

## 2011 Navy Women's Track Stats by Outdoor Event

### 100-meter Dash

ECAC Automatic			12.08
Navy Record		11.74 (Loni Forsythe, 2005)	
Name	Mark (Pl.)	Meet	Date
Jessica Ridgway	12.33 (3p)	PL Champ.	5/6/11
Jessica Ridgway	12.50 (1)	Navy Tri-Meet	3/26/11
Jessica Ridgway	12.51 (4)	PL Champ.	5/7/11
Kristin Smith	12.66 (10p)	PL Champ.	5/6/11
Jessica Ridgway	12.74 (1)	Army (Star Meet)	4/8/11
Jenne Jolie	12.85 (12p)	PL Champ.	5/6/11
Jenne Jolie	12.88 (2)	Army (Star Meet)	4/8/11
Veronica Ffrench	12.91 (3)	Army (Star Meet)	4/8/11
Jessica Ridgway	13.01 (25)	Colonial Relays	4/2/11
Veronica Ffrench	13.05 (28)	Colonial Relays	4/2/11
Jenne Jolie	13.27 (2)	Navy Tri-Meet	3/26/11
Jenne Jolie	13.31 (3)	Loyola-Hopkins	4/16/11
Kerstin Caesar	13.36 (4)	Loyola-Hopkins	4/16/11
Jenne Jolie	13.63 (50)	Colonial Relays	4/2/11
Kerstin Caesar	14.15 (3)	Navy Tri-Meet	3/26/11

### 200-meter Dash

ECAC Automatic			24.74
Navy Record		24.60 (Loni Forsythe, 2004)	
Name	Mark (Pl.)	Meet	Date
Arabia Littlejohn	25.80 (8p)	PL Champ.	5/6/11
Arabia Littlejohn	25.84 (8)	PL Champ.	5/7/11
Veronica Ffrench	26.07 (9p)	PL Champ.	5/6/11
Jessica Ridgway	26.28 (13p)	PL Champ.	5/6/11
Melanie Sluzewicz	26.33 (15p)	PL Champ.	5/6/11
Veronica Ffrench	26.39 (1)	Navy Tri-Meet	3/26/11
Jessica Ridgway	26.46 (1)	Army (Star Meet)	4/8/11
Veronica Ffrench	26.47 (44)	Colonial Relays	4/2/11
Veronica Ffrench	26.50 (2)	Army (Star Meet)	4/8/11
Jessica Ridgway	26.57 (46)	Colonial Relays	4/2/11
Melanie Sluzewicz	26.92 (2)	Loyola-Hopkins	4/16/11
Jenne Jolie	26.98 (20p)	PL Champ.	5/6/11
Jessica Ridgway	27.20 (2)	Navy Tri-Meet	3/26/11
Ashley Aitken	27.43 (1-hep)	Navy Tri-Meet	3/26/11
Arian Davis	27.36 (8-hep)	ECAC Champ.	5/14/11
Arian Davis	27.54 (5-hep)	PL Champ.	5/6/11
Kerstin Caesar	28.09 (3)	Navy Tri-Meet	3/26/11
Kerstin Caesar	28.13 (8)	Loyola-Hopkins	4/16/11
Jenne Jolie	28.20 (4)	Navy Tri-Meet	3/26/11
Krysta Porter Lott	28.21 (7-hep)	PL Champ.	5/6/11
Krysta Porter Lott	28.44 (2-hep)	Navy Tri-Meet	3/26/11
Ashley Robinson	28.62 (3-hep)	Navy Tri-Meet	3/26/11
Audrey Stiles	28.98 (5)	Navy Tri-Meet	3/26/11
Ashley Robinson	29.15 (8-hep)	PL Champ.	5/6/11

### 400-meter Dash

ECAC Automatic			55.94
Navy Record		54.16 (Tineisha Davis, 2005)	
Name	Mark (Pl.)	Meet	Date
Mansfield Murph	56.98 (3)	PL Champ.	5/7/11
Arabia Littlejohn	57.74 (4)	PL Champ.	5/7/11
Mansfield Murph	59.35 (21)	Colonial Relays	4/2/11
Arabia Littlejohn	1:00.69 (1)	Army (Star Meet)	4/8/11
Mansfield Murph	1:00.71 (1)	Navy Tri-Meet	3/26/11
Mansfield Murph	1:01.58 (2)	Army (Star Meet)	4/8/11
Colleen McFadden	1:01.87 (2)	McDaniel Inv.	4/20/11
Natasha Druggan	1:02.75 (4)	Army (Star Meet)	4/8/11
Rachel Slater	1:04.70 (2)	Navy Tri-Meet	3/26/11

### 800-meter Run

ECAC Automatic			2:10.94
Navy Record		2:05.42 (Jess Palacio, 2011)	
Name	Mark (Pl.)	Meet	Date
Jess Palacio	2:05.42* (3)	ECAC Champ.	5/15/11
Jess Palacio	2:05.92* (1p)	ECAC Champ.	5/14/11
Jess Palacio	2:06.27* (13)	NCAA East Reg.	5/27/11
Jess Palacio	2:07.22* (4)	Larry Ellis Inv.	4/22/11
Jess Palacio	2:07.35* (1)	PL Champ.	5/7/11
Jess Palacio	2:07.82* (8p)	NCAA East Reg.	5/26/11
Jess Palacio	2:09.10* (3)	Colonial Relays	4/2/11
Jess Palacio	2:21.09 (1)	Army (Star Meet)	4/8/11
Kellie Hall	2:21.45 (2)	Army (Star Meet)	4/8/11
Erin Neumann	2:23.22 (4)	Army (Star Meet)	4/8/11
Erin Neumann	2:24.94 (69)	Colonial Relays	4/2/11
Kellie Hall	2:27.30 (74)	Colonial Relays	4/2/11
Sam Carl	2:29.68 (3)	Navy Tri-Meet	3/26/11
Arian Davis	2:32.92 (2-hep)	PL Champ.	5/7/11
Arian Davis	2:33.91 (7-hep)	ECAC Champ.	5/15/11
Krysta Porter Lott	2:34.50 (3-hep)	PL Champ.	5/7/11

Krysta Porter Lott	2:43.10 (1-hep)	Navy Tri-Meet	3/26/11
Ashley Robinson	2:54.04 (8-hep)	PL Champ.	5/7/11
Ashley Robinson	2:59.73 (2-hep)	Navy Tri-Meet	3/26/11
Ashley Aitken	3:19.24 (3-hep)	Navy Tri-Meet	3/26/11

### 1,500-meter Run

ECAC Automatic			4:30.94
Navy Record		4:22.58 (Jess Palacio, 2011)	
Name	Mark (Pl.)	Meet	Date
Jess Palacio	4:22.58* (1)	PL Champ.	5/7/11
Jess Palacio	4:27.70* (9)	Colonial Relays	4/2/11
Jess Palacio	4:28.05* (1)	Navy Tri-Meet	3/26/11
Jess Palacio	4:28.79* (7)	Larry Ellis Inv.	4/22/11
Jess Palacio	4:38.80 (1)	Army (Star Meet)	4/8/11
Katie Taylor	4:45.40 (2)	Army (Star Meet)	4/8/11
Mollie Hebda	4:57.16 (69)	Colonial Relays	4/2/11
Erin Neumann	4:57.83 (4)	Navy Tri-Meet	3/26/11
Sam Carl	5:01.50 (5)	Army (Star Meet)	4/8/11
Sam Carl	5:02.32 (78)	Colonial Relays	4/2/11
Kellie Hall	5:04.89 (82)	Colonial Relays	4/2/11

### 3,000-meter Run

ECAC Automatic			17:16.64
Navy Record		16:29.77 (Melissa Foon, 2001)	
Name	Mark (Pl.)	Meet	Date
Katie Taylor	10:09.24 (4)	Colonial Relays	4/2/11
Brigid Byrne	10:15.40 (7)	Colonial Relays	4/2/11
Marina McGrail	10:16.82 (8)	Colonial Relays	4/2/11
Liz Milewski	10:28.40 (11)	Colonial Relays	4/2/11

### 5,000-meter Run

ECAC Automatic			17:16.64
Navy Record		16:29.77 (Melissa Foon, 2001)	
Name	Mark (Pl.)	Meet	Date
Katie Taylor	17:17.56 (29)	Larry Ellis Inv.	4/22/11
Brigid Byrne	17:25.67 (35)	Larry Ellis Inv.	4/22/11
Katie Taylor	17:27.62 (1)	Navy Tri-Meet	3/26/11
Katie Taylor	17:28.73 (1)	Army (Star Meet)	4/8/11
Marina McGrail	17:34.25 (2)	Navy Tri-Meet	3/26/11
Katie Taylor	17:43.25 (3)	PL Champ.	5/7/11
Brigid Byrne	17:44.54 (3)	Navy Tri-Meet	3/26/11
Brigid Byrne	17:46.84 (3)	Army (Star Meet)	4/8/11
Brigid Byrne	17:50.56 (6)	PL Champ.	5/7/11
Marina McGrail	17:52.72 (4)	Army (Star Meet)	4/8/11
Bethany Rahall	18:25.22 (17)	PL Champ.	5/7/11
Aimee Brenner	18:43.14 (6)	Navy Tri-Meet	3/26/11
Anastasia Abid	18:43.61 (25)	PL Champ.	5/7/11
Aimee Brenner	18:51.49 (26)	PL Champ.	5/7/11
Jacqueline Blackburn	19:09.33 (27)	PL Champ.	5/7/11
Jacqueline Blackburn	19:19.18 (7)	Navy Tri-Meet	3/26/11

### 10,000-meter Run

ECAC Automatic			37:40.24
Navy Record		35:08.27 (Melissa Foon, 2001)	
Name	Mark (Pl.)	Meet	Date
Brigid Byrne	36:50.06* (2)	PL Champ.	5/6/11
Aimee Brenner	38:40.33 (8)	Colonial Relays	4/2/11
Aimee Brenner	39:13.27 (12)	PL Champ.	5/6/11
Jacqueline Blackburn	39:36.20 (12)	Colonial Relays	4/2/11
Jacqueline Blackburn	39:37.42 (13)	PL Champ.	5/6/11

### 100-meter Hurdles

ECAC Automatic			14.34
Navy Record		13.95 (Kirsten Andrews, 2006)	
Name	Mark (Pl.)	Meet	Date
Ashley Aitken	14.67 (2)	Army (Star Meet)	4/8/11
Ashley Aitken	14.81 (1-hep)	Navy Tri-Meet	3/26/11
Arian Davis	15.07 (3-hep)	PL Champ.	5/6/11
Arian Davis	15.52 (2-hep)	ECAC Champ.	5/14/11
Krysta Porter Lott	15.63 (2-hep)	Navy Tri-Meet	3/26/11
Krysta Porter Lott	15.86 (5)	Army (Star Meet)	4/8/11
Ashley Robinson	15.89 (5-hep)	PL Champ.	5/6/11
Krysta Porter Lott	15.90 (6-hep)	PL Champ.	5/6/11
Ashley Robinson	15.96 (3-hep)	Navy Tri-Meet	3/26/11
Arian Davis	16:51 (6)	Army (Star Meet)	4/8/11
Krysta Porter Lott	16:56 (35)	Colonial Relays	4/2/11
Ashley Aitken	17.59 (46)	Colonial Relays	4/2/11

### 400-meter Hurdles

ECAC Automatic			1:02.04
Navy Record		58.44 (Joanna Helm, 2000)	
Name	Mark (Pl.)	Meet	Date
Kristin Smith	1:05.70 (9)	PL Champ.	5/7/11
Lauren Carson	1:05.73 (10)	PL Champ.	5/7/11
Lauren Carson	1:06.79 (3)	Army (Star Meet)	4/8/11

