

# FERRIS STATE UNIVERSITY

## \*FINAL 2004-05 WOMEN'S INDOOR TRACK AND FIELD INDIVIDUAL & EVENT RESULTS\*

<u>NAME</u>	<u>YEAR</u>	<u>EVENT</u>	<u>HOMETOWN/HIGH SCHOOL (COLLEGE)</u>
<b>Kristen Balla</b>	<b>Jr.</b>	<b>Distance</b>	<b>Farmington, Mich.</b>
<b>Mile Run:</b> 6th, SVSU Collegiate Indoor (5:41.87); <b>3,000m Run:</b> 14th, GVSU Laker Challenge (11:06.78), 12th, EMU Classic (11:09.13), 8th, CMU Jack Skoog Open (10:58.39); <b>5,000m Run:</b> 4th, Division II Team Challenge (19:16.41), 16th, GLIAC Championships (19:07.15)			
<b>Anna Barrington</b>	<b>Fr.</b>	<b>Throws</b>	<b>Jonesville, Mich.</b>
<b>Shot Put:</b> 6th, SVSU Collegiate Indoor (35-1), 6th, GVSU Laker Challenge (35-0.25), 8th, CMU Jack Skoog Open (36-0.75), 13th, GLIAC Championships (37-10.50); <b>Weight Throw:</b> 10th, SVSU Collegiate Indoor (30-4), 7th, CMU Jack Skoog Open (34-11.25), 17th, GLIAC Championships (37-3)			
<b>Kamitra Carroll</b>	<b>Fr.</b>	<b>Throws</b>	<b>Flint, Mich./Carmen-Ainsworth</b>
<b>Shot Put:</b> 1st, SVSU Collegiate Indoor (45-8), 1st, GVSU Laker Challenge (47-9.25), 2nd, Division II Team Challenge (44-4.75), 3rd, CMU Jack Skoog Open (43-6.50), 2nd, GLIAC Championships (45-10.75), 11th, NCAA-II Championships (44-2); <b>Weight Throw:</b> 4th, SVSU Collegiate Indoor (44-6.50), 6th, GVSU Laker Challenge (41-3.25), 10th, Division II Team Challenge (40-6.75), 4th, CMU Jack Skoog Open (44-3.50), 9th, GLIAC Championships (47-11)			
<b>Jennifer Delamater</b>	<b>Sr.</b>	<b>Sprints</b>	<b>Edmore, Montabella</b>
<b>60m Dash:</b> 4th, SVSU Collegiate Indoor (8.21), 6th, CMU Jack Skoog Open (8.20); <b>200m Dash:</b> 6th, SVSU Collegiate Indoor (27.56), 16th, Division II Team Challenge (27.65), 15th, EMU Classic (27.09), 6th, CMU Jack Skoog Open (27.24); <b>55m Dash:</b> 6th, GVSU Laker Challenge (7.59)			
<b>Elizabeth Engle</b>	<b>So.</b>	<b>Hurdles</b>	<b>Colon, Mich.</b>
<b>200m Dash:</b> 15th, SVSU Collegiate Indoor (29.55), 14th, CMU Jack Skoog Open (28.80); <b>60m Hurdles:</b> 4th, SVSU Collegiate Indoor (9.81), 7th, EMU Classic (10.20), 5th, CMU Jack Skoog Open (9.69); <b>55m Hurdles:</b> 2nd, GVSU Laker Challenge (9.03), 6th, GVSU Holiday Open (9.13); <b>60m Dash:</b> 7th, CMU Jack Skoog Open (8.37)			
