



2005 VCU WOMEN'S TRACK & FIELD



INDIVIDUAL RESULTS - INDOOR SEASON

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

Nikki Arrington
Fr. ~ Richmond, Va./Manchester

Shot Put

33-4.5 16th/15 Navy 1/15
32-3.5 5th/10 GMU Winter Open

Weight Throw

41-9.75 8th/16 Mason Collegiate Open
39-2.25 2nd/7 GMU Winter Open
33-10 12th/15 Navy 1/15

Erica Banks

Fr. ~ Hampton, Va./Bethel

400m

1:02.77 6th/15 Navy 1/15
1:02.88 23rd/40 Carolina Classic
1:03.86 22nd/26 Mason Collegiate Open
1:04.31 20th/41 College Classic

Shaunte Barber

So. ~ Richmond, Va./Meadowbrook

55m hurdles

8.70^ 33rd/49 VT Challenge
8.99 17th/22 Navy 1/15

60m hurdles

9.18^ 3rd/23 College Classic
9.22^ 12th/28 Carolina Classic
9.29 13th/15 Carolina Classic
9.35 4th/6 College Classic

200m

26..81 62nd/84 VT Challenge

400m

1:07.45 55th/55 VT Challenge

Sheemeca Berkley

Fr. ~ Madison Heights, Va./Amherst County

55m

7.38^ 21st/44 VT Challenge
7.48 9th/22 Navy 1/15
7.54^ 12th/22 Mason Collegiate Open

200m

26.54 5th/37 College Classic
26.54 17th/47 Carolina Classic

Long Jump

19-0 6th/39 VT Challenge
18-10 1st/16 Navy 1/15

18-6.5 2nd/30 College Classic
18-5.75 9th/10 VT Last Chance
18-4.25 2nd/10 Mason Collegiate Open
18-3 5th/31 Carolina Classic

Triple Jump

37-1 2nd/16 Navy 1/15

Elizeba Boit

Eldoret, Kenya/Dry Girl's

1500m

4:56.55 4th/37 College Classic

5000m

18:21.18 2nd/22 Carolina Classic
18:36.86 4th/13 College Classic
19:09.66 4th/8 Navy 1/15

Patricia Bradbury

Fr. ~ Hot Springs, Ark./Lake Hamilton

1500m

5:13.91 13th/21 CNU Winter Frolic

1 mile

5:40.96 15th/19 Mason Collegiate Open

Tanika Brown

Jr. ~ Powhatan, Va./Powhatan

High Jump

5-10.75*# 1st/18 Navy 1/15
5-8.75 2nd/10 Mason Collegiate Open
5-8 2nd/9 VT Last Chance
5-8 1st/18 College Classic
5-7.75 19th/21 NCAA Indoor's
5-5 1st/6 GMU Winter Open

55m

7.37 7th/22 Navy 1/15

60m

7.90^ 1st/38 College Classic
7.88 3rd/5 College Classic

Brandy Butler

Jr. ~ Charlottesville, Va./Charlottesville

Triple Jump

36-6.25 5th/16 Navy 1/15
36-5.75 8th/17 Carolina Classic
36-2.75 4th/8 Mason Collegiate Open
35-5.5 6th/20 College Classic



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Candace Childs

So. ~ Fairfax, Va./Hayfield

400m

1:02.24	20/40	Carolina Classic
1:02.99	14th/41	College Classic
1:03.40	10th/15	Navy 1/15

500m

1:21.33	3rd/11	Mason Collegiate Open
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Evan Dove

Midlothian, Va./Midlothian

1500m

5:00.66	7th/37	College Classic
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1600m

5:29.60	4th/14	Navy 1/15
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1 mile

5:22.67	8th/19	Mason Collegiate Open
5:25.18	22nd/38	Carolina Classic
5:27.53	28th/39	VT Challenge

Sharmane Duren

Fr. ~ Richmond, Va./Varina

400m

1:03.67	20th/26	Mason Collegiate Open
1:03.93	11th/15	Navy 1/15
1:05.03	34th/40	Carolina Classic

Patience Ekperi

Sr. ~ Washington, D.C./Georgetown Visitation

Triple Jump

36-7.5	4th/16	Navy 1/15
36-7	3rd/8	Mason Collegiate Open
35-7.75	10th/17	Carolina Classic

Christina Ford

Fr. ~ Hampton, Va./Bethel

55m

7.54	11th/22	Navy 1/15
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60m

8.12^	6th/19	CNU Winter Frolic
8.23	6th/6	CNU Winter Frolic

Long Jump

17-1.25	7th/16	Navy 1/15
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17-0.5	9th/30	College Classic
16-7.5	5th/15	CNU Winter Frolic

