

**U.S. HIGH SCHOOL WOMEN - 2006, INDOOR****2April2006****Jim Spier e-mail: [jispier@aol.com](mailto:jispier@aol.com)****- Senior; \* Junior; \*\* Sophomore; \*\*\* Freshman****55m/60y (+ = 60 yards + .02) (' = en route)**

6.79	*BIANCA KNIGHT, Ridgeland, MS	LSU(1)	1.7
6.82	*KNIGHT	LSU(1h2)	1.6
6.86	-FRANCENA MC CORORY, Bethel, Hampton, VA	E Reg(1)	2.18
6.86A	*JENEBA TARMOH, Mt. Pleasant, San Jose, CA	Silv State(2)	1.28
6.87	*GABY MAYO, Southeast, Raleigh, NC	NC(1)	2.11
6.87!	*ASHLEY CRUDER, Eaglecrest, Aurora, CO	NIN(1s1)	2.12
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6 performances			
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**60m (7.3/7.54) [conversion 60 to 55: .925 X 60m time]**

7.25A	*BIANCA KNIGHT, Ridgeland, MS	Simplot(1)	2.18
7.26	*KNIGHT	Houston(1)	1.21
7.26	*KNIGHT	NSIC(1)	3.12
7.29	*KNIGHT	Ark Inv(1)	1.14
7.30	*KNIGHT	Ark Inv(1h11)	1.14
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5 performances			
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7.30A	*ASHLEY CRUDER, Eaglecrest, Aurora, CO	Inv(1)Co Mns	2.11
7.35	*SHAYLA MAHAN, Mumford, Detroit, MI	MI(1)	3.18
7.36	*GABY MAYO, Southeast, Raleigh, NC	NSIC(2)	3.12
7.39A	-SARAH GRIFFEN MATTHEWS, Niwot, Longmont, CO	USAFA(2)	3.4
7.39	*JENEBA TARMOH, Mt. Pleasant, San Jose, CA	NSIC(3)	3.12

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

23.90	*BIANCA KNIGHT, Ridgeland, MS	Houston(1)	1.21
24.07	-LYNNE LAYNE, New Rochelle, NY	NIN(1)	3.12
24.42	*SADE WILLIAMS, Rancho Cucamonga, CA	NIN(2)	3.12
24.44	*GABBY MAYO, Southeast, Raleigh, NC	Clemson(1)	1.28
24.47	*BREEHANA JACOBS, Lake Highlands, Uniontown, PA	NIN(1h6)	3.11
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5 performances			
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**200m (24.5/24.64) - flat track - OVERSIZED**

23.96	*SHAYLA MAHAN, Mumford, Detroit, MI	Ky Inv(1)	2.18
24.38	**AAREON BROWN, Ellet, Akron, OH	OH(1)	3.18
24.43	**JACKIE COWARD, West, Knoxville, TN	Ky Inv(2)	2.18
24.46	*JOANNA ATKINS, Stephenson, Stone Mountain, GA	Ky Inv(3)	2.18

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

23.26A	*BIANCA KNIGHT, Ridgeland, MS	Simplot(1)	2.18
23.31	*KNIGHT	NSIC(1)	3.12
23.44	*KNIGHT	Ark Inv(1)	1.14
23.47	*KNIGHT	NSIC(1s1)	3.11
23.62	*KNIGHT	Ark Inv(1h)	1.14
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5 performances			
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23.66	*JENEBA TARMOH, Mt. Pleasant, San Jose, CA	NSIC(2)	3.11
23.90A	*EBONY COLLINS, Wilson, Long Beach, CA	Simplot(2)	2.18
23.93	-SANTANA LOWERY, Starkville, MS	NSIC(3)	3.11
23.97	*SHAYLA MAHAN, Mumford, Detroit, MI	NSIC(4)	3.11

