



# Women's Bios



**Freshman:** Turned in a standout cross country campaign as a rookie, highlighted by a 19th place performance at the ACC Championships, where she was Duke's second runner, completing the 6K course in 21:26.9 ... Duke's fifth runner at the NCAA Southeast Regional, taking 40th overall in 22:02 for 6K ... also a top-five Blue Devil finisher at the Penn State Invitational, where she was 33rd overall in 21:24 ... joined teammate Carly Seymour as the team's Co-Freshman of the Year for cross country at the annual award's banquet ... continued her individual cross country season as the 2009 USA Cross Country Championships in Dearborn, Md., racing to a 14th overall finish in the 6K juniors race in 22:15 ... took 13th at the ACC Indoor Championships in the 5K, where she logged 17:43.43 ... notched an ECAC qualifier in the indoor 3K with a 14th place run of 9:49.72 at the Terrier Classic ... was seventh in the mile indoors at the VT Challenge with an ECAC qualifying time of 4:56.10 ... finished 11th at the ACC Outdoor Championships in the 5K with a time of 17:36.76 ... **Prep:** Earned All-America honors in the mile at Nike Outdoors National Championships ... Secured All-America honors in the mile (twice), 4xMile (twice), and 4x800m at the National Scholastic Indoor Championships ... five-time all-state in cross country honoree.

<b>PB Indoors:</b>	
1,000m .....	2:57.55
Mile .....	4:52.89
3,000m .....	9:49.72
5,000m .....	17:43.43
<b>PB Outdoors:</b>	
1,500m .....	4:36.28
3,000m .....	9:50.38
5,000m .....	17:36.76



**Junior:** Ran in the prelims for the 4x800m relay, which won the ECAC Outdoor Championships ... earned All-East honors ... competed outdoors in the prelims of the 800m at the ACC Championships ... **Sophomore:** Qualified for the ECAC Outdoor Championships with outdoor personal bests of 2:11.38 over 800m at the Carolina Classic and 4:33.09 over 1,500m at the Duke Twilight Meet ... earned All-East honors in the 4x800m relay indoors ... finished third at the Wolfpack XC Invitational in a personal best of 18:23.4 ... **Freshman:** Qualified for ECAC's on 4x800m relay indoors ... redshirted the outdoor season.

<b>PB Indoors:</b>	
500m .....	1:15.04
800m .....	2:08.86
1,000m .....	2:47.21
Mile .....	4:57.68
<b>PB Outdoors:</b>	
800m .....	2:11.38
1,500m .....	4:33.09
<b>Honors:</b>	
All-East Indoors .....	2008
All-East Outdoors .....	2009



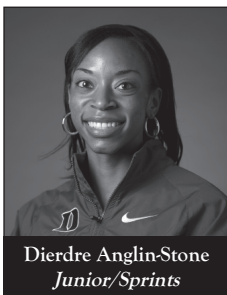
**Sophomore:** Became an ECAC champion as a member of Duke's winning 4x800m relay outdoors, earning All-East honors ... placed 18th in at both the ACC Indoor and Outdoor Championships in the 800m ... set a new personal best of 2:14.33 at the UNC Elite ... took 27th in the Wolfpack Invitational in cross country, covering the 5,000m course in 20:25.

<b>PB Indoors:</b>	
500m .....	1:18.82
800m .....	2:16.49
<b>PB Outdoors:</b>	
400m .....	59.45
800m .....	2:14.33
<b>Honors:</b>	
All-East Outdoors .....	2009



**Senior:** Duke's top finisher during the cross country season at both the Wake Forest Relays (seventh overall) and the Wolfpack Invitational (fifth overall) ... third Blue Devil finisher at the ECAC Championships Nov. 22 at Van Cortlandt Park, logging 19:02 over the 5K race to take 40th overall ... ECAC individual champion in the mile indoors, winning the event in an NCAA Provisional qualifying time of 4:47.75, earning All-East honors ... took fourth in the mile at the ACC Indoor Championships, clocking 4:46.02 ... took second indoors in the 1000m at the Armory Collegiate in an ECAC time of 2:54.05 ... raced in the prelims of the 1,500m at the ACC Outdoor Championships ... **Junior:** Finished 13th and 14th at the ACC Indoor and Outdoor Championships over one mile and 1,500m, respectively ... earned All-East honors in the 4x800m indoors ... qualified for ECAC Outdoor Championships in the 1,500m at the Duke Twilight Meet ... **Sophomore:** Competed on the ACC runner-up cross country team ... redshirted indoor and outdoor season, yet continued to compete unattached ... **Freshman:** Earned All-East honors by placing 11th at the ECAC Cross Country Championships ... ran personal best of 4:29.09 for 1,500m at the Stanford Invitational ... won the Wolfpack XC Invitational in a personal-best time of 17:36 for the 5,000m ... fifth place finish and ECAC qualifying mark of 9:54.72 in 3,000m at Duke Invitational ... ran on 4x800m relay that finished third and 4x1,500m that placed fourth at 2006 Penn Relays.

<b>PB Indoors:</b>	
1,000m .....	2:54.05
Mile .....	4:46.02
3,000m .....	10:03.10
<b>PB Outdoors:</b>	
800m .....	2:12.27
1,500m .....	4:29.09
3,000m .....	9:54.72
<b>Honors:</b>	
ECAC Champion .....	2009
All-East XC .....	2005
All-East Indoors .....	2006, 2008, 2009





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**Junior:** Ran a personal best 3,000m at the Virginia Tech Challenge to place 10th in 10:14.61 ... Placed fourth at the Duke Twilight, running a personal best 5,000m in 18:02.49 ... **Sophomore:** Duke's third finisher at the NCAA Cross Country Championships, finishing the 6,000m race in 21:59.6 ... ran personal best of 18:09.6 for 5,000m cross country at the Murray Keatinge Invitational ... finished sixth at the Cata-mount Cross Country Classic ... **Freshman:** Member of the NCAA Southeast Regional and NCAA cross country teams ... finished third at the Wolfpack Cross Country Invitational with a personal best of 18:01 for the 5,000m ... redshirted the indoor and outdoor seasons, but competed unattached ... recorded a personal best 1,500m time of 4:46.30 at the UNC Invitational.