Courtney Green

Jr. ~ Caroline, Va./Caroline

60m

7.97^	3rd/38	College Classic
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Shakiarrah Hauser

Fr. ~ Hillside, N.J./Hillside

Shot Put

39-10.75	6th/21	Navy 1/15
39-8.5	4th/15	Mason Collegiate Open
36-3.5	22nd/31	Carolina Classic
36-0.5	9th/30	College Classic

Weight Throw

36-3.5	9th/15	Navy 1/15
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Jessica Haynes-Rowland

So. ~ Richmond, Va./Godwin

200m

28.67	19th/22	Navy 1/15
28.92	20th/24	CNU Winter Frolic

400m

1:07.09	12th/12	CNU Winter Frolic
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Pentathlon

1894	9th/9	Mason Collegiate Open
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Jennell Holmes

Sr. ~ Yorktown, Va./York

Shot Put

37-5.75	3rd/10	GMU Winter Open
34-5.5	13th/21	Navy 1/15

Weight Throw

48-9.5	3rd/17	College Classic
48-0	11th/26	Carolina Classic
47-2.5	1st/7	GMU Winter Open
46-9.5	3rd/15	Navy 1/15

Michelle Jones

Fr. ~ Glen Allen, Va./Hermitage

High Jump

5-1	10th/18	Navy 1/15
5-0.25	10th/10	Carolina Classic



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5-0 7th/18 College Classic
4-11 8th/10 Mason Collegiate Open

Libby Little
Fr. ~ Spotsylvania, Va./Courtland

1500m
5:17.70 19th/37 College Classic

1 mile
5:34.43 13th/19 Mason Collegiate Open
5:37.89 6th/11 GMU Winter Open

3000m
12:07.89 7th/8 Navy 1/15

Cherri Manning
Sr. ~ Glen Allen, Va./J.R. Tucker

55m
7.29 5th/22 Navy 1/15
7.30^ 7th/22 Mason Collegiate Open
7.33 6th/6 GMU Winter Open
7.35^ 5th/16 GMU Winter Open
7.37^ 20th/44 VT Challenge

60m
7.88 2nd/5 College Classic
7.95^ 15th/16 VT Last Chance
8.00^ 5th/38 College Classic
8.01 22nd/46 Carolina Classic

200m
25.04 3rd/9 VT Last Chance
25.11 2nd/20 GMU Winter Open
25.33 2nd/30 Mason Collegiate Open
25.47 25th/84 VT Challenge
25.51 1st/24 Navy 1/15
25.53 8th/47 Carolina Classic

Reagan Merriam
So. ~ Fredericksburg, Va./Massaponax

3000m
11:30.66 14th/29 College Classic
11:36.91 26th/29 Carolina Classic
11:47.35 6th/8 Navy 1/15

5000m
21:02.89 5th/6 Mason Collegiate Open

Remy Merriam
So. ~ Fredericksburg, Va./Massaponax

5000m

20:23.86 4th/6 Mason Collegiate Open
20:38.11 12th/13 College Classic
20:40.79 21st/22 Carolina Classic
20:40.79 21st/22 Carolina Classic

Frankie Moore
Fr. ~ Chesapeake, Va./Great Bridge

High Jump
5-7 4th/18 Navy 1/15
5-6 3rd/18 College Classic
5-3 3rd/6 GMU Winter Open
5-2.25 6th/10 Carolina Classic
5-0.25 18th/19 VT Challenge

Latoya Parrish
So. ~ Charlottesville, Va./Albemarle

Shot Put
31-6.5 7th/10 GMU Winter Open
30-3.75 19th/21 Navy 1/15

Weight Throw
42-4 7th/16 Mason Collegiate Open
38-6.75 3rd/7 GMU Winter Open
37-6 21st/26 Carolina Classic
37-0.25 9th/17 College Classic
36-0.25 10th/15 Navy 1/15

Kristina Rios
Jr. ~ Arlington, Va./Wakefeld

800m
2:19.88 1st/18 Mason Collegiate Open
2:21.62 21st/40 VT Challenge
2:23.44 11th/24 Carolina Classic
2:25.59 3rd/31 College Classic
2:26.97 5th/15 Navy 1/15

Ashley Rogers
So. ~ Chesapeake, Va./Deep Creek

Shot Put
41-4.5 4th/30 College Classic
40-5 5th/21 Navy 1/15
39-8.5 17th/19 VT Challenge
39-7 10th/31 Carolina Classic

Weight Throw
31-6.75 14th/15 Navy 1/15



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Pia Ruth
So. ~ Rahway, N.J./Linden

