

FROSTBURG

2019 Outdoor Track & Field



	Juniata Invitational	Jim Taylor Invitational	Bobcat Invitational	Messiah Invitational	Mason-Dixon Inv.	Paul Kaiser Classic	CAC Championships	AARTFC Championships
	Juniata College Huntingdon, Pa. 3/23/2019	Susquehanna Univ. Selinsgrove, Pa. 3/31/2019	Frostburg State Frostburg, Md. 4/6/2019	Messiah College Grantham, Pa. 4/11-13/2019	Gettysburg College Gettysburg, Pa. 4/20/2019	Shippensburg Univ. Shippensburg, Pa. 3/27/2019	Chris. Newport Univ. Newport News, Va. 5/3-4/2019	SUNY Cortland Cortland, N.Y. 5/15-16/2019
Sidonie Brown	800m run 2:43.65 (9)	800m run 2:34.96 (24)	1,500m run 5:34.13 (5) 800m run 2:33.60 (6)	800m run 2:33.77 (12)		800m run 2:40.65 (45)	800m run 2:29.43 (9)	
Keileen Estrada	100m hurdles 17.47 (3) 400m hurdles 1:09.21 (1)	100m hurdles 17.26 (11) 100m Dash 13.41 (13) 200m Dash 27.84 (6)	100m hurdles 16.86 (2) 400m hurdles 1:11.75 (2) Javelin 20.61m 67' 7" (4)		200m dash 27.41 (3) 100m hurdles 17.91 (5) Javelin 21.44m (6)	100m hurdles 17.56 (26) 400m hurdles 1:08.19 (10)	200m dash 28.12 (8) 400m Hurdles 1:05.05 (1)	
Taja Griffin	100m dash 14.25 (7)	100m dash 14.85 (41) 200m Dash 31.03 (38)	100m dash 13.96 (4) 200m dash 29.39 (5)	100m dash prelim 14.01 (20)	100m dash 14.42 (12) 200m dash 30.43 (17)	100m dash 14.41 (51)		
Lauren Halvorson			Javelin 11.99m 39' 4" (7)	Javelin 14.21m 46' 7" (26)	Javelin 11.61m (10)	Javelin 14.02m 46' 0" (37)		
Amaya King								
Sarah McCurry	5,000m run 21:10.16 (3)	5,000m run 21:50.52 (14)	1,500m run 5:59.66 (7) 800m run 2:56.45 (13)	5,000m run 21:40.55 (16)				

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Ashleigh Myers		400m Run 1:14.89 (25) 200m Dash 32.44 (43) Javelin Throw 18.76m 61' 6" (34)	400m run 1:15.29 (7) 200m dash 32.04 (13) Javelin 18.90m 62' 0" (5)	200m dash 32.25 (38) Javelin Throw 18.85m 61' 10" (25)	200m dash 32.51 (19) Javelin 21.10m (8)	200m Run 31.99 (66) Javelin 19.51m 64' 0" (35)	400m Dash 1:13.16 (9) Javelin Throw 19.88m 65' 3" (20)	
Gabriell Reason		100m Dash 13.29 (8)	100m Dash 13.28 (1)	100m Dash prelim 13.21 (12)	100m Dash 13.61 (4)	100m Dash 13.10 (27)	100m Dash 12.98 (6)	
Kenzi Smith		100m Dash 13.95 (21)	100m Dash 14.00 (5) 400m hurdles 1:18.17 (3)	400m hurdles 1:18.18 (8)	400m hurdles 1:19.04 (3) 100m dash 14.32 (11) 800m run 2:55.28 (12)	400m hurdles 1:17.62 (21)		
Keirstin Tawney	Discus Throw 22.64m 74' 3" (6) Hammer Throw 30.93m 101' 6" (6)	Hammer Throw 38.43m 126' 1" (19)	Hammer Throw 42.63m 139' 10" (2)		Discus Throw 24.04m (11) Hammer Throw 45.05m (1) **	Hammer Throw 43.43m 142' 6" (11)	Discus Throw 29.88m 98' 0" (17) Hammer Throw 46.17m 151' 6" (1) **	Hammer Throw 42.62m (17)
Amy Trembly	High Jump 1.40m 4' 7" (1)	High Jump 1.45m 4' 9" (12)	Pole Vault 2.35m 7' 8.5" (3) High Jump 1.50m 4' 11" (2)	Pole Vault 2.60m 8' 6.25" (5) High Jump 1.53m 5' 0.25" (6)	High Jump 1.47m (2)	High Jump 1.48m 4' 11" (18) Pole Vault 2.55m 8' 4 1/4" (16)	High Jump 1.54m 5' 0.5" (3) Pole Vault 2.52m 8' 3.25" (9) Javelin Throw 21.93m 71' 11" (17)	
Holly Van Wie	Shot Put 9.54m 31' 3.75" (3) Discus Throw 27.99m 91' 10" (4) Hammer Throw 42.67m 140' 0" (2)	Shot Put 9.38m 30' 9.25" (25) Discus Throw 34.01m 111' 7" (16) Hammer Throw 42.85m 140' 7" (6)	Hammer Throw 43.95m 144' 2" (1) Discus Throw 29.94m 98' 3" (5) Shot Put 9.42m 30' 11" (5)	Hammer Throw 44.57m 146' 3" (2) ** Discus Throw 33.89m 111' 2" (8) Shot Put 10.26m 33' 8" (13)	Discus Throw 32.67m (1) Hammer Throw 43.79m (2) Shot Put 8.51m (12)	Shot Put 10.28m 33' 8 3/4" (26) Hammer Throw 40.93m 134' 3" (17)	Shot Put 9.83m 32' 3" (14) Discus Throw 32.07m 105' 2" (12) Hammer Throw 44.72m 146' 9" (3)	Hammer Throw 45.33m (12)

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Cassandra Vogle	Discus Throw 20.28m 66' 6" (8) Javelin Throw 31.37m 102' 11" (6)	Discus Throw 26.96m 88' 5" (35) Javelin Throw 29.40m 96' 5" (20)		Javelin Throw 34.60m 113' 6" (7)	Javelin Throw 30.56m (2)	Javelin Throw 31.05m (15)	Discus Throw 21.21m 69' 7" (20)	Javelin Throw 30.47m (16)
Maddison Watson	200m dash 27.79 (5) 400m Run 1:03.45 (1) 5000m Run 21:10.16	200m dash 28.21 (9)	400m dash 1:02.45 (1) 200m dash 27.56 (1)	200m dash 27.25 (6) 400m run 63.47 (5)	800m Run 2:38.94 (10)	200m Dash 27.65 (25)		
Timara Wright				100m dash prelim 15.20 (34)	100m dash 15.98 (15)			
4x100-Meter Relay				Reason, Smith, Griffin, Watson 52.77 (5)	Reason, Estrada, Griffin, Watson 51.13 (2)	Reason, Estrada, Brown, Watson 50.24 (7)	Reason, Estrada, Brown, Watson 50.61 (5)	Reason, Estrada, Smith, Watson 49.92 (9)
4x400-Meter Relay							Estrada, Watson Brown, Myers 4:26.20 (6)	
Distance Medley Relay								

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