

2012 Virginia Tech Women's Indoor Track & Field Season-Best Performance List



60m (School Record: 7.26, Funmi Alabi, 2011; NCAA Auto: 7.23)

Athlete	Year	Time	Meet	Meet Date
Nwaneri, Ogechi	SR-4	7.36	VT Elite Meet	02/03/12
Simms, Ciara	FR-1	7.37	VT Final Qualifier	03/03/12
Scott, Ebony	SO-2	7.57	Hokie Invitational	01/20/12
DeCoster, Jameice	JR-3	7.69	VT Elite Meet	02/03/12
Tyson, Zakiya	SO-2	7.70	VT Elite Meet	02/03/12

200m (School Record: 23.62, Britni Spruill, 2008; NCAA Auto: 23.12)

Athlete	Year	Time	Meet	Meet Date
Tyson, Zakiya	SO-2	24.00	VT Elite Meet	02/03/12
Simms, Ciara	FR-1	24.02	VT Final Qualifier	03/03/12
Nwaneri, Ogechi	SR-4	24.17	ACC Championship	02/23/12
Boone, Aunye	SR-4	24.31	VT Invitational	01/13/12
DeCoster, Jameice	JR-3	24.65	Hokie Invitational	01/20/12
Scott, Ebony	SO-2	24.90	Hokie Invitational	01/20/12

300m (School Record: 37.93, Britni Spruill, 2008)

Athlete	Year	Time	Meet	Meet Date
DeCoster, Jameice	JR-3	39.71	VT Invitational	01/13/12
Simms, Ciara	FR-1	40.27	VT Invitational	01/13/12
Scott, Ebony	SO-2	40.87	VT Invitational	01/13/12
Nugent, Leah	FR-1	41.53	Hokie Invitational	01/20/12

400m (School Record: 53.06, Queen Harrison, 2010; NCAA Auto: 52.60)

Athlete	Year	Time	Meet	Meet Date
Amegashie, Yvonne	JR-3	54.39	VT Final Qualifier	03/03/12
Boone, Aunye	SR-4	54.76	VT Elite Meet	02/03/12
Woodford, Natalie	JR-3	56.59	Hokie Invitational	01/20/12
Nugent, Leah	FR-1	57.17	VT Invitational	01/13/12

500m (School Record: 1:11.49, Asia Washington, 2010)

Athlete	Year	Time	Meet	Meet Date
Woodford, Natalie	JR-3	1:14.27	VT Invitational	01/13/12
Nugent, Leah	FR-1	1:21.43	VT Invitational	01/13/12

600m (School Record: 1:30.99, Frances Dowd, 2012)

Athlete	Year	Time	Meet	Meet Date
Dowd, Frances	SO-2	1:30.99	SPIRE Division I Invitational	02/10/12
Smith, Amanda	FR-1	1:32.64	SPIRE Division I Invitational	02/10/12
Woodford, Natalie	JR-3	1:33.01	Hokie Invitational	01/20/12
Smiljanec, Katarina	FR-1	1:35.06	VT Challenge	02/17/12
Kvartunas, Paige	SO-2	1:35.14	SPIRE Division I Invitational	02/10/12

800m (School Record: 2:05.18, Frances Dowd, 2012; NCAA Auto: 2:04.50)

Athlete	Year	Time	Meet	Meet Date
Dowd, Frances	SO-2	2:05.18	Notre Dame Alex Wilson Invitational	03/02/12
Smith, Amanda	FR-1	2:08.88	SPIRE Division I Invitational	02/10/12
Smiljanec, Katarina	FR-1	2:13.33	ACC Championship	02/23/12

1,000m (School Record: 2:47.07, Tasmin Fanning, 2008)

Athlete	Year	Time	Meet	Meet Date
Dowd, Frances	SO-2	2:48.58	VT Challenge	02/17/12
Kvartunas, Paige	SO-2	2:50.52	VT Challenge	02/17/12
Dow, Samantha	JR-3	2:50.67	VT Challenge	02/17/12
Smith, Amanda	FR-1	2:53.80	VT Challenge	02/17/12
Watt, Alexandra	FR-1	2:56.37	VT Challenge	02/17/12
Bouvet, Camille	FR-1	3:05.92	VT Invitational	01/13/12

1 Mile (School Record: 4:40.31, Natalie Sherbak, 2009; NCAA Auto: 4:37.00)

Athlete	Year	Time	Meet	Meet Date
Kvartunas, Paige	SO-2	4:50.42	SPIRE Division I Invitational	02/10/12
Dow, Samantha	JR-3	4:51.73	VT Final Qualifier	03/03/12
Rapp, Sarah	FR-1	4:56.16	VT Elite Meet	02/03/12
Watt, Alexandra	FR-1	4:59.84	VT Final Qualifier	03/03/12
Nuckols, Madalyn	SO-2	5:02.49	VT Challenge	02/17/12
Cario, Stephanie	SO-2	5:06.00	VT Final Qualifier	03/03/12
Crosson, Taylor	FR-1	5:09.69	VT Final Qualifier	03/03/12
Bouvet, Camille	FR-1	5:13.85	VT Elite Meet	02/03/12

3,000m (School Record: 9:01.57, Tasmin Fanning, 2008; NCAA Auto: 9:10.00)

