

# 2012 Navy Women's Outdoor Track Performances by Event

## 100-meter Dash

ECAC Automatic			12.08
Navy Record			11.74 (Loni Forsythe, 2005)
Name	Mark (Pl.)	Meet	Date
Jessica Ridgway	12.22 (1)	Army-Navy Meet	4/7/12
Veronica Ffrench	12.23 (2)	Army-Navy Meet	4/7/12
Jessica Ridgway	12.27 (2p)	PL Championship	5/4/12
Jessica Ridgway	12.28 (2)	PL Championship	5/5/12
Jessica Ridgway	12.38 (28)	Larry Ellis Invite	4/21/12
Veronica Ffrench	12.40 (4)	PL Championship	5/5/12
Veronica Ffrench	12.40 (8p)	PL Championship	5/4/12
Veronica Ffrench	12.44 (34)	Larry Ellis Invite	4/21/12
Colleen McFadden	12.51 (3)	Army-Navy Meet	4/7/12
Jessica Ridgway	12.55 (7p)	Maryland Invite	3/31/12
Jessica Ridgway	12.59 (7)	Maryland Invite	3/31/12
Jessica Ridgway	12.65 (1)	McDaniel Twilight	4/17/12
Colleen McFadden	12.72 (12p)	PL Championship	5/4/12
Veronica Ffrench	12.80 (5)	Navy Invitational	3/24/12
Jenne Jolie	12.81 (11p)	Maryland Invite	3/31/12
Jenne Jolie	13.00 (9)	Navy Invitational	3/24/12
Ashley Edmond	13.28 (2)	McDaniel Twilight	4/17/12
Camille Ross	13.58 (4)	McDaniel Twilight	4/17/12

## 200-meter Dash

ECAC Automatic			24.74
Navy Record			24.60 (Loni Forsythe, 2004)
Name	Mark (Pl.)	Meet	Date
Jessica Ridgway	25.67 (9p)	PL Championship	5/4/12
Veronica Ffrench	25.67 (1)	Army-Navy Meet	4/7/12
Veronica Ffrench	25.85 (10p)	PL Championship	5/4/12
Colleen McFadden	25.91 (2)	Army-Navy Meet	4/7/12
Colleen McFadden	25.91 (10)	Maryland Invite	3/31/12
Colleen McFadden	26.04 (15p)	PL Championship	5/4/12
Colleen McFadden	26.20 (1)	McDaniel Twilight	4/17/12
Arabia Littlejohn	26.27 (35)	Larry Ellis Invite	4/21/12
Arabia Littlejohn	26.31 (5)	Army-Navy Meet	4/7/12
Veronica Ffrench	26.41 (13)	Maryland Invite	3/31/12
Colleen McFadden	26.46 (7)	Navy Invitational	3/24/12
Melanie Sluzewicz	26.51 (2-hep)	PL Championship	5/4/12
Natasha Druggan	26.64 (2)	McDaniel Twilight	4/17/12
Veronica Ffrench	26.65 (8)	Navy Invitational	3/24/12
Arabia Littlejohn	26.73 (15)	Maryland Invite	3/31/12
Melanie Sluzewicz	26.76 (5-hep)	ECAC Champ.	5/12/12
Ashley Aitken	27.09 (12)	Navy Invitational	3/24/12
Jessica Ridgway	27.62 (21)	Maryland Invite	3/31/12
Camille Ross	27.77 (20)	Navy Invitational	3/24/12
Camille Ross	27.80 (5)	McDaniel Twilight	4/17/12
Rachel Minker	28.06 (6)	McDaniel Twilight	4/17/12

## 400-meter Dash

ECAC Automatic			55.94
Navy Record			54.16 (Tineisha Davis, 2005)
Name	Mark (Pl.)	Meet	Date
Mansfield Murph	57.32 (4)	PL Championship	5/5/12
Natasha Druggan	57.37 (5)	PL Championship	5/5/12
Mansfield Murph	57.90 (2)	Army-Navy Meet	4/7/12
Natasha Druggan	58.24 (27)	Larry Ellis Invite	4/21/12
Natasha Druggan	58.43 (3)	Army-Navy Meet	4/7/12
Natasha Druggan	58.74 (8)	Maryland Invite	3/31/12
Natasha Druggan	59.26 (7)	Navy Invitational	3/24/12
Colleen McFadden	59.51 (8)	Navy Invitational	3/24/12
Colleen McFadden	59.66 (12)	Maryland Invite	3/31/12
Rachel Minker	1:02.12 (11)	Navy Invitational	3/24/12
Leah Moore	1:02.36 (1)	McDaniel Twilight	4/17/12
Leah Moore	1:02.97 (13)	Navy Invitational	3/24/12
Rachel Minker	1:03.50 (6)	Army-Navy Meet	4/7/12
Camille Ross	1:04.13 (14)	Navy Invitational	3/24/12
Carly Leary	1:06.53 (4)	McDaniel Twilight	4/17/12
Carly Leary	1:06.99 (15)	Navy Invitational	3/24/12

## 800-meter Run

ECAC Automatic			2:10.94
Navy Record			2:05.22 (Jess Palacio, 2012)
Name	Mark (Pl.)	Meet	Date
Jess Palacio	2:05.22* (4)	ECAC Champ.	5/13/12
Jess Palacio	2:06.59* (6p)	ECAC Champ.	5/12/12
Jess Palacio	2:08.69* (1)	PL Championship	5/5/12
Shannon Cuthbert	2:13.83 (8)	PL Championship	5/5/12
Jess Palacio	2:13.98 (1)	Army-Navy Meet	4/7/12
Shannon Cuthbert	2:14.58 (2)	Maryland Invite	3/31/12
Mansfield Murph	2:15.28 (4)	Maryland Invite	3/31/12
Shannon Cuthbert	2:15.72 (17)	Larry Ellis Invite	4/21/12

Mansfield Murph	2:15.85 (18)	Larry Ellis Invite	4/21/12
Shannon Cuthbert	2:16.23 (2)	Army-Navy Meet	4/7/12
Annie-Norah Beveridge	2:16.69 (23)	Larry Ellis Invite	4/21/12
Annie-Norah Beveridge	2:17.39 (6)	Maryland Invite	3/31/12
Shannon Cuthbert	2:18.74 (5)	Navy Invitational	3/24/12
Mansfield Murph	2:19.52 (6)	Navy Invitational	3/24/12
Mansfield Murph	2:20.60 (1)	McDaniel Twilight	4/17/12
Sam Carl	2:21.71 (47)	Larry Ellis Invite	4/21/12
Maria Arnone	2:22.13 (48)	Larry Ellis Invite	4/21/12
Sam Carl	2:22.17 (8)	Maryland Invite	3/31/12
Sam Carl	2:22.61 (5)	Army-Navy Meet	4/7/12
Annie-Norah Beveridge	2:23.73 (13)	Navy Invitational	3/24/12
Kellie Hall	2:24.99 (15)	Maryland Invite	3/31/12
Kellie Hall	2:25.35 (17)	Navy Invitational	3/24/12
Kellie Hall	2:26.53 (2)	McDaniel Twilight	4/17/12
Anna Funkhauser	2:27.52 (20)	Maryland Invite	3/31/12
Anna Funkhauser	2:28.26 (53)	Larry Ellis Invite	4/21/12
Sam Carl	2:29.99 (20)	Navy Invitational	3/24/12
Melanie Sluzewicz	2:30.93 (2-hep)	PL Championship	5/5/12
Anna Funkhauser	2:31.20 (26)	Navy Invitational	3/24/12
Amanda Bonilla	2:32.32 (3)	McDaniel Twilight	4/17/12
Melanie Sluzewicz	2:33.49 (10-hep)	ECAC Champ.	5/12/12

