

SAINT JOSEPH'S UNIVERSITY WOMEN'S TRACK & FIELD 2009-10 INDOOR PERFORMANCE LIST

Updated: March 8, 2010

Season bests only on list

^ – Event run in yards

– School record

* – ECAC-qualifying mark

(ECAC-qualifying marks in parentheses)



55 meters/60 yards (7.16)

Ashley Williams	2/20/10	Atlantic 10	7.37
Nicole McMullen	2/20/10	Atlantic 10	7.39
Stefani Zabilowicz	12/5/09	Jack Pyrah	7.62
Karly Cahill	2/20/10	Atlantic 10	7.72
Emily Coldren	12/5/09	Jack Pyrah	7.77
Jessica Chen	12/5/09	Jack Pyrah	7.85
Kristen Pierce	12/5/09	Jack Pyrah	7.97

55-meter hurdles/60 yard hurdles (8.27)

Kristin Pierce	2/20/10	Atlantic 10	8.54
Stefani Zabilowicz	12/5/09	Jack Pyrah	8.57
Jessica Chen	2/20/10	Atlantic 10	8.63
Morgan Matecki	12/5/09	Jack Pyrah	9.38

60 meters (7.71)

Ashley Williams	1/9/10	PSU Relays	7.89
Nicole McMullen	2/6/10	Giegengack	7.95
Caitlin McGrath	12/11/09	New Years	8.13
Emily Coldren	1/9/10	PSU Relays	8.24
	2/12/10	Laf/Rider	8.24
Karly Cahill	2/6/10	Giegengack	8.27
Cara Quinn	1/8/10	Delaware	9.06

60-meter hurdles (8.84)

Kristen Pierce	2/12/10	Laf/Rider	9.11
Stefani Zabilowicz	12/11/09	New Years	9.14
Jessica Chen	1/23/10	Princeton	9.28
Francesca D'Angelo	1/15/10	Gotham	9.32
Morgan Matecki	2/12/10	Laf/Rider	9.86

200 meters/220 yards (25.12)

Nicole McMullen	1/30/10	PSU Nationals	25.36
Ashley Williams	2/12/10	Laf/Rider	26.27
Caitlin McGrath	2/12/10	Laf/Rider	26.27
Stefani Zabilowicz	2/12/10	Laf/Rider	26.42
Emily Coldren	2/12/10	Laf/Rider	26.94
Francesca D'Angelo	1/30/10	Delaware	27.51

Karly Cahill	2/6/10	Giegengack	27.52
Jessica Chen	1/30/10	Delaware	29.06

300 meters

Nicole McMullen	12/11/09	New Years	40.63
Caitlin McGrath	1/23/10	Princeton	42.29
Kierstin Quinn	12/11/09	New Years	43.54
Ashley Williams	1/23/10	Princeton	43.91
Emily Coldren	12/11/09	New Years	44.00
Francesca D'Angelo	1/23/10	Princeton	44.57
Karly Cahill	12/5/09	Jack Pyrah	44.60
Lauren Wenzel	12/11/09	New Years	45.08
Morgan Matecki	12/5/09	Jack Pyrah	45.16
Stefani Zabilowicz	12/11/09	New Years	46.31

400 meters/440 yards (57.04)

Kristin Andrews	2/12/10	Laf/Rider	58.43
Shannon Geddes	2/6/10	Giegengack	59.49
Caitlin McGrath	1/15/10	Gotham	59.66
Kierstin Quinn	2/6/10	Giegengack	1:00.92
Morgan Matecki	1/23/10	Princeton	1:04.44
Lauren Wenzel	1/15/10	Gotham	1:04.56
Danielle Osbourne	2/12/10	Laf/Rider	1:04.72

500 meters (1:16.04)

Kristin Andrews	1/30/10	PSU Nationals	1:15.00*#
Shannon Geddes	2/12/10	Laf/Rider	1:18.79
Kierstin Quinn	2/12/10	Laf/Rider	1:19.67
Anna Casey	1/9/10	PSU Relays	1:20.82
Danielle Osborne	1/15/10	Gotham	1:24.64
Lauren Wenzel	12/5/09	Jack Pyrah	1:27.15

600 meters

Anna Casey	12/11/09	New Years	1:38.68
Danielle Osbourne	12/11/09	New Years	1:48.55

800 meters (2:14.44)

