

# 1993 USA TRACK & FIELD JUNIOR NATIONAL CHAMPIONSHIPS

June 26-27, 1993 Spokane Falls CC, Spokane, WA-Results by Jim Spier-Doug Speck

(times in hundredths Accutrack Timing, tenths is hand timing. Known preps in CAPITAL LETTERS. Grades for known preps during 1992-93 school year: - = 12th grade, \* = 11th grade, \*\* = 10th grade, \*\*\* = 9th grade, \*\*\*\* = 8th grade, ? = grade unknown).

## ATHLETES IN FOLLOWING RESULTS WITH 1974 BIRTHDATE INELIGIBLE BY AGE FOR 1994 USA TRACK & FIELD JUNIOR NATIONAL CHAMPIONSHIPS

UNDERLINED NAMED TO U.S. JUNIOR NATIONAL TEAM FOR SUMMER INTERNATIONAL COMPETITION

**WOMEN:** "a" events 6/26 "b" events 6/27

**100 Meters** (a) (-7.00 mps wind) \*JENNIFER WILSON (Runnin Rebels/Wm Penn HS, Philadelphia, PA)/76 11.92; -MIKEAELA PERRY (Cornhusker Flyers, Northwest HS, Omaha, NE)/75 12.06; \*TRACI JEFFREY (Unat/Lufkin HS, TX)/75 12.11; -INSHOLLAH SAUNDERS (Plainfield HS, NJ)/74 12.14; Deleeta Bradley (Florida State Univ)/74 12.17; -COMESHA TUCKER (McComb HS, MS)/74 12.18; \*ASPEN BURKETT (Colorado Flyers/East HS, Denver, CO)/76 12.27; -CASEY CUSTER (Elite TC, Lamar HS, Arlington, TX)/74 12.56. (heat 1) (-3.80) -SAUNDERS/74 12.02; -TUCKER/74 12.05; \*BURKETT/76 12.19; Javinta Kirby (Univ Tenn)/74 12.47; -NICOLE SMITH (Unat/Klein HS, Tx)/75 12.49. (heat 2) (-3.31) \*J. WILSON/76 11.89; -PERRY/75 12.02; BRADLEY/74 12.33; \*\*STACEY MINNOTT (Sport TC/New Rochelle HS, NY)/77 12.50; -Shawna Jenkins (Del Mar, San Jose, Ca)/75 12.81. (heat 3): (-1.87) \*JEFFREY/75 11.95; -CUSTER/74 12.29; \*AIREASE CHAPMAN (Deer Valley HS, Glendale, Az)/76 12.45; \*\*AISHA WALLACE (Acorn TC/Skyline HS, Oakland, Ca)/77 12.52.

**200 Meters** (b) (-4.80) \*JENNIFER WILSON (Runnin Rebels/Wm Penn HS, Philadelphia, Pa)/76 23.97; -KAREN BOONE (Hanks HS, El Paso, TX)/75 24.04; \*\*STACEY MINOTT (Sport TC/New Rochelle HS, NY)/77 24.25 PERRY (Cornhusker Flyers/Northwest HS, Omaha, Ne)/75 24.71; -SHENITA WILSON (Unat/Northeast HS, Macon, GA)/75 24.91, -COMESHA TUCKER (McComb HS, Ms) 25.90. (heat 1): -3.10 \*J. WILSON/76 24.14; \*\*MINOTT/77 24.45; -TUCKER 24.77; Javita Kirby (Univ Tenn)/74 25.26; -LILIAN LABOY (Plainfield HS, NJ)/74 25.42; -NICOLE SMITH (Unat/Klein HS, Tx)/75 25.58. (heat 2) -6.70 -PERRY/75 24.52; -S. WILSON/75 24.62; -INSHOLLAH SAUNDERS (Plainfield HS, NJ)/74 25.07; -DONNA HOWARD (Quicksilver TC/Glenn Hills HS, Augusta, Ga)/74 25.61. (heat 3): (-5.80 -BOONE/75 24.16; -MEEKS/75 24.53; -YASHIVA EDWARDS (Central Kitsap HS, Silverdale, WA)/76 25.14; -CASEY CUSTER (Elite TC/Lamar HS, Arlington, TX)/74 25.27; -CATRINA WRIGHT (Unat/Bartlett HS, Anchorage, Ak)/75 26.26; -SHAWNA JENKINS (Del Mar HS, San Jose, Ca)/75 26.32.

