

2005 VIRGINIA WOMEN'S TOP TIMES - INDOOR

NCAA Provisional - \$ NCAA Automatic - ! School Record - multi mark

RUNNING EVENTS

55m

7.12	Janne'a Bridgeford	VA Tech Challenge (2/12)	8*
7.22	Tosin Oluwole	VA Tech Challenge (2/12)	
7.28	Tomika Ferguson	VA Tech Challenge (2/12)	

60m

NCAA Provisional/Automatic: 7.44/ 7.27

7.68	Janne'a Bridgeford	Father Diamond (1/15)	1
7.72	Tosin Oluwole	Father Diamond (1/15)	2
7.82	Tomika Ferguson	Liberty Record Bash (2/5)	5
7.98	Tiffany Roberts	National Invitational (1/29)	
8.26	Katie Tershel	Liberty Record Bash (2/5)	

200m

NCAA Provisional/Automatic: 24.10/ 23.50 B: 23.50/ 23.30

25.36	Ashley Gore	VA Tech Challenge (2/12)	
25.41	Tosin Oluwole	VA Tech Challenge (2/12)	
25.52	Janne'a Bridgeford	ACCs (2/17)	
25.72	Tiffany Roberts	National Invitational (1/29)	
26.03	Erin Crawford	Liberty Record Bash (2/5)	4

400m

NCAA Provisional/Automatic: 54.70/ 52.70 B: 54.40/ 52.40

56.33	Erin Crawford	VA Tech Challenge (2/12)	4
57.33	Ashley Gore	VA Tech Challenge (2/12)	
57.74	Tiffany Roberts	ACCs (2/17)	
1:01.35	Sherece Dyer	Father Diamond (1/15)	6
1:02.39	Morgan Cephas	Father Diamond (1/15)	
1:03.22	Keshia Ashe	Liberty Record Bash (2/5)	

500m

1:15.21	Ashley Gore	National Invitational (1/29)	8
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800m

NCAA Provisional/Automatic: 2:09.40/2:06.05 B: 2:09.00/2:05.65

2:15.29	Shannon Hawrylo	VA Tech Challenge (2/12)	5
2:16.68	Huma Husain	VA Tech Challenge (2/12)	
2:19.62	Sara Ensrud	National Invitational (1/29)	

1000m

3:00.03	Sara Ensrud	Father Diamond (1/15)	2
2:58.42	Huma Husain	National Invitational (1/29)	

Mile

NCAA Provisional/Automatic: 4:47.60/4:39.10 B: 4:47.00/4:38.50

5:02.58	Janine Ricci	VA Tech Challenge (2/12)	7
5:02.76	Suzanne Ginnow	VA Tech Challenge (2/12)	8
5:08.91	Shannon Hawrylo	National Invitational (1/29)	
5:22.05	Sara Ensrud	VA Tech Challenge (2/12)	

3000m

NCAA Provisional/Automatic: 9:35.80/9:16.80 B: 9:35.00/9:16.00

9:58.40	Emily Harrison	ACCs (2/18)	
10:09.73	Cheryl Carr	ACCs (2/18)	
10:15.84	Laura Hodges	ACCs (2/18)	
10:19.16	Janine Ricci	ACCs (2/18)	
10:37.54	Jen Dolson	VA Tech Challenge (2/12)	

5000m

NCAA Provisional/Automatic: 16:46.60/16:11.60 B: 16:45.00/16:10.00

17:08.07	Cheryl Carr	ACCs (2/17)	
17:33:09	Laura Hodges	ACCs (2/17)	

55mHH

8.21	Keshia Ashe	VA Tech Challenge (2/12)	
8.42	Janine Holman	VA Tech Challenge (2/12)	
8.61	Briana Smith	VA Tech Challenge (2/12)	
8.73	Jackie Bailey	VA Tech Challenge (2/12)	
8.94	Rachel Marks	VA Tech Challenge (2/12)	

60mHH

NCAA Provisional/Automatic: 8.43/ 8.15

8.85	Keshia Ashe	ACCs (2/17)	
8.97	Janine Holman	Liberty Record Bash (2/5)	4
9.11	Briana Smith	Liberty Record Bash (2/5)	5
9.31	Jackie Bailey	Liberty Invitational (1/29)	4
9.64	Rachel Marks	Liberty Record Bash (2/5)	

RELAYS

4x400m Relay

NCAAProvisional/Automatic: 3:41.20/ 3:34.70 B: 3:40.00/ 3:33.50

3:49.66	Virginia	ACCs (2/18)	8
3:52.08	Virginia	VA Tech Challenge (2/12)	7
4:05.70	Virginia	Liberty Invitational (1/29)	2
4:06.00	Virginia	Father Diamond (1/15)	4

Distance Medley

NCAA Provisional/Automatic: 11:30.00/11:11.00 B: 11:28.00/11:09.00

12:08.70	Virginia	VA Tech Challenge (2/12)	2
12:09.61	Virginia	National Invitational (1/29)	7

