

# UCF KNIGHTS TRACK AND FIELD

## 2009 TOP OUTDOOR MARKS • AS OF JUNE 13, 2009

Mark	Athlete	Place	Meet
<b>100m (NCAA Regional: 11.75; SR: 11.51; FR: 11.51)</b>			
11.51 (+1.9)+^#!	Sheila Paul	3rd	C-USA
11.85w (+3.8)	Dione Thomas	8th	UCF Invitational
12.17 (+2.3)	Tiki James	15th	UCF Twilight

<b>100mH (NCAA Regional: 13.92; SR: 13.03; FR: 13.51)</b>			
13.03 (+0.3) +^#	Tiki James	2nd	NCAA Regionals
13.27 (+3.7)w+	Jackie Coward	2nd	C-USA
13.51 (+3.7)w+	Micaela Wimberly	3rd	C-USA
13.64 (+6.7)w+	Lizzie Harris	6th(p)	C-USA
14.32w (+3.0)	Ashley Bolling	11th	UCF Invitational

<b>200m (NCAA Regional: 23.96; SR: 23.98; FR: 23.98)</b>			
23.95w (+3.3)+!	Sheila Paul	5th	UCF Invitational
24.91w (+4.5)	Micaela Wimberly	18th	UCF Invitational
25.16w (+4.6)	Tiki James	23rd	UCF Invitational
25.84w (+2.6)	Samantha Shields	32nd	UCF Invitational
25.86 (+1.1)	Ashley Bolling	10th	Black & Gold
26.29 (+0.1)	Dan'Elle Bellamy	38th	Miami Elite
26.66 (+0.1)	Samantha Shields	43rd	Miami Elite

<b>400m (NCAA Regional: 54.61; SR: 53.90; FR: 57.48)</b>			
57.94!	Dan'Elle Bellamy	6th	UCF Twilight
1:02.50	Shantile Blackburn	18th	UCF Invitational

<b>400mH (NCAA Regional: 1:00.82; SR: 58.92; FR: 59.27)</b>			
58:92+^!	Lizzie Harris	4th	Florida Relays
59:27+#!	Jackie Coward	1st	C-USA
1:00.46+!	Aisha-Maree Frazier	1st	Black & Gold
1:02.54	Natalie Braddock	6th	Miami Elite
1:05.08	Olinka Crusoe	7th	Miami Elite
1:05.46!	Jacqueline Gilchrist	8th	Miami Elite
1:06.94	Shenevia Patterson	10th	Black & Gold
1:09.22	Michelle Ranc	17th	UCF Invitational

<b>800m (NCAA Regional: 2:09.80; SR: 2:06.96; FR: 2:12.02)</b>			
2:06.96 +^!	Shantile Blackburn	1st	Miami Elite
2:12.86!	Carley Dart	3rd	UCF Twilight
2:19.00	Katrina Skinner	5th	UCF Twilight
2:19.77	Kathia Skinner	41st	Florida Relays

<b>1,500m (NCAA Regional: 4:27.80; SR: 4:33.61; FR: 4:40.15)</b>			
4:33.61^	Shantile Blackburn	1st	UCF Twilight
4:54.91	Katrina Skinner	13th	Florida Relays
4:55.31	Jamie Rzepecki	2nd	UCF Twilight
5:00.33	Erica Weitz	4th	UCF Twilight
5:01.16	Kathia Skinner	7th	Black & Gold
5:03.17	Ocean Cohen	5th	UCF Twilight
5:14.01	Carley Dart	8th	Black & Gold

<b>5,000m (NCAA Regional: 16:52.00; SR: 17:21.34; FR: 17.22.74)</b>			
18:31.52	Ocean Cohen	1st	Black & Gold
18:09.19	Jamie Rzepecki	18th	C-USA
18:14.57	Erica Weitz	19th	C-USA

<b>10,000m (NCAA Auto: 33:30.00, Prov: 35:00.00; SR: 35:08.01; FR: 35:41.00)</b>			
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Mark	Athlete	Place	Meet
37:37.08	Ocean Cohen	21st	Penn Relays
<b>3,000m SC (NCAA Regional: 10:50.25; SR: 10:50.27; FR: 10:58.72)</b>			
11:10.29!m	Jamie Rzepecki	1st	Miami Elite
11:31.68!	Erica Weitz	2nd	UCF Invitational

<b>4x100m Relay (NCAA Regional: 45.70; SR: 45.22)</b>			
45.22+^	UCF 'A'	3rd	Black & Gold (James, Harris, Thomas, Paul)

<b>4x100 Shuttle Hurdle (SR: 54.07)</b>			
54.07^	UCF 'A'	1st	Penn Relays (Coward, James, Wimberly, Harris)

