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Conference Carolinas Championships 2009 - 4/17/2009 to 4/18/2009  
Results at www.cfpitiming.com  
Hosted by Lees McRae College  
Results

Women 100 Meter Dash

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World: W 10.49 7/16/1988 Florence Griffith-Joyner, USA  
American: A 10.49 1988 Florence Griffith Joyner, World Class AC  
Collegiate: C 10.93 1989 Dawn Sowell, LSU

Name Year School Finals Wind H#  
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Finals

1	Barbee, Bri	FR Limestone	12.45	-0.6	2
2	Darden, Ariel	FR Queens (N.C.)	12.67	-0.6	2
3	Goodwater, Jessica	SO Queens (N.C.)	13.08	-0.6	2
4	Woodard-Stephens, Ariel	FR Mount Olive	13.09	-0.6	2
5	Hall, Joy	FR Lees-McRae	13.13	-0.6	2
6	Foard, Rebecca	FR Lees-McRae	13.27	2.3	1
7	Stuart, Camille	FR Queens (N.C.)	13.29	-0.6	2
8	Solsbee, Sarah	SO Anderson (S.C.)	13.34	2.3	1
9	McCoy, Shantra	SO Lees-McRae	13.49	2.3	1
10	Tyler, Erin	JR Lees-McRae	13.51	2.3	1
11	McGowan, Sam	FR Limestone	13.59	2.3	1
12	Knight, Ashley	FR Mount Olive	13.67	-0.6	2
--	Samuels, Jalisa	FR Limestone	FS	-0.6	2

Women 200 Meter Dash

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World: W 21.34 9/29/1988 Florence Griffith-Joyner, USA  
American: A 21.34 1988 Florence Griffith Joyner, World Class AC  
Collegiate: C 22.29 1999 LaTasha Jenkins, Ball State

Name Year School Finals Wind H#  
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1	Barbee, Bri	FR Limestone	25.32	0.4	3
2	Darden, Ariel	FR Queens (N.C.)	26.09	0.4	3
3	Samuels, Jalisa	FR Limestone	26.20	0.4	3
4	Foard, Rebecca	FR Lees-McRae	27.04	0.4	3
5	Stuart, Camille	FR Queens (N.C.)	27.41	0.4	2
6	Hall, Joy	FR Lees-McRae	27.72	0.4	2
7	Woodard-Stephens, Ariel	FR Mount Olive	27.77	0.4	3
8	Hurd, Jenny	SR Lees-McRae	27.87	0.4	3
9	Delutis, Rayne	FR Lees-McRae	27.98	2.3	1
10	McGowan, Sam	FR Limestone	28.07	0.4	2
11	Solsbee, Sarah	SO Anderson (S.C.)	28.43	0.4	2
12	Goodwater, Jessica	SO Queens (N.C.)	28.65	0.4	3

13 Knight, Ashley	FR Mount Olive	29.19	0.4	2
14 Tyler, Erin	JR Lees-McRae	29.28	0.4	3
15 Montgomery, Shivaun	FR Limestone	29.30	2.3	1
16 Jones, Megan	FR Mount Olive	29.56	2.3	1
17 Rodrigues, Meagan	FR Limestone	31.45	2.3	1

Women 400 Meter Dash

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World: W 47.60 10/6/1985 Marita Koch, GDR  
American: A 48.70 9/17/2006 Sandi Richards, Nike  
Collegiate: C 50.18 6/3/1989 Pauline Davis, Alabama

Name	Year	School	Finals
1 Barbee, Bri	FR	Limestone	58.35
2 Samuels, Jalisa	FR	Limestone	59.92
3 Foard, Rebecca	FR	Lees-McRae	1:00.02
4 Blome, Ashley	SR	Anderson (S.C.)	1:00.04
5 Hurd, Jenny	SR	Lees-McRae	1:02.02
6 Delutis, Rayne	FR	Lees-McRae	1:05.56
7 Jones, Megan	FR	Mount Olive	1:08.24
8 Bruno, Mary Ann	FR	Limestone	1:09.66

