

UW Women's Track and Field

2003 Outdoor Season Top Times/Marks

June 3, 2003

<u>Event</u>	<u>Name</u>	<u>Time</u>	<u>Date</u>	<u>Location</u>
<i>100 Meter Dash</i>				
	Adelaide Harper	11.78*	5/17/2003	MWC Championships
	Kima Wells	11.83	4/5/03	Tom Benich Classic
	Kelly Ann Charles	12.25	5/16/03	MWC Championships
	Ingvild Carstens	12.64	5/1/03	CU Twilight Invite
<i>200 Meter Dash</i>				
	Jessica Fox	23.58*	4/26/03	Jack Christiansen Invite
	Adelaide Harper	23.62	5/30/03	NCAA Midwest Regional
	Kima Wells	24.77	4/5/03	Tom Benich Classic
	Cheryl Collen	26/34	5/1/03	CU Twilight
	Melissa Laycock	28.19	4/19/03	Ram Open
<i>400 Meter Dash</i>				
	Jessica Fox	51.92*	5/16/03	MWC Championships
	Kima Wells	58.38	3/29/03	Rob Upton Invite
	Erin Knecht	58.79	5/1/03	CU Twilight Invite
<i>800 Meter Run</i>				
	Christine Michel	2:19.63	5/1/03	CU Twilight
	Tanice Barnett	2:19.90	3/29/03	Rob Upton Invite
	Lee Ann Forbes	2:21.04	5/16/03	MWC Championships
	Kristen Brauneis	2:23.30	4/5/03	Tom Benich Classic
	Jennifer Vesa	2:29.30	4/5/03	Tom Benich Classic
<i>1500 Meters</i>				
	Tanice Barnett	4:34.69	4/19/03	Mt. Sac Relays
	Jennifer Vessa	4:51.99	5/16/03	MWC Championships
	Maggie Diller	4:52.27	5/16/03	MWC Championships
	Christine Michel	4:52.67	5/16/03	MWC Championships
	Elena Helmerick	5:09.94	3/29/03	Rob Upton Invite
<i>3000 Meters</i>				
	Ashley Mecham	10:41.47	5/1/03	CU Twilight Invite
	Emerald Reid	10:45.84	5/1/03	CU Twilight Invite
	Jennifer Thompson	10:53.00	4/5/03	Tom Benich Classic
	Stephanie Hanks	10:58.78	5/1/03	CU Twilight Invite
	Elena Helmerick	11:01.29	5/1/03	CU Twilight Invite

*Notes New UW School Record

5000 Meters

Jennifer Thompson	17:42.82	5/3/03	Jesse Owens Classic
Natalie Kean	18:11.90	5/3/03	Jesse Owens Classic
Stephanie Hanks	18:59.39	4/26/03	Jack Christiansen Invite
Emerald Reid	18:59.64	4/26/03	Jack Christiansen Invite
Elena Helmerick	19:25.93	5/16/03	MWC Championships

10,000 Meters

100 High Hurdles

Shauna Smith	13.57	5/30/03	NCAA Midwest Regional
Kelly Ann Charles	13.71	5/30/03	NCAA Midwest Regional
Kim Demers	14.86	5/16/03	MWC Championships
Leah Burke	15.44	5/3/03	Cowtown Classic
Melissa Laycock	16.14	4/26/03	Jack Christiansen Invite

400 Int Hurdles

Shauna Smith	57.54*	5/31/03	NCAA Midwest Regional
Kim Demers	1:01.00	4/19/03	Mt. Sac Relays
Ingvild Carstens	1:01.74	5/16/03	MWC Championships
Liz Mickelson	1:13.81	3/29/03	Rob Upton Invite

3,000 Meter Steeple

4x100

45.34*	4/26/03	Jack Christiansen Invite
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4x400

3:44.48*	5/17/03	MWC Championships
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High Jump

Lisa Throner	5' 4.5" (1.64)	4/5/03	Tom Benich Classic
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Long Jump

Adelaide Harper	18' 11.75" (5.78)	5/16/03	MWC Championships
Amber Perryman	16' 8.25" (5.09)	5/3/03	Cowtown Classic
Courtney Schlegel	16' 7.75" (5.06)	4/5/03	Tom Benich Classic
Melissa Laycock	16' 2" (13.18)	4/26/03	Jack Christiansen Invite

Triple Jump

Courtney Schlegel	38' 9.5"	4/26/03	Jack Christiansen Invite
Leah Burke	35' 10.75"	4/19/03	Ram Open
Amber Perryman	34' 2.25"	5/3/03	Cowtown Classic

Shot Put

Andrea Batt	48' 3.75" (14.71)	5/1/03	CU Twilight
Kaylyn Doyle	46' 10" (14.27)	5/1/03	CU Twilight
Kristi Orr	41' 3" (12.58)	4/19/03	Ram Open

Discus

Andrea Batt	158' 2" (48.22)	5/1/03	CU Twilight
Kaylyn Doyle	114' 3.5" (34.83)	5/1/03	CU Twilight

*Notes New UW School Record

Hammer

Melissa Vallejos	172' 11" (52.70)	3/29/03	Rob Upton Invite
Andrea Batt	162' 0" (49.39)	5/16/03	MWC Championships
Heather Carpenter	151' 7" (46.20)	3/29/03	Rob Upton Invite
Kaylyn Doyle	137' 2" (41.82)	4/5/03	Tom Benich Classic

Javelin

Andrea Batt	133' 5" (40.64)	4/19/03	Pomona Pitzer
Melissa Laycock	70'.25" (21.34)	4/19/03	Ram Open

Pole Vault

Jody Sandborn	11' 1.75" (3.40)	4/26/03	Jack Christiansen Invite
Hallie Baker	10' 11.75" (3.35)	5/1/03	CU Twilight Invite
Kaela Thayer	10' 8" (3.25)	4/26/03	Jack Christiansen Invite
Stephanie Anderson	10' 4.75" (3.17)	5/3/03	Cowtown Classic

Heptathlon

Melissa Laycock	3958	4/5/03	Tom Benich Classic
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