

SAINT JOSEPH'S UNIVERSITY WOMEN'S TRACK & FIELD 2010-11 INDOOR PERFORMANCE LIST

Updated: March 7, 2011

Season bests only on list

^ – Event run in yards

– School record

* – ECAC-qualifying mark

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



55 meters/60 yards			(7.16) {7.03}
Emily Coldren	2/19/11	Atlantic 10	7.50
Jaclyn Kogut	12/3/10	Jack Pyrah	7.55
Stefani Zabilowicz	12/3/10	Jack Pyrah	7.59
Genevieve Ruppel	12/3/10	Jack Pyrah	7.74
Karly Cahill	2/19/11	Atlantic 10	7.80
Jessica Chen	12/3/10	Jack Pyrah	7.90
Francesca D'Angelo	12/3/10	Jack Pyrah	7.95
55-meter hurdles/60 yard hurdles			(8.24) {8.41}
Stefani Zabilowicz	2/19/11	Atlantic 10	8.35#
Francesca D'Angelo	2/19/11	Atlantic 10	8.63
Jessica Chen	2/19/11	Atlantic 10	8.68
Shannon Casey	12/3/10	Jack Pyrah	8.95
Mia Greer	12/3/10	Jack Pyrah	10.57
60 meters			(7.68) {7.58}
Emily Coldren	2/5/11	Giegengack	8.04
Stefani Zabilowicz	12/11/10	New Year's	8.11
Jaclyn Kogut	2/11/11	Lafayette/Rider	8.11
Katie Pratt	12/11/10	New Year's	8.32
Shannon Casey	1/14/11	Gotham Cup	8.32
Genevieve Ruppel	12/11/10	New Year's	8.35
Jessica Chen	1/28/11	Delaware Thomson	8.38
Karly Cahill	2/5/11	Giegengack	8.42
Francesca D'Angelo	1/28/11	Delaware Thomson	8.62
60-meter hurdles			(8.80) {9.06}
Stefani Zabilowicz	2/25/11	Armory Challenge	8.99#
Jessica Chen	2/5/11	Giegengack	9.22
Francesca D'Angelo	2/5/11	Giegengack	9.26
Shannon Casey	1/22/11	Princeton	9.65
Mia Greer	12/11/10	New Year's	10.63
200 meters/220 yards			(25.04) {24.60}
Emily Coldren	2/11/11	Lafayette/Rider	26.37
Stefani Zabilowicz	1/28/11	Delaware Thomson	27.01
Jaclyn Kogut	1/7/11	Princeton 4-Way	27.30
Karly Cahill	2/11/11	Lafayette/Rider	27.73
Shannon Casey	1/7/11	Princeton 4-Way	27.81

