



UNIVERSITY OF RICHMOND TRACK & FIELD

2010-2011 STATISTICS



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INDOOR SEASON

<i>Date</i>	<i>Meet</i>	<i>Location</i>	<i>Women's Finish</i>	<i>Men's Finish</i>
Dec. 3-4, 2010	Liberty Kick-Off	Lynchburg, Va.	N/A	N/A
Jan. 14, 2011	Hoya Spiked Shoe Invitational	Bethesda, Md.	4th	7th
Jan. 22, 2011	Terrapin Invitational	Landover, Md.	6th	22nd
Jan. 29, 2011	Patriot Games	Fairfax, Va.	N/A	N/A
Feb. 4-5, 2011	New Balance Games	NYC Armory, N.Y.	N/A	N/A
Feb. 4-5, 2011	VMI Winter Relays	Lexington, Va.	N/A	N/A
Feb. 12, 2011	Vince Brown Invitational	Newport News, Va.	N/A	N/A
Feb. 18-19, 2011	Atlantic 10 Indoor Championship	Kingston, R.I.	11th	9th
Mar. 4-5, 2011	Notre Dame Last Chance Invit.	South Bend, Ind.	N/A	N/A

Liberty Kick-Off

December 3-4, 2010 • Lynchburg, Va.

WOMEN'S RESULTS55 Meter

21. Amanda Caporelli 8.20
 25. X' auntasia Johnson 8.59

Pole Vault

7. Grace Gibson 3.00m

Long Jump

5. Amanda Caporelli 5.37m
 12. X' auntasia Johnson 5.04m

Triple Jump

9. Sarah Nuttycombe 10.34m
 10. Kelsey McKenna 9.68m

Pentathlon

5. Meghan Hart 2847 pts.
 7. Ann O'Toole 2540 pts.

4x400 Meter Relay

6. Molly Reilly, Amanda Caporelli, Kelsey McKenna,
 and Meghan Hart 4:30.61

MEN'S RESULTS**Hoya Spiked Shoe Invitational**

January 14, 2011 • Bethesda, Md.

WOMEN'S RESULTS300 Meter

8. Meghan Hart 45.72

500 Meter

7. Andi DeFonce 1:23.14

1,000 Meter

6. Stephanie Paradis 3:07.92
 7. Alex Hackett 3:18.19

Long Jump

2. Meghan Hart 4.91m
 3. Ann O'Toole 4.61m

Triple Jump

4. Kelsey McKenna 9.86m

High Jump

2. Ann O'Toole 1.21m

60 Meter Hurdles

5. Kelsey McKenna 12.19
 6. Ann O'Toole 12.25

MEN'S RESULTS300 Meter

9. Tom Smail 39.40

1,000 Meter

7. Matt Mello 2:44.06

Terrapin Invitational

January 22, 2011 • Landover, Md.

WOMEN'S RESULTS

800 Meter
 6. Alli Mannon.....2:20.05
 10. Andi Defonce.....2:23.96
 19. Stephanie Paradis.....2:26.98

1,000 Meter
 1. Jenn Ennis.....2:59.05
 3. Alli Mannon.....3:01.22
 4. Amanda Lineberry.....3:04.07
 16. Lydia Morton.....5:30.56

Mile
 4. Beth Kelly.....5:13.64
 15. Alex Hackett.....5:30.06

Long Jump
 28. Ann O'Toole.....4.52m
 33. Sarah Nuttycombe.....4.37m

Triple Jump
 14. X'auntasia Johnson.....10.72m
 22. Kelsey McKenna.....9.63m
 26. Sarah Nuttycombe.....9.26m

Weight Throw
 7. Monica Howard.....14.63m
 8. Meaghan McGovern.....13.95m

4x400 Meter Relay
 18. Amanda Caporelli, Meghan Hart, Molly McGrath, Ann O'Toole.....4:18.91

MEN'S RESULTS

60 Meter
 10. Tremayne Graham.....7.07

400 Meter
 31. Matt Mello.....53.66
 50. Tom Smail.....55.63

1,000 Meter
 11. Kyle Ragan.....2:42.78
 13. Ellis Mays.....2:44.88

Mile
 21. Jason Skipper.....4:33.86

3,000 Meter
 9. Conor Phelan.....9:16.46

Patriot Games

January 29, 2011 • Fairfax, Va.