<b>Ashley Farr</b>	<b>So.</b>	<b>Sprints</b>	<b>Detroit, Mich./King</b>
<b>200m Dash:</b> 5th, SVSU Collegiate Indoor (27.51), 11th, EMU Classic (26.76), 4th, CMU Jack Skoog Open (27.16); <b>400m Dash:</b> 6th, SVSU Collegiate Indoor (1:13.81), 15th, Division II Team Challenge (1:02.36), 11th, EMU Classic (1:03.07), 6th, CMU Jack Skoog Open (1:02.94), 12th, GLIAC Championships (1:02.02)			
<b>Crystal Flutur</b>	<b>Jr.</b>	<b>Distance</b>	<b>Ludington, Mich./Mason County Central</b>
<b>Mile Run:</b> 3rd, SVSU Collegiate Indoor (5:35.32), 7th, GVSU Laker Challenge (5:31.11), 10th, Division II Team Challenge (5:25.54); <b>800m Run:</b> 7th, EMU Classic (2:26.77)			
<b>Jacquelyn Green</b>	<b>Fr.</b>	<b>Distance</b>	<b>Portage, Mich./Northern</b>
<b>Mile Run:</b> 10th, SVSU Collegiate Indoor (6:25.28); <b>3,000m Run:</b> 21st, GVSU Laker Challenge (12:32.00), 19th, EMU Classic (12:07.42), 14th, CMU Jack Skoog Open (11:42.05)			
<b>Larenda Hintz</b>	<b>So.</b>	<b>Hurdles</b>	<b>Kingsford, Mich.</b>
<b>200m Dash:</b> 11th, SVSU Collegiate Indoor (28.83), 8th, CMU Jack Skoog Open (27.55); <b>60m Hurdles:</b> 7th, SVSU Collegiate Indoor (10.28), 5th, EMU Classic (9.72), 6th, CMU Jack Skoog Open (9.75); <b>60m Dash:</b> 8th, CMU Jack Skoog Open (8.41)			
<b>Jenny Irwin</b>	<b>Jr.</b>	<b>Distance</b>	<b>Scottville, Mich./Mason County Central</b>
<b>3,000m Run:</b> 1st, GVSU Laker Challenge (10:12.05), 1st, GLIAC Championships (10:12.08); <b>Mile Run:</b> 1st, Division II Team Challenge (4:59.11), 1st, EMU Classic (4:58.96), 6th, GLIAC Championships (5:00.70), 11th, NCAA-II Championships (4:58.38); <b>800m Run:</b> 1st, CMU Jack Skoog Open (2:14.40)			
<b>Geneva Jones</b>	<b>Jr.</b>	<b>Middle Distance</b>	<b>Detroit, Mich./Cooley</b>
<b>800m Run:</b> 1st, GVSU Laker Challenge (2:23.13), 7th, Division II Team Challenge (2:22.88), 4th, EMU Classic (2:20.08), 12th, GLIAC Championships (2:20.04); <b>Mile Run:</b> 5th, CMU Jack Skoog Open (5:15.70)			
