

**2017
UNIVERSITY OF DELAWARE
WOMEN'S OUTDOOR TRACK & FIELD
RESULTS / TOP TIMES**

Mar.	18	Maryland Invitational.....	3rd Place (of 10)
Mar.	24-25	Raleigh Relays at North Carolina State	No Scoring
Mar.	25	Navy Invitational.....	2nd Place (5)
Mar.	30-1	Colonial Relays at William & Mary	6th Place (45)
Apr.	8	Delaware Open.....	1st Place (15)
Apr.	15	Towson Invitational	2nd Place (16)
Apr.	22	Delaware Classic	9 a.m.
Apr.	27-29	Penn Relays	tba
May	5-6	Colonial Athletic Association Championships at Delaware	tba
May	12-14	ECAC Championships at Princeton.....	tba
May	25-27	NCAA Eastern Regionals at Kentucky	tba

Head Coach: Wendy McFarlane-Smith

TOP TIMES

(Based on each athletes top time in event)

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

4 x 100 Meter Relay

Rose, Pinkney, Berkeley, Jackson.....	47.06 (Towson) \$
Darr, Jackson, Berkeley, Reid	48.17 (Raleigh)

4 x 200 Meter Relay

Darr, Jackson, Berkeley, Ope.....	1:41.86 (Raleigh)
Ope, Jackson Amponsah, Berkeley	1:43.03 (Colonial)

4 x 400 Meter Relay

Khoury, Freeland, Amponsah, Darr	3:47.36 (Towson)\$
Reid, Khoury, Freeland, Pettipaw	3:48.45 (Raleigh) \$
Amponsah, Darr, Jackson, Janotti	4:00.08 (Colonial)
Meyer, McGroarty, Spadaccini, Erlanger	4:02.70 (UD Open)
Darr, Berkeley, Ope, Amponsah.....	4:08.59 (UD Open)
Engel, Harding, Berman, Alabano	4:18.21 (UD Open)

4 x 800 Meter Relay

Meyer, Spadaccini, Erlanger, Bendolph	9:21.91 (Colonial)
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4 x 1,500 Meter Relay

Dailey, Talley, Murphy, Doyle	20:07.15 (Colonial)
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Distance Medley Relay

Berman, Bendolph, Rudin, Schnauffer	12:19.81 (Colonial)
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Sprint Medley Relay

Reid, Freeland, Darr, Pettipaw	4:04.66 (Colonial)
Berkeley, Janotti, Khouri, Albano.....	4:23.79 (Raleigh)

100 Meter Hurdles

Leslie Ope	14.32 (UD Open)\$
Olivia Goncerz.....	14.91 (UD Open)

400 Meter Hurdles

London Freeland	1:02.08 (Towson)
Carly Pettipaw	1:02.16 (Towson)
Leslie Ope	1:04.45 (Towson)
Tory Engel.....	1:07.74 (Towson)
Marissa Albano	1:16.69 (UD Open)

100 Meters

Isis Pinkney.....	12.11 (UD Open)
Heather Berkeley	12.30 (UD Open)
Tyler Jackson.....	12.45 (UD Open)
Andriene Rose	12.55 (Towson)
London Freeland.....	12.58 (Towson)
Leslie Ope	12.62 (UD Open)

200 Meters

London Freeland	25.32 (UD Open)
Isis Pinkney.....	25.69 (UD Open)
Carolyn Darr	25.83 (Towson)
Tyler Jackson.....	25.88 (UD Open)
Tyra Reid	26.37 (Colonial)
Leslie Ope	26.42 (UD Open)
Haley Berkeley	26.59 (Colonial)
Maame Kyeadea-Amponsah.....	26.73 (UD Open)

400 Meters

Nadia Khoury	57.78 (Colonial)
London Freeland	57.80 (Raleigh)
Carly Pettipaw	57.90 (Raleigh)
Carolyn Darr	59.09 (Raleigh)
Maame Kyeadea-Amponsah	59.61 (Raleigh)

-over for more-

Tyra Reid.....	59.74 (UD Open)
Michaela Meyer	1:00.25 (UD Open)
Angie Spadaccini.....	1:02.93 (UD Open)

800 Meters

Liz McGroarty	2:09.48 (Raleigh) S
Jeanette Bendolph	2:10.23 (Raleigh) S
Michaela Meyer	2:14.45 (Towson)
Angie Spadaccini	2:17.18 (Navy)
Carly Pettipaw	2:18.14 (UD Open)
Ciara Murphy	2:19.69 (Navy)
Erin Jackson	2:24.26 (Navy)
Madeline Berman	2:24.26 (UD Open)
Sydney Rudin	2:25.12 (Navy)

