

**LOCK HAVEN UNIVERSITY TRACK AND FIELD
WOMEN'S INDOOR TOP 10 PERFORMANCE LIST
(3/06/08)**

55 Meters

1	Ashley Hartman	7.18	06
2	Tina Gilbert	7.37	94
3	Jennifer Farrow	7.39	02/03
4	Sandy Ritz	7.43	02
5	Laura Phillips	7.46	05

60 Meters

1	Ashley Hartman	7.82	05
2	Jen Farrow	8.09	02
3	Laura Phillips	8.20	06
4	Briana Winkler	8.23	00
5	Nicole Kulp	8.26	05

55 Hurdles

1	Brooke Rangi	8.28	02
2	Amy Parkes	8.33	95
3	Erica Aagre	8.38	02
4	Precious George	8.54	04
5	Sonja Yingling	8.66	91

60 Hurdles

1	Brooke Rangi	9.17	05
2	Erica Aagre	9.24	03
3	Amanda Reinmiller	9.72	08
4	Jaime Gauer	9.73	02
5	Marsha Krysiowski	9.78	01

200 Meters

1	Ashley Hartman	25.33 (o)	06
		25.43	06
2	Jennifer Farrow	25.77	03
3	Maggie Borden	26.60	04
4	Cassie Snider	26.72	08
	Melissa Namey	26.72	03

300 Meter Hurdles

1	Ashley Solyan	46.74 (o)	07
2	Mary Ewanich	47.75 (o)	05
3	Nikki Rhian	49.32 (o)	05
4	Angela Pierce	49.52 (o)	05

300 Meters

1	Meagan Wolf	42.37	08
2	Ashley Solyan	44.06	07
3	Cassie Snider	44.69	08
4	Caitlin Burke	45.06	08
5	Jessie Wooten	45.17 (o)	07

5000 Meters

1	Lauren Bechtel	18:32.89	99
2	Holly Bofinger	18:34.72 (b)	06
3	Lindsey Scheller	18:37.97 (b)	07
4	Bridget Kielty	18:51.84	97
5	Sarah Robertson	18:55.24	05

800 Meter Relay

1	Winkler, Ritz Moore, Farrow	1:45.84 (o)	00
2	Ritz, Winkler Farrow, Namey	1:46.26	01
3	Hartman, Borden Phillips, Kulp	1:46.84	05
4	Wolf, Lewis Snider, Reinmiller	1:48.45	08
5	Namey, Hollenbach Palazzi, Ritz	1:50.14	03

1600 Meter Relay

1	Wolf, Simms Douma, Hartman	3:58.47 (o)	07
2	Namey, Aagre Hollenbach, Farrow	3:59.73 (o)	03
3	Wolf, Snider Hartman, Simms	4:00.63	08
4	Wolf, Simms Douma, Hartman	4:00.68 (b)	08
5	Solyan, Douma Wolf, Hartman	4:00.96	07

3200 Meter Relay

1	Douma, Gould Wooten, Simms	9:30.21	07
2	Olsen, M. Johnson Kauffman, Stoltzfus	9:50.86	00
3	Gould, Douma Carey, Simms	9:55.19	08
4	Douma, Gould Simms, Patrick	9:56.10	08
5	Davey, Simms White, Douma	9:58.73	06

Distance Medley Relay

1	Douma, Wolf Simms, Scheller	12:21.18 (b)	07
2	Davey, Kulp Rhian, Bofinger	12:45.18	05
3	Olsen, Ward	12:48.06	02

400 Meters

1	Jen Farrow	56.27 (b)	03
2	Maggie Borden	58.56	05
3	Meagan Wolf	59.42	08
4	Ashley Hartman	59.43	07
5	Cassie Sndier	59.57	08

500 Meters

1	Jennifer Farrow	1:16.16	03
2	Shala Simms	1:20.08	07
3	Meagan Wolf	1:20.89	07
4	Brianna Winkler	1:21.37	00
5	Alyssa Douma	1:22.83	08

600 meters

1	Shala Simms	1:40.04 (o)	07
2	Alyssa Douma	1:41.40 (o)	07
3	Kat Davey	1:50.38 (o)	06

800 Meters

1	Shala Simms	2:15.90	08
2	Amy Yarger	2:18.14	95
3	Alyssa Douma	2:19.24	07
4	Jana Kauffman	2:21.12	02
5	Jennifer Farrow	2:21.33	02

1000 Meters

1	Alyssa Douma	3:05.09 (o)	07
2	Shala Simms	3:07.00	08
3	Jana Kauffman	3:07.74	01
4	Jessie Wooten	3:11.15	07
5	Katrin Olsen	3:15.67	02

1500 Meters

1	Karen Thrapp	5:09.95	96
2	Stacy Puhl	5:17.10	96
3	Kristin Wolf	5:18.14	94
4	Pam Sheppard	5:18.55	91
5	Jamie Noble	5:21.01	96

Mile Run

1	Jana Kauffman	5:15.11	02
2	Amy Yarger	5:21.93	97
3	Alyssa Douma	5:23.10 (o)	06
4	Michele Edwards	5:25.61	98
5	Lindsay Scheller	5:26.52	07

3000 Meters

1	Holly Bofinger	10:39.33 (o)	05
2	Lindsey Scheller	10:46.60	07
3	Lauren Bechtel	10:52.79	01
4	Kat Davey	10:53.40 (o)	04
5	Sarah Robertson	10:57.59	05

	Gauer, Kauffman		
4	Douma, Tooker Gould, Simms	12:49.48	08
5	Douma, Solyan Wooten, Scheller	12:50.68	07

Long Jump

1	Tracy Trapp	18' 7-3/4"	93
2	Sandy Ritz	18' 4-3/4"	03
3	Amy Parkes	18' 1-1/2"	98
4	Sonja Yingling	17' 11-1/4"	91
5	Bri Palazzi	17' 11"	03

Triple Jump

1	Bri Palazzi	38' 11-1/2"	03
2	Tracy Trapp	38' 11"	93
3	Nicole Kulp	37' 11-3/4"	05
4	Sandy Ritz	37' 9-1/2"	03
5	Natalie Jackson	37' 7-1/4"	96

High Jump

1	Chelsea Morse	5' 9-1/4"	07/08
2	Patti Smoker	5' 8"	92
3	Brooke Rangi	5' 5-3/4"	02
4	Sara McCleary	5' 4-3/4"	05
5	Betsy Moore	5' 4-1/2"	97
	Marsha Krysiwski	5' 4-1/2"	01

Shot Put

1	Cheryl Stohr	42' 9-1/4"	77
2	JaKia Gumby	42' 8-1/4"	08
3	Jen Andrews	42' 5"	06
4	Shelly Levy	41' 10-1/2"	05
5	Jess Cross	41' 1-1/4"	04

Weight Throw

1	Richelle Reed	51' 9-1/4"	07
2	Jennifer Andrews	51' 3-3/4"	08
3	Alaina Leonard	50' 5-1/2"	08
4	Maria McGettigan	50' 4"	06
5	JaKia Gumby	49' 6-1/2"	07

Pole Vault

1	Angela Kramer	11' 11-1/2"	06
2	J.J. Held	11' 0"	03
3	Ashley Mancil	10' 6"	08
4	Darla Neff	10' 5-3/4"	02
5	Steph Schiebel	10' 4-1/4"	05

Pentathlon

1	Brooke Rangi	3491	03
2	Amanda Reinmiller	3380	08
3	Amy Parkes	3286	97

4	Tracy Trapp	3262	93
5	Erica Aagre	3211	03

ADD INDOOR SPRINT MEDLEY