

VILLANOVA WOMEN'S TRACK & FIELD

2025 OUTDOOR SEASON

SCHEDULE AND RESULTS

<u>Date</u>	<u>Meet</u>	<u>Result</u>
3/22	Penn Challenge	no team scoring
3/27	Raleigh Relays (Day 1)	no team scoring
3/28	Raleigh Relays (Day 2)	no team scoring
3/29	Raleigh Relays (Day 3)	no team scoring
4/4	Sam Howell Invitational	no team scoring
4/18	Virginia Challenge (Day 1)	no team scoring
4/18	Wake Forest Invitational	no team scoring
4/19	Virginia Challenge (Day 2)	no team scoring
4/24	Penn Relays (Day 1)	no team scoring
4/25	Carol and John Covert Classic	no team scoring
4/25	Penn Relays (Day 2)	no team scoring
4/26	Penn Relays (Day 3)	no team scoring
5/2	Larry Ellis Invitational (Day 1)	no team scoring
5/3	Larry Ellis Invitational (Day 2)	no team scoring
5/15	BIG EAST Championships (Day 1)	2nd of 7
5/16	BIG EAST Championships (Day 2)	4th of 9
5/17	BIG EAST Championships (Day 3)	4th of 10
5/29	NCAA East Preliminary (Day 2)	no team scoring
5/31	NCAA East Preliminary (Day 4)	no team scoring
6/12	NCAA Championships (Day 2)	no team scoring
6/14	NCAA Championships (Day 4)	

MEET VENUES

Penn Challenge

Franklin Field
Philadelphia, Pa.

Raleigh Relays

Paul Derr Track
Raleigh, N.C.

Sam Howell Invitational

Weaver Stadium
Princeton, N.J.

Virginia Challenge

Lannigan Field
Charlottesville, Va.

Wake Forest Invitational

Winston-Salem, N.C.
Kentner Stadium

Penn Relays

Franklin Field
Philadelphia, Pa.

Carol and John Covert Classic

Goodman Stadium
Bethlehem, Pa.

Larry Ellis Invitational

Weaver Stadium
Princeton, N.J.

BIG EAST Championships

George J. Sherman Family Sports Complex
Storrs, Conn.

NCAA East Preliminary

Hodges Stadium
Jacksonville, Fla.

NCAA Championships

Hayward Field
Eugene, Ore.

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PERFORMANCE LIST

<u>100 Meter Hurdles</u>	<u>Time</u>	<u>Date</u>
Ajanae Thompson	13.60	4/19

<u>200 Meters</u>	<u>Time</u>	<u>Date</u>
Myonica Jackson	24.66	4/19
Ajanae Thompson	24.84	3/29

<u>400 Meters</u>	<u>Time</u>	<u>Date</u>
Olivia Allen	54.70	3/28
Micah Trusty	55.86	3/28
Lizzie Martell	56.66	3/28
Myonica Jackson	57.03	3/28
Alex Stasichin	59.09	3/28

<u>400 Meter Hurdles</u>	<u>Time</u>	<u>Date</u>
Olivia Allen	58.01	5/17

<u>800 Meters</u>	<u>Time</u>	<u>Date</u>
Lizzie Martell	2:03.93	5/2
Micah Trusty	2:05.26	5/2
Bella Walsh	2:08.32	3/29
Rosie Shay	2:08.83	3/22
Emily Robinson	2:10.80	3/22
Maggie Smith	2:11.32	3/22
Tilly O'Connor	2:11.81	3/22
Alex Stasichin	2:15.12	4/18
Caelen O'Leary	2:15.88	5/3
Lucy Moran	2:17.25	3/29

<u>1500 Meters</u>	<u>Time</u>	<u>Date</u>
Rosie Shay	4:18.54	5/2
Tilly O'Connor	4:19.73	5/2
Emily Robinson	4:19.88	4/24
Bella Walsh	4:19.99	3/28
Maggie Smith	4:22.59	5/2
Sadie Sigfstead	4:22.94	4/18
Emma McGill	4:23.09	4/4
Margaret Carroll	4:25.82	4/18
Kinsey Pogue	4:44.24	4/4
Lucy Moran	4:47.24	3/22
Lindsay Clive-Smith	4:50.43	4/4

