

2005 Women's Outdoor Track & Field Performance List (6/1/05)

- school record * - NCAA-II provisional qualifying mark \$ - NCAA-II automatic qualifying mark

100-Meter Dash (11.50/12.10)

Whitney Metcalf, 12.31, MIAA Championships, 5/7/05
Whitney Metcalf, 12.35, PSU Open, 3/17/05
Whitney Metcalf, 12.42, MSSU Festival, 4/2/05
Whitney Metcalf, 12.48, ESU Relays, 4/9/05
Whitney Metcalf, 12.50, ESU Relays, 4/9/05
Whitney Metcalf, 12.69, MSSUBill Williams/Bob Laptad Inv., 4/30/05
Whitney Metcalf, 12.72, U of Arkansas John McDonnell Inv., 4/23/05
Melissa Horn, 12.76, PSU Open, 3/17/05
Melissa Horn, 12.82, Wichita State, 4/16/05
Melissa Horn, 12.93, MSSU Festival, 4/2/05

200-Meter Dash (23.80/24.80)

Whitney Metcalf, 25.78, PSU Open, 3/17/05
Melissa Horn, 25.85, MIAA Championships, 5/7/05
Whitney Metcalf, 25.95, MSSU Festival, 4/2/05
Melissa Horn, 26.25, ESU Relays, 4/9/05
Melissa Horn, 26.38, MSSU Festival, 4/2/05
Iashia Castle, 26.94, PSU Open, 3/17/05
Re Waterford, 27.42, U of Arkansas John McDonnell Inv., 4/23/05
Re Waterford, 27.49, MSSUBill Williams/Bob Laptad Inv., 4/30/05
Re Waterford, 27.88, Wichita State, 4/16/05

400-Meter Dash (54.00/56.60)

Iashia Castle, 57.16, MIAA Championships, 5/7/05
Iashia Castle, 57.69, MIAA Championships, 5/8/05
Iashia Castle, 57.98, Wichita State, 4/16/05
Iashia Castle, 58.46, MSSU Bill Williams/Bob Laptad Inv., 4/30/05
Iashia Castle, 58.45, MSSU Festival, 4/2/05
Iashia Castle, 59.61, ESU Relays, 4/9/05

800-Meter Run (2:08.00/2:15.00)

Erin Click, 2:16.36, Wichita State, 4/16/05
Sarah Wallace, 2:18.15, U of Arkansas John McDonnell Inv., 4/23/05
Sarah Wallace, 2:18.57, MSSUBill Williams/Bob Laptad Inv., 4/30/05
Sarah Wallace, 2:19.37, MIAA Championships, 5/8/05
Sarah Wallace, 2:19.54, Wichita State, 4/16/05
Sarah Wallace, 2:19.85, MIAA Championships, 5/7/05
Kelly Fanning, 2:20.58, Wichita State, 4/16/05
Sarah Wallace, 2:21.88, MSSU Festival, 4/2/05
Sarah Wallace, 2:23.84, PSU Open, 3/17/05
Sarah Wallace, 2:25.78, ESU Relays, 4/9/05

1500-Meter Run (4:27.00/4:41.00)

Erin Click, 4:37.90, MIAA Championships, 5/7/05 *
Erin Click, 4:38.69, U of Arkansas John McDonnell Inv., 4/23/05 *
Kelly Fanning, 4:41.29, MIAA Championships, 5/7/05
Erin Click, 4:46.00, PSU Open, 3/17/05
Erin Click, 4:46.71, NCAA-II Championships, 5/26/05
Erin Click, 4:50.87, ESU Relays, 4/9/05
Megan Russell, 4:51.00, PSU Open, 3/17/05
Kelly Fanning, 4:52.72, Wendy's/PSU Invite, 3/26/05
Kelly Fanning, 4:53.39, ESU Relays, 4/9/05
Megan Russell, 4:56.63, Wichita State, 4/16/05
Kelly Fanning, 5:02.05, PSU Open, 3/17/05
Megan Russell, 5:04.97, ESU Relays, 4/9/05
Megan Russell, 5:09.28, MIAA Championships, 5/7/05

3000-Meter Run (9:40.00/10:18.00)

