

2014 MARYLAND INDOOR TRACK & FIELD PERFORMANCE LIST

Qualifying marks shown for flat 200m track

3/19/2016

(b) - banked or oversized track... mark listed is actual mark

(e) - ECAC qualifying mark

WOMEN

Name	Yr	Mark	Date	Meet	Plc	Metric
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55 METERS (ECAC - 7.16)

No marks

60 METERS (ECAC - 7.68)

Jordan SIMMONS	So.	7.85	2/07/14	Doc Hale VT Elite	13th	
SIMMONS		7.87	2/11/14	Navy Multi-Mix Madness	1st	
SIMMONS		7.88	1/11/14	Penn State Relays - Prelims	6th	
SIMMONS		7.89	2/14/14	Lafayette/Rider Winter Game	9th	
Noella ANYANGWE	So.	7.90	2/11/14	Navy Multi-Mix Madness	2nd	
SIMMONS		7.91	1/11/14	Penn State Relays - Finals	7th	
SIMMONS		8.04	2/28/14	ACC Indoor Championships	27th	

200 METERS (ECAC - 25.04)

Jordan SIMMONS	So.	25.52 (b)	2/07/14	Doc Hale VT Elite	18th	
SIMMONS		25.62 (b)	2/14/14	Lafayette/Rider Winter Game	12th	
Ashley BRANNOCK	So.	25.65 (b)	1/11/14	Penn State Relays	8th	
BRANNOCK		25.67 (b)	2/14/14	Lafayette/Rider Winter Game	13th	
Dominique DAVIS	Jr.	25.76 (b)	2/07/14	Doc Hale VT Elite	20th	
BRANNOCK		25.98	2/28/14	ACC Indoor Championships	25th	
DAVIS		26.26 (b)	1/25/14	Hokie Invitational	29th	
SIMMONS		26.54	2/28/14	ACC Indoor Championships	26th	
Jacqueline TAPE	Jr.	26.57 (b)	2/01/14	Lions Invitational	21st	
Noella ANYANGWE	So.	26.59 (b)	1/25/14	Hokie Invitational	31st	
ANYANGWE		26.65 (b)	2/01/14	Lions Invitational	23rd	
ANYANGWE	So.	27.01	1/18/14	Terrapin Invitational	8th	
TAPE		27.22	1/18/14	Terrapin Invitational	14th	

300 METERS

Lisa MENEAU	Fr.	41.16	1/18/14	Terrapin Invitational	4th	
Ashley BRANNOCK	So.	41.33	1/18/14	Terrapin Invitational	5th	
Micha POWELL	Fr.	41.92	1/18/14	Terrapin Invitational	9th	
Dominique DAVIS	Jr.	42.62	1/18/14	Terrapin Invitational	13th	
Taylor TUCKER	Fr.	42.88	1/18/14	Terrapin Invitational	14th	

400 METERS (ECAC - 57.04)

Micha POWELL	Fr.	55.85 (b)(e)	2/14/14	Lafayette/Rider Winter Game	3rd	
POWELL		55.88 (b)	2/01/14	Lions Invitational	2nd	
POWELL		56.39 (b)	2/07/14	Doc Hale VT Elite	6th-Inv.	
POWELL		56.66 (b)	1/25/14	Hokie Invitational	8th	
Shade PRATT	Jr.	57.64 (b)	1/25/14	Hokie Invitational	12th	
Ashley BRANNOCK	So.	57.79 (b)	2/14/14	Lafayette/Rider Winter Game	11th	
Rachelle ALEXANDER	Fr.	57.93 (b)	2/14/14	Lafayette/Rider Winter Game	12th	
PRATT		57.93 (b)	2/07/14	Doc Hale VT Elite	16th-Open	
BRANNOCK		57.95 (b)	1/25/14	Hokie Invitational	14th	
Dominique DAVIS	Jr.	58.34 (b)	2/01/14	Lions Invitational	10th	
DAVIS		58.43 (b)	2/11/14	Navy Multi-Mix Madness	1st	
BRANNOCK		58.46 (b)	2/07/14	Doc Hale VT Elite	18th-Open	
ALEXANDER		58.50 (b)	2/01/14	Lions Invitational	11th	
ALEXANDER		58.71 (b)	2/07/14	Doc Hale VT Elite	19th-Open	
BRANNOCK		58.78	2/28/14	ACC Indoor Championships	30th	
PRATT		59.11	2/28/14	ACC Indoor Championships	31st	

500 METERS (ECAC - 1:16.04)

Shade PRATT	Jr.	1:14.40 (b)(e)	2/14/14	Lafayette/Rider Winter Game	2nd	
Myah HICKS	Jr.	1:15.42 (b)(e)	2/14/14	Lafayette/Rider Winter Game	4th	
Julie SINKOVITZ	Sr.	1:15.54 (b)(e)	1/11/14	Penn State Relays	2nd	
Catherine VOELPEL	Fr.	1:16.18 (b)	1/11/14	Penn State Relays	4th	
Micha POWELL	Fr.	1:16.86 (b)	1/11/14	Penn State Relays	6th	
Rachelle ALEXANDER	Fr.	1:17.67 (b)	1/11/14	Penn State Relays	9th	
Dominique DAVIS	Sr.	1:19.39 (b)	1/11/14	Penn State Relays	16th	
Charlotte STAVAR	Jr.	1:19.47 (b)	2/01/14	Lions Invitational	12th	

