

**2016
UNIVERSITY OF DELAWARE
WOMEN'S OUTDOOR TRACK & FIELD
RESULTS / TOP TIMES**

Mar.	19	VCU Ram Invitational.....	1st Place (of 12)
Mar.	25-26	Raleigh Relays at NC State	No Team Scoring
Mar.	26	Navy Invitational.....	3rd Place (of 4)
Mar.	31-2	Colonial Relays at William & Mary.....	12th Place (of 44)
Apr.	9	Delaware Open	Canceled
Apr.	16	Larry Ellis Invitational at Princeton	3rd Place (of 9)
Apr.	23	Delaware Classic	1st Place (of 4)
Apr.	28-30	Penn Relays	No Team Scoring
May	6-7	CAA Championships at Elon.....	6th Place (of 8)
May	13-15	ECAC Championships at Princeton.....	11th Place (of 55)
May	26-28	NCAA East Regionals at North Florida	No Team Scoring

Head Coach: Wendy McFarlane-Smith

TOP TIMES

(Based on each athletes top time in event)

***= School Record #=Freshman Record \$=ECAC Qualifier**

4x100m Relay

Thompson-Charles, Jackson, Reid, Coleman	46.20 (CAA)
Darr, Jackson, Thompson-Charles, Reid.....	\$ 46.69 (ECAC)
Ope, Jackson, Thompson-Charles, Coleman.....	47.75 (Princeton)
McGrath, Jackson, Thompson-Charles, Coleman	48.29 (Delaware)
Ismail, Jackson, Thompson-Charles, Coleman.....	48.56 (Colonial)

4x200m Relay

Jackson, Ismail, Thompson-Charles, Ope.....	1:42.89 (Raleigh)
Jackson, Simmons, Thompson-Charles, Coleman	1:43.02 (Colonial)

4x400m Relay

Reid, Pettipaw, Darr, Simmons.....	3:46.91 (CAA)
Darr, Simmons, Coleman, Pettipaw	\$ 3:52.39 (ECAC)
Reid, Simmons, Amponsah, Coleman	3:57.70 (Princeton)
Reid, Darr, Simmons, Amponsah.....	4:09.25 (Delaware)

4x800m Relay

Bendolph, Erlanger, Paolucci, Amponsah.....	\$ 9:14.58 (ECAC)
McGroarty, Pettipaw, Bendolph, Zodd	9:15.26 (Delaware)
Bendolph, Erlanger, Talley, O'Dell.....	9:25.00 (VCU)
McGroarty, Pettipaw, Bendolph, Erlanger	9:25.99 (Colonial)

1600 Sprint Medley

Thompson-Charles, Ope, Amponsah, Bendolph.....	4:07.08 (Raleigh)
Darr, Ismail, Ope, Amponsah.....	4:13.87 (Colonial)

Distance Medley Relay

Talley, O'Dell, Sanclemente, McCloskey.....	12:49.00 (Colonial)
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100 Meter Hurdles

Leslie Ope	14.83 (Raleigh)
Carlyn McGrath.....	14.95 (CAA)
Olivia Goncerz.....	15.17 (CAA)
Megan Crowley.....	15.86 (Delaware)
Alex Heuer.....	18.28 (VCU)

400 Meter Hurdles

Carly Pettipaw	\$ 1:02.56 (CAA)
Leslie Ope	1:05.41 (Princeton)
Tory Engel.....	1:07.38 (CAA)
Carlyn McGrath.....	1:07.79 (Raleigh)
Megan Crowley.....	1:07.93 (Princeton)

100 Meters

Tyler Jackson.....	\$ 12.08 (Raleigh)
Latazah Coleman.....	12.23 (CAA)
Paige Thompson-Charles	12.51 (Colonial)
Ciera Ismail.....	12.76 (VCU)
Amelia Jennings	13.01 (CAA)

200 Meters

Tyler Jackson.....	24.54 (Delaware)
Latazah Coleman.....	\$ 24.72 (CAA)
Tyra Reid.....	25.11 (VCU)
Michele Simmons.....	25.17 (Delaware)
Paige Thompson-Charles	25.78 (Delaware)
Carolyn Darr	26.33 (VCU)
Ciera Ismail.....	26.60 (VCU)
Amelia Jennings	27.30 (Delaware)
Alex Heuer.....	30.41 (VCU)

