



**2009-2010 Women's Indoor Track & Field Top Performances  
(by event)**

<b>55 METER DASH</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Mattie Conaboy	7.89/9 <sup>th</sup>	2/19/10	Susquehanna Open
<b>55 METER HURDLES</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Jess Rhyner	9.28/6 <sup>th</sup>	2/19/10	Susquehanna Open
<b>55 METER HIGH HURDLES</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
<b>60 YARD DASH</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Brittany Yanora	7.24/1 <sup>st</sup>	12/4/09	Lafayette Invitational
Chrissy Savage	7.63/3 <sup>rd</sup>	12/4/09	Lafayette Invitational
<b>60 METER DASH</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Brittany Yanora	7.90 #/6 <sup>th</sup>	1/15/10	NYC Gotham Cup
Chrissy Savage	8.12/3 <sup>rd</sup>	2/27/10	PSAC Indoor Championships
Mattie Conaboy	8.55/6 <sup>th</sup>	1/30/10	Bison Open
Mattie Conaboy	8.57/4 <sup>th</sup>	2/13/10	Bucknell Winter Classic
<b>60 METER HURDLES</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Jess Rhyner	10.40/7 <sup>th</sup>	12/4/09	Bison invitational*
<b>200 METER DASH</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Chrissy Savage	26.41/2 <sup>nd</sup>	2/27/10	PSAC Indoor Championships
Chrissy Savage	27.12/2 <sup>nd</sup>	2/13/10	Bucknell Winter Classic
Chrissy Savage	27.23/3 <sup>rd</sup>	2/19/10	Susquehanna Open
Mattie Conaboy	28.19/10 <sup>th</sup>	2/19/10	Susquehanna Open
Mattie Conaboy	28.25/3 <sup>rd</sup>	1/30/10	Bison Open
<b>220 YARD DASH</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Brittany Yanora	26.07/1 <sup>st</sup>	12/4/09	Lafayette Invitational
<b>400 METER DASH</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Brittany Yanora	57.68 #/4 <sup>th</sup>	1/15/10	NYC Gotham Cup
Chrissy Savage	1:01.86/1 <sup>st</sup>	2/13/10	Bucknell Winter Classic
Chrissy Savage	1:02.54/3 <sup>rd</sup>	1/30/10	Bison Open
<b>800 METER RUN</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Sarah Mulvey	2:25.81/5 <sup>th</sup>	1/30/10	Bison Open
Emily Francisco	2:26.88/10 <sup>th</sup>	2/13/10	Bucknell Winter Classic
Sarah Mulvey	2:27.23/4 <sup>th</sup>	2/28/10	PSAC Indoor Championships
Sarah Mulvey	2:28.46/1 <sup>st</sup>	2/13/10	Bucknell Winter Classic
Michelle Blum	2:28.56/2 <sup>nd</sup>	2/13/10	Bucknell Winter Classic

<b>1 MILE RUN</b>	<b>BEST/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Elicia Anderson	5:13.56/2 <sup>nd</sup>	2/19/10	Susquehanna Open
Emily Francisco	5:17.79/8 <sup>th</sup>	2/13/10	Bucknell Winter Classic
Rebekah Moore	5:28.93/7 <sup>th</sup>	2/19/10	Susquehanna Open
Emily Francisco	5:29.53/10 <sup>th</sup>	2/28/10	PSAC Indoor Championships
Sarah Mulvey	5:30.68/5 <sup>th</sup>	2/13/10	Bucknell Winter Classic
<b>3000 METER RUN</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Elicia Anderson	10:11.00/6 <sup>th</sup>	2/28/10	PSAC Indoor Championships
Elicia Anderson	10:27.18/2 <sup>nd</sup>	2/13/10	Bucknell Winter Classic
Rebekah Moore	10:44.38/20 <sup>th</sup>	2/28/10	PSAC Indoor Championships
Brittany Arnold	10:47.50/23 <sup>rd</sup>	2/28/10	PSAC Indoor Championships
Rebekah Moore	10:48.10/13 <sup>th</sup>	2/13/10	Bucknell Winter Classic
<b>5000 METER RUN</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Elicia Anderson	17:50.81/8 <sup>th</sup>	2/27/10	PSAC Indoor Championships
Elicia Anderson	18:15.15/7 <sup>th</sup>	1/30/10	Bison Open
Emily Francisco	18:29/31/12 <sup>th</sup>	1/30/10	Bison Open
Rebekah Moore	18:35.61/2 <sup>nd</sup>	1/30/10	Bison Open
Rebekah Moore	18:42.07/16 <sup>th</sup>	2/27/10	PSAC Indoor Championships
<b>DISTANCE MEDLEY RELAY</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Millersville 'A'	13:11.27/9 <sup>th</sup>	2/27/10	PSAC Indoor Championships
Sarah Mulvey			
Chrissy Savage			
Michele Blum			
Emily Francisco			
Millersville 'A'	13:21.80/2 <sup>nd</sup>	2/19/10	Susquehanna Open
Michelle Blum			
Jess Rhyner			
Kate Rhue			
Sarah Mulvey			
<b>4 x 200 METER RELAY</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
<b>4 x 400 METER RELAY</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Millersville 'A'	4:10.07/3 <sup>rd</sup>	2/28/10	PSAC Indoor Championships
Chrissy Savage			
Sarah Mulvey			
Kim Stokes			
Mattie Conaboy			
Millersville 'A'	4:30.51/5 <sup>th</sup>	2/13/10	Bucknell Winter Classic
Mattie Conaboy			
Kim Stokes			
Jess Rhyner			
Whitney Savoy			
<b>4 x 800 METER RELAY</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Millersville 'A'	10:00.22/10 <sup>th</sup>	2/27/10	PSAC Indoor Championships
Sarah Mulvey			
Michele Blum			
Kate Rhue			
Emily Francisco			