## 1,500-meter Run

ECAC Automatic			4:30.94
Navy Record			4:20.87 (Jess Palacio, 2012)
Name	Mark (Pl.)	Meet	Date
Jess Palacio	4:20.87* (9)	Mt. SAC Relays	4/19/12
Jess Palacio	4:25.36* (1)	PL Championship	5/5/12
Jess Palacio	4:27.24* (2)	Maryland Invite	3/31/12
Jess Palacio	4:31.15 (1)	Army-Navy Meet	4/7/12
Annie-Norah Beveridge	4:35.76 (6)	PL Championship	5/5/12
Annie-Norah Beveridge	4:43.13 (1)	Navy Invitational	3/24/12
Annie-Norah Beveridge	4:44.05 (1)	McDaniel Twilight	4/17/12
Shannon Cuthbert	4:45.68 (4)	Navy Invitational	3/24/12
Shannon Cuthbert	4:47.45 (2)	McDaniel Twilight	4/17/12
Sam Carl	4:49.63 (3)	McDaniel Twilight	4/17/12
Liz Milewski	4:50.24 (4)	McDaniel Twilight	4/17/12
Maria Arnone	4:50.26 (5)	Army-Navy Meet	4/7/12
Maria Arnone	4:50.75 (5)	Maryland Invite	3/31/12
Brigid Byrne	4:51.34 (6)	Maryland Invite	3/31/12
Sam Carl	4:51.62 (7)	Navy Invitational	3/24/12
Paige Miller	4:52.70 (6)	Army-Navy Meet	4/7/12
Maria Arnone	4:53.11 (5)	McDaniel Twilight	4/17/12
Paige Miller	4:56.93 (44)	Larry Ellis Invite	4/21/12
Anna Funkhauser	5:02.59 (23)	Navy Invitational	3/24/12
Anna Funkhauser	5:03.10 (6)	McDaniel Twilight	4/17/12
Maria Arnone	5:09.26 (29)	Navy Invitational	3/24/12

## 3,000-meter Run

ECAC Automatic			9:56.24
Katie Taylor	10:15.09 (5)	Maryland Invite	3/31/12
Emily Jensen	10:18.68 (7)	Maryland Invite	3/31/12
Christina Blair	10:22.52 (8)	Maryland Invite	3/31/12
Christina Blair	10:23.96 (12)	Larry Ellis Invite	4/21/12
Mollie Hebda	10:33.89 (9)	Maryland Invite	3/31/12

## 5,000-meter Run

ECAC Automatic			17:16.64
Navy Record			16:29.77 (Melissa Foon, 2001)
Name	Mark (Pl.)	Meet	Date
Brigid Byrne	17:25.07 (1)	Navy Invitational	3/24/12
Brigid Byrne	17:35.41 (3)	Army-Navy Meet	4/7/12
Brigid Byrne	17:40.39 (8)	PL Championship	5/5/12
Mollie Hebda	17:44.70 (61)	Larry Ellis Invite	4/21/12
Emily Jensen	18:00.15 (2)	Navy Invitational	3/24/12
Mollie Hebda	18:04.56 (13)	PL Championship	5/5/12
Mollie Hebda	18:06.02 (3)	Army-Navy Meet	4/7/12
Emily Jensen	18:11.25 (16)	PL Championship	5/5/12
Mollie Hebda	18:15.08 (6)	Navy Invitational	3/24/12
Emily Jensen	18:16.36 (6)	Army-Navy Meet	4/7/12
Christina Blair	18:33.08 (20)	PL Championship	5/5/12
Jacqueline Blackburn	19:15.99 (7)	Maryland Invite	3/31/12

## 10,000-meter Run

ECAC Automatic			37:40.24
Navy Record			35:08.27 (Melissa Foon, 2001)
Name	Mark (Pl.)	Meet	Date
Brigid Byrne	35:35.51* (5)	Mt. SAC Relays	4/19/12
Brigid Byrne	36:54.78* (3)	PL Championship	5/4/12
Emily Jensen	37:55.08 (8)	PL Championship	5/4/12
Emily Jensen	39:28.96 (1)	McDaniel Twilight	4/17/12

Jacqueline Blackburn	39:39.18 (12)	PL Championship	5/4/12
Jacqueline Blackburn	40:47.68 (2)	McDaniel Twilight	4/17/12
Jacqueline Blackburn	41:00.51 (1)	Navy Invitational	3/24/12

## 100-meter Hurdles

ECAC Automatic			14.34
Navy Record			13.95 (Kirsten Andrews, 2006)
Name	Mark (Pl.)	Meet	Date
Ashley Aitken	14.27* (2)	Army-Navy Meet	4/7/12
Ashley Aitken	14.47 (2)	PL Championship	5/5/12
Ashley Aitken	14.48 (2p)	PL Championship	5/4/12
Ashley Aitken	14.69 (2)	Navy Invitational	3/24/12
Ashley Aitken	14.77 (19p)	ECAC Champ.	5/12/12
Amanda Graham	15.69 (5)	Army-Navy Meet	4/7/12
Amanda Graham	15.92 (9p)	PL Championship	5/4/12
Melanie Sluzewicz	16.04 (14-hep)	ECAC Champ.	5/12/12
Amanda Graham	16.18 (5)	Maryland Invite	3/31/12
Amanda Graham	16.26 (10)	Navy Invitational	3/24/12
Melanie Sluzewicz	16.51 (6-hep)	PL Championship	5/4/12
Amanda Graham	16.54 (1)	McDaniel Twilight	4/17/12
Amanda Graham	16:56 (7p)	Maryland Invite	3/31/12
Daphne White	16.62 (6)	Army-Navy Meet	4/7/12
Daphne White	17.91 (2)	McDaniel Twilight	4/17/12
Daphne White	18.06 (13)	Navy Invitational	3/24/12

## 400-meter Hurdles

ECAC Automatic			1:02.04
Navy Record			58.44 (Joanna Helm, 2000)
Name	Mark (Pl.)	Meet	Date
Kristin Smith	1:03.22 (3)	PL Championship	5/5/12
Kristin Smith	1:04.23 (1)	Army-Navy Meet	4/7/12
Sarah Bernhardt	1:04.73 (7)	PL Championship	5/5/12
Sarah Bernhardt	1:05.33 (3)	Army-Navy Meet	4/7/12
Sarah Bernhardt	1:05.60 (34)	Larry Ellis Invite	4/21/12
Kristin Smith	1:05.76 (1)	McDaniel Twilight	4/17/12
Kristin Smith	1:06.22 (6)	Maryland Invite	3/31/12
Kristin Smith	1:06.52 (35)	Larry Ellis Invite	4/21/12
Stephanie Payne	1:06.22 (10)	PL Championship	5/5/12
Sarah Bernhardt	1:06.91 (7)	Maryland Invite	3/31/12
Sarah Bernhardt	1:07.25 (2)	McDaniel Twilight	4/17/12
Stephanie Payne	1:07.38 (4)	Army-Navy Meet	4/7/12
Stephanie Payne	1:07.64 (37)	Larry Ellis Invite	4/21/12
Sierra Parks	1:07.75 (3)	McDaniel Twilight	4/17/12
Stephanie Payne	1:08.15 (11)	Maryland Invite	3/31/12
Sarah Bernhardt	1:08.20 (6)	Navy Invitational	3/24/12
Marci Demyon	1:08.29 (7)	Navy Invitational	3/24/12
Stephanie Payne	1:08.62 (9)	Navy Invitational	3/24/12
Caitlyn Fine	1:09.20 (11)	Navy Invitational	3/24/12
Marci Demyon	1:09.94 (13)	Maryland Invite	3/31/12
Amanda Bonilla	1:10.07 (12)	Navy Invitational	3/24/12
Sierra Parks	1:10.18 (14)	Navy Invitational	3/24/12
Marci Demyon	1:12.08 (4)	McDaniel Twilight	4/17/12
Kristin Smith	1:12.45 (16)	Navy Invitational	3/24/12
Daphne White	1:12.91 (5)	McDaniel Twilight	4/17/12
Daphne White	1:13.77 (21)	Navy Invitational	3/24/12
Sarah Hutchinson	1:14.73 (22)	Navy Invitational	3/24/12
Rachel Slater	1:14.92 (17)	Maryland Invite	3/31/12
Ashley Aitken	1:20.48 (23)	Navy Invitational	3/24/12

