

**Villanova University Women's Indoor Track  
2004-05 Best Times / Highest Finishes  
Through February 5**

|                         |             |                     |
|-------------------------|-------------|---------------------|
| <u>55 Meter Dash</u>    | <u>Time</u> | <u>Standard Met</u> |
| Sherian Byam            | 7.47        | ---                 |
| Nicole Bridgwood        | 7.91        | ---                 |
| Kathryn Geissler        | 8.10        | ---                 |
| <u>55 Meter Hurdles</u> | <u>Time</u> | <u>Standard Met</u> |
| Sherian Byam            | 8.36        | ---                 |
| Tiana Riel              | 8.68        | ---                 |
| Kathryn Geissler        | 9.14        | ---                 |
| <u>60 Meter Hurdles</u> | <u>Time</u> | <u>Standard Met</u> |
| Yolanda Malcolm         | 8.43        | NCAA Provisional    |
| Monique Morgan          | 8.48        | ECAC                |
| Sherian Byam            | 8.91        | Big East            |
| Tiana Riel              | 9.22        | ---                 |
| <u>200 Meter Dash</u>   | <u>Time</u> | <u>Standard Met</u> |
| Tiera Fletcher          | 24.90       | Big East            |
| Sherian Byam            | 26.77       | ---                 |
| Nicole Bridgwood        | 27.31       | ---                 |
| <u>300 Meter Dash</u>   | <u>Time</u> | <u>Standard Met</u> |
| Tiera Fletcher          | 40.81       | na                  |
| Yolanda Malcolm         | 43.28       | na                  |
| <u>400 Meter Dash</u>   | <u>Time</u> | <u>Standard Met</u> |
| Yolanda Malcolm         | 59.10       | ---                 |
| Nicole Bridgwood        | 59.57       | ---                 |
| Jillian Baczewski       | 1:09.40     | ---                 |
| <u>500 Meter Run</u>    | <u>Time</u> | <u>Standard Met</u> |
| Arusha McKenzie         | 1:14.97     | ECAC                |

| <u>800 Meter Run</u> | <u>Time</u> | <u>Standard Met</u> |
|----------------------|-------------|---------------------|
| Colleen Taylor       | 2:11.28     | ECAC                |
| Akilah Vargas        | 2:15.03     | Big East            |
| Holly Cosnett        | 2:15.47     | Big East            |
| Arusha McKenzie      | 2:17.88     | ---                 |
| Casey Nelson         | 2:23.08     | ---                 |

| <u>1000 Meter Run</u> | <u>Time</u> | <u>Standard Met</u> |
|-----------------------|-------------|---------------------|
| Marina Muncan         | 2:45.40     | ECAC                |
| Ioana Parusheva       | 2:48.08     | ECAC                |
| Colleen Taylor        | 2:48.40     | ECAC                |
| Frances Koons         | 2:51.37     | ECAC                |
| Elizabeth Gesel       | 2:54.45     | ECAC                |
| Holly Cosnett         | 2:55.12     | ECAC                |
| Akilah Vargas         | 2:57.34     | ECAC                |
| Arusha McKenzie       | 3:00.27     | ---                 |
| Casey Nelson          | 3:02.59     | ---                 |

| <u>Mile Run</u>    | <u>Time</u> | <u>Standard Met</u> |
|--------------------|-------------|---------------------|
| Marina Muncan      | 4:41.72     | NCAA Provisional    |
| Ioana Parusheva    | 4:42.00     | NCAA Provisional    |
| Kirsty Smith       | 4:48.70     | ECAC                |
| Bridget Akard      | 5:13.91     | ECAC                |
| Casey Nelson       | 5:28.58     | ECAC                |
| Brittney Criscuolo | 5:34.39     | ECAC                |

| <u>3000 Meter Run</u> | <u>Time</u> | <u>Standard Met</u> |
|-----------------------|-------------|---------------------|
| Marina Muncan         | 9:08.44     | NCAA Automatic      |
| Kirsty Smith          | 9:23.65     | NCAA Provisional    |
| Ioana Parusheva       | 9:38.51     | ECAC                |
| Frances Koons         | 9:41.90     | ECAC                |
| Elizabeth Gesel       | 9:48.78     | ECAC                |
| Bridget Akard         | 10:00.77    | Big East            |
| Brittney Criscuolo    | 10:42.53    | ---                 |
| Christina Rosetti     | 11:36.22    | ---                 |

| <u>1600 Meter Relay</u> | <u>Time</u> | <u>Standard Met</u> |
|-------------------------|-------------|---------------------|
| Villanova "A"           | 3:48.56     | ECAC                |

| <u>Distance Medley Relay</u>                                                    | <u>Time</u> | <u>Standard Met</u> |
|---------------------------------------------------------------------------------|-------------|---------------------|
| Villanova "A"<br>Ioana Parusheva, Tiera Fletcher, Colleen Taylor, Marina Muncan | 11:05.23    | NCAA Automatic      |

| <u>Pole Vault</u> | <u>Time</u> | <u>Standard Met</u> |
|-------------------|-------------|---------------------|
| Michelle Ezzie    | 3.51m       | Big East            |
| Kourtney Marquis  | 3.50m       | Big East            |
| Erin Swerzbin     | 3.35m       | Big East            |

| <u>Long Jump</u> | <u>Time</u> | <u>Standard Met</u> |
|------------------|-------------|---------------------|
| Tiana Riel       | 5.41m       | Big East            |

| <u>Triple Jump</u> | <u>Time</u> | <u>Standard Met</u> |
|--------------------|-------------|---------------------|
| Nia Cooper         | 11.28m      | Big East            |

| <u>Shot Put</u>  | <u>Time</u> | <u>Standard Met</u> |
|------------------|-------------|---------------------|
| Kourtney Marquis | 11.07m      | ---                 |
| Abby Smith       | 10.91m      | ---                 |
| Tiana Riel       | 9.94m       | ---                 |

| <u>35 Pound Weight Throw</u> | <u>Time</u> | <u>Standard Met</u> |
|------------------------------|-------------|---------------------|
| Abby Smith                   | 10.82m      | ---                 |