

**2003 - 2004 Top Individual Female Performances**

<b>Event</b>	<b>Name</b>	<b>Time</b>	<b>Place</b>	<b>Date</b>	<b>Meet</b>
55 meter dash	Kara Delaney	7.77	12th	February 21, 2004	SUNYACs @ Hobart
	Anne Gores	8.08	3rd	December 6, 2003	Rochester
	Kelly Hanes	8.58	5th	December 6, 2003	Rochester
	Jenna Mirabile	9.02	16th	January 24, 2004	St. Lawrence
60 meter dash	Kara Delaney	8.51	20th	February 14, 2004	Cornell
	Lacey Bond	8.79	30th	January 31, 2004	York
	Anne Gores	8.90	34th	January 31, 2004	York
	Jenna Mirabile	9.59	36th	February 14, 2004	Cornell
200 meter dash	Kara Delaney	28.57	27th	February 14, 2004	Cornell
	Lacey Bond	29.93	2nd	December 6, 2003	Rochester
	Jodi Myers	30.56	42nd	February 14, 2004	Cornell
	Jessica McLaughlin	31.41	5th	December 6, 2003	Rochester
	Jessica Roth	32.73	16th	January 24, 2004	St. Lawrence
	Jenna Mirabile	33.92	11th	February 7, 2004	Rochester
300 meter dash	Stephanie Rosenhahn	45.05	15th	January 31, 2004	York
	Kara Delaney	47.01	24th	January 31, 2004	York
	Jessica Roth	49.45	30th	January 31, 2004	York
400 meter dash	Jessica Roth	68.70	13th	February 27, 2004	NYSCTCs @ SLU
	Kristen Paulson	72.14	2nd	December 6, 2003	Rochester
500 meter dash	Stephanie Rosenhahn	1:21.24	8th	February 28, 2004	NYSCTCs @ SLU
	Kristen Paulson	1:30.58	17th	February 14, 2004	Cornell
	Jessica Roth	1:34.83	3rd	February 7, 2004	Rochester
600 meter dash	Teri Wilson	1:52.30	18th	January 31, 2004	York
	Kristen Paulson	1:55.84	25th	January 31, 2004	York
800 meter dash	Lindsey Goldberg	2:23.11	2nd	February 7, 2004	Rochester
	Stephanie Rosenhahn	2:28.77	2nd	December 6, 2003	Rochester
	Teri Wilson	2:41.18	3rd	December 6, 2003	Rochester
	Kristen Paulson	2:43.36	8th	February 7, 2004	Rochester
	Katie Schubbe	2:47.13	9th	February 7, 2004	Rochester
	Virginia Bonner	2:47.27	10th	February 7, 2004	Rochester
	Kelly Sundberg	2:59.93	Pent	January 31, 2004	York

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1000 meter run	Lindsey Goldberg	3:03.59*	4th	March 6, 2004	ECACs @ Bowdoin
	Teri Wilson	3:10.85	24th	February 14, 2004	Boston University
	Christy Ecklund	3:13.31	5th	January 24, 2004	St. Lawrence
	Katie Schubbe	3:35.45	16th	January 31, 2004	York
1500 meter run	Christy Ecklund	4:53.80*	2nd	February 7, 2004	Rochester
	Lindsey Goldberg	4:57.87	4th	February 21, 2004	SUNYACs @ Hobart
	Sammi Adkins	5:16.78	19th	January 31, 2004	York
	Virginia Bonner	5:36.89	9th	February 7, 2004	Rochester
1 Mile run	Lindsey Golberg	5:18.65*	43rd	February 14, 2004	Boston University
	Sammi Adkins	5:48.02	21st	February 14, 2004	Cornell
3000 meter run	Christy Ecklund	10:36.45	1st	January 31, 2004	York
	Sammi Adkins	10:40.67	6th	February 28, 2004	NYSCTCs @ SLU
	Vanessa Martell	11:10.75	14th	February 28, 2004	NYSCTCs @ SLU
	Virginia Bonner	12:18.67	15th	January 24, 2004	St. Lawrence
	Katie Schubbe	12:43.16	19th	February 14, 2004	Cornell
3000 meter RW	Katie Schubbe	18:44.95*	1st	February 27, 2004	NYSCTCs @ SLU
5000 meter run	Christy Ecklund	17:41.52*	21st	February 13, 2004	Boston University
	Sammi Adkins	19:24.73	7th	February 21, 2004	SUNYACs @ Hobart
	Vanessa Martell	19:35.24	13th	February 27, 2004	NYSCTCs @ SLU
	Virginia Bonner	21:08.74	15th	February 14, 2004	Cornell

