

U.S. HIGH SCHOOL WOMEN - 2003, INDOOR

26Mar2003

Jim Spier e-mail: jispier@aol.com

- Senior; * Junior; ** Sophomore; * Freshman**

50m (6.63)

6.51 -ASHLEE BROWN, North, Riverside, CA LA Inv(1) 2/15

55m/60y (7.04) (+ = 60 yards + .02) (' = en route)

6.85 *COURTNEY CHAMPION, Collins Hill, Suwanee, GA LSU(1) 1/11

6.91' -MARSHEVET HOOKER, Southwest, San Antonio, TX NIC(1) 3/16

6.92 *CHAMPION VT(1) 2/1

6.93' -TIANNA MADISON, Elyria, OH NIC(1s1) 3/16

6.94 -JANICE DAVIS, Natchez, MS LSU(1h6) 1/11

5 performances

6.97 -JENNA HARRIS, Franklin, Somerset, NJ East(1) 2/25

6.97' *JESSICA OHANAJA, Westbury, Houston, TX NIC(2s1) 3/16

55m/60y (7.04) (+ = 60 yards + .02) - Hand Times

6.7 -ALLYSON FELIX, Los Angeles Baptist, Sepulveda, CA AC(1)Reno 2/8

60m (7.3/7.54)

7.33 -MARSHEVET HOOKER, Southwest, San Antonio, TX NIC(1) 3/16

7.37 -JANICE DAVIS, Natchez, MS NSI(1) 3/16

7.38 *SHALONDA SOLOMON, Poly, Long Beach, CA NSI(2) 3/16

7.40 -DAVIS NSI(1h3) 3/15

7.40 *ASHLEY OWENS, Liberty, Colorado Springs, CO NIC(2) 3/16

7.40A *OWENS Simplot(1) 2/15

6 performances

7.41A -VIRGIL HODGE, Washington Irving, New York, NY Simplot(2) 2/15

200m (24.5/24.64) - flat track

24.19 -JUANITA BROADDUS, William Penn, Philadelphia, PA NIC(1) 3/16

24.66 -BROADDUS DV(1) 2/21

24.71 ***JUDITH ONYEPUNUKA, Peoria, AZ NIC(1h3) 3/15

24.81 -BROADDUS NIC(2h3) 3/15

24.96 *TOMINIQUE BOATRRIGHT, Oswego, IL IL(1) 3/29

5 performances

24.99 -MARY ANN ERIGHA, Chamblee, GA UNC-O() 1/25

25.03 -JANICE DAVIS, Natchez, MS Houston AC(2) 2/15

200m (24.5/24.64) - flat track - OVERSIZED

24.11 *COURTNEY CHAMPION, Collins Hill, Suwanee, GA KY Inv(1) 2/22

24.14A -DIANE ANDERSON, Mitchell, Colorado Springs, CO AC(1)USafa 1/11

24.27 *NATALIE KNIGHT, Shiloh, Lithonia, GA KY Inv(2) 2/22

24.2 -ANDERSON King(1) 1/26

24.51	*JESSICA ONYEPUNUKA, Peoria, AZ	AZ USATF(1)	2/16

	5 performances		

24.62A	-AMY MENLOVE, Alta, Sandy, UT	W States(1)	3/1

200m (24.5/24.64) - banked track			
23.14	-ALLYSON FELIX, Los Angeles Baptist, Sepulveda, CA	USATF(2)	3/2
23.22	-FELIX	USATF(h)	3/2
23.29	-FELIX	World Ch(s)	3/15
23.36	-FELIX	World Ch(h)	3/14
23.51	-SHANA COX, Holy Trinity, Hicksville, NY	NSI(1)	3/16

	5 performances		

23.55A	*JASMINE LEE, Poly, Long Beach, CA	Simplot(1)	2/15
23.95	-JANICE DAVIS, Natchez, MS	NSI(1h5)	3/16
23.96	*COURTNEY CHAMPION, Collins Hill, Suwanee, GA	NSI(2)	3/16

300y (38.0) - flat track			
36.8	-JUANITA BROADDUS, William Penn, Philadelphia, PA	Kutz(1)	1/3

300y (38.0) - flat track - OVERSIZED			
37.0	-ALLISON WARREN, Mt. Vernon, NY	Suffern(1)	1/20
37.4	*CHARITY BRIGGS, Cornwall, NY	Suffern(2)	1/20

