



MILONIC College Women High School Boys High School Girls Olympic Development Other Schedule

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Results

#273 - College Men 4x400 Championship of America
Saturday 5:30 PM

Pl	Time	ID	Affiliation/Runners
1	3:02.21	A	Louisiana State Reginald Dardar (46.7), Mello Rogers (45.9), Xavier Carter (44.4), Kelly Willie (45.2)
2	3:05.45	E	Texas Christian Che Chavez (46.6), Delwayne Delawey (46.3), Jackson Langat (46.9), Lewis Banda (45.7)
3	3:06.11	C	Abilene Christian Jordan Johnson, Johnny Jacob, Elton Garus-Oab, Delt Cockrell
4	3:06.81	G	St. Augustine's Tywayne Buchanan (48.3), Elliot Wood (45.9), Richard Chawgls (47.1), Willie Gains (45.5)
5	3:07.02	D	South Carolina Jamil James, Keith Hinnant, Jon Ferenberry , Jason Richardson
6	3:09.72	H	Florida State

Notes

LSU (3:02.21) runs the 6th fastest time ever at the Relays.

Quotes

Kelly Willie(On winning team of College Men's 4x400)
LSU
On how he felt
"I feel blessed. I'm thankful we were able to come here."

Kelly Willie(On winning team of College Men's 4x400)
LSU
On how Penn Relays compares to the Olympics
"It's different, but nonetheless it's still special."

Kelly Willie(On winning team of college men's 4x400)
LSU
On competition
There's always competition. That's why it's always good to come out here and run."

Kelly Willie(On winning team of College Men's 4x400)
LSU
On preparing
"I just worked hard, mentally and physically."

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**PENN RELAYS 2006 RESULTS**

TOP PENN RELAYS 2006

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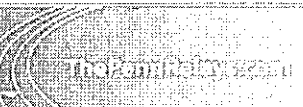
#158 - College Men 4x400
Friday 4:40 PM

Pl	Time	ID	Affiliation/Runners
1	3:07.62	B	Texas Christian Che Chavez, Delwayne Delawey, Jackson Langat, Lewis Banda
2	3:08.08	A	Florida State Tywayne Buchanan, Elliot Wood, Javier Garcia-Tunon, Richard Chambers
3	3:09.63	C	Lincoln (Pa) Bobby Young, Jeff Jasmin, Keko Wigfall, Laulcz Wigfall
4	3:10.50	G	Albany Jerry Wilson, Junior Burnett, Steve Evans, Joe Greene
5	3:10.57	D	Seton Hall Greg Gomes, Carl Smith, Quentin Boweno, Bryan Burney
6	3:14.29	I	North Carolina/Wilmington AJ Kaschak, Uri Robinson, William Mattocks, Chris Courson
7	3:17.63	F	Louisville Brad Keys, Robert Amedee, Brandon Newell, Andre' Black

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PENN RELAYS 2006 RESULTS



MILONIC College Women High School Boys High School Girls Olympic Development Other Schedule

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Results

#63 - College Women 4x400
Thursday 5:40 PM

Pl	Time	ID	Affiliation/Runners
1	3:31.08	A	Miami (Fla) Krista Simkins, Ginou Etienne, Charlette Greggs, Ena Leufroy
2	3:33.86	B	UTech Kaliiese Spencer, Nyoka Cole, Shericka Williams, Marcia Woolery
3	3:38.28	C	Florida State Alycia Williams, Alyce Williams, Kandia Batchelor, Cynthia Niako
4	3:40.16	E	North Carolina A&T Carmenta Mitchell, Courtney Clark, Phykesha Blackmon, Alexanderia Spruiel
5	3:41.02	D	Western Michigan Shayna Sangster, Sheriese Lucas, Joy Eloms, Becky Horn
6	3:45.94	F	Georgia State Ladrica Derrico, Natasha O'Connor, Denisha Bryant, Ciji Canady
7	3:49.49	I	Delaware State Nikesha Franklin, Angela Watkins, Cuquie Mellville, Katrina Ostielu

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PENN RELAYS 2006 RESULTS

MILONIC College Women High School Boys High School Girls Olympic Development Other Schedule

