

**2006 - 2007 Top Individual Female Performances**

<b>Event</b>	<b>Name</b>	<b>Performance</b>	<b>Place</b>	<b>Date</b>	<b>Meet</b>
55 meter dash	Jenny Ruhlman	7.51	5th	February 17, 2007	SUNYACs @ Hobart
	Nicole Sosnoski	7.66	3rd	January 27, 2007	St. Lawrence
	Randi DeBoy	7.72	1st h	February 2, 2007	RIT
	Andrea Vitello	7.89	7th	January 20, 2007	RIT
	Kara Delaney	7.92	5th h	December 9, 2006	St. Lawrence
	Nicole Mattis	7.93	6th h	December 9, 2006	St. Lawrence
	Britney Falcon	8.00	10th	December 9, 2006	St. Lawrence
	Natalie Gregorski	8.22	15th	February 2, 2007	RIT
	Lauren Campenella	8.53	25th	January 20, 2007	RIT
60 meter dash	Andrea Vitello	8.38	20th	December 2, 2006	Cornell Relays
	Jenny Ruhlman	8.39	21st	December 2, 2006	Cornell Relays
	Nicole Sosnoski	8.50	28th	December 2, 2006	Cornell Relays
	Kara Delaney	8.75	35th	December 2, 2006	Cornell Relays
	Britney Falcon	8.79	39th	December 2, 2006	Cornell Relays
	Nicole Mattis	8.98	42nd	December 2, 2006	Cornell Relays
200 meter dash	Jenny Ruhlman	26.87	5th	February 17, 2007	SUNYACs @ Hobart
	Randi DeBoy	26.91	2nd h	February 23, 2007	NYSCTCs @ SLU
	Andrea Vitello	27.96	115th	February 10, 2007	Boston Univesity
	Shannon O'Keeffe	28.06	3rd	February 2, 2007	RIT
	Nicole Mattis	28.17	18th	February 17, 2007	SUNYACs @ Hobart
	Britney Falcon	29.06	132nd	February 10, 2007	Boston Univesity
	Natalie Gregorski	29.15	17th	January 20, 2007	RIT
	Kara Delaney	29.18	8th	January 27, 2007	St. Lawrence
	Lisa VonZagorski	29.53	21st	January 20, 2007	RIT
	Jessica Grass	31.05	34th	January 20, 2007	RIT
300 meter dash	Randi DeBoy	43.74	11th	December 2, 2006	Cornell Relays
	Shannon O'Keeffe	44.04	14th	December 2, 2006	Cornell Relays
	Jenny Ruhlman	45.26	25th	December 2, 2006	Cornell Relays
	Andrea Vitello	45.40	27th	December 2, 2006	Cornell Relays
	Lisa VonZagorski	46.61	37th	December 2, 2006	Cornell Relays
	Karly Donovan	48.65	50th	December 2, 2006	Cornell Relays
	Nicole Mattis	49.53	52nd	December 2, 2006	Cornell Relays
	Kara Delaney	50.49	56th	December 2, 2006	Cornell Relays
400 meter dash	Randi DeBoy	60.41	17th	March 3, 2007	ECACs
	Shannon O'Keeffe	61.18	6th	February 17, 2007	SUNYACs @ Hobart
	Natalie Gregorski	64.08	7th	December 9, 2006	St. Lawrence
	Lisa VonZagorski	66.52	4th	February 2, 2007	RIT
	Megan Bero	67.51	6th	February 2, 2007	RIT
	Karly Donovan	68.87	8th	February 2, 2007	RIT
500 meter dash	Shannon O'Keeffe	1:22.34	3rd	January 20, 2007	RIT
	Randi DeBoy	1:22.63	5th	January 20, 2007	RIT
	Karina Spicer	1:28.07	36th	February 10, 2007	Boston University
	Megan Bero	1:28.96	14th	January 20, 2007	RIT
	Allyson Granish	1:29.35	15th	December 2, 2006	Cornell Relays
	Karly Donovan	1:34.37	23rd	January 20, 2007	RIT