600 METERS

Myah HICKS	Jr.	1:35.88	1/18/14	Terrapin Invitational	1st
Shade PRATT	Jr.	1:36.24	1/18/14	Terrapin Invitational	3rd
Charlotte STAVEL	Jr.	1:37.10	1/18/14	Terrapin Invitational	4th
Catherine VOELPEL	Fr.	1:37.74	1/18/14	Terrapin Invitational	5th
Rachelle ALEXANDER	Fr.	1:38.36	1/18/14	Terrapin Invitational	6th

800 METERS (ECAC - 2:14.44)

Julie SINKOVITZ	Sr.	2:08.55 (e)	2/28/14	ACC Indoor Champs. - Prelim	6th
Myah HICKS	Jr.	2:08.88 (b)(e)	2/01/14	Lions Invitational	4th
SINKOVITZ		2:09.95	3/01/14	ACC Indoor Champs. - Finals	5th
SINKOVITZ		2:10.44 (b)	2/07/14	Doc Hale VT Elite	5th
HICKS		2:13.74	2/28/14	ACC Indoor Championships	21st
Maryam FIKRI	Sr.	2:14.52 (b)	2/07/14	Doc Hale VT Elite	9th
Alexa SQUIRINI	Fr.	2:15.73 (b)	2/14/14	Lafayette/Rider Winter Game	7th
Emily VANDEWATER	So.	2:15.79	2/28/14	ACC Indoor Championships	23rd
VANDEWATER		2:16.17 (b)	2/14/14	Lafayette/Rider Winter Game	8th
VANDEWATER		2:17.46 (b)	2/07/14	Doc Hale VT Elite	13th
SQUIRINI		2:18.90	1/18/14	Terrapin Invitational	5th
VANDEWATER		2:20.25 (b)	2/01/14	Lions Invitational	21st
Thea LaFOND	Jr.	2:22.13	2/27/14	ACC Indoor Champs. - Pent.	--
Charlotte STAVEL	Jr.	2:22.17 (b)	1/25/14	Hokie Invitational	13th
STAVEL		2:23.68 (b)	2/11/14	Navy Multi-Mix Madness	5th
Catherine VOELPEL	Fr.	2:24.06 (b)	2/01/14	Lions Invitational	27th
LaFOND		2:24.63 (b)	3/15/14	NCAA Indoor Natls. - Pent.	--
Alexandria CIMINO	Fr.	2:24.99	2/27/14	ACC Indoor Champs. - Pent.	--
Katie NAPPI	So.	2:26.87 (b)	1/25/14	Hokie Invitational	19th
CIMINO		2:27.77 (b)	2/11/14	Navy Multi-Mix Madness Pen	--
Lauren BALL	So.	2:29.57 (b)	2/11/14	Navy Multi-Mix Madness Pen	--
Kristi PERSON	Sr.	2:32.20 (b)	2/11/14	Navy Multi-Mix Madness Pen	--
PERSON		2:35.14	2/27/14	ACC Indoor Champs. - Pent.	--

1,000 METERS (ECAC - 2:56.24)

Myah HICKS	Jr.	2:50.40 (b)(e)	1/24/14	Hokie Invitational	3rd
Julie SINKOVITZ	Sr.	2:52.73 (b)(e)	1/24/14	Hokie Invitational	5th
Maryam FIKRI	Sr.	2:54.46 (b)(e)	2/01/14	Lions Invitational	2nd
Alexa SQUIRINI	Fr.	2:55.83 (b)(e)	2/01/14	Lions Invitational	4th
Catherine SHEFFO	So.	2:57.76 (b)	2/01/14	Lions Invitational	7th
Charlotte STAVEL	Jr.	3:02.54 (b)	1/11/14	Penn State Relays	4th
Katie NAPPI	So.	3:08.83 (b)	1/24/14	Hokie Invitational	24th

MILE (ECAC - 4:59.04)

