced to a third-place finish during the outdoor Star Meet against Army (2:18.80) ... competed at the Patriot League Championship in both events.

High School: Attended Jefferson High School ... lettered in track, cross country and swimming ... all-state in the 4x400-meter relay and 4x800-meter relay ... regional champion in the 1,600-meter run as a junior ... three-time all-area in track and twice in cross country ... regional runner up in cross country during her junior year ... captained both the track and cross country teams ... member of the National Honor Society.

Personal: Daughter of Michael and Elaine Clark ... born Jan. 4, 1986, in Great Lakes, Ill. ... majoring in aerospace engineering.



Sabrina Gambill

Senior
Hurdles
5-8
Bridgewater, Mass.

Gambill's Career-Best Marks

Event	Mark	Meet	Date
55m (I)	7.81	Navy Lidlifter	Dec. 1, 2004
55m hur. (I)	8.51	Patriot League Champ.	Feb. 18, 2006
60m hur. (I)	9.17	at Patriot League Champ.	Feb. 18, 2007
Pentathlon (I)	2,827 pts.	vs. JMU, MSM, VCU	Jan. 19, 2007
100m hur. (O)	15.11	at Patriot League Champ.	May 6, 2005

2006-07: Participated in the 55-meter hurdles, 60-meter hurdles, 100-meter hurdles and pentathlon as a junior ... totaled five top-five efforts on the year ... kicked off the indoor season with a fourth-place performance in the 55-meter hurdles in the Navy Lidlifter ... would later match that finish against Army in the 60-meter hurdles ... produced a point in the 60-meter hurdles at the Patriot League Championship, finishing sixth (9.17) ... just missed netting a point for the Mids in the 100-meter hurdles at the league's outdoor championship, placing seventh in the finals (15.35) ... member of the shuttle hurdles relay at the Penn Relays.

2005-06: Ran in the 55-meter hurdles and 100-meter hurdles ... finished among the top-five runners in the 100-meter hurdles during each of her three meets ... came in third at the Blue Hen Invitational (15.53) ... followed that performance one week later with a fourth-place effort against Army in the Star Meet (15.49) ... advanced to the semifinals of the Patriot League Championship in the 55-meter hurdles.

2004-05: Saw significant action in the hurdles and short sprints ... best finish of the year came in the 100-meter hurdles at the Delaware Invitational, a third-place performance (15.40) ... would score a point in the event at the Patriot League Championship (15.11) ... opened the indoor season with an eighth-place time in the 55-meter hurdles in the Navy Invitational.

High School: Attended Bridgewater-Raynham Regional High School ... lettered four times in track and soccer ... helped track team to a league title in 2003 ... captained the track team that season ... also competed on four-time league-champion soccer team.

Personal: Daughter of William and Joan Gambill ... born Dec. 21, 1984, in Stoughton, Mass. ... majoring in economics.



Gloria Hill

Senior
Jumps
5-5
Mitchellville, Md.

Hill's Career-Best Marks

Event	Mark	Meet	Date
55m (I)	7.96	Navy Four-Team Meet	Dec. 1, 2005
Long jump (I)	17'11-3/4" (5.48m)	at Patriot League Ch.	Feb. 17, 2007
Triple jump (I)	35'10" (10.92m)	Navy Four-Team Meet	Dec. 1, 2005
100m (O)	13.80	Navy Five-Team Meet	March 26, 2005
Long jump (O)	17'10-3/4" (5.45m)	at Penn Invitational	April 7, 2007
Triple jump (O)	36'3" (11.05m)	at Military Champ.	March 31, 2007

2006-07: Focused on the long and triple jumps during her junior year ... accumulated six top-five performances ... delivered a second-place distance in the long jump against Army in the indoor Star Meet (17'6-3/4") ... two weeks later at the Patriot League Championship, she scored points with a fifth-place distance (17'11-3/4") ... opened the outdoor season with a fourth-place showing in the triple jump during the Navy Invitational ... would later match that effort in the long jump at the Penn Invitational (17'10-3/4").

2005-06: Competed in the long jump, triple jump and 55-meter dash ... tallied three top-five finishes ... landed ninth in both the long and triple jumps at the Patriot League Outdoor Championship ... recorded a pair of fifth-place marks in both events during Navy's Five-Team Meet in the outdoor season ... also ranked fifth in the triple jump during the indoor slate in the Navy Four-Team Meet.

2004-05: Participated in the long jump, triple jump and 100-meter dash during her rookie season ... posted five top-five efforts, four of which came in the triple jump ... won the triple jump at the Delaware Invitational (34'6-3/4") ... in that same meet, she placed fourth in the long jump (16'6-1/2") ... also came in fourth in the triple jump during the season-opening Navy Invitational.

High School: Attended National Cathedral School ... lettered four times in track & field and once in field hockey ... three-time all-league member in track & field ... twice won the league title in the long and triple jumps ... member of league-champion 4x100-meter and 4x400-meter relays in 2004 ... served as team captain during her senior year.

Personal: Daughter of Russell and Gloria Hill ... brother, Russell, graduated from the U.S. Naval Academy in 2006 ... born August 5, 1986, in Washington, D.C. ... majoring in international relations.



Kyleigh Millhouse

Senior
Distance
5-4
Boiling Springs, Pa.

Millhouse's Career-Best Marks

Event	Mark	Meet	Date
3,000m (I)	10:17.43	at Patriot League Champ.	Feb. 18, 2007
5,000m (I)	18:55.30	at Patriot League Champ.	Feb. 19, 2005
1,500m (O)	4:58.96	at Blue Hen Invitational	April 8, 2006
3,000m (O)	10:41.33	at Charlotte Invitational	April 1, 2006
5,000m (O)	18:30.76	vs. Md.,Maine,Colg.,Amer.	March 26, 2005
2,000m st. (O)	7:35.38	at Charlotte Invitational	April 1, 2006
3,000m st. (O)	11:14.68	at Patriot League Champ.	May 5, 2007

Career Honors:

- Patriot League Academic Honor Roll (2006 & '07)

In Navy's Record Books:

- 3,000m Steeplechase - Outdoor (11:14.68 - 8th)

2006-07: Predominantly saw action in the 3,000-meter run and the 3,000-meter steeplechase ... posted four top-five efforts in each event on the year ... placed third or higher in all four of her 3,000-meter steeplechase races ... won each event on one occasion ... led all runners across the finish line in the 3,000-meter run against James Madison, Mount St. Mary's and VCU (10:31.03) ... finished second two weeks later against Army in the Star Meet (10:18.55) ... won the 3,000-meter steeplechase at the Military Championships (11:30.4) ... would finish third at the Patriot League Championship in the event (11:14.68) ... competed in seven races with the cross country team in the fall ... scored in all seven meets and landed among the top-15 runners three times.

2005-06: Provided significant contributions in the distance events during her sophomore campaign ... finished among the top-five in the 3,000-meter steeplechase in each of her three meets ... posted Navy's best time of the year at Army with an 11:34.61 showing ... won the 2,000-meter steeplechase at the Charlotte Invitational with a time of 7:35.38 ... partook in the indoor 3,000-meter run six times, placing fifth or better on four occasions ... during the cross country season, she ran in all eight meets ... landed among the overall top-15 in three of those races.

2004-05: Registered Navy's top-showing in the 2,000-meter steeplechase with a time of 7:58.00 at the Charlotte Invitational ... effort was good for a first-place finish ... possessed team's third-fastest 3,000-meter steeplechase time with a 11:51.09 effort against Army ... posted fastest indoor 3,000 (10:52.88) and 5,000 (18:55.30) meters times at Patriot League Championship ... with the cross country team, she competed in all seven meets ... Navy's highest finisher in five races ... earned Patriot League Rookie-of-the-Year honors for her 11th-place finish at the league championship.

High School: Attended Boiling Springs High School ... earned four letters in cross country, track and field and swimming ... won the Mid-Penn Championship in cross country ... also won the Mid-Penn Championship in the 1,600 and 3,200 meters in 2003 and '04 ... was a member of the swim team which claimed the Mid-Penn title in 2002 and '03.

Personal: Daughter of John and Cindy Millhouse ... born June 29, 1986, in Camp Hill, Pa. ... majoring in ocean engineering.



Vicki Moore

Senior
Middle Distance
5-6
Burke, Va.

Moore's Career-Best Marks

Event	Mark	Meet	Date
800m (I)	2:16.41	vs. JMU, MSM, VCU	Jan. 20, 2007
1,000m (I)	2:52.80	at ECAC Championship	March 5, 2006
Mile (I)	5:16.56	at Armory Invitational	Jan. 29, 2005
5,000m (I)	19:19.74	at Armory Invitational	Jan. 29, 2005
800m (O)	2:11.74	at PL Championship	May 7, 2005
1,500m (O)	4:41.75	at Delaware Invitational	April 9, 2005
10,000m (O)	40:11.29	at Delaware Invitational	April 9, 2005

Career Honors:

- All-East (Indoor: 1,000m - 2006)
- First-Team All-Patriot League (Indoor: 1,000m - 2007, DMR - 2006 & '07; Outdoor: 4x400m - 2005)
- Second-Team All-Patriot League (Indoor: 4x800m - 2007)
- Patriot League Academic Honor Roll (2005, '06 & '07)

In Navy's Record Books:

- 1,000m - Indoor (2:52.80 - 2nd, 2:55.59 - 6th, 2:56.09 - 7th, 2:56.17 - 8th, 2:56.18 - 9th, 2:56.19 - 10th)
- 4x800m - Indoor (9:10.48 - 5th, 9:10.82 - 7th)
- DMR - Indoor (12:06.28 - 4th, 12:07.00 - 6th)
- 4x400m - Outdoor (3:50.64 - 10th)
- 4x800m - Outdoor (8:54.89 - 2nd, 9:05.17 - 7th, 9:05.47 - 8th)

2006-07: Raced in every distance between the 800-meter run and mile run ... recorded a pair of victories in the indoor 800-meter and 1,000-meter events ... met the ECAC qualifying standard in the 1,000-meter run at the league championship (2:56.19) ... would finish 11th at the ECAC Championship with a season-best time (2:55.59) ... totaled 11 top-five efforts ... opened the outdoor season with a second-place 800-meter time in the Navy Invitational (2:17.46) ... placed second in the Star Meet against Army in the 1,500-meter run (4:41.91) ... member of the team's fastest indoor and outdoor 4x800-meter relay and indoor distance medley relay ... ran in six cross country races ... recorded two top-20 showings.

