

VILLANOVA WOMEN'S TRACK & FIELD

2023 OUTDOOR SEASON

SCHEDULE AND RESULTS

<u>Date</u>	<u>Meet</u>	<u>Result</u>
3/18	Penn Challenge	no team scoring
3/23	Raleigh Relays (Day 1)	no team scoring
3/24	Raleigh Relays (Day 2)	no team scoring
3/25	Raleigh Relays (Day 3)	no team scoring
3/31	Texas Relays (Day 3)	no team scoring
4/1	Big 5 Invitational	no team scoring
4/7	Duke Invitational (Day 2)	no team scoring
4/7	Miami Alumni Invitational (Day 1)	no team scoring
4/8	Duke Invitational (Day 3)	no team scoring
4/8	Miami Alumni Invitational (Day 2)	no team scoring
4/14	Larry Ellis Invitational (Day 1)	no team scoring
4/15	Larry Ellis Invitational (Day 2)	no team scoring
4/21	Virginia Challenge (Day 1)	no team scoring
4/21	Widener Invitational	no team scoring
4/22	Virginia Challenge (Day 2)	no team scoring
4/27	Penn Relays (Day 1)	no team scoring
4/28	Penn Relays (Day 2)	no team scoring
4/29	Penn Relays (Day 3)	no team scoring
5/11	BIG EAST Championships (Day 1)	2nd of 7
5/12	BIG EAST Championships (Day 2)	2nd of 9
5/13	BIG EAST Championships (Day 3)	4th of 9
5/25	NCAA East Preliminary (Day 2)	no team scoring
5/27	NCAA East Preliminary (Day 4)	no team scoring
6/8	NCAA Championships (Day 2)	no team scoring
6/10	NCAA Championships (Day 4)	no team scoring

MEET VENUES

Penn Challenge

Franklin Field
Philadelphia, Pa.

Raleigh Relays

Paul Derr Track
Raleigh, N.C.

Texas Relays

Mike A. Myers Stadium
Austin, Texas

Big 5 Invitational

Franklin Field
Philadelphia, Pa.

Duke Invitational

Durham, N.C.
Morris Williams Stadium

Miami Alumni Invitational

Cobb Stadium
Coral Gables, Fla.

Larry Ellis Invitational

Weaver Stadium
Princeton, N.J.

Virginia Challenge

Lannigan Field
Charlottesville, Va.

Widener Invitational

Leslie C. Quick Jr. Stadium
Chester, Pa.

Penn Relays

Franklin Field
Philadelphia, Pa.

BIG EAST Championships

Villanova Stadium
Villanova, Pa.

NCAA East Preliminary

Hodges Stadium
Jacksonville, Fla.

NCAA Championships

Mike A. Myers Stadium
Austin, Texas

VILLANOVA WOMEN'S TRACK & FIELD

2023 OUTDOOR SEASON

PERFORMANCE LIST

<u>100 Meters</u>	<u>Time</u>	<u>Date</u>
Jane Livingston	11.96	5/12
Caroline Carlson	12.78	4/1
Jada Thomas	13.47	3/18

<u>100 Meter Hurdles</u>	<u>Time</u>	<u>Date</u>
Jane Livingston	13.54	5/12
Jada Thomas	14.52	5/12

<u>200 Meters</u>	<u>Time</u>	<u>Date</u>
Myonica Jackson	24.83	5/12
Jane Livingston	25.01	4/8
Alexis Martin	26.08	4/1
Jada Thomas	26.15	4/1

<u>400 Meters</u>	<u>Time</u>	<u>Date</u>
Micah Trusty	56.04	3/24
Madison Martinez	56.49	3/24
Myonica Jackson	56.83	5/12
Alexis Martin	59.78	3/18
Alex Stasichin	59.92	3/24

<u>800 Meters</u>	<u>Time</u>	<u>Date</u>
Madison Martinez	2:05.02	4/14
Micah Trusty	2:05.71	5/13
Maya Dorer	2:06.95	4/14
Alex Stasichin	2:08.18	5/12
Emily Robinson	2:13.57	3/18
Kate Flynn	2:25.05	5/12

<u>1500 Meters</u>	<u>Time</u>	<u>Date</u>
Lydia Olivere	4:16.11	4/21
Sadie Sigfstead	4:25.58	4/21
Anna Helwigh	4:27.86	4/1
Ariana Gardizy	4:29.32	4/1
Alex Stasichin	4:33.40	3/18
Emily Robinson	4:33.93	5/12
Amelia Arrieta	4:48.37	4/1
Kinsey Pogue	4:47.63	5/12

<u>3000 Meters</u>	<u>Time</u>	<u>Date</u>
Amelia Arrieta	10:13.15	3/18
Kinsey Pogue	10:23.45	3/18

<u>3000 Meter Steeplechase</u>	<u>Time</u>	<u>Date</u>
Lydia Olivere	9:54.20	5/12
Anna Helwigh	10:03.51	4/27
Kinsey Pogue	11:44.98	4/14