WOMEN'S RESULTS

200 Meter
 Meghan Hart.....27.61
 Ann O'Toole.....29.07

400 Meter
 Amanda Caporelli.....1:02.10

500 Meter
 Andi Defonce.....1:19.72

800 Meter
 21. Jason Skipper.....2:22.17

1,000 Meter
 3. Lydia Morton.....3:06.32

Mile
 3. Jenn Ennis.....5:03.61
 7. Alli Mannon.....5:11.03
 10. Amanda Lineberry.....5:17.51

3,000 Meter
 5. Beth Kelly.....10:14.71
 13. Emma Berry.....10:34.14
 23. Liz Schinski.....10:55.87

Pole Vault
 11. Grace Gibson.....2.80m

Long Jump
 X'auntasia Johnson.....5.03m
 Meghan Hart.....4.99m

Triple Jump
 2. X'auntasia Johnson.....11.54m

Weight Throw
 3. Monica Howard.....15.04m
 5. Meghan McGovern.....13.64m

Distance Medley Relay
 2. Emma Berry, Andi Defonce, Jenn Ennis, Alli Mannon.....12:15.48

MEN'S RESULTS

60 Meter
 3. Tremayne Graham.....7.01

400 Meter
 14. Tom Smail.....55.76

500 Meter
 8. Matt Mello.....1:08.73

1,000 Meter
 8. Jason Skipper.....2:39.30
 12. Conor Phelan.....2:43.71
 13. Patrick Love.....2:43.89

Mile
 10. Levi Grandt.....4:24.41
 11. Chris York.....4:24.98
 15. Kyle Ragan.....4:33.80
 16. Conor Phelan.....4:34.44
 22. Ellis Mays.....4:36.28
 23. Patrick Love.....4:36.98

3,000 Meter
 13. Adam Owens.....9:00.48

Pole Vault
 2. Devin Cassels.....4.15m

Distance Medley Relay
 3. Jason Skipper, Matt Mello, Ellis Mays, Levi Grandt.....10:54.55

'10-11 Richmond Indoor Track & Field

Meet Results

New Balance Games

February 4-5, 2011 • NYC Armory, N.Y.

WOMEN'S RESULTS

800 Meter
35. Andi Defonce.....2:18.46

1,000 Meter
23. Amanda Lineberry.....2:56.67
26. Alli Mannon.....2:57.32

Mile
18. Jenn Ennis.....5:05.72

MEN'S RESULTS

3,000 Meter - Championship
3. Andrew Benford.....8:09.34

3,000 Meter - College
17. Tim Quinn.....8:33.48
20. Levi Grandt.....8:42.68

3,000 Meter - Eastern
10. Chris York.....8:37.03

VMI Winter Relays

February 4-5, 2011 • Lexington, Va.

WOMEN'S RESULTS

55 Meter
10. Meghan Hart.....7.89

200 Meter
8. Meghan Hart.....29.70

800 Meter
3. Stephanie Paradis.....2:28.08
10. Diana Filtz.....2:37.56

Mile
2. Diana Filtz.....5:43.55

3,000 Meter
1. Molly Parsons.....11:00.50

Pole Vault
3. Grace Gibson.....3.30m

Long Jump
8. Ann O'Toole.....14.61m
9. Meghan Hart.....14.47m
19. Sarah Nuttycombe.....4.42m

Weight Throw
1. Monica Howard.....15.01m
3. Meghan McGovern.....14.11m

High Jump
5. Chelsea Babcock.....1.45m
6. Meghan Hart.....1.45m
8. Kelsey McKenna.....1.40m

