

**2004**  
**UNIVERSITY OF DELAWARE**  
**WOMEN'S OUTDOOR TRACK & FIELD**  
**RESULTS**

<b>Mar.</b>	24-27	Florida Relays at Gainesville, FL.....	No Score
	26-27	Raleigh Relays at North Carolina State.....	No Score
	27	Monmouth Season Opener .....	4th Place
<b>Apr.</b>	3	University of Maryland Invitational .....	2nd Place
	10	Delaware Invitational #1 .....	5th Place
	16-17	Colonial Athletic Association Championships at Richmond, VA (VCU Host).....	6th Place
	21-24	Penn Relays at Phila., PA .....	No Score
	24	Lions' Invitational at College of New Jersey.....	No Score
<b>May</b>	1	Delaware Invitational #2.....	1st Place
	9	Towson Invitational .....	No Score
	13-16	ECAC Championships at Yale.....	48th Place
	28	NCAA East Regionals at Univ. of Florida....	No 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)

\* = School Record

#### 4 x 100 Meter Relay

Delaware .....47.17 (CAA)\*  
(Wright, Stille, Frustillo, Smith)

#### 4x400 Meter relay

Delaware .....3:50.16 (ECAC)\*  
(Schultz, Smith, Stille, Wright)

#### 4x800 Meter relay

Delaware .....10:04.18 (N.C. State)

#### Sprint Medley relay

Delaware .....4:17.72 (N.C. State)

#### 100 Meter hurdles

Mandy Stille.....14.34 (NCAARegional)\*  
Victoria Hufnagel .....15.37 (CofNJ)  
Elizabeth Russell.....15.82 (Towson)

#### 400 Meter hurdles

Mandy Stille.....1:04.07 (CAA)  
Vicki Hufnagel .....1:07.44 (CAA)  
Tyecia Smith.....1:07.65 (Delaware #1)  
Rebecca Seery.....1:08.69 (Delaware #1)  
Sarah Bochet .....1:08.76 (N.C. State)

#### 100 Meters

Brittany Wright .....12.14 (CAA)  
Kristen Frustillo.....12.20 (CAA)  
Daniella Price .....12.38 (CAA)  
Cierra Green .....13.64 (Towson)

#### 200 Meters

Brittany Wright.....25.26 (Towson)  
Tyechia Smith .....25.57 (Delaware #2)  
Mandy Stille .....25.95 (Florida Relays- Hept.)  
Kristen Frustillo .....26.11 (Florida Relays)  
Daniella Price .....26.78 (CAA)  
Elizabeth Russell .....26.88 (Cof NJ)  
Megan Oberst.....27.65 (Monmouth)  
Cierra Green.....27.69 (Monmouth)  
Rachel Schultz.....27.74 (Delaware #1)

#### 400 Meters

Tyechia Smith.....57.04 (CAA)  
Brittany Wright.....58.96 (Delaware #2)  
Rachel Schultz.....59.64 (Delaware #1)  
Megan Oberst.....1:01.66 (Delaware #1)  
Cierra Green.....1:03.37 (Delaware #1)

#### 800 Meters

Sarah Bochet.....2:19.03 (CAA)  
Sari Weissbard .....2:24.06 (Towson)  
Rachel Schultz .....2:25.93 (Towson)  
Rebecca Seery.....2:28.60 (Towson)  
Toni Riggi .....2:30.90 (Towson)  
Maria DiMarzio.....2:31.44 (Maryland)  
Mandy Stille.....2:31.94 (Penn Relays - Heptathlon)  
Veronica Welsh.....2:36.41 (Delaware #1)  
Lissy Dean .....2:48.76 (Towson)

#### 1,500 Meters

Sari Weissbard .....4:59.06 (Delaware #1)  
Toni Riggi .....5:04.27 (Towson)  
Veronica Welsh .....5:10.70 (N.C. State)  
Annie Kowtoniuk.....5:11.85 (Delaware #1)  
Maria DiMarzia.....5:14.93 (Maryland)  
Renee Gresh.....5:17.81 (CofNJ)  
Colleen Reid .....5:22.39 (Cof NJ)  
Laura Heenan.....5:26.80 (Towson)  
Danielle Ward .....5:39.91 (Delaware #1)

#### 3,000 Meters

Renee Gresh.....11:21.84 (Delaware #2)  
Veronica Welsh.....11:28.85 (Towson)  
Colleen Reid .....11:42.29 (Delaware #2)

#### 3,000 Meter Steeplechase

Kate Klim .....12:18.87 (Florida)  
Toni Riggi .....12:23.77 (Maryland)  
Annie Kowtoniak.....12:24.60 (Delaware #2)

**5,000 Meters**

Sari Weissbard.....19:06.94 (Monmouth)  
Renee Gresh.....19:45.24 (CAA)  
Colleen Reid .....20:07.24 (CAA)  
Allison Behrle.....20:15.01 (Monmouth)  
Danielle Ward.....20:15.04 (Maryland)  
Annie Kowtuniak.....20:15.32 (Maryland)

**10,000 Meters**

Allison Behrle.....41:45.28 (CAA)  
Daniella Ward .....43:24.14 (CAA)

**Pole Vault**

Casey Bennett.....12-6 (Towson) \*  
Reagan Hastings .....9-6 1/4 (CofNJ/Delaware #2)  
Amy Miller .....9 1/4(Delaware #2)

**Long Jump**

Mandy Stille .....18-0 (Florida Relays)  
Elizabeth Russell.....17-3 1/2 (Delaware #2)  
Kristen Collins .....17-3 (Delaware #1)  
Lissy Dean.....16-1 1/2 (Delaware #1)

**Triple Jump**

Mandy Stille .....38-9 3/4 (CAA)  
Lissy Dean .....36-9 3/4 (CAA)  
Eileen Perez .....32-6 1/4 (Delaware #1)

**High Jump**

Kristen Collins .....5-5 (Delaware #2)  
Elizabeth Russell.....5-1 3/4 (Towson)  
Mandy Stille.....5-1 1/4 (Penn Relays-Hept.)  
Eileen Perez .....4-9 (Maryland)

**Shot Put**

Rachel Young.....42-11 (Delaware #2)  
Jessica Urbonas .....38-3 1/4 (Delaware #2)  
Mandy Stille.....35-10 (Delaware #2)  
Lauren Palmer.....31-9 1/4 (Delaware #2)

**Discus**

Rachel Young.....140-6 (CofNJ)  
Stephanie Cronk .....128-1 1/2 (Delaware #2)  
Jessica Urbonas .....120-5 (Delaware #2)  
Lauren Palmer .....96-1 (CAA)

**Hammer**

Stephanie Cronk.....138-6 (Maryland)  
Rachel Young.....132-11 (Delaware #2)  
Lauren Palmer.....123-0 (Delaware #2)  
Jessica Urbonas .....121-7 (Towson)  
Kathleen Collins.....95-2 (Delaware #2)

**Javelin**

Christine Kowalchuk .....122-11 (Maryland)  
Mandy Stille.....119-7 (Penn Relays-Hept.)  
Jessica Urbonas .....118-7 1/2 (Delaware #2)  
Stephanie Cronk.....109-9 (CAA)

**Heptathlon**

Mandy Stille.....4853 points (Penn Relays)  
Elizabeth Russell.....3807 (CAA)