

2002 - 2003 Top Individual Female Performances

Event	Name	Time	Place	Date	Meet
55 meter dash	Janelle James	7.44*	1st h	February 28, 2003	NYSCTCs @ St. Lawrence
	Chantell Sandy	7.96	15th	February 22, 2003	SUNYACs @ Hobart
	Julie Adelman	8.04	3rd	December 7, 2002	Univ. of Rochester
	Lacey Bond	8.54	4th h	January 25, 2003	Hamilton
	Danielle Monty	8.84	8th	December 7, 2002	Univ. of Rochester
60 meter dash	Chantell Sandy	8.5	7th h	February 15, 2003	Cornell
	Julie Adelman	8.6	8th h	February 15, 2003	Cornell
200 meter dash	Julie Adelman	28.00	14th	February 22, 2003	SUNYACs @ Hobart
	Chantell Sandy	28.29	16th	February 15, 2003	SUNYACs @ Hobart
	Stephanie Rosenhahn	28.98	2nd	December 7, 2002	Univ. of Rochester
	Heather LaMere	29.2	48th	February 15, 2003	Cornell
	Lacey Bond	30.72	12th	February 1, 2003	Fredonia
	Amie Francicso	31.81	7th	December 7, 2002	Univ. of Rochester
	Jessica Roth	32.77	8th	December 7, 2002	Univ. of Rochester
400 meter dash	Heather LaMere	67.16	5th	February 8, 2003	Univ. of Rochester
	Michelle Hazelton	71.06	8th	February 8, 2003	Univ. of Rochester
	Jessica Roth	71.30	2nd	January 25, 2003	Hamilton
	Katie Schubbe	73.08	5th	December 7, 2002	Univ. of Rochester
500 meter dash	Stephanie Rosenhahn	1:21.15	4th	February 22, 2003	SUNYACs @ Hobart
	Michelle Hazelton	1:28.90	13th	February 22, 2003	SUNYACs @ Hobart
	Jessica Roth	1:31.9	23rd	February 15, 2003	Cornell
800 meter dash	Stephanie Rosenhahn	2:25.46	1st	February 1, 2003	Fredonia
	Christy Ecklund	2:32.26	4th	February 1, 2003	Fredonia
	Kate Poda	2:33.39	4th	February 8, 2003	Univ. of Rochester
	Katie Schubbe	2:45.2	42nd	February 15, 2003	Cornell
	Sammi Adkins	2:46.86	12th	February 8, 2003	Univ. of Rochester
	Michelle Hazelton	2:50.17	3rd	December 7, 2002	Univ. of Rochester
	Ashley Smith	2:52.36	14th	February 8, 2003	Univ. of Rochester
1000 meter run	Christy Ecklund	3:04.39*	4th	March 8, 2003	ECACs @ Tufts
	Stephanie Rosenhahn	3:11.67	2nd	February 8, 2003	Univ. of Rochester
	Sammi Adkins	3:26.19	3rd	January 25, 2003	Hamilton
	Amanda Mills	3:29.07	8th	February 8, 2003	Univ. of Rochester
	Dale Bauer	3:35.2	29th	February 15, 2003	Cornell
1500 meter run	Kate Poda	5:09.88	7th	February 1, 2003	Fredonia
	Sammi Adkins	5:16.62	10th	February 8, 2003	Univ. of Rochester
	Amanda Mills	5:26.33	13th	February 8, 2003	Univ. of Rochester
	Dale Bauer	5:39.04	17th	February 1, 2003	Fredonia
	Katie Schubbe	6:00.11	21st	February 1, 2003	Fredonia
1 Mile run	Christy Ecklund	5:29.7	14th	February 15, 2003	Cornell
3000 meter run	Sammi Adkins	10:58.80	5th	February 22, 2003	SUNYACs @ Hobart
	Amanda Mills	11:09.70	1st	December 7, 2002	Univ. of Rochester
	Virginia Bonner	12:26.21	5th	December 7, 2002	Univ. of Rochester
	Dale Bauer	12:41.89	7th	December 7, 2002	Univ. of Rochester
5000 meter run	Amanda Mills	19:40.44	14th	February 28, 2003	NYSCTCs @ St. Lawrence