**HIGH JUMP**

Jess Rhyner  
 Jess Rhyner  
 Jess Rhyner

**BEST/PLACE**

1.55 m/3<sup>rd</sup>  
 1.50 m/6<sup>th</sup>  
 1.50 m/16<sup>th</sup>

**DATE**

2/13/10  
 1/15/10  
 2/28/10

**MEET**

Bucknell Winter Classic  
 NYC Gotham Cup  
 PSAC Indoor Championships

**LONG JUMP**

Jess Rhyner  
 Jess Rhyner  
 Jess Rhyner  
 Liz Herzog  
 Liz Herzog

**BEST/PLACE**

5.03 m/5<sup>th</sup>  
 4.91 m/4<sup>th</sup>  
 4.71 m/5<sup>th</sup>  
 4.70 m/11<sup>th</sup>  
 4.64 m/2<sup>nd</sup>

**DATE**

2/19/10  
 2/13/10  
 12/4/09  
 2/19/10  
 12/4/09

**MEET**

Susquehanna Open  
 Bucknell Winter Classic  
 Bison Invitational\*  
 Susquehanna Open  
 Lafayette Invitational

**TRIPLE JUMP**

Whitney Savoy  
 Whitney Savoy  
 Whitney Savoy

**BEST/PLACE**

10.75 m/8<sup>th</sup>  
 10.36 m/1<sup>st</sup>  
 10.35 m/6<sup>th</sup>

**DATE**

2/28/10  
 12/4/09  
 2/19/10

**MEET**

PSAC Indoor Championships  
 Lafayette Invitational  
 Susquehanna Open

**POLE VAULT**

Kim Stokes  
 Kim Stokes  
 Kim Stokes  
 Kim Stokes

**BEST/PLACE**

3.05 m\*/6<sup>th</sup>  
 3.05 m\*/3<sup>rd</sup>  
 3.00 m/8<sup>th</sup>  
 2.46 m/5<sup>th</sup>

**DATE**

2/13/10  
 2/19/10  
 2/27/10  
 12/4/09

**MEET**

Bucknell Winter Classic  
 Susquehanna Open  
 PSAC Indoor Championships  
 Lafayette Invitational

**WEIGHT THROW**

Heather Miller  
 Heather Miller  
 Heather Miller  
 Grace Tancredi  
 Heather Miller

**BEST/PLACE**

13.49 m/6<sup>th</sup>  
 12.66 m/3<sup>rd</sup>  
 12.49 m/5<sup>th</sup>  
 12.10 m/6<sup>th</sup>  
 12.05 m/12<sup>th</sup>

**DATE**

2/19/10  
 2/13/10  
 12/4/09  
 12/4/09  
 2/27/10

**MEET**

Susquehanna Open  
 Bucknell Winter Classic  
 Lafayette Invitational  
 Lafayette Invitational  
 PSAC Indoor Championships

