

## Individual Top Marks Indoors Only

Marks since: 01-Jul-03 Times until: 30-Jun-04

College of William and Mary [W&amp;M]

Number of Top Times: All

	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr	
<b>Women 55m Dash</b>								
1	7.37		P	2	---	*I Kathleen Woody	2/29/2004	GMU Winter Open
2	7.42		F	6	---	*I Kathleen Woody	2/29/2004	GMU Winter Open
3	7.49		P	3	---	*I Erica Johnson	2/29/2004	GMU Winter Open
4	7.78		P	3	---	*I Kelly Knight	2/29/2004	GMU Winter Open
<b>Women 60m Dash</b>								
1	7.89		F	21	---	*I Kathleen Woody	2/13/2004	VT Challenge
2	7.94		F	9	---	*I Kathleen Woody	12/7/2003	CNU Lidlifter
3	7.98		F	10	---	*I Erica Johnson	12/7/2003	CNU Lidlifter
4	8.00		F	32	---	*I Erica Johnson	2/13/2004	VT Challenge
5	8.03		F	11	---	*I Kathleen Woody	1/23/2004	CNU Captain's Classic
6	8.04		P	7	---	*I Kathleen Woody	1/31/2004	Patriot Games
7	8.05		P	3	---	*I Kathleen Woody	1/10/2004	Father Diamond Invitational
8	8.06		P	8	---	*I Erica Johnson	1/31/2004	Patriot Games
9	8.23		F	22	---	*I Mary Whitehead	12/7/2003	CNU Lidlifter
10	8.44		P	13	---	*I Kara Snyder	1/31/2004	Patriot Games
11	8.49		F	28	---	*I Kara Snyder	1/23/2004	CNU Captain's Classic
<b>Women 200m Dash</b>								
1	26.19		F	45	---	*I Kathleen Woody	2/13/2004	VT Challenge
2	26.46		F	25	---	*I Kathleen Woody	2/7/2004	Carolina Classic
3	26.60		F	6	---	*I Kathleen Woody	1/23/2004	CNU Captain's Classic
4	26.66		F	27	---	*I Naomi Mattos	2/7/2004	Carolina Classic
5	26.72		F	55	---	*I Mary Whitehead	2/13/2004	VT Challenge
6	26.77		F	5	---	*I Erica Johnson	12/7/2003	CNU Lidlifter
7	26.85		F	3	---	*I Erica Johnson	2/29/2004	GMU Winter Open
8	26.92		F	10	---	*I Kathleen Woody	12/7/2003	CNU Lidlifter
9	27.02		F	8	---	*I Kathleen Woody	1/31/2004	Patriot Games
10*	27.14		F	12	---	*I Mary Whitehead	12/7/2003	CNU Lidlifter
10*	27.14		F	67	---	*I Erica Johnson	2/13/2004	VT Challenge
12	27.26		F	35	---	*I Brenna Blevins	2/7/2004	Carolina Classic
13	27.38		F	10	---	*I Mary Whitehead	1/31/2004	Patriot Games
14	27.49		F	40	---	*I Mary Whitehead	2/7/2004	Carolina Classic
15	27.56		F	12	---	*I Mary Whitehead	1/23/2004	CNU Captain's Classic
16	28.08		F	45	---	*I Bonnie Meekins	2/7/2004	Carolina Classic
17	28.37		F	15	---	*I Jen Monk	1/23/2004	CNU Captain's Classic
18	28.51		F	14	---	*I Erica Johnson	1/31/2004	Patriot Games
<b>Women 400m Dash</b>								
1	58.02		F	1	---	*I Naomi Mattos	2/29/2004	GMU Winter Open
2	59.77		F	6	---	*I Naomi Mattos	1/31/2004	Patriot Games
3	1:00.33		F	4	---	*I Mary Whitehead	2/29/2004	GMU Winter Open
4	1:00.38		F	21	---	*I Brenna Blevins	2/7/2004	Carolina Classic
5	1:00.83		F	1	---	*I Jen Monk	2/29/2004	GMU Winter Open
6	1:01.03		F	25	---	*I Naomi Mattos	2/7/2004	Carolina Classic
7	1:01.11		F	7	---	*I Naomi Mattos	1/23/2004	CNU Captain's Classic
8	1:01.31		F	2	---	*I Jen Monk	2/8/2004	CNU Winter Frolic
9	1:01.62		F	8	---	*I Jen Monk	1/31/2004	Patriot Games
10	1:02.28		F	28	---	*I Mary Whitehead	2/7/2004	Carolina Classic
11	1:08.57		F	31	---	*I Michaela McElroy	1/23/2004	CNU Captain's Classic
12	1:09.78		F	33	---	*I Michelle Wolf	1/23/2004	CNU Captain's Classic

