

University of Alabama Women's Track and Field Top Outdoor Marks - 2005

100 Meters

Alabama Record: 11.11 – Pauline Davis 1996
 NCAA Regional: 11.75

Harrigan, Tahesia	SEC Championships	5/14/05	11.37	R
Reed, Majik	SEC Championships	5/14/05	11.81	
Colvin, Jessica	LSU Alumni Gold	4/23/05	12.79	

200 Meters

Alabama Record: 22.38 – Lillie Leatherwood 1987
 NCAA Regional: 23.96

Harrigan, Tahesia	NCAA MidEast Champ.	5/28/05	23.25	R
Walker, Beau	Bulldog Invite	4/02/05	23.41	R
Luogon, Kou	Bulldog Invite	4/02/05	24.28	
Reed, Majik	SEC Championships	5/13/05	24.51	
Fairley Christy	LSU Alumni Gold	4/23/05	25.19	
Clifford, Kendall	SEC Championships	5/12/05	26.06 h	
Colvin, Jessica	Mississippi Invite	4/09/05	27.15	

400 Meters

Alabama Record: 49.95 – Lillie Leatherwood 1987
 NCAA Regional: 54.61

Luogon, Kou	SEC Championships	5/14/05	54.11	R
Walker, Beau	Bulldog Invite	4/02/05	54.72	
Fairley, Christy	Sea Ray Relays	4/15/05	57.37	

800 Meters

Alabama Record: 2:01.98 – Evelyn Adiru 1986
 NCAA Regional: 2:09.80

Hicks, Julia	Vanderbilt Invite	4/23/05	2:16.32	
Greene, Virnetta	SEC Championships	5/13/05	2:17.98	
Gray, Jen	Vanderbilt Invite	4/23/05	2:19.30	
Wancowicz, Eliz.	Bulldog Invite	4/02/05	2:24.46	

1500 Meters

Alabama Record: 4:09.61 – Evelyn Adiru 1986
 NCAA Regional: 4:27.80

Hicks, Julia	Sea Ray Relays	4/14/05	4:28.24	
Wancowicz, Eliz.	Vanderbilt Invite	4/23/05	4:33.30	
Carnes, Megan	Mississippi Invite	4/09/05	4:43.90	
Enebak, Tara	Mississippi Invite	4/09/05	4:44.84	
Flournoy, Shannon	Mississippi Invite	4/09/05	5:00.45	
Greene, Virnetta	Vanderbilt Invite	4/23/05	5:01.84	

3000 Meters

Alabama Record: 8:58.00 Heidi Olafsdottir 1987

Hicks, Julia	Vanderbilt Invite	4/23/05	9:40.39	
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5000 Meters

Alabama Record: 16:11.09 – Elspeth Turner 1987
 NCAA Regional: 16:52.00

Hicks, Julia	SEC Championships	5/15/05	17:12.09	
Enebak, Tara	Alabama Relays	3/19/05	17:21.96	
Flournoy, Shannon	Alabama Relays	3/19/05	19:45.43	

10,000 Meters

Alabama Record: 33:05.43 – Elspeth Turner 1988
 NCAA Regional: Automatic - 34:10.00 Provisional - 35:15.00

Enebak, Tara	SEC Championships	5/13/05	37:21.35	
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3000 Meter Steeplechase

Alabama Record: 10:42.51 – Megan Carnes 2005
 NCAA Regional: 10:52.10

Carnes, Megan	SEC Championships	5/14/05	10:42.51	R
Flournoy, Shannon	Vanderbilt Invite	4/23/05	12:02.48	

100 Meter Hurdles

Alabama Record: 12.96 – Beau Walker 2004
 NCAA Regional: 13.95

Walker, Beau	Mt. Sac Relays	4/17/05	12.99	R
Wilson, Rachel	LSU Alumni Gold	4/23/05	13.91	
Clifford, Kendall	SEC Championships	5/14/05	14.20	
Reed, Majik	LSU Alumni Gold	4/23/05	14.98	