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Francesca D'Angelo	2/11/11	Lafayette/Rider	27.91
300 meters			<u>{40.63}</u>
Katie Pratt	12/11/10	New Year's	42.93
Jaclyn Kogut	12/11/10	New Year's	43.37
Emily Coldren	1/22/11	Princeton	43.49
Shannon Geddes	12/11/10	New Year's	43.80
Lauren Wenzel	12/11/10	New Year's	44.03
Shannon Casey	1/22/11	Princeton	44.03
Stefani Zabilowicz	12/11/10	New Year's	44.30
Francesca D'Angelo	1/22/11	Princeton	45.10
Karly Cahill	12/11/10	New Year's	45.91
Mia Greer	12/11/10	New Year's	47.63
400 meters/440 yards			<u>{57.04} {57.11}</u>
Lauren Wenzel	2/19/11	Atlantic 10	59.95
Katie Pratt	1/28/11	Penn State Nationals	1:00.10
Jaclyn Kogut	2/11/11	Lafayette/Rider	1:00.15
Shannon Geddes	2/19/11	Atlantic 10	1:00.29
Shannon Casey	2/19/11	Atlantic 10	1:02.07
Emily Coldren	1/28/11	Delaware Thomson	1:03.64
Danielle Osborne	2/5/11	Giegengack	1:03.91
Mia Greer	1/7/11	Princeton 4-Way	1:04.79
Karly Cahill	1/14/11	Gotham Cup	1:05.71
500 meters			<u>{1:16.04} {1:15.00}</u>
Kristin Andrews	3/6/11	ECAC Championship	1:14.61*#
Katie Pratt	1/7/11	Princeton 4-Way	1:16.51
Lauren Wenzel	1/14/11	Gotham Cup	1:20.88
Danielle Osborne	2/19/11	Atlantic 10	1:22.20
Mia Greer	2/11/11	Lafayette/Rider	1:23.11
Shannon Geddes	12/3/10	Jack Pyrah	1:23.74
600 meters			
Danielle Osborne	12/11/10	New Year's	1:46.61
Lisa Chen	12/11/10	New Year's	1:51.14
Hannah Brown	12/11/10	New Year's	1:54.32
800 meters			<u>{2:14.44} {2:12.41}</u>
Kristin Andrews	1/28/11	Penn State Nationals	2:14.73
Sara Walker	2/5/11	Giegengack	2:18.26
Kathleen Casey	1/14/11	Gotham Cup	2:18.39
Katie Pratt	1/14/11	Gotham Cup	2:21.37
Emma Slattery	2/5/11	Giegengack	2:22.57
Samantha Peters	2/25/11	Armory Challenge	2:24.46
Paige O'Neill	2/19/11	Atlantic 10	2:24.75
Hannah Fuller	2/5/11	Giegengack	2:25.02
Liz Welsh	2/19/11	Atlantic 10	2:27.48

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Lisa Chen	1/22/11	Princeton	2:34.94
Hannah Brown	2/11/11	Lafayette/Rider	2:40.50

1,000 meters **(2:56.24) {2:49.13}**

Kristin Andrews	1/7/11	Princeton 4-Way	2:55.43*
Kelsey Rose	2/25/11	Armory Challenge	2:55.64*
Sara Walker	2/25/11	Armory Challenge	2:56.15*
Elizabeth Barrett	2/25/11	Armory Challenge	2:58.54
Emma Slattery	2/25/11	Armory Challenge	3:00.46
Kathleen Casey	1/7/11	Princeton 4-Way	3:00.72
Samantha Peters	2/19/11	Atlantic 10	3:07.94
Hannah Fuller	1/7/11	Princeton 4-Way	3:11.74
Elizabeth Welsh	2/5/11	Giegengack	3:10.44
Paige O'Neill	2/11/11	Lafayette/Rider	3:12.01

Mile **(4:59.04) {4:44.61}**

Kathleen Casey	1/28/11	Penn State Nationals	5:02.77
Jessica Di Cicco	2/25/11	Armory Challenge	5:05.84
Elizabeth Barrett	2/11/11	Lafayette/Rider	5:11.48
Sara Walker	2/11/11	Lafayette/Rider	5:12.61
Beth Lambright	1/14/11	Gotham Cup	5:16.15
Hannah Fuller	2/11/11	Lafayette/Rider	5:16.15
Kelsey Rose	2/11/11	Lafayette/Rider	5:18.75
Emma Slattery	1/22/11	Princeton	5:19.01
Kristin Andrews	12/11/10	New Year's	5:19.06
Elizabeth Welsh	2/11/11	Lafayette/Rider	5:22.75
Erin James	1/22/11	Princeton	5:23.74
Aimee Chegwiddden	1/7/11	Princeton 4-Way	5:25.90
Samantha Peters	2/5/11	Giegengack	5:26.83
Katie Barrett	1/7/11	Princeton 4-Way	5:27.47
Emily Chappell	1/22/11	Princeton	5:35.68
Laura Faller	1/22/11	Princeton	5:36.47
Lisa Chen	1/28/11	Delaware Thomson	6:22.25

