

Individual Top Marks Outdoors Only

Marks since: 01-Jan-04 Times until: 30-Dec-04

College of William and Mary [W&M]

Number of Top Times: All

	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr	
Women 100m Dash								
1	12.27	+2.4	F	9	---	*I Erica Johnson	4/16/2004	Colonial Athletic Association Championships
2	12.31	+2.4	F	11	---	*I Kathleen Woody	4/16/2004	Colonial Athletic Association Championships
3	12.36	+1.2	P	7	---	*I Erica Johnson	5/8/2004	UNC Classic
4*	12.37	+2.2	F	7	---	*I Kathleen Woody	5/8/2004	UNC Classic
4*	12.37	+2.6	F	1	---	*I Erica Johnson	3/28/2004	VCU Quad
6	12.39	+2.6	F	2	---	*I Kathleen Woody	3/28/2004	VCU Quad
7	12.40	+0.6	F	7	---	*I Erica Johnson	5/1/2004	Patriot Open Invitational
8*	12.42	+0.9	P	7	---	*I Erica Johnson	5/1/2004	Patriot Open Invitational
8*	12.42	NWI	F	2	---	*I Erica Johnson	4/4/2004	Liberty Invitational
10	12.44	+0.1	F	9	---	*I Erica Johnson	5/8/2004	UNC Classic
11	12.56	+0.0	P	9	---	*I Kathleen Woody	5/1/2004	Patriot Open Invitational
12	12.59	+1.2	P	11	---	*I Kathleen Woody	5/8/2004	UNC Classic
13	12.63	+5.9	F	9	---	*I Erica Johnson	3/19/2004	VCU Ram Invitational
14	12.66	NWI	F	4	---	*I Kathleen Woody	4/4/2004	Liberty Invitational
15	12.67	-1.9	F	11	---	*I Kathleen Woody	4/10/2004	Lou Onesty Invitational
16	12.70	+3.2	F	14	---	*I Kathleen Woody	3/19/2004	VCU Ram Invitational
17	12.97	NWI	F	5	---	*I Mary Whitehead	4/4/2004	Liberty Invitational
18	13.15	+2.6	F	5	---	*I Kelly Knight	3/28/2004	VCU Quad
19	13.17	NWI	F	6	---	*I Kelly Knight	4/4/2004	Liberty Invitational
20	13.35	NWI	F	8	---	*I Kara Snyder	4/4/2004	Liberty Invitational
21	13.36	+5.9	F	30	---	*I Kelly Knight	3/19/2004	VCU Ram Invitational
22	13.52	-1.4	F	31	---	*I Kelly Knight	4/10/2004	Lou Onesty Invitational
Women 200m Dash								
1	25.08	+3.5	F	2	---	*I Naomi Mattos	3/28/2004	VCU Quad
2	25.18	+1.4	F	6	---	*I Naomi Mattos	5/8/2004	UNC Classic
3	25.24	+0.0	F	9	---	*I Naomi Mattos	5/1/2004	Patriot Open Invitational
4	25.25	+3.4	F	7	---	*I Naomi Mattos	3/19/2004	VCU Ram Invitational
5	25.30	+0.1	F	9	---	*I Naomi Mattos	4/10/2004	Lou Onesty Invitational
6	25.59	NWI	F	3	---	*I Naomi Mattos	4/4/2004	Liberty Invitational
7	25.61	-2.7	F	4	5	*I Naomi Mattos	4/16/2004	Colonial Athletic Association Championships
8	25.66	-0.4	F	16	---	*I Kathleen Woody	4/10/2004	Lou Onesty Invitational
9	25.88	+1.4	F	9	---	*I Mary Whitehead	5/8/2004	UNC Classic
10	26.03	-0.4	F	23	---	*I Mary Whitehead	4/10/2004	Lou Onesty Invitational
11	26.05	+3.4	F	15	---	*I Kathleen Woody	3/19/2004	VCU Ram Invitational
12	26.21	+3.4	F	18	---	*I Mary Whitehead	3/19/2004	VCU Ram Invitational
13	26.59	+4.5	F	3	---	*I Brenna Blevins	3/28/2004	VCU Quad
14	26.81	+0.0	F	38	---	*I Brenna Blevins	4/10/2004	Lou Onesty Invitational
15	26.82	-2.7	F	14	---	*I Mary Whitehead	4/16/2004	Colonial Athletic Association Championships
16	26.89	-2.4	F	15	---	*I Erica Johnson	4/16/2004	Colonial Athletic Association Championships