**400 Meters** (b) \*MONIQUE HENNAGAN (Spring Valley HS, Columbia, SC)/76 52.30; \*CYNTHIA NEWSOME, (Colorado Flyers/South HS, Denver, CO)/76 52.47; Tiffany Weatherford (Univ No Car)/74 53.75; Vonda Newhouse (Rice)/74 53.81; Stacy Milligan (Athl In Action/Baylor Univ)/75 53.87; \*TOYA BROWN (Oak Lane Youth Assn/Overbrook HS, Philadelphia, PA)/75 53.89; -DONNA HOWARD (Quicksilver TC/Glenn Hills HS, Augusta, GA)/74 54.55; Tashea Holdip (St. John's Univ)/74 59.08. (heat 1) (a) : \*NEWSOME/76 53.93; NEWHOUSE/74 54.74; \*ANGELA HARRIS (Acorn TC/Skyline HS, Oakland, CA)/76 54.98; -MELISSA ROLAND (Killeen HS, TX)/75 55.87; \*JENNIFER JORDAN (Clear Creek HS, League City, TX)/76 56.07; -MALIKA FREEMAN (Acorn TC/Skyline HS, Oakland, CA)/76 56.97. (heat 2): \*HENNAGAN/76 53.10; -HOWARD/74 54.28; \*BROWN/75 54.36; -SHENITA WILSON (Unat/Northeast HS, Macon, GA)/75 56.91. (heat 3): Milligan/75 54.25; Holdip/74 54.57; Weatherford/74 54.58; Janelle Johnson (Univ Ill)/74 55.08; -YASHIVA EDWARDS, (Central Kitsap HS, Silverdale, WA)/76 56.54; Tisha-Shea Harty (St. John's)/74 57.60.

**800 Meters** (b) \*\*JAWAUNA MC MULLEN (Jeuness TC/IS 324, Brooklyn, NY)/76 2:07.89; Sarah Webber (Missouri)/74 2:08.21; -MIESHA MARZELL (Bishop O'Dowd HS, Oakland, CA)/75 2:09.71; \*\*JULIAN REYNOLDS (Benjamin School, North Palm Beach, FL)/77 2:11.59; Melissa Balderas (BYU)/74 2:12.26; \*TRACI JORDAN (Runnin Rebels/Wm Penn HS, Philadelphia, PA)/76 2:13.88; -LIZ MUELLER (Unat/Waterford HS, CT)/75 2:16.19; -KIMBERLY GARDNER (Blues TC/Webster Groves HS, Mo)/75 2:17.64. (heat 1) (a) : MUELLER/75 2:10.20; \*\*REYNOLDS/77 2:10.55; Balderas/74 2:11.67; -MARZELL/75 2:12.69; \*\*KRISTIE JOHNSTON (Central HS, Fresno, CA)/77 2:14.05; -BRIANA BENNING (John F. Kennedy HS, Cedar Rapids, IA)/75 2:16.36; Sue Huelster (Penn St Univ)/74 2:19.84. (heat 2): \*\*MC MULLEN/76 2:08.73; Webber/74 2:10.53; -KIM GARDNER (Blues TC/Webster Groves HS, MO)/75 2:11.97; \*JORDAN/76 2:13.15; \*\*\*JESSICA KOCH, (Round Rock HS, TX)/78 2:16.22; Shar Crader (Florida Int'l)/74 2:17.31; -MICHELLE MUETHING (Amador Valley HS, Pleasanton, Ca)/75 2:18.97; -BARBIE JONES (San Marcos HS, Santa Barbara, Ca)/75 2:20.51.

**1500 Meters** (b) -BECKI WELLS (Dickinson HS, ND)/74 4:21.77; Heather Vande Brake (Furman)/74 4:34.16; -KAREN GODLOCK (Polk City Blue Streaks/Polk County HS, Columbus, NC)/75 4:34.29; \*\*KRISTEN NICOLINI (Annapolis HS, MD)/77 4:40.17; Lori Miller (Cal State-Northridge)/74 4:41.40; \*\*SARA MAJKA (Falmouth HS, MA)/77 4:42.22; \*IRIS CRIPPS (Glendale HS, OR)/75 4:42.95; -MICHELLE MUETHING (Amador Valley, Pleasanton, CA)/75 4:43.67; \*CHRISY GOODISON, (Stevenson HS, Sterling Heights, MI)/76 4:45.35; \*\*\*JESSICA KOCH (Round Rock HS, TX)/78 4:45.9; \*JOANNA CERRI (Sacramento TC/Downey HS, Modesto, Ca)/76 4:49.4; -KIM GARDNER (Blues TC/Webster Groves HS, MO)/75 4:54.4; Shar Crader (Florida Int'l)/74 5:06.7.