Ashley Caffey, 9:57.42, MSSU Bill Williams/Bob Laptad Inv., 4/30/05 * #
Erin Click, 10:01.52, MSSU Festival, 4/2/05 * #
Ashley Caffey, 10:01.83, U of Arkansas John McDonnell Inv., 4/23/05 *
Ashley Caffey, 10:02.02, NCAA-II Championships, 5/26/05
Ashley Caffey, 10:02.05, MSSU Festival, 4/2/05 *
Ashley Caffey, 10:03.29, MIAA Championships, 5/7/05 *
Ashley Caffey, 10:06.81, NCAA-II Championships, 5/27/05
Erin Click, 10:07.68, MIAA Championships, 5/7/05 *
Kelly Fanning, 10:07.71, MSSU Lionbacker, 5/12/05 *
Kelly Fanning, 10:10.62, U of Arkansas John McDonnell Inv., 4/23/05 *

Kelly Fanning, 10:11.27, MIAA Championships, 5/7/05 *
Erin Click, 10:12.70, MSSU Bill Williams/Bob Laptad Inv., 4/30/05 *
Kelly Fanning, 10:23.15, MSSUBill Williams/Bob Laptad Inv., 4/30/05
Kelly Fanning, 10:29.15, MSSU Festival, 4/2/05
Megan Russell, 10:43.72, MSSUBill Williams/Bob Laptad Inv., 4/30/05
Kelly O'Toole, 10:48.16, U of Arkansas John McDonnell Inv., 4/23/05
Megan Russell, 10:48.90, MIAA Championships, 5/7/05
Kelly O'Toole, 10:53.60, PSU Open, 3/17/05
Kelly O'Toole, 10:55.45, MSSU Festival, 4/2/05

5000-Meter Run (16:40.00/17:50.00)

Ashley Caffey, 17:48.79, MIAA Championships, 5/8/05 *
Ashley Caffey, 18:03.23, ESU Relays, 4/9/05
Kelly Fanning, 18:23.23, MIAA Championships, 5/8/05
Kelly O'Toole, 19:03.20, ESU Relays, 4/9/05

10,000-Meter Run (35:00.00/37:50.00)

Kelly O'Toole, 40:15.70, MIAA Championships, 5/7/05

4x100-Meter Relay (45.50/47.50)

Missouri Southern 'A', 48.12, MIAA Championships, 5/8/05
Missouri Southern 'A', 48.96, U of Arkansas John McDonnell Inv., 4/23/05
Missouri Southern 'A', 49.28, MSSUBill Williams/Bob Laptad Inv., 4/30/05
Missouri Southern 'A', 49.92, MSSU Festival, 4/2/05

4x400-Meter Relay (3:42.00/3:52.00)

Missouri Southern 'A', 3:56.70, MIAA Championships, 5/8/05
Missouri Southern 'A', 4:01.16, U of Arkansas John McDonnell Inv., 4/23/05
Missouri Southern 'A', 4:02.77, MSSU Festival, 4/2/05
Missouri Southern 'A', 4:07.49, ESU Relays, 4/9/05

100-Meter Hurdles (13.80/14.65)

Dionne Prince, 14.97, MIAA Championships, 5/8/05
Dionne Prince, 14.99, MIAA Championships, 5/7/05
Dionne Prince, 15.21, MSSUBill Williams/Bob Laptad Inv., 4/30/05
Dionne Price, 16.05, PSU Open, 3/17/05
Rachel Minard, 16.06, MIAA Championships, 5/7/05
Rachel Minard, 16.24, Wichita State, 4/16/05
Rachel Minard, 16.42, MSSU Festival, 4/2/05
Rachel Minard, 16.46, U of Arkansas John McDonnell Inv., 4/23/05
Rachel Minard, 16.46, MSSU Bill Williams/Bob Laptad Inv., 4/30/05
Ashley McClelland, 16.64, MIAA Championships, 5/7/05
Rachel Minard, 16.65, ESU Relays, 4/9/05
Ashley McClelland, 16.74, MSSUBill Williams/Bob Laptad Inv., 4/30/05
Rachel Minard, 17.07, PSU Open, 3/17/05

400-Meter Hurdles (59.00/1:03.30)