17	26.90	NWI	F	8	---	*I Brenna Blevins	4/4/2004	Liberty Invitational
18	27.10	NWI	F	9	---	*I Jen Monk	4/4/2004	Liberty Invitational
19*	27.16	+4.5	F	6	---	*I Jen Monk	3/28/2004	VCU Quad
19*	27.16	+3.4	F	30	---	*I Jen Monk	3/19/2004	VCU Ram Invitational
21	27.25	+0.2	F	45	---	*I Jen Monk	4/10/2004	Lou Onesty Invitational
22	27.56	-2.4	F	18	---	*I Jen Monk	4/16/2004	Colonial Athletic Association Championships
23	27.72	+3.5	F	7	---	*I Sarah McHale	3/28/2004	VCU Quad
24	27.95	-3.5	M		---	*I Sarah McHale	5/13/2004	ECAC Championships
Women 400m Dash								
1	55.72		F	3	6	*I Naomi Mattos	4/16/2004	Colonial Athletic Association Championships

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	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr	
2	56.01		P	13	---	*I Naomi Mattos	5/13/2004	ECAC Championships
3	56.23		F	5	---	*I Naomi Mattos	4/10/2004	Lou Onesty Invitational
4	56.26		F	3	---	*I Naomi Mattos	5/8/2004	UNC Classic
5	56.62		F	1	---	*I Naomi Mattos	4/4/2004	Liberty Invitational
6	58.37		F	9	---	*I Mary Whitehead	4/16/2004	Colonial Athletic Association Championships
7	58.38		F	10	---	*I Brenna Blevins	4/16/2004	Colonial Athletic Association Championships
8	58.81		F	20	---	*I Mary Whitehead	4/10/2004	Lou Onesty Invitational
9	59.24		F	2	---	*I Mary Whitehead	3/28/2004	VCU Quad
10	59.53		F	26	---	*I Brenna Blevins	4/10/2004	Lou Onesty Invitational
11	59.81		F	12	---	*I Jen Monk	4/16/2004	Colonial Athletic Association Championships
12	59.83		F	4	---	*I Brenna Blevins	3/28/2004	VCU Quad
13	1:00.18		F	33	---	*I Jen Monk	4/10/2004	Lou Onesty Invitational
14	1:00.19		F	5	---	*I Mary Whitehead	4/4/2004	Liberty Invitational
15	1:00.62		F	34	---	*I Stephanie Blake	4/10/2004	Lou Onesty Invitational
16	1:00.89		F	17	---	*I Brenna Blevins	3/19/2004	VCU Ram Invitational
17	1:01.46		F	6	---	*I Jen Monk	3/28/2004	VCU Quad
18	1:01.49		F	17	---	*I Stephanie Blake	4/16/2004	Colonial Athletic Association Championships
19	1:01.51		F	8	---	*I Jen Monk	4/4/2004	Liberty Invitational
20	1:02.13		F	20	---	*I Jen Monk	3/19/2004	VCU Ram Invitational
21	1:06.50		F	11	---	*I Michelle Wolf	3/28/2004	VCU Quad
Women 800m Run								
1	2:16.07		F	2	8	*I Meghan Bishop	4/16/2004	Colonial Athletic Association Championships
2	2:18.52		F	2	---	*I Lauren Heron	4/4/2004	Liberty Invitational
3	2:19.82		F	18	---	*I Lauren Heron	4/10/2004	Lou Onesty Invitational
4	2:19.83		F	8	1	*I Lara Toscani	4/16/2004	Colonial Athletic Association Championships
5	2:19.96		F	2	---	*I Erin Masterson	4/24/2004	CNU Invitational
6	2:20.73		F	19	---	*I Lara Toscani	4/10/2004	Lou Onesty Invitational
7	2:20.80		F	20	---	*I Lydia Malley	4/10/2004	Lou Onesty Invitational
8	2:21.50		F	6	---	*I Lydia Malley	3/19/2004	VCU Ram Invitational
9	2:23.08		F	12	---	*I Lydia Malley	4/16/2004	Colonial Athletic Association Championships
10	2:24.22		F	16	---	*I Kristin Monaco	4/16/2004	Colonial Athletic Association Championships