3,000 meters **(9:58.94) {9:28.44}**

Jessica Di Cicco	2/19/11	Atlantic 10	9:54.06*
Maureen O'Donnell	1/28/11	Penn State Nationals	10:00.48
Aimee Chegwiddden	1/14/11	Gotham Cup	10:24.04
Kathleen Casey	2/5/11	Giegengack	10:24.56
Beth Lambright	2/19/11	Atlantic 10	10:32.41
Katie Barrett	1/14/11	Gotham Cup	10:37.92
Lyndsey Sample	2/5/11	Giegengack	10:48.15
Erin James	2/5/11	Giegengack	10:48.52
Emily Chappell	2/11/11	Lafayette/Rider	11:02.51
Darcy O'Connor	1/22/11	Princeton	11:09.13
Christina Morelli	1/28/11	Delaware Thomson	11:10.31
Laura Faller	2/11/11	Lafayette/Rider	11:19.10
Samantha Peters	1/22/11	Princeton	11:20.14

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5,000 meters **(17:33.64) {16:42.57}**

Maureen O'Donnell	2/19/11	Atlantic 10	16:59.79
Jessica Di Cicco	2/19/11	Atlantic 10	17:23.79
Katie Barrett	2/4/11	Giegengack	18:13.16
Aimee Chegwiddden	1/28/11	Penn State Nationals	18:21.01
Beth Lambright	2/5/11	Giegengack	18:21.19
Erin James	2/19/11	Atlantic 10	18:54.92
Lyndsey Sample	1/28/11	Delaware Thomson	19:04.03
Darcy O'Connor	1/28/11	Delaware Thomson	20:35.07

Long Jump **(5.70m) 18'8" {19'11 1/4"}**

Genevieve Ruppel	12/3/10	Jack Pyrah	16'11 1/4"
Hannah Boyce	2/4/11	Giegengack	16'5 3/4"

Triple Jump **(11.90m) 39'0" {42'2"}**

Nohjay Nimpson	1/14/11	Gotham Cup	39'6 1/2" (12.05m)*
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High Jump **(1.70m) 5'7" {5'8"}**

Hannah Boyce	2/19/11	Atlantic 10	5'3"
Allison Smith	2/11/11	Lafayette/Rider	5'1"

4x400 Meter Relay **(3:52.54) {3:51.17}**

K. Pratt, S. Geddes, J. Kogut, K. Andrews	1/28/11	Penn State Nationals	3:53.87
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4x800 Meter Relay **(9:25.24) {9:01.36}**

K. Rose, E. Slattery, K. Casey, K. Andrews	3/6/11	ECAC Championships	9:00.79*#
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Distance Medley Relay **(12:08.64) {11:49.02}**

K. Rose, S. Geddes, E. Slattery, E. Barrett	2/4/11	Giegengack	12:01.85*
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2010-11 INDOOR TRACK & FIELD WINS

Kristin Andrews (500)	2/5/11	Giegengack	1:15.58*
Maureen O'Donnell (5,000)	2/4/11	Giegengack	17:03.78*
Hannah Boyce (High)	12/11/10	New Year's	5'1 3/4"
Nohjay Nimpson (Triple)	1/7/11	Princeton 4-Way	38'9"
Nohjay Nimpson (Triple)	1/14/11	Gotham Cup	39'6 1/2"*
Beth Lambright (Mile)	1/14/11	Gotham Cup	5:16.15
Nohjay Nimpson (Triple)	2/11/11	Lafayette/Rider	38'8 1/4"
S. Walker, E. Slattery	2/19/11	Atlantic 10	9:09.23*
K. Rose, K. Andrews (4x800)			
Kelsey Rose (1,000)	2/25/11	Armory Challenge	2:55.64

2010-11 INDOOR TRACK & FIELD AWARDS

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Atlantic 10 All-Conference First Team

S. Walker, E. Slattery, K. Rose, K. Andrews

1st/ 9:09.23

ECAC All-East honors:

Kristin Andrews (500m)

8th/1:14.61#

Maureen O'Donnell (5,000m)

6th/17:12.64

K. Rose, E. Slattery, K. Casey, K. Andrews (4x800m)

6th/9:00.79#