<b>Crystal Kuzma</b>	<b>Sr.</b>	<b>Sprints</b>	<b>Wixom, Mich./Western</b>
<b>60m Dash:</b> 2nd, SVSU Collegiate Indoor (8.10), 6th, SVSU Holiday Classic (8.20), 5th, CMU Jack Skoog Open (8.13); <b>200m Dash:</b> 12th, SVSU Collegiate Indoor (28.91), 19th, Division II Team Challenge (28.23), 9th, CMU Jack Skoog Open (27.78); <b>55m Dash:</b> 5th, GVSU Laker Challenge (7.57)			
<b>Mary Miller</b>	<b>Sr.</b>	<b>Distance</b>	<b>Sault Ste. Marie, Mich.</b>
<b>3,000m Run:</b> 3rd, SVSU Collegiate Indoor (10:45.45), 6th, GVSU Laker Challenge (10:35.30), 1st, Division II Team Challenge (10:48.85), 2nd, EMU Classic (10:25.69), 9th, GLIAC Championships (10:41.31); <b>5,000m Run:</b> 2nd, Division II Team Challenge (18:53.16), 6th, GLIAC Championships (18:38.93); <b>Mile Run:</b> 9th, CMU Jack Skoog Open (5:34.82)			
<b>Dia Price</b>	<b>Fr.</b>	<b>Jumps</b>	<b>Mt. Morris, Mich./Beecher</b>
<b>High Jump:</b> 1st, SVSU Collegiate Indoor (5-2), 6th, GVSU Laker Challenge (4-9), 4th, GVSU Holiday Open (5-0), 5th, EMU Classic (4-11.75), 4th, CMU Jack Skoog Open (5-2.25); <b>Triple Jump:</b> 3rd, EMU Classic (32-2), 9th, GLIAC Championships (32-9); <b>200m Dash:</b> 10th, CMU Jack Skoog Open (27.82)			
<b>Chandra Robinson</b>	<b>Fr.</b>	<b>Middle Distance</b>	<b>Warren, Mich./Mott</b>
<b>400m Dash:</b> 4th, GVSU Laker Challenge (1:03.07); <b>800m Run:</b> 8th, Division II Team Challenge (2:27.90), 6th, EMU Classic (2:26.26), 13th, GLIAC Championships (2:20.32); <b>600m Run:</b> 3rd, CMU Jack Skoog Open (1:39.85)			
<b>Stephanie Root</b>	<b>Fr.</b>	<b>Jumps</b>	<b>Ludington, Mich./Mason County Central</b>
<b>High Jump:</b> 3rd, SVSU Collegiate Indoor (5-0), 1st, GVSU Laker Challenge (5-1), 6th, Division II Team Challenge (5-2.25), T6th, EMU Classic (4-11.75), 7th, CMU Jack Skoog Open (5-0.25), T10th, GLIAC Championships (5-0.25); <b>Triple Jump:</b> 6th, EMU Classic (29-8.75)			
<b>Allison Schultz</b>	<b>Fr.</b>	<b>Sprints</b>	<b>Bridgman, Mich.</b>
<b>60m Dash:</b> 6th, SVSU Collegiate Indoor (8.55); <b>200m Dash:</b> 7th, GVSU Laker Challenge (29.75), 22nd, EMU Classic (28.95), 15th, CMU Jack Skoog Open (28.86)			

