

Rush-Henrietta Winter Track and Field 2004-2005

Girls Royal Comet Leader Board

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|---|--|---|---|
| 40m Hurdles 9.1 PR | 7.5 Automatic Sarah Wilcox | 7.8 Provisional U of R | 7.3 Elite 12/10/04 |
| 45m Open 6.4 PR 6.8 PR 7.1 PR 7.3 PR 7.5 PR | 6.4 Auto Christina Lawrence Rebee Rudolph Nikki D'Andrea Adrienne Esposito Melanie Germeroth | 6.7 Provisional U of R U of R U of R U of R | 6.6 Elite 12/10/04 12/10/04 12/10/04 12/10/04 12/10/04 |
| 50m Hurdles | | | |
| 55m Open 7.7 PR 7.9 PR 7.9 PR 8.2 PR8.51FAT 8.6 PR 8.6 PR 8.8 PR 9.2 PR 9.3 10.4 PR 11.4PR | 7.5 Auto Christina Lawrence Stevie Welch Rebee Rudolph Edvanna Flahn Melanie Germeroth Nikki D"Andrea Adrienne Esposito Kim Brady Maritza Torres Melissa Browne Humaira Hussain | 7.8 Provisional Hobart Hobart Hobart Hobart Hobart Hobart Hobart Hobart Hobart Hobart Hobart | 7.6 Elite 12/17/04 12/17/04 12/30/04 12/30/04 12/17/04 12/30/04 12/23/04 12/17/04 12/30/04 12/23/04 12/23/04 12/04/04 |
| 55m Hurdles 11.5 PR | 10.0 Auto Sarah Wilcox | 10.7 Provisional Hobart | 9.8 Elite 12/17/04 |
| 200m 26.9 28.1 30.9 31.0 31.5 PR 31.6 PR 31.8 PR 32.9 PR 36.3 PR 36.6 | Stevie Welch Jessie Wooten Krystina Sylvester Edvanna Flahn Rebee Rusolph Angel Au Cassie DiMarino Nikki D'Andrea Melanie Germeroth Kim Brady | Hobart Hobart Hobart Hobart Hobart Hobart Hobart Hobart Hobart Hobart | 12/23/04 12/23/04 12/23/04 12/23/04 12/23/04 12/23/04 12/23/04 12/23/04 12/23/04 12/23/04 |
| 300m 43.79 SR/PR 45.1 PR 45.5PR 48.5PR 49.9PR 50.0PR 51.1PR 51.8PR 55.7PR 56.9PR 59.1PR 59.8PR 61.5PR | 46.3 Auto Fay Francis Stevie Welch Nicole Varble Laura Varble Jamie Varble Cassie DiMarino Angel Au Nikki D"Andrea Jenna Glanton Diana Lien Melanie Germeroth Kim Brady Miranda Melville | 49.0 Prov. Hobart U of R Hobart Hobart U of R Hobart Hobart Hobart Hobart U of R U of R Hobart Hobart | 46.0 Elite 12/30/04 12/10/04 12/17/04 12/17/04 12/10/04 12/17/04 12/04/04 12/30/04 12/17/04 12/10/04 12/10/04 12/30/04 12/30/04 |

400m

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| 63.0 | Stevie Welch | Hobart | 12/23/04 |
| 65.0 | Jessie Wooten | Hobart | 12/23/04 |
| 67.9PR | Cassie DiMarino | Hobart | 12/23/04 |
| 69.2 | Krystina Sylvester | Hobart | 12/23/04 |
| 78.9 | Jenna Glanton | Hobart | 12/23/04 |

500m

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|-------------|--------------------|---------------------|---------------------|
| 600m | 1:51.0 Auto | 1:56.0 Prov. | 1:46.0 Elite |
| 1:47.6 PR | Stevie Welch | Hobart | 12/17/04 |
| 1:48.9 PR | Jamie Varble | Hobart | 12/17/04 |
| 1:50.4 PR | Krystina Sylvester | Hobart | 12/17/04 |
| 2:00.1 PR | MeganMcKee | Hobart | 12/30/04 |
| 2:04.8 PR | Nikki D'Andrea | Hobart | 12/17/04 |
| 2:07.5 | Christine White | Hobart | 12/30/04 |
| 2:13.4 PR | Katie Burns | U of R | 12/10/04 |
| 2:16.7 PR | Jenna Glanton | Hobart | 12/30/04 |

