

2005 - 2006 Top Individual Female Performances

Event	Name	Performance	Place	Date	Meet
55 meter dash	Nicole Mattis	7.58	3rd h	February 24, 2006	NYSCTCs @ RIT
	Andrea Vitello	7.60	2nd h	February 18, 2006	SUNYACs @ Hobart
	Nicole Mosman	7.61	6th	February 18, 2006	SUNYACs @ Hobart
	Kara Delaney	7.67	10th	February 24, 2006	NYSCTCs @ RIT
	Nicole Sosnoski	7.69	1st h	January 21, 2006	RIT
	Britney Falcon	7.92	semi	January 28, 2006	St. Lawrence
60 meter dash	Andrea Vitello	8.18*	9th	December 3, 2005	Cornell Relays
	Nicole Mosman	8.21	5th	February 11, 2006	Cornell
	Kara Delaney	8.29	17th	December 3, 2005	Cornell Relays
	Nicole Mattis	8.34	12th	February 4, 2006	Syracuse
	Britney Falcon	8.53	15th	February 11, 2006	Cornell
	Nicole Sosnoski	8.57	19th	February 4, 2006	Syracuse
200 meter dash	Nicole Mattis	26.82*	3rd	February 25, 2006	NYSCTCs @ RIT
	Andrea Vitello	26.92	64th	February 10, 2006	Boston University
	Nicole Sosnoski	27.45	10th	February 18, 2006	SUNYACs @ Hobart
	Kara Delaney	27.83	13th	February 18, 2006	SUNYACs @ Hobart
	Nicole Mosman	27.96	15th	February 18, 2006	SUNYACs @ Hobart
	Lisa VonZagorski	28.72	17th	February 4, 2006	Syracuse
	Britney Falcon	28.84	19th	February 11, 2006	Cornell
	Jessica Grass	29.31	25th	February 4, 2006	Syracuse
	Megan Bero	31.05	21st	January 21, 2006	RIT
300 meter dash	Shannon O'Keefe	44.44	14th	December 3, 2005	Cornell Relays
	Andrea Vitello	45.41	21st	December 3, 2005	Cornell Relays
	Kara Delaney	45.50	24th	December 3, 2005	Cornell Relays
	Nicole Mattis	45.80	26th	December 3, 2005	Cornell Relays
	Nicole Mosman	51.54	51st	December 3, 2005	Cornell Relays
	Sara Stryffeler	51.54	51st	December 3, 2005	Cornell Relays
400 meter dash	Randi DeBoy	60.69	2nd	February 25, 2006	NYSCTCs @ RIT
	Shannon O'Keefe	61.63	71st	February 10, 2006	Boston University
	Lisa VonZagorski	64.72	8th	February 11, 2006	Cornell
500 meter dash	Shannon O'Keefe	1:22.95	12th	February 25, 2006	NYSCTCs @ RIT
	Randi DeBoy	1:23.07	4th	January 21, 2006	RIT
	Lisa VonZagorski	1:27.71	15th	December 3, 2005	Cornell Relays
	Megan Bero	1:29.96	24th	February 11, 2006	Cornell
800 meter dash	Teri Wilson	2:21.04	6th	March 4, 2006	ECACs @ Ursinus
	Candace Sonberg	2:30.53	18th	February 11, 2006	Cornell
	Megan Bero	2:35.10	7th	February 18, 2006	SUNYACs @ Hobart
	Lauren Roe	2:35.75	24th	February 11, 2006	Cornell
	Kelly Hanes	2:39.87	6th	February 19, 2006	NYSCTCs @ Cornell
	Anna Sullivan	2:42.16	30th	February 11, 2006	Cornell
	Sam Rinaldo	2:48.69	14th	February 4, 2006	Syracuse
	Steph Grinmanis	2:50.29	16th	February 4, 2006	Syracuse

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Event	Name	Performance	Place	Date	Meet
1000 meter run	Lindsey Goldberg	3:10.08	10th	February 10, 2006	Boston University
	Teri Wilson	3:15.34	2nd	January 21, 2006	RIT
	Candace Sonberg	3:25.53	9th	January 21, 2006	RIT
	Anne Thompson	3:32.75	11th	January 28, 2006	St. Lawrence
	Lauren Roe	3:33.48	14th	February 18, 2006	SUNYACs @ Hobart
	Sam Rinaldo	3:35.44	23rd	February 11, 2006	Cornell
	Anna Sullivan	3:46.55	17th	February 4, 2006	Syracuse
	Mir Gecaj	3:50.12	27th	February 11, 2006	Cornell
1 Mile run	Teri Wilson	5:04.52*	1st	March 4, 2006	ECACs @ Ursinus
	Lindsey Goldberg	5:39.10	2nd	January 28, 2006	St. Lawrence
	Candace Sonberg	5:45.46	12th	February 4, 2006	Syracuse
	Anne Thompson	6:01.58	4th	January 28, 2006	St. Lawrence
	Steph Grinmanis	6:18.48	13th	January 21, 2006	RIT
	Mir Gecaj	6:45.92	17th	January 21, 2006	RIT
3000 meter run	Teri Wilson	10:33.81*	4th	February 18, 2006	SUNYACs @ Hobart
	Anne Thompson	12:07.51	15th	January 21, 2006	RIT
	Anna Sullivan	13:40.26	29th	December 3, 2005	Cornell Relays
5000 meter run	Teri Wilson	19:11.50	8th	January 21, 2006	RIT
	Candace Sonberg	19:40.11	7th	February 18, 2006	SUNYACs @ Hobart
	Anne Thompson	21:27.62	19th	February 11, 2006	Cornell
55 meter hurdles	Jessica Grass	8.84	3rd	February 18, 2006	SUNYACs @ Hobart
	Kelly Hanes	10.00	9th	February 19, 2006	NYSCTCs @ Cornell
	Lisa VonZagorski	10.05	12th	February 18, 2006	SUNYACs @ Hobart
60 meter hurdles	Jessica Grass	9.70	6th	February 4, 2006	Syracuse
	Sara Stryffeler	10.49	23rd	December 3, 2005	Cornell Relays
	Kelly Hanes	10.57	20th	February 11, 2006	Cornell
	Lisa VonZagorski	10.67	25th	December 3, 2005	Cornell Relays