Caitlyn Fine	1:07.60 (4)	Army (Star Meet)	4/8/11
Amanda Bonilla	1:07.63 (5)	Army (Star Meet)	4/8/11
Lauren Carson	1:08.93 (1)	Navy Tri-Meet	3/26/11
Caitlyn Fine	1:09.01 (29)	Colonial Relays	4/2/11
Caitlyn Fine	1:09.17 (2)	Navy Tri-Meet	3/26/11
Kristin Smith	1:10.31 (3)	Navy Tri-Meet	3/26/11
Amanda Bonilla	1:10.51 (4)	Navy Tri-Meet	3/26/11
Amanda Bonilla	1:10.54 (32)	Colonial Relays	4/2/11
Katie Whitcombe	1:10.62 (4)	Loyola-Hopkins	4/16/11
Katie Whitcombe	1:11.57 (5)	Navy Tri-Meet	3/26/11
Stephanie Payne	1:11.84 (6)	Navy Tri-Meet	3/26/11
Rachel Minker	1:12.47 (6)	Loyola-Hopkins	4/16/11
Rachel Minker	1:12.87 (9)	Navy Tri-Meet	3/26/11
Daphne White	1:13.08 (10)	Navy Tri-Meet	3/26/11
Natasha Druggan	1:13.61 (11)	Navy Tri-Meet	3/26/11
Lauren Carpenter	1:13.85 (12)	Navy Tri-Meet	3/26/11

### 3,000-meter Steeplechase

ECAC Automatic			10:50.24
Navy Record		10:24.01 (Amy Baxter, 2001)	
Name	Mark (Pl.)	Meet	Date
Bethany Rahall	11:14.64 (4)	PL Champ.	5/7/11
Bethany Rahall	11:16.31 (1)	Army (Star Meet)	4/8/11
Anastasia Abid	11:16.61 (2)	Army (Star Meet)	4/8/11
Bethany Rahall	11:22.14 (11)	Larry Ellis Inv.	4/22/11
Bethany Rahall	11:23.63 (11)	Colonial Relays	4/2/11
Anastasia Abid	11:24.23 (13)	Larry Ellis Inv.	4/22/11
Anastasia Abid	11:26.37 (7)	PL Champ.	5/7/11
Bethany Rahall	11:37.11 (1)	Navy Tri-Meet	3/26/11
Anastasia Abid	11:43.83 (2)	Navy Tri-Meet	3/26/11
Anastasia Abid	11:50.71 (12)	Colonial Relays	4/2/11
Mary Jordan	11:51.46 (5)	Army (Star Meet)	4/8/11
Mary Jordan	11:52.37 (14)	Colonial Relays	4/2/11
Mary Jordan	12:02.97 (3)	Navy Tri-Meet	3/26/11
Ellie Webster	12:03.42 (1)	McDaniel Inv.	4/20/11
Zatha Loewen	12:04.31 (4)	Navy Tri-Meet	3/26/11
Ellie Webster	12:13.11 (5)	Navy Tri-Meet	3/26/11
Kelly Maw	13:39.85 (6)	Navy Tri-Meet	3/26/11

### High Jump

ECAC Automatic			1.70m
Navy Record		1.75m (Krystina Johnson, 2010)	
Name	Mark (Pl.)	Meet	Date
Melanie Sluzewicz	1.70m* (2)	PL Champ.	5/7/11
Kristin Smith	1.70m* (2)	Colonial Relays	4/2/11
Kristin Smith	1.65m (2)	PL Champ.	5/7/11
Veronica Ffrench	1.65m (4)	PL Champ.	5/7/11
Kristin Smith	1.65m (1)	Navy Tri-Meet	3/26/11
Kristin Smith	1.64m (15)	ECAC Champ.	5/15/11
Melanie Sluzewicz	1.64m (15)	ECAC Champ.	5/15/11
Arian Davis	1.63m (1-hep)	PL Champ.	5/6/11
Kristin Smith	1.60m (1)	Army (Star Meet)	4/8/11
Christine Scales	1.60m (11)	Colonial Relays	4/2/11
Melanie Sluzewicz	1.60m (11)	Colonial Relays	4/2/11
Christine Scales	1.60m (3)	Navy Tri-Meet	3/26/11
Arian Davis	1.58m (3-hep)	ECAC Champ.	5/14/11
Krysta Porter Lott	1.57m (3-hep)	PL Champ.	5/6/11
Melanie Sluzewicz	1.55m (2)	Army (Star Meet)	4/8/11
Christine Scales	1.55m (5)	Army (Star Meet)	4/8/11
Veronica Ffrench	1.55m (4)	Navy Tri-Meet	3/26/11
Krysta Porter Lott	1.53m (1-hep)	Navy Tri-Meet	3/26/11
Ashley Aitken	1.53m (1-hep)	Navy Tri-Meet	3/26/11
Ashley Robinson	1.43m (3-hep)	Navy Tri-Meet	3/26/11
Ashley Robinson	1.39m (8-hep)	PL Champ.	5/6/11

### Pole Vault

ECAC Automatic			3.70m
Navy Record		3.98m (Kirsten Andrews, 2007)	
Name	Mark (Pl.)	Meet	Date
Jordan Kronshage	3.40m (1)	McDaniel Inv.	4/20/11
Jordan Kronshage	3.40m (5)	Colonial Relays	4/2/11
Christine Scales	3.10m (2)	McDaniel Inv.	4/20/11
Christine Scales	3.10m (1)	Army (Star Meet)	4/8/11
Jordan Kronshage	3.		

## 2011 Navy Women's Track Stats by Outdoor Event

### Long Jump

ECAC Automatic			5.80m
Navy Record		<b>5.93m (Ashley Bucholz, 2011)</b>	
Name	Mark (Pl.)	Meet	Date
Ashley Bucholz	5.93m (1)	PL Champ.	5/6/11
Ashley Bucholz	5.30m (2)	Army (Star Meet)	4/8/11
Melanie Sluzewicz	5.29m (3)	Army (Star Meet)	4/8/11
Arian Davis	5.25m (1-hep)	PL Champ.	5/7/11
Arian Davis	5.19m (3-hep)	ECAC Champ.	5/15/11
Arian Davis	5.17m (5)	Army (Star Meet)	4/8/11
Ashley Bucholz	5.16m (21)	ECAC Champ.	5/14/11
Melanie Sluzewicz	5.14m (15)	PL Champ.	5/7/11
Ashley Bucholz	5.13m (1)	Navy Tri-Meet	3/26/11
Melanie Sluzewicz	5.00m (28)	Colonial Relays	4/2/11
Ashley Bucholz	4.96m (35)	Colonial Relays	4/2/11
Ashley Aitken	4.80m (1-hep)	Navy Tri-Meet	3/26/11
Krysta Porter Lott	4.67m (2-hep)	Navy Tri-Meet	3/26/11
Ashley Robinson	4.64m (5-hep)	PL Champ.	5/7/11
Ashley Robinson	4.58m (3-hep)	Navy Tri-Meet	3/26/11
Krysta Porter Lott	4.44m (7-hep)	PL Champ.	5/7/11
Ashley Aitken	4.30m (53)	Colonial Relays	4/2/11

### Triple Jump

ECAC Automatic			12.05m
Navy Record		12.05m (Chantelle Nagbe, 2000)	
Name	Mark (Pl.)	Meet	Date
Ashley Bucholz	11.52m (3)	PL Champ.	5/7/11
Ashley Bucholz	11.04m (1)	Army (Star Meet)	4/8/11
Ashley Bucholz	10.90m (1)	Navy Tri-Meet	3/26/11
Audrey Stiles	10.46m (3)	Army (Star Meet)	4/8/11
Audrey Stiles	10.42m (12)	PL Champ.	5/7/11
Ashley Robinson	10.41m (4)	Army (Star Meet)	4/8/11
Ashley Bucholz	10.24m (35)	Colonial Relays	4/2/11
Audrey Stiles	10.15m (37)	Colonial Relays	4/2/11
Audrey Stiles	9.94m (2)	Navy Tri-Meet	3/26/11
Ashley Robinson	9.84m (39)	Colonial Relays	4/2/11
Lauren Carpenter	9.23m (3)	Navy Tri-Meet	3/26/11

### Shot Put

ECAC Automatic			13.60m
Navy Record		14.30m (Jen Leatherman, 2004)	
Name	Mark (Pl.)	Meet	Date
Amanda Phelps	13.49m (1)	PL Champ.	5/7/11
Amanda Phelps	13.37m (1)	Navy Tri-Meet	3/26/11
Janet von Eiff	13.01m (3)	PL Champ.	5/7/11
Teronda Brown	12.96m (1)	McDaniel Inv.	4/20/11
Teronda Brown	12.96m (2)	Navy Tri-Meet	3/26/11
Janet von Eiff	12.93m (1)	Army (Star Meet)	4/8/11
Amanda Phelps	12.91m (2)	Army (Star Meet)	4/8/11
Teronda Brown	12.90m (4)	PL Champ.	5/7/11
Janet von Eiff	12.82m (3)	Navy Tri-Meet	3/26/11
Amanda Phelps	12.80m (20)	ECAC Champ.	5/15/11
Teronda Brown	12.72m (3)	Army (Star Meet)	4/8/11
Teronda Brown	12.70m (14)	Penn Relays	4/28/11
Amanda Phelps	12.55m (11)	Colonial Relays	4/2/11
Lauren Allam	12.52m (4)	Navy Tri-Meet	3/26/11
Janet von Eiff	12.49m (2)	McDaniel Inv.	4/20/11
Janet von Eiff	12.05m (28)	Penn Relays	4/28/11
Lauren Allam	11.94m (3)	McDaniel Inv.	4/20/11
Janet von Eiff	11.94m (19)	Colonial Relays	4/2/11
Arian Davis	11.42m (1-hep)	ECAC Champ.	5/14/11
Arian Davis	11.31m (2-hep)	PL Champ.	5/6/11
Janet von Eiff	11.26m (1)	Loyola-Hopkins	4/16/11
Lauren Allam	11.23m (25)	Colonial Relays	4/2/11
Amanda Phelps	11.10m (2)	Loyola-Hopkins	4/16/11
Ashley Robinson	9.91m (4-hep)	PL Champ.	5/6/11
Teronda Brown	9.81m (7)	Loyola-Hopkins	4/16/11
Lauren Allam	9.79m (8)	Loyola-Hopkins	4/16/11
Krysta Porter Lott	9.71m (1-hep)	Navy Tri-Meet	3/26/11
Lauren Allam	9.51m (14)	PL Champ.	5/7/11
Krysta Porter Lott	9.44m (5-hep)	PL Champ.	5/6/11
Ashley Robinson	9.43m (2-hep)	Navy Tri-Meet	3/26/11
Ashley Aitken	8.91m (3-hep)	Navy Tri-Meet	3/26/11

### Discus Throw

ECAC Automatic			42.50m
Navy Record		<b>50.49m (Lauren Allam, 2011)</b>	
Name	Mark (Pl.)	Meet	Date
Lauren Allam	50.49m* (1)	PL Champ.	5/7/11
Lauren Allam	47.51m* (1)	Larry Ellis Inv.	4/22/11
Lauren Allam	47.07m* (7)	Penn Relays	4/28/11
Lauren Allam	46.67m* (5)	ECAC Champ.	5/13/11
Lauren Allam	46.31m* (1)	Navy Tri-Meet	3/26/11
Lauren Allam	45.56m* (2)	Colonial Relays	4/2/11

