

# OAKLAND UNIVERSITY | ATHLETIC COMMUNICATIONS

GOLDEN GRIZZLIES

**GoldenGrizzlies.com**

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## 2016-17 OAKLAND OUTDOOR TRACK AND FIELD SCHEDULE

Date	Opponent/Event	Location (Venue)	Result/Points
Mar. 24-25	NC State Raleigh Relays	Raleigh, N.C. (Dail Soccer Field/Track Complex)	NTS
Mar. 25	Tennessee Rust Buster	Knoxville, Tenn. (Tom Black Track)	NTS
Apr. 1	Miami Duals	Oxford, Ohio (George L. Rider Track)	M: 2-2, W: 3-1 Dual Record
Apr. 8	UDM Duals	Rochester, Mich. (Oakland Track & Field)	M: 1st/112 pts. W: 1st/92 pts.
Apr. 15	Golden Grizzly Invite	Rochester, Mich. (Oakland Track & Field)	M: 3-1, W: 1-1 Dual Record
Apr. 21-22	Georgia Tech Invite	Atlanta, Ga. (George C. Griffin Track)	NTS
Apr. 21-22	Jesse Owens Invite	Columbus, Ohio (Jesse Owens Memorial Stadium)	NTS
Apr. 21-22	Virginia Challenge	Charlottesville, Va. (Lannigan Field)	NTS
Apr. 28-29	Hillsdale Gina Relays	Hillsdale, Mich. (Ken Herrick Outdoor Track)	NTS
May 5-7	Horizon League Outdoor Championships*	Youngstown, Ohio (Farmers National Bank Field)	M: 2nd/203 pts. W: 2nd/157 pts.
May 11	Hillsdale Last Chance Classic	Hillsdale, Mich. (Ken Herrick Outdoor Track)	NTS
May 12	GVSU 2nd Last Chance Meet	Allendale, Mich. (GVSU Lacrosse/Track & Field Stadium)	NTS
May 23-25	2017 NCAA East Preliminary Championships	Lexington, Ky. (UK Outdoor Track & Field Complex)	NTS

NTS - No Team Scoring

## 2016-17 Women Season Best Marks

Event	Performer (Meet)	Time
100m	Kendell Jefferson (Golden Grizzly Invite)	12.05
200m	Sydney Sterling (Golden Grizzly Invite)	24.88
400m	Chanel Gardner (Golden Grizzly Invite)	57.39
800m	Lydia Stanley (Golden Grizzly Invite)	2:15.78
1500m	Rachel Levy (Golden Grizzly Invite)	4:48.53
3000m	Rachel Levy (Detroit Dual)	<b>9:43.88*</b>
3000m Steeplechase	Ashley Burr (2017 NCAA East Preliminary Championships)	<b>10:14.14*</b>
5000m	Rachel Levy (Virginia Challenge)	16:43.05
10,000m	Sammy Mondry (2017 Horizon League Outdoor Championships)	36:33.29
100m Hurdles	Laura Johnston (2017 Horizon League Outdoor Championships)	14.35
400m Hurdles	Andrea Koenigsnecht (Golden Grizzly Invite)	1:03.48
4x100 Relay	K. Jefferson, S. Sterling, N. Martinbianco, E. Hoffmann (Jesse Owens Classic)	47.99
4x400 Relay	S. Sterling, L. Stanley, O. Ingall, C. Gardner (Golden Grizzly Invite)	3:53.49
High Jump	Angela Ciaravino (Detroit Dual)	5'-3" (1.60m)
Pole Vault	Dana Tessmer (Golden Grizzly Invite)	<b>12'-1.5" (3.70m)*</b>
Long Jump	Angela Ciaravino (Golden Grizzly Invite)	15'-10.5" (4.84m)
Triple Jump	Natalie Stone (Miami Duals)	32'-7.75" (9.95m)
Shot Put	Mary Moore (Miami Duals)	35'-2" (10.72m)
Discus	Mary Moore (Miami Duals)	108'-8" (33.13m)
Hammer	Mary Moore (Miami Duals)	146'-2" (44.56m)
Javelin	Angela Ciaravino (2017 Horizon League Outdoor Championships)	114'-4" (34.85m)
Heptathlon	Angela Ciaravino (Golden Grizzly Invite)	3872 points

\* - School Record

# Track & Field Results Reporting System

[tfrs.org/top\\_performances/MI\\_college\\_f\\_Oakland.html](http://tfrs.org/top_performances/MI_college_f_Oakland.html)

Note: This is a list of top performances in all events. No conversions are applied. Wind-aided marks are excluded. 

