

2008 UNIVERSITY OF DELAWARE WOMEN'S OUTDOOR TRACK & FIELD RESULTS & TOP TIMES

Mar.	22	Towson Invitational.....	No Scoring
	28-29	Asics Invitational at Winthrop	No Scoring
	29	Maryland Terrapin Inv.	No Scoring
Apr.	4-5	Colonial Relays at William & Mary.....	10th Place
	5	Penn Invitational	No Scoring
	12	Rider Invitational.....	1st Place
	18-19	Colonial Athletic Association Championships at Wm. & Mary.....	7th Place
	24-25	Penn Relays	No Scoring
	26	Lehigh Games.....	No Scoring
May	3	Delaware Open.....	No Scoring
	12	Tuppy Twilight Meet at Villanova/Swarthmore.....	tba
	16-18	IC4A Championships at Princeton	tba
	30-31	NCAA East Regionals at Florida State	tba
June	11-14	NCAA Championships at Drake	tba

Head Coach: Sue McGrath-Powell (302-831-8738)
Home Meets at Delaware Mini-Stadium

TOP TIMES

(Based on each athletes top time in event) *= School Record

4 x 100 meter relay

Delaware	46.78 (CAA)*
(Quant, Hennessy, Cox, Marquez)	
Delaware	47.04 (Rider)
(Quant, Hennessy, Cox, Marquez)	

4 x 200 meter relay

Delaware	1:40.05 (Penn Relays)*
(Quant, Hennessy, Cox, Marquez)	
Delaware	1:43.48 (Colonial)
(Quant, Marquez, Cox, Hennessy)	

4 x 400 meter relay

Delaware	3:46.90 (CAA)*
(Marquez, Quant, Hennessy, Cox)	
Delaware	3:47.70 (Penn Relays)
(Marquez, Quant, Hennessy, Cox)	

4 x 800 meter relay

Delaware	9:59.22 (Rider)
(Wright, Mandrachia, Taylor, Sloat)	

4 x 1,500 meter relay

Delaware	19:46.56 (Colonial)
(C. Antonopoulos, Wright, Mandrachia, White)	

Distance Medley relay

Delaware	12:23.87 (Colonial)
(Sloat, Francis, Y. Antonopoulos, Somers)	

100 meter hurdles

Kayla Hennessy	14.25 (CAA)*
Leah Putman	15.08 (Towson)
Alexi Capsouras	15.17 (Delaware)

400 meter hurdles

Kayla Hennessy.....	1:01.57 (CAA)*
Alexi Capsouras.....	1:05.08 (CAA)
Marla Woodarek	1:12.33 (CAA)

100 meters

Asha Quant	12.15 (Colonial)
Kayla Hennessy	12.67 (Delaware)
Alex Francis	12.75 (CAA)
Paula Green	12.78 (Rider)
Leah Putman	13.10 (Lehigh)

200 meters

Cristine Marquez	24.49 (Colonial)
Asha Quant	24.83 (CAA)
Kayla Hennessy	25.23 (Colonial)
Kristi Cox	26.19 (Delaware)
Alex Francis	26.31 (Rider)
Paula Green	26.85 (Lehigh)
Leah Putman.....	27.11 (Towson)

400 meter

Cristine Marquez.....	55.15 (Winthrop)
Kristi Cox	57.46 (CAA)
Alexi Capsouras	1:00.93 (Penn)
Marla Woodarek	1:02.29 (Delaware)

800 meters

Kellyn Wright	2:16.70 (Delaware)
Karen Mandrachia.....	2:21.07 (CAA)
Christina Antonopoulos	2:23.64 (Rider)
Stephanie Taylor	2:24.35 (Delaware)
Kemian Atkins.....	2:28.75 (Delaware)
Yianna Antonopoulos	2:29.50 (Towson)
Krista Levy	2:30.04 (Lehigh)
Cassie White	2:31.32 (Delaware)
Lexi Ambrogi	2:32.77 (Delaware)
Marla Woodarek	2:33.85 (Lehigh)
Stephanie LaFergola	2:35.28 (Delaware)
Jessica Torres	2:36.53 (Delaware)