Lauren Allam	44.13m* (37)	NCAA East Reg.	5/28/11
Lauren Allam	43.91m* (1)	Army (Star Meet)	4/8/11
Lauren Allam	43.62m* (1)	McDaniel Inv.	4/20/11
Teronda Brown	43.48m* (2)	McDaniel Inv.	4/20/11
Teronda Brown	43.20m* (5)	PL Champ.	5/7/11
Maressa Guynn	40.41m (2)	Navy Tri-Meet	3/26/11
Maressa Guynn	40.07m (3)	McDaniel Inv.	4/20/11
Teronda Brown	38.94m (3)	Navy Tri-Meet	3/26/11
Janet von Eiff	38.89m (9)	PL Champ.	5/7/11
Maressa Guynn	38.89m (11)	Colonial Relays	4/2/11
Teronda Brown	38.26m (3)	Army (Star Meet)	4/8/11
Maressa Guynn	36.77m (12)	PL Champ.	5/7/11
Amanda Phelps	36.24m (15)	PL Champ.	5/7/11
Amanda Phelps	36.12m (4)	Navy Tri-Meet	3/26/11
Teronda Brown	34.44m (26)	ECAC Champ.	5/13/11
Maressa Guynn	32.54m (5)	Army (Star Meet)	4/8/11

### Hammer Throw

ECAC Automatic			51.00m
Navy Record		58.81m (Jen Leatherman, 2004)	
Name	Mark (Pl.)	Meet	Date
Amanda Phelps	56.41m* (5)	ECAC Champ.	5/14/11
Amanda Phelps	56.28m* (1)	Larry Ellis Inv.	4/22/11
Amanda Phelps	55.20m* (1)	PL Champ.	5/6/11
Amanda Phelps	54.42m* (2)	Penn Relays	4/28/11
Amanda Phelps	53.96m* (1)	Army (Star Meet)	4/8/11
Amanda Phelps	53.93m* (1)	Navy Tri-Meet	3/26/11
Amanda Phelps	53.79m* (29)	NCAA East Reg.	5/26/11
Amanda Phelps	51.76m* (3)	Colonial Relays	4/2/11
Ella Starr	48.64m (4)	PL Champ.	5/6/11
Ella Starr	47.27m (2)	Army (Star Meet)	4/8/11
Ella Starr	45.77m (15)	Larry Ellis Inv.	4/22/11
Ella Starr	45.61m (2)	Navy Tri-Meet	3/26/11
Teronda Brown	43.83m (8)	PL Champ.	5/6/11
Ella Starr	42.37m (29)	Penn Relays	4/28/11
Teronda Brown	40.34m (3)	Navy Tri-Meet	3/26/11
Maressa Guynn	39.98m (15)	PL Champ.	5/6/11
Teronda Brown	39.83m (24)	Larry Ellis Inv.	4/22/11
Ella Starr	39.43m (16)	Colonial Relays	4/2/11
Maressa Guynn	38.82m (4)	Navy Tri-Meet	3/26/11
Maressa Guynn	38.53m (17)	Colonial Relays	4/2/11
Janet von Eiff	35.47m (5)	McDaniel Inv.	4/20/11
Lauren Allam	34.95m (5)	Navy Tri-Meet	3/26/11
Amanda Ragan	34.52m (6)	Navy Tri-Meet	3/26/11
Teronda Brown	33.38m (5)	Army (Star Meet)	4/8/11

### Javelin Throw

ECAC Automatic			41.40m
Navy Record		48.98m (Danielle Still, 2007)	
Name	Mark (Pl.)	Meet	Date
Alix Membreno	47.21m* (2)	PL Champ.	5/6/11
Alix Membreno	44.95m* (5)	ECAC Champ.	5/14/11
Alix Membreno	42.91m* (7)	Penn Relays	4/28/11
Alix Membreno	42.62m* (1)	McDaniel Inv.	4/20/11
Alix Membreno	41.87m* (1)	Army (Star Meet)	4/8/11
Alix Membreno	41.03m (37)	NCAA East Reg.	5/27/11
Alix Membreno	40.49m (1)	Navy Tri-Meet	3/26/11
Alix Membreno	39.22m (5)	Colonial Relays	4/2/11
Maressa Guynn	38.34m (2)	McDaniel Inv.	4/20/11
Katherine Poulin	37.73m (3)	Navy Tri-Meet	3/26/11
Katherine Poulin	36.59m (3)	Army (Star Meet)	4/8/11
Maressa Guynn	35.65m (5)	Army (Star Meet)	4/8/11
Maressa Guynn	35.39m (4)	Navy Tri-Meet	3/26/11
Katherine Poulin	34.79m (3)	McDaniel Inv.	4/20/11
Maressa Guynn	34.14m (13)	PL Champ.	5/6/11
Janet von Eiff	32.46m (13)	PL Champ.	5/6/11
Maressa Guynn	32.23m (16)	Colonial Relays	4/2/11
Katherine Poulin	31.25m (18)	Colonial Relays	4/2/11
Janet von Eiff	30.49m (4)	McDaniel Inv.	4/20/11
Katherine Poulin	30.96m (15)	PL Champ.	5/6/11
Ashley Aitken	29.60m (1-hep)	Navy Tri-Meet	3/26/11
Janet von Eiff	29.03m (6)	Navy Tri-Meet	3/26/11
Arian Davis	26.89m (6-hep)	PL Champ.	5/7/11
Arian Davis	25.31m (5-hep)	ECAC Champ.	5/15/11
Krysta Porter Lott	23.28m (7-hep)	PL Champ.	5/7/11
Krysta Porter Lott	23.01m (2-hep)	Navy Tri-Meet	3/26/11
Ashley Robinson	21.53m (3-hep)	Navy Tri-Meet	3/26/11
Ashley Robinson	20.58m (8-hep)	PL Champ.	5/7/11

### Heptathlon

ECAC Automatic			4,500 pts.
Navy Record		4,873 pts. (Danielle Still, 2006)	
Name	Mark (Pl.)	Meet	Date
Arian Davis	4,590* (2)	PL Champ.	5/7/11

Arian Davis	4,436 (6)	ECAC Champ.	5/14/11
Krysta Porter Lott	3,936 (6)	PL Champ.	5/7/11
Krysta Porter Lott	3,877 (1)	Navy Tri-Meet	3/26/11
Ashley Aitken	3,838 (2)	Navy Tri-Meet	3/26/11
Ashley Robinson	3,484 (8)	PL Champ.	5/7/11
Ashley Robinson	3,471 (3)	Navy Tri-Meet	3/26/11

### 4x100-meter Relay

ECAC Automatic			47.94
Navy Record		47.11 (Andrews-Lewis-Forsythe-Still, 2007)	
Name	Mark (Pl.)	Meet	Date
Ridgway, Ffrench, Smith, Littlejohn	47.95 (4)	PL Champ.	5/7/11
Ridgway, Ffrench, Smith, Littlejohn	48.90 (1)	Army (Star Meet)	4/8/11
Ridgway, Ffrench, Smith, Littlejohn	49.28 (57)	Penn Relays	4/28/11
Ridgway, Smith, Ffrench, Murph	49.38 (1)	Navy Tri-Meet	3/26/11
Ridgway, Ffrench, Smith, Murph	51.21 (14)	Colonial Relays	4/2/11
McFadden, Carson, Fine, Kronshage	51.27 (2)	Navy Tri-Meet	3/26/11
Ridgway, Ffrench, Smith, Littlejohn	51.37 (1)	Loyola-Hopkins	4/16/11

### 4x200-meter Relay

Name	Mark (Pl.)	Meet	Date
Ridgway, Smith, Ffrench, Jolie	1:47.04 (1)	Navy Tri-Meet	3/26/11

### 1,600 Sprint Medley Relay

Name	Mark (Pl.)	Meet	Date
Ridgway, Jolie, Bonilla, Neumann	4:25.81 (11)	Colonial Relays	4/2/11

### 4x400-meter Relay

ECAC Automatic			3:51.84
Navy Record		3:44.27 (Jossis-Stokes-Tukarski-Davis, 2002)	
Name	Mark (Pl.)	Meet	Date
Littlejohn, Ffrench, Murph, Palacio	3:51.83* (2)	PL Champ.	5/7/11
Ffrench, Smith, Murph, Littlejohn	3:54.26 (25p)	ECAC Champ.	5/14/11
Ffrench, Littlejohn, Murph, Palacio	3:56.09 (64)	Penn Relays	4/28/11
Smith, Palacio, Slater, Ffrench	4:06.97 (1)	Army (Star Meet)	4/8/11
McFadden, Ffrench, Murph, Smith	4:10.42 (1)	Navy Tri-Meet	3/26/11
Smith, Ffrench, Murph, Fine	4:10.80 (21)	Colonial Relays	4/2/11
Kronshage, Fine, Payne, Bonilla	4:15.22 (2)	Navy Tri-Meet	3/26/11
Whitcombe, Druggan, Minker, Carson	4:25.10 (4)	Navy Tri-Meet	3/26/11
Slater, Carpenter, White, Caesar	4:30.95 (5)	Navy Tri-Meet	3/26/11

### 4x800-meter Relay

ECAC Automatic			9:16.24
Navy Record		8:50.13 (O'Marr-Baxter-Lehmann-Ware, 1998)	
Name	Mark (Pl.)	Meet	Date
Hall, Carson, Murph, Palacio	9:25.35 (4)	PL Champ.	5/6/11

### Navy's Top Outdoor Performances (2011)

Event	Athlete	Time/Mark
100m	Jessica Ridgway	12.33
200m	Arabia Littlejohn	25.80
400m	Mansfield Murph	56.98
800m	Jess Palacio	2:05.42*
1,500m	Jess Palacio	4:22.58*
5,000m	Katie Taylor	17:17.56
10,000m	Brigid Byrne	36:50.06*
100m Hurdles	Ashley Aitken	14.67
400m Hurdles	Kristin Smith	1:05.70
Steeplechase	Bethany Rahall	11:14.64
High Jump	Sluzewicz/Smith	1.70m*
Pole Vault	Jordan Kronshage	3.40m

Long Jump	Ashley Bucholz	5.93m*	Amanda Phelps	PL Field-Athlete of the Week (April 11)	Krysta Porter Lott	8th, 3,936
Triple Jump	Ashley Bucholz	11.52m		PL Field-Athlete of the Week (April 25)	Ashley Aitken	9th, 3,838

Shot Put	Amanda Phelps	13.49m
Discus	Lauren Allam	50.49m*
	Teronda Brown	43.48m*
Hammer	Amanda Phelps	56.41m*
Javelin	Alix Membreno	47.21m*
Heptathlon	Krysta Porter Lott	4,590 pts*
4x100m Relay	Ridgway, Smith	
	Ffrench, Littlejohn	47.95
4x400m Relay	Ffrench, Littlejohn	
	Murph, Palacio	3:51.83*
4x800m Relay	Hall, Carson	9:25.35
	Murph, Palacio	

\* Denotes ECAC qualifying performances

#### 2011 Awards and Honors

##### 2011 Patriot League Outdoor Championship Final Team Standings

1. Bucknell	189.50
<b>2. Navy</b>	<b>164</b>
3. Lehigh	84
4. Lafayette	64
5. Holy Cross	62
6. Army	60.50
7. Colgate	31
8. American	26

##### 2011 ECAC Outdoor Championship

T-16th place/21 points  
Five All-East athletes

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

Jess Palacio, 800m (3rd)  
Amanda Phelps, Hammer (5th)  
Lauren Allam, Discus (5th)  
Alix Membreno, Javelin (5th)  
Arian Davis, Heptathlon (6th)

##### NCAA East Regional Qualifiers

Jess Palacio, 800m, 13th, 2:06.27  
Amanda Phelps, Hammer, 29th, 53.79m  
Lauren Allam, Discus, 37th, 44.13m  
Alix Membreno, Javelin, 37th, 41.03m

