

**2008-2009**  
**UNIVERSITY OF DELAWARE**  
**WOMEN'S INDOOR TRACK & FIELD**  
**RESULTS & TOP TIMES**

<b>Dec.</b>	5	Jack Pyrah Invitational at Haverford.....	No Scoring
<b>Jan.</b>	9	Delaware Invitational .....	3rd Place
	16	New York Gotham Cup at NY City Armory .....	No Scoring
	17	Penn State Open.....	No Scoring
	23	Albany/Great Dane Inv. at NY City Armory .....	21st Place
	23-24	John Covert Classic at Lehigh .....	2nd Place
	31	Thomason Invitational at Delaware .....	1st Place
<b>Feb.</b>	6-7	New Balance Collegiate Inv. at NY City Armory .....	No Scoring
	7	Princeton Open.....	No Scoring
	13	Lafayette/Rider Invitational at NY City Armory .....	No Scoring
	21	Colonial Invitational at Delaware .....	2nd Place
	27	New York University Fasttrack at NY City Armory ....	No Scoring
<b>Mar.</b>	7-8	ECAC Championships at Reggie Lewis Center, Boston, Mass. ....	16th Place

**Head Coach:** Wendy McFarlane (302-831-8738)  
Home Meets at Delaware Field House

### TOP TIMES

(Based on each athletes top time in event)

\* = School Record

#### 4 x 400 Meter Relay

Delaware .....	3:49.97 (NYU)
(Marquez, Hollis, Capsouras, Cox)	
Delaware .....	3:50.91 (ECAC)
(Marquez, Hollis, Capsouras, Cox)	

#### 4 x 800 Meter Relay

Delaware .....	9:15.89 (ECAC)
(C. Antonopoulos, Y. Antonopoulos, Wright, Mandrachia)	
Delaware .....	9:16.78 (New Balance)
(C. Antonopoulos, Y. Antonopoulos, Wright, Mandrachia)	

#### Distance Medley Relay

Delaware .....	11:49.88 (ECAC)
(Mandrachia, Cox, Wright, C. Antonopoulos)	
Delaware .....	11:51.32 (New Balance)
(Mandrachia, Hollis, Wright, C. Antonopoulos)	

#### 55 meter hurdles

Alexi Capsouras.....	8.69 (Pyrah)
Kayla Hennessy.....	8.76 (Pyrah)
Leah Putman.....	8.78 (Pyrah)
Lauren Paciorek .....	9.56 (Pyrah)
Keren Rozensher .....	10.51 (Pyrah)

#### 60 meter hurdles

Alexi Capsouras .....	9.18 (Colonial)
Kayla Hennessy .....	9.37 (Thomson)
Lauren Paciorek .....	10.08 (Rider/Lafayette)
Leah Putman .....	10.19 (Thomson)
Keren Rozensher .....	11.23 (Colonial)

#### 55 meters

Alex Francis .....	7.57 (Pyrah)
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#### 60 meters

Asia Hollis .....	7.98 (Colonial)
Cristine Marquez.....	8.06 (UD Inv.)
Leah Putman .....	8.27 (Colonial)
Jillian Seamon .....	8.54 (Colonial)
Lauren Paciorek .....	8.86 (Thomson)

#### 200 meters

Cristine Marquez.....	24.82 (ECAC)
Kristi Cox .....	25.78 (NYU)
Asia Hollis .....	26.09 (Rider/Lafayette)
Kayla Hennessy.....	26.97 (UD Inv.)
Alexa Windsor .....	27.09 (Rider/Lafayette)
Megan Wiseman.....	27.57 (Colonial)
Yesenia Boynton .....	28.25 (UD Inv.)
Jillian Seamon .....	28.38 (Thomson)
Kelli McDonald .....	28.77 (Colonial)
Leah Putman .....	29.32 (Princeton)
Tijen Ozcan .....	29.34 (Thomson)
Laura Chirico .....	29.45 (UD Inv.)
Lauren Paciorek .....	30.00 (Princeton)
Keren Rozensher .....	30.97 (Colonial)
Jaclyn Marangella .....	31.38 (Colonial)

#### 300 meters

Alex Francis .....	43.90 (Pyrah)
Alexi Capsouras.....	44.72 (Pyrah)
Jillian Seamon.....	48.02 (Pyrah)
Lauren Paciorek .....	48.34 (Pyrah)
Keren Rozensher .....	49.00 (Pyrah)

#### 400 meters

Cristine Marquez .....	55.74 (NYU)
Kristi Cox .....	59.07 (Albany)
Asia Hollis .....	59.60 (Colonial)
Alexi Capsouras.....	1:00.93 (Rider/Lafayette)

## 2-2-2-2

Yesenia Boynton .....	1:03.65 (Gotham)
Tijen Ozcan .....	1:06.39 (Thomson)
Karen Rozensher .....	1:10.72 (UD Inv.)

