

## USF Track &amp; Field Invitational - 3/9/2007

www.halfmiletiming.com

Univ. of South Florida: Tampa, FL

## Results - Friday

**Women 100 Meter Dash**

Region Qual.: 11.75 \* 2007

Name	School	Finals
1 Whitman, Nicole	Unattached	11.84 0.6
2 Walker, Consandria	Northeastern	12.16 0.6
3 Gibson, Breezie	Toledo	12.25 0.6
4 Thomas, Dione	Central Florida	12.33 0.6
5 Green, LaToya	Central Florida	12.39 0.6
6 Vaughans, Lashawn	Unattached	12.47 0.9
7 Anderson, Charisma	North Florida	12.60 0.6
8 Stroder, Amy	North Florida	12.66 0.2
9 Stinnette, Michelle	Tennessee St.	12.78 0.6
10 Sessoms, Toya	Tennessee St.	12.80 0.2
11 Nero, Sade'	Central Florida	12.84 0.2
12 Wimberly, Dannelle	Seminole CC	12.90 0.2
13 Shade, Samantha	Bethune-Cookma	13.03 0.2
14 York, Chelsey	Pepperdine	13.19 0.9
15 Dole, Tiara	Pepperdine	13.26 0.9
16 Gibson, Britney	Bethune-Cookma	13.27 0.6
17 Sullivan, Ricki	Central Florida	13.33 0.2
18 Wiel, Keisha	North Florida	13.76 0.9
19 Sheppel, Briana	Pepperdine	13.82 0.9
20 Allen, India	Austin Peay	14.45 0.9
21 Sayre, Kelly	Pepperdine	14.93 0.9
--- Hall, Andrea	North Florida	DNS 0.2
--- Sergeant, Teanne	Bethune-Cookma	DNS 0.2
--- Stjernholm, Katie	Pepperdine	DNS 0.6
--- Robinson, Amber	Unattached	DNS 0.9

**Women 200 Meter Dash**

Region Qual.: 23.96 \* 2007

Name	School	Finals
1 Whitman, Nicole	Unattached	24.25 -0.2
2 Ward, Dominique	Tennessee St.	24.98 -0.2
3 Robinson, Amber	Unattached	25.66 -0.3
4 Jones, Alexandria	Unattached	25.67 -0.2
5 Grubbs, Latreece	Seminole CC	25.85 -0.2
6 Gibson, Breezie	Toledo	26.07 -0.3
7 Vaughans, Lashawn	Unattached	26.12 -0.3
8 Randle, Vanetta	Unattached	26.22 -0.3
9 Nero, Sade'	Central Florida	26.43 -0.2
10 King, Avaniece	South Florida	26.45 0.1
11 Stinnette, Michelle	Tennessee St.	26.46 -0.2
12 Sergeant, Teanne	Bethune-Cookma	26.49 -0.2
13 Scott, Melissa	Bethune-Cookma	26.76 -0.3
13 Hall, Andrea	North Florida	26.76 0.1
15 Shade, Samantha	Bethune-Cookma	26.86 -0.3
16 Sedacca, Danielle	Bethune-Cookma	26.96 -0.3
17 Prez, Pia	Tennessee St.	27.26 -0.2
18 Gibson, Britney	Bethune-Cookma	27.32 -0.3
19 Scott, Monique	Bethune-Cookma	27.35 -0.3
20 Stjernholm, Katie	Pepperdine	27.65 -0.3
21 Hunt, Sivonia	South Florida	27.84 0.1
22 Williams, Sara	South Florida	27.88 0.1

