

Lane Community College 2006 Track & Field Season Bests (Women)

200 METERS (26.70)

1. Ely, Kristina	25.83	5/22/06
2. Frigaard, Heather	26.91	5/01/06

400 METERS (1:02.90)

1. Ely, Kristina	57.35*	5/22/06
2. Steube, Megan	1:00.43	5/13/06
3. Reynolds, Nattisia	1:02.76	5/13/06

800 METERS (2:29.90)

1. Starodubtseva, Tamara	2:23.26	5/06/06
2. Frigaard, Heather	2:26.23	3/18/06
3. Ely, Kristina	2:29.03	5/02/06

1500 METERS (5:10.90)

1. Starodubtseva, Tamara	5:07.85	3/11/06
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100 HURDLES (16.50)

1. Frigaard, Heather	15.44	5/13/06
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400 HURDLES (1:09.70)

1. Steube, Megan	1:05.01	5/06/06
2. Frigaard, Heather	1:05.68	5/22/06

400 RELAY (51.20)

1. Lane 'A'	49.40	5/22/06
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McVicker, Frigaard, Reynolds, Ely

1600 RELAY (4:18.10)

1. Lane 'A'	3:59.34*	5/22/06
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Steube, Frigaard, Reynolds, Ely

SHOT PUT (36'11.5")

1. Moody, Charlene	41'04.5"	4/28/06
2. Jones, LeAsia	35'04.5"	5/13/06
3. De Bit, Sara	35'	4/01/06

HAMMER THROW (124'01")

1. Moody, Charlene	117'10"	3/04/06
2. Peltier, Jolaina	116'10"	5/22/06

DISCUS (121'04")

1. Rombach, Natalie	124'05"	5/22/06
2. Moody, Charlene	121'07"	5/22/06

JAVELIN (121'09")

1. Harris, Whitney	155'03**	5/22/06
2. De Bit, Sara	123'08"	3/11/06

HIGH JUMP (4'11.5")

1. Ely, Kristina	5'02"	5/13/06
2. Augustyniak, Chelsey	4'11.5"	5/06/06
3. Jones, LeAsia	4'11.5"	5/01/06
4. Frigaard, Heather	4'11.5"	5/01/06

POLE VAULT (8'4.5")

1. Stratton, Erika	11'06"	5/13/06
2. De Bit, Sarah	9'06"	3/11/06

TRIPLE JUMP (34'02")

1. Augustyniak, Chelsey	35'09.25"	4/28/06
2. McVicker, Callie	33'08"	5/22/06

HEPTATHLON (3000 pts)

1. Frigaard, Heather*	4085	5/02/06
2. Ely, Kristina	3904	5/02/06

*- NWAACC Leader

List Updated 5/26/06