

# Women's 2016 Indoor Results

Name	Meet	Place	Mark	Name	Meet	Place	Mark	Name	Meet	Place	Mark	
<b>55M</b>				<b>300M</b>				Lindsay Shealy	UAB	8	5:22.63	
Ravin Gilbert	ASU	2	7.00					Morgan Laushey	BSC	14	5:23.36	
Katherine Randolph	ASU	6	7.24					Samantha Donovan	BSC	15	5:23.65	
Jada Stewart	ASU	11	7.36					Lindsay Shealy	JAG	15	5:23.72	
Athena Carpenter	ASU	27	7.77					Nuria Ramirez	ASU	10	5:26.16 (cv.)	
<b>60M</b>				<b>400M</b>				Samantha Donovan	BVI	7	5:26.38	
Ravin Gilbert	SBC	1	7.36@	Sydney Davis	SBC	6	56.34	Alicia Bermudez	BUC	8	5:29.05	
Ravin Gilbert	BSC	3	7.54	Jasmyne Robinson	SBC	10	57.06	<b>3,000M</b>				
Ravin Gilbert	ASU	2	7.54 (55m)	Sydney Davis	MAR	2	57.17	Stephanie Berger	MAR	6	9:48.22	
Ravin Gilbert	UAB	1	7.55	Ashlan Rosier	SBC	11	57.28	Stephanie Berger	SBC	4	9:57.89	
Ravin Gilbert	BVI	2	7.56	Jasmyne Robinson	JAG	5	57.29	Stephanie Berger	UAB	6	10:07.50	
Ravin Gilbert	MAR	3	7.60	Jasmyne Robinson	MAR	3	57.42	Stephanie Berger	BUC	1	10:22.87	
Ravin Gilbert	BUC	1	7.60	Jasmyne Robinson	UAB	9	57.52	Nuria Ramirez	BVI	3	10:32.78	
Katherine Randolph	SBC	12	7.64	Jasmyne Robinson	ASU	4	57.52 (cv.)	Samantha Donovan	MAR	19	10:34.56	
Katherine Randolph	MAR	8	7.73	Ashlan Rosier	MAR	4	58.07	Samantha Donovan	BUC	2	10:34.82	
Katherine Randolph	UAB	13	7.77	Sydney Davis	JAG	9	58.09	Jordan Townsley	BUC	3	10:35.69	
Jada Stewart	MAR	9	7.78	Ashlan Rosier	JAG	9	58.09	Morgan Laushey	BVI	4	10:36.05	
Katherine Randolph	ASU	6	7.79 (55m)	Sydney Davis	JAG	9	58.09	Jordan Townsley	MAR	21	10:37.09	
Jada Stewart	UAB	15	7.80	Ifeoluwa Afon	SBC	16	58.15	Morgan Laushey	MAR	23	10:38.64	
Jada Stewart	BVI	15	7.81	Jasmyne Robinson	BUC	5	58.41	Morgan Laushey	SBC	15	10:39.51	
Jada Stewart	BUC	6	7.82	Jasmyne Robinson	BSC	11	58.54	Jordan Townsley	UAB	22	10:52.21	
Jada Stewart	BSC	8	7.82	Jasmyne Robinson	BSC	11	58.54	Morgan Laushey	BUC	8	10:53.05	
Jada Stewart	ASU	11	7.93 (55m)	Sydney Davis	ASU	8	58.67 (cv.)	Nuria Ramirez	MAR	33	11:05.61	
Ashlan Rosier	BSC	25	7.95	Brianna Archer	MAR	12	58.94	<b>5,000M</b>				
Sydney Davis	JAG	32	8.02	Tyler Watson	ASU	11	59.08 (cv.)	Stephanie Berger	ASU	1	17:29.73 (cv.)	
Katherine Randolph	BUC	16	8.03	Ifeoluwa Afon	MAR	13	59.24	Stephanie Berger	SBC	8	17:30.12	
Sydney Davis	MAR	17	8.08	Sydney Davis	BVI	15	59.33	Stephanie Berger	BUC	1	17:49.63	
Athena Carpenter	ASU	27	8.37 (55m)	Ifeoluwa Afon	JAG	17	59.33	Sammi Donovan	ASU	2	17:50.02 (cv.)	
Athena Carpenter	BUC	35	8.54	Tyler Watson	BVI	17	59.39	Sammi Donovan	SBC	14	18:10.26	
Ashlan Rosier	BUC	41	8.86	Sydney Davis	BUC	8	59.75	Samantha Donovan	BUC	2	18:28.82	
<b>200M</b>				Tyler Watson	UAB	25	59.95	Jordan Townsley	BUC	3	18:29.75	