## 100m

Rank	Athlete	Year	Time	Meet	Meet Date	Date Submitted	Wind
495	Jefferson, Kendell			JR-3	12.05	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.3
1118	Martinbianco, Nicole			SO-2	12.43	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.3
1465	McClure, Danielle			JR-3	12.60	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.9
1465	Smith, Andriana			FR-1	12.60	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.9
1688	Hofmann, Elyssa			JR-3	12.71	Oakland vs. Detroit	04/08/17 04/09/17 -0.8
1975	Krone, Jessica			FR-1	12.83	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.9
2563	Johnston, Laura			SR-4	13.11	Oakland vs. Detroit	04/08/17 04/09/17 0.7
2868	Moen, Sarah			SR-4	13.29	Oakland vs. Detroit	04/08/17 04/09/17 0.7
3219	Ropeta, Bryn			FR-1	13.49	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 2.0

## 200m

Rank	Athlete	Year	Time	Meet	Meet Date	Date Submitted	Wind
766	Sterling, Sydney			SR-4	24.88	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.2
863	Hofmann, Elyssa			JR-3	24.98	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.2
1485	Jefferson, Kendell			JR-3	25.55	Tennessee Rust Buster	03/25/17 03/26/17 1.9
1549	Gardner, Chanel			FR-1	25.60	Tennessee Rust Buster	03/25/17 03/26/17 0.9
2158	Martinbianco, Nicole			SO-2	26.03	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.2
2643	McClure, Danielle			JR-3	26.40	Miami Duals	04/01/17 04/01/17 -1.9
3430	Ingall, Odette			SR-4	26.96	Tennessee Rust Buster	03/25/17 03/26/17 1.4
3759	Moen, Sarah			SR-4	27.22	Tennessee Rust Buster	03/25/17 03/26/17 1.2
3859	Ciaravino, Angela			JR-3	27.31	Horizon League Outdoor Track & Field Championships	05/05/17 05/07/17 1.1
4107	Krone, Jessica			FR-1	27.50	Miami Duals	04/01/17 04/01/17 +0.0
4312	Johnston, Laura			SR-4	27.65	Tennessee Rust Buster	03/25/17 03/26/17 1.1

5240	Ropeta, Bryn	FR-1	28.53	Miami Duals		04/01/17	04/01/17	1.0
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## 400m

Rank	Athlete	Year	Time	Meet	Meet Date	Date Submitted		
852	Gardner, Chanel		FR-1	57.39	Oakland University Golden Grizzly Invite		04/14/17	04/16/17
1128	Sterling, Sydney		SR-4	58.10	Horizon League Outdoor Track & Field Championships		05/05/17	05/07/17
1541	Ingall, Odette		SR-4	59.12	Oakland vs. Detroit		04/08/17	04/09/17
2734	Girardot, Elizabeth		SR-4	1:01.98	Oakland vs. Detroit		04/08/17	04/09/17
2782	Pencak, Kathleen		SO-2	1:02.10	Oakland University Golden Grizzly Invite		04/14/17	04/16/17
2846	Taylor, KeyVonna		SR-4	1:02.26	Miami Duals		04/01/17	04/01/17
3142	McLean, Olivia		SR-4	1:03.00	Oakland vs. Detroit		04/08/17	04/09/17
3935	Sanders, Shayla		SO-2	1:05.66	Oakland vs. Detroit		04/08/17	04/09/17
4204	Glanda, Briana		JR-3	1:06.96	Oakland vs. Detroit		04/08/17	04/09/17

## 800m

Rank	Athlete	Year	Time	Meet	Meet Date	Date Submitted		
906	Stanley, Lydia		SR-4	2:15.78	Oakland University Golden Grizzly Invite		04/14/17	04/16/17
1716	Keur, Karli		SR-4	2:20.10	Oakland vs. Detroit		04/08/17	04/09/17
4210	Stribbell, Casey		JR-3	2:32.20	Miami Duals		04/01/17	04/01/17
6683	Ciaravino, Angela		JR-3	2:53.79	Horizon League Outdoor Track & Field Championships		05/05/17	05/07/17

