

**2018
UNIVERSITY OF DELAWARE
WOMEN'S INDOOR TRACK & FIELD
RESULTS / TOP TIMES**

Dec.	2	College of New Jersey Indoor Open at N.Y. City Armory	No Scoring
Jan.	13	Towson Tiger Invitational at NYC Armory	No Scoring
Jan.	20	Gulden Invitational at Bucknell	2nd Place (of 7)
Jan.	26	Dr. Sander Invitational at NYC Armory	No Scoring
Feb.	8	Navy Invitational	1st Place (8)
Feb.	17	Princeton Invitational	No Scoring
Mar.	2-4	ECAC Indoor Championships at Boston University	9th Place (44)

Head Coach: Wendy McFarlane-Smith

TOP TIMES

(Based on each athletes top time in event)

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

4 x 200 Meter Relay

Starnes, Pinkney, Kyeadea-Amponsah, Rose	1:44.44 (Dr. Sander)
Delaware	1:46.95 (Navy)

4 x 400 Meter Relay

Stovall, Starnes, Amponsah, Freeland	3:51.40 (ECAC Prelims) \$
Freeland, Stovall, Pettipaw, Bendolph	3:52.93 (Navy) \$
Stovall, Pettipaw, Meyer, Freeland	3:53.54 (Dr. Sander) \$
Pettipaw, Freeland, Meyer, Starnes	3:57.55 (Bucknell)
Kyeadea-Amponsah, Meyer, Spadaccini, Freeland ..	4:03.11 (Towson)
Starnes, Kye-Amponsah, McGroarty, Spadaccini ..	4:08.29 (Princeton)
Stovall, Spadaccini, Kyeadea-Amponsah, Engel	4:11.32 (Bucknell)
Janotti, Khoury, McGrath, Pinkney	4:15.81 (Princeton)

4 x 800 Meter Relay

Pettipaw, Meyer, Spadaccini, McGroarty	8:54.17 (ECAC Finals) *\$
Meyer, Weir, Pettipaw, Spadaccini	8:56.83 (ECAC Prelims) \$
Spadaccini, Berman, Weir, McGroarty	9:28.12 (Bucknell) \$

Distance Medley Relay

Delaware	12:10.61 (Dr. Sander)\$
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60 Meter Hurdles

Olivia Goncerz	8.99 (Princeton)
Carlyn McGrath	9.03 (Princeton)
Taliah Cintron	9.28 (Towson)
Sofia Janotti	10.32 (Navy)

60 Meters

Isis Pinkney	7.74 (Navy)
Andriene Rose	7.77 (Towson)
Sofia Janotti	8.42 (Dr. Sander)

200 Meters

London Freeland	25.80 (Towson/Dr. Sander)
Andriene Rose	25.95 (Dr. Sander)
Isis Pinkney	26.19 (Princeton)
Taliah Cintron	26.24 (Towson)
Carly Pettipaw	26.73 (Princeton)
Sofia Janotti	27.26 (Dr. Sander)
Nadia Khoury	27.36 (Navy)
Carlyn McGrath	27.63 (Bucknell)
Maame Kyeadea-Amponsah	27.69 (Dr. Sander)

400 Meters

London Freeland	58.20 (Princeton)
Carly Pettipaw	58.38 (Princeton)
Sydni Stovall	59.48 (Navy)
Michaela Meyer	59.98 (Princeton)
Maame Kyeadea-Amponsah	59.99 (Navy)
Kai Starnes	1:00.88 (Dr. Sander)
Tory Engel	1:04.40 (Navy)

500 Meters

Carly Pettipaw	1:16.32 (Bucknell) \$
London Freeland	1:17.47 (Towson)
Sydni Stovall	1:19.28 (Princeton)
Michaela Meyer	1:19.31 (Bucknell)
Tory Engel	1:23.80 (Princeton)

600 Meters

Michaela Meyer	1:37.11 (CNJ Open)
Jeanette Bendolph	1:40.33 (CNJ Open)

800 Meters

Jeanette Bendolph	2:09.61 (ECAC Prelim) *\$
Liz McGroarty	2:11.58 (Navy) *\$

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Carly Pettipaw	2:14.46 (Navy)
Angie Spadaccini	2:16.14 (Towson)
Susanna Weir	2:22.58 (Princeton)
Sofia Janotti	2:33.12 (Navy/Pent.)
Carlyn McGrath.....	2:41.07 (Navy/Pent.)
Jessica Harding	2:41.74 (Towson)

