



2005 INDOOR TOP TIMES • WOMEN

- NCAA Automatic; • - NCAA Provisional; @ school record; a - altitude adjusted; aa - at altitude (no adjustment); m - recorded in multi-event

60 METER DASH

	7.27	7.44
ASU Record	7.39	Porchea Carroll ('05)/Danyell Linder ('99)
7.39 a	@ • Porchea Carroll	Double Dual (1/22)
7.51 a	Kandace Tucker	Mountain T Invite (2/5)

60 METER HURDLES

	8.15	8.43
ASU Record	8.09	Lynda Tolbert (1998)
9.37 a	Kelsey Perry	Mountain T Invite (2/5)
9.73 a	Alana Waterford	Double Dual (1/22)

200 METER DASH

	23.50	24.10
ASU Record	23.50	Maicel Malone (1991)
23.61	• Kandace Tucker	Mountain T Invite (2/5)
23.72	• Porchea Carroll	Mountain T Invite (2/5)
24.82	Cassandra Reed	Husky Invite (2/12)
25.58	Katrice Walton	Double Dual (1/22)

400 METER DASH

	52.70	54.70
ASU Record	51.05	Maicel Malone (1991)
55.02	Christina Hardeman	Mountain T Invite (2/5)
55.41	Cassandra Reed	Double Dual (1/22)
58.11	Ren Hayes	Mountain T Invite (2/5)
58.31	Katrice Walton	Double Dual (1/22)
62.48	Kelsey Perry	Double Dual (1/22)

800 METER RUN

	2:06.05	2:09.40
ASU Record	2:05.12	Kim Toney (1994)
2:14.34	Jessie McLaughlin	Double Dual (1/22)
2:23.56	Anna Masinelli	Double Dual (1/22)
2:27.59	Katie Murphy	Double Dual (1/22)
2:52.34	m Alana Waterford	NAU Multi-Events (1/28)

MILE RUN

	4:39.10	4:47.60
ASU Record	4:44.44	Lisa Aguilera (2000)
4:49.41	Rachel Ellison	Husky Invite (2/12)
4:54.15	Desiree Davila	Husky Invite (2/12)
5:03.91	Anna Masinelli	Husky Invite (2/12)
5:08.52	Amy Hastings	Double Dual (1/22)
5:21.96	Corey Randall	Double Dual (1/22)

3,000 METER RUN

	9:16.80	9:35.80
ASU Record	9:09.67	Lisa Aguilera (2002)
9:46.11	Jessica Crate	Husky Invite (2/12)
10:24.14	Victoria Jackson	Double Dual (1/22)
10:39.59	Brooke Bennett	Double Dual (1/22)
10:55.71	Cassie Rios	Double Dual (1/22)
11:10.10	Jenna Wrieden	Double Dual (1/22)

5,000 METER RUN

	16:11.60	16:46.60
ASU Record	16:05.83	Amy Hastings (2005)
16:05.83	# @ Amy Hastings	Husky Invite (2/12)
16:39.98	• Victoria Jackson	Husky Invite (2/12)

RELAY EVENTS

4X400 METER RELAY

	Automatic	Provisional
ASU Record	3:32.46	Campbell, Holmes, Jones, Malone (1991)
3:45.10	Arizona State 'B'	Mountain T Invite (2/5)
	C. Reed, K. Walton, K. Tucker, C. Hardeman	
3:50.26	Arizona State 'A'	Double Dual (1/22)
	C. Reed, P. Carroll, K. Tucker, K. Walton	

DISTANCE MEDLEY RELAY

	11:11.00	11:30.00
ASU Record	11:23.14	Aguilera, Coulson, Schwarz, MacDonald ('93)
11:32.53	Arizona State 'A'	Husky Invite (2/12)
	R. Ellison, R. Hayes, J. McLaughlin, A. Hastings	

FIELD EVENTS

HIGH JUMP

	Automatic	Provisional
ASU Record	1.91m	Coleen Reinstra (1981)
1.65m	m Alana Waterford	NAU Multi-Events (1/28)