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Event	Name	Performance	Place	Date	Meet
800 meter dash	Teri Wilson	2:21.75	1st	February 2, 2007	RIT
	Allyson Granish	2:31.16	10th	February 17, 2007	SUNYACs @ Hobart
	Karina Spicer	2:37.34	18th	February 2, 2007	RIT
	Megan Bero	2:38.96	12th	January 27, 2007	St. Lawrence
	Tara Phouthavongsa	2:39.5	6th	February 18, 2007	NYSCTCs @ Cornell
	Lauren Roe	2:42.13	17th	January 20, 2007	RIT
	Anna Sullivan	2:42.62	19th	January 20, 2007	RIT
	Kelly Hanes	2:47.3	12th	February 18, 2007	NYSCTCs @ Cornell
	Kelly Crabb	2:53.2	13th	February 18, 2007	NYSCTCs @ Cornell
	Kim LeRoy	2:55.13	26th	January 20, 2007	RIT
1000 meter run	Lindsey Goldberg	3:15.84	5th	January 27, 2007	St. Lawrence
	Anna Sullivan	3:24.33	11th	February 2, 2007	RIT
	Lauren Roe	3:28.03	14th	February 2, 2007	RIT
	Brigid Colgan	3:46.15	19th	February 2, 2007	RIT
	Jackie Schaub	3:48.74	21st	February 2, 2007	RIT
1 Mile run	Teri Wilson	5:10.70	4th	February 24, 2007	NYSCTCs @ SLU
	Lindsey Goldberg	5:30.62	11th	February 17, 2007	SUNYACs @ Hobart
	Anna Sullivan	5:53.07	3rd	December 9, 2006	St. Lawrence
	Jen Siglin	5:56.40	19th	February 2, 2007	RIT
	Allyson Granish	5:58.29	5th	December 9, 2006	St. Lawrence
	Lauren Roe	5:59.34	7th	January 27, 2007	St. Lawrence
	Karina Spicer	6:13.23	24th	January 20, 2007	RIT
	Shannon Meehan	6:19.16	9th	January 27, 2007	St. Lawrence
	Molly Brownson	6:38.82	30th	January 20, 2007	RIT
Brigid Colgan	7:08.78	32nd	January 20, 2007	RIT	
3000 meter run	Teri Wilson	<b>10:17.41*</b>	1st	January 27, 2007	St. Lawrence
	Jen Siglin	11:56.01	9th	February 17, 2007	SUNYACs @ Hobart
	Anna Sullivan	12:24.99	14th	December 2, 2006	Cornell Relays
	Karina Spicer	12:35.20	30th	January 20, 2007	RIT
	Shannon Meehan	12:36.22	31st	January 20, 2007	RIT
	Ashlie Bonadonna	13:30.95	37th	January 20, 2007	RIT
	Jackie Schaub	14:20.91	39th	January 20, 2007	RIT
5000 meter run	Teri Wilson	18.10.25	1st	December 2, 2006	Cornell Relays
	Karina Spicer	20:41.42	7th	January 27, 2007	St. Lawrence
	Jen Siglin	20:45.75	52nd	February 10, 2007	Boston University
	Caileen Childs	21:10.50	13th	February 2, 2007	RIT
	Shannon Meehan	21:16.65	11th	February 17, 2007	SUNYACs @ Hobart
55 meter hurdles	Tara Phouthavongsa	8.82	3rd h	February 23, 2007	NYSCTCs @ SLU
	Kerry Boyle	9.02	1st h	January 20, 2007	RIT
	Natalie Gregorski	9.64	11th	February 17, 2007	SUNYACs @ Hobart
	Sara Stryffeler	9.69	2nd h	December 9, 2006	St. Lawrence
	Jessica Grass	9.71	9th	February 2, 2007	RIT
	Lisa VonZagorski	9.97	13th	February 2, 2007	RIT
	Kelly Hanes	10.20	12th	February 18, 2007	NYSCTCs @ Cornell
	Anna Sullivan	10.35	19th	January 20, 2007	RIT
	Kelly Crabb	10.51	21st	January 20, 2007	RIT
60 meter hurdles	Kerry Boyle	9.77	11th	December 2, 2006	Cornell Relays
	Jessica Grass	10.45	20th	December 2, 2006	Cornell Relays
	Sara Stryffeler	10.48	21st	December 2, 2006	Cornell Relays
	Lisa VonZagorski	10.71	26th	December 2, 2006	Cornell Relays
	Anna Sullivan	10.95	28th	December 2, 2006	Cornell Relays
	Kelly Crabb	12.40	34th	December 2, 2006	Cornell Relays

