

# UCF KNIGHTS TRACK AND FIELD

## CAREER OUTDOOR PERFORMANCES • FINAL

### Date (Event)

#### Dan'Elle Bellamy

##### **200m**

3/20/10 (Black & Gold Challenge) 26.61 (-2.1) 22nd  
4/11/09 (Miami Elite) 26.29 (+0.1)! 38th

##### **400m**

5/5/11 (UCF Twilight) 57.15! 7th  
4/16/11 (Tom Jones Memorial) 58.65 12th  
3/26/11 (UCF Invitational) 57.23 17th  
3/19/11 (Black & Gold Challenge) 57.88 6th  
5/15/10 (C-USA Championships) 1:00.28 (p) 25th  
4/17/10 (Tom Jones Memorial) 59.76 22nd  
3/27/10 (UCF Invitational) 1:00.35 20th  
3/20/10 (Black & Gold Challenge) 1:00.03 10th  
5/10/09 (UCF Twilight) 57.94 6th  
4/11/09 (Miami Elite) 59.36 20th  
3/28/09 (UCF Invitational) 59.78 15th

##### **1,500m**

5/10/09 (UCF Twilight) 4:33.61 1st

#### Ashley Bolling

##### **Long Jump**

5/6/10 (UCF Twilight) 16-11.50/5.17m 5th  
3/26/10 (UCF Invitational) 16-10.0/5.13m (-0.5) 7th  
3/28/09 (UCF Invitational) 16-11.25/5.16m w (+2.4) 15th  
3/21/09 (Black & Gold Challenge) 15-2.75/4.64m 5th

##### **100mH**

5/15/11 (C-USA Championships) 13.82 (+1.9)! 5th  
5/14/11 (C-USA Championships) 13.83 (+1.5)p 5th  
4/16/11 (Tom Jones Memorial) 13.87 8th  
4/16/11 (Tom Jones Memorial) 13.95 (p+3.6)w 8th  
4/1/11 (Florida Relays) 14.37 (-0.9) 33rd  
3/26/11 (UCF Invitational) 15.07 (+1.1) 24th  
3/19/11 (Black & Gold Challenge) 15.17 (-0.7) 9th  
5/16/10 (C-USA Championships) 14.16 (+3.9)w 8th  
5/15/10 (C-USA Championships) 14.30 (p)! 8th  
3/27/10 (UCF Invitational) 14.75 (+0.5) 9th  
3/20/10 (Black & Gold Challenge) 15.09 9th  
4/11/09 (Miami Elite) 14.73 (+1.7) 11th  
3/28/09 (UCF Invitational) 14.32 (+3.0)w 11th  
3/21/09 (Black & Gold Challenge) 14.96 (+0.6) 7th

##### **200m**

5/5/11 (UCF Twilight) 25.08 (+0.6)! 14th  
3/19/11 (Black & Gold Challenge) 25.56 (-0.1) 14th  
3/27/10 (UCF Invitational) 26.51 (+0.3) 40th  
3/20/10 (Black & Gold Challenge) 26.46 (+1.6) 21st  
3/28/09 (UCF Invitational) 25.86w (+2.6) 33rd  
3/21/09 (Black & Gold Challenge) 25.86 (+1.1) 10th

##### **Javelin**

3/26/10 (UCF Invitational) 56-4.0/17.17m 15th

#### Dominique Booker

##### **100m**

5/27/11 (NCAA East) 11.53 (+1.0)q 10th  
5/26/11 (NCAA East) 11.57 (-0.3)p 10th

### Date (Event)

### Mark

### Place

5/15/11 (C-USA Championships) 11.45 (+1.1)! 4th  
5/14/11 (C-USA Championships) 11.55 (+0.5)p 5th  
5/5/11 (UCF Twilight) 11.75 (-0.6) 7th  
4/30/11 (Penn Relays) 11.68 (+0.4) 9th  
4/29/11 (Penn Relays) 11.60 (+0.0)! 7th  
4/16/11 (Tom Jones Memorial) 11.58 (+3.8)w 11th  
4/1/11 (Florida Relays) 11.69 (-0.3) 7th  
3/19/11 (Black & Gold Challenge) 11.69 (-1.1) 1st

##### **200m**

5/28/11 (NCAA East) 23.84 (-1.3)q 13th  
5/27/11 (NCAA East) 23.71 p 9th  
5/15/11 (C-USA Championships) 23.63 (-0.6) 4th  
5/14/11 (C-USA Championships) 23.46 (+0.0)p! 4th  
5/5/11 (UCF Twilight) 23.89 (-0.4) 4th  
4/16/11 (Tom Jones Memorial) 23.56 (+2.5)w 5th  
4/1/11 (Florida Relays) 23.77 (+0.9) 5th  
3/26/11 (UCF Invitational) 23.70 (+0.7)! 4th

#### Champelle Brown

##### **200m**

5/5/11 (UCF Twilight) 24.71 (-0.8) 10th  
3/19/11 (Black & Gold Challenge) 23.91 (+1.3)! 6th  
5/15/10 (C-USA Championships) 24.71 (+2.0) (p) 18th  
3/27/10 (UCF Invitational) 24.99 (+1.0) 12th  
3/20/10 (Black & Gold Challenge) 24.90 (+0.4) 10th

