2010-11 OUTDOOR TRACK AND FIELD SEASON RESULTS

Date	Opponent	Result	Points
March 19, 2011	Early Bird Relays (Cincinnati, OH)	2nd/13	107
March 23-26, 2011	Florida State Relays (Tallahassee, FL)	NTS	
April 1-2, 2011	Oliver Nikoloff Invitational (Cincinnati, OH)	6th/17	35
April 8-9, 2011	Miami Invitational (Oxford, OH)	T15th/17	10
April 15-16, 2011	All-Ohio Championships (Cincinnati, OH)	9th/13	31
April 23-24, 2011	Jesse Owens Classic (Columbus, OH)	NTS	
April 28-30, 2011	Penn Relays (Philadelphia, PA)	NTS	
May 6-8, 2011	Horizon League Championships (Indianapolis, IN)	4th/8	76
May 13, 2011	Cardinal Twilight (Louisville, KY)	NTS	
May 27-28, 2011	NCAA East Regional (Bloomington, IN)	NTS	
June 9, 2011	NCAA Championships (Des Moines, IA)	NTS	

2010-11 OUTDOOR TRACK AND FIELD TOP PERFORMERS

100 Meter Dash	(Lloyd & Parrish, 11.87)	
Cassandra Lloyd *	11.87	3/26/11
Heather Parrish *	11.87	5/8/11
Michelle Izeh	12.52	3/26/11
J.Chika Morah	12.60	3/19/11
Paris Littleton	12.75	4/2/11

200 Meter Dash	(Brigham, 24.61)	
Cassandra Lloyd	24.87	3/19/11
Heather Parrish	24.89	5/8/11
Kylie Kopp	25.44	5/6/11
Emily Folino	25.78	3/23/11
J.Chika Morah	25.93	3/19/11

400 Meter Dash	(Francis, 56.80)	
Maggie McPherson	58.38	3/25/11
Camille Hall	1:00.16	5/8/11
Michelle Izeh	1:02.10	3/25/11

800 Meter Run	(Metzger, 2:18.58)	
Natalie Hopwood	2:26.05	4/2/11
Kelsi Nutter	2:28.12	4/9/11
Kylie Kopp	2:31.89	4/1/11
Joanie Ma	2:32.59	4/9/11
Rudy Millard	2:33.62	4/2/11

1500 Meter Run	(Kuhr, 4:43.36)	
Joanie Ma	4:57.27	4/9/11
Natalie Hopwood	4:53.75	4/2/11
Rudy Millard	5:03.64	4/2/11
Kelsi Nutter	5:05.07	4/9/11

3000 Meter Run	(Kuhr, 10:16.82)	
Bianca Walker	11:04.08	4/9/11

5000 Meter Run	(Kuhr, 17:14.05)	
Natalie Hopwood	17:40.06	5/8/11
Joanie Ma	18:23.40	5/8/11
Nelly Cheruiyot	18:37.07	4/2/11
Rudy Millard	18:37.12	4/9/11
Kelsi Nutter	18:42.78	4/15/11

10000 Meter Run	(Hopwood, 36:52.51)	
Natalie Hopwood *	36:52.51	4/15/11
Joanie Ma	38:36.21	5/6/11
Rudy Millard	38:45.74	4/15/11
Nelly Cheruiyot	39:06.76	4/15/11
Kelsi Nutter	40:39.80	3/25/11

3000 Meter Steeplechase	(Walker, 11:37.61)	
Bianca Walker *	11:37.61	4/15/11
Rachel Janson	13:00.46	3/19/11

100 Meter Hurdles	(Lloyd, 13.18)	
Cassandra Lloyd *	13.18	5/28/11
Emily Folino	14.20	5/8/11
Kylie Kopp	14.79	5/6/11
Haley Nemcik	15.93	5/7/11
Kayelin Tiggs	15.98	5/7/11

400 Meter Hurdles	(Folino, 1:01.23)	
Emily Folino *	1:01.23	5/8/11
Kayelin Tiggs	1:08.41	5/7/11

High Jump	(Kopp, 1.57m)	
Kylie Kopp *	1.57m	4/1/11
Emily Folino	1.43m	3/23/11
Haley Nemcik	1.22m	3/23/11

Long Jump	(Parrish, 5.80m)	
Heather Parrish *	5.80m	4/24/11
Kylie Kopp	5.30m	4/1/11
Haley Nemcik	4.51m	3/25/11
Emily Folino	3.46m	3/24/11

Triple Jump	(Parrish, 12.20m)	
Heather Parrish *	12.20m	4/9/11
Haley Nemcik	10.06m	3/19/11

Pole Vault	(Kemp, 3.60m)	
Erin Hartzell	3.40m	5/7/11
Jessica Berry	3.21m	4/16/11

Shot Put	(Crayton, 12.73m)	
Maria Harrison	11.92m	3/19/11
Kylie Kopp	8.79m	3/23/11
Emily Folino	7.16m	3/23/11
Haley Nemcik	6.11m	3/23/11

Discus Throw	(Mann, 42.68m)	
Maria Harrison	38.97m	5/8/11

Hammer Throw	(Mann, 46.51m)	
Maria Harrison	45.86m	5/7/11

Javelin Throw	(McCurdy, 39.49m)	
Brooke McCurdy *	39.49m	5/7/11
Kylie Kopp	26.98m	5/7/11
Haley Nemcik	13.34m	3/24/11

Heptathlon	100m Hurdles	High Jump	Shot Put	200m Dash	Long Jump	Javelin Throw	800m Run	Points	
Kylie Kopp *	14.79	1.57m	9.52m	25.44	5.34m	26.36m	2:31.89	4443	4/1/11
Emily Folino	14.59	1.43m	7.20m	25.78	4.10m	15.40m	2:36.86	3691	4/16/11
Haley Nemcik	16.24	1.22m	6.11m	27.73	4.26m	13.34m	2:53.01	2914	3/24/11

4x100 Meter Relay		(Kopp, Lloyd, Morah, Parrish; 46.68)
Kylie Kopp, Cassandra Lloyd, J.Chika Morah, Heather Parrish *	46.68	5/8/11
Michelle Izeh, Cassandra Lloyd, J.Chika Morah, Heather Parrish	47.39	3/25/11

4x200 Meter Relay	(Kamann, Lloyd, Kopp, Parrish; 1:46.96)
Event Not Competed in So Far in 2010-11	

4x400 Meter Relay		(Kopp, Furrow, Folino, McPherson; 3:54.68)
Kylie Kopp, Heather Parrish, Camille Hall, Emily Folino	4:01.32	5/8/11
Kylie Kopp, Emily Folino, Michelle Izeh, Maggie McPherson	4:01.83	3/26/11

1600 Meter Sprint Medley Relay	(4:15.23)
Event Not Competed in So Far in 2010-11	

** New WSU School Record $ New Horizon League Meet Record*