2005-06: Competed in the 800-meter, 1,000-meter, 1,500-meter and mile run events as a sophomore ... placed second at the ECAC Championship in the 1,000-meter run with a time of 2:52.80 ... won the 800-meter run once during the indoor and outdoor seasons ... owned the team's best time in the 1,000-meter and outdoor 800-meter events ... with the cross country team, she ran in seven races, recording three top-15 performances.

2004-05: Helped the outdoor 4x400-meter relay team finish first at the Patriot League Championship ... posted team's best time in the indoor 3,000 meters and outdoor 800 meters ... raced to a 2:56.18 at the ECAC Indoor Championship ... member of Navy's top-outdoor 4x400-meter, 4x800-meter and distance medley relay teams ... captured first-place finishes in four different events (indoor 1000 and 1,600 meters, outdoor 800 and 1,500 meters) ... ran in six meets with the cross country team during the fall.

High School: Attended James W. Robinson High School ... lettered in track and cross country ... helped on state-title 4x800-meter relay in 2001.

Personal: Daughter of Edmund and Lisa Moore ... born June 10, 1986, in London, England ... majoring in information technology.

MIDSHIPMEN BIOS

2007-08 NAVY WOMEN'S TRACK & FIELD



Jessica Orr

Senior
Sprints/Hurdles
5-6
New Holland, Pa.

Orr's Career-Best Marks

Event	Mark	Meet	Date
200m (I)	27.01	Navy Home Meet	Jan. 15, 2005
400m (I)	58.95	at Army	Feb. 3, 2007
500m (I)	1:18.60	at Army	Feb. 5, 2005
55m hur. (I)	8.78	Navy Home Meet	Jan. 15, 2005
60m hur. (I)	9.42	at Armory Invitational	Jan. 29, 2005
400m (O)	59.88	at Army	April 14, 2006
100m hur. (O)	15.87	Navy Invitational	March 24, 2007
400m hur. (O)	1:03.92	vs. Army	April 16, 2005

Career Honors:

- First-Team All-Patriot League (Outdoor: 4x400m - 2005)
- Patriot League Academic Honor Roll (2005 & '06)

In Navy's Record Books:

- 4x400m - Outdoor (3:50.64 - 10th)

2006-07: Focused on the 400-meter dash and 400-meter hurdles ... also ran the 55-meter hurdles and 100-meter hurdles ... recorded three victories in the indoor 400-meter dash ... totaled eight top-five performances on the year ... delivered a first-place time in the event at Army in the Star Meet (58.95) ... would finish fourth at the Patriot League Championship two weeks later (59.27) ... kicked off the outdoor slate with a second-place time in the 400-meter hurdles in the Navy Invitational (1:05.94) ... came in third during the Star Meet against Army in the event (1:05.45) ... closed out the year with a fifth-place showing at the league championship (1:04.22) ... competed on Navy's fastest indoor and outdoor 4x400-meter relays of the year.

2005-06: Primarily competed in the 400-meter dash and 400-meter hurdles during her sophomore campaign ... won the 400-meter dash in Navy's Six-Team Meet during the indoor season with a time of 1:01.18 ... registered season-best time of 1:00.22 in the Patriot League Championship ... ran the 400-meter dash in 59.88 seconds in the outdoor Star Meet at Army ... completed the 400-meter hurdles in a season-best time of 1:05.62 at the Patriot League Championship.

2004-05: Helped the outdoor 4x400-meter relay team finish first at the Patriot League Championship ... ran the first 400 meters of a group that finished in 3:50.64 at the league championship ... part of Navy's top indoor and outdoor 4x400-meter relay units ... one of three runners to run the indoor 400 meters in less than a minute ... crossed the finish line in 59.50 seconds at the Armory Invitational.

High School: Attended Garden Spot High School ... earned four letters in track and two in tennis ... received her track team's outstanding freshman award and was given the coaches award during her sophomore season ... was a member of her 2002 track team which was crowned district champions.

Personal: Daughter of Ernest and Anne Orr ... born May 20, 1986, in Lancaster, Pa. ... majoring in honors oceanography.



Stefanie Peskosky

Senior
Middle Distance
5-8
Charlotte, N.C.

Peskosky's Career-Best Marks

Event	Mark	Meet	Date
800m (I)	2:17.45	at Army	Feb. 3, 2007
1,000m (I)	3:00.01	at Patriot Games	Jan. 27, 2007
Mile (I)	5:31.87	at UMES Invitational	Jan. 6, 2007
800m (O)	2:17.64	vs. Army	April 16, 2005
1,500m (O)	4:51.10	at Army	April 14, 2006

Career Honors:

- First-Team All-Patriot League (Indoor: DMR - 2007)
- Second-Team All-Patriot League (Indoor: 4x800m - 2007)
- Patriot League Academic Honor Roll (2005, '06 & '07)

In Navy's Record Books:

- 4x800m - Indoor (9:10.48 - 5th, 9:10.82 - 7th)
- 4x800m - Outdoor (9:05.17 - 7th, 9:05.47 - 8th)

2006-07: Raced at every distance between the 800-meter run and mile run ... finished among the top-five in nine of her 11 individual races, seven of which were in the 800-meter run ... led all runners across the finish line in the indoor 800-meter run against Army in the Star Meet (2:17.45) ... placed fourth at the Patriot League Championship two weeks later (2:18.59) ... recorded two fourth-place times in the 800-meter run to open the outdoor season ... landed second in the event against Army in the Star Meet (2:18.61) ... member of Navy's fastest indoor and outdoor 4x800-meter relays and indoor distance medley relay.

2005-06: Served in the 800-meter and 1,500-meter run events as a sophomore ... finished second in the indoor 800-meter run during Navy's Six-Team Meet before posting her season-best time of 2:20.68 against Army ... completed the outdoor 800-meter run in 2:18.59 at the Patriot League Championship ... placed third against Army in the 1,500-meter run with a 4:51.10 clocking.

2004-05: Predominantly raced in the 800-meter run during her rookie year ... placed second against Army in the indoor season with a 2:19.03 showing ... followed that up with a fourth-place showing (2:19.27) at the Patriot League Championship ... crossed the finish line in 2:17.64 for the second-fastest time against Army in the outdoor Star Meet.

High School: Attended South Mecklenburg High School ... earned four letters in track and cross country ... two-time all-state runner in track ... four-time all-conference selection track and twice in cross country ... served as track team captain in 2002-04 ... won the conference and regional championship in the 800-meter run before state champion honors in 2003.

Personal: Daughter of Michael and Karyn Peskosky ... born Sept. 19, 1986, in Charlotte, N.C. ... majoring in history.



Stefanie Peskosky



Elizabeth Wrona

Senior
Jumps/Hurdles
5-5
Fairfax Station, Va.

Wrona's Career-Best Marks

Event	Mark	Meet	Date
55m hur. (I)	9.18	Navy Home Meet	Jan. 15, 2005
60m hur. (I)	10.40	at Delaware Invite	Jan. 7, 2005
High jump (I)	5'5" (1.65m)	2x, last at Army	Feb. 5, 2005
Pentathlon (I)	2,588 pts.	vs. JMU, MSM, VCU	Jan. 19, 2007
100m hur. (O)	17.26	Navy Five-Team Meet	March 26, 2005
400m hur. (O)	1:12.37	at Greyhound Invite	April 21, 2007
High jump (O)	5'5" (1.65m)	at Patriot League Ch.	May 5, 2007

Career Honors:

- Second-Team All-Patriot League (Outdoor: High Jump - 2007)

In Navy's Record Books:

- High Jump - Indoor (5'5" - 7th)

2006-07: Saw action in the high jump, 200-meter dash, 400-meter hurdles and pentathlon ... totaled nine top-five performances on the year, all of which came in the high jump ... finished fifth or better in the high jump during each of her six outdoor meets ... won the high jump to open the outdoor season in the Navy Invitational (5'3") ... placed second at the Patriot League Championship with a career-best height (5'5") ... that height tied her for the team-best mark of the outdoor slate ... began the indoor season with a second-place showing in the event (5'1") ... ranked third in the high jump against Army in both the indoor and outdoor Star Meets.

2005-06: Primarily competed in the high jump ... tied for the team's best performance with a 5'3" (1.60 meters) against Army and in the Patriot League Championship ... also finished second in the event at the Armory Invitational ... cleared 5'3" (1.60 meters) during the outdoor season at the Patriot League Championship.

2004-05: Owned Navy's top-outdoor high jump mark ... cleared 5'3-1/4" at the Penn Relays ... tied the team's best effort in the indoor high jump ... recorded a 5'5" effort in Navy's Home Meet and at Army ... also ran the 55- and 60-meter indoor hurdles, as well as the 100-meter outdoor hurdles.

High School: Attended Hayfield Secondary School ... totaled five letters in indoor and outdoor track & field and four in cheerleading ... named 2003 MVP for her track & field team ... named 2003 Hayfield Secondary School Sportswoman of the Year.

Personal: Daughter of Kenneth and Susan Wrona ... born Aug. 20, 1984, in Portsmouth, N.H. ... majoring in chemistry.



Katie Berkey



Katie Berkey

Junior
Jumps/Hurdles
5-6
Tempe, Ariz.