##### **400m**

5/26/11 (NCAA East) 55.91p 33rd  
5/15/11 (C-USA Championships) 54.73 7th  
5/14/11 (C-USA Championships) 54.60p 8th  
4/16/11 (Tom Jones Memorial) 55.11 4th  
4/1/11 (Florida Relays) 55.14 23rd  
3/26/11 (UCF Invitational) 54.26 5th  
5/15/10 (C-USA Championships) 55.92 (p) 10th  
4/17/10 (Tom Jones Memorial) 55.59 11th  
3/20/10 (Black & Gold Challenge) 55.34 3rd

#### Afia Charles

##### **200m**

5/5/11 (UCF Twilight) 24.20 (-0.8)! 9th  
3/19/11 (Black & Gold Challenge) 24.35 (+2.0) 9th

##### **400m**

5/26/11 (NCAA East) 57.19p 43rd  
5/24/11 (CARIFTA Games) 54.23 3rd  
5/15/11 (C-USA Championships) 53.73 4th  
5/14/11 (C-USA Championships) 53.60!#^p 6th  
4/16/11 (Tom Jones Memorial) 55.91 9th

#### **EDITOR'S KEY**

+ = NCAA Regional Qualifier  
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# = freshman record  
! = personal record (PR)  
m = meet record  
p = Earned in preliminaries  
s = Earned in semifinals

c = Earned in consolation event  
P = Earned in pentathlon  
H = Earned in heptathlon

# UCF KNIGHTS TRACK AND FIELD

## CAREER OUTDOOR PERFORMANCES • FINAL

<u>Date (Event)</u>	<u>Mark</u>	<u>Place</u>	<u>Date (Event)</u>	<u>Mark</u>	<u>Place</u>
4/1/11 (Florida Relays)	56.27	33rd	<b>400m</b>		
3/26/11 (UCF Invitational)	55.40!	11th	3/20/10 (Black & Gold Challenge)	56.26!	5th
3/19/11 (Black & Gold Challenge)	55.86	2nd			
<b>Jackie Coward</b>			<b>Carley Dart</b>		
<b>100mH</b>			<b>800m</b>		
6/26/11 (USA Championships)	12.87 (1.2)!^s	13th	5/14/11 (C-USA Championships)	2:19.32	21st
6/25/11 (USA Championships)	12.93 (+1.5)p	14th	5/5/11 (UCF Twilight)	2:16.20	6th
6/11/11 (NCAA Championships)	12.78 (+2.1)w	3rd	4/16/11 (Tom Jones Memorial)	2:13.93	8th
6/9/11 (NCAA Championships)	13.11 (-0.6)s	8th	4/1/11 (Florida Relays)	2:16.38	29th
5/28/11 (NCAA East)	13.16 (+1.1)q	10th	3/26/11 (UCF Invitational)	2:14.06	8th
5/27/11 (NCAA East)	13.46 (-0.1)p	6th	5/27/10 (NCAA East)	2:13.63	44th
5/15/11 (C-USA Championships)	12.97 (+1.9)m	1st	5/16/10 (C-USA Championships)	2:09.11	2nd
5/14/11 (C-USA Championships)	13.02 (+1.5)p	1st	5/15/10 (C-USA Championships)	2:10.81	5th
5/5/11 (UCF Twilight)	13.10 (+0.8)	1st	4/17/10 (Tom Jones Memorial)	2:08.92!	3rd
4/30/11 (Penn Relays)	13.63 (+0.5)	5th	4/2/10 (Florida Relays)	2:09.83	6th
4/29/11 (Penn Relays)	13.39 (-0.5)	2nd	5/15/09 (C-USA Championships)	2:17.92(p)	17th
4/16/11 (Tom Jones Memorial)	12.96!^	1st	5/10/09 (UCF Twilight)	2:12.86	3rd
