

**U.S. HIGH SCHOOL WOMEN - 2005, INDOOR**

**10April2005**

**Jim Spier e-mail: [jispier@aol.com](mailto:jispier@aol.com)**

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

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

6.90	*SANTANA LOWERY, Starkville, MS	LSU(1h2)	1.8
6.92	*LOWERY	LSU(1)	1.8
6.92	*SARAH MATTHEWS, Niwot, Longwood, CO	NIN(1)	3.13
6.94	*LYNN LAYNE, New Rochelle, NY	Hispanic(1)	1.8
6.94A	*MATTHEWS	AC(1)	1.22
----- 5 performances -----			

6.98	*FRANCENA MC CORORY, Bethel, Hampton, VA	NIN(2)	3.13
6.99	-TENNILLE WILSON, Foley, AL	LSU(1h1)	1.8

**60m (7.3/7.54) [conversion 60 to 55: .925 X 60m time]**

7.43	*LYNN LAYNE, New Rochelle, NY	NSI(1)	3.13
7.45	*SARAH MATTHEWS, Niwot, Longwood, CO	NIN(1)	3.13
7.45	*SANTANA LOWERY, Starkville, MS	NSI(1s1)	3.13
7.46A	**EBONY COLLINS, Wilson, Long Beach, CA	Simplot(1)	2.19
7.47	*LOWERY	NSI(1h3)	3.13
----- 5 performances -----			

7.48A	*SHANA WOODS, Poly, Long Beach, CA	Simplot(2)	2.19
7.48	-TIAERRA MC LAURIN, Wolfson, Jacksonville, FL	NSI(3)	3.13

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

24.05	**BIANCA KNIGHT, Ridgeland, MS	NIN(1)	3.13
24.46	**KNIGHT	Lewis(1)	1.22
24.53	**KNIGHT	NIN(1h5)	3.12
24.61	**SA'DE WILLIAMS, Rancho Cucamonga, CA	NIN(2)	3.13
24.65	-KRISTA SIMKINS, Wissahickon, Ambler, PA	Carnival(1)	2.12
24.65	-SIMKINS	NIN(3)	3.13
----- 6 performances -----			
24.78	-NICOLE LEACH, West Catholic, Philadelphia, PA	PHL Cath(1)	2.13
25.01	-ALEXANDRA SPRUIL, Lathrup, Southfield, MI	MI(1)	3.5

**200m (24.5/24.64) - flat track Oversized**

24.48	-JESSICA JONES, Mumford, Detroit, MI	KY Inv(1)	2.19
24.66	-LAUREN BURNS, Norcross, GA	KY Inv(2)	2.19
24.81	**DE ANGELA MC DOUGALD, Junction City, KS	KY Inv(3)	2.19
25.00	**JOANNA ATKINS, ?, ?, GA	KY Inv(4)	2.19
25.01	?TAYLOR EVANS, ?, ?, GA	USATF AZ(1)	2.20

**200m (24.5/24.64) - banked track**

23.70A	**BIANCA KNIGHT, Ridgeland, MS	Simplot(1)	2.19
23.78	**EBONY COLLINS, Wilson, Long Beach, CA	NSI(1)	3.13
23.94	*SANTANA LOWERY, Starkville, MS	NSI(2)	3.13

23.96	*LOWERY	NSI(1h3)	3.12
24.02A	**COLLINS	Simplot(2)	2.19
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	5 performances		

24.17	-NICOLE LEACH, West Catholic, Philadelphia, PA	PA(1)	2.26
24.23	-KRISTA SIMKINS, Wissahickon, Ambler, PA	PA(2)	2.26

**300y (38.0) - flat track - Oversized**

36.9	*KAY KAY RICHEMOND, Suffern, NY	Suffern(1)	1.17
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**300m (39.4/39.64) - flat track**

38.38	*FRANCENA MC CORORY, Bethel, Hampton, VA	VA AAA(1)	3.5
39.35	*MICHAYLIN GOLLADAY, Largo, MD	MD 4A(1)	2.22
39.38	*SHALAIYAH SOMMERVILLE, Western, Baltimore, MD	MD 4A(2)	2.22
39.51	*ANDRIA SMALLWOOD, Ballou, Washington, DC	DC(1)	2.8
39.55	**DEVON WILLIAMS, Towson Catholic, Towson, MD	MIAA(1)	1.21
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	5 performances		