55 Meter Hurdles
9. Ann O'Toole.....9.39
10. Kelsey McKenna.....9.46

MEN'S RESULTS

55 Meter
4. Tremayne Graham.....6.51

200 Meter
11. Matt Mello.....25.01
19. Tom Smail.....26.31

800 Meter
9. Ellis Mays.....2:06.67
10. Conor Phelan.....2:07.52
12. Patrick Love.....2:08.33

Mile
3. Jason Skipper.....4:36.53
4. Adam Owens.....4:36.89

Pole Vault
2. Devin Cassels.....4.15m

Distance Medley Relay
2. Richmond 'A'.....11:00.86

'10-11 Richmond Indoor Track & Field

Meet Results

Vince Brown Invitational

February 12, 2011 • Newport News, Va.

WOMEN'S RESULTS

400 Meter

10. Andi Defonce 1:01.79
24. Stephanie Paradis 1:04.90

Mile

6. Alli Mannon 5:06.57
7. Amanda Lineberry 5:07.23
8. Beth Kelly 5:08.99
15. Lydia Morton 5:22.08

3,000 Meter

2. Jill Prentice 9:57.00
5. Molly Parsons 10:40.59

5,000 Meter

1. Emma Berry 18:13.45
2. Liz Schinski 18:56.67

Pole Vault

7. Grace Gibson J3.30m

Long Jump

5. X' autasia Johnson 5.32m
17. Meghan Hart 4.89m
19. Ann O'Toole 4.82m
22. Amanda Caporelli 4.76m
33. Sarah Nuttycombe 4.53m

Triple Jump

1. X' autasia Johnson 11.47m
6. Sarah Nuttycombe 10.49m

Weight Throw

2. Monica Howard 15.66m
7. Meaghna McGovern 14.47m

Shot Put

11. Monica Howard 11.01m

High Jump

15. Meghan Hart 1.42m
15. Chelsea Babcock 1.42m
15. Amanda Caporelli 1.42m

4x400 Meter Relay

9. Richmond 'A' 4:17.69

MEN'S RESULTS

60 Meter

5. Tremayne Graham 6.95

200 Meter

43. Tom Smail 25.29

400 Meter

38. Tom Smail 55.03

800 Meter

10. Matt Mello 1:59.82

Mile

1. Andrew Benford 4:12.05
8. Tim Quinn 4:21.62
13. Ellis Mays 4:31.98
21. Kyle Ragan 4:39.91
29. Patrick Love 4:48.67

Pole Vault

10. Devin Cassels J3.90m

Atlantic 10 Indoor Championships

February 18-19, 2011 • Kingston, R.I.

