



2012 NC State Women's Indoor Track & Field

Top Times & Marks • Jan. 30

TOP TIMES BY EVENT

60m Dash - 7.39, Felicia Fant, 2004

7.71	Paige Eley	Hokie Invitational
7.71q	Paige Eley	UNC Invitational
7.72	Paige Eley	VT Elite

60m Hurdles - 8.07, Ebony Foster, 2006

8.98q	Taylor Graham	UNC Invitational
9.00f	Taylor Graham	UNC Invitational
9.05	Taylor Graham	VT Elite
9.44	Kerrie Davis	UNC Invitational

200m Dash - 23.88, Ebony Foster, 2006

25.33	Paige Eley	VT Elite
25.40	Paige Eley	VT Invitational
25.79	Paige Eley	Hokie Invitational

300m Dash --

40.99	Jazueline Daniels	Hokie Invitational
42.25	Sharese Roberts	Hokie Invitational
45.18	Shelby Phillips	Hokie Invitational

400m Dash - 52.71, Lashawnda McKinnon, 1998

58.70	Denae Ford	VT Elite
58.81	Colleen McGuire	VT Elite
59.40	Sharese Roberts	VT Elite

500m Run

1:18.99	Denae Ford	VT Invitational
1:25.64	Shelby Phillips	VT Invitational

600m Run

1:36.85	Marika Walker	Hokie Invitational
1:38.95	Amira Chowyuk	UNC Invitational
1:39.48	Amira Chowyuk	Hokie Invitational

800m Run - 2:07.66, Mary Ann Carraher, 1989

2:14.87	Anna Gillespie	VT Elite
2:16.18	Marika Walker	VT Elite
2:17.70	Anna Gillespie	Hokie Invitational

1,000m Run -

2:54.32	Kenyetta Iyevbele	Hokie Invitational
2:54.51	Tiayonna Blackmon	Hokie Invitational
2:54.74	Erin Mercer	Hokie Invitational

Mile Run - 4:37.39, Jemissa Hess, 2006

4:54.93	Laura Hoer	VT Elite
4:58.93	Joanna Thompson	VT Elite
5:03.17	Samantha Norman	UNC Invitational

3,000m Run - 9:03.47, Julia Lucas, 2007

9:49.58	Erin Mercer	VT Elite
9:55.38	Samantha Norman	VT Elite
10:08.83	Jordan Jenkins	VT Elite

5,000m Run - 15:55.26, Laurie Gomez, 1991

4X400 Relay - 3:42.39 (Blumenthal, Wayhon, Rogers, Streater), 1993

3:56.34	Ford, Daniels, McGuire, Walker	VT Elite
3:59.34	Love, Walker, Iyevbele, Blackmon	Hokie Invitational
4:07.77	Ford, Love, McGuire, Roberts	

UNC Invitational

Distance Medley Relay, 11:34.15 (Erin Mercer, Kenyetta Iyevbele Tiayonna Blackmon, Lillian Greibesland), 2011

High Jump - 1.83m (6'0"), Multiple Times

5' 05"	Elizabeth Shuman	VT Invitational
5' 05"	Elizabeth Shuman	UNC Invitational
5' 05"	Elizabeth Shuman	VT Elite
5' 05"	Danielle Adams	UNC Invitational

Long Jump - 6.25 (20-6 1/4), DeMiracle Washington, 2008

20'01"	Karimah Shepherd	UNC Invitational
19' 09"	Karimah Shepherd	VT Elite
19' 05.25"	Karimah Shepherd	Hokie Invitational

Triple Jump - 44'00.50", Sherlane Armstrong, 1998

40' 5.50"	Karimah Shepherd	Hokie Invitational
40' 02.25"	Karimah Shepherd	VT Invitational
39' 04"	Jazueline Daniels	VT Elite

Shot Put- L. Henry, 16.21m (53' 2 1/4"), 2009

49' 09"	Tremanisha Taylor	UNC Invitational
48' 09"	Tremanisha Taylor	CN Invitational
47' 11"	Tremanisha Taylor	Hokie Invitational

Wt. Throw-L. Henry, 19.52 (64'00.50"), 2010

61' 4.75"	Lawanda Henry	VT Invitational
60' 08"	Lawanda Henry	UNC Invitational
60' 01.75"	Lawanda Henry	Hokie Invitational

NOTES

Bold = School Record

q = Preliminary

Italics = ACC Record

a = NCAA Automatic

INDIVIDUAL PERFORMANCES

Danielle Adams, RS-Jr., Jacksonville, NC

EventFinish	Meet	Mark
HJ	3	UNC Invitational 5' 05"
HJ	T7	VT Invitational 5'03"
HJ	--	VT Elite NH
HJ	--	Hokie Invitational NH

Erika Alpeter, RS-Jr., Galloway, OH

EventFinish	Meet	Mark
-------------	------	------

Carissa Best, RS-Soph., Greenville, N.C

EventFinish	Meet	Mark
300m	30	VT Invitational 44.49

Tiayonna Blackmon, Sr., Rock Hill, SC

EventFinish	Meet	Mark
1,000m	5	Hokie Invitational 2:54.51
Mile	10	VT Elite 5:09.86

Nichole Chavis, Fr., Lumberton, N.C.

