

# SAINT JOSEPH'S UNIVERSITY FINAL 2005-06 WOMEN'S INDOOR / OUTDOOR TRACK RESULTS

## 2005-06 INDOOR TRACK

DATE	EVENT	FINISH
12/3	Lafayette Invitation (Easton, PA)	.3rd of 5
1/6	Fordham Invitation (New York, NY)	.3rd of 13
1/14	Penn State Relays (State College, PA)	.No Team Scoring
1/22	Ursinus Indoor Classic (Collegeville, PA)	.2nd of 9
1/27-28	National Invitational (State College, PA)	.No team scoring
2/3-4	Yale Invitational (New Haven, CT)	.No team scoring
2/10	Rider/Lafayette Invitational (New York, NY)	.No team scoring
2/18	Atlantic 10 Championships (Kingston, RI)	.3rd of 11
2/24	NYU Fast Track Invitation (New York, NY)	.No team scoring
3/4-5	ECAC Championships (Boston, MA)	.No team scoring

## 2005-06 INDOOR SEASON BESTS

EVENT	INDIVIDUAL	RESULT	MEET
55m hurdles	<b>*Valerie Ramirez</b>	<b>.8.60</b>	<b>Ursinus</b>
60y	Andria Smythe	.6.9	Lafayette
60y hurdles	Valerie Ramirez	.8.8	Lafayette
60m	Andria Smythe	.7.73	Yale Invitational
60m hurdles	<b>*Valerie Ramirez</b>	<b>.9.08</b>	<b>NYU Fast Track</b>
200m	Andria Smythe	.25.30	Rider/Lafayette
220y	Kristin Gold	.27.8	Lafayette
400m	<b>*Julie Lentz</b>	<b>.57.11</b>	<b>NYU Fast Track</b>
440y	Julie Lentz	.1:00.80	Lafayette
500m	Amanda Guthridge	.1:16.94	Rider/Lafayette
800m	Thuy Nguyen	.2:13.13	National Invitational
1000m	Rebecca Powell	.2:58.25	Yale Invitational
Mile	Andrea Florida	.5:12.75	National Invitational
3000m	Suzie McHenry	.9:56.57	NYU Fast Track
5000m	Maddie Bell	.17:35.63	Atlantic 10
4x55m	Smythe, Gold, Wallace, Teuber	.28.84	Penn State Relays
4x55m h	Ramirez, Fike, Slack, Miller	.35.21	Penn State Relays
4x200	<b>*Teuber, Ramirez, Gold, Smythe</b>	<b>.1:43.53</b>	<b>Penn State Relays</b>
4x400	Wallace, Guthridge, Nguyen, Lentz	.3:51.97	NYU Fast Track
4x440y	TBA	.4:08.70	Lafayette
4x800	Spangler, Kelly, Powell, Nguyen	.9:27.06	Atlantic 10
DMR	Nguyen, Teuber, Powell, McHenry	.12:21.03	Penn State Relays
SMR	Ramirez, Lentz, Guthridge, Kelly	.4:19.13	Penn State Relays
High Jump	Natalie Miller	.5-5	Lafayette / Atlantic 10
Long jump	Andria Smythe	.19-1 1/4	Atlantic 10
Triple jump	Andria Smythe	.38-1 1/4	Fordham Invitational

\* Denotes school record

## 2006 OUTDOOR TRACK

DATE	EVENT	FINISH
3/25	Monmouth Invitational (W. Long Branch, NJ)	.No team scoring
4/1	Rider Invitational (Lawrenceville, NJ)	.2nd of 6
4/7-8	Duke Invitational (Durham, NC)	.No team scoring
4/15	Onesty Invitation (Charlottesville, VA)	.No team scoring
4/21-22	Larry Ellis Invitational (Princeton, NJ)	.No team scoring
4/27-28	Penn Relays (Philadelphia, PA)	.No team scoring
5/6-7	Atlantic 10 Championships (Charlotte, NC)	.10th of 11
5/15	Tuppeny Twilight Meet (Villanova, PA)	.No Team scoring

## 2006 OUTDOOR SEASON BESTS

EVENT	INDIVIDUAL	RESULT	MEET
100m	Valerie Ramirez	.12.94	Virginia/Onesty
100m hurdles	<b>*Valerie Ramirez</b>	<b>.15.04</b>	<b>Atlantic 10</b>
200m	Jordan Teuber	.25.73	Virginia/Onesty
400m	Julie Lentz	.57.31	Duke
400m hurdles	<b>*Lauren Fike</b>	<b>.1:03.97</b>	<b>Atlantic 10</b>
800m	Rebecca Powell	.2:15.48	Atlantic 10
1500m	Suzie McHenry	.4:43.39	Virginia/Onesty
3000m	Suzie McHenry	.10:18.40	Larry Ellis
3000m steeple	Amy Rhein	.13:03.88	Rider/Lafayette
5000m	Suzie McHenry	.17:41.18	Atlantic 10
10000m	Maddie Bell	.43:01.10	Atlantic 10
4x100	Slack, Teuber, Ramirez, Lentz	.48.06	Penn Relays
4x400	Fike, Teuber, Powell, Lentz	.3:59.59	Virginia/Onesty
4x800	Kelly, Pencek, Spangler, Powell	.9:26.92	Atlantic 10
SMR	Wallace, Teuber, Lentz, Spangler	.4:20.29	Monmouth
High Jump	Natalie Miller	.5-5	Virginia/Onesty
Long jump	Lauren Slack	.18-0 1/2	Virginia/Onesty
Triple jump	Lauren Slack	.36-2	Larry Ellis
Shot	Heather Gerum	.25-10	Monmouth
Javelin	<b>*Lynn Puzzo</b>	<b>.128-6</b>	<b>Penn Javelin Meet</b>

\* Denotes school record