



WEST VIRGINIA

TRACK & FIELD

2014 Outdoor Performance List

!-Personal Best | ^-School Record | p-Prelims | s-Semifinals | t-Tied

100 Meters

Mark	Athlete	Meet (Date)	Place
11.90	Chene Townsend	Larry Ellis Invite	2nd
12.73	Ashanti Bess	Cal U Early Bird (3/22)	3rd
12.88	Ashanti Bess	George Mason Invite (4/12)	50th
12.89	Ashinati Bess	Larry Ellis Invite	22nd
12.92	Ashanti Bess	Cherry Blossom Invite (4/5)	17th

100-Meter Hurdles

Mark	Athlete	Meet (Date)	Place
13.38	Chene Townsend	Big 12 Outdoor (5/18)	5th
13.43	Chene Townsend	NCAA East Prelims (5/29)	18th
13.46	Chene Townsend	Virginia Challenge (5/10)	1st
13.54	Chene Townsend	Larry Ellis Invite (4/18)	2nd
13.55	Chene Townsend	Cherry Blossom Invite (4/5)	13th
13.59	Chene Townsend	George Mason Invite (4/12)	1st
13.59	Chene Townsend	Raleigh Relays (3/28)	2nd
13.72	Chene Townsend	Penn Relays (4/24)	13th

200 Meters

Mark	Athlete	Meet (Date)	Place
24.78	Chene Townsend	George Mason Invite (4/12)	11th
25.02	Chene Townsend	Larry Ellis Invite (4/18)	10th
26.03	Alyssa Scherich	George Mason Invite (4/12)	50th
26.04	Bria Welker	George Mason Invite (4/12)	51st
26.05	Ashanti Bess	George Mason Invite (4/12)	53rd
26.21	Ashanti Bess	Larry Ellis Invite (4/18)	31th
26.29	Ashanti Bess	Cal U Early Bird (3/22)	3rd
26.42	Ashanti Bess	Cherry Blossom Invite (4/5)	12th

400 Meters

Mark	Athlete	Meet (Date)	Place
57.99	Bria Welker	George Mason Invite (4/12)	25th
58.09	Bria Welker	Larry Ellis Invite	24th
58.83	Bria Welker	Cal U Early Bird (3/22)	1st
58.94	Bria Welker	Cherry Blossom Invite (4/5)	5th

400-Meter Hurdles

Mark	Athlete	Meet (Date)	Place
1:04.95	Alyssa Scherich	Virginia Challenge (5/10)	19th
1:05.12	Arielle Gaither	Larry Ellis Invite (4/18)	11th
1:05.18	Alyssa Scherich	Larry Ellis Invite (4/18)	12th
1:05.28	Alyssa Scherich	Cherry Blossom Invite (4/5)	5th
1:05.31	Alyssa Scherich	Raleigh Relays (3/28)	42nd
1:05.37	Alyssa Scherich	Cal U Early Bird (3/22)	1st
1:05.86	Alyssa Scherich	Big 12 Outdoor (5/18)	14th
1:06.04	Arielle Gaither	Cal U Early Bird (3/22)	2nd
1:07.56	Alyssa Scherich	George Mason Invite (4/12)	29th

800 Meters

Mark	Athlete	Meet (Date)	Place
2:12.84	Christa D'Egidio	Virginia Challenge (5/10)	1st
2:14.70	Brianna Kerekes	Big 12 Outdoor (5/18)	12th
2:15.23	Brianna Kerekes	Larry Ellis Invite (4/18)	7th

2:15.55	Brianna Kerekes	Cherry Blossom Invite (4/5)	5th
2:16.34	Christa D'Egidio	Cherry Blossom Invite (4/5)	6th
2:16.74	Christa D'Egidio	Big 12 Outdoor (5/18)	18th
2:17.56	Christa D'Egidio	Larry Ellis Invite (4/18)	58th
2:17.96	Shannen Daly	George Mason Invite (4/12)	46th
2:19.54	Arielle Gaither	George Mason Invite (4/12)	51st
2:19.82	Arielle Gaither	Cherry Blossom Invite (4/5)	8th
2:19.87	Arielle Gaither	Larry Ellis Invite (4/18)	72nd
2:22.46	Sydney Scott	Cal U Early Bird (3/22)	1st
2:30.93	Allison Tyree	Larry Ellis Invite (4/18)	37th
2:36.36	Allison Tyree	Cherry Blossom Invite (4/5)	18th