<i>UNATTACHED</i>		
<i>Nikki Vanasse</i>	<i>4:18.43</i>	<i>5/2</i>

<u>3000 Meter Steeplechase</u>	<u>Time</u>	<u>Date</u>
Bella Walsh	11:16.19	5/2

<u>5000 Meters</u>	<u>Time</u>	<u>Date</u>
Sadie Sigfstead	15:33.68	5/31
Emma McGill	16:13.12	5/2
Margaret Carroll	16:14.66	5/16
Amelia Arrieta	17:08.14	5/2
Kinsey Pogue	18:04.72	4/18
Lindsay Clive-Smith	19:11.90	4/18

<u>10000 Meters</u>	<u>Time</u>	<u>Date</u>
Sadie Sigfstead	32:39.54	4/24
Margaret Carroll	34:17.69	5/15
Amelia Arrieta	35:43.89	5/15

PERFORMANCE LIST

<u>4x400 Meter Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	3:39.75	5/17
<i>Alex Stasichin</i>		<i>1st Leg</i>
<i>Lizzie Martell</i>		<i>2nd Leg</i>
<i>Myonica Jackson</i>	<i>54.65</i>	<i>3rd Leg</i>
<i>Olivia Allen</i>	<i>54.15</i>	<i>Anchor</i>

<u>4x800 Meter Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	8:37.63	4/26
<i>Rosie Shay</i>	<i>2:10.66</i>	<i>1st Leg</i>
<i>Micah Trusty</i>	<i>2:08.10</i>	<i>2nd Leg</i>
<i>Bella Walsh</i>	<i>2:11.48</i>	<i>3rd Leg</i>
<i>Lizzie Martell</i>	<i>Anchor</i>	<i>2:07.40</i>

<u>Distance Medley Relay</u>	<u>Time</u>	<u>Date</u>
Villanova	11:10.82	4/25
<i>Lizzie Martell</i>	<i>1200 Meters</i>	<i>3:23.57</i>
<i>Olivia Allen</i>	<i>400 Meters</i>	<i>54.62</i>
<i>Micah Trusty</i>	<i>800 Meters</i>	<i>2:09.26</i>
<i>Rosie Shay</i>	<i>1600 Meters</i>	<i>4:43.39</i>

<u>High Jump</u>	<u>Mark</u>	<u>Date</u>
Malaika Cunningham	1.75m	4/18
Taylor Woodeshick	1.65m	5/17

<u>Long Jump</u>	<u>Mark</u>	<u>Date</u>
Jenny Smith	5.00m	4/4
Emily Staerk	4.95m	3/22
Marin Torrens	4.92m	4/4

<u>Triple Jump</u>	<u>Mark</u>	<u>Date</u>
Gina Smith	11.42m	4/4

<u>Discus</u>	<u>Mark</u>	<u>Date</u>
Adria Retter	52.31m	3/22
Faith Haught	45.01m	3/22

<u>Hammer</u>	<u>Mark</u>	<u>Date</u>
Alex Payne	53.87m	5/15

<u>Javelin</u>	<u>Mark</u>	<u>Date</u>
Teresa Rotolo	35.53m	3/22

VILLANOVA WOMEN'S TRACK & FIELD

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AGGREGATE RESULTS

100 Meter Hurdles

	<u>Name</u>	<u>Date</u>
13.60	Ajanae Thompson	4/19
13.66 <i>(prelims)</i>	Ajanae Thompson	5/16
13.76 <i>(prelims)</i>	Ajanae Thompson	4/25
13.81 <i>(final)</i>	Ajanae Thompson	5/17
13.94 <i>(final)</i>	Ajanae Thompson	5/3
14.42 <i>(prelims)</i>	Ajanae Thompson	5/3
14.57	Ajanae Thompson	3/28

200 Meters

	<u>Name</u>	<u>Date</u>
24.66	Myonica Jackson	4/19
24.84	Ajanae Thompson	3/29
24.90 <i>(prelims)</i>	Myonica Jackson	5/16
24.92	Myonica Jackson	3/29
25.16	Ajanae Thompson	4/19

400 Meters

	<u>Name</u>	<u>Date</u>
54.70	Olivia Allen	3/28
55.86	Micah Trusty	3/28
56.66	Lizzie Martell	3/28
57.03	Myonica Jackson	3/28
59.09	Alex Stasichin	3/28

400 Meter Hurdles

	<u>Name</u>	<u>Date</u>
58.01 <i>(final)</i>	Olivia Allen	5/17
59.45	Olivia Allen	4/24
59.51	Olivia Allen	5/3
59.88 <i>(invite)</i>	Olivia Allen	4/18
1:00.77 <i>(prelims)</i>	Olivia Allen	5/16
1:01.24 <i>(national first round)</i>	Olivia Allen	5/29
1:01.49	Olivia Allen	3/29

