



2005 VCU WOMEN'S TRACK & FIELD



RESULTS BY EVENT - INDOOR SEASON

^ PRELIM ROUND, **BOLD** = PERSONAL BEST, * = SCHOOL RECORD, #=NCAA PROV. MARK

55m			400m		
1. Cheri Manning	7.29	Navy 1/15	1. Candace Childs	1:02.24	Carolina Classic
2. Cheri Manning	7.30	Collegiate Open	2. Erika Banks	1:02.77	Navy 1/15
3. Tesonia Twine	7.32	VT Challenge	3. Erika Banks	1:02.88	Carolina Classic
Tesonia Twine	7.32	GMU Winter Open	4. Candace Childs	1:02.99	College Classic
5. Cheri Manning	7.33	GMU Winter Open	5. Candace Childs	1:03.40	Navy 1/15
6. Cheri Manning	7.35 [^]	GMU Winter Open	6. Sharmane Duren	1:03.67	Collegiate Open
7. Cheri Manning	7.37	VT Challenge	7. Erica Banks	1:03.86	Collegiate Open
Tanika Brown	7.37	Navy 1/15	8. Sharmane Duren	1:03.93	Navy 1/15
9. Sheemeca Berkley	7.38	VT Challenge	9. Erica Banks	1:04.31	College Classic
10. Tesonia Twine	7.41 [^]	GMU Winter Open	10. Sharmane Duren	1:05.03	Carolina Classic
11. Zanishia Usher	7.48	VT Challenge	11. Wanda Williams	1:06.74	Navy 1/15
Sheemeca Berkley	7.48	Navy 1/15	12. Jessica Haynes	1:07.09	CNU Winter Frolic
13. Zanishia Usher	7.50	GMU Winter Open	13. Shaunte Barber	1:07.45	VT Challenge
14. Sheemeca Berkley	7.54	Collegiate Open			
15. Christina Ford	7.58	Navy 1/15			
60m			500m		
1. Cheri Manning	7.88	College Classic	1. Candace Childs	1:21.33	Collegiate Open
Tanika Brown	7.88	College Classic			
3. Tanika Brown	7.90 [^]	College Classic			
4. Cheri Manning	7.95 [^]	VT Last Chance			
5. Courtney Green	7.97 [^]	College Classic			
6. Tesonia Twine	7.98[^]	Carolina Classic			
7. Tesonia Twine	8.00 [^]	College Classic			
Cheri Manning	8.00 [^]	College Classic			
9. Cheri Manning	8.01 [^]	Carolina Classic			
10. Zanishia Usher	8.07 [^]	Carolina Classic			
11. Tesonia Twine	8.10	College Classic			
12. Christina Ford	8.12 [^]	CNU Winter Frolic			
13. Christina Ford	8.23	CNU Winter Frolic			
200m			800m		
1. Cheri Manning	25.04	VT Last Chance	1. Kristina Rios	2:19.88	Collegiate Open
1. Cheri Manning	25.11	GMU Winter Open	2. Kristina Rios	2:21.62	VT Challenge
2. Cheri Manning	25.33	Collegiate Open	3. Kristina Rios	2:23.44	Carolina Classic
3. Cheri Manning	25.47	VT Challenge	4. Danielle Williams	2:25.01	Collegiate Open
4. Cheri Manning	25.51	Navy 1/15	5. Kristina Rios	2:25.59	College Classic
5. Cheri Manning	25.53	Carolina Classic	6. Danielle Williams	2:25.76	Carolina Classic
6. Sheemeca Berkley	26.54	College Classic	7. Danielle Williams	2:26.15	College Classic
Sheemeca Berkley	26.54	Carolina Classic	8. Kristina Rios	2:26.97	Navy 1/15
8. Tesonia Twine	26.69	College Classic			
9. Tesonia Twine	26.77	VT Challenge			
10. Shaunte Barber	26.81	VT Challenge			
11. Tesonia Twine	27.01	Carolina Classic			
12. Courtney Sanders	27.27	College Classic			
13. Zanishia Usher	27.29	GMU Winter Open			
14. Courtney Sanders	27.58	Navy 1/15			
15. Pia Ruth	27.65	VT Challenge			
16. Jessica Haynes	28.67	Navy 1/15			
17. Jessica Haynes	28.92	CNU Winter Frolic			
			1500m		
			1. Elizeba Boit	4:56.55	College Classic
			2. Evan Dove	5:00.66	College Classic
			3. Danielle Williams	5:04.81	College Classic
			4. Patricia Bradbury	5:13.91	CNU Winter Frolic
			5. Libby Little	5:17.70	College Classic
			1600m		
			1. Evan Dove	5:29.30	Navy 1/15
			2. Danielle Williams	5:56.95	Navy 1/15
			1 mile		
			1. Evan Dove	5:22.67	Collegiate Open
			2. Danielle Williams	5:23.56	Carolina Classic
			3. Evan Dove	5:25.18	Carolina Classic
			4. Evan Dove	5:27.53	VT Challenge
			5. Danielle Williams	5:30.28	VT Challenge
			6. Libby Little	5:34.43	Collegiate Open
			7. Libby Little	5:37.89	GMU Winter Open
			8. Patricia Bradbury	5:40.96	Collegiate Open
			3000m		
			1. Katie Whitehead	11:28.65	Carolina Classic



