

**2012  
UNIVERSITY OF DELAWARE  
WOMEN'S OUTDOOR TRACK & FIELD  
RESULTS / TOP TIMES**

<b>Mar.</b>	17	VCU Invitational .....	No Scoring
	24	Navy Invitational .....	2nd Place
	31	Towson Invitational.....	No Scoring
<b>Apr.</b>	6-7	Colonial Relays at William & Mary .....	2nd Place
	7	Penn Invitational .....	No Scoring
	14	Delaware Open .....	No Scoring
	20-21	Legacy Meet at Morgan State .....	1st Place
	26-28	Penn Relays .....	No Scoring
	27	West Chester Open Invitational .....	No Scoring
<b>May</b>	4-5	Colonial Athletic Association Championships at George Mason .....	5th Place
	11-13	ECAC Championships at Princeton .....	27th Place
	14	Twilight Invitational at Swarthmore	
	24-26	NCAA East Regionals at North Florida	
<b>June</b>	6-9	NCAA Championships at Drake	

**Home Meets at Delaware Mini-Stadium**  
**Head Coach:** Wendy McFarlane

**TOP TIMES**

(Based on each athletes top time in event)

\* = School Record    # = Freshman Record

**4 x 100m Relay**

Delaware .....	46.94 (CAA)
(Caruso, Dupiche, Foster, Idris)	
Delaware .....	47.01 (W&M)
(Caruso, Foster, Dupiche, Idris)	
Delaware.....	47.30 (ECAC)
(Foster, Dupiche, James, Caruso)	

**4 x 200m Relay**

Delaware.....	1:37.96 (W&M)
(Caruso, Dupiche, Foster, James)	

**4x400m Relay**

Delaware.....	3:42.22 (Penn Relays)
(Caruso, Dupiche, Nicholson, Foster)	
Delaware .....	3:45.03 (CAA)
(Caruso, Dupiche, Nicholson, Foster)	
Delaware.....	3:52.63 (W&M)
(Foster, Nicholson, Dupiche, Gervais)	

**4x800m Relay**

Delaware.....	9:09.44 (Penn Relays)
(Gispert, Prettyman, Olsen, M. Steenkamer)	
Delaware.....	9:30.39 (W&M)
(M. Steenkamer, Gervis, Carroll, Wasserman)	

**Distance Medley Relay**

Delaware.....	12:02.80 (W&M)
(Prettyman, Nicholson, Gispert, Olsen)	
Delaware.....	12:03.47 (Penn Relays)
(Prettyman, Carroll, Gispert, Olsen)	

**100 Meter Hurdles**

Latoya James .....	13.65 (ECAC)
Bethany Fox .....	15.81 (Penn)
Breanna Nicholson.....	16.00 (Navy)
McKensie Walker.....	16.75 (VCU)
Lauren Paciorek.....	18.32 (Penn)
Kelsey Evancho .....	20.31 (Delaware)

**400 Meter Hurdles**

Breanna Nicholson .....	1:02.27 (CAA)
McKensie Walker .....	1:05.89 (Morgan State)
Bethany Fox .....	1:06.06 (Morgan State)
Lauren Paciorek.....	1:08.77 (Morgan State)
Courtney Markow.....	1:10.02 (VCU)
Latoya James.....	1:10.29 (Delaware)
Erica Sickler.....	1:10.75 (Towson)

**100 Meters**

Amira Idris .....	12.51 (W&M)
Latoya James .....	12.62 (Delaware)
Nijah Dupiche .....	12.79 (Delaware)
Alexandra Muro .....	12.81 (Navy)
Paige Morris .....	12.86 (Morgan State)
Gabrielle Coleman .....	12.95 (Penn)

