



UCF TRACK AND FIELD

2008 Top Outdoor Times-Marks

Mark	Athlete	Place	Meet	Mark	Athlete	Place	Meet
100-Meter Dash (RQS: 11.75)				4x200-Meter Relay (Not an NCAA Championship Event)			
11.74 #	Dione Thomas (+1.5)	4th	C-USA Champs	1:36.34#	UCF 'A' p	10th	Penn Relays
11.99 \$	Feyisara Adaramola (+1.7)	17th	Miami Elite	-Micaela Wimberly, Dione Thomas, Feyisara Adaramola, Lizzie Harris			
12.77	Samantha Shields (-1.0)	18th	UCF Invitational	4x400-Meter Relay (RQS: 3:42.00)			
100-Meter Hurdles (RQS: 13.92)				3:40.31 #	UCF 'A'	2nd	C-USA Champs
13.77 #	Lizzie Harris (+0.2)	3rd	C-USA Champs	-Feyisara Adaramola, Victoria Chin, Shantile Blackburn, Lizzie Harris			
13.84 \$	Victoria Chin (+0.5)	4th	C-USA Champs	Shuttle Hurdles (Not an NCAA Championship Event)			
13.88 \$	Sheree Carter (+1.1)	1st/hep	C-USA Champs	56.72	UCF 'A' p	8th	Penn Relays
13.93 \$	Micaela Wimberly (+1.5)	5th	Miami Elite	-Micaela Wimberly, Sheree Carter, Lizzie Harris, Victoria Chin			
15.13	Shenevia Patterson	13th	Miami Elite	Sprint Medley Relay (Not an NCAA championship event)			
15.78	Michelle Ranc (+1.4)	11th	UCF Invitational	3:57.40 #	UCF 'A'	13th	Penn Relays
15.98	Natalie Braddock (+2.1)	24th	Hurricane Invitational	Distance Medley Relay (Not an NCAA outdoor event)			
200-Meter Dash (RQS: 23.96)				11:30.13 #	UCF 'A'	4th	Penn Relays
24.76	Lizzie Harris (+0.6)	12th	Hurricane Invitational	Shot Put (RQS: 14.30m/46-11)			
24.61	Feyisara Adaramola (+0.9)	22nd	Miami Elite	47-8.50#	LaKendra Thames (14.54m)	1st	Miami Elite
24.79	Micaela Wimberly (+2.8)w	18th	Vanderbilt Invitational	43-10.75	Virginia Traynor (13.38m)	9th	C-USA Champs
25.81	Victoria Chin (+0.2)	25th	Hurricane Invitational	41-10	Jessica Francis (13.38m)	15th	C-USA Champs
26.41	Samantha Shields (+0.3)	26 th	UCF Invitational	41-9.50	Christina Raphael (12.75m)	17th	Penn Relays
400-Meter Dash (RQS: 54.61)				41-1.50	LaKendra Thames (12.53m)	T16th	Vanderbilt Invitational
55.71	Feyisara Adaramola	6th	UCF Invitational	31-8	Sheree Carter (9.65m)	9th	UCF Invitational
56.93	Shantile Blackburn	17th	Miami Elite	Hammer Throw (RQS: 54.15m/177-8)			
400-Meter Hurdles (RQS: 1:00.82)				161-9 \$	Virginia Traynor (49.31m)	7th	C-USA Champs
59.80 &	Lizzie Harris	2nd	UCF Invitational	143-5	Ashley Kirkpatrick (43.72m)	5th	Miami Elite
1:00.68 &	Victoria Chin	6th	Miami Elite	130-11	Jessica Francis (39.91m)	20th	Vanderbilt Invitational
1:03.57	Natalie Braddock	8th	Hurricane Invitational	Discus (RQS: 47.30m)			
1:04.43 \$	Olinka Crusoe	35th	Pepsi Florida Relays	151-3	LaKendra Thames (46.10m)	6th	C-USA Champs
1:06.48	Shenevia Patterson	5th	UCF Invitational	149-11	Christina Raphael (45.70m)	4th	Miami Elite
1:11.11	Michelle Ranc	7th	UCF Invitational	139-3	Jessica Francis (42.44m)	7th	UCF Invitational
800-Meter Run (RQS: 2:09.80)				135-0	Sade Kusimo (41.15m)	9th	Miami Elite
2:08.83 #	Shantile Blackburn	2nd	C-USA Champs	High Jump (RQS: 1.75m/5-8.75)			
