

**UCF Track and Field  
2007 Top Indoor Performances - FINAL**

*\* indicates UCF indoor record*

*# indicates UCF freshman record*

*(p) indicates time/mark achieved in preliminaries*

**55 Meter Dash**

Feyisara Adaramola	Fr.	7.19 (p)	1/13/07	Florida Intercollegiate
Dione Thomas	So.	7.31 (p)	1/13/07	Florida Intercollegiate
LaToya Green	Sr.	7.33 (p)	1/13/07	Florida Intercollegiate
Ricki Sullivan	Fr.	7.65 (p)	1/13/07	Florida Intercollegiate

**60 Meter Dash**

Feyisara Adaramola	Fr.	7.61 (p)	2/3/07	New Balance Invitational #
Dione Thomas	So.	7.90	2/3/07	New Balance Invitational
Victoria Chin	Jr.	8.11	1/27/07	Gladstein Invitational
Katorie Stinney	Fr.	8.35	1/27/07	Gladstein Invitational

**200 Meter Dash**

Feyisara Adaramola	Fr.	25.18	2/23/07	C-USA Championship *#
Jenny Rogan	Sr.	25.66	1/27/07	Gladstein Invitational
Dione Thomas	So.	26.16	1/13/07	Florida Intercollegiate
LaToya Green	Sr.	26.40	1/27/07	Diet Pepsi Invitational
Katorie Stinney	Fr.	26.54	2/10/07	Clemson Tiger Invitational
Victoria Chin	Jr.	26.97	1/27/07	Gladstein Invitational
Tia Harewood	Jr.	27.13	2/10/07	Clemson Tiger Invitational
Natalie Braddock	So.	27.63	1/27/07	Gladstein Invitational

**400 Meter Dash**

Olinka Crusoe	So.	59.01	2/23/07	C-USA Championship
Jenny Rogan	Sr.	59.25	1/27/07	Gladstein Invitational
Sadé Nero	So.	61.02	1/13/07	Florida Intercollegiate
Michelle Ranc	So.	62.95	1/27/07	Diet Pepsi Invitational
Shenevia Patterson	So.	65.21	1/13/07	Florida Intercollegiate

**800 Meter Run**

Karen Kozub	Sr.	2:15.16	1/27/07	Diet Pepsi Invitational
Shantile Blackburn	So.	2:17.40	1/27/07	Diet Pepsi Invitational
Stephanie Knapp	Fr.	2:18.06	1/27/07	C-USA Championship
Christina Jones	Sr.	2:21.23	1/27/07	Diet Pepsi Invitational
Carley Dart	Fr.	2:21.67	1/27/07	Diet Pepsi Invitational
Kristin Zieminski	Jr.	2:22.29	1/27/07	Diet Pepsi Invitational
Olinka Crusoe	So.	2:22.70	1/27/07	Diet Pepsi Invitational
Sheree Carter	So.	2:29.71	1/26/07	Gladstein Invitational
Natalie Braddock	So.	2:33.24	2/23/07	C-USA Championship
Sadé Nero	So.	2:34.94	2/23/07	C-USA Championship
Tia Harewood	Jr.	2:44.68	2/23/07	C-USA Championship

**1,000 Meter Run**

Karen Kozub	Sr.	2:56.37	2/2/07	New Balance Invitational *
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**Mile Run**

Karen Kozub	Sr.	5:12.72	2/10/07	Clemson Tiger Invitational
Kelly McNeill	So.	5:19.61	2/24/07	C-USA Championship
Amanda Monde	So.	5:40.27	1/13/07	Florida Intercollegiate
Shannon Kelly	Fr.	5:42.01	1/13/07	Florida Intercollegiate

**3,000 Meter Run**

Jenny Clausen	Fr.	10:14.88	2/10/07	Clemson Tiger Invitational #
Jamie Rzepecki	So.	10:26.19	2/3/07	New Balance Invitational
Elizabeth Miller	Jr.	10:45.21	1/27/07	Diet Pepsi Invitational
Allison Palmer	Jr.	10:47.44	1/27/07	Diet Pepsi Invitational
Erica Weitz	Fr.	11:11.71	1/13/07	Florida Intercollegiate
Mary Schaefer	So.	11:55.81	1/13/07	Florida Intercollegiate

**5,000 Meter Run**

Jenny Clausen	Fr.	17:26.67	2/23/07	C-USA Championship #
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**55 Meter Hurdles**