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Results

#133 - College Women 4x1500 Championship of America Friday 1:20 PM

Pl	Time	ID	Affiliation/Runners
1	17:18.63	A	Stanford Amanda Trotter (4:20.3), Lauren Centrowitz (4:18.9), Katy Trotter (4:24.1), Arianna Lambie (4:15.3)
2	17:28.00	B	Villanova Akilah Vargas (4:29.5), Ioana Parusheva (4:16.2), Frances Koons (4:20.0), Marina Muncan (4:22.3)
3	17:54.50	G	North Carolina State Angelina Blackmon (4:27.1), Jemissa Hess (4:24.6), Kristina Roth (4:36.6), Julia Lucas (4:26.2)
4	17:59.05	D	Duke Anna Farias-Eisner (4:31.7), Sally Meyerhoff (4:28.2), Molly Lehman (4:38.4), Clara Horowitz (4:20.8)
5	18:04.65	C	Providence Nelle Trefz (4:33.8), Mary Cullen (4:15.2), Aine Hoban (4:37.2), Meghan Owen (4:38.5)
6	18:09.43	F	Mississippi State Jennifer McPherson, Joy Griffith, Zita Magloire, Annie Falor
7	18:23.02	S	Purdue Kaleena Cappel, Laura Farley, Brooke Woodruff, Corrie Whisner
8	18:24.98	O	La Salle Elizabeth Geiger, Rachel Papin, Danielle Schopf, Christa Plummer
9	18:34.04	I	Virginia Shannon Hawrylo, Emily Harrison, Suzanne Ginnnow, Danielle Light
10	18:38.31	T	Florida State
11	19:01.21	U	Arkansas Caroline Peyton, Tiffany Redlarczyk, Denise Bargiachi, Kelly Vrshek
DNF		L	Penn State Jordan Bauman, Meghan Noecker, Claire Percival, Shannon Van Dyke

Notes

Stanford wins for the third consecutive year. The Cardinal (17:18.63) set an American record in the event and ran the 2nd fastest collegiate time ever. Villanova (17:28.00) runs the 9th fastest time ever at the Relays. Stanford's Lauren Centrowitz joins her father, Matt, as an American record holder. Matt set a U.S. record in the 5000 meters (13:12.91) in 1982. With that time Matt is currently No. 9 on the U.S. all-time performers' list.

Quotes Arianna Lambie (4 x 1500 anchor)

Stanford

on breaking American record

"I was not thinking about that, I was thinking about not slowing down and not letting up."

Lauren Centrowitz (4 x 1500 2nd leg)

Stanford

stepping onto championship team

It's a great team to step onto and run with and be apart of history

Arianna Lambie (4 x 1500 anchor)

Stanford

on breaking American record

"Coach told us the school records were within reach, I didnt even know about the American record. I wasn't thinking about them, I just ran as fast as I could."

Arianna Lambie (4 x 1500 anchor)

Stanford

strategy to win

"After running against Marina (Muncan) yesterday I just tried to use a strategy against her. I started off at a reasonable pace and then in the middle I kicked it up and made her work to catch up with me."

Katy Trotter (4 x 1500 start)

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The Pennsylvania State Athletic Union