55m hurdles
8.31 2nd/22 Navy 1/15
8.40 4th/6 Mason Collegiate Open
8.42 2nd/6 GMU Winter Open
8.59^ 5th/10 Mason Collegiate Open
8.64^ 2nd/9 GMU Winter Open
8.71 34th/49 VT Challenge

60m hurdles
8.99*^ 7th/28 Carolina Classic
9.06 8th/15 Carolina Classic
9.13^ 2nd/23 College Classic
9.16 2nd/6 College Classic

200m
27.65 79th/84 VT Challenge

Courtney Sanders
Fr. ~ Burke, Va./Lake Braddock

55m hurdles
8.95 4th/6 GMU Winter Open
9.00 18th/22 Navy 1/15
9.16^ 5th/9 GMU Winter Open

60m hurdles
9.76 12th/23 College Classic

200m
27.27 11th/37 College Classic
27.58 11th/22 Navy 1/15

Long Jump
16-5.25 2nd/8 GMU Winter Open

Pentathlon
2397 8th/9 Mason Collegiate Open

Meghan Seay
Fr. ~ Burke, Va./Lake Braddock

55m hurdles
9.02 20th/22 Navy 1/15
9.02^ 4th/9 GMU Winter Open
9.03 5th/6 GMU Winter Open

60m hurdles
9.69^ 9th/23 College Classic
9.75^ 24th/28 Carolina Classic

High Jump
5-0 7th/12 College Classic

4-11 12th/18 Navy 1/15

Long Jump
15-5.75 7th/8 GMU Winter Open

Pentathlon
2925 5th/9 Mason Collegiate Open

Yvette Simmons
Jr. ~ Newport News, Va./Denbigh

Long Jump
18-5 2nd/16 Navy 1/15
18-0.5 4th/30 College Classic
16-10.5 13th/31 Carolina Classic

Triple Jump
37-10* 1st/20 College Classic
37-1 1st/16 Navy 1/15

Lauren Stewart
So. ~ Richmond, Va./Governor's School

Pole Vault
11-1.75* 7th/9 Carolina Classic
11-1.75* 15th/24 VT Challenge
11-0 2nd/10 College Classic
10-6 7th/8 Mason Collegiate Open
10-4 4th/5 Navy 1/15

Emily Thompson
Jr. ~ Crozet, Va./Western Albermarle

5000m
18:41.09 7th/10 VT Challenge
18:50.17 5th/13 College Classic
18:54.61 6th/22 Carolina Classic
19:14.83 1st/6 Mason Collegiate Open
19:24.52 5th/8 Navy 1/15

Tesonía Twine
So. ~ Richmond, Va./Meadowbrook

55m
7.32^ 18th/44 VT Challenge
7.32 5th/6 GMU Winter Open
7.41^ 6th/16 GMU Winter Open

60m
7.98 21st/46 Carolina Classic
8.00^ 5th/38 College Classic
8.10 5th/5 College Classic

200m
26.69^ 6th/37 College Classic



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26.77 60th/84 VT Challenge
27.01 26th/47 Carolina Classic

Zanishia Usher
Jr. ~ Hampton, Va./Bayside

55m
7.48 27th/44 VT Challenge
7.50 7th/16 GMU Winter Open

60m
8.07 25th/46 Carolina Classic

200m
27.29 10th/20 GMU Winter Open

Long Jump
17-1 8th/30 College Classic
16-11.5 12th/31 Carolina Classic
16-11.5 29th/39 VT Challenge

Katie Whitehead
So. ~ Piney River, Va./Nelson County

3000m
11:28.65 25th/29 Carolina Classic
11:51.64 19th/29 College Classic

5000m
20:18.17 3rd/6 Mason Collegiate Open

Danielle Williams
Fr. ~ Virginia Beach, Va./Salem

800m
2:25.01 6th/18 Mason Collegiate Open
2:25.73 16th/24 Carolina Classic
2:26.15 4th/31 College Classic

1500m
5:04.81 8th/37 College Classic

1 mile
5:23.56 17th/38 Carolina Classic
5:30.28 32nd/39 VT Challenge

1600m
5:56.95 10th/14 Navy 1/15

Wanda Williams
So. ~ Baltimore, Md./Pikesville

400m
1:06.74 15th/15 Navy 1/15

Relays

Distance Medley
13:30.21 4th/5 Navy 1/15

4x400m
4:04.60 7th/10 Mason Collegiate Open
4:11.82 4th/9 College Classic

Erica Banks Sharmane Duren
Shaunte Barber Cheri Manning