Ravin Gilbert	SBC	3	24.06*#	Ifeoluwa Afon	ASU	17	59.94 (cv.)	Jordan Townsley	MAR	10	18:34.27	
Ravin Gilbert	JAG	1	24.27	Ifeoluwa Afon	BVI	23	1:00.24	Jordan Townsley	ASU	4	18:38.70 (cv.)	
Ravin Gilbert	MAR	2	24.61	Sydney Davis	BSC	20	1:00.45	Morgan Laushey	MAR	12	18:42.14	
Jada Stewart	SBC	7	24.66	Tyler Watson	JAG	25	1:00.48	Morgan Laushey	ASU	5	18:44.00 (cv.)	
Ravin Gilbert	ASU	3	24.71 (cv.)	Tyler Watson	BUC	11	1:01.13	Nuria Ramirez	BUC	4	18:46.91	
Ravin Gilbert	BUC	2	24.85	Ifeoluwa Afon	BSC	26	1:01.27	Morgan Laushey	BUC	5	18:51.18	
Katherine Randolph	SBC	9	24.86	Ifeoluwa Afon	UAB	31	1:01.68	Jordan Townsley	SBC	19	19:06.09	
Katherine Randolph	ASU	4	24.86 (cv.)	Ifeoluwa Afon	BUC	18	1:02.37	<b>60M HURDLES</b>				
Jada Stewart	JAG	8	24.90					Allyson Goff	BVI	10	8.96	
Jada Stewart	UAB	8	24.95					Danielle Livingstone	BVI	17	9.09	
Jada Stewart	ASU	12	24.95 (cv.)					Danielle Livingstone	JAG	17	9.09	
Jada Stewart	MAR	6	25.05					Danielle Livingstone	MAR	7	9.15	
Katherine Randolph	BVI	10	25.08					Danielle Livingstone	BSC	17	9.20	
Katherine Randolph	BUC	7	25.34					Tyler Watson	JAG	20	9.23	
Jasmyne Robinson	ASU	13	25.54 (cv.)					Tyler Watson	MAR	11	9.26	
Jada Stewart	BUC	10	25.62					Athena Carpenter	UAB	23	9.29	
Jasmyne Robinson	BVI	23	25.91					Athena Carpenter	JAG	21	9.29	
Jasmyne Robinson	BUC	16	26.02					Danielle Livingstone	BUC	5	9.32	
Sydney Davis	UAB	32	26.14					Danielle Livingstone	ASU	5	9.33 (55m)	
Ashlan Rosier	BUC	19	26.27					Danielle Livingstone	UAB	24	9.37	
Tyler Watson	MAR	23	26.43					Athena Carpenter	BVI	23	9.55	
Sydney Davis	BUC	21	26.45					Athena Carpenter	BUC	10	9.60	
Sydney Davis	ASU	24	26.60 (cv.)					Athena Carpenter	ASU	14	9.71 (55m)	
Danielle Livingstone	BSC	33	26.62					Athena Carpenter	MAR	24	9.73	
Athena Carpenter	ASU	42	27.60 (cv.)									
Athena Carpenter	MAR	37	27.83									
				<b>800M</b>								
				Nuria Ramirez	SBC	1	2:12.83@					
				Nuria Ramirez	ASU	1	2:18.69 (cv.)					
				Lindsay Shealy	ASU	3	2:19.35 (cv.)					
				Lindsay Shealy	JAG	10	2:19.68					
				Lindsay Shealy	BUC	4	2:20.65					
				Brianna Archer	ASU	5	2:21.97 (cv.)					
				Brianna Archer	JAG	15	2:24.99					
				Brianna Archer	BSC	10	2:25.11					
				Alicia Bermudez	JAG	20	2:25.38					
				Alicia Bermudez	BSC	12	2:25.57					
				Lindsay Shealy	BSC	13	2:25.79					
				Brianna Archer	BUC	10	2:27.43					
				Brianna Archer	UAB	18	2:28.56					
				<b>MILE</b>								
				Stephanie Berger	JAG	5	5:04.76					
				Stephanie Berger	BVI	2	5:08.51					
				Lindsay Shealy	MAR	16	5:10.50					
				Nuria Ramirez	BUC	2	5:16.24					
				Lindsay Shealy	SBC	12	5:17.08					
				Lindsay Shealy	ASU	5	5:17.821 (cv.)					
				Lindsay Shealy	BUC	5	5:19.15					
				Nuria Ramirez	JAG	12	5:22.05					

