

## Individual Top Marks Outdoors Only

Marks since: 01-Jan-93 Times until: 30-Dec-93

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

Number of Top Times: All

	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr	
<b>Women 100m Dash</b>								
1	13.2h	NWI	13.44	F	2	--- *I Aquendine Khasidis	3/20/1993	Tribe Open
<b>Women 200m Dash</b>								
1	27.2h	NWI	27.44	F	2	--- *I Aquendine Khasidis	3/20/1993	Tribe Open
2	27.3h	NWI	27.54	F	3	--- *I Billie Hart	3/20/1993	Tribe Open
3	27.5h	NWI	27.74	F	4	--- *I Jenny Alkema	3/20/1993	Tribe Open
<b>Women 400m Dash</b>								
1	59.5h		59.64	F	2	--- *I Aquendine Khasidis	3/27/1993	W&M Invitational
2	59.69			F	4	--- *I Aquendine Khasidis	4/10/1993	Colonial Athletic Association Championships
3	59.6h		59.74	F	1	--- *I Jenny Alkema	3/20/1993	Tribe Open
4	59.83			F	5	--- *I Jenny Alkema	4/10/1993	Colonial Athletic Association Championships
5	1:00.23			F	6	--- *I Aquendine Khasidis	4/17/1993	JMU Invitational
6	1:01.4h		1:01.54	F	2	--- *I Erin Ryan	3/20/1993	Tribe Open
7	1:05.4h		1:05.54	F	9	--- *I Trista Spurrier	3/20/1993	Tribe Open
<b>Women 800m Run</b>								
1	2:10.70			F	1	--- *I Sonja Friend	4/2/1993	Colonial Relays
2	2:14.2h		2:14.34	F	1	--- *I Sonja Friend	3/20/1993	Tribe Open
3	2:14.36			F	1	--- *I Sonja Friend	4/10/1993	Colonial Athletic Association Championships
4	2:14.5h		2:14.64	F	1	--- *I Sonja Friend	3/27/1993	W&M Invitational
5	2:16.3h		2:16.44	F	2	--- *I Jen Hafner	3/27/1993	W&M Invitational
6	2:17.8h		2:17.94	F	2	--- *I Jen Hafner	3/20/1993	Tribe Open
7	2:18.14			F	2	--- *I Jen Hafner	4/10/1993	Colonial Athletic Association Championships
8	2:19.23			F	5	--- *I Rebecca Patten	4/10/1993	Colonial Athletic Association Championships
9	2:22.7h		2:22.84	F	18	--- *I Rebecca Patten	5/1/1993	Mason Spring Invitational
10	2:24.0h		2:24.14	F	1	--- *I Amy Benner	4/24/1993	CNU Invitational
11	2:24.1h		2:24.24	F	6	--- *I Rebecca Patten	3/20/1993	Tribe Open
12	2:25.66			F	21	--- *I Jen Hafner	5/1/1993	Mason Spring Invitational
13	2:29.93			F	24	--- *I Barbara Fallon	5/1/1993	Mason Spring Invitational
14	2:30.1h		2:30.24	F	6	--- *I Jenny Alkema	3/27/1993	W&M Invitational
15	2:34.3h		2:34.44	F	12	--- *I Hana Brilliant	3/20/1993	Tribe Open
16	2:36.2h		2:36.34	F	14	--- *I Sally Michael	3/27/1993	W&M Invitational
17	2:36.7h		2:36.84	F	15	--- *I Hana Brilliant	3/27/1993	W&M Invitational
18	2:37.29			F	6	--- *I Hana Brilliant	4/17/1993	JMU Invitational
19	2:49.4h		2:49.54	F	16	--- *I Nancy Carlin	3/27/1993	W&M Invitational
<b>Women 1500m Run</b>								
1	4:31.8h		4:31.94	F	1	--- *I Janice Brown	4/10/1993	Colonial Athletic Association Championships
2	4:32.7h		4:32.84	F	1	--- *I Janice Brown	3/20/1993	Tribe Open
3	4:34.3h		4:34.44	F	2	--- *I Sonja Friend	4/10/1993	Colonial Athletic Association Championships
4	4:37.5h		4:37.64	F	1	--- *I Janice Brown	3/27/1993	W&M Invitational
5	4:39.9h		4:40.04	F	2	--- *I Allison Abbott	5/8/1993	Mizuno Invitational
6	4:40.6h		4:40.74	F	3	--- *I Allison Abbott	3/20/1993	Tribe Open
7	4:43.4h		4:43.54	F	2	--- *I Marcie Homan	3/27/1993	W&M Invitational
8	4:44.3h		4:44.44	F	3	--- *I Allison Abbott	4/10/1993	Colonial Athletic Association Championships
9	4:44.9h		4:45.04	F	4	--- *I Jen Hafner	4/10/1993	Colonial Athletic Association Championships
10	4:45.78			F		--- *I Allison Abbott	4/2/1993	Colonial Relays
11	4:48.90			F	7	--- *I Jen Hafner	5/1/1993	Mason Spring Invitational
12	4:52.5h		4:52.64	F	4	--- *I Heather Haines	3/27/1993	W&M Invitational
13	5:04.90			F		--- *I Rebecca Patten	4/2/1993	Colonial Relays
<b>Women 3000m Run</b>								
1	9:32.04			F	1	--- *I Janice Brown	5/1/1993	Mason Spring Invitational

