

2010 St. Andrews Track & Field Statistics

Event	Knights Athlete	Seahawk Invite UNC Wilmington March 12-13	Braves Classic UNC Pembroke March 17	Winthrop Invite Winthrop March 26-27	LRU Invite Lenoir-Rhyne April 10	Conf. Champ. Lees-McRae April 16-17	Personal Records (PR)
WOMEN							
400m	Alex King	-	-	-	-	1:13.99	1:13.99
St. Andrews 400m Record: 1:13.99 (Alex King)							
800m	Joanna Lindstrom	3:06.70	-	-	-	-	3:06.70
St. Andrews 800m Record: 2:33.83 (Leah Nicholson)							
1500m	Joanna Lindstrom	6:11.88	6:06.13	5:59.56	6:01.91	-	5:59.56
	Rebecca Maye	6:14.25	6:08.18	6:19.68	6:06.45	-	6:06.45
	Danielle Martin	6:43.79	6:22.25	6:16.21	6:28.74	-	6:14.67
	Lauren Crabb	7:01.27	6:54.18	7:03.69	6:54.43	7:03.37	6:54.18
	Amelia Shill	-	6:54.39	7:04.80	6:58.20	7:05.81	6:54.39
	Laura McDowell	7:12.63	-	6:58.42	6:59.47	7:05.11	6:58.42
	Amanda Espinosa	-	-	-	7:12.11	7:20.72	7:12.11
St. Andrews 1500m Record: 4:54.51 (Alyson Trovato)							
3000m	Alex King	-	12:17.53	-	-	-	12:17.53
	Lauren Crabb	-	-	-	-	-	15:06.80
St. Andrews 3000m Record: 10:42.65 (Alyson Trovato)							
5000m	Alex King	21:13.71	-	-	-	22:29.12	21:13.71
St. Andrews 5000m Record: 18:35.41 (Alyson Trovato)							
10000m	Rebecca Maye	-	-	-	-	51:35.56	51:35.56
St. Andrews 10000m Record: 39:50.09 (Alyson Trovato)							
Shot Put	Tyler Lee	8.73m	8.52m	7.61m	7.78m	8.11m	9.09m
	Amy Tripson	7.15m	7.00m	6.80m	6.87m	6.93m	7.30m
St. Andrews Shot Put Record: 11.69m (Kristin Zipkin)							
Discus Throw	Tyler Lee	25.60m	27.28m	25.07m	24.89m	23.07m	29.70m
St. Andrews Shot Put Record: 29.94m (Jacquelyn Adcock)							
Hammer	Tyler Lee	23.50m	23.31m	20.16m	22.29m	18.54m	24.88m
St. Andrews Hammer Throw Record: 24.88m (Tyler Lee)							
Long Jump	Tyler Lee	-	-	-	3.62m	-	3.99m
St. Andrews Long Jump Record: 3.99m (Tyler Lee)							
Javelin	Amy Tripson	18.54m	20.57m	18.69m	19.83m	19.90m	20.57m
St. Andrews Javelin Throw Record: 35.84 (Tessa Franz)							
100m Hurdles	Alex King	18.10	-	-	17.61	-	17.61
St. Andrews 100m Hurdles Record: 17.61m (Alex King)							
400m Hurdles	Alex King	-	1:15.58	-	1:15.15	1:19.09	1:15.15
St. Andrews 400m Hurdles Record: 1:15.15 (Alex King)							
3000m Steep.	Alex King	13:05.57	-	-	12:46.75	14.16.28	12:46.75
St. Andrews 3000m Steeplechase Record: 12:46.75 (Alex King)							