## 3,000-meter Steeplechase

ECAC Automatic			10:50.24
Navy Record			10:24.01 (Amy Baxter, 2001)
Name	Mark (Pl.)	Meet	Date
Katie Taylor	11:08.14 (1)	Navy Invitational	3/24/12
Christina Blair	11:14.48 (2)	Army-Navy Meet	4/7/12
Katie Taylor	11:17.87 (4)	Army-Navy Meet	4/7/12
Christina Blair	11:19.34 (3)	Navy Invitational	3/24/12
Christina Blair	11:24.77 (7)	PL Championship	5/5/12
Madeline Zell	11:24.77 (4)	Navy Invitational	3/24/12
Madeline Zell	11:25.45 (1)	Maryland Invite	3/31/12
Madeline Zell	11:28.89 (8)	PL Championship	5/5/12
Paige Miller	11:31.07 (9)	PL Championship	5/5/12
Paige Miller	11:34.76 (2)	Maryland Invite	3/31/12
Madeline Zell	11:42.20 (6)	Army-Navy Meet	4/7/12
Paige Miller	11:47.34 (6)	Navy Invitational	3/24/12
Paige Miller	11:48.50 (1)	McDaniel Twilight	4/17/12



# 2012 Navy Women's Outdoor Track Performances by Event

ECAC Automatic 3:51.84  
 Navy Record 3:44.27 (Jossis-Stokes-Tukarski-Davis, 2002)  
**Name Mark (Pl.)**

Name	Mark (Pl.)	Date
Bernhardt, McFadden, Murph, Druggan	3:48.86* (1)	5/5/12
	PL Championship	
Bernhardt, McFadden, Murph, Druggan	3:50.20 (20p)	5/12/12
	ECAC Champ.	
McFadden, Bernhardt, Druggan, Murph	3:51.66* (9)	4/21/12
	Larry Ellis Invite	
Bernhardt, McFadden, Murph, Druggan	3:52.95 (51)	4/26/12
	Penn Relays	
McFadden, Druggan, Murph, Bernhardt	3:53.83 (4)	3/31/12
	Maryland Invite	
McFadden, Druggan, Murph, Ffrench	3:58.76 (2)	3/24/12
	Navy Invitational	
McFadden, Druggan, Murph, Littlejohn	3:59.09 (1)	4/7/12
	Army-Navy Meet	
Navy "A"	3:59.86 (1)	4/17/12
	McDaniel Twilight	
Bonilla, Demyon, Parks, Fine	4:09.90 (6)	3/24/12
	Navy Invitational	
Bernhardt, Payne, Minker, Moore	4:12.33 (8)	3/24/12
	Navy Invitational	
Navy "B"	4:17.06 (2)	4/17/12
	McDaniel Twilight	
Amone, Carl, Funkhauser, Cuthbert	4:22.68 (9)	3/24/12
	Navy Invitational	
Carpenter, White, Eikenberg, Leary	4:26.67 (10)	3/24/12
	Navy Invitational	

## 4x800-meter Relay

ECAC Automatic 9:16.24

**Navy Record 8:45.45 (Beveridge, Cuthbert, Murph, Palacio, 2012)**  
**Name Mark (Pl.)**

Name	Mark (Pl.)	Date
Beveridge, Cuthbert, Murph, Palacio	8:45.45* (2)	5/4/12
	PL Championship	
Cuthbert, Beveridge, Murph, Palacio	9:06.80* (12)	4/28/12
	Penn Relays	

## Distance Medley Relay

**Navy Record 11:46.46 (Beveridge-Murph-Cuthbert-Palacio, 2012)**

**Name Mark (Pl.)**

Name	Mark (Pl.)	Date
Beveridge, Murph, Cuthbert, Palacio	11:46.46 (8)	4/26/12
	Penn Relays	

## Navy's Top Outdoor Performances (2012)

Event	Athlete	Time/Mark
100m	Jessica Ridgway	12.22
200m	Veronica Ffrench	25.67
	Jessica Ridgway	25.67
400m	Mansfield Murph	57.32
800m	Jess Palacio	2:05.22*
1,500m	Jess Palacio	4:20.87*
3,000m	Katie Taylor	10:15.09
5,000m	Brigid Byrne	17:25.07
10,000m	Brigid Byrne	35:35.51*
100m Hurdles	Ashley Aitken	14.27*
400m Hurdles	Kristin Smith	1:03.22
Steeplechase	Katie Taylor	11:08.14
High Jump	Kristin Smith	1.75m*
	Veronica Ffrench	1.70m*
Pole Vault	Amanda Graham	3.55m
Long Jump	Melanie Sluzewicz	5.51m
Triple Jump	Sarah Barnum	11.18m
Shot Put	Teronda Brown	14.04m*
	Amanda Phelps	13.96m*
Discus	Lauren Allam	50.22m*
	Maressa Guynn	45.93m*
	Teronda Brown	45.10m*
Hammer	Amanda Phelps	55.21m*
Javelin	Alix Membreno	45.80m*
Heptathlon	Melanie Sluzewicz	4556
4x100m Relay	McFadden, Ffrench, Smith, Ridgway	47.06*
4x400m Relay	Bernhardt, McFadden, Murph, Druggan	

3:48.86\*  
 4x800m Relay Beveridge, Cuthbert, Murph, Palacio  
 8:45.45\*  
 DMR Beveridge, Murph, Cuthbert, Palacio  
 11:46.46

\* Denotes ECAC qualifying performances

## 2012 Awards and Honors

### NCAA East Regional Qualifiers

### 2012 ECAC Outdoor Championship

Tied-24th place; 13 team points

### ECAC All-East Performers (Top 8)

Alix Membreno	Javelin, 3rd
Jess Palacio	800m, 4th
Melanie Sluzewicz	Heptathlon, 7th

### 2012 Patriot League Outdoor Championship

#### Final Team Standings

1. Navy	156.5
2. Bucknell	133.5
3. Lehigh	118
4. Army	83
5. Lafayette	79
6. Holy Cross	55
7. Colgate	51
8. American	6

### Patriot League Track-Athlete of the Meet

Jess Palacio

### Patriot League Coach of the Year

Carla Criste

### Patriot League Individual/Relay Champions

Jess Palacio	800m
Jess Palacio	1,500m
Veronica Ffrench	High Jump
Bernhardt, McFadden, Murph, Druggan	4x400m

### Second-Team All-Patriot League (Runners-up)

Jessica Ridgway	100m
Ashley Aitken	100m Hurdles
Kristin Smith	High Jump
Amanda Phelps	Shot Put
Lauren Allam	Discus
Alix Membreno	Javelin
Melanie Sluzewicz	Heptathlon
Beveridge, Cuthbert, Murph, Palacio	4x800m

### Patriot League Championship Meet Records

800m - Jess Palacio, 2:08.69

### Patriot League All-Academic Team

Brigid Byrne

### Patriot League Athletes of the Week

Jess Palacio	PL Track-Athlete of the Week (April 9)
Jess Palacio	PL Track-Athlete of the Week (April 2)
Brigid Byrne	PL Track-Athlete of the Week (March 26)

Lauren Allam PL Field-Athlete of the Week (April 30)

Lauren Allam PL Field-Athlete of the Week (April 23)

Teronda Brown PL Field-Athlete of the Week (April 2)

Shannon Cuthbert PL Rookie of the Week (April 30)

Shannon Cuthbert PL Rookie of the Week (April 2)