Berkey's Career-Best Marks

Event	Mark	Meet	Date
High jump (I)	5'1-3/4" (1.57m)	vs. JMU, MSM, VCU	Jan. 19, 2007
Long jump (I)	17'5-1/4" (5.31m)	at Patriot League Ch.	Feb. 16, 2007
Triple jump (I)	37'8-1/2" (11.48m)	at Army	Feb. 3, 2007
Pentathlon (I)	3,172 pts.	at Patriot League Ch.	Feb. 16, 2007
100m hur. (O)	17.04	at Point Loma Invite	March 18, 2006
High jump (O)	5'3" (1.60m)	3x (last: at PL Champ.)	May 5, 2007
Long jump (O)	18'2-1/2" (5.55m)	at Patriot League Ch.	May 4, 2007
Triple jump (O)	38'9-1/2" (11.82m)	vs. Army	April 14, 2007

Career Honors:

- Patriot League Academic Honor Roll (2007)

In Navy's Record Books:

- Pentathlon - Indoor (3,172 pts. - 3rd)
- Triple Jump - Outdoor (38'9-1/2" - 7th)

2006-07: Saw action in the high jump, long jump, triple jump and pentathlon ... totaled 16 top-five performances on the year ... ranked among the top-five triple jumpers in seven of her 10 competitions ... placed second in both the indoor (37'8-1/2") and outdoor (38'9-1/2") Star Meets against Army ... placed second in the event during the outdoor season in the Navy Invitational ... also placed second in the high jump during that meet ... significantly contributed at the Patriot League Championship, scoring in five of the six events she participated in ... at the indoor championship, she finished fifth in the high jump (5'1") and sixth in the pentathlon (3,172 pts.) ... during the outdoor championship, she ranked third in the high jump (5'3"), fourth in the long jump (18'2-1/2") and fourth in the triple jump (38'2-1/4").

2005-06: Primarily competed in the high and long jumps during her rookie year ... racked up six top-five performances ... won the high jump in her first-collegiate outdoor meet at the Point Loma Invitational (4'11-3/4") ... would also finish fifth in the long jump during that meet (15'6-1/4") ... would finish fourth in the high jump against Army during the outdoor Star Meet (4'11-3/4") ... opened her collegiate indoor career with a third-place height in Navy's Four-Team Meet (5'1") ... matched that clearance later in the indoor slate against Army in the Star Meet.

High School: Attended Horizon Honors High School ... lettered in track, softball and cheer ... two-time state champion in the 300-meter hurdles ... twice captured the regional title in the 100-meter hurdles ... also crowned regional champion in the long jump and high jump ... captained the cheer team for two years ... president of the National Honor Society during her senior year.

Personal: Daughter of Dan and Nancy Berkey ... born August 6, 1987, in Lafayette, Ind. ... majoring in applied mathematics.



Colleen Conley

Junior
Jumps/Hurdles
5-6
Woodstock, Md.

Conley's Career-Best Marks

Event	Mark	Meet	Date
55m hur. (I)	8.72	2x (last: JMU,MSM,VCU)	Jan. 20, 2007
60m hur. (I)	9.46	at Patriot League Ch.	Feb. 17, 2007
Long jump (I)	17'9-1/4" (5.42m)	at Patriot League Ch.	Feb. 17, 2007
Triple jump (I)	35'2" (10.72m)	at Patriot League Ch.	Feb. 18, 2007
100m hur. (O)	15.68	at Greyhound Invite	April 21, 2007
Long jump (O)	18'7-1/4" (5.67m)	at Patriot League Ch.	May 4, 2007
Triple jump (O)	38'4-3/4" (11.70m)	at Patriot League Ch.	May 5, 2007

Career Honors:

- Second-Team All-Patriot League (Outdoor: Long Jump - 2007)

In Navy's Record Books:

- Long Jump - Outdoor (18'7-1/4" - 10th)
- Triple Jump - Outdoor (38'4-3/4" - 9th)

2006-07: Competed in the long jump, triple jump, 55-meter hurdles, 60-meter hurdles and 100-meter hurdles ... accumulated 10 top-five performances, five of which came in the long jump, on the year ... came up large at the Patriot League Outdoor Championship ... placed second in the long jump (18'7-1/4") and third in the triple jump (38'4-3/4") ... finished third in the long jump against Army in both the indoor (17'4-3/4") and outdoor (17'7") Star Meets ... opened the year with a second-place effort in the long jump, fourth-place distance in the triple jump and fifth-place clocking in the 55-meter hurdles in the Navy Lidlifter.

2005-06: Saw significant action during her rookie season in Annapolis ... advanced to the semifinal round of the Patriot League Championship in the 55-meter hurdles ... soared 16'8-1/2" (5.09 meters) in the indoor long jump at the Armory Invitational ... twice traveled 34'6-3/4" (10.53 meters) in the triple jump ... recorded a 16'6" (5.03 meters) mark in Navy's outdoor Five-Team Meet ... posted a 34'3" (10.44 meters) showing at the outdoor Patriot League Championship.

High School: Attended Mount Hebron High School ... picked up six letters in track and three in soccer ... ranked second in Maryland in the 55-meter hurdles as a junior ... placed third in Maryland in the outdoor triple jump as a junior, second as a senior ... earned All-Howard County recognition in both indoor and outdoor track as a senior.

Personal: Daughter of Thomas and Joy Conley ... born Sept. 19, 1986, in Grosse Pointe, Mich. ... majoring in oceanography.



Maureen Dooley

Junior
Distance
5-5
Durham, Conn.

Dooley's Career-Best Marks

Event	Mark	Meet	Date
800m (I)	2:31.94	at UMES Invitational	Jan. 6, 2007
1,000m (I)	3:03.76	Patriot League Champ.	Feb. 19, 2006
Mile (I)	5:11.62	at Army	Feb. 3, 2007
3,000m (I)	10:52.83	Navy Four-Team Meet	Dec. 1, 2005
1,500m (O)	4:55.17	Navy Five-Team Meet	March 25, 2006
2,000m st. (O)	7:24.59	Navy Invitational	March 24, 2007
3,000m st. (O)	11:12.05	at Patriot League Champ.	May 5, 2007

Career Honors:

- First-Team All-Patriot League (Indoor: DMR - 2006)
- Second-Team All-Patriot League (Indoor: 4x800m - 2007; Outdoor: 3,000m steeplechase - 2007)
- Patriot League Academic Honor Roll (2007)

In Navy's Record Books:

- DMR - Indoor (12:06.28 - 4th, 12:07.00 - 6th)
- 3,000m Steeplechase - Outdoor (11:12.05 - 6th)

2006-07: Ran in six individual distance events ... totaled 10 top-five efforts ... finished third or better in each of her four 3,000-meter steeplechase races ... posted a victory in the 2,000-meter steeplechase (Navy Invitational) and 3,000-meter steeplechase (Greyhound Invitational) ... placed second in the event at the Military Championships (11:31.2) and at the Patriot League Championship (11:12.05) ... key contributor in Navy's indoor Star Meet victory at Army ... finished second in the mile run (5:11.62) and third in the 1,000-meter run (3:06.91) ... earlier in the year, also came in second place in the mile run against James Madison, Mount St. Mary's and VCU (5:18.53) ... ran in seven races with the cross country team during the fall ... registered three top-15 times and scored in two meets.

2005-06: Competed in five distance events during her freshman campaign ... helped the indoor distance medley relay unit to a first-place time of 12:06.28 in the Patriot League Championship ... placed eighth in the 1,000-meter run with a 3:03.76 showing in the Patriot League Championship ... finished fourth against Army with a 5:17.12 showing in the mile run ... fourth runner to cross the finish line in the 2,000-meter steeplechase at the Charlotte Invitational, posting a time of 7:48.69 ... with the cross country team, she raced in six events and competed at the NCAA Mid-Atlantic Regional.

High School: Attended Coginchaug High School ... lettered in cross country and track ... four-year selection to all-county in cross country and track ... her freshman year cross country squad won the state championship ... three-time all-state runner ... part of state champion 4x800-meter relay team in 2002 and '03 ... captained the track team during her senior season.

Personal: Daughter of Joseph and Maureen Dooley ... born June 7, 1987, in Renton, Wash. ... majoring in international relations.



Meg Joyce

Junior
Throws
5-6
West Kingston, R.I.

Joyce's Career-Best Marks

Event	Mark	Meet	Date
20-lb. weight (I)	47'7-3/4" (14.52m)	vs. Army	Feb. 4, 2006
Hammer (O)	170'0" (51.82m)	at Army	April 14, 2006

In Navy's Record Books:

- Hammer Throw - Outdoor (170'0" - 9th)

2006-07: Primarily competed in the 20-pound weight throw and the hammer throw ... landed among the top-five throwers in 10 of her 12 competitions ... recorded three victories in the hammer throw and one in the weight throw ... earned a victory in the weight (45'6-1/4") and hammer (161'10") throws against Army during the Star Meet ... the hammer throw performance against Army qualified her for the ECAC Championship, where she place 19th ... scored points at the indoor and outdoor Patriot League Championships ... landed sixth in the the weight throw (47'1") and fifth in the hammer throw (158'5").

2005-06: Produced a stellar freshman season in the weight and hammer throws ... advanced to the ECAC Championship in the hammer throw ... won the hammer throw against Army with a distance of 170'0" (51.82 meters) ... one week prior, she won the hammer throw at the Blue Hen Invitational with a distance of 152'10" (46.59 meters) ... uncorked a toss of 47'7-3/4" (14.52 meters) against Army.

High School: Went to South Kingstown High School ... earned four letters in track and field ... three-time All-America selection ... all-class and all-division in each of her four years ... named team captain and team MVP as a senior.

Personal: Daughter of Stephen and Rosemary Joyce ... born Feb. 26, 1987, in Weymouth, Mass. ... majoring in English.



Abby Gesecki

Sophomore
Middle Distance
5-6
Nanticoke, Pa.

Gesecki's Career-Best Marks

Event	Mark	Meet	Date
400m (I)	1:00.52	Navy Lidlifter	Dec. 5, 2006
500m (I)	1:17.40	at Patriot League Champ.	Feb. 18, 2007
800m (I)	2:27.88	at Patriot Games	Jan. 27, 2007
400m (O)	1:01.11	at Penn Invitational	April 7, 2007

Career Honors:

- Patriot League Rookie of the Week (Dec. 12, 2006)

2006-07: Ran in the 400-meter, 500-meter and 800-meter events during her rookie campaign ... recorded four top-five performances ... opened her collegiate career in fine fashion in the Navy Lidlifter, placing second in the 400-meter dash (1:00.52) ... finished third in the 500-meter run at Army in the Star Meet (1:18.84) ... scored points with a fifth-place showing two weeks later in the event at the Patriot League Championship (1:17.40) ... member of the team's fastest indoor 4x400-meter relay of the year.