300m (39.4/39.64) - flat track			
39.19	-TIANDRA PONTEEN, Eleanor Roosevelt, Greenbelt, MD	MD 3A-4A(1)	2/25
39.35	-PONTEEN	PG(1)	1/23
39.44	-SHANA COX, Holy Trinity, Hicksville, NY	NY(1)	3/8
39.54A	-DIANE ANDERSON, Mitchell, Colorado Springs, CO	AC(1)	1/4
39.5A	-ANDERSON	AC(1)U of Co	2/1

	5 performances		

39.87	?PORTIA BAKER, Southwest Guilford, High Point, NC	NC(1)	2/15
39.7	-NOVIA BROWN, Milford Mill, Baltimore, MD	MD 2A-3A(1)	2/24

300m (39.4/39.64) - banked track			
37.59	-SHANA COX, Holy Trinity, Hicksville, NY	Loughlin(1)	12/21
37.85	-TIANDRA PONTEEN, Eleanor Roosevelt, Greenbelt, MD	VT(1)	2/1
38.05	-COX	Mayor(1)	2/22
38.44	-JUANITA BROADDUS, William Penn, Philadelphia, PA	Loughlin(2)	12/21
38.67	-TIERA FLETCHER, Cardinal Spellman, Bronx, NY	Mayor(2)	2/22

	5 performances		

38.72	*NATASHA HASTINGS, AP Randolph, New York, NY	PSAL(1)	1/4

400m (55.5/55.64) - flat track (* = en route)			
55.00	-TIANDRA PONTEEN, Eleanor Roosevelt, Greenbelt, MD	NIC(1)	3/16
55.22	-PONTEEN	NIC(1h1)	3/15
56.02	*FARAIGN GILES, Tallwood, Virginia Beach, VA	NIC(2)	3/16

56.17	-TIFFANY ABNEY, Merion Mercy Academy, Merion Station, PA	Col SF(1)	1/25
56.40	-DIANE ANDERSON, Mitchell, Colorado Springs, CO	NIC(3)	3/16

	5 performances	-----	

56.52	-JANICE DAVIS, Natchez, MS	LSU(1)	1/11
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400m (55.5/55.64) - flat track (' = en route) - OVERSIZED

55.8A	-RENA NAPOLEAN, Hilltop Baptist, Colorado Springs, CO	King(1)	1/26
55.9A	-DIANE ANDERSON, Mitchell, Colorado Springs, CO	King(2)	1/26

400m (55.5/55.64) - banked track

53.80	*NATASHA HASTINGS, AP Randolph, New York, NY	Hispanic(1)	1/11
54.24	-OKECHI OGBUOKIRI, Willingboro, NJ	NSI(1)	3/16
54.35A	-TIFFANY ABNEY, Merion Mercy Academy, Merion Station, PA	Simplot(1)	2/15
54.52	-JUANITA BROADDUS, William Penn, Philadelphia, PA	PA(1)	3/1
54.70	**JANINE DAVIS, Queen of Peace, North Arlington, NJ	NSI(2)	3/16

	5 performances	-----	

500y (1:10.0)

1:09.5	**SHAKARA LOTT, University City, San Diego, CA	LA Inv(1)	2/15
1:10.0	-WHITNEY GRAHAM, Gahr, Cerritos, CA	LA Inv(2)	2/15
1:10.0	-EMILY KALMBACH, Santa Margarita, Rancho Santa Margarita, CA	LA Inv(3)	2/15
1:10.0	**SHALESE RUFFIN, Beaumont, CA	LA Inv(4)	2/15

500m (1:16.3) - flat track

1:13.32	*FARAIGN GILES, Tallwood, Virginia Beach, VA	VA AAA(1)	3/1
1:13.88	-TIANDRA PONTEEN, Eleanor Roosevelt, Greenbelt, MD	Metro(1)	12/28
1:13.92	-LESLIE TREHERNE, Western Branch, Chesapeake, VA	VA AAA(2)	3/1
1:14.37	-TREHERNE	Reg(1)	2/20
1:15.73	-PONTEEN	MD 3A-4A(1)	2/25

	5 performances	-----	

1:16.19	**JEAVON BENJAMIN, Far Rockaway, Queens, NY	Brown(1)	12/28
1:16.21	-LATOSHA WALLACE, Western, Baltimore, MD	MD 3A-4A(1)	2/25