Myah HICKS	Jr.	4:53.92 (b)(e)	2/07/14	Doc Hale VT Elite	6th
HICKS		5:00.96 (b)	1/11/14	Penn State Relays	3rd
Julie SINKOVITZ	Sr.	5:02.42	1/18/14	Terrapin Invitational	1st
Alexa SQUIRINI	Fr.	5:04.57 (b)	2/07/14	Doc Hale VT Elite	22nd
Catherine SHEFFO	So.	5:05.59 (b)	2/07/14	Doc Hale VT Elite	23rd
SQUIRINI	Fr.	5:05.76 (b)	1/24/14	Hokie Invitational	8th
SHEFFO		5:06.79 (b)	2/14/14	Lafayette/Rider Winter Game	12th
SQUIRINI		5:06.99	2/28/14	ACC Indoor Championships	23rd
SHEFFO		5:10.93	2/28/14	ACC Indoor Championships	26th
SQUIRINI		5:16.72 (b)	1/11/14	Penn State Relays	4th
Chardé BARNES	Fr.	5:18.21 (b)	2/11/14	Navy Multi-Mix Madness	4th
SHEFFO		5:18.42 (b)	1/24/14	Hokie Invitational	19th
Maeve McCOY	Jr.	5:20.67 (b)	2/11/14	Navy Multi-Mix Madness	5th
Katie NAPPI	So.	5:22.39 (b)	2/01/14	Lions Invitational	27th
Maryam FIKRI	Sr.	5:26.95 (b)	1/24/14	Hokie Invitational	27th

3,000 METERS (ECAC - 9:58.94)

Becky YEP	Sr.	9:58.34 (b)(e)	1/24/14	Hokie Invitational	9th
YEP		10:00.67 (b)	2/14/14	Lafayette/Rider Winter Game	8th
Kate KANETZKY	Gr.	10:06.52 (b)	1/24/14	Hokie Invitational	13th
YEP		10:06.99	3/01/14	ACC Indoor Championships	23rd
KANETZKY		10:10.82 (b)	1/11/14	Penn State Relays	2nd
YEP		10:16.09 (b)	2/08/14	Doc Hale VT Elite	10th
KANETZKY		10:17.54 (b)	2/14/14	Lafayette/Rider Winter Game	12th
YEP		10:20.10 (b)	1/11/14	Penn State Relays	3rd
KANETZKY		10:29.59	3/01/14	ACC Indoor Championships	25th
Catherine SHEFFO	So.	10:34.13	1/18/14	Terrapin Invitational	9th
Katie NAPPI	So.	10:38.84 (b)	2/11/14	Navy Multi-Mix Madness	5th
Sydney ALMEIDA	Fr.	10:41.66 (b)	2/11/14	Navy Multi-Mix Madness	6th
ALMEIDA		10:46.12 (b)	2/01/14	Lions Invitational	15th
ALMEIDA		10:59.93	1/18/14	Terrapin Invitational	16th
Bridget NOLAN	Sr.	11:14.08 (b)	2/01/14	Lions Invitational	18th
NAPPI		11:19.75	1/18/14	Terrapin Invitational	24th

5,000 METERS (ECAC - 17:33.64)

Becky YEP	Sr.	17:19.76 (e)	2/28/14	ACC Indoor Championships	24th
Kate KANETZKY	Gr.	17:26.12 (e)	1/18/14	Terrapin Invitational	1st
YEP		17:29.95 (b)	1/25/14	Hokie Invitational	1st
YEP		17:30.04	1/18/14	Terrapin Invitational	2nd
KANETZKY		17:44.87 (b)	1/25/14	Hokie Invitational	2nd
KANETZKY		17:47.95 (b)	2/08/14	Doc Hale VT Elite	2nd
KANETZKY		18:15.44	2/28/14	ACC Indoor Championships	39th
Bridget NOLAN	Sr.	19:04.93 (b)	2/11/14	Navy Multi-Mix Madness	8th
Karah O'HALLORAN	Fr.	19:12.74	1/18/14	Terrapin Invitational	11th
O'HALLORAN		19:29.76 (b)	2/11/14	Navy Multi-Mix Madness	9th
Natalie ATABEK	Sr.	20:16.56 (b)	2/11/14	Navy Multi-Mix Madness	10th

55-METER HURDLES (ECAC - 8.24)

No marks

60-METER HURDLES (ECAC - 8.80)