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

37.67	-FRANCENA MC CORORY, Bethel, Hampton, VA	VA AAA(1)	3.4
38.06	-MC CORORY	E Reg(1)	2.18
38.79	-MC CORORY	GMU HS(1)	12.10
38.94	*GABBY MAYO, Southeast, Raleigh, NC	NC(1)	2.11
39.19	*NICOLE SAUNDERS, Menchville, Newport News, VA	VA AAA(2)	3.4

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

39.24	*LAREEA CHISHOLM, Baldwinsville, NY	NY S3(1)	2.16
39.52	*ASHLEY MC LAUGHLIN, Uniondale, NY	NY(1)	3.4

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

36.96	-FRANCENA MC CORORY, Bethel, Hampton, VA	Va Tech(1)	1.28
39.16	-KRYSTAL CANTEY, Winslow Township, Atco, NJ	Stanner(1)	1.14
39.17	**STACY ANN SMITH, Bloomfield, CT	Yale(1)	1.20
39.22	-MICHAYLIN GOLLIDAY, Largo, Upper Marlboro, MD	Va Tech(2)	1.28
39.30	*NICOLE SAUNDERS, Menchville, Newport News, VA	Va Tech(3)	1.28
39.30	-SARAH WERNIK, Northampton, MA	MA(1)	2.24

----- 6 performances -----

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

51.93	-FRANCENA MC CORORY, Bethel, Hampton, VA	NIN(1)	3.12
54.89	-BRANDI CROSS, Marshall, Sugar Land, TX	LSU(1)	1.7
54.89	-MC CORORY	NIN(1h4)	3.11
55.23	*SADE WILLIAMS, Rancho Cucamonga, CA	NIN(1h5)	3.11
55.43	*WILLIAMS	NIN(2)	3.12

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

55.96	**DOMINIQUE JORDAN, Woodside, Newport News, VA	NIN(3)	3.12
56.08	*KRISTEN MAHON, Notre Dame, Lawrenceville, NJ	NJ(1)	2.19

**400m (55.5/55.64) - flat track (\* = en route) - OVERSIZED**

54.41	*JOANNA ATKINS, Stephenson, Stone Mountain, GA	Ky Inv(1)	2.18
55.01	*JESSICA BEARD, Euclid, OH	OH(1)	3.18
55.07	**SHANIQUA MC GUINNESS, Shaker Heights, OH	OH(2)	3.18
55.25	*LA JADA BALDWIN, Central Visual and Performing Arts, St. Louis, MO	U Ks(1)	1.29
55.26	*DE ANGELA MC DOUGALD, Junction City, KS	Ky Inv(2)	2.18
55.70	**JACKIE COWARD, West, Knoxville, TN	Ky Inv(3)	2.18

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

54.06	-BRANDY CROSS, Fort Bend-Marshall, Sugar Land, TX	NSIC(1)	3.12
54.36A	*SADE WILLIAMS, Rancho Cucamonga, CA	Simplot(1)	2.18
54.67	***TURQUOISE THOMPSON, Poly, Long Beach, CA	NSIC(2)	3.12
54.69	***JASMINE JOSEPH, Poly, Long Beach, CA	NSIC(3)	3.12
54.73A	**NACHELLE STEWART, Spanish Fork, UT	Simplot(2)	2.18

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

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

1:11.97	-FRANCENA MC CORORY, Bethel, Hampton, VA	E Reg(1)	2.18
1:13.33	-MC CORORY	VA AAA(1)	3.4
1:13.5	*TAMEKA JAMESON, Eleanor Roosevelt, Greenbelt, MD	PG(1)	1.19
1:13.8	**TASHA STANLEY, Eleanor Roosevelt, Greenbelt, MD	PG(2)	1.19
1:14.53	*JAMESON	MD 4A(1)	2.21

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5 performances  
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1:16.30	*CATE TISINGER, Centreville, Clifton, VA	VA AAA(2)	3.4
1:16.42	-LANA MC GOWAN, Kecoughtan, Newport News, VA	VA AAA(3)	3.4