Women 800 Meter Run

=====  
World: W 1:53.28 7/26/1983 Jarmila Kratochvilova, TCH  
American: A 1:56.40 1999 Jearl Miles Clark, Reebok  
Collegiate: C 1:59.11 1990 Suzy Favor, Wisconsin

Name	Year	School	Finals
1 Rogers, Chelsea	SO	Anderson (S.C.)	2:25.45
2 Homer, Candace	FR	Anderson (S.C.)	2:25.56
3 Flint, Lynne	SO	Anderson (S.C.)	2:25.86
4 Colson, Demarea	SR	Lees-McRae	2:31.59
5 Tribble, Chandler	SR	Queens (N.C.)	2:33.46
6 Hurd, Jenny	SR	Lees-McRae	2:36.55
7 May, Ashley	JR	Lees-McRae	2:37.34
8 Moore, Melissa	SO	Mount Olive	2:37.79
9 Wright, Amanda	FR	Queens (N.C.)	2:39.49
10 Laird, Katy	FR	Anderson (S.C.)	2:49.19
11 Delutis, Rayne	FR	Lees-McRae	2:50.85
12 Wilkerson, Kat	SR	Lees-McRae	2:52.09
13 Pye, Caitlin	FR	Mount Olive	2:56.02
14 Laschiavo, Leslie	FR	Queens (N.C.)	2:56.03
15 Alvarado, Rocio	FR	Mount Olive	3:04.18
-- Clausing, Amanda	FR	Limestone	DNF

Women 1500 Meter Run

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World: W 3:50.46 9/11/1993 Yunxia Qu, CHN  
American: A 3:57.12 1983 Mary Slaney, Athletics West  
Collegiate: C 4:06.75 2003 Tiffany McWilliams, Mississippi State

Name	Year	School	Finals
1	Trovato, Alyson	SR St. Andrews	4:55.98
2	Flint, Lynne	SO Anderson (S.C.)	4:59.64
3	Bishoff, Whitney	FR Anderson (S.C.)	5:06.51
4	Rankin, Courtney	JR Limestone	5:11.50
5	Colson, Demarea	SR Lees-McRae	5:19.65
6	May, Ashley	JR Lees-McRae	5:31.99
7	Carman, Katie	SR Queens (N.C.)	5:33.76
8	Kahn, Sarah	SO Queens (N.C.)	5:38.75
9	Harris, April	JR Lees-McRae	5:38.86
10	Savage, Tierra	SO St. Andrews	5:41.07
11	Moore, Melissa	SO Mount Olive	5:41.70
12	Williams, Tiffany	FR St. Andrews	5:51.71
13	Wilkerson, Kat	SR Lees-McRae	6:01.40
14	DeMarco, Hannah	FR Queens (N.C.)	6:01.41
15	Riesett, Melissa	SO Limestone	6:03.81
16	Alvarado, Rocio	FR Mount Olive	6:11.25
17	Martin, Danielle	SO St. Andrews	6:14.67
18	Clausing, Amanda	FR Limestone	6:18.34
19	Maye, Rebecca	FR St. Andrews	6:21.39
20	Braeklein, Theresa	FR Limestone	6:38.32
21	Nicholson, Heather	JR Limestone	6:49.91

Women 5000 Meter Run

World: W 14:11.15 6/6/2008 Tirunesh Dibaba, ETH  
American: A 14:44.80 4/14/2007 Shalane Flanagan, Nike  
Collegiate: C 15:09.72 2004 Kim Smith, Providence

Name	Year	School	Finals
1	Bishoff, Whitney	FR Anderson (S.C.)	18:57.82
2	Trovato, Alyson	SR St. Andrews	19:08.74
3	Annas, Holly	FR Queens (N.C.)	19:15.30
4	Rankin, Courtney	JR Limestone	19:44.51
5	Nedlo, Meagan	FR Queens (N.C.)	20:06.14
6	Lindholm, Dana	JR Lees-McRae	21:40.40
7	Williams, Tiffany	FR St. Andrews	23:00.83
--	Neville, Jessica	SO Queens (N.C.)	DNF
--	Moore, Melissa	SO Mount Olive	DNF
--	Savage, Tierra	SO St. Andrews	DNF
--	Seawright, Kendyl	SO Coker	X20:52.27
--	Henderson, Katie	SO Erskine	X20:54.74
--	Loftis, Liz	SO Erskine	X21:28.55
--	Wittke, Sarah	JR Erskine	X24:00.62