**3000 Meters** (b) Shelley Taylor (Univ Ark)/74 9:44.33; -AMANDA WHITE (Unat/Dulaney HS, Timonium, MD)/75 9:49.86; \*SARAH BRANDY (Ashland HS, OR)/77 9:56.16; Stacy Swank (Rice)/74 9:59.66; \*\*\*\*JULIA STAMPS (Santa Rosa Express/Rincon JHS, Santa Rosa, CA)/78 10:02.4; \*JENNA ROGERS, (Ridgewood HS, NJ)/75 10:09.73; \*\*EMILY NAY (Capitol HS, Helena, MT)/77 10:13.72; Carissa Brown (Central Ore CC)/74 10:18.34; \*AMANDA WARTHAN (Ind Nike TC/North HS, Bloomington, IN)/76 10:38.49; \*KIM NELSON (Canyon HS, Anaheim, Ca)/76 10:44.14; Nancy Keeler (Univ Toledo)/74 10:51.86; Kelly Fischer (Univ Missouri)/74 11:00.90.

**10,000 Meters** (a) Cynthia Moreshead (Wake Forest)/74 37:59.63; Christy Bench (Univ Houston)/74 38:12.84; \*GABRIELA RODRIGUEZ (Oxnard HS, CA)/76 39:35.09.



**100m High Hurdles** (b) (33") (-6.00) Tonya Williams (Univ III)/74 13.80; Kim Carson (LSU)/74 14.04; \*ANGELA VAUGHN (Laurel HS, MD)/76 14.28; Le'Gretta Hinds (Long Beach State)/74 14.31; \*LA TASHA COLANDER (Striders Int'l/Manor HS, Portsmouth, VA)/76 14.32; \*CARMEN BANKS (John Adams HS, Cleveland, OH)/75 14.33; \*KIERSTIN DOYLE (Benton Central HS, Oxford, IN)/76 14.44; \*BISA GRANT (Bishop O'Dowd HS, Oakland, CA)/76 14.47. (heat 1) (a): -1.18 Carson/74 13.81; \*COLANDER/76 13.84; -KRISTIN KUEHN (Greece Athena HS, Rochester, NY)/75 14.51; -ZOE HUNT (Smitheburg HS, MD)/75 14.65; -JENNIFER WILLIAMS (Maury HS, Norfolk, VA)/75 14.76; -KAREN BOONE (Hanks HS, El Paso, TX)/75 14.81; \*\*KIMBERLY SMALLWOOD (Lamar Consolidated HS, Rosenberg, Tx)/76 15.85. (heat 2) +1.75 Williams/74 13.64; \*BANKS/76 13.80; \*VAUGHN/76 14.04; Hinds/74 14.24; \*KAREN ELLIOT (Flower City TC/Penfield HS, NY)/76 14.83; Kam Warner (Univ Wash)/74 14.97; \*\*AKILAH CARTER (Thunderbolt TC/Tecumseh HS, Shawnee Heights, KS)/76 15.21. (heat 3): -3.86 \*GRANT/76 14.29; \*DOYLE/76 14.36; Keisha Taylor (Unat, Brockport, NY)/74 14.48; \*\*\*DOMINGUE' CALLOWAY (Colorado Flyers/South HS, Denver, CO)/78 14.74; Adra Hysong (Az St Univ)/74 14.78

**400m Hurdles** (b) -Tonya Williams (Univ III)/74 57.15; Erin Blunt (UCLA)/74 58.07; \*ANGELA HARRIS (Acorn TC/Skyline HS, Oakland, CA)/76 59.46; Christy Boyd (Stanford)/74 60.16; -KRISTIN KUEHN (Flower City TC/Greece Athena HS, Rochester, NY)/75 61.24; -YVONNE HARRISON (Jeunesse TC/Lehman HS, Bronx, NY)/75 62.45; \*KAREN ELLIOTT (Flower City TC/Penfield HS, NY)/76 74.05; \*CARMEN BANKS (Adams HS, Cleveland, Oh) scratched. (heat 1) (a) : Blunt/74 58.02; \*HARRIS/76 58.88; \*ELLIOTT/76 60.34; BOYD/74 60.75; \*BANKS/75 62.39. (heat 2): Williams/74 59.28; -HARRISON/75 60.11; -KUEHN/75 60.44; Patrice Woods (Univ Wash)/74 62.61; Le'Gretta Hinds (Long Beach State)/74 63.31; \*JULIA LAIUVARA (Hanover HS, PA)/76 63.62.