##### Patriot League Outdoor Championship Track-Athlete of the Meet

Jess Palacio

##### Patriot League Outdoor Championship Field-Athlete of the Meet

Amanda Phelps

##### Patriot League Outdoor Championship Rookie of the Meet

Lauren Allam

##### Patriot League Individual/Relay Champions

Jess Palacio - 800m (2:07.35), 1,500m (4:22.58)  
Amanda Phelps - Hammer (55.20m), Shot Put (13.49m)  
Lauren Allam - Discus (50.49m)

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

Brigid Byrne - 10,000m (36:50.06)  
Ashley Bucholz - Long Jump (5.93m)  
Melanie Sluzewicz - High Jump (1.70m)  
Alix Membreno - Javelin (47.21m)  
Arian Davis - Heptathlon (4,590 pts)  
4x400m Relay - Littlejohn, Ffrench, Murph, Palacio (3:51.00)

##### New Patriot League Championship Records

Jess Palacio - 800m (2:07.35)  
Lauren Allam - Discus (50.49m)

##### Patriot League All-Academic Team

Brigid Byrne

##### Athlete of the Week

Jess Palacio PL Track-Athlete of the Week (March 28)  
PL Track-Athlete of the Week (April 4)  
PL Track-Athlete of the Week (April 25)  
Lauren Allam PL Rookie of the Week (March 28)  
PL Rookie of the Week (April 4)  
PL Rookie of the Week (April 11)  
PL Rookie of the Week (April 25)  
PL Rookie of the Week (May 2)

#### USTFCCCA Mid-Atlantic Region Poll

Week 1 (April 5)	No. 6
Week 2 (April 12)	No. 7
Week 3 (April 19)	No. 9
Week 4 (April 26)	No. 11
Week 5 (May 3)	No. 12
Week 6 (May 10)	No. 9
Week 7 (May 17)	No. 10

#### Individual Star Meet Victories

Jessica Ridgway	100, 200, 4x100
Arabia Littlejohn	400, 4x100
Jess Palacio	800, 1,500, 4x400
Katie Taylor	5,000
Bethany Rahall	3,000 Steeplechase
Kristin Smith	High Jump, 4x100, 4x400
Veronica Ffrench	4x100, 4x400
Rachel Slater	4x400
Christine Scales	Pole Vault
Jordan Kronshage	Pole Vault
Ashley Bucholz	Triple Jump
Janet von Eiff	Shot Put
Lauren Allam	Discus
Amanda Phelps	Hammer
Alix Membreno	Javelin

#### Active Midshipmen on Top-10 Performance List

<b>100m Dash</b>	
Jessica Ridgway	5th, 12:33
<b>400m Dash</b>	
Mansfield Murph	5th, 56.98
Arabia Littlejohn	6th, 57.27

#### 800m Run

Jess Palacio	1st, 2:05.42
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#### 1,500m Run

Jess Palacio	1st, 4:22.58
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#### 5,000m Run

Katie Taylor	4th, 17:17.56
Brigid Byrne	9th, 17:25.67

#### 10,000m Run

Brigid Byrne	6th, 36:50.06
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#### 3,000m Steeplechase

Bethany Rahall	6th, 11:14.64
Anastasia Abid	8th, 11:16.61

#### High Jump

Kristin Smith	2nd, 1.73m
Melanie Sluzewicz	3rd, 1.70m
Christine Scales	9th, 1.65m
Veronica Ffrench	9th, 1.65m

#### Pole Vault

Jordan Kronshage	7th, 3.40m
Christine Scales	8th, 3.35m

#### Long Jump

Ashley Bucholz	1st, 5.93m
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#### Triple Jump

Ashley Bucholz	9th, 11.57m
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#### Shot Put

Amanda Phelps	2nd, 13.49m
Janet von Eiff	3rd, 13.44m
Teronda Brown	6th, 12.96m
Lauren Allam	10th, 12.52m

#### Discus

Lauren Allam	1st, 50.49m
Teronda Brown	3rd, 43.48m

#### Hammer

Amanda Phelps	2nd, 56.41m
Ella Starr	6th, 48.90m

#### Javelin

Alix Membreno	2nd, 47.21m
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#### Heptathlon

Arian Davis	3rd, 4,590
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#### Updates to All-Time Top-10 Outdoor Records By Performances

<b>800m Run</b>	
Jess Palacio	1st, 2:05.42, 5/15/11
	2nd, 2:05.92, 5/14/11
	3rd, 2:06.27, 5/27/11
	4th, 2:07.22, 4/22/11
	5th, 2:07.35, 5/7/11
	7th, 2:07.82, 5/26/11
	9th, 2:09.10, 4/2/11
<b>1,500m Run</b>	
Jess Palacio	1st, 4:22.58, 5/7/11
	6th, 4:27.10, 4/2/11
	7th, 4:28.05, 3/26/11
	10th, 4:28.79, 4/22/11
<b>5,000m</b>	
Katie Taylor	9th, 17:17.56, 4/22/11
<b>10,000m</b>	
Brigid Byrne	9th, 36:50.06, 5/6/11
<b>High Jump</b>	
Kristin Smith	T-3rd, 1.70m, 4/2/11
Melanie Sluzewicz	T-3rd, 1.70m, 5/7/11
<b>Long Jump</b>	
Ashley Bucholz	1st, 5.93m, 5/7/11
<b>Shot Put</b>	
Amanda Phelps	7th, 13.49m, 5/7/11
	10th, 13.37m, 3/26/11
<b>Discus Throw</b>	
Lauren Allam	1st, 50.49m, 5/6/11
	3rd, 47.51m, 4/22/11
	4th, 47.07m, 4/28/11
	5th, 46.67m, 5/13/11
	6th, 46.31m, 3/26/11
	7th, 45.56m, 4/2/11
	8th, 44.13m, 5/28/11
	9th, 43.91m, 4/8/11
	10th, 43.62m, 4/20/11
<b>Hammer Throw</b>	
Amanda Phelps	6th, 56.41m, 5/14/11
	7th, 56.28m, 4/22/11
	9th, 55.30m, 5/7/11
	10th, 54.42m, 4/28/11
<b>Javelin Throw</b>	
Alix Membreno	4th, 47.21m, 5/6/11
	10th, 44.95m, 5/14/11
<b>Heptathlon</b>	
Arian Davis	5th, 4,590 points, 5/7/11
	8th, 4,436 points, 5/14/11

## 2010-11 Navy Women's Track Stats by Indoor Event

### 60-meter Dash

NCAA / ECAC		7.26 / 7.68	
Navy Record		7.59 (Loni Forsythe, 2007)	
Name	Mark (Pl)	Meet	Date
Jessica Ridgway	7.89 (3p)	PL Champ.	2/19/11
Jessica Ridgway	7.94 (5)	PL Champ.	2/20/11
Jessica Ridgway	7.97 (1)	Sweetheart Meet	2/10/11
Mansfield Murph	8.05 (10)	Navy Lidlifter	12/1/10
Jessica Ridgway	8.06 (3)	Army (Star Meet)	2/5/11
Arabia Littlejohn	8.06 (12)	Navy Lidlifter	12/1/10
Mansfield Murph	8.08 (18)	Navy Invitational	1/15/11
Arabia Littlejohn	8.09 (2)	Sweetheart Meet	2/10/11
Jessica Ridgway	8.12 (21)	Navy Invitational	1/15/11
Jessica Ridgway	8.14 (10)	Patriot Games	1/29/11
Jessica Ridgway	8.14 (9p)	Patriot Games	1/29/11
Jenne Jolie	8.16 (15)	Navy Lidlifter	12/1/10
Kristin Smith	8.18 (23)	Navy Invitational	1/15/11
Jessica Ridgway	8.18 (16)	Navy Lidlifter	12/1/10
Colleen McFadden	8.21 (4)	Sweetheart Meet	2/10/11
Kristin Smith	8.23 (4)	Army (Star Meet)	2/5/11
Jessica Ridgway	8.23 (5)	Delaware Invite	1/7/11
Lauren Carson	8.24 (5)	Sweetheart Meet	2/10/11
Jenne Jolie	8.25 (6)	Sweetheart Meet	2/10/11
Haley Sobrero	8.26 (17)	Navy Lidlifter	12/1/10
Jenne Jolie	8.30 (27)	Navy Invitational	1/15/11
Colleen McFadden	8.33 (7)	Delaware Invite	1/7/11
Kristin Smith	8.34 (8)	Delaware Invite	1/7/11
Colleen McFadden	8.36 (19)	Navy Lidlifter	12/1/10
Jenne Jolie	8.39 (5)	Army (Star Meet)	2/5/11
Jenne Jolie	8.39 (9)	Delaware Invite	1/7/11
Colleen McFadden	8.41 (29)	Navy Invitational	1/15/11
Jenne Jollie	8.43 (18p)	Patriot Games	1/29/11
Lauren Carson	8.43 (20)	Navy Lidlifter	12/1/10
Lauren Carson	8.45 (30)	Navy Invitational	1/15/11
Haley Sobrero	8.47 (11)	Delaware Invite	1/7/11
Katie Whitcombe	8.48 (21)	Navy Lidlifter	12/1/10
Haley Sobrero	8.50 (32)	Navy Invitational	1/15/11
Lauren Carson	8.50 (12)	Delaware Invite	1/7/11
Haley Sobrero	8.51 (19p)	Patriot Games	1/29/11
Jordan Kronshage	8.53 (13)	Delaware Invite	1/7/11
Kerstin Caesar	8.57 (7)	Sweetheart Meet	2/10/11
Kerstin Caesar	8.60 (22)	Navy Lidlifter	12/1/10
Rachel Slater	8.68 (9)	Sweetheart Meet	2/10/11
Kerstin Caesar	8.74 (34)	Navy Invitational	1/15/11
Rachel Minker	8.75 (11)	Sweetheart Meet	2/10/11
Audrey Stiles	8.75 (14)	Delaware Invite	1/7/11
Audrey Stiles	8.78 (35)	Navy Invitational	1/15/11

### 200-meter Dash

NCAA / ECAC		23.20 / 25.04	
Navy Record		24.87 (Loni Forsythe, 2007)	
Name	Mark (Pl)	Meet	Date
Arabia Littlejohn	25.44 (1p)	PL Champ.	2/19/11
Arabia Littlejohn	25.65 (4)	PL Champ.	2/20/11
Jessica Ridgway	25.88 (2)	Army (Star Meet)	2/5/11
Jessica Ridgway	25.91 (9p)	PL Champ.	2/19/11
Jessica Ridgway	26.09 (3)	Army (Star Meet)	2/5/11
Arabia Littlejohn	26.32 (7)	Navy Lidlifter	12/1/10
Arabia Littlejohn	26.34 (5)	Delaware Invite	1/7/11
Kristin Smith	26.53 (12)	Patriot Games	1/29/11
Kristin Smith	26.56 (5)	Army (Star Meet)	2/5/11
Mansfield Murph	26.67 (6)	Delaware Invite	1/7/11
Arabia Littlejohn	26.68 (18)	Navy Invitational	1/15/11
Jessica Ridgway	26.88 (14)	Patriot Games	1/29/11
Colleen McFadden	26.99 (8)	Delaware Invite	1/7/11
Melanie Sluzewicz	27.04 (16)	Patriot Games	1/29/11
Jessica Ridgway	27.07 (24)	Navy Invitational	1/15/11
Melanie Sluzewicz	27.07 (10)	Navy Lidlifter	12/1/10
Jessica Ridgway	27.15 (11)	Delaware Invite	1/7/11
Haley Sobrero	27.16 (11)	Navy Lidlifter	12/1/10
Melanie Sluzewicz	27.19 (27)	Navy Invitational	1/15/11
Colleen McFadden	27.19 (28)	Navy Invitational	1/15/11
Colleen McFadden	27.30 (12)	Navy Lidlifter	12/1/10
Jenne Jolie	27.55 (13)	Navy Lidlifter	12/1/10
Jenne Jolie	27.69 (34)	Navy Invitational	1/15/11
Kerstin Caesar	28.36 (38)	Navy Invitational	1/15/11
Jenna Jolie	28.36 (16)	Delaware Invite	1/7/11
Haley Sobrero	28.40 (17)	Delaware Invite	1/7/11
Audrey Stiles	28.72 (18)	Delaware Invite	1/7/11
Jessica Ridgway	28.86 (17)	Navy Lidlifter	12/1/10
Kerstin Caesar	29.28 (19)	Delaware Invite	1/7/11