EventFinish	Meet	Mark
-------------	------	------

Jazmyne Childs, Fr., Charlotte, N.C.

EventFinish	Meet	Mark
-------------	------	------

Amira Chowyuk, Sr., Virginia Beach, VA

EventFinish	Meet	Mark
600m	2	UNC Invitational 1:38.95
600m	20	Hokie Invitational 1:39.48
800m	16	VT Elite 2:19.98

Andie Cozzarelli, Sr., Apex, NC

EventFinish	Meet	Mark
3,000m	--	VT Elite DNF

Jazueline Daniels, Jr., Kernersville, NC

EventFinish	Meet	Mark
200m	30	CN Invitational 27.20
300m	14	Hokie Invitational 40.99
400m	11	UNC Invitational 1:00.49
400m	10	CN Invitational 1:00.63
TJ	9	VT Elite 39' 04"
TJ	14	Hokie Invitational 37' 06"
TJ	--	VT Invitational Foul
HJ	6	CN Invitational 5' 03.75

Kaitlyn Davis, RS-Fr., Stafford, Va.

EventFinish	Meet	Mark
-------------	------	------

Kerrie Davis, RS-Fr., Greensboro, NC

EventFinish	Meet	Mark
60m	31	VT Invitational 7.98
60m	26	Hokie Invitational 8.02
60m	--	CN Invitational FS
60m H	15	VT Elite 9.43
60m H	9	UNC Invitational 9.44
200m	10	UNC Invitational 26.14
200m	26	VT Elite 26.29
200m	39	CN Invitational 27.57

Lauren Doherty, RS-Soph., Cambridge, Ontario

EventFinish	Meet	Mark
Mile	13	UNC Invitational 5:27.20
3,000m	--	VT Elite DNF

Emily Egelhoff-Whalen, RS-Soph., Asheville, NC

EventFinish	Meet	Mark
-------------	------	------

Paige Eley, Jr., Raleigh, NC

EventFinish	Meet	Mark
60m	10	Hokie Invitational 7.71
60m	3	UNC Invitational 7.71f
60m	10	VT Elite 7.72
60m	1	UNC Invitational 7.73q
60m	9	CN Invitational 7.82q
60m	10	CN Invitational 7.84f
60m	27	VT Invitational 7.88
200m	11	VT Elite 25.33
200m	21	VT Invitational 25.40
200m	17	Hokie Invitational 25.79
200m	9	UNC Invitational 25.84
200m	15	CN Invitational 26.57

Stephanie Ellis, Jr., Hickory, NC

EventFinish	Meet	Mark
60m	13	UNC Invitational 8.13
60m	35	Hokie Invitational 8.20
60m	40	VT Invitational 8.20
60m	32	CN Invitational 8.24
200m	36	VT Elite 27.02
200m	36	Hokie Invitational 27.22
200m	36	VT Invitational 27.23