<u>5000 Meters</u>	<u>Time</u>	<u>Date</u>
Emma McGill	16:15.83	3/24
Sadie Sigfstead	16:17.19	4/27
Ariana Gardizy	16:32.39	4/7

<u>10000 Meters</u>	<u>Time</u>	<u>Date</u>
Sadie Sigfstead	33:53.16	3/23
Ariana Gardizy	34:25.62	4/27

PERFORMANCE LIST

<u>4x100 Meter Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	48.84	5/13
Jada Thomas		1st Leg
Myonica Jackson		2nd Leg
Alexis Martin		3rd Leg
Caroline Carlson		Anchor

<u>4x400 Meter Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	3:48.15	5/13
Myonica Jackson		1st Leg
Madison Martinez		2nd Leg
Micah Trusty	54.52	3rd Leg
Alexis Martin	59.72	Anchor

<u>4x800 Meter Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	8:30.24	4/29
Alex Stasichin	2:08.96	1st Leg
Micah Trusty	2:07.39	2nd Leg
Maya Dorer	2:08.35	3rd Leg
Madison Martinez	2:05.74	Anchor

<u>Distance Medley Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	11:12.22	4/28
Maya Dorer	1200 Meters	3:26.40
Micah Trusty	400 Meters	55.77
Madison Martinez	800 Meters	2:07.34
Lydia Olivere	1600 Meters	4:41.72

<u>High Jump</u>	<u>Mark</u>	<u>Date</u>
Roschell Clayton	1.82m	5/27
Taylor Woodeshick	1.60m	3/18

<u>Pole Vault</u>	<u>Mark</u>	<u>Date</u>
Ashley Preston	4.03m	4/29

<u>Long Jump</u>	<u>Mark</u>	<u>Date</u>
Caroline Carlson	5.49m	4/22
Faith Robinson	4.99m	4/1

<u>Shot Put</u>	<u>Mark</u>	<u>Date</u>
Liv Morgan	12.73m	5/13

<u>Discus</u>	<u>Mark</u>	<u>Date</u>
Faith Haught	40.84m	5/13

<u>Hammer</u>	<u>Mark</u>	<u>Date</u>
Faith Haught	38.95m	5/11

<u>Javelin</u>	<u>Mark</u>	<u>Date</u>
Liv Morgan	47.09m	4/8
Teresa Rotolo	40.01m	3/18

VILLANOVA WOMEN'S TRACK & FIELD

2023 OUTDOOR SEASON

AGGREGATE RESULTS

100 Meters

	<u>Name</u>	<u>Date</u>
11.96	Jane Livingston	5/12
12.11	Jane Livingston	5/13
12.78	Caroline Carlson	4/1
13.47	Jada Thomas	3/18

100 Meter Hurdles

	<u>Name</u>	<u>Date</u>
13.54	Jane Livingston	5/12
13.58	Jane Livingston	5/13
13.59	Jane Livingston	4/8
13.63	Jane Livingston	4/22
13.65	Jane Livingston	3/31
14.02	Jane Livingston	4/28
14.52	Jada Thomas	5/12
15.10	Jada Thomas	4/22
15.62	Jada Thomas	5/13

200 Meters

	<u>Name</u>	<u>Date</u>
24.83	Myonica Jackson	5/12
25.01	Jane Livingston	4/8
25.11	Myonica Jackson	4/8
25.23	Myonica Jackson	4/22
25.34	Myonica Jackson	4/1
25.74	Jane Livingston	4/22
26.08	Alexis Martin	4/1
26.15	Jada Thomas	4/1
26.44	Alexis Martin	4/22
26.45	Alexis Martin	5/12

400 Meters

	<u>Name</u>	<u>Date</u>
56.04	Micah Trusty	3/24
56.49	Madison Martinez	3/24
56.83	Myonica Jackson	5/12
57.53	Myonica Jackson	4/1
57.65	Myonica Jackson	4/21
57.84	Myonica Jackson	4/8
58.50	Myonica Jackson	3/18
59.78	Alexis Martin	3/18
59.87	Alexis Martine	4/21
59.88	Alexis Martin	4/1
59.92	Alex Stasichin	3/24
1:00.60	Alexis Martin	5/12

AGGREGATE RESULTS

800 Meters

	<u>Name</u>	<u>Date</u>
2:05.02	Madison Martinez	3/25
2:05.59	Madison Martinez	4/14
2:05.71	Micah Trusty	5/13
2:05.75	Madison Martinez	4/7
2:05.84	Micah Trusty	4/14
2:05.88	Madison Martinez	5/13
2:05.97	Madison Martinez	5/27
2:06.18	Micah Trusty	5/25
2:06.32	Madison Martinez	5/12
2:06.53	Madison Martinez	5/25
2:06.54	Micah Trusty	5/12
2:06.95	Maya Dorer	4/14
2:07.65	Micah Trusty	5/27
2:07.92	Micah Trusty	4/7
2:08.18	Alex Stasichin	5/12
2:08.78	Alex Stasichin	4/14
2:08.90	Maya Dorer	5/12
2:08.93	Maya Dorer	4/7
2:10.77	Alex Stasichin	3/25
2:11.76	Alex Stasichin	4/8
2:12.90	Alex Stasichin	5/13
2:13.57	Emily Robinson	3/18
2:13.96	Emily Robinson	4/8
2:14.74	Emily Robinson	4/14
2:25.05	Kate Flynn	5/12
2:27.30	Kate Flynn	4/1
2:28.48	Kate Flynn	3/18

