

# 2011 Women's Season Bests

## Updated 7/13/11

### 100 Meter Dash (School Record - 11.40, Patrice Potts 2007)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Funmi Alabi	11.58 (5-27-11)	11.58 (5-27-11)
Ogechi Nwaneri	11.66 (3-26-11)	11.57 (2009)
Zakiya Tyson	11.81 (4-23-11)	11.81 (4-23-11)
Ebony Scott	11.89 (5-13-11)	11.89 (5-13-11)

### 200 Meter Dash (School Record - 23.17, Britni Spruill 2007)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Funmi Alabi	24.06 (4-1-11)	24.06 (4-1-11)
Zakiya Tyson	24.26 (3-26-11)	24.26 (3-26-11)
Aunye Boone	24.38 (3-26-11)	23.57 (2009)
Ogechi Nwaneri	24.46 (4-23-11)	23.82 (2010)
Ebony Scott	24.82 (4-9-11)	24.82 (4-9-11)
Kristen Brown	25.56 (3-19-11)	25.56 (3-19-11)

### 400 Meter Dash (School Record - 52.88, Queen Harrison 2008)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Aunye Boone	55.23 (3-19-11)	55.23 (3-19-11)
Yvonne Amegashie	55.71 (3-19-11)	55.11 (2010)
Natalie Woodford	55.81 (5-14-11)	55.81 (5-14-11)
Funmi Alabi	56.07 (3-19-11)	56.07 (3-19-11)
Frances Dowd	57.60 (4-8-11)	57.60 (4-8-11)
Lauren Pinkston	1:00.59 (4-8-11)	1:00.59 (4-8-11)

### 800 Meters (School Record - 2:06.68, Marlies Overbeeke 2004)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Frances Dowd	2:09.07 (5-26-11)	2:09.07 (5-26-11)
Lauren Pinkston	2:11.73 (5-12-11)	2:11.43 (2010)
Lauren Lemieux	2:13.18 (4-30-11)	2:13.18 (4-30-11)
Sammy Dow	2:14.20 (4-30-11)	2:14.20 (4-30-11)
Madalyn Nuckols	2:21.25 (4-30-11)	2:21.25 (4-30-11)
Erika Weidman	2:21.53 (4-1-11)	2:13.04 (2010)
Taylor Crosson	2:21.57 (4-30-11)	2:21.57 (4-30-11)
Alex Watt	2:23.62 (4-9-11)	2:23.62 (4-9-11)
Stephanie Cario	2:23.82 (4-9-11)	2:23.82 (4-9-11)
Jessica Trapeni	2:24.57 (4-30-11)	2:24.57 (4-30-11)
Courtney Dobbs	2:25.29 (4-30-11)	2:25.29 (4-30-11)

Mary Catherine Sowder	2:27.83 (4-30-11)	2:27.83 (4-30-11)
Erin Stehle	2:28.78 (4-9-11)	2:28.78 (4-9-11)

1,500 Meters (School Record - 4:17.79, Tasmin Fanning 2007)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Lauren Lemieux	4:25.39 (5-26-11)	4:25.39 (5-26-11)
Sammy Dow	4:28.84 (4-1-11)	4:28.84 (4-1-11)
Jessica Trapeni	4:30.89 (4-22-11)	4:30.89 (4-22-11)
Courney Dobbs	4:37.46 (4-30-11)	4:37.46 (4-30-11)
Madalyn Nuckols	4:37.87 (4-30-11)	4:37.87 (4-30-11)
Taylor Crosson	4:39.96 (4-30-11)	4:39.96 (4-30-11)
Stephanie Cario	4:45.87 (4-9-11)	4:45.87 (4-9-11)
Frances Dowd	4:46.07 (4-30-11)	4:46.07 (4-30-11)
Alex Watt	4:46.93 (4-30-11)	4:46.93 (4-30-11)
Erin Stehle	4:55.95 (4-9-11)	4:55.95 (4-9-11)
Mary Catherine Sowder	4:56.89 (4-30-11)	4:56.89 (4-30-11)

