

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	1st Place (6)
Apr.	27-29	Penn Relays.....	No Scoring
May	5-6	Colonial Athletic Association Championships at Delaware	4th Place (8)
May	12-14	ECAC Championships at Princeton	6th Place (50)
May	25-27	NCAA Eastern Regionals at Kentucky	No Score

Head Coach: Wendy McFarlane-Smith

TOP TIMES

(Based on each athletes top time in event)

* = School Record # = Freshman Record \$ = ECAC Qualifier
 + = CAA Meet Record

4 x 100 Meter Relay

Rose, Pinkney, Berkeley, Jackson	47.06 (Towson) \$
Darr, Pinkney, Berkeley, Jackson	47.38 (CAA) \$
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

Darr, Khoury, Pettipaw, Freeland	3:46.57 (CAA) \$
Khoury, Freeland, Amponsah, Darr	3:47.36 (Towson) \$
Reid, Khoury, Freeland, Pettipaw.....	3:48.45 (Raleigh) \$

4 x 800 Meter Relay

McGroarty, Meyer, Spadaccini, Bendolph	8:55.47 (ECAC)
Meyer, Spadaccini, Erlanger, Bendolph	9:21.91 (Colonial)

4 x 1,500 Meter Relay

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

Erlanger, Amponsah, Meyer, McGroarty	11:41.15 (Penn Relays)
Berman, Bendolph, Rudin, Schnauffer	12:19.81 (Colonial)

Sprint Medley Relay

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

100 Meter Hurdles

Leslie Ope	14.14 (CAA Prelims) \$
Olivia Goncerz.....	14.83 (CAA Prelims)
Sofia Janotti.....	17.43 (CAA Hept.)

400 Meter Hurdles

Carly Pettipaw	1:01.14 (ECAC) \$
London Freeland	1:01.38 (CAA) \$
Leslie Ope	1:02.95 (CAA Prelims) \$
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	12.43 (CAA Prelims)
Andriene Rose	12.55 (Towson)
London Freeland.....	12.58 (Towson)
Leslie Ope	12.62 (UD Open)

200 Meters

London Freeland	25.32 (UD Open)
Carolyn Darr	25.56 (CAA Prelims)
Isis Pinkney.....	25.69 (UD Open)
Tyler Jackson.....	25.88 (UD Open)
Maame Kyeadea-Amponsah.....	26.34 (CAA Prelims)
Tyra Reid	26.37 (Colonial)
Haley Berkeley	26.41 (CAA Prelims)
Leslie Ope	26.42 (UD Open)
Sofia Janotti.....	27.09 (CAA Hept.)

-over for more-

400 Meters

Nadia Khoury	56.56 (CAA Prelims)
Michaela Meyer	57.25 (Delaware Classic)
Carolyn Darr	57.48 (CAA Prelims)
London Freeland	57.80 (Raleigh)
Carly Pettipaw	57.90 (Raleigh)
Bema Kyeadea-Amponsah	58.59 (CAA Prelims)
Tyra Reid	59.74 (UD Open)
Angie Spadaccini	1:02.93 (UD Open)
Amanda Harding	1:03.96 (Delaware Classic)

800 Meters

Liz McGroarty	2:09.48 (Raleigh) S
Jeanette Bendolph	2:10.23 (Raleigh) S
Angie Spadaccini	2:13.93 (CAA Finals)
Michaela Meyer	2:14.06 (CAA Prelims)
Betsy Erlanger	2:17.15 (Delaware Classic)
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	2:24.99 (Delaware Classic)
Marissa Albano	2:30.75 (Delaware Classic)
Sofia Janotti	2:33.71 (CAA Hept.)