FIELD EVENTS

HIGH JUMP

NCAA Provisional/Automatic: 1.78m/ 1.84m

1.73m	Rachel Marks	Liberty Record Bash (2/5)	2
1.70m	Meggie Schuelke	Father Diamond (1/15)	1

POLE VAULT

NCAA Provisional/Automatic: 3.95m/ 4.20m

3.60m	Kathryn Pettine	National Invitational (1/29)	6
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LONG JUMP

NCAA Provisional/Automatic: 6.10m/ 6.40m

5.67m	Rachel Marks	VA Tech Challenge (2/12)	
5.58m	Tomika Ferguson	Liberty Record Bash (2/5)	4
5.47m	Katie Tershel	Liberty Record Bash (2/5)	5
5.27m	Collette DeBenedetto	Father Diamond (1/15)	4

TRIPLE JUMP

NCAA Provisional/Automatic: 12.65mm/ 13.30m

12.45m	Tomika Ferguson	VA Tech Challenge (2/12)	5
11.93m	Katie Tershel	Father Diamond (1/15)	3
11.24m	Collette DeBenedetto	Father Diamond (1/15)	5
11.10m	Rachel Marks	Liberty Record Bash (2/5)	2

PENTATHLON

3303	Rachel Marks	ACCs (2/16-17)	
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INDIVIDUAL STATISTICS

Keshia Ashe

55m High Hurdles

VATech Challenge (2/12) 8.21

60m High Hurdles [8.85]

ACCs (2/17) 8.85*

Liberty Record Bash (2/5) 8.92 3rd

Father Diamond (1/15) 9.01 4th

Liberty Invitational (1/29) 9.02 1st

400m Dash

Liberty Record Bash (2/5) 1:03.22

Jackie Bailey

55m High Hurdles

VATech Challenge (2/12) 8.73

60m High Hurdles

Liberty Invitational (1/29) 9.31 4th

Liberty Record Bash (2/5) 9.57

Father Diamond (1/15) 9.58

400m Dash [59.8]

Janne'a Bridgeford

55m Dash

VATech Challenge (2/12) 7.12

60m Dash [7.52]

Father Diamond (1/15) 7.68 1st

Liberty Record Bash (2/5) 7.75 3rd

ACCs (2/17) 7.81

National Invitational (1/29) 7.93

100m Dash [11.67]

200m Dash [24.30]

ACCs (2/17) 25.52

Father Diamond (1/15) 25.67 4th

VATech Challenge (2/12) 25.72

National Invitational (1/29) 25.74

Cheryl Carr

300m Run [10:07.04]

ACCs (2/18) 10:09.73

5000m Run [17:08.07]

ACCs (2/17) 17:08.07* 8th

National Invitational (1/29) 17:17.90 5th

Morgan Cephas

400m Dash [56.02]

Father Diamond (1/15) 1:02.39

Liberty Invitational (1/29) 1:03.74 4th

Erin Crawford

200m Dash

Liberty Record Bash (2/5) 26.03 4th

VATech Challenge (2/12) 26.17

400m Dash [56.39]

VATech Challenge (2/12) 56.33 4th

National Invitational (1/29) 57.90

Liberty Record Bash (2/5) 57.65 1st

ACCs (2/17) 57.85

Collette DeBenedetto

100m [12.34]

Long Jump [5.76m]

Father Diamond (1/15) 5.27m 4th

Triple Jump [11.57m]

Father Diamond (1/15) 11.24m 5th

Jen Dolson

3000m

VATech Challenge (2/12) 10:37.54

Sherece Dyer

400m Dash

Father Diamond (1/15) 61.35 6th

Sara Ensrud

800m Run [2:11.7]

National Invitational (1/29) 2:19.62

1000m Run

Father Diamond (1/15) 3:00.33 2nd

Mile

VATech Challenge (2/12) 5:22.05

Tomika Ferguson

55m Dash

VATech Challenge (2/12) 7.28

60m Dash

Father Diamond (1/15) 7.97

National Invitational (1/29) 7.89

Liberty Record Bash (2/5) 7.82 5th

ACCs (2/17) 8.02

Long Jump

Liberty Record Bash (2/5) 5.58m 4th

VATech Challenge (2/12) 5.56m

Triple Jump [12.35]

VATech Challenge (2/12) 12.45m 5th

ACCs (2/17) 12.19m

Father Diamond (1/15) 12.18m 1st

National Invitational (1/29) 12.17m 4th

Ashley Gore

200m Dash

VATech Challenge (2/12) 25.36

Liberty Record Bash (2/5) 26.02 2nd

400m Dash [57.13]

VATech Challenge (2/12) 57.33

Liberty Record Bash (2/5) 57.88 2nd

ACCs (2/17) 57.94

500m Dash [1:15.22]