### USTFCCCA Mid-Atlantic Region Poll

April 3	No. 5
April 10	No. 9
April 17	No. 14
April 23	No. 14
April 30	No. 14
May 7	No. 11

### Army-Navy Star Meet

Navy def. Army, 116-87

### Individual Star Meet Victories

Jessica Ridgway	100m
Veronica Ffrench	200m
Jess Palacio	800m
Jess Palacio	1,500m
Kristin Smith	400m Hurdles
Kristin Smith	High Jump
Jordan Kronshage	Pole Vault
Melanie Sluzewicz	Long Jump
Amanda Phelps	Shot Put
Amanda Phelps	Hammer Throw
Lauren Allam	Discus Throw
Alix Membreno	Javelin Throw

### Army-Navy Star Meet Records

Kristin Smith 5-8 $\frac{1}{2}$  (1.75m) High Jump

### Updates to All-Time Top-10 Outdoor Records

#### 800m Run

Jess Palacio	1st, 2:05.22, 5/13/12
	5th, 2:06.59, 5/12/12
	6th, 2:08.69, 5/5/12

#### 1,500m Run

Jess Palacio	1st, 4:20.87, 4/19/12
	6th, 4:25.36, 5/5/12
	8th, 4:27.24, 3/31/12

#### 10,000m Run

Brigid Byrne	5th, 35:35.51, 4/19/12
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#### High Jump

Kristin Smith	1st, 5-8 $\frac{1}{2}$ (1.75m), 4/7/12
	4th, 5-7 (1.70m), 4/17/12
	4th, 5-7 (1.70m), 4/21/12
	4th, 5-7 (1.70m), 5/13/12
	4th, 5-7 (1.70m), 5/5/12
	4th, 5-7 (1.70m), 5/13/12

Veronica Ffrench

#### Shot Put

Teronda Brown	3rd, 14.04m, 4/26/12
Amanda Phelps	4th, 13.96m, 4/17/12
Teronda Brown	7th, 13.75m, 3/31/12

#### Discus Throw

Lauren Allam	2nd, 50.22m, 4/26/12
Lauren Allam	3rd, 47.93m, 4/21/12
Lauren Allam	6th, 47.20m, 4/7/12
Lauren Allam	9th, 46.35m, 5/5/12

#### Hammer Throw

Amanda Phelps	9th, 55.21m, 4/7/12
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#### Heptathlon

Melanie Sluzewicz	6th, 4556 pts, 5/5/12
	9th, 4439 pts, 5/12/12

#### 4x100m Relay

Colleen McFadden, Veronica Ffrench, Kristin Smith, Jessica Ridgway	1st, 47.06, 4/21/12
Colleen McFadden, Veronica Ffrench, Kristin Smith, Jessica Ridgway	2nd, 47.09, 5/12/12

Colleen McFadden, Veronica Ffrench, Kristin Smith, Jessica Ridgway	3rd, 47.17, 5/5/12
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#### 4x400m Relay

Sarah Bernhardt, Colleen McFadden, Mansfield Murph, Natasha Druggan	5th, 3:48.86, 5/5/12
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#### 4x800m Relay

Annie-Norah Beveridge, Shannon Cuthbert, Mansfield Murph, Jess Palacio	1st, 8:45.45, 5/4/12
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#### Distance Medley Relay

Annie-Norah Beveridge, Mansfield Murph, Shannon Cuthbert, Jess Palacio	1st, 11:46.46, 4/26/12
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# 2011-12 Navy Women's Indoor Track Performances by Event

## 60-meter Dash

NCAA / ECAC		7.23 / 7.68	
Navy Record		7.59 (Loni Forsythe, 2007)	
Name	Mark (Pl.)	Meet	Date
Veronica Ffrench	7.79 (3)	PL Champ.	2/19/12
Veronica Ffrench	7.85 (4p)	PL Champ.	2/18/12
Jessica Ridgway	7.86 (5p)	PL Champ.	2/18/12
Kristin Smith	7.87 (1)	Army-Navy Dual	2/4/12
Veronica Ffrench	7.88 (3p)	Patriot Games	1/28/12
Jessica Ridgway	7.90 (5)	PL Champ.	2/19/12
Veronica Ffrench	7.92 (5)	Patriot Games	1/28/12
Jessica Ridgway	7.92 (5p)	Patriot Games	1/28/12
Jessica Ridgway	7.93 (1)	Sweetheart Meet	2/9/12
Veronica Ffrench	7.93 (2)	Army-Navy Dual	2/4/12
Veronica Ffrench	7.93 (7)	Navy Open	1/14/12
Kristin Smith	7.95 (10)	PL Champ.	2/18/12
Jessica Ridgway	7.97 (4)	Army-Navy Dual	2/4/12
Jessica Ridgway	7.98 (6)	Patriot Games	1/28/12
Kristin Smith	8.03 (8)	Patriot Games	1/28/12
Veronica Ffrench	8.03 (4)	Delaware Invite	1/6/12
Kristin Smith	8.05 (9)	Patriot Games	1/28/12
Ashley Edmond	8.08 (2)	Sweetheart Meet	2/9/12
Kristin Smith	8.08 (2)	Sweetheart Meet	2/9/12
Kristin Smith	8.09 (6)	Delaware Invite	1/6/12
Jenne Jolie	8.10 (6)	Navy Classic	1/28/12
Jessica Ridgway	8.13 (8)	Delaware Invite	1/6/12
Jenne Jolie	8.14 (11)	Navy Open	1/14/12
Jessica Ridgway	8.14 (12)	Navy Open	1/14/12
Colleen McFadden	8.15 (7)	Navy Lidlifter	12/1/11
Jenne Jolie	8.18 (4)	Sweetheart Meet	2/9/12
Kristin Smith	8.19 (16)	Navy Open	1/14/12
Mansfield Murph	8.20 (17)	Navy Open	1/14/12
Ashley Edmond	8.22 (13)	Navy Lidlifter	12/1/11
Colleen McFadden	8.23 (5)	Sweetheart Meet	2/9/12
Ashley Edmond	8.24 (18)	Navy Open	1/14/12
Colleen McFadden	8.26 (19)	Navy Open	1/14/12
Colleen McFadden	8.26 (11)	Delaware Invite	1/6/12
Arabia Littlejohn	8.29 (21)	Navy Open	1/14/12
Ashley Edmond	8.30 (12)	Delaware Invite	1/6/12
Jenne Jolie	8.31 (14)	Delaware Invite	1/6/12
Mansfield Murph	8.34 (7)	Sweetheart Meet	2/9/12
Camille Ross	8.40 (22)	Navy Open	1/14/12
Camille Ross	8.48 (9)	Sweetheart Meet	2/9/12
Camille Ross	8.48 (11)	Navy Classic	1/28/12
Jenn Eikenberg	8.50 (10)	Sweetheart Meet	2/9/12
Camille Ross	8.51 (19)	Navy Lidlifter	12/1/11
Katie Whitcombe	8.52 (20)	Navy Lidlifter	12/1/11
Ashley Aitken	8.54 (24)	Navy Open	1/14/12
Camille Ross	8.55 (18)	Delaware Invite	1/6/12
Jenn Eikenberg	8.55 (21)	Navy Lidlifter	12/1/11
Arabia Littlejohn	8.56 (11)	Sweetheart Meet	2/9/12
Jenn Eikenberg	8.63 (25)	Navy Open	1/14/12
Kerstin Caesar	8.65 (12)	Navy Classic	1/28/12
Kerstin Caesar	8.71 (26)	Navy Open	1/14/12
Jenn Eikenberg	8.72 (19)	Delaware Invite	1/6/12
Lauren Carpenter	8.86 (17)	Sweetheart Meet	2/9/12
Carly Leary	9.11 (28)	Navy Open	1/14/12
Carly Leary	9.23 (16)	Navy Classic	1/28/12