Athlete	Year	Time	Meet	Meet Date
Dow, Samantha	JR-3	9:40.65	SPIRE Division I Invitational	02/10/12
Rapp, Sarah	FR-1	9:43.05	SPIRE Division I Invitational	02/10/12
Kvartunas, Paige	SO-2	9:50.63	ACC Championship	02/23/12
Nuckols, Madalyn	SO-2	9:57.71	SPIRE Division I Invitational	02/10/12
Crosson, Taylor	FR-1	10:00.12	ACC Championship	02/23/12
Watt, Alexandra	FR-1	10:01.68	ACC Championship	02/23/12
Cario, Stephanie	SO-2	10:23.34	VT Challenge	02/17/12
Jones, Ginny	FR-1	10:34.59	VT Elite Meet	02/03/12

5,000m (School Record: 16:23.51, Natalie Sherbak, 2009; NCAA Auto: 15:57.00)

Athlete	Year	Time	Meet	Meet Date
Rapp, Sarah	FR-1	17:14.56	ACC Championship	02/23/12
Nuckols, Madalyn	SO-2	17:26.42	ACC Championship	02/23/12

60m Hurdles (School Record: 7.94, Queen Harrison, 2010; NCAA Auto: 8.10)

Athlete	Year	Time	Meet	Meet Date
Brown, Kristen	SO-2	8.38	ACC Championship	02/23/12
Nugent, Leah	FR-1	8.49	VT Final Qualifier	03/03/12

4x400m (School Record: 3:38.16, Washington, Boone, Woodford, Amegashie, 2011; NCAA Auto: 3:34.00)

Time	Athletes	Meet	Meet Date
3:43.60	DeCoster, Amegashie, Woodford, Boone	VT Invitational	01/13/12
3:44.48	Amegashie, Woodford, Nugent, Boone	VT Elite Meet	02/03/12
3:46.70	Amegashie, Smith, Woodford, Nugent	ACC Championship	02/23/12

4,000m Distance Medley (School Record: 11:10.84, J. Fanning, S. Green, Washington, T. Fanning, 2007; NCAA Auto: 11:03.50)

Time	Athletes	Meet	Meet Date
11:29.10	Kvartunas, Woodford, Smith, Dow	ACC Championship	02/23/12

Pole Vault (School Record: 14'4", 4.37m, Victoria von Eynatten, 2012; NCAA Auto: 14'3.25", 4.35m)

Athlete	Year	English	Metric	Meet	Meet Date
von Eynatten, Victoria	FR-1	14' 4"	4.37m	VT Challenge	02/17/12
Schultze, Martina	FR-1	14' 1.75"	4.31m	ACC Championship	02/23/12
Brown, Kristen	SO-2	13' 5.75"	4.11m	ACC Championship	02/23/12
Allin, Leigh	SO-2	12' 8"	3.86m	VT Challenge	02/17/12
Saunders, Lyndsey	FR-1	12' 1.5"	3.70m	VT Challenge	02/17/12
Powell, Elizabeth	FR-1	11' 5.75"	3.50m	VT Invitational	01/13/12

Shot Put (School Record: 54'9.5", 16.70m, Brittany Pryor, 2008; NCAA Auto: 56'5.25", 17.20m)

Athlete	Year	English	Metric	Meet	Meet Date
Hairston, Shanice	FR-1	40' 2.75"	12.26m	VT Final Qualifier	03/03/12

Unattached Season-Best Performances*(will not count towards official school records or all-time performance lists)***600m**

Athlete	Year	Time	Meet	Meet Date
Sawyer, Samantha	FR-1	1:44.21	Hokie Invitational	01/20/12

800m

Athlete	Year	Time	Meet	Meet Date
Sawyer, Samantha	FR-1	2:18.56	VT Final Qualifier	03/03/12

1000m

Athlete	Year	Time	Meet	Meet Date
Sawyer, Samantha	FR-1	3:02.24	VT Challenge	02/17/12
Shukla, Oshin	FR-1	3:29.38	VT Challenge	02/17/12

1 Mile

Athlete	Year	Time	Meet	Meet Date
Rapp, Sarah	FR-1	5:14.10	VT Invitational	01/13/12
Jones, Ginny	FR-1	5:21.80	Hokie Invitational	01/20/12
Shukla, Oshin	FR-1	5:54.12	Hokie Invitational	01/20/12
Billingsley, Hayley	FR-1	6:09.25	Hokie Invitational	01/20/12

3,000m

Athlete	Year	Time	Meet	Meet Date
Rapp, Sarah	FR-1	10:13.27	Hokie Invitational	01/20/12

Pole Vault

Athlete	Year	English	Metric	Meet	Meet Date
<i>von Eynatten, Victoria</i>	<i>FR-1</i>	<i>14'1.75"</i>	<i>4.31m</i>	<i>Hokie Invitational</i>	<i>01/20/12</i>
<i>Schultze, Martina</i>	<i>FR-1</i>	<i>13'9.75"</i>	<i>4.21m</i>	<i>Hokie Invitational</i>	<i>01/20/12</i>

Shot Put

Athlete	Year	English	Metric	Meet	Meet Date
<i>Muzaric, Valentina</i>	<i>FR-1</i>	<i>53'8.5"</i>	<i>16.37m</i>	<i>VT Elite Meet</i>	<i>02/03/12</i>