

Lebanon Valley College Track & Field 2008-09 Performance List

Individual Top Marks Outdoors Only

Lebanon Valley College [LVC]

Number of Top Times: All

	Mark	Convert	Rnd	Name	Age/Yr		
Female Open 100m Dash							
1	12.63	NWI	F	Walker, Johanna		4/4/2009	Goucher Classic
2	12.65	0.8	F	Walker, Johanna		4/30/2009	2009 MAC Outdoor Championships
3*	12.67	NWI	F	Walker, Johanna		4/18/2009	ESU All-American Meet
3*	12.67	NWI	P	Walker, Johanna		4/30/2009	2009 MAC Outdoor Championships
5	12.80	NWI	P	Walker, Johanna		4/4/2009	Goucher Classic
6	13.19	NWI	P	Walker, Johanna		5/14/2009	ECAC Championships
7	13.32	NWI	P	Gallo, Nicole		4/30/2009	2009 MAC Outdoor Championships
8	13.35	NWI	P	Sanders, Allix		4/30/2009	2009 MAC Outdoor Championships
9	13.46	0.8	F	Gallo, Nicole		4/30/2009	2009 MAC Outdoor Championships
10	13.51	NWI	F	Gallo, Nicole		4/18/2009	ESU All-American Meet
11	13.64	NWI	F	Sanders, Allix		4/18/2009	ESU All-American Meet
12	13.70	NWI	F	Sanders, Allix		4/4/2009	Goucher Classic
13	13.84	NWI	P	Sanders, Allix		4/4/2009	Goucher Classic
14	14.00	NWI	F	Barra, Nicole	FR	3/20/2009	2009 LVC Outdoor Invitational
15	14.14	NWI	P	Santiago, Yesenia		4/4/2009	Goucher Classic
16	14.26	NWI	F	Santiago, Yesenia		4/4/2009	Goucher Classic
17	14.64	NWI	P	Sherman, Kelsey	FR	4/4/2009	Goucher Classic
18	14.66	NWI	F	Sherman, Kelsey	FR	3/27/2009	VMI-W&L Track and Field Carnival
19	14.75	NWI	F	Barra, Nicole	FR	3/27/2009	VMI-W&L Track and Field Carnival
20	14.91	-3.0	P	Sherman, Kelsey	FR	4/25/2009	Paul Kaiser Track & Field Classic
Female Open 200m Dash							
1	25.64	1.5	F	Walker, Johanna		4/30/2009	2009 MAC Outdoor Championships
2	26.05	NWI	P	Walker, Johanna		4/30/2009	2009 MAC Outdoor Championships
3	26.47	NWI	F	Walker, Johanna	FR	4/25/2009	Paul Kaiser Track & Field Classic
4	26.58	NWI	F	Walker, Johanna		4/18/2009	ESU All-American Meet
5	27.18	NWI	F	Walker, Johanna		4/4/2009	Goucher Classic
6	27.76	NWI	P	Sanders, Allix		4/30/2009	2009 MAC Outdoor Championships
7	28.40	NWI	F	Sanders, Allix		3/20/2009	2009 LVC Outdoor Invitational
8	28.54	NWI	F	Sanders, Allix	JR	4/25/2009	Paul Kaiser Track & Field Classic
9	28.98	NWI	F	Sanders, Allix		3/27/2009	VMI-W&L Track and Field Carnival
10	29.60	NWI	F	Sanders, Allix		4/4/2009	Goucher Classic
11	30.67	NWI	F	Barra, Nicole	FR	4/4/2009	Goucher Classic
Female Open 400m Dash							
1	1:02.50		F	Walker, Johanna		3/20/2009	2009 LVC Outdoor Invitational
2	1:04.01		P	Frederick, Tiffany		4/30/2009	2009 MAC Outdoor Championships
3	1:04.74		F	Frederick, Tiffany		4/18/2009	ESU All-American Meet
4	1:08.47		F	Klingler, Miranda		4/4/2009	Goucher Classic
Female Open 800m Run							
1	2:18.95		F	Cronin, Jenn		5/11/2009	Swarthmore Last Chance Meet
2	2:21.82		F	Long, Megan		4/30/2009	2009 MAC Outdoor Championships
3	2:23.37		P	Long, Megan		4/30/2009	2009 MAC Outdoor Championships
4	2:23.56		F	Long, Megan		4/18/2009	ESU All-American Meet
5	2:24.21		F	Johnson, Lauren	JR	4/25/2009	Paul Kaiser Track & Field Classic
6	2:25.15		F	Johnson, Lauren		4/30/2009	2009 MAC Outdoor Championships
7	2:26.98		P	Johnson, Lauren		4/30/2009	2009 MAC Outdoor Championships

