

**2009 Duke University  
Women's Outdoor Track & Field Performances  
As of 6/13/09**

**100 Meter Dash (DR- 11.87, EC- 12.12, NR- 11.75)**

12.68 ..... Deirdre Anglin-Stone (13<sup>th</sup>) ..... UNC Invitational, 4/11/09  
 12.71 ..... Deirdra Anglin-Stone (25<sup>th</sup>-Pre) ..... ACC Champ, 4/17/09  
 12.90 ..... Deirdra Anglin-Stone (3<sup>rd</sup>) ..... Duke Twilight, 5/3/09  
 12.99 ..... Deirdra Anglin-Stone (20<sup>th</sup>-Pre) Duke Invitational, 4/4/09  
 13.01 ..... Deirdra Anglin-Stone (76<sup>th</sup>) ..... Raleigh Relays, 3/27/09

**200-Meter Dash (DR- 23.85, EC- 24.88, NR- 23.96)**

25.55 ..... Brittany Whitehead (6<sup>rd</sup>) ..... Duke Twilight, 5/3/09  
 25.56 ..... Nicole Ragucci (7<sup>th</sup>) ..... Duke Twilight, 5/3/09  
 26.95 ..... Karolina Haraldsdottir(54<sup>th</sup>) . Wake Forest Open, 3/21/09  
 27.11 ..... Deirdra Anglin-Stone (60<sup>th</sup>) . Wake Forest Open, 3/21/09

**400 Meter Dash (DR- 54.09, EC- 56.14, NR- 54.61)**

56.51 ..... Brittany Whitehead (3<sup>rd</sup>) ..... Duke Twilight, 5/3/09  
 57.00 ..... Brittany Whitehead (17<sup>th</sup>) ..... Raleigh Relays, 3/27/09  
 57.49 ..... Nicole Ragucci (5<sup>th</sup>) ..... Duke Twilight, 5/3/09  
 57.65 ..... Nicole Ragucci (23<sup>rd</sup>) ..... Raleigh Relays, 3/27/09  
 57.79 ..... Kelsey Ontko (27<sup>th</sup>) ..... Raleigh Relays, 3/27/09  
 59.04 ..... Leslie Morrison (14<sup>th</sup>) ..... UNC Invitational, 4/11/09