4/16/11 (Tom Jones Memorial)	12.87 (p+5.1)w	1st	4/11/09 (Miami Elite)	2:13.23	6th
4/1/11 (Florida Relays)	13.64 (-2.9)	7th	4/3/09 (Florida Relays)	2:14.48	24th
3/26/11 (UCF Invitational)	13.28 (+1.2)	2nd	3/28/09 (UCF Invitational)	2:21.88	12th
6/12/10 (NCAA Championships)	13.04 (+1.8)	5th	3/21/09 (Black & Gold Challenge)	2:16.01	4th
6/10/10 (NCAA Championships)	13.04 (+2.8) (+2.8)w	4th	<b>1,500m</b>		
5/29/10 (NCAA East)	13.11 (+1.3)	9th	3/19/11 (Black & Gold Challenge)	5:07.14	7th
5/28/10 (NCAA East)	13.50 (-0.2) (p)	23rd	3/27/10 (UCF Invitational)	4:37.71!	3rd
5/16/10 (C-USA Championships)	12.99 (+3.9)!w	1st	3/20/10 (Black & Gold Challenge)	4:50.95	5th
5/15/10 (C-USA Championships)	13.07 (+3.4) (p)w	1st	3/28/09 (UCF Invitational)	5:06.72	20th
4/23/10 (Penn Relays)	13.59(+3.9) (p)w	13th	3/21/09 (Black & Gold Challenge)	5:14.01	8th
4/2/10 (Florida Relays)	13.49 (+0.5)	11th			
3/27/10 (UCF Invitational)	13.93 (-0.5)	2nd	<b>London Enos</b>		
5/29/09 (NCAA Regionals)	13.84 (-0.7)	17th	<b>Pole Vault</b>		
5/16/09 (C-USA Championships)	13.27 (3.7)w +	2nd	3/25/11 (UCF Invitational)	11-5.75/3.50!	t5th
5/15/09 (C-USA Championships)	13.54 (+4.7)w (p)+	4th	3/19/11 (Black & Gold Challenge)	11-5.75/3.50	t2nd
5/10/09 (UCF Twilight)	13.61 (+0.9)+	3rd			
4/25/09 (Penn Relays)	13.62 +	8th	<b>Karessa Farley</b>		
4/24/09 (Penn Relays)	13.51 +#p	7th	<b>100m</b>		
4/11/09 (Miami Elite)	13.54 (+3.2) w+	6th	5/5/11 (UCF Twilight)	12.06 (+1.4)!	13th
			3/19/11 (Black & Gold Challenge)	12.48 (-1.3)	6th
<b>400mH</b>			<b>100mH</b>		
5/27/11 (NCAA East)	1:00.26q	18th	5/28/11 (NCAA East)	13.54 (+1.1)	20th
5/26/11 (NCAA East)	59.56p	16th	5/27/11 (NCAA East)	13.72 (-0.6)p	18th
5/15/11 (C-USA Championships)	57.59!^m	1st	5/15/11 (C-USA Championships)	13.41 (+1.9)	3rd
5/14/11 (C-USA Championships)	58.41p	1st	5/14/11 (C-USA Championships)	13.47p	2nd
4/16/11 (Tom Jones Memorial)	57.78	1st	5/5/11 (UCF Twilight)	13.22(+0.8)!	2nd
4/1/11 (Florida Relays)	59.56	12th	4/29/11 (Penn Relays)	13.80 (+1.1)	12th
3/26/11 (UCF Invitational)	59.89	2nd	4/16/11 (Tom Jones Memorial)	13.47	4th
5/27/10 (NCAA East)	1:00.78 (p)	38th	4/16/11 (Tom Jones Memorial)	13.51 (p+2.5w)	3rd
5/16/10 (C-USA Championships)	59.36	2nd			
6/15/10 (C-USA Championships)	1:01.49 (p)	2nd			
3/27/10 (UCF Invitational)	59.11!	1st			
5/16/09 (C-USA Championships)	59.27+	1st			
5/15/09 (C-USA Championships)	1:00.35+ (p)	2nd			
4/23/09 (Penn Relays)	1:00.42 +	8th			
4/11 (Miami Elite)	1:00.44 +	4th			
4/3/09 (Florida Relays)	59.88 +	6th			