11	2:24.87		F	10	---	*I Stephanie Blake	3/19/2004	VCU Ram Invitational
12	2:25.03		F	18	---	*I Erin Masterson	4/16/2004	Colonial Athletic Association Championships
13	2:25.35		F	32	---	*I Kristin Monaco	4/10/2004	Lou Onesty Invitational
14	2:25.63		F	5	---	*I Kristin Monaco	4/4/2004	Liberty Invitational
15	2:29.18		F	5	---	*I Lindsay Ambrecht	4/24/2004	CNU Invitational
16	2:30.47		F	4	---	*I Kristin Monaco	3/28/2004	VCU Quad
17	2:31.31		F	9	---	*I Lindsay Ambrecht	4/4/2004	Liberty Invitational
18	2:31.76		F	5	---	*I Meredith Holaday	3/28/2004	VCU Quad
19	2:32.34		F	13	---	*I Ruth Loyer	5/1/2004	Patriot Open Invitational
20	2:33.61		F	44	---	*I Anna Parker	4/10/2004	Lou Onesty Invitational
21	2:34.48		M		---	*I Sarah McHale	5/13/2004	ECAC Championships
22	2:34.69		F	6	---	*I Michaela McElroy	3/28/2004	VCU Quad
23	2:34.91		F	11	---	*I Anna Parker	4/4/2004	Liberty Invitational
24	2:37.19		F	8	---	*I Anna Parker	4/24/2004	CNU Invitational
25	2:39.73		F	9	---	*I Anna Parker	3/28/2004	VCU Quad
26	2:41.59		F	10	---	*I Lindsay Ambrecht	3/28/2004	VCU Quad
27	2:41.94		F	49	---	*I Shelly Knewstep	4/10/2004	Lou Onesty Invitational
28	2:47.90		F	11	---	*I Shelly Knewstep	3/28/2004	VCU Quad
Women 1500m Run								
1	4:31.98		F	1	10	*I Meghan Bishop	4/16/2004	Colonial Athletic Association Championships
2	4:34.00		P	18	---	*I Meghan Bishop	5/13/2004	ECAC Championships

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	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr		
3	4:34.54		F	2	8	*I Emily Halm	4/16/2004	Colonial Athletic Association Championships	
4	4:35.94		F	15	---	*I Meghan Bishop	4/2/2004	Duke Invitational	
5	4:36.66		F	16	---	*I Emily Halm	4/2/2004	Duke Invitational	
6	4:36.94		F	7	---	*I Meghan Bishop	5/8/2004	JMU Invitational	
7	4:37.40		F	8	---	*I Emily Halm	5/8/2004	JMU Invitational	
8	4:37.97		F	6	---	*I Lauren Heron	4/10/2004	Lou Onesty Invitational	
9	4:38.71		F	3	6	*I Julia Cathcart	4/16/2004	Colonial Athletic Association Championships	
10	4:41.41		F	4	5	*I Lauren Heron	4/16/2004	Colonial Athletic Association Championships	
11	4:44.29		F	41	---	*I Heather Stevenson	4/2/2004	Duke Invitational	
12	4:44.46		F	1	---	*I Julia Cathcart	3/28/2004	VCU Quad	
13	4:45.93		F	6	3	*I Erin Masterson	4/16/2004	Colonial Athletic Association Championships	
14	4:46.59		P	24	---	*I Meghan Bishop	5/28/2004	NCAA East Regional	
15	4:52.45		F	7	---	*I Ruth Loyer	5/1/2004	Patriot Open Invitational	
16	4:53.22		F	28	---	*I Loren Cutright	4/10/2004	Lou Onesty Invitational	
17	4:54.30		F	47	---	*I Erin Masterson	4/2/2004	Duke Invitational	
18	4:57.20		F	9	---	*I Loren Cutright	4/16/2004	Colonial Athletic Association Championships	
19	4:59.13		F	3	---	*I Erin Masterson	3/28/2004	VCU Quad	
20	5:00.66		F	5	---	*I Ruth Loyer	4/24/2004	CNU Invitational	
21	5:02.00		F	6	---	*I Loren Cutright	4/24/2004	CNU Invitational	