High School: Attended Greater Nanticoke Area High School ... earned four letters in track and cross country ... also lettered in basketball ... district champion in the 800-meter run during her junior and senior years ... finished third at the state championship as a senior, fifth as a junior ... won the 400-meter dash district championship as a freshman ... went on to place eighth at the state championship that year ... served as team captain from 2005-06 ... Wendy's High School Heisman state finalist.

Personal: Daughter of Henry Gesecki and Arlene Bukowski ... born Aug. 23, 1988, in Wilkes-Barre, Pa. ... majoring in systems engineering.



Abby Gesecki

MIDSHIPMEN BIOS

2007-08 NAVY WOMEN'S TRACK & FIELD



Jessica Schlaegel

Sophomore
Pole Vault
5-5
Nashport, Ohio

Schlaegel's Career-Best Marks

Event	Mark	Meet	Date
Pole vault (I)	10'10" (3.30m)	Navy Lidlifter	Dec. 5, 2006
Pole vault (O)	10'11-3/4" (3.35m)	2x (last: vs. Army)	April 14, 2007

Career Honors:

- Patriot League Academic Honor Roll (2007)

2006-07: Primarily competed in the pole vault during her first year at Navy ... recorded seven top-five efforts, all of which came in the pole vault ... placed third in both the indoor (9'10") and outdoor (10'11-3/4") Star Meets against Army ... began her collegiate career with a fourth-place performance in the Navy Lidlifter (10'10") ... produced same ranking in her outdoor season-opening meet in the Navy Invitational (10'4") ... also finished 15th in the 200-meter dash during that meet.

High School: Attended Tri-Valley High School ... earned four letters in both track & field and cross country ... also lettered in cheerleading ... three-time track & field team MVP and led team in points scored ... as a junior, she led the team in field points scored ... helped team to Muskingum Valley League title with an 8-0 record as a senior ... member of three-time league-champion cross country team ... named cross country team MVP in 2004.

Personal: Daughter of John and Sondra Schlaegel ... born March 21, 1988 ... majoring in oceanography.



Jessica Schlaegel



Erica Ziel

Sophomore
Distance
5-5
Saginaw, Mich.

Ziel's Career-Best Marks

Event	Mark	Meet	Date
Mile (I)	5:31.23	Navy Lidlifter	Dec. 5, 2006
5,000m (O)	18:16.31	Navy Invitational	March 24, 2007


Career Honors:

- Patriot League Rookie of the Week (April 10, 2007)

2006-07: Primarily ran in the outdoor 5,000-meter run during her freshman year ... placed third or better in three of her four races at that distance ... won the event at the Penn Invitational (18:21.09) ... recorded season-best time in her first-collegiate outdoor race, the Navy Invitational (18:16.31) ... also competed in the event at the Patriot League Championship, placing 15th overall ... ran in four cross country races during the fall ... ranked among the team's top-seven runners in two meets.

High School: Attended Swan Valley High School ... earned four letters in track and cross country ... named all-state in track as a senior ... broke the school record in the 1,600-meter run with a time of 5:17.16 ... also selected team captain and team MVP of the track team during her senior campaign ... four-time member of the all-conference team in cross country ... served as cross country team captain from 2004-05 ... helped cross country team to four-consecutive Tri-Valley Conference titles and two Saginaw County championships.

Personal: Daughter of Jeffrey and Barbara Ziel ... born June 5, 1988, in Saginaw, Mich. ... majoring in oceanography.



Melanie Arden

Freshman
Middle Distance
5-4
Dallas, Texas

High School: Attended Bishop Lynch High School ... lettered in cross country, track and soccer ... earned all-state honors in both cross country and track multiple times during her career ... set the school and TAPPS state record in the 800-meter run ... named 2007 Female Scholar-Athlete of the Year ... helped the cross country (2004) and track (2006) teams to a TAPPS state title ... member of the National Honor Society.

Personal: Daughter of Paul and Wendy Arden ... born May 12, 1989, in Dallas, Texas.



Katie Rentz

Freshman
Distance
5-5
San Diego, Calif.

High School: Attended Mt. Carmel High School ... earned four letters in track, three in cross country and three in soccer ... captained her cross country and track teams ... four-time all-county runner on the track team ... three-time all-county cross country runner ... selected team MVP of both the cross country and track teams ... named 2006 cross country scholar-athlete of the year ... member of the National Honor Society.

Personal: Daughter of Thomas and Anne Rentz ... father, Thomas, and uncle, John, are Class of 1978 graduates from the U.S. Naval Academy ... grandfather, Frank, also graduated from the U.S. Naval Academy ... born March 24, 1989, in Canberra, Australia.



Ashley Boykin

Freshman
Sprints
5-2
Radcliff, Ky.

High School: Attended North Hardin High School ... lettered in track and cross country ... won the state championship in the 400-meter dash during her junior year ... claimed the regional title for six-consecutive years ... captained the track team in her sophomore, junior and senior campaigns ... member of the National Honor Society.

Personal: Born July 7, 1988, in Jackson, Mo.



Janet von Eiff

Freshman
Throws
5-7
San Diego, Calif.

High School: Attended Montgomery High School ... lettered in track & field, basketball and volleyball ... helped the track & field team to four-consecutive league titles ... three-time team MVP in track & field ... helped the basketball team to a league title in 2005 ... four-time team MVP in basketball and once honored as team MVP in volleyball.

Personal: Daughter of Robert and Caroline von Eiff ... born Sept. 16, 1988, in San Diego, Calif.



June Ann Lusk

Freshman
Hurdles/Sprints
5-8
Wailuku, Hawai'i

High School: Attended Baldwin High School ... earned four letters in track and softball ... two-time all-state selection in track as a sophomore and junior ... advanced to the state championship in the 100-meter dash in 2005 ... captained the track team during her senior year ... also an all-state outfielder on softball team ... helped softball squad to a state championship in 2007.

Personal: Daughter of Ted and Sue Lusk ... born Nov. 28, 1989, in Fort Rucker, Ala.

2006-07 TOP-INDOOR MARKS

2007-08 NAVY WOMEN'S TRACK & FIELD

55-meter Dash

**7.15	Loni Forsythe	Navy Lidlifter
7.38	Priscilla Lewis	Navy Lidlifter
7.50	Danielle Still	vs. JMU, Mt. St. Mary's, VCU
7.71	Lori Simerly	Navy Lidlifter
7.86	Debbi Choi	Navy Lidlifter

60-meter Dash

**+7.59	Loni Forsythe	at Army
7.80	Priscilla Lewis	at Patriot League Championship
8.20	Danielle Still	at Army
8.34	Lori Simerly	at UMES Invitational
8.55	Debbi Choi	at UMES Invitational

200-meter Dash

**24.87	Loni Forsythe	at Patriot League Championship
25.74	Priscilla Lewis	at Patriot League Championship
27.20	Krystina Johnson	Navy Lidlifter
27.31	Lori Simerly	vs. JMU, Mt. St. Mary's, VCU
27.62	Danielle Still	vs. JMU, Mt. St. Mary's, VCU

400-meter Dash

58.95	Jessica Orr	at Army
59.33	Lauren Burmeister	at Army
1:00.52	Abby Gesecki	Navy Lidlifter
1:00.61	Joanna Clark	vs. JMU, Mt. St. Mary's, VCU
1:00.64	Taren Burkett	Navy Lidlifter

500-meter Run

1:17.40	Abby Gesecki	at Patriot League Championship
1:18.57	Joanna Clark	at Army
1:29.62	Krystina Johnson	at Army

800-meter Run

2:16.41	Vicki Moore	vs. JMU, Mt. St. Mary's, VCU
2:17.45	Stefanie Peskosky	at Army
2:20.92	Caitlin Rummel	at Army
2:21.76	Allie Moreland	at Patriot League Championship
2:21.78	Erin Demchko	at UMES Invitational

1,000-meter Run

**2:55.59	Vicki Moore	at ECAC Championship
3:00.01	Stefanie Peskosky	at Patriot Games
3:02.32	Arwyn Becker	at Patriot League Championship
3:06.91	Maureen Dooley	at Army
3:09.11	Allie Moreland	at Patriot Games

Mile Run

5:09.30	Erin Demchko	at Army
5:11.62	Maureen Dooley	at Army
5:19.01	Jenny Rubin	at Army
5:19.63	Arwyn Becker	vs. JMU, Mt. St. Mary's, VCU
5:24.95	Lexa Gass	Navy Lidlifter

3,000-meter Run

**9:53.92	Justine Whipple	at Patriot League Championship
10:16.96	Allison Barlow	at Patriot League Championship
10:17.43	Kyleigh Millhouse	at Patriot League Championship
10:29.47	Jenny Rubin	at Patriot Games
10:43.20	Juliann Jordan	vs. JMU, Mt. St. Mary's, VCU

5,000-meter Run

18:42.57	Juliann Jordan	at Patriot League Championship
18:49.70	Jenny Rubin	Navy Lidlifter
19:18.70	Amy Watson	at Patriot League Championship
19:40.66	Brandi Luongo	Navy Lidlifter
19:47.20	Katherine Wirtz	Navy Lidlifter

55-meter Hurdles

**8.28	Kirsten Andrews	Navy Lidlifter
8.42	Danielle Still	Navy Lidlifter
8.57	Sabrina Gambill	vs. JMU, Mt. St. Mary's, VCU
8.72	Colleen Conley	Navy Lidlifter
8.77	Katie Berkey	vs. JMU, Mt. St. Mary's, VCU

60-meter Hurdles

**+8.70	Kirsten Andrews	at Patriot League Championship
8.93	Danielle Still	at Army
9.17	Sabrina Gambill	at Patriot League Championship
9.46	Colleen Conley	at Patriot League Championship
9.65	Angelique Martin	at Patriot League Championship

High Jump

5'6" (1.68m)	Jacquelyn Charnigo	vs. University of D.C.
5'2-1/4" (1.58m)	Rebecca Tucker	at UMES Invitational
5'1-3/4" (1.57m)	Katie Berkey	vs. JMU, Mt. St. Mary's, VCU
5'1-3/4" (1.57m)	Taren Burkett	vs. JMU, Mt. St. Mary's, VCU
5'1" (1.55m)	Elizabeth Wrona	Navy Lidlifter