**300m (39.4/39.64) - banked track**

37.60	*FRANCENA MC CORORY, Bethel, Hampton, VA	Loughlin(1)	12.18
37.97	*MC CORORY	Va Tech(1)	1.29
38.64	**DEVON WILLIAMS, Towson Catholic, Towson, MD	Inv(1)	12.18
38.97	-NENE KAMATE, Townsend Harris, Queens, NY	PSAL(1)	2.26
39.15	-JESSICA JONES, Mumford, Detroit, MI	Va Tech(2)	1.29
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	5 performances		

39.0	***ELAN HILAIRE, Park School, Baltimore, MD	Lough Fr-So(1)	12.18
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**400m (55.5/55.64) - flat track (' = en route)**

54.90	-NICOLE LEACH, West Catholic, Philadelphia, PA	Mont Inv(1)	1.8
54.95	*BRANDI CROSS, Marshall, Sugar Land, TX	LSU(1)	1.8
55.26	*FRANCENA MC CORORY, Bethel, Hampton, VA	Mont Inv(2)	1.8
55.47	**SA'DE WILLIAMS, Rancho Cucamonga, CA	NIN(1)	3.13
55.91	**DEVON WILLIAMS, Towson Catholic, Towson, MD	Mont Inv(3)	1.8
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	5 performances		

**400m (55.5/55.64) - flat track (' = en route) Oversized**

54.67	**DEVON WILLIAMS, Towson Catholic, Towson, MD	KY Inv(1)	2.19
54.96	-JESSICA JONES, Mumford, Detroit, MI	KY Inv(2)	2.19
55.00	**DE ANGELA MC DOUGALD, Junction City, KS	KY Inv(3)	2.19
55.86	**PORSCHE BYRD, Cross Keys, Atlanta, GA	KY Inv(4)	2.19

**400m (55.5/55.64) - banked track**

53.04	-NICOLE LEACH, West Catholic, Philadelphia, PA	NSI(1)	3.13
53.48	-LEACH	New Bal(2)	1.22
53.82	-LEACH	PA(1)	2.26
54.05A	-LEACH	Simplot(1)	2.19
54.06A	***ELAN HILAIRE, Park School, Baltimore, MD	Simplot(2)	2.19

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 5 performances  
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54.63	-KRISTA SIMKINS, Wissahickon, Ambler, PA	Coca Cola(1)	2.19
54.79	-JESSICA JONES, Mumford, Detroit, MI	NSI(2)	3.13
54.83	-JEAVON BENJAMIN, Hempstead, NY	NSI(3)	3.13

**500m (1:16.3) - flat track**

1:13.33	-JANINE DAVIS, Queen of Peace, North Arlington, NJ	SH Inv(1)	12.11
1:14.85	-SHAKIRRA PINNOCK, Bethel, Hampton, VA	VA AAA(1)	3.5
1:15.10	*ANDRIA SMALLWOOD, Ballou, Washington, DC	DC(1)	2.8
1:16.27	*LANA MC GOWAN, Kecoughtan, Hampton, VA	VA AAA(2)	3.5
1:16.30	-PINNOCK	Reg(1)	2.21

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 5 performances  
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1:16.34	*CRYSTAL RASCOE, Oscar Smith, Chesapeake, VA	VA AAA(3)	3.5
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**500m (1:16.3) - banked track**

1:11.44	**DEVON WILLIAMS, Towson Catholic, Towson, MD	MAC Hol(2)	12.26
1:12.99	-JANINE DAVIS, Queen of Peace, North Arlington, NJ	MAC Open(1)	1.30
1:13.90	-JEAVON BENJAMIN, Hempstead, NY	MAC Hol(3)	12.26
1:15.04	*KATIE DOSWELL, St. Catherine's, Richmond, VA	Va Tech(1)	1.29
1:15.53	*ANDRIA SMALLWOOD, Ballou, Washington, DC	Va Tech(2)	1.29

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 5 performances  
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**600y (1:29.0) - flat track OVERSIZED**