### 500 meters

Cristine Marquez .....	1:15.71 (Penn State)
Kristi Cox .....	1:18.69 (Pyrarh)
Kim Atkins .....	1:22.92 (Rider/Lafayette)
Kellyn Wright .....	1:23.00 (Lehigh)
Alexi Capsouras.....	1:24.78 (Penn State)
Tijen Ozcan .....	1:27.04 (Lehigh)
Adelaide Freeman .....	1:27.59 (Thomson)
Karen Rozensher .....	1:31.30 (Gotham)

### 600 meters

Tijen Ozcan .....	1:51.85 (Penn State)
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### 800 meters

Karen Mandrachia.....	2:16.49 (Colonial)
Kellyn Wright .....	2:19.45 (Rider/Lafayette)
Christina Antonopoulos .....	2:20.73 (Lehigh)
Yianna Antonopoulos .....	2:26.71 (UD Inv.)
Kim Atkins .....	2:26.88 (Colonial)
Adelaide Freeman .....	2:31.09 (Colonial)
Tizen Ozcan .....	2:34.10 (Rider/Lafayette)
Alison Zukowski .....	2:36.75 (Lehigh)
Jen Watunya.....	2:39.70 (Lehigh)
Ali Lambert .....	2:43.70 (UD Inv.)
Allie Gedney .....	2:48.95 (UD Inv.)

### 1,000 meters

Karen Mandrachia .....	2:52.71 (NYU)
Christina Antonopoulos.....	3:11.66 (UD Inv.)
Kellyn Wright.....	3:16.24 (UD Inv.)
Jen Watunya .....	3:19.12 (UD Inv.)
Stephanie LaFergola.....	3:30.56 (UD Inv.)
Kim Atkins .....	3:31.95 (Pyrarh)
Jess Torres .....	3:42.97 (Pyrarh)
Tracy Powell .....	3:45.70 (UD Inv.)

### Mile

Christina Antonopoulos .....	4:57.05 (NYU)
Karen Mandrachia.....	5:00.30 (Rider/Lafayette)
Yianna Antonopoulos.....	5:07.81 (Rider/Lafayette)
Jen Watunya.....	5:30.94 (Lehigh)
Kellyn Wright.....	5:32.04 (UD Inv.)
Alison Zukowski .....	5:34.93 (Lehigh)
Stephanie LaFergola .....	5:35.14 (Rider/Lafayette)
Ali Lambert .....	5:36.80 (Princeton)
Allie Gedney .....	5:47.86 (Colonial)
Tracy Powell .....	5:50.39 (Rider/Lafayette)
Sarah Vernon .....	6:08.68 (Lehigh)
Jess Torres .....	6:10.01 (UD Inv.)
Meghan McGrath.....	6:26.13 (Lehigh)

### 3,000 meters

Christina Antonopoulos .....	10:07.55 (Colonial)
Yianna Antonopoulos .....	10:08.97 (New Balance)
Julia Somers .....	10:26.11 (Colonial)
Liz Paul .....	10:43.15 (Colonial)
Jen Watunya .....	10:52.01 (Penn State)
Sophie Kauffman .....	11:17.48 (Princeton)
Alison Zukowski .....	11:18.46 (Thomson)
Stephanie LaFergola.....	11:21.33 (Thomson)
Ali Lambert .....	11:22.32 (Colonial)
Tracy Powell .....	11:38.34 (Colonial)
Sarah Vernon .....	11:40.98 (Rider/Lafayette)
Lindsay Schmiedel.....	11:48.12 (Colonial)
Kirsten Fitch .....	11:54.63 (Thomson)
Allie Gedney .....	11:56.23 (Thomson)
Meghan McGrath.....	12:29.33 (Colonial)
Rachel Schaefer .....	12:40.06 (UD Inv.)

### 5,000 meters

Julia Somers .....	18:07.30 (New Balance)
Liz Paul .....	18:26.52 (Gotham)
Jen Watunya.....	18:45.90 (Rider/Lafayette)
Sophie Kauffman .....	19:14.96 (Rider/Lafayette)
Ali Lambert .....	20:28.37 (Thomson)
Tracy Powell .....	20:30.68 (Thomson)
Lindsay Schmiedel .....	20:47.08 (Thomson)

### Pole Vault

Kelli McDonald.....	12-5 1/2 (3.80m) (ECAC)
Laura Chirico.....	11-11 3/4 (3.65m) (Princeton)
Jennifer Holly.....	11-5 3/4 (3.50m) (Pyrarh/Penn State)
Jaclyn Marangella .....	9-0 1/4 (2.75m) (Thomson)

### High Jump

Briana Gray .....	5-3 (1.60m) (Thomson/Princeton)
Alexa Windsor.....	5-1 (1.55m) (5 times)
Emily Bucciferro .....	4-9 (1.45m) (Pyrarh)

### Long Jump

Leah Putman .....	17-2 (5.23m) (Rider/Lafayette)
Megan Wiseman.....	17-0 (5.18m) (Rider/Lafayette)
Annie Fulton .....	16-5 (5.00m) (Rider/Lafayette)
Jillian Seamon.....	16-1 1/2 (4.91m) (Rider/Lafayette)
Lauren Paciorek .....	15-1 1/4 (4.60m) (Colonial)
Minna Latortue.....	11-9 3/4 (3.60m) (Pyrarh)

### Triple Jump

Annie Fulton .....	36-5 3/4 (11.12m) (NYU)
Leah Putman.....	35-10 1/2 (10.93m) (Colonial)
Minna Latortue .....	31-11 1/4 (9.73m) (Colonial)
Megan Wiseman .....	31-9 1/2 (9.69m) (Lehigh)

### Weight Throw

Amanda Marshall.....	58-3 1/4 (17.76m) (ECAC)
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### Shot Put

Amanda Marshall.....	41-8 3/4 (12.72m) (Thomson)
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