## 200-meter Dash

NCAA / ECAC		23.12 / 25.04	
Navy Record		24.87 (Loni Forsythe, 2007)	
Name	Mark (Pl.)	Meet	Date
Veronica Ffrench	25.32 (6)	PL Champ.	2/19/12
Veronica Ffrench	25.34 (8p)	PL Champ.	2/18/12
Kristin Smith	25.53 (10p)	PL Champ.	2/18/12
Arabia Littlejohn	25.65 (11p)	PL Champ.	2/18/12
Veronica Ffrench	25.66 (3)	Patriot Games	1/28/12
Veronica Ffrench	25.89 (1)	Army-Navy Dual	2/4/12
Jessica Ridgway	25.92 (15p)	PL Champ.	2/18/12
Arabia Littlejohn	26.08 (2)	Army-Navy Dual	2/4/12
Veronica Ffrench	26.24 (2)	Navy Lidlifter	12/1/11
Colleen McFadden	26.38 (3)	Navy Lidlifter	12/1/11
Colleen McFadden	26.51 (3)	Army-Navy Dual	2/4/12
Arabia Littlejohn	26.52 (7)	Patriot Games	1/28/12
Mansfield Murph	26.60 (6)	Delaware Invite	1/6/12
Colleen McFadden	26.66 (13)	Navy Open	1/14/12

Ashley Edmond	26.69 (7)
Arabia Littlejohn	26.70 (14)
Ashley Edmond	27.10 (15)
Colleen McFadden	27.11 (11)
Jessica Ridgway	27.20 (14)
Jessica Ridgway	27.28 (17)
Sarah Bernhardt	27.31 (16)
Sarah Bernhardt	27.31 (9)
Arabia Littlejohn	27.65 (11)
Camille Ross	27.68 (19)
Camille Ross	27.84 (19)
Camille Ross	27.86 (12)
Christine Scales	27.98 (13)
Kerstin Caesar	28.33 (14)
Jenn Eikenberg	28.42 (22)
Jenne Jolie	28.74 (23)
Kerstin Caesar	29.22 (23)
Leah Moore	29.64 (26)
Leah Moore	29.78 (24)

## 400-meter Dash

NCAA / ECAC		52.60 / 57.04	
Navy Record		55.01 (Tineisha Davis, 2002)	
Name	Mark (Pl.)	Meet	Date
Arabia Littlejohn	57.26 (1)	PL Champ.	2/19/12
Arabia Littlejohn	58.08 (1)	Army-Navy Dual	2/4/12
Mansfield Murph	58.22 (2)	Army-Navy Dual	2/4/12
Natasha Druggan	58.46 (1)	Sweetheart Meet	2/9/12
Colleen McFadden	58.84 (6)	PL Champ.	2/19/12
Mansfield Murph	58.94 (3)	Navy Lidlifter	12/1/11
Arabia Littlejohn	59.22 (4)	Navy Lidlifter	12/1/11
Colleen McFadden	59.23 (4)	Army-Navy Dual	2/4/12
Arabia Littlejohn	59.29 (4)	Patriot Games	1/28/12
Colleen McFadden	59.58 (2)	Sweetheart Meet	2/9/12
Sarah Bernhardt	59.67 (3)	Sweetheart Meet	2/9/12
Mansfield Murph	59.73 (4)	Sweetheart Meet	2/9/12
Natasha Druggan	59.75 (5)	Navy Lidlifter	12/1/11
Colleen McFadden	1:00.39 (9)	Patriot Games	1/28/12
Sarah Bernhardt	1:01.16 (5)	Navy Classic	1/28/12
Natasha Druggan	1:01.47 (5)	Delaware Invite	1/6/12
Stephanie Payne	1:01.51 (9)	Navy Lidlifter	12/1/11
Stephanie Payne	1:01.56 (6)	Sweetheart Meet	2/9/12
Amanda Bonilla	1:01.68 (10)	Navy Lidlifter	12/1/11
Stephanie Payne	1:02.23 (18)	Patriot Games	1/28/12
Lauren Carpenter	1:02.27 (9)	Sweetheart Meet	2/9/12
Rachel Minker	1:02.33 (10)	Sweetheart Meet	2/9/12
Sierra Parks	1:02.34 (7)	Navy Classic	1/28/12
Marci Demyon	1:02.57 (13)	Sweetheart Meet	2/9/12
Leah Moore	1:02.68 (13)	Navy Lidlifter	12/1/11
Marci Demyon	1:02.75 (14)	Navy Lidlifter	12/1/11
Caitlyn Fine	1:02.81 (14)	Navy Lidlifter Meet	2/9/12
Stephanie Payne	1:02.81 (9)	Delaware Invite	1/6/12
Sierra Parks	1:02.89 (15)	Navy Lidlifter	12/1/11
Amanda Bonilla	1:03.05 (15)	Sweetheart Meet	2/9/12
Sarah Barnum	1:03.23 (16)	Sweetheart Meet	2/9/12
Caitlyn Fine	1:03.37 (12)	Delaware Invite	1/6/12
Rachel Minker	1:03.42 (17)	Navy Lidlifter	12/1/11
Sierra Parks	1:03.44 (17)	Sweetheart Meet	2/9/12
Ashley Edmond	1:03.61 (18)	Sweetheart Meet	2/9/12
Catherin Nuar	1:03.66 (12)	Navy Classic	1/28/12
Caitlyn Fine	1:03.78 (18)	Navy Lidlifter	12/1/11
Sierra Parks	1:03.83 (13)	Delaware Invite	1/6/12
Rachel Slater	1:04.20 (21)	Navy Lidlifter	12/1/11
Marci Demyon	1:04.24 (14)	Delaware Invite	1/6/12
Catherine Nuar	1:04.49 (23)	Navy Lidlifter	12/1/11
Leah Moore	1:04.70 (15)	Delaware Invite	1/6/12
Daphne White	1:04.79 (25)	Sweetheart Meet	2/9/12
Sarah Hutchinson	1:05.01 (27)	Sweetheart Meet	2/9/12
Carly Leary	1:05.07 (16)	Navy Classic	1/28/12
Carly Leary	1:05.13 (24)	Navy Lidlifter	12/1/11
Carly Leary	1:05.17 (28)	Sweetheart Meet	2/9/12
Daphne White	1:05.20 (17)	Navy Classic	1/28/12
Kellie Hall	1:05.47 (27)	Navy Lidlifter	12/1/11
Sarah Hutchinson	1:05.54 (16)	Delaware Invite	1/6/12
Daphne White	1:06.08 (28)	Navy Lidlifter	12/1/11
Ariana Pyebus	1:07.09 (18)	Navy Classic	1/28/12

Delaware Invite	1/6/12
Navy Open	1/14/12
Navy Open	1/14/12
Delaware Invite	1/6/12
Delaware Invite	1/6/12
Navy Open	1/14/12
Delaware Invite	1/6/12
Navy Lidlifter	12/1/11
Navy Lidlifter	12/1/11
Navy Open	1/14/12
Delaware Invite	1/6/12
Navy Classic	1/28/12
Navy Classic	1/28/12
Navy Classic	1/28/12
Navy Open	1/14/12
Delaware Invite	1/6/12
Navy Open	1/14/12
Delaware Invite	1/6/12
Navy Open	1/14/12