**800-Meter Run (DR- 2:05.34, EC- 2:11.44, NR- 2:09.80)**

#^2:08.00 ..... Molly Lehman (4<sup>th</sup>) ..... Duke Invitational, 4/4/09  
 #^2:08.95 ..... Esther Vermeer (2<sup>nd</sup>) ..... UNC Elite, 5/8/09  
 #^2:09.02 ..... Leslie Morrison (3<sup>rd</sup>) ..... UNC Elite, 5/8/09  
 #^2:09.07 ..... Devotia Moore (4<sup>th</sup>) ..... UNC Elite, 5/8/09  
 2:10.49 ..... Devotia Moore (11<sup>th</sup>-pre) .. NCAA East Regional, 5/29/09  
 2:10.54 ..... Esther Vermeer (12<sup>th</sup>-pre)ECAC Championships, 5/16/09  
 2:10.68 ..... Leslie Morrison (13<sup>th</sup>-pre)ECAC Championships, 5/16/09  
 ^2:10.96 ..... Leslie Morrison (4<sup>th</sup>) ..... Duke Twilight, 5/3/09  
 ^2:11.06 ..... Devotia Moore (7<sup>th</sup>) ..... ACC Champ, 4/18/09  
 ^2:11.10 ..... Devotia Moore (6<sup>th</sup>) ..... Duke Invitational, 4/4/09  
 2:11.54 ..... Devotia Moore (16<sup>th</sup>-pre)ECAC Championships, 5/16/09  
 2:11.57 ..... Devotia Moore (7<sup>th</sup>-Pre) ..... ACC Champ, 4/17/09  
 2:12.18 ..... Leslie Morrison (9<sup>th</sup>) ..... Raleigh Relays, 3/28/09  
 2:12.43 ..... Leslie Morrison (19<sup>th</sup>-pre) . NCAA East Regional, 5/29/09  
 2:12.44 ..... Esther Vermeer (9<sup>th</sup>) ..... Duke Invitational, 4/4/09  
 2:12.48 ..... Esther Vermeer (6<sup>th</sup>) ..... Duke Twilight, 5/3/09  
 2:13.30 ..... Devotia Moore (7<sup>th</sup>) ..... Duke Twilight, 5/3/09  
 2:13.66 ..... Devotia Moore (12<sup>th</sup>) ..... Raleigh Relays, 3/28/09  
 2:13.87 ..... Leslie Morrison (13<sup>th</sup>-Pre) ..... ACC Champ, 4/17/09  
 2:14.33 ..... Katie Apibunyopas (12<sup>th</sup>) ..... UNC Elite, 5/8/09  
 2:14.51 ..... Esther Vermeer (7<sup>th</sup>-finals)ECAC Championships, 5/17/09  
 2:14.60 ..... Katie Doswell (13<sup>th</sup>) ..... UNC Elite, 5/8/09  
 2:15.15 ..... Esther Vermeer (23<sup>rd</sup>-pre) NCAA East Regional, 5/29/09  
 2:15.31 ..... Katie Apibunyopas (6<sup>th</sup>) ..... UNC Invitational, 4/11/09  
 2:15.33 ..... Emily Schwitzer (14<sup>th</sup>) ..... UNC Elite, 5/8/09  
 2:15.74 ..... Katie Doswell (10<sup>th</sup>) ..... Duke Twilight, 5/3/09  
 2:16.16 ..... Katie Apibunyopas (11<sup>th</sup>) ..... Wake Forest Open, 3/20/09  
 2:16.35 ..... Emily Schwitzer (24<sup>th</sup>) ..... Duke Invitational, 4/4/09  
 2:17.18 ..... Katie Apibunyopas (18<sup>th</sup>-Pre) ..... ACC Champ, 4/17/09  
 2:18.26 ..... Katie Apibunyopas (30<sup>th</sup>) ..... Duke Invitational, 4/4/09  
 2:18.30 ..... Katie Doswell (11<sup>th</sup>) ..... UNC Invitational, 4/11/09  
 2:18.34 ..... Katie Apibunyopas (12<sup>th</sup>) ..... Duke Twilight, 5/3/09  
 2:19.06 ..... Leslie Morrison (18<sup>th</sup>) ..... Wake Forest Open, 3/20/09  
 2:23.94 ..... Katie Doswell (30<sup>th</sup>-Pre) ..... ACC Champ, 4/17/09

**1,500 Meter Run (DR- 4:14.81, EC- 4:32.44, NR- 4:27.80)**

4:15.19 ..... Molly Lehman (7th-finals) ..... NCAA Champ, 6/13/09  
 4:17.20 ..... Molly Lehman (8<sup>th</sup>-pre) ..... NCAA Champ, 6/11/09  
 #^4:17.84 ..... Molly Lehman (1<sup>st</sup>) ..... UNC Elite, 5/8/09  
 #^4:20.40 ..... Molly Lehman (1<sup>st</sup>) ..... Duke Invitational, 4/3/09  
 4:20.58 ..... Molly Lehman (5<sup>th</sup>-pre) ..... NCAA East Regional, 5/29/09  
 #^4:21.11 ..... Molly Lehman (2<sup>nd</sup>) ..... ACC Champ, 4/18/09  
 #4:21.41 ..... Molly Lehman (1<sup>st</sup>-finals)ECAC Championships, 5/17/09  
 #4:24.38 ..... Molly Lehman (3<sup>rd</sup>-pre) .. ECAC Championships, 5/16/09  
 ^4:31.86 ..... Emily Schwitzer (6<sup>th</sup>) ..... Raleigh Relays, 3/28/09  
 ^4:32.08 ..... Patricia Loughlin (7<sup>th</sup>) ..... Duke Invitational, 4/3/09  
 4:32.90 ..... Esther Vermeer (10<sup>th</sup>) ..... Duke Invitational, 4/3/09  
 4:33.35 ..... Emily Schwitzer (2<sup>nd</sup>) ..... Wake Forest Open, 3/21/09  
 4:33.84 ..... Esther Vermeer (8<sup>th</sup>) ..... ACC Champ, 4/18/09  
 4:33.85 ..... Molly Lehman (5<sup>th</sup>-Pre) ..... ACC Champ, 4/17/09  
 4:34.90 ..... Molly Lehman (11th-finals)NCAA East Regional, 5/30/09