500m (1:16.3) - banked track

1:11.84	*NATASHA HASTINGS, AP Randolph, New York, NY	New Bal-O()	1/25
1:14.61	*FARAIGN GILES, Tallwood, Virginia Beach, VA	VT(1)	2/1
1:15.58	****DEVON WILLIAMS, St. Ursula, Parkville, MD	VT(2)	2/1
1:16.42	-CYNETHEIA ROOKS, Northampton West, Gaston, NC	VT(3)	2/1
1:18.10	***ANDRIA SMALLWOOD, Ballou, Washington, DC	VT(4)	2/1

	5 performances	-----	

600y (1:29.0) - flat track

1:25.9	-CHRISTINA SMITH, William Penn Philadelphia, PA	DVGTCA(1)	1/17
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600y (1:29.0) - banked track

1:29.3	*JENNIFER RIPPEL, North Reading, MA	Lg(1)	2/11
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600m (1:34.8) - flat track

1:34.3	**KATYA KOSTETSKAYA, Jonesboro, AR	St Pete Yth()	1/
1:34.95	*JESSE CARLIN, St. Joseph by the Sea, Staten Island, NY	NY(1)	3/2
1:35.2	**MICHELLE SIEBERT, Ward Melville, Setauket, NY	Suf-I(1)	1/23
1:35.37	**DEDE RICHMOND, Suffern, NY	NY(2)	3/8
1:35.7	*CAROLYN YATES, Toll Gate, Warwick, RI	Div(1)	2/6

5 performances

600m (1:34.8) - flat track - OVERSIZED

1:34.8	-NANA HANSON-HALL, New Rochelle, NY	Lg(1)	2/9
1:35.33	-BRIENE SIMMONS, Columbia, Decatur, GA	Tn St(1)	2/1

600m (1:34.8) - banked track

1:30.67	**JEAVON BENJAMIN, Far Rockaway, Queens, NY	Mayor(1)	2/22
1:31.39	*SELENA SAPPLETON, AP Randolph, New York, NY	Mayor(2)	2/22
1:32.11	**JANINE DAVIS, Queen of Peace, North Arlington, NJ	PSAL Inv(1)	1/4
1:32.33	**BENJAMIN	PSALQns(1)	2/9
1:32.60	*NATASHA HASTINGS, AP Randolph, New York, NY	Loughlin(1)	12/21

5 performances

1:33.66	**NICOLE LEACH, West Catholic, Philadelphia, PA	Stanner(1)	1/18
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800m (2:15.5) - flat track

2:09.53	**KATYA KOSTETSKAYA, Jonesboro, AR	NIC(1)	3/16
2:12.52	***ANDRIA SMALLWOOD, Ballou, Washington, DC	NIC(2)	3/16
2:12.92	-KATHLEEN TROTTER, Red Bank, Little Silver, NJ	NJ(1)	2/23
2:13.45	*JANAIE EDWARDS, Denby, Detroit, MI	NIC(3)	3/16
2:14.1	***JANEAN MORRIS, Bishop Loughlin, Brooklyn, NY	Col #4(1)	1/17

5 performances

800m (2:15.5) - flat track - OVERSIZED

2:12.28A	*HEIDI HOULE, Mountain View, Orem, UT	W States(1)	3/1
2:12.66	***DEVON WILLIAMS, St. Ursula, Parkville, MD	KY Inv(1)	2/22
2:13.73	-BRIENNE SIMMONS, Columbus, Decatur, GA	KY Inv(2)	2/22

800m (2:15.5) - banked track + = 880y - .8

2:07.57	**KATYA KOSTETSKAYA, Jonesboro, AR	AR(1)	3/1
2:08.04	*HEIDI MAGILL, Mountain View, Orem, UT	NSI(2)	3/16
2:08.33	-ARI LAMBIE, Bromfield, Harvard, MA	NSI(3)	3/16
2:09.04	**KOSTETSKAYA	ATCA(1)	2/22
2:09.22	**CHANTELLE DRON, home-schooled, Manchester, NH.	BU(2)	2/15

5 performances

2:10.24 *SELENA SAPPLETON, AP Randolph, New York, NY NSI(4) 3/16

1000y (2:48.0) - flat track - OVERSIZED

2:41.9 -ERIN DEMCHKO, Pearl River, NY Suffern(1) 1/20
2:42.8 ?JENNA ELZNIC, Connetquot, Bohemia, NY Suffern(2) 1/20

