

# UCF KNIGHTS TRACK AND FIELD

## 2010 TOP INDOOR MARKS • AS OF MARCH 14, 2010

**Mark Athlete Place Meet**  
**55m (Auto: 6.74; Prov: 6.92; SR: 7.05; FR: 7.11)**  
 7.23! Amanda Leland 8th Jimmy Carnes

**60m (Auto: 7.26; Prov: 7.44; SR: 7.40; FR: 7.40)**  
 7.48 Sheila Paul 2nd Rod McCravy  
 7.52 Tiki James 10th(p) C-USA Indoor  
 7.77 Amanda Leland 25th(p) Kentucky Invite  
 7.93 Tomika Story 23th(p) C-USA Indoor  
 7.96 Sonnisha Williams 27th(p) Carle Classic  
 8.05 Jacqueline Gilchrist 31st Rod McCravy

**55mH (Auto: 7.57; Prov: 7.86; SR: 7.70; FR: 7.83)**  
 8.08! Micaela Wimberly 1st Jimmy Carnes  
 8.26 Santrell Atkins 2nd Jimmy Carnes

**60mH (Auto: 8.14; Prov: 8.43; SR: 8.17; FR: 8.19)**  
 8.19+ Tiki James 1st Rod McCravy  
 8.24+ Jackie Coward 1st(p) C-USA Indoor  
 8.49! Mica Wimberly 1st(p) Carle Classic  
 8.72! Ashley Bolling 8th(p) C-USA Indoor  
 9.22 Santrell Atkins 35th(p) Kentucky Invite  
 9.37 Samantha Shields 2nd(p) Rod McCravy

**200m (Auto: 23.20; Prov: 23.90; SR: 24.04; FR: 24.04)**  
 24.21! Sheila Paul 24th Tyson Invite  
 24.75 Jackie Coward 14th Kentucky Invite  
 24.81! Micaela Wimberly 8th Carle Classic  
 25.02 Champelle Brown 21st Kentucky Invite  
 25.28 Tiki James 15th Carle Classic  
 25.47 Sonnisha Williams 26th Kentucky Invite  
 25.59 Mica Wimberly 30th Kentucky Invite  
 25.71! Amanda Leland 22nd Carle Classic  
 26.34 Ashley Bolling 43rd Kentucky Invite  
 26.34 Dan'Elle Bellamy 25th Jimmy Carnes  
 26.93 Samantha Shields 28th Carle Classic  
 27.10 Santrelle Atkins 53rd Kentucky Invite

**400m (Auto: 52.40; Prov: 54.40; SR: 55.18; FR: 55.18)**  
 56.32 Champelle Brown 12th Kentucky Invite  
 57.28 Aisha-Marie Frazier 61th Tyson Invite  
 1:00.05 Dan'Elle Bellamy 15th Jimmy Carnes

**600m**  
 1:37.65 Carley Dart 5th Carle Classic

**800m (Auto: 2:05.00; Prov: 2:09.00; SR: 2:09.13)**  
 2:14.13! Carley Dart 4rd Tyson Invite  
 2:19.85 Kathia Skinner 17th Tyson Invite  
 2:32.28 Samantha Shields 2nd(p) Rod McCravy

**Mile (Auto: 4:37.00; Prov: 4:47.00; SR: 5:03.86; FR: 5:09.09)**  
 5:16.38 Katrina Skinner 11th Jimmy Carnes  
 5:21.10 Alyssa Franks 14th Jimmy Carnes

**Mark Athlete Place Meet**  
 6:00.51 Jaclyn Johnson 26th Jimmy Carnes

**3000m (Auto: 9:13.00; Prov: 9:32.00; SR: 9:57.30; FR: 10:13.59)**  
 10:25.64 Ocean Cohen 18th Tyson Invite  
 10:52.92 Erica Weitz 32nd Kentucky Invite  
 11:49.98 Mason Gardberg 17th Jimmy Carnes

**5000m (Auto: 16:07.50; Prov: 16:44.50; SR: 16:48.07; FR: 17:22.74)**  
 17:53.80!f Ocean Cohen 14th C-USA Indoor

**4x400m Relay (Auto: 3:33.00; Prov: 3:40.00; SR: 3:46.28)**  
 3:48.13 UCF 'A' 7th Kentucky Invite  
 (Brown, Williams, Coward, Wimberly)

**4x800m Relay (Auto: 3:33.00; Prov: 3:40.00; SR: 3:46.28)**

**Dist. Medley Relay (Auto: 11:11.00; Prov: 11:32.00; SR: 12:06.01)**  
 12:26.97 UCF 9th C-USA Indoor  
 (Franks, Williams, Dart, Katrina Skinner)

