

2010 ODAC Championships
Bridgewater College
Results

Event 2 Women 100 Meter Dash

Name	Year	School	Prelims	Wind	H#
Facility Rec: F 12.33 2001 L. Abbott, Eastern Mennonite					
Meet Record: M 12.12 2009 Robin Yerkes, Roanoke					
Preliminaries					
1 Osborne, JaLeesa		Roanoke	F 12.26Q	1.5	2
2 Yerkes, Robin		Roanoke	12.51Q	0.9	1
3 Hartman, Courtney		Bridgewater (Va.)	12.56q	1.5	2
4 Stallings, Jazamine		Roanoke	12.73q	1.5	2
5 Hubbard, LaCear		Lynchburg	12.81q	0.9	1
6 Thompson, Marissa		Washington and Lee	12.91q	0.9	1
7 Desrosiers, Daphne		Lynchburg	12.93q	0.9	1
8 Stier, Natalie		Washington and Lee	13.04q	1.5	2
9 Bickford, Lydia		Roanoke	13.21	1.5	2
10 Williams, Adrienne		Virginia Wesleyan	13.35	0.9	1
11 Lewis, Candace		Roanoke	13.39	1.5	2
12 Holloway, Tiffany		Virginia Wesleyan	13.63	0.9	1
13 Phillips, Samantha		Bridgewater (Va.)	14.03	1.5	2

Event 2 Women 100 Meter Dash

Name	Year	School	Finals	Wind	Points
Facility Rec: F 12.33 2001 L. Abbott, Eastern Mennonite					
Meet Record: M 12.12 2009 Robin Yerkes, Roanoke					
Finals					
1 Osborne, JaLeesa		Roanoke	11.98	6.6	10
2 Yerkes, Robin		Roanoke	12.03	6.6	8
3 Hartman, Courtney		Bridgewater (Va.)	12.32	6.6	6
4 Stallings, Jazamine		Roanoke	12.45	6.6	4
5 Thompson, Marissa		Washington and Lee	12.65	6.6	2
6 Hubbard, LaCear		Lynchburg	12.68	6.6	1
7 Desrosiers, Daphne		Lynchburg	12.70	6.6	
8 Stier, Natalie		Washington and Lee	12.85	6.6	

Event 4 Women 200 Meter Dash

Name	Year	School	Prelims	Wind	H#
Facility Rec: F 24.74 2009 R. Yerkes, Roanoke					
Meet Record: M 24.81 2009 Robin Yerkes, Roanoke					
Preliminaries					
1 Osborne, JaLeesa		Roanoke	25.40Q	1.1	2
2 Yerkes, Robin		Roanoke	26.09Q	2.7	1
3 Hartman, Courtney		Bridgewater (Va.)	25.70q	1.1	2
4 Washington, Christina		Lynchburg	26.05q	1.1	2
5 Crosby, Karis		Roanoke	26.48q	1.1	2
6 Thompson, Marissa		Washington and Lee	26.60q	2.7	1
7 Gibbs, Jessica		Lynchburg	26.68q	1.1	2
8 Stallings, Jazamine		Roanoke	27.05q	2.7	1
9 Lewis, Candace		Roanoke	27.57	2.7	1
10 Jackson, Shawn		Lynchburg	28.23	1.1	2
11 Doe, Samfee		Eastern Mennonite	28.25	1.1	2
12 Phillips, Samantha		Bridgewater (Va.)	28.79	2.7	1

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Event 4 Women 200 Meter Dash

Facility Rec: F 24.74 2009 R. Yerkes, Roanoke
 Meet Record: M 24.81 2009 Robin Yerkes, Roanoke

Name	Year School	Finals	Wind	Points
Finals				
1 Yerkes, Robin	Roanoke	24.72	3.4	10
2 Hartman, Courtney	Bridgewater (Va.)	25.55	3.4	8
3 Osborne, JaLeesa	Roanoke	25.59	3.4	6
4 Washington, Christina	Lynchburg	26.00	3.4	4
5 Thompson, Marissa	Washington and Lee	26.37	3.4	2
6 Crosby, Karis	Roanoke	26.49	3.4	1
7 Stallings, Jazamine	Roanoke	26.70	3.4	
8 Gibbs, Jessica	Lynchburg	26.80	3.4	

