

FERRIS STATE UNIVERSITY

FINAL 2005 WOMEN'S OUTDOOR TRACK AND FIELD INDIVIDUAL & EVENT RESULTS

<u>NAME</u>	<u>YEAR</u>	<u>EVENT</u>	<u>HOMETOWN/HIGH SCHOOL (COLLEGE)</u>
Kristen Balla	Jr.	Distance	Farmington, Mich.
5,000m Run: 5th, Saint Joseph's Invite (20:02.13), 4th, Bulldog Invitational (19:27.06), 57th, Hillsdale Gina Relays (19:08.72), 14th, GLIAC Championships (19:27.82); 3,000m Run: 4th, SVSU Invitational (11:13.25)			
Anna Barrington	Fr.	Throws	Jonesville, Mich.
Shot Put: 4th, Saint Joseph's Invite (35-8), 13th, Bulldog Invitational (37-4.50), 7th, SVSU Invitational (36-2), 45th, Hillsdale Gina Relays (34-2.25), 20th, GLIAC Championships (33-9.50); Discus: 5th, Saint Joseph's Invite (115-10), 13th, Bulldog Invitational (103-0), 8th, SVSU Invitational (103-1.50), 38th, Hillsdale Gina Relays (105-6), 11th, GLIAC Championships (97-10); Hammer Throw: 6th, Saint Joseph's Invite (114-7), 8th, Bulldog Invitational (127-2), 7th, SVSU Invitational (128-4), 18th, GLIAC Championships (120-4)			
Abigail Bearman	Sr.	Javelin	Port Huron, Mich./Northern
Javelin: 3rd, Saint Joseph's Invite (98-2), 6th, Bulldog Invitational (101-6), 8th, SVSU Invitational (80-7), 23rd, Hillsdale Gina Relays (85-10), 9th, GLIAC Championships (98-0)			
Kamitra Carroll	Fr.	Throws	Flint, Mich./Carmen-Ainsworth
Shot Put: 1st, Saint Joseph's Invite (44-10.75), 1st, Bulldog Invitational (47-0.25), 1st, SVSU Invitational (46-1), 4th, Hillsdale Gina Relays (47-3), 2nd, GLIAC Championships (46-6.75), 1st, North Central Invite (47-3.75), 11th, NCAA-II Championships (45-11.25); Discus: 4th, Saint Joseph's Invite (129-7), 8th, Bulldog Invitational (114-5), 6th, SVSU Invitational (115-4), 12th, GLIAC Championships (97-9); Hammer Throw: 8th, Saint Joseph's Invite (71-5), 11th, SVSU Invitational (116-11.50), 17th, GLIAC Championships (123-0)			
Leticia Carvahlo-Pinto	Fr.	Distance	Big Rapids, Mich./Morley-Stanwood
3000m Run: 22nd, Bulldog Invitational (12:30.15)			
Jennifer Delamater	Sr.	Sprints	Edmore, Montabella
100m Dash: 7th, Saint Joseph's Invite (13.15), 6th, Bulldog Invitational (13.24), 3rd, SVSU Invitational (13.42), 27th, Hillsdale Gina Relays (13.37); 200m Dash: 4th, Saint Joseph's Invite (29.54), 8th, Bulldog Invitational (26.96), 4th, SVSU Invitational (27.57), 22nd, Hillsdale Gina Relays (26.72)			
Sarah Duesing	Jr.	Jumps	Sault Ste. Marie, Mich./Sault Area
High Jump: T1st, Saint Joseph's Invite (5-0), 1st, Bulldog Invitational (5-2), T3rd, SVSU Invitational (5-0), T11th, Hillsdale Gina Relays (5-3), T13th, GLIAC Championships (4-11.50); Long Jump: T9th, Bulldog Invitational (15-11), 9th, SVSU Invitational (14-6.50)			
Elizabeth Engle	So.	Hurdles	Colon, Mich.
100m Hurdles: 7th, Saint Joseph's Invite (16.36), 11th, Bulldog Invitational (16.43), 7th, SVSU Invitational (16.24); 400m Hurdles: 9th, Saint Joseph's Invite (1:17.01), 16th, Bulldog Invitational (1:14.70), 9th, SVSU Invitational (1:15.93)			
Ashley Farr	So.	Sprints	Detroit, Mich./King
200m Dash: 2nd, Saint Joseph's Invite (27.49), 7th, Bulldog Invitational (26.67), 2nd, SVSU Invitational (26.84); 400m Dash: 3rd, Saint Joseph's Invite (1:02.17), 3rd, Bulldog Invitational (59.16), 2nd, SVSU Invitational (59.43), 11th, Eastern Michigan Twilight (59.55), 11th, Hillsdale Gina Relays (58.83), 4th, GLIAC Championships (57.32)			
