

UALBANY WOMEN'S OUTDOOR TRACK & FIELD BEST OF THE YEAR

100-Meter Dash

<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>Date, Meet</u>
1	11.76 (ECAC)	Fey Adaramola	5/16/09, ECAC Championship
2	12.56	Quante Harris	4/18/09, UTECH T&F Classic
			5/2/09, America East Championship
3	12.79	Sandy Antenor	4/18/09, UTECH T&F Classic
4	12.92	Sarah Lapierre	5/2/09, America East Championship
5	13.24	Jessica Antoniadis	4/25/09, Capital District Classic
6	13.31	Rashida Charles	4/25/09, Capital District Classic
7	13.40	Lindsay Hall	4/25/09, Capital District Classic

200-Meter Dash

<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>Date, Meet</u>
1	23.91 (Reg.)	Fey Adaramola	5/16/09, ECAC Championship
2	25.74	Jessica Hunter	4/25/09, Capital District Classic
3	25.93	Christen Griffin	4/18/09, UTECH T&F Classic
4	26.32	Nyree Richardson	4/25/09, Capital District Classic
5	26.58	Elia Francis	4/25/09, Capital District Classic
6	27.01	Octavia Clarkson	4/13/09, St. John's Monday Meeting
7	27.35	Sarah Lapierre	4/25/09, Capital District Classic
8	27.38	Tenica Roberts	4/18/09, Larry Ellis Invitational
9	27.43	Rashida Charles	4/25/09, Capital District Classic
10	27.51	Lindsay Hall	4/25/09, Capital District Classic
11	27.70	Laura Bolognino	4/25/09, Capital District Classic
12	27.75	Reneé Johnson	4/25/09, Capital District Classic
13	27.96	Traequanda Brock	4/18/09, Larry Ellis Invitational
14	28.94	Emily Curry	4/25/09, Capital District Classic

400-Meter Dash

<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>Date, Meet</u>
1	57.66	Melissa Lee	3/21/09, Carolina Classic
2	58.31	Tierra Chavis	5/2/09, America East Championship
3	59.31	Tenica Roberts	5/2/09, America East Championship
4	59.72	Nyree Richardson	4/18/09, UTECH T&F Classic
5	59.81	Octavia Clarkson	4/18/09, UTECH T&F Classic
6	59.94	Elia Francis	5/2/09, America East Championship
7	1:00.09	Jessica Hunter	4/18/09, Larry Ellis Invitational
8	1:02.14	Reneé Johnson	4/25/09, Capital District Classic
9	1:01.85	Laura Bolognino	5/2/09, America East Championship
10	1:04.34	Rebecca Kelly	4/4/09, Duke Asics Invitational

100-Meter High Hurdles

<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>Date, Meet</u>
1	13.67 (Reg.)	Kamilah McShine	5/17/09, ECAC Championship
2	14.65	Christen Griffin	5/2/09, America East Championship
3	18.39	Emily Curry	4/18/09, Larry Ellis Invitational

400-Meter High Hurdles

<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>Date, Meet</u>
1	58.89 (Reg.)	Kamilah McShine	5/29/09, NCAA East Regional Championship
2	1:04.80	Rebecca Kelly	5/2/09, America East Championship
3	1:05.93	Christen Griffin	5/2/09, America East Championship
4	1:06.31	Brittany Eveleth	5/2/09, America East Championship
5	1:08.03	Octavia Clarkson	5/2/09, America East Championship

800-Meter Run

<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>Date, Meet</u>
1	2:11.65	Zuliana Fontanez	5/3/09, America East Championship
2	2:15.10	Laura Cummings	4/18/09, UTECH T&F Classic
3	2:15.40	Melissa Lee	4/18/09, UTECH T&F Classic
4	2:19.51	Esperanza Blanco	4/13/09, St. John's Monday Meeting
5	2:19.82	Allie Carlson	4/18/09, UTECH T&F Classic
6	2:25.98	Jessica Barberio	4/25/09, Capital District Classic
7	2:26.24	Maureen Nweke	4/25/09, Capital District Classic
8	2:27.17	Jessica Panos	4/18/09, Larry Ellis Invitational