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2. Reagan Merriam	11:30.66	College Classic
3. Reagan Merriam	11:36.91	Carolina Classic
4. Reagan Merriam	11:47.35	Navy 1/15
5. Katie Whitehead	11:51.64	College Classic
6. Libby Little	12:07.89	Navy 1/15

5000m

1. Elizeba Boit	18:21.18	Carolina Classic
2. Elizeba Boit	18:36.86	College Classic
3. Emily Thompson	18:41.09	VT Challenge
4. Emily Thompson	18:50.17	College Classic
5. Emily Thompson	18:54.61	Carolina Classic
6. Elizeba Boit	19:09.66	Navy 1/15
7. Emily Thompson	19:14.83	Collegiate Open
8. Emily Thompson	19:24.52	Navy 1/15
9. Katie Whitehead	20:18.17	Collegiate Open
10. Remy Merriam	20:23.86	Collegiate Open
11. Remy Merriam	20:38.11	College Classic
12. Remy Merriam	20:40.79	Carolina Classic
13. Reagan Merriam	21:02.89	Collegiate Open

55m hurdles

1. Pia Ruth	8.31	Navy 1/15
2. Pia Ruth	8.40	Collegiate Open
3. Pia Ruth	8.42	GMU Winter Open
4. Pia Ruth	8.59	Collegiate Open
5. Pia Ruth	8.64 [^]	GMU Winter Open
6. Shaunte Barber	8.70	VT Challenge
7. Pia Ruth	8.71	VT Challenge
8. Courtney Sanders	8.95	GMU Winter Open
9. Shaunte Barber	8.99	Navy 1/15
10. Courtney Sanders	9.00	Navy 1/15
11. Meghan Seay	9.02	Navy 1/15
12. Meghan Seay	9.02 [^]	GMU Winter Open
13. Meghan Seay	9.03	GMU Winter Open
14. Courtney Sanders	9.16	GMU Winter Open

60m hurdles

1. Pia Ruth	8.99*[^]	Carolina Classic
2. Pia Ruth	9.06	Carolina Classic
3. Pia Ruth	9.13 [^]	College Classic
4. Pia Ruth	9.16	College Classic
5. Shaunte Barber	9.18 [^]	College Classic
6. Shaunte Barber	9.22 [^]	Carolina Classic
7. Shaunte Barber	9.29	Carolina Classic
8. Shaunte Barber	9.35	College Classic
9. Meghan Seay	9.69 [^]	College Classic
10. Meghan Seay	9.75 [^]	Carolina Classic
11. Courtney Sanders	9.76 [^]	College Classic

