

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

100-Meter Dash

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	11.85 (ECAC)	Fey Adaramola	5/1/10, America East Championship
2	12.02 (ECAC)	Alli Rogers	4/2/10, Texas Relays
3	12.55	Quante Harris	5/1/10, America East Championship
4	12.78	Nyree Richardson	4/3/10, Duke Invitational
5	12.86	Katie Fagnoli	5/1/10, America East Championship
6	12.98	Sandy Antenor	4/24/10, Capital District Classic
7	13.00	Patrice Johnson	5/1/10, America East Championship

200-Meter Dash

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	23.94 (ECAC)	Fey Adaramola	5/15/10, ECAC Championship
2	24.68 (ECAC)	Alli Rogers	5/1/10, America East Championship
3	24.96	Sheena Simpkins	5/1/10, America East Championship
4	25.22	Christen Griffin	4/17/10, UConn Select Invitational
5	25.39	Jessica Hunter	5/1/10, America East Championship
6	25.67	Nyree Richardson	4/3/10, Duke Invitational
7	25.89	Elia Francis	4/24/10, Capital District Classic
8	25.97	Quante Harris	4/24/10, Capital District Classic
9	26.06	Octavia Clarkson	4/24/10, Capital District Classic
10	26.09	Tierra Chavis	4/24/10, Capital District Classic
11	26.40	Katie Fagnoli	5/1/10, America East Championship
12	26.75	Sherez Mohamed	3/20/10, Carolina Classic
13	26.79	Patrice Johnson	5/1/10, America East Championship
14	28.36	Emily Curry	5/1/10, America East Championship

400-Meter Dash

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	56.09	Fey Adaramola	4/17/10, UConn Select Invitational
2	56.31	Sheena Simpkins	4/17/10, UConn Select Invitational
3	57.44	Jessica Hunter	5/1/10, America East Championship
4	57.55	Octavia Clarkson	3/20/10, Carolina Classic
5	57.69	Sherez Mohamed	4/26/10, Friendship Meet with UTECH
6	58.18	Elia Francis	5/1/10, America East Championship
7	58.29	Tierra Chavis	4/24/10, Capital District Classic
8	58.32	Tenica Roberts	4/17/10, UConn Select Invitational
9	58.46	Nyree Richardson	4/24/10, Capital District Classic
10	59.44	Brittany Eveleth	4/3/10, Duke Invitational

100-Meter High Hurdles

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	13.90 (ECAC)	Christen Griffin	5/2/10, America East Championship
2	14.56	Ashley Mahlmeister	5/2/10, America East Championship
3	17.46	Quante Harris	4/24/10, Capital District Classic
4	17.47	Emily Curry	5/1/10, America East Championship

400-Meter Intermediate Hurdles

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	1:01.27 (ECAC)	Rebecca Kelly	5/2/10, America East Championship
2	1:02.30	Brittany Eveleth	5/1/10, America East Championship
3	1:04.25	Christen Griffin	5/1/10, America East Championship
4	1:07.24	Kendra Adams	4/24/10, Capital District Classic
5	1:08.32	Pat McNish	3/20/10, Carolina Classic
6	1:13.18	Octavia Clarkson	4/1/10, Texas Relays

800-Meter Run

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	2:17.61	Maureen Nweke	5/2/10, America East Championship
2	2:20.85	Emily Finnegan	4/26/10, Friendship Meet with UTECH
3	2:21.99	Renee Johnson	5/2/10, America East Championship
4	2:23.16	Kendra Adams	4/26/10, Friendship Meet with UTECH
5	2:24.61	Jessica Panos	4/26/10, Friendship Meet with UTECH
6	2:25.50	Elia Francis	4/26/10, Friendship Meet with UTECH
7	2:27.37	Laura Varble	4/26/10, Friendship Meet with UTECH
8	2:28.38	Jessica Hunter	4/26/10, Friendship Meet with UTECH
9	2:39.17	Emily Curry	5/2/10, America East Championship
10	2:47.06	Rachel Wysocki	4/17/10, UConn Select Invitational

