



WESTERN CAROLINA UNIVERSITY

2006-07 WOMEN'S INDOOR TRACK & FIELD TOP TIMES

2006-07 INDOOR SCHEDULE

Dec. 2	Appalachian Indoor Invitational (APPINV)	Boone, NC
Jan. 19-20	Clemson Invitational (CLEMINV)	Clemson, SC
Jan. 26-27	NISWONGER Invitational (NISI)	Johnson City, TN
Jan. 26-27	Jarret Foster Hept./Pent. Champ. (JFHPC)	Clemson, SC
Feb. 2-3	Akron Open (AKRON)	Akron, Ohio
Feb. 8	Appalachian Limited Open (ALO)	Boone, N.C.
Feb. 9-10	Tiger Invitational (TIGER)	Clemson, SC
Feb. 17-18	SoCon Indoor Championship (SOCON)	Clemson, SC
Mar. 2-3	NCAA Last Chance Qualifier (NCAALCQ)	TBA
Mar. 9-10	NCAA Indoor Championship (NCAACHMP)	Fayetteville, AR

55M Dash

NCAA Automatic: 6.75 **Provisional: 6.92** **WCU Record: 6.95**

Tangelia Johnson	APPINV	6.95 *WCU
Melissa Berry	APPINV	7.31
Morgan Joseph	APPINV	7.40
Sherelle Froneberger	APPINV	7.46

60M Dash

NCAA Automatic: 7.27 **Provisional: 7.44** **WCU Record: 7.48**

Raquel Ramseur	AKRON	7.68
Tangelia Johnson	CLEMINV	7.71
Sherelle Fronberger	AKRON	7.93
Melissa Berry	NISI	8.07
Morgan Joseph	CLEMINV	8.11
Tia Jones	NISI	8.42

55M Hurdles

NCAA Automatic: 7.58 **Provisional: 7.86** **WCU Record: 7.99**

Asia Davis	APPINV	8.21
Rashanda Simmons	APPINV	9.01
Jessica Wilkerson	ALO	9.70
Morgan Broadnax	ALO	9.79

60M Hurdles

NCAA Automatic: 8.15 **Provisional: 8.43** **WCU Record: 8.74**

Asia Davis	CLEMINV	8.92
NaShay McGriff	AKRON	9.09
Rashanda Simmons	CLEMINV & AKRON	9.51
Morgan Broadnax	AKRON	10.50
Brittany Whitaker	AKRON	11.28

200M Dash

NCAA Automatic: 23.50 **Provisional: 24.10** **WCU Record: 24.51**

Raquel Ramseur	APPINV	24.59
Tangelia Johnson	APPINV	25.24
Sherelle Froneberger	NISI	25.75
Aneesha Lane	NISI	26.45
Melissa Berry	AKRON	26.59
Morgan Joseph	NISI	26.65
Tierra Johnson	NISI	27.09
Tia Jones	NISI	27.86

400M Dash

NCAA Automatic: 52.70 **Provisional: 54.70** **WCU Record: 54.53**

Raquel Ramseur	AKRON	54.53 *WCU *P
Aneesha Lane	AKRON	57.43
Asia Davis	AKRON	57.67
Tierra Johnson	NISI	60.36
Annie Bailey	NISI	62.88

800M Run

NCAA Automatic: 2:05.60 **Provisional: 2:09.40** ... **WCU Record: 2:10.17**

Kerrie Savery	AKRON	2:10.17 *WCU
Asia Davis	APPINV	2:10.23
Annie Bailey	AKRON	2:19.60
Brooke Saddler	TIGER	2:24.61
Deanna Kulesz	AKRON	2:27.60
Jessica Wilkerson	APPINV	2:40.18

Mile Run

NCAA Automatic: 4:40.60 **Provisional: 4:48.60** .. **WCU Record: 4:56.89**

Kerrie Savery	TIGER	5:05.26
Deanna Kulesz	APPINV	5:13.85
Sara Dickson	APPINV	5:45.85

3,000M Run

NCAA Automatic: 9:15.80 **Provisional: 9:34.80** . **WCU Record: 10:10.53**

Deanna Kulesz	AKRON	10:10.64
Skye Aiello	TIGER	10:52.66
Sara Dickson	AKRON	11:05.71
Leah Nicholson	NISI	11:12.56

5,000M Run

NCAA Automatic: 16:09.6 ... **Provisional: 16:43.6** ... **WCU Record: 17:32.86**

Leah Nicholson	CLEMINV	19:50.73
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1,600M Relay (4x400M)