1,500 Meters

Liz McGroarty	4:25.09 (NCAA Regionals) S
Betsy Erlanger	4:41.47 (Raleigh)
Ilana Schnauffer	4:42.19 (Colonial)
Madeline Berman	4:47.47 (Colonial)
Lauren Zodi	4:48.67 (UD Open)
Leanza Lopez	4:58.53 (UD Open)
Melissa Talley	5:01.17 (Delaware Classic)
Kathleen Dailey	5:07.57 (Delaware Classic)
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 Zodi	9:57.42 (ECAC) S
Liz McGroarty	10:11.82 (UD Open)
Mackenzie Jones	10:14.32 (Delaware Classic)
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)
Becky Gessler	11:15.57 (Delaware Classic)
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	12:18.49 (Delaware Classic)

5,000 Meters

Lauren Zodi	17:16.61 (CAA) S
Mackenzie Jones	17:56.30 (Colonial)
Leanza Lopez	18:09.57 (Colonial)
Gabby Alaimo	18:47.96 (Maryland)
Stephanie Bazan	18:49.18 (Towson)

10,000 Meters

Leanza Lopez	40:29.23 (CAA)
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High Jump

Nadia Khoury	5-3 (1.60m) (Colonial)
Cassandra Wahl	5-1 (1.55m) (Raleigh/Towson)
Brittany Scott	5-1 (1.55m) (Raleigh)
Sofia Janotti	4-9 (1.45m) (Delaware Classic)

Long Jump

Andriene Rose	17-10.75 (5.45m) (Towson)
Sofia Janotti	17-10.25 (5.44m) (CAA)
Anisa Fortt	17-9 (5.41m) (CAA)
Ashley Bailey	17-7.5 (5.37m) (CAA)
Olivia Goncerz	17-5.25 (5.35m) (CAA)
Tyler Jackson	16-10.75 (5.15m) (Delaware Classic)
Haley Berkeley	16-1.75 (4.92m) (UD Open)
Nadia Khoury	16-1 (4.90m) (Delaware Classic)
Cassandra Wahl	15-4.25 (4.68m) (UD Open)

Triple Jump

Anisa Fortt38-2.25 (11.64m) (CAA)
 Olivia Goncerz35-4.5 (10.78m) (Colonial)

Pole Vault

Ashley Bailey12-7.5 (3.85m) (ECAC) S
 Jennifer Hineman10-8 (3.25m) (Navy/Towson)
 Rachel Moroknek10-8 (3.25m) (Towson)

Javelin

Alexis Lipnicky127-7 (38.89m) (CAA)
 Kristina Valko126-4 (38.52m) (Navy)
 Alexa Vecchione116-4 (35.47m) (Towson)
 Nijah Cosme113-6 (34.60m) (Towson)
 Evelyn Cubero102-8 (31.30m) (UD Open)
 Sofia Janotti95-2 (29.01m) (UD Open)

Discus

Sarah Hillman186-2 (56.75m) (CAA) *S+
 Jade Francis.....137-4 (41.85m) (UD Open)
 Sarah Ahmed126-8 (38.60m) (Towson)
 Irene Cedano.....124-7 (37.98m) (CAA)

Shot Put

Sarah Hillman47-1.5 (14.36m) (UD Open) *S
 Jade Francis45-0.5 (13.73m) (Towson) S
 Irene Cedano38-2.75 (11.65m) S
 Kasandra Polakowska33-3.25 (10.14m) (Delaware Classic)
 Sarah Ahmed31-6.5 (9.61m) (Navy)
 Sofia Janotti30-11.25 (9.43m) (Delaware Classic)

Hammer

Jade Francis161-7 (49.25m) (Navy)
 Melissa Zegeer159-10 (48.73m) (CAA)
 Irene Cedano.....159-5 (48.60m) (CAA)
 Sarah Ahmed121-8 (37.09m) (Navy)
 Evelyn Cubero119-4 (36.37m) (Navy)
 Kasandra Polakowska113-6 (34.60m) (Navy)
 Alexis Lipnicky106-3 (32.40m) (Delaware Classic)
 Nijah Cosme105-2 (32.06m) (Delaware Classic)
 Sofia Janotti98-7 (30.06m) (Delaware Classic)

Heptathlon

Sofia Janotti4,004 points (CAA)