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# UCF KNIGHTS TRACK AND FIELD

## CAREER OUTDOOR PERFORMANCES • FINAL

<u>Event (Date)</u>	<u>Mark</u>	<u>Place</u>	<u>Event (Date)</u>	<u>Mark</u>	<u>Place</u>
4/1/11 (Florida Relays)	13.93 (-0.4)	15th	4/2/10 (Florida Relays)	19-06/5.81m (+2.2)w	11th
3/26/11 (UCF Invitational)	13.68 (+1.2)	3rd	3/26/10 (UCF Invitational)	18-9.75/5.73m (+0.9)	2nd
3/19/11 (Black & Gold Challenge)	14.13 (-0.7)	3rd	3/20/10 (Black & Gold Challenge)	18-1.75/5.53m	3rd
<b><u>Aisha-Maree Frazier</u></b>			5/15/09 (C-USA Championships)	19-6.25/5.95 (+3.5) w	9th
<b>400m</b>			5/10/09 (UCF Twilight)	18-10.0/5.74m (+0.3)	3rd
5/15/10 (C-USA Championships)	56.28! (p)	12th	4/23/09 (Penn Relays)	18-9.25/5.72m w	15th
4/17/10 (Tom Jones Memorial)	56.74	13th	4/11/09 (Miami Elite)	18-2.25/5.54m	3rd
<b>400mH</b>			3/28/09 (UCF Invitational)	19-6.75/5.96m w (+2.2)	4th
5/15/11 (C-USA Championships)	1:00.31	5th	3/21/09 (Black & Gold Challenge)	17-0.50/5.44m	2nd
5/14/11 (C-USA Championships)	1:00.68	5th	<b>400mH</b>		
5/5/11 (UCF Twilight)	1:06.38	5th	4/23/09 (Penn Relays)	1:06.27	55th
3/26/11 (UCF Invitational)	1:04.57	15th	4/11/09 (Miami Elite)	1:05.46	43rd
3/19/11 (Black & Gold Challenge)	1:05.35	10th	4/3/09 (Florida Relays)	1:06.13	37th
5/17/10 (NCAA East)	1:02.61 (p)	46th	3/28/09 (UCF Invitational)	1:05.48	9th
5/16/10 (C-USA Championships)	59.20!	1st	3/21/09 (Black & Gold Challenge)	1:05.52	7th
5/15/10 (C-USA Championships)	1:02.60 (p)	8th	<b>100m</b>		
4/2/10 (Florida Relays)	1:03.23	30th	5/5/11 (UCF Twilight)	12.55 (+1.4)!	22nd
3/27/10 (UCF Invitational)	1:04.42	11th	4/16/11 (Tom Jones Memorial)	12.45 (+4.5)w	23rd
3/20/10 (Black & Gold Challenge)	1:02.59	3rd	3/26/11 (UCF Invitational)	12.58 (-0.4)	34th
5/16/09 (C-USA Championships)	1:02.03	4th	3/19/11 (Black & Gold Challenge)	12.87 (-1.3)	10th
5/15/09 (C-USA Championships)	1:01.96(p)	7th	4/17/10 (Tom Jones Memorial)	12.83 (-0.4)p	23rd
3/28/09 (UCF Invitational)	1:01.46	3rd	3/27/10 (UCF Invitational)	12.92 (+0.3)	23rd
3/21/09 (Black & Gold Challenge)	1:00.46+	1st	3/20/10 (Black & Gold Challenge)	12.68 (+3.6)w	9th
<b><u>Mason Gardberg</u></b>			<b>Triple Jump</b>		
<b>1,500m</b>			5/15/11 (C-USA Championships)	40-6.25/12.35!	5th
3/19/11 (Black & Gold Challenge)	5:40.36!	9th	5/16/10 (C-USA Championships)	38-8.75/11.80m	11th
<b>3,000 Steeple</b>			3/20/10 (Black & Gold Challenge)	37-2.25/11.33m	2nd
5/5/11 (UCF Twilight)	12:47.19	1st	<b><u>Katya Groff</u></b>		
4/16/11 (Tom Jones Memorial)	12:44.66	2nd	<b>1,500m</b>		
4/1/11 (Florida Relays)	12:22.17	14th	5/5/11 (UCF Twilight)	4:56.99	1st
3/25/11 (UCF Invitational)	12:42.46	4th	4/16/11 (Tom Jones Memorial)	4:54.54!	15th
5/15/10 (C-USA Championships)	11:54.49!	15th	3/26/11 (UCF Invitational)	4:58.43	25th
4/17/10 (Tom Jones Memorial)	11:57.61	5th	3/19/11 (Black & Gold Challenge)	5:11.91	8th
3/26/10 (UCF Invitational)	12:43.43	4th	<b>800m</b>		
<b>5,000-Meter Run</b>			5/5/11 (UCF Twilight)	2:25.33	12th
3/26/11 (UCF Invitational)	20:44.71	7th	<b><u>Sandy Jean</u></b>		
3/27/10 (UCF Invitational)	19:58.44	8th	<b>100mH</b>		
3/20/10 (Black & Gold Challenge)	20:09.21	11th	3/26/11 (UCF Invitational)	14.87 (+1.3)	23rd
<b><u>Jacquelyn Gilchrist</u></b>			3/19/11 (Black & Gold Challenge)	14.99 (+1.2)	7th
<b>Long Jump</b>			<b>400mH</b>		
5/26/11 (NCAA East)	19-0.00/5.79m (-0.6)	31st	5/27/11 (NCAA East)	59.89q	17th
5/14/11 (C-USA Championships)	18-8.00/5.69m (+2.9)	12th	5/26/11 (NCAA East)	1:00.36p	18th
5/5/11 (UCF Twilight)	18-7.0/5.66m (-2.4)	3rd	5/15/11 (C-USA Championships)	58.84!#	3rd
4/28/11 (Penn Relays)	18-8.0/5.69m (-0.4)	12th	5/14/11 (C-USA Championships)	1:00.73p	4th
4/16/11 (Tom Jones Memorial)	18-6.0/5.64m (-0.9)	10th	<b>EDITOR'S KEY</b> + = NCAA Regional Qualifier ^ = school record # = freshman record ! = personal record (PR) m = meet record p = Earned in preliminaries s = Earned in semifinals c = Earned in consolation event P = Earned in pentathlon H = Earned in heptathlon		
3/25/11 (UCF Invitational)	19-9.0/6.02m (-0.4)	3rd			
3/19/11 (Black & Gold Challenge)	19-0.75/5.81m(+1.6)	1st			
5/27/10 (NCAA East)	19-8.75/6.01m (+0.8)	18th			
5/15/10 (C-USA Championships)	19-9.75/6.04m (+1.9)!	6th			
4/22/10 (Penn Relays)	19-2.0/5.84m (+1.5)	9th			
4/17/10 (Tom Jones Memorial)	18-8.50/5.70m (+0.0)	6th			

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### Event (Date)

