

2004 - 2005 Top Individual Female Performances

Event	Name	Performance	Place	Date	Meet
55 meter dash	Nicole Mosman	7.57	2nd h	February 25, 2005	NYSCTCs @ RIT
	Nicole Mattis	7.60	3rd h	February 25, 2005	NYSCTCs @ RIT
	Kara Delaney	7.74	9th	February 25, 2005	NYSCTCs @ RIT
	Amanda Phister	8.10	6th	December 4, 2004	Rochester
	Lisette Pena	8.55	8th	December 4, 2004	Rochester
	Jessica McLaughlin	8.77	9th	December 4, 2004	Rochester
60 meter dash	Nicole Mosman	8.23	2nd h	February 12, 2005	Cornell
	Nicole Mattis	8.36	15th	February 12, 2005	Cornell
	Kara Delaney	8.43	16th	February 12, 2005	Cornell
	Lacey Bond	9.04	66th	January 29, 2005	Bucknell
	Sara Stryffeler	9.38	70th	January 29, 2005	Bucknell
200 meter dash	Nicole Mattis	27.04*	5th	February 26, 2005	NYSCTCs @ RIT
	Nicole Mosman	27.91	15th	February 12, 2005	Cornell
	Kara Delaney	28.11	10th	February 2, 2005	SUNYACs @ Hobart
	Jessica Grass	29.11	60th	January 29, 2005	Bucknell
	Lacey Bond	30.32	13th	January 22, 2005	St. Lawrence
	Laura Brodfuehrer	31.89	25th	February 6, 2005	Syracuse
	Sara Stryffeler	31.95	18th	January 22, 2005	St. Lawrence
	Lisette Pena	32.02	10th	December 4, 2004	Rochester
400 meter dash	Kara Delaney	64.19	7th	February 19, 2005	SUNYACs @ Hobart
	Megan Bero	65.54	5th	January 22, 2005	St. Lawrence
	Jill Neidlinger	66.80	19th	February 6, 2005	Syracuse
	Jessica Roth	66.84	15th	February 25, 2005	NYSCTCs @ RIT
500 meter dash	Megan Bero	1:23.47	10th	February 26, 2005	NYSCTCs @ RIT
	Laura Brodfuehrer	1:34.74	25th	February 12, 2005	Cornell
800 meter dash	Candace Sonberg	2:26.50	51st	February 12, 2005	Boston University
	Teri Wilson	2:26.52	52nd	February 12, 2005	Boston University
	Vanessa Martell	2:27.40	61st	February 12, 2005	Boston University
	Megan Bero	2:30.68	12th	February 6, 2005	Syracuse
	Lindsey Goldberg	2:31.71	14th	February 6, 2005	Syracuse
	Katie Schubbe	2:44.92	4th	December 4, 2004	Rochester
1000 meter run	Teri Wilson	3:07.86	3rd	February 19, 2005	SUNYACs @ Hobart
	Lindsey Goldberg	3:09.42	5th	February 19, 2005	SUNYACs @ Hobart
	Yvonne Smith	3:33.28	11th	January 22, 2005	St. Lawrence
1500 meter run	Candace Sonberg	4:57.14	7th	February 26, 2005	NYSCTCs @ RIT
	Teri Wilson	5:23.74	8th	January 22, 2005	St. Lawrence

