

2012-13 Top Liberty Women's Indoor Track & Field Performers

60-Meter Dash

ECAC: 7.68

School Record: 7.56 (Andrea Beckles, 2/26/09)

7.57	<i>Abigail Flower, Two times</i>
7.78	Sherr Spruel, Liberty Kickoff, 12/1/12
7.95	Olivia Davis, Two times
7.98	Brittany Crittenden, Big South, 2/21/13
8.32	Rajon Stinnett-Perry, Liberty Quad, 2/8/13

200-Meter Dash

ECAC: 25.04

School Record: 24.72 (Abigail Flower, 2/9/13 & 3/2/13)

24.72	<i>Abigail Flower, Two times</i>
26.44	Kiara Bridges, Big South, 2/21/13
26.53	Sherr Spruel, Liberty Kickoff, 12/1/12
26.54	Kelli Ley, Sykes-Sabock Challenge Cup, 2/2/13
26.85	Olivia Davis, Liberty Quad, 2/8/13

400-Meter Dash

ECAC: 57.04

School Record: 54.59 (Jaime Watson, 2/28/10)

58.37	Corinn Bedell, Big South, 2/21/13
58.84	Ansley Gebben, Big South, 2/21/13
59.12	Mary Echols, Liberty Open, 1/26/13
59.85	Kelli Ley, Sykes-Sabock Challenge Cup, 2/2/13
1:00.35	Brittney Webley, Liberty Quad, 2/8/13

800-Meter Run

ECAC: 2:14.44

School Record: 2:05.42 (Jaime Watson, 3/6/10)

2:16.34	Amanda Wimbush, Sykes-Sabock Challenge Cup, 2/2/13
2:20.73	Stephanie Buda, Sykes-Sabock Challenge Cup, 2/2/13
2:21.14	Lauren Cook, Sykes-Sabock Challenge Cup, 2/2/13
2:21.58	Courtney Russo, Liberty Open, 1/26/13
2:23.09	Riley Brandon, ECAC, 3/1/13

Mile Run

ECAC: 4:59.04

School Record: 4:38.52 (Heather Sagan, 3/9/02)

5:05.97	Jacy Christiansen, Big South, 2/22/13
5:07.23	Courtney Russo, Big South, 2/22/13
5:15.19	Betel Yosef, Liberty Quad, 2/8/13
5:17.29	Katie Russo, Sykes-Sabock Challenge Cup, 2/2/13
5:21.60	Meredith Mistretta, Liberty Quad, 2/8/13

3,000-Meter Run

ECAC: 9:58.94

School Record: 9:44.62 (Jennifer Klugh, 1/20/12)

9:48.91	<i>Jacy Christiansen, ECAC, 3/3/13</i>
10:01.66	<i>Khristina Kanagy, Big South, 2/21/13</i>
10:14.04	Betel Yosef, Big South, 2/21/13
10:28.49	Jessica Gass, Big South, 2/21/13
10:38.43	Meredith Mistretta, Virginia Tech Invitational, 1/19/13

5,000-Meter Run

ECAC: 17:33.64

School Record: 16:48.32 (Jennifer Klugh, 2/10/12)

17:13.96	<i>Khristina Kanagy, ECAC, 3/2/13</i>
17:51.89	Jacy Christiansen, Liberty Kickoff, 12/1/12
18:00.12	Meredith Mistretta, Sykes-Sabock Challenge Cup, 2/2/13
18:06.85	Betel Yosef, Liberty Kickoff, 12/1/12
18:37.06	Jessica Gass, Liberty Kickoff, 12/1/12

60-Meter Hurdles

ECAC: 8.80

School Record: 8.47 (Arlene Zelinskas, 2/18/07)

8.75	<i>Brittney Webley, Big South, 2/21/13</i>
9.07	Christina Mitchell, Liberty Quad, 2/8/13
9.10	Audrey Bamford, Liberty Kickoff, 12/1/12
9.25	Mary Echols, Liberty Kickoff, 12/1/12
9.29	Brittany Crittenden, Liberty Kickoff, 12/1/12

4 x 400 Relay

ECAC: 3:52.54

School Record: 3:47.16 (Freeman, Heath, Hibbert, Watson, 2/23/08)