1,500 Meters

Mark	Athlete	Meet (Date)	Place
4:22.92	Sarah Martinelli	Virginia Challenge (5/10)	11th
4:25.99	Sarah Martinelli	George Mason Invite (4/12)	7th
4:26.35	Sarah Martinelli	Raleigh Relays (3/28)	7th
4:29.72	Kelly Williams	Virginia Challenge (5/10)	22nd
4:32.73	Kelly Williams	Big 12 Outdoor (5/18)	12th
4:35.34	Sydney Scott	Cherry Blossom Invite (4/5)	5th
4:36.29	Sydney Scott	Raleigh Relays (3/28)	41st(in heat)
4:37.71	Savanna Plombon	Cherry Blossom Invite (4/5)	6th
4:39.09	Sydney Scott	George Mason Invite (4/12)	19th
4:41.52	Paige Szabat	Raleigh Relays (3/28)	14th(in heat)
4:42.54	Brianna Kerekes	George Mason Invite (4/12)	26th
4:43.51	Brianna Kerekes	Larry Ellis Invite (4/18)	33rd
4:44.50	Brianna Kerekes	Raleigh Relays (3/28)	34th(in heat)
4:49.77	Jenna Barreto	Raleigh Relays (3/28)	55th(in heat)
4:54.66	Brianna Kerekes	Cal U Early Bird (3/22)	2nd
4:56.68	Jenna Barreto	Cal U Early Bird (3/22)	3rd
4:58.16	Shannen Daly	Cherry Blossom Invite (4/5)	20th
4:59.92	Allison Pettit	Cal U Early Bird (3/22)	5th
5:06.42	Christa D'Egidio	Cal U Early Bird (3/22)	7th
5:06.46	Chelsea Jarvis	Cal U Early Bird (3/22)	8th
5:09.71	Lydia Martinelli	Cal U Early Bird (3/22)	10th
5:13.35	Allie Diehl	Cal U Early Bird (3/22)	12th

5,000 Meters

Mark	Athlete	Meet (Date)	Place
16:46.41	Savanna Plombon	Virginia Challenge (5/10)	11th
17:06.30	Paige Szabat	Virginia Challenge (5/10)	15th
17:06.46	Sydney Scott	Virginia Challenge (5/10)	16th
17:23.26	Allison Lasnicki	Big 12 Outdoor (5/18)	4th
17:43.67	Sydney Scott	Big 12 Outdoor (5/18)	12th
18:14.90	Chelsea Jarvis	Cherry Blossom Invite	3rd
18:16.84	Chelsea Jarvis	Larry Ellis Invite (4/18)	51st
18:18.95	Allison Pettit	Larry Ellis Invite (4/18)	54th
18:20.58	Paige Szabat	Big 12 Outdoor (5/18)	20th
18:28.10	Chelsea Jarvis	George Mason Invite (4/12)	20th
18:28.18	Allison Pettit	Virginia Challenge (5/10)	15th
18:46.50	Chelsea Jarvis	Virginia Challenge (5/10)	16th
18:48.96	Allie Diehl	Cherry Blossom Invite	12th
19:01.59	Allie Diehl	George Mason Invite (4/12)	25th
19:25.69	Lydia Martinelli	Cherry Blossom Invite	15th



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10,000 Meters

Mark	Athlete	Meet (Date)	Place
33:46.22	Allison Lasnicki	NCAA Finals (6/12)	17th
34:11.20	Allison Lasnicki	Penn Relays (4/24)	2nd
34:11.71	Allison Lasnicki	NCAA East Prelims (5/29)	11th
35:24.25	Allison Lasnicki	Big 12 Outdoor (5/18)	2nd
36:53.99	Savanna Plombon	Big 12 Outdoor (5/18)	10th

3,000 Meters

Mark	Athlete	Meet (Date)	Place
9:37.20	Savanna Plombon	Penn Relays (4/24)	18th
9:50.39	Megan Yuan	Penn Relays (4/24)	21st
10:14.32	Brianna Kerekes	Virginia Challenge (5/10)	3rd
11:01.29	Allie Diehl	Larry Ellis Invite (4/18)	12th

3,000 Meter Steeplechase

Mark	Athlete	Meet (Date)	Place
10:06.25! [^]	Sarah Martinelli	NCAA Finals (6/11)	4th in Heat
10:10.25	Sarah Martinelli	NCAA East Prelims (5/29)	12th
10:12.73	Sarah Martinelli	NCAA Finals (6/13)	11th
10:17.38	Sarah Martinelli	Cherry Blossom Invite (4/5)	5th
10:17.47	Sarah Martinelli	Penn Relays (4/24)	1st
10:30.16	Megan Yuan	Virginia Challenge (5/10)	10th
10:35.41	Megan Yuan	Larry Ellis Invite (4/18)	12th
10:40.71	Megan Yuan	Prince Elite (5/8)	1st
11:05.06	Sarah Martinelli	Big 12 Outdoor (5/18)	4th
11:08.97	Megan Yuan	Big 12 Outdoor (5/18)	5th
12:11.82	Allison Pettit	Cherry Blossom Invite (4/5)	4th

