

2002
UNIVERSITY OF DELAWARE
WOMEN'S OUTDOOR TRACK & FIELD
FINAL RESULTS

Mar.	23	Navy Invitational.....	3rd Place
	30	William & Mary Tribe Invitational ..	No Scoring
Apr.	6	University of Maryland Invitational	4th Place
	13	Delaware Invitational #1	1st Place
	19-20	Colonial Athletic Association Champ. at Richmond, VA (Sports Backers Stad.)..	5th Place
	25-27	Penn Relays	No Scoring
	27	Millersville (Pa.) Metrics.....	9th Place
May	4	Delaware Invitational #2	No Scoring
	11	Towson Invitational	No Scoring
	17-19	ECAC Championships at Princeton	No Team Score

Head Coach: Sue McGrath-Powell (302-831-8738)
Home Meets at Delaware Mini-Stadium

TOP TIMES

(Based on each athletes top time in event)

4x100 meter relay

Delaware48.92 (Delaware #1)

4x200 meter relay

Delaware1:45.64 (Penn Relays)

4x400 meter relay

Delaware3:57.57 (CAA)

4 x 800 meter relay

Delaware9:51.27

Sprint Medley Relay

Delaware4:08.0 (Penn Relays)

100 meter Hurdles

Becky Russo16.55 (CAA)

Christine Kowalchuk.....17.14 (CAA)

Elizabeth Russell.....17.61 (Delaware #2)

400 meter hurdles

Sarah Bochet1:03.73 (Delaware #2)

Tyechia Smith.....1:05.35 (Delaware #1)

Katherine Zucaro1:06.93 (Delaware #1)

Becky Russo.....1:09.14 (CAA)

100 meters

Kristen Frustillo.....12.63 (Wm. & Mary)

Kristen Salvatore12.72 (Wm. & Mary)

Jenn McDonald12.92 (CAA)

Tehera Nesfield13.31 (CAA)

Denise Brijbasi13.44 (Towson)

Elizabeth Russell.....13.79 (Navy)

200 meters

Tyecia Smith25.92 (Delaware #2)

Kristen Salvatore.....26.15 (Towson)

Liesje Cardillo.....26.46 (CAA)

Kristen Frustillo26.56 (Millersville)

Jen McDonald26.81 (CAA)

Rachel Schultz.....26.85 (Towson)

Elizabeth Russell.....27.53 (Millersville)

Katherine Zucaro.....27.92 (Towson)

Tehera Nesfield28.16 (Delaware #1)

Heidi Findlay.....28.32 (Towson)

400 meters

Kristen Frustillo58.78 (Delaware #2)

Tyechia Smith59.11 (CAA)

Rachel Schultz1:00.17 (CAA)

Sarah Bochet1:03.09 (Navy)

Katherine Zucaro1:03.52 (Maryland)

Heidi Findlay1:04.65 (Delaware #1)

Kate Klim.....1:08.85 (Navy)

800 Meters

Erin Gemmill2:13.84 (Towson)*

Sarah Bochet2:21.53 (Millersville)

Aimee Alexander2:21.65 (Navy)

Lisa Salvatore2:26.55 (Millersville)

Rachel Schultz2:27.37 (Millersville)

Kate Klim.....2:32.35 (Millersville)

Heidi Findlay2:32.63 (Delaware #2)

Lauren P. Palmer2:36.89 (Delaware #1)

Katherine Zucaro2:38.01 (Millersville)

Marcy Castleggrande.....2:38.70 (Delaware #1)

Krista Kugler2:40.93 (Millersville)

1,500 Meters

Aimee Alexander4:38.26 (Delaware #1)

Erin Gemmill4:51.30 (Wm. & Mary)

Monica Marchetta.....5:02.03 (Wm. & Mary)

Kate Klim.....5:04.62 (Millersville)

Alison Taylor5:05.00 (Wm. & Mary)

Sarah Johnson.....5:12.74 (Delaware #2)

Krista Kugler5:18.67 (Delaware #2)

Kristen Salvatore5:20.19 (Millersville)

Marcy Castleggrande5:23.58 (Delaware #1)

