

**2006
UNIVERSITY OF DELAWARE
WOMEN'S OUTDOOR TRACK & FIELD
FINAL RESULTS**

Mar.	24-25	Raleigh Relays at North Carolina StateNo Scoring
	25	Monmouth Season OpenerNo Scoring
	31-1	Winthrop InvitationalNo Scoring
Apr.	1	Maryland Invitational15th Place
	8	Delaware Invitational #1No Scoring
	15	Rider Invitational3rd Place
	21-22	Colonial Athletic Association Championships at Virginia Commonwealth8th Place
	27-28	Penn RelaysNo Scoring
	29	at Lehigh Games2nd Place
May	6	Delaware Invitational #2No Scoring
	13-14	ECAC Championships at Princeton47th Place
	15	Tuppyeny Twilight at VillanovaNo Scoring

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

Delaware47.31 (CAA - 4/22)
(Green, Wright, Gomes, Horsey)	
Delaware48.05 (ECAC - 5/13)
(Wright, Gomes, Green, Quant)	

4 x 200 meter relay

Delaware1:40.99 (Penn Relays - 4/28)
(Gomes, Green, Wright, Quant)	
Delaware1:45.13 (Raleigh - 3/25)

4 x 400 meter relay

Delaware3:49.60 (Penn Relays - 4/27)
(Capsouras, Green, Quant, Wright)	
Delaware3:55.33 (CAA- 4/22)
(Wright, Green, Capsouras, Quant)	

4 x 800 meter relay

Delaware9:52.12 (Raleigh - 3/25)
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4 x 1,500 meter relay

Delaware4:20.63 (Raleigh - 3/25)
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Sprint Medley relay

Delaware4:20.63 (Raleigh - 3/25)
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100 meter hurdles

Alexi Capsouras14.84 (CAA- 4/22)
Kate Noonan-Sessa15.98 (Delaware #2 - 5/6)

400 meter hurdles

Alexi Capsouras1:03.44 (Tuppyeny - 5/15)
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100 meters

Michelle Gomes11.95 (Delaware #2 - 5/6)
Brittany Wright12.23 (Delaware #2 - 5/6)
Paula Green12.29 (Winthrop - 4/1)
Daniella Price12.48 (Winthrop - 4/1)
Asha Quant12.49 (Delaware #2 - 5/6)
Rayna Horsey12.82 (Rider - 4/15)
Kate Noonan-Sessa13.76 (Winthrop - 4/1)

200 meters

Paula Green25.52 (CAA- 4/22)
Michelle Gomes25.75 (CAA - 4/22)
Domonique Carter26.01 (Delaware #2 - 5/6)
Brittany Wright26.12 (CAA- 4/22)
Rayna Horsey26.14 (Delaware #2 - 5/6)
Daniella Price26.52 (Winthrop - 4/1)
Asha Quant27.10 (Winthrop - 4/1)
Kate Noonan-Sessa27.39 (Delaware #2 - 5/6)

400 meters

Asha Quant58.50 (CAA- 4/22)
Dominique Carter1:00.15 (Lehigh - 4/29)
Rayna Horsey1:02.19 (Delaware #2 - 5/6)
Kate Noonan-Sessa1:04.61 (Rider - 4/15)

800 meters

Laura Heenan2:20.81 (Delaware #2 - 5/6)
Sari Weissbard2:20.84 (Delaware #2 - 5/6)
Toni Riggi2:28.82 (Lehigh - 4/29)
Lindsay Schmiedel2:30.05 (Lehigh - 4/29)
Jessica Leitsch2:30.41 (Lehigh - 4/29)
Meghan Weaver2:35.86 (Delaware #2 - 5/6)
Renee Gresh2:37.36 (Winthrop - 4/1)
Lexi Ambroggi2:38.33 (Monmouth - 3/25)
Emily Bunker2:47.90 (Delaware #1 - 4/8)

1,500 meters

Sari Weissbard4:52.00 (Tuppyeny - 5/15)
Julia Somers4:53.34 (Rider - 4/15)
Toni Riggi4:59.59 (CAA - 4/22)
Laura Heenan5:00.28 (Lehigh - 4/29)
Allison Behrle5:03.23 (Delaware #1 - 4/8)
Brooke Maguire5:07.54 (Lehigh - 4/29)
Jessica Leitsch5:08.95 (CAA- 4/22)
Meghan Weaver5:09.31 (Rider - 4/15)
Liz Paul5:14.12 (Rider - 4/15)
Renee Gresh5:14.28 (Lehigh - 4/29)
Emily Bunker5:14.51 (Lehigh - 4/29)
Lindsay Schmiedel5:24.95 (Rider - 4/15)
Brenda Greene5:25.48 (Delaware #2 - 5/6)
Lexi Ambroggi5:26.51 (Monmouth - 3/25)

2-2-2-2

3,000 meters

Brooke Maguire	10:48.98 (Delaware #2 - 5/6)
Liz Paul	11:33.38 (Delaware #2 - 5/6)
Lauren Stephenson	11:16.99 (Delaware #1 - 4/8)
Lindsay Schmiedel	11:51.35 (Delaware #2 - 5/6)
Sarah Vernon	11:56.33 (Delaware #2 - 5/6)
Danielle Ward.....	12:22.89 (Delaware #1 - 4/8)
Beth Moore.....	12:44.72 (Delaware #2 - 5/6)