Event 6 Women 400 Meter Dash

Facility Rec: F 57.48 2007 R. Yerkes, Roanoke
 Meet Record: M 56.64 2007 Tonya Phillippe, Roanoke

Name	Year School	Prelims	H#
Preliminaries			
1 Washington, Christina	Lynchburg	57.83Q	2
2 Yerkes, Robin	Roanoke	59.20Q	1
3 Graves, Carmen	Roanoke	1:00.56q	2
4 Ramey, Ashley	Lynchburg	1:00.85q	1
5 Crosby, Karis	Roanoke	1:00.88q	1
6 Doe, Samfee	Eastern Mennonite	1:01.41q	2
7 Vaught, Courtney	Bridgewater (Va.)	1:01.55q	1
8 Brown, Tiffany	Virginia Wesleyan	1:05.32q	2
9 Johnston, Olivia	Lynchburg	1:05.42	1
10 Gadson, Megan	Roanoke	1:11.72	2

Event 6 Women 400 Meter Dash

Facility Rec: F 57.48 2007 R. Yerkes, Roanoke
 Meet Record: M 56.64 2007 Tonya Phillippe, Roanoke

Name	Year School	Finals	Points
Finals			
1 Yerkes, Robin	Roanoke	56.16M	10
2 Washington, Christina	Lynchburg	57.34F	8
3 Graves, Carmen	Roanoke	59.80	6
4 Crosby, Karis	Roanoke	1:00.66	4
5 Vaught, Courtney	Bridgewater (Va.)	1:01.90	2
6 Doe, Samfee	Eastern Mennonite	1:03.30	1
-- Ramey, Ashley	Lynchburg	DNF	

Event 8 Women 800 Meter Run

Facility Rec: F 2:14.48 2009 C. Green, Unnattached
 Meet Record: M 2:18.15 2008 Elizabeth Webb, Washington & Lee

Name	Year School	Finals	Points
1 Keplinger, Morgan	Bridgewater (Va.)	2:24.18	10
2 Wilson, Emma	Roanoke	2:24.30	8

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....Event 8 Women 800 Meter Run

3 Meyer, Ashley	Lynchburg	2:25.65	6
4 Holmes, Sophia	Eastern Mennonite	2:27.39	4
5 Shelton, Kelsey	Lynchburg	2:28.56	2
6 Bennett, Katie	Virginia Wesleyan	2:29.19	1
7 Fitzgerald, Whitney	Bridgewater (Va.)	2:29.59	
8 Mensch, Rachel	Washington and Lee	2:29.74	
9 Hunt, Megan	Lynchburg	2:31.31	
10 Darby, Kristina	Lynchburg	2:32.76	
11 Dellehunt, Rachel	Roanoke	2:34.81	
12 Collier, Cathy	Washington and Lee	2:35.53	
13 Fauth, Kelly	Virginia Wesleyan	2:38.58	
14 Phillips, Louisa	Washington and Lee	2:39.05	
15 Heishman, Lauren	Bridgewater (Va.)	2:39.87	
16 Casioppo, Alaina	Roanoke	2:41.82	
17 Saby, Linnea	Guilford	2:43.14	
18 Soley, Teresa	Washington and Lee	2:44.29	

