

2006 Indoor Performance Chart

55 Meters (A: 6.75; P: 6.92)

Time	Athlete	Meet	Place
School Record: 6.67	Michelle Freeman	(2/22/1992)	
6.84*	Lakecia Ealey	Florida Fast Times (3/2)	P/-
6.98	Nadine Palmer	SEC Championships (2/25)	-
7.15	Traci Ann Henry	Gator Invitational (1/21)	15
7.30	Zan Joseph	Pepsi Invitational (2/5)	-
8.01	Sara Cooper	Florida Fast Times	P/-

55 Meter Hurdles (A: 7.58; P: 7.86)

Time	Athlete	Meet	Place
School Record: 7.34	Michelle Freeman	(2/22/1992)	
7.95	Nene Kamate	SEC Championships (2/26)	9
8.20	Jenna Utecht	Pepsi Invitational (2/5)	6

60 Meters (A: 7.27; P: 7.44)

Time	Athlete	Meet	Place
7.43*	Lakecia Ealey	Cyclone National Qualifier (3/4)	1
7.58	Nadine Palmer	Tyson Invitational (2/10)	15
7.79 (A)	Traci Ann Henry	Univ. New Mexico Invite (1/28)	11

60 Meter Hurdles (A: 8.15; P: 8.43)

Time	Athlete	Meet	Place
8.61	Nene Kamate	Tyson Invitational (2/10)	19
8.70	Jenna Utecht	Tyson Invitational (2/10)	28

200 Meters (A: 23.50; P: 24.10)

Time	Athlete	Meet	Place
School Record: 23.35	Amber Robinson	(3/8/2002)	
23.79*	Nadine Palmer	Cyclone National Qualifier (3/4)	1
23.83*	Natalie Knight	SEC Championships (2/25)	-
24.01#	Lakecia Ealey	Tyson Invitational (2/11)	15
24.56	Nene Kamate	Pepsi Invitational (2/5)	5
24.68	Dominique McLeggan	Florida Fast Times (3/2)	2
25.11	Abigail David	Pepsi Invitational (2/5)	11
25.29	Traci Ann Henry	Univ. New Mexico Invite (1/28)	9
25.58	Kia Raf	SEC Championships (2/25)	19

400 Meters (A: 52.70; P: 54.70)

Time	Athlete	Meet	Place
School Record: 50.91	Tiandra Ponteem	(3/12/2005)	
54.31*	Dominique McLeggan	Cyclone National Qualifier (3/4)	8
55.59	Abigail David	SEC Championships (2/25)	-
57.67	Zan Joseph	Univ. New Mexico Invite (1/28)	7

800 Meters (A: 2:06.10; P: 2:09.40)

Time	Athlete	Meet	Place
School Record: 2:01.77	Hazel Clark	(3/6/1999)	
2:07.09*	Shannon Leinert	Florida Fast Times (3/2)	2
2:08.79*	Amanda Schommer	SEC Championships (2/26)	4
2:11.93	Kecia Johnson	Pepsi Invitational (2/5)	5
2:14.00	Kristen Johnson	Pepsi Invitational (2/5)	6
2:14.03	Valeria Rodriguez	Pepsi Invitational (2/5)	7
2:19.90	Kathy Harris	Pepsi Invitational (2/5)	11

Mile (A: 4:39.10; P: 4:47.60)

Time	Athlete	Meet	Place
School Record: 4:33.04	Becki Wells	(3/8/1997)	
4:49.89	Kristen Johnson	SEC Championships (2/25)	-
4:51.25	Lindsay Sundell	Florida Fast Times (3/2)	3
4:56.25	Valeria Rodriguez	SEC Championships (2/25)	-
5:03.52	LeeAnn Nawrocki	SEC Championships (2/25)	-
5:06.35	Kathryn Kramer	Tyson Invitational (2/10)	22
5:13.38	Jacy Kruzal	Florida Intercollegiate (1/15)	9
5:25.99	Sara Petrick	Florida Intercollegiate (1/15)	12

3,000 Meters (A: 9:16.80; P: 9:35.80)

Time	Athlete	Meet	Place
School Record: 9:09.02	Shelly Steely	(1/27/1985)	
9:36.61	Lindsay Sundell	SEC Championships (2/25)	4
9:55.50	Jacy Kruzal	Gator Invitational (1/21)	4
9:59.44	Kathryn Kramer	SEC Championships (2/25)	14
10:22.98	Sara Petrick	Gator Invitational (1/21)	8
10:30.09	Diane Avigne	Gator Invitational (1/21)	10
10:37.38	Shea Cookerly	Gator Invitational (1/21)	12
10:54.42	Ana Segura	Florida Intercollegiate (1/15)	6