1000m (2:56.0) ' = en-route - flat track

2:51.1 -ELIZABETH MALOY, Holy Names, Albany, NY Lg(1) 2/2
2:53.19 -MEGHAN OWEN, Killingly, Danielson, CT CT(1) 2/22
2:53.43 -ABBY SADOWSKI, Griswold, CT CT(2) 2/22
2:53.6 ***NICOLE BLOOD, Saratoga, NY Lg(2) 2/2
2:53.1 **KATYA KOSTETSKAYA, Jonesboro, AR St Pete Yth() 1/

5 performances

1000m (2:56.0) - banked track

2:45.46 -ARI LAMBIE, Bromfield, Harvard, MA MA(1) 2/22
2:48.52 -LAMBIE MA IV(1) 2/16
2:52.44 **SARA BOWMAN, Fauquier, Warrenton, VA VT(1) 2/1
2:52.71 -LAMBIE New Eng(1) 2/28
2:53.19 **BOWMAN VT(1) 2/1

5 performances

2:55.21 *CAROLYN YATES, Toll Gate, Warwick, RI New Eng(2) 2/28
2:55.64 **MACKENZIE PIERCE, Forsyth Country Day, Lewisville, NC VT(2) 2/1
2:55.75 ***SAMANTHA GAWRYCH, Westerly, RI New Eng(3) 2/28

1500m (4:45.0) ' = en-route - flat track

4:38.2 **KATYA KOSTETSKAYA, Jonesboro, AR Rus Yth() 1/
4:38.69 ***NICOLE BLOOD, Saratoga, NY NY S2-A(1) 2/22
4:41.2 *CAROLYN YATES, Toll Gate, Warwick, RI RI-M(1) 2/16
4:41.42 ***SAMANTHA GAWRYCH, Westerly, RI RI(1) 2/23
4:42.0 **KRISTIN FARLEY, Poly Prep, Brooklyn, NY Col#4(1) 1/17
4:42.0 ***BRITTNEE BYNOE, Willingboro, NJ Col#4(2) 1/17

6 performances

1500m (4:45.0) - banked track (' = en-route)

4:37.92 -JESSICA FLINN, Timberlane, Plaistow, NH NH-L(1) 2/14
4:41.09 **KRISTIN FARLEY, Poly Prep, Brooklyn, NY Mayor(1) 2/22
4:42.47 **FARLEY Col(1) 2/8

Mile (5:00.0) - + = 1600m + 1.5 - flat track

4:49.67 **SARAH BOWMAN, Fauquier, Warrenton, VA NIC(1) 3/16
4:51.18 *KATIE HARRINGTON, Carmel, IN NIC(2) 3/16
4:53.30 -MEGAN KALTENBACH, Smoky Hill, Aurora, CO NIC(3) 3/16
4:54.79 -ELIZABETH MALOY, Holy Names, Albany, NY NIC(4) 3/16
4:56.34+ -JENNIFER BOYD, Hickory, Chesapeake, VA Reg(1) 2/20

5 performances

Mile (5:00.0 - banked track) (+ = 1600m + 1.5)

4:51.35	**CHANTELLE DRON, home-schooled, Manchester, NH	NSI(1)	3/16
4:51.35	-MEGHAN OWEN, Killingly, Danielson, CT	NSI(2)	3/16
4:51.62	**DRON	Gr Boston(2)	1/19
4:52.00	***NICOLE BLOOD, Saratoga, NY	Millrose(1)	2/7
4:53.14	-ARI LAMBIE, Bromfield, Harvard, MA	Millrose(2)	2/7

5 performances

4:53.17	-KATHLEEN TROTTER, Red Bank, Little Silver, NJ	Millrose(3)	2/7
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3000m (10:12.0) - flat track (' = en-route)

9:48.35	***NICOLE BLOOD, Saratoga, NY	Yale(1)	1/18
9:49.76	**LAURA CUMMINGS, Bay Shore, NY	Yale(2)	1/18
9:50.52	**BLOOD	NY(1)	3/8
9:51.74	**BLOOD	NY S2(1)	3/2
10:00.73	-ELIZABETH MALOY, Holy Names, Albany, NY	Yale(3)	1/18

5 performances

10:12.79	*LINDSAY SUNDELL, Northport, NY	S11 Qual(2)	2/14
10:12.84	-CATHERINE BRYSON, Hanover, NH	Yale(4)	1/18

3000m (10:12.0) - flat track (' = en-route)

10:02.72	**ERIN GRAY, South, Eugene, OR	AC(3)UW	3/8
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3000m (10:12.0) - banked track (' en-route)