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

1:12.40	*TAMEKA JAMESON, Eleanor Roosevelt, Greenbelt, MD	Va Tech(1)	1.28
1:13.73	*DEVON WILLIAMS, Churchill, Eugene, OR	MAC AC(1)	12.11

**600y - flat track - OVERSIZED**

1:26.51	*LAYNE MOORE, Emporia, KS	U Ks(1)	1.29
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**600m (1:34.8) - flat track**

1:34.18	-MAKALIA GRIFFITH, Hillcrest, Queens, NY	NY(1)	3.4
1:34.28	**SARAH MC CURDY, Bay Shore, NY	NY(2)	3.4
1:34.7'	-SAMANTHA GAWRYCH, Westerly, RI	RI(1)	2.19
1:35.12	-GAWRYCH	Rhody(1)	1.14
1:35.39	**MC CURDY	NY S11(1)	2.15

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5 performances  
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1:35.50	***BRENDA CRUMP, Mount Vernon, NY	NY(3)	3.4
1:35.55	**DALILAH MUHAMMAD, Cardozo, Queens, NY	NY(4)	3.4

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

1:33.93	*DEVON WILLIAMS, Churchill, Eugene, OR	MAC AC(1)	12.11
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**600m (1:34.8) - banked track**

1:30.81	-MAKALIA GRIFFITH, Hillcrest, Queens, NY	PSAL(1)	2.25
1:30.87	-SAMANTHA GAWRYCH, Westerly, RI	New Eng(1)	3.3
1:31.29	**DALILAH MUHAMMAD, Cardozo, Queens, NY	PSAL(2)	2.25
1:33.30	-HALEY CATARIUS, Marshfield, MA	MA(1)	2.24
1:34.15	**SARAH MC CURDY, Bay Shore, NY	Stanner(1)	1.14

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

2:09.8'	-SAMANTHA GAWRYCH, Westerly, RI	RI(1)	2.19
2:10.25	*BRITTANY HALL, Meadowcreek, Norcross, GA	Tn St(1)	1.29
2:10.55	-KATIE DOSWELL, St. Catherine's, Richmond, VA	NIN(1)	3.12
2:11.48	**EMILY INFELD, Beaumont, Cleveland Heights, OH	NIN(2)	3.12
2:11.48	-STACY SLIGHT, Cody, WY	NIN(3)	3.12

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5 performances  
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**800m (2:15.5) - flat track OVERSIZED**

2:10.18	***AMELIA BANNISTER, Albion, MI	Ky Inv(1)	2.18
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**800m (2:15.5) - banked track + = 880y - .8**

2:07.92	-LATAVIA THOMAS, West Catholic, Philadelphia, PA	NSIC(1)	3.12
2:08.46	-SAMANTHA GAWRYCH, Westerly, RI	NSIC(2)	3.12
2:08.47	**CHANELLE PRICE, Easton, PA	NSIC(3)	3.12
2:09.20	*BRITTANY HALL, Meadowcreek, Norcross, GA	NSIC(4)	3.12
2:09.70	-THOMAS	PA(1)	2.25

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

2:10.10	-MEAGAN KRIFCHIN, John F. Kennedy, Bellmore, NY	NSIC(5)	3.12
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**1000y (2:48.0) - flat track - OVERSIZED**

2:37.5	-KARA MC KENNA, Suffern, NY	Suffern(1)	1.16
2:38.4	**KRISTIN REESE, Carmel, NY	P Riv(1)	12.27
2:38.9	-MC KENNA	P Riv(2)	12.27
2:42.1	-MARY CONSIGLIO, Suffern, NY	P Riv(3)	12.27

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

2:47.66	-SAMANTHA GAWRYCH, Westerly, RI	RI(1)	2.19
2:50.2	*BRITTANY SHEFFEY, Bellport, Brookhaven, NY	NY S11(1)	2.15
2:51.39	*SHEFFEY	NY(1)	3.4
2:51.44	*KRISTY LONGMAN, Sayville, NY	NY(2)	3.4
2:52.5	-KARA MC KENNA, Suffern, NY	NY S1A(1)	2.20