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	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr	
<b>Women 500m Dash</b>								
1	1:16.10		F		---	*I Naomi Mattos	2/13/2004	VT Challenge
2	1:16.68		P	24	---	*I Naomi Mattos	3/6/2004	ECAC Championships
3	1:17.89		F		---	*I Brenna Blevins	2/13/2004	VT Challenge
4	1:21.77		F		---	*I Jen Monk	2/13/2004	VT Challenge
5	1:23.82		F	6	---	*I Naomi Mattos	1/10/2004	Father Diamond Invitational
6	1:26.16		F	4	---	*I Michaela McElroy	2/29/2004	GMU Winter Open
<b>Women 800m Run</b>								
1	2:19.89		F	3	---	*I Lydia Malley	2/29/2004	GMU Winter Open
2	2:19.99		F	4	---	*I Erin Masterson	2/29/2004	GMU Winter Open
3	2:20.69		F	7	---	*I Katie Andres	1/31/2004	Patriot Games
4	2:21.63		F	24	---	*I Erin Masterson	2/13/2004	VT Challenge
5	2:21.93		F	8	---	*I Lydia Malley	1/31/2004	Patriot Games
6	2:24.46		F	2	---	*I Lydia Malley	12/7/2003	CNU Lidlifter
7	2:24.57		F	6	---	*I Lydia Malley	1/23/2004	CNU Captain's Classic
8	2:24.59		F	25	---	*I Heather Stevenson	2/7/2004	Carolina Classic
9	2:25.19		F	28	---	*I Loren Cutright	2/7/2004	Carolina Classic
10	2:25.74		F	2	---	*I Kristin Monaco	2/29/2004	GMU Winter Open
11	2:26.54		F	9	---	*I Katie Andres	1/23/2004	CNU Captain's Classic
12	2:27.34		F	35	---	*I Meredith Holaday	2/13/2004	VT Challenge
13	2:29.06		F	11	---	*I Stephanie Blake	1/23/2004	CNU Captain's Classic
14	2:31.93		F	8	---	*I Kristin Monaco	12/7/2003	CNU Lidlifter
<b>Women 1000m Run</b>								
1	2:56.84		F	1	---	*I Meghan Bishop	2/29/2004	GMU Winter Open
2	2:59.89		F	4	---	*I Lauren Heron	2/13/2004	VT Challenge
3	3:00.41		F	5	---	*I Ruth Loyer	2/13/2004	VT Challenge
4	3:02.93		F	3	---	*I Ruth Loyer	2/29/2004	GMU Winter Open
5	3:06.53		F	11	---	*I Erin Masterson	2/13/2004	VT Challenge
6	3:07.51		F	4	---	*I Loren Cutright	2/29/2004	GMU Winter Open
7	3:14.63		F	14	---	*I Meredith Holaday	2/13/2004	VT Challenge
<b>Women 1500m Run</b>								
1	4:55.34		F	3	---	*I Loren Cutright	12/7/2003	CNU Lidlifter
2	5:30.96		F	12	---	*I Shelly Knewstep	1/23/2004	CNU Captain's Classic
<b>Women 3000m Run</b>								
1	9:29.53		F	4	5	*I Ali Henderson	3/6/2004	ECAC Championships
2	9:38.21		F	1	---	*I Ali Henderson	2/29/2004	GMU Winter Open
3	9:47.88		F	1	---	*I Ali Henderson	2/7/2004	Carolina Classic
4	9:51.24		F	2	---	*I Meghan Bishop	2/7/2004	Carolina Classic
5	9:54.48		F	3	---	*I Emily Halm	2/7/2004	Carolina Classic
6	10:03.21		F	2	---	*I Meghan Bishop	1/23/2004	CNU Captain's Classic
7*	10:14.10		F	15	---	*I Heather Stevenson	2/13/2004	VT Challenge
7*	10:14.10		F	1	---	*I Julia Cathcart	1/31/2004	Patriot Games
9	10:16.54		F	1	---	*I Heather Stevenson	12/7/2003	CNU Lidlifter
10	10:26.17		F	3	---	*I Ruth Loyer	1/23/2004	CNU Captain's Classic
11	10:34.63		F	2	---	*I Maura McMahan	1/31/2004	Patriot Games
12	10:37.57		F	24	---	*I Karen Pulliam	2/13/2004	VT Challenge
13	10:42.58		F	3	---	*I Becca Velarde	2/29/2004	GMU Winter Open
14	10:43.76		F	3	---	*I Karen Pulliam	1/31/2004	Patriot Games
15	10:48.50		F	7	---	*I Karen Pulliam	1/23/2004	CNU Captain's Classic
16	10:50.80		F	18	---	*I Kristin McGough	2/7/2004	Carolina Classic