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MEN							
100m	Antonio Moffitt	-	11.39	11.38	11.42	11.45	11.38
	Dom. Holliday	11.87	11.71	-	11.67	11.52	11.52
	Derrick Richardson	11.92	11.81	-	11.50	11.45	11.45
St. Andrews 100m Record: 11.38 (Antonio Moffitt)							
200m	Antonio Moffitt	-	22.93	-	23:06	22.82	22.82
	Dom. Holliday	23.44	23.25	-	23:11	23.23	23.11
	Charles Phillips	-	-	25.43	25:21	-	23.83
	Derrick Richardson	24.30	24.04	23.42	23:60	23.42	23.42
St. Andrews 200m Record: 22.82 (Antonio Moffitt)							
400m	Charles Phillips	-	-	-	-	-	52.77
St. Andrews 400m Record: 52.77 (Charles Phillips)							
800m	Josh Pickett	2:04.46	2:04.68	2:03.86	2:02.62	2:05.82	2:02.62
	Brad McKee	2:20.88	-	-	-	-	2:11.63
	Jon Lecker	-	-	-	-	-	2:18.39
St. Andrews 800m Record: 1:59.14 (Ryan Janes)							
1500m	Josh Pickett	4:24.08	4:20.34	4:29.40	4:15.81	4:21.19	4:15.81
	Jim Walls	4:27.53	4:24.80	4:40.07	4:22.93	-	4:22.34
	Tommy Wilson	4:47.91	4:36.92	4:55.45	4:37.98	-	4:36.92
	Jon Lecker	4:44.49	4:42.34	4:41.67	4:45.58	-	4:41.67
	Brad McKee	4:44.59	4:51.61	4:43.83	4:34.55	4:34.63	4:34.55
	Will James	-	4:46.31	4:51.74	-	4:54.56	4:46.31
St. Andrews 1500m Record: 4:05.22 (Ryan Janes)							
5000m	Jim Walls	16:33.99	16:27.01	16:27.12	16:46.68	-	16:27.01
	Jon Lecker	18:04.06	17:28.56	17:20.76	17:58.89	18:02.37	17:20.76
	Doug Holt	-	-	-	-	-	16:10.40
	Tommy Wilson	17:46.87	17:44.81	-	-	-	17:27.27
	Will James	-	-	-	-	17:03.52	17:03.52
	Brad McKee	-	18:39.80	18:41.79	18:48.89	-	17:55.15
St. Andrews 5000m Record: 14:56.60 (Mitch Cooper)							
10000m	Doug Holt	-	-	-	-	-	33:53.03
	James Walls	-	-	-	-	-	36:16.52
	Will James	-	-	-	-	35:20.71	35:20.71
	Tommy Wilson	-	-	36:00.62	-	36:18.12	36:00.62
	Jon Lecker	-	-	-	-	37:43.06	37:43.06
St. Andrews 10000m Record: 32:17.94 (Pedro Tapia, Jr.)							
3000m Steep.	Doug Holt	-	-	-	-	-	9:51.59
	Tommy Wilson	-	-	-	-	11:36.65	11:36.65
St. Andrews 3000m Steeplechase Record: 9:34.16 (Mitch Cooper)							

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MEN							
Long Jump	Charles Phillips	5.79m	-	6.04m	6.20m	6.23m	6:47m
	Domonique Hollins	5.47m	5.41m	5.17m	5.36m	5.41m	5:47m
	Dom. Holliday	6.01m	4.28m	-	-	-	6:01m
St. Andrews Long Jump Record: 6.47m (Charles Phillips)							
High Jump	Charles Phillips	1.80m	-	-	-	1.83m	1.88m
	Dominique Hollins	1.75m	-	-	1.80m	1.78m	1.80m
St. Andrews High Jump Record: 1.88 (Charles Phillips)							
Triple Jump	Charles Phillips	-	-	12.06m	12.49m	12.18m	13.04m
St. Andrews Triple Jump Record: 13.04m (Charles Phillips)							
Shot Put	Matthew Rogers	12.43m	13.02m	13.65m	13.70m	14.39m	14.39m
	Allen Kiefer	-	10.60m	9.10m	10.20m	10.12m	10.60m
St. Andrews Shot Put Record: 14.39m (Matthew Rogers)							
Javelin	Allen Kiefer	-	40.81m	37.77m	41.38m	42.04m	42.04m
St. Andrews Javelin Record: 45.58m (Caelan Garner)							
Discus	Matthew Rogers	36.27m	30.80m	35.24m	37.83m	36.95m	37.83m
St. Andrews Shot Put Record: 37.83m (Matthew Rogers)							
Hammer	Matthew Rogers	33.44m	37.00m	33.70m	37.70m	37.79m	37.79m
St. Andrews Hammer Throw Record: 37.79m (Matthew Rogers)							