## 500-meter Run

Navy Record		1:12.39 (Tineisha Davis, 2005)	
Name	Mark (Pl.)	Meet	Date
Mansfield Murph	1:14.26* (2)	PL Champ.	2/19/12
Natasha Druggan	1:15.28* (14p)	ECAC Champ.	3/3/12
Natasha Druggan	1:15.53* (4)	PL Champ.	2/19/12
Mansfield Murph	1:16.15 (1)	Patriot Games	1/28/12
Natasha Druggan	1:16.31 (1)	Army-Navy Dual	2/4/12
Mansfield Murph	1:17.16 (4)	Navy Open	1/14/12
Mansfield Murph	1:17.41 (1)	Delaware Invite	1/6/12
Natasha Druggan	1:17.65 (5)	Navy Open	1/14/12
Sarah Bernhardt	1:17.74 (7)	PL Champ.	2/19/12
Sarah Bernhardt	1:17.74 (2)	Army-Navy Dual	2/4/12
Stephanie Payne	1:18.17 (3)	Army-Navy Dual	2/4/12
Stephanie Payne	1:18.40 (10)	PL Champ.	2/19/12
Stephanie Payne	1:20.82 (10)	Navy Open	1/14/12
Sarah Bernhardt	1:21.17 (11)	Navy Open	1/14/12
Leah Moore	1:21.37 (12)	Navy Open	1/14/12
Rachel Slater	1:22.35 (16)	Navy Open	1/14/12
Caitlyn Fine	1:22.55 (17)	Navy Open	1/14/12
Catherine Nuar	1:23.95 (21)	Navy Open	1/14/12
Sierra Parks	1:24.26 (22)	Navy Open	1/14/12
Carly Leary	1:25.85 (25)	Navy Open	1/14/12
Daphne White	1:25.88 (26)	Navy Open	1/14/12
Sarah Hutchinson	1:27.61 (28)	Navy Open	1/14/12
Carly Leary	1:28.19 (7)	Delaware Invite	1/6/12
Daphne White	1:28.73 (8)	Delaware Invite	1/6/12

## 800-meter Run

NCAA / ECAC		2:04.50 / 2:14.44	
Navy Record		2:05.89 (Jess Palacio, 2011)	
Name	Mark (Pl.)	Meet	Date
Shannon Cuthbert	2:17.08 (7)	PL Champ.	2/19/12
Shannon Cuthbert	2:17.17 (2)	Navy Lidlifter	12/1/11
Shannon Cuthbert	2:17.58 (1)	Sweetheart Meet	2/9/12
Shannon Cuthbert	2:19.08 (1)	Army-Navy Dual	2/4/12
Shannon Cuthbert	2:20.27 (8)	Navy Classic	1/28/12
Annie-Norah Beveridge	2:20.42 (2)	Sweetheart Meet	2/9/12
Maria Arnone	2:20.43 (3)	Sweetheart Meet	2/9/12
Mansfield Murph	2:23.14 (3)	Army-Navy Dual	2/4/12
Sam Carl	2:23.66 (5)	Sweetheart Meet	2/9/12
Amanda Bonilla	2:26.83 (4)	Army-Navy Dual	2/4/12
Rachel Slater	2:26.98 (12)	Navy Classic	1/28/12
Paige Miller	2:26.72 (8)	Sweetheart Meet	2/9/12
Annie-Norah Beveridge	2:29.40 (2)	Delaware Invite	1/6/12
Melanie Sluzewicz	2:32.64 (3pt)	PL Champ.	2/17/12
Amanda Bonilla	2:36.51 (7)	Delaware Invite	1/6/12
Melanie Sluzewicz	2:39.51 (4pt)	Sweetheart Meet	2/9/12
Veronica Ffrench	2:41.65 (5pt)	Sweetheart Meet	2/9/12
Arian Davis	2:46.75 (7pt)	Sweetheart Meet	2/9/12
Arian Davis	3:02.09 (10pt)	PL Champ.	2/17/12

## 1,000-meter Run

NCAA / ECAC		2:56.24	
Navy Record		2:49.53 (Jess Palacio, 2012)	
Name	Mark (Pl.)	Meet	Date
Jess Palacio	2:49.53* (1)	Navy Open	1/14/12
Jess Palacio	2:54.90* (1)	Army-Navy Dual	2/4/12
Annie-Norah Beveridge	2:56.56 (5)	PL Champ.	2/19/12
Maria Arnone	2:58.28 (9)	PL Champ.	2/19/12
Annie-Norah Beveridge	2:59.24 (3)	Navy Classic	1/28/12
Annie-Norah Beveridge	3:00.06 (3)	Army-Navy Dual	2/4/12
Shannon Cuthbert	3:02.19 (4)	Navy Open	1/14/12
Liz Milewski	3:03.41 (5)	Army-Navy Dual	2/4/12
Sam Carl	3:06.52 (5)	Navy Classic	1/28/12

## Mile Run

NCAA / ECAC		4:37.00 / 4:59.04	
Navy Record		4:38.43 (Jess Palacio, 2012)	
Name	Mark (Pl.)	Meet	Date
Jess Palacio	4:38.43* (1)	Navy Classic	1/28/12
Jess Palacio	4:40.27* (3)	BU Valentine Inv.	2/10/12
Jess Palacio	4:45.52* (1)	Navy Open	1/14/12
Jess Palacio	4:52.66* (16)	NCAA Champ.	3/9/12
Jess Palacio	4:57.12* (1)	Delaware Invite	1/6/12
Jess Palacio	4:57.58* (1)	Army-Navy Dual	2/4/12



# 2011-12 Navy Women's Indoor Track Performances by Event

Sarah Hutchinson	10.34m (7)	Delaware Invite	1/6/12
Lauren Carpenter	9.92m (12)	Navy Lidlifter	12/1/11
Lauren Carpenter	9.90m (11)	Delaware Invite	1/6/12
Lauren Carpenter	9.86m (5)	Army-Navy Dual	2/4/12
Lauren Carpenter	9.78m (13)	Navy Open	1/14/12

## Shot Put

NCAA / ECAC	17.20m / 13.50m
Navy Record	14.52m (Jen Leatherman, 2004)

Name	Mark (Pl.)	Meet	Date
Teronda Brown	14.07m* (2)	PL Champ.	2/19/12
Teronda Brown	14.04m* (1)	Army-Navy Dual	2/4/12
Amanda Phelps	13.60m* (3)	PL Champ.	2/19/12
Amanda Phelps	13.51m* (2)	Army-Navy Dual	2/4/12
Teronda Brown	13.44m (1)	Patriot Games	1/28/12
Lauren Allam	13.19m (1)	Delaware Invite	1/6/12
Teronda Brown	13.10m (2)	Delaware Invite	1/6/12
Teronda Brown	12.86m (4)	Navy Open	1/14/12
Amanda Phelps	12.84m (18)	ECAC Champ.	3/3/12
Teronda Brown	12.81m (2)	Navy Lidlifter	12/1/11
Lauren Allam	12.67m (3)	Army-Navy Dual	2/4/12
Teronda Brown	12.61m (20)	ECAC Champ.	3/3/12
Amanda Phelps	12.47m (3)	Patriot Games	1/28/12
Lauren Allam	12.44m (4)	Patriot Games	1/28/12
Amanda Phelps	12.44m (5)	Navy Open	1/14/12
Lauren Allam	12.44m (5)	Navy Open	1/14/12
Amanda Phelps	12.19m (4)	Delaware Invite	1/6/12
Amanda Phelps	12.18m (3)	Navy Lidlifter	12/1/11
Lauren Allam	11.99m (6)	Navy Lidlifter	12/1/11
Lauren Allam	11.47m (11)	PL Champ.	2/19/12
Arian Davis	10.84m (2pt)	PL Champ.	2/17/12
Arian Davis	10.50m (3pt)	Sweetheart Meet	2/9/12
Melanie Sluzewicz	10.11m (4pt)	PL Champ.	2/17/12
Melanie Sluzewicz	9.25m (5pt)	Sweetheart Meet	2/9/12
Veronica Ffrench	9.16m (6pt)	Sweetheart Meet	2/9/12

## Weight Throw

NCAA / ECAC	21.00m / 16.00m
Navy Record	18.52m (Jen Leatherman, 2004)