LONG JUMP

	6.40m	6.10m
ASU Record	6.50m	Tiffany Greer (2000)
6.10m	• Porchea Carroll	Holiday Inn Invite (2/11)
5.29m	Nadia Matthews	Double Dual (1/22)
4.55m	Alana Waterford	Double Dual (1/22)

TRIPLE JUMP

	13.30m	12.65m
ASU Record	12.51m	Valerie Williams (2000)
11.27m	Nadia Matthews	Double Dual (1/22)
10.41m	Alana Waterford	Double Dual (1/22)

POLE VAULT

	4.20m	3.95m
ASU Record	4.03m	Angela Tavlirides (2005)
4.03m	@ • Angela Tavlirides	Husky Invite (2/12)
3.88m	Cara Walker	Husky Invite (2/12)
2.91m	Alana Waterford	Double Dual (1/22)
2.91m	Kristin Schow	Double Dual (1/22)
2.76m	Michelle Johnson	Double Dual (1/22)
no height	Ann Skinner	Double Dual (1/22)

SHOT PUT

	16.90m	15.40m
ASU Record	17.03m	Leslie Deniz (1983)
16.45m	• Julia Pedersen	Mountain T Invite (2/5)
15.85m	• Jennifer Kowacz	Mountain T Invite (2/5)
8.14m	m Alana Waterford	NAU Multi-Events (1/28)

WEIGHT THROW

	20.50m	18.50m
ASU Record	20.74m	Adrienne Judie (2001)
17.47m	Jennifer Kowacz	Double Dual (1/22)
13.72m	Sara Shisslak	Double Dual (1/22)

PENTATHLON

	4,050 pnts	3,700 pnts
ASU Record	unknown	
2,787 points	Alana Waterford	NAU Multi-Events (1/28)

Top Pentathlon Event Marks

60m Hurdles	9.90a	Alana Waterford	NAU Multi-Events
High Jump	1.65m	Alana Waterford	NAU Multi-Events
Shot Put	8.14m	Alana Waterford	NAU Multi-Events
Long Jump	4.41m	Alana Waterford	NAU Multi-Events
800m Run	2:52.34	Alana Waterford	NAU Multi-Events



2005 INDIVIDUAL RESULTS • WOMEN'S INDOOR

- NCAA Automatic; • - NCAA Provisional; @ school record; a - altitude adjusted; aa - at altitude (no adjustment); & - recorded in multi-event

Brooke Bennett (Fr., Eagar, Ariz.)

3,000m Run [10:39.59]

Double Dual (1/22)	10:39.59	5th
--------------------	----------	-----

Porchea Carol (Sr., Oxnard, Calif.)

60m Dash [7.39a]

Double Dual (1/22)	7.39a	1st
Mountain T Invite (2/5)	P 7.47a	1st
Holiday Inn Invite (2/11)	P 7.50	3rd
Holifay Inn Invite (2/12)	F 7.57	4th

200m Dash [23.65]

Double Dual (1/22)	ht 23.65	1st
Mountain T Invite (2/5)	• 23.72	2nd

Long Jump [5.88m/19-03.50]

Double Dual (1/22)	6.03m (19-09.50)	1st
Mountain T Invite (2/5)	5.98m (19-07.50)	3rd
Holiday Inn Invite (2/11)	• 6.10m (20-00.25)	2nd

Jessica Crate (Fr.*, Brights Grove, Ontario, Canada)

3,000m Run [9:46.11]

Double Dual (1/22)	10:19.44	2nd
Husky Invite (2/12)	9:46.11	5th

Desiree Davila (Sr., Chula Vista, Calif.)

Mile Run [.....]

Husky Invite (2/12)	4:54.15	11th
---------------------	---------	------

Rachel Ellison (Jr., Pasco, Wash.)

Mile Run [5:08.88]

Double Dual (1/22)	5:08.88	2nd
Husky Invite (2/12)	4:49.41	2nd

Christina Hardeman (Jr., Sunnyvale, Calif.)