23 Dole, Tiara	Pepperdine	28.26 0.1
24 York, Chelsey	Pepperdine	28.87 0.1
25 Coombs, Sabrina	Bethune-Cookma	29.11 0.1
26 Wiel, Keisha	North Florida	29.14 -0.3
27 Sheppel, Briana	Pepperdine	29.37 -0.3
28 Becker, Allie	Pepperdine	30.45 -0.3
29 Sayre, Kelly	Pepperdine	30.76 -0.3
--- Walker, Consandria	Northeastern	DNS -0.2
--- Llacuna, Maria	Pepperdine	DNS -0.3
--- Wimberly, Dannelle	Seminole CC	DNS -0.2
--- Hawkins, Altaria	Unattached	DNS -0.2
--- Williams, O'Shaughnessy	Bethune-Cookma	DNS -0.3
--- Anderson, Charisma	North Florida	DNS -0.2
--- Arnold, Sharonda	Elite Athletics	DNS -0.2
--- Bernanrd, Marissa	Tampa	DNS 0.1
--- Green, LaToya	Central Florida	DNS -0.2
--- Stinney, Katorie	Central Florida	DNS -0.2
--- Stroder, Amy	North Florida	DNS -0.2

**Women 400 Meter Dash**

Region Qual.: 54.61 \* 2007

Name	School	Finals
1 Ward, Dominique	Tennessee St.	55.52
2 Henry, Shanae	Northeastern	57.06
3 Chin, Victoria	Central Florida	57.39
4 Rogan, Jenny	Central Florida	58.22
5 Jones, Alexandria	Unattached	58.32
6 King, Avaniece	South Florida	58.60
7 Robinson, Amber	Unattached	59.09
8 Gardiner, Joycelyn	Tennessee St.	59.14
9 Buckner, Porsche	Tennessee St.	59.65
10 Tafs, Lindsay	North Florida	59.76
11 Boyd, Tierra	Tennessee St.	1:00.14
12 Sedacca, Danielle	Bethune-Cookma	1:01.34
13 Southern, Tameka	Austin Peay	1:01.79
14 Sullivan, Karissa	North Florida	1:01.83
15 Uhrinak, Abby	Pepperdine	1:01.98
16 Scott, Melissa	Bethune-Cookma	1:02.05
17 Williams, O'Shaughnessy	Bethune-Cookma	1:02.11
18 Wood, Julie	Austin Peay	1:02.24
19 Scott, Monique	Bethune-Cookma	1:02.71
20 Handzlik, Paulina	Toledo	1:03.81
21 Prez, Pia	Tennessee St.	1:04.38
22 Dickson, Jessica	Austin Peay	1:04.60
--- Horn, Lanika	Tennessee St.	DQ
--- Arnold, Sharonda	Elite Athletics	DNS
--- Gordon, Tiffany	Unattached	DNS
--- Hawkins, Altaria	Unattached	DNS
--- Trexler, Elise	North Florida	DNS
--- Stjernholm, Katie	Pepperdine	DNS
--- Hyten, Katie	Pepperdine	DNS
--- Gamble, Taylor	Pepperdine	DNS
--- Sheppel, Briana	Pepperdine	DNS
--- Lyons, Liz	Pepperdine	DNS
--- Sayre, Kelly	Pepperdine	DNS