3:57.10	(Echols, Jones, Gebben, Bedell), Big South, 2/22/13
3:57.49	(Bridges, Ley, Webley, Bedell), Liberty Kickoff, 12/1/12
3:59.71	(Echols, Ley, Jones, Bedell), Liberty Open, 1/26/13
4:01.79	(Bridges, Ley, Jones, Bedell), Sykes-Sabock, 2/2/13
4:04.33	(Ley, Webley, Jones, Bedell), Wake Forest Invitational, 1/19/13

Distance Medley Relay

ECAC: 12:08.64

School Record: 11:52.36 (Parsons, Pollard, Teer, Sagan, 3/4/00)

12:35.57	(K. Russo, Ley, Buda, Yosef), Big South, 2/21/13
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Long Jump

ECAC: 18-8.5 (5.70m)

School Record: 19-1.25 (5.82m) (Gina Gibson, 2/23/85)

18-4.25 (5.59m)	Melissa Rohwer, Sykes-Sabock Challenge Cup, 2/2/13
17-11.5 (5.47m)	Janae Jones, Wake Forest Invitational, 1/19/13
17-11.5 (5.47m)	Christina Mitchell, ECAC, 3/1/13
17-0.5 (5.19m)	Audrey Bamford, Liberty Kickoff, 12/1/12
16-7.25 (5.06m)	Jessica Harrison, Liberty Kickoff, 12/1/12

Triple Jump

ECAC: 39-0.5 (11.90m)

School Record: 40-7.75 (12.39m) (Jonisha Saunders, 3/1/03)

39-11.5 (12.18m)	Janae Jones, Tyson Invitational, 2/9/13
39-2.5 (11.95m)	Melissa Rohwer, Liberty Open, 1/26/13
34-9 (10.59m)	Erika Jackson, Big South, 2/22/13

High Jump

ECAC: 5-7 (1.70m) (Willeford qualifies as the Big South champion)

School Record: 5-10.75 (1.80m) (Kena Butts, 2/5/05)

5-5.75 (1.67m)	Kristen Willeford, Liberty Quad, 2/8/13
5-5.25 (1.66m)	Audrey Bamford, Liberty Kickoff, 12/1/12
5-4.25 (1.63m)	Christina Mitchell, Three times
5-3.75 (1.62m)	Riley Brandon, Big South, 2/21/13
5-1.75 (1.57m)	Jessica Harrison, Liberty Kickoff, 12/1/12

Pole Vault

ECAC: 11-9.75 (3.60m)

School Record: 14-0 (4.27m) (Andrea Wildrick, 2/8/02)

11-9.75 (3.60m)

Shelley Parker, Virginia Tech Challenge, 2/15/13

11-3.75 (3.45m)

Chandler Fraley, Liberty Kickoff, 12/1/12

10-4 (3.15m)

Grayson Mack, Liberty Open, 1/25/13

Shot Put

ECAC: 44-3.5 (13.50m)

School Record: 51-4.25 (15.65m) (Mychelle Cumings, 2/21/13)

51-4.25 (15.65m)

Mychelle Cumings, Big South, 2/21/13

43-0.25 (13.11m)

Rachel Barnes, Liberty Quad, 2/8/13

42-1.5 (12.84m)

Jennifer Nicholson, Liberty Quad, 2/8/13

38-5 (11.71m)

Christina Mitchell, Big South, 2/21/13

37-4 (11.38m)

Bari Minter, Liberty Open, 1/26/13

Weight Throw

ECAC: 52-6 (16.00m)

School Record: 62-6.5 (19.06m) (Jocelyn Williams, 3/4/12)

52-5.5 (15.99m)

Mychelle Cumings, Liberty Open, 1/25/13

49-2.25 (14.99m)

Bari Minter, Liberty Quad, 2/8/13

48-1.25 (14.66m)

Rachel Barnes, Sykes-Sabock Challenge Cup, 2/2/13

47-0.75 (14.34m)

Jennifer Nicholson, Big South, 2/22/13

Pentathlon

ECAC: 3,450

School Record: 3,882 (Arlene Zelinskas, 1/26/07)

3,614

Christina Mitchell, ECAC, 3/1/13

3,393

Audrey Bamford, ECAC, 3/1/13

3,332

Riley Brandon, Big South, 2/21/13

3,254

Jessica Harrison, Liberty Kickoff, 12/1/12

2,970

Brittany Crittenden, Liberty Kickoff, 12/1/12