Thea LaFOND	Jr.	8.53 (e)	2/14/14	Lafayette/Rider Winter Game	1st
LaFOND		8.55	2/27/14	ACC Indoor Champs. - Pent.	--
LaFOND		8.58	3/15/14	NCAA Indoor Natls. - Pent.	--
Lisa MENEAU	Fr.	8.62 (e)	2/28/14	ACC Indoor Champs. - Prelim	7th
MENEAU		8.67	3/01/14	ACC Indoor Champs. - Finals	7th
LaFOND		8.71	1/18/14	Terrapin Invitational - Finals	1st
Noella ANYANGWE	So.	8.73 (e)	2/07/14	Doc Hale VT Elite	10th
MENEAU		8.73	2/01/14	Lions Invitational - Finals	2nd
MENEAU		8.73	2/14/14	Lafayette/Rider Winter Game	3rd
LaFOND		8.73	2/11/14	Navy Multi-Mix Madness	1st
LaFOND		8.74	1/18/14	Terrapin Invitational - Prelims	1st
ANYANGWE		8.78	2/01/14	Lions Invitational - Prelims	4th
MENEAU		8.87	2/01/14	Lions Invitational - Prelims	5th
ANYANGWE		8.90	2/28/14	ACC Indoor Championships	18th
MENEAU		8.92	2/11/14	Navy Multi-Mix Madness	2nd
MENEAU		8.93	1/24/14	Hokie Invitational	9th
MENEAU		8.97	1/11/14	Penn State Relays - Prelims	7th
ANYANGWE		8.99	1/18/14	Terrapin Invitational - Finals	2nd
ANYANGWE		9.00	1/24/14	Hokie Invitational	13th
Taylor TUCKER	Fr.	9.05	1/11/14	Penn State Relays - Prelims	8th
TUCKER		9.05	2/14/14	Lafayette/Rider Winter Game	7th
MENEAU		9.07	1/18/14	Terrapin Invitational - Finals	4th
TUCKER		9.09	1/11/14	Penn State Relays - Finals	7th
MENEAU		9.11	1/18/14	Terrapin Invitational - Prelims	3rd
TUCKER		9.12	2/07/14	Doc Hale VT Elite	22nd
ANYANGWE		9.13	1/11/14	Penn State Relays	11th
TUCKER		9.18	1/18/14	Terrapin Invitational - Prelims	4th
MENEAU		9.20	2/07/14	Doc Hale VT Elite	T24th
ANYANGWE		9.23	1/18/14	Terrapin Invitational - Prelims	8th
TUCKER		9.28	2/01/14	Lions Invitational	15th
Alexandra CIMINO	Fr.	9.31	2/27/14	ACC Indoor Champs. - Pent.	--
CIMINO		9.35	1/11/14	Penn State Relays	18th
TUCKER		9.36	2/11/14	Navy Multi-Mix Madness	4th
TUCKER		9.39	1/18/14	Terrapin Invitational - Finals	8th
Jacqueline TAPE	Jr.	9.42	2/01/14	Lions Invitational	21st
CIMINO		9.44	2/01/14	Lions Invitational	22nd
Lauren BALL	So.	9.49	1/18/14	Terrapin Invitational	13th
CIMINO		9.49	2/14/14	Lafayette/Rider Winter Game	T19th
TAPE		9.49	2/14/14	Lafayette/Rider Winter Game	T19th
CIMINO		9.52	1/18/14	Terrapin Invitational	14th
TAPE		9.59	1/18/14	Terrapin Invitational	16th
CIMINO		9.64	2/11/14	Navy Multi-Mix Madness Pen	--
TAPE		9.67	2/11/14	Navy Multi-Mix Madness	5th
TAPE		9.68	1/11/14	Penn State Relays	23rd
BALL		9.88	2/11/14	Navy Multi-Mix Madness Pen	--
Kristi PERSON	Sr.	10.03	2/27/14	ACC Indoor Champs. - Pent.	--
PERSON		10.39	2/11/14	Navy Multi-Mix Madness Pen	--

4x400 RELAY (ECAC - 3:52.54)

Meneau-Pratt-Alexander-Powell	3:46.91 (e)	3/01/14	ACC Indoor Championships	8th
Powell-Meneau-Sinkovitz-Pratt	3:48.36 (b)	2/08/14	Doc Hale VT Elite	1st-Open
Meneau-Alexander-Cimino-Pratt	3:48.94 (b)	2/14/14	Lafayette/Rider Winter Game	2nd
Tucker-Brannock-Alexander-Powell	3:49.82 (b)	1/11/14	Penn State Relays	3rd
Powell-Meneau-Alexander-Hicks	3:50.65 (b)	2/01/14	Lions Invitational	3rd
Brannock-Davis-Hicks-Tucker	3:50.87 (b)	2/08/14	Doc Hale VT Elite	3rd-Open
Brannock-Pratt-Meneau-Powell	3:51.82 (b)	1/25/14	Hokie Invitational	4th
Brannock-Pratt-Hicks-Powell	3:52.61	1/18/14	Terrapin Invitational	2nd
Voelpel-Davis-Cimino-Staver	3:56.66 (b)	1/11/14	Penn State Relays	7th
Davis-Tucker-Voelpel-Cimino	3:57.99 (b)	2/01/14	Lions Invitational	8th
Voelpel-Davis-Ball-Staver	3:59.79	1/18/14	Terrapin Invitational	4th

4x800 RELAY (ECAC - 9:25.24)

No marks

DISTANCE MEDLEY RELAY-Meters (ECAC - 12:08.64)

Sinkovitz-Voelpel-Squirini-Hicks	11:54.55 (b)(e)	1/25/14	Hokie Invitational	3rd	
Fikri-Alexander-Squirini-Hicks	12:01.88	2/27/14	ACC Indoor Championships	13th	

SPRINT MEDLEY RELAY

Meneau-Powell-Tucker-Alexander	4:06.40 (b)	2/11/14	Navy Multi-Mix Madness	1st	
Simmons-Anyangwe-Staver-Pratt	4:07.65 (b)	2/11/14	Navy Multi-Mix Madness	2nd	