Pole Vault

**12'5-1/2" (3.80m)	Jacquelyn Charnigo	at Patriot Games
**12'3-1/2" (3.75m)	Kirsten Andrews	vs. JMU, Mt. St. Mary's, VCU
10'10" (3.30m)	Jessica Schlaegel	Navy Lidlifter

Long Jump

**+19'5-1/2" (5.93m)	Kirsten Andrews	at Patriot League Championship
17'11-3/4" (5.48m)	Gloria Hill	at Patriot League Championship
17'9-1/2" (5.42m)	Colleen Conley	at Patriot League Championship
17'5-1/4" (5.31m)	Katie Berkey	at Patriot League Championship
16'2-1/4" (4.93m)	Ebony Miller	Navy Lidlifter

Triple Jump

38'0" (11.58m)	Lauren Burmeister	at Patriot League Championship
37'8-1/2" (11.49m)	Katie Berkey	at Army
36'11-1/2" (11.26m)	Jessica Goetz	at Army
35'2-1/2" (10.73m)	Gloria Hill	at Patriot League Championship
35'2" (10.72m)	Colleen Conley	at Patriot League Championship

Shot Put

42'3/4" (12.82m)	Danielle Still	at Army
36'6-3/4" (11.14m)	Ebony Miller	at Patriot League Championship
36'5-1/2" (11.11m)	Ashlee Smith	at Patriot League Championship
34'5-1/2" (10.50m)	Amber Scott	at Army
29'10-3/4" (9.11m)	Carolynn Hine	vs. JMU, Mt. St. Mary's, VCU

20-lb. Weight Throw

47'1" (14.35m)	Meg Joyce	at Patriot League Championship
41'4-1/4" (12.60m)	Carolynn Hine	at Patriot League Championship
41'3-1/4" (12.58m)	Mia Blundetto	at Patriot League Championship
32'5" (9.88m)	Liz Hall	vs. JMU, Mt. St. Mary's, VCU
29'3-1/4" (8.92m)	Sara Supancic	Navy Lidlifter

Pentathlon

3,172 pts.	Katie Berkey	at Patriot League Championship
2,908 pts.	Danielle Still	vs. JMU, Mt. St. Mary's, VCU
2,827 pts.	Sabrina Gambill	vs. JMU, Mt. St. Mary's, VCU
2,739 pts.	Ebony Miller	vs. JMU, Mt. St. Mary's, VCU
2,607 pts.	Taren Burkett	vs. JMU, Mt. St. Mary's, VCU

4x400-meter Relay

3:58.64	at Patriot League Championship (Orr, Burmeister, Clark, Gesecki)
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4x800-meter Relay

**9:10.48	at ECAC Championship (Demchko, Rummel, Peskosky, Moore)
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Distance Medley Relay

12:18.71	at Patriot League Championship (Moore, Peskosky, Demchko, Burkett)
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** denotes ECAC-qualifying mark

++ denotes school-record mark

100-meter Run

**11.88	Loni Forsythe	Navy Invitational
**12.04	Priscilla Lewis	at ECAC Championship
12.85	Lori Simerly	vs. Army
13.03	Krystina Johnson	at Greyhound Invitational
13.23	Danielle Still	Navy Invitational

200-meter Run

**24.65	Loni Forsythe	at Patriot League Championship
25.05	Priscilla Lewis	at Patriot League Championship
26.48	Kirsten Andrews	at Military Championships
26.77	Krystina Johnson	vs. Army
27.52	Debbi Choi	Navy Invitational

400-meter Run

59.18	Lauren Burmeister	at Patriot League Championship
59.28	Joanna Clark	at Colonial Relays
59.38	Taren Burkett	at Colonial Relays
1:01.04	Jessica Orr	at Greyhound Invitational
1:01.11	Abby Gesecki	at Penn Invitational

800-meter Run

2:15.69	Vicki Moore	at Patriot League Championship
2:16.69	Erin Demchko	at Colonial Relays
2:18.14	Caitlin Rummel	at Patriot League Championship
2:18.46	Stefanie Peskosky	at Military Championships
2:23.85	Allie Moreland	at Greyhound Invitational

1,500-meter Run

4:38.86	Erin Demchko	at Patriot League Championship
4:41.91	Vicki Moore	vs. Army
4:56.48	Allie Moreland	at Greyhound Invitational
4:57.43	Arwyn Becker	at Greyhound Invitational
4:59.30	Kyleigh Millhouse	at Penn Invitational

5,000-meter Run

**17:05.97	Justine Whipple	vs. Army
17:52.94	Allison Barlow	vs. Army
18:08.77	Jenny Rubin	Navy Invitational
18:16.31	Erica Ziel	Navy Invitational
18:38.86	Lexa Gass	at Penn Invitational

10,000-meter Run

**35:11.84	Justine Whipple	at ECAC Championship
**36:47.61	Allison Barlow	Navy Invitational
38:06.64	Lexa Gass	at Patriot League Championship
38:48.54	Katherine Wirtz	at Patriot League Championship
39:13.54	Susan Richardson	Navy Invitational

100-meter High Hurdles

**14.11	Kirsten Andrews	at ECAC Championship
**14.44	Michelle Bostic	at Patriot League Championship
15.03	Danielle Still	vs. Army
15.27	Sabrina Gambill	at Patriot League Championship
15.68	Colleen Conley	at Greyhound Invitational

400-meter Hurdles

**1:01.21	Michelle Bostic	at Patriot League Championship
1:04.22	Jessica Orr	at Patriot League Championship
1:07.25	Angelique Martin	at Greyhound Invitational
1:12.24	Ashley Waddle	at Greyhound Invitational
1:12.37	Elizabeth Wrona	at Greyhound Invitational

2,000-meter Steeplechase

7:24.59	Maureen Dooley	Navy Invitational
7:47.96	Nicole Kauzlarich	Navy Invitational

3,000-meter Steeplechase

11:12.05	Maureen Dooley	at Patriot League Championship
11:14.68	Kyleigh Millhouse	at Patriot League Championship
11:30.44	Nicole Kauzlarich	at Patriot League Championship

High Jump

5'5" (1.65m)	Jacquelyn Charnigo	at Military Championships
5'5" (1.65m)	Elizabeth Wrona	at Patriot League Championship
5'3" (1.60m)	Katie Berkey	at Military Championships
5'1" (1.55m)	Krystina Johnson	at Greyhound Invitational
5'1/4" (1.53m)	Rebecca Tucker	at Penn Invitational

Pole Vault

^^+13'3/4" (3.98m)	Kirsten Andrews	vs. Army
^^12'9-1/2" (3.90m)	Jacquelyn Charnigo	at ECAC Championship
10'11-3/4" (3.35m)	Jessica Schlaegel	at Military Championships

Long Jump

**+19'2" (5.84m)	Kirsten Andrews	at Patriot League Championship
18'7-1/4" (5.67m)	Colleen Conley	at Patriot League Championship
18'2-1/2" (5.55m)	Katie Berkey	at Patriot League Championship
17'10-3/4" (5.45m)	Gloria Hill	at Penn Invitational
16'7-3/4" (5.07m)	Jessica Goetz	at Greyhound Invitational

Triple Jump

38'9-1/2" (11.82m)	Katie Berkey	vs. Army
38'4-3/4" (11.70m)	Colleen Conley	at Patriot League Championship
37'7-1/4" (11.46m)	Lauren Burmeister	vs. Army
37'5-1/4" (11.41m)	Jessica Goetz	vs. Army
36'3" (11.05m)	Gloria Hill	at Military Championships

Shot Put

42'8" (13.00m)	Danielle Still	vs. Army
37'9-1/2" (11.52m)	Ebony Miller	at Penn Invitational
36'7" (11.15m)	Ashlee Smith	at Greyhound Invitational
33'9-1/2" (10.30m)	Amber Scott	at Greyhound Invitational
33'3-3/4" (10.15m)	Carolynn Hine	Navy Invitational

Discus

122'5" (37.31m)	Ashlee Smith	at Greyhound Invitational
122'4" (37.28m)	Carolynn Hine	vs. Army
112'0" (34.14m)	Michelle Bostic	at Patriot League Championship
97'10" (29.83m)	Amber Scott	at Greyhound Invitational

Hammer Throw

**161'10" (49.32m)	Meg Joyce	vs. Army
137'2" (41.81m)	Mia Blundetto	at Patriot League Championship
125'9" (38.32m)	Carolynn Hine	vs. Army
93'3" (28.43m)	Amber Scott	at Greyhound Invitational

Javelin

^^+160'8" (48.98m)	Danielle Still	at Patriot League Championship
108'7" (33.10m)	Liz Hall	vs. Army
92'9" (28.28m)	Stephanie Hamilton	vs. Army
88'11" (27.11m)	Carolynn Hine	Navy Invitational

Heptathlon

4,292 pts.	Danielle Still	at Patriot League Championship
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4x100-meter Relay

**+47.11	at Patriot League Championship (Andrews, Lewis, Forsythe, Still)
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4x200-meter Relay

1:42.42	at Penn Relays (Andrews, Lewis, Forsythe, Still)
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4x400-meter Relay

3:54.67	at Patriot League Championship (Orr, Clark, Bostic, Burmeister)
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4x800-meter Relay

**9:05.17	at Patriot League Championship (Demchko, Rummel, Peskosky, Moore)
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Shuttle Hurdles Relay

59.75	at Penn Relays (Andrews, Still, Gambill, Bostic)
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** denotes ECAC-qualifying mark
 ^^ denotes NCAA regional-qualifying mark
 ++ denotes school-record mark

NAVY ALL-TIME TOP-INDOOR MARKS

2007-08 NAVY WOMEN'S TRACK & FIELD

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.	Loni Forsythe	7.15	12/5/06
	Chantelle Nagby	7.15	2/26/00
6.	Chantelle Nagby	7.17	2/20/99
7.	Chantelle Nagby	7.18	2/20/99
8.	Loni Forsythe	7.19	1/15/05
9.	Loni Forsythe	7.20	1/20/07
	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	7.59	2/3/07
2.	Loni Forsythe	7.65	2/17/07
3.	Loni Forsythe	7.66	2/18/07
4.	Loni Forsythe	7.67	2/17/07
	Loni Forsythe	7.67	3/6/04
6.	Loni Forsythe	7.69	3/3/07
7.	Loni Forsythe	7.73	1/27/07
	Loni Forsythe	7.73	1/29/05
9.	Loni Forsythe	7.74 (c)	2/5/05
	Chantelle Nagby	7.74	3/4/00