22	5:02.45		F	4	---	*I Lydia Malley	3/28/2004	VCU Quad	
23	5:03.46		F	38	---	*I Meredith Holaday	4/10/2004	Lou Onesty Invitational	
24	5:04.30		F	6	---	*I Meredith Holaday	3/28/2004	VCU Quad	
25	5:05.45		F	15	---	*I Meredith Holaday	3/19/2004	VCU Ram Invitational	
26	5:07.39		F	9	---	*I Shelly Knewstep	4/4/2004	Liberty Invitational	
27	5:09.44		F	20	---	*I Ruth Loyer	5/8/2004	JMU Invitational	
28	5:11.74		F	8	---	*I Kristin Monaco	4/24/2004	CNU Invitational	
29	5:14.56		F	51	---	*I Ruth Loyer	4/10/2004	Lou Onesty Invitational	
30	5:16.16		F	52	---	*I Shelly Knewstep	4/10/2004	Lou Onesty Invitational	
31	5:19.50		F	25	---	*I Shelly Knewstep	3/19/2004	VCU Ram Invitational	
32	5:20.06		F	9	---	*I Kristin Monaco	3/28/2004	VCU Quad	
33	5:21.55		F	10	---	*I Anna Parker	3/28/2004	VCU Quad	
34	5:24.80		F	12	---	*I Shelly Knewstep	3/28/2004	VCU Quad	
35	5:34.17		F	13	---	*I Lindsay Ambrecht	3/28/2004	VCU Quad	
Women 3000m Run									
1	10:13.81		F	5	---	*I Julia Cathcart	5/8/2004	JMU Invitational	
2	10:19.03		F	2	---	*I Heather Stevenson	3/19/2004	VCU Ram Invitational	
3	10:22.63		F	6	---	*I Maura McMahan	5/8/2004	JMU Invitational	
4	10:43.94		F	5	---	*I Erin Masterson	3/19/2004	VCU Ram Invitational	
5	10:49.10		F	7	---	*I Loren Cutright	3/19/2004	VCU Ram Invitational	
6	10:50.91		F	22	---	*I Christy Dannenberg	4/10/2004	Lou Onesty Invitational	
7	10:59.42		F	10	---	*I Christy Dannenberg	3/19/2004	VCU Ram Invitational	
8	11:08.71		F	12	---	*I Becca Velarde	5/8/2004	JMU Invitational	
9	11:11.79		F	16	---	*I Jessica Allred	3/19/2004	VCU Ram Invitational	
Women 5000m Run									
1	16:51.17		F	10	---	*I Julia Cathcart	5/13/2004	ECAC Championships	
2	17:14.79		F	33	---	*I Julia Cathcart	5/28/2004	NCAA East Regional	
3	17:18.35		F	3	---	*I Julia Cathcart	4/2/2004	Duke Invitational	
4	17:22.14		F	2	8	*I Julia Cathcart	4/16/2004	Colonial Athletic Association Championships	
5	17:28.60		F	8	---	*I Ali Henderson	4/2/2004	Duke Invitational	
6	17:38.08		F	21	---	*I Maura McMahan	5/13/2004	ECAC Championships	
7	18:15.64		F	5	4	*I Ali Henderson	4/16/2004	Colonial Athletic Association Championships	
8	18:20.60		F	29	---	*I Kristin McGough	4/2/2004	Duke Invitational	

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9	18:21.04		F	5	---	*I Becca Velarde	3/19/2004	VCU Ram Invitational
10	18:27.44		F	8	---	*I Kristin McGough	3/19/2004	VCU Ram Invitational
11	18:44.57		F	37	---	*I Becca Velarde	4/2/2004	Duke Invitational
12	18:54.77		F	10	---	*I Kristin McGough	5/8/2004	JMU Invitational
13	19:17.95		F	2	---	*I Christy Dannenberg	4/4/2004	Liberty Invitational
14	19:19.64		F	17	---	*I Amy Maier	3/19/2004	VCU Ram Invitational
Women 10000m Run								
1	38:11.68		F	1	10	*I Maura McMahon	4/16/2004	Colonial Athletic Association Championships
2	39:04.47		F	5	4	*I Kristin McGough	4/16/2004	Colonial Athletic Association Championships
3	39:29.26		F	7	2	*I Christy Dannenberg	4/16/2004	Colonial Athletic Association Championships