Discus

Mark	Athlete	Meet (Date)	Place
38.52m	Karissa Knabenshue	Cal U Early Bird (3/22)	4th

Shot Put

Mark	Athlete	Meet (Date)	Place
12.09m	Karissa Knabenshue	Cal U Early Bird (3/22)	1st

Hammer Throw

Mark	Athlete	Meet (Date)	Place
37.03m	Karissa Knabenshue	Cal U Early Bird (3/22)	5th

4x400 Meter Relay

Mark	Athlete	Meet (Date)	Place
3:52.66	Gaither, Scherich	Larry Ellis Invite	5th
	Welker, D'Egidio		
3:53.22	Barreto, Scherich	Cherry Blossom Invite (4/5)	2nd
	Welker, D'Egidio		
3:58.78	D'Egidio, Gaither	Penn Relays (4/24)	63rd
	Shcherich, Welker		
4:02.10	Gaither, Scherich	Cal U Early Bird (3/22)	1st
	Welker, D'Egidio		

High Jump

Mark	Athlete	Meet (Date)	Place
1.76m	Marsielle McBeam	Big 12 Outdoor (5/18)	t4th
1.71m	Marsielle McBeam	Virginia Challenge (5/10)	5th
1.70m	Marsielle McBeam	Raleigh Relays (3/28)	5th
1.70m	Marsielle McBeam	George Mason Invite (4/12)	1st
1.68m	Marsielle McBeam	Penn Relays (4/24)	t4th
1.67m	Marsielle McBeam	NCAA East Prelims (5/29)	36th
1.66m	Hannah Stone	Big 12 Outdoor (5/18)	9th
1.66m	Hannah Stone	Virginia Challenge (5/10)	6th
1.65m	Marsielle McBeam	Larry Ellis Invite (4/18)	7th
1.65m	Hannah Stone	George Mason Invite (4/12)	3rd
1.65m	Marsielle McBeam	Cherry Blossom Invite (4/5)	1st
1.60m	Hannah Stone	Cherry Blossom Invite (4/5)	t2nd

Long Jump

Mark	Athlete	Meet (Date)	Place
6.06m	Stormy Nesbit	Big 12 Outdoor (5/18)	5th
5.76m	Stormy Nesbit	George Mason Invite (4/12)	3rd
5.72m	Stormy Nesbit	Raleigh Relays (3/28)	15th

Triple Jump

Mark	Athlete	Meet (Date)	Place
13.19m	Stormy Nesbit	NCAA East Prelims (5/29)	6th
13.07m	Stormy Nesbit	Big 12 Outdoor (5/18)	3rd
13.03m	Stormy Nesbit	NCAA Finals (6/13)	8th
12.71m	Stormy Nesbit	Penn Relays (4/24)	8th
12.71m	Stormy Nesbit	Virginia Challenge (5/10)	2nd
12.66m	Stormy Nesbit	Larry Ellis Invite (4/18)	2nd
12.59m	Stormy Nesbit	Cherry Blossom Invite (4/5)	8th
12.46m	Stormy Nesbit	George Mason Invite (4/12)	2nd

Shot Put

Mark	Athlete	Meet (Date)	Place
12.95m	Karissa Knabenshue	Raleigh Relays (3/28)	18th
12.94m	Karissa Knabenshue	George Mason Invite (4/12)	3rd
12.57m	Karissa Knabenshue	Cherry Blossom Invite (4/5)	6th

Discus Throw

Mark	Athlete	Meet (Date)	Place
38.60m	Karissa Knabenshue	Cherry Blossom Invite (4/5)	8th
38.12m	Karissa Knabenshue	Raleigh Relays (3/28)	30th
37.38m	Karissa Knabenshue	George Mason Invite (4/12)	7th

Pole Vault

Mark	Athlete	Meet (Date)	Place
3.20m	Tori Bertrand	George Mason Invite (4/12)	11th
3.20m	Kiley Defibaugh	George Mason Invite (4/12)	13th
3.05m	Caitlin Walton	Cherry Blossom Invite (4/5)	3rd



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Jenna Barreto (Jr.)

1500 METERS

Mark	Meet (Date)	Place
4:49.77	Raleigh Relays (3/28)	55th(in heat)
4:56.68	Cal U Early Bird (3/22)	3rd

4x400-METER RELAY

Mark	Meet (Date)	Place
3:53.22	Barreto, Scherich Cherry Blossom Invite (4/5)	2nd
	Welker, D'Egidio	

Tori Bertrand (So.)

Pole Vault

Mark	Meet (Date)	Place
3.20m	George Mason Invite (4/12)	11th
3.05m	Cherry Blossom Invite (4/5)	t4th

Ashanti Bess (Fr.)