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	Mark	Convert	Rnd	Name	Age/Yr		
8	2:30.54		F	--- Long, Megan		4/4/2009	Goucher Classic
9	2:30.72		F	--- Johnson, Lauren		4/4/2009	Goucher Classic
10	2:30.78		F	--- Willow, Amy	JR	4/25/2009	Paul Kaiser Track & Field Classic
11	2:36.29		F	--- Frederick, Tiffany	FR	4/25/2009	Paul Kaiser Track & Field Classic
12	2:37.55		F	--- Willow, Amy		4/4/2009	Goucher Classic
13	2:39.58		F	--- Frederick, Tiffany		4/4/2009	Goucher Classic
Female Open 1500m Run							
1	4:41.15		F	--- Cronin, Jenn		4/30/2009	2009 MAC Outdoor Championships
2	4:48.17		F	--- Cronin, Jenn		3/27/2009	VMI-W&L Track and Field Carnival
3	4:49.66		F	--- Long, Megan		4/30/2009	2009 MAC Outdoor Championships
4	4:50.97		F	--- Cronin, Jenn		4/11/2009	TCNJ Invitational
5	4:51.19		F	--- Long, Megan		5/11/2009	Swarthmore Last Chance Meet
6	4:55.82		F	--- Long, Megan		3/27/2009	VMI-W&L Track and Field Carnival
7	5:01.43		F	--- Long, Megan		4/11/2009	TCNJ Invitational
8	5:10.34		F	--- Willow, Amy		4/30/2009	2009 MAC Outdoor Championships
9	5:14.72		F	--- Willow, Amy		3/27/2009	VMI-W&L Track and Field Carnival
10	5:25.30		F	--- Willow, Amy		3/20/2009	2009 LVC Outdoor Invitational
11	5:37.32		F	--- Johnson, Lauren		3/27/2009	VMI-W&L Track and Field Carnival
Female Open 3000m Run							
1	11:05.66		F	--- Long, Megan	FR	4/25/2009	Paul Kaiser Track & Field Classic
Female Open 5000m Run							
1	17:38.50		F	--- Cronin, Jenn		5/14/2009	ECAC Championships
2	17:56.81		F	--- Cronin, Jenn		4/30/2009	2009 MAC Outdoor Championships
Female Open 10000m Run							
1	44:49.61		F	--- Pone, Amanda		3/27/2009	VMI-W&L Track and Field Carnival
2	44:59.95		F	--- Pone, Amanda		4/30/2009	2009 MAC Outdoor Championships
Female Open 100m Hurdles							
1	15.84	-0.1	F	--- Walker, Johanna		4/30/2009	2009 MAC Outdoor Championships
2	15.97	1.0	P	--- Walker, Johanna		4/30/2009	2009 MAC Outdoor Championships
3	16.05	NWI	F	--- Walker, Johanna		4/18/2009	ESU All-American Meet
4	16.18	NWI	P	--- Walker, Johanna	FR	5/14/2009	ECAC Championships
5	16.42	-0.1	F	--- Gallo, Nicole		4/30/2009	2009 MAC Outdoor Championships
6	16.46	-0.1	F	--- Sherman, Kelsey	FR	4/30/2009	2009 MAC Outdoor Championships
7	16.60	NWI	F	--- Sherman, Kelsey	FR	3/20/2009	2009 LVC Outdoor Invitational
8	16.62	1.0	P	--- Gallo, Nicole		4/30/2009	2009 MAC Outdoor Championships
9	16.66	1.0	P	--- Sherman, Kelsey	FR	4/30/2009	2009 MAC Outdoor Championships
10	16.74	NWI	F	--- Gallo, Nicole		4/4/2009	Goucher Classic
11	16.75	NWI	P	--- Gallo, Nicole		4/4/2009	Goucher Classic
12	16.77	NWI	F	--- Sherman, Kelsey	FR	4/4/2009	Goucher Classic
13	16.83	+0.0	P	--- Sherman, Kelsey	FR	4/25/2009	Paul Kaiser Track & Field Classic
14	16.84	+0.0	P	--- Gallo, Nicole	FR	4/25/2009	Paul Kaiser Track & Field Classic
15	16.89	NWI	F	--- Sherman, Kelsey	FR	4/18/2009	ESU All-American Meet
16*	16.90	NWI	F	--- Walker, Johanna		3/27/2009	VMI-W&L Track and Field Carnival
16*	16.90	NWI	F	--- Sherman, Kelsey	FR	3/27/2009	VMI-W&L Track and Field Carnival
18	17.08	NWI	F	--- Gallo, Nicole		4/18/2009	ESU All-American Meet
19	17.12	NWI	P	--- Sherman, Kelsey	FR	4/4/2009	Goucher Classic
20	17.50	NWI	F	--- Gallo, Nicole		3/27/2009	VMI-W&L Track and Field Carnival