AGGREGATE RESULTS

800 Meters

	<u>Name</u>	<u>Date</u>
2:03.93 <i>(elite)</i>	Lizzie Martell	5/2
2:04.14 <i>(final)</i>	Lizzie Martell	5/17
2:05.26 <i>(elite)</i>	Micah Trusty	5/2
2:05.31 <i>(national first round)</i>	Lizzie Martell	5/29
2:06.40 <i>(invite)</i>	Lizzie Martell	4/18
2:06.63	Lizzie Martell	3/29
2:07.64 <i>(invite)</i>	Micah Trusty	4/18
2:08.32	Bella Walsh	3/29
2:08.83	Rosie Shay	3/22
2:09.18	Rosie Shay	3/29
2:09.70	Micah Trusty	3/29
2:10.37	Bella Walsh	3/22
2:10.68 <i>(invite)</i>	Rosie Shay	4/18
2:10.75 <i>(prelims)</i>	Lizzie Martell	5/16
2:10.80	Emily Robinson	3/22
2:11.32	Maggie Smith	3/22
2:11.78	Maggie Smith	4/19
2:11.81	Tilly O'Connor	4/19
2:11.81	Tilly O'Connor	3/22
2:12.56 <i>(prelims)</i>	Caelen O'Leary	5/16
2:15.12 <i>(invite)</i>	Alex Stasichin	4/18
2:15.88	Caelen O'Leary	5/3
2:17.25	Lucy Moran	3/29
2:18.92	Emily Robinson	4/19
2:19.23 <i>(prelims)</i>	Alex Stasichin	5/16

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AGGREGATE RESULTS

1500 Meters

	<u>Name</u>	<u>Date</u>
4:18.54 <i>(elite)</i>	Rosie Shay	5/2
4:19.53 <i>(final)</i>	Rosie Shay	5/17
4:19.73 <i>(elite)</i>	Tilly O'Connor	5/2
4:19.88	Emily Robinson	4/24
4:19.99	Bella Walsh	3/28
4:20.05	Tilly O'Connor	4/24
4:20.06 <i>(final)</i>	Tilly O'Connor	5/17
4:20.40	Rosie Shay	3/28
4:20.77 <i>(final)</i>	Maggie Smith	5/17
4:22.59 <i>(elite)</i>	Maggie Smith	5/2
4:22.73 <i>(invite)</i>	Emily Robinson	4/18
4:22.86	Bella Walsh	4/24
4:22.94 <i>(invite)</i>	Sadie Sigfstead	4/18
4:23.09	Emma McGill	4/4
4:23.29 <i>(prelims)</i>	Rosie Shay	5/16
4:24.01	Tilly O'Connor	3/28
4:24.10 <i>(prelims)</i>	Maggie Smith	5/16
4:24.40 <i>(unseeded)</i>	Tilly O'Connor	4/18
4:24.53	Maggie Smith	4/24
4:25.44 <i>(unseeded)</i>	Maggie Smith	4/18
4:25.82 <i>(unseeded)</i>	Margaret Carroll	4/18
4:25.99	Emily Robinson	3/28
4:26.26 <i>(prelims)</i>	Tilly O'Connor	5/16
4:26.49 <i>(prelims)</i>	Bella Walsh	5/16
4:28.63	Maggie Smith	3/28
4:30.78	Margaret Carroll	3/22
4:31.05 <i>(final)</i>	Bella Walsh	5/17
4:35.14 <i>(elite)</i>	Emily Robinson	5/2
4:44.24	Kinsey Pogue	4/4
4:47.15	Kinsey Pogue	3/22
4:47.24	Lucy Moran	3/22
4:47.50	Kinsey Pogue	5/3
4:50.43	Lindsay Clive-Smith	4/4
4:54.40	Lindsay Clive-Smith	5/3

UNATTACHED

4:18.43 Nikki Vanasse 5/2

3000 Meter Steeplechase

	<u>Name</u>	<u>Date</u>
11:16.19	Bella Walsh	5/2

AGGREGATE RESULTS

5000 Meters

	<u>Name</u>	<u>Date</u>
15:33.68 <i>(national semifinal)</i>	Sadie Sigfstead	5/31
15:55.00 <i>(unseeded)</i>	Sadie Sigfstead	4/18
16:07.57	Sadie Sigfstead	5/16
16:13.12 <i>(seeded)</i>	Emma McGill	5/2
16:14.66	Margaret Carroll	5/16
16:14.81 <i>(seeded)</i>	Margaret Carroll	5/2
16:16.49	Margaret Carroll	3/28
16:30.15	Emma McGill	5/16
16:30.20	Margaret Carroll	4/24
17:08.14 <i>(seeded)</i>	Amelia Arrieta	5/2
18:04.72 <i>(unseeded)</i>	Kinsey Pogue	4/18
19:11.90 <i>(unseeded)</i>	Lindsay Clive-Smith	4/18