1:26.2	-DE DE RICHEMOND, Suffern, NY	P Riv(1)	12.27
1:27.5	-RICHEMOND	Suffern(1)	1.17
1:28.1	*KARA MC KENNA, Suffern, NY	P Riv(2)	12.27

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

1:34.5	*SAMANTHA GAWRYCH, Westerly, RI	Tri(1)	1.17
1:35.10	-MICHELLE SEIBERT, Ward Melville, Setauket, NY	Sec 11(1)	2.15
1:35.14	-JEAVON BENJAMIN, Hempstead, NY	NY(1)	3.6

**600m (1:34.8) - banked track**

1:29.27	-JANINE DAVIS, Queen of Peace, North Arlington, NJ	MAC(1)	1.16
1:30.0	-DAVIS	Loughlin(1)	12.18
1:30.4	-DAVIS	Varsity(1)	2.7
1:31.05	**DEVON WILLIAMS, Towson Catholic, Towson, MD	MAC(2)	1.16
1:31.64	**WILLIAMS	MAC Hol(1)	12.12

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 5 performances  
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1:31.9	-JEAVON BENJAMIN, Hempstead, NY	Varsity(2)	2.7
1:33.17	-SARAH BOWMAN, Fauquier, Warrenton, VA	Stanner(1)	1.15
1:33.44	?ADRENEE STERETT, Boys and Girls, Brooklyn, NY	Stanner(2)	1.15

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

2:08.77	-GINA GALL, Grand Blanc, MI	MI(1)	3.5
2:10.62	-GALL	NIN(1)	3.13
2:10.75	-SARAH BOWMAN, Fauquier, Warrenton, VA	NIN(2)	3.13
2:11.45	-GALL	MIT(1)	2.18
2:11.96	**NICHOLE JONES, Westfield, Houston, TX	NIN(3)	3.13

----- 5 performances -----

2:12.18	**BRITTANY SHEFFEY, Bellport, Brookhaven, NY	NIN(4)	3.13
2:12.73	*LATAVIA THOMAS, West Catholic, Philadelphia, PA	Mont Inv(1)	1.8

**800m (2:15.5) - Oversized**

2:09.6	-HEIDI HOULE, Mountain View, Orem, UT	Inv(1)	2.12
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**800m (2:15.5) - banked track + = 880y - .8**

2:07.00A	-HEIDI HOULE, Mountain View, Orem, UT	Simplot(1)	2.19
2:07.10	*LATAVIA THOMAS, West Catholic, Philadelphia, PA	NSI(1)	3.13
2:07.47A	-LIBBY JENKE, Menlo, Atherton, CA	Simplot(2)	2.19
2:07.60	-JANINE DAVIS, Queen of Peace, North Arlington, NJ	NSI(2)	3.13
2:07.88	-JENKE	NSI(3)	3.13

----- 5 performances -----

2:08.2'	-SARAH BOWMAN, Fauquier, Warrenton, VA	VA AA(1)	2.26
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**1000y (2:48.0) - flat track - Oversized**

2:38.6	***KRISTIN REESE, Carmel, NY	Rck Coa(1)	1.14
2:40.7	***REESE	P Riv(1)	12.27
2:46.2	-STEPHANIE HERRICK, Wayne Valley, Wayne, NJ	P Riv(2)	12.27
2:47.5	?JULIE VILORD, Suffern, NY	Suffern(1)	1.17

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

2:52.61	**BRITTANY SHEFFEY, Bellport, Brookhaven, NY	S11-L(1)	2.8
2:53.42	***KRISTIN REESE, Carmel, NY	NY S1(1)	2.27
2:53.59	-MARY LIZ MC CURDY, Bay Shore, NY	Reg(1)	2.21
2:53.59	-SARAH BOWMAN, Fauquier, Warrenton, VA	VA AA(1)	2.26
2:54.9	*AISLINN RYAN, Warwick, Valley, NY	County(1)	2.13

----- 5 performances -----

**1000m (2:56.0) - banked track**

2:43.40	-SARAH BOWMAN, Fauquier, Warrenton, VA	VA AA(1)	2.26
2:47.21	*KATIE DOSWELL, St. Catherine's, Richmond, VA	Coll Inv(1)	2.5
2:47.85	-JANINE DAVIS, Queen of Peace, North Arlington, NJ	Coll Inv(2)	2.5
2:48.69	-DAVIS	Stanner(1)	1.15
2:49.48	**BRITTANY SHEFFEY, Bellport, Brookhaven, NY	Coll Inv(3)	2.5