9:55.97	*KATIE HARRINGTON, Carmel, IN	AC()Butler	2/15
9:59.88	-EMILY KRUGER, Lampeter-Strasburg, Lampeter, PA	PA(1)	3/1
10:09.01	*HARRINGTON	Butler(1)	2/1
10:12.35	*ALISSA MC KAIG, Concordia, Fort Wayne, IN	Butler(2)	2/1
10:13.92	?RACHEL PAPIN, St. Hubert's, Philadelphia, PA	PA(2)	3/1

5 performances

10:20.24	-JANINE RICCI, Hatboro-Horsham, Horsham, PA	PSAL Inv(1)	1/4
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Two Miles (11:00.0) - flat track (+ = 3200m + 4.0)

10:27.61	***NICOLE BLOOD, Saratoga, NY	NIC(1)	3/16
10:31.70	*KATIE HARRINGTON, Carmel, IN	NIC(2)	3/16
10:42.87+	-AMANDA TROTTER, Red Bank Regional, Little Silver, NJ	NJ(1)	2/23
10:49.69	**KATELYN KALTENBACH, Smoky Hill, Aurora, CO	NIC(3)	3/16
10:51.97	-JENNIFER BOYD, Hickory, Chesapeake, VA	NIC(4)	3/16

5 performances

Two Miles (11:00.0) - banked track (+ = 3200m + 4.0)

10:40.54	*ALISSA MC KAIG, Concordia, Fort Wayne, IN	NSI(1)	3/16
10:44.47	-LINDSAY VAN ALSTINE, Hawthorne Christian Academy, Hawthorne, NJ	East(1)	2/25

10:46.1+	-VAN ALSTINE	Varsity(1)	2/10
10:49.85	-ANGIE SATERSTAD, Hershey, PA	NSI(2)	3/16
10:50.57	-CATHERINE BRYSON, Hanover, NH	New Eng(1)	2/27

5 performances

10:51.69	?MARISA RYAN, Taft, CT	East(2)	2/25
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50m HH (7.83)

7.31	-ASHLEE BROWN, North, Riverside, CA	LA Inv(1)	2/15
7.56	?BRITTNIE JOHANSSON, Diamond Ranch, CA	LA Inv(2)	2/15
7.63	*GAYLE HUNTER, North, Riverside, CA	LA Inv(3)	2/15
7.80	-CHRISTIAN BURRELL, Santa Monica, CA	LA Inv(4)	2/15

55m HH (7.9/8.16) ' = en route time

7.89	-CANDICE DAVIS, Pioneer, Ann Arbor, MI	NIC(1)	3/16
7.90	-RONNETTA ALEXANDER, South, Williamsville, NY	NY(1)	3/8
7.91	-VICKI HOWARD, Montbello, Denver, CO	NIC(2)	3/16
7.91A	-ASHLEE BROWN, North, Riverside, CA	Reno(2)	2/1
7.92	-CHANDRA PULLIUM, Cummings, Burlington, NC	NIC(3)	3/16

5 performances

60mHH (8.5/8.74)

8.34	-RONNETTA ALEXANDER, South, Williamsville, NY	NSI(1)	3/16
8.46	-CANDICE DAVIS, Pioneer, Ann Arbor, MI	NIC(1)	3/16
8.47	-ALEXANDER	NSI(1h2)	3/15
8.47	-ASHLEE BROWN, North, Riverside, CA	NSI(1h4)	3/16
8.47	-ALEXANDER	NSI(1s1)	3/16
8.47	-BROWN	NSI(1s2)	3/16

6 performances

8.48	-VICKI HOWARD, Montbello, Denver, CO	NIC(2)	3/16
8.51	-CHANDRA PULLIUM, Cummings, Burlington, NC	NIC(3)	3/16

4 X 200m (1:43.0) - flat track

1:40.35	JAMES LOGAN, Union City, CA	NIC(1)	3/16
1:40.38	WILLIAM PENN, Philadelphia, PA	NIC(2)	3/16
1:41.96	BETHEL, Hampton, VA	VA AAA(1)	3/1
1:42.12	EVANSTON, IL	IL(1)	3/29
1:42.27	BETHEL	Reg(1)CNU	2/18

5 performances

1:42.3	LARGO, MD	FIT(1)	12/21
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4 X 200m (1:43.0) - banked track