100 METERS (12.76!)

Mark	Meet (Date)	Place
12.73	Cal U Early Bird (3/22)	3rd
12.88	George Mason Invite (4/12)	50th
12.89	Larry Ellis Invite	22nd
12.92	Cherry Blossom Invite (4/5)	17th

200 METERS (25.75!)

Mark	Meet (Date)	Place
26.05	George Mason Invite (4/12)	53rd
26.21	Larry Ellis Invite (4/18)	31th
26.29	Cal U Early Bird (3/22)	3rd
26.42	Cherry Blossom Invite (4/5)	12th

Shannen Daly (Jr.)

1500 METERS

Mark	Meet (Date)	Place
4:58.16	Cherry Blossom Invite (4/5)	20th

800 METERS

Mark	Meet (Date)	Place
2:17.96	George Mason Invite (4/12)	46th

Kiley Defibaugh (Jr.)

Pole Vault

Mark	Meet (Date)	Place
3.20m	George Mason Invite (4/12)	13th

Christa D'Egidio (So.)

800 METERS

Mark	Meet (Date)	Place
2:12.84!	Virginia Challenge (5/10)	1st
2:16.34	Cherry Blossom Invite (4/5)	6th
2:16.74	Big 12 Outdoor (5/18)	18th
2:17.56	Larry Ellis Invite (4/18)	58th

1500 METERS

Mark	Meet (Date)	Place
5:06.42	Cal U Early Bird (3/22)	7th

4X400-METER RELAY

3:52.66	Gaither, Scherich Larry Ellis Invite	5th
	Welker, D'Egidio	
3:53.22	Barreto, Scherich Cherry Blossom Invite (4/5)	2nd
	Welker, D'Egidio	
3:58.78	D'Egidio, Gaither Penn Relays (4/24)	63rd
	Shcerich, Welker	
4:02.10	Gaither, Scherich Cal U Early Bird (3/22)	1st
	Welker, D'Egidio	

Allie Diehl (Fr.)

1500 METERS

Mark	Meet (Date)	Place
5:13.35	Cal U Early Bird (3/22)	12th

5000 METERS

Mark	Meet (Date)	Place
18:48.96	Cherry Blossom Invite	12th
19:01.59	George Mason Invite (4/12)	25th

3000 METERS

Mark	Meet (Date)	Place
11:01.29	Larry Ellis Invite (4/18)	12th

Arielle Gaither (Sr.)

800 METERS

Mark	Meet (Date)	Place
2:19.54	George Mason Invite (4/12)	51st
2:19.82	Cherry Blossom Invite (4/5)	8th
2:19.87	Larry Ellis Invite (4/18)	72nd

400-METER HURDLES

Mark	Meet (Date)	Place
1:05.12	Larry Ellis Invite (4/18)	11th
1:06.04	Cal U Early Bird (3/22)	2nd

4X400-METER RELAY

Mark	Athlete	Meet (Date)	Place
3:52.66	Gaither, Scherich	Larry Ellis Invite	5th
	Welker, D'Egidio		
3:58.78	D'Egidio, Gaither	Penn Relays (4/24)	63rd
	Shcerich, Welker		
4:02.10	Gaither, Scherich	Cal U Early Bird (3/22)	1st
	Welker, D'Egidio		

Rachel Hewitt (Fr.)

Pole Vault

Mark	Meet (Date)	Place
3.00	George Mason Invite (4/12)	17th



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Chelsea Jarvis (Sr.)

1500 METERS

Mark..... Meet (Date)..... Place
5:06.46..... Cal U Early Bird (3/22) 8th

5000 METERS

Mark..... Meet (Date)..... Place
18:14.90..... Cherry Blossom Invite (4/5)..... 3rd
18:16.84..... Larry Ellis Invite (4/18)..... 51st
18:28.10..... George Mason Invite (4/12) 20th
18:46.50..... Virginia Challenge (5/10)..... 16th

Brianna Kerekes (Fr.)

800 METERS

Mark..... Meet (Date)..... Place
2:14.70..... Big 12 Outdoor (5/18) 12th
2:15.23..... Larry Ellis Invite (4/18)..... 7th
2:15.55..... Cherry Blossom Invite (4/5)..... 5th

1500 METERS

Mark..... Meet (Date)..... Place
4:42.54!..... George Mason Invite (4/12) 26th
4:43.51..... Larry Ellis Invite (4/18)..... 33rd
4:44.50..... Raleigh Relays (3/28) 34th(in heat)
4:54.66..... Cal U Early Bird (3/22) 2nd

3,000 METERS

Mark..... Meet (Date)..... Place
10:14.32..... Virginia Challenge (5/10)..... 3rd

Karissa Knabenshue (Jr.)

