

Women's Performance List

Event	Name	Result	Location
100 m	Big East - 12.30, ECAC - 11.90, NCAA Reg.- 11.80, SR - 11.56.		
	Kimberly Lyles	11.83	Big East 5/4
	Nicole Vann	11.89	Big East 5/4
	Lamoy Stephens	12.38	NC State 3/29
200 m	Big East - 24.97, ECAC - 24.74, NCAA Reg.- 24.00, SR - 23.35.		
	Kimberly Lyles	23.35	Big East 5/4
	Trenace Elliot	24.37	Big East 5/4
	Nicole Vann	24.43	Big East 5/4
	Lamoy Stephens	25.00	Charlotte 3/22
	Tamara Mc Gill	25.46	Big East 5/4
	Lauren Tyler	25.85	Akron 4/19
400 m	Big East - 56.74, ECAC - 56.44, NCAA Reg.- 55.00, SR - 52.27.		
	Trenace Elliot	53.64	Big East 5/4
	Lamoy Stephens	55.78	Akron 4/19
	Kimberly Lyles	56.07	Tennessee 4/12
	Lauren Tyler	58.51	Akron 4/19
	Razwell Reed	63.77	NC State 3/29
800 m	Big East - 2:12.94, ECAC -2:11.44 , NCAA Reg.- 2:10.30, SR - 2:02.43.		
	Trenace Elliot	02:11.1	Akron 4/19
	Maureen Mc Candless	02:15.2	CMU 4/5
	Deanna Cole	02:15.4	Tennessee 4/12
	Rachel Rothe	02:18.5	Tennessee 4/12
	Abigail Zaylor	02:22.2	Charlotte 3/22
	Tamara Mc Gill	02:27.2	Big East 5/4
	Justine Wilmot	02:30.2	Charlotte 3/22
1500 m	Big East - 4:38.44, ECAC - 4:32.44, NCAA Reg.- 4:31.00, SR - 4:26.66.		
	Maureen Mc Candless	04:26.6	ECAC 5/18
	Rachel Rothe	04:46.3	CMU 4/5
	Abigail Zaylor	04:47.1	Tennessee 4/12
	Lauren Shaffer	04:52.5	Charlotte 3/22
	Deanna Cole	04:55.6	Charlotte 3/22
	Kelly O' Connell	05:05.5	NC State 3/29
1 Mile	ECAC - 4:54.24, NCAA Reg.- 4:52.68, SR - 5:03.00.		
3000 m	ECAC - 9:53.54, SR - 9:33.47		
	Maureen Mc Candless	09:33.5	Penn 4/25
	Lauren Shaffer	10:09.1	Tennessee 4/12
	Rachel Rothe	10:35.0	Charlotte 3/22

5000 m Big East - 17:53.34, ECAC - 17:32.14, NCAA Reg.- 17:00.00, SR - 16:35.3.

Maureen Mc Candless	16:37.7	Stanford 3/29
Lauren Shaffer	18:07.7	CMU 4/5
Kelly O' Connell	18:20.5	Charlotte 3/22

10000 m Big East - 38:00.24, ECAC - 37:40.00, SR - 34:54.30.

Lauren Shaffer	36:40.2	Stanford 3/29
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100 m hurdles Big East - 14.84, ECAC - 14.44, NCAA Reg.- 14.10, SR - 13.12.

Tamara Mc Gill	13.68	Big East 5/4
Nicole Vann	13.91	ECAC 5/18
Elizabeth Bayne	14.45	Big East 5/4
Joelle Ambrose	15.26	Akron 4/19
Razwell Reed	16.61	Charlotte 3/22
Marissa Dudek	16.65	NC State 3/29
Justine Wilmot	20.01	Charlotte 3/22

400 m hurdles Big East - 1:03.54, ECAC - 1:02.44, NCAA Reg.- 1:01.50, SR - 57.47.

Elizabeth Bayne	57.57	Big East 5/4
Joelle Ambrose	01:02.8	Akron 4/19
Nicole Vann	01:07.7	NC State 3/29
Lauren Tyler	01:11.3	NC State 3/29

3000 m Steeplechase Big East - 11:30.24, ECAC - 11:00.00, NCAA Reg.- 10:50.00, SR - .

Nikki Angstadt	12:20.0	NC State 3/29
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4x100 M Relay Big East - 48.34, ECAC - 48.34, NCAA Reg.- 46.20, SR - 45.15.

Pitt A	45.95	Big East 5/4
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4x200 M Relay

Pitt A	01:35.1	Penn 4/25
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4x400 M Relay Big East - 3:51.84, ECAC - 3:51.84, NCAA Reg.- 3:45.50, SR - 3:31.34.

Pitt A	03:38.2	ECAC 5/18
Pitt B	03:47.5	Charlotte 3/22
Pitt C	04:02.5	Charlotte 3/22

1600 SMR

Pitt A	03:57.9	Texas 4/5
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DMR

Pitt A	12:37.7	Tennessee 4/12
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4x800 M Relay Big East - 9:16.24, ECAC - 9:16.24, SR - 8:36.78.

Pitt A	08:57.8	Tennessee 4/12
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High Jump Big East - 1.59 m, ECAC - 1.70 m, NCAA Reg.- 1.70 m, SR - 1.86 m.

	Tamara Mc Gill	1.70 m	Charlotte 3/22
	Justine Wilmot	1.55 m	Akron 4/19
Pole Vault	Big East - 3.20 m, ECAC - 3.60 m, NCAA Reg.- 3.66 m, SR - 3.65 m.		
	Marissa Dudek	3.80 m	Big East 5/4
Long Jump	Big East - 5.48 m, ECAC - 5.80 m, NCAA Reg.- 5.90 m, SR - 6.83m.		
	Melanie Carter	6.17 m	Big East 5/4
	Tamara Mc Gill	5.38 m	Big East 5/4
	Razwell Reed	4.79 m	CMU 4/5
Triple Jump	Big East - 11.31 m, ECAC - 11.80 m, NCAA Reg.- 12.19 m, SR - 14.22m.		
	Melanie Carter	13.07 m	Big East 5/4
	Lamoy Stephens	11.13 m	Big East 5/4
Shot Put	Big East - 12.50 m, ECAC - 13.45 m, NCAA Reg.- 13.90 m, SR - 15.64m.		
	Amanda Walker	15.64 m	Tennessee 4/12
	Tamara Mc Gill	11.72 m	Big East 5/4
Discus	Big East - 38.50 m, ECAC - 43.00 m, NCAA Reg.- 45.72 m, SR - 45.90m.		
	Amanda Walker	41.29 m	Big East 5/4
	Sarah Grant	34.65 m	Charlotte 3/22
Hammer Throw	Big East - 39.76 m, ECAC - 48.00 m, NCAA Reg.- 51.30 m, SR - 46.71m.		
	Amanda Walker	45.08	Big East 5/4
Javelin	Big East - 33.50, ECAC - 41.00 m, NCAA Reg.- 41.48 m, SR - .		
	Jill Knopsnyder	43.05 m	Charlotte 3/22
	Tamara Mc Gill	34.47 m	Akron 4/19
	Sarah Grant	30.40 m	Charlotte 3/22
	Justine Wilmot	20.40 m	Charlotte 3/22
	Razwell Reed	18.90m	Charlotte 3/22
Heptathlon	Big East - , ECAC - , NCAA Reg.- , SR - 5750 points.		
	Tamara Mc Gill	5291	Texas 4/5