### 400-meter Dash

NCAA / ECAC		52.60 / 57.04	
Navy Record		55.01 (Tineisha Davis, 2002)	
Name	Mark (Pl)	Meet	Date
Arabia Littlejohn	57.32 (1)	PL Champ.	2/20/11
Arabia Littlejohn	57.81 (20p)	ECAC Champ.	3/5/11
Mansfield Murph	58.38 (3)	Navy Lidlifter	12/1/10
Mansfield Murph	58.87 (1)	Army (Star Meet)	2/5/11
Colleen McFadden	1:00.51 (2)	Army (Star Meet)	2/5/11
Arabia Littlejohn	1:00.65 (4)	Delaware Invite	1/7/11
Colleen McFadden	1:01.03 (13)	PL Champ.	2/20/11
Lauren Carson	1:01.54 (7)	Navy Lidlifter	12/1/10
Colleen McFadden	1:01.80 (10)	Patriot Games	1/29/11
Sam Carl	1:03.12 (6)	Army (Star Meet)	2/5/11
Natasha Druggan	1:03.55 (13)	Navy Lidlifter	12/1/10
Kerstin Caesar	1:04.56 (15)	Navy Lidlifter	12/1/10
Stephanie Payne	1:04.67 (16)	Navy Lidlifter	12/1/10
Rachel Minker	1:04.69 (17)	Navy Lidlifter	12/1/10
Caitlyn Fine	1:04.84 (18)	Navy Lidlifter	12/1/10
Stephanie Payne	1:05.17 (17)	Patriot Games	1/29/11
Daphne White	1:06.09 (20)	Navy Lidlifter	12/1/10
Kerstin Caesar	1:06.34 (9)	Delaware Invite	1/7/11

### 500-meter Run

ECAC		1:16.04	
Navy Record		1:12.39 (Tineisha Davis, 2005)	
Name	Mark (Pl)	Meet	Date
Mansfield Murph	1:14.18* (6p)	ECAC Champ.	3/5/11
Mansfield Murph	1:14.51* (7)	ECAC Champ.	3/6/11
Mansfield Murph	1:15.04* (1)	PL Champ.	2/20/11
Mansfield Murph	1:16.08 (3)	Navy Invitational	1/15/11
Arabia Littlejohn	1:17.56 (1)	Army (Star Meet)	2/5/11
Mansfield Murph	1:17.90 (1)	Delaware Invite	1/7/11
Lauren Carson	1:18.36 (9)	PL Champ.	2/20/11
Lauren Carson	1:18.81 (4)	Army (Star Meet)	2/5/11
Arabia Littlejohn	1:19.59 (10)	Navy Invitational	1/15/11
Lauren Carson	1:19.95 (10)	Patriot Games	1/29/11
Natasha Druggan	1:20.90 (14)	PL Champ.	2/20/11
Natasha Druggan	1:21.05 (12)	Navy Invitational	1/15/11
Natasha Druggan	1:22.21 (5)	Army (Star Meet)	2/5/11
Lauren Carson	1:23.27 (20)	Navy Invitational	1/15/11
Stephanie Payne	1:23.44 (21)	Navy Invitational	1/15/11
Natasha Druggan	1:23.54 (13)	Patriot Games	1/29/11
Rachel Slater	1:23.56 (22)	Navy Invitational	1/15/11
Katie Whitcombe	1:23.73 (23)	Navy Invitational	1/15/11
Natasha Druggan	1:23.86 (3)	Delaware Invite	1/7/11
Rachel Slater	1:23.93 (14)	Patriot Games	1/29/11
Lauren Carson	1:24.95 (4)	Delaware Invite	1/7/11
Amanda Bonilla	1:25.08 (24)	Navy Invitational	1/15/11
Caitlyn Fine	1:25.31 (26)	Navy Invitational	1/15/11
Lauren Carpenter	1:25.77 (29)	Navy Invitational	1/15/11
Rachel Minker	1:25.96 (30)	Navy Invitational	1/15/11
Stephanie Payne	1:27.03 (6)	Delaware Invite	1/7/11
Caitlyn Fine	1:27.14 (7)	Delaware Invite	1/7/11
Amanda Bonilla	1:27.71 (8)	Delaware Invite	1/7/11
Daphne White	1:27.74 (31)	Navy Invitational	1/15/11
Rachel Minker	1:27.79 (9)	Delaware Invite	1/7/11
Daphne White	1:28.23 (11)	Delaware Invite	1/7/11
Lauren Carpenter	1:28.80 (12)	Delaware Invite	1/7/11
Katie Whitcombe	1:29.99 (13)	Delaware Invite	1/7/11

### 800-meter Run

NCAA / ECAC		2:05.00 / 2:14.44	
Navy Record		2:05.89 (Jess Palacio, 2011)	
Name	Mark (Pl)	Meet	Date
Jess Palacio	2:05.89* (1)	Col. Last Chance	3/5/11
Jess Palacio	2:06.27* (1)	GM Last Chance	2/27/11
Jess Palacio	2:07.27* (1)	Sweetheart Meet	2/10/11
Jess Palacio	2:08.69* (1)	Patriot Games	1/29/11
Jess Palacio	2:11.93* (1)	PL Champ.	2/20/11
Mansfield Murph	2:15.69 (4)	Last Chance	2/27/11
Jess Palacio	2:17.40 (1)	Army (Star Meet)	2/5/11
Erin Neumann	2:22.52 (3)	Army (Star Meet)	2/5/11
Kellie Hall	2:22.91 (4)	Army (Star Meet)	2/5/11
Erin Neumann	2:23.75 (2)	Sweetheart Meet	2/10/11
Mary Jordan	2:25.55 (3)	Sweetheart Meet	2/10/11
Kellie Hall	2:25.87 (7)	Patriot Games	1/29/11
Sam Carl	2:26.57 (4)	Sweetheart Meet	2/10/11
Kellie Hall	2:27.72 (5)	Navy Lidlifter	12/1/10
Sam Carl	2:29.41 (7)	Navy Lidlifter	12/1/10
Kelly Maw	2:30.33 (5)	Sweetheart Meet	2/10/11
Amanda Bonilla	2:32.96 (9)	Patriot Games	1/29/11
Natasha Druggan	2:33.08 (7)	Sweetheart Meet	2/10/11

Kellie Hall	2:33.46 (6)	Delaware Invite	1/7/11
Sam Carl	2:33.82 (7)	Delaware Invite	1/7/11
Arian Davis	2:36.17 (5-pt)	PL Champ.	2/18/11
Amanda Bonilla	2:36.38 (14)	Navy Lidlifter	12/1/10
Arian Davis	2:39.52 (14-pt)	ECAC Champ.	3/5/11
Christine Scales	2:43.08 (4-pt)	Sweetheart Meet	2/10/11
Krysta Porter Lott	2:48.22 (6-pt)	Sweetheart Meet	2/10/11
Ashley Robinson	3:00.42 (7-pt)	Sweetheart Meet	2/10/11
Ashley Robinson	3:01.62 (12-pt)	PL Champ.	2/18/11

### 1,000-meter Run

ECAC		2:56.24	
Navy Record		2:51.93 (Erin O'Marr, 1987)	
Name	Mark (Pl)	Meet	Date
Jess Palacio	2:52.70* (1)	Delaware Invite	1/7/11
Rachel Honrath	3:00.05 (2)	Army (Star Meet)	2/5/11
Liz Milewski	3:01.60 (3)	Army (Star Meet)	2/5/11
Rachel Honrath	3:01.87 (9)	PL Champ.	2/20/11
Rachel Honrath	3:04.01 (2)	Patriot Games	1/29/11
Mary Jordan	3:04.22 (4)	Army (Star Meet)	2/5/11
Erin Neumann	3:07.18 (12)	PL Champ.	2/20/11
Erin Neumann	3:08.28 (8)	Patriot Games	1/29/11
Rachel Honrath	3:09.75 (4)	Delaware Invite	1/7/11
Zatha Loewen	3:10.20 (10)	Patriot Games	1/29/11
Kellie Hall	3:13.18 (8)	Navy Invitational	1/15/11
Sam Carl	3:15.69 (11)	Navy Invitational	1/15/11
Mary Jordan	3:15.41 (5)	Delaware Invite	1/7/11
Mary Jordan	3:17.33 (13)	Navy Invitational	1/15/11

### Mile Run

NCAA / ECAC		4:37.00 / 4:59.04	
Navy Record		4:43.58 (Jess Palacio, 2011)	
Name	Mark (Pl)	Meet	Date
Jess Palacio	4:43.58* (1)	PL Champ.	2/20/11
Jess Palacio	4:56.93* (1)	Navy Invitational	1/15/11
Jess Palacio	4:58.97* (1)	Delaware Invite	1/7/11
Liz Milewski	5:02.09 (1)	Sweetheart Meet	2/10/11
Mollie Hebda	5:07.10 (5)	Last Chance	2/27/11
Jess Palacio	5:07.70 (1)	Army (Star Meet)	2/5/11
Liz Milewski	5:07.88 (2)	Army (Star Meet)	2/5/11
Liz Milewski	5:08.62 (6)	Patriot Games	1/29/11
Liz Milewski	5:09.31 (2)	Delaware Invite	1/7/11
Mollie Hebda	5:09.60 (8)	Patriot Games	1/29/11
Rachel Honrath	5:14.32 (3)	Sweetheart Meet	2/10/11
Zatha Loewen	5:15.47 (4)	Army (Star Meet)	2/5/11
Rachel Honrath	5:17.53 (10)	Patriot Games	1/29/11
Rachel Honrath	5:20.29 (7)	Navy Invitational	1/15/11
Zatha Loewen	5:21.68 (9)	Navy Invitational	1/15/11
Zatha Loewen	5:48.27 (15)	Delaware Invite	1/7/11

### 1,600-meter Run

Navy Record		9:34.44 (Melissa Foon, 2000)	
Name	Mark (Pl)	Meet	Date
Jess Palacio	4:55.79 (1)	Navy Lidlifter	12/1/10
Zatha Loewen	5:12.26 (4)	Navy Lidlifter	12/1/10
Rachel Honrath	5:14.37 (7)	Navy Lidlifter	12/1/10
Mary Jordan	5:24.92 (9)	Navy Lidlifter	12/1/10

