



UCF TRACK AND FIELD

2008 Top Indoor Times-Marks

Mark	Athlete	Place	Meet
55-Meter Dash (Auto: 6.74; Prov: 6.92)			
7.10	Feyisara Adaramola	10th	Tom Jones Mem.
7.26 p	Dione Thomas	33rd	Tom Jones Mem.
7.49 p	Samantha Shields	33rd	Va. Tech Invite
60-Meter Dash (Auto: 7.26; Prov: 7.44)			
7.56 p	Feyisara Adaramola	10th	C-USA Champs
7.58 p	Dione Thomas	11th	C-USA Champs
7.74 p	Micaela Wimberly	18th	C-USA Champs
55-Meter Hurdles (Auto: 7.57; Prov: 7.86)			
8.15	Micaela Wimberly	14th	Tom Jones Mem.
8.16 p	Victoria Chin	15th	Tom Jones Mem.
8.22 p	Lizzie Harris	10th	Va. Tech Invite
8.27 p	Sheree Carter	21st	Tom Jones Mem.
8.99 p	Michelle Ranc	44th	Va. Tech Invite
9.35 p	Natalie Braddock	46th	Tom Jones Mem.
60-Meter Hurdles (Auto: 8.14; Prov: 8.43)			
8.59 p	Victoria Chin	3rd	C-USA Champs
8.86	Sheree Carter	56th	Tyson Invitational
8.73	Micaela Wimberly	3rd	C-USA Champs
200-Meter Dash (Auto: 23.20; Prov: 23.90)			
24.48	Lizzie Harris	2nd	Va. Tech Invite
24.93 f	Feyisara Adaramola	2nd	Dick Taylor Relays
25.73 p	Victoria Chin	15th	Frank Sevigne
26.05 f	Olinka Crusoe	7th	Dick Taylor Relays
26.13	Micaela Wimberly	21st	Va. Tech Invite
26.33	Sheree Carter	24th	Va. Tech Invite
26.36	Sade Nero	26th	Va. Tech Invite
26.68	Samantha Shields	30th	Va. Tech Invite
400-Meter Dash (Auto: 53.00; Prov: 55.00)			
55.18	Lizzie Harris	4th	Frank Sevigne
55.94 p	Victoria Chin	48th	Tyson Invitational
58.72 p	Olinka Crusoe	90th	Tyson Invitational
59.25 p	Sade Nero	27th	Frank Sevigne
59.85 f	Samantha Shields	13th	Chick Fil-A
1:01.68 p	Katorie Stinney	32nd	Frank Sevigne
1:01.57	Natalie Braddock	26th	Chick Fil-A
1:02.18	Michelle Ranc	21st	Va. Tech Invite
500-Meter Dash (Not an NCAA Championship Event)			
1:20.45	Shantile Blackburn	29th	Va. Tech Invite
1:21.31	Kristen Zieminski	32nd	Va. Tech Invite
800-Meter Run (Auto: 2:05.40; Prov: 2:09.40)			
2:12.38 p	Shantile Blackburn	6th	C-USA Champs
2:16.93 f	Kristen Zieminski	5th	Chick Fil-A
2:26.20 f	Stephanie Knapp	24th	Tom Jones Mem.
2:27.19	Jaclyn Johnson	10th	Va. Tech Invite
Mile Run (Auto: 4:40.00; Prov: 4:48.00)			
5:06.53	Kristen Zieminski	11th	C-USA Champs
5:16.71 f	Kelly McNeill	10th	Chick Fil-A
5:35.83 f	Jaclyn Johnson	9th	Dick Taylor Relays
5:37.83 f	Erica Weitz	27th	Chick Fil-A
5:42.90 f	Allison Palmer	31st	Chick Fil-A
1,000-Meter Run (Not an NCAA Championship Event)			
3:02.52	Shantile Blackburn	13th	Va. Tech Invite
3:06.35	Kristen Zieminski	18th	Va. Tech Invite
3:16.45	Jaclyn Johnson	31st	Va. Tech Invite

