

# SAINT JOSEPH'S UNIVERSITY WOMEN'S TRACK & FIELD 2008-09 INDOOR PERFORMANCE LIST

Updated: February 9, 2008



Season bests only on list

^ – Event run in yards

# – School record

\* – ECAC-qualifying mark

(ECAC-qualifying marks in parentheses)

## **55 meters/60 yards (7.22)**

Ashley Williams	12/6/08	Lafayette Invitational	7.40 ^
Karly Cahill	12/6/08	Lafayette Invitational	7.62 ^
Emily Coldren	12/6/08	Lafayette Invitational	7.72 ^

## **55-meter hurdles/60 yard hurdles (8.29)**

Kristen Pierce	12/6/08	Lafayette Invitational	8.51 ^
Stefani Zabilowicz	1/23/09	Collegeville Classic	8.56
Jessica Chen	12/6/08	Lafayette Invitational	8.85 ^
Morgan Matecki	1/23/09	Collegeville Classic	9.07 ^
Amy Volz	12/6/08	Lafayette Invitational	9.15 ^

## **60 meters (7.71)**

Ashley Williams	2/7/09	Giegengack Invitational	7.79
Karly Cahill	1/31/09	Thomson Invitational	7.92
Emily Coldren	2/7/09	Giegengack Invitational	8.21

## **60-meter hurdles (8.84)**

Kristen Pierce	2/7/09	Giegengack Invitational	9.06 #
Stefani Zabilowicz	1/10/09	Penn State Relays	9.39
	1/31/09	Penn State National	9.39
Jessica Chen	2/7/09	Giegengack Invitational	9.50
Morgan Matecki	2/7/09	Giegengack Invitational	9.63
Amy Volz	1/9/09	Delaware Invitational	9.93

## **200 meters/220 yards (25.14)**

Ashley Williams	2/6/09	Giegengack Invitational	26.22
Caitlin McGrath	2/6/09	Giegengack Invitational	26.22
Emily Coldren	2/6/09	Giegengack Invitational	27.14
Karly Cahill	2/6/09	Giegengack Invitational	27.41
Stefani Zabilowicz	12/6/08	Lafayette Invitational	28.15 ^
Lauren Wenzel	12/6/08	Lafayette Invitational	28.34 ^
Lauren Slack	12/6/08	Lafayette Invitational	28.36 ^
Skylar Rea	2/6/09	Giegengack Invitational	28.59
Amy Volz	12/6/08	Lafayette Invitational	29.03 ^
Jessica Chen	1/31/09	Thomson Invitational	29.22

## **300 meters**

Stefani Zabilowicz	1/10/09	Penn State Relays	45.65
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<b>400 meters/440 yards</b>			<b>(57.04)</b>
Nicole McMullen	2/7/09	Giegengack Invitational	57.25
Caitlin McGrath	2/7/09	Giegengack Invitational	58.74
Kierstin Quinn	2/7/09	Giegengack Invitational	59.26
Adriana Lanuto	12/6/08	Lafayette Invitational	1:01.26 ^
Lauren Wenzel	2/7/09	Giegengack Invitational	1:02:42
Skylar Rea	1/31/09	Thomson Invitational	1:02.98
Amy Volz	1/23/09	Collegeville Classic	1:03.66 ^
<b>500 meters</b>			<b>(1:16.00)</b>
Kierstin Quinn	1/31/09	Penn State National	1:17.66
Kristen Andrews	1/31/09	Penn State National	1:17.67
Caitlin McGrath	1/31/09	Penn State National	1:18.48
Skylar Rea	1/16/09	NYC Gotham Cup	1:21.43
Amy Volz	1/16/09	NYC Gotham Cup	1:23.43
Morgan Matecki	1/31/09	Thomson Invitational	1:23.72
<b>800 meters</b>			<b>(2:14.44)</b>
Anna Casey	1/31/09	Penn State National	2:15.71
Kristin Andrews	1/16/09	NYC Gotham Cup	2:19.70
Kelsey Rose	2/7/09	Giegengack Invitational	2:21.89
Katie Pencek	1/9/09	Delaware Invitational	2:30.09
Katie Barrett	1/9/09	Delaware Invitational	2:30.30
Samantha Peters	1/9/09	Delaware Invitational	2:34.17
Liz Welsh	1/9/09	Delaware Invitational	2:40.76
Carolyn Haggerty	1/9/09	Delaware Invitational	2:41.72
<b>1,000 meters</b>			<b>(2:56.24)</b>
Kathleen Casey	2/7/09	Giegengack Invitational	2:58.43
Kelsey Rose	1/31/09	Penn State National	3:01.16
Andrea Florida	1/10/09	Penn State Relays	3:03.38
Samantha Peters	1/16/09	NYC Gotham Cup	3:16.37
<b>Mile</b>			<b>(5:01.14)</b>
Andrea Florida	1/31/09	Penn State National	5:10.43
Amy Rhein	1/31/09	Thomson Invitational	5:12.59
Juli Stensland	2/7/09	Giegengack Invitational	5:14.09
Katie Barrett	2/7/09	Giegengack Invitational	5:19.15
Kathleen Casey	1/31/09	Thomson Invitational	5:19.15
Jessica Di Cicco	1/9/09	Delaware Invitational	5:20.90
Juli Stensland	1/9/09	Delaware Invitational	5:24.90
Elizabeth Lambright	1/23/09	Collegeville Classic	5:29.51
Christina Morelli	1/23/09	Collegeville Classic	5:35.30
Laura Faller	1/31/09	Thomson Invitational	5:28.75
Liz Welsh	1/23/09	Collegeville Classic	5:47.38
Samantha Peters	1/9/09	Delaware Invitational	5:49.90
Carolyn Haggerty	1/23/09	Collegeville Classic	5:56.93
Jackie Stuppiello	1/23/09	Collegeville Classic	6:11.44