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Results

#135 - College Women 4x200 (Heats) Friday 2:00 PM

PI	Time	ID	Affiliation/Runners	HEAT
1	1:34.06	AA	South Carolina Natasha Hastings, Shalonda Solomon, Faraigri Giles, Ambercut Mesbirg	1
3	1:38.16	BJ	St. John's Thalene King, Phobay Kutu-Akoi, Tarashon Broomes, Kay-Dian Reid	1
4	1:38.67	BI	North Carolina Central Christina Harris, Sharonda Arnold, Tiffany Mitchell, Ambria Alexander	1
5	1:39.77	CL	Delaware State Keisha Franklin, Angela Watkins, Tiffany Green, Chiye Melville	1
6	1:40.99	CR	Delaware Paula Green, Michelle Gomes, Brittany Wright, Asha Quant	1
7	1:41.67	CI	Southern Connecticut State Symone Wong, Jarryn Mercer, Koreena Glanville, Thatcha DaCosta	1
8	1:44.75	CV	Elizabethtown Katelyn John, Tina Bucci, Lindsey Oliver, Erin Lichti	1
9	1:46.17	CH	City College of New York Sharnalee Stewart, Jola Jegede-Jide, Antonette Brown, Miranda Munro	1
DQ	1:36.21	AW	Virginia Jenne'a Bridgeford, Erin Crawford, Talia Wise, Ashley Gore	1
1	1:34.39	AB	Louisiana State Sherry Fletcher, Deonna Lawrence, Cynetheia Rooks, Monique Cabral	2
2	1:36.61	AU	Western Michigan Becky Horn, Jennifer Sabra, Sheriese icas, Joy Eloms	2
3	1:38.49	BG	Mississippi State Marissa Harris, Trumesia Banks, Lauren Johnson, Gabrielle Dillon	2
4	1:39.00	BK	Maryland/Eastern Shore Tanesha Wisdom, Cierra Layne, Sherie Brown, Ciarra Layne	2
5	1:43.36	CC	Temple Jessuca Starace, Cheryl Anscombe, Kehnesha Ordane, Devon DuPont	2
6	1:44.48	CU	East Stroudsburg Jayme Ferraro, Ashley Murdock, Ashley Jansoko, Theresa Manera	2
7	1:45.18	CN	Bucknell Megan Hathaway, Nina Reinhardt, Lesley Emons, Chessa Forer	2
8	1:46.25	CW	Wagner Cara Garvey, Renee Dannstadt, Jocelyn Ford, Jessica Ford	2
9	1:51.34	CK	California (Pa) Heather Jarjisian, Megan Wasson, Janene Watson, Danielle Malay	2
1	1:31.88	AD	Tennessee Courtney Champion, Cleo Tyson, Latonya Loche, Patricia Hall	3
2	1:34.85	AT	Hampton Kellie Wells, Yvette Lewis, Christina Dewitt, Septima Glenn	3
3	1:38.18	BE	Bowie State Jennifer Geter, DaMara Parrish, Marthe Amon, Ricci Alleyne	3
4	1:39.05	BL	Claflin Courtney Thoams, Felicia Walters, Paula Alford, Amanda Mack	3
5	1:40.32	CJ	James Madison Renee Lott, Marisa Biggins, Michelle Tyree, Leslie Anderson	3

6	1:40.47	CG	Marshall Reshundra Smiley, Xavier Richards, Katina Morris, Camissa Morris	3
7	1:41.09	CE	Princeton Agatha Offerjebe, Annie Santi, Leanne Bellar, Julitte Poussot	3
8	1:41.21	CT	Monmouth Tisifenee Taylor, Deanna Paulson, Illiana Blackshear, Toria Williams	3
9	1:58.22	DO	Assumption Nicole Pankey, Teresa Kuehas, Trisha Domings, Lauren King	3

1	1:34.53	AH	Stanford Ashley Purnell, Nathonme Johnson, Alana Walker, Chauntae Bayne	4
2	1:38.80	AS	Indiana Michele Huber, Audrey Smoot, Zakiya Robinson, Ara Towns	4
3	1:39.14	BF	Central State (Ohio) Bonita Bynum, Sune' Stamper, Adetooke Aladefa, Ava-Gay Campbell	4
4	1:39.92	BM	Liberty Arlene Zelinskas, Charlene Hibbert, Andrea Beckles, Kena Butts	4
5	1:41.32	CM	Long Island Tavia Burke, Aisha Thomas, Eva Terry, Chioma Ukpai	4
6	1:45.97	DA	Maine Sam Homer, Erin Hatch, Rachel McCaslin, Amanda Virgets	4
7	1:48.12	DJ	Ithaca Stephanie Donahue, Leigh Klumpp, Ashley Houseknecht, Jessica Bachiochi	4
8	1:50.75	DI	McDaniel Blair Taylor, Kristy Costa, Kacey Decker, Kristin Duling	4
9	1:51.71	DN	Kingsborough Shamorna Miller, Triva Alleyne, Fatimah Abdul-Qadir, Lynique Johnson	4