### 3,000-meter Run

NCAA / ECAC		9:13.00 / 9:58.94	
Navy Record		9:34.44 (Melissa Foon, 2000)	
Name	Mark (Pl)	Meet	Date
Katie Taylor	9:57.42* (1)	Army (Star Meet)	2/5/11
Mollie Hebda	9:58.39* (2)	Army (Star Meet)	2/5/11
Liz Milewski	10:04.34 (3)	PL Champ.	2/20/11
Katie Taylor	10:06.34 (4)	Patriot Games	1/29/11
Mollie Hebda	10:07.62 (4)	PL Champ.	2/20/11
Brigid Byrne	10:09.23 (3)	Army (Star Meet)	2/5/11
Katie Taylor	10:09.50 (6)	PL Champ.	2/20/11
Brigid Byrne	10:10.11 (7)	PL Champ.	2/20/11
Mollie Hebda	10:11.64 (20)	ECAC Champ.	3/6/11
Katie Taylor	10:12.51 (4)	Navy Invitational	1/15/11
Mollie Hebda	10:13.20 (5)	Navy Invitational	1/15/11
Liz Milewski	10:13.76 (1)	Navy Lidlifter	12/1/10
Marina McGrail	10:13.90 (8)	PL Champ.	2/20/11
Brigid Byrne	10:16.85 (8)	Patriot Games	1/29/11
Katie Taylor	10:19.46 (1)	Delaware Invite	1/7/11
Mollie Hebda	10:19.80 (2)	Delaware Invite	1/7/11
Marina McGrail	10:20.54 (1)	Sweetheart Meet	2/10/11
Brigid Byrne	10:23.04 (2)	Navy Lidlifter	12/1/10
Zatha Loewen	10:24.80 (2)	Sweetheart Meet	2/10/11
Bethany Rahall	10:25.46 (16)	PL Champ.	2/20/11
Brigid Byrne	10:25.89 (3)	Delaware Invite	1/7/11
Katie Taylor	10:30.43 (3)	Navy Lidlifter	12/1/10

## 2010-11 Navy Women's Track Stats by Indoor Event

Anastasia Abid	10:33.87 (20)	Patriot Games	1/29/11
Bethany Rahall	10:56.90 (6)	Delaware Invite	1/7/11
Jacqueline Blackburn	11:06.51 (8)	Delaware Invite	1/7/11
Annie Barry	11:48.62 (10)	Delaware Invite	1/7/11

### 5,000-meter Run

NCAA / ECAC	16:07.50 / 17:33.64		
Navy Record	16:40.86 (Justine Whipple, 2006)		
Name	Mark (Pl.)	Meet	Date
Katie Taylor	17:16.76* (1)	Sweetheart Meet	2/10/11
Brigid Byrne	17:27.74* (12)	ECAC Champ.	3/5/11
Brigid Byrne	17:31.85* (3)	PL Champ.	2/20/11
Mollie Hebda	17:37.10 (2)	Sweetheart Meet	2/10/11
Marina McGrail	17:45.97 (8)	PL Champ.	2/20/11
Bethany Rahall	17:55.97 (3)	Sweetheart Meet	2/10/11
Katie Taylor	17:56.30 (11)	PL Champ.	2/20/11
Brigid Byrne	17:56.34 (1)	Navy Invitational	1/15/11
Liz Milewski	17:57.24 (2)	Navy Invitational	1/15/11
Bethany Rahall	17:57.26 (12)	PL Champ.	2/20/11
Katie Taylor	17:57.33 (19)	ECAC Champ.	3/5/11
Anastasia Abid	18:18.22 (4)	Sweetheart Meet	2/10/11
Bethany Rahall	18:22.83 (4)	Navy Invitational	1/15/11
Bethany Rahall	18:29.06 (2)	Navy Lidflifer	12/1/10
Jacqueline Blackburn	18:32.83 (7)	Navy Invitational	1/15/11
Jacqueline Blackburn	18:50.01 (5)	Sweetheart Meet	2/10/11
Jacqueline Blackburn	19:01.35 (3)	Navy Lidflifer	12/1/10

### 60-meter Hurdles

NCAA / ECAC	8.14 / 8.80		
Navy Record	8.70 (Kirsten Andrews, 2007)		

Name	Mark (Pl.)	Meet	Date
Ashley Aitken	8.91 (2)	PL Champ.	2/20/11
Ashley Aitken	8.96 (2p)	PL Champ.	2/19/11
Ashley Aitken	9.01 (2)	Army (Star Meet)	2/5/11
Ashley Aitken	9.12 (3p)	Patriot Games	1/29/11
Ashley Aitken	9.17 (3)	Navy Invitational	1/15/11
Ashley Aitken	9.18 (2)	Patriot Games	1/29/11
Ashley Aitken	9.23 (5)	Navy Lidflifer	12/1/10
Arian Davis	9.23 (6)	Navy Lidflifer	12/1/10
Ashley Aitken	9.29 (2)	Delaware Invite	1/7/11
Arian Davis	9.39 (5)	Navy Invitational	1/15/11
Arian Davis	9.43 (3-pt)	PL Champ.	2/18/11
Stephanie Payne	9.49 (4)	Army (Star Meet)	2/5/11
Arian Davis	9.67 (13-pt)	ECAC Champ.	3/5/11
Ashley Robinson	9.70 (7-pt)	PL Champ.	2/18/11
Stephanie Payne	9.70 (3-pt)	Sweetheart Meet	2/10/11
Stephanie Payne	9.79 (8)	Patriot Games	1/29/11
Ashley Robinson	9.82 (9)	Navy Lidflifer	12/1/10
Krysta Porter Lott	9.89 (10)	Navy Lidflifer	12/1/10
Krysta Porter Lott	9.94 (13)	Navy Invitational	1/15/11
Stephanie Payne	10.00 (10p)	Patriot Games	1/29/11
Ashley Robinson	10.01 (5-pt)	Sweetheart Meet	2/10/11
Ashley Robinson	10.04 (6)	Army (Star Meet)	2/5/11
Krysta Porter Lott	10.07 (6)	Delaware Invite	1/7/11
Krysta Porter Lott	10.09 (6-pt)	Sweetheart Meet	2/10/11
Stephanie Payne	10.10 (12)	Navy Lidflifer	12/1/10
Ashley Robinson	10.14 (16)	Navy Invitational	1/15/11
Daphne White	10.21 (7-pt)	Sweetheart Meet	2/10/11
Ashley Robinson	10.21 (12p)	Patriot Games	1/29/11
Stephanie Payne	10.26 (8)	Delaware Invite	1/7/11
Caitlyn Fine	10.32 (8-pt)	Sweetheart Meet	2/10/11
Caitlyn Fine	10.40 (18)	Navy Invitational	1/15/11
Caitlyn Fine	10.50 (13)	Navy Lidflifer	12/1/10
Caitlyn Fine	10.62 (10)	Delaware Invite	1/7/11
Stephanie Payne	10.65 (12p)	PL Champ.	2/19/11
Ashley Robinson	10.66 (11)	Patriot Games	1/29/11
Daphne White	10.75 (11)	Delaware Invite	1/7/11
Daphne White	10.78 (20)	Navy Invitational	1/15/11
Christine Scales	10.88 (9-pt)	Sweetheart Meet	2/10/11
Daphne White	11.19 (16)	Navy Lidflifer	12/1/10
Ashley Robinson	11.34 (12)	Delaware Invite	1/7/11
Katie Whitcombe	11.35 (17)	Navy Lidflifer	12/1/10
Katie Whitcombe	11.38 (21)	Navy Invitational	1/15/11
Katie Whitcombe	11.51 (11-pt)	Sweetheart Meet	2/10/11
Katie Whitcombe	11.54 (13)	Delaware Invite	1/7/11
Melanie Sluzewicz	11.61 (12-pt)	Sweetheart Meet	2/10/11
Ashley Robinson	11.70 (13p)	PL Champ.	2/19/11

<b>High Jump</b>	1.85m / 1.70m	
NCAA / ECAC	1.73m (Suzanne Dondero, 1997)	
Navy Record	1.73m (Suzanne Dondero, 1997)	

Name	Mark (Pl.)	Meet	Date
Kristin Smith	1.70m* (1)	PL Champ.	2/19/11
Kristin Smith	1.70m* (1)	Army (Star Meet)	2/5/11
Kristin Smith	1.70m* (1)	Patriot Games	1/29/11
Kristin Smith	1.69m (9)	ECAC Champ.	3/5/11
Christine Scales	1.65m (2)	PL Champ.	2/19/11
Melanie Sluzewicz	1.65m (2)	PL Champ.	2/19/11
Kristin Smith	1.65m (3)	Navy Invitational	1/15/11
Christine Scales	1.65m (5)	Navy Invitational	1/15/11
Christine Scales	1.65m (2)	Delaware Invite	1/7/11
Melanie Sluzewicz	1.61m (1-pt)	Sweetheart Meet	2/10/11
Christine Scales	1.61m (1-pt)	Sweetheart Meet	2/10/11
Christine Scales	1.60m (3)	Army (Star Meet)	2/5/11
Christine Scales	1.60m (3)	Patriot Games	1/29/11
Christine Scales	1.60m (2)	Navy Lidflifer	12/1/10
Arian Davis	1.55m (3-pt)	PL Champ.	2/18/11
Arian Davis	1.55m (10)	Navy Invitational	1/15/11
Kristin Smith	1.55m (3)	Delaware Invite	1/7/11
Arian Davis	1.55m (5)	Navy Lidflifer	12/1/10
Arian Davis	1.53m (14-pt)	ECAC Champ.	3/5/11
Ashley Aitken	1.50m (7)	Navy Lidflifer	12/1/10
Krysta Porter Lott	1.49m (4-pt)	Sweetheart Meet	2/10/11
Ashley Aitken	1.45m (6)	Army (Star Meet)	2/5/11
Ashley Robinson	1.40m (11-pt)	PL Champ.	2/18/11
Ashley Aitken	1.40m (9)	Patriot Games	1/29/11
Ashley Robinson	1.34m (9-pt)	Sweetheart Meet	2/10/11

### Pole Vault

NCAA / ECAC	4.30m / 3.60m	
Navy Record	4.07m (Jacqui Charrigo, 2008)	

Name	Mark (Pl.)	Meet	Date
Jordan Kronshage	3.30m (10)	PL Champ.	2/20/11
Christine Scales	3.30m (11)	PL Champ.	2/20/11
Christine Scales	3.25m (3)	Patriot Games	1/29/11
Jordan Kronshage	3.25m (3)	Patriot Games	1/29/11
Christine Scales	3.15m (2)	Navy Lidflifer	12/1/10
Christine Scales	3.10m (4)	Army (Star Meet)	2/5/11
Jordan Kronshage	3.10m (4)	Army (Star Meet)	2/5/11
Eli Rubin	3.10m (7)	Patriot Games	1/29/11
Jordan Kronshage	3.05m (2)	Sweetheart Meet	2/10/11
Meghan Connor	3.05m (3)	Sweetheart Meet	2/10/11
Eli Rubin	3.05m (4)	Sweetheart Meet	2/10/11
Eli Rubin	3.05m (4)	Delaware Invite	1/7/11
Christine Scales	3.05m (5)	Delaware Invite	1/7/11
Eli Rubin	3.00m (13)	PL Champ.	2/20/11
Meghan Connor	3.00m (13)	PL Champ.	2/20/11
Jordan Kronshage	3.00m (9)	Navy Invitational	1/15/11
Eli Rubin	2.95m (6)	Army (Star Meet)	2/5/11
Meghan Conner	2.90m (7)	Delaware Invite	1/7/11
Jordan Kronshage	2.90m (8)	Delaware Invite	1/7/11
Meghan Connor	2.85m (10)	Navy Invitational	1/15/11
Meghan Connor	2.70m (6)	Navy Lidflifer	12/1/10

### Long Jump

NCAA / ECAC	6.38m / 5.70m	
Navy Record	5.93m (Kirsten Andrews, 2007)	

