

2007 SIAC TRACK & FIELD TOP 8 OUTDOOR PERFORMANCES

AS OF MARCH 26, 2007

COMPILED BY COACH WILLIE LASTER JR (RETIRED)

NCAA AUTOMATIC QUALIFY

NCAA PROVISIONAL QUALIFY

100 M	SCHOOL	TIME	DATE	MEET
JASMINE PECK	ALBANY STATE UNIV	11.71	3-31-07	TROY INVIT
ESTELLE MOORE	ALBANY STATE UNIV	11.72	3-17-07	MOREHOUSE COLLEGE RELAY
ROXIE GRIFFIN	ALBANY STATE UNIV	12.15	3-31-07	TROY INVIT
LINDSAY COLCLOUGH	BENEDICT COLLEGE	12.23	4-7-07	ALICE COACHMAN INVITATION
NICOLE MOBLEY	FORT VALLEY STATE	12.33	3-24-07	AUBURN SPRINGTIME INVITATION
ALEXIS ADAMS	ALBANY STATE UNIV	12.29	4-7-07	ALICE COACHMAN INVITATION
PHEONIA RUFF	BENEDICT COLLEGE	12.38	3-31-07	WINTHROP INVIT
ASHLEY TREMBLE	ALBANY STATE UNIV	12.38	4-7-07	ALICE COACHMAN INVITATION
200 M	SCHOOL	TIME	DATE	MEET
JASMINE PECK	ALBANY STATE UNIV	23.95	3-31-07	TROY INVIT
ROXIE GRIFFIN	ALBANY STATE UNIV	24.47	3-31-07	TROY INVIT
ESTELLE MOORE	ALBANY STATE UNIV	24.67	3-24-07	AUBURN SPRINGTIME INVITATION
LINDSAY COLCLOUGH	BENEDICT COLLEGE	24.73	3-31-07	WINTHROP INVIT
SHATAMARA JACKSON	KENTUCKY STATE U.	25.06	3-24-07	GERALD ENGLAND INVIT.
NICOLE MOBLEY	FORT VALLEY STATE	25.31	3-24-07	AUBURN SPRINGTIME INVITATION
ANDRELE KELLY	CLARK-ATLANTA U.	25.66	3-24-07	AUBURN SPRINGTIME INVITATION
PHEONIA RUFF	BENEDICT COLLEGE	25.71	3-31-07	WINTHROP INVIT
400 M	SCHOOL	TIME	DATE	MEET
LYNNSEY DAILEY	FORT VALLEY STATE	56.57	3-3-07	SAVANNAH STATE
ANDRELE KELLY	CLARK-ATLANTA U.	57.43	3-31-07	EMORY INVIT
SHATAMARA JACKSON	KENTUCKY STATE U.	58.88	3-24-07	GERALD ENGLAND INVIT.
MELANIE CHAMBERS	ALBANY STATE UNIV	1:00.10	3-3-07	FLA STATE SNOWBIRD .
SHERLY SYLVESTER	BENEDICT COLLEGE	1:00.31	3-31-07	WINTHROP INVIT
LaQUANTA STRICKLAND	FORT VALLEY STATE	1:00.45	3-24-07	AUBURN SPRINGTIME INVITATION
ADREAN DRAYTON	BENEDICT COLLEGE	1:01.39	4-7-07	ALICE COACHMAN INVITATION
MALLORY JOHNSON	TUSKEGEE UNIVERSITY	1:01.37	3-24-07	AUBURN SPRINGTIME INVITATION
800 M	SCHOOL	TIME	DATE	MEET
ROBIN THOMAS	ALBANY STATE UNIV	2:17.19	3-24-07	AUBURN SPRINGTIME INVITATION
ERICA WALKER	ALBANY STATE UNIV	2:27.40	4-7-07	ALICE COACHMAN INVITATION
ANDRELE KELLY	CLARK-ATLANTA U.	2:29.66	4-7-07	ALICE COACHMAN INVITATION
LIONISHA LEE	ALBANY STATE UNIV	2:32.73	3-31-07	TROY INVIT
LAQUANTA STRICKLAND	FORT VALLEY STATE	2:33.00	4-7-07	ALICE COACHMAN INVITATION
ANTIONETTE CARNAHAN	FORT VALLEY STATE	2:35.55	3-24-07	AUBURN SPRINGTIME INVITATION
TYWANNA ISOM	CLARK-ATLANTA U.	2:40.29	3-31-07	EMORY INVIT
KHANESIA HILL	CLARK-ATLANTA U.	2:40.90	3-31-07	EMORY INVIT
1500 M	SCHOOL	TIME	DATE	MEET
ROBIN THOMAS	ALBANY STATE UNIV	4:58.00	4-7-07	ALICE COACHMAN INVITATION
ERICA WALKER	ALBANY STATE UNIV	5:03.10	2-24-07	FORT VALLEY STATE
IRINE CHEPKEECH	BENEDICT COLLEGE	5:04.00	4-7-07	ALICE COACHMAN INVITATION
LIONISHA LEE	ALBANY STATE UNIV	5:06.01	3-31-07	TROY INVIT