400 Meters

Tyra Reid.....	*\$ 53.79 (CAA)
Carly Pettipaw	57.58 (Raleigh)
Carolyn Darr	58.15 (Raleigh)
Michele Simmons.....	58.64 (Princeton)
Bema Amponsah	1:00.16 (Princeton)
Megan O'Dell	1:02.87 (Navy)

800 Meters

Jeanette Bendolph.....	# 2:13.49 (Princeton)
Liz McGroarty.....	2:13.65 (CAA)
Megan O'Dell	2:22.07 (Princeton)
Erin McCloskey	2:22.80 (Raleigh)
Drew Sanclemente	2:24.30 (Delaware)
Bema Amponsah	2:24.39 (Delaware)
Betsy Erlanger	2:29.72 (VCU)

Melissa Talley	2:34.34 (VCU)
Shanel Dickens	2:34.60 (Delaware)

1,500 Meters

Liz McGroarty	\$ 4:30.65 (ECAC)
Betsy Erlanger	4:41.07 (CAA)
Lauren Zodi	4:46.20 (VCU)
Erin McCloskey	4:48.33 (Princeton)
Emily Paolucci	4:49.56 (Navy)
Gabby Alaimo	4:51.52 (Navy)
Leanza Lopez	4:54.17 (Navy)
Madeline Berman	4:57.88 (Princeton)
Melissa Talley	5:11.13 (Navy)
Molly Doyle	5:22.33 (Navy)

3,000 Meters

Lauren Zodi	#\$ 9:47.89 (Colonial)
Emily Paolucci	10:18.11 (Princeton)
Leanza Lopez	10:34.52 (Princeton)
Betsy Erlanger	10:42.06 (Colonial)
Gabby Alaimo	10:50.17 (Princeton)
Madeline Berman	11:17.11 (Delaware)

3,000 Meter Steeplechase

Molly Doyle	12:01.58 (Princeton)
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5,000 Meters

Lauren Zodi	17:21.67 (CAA)
Emily Paolucci	18:12.32 (Colonial)
Leanza Lopez	18:14.85 (Colonial)
Gabby Alaimo	18:18.93 (Colonial)
Molly Doyle	19:47.50 (VCU)

10,000 Meters

Gabby Alaimo	39:59.68 (CAA)
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High Jump

Latazah Coleman	1.60m (CAA)
Nadia Khoury	1.55m (Navy/CAA)
Brittany Scott	1.50m (CAA)

Long Jump

Ashley Bailey	5.55m (Princeton)
Tyler Jackson	5.41m (CAA)
Olivia Goncerz	5.40m (Delaware)
Carlyn McGrath	5.32m (Delaware)
Nadia Khoury	5.01m (CAA)
Amelia Jennings	4.90m (Navy)
Alex Heuer	4.61m (Navy)

Triple Jump

Olivia Goncerz	11.18m (Delaware)
Carlyn McGrath	10.68m (Princeton)
Alex Heuer	10.40m (Princeton)
Amelia Jennings	10.16m (Delaware)

Pole Vault

Ashley Bailey	#\$ 3.70m (Colonial)
Jennifer Hineman	3.25m (CAA)
Rachel Moroknek	3.20m (Delaware)
Nicole Filion	3.10m (Colonial)
Brittany Scott	2.74m (Delaware)

Javelin

Kristina Valko	39.40m (CAA)
Alexis Lipnicky	38.43 (Princeton)
Evelyn Cubero	31.15m (Delaware)
Alex Heuer	15.22m (Navy)

Discus

Sarah Hillman	*\$ 51.89m (NCAA Regionals)
Irene Cedano	38.84 (Princeton)
Jade Francis	38.06m (CAA)

Shot Put

Sarah Hillman	*\$ 13.94m (ECAC)
Irene Cedano	12.29m (Colonial)
Jade Francis	11.61m (Princeton/Delaware)

Hammer

Sarah Hillman	46.06m (VCU)
Jade Francis	44.06m (Navy)
Irene Cedano	47.32m (CAA)
Melissa Zegeer	48.38m (CAA)
Shannon Bell	36.41m (Navy)
Evelyn Cubero	39.29m (Delaware)