Event 10 Women 1500 Meter Run

=====				
Facility Rec: F 4:42.32	2009	C. Green, Unnattached		
Meet Record: M 4:43.85	2001	Casey Smith, Roanoke		
Name	Year	School	Finals	Points
=====				
1 Telfeyan, Kat		Washington and Lee	4:47.71	10
2 Meyer, Ashley		Lynchburg	4:53.21	8
3 Fauth, Kelly		Virginia Wesleyan	5:05.93	6
4 Smith, Molly		Bridgewater (Va.)	5:07.13	4
5 Berry, Aubrey		Lynchburg	5:08.56	2
6 Mensch, Rachel		Washington and Lee	5:16.85	1
7 Ortiz, Molly		Washington and Lee	5:16.87	
8 Collier, Cathy		Washington and Lee	5:20.96	
9 Meyers, Alicia		Eastern Mennonite	5:22.38	
10 Diem, Melloni		Guilford	5:30.60	
11 Phillips, Louisa		Washington and Lee	5:39.46	
12 TenEyck, Emily		Washington and Lee	5:57.59	
13 Comer, Rebekah		Bridgewater (Va.)	6:11.89	
14 Holden, Jennie		Roanoke	6:21.01	
15 Hall, Leah		Roanoke	6:36.84	
-- Saby, Linnea		Guilford	DNF	
-- Spickard, Stephanie		Roanoke	DNF	

Event 12 Women 5000 Meter Run

=====				
Facility Rec: F 18:45.34	2008	Falcone, Mary Washington		
Meet Record: M 17:29.84	2008	Jessica Shaw, Washington & Lee		
Name	Year	School	Finals	Points
=====				
1 Telfeyan, Kat		Washington and Lee	18:40.87F	10
2 Schultz, Lauren		Washington and Lee	18:53.81	8
3 Mumaw, Elizabeth		Roanoke	18:55.92	6
4 Trennepohl, Kylie		Lynchburg	19:01.92	4
5 Smith, Molly		Bridgewater (Va.)	19:12.30	2
6 Keckler, Sarah		Washington and Lee	19:13.80	1
7 Hancock, Samantha		Bridgewater (Va.)	19:53.61	
8 Kelley, Rosemary		Washington and Lee	20:22.77	

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....Event 12 Women 5000 Meter Run

9 Bryceland, Shelby	Virginia Wesleyan	20:31.64
10 Ramstad, Monica	Lynchburg	20:56.02
11 Hoffman, Suki	Lynchburg	21:08.23

Event 14 Women 4x100 Meter Relay

Facility Rec: F 47.08 2008		Roanoke, Roanoke	
Meet Record: M 46.84 2008		Osborne, France, Mason, Yerkes	
School		Finals	Points
1 Roanoke 'A'		47.36	10
1) Osborne, JaLeesa	2) Lewis, Candace		
3) Stallings, Jazamine	4) Yerkes, Robin		
2 Lynchburg 'A'		49.31	8
1) Hubbard, LaCear	2) Gibbs, Jessica		
3) Desrosiers, Daphne	4) Washington, Christina		
3 Bridgewater (Va.) 'A'		50.61	6
1) Palmer, Jess	2) Keplinger, Morgan		
3) Mizerak, Sammy	4) Hartman, Courtney		
4 Washington and Lee 'A'		51.17	4
1) Thompson, Marissa	2) Sutherland, Maggie		
3) Stier, Natalie	4) Armstrong, Sallie		
5 Virginia Wesleyan 'A'		53.53	2
1) Holloway, Tiffany	2) Williams, Adrianne		
3) Pascucci, Melissa	4) Brown, Tiffany		

Event 16 Women 4x400 Meter Relay

Facility Rec: F 4:02.12 2009		CNU, CNU	
Meet Record: M 4:00.28 2009		Roanoke, Roanoke	
School		Finals	Points
1 Roanoke 'A'		4:01.13F	10
1) Osborne, JaLeesa	2) Graves, Carmen		
3) Crosby, Karis	4) Yerkes, Robin		
2 Lynchburg 'A'		4:02.41	8
1) Ramey, Ashley	2) Gibbs, Jessica		
3) McFayden, Mel	4) Washington, Christina		
3 Bridgewater (Va.) 'A'		4:07.90	6
1) Keplinger, Morgan	2) Mizerak, Sammy		
3) Vaught, Courtney	4) Hartman, Courtney		
4 Washington and Lee 'A'		4:17.51	4
1) Armstrong, Sallie	2) Thompson, Marissa		
3) Sutherland, Maggie	4) Stier, Natalie		
5 Virginia Wesleyan 'A'		4:37.25	2
1) Bennett, Katie	2) Fauth, Kelly		
3) Brown, Tiffany	4) Pascucci, Melissa		