\*Results Do Not Include Preliminary Rounds

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## \*FINAL 2004-05 WOMEN'S INDOOR TRACK AND FIELD INDIVIDUAL & EVENT RESULTS\*

NAME	YEAR	EVENT	HOMETOWN/HIGH SCHOOL (COLLEGE)
<b>Lacey Shavalier</b>	<b>Fr.</b>	<b>Hurdles</b>	<b>Newaygo, Mich./White Cloud</b>
<b>400m Dash:</b> 14th, EMU Classic (1:07.47); <b>200m Dash:</b> 18th, CMU Jack Skoog Open (30.02)			
<b>Ashley Sholl</b>	<b>Fr.</b>	<b>Middle Distance</b>	<b>Fort Wayne, Ind./Bishop Luers</b>
<b>800m Run:</b> 5th, GVSU Laker Challenge (2:39.09), 11th, Division II Team Challenge (2:33.23); <b>400m Dash:</b> 10th, CMU Jack Skoog Open (1:07.58)			
<b>Brook Smith</b>	<b>So.</b>	<b>Hurdles</b>	<b>Gaines, Mich./Swartz Creek</b>
<b>200m Dash:</b> 8th, GVSU Laker Challenge (31.42); <b>55m Hurdles:</b> 4th, GVSU Laker Challenge (10.18)			
<b>Sharon Smith</b>	<b>Sr.</b>	<b>Sprints</b>	<b>Inkster, Mich./Oak Park</b>
<b>200m Dash:</b> 3rd, SVSU Collegiate Indoor (26.36), 3rd, GVSU Laker Challenge (26.90), 8th, Division II Team Challenge (26.25), 4th, EMU Classic (25.44), 1st, CMU Jack Skoog Open (25.49), 3rd, GLIAC Championships (25.31), 17th, NCAA-II Championships (25.57); <b>55m Dash:</b> 2nd, GVSU Laker Challenge (7.35), 2nd, GVSU Holiday Open (7.35), 3rd, GLIAC Championships (7.27); <b>60m Dash:</b> 7th, Division II Team Challenge (8.01), 6th, EMU Classic (8.00), 3rd, CMU Jack Skoog Open (7.91)			
<b>Michele Vanderhyde</b>	<b>Sr.</b>	<b>Pole Vault</b>	<b>Howard City, Mich./Tri-County</b>
<b>Pole Vault:</b> 2nd, SVSU Collegiate Indoor (9-6), 5th, GVSU Laker Challenge (9-6), 12th, GVSU Holiday Open (10-0), 3rd, Division II Team Challenge (10-0.75), 8th, EMU Classic (10-6), 9th, CMU Jack Skoog Open (10-0), 17th, GLIAC Championships (10-4)			
<b>Julia Viel</b>	<b>So.</b>	<b>Distance</b>	<b>Big Rapids, Mich.</b>
<b>Mile Run:</b> 2nd, SVSU Collegiate Indoor (5:31.30); <b>3,000m Run:</b> 10th, GVSU Laker Challenge (10:47.22), 11th, EMU Classic (11:09.07), 10th, CMU Jack Skoog Open (11:03.08); <b>5,000m Run:</b> 5th, Division II Team Challenge (19:21.02), 13th, GLIAC Championships (18:55.59)			
<b>Jennifer Walsh</b>	<b>So.</b>	<b>Hurdles</b>	<b>Wyoming, Mich./Kelloggville</b>
<b>200m Dash:</b> 17th, SVSU Collegiate Indoor (31.71), 20th, CMU Jack Skoog Open (30.67); <b>60m Hurdles:</b> 6th, SVSU Collegiate Indoor (10.14), 8th, CMU Jack Skoog Open (10.26); <b>55m Hurdles:</b> 3rd, GVSU Laker Challenge (9.56)			
<b>Sonya White</b>	<b>So.</b>	<b>Throws</b>	<b>Allegan, Mich.</b>
<b>Shot Put:</b> 8th, SVSU Collegiate Indoor (31-5.50), 7th, GVSU Laker Challenge (32-11.25), 18th, GLIAC Championships (34-4); <b>Weight Throw:</b> 5th, SVSU Collegiate Indoor (43-9), 1st, GVSU Laker Challenge (45-2.25), 7th, GVSU Holiday Open (42-11.75), 5th, Division II Team Challenge (44-10.75), 5th, CMU Jack Skoog Open (43-10.50), 10th, GLIAC Championships (45-4.50)			
<b>Leanna Wolf</b>	<b>Jr.</b>	<b>Middle Distance</b>	<b>Fountain, Mich./Mason County Central</b>
<b>800m Run:</b> 6th, GVSU Laker Challenge (5:25.04); <b>800m Run:</b> 2nd, Division II Team Challenge (2:18.75), 2nd, EMU Classic (2:17.55), 6th, GLIAC Championships (2:17.75); <b>200m Dash:</b> 7th, CMU Jack Skoog Open (27.39); <b>600m Run:</b> 2nd, CMU Jack Skoog Open (1:37.85)			
<b>Relays</b>			
<b>4x400m Relay:</b> 2nd, SVSU Collegiate Indoor (4:14.72), 1st, GVSU Laker Challenge (4:10.30), 3rd, GVSU Laker Challenge (4:32.30), 7th, Division II Team Challenge (4:13.42), 4th, EMU Classic (4:11.58), 8th, EMU Classic (4:37.34), 4th, CMU Jack Skoog Open (4:10.05), 6th, GLIAC Championships (4:03.14)			
<b>Distance Medley Relay:</b> 1st, SVSU Collegiate Indoor (12:58.42), 2nd, GLIAC Championships (11:51.89), 8th, NCAA-II Championships (11:56.52)			

