



# 2015-2016 STATISTICS



## Indoor Season

Date	Meet	Location
Dec. 5, 2015	CNU Holiday Open	Newport News, VA.
Jan. 16, 2016	Art & Linda Mallet UNC Open	Chapel Hill, NC.
Jan. 22-23, 2016	Hokie Invite	Blacksburg, VA.
Jan. 29-30, 2016	Thundering Herd Invitational and Multit	Huntington, WV.
Feb. 05-06, 2016	Armory Track Invitational	New York City, NY.
Feb. 12, 2016	Valentine Invitational	Boston, MA.
Feb. 12, 2016	Liberty Quad	Lynchburg, VA.
Feb 20-21, 2016	Atlantic 10 Indoor Championships	Kingston, RI.
Mar 11-12, 2016	NCAA Indoor Track & Field Championships	Birmingham, AL.

## Outdoor Season

Date	Meet	Location
Mar. 19, 2016	Tribe Invite	Williamsburg, VA.
Mar. 25-26, 2016	<b>Fred Hardy Invite</b>	Richmond, VA.
Apr. 01-02, 2016	Colonial Relays	Williamsburg, VA.
Apr. 09, 2016	George Mason Invitational	Fairfax, VA.
Apr. 14-16, 2016	Mt. Sac Relays	Norwalk, CA.
Apr. 23, 2016	James Madison Invitational	Harrisonburg, VA.
Apr. 28-30, 2016	PENN Relays	Philadelphia, PA.
May 07-08, 2016	Atlantic 10 Outdoor Track and Field Championships	Fairfax, VA.
May 26-28, 2016	NCAA Preliminary First Round Championships	Jacksonville, VA.
Jun. 08-11, 2016	NCAA Outdoor Track & Field Championships	Eugene, OR.

# 2015-16 Richmond Track & Field

# Indoor Meet Results

## CNU Holiday Open December 5 • Newport News, Va.

**60m**  
7. Janel Francis .....7.96

**400m**  
7. Mary Allen .....1:00.61

**600m**  
1. Jade Gregory .....1:34.68  
16. Chloe Smith .....1:46.65

**60m Hurdles**  
12q. Liz Montague .....9.50

**Pole Vault**  
2. Sarah Timko .....3.35m

**Long Jump**  
2. Janel Francis .....5.42m  
5. Liz Montague .....5.24m

**Shot Put**  
13. Alena McGonigle .....9.09m

## Art and Linda Maillet Open January 16 • Raleigh, N.C.

**60m**  
6. Mary Allen .....7.78  
Janel Francis .....7.94

**200m**  
2. Mary Allen .....25.36

**800m**  
3. Sarah Hipwell .....2:23.73  
5. Emma Slevin .....2:24.02

**3000m**  
2. Kelly Bailey .....10:31.27  
3. Ave Grosenheider .....10:34.53  
8. Emma Nowak .....10:57.30

**5000m**  
6. Jordan Angers .....19:22.62

**Women Distance Medley**  
1. Preschutti/Gregory/Regan/Thompson .....12:17.10  
2. Corbosiero/Robinson/Hughes/Cain .....12:25.04

**Pole Vault**  
7. Sarah Timko .....3.20m

**Shot Put**  
17. Alena McGonigle .....9.05m

**Thundering Herd Invitational  
January 29-30 • Huntington, W.V.**

**60m**  
Janel Francis .....7.90p  
Mary Allen .....7.94p

**200m**  
6. Mary Allen .....25.14  
17. Jade Gregory .....25.61  
47. Marshea Robinson .....27.11

**400m**  
6. Jade Gregory .....56.07  
8. Mary Allen .....57.37  
34. Marshea Robinson .....1:00.38

**800m**  
2. Stephanie Hughes .....2:15.26  
7. Sarah Hipwell .....2:18.66  
23. Kaelyn Heinicke .....2:22.96

\* Denotes school record  
p: Preliminary time

**1 Mile Run**  
1. Amanda Corbosiero .....4:56.60  
7. Marisa Ruskan .....5:05.84  
12. Kylie Regan .....5:11.99  
14. Emma Slevin .....5:16.77

**3000m**  
4. Kelly Bailey .....10:10.95  
5. Shelby Cain .....10:12.40  
8. Eryn Mills .....10:18.60  
10. Ave Grosenheider .....10:19.14  
13. Tara Hanley .....10:30.77  
19. Jordan Angers .....10:43.61  
21. Colleen Carney .....10:45.87  
27. Emma Nowak .....10:54.04