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Event 18 Women 100 Meter Hurdles

Name	Year	School	Prelims	Wind	H#
=====					
Facility Rec:	F 14.91	2009	S. Witt, Roanoke		
Meet Record:	M 14.70	2009	Sarah Witt, Roanoke		
=====					
Preliminaries					
1	Sutherland, Maggie	Washington and Lee	15.31Q	3.4	2
2	Boone, Haley	Roanoke	15.61Q	1.7	1
3	Tolley, Meagan	Roanoke	15.41q	3.4	2
4	Cornett, Brittany	Roanoke	15.45q	3.4	2
5	Hartman, Courtney	Bridgewater (Va.)	15.94q	1.7	1
6	Gibbs, Jessica	Lynchburg	16.03q	3.4	2
7	Leaman, Michelle	Eastern Mennonite	16.06q	1.7	1
8	Witt, Sarah	Roanoke	16.13q	1.7	1
9	Hubbard, LaCear	Lynchburg	16.41	1.7	1
10	Gance, Paige	Washington and Lee	17.05	3.4	2
11	Palmer, Jess	Bridgewater (Va.)	17.18	3.4	2
12	Ykimoff, Jessie	Washington and Lee	18.53	1.7	1

Event 18 Women 100 Meter Hurdles

Name	Year	School	Finals	Wind	Points
=====					
Facility Rec:	F 14.91	2009	S. Witt, Roanoke		
Meet Record:	M 14.70	2009	Sarah Witt, Roanoke		
=====					
Finals					
1	Tolley, Meagan	Roanoke	15.22	2.3	10
2	Witt, Sarah	Roanoke	15.24	2.3	8
3	Cornett, Brittany	Roanoke	15.36	2.3	6
4	Boone, Haley	Roanoke	15.48	2.3	4
5	Sutherland, Maggie	Washington and Lee	15.53	2.3	2
6	Leaman, Michelle	Eastern Mennonite	15.89	2.3	1
7	Gibbs, Jessica	Lynchburg	16.29	2.3	
8	Hartman, Courtney	Bridgewater (Va.)	16.31	2.3	

Event 20 Women 400 Meter Hurdles

Name	Year	School	Prelims	H#
=====				
Facility Rec:	F 1:04.97	2001	M. Baker, Bridgewater	
Meet Record:	M 1:04.47	2004	Ashley Palmer, Lynchburg	
=====				
Preliminaries				
1	Stier, Natalie	Washington and Lee	1:06.41Q	1
2	McFayden, Mel	Lynchburg	1:08.08Q	2
3	Mizerak, Sammy	Bridgewater (Va.)	1:09.15q	1
4	Witt, Sarah	Roanoke	1:09.35q	2
5	Armstrong, Sallie	Washington and Lee	1:09.60q	2
6	Boone, Haley	Roanoke	1:10.09q	1
7	Cornett, Brittany	Roanoke	1:10.43q	2
8	Leonard, Katie	Bridgewater (Va.)	1:10.89q	1
9	Tolley, Meagan	Roanoke	1:11.30	2
10	Palmer, Jess	Bridgewater (Va.)	1:12.44	1
11	Owens, Jessie	Bridgewater (Va.)	1:13.05	1
12	Johnston, Olivia	Lynchburg	1:13.64	1
13	Nelson, Erin	Roanoke	1:13.71	1
14	Walters, Amanda	Lynchburg	1:16.10	2

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....Event 20 Women 400 Meter Hurdles

15 Ykimoff, Jessie	Washington and Lee	1:19.94	2
16 Leaman, Michelle	Eastern Mennonite	1:22.23	2

Event 20 Women 400 Meter Hurdles

=====
 Facility Rec: F 1:04.97 2001 M. Baker, Bridgewater
 Meet Record: M 1:04.47 2004 Ashley Palmer, Lynchburg
 Name Year School Finals Points
 =====