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Number of Top Times: All

	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr	
<b>Women 5000m Run</b>								
1	17:30.99		F	16	---	*I Maura McMahon	3/6/2004	ECAC Championships
2	17:32.47		F	2	---	*I Maura McMahon	2/13/2004	VT Challenge
3	17:44.10		F	3	---	*I Julia Cathcart	2/13/2004	VT Challenge
4	17:50.13		F	3	---	*I Maura McMahon	2/7/2004	Carolina Classic
5	18:26.57		F	9	---	*I Amy Maier	2/13/2004	VT Challenge
6	18:31.05		F	2	---	*I Becca Velarde	1/23/2004	CNU Captain's Classic
7	18:37.59		F	4	---	*I Kristin McGough	1/23/2004	CNU Captain's Classic
8	18:38.69		F	5	---	*I Amy Maier	1/23/2004	CNU Captain's Classic
9	18:46.49		F	11	---	*I Kristin McGough	2/13/2004	VT Challenge
10	18:49.29		F	13	---	*I Becca Velarde	2/13/2004	VT Challenge
<b>Women 1 Mile Run</b>								
1	4:52.87		P	5	---	*I Meghan Bishop	3/6/2004	ECAC Championships
2	4:54.02		F	5	4	*I Meghan Bishop	3/6/2004	ECAC Championships
3	4:55.32		F	4	---	*I Meghan Bishop	2/13/2004	VT Challenge
4	4:56.88		F	5	---	*I Emily Halm	2/13/2004	VT Challenge
5	5:03.25		F	2	---	*I Lauren Heron	2/29/2004	GMU Winter Open
6	5:06.11		F	2	---	*I Lauren Heron	2/8/2004	CNU Winter Frolic
7	5:06.77		F	3	---	*I Heather Stevenson	2/29/2004	GMU Winter Open
8	5:07.26		F	6	---	*I Ruth Loyer	1/31/2004	Patriot Games
9	5:07.80		F	4	---	*I Julia Cathcart	2/29/2004	GMU Winter Open
10	5:07.83		F	11	---	*I Julia Cathcart	2/7/2004	Carolina Classic
11	5:10.19		F	12	---	*I Ruth Loyer	2/7/2004	Carolina Classic
12	5:10.42		F	7	---	*I Erin Masterson	1/31/2004	Patriot Games
13	5:10.77		F	14	---	*I Erin Masterson	2/7/2004	Carolina Classic
14	5:16.23		F	9	---	*I Heather Stevenson	1/31/2004	Patriot Games
15	5:17.59		F	6	---	*I Karen Pulliam	2/8/2004	CNU Winter Frolic
16	5:18.50		F	24	---	*I Loren Cutright	2/13/2004	VT Challenge
17	5:22.00		F	7	---	*I Karen Pulliam	2/29/2004	GMU Winter Open
18	5:27.01		F	9	---	*I Kristin McGough	2/29/2004	GMU Winter Open
<b>Women 55m Hurdles</b>								
1	8.61		F	4	---	*I Kara Snyder	2/29/2004	GMU Winter Open
2	8.82		P	1	---	*I Kara Snyder	2/29/2004	GMU Winter Open
3*	8.87		P	2	---	*I Kelly Knight	2/29/2004	GMU Winter Open
3*	8.87		F	6	---	*I Kelly Knight	2/29/2004	GMU Winter Open
5	9.52		P	3	---	*I Sarah McHale	2/29/2004	GMU Winter Open
<b>Women 60m Hurdles</b>								
1	9.50		F	5	---	*I Bonnie Meekins	1/31/2004	Patriot Games
2	9.61		P	11	---	*I Lauren Kloss	12/7/2003	CNU Lidlifter
3	9.65		F	4	---	*I Bonnie Meekins	1/10/2004	Father Diamond Invitational
4	9.67		F	2	---	*I Lauren Kloss	1/10/2004	Father Diamond Invitational
5	9.69		P	5	---	*I Bonnie Meekins	1/31/2004	Patriot Games
6	9.70		F	6	---	*I Kara Snyder	2/8/2004	CNU Winter Frolic
7	9.73		F	10	---	*I Bonnie Meekins	1/23/2004	CNU Captain's Classic
8	9.77		F	11	---	*I Lauren Kloss	1/23/2004	CNU Captain's Classic
9	10.47		F	19	---	*I Sarah McHale	1/23/2004	CNU Captain's Classic
10	10.59		P	7	---	*I Sarah McHale	1/31/2004	Patriot Games
11	10.81		F	5	---	*I Sarah McHale	1/10/2004	Father Diamond Invitational
12	11.26		P	8	---	*I Brenna Blevins	1/31/2004	Patriot Games
<b>Women High Jump</b>								
1	5-06.00	1.67m	F	2	---	*I Bonnie Meekins	1/23/2004	CNU Captain's Classic

