

# 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	NCAA East Preliminary Championships	Lexington, Ky. (Outdoor Track & Field Complex)	All Day

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>
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 Koenigsknecht (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
488	Jefferson, Kendell			JR-3	12.05	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.3
1103	Martinbianco, Nicole			SO-2	12.43	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.3
1456	McClure, Danielle			JR-3	12.60	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.9
1456	Smith, Andriana			FR-1	12.60	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.9
1678	Hofmann, Elyssa			JR-3	12.71	Oakland vs. Detroit	04/08/17 04/09/17 -0.8
1965	Krone, Jessica			FR-1	12.83	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.9
2554	Johnston, Laura			SR-4	13.11	Oakland vs. Detroit	04/08/17 04/09/17 0.7
2860	Moen, Sarah			SR-4	13.29	Oakland vs. Detroit	04/08/17 04/09/17 0.7
3210	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
756	Sterling, Sydney			SR-4	24.88	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.2
850	Hofmann, Elyssa			JR-3	24.98	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.2
1473	Jefferson, Kendell			JR-3	25.55	Tennessee Rust Buster	03/25/17 03/26/17 1.9
1535	Gardner, Chanel			FR-1	25.60	Tennessee Rust Buster	03/25/17 03/26/17 0.9
2139	Martinbianco, Nicole			SO-2	26.03	Oakland University Golden Grizzly Invite	04/14/17 04/16/17 1.2
2624	McClure, Danielle			JR-3	26.40	Miami Duals	04/01/17 04/01/17 -1.9
3403	Ingall, Odette			SR-4	26.96	Tennessee Rust Buster	03/25/17 03/26/17 1.4
3734	Moen, Sarah			SR-4	27.22	Tennessee Rust Buster	03/25/17 03/26/17 1.2
3832	Ciaravino, Angela			JR-3	27.31	Horizon League Outdoor Track & Field Championships	05/05/17 05/07/17 1.1
4082	Krone, Jessica			FR-1	27.50	Miami Duals	04/01/17 04/01/17 +0.0
4287	Johnston, Laura			SR-4	27.65	Tennessee Rust Buster	03/25/17 03/26/17 1.1

5221	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
848	Gardner, Chanel	FR-1	57.39	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
1125	Sterling, Sydney	SR-4	58.10	Horizon League Outdoor Track & Field Championships	05/05/17	05/07/17
1537	Ingall, Odette	SR-4	59.12	Oakland vs. Detroit	04/08/17	04/09/17
2730	Girardot, Elizabeth	SR-4	1:01.98	Oakland vs. Detroit	04/08/17	04/09/17
2778	Pencak, Kathleen	SO-2	1:02.10	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
2842	Taylor, KeyVonna	SR-4	1:02.26	Miami Duals	04/01/17	04/01/17
3136	McLean, Olivia	SR-4	1:03.00	Oakland vs. Detroit	04/08/17	04/09/17
3931	Sanders, Shayla	SO-2	1:05.66	Oakland vs. Detroit	04/08/17	04/09/17
4200	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
903	Stanley, Lydia	SR-4	2:15.78	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
1711	Keur, Karli	SR-4	2:20.10	Oakland vs. Detroit	04/08/17	04/09/17
4198	Stribbell, Casey	JR-3	2:32.20	Miami Duals	04/01/17	04/01/17
6677	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
910	Levy, Rachel	FR-1	4:38.53	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
1057	Weingartz, Kailey	SR-4	4:40.28	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
1274	Mondry, Sammy	JR-3	4:42.81	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
1397	Burr, Ashley	SR-4	4:43.98	Oakland vs. Detroit	04/08/17	04/09/17

1488	Keur, Karli	SR-4	4:44.76	Raleigh Relays	03/24/17	03/25/17
1633	Haas, Miranda	SR-4	4:46.17	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
2252	Shannon, Allison	FR-1	4:51.60	Oakland vs. Detroit	04/08/17	04/09/17
2401	Schneider, Maggie	FR-1	4:53.00	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
2496	Stroede, Jessica	SO-2	4:53.98	Oakland vs. Detroit	04/08/17	04/09/17
4732	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
457	Burr, Ashley	SR-4	17:08.00	Horizon League Outdoor Track & Field Championships		05/05/17 05/07/17
569	Haas, Miranda	SR-4	17:16.80	Raleigh Relays		03/24/17 03/25/17
883	Mondry, Sammy	JR-3	17:37.52	Raleigh Relays		03/24/17 03/25/17
1392	Koepf, Alana	JR-3	18:05.22	Raleigh Relays		03/24/17 03/25/17
2667	Colesa, Kendra	JR-3	19:09.57	Oakland University Golden Grizzly Invite		04/14/17 04/16/17
4507	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
345	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	
417	Johnston, Laura		SR-4	14.35	Horizon League Outdoor Track & Field Championships	05/05/17	05/07/17	1.8
417	Moen, Sarah		SR-4	14.35	Horizon League Outdoor Track & Field Championships	05/05/17	05/07/17	1.8
1265	Morrow, Alana		FR-1	15.51	Oakland University Golden Grizzly Invite	04/14/17	04/16/17	0.3
1301	Ropeta, Bryn		FR-1	15.56	Oakland vs. Detroit	04/08/17	04/09/17	1.8
1612	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	
531	Koenigsknecht , Andrea		JR-3	1:03.48	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
767	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	
57	Burr, Ashley		SR-4	10:18.44	Hillsdale "Last-Chance" Classic	05/10/17	05/12/17
101	Haas, Miranda		SR-4	10:26.15	Hillsdale "Last-Chance" Classic	05/10/17	05/12/17
138	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
400	47.99	2017 Jesse Owens University Classic	04/21/17	04/22/17

## 4 x 400 Relay

Rank	Time	Meet	Meet Date	Date Submitted
341	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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716	Ciaravino , Angela	JR-3	5' 3"	1.60m	Oakland vs. Detroit	04/08/17	04/09/17
1483	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
306	Tessmer, Dana	SO-2	12' 1.5"	3.70m	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
943	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
2447	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
1598	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
1716	Moore, Mary	SO-2	35' 2"	10.72m	Miami Duals	04/01/17	04/01/17
2359	Ciaravino , Angela	JR-3	32' 2.25"	9.81m	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
2682	Runyon, Maggie	FR-1	30' 7.5"	9.33m	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
3080	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
2010	Runyon, Maggie	FR-1	98' 0"	29.87m	Miami Duals	04/01/17	04/01/17
2362	Lengel, Nadia	SO-2	85' 5"	26.03m	Oakland vs. Detroit	04/08/17	04/09/17
2536	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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905	Moore, Mary	SO-2	146' 2"	44.56m	Miami Duals	04/01/17	04/01/17
1275	Clark, Maddy	SO-2	134' 1"	40.86m	Oakland University Golden Grizzly Invite	04/14/17	04/16/17
1616	Lengel, Nadia	SO-2	122' 8"	37.39m	Miami Duals	04/01/17	04/01/17
2280	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
887	Ciaravino , Angela	JR-3	114' 4"	34.85m	Horizon League Outdoor Track & Field Championships	05/05/17	05/07/17
1244	Brown, Terri	SR-4	105' 11"	32.28m	Horizon League Outdoor Track & Field Championships	05/05/17	05/07/17
2126	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
574	Ciaravino , Angela	JR-3	3872	Oakland University Golden Grizzly Invite	04/14/17	04/16/17