

2008 Coastal Carolina Women's Outdoor Track and Field Performance List-Track Events

100m

<i>NCAA Regional: 11.75</i>		
<i>Coastal Record: 10.91 (Courtney Lemon, 2006)</i>		
Ikeiyah Brown	11.97	Asics/Winthrop Invitational
Arielle Miller	12.20w	Chanticleer Classic
Zarena Sita	12.57w	Chanticleer Classic
Jasmine Wheeler	12.62w	Chanticleer Classic
Sierrah Oates	12.83	Asics/Winthrop Invitational

200m

<i>NCAA Regional: 23.96</i>		
<i>Coastal Record: 24.12 (Shanta Johnson, 2007)</i>		
Ikeiyah Brown	24.33	Asics/Winthrop Invitational
Vondeeshia Humphries	24.75w	Chanticleer Classic
LeAuna Sistrunk	25.41	Asics/Winthrop Invitational
Zarena Sita	25.58w	Chanticleer Classic
Kandisa Allicock	26.59w	Chanticleer Classic
Jasmine Wheeler	26.76	Duke Asics Invitational
Elisha Tegeder	26.92w	Chanticleer Classic
Sierrah Oates	27.35	Duke Asics Invitational
Melissa Arango	28.03	CCU Invitational
Kammi Bittle	28.69	CCU Invitational
Lauren Watts	28.83w	Chanticleer Classic
Mikaela Terry	29.01	Duke Asics Invitational
Lauren Watts	29.63	Duke Asics Invitational

400m

<i>NCAA Regional: 54.61</i>		
<i>Coastal Record: 54.41 (Vondeeshia Humphries, 2008)</i>		
Vondeeshia Humphries	54.41	N.B. Big South Championships
Ikeiyah Brown	58.39	Chanticleer Classic
Zarena Sita	58.76	N.B. Big South Championships
Shelby Donahue	1:01.65	Chanticleer Classic
Keli-Jo White	1:03.05	Chanticleer Classic

800m

<i>NCAA Regional: 2:09.80</i>		
<i>Coastal Record: 2:09.68 (Angela Murphy, 1997)</i>		
Shelby Donahue	2:16.54	N.B. Big South Championships
Theresa Schamberger	2:21.25	Shamrock Invitational
Keli-Jo White	2:21.30	Shamrock Invitational
Peggy Busbee	2:28.19	N.B. Big South Championships
Rindi Wood	2:31.00	N.B. Big South Championships

1,500m

<i>NCAA Regional: 4:27.80</i>		
<i>Coastal Record: 4:22.27 (Angela Murphy, 1997)</i>		
Felicitas Mensing	4:38.81	Shamrock Invitational
Theresa Schamberger	4:46.47	CCU Invitational
Shelby Donahue	4:57.70	CCU Invitational
Keli-Jo White	5:01.52	CCU Invitational
Rindi Wood	5:12.10	Chanticleer Classic
Kathryn Zenowitz	5:16.39	Duke Asics Invitational
Joyce Curtin	5:19.36	Asics/Winthrop Invitational
Peggy Busbee	5:21.13	Duke Asics Invitational

3,000m

<i>NCAA Regional: N/A</i>		
<i>Coastal Record: 9:22.54 (Angela Murphy, 1997)</i>		
Aubrey Bergquist	10:51.45	Shamrock Invitational
Joyce Curtin	11:08.91	Shamrock Invitational
Rindi Wood	11:13.63	Shamrock Invitational
Kathryn Zenowitz	11:48.61	CCU Invitational
Peggy Busbee	12:14.69	CCU Invitational

5,000m

<i>NCAA Regional: 16:52.00</i>		
<i>Coastal Record: 16:26.99 (Catherine Conder, 1996)</i>		
Diana Jepchirchir	17:08.55	Duke Asics Invitational
Felicitas Mensing	17:30.30	Asics/Winthrop Invitational
Aubrey Bergquist	18:49.42	N.B. Big South Championships
Joyce Curtin	18:56.06	Duke Asics Invitational
Rindi Wood	19:35.71	Duke Asics Invitational

10,000m

<i>NCAA Regional Auto: 33:30.00; NCAA Regional Prov: 35:00.00</i>		
<i>Coastal Record: 34:41.79 (Anne Marie Moutsinga, 2005)</i>		
Diana Jepchirchir	35:24.54	N.B. Big South Championships
Joyce Curtin	40:39.93	N.B. Big South Championships