### Individual Top Marks Indoors Only

Marks since: 01-Jul-03 Times until: 30-Jun-04

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	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr		
2	1.65m	5-05.00	F	3	---	*I Bonnie Meekins		2/29/2004	GMU Winter Open
3	5-04.00	1.62m	F	1	---	*I Brenna Blevins		2/8/2004	CNU Winter Frolic
4*	1.59m	5-02.50	F	13	---	*I Bonnie Meekins		2/13/2004	VT Challenge
4*	1.59m	5-02.50	F	13	---	*I Brenna Blevins		2/13/2004	VT Challenge
4*	1.59m	5-02.50	F	2	---	*I Bonnie Meekins		1/31/2004	Patriot Games
7	1.58m	5-02.25	F	16	---	*I Bonnie Meekins		2/7/2004	Carolina Classic
8	5-02.00	1.57m	F	2	---	*I Bonnie Meekins		2/8/2004	CNU Winter Frolic
9	1.54m	5-00.50	F	4	---	*I Brenna Blevins		1/31/2004	Patriot Games
10*	5-00.00	1.52m	F	6	---	*I Michelle Wolf		2/8/2004	CNU Winter Frolic
10*	5-00.00	1.52m	F	8	---	*I Brenna Blevins		1/23/2004	CNU Captain's Classic
12	1.50m	4-11.00	F	8	---	*I Michelle Wolf		2/29/2004	GMU Winter Open
13	4-10.00	1.47m	F	15	---	*I Amanda Gomaa		1/23/2004	CNU Captain's Classic
14	1.44m	4-08.75	F	9	---	*I Michelle Wolf		1/31/2004	Patriot Games
<b>Women Pole Vault</b>									
1	13-00.00	3.96m	F	1	---	*I Charlotte LaRoche		1/23/2004	CNU Captain's Classic
2	12-11.75	3.95m	F	1	---	*I Charlotte LaRoche		2/8/2004	CNU Winter Frolic
3	3.80m	12-05.50	F	1	---	*I Charlotte LaRoche		2/29/2004	GMU Winter Open
4	3.70m	12-01.50	F	1	---	*I Charlotte LaRoche		1/31/2004	Patriot Games
5	3.65m	11-11.75	F	6	3	*I Charlotte LaRoche		3/6/2004	ECAC Championships
6	3.50m	11-05.75	F	1	---	*I Charlotte LaRoche		1/10/2004	Father Diamond Invitational
<b>Women Long Jump</b>									
1	18-04.00	5.58m	F	6	---	*I Kathleen Woody		12/7/2003	CNU Lidlifter
2	5.49m	18-00.25	F	3	---	*I Kathleen Woody		1/10/2004	Father Diamond Invitational
3	5.34m	17-06.25	F	19	---	*I Kathleen Woody		2/7/2004	Carolina Classic
4	17-06.00	5.33m	F	15	---	*I Kathleen Woody		1/23/2004	CNU Captain's Classic
5	5.22m	17-01.50	F	6	---	*I Bonnie Meekins		1/10/2004	Father Diamond Invitational
6	4.91m	16-01.50	F	7	---	*I Sarah McHale		2/29/2004	GMU Winter Open
7	4.87m	15-11.75	F	9	---	*I Kathleen Woody		2/29/2004	GMU Winter Open
8	15-10.00	4.82m	F	21	---	*I Jen Monk		1/23/2004	CNU Captain's Classic
9	4.55m	14-11.25	F	11	---	*I Sarah McHale		1/31/2004	Patriot Games