1,000 Meters

Liz McGroarty	2:49.16 (Princeton) *\$
Jeanette Bendolph	2:55.21 (Bucknell) \$
Angie Spadaccini	2:58.53 (Navy)
Michaela Meyer.....	3:02.25 (Towson)

Mile

Liz McGroarty	4:43.62 (ECAC Finals)*\$
Lauren Zodi	5:04.62 (Navy)
Jeanette Bendolph.....	5:05.92 (CNJ Open)
Valerie Romero.....	5:09.59 (Navy)
Susanna Weir	5:09.64 (Towson)
Maddy Berman	5:20.97 (CNJ Open)
Stephanie Palese	5:22.76 (Princeton)
Stephanie Bazan	5:23.80 (Towson)
Analise Kaminski	5:24.12 (Towson)

3,000 Meters

Mackenzie Jones	9:58.77 (Princeton)
Liz McGroarty	10:01.48 (Bucknell)
Lauren Zodi	10:13.25 (Princeton)
Emily Paolucci	10:13.35 (Princeton)
Susanna Weir	10:14.52 (Navy)
Valerie Romero	10:25.07 (Princeton)
Roxanne Ramirez	10:26.26 (Towson)
Stephanie Palese	10:30.54 (Navy)
Leanza Lopez.....	10:32.11 (Princeton)
Analise Kaminski	10:45.06 (Princeton)
Stephanie Bazan	10:46.90 (Princeton)
Maddie Berman	10:58.26 (Navy)
Ashley Warokomski	11:04.26 (Bucknell)
Deja Rodriguez-Santiago	11:06.58 (Bucknell)
Molly Doyle.....	11:09.18 (Bucknell)
Julia MacMasters	11:17.69 (Bucknell)

5,000 Meters

Liz McGroarty.....	17:19.02 (CNJ Open) \$
Lauren Zodi	17:45.93 (Dr. Sander)
Roxanne Ramirez.....	17:55.24 (Dr. Sander)

Emily Paolucci	18:01.53 (Navy)
Stephanie Bazan	18:08.39 (CNJ Open)
Analise Kaminski	18:25.17 (Navy)
Leanza Lopez.....	18:30.90 (Navy)
Stephanie Palese	18:38.15 (Bucknell)
Deja Rodriguez-Santiago	18:52.56 (Navy)
Julia MacMasters	19:06.44 (Navy)
Molly Doyle	19:30.25 (Navy)

High Jump

Nadia Khoury	5-5 (1.65m) (Princeton)
Kai Starnes	5-3 (1.60m) (Dr. Sander/Princeton)
Cassandra Wahl	4-11 (1.50m) (Towson)
Sofia Janotti	4-8.25 (1.43m) (Navy/Pent.)
Carlyn McGrath	4-6 (1.37m) (Navy/Pent.)

Pole Vault

Ashley Bailey	13-0.25 (3.97m) (Towson) *\$
Jennifer Hineman.....	11-1.75 (3.40m) (Princeton)
Rachel Moroknek	10-11.75 (3.35m) (Dr. Sander)

Long Jump

Sofia Janotti	17-9 (5.41m) (Towson)
Ashley Bailey	17-7.5 (5.37m) (Dr. Sander)
Andriene Rose	17-6.25 (5.34m) (Navy)
Isis Pinkney	16-9.75 (5.12m) (Navy)
Oliva Goncerz	16-8.5 (5.09m) (Bucknell/Princeton)
Carlyn McGrath.....	16-1.5 (4.91m) (Navy/Pent.)

Triple Jump

Olivia Goncerz	34-2.25 (10.42m) (Princeton)
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Shot Put

Sarah Hillman	46-6 (14.17m) (Towson) \$
Myrissa McFolling-Young	43-7 (13.28m) (Towson)
Olivia Duffy.....	38-9 (11.81m) (Navy)
Sofia Janotti	27-4.75 (8.35m) (Navy/Pent.)
Carlyn McGrath.....	26-7.75 (8.12m) (Navy/Pent.)

Weight Throw

Sarah Hillman	50-2.5 (15.30m) (Towson)
Myrissa McFolling-Young	45-10 (13.97m) (Towson)
Olivia Duffy	43-7.25 (13.29m) (Princeton)
Kasandra Polakowska.....	40-10.25 (12.45m) (Princeton)

Pentathlon

Sofia Janotti	2,907 (Navy)
Carlyn McGrath	2,865 (Navy)