NCAA Automatic: 3:35.40 **Provisional: 3:42.40** .. **WCU Record: 3:46.13**

A. Lane, R. Ramseur	NISI	3:46.60
K. Savery, A. Davis		
A. Davis, R. Ramseur	CLEMINV	3:52.39
K. Savery, Tie. Johnson		
A. Lane, R. Ramseur	APPINV	3:57.10
A. Davis, Tan. Johnson		
S. Froneberger, M. Berry	NISI	4:03.33
A. Bailey, Tie. Johnson		
M. Joseph, M. Berry	CLEMINV	4:13.06
K. Savery, J. Wilkerson		

Distance Medley

NCAA Automatic: 11:11.00 **Provisional: 11:32.00**

WCU Record: 12:14.55

K. Savery, B. Saddler	CLEMINV	12:24.56
A. Bailey, D. Kulesz		
K. Savery, Tie. Johnson	NISI	12:31.37
A. Bailey, D. Kulesz		
S. Aiello, S. Froneberger	NISI	13:35.03
S. Dickson, L. Nicholson		

Long Jump

NCAA Automatic: 6.40 (21-0) Provisional: 6.10 (20-0.25)
WCU Record: 6.20 (20-4.25)

Rashanda Simmons.....	APPINV	5.57m (18-3.25)
Morgan Joseph.....	APPINV	5.46m (17-11.0)
Tiana Jones.....	AKRON	5.34m (17-6.25)
Melissa Berry.....	APPINV	5.21m (17-1.25)
NaShay McGriff.....	AKRON	5.01m (16-5.25)

Triple Jump

NCAA Automatic: 13.30 (43-7.75) Provisional: 12.65 (41-6.0)
WCU Record: 12.58 (41-3.25)

Morgan Broadnax.....	APPINV	11.43m (37-6.0)
NaShay McGriff.....	CLEMINV	11.34m (37-2.5)
Tiana Jones.....	APPINV	11.30m (37-1.0)
Rashanda Simmons.....	APPINV	10.94m (35-10.75)
Morgan Joseph.....	APPINV	10.62m (34-10.25)

High Jump

NCAA Automatic: 1.84 (6-0.5) Provisional: 1.78 (5-10.0)
WCU Record: 1.83 (6-0)

Brittany Whitaker.....	CLEMINV	1.60m (5-3.0)
Angela Stark.....	CLEMINV	1.55m (5-1.0)
Jessica Wilkerson.....	APPINV	1.48m (4-10.25)

Shot Put

NCAA Automatic: 16.90 (55-5.5) Provisional: 15.20 (49-10.44)
WCU Record: 14.37 (47-1.75)

Sharhonda Bell.....	ALO	12.37m (40-7.00)
Nicole Lopez.....	CLEMINV	12.10m (39-8.5)
Karess Mayse.....	APPINV	10.99m (36-0.75)
Tara Touszen.....	APPINV	10.46m (34-4.0)
Rachel Karriker.....	APPINV	10.26m (33-8.0)
Morgan Broadnax.....	ALO	9.82m (32-2.75)
Jessica Wilkerson.....	ALO	9.65m (31-8.0)

Weight Throw

NCAA Automatic: 21.00 (68-10.80) Provisional: 19.00 (62-4.08)
WCU Record: 16.64 (54-7.25)

Nicole Lopez.....	ALO	16.32m (53-6.5)
Sharhonda Bell.....	ALO	14.48m (47-6.25)
Tara Touszen.....	ALO	12.94m (42-5.5)
Rachel Karriker.....	ALO	12.64m (41-5.75)
Michaela Hall.....	CLEMINV	11.51m (37-0.25)
Karess Mayse.....	APPINV	10.20m (33-5.75)

Pole Vault

NCAA Automatic: 4.20 (13-9.25) Provisional: 3.95 (12-11.5)
WCU Record: 3.96 (13-0)

Melissa Cabe.....	AKRON & ALO	3.20m (10-6.0)
Amanda Massey.....	APPINV & NISI & ALO	2.90m (9-6.25)

Pentathlon

NCAA Automatic: 4050 pts Provisional: 3700 pts
WCU Record: 3274 pts

Morgan Broadnax.....	JFHPC	2,818 pts
Jessica Wilkerson.....	JFHPC	2,605 pts
Brittany Whitaker.....	JFHPC	2,556 pts