**4X400M RELAY**

Georgia State	SBC		
Robinson, Rosier, Davis, Steward	3	3:47.05%	
Georgia State "A"	JAG		
Davis, Steward, Rosier, Gilbert	4	3:50.51	
Georgia State	MAR		
Archer, Rosier, Afon, Robinson	2	3:53.22	
Georgia State 'A'			
Davis, Robinson, Watson, Gilbert	2	3:54.08 (cv.)	
Georgia State 'A'			
	BVI	3	3:54.43
Watson, Rosier, Robinson, Gilbert			
	BSC	5	3:58.13
Georgia State "B"	JAG		
Watson, Afon, Archer, Livingstone	13	4:03.92	
Georgia State 'B'			
	BVI	8	4:05.25
Afon, Steward, Archer, Davis			
Georgia State 'B'	ASU	10	4:07.86 (cv.)
Archer, Steward, Afon, Livingstone			
	BSC	10	4:08.10
Archer, Watson, Robinson, Davis			
	BUC	3	4:03.21
Afon, Steward, Randolph, Carpenter			
	BUC	9	4:10.22

**DISTANCE MEDLEY RELAY**

Shealy, Watson, Archer, Ramirez			
	SBC	4	12:16.47
Laushey, Bermudez, Donovan, Shealy			
	BSC	4	13:21.56

**LONG JUMP**

Katherine Randolph	SBC	6	5.76m*
Katherine Randolph	BUC	6	5.71m
Katherine Randolph	ASU	3	5.66m
Katherine Randolph	BVI	4	5.55m
Ashlan Rosier	MAR	5	5.51m
Ashlan Rosier	BUC	13	5.50m
Danielle Livingstone	JAG	2	5.48m
Katherine Randolph	JAG	6	5.45m
Danielle Livingstone	ASU	7	5.45m
Katherine Randolph	UAB	8	5.44m
Katherine Randolph	BSC	5	5.42m
Ashlan Rosier	SBC	16	5.40m
Danielle Livingstone	BUC	15	5.37m
Ashlan Rosier	BSC	8	5.36m
Danielle Livingstone	SBC	17	5.35m
Danielle Livingstone	BVI	7	5.33m
Danielle Livingstone	MAR	16	5.26m
Danielle Livingstone	BSC	15	5.09m

**HIGH JUMP**

Nylah Chavis	UAB	7	1.64m
Nylah Chavis	JAG	7	1.64m
Nylah Chavis	BUC	4	1.61m
Nylah Chavis	ASU	3t	1.61m
Nylah Chavis	SBC	14t	1.60m
Nylah Chavis	BSC	13	1.60m
Nylah Chavis	MAR	6	1.60m
Imani Richards	BSC	13	1.60m
Imani Richards	BUC	8	1.56m

**SHOT PUT**

LaPorscha Wells	SBC	1	16.55m*@
LaPorscha Wells	MAR	1	15.89m
Alysiah Whittaker	SBC	4	15.82m
LaPorscha Wells	ASU	2	15.39m