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Event	Name	Performance	Place	Date	Meet
800 meter relay	Nicole Mattis	1:49.22*	7th	March 3, 2006	ECACs @ Ursinus
	Nicole Mosman				
	Andrea Vitello				
	Kara Delaney				
800 meter relay	Nicole Mattis	1:53.45	3rd	January 21, 2006	RIT
	Nicole Mosman				
	Andrea Vitello				
	Kara Delaney				
1600 meter relay	Randi DeBoy	4:07.94*	3rd	February 25, 2006	NYSCTCs @ RIT
	Andrea Vitello				
	Kara Delaney				
	Shannon O'Keeffe				
1600 meter relay	Randi DeBoy	4:10.56	29th	February 10, 2006	Boston University
	Andrea Vitello				
	Kara Delaney				
	Shannon O'Keeffe				
3200 meter relay	Candace Sonberg	10:04.31	7th	February 25, 2006	NYSCTCs @ RIT
	Megan Bero				
	Lindsey Goldberg				
	Teri Wilson				
3200 meter relay	Teri Wilson	10:28.22	5th	February 18, 2006	SUNYACs @ Hobart
	Lindsey Goldberg				
	Lauren Roe				
	Megan Bero				
Distance Medley	Lindsey Goldberg	12:42.70*	4th	February 24, 2006	NYSCTCs @ RIT
	Shannon O'Keeffe				
	Candace Sonberg				
	Teri Wilson				
Distance Medley	Teri Wilson	13:24.63	4th	February 4, 2006	Syracuse
	Andrea Vitello				
	Lindsey Goldberg				
	Candace Sonberg				
Long Jump	Nicole Sosnoski	5.51*	4th	February 11, 2006	Cornell
	Britney Falcon	5.22	4th	February 4, 2006	Syracuse
	Kelly Hanes	5.04	5th	February 24, 2006	NYSCTCs @ RIT
	Jessica Grass	5.01	6th	February 24, 2006	NYSCTCs @ RIT
	Shannon O'Keeffe	4.78	9th	February 4, 2006	Syracuse
Triple Jump	Nicole Sosnoski	11.37*	6th	December 3, 2005	Cornell Relays
	Shannon O'Keeffe	11.23	4th	February 18, 2006	SUNYACs @ Hobart
	Britney Falcon	11.13	6th	February 18, 2006	SUNYACs @ Hobart
	Kelly Hanes	11.02	7th	February 18, 2006	SUNYACs @ Hobart
High Jump	Kelly Hanes	1.50		March 3, 2006	ECACs @ Ursinus
	Molly Nelson	NH		February 4, 2006	Syracuse

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Event	Name	Performance	Place	Date	Meet
Pole Vault	Tracy Lippincott	3.45*	1st	February 18, 2006	SUNYACs @ Hobart
	Anne Gores	3.37	3rd	March 3, 2006	ECACs @ Ursinus
	Haley Eagan	3.22	4th	March 3, 2006	ECACs @ Ursinus
	Molly Neson	3.22	5th	March 3, 2006	ECACs @ Ursinus
	Cassidy Milliman	2.45	14th	February 18, 2006	SUNYACs @ Hobart
Shot Put	Jen Heim	12.01	1st	February 18, 2006	SUNYACs @ Hobart
	Alicia Stadtmiller	10.89	3rd	January 28, 2006	St. Lawrence
	Michelle Halling	10.39	12th	December 3, 2005	Cornell Relays
	Kelly Hanes	9.45	3rd	February 19, 2006	NYSCTCs @ Cornell
Weight Throw	Jen Heim	15.75	3rd	February 24, 2006	NYSCTCs @ RIT
	Alicia Stadtmiller	14.79	7th	February 24, 2006	NYSCTCs @ RIT
	Katy Furner	14.10	3rd	February 18, 2006	SUNYACs @ Hobart
	Michelle Halling	10.16	20th	December 3, 2005	Cornell Relays
Pentathlon	Kelly Hanes	2854	6th	March 3, 2006	ECACs @ Ursinus

* denotes school record