400m Dash [55.02]

Double Dual (1/22)	55.33	1st
Mountain T Invite (2/5)	55.02	2nd

Amy Hastings (So., Leavenworth, Kan.)

Mile Run [5:08.52]

Double Dual (1/22)	5:08.52	1st
--------------------	---------	-----

5,000m Run [16:05.83]

Husky Invite (2/12)	@ # 16:05.83	5th
---------------------	--------------	-----

Ren Hayes (Fr., Mesa, Ariz.)

400m Dash [58.74]

Double Dual (1/22)	58.74	4th
Mountain T Invite (2/5)	58.11	7th

Victoria Jackson (Sr., Lake Bluff, Ill.)

3,000m Run [10:24.14]

Double Dual (1/22)	10:24.14	3rd
--------------------	----------	-----

5,000m Run [16:39.98]

Husky Invite (2/12)	• 16:39.98	11th
---------------------	------------	------

Michelle Johnson (Fr., Glendale, Ariz.)

Pole Vault [2.76m/9-00.50]

Double Dual (1/22)	2.76m (9-00.50)	11th
--------------------	-----------------	------

Jennifer Kowacz (Jr., Goodyear, Ariz.)

Shot Put [15.87m/52-01.00]

Double Dual (1/22)	• 15.48m (50-09.50)	2nd
Mountain T Invite (2/5)	• 15.85m (52-00.00)	5th
Husky Invite (2/12)	• 15.57m (51-01.00)	2nd

Weight Throw [17.47m/57-03.75]

Double Dual (1/22)	17.47m (57-03.75)	1st
Mountain T Invite (2/5)	17.13m (56-02.50)	7th
Husky Invite (2/12)	15.78m (51-09.25)	11th

Nadia Matthews (Fr., Phoenix, Ariz.)

Long Jump [5.29m/17-04.25]

Double Dual (1/22)	5.29m (17-04.25)	4th
--------------------	------------------	-----

Triple Jump [11.27m/36-11.75]

Double Dual (1/22)	11.27m (36-11.75)	2nd
Mountain T Invite (2/5)	11.10m (36-05.00)	4th

Anna Masinelli (So., Scottsdale, Ariz.)

800m Run [2:23.56]

Double Dual (1/22)	2:23.56	5th
--------------------	---------	-----

Mile Run [5:03.91]

Husky Invite (2/12)	5:03.91	30th
---------------------	---------	------

Jessie McLaughlin (So., Olympia, Wash.)

800m Run [2:14.34]

Double Dual (1/22)	2:14.34	1st
Husky Invite (2/12)	2:16.98	29th

Katie Murphy (Fr.*, Scottsdale, Ariz.)

800m Run [2:27.59]

Double Dual (1/22)	2:27.59	6th
--------------------	---------	-----

Julia Pedersen (Sr., Grand Forks, N.D.)

Shot Put [16.45m/53-11.75]

Double Dual (1/22)	• 16.10m (52-10.00)	1st
Mountain T Invite (2/5)	• 16.45m (53-11.75)	1st
Husky Invite (2/12)	• 15.67m (51-05.00)	1st

Kelsey Perry (Jr., Peoria, Ariz.)

60m Hurdles [9.37a]

Double Dual (1/22)	9.61a	4th
Mountain T Invite (2/5)	P 9.70a	15th
Mountain T Invite (2/5)	F 9.37a	10th

400m Dash [62.48]

Double Dual (1/22)	62.48	7th
Mountain T Invite (2/5)	open 65.09	14th

Corey Randall (Fr.*, Cincinnati, Ohio)

Mile Run [5:21.96]

Double Dual (1/22)	5:21.96	5th
--------------------	---------	-----

Cassandra Reed (Sr., Avondale, Ariz.)

200m Dash [24.46]

Mountain T Invite (2/5)	24.89	7th
Holiday Inn Invite (2/11)	P 24.98	8th
Holiday Inn Invite (2/12)	F 24.82	5th

400m Dash [53.81]

Double Dual (1/22)	55.41	2nd
Holiday Inn Invite (2/12)	55.75	5th

Cassie Rios (Fr.*, Phoenix, Ariz.)