Jessica Gladding	Jr.	Throws	Fenwick, Mich./Central Montcalm
Shot Put: 9th, Bulldog Invitational (38-6), 5th, SVSU Invitational (39-8.50), 27th, Hillsdale Gina Relays (38-8.75), 12th, GLIAC Championships (37-6); Discus: 7th, Bulldog Invitational (116-2), 4th, SVSU Invitational (120-2.50), 18th, Hillsdale Gina Relays (128-9), 3rd, GLIAC Championships (126-3); Hammer Throw: 4th, Bulldog Invitational (141-5), 3rd, SVSU Invitational (151-11), 16th, Hillsdale Gina Relays (147-4), 11th, GLIAC Championships (137-0)			
Jacquelyn Green	Fr.	Distance	Portage, Mich./Northern
5,000m Run: 9th, Saint Joseph's Invite (20:50.51); 3000m Run: 17th, Bulldog Invitational (11:49.70), 14th, Hillsdale Gina Relays (11:21.01)			
Larenda Hintz	So.	Hurdles	Kingsford, Mich.
100m Hurdles: 9th, Saint Joseph's Invite (16.72), 7th, Bulldog Invitational (16.11), 9th, SVSU Invitational (16.39), 31st, Hillsdale Gina Relays (16.78); 400m Hurdles: 2nd, Saint Joseph's Invite (1:09.24), 7th, Bulldog Invitational (1:07.06), 4th, SVSU Invitational (1:07.00), 32nd, Hillsdale Gina Relays (1:07.74)			
Jenny Irwin	Jr.	Distance	Scottville, Mich./Mason County Central
1,500m Run: 2nd, Saint Joseph's Invite (4:44.40), 1st, SVSU Invitational (4:34.72), 3rd, Hillsdale Gina Relays (4:30.11), 2nd, GLIAC Championships (4:34.90), 1st, North Central Invite (4:30.39), 4th, NCAA-II Championships (4:30.60); 3000m Run: 1st, Bulldog Invitational (10:07.21), 5th, Eastern Michigan Twilight (10:00.97), 2nd, GLIAC Championships (10:11.17); 800m Run: 1st, SVSU Invitational (2:15.01)			
Geneva Jones	Jr.	Middle Distance	Detroit, Mich./Cooley
800m Run: 2nd, Saint Joseph's Invite (2:26.07); 1500m Run: 3rd, Bulldog Invitational (4:50.73), 2nd, SVSU Invitational (4:48.01), 13th, Eastern Michigan Twilight (4:48.45), 23rd, Hillsdale Gina Relays (4:51.93), 9th, GLIAC Championships (4:52.92)			
Crystal Kuzma	Sr.	Sprints	Wixom, Mich./Western
100m Dash: 3rd, Saint Joseph's Invite (12.74), 16th, Hillsdale Gina Relays (12.70), 9th, GLIAC Championships (12.89); 200m Dash: 6th, Saint Joseph's Invite (29.62), 19th, Hillsdale Gina Relays (26.49)			
Mary Miller	Sr.	Distance	Sault Ste. Marie, Mich.
5,000m Run: 6th, Saint Joseph's Invite (20:24.05), 16th, Eastern Michigan Twilight (18:49.05), 19th, GLIAC Championships (19:58.22); 3,000m Run: 9th, Hillsdale Gina Relays (10:53.83); 10,000m Run: 8th, GLIAC Championships (39:20.13)			
Dia Price	Fr.	Jumps	Mt. Morris, Mich./Beecher
High Jump: T7th, Saint Joseph's Invite (4-8), T2nd, Bulldog Invitational (5-0), T13th, GLIAC Championships (4-11.50); Triple Jump: 4th, Bulldog Invitational (34-1.25), 4th, SVSU Invitational (33-8.50), 7th, GLIAC Championships (34-11); 200m Dash: 6th, SVSU Invitational (28.15)			
Chandra Robinson	Fr.	Middle Distance	Warren, Mich./Mott
400m Dash: 2nd, Saint Joseph's Invite (1:02.07); 800m Run: 1st, Bulldog Invitational (2:19.08), 3rd, SVSU Invitational (2:18.41), 19th, Eastern Michigan Twilight (2:23.13), 22nd, Hillsdale Gina Relays (2:21.55)			

