

**2016
UNIVERSITY OF DELAWARE
WOMEN'S INDOOR TRACK & FIELD
FINAL RESULTS / TOP TIMES**

Jan.	8	Villanova Inv. at Ocean Breeze Park Athletic Complex, Staten Island, N.Y.....	No Scoring
Jan.	16	Albany/Great Dane Classic at Ocean Breeze Park, Staten Island, N.Y.....	7th Place (of 26)
Jan.	24	Tiger Open at Princeton	No Scoring
Jan.	30	Maryland Terrapin Invitational at Prince George's (Md.) Complex.....	3rd Place (17)
Feb.	5-6	Armory Collegiate Invitational at NYC Armory	25th Place (36)
Feb.	6	Villanova Invitational at Ocean Breeze Park Athletic Complex, Staten Island, N.Y.....	7th Place (12)
Feb.	21	Princeton Invitational.....	No Scoring
Feb.	28	George Mason Last Chance Meet	No Scoring
Mar.	5-6	ECAC Indoor Championships at Boston University	15th Place (44)

Head Coach: Wendy McFarlane

TOP TIMES

(Based on each athletes top time in event)

*= School Record #=Freshman Record \$=ECAC Qualifier

4 x 200m Relay

Delaware..... * 1:39.30 (Armory)
(Reid, Jackson, Pinkney, Coleman)

4x400m Relay

Delaware.....\$ 3:48.16 (ECAC)
(Darr, Reid, Pettipaw, Simmons)
Delaware.....4:06.61 (Villanova)
Delaware.....4:07.19 (Maryland)
(Darr, Khoury, Ope, Harding)
Delaware.....4:09.26 (Tiger Open)
(Khoury, Kyeadea-Amponsah, Coleman, Jackson)

60 Meter Hurdles

Leslie Ope	9.06 (Great Dane)
Carlyn McGrath	9.19 (Villanova #2)
Olivia Goncerz	9.26 (Great Dane)
Ashley Bailey	9.61 (Villanova)
Ineka Armstead	9.61 (Villanova #2)
Megan Crowley	9.63 (Great Dane)

60 Meters

Isis Pinkney	7.69 (Great Dane/Maryland)
Andriene Rose	# 7.77 (Villanova #2)
Tyler Jackson	7.89 (Armory)
La'Tazah Coleman	7.92 (Armory)
Amira Idris.....	8.00 (Great Dane)
Paige Charles-Thompson	8.02 (Villanova)
Ineka Armstead	8.13 (Great Dane)
Ciera Ismail	8.13 (Great Dane)
Leslie Ope	8.28 (Princeton #2)
Amelia Jennings	8.48 (Villanova #2)

200 Meters

Tyra Reid	\$ 24.85 (Great Dane)
Tyler Jackson	\$ 24.94 (Armory)
Isis Pinkney	25.28 (Great Dane)
La'Tazah Coleman	25.50 (Armory)
Ciera Ismail.....	26.76 (Mason)
Leslie Ope	26.90 (Princeton #2)
Ineka Armstead	26.99 (Villanova #2)
Paige Thompson-Charles	27.96 (Maryland)
Amelia Jennings	28.16 (Villanova)

300 Meters

Tyra Reid	* 39.40 (Maryland)
Alex Heuer	48.92 (Maryland)

400 Meters

Tyra Reid	\$ 56.07 (ECAC)
Michele Simmons	58.85 (Armory)
Carolyn Darr	59.14 (Princeton #2)
Nadia Khoury	59.61 (Great Dane)
Bema Amponsah	1:00.01 (Villanova)
Amanda Harding.....	1:02.29 (Villanova #2)
Ciera Ismail	1:03.51 (Great Dane)
Tory Engel	1:04.94 (Maryland)

-over for more-

500 Meters

Carly Pettipaw	#S 1:16.29 (1:15.61c) (Great Dane)
Maame Kyeadea-Amponsah	1:19.19 (Great Dane)
Jennette Bendolph	1:22.07 (Great Dane)
Megan O'Dell	1:22.84 (Princeton #2)

600 Meters

Carly Pettipaw	*# 1:36.48 (Maryland)
Amanda Harding	1:44.83 (Maryland)
Megan O'Dell	1:44.96 (Maryland)