----- 5 performances -----

2:50.74	-MARY LIZ MC CURDY, Bay Shore, NY	Stanner(2)	1.15
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**1500m (4:45.0) ' = en-route - flat track**

4:28.09'	-SARAH BOWMAN, Fauquier, Warrenton, VA	NIN(1)	3.13
4:29.63'	*NICOLE BLOOD, Saratoga, NY	NIN(2)	3.13
4:31.62'	*KELLY PARRISH, Vanguard, Ocala, FL	NIN(3)	3.13
4:31.85'	***CAITLIN LANE, Saratoga, NY	NIN(4)	3.13
4:33.4	***LANE	S2-A(1)	2.22
----- 5 performances -----			

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4:35.20	*AMANDA HUDSON, Bronxville, NY	NY S1(1)	2.27
4:35.20'	*KATIE DOSWELL, St. Catherine's, Richmond, VA	NIN(5)	3.13

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

4:37.43	-ROLANDA BELL, Sacred Heart, Hempstead, NY	CHSAA(1)	2.12
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**Mile (5:00.0) - + = 1600m + 1.5 - flat track**

4:46.79	-SARAH BOWMAN, Fauquier, Warrenton, VA	NIN(1)	3.13
4:49.94	*NICOLE BLOOD, Saratoga, NY	NIN(2)	3.13
4:50.39	***CAITLIN LANE, Saratoga, NY	NIN(3)	3.13
4:50.88	*KELLY PARRISH, Vanguard, Ocala, FL	NIN(4)	3.13
4:52.84+	-BOWMAN	Reg(1)	2.21
----- 5 performances -----			

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4:56.71	*LINDSAY FERGUSON, Saratoga, NY	Brown(1)	12.28
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**Mile (5:00.0) - Oversized**

4:51.47	-ANNALIESE CHAPA, Central Catholic, Portland, OR	UW(5)	3.5
4:54.58	-CHAPA	UW(12)	2.12

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

4:48.93	-CHANTELLE DRON, home-schooled, Manchester, NH	Inv(1)	2.19
4:49.92	*AISLINN RYAN, Warwick, Valley, NY	BIG Inv(1)	1.29
4:50.87	*NICOLE BLOOD, Saratoga, NY	BIG Inv(2)	1.29
4:52.29	*RYAN	Millrose(1)	2.4v
4:52.88	-MARY LIZ MC CURDY, Bay Shore, NY	New Bal(1)	1.22
----- 5 performances -----			

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4:54.00	***DANIELLE TAURO, Southern Regional, NJ	New Bal(2)	1.22
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**3000m (10:12.0) - flat track (' = en-route)**

9:35.40	*NICOLE BLOOD, Saratoga, NY	NY(1)	3.6
9:36.26	*AISLINN RYAN, Warwick, Valley, NY	NY(2)	3.6
9:36.6	*RYAN	NY S9(1)	2.25
9:39.0	*RYAN	Sec 9-A(1)	2.18
9:43.73	*BLOOD	NY S1(1)	2.27
----- 5 performances -----			

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9:49.76'	-KRISTA ANDERSON, Leeds, ND	NIN(1)	3.13
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9:50.31'	*KATE NIEHAUS, Spring Valley, Columbia, SC	NIN(2)	3.13
9:53.94'	*LINDSEY FERGUSON, Saratoga, NY	NIN(3)	3.13

**3000m (10:12.0) - banked track (' en-route)**

9:53.31	*LINDSEY FERGUSON, Saratoga, NY	Yale(1)	1.22
9:57.54	*AISLINN RYAN, Warwick, Valley, NY	Hispanic(1)	1.8
10:03.21	-KATIE DI CAMILLO, Holy Trinity, Hicksville, NY	CHSAA(1)	2.12
10:04.41	-LYNN MORELLI, St. Basil Academy, Jenkintown, PA	PA(1)	2.26
10:14.78	*KELSEY MALMQUIST, Kellenberg, Uniondale, NY	CHSAA(2)	2.12
----- 5 performances -----			