Discus Throw

Mark..... Meet (Date)..... Place
38.60m..... Cherry Blossom Invite (4/5)..... 8th
38.52m..... Cal U Early Bird (3/22) 4th
38.12m..... Raleigh Relays (3/28) 30th
37.38m..... George Mason Invite (4/12) 7th

Shot Put

Mark..... Meet (Date)..... Place
12.95m..... Raleigh Relays (3/28) 18th
12.94m..... George Mason Invite (4/12) 3rd
12.57m..... Cherry Blossom Invite (4/5)..... 6th
12.09m..... Cal U Early Bird (3/22) 1st

Hammer Throw

Mark..... Meet (Date)..... Place
37.03m..... Cal U Early Bird (3/22) 5th

Allison Lasnicki (Jr.)

10,000 meters

Mark..... Meet (Date)..... Place
33:46.22..... NCAA Finals (6/12)..... 17th
34:11.20..... Penn Relays (4/24)..... 2nd
34:11.71..... NCAA East Prelims (5/29)..... 11th
35:24.25..... Big 12 Outdoor (5/18) 2nd

5000 METERS

Mark..... Meet (Date)..... Place
17:23.26..... Big 12 Outdoor (5/18) 4th

Lydia Martinelli (Jr.)

1500 METERS

Mark..... Meet (Date)..... Place
5:09.71..... Cal U Early Bird (3/22) 10th

5000 METERS

Mark..... Meet (Date)..... Place
19:25.69..... Cherry Blossom Invite..... 15th

Sarah Martinelli (Sr.)

1500 METERS

Mark..... Meet (Date)..... Place
4:22.92..... Virginia Challenge (5/10)..... 11th
4:25.99!..... George Mason Invite (4/12) 7th
4:26.35..... Raleigh Relays (3/28) 7th

3,000-METER STEEPLECHASE

Mark..... Meet (Date)..... Place
10:06.25!^..... NCAA Finals (6/11)..... 4th in Heat
10:10.25!..... NCAA East Prelims (5/29)..... 12th
10:12.73..... NCAA Finals (6/13)..... 11th
10:17.38..... Cherry Blossom Invite (4/5)..... 5th
10:17.47..... Penn Relays (4/24)..... 1st
11:05.06..... Big 12 Outdoor (5/18) 4th

Marsielle McBeam (So.)

High Jump (1.76m!)

Mark..... Meet (Date)..... Place
1.76m!..... Big 12 Outdoor (5/18) t4th
1.71m..... Virginia Challenge (5/10)..... 5th
1.70m..... George Mason Invite (4/12) 1st
1.70m..... Raleigh Relays (3/28) 5th
1.68m..... Penn Relays (4/24)..... t4th
1.67m..... NCAA East Prelims (5/29)..... 36th
1.65m..... Cherry Blossom Invite (4/5)..... 1st
1.65m..... Larry Ellis Invite (4/18)..... 7th



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Stormy Nesbit (Sr.)

Long Jump

Mark	Meet (Date)	Place
6.06m	Big 12 Outdoor (5/18)	5th
5.76m	George Mason Invite (4/12)	3rd
5.72m	Raleigh Relays (3/28)	15th

Triple Jump

Mark	Meet (Date)	Place
13.19m	NCAA East Prelims (5/29)	6th
13.07m	Big 12 Outdoor (5/18)	3rd
13.03m	NCAA Finals (6/13)	8th
12.71m	Virginia Challenge (5/10)	2nd
12.71m	Penn Relays (4/24)	8th
12.66m	Larry Ellis Invite (4/18)	2nd
12.59m	Cherry Blossom Invite (4/5)	8th
12.46m	George Mason Invite (4/12)	2nd

Allison Pettit (Sr.)

1500 Meters

Mark	Meet (Date)	Place
4:59.92	Cal U Early Bird (3/22)	5th
4:37.71	Cherry Blossom Invite (4/5)	6th

3,000-METER STEEPLECHASE

Mark	Meet (Date)	Place
12:11.82	Cherry Blossom Invite (4/5)	4th

5,000-Meters

Mark	Meet (Date)	Place
18:18.95	Larry Ellis Invite (4/18)	54th
18:28.18	Virginia Challenge (5/10)	15th

Savanna Plombon (Sr.)

1500 Meters

Mark	Meet (Date)	Place
4:37.71	Cherry Blossom Invite (4/5)	6th

3,000 Meters

Mark	Meet (Date)	Place
9:37.20	Penn Relays (4/24)	18th

5,000 Meters

Mark	Meet (Date)	Place
16:46.41	Virginia Challenge (5/10)	11th

10,000 Meters

Mark	Meet (Date)	Place
36:53.99	Big 12 Outdoor (5/18)	10th

Alyssa Scherich (So.)