**SHOT PUT**

Jess Rhyner

**BEST/PLACE**

8.86 m/ 5<sup>th</sup>

**DATE**

12/4/09

**MEET**

Bison Invitational\*

**PENTATHLON**

Jess Rhyner  
 Jess Rhyner  
 Jess Rhyner

**POINTS/PLACE**

2772/11<sup>th</sup>  
 2730/14<sup>th</sup>  
 2686/5<sup>th</sup>

**DATE**

1/30/10  
 2/27/10  
 12/4/09

**MEET**

Bison Open  
 PSAC Indoor Championships  
 Bison Invitational\*



**2009-2010 Women's Indoor Track & Field Top Performances  
(by individual)**

**ELICIA ANDERSON (So., Distance, Wrightsville/Eastern York)**

<b>EVENT</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
1 Mile Run	5:13.56/2 <sup>nd</sup>	2/19/10	Susquehanna Open
3000 Meter Run	10:11.00*/6 <sup>th</sup>	2/28/10	PSAC Indoor Championships
5000 Meter Run	17:50.81/8 <sup>th</sup>	2/27/10	PSAC Indoor Championships

**BRITTANY ARNOLD (Jr., Distance, Annville/Annville-Cleona)**

<b>EVENT</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
3000 Meter Run	10:47.50/23 <sup>rd</sup>	2/28/10	PSAC Indoor Championships
5000 Meter Run	19:11.32/21 <sup>st</sup>	2/27/10	PSAC Indoor Championships

**MALLORY AUSTIN (Fr., Distance, Avondale/Kennett)**

<b>EVENT</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
3000 Meter Run	11:55.80/12 <sup>th</sup>	2/13/10	Bucknell Winter Classic

**STACEY BERNETSKIE (Jr., Sprints/Jumps, Pottsville/Minersville)**

<b>EVENT</b>	<b>BEST/PLACE</b>	<b>DATE</b>	<b>MEET</b>
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**LINDSAY BLANK (Fr., Distance, Brookeville, Md./Sherwood)**

<b>EVENT</b>	<b>BEST/PLACE</b>	<b>DATE</b>	<b>MEET</b>
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**MICHELLE BLUM (Fr., Distance, Doylestown/Central Bucks East)**

<b>EVENT</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
1 Mile Run	5:30.88/6 <sup>th</sup>	2/13/10	Bucknell Winter Classic
800 Meter Run	2:28.56/2 <sup>nd</sup>	2/13/10	Bucknell Winter Classic
4x800 Meter Relay	10:00.22/10 <sup>th</sup>	2/27/10	PSAC Indoor Championships
Distance Medley Relay	13:11.27/9 <sup>th</sup>	2/27/10	PSAC Indoor Championships

**MATTIE CONABOY (So., Sprints/Pole Vault, Clarks Summit/Abington Heights)**

<b>EVENT</b>	<b>BEST/PLACE</b>	<b>DATE</b>	<b>MEET</b>
55 Meter Dash	7.89/9 <sup>th</sup>	2/19/10	Susquehanna Open

60 Meter Dash	8.55/6 <sup>th</sup>	1/30/10	Bison Open
200 Meter Dash	28.19/10 <sup>th</sup>	2/19/10	Susquehanna Open
4x400 Meter Relay	4:10.07/3 <sup>rd</sup>	2/28/10	PSAC Indoor Championships

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**KATIE DUTCH** (Sr., Distance, Haverford/Haverford)

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EVENT	TIME/PLACE	DATE	MEET
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**SARAH FINK** (Fr., Distance, Bath/Northampton)

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EVENT	BEST/PLACE	DATE	MEET
1 Mile Run	6:10.21/26 <sup>th</sup>	2/19/10	Susquehanna Open

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**ABBEY FRANCISCO** (Fr., Distance, Bangor/Bangor Area)

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EVENT	TIME/PLACE	DATE	MEET
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**EMILY FRANCISCO** (Jr., Distance, Bangor/Bangor Area)

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EVENT	TIME/PLACE	DATE	MEET
1 Mile Run	5:17.79/8 <sup>th</sup>	2/13/10	Bucknell Winter Classic
800 Meter Run	2:26.88/10 <sup>th</sup>	2/13/10	Bucknell Winter Classic
5000 Meter Run	18:29/31/12 <sup>th</sup>	1/30/10	Bison Open
4x800 Meter Run	10:00.22/10 <sup>th</sup>	2/27/10	PSAC Indoor Championships
Distance Medley Relay	13:11.27/9 <sup>th</sup>	2/27/10	PSAC Indoor Championships

