



# 2005 VCU WOMEN'S TRACK & FIELD



## RESULTS BY EVENT - OUTDOOR SEASON

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

### 100m

Courtney Green	Patriot Open	^12.11
Courtney Green	GT Invite	12.13
Tesonía Twine	CAA's	<b>12.18</b>
Cheri Manning	Ram Invite	^12.19
Cheri Manning	CAA's	12.21
Cheri Manning	Ram Invite	12.25
Courtney Green	CAA's	12.25
Tesonía Twine	GT Invite	12.28
Courtney Green	Patriot Open	12.33
Cheri Manning	Fred Hardy Invite	12.37
Cheri Manning	GT Invite	12.38
Tesonía Twine	Ram Invite	12.40
Cheri Manning	USF Invite	^12.40
Tesonía Twine	Ram Invite	^12.42
Tesonía Twine	Patriot Open	^12.48
Sheemeca Berkley	CAA's	12.50
Courtney Green	Ram Invite	^12.54
Courtney Green	Duke Invite	12.55
Courtney Green	Ram Invite	12.64
Christina Ford	Lou Onesty Invite	12.67
Sheemeca Berkley	USF Invite	^12.69
Courtney Green	USF Invite	^12.70
Tanika Brown	USF Invite	^12.82
Zanishia Usher	CAA's	12.82
Tesonía Twine	Duke Invite	12.82
Courtney Green	Fred Hardy Invite	12.84
Christina Ford	CAA's	12.93
Zanishia Usher	Ram Invite	^12.96
Zanishia Usher	Lou Onesty Invite	13.00
Zanishia Usher	Fred Hardy Invite	13.02
Tesonía Twine	USF Invite	^13.10
Christina Ford	Fred Hardy Invite	13.14

### 200m

Cheri Manning	USF Invite	<b>24.25</b>
Cheri Manning	GT Invite	24.72
Cheri Manning	CAA's	24.77
Cheri Manning	Patriot Open	24.88
Cheri Manning	USF Invite	^24.95
Cheri Manning	NCAA East Reg.	25.01
Courtney Green	CAA's	25.21
Cheri Manning	Fred Hardy Invite	25.23
Courtney Green	Duke Invite	25.46
Cheri Manning	Lou Onesty Invite	25.63
Tesonía Twine	CAA's	25.66
Courtney Green	Lou Onesty Invite	25.84
Cheri Manning	Ram Invite	26.00
Tesonía Twine	GT Invite	26.04
Tanika Brown	Fred Hardy Invite	26.22
Tesonía Twine	Duke Invite	26.35
Tesonía Twine	Lou Onesty Invite	26.42
Courtney Green	USF Invite	^26.54
Sheemeca Berkley	USF Invite	^26.63

Zanishia Usher	CAA's	26.73
Tesonía Twine	Ram Invite	26.83
Tesonía Twine	USF Invite	^26.89
Erica Banks	Ram Invite	27.43
Christina Ford	Lou Onesty Invite	27.47
Pia Ruth	Lou Onesty Invite	28.07
Jessica Haynes	Fred Hardy Invite	28.13
Pia Ruth	USF Invite	29.09
Sheemeca Berkley	Ram Invite	30.45

### 400m

Cheri Manning	CAA's	55.83
Cheri Manning	Duke Invite	56.61
Cheri Manning	NCAA East Reg.	57.78
Courtney Sanders	Lou Onesty Invite	59.97
Candace Childs	CAA's	1:00.03
Kristina Rios	USF Invite	1:00.49
Sharmane Duren	CAA's	1:01.35
Erika Banks	CAA's	1:02.10
Sharmane Duren	Lou Onesty Invite	1:03.17
Candace Childs	Ram Invite	1:03.23
Candace Childs	Fred Hardy Invite	1:03.51
Sharmane Duren	Fred Hardy Invite	1:03.73
Erica Banks	Ram Invite	1:04.25
Sharmane Duren	Ram Invite	1:04.28
Erica Banks	Fred Hardy Invite	1:05.39
Jessica Haynes	Ram Invite	1:06.62
Wanda Williams	Ram Invite	1:06.71

### 800m

Kristina Rios	CAA's	<b>2:16.23</b>
Kristina Rios	Lou Onesty Invite	2:19.22
Kristina Rios	Fred Hardy Invite	2:19.90
Kristina Rios	Ram Invite	2:24.09
Kristina Rios	Ram Invite	2:24.29
Danielle Williams	Fred Hardy Invite	2:28.39
Candace Childs	Lou Onesty Invite	2:30.75
Patricia Bradbury	Ram Invite	2:31.15
Kristina Rios	USF Invite	2:32.87
Rhyan Johnson	Ram Invite	2:46.44