- over for more -

**200 Meters**

Vicky Caruso.....	23.79 (Towson)
Nijah Dupiche .....	24.46 (Delaware)
Toresha Foster.....	25.00 (W&M)
Latoya James .....	26.17 (W&M)
Gabrielle Coleman .....	26.18 (Penn)
Alexandra Muro.....	26.19 (West Chester)
Tyonna Brooks.....	26.34 (CAAs)
Kelley Donovan.....	26.81(West Chester)
Sydney Shepherd.....	26.99 (Penn)
Paige Morris .....	27.19 (Navy)
Alexandra Carroll .....	27.30 (VCU)
Kelsey Evancho .....	28.33 (VCU)
Alexis Gligor.....	28.52 (Towson)
Alexandra Gervais .....	28:54 (West Chester)
Miranda Reinson .....	29.43 (VCU)
Haley Gorenflo .....	29.68 (VCU)

**400 Meters**

Victoria Caruso .....	53.93 (CAA)
Toresha Foster.....	55.99 (CAA)
Nijah Dupiche .....	56.37 (CAA)
Tyonna Brooks .....	59.80 (Delaware)
Alexandra Carroll .....	58.48 (CAA)
Kelley Donovan .....	1:00.49 (Morgan State)
Sydney Shepherd .....	1:01.71 (Penn)
Kathryn Jenkins.....	1:03.85 (VCU)

**800 Meters**

Lindsay Prettyman .....	2:11.07 (CAA)
Emily Gispert .....	2:13.80 (CAA)
Jessica Olsen .....	2:20.08 (Navy)
Meredith Steenkamer .....	2:20.31 (CAA)
Alexandra Carroll .....	2:21.76 (Navy)
Rachel Wasserman .....	2:22.35 (Delaware)
Alexandra Gervais .....	2:22.36 (Delaware)
Kelley Donovan .....	2:24.37 (Towson)
Michelle Lambert.....	2:25.92 (Towson)
Nora Fadil .....	2:27.97 (Penn)
Karys Whitehead .....	2:29.20 (VCU)
Katrina Steenkamer .....	2:29.54 (VCU)
Alyssa Kennedy .....	2:31.88 (Navy)
Francine Gebbia .....	2:34.49 (West Chester)
Kathryn Jenkins .....	2:35.53 (Delaware)

Ali Lambert .....	2:35.62 (VCU)
Kayla Koonz.....	2:38.13 (Navy)
Allie Gedney .....	2:42.98 (Towson)
Katie Deinert .....	2:43.48 (VCU)

**1,500 Meters**

Lindsay Prettyman .....	4:37.64 (Delaware)
Emily Gispert .....	4:39.68 (Delaware)
Jessica Olsen .....	4:40.49 (Towson)
Katrina Steenkamer .....	4:48.11 (VCU)
Alyssa Kennedy .....	4:52.96 (Navy)
Michelle Lambert.....	4:53.58 (Towson)
Rachel Wasserman .....	4:57.81 (CAA)
Karys Whitehead .....	4:57.84 (Navy)
Alexandra Gervais .....	5:01.36 (Navy)
Meredith Steenkamer .....	5:01.65 (Navy)
Francine Gebbia.....	5:06.32 (Morgan State)
Ali Lambert .....	5:06.64 (Towson)
Kayla Koonz.....	5:10.76 (Navy)
Elizabeth Sowen.....	5:08.48 (Morgan State)
Katie Deinert .....	5:12.59 (VCU)
Nicole Rittman .....	5:13.13 (Navy)
Nora Fadil .....	5:18.07 (Delaware)
Allie Gedney.....	5:17.55 (Navy)

**3,000 Meters**

Michele Lambert .....	10:24.03 (W&M)
Alyssa Kennedy .....	10:28.07(Delaware)
Nicole Daly .....	10:29.21(Delaware)
Kayla Koonz.....	11:14.34 (Penn)
Emma Sidoriak .....	11.17.26 (Penn)
Beth Sowden .....	11:21.83 (Delaware)
Francine Gebbia.....	11:33.92 (Delaware)
Allie Gedney .....	12:24.65 (Delaware)

