

ISU Open #1
January 16, 2007
Women's Results

Shot Put - HS

1	Samantha Gable	GCHS	11.98	38-8 3/4
2	Jennifer Rinehart	Unat.	8.37	27-5 1/2
3	Sarah Alsman	Unat.	6.05	19-10

Shot Put - College

1	Jamie Shiever	VU	10.02	32-0
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Long Jump

1	Kassie Ashburn	Unat.	4.19	13-9
2	Maddie Nelson	PJT&F Club	3.80	12-5 1/4

High Jump

1	Shandi Travis	NVHS	1.61	5-3 1/4
2	Nikki Shearley	Unat.	1.53	5-0 1/4
3	Holli Moore	Unat.	1.37	4-6
4	Kassie Ashburn	Unat.	1.32	4-4
5	Rachel Welker	Tigers	1.28	4-2
6	Ali West	Unat.	NH	

Pole Vault

1	Miracle Thompson	THNTC	3.20	10-6
2	Deborah Helmink	NCHS	2.59	8-6
3	Theresa Helmink	NCHS	2.16	7-0
4	Nikkie Cullison	Unat.	2.16	7-0
5	Courtney Boven	Unat.	NH	

Weight Throw

1	Vara Branam	VU	8.95	29-4 1/2
2	Jamie Shiever	VU	8.40	27-6 3/4

3000 Meter Run

1	Amy Hamilton	THNTC	10:45.4
2	Katie Blenke	Unat.	12:13.3
3	Liz Marietta	THNTC	13:07.6
4	Kristy Zint	VU	13:12.3

55m Hurdles

1	Miracle Thompson	THNTC	8.9
2	Shante Harris	THSTC	9.5
3	Nicole Bucy	THSTC	9.9
4	Denice Almuete	Cardinal Ritter	10.8
5	Holli Moore	Unat.	10.9

400m Dash

1	Kristy Twitchell	THSTC	1:03.9
2	Mallory Reed	PJT&F Club	1:11.9
3	Maddie Nelson	PJT&F Club	1:12.2

Mile

1	Briana Deckard	Danville	5:58.8
2	Katie Blenke	Unat.	6:07.7
3	Ariel Hall	THSTC	6:16.5
4	Laura Braun	VU	6:38.5
5	Kristy Zint	VU	6:48.0
6	Jordan Cregsy	THNTC	6:52.9
7	Shelby Tatman	THNTC	7:49.6
8	Angela Shamhart	Unat.	6:52.3

55m Dash

1	Nicole Bucy	THSTC	7.6
2	Jessica Cocco	Danville	7.6
3	Kayla Liffick	THSTC	8.2
4	Denise Dunkley	THSTC	10.0

800m Run

1	Amy Hamilton	THNTC	2:29.7
2	Kristy Twitchell	THSTC	2:29.8
3	Breanne Steppe	THSTC	2:41.6
4	Macie Jackson	THNTC	2:55.9
5	Lisa Petscher	THNTC	2:56.1
6	Kassie Ashburn	PJT&Fclub	3:01.0
7	Haylie James	PJT&Fclub	3:02.1