1,500-Meter Run

<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>Date, Meet</u>
1	4:38.54	Laura Cummings	5/3/09, America East Championship
2	4:50.15	Ada Lauterbach	4/25/09, Capital District Classic

3,000-Meter Run

<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>Date, Meet</u>
1	10:35.99	Ada Lauterbach	4/3/09, Duke Asics Invitational
2	10:48.33	Ally Panos	4/3/09, Duke Asics Invitational
3	10:53.52	Kristin Grab	4/18/09, Larry Ellis Invitational

5,000-Meter Run

<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>Date, Meet</u>
1	18:03.82	Ally Panos	4/17/09, Larry Ellis Invitational
2	18:48.45	Kristin Grab	3/27/09, Raleigh Relays

10,000-Meter Run

<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>Date, Meet</u>
1	39:32.32	Kristin Grab	4/3/09, Duke Asics Invitational

3,000-Meter Steeplechase

<u>Rank</u>	<u>Time</u>	<u>Name</u>	<u>Date, Meet</u>
1	10:40.64 (Reg.)	Laura Cummings	4/23/09, Penn Relays
2	10:54.50 (ECAC)	Ada Lauterbach	4/17/09, Larry Ellis Invitational
3	13:49.22	Roxanne Wegman	4/25/09, Capital District Classic

High Jump

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	5-1	Ashleigh Whitfield	4/4/09, Duke Asics Invitational
1	5-1	Bryanna Hebenstreit	4/18/09, Larry Ellis Invitational
3	5-0.25	Sandy Antenor	4/18/09, Larry Ellis Invitational
4	4-10.25	Emily Curry	5/3/09, America East Championship
			4/25/09, Capital District Classic

Long Jump

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	18-6.50	Jenn Gurrant	4/23/09, Penn Relays
2	17-4.25	Sandy Antenor	5/2/09, America East Championship
3	17-3.75	Kamilah McShine	4/18/09, UTECH T&F Classic
4	16-11.25	Ashley Lewis	4/25/09, Capital District Classic
5	14-11.50	Emily Curry	4/18/09, Larry Ellis Invitational

Triple Jump

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	42-0.75 (Reg.)	Jenn Gurrant	5/3/09, America East Championship
2	39-0.50	Sandy Antenor	5/3/09, America East Championship
3	39-0.25	Tiffany Sprengels	5/3/09, America East Championship
4	37-4	Traequanda Brock	4/25/09, Capital District Classic

Pole Vault

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	11-7.75	Celine Cauderlier	4/25/09, Capital District Classic
2	10-0	Rebecca Power	4/18/09, Larry Ellis Invitational
3	9-5.75	Krystal Myers	4/25/09, Capital District Classic
4	8-11.75	Emily Mino	4/25/09, Capital District Classic

Discus Throw

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	159-9 (Reg.)	Ritshell Verdier	5/3/09, America East Championship
2	139-1	Catie Coxon	5/3/09, America East Championship
3	129-2	Ashley Lewis	4/4/09, Duke Asics Invitational
4	119-4	Kadine Johnson	5/3/09, America East Championship
			4/4/09, Duke Asics Invitational

Hammer Throw

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	162-5 (ECAC)	Kadine Johnson	5/2/09, America East Championship
2	145-4	Sineaid Corley	4/18/09, Larry Ellis Invitational
3	145-2	Ritshell Verdier	5/2/09, America East Championship
4	111-11	Isabella Katsarelis	4/18/09, Larry Ellis Invitational

Javelin Throw

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	136-6 (ECAC)	Ashley Lewis	4/25/09, Capital District Classic
2	126-8	Rebecca Power	5/3/09, America East Championship
3	112-9	Ashley Lewis	4/4/09, Duke Asics Invitational
4	101-8	Isabella Katsarelis	5/3/09, America East Championship
5	94-5	Emily Curry	4/18/09, Larry Ellis Invitational

