

# 2008 WOMEN'S OUTDOOR PERFORMANCE CHART

## 100 Meters (Regional Standard: 11.75)

School Record: 11.13, Michelle Freeman (1992)

Time	Athlete	Meet	Place
11.35R	Lakecia Ealey	Pepsi Florida Relays (4/4)	2nd <sup>^</sup>
11.59R	Natalie Knight	Azusa Invitational (4/18)	2nd <sup>^</sup>
12.08	Daniela Griffin	Pepsi Florida Relays (4/4)	37th
12.14	Danielle Williams	Snowbird Invitational (3/22)	8th
12.17	Kayla Griffin	Pepsi Florida Relays (4/4)	39th
12.20	Abigail David	Snowbird Invitational (3/22)	10th
12.27	Shara Proctor	Florida State Relays (3/29)	21st
12.32	Alexis Booker	Snowbird Invitational (3/22)	14th
12.37	Kia Raf	Pepsi Florida Relays (4/4)	45th

## 200 Meters (Regional Standard: 23.96)

School Record: 22.84, Kisha Jett (1996)

Time	Athlete	Meet	Place
22.76W	Lakecia Ealey	Pepsi Florida Relays (4/5)	1st
23.04R	Natalie Knight	Azusa Invitational (4/18)	1st
24.02	Abigail David	Spec Towns Invitational (4/12)	6th
24.26	Dominique McLeggan	Hurricane Challenge (3/29)	11th
24.41	Zan Joseph	Snowbird Invitational (3/22)	6th
24.51	Daniela Griffin	Spec Towns Invitational (4/12)	8th
24.53	Danielle Williams	Snowbird Invitational (3/22)	7th
25.48	Kayla Griffin	Spec Towns Invitational (4/12)	12th
25.55	Alexis Booker	Snowbird Invitational (3/22)	30th

## 400 Meters (Regional Standard: 54.61)

School Record: 51.00, Tiandra Ponteen (2004)

Time	Athlete	Meet	Place
54.51R	Dominique McLeggan	Pepsi Florida Relays (4/4)	11th
54.72	Abigail David	Pepsi Florida Relays (4/4)	15th

## 800 Meters (Regional Standard: 2:09.80)

School Record: 2:01.42, Hazel Clark (1997)

Time	Athlete	Meet	Place
2:08.90R	Lorain McKenzie	Pepsi Florida Relays (4/4)	5th
2:11.55	Shannon Leinert	Florida State Relays (3/29)	5th
2:14.96	Kristen Johnson	Spec Towns Invitational (4/12)	6th

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

School Record: 4:12.84, Becki Wells (1997)

Time	Athlete	Meet	Place
4:30.57	Lorain McKenzie	Florida State Relays (3/29)	2nd <sup>^</sup>
4:30.71	Kaitlin Shiver	Pepsi Florida Relays (4/4)	5th
4:32.14	Kristen Johnson	Florida State Relays (3/29)	5th

## 3,000 Meters

Time	Athlete	Meet	Place
9:53.75	Kristen Johnson	Snowbird Invitational (3/21)	1st
10:06.89	Kaitlin Shiver	Snowbird Invitational (3/21)	4th

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

School Record: 10:07.25, Lindsay Sundell (2007)

Time	Athlete	Meet	Place
10:18.21R	Lindsay Sundell	Stanford Invitational (4/5)	4th

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

School/World Record: 15:40.97, Shelly Steely (1987)

Time	Athlete	Meet	Place
16:14.10R	Rebecca Lowe	Stanford Invitational (4/5)	6th
16:40.85R	Lindsay Sundell	Snowbird Invitational (3/21)	3rd
16:42.99R	Jacy Kruzel	Snowbird Invitational (3/21)	4th
17:16.18	Ali Crabb	Snowbird Invitational (3/21)	11th
17:24.97	Sara Petrick	Snowbird Invitational (3/21)	15th
17:27.67	Julie Northrup	Snowbird Invitational (3/21)	18th
17:40.20	Kathryn Kramer	Snowbird Invitational (3/21)	19th

## 10,000 Meters (A: 33:30.00; B: 35:00.00)

School Record: 32:49.10, Beth Farmer (1983)

Time	Athlete	Meet	Place
35:05.39	Jacy Kruzel	Stanford Invitational (4/5)	27th
35:45.04	Sara Petrick	Penn Relays (4/24)	8th