<u>Event (Date)</u>	<u>Mark</u>	<u>Place</u>
5/5/11 (UCF Twilight)	1:01.29	1st
4/28/11 (Penn Relays)	1:02.84	41st
4/16/11 (Tom Jones Memorial)	1:03.49	10th
4/1/11 (Florida Relays)	1:00.89	17th
3/26/11 (UCF Invitational)	1:01.19	4th
3/19/11 (Black & Gold Challenge)	1:01.75	4th

### Lynne Layne

#### **Long Jump**

5/14/11 (C-USA Championships)	19-9.50/6.03 (+0.6)	6th
<b>100m</b>		
5/26/11 (NCAA East)	11.91 (+1.0)	39th
5/15/11 (C-USA Championships)	11.54 (+1.1)	7th
5/14/11 (C-USA Championships)	11.56 (+1.4)p	7th
5/5/11 (UCF Twilight)	11.73 (-1.3)	6th
4/29/11 (Penn Relays)	11.72 (-0.6)	10th
4/16/11 (Tom Jones Memorial)	11.48 (+3.4)w	8th
4/1/11 (Florida Relays)	11.75 (+2.6)w	14th
3/26/11 (UCF Invitational)	11.73 (-0.9)	1st

#### **200m**

5/27/11 (NCAA East)	24.17 (+0.8)p	26th
5/15/11 (C-USA Championships)	23.96 (-0.6)	6th
5/14/11 (C-USA Championships)	23.67 (+0.7)p	5th
4/16/11 (Tom Jones Memorial)	23.46 (+2.5)w	3rd
4/1/11 (Florida Relays)	24.53 (+2.3)w	19th
3/26/11 (UCF Invitational)	23.79 (+0.7)	5th
3/19/11 (Black & Gold Challenge)	23.88 (+1.3)	5th

### Amanda Leland

#### **100m**

5/5/11 (UCF Twilight)	12.07 (+1.4)!	14th
4/16/11 (Tom Jones Memorial)	11.97 (+4.6)w	19th
3/26/11 (UCF Invitational)	12.34 (-0.4)	29th

#### **200m**

4/16/11 (Tom Jones Memorial)	25.02 (+1.8)!	23rd
3/26/11 (UCF Invitational)	25.60 (+1.3)	34th

### Ne'Ausha Logan

#### **800m**

5/15/11 (C-USA Championships)	2:11.79	8th
5/14/11 (C-USA Championships)	2:11.49p	5th
5/5/11 (UCF Twilight)	2:11.15!#	3rd
4/16/11 (Tom Jones Memorial)	2:11.95	5th
4/1/11 (Florida Relays)	2:15.05	22nd
3/26/11 (UCF Invitational)	2:16.62	13th
3/19/11 (Black & Gold Challenge)	2:17.33	5th

### Brittany McCord

#### **100m**

5/5/11 (UCF Twilight)	12.33 (+1.4)	18th
4/16/11 (Tom Jones Memorial)	12.26 (+4.6)w	22nd

#### **200m**

5/5/11 (UCF Twilight)	25.86 (+0.6)	17th
4/16/11 (Tom Jones Memorial)	26.13 (+1.8)	30th

### Event (Date)

#### Satrina Oliveira

#### **Shot Put**

5/14/11 (C-USA Championships)	40-8.25/12.40m	13th
5/5/11 (UCF Twilight)	39-2.50/11.95m	5th
4/16/11 (Tom Jones Memorial)	40-2.25/12.25m	15th
4/9/11 (NTC Jumps Challenge)	42-6.00/12.95m	1st
3/26/11 (UCF Invitational)	42-6.25/12.96m!	9th
3/19/11 (Black & Gold Challenge)	40-6.75/12.36	9th

#### **Discus**

5/15/11 (C-USA Championships)	148-08/45.32m!	3rd
5/5/11 (UCF Twilight)	145-2/44.26m!	2nd
4/16/11 (Tom Jones Memorial)	139-7.0/42.55m	15th
4/9/11 (NTC Jumps Challenge)	121-7.00/37.07m	2nd
3/26/11 (UCF Invitational)	129-08/39.53m	14th
3/19/11 (Black & Gold Challenge)	125-5.00/38.22m	12th

#### **Hammer**

4/9/11 (NTC Jumps Challenge)	136-5.00/41.59m!	1st
3/25/11 (UCF Invitational)	120-10.00/36.82m	21st
3/19/11 (Black & Gold Challenge)	133-0.00/40.53	8th