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### **3,000 meters** **(9:58.94)**

Andrea Florida	2/7/09	Giegengack Invitational	10:08.74
Amy Rhein	2/7/09	Giegengack Invitational	10:15.32
Jessica Di Cicco	2/7/09	Giegengack Invitational	10:38.35
Laura Faller	1/16/09	NYC Gotham Cup	11:10.69
Beth Lambright	1/31/09	Thomson Invitational	11:20.94

### **5,000 meters** **(17:33.64)**

Jessica Di Cicco	1/16/09	NYC Gotham Cup	17:51.34
Amy Rhein	1/16/09	NYC Gotham Cup	18:37.04

### **Long Jump** **(5.65m)**

Nicole McMullen	1/16/09	NYC Gotham Cup	5.97m / 19' 7" *
Erin Vanderhoof	2/6/09	Giegengack Invitational	5.30m / 17' 4 <sup>3</sup> / <sub>4</sub> "
Beth Getty	2/6/09	Giegengack Invitational	4.92m / 16' 1 <sup>3</sup> / <sub>4</sub> "
Nohjay Nimpson	2/6/09	Giegengack Invitational	4.90m / 16' 1"

### **Triple Jump** **(11.70m)**

Nohjay Nimpson	1/10/09	Penn State Relays	11.49m / 37' 8 <sup>1</sup> / <sub>2</sub> "
Beth Getty	2/7/09	Giegengack Invitational	10.76m / 35' 5 <sup>3</sup> / <sub>4</sub> "

### **High Jump** **(1.70m)**

Natalie Miller	1/10/09	Penn State Relays	1.65m / 5' 5"
Allison Smith	12/6/08	Lafayette Invitational	1.59m / 5' 3"
	1/10/09	Penn State Relays	1.59m / 5' 3"

### **Shot Put** **(13.60m)**

Dara Hackett	1/23/09	Collegeville Classic	7.24m / 24' 4 <sup>1</sup> / <sub>4</sub> "
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### **4x200 Meter Relay**

Saint Joseph's	1/23/09	Collegeville Classic	1:48.04
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### **4x400 Meter Relay** **(3:53.94)**

McGrath, Ki. Quinn, Andrews, McMullen	1/31/09	Penn State National	3:53.77 *
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### **4x800 Meter Relay** **(9:25.24)**

A. Casey, Rose Ki. Quinn, Andrews	1/10/09	Penn State Relays	9:27.18
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### **Sprint Medley Relay**

Williams, McMullen, McGrath, A. Casey	1/10/09	Penn State Relays	4:13.84
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### **Distance Medley Relay** **(12:08.64)**

Saint Joseph's	2/6/09	Giegengack Invitational	12:16.41
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