Father Diamond (1/15) 1:17.05 2nd

National Invitational (1/29) 1:15.21 8th

Suzanne Ginnow

Mile Run

VATech Challenge (2/12) 5:02.76 8th

ACCs (2/17) 5:05.71

Liberty Invitational (1/29) 5:11.05 4th

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Emily Harrison				Tosin Oluwole			
3000m Run				55m Dash			
ACCs (2/17)	9:58.40			VA Tech Challenge (2/12)	7.22		
National Invitational (1/29)	10:08.65			60m Dash [7.72]			
5000m Run				Father Diamond (1/15)	7.72		2nd
ACCs (2/18)	17:12.47			Liberty Record Bash (2/5)	7.81		4th
Shannon Hawrylo				National Invitational (1/29)	7.88		
800m				ACCs (2/17)	7.89		
VA Tech Challenge (2/12)	2:15.29	5th		100m Dash [12.03]			
ACCs (2/17)	2:15.35			200m Dash [24.97]			
Mile Run				VA Tech Challenge (2/12)	25.41		
National Invitational (1/29)	5:08.91			ACCs (2/17)	25.93		
Laura Hodges				Liberty Record Bash (2/5)	26.04		5th
3000m Run				Father Diamond (1/15)	26.36		8th
ACCs (2/18)	10:15.84			Kathryn Pettine			
VA Tech Challenge (2/12)	10:19.84			Pole Vault [3.60m]			
5000m Run [17:33:09]				National Invitational (1/29)	3.60m*		6th
ACCs (2/17)	17:33.09			ACCs (2/18)	3.60m*		6th-t
National Invitational (1/29)	17:49.62			VA Tech Challenge (2/12)	3.55m		8th
Janine Holman				Father Diamond (1/15)	3.35m		2nd
55m High Hurdles				Janine Ricci			
VA Tech Challenge (2/12)	8.42			Mile			
60m High Hurdles [8.97]				VA Tech Challenge (2/12)	5:02.58		7th
Liberty Record Bash (2/5)	8.97*	4th		ACCs (2/17)	5:19.02		
Liberty Invitational (1/29)	9.03	2nd		3000m Run			
Father Diamond (1/15)	9.05	6th		ACCs (2/18)	10:19.16		
ACCs (2/17)	9.15			Tiffany Roberts			
Huma Husain				60m Dash			
800m Run [2:13.76]				National Invitational (1/29)	7.98		
VA Tech Challenge (2/12)	2:16.68			100m Dash [11.97]			
ACCs (2/17)	2:20.10			200m Dash [24.54]			
1000m Run				ACCs (2/17)	25.88		
Father Diamond (1/15)	3:04.14	3rd		Father Diamond (1/15)	25.93		6th
National Invitational (1/29)	2:58.42			National Invitational (1/29)	25.72		
Rachel Marks				400m Dash [56.91]			
55m High Hurdles				ACCs (2/17)	57.74		
VA Tech Challenge (2/12)	8.94			VA Tech Challenge (2/12)	58.18		
60m High Hurdles				Father Diamond (1/15)	58.33		3rd
Liberty Record Bash (2/5)	9.64			National Invitational (1/29)	58.68		
Long Jump				Meggie Schuelke			
VA Tech Challenge (2/12)	5.67m			High Jump [1.80m]			
Liberty Record Bash (2/5)	5.62m	2nd		Father Diamond (1/15)	1.70m		1st
Triple Jump				ACCs (2/17)	1.65m		7th
Liberty Record Bash (2/5)	11.10m	2nd		Liberty Record Bash (2/5)	1.63m		3rd
VA Tech Challenge (2/12)	10.98m			VA Tech Challenge (2/12)	1.63m		8th
High Jump [1.78m]				National Invitational (1/29)	1.58m		
Liberty Record Bash (2/5)	1.73m	2nd		Briana Smith			
National Invitational (1/29)	1.68m	3rd		55m High Hurdles			
VA Tech Challenge (2/12)	1.63m	8th		VA Tech Challenge (2/12)	8.61		
Father Diamond (1/15)	1.60m	2nd		60m High Hurdles [9.04]			
ACCs (2/17)	1.60m			Father Diamond (1/15)	9.58		
Heptathlon				Liberty Invitational (1/29)	9.24		3rd
ACCs (2/16-17)	3303			Liberty Record Bash (2/5)	9.11		5th

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Kathryn Tershel

60m Dash

Liberty Record Bash (2/5) 8.26

Long Jump

Liberty Record Bash (2/5) 5.47m 5th

ACCs (2/17) 5.43m

VA Tech Challenge (2/12) 5.29m

Triple Jump [11.29m]

Father Diamond (1/15) 11.93m 3rd

ACCs (2/18) 11.87m

National Invitational (1/29) 11.84m 5th

Liberty Record Bash (2/5) 10.84m 3rd