1	1:35.00	AI	Florida State Alyce Williams, Lakendrea McKull, Mycia Williams, Cynthia Niako	5
2	1:36.14	AN	Pittsburgh Shantea Calhoun, Raquel Bender, Juliana Reed, Shanea Calhoun	5
3	1:37.65	AZ	Middle Tennessee State Tiffany Owens, Antranette Stringer, ShannaKay Campbell, Veronia Patterso	5
4	1:38.67	AX	Clemson Randi Hinton, Ope Sobanjo, Sierra Hill, Tia Perry	5
5	1:39.37	AM	George Mason Ryann Hendricks, Sheena Davidson, Misti Turner, Murielle Ahoure	5
6	1:41.07	DB	Yale Katie Dlesk, Katrina Castille, Ola Awolsei, Joslyn Woodard	5
7	1:44.52	DD	St. Francis (NY) Reannah Lewis, Sheena Ruff, Fachara Jajoute, Andreen Francis	5
8	1:45.99	DM	Colgate Kaitlyn Fitzpatrick, Lisa Germain, Curran Knox, Ashley Mecone	5
9	1:46.70	DG	C.W. Post Colleena Guy, Nora Bernard, Corin Cosby, Krystal Anderson	5

1	1:34.04	AK	Georgia Tech Ashlee Kidd, Tenisha Griggs, Jaqua Williams, Andriane Lapsley	6
2	1:35.20	AJ	Florida Lakeica Ealey, Natalie Knight, Dominique Mcleggan, Kia Raf	6
3	1:36.44	AP	North Carolina A&T Carmenta Mitchell, Courtney Clark, Phykesha Blackmon, Alexandria Spruiel	6
4	1:37.20	AY	Georgia State Sheriee Willis, Natasha O'Connor, Denice Vance, Ciji Canady	6
5	1:38.17	AR	Penn State Sara Shoaff, Kamilah Salaam, Dominique Blake, Monique Walker	6
6	1:43.43	CO	Duquesne Shonte Cook, Ashley Earnest, Kathy Parker, Erica Moody	6
7	1:46.84	CX	Shaw Khamiya Smith, Jade Young, Latanya Garrett, Weahdee Blidee	6
8	1:47.58	DF	New York University Jamie Michelson, Beatrix Jackson, Joy Ekema-Agbaw, Crystal Winter	6

9	1:47.81	DC	Sacred Heart Amanda Lee, Melissa Kostan, Jessica Mugavero, Margarita Landelius	6
1	1:36.37	BN	West Virginia Junique Morris, Jamillah Nock, Shani Boone, Jessica Czaikowski	7
3	1:38.52	BC	Florida International Jurlene Francis, Naim Yisrael, Elisa Dieme-Erich, Maneka Maxwell	7
4	1:38.67	BD	Tennessee State Dominique Ward, Rebekah Robinson, Ms. Buckner, Tierra Boyd	7
6	1:40.67	CF	Virginia Commonwealth Courtney Green, Verniece Johnson, Sheemeca Berkley, Erika Banks	7
7	1:41.33	BX	Army Sylvia Amegashie, Katelin Grant, Krystal Miller, Meghan Venable-Thomas	7
DQ	1:39.26	BP	Lincoln (Pa) Shanda Jackson, Ashley Parker, Jasmin Austin/Yolanna Sabb, Jordean Mathews	7
DQ	1:37.68	BB	Florida A&M Jasmin Foster, Shantrice Greene, Lakendra Cunningham, Ashley Gillis	7

1	1:36.23	BO	Connecticut Kara Budd, Alyssa Evering, Marlene Brown, Jessi Foreman	8
2	1:39.45	BS	North Carolina/Wilmington Alicia Phillips, Shayne Moore, Brychea Barnes, Fatima Shuler	8
3	1:40.77	BR	Massachusetts/Lowell Gillian Mundry, Esia Johnson, Toni-Marie Henry, Ashley Moulton	8
4	1:41.38	BU	Wisconsin Shuntia Lucas, Lindsey Biel, Venus Washington, Michelle Bellford	8