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

10:31.87	*KATE NIEHAUS, Spring Valley, Columbia, SC	NIN(1)	3.13
10:32.14	-KRISTA ANDERSON, Leeds, ND	NIN(2)	3.13
10:35.23	*LINDSEY FERGUSON, Saratoga, NY	NIN(3)	3.13
10:38.62+	-MELISSA DEWEY, Hayfield, Alexandria, VA	VA N Reg(1)	2.26
10:40.36+	-DEWEY	VA AAA(1)	3.5
----- 5 performances -----			

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10:40.84	*BRITTANY SEDBERRY, Ocean City, NJ	NIN(4)	3.13
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**Two Miles (11:00.0) - banked track (+ = 3200m + 4.0)**

10:26.64	*AISLINN RYAN, Warwick, Valley, NY	NSI(1)	3.13
10:37.02	*BRITTANY SEDBERRY, Ocean City, NJ	Coca Cola(1)	2.19
10:37.18	*CASSIE HINTZ, Old Town, ME	New Eng(1)	3.4
10:38.96	-KATIE DI CAMILLO, Holy Trinity, Hicksville, NY	NSI(3)	3.13
10:49.18	-DI CAMILLO	Coca Cola(2)	2.19
----- 5 performances -----			

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10:51.08	**ASHLEY HIGGINSON, Colts Neck, NJ	NSI(4)	3.13
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**55m HH (7.9/8.16) ' = en route time**

7.79'	-KIRA ROBINSON, Mullen, Denver, CO	NIN(1)	3.13
7.95	*THERESA LEWIS, Western, Baltimore, MD	Va Tech(1)	1.29
7.95	*LEWIS	MD 4A(1)	2.22
7.97	*LEWIS	MD 4A(1h2)	2.22
7.98'	-ROBINSON	NIN(2)	3.13
----- 5 performances -----			

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8.01A	-KIRA ROBINSON, Mullen, Denver, CO	CO Open(1)	1.29
8.04	-TRIER YOUNG, Neptune, NJ	NJ(1)	2.27
8.11	?NIA ALI, West Catholic, Philadelphia, PA	Colg(1)	2.5
8.11'	-TIFFANY OFILI, Ypsilanti, MI	NIN(3)	3.13

**60mHH (8.5/8.74) [conversion 60 to 55: .925 X 60m time]**

8.34A	-KIRA ROBINSON, Mullen, Denver, CO	Simplot(1)	2.19
8.37	-ROBINSON	NIN(1)	3.13
8.46A	-ROBINSON	AC(1)	2.12

8.51A	-ROBINSON	AC(1h3)	2.12
8.58A	-ROBINSON	CO Open(1)	2.5
8.59A	*SHANA WOODS, Poly, Long Beach, CA	Simplot(2)	2.19
8.59	-ROBINSON	NIN(1s3)	3.13

----- 7 performances -----

8.61	-TIFFANY OFILI, Ypsilanti, MI	MI(1)	3.5
8.65 = 8.01	-MYCAIAH CLEMONS, Valley, New Kensington, PA	PA(1)	2.26
8.65	*THERESA LEWIS, Western, Baltimore, MD	NIN(2)	3.13

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

1:40.59	BETHEL, Hampton, VA	NIN(1)	3.13
1:41.04	HERMITAGE, Richmond, VA	NIN(2)	3.13
1:41.58	BETHEL	Mont Inv(1)	1.8
1:42.22	BETHEL	VA AAA(1)	3.5
1:42.54	ELEANOR ROOSEVELT, Greenbelt, MD	MD 4A(1)	2.22

----- 5 performances -----

1:42.60	MIDDLE COLLEGE, Queens, NY	NY(1)	3.5
1:42.72	WEST CATHOLIC, Philadelphia, PA	Mont Inv(2)	1.8

**4 X 200m (1:43.0) - banked track**

1:36.83	WILSON, Long Beach, CA	NSI(1)	3.13
1:37.20	WILSON	NSI(1h1)	3.12
1:38.76	MIDDLE COLLEGE, Queens, NY	NSI(2)	3.13
1:38.97A	WILSON	Simplot(1)	2.19
1:39.64	POLY, Long Beach, CA	NSI(3)	3.13