800m

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|--------------|--------------------|---------------------|---------------------|
| 1000m | 3:28.0 Auto | 3:36.0 Prov. | 3:15.0 Elite |
| 3:15.9 | Jessie Wooten | Hobart | 12/17/04 |
| 3:32.3 PR | Laura Varble | U of R | 12/10/04 |
| 3:33.2 PR | Krystina Sylvester | U of R | 12/10/04 |
| 3:34.0 PR | Lauren Jewett | U of R | 12/10/04 |
| 3:35.7 PR | Jamie Varble | Hobart | 12/04/04 |
| 3:49.1 | Christine White | U of R | 12/10/04 |
| 3:51.3 | Brooke Redding | U of R | 12/10/04 |
| 3:53.3 | Megan McKee | U of R | 12/10/04 |
| 4:00.8 | Hanna Smith | U of R | 12/10/04 |

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|--------------|--------------------|---------------------|---------------------|
| 1500m | 5:29.0 Auto | 5:36.0 Prov. | 5:20.5 Elite |
| 5:08.5 | Nicole Varble | Hobart | 12/17/04 |
| 5:15.1 | Jessie Wooten | Hobart | 12/30/04 |
| 5:36.9 PR | Lauren Jewett | Hobart | 12/17/04 |
| 5:49.9 | Brooke Redding | Hobart | 12/30/04 |
| 5:52.0 PR | Krystina Sylvester | Hobart | 12/04/04 |

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| 1500m Racewalk | 9:05 Auto | 9:35 Prov. | 8:45.0 Elite |
| 9:04.4PR 9:05.15FAT | Miranda Melville | Hobart | 12/30/04 |
| 9:36.5PR | Sarah Wicox | Hobart | 12/17/04 |

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|-----------------------|---------------------|----------------------|----------------------|
| 3000m | 12:15.0 Auto | 12:50.0 Prov. | 11:15.0 Elite |
| 11:28.5PR | Nicole Varble | U of R | 12/10/04 |
| 11:57.9 PR | Jessie Wooten | U of R | 12/10/04 |
| 13:31.1 This was 3200 | Brooke Redding | Hobart | 12/23/04 |

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| Long Jump | 14'3" Auto | 12'0" Prov. | 14'6" Elite |
| 15'0.25" PR | Fay Francis | Hobart | 12/23/04 |
| 13'5" PR | Angel Au | U of R | 12/10/04 |
| 13"0.5 PR | Edvanna Flahn | Hobart | 12/23/04 |
| 11"4.5" PR | Adrienne Esposito | Hobart | 12/23/04 |
| 10'8.5" PR | Diana Lien | Hobart | 12/17/04 |

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| Triple Jump 34' 5.5" *SR/PR 30'4.25 PR | 30'6" Auto Fay Francis Edvanna Flahn | 27'6" Prov. U of R Hobart | 32'0" Elite 12/10/04 12/30/04 |
| High Jump | 4'8" Auto | 4'2" Prov. | 4'8" Elite |
| Shot Put 30"3.5 PR 22'6.75" PR 16'11" PR | 28'0" Auto Maritza Torres Melissa Browne Humaira Hussain | 23'6" Prov. Hobart Hobart Hobart | 28'0" Elite 12/23/04 12/30/04 12/04/04 |
| Pole Vault | 7'6" Auto | 6'6" Prov. | 7' 0" Elite |
| 4x200 Relay 1:58.3 | F. Francis, S. Welch, C. Lawrence, R. Rudolph | Hobart | 1:58.5 Elite 12/04/04 |
| 4x400 Relay 4:31.1 | N. Varble, J. Wooten, S. Welch, C. DiMarino | U of R | 4:25.0 Elite 12/10/04 |
| 4x800 Relay 11.00.0 | K Sylvester, L. Varble, J. Varble, L. Jewett | Hobart | 10:33.0 Elite 12/04/04 |