200-meter Dash

1.	Loni Forsythe	24.87	2/18/07
2.	Loni Forsythe	24.95	2/17/07
3.	Loni Forsythe	25.04	3/3/07
4.	Tineisha Davis	25.23	2/21/04
5.	Tineisha Davis	25.25	12/8/01
6.	Tineisha Davis	25.27	2/7/04
7.	Loni Forsythe	25.34	2/3/07
8.	Chantelle Nagby	25.37	2/26/00
9.	Tineisha Davis	25.41	2/18/05
10.	Chantelle Nagby	25.44	2/20/99
	Chantelle Nagby	25.44 (c)	12/4/98

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	2:55.59	3/3/07
7.	Vicki Moore	2:56.09	1/27/06
8.	Vicki Moore	2:56.17	3/4/06
9.	Vicki Moore	2:56.18	3/5/05
10.	Vicki Moore	2:56.19	2/18/07

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.	Kirsten Andrews	8.70	2/17/07
2.	Kirsten Andrews	8.71	2/18/07
3.	Kirsten Andrews	8.72	2/3/07
4.	Danielle Still	8.72	3/6/04
5.	Kirsten Andrews	8.76	3/4/06
6.	Kirsten Andrews	8.77	3/4/06
	Joanna Helm	8.77	3/4/00
8.	Kirsten Andrews	8.78	3/5/06
9.	Kirsten Andrews	8.84	3/3/07
	Danielle Still	8.84 (c)	2/5/05

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.	Jacqui Chamigo	1.68m	5'6"	1/19/07
	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
7.	Jacqui Chamigo	1.65m	5'5"	2/17/07
	Jacqui Chamigo	1.65m	5'5"	2/18/05
	Jacqui Chamigo	1.65m	5'5"	2/5/05
	Elizabeth Wrona	1.65m	5'5"	2/5/05
	Jacqui Chamigo	1.65m	5'5"	1/15/05
	Elizabeth Wrona	1.65m	5'5"	1/15/05
	Jacqui Chamigo	1.65m	5'5"	1/7/05
	Jacqui 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.	Jacqui Chamigo	3.80m	12'5-1/2"	1/27/07
	Kirsten Andrews	3.80m	12'5-1/2"	3/5/05

Long Jump

1.	Kirsten Andrews	5.93m	19'5-1/2"	2/17/07
2.	Chantelle Nagby	5.80m	19'1/2"	2/19/00
3.	Chantelle Nagby	5.77m	18'11-1/4"	2/12/00
4.	Kirsten Andrews	5.71m	18'8-3/4"	2/3/07
5.	Chantelle Nagby	5.67m	18'7-1/4"	2/6/99
6.	Joanne Uwujaren	5.64m	18'6"	2/2/02
7.	Joanne Uwujaren	5.62m	18'5-1/4"	2/19/00
8.	Joanne Uwujaren	5.60m	18'4-1/2"	1/19/02
9.	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



Amanda Hasenauer

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.	Lauren Burmeister	11.58m	38'0"	2/18/07
10.	Chantelle Nagby	11.57m	37'11-1/2"	2/12/00

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.	Katie Berkey	3,172 pts.	2/16/07
4.	Cindy Pease	3,145 pts.	2/28/98
5.	Laura Hatcher	3,137 pts.	3/4/89
6.	Lisa Gibellato	3,136 pts.	2/27/94
7.	Michelle Bostic	3,134 pts.	2/17/06
8.	Lisa Gibellato	3,080 pts.	2/24/96
9.	Erin Martin	3,069 pts.	3/2/85
10.	Danielle Still	3,058 pts.	2/18/05

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.	9:10.48	3/3/07
6.	9:10.66	2/19/00
7.	9:10.82	2/17/07
8.	9:12.17	3/4/00
9.	9:12.59	2/18/05
10.	9:13.05	2/27/94

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 MARKS

2007-08 NAVY WOMEN'S TRACK & FIELD

100-meter Dash

1.	Loni Forsythe	11.74 (c)	4/16/05
2.	Loni Forsythe	11.88	4/14/07
	Loni Forsythe	11.88	3/24/07
4.	Loni Forsythe	11.91	3/31/07
5.	Chantelle Nagby	11.95	5/6/00
6.	Loni Forsythe	11.97	5/5/07
	Loni Forsythe	11.97	5/4/07
8.	Loni Forsythe	12.00	4/6/07
9.	Loni Forsythe	12.01	5/14/05
10.	Loni Forsythe	12.03	5/12/07
	Priscilla Lewis	12.03	4/8/06

200-meter Dash

1.	Loni Forsythe	24.60	3/27/04
2.	Loni Forsythe	24.65	5/4/07
3.	Loni Forsythe	24.70	3/24/07
	Chantelle Nagby	24.70	5/6/00
	Chantelle Nagby	24.70	3/25/00
6.	Tineisha Davis	24.73	5/12/02
7.	Loni Forsythe	24.78	5/12/07
	Loni Forsythe	24.78	5/5/07
9.	Tineisha Davis	24.87	5/11/02
10.	Chantelle Nagby	24.89	5/10/97

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

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.	Justine Whipple	17:05.97	4/14/07
6.	Melissa Foon	17:11.61	4/7/01
7.	Melissa Foon	17:14.9	3/24/01
8.	Kerry O'Neill	17:17.79	5/5/91
9.	Kerri Gray	17:18.89	5/8/94
10.	Justine Whipple	17:19.27	5/5/07

10,000-meter Run

1.	Melissa Foon	35:08.27	4/22/01
2.	Justine Whipple	35:11.84	5/11/07
3.	Justine Whipple	35:20.79	5/4/07
4.	Justine Whipple	35:30.02	5/12/06
5.	Allison Barlow	36:27.52	5/15/05
6.	Jackie Hayes	36:27.80	4/18/98
7.	Justine Whipple	36:43.73	5/5/06
8.	Allison Barlow	36:47.61	3/24/07
9.	Susie Stewart	36:57.28	5/5/91
10.	Jackie Hayes	36:57	4/25/96

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	14.11	5/12/07
5.	Kirsten Andrews	14.13	5/12/07
	Kirsten Andrews	14.13	5/5/06
7.	Kirsten Andrews	14.14	5/5/07
	Kirsten Andrews	14.14	5/4/07
9.	Kirsten Andrews	14.17	5/13/06
10.	Kirsten Andrews	14.24	3/25/06
	Joanna Helm	14.24	5/14/00

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

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.	Maureen Dooley	11:12.05	5/5/07
7.	Erin Demchko	11:13.29	3/26/05
8.	Kyleigh Millhouse	11:14.68	5/5/07
9.	Abby Wilder	11:17.18	4/14/01
10.	Abby Wilder	11:20.26	5/4/02

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	1.68m	5'6"	3/26/88

Pole Vault

1.	Kirsten Andrews	3.98m	13'3/4"	4/14/07
2.	Amanda Hasenauer	3.97m	13'1/4"	4/5/03
3.	Amanda Hasenauer	3.91m	12'10"	4/20/02
4.	Jacqui Charnigo	3.90m	12'9-1/2"	5/12/07
	Kirsten Andrews	3.90m	12'9-1/2"	4/26/07
	Amanda Hasenauer	3.90m	12'9-1/2"	4/13/02
7.	Amanda Hasenauer	3.89m	12'9"	4/22/00
8.	Kirsten Andrews	3.81m	12'6"	5/26/07
	Amanda Hasenauer	3.81m	12'6"	3/22/03
	Amanda Hasenauer	3.81m	12'6"	3/23/02

Long Jump

1.	Kirsten Andrews	5.84m	19'2"	5/4/07
2.	Michelle Schiller	5.77m	18'11-1/4"	5/1/04
	Joanne Uwujaren	5.77m	18'11-1/4"	4/20/02
4.	Kirsten Andrews	5.76m	18'10-3/4"	4/14/07
5.	Michelle Schiller	5.73m	18'9-3/4"	4/17/04
	Chantelle Nagby	5.73m	18'9-3/4"	3/25/00
7.	Kirsten Andrews	5.71m	18'8-3/4"	5/5/06
	Joanne Uwujaren	5.71m	18'8-3/4"	3/22/03
9.	Kirsten Andrews	5.69m	18'8"	3/31/07
10.	Colleen Conley	5.67m	18'7-1/4"	5/4/07
	Rhonda Leverett	5.67m	18'7-1/4"	5/3/97



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.	Katie Berkey	11.82m	38'9-1/2"	4/14/07
8.	Joanne Uwujaren	11.74m	38'6-1/4"	3/23/02
9.	Colleen Conley	11.70m	38'4-3/4"	5/5/07
10.	Joanne Uwujaren	11.69m	38'4-1/4"	4/25/03

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	13.00m	42'8"	4/14/07
10.	Danielle Still	12.98m	42'7"	3/27/04

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	48.98m	160'8"	5/4/07
2.	Danielle Still	48.22m	158'2"	5/6/06
3.	Danielle Still	47.42m	155'7"	4/14/06
4.	Danielle Still	46.60m	152'11"	3/18/06
5.	Danielle Still	46.39m	152'2"	5/5/06
6.	Danielle Still	46.07m	151'1"	4/14/07
7.	Susan Smith	45.52m	149'4"	3/27/99
8.	Susan Smith	45.18m	148'3"	4/3/99
9.	Rochelle Smith	44.82m	147'0"	5/18/91
10.	Danielle Still	44.66m	146'6"	5/7/05

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.	Danielle Still	4,292 pts.	5/5/07
9.	Karon Barker	4,265 pts.	5/7/89
10.	Karen Lewis	4,198 pts.	5/6/90

4x100-meter Relay

1.	47.11	5/5/07
	Kirsten Andrews, Priscilla Lewis, Loni Forsythe, Danielle Still	
2.	47.24	5/7/05
3.	47.37	3/31/07
4.	47.50	3/27/04
5.	47.57	4/16/05
6.	47.61	4/17/04
7.	47.65	5/12/07
8.	47.72	5/6/00
9.	47.73	4/21/07
	47.73	4/14/06