200 METERS

Mark	Meet (Date)	Place
26.03	George Mason Invite (4/12)	50th

400-METER HURDLES

Mark	Meet (Date)	Place
1:04.95	Virginia Challenge (5/10)	19th
1:05.18	Larry Ellis Invite (4/18)	12th
1:05.28	Cherry Blossom Invite (4/5)	5th
1:05.31	Raleigh Relays (3/28)	42nd
1:05.37	Cal U Early Bird (3/22)	1st
1:05.86	Big 12 Outdoor (5/18)	14th
1:07.56	George Mason Invite (4/12)	29th

4X400-METER RELAY

Mark	Meet (Date)	Place
3:52.66	Gaither, Scherich, Larry Ellis Invite, Welker, D'Egidio	5th
3:53.22	Barreto, Scherich, Cherry Blossom Invite (4/5), Welker, D'Egidio	2nd
3:58.78	D'Egidio, Gaither, Penn Relays (4/24), Shcherich, Welker	63rd
4:02.10	Gaither, Scherich, Cal U Early Bird (3/22), Welker, D'Egidio	1st

Sydney Scott (Fr.)

800 METERS

Mark	Meet (Date)	Place
2:22.46	Cal U Early Bird (3/22)	1st

1500 METERS

Mark	Meet (Date)	Place
4:35.34!	Cherry Blossom Invite (4/5)	5th
4:36.29	Raleigh Relays (3/28)	41st(in heat)
4:39.09	George Mason Invite (4/12)	19th

5,000 METERS

Mark	Meet (Date)	Place
17:06.46	Virginia Challenge (5/10)	16th
17:43.67	Big 12 Outdoor (5/18)	12th

Hannah Stone (So.)

HIGH JUMP

Mark	Meet (Date)	Place
1.66m	Big 12 Outdoor (5/18)	9th
1.66m	Virginia Challenge (5/10)	6th
1.65m	George Mason Invite (4/12)	3rd
1.60m	Cherry Blossom Invite (4/5)	t2nd



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Paige Szabat (Fr.)

1500 METERS

Mark..... Meet (Date)..... Place
4:41.52 Raleigh Relays (3/28) 14th(in heat)

5,000 METERS

Mark..... Meet (Date)..... Place
17:06.30 Virginia Challenge (5/10) 15th
18:20.58 Big 12 Outdoor (5/18) 20th

Chene Townsend (Sr.)

100-Meter Hurdles (13.38!)

Mark..... Meet (Date)..... Place
13.38 Big 12 Outdoor (5/18) 5th
13.43 NCAA East Prelims (5/29) 18th
13.46 Virginia Challenge (5/10) 1st
13.54 Larry Ellis Invite (4/18) 2nd
13.55 Cherry Blossom Invite (4/5) 13th
13.59 George Mason Invite (4/12) 1st
13.59 Raleigh Relays (3/28) 2nd
13.72 Penn Relays (4/24) 13th

100 Meters

Mark..... Meet (Date)..... Place
11.90 Larry Ellis Invite 2nd

200 Meters

Mark..... Meet (Date)..... Place
24.78 George Mason Invite (4/12) 11th
25.02 Larry Ellis Invite (4/18) 10th

Allison Tyree (Sr.)

800 Meters

Mark..... Meet (Date)..... Place
2:30.93 Larry Ellis Invite (4/18) 37th
2:36.36 Cherry Blossom Invite (4/5) 18th

Caitlin Walton (Jr.)

Pole Vault

Mark..... Meet (Date)..... Place
3.05 Cherry Blossom Invite (4/5) 3rd

Bria Welker (Fr.)

200 METERS

Mark..... Meet (Date)..... Place
26.04 George Mason Invite (4/12) 51st

400 METERS

Mark..... Meet (Date)..... Place
57.99 George Mason Invite (4/12) 25th
58.09 Larry Ellis Invite 24th
58.83 Cal U Early Bird (3/22) 1st
58.94 Cherry Blossom Invite (4/5) 5th

4X400-METER RELAY

Mark..... Athlete Meet (Date)..... Place
3:52.66 Gaither, Scherich Larry Ellis Invite 5th
..... Welker, D'Egidio
3:53.22 Barreto, Scherich Cherry Blossom Invite (4/5) 2nd
..... Welker, D'Egidio
3:58.78 D'Egidio, Gaither Penn Relays (4/24) 63rd
..... Shcerich, Welker
4:02.10 Gaither, Scherich Cal U Early Bird (3/22) 1st
..... Welker, D'Egidio
.....

Kelly Williams (So.)

1500 METERS

Mark..... Meet (Date)..... Place
4:29.72 Virginia Challenge (5/10) 22nd
4:32.73 Big 12 Outdoor (5/18) 12th

Megan Yuan (Fr.)