### Sheila Paul

#### **100m**

6/23/11 (USA Championships)	11.62 (+1.6)	26th
6/8/11 (NCAA Championships)	11.56 (-0.4)s	16th
5/27/11 (NCAA East)	11.51 (+1.0)p	16th
5/26/11 (NCAA East)	11.65 (+1.0)p	16th
5/15/11 (C-USA Championships)	11.35 (+1.1)!	2nd
5/14/11 (C-USA Championships)	11.55 (+0.5)p	6th
5/5/11 (UCF Twilight)	11.75 (-1.3)	8th
4/16/11 (Tom Jones Memorial)	11.14 (+3.4)w	4th
4/1/11 (Florida Relays)	11.88 (-2.7)	26th
3/19/11 (Black & Gold Challenge)	11.72 (-1.1)	2nd
6/9/10 (NCAA Championships)	11.64 (+2.7)w (p)	19th
5/28/10 (NCAA East)	11.36 (+2.4)w!	7th
5/27/10 (NCAA East)	11.54 (+0.6) (p)	12th
5/16/10 (C-USA Championships)	11.53 (+1.1)	4th
5/15/10 (C-USA Championships)	11.53 (+2.6)w (p)	5th
4/23/10 (Penn Relays)	11.75(+1.9) (p)	11th
4/17/10 (Tom Jones Memorial)	11.63 (-2.1)	3rd
4/2/10 (Florida Relays)	11.62 (+2.3)w	13th
3/27/10 (UCF Invitational)	11.78 (-1.8)	3rd
3/20/10 (Black & Gold Challenge)	11.79 (-1.9)	1st
5/29/09 (NCAA Regionals)	11.86 (-0.9) (p)	21st
5/16/09 (C-USA Championships)	11.51 (+1.9) +	3rd
5/15/09 (C-USA Championships)	11.60 (+1.9) + (p)	4th
5/10/09 (UCF Twilight)	11.69 (+0.8) +	8th

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+ = NCAA Regional Qualifier  
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# UCF KNIGHTS TRACK AND FIELD

## CAREER OUTDOOR PERFORMANCES • FINAL

<u>Event (Date)</u>	<u>Mark</u>	<u>Place</u>	<u>Event (Date)</u>	<u>Mark</u>	<u>Place</u>
4/24/09 (Penn Relays)	11.77 (p) +	12th	<b>Danielle Scaffidi</b>		
4/11/09 (Miami Elite)	11.74 (+0.0) +	11th	<b>800m</b>		
4/3/09 (Florida Relays)	11.69 (+1.0) +	11th	5/5/11 (UCF Twilight)	2:35.09	15th
3/28/09 (UCF Invitational)	11.74 (+1.0) +	4th	<b>1,500m</b>		
<b>200m</b>			5/5/11 (UCF Twilight)	5:06.40	2nd
5/28/11 (NCAA East)	24.04 (-1.4)q	17th	4/16/11 (Tom Jones Memorial)	4:48.81	14th
5/27/11 (NCAA East)	23.77 (-0.7)q	11th	4/1/11 (Florida Relays)	4:57.17	39th
5/15/11 (C-USA Championships)	23.06 (-0.6)	3rd	3/26/11 (UCF Invitational)	4:56.55	24th
5/14/11 (C-USA Championships)	23.40 (+0.4)p!	2nd	3/19/11 (Black & Gold Challenge)	4:48.63!	5th
5/5/11 (UCF Twilight)	23.54 (-0.4)!	1st	<b>Aurieyall Scott</b>		
4/16/11 (Tom Jones Memorial)	23.63 (+2.7)w	6th	<b>100m</b>		
3/26/11 (UCF Invitational)	23.92 (+0.7)	7th	6/24/11 (USA Championships)	11.12 (+1.6)!#^	1st
5/27/10 (NCAA East)	24.00 (-0.8) (p)	29th	6/24/11 (USA Championships)	11.22 (+1.9)s	1st
5/16/10 (C-USA Championships)	24.29 (+0.6)	5th	6/10/11 (NCAA Championships)	11.19 (+1.5)	4th
