

SAINT JOSEPH'S UNIVERSITY WOMEN'S TRACK & FIELD 2009 OUTDOOR PERFORMANCE LIST

Updated: May 21, 2009



Season bests only on list

^ – Event run in yards

– School record

* – ECAC-qualifying mark

(ECAC-qualifying marks in parentheses)

100 Meters		(12.12)	
Caitlin McGrath	3/28	Lafayette 8 Way	12.52
Emily Coldren	4/4	Colonial Relays	13.05
Stefani Zabilowicz	5/11	Swarthmore Last Chance	13.05
Jessica Chen	5/11	Swarthmore Last Chance	13.42
Karly Cahill	5/2	Atlantic 10 Championships	13.36
Amy Volz	4/4	Colonial Relays	13.55
Cara Quinn	4/18	Larry Ellis Invitational	13.71
100-Meter Hurdles		(14.44)	
Kristen Pierce	4/4	Colonial Relays	14.85
Stefani Zabilowicz	5/11	Swarthmore Last Chance	15.46
Jessica Chen	4/18	Larry Ellis Invitational	15.73
Amy Volz	4/18	Larry Ellis Invitational	15.95
200 Meters		(24.88)	
Nicole McMullen	5/3	Atlantic 10 Championships	24.23 *#
Caitlin McGrath	3/28	Lafayette 8 Way	25.33
Emily Coldren	5/3	Atlantic 10 Championships	26.35
Stefani Zabilowicz	5/3	Atlantic 10 Championships	26.81
Morgan Matecki	4/18	Larry Ellis Invitational	27.73
400 Meters		(56.14)	
Caitlin McGrath	4/11	Onesty Invitational	56.85
Lauren Wenzel	4/11	Onesty Invitational	1:00.39
Kierstin Quinn	4/11	Onesty Invitational	1:00.63
Amy Volz	5/3	Atlantic 10 Championships	1:02.10
400-Meter Hurdles		(1:02.54)	
Kristen Andrews	5/11	Swarthmore Last Chance	1:02.65 #
Kristen Pierce	5/3	Atlantic 10 Championships	1:03.19
Skylar Rea	5/3	Atlantic 10 Championships	1:05.90
Amy Volz	4/11	Onesty Invitational	1:07.72
800 Meters		(2:11.44)	
Anna Casey	4/18	Larry Ellis Invitational	2:15.17
Kelsey Rose	4/18	Larry Ellis Invitational	2:19.07
Kathleen Casey	3/28	Lafayette 8 Way	2:21.10
Katie Pencek	4/25	Lehigh Games	2:21.45

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Andrea Florida	3/28	Lafayette 8 Way	2:23.49
Samantha Peters	4/4	Colonial Relays	2:24.43
Christina Morelli	4/18	Larry Ellis Invitational	2:24.95
Beth Lambright	4/25	Lehigh Games	2:25.60
Laura Faller	4/18	Larry Ellis Invitational	2:28.02
Liz Welsh	4/25	Lehigh Games	2:35.90
Katie Barrett	4/25	Lehigh Games	2:39.00

1,500 Meters **(4:32.44)**

Kathleen Casey	4/18	Larry Ellis Invitational	4:45.27
Amy Rhein	4/25	Lehigh Games	4:45.96
Christina Morelli	4/18	Larry Ellis Invitational	4:47.98
Jessica Di Cicco	4/11	Onesty Invitational	4:50.53
Andrea Florida	4/11	Onesty Invitational	4:50.72
Katie Barrett	5/3	Atlantic 10 Championships	4:53.69
Kelsey Rose	3/28	Lafayette 8 Way	4:58.84
Beth Lambright	3/28	Lafayette 8 Way	4:59.33
Laura Faller	4/25	Lehigh Games	5:00.90
Aimee Chegwiddden	4/25	Lehigh Games	5:05.30
Juli Stensland	4/18	Larry Ellis Invitational	5:09.52
Liz Welsh	4/25	Lehigh Games	5:14.25
Jackie Stuppiello	3/28	Lafayette 8 Way	5:29.89