# FERRIS STATE UNIVERSITY

## \*FINAL 2004-05 WOMEN'S INDOOR TRACK AND FIELD SEASON BESTS\*

Event	Name	Mark	Date	Location
55 Meters	Sharon Smith	7.27	2/26	GLIAC Championships
60 Meters	Sharon Smith	7.91	2/18	CMU Jack Skoog Open
55 Meter Hurdles	Elizabeth Engle	9.03	1/21	GVSU Laker Challenge
60 Meter Hurdles	Elizabeth Engle	9.69	2/18	CMU Jack Skoog Open
200 Meters	Sharon Smith	25.31	2/26	GLIAC Championships
400 Meters	Ashley Farr	1:02.36	2/5	Division II Team Challenge
600 Meters	Leanna Wolf	1:37.85	2/18	CMU Jack Skoog Open
800 Meters	Jenny Irwin	2:14.40	2/18	CMU Jack Skoog Open
Mile Run	Jenny Irwin	4:58.38	3/12	NCAA-II Championships
3,000 Meters	Jenny Irwin	10:12.05	1/21	GVSU Laker Challenge
5,000 Meters	Mary Miller	18:38.93	2/26	GLIAC Championships
4x400-Meter Relay	—	4:03.14	2/26	GLIAC Championships
Distance Medley Relay	—	11:51.89	2/26	GLIAC Championships
High Jump	Stephanie Root	5-2.25	2/5	Division II Team Challenge
	Dia Price	5-2.25	2/18	CMU Jack Skoog Open
Pole Vault	Michele Vanderhyde	10-6	2/12	Eastern Michigan Open
Triple Jump	Dia Price	32-9	2/26	GLIAC Championships
Shot Put	Kamitra Carroll	47-9.25	1/21	GVSU Laker Challenge
Weight Throw	Kamitra Carroll	47-11	2/26	GLIAC Championships

\*Results Do Not Include Preliminary Rounds



# FERRIS STATE UNIVERSITY

## \*FINAL 2004-05 WOMEN'S INDOOR TRACK AND FIELD RESULTS\*

### ALL-AMERICANS

\*FSU scored one point at the NCAA-II Indoor Championships\*

**Women's Distance Medley Relay** (*Jenny Irwin, Leanna Wolf, Geneva Jones, Chandra Robinson*) – 8th, (11:56.52)

### NATIONAL MEET COMPETITORS

\*FSU competed in four events at the NCAA-II Indoor Championships\*

**Jenny Irwin** – 11th, Mile Run (4:58.38)

**Kamitra Carroll** – 11th, Shot Put (44-2)

**Sharon Smith** – 17th, 200 meters (25.57)

**Women's Distance Medley Relay** (*Jenny Irwin, Leanna Wolf, Geneva Jones, Chandra Robinson*) – 8th, (11:56.52)

### ALL-GLIAC PERFORMERS

\*Placed fourth at the league meet under head coach Jeff Kavalunas\*

**Jenny Irwin** – 1st, 3000 meters (10:12.08)

**Kamitra Carroll** – 2nd, Shot Put (45-10.75)

**Sharon Smith** – 3rd, 55 meters (7.27)

**Sharon Smith** – 3rd, 200 meters (25.31)

**Women's Distance Medley Relay** (*Jenny Irwin, Leanna Wolf, Geneva Jones, Chandra Robinson*) – 2nd, (11:51.89)

### ALL-TIME INDOOR TOP FIVE PERFORMANCES

\*FSU posted nine school top five all-time marks this season\*

**Name** – FSU All-Time Ranking, Event, Meet (Mark)

**Sharon Smith** – 3rd, 55 meters, GLIAC Championships (7.27)

**Sharon Smith** – 2nd, 200 meters, GLIAC Championships (25.31)

**Jenny Irwin** – 3rd, 800 meters, CMU Jack Skoog Open (2:14.40)

**Jenny Irwin** – 1st, Mile Run, NCAA-II Championships (4:58.38)

**Jenny Irwin** – 1st, 3,000 Meters, GVSU Laker Challenge (10:12.05)

**Mary Miller** – 4th, 3,000 Meters, Eastern Michigan Open (10:25.69)

**Kamitra Carroll** – 1st, Shot Put, GVSU Laker Challenge (47-9.25)

**Kamitra Carroll** – 4th, Weight Throw, GLIAC Championships (47-11)

**Women's Distance Medley Relay** (*Jenny Irwin, Leanna Wolf, Geneva Jones, Chandra Robinson*) – 1st, GLIAC Championships (11:51.89)

