



Cabrini Women's Track & Field

2009-10 Results

<i>Indoor Schedule</i>			<i>Outdoor Schedule</i>		
<u>Date</u>	<u>Meet</u>	<u>Result/Time</u>	<u>Date</u>	<u>Meet</u>	<u>Result/Time</u>
12/5	at Ursinus College Winter Invite.....	13th/18 Teams	3/26-27	at Danny Curran Invitational.....	No Team Score
12/11	at Ursinus College Quad Meet	5th/6 Teams	4/9	at Rowan University Open.....	No Team Score
1/8	at Metro. Coaches College Invite	No Team Score	4/17-18	at CTC Championships.....	15th/17 Teams
1/15	at New York City Gotham Cup.....	No Team Score	4/24	at Millersville Metrics.....	No Team Score
1/22	at Ursinus College Collegeville Classic	9th/14 Teams	4/30	at Narkiewicz Invitational.....	No Team Score
2/5-6	at New Balance Collegiate Invite	No Team Score	5/10	at Swarthmore College Last Chance.....	No Team Score
2/12	at Lafayette/Rider Winter Games	No Team Score			
2/26	at NYU Fastrack Invitational.....	No Team Score			
3/5-6	at ECAC Championship.....	No Team Score			

Diane Gapinski

Indoor

1-Mile Run	Ursinus Collegeville Classic	5:54.91	6th
	NYC Gotham Cup	5:58.15	30th
	Metro. College Invite	6:02.56	35th

Outdoor

5000m Run	CTC	21:21.48	18th
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Danica Giddens • Freshman

Indoor

55m Dash	Ursinus Winter Invite	7.36	1st
	Ursinus Quad Meet	7.37	1st
	ECAC	7.38	6th
	ECAC	7.38	Prelim.
	Ursinus Collegeville Classic	7.59	2nd
60m Dash	NYC Gotham Cup	7.95	9th
	New Balance College Invite	8.01	37th
	NYC Gotham Cup	8.03	Prelim.
200m Dash	Ursinus Winter Invite	27.03	5th
	New Balance College Invite	27.15	71st
	Ursinus Quad Meet	27.24	5th

Nadia Hernandez • Freshman

Indoor

55m Dash	Ursinus Winter Invite	7.92	14th
55m H	Ursinus Winter Invite	9.49	14th
	Ursinus Collegeville Classic	9.60	6th
200m Dash	Ursinus Winter Invite	28.08	11th
400m Dash	Ursinus Winter Invite	1:02.99	13th
500m Run	NYC Gotham Cup	1:24.22	29th
800m Run	Ursinus Quad Meet	2:36.37	6th
High Jump	Ursinus Quad Meet	1.40m	4th
	Ursinus Winter Invite	1.38m	T-17th
	Ursinus Collegeville Classic	1.37m	7th
Long Jump	Ursinus Winter Invite	4.71m	8th
	Ursinus Quad Meet	4.51m	8th
Shot Put	Ursinus Quad Meet	6.23m	9th

Outdoor

200m Dash	Swarthmore	28.44	13th
400m H	Narkiewicz Invite	1:07.36	1st
	Rowan Open	1:10.21	2nd
	CTC	1:10.23	6th
	Swarthmore	1:11.34	10th
800m Run	Millersville Metrics	2:31.97	10th

Shatievah Lewis • Freshman

Indoor

500m Run	NYU Fastrack Invite	1:21.62	23rd
	Lafayette/Rider Games	1:23.40	7th
	ECAC	1:27.70	10th

Jessica Merone • Freshman

Outdoor

1500m Run	Swarthmore	5:34.59	52nd
	Narkiewicz Invite	5:40.55	7th
	Millersville Metrics	5:49.24	20th

Quiana Volney • Sophomore

Indoor

400m Dash	CTC	1:06.15	14th
800m Run	Swarthmore	2:23.97	25th
	NYU Fastrack Invite	2:24.68	26th
	NYC Gotham Cup	2:25.92	20th
	Lafayette/Rider Games	2:26.17	17th
	CTC	2:27.08	5th
	Ursinus Quad Meet	2:30.86	3rd
	Metro. College Invite	2:31.61	21st
	Ursinus Winter Invite	2:36.89	11th
	Ursinus Collegeville Classic	2:43.36	13th

Outdoor

800m Run	Narkiewicz Invite	2:27.06	4th
	Millersville Metrics	2:28.54	9th
	Danny Curran Invite	2:29.39	9th
	Rowan Open	2:31.65	3rd

Relays

4x400m	Ursinus Classic	A	4:43.06	6th
4x800m	NYC Gotham Cup	A	4:55.12	4th