**3,000 Meter Steeplechase**

Kayla Koonz.....	11:57.05 (CAA)
Meg O'Brien .....	12:00.51 (Towson)
Karys Whitehead .....	12:00.61 (Towson)

### 5,000 Meters

Michele Lambert	17:45.37 (CAA)
Katrina Steenkamer	17:47.06 (W&M)
Nicole Daly	18:00.59 (Morgan State)
Alyssa Kennedy	18:09.07 (Towson)

Katie Deinert	18:26.26 (Navy)
Nicole Rittman	18:48.94 (VCU)
Sophie Kauffman	18:53.20 (Navy)
Meg O'Brien	19:04.77 (VCU)
Ali Lambert	19:19:39.68 (Navy)
Elizabeth Sowden	19:25.99 (West Chester)
Emma Sidoriak	19:36.35 (Delaware)
Kayla Koonz	19:59.12 (VCU)
Alex Finocchio	20:13.03 (Navy)

### 10,000 Meters

Katherine Deinert	37:57.39 (W&M)
Nicole Rittman	38:58.61 (Towson)

### High Jump

Kelsey Evancho	5-7 (1.70m) (Morgan State)
Toresha Foster	5-1 (1.55m) (VCU)
Breanna Nicholson	4-11 1/4 (1.50) (CAAs)

### Long Jump

Paige Morris	18-7 (5.66m) (Morgan State)
Latoya James	17-7 (5.36m) (VCU)
Michelle White	17-4 (5.28m) (Navy)
Amira Idris	17-1 1/2 (5.22m) (Navy)
Megan Wiseman	16-3 3/4 (4.97m) (VCU)
Kelsey Evancho	15-10 1/2 (4.84m) (VCU)
Lauren Paciorek	15-9 (4.80m) (Navy)
Spencer Nendza	15-9 (4.80m) (West Chester)
Jessica McDonald	(4.63m) (West Chester)
Mckensie Walker	(4.56m) (Delaware)

### Triple Jump

Amira Idris	40-4 1/4 (12.30m) (CAA)
Paige Morris	38-10 (11.85m) (W&M/CAA)
Michelle White	36-1 1/2 (11.01m) (Towson)
Spencer Nendza	35-4 1/2 (10.78m) (Morgan State)
Jessica McDonald	34-1 (10.40m) (Penn)
Megan Wiseman	32-0 3/4 (9.77m) (Navy)

### Pole Vault

Miranda Reinson	11-7 3/4 (3.55m) (Towson/CAA)
Jen Holly	11-7 3/4 (3.55m) (CAA)
Courtney Markow	11-5 3/4 (3.35m) (Penn Relays)
Haley Gorenflo	10-8 (3.25m) (Navy/Towson)
Alexis Gligor	10-2 (3.10m) (Navy)

### Shot Put

Alana Pantale	44-11 1/2 (13.70m) (CAA)
Aretah Ettarh	41-8 (12.70m) (Morgan State)
Michelle White	30-11 1/4 (9.43) (Navy)
Lauren Paciorek	26-9 3/4 (8.17m) (Navy)
Spencer Nendza	25-5 1/4 (7.75m) (Navy)
Courtney Sniscak	34-9 1/2 (10.60m) (Delaware)

### Hammer

Courtney Sniscak	165-10 (50.54m) (Navy)
Alana Pantale	(43.94m) (West Chester)
Aretah Ettarh	133-1 (40.81m) (VCU)

### Discus

Alana Pantale	150-10 (45.97m) (CAA)
Courtney Sniscak	128-05 (39.14m) (Delaware)

### Javelin

Jillian Seamon	141-01 (43.00m) (Delaware)
Spencer Nendza	89-07 (27.32) (Delaware)
Michelle White	73-08 (22.45m) (Delaware)
Jessica McDonald	63-1 (19.22m) (Delaware)
Lauren Paciorek	59-10 (18.23m) (VCU)