----- 5 performances -----

1:39.85	BETHEL, Hampton, VA	Va Tech(1)	1.29
1:40.00	MARSHALL, Sugar Land, TX	NSI(2h2)	3.12

**4 X 400m (3:53.0) - flat track**

3:53.78	RANCHO CUCAMONGA, CA	NIN(1)	3.13
3:55.68	THURGOOD MARSHALL, Fort Bend, TX	LSU(1)	1.8
3:57.06	HOPEWELL VALLEY, Pennington, NJ	NIN(2)	3.13
3:57.26	PIONEER, Ann Arbor, MI	MI(2)	3.5
3:57.63	MAGNET, Baton Rouge, LA	Lewis(2)	1.22

----- 5 performances -----

**4 X 400m (3:53.0) - banked track**

3:41.96	WEST CATHOLIC, Philadelphia, PA	NSI(1)	3.13
3:43.24	WILSON, Long Beach, CA	NSI(2)	3.13
3:43.82	MARSHALL, Sugar Land, TX	NSI(3)	3.13

3:47.72	MARSHALL	NSI(1h2)	3.12
3:48.57	WEST CATHOLIC	MAC #1(1)	12.12
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	5 performances		

3:49.45A	RANCO CUCAMONGA, CA	Simplot(2)	2.19
3:50.74	HARRY S. TRUMAN, Bronx, NY	NSI(2h2)	3.12

**4 X 800m (9:27.0) - flat track**

9:12.37	SARATOGA, NY	NY(1)	3.5
9:17.85	SUFFERN, NY	NY(2)	3.5
9:20.34	SARATOGA	NIN(1)	3.13
9:20.69	SARATOGA	Brown(1)	12.28
9:23.79	ELEANOR ROOSEVELT, Greenbelt, MD	NIN(2)	3.13
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	5 performances		

9:24.33	MIDLOTHIAN, VA	VA AAA(1)	3.4
9:25.50	BAY SHORE, NY	NY(3)	3.5

**4 X 800m (9:27.0) - banked track**

9:04.29	BOYS and GIRLS, Brooklyn, NY	Coll Inv(1)	2.5
9:04.51	BAY SHORE, NY	Coll Inv(2)	2.5
9:06.14	SUFFERN, NY	Coll Inv(3)	2.5
9:06.75	ELEANOR ROOSEVELT, Greenbelt, MD	Coll Inv(4)	2.5
9:11.07	SUFFERN	NSI(1)	3.13
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	5 performances		

9:17.83	LAKE BRADDOCK, Burke, VA	NSI(2)	3.13
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**4 X Mile += 4x1600m + 6.0 secs - flat track**

19:59.24	SARATOGA, NY	NIN(1)	3.12
21:31.48	ELEANOR ROOSEVELT, Greenbelt, MD	NIN(2)	3.12
21:33.59	SARATOGA "B", NY	NIN(3)	3.12
21:39.26	ST. BASIL ACADEMY, Philadelphia, PA	NIN(4)	3.12
22:06.57	CM WRIGHT, Bel Air, MD	NIN(5)	3.12
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	5 performances		

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

20:25.81	CLARKSTON, MI	NSI(1)	3.12
20:35.65	BAY SHORE, NY	NSI(2)	3.12
20:53.48	SCOTIA-GLENVILLE, Scotia, NY	NSI(3)	3.12
21:03.82	SUFFERN, NY	NSI(4)	3.12
21:15.58	SHENENDEHOWA, Clifton Park, NY	NSI(5)	3.12
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	5 performances		



**Sprint Medley Relay (4:10.0) - flat track**

4:03.85	HOPEWELL VALLEY, Pennington, NJ	NIN(1)	3.12
4:05.84	ELEANOR ROOSEVELT, Greenbelt, MD	NIN(2)	3.12
4:06.82	JAMES LOGAN, Union City, CA	NIN(3)	3.12
4:16.95	BALLOU, Washington, DC	NIN(4)	3.12
4:17.01	WASHINGTON TOWNSHIP, Sewell, NJ	NIN(5)	3.12

----- 5 performances -----  
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**Sprint Medley Relay (4:10.0) - banked track**