3,000-METER STEEPLECHASE

Mark..... Athlete Meet (Date)..... Place
10:30.16 Virginia Challenge (5/10) 10th
10:35.41! Larry Ellis Invite (4/18) 12th
10:40.71 Princeton Elite (5/8) 1st
11:08.97 Big 12 Outdoor (5/18) 5th

3,000 meters

Mark..... Athlete Meet (Date)..... Place
9:50.39 Penn Relays (4/24) 21st



WEST VIRGINIA

TRACK & FIELD

Top 5 in Program History

100 Meters

1. Stacian Brown.....	11.36.....	1999
2. Kay Iheagwam.....	11.51.....	1995
3. Maxine Dawkins.....	11.54.....	1998
4. Tammy Henderson.....	11.55.....	1983
5. Trinese Summerlin.....	11.61.....	1994

100 Meter Hurdles

1. Chelsea Carrier-Eades.....	12.78.....	2012
2. Pat Itanyi.....	13.20.....	1995
3. Jessica Czaikowski.....	13.27.....	2007
4. Stacian Brown.....	13.29.....	1999
5. Chené Townsend.....	13.38.....	2014

200 Meters

1. Maxine Dawkins.....	23.44.....	1998
2. Tammy Henderson.....	23.54.....	1984
3. Kay Iheagwam.....	23.56.....	1995
Tameca Williams.....	23.56.....	1998
5. Stacian Brown.....	23.61.....	1999

400 Meters

1. April Rotilio.....	52.71.....	2011
2. Tameca Williams.....	52.92.....	1999
3. Holly Workman.....	53.70.....	1987
4. Connie Ellerbe.....	54.10.....	1988
5. Kristy Beans.....	54.35.....	1992

400 Meter Hurdles

1. Tameca Williams.....	52.92.....	1999
2. Holly Workman.....	53.70.....	1987
3. Connie Ellerbe.....	54.10.....	1988
4. Kristy Beans.....	54.35.....	1992
5. Tamara Stoner.....	54.36.....	1995

800 Meters

1. Jennifer Kemp.....	2:05.09.....	2003
2. Keri Bland.....	2:05.63.....	2010
3. Raeleen Hunter.....	2:06.09.....	2007
4. Karly Hamric.....	2:08.02.....	2010
5. Ailene Smith.....	2:08.89.....	2002

1,500 Meters

1. Megan Metcalfe.....	4:12.00.....	2003
2. Karly Hamric.....	4:13.54.....	2010
3. Keri Bland.....	4:14.52.....	2010
4. Jessica O'Connell.....	4:18.31.....	2010
5. Jennifer Kemp.....	4:21.30.....	2005

3,000 Meters

1. Megan Metcalfe.....	9:04.02.....	2004
2. Rebecca Stallwood.....	9:23.45.....	2001
3. Marie-Louise Asselin.....	9:26.09.....	2007
4. Jessica O'Connell.....	9:30.06.....	2012
5. Jennifer Davis.....	9:33.61.....	2005

5,000 Meters

1. Megan Metcalfe.....	15:47.64.....	2005
2. Marie-Louise Asselin.....	15:53.93.....	2010
3. Clara Grandt.....	16:01.18.....	2010
4. Rebecca Stallwood.....	16:12.17.....	2002
5. Jennifer Davis.....	16:23.01.....	2005

10,000 Meters

1. Clara Grandt.....	33:16.96.....	2009
2. Allison Lasnicki.....	33:46.22.....	2014
3. Kate Harrison.....	33:48.64.....	2011
4. Sarah-Anne Brault.....	33:51.14.....	2011
5. Katie Gillespie.....	34:10.60.....	2011

3,000 Meter Steeplechase

1. Sarah Martinelli.....	10:05.27.....	2014
2. Jordan Hamric.....	10:06.47.....	2013
3. Sarah Martinelli.....	10:10.25.....	2014
4. Jennifer Davis.....	10:28.45.....	2005
5. Aubrey Moskal.....	10:30.11.....	2013

Heptathlon

1. Chelsea Carrier.....	5,927.....	2011
2. Pat Itanyi.....	5,647.....	1997
2. Abbie Stechschulte.....	5,609.....	2007
4. Sharon Pfister.....	5,141.....	1986
5. Melinda Case.....	4,523.....	1987

High Jump

1. Alethea Moody.....	1.83m.....	1990
2. Katelyn Williams.....	1.79m.....	2011
3. Sharon Pfister.....	1.78m.....	1986
Sydney Cummings.....	1.78m.....	2013
5. Marsielle McBeam.....	1.76m.....	2014