3,000m Run [10:55.71]

Double Dual (1/22)	10:55.71	6th
--------------------	----------	-----

Kristin Schow (Sr., Chandler, Ariz.)

Pole Vault [2.91m/9-06.50]

Double Dual (1/22)	2.91m (9-06.50)	10th
Mountain T Invite (2/5)	no height	---

Sara Shisslak (So., Bisbee, Ariz.)

Weight Throw [12.50m/41-00.25]

Double Dual (1/22)	13.72m (45-00.25)	6th
Mountain T Invite (2/5)	no mark	---

Ann Skinner (Fr., Tempe, Ariz.)

Pole Vault [no height]

Double Dual (1/22)	no height	---
--------------------	-----------	-----

Angela Taviarides (Sr., Phoenix, Ariz.)

Pole Vault [4.03m/13-02.50]

Double Dual (1/22)	3.81m (12-06.00)	1st
Husky Invite (2/12)	@ • 4.03m (13-02.50)	t-4th



2005 INDIVIDUAL RESULTS • WOMEN'S INDOOR

- NCAA Automatic; • - NCAA Provisional; @ school record; a - altitude adjusted; aa - at altitude (no adjustment); & - recorded in multi-event

Kandace Tucker (Jr., Irving, Texas)

60m Dash [7.51a]

Double Dual (1/22)		7.51a	2nd
Mountain T Invite (2/5)	P	7.57a	4th
Mountain T Invite (2/5)	F	7.51a	2nd
Holiday Inn Invite (2/11)	P	7.61	6th
Holiday Inn Invite (2/12)	F	7.69	8th

200m Dash [23.61]

Double Dual (1/22)		ht 23.83	2nd
Mountain T Invite (2/5)		• 23.61	1st
Holiday Inn Invite (2/11)	P	• 23.69	1st
Holiday Inn Invite (2/12)	F	• 23.63	2nd

Cara Walker (So., Huntington Beach, Calif.)

Pole Vault [3.88m/12-08.75]

Double Dual (1/22)		3.66m (12-00.00)	2nd
Mountain T Invite (2/5)		3.85m (12-07.50)	4th
Husky Invite (2/12)		3.88m (12-08.75)	t-8th

Katrice Walton (Jr., Detroit, Mich.)

200m Dash [25.12]

Double Dual (1/22)		25.58	5th
Mountain T Invite (2/5)		25.12	10th

400m Dash [58.31]

Double Dual (1/22)		58.31	3rd
--------------------	--	-------	-----

Alana Waterford (Fr., Mesa, Ariz.)

Pentathlon [2,787]

NAU Multi-Events (1/28)		2,787	3rd
-------------------------	--	-------	-----

60m Hurdles [9.77a]

Double Dual (1/22)		9.77a	6th
NAU Multi-Events (1/28)		& 9.90a	3rd
Mountain T Invite (2/5)	P	10.10a	19th

High Jump [1.65m/5-05.00]

Double Dual (1/22)		1.65m (5-05.00)	1st
NAU Multi-Events (1/28)		& 1.65m (5-05.00)	1st
Mountain T Invite (2/5)		1.60m (5-03.00)	

Long Jump [4.55m/14-11.25]

Double Dual (1/22)		4.55m (14-11.25)	8th
NAU Multi-Events (1/28)		& 4.41m (14-05.75)	5th

Triple Jump [10.41m/34-02.00]

Double Dual (1/22)		10.41m (34-02.00)	5th
--------------------	--	-------------------	-----

Pole Vault [2.91m/9-06.50]

Double Dual (1/22)		2.91m (9-06.50)	9th
--------------------	--	-----------------	-----

Shot Put [8.14m/26-08.50]

NAU Multi-Events (1/28)		& 8.14m (26-08.50)	5th
-------------------------	--	--------------------	-----

Jenna Wrieden (So., Glendale, Ariz.)