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	Mark	Convert	Rnd	Name	Age/Yr		
21	18.50	NWI	F	--- Reilly, Jenn		3/27/2009	VMI-W&L Track and Field Carnival
Female Open 200m Hurdles							
1	26.36	NWI	P	--- Walker, Johanna		5/14/2009	ECAC Championships
Female Open 400m Hurdles							
1	1:12.76		F	--- Santiago, Yesenia		4/18/2009	ESU All-American Meet
2	1:12.78		P	--- Santiago, Yesenia		4/30/2009	2009 MAC Outdoor Championships
3	1:13.83		F	--- Santiago, Yesenia		4/30/2009	2009 MAC Outdoor Championships
4	1:15.11		P	--- Klingler, Miranda		4/30/2009	2009 MAC Outdoor Championships
5	1:15.31		F	--- Santiago, Yesenia	SR	4/25/2009	Paul Kaiser Track & Field Classic
6	1:15.33		F	--- Klingler, Miranda		4/30/2009	2009 MAC Outdoor Championships
7	1:16.39		F	--- Klingler, Miranda	SO	4/25/2009	Paul Kaiser Track & Field Classic
8	1:17.20		F	--- Santiago, Yesenia		3/20/2009	2009 LVC Outdoor Invitational
9	1:17.46		F	--- Klingler, Miranda		4/18/2009	ESU All-American Meet
10	1:18.28		F	--- Klingler, Miranda		3/27/2009	VMI-W&L Track and Field Carnival
11	1:19.03		F	--- Klingler, Miranda		4/4/2009	Goucher Classic
12	1:20.00		F	--- Klingler, Miranda		3/20/2009	2009 LVC Outdoor Invitational
13	1:21.35		F	--- Santiago, Yesenia		3/27/2009	VMI-W&L Track and Field Carnival
Female Open 3000m StplCh							
1	11:24.88		F	--- Cronin, Jenn		4/18/2009	ESU All-American Meet
Female Open High Jump							
1	4-09.00	1.44m	F	--- Jamison, Kelly		3/20/2009	2009 LVC Outdoor Invitational
2	4-06.00	1.37m	F	--- Knapp, Amanda		3/20/2009	2009 LVC Outdoor Invitational
3*	1.33m	4-04.25	F	--- Knapp, Amanda		4/30/2009	2009 MAC Outdoor Championships
3*	1.33m	4-04.25	F	--- Jamison, Kelly		4/30/2009	2009 MAC Outdoor Championships
5	NH		F	--- Jamison, Kelly		3/27/2009	VMI-W&L Track and Field Carnival
Female Open Pole Vault							
1	2.89m	9-05.75	F	--- Fortugno, Tracy	JR	4/25/2009	Paul Kaiser Track & Field Classic
2	2.75m	9-00.25	F	--- Fortugno, Tracy		4/30/2009	2009 MAC Outdoor Championships
3	9-00.00	2.74m	F	--- Fortugno, Tracy		3/20/2009	2009 LVC Outdoor Invitational
4	2.70m	8-10.25	F	--- Fortugno, Tracy		3/27/2009	VMI-W&L Track and Field Carnival
5	8-00.00	2.43m	F	--- Fortugno, Tracy		4/18/2009	ESU All-American Meet
6	7-00.00	2.13m	F	--- Kozlowski, Andrea		3/20/2009	2009 LVC Outdoor Invitational
7	FAIL		F	--- Kozlowski, Andrea		4/4/2009	Goucher Classic
Female Open Long Jump							
1	16-03.75	NWI 4.97m	F	--- Santiago, Yesenia		4/18/2009	ESU All-American Meet
2	4.80m	15-09.00	F	--- Santiago, Yesenia	SR	4/25/2009	Paul Kaiser Track & Field Classic
3	4.78m	3.1 15-08.25	F	--- Santiago, Yesenia		4/30/2009	2009 MAC Outdoor Championships
4	4.72m	15-06.00	F	--- Santiago, Yesenia		3/27/2009	VMI-W&L Track and Field Carnival
5	15-05.25	4.70m	F	--- Knapp, Amanda		3/20/2009	2009 LVC Outdoor Invitational
6	4.65m	15-03.25	F	--- Knapp, Amanda		3/27/2009	VMI-W&L Track and Field Carnival
7*	15-00.00	4.57m	F	--- Barra, Nicole	FR	3/20/2009	2009 LVC Outdoor Invitational
7*	15-00.00	4.57m	F	--- Reilly, Jenn		3/20/2009	2009 LVC Outdoor Invitational
9	14-08.00	NWI 4.47m	F	--- Knapp, Amanda		4/4/2009	Goucher Classic
10	4.46m	-0.1 14-07.75	F	--- Knapp, Amanda		4/30/2009	2009 MAC Outdoor Championships
11	4.44m	14-07.00	F	--- Barra, Nicole	FR	3/27/2009	VMI-W&L Track and Field Carnival
12	14-06.50	NWI 4.43m	F	--- Barra, Nicole	FR	4/4/2009	Goucher Classic
13	14-05.75	NWI 4.41m	F	--- Santiago, Yesenia		4/4/2009	Goucher Classic