5/15/10 (C-USA Championships)	23.88 (+1.7) (p)	5th	6/8/11 (NCAA Championships)	11.30 (-0.3)s	3rd
4/17/10 (Tom Jones Memorial)	24.01 (-0.4)	6th	5/27/11 (NCAA East)	11.41 (+0.8)q	3rd
3/27/10 (UCF Invitational)	24.09 (+0.1)	4th	5/26/11 (NCAA East)	11.36 (-0.4)p	2nd
3/20/10 (Black & Gold Challenge)	23.92 (+0.5)	1st	5/15/11 (C-USA Championships)	11.25 (+1.1) !^#	1st
5/29/09 (NCAA Regionals)	24.17 (-2.2)	17th	5/14/11 (C-USA Championships)	11.29 (+1.6)p	1st
5/15/09 (C-USA Championships)	24.07 (+2.3)w	5th	5/5/11 (UCF Twilight)	11.48 (-1.3)	1st
5/15/09 (C-USA Championships)	24.07 (-0.2)	6th	4/16/11 (Tom Jones Memorial)	11.17 (+3.4)w	1st
4/11/09 (Miami Elite)	23.98 (+0.3) +#	11th	<b>200m</b>		
3/28/09 (UCF Invitational)	23.95w (+3.3) +	5th	6/25/11 (USA Championships)	22.83 (+0.9)!#^	1st
<b>Eva Pierce</b>			6/25/11 (USA Championships)	22.82 (+3.7)ws	1st
<b>200m</b>			6/9/11 (NCAA Championships)	23.08 (+0.5)s	10th
5/5/11 (UCF Twilight)	26.03 (+0.3)!	18th	5/28/11 (NCAA East)	23.27 (-1.3)q	5th
<b>400m</b>			5/27/11 (NCAA East)	23.24 p	3rd
5/5/11 (UCF Twilight)	59.27	9th	5/15/11 (C-USA Championships)	23.06 (-0.6)	1st
4/16/11 (Tom Jones Memorial)	59.59	15th	5/14/11 (C-USA Championships)	23.01 (+1.5)p	1st
3/26/11 (UCF Invitational)	1:01.25	28th	4/1/11 (Florida Relays)	22.98(+1.7)^#!	2nd
3/19/11 (Black & Gold Challenge)	59.60	9th	<b>400m</b>		
4/17/10 (Tom Jones Memorial)	59.38	21st	3/26/11 (UCF Invitational)	53.96#!	4th
3/27/10 (UCF Invitational)	59.87	18th	<b>Tyler Smith</b>		
3/20/10 (Black & Gold Challenge)	59.35	8th	<b>100m</b>		
<b>Destinee Romain</b>			5/14/11 (C-USA Championships)	11.79 (+1.6)p	11th
<b>Shot Put</b>			5/5/11 (UCF Twilight)	11.71 (-0.6)!	5th
5/14/11 (C-USA Championships)	40-5.00/12.32m	15th	4/16/11 (Tom Jones Memorial)	11.94 (+3.8w)	18th
5/5/11 (UCF Twilight)	42-9.50/13.04m	2nd	<b>200m</b>		
4/16/11 (Tom Jones Memorial)	41-2.25/12.55m	14th	5/14/11 (C-USA Championships)	24.20 (+0.4)	17th
3/26/11 (UCF Invitational)	43-03.75/13.20m	8th	5/5/11 (UCF Twilight)	23.94 (-0.8)!	6th
3/19/11 (Black & Gold Challenge)	41-4.25/12.60m	8th	4/16/11 (Tom Jones Memorial)	24.63 (+1.3)	15th
<b>Discus</b>			<b>Tomika Story</b>		
5/15/11 (C-USA Championships)	135-03/41.22m	10th	<b>Triple Jump</b>		
5/5/11 (UCF Twilight)	129-10/39.58m	4th			
4/16/11 (Tom Jones Memorial)	128-0.0/39.02m	17th			
4/1/11 (Florida Relays)	135-11/41.43m	17th			
3/26/11 (UCF Invitational)	108-03/33.00m	17th			
3/19/11 (Black & Gold Challenge)	119-0.00/36.27m	14th			
<b>Hammer</b>					
3/19/11 (Black & Gold Challenge)	120-4.00/36.67m!	12th			