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Stephanie Root High Jump: 5th, Saint Joseph's Invite (4-10), 4th, Bulldog Invitational (5-0), 6th, SVSU Invitational (4-10), T8th, GLIAC Championships (5-1.25)	Fr.	Jumps	Ludington, Mich./Mason County Central
Allison Schultz 100m Dash: 10th, Saint Joseph's Invite (13.55), 12th, Bulldog Invitational (13.93), 26th, Hillsdale Gina Relays (13.32); 200m Dash: 7th, Saint Joseph's Invite (29.75), 13th, Bulldog Invitational (28.57), 30th, Hillsdale Gina Relays (27.97)	Fr.	Sprints	Bridgman, Mich.
Lacey Shavaliar 100m Hurdles: 6th, Saint Joseph's Invite (16.35), 14th, Bulldog Invitational (16.79), 11th, SVSU Invitational (16.89), 26th, Hillsdale Gina Relays (16.23); 400m Hurdles: 7th, Saint Joseph's Invite (1:13.61), 10th, Bulldog Invitational (1:09.75), 5th, SVSU Invitational (1:09.43), 35th, Hillsdale Gina Relays (1:08.56)	Fr.	Hurdles	Newaygo, Mich./White Cloud
Ashley Sholl 400m Dash: 5th, Saint Joseph's Invite (1:10.28); 800m Run: 15th, Bulldog Invitational (2:34.53); 400m Hurdles: 6th, SVSU Invitational (1:12.16), 39th, Hillsdale Gina Relays (1:10.53)	Fr.	Middle Distance	Fort Wayne, Ind./Bishop Luers
Brooke Smith 100m Hurdles: 18th, Bulldog Invitational (17.45)	So.	Hurdles	Gaines, Mich./Swartz Creek
Sharon Smith 100m Dash: 1st, Saint Joseph's Invite (12.36), 10th, Hillsdale Gina Relays (12.39), 3rd, GLIAC Championships (12.45); 200m Dash: 13th, Hillsdale Gina Relays (25.87), 4th, GLIAC Championships (25.77)	Sr.	Sprints	Inkster, Mich./Oak Park
Michele Vanderhyde Pole Vault: 1st, Saint Joseph's Invite (9-6), 5th, Bulldog Invitational (9-6), 4th, SVSU Invitational (9-6), T22nd, Hillsdale Gina Relays (10-0), 7th, GLIAC Championships (10-4)	Sr.	Pole Vault	Howard City, Mich./Tri-County
Julia Viel 5,000m Run: 3rd, Saint Joseph's Invite (19:43.74), 3rd, Bulldog Invitational (19:20.36), 16th, GLIAC Championships (19:33.95); 3,000m Run: 3rd, SVSU Invitational (11:00.16)	So.	Distance	Big Rapids, Mich.
Jennifer Walsh 100m Hurdles: 8th, Saint Joseph's Invite (16.37), 13th, Bulldog Invitational (16.71), 14th, SVSU Invitational (19.11), 29th, Hillsdale Gina Relays (16.56); 400m Hurdles: 10th, Saint Joseph's Invite (1:20.58), 18th, Bulldog Invitational (1:18.73), 10th, SVSU Invitational (1:17.44)	So.	Hurdles	Wyoming, Mich./Kelloggville
Sonya White Shot Put: 6th, Saint Joseph's Invite (34-1.25), 16th, Bulldog Invitational (35-11.25), 8th, SVSU Invitational (35-0), 54th, Hillsdale Gina Relays (29-4), 17th, GLIAC Championships (35-3.75); Discus: 11th, Saint Joseph's Invite (97-4), 16th, Bulldog Invitational (91-9), 14th, SVSU Invitational (77-3.50), 16th, GLIAC Championships (88-1); Hammer Throw: 4th, Saint Joseph's Invite (130-2), 6th, SVSU Invitational (137-9.50), 39th, Hillsdale Gina Relays (127-6), 15th, GLIAC Championships (123-7)	So.	Throws	Allegan, Mich.
Leanna Wolf 800m Run: 2nd, SVSU Invitational (2:17.23), 6th, Eastern Michigan Twilight (2:17.80), 11th, Hillsdale Gina Relays (2:18.71), 4th, GLIAC Championships (2:14.19), 13th, North Central Invite (2:19.28)	Jr.	Mid.-Distance	Fountain, Mich./Mason County Central
Relays			
4x100m Relay: 2nd, Saint Joseph's Invite (51.26), 5th, Bulldog Invitational (50.51), 10th, Hillsdale Gina Relays (49.80), 5th, GLIAC Championships (50.60)			
4x400m Relay: 6th, Bulldog Invitational (4:10.47), 2nd, SVSU Invitational (4:05.96), 7th, Hillsdale Gina Relays (4:07.28), 5th, GLIAC Championships (3:58.08)			

