

2003
UNIVERSITY OF DELAWARE
WOMEN'S OUTDOOR TRACK & FIELD
(5-1)

Mar.	22	Navy Invitational	4th Place
	29	Monmouth Season Opener	
		Iona	W 127-23
		Sacred Heart	W 114-77
		St. Francis (NY)	W 133-22
		Stony Brook.....	W 121-27
	St. Peter's.....	W 135-13	
	Monmouth.....	L 87-107	
Apr.	4-5	Colonial Relays at Wm. & Mary.....	12th Place
	12	Delaware Invitational #1	1st Place
	18-19	Colonial Athletic Association Championships at Richmond, VA	6th Place
	25-26	Penn Relays	No Scoring
	26	Millersville (PA) Metrics	No Scoring
	26	College of New Jersey Lion's Inv.	No Scoring
May	3	Delaware Invitational #2	No Scoring
	10	Jim Thorpe Meet at Penn State	No Scoring
	10	Towson Invitational	No Scoring
	12	Tuppeny Twilight Meet	No Scoring
	16-18	ECAC Championships at Princeton....	49th Place

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

Delaware48.09 (Monmouth)

4x200 meter relay

Delaware1:43.20 (Penn Relays)

4x400 meter relay

Delaware3:53.79 (Colonial Relays)

Sprint Medley Relay

Delaware4:04.37 (Penn Relays)

Distance Medley Relay

Delaware12:35.32 (Colonial Relays)

100 meter Hurdles

Daniella Price15.04 (CAA)
 Elizabeth Russell.....15.99 (Navy)
 Kim Rubin16.43 (UD #2)

400 meter hurdles

Daniella Price1:06.89 (Colonial Relays)
 Tyechia Smith1:07.70 (Navy)
 Lissy Dean1:08.4 (Millersville)
 Kim Rubin.....1:08.52 (UD #2)

100 meters

Daniella Price.....12.23 (Villanova)
 Kristin Frustillo.....12.37 (CAA)
 Tehera Nesfield.....13.11 (UD #1)

200 meters

Daniella Price25.49 (UD #2)
 Kristin Frustillo.....26.68 (CAA)
 Elizabeth Russell27.21 (Penn State)
 Tehera Nesfield27.52 (CAA)

400 Meters

Tyechia Smith58.29 (Colonial Relays)
 Rachel Schultz59.24 (Colonial Relays)

800 Meters

Erin Gemmill2:16.35 (Colonial Relays)
 Rachel Schultz.....2:19.28 (Penn State)
 Allison Behrle2:36.55 (UD #1)
 Sari Weissbard2:37.64 (Monmouth)
 Lisa Salvatore.....2:40.48 (Monmouth)
 Erin Bortz2:42.06 (Monmouth)
 Nicole Voight.....2:43.33 (Navy)
 Colleen Reid.....2:44.49 (Monmouth)

1,500 Meters

Erin Gemmill.....4:37.84 (UD #2)
 Allison Behrle5:01.19 (CAA)
 Erin Bortz.....5:20.06 (Navy)
 Sari Weissbard5:24.39 (Monmouth)
 Lisa Salvatore.....5:24.86 (Monmouth)
 Lauren Shaub.....5:27.90 (Navy)
 Daniella Ward.....5:35.76 (Monmouth)
 Colleen Reid.....5:36.43 (Monmouth)
 Nicole Voight.....6:01.35 (UD #2)

3,000 Meter Steeplechase

Kate Klim.....11:17.41 (CAA)
 Ashley Olsen11:56.78 (CAA)
 Lisa Salvatore.....12:44.37 (CAA)

3,000 Meters

Ashley Olsen10:52.96 (UD #2)
 Lauren Shaub.....11:31.48 (UD #2)
 Mary Martini11:44.82 (UD #2)
 Lisa Salvatore.....11:48.3 (Millersville)
 Colleen Reid12:15.95 (UD #2)
 Cristin Romano12:44.79 (UD #2)

5,000 Meters

Kate Klim.....	18:25.33 (CAA)
Allison Behrle	19:25.39 (CAA)
Erin Bortz.....	19:50.79 (CAA)
Ashley Olsen	19:59.84 (Navy)
Mary Martini.....	20:44.65 (Monmouth)
Sari Weissbard	20:49.20 (Navy)
Lisa Salvatore	20:51.59 (Navy)
Cristin Romano	21:11.74 (Navy)
Danielle Ward	21:01.61 (UD #2)
Tina Ward.....	21:12.93 (Towson)
Colleen Reid.....	21:21.08 (Navy)

10,000 Meters

Mary Martini	41:50.50 (CAA)
Cristin Romano	43:47.74 (CAA)
Tina Ward.....	45:04.79 (CAA)

High Jump

Emily Brown	5-1 (Colonial Relays/UD #1)
Elizabeth Russell.....	5-1 (Colonial Relays)

Pole Vault

Casey Bennett	10-4 (Colonial Relays)
Reagan Hastings.....	10-0 (Navy/Penn State)
Laura Matthey	10-0 (Navy/UD #1/UD #2/Penn State)
Amy Miller.....	8-0 1/2 (CAA)

Long Jump

Lissy Dean	17-11 1/2 (Navy)
Elizabeth Russell.....	16-8 (Colonial Relays)
Amanda Crouse	15-9 3/4 (UD #1)

Triple Jump

Lissy Dean	37-6 3/4 (CAA)
Laura Dietrich.....	35-8 (UD #2)
Amanda Crouse	34-1 1/2 (Penn State)
Fran Ritchie	34-1 1/4 (UD #2)

Shot Put

Jessica Urbonas	34-5 3/4 (Navy)
Michelle Perno	33-1/4 (UD #1)
Lauren Palmer	31-5 1/4 (Penn State)

Discus

Jessica Urbonas.....	122-11 (UD #1)
Michelle Perno.....	123-7 (CNJ)
Lauren Palmer	98-9 (UD #2)

Hammer

Lauren Palmer	119-7 (Penn State)
Jessica Urbonas.....	113-6 (CAA)
Michelle Perno	102-7 (UD #2)

Javelin

Christine Kowalchuk.....	127-1 (Colonial Relays)
Jessica Urbonas	121-1 (UD #2)

Heptathlon

Elizabeth Russell	3,654 points (CAA)
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