



**St. Andrews**  
**PRESBYTERIAN COLLEGE**  
**SPORTS NEWS RELEASE**

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For Immediate Release

## **Lady Knights Track & Field Gear Up for Conference at Lenoir-Rhyne Invite**

April 11, 2009

**HICKORY, N.C.**—Senior Alyson Trovato (Cedar Park, Texas) won the 1500 Meter Run to lead the St. Andrews Presbyterian College women's track & field team at the inaugural Lenoir-Rhyne PowerSox Invitational on Saturday.

Trovato won the 1500m run easily with a blistering speed of 5:02.61, which was 13 second faster than the nearest competitor. Trovato won the event that featured nine entrants. Trovato added a runner-up result out of six harriers in the 5000m run with a solid time of 18:42.03.

Four other Lady Knights competed in the 1500m run with sophomore Tierra Savage (Sanford, N.C.) pacing the group with a personal record time of 5:40.14. Freshman Tiffany Williams (Chesapeake, Va.) followed closely with a speed of 5:46.90. Sophomore Danielle Martin (Newport, N.C.) was next at 6:21.31 while freshman Rebecca Maye (Knightdale, N.C.) concluded at 6:44.57.

Williams also had a sixth place showing in the 5000m run by crossing the finish line in 21:10.05.

In the throwing events, junior Tyler Lee (Hillsborough, N.C.) participated in three competitions and finished fifth in all three disciplines. Lee set a new PR in the shot put with a fling of 8.70m. Lee also respectable measurements of 27.54m in the discurs throw and 20.71m in the hammer throw.

Sophomore Amy Tripson (Pittsburgh, Pa.) also competed in the throwing events. Tripson had a 6.97m heave in the shot put while recording a 16.37m benchmark toss in the javelin throw.

Sophomore Katy Hutchings (Rockville, Md.) provided the Lady Knights with a second place leap in the long jump by landing 3.54m away the take-off line.

St. Andrews will compete in the inaugural Conference Carolinas Track & Field Championships hosted by Lees-McRae College on Friday & Saturday, April 17-18 in Banner Elk, N.C.

**-GO KNIGHTS-**