Anna Casey	2/6/10	Giegengack	2:16.62
Kristin Andrews	1/15/10	Gotham	2:16.87
Sara Walker	2/6/10	Giegengack	2:18.27
Samantha Peters	2/6/10	Giegengack	2:25.21
Liz Welsh	2/12/10	Laf/Rider	2:27.44
Jessica Di Cicco	1/23/10	Princeton	2:28.41
Aimee Chegwiddden	1/23/10	Princeton	2:28.92
Sarah Donahue	2/6/10	Giegengack	2:33.96

Katie Piazza	2/12/10	Laf/Rider	2:41.88
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1,000 meters (2:56.24)

Sara Walker	2/12/10	Laf/Rider	2:56.93
Kelsey Rose	2/12/10	Laf/Rider	3:02.39
Anna Casey	12/5/09	Jack Pyrah	3:03.53
Lena Finucane	2/20/10	Atlantic 10	3:06.58
Kathleen Casey	2/6/10	Giegengack	3:10.75
Samantha Peters	1/23/10	Princeton	3:12.97
Katie Barrett	1/23/10	Princeton	3:13.47
Liz Welsh	2/6/10	Giegengack	3:13.80
Laura Faller	1/23/10	Princeton	3:15.53
Beth Lambright	1/23/10	Princeton	3:16.00
Carolyn Haggerty	1/30/10	Delaware	3:28.94

Mile (4:59.04)

Maureen O'Donnell	2/12/10	Laf/Rider	5:15.77
Jessica Di Cicco	1/23/10	Princeton	5:16.28
Kathleen Casey	1/30/10	PSU Nationals	5:17.52
Katie Barrett	2/6/10	Giegengack	5:18.11
Samantha Peters	1/23/10	Princeton	5:18.41
Beth Lambright	1/23/10	Princeton	5:21.49
Kelsey Rose	2/6/10	Giegengack	5:23.11
Aimee Chegwiddden	1/23/10	Princeton	5:24.91
Laura Faller	2/6/10	Giegengack	5:26.09
Lena Finucane	2/12/10	Laf/Rider	5:30.28
Christina Morelli	2/12/10	Laf/Rider	5:31.88
Liz Welsh	1/15/10	Gotham	5:43.00
Carolyn Haggerty	1/23/10	Princeton	6:01.61

3,000 meters (9:58.94)

Jessica Di Cicco	2/20/10	Atlantic 10	9:59.74
Maureen O'Donnell	2/20/10	Atlantic 10	10:16.79
Kathleen Casey	1/23/10	Princeton	10:39.64
Samantha Peters	2/12/10	Laf/Rider	10:44.86
Laura Faller	2/20/10	Atlantic 10	10:55.30
Katie Barrett	2/12/10	Laf/Rider	11:12.96

5,000 meters (17:33.64)

Jessica Di Cicco	2/20/10	Atlantic 10	17:19.95*
Aimee Chegwiddden	2/6/10	Giegengack	18:03.19
Christina Morelli	2/20/10	Atlantic 10	18:48.45

Long Jump (5.70m)

Nicole McMullen	2/6/10	Giegengack	5.65/18'6 1/2"
Erin Vanderhoof	2/12/10	Laf/Rider	5.48m/17' 11 3/4"

Nohjay Nimpson	2/6/10	Giegengack	5.07m/16'7 ¾"
Beth Getty	2/12/10, 2/20	Laf/Rider, A-10	5.05m/16'7"

Triple Jump **(11.80m)**

Nohjay Nimpson	1/30/10	PSU Nationals	11.76/38'7"
Beth Getty	12/11/09	New Years	10.22m/33'6 ½"

High Jump **(1.70m)**

Hannah Boyce	2/20/10	Atlantic 10	1.60m/5'3"
Allison Smith	1/23/10	Princeton	1.60m/5'3"
Erin Vanderhoof	2/6/10	Giegengack	1.55m/5'1"
Genevieve Reardon	1/23/10, 1/30	Princeton/PSU	1.50m/4'11"

4x200 Meter Relay

4x400 Meter Relay **(3:52.54)**

Saint Joseph's	1/15/10	Gotham	3:54.18
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4x800 Meter Relay **(9:25.24)**

Saint Joseph's	3/7/10	ECAC	9:09.06*
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Sprint Medley Relay

Distance Medley Relay **(12:08.64)**

Saint Joseph's	2/6/10	Giegengack	12:15.28
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