**5000m**  
1. Courtney Thompson .....17:17.29

**60m Hurdles**  
12q. Liz Montague .....9.57p

**Pole Vault**  
8. Sarah Timko .....3.45m\*

**Long Jump**  
6. Janel Francis .....5.47m  
29. Liz Montague .....4.78m

**Triple Jump**  
15. Janel Francis .....10.97m  
19. Liz Montague .....10.73m

**Shot Put**  
13. Alena McGonigle .....9.09m

## 2016 Amory Track Invitational February 5-6 • New York, N.Y.

**3000m**  
10. Courtney Thompson .....9:51.33  
26. Kelly Bailey .....10:11.29  
29. Eryn Mills .....10:14.54  
34. Ave Grosenheider .....10:19.91  
37. Marisa Ruskan .....10:23.67

**60m**  
53. Janel Francis .....8.02  
58. Mary Allen .....8.21

**400m**  
48. Mary Allen .....59.13

**5000m**  
15. Shelby Cain .....17:42.72  
22. Tara Hanley .....18:07.33

**1000m**  
17. Haley Preschutti .....2:55.85  
18. Stephanie Hughes .....2:56.02  
35. Sarah Hipwell .....3:01.25  
36. Kaelyn Heinicke .....3:01.58

**1 Mile Run**  
17. Amanda Corbosiero .....5:00.75  
25. Kylie Regan .....5:09.27  
26. Emma Slevin .....5:10.21

**200m**  
37. Mary Allen .....25.59  
52. Jade Gregory .....26.38

**800m**  
31. Sarah Hipwell .....2:17.91

**4 x 800m**  
4. Preschutti/Corbosiero/Hughes/Heinicke .....10.97m

# 2015-16 Richmond Track & Field

# Indoor Meet Results

## 2016 Amory Track Invitational February 5-6 • New York, N.Y.

### Long Jump

30. Janel Francis.....	5.28m
40. Liz Montague.....	5:04m

### Triple Jump

28. Triple Jump.....	10.78m
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### 500m

7. Jade Gregory.....	1:14.75
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### 1500m

12. Amanda Corbosiero.....	4:39.75
25. Kylie Regan.....	4:48.32
26. Emma Slevin.....	4:49.74

## 2016 Liberty University Quad February 12 • Lynchburg, Va.

### 60m

2. Janel Francis.....	7:85p
4. Mary Allen.....	7:91

### 800m

2. Haley Preschutti.....	2:17.90
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### 1000m

2. Emma Slevin.....	3:00.30
3. Sarah Hipwell.....	3:01.46
4. Kylie Regan.....	3:02.73

### 1 Mile

3. Marisa Ruskan.....	5:11.41
4. Ave Grosenheider.....	5:11.79

### 3000m

1. Colleen Carney.....	10:29.90
7. Jordan Angers.....	10:51.64

### 60m Hurdles

5. Liz Montague.....	9.52
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### 4 x 400m

1. Allen/Gregory/Robinson/Corbosier.....	3:56.62
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### Pole Vault

8. Sarah Timko.....	3.45m*
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### Triple Jump

2. Liz Montague.....	11.42m
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### Shot Put

Alena McGonigle.....	9.22m
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## 2016 Atlantic 10 Indoor Track Field and Championships February 20-21 • Kingston, R.I.

### 60m

8. Janel Francis.....	7.80
Mary Allen.....	7:83p

### 200m

8. Mary Allen.....	25:85
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### 400m

4. Mary Allen.....	57.52
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### 800m

7. Amanda Corbosiero.....	2:19.92
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### 1 Mile Run

2. Amanda Corbosiero.....	4:53.89
5. Marisa Ruskan.....	5:01.61
10. Kylie Regan.....	5:07.28

### 3000m

2. Courtney Thompson.....	9:56.31
6. Kelly Bailey.....	10:06.52
11. Eryn Mills.....	10:20.70

### 5000m

\* Denotes school record

p: Preliminary time

1. Courtney Thompson.....	17:12.77
5. Shelby Cain.....	17:32.32
9. Tara Hanley.....	17:48.71

### 60m Hurdles

Liza Montague.....	9.42p
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### 4 x 400m

10. Gregory/Francis/Robinson/Corbosiero.....	4:04.90
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### Distance Medley Relay

2. Preschutti/Gregory/Hughes/Ruskan.....	11:52.88
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### Pole Vault

T-5. Sarah Timko.....	3.45m*
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### Long Jump

2. Janel Francis.....	5.86m
17. Liz Montague.....	4.95m

### Long Jump

4. Janel Francis.....	11.93m
7. Liz Montague.....	11.46m

### Shot Put

Alena McGonigle.....	8.53m
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### 4 x 800m

