

UCF Track and Field 2007 Top Outdoor Performances FINAL

* indicates UCF record

indicates UCF freshman record

+ event not contested in the NCAA Championship

\$ indicates NCAA Regional qualifying mark

100 Meter Dash

Latoya Green	Sr.	11.94	3/3/07	UCF Invitational *
Feyisara Adaramola	Fr.	12.06	4/28/07	Golden Knight Twilight #
Dione Thomas	So.	12.33	3/9/07	USF Invitational
Jenny Rogan	Sr.	12.34	3/31/07	FSU Relays
Sadé Nero	Jr.	12.44	3/3/07	UCF Invitational

200 Meter Dash

Feyisara Adaramola	Fr.	24.53	4/28/07	Golden Knight Twilight #
Dione Thomas	So.	25.15	3/24/07	Disney Invitational
Victoria Chin	Jr.	25.51	4/14/07	Miami Elite Invite
Sheree Carter	So.	25.53	5/11/07	C-USA Championship
Sadé Nero	Jr.	25.57	4/14/07	Miami Elite Invite
Jenny Rogan	Sr.	25.65	3/3/07	UCF Invitational
Latoya Green	Sr.	25.81	4/14/07	Miami Elite Invite
Olinka Crusoe	So.	25.90	4/14/07	Miami Elite Invite
Tia Harewood	Jr.	26.39	3/29/07	FSU Relays

400 Meter Dash

Jenny Rogan	Sr.	57.16	4/28/07	Golden Knight Twilight
Victoria Chin	Jr.	57.39	3/9/07	USF Invitational
Stephanie Knapp	Fr.	57.48	4/28/07	Golden Knight Twilight
Sadé Nero	Jr.	57.50	4/14/07	Miami Elite Invite
Shantile Blackburn	So.	57.74	4/28/07	Golden Knight Twilight
Natalie Braddock	So.	58.23	4/14/07	Miami Elite Invite

800 Meter Run

Shantile Blackburn	So.	2:12.96	4/14/07	Miami Elite Invite
Carley Dart	Fr.	2:15.08	4/28/07	Golden Knight Twilight
Stephanie Knapp	Fr.	2:15.27	3/9/07	USF Invitational
Christina Jones	Sr.	2:17.13	4/28/07	Golden Knight Twilight
Kristen Zieminski	Jr.	2:20.36	4/14/07	Miami Elite Invite

1,500 Meter Run

Shantile Blackburn	So.	4:48.48	3/9/07	USF Invitational
Carley Dart	Fr.	4:49.49	3/9/07	USF Invitational
Kristen Zieminski	Jr.	4:49.93	4/6/07	Florida Relays
Kelly McNeill	So.	4:51.89	3/23/07	Disney Invitational
Christina Jones	Sr.	4:58.11	3/23/07	Disney Invitational
Jaclyn Johnson	Fr.	5:11.09	3/3/07	UCF Invitational
Lauren Iseman	Fr.	5:14.64	3/9/07	USF Invitational

3,000 Meter Run +

Jenny Clausen	Fr.	10:13.59	4/28/07	Golden Knight Twilight
Jamie Rzepecki	Fr.	10:30:42	3/9/07	USF Invitational
Elizabeth Miller	Jr.	10:44.01	3/9/07	USF Invitational
Erica Weitz	Fr.	11:02.81	3/9/07	USF Invitational
Allison Palmer	Jr.	11:10.26	3/9/07	USF Invitational
Kellie Dwyer	Fr.	11:16.72	3/9/07	USF Invitational
Mary Schaefer	So.	11:26.60	3/3/07	UCF Invitational

5,000 Meter Run

Jenny Clausen	Fr.	17:22.74	3/22/07	Disney Invitational #
Jamie Rzepecki	Fr.	18:38.83	3/30/07	FSU Relays
Mary Scafer	So.	20:08.79	3/22/07	Disney Invitational
Kellie Dwyer	Fr.	20:24.79	3/22/07	Disney Invitational

10,000 Meter Run

Jenny Clausen	Fr.	35:41.00	3/13/07	Sea Ray Relays #
---------------	-----	----------	---------	------------------

100 Meter Hurdles

Victoria Chin	Jr.	14.17	5/12/07	C-USA Championship
Tia Harewood	Jr.	14.55	4/28/07	Golden Knight Twilight
Sheree Carter	So.	14.89	3/31/07	FSU Relays
Michelle Ranc	So.	15.76	3/23/07	Disney Invitational

400 Meter Hurdles

Victoria Chin	Jr.	59.60	5/12/07	C-USA Championship\$
Natalie Braddock	So.	1:02.16	5/12/07	C-USA Championship
Olinka Crusoe	So.	1:05.51	3/23/07	Disney Invitational
Michelle Ranc	So.	1:05.85	3/23/07	Disney Invitational
Shenevia Patterson	So.	1:07.42	3/23/07	Disney Invitational
Tia Harewood	Jr.	1:08.86	3/9/07	USF Invitational