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2*	9:32.7h	9:32.84	F	1	---	*I Janice Brown	4/2/1993	Colonial Relays	
2*	9:32.7h	9:32.84	F	6	---	*I Janice Brown	4/22/1993	Penn Relay Carnival	
4	9:40.31		F	2	---	*I Marcie Homan	5/1/1993	Mason Spring Invitational	
5	9:40.6h	9:40.74	F	10	---	*I Marcie Homan	4/22/1993	Penn Relay Carnival	
6	9:41.3h	9:41.44	F		---	*I Marcie Homan	4/2/1993	Colonial Relays	
7	9:43.46		F	1	---	*I Janice Brown	4/10/1993	Colonial Athletic Association Championships	
8	9:45.37		F	2	---	*I Marcie Homan	4/10/1993	Colonial Athletic Association Championships	
9	10:09.81		F	3	---	*I Allison Abbott	4/10/1993	Colonial Athletic Association Championships	
10	10:10.5h	10:10.64	F	1	---	*I Allison Abbott	3/27/1993	W&M Invitational	
11	10:11.4h	10:11.54	F	2	---	*I Sarah Miller	3/20/1993	Tribe Open	
12	10:19.7h	10:19.84	F	10	---	*I Allison Abbott	5/1/1993	Mason Spring Invitational	
13	10:27.5h	10:27.64	F		---	*I Heather Haines	4/2/1993	Colonial Relays	
14	10:30.2h	10:30.34	F	3	---	*I Andrea Lengi	3/27/1993	W&M Invitational	
15	10:33.6h	10:33.74	F	4	---	*I Jennifer Thompson	3/27/1993	W&M Invitational	
16	10:36.4h	10:36.54	F	4	---	*I Jennifer Thompson	3/20/1993	Tribe Open	
17	10:44.0h	10:44.14	F		---	*I Silica Johnson	4/2/1993	Colonial Relays	
18	10:46.14		F	4	---	*I Silica Johnson	4/17/1993	JMU Invitational	
19	10:53.4h	10:53.54	F	5	---	*I Andrea Lengi	3/20/1993	Tribe Open	
<b>Women 5000m Run</b>									
1	16:27.54		F	2	---	*I Marcie Homan	5/15/1993	ECAC Championships	
2	16:31.70		F	4	---	*I Janice Brown	5/15/1993	ECAC Championships	
3	16:42.42		P	10	---	*I Janice Brown	6/2/1993	NCAA Championships	
4	16:43.82		P	11	---	*I Marcie Homan	6/2/1993	NCAA Championships	
5	16:44.90		F	8	1	*I Marcie Homan	6/2/1993	NCAA Championships	
6	16:45.92		F	9	---	*I Janice Brown	6/2/1993	NCAA Championships	
7	17:46.78		F	3	---	*I Heather Haines	4/10/1993	Colonial Athletic Association Championships	
8	17:48.9h	17:49.04	F	1	---	*I Silica Johnson	3/20/1993	Tribe Open	
9	17:49.0h	17:49.14	F	2	---	*I Heather Haines	3/20/1993	Tribe Open	
10	17:50.87		F	4	---	*I Jennifer Thompson	4/10/1993	Colonial Athletic Association Championships	
11	17:58.2h	17:58.34	F		---	*I Andrea Lengi	4/2/1993	Colonial Relays	
12	18:14.3h	18:14.44	F	14	---	*I Heather Haines	5/15/1993	ECAC Championships	
13	18:23.03		F	2	---	*I Heather Haines	5/1/1993	Mason Spring Invitational	
14	18:24.59		F	3	---	*I Andrea Lengi	5/1/1993	Mason Spring Invitational	
15	18:46.32		F	4	---	*I Silica Johnson	5/1/1993	Mason Spring Invitational	
<b>Women 10000m Run</b>									
1	38:07.3h	38:07.44	F	2	---	*I Andrea Lengi	4/10/1993	Colonial Athletic Association Championships	
2	38:58.5h	38:58.64	F	3	---	*I Silica Johnson	4/10/1993	Colonial Athletic Association Championships	
<b>Women 100m Hurdles</b>									
1	14.95	NWI	F	2	---	*I Billie Hart	4/24/1993	CNU Invitational	
2	15.11	NWI	P		---	*I Billie Hart	5/15/1993	ECAC Championships	
3	14.9h	NWI	15.14	F	1	---	*I Billie Hart	4/10/1993	Colonial Athletic Association Championships
4	15.1h	NWI	15.34	F	1	---	*I Billie Hart	3/20/1993	Tribe Open
5	15.38	NWI		F	3	---	*I Billie Hart	4/17/1993	JMU Invitational
6	15.4h	NWI	15.64	F	4	---	*I Billie Hart	3/27/1993	W&M Invitational
7	16.1h	NWI	16.34	F	3	---	*I Caryn Carson	3/20/1993	Tribe Open
8	16.2h	NWI	16.44	F	5	---	*I Caryn Carson	4/10/1993	Colonial Athletic Association Championships
9	16.5h	NWI	16.74	F	8	---	*I Caryn Carson	3/27/1993	W&M Invitational
<b>Women 400m Hurdles</b>									
1	1:05.95		F	3	---	*I Amy Benner	4/10/1993	Colonial Athletic Association Championships	
2	1:06.3h	1:06.44	F	1	---	*I Amy Benner	3/20/1993	Tribe Open	
3	1:07.1h	1:07.24	F	2	---	*I Amy Benner	3/27/1993	W&M Invitational	

