

**LOCK HAVEN UNIVERSITY TRACK AND FIELD
WOMEN'S OUTDOOR TOP 5 PERFORMANCE LIST
5/27/2008**

100 Meters

1	Jennifer Farrow	12.40	02
2	Ashley Hartman	12.42	06
3	Tina Gilbert	12.44	94
4	Sandy Ritz	12.50	00
5	Briana Winkler	12.64	00

100 High Hurdles

1	Amy Parkes	14.24	95
2	Brooke Rangi	14.55	02
3	Erica Aagre	14.84	02
4	Marsha Krysiowski	15.07	01
5	Sonja Yingling	15.30	91

200 Meters

1	Jennifer Farrow	25.00	02
2	Ashley Hartman	25.30	06
3	Sandy Ritz	25.45	00
4	Maggie Borden	25.64	05
5	Laura Phillips	26.11	06

400 Meters

1	Jen Farrow	54.19	02
2	Maggie Borden	56.46	04
3	Briana Winkler	57.31	00
4	Meagan Wolf	58.01	07
5	Melissa Namey	58.08	03

400 Intermediate Hurdles

1	Angela Pierce	1:03.18	08
2	Sherry Groff	1:03.44	87
3	Mary Ewanich	1:03.77	05
4	Meghan Wolf	1:05.35	08
5	Tracy Trapp	1:06.49	93

800 Meters

1	Katrin Olsen	2:13.23	00
2	Shala Simms	2:14.02	08
3	Jennifer Farrow	2:14.73	03
4	Amy Yarger	2:14.97	96
5	Lori Lingenfelter	2:16.44	91

1500 Meters

1	Lori Lingenfelter	4:34.74	89
2	Jana Kauffman	4:37.35	02
3	Amy Yarger	4:42.05	97
4	Kat Davey	4:50.81	05
5	Brittany Turner	4:51.75	05

Mile/1600 Meters

1600 Meter Relay

1	Simms, Douma Wolf, Hartman	3:52.41	07
2	Namey, Ritz Olsen, Farrow	3:53.17	02
3	Namey, Ward Olsen, Farrow	3:53.50	02
4	Namey, Winkler Olsen, Farrow	3:54.47	01
5	Winkler, Ritz Olsen, Farrow	3:55.58	00

3200 Meter Relay

1	Hartman, Douma Gould, Simms	9:33.61	07
2	Davey, Turner Rhian, White	9:45.59	05
3	Douma, Weaver Davey, Simms	9:47.65	06
4	M. Johnson, Stoltzfus Kauffman, Olsen	9:53.26	00
5	Weaver, Davey Turner, Bofinger	9:55.15	05

Distance Medley Relay

1	Thrapp, Vreeland, Yarger, Trimble	13:07.20	95
2	Wolf, Roush, Yarger, Trimble	13:23.24	94

Sprint Medley Relay

1	Ritz, Namey Farrow, Olsen	4:07.61	01
2	Vreeland, Gilbert, Parkes, Yarger	4:17.70	95
3	Vreeland, Falcone, Parkes, Yarger	4:19.90	96
4	Gilbert, Roush, Helm, Yarger	4:25.83	94
5	Vreeland, Moore, Winkler, Edwards	4:26.73	98

Shot Put

1	Shelly Levy	44' 5-3/4"	05
2	Jen Andrews	44' 0-1/2"	08
3	Cheryl Stohr	43' 6-1/2"	77
	Ginger Williams	43' 6-1/2"	07
5	Nancy Houston	42' 1"	84

Discus

1	Vicki Smith	5:15.94	79
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3000 Meters

1	Vicki Smith	10:24.24	81
2	Helen Smith	10:29.49	80
3	Holly Bofinger	10:43.91	05
4	Lauren Bechtel	10:50.94	00
5	Missy Weaver	10:54.22	06

3000 Meter Steeplechase

1	Missy Weaver	11:57.1h	06
2	Jessica Stoltzfus	12:02.32	01
3	Meghan Johnson	12:37.6h	01
4	Chandra Heilman	14:23.22	02

5000 Meters

1	Vicki Smith	17:46.24	81
2	Lauren Bechtel	18:19.59	99
3	Erika Meling	18:20.90	08
4	Holly Bofinger	18:31.72	07
5	Sarah Robertson	18:43.92	05

10000 Meters

1	Holly Bofinger	38:02.63	05
2	Sarah Robertson	38:20:07	05
3	Lauren Bechtel	38:34.1	01
4	Jill Baumgartner	38:49.76	90
5	Brenda Trimble	38:55.20	96

400 Meter Relay

1	Namey, MacDonald Ritz, Farrow	47.77	02
2	Namey, Hollenbach Ritz, Farrow	47.81	03
3	Winkler, Moore Ritz, Farrow	48.19	00
4	Namey, Winkler Ritz, Farrow	48.33	01
5	Hartman, Schuyler Phillips, Borden	48.34	05

800 Meter Relay

1	Vreeland, Parkes, Karchner, Falcone	1:46.79	96
2	Vreeland, Winkler, Krysiewski, Moore	1:49.38	98
3	Winkler, MacDonald Camp, Moore	1:50.09	99
4	Hoffer, McGuire, Groff, Taylor	1:55.89	86

1	Ginger Williams	147' 0"	05
2	Angie Jones	137' 6"	89
3	JaKia Gumby	136' 10"	07
4	Nancy Houston	135' 2"	83
5	Melissa Miller	133' 0"	02

Javelin

1	Brianna Bair	150' 5"	01
2	Mindy Cressley	138' 7"	02
3	Kami Roth	131' 1"	08
4	Vicki Smith	130' 9"	78
5	Amy Parkes	128' 0"	96

Hammer

1	Richelle Reed	161' 8"	07
2	Alaina Leonard	159' 0"	08
3	Melissa Miller	157' 5"	03
4	Maria MgGettigan	151' 10"	05
5	Natalie Marsh	149' 0"	06

High Jump

1	Chelsea Morse	5' 9-1/4"	08
2	Patti Smoker	5' 8"	93
3	Marsha Krysiewski	5' 6-1/2"	01
4	Amy Parkes	5' 6"	96
	Nancy Larena	5' 6"	84

Long Jump

1	Sandy Ritz	19' 4-1/2" (w.a.)	02
	Sandy Ritz	19' 2-1/2"	02
	Bri Palazzi	19' 4-1/2" (w.a.)	03
3	Nichole Kulp	19' 1-1/2" (w.a.)	05
	Nichole Kulp	18' 8.75"	05
4	Sonja Yingling	19' 1"	91
5	Deanna Hoffer	18' 5-1/2"	85

Triple Jump

1	Bri Palazzi	40' 10-1/2"	03
2	Tracy Trapp	39' 7"	93
3	Sandy Ritz	39' 3"	03
4	Natalie Jackson	38' 11"	96
5	Malika Miller	37' 11-1/4"	08

Heptathlon

1	Amy Parkes	4886	97
2	Brooke Rangi	4760	03
3	Marsha Krysiewski	4618	01
4	Tracy Trapp	4480	93
5	Erica Aagre	4219	02

Pole Vault

1	Angela Kramer	11' 11-3/4"	06
2	J.J. Held	11' 10"	03
3	Steph Schiebel	10' 9"	05

4	Darla Neff	10' 6-1/4"	01
5	Lindsay Blessing	10' 6"	06