10	4.54m	14-10.75	F	12	---	*I Mary Whitehead		1/31/2004	Patriot Games
11	4.52m	14-10.00	F	9	---	*I Lauren Kloss		1/10/2004	Father Diamond Invitational
12	4.50m	14-09.25	F	9	---	*I Sarah McHale		1/10/2004	Father Diamond Invitational
<b>Women Triple Jump</b>									
1	34-04.75	10.48m	F	12	---	*I Rebecca Pucheu		12/7/2003	CNU Lidlifter
2	34-04.50	10.47m	F	13	---	*I Rebecca Pucheu		1/23/2004	CNU Captain's Classic
3	10.35m	33-11.50	F	8	---	*I Rebecca Pucheu		1/31/2004	Patriot Games
<b>Women Shot Put</b>									
1	14.38m	47-02.25	F	5	4	*I Ayanna Jones		3/6/2004	ECAC Championships
2	14.14m	46-04.75	F	2	---	*I Cassidy Harris		1/31/2004	Patriot Games
3	45-10.75	13.98m	F	1	---	*I Ayanna Jones		1/23/2004	CNU Captain's Classic
4	13.92m	45-08.00	F	1	---	*I Ayanna Jones		2/29/2004	GMU Winter Open
5	13.55m	44-05.50	F	3	---	*I Ayanna Jones		1/31/2004	Patriot Games
6	43-08.50	13.32m	F	1	---	*I Cassidy Harris		2/8/2004	CNU Winter Frolic
7	13.26m	43-06.00	F	15	---	*I Cassidy Harris		2/13/2004	VT Challenge
8	43-05.75	13.25m	F	1	---	*I Cassidy Harris		12/7/2003	CNU Lidlifter
9	43-05.50	13.24m	F	2	---	*I Cassidy Harris		1/23/2004	CNU Captain's Classic
10	43-01.25	13.13m	F	2	---	*I Ayanna Jones		2/8/2004	CNU Winter Frolic
11	12.92m	42-04.75	F	19	---	*I Cassidy Harris		3/6/2004	ECAC Championships
12	38-08.75	11.80m	F	5	---	*I Jen Showker		12/7/2003	CNU Lidlifter
13	11.77m	38-07.50	F	6	---	*I Jen Showker		2/29/2004	GMU Winter Open

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	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr
14	38-05.25	11.71m	F	4	---	*I Jen Showker	2/8/2004 CNU Winter Frolic
15	38-00.75	11.60m	F	6	---	*I Jen Showker	1/23/2004 CNU Captain's Classic
16	11.38m	37-04.00	F	10	---	*I Jen Showker	1/31/2004 Patriot Games
<b>Women Wght Thr</b>							
1	15.59m	51-01.75	F	9	---	*I Cassidy Harris	2/13/2004 VT Challenge
2	15.18m	49-09.75	F	1	---	*I Ayanna Jones	1/31/2004 Patriot Games
3	48-03.00	14.70m	F	1	---	*I Ayanna Jones	2/8/2004 CNU Winter Frolic
4	46-00.75	14.04m	F	1	---	*I Cassidy Harris	1/23/2004 CNU Captain's Classic
5	13.96m	45-09.75	F	3	---	*I Cassidy Harris	1/31/2004 Patriot Games
6	11.68m	38-04.00	F	8	---	*I Liz Hager	1/31/2004 Patriot Games
7	38-01.25	11.61m	F	7	---	*I Liz Hager	1/23/2004 CNU Captain's Classic
8	36-10.50	11.23m	F	5	---	*I Liz Hager	2/8/2004 CNU Winter Frolic