Women 10000 Meter Run

World: W 29:31.78 9/8/1993 Junxia Wang, CHN  
 American: A 30:22.22 8/15/2008 Shalane Flanagan, Asics  
 Collegiate: C 32:19.97 4/30/2004 Alicia Craig, Stanford

Name	Year	School	Finals
1 Zeferjahn, Tanya	FR	Queens (N.C.)	38:40.24
2 Trovato, Alyson	SR	St. Andrews	39:50.09
3 Rankin, Courtney	JR	Limestone	40:31.12
4 Lindholm, Dana	JR	Lees-McRae	45:01.13
5 Williams, Tiffany	FR	St. Andrews	48:42.64
6 Savage, Tierra	SO	St. Andrews	48:42.86

Women 100 Meter Hurdles

World: W 12.21 8/20/1988 Yordanka Donkova, BUL  
 American: A 12.33 2000 Gail Devers, Nike  
 Collegiate: C 12.61 1988 Gail Devers, UCLA

Name	Year	School	Finals	Wind	H#
1 Altieri, Jenny	FR	Limestone	15.82	0.7	2
2 Pointer, Jamie	FR	Queens (N.C.)	16.22	1.0	1
3 McCoy, Shantra	SO	Lees-McRae	16.28	0.7	2
4 Tyler, Erin	JR	Lees-McRae	16.52	0.7	2
5 Montgomery, Shivaun	FR	Limestone	16.92	0.7	2
6 Smith, Kathryn	SO	Lees-McRae	18.55	1.0	1
7 Hutchings, Katy	JR	St. Andrews	22.01	1.0	1

Women 400 Meter Hurdles

World: W 52.34 8/8/2003 Yuliya Pechenkina, RUS  
 American: A 52.61 1995 Kim Batten, Reebok  
 Collegiate: C 53.54 6/1/2004 Sheenna Johnson, UCLA

Name	Year	School	Finals	H#
1 Pointer, Jamie	FR	Queens (N.C.)	1:07.44	2
2 Blome, Ashley	SR	Anderson (S.C.)	1:07.73	2
3 Altieri, Jenny	FR	Limestone	1:10.72	2
4 Smith, Kathryn	SO	Lees-McRae	1:14.37	1
5 Harris, April	JR	Lees-McRae	1:16.02	1
6 Bruno, Mary Ann	FR	Limestone	1:17.04	2
7 McCoy, Shantra	SO	Lees-McRae	1:17.17	1

Women 3000 Meter Steeplechase

World: W 8:58.81 8/17/2008 Gulnara Galkina, RUS

American: A 9:22.26 8/17/2008 Jenny Barringer, Colorado  
Collegiate: C 9:43.25 5/29/2004 Ida Nilsson, N. Arizona

Name Year School Finals

1	Harris, April	JR	Lees-McRae	13:28.68
2	Smith, Kathryn	SO	Lees-McRae	15:03.49
3	Clausing, Amanda	FR	Limestone	15:36.30

Women 4x100 Meter Relay

World: W 41.37 10/6/1985 GDR, GDR  
American: A 41.47 1997 National Team, USA national team  
Collegiate: C 42.50 6/3/1989 LSU, LSU  
Stanley, Sowell, Sheffield, Jones

School Finals

1	Limestone 'A'	49.34
2	Anderson (S.C.) 'A'	51.89
3	Mount Olive 'A'	52.09
4	Lees-McRae 'A'	57.07

Women 4x400 Meter Relay

World: W 3:15.17 10/1/1988 URS, URS  
American: A 3:15.51 1988 National Team, USA national team  
Collegiate: C 3:23.75 4/3/2004 Texas, Texas  
Jones, McIntosh, Chapple, Richards