1500 Meters

	<u>Name</u>	<u>Date</u>
4:16.11	Lydia Olivere	4/21
4:18.03	Lydia Olivere	3/24
4:25.58	Sadie Sigfstead	4/21
4:27.86	Anna Helwich	4/1
4:28.68	Anna Helwich	4/21
4:29.32	Ariana Gardizy	4/1
4:31.98	Sadie Sigfstead	3/18
4:33.40	Alex Stasichin	3/18
4:33.93	Emily Robinson	5/12
4:40.86	Emily Robinson	3/24
4:47.63	Kinsey Pogue	5/12
4:48.37	Amelia Arrieta	4/1
4:49.56	Kinsey Pogue	4/1

3000 Meters

	<u>Name</u>	<u>Date</u>
10:13.15	Amelia Arrieta	3/18
10:23.45	Kinsey Pogue	3/18

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AGGREGATE RESULTS

3000 Meter Steeplechase

<u>Name</u>	<u>Date</u>
Lydia Olivere	5/12
Lydia Olivere	4/7
Lydia Olivere	5/27
Anna Helwigh	4/27
Anna Helwigh	5/12
Anna Helwigh	4/7
Lydia Olivere	6/8
Anna Helwigh	5/27
Kinsey Pogue	4/14

5000 Meters

<u>Name</u>	<u>Date</u>
Emma McGill	3/24
Sadie Sigfstead	4/27
Sadie Sigfstead	5/12
Ariana Gardizy	4/7

10000 Meters

<u>Name</u>	<u>Date</u>
Sadie Sigfstead	3/23
Ariana Gardizy	4/27
Sadie Sigfstead	5/25
Sadie Sigfstead	5/11
Ariana Gardizy	5/11
Ariana Gardizy	5/25

4x100 Meter Relay

<u>Name</u>	<u>Date</u>
Villanova	5/13
Jada Thomas	1st Leg
Myonica Jackson	2nd Leg
Alexis Martin	3rd Leg
Caroline Carlson	Anchor

4x400 Meter Relay

<u>Name</u>	<u>Date</u>
Villanova	5/13
Myonica Jackson	1st Leg
Madison Martinez	2nd Leg
Micah Trusty	3rd Leg
Alexis Martin	Anchor

4x800 Meter Relay

<u>Name</u>	<u>Date</u>
Villanova	4/29
Alex Stasichin	1st Leg
Micah Trusty	2nd Leg
Maya Dorer	3rd Leg
Madison Martinez	Anchor
Villanova	5/13
Emily Robinson	1st Leg
Anna Helwigh	2nd Leg
Lydia Olivere	3rd Leg
Alex Stasichin	Anchor

AGGREGATE RESULTS

Distance Medley Relay

<u>Name</u>	<u>Date</u>
Villanova	4/28
Maya Dorer	1200 Meters
Micah Trusty	400 Meters
Madison Martinez	800 Meters
Lydia Olivere	1600 Meters

High Jump

<u>Name</u>	<u>Date</u>
Roschell Clayton	5/27
Roschell Clayton	6/10
Roschell Clayton	5/13
Roschell Clayton	4/7
Roschell Clayton	4/22
Roschell Clayton	4/29
Taylor Woodeshick	3/18
Taylor Woodeshick	4/1
Taylor Woodeshick	5/13

Pole Vault

<u>Name</u>	<u>Date</u>
Ashley Preston	4/29
Ashley Preston	4/21
Ashley Preston	4/7
Ashley Preston	5/12
Ashley Preston	5/25
Ashley Preston	4/15
Ashley Preston	3/23

Long Jump

<u>Name</u>	<u>Date</u>
Caroline Carlson	4/22
Caroline Carlson	5/12
Caroline Carlson	4/1
Faith Robinson	4/1
Faith Robinson	4/22

Shot Put

<u>Name</u>	<u>Date</u>
Liv Morgan	5/13

Discus

<u>Name</u>	<u>Date</u>
Faith Haught	5/13
Faith Haught	4/1
Faith Haught	3/18
Faith Haught	4/21
Faith Haught	3/24

Hammer

<u>Name</u>	<u>Date</u>
Faith Haught	5/11
Faith Haught	4/1
Faith Haught	3/18

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AGGREGATE RESULTS

<u>Javelin</u>	<u>Name</u>	<u>Date</u>
47.09m	Liv Morgan	4/8
43.19m	Liv Morgan	4/29
42.82m	Liv Morgan	5/25
42.53m	Liv Morgan	5/12
40.88m	Liv Morgan	3/23
40.01m	Teresa Rotolo	3/18
39.60m	Teresa Rotolo	4/1
39.58m	Liv Morgan	4/21
37.64m	Liv Morgan	4/1