

**2009-2010
UNIVERSITY OF DELAWARE
WOMEN'S INDOOR TRACK & FIELD
FINAL RESULTS/TOP TIMES**

Dec.	5	Jack Pyrah Inv. at Haverford	No Scoring
Jan.	8	Delaware Invitational.....	2nd Place
	15	New York/Gotham Cup at NYC Armory	No Scoring
	16	Penn State Open	No Scoring
	22	Great Dane Classic at NYC Armory	15th Place
	22-23	John Covert Classic at Lehigh	2nd Place
	30	Thomson Invitational at Delaware	2nd Place
Feb.	5-6	New Balance College Inv. at NYC Armory	No Scoring
	6	Frank Colden Invitational at Ursinus	Canceled
	12	Lafayette/Rider Inv. at NYC Armory	No Scoring
	19	Keogh Invitational at Haverford	No Scoring
	20	Princeton Invitational at Lawrenceville (N.J.) Prep	No Scoring
	26	New York Univ. Fasttrack Invitational at NYC Armory	No Scoring
Mar.	6-7	ECAC Championships at Reggie Lewis Center, Boston, Mass.	22nd Place

Home Meets at Delaware Field House

Head Coach: Wendy McFarlane

TOP TIMES

(Based on each athletes top time in event)

4 x 200 Meter Relay

Delaware1:39.84 (New Balance)
(Marquez, Cox, Dupiche, Caruso)

4 x 400 Meter Relay

Delaware.....3:45.74 (NYU)
(Marquez, Hollis, Caruso, Cox)
Delaware3:45.83 (ECAC)
(Marquez, Hollis, Caruso, Cox)

4 x 800 Meter Relay

Delaware10:04.50 (Lehigh)
(Wright, Mandrachia, Ozcan, Jones)
Delaware10:06.77 (Laf.-Rider)
(Wright, Atkins, Boynton, Jenkins)

Distance Medley Relay

Delaware12:09.43 (New Balance)
(Mandrachia, Caruso, Marquez, Wright)
Delaware12:53.01 (Penn State)
(Wright, Hollis, Boynton, Mandrachia)

55 Meter Hurdles

Lauren Paciorek9.05 (Princeton)
Leah Putman.....9.20 (Princeton)

60 Meter Hurdles

Leah Putman9.36 (NYU)
Lauren Paciorek9.39 (NYU)
Jillian Seamon.....10.45 (Lehigh)

55 Meters

Victoria Caruso7.14 (Princeton)*
Nijah Dupiche.....7.64 (Pyrah)
Alexa Windsor7.82 (Pyrah)
Lauren Brooking8.14 (Pyrah)

60 Meters

Vicky Caruso.....7.81 (Laf.-Rider)*
Asia Hollis7.92 (Laf.-Rider)
Nijah Dupiche8.12 (UD Inv.)
Leah Putman.....8.38 (Lehigh)

200 Meters

Vicky Caruso.....24.36 (Laf.-Rider)*
Cristine Marquez.....24.39 (NYU)
Asia Hollis25.85 (Laf.-Rider)
Nijah Dupiche25.93 (Penn State)
Kristi Cox26.02 (Princeton)
Yesenia Boynton.....26.76 (Laf.-Rider)
Erica Sickler26.94 (Laf.-Rider)
Alexa Windsor27.93 (Thomson)
Kathyrn Jenkins27.94 (UD Inv.)
Leah Putman28.62 (Thomson)

-over for more-

Jillian Seamon	28.83 (Thomson)
Lauren Paciorek	28.25 (Princeton)
Laura Chirico	29.49 (UD Inv.)
Jaclyn Marangella	32.30 (UD Inv.)

300 Meters

Vicky Caruso	39.81 (Pyrah)
Nijah Dupiche.....	41.65 (Pyrah)
Erica Sickler	43.08 (Pyrah)
Lauren Brooking	46.11 (Pyrah)

400 Meters

Cristine Marquez.....	54.26 (NYU)*
Vicky Caruso.....	55.33 (Laf.-Rider)
Nijah Dupiche	57.67 (Great Dane)
Kristi Cox	57.99 (NYU)
Asia Hollis	58.11 (NYU)
Yesenia Boynton	59.05 (Laf.-Rider)
Erica Sickler	1:00.49 (Laf.-Rider)
Marla Woodarek	1:01.65 (Princeton)
Kathryn Jenkins.....	1:02.39 (Princeton)
Samantha Jones.....	1:04.08 (Princeton)

500 Meters

Kristi Cox	1:17.33 (Pyrah)
Cristine Marquez	1:18.65 (Pyrah)
Vicky Caruso	1:19.15 (UD Inv.)
Marla Woodarek	1:19.48 (NYU)
Erica Sickler.....	1:19.80 (NYU)
Yesenia Boynton	1:20.28 (Pyrah)
Kathryn Jenkins	1:22.58 (Pyrah)

600 Meters

Marla Woodarek	1:44.88 (Penn State)
Samantha Jones.....	1:46.21 (Penn State)