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.	9:05.17	5/4/07
8.	9:05.47	5/5/06
9.	9:05.62	5/23/98
10.	9:05.87	5/8/94

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

NAVY ALL-TIME INDIVIDUAL HONORS

2007-08 NAVY WOMEN'S TRACK & FIELD

Tamara Allen

1997 Patriot League Outdoor Champion (4x100)

Kirsten Andrews

2004 Patriot League Outdoor Champion (100 hurdles)

2005 Patriot League Indoor Champion (60 hurdles)

2005 Patriot League Indoor Champion (Pole vault)

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

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

2006 Patriot League Indoor Champ. (55 hurdles)

2006 Patriot League Outdoor Champion (100 hurdles)

2006 Patriot League Outdoor Champion (4x100)

2007 *ESPN The Magazine* First-Team Academic All-American

2007 Patriot League Female Scholar-Athlete of the Year

2007 Patriot League Women's Indoor Track & Field Scholar-Athlete of the Year

2007 Patriot League Women's Outdoor Track & Field Scholar-Athlete of the Year

2007 Patriot League Indoor Field Athlete of the Meet

2007 Patriot League Outdoor Field Athlete of the Meet

2007 Patriot League Indoor Champion (Long jump)

2007 Patriot League Indoor Champion (60 hurdles)

2007 Patriot League Outdoor Champion (100 hurdles)

2007 Patriot League Outdoor Champion (Pole vault)

2007 Patriot League Outdoor Champion (Long jump)

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

Amy Baxter

2001 Patriot League Indoor Champion (Mile)

Alicia Berlowski

1995 Patriot League Indoor Champion (DMR)

Michelle Bostic

2005 Patriot League Indoor Champion (4x400)

Taren Burkett

2005 Patriot League Indoor Champion (4x400)

2005 Patriot League Outdoor Champion (4x400)

2007 Patriot League Indoor Champion (DMR)

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

2007 ECAC Outdoor Champion (Pole vault)

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)



Tineisha Davis

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)

Erin Demchko

2004 Patriot League Indoor Champion (4x800)

2006 Patriot League Indoor Champion (DMR)

2007 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)
2007 Patriot League Indoor Track Athlete of the Meet
2007 Patriot League Indoor Champion (60)
2007 Patriot League Indoor Champion (200)
2007 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 Champion (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)



Melissa Foon

Dawn Hillman

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

Sue Honan

1983 ECAC Indoor Champion (400)

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 Champion (4x400)
2003 Patriot League Outdoor Champion (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)
2007 Patriot League Indoor Champion (1,000)
2007 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 Champion (4x100)
2000 Patriot League Champion (Long jump)
2000 Patriot League Champion (Triple jump)

Maureen O'Dell

1991 ECAC Outdoor Champion (DMR)

NAVY ALL-TIME INDIVIDUAL HONORS

2007-08 NAVY WOMEN'S TRACK & FIELD

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)

Stefanie Peskosky

2007 Patriot League Indoor Champion (DMR)

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)

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)
2007 Patriot League Outdoor Champion (Javelin)

Amy Stokes

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

Tina Terry

2003 Patriot League Indoor Champion (Pole vault)

Eva Tukarski

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

Joanne Uwujaren

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

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)
2007 Patriot League Outdoor Track Athlete of the Meet
2007 Patriot League Indoor Champion (3,000)
2007 Patriot League Outdoor Champion (5,000)
2007 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)

2008 NCAA QUALIFYING STANDARDS

2007-08 NAVY WOMEN'S TRACK & FIELD

Indoor (NCAA Championship)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 meters	6.74@	-	6.92@	-
60 meters	7.26@	-	7.44@	-
55-meter hurdles	7.57@	-	7.86@	-
60-meter hurdles	8.14@	-	8.43@	-
200 meters				
(Under 200m/220 yds)*	23.60	-	24.30	-
(200m/220 yds)*	23.40	-	24.10	-
(Banked or over 200m/220 yds)*	23.20	-	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)*	2:05.40	2:05.1	2:09.40	2:09.1
(Banked or over 200m/220 yds)*	2:05.00	2:04.7	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:40.60	4:40.3	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	16:46.60	16:46.3
(Banked or over 200m/220 yds)*	16:08.00	16:07.7	16:45.00	16:44.7
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 (IMPERIAL)	METRIC (IMPERIAL)
High jump	1.85m (6'3/4")	1.78m (5'10")
Pole vault	4.20m (13'9-1/4")	3.95m (12'11-1/2")
Long jump	6.35m (20'10")	6.10m (20'1/4")
Triple jump	13.30m (43'7-3/4")	12.65m (41'6")
Shot put	16.90m (55'5-1/2")	15.20m (49'10-1/2")
35-pound weight	21.00m (68'10-3/4")	18.75m (61'6-1/4")
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 (NCAA Regionals)

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#	4:49.30	4:49.0	
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 (IMPERIAL)

High jump	1.75m (5'8-3/4")
Pole vault	3.85m (12'7-1/2")
Long jump	6.00m (19'8-1/4")
Triple jump	12.32m (40'5")
Shot put	14.30m (46'11")
Discus	47.30m (155'2")
Javelin	43.45m (142'6")
Hammer	54.15m (177'8")

- 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

2007-08 NAVY WOMEN'S TRACK & FIELD



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

In its second decade of combining academic and athletic excellence, the Patriot League sponsors 23 sports – 11 for men and 12 for women. Initially started as a 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 in football. 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 Success Rate report. In addition, the Patriot League finished as one of the nation's leaders in the NCAA Academic Progress Report (APR) among all Division I conferences awarding athletic aid. 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 wins in men's basketball during the 2005 and 2006 seasons, a championship game appearance in both football and men's lacrosse, and a sixth-place individual 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 2006-07 year, Patriot League student-athletes and teams accomplished the following:

- Fourteen Patriot League student-athletes were named *ESPN The Magazine* Academic All-Americans, including Navy's **Lizzie Barnes** (women's soccer), **Kari Weniger** (women's soccer), **Chris Renninger** (golf), **Kelly Zahalka** (women's swimming and diving), **Michael Niemi** (men's cross country/track and field) and **Kirsten Andrews** (women's cross country/track and field).
- The Patriot League had two teams win a game in the NCAA Men's Soccer Tournament for the first time in its history (Bucknell and Lehigh), with 2006 being the second year it sent multiple teams to the postseason.
- **Navy women's soccer** owned the longest winning streak among NCAA Division I schools, posting 19-straight victories, and advanced to the second round of the NCAA Tournament for the first time in program history.
- **Navy goalkeeper Lizzie Barnes** posted the seventh-longest shutout streak in NCAA women's soccer history.
- The Patriot League had two post-season participants in the sport of women's basketball for the first time since 2002 with Holy Cross playing in the NCAA Tournament and Bucknell in the WNIT.
- Holy Cross' **Keith Simmons** was named All-America Honorable Mention by the Associated Press in the sport of men's basketball.
- **Navy's Paul Harris** earned All-America status after finishing sixth in the 800 meters at the NCAA Indoor Track and Field Championship.
- Four different men's lacrosse teams spent time in the national polls, including Army, Bucknell, Colgate and **Navy**. Navy ended the year ranked a Patriot League-best eighth in the nation.
- Three Patriot League student-athletes were chosen in the Major League Lacrosse Draft including **Navy's Billy Looney** (first round, fifth pick), Colgate's **Colin Hulme** (second round, 16th pick) and **Navy's Ian Dingman** (third round, 30th pick). Looney became the highest drafted Patriot League student-athlete into MLL.
- Four Patriot League student-athletes were named USILA All-Americans including **Navy's Billy Looney** on the first team and **Navy's Jordan DiNola** and Colgate's **Colin Hulme** and **Brandon Corp** as Honorable Mention selections.
- Five Patriot League student-athletes were selected in the MLB draft including Army's **Nick Hill** and **Milan Dinga**, Bucknell's **Jason Buursma** and **Navy's Mitch Harris** and **Jonathan Johnston**.
- **Navy's Kevin Teague** became the first male diver in Patriot League history to win four consecutive 1-meter and 3-meter Patriot League Championship titles and to be named Patriot League Diver of the Meet four times.

Mallory Dietrich

Conference Championships

Women's Soccer
Men's Swimming and Diving
Women's Swimming and Diving
Men's Lacrosse
Tennis

Rockie of the Year

Cassie Barbaresi - Women's Soccer, Co-Chris Horel - Men's Cross Country
➤ Mallory Dietrich - Women's Swimming
Ramsay Lemaich - Tennis

Lizzie Barnes

Player of the Year

Maggie Curran - Women's Soccer, Offensive POY
➤ Lizzie Barnes - Women's Soccer, Goalkeeper of the Year
Shelly Moeller - Women's Soccer, Co-Defensive POY
Kevin Teague - Men's Diving
➤ Kelly Zahalka - Women's Swimming
Katie Griffin - Women's Diving
Loni Forsythe - Women's Indoor Track & Field
Kirsten Andrews - Women's Indoor Track & Field
➤ Nate Nelms - Tennis
➤ Paul Harris - Men's Outdoor Track & Field
Justine Whipple - Women's Outdoor Track & Field
Kirsten Andrews - Women's Outdoor Track & Field

Coach of the Year

➤ Carin Gabarra - Women's Soccer
Joe Suriano - Men's and Women's Diving
John Morrison - Women's Swimming
➤ Richie Meade - Men's Lacrosse
John Officer - Tennis

Scholar-Athlete For Sport

➤ Kelly Zahalka - Women's Swimming & Diving
Kirsten Andrews - Women's Indoor Track & Field
➤ Chris Renninger - Golf
Colin Finnegan - Men's Lacrosse
Kirsten Andrews - Women's Outdoor Track & Field

Scholar-Athlete of the Year

FEMALE - Kirsten Andrews - Women's Track & Field
➤ MALE - Chris Renninger - Golf

Paul Harris

Chris Renninger

Nate Nelms

Carin Gabarra

Richie Meade

Kelly Zahalka

Success IN THE CLASSROOM

MAJORS

Students at the Naval Academy can select one of 43 different majors within the following 19 fields of study:

Division of Engineering & Weapons

Aerospace Engineering, Electrical Engineering, General Engineering, Mechanical Engineering, Naval Architecture, Ocean Engineering, Systems Engineering

Division of Math & Science

Chemistry, Computer Science, General Science, Information Technology, Math, Oceanography, Physics, Quantitative Economics

Division of Humanities & Social Science

Economics, English, History, Political Science

In addition to graduating with a Bachelor's of Science, students can also attain a minor in one of seven different languages.