200m 19 UNC Invitational 27.27	EventFinish Meet Mark	EventFinish Meet Mark
200m 47 CN Invitational 28.00	1,000m 4 Hokie Invitational 2:54.32	200m 27 VT Elite 26.30
400m 22 VT Elite 1:03.93	Mile - VT Elite DNF	200m 31 Hokie Invitational 26.59
Olivia Enright, Fr., Cary, N.C.	Jordan Jenkins, RS-Soph., McSherrytown, Pa.	200m 34 CN Invitational 27.39
EventFinish Meet Mark	EventFinish Meet Mark	300m 20 Hokie Invitational 42.25
Caitlynn Filla, Fr., Stuarts Draft, Va.	Mile 2 UNC Invitational 5:07.17	300m 22 VT Invitational 42.61
EventFinish Meet Mark	3,000m 5 VT Elite 10:08.83	400m 17 VT Elite 59.40
HJ 6 UNC Invitational 5' 03"	Margaret Leak, Fr., Winston-Salem, N.C.	400m 12 UNC Invitational 1:00.73
HJ -- VT Invitational NH	EventFinish Meet Mark	400m 34 CN Invitational 1:03.66
HJ -- Hokie Invitational NH	Morgan Love, Fr., Marietta, Ga.	Nina Scott-Emaukpor, Jr., Greensboro, N.C.
HJ -- VT Elite NH	EventFinish Meet Mark	EventFinish Meet Mark
Denae Ford, Soph., Landover, Md.	200m 29 VT Invitational 26.44	200m 49 CN Invitational 28.07
EventFinish Meet Mark	200m 13 CN Invitational 26.47	400m 40 CN Invitational 1:07.39
200m 38 CN Invitational 27.54	200m 33 VT Elite 26.59	Karimah Shepherd, Jr., Chesapeake, VA
400m 14 VT Elite 58.70	200m 12 UNC Invitational 26.66	EventFinish Meet Mark
400m 9 UNC Invitational 1:00.05	400m 20 Hokie Invitational 1:00.61	60m 21 CN Invitational 8.01
400m 12 CN Invitational 1:01.32	400m 20 VT Elite 1:01.02	200m 36 CN Invitational 27.42
400m -- VT Invitational FS	400m 14 VT Invitational 1:01.90	LJ 1 UNC Invitational 20' 01"
500m 20 VT Invitational 1:18.99	Colleen McGuire, Soph., West End, N.C.	LJ 1 VT Elite 19' 09"
Deanna Foshee, Fr., Cary, N.C.	EventFinish Meet Mark	LJ 3 Hokie Invitational 19' 05.25"
EventFinish Meet Mark	200m 25 VT Elite 26.24	LJ T5 VT Invitational 19' 02"
1,000m 7 Hokie Invitational 2:56.75	200m 32 Hokie Invitational 26.60	TJ 5 Hokie Invitational 40' 05.50"
Mile 9 VT Elite 5:06.15	200m 34 VT Invitational 26.89	TJ 5 VT Invitational 40' 02.25"
Erin Foshee, Fr., Cary, N.C.	400m 15 VT Elite 58.81	TJ 12 VT Elite 37' 07.25"
EventFinish Meet Mark	400m 18 Hokie Invitational 59.70	Cora Shull, RS-Jr., Greensboro, N.C.
800m 13 VT Elite (unattached) 2:16.63	400m 8 UNC Invitational 59.93	EventFinish Meet Mark
Anna Gillespie, RS-Jr., Greensboro, NC	400m 12 VT Invitational 1:00.78	Elizabeth Shuman, Soph., Timonium, MD
EventFinish Meet Mark	400m 19 CN Invitational 1:02.03	EventFinish Meet Mark
800m 10 VT Elite 2:14.87	Erin Mercer, RS-Soph., Peninsula, Ohio	HJ 10 VT Elite 5' 05"
800m 8 Hokie Invitational 2:17.70	EventFinish Meet Mark	HJ 2 UNC Invitational 5' 05"
Taylor Graham, Sr., High Point, NC	1,000m 6 Hokie Invitational 2:54.74	HJ T3 VT Invitational 5' 05"
EventFinish Meet Mark	3,000m 2 VT Elite 9:49.58	HJ 8 Hokie Invitational 5'04.25"
60m 39 VT Invitational 8.12	Halsey Merritt, RS-Soph., Durham, NC	HJ 3 CN Invitational 5' 03.75"
60m 32 Hokie Invitational 8.15	EventFinish Meet Mark	Tremanisha Taylor, RS-Fr., Henderson, N.C.
60m H 6 UNC Invitational 8.98q	Mile 11 UNC Invitational 5:21.84	EventFinish Meet Mark
60m H 7 UNC Invitational 9.00f	3,000m 11 VT Elite 10:19.61	SP 2 UNC Invitational 49' 09"
60m H 10 VT Elite 9.05	Samantha Norman, RS-Soph., Louisville, Ohio	SP 1 CN Invitational 48' 09"
200m 31 VT Elite 26.53	EventFinish Meet Mark	SP 1 Hokie Invitational 47' 11"
Lillian Greibesland, Soph., Warwick, NY	Mile 1 UNC Invitational 5:03.17	Sp 8 VT Elite 46' 04"
EventFinish Meet Mark	3,000m 5 VT Elite 9:55.38	SP 5 VT Invitational 45' 01.50"
Jen Haley, RS-Fr., Jericho, Vt.	Kortney Pearce, RS-Fr., Willow Spring, N.C.	WT 3 UNC Invitational 55' 07.75"
EventFinish Meet Mark	EventFinish Meet Mark	WT 9 VT Elite 54' 08"
Alexa Harvey, Fr., Arden, N.C.	WT 6 VT Elite 57' 07"	WT 2 CN Invitational 53' 09.25"
EventFinish Meet Mark	WT 3 VT Invitational 56' 09.25"	WT 7 VT Invitational 52' 02.50"
Ryanna Henderson, RS-Soph., Jacksonville, NC	WT 4 Hokie Invitational 55' 04.75"	Johanna Thompson, Fr., Knoxville, Tenn.
EventFinish Meet Mark	WT 4 UNC Invitational 55' 01"	EventFinish Meet Mark
Lawanda Henry, RS-Sr., Dunn, NC	SP 10 UNC Invitational 39' 03"	Mile 6 VT Elite 4:58.93
EventFinish Meet Mark	SP 14 VT Elite 37' 10.50"	Leah Vaughn, RS-Jr., Raleigh, NC
WT 2 VT Invitational 61' 04.75"	Shelby Phillips, Jr., Pfafftown, NC	EventFinish Meet Mark
WT 1 UNC Invitational 60'08"	EventFinish Meet Mark	Brittany View, Sr., Bowie, Md.
WT 1 Hokie Invitational 60' 01.75"	200m 39 VT Elite 28.35	EventFinish Meet Mark
WT 1 CN Invitational 57' 06.50"	300m 25 Hokie Invitational 45.18	600m 4 UNC Invitational 1:41.20
Laura Hoer, RS-Fr., Arden, N.C.	400m 21 VT Elite 1:02.94	600m 22 Hokie Invitational 1:42.28
EventFinish Meet Mark	400m 15 UNC Invitational 1:03.08	800m 25 VT Elite 2:23.73
Mile 4 VT Elite 4:54.93	500m 25 VT Invitational 1:25.64	Marika Walker, RS-Sr., Bowie, Md.
Alison Hofmann, RS-Soph., Charlotte, N.C.	600m 28 Hokie Invitational 1:46.56	EventFinish Meet Mark
EventFinish Meet Mark	Emily Pritt, RS-Jr., North Canton, Ohio	600m 13 Hokie Invitational 1:36.85
Kenyetta Iyevbele, Soph., Charlotte, NC	EventFinish Meet Mark	800m 12 VT Elite 2:16.18
Sharese Roberts, Fr., Manassas Park, Va.	Natalie Rich, RS-Fr., Rocky Mount, N.C.	Mile 5 UNC Invitational 5:17.49
Sharese Roberts, Fr., Manassas Park, Va.	EventFinish Meet Mark	SeQuoia Watkins, Fr., Asheville, N.C.
		EventFinish Meet Mark
		Shot 7 UNC Invitational (unat.) 49' 09"