HIGH JUMP (ECAC - 5-7)

Amber MELVILLE	Jr.	6-01.25 (e)	2/28/14	ACC Indoor Championships	1st	(1.86m)
Amina SMITH	Sr.	6-01.25 (e)	2/28/14	ACC Indoor Championships	2nd	(1.86m)
Thea LaFOND	Jr.	6-00.75 (e)	2/27/14	ACC Indoor Champs. - Pent.	--	(1.85m)
LaFOND		6-00.75	3/15/14	NCAA Indoor Nat'ls. - Pent.	--	
SMITH		6-00.75	2/11/14	Navy Multi-Mix Madness	1st	
SMITH		6-00.50	2/08/14	Doc Hale VT Elite	2nd	
MELVILLE		6-00.50	2/08/14	Doc Hale VT Elite	3rd	
LaFOND		6-00.00	2/28/14	ACC Indoor Championships	4th	
MELVILLE		6-00.00	1/18/14	Terrapin Invitational	1st	
MELVILLE		6-00.00	1/25/14	Hokie Invitational	1st	
MELVILLE		5-11.25	3/15/14	NCAA Indoor Nationals	T7th	
LaFOND		5-11.25	1/11/14	Penn State Relays	1st	
SMITH		5-11.25	1/11/14	Penn State Relays	2nd	
LaFOND		5-10.75	2/11/14	Navy Multi-Mix Madness	2nd	
MELVILLE		5-10.75	2/11/14	Navy Multi-Mix Madness	3rd	
SMITH		5-10.75	1/18/14	Terrapin Invitational	2nd	
SMITH		5-10.00	3/15/14	NCAA Indoor Nationals	12th	
LaFOND		5-10.00	2/08/14	Doc Hale VT Elite	T4th	
SMITH		5-07.75	2/01/14	Lions Invitational	1st	
SMITH		5-07.75	1/25/14	Hokie Invitational	3rd	
LaFOND		5-07.75	1/25/14	Hokie Invitational	6th	
Kristi PERSON	Sr.	5-03.00	1/11/14	Penn State Relays	13th	(1.60m)
PERSON		5-02.25	2/11/14	Navy Multi-Mix Madness Pen	--	
PERSON		5-01.00	2/01/14	Lions Invitational	T11th	
Alexandra CIMINO	Fr.	5-00.25	2/11/14	Navy Multi-Mix Madness Pen	--	(1.53m)
Lauren BALL	So.	4-06.25	2/11/14	Navy Multi-Mix Madness Pen	--	(1.38m)

POLE VAULT (ECAC - 11-9.75)

No marks

LONG JUMP (ECAC - 18-8.50)

Thea LaFOND	Jr.	20-02.50 (e)	1/18/14	Terrapin Invitational	1st	(6.16m)
LaFOND		19-08.75	2/27/14	ACC Indoor Champs. - Pent.	--	
LaFOND		19-00.00	3/15/14	NCAA Indoor Nat'ls. - Pent.	--	
Kristi PERSON	Sr.	17-00.50	1/18/14	Terrapin Invitational	7th	(5.19m)
Lauren BALL	So.	16-09.75	1/18/14	Terrapin Invitational	8th	(5.12m)
BALL		16-05.00	2/11/14	Navy Multi-Mix Madness Pen	--	
PERSON		16-05.00	2/01/14	Lions Invitational	16th	
BALL		16-04.25	2/01/14	Lions Invitational	18th	
BALL		16-03.00	1/11/14	Penn State Relays	13th	
PERSON		15-10.25	2/11/14	Navy Multi-Mix Madness Pen	--	
PERSON		15-07.00	2/27/14	ACC Indoor Champs. - Pent.	--	
Alexandra CIMINO	Fr.	15-06.00	2/11/14	Navy Multi-Mix Madness Pen	--	(4.70m)
CIMINO		15-04.00	2/01/14	Lions Invitational	20th	
CIMINO		15-01.50	2/27/14	ACC Indoor Champs. - Pent.	--	
CIMINO		14-08.75	1/18/14	Terrapin Invitational	24th	

TRIPLE JUMP (ECAC - 39-0.50)

Thea LaFOND	Jr.	43-06.50 (e)	3/01/14	ACC Indoor Championships	1st	(13.27m)
LaFOND		42-02.00	1/11/14	Penn State Relays	1st	
LaFOND		41-06.50	2/08/14	Doc Hale VT Elite	1st	
LaFOND		40-09.00	1/24/14	Hokie Invitational	1st	

SHOT PUT (ECAC - 44-3.50)