<b>Sprint Medley (SR: 3:53.16)</b>			
3:53.16^	UCF 'A'	4th	Penn Relays (Paul, Coward, Harris, Blackburn)

<b>4x400m Relay (NCAA Regional: 3:42.00; SR: 3:40.31)</b>			
3:45.79	UCF 'A'	10th	Florida Relays (Blackburn, Coward, Paul, Harris)

<b>4x800m Relay (SR: 9:01.70)</b>			
9:01.70^	UCF 'A'	4th	Florida Relays (Blackburn, Skinner, Skinner, Dart)

<b>Pole Vault (NCAA Regional: 12-7.50/3.85m; SR: 12-5.50)</b>			
10-8.0/3.25m!	Brittney McDermott	3rd	Miami Elite
9-6.25/2.90m	Jackie Potter	6th	UCF Twilight

<b>Long Jump (NCAA Regional: 19-8.25/6.00m; SR: 20-0.25; FR: 19-6.25)</b>			
20-7.25/6.28m (+5.5)w !	Dione Thomas	4th	C-USA
19-6.75/5.96m w(+2.2)!	Jacqueline Gilchrist	4th	UCF Invitational
17-9.0/5.41m (+0.8)!	Samantha Shields	11th	UCF Invitational
16-11.25/5.16m w(+2.4)!	Ashley Bolling	15th	UCF Invitational

<b>High Jump (NCAA Regional: 5-8.75/1.75m; SR: 5-11.25; FR: 5-10.75)</b>			
5-11.25/1.81m +^!	Lizzie Harris	1st	C-USA
5-3.0/1.60m	Samantha Shields	16th	Florida Relays

### UCF TRACK & FIELD ATHLETES OF THE WEEK

**Black & Gold Challenge (March 21):** Lizzie Harris  
**UCF Invitational (March 27-28):** Kelsey Poljansek  
**Florida Relays (April 3-4):** Lizzie Harris  
**Miami Elite (April 11):** Shantile Blackburn  
**Penn Relays/UCSD/Discus (April 23-25):** Kelsey Poljansek  
**UCF Twilight (May 10):** Shantile Blackburn  
**C-USA Championships (May 14-16):** Lizzie Harris  
**NCAA East Regionals (May 29-30):** Tiki James  
**NCAA Championships (June 10-13):** Tiki James

#### EDITOR'S KEY

+ = NCAA Regional Qualifier  
 ^ = school record  
 # = freshman record  
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 m = meet record

p = Earned in preliminaries  
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**Mark Athlete Place Meet**

**Triple Jump (NCAA Regional: 40-5/12.32m; SR: 43-5.75; FR: 40-10.5)**

43-5.75/13.25m +^! Dione Thomas 4th NCAA Regionals  
37-0.25/11.28m (+1.7) Micaela Wimberly 5th UCF Invitational

**Shot Put (NCAA Regional: 46-11/14.30m; SR: 49-6.50; FR: 46-5.25)**

49-6.50/15.10m +^! Lakendra Thames 3rd C-USA  
49-3.75/15.03m +! Kelsey Poljansek 7th Florida Relays  
42-9.0/13.03m Jessica Francis 4th UCF Twilight

**Hammer (NCAA Regional: 177-8/54.15m; SR: 192-3; FR: 150-1)**

162-01/49.41m LaKendra Thames 1st UCF Twilight  
151-07/46.20m Kelsey Poljansek 2nd Miami Elite  
150-09/45.96m Jessica Francis 3rd UCF Invitational  
150-07/45.91m Ashley Kirkpatrick 4th UCF Invitational  
149-03/45.50m April Downey 3rd UCF Twilight

**Discus (NCAA Regional: 155-2/47.30m; SR: 170-2; FR: 160-3)**

170-2/51.86m +^! Kelsey Poljansek ??? Iron Discus Classic  
162-9/49.60m + LaKendra Thames 4th NCAA Regionals  
148-07/45.28m Jessica Francis 3rd UCF Invitational  
133-01/40.57m April Downey 7th UCF Invitational

**Javelin (NCAA Regional: 142-6/43.45m; SR: 133-2; FR: 133-2)**

108-04/33.02m April Downey 2nd UCF Twilight  
97-7/29.75m Samantha Shields 8th Miami Elite  
76-6/23.31m Ashley Kirkpatrick 12th Miami Elite  
70-2/21.40m Jessica Francis 16th Miami Elite

**Heptathlon (NCAA Auto: 5,500, Prov: 5,050; SR: 5,233; FR: 4,500)**

4486 points Natalie Braddock 5th C-USA

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