Long Jump

1. Pat Itanyi.....	6.74m.....	1995
2. Chelsea Carrier.....	6.42m.....	2011
3. Christine Brown.....	6.29m.....	2002
4. Meghan Mock.....	6.17m.....	2011
5. Abbie Stechshulte.....	6.13m.....	2007



WEST VIRGINIA

TRACK & FIELD

Top 5 in Program History

Triple Jump

1. Stormy Nesbit **13.19m** **2014**
2. Christine Brown..... 12.95m2002
3. Tessie Palmer..... 12.45m1991
4. Natalie Barnes 11.97m.....1996
5. Randi Bell..... 11.81m.....1986

Javelin

1. Jodi Smith..... 47.99m1984
2. Lindsey Clark..... 43.09m2006
3. Kristen Snyder 41.82m.....1997
4. Pat Itanyi 40.00m.....1995

Discus

1. Jodi Smith..... 50.26m1984
2. Heather Adams 47.32m2013
3. Karissa Knabenshue 42.89m2012
4. Brittany Fink..... 42.31m.....2010
5. Becky Gorby 39.39m1987

Shot Put

1. Jodi Smith..... 14.22m.....1984
2. **Karissa Knabenshue** **13.16m** **2013**
3. Michelle McGinnis 12.67m2006
4. Abbie Stechschultz 12.37m.....2007
5. Terina Miller 11.80m.....2011

Hammer Throw

1. Heather Adams 56.96m2013
2. Terina Miller 55.25m2012
3. Michele McGinnis 42.51m.....2006
4. Alanna Pritts..... 42.24m.....2012
5. Brittney Thomas..... 42.10m.....2011

Pole Vault

1. **Katlyn Shelar**..... **4.10m**..... **2013**
2. Erin Nett 4.00m2002
3. Kristin Quackenbush 3.86m1998
4. Alex Acker 3.85m.....2009
5. Erica Graziani 3.83m.....1999

4x100 Meter Relay

1. Martina Miller, Tameca Williams, 44.28.....1999
Zane Francis, Stacian Brown
2. Haneefah Norman, Tameca Williams, 44.65.....1999
Zane Francis, Stacian Brown
3. Maxine Dawkins, Marlene Dawkins, 44.88.....1997
Pat Itanyi, Martina Miller
4. Jeanna Johnson, Tameca Williams,..... 45.271998
Martina Miller, Maxine Dawkins
5. Maxine Dawkins, Pat Itanyi, 45.43.....1996
Amanda Valentine, Marlene Dawkins

4x200 Meter Relay

1. Martina Miller, Tameca Williams, 1:34.551999
Haneefah Norman, Zane Francis
2. Martina Miller, Maxine Dawkins, 1:35.41.....1998
Tameca Williams, Jamillah Nock
3. Junique Morris, Jamillah Nock,..... 1:36.37.....2006
Shani Boone, Jessica Czaikowski
4. Amanda Valentine, Maxine Dawkins, 1:36.401996
Jeanna Johnson, Marlene Dawkins.....
5. Amanda Valentine, Pat Itanyi, 1:36.941995
Tamara Stoner, Kay Iheagwam

4x400 Meter Relay

1. Jeanna Johnson, Tameca Williams,..... 3:36.581998
Martina Miller, Maxine Dawkins
2. Kristy Beans, Connie Ellerbe,..... 3:41.62.....1992
Jennifer Sweizer, Tamara Stoner
3. Jenna Barreto, Chelsea Carrier,..... 3:41.68.....2011
Allison Tyree, April Rotilio
4. Amanda Valentine, Kay Iheagwam, 3:41.741995
Tamara Stoner, Halima Sinceno
5. Jeanna Johnson, Marlene Dawkins, 3:42.381996
Amanda Valentine, Maxine Dawkins

4x800 Meter Relay

1. Karly Hamric, Keri Bland, 8:47.952010
Jessica O'Connell, Kaylyn Christopher
2. Merissa Sexsmith, Megan Metcalfe, 8:48.07.....2003
Jennifer Kemp, Jennifer Davis
3. Jennifer Zawaski, Merissa Sexsmith, 8:49.501999
Rebecca Stallwood, Kecia Herod.....
4. Jennifer Kemp, Ailene Smith, 8:51.172002
Jennifer Davis, Megan Metcalfe
5. Jennifer Davis, Jennifer Kemp, 8:51.66.....2002
Megan Metcalfe, Ailene Smith.....

Distance Medley Relay

1. Kaylyn Christopher, Katelyn Williams, 11:19.812008
Karly Hamric, Keri Bland
2. Keri Bland, Abbie Stechshulte, 11:24.762007
Emma Hunter, Marie-Louise Asselin
3. Jennifer Kemp, Stacian Brown, 11:33.632002
Ailene Smith, Megan Metcalfe.....