4:35.69 ..... Emily Schwitzer (12<sup>th</sup>) ..... Duke Invitational, 4/3/09  
 4:36.09 ..... Esther Vermeer (9<sup>th</sup>-Pre) ..... ACC Champ, 4/17/09  
 4:36.29 ..... Esther Vermeer (7<sup>th</sup>) ..... Wake Forest Open, 3/21/09  
 4:37.84 ..... Christy Adamyk (15<sup>th</sup>) ..... Duke Invitational, 4/3/09  
 4:38.56 ..... Mary Carleton Johnston ..... Duke Invitational, 4/3/09  
 4:41.56 ..... Mary Carleton Johnston (16<sup>th</sup>-Pre) ACC Champ, 4/17/09  
 4:43.22 ..... Mary Carleton Johnston (15<sup>th</sup>) ..... UNC Elite, 5/8/09  
 4:43.37 ..... Leslie Morrison (24<sup>th</sup>) ..... Duke Invitational, 4/3/09  
 4:44.76 ..... Christy Adamyk (16<sup>th</sup>) ..... UNC Elite, 5/8/09  
 4:45.66 ..... Priya Khatri (17<sup>th</sup>) ..... UNC Elite, 5/8/09  
 4:46.00 ..... Shelly Forbes (13<sup>th</sup>) ..... UNC Invitational, 4/11/09  
 4:46.60 ..... Anna Farias-Eisner (19<sup>th</sup>) ..... UNC Elite, 5/8/09  
 4:47.55 ..... Anna Farias-Eisner (20<sup>th</sup>-Pre) ..... ACC Champ, 4/17/09  
 4:48.46 ..... Shelly Forbes (21<sup>st</sup>) ..... UNC Elite, 5/8/09  
 4:49.37 ..... Priya Khatri (15<sup>th</sup>) ..... UNC Invitational, 4/11/09  
 4:51.76 ..... Priya Khatri (16<sup>th</sup>) ..... Raleigh Relays, 3/28/09  
 4:57.57 ..... Amanda Patterson (35<sup>th</sup>) ..... Raleigh Relays, 3/28/09  
 5:01.19 ..... Devotia Moore (44<sup>th</sup>) ..... Wake Forest Open, 3/21/09  
 5:01.78 ..... Katie Apibunyopas (46<sup>th</sup>) ..... Raleigh Relays, 3/28/09

**3000 Meter Run (DR- 9:19.12, EC- 9:56.24)**

^9:53.09 ..... Christy Adamyk (2<sup>nd</sup>) ..... Wake Forest Open, 3/21/09  
 10:13.40 ..... M.C. Johnston (4<sup>th</sup>) ..... Wake Forest Open, 3/21/09  
 10:28.42 ..... Priya Khatri (5<sup>th</sup>) ..... Duke Invitational, 4/3/09  
 10:56.70 ..... Priya Khatri (17<sup>th</sup>) ..... Wake Forest Open, 3/21/09

**5,000-Meter Run (DR- 15:52.83, EC- 17:26.14, NR- 16:52.00)**

#^16:37.00 ..... Christy Adamyk (11<sup>th</sup>) ..... Penn Relays, 4/23/09  
 ^16:55.42 ..... Christy Adamyk (14<sup>th</sup>) ..... Raleigh Relays, 3/27/09  
 17:02.26 ..... Carly Seymour (8<sup>th</sup>) ..... ECAC Championships, 5/15/09  
 17:07.23 ..... Christy Adamyk (29<sup>th</sup>) ..... NCAA East Regional, 5/29/09  
 ^17:19.80 ..... Carly Seymour (1<sup>st</sup>) ..... Duke Twilight, 5/3/09  
 17:36.76 ..... Suejin Ahn (11<sup>th</sup>) ..... ACC Champ, 4/18/09  
 17:56.29 ..... Priya Khatri (3<sup>rd</sup>) ..... Duke Twilight, 5/3/09  
 17:57.36 ..... Carly Seymour (6<sup>th</sup>) ..... Duke Invitational, 4/3/09  
 18:02.49 ..... Shelley Forbes (4<sup>th</sup>) ..... Duke Twilight, 5/3/09  
 18:03.33 ..... Carly Seymour (6<sup>th</sup>) ..... Wake Forest Open, 3/20/09  
 18:05.81 ..... Mary Carleton Johnston (5<sup>th</sup>) ..... Duke Twilight, 5/3/09  
 18:14.56 ..... Shelley Forbes (20<sup>th</sup>) ..... ACC Champ, 4/18/09  
 18:34.27 ..... Priya Khatri (22<sup>nd</sup>) ..... ACC Champ, 4/18/09