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

2:55.18	*CAROLINE KING, Scotia, NY	NY(3)	3.4
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**1000m (2:56.0) - banked track**

2:51.48	-LATAVIA THOMAS, West Catholic, Philadelphia, PA	Arm Inv(1)	2.4
2:53.38	-KERRI LYONS, Wilton, CT	New Eng(1)	3.3
2:54.19	*BRITTANY SHEFFEY, Bellport, Brookhaven, NY	Arm Inv(2)	2.4
2:54.35	-LAUREN GREGORY, Morris Knolls, Rockaway, NJ	Arm Inv(3)	2.4
2:54.39	*SHEFFEY	Loughlin(1)	12.17

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

2:54.42	-KATIE DOSWELL, St. Catherine's, Richmond, VA	Arm Inv(4)	2.4
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**1500m (4:45.0) ' = en-route - flat track**

4:31.81!	-JACKIE ARESO, Atlantic, Delray Beach, FL	NIN(1)	3.12
4:32.38!	-BRIA WETSCH, Holy Family, Victoria, MN	NIN(2)	3.12
4:32.64!	*COLLEEN WETHERBEE, Dennis-Yarmouth, South Yarmouth, MA	NIN(3)	3.12
4:35.22	-KARA MC KENNA, Suffern, NY	NY(1)	3.4
4:37.3	-SAMANTHA GAWRYCH, Westerly, RI	Lg(1)	2.9

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

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

4:50.13	-JACKIE ARESO, Atlantic, Delray Beach, FL	NIN(1)	3.12
4:51.22	*COLLEEN WETHERBEE, Dennis-Yarmouth, South Yarmouth, MA	NIN(2)	3.12
4:52.27	-ARESON	Fl Inv(2)	1.15
4:52.77	-BRIA WETSCH, Holy Family, Victoria, MN	NIN(3)	3.12
4:53.80	-LINDSAY FERGUSON, Saratoga, NY	Brown(1)	12.30