Alysiah Whittaker	MAR	2	15.29m
LaPorscha Wells	BVI	1	15.22m
LaPorscha Wells	BUC	1	15.17m
LaPorscha Wells	JAG	1	15.07m
Alysiah Whittaker	JAG	2	14.95m
Alysiah Whittaker	ASU	4	14.85m
LaPorscha Wells	UAB	4	14.82m
LaPorscha Wells	BSC	2	14.51m
Alysiah Whittaker	UAB	5	14.37m
Alysiah Whittaker	BUC	4	14.37m
Alysiah Whittaker	BVI	3	13.99m
Alysiah Whittaker	BSC	3	13.61m
Sharonda Bryant	ASU	17	11.18m
Sharonda Bryant	BUC	13	10.64m
Sharonda Bryant	UAB	28	10.50m
Danielle Livingstone	JAG	25	9.93m
Danielle Livingstone	MAR	29	9.50m
Danielle Livingstone	ASU	21	8.79m
Lauren Sims	BSC	27	8.70m
Lauren Sims	ASU	23	7.92m
Daneille Livingstone	BUC	20	7.91m
Lauren Sims	BUC	22	7.02m

**WEIGHT THROW**

LaPorscha Wells	SBC	1	20.06m*@
LaPorscha Wells	UAB	2	18.86m
LaPorscha Wells	BUC	1	18.71m
LaPorscha Wells	ASU	2	18.62m
Tracy Dorecemont	SBC	3	18.52m%
LaPorscha Wells	JAG	2	18.27m
Tracy Dorecemont	BUC	3	18.09m
Tracy Dorecemont	MAR	1	18.07m
Tracy Dorecemont	ASU	3	18.07m
Tracy Dorecemont	JAG	4	17.50m
Alysiah Whittaker	MAR	5	17.28m
Tracy Dorecemont	UAB	7	17.07m
Alysiah Whittaker	SBC	12	16.71m
Alexandria Jackson	SBC	16	16.24m
Alexandria Jackson	MAR	12	15.76m
Alexandria Jackson	JAG	12	15.50m
Alysiah Whittaker	ASU	9	15.44m
Kelsey Gray	BSC	8	15.40m
Kelsey Gray	MAR	15	15.39m
Alexandria Jackson	BVI	7	14.97m
Kelsey Gray	ASU	12	14.88m
Alysiah Whittaker	BUC	10	14.88m
Alexandria Jackson	ASU	13	14.75m
Alysiah Whittaker	JAG	17	14.35m
Alexandria Jackson	BUC	12	14.26m
Alysiah Whittaker	BSC	10	14.25m
Kelsey Gray	BVI	10	14.22m
Alexandria Jackson	BSC	13	13.79m
Alysiah Whittaker	UAB	19	13.77m
Kelsey Gray	BUC	15	13.50m
Kelsey Gray	JAG	23	13.42m

**INDOOR PENTATHLON**

Danielle Livingstone	SBC	10	3,175
800 (18th), 60m (6th), HJ 12th, LJ (2nd), Shot (6th)			

(.cv) - Meet at ASU had different dimensions and times were calculated and converted.

\* School Indoor Record  
@ Conference Champion  
# Second-Team All-Conference  
% Third-Team All-Conference

**2016 RACE KEY**

BSC	Birmingham Southern Icebreaker
BUC	ETSU Buccaneer Invitational
UAB	UAB Invitational
BVI	UAB Vulcan Invite
ASU	Arkansas State Invite
JAG	South Alabama Jaguar Invite
MAR	Marshall Invitational
SBC	Sun Belt Championships

SUN BELT FINISH (82 points, tie 4th)

**CONFERENCE CHAMPIONS (4)**

Ravin Gilbert (60m)  
LaPorscha Wells (Weight)  
LaPorscha Wells (Shot)  
Nuria Ramirez (800m)

**ALL-CONFERENCE**

Ravin Gilbert (3rd, 60m)  
Tracy Dorecemont (3rd, Weight)  
Jasmyne Robinson, Ashlan Rosier, Sydney Davis,  
Jada Steward (3rd, 4x400m relay)