**10,000-Meter Run (DR- 32:40.70, EC- 37:40.00, NR- 33:30.00)**

35:57.79 ..... Christy Adamyk (1<sup>st</sup>) ..... ECAC Championships, 5/15/09  
 ^36:07.13 ..... Christy Adamyk (3<sup>rd</sup>) ..... ACC Champ, 4/16/09  
 39:32.88 ..... Emily Schwitzer (16<sup>th</sup>) ..... ACC Champ, 4/16/09

**100 Meter Hurdles (DR- 13.98, EC- 14.44, NR- 13.92)**

15.54 ..... Wendy Jaglom (3<sup>rd</sup>) ..... Duke Twilight, 5/3/09  
 15.56 ..... Karolina Haraldsdottir (22<sup>nd</sup>-Pre) ..... WF Open, 3/20/09  
 15.76 ..... Wendy Jaglom (15<sup>th</sup>) ..... UNC Invitational, 4/11/09  
 15.80 ..... Wendy Jaglom (21<sup>st</sup>-Pre) ..... Duke Invitational, 4/4/09  
 16.01 ..... Wendy Jaglom (27<sup>th</sup>) ..... Wake Forest Open, 3/20/09  
 16.26 ..... Caitlin Johnson (4<sup>th</sup>) ..... Duke Twilight, 5/3/09  
 16.27 ..... Wendy Jaglom (60<sup>th</sup>) ..... Raleigh Relays, 3/27/09

**400 Meter Hurdles (DR- 58.49, EC- 1:02.54, NR- 1:00.82)**

1:05.51 ..... Wendy Jaglom (7<sup>th</sup>) ..... UNC Invitational, 4/11/09  
 1:05.58 ..... Wendy Jaglom (28<sup>th</sup>) ..... Raleigh Relays, 3/27/09  
 1:05.73 ..... Wendy Jaglom (12<sup>th</sup>) ..... Wake Forest Open, 3/21/09  
 1:05.74 ..... Wendy Jaglom (3<sup>rd</sup>) ..... Duke Twilight, 5/3/09  
 1:06.11 ..... Wendy Jaglom (14<sup>th</sup>) ..... Duke Invitational, 4/3/09  
 1:07.56 ..... Caitlin Johnson (10<sup>th</sup>) ..... UNC Invitational, 4/11/09  
 1:07.97 ..... Caitlin Johnson (20<sup>th</sup>) ..... Duke Invitational, 4/3/09  
 1:09.69 ..... Caitlin Johnson (5<sup>th</sup>) ..... Duke Twilight, 5/3/09  
 1:10.49 ..... Caitlin Johnson (26<sup>th</sup>) ..... Wake Forest Open, 3/21/09

**3000 Meter Steeplechase (DR- 9:51.76, EC- 10:55.04, NR- 10:50.25)**

10:08.26 ..... Patricia Loughlin (12th-pre) ..... NCAA Champ, 6/10/09  
 #10:09.77 ..... Patricia Loughlin (2<sup>nd</sup>) ..... ECAC Championships, 5/15/09  
 10:10.61 ..... Patricia Loughlin (2<sup>nd</sup>) ..... NCAA East Regional, 5/30/09  
 10:15.56 ..... Patricia Loughlin (10<sup>th</sup>-finals) ..... NCAA Champ, 6/11/09  
 #^10:23.74 ..... Patricia Loughlin (3<sup>rd</sup>) ..... ACC Champ, 4/17/09

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^10:51.61 ..... Patricia Loughlin (1<sup>st</sup>) ..... UNC Invitational, 4/11/09  
11:02.70 ..... Mary Carleton Johnston (3<sup>rd</sup>) .. UNC Invitational, 4/11/09