ASIA HOLLINGSWORTH	ALBANY STATE UNI	5:11.45	3-31-07	TROY INVIT
ERICA ADAMS	ALBANY STATE U.	5:24.27	3-31-07	TROY INVIT
IRIS PICKETT	CLARK-ATLANTA U.	5:31.53	2-24-07	FORT VALLEY STATE
SHANIKA MARSHALL	TUSKEGEE UNIVERSITY	5:44.12	3-24-07	AUBURN SPRINGTIME INVIT
3000 M STEEPLE CHASE	SCHOOL	TIME	DATE	MEET
ASIA HOLLINGSWORTH	ALBANY STATE	13:06.92	3-17-07	MOREHOUSE COLLEGE RELA
IRIS PICKETT	CLARK-ATLANTA U.	13:22.43	3-17-07	MOREHOUSE COLLEGE RELA
ERICA ADAMS	ALBANY STATE	13:52.39	3-17-07	MOREHOUSE COLLEGE RELA
TYSHE NESTER	FORT VALLEY STATE	15:01.48	3-3-07	SAVANNAH STATE
5000 M	SCHOOL	TIME	DATE	MEET
IRINE CHEPKEECH	BENEDICT COLLEGE	19:33.75	3-3-07	SAVANNAH STATE
FIDELLIA RAMIREZ	BENEDICT COLLEGE	21:39.71	3-10-07	CHARLESTON SOUTHERN
SHANIKA MARSHALL	TUSKEGEE UNIVERSITY	22:59.92	3-3-07	SAVANNAH STATE
KATORI MACON	FORT VALLEY STATE	24:33.00	3-3-07	SAVANNAH STATE
IRIS PICKETT	CLARK-ATLANTA U.	21:44.07	3-31-07	EMORY INVIT
100 M HURDLES	SCHOOL	TIME		MEET
LINDSAY COLCLOUGH	BENEDICT COLLEGE	13.82	3-31-07	WINTHROP INVIT.
LYNNSEY DAILEY	SAVANNAH STATE	14.10	2-24-07	FORT VALLEY STATE
SHANEKA BIRDSONG	ALBANY STATE UNIV	14.31	3-31-07	TROY INVIT
SHERLY SYLVESTER	BENEDICT COLLEGE	14.58	3-31-07	WINTHROP INVIT.
KRISTYN CROSSON	FORT VALLEY STATE	14.67	4-7-07	ALICE COACHMAN INVITATIO
PETRA McDONALD	BENEDICT COLLEGE	15.01	3-3-07	SAVANNAH STATE
SHATONIAH MILLER	BENEDICT COLLEGE	15.01	4-7-07	ALICE COACHMAN INVITATIO
CHRISTIANA MARTIN	ALBANY STATE UNIV	15.76	3-24-07	AUBURN SPRINGTIME INVIT
400 M HURDLES	SCHOOL	TIME	DATE	MEET