3,000 meter steeplechase

Annie Kowtuniak	11:54.26 (CAA - 4/22)
Toni Riggi	12:03.57 (Delaware #2 - 5/6)
Colleen Reid.....	12:32.50 (Delaware #2 - 5/6)
Jessica Leitsch.....	12:32.50 (Delaware #2 - 5/6)
Lauren Shaub.....	12:42.17 (Delaware #2 - 5/6)
Julianne Twomey.....	13:18.52 (Monmouth - 3/25)
Pooja Aysola	14:01.55 (Rider - 4/15)

5,000 meters

Julia Somers.....	17:54.46 (Raleigh - 3/25)
Brooke Maguire.....	18:16.12 (CAA- 4/22)
Liz Paul	19:05.99 (Monmouth - 3/25)
Allison Behrle	19:10.41 (Raleigh - 3/25)
Renee Gresh.....	19:19.07 (CAA- 4/22)
Lauren Stephenson	19:32.49 (Lehigh - 4/29)
Brenda Greene	19:46.57 (Monmouth - 3/25)
Meghan Weaver.....	20:05.80 (Winthrop - 4/1)
Lauren Shaub	20:10.07 (CAA- 4/22)
Sarah Vernon.....	20:12.74 (Lehigh - 4/29)
Lindsay Schmiedel.....	20:14.83 (Monmouth - 3/25)
Danielle Ward	20:16.71 (Lehigh - 4/29)
Colleen Reid	20:24.48 (Maryland - 4/1)
Pooja Aysola	20:31.83 (Monmouth - 3/25)
Danielle Ward	20:39.45 (Monmouth - 3/25)
Stefanie Gordon.....	20:51.29 (Monmouth - 3/25)
Emily Bunker	21:11.67 (Rider - 4/15)
Lexi Ambrogi.....	21:22.77 (Delaware #2 - 5/6)
Julianne Twomey.....	22:29.42 (Maryland - 4/1)

10,000 meters

Julia Somers	38:34.64 (CAA - 4/22)
Allison Behrle.....	39:54.77 (CAA- 4/22)

Pole Vault

Casey Bennett.....	12-5 1/2 / 3.80m (Lehigh - 4/29)
Kelli McDonald.....	11-6 / 3.50m (Maryland- 4/1/Del. #2 - 5/6)
Laura Chirico	10-6 / 3.20m (Rider - 4/15/Del. #2 - 5/6)
Kaitlyn McGowan.....	10-0 / 3.05m (Rider - 4/15)
Beth Moore	8-6 / 2.59m (Monmouth - 3/25)

Long Jump

Asha Quant	18-6 1/2 / 5.65m (Rider - 4/15)
Annie Fulton.....	15-10 1/2 / 4.84m (Delaware #2 - 5/6)

Triple Jump

Annie Fulton.....	34-11 / 10.64m (Delaware #2 - 5/6)
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Shot Put

Rachel Young.....	44-3 1/2 / 13.50m (Delaware #2 - 5/6)
Amanda Marshall.....	41-3 / 12.57m (Lehigh - 4/29)
Angela Pollino.....	33-6 / 10.21m (Monmouth - 3/25)
Stephanie Cronk	33-3 / 10.13m (Delaware #2 - 5/6)
Leslie Lynch.....	30-9 1/4 / 9.38m (Delaware #2 - 5/6)
Jennifer Kramer.....	30-7 3/4 / 9.34m (Monmouth - 3/25)
Nicole Amorosino.....	30-6 1/2 / 9.31m (Delaware #2 - 5/6)
Lorna Dougherty	27-2 1/2 / 8.29m (Delaware #2 - 5/6)
Laura Milazzo.....	26-11 3/4 / 8.22m (Delaware #2 - 5/6)

Discus

Amanda Marshall.....	133-7 / 40.72m (Delaware #2 - 5/6)
Stephanie Cronk	128-9 / 39.24m (Rider - 4/15)
Rachel Young	127-1 / 38.73m (Lehigh - 4/29)
Leslie Lynch.....	119-11 / 36.55m (CAA - 4/22)
Jennifer Kramer	116-3 / 35.44m (Delaware #2 - 5/6)
Nicole Amorosino.....	111-6 / 34.00m (Monmouth - 3/25)

Hammer

Rachel Young	143-11 / 43.86m (CAA - 4/22)
Stephanie Cronk	142-5 / 43.40m (Rider - 4/15)
Rachel Young.....	138-10 / 42.10m (Delaware #1 - 4/8)
Lorna Dougherty.....	112-3 / 34.21m (Delaware #2 - 5/6)
Laura Milazzo.....	110-2 / 33.59m (Delaware #2 - 5/6)
Angela Pollino	107-0 / 32.61m (Delaware #2 - 5/6)
Jennifer Kramer.....	80-4 3/4 / 24.50m (Rider - 4/15)