Whitney Metcalf, 1:01.21, MIAA Championships, 5/8/05 *
Whitney Metcalf, 1:03.47, MSSUBill Williams/Bob Laptad Inv., 4/30/05
Ashley McClelland, 1:03.87, MIAA Championships, 5/8/05
Whitney Metcalf, 1:03.88, NCAA-II Championships, 5/26/05
Whitney Metcalf, 1:03.90, MSSU Festival, 4/2/05
Whitney Metcalf, 1:04.02, MIAA Championships, 5/7/05
Whitney Metcalf, 1:04.12, ESU Relays, 4/9/05
Whitney Metcalf, 1:04.19, U of Arkansas John McDonnell Inv., 4/23/05
Ashley McClelland, 1:04.49, MSSUBill Williams/Bob Laptad Inv., 4/30/05
Ashley McClelland, 1:04.90, MIAA Championships, 5/7/05
Rachel Minard, 1:05.60, MIAA Championships, 5/8/05
Rachel Minard, 1:05.71, ESU Relays, 4/9/05
Rachel Minard, 1:05.92, MIAA Championships, 5/7/05
Rachel Minard, 1:05.95, U of Arkansas John McDonnell Inv., 4/23/05
Whitney Metcalf, 1:06.72, Wendy's/PSU Invite, 3/26/05
Ashley McClelland, 1:06.73, MSSU Festival, 4/2/05
Ashley McClelland, 1:06.75, ESU Relays, 4/9/05
Ashley McClelland, 1:06.81, U of Arkansas John McDonnell Inv., 4/23/05
Rachel Minard, 1:07.06, MSSUBill Williams/Bob Laptad Inv., 4/30/05
Ashley McClelland, 1:07.55, PSU Open, 3/17/05
Ashley McClelland, 1:08.59, Wichita State, 4/16/05
Rachel Minard, 1:08.69, Wichita State, 4/16/05

2005 Women's Outdoor Track & Field Performance List (continued)

Rachel Minard, 1:10.44, MSSU Festival, 4/2/05

3000-Meter Steeplechase (10:20.00/11:27.00)

High Jump (5-10.50/5-06.50)

Melissa Horn, 5-03.25, MIAA Championships, 5/7/05
Melissa Horn, 5-03.25, MSSU Bill Williams/Bob Laptad Inv., 4/30/05
Melissa Horn, 5-01.75, PSU Open, 3/17/05
Melissa Horn, 5-00.25, ESU Relays, 4/9/05
Melissa Horn, 5-00.25, Wichita State, 4/16/05
Melissa Horn, 4-11.75, MSSU Festival, 4/1/05

Pole Vault (13-1.50/11-05.75)

Melissa Turner, 10-08.75, MIAA Championships, 5/8/05
Melissa Turner, 10-08.00, MSSU Festival, 4/2/05
Jenni Blevins, 10-06.25, MSSU Bill Williams/Bob Laptad Inv., 4/30/05
Jenni Blevins, 10-06.00, ESU Relays, 4/9/05
Jenni Blevins, 10-06.00, Wichita State, 4/16/05
Melissa Turner, 10-06.00, ESU Relays, 4/9/05
Melissa Turner, 10-06.00, Wichita State, 4/16/05
Jenni Blevins, 10-04.75, MIAA Championships, 5/8/05
Jenni Blevins, 10-02.00, MSSU Festival, 4/2/05
Jenni Blevins, 10-02.00, U of Arkansas John McDonnell Inv., 4/23/05
Melissa Turner, 10-02.00, U of Arkansas John McDonnell Inv., 4/23/05
Madeline Cline, 10-00.50, MSSU Bill Williams/Bob Laptad Inv., 4/30/05
Melissa Turner, 10-00.50, MSSU Bill Williams/Bob Laptad Inv., 4/30/05
Jenni Blevins, 9-10.00, PSU Open, 3/17/05
Madeline Cline, 9-10.00, PSU Open, 3/17/05
Madeline Cline, 9-02.25, MSSU Festival, 4/2/05

Long Jump (20-06.25/18-08)

Iashia Castle, 18-06.00, MIAA Championships, 5/7/05
Iashia Castle, 18-05.00, MSSU Lionbacker, 5/12/05
Dionne Prince, 18-04.50, MSSU Bill Williams/Bob Laptad Inv., 4/30/05
Dionne Prince, 18-04.50, ESU Twilight, 5/14/05
Iashia Castle, 18-03.25, MSSU Bill Williams/Bob Laptad Inv., 4/30/05
Dionne Prince, 18-01.00, MSSU Lionbacker, 5/12/05
Dionne Prince, 17-10.75, U of Arkansas John McDonnell Inv., 4/23/05
Iashia Castle, 17-09.75, ESU Relays, 4/9/05
Dionne Prince, 17-04.75, MSSU Festival, 4/2/05
Dionne Prince, 17-04.00, MIAA Championships, 5/7/05
Iashia Castle, 17-02.75, MSSU Festival, 4/2/05
Iashia Castle, 17-02.75, Wichita State, 4/16/05
Dionne Prince, 17-02.00, PSU Open, 3/17/05
Iashia Castle, 16-11.50, PSU Open, 3/17/05
Iashia Castle, 16-10.00, U of Arkansas John McDonnell Inv., 4/23/05
Melissa Horn, 16-07.75, MSSU Festival, 4/2/05
Melissa Horn, 16-03.75, Wichita State, 4/16/05
Melissa Horn, 15-07.75, PSU Open, 3/17/05
Melissa Horn, 15-06.25, U of Arkansas John McDonnell Inv., 4/23/05
Melissa Horn, 15-05.50, ESU Relays, 4/9/05