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Event	Name	Performance	Place	Date	Meet
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800 meter relay	Nicole Sosnoski Shannon O'Keeffe Randi DeBoy Jenny Ruhlman	<b>1:47.00*</b>	2nd	March 2, 2007	ECACs @ Wesleyan
800 meter relay	Shannon O'Keeffe Nicole Sosnoski Randi DeBoy Jenny Ruhlman	1:47.64	2nd	February 23, 2007	NYSCTCs @ SLU
1600 meter relay	Randi DeBoy Teri Wilson Natalie Gregorski Shannon O'Keeffe	<b>4:06.27*</b>	7th	March 3, 2007	ECACs @ Wesleyan
1600 meter relay	Randi DeBoy Jenny Ruhlman Natalie Gregorski Shannon O'Keeffe	4:08.27	3rd	February 24, 2007	NYSCTCs @ SLU
3200 meter relay	Karina Spicer Jen Siglin Allyson Granish Anna Sullivan	10:23.00	12th	February 24, 2007	NYSCTCs @ SLU
3200 meter relay					
Distance Medley	Karina Spicer Lisa VonZagorski Allyson Granish Lindsey Goldberg	13:39.95	5th	February 17, 2007	SUNYACs @ Hobart
Distance Medley	Allyson Granish Natalie Gregorski Karina Spicer Anna Sullivan	13:39.98	11th	February 23, 2007	NYSCTCs @ SLU
Long Jump	Tara Phouthavongsa	5.35	2nd	February 17, 2007	SUNYACs @ Hobart
	Nicole Sosnoski	5.30	3rd	February 17, 2007	SUNYACs @ Hobart
	Kerry Boyle	5.20	1st	December 9, 2006	St. Lawrence
	Kelly Hanes	4.89	9th	February 17, 2007	SUNYACs @ Hobart
	Lauren Campanella	4.84	8th	February 2, 2007	RIT
	Britney Falcon	4.75	5th	December 9, 2006	St. Lawrence
	Andrea Vitello	4.34	13th	January 27, 2007	St. Lawrence
	Kelly Crabb	4.13	15th	February 18, 2007	NYSCTCs @ Cornell
Triple Jump	Shannon O'Keeffe	<b>11.61*</b>	1st	February 17, 2007	SUNYACs @ Hobart
	Nicole Sosnoski	11.55	2nd	February 17, 2007	SUNYACs @ Hobart
	Tara Phouthavongsa	11.41	1st	February 24, 2007	NYSCTCs @ SLU
	Kelly Hanes	10.81	6th	February 17, 2007	SUNYACs @ Hobart
	Britney Falcon	10.59	3rd	December 9, 2007	St. Lawrence
	Kerri Boyle	9.76	9th	February 2, 2007	RIT
	Lauren Campanella	9.56	15th	February 2, 2007	RIT

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Event	Name	Performance	Place	Date	Meet
High Jump	Tara Phouthavongsa	<b>1.70*</b>	1st	February 18, 2007	NYSCTCs @ Cornell
	Kerry Boyle	1.63	5th	February 17, 2007	SUNYACs @ Hobart

	Kelly Hanes	1.43	12th	February 17, 2007	SUNYACs @ Hobart
	Katie Lill	1.42	4th	December 9, 2006	St. Lawrence
	Kelly Crabb	1.35	8th	January 20, 2007	RIT
Pole Vault	Tracy Lippincott	3.05	2nd	December 9, 2006	St. Lawrence
	Haley Eagan	3.05	6th	February 17, 2007	SUNYACs @ Hobart
	Cassidy Milliman	2.74	9th	February 17, 2007	SUNYACs @ Hobart
	Sara Stryffeler	NH		January 27, 2007	St. Lawrence
Shot Put	Alicia Stadtmiller	10.09	10th	January 20, 2007	RIT
	Kelly Hanes	9.94	14th	February 2, 2007	RIT
	Hannah Cushman	9.92	15th	February 2, 2007	RIT
	Kerri Boyle	9.03	9th	December 9, 2006	St. Lawrence
	Jess Denny	8.90	10th	December 9, 2006	St. Lawrence
	Kelly Crabb	8.51	27th	December 2, 2006	Cornell Relays
	Tara Phouthavongsa	7.58	10th	February 18, 2007	NYSCTCs @ Cornell
Weight Throw	Alicia Stadtmiller	14.37	9th	March 3, 2007	ECACs
	Hannah Cushman	12.73	25th	February 10, 2007	Boston University
	Jess Denny	8.36	11th	December 9, 2006	St. Lawrence
Pentathlon	Tara Phouthavongsa	<b>3243*</b>	2nd	February 18, 2007	NYSCTCs @ Cornell
	Kelly Hanes	2515	8th	February 18, 2007	NYSCTCs @ Cornell
	Kelly Crabb	2010	15th	February 18, 2007	NYSCTCs @ Cornell

\* denotes school record