

## 1995-96 Women's Track & Field EOY Stats

End-of-Year Statistics are calculated from meet results

### Women's Indoor Best Times

200 Meters			
Casey Custer - Wildcat Classic	Feb 10, 1996	24.21	
3000 Meters			
Kirsten Birmelin - Wildcat Classic	Feb 10, 1996	10:33.37	
400 Meters			
Sophia Danvers - ACC Indoor Championship	Feb 24, 1996	54.89	
4x400-Meter Relay			
Team A - NCAA Indoor Championship	Mar 9, 1996	3:33.59	
Sophia Danvers Maria Embon Yashiva Edwards Erica Shepard			
5000 Meters			
Heather Anderson - ACC vs SEC	Feb 2, 1996	18:50.64	
55 Meter Hurdles			
Kristen Thorne - Wildcat Classic	Feb 10, 1996	7.99	
55 Meters			
Casey Custer - ACC Indoor Championship	Feb 23, 1996	7.12	
60 Meter Hurdles			
Kristin Kuehn - Clemson Invitational	Jan 13, 1996	9.74	
60 Meters			
Casey Custer - Wildcat Classic	Feb 10, 1996	7.67	
800 Meters			
Erica Shepard - Wildcat Classic	Feb 10, 1996	2:08.35	
Mile Run			
Kirsten Birmelin - ACC Indoor Championship	Feb 24, 1996	4:59.74	
High Jump			
Christine Daniels - Florida Invitational	Jan 21, 1996	5- 6	1.68m
Long Jump			
Petena Moultrie - Wildcat Classic	Feb 10, 1996	19- 1.25	5.82m
Shot Put			
Shannon Cook - Clemson Invitational	Jan 13, 1996	48-11	14.91m
Triple Jump			
Petena Moultrie - ACC vs SEC	Feb 2, 1996	40- 3.25	12.27m
Weight Throw			
Shannon Cook - ACC vs SEC	Feb 2, 1996	46- 4.25	14.13m

## Women's Outdoor Best Times

100 Meter Hurdles				
Kristen Thorne - FSU Relays	Mar 23, 1996	13.95		
100 Meters				
Casey Custer - Sun Bird Relays	Mar 16, 1996	11.74		
10000 Meters				
Lara Bryant - FSU Relays	Mar 23, 1996	39:25.33		
1500 Meters				
Kirsten Birmelin - Florida Intercollegiate	Apr 13, 1996	4:28.82		
200 Meters				
Yashiva Edwards - Seminole Twilight	May 11, 1996	23.46		
3000 Meters				
Kirsten Birmelin - Florida Intercollegiate	Apr 13, 1996	10:04.52		
400 Meter Hurdles				
Rikke Ronholt - Seminole Twilight	May 11, 1996	58.73		
400 Meters				
Sophia Danvers - Seminole Twilight	May 11, 1996	53.02		
4x100-Meter Relay				
Team A - Florida Intercollegiate	Apr 13, 1996	46.57		
Kristen Thorne Karen Joseph Jennifer Mingo Rikke Ronholt				
4x400-Meter Relay				
Team A - NCAA Outdoor Championship	May 31, 1996	3:31.18		
Sophia Danvers Maria Embon Erica Shepard Yashiva Edwards				
5000 Meters				
Heather Anderson - Florida Intercollegiate	Apr 13, 1996	18:18.39		
800 Meters				
Erica Shepard - Georgia Tech Invitational	May 18, 1996	2:05.87		
Discus				
Cathy Erickson - FSU Relays	Mar 23, 1996	150- 3	45.80m	
Hammer				
Shannon Cook - Florida Intercollegiate	Apr 13, 1996	151- 4	46.14m	
High Jump				
Christine Daniels - Florida Intercollegiate	Apr 13, 1996	5- 8	1.73m	
Javelin				
Laura Goens - ACC Outdoor Championship	Apr 20, 1996	127- 7	38.88m	
Long Jump				
Petena Moultrie - FSU Relays	Mar 23, 1996	19- 4.25	5.90m	
Shot Put				
Shannon Cook - ACC Outdoor Championship	Apr 20, 1996	49- 5.50	15.07m	
Triple Jump				
Petena Moultrie - Florida Relays	Mar 30, 1996	41- 8.75	12.72m	