10000 Meters

	<u>Name</u>	<u>Date</u>
32:39.54	Sadie Sigfstead	4/24
32:40.13 <i>(national championship)</i>	Sadie Sigfstead	6/12
32:56.98 <i>(national semifinal)</i>	Sadie Sigfstead	5/29
34:17.69	Margaret Carroll	5/15
35:43.89	Amelia Arrieta	5/15

4x400 Meter Relay

	<u>Name</u>	<u>Date</u>
3:39.75	Villanova	5/17
	Alex Stasichin	1st Leg
	Lizzie Martell	2nd Leg
54.65	Myonica Jackson	3rd Leg
54.15	Olivia Allen	Anchor
3:42.46	Villanova	4/19
	Alex Stasichin	1st Leg
	Olivia Allen	2nd Leg
56.17	Myonica Jackson	3rd Leg
53.88	Micah Trusty	Anchor

4x800 Meter Relay

	<u>Name</u>	<u>Date</u>
8:37.63 <i>(championship of america)</i>	Villanova	4/26
2:10.66	Rosie Shay	1st Leg
2:08.10	Micah Trusty	2nd Leg
2:11.48	Bella Walsh	3rd Leg
2:07.40	Lizzie Martell	Anchor
8:43.85	Villanova	5/17
2:12.28	Maggie Smith	1st Leg
2:09.88	Bella Walsh	2nd Leg
2:11.66	Tilly O'Connor	3rd Leg
2:10.03	Rosie Shay	Anchor

Distance Medley Relay

	<u>Name</u>	<u>Date</u>
11:10.82 <i>(championship of america)</i>	Villanova	4/25
3:23.57	Lizzie Martell	1200 Meters
54.62	Olivia Allen	400 Meters
2:09.26	Micah Trusty	800 Meters
4:43.39	Rosie Shay	1600 Meters

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AGGREGATE RESULTS

High Jump

	<u>Name</u>	<u>Date</u>
1.75m <i>(invite)</i>	Malaika Cunningham	4/18
1.75m	Malaika Cunningham	5/17
1.74m <i>(national first round)</i>	Malaika Cunningham	5/31
1.70m <i>(championship section)</i>	Malaika Cunningham	4/26
1.65m	Taylor Woodeshick	5/17
1.64m <i>(unseeded)</i>	Taylor Woodeshick	4/18
1.64m <i>(college section)</i>	Taylor Woodeshick	4/25
1.63m	Taylor Woodeshick	4/4
1.56m	Taylor Woodeshick	3/22

Long Jump

	<u>Name</u>	<u>Date</u>
5.00m	Jenny Smith	4/4
4.95m	Emily Staerk	3/22
4.92m	Marin Torrens	4/4
4.87m	Emily Staerk	4/4
4.84m	Jenny Smith	3/22
4.53m	Marin Torrens	3/22

Triple Jump

	<u>Name</u>	<u>Date</u>
11.42m	Gina Smith	4/4

Discus

	<u>Name</u>	<u>Date</u>
52.31m	Adria Retter	3/22
51.59m	Adria Retter	3/28
50.13m	Adria Retter	5/3
49.40m	Adria Retter	4/4
49.17m	Adria Retter	5/17
48.80m <i>(championship section)</i>	Adria Retter	4/26
48.62m	Adria Retter	4/19
46.02m	Adria Retter	5/31
45.01m	Faith Haught	3/22
42.48m	Faith Haught	4/19
42.34m	Faith Haught	5/17
38.40m <i>(college section)</i>	Faith Haught	4/25
38.00m	Faith Haught	3/28

Hammer

	<u>Name</u>	<u>Date</u>
53.87m	Alex Payne	5/15
53.34m	Alex Payne	5/2
53.10m	Alex Payne	4/25
52.72m <i>(unseeded)</i>	Alex Payne	4/18
51.30m	Alex Payne	4/4
51.00m	Alex Payne	3/29

Javelin

	<u>Name</u>	<u>Date</u>
35.53m	Teresa Rotolo	3/22
34.19m	Teresa Rotolo	5/2
33.92m	Teresa Rotolo	5/17
33.21m	Teresa Rotolo	3/27