

**2009  
UNIVERSITY OF DELAWARE  
WOMEN'S OUTDOOR TRACK & FIELD  
RESULTS & TOP TIMES**

<b>Mar.</b>	20-21	Coastal Carolina Shamrock Invitational .....	No Scoring
	21	Richard Stockton Invitational.....	No Scoring
	28	Towson Invitational.....	No Scoring
<b>Apr.</b>	3-4	Colonial Relays at William & Mary .....	7th Place
	4	Penn Invitational .....	No Scoring
	11	Rider Invitational .....	3rd Place
	17-18	Colonial Athletic Association Championships at Towson .....	6th Place
	23-25	Penn Relays .....	No Scoring
	24	West Chester Last Chance Meet .....	No Scoring
<b>May</b>	2	Delaware Open .....	Canceled (flu)
	11	Tuppeny Twilight Meet at Swarthmore .....	No Scoring
	16-17	ECAC Championships at Princeton .....	38th Place
	29-30	NCAA East Regionals .....	tba
<b>June</b>	10-13	NCAA Championships at University of Arkansas.....	tba

**Head Coach:** Wendy McFarlane (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 .....	48.00 (ECAC)
(Hollis, Cox, Marquez, Windsor)	
Delaware .....	48.32 (Colonial Relays)
(Hollis, Cox, Marquez, Windsor)	

**4 x 200 Meter Relay**

Delaware .....	1:40.61 (Penn Relays)
(Marquez, Hollis, Windsor, Cox)	
Delaware .....	1:40.84 (Colonial Relays)
(Marquez, Hollis, Windsor, Cox)	

**4 x 400 Meter Relay**

Delaware .....	3:45.78 (ECAC)*
(Marquez, Hollis, Capsouras, Cox)	
Delaware .....	3:48.49 (CAA)
(Marquez, Hollis, Capsouras, Cox)	

**4 x 800 Meter Relay**

Delaware .....	9:12.64 (ECAC)
(C. Antonopoulos, Wright, Mandrachia, Y. Antonopoulos)	
(Delaware .....	9:17.7 (Penn Relays)
(C. Antonopoulos, Y. Antonopoulos, Wright, Mandrachia)	

**4 x 1,500 Meter Relay**

Delaware .....	19:02.19 (Colonial Relays)
(Y. Antonopoulos, C. Antonopoulos, Wright, Mandrachia)	
Delaware .....	19:06.12 (Penn Relays)
(C. Antonopoulos, Y. Antonopoulos, Wright, Mandrachia)	

**100 meter high hurdles**

Alexi Capsouras .....	15.23 (CAA)
Leah Putman .....	15.72 (CAA)
Lauren Paciorek .....	18.02 (West Chester)
Keren Rozensher .....	19.33 (Stockton)

**400 intermediate hurdles**

Alexi Capsouras.....	1:06.10 (CAA)
Keren Rozensher .....	1:12.71 (Rider)

**100 meters**

Asia Hollis .....	12.53 (CAA)
Olufunke Fagbami .....	13.07 (Rider)
Lauren Paciorek .....	13.85 (Stockton)

**200 meters**

Cristine Marquez .....	24.07 (ECAC)*
Kristi Cox .....	25.36 (CAA)
Asia Hollis .....	25.50 (CAA)
Alexa Windsor .....	26.63 (CAA)
Yesenia Boynton .....	27.55 (West Chester)
Olufunke Fagbami .....	28.93 (Penn Inv. )
Lauren Paciorek .....	29.44 (Penn Inv.)
Kelli McDonald .....	31.00 (Rider)
Jaclyn Marangella .....	31.47 (Stockton)

**400 meters**

Cristine Marquez .....	54.68 (ECAC)*
Kristi Cox .....	56.73 (CAA)
Asia Hollis .....	58.40 (CAA)
Yesenia Boynton.....	1:00.16 (West Chester)
Kim Atkins .....	1:04.94 (Towson)
Samantha Jones.....	1:07.50 (West Chester)

**800 meters**

Karen Mandrachia .....	2:16.73 (Colonial Relays)
Kellyn Wright .....	2:16.86 (CAA)
Cristine Marquez.....	2:20.95 (Towson)
Christina Antonopoulos .....	2:20.75 (Stockton)
Kim Atkins .....	2:26.51 (West Chester)
Tijen Ozcan .....	2:31.74 (CAA)
Marla Woodarek .....	2:33.41 (West Chester)
Jen Watunya .....	2:36.48 (Towson)
Ali Lambert .....	2:37.52 (Stockton)
Ellen Craven .....	2:39.01 (Stockton)
Allie Gedney .....	2:42.08 (Towson)

## 2-2-2

Samantha Jones .....	2:46.21 (Rider)
Sarah Ports .....	2:47.17 (Rider)
Alicia McDaniels .....	2:36.95 (West Chester)