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Event	Name	Performance	Place	Date	Meet		
1 Mile run	Candace Sonberg	5:32.98	15th	January 29, 2005	Bucknell		
	Lindsey Goldberg	5:35.08	13th	February 12, 2005	Cornell		
	Vanessa Martell	5:42.79	19th	January 29, 2005	Bucknell		
	Meagan Hennessy	6:23.78	28th	February 12, 2005	Cornell		
	Megan Whalon	6:30.94	30th	February 12, 2005	Cornell		
1 Mile RW	Katie Schubbe	8:44.44	8th	January 29, 2005	Bucknell		
3000 meter run	Candace Sonberg	10:45.69	8th	February 6, 2005	Syracuse		
	Vanessa Martell	11:02.13	48th	February 11, 2005	Boston University		
	Kristen Paulson	12:14.76	18th	February 6, 2005	Syracuse		
	Katie Schubbe	12:25.06	30th	January 29, 2005	Bucknell		
3000 meter RW	Katie Schubbe	17:55.36*	2nd	February 25, 2005	NYSCTCs @ RIT		
5000 meter run	Candace Sonberg	18:43.08	11th	March 4, 2005	ECACs @ SLU		
	Vanessa Martell	19:19.90	5th	February 19, 2005	SUNYACs @ Hobart		
	Justine Mosher	20:00.63	22nd	February 25, 2005	NYSCTCs @ RIT		
	Katie Schubbe	21:22.10	4th	January 22, 2005	St. Lawrence		
	Megan Whalon	21:48.75	15th	February 6, 2005	Syracuse		
55 meter hurdles	Lacey Bond	8.80	2nd h	February 19, 2005	SUNYACs @ Hobart		
	Jessica Grass	9.06	9th	February 25, 2005	NYSCTCs @ RIT		
	Sara Stryffeler	9.91	3rd	December 4, 2004	Rochester		
	Laura Brodfuehrer	10.11	14th	February 19, 2005	SUNYACs @ Hobart		
	Liz Hiler	10.65	5th	December 4, 2004	Rochester		
60 meter hurdles	Lacey Bond	9.73	1st h	February 12, 2005	Cornell		
	Jessica Grass	9.92	10th	February 12, 2005	Cornell		
	Sara Stryffeler	10.76	30th	January 28, 2005	Bucknell		
	Laura Brodfuehrer	10.79	15th	February 6, 2005	Syracuse		
	Kelly Sundberg	11.01	31st	January 28, 2005	Bucknell		
800 meter relay	Nicole Mattis Jessica Grass Kara Delaney Nicole Mosman	1:49.87*	6th	February 25, 2005	NYSCTCs @ RIT		
	800 meter relay	Nicole Mattis Jessica Grass Kara Delaney Nicole Mosman	1:50.99	11th	March 4, 2005	ECACs @ SLU	
		1600 meter relay	Laura Brodfuehrer Jessica Roth Jill Neidlinger Kara Delaney	4:23.39	10th	February 26, 2005	NYSCTCs @ RIT
			1600 meter relay	Jessica Grass Megan Bero Lindsey Goldberg Kara Delaney	4:24.90	4th	February 6, 2005

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Event	Name	Performance	Place	Date	Meet
3200 meter relay	Lindsey Goldberg	9:46.60*	3rd	March 5, 2005	ECACs @ SLU
	Teri Wilson				
	Vanessa Martell				
	Candace Sonberg				
3200 meter relay	Lindsey Goldberg	9:59.19	2nd	February 19, 2005	SUNYACs @ Hobart
	Teri Wilson				
	Vanessa Martell				
	Candace Sonberg				
Distance Medley	Teri Wilson	12:46.52*	4th	February 25, 2004	NYSCTCs @ RIT
	Megan Bero				
	Lindsey Goldberg				
	Candace Sonberg				
Distance Medley	Teri Wilson	12:53.61	7th	March 4, 2005	ECACs @ SLU
	Megan Bero				
	Vanessa Martell				
	Lindsey Goldberg				
Long Jump	Jessica Grass	4.92	1st	December 4, 2004	Rochester
	Kelly Sundberg	4.78	13th	February 25, 2005	NYSCTCs @ RIT
	Kelly Hanes	4.36	21st	February 12, 2005	Cornell
	Jessica McLaughlin	4.02	7th	December 4, 2004	Rochester
Triple Jump	Kelly Hanes	10.29	7h	February 19, 2005	SUNYACs @ Hobart
	Kelly Sundberg	10.27	7th	February 26, 2005	NYSCTCs @ RIT
	Jessica McLaughlin	F		December 4, 2004	Rochester
High Jump	Amanda Phister	1.55	3rd	December 4, 2004	Rochester
	Molly Nelson	1.50	4th	December 4, 2004	Rochester
	Liz Glatz	1.45	15th	February 12, 2005	Cornell
Pole Vault	Molly Nelson	3.30*	4th	February 12, 2005	Cornell
	Anne Gores	3.20	1st	December 4, 2004	Rochester
	Liz Glatz	3.20	1st	February 26, 2005	NYSCTCs @ RIT
	Haley Eagan	3.00	8th	February 12, 2005	Cornell
	Cassidy Milliman	2.30	4th tie	December 4, 2004	Rochester
	Catherine Glatz	2.15	8th	December 4, 2004	Rochester
Shot Put	Mary Ellis	11.23	5th	February 19, 2005	SUNYACs @ Hobart
	Jen Heim	10.74	9th	February 19, 2005	SUNYACs @ Hobart
	Alicia Stadtmiller	10.43	14th	February 6, 2005	Syracuse
Weight Throw	Jen Heim	15.14	5th	March 4, 2005	ECACs @ SLU
	Mary Ellis	13.38	6th	February 19, 2005	SUNYACs @ Hobart
	Alicia Stadtmiller	12.50	8th	February 19, 2005	SUNYACs @ Hobart
Pentathlon					

* denotes school record