5,000 Meters (A: 16:11.60; P: 16:46.60)

Time	Athlete	Meet	Place
School Record: 16:24.40	Tricia Clifford	(2/28/1987)	
17:18.20	Jacy Kruzal	SEC Championships (2/26)	10
18:15.14	Devin Gapstur	Gator Invitational (1/21)	2

18:15.17	Sara Petrick	Pepsi Invitational (2/5)	4
18:27.20	Ana Segura	Pepsi Invitational (2/5)	6
18:46.54	Caroline Payne	Florida Intercollegiate (1/15)	4
19:01.86	Shea Cookerly	Florida Intercollegiate (1/15)	5
19:02.55	Kelly Kenzik	Gator Invitational (1/21)	5
19:30.89	Charlie Cookerly	Pepsi Invitational (2/5)	9

4x400 Meter Relay (A: 3:34.70; P: 3:41.20)

Time	Athletes	Meet	Place
School Record: 3:31.00	Ponteem, Ka. Bratton, Bliss, Williams	(2/29/2004)	
3:37.15*	David, Palmer, Kamate, McLeggan	Cyclone National Qualifier(3/2)	3
3:38.18*	David, Kamate, Palmer, McLeggan	Tyson Invitational (2/11)	8
3:42.73	McLeggan, Kamate, Joseph, David	Gator Invitational (1/21)	1
3:43.90	Joseph, Kamate, McLeggan, David	Pepsi Invitational (2/5)	1
3:45.44	David, Joseph, McLeggan, Knight	Florida Intercollegiate (1/15)	2

Distance Medley Relay (A: 11:11.00; P: 11:30.00)

Time	Athletes	Meet	Place
School Record: 11:10.35	Newcome, Graham, Clark, Wells	(3/8/1997)	
11:35.45	Johnson, Schommer, Leinert, Sundell	SEC Champs (2/26)	2
12:12.73	Rodriguez, Johnson, Schommer, Leinert	Gator Invite (1/21)	2
12:31.63	Johnson, Harris, Nawrocki, Kramer	Gator Invite (1/21)	4

High Jump (A: 1.84m/6-0.50; P: 1.78m/5-10)

Mark	Athlete	Meet	Place
School Record: 6-0.75	Maria Galloni	(2/23/1992)	
1.72m/5-7.75	Jenna Utecht	Florida Intercollegiate (1/15)	2

Pole Vault (A: 4.20m/13-9.25; P: 3.95m/12-11.5)

Mark	Athlete	Meet	Place
School Record: 13-7.25	Megan Westfall	(3/8/2002)	
3.98m/13-0.75*	Natalie Moser	Florida Fast Times (3/2)	2
3.95m/12-11.50*	Dara Altman	Pepsi Invitational (2/5)	3
3.68m/12-0.75	Lori Bowen	Florida Fast Times (3/2)	4
3.66m/12-0	Alex Black	Gator Invitational (1/21)	6

Long Jump (A: 6.40m/21-0; P: 6.10m/20-0.25)

Mark	Athlete	Meet	Place
School Record: 20-11.75	Keyon Soley	(1/19/2001)	
5.51m/18-1	Jenna Utecht	Tyson Invitational (2/10)	22
4.92m/16-1.75	Monique Delancy	Gator Invitational (1/21)	17

Triple Jump (A: 13.30m/43-7.75; P: 12.65m/41-6)

Mark	Athlete	Meet	Place
School Record: 43-1.75	Leah Kirklain	(3/14/1992)	
12.67m/41-7*	Candace Cabey	Gator Invitational (1/21)	1
11.31m/37-1.25	Jasmine Fields	Gator Invitational (1/21)	3
10.17m/33-4.50	Monique Delancy	Florida Intercollegiate (1/15)	7

Shot Put (A: 16.90m/55-5.50; P: 15.40m/50-6.25)

Mark	Athlete	Meet	Place
School Record: 58-5.25	Kim Barrett	(2/29/2004)	
8.42m/27-7.50	Jenna Utecht	Florida Intercollegiate (1/15)	24

Weight Throw (A: 21.00m/68-10.75; P: 19.00m/62-4)

Mark	Athlete	Meet	Place
School Record: 79-5.25	Candice Scott	(2/27/2005)	
21.33m/69-11.75	Rachel Longfors	NCAA Championships (3/10)	4
19.83m/65-0.75*	Jyn Wynn	Florida Fast Times (3/2)	2
18.44m/60-6	Shawneise Williams	Florida Fast Times (3/2)	3
15.54m/51-0	Sara Cooper	Florida Intercollegiate (1/15)	7
15.21m/49-11	Tina Epps	Florida Fast Times	5

Pentathlon (A: 4,050 points; P: 3,700 points)