**Pole Vault (Auto: 4.25m/13-11.25; Prov: 4.00m/13-1.50 SR: 11-7.75)**  
 3.25m/10-8.0! Erica Weiss 10th C-USA Indoor

**High Jump (Auto: 1.85m/6-0.75; Prov: 1.78m/5-10 SR: 5-10.75; FR: 5-10.75)**  
 1.62m/5-3.75 Samantha Shields 2nd(p) Rod McCravy  
 1.60m/5-3.0 Sonnisha Williams 12th C-USA Indoor

**Long Jump (Auto: 6.38m/20-11.15; Prov: 6.13m/20-1.25 SR: 19-11.50; FR: 19-6.25)**  
 6.06m/19-10.75!# Sonnisha Williams 3rd C-USA Indoor  
 5.84m/19-2.0 Jacquelyn Gilchrist 10rd Tyson Invite  
 5.63m/18-5.75! Tomika Story 5th Carle Classic  
 5.56m/18-3.0 Tiki James 11th C-USA Indoor  
 5.43m/17-9.75 Samantha Shields 2nd(p) Kentucky Invite

### UCF TRACK & FIELD ATHLETES OF THE WEEK

**Kentucky Invitational (Jan 15-16):** Tiki James  
**Carle/Health Alliance Invitational (Jan. 23):** Jackie Coward  
**McCravy Invite/Jimmy Carnes (Jan. 29-31):** LaKendra Thames  
**Tyson Invitational (Feb. 12-13):** Jackie Coward  
**C-USA Indoor Championships (Feb. 26-27):** LaKendra Thames  
**NCAA Indoor Championships (March 12-13):**

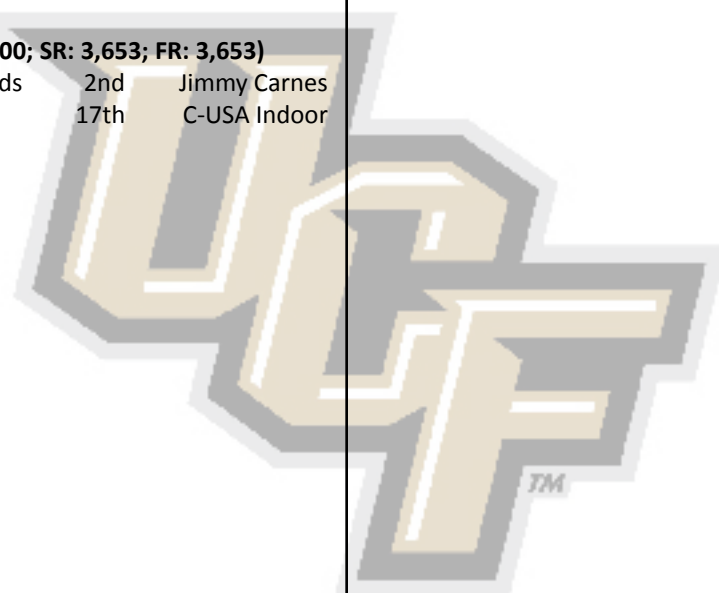
**EDITOR'S KEY**  
 \* = NCAA Automatic Qualifier  
 + = NCAA Provisional Qualifier  
 ^ = school record  
 # = freshman record  
 ! = personal record (PR)  
 m = meet record  
 p = Earned in preliminaries

s = Earned in semifinals  
 c = Earned in consolation event  
 f = Time converted from flat track to banked time  
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Mark	Athlete	Place	Meet	Mark	Athlete	Place	Meet
<b>Triple Jump (Auto: 13.3m/43-7.75; Prov: 12.65m/41-6)</b>							
<b>SR: 43-7; FR: 40-10.5)</b>							
12.61m/41-4.50!	Tomika Story	3rd	C-USA Indoor				
<b>Shot Put (Auto: 16.9m/55-5.5; Prov: 15.2m/49-10.5)</b>							
<b>SR: 47-10.5; FR: 46-5.25)</b>							
14.90m/48-10.75!^	Lakendra Thames	8th	Rod McCravy				
12.91m/42-4.25	Jessica Francis	9th	C-USA Indoor				
11.65m/38-2.75	Samantha Shields	1st(P)	Rod McCravy				
<b>20-lb. Weight Throw (Auto: 21.0m/68-10.75; Prov: 18.75m/61-6.25)</b>							
<b>SR: 61-5.50; FR: 49-11.75)</b>							
18.83m/61-5.50!^	Lakendra Thames	7th	Rod McCravy				
15.74m/51-7.75!	Jessica Francis	21st	Kentucky Invite				
15.29m/50-2.0!	Ashley Kirkpatrick	14th	C-USA Indoor				
<b>Pentathlon (Auto: 4,050; Prov: 3,700; SR: 3,653; FR: 3,653)</b>							
3,576	Samantha Shields	2nd	Jimmy Carnes				
2,837	Ashley Bolling	17th	C-USA Indoor				



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