### 1500m

Danielle Williams	CAA's	4:46.42
Danielle Williams	Lou Onesty Invite	4:49.09
Danielle Williams	Ram Invite	4:58.41
Danielle William	Fred Hardy Invite	5:03.02
Evan Dove	Lou Onesty Invite	5:05.14
Evan Dove	Ram Invite	5:06.82
Libby Little	Lou Onesty Invite	5:06.87
Evan Dove	CAA's	5:07.64
Evan Dove	Fred Hardy Invite	5:10.92
Libby Little	Fred Hardy Invite	5:11.60
Patricia Bradbury	Fred Hardy Invite	5:13.55
Alexis Feldt	Lou Onesty Invite	5:14.68



# 2005 VCU WOMEN'S TRACK & FIELD



## RESULTS BY EVENT - OUTDOOR SEASON

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

Libby Little	Ram Invite	5:14.80
Sarah Saxton	Fred Hardy Invite	5:18.18
Alexis Feldt	Fred Hardy Invite	5:18.64
Alexis Feldt	Ram Invite	5:19.53
Sarah Saxton	Ram Invite	5:20.67
Lindsey Murph	Ram Invite	6:02.64

### 5000m

Emily Thompson	Ram Invite	18:28.73
Katie Whitehead	CAA's	19:32.59
Katie Whitehead	Fred Hardy Invite	19:34.71
Reagan Merriam	Fred Hardy Invite	19:50.49
Remy Merriam	Fred Hardy Invite	20:13.02
Reagan Merriam	CAA's	20:26.00
Reagan Merriam	Ram Invite	20:26.08
Rachel Albright	Fred Hardy Invite	21:06.96
Faustine Ammend	Ram Invite	23:50.29

### 10,000m

Remy Merriam	Ram Invite	42:45.04
Remy Merriam	CAA's	43:07.53
Rachel Albright	Ram Invite	45:07.89

### 100m hurdles

Pia Ruth	Ram Invite	<b>14.71</b>
Pia Ruth	CAA's	14.73
Pia Ruth	Ram Invite	^14.91
Pia Ruth	Patriot Open	14.96
Pia Ruth	USF Invite	^15.07
Pia Ruth	Lou Onesty Invite	15.17
Pia Ruth	NCAA East Reg.	15.20
Shaunte' Barber	CAA's	15.22
Pia Ruth	GT Invite	^15.47
Shaunte' Barber	Fred Hardy Invite	15.52
Courtney Sanders	Fred Hardy Invite	15.97
Shaunte' Barber	Ram Invite	^15.67
Pia Ruth	Patriot Open	^16.15
Courtney Sanders	Ram Invite	^16.25
Shaunte' Barber	USF Invite	^16.48
Pia Ruth	Fred Hardy Invite	18.41

### 400m hurdles

Shaunte' Barber	CAA's	1:04.87
Shaunte' Barber	USF Invite	1:05.46
Shaunte' Barber	Ram Invite	1:06.78
Tanika Brown	CAA's	1:08.57
Shaunte' Barber	Fred Hardy Invite	1:08.76
Pia Ruth	CAA's	1:09.39
Shaunte' Barber	Lou Onesty Invite	1:12.56

### 4x100m relay

VCU "A"	CAA's	47.06
(Green, Twine, Berkley, Manning)		
VCU "A"	Penn Relays	47.40
(Manning, Green, Twine, Berkley)		

VCU "A"	Lou Onesty Invite	47.54
VCU "A"	Ram Invite	47.72
(Berkley, Green, Manning, Twine)		
VCU "A"	Patriot Open	47.89
(Green, Twine, Berkley, Manning)		
VCU "A"	Fred Hardy Invite	48.65
VCU "A"	USF Invite	48.73
(Brown, Berkley, Green, Manning)		
VCU "B"	Ram Invite	50.93
(Usher, Sanders, Ford, Banks)		

### 4x200m relay

VCU "A"	Penn Relays	1:40.51
(Manning, Green, Twine, Berkley)		

### 4x400m relay

VCU "A"	CAA's	3:58.79
(Rios, Childs, Barber, Manning)		
VCU "A"	Lou Onesty Invite	4:04.82
VCU "A"	Ram Invite	4:07.76

### 3000m steeplechase

Emily Thompson	CAA's	<b>11:38.18</b>
Emily Thompson	Lou Onesty Invite	11:43.85
Emily Thompson	Fred Hardy Invite	12:02.03
Emily Thompson	USF Invite	12:18.62