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4	1:07.68		F		---	*I Amy Benner	4/2/1993	Colonial Relays
5	1:12.2h	1:12.34	F	7	---	*I Trista Spurrier	3/27/1993	W&M Invitational
6	1:12.67		F		---	*I Trista Spurrier	4/2/1993	Colonial Relays
<b>Women High Jump</b>								
1	1.43m	4-08.25	F	3	---	*I Caryn Carson	4/10/1993	Colonial Athletic Association Championships
<b>Women Long Jump</b>								
1	16-10.00	NWI 5.13m	F	4	---	*I Billie Hart	3/27/1993	W&M Invitational
2	5.11m	NWI 16-09.25	F	6	---	*I Billie Hart	4/10/1993	Colonial Athletic Association Championships
3*	16-01.75	NWI 4.92m	F	7	---	*I Billie Hart	4/17/1993	JMU Invitational
3*	16-01.75	NWI 4.92m	F	1	---	*I Billie Hart	3/20/1993	Tribe Open
5	15-10.50	NWI 4.83m	F	5	---	*I Caryn Carson	3/27/1993	W&M Invitational
6	4.81m	NWI 15-09.50	F	8	---	*I Caryn Carson	4/10/1993	Colonial Athletic Association Championships
7	15-05.00	NWI 4.69m	F	7	---	*I Hahn Le	3/27/1993	W&M Invitational
8	15-03.25	NWI 4.65m	F	3	---	*I Hahn Le	3/20/1993	Tribe Open
9	14-11.50	NWI 4.55m	F	9	---	*I Hahn Le	4/17/1993	JMU Invitational
10	14-05.25	NWI 4.40m	F	10	---	*I Caryn Carson	4/17/1993	JMU Invitational
11	12-08.75	NWI 3.88m	F	7	---	*I Caryn Carson	3/20/1993	Tribe Open
<b>Women Triple Jump</b>								
1	11.46m	NWI 37-07.25	F	3	---	*I Caryn Carson	4/10/1993	Colonial Athletic Association Championships
2	34-11.00	NWI 10.64m	F	1	---	*I Caryn Carson	3/20/1993	Tribe Open
3	34-09.75	NWI 10.61m	F	1	---	*I Caryn Carson	3/27/1993	W&M Invitational
4	34-08.25	NWI 10.57m	F	2	---	*I Billie Hart	3/27/1993	W&M Invitational
5	34-07.75	NWI 10.56m	F	4	---	*I Caryn Carson	4/17/1993	JMU Invitational
6	34-01.25	NWI 10.39m	F	5	---	*I Hahn Le	3/27/1993	W&M Invitational
7	33-02.50	NWI 10.12m	F	2	---	*I Hahn Le	3/20/1993	Tribe Open
8	33-00.25	NWI 10.06m	F	6	---	*I Hahn Le	4/17/1993	JMU Invitational
9	32-02.50	NWI 9.81m	F		---	*I Caryn Carson	4/2/1993	Colonial Relays
<b>Women Shot Put</b>								