Name	Mark (Pl.)	Meet	Date
Amanda Phelps	17.91m* (1)	PL Champ.	2/18/12
Amanda Phelps	17.87m* (1)	Army-Navy Dual	2/4/12
Amanda Phelps	17.77m* (4)	ECAC Champ.	3/4/12
Amanda Phelps	16.49m* (2)	Navy Lidlifter	12/1/11
Amanda Phelps	16.33m* (1)	Delaware Invite	1/6/12
Amanda Phelps	16.16m* (3)	Navy Open	1/14/12
Amanda Phelps	16.06m* (1)	Patriot Games	1/28/12
Maressa Guynn	15.91m (6)	PL Champ.	2/18/12
Teronda Brown	15.21m (9)	PL Champ.	2/18/12
Maressa Guynn	15.14m (2)	Delaware Invite	1/6/12
Teronda Brown	14.94m (3)	Army-Navy Dual	2/4/12
Maressa Guynn	14.64m (4)	Army-Navy Dual	2/4/12
Maressa Guynn	14.40m (4)	Patriot Games	1/28/12
Teronda Brown	14.34m (1)	Sweetheart Meet	2/9/12
Maressa Guynn	14.30m (2)	Sweetheart Meet	2/9/12
Maressa Guynn	14.05m (10)	Navy Open	1/14/12
Maressa Guynn	13.92m (6)	Navy Lidlifter	12/1/11
Teronda Brown	13.85m (4)	Delaware Invite	1/6/12
Teronda Brown	13.77m (11)	Navy Open	1/14/12
Teronda Brown	13.44m (7)	Patriot Games	1/28/12
Lauren Allam	12.07m (16)	Navy Open	1/14/12
Ella Starr	12.06m (9)	Navy Lidlifter	12/1/11

## 4x400-meter Relay

NCAA / ECAC	3:34.00 / 3:52.54
Navy Record	3:49.34 (Stokes-Tukarski-Jossis-Davis, 2003)

Name	Mark (Pl.)	Meet	Date
McFadden, Druggan, Murph, Littlejohn	3:51.04 (17p)*	ECAC Champ.	3/3/12
Ffrench, Druggan, Murph, Littlejohn	3:52:35 (3)*	PL Champ.	2/19/12
Littlejohn, Ffrench, Murph, Druggan	3:55.94 (1)	Army-Navy Dual	2/4/12
Druggan, Payne, Ffrench, Murph	3:58.00 (2)	Navy Lidlifter	12/1/11
Littlejohn, Smith, Ffrench, Murph	4:00.05 (4)	Navy Lidlifter	12/1/11

Druggan, McFadden, Ffrench, Murph	4:01.80 (2)	Delaware Invite	1/6/12
McFadden, Smith, Minker, Bonilla	4:05.92 (4)	Navy Lidlifter	12/1/11
Parks, Demyon, Fine, Leary	4:14.94 (7)	Navy Lidlifter	12/1/11
Minker, Parks, Demyon, Carpenter	4:15.91 (5)	Delaware Invite	1/6/12
Carpenter, White, Ross, Jolie	4:17.96 (10)	Navy Lidlifter	12/1/11
Fine, Moore, Hutchinson, White	4:20.59 (9)	Navy Open	1/14/12
Bonilla, Payne, Leary, Smith	4:21.95 (6)	Delaware Invite	1/6/12

## 4x800-meter Relay

ECAC	9:25.24
Navy Record	8:59.78 (Milewski-Neumann-Murph-Palacio, 2011)

Name	Mark (Pl.)	Meet	Date
Cuthbert, Druggan, Murph, Palacio	9:05.17* (4)	PL Champ.	2/18/12
Arnone, Bernhardt, Beveridge, Cuthbert	9:13.96* (11p)	ECAC Champ.	3/3/12
Cuthbert, Carl, Blaire, Arnone	9:29.26 (2)	Army-Navy Dual	2/4/12
Beveridge, Blair, Cuthbert, Arnone	9:36.54 (1)	Navy Lidlifter	12/1/11
Murph, Druggan, Bonilla, Littlejohn	9:41.74 (2)	Patriot Games	1/28/12

## Distance Medley Relay

NCAA / ECAC	11:03.50 / 12:08.64
Navy Record	11:54.03 (Procaccini, Jossis, Waters, Foon - 2001)

Name	Mark (Pl.)	Meet	Date
Arnone, McFadden, Cuthbert, Beveridge	12:17.40 (6)	PL Champ.	2/19/12
Arnone, Druggan, Cuthbert, Beveridge	12:44.82 (3)	Navy Open	1/14/12

## Sprint Medley Relay

Name	Mark (Pl.)	Meet	Date
Leary, Edmond, Hutchinson, Murph	4:27.36 (2)	Sweetheart Meet	2/9/12
Kronshage, Eikenberg, Demyon, Payne	4:28.11 (3)	Sweetheart Meet	2/9/12
Carpenter, Ross, Parks, Druggan	4:30.30 (5)	Sweetheart Meet	2/9/12
McFadden, Smith, Littlejohn, Minker	4:30.71 (6)	Sweetheart Meet	2/9/12
Jolie, Ridgway, Moore, Bonilla	4:32.27 (7)	Sweetheart Meet	2/9/12
Graham, Barnum, White, Bernhardt	4:33.26 (8)	Sweetheart Meet	2/9/12
Miller, Carl, Jensen, Zell	4:40.39 (10)	Sweetheart Meet	2/9/12
Cuthbert, Beveridge, Arnone, Blair	4:55.86 (12)	Sweetheart Meet	2/9/12

## Pentathlon

NCAA / ECAC	4150 / 3450
Navy Record	3467 (Joanna Helm, 2000)

Name	Mark (Pl.)	Meet	Date
Melanie Sluzewicz	3159 (5)	PL Champ.	2/17/12
Melanie Sluzewicz	3069 (2)	Sweetheart Meet	2/9/12
Arian Davis	3063 (6)	PL Champ.	2/17/12
Arian Davis	3059 (3)	Sweetheart Meet	2/9/12
Veronica Ffrench	2772 (4)	Sweetheart Meet	2/9/12

\*Denotes ECAC qualifying performance

Running times (200m and up/relays) are converted for Patriot League Championships, Delaware Invite and Patriot Games due

to track size.

## Top Indoor Performances (2011-12)

Event	Athlete	Time/Mark
60m	Veronica Ffrench	7.79
200m	Veronica Ffrench	25.32
400m	Arabia Littlejohn	57.26
500m	Mansfield Murph	1:14.26*
	Natasha Druggan	1:15.28*
800m	Shannon Cuthbert	2:17.08
1,000m	Jess Palacio	2:49.53*
Mile	Jess Palacio	4:38.43*
3,000m	Jess Palacio	9:50.69*
	Brigid Byrne	9:52.04*
	Katie Taylor	9:56.33*
5,000m	Brigid Byrne	17:03.16*
	Katie Taylor	17:28.90*
60m Hurdles	Ashley Aitken	8.86
High Jump	Kristin Smith	1.72m*
	Veronica Ffrench	1.70m*
Pole Vault	Jordan Kronshage	3.45m
Long Jump	Melanie Sluzewicz	5.50m
	Christine Scales	5.50m
Triple Jump	Sarah Barnum	11.07m
Shot Put	Teronda Brown	14.07m*
	Amanda Phelps	13.60m*
Weight Throw	Amanda Phelps	17.91m*
Pentathlon	Melanie Sluzewicz	3159 pts
4x400m Relay	McFadden, Druggan, Murph, Littlejohn	3:51.04*
4x800m Relay	Cuthbert, Druggan, Murph, Palacio	9:05.17*
DMR	Arnone, McFadden, Cuthbert, Beveridge	12:17.40
Sprint Medley Relay	Leary, Edmond, Hutchinson, Murph	4:27.36

\*Denotes ECAC qualifying performance

## 2011-12 Awards and Honors

<b>2012 USTFCCCA All-Americans</b>	Jess Palacio	Second Team
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## 2012 NCAA Indoor Championship Qualifiers

