



Indoor Track & Field

2007 Women's Top Times

55 Meters

55 Meter Hurdles

60 Meters

Jessica Young	Maryland Invitational	7.42
Jasmine Major	Liberty Record Bash	7.69
Monique Hawkins	George Mason Invit.	8.11
JoAnna Ubiwa	George Mason Invit.	8.48

60 Meter Hurdles

Jasmine Major	New Balance Games	8.85
Kerry Kelly	George Mason Invit.	9.61

200 Meters

Jessica Young	Penn State	24.10
Jasmine Major	New Balance Games	25.54
Jasmine Cottle	Mid-Atlantic Clash	26.54
Monique Hawkins	George Mason Invit.	26.80
Megan Ney	Mid-Atlantic Clash	27.10
JoAnna Ubiwa	George Mason Invit.	27.18
Kerry Kelly	Mid-Atlantic Clash	27.95
Stephanie Lapp	Mid-Atlantic Clash	29.18

400 Meters

Jessica Young	Penn State	54.60
Jasmine Cottle	Liberty Invitational	59.89
Monique Hawkins	Liberty Invitational	1:00.81
Tara Markey	Liberty Invitational	1:01.62
Kerry Kelly	George Mason Invit.	1:03.50

500 Meters

Tara Markey	Penn State	1:18.41
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800 Meters

Paloma Krakower	Liberty Invitational	2:25.65
Alyssa Mankin	Liberty Record Bash	2:27.02
Emily Nagle	Liberty Record Bash	2:29.69

1,000 Meters

Alyssa Mankin	Penn State	3:04.39
Emily Nagle	George Mason Invit.	3:12.47

1 Mile

Amy Van Alstine	Liberty Record Bash	5:05.96
Alyssa Mankin	Liberty Record Bash	5:06.83
Kylee Schuler	Liberty Record Bash	5:13.43
Emily Nagle	Liberty Record Bash	5:33.51

3,000 Meters

Amy Van Alstine	George Mason Invit.	9:54.24
Kylee Schuler	George Mason Invit.	10:06.49
Karen Guthrie	Maryland Invitational	10:27.54
Mary Bertram	Maryland Invitational	10:39.05
Shelby Faircloth	George Mason Invit.	10:42.60

5,000 Meters

Karen Guthrie	Penn State	18:21.17
Mary Bertram	Penn State	18:23.28
Shelby Faircloth	Mid-Atlantic Clash	18:28.24

4x400 Meter Relay

"A"	Liberty Record Bash	3:54.74
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4x800 Meter Relay

Distance Medley Relay

"A"	Maryland Invitational	12:29.18
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High Jump

Megan Ney	George Mason Invit.	5-03
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Long Jump

Jasmine Major	George Mason Invit.	17-6.25
Megan Ney	Maryland Invitational	17-00.50

Shot Put

Kristen Crawford	Maryland Invitational	44-08.75
Beth Crocus	Liberty Record Bash	38-07.75
Heather Roush	Liberty Record Bash	34-08.50

Weight Throw

Beth Crocus	Liberty Record Bash	56-10.25
Kristen Crawford	Liberty Invitational	45-01.50
Heather Roush	Liberty Record Bash	40-02.75
Stephanie Lapp	George Mason Invit.	35-10.00



Indoor Track & Field

2007 Men's Top Times

55 Meters

60 Meters

Travis Warren George Mason Invit. 7.38

200 Meters

Travis Warren George Mason Invit. 24.16
Alex Nourse Maryland Invitational 24.30

400 Meters

Jeff Strojny Maryland Invitational 53.72
Alex Nourse Maryland Invitational 55.27

500 Meters

800 Meters

Sean Welsh Liberty Record Bash 1:58.74
Jeff Strojny Mid-Atlantic Clash 1:58.91
Derek Jensen Mid-Atlantic Clash 1:59.03
Greg Hoffman Liberty Record Bash 2:00.36
Matt Llano George Mason Invit. 2:05.05

1,000 Meters

Jon Molz Penn State 2:31.96
Derek Jensen Penn State 2:34.11
Greg Hoffman George Mason Invit. 2:36.35
Garret Graham Penn State 2:36.76
Jeff Strojny Penn State 2:36.93
Sean Welsh Penn State 2:38.00

1 Mile

Jonathan Molz Mid-Atlantic Clash 4:20.99
Sean Welsh Mid-Atlantic Clash 4:23.86
Garrett Graham Mid-Atlantic Clash 4:24.86
Derek Jensen Liberty Invitational 4:26.08
Greg Hoffman Liberty Invitational 4:26.79
Sean McKinney Liberty Invitational 4:27.58
Matt Llano Liberty Record Bash 4:29.44
Hunter Willis Maryland Invitational 4:38.12
Jon Wilson Maryland Invitational 4:39.09
Dan Petty Liberty Record Bash 4:41.58

3,000 Meters

Andrew Benford Mid-Atlantic Clash 8:43.13
Matt Llano Mid-Atlantic Clash 8:46.17
Hunter Willis George Mason Invit. 8:51.90
Sean McKinney George Mason Invit. 8:56.59
Jon Wilson Liberty Record Bash 8:58.57

5,000 Meters

Hunter Willis Mid-Atlantic Clash 15:28.04
Sean McKinney Mid-Atlantic Clash 15:46.57

4x400 Meter Relay

"A"

4x800 Meter Relay

"A" Mid-Atlantic Clash 8:04.71

Distance Medley Relay

Richmond Maryland Invitational 10:31.52

High Jump

Shot Put

Chris Kondorossy George Mason Invit. 42-02

Weight throw

Chris Kondorossy George Mason Invit. 35-10.50