7. Hipwell/Ruskan/Regan/Preschutti.....	9:23.87
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### 500m

2. Jade Gregory.....	1:13.81
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### 1000m

2. Haley Preschutti.....	2:55.36
7. Stephanie Hughes.....	2:59.48

# 2015-16 Richmond Track & Field

# Outdoor Meet Results

## Tribe Invitational March 18-19 • Williamsburg, Va.

<b>100m</b>	
1. Janel Francis .....	12.58
<b>200m</b>	
1. Jade Gregory .....	25.30
2. Mary Allen .....	25.82
<b>400m</b>	
2. Marshea Robinson .....	1:00.59
<b>800m</b>	
1. Amanda Corbosiero .....	2:11.88
2. Taylor Clevinger .....	2:12.95
3. Haley Preschutti .....	2:14.49
<b>1500m</b>	
2. Ave Grosenheider .....	4:47.50
7. Stephanie Hughes .....	4:54.15
10. Sarah Hipwell .....	4:55.36
<b>100m Hurdles</b>	
9. Liz Montague .....	16.50
<b>Pole Vault</b>	
5. Sarah Timko .....	3.30m
<b>Long Jump</b>	
1. Liz Montague .....	5.07m
<b>Triple Jump</b>	
3. Janel Francis .....	10.63m
<b>Shot Put</b>	
7. Alena McGonigle .....	8.50m
<b>Discus</b>	
6. Alena McGonigle .....	25.64m

## Fred Hardy Invitational March 25-26 • Richmond, Va.

<b>200m</b>	
2. Mary Allen .....	25.02
4. Jade Gregory .....	25.35
<b>400m</b>	
3. Jade Gregory .....	55.89
6. Mary Allen .....	56.98
15. Marshea Robinson .....	59.45
<b>800m</b>	
2. Stephanie Hughes .....	2:14.80
3. Sarah Hipwell .....	2:16.87
<b>1500m</b>	
1. Amanda Corbosiero .....	4:27.16
2. Taylor Clevinger .....	4:30.92
3. Haley Preschutti .....	4:35.67
6. Marisa Ruskan .....	4:39.63
16. Emma Slevin .....	4:52.08
27. Kaelyn Heinicke .....	5:05.58
<b>3000m</b>	
1. Shelby Cain .....	10:09.69
3. Colleen Carney .....	10:27.04
<b>5000m</b>	
1. Tara Hanley .....	17:53.77
3. Ave Grosenheider .....	18:22.12
7. Jordan Angers .....	18:56.15
<b>3000 Meter Steeplechase</b>	
1. Kelly Bailey .....	11:09.47
3. Emma Nowak .....	11:49.86
<b>4 x 800 Meter Relay</b>	
1. Hipwell/Hughes/Ruskan/Preschutti .....	9:19.93

\* Denotes school record

p: Preliminary time

<b>Pole Vault</b>	
3. Sarah Timko .....	3.35m
<b>Long Jump</b>	
3. Janel Francis .....	5.71m
<b>Discus</b>	
15. Alena McGonigle .....	26.70m

## Colonial Relays April 1-2 • Williamsburg, Va.

<b>200m</b>	
5. Mary Allen .....	24.46
40. Janel Francis .....	24.96
<b>400m</b>	
3. Jade Gregory .....	54.62
61. Marshea Robinson .....	59.45
<b>800m</b>	
31. Stephanie Hughes .....	2:13.39
--- Emma Slevin .....	2:24.02
<b>1500m</b>	
1. Amanda Corbosiero .....	4:22.47
13. Taylor Clevinger .....	4:24.90
19. Haley Preschutti .....	4:33.06
<b>5000m</b>	
26. Shelby Cain .....	17:40.72
36. Marisa Ruskan .....	18:00.71
--- Colleen Carney .....	18:13.55
<b>10,000m</b>	
2. Tara Hanley .....	37:11.90
<b>3000 Meter Steeplechase</b>	
15. Kelly Bailey .....	11:10.79
31. Emma Nowak .....	11:49.32
<b>4 x 800 Meter Relay</b>	
1. Hughes/Corbosiero/Preschutti/Clevinger .....	9:00.49
<b>Distance Medley Relay</b>	
5. Mills/Robinson/Slevin/Grosheider .....	12:10.35
<b>Pole Vault</b>	
9. Sarah Timko .....	3.10m
<b>Long Jump</b>	
3. Janel Francis .....	5.76m

\* Denotes school record  
p: Preliminary time