Chioma ONYEKWERE	So.	50-05.25 (e)	3/01/14	ACC Indoor Championships	9th	(15.37m)
ONYEKWERE		49-11.75	2/14/14	Lafayette/Rider Winter Game	2nd	
ONYEKWERE		49-08.50	1/11/14	Penn State Relays	1st	
ONYEKWERE		49-02.25	1/18/14	Terrapin Invitational	1st	
ONYEKWERE		48-06.75	2/08/14	Doc Hale VT Elite	6th	
ONYEKWERE		48-04.00	1/25/14	Hokie Invitational	2nd	
ONYEKWERE		46-02.00	2/11/14	Navy Multi-Mix Madness	1st	
ONYEKWERE		46-00.75	2/01/14	Lions Invitational	1st	
Sonya NAPARIU	So.	43-07.00	2/14/14	Lafayette/Rider Winter Game	4th	(13.28m)
NAPARIU		43-05.25	2/11/14	Navy Multi-Mix Madness	3rd	
NAPARIU		43-05.00	3/01/14	ACC Indoor Championships	17th	
NAPARIU		42-11.00	1/18/14	Terrapin Invitational	3rd	
NAPARIU		42-11.00	1/25/14	Hokie Invitational	6th	
NAPARIU		42-10.75	2/08/14	Doc Hale VT Elite	14th	
NAPARIU		41-10.75	2/01/14	Lions Invitational	5th	
NAPARIU		40-06.75	1/11/14	Penn State Relays	12th	
Thea LaFOND	Jr.	32-10.50	3/15/14	NCAA Indoor Natls. - Pent.	--	(10.02m)
Lauren BALL	So.	32-09.75	2/11/14	Navy Multi-Mix Madness Pen	--	(10.00m)
LaFOND		32-08.50	2/27/14	ACC Indoor Champs. - Pent.	--	
Kristi PERSON	Sr.	32-03.75	2/27/14	ACC Indoor Champs. - Pent.	--	(9.85m)
PERSON		31-06.75	1/18/14	Terrapin Invitational	18th	
PERSON		31-02.50	2/11/14	Navy Multi-Mix Madness Pen	--	
PERSON		30-09.75	1/11/14	Penn State Relays	23rd	
BALL		29-06.75	1/18/14	Terrapin Invitational	20th	
Alexandra CIMINO	Fr.	29-06.00	2/27/14	ACC Indoor Champs. - Pent.	--	(8.99m)
CIMINO		27-05.50	2/11/14	Navy Multi-Mix Madness Pen	--	

20-POUND WEIGHT THROW (ECAC - 52-6)

Chioma ONYEKWERE	So.	57-09.50 (e)	1/11/14	Penn State Relays	2nd	(17.61m)
ONYEKWERE		57-01.50	1/18/14	Terrapin Invitational	1st	
ONYEKWERE		56-06.00	2/28/14	ACC Indoor Invitational	11th	
ONYEKWERE		56-04.50	1/24/14	Hokie Invitational	5th	
ONYEKWERE		56-03.75	2/07/14	Doc Hale VT Elite	13th	
ONYEKWERE		55-11.00	2/14/14	Lafayette/Rider Winter Game	2nd	
Sonya NAPARIU	So.	54-10.00 (e)	2/07/14	Doc Hale VT Elite	18th	(16.71m)
NAPARIU		54-05.50	1/24/14	Hokie Invitational	6th	
NAPARIU		54-01.00	2/14/14	Lafayette/Rider Winter Game	4th	
NAPARIU		53-09.25	2/01/14	Lions Invitational	3rd	
NAPARIU		53-05.50	2/28/14	ACC Indoor Invitational	15th	
NAPARIU		53-05.00	1/11/14	Penn State Relays	5th	
ONYEKWERE		53-00.75	2/11/14	Navy Multi-Mix Madness	1st	
NAPARIU		53-00.00	2/11/14	Navy Multi-Mix Madness	2nd	
ONYEKWERE		52-10.00	2/01/14	Lions Invitational	4th	
NAPARIU		51-09.00	1/18/14	Terrapin Invitational	3rd	

PENTATHLON (ECAC - 3,450)

Thea LaFOND	Jr.	4,222 (e)	2/27/14	ACC Indoor Championships	1st
(60H: 8.55; HJ: 6-0.75; SP: 32-8.50; LJ: 19-8.75; 800m: 2:22.13)					
Thea LaFOND	Jr.	4,120	3/15/14	NCAA Indoor Nationals	11th
(60H: 8.58; HJ: 6-0.75; SP: 32-10.50; LJ: 19-0; 800m: 2:24.63)					
Alexandra CIMINO	Fr.	3,167	2/27/14	ACC Indoor Championships	17th
(60H: 9.31; HJ: 4-11.75; SP: 29-6; LJ: 15-1.50; 800m: 2:24.99)					
Kristi PERSON	Sr.	3,131	2/27/14	ACC Indoor Championships	18th
(60H: 10.03; HJ: 5-4.50; SP: 32-3.75; LJ: 15-7; 800m: 2:35.14)					
Alexandra CIMINO	Fr.	3,065	2/11/14	Navy Multi-Mix Madness	4th
(60H: 9.64; HJ: 5-0.25; SP: 27-5.50; LJ: 15-6; 800m: 2:27.77)					
Kristi PERSON	Sr.	3,030	2/11/14	Navy Multi-Mix Madness	5th
(60H: 10.39; HJ: 5-2.25; SP: 31-2.50; LJ: 15-10.25; 800m: 2:32.20)					
Lauren BALL	So.	3,012	2/11/14	Navy Multi-Mix Madness	7th
(60H: 9.88; HJ: 4-6.25; SP: 32-9.75; LJ: 16-5; 800m: 2:29.57)					