School Finals

1	Anderson (S.C.) 'A'	4:07.28
2	Limestone 'A'	4:15.08
3	Lees-McRae 'A'	4:18.02
4	Mount Olive 'A'	4:49.27

Women High Jump

World: W 2.09m 8/30/1987 Stefka Kostadinova, BUL  
American: A 2.03m 1988 Louise Ritter, Mazda TC  
Collegiate: C 1.98m 1995 Acuff / Bergqvist, UCLA/ SMU

Name Year School Finals

1	Rodgers, Katelyn	SO	Anderson (S.C.)	1.57m	5-01.75
2	Woodard-Stephens, Ariel	FR	Mount Olive	1.52m	4-11.75
3	Rogers, Chelsea	SO	Anderson (S.C.)	1.42m	4-07.75
4	Tyler, Erin	JR	Lees-McRae	1.42m	4-07.75
5	Blome, Ashley	SR	Anderson (S.C.)	1.32m	4-04.00
6	Feudale, Lauren	SO	Queens (N.C.)	1.32m	4-04.00

Women Pole Vault

World: W 5.05m 8/18/2008 Yelena Isinbayeva, RUS  
 American: A 4.92m 7/6/2008 Jen Stuczynski, adidas  
 Collegiate: C 4.53m 2002 Amy Linnen, Arizona

Name	Year	School	Finals
1 Trimble, Hannah	SO	Lees-McRae	3.10m 10-02.00
2 Corbin, Candice	SO	Lees-McRae	2.95m 9-08.00
3 Jonas, Michelle	FR	Lees-McRae	2.45m 8-00.50
4 Bragman, Karyn	JR	Lees-McRae	2.45m 8-00.50
5 McGowan, Sam	FR	Limestone	2.15m 7-00.50

Women Long Jump

World: W 7.52m 6/11/1988 Galina Chistyakova, URS  
 American: A 7.49m 1994 Jackie Joyner-Kersey, Honda  
 Collegiate: C 6.99m 1985 Jackie Joyner-Kersey, UCLA

Name	Year	School	Finals	Wind
1 McGowan, Sam	FR	Limestone	5.11m	0.6 16-09.25
2 Woodard-Stephens, Ariel	FR	Mount Olive	4.99m	+0.0 16-04.50
3 Tyler, Erin	JR	Lees-McRae	4.64m	0.9 15-02.75
4 McCoy, Shantra	SO	Lees-McRae	4.63m	1.4 15-02.25
5 Knight, Ashley	FR	Mount Olive	4.62m	1.5 15-02.00
6 Darden, Ariel	FR	Queens (N.C.)	4.54m	1.8 14-10.75
7 Rodgers, Katelyn	SO	Anderson (S.C.)	4.08m	0.5 13-04.75
8 Lee, Tyler	JR	St. Andrews	3.99m	+0.0 13-01.25
9 Pye, Caitlin	FR	Mount Olive	3.81m	-0.1 12-06.00
10 Hutchings, Katy	JR	St. Andrews	3.52m	1.1 11-06.75

Women Triple Jump

World: W 15.50m 8/10/1995 Inessa Kravets, UKR  
 American: A 14.41m 1996 Sheila Hudson, Reebok  
 Collegiate: C 14.05m 1999 Stacey Bowers, Baylor

Name	Year	School	Finals	Wind
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1	Woodard-Stephens, Ariel	FR Mount Olive	11.89m	0.9	39-00.25
2	Knight, Ashley	FR Mount Olive	10.24m	+0.0	33-07.25
3	McGowan, Sam	FR Limestone	10.10m	1.7	33-01.75
4	McCoy, Shantra	SO Lees-McRae	10.05m	0.4	32-11.75
5	Rodgers, Katelyn	SO Anderson (S.C.)	9.35m	0.1	30-08.25

Women Shot Put

=====  
World: W 22.63m 6/7/1987 Natalya Lisovskaya, URS  
American: A 20.18m 1988 Ramona Pagel, Mazda TC  
Collegiate: C 18.99m 1983 Meg Ritchie, Arizona