Finals

1 Stier, Natalie	Washington and Lee	1:04.45M	10
2 McFayden, Mel	Lynchburg	1:04.89F	8
3 Witt, Sarah	Roanoke	1:08.81	6
4 Mizerak, Sammy	Bridgewater (Va.)	1:09.01	4
5 Boone, Haley	Roanoke	1:09.84	2
6 Armstrong, Sallie	Washington and Lee	1:10.11	1
7 Cornett, Brittany	Roanoke	1:10.84	
8 Leonard, Katie	Bridgewater (Va.)	1:11.11	

Event 22 Women Long Jump

=====
 Facility Rec: F 19-00.50 2009 J. Osborne, Roanoke
 Meet Record: M 18-11.50 1998 Tara Strawderman, Bridgewater
 Name Year School Finals Wind Points
 =====

1 Osborne, JaLeesa	Roanoke	5.94m	NWI	19-06.00	10
2 Hubbard, LaCear	Lynchburg	5.63m	NWI	18-05.75	8
3 Hartman, Courtney	Bridgewater (Va.)	5.37m	NWI	17-07.50	6
4 Gibbs, Jessica	Lynchburg	5.31m	NWI	17-05.25	4
5 Morton, La'Porsha	Lynchburg	5.24m	NWI	17-02.25	2
6 Cornett, Brittany	Roanoke	5.21m	NWI	17-01.25	1
7 Nelson, Erin	Roanoke	5.11m	NWI	16-09.25	
8 Williams, Adrienne	Virginia Wesleyan	5.10m	NWI	16-08.75	
8 Graves, Carmen	Roanoke	5.10m	NWI	16-08.75	
10 Tolley, Meagan	Roanoke	5.09m	NWI	16-08.50	
11 Porter, Sarina	Roanoke	5.00m	NWI	16-05.00	
12 Thompson, Marissa	Washington and Lee	4.89m	NWI	16-00.50	
13 Richardson, Kyra	Lynchburg	4.66m	NWI	15-03.50	
14 Stoker, Kai Lynn	Bridgewater (Va.)	4.32m	NWI	14-02.25	

Event 24 Women Triple Jump

=====
 Facility Rec: F 38-08.50 2004 Jefferson, JMU
 Meet Record: M 37-07.75 2006 Wendy Driver, Eastern Mennonite
 Name Year School Finals Wind Points
 =====

1 Graves, Carmen	Roanoke	11.26m	NWI	36-11.50	10
2 Cornett, Brittany	Roanoke	11.14m	NWI	36-06.75	8
3 Hubbard, LaCear	Lynchburg	11.02m	NWI	36-02.00	6
4 Tolley, Meagan	Roanoke	10.90m	NWI	35-09.25	4
5 Osborne, JaLeesa	Roanoke	10.82m	NWI	35-06.00	2
6 Morton, La'Porsha	Lynchburg	10.57m	NWI	34-08.25	1
7 Williams, Adrienne	Virginia Wesleyan	10.56m	NWI	34-07.75	
8 Thompson, Marissa	Washington and Lee	10.50m	NWI	34-05.50	
9 Sutherland, Maggie	Washington and Lee	10.37m	NWI	34-00.25	

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....Event 24 Women Triple Jump

10 Stoker, Kai Lynn	Bridgewater (Va.)	10.03m	NWI	32-11.00
11 Phillips, Samantha	Bridgewater (Va.)	9.27m	NWI	30-05.00

Event 26 Women High Jump

Name	Year	School	Finals	Points
=====				
Facility Rec:	F 5-07.50	2005	M. Mlinarchik, Eastern Mennonite	
Meet Record:	M 5-06.50	1998	Emily Hollett, Roanoke	
Name	Year	School	Finals	Points
=====				
1 Shelton, Kelsey		Lynchburg	1.60m 5-03.00	10
2 Nelson, Erin		Roanoke	1.60m 5-03.00	8
3 Hartman, Courtney		Bridgewater (Va.)	1.55m 5-01.00	6
4 Gibbs, Jessica		Lynchburg	1.50m 4-11.00	4
5 Pascucci, Melissa		Virginia Wesleyan	1.45m 4-09.00	1.50
5 Hubbard, LaCear		Lynchburg	1.45m 4-09.00	1.50
7 Dellehunt, Rachel		Roanoke	1.45m 4-09.00	
8 Sutherland, Maggie		Washington and Lee	1.40m 4-07.00	
8 Schweiger, Erin		Roanoke	1.40m 4-07.00	
10 Leaman, Michelle		Eastern Mennonite	1.35m 4-05.00	
-- Morton, La'Porsha		Lynchburg	NH	

