



Women's Indoor Track and Field





Championship Meet Records

9. Laura Phillips	JU	09	50-00.00	15.24
10. Dedra Jones	ETSU	07	49-11.00	15.21

Pole Vault		Yr	ft-inch	meters
1. Christa Coppin	Bel	08	11-11.75	3.65
2. Kelly Bridges	GWU	08	11-05.75	3.50
Carrie Long	GWU	08	11-05.75	3.50
4. Kelly Bridges	GWU	07	10-11.75	3.35
5. Christa Coppin	Bel	07	10-06.00	3.20
Kelly Bridges	GWU	06	10-06.00	3.20
Merissa Hawkins	GWU	08	10-06.00	3.20
8. Anne DelBovo	UNF	09	10-00.00	3.05
Merissa Hawkins	GWU	06	10-00.00	3.05
Merissa Hawkins	GWU	07	10-00.00	3.05
Victoria Argus	GWU	07	10-00.00	3.05

Long Jump		Yr	ft-inch	meters
1. Natasha Harvey	JU	09	21-08.00	6.60
2. Natasha Harvey	JU	08	21-05.25	6.53
3. Shaquania Lundy	JU	08	21-04.75	6.52
4. Janita Ocana	JU	07	19-06.75	5.96
5. Natasha Harvey	JU	07	19-05.50	5.93
Lynette Rives	Bel	08	19-05.50	5.93
7. Silviene Krosendjijk	Cam	08	19-04.00	5.89
8. Janita Ocana	JU	06	19-01.25	5.82
9. Emily Kohler	UNF	08	18-11.25	5.77
10. Suzette Van-Lare	Cam	09	18-10.50	5.75
Natasha Harvey	JU	06	18-10.50	5.75

Triple Jump		Yr	ft-inch	meters
1. Natasha Harvey	JU	08	40-03.25	12.27
2. Natasha Harvey	JU	09	40-00.50	12.20
3. Shaquania Lundy	JU	08	39-05.00	12.01
4. Jill Arthur	KSU	09	38-11.75	11.88
5. Suzette Van-Lare	KSU	09	38-11.50	11.87
6. Jill Arthur	KSU	08	37-11.50	11.57
7. Shaquania Lundy	JU	07	37-09.50	11.52
8. Elizabeth Codrington	Bel	08	37-07.25	11.46
9. Silviene Krosendjijk	Cam	08	37-06.75	11.45
10. Stacey Young	JU	09	37-04.00	11.38

High Jump		Yr	ft-inch	meters
1. Jakia Ragland	KSU	09	5-08.00	1.73
Amy Stroder	UNF	08	5-08.00	1.73
3. Anna Ricciardi	ETSU	06	5-07.75	1.72
4. Jocelya Webb	Cam	09	5-06.00	1.68
Elizabeth Mize	Cam	09	5-06.00	1.68
Elise Trexler	UNF	09	5-06.00	1.68
Elise Trexler	UNF	08	5-06.00	1.68
8. Anna Ricciardi	ETSU	07	5-05.75	1.67
Elise Trexler	UNF	07	5-05.75	1.67
10. Elizabeth Mize	Cam	07	5-03.75	1.62

4 x 400 Meter Relay		Year	Time
1. ETSU		2009	3:46.38
2. Jacksonville		2009	3:47.22
3. Belmont		2008	3:47.34
4. Belmont		2007	3:49.44
5. Campbell		2009	3:49.83
6. Jacksonville		2008	3:52.19
7. ETSU		2007	3:52.63
8. Jacksonville		2006	3:53.86
9. Campbell		2008	3:53.95
10. FAU		2006	3:54.05

Distance Medley		Year	Time
1. Jacksonville		2009	12:03.73
2. FAU		2006	12:07.78
3. Belmont		2009	12:18.12
Jacksonville		2007	12:19.52
5. Jacksonville		2006	12:19.94
6. Belmont		2008	12:21.75
7. Jacksonville		2008	12:21.98
8. Kennesaw State		2006	12:23.28
9. Kennesaw State		2008	12:25.82
10. Belmont		2007	12:26.52

All-Conference Selections

2009			
First Team		Year	Event
Natasha Harvey	JU	09	60m
Judy Johnson	ETSU	09	200m
Unique Singleton	JU	09	400m
Amalia Vogler	JU	09	800m
Heidi Dahl	ETSU	09	Mile Run
Mackenzie Howe	KSU	09	3000m
Emily Tangwar	Upst	09	5000m
Natasha Harvey	JU	09	60H
Jakia Ragland	KSU	09	High Jump
Anne DelBovo	UNF	09	Pole Vault
Natasha Harvey	JU	09	Long Jump
Natasha Harvey	JU	09	Triple Jump
Ronnisha Hall	JU	09	Shot Put
Ronnisha Hall	JU	09	Weight Throw
Tiffany Bromfield	JU	09	Pentathlon