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**(Women 400 Meter Dash)**

Name	School	Finals
--- Carfioli, Lauren	Pepperdine	DNS

**Women 800 Meter Run**

Region Qual.: 2:09.80 \* 2007

Name	School	Finals
1 Reese, Caitlin	Unattached	2:14.78
2 Knapp, Stephanie	Central Florida	2:15.27
3 Savestrand, Pernilla	South Florida	2:15.60
4 Grigsby, Ashley	South Florida	2:16.86
5 Creavy, Golden	North Florida	2:17.04
6 Wakley, Emily	South Florida	2:17.73
7 Pinzini, Maressa	South Florida	2:18.22
8 Zieminski, Kristen	Central Florida	2:20.58
9 Jeffers, Felicia	Tennessee St.	2:22.42
10 Moore, Evelyn	North Florida	2:22.83
11 Gruskiewicz, Tracee	Austin Peay	2:24.20
12 Carfioli, Lauren	Pepperdine	2:25.54
13 Zuhlke, Rebecca	South Florida	2:26.37
14 Archer, Evonne	South Florida	2:26.45
15 Haddock, Leela	Tampa	2:28.22
16 Gamble, Taylor	Pepperdine	2:28.56
17 Gardiner, Joycelyn	Tennessee St.	2:28.67
18 Gabrielle, Michelle	Tampa	2:29.15
19 Archer, Evette	South Florida	2:30.48
20 Ephraim, Danielle	Bethune-Cookma	2:30.88
21 Hyten, Katie	Pepperdine	2:31.16
22 Abraham, Daniele	Tennessee St.	2:31.86
23 Sams, Melissa	North Florida	2:32.24
24 Uhrinak, Abby	Pepperdine	2:32.81
25 Shoby, Brianna	South Florida	2:34.30
26 Brown, Breonna	Austin Peay	2:35.51
27 Morrison, Cinnamon	North Florida	2:49.28
28 Hensley, Deanna	Austin Peay	2:50.20
29 Boyd, Tierra	Tennessee St.	2:55.15
30 Khorramin, Shady	South Florida	3:02.66
--- Martinez, Lauren	Pepperdine	DNS
--- Dart, Carley	Central Florida	DNS
--- Blackburn, Shantile	Central Florida	DNS
--- Gordon, Tiffany	Unattached	DNS
--- Strykowski, Jennifer	South Florida	DNS
--- White, Caitlin	Pepperdine	DNS
--- Timonere, Randi	Tampa	DNS
--- Sanzo, Shawwna	Tampa	DNS
--- Heeder, Erin	Tampa	DNS
--- Murphy, Nicole	Tampa	DNS
--- Lyons, Liz	Pepperdine	DNS
--- Forrester, Jessica	Tampa	DNS

**Women 1500 Meter Run**

Region Qual.: 4:27.80 \* 2007

Name	School	Finals
1 Castillo, Bertha	Austin Peay	4:42.59
2 Davey, Amanda	North Florida	4:45.33

3 Blackburn, Shantile	Central Florida	4:48.48
4 Marshall, Kelly	North Florida	4:48.54
5 Coghlan, Sarah	North Florida	4:48.85
6 Dart, Carley	Central Florida	4:49.49
7 Stzykiel, Dagna	Toledo	4:49.95
8 McNeill, Kelly	Central Florida	4:52.33
9 Nelson, Sara	Tampa	4:53.03
10 DeLorm, Kayley	North Florida	4:55.61
11 Zieminski, Kristen	Central Florida	4:57.24
12 Abraham, Daniele	Tennessee St.	4:57.91
13 Jeffers, Felicia	Tennessee St.	4:58.16
14 Martinez, Lauren	Pepperdine	5:00.38
15 Moriarty, Erica	Toledo	5:02.71
16 Heuertz, Katie	North Florida	5:03.43
17 Savery, Kelly	South Florida	5:05.85
18 Kagaruki, Rahab	Tennessee St.	5:07.74
19 Parhalo, Madeline	North Florida	5:12.10
20 Obernier, Erin	North Florida	5:12.64
21 Iseman, Lauren	Central Florida	5:14.64
22 Bryan, Tenisha	Bethune-Cookma	5:17.76
23 Johnson, Jaclyn	Central Florida	5:20.75
24 Ephraim, Danielle	Bethune-Cookma	5:20.78
25 Granger, Kaitlyn	North Florida	5:21.86
26 Vogel, Lauren	North Florida	5:22.44
27 Anderson, Charlotte	North Florida	5:25.86
28 Flowers, Jacquenee	Bethune-Cookma	5:34.79
29 Morrison, Cinnamon	North Florida	5:34.90
30 Quinn, Lisabeth	North Florida	5:44.31
--- Reese, Caitlin	Unattached	DNS
--- Kelly, Shannon	Central Florida	DNS
--- Smith, Amber	North Florida	DNS
--- Uhrinak, Abby	Pepperdine	DNS
--- Heeder, Erin	Tampa	DNS
--- White, Caitlin	Pepperdine	DNS
--- Hyten, Katie	Pepperdine	DNS
--- Forrester, Jessica	Tampa	DNS
--- Gabrielle, Michelle	Tampa	DNS
--- Duffy, Alysha	Tampa	DNS
--- Haddock, Leela	Tampa	DNS