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

4:54.74+ \*CATHERINE WHITE, Northside, Roanoke, VA VA AA(1) 3.4

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

4:49.9 -BRIA WETSCH, Holy Family, Victoria, MN Nt of Mi(5) 1.15

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

4:46.82 -NICOLE BLOOD, Saratoga, NY Arm Inv(6) 2.4

4:49.05 -BLOOD GBTC(2) 1.22

4:49.32 \*\*\*CORY MC GEE, Pass Christian, MS NSIC(1) 3.12

4:50.10 \*BRITTANY SHEFFEY, Bellport, Brookhaven, NY NSIC(2) 3.12

4:50.11 \*KRISTY LONGMAN, Sayville, NY NSIC(3) 3.12

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

4:51.89 \*DANIELLE TAURO, South Ocean, Manahawkin, NJ Millrose(1) 2.3

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

9:36.67 -NICOLE BLOOD, Saratoga, NY Dartm-O(1) 1.7

9:44.53 -AISLINN RYAN, Warwick Valley, NY NY(1) 3.4

9:49.30! \*NICHOLE JONES, Westfield, Houston, TX NIN(1) 3.11

9:51.29! \*CATHERINE WHITE, Northside, Roanoke, VA NIN(2) 3.11

9:51.59! -KATE NIEHAUS, Spring Valley, Columbia, SC NIN(3) 3.12

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

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

9:42.55 -LINDSEY FERGUSON, Saratoga, NY Hispanic(1) 1.7

9:45.26 -FERGUSON Yale(1) 1.21

9:53.39 -AISLINN RYAN, Warwick Valley, NY Stanner(1) 1.14

9:55.62 -RYAN Hispanic(2) 1.7

10:01.01 -KARA MC KENNA, Suffern, NY Stanner(2) 1.14

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

10:05.01 -JENN ENNIS, Roxbury, Succasunna, NJ Stanner(3) 1.14

10:05.15 \*BRITTANY SHEFFEY, Bellport, Brookhaven, NY Stanner(4) 1.15

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

10:29.09 \*NICHOLE JONES, Westfield, Houston, TX NIN(1) 3.12

10:32.07 \*CATHERINE WHITE, Northside, Roanoke, VA NIN(2) 3.12

10:34.25+ -BRITTANY SEDBERRY, Ocean City, NJ NJ III(1) 1.29

10:35.32+ \*\*\*BRIANA JACKUCEWICZ, Colts Neck, NJ NJ III(2) 1.29

10:37.05 -KATE NIEHAUS, Spring Valley, Columbia, SC NIN(3) 3.12

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

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

10:19.30 -BRITTANY SEDBERRY, Ocean City, NJ Coca(1) 2.18

10:25.63 -AISLINN RYAN, Warwick Valley, NY NSIC(1) 3.12

10:43.66+ \*CATHERINE WHITE, Northside, Roanoke, VA Va Tech(1) 1.27

10:44.42 \*ASHLEY HIGGINSON, Colts Neck, NJ NSIC(2) 3.12

10:47.38 -LAUREN SCHMIDT, Bay Shore, NY Loughlin(1) 12.17

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

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

7.75!	-NIA ALI, Pleasantville, NJ	NIN(1)	3.12
7.79!	*APRIL WILLIAMS, Skyline, Dallas, TX	NIN(2)	3.12
7.81!	-THERESA LEWIS, Western, Baltimore, MD	NIN(3)	3.12
7.88	*GABBY MAYO, Southeast, Raleigh, NC	Clemson(1)	1.28
7.91	-ALI	East(1)	2.28
----- 5 performances -----			
7.92	**JACKIE COWARD, West, Knoxville, TN	Vol(1)	2.11

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

8.36	-NIA ALI, Pleasantville, NJ	NIN(1)	3.12
8.39	*APRIL WILLIAMS, Skyline, Dallas, TX	NIN(2)	3.12
8.39	**JACKIE COWARD, West, Knoxville, TN	NSIC(1)	3.12
8.41	**COWARD	Ky Inv(1)	2.18
8.42	-THERESA LEWIS, Western, Baltimore, MD	NIN(3)	3.12
----- 5 performances -----			
8.48	*GABBY MAYO, Southeast, Raleigh, NC	NSIC(1s2)	3.11

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

1:39.52	BETHEL, Hampton, VA	NIN(1)	3.12
1:40.83	EVANSTON, IL	IL(1)	4.1
1:41.80	UNIONDALE, NY	NY(1)	3.4
1:41.8	ELEANOR ROOSEVELT, Greenbelt, MD	PG(1)	1.19
1:42.13	SALEM, Virginia Beach, VA	VA AAA(1)	3.4
----- 5 performances -----			

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

1:41.92	COLLINWOOD, Cleveland, OH	OH(1)	3.18
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**4 X 200m (1:43.0) - banked track**

1:36.41	JAMES LOGAN, Union City, CA	NSIC(1)	3.12
1:37.72	POLY, Long Beach, CA	NSIC(2)	3.12
1:37.87A	WILSON, Long Beach, CA	Simplot(1)	2.18
1:37.98A	JAMES LOGAN	Simplot(2)	2.18
1:38.39	FORT BEND-MARSHALL, Sugar Land, TX	NSIC(3)	3.12
----- 5 performances -----			
1:39.57	ELEANOR ROOSEVELT, Greenbelt, MD	Va Tech(1)	1.28

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

3:53.07	KECOUGHTAN, Newport News, VA	VA AAA(1)	3.4
3:53.75	MARSHALL, Sugar Land, TX	Houston(1)	1.21
3:54.12	EVANSTON, IL	IL(1)	4.1
3:54.31	ELEANOR ROOSEVELT, Greenbelt, MD	NIN(1)	3.12
3:55.34	MENCHVILLE, Newport News, VA	VA AAA(2)	3.4
----- 5 performances -----			