Score	Athlete	Meet	Place
3,510	Jenna Utecht	SEC Championships (2/23)	11

2006 Outdoor Performance Chart

100 Meters (Regional Standard: 11.75)

School Record: 11.13, Michelle Freeman (5/17/1992)

Time	Athlete	Meet	Place
11.42	Lakecia Ealey	NCAA East Regional (5/26)	P/ -
11.57	Nadine Palmer	NCAA East Regional (5/26)	P/ -

200 Meters (Regional Standard: 23.96)

School Record: 22.84, Kisha Jett (6/1/1996)

Time	Athlete	Meet	Place
23.42* (W)	Natalie Knight	UTEP Invitational (4/15)	2
23.74*	Nadine Palmer	Diet Pepsi Classic (4/1)	6
23.90*	Lakecia Ealey	Diet Pepsi Classic (4/1)	11
24.63	Dominique McLeggan	Diet Pepsi Classic (4/1)	20
24.79 (W)	Kia Raf	UTEP Invitational (4/15)	10

400 Meters (Regional Standard: 54.61)

School Record: 50.83, Tiandra Pounte (6/11/2005)

Time	Athlete	Meet	Place
54.24*	Nadine Palmer	Spec Towns Invite (4/8)	3
54.49*	Dominique McLeggan	Spec Towns Invite (4/8)	5
55.29	Abigail David	Diet Pepsi Classic (4/1)	13
55.66	Zan Joseph	UTEP Invitational (4/15)	6

800 Meters (Regional Standard: 2:09.80)

School Record: 2:00.13, Hazel Clark (1997)

Time	Athlete	Meet	Place
2:06.67	Shannon Leinert	NCAA East Regional (5/27)	3
2:08.67*	Amanda Schommer	SEC Championships (5/12)	P/ -
2:13.21	Kecia Johnson	Spec Towns Invite (4/8)	10
2:13.45	Kathy Harris	Spec Towns Invite (4/8)	11
2:17.84	Zan Joseph	Diet Pepsi Classic (4/1)	27

1,500 Meters (Regional Standard: 4:27.80)

School Record: 4:12.84, Becki Wells (6/7/1997)

Time	Athlete	Meet	Place
4:31.65	Kristen Johnson	Diet Pepsi Classic (4/1)	4
4:37.91	Valeria Rodriguez	Diet Pepsi Classic (4/1)	9
4:40.50	Lindsay Sundell	Spec Towns Invite (4/8)	6
4:44.08	Shannon Leinert	Diet Pepsi Classic (4/1)	11
5:00.60	Galey Gravenstein	Diet Pepsi Classic (4/1)	19

3,000 Meter Steeplechase (Regional Standard: 10:50.25)

School Record: 10:40.51, Lindsay Sundell (4/13/2006)

Time	Athlete	Meet	Place
10:21.10*	Lindsay Sundell	Penn Relays (4/27)	3
11:01.87	Kathryn Kramer	Diet Pepsi Classic (4/1)	2
11:02.77	LeeAnn Nawrocki	SEC Championships (5/13)	8

5,000 Meters (Regional Standard: 16:52.00)

School Record: 15:40.97, Shelly Steely (6/24/1984)

Time	Athlete	Meet	Place
16:51.09*	Jacy Kruzal	Penn Relays (4/27)	12
16:52.81	Kristen Johnson	SEC Championships (5/14)	9
17:49.25	Sara Petrick	Spec Towns Invite (4/8)	1
18:10.65	Devin Gapstur	Diet Pepsi Classic (4/1)	2
18:35.94	Ana Segura	Diet Pepsi Classic (4/1)	6
19:17.16	Kelly Kenzik	Diet Pepsi Classic (4/1)	11
19:37.15	Diane Avigne	Diet Pepsi Classic (4/1)	12
19:55.99	Charlie Cookerly	Diet Pepsi Classic (4/1)	13

10,000 Meters (Provisional: 35:00.00; Automatic: 33:55.00)

School Record: 32:49.10, Beth Farmer (4/21/1983)

Time	Athlete	Meet	Place
34:57.88(P)	Jacy Kruzal	SEC Championships (5/12)	5
37:31.22	Sara Petrick	SEC Championships (5/12)	11

100 Meter Hurdles (Regional Standard: 13.92)

School Record: 12.79, Michelle Freeman (5/17/1992)

Time	Athlete	Meet	Place
13.60* (W)	Nene Kamate	UTEP Invitational (4/15)	2
14.29	Jenna Utecht	Diet Pepsi Classic (4/1)	17

400 Meter Hurdles (Regional Standard: 1:00.82)

School Record: 56.45, Piper Bressant (6/25/1985)

Time	Athlete	Meet	Place
1:01.79	Nene Kamate	Diet Pepsi Classic (4/1)	9

4x100 Meter Relay (Regional Standard: 45.70)

