

2005 Women's Indoor Track & Field Performance List (3/13/05)

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

60-MeterDash

Whitney Metcalf, 7.95 (Semi), MIAA Championships, 2/25/05
Lynita Bridges, 7.96 (Semi), MIAA Championships, 2/25/05
Whitney Metcalf, 7.97 (Pre), MIAA Championships, 2/25/05
Lynita Bridges, 7.98 (Pre), MIAA Championships, 2/25/05
Lynita Bridges, 8.02 (Pre), Univ. of Oklahoma, 2/19/05
Dionne Prince, 8.03 (Pre), MIAA Championships, 2/25/05
Lynita Bridges, 8.06 (Pre), MSSU/Fazoli's/Baymont Inn, 2/5/05
Dionne Prince, 8.09 (Semi), MIAA Championships, 2/25/05
Lynita Bridges, 8.11 (Pre), KURelays, 1/28/05
Whitney Metcalf, 8.12 (Pre), MSSU/Fazoli's/Baymont Inn, 2/5/05
Whitney Metcalf, 8.13 (Pre), Univ. of Arkansas, 1/22/05
Lynita Bridges, 8.15 (Pre), MSSU/Radio Shack, 1/15/05
Dionne Prince, 8.16 (Pre), MSSU/Fazoli's/Baymont Inn, 2/5/05
Lynita Bridges, 8.17 (Pre), Univ. of Arkansas, 1/22/05
Dionne Prince, 8.20 (F), MSSU/Radio Shack, 1/15/05
Whitney Metcalf, 8.22 (Pre), KURelays, 1/28/05
Melissa Horn, 8.24 (Pre), Univ. of Oklahoma, 2/19/05
Lynita Bridges, 8.27 (F), MSSU/Radio Shack, 1/15/05
Dionne Prince, 8.30 (Pre), MSSU/Radio Shack, 1/15/05
Melissa Horn, 8.33 (Pre), MSSU/Fazoli's/Baymont Inn, 2/5/05
Melissa Horn, 8.40 (Pre), Univ. of Arkansas, 1/22/05
Melissa Horn, 8.41 (Pre), MSSU/Radio Shack, 1/15/05
Melissa Horn, 8.45 (Pre), KU Relays, 1/28/05

200-MeterDash

Whitney Metcalf, 26.01 (P), MIAA Championships, 2/25/05
Whitney Metcalf, 26.31 (F), MSSU/Fazoli's/Baymont Inn, 2/5/05
Lynita Bridges, 26.54 (P), MIAA Championships, 2/25/05
Lynita Bridges, 26.61 (F), Univ. of Oklahoma, 2/19/05
Lynita Bridges, 26.72 (F), KURelays, 1/28/05
Iashia Castle, 26.74 (F), KU Relays, 1/28/05
Lynita Bridges, 26.87 (F), MSSU/Fazoli's/Baymont Inn, 2/5/05
Whitney Metcalf, 27.08 (F), MIAA Championships, 2/26/05
Lynita Bridges, 27.40 (F), MSSU/Radio Shack, 1/15/05
Alison Walker, 27.78 (F), KU Relays, 1/28/05
Melissa Horn, 27.82 (F), Univ. of Oklahoma, 2/19/05
Melissa Horn, 27.85 (F), MSSU/Fazoli's/Baymont Inn, 2/5/05
Melissa Horn, 27.96 (F), MSSU/Radio Shack, 1/15/05
Melissa Horn, 28.46 (F), Univ. of Arkansas, 1/21/05
Dionne Prince, 28.35 (F), MSSU/Fazoli's/Baymont Inn, 2/5/05

400-MeterDash

Iashia Castle, 58.04 (F), MIAA Championships, 2/26/05
Iashia Castle, 58.89 (P), MIAA Championships, 2/25/05
Iashia Castle, 58.96 (F), Univ. of Arkansas, 1/22/05
Iashia Castle, 59.30 (F), MSSU/Fazoli's/Baymont Inn, 2/5/05
Iashia Castle, 59.64 (F), KURelays, 1/28/05
Iashia Castle, 59.86 (F), MSSU/Radio Shack, 1/15/05
Alison Walker, 1:00.97 (F), KURelays, 1/28/05
Rachel Minard, 1:05.01 (F), Univ. of Arkansas, 1/22/05
Ashley McClelland, 1:05.75 (F), Univ. of Arkansas, 1/22/05