GRADUATE SCHOOL

There are no graduate school classes offered at the Naval Academy, but opportunities for midshipmen to attain a postgraduate degree at a civilian school or university are available. The ability to attend medical school, as former Navy football player **Terrence Anderson '00** did, is another option.

In addition to furthering their education at schools across the country, students at the Naval Academy annually are in competition for one of the prestigious Rhodes Scholarships to study at the University of Oxford in England.

Since Navy's first Rhodes Scholar, E. Van Meter '28, a total of 43 Naval Academy graduates have received the Rhodes Scholarship, including 10 over the last six years. Among Navy's recent recipients is former baseball player **Trevor Thompson '05**.

COSIDA ACADEMIC ALL-AMERICANS

Naval Academy student-athletes have been selected as an Academic All-American by the College Sports Information Directors of America 48 times over the years, with Mids garnering 22 awards since 2000.

The list of recent honorees includes two-time Academic All-American **Courtney Davidson** (women's basketball, 2003 & '04), first-team recipient **Trevor Thompson** (baseball, 2005), and third-team honorees Sean Blackman (gymnastics, 2006) and Kirsten Andrews (cross country/track & field, 2006).

Navy student-athletes garnered six Academic All-America awards last season with women's soccer player Lizzie Barnes and track athlete Kirsten Andrews landing on the first team, women's soccer's **Kari Weniger**, Michael Niemi of the track team and Chris Renninger of golf earning second team honors, and Kelly Zahalka (swimming) on the third team.

ACADEMIC PROGRESS RATES

The APR is the fulcrum upon which the entire academic-reform structure rests. Developed as a more real-time assessment of teams' academic performance than the six-year graduation-rate calculation provides, the APR awards two points each term to student-athletes who meet academic-eligibility standards and who remain with the institution. A team's APR is the total points earned by the team at a given time divided by the total points possible.

Sport	USNA APR	Avg. APR for Division I Ins.	Sport	USNA APR	Avg. APR for Division I Ins.
Baseball	980	934	M. Outdoor Track	1000	951
M. Basketball	981	927	M. Water Polo	966	972
M. Cross Country	1000	961	Wrestling	986	937
Football	982	931	W. Basketball	989	960
M. Golf	991	962	W. Cross Country	985	970
M. Gymnastics	1000	970	W. Crew	1000	984
M. Lacrosse	997	967	W. Soccer	984	971
M. Soccer	987	952	W. Swimming	996	978
M. Swimming	994	967	W. Indoor Track	982	964
M. Tennis	1000	959	W. Outdoor Track	983	965
M. Indoor Track	1000	950	W. Volleyball	988	969
			Rifle	1000	968

Terrence Anderson



Allison Barlow
(Graduation 2007)



Courtney Davidson



Michael Niemi
(Graduation 2007)



Kari Weniger




Trevor Thompson

Go Navy

BEAT ARMY!





At the Naval Academy, beating Army is important. Plebes yell "Beat Army!" in Bancroft Hall, "Beat Army" is on every weight in the Naval Academy weight room and alums and fans alike scream "Beat Army!" at the end of Blue & Gold, the Naval Academy alma mater.

Navy has dominated Army in all sports, posting a winning record against the Black Knights in 33 of the last 36 years and winning the N-Star series 11-consecutive years.

Over the past 10 years, the Midshipmen have won 66 percent of all athletic contests played against West Point, including an astounding 70 percent of all N-Star contests.

2006-07 Record Against Army	20-12 (.625)
2006-07 N-Star Record Against Army	15-7 (.682)
10-Year Record Against Army	205-106-5 (.657)
10-Year N-Star Record Against Army	149-64-5 (.695)

2006-07 N-STAR VICTORIES

Sprint Football

Golf

Women's Soccer

Women's Cross Country

Men's Cross Country

Women's Swimming

Men's Swimming

Football

Men's Basketball

Men's Indoor Track & Field

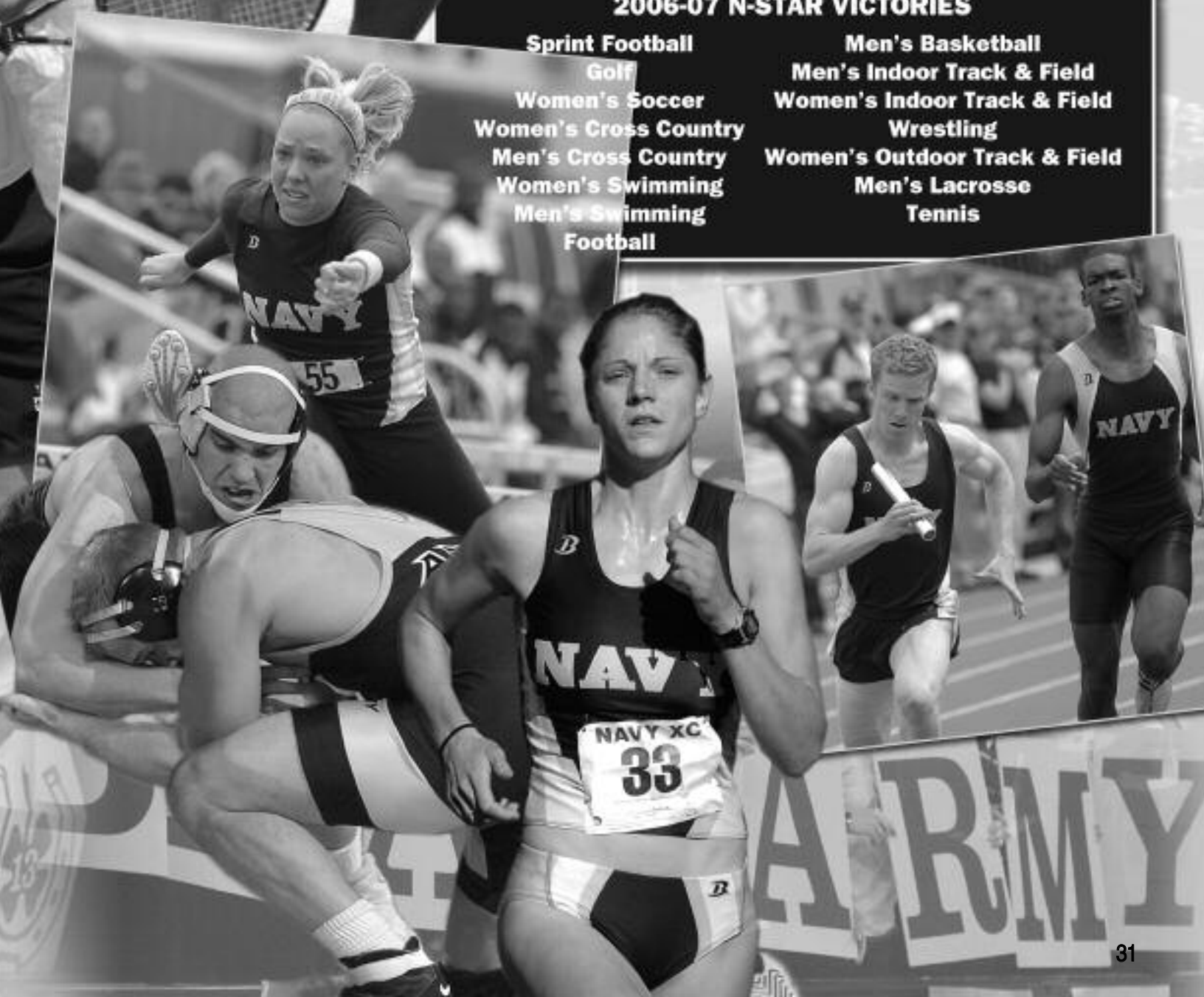
Women's Indoor Track & Field

Wrestling

Women's Outdoor Track & Field

Men's Lacrosse

Tennis



Halsey Field House

Completed in 1957, and newly renovated in 2003, the 80,000-square foot Halsey Field House is the home of Navy men's and women's indoor track & field teams.

Halsey boasts squash and tennis courts, a 5,000-spectator basketball court, a 200-meter MONDO track and a display of sports trophies.

The field house proper is 200 feet wide, 370 feet long and is sheltered by a 70-foot high roof. The main floor is surrounded by a running track.

The North Wing houses the multi-purpose gymnasium in which five basketball courts are installed. In addition, the wing houses five squash courts, dressing room facilities, a conditioning room, classrooms for physical education, athletic gear storage and office space for instructors.

The field house was named after Fleet Admiral William (Bull) Halsey Jr., a 1904 Naval Academy graduate and a World War II Naval hero.

Wesley Brown Field House (Opening March 2008)

On March 25, 2006, the Naval Academy Midshipmen, faculty, staff, and guests celebrated the groundbreaking of the Wesley Brown Field House, which will serve as the home of the Navy indoor track & field program, starting in 2008-09.

Named after Lt. Cmdr. Wesley Brown, USN (ret.), the first African American Midshipman to graduate from the United States Naval Academy in 1949, the field house's 140,000-square-foot, approximately \$45 million structure will house facilities for physical education, varsity and intramural athletics, club sports and personal fitness.

The field house, which is being built by the Hensel Phelps Construction Company of Chantilly, Va., will use the most advanced technology for personal condition and combat preparedness.

Ingram Field

The all-weather MONDO track located northeast of Michelson Hall and Chauvenet Hall is the site of Navy's outdoor track and field meets. Considered to be one of the premier facilities in the United States, it is named in honor of Vice Admiral Jonas H. Ingram, who commanded the U.S. South Atlantic Fleet during World War II. He was also the Naval Academy Director of Athletics from 1925-1930.

The track underwent a complete overhaul in the fall of 2001, with new all-weather surfacing placed on the quarter-mile oval and jump areas.