### INDIVIDUAL FIRST PLACE FINISHES

\*Ferris State had 15 first-place individual meet performances this season\*

**Kamitra Carroll**– *Shot Put*, SVSU Collegiate Indoor, 1st, (45-8)

**Kamitra Carroll**– *Shot Put*, GVSU Laker Challenge, 1st, (47-9.25)

**Jenny Irwin**– *3,000 Meters*, GVSU Laker Challenge, 1st, (10:12.05)

**Jenny Irwin**– *3,000 Meters*, GLIAC Championships, 1st, (10:12.08)

**Jenny Irwin**– *Mile Run*, Division II Team Challenge, 1st, (4:59.11)

**Jenny Irwin**– *Mile Run*, Eastern Michigan Open, 1st, (4:58.96)

**Jenny Irwin**– *800 Meters*, CMU Jack Skoog Open, 1st, (2:14.40)

**Geneva Jones**– *800 Meters*, GVSU Laker Challenge, 1st, (2:23.13)

**Mary Miller**– *3,000 Meters*, Division II Team Challenge, 1st, (10:48.85)

**Dia Price**– *High Jump*, SVSU Collegiate Indoor, 1st, (5-2)

**Stephanie Root**– *High Jump*, GVSU Laker Challenge, 1st, (5-1)

**Sharon Smith**– *200 Meters*, CMU Jack Skoog Open, 1st, (25.49)

**Sonya White**– *Weight Throw*, GVSU Laker Challenge, 1st, (45-2.25)

**4x400-Meter Relay**– GVSU Laker Challenge, 1st, (4:10.30)

**Distance Medley Relay**– SVSU Collegiate Indoor, 1st, (12:58.42)

# FERRIS STATE UNIVERSITY

## 2004-05 WOMEN'S TRACK AND FIELD SCHEDULE/RESULTS

### INDOOR SCHEDULE

DATE	MEET/INVITATIONAL	SITE	RESULTS/TIME
Dec. 10	Saginaw Valley State Holiday Indoor Classic	University Center, Mich.	No Team Scoring
Dec. 17	Grand Valley State Holiday Open	Allendale, Mich.	No Team Scoring
Jan. 14	Saginaw Valley State Cardinal Open	University Center, Mich.	No Team Scoring
Jan. 21	Grand Valley State Mike Lints Laker Challenge	Allendale, Mich.	No Team Scoring
Feb. 5	Division II Team Challenge	Findlay, Ohio	Fourth of 13 teams (74 points)
Feb. 12	Eastern Michigan Open	Ypsilanti, Mich.	No Team Scoring
Feb. 18	Central Michigan Jack Skoog Open	Mt. Pleasant, Mich.	No Team Scoring
Feb. 25-26	GLIAC Indoor Track and Field Championships	University Center, Mich.	Fourth of 9 teams (51.50 points)
March 11-12	NCAA Division II Indoor Championships	Boston, Mass.	Tied for 39th of 44 teams (1 point)

### OUTDOOR SCHEDULE

DATE	MEET/INVITATIONAL	SITE	RESULTS/TIME
April 2	Saint Joseph's (Ind.) Invitational	Rensselaer, Ind.	11 a.m.
<b>April 9</b>	<b>Bulldog Invitational</b>	<b>Big Rapids, Mich.</b>	<b>12 p.m.</b>
April 16	Saginaw Valley State Invitational	University Center, Mich.	11 a.m.
April 23	Northwood Open	Midland, Mich.	11 a.m.
April 29-30	Hillsdale Gina Relays	Hillsdale, Mich.	5 p.m.
May 5-6	GLIAC Outdoor Track and Field Championships	Allendale, Mich.	5 p.m.
May 13	Windsor (Ontario) Open	Windsor, Ontario	11 a.m.
May 26-28	NCAA Division II Outdoor Championships	Abilene, Texas	TBA

All times are Eastern and subject to change  
Home meets in **bold** and held at FSU's Top Taggart Field