Jess Palacio	Mile Run
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## 2012 Patriot League Indoor Championship

### Final Team Standings

1. Bucknell	164
2. Navy	124
3. Lehigh	108
4. Holy Cross	70
5. Colgate	56
5. Army	56
7. Lafayette	42
8. American	0

### All-Patriot League First Team / Champions

Arabia Littlejohn	400m Dash
Brigid Byrne	5,000m Run
Veronica Ffrench	High Jump
Amanda Phelps	Weight Throw

### All-Patriot League Second Team / Runners-Up

Mansfield Murph	500m Run
Teronda Brown	Shot Put

### USTFCCCA Mid-Atlantic Region Poll

No. 10	Jan. 24
No. 13	Jan. 31
No. 12	Feb. 6
No. 14	Feb. 13
No. 14	Feb. 20

## 2012 ECAC Indoor Championship

T-32nd, 8 points

# 2011-12 Navy Women's Indoor Track Performances by Event

## ECAC All-East Performers (Top 8)

Amanda Phelps                      Weight Throw, 4th  
 Kristin Smith                      High Jump, 6th

## Athlete of the Week

Brigid Byrne                      PL Track-Athlete of the Week (Dec. 5)  
 Jess Palacio                      PL Track-Athlete of the Week (Jan. 9)  
    PL Track-Athlete of the Week (Jan.16)  
    PL Track-Athlete of the Week (Jan. 30)  
    PL Track-Athlete of the Week (Feb. 6)  
    PL Track-Athlete of the Week (Feb. 13)  
 Amanda Phelps                      PL Field-Athlete of the Week (Jan. 9)  
    PL Field-Athlete of the Week (Feb. 6)

## Patriot League All-Academic Team

Brigid Byrne

## Army-Navy Indoor Star Meet

Navy def. Army, 112.5-68.5

## Individual Star Meet Winners

Veronica Ffrench                      200m  
 Arabia Littlejohn                      400m  
 Natasha Druggan                      500m  
 Shannon Cuthbert                      800m  
 Jess Palacio                      1,000m  
 Jess Palacio                      Mile  
 Kristin Smith                      60m  
 Kristin Smith                      High Jump  
 Jordan Kronshage                      Pole Vault  
 Melanie Sluzewicz                      Long Jump  
 Sarah Barnum                      Triple Jump  
 Teronda Brown                      Shot Put  
 Amanda Phelps                      Weight Throw

## Updates to All-Time Top-10 Indoor Records

### 200m Dash

Veronica Ffrench                      7th, 25.32, 2/19/12  
    8th, 25.34, 2/18/12

### 1,000m Run

Jess Palacio                      **1st, 2:49.53, 1/14/12**  
 Jess Palacio                      7th, 2:54.90, 2/4/12

### Mile Run

Jess Palacio                      **1st, 4:38.43, 1/28/12**  
    2nd, 4:40.27, 2/10/12  
    4th, 4:45.52, 1/14/12

### 3,000m Run

Jess Palacio                      10th, 9:50.69, 12/1/11

### 5,000m Run

Brigid Byrne                      2nd, 17:03.16, 2/18/12  
    5th, 17:06.17, 12/1/11  
    8th, 17:12.26, 3/3/12

### High Jump

Kristin Smith                      2nd, 5-7¾ (1.72m), 3/3/12  
    3rd, 5-7 (1.70m), 1/28/12  
    3rd, 5-7 (1.70m), 2/4/12  
 Veronica Ffrench                      3rd, 5-7 (1.70m), 2/18/12

### Shot Put

Teronda Brown                      2nd, 46-2 (14.07m), 2/19/12  
    3rd, 46-0¾ (14.04m), 2/4/12  
 Amanda Phelps                      9th, 44-7½ (13.60m), 2/19/12

### Weight Throw

Amanda Phelps                      5th, 58-9¼ (17.91m), 2/18/12  
    6th, 58-7½ (17.87m), 2/4/12  
    7th, 58-3¾ (17.77m), 3/4/12

### Pentathlon

Melanie Sluzewicz                      9th, 3159, 2/17/12

### 4x400m Relay

McFadden, Druggan, Murph, Littlejohn                      2nd, 3:51.04, 3/3/12  
 Ffrench, Druggan, Murph, Littlejohn                      6th, 3:52.35, 2/19/12

### 4x800m Relay

Cuthbert, Druggan, Murph, Palacio                      3rd, 9:05.17, 2/18/12

## Active Midshipmen on Navy's All-Time Indoor Performance List

### 60-meter Dash

Veronica Ffrench                      3rd, 7.79, 2/19/12  
 Kristin Smith                      5th, 7.87, 2/4/12  
 Jessica Ridgway                      6th, 7.89, 2/19/11

### 200-meter Dash

Veronica Ffrench                      3rd, 25.32, 2/19/12  
 Arabia Littlejohn                      5th, 25.44, 2/19/11  
 Kristin Smith                      6th, 25.53, 2/18/12  
 Mansfield Murph                      8th, 25.77, 2/22/09

### 400-meter Dash

Arabia Littlejohn                      4th, 57.26, 2/19/12  
 Mansfield Murph                      7th, 58.22, 2/4/12

### 500-meter Run

Mansfield Murph                      3rd, 1:14.18, 3/5/11  
 Natasha Druggan                      5th, 1:15.28, 3/3/12

### 800-meter Run

Jess Palacio                      **1st, 2:05.89, 3/5/11**  
 Mansfield Murph                      8th, 2:15.69, 2/27/11

### 1,000-meter Run

Jess Palacio                      **1st, 2:49.53, 1/14/12**  
 Annie-Norah Beveridge                      6th, 2:56.56, 2/19/12  
 Maria Arnone                      10th, 2:58.28, 2/19/12

### Mile Run

Jess Palacio                      **1st, 4:38.43, 1/28/12**

### 3,000-meter Run

Jess Palacio                      4th, 9:50.69, 12/1/11  
 Brigid Byrne                      5th, 9:52.04, 2/19/12  
 Katie Taylor                      9th, 9:56.33, 1/28/12

### 5,000-meter Run

Brigid Byrne                      2nd, 17:03.16, 2/18/12  
 Katie Taylor                      5th, 17:16.76, 2/10/11

### 60-meter Hurdles

Ashley Aitken                      4th, 8.82, 2/7/09  
 Arian Davis                      10th, 9.23, 12/1/10

### High Jump

Kristin Smith                      2nd, 1.72m, 3/3/12  
 Veronica Ffrench                      3rd, 1.70m, 2/18/12  
 Melanie Sluzewicz                      7th, 1.65m, 2/19/11  
 Christine Scales                      7th, 1.65m, 2/19/11

### Long Jump

Christine Scales                      8th, 5.50m, 2/18/12

Melanie Sluzewicz

8th, 5.50m, 2/4/12

Sarah Barnum

10th, 5.48m, 2/18/12

### Pole Vault

Jordan Kronshage                      6th, 3.45m, 2/4/12  
 Christine Scales                      7th, 3.30m, 2/20/11  
 Amanda Graham                      7th, 3.30m, 2/9/12  
 Caroline Evans                      7th, 3.30m, 2/9/12

### Shot Put

Teronda Brown                      2nd, 14.07m, 2/19/12  
 Amanda Phelps                      3rd, 13.60m, 2/19/12  
 Lauren Allam                      7th, 13.19m, 1/6/12

### Weight Throw

Amanda Phelps                      2nd, 17.91m, 2/18/12  
 Maressa Guynn                      5th, 15.91m, 2/18/12  
 Teronda Brown                      8th, 15.21m, 2/18/12

### Pentathlon

Arian Davis                      2nd, 3326, 2/19/10  
 Melanie Sluzewicz                      5th, 3159, 2/17/12