Triple Jump (41-00.25/38-00.75)

Dionne Prince, 38-11.50, ESU Twilight, 5/14/05 *
Dionne Prince, 38-09.00, MIAA Championships, 5/8/05 *
Iashia Castle, 38-02.75, Wichita State, 4/16/05 *
Dionne Prince, 38-01.50, MSSU Bill Williams/Bob Laptad Inv., 4/30/05 *
Iashia Castle, 38-00.75, MIAA Championships, 5/8/05 *
Iashia Castle, 38-00.75, MSSU Bill Williams/Bob Laptad Inv., 4/30/05 *
Iashia Castle, 37-10.50, MSSU Lionbacker, 5/12/05
Iashia Castle, 37-08.00, MSSU Festival, 4/1/05
Iashia Castle, 37-06.75, U of Arkansas John McDonnell Inv., 4/23/05
Dionne Prince, 37-06.75, U of Arkansas John McDonnell Inv., 4/23/05
Dionne Prince, 37-05.75, MSSU Lionbacker, 5/12/05
Dionne Prince, 36-07.50, MSSU Festival, 4/1/05
Dionne Prince, 36-02.25, PSU Open, 3/17/05
Iashia Castle, 35-10.75, ESU Twilight, 5/14/05
Iashia Castle, 35-10.50, ESU Relays, 4/9/05

Shot Put (50-00/43-6)

Jessica Selby, 46-08.75, MSSU Lionbacker, 5/12/05 * #

Danee Jones, 45-06.50, MSSU Bill Williams/Bob Laptad Inv., 4/30/05 *
Jessica Selby, 45-05.00, Wichita State, 4/16/05 *
Jessica Selby, 45-05.00, MSSU Bill Williams/Bob Laptad Inv., 4/30/05 *
Jessica Selby, 45-03.75, NCAA-II Championships, 5/27/05
Danee Jones, 45-03.50, U of Arkansas John McDonnell Inv., 4/23/05 *
Danee Jones, 45-02.50, NCAA-II Championships, 5/27/05
Danee Jones, 44-09.50, MSSU Lionbacker, 5/12/05
Jessica Selby, 44-05.50, ESU Twilight, 5/14/05
Jessica Selby, 44-00.50, ESU Relays, 4/9/05 *
Jessica Selby, 43-11.25, MSSU Festival, 4/1/05 *
Jessica Selby, 43-01.75, MIAA Championships, 5/8/05
Danee Jones, 43-00.50, ESU Relays, 4/9/05
Danee Jones, 42-11.00, U of Arkansas John McDonnell Inv., 4/23/05
Danee Jones, 42-09.50, MIAA Championships, 5/8/05
Danee Jones, 42-08.25, MSSU Festival, 4/1/05
Danee Jones, 42-03.50, Wichita State, 4/16/05
Chelsea Michael, 38-09.75, MSSU Bill Williams/Bob Laptad Inv., 4/30/05
Chelsea Michael, 38-01.25, MIAA Championships, 5/8/05
Chelsea Michael, 38-00.00, MSSU Festival, 4/1/05
Chelsea Michael, 37-05.00, PSU Open, 3/17/05
Chelsea Michael, 37-03.75, U of Arkansas John McDonnell Inv., 4/23/05
Amanda Littlefield, 36-10.50, MIAA Championships, 5/8/05
Chelsea Michael, 36-04.00, Wichita State, 4/16/05
Amanda Littlefield, 36-03.50, MSSU Bill Williams/Bob Laptad Inv., 4/30/05
Amanda Littlefield, 35-07.75, MSSU Festival, 4/1/05
Amanda Littlefield, 34-11.00, PSU Open, 3/17/05
Amanda Littlefield, 34-04.75, U of Arkansas John McDonnell Inv., 4/23/05
Amanda Littlefield, 33-10.75, Wichita State, 4/16/05