Shot Put

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	45-0.25 (ECAC)	Ritshell Verdier	4/18/09, Larry Ellis Invitational
2	40-8.75	Ashley Lewis	5/3/09, America East Championship
3	40-4.25	Kadine Johnson	4/25/09, Capital District Classic
4	37-4.50	Rebecca Power	5/3/09, America East Championship
5	35-11.50	Isabella Katsarelis	4/25/09, Capital District Classic
6	34-10.50	Catie Coxon	4/25/09, Capital District Classic

Heptathlon

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	3,651 points	Emily Curry	5/3/09, America East Championship

4x100-Meter Relay

<u>Rank</u>	<u>Time</u>	<u>Names</u>	<u>Date, Meet</u>
1	46.88 (ECAC)	Kamilah McShine, Jenn Gurrant Christen Griffin, Fey Adaramola	5/3/09, America East Championship
2	46.91 (ECAC)	Kamilah McShine, Jenn Gurrant, Quante Harris, Fey Adaramola	4/18/09, UTECH T&F Classic

4x200-Meter Relay

<u>Rank</u>	<u>Time</u>	<u>Names</u>	<u>Date, Meet</u>
1	1:39.44	Christen Griffin, Tierra Chavis, Jenn Gurrant, Fey Adaramola	4/24/09, Penn Relays
2	1:40.79	Christen Griffin, Nyree Richardson, Tierra Chavis, Fey Adaramola	4/3/09, Pepsi Florida Relays

4x400-Meter Relay

<u>Rank</u>	<u>Time</u>	<u>Names</u>	<u>Date, Meet</u>
1	3:49.55 (ECAC)	Kamilah McShine, Jenn Garrant Tierra Chavis, Fey Adaramola	5/3/09, America East Championship
2	3:50.57 (ECAC)	Melissa Lee, Jenn Garrant, Zuliana Fontanez, Fey Adaramola	3/21/09, Carolina Classic
3	3:53.76	Kamilah McShine, Jenn Garrant Zuliana Fontanez, Fey Adaramola	4/18/09, UTECH T&F Classic
4	3:55.40	Melissa Lee, Zuliana Fontanez Tierra Chavis, Fey Adaramola	4/23/09, Penn Relays
5	3:57.09	Tenica Roberts, Tierra Chavis, Octavia Clarkson, Elia Francis	4/4/09, Pepsi Florida Relays
6	4:01.05	Octavia Clarkson, Melissa Lee, Tierra Chavis, Elia Francis	4/18/09, UTECH T&F Classic
7	4:05.89	Nyree Richardson, Jessica Hunter, Laura Bolognino, Jessica Panos	4/4/09, Pepsi Florida Relays
8	4:06.78	Rebecca Kelly, Laura Bolognino, Reneé Johnson, Allie Carlson	4/18/09, UTECH T&F Classic
9	4:11.37	Jessica Panos, Maureen Nweke, Jessica Barberio, Lindsay Hall	4/18/09, Larry Ellis Invitational

4x800-Meter Relay

<u>Rank</u>	<u>Time</u>	<u>Names</u>	<u>Date, Meet</u>
1	8:59.74 (ECAC)	Melissa Lee, Esperanza Blanco Zuliana Fontanez, Laura Cummings	4/25/09, Penn Relays
2	9:17.57	Allie Carlson, Melissa Lee Laura Cummings, Zuliana Fontanez	5/3/09, America East Championship
3	9:36.71	Esperanza Blanco, Zuliana Fontanez Jessica Panos, Allie Carlson	4/4/09, Pepsi Florida Relays

Sprint Medley Relay

<u>Rank</u>	<u>Time</u>	<u>Names</u>	<u>Date, Meet</u>
1	3:57.29	Fey Adaramola, Jenn Garrant, Melissa Lee, Zuliana Fontanez	4/4/09, Pepsi Florida Relays