Ranked List

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11	1:36.37	BN	West Virginia Junique Morris, Jamillah Nock, Shani Boone, Jessica Czaikowski	7
12	1:36.44	AP	North Carolina A&T Carmenta Mitchell, Courtney Clark, Phykesha Blackmon, Alexandria Spruiel	6
13	1:36.61	AU	Western Michigan Becky Horn, Jennifer Sabra, Sheriese Icas, Joy Eloms	2
14	1:37.20	AY	Georgia State Sheriee Willis, Natasha O'Connor, Denice Vance, Ciji Canady	6
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42	1:41.38	BU	Wisconsin Shuntia Lucas, Lindsey Biel, Venus Washington, Michelle Belford	8
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46	1:44.48	CU	East Stroudsburg Jayme Ferraro, Ashley Murdock, Ashley Jansoko, Theresa Manera	2
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54	1:46.70	DG	C.W. Post Colleena Guy, Nora Bernard, Corin Cosby, Krystal Anderson	5
55	1:46.84	CX	Shaw Khamiya Smith, Jade Young, Latanya Garrett, Weahdee Blidee	6
56	1:47.58	DF	New York University Jamie Michelson, Beatrix Jackson, Joy Ekema-Agbaw, Crystal Winter	6
57	1:47.81	DC	Sacred Heart Amanda Lee, Melissa Kostan, Jessica Mugavero, Margarita Landelius	6
58	1:48.12	DJ	Ithaca Stephanie Donahue, Leigh Klumpp, Ashley Houseknecht, Jessica Bachiochi	4
59	1:50.75	DI	McDaniel Blair Taylor, Kristy Costa, Kacey Decker, Kristin Duling	4
60	1:51.34	CK	California (Pa) Heather Jarjisian, Megan Wasson, Janene Watson, Danielle Malay	2
61	1:51.71	DN	Kingsborough Shamoma Miller, Triva Alleyne, Fatimah Abdul-Qadir, Lynique Johnson	4
62	1:58.22	DO	Assumption Nicole Pankey, Teresa Kuehas, Trisha Domings, Lauren King	3

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PENN RELAYS 2006 RESULTS



MILONIC College Women High School Boys High School Girls Olympic Development Other Schedule

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Results

#304 - College Men Shot Put Championship
Friday 10:30 AM

Pl	Mark	Conv	ID	Name	Affiliation
1	20.84		68-4 1	Garrett Johnson	Florida State
2	19.51		64-0 3	Brian Robison	Texas
3	18.58		60-11 4	Milan Jotanovic	Manhattan
4	18.32		60-1 6	Mitchell Pope	North Carolina State
5	17.47		57-3 10	Ricky Jean-Francois	Louisiana State
6	17.10		56-1 12	Brent Shelby	Kent State
7	15.95		52-4 9	Lenny Jatsek	Ohio State
DNS			5	Derek Anderson	Northeastern
DNS			2	Vikas Gowda	North Carolina

QuotesGarrett Johnson(new record holder 20.84)
Florida State
breaking the record
"I'm progressing far beyond what I thought I'd be able to do, It's been a great year for me all around, so I could not be happier."

Garrett Johnson(new record holder 20.84)
Florida State
breaking Penn Relay Record
"He's a legend. It's unbelievable I just met him at the Texas Relays. His daughter throws for Texas and she's a friend of mine (Michelle). (Shaking his head) I mean it's unbelievable just being in his presence, but to break his record is overwhelming."

Garrett Johnson()
Florida State
winning throw
"It just finally came together. I've been working on trying to transfer all that energy that I generate at the back, to the front. I sort of had difficulty doing that, but on that throw it came together and it was a great throw."

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PENN RELAYS 2006 RESULTS

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Results

#77 - College Men Steeplechase Championship Thursday 7:15 PM

Pl	Time	ID	Name	Affiliation
1	8:29.82	1	Nicodemus Naimadu	Abilene Christian
2	8:45.05	2	Brian Olinger	Ohio State
3	8:46.65	7	Zach Sabatino	Tennessee
4	8:56.85	4	David Rae	Purdue
5	8:57.13	11	Brad Baird	Cornell
6	8:59.33	15	Eric Redman	Indiana
7	9:00.30	16	Matt McLeod	Texas A&M
8	9:00.55	9	Jeff Day	Tennessee
9	9:01.32	13	Sean Anastasia-Murphy	William & Mary
10	9:01.56	22	Anthony Arena	William & Mary
11	9:02.04	8	Kenny Cormier	Arkansas
12	9:06.98	6	Gavin Coombs	North Carolina State
13	9:10.84	5	Ramon Laboy	Southern Connecticut State
14	9:12.23	44	John Henderson	North Carolina State
15	9:14.26	18	Sean Burris	Florida State
16	9:16.96	14	Brian Bruffy	Ohio State
DNF		20	Travis McKay	Mississippi State

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