1,500-Meter Run

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	4:33.23	Laura Cummings	3/20/10, Carolina Classic
2	4:39.62	Jenn Pierson	5/2/10, America East Championship
3	4:44.75	Emily Finnegan	5/2/10, America East Championship
4	4:47.58	Miranda McConnell	5/2/10, America East Championship
5	4:55.38	Maureen Nweke	4/2/10, Duke Invitational
6	5:04.04	Brianna Service	4/24/10, Capital District Classic
7	5:08.85	Melissa Del Rosario	4/24/10, Capital District Classic
8	5:17.56	Laura Varble	4/10/10, UMass Nine-Way Meet
9	5:24.12	Rachel Wysocki	4/24/10, Capital District Classic

3,000-Meter Run

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	10:54.46	Miranda McConnell	4/2/10, Duke Invitational

5,000-Meter Run

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	18:25.62	Brianna Service	5/2/10, America East Championship
2	19:14.21	Melissa Del Rosario	4/17/10, UConn Select Invitational
3	19:25.07	Roxanne Wegman	4/17/10, UConn Select Invitational

10,000-Meter Run

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	40:08.82	Melissa Del Rosario	5/1/10, America East Championship
2	40:10.99	Roxanne Wegman	4/10/10, UMass Nine-Way Meet

3,000-Meter Steeplechase

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	10:29.27 (ECAC)	Laura Cummings	5/14/10, ECAC Championship
2	10:30.30 (ECAC)	Jenn Pierson	5/14/10, ECAC Championship

High Jump

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	5-3	Karley Giles	4/10/10, UMass Nine-Way Meet
2	5-0.25	Emily Curry	5/2/10, America East Championship

Long Jump

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	19-1.50 (ECAC)	Pat McNish	5/1/10, America East Championship
2	18-7.25	Ashley Mahlmeister	5/8/10, New York City Qualifying Challenge
3	16-8	Sandy Antenor	4/17/10, UConn Select Invitational
4	15-9	Emily Curry	5/2/10, America East Championship
5	15-3.50	Tiffany Sprenkels	3/20/10, Carolina Classic

Triple Jump

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	39-5	Sandy Antenor	5/2/10, America East Championship
2	39-2.50	Tiffany Sprenkels	5/16/10, ECAC Championship
3	39-2.25	Ashley Mahlmeister	5/2/10, America East Championship
4	38-11.75	Pat McNish	5/2/10, America East Championship

Pole Vault

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	12-1.50 (ECAC)	Celine Cauderlier	4/10/10, UMass Nine-Way Meet
2	10-11.75	Rebecca Power	4/2/10, Duke Invitational
3	10-4	Emily Mino	4/24/10, Capital District Classic

Discus Throw

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	157-3 (ECAC)	Catie Coxon	4/24/10, Capital District Classic
2	130-4	Ashley Lewis	5/8/10, New York City Qualifying Challenge
3	129-8	Kadine Johnson	4/10/10, UMass Nine-Way Meet
4	106-11	Emily Curry	4/24/10, Capital District Classic

Hammer Throw

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	174-0 (ECAC)	Kadine Johnson	4/17/10, UConn Select Invitational
2	157-2	Sineaid Corley	4/26/10, Friendship Meet with UTECH
3	131-1	Candice Mann	5/1/10, America East Championship

Javelin Throw

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	131-0	Rebecca Power	4/26/10, Friendship Meet with UTECH
2	125-8	Ashley Lewis	4/24/10, Capital District Classic
3	92-6	Emily Curry	5/2/10, America East Championship

Shot Put

<u>Rank</u>	<u>Mark</u>	<u>Name</u>	<u>Date, Meet</u>
1	44-5.50	Kadine Johnson	4/26/10, Friendship Meet with UTECH
2	40-9.50	Candice Mann	5/2/10, America East Championship
3	40-5	Ashley Lewis	5/2/10, America East Championship
4	39-5	Rebecca Power	5/2/10, America East Championship
5	36-9.50	Catie Coxon	5/2/10, America East Championship
6	28-11.75	Emily Curry	5/1/10, America East Championship