400 Meter Hurdles

Alabama Record: 55.93 – Petagay Gayle 2000
 NCAA Regional: 1:00.82

Walker, Beau	Mt. Sac Relays	4/17/05	56.43	R
Wilson, Rachel	Drake Relays	4/30/05	1:00.87	

4x100 Meter Relay

Alabama Record: 43.54 – Hyacinth, Latham, Leatherwood, Davis - 1987
 NCAA Regional: 45.80

Alabama 'A'	Drake Relays	4/30/05	44.17	R
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4x400 Meter Relay

Alabama Record: 3:28.56 – Latham, Hyacinth, Davis, Leatherwood 1987
 NCAA Regional: 3:42.00

Alabama 'A'	Mississippi Invite	4/09/05	3:37.88	R
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High Jump

Alabama Record: 6-01.5 – Disa Gisladdottir 1982, 1984
 NCAA Regional: 1.75

Clifford, Kendall	SEC Championships	5/12/05	1.57m (5-01.75) h	
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Long Jump

Alabama Record: 21-06.5 – Flora Hyacinth 1987
 NCAA Regional: 5.95

Harrigan, Tahesia	Mt. Sac Relays	4/17/05	6.06m (19-10.75)	R
	SEC Championships	5/14/05		
Clifford, Kendall	Bulldog Invite	4/02/05	5.47m (17-11.50)	

Triple Jump

Alabama Record: 45-00.5 – Flora Hyacinth 1987
 NCAA Regional: 12.26

Luogon, Kou	SEC Championships	5/15/05	12.52m (41-01.00)	R
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Shot Put

Alabama Record: 56-01 – Aymara Albury 2004
 NCAA Regional: 14.30

Albury, Aymara	Mississippi Invite	4/09/05	16.78m (55-00.75)	R
Mallory, Beth	SEC Championships	5/15/05	16.52m (54-02.50)	R
Bain, Chafree	SEC Championships	5/15/05	13.49m (44-03.25)	
Finn, Lorna	Alabama Relays	3/19/05	11.21m (36-09.50)	

Discus

Alabama Record: 192-01 – Pia Iacovo 1993
 NCAA Regional: 47.30

Mallory, Beth	NCAA MidEast Champ.	5/28/05	57.80m (189-07)	R
Bain, Chafree	Mississippi Invite	4/09/05	48.17m (158-00)	R

Javelin

Alabama Record: 194-00.25 – Iris Gronfeldt 1986
 NCAA Regional: 43.15

Mallory, Beth	Bulldog Invite	4/02/05	35.20m (115-06)	
Clifford, Kendall	SEC Championships	5/13/05	26.70m (87-07) h	

Hammer

Alabama Record: 205-00 – Beth Mallory 2004
 NCAA Regional: 54.15

Mallory, Beth	SEC Championships	5/13/05	63.36 m (207-10)	R
Bain, Chafree	LSU Alumni Gold	4/23/05	55.47m (182-00)	R
Albury, Aymara	Mississippi Invite	4/09/05	54.67m (179-04)	R
Finn, Lorna	Bulldog Invite	4/02/05	45.91 m (150-07)	

Heptathlon

Alabama Record: 5,440 pts. – Yutta Shelton 1984
 NCAA Automatic: 5,500 pts NCAA Provisional: 5,000 pts

Clifford, Kendall	SEC Championships	5/13/05	4698 pts	
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4x200 Meter Relay

Alabama 'A'	Alabama Relays	3/20/05	1:35.60	
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4x800 Meter Relay

Alabama 'A'	Alabama Relays	3/20/05	9:06.84	
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4x1500 Meter Relay

Alabama 'A'	Alabama Relays	3/20/05	19:25.06	
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1600 Sprint Medley

Alabama 'A'	Alabama Relays	3/20/05	3:57.68	
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Distance Medley

Alabama 'A'	Sea Ray Relays	4/16/05	11:49.02	
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R = regional qualifier
 h = heptathlon