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	Mark	Convert	Rnd		Name	Age/Yr		
14	4.23m	13-10.50	F	---	Reilly, Jenn		3/27/2009	VMI-W&L Track and Field Carnival
15	4.09m	+0.0 13-05.00	F	---	Barra, Nicole	FR	4/30/2009	2009 MAC Outdoor Championships
16	FOUL		F	---	Santiago, Yesenia		3/20/2009	2009 LVC Outdoor Invitational
17	ND		F	---	Barra, Nicole	FR	4/25/2009	Paul Kaiser Track & Field Classic
Female Open Triple Jump								
1	10.35m	3.5 33-11.50	F	---	Knapp, Amanda		4/30/2009	2009 MAC Outdoor Championships
2	33-04.25	10.16m	F	---	Knapp, Amanda		3/20/2009	2009 LVC Outdoor Invitational
3	9.96m	32-08.25	F	---	Knapp, Amanda		3/27/2009	VMI-W&L Track and Field Carnival
4	32-02.50	NWI 9.81m	F	---	Knapp, Amanda		4/18/2009	ESU All-American Meet
5	31-06.50	9.61m	F	---	Reilly, Jenn		3/20/2009	2009 LVC Outdoor Invitational
6	9.59m	31-05.75	F	---	Barra, Nicole	FR	4/25/2009	Paul Kaiser Track & Field Classic
7	31-05.25	NWI 9.58m	F	---	Knapp, Amanda		4/4/2009	Goucher Classic
8	31-05.00	9.57m	F	---	Barra, Nicole	FR	3/20/2009	2009 LVC Outdoor Invitational
9	9.33m	30-07.50	F	---	Barra, Nicole	FR	3/27/2009	VMI-W&L Track and Field Carnival
10	30-04.25	NWI 9.25m	F	---	Barra, Nicole	FR	4/4/2009	Goucher Classic
11	9.06m	1.9 29-08.75	F	---	Barra, Nicole	FR	4/30/2009	2009 MAC Outdoor Championships
Female Open Shot Put								
1	30-10.25	9.40m	F	---	Derk, Steph		4/4/2009	Goucher Classic
2	30-06.25	9.30m	F	---	Campbell, Katie		3/20/2009	2009 LVC Outdoor Invitational
3	9.22m	30-03.00	F	---	Campbell, Katherine	SR	4/25/2009	Paul Kaiser Track & Field Classic
4	29-10.00	9.09m	P	---	Derk, Steph		4/4/2009	Goucher Classic
5	8.97m	29-05.25	F	---	Campbell, Katie		4/30/2009	2009 MAC Outdoor Championships