2006-07 WOMEN'S INDOOR FIRST-PLACE FINISHES

55M Dash	Tangelia Johnson.....	APPINV	6.95
200M Dash	Raquel Ramseur.....	APPINV	24.59
400M Dash	Raquel Ramseur.....	APPINV	56.17
800M Run	Asia Davis.....	APPINV	2:23.10
Mile Run	Deanna Kulesz.....	APPINV	5:13.85
3,000M Run	Deanna Kulesz.....	APPINV	11:02.35
400M Dash	Raquel Ramseur.....	AKRON	54.53
800M Run	Kerrie Savery.....	AKRON	2:10.17
4X400M Relay	WCU 'A'.....	AKRON	3:48.47
	A. Davis, R. Ramseur, K. Savery, A. Lane		
Wgt. Throw	Nicole Lopez.....	ALO	16.32, (53-6.5)

NCAA Qualifiers

400M Dash Raquel Ramseur..... AKRON - prov. 54.53



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55M Dash

NCAA Automatic: 6.14 **Provisional: 6.26** **WCU Record: 6.22**

Albert Ashcraft	APPINV	6.31
Zeb Johnson	APPINV	6.35
Kevin Johnson	APPINV	6.47
Mike Malone	APPINV	6.47
Domique Young	APPINV	6.55
Christian Bethune	ALO	6.59

60M Dash

NCAA Automatic: 6.62 **Provisional: 6.74** **WCU Record: 6.75**

Albert Ashcraft	AKRON	6.75 *WCU
Zeb Johnson	CLEMINV	6.80
Manteo Mitchell	AKRON	6.93
Dominique Young	NISI	6.97
Mike Malone	NISI	7.00
Kevin Johnson	NISI	7.12
Christian Bethune	NISI	7.17
Ashten Bennett	AKRON	7.34

55M Hurdles

NCAA Automatic: 7.17 **Provisional: 7.38** **WCU Record: 7.43**

Mike Malone	APPINV	7.78
Ashten Bennett	ALO	7.99
Matt Harfinger	APPINV	8.02
Christian Bethune	ALO	8.05
David Gift	ALO	8.48
Ogden Hansford	APPINV	8.99

60M Hurdles

NCAA Automatic: 7.70 **Provisional: 7.91** **WCU Record: 8.05**

Mike Malone	AKRON	8.42
Matt Harfinger	CLEMINV	8.66
Ashten Bennett	AKRON	8.85
Christian Bethune	NISI	8.93
Ogden Hansford	CLEMINV	9.38

200M Dash

NCAA Automatic: 21.08 **Provisional: 21.48** **WCU Record: 21.46**

Zeb Johnson	AKRON	21.55
Dominique Young	AKRON	21.84
Albert Ashcraft	APPINV	21.88
James Gregory	APPINV	22.01
Manteo Mitchell	NISI	22.02
Mike Malone	NISI	22.36

John Oros	AKRON	22.48
Duke Craig	NISI	22.51
Kevin Johnson	APPINV	22.69
Christian Bethune	APPINV	22.98

400M Dash

NCAA Automatic: 46.45 **Provisional: 47.65** **WCU Record: 47.45**

Manteo Mitchell	AKRON	47.98
Zeb Johnson	CLEMINV	49.01
James Gregory	APPINV & AKRON	49.87
John Oros	AKRON	50.00
Duke Craig	AKRON	50.19
Aaron Grant	NISI	51.78
Jestin Jennings	NISI	52.00
Ogden Hansford	NISI	53.05

800M Run

NCAA Automatic: 1:48.40 **Provisional: 1:50.50** .. **WCU Record: 1:48.32**

Aaron Grant	TIGER	1:58.42
Jestin Jennings	TIGER	1:58.65
Dylan Hermelee	NISI	1:59.11
Chris Justice	APPINV	2:01.75
Ogden Hansford	APPINV	2:03.65
Jesse Ramirez	AKRON	2:04.15
David Gift	APPINV	2:08.32

Mile Run

NCAA Automatic: 3:59.8 **Provisional: 4:04.8** **WCU Record: 4:06.23**

Dylan Hermelee	TIGER	4:29.00
Noah Taylor	AKRON	4:30.74
Jesse Ramirez	AKRON	4:33.90
Chris Justice	NISI	4:44.02

3,000M Run

NCAA Automatic: 7:55.3 **Provisional: 8:06.3** **WCU Record: 8:19.59**

Noah Taylor	NISI	9:20.12
Stephen Hammond	NISI	9:29.05
Jesse Ramirez	NISI	9:33.96
Jake Clawson	NISI	9:37.60

5,000M Run

NCAA Automatic: 13:49.90 **Provisional: 14:11.90**

WCU Record: 14:46.80

Jake Clawson	CLEMINV	16:40.22
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1,600M Relay (4x400M)