2014 MARYLAND INDOOR TRACK & FIELD PERFORMANCE LIST

3/19/2016

(b) - banked or oversized track... mark listed is actual mark

MEN						
Name	Yr.	Mark	Date	Meet	Plc	Metric
60 METERS						
Avery GRAHAM	Sr.	6.93	2/14/14	Lafayette/Rider Winter Game	4th	
John DAVENPORT	Sr.	7.07	1/11/14	Penn State Relays	T10th	
Trey SHERMAN	Jr.	7.08	1/18/14	Terrapin Invitational - Prelims	2nd	
SHERMAN		7.11	1/18/14	Terrapin Invitational - Finals	2nd	
Derek HOLLAND	Jr.	7.42	1/18/14	Terrapin Invitational	11th	
200 METERS						
Avery GRAHAM	Sr.	21.70 (b)	2/14/14	Lafayette/Rider Winter Game	4th	
Lionel WILSON	Jr.	22.12 (b)	2/14/14	Lafayette/Rider Winter Game	14th	
300 METERS						
Lionel WILSON	Jr.	36.63	1/18/14	Terrapin Invitational	5th	
400 METERS						
Lionel WILSON	Jr.	48.59 (b)	2/14/14	Lafayette/Rider Winter Game	6th	
WILSON		48.97 (b)	2/07/14	Doc Hale VT Elite	5th-Inv.	
WILSON		49.17 (b)	1/25/14	Hokie Invitational	4th	
Dahri JAHN-RICHARDSON	Fr.	50.62 (b)	2/14/14	Lafayette/Rider Winter Game	18th	
Terrence MALIFF	Jr.	50.75 (b)	2/14/14	Lafayette/Rider Winter Game	22nd	
500 METERS						
Terrence MALIFF	Jr.	1:05.59 (b)	2/01/14	Lions Invitational	9th	
MALIFF		1:06.46 (b)	1/11/14	Penn State Relays	12th	
600 METERS						
Dahri JAHN-RICHARDSON	Fr.	1:24.18 (b)	1/25/14	Hokie Invitational	4th	
JAHN-RICHARDSON		1:25.01	1/18/14	Terrapin Invitational	1st	
Terrence MALIFF	Jr.	1:25.02	1/18/14	Terrapin Invitational	2nd	
800 METERS						
Dan TRETTEL	So.	1:56.29 (b)	1/25/14	Hokie Invitational	5th	
TRETTEL		1:56.50	1/18/14	Terrapin Invitational	3rd	
TRETTEL		1:57.28 (b)	2/07/14	Doc Hale VT Elite	17th	
1,000 METERS						
Dan TRETTEL	So.	2:34.81 (b)	1/24/14	Hokie Invitational	15th	
MILE						
Tom HOGARTY	Fr.	4:25.16 (b)	2/01/14	Lions Invitational	51st	
HOGARTY		4:26.77	1/18/14	Terrapin Invitational	5th	
Greg HALLA	Fr.	4:33.06 (b)	1/24/14	Hokie Invitational	14th	
3,000 METERS						
Greg HALLA	Fr.	9:03.30 (b)	2/01/14	Lions Invitational	18th	
HALLA		9:07.17	1/18/14	Terrapin Invitational	4th	
LONG JUMP						
John DAVENPORT	Sr.	21-05.50	1/11/14	Penn State Relays	8th	(6.54m)
Derek HOLLAND	Jr.	21-00.00	1/18/14	Terrapin Invitational	7th	(6.40m)
TRIPLE JUMP						
Derek HOLLAND	Jr.	50-06.25	1/11/14	Penn State Relays	2nd	(15.40m)
HOLLAND		48-04.50	2/08/14	Doc Hale VT Elite	3rd	
SHOT PUT						
Josh HAGHIGHI	Sr.	55-09.25	1/11/14	Penn State Relays	2nd	(17.00m)
Pat COLE	Jr.	51-09.75	1/18/14	Terrapin Invitational	2nd	(15.79m)
HAGHIGHI		51-03.75	1/18/14	Terrapin Invitational	3rd	
HAGHIGHI		50-03.25	2/01/14	Lions Invitational	10th	
COLE		49-08.25	2/01/14	Lions Invitational	13th	
35-POUND WEIGHT THROW						
Josh HAGHIGHI	Sr.	64-05.75	2/01/14	Lions Invitational	1st	(19.65m)
HAGHIGHI		64-05.00	2/14/14	Lafayette/Rider Winter Game	1st	
HAGHIGHI		63-10.50	2/07/14	Doc Hale VT Elite	4th	
HAGHIGHI		63-02.75	1/18/14	Terrapin Invitational	1st	
HAGHIGHI		62-11.50	1/11/14	Penn State Relays	2nd	
Pat COLE	Jr.	54-10.75	2/01/14	Lions Invitational	7th	(16.73m)
COLE		53-07.50	1/18/14	Terrapin Invitational	2nd	