6	29-03.50	8.92m	F	---	Campbell, Katie		4/18/2009	ESU All-American Meet
7	29-02.00	8.89m	F	---	Campbell, Katie		4/4/2009	Goucher Classic
8	28-10.50	8.80m	F	---	Derk, Steph		3/20/2009	2009 LVC Outdoor Invitational
9	8.42m	27-07.50	F	---	Campbell, Katie		3/27/2009	VMI-W&L Track and Field Carnival
Female Open Discus								
1	33.04m	108-05	F	---	Campbell, Katie		3/27/2009	VMI-W&L Track and Field Carnival
2	32.54m	106-09	F	---	Campbell, Katie		4/30/2009	2009 MAC Outdoor Championships
3	105-09.00	32.23m	F	---	Campbell, Katie		4/4/2009	Goucher Classic
4	105-06.75	32.17m	F	---	Campbell, Katie		4/18/2009	ESU All-American Meet
5	30.40m	99-09	F	---	Campbell, Katherine	SR	4/25/2009	Paul Kaiser Track & Field Classic
6	99-08.00	30.37m	F	---	Campbell, Katie		3/20/2009	2009 LVC Outdoor Invitational
7	30.29m	99-04	F	---	Jamison, Kelly	FR	4/25/2009	Paul Kaiser Track & Field Classic
8	98-10.00	30.12m	P	---	Campbell, Katie		4/4/2009	Goucher Classic
9	28.59m	93-09	F	---	Jamison, Kelly		3/27/2009	VMI-W&L Track and Field Carnival
10	89-03.00	27.20m	F	---	Jamison, Kelly		3/20/2009	2009 LVC Outdoor Invitational
11	24.38m	80-00	F	---	Jamison, Kelly		4/30/2009	2009 MAC Outdoor Championships
12	76-03.00	23.24m	F	---	Derk, Steph		4/4/2009	Goucher Classic
Female Open Hammer								
1	78-04.25	23.88m	F	---	Campbell, Katie		4/18/2009	ESU All-American Meet
2	76-05.00	23.29m	F	---	Campbell, Katie		4/4/2009	Goucher Classic
3	66-06.00	20.26m	F	---	Campbell, Katie		3/20/2009	2009 LVC Outdoor Invitational
4	ND		F	---	Campbell, Katherine	SR	4/25/2009	Paul Kaiser Track & Field Classic
Female Open Javelin								
1	35.03m	114-11	F	---	Knapp, Amanda		3/27/2009	VMI-W&L Track and Field Carnival
2	113-01.00	34.46m	F	---	Knapp, Amanda		3/20/2009	2009 LVC Outdoor Invitational