## 1500m

Rank	Athlete	Year	Time	Meet	Meet Date	Date Submitted		
916	Levy, Rachel		FR-1	4:38.53	Oakland University Golden Grizzly Invite	04/14/17	04/16/17	
1062	Weingartz, Kailey		SR-4	4:40.28	Oakland University Golden Grizzly Invite	04/14/17	04/16/17	
1276	Mondry, Sammy		JR-3	4:42.81	Oakland University Golden Grizzly Invite	04/14/17	04/16/17	
1399	Burr, Ashley		SR-4	4:43.98	Oakland vs. Detroit	04/08/17	04/09/17	

1490	Keur, Karli	SR-4	4:44.76	Raleigh Relays	03/24/17	03/25/17
1635	Haas, Miranda	SR-4	4:46.17	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
2258	Shannon, Allison	FR-1	4:51.60	Oakland vs. Detroit	04/08/17	04/09/17
2407	Schneider, Maggie	FR-1	4:53.00	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
2501	Stroede, Jessica	SO-2	4:53.98	Oakland vs. Detroit	04/08/17	04/09/17
4736	Stanley, Lydia	SR-4	5:12.88	Oakland vs. Detroit	04/08/17	04/09/17

### 3000m

Rank	Athlete	Year	Time	Meet	Meet Date	Date Submitted
34	Levy, Rachel	FR-1	9:43.88	Oakland vs. Detroit	04/08/17	04/09/17
234	Mondry, Sammy	JR-3	10:12.70	Oakland vs. Detroit	04/08/17	04/09/17
354	Koepf, Alana	JR-3	10:21.88	Oakland vs. Detroit	04/08/17	04/09/17
649	Colesa, Kendra	JR-3	10:40.99	Miami Duals	04/01/17	04/01/17
778	Stroede, Jessica	SO-2	10:48.71	Miami Duals	04/01/17	04/01/17
1459	Zens, Lauren	SR-4	11:36.97	Oakland vs. Detroit	04/08/17	04/09/17

### 5000m

Rank	Athlete	Year	Time	Meet	Meet Date	Date Submitted
220	Levy, Rachel	FR-1	16:43.05	Virginia Challenge		04/21/17 04/23/17
459	Burr, Ashley	SR-4	17:08.00	Horizon League Outdoor Track & Field Championships		05/05/17 05/07/17
570	Haas, Miranda	SR-4	17:16.80	Raleigh Relays		03/24/17 03/25/17
885	Mondry, Sammy	JR-3	17:37.52	Raleigh Relays		03/24/17 03/25/17
1397	Koepf, Alana	JR-3	18:05.22	Raleigh Relays		03/24/17 03/25/17
2671	Colesa, Kendra	JR-3	19:09.57	Oakland University Golden Grizzly Invite		04/14/17 04/16/17
4510	Zens, Lauren	SR-4	21:29.04	Oakland University Golden Grizzly Invite		04/14/17 04/16/17

### 10,000m

Rank	Athlete	Year	Time	Meet	Meet Date	Date Submitted
344	Mondry, Sammy	JR-3	36:33.29	Horizon League Outdoor Track & Field Championships		05/05/17 05/07/17
379	Koepf, Alana	JR-3	36:43.41	Horizon League Outdoor Track & Field Championships		05/05/17 05/07/17

## 100H

Rank	Athlete	Year	Time	Meet	Meet Date	Date Submitted	Wind
422	Johnston, Laura		SR-4	14.35	Horizon League Outdoor Track & Field Championships	05/05/17 05/07/17	1.8
422	Moen, Sarah		SR-4	14.35	Horizon League Outdoor Track & Field Championships	05/05/17 05/07/17	1.8
1276	Morrow, Alana		FR-1	15.51	Oakland University Golden Grizzly Invite	04/14/17 04/16/17	0.3
1314	Ropeta, Bryn		FR-1	15.56	Oakland vs. Detroit	04/08/17 04/09/17	1.8
1622	Ciaravino , Angela		JR-3	16.10	Oakland University Golden Grizzly Invite	04/14/17 04/16/17	1.9

## 400H

Rank	Athlete	Year	Time	Meet	Meet Date	Date Submitted
536	Koenigsknecht , Andrea		JR-3	1:03.48	Oakland University Golden Grizzly Invite	04/14/17 04/16/17
770	Morrow, Alana		FR-1	1:05.07	Horizon League Outdoor Track & Field Championships	05/05/17 05/07/17