**Women 3000 Meter Run**

Name	School	Finals
1 Woznicki, Laura	Tampa	10:22.23
2 Williams, Paige	Tampa	10:26.68
3 Rzepecki, Jamie	Central Florida	10:30.42
4 Camp, Nicole	Toledo	10:37.30
5 White, Caitlin	Pepperdine	10:41.46
6 Miller, Elizabeth	Central Florida	10:44.01
7 Kocsis, Judit	Toledo	10:48.55
8 Smith, Sierra	Toledo	10:54.35
9 Swick, Megan	Toledo	11:00.22
10 Weitz, Erica	Central Florida	11:02.81
11 Livingston, Wendy	North Florida	11:05.16
12 Palmer, Allison	Central Florida	11:10.26
13 Fox, Dara	Tampa	11:15.51

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Results - Friday

**(Women 3000 Meter Run)**

Name	School	Finals
14 Dwyer, Kellie	Central Florida	11:16.72
15 Vogel, Lauren	North Florida	11:23.72
16 Schaefer, Mary	Central Florida	11:28.88
17 Dragon, Mallory	Toledo	11:43.90
18 Lolagne, Annie	Central Florida	11:50.53
19 Miranda, Nicole	Tampa	12:16.17
--- Coghlan, Sarah	North Florida	DNS
--- Martinez, Lauren	Pepperdine	DNS

**Women 100 Meter Hurdles**

Region Qual.: 13.92 \* 2007

Name	School	Finals
1 Williams-Judge, Aquila	Northeastern	14.23 0.1
2 Jennings, Francine	Toledo	14.40 0.1
3 Hepburn, Yvana	South Florida	14.65 0.1
4 Harewood, Tia	Central Florida	14.76 0.1
5 Carter, Sheree	Central Florida	15.21 0.7
6 Williams, Gladys	Tennessee St.	15.22 0.1
7 Williams, Sara	South Florida	15.51 0.7
8 Renfro, Mary	North Florida	15.67 0.1
9 Marryshow, Salisha	Tennessee St.	16.10 0.1
10 Ranc, Michelle	Central Florida	16.21 0.1
11 Randle, Vanetta	Unattached	16.92 0.7
12 Patterson, Shenevia	Central Florida	17.10 0.7
13 Allen, India	Austin Peay	17.15 0.7
14 Llacuna, Maria	Pepperdine	17.20 -0.1
--- Harper, Katie	South Florida	DNS -0.1
--- DelBovo, Anne	North Florida	DNS 0.7
--- Becker, Allie	Pepperdine	DNS -0.1
--- Stjernholm, Katie	Pepperdine	DNS 0.7

**Women 400 Meter Hurdles**

Region Qual.: 1:00.82 \* 2007

Name	School	Finals
1 Shaw, Tramaine	Northeastern	1:02.38
2 Jennings, Francine	Toledo	1:04.82
3 Williams, Gladys	Tennessee St.	1:05.28
4 Braddock, Natalie	Central Florida	1:05.95
5 Crusoe, Olinka	Central Florida	1:07.14
6 Richmond, Kayla	South Florida	1:07.94
7 Picareloa, Danielle	South Florida	1:08.52
7 Ranc, Michelle	Central Florida	1:08.52
9 Marryshow, Salisha	Tennessee St.	1:08.66
10 Harewood, Tia	Central Florida	1:08.86
11 Miller, Tiffany	South Florida	1:09.27
12 DelBovo, Anne	North Florida	1:10.09
13 Patterson, Shenevia	Central Florida	1:10.99
14 Delbovo, Lauren	North Florida	1:11.38
15 Renfro, Mary	North Florida	1:12.98
--- Becker, Allie	Pepperdine	DNS
--- Stjernholm, Katie	Pepperdine	DNS
--- Llacuna, Maria	Pepperdine	DNS

**Women 3000 Meter Steeplechase**

Region Qual.: 10:50.25 \* 2007

Name	School	Finals
1 Harris, Danielle	South Florida	12:45.38
2 Kagaruki, Rahab	Tennessee St.	13:40.07
3 Martin, Christina	Unattached	14:16.99