NCAA Automatic: 3:08.1 **Provisional: 3:12.0** ... **WCU Record: 3:11.28**

M. Mitchell, J. Gregory	NISI	3:13.07
M. Malone, Z. Johnson		
J. Jennings, D. Young	NISI	3:22.09
A. Grant, D. Craig		
J. Oros, Z. Johnson	CLEMINV	3:22.40
M. Malone, D. Craig		
J. Oros, Z. Johnson	APPINV	3:25.42
J. Gregory, M. Mitchell		

Distance Medley

NCAA Automatic: 9:36.2 Provisional: 9:47.9 WCU Record: 10:05.02
 D. Hermelee, D. Craig NISI 10:39.26
 J. Jennings, N. Taylor
 D. Hermelee, D. Craig CLEMINV 10:52.16
 J. Jennings, J. Ramirez
 J. Ramirez, A. Grant NISI 10:55.98
 C. Justice, S. Hammond

Long Jump

NCAA Automatic: 7.85 (24-1) NCAA Provisional: 7.5 (24-7.32)
WCU Record: 7.66 (25-1.5)
 Rashad Herndon AKRON 6.79m (22-3.5)
 Lee Banks APPINV 6.73m (22-1.0)
 Stephon Moore APPINV 6.68m (21-11.0)
 Tyler Ferguson CLEMINV 6.59m (21-7.5)
 Matt Evans APPINV 6.50m (21-4.0)
 Daniel Joseph APPINV 6.43m (21-1.25)
 Alex Dollard AKRON 6.25m (20-6.25)

Triple Jump

NCAA Automatic: 16.1(52-9.84) NCAA Provisional: 15.4 (50-6.24)
WCU Record: 15.41(50-6.5)
 Daniel Joseph APPINV 14.40m (47-3.00)
 Tyler Ferguson CLEMINV 14.09m (46-2.75)
 Lee Banks AKRON 13.72m (45-0.25)
 Rashad Herndon NISI 13.70m (44-11.5)
 Stephon Moore NISI 12.49m (40-11.75)
 Daniel Joseph NISI 12.48m (40-11.5)
 Matt Evans APPINV 12.33m (40-5.50)

High Jump

NCAA Automatic: 2.24 (7-4.20) NCAA Provisional: 2.16 (7-1.08)
WCU Record: 2.19 (7-2.25)
 Matt Evans CLEMINV 2.03m (6-8.00)
 Rashad Herndon AKRON 1.93m (6-4.00)
 Daniel Joseph APPINV 1.88m (6-2.00)
 Matt Harlfinger APPINV 1.88m (6-2.00)
 David Gift APPINV 1.78m (5-10.0)

Shot Put

NCAA Automatic: 19.30 (63-3.84) Provisional: 17.75(58-3)
WCU Record: 16.33(53-7)
 Chris Page AKRON 14.08m (46-2.50)
 Ryan Pless APPINV 14.00m (45-11.25)
 Cale McDaniel ALO 13.22m (43-4.5)
 David Weber CLEMINV 12.30m (40-4.25)
 Ashten Bennett ALO 11.56m (37-11.25)
 Matt Harlfinger ALO 9.97m (32-8.50)
 David Gift ALO 9.71m (21-10.25)

Weight Throw

NCAA Automatic: 21.50 (70-6.48) Provisional: 19.50 (63-11.76)
WCU Record: 19.26 (63-2.25)
 Chris Page APPINV 14.80m (48-6.75)
 Cale McDaniel NISI 14.66m (48-1.25)
 David Weber CLEMINV 13.09m (42-11.50)
 Ryan Pless APPINV 12.54m (41-1.75)

Pole Vault

NCAA Automatic: 5.50 (18-0.5) Provisional: 5.20(17.075)
WCU Record: (4.96)16.3.25
 Joel Lynch APPINV 4.41m (14-5.5)
 Michael Osteen ALO 4.41m (14-5.5)
 Matt Harlfinger ALO 3.96m (12-11.75)
 David Gift ALO 3.36m (11-0.25)

Heptathlon

NCAA Automatic: 5650 pts Provisional: 5,300
WCU Record: 4551 pts
 Matt Harlfinger JFHPC 4,512 pts
 Ashten Bennett JFHPC 4,273 pts
 David Gift JFHPC 3,940 pts

2006-07 MEN'S INDOOR FIRST-PLACE FINISHES

200M Dash Albert Ashcraft APPINV 21.88
 High Jump Matt Evans APPINV 1.93m (6-4.0)
 200M Dash Zeb Johnson CLEMINV 21.79
 4x400M Relay WCU 'A' NISI 3:13.07
 M. Mitchell, J. Gregory, M. Malone, Z. Johnson
 60M Dash Albert Ashcraft AKRON 6.75
 400M Dash Manteo Mitchell AKRON 47.98

NCAA Qualifiers