*Results Do Not Include Preliminary Rounds

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FINAL 2005 WOMEN'S OUTDOOR TRACK AND FIELD SCHEDULE/RESULTS

OUTDOOR SCHEDULE

DATE	MEET/INVITATIONAL	SITE	RESULTS/TIME
April 2	Saint Joseph's (Ind.) Invitational	Rensselaer, Ind.	Second of five teams (141.5 points)
April 9	Bulldog Invitational	Big Rapids, Mich.	No Team Scoring
April 16	Saginaw Valley State Invitational	University Center, Mich.	First of 10 teams (161.50 points)
April 22	Eastern Michigan Twilight	Ypsilanti, Mich.	No Team Scoring
April 23	Northwood Open	Midland, Mich.	Cancelled
April 29-30	Hillsdale Gina Relays	Hillsdale, Mich.	No Team Scoring
May 5-6	GLIAC Outdoor Track and Field Championships	Allendale, Mich.	Sixth of 10 teams (64.50 points)
May 13	North Central (Ill.) Dr. Keeler Invitational	Naperville, Ill.	No Team Scoring
May 26-28	NCAA Division II Outdoor Championships	Abilene, Texas	Tie 42nd place (five points)

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



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FINAL 2005 WOMEN'S OUTDOOR TRACK AND FIELD SEASON BESTS

Event	Name	Mark	Date	Location
100 Meters	Sharon Smith	12.36	4/2	Saint Joseph's Invite
200 Meters	Sharon Smith	25.77	5/5-6	GLIAC Championships
400 Meters	Ashley Farr	57.32	5/5-6	GLIAC Championships
800 Meters	Leanna Wolf	2:14.19	5/5-6	GLIAC Championships
1,500 Meters	Jenny Irwin	4:30.11	4/29-30	Hillsdale Gina Relays
3,000 Meters	Jenny Irwin	10:00.97	4/22	Eastern Michigan Twilight
5,000 Meters	Mary Miller	18:49.05	4/22	Eastern Michigan Twilight
10,000 Meters	Mary Miller	39:20.13	5/5-6	GLIAC Championships
100 Meter Hurdles	Larenda Hintz	16.11	4/9	Bulldog Invitational
400 Meter Hurdles	Larenda Hintz	1:07.00	4/16	SVSU Invitational
4x100 Meter Relay	—	49.80	4/29-30	Hillsdale Gina Relays
4x400 Meter Relay	—	3:58.08	5/5-6	GLIAC Championships
High Jump	Sarah Duesing	5-3	4/29-30	Hillsdale Gina Relays
Pole Vault	Michele Vanderhyde	10-4	5/5-6	GLIAC Championships
Shot Put	Kamitra Carroll	47-3.75	5/13	North Central Invitational
Discus	Kamitra Carroll	129-7	4/2	Saint Joseph's Invite
Hammer Throw	Jessica Gladding	151-11	4/16	SVSU Invitational
Javelin	Abigail Bearman	101-6	4/9	Bulldog Invitational
Long Jump	Sarah Duesing	15-11	4/9	Bulldog Invitational
Triple Jump	Dia Price	34-11	5/5-6	GLIAC Championships