**Women 4x100 Meter Relay**

Region Qual.: 45.70 \* 2007

Team	Relay	Finals
1 Northeastern	A	47.31
2 Tennessee St.	A	47.47
3 North Florida	A	47.94
4 Bethune-Cookman	A	49.36
5 North Florida	B	50.63
6 Pepperdine	A	51.16
7 Austin Peay	A	51.67

**Women 4x400 Meter Relay**

Region Qual.: 3:42.00 \* 2007

Team	Relay	Finals
1 Central Florida	A	3:57.17
2 Central Florida	B	3:59.92
3 South Florida	B	4:06.89
4 South Florida	A	4:08.95
5 Austin Peay	A	4:17.75
6 Pepperdine	A	4:19.55

**Women High Jump**

Region Qual.: 1.75m \* 2007

Name	School	Finals
1 Williams, Gladys	Tennessee St.	1.69m
2 Lacroix, Courtney	South Florida	1.69m
3 Mehl, Nora	Unattached	1.63m
4 Trexler, Elise	North Florida	1.60m
4 Kohler, Emily	North Florida	1.60m
4 Stroder, Amy	North Florida	1.60m
7 Gillyard, Trendesha	South Florida	1.60m
8 Horn, Lanika	Tennessee St.	1.56m
9 Genslak, Ashley	Austin Peay	1.56m
10 Harewood, Tia	Central Florida	1.56m
--- Wood, Julie	Austin Peay	NH
--- Sutherland, Michelle	Toledo	NH
--- Parhalo, Madeline	North Florida	DNS
--- Stinney, Katorie	Central Florida	DNS

**Women Pole Vault**

Region Qual.: 3.80m \* 2007

Name	School	Finals
1 Fowke, Katie	Central Florida	3.54m
2 Cousin, Melissa	South Florida	3.54m
2 Mulkey, Brianna	South Florida	3.54m
4 Chandler, Lindsay	South Florida	3.40m
5 Savery, Karla	South Florida	3.40m
6 Bartkiewicz, Molly	Austin Peay	3.40m
7 Bealert, Kelsey	Central Florida	3.20m

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## Results - Friday

**(Women Pole Vault)**

Name	School	Finals
8 McDermott, Brittney	Central Florida	3.20m
9 Burggraf, Carrie	Austin Peay	3.05m
--- Stlawence, Lynn	Unattached	NH
--- Williams, Ashley	South Florida	NH
--- Handzlik, Paulina	Toledo	NH
--- Malone, Megan	South Florida	DNS

**Women Long Jump**

Region Qual.: 6.00m \* 2007

Name	School	Finals
1 Thomas, Dione	Central Florida	5.56m 0.5
2 Woodberry, Rosalynn	South Florida	5.42m +0.0
3 Sullivan, Ricki	Central Florida	5.35m 0.4
4 Grubbs, Latreece	Seminole CC	5.30m 0.5
5 Kohler, Emily	North Florida	5.28m 1.1
6 Carter, Sheree	Central Florida	5.20m 0.7
6 Sessoms, Toya	Tennessee St.	5.20m 1.4
8 Stinnette, Michelle	Tennessee St.	5.12m 0.3
9 Williams, Sara	South Florida	5.11m 0.7
10 Creavy, Golden	North Florida	5.05m 0.8
10 Sullivan, Karissa	North Florida	5.05m +0.0
12 DelBovo, Anne	North Florida	4.97m 0.5
13 Buckner, Porsche	Tennessee St.	4.95m 0.4
14 Anderson, Ashley	Tennessee St.	4.92m 0.2
15 Hall, Andrea	North Florida	4.73m 0.4
16 Sams, Melissa	North Florida	4.60m +0.0
--- Shaw, Tramaine	Northeastern	DNS NWI
--- Lyons, Liz	Pepperdine	DNS NWI
--- Dole, Tiara	Pepperdine	DNS NWI
--- Harper, Katie	South Florida	DNS NWI