## 3000 Steeple

Rank	Athlete	Year	Time	Meet	Meet Date	Date Submitted
48	Burr, Ashley		SR-4	10:14.14	NCAA Division I East Preliminary Round	05/25/17 05/28/17
103	Haas, Miranda		SR-4	10:26.15	Hillsdale "Last-Chance" Classic	05/10/17 05/12/17
140	Weingartz, Kailey		SR-4	10:32.31	Virginia Challenge	04/21/17 04/23/17

## 4 x 100 Relay

Rank	Time	Meet	Meet Date	Date Submitted
408	47.99	2017 Jesse Owens University Classic	04/21/17	04/22/17

## 4 x 400 Relay

Rank	Time	Meet	Meet Date	Date Submitted
351	3:53.49	Oakland University Golden Grizzly Invite	04/14/17	04/16/17

## High Jump

Rank	Athlete	Year	English	Metric	Meet	Meet Date	Date Submitted
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722	Ciaravino , Angela	JR-3	5' 3"	1.60m	Oakland vs. Detroit	04/08/17	04/09/17
1486	Stone, Natalie	SR-4	4' 11"	1.50m	Tennessee Rust Buster	03/25/17	03/26/17

## Pole Vault

Rank	Athlete	Year	English	Metric	Meet	Meet Date	Date Submitted
309	Tessmer, Dana	SO-2	12' 1.5"	3.70m	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
945	Tewksbury, Katie	FR-1	10' 2"	3.10m	Oakland University Golden Grizzly Invite	04/14/17	04/16/17

## Long Jump

Rank	Athlete	Year	English	Metric	Meet	Meet Date	Date Submitted	Wind
2452	Ciaravino , Angela		JR-3	15' 10.5"	4.84m	Oakland University Golden Grizzly Invite	04/14/17	04/16/17 +0.0

## Triple Jump

Rank	Athlete	Year	English	Metric	Meet	Meet Date	Date Submitted	Wind
1603	Stone, Natalie	SR-4	32' 7.75"	9.95m	Miami Duals	04/01/17	04/01/17	0.1

## Shot Put

Rank	Athlete	Year	English	Metric	Meet	Meet Date	Date Submitted
1719	Moore, Mary	SO-2	35' 2"	10.72m	Miami Duals	04/01/17	04/01/17
2365	Ciaravino , Angela	JR-3	32' 2.25"	9.81m	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
2687	Runyon, Maggie	FR-1	30' 7.5"	9.33m	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
3083	Lengel, Nadia	SO-2	28' 2.25"	8.59m	Oakland vs. Detroit	04/08/17	04/09/17

## Discus

Rank	Athlete	Year	English	Metric	Meet	Meet Date	Date Submitted
1595	Moore, Mary	SO-2	108' 8"	33.13m	Miami Duals	04/01/17	04/01/17
2009	Runyon, Maggie	FR-1	98' 0"	29.87m	Miami Duals	04/01/17	04/01/17
2361	Lengel, Nadia	SO-2	85' 5"	26.03m	Oakland vs. Detroit	04/08/17	04/09/17
2535	Clark, Maddy	SO-2	75' 9"	23.10m	Oakland vs. Detroit	04/08/17	04/09/17

## Hammer

Rank	Athlete	Year	English	Metric	Meet	Meet Date	Date Submitted
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908	Moore, Mary	SO-2	146' 2"	44.56m	Miami Duals	04/01/17	04/01/17
1276	Clark, Maddy	SO-2	134' 1"	40.86m	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
1615	Lengel, Nadia	SO-2	122' 8"	37.39m	Miami Duals	04/01/17	04/01/17
2279	Runyon, Maggie	FR-1	96' 4"	29.36m	Oakland vs. Detroit	04/08/17	04/09/17

## Javelin

Rank	Athlete	Year	English	Metric	Meet	Meet Date	Date Submitted
888	Ciaravino , Angela	JR-3	114' 4"	34.85m	Horizon League Outdoor Track & Field Championships	05/05/17	05/07/17
1246	Brown, Terri	SR-4	105' 11"	32.28m	Horizon League Outdoor Track & Field Championships	05/05/17	05/07/17
2129	McLean, Olivia	SR-4	87' 0"	26.51m	Horizon League Outdoor Track & Field Championships	05/05/17	05/07/17

## Heptathlon

Rank	Athlete	Year	Points	Meet	Meet Date	Date Submitted
580	Ciaravino , Angela	JR-3	3872	Oakland University Golden Grizzly Invite	04/14/17	04/16/17