3,000 Meters

Jessica Di Cicco	4/11	Onesty Invitational	10:24.11
Aimee Chegwiddden	4/18	Larry Ellis Invitational	10:41.25
Christina Morelli	3/28	Lafayette 8 Way	10:43.78
Amy Rhein	4/11	Onesty Invitational	10:49.95
Laura Faller	4/11	Onesty Invitational	11:10.26

5,000 Meters **(17:26.14)**

Jessica Di Cicco	4/18	Larry Ellis Invitational	17:49.13
Amy Rhein	4/18	Larry Ellis Invitational	18:10.80
Aimee Chegwiddden	5/3	Atlantic 10 Championships	19:16.94

10,000 Meters **(37:30.00)**

Jessica Di Cicco	5/18	Atlantic 10 Championships	37:14.90 *
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High Jump **(5-7)**

Natalie Miller	4/4	Colonial Relays	5-7 *
	4/18	Larry Ellis Invitational	5-7 *
Allison Smith	4/18	Larry Ellis Invitational	5-4¼
Lauren Slack	4/4	Colonial Relays	5-1
	4/11	Onesty Invitational	5-1
	4/18	Larry Ellis Invitational	5-1
	4/25	Lehigh Games	5-1
	5/2	Atlantic 10 Championships	5-1

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Long Jump				(19-0½)
Nicole McMullen	4/18	Larry Ellis Invitational	18-8	
Lauren Slack	4/18	Larry Ellis Invitational	17-9½	
Erin Vanderhoof	3/28	Lafayette 8 Way	17-8	
Beth Getty	4/11	Onesty Invitational	16-7	
	5/2	Atlantic 10 Championships	16-7	
Triple Jump				(39-0)
Nohjay Nimpson	4/4	Colonial Relays	37-9½	
Beth Getty	4/4	Colonial Relays	34-3½	
Natalie Miller	3/28	Lafayette 8 Way	33-0½	
Shot Put				
Dara Hackett	4/25	Lehigh Games	23-7½	
Discus				(139-5)
Dara Hackett	3/28	Lafayette 8 Way	65-3	
Javelin Throw				
Nohjay Nimpson	4/18	Larry Ellis Invitational	118-9	
4x100-Meter Relay				(48.34)
Pierce, McGrath, Ki. Quinn, McMullen	5/3	Atlantic 10 Championships	47.85 *	
4x100-Meter Shuttle Hurdles				
Pierce, Zabilowicz, Volz, Chen	4/25	Penn Relays	1:01.87	
4x200-Meter Relay				
Coldren, Zabilowicz Rea, Wenzel	4/4	Colonial Relays	1:47.05	
4x400-Meter Relay				(3:51.84)
McGrath, Andrews, Ki. Quinn, McMullen	4/18	Larry Ellis Invitational	3:51.49 *	
4x800-Meter Relay				(9:16.24)
Rose, Andrews, K. Casey, A. Casey	5/2	Atlantic 10 Championships	9:04.62 *	
4x1,500-Meter Relay				
Lambright, Faller, Barrett, Stensland	4/4	Colonial Relays	20:28.45	
Spring Medley Relay				
McGrath, Ki. Quinn, McMullen, Rose	4/25	Penn Relays	4:09.13	

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Distance Medley Relay

Florida, Wenzel, A. Casey, K. Casey	4/23	Penn Relays	12:50.83
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2009 OUTDOOR TRACK & FIELD WINS

Kathleen Casey

1,500 Meters	4/18	Larry Ellis Invitational	4:45.27
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Nicole McMullen

Long Jump	5/12	Swarthmore Last Chance	18-5
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Natalie Miller

High Jump	4/4	Colonial Relays	5-7 *
High Jump	4/11	Onesty Invitational	5-1 ^
High Jump	4/18	Larry Ellis Invitational	5-7 *

Amy Rhein

1,500 Meters	4/25	Lehigh Games	4:45.96
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4x100-Meter Relay

Saint Joseph's	4/25	Lehigh Games	49.20
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4x400-Meter Relay

McGrath, Andrews, Ki. Quinn, McMullen	4/18	Larry Ellis Invitational	3:51.49 *
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^ – Shared victory