4x400m Relay

1. VCU	4:04.60	Collegiate Open
2. Erica Banks	4:11.82	College Classic
Shaunte Barber		
Sharmane Duren		
Cheri Manning		

Distance Medley Relay

1. VCU "A"	13:30.21	Navy 1/15
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High Jump

1. Tanika Brown	1.80*[#]	Navy 1/15
2. Tanika Brown	1.75	Collegiate Open
3. Tanika Brown	1.73	College Classic
4. Tanika Brown	1.73	VT Last Chance
5. Tanika Brown	1.72	NCAA Indoor's
6. Frankie Moore	1.70	Navy 1/15
7. Frankie Moore	1.68	College Classic
8. Tanika Brown	1.65	GMU Winter Open
9. Frankie Moore	1.60	GMU Winter Open
10. Frankie Moore	1.58	Carolina Classic
11. Michelle Jones	1.55	Navy 1/15
12. Frankie Moore	1.53	VT Challenge
13. Michelle Jones	1.53	Carolina Classic
14. Michelle Jones	1.52	College Classic
Meghan Seay	1.52	College Classic
16. Meghan Seay	1.50	Navy 1/15
Michelle Jones	1.50	Collegiate Open

Pole Vault

1. Lauren Stewart	3.40*	VT Challenge
Lauren Stewart	3.40*	Carolina Classic
3. Lauren Stewart	3.36*	College Classic
4. Lauren Stewart	3.20	Collegiate Open
5. Lauren Stewart	3.15	Navy 1/15

Long Jump

1. Sheemeca Berkley	5.79	VT Challenge
2. Sheemeca Berkley	5.74	Navy 1/15
3. Sheemeca Berkley	5.65	College Classic
4. Sheemeca Berkley	5.63	VT Last Chance
5. Yvette Simmons	5.61	Navy 1/15
6. Sheemeca Berkley	5.59	Collegiate Open
7. Sheemeca Berkley	5.56	Carolina Classic
8. Yvette Simmons	5.50	College Classic
9. Christina Ford	5.21	Navy 1/15
10. Zanishia Usher	5.20	College Classic
11. Christina Ford	5.19	College Classic
12. Zanishia Usher	5.17	Carolina Classic
Zanishia Usher	5.17	VT Challenge
14. Yvette Simmons	5.14	Carolina Classic



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15. Christina Ford	5.07	CNU Winter Frolic
16. Courtney Sanders	5.02	GMU Winter Open
17. Meghan Seay	4.72	GMU Winter Open

Triple Jump

1. Yvette Simmons	11.53*	College Classic
2. Yvette Simmons	11.46	Navy 1/15
3. Sheemeca Berkley	11.30	Navy 1/15
4. Patience Ekperi	11.17	Navy 1/15
5. Patience Ekperi	11.15	Collegiate Open
6. Brandy Butler	11.13	Navy 1/15
7. Brandy Butler	11.12	Carolina Classic
8. Brandy Butler	11.04	Collegiate Open
9. Patience Ekperi	10.86	Carolina Classic
10. Brandy Butler	10.81	College Classic

Shot Put

1. Ashley Rogers	12.61	College Classic
2. Ashley Rogers	12.32	Navy 1/15
3. Shakiarra Hauser	12.16	Navy 1/15
4. Ashley Rogers	12.10	VT Challenge
Shakiarra Hauser	12.10	Collegiate Open
6. Ashley Rogers	12.07	Carolina Classic
7. Jennell Holmes	11.42	GMU Winter Open
8. Shakiarra Hauser	11.06	Carolina Classic
9. Shakiarra Hauser	10.99	College Classic
10. Jennell Holmes	10.50	Navy 1/15
11. Nikki Arrington	10.17	Navy 1/15
12. Nikki Arrington	9.84	GMU Winter Open
13. Latoya Parrish	9.61	GMU Winter Open
14. Latoya Parrish	9.24	Navy 1/15

Weight Throw

1. Jennell Holmes	14.87	College Classic
2. Jennell Holmes	14.63	Carolina Classic
3. Jennell Holmes	14.39	GMU Winter Open
4. Jennell Holmes	14.26	Navy 1/15
5. LaToya Parrish	12.90	Collegiate Open
6. Nikki Arrington	12.74	Collegiate Open
7. Nikki Arrington	11.94	GMU Winter Open
8. Latoya Parrish	11.75	GMU Winter Open
9. LaToya Parrish	11.43	Carolina Classic
10. LaToya Parrish	11.28	College Classic
11. Shakiarra Hauser	11.06	Navy 1/15
12. LaToya Parrish	10.98	Navy 1/15
13. Nikki Arrington	10.31	Navy 1/15
14. Ashley Rogers	9.62	Navy 1/15