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**LIZ HERZOG** (Jr., Hurdles/Jumps, Middletown, N.J./Middletown North)

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EVENT	BEST/PLACE	DATE	MEET
Long Jump	4.70 m/11 <sup>th</sup>	2/19/10	Susquehanna Open

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**HEATHER MILLER** (Jr., Throws, New Tripoli/Northwestern Lehigh)

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EVENT	BEST/PLACE	DATE	MEET
Weight Throw	13.49 m/6 <sup>th</sup>	2/19/10	Susquehanna Open
Weight Throw	12.66 m/3 <sup>rd</sup>	2/13/10	Bucknell Winter Classic

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**REBEKAH MOORE** (So., Distance, Harleysville/Christopher Dock)

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EVENT	TIME/PLACE	DATE	MEET
1 Mile Run	5:28.93/7 <sup>th</sup>	2/19/10	Susquehanna Open
3000 Meter Run	10:44.38/20 <sup>th</sup>	2/28/10	PSAC Indoor Championships
5000 Meter Run	18:35.61/2 <sup>nd</sup>	1/30/10	Bison Open

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**SAMANTHA MULVEY** (Jr., Distance, Exeter/Home Schooled)

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EVENT	TIME/PLACE	DATE	MEET
5000 Meter Run	18:49.56/4 <sup>th</sup>	1/30/10	Bison Open

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**SARAH MULVEY** (Fr., Distance, Boyertown/Home Schooled)

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<b>EVENT</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
3000 Meter Run	11:27.10/6 <sup>th</sup>	2/13/10	Bucknell Winter Classic
1 Mile Run	5:30.68/5 <sup>th</sup>	2/13/10	Bucknell Winter Classic
800 Meter Run	2:25.81/5 <sup>th</sup>	1/30/10	Bison Open
4x800 Meter Relay	10:00.22/10 <sup>th</sup>	2/27/10	PSAC Indoor Championships
4x400 Meter Relay	4:10.07/3 <sup>rd</sup>	2/28/10	PSAC Indoor Championships
Distance Medley Relay	13:11.27/9 <sup>th</sup>	2/27/10	PSAC Indoor Championships

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**KATE RHUE (Fr., Mid-Distance, Lansdale/North Penn)**

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<b>EVENT</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
800 Meter Run	2:33/47/15 <sup>th</sup>	2/19/10	Susquehanna Open
4x800 Meter Relay	10:00.22/10 <sup>th</sup>	2/27/10	PSAC Indoor Championships
Distance Medley Relay	13:21.80/2 <sup>nd</sup>	2/19/10	Susquehanna Open

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**JESSICA RHYNER (Jr., Multi/Jumps, Quakertown/Quakertown)**

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<b>EVENT</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
800 Meter	2:56.51/6 <sup>th</sup>	12/4/09	Bison Invitational*
60 Meter Hurdles	10.40/7 <sup>th</sup>	12/4/09	Bison Invitational*
55 Meter Hurdles	9.28/6 <sup>th</sup>	2/19/10	Susquehanna Open
Long Jump	5.03 m/5 <sup>th</sup>	2/19/10	Susquehanna Open
High Jump	1.55 m/3 <sup>rd</sup>	2/13/10	Bucknell Winter Classic
Shot Put	8.86 m/5 <sup>th</sup>	12/4/09	Bison Invitational*
Pentathlon	2772/11 <sup>th</sup>	1/30/10	Bison Open
4x400 Meter Relay	4:30.51/5 <sup>th</sup>	2/13/10	Bucknell Winter Classic
Distance Medley Relay	13:21.80/2 <sup>nd</sup>	2/19/10	Susquehanna Open

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**CHRISSE SAVAGE (So., Sprints, Ridley Park/Ridley)**

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<b>EVENT</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
60 Yard Dash	7.63/3 <sup>rd</sup>	12/4/09	Lafayette Invitational
60 Meter Dash	8.12/3 <sup>rd</sup>	2/27/10	PSAC Indoor Championships
200 Meter Dash	26.41/2 <sup>nd</sup>	2/27/10	PSAC Indoor Championships
400 Meter Dash	1:01.86/1 <sup>st</sup>	2/13/10	Bucknell Winter Classic
4x400 Meter Relay	4:10.07/3 <sup>rd</sup>	2/28/10	PSAC Indoor Championships
Distance Medley Relay	13:11.27/9 <sup>th</sup>	2/27/10	PSAC Indoor Championships