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## CAREER OUTDOOR PERFORMANCES • FINAL

<u>Event (Date)</u>	<u>Mark</u>	<u>Place</u>	<u>Event (Date)</u>	<u>Mark</u>	<u>Place</u>
5/15/11 (C-USA Championships)	38-4.25/11.69 (+0.8)	10th	6/12/10 (NCAA Championships)	19-1.50/5.83m (+1.4)	21st
5/5/11 (UCF Twilight)	40-7.75/12.39m (0.0)	1st	5/27/10 (NCAA East)	20-6.25/6.25m (+2.0)#	8th
4/16/11 (Tom Jones Memorial)	39-2.25/11.94m (-3.1)	5th	5/15/10 (C-USA Championships)	20-6.25/ 6.25m (+2.4)	2nd
4/2/11 (Florida Relays)	38-1.50/11.62m	21st	5/6/10 (UCF Twilight)	19-2.5/5.85m (nwi)	1st
3/26/11 (UCF Invitational)	40-04.00/12.29(+0.0)	1st	4/22/10 (Penn Relays)	19-9.75/6.04m (+2.3)w	4th
3/19/11 (Black & Gold Challenge)	39-5.75/12.03m (+2.0)	1st	4/17/10 (Tom Jones Memorial)	19-3.25/5.87m (+0.0)	3rd
5/29/10 (NCAA East)	40-6.75/12.36m (+2.2)	29th	3/20/10 (Black & Gold Challenge)	18-7.25/5.67m (+0.8)	1st
5/16/10 (C-USA Championships)	40-9.0/12.42m! (+0.0)!	4th	<b>Triple Jump</b>		
4/23/10 (Penn Relays)	38-6.0/11.73m (+0.8)	12th	3/27/10 (UCF Invitational)	37-10.75/11.55m (-0.5)	2nd
4/17/10 (Tom Jones Memorial)	39-4.50/12.00m (+1.2)	2nd	<b>High Jump</b>		
4/3/10 (Florida Relays)	39-5.0/12.01 (-0.7)	14th	5/14/11 (C-USA Championships)	5-3.00/1.60m	T10th
<b>Long Jump</b>			4/16/11 (Tom Jones Memorial)	5-6.0/1.68m	2nd
5/14/11 (C-USA Championships)	19-2.75/5.86m (+1.4)!	8th	3/26/11 (UCF Invitational)	5-4.25/1.63m	T3rd
5/5/11 (UCF Twilight)	19-2.75/5.86m (-0.1)	1st	5/16/10 (C-USA Championships)	5-4.50/1.64m	T5th
4/16/11 (Tom Jones Memorial)	18-7.0/5.66m (+2.9)w	9th	<b>Micaela Wimberly</b>		
3/25/11 (UCF Invitational)	18-0.25/5.49m (+1.5)	11th	<b>Triple Jump</b>		
5/6/10 (UCF Twilight)	18-11.25/5.77m	3rd	5/15/11 (C-USA Championships)	39-8.50/12.10m (+0.7)!	6th
<b>100m</b>			5/5/11 (UCF Twilight)	39-5.0/12.01m (0.0)	2nd
3/26/11 (UCF Invitational)	12.34 (+1.5)!	28th	3/28/09 (UCF Invitational)	37-0.25/11.28m (+1.7)	5th
3/19/11 (Black & Gold Challenge)	12.65 (-1.3)	8th	3/22/08 (Hurricane Invitational)	35-2/10.72m	11th
5/15/10 (C-USA Championships)	12.40 (+1.3) (p)	18th	<b>100mH</b>		
<b>Erica Weiss</b>			5/27/11 (NCAA East)	13.89 (-0.7)p	25th
<b>Pole Vault</b>			5/15/11 (C-USA Championships)	13.41 (+1.9)!	2nd
5/15/11 (C-USA Championships)	12-3.50/3.75m!	4th	5/14/11 (C-USA Championships)	13.90 (-0.6)p	6th
5/5/11 (UCF Twilight)	12-1.25/3.70m	2nd	4/29/11 (Penn Relays)	14.15 (-0.9)	21st
4/16/11 (Tom Jones Memorial)	12-0.5/3.67m	12th	4/16/11 (Tom Jones Memorial)	13.41	3rd
3/25/11 (UCF Invitational)	10-11.75/3.35m	t8th	4/16/11 (Tom Jones Memorial)	13.72 (p+2.5)w	7th
3/19/11 (Black & Gold Challenge)	11-5.75/3.50!	t2nd	4/1/11 (Florida Relays)	13.87 (-0.9)	14th
5/15/10 (C-USA Championships)	10-10.75/3.32m	t8th	3/19/11 (Black & Gold Challenge)	14.14 (-0.7)	4th
5/6/10 (UCF Twilight)	10-0/3.05m	5th	5/28/10 (NCAA East)	13.74 (+1.2) (p)	30th
4/17/10 (Tom Jones Memorial)	11-0.75/3.37m	15th	5/16/10 (C-USA Championships)	13.69 (+3.9)	3rd
3/27/10 (UCF Invitational)	10-0/3.05m	8th	5/15/10 (C-USA Championships)	13.81 (+2.0) (p)	3rd
3/20/10 (Black & Gold Challenge)	10-6/3.20m	5th	4/17/10 (Tom Jones Memorial)	14.05 (+0.6)	3rd
<b>Sonnisha Williams</b>			4/2/10 (Florida Relays)	13.95 (+0.4)	17th
<b>100m</b>			3/27/10 (UCF Invitational)	14.47 (-0.5)	7th
3/26/11 (UCF Invitational)	12.05 (-0.4)!	13th	3/20/10 (Black & Gold Challenge)	14.27 (+4.2)w	4th
3/19/11 (Black & Gold Challenge)	12.11 (-1.1)	4th	5/29/09 (NCAA Regionals)	14.36 (-0.7)	30th
3/20/10 (Black & Gold Challenge)	12.66 (-1.9)	8th	5/16/09 (C-USA Championships)	13.51 (+3.7)w +	3rd
<b>200m</b>			5/15/09 (C-USA Championships)	13.53 (+4.7)w	3rd
5/14/11 (C-USA Championships)	24.17 (+1.5)p	16th	5/10/09 (UCF Twilight)	13.76 (+0.9) +	4th
4/16/11 (Tom Jones Memorial)	24.16 (+1.7)	15th	4/11/09 (Miami Elite)	13.89 (+1.7) +	8th
3/19/11 (Black & Gold Challenge)	23.79 (+2.0)!	4th	3/28/09 (UCF Invitational)	13.93w (+3.0)	5th
<b>400m</b>			3/21/09 (Black & Gold Challenge)	14.61 (+0.6)	6th
5/15/10 (C-USA Championships)	57.46 (p)!	19th	5/15/08 (C-USA Championships)	14.37 (+0.5)	9th
4/17/10 (Tom Jones Memorial)	59.12	20th	4/19/08 (Vanderbilt Invitational)	14.51 (+0.0)	11th
<b>Long Jump</b>			<b>EDITOR'S KEY</b>		
5/26/11 (NCAA East)	19-6.25/5.95m (+0.7)	21st	+ = NCAA Regional Qualifier	c = Earned in consolation event	
5/14/11 (C-USA Championships)	21-4.00/6.50m (+0.8)!	1st	^ = school record	P = Earned in pentathlon	
4/28/11 (Penn Relays)	19-11.0/6.07m (+3.3)	3rd	# = freshman record	H = Earned in heptathlon	
4/16/11 (Tom Jones Memorial)	20-2.25/6.15m (+2.0)	2nd	! = personal record (PR)		
4/1/11 (Florida Relays)	20-9.25/6.33m(+0.3)	1st	m = meet record		
3/25/11 (UCF Invitational)	20-11.75/6.39m (-0.2)	1st	p = Earned in preliminaries		
			s = Earned in semifinals		