2:09.60 \$	Karen Kozub	1st	Miami Elite	5-8.75 &	Lizzie Harris (1.75m)	3rd	UCF Invitational
2:12.03 \$	Kristen Zieminski p	5th	C-USA Champs	5-1	Sheree Carter (1.55m)	8th	UCF Invitational
2:27.76	Sheree Carter	2nd/hep	C-USA Champs	Long Jump (RQS: 6.00m/19-8.25)			
2:32.00	Kelly McNeill	8th	UCF Invitational	19-7.50 &	Dione Thomas (6.06m) (+0.0)	7th	Penn Relays
1,500-Meter Run (RQS: 4:27.80)				18-2.25	Sheree Carter (5.54m) (+4.7)	1st/hep	C-USA Champs
4:35.71 \$	Karen Kozub	1st	UCF Invitational	Triple Jump (RQS: 12.32m/40-5)			
4:42.30 \$	Kristen Zieminski	11th	Vanderbilt Invitational	42-9 #	Dione Thomas (13.03m) (+1.9)	12th	NCAA East Regional
4:47.57 \$	Kelly McNeill	23rd	Pepsi Florida Relays	35-2	Micaela Wimberly (10.72m) (+0.0)	11th	Hurricane Invitational
5:01.50	Shannon Kelly	6th	Miami Elite	Pole Vault B (RQS: 3.85m/12-7.50)			
5:03.04	Elizabeth Miller	8th	UCF Invitational	10-6.00 \$	Brittney McDermott (3.20m) (+0.0)	3rd	UCF Invitational
3,000-Meter Run (Not an NCAA Championship Event)				10-0	Vanessa Ziccardi (3.05m) (+0.0)	5th	UCF Invitational
10:24.93	Karen Kozub	2nd	Miami Elite	Javelin (RQS: 43.45m/142-6)			
10:36.33	Elizabeth Miller	3rd	Miami Elite	68-4	Sheree Carter (20.83m)	7th	UCF Invitational
10:44.77	Ocean Cohen	5th	Miami Elite	Heptathlon (NCAA Auto: 5,500; NCAA Prov: 5,050)			
10:45.21	Allison Palmer	6th	Miami Elite	4,833 \$	Sheree Carter	1st	C-USA Champs
10:57.98	Shannon Kelly	8th	Miami Elite	Abbreviation Key			
11:08.13	Erica Weitz	9th	Miami Elite	& - NCAA Regional Qualifying Score			
3,000-Meter Steeplechase (RQS: 10:50.25)				# - UCF School Record			
11:21.03	Jamie Rzepecki	13th	Penn Relays	\$ - Individual Personal Record			
11:22.61 \$	Elizabeth Miller	2nd	Pepsi Florida Relays	W - Wind-Aided Mark			
12:11.53	Erica Weitz	1st	Miami Elite	P - Time ran in preliminary			
5,000-Meter Run (RQS: 16:52.00)				UCF Track and Field Athletes of the Week			
18:03.03 \$	Jamie Rzepecki	8th	Vanderbilt Invitational	Hurricane Invitational (March 21-22): Shantile Blackburn			
18:43.37 \$	Allison Palmer	4th	Hurricane Invitational	Pepsi Florida Relays (April 4-5): Dione Thomas			
19:09.37 \$	Shannon Kelly	8th	Hurricane Invitational	Miami Elite Invitational (April 12): Victoria Chin			
19:22.06	Elizabeth Miller	1st	UCF Invitational	Vanderbilt Invitational (April 18-19): Karen Kozub			
19:38.56	Ocean Cohen	28th	C-USA Champs	Penn Relays (April 24-25): Dione Thomas			
10,000-Meter Run (Auto: 33:30.00; Prov: 35:00.00)				UCF Invitational (May 10): Lizzie Harris			
39:21.21	Ocean Cohen	27th	Penn Relays	Conference USA Championships (May 15-17): Sheree Carter/Lizzie Harris			
39:37.66	Allison Palmer	28th	Penn Relays	NCAA East Regional (May 30-31): Dione Thomas			
42:00.26	Kelly McNeill	15th	C-USA Champs				
4x100-Meter Relay (RQS: 45.70)							
45.47 #	UCF 'A'	1st	UCF Invitational				
-Micaela Wimberly, Lizzie Harris, Dione Thomas, Feyisara Adaramola							