KYRA MARSHALL	CLARK ATLANTA U.	1:10.59	4-7-07	ALICE COACHMAN INVITATIO
KRISTYN CROSSON	FORT VALLEY STATE	1:11.72	3-3-07	SAVANNAH STATE
ALLYSCIA BROWN	TUSKEGEE UNIVERSITY	1:16.40	3-24-07	AUBURN SPRINGTIME INVIT
SHEVAIL WESTON	FORT VALLEY STATE	1:16.60	3-3-07	SAVANNAH STATE
WHITLEY STEWART	FORT VALLEY STATE	1:16.67	3-24-07	AUBURN SPRINGTIME INVIT
HELENA TIMES	KENTUCKY STATE U.	1:16.00	4-7-07	OLIVER NIKOLOFF INVIT
4X100 M RELAY	SCHOOL	TIME	DATE	MEET
ALBANY STATE	ALBANY STATE A	46.14	4-14-07	F S U INVITATIONAL
BENEDICT COLLEGE	BENEDICT COLLEGE	47.20	4-7-07	ALICE COACHMAN INVITATIO
ALBANY STATE	ALBANY STATE B	47.56	3.31-07	TROY INVIT
FORT VALLEY STATE	FORT VALLEY STATE	47.92	3-24-07	AUBURN SPRINGTIME INVIT
PAINE COLLEGE	PAINE COLLEGE	48.01	4-7-07	ALICE COACHMAN INVITATIO
CLARK ATLANTA U.	CLARK ATLANTA U.	48.80	4-7-07	ALICE COACHMAN INVITATIO
TUSKEGEE UNIVERSITY	TUSKEGEE UNIVERSITY	49.99	3-24-07	AUBURN SPRINGTIME INVIT
KENTUCKY STATE U	KENTUCKY STATE U	50.21	3-24-07	GERALD ENGLAND INVIT.
4X400 M RELAY	SCHOOL	TIME	DATE	MEET
ALBANY STATE	ALBANY STATE A	3:58.29	2-24-07	FORT VALLEY STATE
ALBANY STATE	ALBANY STATE B	3:59.21	3.17-07	MOREHOUSE COLLEGE RELA
FORT VALLEY STATE	FORT VALLEY STATE	4:02.04	2-24-07	FORT VALLEY STATE
CLARK ATLANTA U.	CLARK ATLANTA U.	4:10.94	3-31-07	EMORY INVITATIONAL
BENEDICT COLLEGE	BENEDICT COLLEGE	4:13.07	3-31-07	WINTHROP INVIT.
KENTUCKY STATE U	KENTUCKY STATE U	4:18.46	3-24-07	GERALD ENGLAND INVIT.
PAINE COLLEGE	PAINE COLLEGE	4:24.25	3-24-07	EMORY INVITATIONAL
HIGH JUMP	SCHOOL	MARK	DATE	MEET