Mile Run

Erin Click, 5:02.71 (F), MIAA Championships, 2/26/05
Erin Click, 5:08.34 (F), Tyson Invitational, 2/12/05
Megan Russell, 5:08.94 (F), Tyson Invitational, 2/12/05
Megan Russell, 5:09.02 (F), MIAA Championships, 2/26/05
Ashley Caffey, 5:10.48 (F), Univ. of Oklahoma, 2/19/05
Erin Click, 5:10.64 (F), Univ. of Arkansas, 1/22/05
Erin Click, 5:11.37 (F), MSSU/Fazoli's/Baymont Inn, 2/5/05
Ashley Caffey, 5:13.23 (F), MIAA Championships, 2/26/05
Megan Russell, 5:15.27 (F), MSSU/Fazoli's/Baymont Inn, 2/5/05
Erin Click, 5:16.20 (F), MSSU/Radio Shack, 1/15/05
Megan Russell, 5:18.54 (F), Univ. of Arkansas, 1/22/05
Megan Russell, 5:23.77 (F), MSSU/Radio Shack, 1/15/05
Abby Adams, 5:35.13 (F), Univ. of Oklahoma, 2/19/05
Kelly O'Toole, 5:36.27 (F), Univ. of Oklahoma, 2/19/05

600-YardRun

Sarah Wallace, 1:27.32 (P), MIAA Championships, 2/25/05
Sarah Wallace, 1:28.42 (F), MIAA Championships, 2/26/05
Sarah Wallace, 1:28.51 (F), MSSU/Fazoli's/Baymont Inn, 2/5/05
Sarah Wallace, 1:30.75 (F), Univ. of Oklahoma, 2/19/05
Sarah Wallace, 1:31.11 (F), KU Relays, 1/28/05
Rachel Minard, 1:32.82 (F), MSSU/Fazoli's/Baymont Inn, 2/5/05
Rachel Minard, 1:34.20 (F), MSSU/Radio Shack, 1/15/05
Ashley McClelland, 1:34.22 (P), MIAA Championships, 2/25/05
Rachel Minard, 1:35.38 (P), MIAA Championships, 2/25/05
Ashley McClelland, 1:35.42, MSSU/Fazoli's/Baymont Inn, 2/5/05
Ashley McClelland, 1:38.85 (F), MSSU/Radio Shack, 1/15/05
Rachel Minard, 1:40.10 (F), KURelays, 1/28/05
Ashley McClelland, 1:40.70 (F), KURelays, 1/28/05

800-MeterRun

Alison Walker, 2:14.88 (F), MSSU/Radio Shack, 1/15/05 *
Alison Walker, 2:15.90 (F), Univ. of Oklahoma, 2/19/05 *
Alison Walker, 2:16.13 (F), Tyson Invitational, 2/12/05 *
Alison Walker, 2:16.16 (F), MSSU/Fazoli's/Baymont Inn, 2/5/05 *
Alison Walker, 2:16.55 (F), Univ. of Arkansas, 1/22/05 *
Sarah Wallace, 2:23.58 (F), Univ. of Arkansas, 1/22/05
Sarah Wallace, 2:24.38 (F), MSSU/Radio Shack, 1/15/05
Kate Brittan, 2:32.55 (F), MSSU/Radio Shack, 1/15/05
Kate Brittan, 2:33.31 (F), Univ. of Arkansas, 1/22/05
Rachel Minard, 2:36.11 (F), Univ. of Oklahoma, 2/19/05
Ashley McClelland, 2:39.23 (F), Univ. of Oklahoma, 2/19/05