100m Hurdles

<i>NCAA Regional: 13.92</i>		
<i>Coastal Record: 13.67 (LeAuna Sistrunk, 2007)</i>		
LeAuna Sistrunk	13.74R	Asics/Winthrop Invitational
Jessica Houston	14.58	Shamrock Invitational
Sierrah Oates	14.73	Asics/Winthrop Invitational
Melissa Arango	15.05	Asics/Winthrop Invitational
Elisha Tegeder	15.50w	Chanticleer Classic
Lauren Watts	16.73	Chanticleer Classic
Mikaela Terry	19.39	CCU Invitational

400m Hurdles

<i>NCAA Regional: 1:00.82</i>		
<i>Coastal Record: 58.67 (Ebony Brown, 2006)</i>		
LeAuna Sistrunk	1:01.75	Pepsi Florida Relays
Elisha Tegeder	1:08.91	Shamrock Invitational
Kandisa Allicock	1:09.79	N.B. Big South Championships
Melissa Arango	1:13.81	N.B. Big South Championships

3,000m Steeplechase

<i>NCAA Regional: 10:50.25</i>		
<i>Coastal Record: 10:24.24 (Felicitas Mensing, 2006)</i>		
Felicitas Mensing	10:32.72R	Duke Asics Invitational
Aubrey Bergquist	11:31.34	Asics/Winthrop Invitational
Kathryn Zenowitz	13:10.55	N.B. Big South Championships

4x100m Relay

<i>NCAA Regional: 45.70</i>		
<i>Coastal Record: 45.77 (I. Brown, S. Johnson, Lemon, C. Johnson, 2007)</i>		
Coastal Carolina 'A'	46.65	Shamrock Invitational
(Brown, Miller, Sistrunk, Humphries)		
Coastal Carolina	46.90	N.B. Big South Championships
(Brown, Humphries, Sistrunk, Miller)		
Coastal Carolina	47.34	Penn Relays
(Miller, Humphries, Brown, Sistrunk)		
Coastal Carolina	47.69	Asics/Winthrop Invitational
(Miller, Brown, Sistrunk, Humphries)		
Coastal Carolina	48.14	Pepsi Florida Relays
(Miller, Brown, Sistrunk, Humphries)		
Coastal Carolina	48.35	Chanticleer Classic
(Oates, Humphries, Sita, Miller)		
Coastal Carolina 'B'	49.64	Shamrock Invitational
(Miller, Brown, Sistrunk, Humphries)		

4x200m Relay

<i>NCAA Regional: N/A</i>		
<i>Coastal Record: 1:37.86 (I. Brown, S. Johnson, A. White, C. Johnson, 2007)</i>		
Coastal Carolina 'A'	1:39.87	Pepsi Florida Relays
(Brown, Humphries, Sistrunk, Sita)		
Coastal Carolina 'B'	1:45.81	Pepsi Florida Relays
(Allicock, Houston, Arango, Miller)		

4x400m Relay

<i>NCAA Regional: 3:42.00</i>		
<i>Coastal Record: 3:44.87 (I. Brown, E. Brown, S. Johnson, D. Leach, 2007)</i>		
Coastal Carolina	3:57.95	N.B. Big South Championships
(Humphries, Brown, Sita, Allicock)		
Coastal Carolina	4:19.97	Chanticleer Classic
(Busbee, Bergquist, Donahue, White)		
Coastal Carolina	4:22.59	Asics/Winthrop Invitational
(Allicock, Arango, Oates, Sita)		

4x100m Shuttle Hurdle Relay

<i>NCAA Regional: 3:42.00</i>		
<i>Coastal Record: 3:44.87 (I. Brown, E. Brown, S. Johnson, D. Leach, 2007)</i>		
Coastal Carolina	59.10	Penn Relays
(Sistrunk, Arango, Oates, Houston)		
Coastal Carolina	1:02.11	Pepsi Florida Relays
(Allicock, Arango, Oates, Sita)		

Sprint Medley Relay

<i>NCAA Regional: N/A</i>		
<i>Coastal Record: 4:03.42 (S. Johnson, I. Brown, A. White, Schamberger, 2007)</i>		
Coastal Carolina	4:15.50	Penn Relays
(Brown, Sita, Humphries, Donahue)		

Distance Medley Relay

<i>NCAA Regional: N/A</i>		
<i>Coastal Record: N/A</i>		
Coastal Carolina	12:23.06	Shamrock Invitational
(Donahue, Terry, K. White, Schamberger)		