### High Jump

Tanika Brown	CAA's	#5-10.75
Tanika Brown	GT Invite	5-8.75
Tanika Brown	Patriot Open	5-8.75
Tanika Brown	Penn Relays	5-8.00
Tanika Brown	NCAA East Reg.	5-7.25
Tanika Brown	USF Invite	5-6.00
Tanika Brown	Fred Hardy Invite	5-5.00
Frankie Moore	CAA's	5-3.00
Frankie Moore	Fred Hardy Invite	5-3.00
Frankie Moore	Ram Invite	5-3.00
Frankie Moore	USF Invite	5-2.25
Michelle Jones	Lou Onesty Invite	5-1.00
Michelle Jones	Ram Invite	5-1.00
Meghan Seay	Ram Invite	5-1.00
Michelle Jones	CAA's	4-11.00
Michelle Jones	Fred Hardy Invite	4-11.00

### Pole Vault

Lauren Stewart	CAA's	10-11.75
Lauren Stewart	Ram Invite	10-11.75
Lauren Stewart	Fred Hardy Invite	10-11.75
Lauren Stewart	Duke Invite	10-6.00
Lauren Stewart	Lou Onesty Invite	10-6.00

### Long Jump

Sheemeca Berkley	CAA's	18-10.00
Sheemeca Berkley	USF Invite	18-8.50



# 2005 VCU WOMEN'S TRACK & FIELD



## RESULTS BY EVENT - OUTDOOR SEASON

^ PRELIM ROUND, **BOLD** = PERSONAL BEST, \* = SCHOOL RECORD, # = NCAA APPROVAL MARK

Sheemeca Berkley	Ram Invite	18-7.75
Sheemeca Berkley	Patriot Open	18-4.00
Sheemeca Berkley	Fred Hardy Invite	18-1.75
Sheemeca Berkley	Duke Invite	17-11.75
Sheemeca Berkley	NCAA East Reg.	17-9.00
Yvette Simmons	CAA's	17-8.75
Courtney Sanders	Ram Invite	17-5.50
Zanishia Usher	Ram Invite	17-4.75
Courtney Sanders	Lou Onesty Invite	17-4.75
Yvette Simmons	Duke Invite	17-4.25
Christina Ford	Lou Onesty Invite	17-4.25
Christina Ford	CAA's	17-4.00
Courtney Sanders	CAA's	17-1.25
Zanishia Usher	Fred Hardy Invite	16-11.50
Zanishia Usher	Lou Onesty Invite	16-8.75
Zanishia Usher	CAA's	16-7.75
Yvette Simmons	Fred Hardy Invite	16-7.75
Courtney Sanders	Fred Hardy Invite	16-6.50
Meghan Seay	Fred Hardy Invite	16-4.50
Brandy Butler	Fred Hardy Invite	14-10.00
Christina Ford	Fred Hardy Invite	14-5.75
Jessica Haynes	Fred Hardy Invite	13-2.75

### Triple Jump

Yvette Simmons	NCAA East Reg.	39-10.50
Yvette Simmons	Lou Onesty Invite	39-7.75
Yvette Simmons	CAA's	38-4.75
Yvette Simmons	Ram Invite	38-3.25
Patience Ekperi	Lou Onesty Invite	<b>37-9.50</b>
Tanika Brown	CAA's	37-5.25
Sheemeca Berkley	Ram Invite	37-4.50
Sheemeca Berkley	CAA's	37-3.00
Brandy Butler	CAA's	36-11.50
Brandy Butler	Ram Invite	36-11.00
Patience Ekperi	CAA's	36-5.50
Patience Ekperi	Ram Invite	36-5.50
Yvette Simmons	Fred Hardy Invite	36-4.00
Brandy Butler	Lou Onesty Invite	36-0.00
Sheemeca Berkley	USF Invite	35-9.25
Yvette Simmons	Penn Relays	35-7.25
Patience Ekperi	Fred Hardy Invite	34-8.50
Brandy Butler	Fred Hardy Invite	34-3.00

### Shot Put

Fallon Wilson	CAA's	41-5.25
Ashley Rogers	Ram Invite	41-2.50
Fallon Wilson	Lou Onesty Invite	40-7.75
Fallon Wilson	USF Invite	40-3.25
Ashley Rogers	CAA's	40-1.50
Fallon Wilson	Fred Hardy Invite	40-0.75
Ashley Rogers	USF Invite	39-11.50
Ashley Rogers	Fred Hardy Invite	39-10.00
Ashley Rogers	Lou Onesty Invite	39-8.75
Jennell Holmes	USF Invite	38-3.50

