

SAINT JOSEPH'S UNIVERSITY WOMEN'S TRACK & FIELD 2011 OUTDOOR PERFORMANCE LIST

Updated: May 20, 2011

Season bests only on list

– School record

* – ECAC-qualifying mark

(ECAC-qualifying marks in parentheses) {School Record}



100 meter hurdles **(14.34) {14.50}**

Stefani Zabilowicz	5/8/11	Atlantic 10	14.52
Francesca D'Angelo	5/7/11	Atlantic 10	15.08
Shannon Casey	4/23/11	Larry Ellis	15.73
Jessica Chen	4/9/11	Delaware Open	16.15
Mia Greer	4/9/11	Delaware Open	18.75

100 meters **(12.08) {11.78}**

Emily Coldren	5/7/11	Atlantic 10	12.47
Ashley Williams	5/7/11	Atlantic 10	12.58
Stefani Zabilowicz	4/23/11	Larry Ellis	12.66
Shannon Casey	5/7/11	Atlantic 10	12.97
Jaclyn Kogut	3/26/11	Big 5	13.13
Karly Cahill	4/30/11	Lehigh Games	13.15
Francesca D'Angelo	4/9/11	Delaware Open	13.46

200 meters **(24.74) {24.23}**

Emily Coldren	5/8/11	Atlantic 10	25.54
Shannon Geddes	5/8/11	Atlantic 10	26.45
Shannon Casey	5/8/11	Atlantic 10	26.70
Jaclyn Kogut	3/26/11	Big 5	26.80
Ashley Williams	4/9/11	Delaware Open	27.00
Karly Cahill	4/23/11	Larry Ellis	27.29
Francesca D'Angelo	3/26/11	Big 5	28.29

400 meters **(55.94) {56.35}**

Kristin Andrews	5/8/11	Atlantic 10	57.88
Lauren Wenzel	5/8/11	Atlantic 10	58.93
Katie Pratt	4/2/11	Colonial Relays	1:00.02
Shannon Geddes	4/2/11	Colonial Relays	1:00.14
Jaclyn Kogut	4/23/11	Larry Ellis	1:00.33
Karly Cahill	4/2/11	Penn Invite	1:08.91

400 meter hurdles **(1:02.04) {1:02.65}**

Kristin Andrews	4/23/11	Larry Ellis	1:03.92
Danielle Osborne	5/8/11	Atlantic 10	1:07.57
Mia Greer	4/9/11	Delaware Open	1:11.56

800 meters **(2:10.94) {2:09.03}**

Kelsey Rose	5/8/11	Atlantic 10	2:12.45
Anna Casey	5/8/11	Atlantic 10	2:15.47

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Emma Slattery	4/23/11	Larry Ellis	2:18.01
Sara Walker	4/23/11	Larry Ellis	2:19.30
Elizabeth Barrett	4/23/11	Larry Ellis	2:20.44
Jaclyn Kogut	4/9/11	Delaware Open	2:21.73
Katie Pratt	4/9/11	Delaware Open	2:24.53
Hannah Fuller	4/2/11	Penn Invite	2:27.31
Paige O'Neill	4/9/11	Delaware Open	2:28.19
Elizabeth Welsh	4/2/11	Penn Invite	2:32.03
Hannah Brown	4/9/11	Delaware Open	2:39.89

1,500 meters **(4:30.94) {4:17.34}**

Kelsey Rose	4/16/11	Bison Outdoor Classic	4:41.20
Sara Walker	5/14/11	Swarthmore	4:43.58
Emma Slattery	5/8/11	Atlantic 10	4:44.36
Kathleen Casey	4/2/11	Colonial Relays	4:45.85
Kristin Andrews	3/26/11	Big 5	4:47.60
Beth Lambright	3/26/11	Big 5	4:49.01
Jessica Di Cicco	3/26/11	Big 5	4:52.03
Christina Morelli	4/9/11	Delaware Open	4:54.79
Katie Barrett	3/26/11	Big 5	4:57.46
Aimee Chegwiddden	3/26/11	Big 5	4:58.15
Elizabeth Welsh	3/26/11	Big 5	4:59.07
Samantha Peters	4/16/11	Bison Outdoor Classic	4:59.50
Erin James	4/30/11	Lehigh Games	4:58.37
Hannah Fuller	4/2/11	Penn Invite	5:01.34
Elizabeth Barrett	4/16/11	Bison Outdoor Classic	5:03.34
Paige O'Neill	4/16/11	Bison Outdoor Classic	5:04.18
Lyndsey Sample	3/26/11	Big 5	5:09.39
Emily Chappell	3/26/11	Big 5	5:13.90
Laura Faller	4/9/11	Delaware Open	5:17.53
Darcy O'Connor	3/26/11	Big 5	5:30.86

