

**2018**  
**UNIVERSITY OF DELAWARE**  
**WOMEN'S OUTDOOR TRACK & FIELD**  
**RESULTS / TOP TIMES**

<b>Mar.</b>	17	Maryland Invitational .....	2nd Place (of 12)
<b>Mar.</b>	24	Delaware Classic .....	No Scoring
<b>Mar.</b>	29-31	Florida Relays.....	No Scoring
<b>Apr.</b>	5-7	Colonial Relays at William & Mary ..	1st Place (of 42)
<b>Apr.</b>	14	Towson Invitational .....	2nd Place (of 19)
<b>Apr.</b>	20-21	Larry Ellis Invitational at Princeton .....	No Scoring
<b>Apr.</b>	26-28	Penn Relays at U. of Pennsylvania .....	tba
<b>Apr.</b>	29	<b>Delaware Open</b> .....	10:30 a.m.
<b>May</b>	4-5	CAA Outdoor Championships at William & Mary ..	tba
<b>May</b>	11-13	ECAC Championships at Princeton .....	tba
<b>May</b>	23-26	NCAA Regionals at South Florida.....	tba

**Head Coach:** Wendy McFarlane-Smith

**TOP TIMES**

(Based on each athletes top time in event)

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

**4 x 100 Meter Relay** (ECAC Qualifying = 47.94)

Pinkney, Freeland, Starnes, McGrath .....	48.73 (Towson)
Rose, Pinkney, Cintron, Freeland .....	49.17 (Maryland)
Goncerz, McGrath, Janotti, Roberson.....	51.37 (Colonial Relays)

**4 x 200 Meter Relay**

Amponsah, Starnes, McGrath, Goncerz .....	1:44.77 (Florida)
Goncerz, Kyeadea-Amponsah, Janotti, McGrath.....	1:46.48 (Colonial)

**4 x 400 Meter Relay** (3:51.84)

Khoury, Freeland, Meyer, Pettipaw .....	3:49.34 (Towson) \$
Stovall, Pettipaw, Bendolph, Freeland .....	3:51.26 (Florida) \$
Khoury, Pettipaw, Kye.-Amponsah, Freeland ....	3:51.38 (Princeton) \$
Khoury, Meyer, Stovall, McGroarty .....	3:53.64 (Colonial Relays)
Stovall, Steanes, Kyeadea-Amponsah, Freeland....	3:57.41 (Maryland)
Harding, Roberson, Engel, Khoury .....	4:08.11 (Maryland)
Cintron, Khoury, Harding, Roberson .....	4:12.40 (Delaware Classic)

**4 x 800 Meter Relay**

Meyer, Weir, Spadaccini, Berman .....	9:12.89 (Florida) \$
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**4 x 1,500 Relay**

Zodl, Weir, Spadaccini, McGroarty .....	19:04.17 (Colonial Relays)
Dailey, Olivere, Doyle, MacMasters.....	20:56.94 (Colonial Relays)

**1,600 Sprint Medley Relay**

Stovall, Khoury, Meyer, Pettipaw .....	4:01.98 (Colonial Relays)*
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**Distance Medley Relay**

Zodl, Meyer, Paolucci, Ramirez.....	12:01.09 (Florida)
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**100 Meter Hurdles** (14.34)

Olivia Goncerz.....	14.53 (Princeton)
Carlyn McGrath .....	14.55 (Princeton)
Sofia Janotti.....	16.22 (Towson)

**400 Meter Hurdles** (1:02.04)

Carly Pettipaw .....	1:01.26 (Florida) \$
London Freeland .....	1:02.21 (Towson)
Taliah Cintron .....	1:03.83 (Florida Relays)
Tory Engel.....	1:09.31 (Delaware Classic)

**100 Meters** (12.08)

Isia Pinkney .....	12.33 (Delaware Classic)
Andriene Rose .....	13.80 (Delaware Classic)

**200 Meters** (24.74)

Andriene Rose .....	25.15 (Florida Relays)
Isis Pinkney .....	25.16 (Florida Relays)
Olivia Goncerz .....	26.54 (Florida Relays)
Bema Kyeadea-Amponsah .....	26.54 (Colonial Relays)
Sydni Stovall .....	26.55 (Towson)
Carlyn McGrath .....	26.76 (Florida Relays)
Sofia Janotti.....	27.18 (Towson)
Halimah Roberson .....	27.26 (Towson)

**400 Meters (55.94)**

Nadia Khoury .....	56.63 (Princeton)
Michaela Meyer .....	56.77 (Towson)
Sydni Stovall .....	57.14 (Florida Relays)
Bema Kyeadea-Amponsah .....	57.79 (Princeton)
Kai Starnes .....	59.75 (Towson)
Halimah Roberson .....	1:05.38 (Delaware Classic)