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3	113-00.00	34.44m	F	---	Knapp, Amanda	4/18/2009 ESU All-American Meet
4	105-08.00	32.20m	F	---	Knapp, Amanda	4/4/2009 Goucher Classic
5	105-03.00	32.08m	F	---	Knapp, Amanda	5/14/2009 ECAC Championships
6	101-06.00	30.93m	F	---	Reilly, Jenn	3/20/2009 2009 LVC Outdoor Invitational
7	30.76m	100-11	F	---	Reilly, Jenn	3/27/2009 VMI-W&L Track and Field Carnival
8	92-05.00	28.16m	F	---	Knapp, Amanda	4/23/2009 Penn Relays
9	27.56m	90-05	F	---	Knapp, Amanda	4/30/2009 2009 MAC Outdoor Championships
10	87-11.00	26.79m	F	---	Jamison, Kelly	4/4/2009 Goucher Classic
11	23.36m	76-08	F	---	Jamison, Kelly	3/27/2009 VMI-W&L Track and Field Carnival
12	75-06.25	23.01m	F	---	Jamison, Kelly	4/18/2009 ESU All-American Meet
13	67-04.00	20.52m	F	---	Jamison, Kelly	3/20/2009 2009 LVC Outdoor Invitational

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Relay Top Marks

Lebanon Valley College [LVC]
Number of Top Times: All

Time	Convert	Rnd	Relay			
Female Open 4x100m Relay						
1	50.82	F	A Relay	4/30/2009	2009 MAC Outdoor Championships	
	Nicole Gallo		Nicole Barra (FR)	Allix Sanders	Johanna Walker	
2	51.48	F	A Relay	4/25/2009	Paul Kaiser Track & Field Classic	
	Nicole Gallo (FR)		Nicole Barra (FR)	Allix Sanders (JR)	Johanna Walker (FR)	
3	51.52	F	A Relay	5/14/2009	ECAC Championships	
	Nicole Gallo		Nicole Barra (FR)	Allix Sanders (JR)	Johanna Walker	
4	52.05	F	A Relay	4/23/2009	Penn Relays	
	Nicole Gallo		Nicole Barra (FR)	Allix Sanders	Johanna Walker	
5	52.10	F	A Relay	3/20/2009	2009 LVC Outdoor Invitational	
6	52.14	F	A Relay	4/4/2009	Goucher Classic	
7	52.46	F	A Relay	3/27/2009	VMI-W&L Track and Field Carnival	
	Nicole Gallo		Nicole Barra (FR)	Allix Sanders	Johanna Walker	
Female Open 4x400m Relay						
1	4:12.97	F	A Relay	4/23/2009	Penn Relays	
	Lauren Johnson		Tiffany Frederick	Megan Long	Johanna Walker	
2	4:15.45	F	A Relay	4/30/2009	2009 MAC Outdoor Championships	
	Tiffany Frederick		Megan Long	Lauren Johnson	Johanna Walker	
3	4:23.69	F	A Relay	4/4/2009	Goucher Classic	
4	4:25.47	F	A Relay	3/27/2009	VMI-W&L Track and Field Carnival	
	Johanna Walker		Tiffany Frederick	Yesenia Santiago	Miranda Klingler	
5	4:29.92	F	A Relay	4/18/2009	ESU All-American Meet	
6	4:41.60	F	A Relay	3/20/2009	2009 LVC Outdoor Invitational	
Female Open 4x800m Relay						
1	9:46.21	F	A Relay	3/27/2009	VMI-W&L Track and Field Carnival	
	Jenn Cronin		Megan Long	Lauren Johnson	Amy Willow	