3,000 meters **(9:56.24) {9:34.32}**

Jessica Di Cicco	5/15/11	ECAC	9:57.84
Maureen O'Donnell	4/23/11	Larry Ellis	10:07.25
Christina Morelli	4/2/11	Colonial Relays	10:40.68
Erin James	4/23/11	Larry Ellis	10:45.90
Emily Chappell	4/23/11	Larry Ellis	10:53.73
Lyndsey Sample	4/16/11	Bison Outdoor Classic	10:59.79

3,000 meter steeplechase **(10:50.24) {11:14.18}**

Maureen O'Donnell	5/7/11	Atlantic 10	10:32.58*#
Katie Barrett	5/7/11	Atlantic 10	11:17.69
Samantha Peters	4/23/11	Larry Ellis	11:50.52
Erin James	4/16/11	Bison Outdoor Classic	12:19.30

5,000 meters **(17:16.64) {16:47.30}**

Maureen O'Donnell	4/2/11	Colonial Relays	17:14.95*
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Jessica Di Cicco	4/16/11	Bison Outdoor Classic	17:21.99
Aimee Chegwiddden	4/2/11	Penn Invite	18:13.51
Beth Lambright	4/2/11	Colonial Relays	18:14.10
Katie Barrett	4/2/11	Colonial Relays	18:15.48
Christina Morelli	4/23/11	Larry Ellis	18:20.00
Lyndsey Sample	4/23/11	Larry Ellis	18:34.00
Emily Chappell	4/2/11	Penn Invite	19:25.03

10,000 meters **(37:40.24){36:52.02}**

Jessica Di Cicco	5/7/11	Atlantic 10	35:42.56*#
Aimee Chegwiddden	5/15/11	ECAC	37:06.62*
Lyndsey Sample	4/2/11	Colonial Relays	39:00.84

Javelin **(41.40 m) {128'6"}}**

Nohjay Nimpson	4/9/11	Delaware Open	30.59m
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Long Jump **(5.80m) {20'2"}}**

Genevieve Ruppel	4/23/11	Lehigh Games	17'4 1/4"
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Triple Jump **(12.05m) {44'8 3/4"}}**

Nohjay Nimpson	5/8/11	Atlantic 10	39'9 1/4"*
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High Jump **(1.70m) {5'9 1/2"}}**

Hannah Boyce	4/28/11	Penn Relays	5'4 1/2"/ 1.64m
Nohjay Nimpson	4/9/11	Delaware Open	5'1"
Allison Smith	3/26/11	Big 5	5'1/4"

4x100 Meter Relay **(47.94) {47.33}**

A. Williams, F. D'Angelo, E. Coldren, S. Zabilowicz	5/8/11	Atlantic 10	47.94*
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4x100 Shuttle Hurdle **{1:00.95}**

F. D'Angelo, J. Chen S. Casey, S. Zabilowicz	4/28/11	Penn Relays	1:00.31#
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4x200 Meter Relay

S. Zabilowicz, F. D'Angelo, A. Williams, S. Geddes	4/2/11	Colonial Relays	1:47.77
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4x400 Meter Relay **(3:51.84) {3:47.45}**

S. Geddes, J. Kogut, K. Pratt, L. Wenzel	5/8/11	Atlantic 10	3:54.07
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4x1600 Meter Sprint Relay

E. Coldren, J. Kogut, L. Wenzel, E. Barrett	4/2/11	Colonial Relays	4:18.82
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4x800 Meter Relay **(9:16.24) {8:49.22}**

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S. Walker, K. Rose, E. Slattery, K. Andrews	5/7/11	Atlantic 10	8:55.90*
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Distance Medley Relay **(12:08.64) {11:36.62}**

K. Rose, S. Walker, Jaclyn Kogut, E. Slattery,	4/28/11	Penn Relays	11:55.91*
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4x1500 Meter Relay **{18:38.1}**

E. Slattery, K. Rose, B. Lambright, K. Barrett	4/2/11	Colonial Relays	19:17.01
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2011 OUTDOOR TRACK & FIELD WINS

Stefani Zabilowicz (100H)	3/26/11	Big 5	15.53
Nohjay Nimpson (T. Jump)	4/9/11	Delaware Open	39'8"*
Nohjay Nimpson (T. Jump)	4/16/11	Bison Outdoor Classic	38'2 1/4"

2011 OUTDOOR TRACK & FIELD AWARDS