3:56.47	WEST CATHOLIC, Philadelphia, PA	NSI(1)	3.11
4:00.43	BATON ROUGE, LA	NSI(2)	3.11
4:00.54	CARDOZO, Queens, NY	NSI(3)	3.11
4:00.84	WESTERLY, RI	NSI(4)	3.11
4:01.24	WEST CATHOLIC	MAC #1(1)	12.12

----- 5 performances -----  
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4:02.19	SUFFERN, NY	NSI(5)	3.11
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**Distance Medley Relay (12:30) - flat track**

12:03.03	SARATOGA, NY	Brown(1)	12.27
12:12.22	OCEAN CITY, NJ	NIN(1)	3.12
12:13.76	RENAISSANCE, Detroit, MI	NIN(2)	3.12
12:16.91	MIDLOTHIAN, VA	NIN(3)	3.12
12:17.78	ST. BASIL ACADEMY, Philadelphia, PA	NIN(4)	3.12

----- 5 performances -----  
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**Distance Medley Relay (12:30) - banked track + = y - 4.0 secs**

11:47.29	SARATOGA, NY	Yale(1)	1.21
11:52.53	WARWICK VALLEY, NY	NSI(1)	3.11
11:57.92	SUFFERN, NY	Easterns(1)	3.2
11:59.59	BAY SHORE, NY	NSI(2)	3.11
12:01.63	WARWICK VALLEY	Easterns(2)	3.2

----- 5 performances -----  
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12:04.64	SCOTIA-GLENVILLE, Scotia, NY	Yale(2)	1.21
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**4 x 55m Hurdles (37.00)**

32.63	JACKSON, NJ	NJ IV R(1)	1.15
33.07	WILSON, Camden, NJ	NJ II R(1)	1.9
33.51	WESTSIDE, Anderson, SC	NIN(1)	3.13
33.69	WILLINGBORO, NJ	NJ III R(1)	1.9
33.87	JACKSON	NIN(2)	3.13

----- 5 performances -----  
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33.84	KINGSWAY, NJ	NJ III R(2)	1.9
33.84	SOUTHERN REGIONAL, NJ	NJ IV R(2)	1.15

### High Jump (5-8)

5-11.25	-INIKA MC PHERSON, Memorial, Port Arthur, TX	NSI(1)	3.13
5-10.5	-NICOLE SMITH, Mc Dowell, Erie, PA	Inv(1)	2.19
5-10.25	-LAUREN BISCARDI, Shoreham-Wading River, Shoreham, NY	Stanner(1)	1.15
5-10A	-CHELSEA TAYLOR, Montbello, Denver, CO	CO Open(1)	2.5
5-10	-RAEVEN HARRIS, Northridge, Tuscaloosa, AL	AL(1)	2.5
5-10	-PAIGE MC CONNEY, Bishop Guertin, Nashua, NH	NH(1)	2.5
5-10	-SMITH	PA(1)	2.26
5-10	*ERIN HANNON, Bradford, PA	PA(2)	2.26
----- 8 performances -----			

### Pole Vault (12-3)

14-2	-MARY SAXER, Lancaster, NY	NIN(1)	3.13
14-0.5!	-SAXER	NIN	3.13
14-0	-SAXER	Dartmouth(1)	1.8
13-7.25!	-SAXER	Dartmouth	1.8
13-7	-SAXER	Hol(1)	12.26
----- 5 performances -----			

13-5.25	-TIFFANY MASKULINSKI, Iroquois, Elma, NY	Dartmouth(2)	1.8
13-0	*LINDSAY REGAN, Easton, PA	PA(1)	2.26
13-0	-JENNY SOCEKA, Memorial, Madison, WI	WI(1)	4.9
12-9.5A	-JACI PERRYMAN, Desert Vista, Phoenix, AZ	N AZ(1)	2.
12-9.5	**ALLISON STOKKE, Newport Harbor, Newport Beach, CA	NIN(3)	3.13

### Long Jump

20-10	*SHANA WOODS, Poly, Long Beach, CA	NSI Pent	3.12
20-8.5A	*SARAH MATTHEWS, Niwot, Longwood, CO	AC(1)	2.12
20-5A	-BRITTANY DANIELS, Merrill West, Tracy, CA	Simplot(1)	2.19
20-3.5A	*MATTHEWS	CO Open(1)	1.14
20-3.5A	-DANIELS	Simplot	2.19
----- 5 performances -----			
20-1	-KENYATTA BROOKS, Jackson, LA	NSI(1)	3.13
19-8.25	-NATASHA HARVEY, Career, New Haven, CT	Yale(1)	1.22