2014 MARYLAND INDOOR TRACK & FIELD PERFORMANCE LIST

Qualifying marks shown for flat 200m track

(b) - banked or oversized track.... mark listed is actual mark

(e) - ECAC qualifying mark

NCAA CANDIDATES (Top 50 in nation as of 3/3... Top 16 qualify)

Name	Yr	Mark	Date	Meet	Event	Current (Needs)
Thea LaFOND	Jr.	6-00.75	2/27/14	ACC Indoor Champs. - Pent.	HJ	T6th (5-11.50)
LaFOND		20-02.50	1/18/14	Terrapin Invitational	LJ	34th (20-6.25)
LaFOND		43-06.50	3/01/14	ACC Indoor Championships	TJ	6th (42-7.50)
Amber MELVILLE	Jr.	6-01.25	2/28/14	ACC Indoor Championships	HJ	T4th (5-11.50)
Julie SINKOVITZ	Sr.	2:08.55	2/28/14	ACC Indoor Champs. - Prelim	800m	42nd (2:05.38)
Amina SMITH	Sr.	6-01.25	2/28/14	ACC Indoor Championships	HJ	T4th (5-11.50)

ECAC QUALIFIERS

Name	Yr	Mark	Date	Meet	Event
Noella ANYANGWE	So.	8.73 (e)	2/07/14	Doc Hale VT Elite	60 Hurdles
Maryam FIKRI	Sr.	2:54.46 (b)(e)	2/01/14	Lions Invitational	1,000 Meters
Myah HICKS	Jr.	1:15.42 (b)(e)	2/14/14	Lafayette/Rider Winter Game	500 Meters
HICKS		2:08.88 (b)(e)	2/01/14	Lions Invitational	800 Meters
HICKS		2:50.40 (b)(e)	1/24/14	Hokie Invitational	1,000 Meters
HICKS		4:53.92 (b)(e)	2/07/14	Doc Hale VT Elite	Mile
Kate KANETZKY	Gr.	17:26.12 (e)	1/18/14	Terrapin Invitational	5,000 Meters
Thea LaFOND	Jr.	8.53 (e)	2/14/14	Lafayette/Rider Winter Game	60 Hurdles
LaFOND		6-00.75 (e)	2/27/14	ACC Indoor Champs. - Pent.	High Jump
LaFOND		20-02.50 (e)	1/18/14	Terrapin Invitational	Long Jump
LaFOND		43-06.50 (e)	3/01/14	ACC Indoor Championships	Triple Jump
LaFOND		4,222 (e)	2/27/14	ACC Indoor Championships	Pentathlon
Amber MELVILLE	Jr.	6-01.25 (e)	2/28/14	ACC Indoor Championships	High Jump
Lisa MENEAU	Fr.	8.62 (e)	2/28/14	ACC Indoor Champs. - Prelim	60 Hurdles
Sonya NAPARIU	So.	54-10.00 (e)	2/07/14	Doc Hale VT Elite	Weight Throw
Chioma ONYEKWERE	So.	50-05.25 (e)	3/01/14	ACC Indoor Championships	Shot Put
ONYEKWERE		57-09.50 (e)	1/11/14	Penn State Relays	Weight Throw
Micha POWELL	Fr.	55.85 (b)(e)	2/14/14	Lafayette/Rider Winter Game	400 Meters
Shade PRATT	Jr.	1:14.40 (b)(e)	2/14/14	Lafayette/Rider Winter Game	500 Meters
Julie SINKOVITZ	Sr.	1:15.54 (b)(e)	1/11/14	Penn State Relays	500 Meters
SINKOVITZ		2:08.55 (e)	2/28/14	ACC Indoor Champs. - Prelim	800 Meters
SINKOVITZ		2:52.73 (b)(e)	1/24/14	Hokie Invitational	1,000 Meters
Amina SMITH	Sr.	6-01.25 (e)	2/28/14	ACC Indoor Championships	High Jump
Alexa SQUIRINI	Fr.	2:55.83 (b)(e)	2/01/14	Lions Invitational	1,000 Meters
Becky YEP	Sr.	9:58.34 (b)(e)	1/24/14	Hokie Invitational	3,000 Meters
YEP		17:19.76 (e)	2/28/14	ACC Indoor Championships	5,000 Meters
Powell-Meneau-Sinkovitz-Pratt		3:46.91 (e)	3/01/14	ACC Indoor Championships	4x400 Relay
Sinkovitz-Voelpel-Squirini-Hicks		11:54.55 (b)(e)	1/25/14	Hokie Invitational	Distance Medley Relay