Mark	Athlete	Place	Meet
3,000-Meter Run (Auto: 9:15.00; Prov: 9:34.00)			
10:18.88 f	Jamie Rzepecki	19th	Tom Jones Mem.
10:27.91	Elizabeth Miller	22nd	C-USA Champs
10:30.43	Kelly McNeill	23rd	C-USA Champs
10:37.99 f	Ocean Cohen	4th	Dick Taylor Relays
10:39.58 f	Allison Palmer	5th	Dick Taylor Relays
10:43.56 f	Erica Weitz	6th	Dick Taylor Relays
10:49.50 f	Shannon Kelly	7th	Dick Taylor Relays
11:11.24 f	Kellie Dwyer	11th	Dick Taylor Relays
5,000-Meter Run (Auto: 16:08.00; Prov: 16:45.00)			
18:06.22 f	Jamie Rzepecki	9th	Frank Sevigne
18:57.80 f	Allison Palmer	7th	Chick Fil-A
18:57.96 f	Erica Weitz	8th	Chick Fil-A
Distance Medley Relay (Auto: 11:11.00; Prov: 11:32.00)			
12:06.01	UCF 'A'	6th	C-USA Champs
-S. Blackburn, S. Shields, K. Zieminski, J. Rzepecki			
4x400-Meter Relay (Auto: 3:33.00; Prov: 3:40.00)			
3:47.40	UCF 'A'	3rd	Frank Sevigne
-S. Nero, V. Chin, F. Adaramola, L. Harris			
Pole Vault (Auto: 13-9.25; Prov: 12-11.50)			
10-0	Brittney McDermott (3.05m)	10th	C-USA Champs
9-6.25	Vanessa Ziccardi (2.90m)	12th	C-USA Champs
Long Jump (Auto: 20-10; Prov: 20-0.25)			
19-11.50	Dione Thomas (6.08m)	1st	Frank Sevigne
18-4	Sheree Carter (5.59m)	17th	Tom Jones Mem.
17-11.5	Lizzie Harris (5.47m)	13th	C-USA Champs
17-8	Micaela Wimberly (5.38m)	15th	C-USA Champs
High Jump (Auto: 6-0.75; Prov: 5-10)			
5-10.75 &	Lizzie Harris (1.80m) T9th		NCAA Champs
5-5	Katorie Stinney (1.65m)	11th	Tom Jones Mem.
5-3	Sheree Carter (1.60m)	12th	Tom Jones Mem.
Triple Jump (Auto: 43-7.75; Prov: 41-6)			
42-2	Dione Thomas (12.85m)	3rd	C-USA Champs
37-9.50	Micaela Wimberly (11.52m)	15th	C-USA Champs
Shot Put (Auto: 55-5.5; Prov: 49-10.5)			
44-0.50	Virginia Traynor (13.42m)	8th	C-USA Champs
41-8.5	Jessica Francis (12.71m)	8th	Chick Fil-A
41-6	Christina Raphael (12.66m)	16th	Va. Tech Invite
20-Lb. Weight Throw (Auto: 68-10.75; Prov: 61-6.25)			
53-5.75	Virginia Traynor (16.30m)	8th	C-USA Champs
50-6	Jessica Francis (15.40m)	2nd	Dick Taylor Relays
46-5.50	Christina Raphael (14.16m)	13th	Va. Tech Invite
41-7.25	Ashley Kirkpatrick (12.68m)	7th	Frank Sevigne
Pentathlon (Auto: 4,050; Prov: 3,700)			
3,600	Sheree Carter	8th	Frank Sevigne

Abbreviation Key

& - NCAA Provisional Qualifier
 ^ - NCAA Automatic Qualifier
 p - Time earned in preliminary event
 c - Time earned in consolation event
 f - Time converted from flat track to banked time

UCF Track and Field Athletes of the Week

Virginia Tech Invitational (Jan. 11-12): Dione Thomas
Tom Jones Memorial Classic (Jan. 26): Lizzie Harris
Frank Sevigne Husker Invitational (Feb. 1-2): Lizzie Harris
Tyson Invitational/Chick Fil-A Classic (Feb. 15-16): Dione Thomas
Dick Taylor Relays (Feb. 23): Feyisara Adaramola
Conference USA (Feb. 29-Mar. 1): Lizzie Harris/Dione Thomas
NCAA Championships (Mar. 14): Lizzie Harris