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<b>Event</b>	<b>Name</b>	<b>Time</b>	<b>Place</b>	<b>Date</b>	<b>Meet</b>
55 meter hurdles	Lacey Bond	8.62	3rd	February 21, 2004	SUNYACs @ Hobart
	Kelly Sundberg	9.20	2nd	December 6, 2003	Rochester
	Jodi Myers	10.00	11th	February 21, 2004	SUNYACs @ Hobart
	Ellie Strohl	10.20	12th	January 24, 2004	St. Lawrence
	Katie Koerner	11.65	11th	February 7, 2004	Rochester
60 meter hurdles	Lacey Bond	9.65	3rd h	January 31, 2004	York
	Kelly Sundberg	10.02	Pent	January 31, 2004	York
	Jodi Myers	11.13	16th	January 31, 2004	York
	Katie Koerner	13.57	31st	February 14, 2004	Cornell
800 meter relay	Jessica Roth Kelly Hanes Jessica McLaughlin Kara Delaney	1:57.50	10th	February 27, 2004	NYSCTCs @ St. Lawrence
800 meter relay	Stephanie Rosenhahn Lacey Bond Jessica McLaughlin Kara Delaney	1:58.57	4th	January 24th, 2004	St. Lawrence
1600 meter relay	Jessica Roth Kara Delaney Molly Nelson Katie Schubbe	4:33.22	11th	February 28, 2004	NYSCTCs @ St. Lawrence
1600 meter relay	Kristen Paulson Jessica Roth Kara Delaney Katie Schubbe	4:36.42	5th	February 21, 2004	SUNYACs @ Hobart
3200 meter relay	Teri Wilson Vanessa Martell Lindsey Goldberg Sammi Adkins	9:57.07	8th	March 6, 2004	ECACs @ Bowdoin
3200 meter relay	Stephanie Rosenhahn Lindsey Goldberg Sammi Adkins Vanessa Martell	9:57.63	6th	February 28, 2004	NYSCTCs @ St. Lawrence
Distance Medley	Sammi Adkins Kara Delaney Vanessa Martell Lindsey Goldberg	12:46.59*	12th	March 5, 2004	ECACs @ Bowdoin
Distance Medley	Lindsey Goldberg Teri Wilson Sammi Adkins Christy Ecklund	12:59.68	1st	February 7, 2004	Rochester

\* denotes School Record

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<b>Event</b>	<b>Name</b>	<b>Distance</b>	<b>Place</b>	<b>Date</b>	<b>Meet</b>
Long Jump	Kelly Hanes	4.93	1st	January 24, 2004	St. Lawrence
	Kelly Sundberg	4.66	6th	January 24, 2004	St. Lawrence
	Jessica McLaughlin	4.52	7th	February 7, 2004	Rochester
	Ellie Strohl	4.21	12th	January 24, 2004	St. Lawrence
Triple Jump	Kelly Hanes	10.24	16th	February 14, 2004	Cornell
	Kelly Sundberg	10.20	1st	December 6, 2003	Rochester
	Jessica McLaughlin	8.87	3rd	December 6, 2003	Rochester
	Ellie Strohl	8.80	4th	December 6, 2003	Rochester
High Jump	Molly Nelson	1.50	8th tie	February 14, 2004	Cornell
	Kelly Sundberg	1.44	Pent	January 31, 2004	York
	Kelly Hanes	1.37	5th	December 6, 2003	Rochester
Pole Vault	Anne Gores	3.30*	5th	February 14, 2004	Cornell
	Molly Nelson	3.15	11th	February 14, 2004	Cornell
	Haley Eagan	3.00	14th	February 14, 2004	Cornell
	Stephanie Rosenhahn	2.90	7th	February 21, 2004	SUNYACs @ Hobart
	Liz Glatz	2.90	9th	February 28, 2004	NYSCTCs @ SLU
Shot Put	Jen Heim	9.71	9th	January 24, 2004	St. Lawrence
	Mary Ellis	9.55	6th	January 31, 2004	York
	Erica Jewell	8.82	6th	December 6, 2003	Rochester
	Katy Furner	8.49	14th	January 24, 2004	St. Lawrence
	Kelly Sundberg	8.13	Pent	January 31, 2004	York
	Lindsey Kasprzak	7.44	13th	January 31, 2004	York
	Ellie Strohl	6.70	23rd	January 24, 2004	St. Lawrence
Weight Throw	Jen Heim	13.62	3rd	February 7, 2004	Rochester
	Katy Furner	13.07	2nd	December 6, 2003	Rochester
	Mary Ellis	12.17	7th	February 7, 2004	Rochester
	Lindsey Kasprzak	9.83	24th	February 14, 2004	Cornell
	Becky Smolinsky	9.29	27th	February 14, 2004	Cornell
	Erica Jewell	8.04	14th	December 6, 2003	Rochester
Pentathlon	Kelly Sundberg	2445 pts	6th	January 31, 2004	York

\* denotes school record