1,500 Meters

Liz McGroarty	4:25.41 (Colonial) S
Betsy Erlanger	4:41.47 (Raleigh)
Ilana Schnauffer	4:42.19 (Colonial)
Madeline Berman	4:47.47 (Colonial)
Lauren Zodl	4:48.67 (UD Open)
Leanza Lopez	4:58.53 (UD Open)
Kathleen Dailey	5:14.13 (UD Open)
Melissa Talley	5:06.28 (Navy)
Rebecca Gessler	5:13.75 (Navy)
Adrienne Fraczkowski.....	5:17.32 (Navy)

2,000 Meter Steeplechase

Molly Doyle	7:54.76 (Navy)
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3,000 Meters

Lauren Zodl	9:59.51 (Colonial) S
Liz McGroarty.....	10:11.82 (UD Open)
Mackenzie Jones	10:16.31 (Maryland)
Leanza Lopez.....	10:25.50 (Maryland)
Betsy Erlanger	10:32.69 (UD Open)
Madeline Berman	10:36.03 (Maryland)
Melissa Talley.....	10:41.68 (Colonial)
Ilana Schnauffer	10:42.18 (UD Open)
Adrienne Fraczkowski.....	11:18.60 (Colonial)

3,000 Meter Steeplechase

Stephanie Bazan	11:10.85 (Colonial)
Melissa Talley	11:58.73 (Towson)
Molly Doyle.....	12:01.94 (Towson)
Gabby Alaimo	12:28.54 (Towson)

5,000 Meters

Mackenzie Jones	17:56.30 (Colonial)
Leanza Lopez.....	18:09.57 (Colonial)
Gabby Alaimo	18:47.96 (Maryland)
Stephanie Bazan	18:49.18 (Towson)

High Jump

Nadia Khoury	5-3 (1.60m) (Colonial)
Cassandra Wahl.....	5-1 (1.55m) (Raleigh/Towson)
Brittany Scott	5-1 (1.55m) (Raleigh)

Long Jump

Olivia Goncerz	17-2 (5.23m) (UD Open)
Andriene Rose	17-10.75 (5.45m) (Towson)
Sofia Janotti	16-10 (5.13m) (UD Open)
Haley Berkeley.....	16-1.75 (4.92m) (UD Open)
Ashley Bailey	15-8.25 (4.78m) (Colonial)
Cassandra Wahl	15-4.25 (4.68m) (UD Open)
Nadia Khoury	15-3.25 (4.65m) (UD Open)

Triple Jump

Anisa Fortt	36-7 (11.15m) (Raleigh)
Olivia Goncerz	35-4.5 (10.78m) (Colonial)

Pole Vault

Ashley Bailey	12-5.5 (3.80m) (Colonial) S
Jennifer Hineman	10-8 (3.25m) (Navy/Towson)
Rachel Moroknek	10-8 (3.25m) (Towson)

Javelin

Kristina Valko	126-4 (38.52m) (Navy)
Alexis Lipnicky	129-6 (39.47m) (Towson)
Alexa Vecchione	116-4 (35.47m) (Towson)
Nijah Cosme	113-6 (34.60m) (Towson)
Evelyn Cubero	102-8 (31.30m) (UD Open)
Sofia Janotti	95-2 (29.01m) (UD Open)

Discus

Sarah Hillman171-6 (52.28m) (UD Open)*\$
Jade Francis.....137-4 (41.85m) (UD Open)
Sarah Ahmed126-8 (38.60m) (Towson)
Irene Cedano.....119-5 (36.41m) (Navy)

Shot Put

Sarah Hillman47-1.5 (14.36m) (UD Open)*\$
Jade Francis45-0.5 (13.73m) (Towson)\$
Irene Cedano37-4.5 (11.39m) (UD Open)
Kasandra Polakowska.....32-7.75 (9.95m) (Navy)
Sarah Ahmed31-6.5 (9.61m) (Navy)

Hammer

Jade Francis161-7 (49.25m) (Navy)
Melissa Zegeer148-10 (45.36m) (Navy)
Irene Cedano146-1 (44.52m) (UD Open)
Sarah Ahmed121-8 (37.09m) (Navy)
Evelyn Cubero119-4 (36.37m) (Navy)
Kasandra Polakowska113-6 (34.60m) (Navy)