**5000m Walk** (a) \*LISA CHUMBLEY (Clear Creek HS, Houston, TX)/76 25:00.36; \*MELISSA BAKER (Shoreham-Wading River HS, Shoreham, NY)/76 25:09.06; ?DEBORAH IDEN (Bayport, NY)/75 25:49.15, Margaret Ditchburn (Univ Wisc/Parkside)/74 27:34.29, Danielle Kirk (Unat, Bell Canyon, Ca)/74 27:44.05, -DEBRA SCOTT (Unat/Pelham HS, NY)/76 28:23.82, -LANCE LANKOWICZ (Connetquot HS, Bohemia, NY)/75 28:49.49, ?AIMEE PARSON (Boca Grande HS, Roswell, NM)/77 29:00.16, \*DEBBIE CARTER (Outsiders TC, Hamlin HS, NY)/76 29:16.31, Jacqueline Campos (CVRPD Scorpions, La Quinta, CA)/74 29:33.76, Jennifer Grego (Outsiders TF, Brockport, NY)/74 29:51.92, Jennifer Praigo (Farmingdale College)/74 30:25.43, Alison Zbrenski (Potomac Valley TC, Bowie, MD)/79 30:50.25.

**High Jump** (b) -AMY ACUFF (Unat/Calallen HS, Corpus Christi, TX)/75 6-1.5; -NORA WEBER (Unat/Canton HS, IL)/75 5-10; \*\*ALICIA ALFORD (Summerville HS, SC)/77 5-10; \*SARAH ARROWSMITH (Issaquah Gliders/Issaquah HS, WA)/75 5-7.75; Brenda Naber (Univ Mont)/74 5-5.25.

**Long Jump** (a) Kam Warner (Univ Wash)/74 19-5.75w; Terra Tyus (Univ III)/74 19-0.25w (18-11ok); \*\*AKILAH CARTER (Thunderbolt TC/Tecumseh HS, Shawnee Heights, KS)/76 18-7.5; -KEISHA DOBY (Lynwood Lightning/Lynwood HS, Ca)/75 18-5.5w (18-4ok); Jacquelyn Bridgeman (Stanford)/74 18-3.75, -MELISSA ROLAND (Killeen HS, Tx)/75 17-11 1/4w, -DEMEIKA TWEEDY (Plainfield HS, NJ)/76 17-10 1/4, Andrea Melton (Boston College)/74 17-0w.

**Triple Jump** (b) Tyra Moore (Univ No Car)/74 41-4.5w (39-10ok); -MELISSA ROLAND (Killeen HS, TX)/75 39-9.25; Kayla Montgomery (Univ Ariz)/74 39-5.75w (38-7.75ok); -KEISHA DOBY (Lynwood Lightning/Lynwood HS, Ca)/75 38-11.5; \*RHONDA WITMER (Greenwood, Millerstown, PA)/76 38-9.25w (36-8.5ok); -ZOE HUNT (Phoenix Express/Smithsburg HS, MD)/75 38-7w (37-10.75ok); \*TRACI JEFFERY, (Unat/Lufkin HS, TX)/75 38-5.5w (36-9ok); Anne Lee (Stanford)/74 38-2.75w; Adra Hysong (Ariz St Univ)/74 37-1w, Amy Connole (Grossmont JC)/74 35-8 3/4w

**Shot Put** (a) Valeyta Althouse (UCLA)/74 52-6.5; -KRISTIN HEASTON (Sacramento TC/Ygnacio Valley, Concord, CA)/75 52-1.25; \*COLLINOUS NEWSOME (Colorado Flyers/South HS, Denver, CO)/76 49-9.75; -TERI STEER, (Crete, NE)/75 47-0.25; Amy Winchester (Dartmouth)/74 45-10.75; -NICOLE SIMS (Plainfield, NJ)/74 44-9.5; Leslie Woolery (Shaasta JC)/74 44-5.5; Theresa Findlay (Northeastern)/74 44-04.25; \*SOOZIE SHANLEY (Tulare HS, CA)/75 41-11.5; Tiann Rouse (Cal State-Stanislaus)/74 41-6; -LARRI-JO CHRISTENSEN (Plains HS, MT)/74 41-4.25; -LESLIE TURNER (Rogers HS, Michigan City, IN)/75 41-2.5; -COREEN DE LOS SANTOS, (Ukiah HS, CA)/75 40-08.25; Renae Friend (Weber State)/74 40-1.5; -KIM HICKS, (Plainfield HS, NJ)/75 40-0, -KIM SELLERS (Juniata HS, Cocolamus, Pa)/75 39-9 1/4, Dawn Ellerbe (Univ So Carolina)/74 39-8, Kelly Kobia (Univ Tenn)/74 39-2 1/4, \*ANDREA MILLER (Unat/North HS, Davenport, Ia)/76 38-3 1/2, Jill Wilmer (Univ Idaho)/74 36-3 1/2.