Lauren P. Palmer5:25.60 (Delaware #2)

Cristin Romano.....5:41.54 (Wm. & Mary)

2,000 Meter Steeplechase

Kate Klim7:46.49 (Wm. & Mary)

Tess Beinke.....8:36.75 (Wm. & Mary)

3,000 Meter Steeplechase

Kate Klim.....11:33.56 (Delaware #2)*

Krista Kugler12:21.44 (Navy)

Ashley Olsen12:27.20 (Navy)

Lisa Salvatore.....12:36.69 (Delaware #2)

- more -

3,000 Meters

Aimee Alexander	9:59.13 (Delaware #2)
Jenn Krisch	11:04.02 (Delaware #2)
Mary Martini	11:36.63 (Millersville)
Krista Kugler	11:36.75 (Delaware #2)
Alison Taylor	11:37.87 (Wm. & Mary)
Sarah Arbaugh	11:53.43 (Millersville)
Cristin Romano	12:02.25 (Delaware #2)
Tina Ward	12:12.97 (Millersville)
Tess Beinke	12:34.79 (Millersville)
Melissa Taylor	12:36.92 (Delaware #2)

5,000 Meters

Aimee Alexander	17:02.37 (ECAC)
Monica Marchetta	18:38.54 (Maryland)
Jenn Krisch	19:13.89 (Millersville)
Mary Martini	20:46.58 (Delaware #2)
Cristin Romano	20:50.72 (Maryland)
Tina Ward	21:06.66 (Maryland)
Sarah Arbaugh	21:12.85 (Maryland)
Tess Beinke	22:04.45 (Delaware #2)
Melissa Taylor	22:08.91 (Maryland)

10,000 Meters

Monica Marchetta	38:45.00 (Navy)
Cristin Romano	41:46.95 (CAA)

High Jump

Elizabeth Russell	5-1 (Navy)
Laura Matthey	4-7 (CAA)

Pole Vault

Lisa Steward	10-0 (Delaware #1)
Reagan Hastings	10-0 (Millersville/Towson)
Kristen Tunell	9-6 1/4 (3 times)
Laura Matthey	9 - 6 1/4 (2 times)
Amy Miller	7-6 1/2 (Wm. & Mary)

Long Jump

Liesje Cardillo	18-6 (Towson)
Laketta John	17-5 1/2 (Navy)
Denise Brijbasi	17 1/4 (Delaware #2)
Elizabeth Russell	16-7 1/4 (Delaware #1)

Triple Jump

Laura Dietrich	35-6 1/2 (Millersville)
Denise Brijbasi	32-11 3/4 (Delaware #1)
Laketta John	32-9 1/2 (Navy)

Shot Put

Kerry Van Riper	36-3 1/2 (CAA)
Jess Urbonas	36-2 3/4 (Towson)
Michelle Perno	34-7 3/4 (CAA)
Lauren D. Palmer	32-5 1/2 (Delaware #2)
Jennie Chiller	31-8 (CAA)

Discus

Gena Carapezza	126-9 (Towson)
Michelle Perno	119-4 (Towson)
Jess Urbonas	118-7 (Delaware #2)
Susan Gulbicki	108-9 (Navy)
Lauren D. Palmer	100-4 1/2 (Delaware #2)
Jennie Chiller	94-8 1/2 (Delaware #2)
Kerry Van Riper	76-8 1/2 (Delaware #2)

Hammer

Jennie Chiller	153-0 (Wm. & Mary)
Diethra Seymour	151-2 (Navy)
Kerry Van Riper	142-3 (CAA)
Jess Urbonas	93-1 (Delaware #2)
Michelle Perno	86-9 (Delaware #2)
Lauren D. Palmer	75 3/4 (Delaware #2)

Javelin

Christine Kowalchuk	126-7 1/2 (Delaware #2)
Jess Urbonas	117-5 (Wm. & Mary)
Susan Gulbicki	116-7 (Navy)
Gena Carapezza	112-5 (Delaware #2)
Michelle Perno	88-8 (Delaware #2)
Kerry Van Riper	67-7 (Delaware #2)

Heptathlon

Elizabeth Russell	3,410 points (CAA)
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