Event 28 Women Pole Vault

Name	Year	School	Finals	Points
=====				
Facility Rec:	F 12-00	2009	C. Rhodes, Bridgewater	
Meet Record:	M 12-01	2000	Laura Rosenberger, Eastern Mennonite	
Name	Year	School	Finals	Points
=====				
1 Rhodes, Christina		Bridgewater (Va.)	3.77m 12-04.50	10
2 Dziejewicz, Jill		Lynchburg	3.05m 10-00.00	8
3 Rhodes, Renee		Roanoke	2.88m 9-05.25	6
4 Stacy, Jenna		Bridgewater (Va.)	2.73m 8-11.50	4
5 Benzineb, Arianna		Virginia Wesleyan	2.58m 8-05.50	2
6 TenEyck, Emily		Washington and Lee	2.13m 6-11.75	1
7 Ginhaven, Brittany		Bridgewater (Va.)	1.83m 6-00.00	

Event 30 Women Shot Put

Name	Year	School	Finals	Points
=====				
Facility Rec:	F 42-05.25	2006	A. Reynolds, Eastern Mennonite	
Meet Record:	M 42-05	2006	Amanda Reynolds, Eastern Mennonite	
Name	Year	School	Finals	Points
=====				
1 Cummings, Katie		Bridgewater (Va.)	11.55m 37-10.75	10
2 Allen, Ashley		Lynchburg	11.44m 37-06.50	8
3 Fitzwater, Whitney		Roanoke	11.39m 37-04.50	6
4 Burke, Brittany		Eastern Mennonite	11.32m 37-01.75	4
5 Hartman, Courtney		Bridgewater (Va.)	11.17m 36-07.75	2
6 Armstrong, Sallie		Washington and Lee	10.74m 35-03.00	1
7 McCrowey, Alisha		Roanoke	10.73m 35-02.50	
8 Koehn, Sarah		Lynchburg	10.63m 34-10.50	
9 Lewis, Chelsea		Virginia Wesleyan	10.36m 34-00.00	
10 Rodriguez, Jen		Lynchburg	10.13m 33-03.00	
11 Fremeau, Brooke		Lynchburg	9.87m 32-04.75	
12 Abell, Kathleen		Lynchburg	9.73m 31-11.25	
13 Maxey, Taylor		Washington and Lee	9.47m 31-01.00	
14 Crews, Deana		Lynchburg	9.46m 31-00.50	

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....Event 30 Women Shot Put

15	Smith, Gabrielle	Guilford	8.30m	27-02.75
16	Urban, Rachel	Washington and Lee	7.82m	25-08.00

Event 32 Women Discus Throw

Name	Year	School	Finals	Points
=====				
Facility Rec:	F	132-04	2007	Hull, Eastern Mennonite
Meet Record:	M	133-04.75	2005	Kristin Lovell, Roanoke
Name	Year	School	Finals	Points
=====				
1	Cummings, Katie	Bridgewater (Va.)	37.25m	122-02 10
2	Allen, Ashley	Lynchburg	36.85m	120-11 8
3	Maxey, Taylor	Washington and Lee	36.75m	120-07 6
4	Urban, Rachel	Washington and Lee	34.13m	112-00 4
5	Burke, Brittany	Eastern Mennonite	32.71m	107-04 2
6	Abell, Kathleen	Lynchburg	31.30m	102-08 1
7	McCrowey, Alisha	Roanoke	29.66m	97-04
8	Fitzwater, Whitney	Roanoke	27.96m	91-09
9	Lewis, Chelsea	Virginia Wesleyan	27.63m	90-08
10	Koehn, Sarah	Lynchburg	26.86m	88-01
--	Smith, Gabrielle	Guilford	FOUL	