2000 Meter Steeplechase +

Elizabeth Miller	Jr.	7:24.26	3/3/07	UCF Invitational
Allison Palmer	Jr.	7:46.83	3/3/07	UCF Invitational
Erica Weitz	Fr.	7:52.53	3/3/07	UCF Invitational

3000 Meter Steeplechase

Jamie Rzepecki	Fr.-R	11:11.02	4/28/07	Golden Knight Twilight
Elizabeth Miller	Jr.	11:33.21	4/28/07	Golden Knight Twilight
Allison Palmer	Jr.	12:19.66	3/23/07	Disney Invitational
Erica Weitz	Fr.	12:08.06	4/28/07	Golden Knight Twilight

4X100 Meter Relay

Adaramola, Stinney, Thomas, Green	46.83	3/3/07	UCF Invitational
-----------------------------------	-------	--------	------------------

4X200 Meter Relay +

Adaramola, Rogan, Thomas, Chin	1:39.08	3/30/07	FSU Relays *
--------------------------------	---------	---------	--------------

4X400 Meter Relay

Chin, Rogan, Crusoe, Knapp	3:48.79	4/7/07	Florida Relays
----------------------------	---------	--------	----------------

4X800 Meter Relay +

Blackburn, Dart, Zieminski, Knapp	9:12.47	3/23/07	Disney Invitational *
-----------------------------------	---------	---------	-----------------------

4X1500 Meter Relay +

Blackburn, Dart, Zieminski, McNeill	20:07.55	3/22/07	Disney Invitational
-------------------------------------	----------	---------	---------------------

Sprint Medley Relay +

Thomas, Adaramola, Chin, Knapp	4:04.06	3/23/07	Disney Invitational *
--------------------------------	---------	---------	-----------------------

Distance Medley Relay +

McNeill, Braddock, Jones, Iseman	12:54.11	3/24/07	Disney Invitational
----------------------------------	----------	---------	---------------------

High Jump

Sheree Carter	So.	1.65m/5-5	5/10/07	C-USA Championship
Katorie Stinney	Fr.	1.62m/5-3.75	4/28/07	Golden Knight Twilight
Tia Harewood	Jr.	1.59m/5-2.50	3/29/07	FSU Relays

Pole Vault

Katie Fowke	Sr.	3.65m/11-11.75	4/6/07	Florida Relays
		3.65m/11-11.75	4/14/07	Miami Elite Invite
		3.65m/11-11.75	5/12/07	C-USA Championship
Kelsey Bealert	Jr.	3.35m/10-11.75	4/14/07	Miami Elite Invite
Brittney McDermott	So.	3.20m/10-6	3/9/07	USF Invitational
		3.20m/10-6	3/30/07	FSU Relays
		3.20m/10-6	4/14/07	Miami Elite Invite
		3.20m/10-6	4/28/07	Golden Knight Twilight
		3.20m/10-6	5/12/07	C-USA Championship

Long Jump

Dione Thomas	So.	5.85m/19-2.50	4/21/07	Auburn Invitational
Ricki Sullivan	Fr.	5.63m/18-5.50	3/3/07	UCF Invitational
Sheree Carter	So.	5.50m/18-0.50	3/23/07	Disney Invitational

Triple Jump

Dione Thomas	So.	12.31m/40-4.75	4/21/07	Auburn Invitational
Ricki Sullivan	Fr.	11.88m/38-11.75	4/7/07	Florida Relays

Shot Put

LaKendra Thames	Fr.	14.15m/46-5.25	4/28/07	Golden Knight Twilight #
Virginia Traynor	Jr.	14.01m/45-11.75	4/6/07	Florida Relays
Jessica Francis	Fr.	12.97m/42-6.75	5/12/07	C-USA Championship

Discus Throw

LaKendra Thames	Fr.	48.84m/160-3	4/14/07	Miami Elite Invite \$*#
Jessica Francis	Fr.	45.55m/149-5	4/28/07	Golden Knight Twilight
Sade Kusimo	Jr.	41.94m/137-7.75	4/14/07	Miami Elite Invite
Virginia Traynor	Jr.	41.28m/135-5.25	3/3/07	UCF Invitational

Hammer Throw

Kendra Howell	Jr.	46.64m/153-0	4/28/07	Golden Knight Twilight
LaKendra Thames	Fr.	42.42/139-2	3/30/07	FSU Relays
Virginia Traynor	Jr.	42.21m/138-6	3/22/07	Disney Invitational
Ashley Kirkpatrick	Fr.	41.09m/134-10	3/22/07	Disney Invitational

Heptathlon

Sheree Carter	So.	4,512	5/11/07	C-USA Championship
Tia Harewood	Jr.	4,090	5/11/07	C-USA Championship