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55 meter hurdles	Lacey Bond	8.80	2nd h	February 28, 2003	NYSCTCs @ St. Lawrence
	Sara Sonnekalb	9.58	12th	February 22, 2003	SUNYACs @ Hobart
	Stephanie Rosenhahn	10.24	3rd	February 8, 2003	Univ. of Rochester
	Anne Gores	10.85	2nd h	February 8, 2003	Univ. of Rochester
	Jessica Roth	10.94	4th	January 25, 2003	Hamilton
60 meter hurdles	Lacey Bond	9.5	2nd h	February 15, 2003	Cornell
	Sara Sonnekalb	10.3	6th h	February 15, 2003	Cornell
	Anne Gores	11.7	7th h	February 15, 2003	Cornell
800 meter relay	Stephanie Rosenhahn Janelle James Julie Adelman Chantell Sandy	1:51.57	7th	February 28, 2003	NYSCTCs @ St. Lawrence
800 meter relay	Lacey Bond Julie Adelman Sara Sonnekalb Anne Gores	2:03.85	4th	January 25, 2003	Hamilton
1600 meter relay	Stephanie Rosenhahn Julie Adelman Michelle Hazelton Chantell Sandy	4:18.36	9th	March 1, 2003	NYSCTCs @ St. Lawrence
1600 meter relay	Heather LaMere Christy Ecklund Julie Adelman Chantell Sandy	4:28.8	12th	February 15, 2003	Cornell
3200 meter relay	Stephanie Rosenhahn Sammi Adkins Kate Poda Christy Ecklund	9:58.63	11th	March 8, 2003	ECACs @ Tufts
3200 meter relay	Stephanie Rosenhahn Sammi Adkins Christy Ecklund Kate Poda	10:01.37	3rd	February 22, 2003	SUNYACs @ Hobart
Distance Medley	Kate Poda Chantell Sandy Stephanie Rosenhahn Christy Ecklund	12:48.78*	17th	March 7, 2003	ECACs @ Tufts
Distance Medley	Kate Poda Chantell Sandy Stephanie Rosenhahn Christy Ecklund	12:50.96	7th	February 28, 2003	NYSCTCs @ St. Lawrence

* denotes School Record

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Event	Name	Distance	Place	Date	Meet
Long Jump	Janelle James	4.92	6th	February 1, 2003	Fredonia
	Sara Sonnekalb	4.59	9th	February 1, 2003	Fredonia
	Stephanie Rosenhahn	4.55	10th	February 1, 2003	Fredonia
	Anne Gores	3.98	15th	February 8, 2003	Univ. of Rochester
Triple Jump	Jen Heim	10.02	6th	March 1, 2003	NYSCTCs @ St. Lawrence
	Janelle James	9.76	12th	March 1, 2003	NYSCTCs @ St. Lawrence
	Sara Sonnekalb	8.80	7th	February 8, 2003	Univ. of Rochester
High Jump	Ashley Nellis	1.55	6th	February 22, 2003	SUNYACs @ Hobart
	Ashley Smith	1.32	7th	February 8, 2003	Univ. of Rochester
Pole Vault	Stephanie Rosenhahn	3.20*	1st	February 8, 2003	Univ. of Rochester
	Anne Gores	2.59	3rd	January 25, 2003	Hamilton
Shot Put	Devin Marie Long	10.78	8th	February 22, 2003	SUNYACs @ Hobart
	Heather Hughes	10.54	3rd	December 7, 2002	Univ. of Rochester
	Jen Heim	9.65	15th	February 22, 2003	SUNYACs @ Hobart
	Katy Furner	8.46	17th	February 8, 2003	Univ. of Rochester
	Crystal Capellini	7.98	8th	December 7, 2002	Univ. of Rochester
	Lindsey Kasprzak	7.78	9th	December 7, 2002	Univ. of Rochester
	Ashley Smith	7.48	22nd	February 8, 2003	Univ. of Rochester
	Anne Gores	6.77	24th	February 8, 2003	Univ. of Rochester
Weight Throw	Heather Hughes	16.20*	1st	March 1, 2003	NYSCTCs @ St. Lawrence
	Katy Furner	13.60	5th	March 1, 2003	NYSCTCs @ St. Lawrence
	Jen Heim	12.04	7th	February 22, 2003	SUNYACs @ Hobart
	Devin Marie Long	10.43	13th	February 22, 2003	SUNYACs @ Hobart
	Laura Anderson	9.84	7th	January 25, 2003	Hamilton
	Becky Smolinsky	9.21	16th	February 22, 2003	SUNYACs @ Hobart
	Crystal Capellini	7.50	14th	February 1, 2003	Fredonia
	Lindsey Kasprzak	7.39	20th	February 8, 2003	Univ. of Rochester
Pentathlon					

* denotes school record