4x100-Meter Relay

<u>Rank</u>	<u>Mark</u>	<u>Names</u>	<u>Date, Meet</u>
1	46.27 (ECAC)	Alli Rogers, Christen Griffin, Quante Harris, Fey Adaramola	5/2/10, America East Championship
2	46.93 (ECAC)	Alli Rogers, Christen Griffin, Sheena Simpkins, Fey Adaramola	3/20/10, Carolina Classic
3	47.78 (ECAC)	Alli Rogers, Christen Griffin, Sheena Simpkins, Sherez Mohamed	4/2/10, Texas Relays
4	48.83	Alli Rogers, Christen Griffin, Kadine Johnson, Katie Fagnoli	4/17/10, UConn Select Invitational
5	49.29	Alli Rogers, Christen Griffin, Jessica Hunter, Nyree Richardson	4/10/10, UMass Nine-Way Meet
6	49.56	Nyree Richardson, Ashley Mahlmeister, Elia Francis, Jessica Hunter	4/3/10, Duke Invitational
7	51.48	Renee Johnson, Katie Fagnoli, Sandy Antenor, Tenica Roberts	4/10/10, UMass Nine-Way Meet

4x200-Meter Relay

<u>Rank</u>	<u>Time</u>	<u>Names</u>	<u>Date, Meet</u>
1	1:39.32	Alli Rogers, Christen Griffin, Sheena Simpkins, Fey Adaramola	4/23/10, Penn Relays
2	1:40.38	Alli Rogers, Christen Griffin, Tenica Roberts, Octavia Clarkson	4/3/10, Texas Relays

4x400-Meter Relay

<u>Rank</u>	<u>Time</u>	<u>Names</u>	<u>Date, Meet</u>
1	3:45.52 (ECAC)	Octavia Clarkson, Sheena Simpkins, Sherez Mohamed, Fey Adaramola	5/2/10, America East Championship
2	3:46.04 (ECAC)	Tenica Roberts, Sheena Simpkins, Sherez Mohamed, Fey Adaramola	4/22/10, Penn Relays
3	3:47.86 (ECAC)	Sherez Mohamed, Sheena Simpkins, Rebecca Kelly, Jessica Hunter	5/15/10, ECAC Championship
4	3:50.76 (ECAC)	Tierra Chavis, Octavia Clarkson, Alli Rogers, Sheena Simpkins	3/20/10, Carolina Classic
5	3:52.26	Jessica Hunter, Sherez Mohamed, Brittany Eveleth, Tenica Roberts	3/20/10, Carolina Classic
6	3:53.36	Octavia Clarkson, Alli Rogers, Brittany Eveleth, Sherez Mohamed	4/10/10, UMass Nine-Way Meet
7	3:53.83	Tenica Roberts, Sheena Simpkins, Octavia Clarkson, Fey Adaramola	4/17/10, UConn Select Invitational
8	3:56.83	Jessica Hunter, Elia Francis, Brittany Eveleth, Tierra Chavis	4/17/10, UConn Select Invitational
9	3:57.66	Elia Francis, Brittany Eveleth, Tierra Chavis, Jessica Hunter	4/3/10, Duke Invitational
10	3:59.35	Octavia Clarkson, Tenica Roberts, Sherez Mohamed, Fey Adaramola	4/2/10, Texas Relays
11	4:00.09	Rebecca Kelly, Nyree Richardson, Renee Johnson, Kendra Adams	4/17/10, UConn Select Invitational
12	4:02.35	Octavia Clarkson, Rebecca Kelly, Jessica Hunter, Nyree Richardson	4/26/10, Friendship Meet
13	4:02.68	Jessica Hunter, Kendra Adams, Alli Rogers, Renee Johnson	4/10/10, UMass Nine-Way Meet

4x800-Meter Relay

<u>Rank</u>	<u>Time</u>	<u>Names</u>	<u>Date, Meet</u>
1	9:34.30	Elia Francis, Maureen Nweke, Emily Finnegan, Jenn Pierson	5/2/10, America East Championship