LAKESHA BELL	PAINE COLLEGE	1.63m	3-24-07	EMORY INVITATIONAL
PETRA McDONALD	BENEDICT COLLEGE	1.60m	4-14-07	COSTAL CAROLINA INVIT
SHANEKA BIRDSONG	ALBANY STATE	1.58m	2-24-07	FORT VALLEY STATE
CANDICE CAMP	ALBANY STATE	1.58m	4-7-07	ALICE COACHMAN INVITATIO
LERIN WYNN	ALBANY STATE	1.55m	3-24-07	AUBURN SPRINGTIME INVIT
LATOYA REEVES	FORT VALLEY STATE	1.53m	4-7-07	ALICE COACHMAN INVITATIO
KRISTYN CROSSON	FORT VALLEY STATE	1.42m	4-7-07	ALICE COACHMAN INVITATIO
BIANCA BURTON	STILLMAN COLLEGE	1.42m	4-7-07	ALICE COACHMAN INVITATIO
LONG JUMP	SCHOOL	MARK	DATE	MEET
KRISTYN CROSSON	FORT VALLEY STATE	5.79m	3-24-07	AUBURN SPRINGTIME INVIT
JANA MROZKOVA	ALBANY STATE	5.55m	4-7-07	ALICE COACHMAN INVITATIO
LYNNSEY DAILEY	FORT VALLEY STATE	5.50m	2-24-07	FORT VALLEY STATE
ALEXIS ADAMS	ALBANY STATE	5.42m	4-7-07	ALICE COACHMAN INVITATIO
SHERLY SYLVESTER	BENEDICT COLLEGE	5.40m	3-31-07	WINTHROP INVIT.
PETRA McDONALD	BENEDICT COLLEGE	5.30m	3-31-07	WINTHROP INVIT.
CANDICE CAMP	ALBANY STATE U.	5.26m	3-24-07	AUBURN SPRINGTIME INVIT
LaSHANTE DUNN	KENTUCKY STATE U	5.06m	3.17-07	MOREHOUSE COLLEGE RELA
TRIPLE JUMP	SCHOOL	MARK	DATE	MEET
JANA MROZKOVA	ALBANY STATE U.	12.56m	4-14-07	F S U INVITATIONAL
CANDICE CAMP	ALBANY STATE U.	12.14m	3-24-07	AUBURN SPRINGTIME INVIT
JASMINE LEATHERWOOD	STILLMAN COLLEGE	11.40m	4-7-07	ALICE COACHMAN INVITATIO
MICHELLE KIRKSEY	PAINE COLLEGE	10.63m	3-24-07	EMORY INVITATIONAL
KRISTYN CROSSON	FORT VALLEY STATE	10.56m	3-3-07	SAVANNAH STATE
ALLYCIA BROWN	TUSKEGEE UNIVERSITY	9.98m	3-3-07	SAVANNAH STATE
SHOT PUT	SCHOOL	MARK	DATE	MEET
SAISHA WOODWARD	FORT VALLEY STATE	13.40m	2-24-07	FORT VALLEY STATE
SHANNON ARMBRISTER	ALBANY STATE	13.12m	4-7-07	ALICE COACHMAN INVITATIO
ARIANNE McLAIN	FORT VALLEY STATE	12.01m	4-7-07	ALICE COACHMAN INVITATIO
TONISIA WALTERS	KENTUCKY STATE U	11.86m	4-7-07	OLIVER NIKOLOFF INVIT
SHANICE CLARK	KENTUCKY STATE U	11.37m	4-7-07	OLIVER NIKOLOFF INVIT
NIKI GILES	ALBANY STATE	11.25m	3-31-07	TROY INVIT
MAHOGANY CROSS	KENTUCKY STATE U	10.77m	3-24-07	GERALD ENGLAND INVIT.
CAHONDRA SANDERS	CLARK-ATLANTA U	10.31m	3-24-07	AUBURN SPRINGTIME INVIT
POLE VAULT	SCHOOL	MARK	DATE	MEET
CHRISTAN DELYONS	BENEDICT COLLEGE	2.74m	3-3-07	SAVANNAH STATE
CHERLINE LEE	TUSKEGEE UNIVERSITY	2.28m	3-3-07	SAVANNAH STATE
JAVELIN	SCHOOL	MARK	DATE	MEET
SAVOYIA BARRETT	PAINE COLLEGE	36.50m	4-7-07	ALICE COACHMAN INVITATIO
SHANNON ARMBRISTER	ALBANY STATE	36.06m	3-24-07	AUBURN SPRINGTIME INVIT
SAISHA WOODWARD	FORT VALLEY STATE	33.72m	3-3-07	SAVANNAH STATE
NIKI GILES	ALBANY STATE	31.95m	3-24-07	AUBURN SPRINGTIME INVIT
CANDICE CAMP	ALBANY STATE	31.78m	3-10-07	FLA. A&M
ALEX KING	PAINE COLLEGE	26.30m	3-24-07	EMORY INVITATIONAL
SHANICE CLARK	KENTUCKY STATE U	29.84m	4-7-07	OLIVER NIKOLOFF INVIT
TONISHA WALTERS	KENTUCKY STATE U	23.97m	4-7-07	OLIVER NIKOLOFF INVIT
DISCUS	SCHOOL	MARK	DATE	MEET
SHANNON ARMBRISTER	ALBANY STATE	37.75m	3.17-07	MOREHOUSE COLLEGE RELA