- over for more -

1,500 meters

Christina Antonopoulos	4:39.92 (CAA)
Yianna Antonopoulos	4:47.84 (Lehigh)
Karen Mandrachia	4:47.97 (Delaware)
Kellyn Wright	4:51.70 (Lehigh)
Cassie White	4:53.13 (Towson)
Julia Somers	4:57.50 (Towson)
Christine Sloat	4:58.07 (Towson)
Annie Kowtoniuk	5:00.78 (Towson)
Liz Paul	5:04.40 (Towson)
Lexi Ambrogi	5:06.44 (Rider)
Stefanie LaFergola	5:11.93 (Rider)
Sarah Vernon	5:16.68 (Towson)
Stephanie Taylor	5:17.05 (Towson)
Isabel Graf	5:17.29 (Delaware)
Stefanie Gordon	5:26.96 (Lehigh)
Rachel Schaefer	5:28.44 (Lehigh)
Jessica Torres	5:29.79 (Penn)
Amanda McGowan	5:52.46 (Delaware)

3,000 meters

Yianna Antonopoulos	10:26.89 (Delaware)
Christina Antonopoulos	10:55.19 (Delaware)
Liz Paul	11:15.63 (Delaware)
Stefanie Gordon	11:55.78 (Delaware)
Rachel Schaefer	11:57.59 (Delaware)

3,000 meter steeplechase

Julia Somers	11:14.42 (Delaware)
Christine Sloat	11:26.22 (Delaware)
Annie Kowtoniuk	11:46.66 (CAA)
Krista Levy	13:51.79 (Delaware)
Tracy Powell	14:11.59 (Rider)
Megan McGrath	14:42.32 (Lehigh)

5,000 meters

Christina Antonopoulos	18:06.12 (Lehigh)
Yianna Antonopoulos	18:21.10 (CAA)
Julia Somers	18:21.46 (Colonial)
Cassie White	18:23.13 (Winthrop)
Isabel Graf	19:11.77 (Towson)
Liz Paul	19:14.32 (Winthrop)
Stephanie LaFergola	19:20.16 (Towson)
Annie Kowtoniuk	19:42.27 (Penn)
Sarah Vernon	19:56.76 (Winthrop)
Lexi Ambrogi	20:04.24 (Maryland)
Rachel Schaefer	20:10.34 (Towson)
Michelle Kocher	20:31.93 (Towson)
Ellen Craven	20:43.48 (Maryland)

10,000 meters

Cassie White	37:13.33 (CAA)
Julia Somers	37:52.59 (CAA)
Liz Paul	39:03.15 (CAA)

Pole Vault

Kelli McDonald	12-5 1/2 (3.80m) (Penn)
Laura Chirico	12-5 1/2 (3.80m) (Penn)

High Jump

Briana Gray	5-3 (1.60m) (Winthrop)
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Long Jump

Asha Quant	19-2 3/4 (5.95m) (Colonial)
Leah Putman	17-9 1/2 (5.42m) (Colonial)
Annie Fulton	16 1/2 (4.89m) (Penn)
Minna Latortue	15 3/4 (4.59m) (Maryland)

Triple Jump

Annie Fulton	36-7 1/2 (11.16m) (Penn)
Leah Putman	34-11 3/4 (10.66m) (CAA)
Minna Latortue	34-6 1/4 (10.52) (Delaware)

Shot Put

Amanda Marshall	42-7 (12.98m) (CAA)
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Hammer Throw

Amanda Marshall	155-1 (47.26m) (Winthrop)
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Discus

Amanda Marshall	137-7 (41.94m) (CAA)
Leslie Lynch	126-6 (38.57m) (Lehigh)

Javelin

Kirsten Hunter	121-7 (37.05m) (Towson)
Alex Francis	119-1 (36.31m) (CAA)