3000-MeterRun

Ashley Caffey, 10:23.78 (F), Univ. of Arkansas, 1/22/05
Megan Russell, 10:24.34 (F), MIAA Championships, 2/26/05
Erin Click, 10:25.21 (F), MIAA Championships, 2/26/05
Ashley Caffey, 10:28.93 (F), MIAA Championships, 2/26/05
Megan Russell, 10:30.77 (F), Univ. of Oklahoma, 2/19/05
Ashley Caffey, 10:35.80 (F), MSSU/Radio Shack, 1/15/05
Kelly O'Toole, 11:01.04 (F), Univ. of Arkansas, 1/22/05
Abby Adams, 11:04.58 (F), MIAA Championships, 2/26/05
Kelly O'Toole, 11:13.24 (F), MSSU/Radio Shack, 1/15/05
Abby Adams, 11:18.13 (F), MSSU/Fazoli's/Baymont Inn, 2/5/05
Ashley Hendrix, 11:43.46 (F), MSSU/Radio Shack, 1/15/05
Ashley Hendrix, 11:45.52, Univ. of Arkansas, 1/22/05

5000-MeterRun

Ashley Caffey, 17:43.27 (F), Tyson Invitational, 2/12/05 *
Ashley Caffey, 17:47.92 (F), MSSU/Fazoli's/Baymont Inn, 2/5/05 *
Ashley Caffey, 18:03.65 (F), MIAA Championships, 2/25/05
Megan Russell, 18:18.62 (F), MIAA Championships, 2/25/05
Kelly O'Toole, 18:58.93 (F), MIAA Championships, 2/25/05
Kelly O'Toole, 19:20.48 (F), MSSU/Fazoli's/Baymont Inn, 2/5/05

60-MeterHurdles

Dionne Prince, 9.40 (Pre), MIAA Championships, 2/25/05
Dionne Prince, 9.46 (Semi), MIAA Championships, 2/25/05
Dionne Prince, 9.49 (Pre), Univ. of Oklahoma, 2/19/05
Dionne Prince, 9.56 (Pre), MSSU/Fazoli's/Baymont Inn, 2/5/05
Dionne Prince, 9.57 (Pre), KURelays, 1/28/05
Rachel Minard, 9.62 (Pre), MIAA Championships, 2/25/05
Rachel Minard, 9.70 (Semi), MIAA Championships, 2/25/05
Dionne Prince, 9.76 (Pre), Univ. of Arkansas, 1/22/05
Rachel Minard, 9.92 (Pre), Univ. of Oklahoma, 2/19/05
Rachel Minard, 10.02 (F), MSSU/Radio Shack, 1/15/05
Rachel Minard, 10.03 (Pre), KURelays, 1/28/05
Rachel Minard, 10.05 (Pre), Univ. of Arkansas, 1/22/05
Rachel Minard, 10.24 (Pre), MSSU/Fazoli's/Baymont Inn, 2/5/05
Ashley McClelland, 10.26 (Pre), MSSU/Fazoli's/Baymont Inn, 2/5/05
Ashley McClelland, 10.39 (Pre), Univ. of Oklahoma, 2/19/05
Dionne Prince, 10.45 (F), MSSU/Radio Shack, 1/15/05
Ashley McClelland, 10.51 (Pre), KURelays, 1/28/05
Ashley McClelland, 10.63 (F), MSSU/Radio Shack, 1/15/05

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

4x400-Meter Relay

Missouri Southern 'A', 4:00.19, MIAA Championships, 2/26/05 (Bridges, Wallace, McClelland, Castle)

Missouri Southern 'A', 4:02.49, Univ. of Oklahoma, 2/19/05
Missouri Southern 'A', 4:04.92, MSSU/Fazoli's/Baymont Inn, 2/5/05
Missouri Southern 'A', 4:06.89, KU Relays, 1/28/05
Missouri Southern 'A', 4:12.20, MSSU/Radio Shack, 1/15/05
Missouri Southern 'B', 4:39.33, MSSU/Radio Shack, 1/15/05

Distance Medley Relay

Missouri Southern 'A' 11:57.70, Tyson Invitational, 2/12/05 * #
Missouri Southern 'A' 12:11.68, MSSU/Fazoli's/Baymont Inn, 2/5/05 * #
Missouri Southern 'A' 12:15.33, Univ. of Arkansas, 1/21/05 *
Missouri Southern 'A' 12:55.66, MIAA Championships, 2/25/05