**800 Meters (2:10.94)**

Liz McGroarty .....	2:08.74 (Florida) S
Carly Pettipaw .....	2:09.75 (Towson) S
Michaela Meyer .....	2:12.95 (Princeton)
Angie Spadaccini .....	2:13.70 (Towson)
Jeanette Bendolph .....	2:16.19 (Florida)
London Freeland .....	2:31.73 (Maryland)
Jessica Harding .....	2:31.82 (Towson)
Sydni Stovall .....	2:34.08 (Maryland)

**1,500 Meters (4:30.94)**

Liz McGroarty .....	4:23.52 (Colonial Relays) S
Susanna Weir .....	4:39.71 (Florida)
Jeanette Bendolph .....	4:42.08 (Colonial Relays)
Angie Spadaccini .....	4:49.57 (Maryland)
Analise Kaminski .....	4:51.51 (Princeton)
Madeline Berman .....	4:56.31 (Colonial Relays)
Kathleen Dailey .....	5:03.03 (Towson)
Deja Santiago-Rodriguez .....	5:06.74 (Towson)

**3,000 Meters (9:56.24)**

Liz McGroarty .....	9:42.24 (Maryland) S
Emily Paolucci .....	10:05.82 (Maryland)
Susanna Weir .....	10:07.51 (Maryland)
Lauren Zodi .....	10:11.73 (Maryland)
Leanza Lopez .....	10:15.94 (Princeton)
Deja Rodriguez-Santiago .....	10:45.61 (Delaware Classic)
Maddy Olivere .....	10:51.73 (Delaware Classic)
Julia MacMasters .....	11:16.84 (Delaware Classic)
Molly Doyle .....	11:23.21 (Delaware Classic)
Ashley Warokomski .....	12:11.48 (Delaware Classic)

**3,000 Meter Steeplechase (10:50.24)**

Stephanie Bazan .....	11:13.43 (Florida)
Roxanne Ramirez .....	11:17.24 (Colonial Relays)
Analise Kaminski .....	11:23.62 (Florida)
Stephanie Palese .....	11:24.83 (Maryland)

**5,000 Meters (17:16.64)**

Emily Paolucci .....	17:28.26 (Colonial Relays)
Roxanne Ramirez .....	17:43.70 (Princeton)
Leanza Lopez .....	18:31.05 (Maryland)
Madeline Berman .....	18:57.46 (Towson)
Deja Rodriguez-Santiago .....	18:58.87 (Colonial Relays)
Julia MacMasters .....	20:29.59 (Towson)
Molly Doyle .....	20:43.36 (Towson)

**10,000 Meters (37:40.24)**

Leanza Lopez .....	37:53.97 (Colonial Relays)
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**High Jump (1.70m)**

Nadia Khoury .....	1.65m (5-5) (Delaware Classic)
Kai Starnes .....	1.58m (5-2.25) (Maryland/Towson)
Cassandra Wahl .....	1.54m (5-0.5) (Towson)
Carlyn McGrath .....	1.50m (4-11) (Towson)
Sofia Janotti .....	1.40m (4-7) (Delaware Classic)

**Pole Vault (3.70m)**

Ashley Bailey .....	4.02m (13-2.5) (Towson) S%*
Jennifer Hineman .....	3.70m (12-1.5) (Colonial Relays) S
Rachel Moroknek .....	3.50m (11-5.75) (Towson)

**Long Jump (5.80m)**

Ashley Bailey .....	5.70m (18-8.5) (Towson)
Olivia Goncerz .....	5.39m (17-8.25) (Maryland)
Andriene Rose .....	5.33m (17-6) (Colonial Relays)
Sofia Janotti .....	5.31m (17-5.25) (Towson)
Nadia Khoury .....	5.09m (16-8.5) (Towson)
Carlyn McGrath .....	4.98m (16-4.25) (Maryland)

**Triple Jump (12.05m)**

Olivia Goncerz .....	10.92m (35-10) (Delaware Classic)
Halimah Roberson .....	10.77m (35-4) (Delaware Classic)

**Shot Put (13.60m)**

Myrissa McFolling-Young .....13.44m (44-1.25) (Colonial Relays)  
Olivia Duffy.....11.13m (36-6.25) (Delaware Classic)  
Kassandra Polakowska .....9.82m (32-2.75) (Maryland)

**Discus (42.50m)**

Myrissa McFolling-Young.....44.30 (145-4) (Delaware Classic) S  
Olivia Duffy .....35.59m (116-9) (Towson)

**Hammer (51.00m)**

Melissa Zegeer .....49.62 (162-9) (Princeton)  
Olivia Duffy .....42.93m (140-10) (Delaware Classic)  
Myrissa McFolling-Young .....38.23m (125-5) (Maryland)  
Kassandra Polakowska .....35.53m (116-7) (Maryland)

**Javelin (41.40m)**

Alexis Lipnicky .....43.61 m (143-1) (Towson)  
Kristina Valko .....40.93m (134-3) (Maryland)  
Nijah Cosme .....40.70m (133-6) (Delaware Classic)  
Alexa Vecchione .....37.20m (122-0) (Towson)  
Sofia Janotti .....26.28m (86-3) (Delaware Classic)  
Carlyn McGrath.....19.70m (64-7) (Delaware Classic)