1:35.86	POLY, Long Beach, CA	NSI(1)	3/16
1:36.69A	POLY	Simplot(1)	2/15
1:37.15	WILSON, Long Beach, CA	NSI(2)	3/16
1:37.71	WILSON	NSI(1h5)	3/15
1:38.53	POLY	NSI(1h1)	3/15

5 performances		-----	

1:38.56	NORTH, Riverside, CA	NSI(3)	3/16
1:40.18	FRANKLIN, Somerset, NJ	NSI(4)	3/16
1:40.33	Largo, MD	NSI(5)	3/16

4 X 400m (3:53.0) - flat track			
3:50.59	ELEANOR ROOSEVELT, Greenbelt, MD	NIC(1)	3/16
3:52.26	JAMES LOGAN, Union City, CA	NIC(2)	3/16
3:52.8	ELEANOR ROOSEVELT	FIT(1)	12/21
3:52.89	WILLIAM PENN, Philadelphia, PA	NIC(3)	3/16
3:53.50	WILSON, Long Beach, CA	AC(9)GMU	1/11

5 performances		-----	

3:54.86	NORTHROP, Fort Wayne, IN	Findlay(1)	3/22

4 X 400m (3:53.0) - banked track			
3:41.54	POLY, Long Beach, CA	NSI(1)	3/16
3:43.66	WILSON, Long Beach, CA	NSI(2)	3/16
3:44.40A	WILSON	Simplot(1)	2/15
3:45.37	WILLINGBORO, NJ	NSI(3)	3/16
3:47.61	WILLIAM PENN, Philadelphia, PA	Arm Inv(1)	2/15

5 performances		-----	

3:50.44	BATON ROUGE MAGNET, Baton Rouge, LA	Ark Inv(1)	1/25

4 X 800m (9:27.0) - flat track			
9:15.23	ROCKFORD, MI	NIC(1)	3/16
9:15.28	BAY SHORE, NY	NIC(2)	3/16
9:17.00	SARATOGA, NY	NY(1)	3/8
9:19.43	BRONXVILLE, NY	NY(2)	3/8
9:20.1	BRONXVILLE	NY S1(1)	3/2

5 performances		-----	

9:22.32	KELLAM, Virginia Beach, VA	VA AAA(1)	3/1

4 X 800m (9:27.0) - flat track - OVERSIZED			
9:19.97A	MOUNTAIN VIEW, Orem, UT	UT(1)	2/1

4 X 800m (9:27.0) - banked track			
9:07.85	BRONXVILLE, NY	NSI(1)	3/16
9:08.18	BAY SHORE, NY	Arm Coll(1)	2/14
9:09.16	BRONXVILLE	Arm Coll(2)	2/14
9:11.73	BOYS and GIRLS, Brooklyn, NY	NSI(2)	3/16

9:12.22A	MOUNTAIN VIEW, Orem, UT	Simplot(1)	2/15
----- 5 performances -----			

9:14.21	BISHOP LOUGHLIN, Brooklyn, NY	NSI(3)	3/16
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4 X Mile + = 4x1600m + 6.0 secs - flat track

20:24.27	SARATOGA, NY	NIC(1)	3/16
21:04.91	ROCKFORD, MI	NIC(2)	3/16
21:27.84	CLARKSTON, MI	NIC(3)	3/16
21:32.75	SARATOGA "B", NY	NIC(4)	3/16
21:52.54	HOPEWELL VALLEY, NJ	NIC(5)	3/16
----- 5 performances -----			

4 X Mile + = 4x1600m + 6.0 secs - banked track

21:02.57	COLONIE, Albany, NY	NSI(1)	3/15
21:05.27	BRONXVILLE, NY	NSI(2)	3/15
21:05.89	ELMIRA, NY	NSI(3)	3/15
21:19.77	WYOMISSING, PA	NSI(4)	3/15
21:29.53	WARWICK VALLEY, NY	NSI(5)	3/15
----- 5 performances -----			

Sprint Medley Relay (4:10.0) - flat track

4:03.74	ELEANOR ROOSEVELT, Greenbelt, MD	NIC(1)	3/15
4:08.02	WESTERN BRANCH, Chesapeake, VA	NIC(2)	3/15
4:08.76	BETHEL, Hampton, VA	NIC(3)	3/15
4:11.79	RENAISSANCE, Detroit, MI	NIC(4)	3/15
4:12.94	BALLOU, Washington, DC	NIC(5)	3/15
----- 5 performances -----			