Mattie Webb, Fr., Crozet, Va.		
Event	Finish	Mark
Meet		
Taryn Wentz, Sr., Marshville, N.C.		
Event	Finish	Mark
WT	8	47' 07.25"
Jasmine Wilson, RS-Sr., Granite Falls, N.C.		
Event	Finish	Mark
Meet		
NC State		
4X400 Relay	VT Elite	3:56.34
	Ford, Daniels, McGuire, Walker	
4X400 Relay	Hokie Invitational	3:59.34
	Love, Walker, Iyevbele, Blackmon	
4X400 Relay	UNC Invitational	4:07.77
	Ford, Love, McGuire, Roberts	

2012 Indoor Schedule

Dec. 4	Christopher Newport Inv.	Newport News, Va.
Jan. 13-14	Va. Tech Invitational	Blacksburg, Va.
Jan. 20-21	Hokie Invitational	Blacksburg, Va.
Jan. 27-28	UNC invitational	Chapel Hill, N.C.
Feb. 3-4	Virginia Tech Elite	Blacksburg, Va.
Feb. 10-11	Tyson Invitational	Fayetteville, Ark.
	Husky Invitational	Seattle, Wash.
Feb. 11	Valentine Invitational	Boston, Mass.
Feb. 11	JDL Fast Track Inv.	Winston-Salem, N.C.
Feb. 17-18	Virginia Tech Challenge	Blacksburg, Va.
Feb. 18	Gene Anderson Inv.	Chapel Hill, N.C.
Feb. 23-25	ACC Championships	Blacksburg, Va.
March 3	VT Final Qualifier	Blacksburg, Va.
March 9-10	NCAA Champs.	Nampa, Id.

Media Information

NC State Media Relations
 PO Box 8502 (Weisiger-Brown Athletics Bldg.)
 Raleigh, NC 27695
 Phone: 919-515-2102 Fax: 919-515-2898
 Website: www.GoPack.com
 Track & Field contact: Tim Peeler
 email: tim_peeler@ncsu.edu
 NC State top times: www.GoPack.com
 ACC top times: www.TheACC.com
 NCAA top times: www.NCAASports.com