4	39:40.86		F	9	---	*I Becca Velarde	4/16/2004	Colonial Athletic Association Championships
Women 100m Hurdles								
1	14.99	+2.4	F	4	5	*I Kara Snyder	4/16/2004	Colonial Athletic Association Championships
2	15.23	+2.2	F	5	4	*I Kelly Knight	4/16/2004	Colonial Athletic Association Championships
3	15.38	+2.3	F	3	---	*I Kara Snyder	3/28/2004	VCU Quad
4	15.55	NWI	F	3	---	*I Kara Snyder	4/4/2004	Liberty Invitational
5	15.69	+6.5	F	11	---	*I Kelly Knight	3/19/2004	VCU Ram Invitational
6	15.93	-0.3	F	16	---	*I Kelly Knight	4/10/2004	Lou Onesty Invitational
7	16.23	+2.3	F	4	---	*I Kelly Knight	3/28/2004	VCU Quad
8	16.24	+2.7	M		---	*I Sarah McHale	5/13/2004	ECAC Championships
9	16.55	NWI	F	4	---	*I Kelly Knight	4/4/2004	Liberty Invitational
10	16.79	NWI	P	8	---	*I Kara Snyder	4/24/2004	CNU Invitational
11	16.97	+4.2	F	15	---	*I Sarah McHale	3/19/2004	VCU Ram Invitational
12	17.14	+2.3	F	7	---	*I Sarah McHale	3/28/2004	VCU Quad
13	17.19	+6.5	F	16	---	*I Kara Snyder	3/19/2004	VCU Ram Invitational
14	17.60	-1.2	F	22	---	*I Kara Snyder	4/10/2004	Lou Onesty Invitational
Women 400m Hurdles								
1	1:05.89		F	14	---	*I Lauren Kloss	4/10/2004	Lou Onesty Invitational
2	1:05.91		F	1	---	*I Lauren Kloss	3/28/2004	VCU Quad
3	1:05.95		F	6	3	*I Lauren Kloss	4/16/2004	Colonial Athletic Association Championships
4	1:06.58		F	6	---	*I Lauren Kloss	3/19/2004	VCU Ram Invitational
5	1:06.63		F	3	---	*I Lauren Kloss	4/4/2004	Liberty Invitational
6	1:07.31		F	18	---	*I Kara Snyder	4/10/2004	Lou Onesty Invitational
7	1:07.48		F	9	---	*I Kara Snyder	4/16/2004	Colonial Athletic Association Championships
8	1:09.58		F	4	---	*I Kara Snyder	3/28/2004	VCU Quad
9	1:10.10		F	11	---	*I Kara Snyder	3/19/2004	VCU Ram Invitational
Women 3000m StplCh								
1	10:30.01		F	8	1	*I Ali Henderson	5/28/2004	NCAA East Regional
2	10:42.63		F	8	1	*I Ali Henderson	5/13/2004	ECAC Championships
3	10:57.46		F	2	---	*I Jackie Kosakowski	5/8/2004	JMU Invitational
4	10:58.17		F	8	---	*I Jackie Kosakowski	4/22/2004	Penn Relay Carnival
5	10:58.55		F	3	---	*I Jackie Kosakowski	4/2/2004	Duke Invitational
6	10:59.08		F	3	---	*I Ali Henderson	5/8/2004	JMU Invitational
7	10:59.59		F	1	---	*I Heather Stevenson	5/1/2004	Patriot Open Invitational
8	10:59.92		F	20	---	*I Heather Stevenson	5/13/2004	ECAC Championships
9	11:02.03		F	22	---	*I Jackie Kosakowski	5/13/2004	ECAC Championships
10	11:05.41		F	2	8	*I Heather Stevenson	4/16/2004	Colonial Athletic Association Championships
11	11:06.21		F	2	---	*I Karen Pulliam	5/1/2004	Patriot Open Invitational
12	11:12.15		F	8	---	*I Karen Pulliam	4/2/2004	Duke Invitational
13	11:16.06		F	1	---	*I Jackie Kosakowski	3/19/2004	VCU Ram Invitational
14	11:17.97		F	3	6	*I Jackie Kosakowski	4/16/2004	Colonial Athletic Association Championships

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15	11:21.99		F	6	---	*I Karen Pulliam	5/8/2004	JMU Invitational	