**4x100 Meter Relay (DR- 48.56, EC- 48.34, NR- 45.70)**

^48:31 ..... (9<sup>th</sup>) ..... ACC Champ, 4/18/09  
(Kelsey Ontko, Nicole Ragucci, Brittany Whitehead, Devotia Moore)  
48.85 ..... (5<sup>th</sup>) ..... Duke Invitational, 4/4/09  
(Kelsey Ontko, Brittany Whitehead, Nicole Ragucci, Deirdra Anglin-Stone)  
48.95 ..... (9<sup>th</sup>) ..... Wake Forest Open, 3/21/09  
(Dierdra Anglin-Stone, Brittany Whitehead, Nicole Ragucci, Kelsey Ontko)  
49.38 ..... (21<sup>st</sup>) ..... Raleigh Relays, 3/28/09  
(Dierdra Anglin-Stone, Brittany Whitehead, Nicole Ragucci, Kelsey Ontko)

**4x400 Meter Relay (DR- 3:42.71, EC- 3:51.84, NR- 3:42.00)**

3:52.76 ..... (6<sup>th</sup>) ..... Wake Forest Open, 3/21/09  
(Kelsey Ontko, Nicole Ragucci, Devotia Moore, Esther Vermeer)

**4x800 Meter Relay (DR- 8:41.96, EC- 9:16.24)**

8:44.11 ..... (1<sup>st</sup>-finals) ..... ECAC Championships, 5/17/09  
(Katie Apibunyopas, Devotia Moore, Leslie Morrison, Molly Lehman)  
^8:50.95 ..... (2<sup>nd</sup>) ..... Penn Relays, 4/25/09  
(Esther Vermeer, Patricia Loughlin, Suejin Ahn, Emily Schwitzer)  
8:57.67 ..... (4<sup>th</sup>-pre) ..... ECAC Championships, 5/16/09  
(Katie Apibunyopas, Katie Doswell, Emily Schwitzer, Patricia Loughlin)

**4x1500 Meter Relay (DR- 17:45.20)**

18:36.96 ..... (5<sup>th</sup>) ..... Penn Relays, 4/24/09  
(Esther Vermeer, Patricia Loughlin, Suejin Ahn, Emily Schwitzer)

**Distance Medley Relay (DR- 11:10.18)**

11:28.14 ..... (6<sup>th</sup>) ..... Penn Relays, 4/23/09  
(Molly Lehman, Brittany Whitehead, Devotia Moore, Patricia Loughlin)

**Pole Vault (DR- 14-2, EC- 11-11.75, NR- 12-7.5)**

#^13-3.5 ..... Amy Fryt (1<sup>st</sup>) ..... ACC Champ, 4/18/09  
#^12-7.5 ..... Amy Fryt (4<sup>th</sup>) ..... Penn Relays, 4/23/09  
^12-3.5 ..... Amy Fryt (1<sup>st</sup>) ..... Raleigh Relays, 3/28/09  
^12-11.50 ..... Amy Fryt (1<sup>st</sup>) ..... Duke Invitational, 4/3/09  
^12-11.50 ..... Amy Fryt (1<sup>st</sup>) ..... UNC Invitational, 4/11/09  
12-6 ..... Amy Fryt (16<sup>th</sup>) ..... NCAA East Regional, 5/29/09  
^12-1.50 ..... Cassie Ludwig (4<sup>th</sup>) ..... UNC Invitational, 4/11/09  
^12-1.50 ..... Amy Fryt (4<sup>th</sup>) ..... UNC Elite, 5/8/09  
11-11.75 ..... Amy Fryt (8<sup>th</sup>) ..... ECAC Championships, 5/16/09  
^11-11.75 ..... Amy Fryt (1<sup>st</sup>) ..... Wake Forest Open, 3/20/09  
^11-11.75 ..... Amy Fryt (1<sup>st</sup>) ..... Duke Twilight, 5/3/09  
11-9.75 ..... Sally Liu (t-3<sup>rd</sup>) ..... Duke Invitational, 4/3/09  
11-9.75 ..... Anne Marie Gordon (7<sup>th</sup>) ..... Duke Invitational, 4/4/09  
11-7.75 ..... Sally Liu (7<sup>th</sup>) ..... UNC Invitational, 4/11/09  
11-7.75 ..... Anne Marie Gordon (8<sup>th</sup>) ..... UNC Invitational, 4/11/09  
11-7.75 ..... Sally Liu (15<sup>th</sup>) ..... ACC Champ, 4/18/09  
11-7.75 ..... Cassie Ludwig (9<sup>th</sup>) ..... UNC Elite, 5/8/09  
11-5.75 ..... Sally Liu (5<sup>th</sup>) ..... Raleigh Relays, 3/28/09  
11-3.75 ..... Cassie Ludwig (9<sup>th</sup>) ..... Duke Invitational, 4/3/09  
11-1.75 ..... Anne Marie Gordon (16<sup>th</sup>) ..... ACC Champ, 4/18/09  
10-11.75 ..... Anne Marie Gordon (6<sup>th</sup>) ..... Wake Forest Open, 3/20/09  
10-11.75 ..... Sally Liu (4<sup>th</sup>) ..... Duke Twilight, 5/3/09  
10-11.75 ..... Sally Liu (7<sup>th</sup>) ..... Wake Forest Open, 3/20/09  
10-11.75 ..... Cassie Ludwig (8<sup>th</sup>) ..... Raleigh Relays, 3/28/09