Shakairrah Hauser	Ram Invite	36-0.75
Jennell Holmes	Ram Invite	35-7.25
Shakairrah Hauser	CAA's	34-8.50
Latasha Ewell	Ram Invite	34-5.50
Shakairrah Hauser	Lou Onesty Invite	34-0.25
Nikki Arrington	USF Invite	33-2.50

### Discus

Fallon Wilson	CAA's	<b>127-3</b>
Nikki Arrington	Ram Invite	123-1
Nikki Arrington	Lou Onesty Invite	122-5
Fallon Wilson	Fred Hardy Invite	<b>122-11</b>
Nikki Arrington	USF Invite	121-7
Fallon Wilson	Lou Onesty Invite	120-8
Jennell Holmes	USF Invite	119-4
LaToya Parrish	Lou Onesty Invite	117-9
Ashley Rogers	Lou Onesty Invite	115-3
Jennell Holmes	Lou Onesty Invite	112-4
Ashley Rogers	CAA's	111-4
Jennell Holmes	CAA's	109-9
Ashley Rogers	Fred Hardy Invite	109-3.5
Kia Brady	Fred Hardy Invite	108-7.5
Nikki Arrington	CAA's	108-7
Fallon Wilson	USF Invite	108-6
Jennell Holmes	Fred Hardy Invite	107-7.5
Jennell Holmes	Ram Invite	107-4
Ashley Rogers	USF Invite	107-1
Shakairrah Hauser	Lou Onesty Invite	106-11
Carol Hawthorne	Fred Hardy Invite	105-5
Nikki Arrington	Fred Hardy Invite	105-0
Shakairrah Hauser	CAA's	105-0
Kia Brady	Ram Invite	102-7
Carol Hawthorne	Ram Invite	101-11
Kia Brady	Lou Onesty Invite	101-1
Kia Brady	CAA's	100-9
Ashley Rogers	Ram Invite	98-11
LaToya Parrish	Ram Invite	92-4
LaToya Parrish	CAA's	84-9

### Hammer

Jennell Holmes	CAA's	<b>137-5</b>
Nikki Arrington	Lou Onesty Invite	137-0
Jennell Holmes	Lou Onesty Invite	<b>134-3</b>
Jennell Holmes	USF Invite	133-9
Jennell Holmes	Ram Invite	129-7
Nikki Arrington	Ram Invite	126-9
Nikki Arrington	CAA's	120-8
Nikki Arrington	USF Invite	120-6
Priscilla Umana	Fred Hardy Invite	116-7
Priscilla Umana	Lou Onesty Invite	116-5
Fallon Wilson	USF Invite	114-2
Jennell Holmes	Fred Hardy Invite	113-9.5
Fallon Wilson	CAA's	113-8
Fallon Wilson	Lou Onesty Invite	111-10
Nikki Arrington	Fred Hardy Invite	106-7
Fallon Wilson	Fred Hardy Invite	101-2
Kia Brady	Fred Hardy Invite	98-0



# 2005 VCU WOMEN'S TRACK & FIELD



## RESULTS BY EVENT - OUTDOOR SEASON

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

Kia Brady	Ram Invite	92-3
Carol Hawthorne	Fred Hardy Invite	85-5
Latoya Parrish	Fred Hardy Invite	84-8
LaToya Parrish	Ram Invite	74-0
Carol Hawthorne	Ram Invite	63-6

### Javelin

Jennell Holmes	Lou Onesty Invite	106-10
Jennell Holmes	Ram Invite	105-2
Jennell Holmes	Fred Hardy Invite	100-1
Courtney Sanders	Lou Onesty Invite	98-6
Jennell Holmes	CAA's	95-8
Fallon Wilson	Fred Hardy Invite	92-5.5
Meghan Seay	Lou Onesty Invite	88-3
Priscilla Umana	Lou Onesty Invite	87-11
Fallon Wilson	CAA's	86-10
Meghan Seay	CAA's	85-1
Meghan Seay	Fred Hardy Invite	79-2.75
Courtney Sanders	CAA's	77-9
Latoya Parrish	Fred Hardy Invite	70-2.25
Carol Hawthorne	Fred Hardy Invite	66-6.5
Nikki Arrington	Ram Invite	64-2
Latasha Ewell	Ram Invite	45-8
Kia Brady	Fred Hardy Invite	45-7.75
Latashe Ewell	Fred Hardy Invite	44-4.75

### Heptathlon

Courtney Sanders	CAA's	4031
Meghan Seay	CAA's	3769