## 100 Meter Hurdles (Regional Standard: 13.92)

School Record: 12.79, Michelle Freeman (1992)

Time	Athlete	Meet	Place

## 400 Meter Hurdles (Regional Standard: 1:00.82)

School Record: 56.45, Piper Bressant (1985)

Time	Athlete	Meet	Place

## 4x100 Meter Relay (Regional Standard: 45.70)

School Record: 43.12, Mitchell, Freeman, Rose, Howard (1992)

Time	Athlete	Meet	Place
44.31R		Spec Towns Invitational	1st

44.83R	(David, Ealey, McLeggan, Knight)	Hurricane Challenge (3/29)	2nd
45.51R	(David, Knight, Ealey, McLeggan)	Pepsi Florida Relays (4/5)	7th
46.97	(David, Ealey, McLeggan, D. Griffin)	Snowbird Invitational (3/22)	5th
	(Booker, D. Griffin, D. Williams, Joseph)		

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

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

Time	Athletes	Meet	Place

## Distance Medley Relay

Time	Athletes	Meet	Place
11:59.57		Pepsi Florida Relays (4/5)	4th
	(Shiver, McKenzie, Leinert, Johnson)		

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

School Record: 6-0.50, Maria Galloni (1992)

Mark	Athlete	Meet	Place
1.50m/4-11	Jenna Utecht	Snowbird Invitational (3/21)	17th

## Pole Vault (Regional Standard: 3.85/12-7.50)

School Record: 13-7.75, Dara Altman (2006)

Mark	Athlete	Meet	Place
3.85/12-7.50R	Daisy Glasser	Spring Fling (4/19)	17th

## Long Jump (Regional Standard: 6.00/19-8.25)

School Record: 21-11, Dionne Rose (1992)

Mark	Athlete	Meet	Place
6.52/21-4.75R	Shara Proctor	Azusa Invitational (4/18)	3rd <sup>^</sup>
5.64/18-6	Kia Raf	Snowbird Invitational (3/21)	3rd <sup>^</sup>
5.63/18-5.75	Kayla Griffin	Snowbird Invitational (3/21)	5th
5.54/18-2.25	Jenna Utecht	Snowbird Invitational (3/21)	8th

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

School Record: 44-0.75, Leah Kirklín (1992)

Mark	Athlete	Meet	Place
13.22/43-4.50R	Shara Proctor	Azusa Invitational (4/18)	3rd <sup>^</sup>
11.41/37-5.25	Kia Raf	Pepsi Florida Relays (4/5)	7th

## Shot Put (Regional Standard: 14.30m/46-11)

School Record: 60-8.50, Liz Wanless (2005)

Mark	Athlete	Meet	Place
17.60/57-9R	Mariam Kevkhishvili	Pepsi Florida Relays (4/5)	1st
14.60/47-11R	Keely Medeiros	Snowbird Invitational (3/22)	2nd

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

School Record: 188-7, Rachel Longfors (2004)

Mark	Athlete	Meet	Place
40.07/131-5	Keely Medeiros	Snowbird Invitational (3/21)	10th

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

School Record: 207-6, Candice Scott (2002)

Mark	Athlete	Meet	Place
58.49/191-11R	Shawneise Williams	Pepsi Florida Relays (4/4)	4th
57.81/189-8R	Chinelo Ubaka	Sun Angel Track Classic (4/11)	8th

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

School Record: 186-11, Emily Carlisten (2000)

Mark	Athlete	Meet	Place
51.76/169-10R	Evelien Dekkers	Sun Angel Track Classic (4/12)	2nd
46.93/154-0R	Star Sansone	Sun Angel Track Classic (4/12)	5th

## Heptathlon (A: 5,500 points; P: 5,050 points)

School Record: 5,784, Heidi Mann (1987)