High Jump

Melissa Horn, 5-03.00, MIAA Championships, 2/26/05
Melissa Horn, 5-01.75, MSSU/Fazoli's/Baymont Inn, 2/5/05
Melissa Horn, 5-01.25, MSSU/Radio Shack, 1/15/05
Melissa Horn, 5-01.00, Univ. of Arkansas, 1/21/05
Melissa Horn 5-00.25, KU Relays, 1/28/05
Dionne Prince, 4-09.50, MSSU/Radio Shack, 1/15/05

Pole Vault

Melissa Turner, 10-11.75, MSSU/Radio Shack, 1/14/05
Melissa Turner, 10-10.75, MSSU/Fazoli's/Baymont Inn, 2/5/05
Melissa Turner, 10-08.00, Univ. of Arkansas, 1/22/05
Melissa Turner, 10-06.00, KU Relays, 1/28/05
Jenni Blevins, 10-02.00, Univ. of Arkansas, 1/22/05
Jenni Blevins, 10-00.00, KU Relays, 1/28/05
Jenni Blevins, 9-10.75, MSSU/Fazoli's/Baymont Inn, 2/5/05
Melissa Turner, 9-10.50, MIAA Championships, 2/25/05
Jenni Blevins, 9-10.50, MIAA Championships, 2/25/05
Jenni Blevins, 9-06.25, MSSU/Radio Shack, 1/14/05
Madeline Cline, 9-05.00, MSSU/Fazoli's/Baymont Inn, 2/5/05
Madeline Cline, 9-04.50, MIAA Championships, 2/25/05
Madeline Cline, 9-00.25, KU Relays, 1/28/05
Madeline Cline, 9-00.25, MSSU/Radio Shack, 1/14/05

Long Jump

Iashia Castle, 18-01.75, MSSU/Fazoli's/Baymont Inn, 2/5/05
Iashia Castle, 17-09.50, MSSU/Radio Shack, 1/15/05
Iashia Castle, 17-01.25, Univ. of Oklahoma, 2/19/05
Iashia Castle, 17-00.00, Univ. of Arkansas, 1/21/05
Dionne Price, 16-11.50, Univ. of Oklahoma, 2/19/05
Iashia Castle, 16-10.50, MIAA Championships, 2/26/05
Iashia Castle, 16-07.75, KU Relays, 1/28/05
Dionne Prince, 16-09.75, MSSU/Radio Shack, 1/15/05
Dionne Prince, 16-05.75, Univ. of Arkansas, 1/21/05
Dionne Prince, 15-10.25, MIAA Championships, 2/26/05
Dionne Prince, 15-06.75, KU Relays, 1/28/05
Melissa Horn, 15-05.50, KU Relays, 1/28/05

Triple Jump

Iashia Castle, 38-03.50, MSSU/Fazoli's/Baymont Inn, 2/5/05 *
Iashia Castle, 38-02.75, Univ. of Oklahoma, 2/19/05 *
Iashia Castle, 37-05.75, MSSU/Radio Shack, 1/14/05
Iashia Castle, 37-05.25, MIAA Championships, 2/25/05
Dionne Prince, 37-01.00, MIAA Championships, 2/25/05
Iashia Castle, 37-00.50, KU Relays, 1/28/05
Dionne Price, 37-00.25, Univ. of Oklahoma, 2/19/05
Dionne Prince, 36-08.50, MSSU/Fazoli's/Baymont Inn, 2/5/05
Dionne Prince, 35-09.50, MSSU/Radio Shack, 1/14/05
Dionne Prince, 35-06.50, KU Relays, 1/28/05

Shot Put

Jessica Selby, 46-06.00, NCAA-II Championships, 3/11/05 #
Jessica Selby, 46-01.50, MIAA Championships, 2/26/05 * #
Jessica Selby, 44-09.00, Univ. of Oklahoma, 2/19/05 *
Dane Jones, 44-04.25, MIAA Championships, 2/26/05 *