16	11:22.33		F	2	---	*I Karen Pulliam	3/19/2004	VCU Ram Invitational	
17	11:26.57		F	4	5	*I Karen Pulliam	4/16/2004	Colonial Athletic Association Championships	
Women High Jump									
1*	1.58m	5-02.25	F	2	---	*I Brenna Blevins	3/28/2004	VCU Quad	
1*	1.58m	5-02.25	F	9	---	*I Brenna Blevins	4/16/2004	Colonial Athletic Association Championships	
3	1.57m	5-01.75	F	10	---	*I Brenna Blevins	4/10/2004	Lou Onesty Invitational	
4	5-00.00	1.52m	F	1	---	*I Michelle Wolf	4/24/2004	CNU Invitational	
5*	1.48m	4-10.25	F	9	---	*I Michelle Wolf	3/19/2004	VCU Ram Invitational	
5*	1.48m	4-10.25	F	5	---	*I Amanda Gomaa	3/28/2004	VCU Quad	
5*	1.48m	4-10.25	F	5	---	*I Michelle Wolf	3/28/2004	VCU Quad	
8	1.45m	4-09.00	M		---	*I Sarah McHale	5/13/2004	ECAC Championships	
9	1.43m	4-08.25	F	7	---	*I Sarah McHale	3/28/2004	VCU Quad	
Women Pole Vault									
1	3.85m	12-07.50	F	1	---	*I Charlotte LaRoche	5/1/2004	Patriot Open Invitational	
2	3.76m	12-04.00	F	9	---	*I Charlotte LaRoche	5/28/2004	NCAA East Regional	
3*	3.75m	12-03.50	F	4	5	*I Charlotte LaRoche	5/13/2004	ECAC Championships	
3*	3.75m	12-03.50	F	2	---	*I Charlotte LaRoche	4/10/2004	Lou Onesty Invitational	
5*	3.60m	11-09.75	F	1	10	*I Charlotte LaRoche	4/16/2004	Colonial Athletic Association Championships	
5*	3.60m	11-09.75	F	1	---	*I Charlotte LaRoche	3/19/2004	VCU Ram Invitational	
Women Long Jump									
1	5.47m	+1.5	17-11.50	F	4	5	*I Kathleen Woody	4/16/2004	Colonial Athletic Association Championships
2	5.44m	-0.7	17-10.25	F	6	---	*I Kathleen Woody	4/10/2004	Lou Onesty Invitational
3	5.36m	+0.1	17-07.00	F	13	---	*I Kathleen Woody	5/8/2004	UNC Classic
4	5.35m	NWI	17-06.75	F	4	---	*I Kathleen Woody	3/19/2004	VCU Ram Invitational
5	5.34m	NWI	17-06.25	F	12	---	*I Kathleen Woody	5/1/2004	Patriot Open Invitational
6	5.19m	NWI	17-00.50	F	13	---	*I Sarah McHale	5/1/2004	Patriot Open Invitational
7*	5.10m	-0.5	16-08.75	F	13	---	*I Sarah McHale	4/10/2004	Lou Onesty Invitational
7*	5.10m	NWI	16-08.75	M		---	*I Sarah McHale	5/13/2004	ECAC Championships
9	5.07m	NWI	16-07.75	F	12	---	*I Sarah McHale	3/19/2004	VCU Ram Invitational
10	5.04m	NWI	16-06.50	F	6	---	*I Kathleen Woody	4/4/2004	Liberty Invitational
11	5.03m	NWI	16-06.00	F	7	---	*I Michelle Wolf	4/4/2004	Liberty Invitational
12	4.82m	NWI	15-09.75	F	8	---	*I Michelle Wolf	3/28/2004	VCU Quad
13	4.77m	NWI	15-07.75	F	21	---	*I Michelle Wolf	3/19/2004	VCU Ram Invitational
14	4.72m	-0.6	15-06.00	F	19	---	*I Michelle Wolf	4/10/2004	Lou Onesty Invitational
15	15-01.50	NWI	4.61m	F	6	---	*I Michelle Wolf	4/24/2004	CNU Invitational
Women Triple Jump									
1	11.01m	-1.9	36-01.50	F	11	---	*I Sarah McHale	4/16/2004	Colonial Athletic Association Championships
2	10.92m	+2.1	35-10.00	F	4	---	*I Rebecca Pucheu	3/28/2004	VCU Quad
3	10.85m	+1.5	35-07.25	F	13	---	*I Rebecca Pucheu	4/16/2004	Colonial Athletic Association Championships