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

3:51.95 SHAKER HEIGHTS, OH OH(1) 3.18

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

3:42.91 POLY, Long Beach, CA NSIC(1) 3.12

3:43.20 MARSHALL, Sugar Land, TX NSIC(2) 3.12

3:47.91 WEST CATHOLIC, Philadelphia, PA NSIC(3) 3.12

3:48.04 ELEANOR ROOSEVELT, Greenbelt, MD Va Tech(1) 1.28

3:48.17A WILSON, Long Beach, CA Simplot(1) 2.18

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

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

9:13.49 ELEANOR ROOSEVELT, Greenbelt, MD MD 4A(1) 2.21

9:14.82 ELEANOR ROOSEVELT NIN(1) 3.12

9:17.19 SUFFERN, NY NY(1) 3.4

9:20.86 MIDLOTHIAN, VA VA AAA(1) 3.3

9:22.16 ROOSEVELT, Sioux Falls, SD NIN(2) 3.12

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

9:22.28 GLASTONBURY, CT CT(1) 2.18

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

8:59.37 SUFFERN, NY NSIC(1) 3.12

9:03.36 SUFFERN Arm Inv(1) 2.4

9:03.65 SUFFERN Penn St(1) 2.18

9:11.53 ELEANOR ROOSEVELT, Greenbelt, MD Arm Inv(2) 2.4

9:11.74 SUFFERN New Bal(1) 1.21

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

9:12.14 BAY SHORE, NY Arm Inv(3) 2.4

9:12.82 ROXBURY, Succasunna, NJ NSIC(2) 3.12

9:13.31 WARD MELVILLE, Setauket, NY NSIC(3) 3.12

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

20:40.85 SARATOGA, NY NIN(1) 3.12

21:38.25 MIDLOTHIAN, VA NIN(2) 3.12

21:51.09 BLACKSBURG, VA NIN(3) 3.12

21:53.30 SARATOGA "B", NY NIN(4) 3.12

21:54.98 LENAPE, Medford, NJ NIN(5) 3.12

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

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

20:38.43 COLTS NECK, NJ NSIC(1) 3.11

20:46.82 CLARKSTON, MI NSIC(2) 3.11

20:48.35 WARWICK VALLEY, NY NSIC(3) 3.11

20:57.51 SUFFERN, NY NSIC(4) 3.11

21:07.59 BRONXVILLE, NY NSIC(5) 3.11

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

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

4:05.50	ELEANOR ROOSEVELT, Greenbelt, MD	NIN(1)	3.11
4:09.27	KECOUGHTAN, Hampton, VA	NIN(2)	3.11
4:09.30	POTOMAC, Mc Lean, VA	NIN(3)	3.11
4:10.80	PISCATAWAY, NJ	NJ IV R(1)	1.21
4:11.02	LENAPE, Medford, NJ	NIN(4)	3.11
----- 5 performances -----			

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

3:57.83	WEST CATHOLIC, Philadelphia, PA	NSIC(1)	3.10
4:00.82	JAMES LOGAN, Union City, CA	NSIC(2)	3.10
4:01.28	BOYS and GIRLS, Brooklyn, NY	NSIC(3)	3.10
4:01.42	WESTERLY, RI	NSIC(4)	3.10
4:02.02	BELLPORT, Brookhaven, NY	NSIC(5)	3.10
----- 5 performances -----			

**Distance Medley Relay (12:30) - flat track**

12:00.17	SARATOGA, NY	Brown(1)	12.29
12:05.15	SOUTHERN REGIONAL, Manahawkin, NJ	NIN(1)	3.11
12:07.34	ELEANOR ROOSEVELT, Greenbelt, MD	NIN(2)	3.11
12:07.85	ROOSEVELT, Sioux Falls, SD	NIN(3)	3.11
12:08.01	COLTS NECK, NJ	NJ II R(1)	1.22
----- 5 performances -----			

