



# Outdoor Track & Field

## 2007 Women's Top Times

### 100 Meters

Jessica Young	Fred Hardy Inv.	11.70
Monique Hawkins	A-10 Championship	12.19
Jasmine Major	A-10 Championship	12.05
Marissa White	A-10 Championship	12.87
JoAnna Ubiwa	Legacy Inv.	13.42
Stephanie Lapp	Lou Onesty Invit.	14.03

### 100 Meter Hurdles

Jasmine Major	A-10 Championship	14.50
Kerry Kelly	A-10 Championship	16.38

### 200 Meters

Jessica Young	A-10 Championship	23.65
Monique Hawkins	Legacy Inv.	25.26
Megan Ney	Fred Hardy Inv.	26.22
Jasmine Cottle	A-10 Championship	26.23
JoAnna Ubiwa	UNC Chapel Hill Inv.	27.27
Marissa White	Lou Onesty Invit.	28.24

### 400 Meters

Jessica Young	Sea Ray Relays	52.74
Jasmine Cottle	Legacy Inv.	58.56
Tara Markey	Duke Invitational	1:00.44
JoAnna Ubiwa	A-10 Championship	1:02.09

### 400 Meter Hurdles

Kerry Kelly	A-10 Championship	1:07.80
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### 800 Meters

Tara Markey	A-10 Championship	2:14.97
Alyssa Mankin	Fred Hardy Inv.	2:17.80
Paloma Krakower	A-10 Championship	2:22.01
Emily Nagle	Fred Hardy Inv.	2:25.48

### 1,500 Meters

Amy Van Alstine	UNC Chapel Hill Inv.	4:34.42
Alyssa Mankin	Fred Hardy Inv.	4:41.57
Emily Nagle	Fred Hardy Inv.	4:54.35
Karen Guthrie	UNC Chapel Hill Inv.	4:46.96

### 3,000 Meters

Amy Van Alstine	Lou Onesty Invit.	9:59.66
Kylee Schuler	Fred Hardy Inv.	10:11.77
Karen Guthrie	Fred Hardy Inv.	10:26.55
Mary Bertram	Lou Onesty Invit.	10:39.78

### 5,000 Meters

Amy Van Alstine	Duke Invitational	17:21.08
Kylee Schuler	Duke Invitational	17:25.63
Karen Guthrie	Duke Invitational	17:36.48
Shelby Faircloth	Duke Invitational	18:09.87
Mary Bertram	Fred Hardy Inv.	18:44.08

### 10,000 Meters

Mary Bertram	Duke Invitational	38:12.39
Shelby Faircloth	A-10 Championship	38:48.62

### 4x100 Relay

Hawkins, Major Cottle, Young	A-10 Championship	46.14
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### 4x400 Relay

Cottle, Markey, Hawkins, Young	Fred Hardy Inv.	3:49.90
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### 4x800 Relay

Markey, VanAlstine Schuler, Krakower	A-10 Champ.	9:15.29
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### Shot Put

Kristen Crawford	A-10 Championship	46-7 1/2
Heather Roush	A-10 Championship	38-11 3/4

### Hammer

Beth Crocus	Penn Relays	185-1
Stephanie Lapp	A-10 Championship	122-6

### Javelin

Beth Crocus	A-10 Championship	137-6
Heather Roush	A-10 Championship	128-9

### Discus

Heather Roush	A-10 Championship	144-6
Beth Crocus	A-10 Championship	90-10
Kristen Crawford	UNC-Wilmington	88-6

### High Jump

Megan Ney	UNC Chapel Hill Inv.	5-2 1/4
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### Long Jump

Megan Ney	UNC Chapel Hill Inv.	18-1 1/2
Jasmine Major	A-10 Championship	17-8 3/4

### Triple Jump

Jasmine Major	A-10 Championship	37-2 1/2
Megan Ney	A-10 Championship	35-8 1/2



# Outdoor Track & Field

## 2007 Men's Top Times

### 100 Meters

Tim Hightower	Legacy Inv.	10.99
Alex Nourse	UNC Chapel Hill Inv.	12.06
Lawrence Sidbury	A-10 Championship	12.07

### 200 Meters

Tim Hightower	A-10 Championship	23.43
Alex Nourse	Lou Onesty Invit.	23.95

### 400 Meters

Alex Nourse	Lou Onesty Invit.	53.93
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### 800 Meters

Jonathan Molz	UNC Chapel Hill Inv.	1:54.43
Sean Welsh	Fred Hardy Invite	1:55.65
Jeff Strojny	Fred Hardy Invite	1:56.31
Greg Hoffman	UNC Chapel Hill Inv.	1:56.95
Derek Jensen	Legacy Inv.	1:57.39
Andrew Benford	UNC Chapel Hill Inv.	1:58.70
Garrett Graham	UNC Chapel Hill Inv.	1:59.54
Matt Llano	UNC Chapel Hill Inv.	2:01.31

### 1,500 Meters

Jonathan Molz	Sea Ray Relays	3:52.02
Jeff Strojny	Lou Onesty Invit.	3:58.67
Sean Welsh	Lou Onesty Invit.	3:58.94
Garrett Graham	Fred Hardy Invite	4:00.01
Andrew Benford	UNC Chapel Hill Inv.	4:01.88
Derek Jensen	Duke Invitational	4:01.99
Matt Llano	UNC Chapel Hill Inv.	4:02.61
Hunter Willis	UNC Chapel Hill Inv.	4:02.96
Jon Wilson	UNC Chapel Hill Inv.	4:03.35
Greg Hoffman	Lou Onesty Invit.	4:06.01
Dan Petty	UNC Chapel Hill Inv.	4:14.83
Mike Stubbs	UNC Chapel Hill Inv.	4:15.65

### 3,000

Andrew Benford	Duke Invitational	8:28.62
Matt Llano	Duke Invitational	8:37.86
Jonathan Molz	Duke Invitational	8:40.99
Jon Wilson	Fred Hardy Invite	8:46.06

### 3,000 Steeplechase

### 5,000 Meters

Andrew Benford	Legacy Inv.	14:46.42
Hunter Willis	Duke Invitational	14:48.03
Jon Wilson	Duke Invitational	15:16.14
Mike Stubbs	Duke Invitational	15:43.07

### 10,000 Meters

Hunter Willis	Sea Ray Relays	30:38.63
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### 4x400 Relay

Strojny, Hoffman Welsh, Jensen	UNC Chapel Hill Inv.	3:28.25
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### 4x800 Relay

Strojny, Welsh Jensen, Hoffman	A-10 Championship	7:37.09
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### High Jump

### Javelin

Neil Slotterback	Lou Onesty Invit.	172-2
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### Shot Put

Chris Kondorossy	A-10 Champ	39-3 3/4
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### Discus

Chris Kondorossy	A-10 Champ	127-11
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### Hammer

Chris Kondorossy	A-10 Champ	110-0
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