Name	Mark (Pl.)	Meet	Date
Ashley Bucholz	5.43m (3)	PL Champ.	2/19/11
Ashley Bucholz	5.35m (1)	Army (Star Meet)	2/5/11
Ashley Bucholz	5.28m (8)	Navy Invitational	1/15/11
Ashley Bucholz	5.27m (5)	Navy Lidflifer	12/1/10
Ashley Bucholz	5.26m (5)	Patriot Games	1/29/11
Melanie Sluzewicz	5.18m (3)	Army (Star Meet)	2/5/11
Ashley Aitken	5.17m (6)	Navy Lidflifer	12/1/10
Christine Scales	5.16m (2-pt)	Sweetheart Meet	2/10/11
Arian Davis	5.13m (1-pt)	PL Champ.	2/18/11
Arian Davis	5.13m (12)	Navy Invitational	1/15/11
Arian Davis	5.12m (7)	Navy Lidflifer	12/1/10
Christine Scales	5.11m (2)	PL Champ.	2/19/11
Melanie Sluzewicz	5.06m (14)	PL Champ.	2/20/11
Ashley Bucholz	5.06m (4)	Delaware Invite	1/7/11
Arian Davis	5.05m (10-pt)	ECAC Champ.	3/5/11
Melanie Sluzewicz	5.00m (9)	Navy Lidflifer	12/1/10
Melanie Sluzewicz	4.96m (16)	Navy Invitational	1/15/11
Melanie Sluzewicz	4.90m (4-pt)	Sweetheart Meet	2/10/11
Ashley Aitken	4.89m (18)	Navy Invitational	1/15/11
Ashley Aitken	4.88m (6)	Delaware Invite	1/7/11
Jessica Ridgeway	4.86m (12)	Navy Lidflifer	12/1/10
Ashley Aitken	4.83m (4)	Army (Star Meet)	2/5/11
Melanie Sluzewicz	4.73m (14)	Patriot Games	1/29/11
Ashley Aitken	4.73m (14)	Patriot Games	1/29/11

Krysta Porter Lott	4.70m (5-pt)	Sweetheart Meet	2/10/11
Ashley Robinson	4.47m (11-pt)	PL Champ.	2/18/11
Ashley Robinson	4.32m (9-pt)	Sweetheart Meet	2/10/11

### Triple Jump

NCAA / ECAC	13.30m / 11.90m		
Navy Record	11.87m (Chantelle Nagbe, 1998)		

Name	Mark (Pl.)	Meet	Date
Ashley Bucholz	11.46m (2)	PL Champ.	2/20/11
Ashley Bucholz	11.36m (1)	Army (Star Meet)	2/5/11
Ashley Bucholz	11.35m (2)	Navy Lidflifer	12/1/10
Ashley Bucholz	11.30m (5)	Patriot Games	1/29/11
Ashley Bucholz	11.29m (2)	Navy Invitational	1/15/11
Ashley Bucholz	11.03m (3)	Delaware Invite	1/7/11
Audrey Stiles	10.54m (8)	PL Champ.	2/20/11
Ashley Robinson	10.53m (7)	Navy Lidflifer	12/1/10
Audrey Stiles	10.52m (9)	Navy Invitational	1/15/11
Audrey Stiles	10.32m (3)	Army (Star Meet)	2/5/11
Melanie Sluzewicz	10.25m (10)	Navy Lidflifer	12/1/10
Krysta Porter Lott	10.18m (10)	Navy Invitational	1/15/11
Audrey Stiles	10.12m (6)	Patriot Games	1/29/11
Ashley Robinson	10.09m (11)	Navy Invitational	1/15/11
Ashley Robinson	10.04m (5)	Army (Star Meet)	2/5/11
Audrey Stiles	9.98m (4)	Delaware Invite	1/7/11
Lauren Carpenter	9.81m (12)	Navy Lidflifer	12/1/10
Krysta Porter Lott	9.79m (13)	Navy Lidflifer	12/1/10
Melanie Sluzewicz	9.61m (13)	PL Champ.	2/20/11
Ashley Robinson	9.60m (6)	Delaware Invite	1/7/11
Lauren Carpenter	9.40m (15)	Navy Invitational	1/15/11
Lauren Carpenter	8.99m (10)	Delaware Invite	1/7/11
Krysta Porter Lott	8.95m (11)	Delaware Invite	1/7/11

### Shot Put

NCAA / ECAC	16.90m / 13.50m		
Navy Record	14.52m (Jen Leatherman, 2004)		

Name	Mark (Pl.)	Meet	Date
Teronda Brown	13.39m (1)	Navy Lidflifer	12/1/10
Amanda Phelps	13.13m (1)	Army (Star Meet)	2/5/11
Teronda Brown	13.11m (1)	Sweetheart Meet	2/10/11
Teronda Brown	13.07m (3)	PL Champ.	2/20/11
Janet von Eiff	13.02m (4)	PL Champ.	2/20/11
Teronda Brown	13.01m (1)	Delaware Invite	1/7/11
Teronda Brown	12.94m (2)	Army (Star Meet)	2/5/11
Teronda Brown	12.91m (3)	Patriot Games	1/29/11
Janet von Eiff	12.90m (4)	Patriot Games	1/29/11
Janet von Eiff	12.69m (3)	Army (Star Meet)	2/5/11
Lauren Allam	12.58m (7)	PL Champ.	2/20/11
Amanda Phelps	12.51m (6)	Patriot Games	1/29/11
Janet von Eiff	12.47m (4)	Navy Lidflifer	12/1/10
Amanda Phelps	12.45m (8)	PL Champ.	2/20/11
Janet von Eiff	12.41m (2)	Delaware Invite	1/7/11
Amanda Phelps	12.14m (5)	Navy Lidflifer	12/1/10
Teronda Brown	12.04m (8)	Navy Invitational	1/15/11
Lauren Allam	12.00m (2)	Sweetheart Meet	2/10/11
Joy Nameth	12.00m (6)	Navy Lidflifer	12/1/10
Janet von Eiff	11.63m (11)	Navy Invitational	1/15/11
Lauren Allam	11.63m (4)	Delaware Invite	1/7/11
Lauren Allam	11.59m (12)	Navy Invitational	1/15/11
Amanda Phelps	11.58m (5)	Delaware Invite	1/7/11
Amanda Phelps	11.43m (15)	Navy Invitational	1/15/11
Maressa Guynn	11.28m (10)	Patriot Games	1/29/11
Maressa Guynn	11.22m (11)	Navy Lidflifer	12/1/10
Maressa Guynn	11.16m (5)	Sweetheart Meet	2/10/11
Lauren Allam	11.15m (11)	Patriot Games	1/29/11
Maressa Guynn	11.02m (12)	PL Champ.	2/20/11
Arian Davis	10.85m (6)	Sweetheart Meet	2/10/11
Arian Davis	10.58m (4-pt)	ECAC Champ.	3/5/11
Arian Davis	10.45m (3-pt)	PL Champ.	2/18/11
Maressa Guynn	10.41m (19)	Navy Invitational	1/15/11
Lauren Allam	10.41m (13)	Navy Lidflifer	12/1/10
Maressa Guynn	10.33m (7)	Delaware Invite	1/7/11
Ashley Robinson	9.88m (2-pt)	Sweetheart Meet	2/10/11
Melanie Sluzewicz	9.49m (3-pt)	Sweetheart Meet	2/10/11
Ashley Robinson	9.37m (6-pt)	PL Champ.	2/18/11
Krysta Porter Lott	9.07m (4-pt)	Sweetheart Meet	2/10/11
Christine Scales	7.54m (7-pt)	Sweetheart Meet	2/10/11

## 2010-11 Navy Women's Track Stats by Indoor Event

### Weight Throw

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

Name	Mark (Pl.)	Meet	Date
Amanda Phelps	17.12m* (1)	Navy Lidfliter	12/1/10
Amanda Phelps	17.11m* (1)	Army (Star Meet)	2/5/11
Amanda Phelps	17.03m* (1)	PL Champ.	2/19/11
Amanda Phelps	16.79m* (1)	Patriot Games	1/29/11
Amanda Phelps	16.44m* (1)	Navy Invitational	1/15/11
Amanda Phelps	16.34m* (1)	Delaware Invite	1/7/11
Amanda Phelps	16.09m* (12)	ECAC Champ.	3/6/11
Joy Nameth	14.80m (6)	Navy Lidfliter	12/1/10
Ella Starr	14.12m (1)	Sweetheart Meet	2/10/11
Janet von Eiff	13.89m (2)	Army (Star Meet)	2/5/11
Janet von Eiff	13.77m (7)	Navy Lidfliter	12/1/10
Maressa Guynn	13.72m (8)	PL Champ.	2/19/11
Janet von Eiff	13.45m (2)	Delaware Invite	1/7/11
Maressa Guynn	13.40m (4)	Army (Star Meet)	2/5/11
Maressa Guynn	13.30m (3)	Delaware Invite	1/7/11
Ella Starr	12.85m (10)	Navy Invitational	1/15/11
Maressa Guynn	12.78m (11)	Navy Invitational	1/15/11
Janet von Eiff	12.75m (8)	Patriot Games	1/29/11
Teronda Brown	12.72m (13)	Navy Invitational	1/15/11
Ella Starr	12.53m (11)	Navy Lidfliter	12/1/10
Maressa Guynn	12.49m (9)	Patriot Games	1/29/11
Teronda Brown	12.47m (2)	Sweetheart Meet	2/10/11
Lauren Allam	12.47m (2)	Sweetheart Meet	2/10/11
Maressa Guynn	12.42m (12)	Navy Lidfliter	12/1/10
Teronda Brown	12.31m (4)	Delaware Invite	1/7/11
Janet von Eiff	12.21m (16)	Navy Invitational	1/15/11
Teronda Brown	12.15m (16)	PL Champ.	2/19/11
Teronda Brown	11.85m (14)	Navy Lidfliter	12/1/10
Lauren Allam	11.84m (7)	Delaware Invite	1/7/11
Lauren Allam	11.81m (17)	PL Champ.	2/19/11
Lauren Allam	10.65m (15)	Navy Lidfliter	12/1/10
Amanda Ragan	10.35m (4)	Sweetheart Meet	2/10/11
Lauren Allam	10.34m (23)	Navy Invitational	1/15/11
Amanda Ragan	8.80m (24)	Navy Invitational	1/15/11
Katherine Poulin	8.39m (19)	Navy Lidfliter	12/1/10
Katherine Poulin	8.10m (25)	Navy Invitational	1/15/11

### 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, Smith, Murph, Littlejohn	3:53.91 (1)	PL Champ.	2/20/11
McFadden, Carson, Murph, Littlejohn	3:56.31 (1)	Army (Star Meet)	2/5/11
Littlejohn, Carson, Murph, Smith	4:00.94 (3)	Navy Lidfliter	12/1/10
McFadden, Smith, Murph, Littlejohn	4:02.84 (20p)	ECAC Champ.	3/5/11
McFadden, Carson, Smith, Littlejohn	4:05.35 (4)	Patriot Games	1/29/11
McFadden, Littlejohn, Murph, Smith	4:06.17 (2)	Delaware Invite	1/7/11
McFadden, Smith, Littlejohn, Murph	4:09.63 (10)	Navy Invitational	1/15/11
Druggan, Payne, Whitcombe, Fine	4:14.57 (6)	Patriot Games	1/29/11
McFadden, Whitcombe, Caesar, Bonilla	4:16.16 (7)	Navy Lidfliter	12/1/10
Payne, Minker, Druggan, Fine	4:18.29 (9)	Navy Lidfliter	12/1/10
Carpenter, Minker, White, Caesar	4:18.75 (8)	Patriot Games	1/29/11
Druggan, Slater, Minker, Payne	4:23.15 (12)	Navy Invitational	1/15/11
Carson, Caesar, Druggan, Bonilla	4:23.30 (6)	Delaware Invite	1/7/11
Whitcombe, Payne, Minker, Fine	4:25.62 (7)	Delaware Invite	1/7/11
Hall, Carl, Jordan, Loewen	4:27.08 (8)	Delaware Invite	1/7/11