Second Team			
		Year	Event
Judy Johnson	ETSU	09	60m
Lynette Rives	Bel	09	200m
Jasmine Ingram	ETSU	09	400m
Kayla Conrad	UNF	09	800m
Alyssa Deal	JU	09	Mile Run
Emily Tangwar	Upst	09	3000m
Mackenzie Howe	KSU	09	5000m
Elizabeth Pollock	Bel	09	60H
Jocelya Webb	Cam	09	High Jump
Kacey Hightower	KSU	09	Pole Vault
Suzette Van-Lare	Cam	09	Long Jump
Jill Arthur	KSU	09	Triple Jump
Zachlynn Blackburn	ETSU	09	Shot Put
Jessica Lumpkin	KSU	09	Weight Throw
Stacey Young	JU	09	Pentathlon

Third Team			
		Year	Event
Louise Kiernan	JU	09	60m
Louise Kiernan	JU	09	200m
Elizabeth Pollock	Bel	09	400m
Dominique Roy	Bel	09	800m
Dominique Roy	Bel	09	Mile Run
Erin Sutton	KSU	09	3000m
Erin Sutton	KSU	09	5000m
Stacey Young	JU	09	60H
Elizabeth Mize	Cam	09	High Jump
Morgan McCorkle	UNF	09	Pole Vault
Jill Arthur	KSU	09	Long Jump
Suzette Van-Lare	KSU	09	Triple Jump
Tiffany Bromfield	JU	09	Shot Put
Zachlynn Blackburn	ETSU	09	Weight Throw
Jessica Wilcox	KSU	09	Pentathlon

2008			
First Team			
		Year	Event
Judy Johnson	ETSU	08	60m
Lynette Rives	Bel	08	200m
Unique Singleton	JU	08	400m
Anastasia Fokina	JU	08	800m
Emily Tangwar	Upst	08	Mile Run
Emily Tangwar	Upst	08	3000m
Emily Tangwar	Upst	08	5000m
Natasha Harvey	JU	08	60H
Amy Stroder	UNF	08	High Jump
Christa Coppin	Bel	08	Pole Vault
Natasha Harvey	JU	08	Long Jump
Natasha Harvey	JU	08	Triple Jump
Hillary Crook	JU	08	Shot Put
Zachlynn Blackburn	ETSU	08	Weight Throw
Victoria Argus	GWU	08	Pentathlon

Second Team			
		Year	Event
Shaquania Lundy	JU	08	60m
Judy Johnson	ETSU	08	200m
Shantela Davis	KSU	08	400m
Evelyn Moore	UNF	08	800m
Brittany Thune	Bel	08	Mile Run
Amanda Davey	UNF	08	3000m

Amanda Davey	UNF	08	5000m
Simone Clark	JU	08	60H
Elise Trexler	UNF	08	High Jump
Kelly Bridges	GWU	08	Pole Vault
Shaquania Lundy	JU	08	Long Jump
Shaquania Lundy	JU	08	Triple Jump
Elizabeth Maxwell	GWU	08	Shot Put
Mecole Finch	Cam	08	Weight Throw
Simone Clark	JU	08	Pentathlon

Third Team			
		Year	Event
Natasha Harvey	JU	08	60m
Cagney Bailey	ETSU	08	200m
Khailia Turner	Bel	08	400m
Alison Ritter	JU	08	800m
Mollie Schlarman	Bel	08	Mile Run
Mackenzie Howe	KSU	08	3000m
Mackenzie Howe	KSU	08	5000m
Tiffany Bromfield	JU	08	60H
Jocelya Webb	Cam	08	High Jump
Carrie Long	GWU	08	Pole Vault
Lynette Rives	Bel	08	Long Jump
Jill Arthur	KSU	08	Triple Jump
Caryn Daane	GWU	08	Shot Put
Elizabeth Maxwell	GWU	08	Weight Throw
Kayla Morgan	GWU	08	Pentathlon

2007			
First Team			
		Year	Event
Janita Ocana	JU	07	60m
Janita Ocana	JU	07	200m
Janel Grooms	JU	07	400m
Katherine Warden	GWU	07	800m
Alicia Valtin	Cam	07	Mile Run
Lauren Williams	Bel	07	3000m
Alicia Valtin	Cam	07	5000m
Natasha Harvey	JU	07	60H
Anna Marie Ricciardi	ETSU	07	High Jump
Kelly Bridges	GWU	07	Pole Vault
Janita Ocana	JU	07	Long Jump
Shaquania Lundy	JU	07	Triple Jump
Elizabeth Maxwell	GWU	07	Shot Put
Mecole Finch	Cam	07	Weight Throw
Simone Clark	JU	07	Pentathlon

Second Team			
		Year	Event
Lynette Rives	Bel	07	60m
Lynette Rives	Bel	07	200m
Shantela Davis	KSU	07	400m
Victoria Currie	ETSU	07	800m
Lauren Williams	Bel	07	Mile Run
Alicia Valtin	Cam	07	3000m
Susan Worden	Lip	07	5000m
Simone Clark	JU	07	60H
Elise Trexler	UNF	07	High Jump
Christa Coppin	Bel	07	Pole Vault
Natasha Harvey	JU	07	Long Jump
Natasha Harvey	JU	07	Triple Jump
Brooke Berarducci	ETSU	07	Shot Put
Dedra Jones	ETSU	07	Weight Throw
Tiffany Bromfield	JU	07	Pentathlon