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ALL-AMERICANS

FSU scored five points at the NCAA-II Outdoor Championships

Jenny Irwin – 4th, 1500 meters (4:30.60)

NATIONAL MEET COMPETITORS

FSU competed in two events at the NCAA-II Outdoor Championships

Jenny Irwin – 4th, 1500 meters (4:30.60)

Kamitra Carroll – 11th, Shot Put (45-11.25)

ALL-GLIAC PERFORMERS

Placed sixth at the league meet under head coach Jeff Kavalunas

Jenny Irwin – 2nd, 1500 meters (4:34.90)

Jenny Irwin – 2nd, 3000 meters (10:11.17)

Kamitra Carroll – 2nd, Shot Put (46-6.75)

Jessica Gladding – 3rd, Discus (126-3)

Sharon Smith – 3rd, 100 meters (12.45)

ALL-TIME OUTDOOR TOP FIVE PERFORMANCES

FSU posted five school top five all-time marks this season

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

Jenny Irwin – 1st, 1,500 Meters, Hillsdale Gina Relays (4:30.11)

Jenny Irwin – 1st, 3,000 Meters, Eastern Michigan Twilight (10:00.97)

Mary Miller – 5th, 10,000 Meters, GLIAC Championships (39:20.13)

Kamitra Carroll – 1st, Shot Put, North Central Invite (47-3.75)

Jessica Gladding – 3rd, Hammer Throw, SVSU Invite (151-11)

INDIVIDUAL FIRST PLACE FINISHES

Ferris State had 13 first-place individual meet performances this season

Kamitra Carroll– Shot Put, St. Joseph's Invite, 1st, (44-10.75)

Kamitra Carroll– Shot Put, Bulldog Invite, 1st, (47-0.25)

Kamitra Carroll– Shot Put, SVSU Invite, 1st, (46-1)

Kamitra Carroll– Shot Put, North Central Invite, 1st, (47-3.75)

Sarah Duesing– High Jump, St. Joseph's Invite, T1st, (5-0)

Sarah Duesing– High Jump, Bulldog Invite, 1st, (5-2)

Jenny Irwin– 1,500 Meters, SVSU Invite, 1st, (4:34.72)

Jenny Irwin– 1,500 Meters, North Central Invite, 1st, (4:30.39)

Jenny Irwin– 3,000 Meters, Bulldog Invite, 1st, (10:07.21)

Jenny Irwin– 800 Meters, SVSU Invite, 1st, (2:15.01)

Chandra Robinson– 800 Meters, Bulldog Invite, 1st, (2:19.08)

Sharon Smith– 100 Meters, St. Joseph's Invite, 1st, (12.36)

Michele Vanderhyde– Pole Vault, St. Joseph's Invite, 1st, (9-6)

GLIAC ALL-ACADEMIC

Ferris State had 13 individuals receive league academic honors

Kristen Balla - (Women's Outdoor Track & Field)

Abigail Bearman - (Women's Outdoor Track & Field)

Sarah Duesing - (Women's Outdoor Track & Field)

Elizabeth Engle - (Women's Outdoor Track & Field)

Jessica Gladding - (Women's Outdoor Track & Field)

Larenda Hintz - (Women's Outdoor Track & Field)

Jenny Irwin - (Women's Outdoor Track & Field)

Mary Miller - (Women's Outdoor Track & Field)

Michele Vanderhyde - (Women's Outdoor Track & Field)

Julia Viel - (Women's Outdoor Track & Field)

Jennifer Walsh - (Women's Outdoor Track & Field)

Sonya White - (Women's Outdoor Track & Field)

Leanna Wolf - (Women's Outdoor Track & Field)