Name	Year	School	Finals	
1 Sloan, Lauren	FR	Anderson (S.C.)	11.99m	39-04.00
2 Brewton, Whittney	FR	Limestone	11.67m	38-03.50
3 Hartsell, Andria	FR	Limestone	10.74m	35-03.00
4 Bass, Crystal	FR	Lees-McRae	10.44m	34-03.00
5 Garner, Shae	FR	Mount Olive	10.20m	33-05.75
6 Epps, Tahara	JR	Mount Olive	9.66m	31-08.50
7 Tyler, Erin	JR	Lees-McRae	9.46m	31-00.50
8 Lee, Tyler	JR	St. Andrews	9.09m	29-10.00
9 Tripson, Amy	SO	St. Andrews	7.30m	23-11.50

Women Discus Throw

=====  
World: W 76.80m 7/9/1988 Gabriele Reinsch, GDR  
American: A 67.67m 3/14/2007 Suzy Powell, Asics  
Collegiate: C 67.48m 1981 Meg Ritchie, Arizona

Name	Year	School	Finals	
1 Sloan, Lauren	FR	Anderson (S.C.)	37.75m	123-10
2 Brewton, Whittney	FR	Limestone	35.95m	117-11
3 Garner, Shae	FR	Mount Olive	31.70m	104-00
4 Hartsell, Andria	FR	Limestone	31.58m	103-07
5 Tyler, Erin	JR	Lees-McRae	28.19m	92-06
6 Lee, Tyler	JR	St. Andrews	27.81m	91-03
7 Campbell, Durecelle	SO	Anderson (S.C.)	27.33m	89-08
8 Bass, Crystal	FR	Lees-McRae	25.84m	84-09
9 Epps, Tahara	JR	Mount Olive	24.54m	80-06

Women Hammer Throw

=====  
World: W 76.07m 8/29/1999 Mihaela Melinte, ROM

American: A 72.12m 4/10/2004 Erin Gilreath, NYAC  
 Collegiate: C 70.03m 5/13/2005 Loree Smith, Colorado State

Name	Year	School	Finals	
1 Sloan, Lauren	FR	Anderson (S.C.)	37.25m	122-02
2 Campbell, Durecelle	SO	Anderson (S.C.)	35.54m	116-07
3 Hartsell, Andria	FR	Limestone	33.68m	110-06
4 Bass, Crystal	FR	Lees-McRae	29.88m	98-00
5 Bauzaite, Egle	SO	Anderson (S.C.)	28.08m	92-01
6 Garner, Shae	FR	Mount Olive	23.54m	77-03
7 Epps, Tahara	JR	Mount Olive	23.30m	76-05
8 Lee, Tyler	JR	St. Andrews	23.23m	76-02
9 Brewton, Whittney	FR	Limestone	18.40m	60-04

Women Javelin Throw

World: W 72.28m 9/13/2008 Barbora Spotakova, CZE  
 American: A 64.19m 5/16/2007 Kim Kreiner, Nike  
 Collegiate: C 61.82m 2003 Irina Kharun, Indiana

Name	Year	School	Finals	
1 Rodgers, Katelyn	SO	Anderson (S.C.)	27.29m	89-06
2 Tyler, Erin	JR	Lees-McRae	27.00m	88-07
3 Rodrigues, Meagan	FR	Limestone	26.16m	85-10
4 Bauzaite, Egle	SO	Anderson (S.C.)	23.30m	76-05
5 Sloan, Lauren	FR	Anderson (S.C.)	20.70m	67-11
6 Clausing, Amanda	FR	Limestone	19.64m	64-05
7 Bass, Crystal	FR	Lees-McRae	17.90m	58-09
8 Tripson, Amy	SO	St. Andrews	16.70m	54-09
-- Crutchfield, Naadia		App. State	X22.46m	73-08
-- Durham, Carla		App. State	X22.44m	73-07
-- Crutchfield, Kiara		App. State	X21.65m	71-00

Women - Team Rankings - 20 Events Scored

154	1) Limestone	158	2) Anderson (S.C.)
64	3) Lees-McRae	139	4) Queens (N.C.)
30	5) Mount Olive	60	6) St. Andrews

Men - Team Rankings - 20 Events Scored

102	1) Lees-McRae	218	2) Limestone
76	3) St. Andrews	93	4) Mount Olive

5) Queens (N.C.)

56

6) Anderson (S.C.)

54