Event 34 Women Javelin Throw

Name	Year	School	Finals	Points
=====				
Facility Rec:	F	134-03	2002	Hauser, Thiel
Meet Record:	M	127-08	2002	Meghan Randler, Lynchburg
Name	Year	School	Finals	Points
=====				
1	Landes, Krystle	Lynchburg	38.19m	125-03 10
2	Mizerak, Sammy	Bridgewater (Va.)	37.85m	124-02 8
3	Szumiesz, Aimee	Roanoke	34.88m	114-05 6
4	Fitzwater, Whitney	Roanoke	34.18m	112-02 4
5	Heal, Leah	Lynchburg	33.65m	110-05 2
6	Urban, Rachel	Washington and Lee	33.54m	110-00 1
7	Hartman, Courtney	Bridgewater (Va.)	33.24m	109-01
8	Armstrong, Sallie	Washington and Lee	29.43m	96-07
9	Gibbs, Jessica	Lynchburg	25.98m	85-03
10	Owens, Jessie	Bridgewater (Va.)	25.89m	84-11
11	McCrowey, Alisha	Roanoke	24.69m	81-00
12	Nelson, Erin	Roanoke	24.46m	80-03
13	Walters, Amanda	Lynchburg	23.66m	77-07
14	Palmer, Jess	Bridgewater (Va.)	22.45m	73-08
15	McFerren, Rhiannon	Virginia Wesleyan	21.95m	72-00
16	Leonard, Katie	Bridgewater (Va.)	21.06m	69-01
17	Notarangelo, Katie	Bridgewater (Va.)	20.21m	66-04
18	Ingram, Kaycee	Guilford	13.62m	44-08

Event 36 Women Hammer Throw

Name	Year	School	Finals	Points
=====				
Facility Rec:	F	142-02	2007	Stengle, Catholic
Meet Record:	M	143-08.75	2007	Katie Suehs, Roanoke
Name	Year	School	Finals	Points
=====				
1	Allen, Ashley	Lynchburg	47.76m	156-08 10
2	Fitzwater, Whitney	Roanoke	46.11m	151-03 8
3	Cummings, Katie	Bridgewater (Va.)	41.87m	137-04 6

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....Event 36 Women Hammer Throw

4 Crews, Deana	Lynchburg	37.26m	122-03	4
5 Szumiesz, Aimee	Roanoke	34.76m	114-00	2
6 McCrowey, Alisha	Roanoke	33.82m	110-11	1
7 Koehn, Sarah	Lynchburg	28.73m	94-03	
8 Rodriguez, Jen	Lynchburg	28.56m	93-08	
9 Urban, Rachel	Washington and Lee	27.41m	89-11	
10 Smith, Gabrielle	Guilford	24.15m	79-03	
11 Fremeau, Brooke	Lynchburg	24.14m	79-02	

Event 39 Women 3000 Meter Steeplechase

Meet Record: M 11:22.19 2009 Becca Taylor, Washington & Lee				
Name	Year	School	Finals	Points
1 Schultz, Lauren		Washington and Lee	12:07.44	10
2 Berry, Aubrey		Lynchburg	12:11.04	8
3 Keckler, Sarah		Washington and Lee	12:11.90	6
4 Ortiz, Molly		Washington and Lee	12:45.85	4
5 Diem, Melloni		Guilford	13:11.05	2
6 Iwata, Kathryn		Washington and Lee	14:22.24	1

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Women - Team Rankings - 19 Events Scored

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1) Roanoke	205	2) Lynchburg	154.50
3) Bridgewater (Va.)	110	4) Washington and Lee	89
5) Virginia Wesleyan	14.50	6) Eastern Mennonite	12
7) Guilford	2		

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Men - Team Rankings - 19 Events Scored

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1) Lynchburg	225	2) Bridgewater (Va.)	102
3) Virginia Wesleyan	77	4) Roanoke	71.50
5) Washington and Lee	54.50	6) Eastern Mennonite	30
7) Guilford	29		