Victoria Chin	Jr.	8.50	1/13/07	Florida Intercollegiate
Tia Harewood	Jr.	8.59	1/13/07	Florida Intercollegiate
Sheree Carter	Fr.	8.97	1/13/07	Florida Intercollegiate
Michelle Ranc	So.	9.25	1/13/07	Florida Intercollegiate
Natalie Braddock	So.	9.80	1/13/07	Florida Intercollegiate

**60 Meter Hurdles**

Victoria Chin	Jr.	9.00	1/26/07	Gladstein Invitational
Sheree Carter	So.	9.06	2/23/07	C-USA Championship
Tia Harewood	Jr.	9.23	2/10/07	Clemson Tiger Invitational
Natalie Braddock	So.	9.94	2/23/07	C-USA Championship
Sadé Nero	So.	10.05	2/23/07	C-USA Championship

**4X400 Meter Relay**

Rogan, Chin, Knapp, Crusoe		3:53.27	2/24/07	C-USA Championship
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**Distance Medley Relay**

Kozub, Rogan, Dart, McNeill		12:14.44	2/24/07	C-USA Championship
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**High Jump**

Katorie Stinney	Fr.	1.69m/5-6.50	2/23/07	C-USA Championship
Sheree Carter	So.	1.61m/5-3.25	2/23/07	C-USA Championship
Tia Harewood	Jr.	1.61m/5-3.25	2/23/07	C-USA Championship
Sadé Nero	So.	1.46m/4-9.50	2/23/07	C-USA Championship
Natalie Braddock	So.	1.40m/4-7	2/23/07	C-USA Championship

**Pole Vault**

Katie Fowke	Sr.	3.55m/11-7.75	2/24/07	C-USA Championship *
Kelsey Bealert	Jr.	3.35m/10-11.75	1/27/07	Gladstein Invitational
Brittney McDermott	So.	3.20m/10-6	1/13/07	Florida Intercollegiate

**Long Jump**

Dione Thomas	So.	5.76m/18-10.75	2/9/07	Clemson Tiger Invitational
Ricki Sullivan	Fr.	5.55m/18-2.50	2/23/07	C-USA Championship
Sheree Carter	So.	5.27m/17-3.50	2/23/07	C-USA Championship
Natalie Braddock	So.	5.12m/16-9.75	2/23/07	C-USA Championship
Sadé Nero	So.	4.93m/16-2.25	2/23/07	C-USA Championship
Tia Harewood	Jr.	4.79m/15-8.75	2/23/07	C-USA Championship
Katorie Stinney	Fr.	4.44m/14-7	1/13/07	Florida Intercollegiate

**Triple Jump**

Dione Thomas	So.	12.02m/39-5.25	2/3/07	New Balance Invitational
Ricki Sullivan	Fr.	11.40m/37-4.75	2/10/07	Clemson Tiger Invitational

**Shot Put**

LaKendra Thames	Fr.	13.10m/42-11.75	1/26/07	Gladstein Invitational
Virginia Traynor	Jr.	13.05m/42-9.75	2/9/07	Clemson Tiger Invitational
Jessica Francis	Fr.	12.57m/41-3	1/13/07	Florida Intercollegiate
Sheree Carter	So.	9.81m/32-2.25	1/26/07	Gladstein Invitational
Tia Harewood	Jr.	9.29m/30-5.75	2/23/07	C-USA Championship
Sadé Nero	So.	9.27m/30-5	2/23/07	C-USA Championship
Natalie Braddock	So.	8.40m/27-6.25	2/23/07	C-USA Championship

**Weight Throw**

Virginia Traynor	Jr.	15.32m/50-3.25	2/23/07	C-USA Championship
LaKendra Thames	Fr.	15.23m/49-11.75	1/27/07	Gladstein Invitational #
Kendra Howell	Jr.	12.90m/42-4	1/13/07	Florida Intercollegiate
Jessica Francis	Fr.	11.85m/38-10.50	1/13/07	Florida Intercollegiate

**Pentathlon**

Sheree Carter	So.	3,486	2/23/07	C-USA Championship
Tia Harwood	Jr.	3,107	2/23/07	C-USA Championship
Sadé Nero	So.	2,934	2/23/07	C-USA Championship
Natalie Braddock	So.	2,905	2/23/07	C-USA Championship