4	10.78m	+0.3	35-04.50	F	11	---	*I Sarah McHale	4/10/2004	Lou Onesty Invitational
5	10.68m	NWI	35-00.50	F	1	---	*I Sarah McHale	4/4/2004	Liberty Invitational
6	10.50m	NWI	34-05.50	F	14	---	*I Rebecca Pucheu	3/19/2004	VCU Ram Invitational
7	10.46m	NWI	34-04.00	F	2	---	*I Rebecca Pucheu	4/4/2004	Liberty Invitational
8	10.12m	+1.3	33-02.50	F	20	---	*I Rebecca Pucheu	4/10/2004	Lou Onesty Invitational
Women Shot Put									
1	14.01m	45-11.75	F	9	---	*I Cassidy Harris	5/13/2004	ECAC Championships	
2	13.78m	45-02.50	F	2	---	*I Cassidy Harris	5/8/2004	JMU Invitational	
3	13.51m	44-04.00	F	1	10	*I Cassidy Harris	4/16/2004	Colonial Athletic Association Championships	
4	13.27m	43-06.50	F	1	---	*I Cassidy Harris	3/28/2004	VCU Quad	
5	13.13m	43-01.00	F	1	---	*I Cassidy Harris	4/4/2004	Liberty Invitational	

Individual Top Marks Outdoors Only

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	Mark	Convert	Rnd	PI	Pts	Name	Age/Yr	
6	13.02m	42-08.75	F	2	---	*I Cassidy Harris	3/19/2004	VCU Ram Invitational
7	12.97m	42-06.75	F	2	---	*I Cassidy Harris	4/10/2004	Lou Onesty Invitational
8	12.77m	41-10.75	F	22	---	*I Cassidy Harris	4/22/2004	Penn Relay Carnival
9	12.64m	41-05.75	F	3	6	*I Jen Showker	4/16/2004	Colonial Athletic Association Championships
10	12.23m	40-01.50	F	3	---	*I Jen Showker	3/28/2004	VCU Quad
11	11.84m	38-10.25	F	9	---	*I Jen Showker	5/8/2004	JMU Invitational
12	11.75m	38-06.75	F	9	---	*I Jen Showker	4/10/2004	Lou Onesty Invitational
13	11.28m	37-00.25	F	14	---	*I Jen Showker	3/19/2004	VCU Ram Invitational
14	10.16m	33-04.00	M		---	*I Sarah McHale	5/13/2004	ECAC Championships
15	10.01m	32-10.25	F	9	---	*I Jen Showker	5/1/2004	Patriot Open Invitational
Women Discus								
1	39.71m	130-03	F	2	---	*I Jen Showker	3/28/2004	VCU Quad
2	38.12m	125-01	F	23	---	*I Jen Showker	5/28/2004	NCAA East Regional
3	37.12m	121-09	F	1	10	*I Jen Showker	4/16/2004	Colonial Athletic Association Championships
4	36.47m	119-08	F	9	---	*I Jen Showker	5/8/2004	JMU Invitational
5	36.37m	119-04	F	2	---	*I Cassidy Harris	4/4/2004	Liberty Invitational
6	35.89m	117-09	F	7	---	*I Cassidy Harris	4/10/2004	Lou Onesty Invitational
7	35.85m	117-07	F	3	---	*I Jen Showker	4/4/2004	Liberty Invitational
8	35.80m	117-05	F	6	---	*I Jen Showker	3/19/2004	VCU Ram Invitational
9	35.64m	116-11	F	6	3	*I Lindsay Pearson	4/16/2004	Colonial Athletic Association Championships
10	35.08m	115-01	F	7	---	*I Lindsay Pearson	3/28/2004	VCU Quad
11	34.68m	113-09	F	8	1	*I Cassidy Harris	4/16/2004	Colonial Athletic Association Championships
12	33.54m	110-00	F	24	---	*I Jen Showker	5/13/2004	ECAC Championships
13	32.90m	107-11	F	12	---	*I Liz Hager	4/16/2004	Colonial Athletic Association Championships
14	32.80m	107-07	F	9	---	*I Cassidy Harris	3/28/2004	VCU Quad
15	31.25m	102-06	F	18	---	*I Cassidy Harris	3/19/2004	VCU Ram Invitational
Women Hammer								
1	48.66m	159-08	F	3	---	*I Cassidy Harris	5/8/2004	JMU Invitational