800 Meters

Carly Pettipaw	\$#* 2:13.21 (Mason)
Jeannette Bendolph	2:17.31 (Villanova)
Megan O'Dell	2:26.76 (Mason)
Bema Amponsah	2:27.15 (Villanova #2)
Kathleen Dailey	2:27.81 (Great Dane)

1,000 Meters

Liz McGroarty	2:56.28 (Villanova)
Gabby Alaimo	3:06.29 (Mason)
Ilana Schnaufer	3:06.90 (Tiger Open)
Kathleen Dailey	3:08.81
Molly Doyle	3:19.73 (Mason)

Mile

Liz McGroarty	5:01.62 (Great Dane)
Ilana Schnaufer	5:10.13 (Villanova #2)
Lauren Zodi	5:10.19 (Tiger Open)
Leanza Lopez	5:13.27 (Mason)
Emily Paolucci	5:14.45 (Tiger Open)
Gabby Alaimo	5:19.87 (Princeton #2)
Adrienne Fraczkowski	5:23.61 (Maryland)
Melissa Talley	5:26.11 (Great Dane)
Molly Doyle	5:38.56 (Tiger Open)
Kathleen Dailey	5:41.80 (Villanova)

3,000 Meters

Lauren Zodi	10:09.24 (Princeton #2)
Emily Paolucci	10:26.74 (Princeton #2)
Leanza Lopez	10:31.54 (Princeton #2)
Adrienne Fraczkowski	10:35.52 (Villanova #2)
Molly Doyle	10:47.71 (Princeton #2)
Ilana Schnaufer	10:59.26 (Maryland)
Madeline Berman	11:07.96 (Great Dane)

5,000 Meters

Lauren Zodi	18:02.32 (Armory)
Leanza Lopez	18:22.84 (Armory)
Emily Paolucci	18:43.78 (Great Dane)

High Jump

Nadia Khoury	1.65 / 5-5 (Villanova #2)
Melanie Macchiaverna	1.60m / 5-3 (Villanova/Tiger Open)
Brittany Scott	1.60m / 5-3 (Tiger Open)
Megan Crowley	1.55m / 5-1 (Princeton #2)

Long Jump

Amira Idris	\$ 5.88m / 19-3.5 (Princeton #2)
Ashley Bailey	5.64m / 18-6 (Tiger Open)
Andriene Rose	5.34m / 17-6.25 (Great Dane)
Tyler Jackson	5.26m / 17-3.25 (Villanova)
Olivia Goncerz	5.22m / 17-1.5 (Princeton #2)
Amelia Jennings	4.96m / 16-3.25 (Princeton #2)
Carlyn McGrath	4.61m / 15-1.5 (Villanova)
Ineka Armstead	4.41m / 14-5.75 (Villanova)

Triple Jump

Amira Idris	\$* 12.82 / 42-0.75 (ECAC)
Carlyn McGrath	10.90m / 35-9.25 (Tiger Open)
Olivia Goncerz	10.87m / 35-8 (Tiger Open)
Alex Heuer	10.19m / 33-5.25 (Villanova)
Amelia Jennings	10.00m / 32-9.75 (Villanova #2)

Pole Vault

Ashley Bailey	#S* 3.85m / 12-7.5 (ECAC)
Nicole Filion	3.30m / 10-10 (Mason)
Rachel Moroknek	3.15m / 10-4 (Great Dane)
Jennifer Hineman	3.00m / 9-10 (Tiger Open/Mason)

Shot Put

Sarah Hillman	\$* 15.07m / 49-5.5 (ECAC)
Irene Cedeno	11.82m / 38-9.5 (Princeton #2)
Jade Francis	9.69m / 31-9.5 (Villanova #2)

Weight Throw

Sarah Hillman	15.94m / 52-3.75 (Villanova)
Jade Francis	14.99m / 49-2.25 (Villanova #2)
Irene Cedeno	14.03m / 46-0.5 (Tiger Open)
Melissa Zegeer	12.39m / 40-7.75 (Tiger Open)
Shannon Bell	10.62m / 34-10.25 (Villanova)
Evelyn Cubero	9.86m / 32-4.25 (Villanova)