**Long Jump (DR-19-1.5, EC- 19-0.25, NR- 19-8.25)**

16-7.25 ..... Kelsey Ontko (11<sup>th</sup>) ..... Duke Invitational, 4/4/09  
16-4.75 ..... Kelsey Ontko (28<sup>th</sup>) ..... Raleigh Relays, 3/27/09  
16-3.25 ..... Karolina Haraldsdottir (27<sup>th</sup>) . Wake Forest Open, 3/20/09  
14-7.25 ..... Wendy Jaglom (27<sup>th</sup>) ..... Duke Invitational, 4/4/09

**Hammer Throw (DR-181-5, EC- 162-5, NR- 177-7.5)**

129-10 ..... Courtney Bowen (27<sup>th</sup>) ..... Raleigh Relays, 3/28/09  
128-10 ..... Courtney Bowen (15<sup>th</sup>) ..... UNC Invitational, 4/11/09  
124-0 ..... Courtney Bowen (24<sup>th</sup>) ..... Duke Invitational, 4/3/09  
120-2 ..... Courtney Bowen (9<sup>th</sup>) ..... Duke Twilight, 5/3/09  
118-11 ..... Courtney Bowen (20<sup>th</sup>) ..... Wake Forest Open, 3/20/09

**Shot Put (DR- 45-0.25, EC- 44-7.5, 46-11)**

40-4.25 ..... Karolina Haraldsdottir (8<sup>th</sup>) ..... UNC Invitational, 4/11/09

**Discus Throw (DR- 160-09, EC- 139-5, NR- 155-2)**

137-06 ..... Courtney Bowen (8<sup>th</sup>) ..... UNC Invitational, 4/11/09  
136-10 ..... Courtney Bowen (14<sup>th</sup>) ..... ACC Champ, 4/18/09  
127-0 ..... Courtney Bowen (14<sup>th</sup>) ..... Duke Invitational, 4/4/09  
124-3 ..... Courtney Bowen (3<sup>rd</sup>) ..... Duke Twilight, 5/3/09  
123-1.5 ..... Courtney Bowen (19<sup>th</sup>) ..... Raleigh Relays, 3/27/09  
118-07 ..... Courtney Bowen (19<sup>th</sup>) ..... Wake Forest Open, 3/20/09

**Javelin Throw (DR- 168-11, EC- 132-10, NR- 142-6.5)**

^#150-05 ..... Amy Matulewicz (1<sup>st</sup>) ..... Wake Forest Open, 3/20/09  
^140-00 ..... Amy Matulewicz (2<sup>nd</sup>) ..... Duke Invitational, 4/4/09  
97-05 ..... Karolina Haraldsdottir (9<sup>th</sup>) ..... UNC Invitational, 4/11/09  
87-04 ..... Karolina Haraldsdottir (29<sup>th</sup>) . Wake Forest Open, 3/20/09

DR (\*) -Duke Record  
EC (^) -ECAC qualifying time  
NR (#) - NCAA Regional qualifier