**Discus** (b) \*SUZY POWELL (Sacramento TC/Downey HS, Modesto, CA)/76 180-8; Melinda Wirtz (Unat, Medina, Oh/Kent St)/74 172-8; Stacey Schroeder (Univ Fla)/74 165-11; -KRISTIN HEASTON (Sacramento TC/Ygnacio Valley HS, Concord, Ca)/75 155-10; Therese Findlay (Northeastern)/74 149-10; \*SOOZIE SHANLEY (Tulare HS, Ca)/75 148-4; -TYRENDA STAMPS (Mt. Pleasant HS, San Jose, CA)/75 139-11; -MELISSA FLANDERA (Magnificat HS, Rocky River, OH)/75 139-5; -TERRI STEER (Crete HS, Ne)/75 136-11; -STACI ANN DARDEN (Sacramento TC/Sonora HS, Ca)/75 136-10; Kelly Kobia (Univ Tenn)/74 136-0; -LILLIAN STEELE (St. Joseph HS, MI)/75 135-4; Laura Mindock (Univ III)/74 135-4; Liann Rouse (Cal State-Stanislaus)/74 133-9; Renae Friend (Weber State)/74 133-2; -KIM SELLERS (East Juniata HS, Cocolamus, PA)/75 131-2; -NICOLE SIMS (Plainfield HS, NJ)/74 130-6; \*NIKI STILLIAN (Lewis and Clark HS, Spokane, WA)/76 130-5, Tania Roth (Univ Ore)/74 129-1, Dawn Ellerbe (Univ So Carolina)/74 126-7, Misako Hampton (Bakersfield College) 126-3, -TRISHA HARRIS (Unat, Marlboro HS, NJ)/75 123-7, -RAFAELA LOPEZ-MCKNIGHT (Unat/Okemos HS, Mi)/75 119-1, -LARRI-JO CHRISTENSEN (Plains HS, Mt)/74 117-10, -RENESSA CRAWFORD (Evant HS, Tx)/74 116-7, Erica Ahmann (Cal Poly SLO)/74 105-3.

**Javelin** (a) Deanna Alexander (Wichita State)/74 161-11; -HEATHER BROWN (North Kingstown HS, RI)/75 149-8; Kirsten Schultz (Unat/Ottawa Univ)/74 148-7; Kristen Schultz (Kansas St Univ)/74 143-0; \*JEN PASTORE (Selinsgrove HS, PA)/76 140-8; \*ANN CROUSE (Stonington HS, CT)/76 137-8; \*SUZY POWELL (Sacramento TC/Downey, Modesto, CA)/76 135-5; Nicole Haynes (USC)/74 133-10; -TIFFANY LOTT (Pine View, St. George, UT)/75 131-3; -SANDEE MCARTHUR (Unat/Dixie HS, St. George, UT)/75 130-5, \*AMANDA BRADFORD (Long HS, Longview, Wa)/75 125-3, Carrie Buckley (Wake Forest)/74 123-4, \*TRINA GUM (Unat, Colville HS, Wa)/75 120-10, Christine Gennat (Unat, Fair Lawn, NJ)/74 120-10, -SHELBI STEVENS (Mt. Si HS, Snoquaimie, Wa)/74 116-9, Jill Wimer (Univ Id)/74 115-0, \*JAIME OWENS (Kamiakin HS, Kennewick, Wa)/76 110-11, -STACIE GADO (Walkill Valley HS, Franklin, NJ) 108-2, Lelica Zazabol (Skyline College)/74 103-6, Kelly Kobia (Univ Tenn)/74 100-4.

**Heptathlon** (a-b) -MELISSA FLANDERA (Magnificat, Rocky River, OH)/75 5086w; NICOLE HAYNES (USC)/74 4913; -TIFFANY LOTT (Pine View, St. George, UT)/75 4910; -SUSIE KELLER (Harvey, ND)/74 4896; -MELANIE SKLEPKO (Jaguars TC/Chaney, Youngstown, OH)/74 4834; Norine Nadeau (Bucknell)/74 4514; \*CANDACE MASON (Unat/Nevada HS, MO)/76 4513; \*SHANIA HAMBRICK (Moreno Valley HS, CA)/75 4434; Aimee Stout (Clemson)/74 4141; -RENEE PAVELSKI (Ridgewood HS, NJ)/75 4011; \*\*AMBER LOTT (Pine View, St. George, UT)/77 4005.