2	46.47m	152-05	F	24	---	*I Cassidy Harris	5/13/2004	ECAC Championships
3	45.94m	150-09	F	2	8	*I Cassidy Harris	4/16/2004	Colonial Athletic Association Championships
4	44.55m	146-02	F	2	---	*I Cassidy Harris	3/28/2004	VCU Quad
5	44.54m	146-01	F	1	---	*I Cassidy Harris	4/4/2004	Liberty Invitational
6	42.78m	140-04	F	6	---	*I Cassidy Harris	4/10/2004	Lou Onesty Invitational
7	41.78m	137-01	F	4	---	*I Liz Hager	3/28/2004	VCU Quad
8	41.15m	135-00	F	4	---	*I Liz Hager	5/8/2004	JMU Invitational
9*	40.94m	134-04	F	6	---	*I Cassidy Harris	3/19/2004	VCU Ram Invitational
9*	40.94m	134-04	F	6	3	*I Liz Hager	4/16/2004	Colonial Athletic Association Championships
11	40.33m	132-04	F	8	---	*I Liz Hager	4/10/2004	Lou Onesty Invitational
12	39.37m	129-02	F	5	---	*I Liz Hager	4/4/2004	Liberty Invitational
13	126-08.00	38.60m	F	4	---	*I Liz Hager	4/24/2004	CNU Invitational
14	37.43m	122-10	F	9	---	*I Liz Hager	3/19/2004	VCU Ram Invitational
Women Javelin								
1	42.40m	139-01	F	2	8	*I Brenna Blevins	4/16/2004	Colonial Athletic Association Championships
2	38.08m	124-11	F	6	---	*I Liz Hager	3/19/2004	VCU Ram Invitational
3	37.90m	124-04	F	20	---	*I Brenna Blevins	5/13/2004	ECAC Championships
4	37.12m	121-09	F	3	---	*I Liz Hager	5/8/2004	JMU Invitational
5	37.01m	121-05	F	10	---	*I Brenna Blevins	6/25/2004	USAT&F Junior Championships
6	36.60m	120-01	F	2	---	*I Liz Hager	5/1/2004	Patriot Open Invitational
7	36.52m	119-10	F	8	---	*I Liz Hager	4/10/2004	Lou Onesty Invitational
8	119-03.50	36.36m	F	2	---	*I Liz Hager	4/24/2004	CNU Invitational
9	36.34m	119-03	F	8	2	*I Liz Hager	4/16/2004	Colonial Athletic Association Championships

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10	35.88m	117-08	F	9	---	*I Kate Ham	4/16/2004	Colonial Athletic Association Championships
11	35.29m	115-09	F	1	---	*I Liz Hager	3/28/2004	VCU Quad
12	34.88m	114-05	F	4	---	*I Brenna Blevins	5/1/2004	Patriot Open Invitational
13	34.62m	113-07	F	3	---	*I Kate Ham	4/4/2004	Liberty Invitational
14	33.60m	110-03	F	5	---	*I Liz Hager	4/4/2004	Liberty Invitational
15	33.30m	109-03	F	10	---	*I Kate Ham	4/10/2004	Lou Onesty Invitational
16	33.29m	109-03	F	13	---	*I Kate Ham	3/19/2004	VCU Ram Invitational
17	31.36m	102-11	F	4	---	*I Jen Showker	3/28/2004	VCU Quad
18	31.10m	102-00	F	7	---	*I Kate Ham	5/1/2004	Patriot Open Invitational
19	30.26m	99-03	F	9	---	*I Sarah McHale	5/1/2004	Patriot Open Invitational
20	28.30m	92-10	F	12	---	*I Jen Showker	4/4/2004	Liberty Invitational
21	26.67m	87-06	F	24	---	*I Jen Showker	3/19/2004	VCU Ram Invitational
22	25.59m	83-11	M		---	*I Sarah McHale	5/13/2004	ECAC Championships
23	24.95m	81-10	F	6	---	*I Sarah McHale	3/28/2004	VCU Quad
Women Heptathlon								
1	4044		F	15	---	*I Sarah McHale	5/13/2004	ECAC Championships
2	4040		F	1	10	*I Sarah McHale	4/16/2004	Colonial Athletic Association Championships
3	3743		F	3	---	*I Sarah McHale	4/4/2004	Liberty Invitational