



WOMEN'S OUTDOOR TRACK & FIELD 1999-2000 Season Top Times

(FINAL)

100m dash

200m dash

Carol McClure	4/15	29.22
Tina Rampino	3/25	31.66
Meghan Mazzeo	3/25	32.48

400m dash

Grace White	4/15	1:00.32
Marisa Galloway	5/7	1:03.38
Carol McClure	3/25	1:05.86
Tina Rampino	4/15	1:08.14
Meghan Mazzeo	4/8	1:16.13

800m

Grace White	5/7	2:19.03
Tracy Sipka	4/15	2:19.05
Carrin Saas	5/7	2:22.92
Meg McDermott	3/25	2:24.72
Lashawn Scott	4/15	2:27.48

1500m

Tracy Sipka	4/1	4:38.23
Lashawn Scott	4/1	4:44.68
Meg McDermott	4/15	4:56.14
Carrin Saas	4/15	5:02.41
Pam Endres	3/25	5:13.52

3000m

Tracy Sipka	3/25	10:19.99
Lashawn Scott	3/25	10:27.64
Amy Griffin	3/11	10:57.27
Carrin Saas	3/25	11:11.36
Christina Juva	3/11	11:33.88

5000m

Christina Juva	4/8	18:11.12(lap short)
Andrea Pricskett	5/13	20:52.17

10,000m

Christina Juva	4/15	41:15.39
Andrea Pricskett	4/15	42:53.62

100m HH

Tara DiLuca	3/25	15.11
Heather O'Rourke	3/25	16.49

400m IntH

Tara DiLuca	3/25	1:08.83
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3000m steeplechase

Meg McDermott	5/12	12:03.80
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long jump

Heather O'Rourke	3/25	14' 10"
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high jump

Marisa Galloway	4/22	5' 2 1/2"
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triple jump

Heather O'Rourke	3/25	34' 10 1/4"
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pole vault

Heather O'Rourke	5/5	8' 1/2"
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javelin throw

Heather O'Rourke	3/11	91' 2"
Bridget Dorney	4/15	82' 0"

4x100m relay

5/7	52.80
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4x200m relay

3/11	1:51.88
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4x400m relay

3/11	4:07.75
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4x800m relay

4/1	9:17.0
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4x1600m relay

3/11	22:28.52
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sprint medley relay

3/11	4:53.68
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DMR

5/13	12:11.05
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* - Fordham school record

3/11 - Orlando Invitational
3/25 - Rutgers Quad Meet
3/30-4/1 - Colonial Relays
4/1a - Bronco Relays
4/8 - Red Storm Classic
4/15 - Columbia Open
4/22 - Leopard Invitational
4/27-29 - Penn Relays
5/6-7 - Atlantic 10 Championship
5/12-13 - Metropolitan Championship
5/20-21 - ECAC/IC4A Championship