Discus (166-0/144-4)

Danee Jones, 167-00, MIAA Championships, 5/8/05 \$ #
Danee Jones, 165-08, NCAA-II Championships, 5/26/05
Danee Jones, 160-03, MSSU Lionbacker, 5/12/05 * #
Danee Jones, 159-09, ESU Relays, 4/9/05 * #
Danee Jones, 158-07, Wichita State, 4/16/05 *
Danee Jones, 147-10, MSSU Bill Williams/Bob Laptad Inv., 4/30/05 *
Danee Jones, 144-09, U of Arkansas John McDonnell Inv., 4/23/05 *
Danee Jones, 138-05, MSSU Festival, 4/2/05
Amanda Littlefield, 136-05, MSSU Bill Williams/Bob Laptad Inv., 4/30/05
Amanda Littlefield, 132-06, ESU Relays, 4/9/05
Chelsea Michael, 126-07, MIAA Championships, 5/8/05
Chelsea Michael, 126-01, MSSU Bill Williams/Bob Laptad Inv., 4/30/05
Amanda Littlefield, 127-10, Wichita State, 4/16/05
Chelsea Michael, 125-07, Wichita State, 4/16/05
Amanda Littlefield, 125-00, MSSU Festival, 4/2/05
Amanda Littlefield, 124-10, PSU Open, 3/17/05
Chelsea Michael, 122-08, PSU Open, 3/17/05
Amanda Littlefield, 121-00, U of Arkansas John McDonnell Inv., 4/23/05
Chelsea Michael, 119-09, MSSU Festival, 4/2/05
Chelsea Michael, 116-10, U of Arkansas John McDonnell Inv., 4/23/05
Amanda Littlefield, 110-08, MIAA Championships, 5/8/05

Hammer (185-0/159-11)

Danee Jones, 178-11, MSSU Lionbacker, 5/12/05 *
Danee Jones, 176-10, MSSU Bill Williams/Bob Laptad Inv., 4/30/05 *
Danee Jones, 173-03, MIAA Championships, 5/7/05 *
Danee Jones, 172-10, MSSU Festival, 4/2/05 *
Danee Jones, 169-01, U of Arkansas John McDonnell Inv., 4/23/05 *
Danee Jones, 168-02, Wichita State, 4/16/05 *
Danee Jones, 167-06, NCAA-II Championships, 5/28/05
Jessica Selby, 160-03, MIAA Championships, 5/7/05 *
Jessica Selby, 159-07, MSSU Lionbacker, 5/12/05
Jessica Selby, 159-06, MSSU Bill Williams/Bob Laptad Inv., 4/30/05
Jessica Selby, 157-06, ESU Twilight, 5/14/05
Jessica Selby, 150-08, MSSU Festival, 4/2/05
Chelsea Michael, 143-08, PSU Open, 3/17/05
Jessica Selby, 143-07, ESU Relays, 4/9/05
Jessica Selby, 140-08, PSU Open, 3/17/05
Amanda Littlefield, 139-04, MIAA Championships, 5/7/05
Amanda Littlefield, 136-04, MSSU Festival, 4/2/05
Chelsea Michael, 139-00, MIAA Championships, 5/7/05

2005 Women's Outdoor Track & Field Performance List (continued)

Chelsea Michael, 135-11, MSSU Bill Williams/Bob Laptad Inv., 4/30/05
Amanda Littlefield, 133-07, MSSU Bill Williams/BobLaptad Inv., 4/30/05
Amanda Littlefield, 133-05, PSUOpen, 3/17/05
Chelsea Michael, 133-01, U of Arkansas John McDonnell Inv., 4/23/05
Chelsea Michael, 130-07, MSSU Festival, 4/2/05
Amanda Littlefield, 130-01, ESU Relays, 4/9/05
Amanda Littlefield, 127-07, Wichita State, 4/16/05
Amanda Littlefield, 125-07, U of Arkansas John McDonnell Inv., 4/23/05
Chelsea Michael, 121-00, Wichita State, 4/16/05

Javelin (155-0/134-0)

Tara Simmons, 101-00, MSSU Festival, 4/1/05
Tara Simmons, 98-09, MSSU Bill Williams/BobLaptad Inv., 4/30/05
Tara Simmons, 98-08, U of Arkansas John McDonnell Inv., 4/23/05
Tara Simmons, 89-09, PSU Open, 3/17/05

Heptathlon (5250/4475)