Sprint Medley Relay (4:10.0) - banked track

3:57.02	WILSON, Long Beach, CA	NSI(1)	3/15
4:01.41	WILLINGBORO, NJ	NSI(2)	3/15
4:02.48A	MERRILL WEST, Tracy, CA	Simplot(1)	2/15
4:02.59	MERRILL WEST	NSI(3)	3/15
4:02.77	BATON ROUGE, LA	NSI(4)	3/15
----- 5 performances -----			

4:03.52	WEST CATHOLIC, Philadelphia, PA	NSI(5)	3/15
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Distance Medley Relay (12:30) - flat track

11:56.87	ROCKFORD, MI	NIC(1)	3/15
12:02.02	BAY SHORE, NY	NIC(2)	3/15

12:02.89	BAY SHORE	Yale(1)	1/17
12:07.20	HATBORO-HORSHAM, Horsham, PA	NIC(3)	3/15
12:07.83	SARATOGA, NY	Yale(2)	1/17

5 performances

12:09.92	JENKS, OK	NIC(4)	3/15
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Distance Medley Relay (12:30) - banked track + = y - 4.0 secs

11:49.68	MOUNTAIN VIEW, Orem, UT	NSI(1)	3/15
11:52.4	RED BANK REGIONAL, Little Silver, NJ	East(1)	2/25
12:00.81	BRONXVILLE, NY	NSI(2)	3/15
12:07.4	BRONXVILLE	Varsity(1)	2/10
12:10.0	BRONXVILLE	East(2)	2/25

5 performances

12:12.3	HOPEWELL VALLEY, NJ	East(3)	2/25
12:18.51	ST. HUBERT'S, Philadelphia, PA	NSI(3)	3/15

4 x 55m Hurdles

33.75	MENCHVILLE, Newport News, VA	NIC(1)	3/15
34.17	JACKSON, NJ	NIC(2)	3/15
34.56	PALM BEACH LAKES, West Palm Beach, FL	NIC(3)	3/15
36.00	WESTSIDE, Anderson, SC	NIC(4)	3/15
36.23	NEWBURGH, NY	New Bal(1)	1/25

5 performances

High Jump (5-8)

5-10.5	-VANESSA MAHER, Roseville, MI	MI(1)	3/8
5-10.5	?SHEREE FRANCIS, Litcher, LA	NSI(2)	3/14
5-10.5	-DEBRA VENTO, Freehold Borough, Freehold, NJ	NSI(3)	3/14
5-10.25	-SHARON DAY, Costa Mesa, CA	LA Inv(1)	2/15
5-10.25	-VANESSA MAHER, Roseville, MI	MIT(1)	2/27

5 performances

5-10	-TARA PHOUTHAVONGSA, Brockport, NY	NY S5(1)	3/2
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Pole Vault (12-3)

13-4.5	-KIRA COSTA, Memorial, San Joaquin, CA	LA Inv(1)	2/15
13-3A	-JULENE BAILEY, Skyview, Nampa, ID	AC(1)Boise	2/7
13-1	-BAILEY	NSI(1)	3/15
13-0.25	*ANNA MC FARLANE, Concord-Carlisle, Concord, MA	Wheaton(1)	2/1
13-0.25!	-COSTA	LA Inv	2/15

5 performances

12-11.5	-STEVIE MARSHALEK, Kent, Kentlake, WA	Inv(1)	4/12
12-7.5	-ASHLEY NOLET, Lowell, MA	Terrier(1)	1/24

Long Jump

20-6.5	-MARSHEVET HOOKER, Southwest, San Antonio, TX	NIC(1)	3/16
20-6	-TIANNA MADISON, Elyria, OH	Kent St(1)	3/8
20-1!	-HOOKER	NIC	3/16
20-0.25	-HOOKER	NIC	3/16
19-9	-RENEE WILLIAMS, Skyline, Oakland, CA	NSI(1)	3/16

5 performances

19-7.5	*ERICA MC LAIN, East, Plano, TX	Tx Tech(1)	2/1
19-7	***DEANA CARSON, Rancho Verde, Moreno Valley, CA	AAU Int(1)	2/21

Triple Jump

42-4.75	*ERICA MC LAIN, East, Plano, TX	Tx Tech(1)	2/1
42-1.25	*MC LAIN	Houston AC(1)	2/15
41-8.5	*MC LAIN	NIC(1)	3/15
41-7	-AMY SEWARD, Salem, Virginia Beach, VA	NSI(2)	3/16
41-6.25A	-TONI LASTAR SMITH, Montbello, Denver, CO	Simplot(1)	2/15