1	9.87m	32-04.75	F	7	---	*I Caroline Sheffield	4/10/1993	Colonial Athletic Association Championships
2	32-02.00	9.80m	F	2	---	*I Caroline Sheffield	3/20/1993	Tribe Open
3	23-04.00	7.11m	F	3	---	*I Meredith Brendley	3/20/1993	Tribe Open
<b>Women Discus</b>								
1	38.80m	127-03	F	4	---	*I Caroline Sheffield	5/1/1993	Mason Spring Invitational
2	121-09.00	37.10m	F	5	---	*I Caroline Sheffield	4/17/1993	JMU Invitational
3	34.56m	113-05	F	4	---	*I Caroline Sheffield	4/10/1993	Colonial Athletic Association Championships
4	110-03.00	33.60m	F	1	---	*I Caroline Sheffield	3/27/1993	W&M Invitational
5	103-00.00	31.39m	F	1	---	*I Caroline Sheffield	3/20/1993	Tribe Open
<b>Women Hammer</b>								
1	116-01.00	35.38m	F	1	---	*I Krista Stimson	4/24/1993	CNU Invitational
2	105-00.00	32.00m	F		---	*I Krista Stimson	4/2/1993	Colonial Relays
3	101-10.00	31.03m	F	4	---	*I Krista Stimson	3/20/1993	Tribe Open
4	30.66m	100-07	F	3	---	*I Caroline Sheffield	4/10/1993	Colonial Athletic Association Championships
5	99-06.50	30.34m	F	6	---	*I Krista Stimson	4/17/1993	JMU Invitational
6	26.76m	87-09	F	4	---	*I Krista Stimson	4/10/1993	Colonial Athletic Association Championships
7	86-06.00	26.36m	F	1	---	*I Krista Stimson	3/27/1993	W&M Invitational
<b>Women Javelin</b>								
1	114-02.00	34.79m	F	1	---	*I Lisa Cronin	5/8/1993	Mizuno Invitational
2	109-11.00	33.50m	F		---	*I Lisa Cronin	4/2/1993	Colonial Relays
3	31.96m	104-10	F	2	---	*I Meredith Brendley	4/10/1993	Colonial Athletic Association Championships
4	31.92m	104-09	F	3	---	*I Lisa Cronin	4/10/1993	Colonial Athletic Association Championships
5	99-02.00	30.22m	F	1	---	*I Meredith Brendley	3/27/1993	W&M Invitational

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6	98-06.00	30.02m	F	1	---	*1 Lisa Cronin	3/20/1993 Tribe Open
7	96-10.00	29.51m	F	4	---	*1 Lisa Cronin	4/17/1993 JMU Invitational
8	92-01.00	28.06m	F	2	---	*1 Meredith Brendley	3/20/1993 Tribe Open