5,000 Meters (School Record - 15:37.73, Tasmin Fanning 2008)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Madalyn Nuckols	16:55.53 (5-12-11)	16:55.53 (5-12-11)
Taylor Crosson	16:57.92 (6-24-11)	16:57.92 (6-24-11)
Courtney Dobbs	16:58.69 (6-24-11)	16:58.69 (6-24-11)
Sammy Dow	17:11.01 (4-23-11)	17:11.01 (4-23-11)
Stephanie Cario	17:23.00 (4-1-11)	17:23.00 (4-1-11)
Jessica Trapeni	17:28.00 (4-9-11)	17:25.09 (2010)
Erin Stehle	17:43.88 (4-1-11)	17:43.88 (4-1-11)
Alex Watt	17:48.42 (4-1-11)	17:48.42 (4-1-11)
Mary Catherine Sowder	18:19.98 (4-1-11)	18:19.98 (4-1-11)

10,000 Meters (School Record - 33:05.96, Linda King 1984)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Courtney Dobbs	35:06.40 (4-21-11)	35:06.40 (4-21-11)
Stephanie Cario	37:29.23 (4-21-11)	37:29.23 (4-21-11)
Erin Stehle	38:20.11 (4-21-11)	38:20.11 (4-21-11)

3,000 Meter Steeplechase (School Record - 10:16.15, Sammy Dow 2011)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Sammy Dow	10:16.15 (5-27-11) SR	10:16.15 (5-27-11) SR

100-Meter Hurdles (School Record - 12.46, Queen Harrison 2010)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Kristen Brown	13.92 (4-23-11)	13.92 (4-23-11)
Taylor Williams	15.38 (5-5-11)	14.99 (2010)

400-Meter Hurdles (School Record - 54.55, Queen Harrison 2010)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Yvonne Amegashie	1:00.35 (5-5-11)	1:00.35 (5-5-11)
Natalie Woodford	1:05.09 (3-26-11)	1:05.09 (3-26-11)
Taylor Williams	1:07.54 (5-5-11)	1:01.00 (2010)

400-Meter Relay (School Record - 44.33, Green, Potts, Castlin, Spruill 2007)

<b>Name</b>	<b>Season Best</b>
Scott, Alabi, Tyson, Nwaneri	44.58 (6-8-11)
Tyson, Alabi, Boone, Nwaneri	44.86 (4-2-11)
Scott, Boone, Tyson, Nwaneri	45.16 (3-19-11)

1,600-Meter Relay (School Record - 3:32.05, Harrison, Washington, Green, Spruill 2008)

<b>Name</b>	<b>Season Best</b>
Boone, Amegashie, Tyson, Woodford	3:37.57 (4-2-11)
Boone, Amegashie, Alabi, Woodford	3:40.11 (5-28-11)
Amegashie, Alabi, Tyson, Woodford	3:42.97 (4-28-11)
Boone, Amegashie, Woodford, Tyson	3:46.43 (3-19-11)
Dowd, Pinkston, Dow, Lemieux	3:56.66 (5-12-11)

4x15 Relay (School Record - 18:17.40, Sherbak, J. Fanning, Clark, T. Fanning)

<b>Name</b>	<b>Season Best</b>
Dobbs, Trapeni, Crosson, Nuckols	18:53.07 (4-2-11)

Distance Medley Relay (School Record - 11:30.01, T. Fanning, Ference, Sherbak, Clark)

<b>Name</b>	<b>Season Best</b>
Lemieux, Pinkston, Dowd, Dow	11:41.93 (4-2-11)

Pole Vault (School Record - 13-5.75 / 4.11m, Ashley Early 2007)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Kelly Phillips	12-11.75 / 3.96m (5-5-11)	13-5.25 / 4.10m (2008)
Caitlin Thornley	12-11.75 / 3.96m (5-5-11)	12-11.75 / 3.96m (5-5-11)
Kristen Brown	12-9.5 / 3.90m (4-15-11)	12-9.5 / 3.90m (4-15-11)
Leigh Allin	12-2 / 3.71m (4-23-11)	12-2 / 3.71m (4-23-11)
Emma DeJarnette	12-2 / 3.71m (4-23-11)	12-2 / 3.71m (4-23-11)

Shot Put (School Record - 56-1 / 17.09m, Samira Burkhardt 2011)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Samira Burkhardt	56-1 / 17.09m (6-11-11) SR	56-1 / 17.09m (6-11-11) SR

Hammer Throw (School Record - 224-3 (68.36m) - Dorotea Habazin 2011)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Dorotea Habazin	224-3 / 68.36m (4-23-11) SR	224-3 / 68.36m (4-23-11) SR



55 Meter Dash (Automatic Qualifying Mark - 6.14, School Record - 6.30, Andre Davis 2000)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
-------------	--------------------	--------------------

5,000 Meters (AQ - 13:47.00, SR - 14:02.00, Tim Covington 1989)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
-------------	--------------------	--------------------