Score	Athlete	Meet	Place

## 2008 OUTDOOR VICTORIES

Athlete	Meet (Date)	Event	Mark	
Lakecia Ealey	Hurricane Challenge (3/29/08) Pepsi Florida Relays (4/4/08)	100m	11.50R	
		100m	11.35R^	
		200m	22.76W	
Daisy Glasser Kristen Johnson Rebecca Lowe	Snowbird Invitational (3/22/08) Snowbird Invitational (3/21/08) Snowbird Invitational (3/21/08)	Pole Vault	3.70/12-1.50^	
		3,000m	9:53.75	
		5,000m	16:19.97R	
		Pepsi Florida Relays (4/5/08)	Shot Put	17.60/57-9R
		Azusa Invitational (4/18/08)	100m	11.59R^
Lorain McKenzie	Florida State Relays (3/29/08) Spec Towns Invitational (4/12/08) Snowbird Invitational (3/22/08)	200m	23.04R	
		1,500m	4:30.57^	
		800m	2:09.26R	
		400m	55.12^	
		Florida State Relays (3/28/08) Azusa Invitational (4/18/08)	Long Jump	6.34/20-9.75R
Dominique McLeggan Shara Proctor	Snowbird Invitational (3/22/08) Florida State Relays (3/28/08) Azusa Invitational (4/18/08)	Long Jump	6.52/21-4.75R^	
		Triple Jump	13.22/43-4.50R^	
		Long Jump	5.64/18-6^	
Kia Raf Star Sansone Lindsay Sundell Shawneise Williams	Snowbird Invitational (3/21/08) Snowbird Invitational (3/21/08) Penn Relays (4/24/08) Snowbird Invitational (3/21/08)	Javelin	42.95/140-11	
		Steeple	10:18.51R	
		Hammer Throw	57.66/189-2R	
		Relays		
		David, Ealey, McLeggan, Knight	Spec Towns Invitational (4/12/08)	4x100m

## 2008 OUTDOOR NCAA REGIONAL MARKS

Athlete	Meet (Date)	Event	Mark
Evelien Dekkers Lakecia Ealey	Sun Angel Track Classic (4/12/08) Hurricane Challenge (3/29/08)	Javelin	51.76/169-10
		100m	11.50
		200m	23.56
Daisy Glasser Rebecca Lowe	Pepsi Florida Relays (4/4/08) Spec Towns Invitational (4/12/08) Spring Fling (4/19/08) Snowbird Invitational (3/21/08) Stanford Invitational (4/5/08)	100m	11.35
		100m	11.59
		Pole Vault	3.85/12-7.50
		5,000m	16:19.97
		5,000m	16:14.10
Mariam Kevkhishvili	Pepsi Florida Relays (4/5/08) Sun Angel Track Classic (4/12/08)	Shot Put	17.60/57-9
		Shot Put	17.22/56-6
		100m	11.72
Natalie Knight	Spec Towns Invitational (4/12/08) Azusa Invitational (4/18/08)	100m	11.59
		200m	23.04
		5,000m	16:42.99
Jacy Kruzal Lorain McKenzie	Pepsi Florida Relays (4/4/08) Spec Towns Invitational (4/12/08)	800m	2:08.90
		800m	2:09.26
		400m	54.51
Dominique McLeggan Keely Medeiros Shara Proctor	Pepsi Florida Relays (4/4/08) Snowbird Invitational (3/22/08) Florida State Relays (3/28/08) Pepsi Florida Relays (4/4/08) Azusa Invitational (4/18/08)	Shot Put	14.60/47-11
		Long Jump	6.34/20-9.75
		Long Jump	6.42/21-0.75
		Long Jump	6.52/21-4.75
		Triple Jump	13.22/43-4.50
Star Sansone	Mesa Classic (4/11/08) Sun Angel Track Classic (4/12/08)	Javelin	46.77m/153-5
		Javelin	46.93/154-0
		5,000m	16:40.85
Lindsay Sundell	Snowbird Invitational (3/21/08) Stanford Invitational (4/5/08) Penn Relays (4/24/08)	Steeple	10:18.21
		Steeple	10:18.51
		Hammer Throw	57.81/189-8
Chinelo Ubaka Shawneise Williams	Sun Angel Track Classic (4/11/08) Snowbird Invitational (3/21/08)	Hammer Throw	57.81/189-8
		Hammer Throw	57.66/189-2
Relays			
David, Knight, Ealey, McLeggan	Hurricane Challenge (3/29/08)	4x100m	44.83
David, Ealey, McLeggan, D. Griffin	Pepsi Florida Relays (4/5/08)	4x100m	45.51
David, Ealey, McLeggan, Knight	Spec Towns Invitational (4/12/08)	4x100m	44.31