WOMEN'S RESULTS

800 Meter

11. Andi Defonce 2:19.75
14. Stephanie Paradis 2:20.75

1,000 Meter

4. Alli Mannon 2:56.29

Mile

7. Jenn Ennis 5:00.45

3,000 Meter

14. Beth Kelly 10:18.15
23. Molly Parsons 10:47.86

5,000 Meter

13. Emma Berry 18:03.73
18. Liz Schinski 18:47.16

Pole Vault

6. Grace Gibson J3.30m

Long Jump

6. X' autasia Johnson 5.56m
18. Amanda Caporelli 4.87m
23. Sarah Nuttycombe 4.55m

Triple Jump

3. X' autasia Johnson 12.05m
18. Kelsey McKenna 10.25m
19. Sarah Nuttycombe 10.23m

Weight Throw

10. Monica Howard 15.51m
13. Meaghan McGovern 14.55m

Shot Put

20. Monica Howard 11.12m

Distance Medley Relay

6. Richmond 'A' 11:56.06

Pentathlon

8. Meghan Hart 2932
10. Ann O'Toole 2850
16. Kelsey McKenna 2298

High Jump

13. Chelsea Babcock 1.55m

4x400 Meter Relay

12. Richmond 'A' 4:22.78

4x800 Meter Relay

8. Richmond 'A' 9:20.85

MEN'S RESULTS

55 Meter

4. Tremayne Graham 6.51

200 Meter

7. Tremayne Graham 22.53

800 Meter

8. Matt Mello 1:56.45

Mile

10. Jason Skipper 4:24.11
17. Kyle Ragan 4:31.59
20. Ellis Mays 4:37.12

3,000 Meter

1. Andrew Benford 8:18.27
11. Levi Grandt 8:38.11
15. Chris York 8:51.10

5,000 Meter

1. Andrew Benford 14:32.21
5. Tim Quinn 14:48.74
7. Jon Wilson 15:05.52

Pole Vault

11. Devin Cassels 4.05m

Distance Medley Relay

8. Richmond 'A' 10:34.98

4x800 Meter Relay

10. Richmond 'A' 8:27.54

Notre Dame Last Chance Invitational

March 3-4, 2011 • Southbend, Ind.

WOMEN'S RESULTS

MEN'S RESULTS

5,000 Meter

3. Andrew Benford..... 13:59.99

'10-11 Richmond Indoor Track & Field

Women's Indoor Performance Lists

55 Meter

Meghan Hart.....	VMI Winter Relays	7.89
Amanda Caporelli.....	Liberty Kick-Off	8.20
K'antasia Johnson	Liberty Kick-Off	8.59

200 Meter

Meghan Hart.....	Patriot Games.....	27.61
Ann O'Toole.....	Patriot Games.....	29.07

300 Meter

Meghan Hart.....	Hoy aSpiked Shoe Invitational	45.72
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400 Meter

Andi DeFonce.....	Vince Brown Invitational	1:01.79
Amanda Caporelli.....	Patriot Games.....	1:02.10
Stephanie Paradis	Vince Brown Invitational	1:04.90

500 Meter

Andi DeFonce.....	Patriot Games.....	1:19.72
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800 Meter

Andi DeFonce.....	New Balance Games	2:18.46
Alli Mannon	Terrapin Invitational	2:20.05
Stephanie Paradis	Atlantic 10 Championship	2:20.75
Diana Filtz	VMI Winter Relays	2:37.56

1,000 Meter

Alli Mannon	Atlantic 10 Championship	2:56.29
Amanda Lineberry	New Balance Games	2:56.67
Jenn Ennis	Terrapin Invitational	2:59.05
Lydia Morton.....	Patriot Games.....	3:06.32
Stephanie Paradis	Hoya Spiked Shoe Invitational	3:07.92
Alexandra Hackett.....	Hoya Spiked Shoe Invitational	3:18.19

Mile

Jenn Ennis.....	Atlantic 10 Championship	5:00.45
Alli Mannon	Vince Brown Invitational	5:06.57
Amanda Lineberry	Vince Brown Invitational	5:07.23
Beth Kelly.....	Vince Brown Invitational	5:08.99
Lydia Morton.....	Vince Brown Invitational	5:22.08
Alexandra Hackett.....	Terrapin Invitational	5:30.06
Diana Filtz	VMI Winter Relays	5:43.55

3,000 Meter

Jill Prentice.....	Vince Brown Invitational	9:57.00
Beth Kelly.....	Patriot Games.....	10:14.71
Emma Berry	Patriot Games.....	10:34.14
Molly Parsons.....	Vince Brown Invitational	10:40.59
Liz Schinski.....	Patriot Games.....	10:55.87

5,000 Meter

Emma Berry	Atlantic 10 Championship	18:03.73
Liz Schinski.....	Atlantic 10 Championship	18:47.16

Pole Vault

Grace Gibson	VMI Winter Relays	3.30m
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Long Jump

X'antasia Johnson	Atlantic 10 Championship	5.56m
Amanda Caporelli.....	Liberty Kick-Off	5.37m
Meghan Hart.....	Patriot Games.....	4.99m
Ann O'Toole.....	Vince Brown Invitational	4.82m
Sarah Nuttycombe	Atlantic 10 Championship	4.55m

High Jump

Chelsea Babcock.....	Atlantic 10 Championship	1.55m
Meghan Hart.....	VMI Winter Relays	1.45m
Amanda Caporelli.....	Vince Brown Invitational	1.42m
Kelsey McKenna	VMI Winter Relays	1.40m
Ann O'Toole.....	Hoya Spiked Shoe Invitational	1.21m