R-denotes NCAA Regional Qualifying Time/Mark
w-wind assisted time

2007 Coastal Carolina Women's Outdoor Track and Field Performance List-Field and Multi Events

High Jump

NCAA Regional: 5'8.75"/1.75m

Coastal Record: 5'8"/1.73m (C. Samuel, 2001; C. Johnson, 2007)

Kandisa Allicock	5'3.75"/1.62m	N.B. Big South Championships
Elisha Tegeder	5'3.75"/1.62m	N.B. Big South Championships
Mikaela Terry	5'1.75"/1.57m	N.B. Big South Championships
Jessica Houston	5'1"/1.55m	Asics/Winthrop Invitational

Pole Vault

NCAA Regional: 12'7.5"/3.85m

Coastal Record: 12'11.75"/3.96m (Marilyn Testa, 2004)

Claire Young	11'9"/3.58m	N.B. Big South Championships
Marcie Veitch	10'8"/3.25m	Asics/Winthrop Invitational

Long Jump

NCAA Regional: 19'8.25"/6.00m

Coastal Record: 20'1.5"/6.13m (Chasity Johnson, 2006)

Sierrah Oates	18'6.5"/5.65m	N.B. Big South Championships
Arielle Miller	18'1.75"/5.53m	N.B. Big South Championships
Jessica Houston	17'8.25"/5.39m	N.B. Big South Championships
Melissa Arango	17'0.75"/5.20m	Chanticleer Classic
Kammi Bittle	16'7.25"/5.06m	CCU Invitational
Elisha Tegeder	16'2.25"/4.93m	Chanticleer Classic
Lauren Watts	15'1.5"/4.61m	Chanticleer Classic
Mikaela Terry	14'2.5"/4.33m	Shamrock Invitational

Triple Jump

NCAA Regional: 40'5"/12.32m

Coastal Record: 43'9"/13.33m (Chasity Johnson, 2005)

LeAuna Sistrunk	39'11.5"/12.18m	N.B. Big South Championships
Jessica Houston	39'1"/11.91m	N.B. Big South Championships
Arielle Miller	37'2.5"/11.34m	Asics/Winthrop Invitational
Kammi Bittle	36'0.75"/10.99m	N.B. Big South Championships
Kandisa Allicock	33'7.25"/10.24m	Chanticleer Classic

Shot Put

NCAA Regional: 46'11"/14.30m

Coastal Record: 47'4.25"/14.43m (Brittany Reid, 2006)

Brittany Connor	40'8.75"/12.41m	Shamrock Invitational
Alexandra Rathburn*	38'9"/11.81m	Duke Asics Invitational
Zakiyyah Stewart	38'2.25"/11.64m	N.B. Big South Championships
Amy Puzzo	30'11"/9.42m	CCU Invitational

Discus Throw

NCAA Regional: 155'2"/47.30m

Coastal Record: 165'10"/50.54m (Amber Campbell, 2001)

Brittany Connor	140'4"/42.78m	Chanticleer Classic
Amy Puzzo	129/39.33m	Shamrock Invitational
Zakiyyah Stewart	116'11"/35.63m	N.B. Big South Championships

Hammer Throw

NCAA Regional: 54.15m

Coastal Record: 220'7"/67.24m (Amber Campbell, 2004)

Brittany Connor	155'7"/47.42m	N.B. Big South Championships
Alexandra Rathburn	137'11"/42.03m	Asics/Winthrop Invitational
Zakiyyah Stewart	130/39.62m	N.B. Big South Championships

Javelin

NCAA Regional: 43.45m

Coastal Record: 150'5"/45.86m (Dana Sizemore, 2004)

Deborah Mattern	138'9"/42.29m	Pepsi Florida Relays
Caitlin Lupo	129'10"/39.57m	Chanticleer Classic
Bridget Garrity	124'6"/37.94m	CCU Invitational
Brittany Connor	101'8"/30.99m	N.B. Big South Championships
Mikaela Terry	70'/21.33m	Chanticleer Classic
Lauren Watts	67'10"/20.67m	Chanticleer Classic

Heptathlon

NCAA Regional Auto: 5,500 pts; NCAA Regional Prov: 5,050 pts

Coastal Record: 4,635 points (Courtney Samuel, 2001)

Elisha Tegeder	4,151 points	N.B. Big South Championships
Mikaela Terry	3,402 points	N.B. Big South Championships
Lauren Watts	3,021 points	N.B. Big South Championships

w-wind assisted mark