Dane Jones, 43-09.75, Univ. of Arkansas, 1/21/05 *
Jessica Selby, 43-09.25, Univ. of Arkansas, 1/21/05 *
Dane Jones, 43-09.00, KU Relays, 1/28/05 *
Jessica Selby, 42-09.00, KU Relays, 1/28/05
Dane Jones, 42-00.00, MSSU/Fazoli's/Baymont Inn, 2/5/05
Dane Jones, 41-10.00, Univ. of Oklahoma, 2/19/05
Jessica Selby, 41-09.25, MSSU/Fazoli's/Baymont Inn, 2/5/05
Dane Jones, 41-07.75, MSSU/Radio Shack, 1/15/05
Chelsea Michael, 39-04.50, MIAA Championships, 2/26/05
Jessica Selby, 39-01.00, MSSU/Radio Shack, 1/15/05
Chelsea Michael, 37-08.00, Univ. of Oklahoma, 2/19/05
Chelsea Michael, 36-07.50, Univ. of Arkansas, 1/21/05
Chelsea Michael, 36-02.25, KU Relays, 1/28/05
Amanda Littlefield, 35-07.25, KU Relays
Chelsea Michael, 35-06.50, MSSU/Fazoli's/Baymont Inn, 2/5/05
Amanda Littlefield, 35-03.00, MIAA Championships, 2/26/05
Amanda Littlefield, 34-11.75, Univ. of Oklahoma, 2/19/05
Chelsea Michael, 34-10.25, MSSU/Radio Shack, 1/15/05
Amanda Littlefield, 33-10.25, MSSU/Fazoli's/Baymont Inn, 2/5/05
Amanda Littlefield, 33-06.75, Univ. of Arkansas, 1/21/05
Amanda Littlefield, 33-04.50, MSSU/Radio Shack, 1/15/05

Weight Throw

Dane Jones, 61-09.75, KU Relays, 1/28/05 # \$
Dane Jones, 59-06.25, MSSU/Fazoli's/Baymont Inn, 2/5/05 *
Dane Jones, 59-04.00, Univ. of Oklahoma, 2/19/05 *
Dane Jones, 59-00.00, Univ. of Arkansas, 1/21/05 *
Dane Jones, 58-11.50, MIAA Championships, 2/25/05
Dane Jones, 58-11.25, MSSU/Radio Shack, 1/14/05 *
Dane Jones, 57-11.00, NCAA-II Championships, 3/11/05
Dane Jones, 53-04.50, Tyson Invitational, 2/12/05 *
Jessica Selby, 47-03.75, Univ. of Oklahoma, 2/19/05
Jessica Selby, 47-03.50, MIAA Championships, 2/25/05
Chelsea Michael, 46-11.75, KU Relays, 1/28/05
Jessica Selby, 46-05.50, MSSU/Fazoli's/Baymont Inn, 2/5/05
Chelsea Michael, 46-04.00, MSSU/Fazoli's/Baymont Inn, 2/5/05
Jessica Selby, 46-03.25, Univ. of Arkansas, 1/21/05
Chelsea Michael, 46-02.75, MSSU/Radio Shack, 1/14/05
Amanda Littlefield, 46-00.75, MIAA Championships, 2/25/05
Amanda Littlefield, 45-00.50, Univ. of Oklahoma, 2/19/05
Jessica Selby, 44-08.00, MSSU/Radio Shack, 1/14/05
Chelsea Michael, 44-04.00, Univ. of Oklahoma, 2/19/05
Chelsea Michael, 44-02.75, Univ. of Arkansas, 1/21/05
Chelsea Michael, 43-02.25, MIAA Championships, 2/25/05
Jessica Selby, 42-08.75, KU Relays, 1/28/05
Amanda Littlefield, 42-04.25, KU Relays, 1/28/05
Amanda Littlefield, 42-03.25, MSSU/Radio Shack, 1/14/05
Amanda Littlefield, 42-02.00, MSSU/Fazoli's/Baymont Inn, 2/5/05
Amanda Littlefield, 39-01.25, Univ. of Arkansas, 1/21/05