5 performances

41-4.75	-YVETTE LEWIS, Menchville, Newport News, VA	VA AAA(1)	3/1
40-11.75	-CASSIE GULLICKSON, Brentwood, TN	NIC(3)	3/15

Shot Put (44-0)

54-9.5	-MICHELLE CARTER, Red Oak, TX	NIC(1)	3/16
53-11.25!	-CARTER	NIC	3/16
51-11.75!	-CARTER	NIC	3/16
51-5.75 !	-CARTER	NIC	3/16
49-11.75!	-CARTER	NIC	3/16

5 performances

48-6.5	-KELLY FAZEKAS, Northern Valley, Demarest, NJ	Garfield(1)	2/14
47-9.25	*SARAH STEVENS, Fort Collins, CO	NIC(2)	3/16
47-0.75	-JENNIFER DAHLGREN, Klein, TX	Houston(1)	1/11
47-0.25	-LINDSAY GRIGORIEV, Atholton, Columbia, MD	NIC Pent	3/15

Weight Throw (20#) (51-0) [indoor throws only]

57-1.75	-KRISTEN CALLAN, Monroe-Woodbury, Central Valley, NY	Gourley	
56-2	-CALLAN	W Pt(1)	1/26
55-10.5	-CALLAN	NIC(1)	3/15
55-6.5	-DELLA CLARK, North Cobb, Kennesaw, GA	NIC(2)	3/15
55-0.75	-CALLAN	Dartmouth(1)	1/11

5 performances

53-4.5	-MARIE STRINGER, Westminster, Atlanta, GA	NIC(3)	3/15
53-0.5	-KELLY REYNOLDS, Toll Gate, Warwick, RI	NIC(4)	3/15
50-2.5	-DANIELLE DUFRESNE, Toll Gate, Warwick, RI	NIC(5)	3/15

Pentathlon (3300) - flat track

3476	-MANDY STILLE, Mc Kean, Wilmington, DE	NIC(1)	3/15
3371	**PHILIPPA DAVIES, Brentwood Academy, Brentwood, TN	NIC(2)	3/15
3236	***ALEXANDRA COPPADGE, Friends, Wilmington, DE	NIC(3)	3/15
3224	-CHRISTINA SMITH, William Penn, Philadelphia, PA	NIC(4)	3/15
3175	-BROOKE WOLFE, Pennridge, Perkasie, PA	NIC(5)	3/15
3175	-AAJAH SHOWELL, Mc Donough, Owings Mills, MD	NIC(6)	3/15

6 performances			

Pentathlon (3300) - banked track

3519	*TIANA RIEL, Hopkinton, MA	NSI(1)	3/15
3462	**KATIE SHERMAN, Dennis-Yarmouth, South Yarmouth, MA	NSI(2)	3/15
3439	**SHERMAN	MA Pent(1)	2/25
3439	**ALYSSA HASAN, South, Williamsville, NY	NSI(3)	3/15
3343	-KASEY HILL, North Country, VT	NSI(4)	3/15

5 performances			

3199	-SHAMEKA SPEED, Bridgeton, NJ	NSI(5)	3/15
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Mile Walk - flat track

7:21.95	*LAURA RICHENDERFER, Penfield, NY	NIC(1)	3/15
7:25.74	*JASMINE BROOKS, Dirigo, ME	NIC(2)	3/15
7:34.17	*MARIA MICHTA, Sachem, Ronkonkoma, NY		12/28
7:36.43	*ERICA ADAMS, Spartanburg, SC	NIC(3)	3/15
7:38.09	**CARLY LOCHALA, Mt. Blue, Farmington, ME	NIC(4)	3/15

5 performances			

Mile Walk - banked track

7:17.93	*MARIA MICHTA, Sachem, Ronkonkoma, NY	NSI(1)	3/16
7:18.47	*CHRISTY FINKE, Fairport, NY	NSI(2)	3/16
7:23.37	-KRISTIN LANDAU, Comsewogue, Port Jefferson Station, NY	NSI(3)	3/16
7:25.28	*SHANNON GILLESPIE, Red Bank Catholic, NJ	NSI(4)	3/16
7:28.34	-TARA SIMONELLI, Clarkstown South, West Nyack, NY	NSI(5)	3/16

5 performances			