3,000m Run [11:10.10]

Double Dual (1/22)		11:10.10	8th
--------------------	--	----------	-----

4x400m Relay

Arizona State 'A' (Reed, Carroll, Tucker, Walton)

Double Dual (1/22)		3:50.26	1st
--------------------	--	---------	-----

Arizona State 'B' (Reed, Walton, Tucker, Hardeman)

Mountain T Invite (2/5)		3:45.10	1st
-------------------------	--	---------	-----

Distance Medley Relay

Arizona State 'A' (Ellison, Hayes, McLaughlin, Hastings)

Double Dual (1/22)		12:24.88	1st
Husky Invite (2/12)		11:32.53	1st

Multi-Event Scoring

Alana Waterford

- NAU Multi-Events (1/28)

		2,787	3rd
60m Hurdles	9.90a	738	3rd
High Jump	1.65m	795	1st
Shot Put	8.14m	408	5th
Long Jump	4.41m	406	5th
800m Run	2:52.34	440	3rd



FOR THE RECORD • WOMEN'S INDOOR TOP 5

aj - altitude adjusted; aa - at altitude (no adjustment); h - hand time; ## - NCAA finish; \$ - NCAA record; • - attained in pentathlon; n - non-winner

55 METER DASH

1.	Lesa Parker	1993	6.71
2.	Lynda Tolbert	1987	6.81
3.	Dawnyell Linder	1998	6.84
4.	Maicel Malone	1992	6.85
5.	Brenda Calhoun	1981	6.86

55 METER HURDLES

1.	Lynda Tolbert	1990	7.44	
2.	Ime Akpan	1992	7.60	
3.	LaShawn Simmons	1992	7.66	
4.	Seneca Holmes	2003	7.74	aj
5.	Brenda Calhoun	1981	7.77	

60 METER DASH

1.	Dawnyell Linder	1999	7.39	
	Porchea Carroll	2005	7.39	a
3.	Tiffany Greer	2002	7.46	aa
4.	Kandace Tucker	2005	7.51	a n
5.	Teniqua Broughton	2000	7.61	aa

60 METER HURDLES

1.	Lynda Tolbert	1998	8.09	
2.	Seneca Holmes	2003	8.18	
3.	Jacquelyn Johnson	2004	8.38	n
4.	Tiffany Greer	2000	8.67	aa
5.	Rindy Germaine	2004	8.97	aa

200 METER DASH

1.	Maicel Malone	1991	23.50	
2.	Kandace Tucker	2005	23.61	
3.	Porchea Carroll	2005	23.65	n
4.	Dawnyell Linder	1999	23.79	
5.	Omotayo Akinremi	1994	24.26	

400 METER DASH

1.	Maicel Malone	1991	51.05	
2.	Toinette Holmes	1990	52.95	
3.	Joronda White	1998	53.41	
	Jacqui Gayle	1994	53.41	
5.	Omolade Akinremi	1995	53.80	

800 METER RUN

1.	Kim Toney	1994	2:05.12	
2.	Sharette Garcia	1993	2:06.72	
3.	Lorriann Adams	1995	2:07.77	
4.	Priscilla Hein	1999	2:09.32	
5.	Janice Nichols	1994	2:10.82	

MILE RUN

1.	Lisa Aguilera	2000	4:44.44	
2.	Kelly MacDonald	2001	4:44.96	aj
3.	Rachel Ellison	2005	4:49.41	n
4.	Priscilla Hein	1999	4:45.27	
5.	Anna Masinelli	2004	4:53.81	n

3,000 METER RUN

1.	Lisa Aguilera	2002	9:09.67	
2.	Kelly MacDonald	2000	9:34.56	
3.	Desiree Davila	2003	9:36.28	
4.	Jessica Crate	2005	9:46.11	n
5.	Brianna Torres	2000	9:54.86	

5,000 METER RUN

1.	Amy Hastings	2005	16:05.83	n
2.	Kelly MacDonald	2000	16:13.41	
3.	Mary Duerbeck	2001	16:23.31	
4.	Brianna Torres	2001	16:33.00	
5.	Desiree Davila	2004	16:34.28	n