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**WHITNEY SAVOY (So., Jumps, Bear, Del./Middletown)**

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<b>EVENT</b>	<b>BEST/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Long Jump	4.57 m/5 <sup>th</sup>	12/4/09	Lafayette Invitational
Triple Jump	10.75 m/8 <sup>th</sup>	2/28/10	PSAC Indoor Championships
4x400 Meter Relay	4:30.51/5 <sup>th</sup>	2/13/10	Bucknell Winter Classic

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**ABBY SCHNEIDER (Fr., Sprints,)**

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<b>EVENT</b>	<b>TIME/PLACE</b>	<b>DATE</b>	<b>MEET</b>
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**KIM STOKES (Sr., Jumps/Pole Vault, Lancaster/Nazareth)**

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<b>EVENT</b>	<b>BEST/PLACE</b>	<b>DATE</b>	<b>MEET</b>
Pole Vault	3.05 m/6 <sup>th</sup>	2/13/10	Bucknell Winter Classic

200 Meter Dash	28.71/1 <sup>st</sup>	2/13/10	Bucknell Winter Classic
4x400 Meter Relay	4:10.07/3 <sup>rd</sup>	2/28/10	PSAC Indoor Championships

**GRACE TANCREDI (So., Throws, Chadds Ford/Archmere Academy (Del.))**

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EVENT	BEST/PLACE	DATE	MEET
Weight Throw	12.10 m/6 <sup>th</sup>	12/4/09	Lafayette Invitational
Weight Throw	11.88 m/12 <sup>th</sup>	2/19/10	Susquehanna Open

**SHANNON TRAUTMAN (Jr., Distance, Phoenixville/Phoenixville)**

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EVENT	TIME/PLACE	DATE	MEET
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**SARAH TULL (Sr., Distance, Jenkintown/St. Basil Academy)**

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EVENT	TIME/PLACE	DATE	MEET
5,000 Meter Run	19:59.24/7 <sup>th</sup>	2/19/10	Susquehanna Open

**BRITTANY YANORA (Sr., Sprints, Wilkes-Barre/Elmer L. Myers)**

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EVENT	TIME/PLACE	DATE	MEET
60 Yard Dash	7.24/1 <sup>st</sup>	12/4/09	Lafayette Invitational
60 Meter Dash	7.90 #/6 <sup>th</sup>	1/15/10	NYC Gotham Cup
220 Yard Dash	26.07/1 <sup>st</sup>	12/4/09	Lafayette Invitational
400 Meter Dash	57.68 #/4 <sup>th</sup>	1/15/10	NYC Gotham Cup

**BRITTNEY ZUVER (Sr., Distance, York/Central York)**

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EVENT	TIME/PLACE	DATE	MEET
5000 Meter Run	18:43.44/3 <sup>rd</sup>	1/30/10	Bison Open

**Key:** \* - Millersville Record  
 ^ - PSAC Indoor Championships Qualifying Time  
 @ - NCAA Division II Indoor Championships Qualifier  
 & - NCAA Division II Indoor Championships Provisional Qualifier  
 (P) - Preliminaries  
 (F) - Finals  
 # - Pentathlon



## 2009-2010 Women's Indoor Track & Field Schedule/Results

<b>DATE</b>	<b>MEET</b>	<b>LOCATION</b>	<b>TIME/RESULT</b>
12/4/09	Lafayette Invitational	Easton, Pa.	All Day
1/15/10	NYC Gotham Cup	New York City, N.Y.	All Day
1/29/10	Bison Open	Lewisburg, Pa.	All Day
1/30/10	Bison Open	Lewisburg, Pa.	All Day
1/30/10	Coach "I" Open	Lancaster, Pa.	All Day
2/5/10	New Balance Games	New York City, N.Y.	All Day
2/6/10	New Balance Games	New York City, N.Y.	All Day
2/13/10	Bucknell Winter Classic	Lewisburg, Pa.	All Day
2/19/10	Susquehanna Invitational	Selinsgrove, Pa.	All Day
2/27/10	PSAC Indoor Championships	Edinboro, Pa.	All Day
2/28/10	PSAC Indoor Championships	Edinboro, Pa.	All Day