**Women Triple Jump**

Region Qual.: 12.32m \* 2007

Name	School	Finals
1 Gibson, Britney	Bethune-Cookma	11.70m 0.2
2 Williams, Gladys	Tennessee St.	11.69m 0.5
3 Sullivan, Ricki	Central Florida	11.52m +0.0
4 Thomas, Dione	Central Florida	11.45m 1.4
5 Horn, Lanika	Tennessee St.	11.05m 0.4
6 Woodberry, Rosalynn	South Florida	10.62m +0.0
7 Sessoms, Toya	Tennessee St.	10.36m 0.3
--- Becker, Allie	Pepperdine	FOUL NWI
--- Anderson, Ashley	Tennessee St.	FOUL NWI
--- DelBovo, Anne	North Florida	DNS NWI
--- Walker, Consandria	Northeastern	DNS NWI
--- Sullivan, Karissa	North Florida	DNS NWI
--- Kohler, Emily	North Florida	DNS NWI

**Women Shot Put**

Region Qual.: 14.30m \* 2007

Name	School	Finals
1 Thames, Lakendra	Central Florida	13.91m
2 Highsmith, Jasmine	South Florida	13.27m
3 Pond, Jen	Austin Peay	13.01m

4 Onwu, Kathy	Tennessee St.	11.86m
5 Francis, Jessica	Central Florida	11.68m
6 Schmidt, Alison	South Florida	11.20m
7 Velardi, Stephaine	South Florida	10.85m
8 King-Pierre, Devin	Bethune-Cookma	9.83m
9 Schertzer, Amy	South Florida	9.74m
10 Copeland, Ashley	Tennessee St.	9.48m
11 Lyons, Liz	Pepperdine	3.83m
--- Delbovo, Lauren	North Florida	DNS
--- Traynor, Virginia	Central Florida	DNS
--- Bergman, Nicole	Toledo	DNS
--- Mehl, Nora	Toledo	DNS

**Women Discus Throw**

Region Qual.: 47.30m \* 2007

Name	School	Finals
1 Stallings, Tylar	Unattached	50.18m*
2 Thames, Lakendra	Central Florida	42.39m
3 Kusimo, Sade	Central Florida	41.65m
4 Francis, Jessica	Central Florida	41.54m
5 Schertzer, Amy	South Florida	35.90m
6 Bergman, Nicole	Toledo	34.78m
7 Onwu, Kathy	Tennessee St.	33.42m
8 King-Pierre, Devin	Bethune-Cookma	32.14m
9 Delbovo, Lauren	North Florida	22.83m
10 Copeland, Ashley	Tennessee St.	19.97m
--- Traynor, Virginia	Central Florida	DNS

**Women Hammer Throw**

Region Qual.: 54.15m \* 2007

Name	School	Finals
1 Stallings, Tylar	Unattached	54.61m*
2 Highsmith, Jasmine	South Florida	46.63m
3 Howell, Kendra	Central Florida	45.52m
4 Velardi, Stephaine	South Florida	39.81m
5 Thames, Lakendra	Central Florida	39.79m
6 Schmidt, Alison	South Florida	39.65m
7 Kirkpatrick, Ashley	Central Florida	38.87m
8 Etches, Christi	South Florida	38.13m
9 Francis, Jessica	Central Florida	25.47m
--- Traynor, Virginia	Central Florida	DNS
--- Onwu, Kathy	Tennessee St.	DNS
--- Copeland, Ashley	Tennessee St.	DNS
--- Bergman, Nicole	Toledo	DNS

**Women Javelin Throw**

Region Qual.: 43.45m \* 2007

Name	School	Finals
1 Pond, Jen	Austin Peay	38.13m
2 Velardi, Stephaine	South Florida	37.12m
3 Kirkpatrick, Heather	Toledo	34.68m
4 Kohler, Emily	North Florida	32.33m
5 Creavy, Golden	North Florida	31.72m
6 Onwu, Kathy	Tennessee St.	31.55m
7 Etches, Christi	South Florida	30.84m
8 Mehl, Nora	Toledo	30.69m

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<b>Name</b>	<b>School</b>	<b>Finals</b>
9 Copeland, Ashley	Tennessee St.	28.70m
10 Williams, Sara	South Florida	28.04m
11 Carter, Sheree	Central Florida	16.33m
12 Harewood, Tia	Central Florida	15.71m
--- Harper, Katie	South Florida	DNS