Triple Jump

X'antasia Johnson	Atlantic 10 Championship	12.05m
Sarah Nuttycombe	Vince Brown Invitational	10.49m
Kelsey McKenna	Atlantic 10 Championship	10.25m

Shot Put

Monica Howard.....	Atlantic 10 Championship	11.12m
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Weight Throw

Monica Howard.....	Vince Brown Invitational	15.66m
Meaghan McGovern	Atlantic 10 Championship	14.55m

Pentathlon

Meghan Hart.....	Atlantic 10 Championship	2832 pts
Ann O'Toole.....	Atlantic 10 Championship	2850 pts
Kelsey McKenna	Atlantic 10 Championship	2298 pts

4x400 Meter Relay

Richmond.....	Vince Brown Invitational	4:17.69
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4x800 Meter Relay

Richmond.....	Atlantic 10 Championship	9:20.85
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Distance Medley Relay

Richmond.....	Atlantic 10 Championship	11:56.06
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55 Meter Hurdles

Ann O'Toole.....	VMI Winter Relays	9.39
Kelsey McKenna.....	VMI Winter Relays	9.46

60 Meter Hurdles

Ann O'Toole.....	Hoya Spiked Shoe Invitational	12.25
Kelsey McKenna.....	Hoya Spiked Shoe Invitational	12.19

'10-11 Richmond Track & Field

Men's Indoor Performance Lists

55 Meter

Tremayne Graham VMI Winter Rleays & A-10 Champ6.51

60 Meter

Tremayne Graham Vince Brown Invitational6.95

200 Meter

Tremayne Graham Atlantic 10 Championship22.53

Matt Mello VMI Winter Relays25.01

Tim Smail Vince Brown Invitational25.29

300 Meter

Tim Smail Hoya Spiked Show Invitational39.40

400 Meter

Matt Mello Terrapin Invitational53.66

Tom Smail Vince Brown Invitational55.03

500 Meter

Matt Mello Patriot Games.....1:08.73

800 Meter

Matt Mello Atlantic 10 Championship1:56.45

Ellis Mays VMI Winter Relays2:06.67

Conor Phelan..... VMI Winter Relays2:07.52

Patrick Love..... VMI Winter Relays2:08.33

1,000 Meter

Jason Skipper Patriot Games.....2:39.30

Kyle Ragan Terrapin Invitational2:42.78

Conor Phelan..... Patriot Games.....2:43.71

Patrick Love..... Patriot Games.....2:43.89

Matt Mello Hoya Spiked Shoe Invitational2:44.06

Ellis Mays Terrapin Invitational2:44.88

Mile

Andrew Benford..... Vince Brown Invitational4:12.05

Tim Quinn Vince Brown Invitational4:21.62

Jason Skipper Atlantic 10 Championship4:24.11

Levi Grandt..... Patriot Games.....4:24.41

Chris York Patriot Games.....4:24.98

Kyle Ragan Atlantic 10 Championship4:31.59

Ellis Mays Vince Brown Invitational4:31.98

Conor Phelan..... Patriot Games.....4:34.44

Adam Owens..... VMI Winter Relays4:36.89

Patrick Love..... Patriot Games.....4:36.98

3,000 Meter

Andrew Benford..... New Balance Games8:09.34

Tim Quinn New Balance Games8:33.48

Chris York New Balance Games8:37.03

Levi Grandt..... Atlantic 10 Championship8:38.11

Adam Owens..... Patriot Games.....9:00.48

Conor Phelan..... Terrapin Invitational9:16.46

5,000 Meter

Andrew Benford..... Notre Dame Last Chance13:59.99

Tim Quinn Atlantic 10 Championship14:48.74

Jon Wilson Atlantic 10 Championship15:05.52

Pole Vault

Devin Cassels..... Patriot Games & VMI Winter Relays4.15m

4x800 Meter Relay

Richmond..... Atlantic 10 Championship8:27.54

Distance Medley Relay

Richmond..... Atlantic 10 Championship10:34.98