School Record: 43.12, K. Mitchell, Howard, Rose, Freeman

Time	Athletes	Meet	Place
44.11	Ealey, Palmer, Kamate, Knight	NCAA East Regional (5/27)	3
44.21*	Ealey, Palmer, McLeggan, Knight	NCAA East Regional (5/26)	P/ -
44.90*	Ealey, Knight, Palmer, McLeggan	UTEP Invitational (4/15)	2
45.20*	Ealey, McLeggan, Raf, Palmer	Spec Towns Invite (4/8)	2

4x200 Meter Relay

School Record: 1:32.57, Jett, Brown-Moore, Fortson, Graham (4/23/1998)

Time	Athletes	Meet	Place
1:35.20	Ealey, Knight, McLeggan, Raf	Penn Relays (4/28)	8
1:35.33	Ealey, Kamate, McLeggan, Knight	Penn Relays (4/29)	8

4x400 Meter Relay (Regional Standard: 3:42.00)

School Record: 3:27.53, Beasley, Freeman, Mitchell, Howard (6/6/1992)

Time	Athletes	Meet	Place
3:31.52	Palmer, Kamate, Joseph, McLeggan	NCAA East Regional (5/27)	3
3:35.48*	David, Kamate, Palmer, McLeggan	Diet Pepsi Classic (4/1)	3
3:39.78*	David, Kamate, Joseph, McLeggan	SEC Championships (5/14)	5
3:50.88	Schommer, Leinert, Johnson, Johnson	Diet Pepsi Classic (4/1)	11

4x800 Meter Relay

Time	Athletes	Meet	Place
8:42.13	Leinert, Schommer, Ke. Johnson, Kr. Johnson	Penn Relays (4/29)	8

Distance Medley Relay

Time	Athletes	Meet	Place
12:04.61	Rodriguez, Schommer, Leinert, Kr. Johnson	Penn Relays (4/27)	13

High Jump (Regional Standard: 1.75m/5-8.75)

School Record: 1.84m/6-0.50, Maria Galloni (5/23/1992)

Mark	Athlete	Meet	Place
1.75m/5-8.75*	Jenna Utecht	UTEP Invitational (4/15)	3

Pole Vault (Regional Standard: 3.80m/12-5.50)

School Record: 4.16m/13-7.75, Dara Altman (5/27/2006)

Mark	Athlete	Meet	Place
4.16m/13-7.75	Dara Altman	NCAA East Regional (5/27)	2
4.10m/13-5.25*	Natalie Moser	UTEP Invitational (4/15)	1
3.50m/11-5.75	Lori Bowen	Walt Disney World Invt. (3/24)	7
3.40m/11-1.75	Alex Black	Spec Towns Invite (4/8)	13

Long Jump (Regional Standard: 5.97m/19-7)

School Record: 6.68m/21-11, Dionne Rose (5/16/1992)

Mark	Athlete	Meet	Place
5.36m/17-7	Jenna Utecht	Diet Pepsi Classic (4/1)	-

Triple Jump (Regional Standard: 12.32m/40-5)

School Record: 13.43m/44-0.75, Leah Kirklind (6/15/1992)

Mark	Athlete	Meet	Place
12.86m/42-2.25*	Candace Cabey	SEC Championships (5/14)	5
11.29m/37-0.50	Jasmine Fields	Diet Pepsi Classic (4/1)	14

Discus (Regional Standard: 47.30m/155-2)

School Record: 57.49m/188-7, Rachel Longfors (7/10/2004)

Mark	Athlete	Meet	Place
56.09m/184-0*	Rachel Longfors	Spec Towns Invite (4/8)	2
40.52m/132-11	Jyn Wynn	Spec Towns Invite (4/8)	13

Javelin (Regional Standard: 43.45m/142-6)

School Record: 56.99m/186-11, Emily Carlsten (7/18/2000)

Mark	Athlete	Meet	Place
44.34m/145-6*	Sarah Pastoriza	SEC Championships (5/14)	5
38.69m/126-11	Jyn Wynn	Diet Pepsi Classic (4/1)	4
38.31m/125-8	Tina Epps	UTEP Invitational (4/15)	7

Hammer Throw (Regional Standard: 54.15m/177-8)

School Record: 69.84m/229-1

Mark	Athlete	Meet	Place
61.37m/201-4*	Jyn Wynn	Walt Disney World Invt. (3/23)	1
55.38m/181-8	Shawneise Williams	NCAA East Regional (5/27)	10
53.98m/177-1	Sara Cooper	Diet Pepsi Classic (4/1)	3

* - NCAA East Regional Qualifying Mark
(P) - NCAA Provisional Qualifying Time