### Triple Jump

43-5A	-BRITTANY DANIELS, Merrill West, Tracy, CA	Simplot(1)	2.19
43-4.25	-DANIELS	NSI(1)	3.13
42-11.75	-DANIELS	USATF(5)	2.27
42-10.75	-DANIELS	UW(1)	1.15
42-10.75!	-DANIELS	USATF	2.27
----- 5 performances -----			
41-1.5A	**KE'NIYA RICHARDSON, Holy Names, Oakland, CA	Simplot(2)	2.19
40-8.75	-LAUREN STEWART, Brentwood, TN	Vol(1)	2.12

39-11.75	*QUEEN HARRISON, Hermitage, Richmond, VA	Va Tech(1)	1.28
39-9.75	-KIRSTEN FIELDS, Mt. Vernon, NY	Easterns(1)	3.2

### Shot Put (44-0)

48-11	**KAMOREAN HAYES, Harding, Charlotte, NC	NIN(1)	3.13
48-0.5!	**HAYES	NIN	3.13
47-9 !	**HAYES	NIN	3.13
47-6.25	-ASHLEY MUFFET, Hoover, North Canton, OH	NIN(2)	3.13
47-4.5A	-MICHAELA WALLERSTEDT, Burke, Omaha, NE	Simplot(1)	2.19
----- 5 performances -----			

45-4.75	***KAREN SHUMP, Penncrest, Media, PA	PA(1)	2.26
45-2.5	-CANDIS KELLEY, A+M Consolidated, College Station, TX	Lewis(1)	1.22

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

56-2	-TARA COOPER, Circleville, OH	NIN(1)	3.12
53-5.75	-COOPER	NIN	3.12
53-5	-COOPER	U Akron(1)	3.6
53-3.5	-COOPER	U Akron(1)	1.29
53-3	-COOPER	Findlay(1)	2.20
----- 5 performances -----			

52-6	-MEGAN MALONEY, La Salle, Providence, RI	NIN(2)	3.12
52-1.75	-EMILY SANDERS, Sequoyoh, Canton, GA	NIN(3)	3.12
51-11.25	*KIM WILLIAMS, Alexander, Douglasville, GA	NIN(4)	3.12
51-4	-ASHLEY MUFFET, Hoover, North Canton, OH	U Akron(2)	1.29

### Pentathlon (3300) - flat track

3650	-LAUREN STEWART, Brentwood, TN	NIN(1)	3.12
3507	-PHILIPA DAVIES, Brentwood Academy, Brentwood, TN	NIN(2)	3.12
3428	*ASHIKA CHARAN, Claremont, CA	NIN(3)	3.12
3378	*ALEXANDRA COPPADGE, Friends, Wilmington, DE	NIN(4)	3.12
3249	**LAUREN LINDAMAN, Valley, West Des Moines, IA	NIN(5)	3.12
----- 5 performances -----			

### Pentathlon (3300) - banked track

3827	*SHANA WOODS, Poly, Long Beach, CA	NSI(1)	3.12
3471	-JAYNIE GOODBODY, Wendell, ID	NSI(2)	3.12
3093	-MEGAN PERNER, Centennial, Boise, ID	NSI(4)	3.12
3092	-LINDSAY MILLER, Princeton, NJ	NSI(5)	3.12
2990	-DEANNA MORELLI, Mc Kee, Staten Island, NY	NSI(6)	3.12
----- 5 performances -----			

### Mile Walk

7:12.1	-KATY HAYES, Oconomowoc, WI	Roth	2.4
7:28.84	-HAYES	NIN(1)	3.12
7:30.11	*KATE CANNON, Somers, Lincolndale, NY	MAC(1)	1.28

7:33.67	*TINA PETERS, Yellow Springs, OH	NSI(1)	3.13
7:38.52	**BRITTANY O'BRIEN, Bay Shore, NY	NSI(2)	3.13
-----	5 performances	-----	-----
7:42.91	*LAUREN FORGUES, Boothbay, ME	NSI(3)	3.13