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

11:35.74	SUFFERN, NY	NSIC(1)	3.10
11:45.73	SUFFERN	Yale(1)	1.20
11:45.97	WARWICK VALLEY, NY	NSIC(2)	3.10
11:48.02	ROXBURY, Succasunna, NJ	NSIC(3)	3.10
11:55.90	BAY SHORE, NY	NSIC(4)	3.10
----- 5 performances -----			
11:59.99	SARATOGA, NY	Yale(2)	1.20

**4 x 55m Hurdles (37.00)**

33.08	WESTSIDE, Anderson, SC	NIN(1)	3.11
33.10	WILSON, Camden, NJ	NSIC(1)	3.10
33.41	NEW ROCHELLE, NY	NIN(2)	3.11
33.61	NEW ROCHELLE	NSIC(2)	3.10
33.80	WESTERN, Baltimore, MD	NIN(3)	3.11
----- 5 performances -----			
34.64	EAST ORANGE, NJ	NSIC(3)	3.10
34.99	WEAVER, Hartford, CT	NSIC(4)	3.10



### High Jump (5-8)

5-10.75	*PATIENCE COLEMAN, Southern, Durham, NC	NIN(1)	3.12
5-9	*ASHLEY GATLIN, Deep Creek, Chesapeake, VA	Va Tech(1)	1.28
5-9	*GATLIN	VA AAA(1)	3.3
5-8.75!	*COLEMAN	NIN	3.12
5-8.75	-ERIN HANNON, Bradford, PA	NIN(2)	3.12
5-8.75	*GATLIN	NIN(3)	3.12

----- 6 performances -----

5-8	-BRITTANY DEXTER, Burnt Hills, NY	Loughlin(1)	12.17
5-8	-CARIN KNIGHT, New Rochelle, NY	Holiday	12.27
5-8	*BRITTANY CARTER, Marshall, Sugar Land, TX	Houston(1)	1.21
5-8	*KATY THOMAS, Park Hill South, Riverside, MO	Faziolis(1)	2.5
5-8	-TEDI CURTIS, Marblehead, MA	MA(1)	2.24
5-8	*APRIL SINKLER, Brooke Point, VA	VA AAA(2)	3.3
5-8	-ANJA HERGRUETER, Newton South, Newton Centre, MA	NSIC(2t2)	3.10

### Pole Vault (11-9)

14-0	*KATIE VEITH, Homestead, Fort Wayne, IN	PV Summit(1)	1.28
13-9!	*VEITH	PV Summit	1.28
13-6	*VEITH	Inv(1)	12.10
13-6	*VEITH	IN(1)	3.18
13-5.75	*VEITH	NIN(1)	3.12

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

13-4	-BRITTANY PARKER, Mc Kinney, TX	Houston(1)	1.21
13-0	*MELISSA GERGEL, Marian Catholic, Chicago Heights, IL	WC PV Summ	3.11
12-10	-LINDSAY REGAN, Easton, PA	PV Summit(2)	1.28
12-7	-ASHLEY EARLY, Western Albemarle, Charlottesville, VA	Dist(1)	2.15

### Long Jump

20-2.75	*ARANXTA KING, Medford, MA	Elite(1)	2.5
20-1.75	-SHANA WOODS, Poly, Long Beach, CA	NSIC Pent	3.11
19-11A	-SARAH GRIFFEN MATTHEWS, Niwot, Longmont, CO	Inv(1)Co Mns	2.11
19-10	**BRITNI FINCH, Centreville, Clifton, VA	VA AAA(1)	3.3
19-10A	-GRIFFEN MATTHEWS	CO USATF(1)	2.4

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

19-8	-CELESTE HOLDER, Parsippany, NJ	Stanner(1)	1.14
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### Triple Jump (37-6)