SAISHA WOODWARD	FORT VALLEY STATE	37.62m	4-7-07	ALICE COACHMAN INVITATION
NIKI GILES	ALBANY STATE	35.16m	3-31-07	TROY INVIT
KALEA McNEILL	CLARK-ATLANTA U	32.83m	3-24-07	AUBURN SPRINGTIME INVIT
CASHONDRA SANDERS	CLARK-ATLANTA U	30.77m	3-24-07	AUBURN SPRINGTIME INVIT
SHARI GRIGGS	FORT VALLEY STATE	30.44m	3.17-07	MOREHOUSE COLLEGE RELAY
SHANICE CLARK	KENTUCKY STATE U	30.37m	3.17-07	MOREHOUSE COLLEGE RELAY
COURTNEY CHENAULT	KENTUCKY STATE U	30.26m	3.17-07	MOREHOUSE COLLEGE RELAY
3000 METER	SCHOOL	TIME	DATE	MEET
IRINE CHEPKOECH	BENEDICT COLLEGE	11:04.86	3-17-07	CHARLOTTE 49ER CLASSIC
ASIA HOLLINGSWORTH	ALBANY STATE	11:32.60	3-10-07	FLA. A&M
LIONISHA LEE	ALBANY STATE	11:37.50	3-10-07	FLA. A&M
ERICA ADAMS	ALBANY STATE	11:47.25	3.17-07	MOREHOUSE COLLEGE RELAY
SHANIKA MARSHALL	TUSKEGEE UNIVERSITY	11:50.46	3.17-07	MOREHOUSE COLLEGE RELAY
FIDELLIA RAMIREZ	BENEDICT COLLEGE	12.22.92	3-17-07	CHARLOTTE 49ER CLASSIC
TYSHE NESTER	FORT VALLEY STATE	12:46.01	3-3-07	SAVANNAH STATE
HAMMER THROW	SCHOOL	MARK	DATE	MEET
NIKKI GILES	ALBANY STATE	34.87m	3-24-07	AUBURN SPRINGTIME INVIT
ARIANNE McLAIN	FORT VALLEY STATE	28.65m	4-7-07	ALICE COACHMAN INVITATION
SHANICE CLARK	KENTUCKY STATE U	27.45m	3-24-07	GERALD ENGLAND INVIT.
KALEA McNEILL	CLARK-ATLANTA U	26.14m	3-24-07	AUBURN SPRINGTIME INVIT
SHARI GRIGGS	FORT VALLEY STATE	26.08m	3-24-07	AUBURN SPRINGTIME INVIT
SHANNON ARMBRISTER	ALBANY STATE	26.05m	3-31-07	TROY INVIT
THELMA WASHINGTON	PAINE COLLEGE	24.82m	3-24-07	EMORY INVITATIONAL
CASHONDRA SANDERS	CLARK-ATLANTA U	23.84m	3-24-07	AUBURN SPRINGTIME INVIT
10000 METER RUN	SCHOOL	TIME	DATE	MEET
IRINE CHEPKOECH	BENEDICT COLLEGE	40:25.80	3-31-07	WINTHROP INVIT
ASIA HOLLINGSWORTH	ALBANY STATE	43:25.15	3.17-07	MOREHOUSE COLLEGE RELAY
ERICA ADAMS	ALBANY STATE	43:59.47	3.17-07	MOREHOUSE COLLEGE RELAY
IRIS PICKETT	CLARK-ATLANTA U.	45:46.68	3.17-07	MOREHOUSE COLLEGE RELAY
TYWANNA ISOM	CLARK-ATLANTA U.	46:35.94	3.17-07	MOREHOUSE COLLEGE RELAY
HEPTATHLON	SCHOOL	POINTS	DATE	MEET
PETRA McDONALD	BENEDICT COLLEGE	4207	2-21-07	WINTHROP INVIT
CANDICE CAMP	ALBANY STATE	3758	3.17-07	MOREHOUSE COLLEGE RELAY
SHANEKA BIRDSOING	ALBANY STATE	3567	3.17-07	MOREHOUSE COLLEGE RELAY
KRISTYN CROSSON	FORT VALLEY STATE	3414	3.17-07	MOREHOUSE COLLEGE RELAY
LATOYA REEVES	FORT VALLEY STATE	2704	3.17-07	MOREHOUSE COLLEGE RELAY
WHITLEY STEWART	FORT VALLEY STATE	1959	3.17-07	MOREHOUSE COLLEGE RELAY