800 Meters

Karen Mandrachia.....	2:17.94 (New Balance)
Kellyn Wright	2:18.61 (Laf.-Rider)
Yesenia Boynton.....	2:28.01 (Penn State)
Samantha Jones	2:28.11 (NYU)
Kathryn Jenkins	2:29.59 (Laf.-Rider)
Marla Woodarek	2:31.08 (Laf.-Rider)
Tijen Ozcan	2:33.08 (Lehigh)

Alison Zukowski	2:33.13 (Lehigh)
Jess Torres	2:33.16 (Princeton)
Kim Atkins	2:36.12 (Laf.-Rider)
Stephanie LaFergola	2:36.16 (Thomson)
Lindsay Chetelat.....	2:36.64 (Princeton)
Gabrielle Buda	2:39.19 (Princeton)
Jen Watunya	2:42.30 (Lehigh)
Allie Gedney	2:44.72 (Thomson)
Emmy Rando	2:46.12 (Lehigh)
Isabel Graf	2:46.69 (Thomson)
Jordynn Towner	2:50.79 (Thomson)
Jillian Seamon	2:55.39 (Lehigh)
Kelley Burke.....	3:03.01 (UD Inv.)

1,000 Meters

Karen Mandrachia	2:57.44 (NYU)
Tijen Ozcan	3:10.40 (NYU)
Jess Torres.....	3:20.88 (Laf.-Rider)
Gabrielle Buda	3:28.92 (Thomson)
Lindsay Chetelat	3:30.45 (Thomson)

Mile

Karen Mandrachia	5:05.59 (Laf.-Rider)
Kellyn Wright.....	5:17.08 (Penn State)
Alison Zukowski	5:24.97 (Lehigh)
Leeann Seiwel	5:26.55 (Thomson)
Christine Sloat.....	5:28.70 (Haverford)
Stephanie LaFergola	5:33.41 (Laf.-Rider)
Jen Watunya	5:38.46 (Lehigh)
Katie Deinert	5:38.59 (UD Inv.)
Isabel Graf	5:43.00 (Haverford)
Kaylee Pineault	5:53.67 (Lehigh)
Allie Gedney	5:56.78 (Haverford)
Tracy Powell.....	6:00.47 (Lehigh)
Tijen Ozcan	6:01.38 (Gotham)
Emmy Rando	6:06.92 (Lehigh)
Kim Atkins	6:28.57 (UD Inv.)

3,000 Meters

Christine Sloat	10:29.47 (NYU)
Alison Zukowski.....	10:36.87 (NYU)
Karen Mandrachia.....	10:44.49 (UD Inv.)
Jen Watunya	10:52.63 (NYU)
Leeann Seiwel	10:56.71 (Penn State)

Sophie Kauffman	10:57.78 (UD Inv.)
Katie Deinert	10:59.24 (Penn State)
Ali Lambert.....	11:03.82 (Haverford)
Isabel Graf.....	11:14.40 (Gotham)
Stephanie LaFergola.....	11:16.84 (Lehigh)
Lex Ambrogi	11:19.65 (NYU)
Kaylee Pineault.....	11:39.75 (Haverford)
Tracy Powell	12:08.51 (Haverford)
Emma Rando	12:10.49 (Haverford)
Courtney Darsa.....	12:17.68 (Haverford)
Rachel Schaefer	12:43.27 (Thomson)
Megan McGrath	12:57.39 (Haverford)

5,000 Meters

Leeann Seiwel	18:09.45 (Laf.-Rider)
Christine Sloat	18:12.44 (Laf.-Rider)
Sophie Kauffman	18:31.68 (Gotham)
Katy Deinert	18:38.32 (NYU)
Jen Watunya	19:08.23 (Laf.-Rider)
Ali Lambert	19:15.75 (NYU)
Kaylee Pineault.....	20:49.88 (Thomson)
Tracy Powell	21:19.13 (Thomson)
Emma Rando	21:33.09 (Thomson)
Meghan McGrath	23:20.59 (Thomson)

High Jump

Briana Gray	1.60m (5-3) (Princeton)
Samantha Hunger	1.52m (4-11 3/4) (Lehigh)
Alexa Windsor	1.52m (4-11 3/4) (Lehigh)
Jillian Seamon.....	1.40m (4-7) (Lehigh)

Long Jump

Leah Putman	5.33m (17-6) (NYU)
Lauren Paciorek	4.95m (16-3) (NYU)
Jillian Seamon.....	4.81m (15-9 3/4) (Laf.-Rider)
Megan Wiseman	4.74m (15-6 3/4) (Lehigh)

Triple Jump

Samantha Hunger	10.74m (35-3) (Princeton)
Jessica McDonald.....	9.95m (32-7 3/4) (Laf.-Rider)

Pole Vault

Laura Chirico	3.60m (11-9 3/4) (Thomson)
Cassandra Wallen	3.14m (10-4) (Laf.-Rider)
Jaelyn Marangella.....	2.85m (9-4 1/4) (Thomson)
Jessica McDonald	2.75m (9-0 1/4) (Lehigh)

Shot Put

Amanda Marshall	12.64m (41-5 3/4) (UD Inv.)
Jillian Seamon	10.71m (35-1 3/4) (UD Inv.)

Weight Throw

Amanda Marshall	16.33m (52-11) (UD Inv.)
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Pentathlon

Jillian Seamon.....	2,543 (Lehigh)
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