### 4x800-meter Relay

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

Name	Mark (Pl.)	Meet	Date
Milewski, Murph, Neumann, Palacio	8:59.78* (1)	PL Champ.	2/19/11
Palacio, Hall, Loewen, Carl	9:24.73* (1)	Army (Star Meet)	2/5/11
Hall, Milewski, Carl, Palacio	9:36.16 (1)	Navy Lidfliter	12/1/10
Palacio, Milewski, Neumann, Loewen	9:42.22 (1)	Patriot Games	1/29/11
Jordan, Honrath, Loewen, Byrne	9:54.87	Navy Lidfliter (4)	12/1/10

### Distance Medley Relay

NCAA / ECAC 11:05.50 / 12:08.64  
Navy Record 11:54.03 (Procaccini, Jossis, Waters, Foon - 2001)

Name	Mark (Pl.)	Meet	Date
Milewski, Carson, Hall, Palacio	12:09.53 (2)	Navy Invitational	1/15/11
Jordan, Bonilla, Maw, Hebda	12:37.07 (4)	Patriot Games	1/29/11
Neumann, Carson, Druggan, Honrath	12:43.65 (7)	PL Champ.	2/20/11

### Sprint Medley Relay

Name	Mark (Pl.)	Meet	Date
Ridgeway, McFadden, Littlejohn, Murph	4:11.04 (1)	Sweetheart Meet	2/10/11
Payne, Bucholz, Fine, Bonilla	4:30.19 (4)	Sweetheart Meet	2/10/11
Carson, Druggan, Minker, Whitecombe	4:34.51 (5)	Sweetheart Meet	2/10/11
Stiles, Caesar, Carpenter, Slater	4:44.53 (7)	Sweetheart Meet	2/10/11

### Pentathlon

NCAA / ECAC 4,075 / 3,450  
Navy Record 3,467 (Joanna Helm, 2000)

Name	Mark (Pl.)	Meet	Date		
Arian Davis	3,272 pts (1)	PL Champ.	2/18/11		
Arian Davis	60m Hurdles 9.43 / 822	High Jump 1.55m / 678	Shot Put 10.45m / 559	Long Jump 5.13m / 595	800m 2:36.17 / 618
Christine Scales	3,148 (15)	ECAC Champ.	3/5/11		
Christine Scales	60m Hurdles 9.67 / 775	High Jump 1.53m / 655	Shot Put 10.58m / 667	Long Jump 5.05m / 573	800m 2:39.52 / 578
Krysta Porter Lott	2,814 pts (3)	Sweetheart Meet	2/10/11		
Ashley Robinson	60m Hurdles 10.88 / 556	High Jump 1.61m / 747	Shot Put 7.54m / 310	Long Jump 5.16m / 603	800m 2:43.08 / 538
Ashley Robinson	2,735 pts (4)	Sweetheart Meet	2/10/11		
Ashley Robinson	60m Hurdles 10.09 / 695	High Jump 1.49 / 610	Shot Put 9.07m / 469	Long Jump 4.70m / 470	800m 2:48.22 / 482
Ashley Robinson	2,540 pts (12)	PL Champ.	2/19/11		
Ashley Robinson	60m Hurdles 9.70 / 769	High Jump 1.40m / 512	Shot Put 9.37m / 488	Long Jump 4.47m / 421	800m 3:01.62 / 350
Ashley Robinson	2,426 pts (6)	Sweetheart Meet	2/10/11		
Ashley Robinson	60m Hurdles 10.01 / 710	High Jump 1.34m / 449	Shot Put 9.88m / 522	Long Jump 4.32m / 384	800m 3:00.42 / 361

\*Denotes ECAC qualifying performance

Running times (200m and up/relays) are converted for Delaware Invite, Patriot Games and Army Meet due to track size.

### Top Indoor Performances (2010-11)

Event	Athlete	Time/Mark
60m	Jessica Ridgeway	7.89
200m	Arabia Littlejohn	25.44
400m	Arabia Littlejohn	57.32
500m	Mansfield Murph	1:14.18*
800m	Jess Palacio	2:05.89*
1,000m	Jess Palacio	2:52.70*
Mile	Jess Palacio	4:43.58*
1,600m	Jess Palacio	4:55.79
3,000m	Katie Taylor	9:57.42*
	Mollie Hebda	9:58.39*
5,000m	Katie Taylor	17:16.76*
	Brigid Byrne	17:31.85*
60m Hurdles	Ashley Aitken	8.91
High Jump	Kristin Smith	1.70m*
Pole Vault	C. Scales/J. Kronshage	3.30m
Long Jump	Ashley Bucholz	5.43m
Triple Jump	Ashley Bucholz	11.46m
Shot Put	Teronda Brown	13.39m
Weight Throw	Amanda Phelps	17.12m*
Pentathlon	Arian Davis	3,272 pts.
4 x 400m Relay	McFadden, Smith, Murph, Littlejohn	3:53.91
4 x 800m Relay	Milewski, Murph, Neumann, Palacio	8:59.78*
DMR	Milewski, Carson, Hall, Palacio	12:09.53
Sprint Medley Relay	Ridgeway, McFadden, Littlejohn, Murph	4:11.04

\*Denotes ECAC qualifying performance

### 2011 Patriot League Indoor Championship

#### Final Team Standings

1. Navy	157
2. Bucknell	117
3. Lehigh	95
4. Army	67
5. Colgate	58
6. Lafayette	50
7. Holy Cross	48
8. American	28

#### 2010-11 Awards and Honors

#### 2011 ECAC Indoor Championship

T-46th place/2 points  
1 All-East performer

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

Mansfield Murph, 500m (7th)

#### Patriot League Indoor Championship Track-Athlete of the Meet

Jess Palacio

#### Patriot League Indoor Coach of the Year

Carla Criste

#### Patriot League Individual/Relay Indoor Champions

Jess Palacio - 800m (2:11.93), Mile Run (4:43.58)  
Arabia Littlejohn - 400m (57.32)  
Mansfield Murph - 500m (1:15.04)  
Kristin Smith - High Jump (5-7)  
Weight Throw - Amanda Phelps (55-10½)  
Pentathlon - Arian Davis (3,272 pts)  
4x400 relay - McFadden, Smith, Murph, Littlejohn (3:53.91)  
4x800 relay - Milewski, Murph, Neumann, Palacio (8:59.78)

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

Ashley Aitken - 60m hurdles (8.91)  
Christine Scales - High Jump (5-5)  
Melanie Sluzewicz - High Jump (5-5)  
Ashley Bucholz - Triple Jump (37-7¼)

#### New Patriot League Championship Records

Jess Palacio - Mile Run (4:43.58)

#### Athlete of the Week

Jess Palacio  
PL Track-Athlete of the Week (Jan. 10)  
PL Track-Athlete of the Week (Jan. 17)  
PL Track-Athlete of the Week (Jan. 31)  
PL Track-Athlete of the Week (Feb. 14)  
Amanda Phelps  
PL Field-Athlete of the Week (Jan. 10)  
PL Field-Athlete of the Week (Jan. 17)  
Teronda Brown  
PL Rookie of the Week (Jan. 10)

## 2010-11 Navy Women's Track Stats by Indoor Event

### Patriot League All-Academic Team

Brigid Byrne  
Liz Milewski

Teronda Brown 5th, 13.39m  
Amanda Phelps 6th, 13.18m  
Lauren Allam 10th, 12.58m

### Weight Throw

Amanda Phelps 2nd, 17.12m

### USTFCCA Mid-Atlantic Region Poll

Week 1 (Jan. 25) No. 14  
Week 2 (Feb. 1) No. 11  
Week 3 (Feb. 8) No. 12  
Week 4 (Feb. 15) No. 15  
Week 5 (Feb. 22) No. 11  
Week 6 (March 1) No. 13  
Week 7 (March 8) No. 13

### Pentathlon

Arian Davis 2nd, 3,326

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

### Individual Star Meet Victories

Mansfield Murph 400  
Arabia Littlejohn 500  
Jess Palacio 800, Mile  
Katie Taylor 3,000  
Ashley Bucholz Long Jump, Triple Jump  
Kristin Smith High Jump  
Amands Phelps Weight Throw, Shot Put  
McFadden, Murph, Carson, Littlejohn 4x400  
Palacio, Hall, Carl, Milewski 4x800

### 200-meter Run

Arabia Littlejohn 10th, 25:44, 2/19/11

### 800-meter Run

Jess Palacio **1st, 2:05.89, 3/5/11**  
2nd, 2:06.27, 2/27/11  
3rd, 2:07.27, 2/10/11  
4th, 2:08.69, 1/29/11

### 1,000-meter Run

Jess Palacio 2nd, 2:52.70, 1/7/11

### Mile Run

Jess Palacio **1st, 4:43.58, 2/20/11**

### 5,000-meter Run

Katie Taylor 8th, 17:16.76, 2/10/11

### High Jump

Kristin Smith T-2nd, 1.70m (5'7"), 1/29/11, 2/5/11, 2/19/11  
T-7th, 1.69m, 3/5/11

### Shot Put

Teronda Brown 10th, 13.39m, 12/1/10

### Weight Throw

Amanda Phelps 7th, 17.12m, 12/1/10  
8th, 17.11m, 2/5/11  
9th, 17.03m, 2/19/11  
10th, 16.79m, 1/29/11

### Pentathlon

Arian Davis 3rd, 3,272, 2/18/11  
9th, 3,148, 3/5/11

### 4x400 Relay

McFadden, Smith, Murph, Littlejohn 7th, 3:53.91, 2/20/11

### 4x800 Relay

Milewski, Neumann, Murph, Palacio **1st, 8:59.78, 2/19/11**

### DMR

Milewski, Carson, Hall, Palacio 10th, 12:09.53, 1/15/11

### Active Midshipmen on Top-10 Performance List

#### 60m Dash

Jessica Ridgway 4th, 7.89  
Mansfield Murph 9th, 8.05  
Colleen McFadden 9th, 8.05

#### 200m Dash

Arabia Littlejohn 4th, 25.44  
Mansfield Murph 6th, 25.77  
Jessica Ridgway 9th, 25.88

#### 400m Dash

Arabia Littlejohn 4th, 57.32  
Mansfield Murph 10th, 58.38

#### 500m Dash

Mansfield Murph 3rd, 1:14.18

#### 800m Run

Jess Palacio 1st, 2:05.89  
Mansfield Murph 8th, 2:15.69

#### 1,000m Run

Jess Palacio 2nd, 2:52.70

#### Mile Run

Jess Palacio 1st, 4:43.58

#### 3,000m Run

Katie Taylor 7th, 9:57.42  
Mollie Hebda 8th, 9:58.39  
Liz Milewski 10th, 10:04.34

#### 5,000m Run

Katie Taylor 4th, 17:16.76  
Brigid Byrne 8th, 17:27.74

#### 60m Hurdles

Ashley Aitken 4th, 8.82  
Arian Davis 10th, 9.23

#### High Jump

Kristin Smith 2nd, 1.70m  
Christine Scales 6th, 1.65m  
Melanie Sluzewicz 6th, 1.65m

#### Long Jump

Ashley Bucholz 9th, 5.47m

#### Triple Jump

Ashley Bucholz 7th, 11.46m

#### Pole Vault

Jordan Kronshage 6th, 3.30m  
Christine Scales 6th, 3.30m  
Eli Rubin 10th, 3.10m

#### Shot Put

Janet von Eiff 3rd, 13.48m