Third Team			
		Year	Event
Octavia Burgess	ETSU	07	60m
Jenny Knox	ETSU	07	200m
Elizabeth Pollock	ETSU	07	400m
Alyssa Deal	JU	07	800m
Alyssa Deal	JU	07	Mile Run
Amanda Davey	UNF	07	3000m
Amanda Davey	UNF	07	5000m
Elizabeth Pollock	Bel	07	60H
Elizabeth Mize	Cam	07	High Jump
Victoria Argus	GWU	07	Pole Vault
Silviene Krosendjijk	Cam	07	Long Jump
Kayla Morgan	GWU	07	Triple Jump
Hillary Crook	JU	07	Shot Put
Zachlynn Blackburn	ETSU	07	Weight Throw
Emelie Arvidsson	JU	07	Pentathlon



## All-Conference Selections (Continued)

2006		
First Team		
Janita Ocana	JU	60m
Janita Ocana	JU	200m
Lynette Rives	Bel	400m
Raynell Hagberg	FAU	800m
Raynell Hagberg	FAU	Mile Run
Tara Dressler	Cam	3000m
Patrina Hayes	KSU	5000m
Yanique Booth	FAU	60H
Anna Marie Ricciardi	ETSU	High Jump
Kelly Bridges	GWU	Pole Vault
Janita Ocana	JU	Long Jump
Shantela Davis	KSU	Triple Jump
Krystena Castro	FAU	Shot Put
Shunisha McClinton	JU	Weight Throw
Natasha Harvey	JU	Pentathlon

Second Team		
Yanique Booth	FAU	60m
Lynette Rives	Bel	200m
Malika Clary	FAU	400m
Carlene McLean	GWU	800m
Tara Dressler	Cam	Mile Run
Patrina Hayes	KSU	3000m
Tara Dressler	Cam	5000m
Simone Clark	JU	60H
Jian Jones	FAU	High Jump
Merissa Hawkins	GWU	Pole Vault
Natasha Harvey	JU	Long Jump
Victoria Argus	GWU	Triple Jump
Shunisha McClinton	JU	Shot Put
Mecole Finch	Cam	Weight Throw
Simone Clark	JU	Pentathlon

Third Team		
Tissilli Rogers	JU	60m
Marilyn Stephens	FAU	200m
Marilyn Stephens	FAU	400m
Ruth Mick	Lip	800m
Magdalena Polko	KSU	Mile Run
Erin Sutton	KSU	3000m
Jill Stapleton	Cam	5000m
Natasha Harvey	JU	60H
Emily Kohler	UNF	High Jump
Victoria Argus	GWU	Pole Vault
Kia White	Bel	Long Jump
Danielle Graham	Lip	Triple Jump
Elizabeth Maxwell	GWU	Shot Put
Lindsey Sutherland	GWU	Weight Throw
Lani Hammond	KSU	Pentathlon

## Award Winners

Most Valuable Performer		
2009	Natasha Harvey	JU

Most Outstanding Performer		
2009	Natasha Harvey (Track)	JU
	Natasha Harvey (Field)	JU
2008	Emily Tangwar (Track)	Upst
	Natasha Harvey (Field)	JU
2007	Alicia Valtin (Track)	Cam
	Janita Ocana (Field)	JU
2006	Janita Ocana (Track)	JU
	Shunisha McClinton (Field)	JU

Most Outstanding Freshman Performer		
2009	Stacey Young	JU
2008	Emily Tangwar	Upst
2007	Alyssa Deal	JU
2006	Natasha Harvey	JU

Coach-of-the-Year		
2009	Ron Grigg	JU
2008	Ron Grigg	JU
2007	Ron Grigg	JU
2006	Ron Grigg	JU

Athlete-of-the-Week		
2009		
1/14	Heidi Dahl	ETSU
1/21	Heidi Dahl	ETSU
1/28	Natasha Harvey	JU
2/4	Heidi Dahl	ETSU
2/11	Natasha Harvey	JU
2/18	Heidi Dahl	ETSU

2008		
1/16	Erin Sutton	KSU
1/23	Lynette Rives	Bel
1/30	Natasha Harvey	JU
2/6	Mackenzie Howe	KSU
2/13	Zachlynn Blackburn	ETSU
2/20	Amy Stroder	UNF
2/27	Judy Johnson	ETSU

2007		
1/10	Elizabeth Codrington	Bel
	Lynette Rives	Bel
1/17	Natasha Harvey	JU
1/24	Lynette Rives	Bel
1/31	Alicia Valtin	Cam
2/7	Anna Marie Ricciardi	ETSU
	Lauren Williams	Bel
2/14	Kelly Bridges	GWU

2006		
12/14	Carlene McLean	GWU
1/11	Lynette Rives	Bel
1/18	Natasha Harvey	JU
1/25	Anna Marie Ricciardi	ETSU
2/1	Tara Dressler	Cam
2/8	Jenny Knox	ETSU