4X400M RELAY

1.	Shanequa Campbell, Toinette Holmes	1991	3:32.46	
	Dana Jones, Maicel Malone			
2.	Omotayo Akinremi, Jacqui Gayle	1995	3:33.77	
	Avia Morgan, Omolade Akinremi			
3.	Christina Hardeman, Kandace Tucker	2004	3:34.98	n
	Jacquelyn Johnson, Cassandra Reed			
4.	Lade Akinremi, Tayo Akinremi	1994	3:35.04	
	Jacqui Gayle, Shanequa Campbell			
5.	Shanequa Campbell, Tayo Akinremi	1993	3:35.87	
	Janice Nichols, Lade Akinremi			

4X800M RELAY

1.	Sharette Garcia, Janice Nichols	1993	8:56.34	
	Tayo Akinremi, Lade Akinremi			
2.	Christie Masson, Cali Masson	1992	9:37.24	
	Kelly Cordell, Sharette Garcia			
3.	Trish Huffmaster, Kim Toney	1991	9:37.50	
	Kristin Wellman, Shanequa Campbell			
4.	Janice Nichols, Kristin Wellman	1993	9:38.50	
	Lade Akinremi, Kim Toney			

DISTANCE MEDLEY RELAY

1.	Lisa Aguilera, Candida Coulson,	2000	11:23.14	
	Casey Schwarz, Kelly MacDonald			
2.	Rachel Ellison, Lauren Hayes,	2005	11:32.53	
	Jessie McLaughlin, Amy Hastings			
3.	Lisa Aguilera, Jenny Aldridge,	2003	11:36.33	
	Desiree Davila, Cassandra Reed			
4.	(Names not available)	1999	11:41.42	
5.	Rachel Ellison, Lauren Hayes,	2005	12:24.88	
	Jessie McLaughlin, Amy Hastings			

LONG JUMP

1.	Tiffany Greer	2000	6.50	21-04.00
2.	LaShawn Simmons	1991	6.38	20-11.25
3.	Valerie Williams	2000	6.36	20-10.50
4.	Jacinta Bartholomew	1988	6.35	20-10.00
5.	Tesla Bester	1991	6.31	20-08.50

TRIPLE JUMP

1.	Valerie Williams	2000	12.51	41-0.50
2.	Adra Hysong	1993	11.92	39-1.25
3.	Tesla Bester	1991	11.80	38-8.75
4.	Erika Johnson	1999	11.70	38-4.75
5.	Fiona Daly	1998	11.65	38-2.75

HIGH JUMP

1.	Coleen Rienstra	1981	1.91	6-3.25
2.	Fiona Daly	1996	1.84	6-0.50
	Shelly Choppa	1993	1.84	6-0.50
4.	Jackie Belzner	1988	1.83	6-0.00
5.	Jacquelyn Johnson •	2004	1.75	5-8.75
	Olivia Mazzaglia	2000	1.75	5-8.75
	Gea Johnson	1990	1.75	5-8.75

SHOT PUT

1.	Leslie Deniz	1983	17.03	55-10.50
2.	Julia Pedersen	2005	16.45	53-11.75
3.	Jennifer Kowacz	2004	15.87	52-01.00
4.	Ria Stalman	1981	15.68	51-05.25
5.	Sandra Orsund	2003	14.93	48-11.75

20-POUND WEIGHT THROW

1.	Adrienne Judie	2001	20.74	66-10.00
2.	Jessica Pressley	2004	19.10	62-08.00
3.	Jennifer Kowacz	2005	17.47	57-03.75
4.	Sandra Orsund	2003	17.18	56-04.50
5.	Yolanda Meserve	2001	16.21	53-02.25

POLE VAULT

1.	Angela Tavlarides	2005	4.03	13-02.50
2.	Cara Walker	2005	3.88	12-08.75
3.	Kristi Raban	2004	3.66	12-00.00
4.	Olivia Mazzaglia	2001	3.55	11-08.00
5.	Michelle Lang	2004	3.50	11-05.75