42-2.25	*KE'NIYA RICHARDSON, Holy Names, Oakland, CA	NSIC(1)	3.12
41-10.25A	*RICHARDSON	Simplot(1)	2.18
41-10A	-ASHIKA CHARAN, Claremont, CA	Simplot(2)	2.18
41-9A !	*RICHARDSON	Simplot	2.18
41-8.75A	*RICHARDSON	Silv St(1)	1.28

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

41-3.25	-TRACEY STEWART, James Logan, Union City, CA	NSIC(2)	3.12
40-2.75	-ANGELA JENKINS, Buffalo Gap, Swoope, VA	Va Tech(1)	1.27
39-8.5	-KIMARIE BLACK, Poly, Long Beach, CA	NSIC(3)	3.12

**Shot Put (41-0)**

50-8	*KAMOREAN HAYES, Harding, Charlotte, NC	NIN(1)	3.12
50-3.5	*HAYES	NIN	3.12
49-4.5	*HAYES	NIN	3.12
49-1	*HAYES	Clemson(1)	2.18
48-6.75	*HAYES	NIN	3.12

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

47-9.5	-ALLYN LAUGHLIN, Center, Monaca, PA	PA(1)	2.25
46-11.75	-TYNISHA MC MILLAN, Stamford, CT	CT(1)	2.18
46-7.5	**KAREN SHUMP, Penncrest, Media, PA	PA(2)	2.25
46-2	-JASMINE MOSLEY, East, Bellevue, NE	Lennon(1)	3.28

**Weight Throw (20#) (58-0) [indoor throws only]**

56-7.25	-EMILY BERNHARDT, Lassiter, Marietta, GA	Clems-O(7)	12.2
56-1.75	-BERNHARDT	Clemson(1)	1.22
54-4.75	-BERNHARDT	NIN(1)	3.11
53-9.25	-BERNHARDT	NIN	3.11
53-8.5	-BERNHARDT	NIN	3.11

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

52-7.25	***LAUREN CHAMBERS, Kell, Marietta, GA	NSIC(2)	3.12
51-9	-KRISTEN SMITH, Sprayberry, Marietta, GA	Clemson(2)	1.22
51-2.75	-JENNI MACK, Custer, SD	NSIC(3)	3.12
50-5.5	***PATRICE GATES, Marietta, GA	NSIC(4)	3.12

**Pentathlon (3300) - flat track**

3670	**RYANN KRAIS, Methacton, Fairview Village, PA	NIN(1)	3.11
3611	-ALEXANDRA COPPADGE, Friends, Wilmington, DE	NIN(2)	3.11
3372	-ERIN HANNON, Bradford, PA	Inv(1)	1.27
3333	-TIFFANY CHAVIS, Pope, Marietta, GA	NIN(3)	3.11
3297	-HANNON	NIN(4)	3.11

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

3232	*GABRIELLE GIOIA, Harpeth Hall, Nashville, TN	NIN(5)	3.11
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**Pentathlon (3300) - banked track**

3925	-SHANA WOODS, Poly, Long Beach, CA	NSIC(1)	3.11
3528	**JOSEFINE KVIST, Ridge, Basking Ridge, NJ	NSIC(2)	3.11
3380	*RACHEL BUTLER, Lee-Davis, Mechanicsville, VA	NSIC(4)	3.11
3363	-LASHONDA CARTER, Rahway, NJ	NSIC(5)	3.11
3074	-TAYLA RYAN, Norwood, MA	NSIC(7)	3.11

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

**Mile Walk**

7:25.71	-CHRISTINA PETERS, Yellow Springs, OH	NIN(1)	3.11
7:27.27	-HEATHER BULETTI, Westhampton Beach, NY	NIN(2)	3.11
7:28.05	-KATE CANNON, Somers, Lincolndale, NY	NIN(3)	3.11
7:30.97	-LAUREN FORGUES, Boothbay, ME	NIN(4)	3.11
7:34.81	*BRITTANY O'BRIAN, Bay Shore, NY		12.30

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