### 1,500 meters

Karen Mandrachia .....	4:34.27 (CAA)
Christina Antonopoulos .....	4:43.15 (Colonial Relays)
Kellyn Wright .....	4:45.75 (Towson)
Yianna Antonopoulos .....	4:46.47 (Colonial Relays)
Jen Watunya .....	5:00.69 (West Chester)
Liz Paul .....	5:13.66 (Rider)
Ali Lambert .....	5:17.57 (Stockton)
Sarah Ports .....	5:18.00 (West Chester)
Stephanie LaFergola .....	5:18.05 (Towson)
Sophie Kauffman .....	5:18.71 (Rider)
Ellen Craven .....	5:22.67 (Towson)
Sarah Vernon .....	5:24.19 (Towson)
Allie Gedney .....	5:27.49 (West Chester)
Tracy Powell .....	5:32.00 (Rider)
Jess Torres .....	5:34.69 (Towson)

### 3,000 meter steeplechase

Julia Somers .....	11:13.80 (Swarthmore)
Tracy Powell .....	11:58.64 (Swarthmore)
Meghan McGrath .....	14:06.10 (West Chester)

### 3,000 meters

Jen Watunya .....	10:55.79 (West Chester)
Sophie Kauffman .....	10:58.06 (Stockton)
Liz Paul .....	11:01.32 (Stockton)
Jessie Ermak .....	11:24.55 (West Chester)
Stephanie LaFergola .....	11:32.74 (West Chester)
Kaylee Pineault .....	11:37.23 (West Chester)
Sarah Vernon .....	11:51.25 (West Chester)
Tracy Powell .....	11:57.08 (Stockton)
Ellen Craven .....	12:04.76 (West Chester)

### 5,000 meters

Christina Antonopoulos .....	17:34.01 (Towson)
Yianna Antonopoulos .....	17:45.31 (CAA)
Sophie Kauffman .....	18:38.50 (Swarthmore)
Liz Paul .....	19:15.14 (Colonial Relays)
Jessie Ermak .....	19:43.68 (CAA)
Stephanie LaFergola .....	20:16.1 (Penn Inv.)
Kaylee Pineault .....	20:24.66 (Penn Inv.)
Sarah Vernon .....	20:33.61 (Penn Inv.)

### 10,000 meters

Sophie Kauffman .....	38:39.23 (CAA)
Liz Paul .....	39:20.62 (CAA)
Jen Watunya .....	40:47.12 (CAA)
Ali Lambert .....	41:56.25 (Towson)

## Pole Vault

Kelli McDonald .....	12-9 1/2 (3.89m) (CAA)
Jennifer Holly .....	12-2 1/2 (3.72m) (West Chester)
Laura Chirico .....	11-8 1/2 (3.57m) (West Chester)
Jaclyn Marangella .....	9-6 1/4 (2.90) (CAA)
Jess Torres .....	7-9 91/4 (2.37m) (West Chester)

## High Jump

Briana Gray .....	5-2 1/2 (1.59m) (Colonial Relays)
Alexa Windsor .....	5-1 (1.55m) (Colonial Relays/CAA)
Emily Bucciferro .....	5-0 1/4 (1.53m) (Stockton)

## Long Jump

Megan Wiseman .....	17-10 3/4 (5.45m) (West Chester)
Leah Putman .....	16-8 1/2 (5.10m) (CAA)
Annie Fulton .....	16-1 3/4 (4.92m) (Colonial Relays)
Lauren Paciorek .....	15-4 1/4 (4.68m) (Towson)
Emily Bucciferro .....	15-3 3/4 (4.65m) (West Chester)
Minna Latortue .....	15-1 1/4 (4.60m) (Towson)
Nicole Lombardo .....	13-4 (4.06m) (West Chester)

## Triple Jump

Annie Fulton .....	35-9 1/2 (10.91m) (Colonial Relays)
Leah Putman .....	35-6 (10.82m) (West Chester)
Minna Latortue .....	34-5 (10.49m) (CAA)
Megan Wiseman .....	34-0 (10.36m) (CAA)
Nicole Lombardo .....	32-2 1/4 (9.81m) (West Chester)

## Shot Put

Amanda Marshall .....	43-4 1/2 (13.22m) (Penn Relays)
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## Discus

Amanda Marshall .....	148-0 (45-11) (ECAC)*
Katie Rimpfel .....	121-5 (37.02m) (Penn Inv.)
Leslie Lynch .....	117-7 (35.83m) (Rider)

## Hammer

Amanda Marshall .....	166-11 (50.87) (ECAC)
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## Javelin

Jillian Seamon .....	142-4 (43.39m) (Swarthmore)
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