<b>PB Indoors:</b>	
Mile .....	5:06.36
3,000m .....	10:14.61
<b>PB Outdoors:</b>	
1,500m .....	4:46.00
5,000m .....	18:02.49



**Sophomore:** Placed 16th at the ACC Indoor Championships with a height of 11'-11.75" ... collected top-five individual finishes at the Armory Collegiate, Tar Heel Invitational and Terrier Classic indoors ... was 16th at the ACC Outdoor Championships with a clearance of 11'-1.75" ... earned top-10 finishes outdoors at the Duke Invitational, UNC Invitational and Wake Forest Open ... still holds Duke's No. 5 all-time mark outdoors (12'-3.5") ... **Freshman:** Earned All-East indoors honors with a personal best 12'-3.5" ... first scaled 12-feet with a 12'-1.5" clearance at the Sun Angel Track Classic.

<b>PB Indoors:</b>	
Pole Vault .....	12'-3.5"
<b>PB Outdoors:</b>	
Pole Vault .....	12'-3.5"
<b>Honors:</b>	
All-East Outdoors .....	2008



**Sophomore:** Named Field Performer of the Year for both the indoor and outdoor seasons at the 2009 Duke awards banquet ... became an ECAC individual champion indoors and earned All-East honors with a jump of 13'-1.5" ... also leapt that height to tie for second at the ACC Indoor Championships and earn All-ACC accolades ... won the Terrier Classic and tied for third at the Virginia Tech Challenge ... had Duke's top four leaps indoors ... Named ACC Performer of the Week on Feb. 24 ... earned Co-MVP honors for the women's track & field squad at the annual awards banquet ... became an ACC champion outdoors as she won the meet in 13'-3.5", garnering All-ACC honors ... finished eighth at the ECAC Outdoor Championships with a jump of 11'-11.75" ... closed her stellar sophomore campaign with a 16th-place showing at the NCAA East Regional in 12'-6" ... won a total of six meets outdoors, including the first four of the season ... cleared 12-feet seven times on the year ... stands as the No. 2 all-time performer both indoors and outdoors behind only Olympian Jillian Schwartz ... **Freshman:** All-East performer indoors and outdoors ... had five meets with jumps over 12-feet ... an ACC scorer indoors ... highest finish came at Duke Twilight Meet with a then-personal best 12'-3.5" ... named Freshman of the Year indoors and Field Performer of the Year at the 2008 Duke awards banquet.

<b>PB Indoors:</b>	
Pole Vault .....	13'-1.5"
<b>PB Outdoors:</b>	
Pole Vault .....	13'-3.5"
<b>Honors:</b>	
All-ACC Indoors .....	2009
All-ACC Outdoors .....	2009
ACC Champion Outdoors .....	2009
All-East Indoors .....	2008, 2009
All-East Outdoors .....	2008



**Junior:** Continued to showcase her versatility as a multi-event specialist for the Blue Devils ... indoors, she held the Blue Devils' top season time in the 60m hurdles (9.49), high jump (5'-6"), shot put (40'-7.75") and pentathlon (3,688) ... that pentathlon score shattered the Duke record by nearly 300 points and was an ECAC qualifier ... her 3,688 pentathlon total at the ACC Indoor Championships was good for eighth place ... logged 3,610 to take third in the five-event showdown at the ECAC Championships and earn All-East honors ... competed in the 200m, 100m hurdles, long jump, shot put, and javelin outdoors ... the throw of 40'-4.25" she recorded to finish at the UNC Invitational in April was the fourth-best all-time performance at Duke ... missed remainder of outdoor season due to injury ... **Sophomore:** Earned All-East outdoor honors with her seventh-place finish at the ECAC Championships in the heptathlon ... her 4,555 points in the event rank third all-time at Duke ... her indoor personal best of 3,256 points ranks third all-time in the pentathlon. ... **Freshman:** Spent first year at Duke training to become a multi-eventer.

<b>PB Indoors:</b>	
60m Hurdles .....	9.49
High Jump .....	5'-6"
Shot Put .....	40'-7.75"
Pentathlon .....	3,688
<b>PB Outdoors:</b>	
100m Hurdles .....	15.56
Shot Put .....	40'-4.25"
Javelin .....	97'-05"
Long Jump .....	16'-3.25"
Heptathlon .....	4,555
<b>Honors:</b>	
All-East Indoors .....	2009
All-East Outdoors .....	2008



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**Freshman:** Duke's fifth runner and final scorer at the ECAC Cross Country Championships, taking 62nd overall on the 5000m course in 19:26 ... fourth Blue Devil runner and 11th overall at the Murray Keatinge Invitational, where she ran the 5000m in 18:24.99 ... the Blue Devils' top performer in the indoor 1,000m, clocking 2:51.02 to take third in the prelims of the ECAC Indoor meet ... went on to take ninth in the finals in 2:56.36 ... redshirted the outdoor season ... **Prep:** State champion in the 800m and the 4x800m ... state runner-up in the 800m (three times), 1,600m (twice) and cross country (twice) ... 2006 Foot Locker cross country finalist ... fourth-place finisher in the mile at 2008 Nike Indoor Nationals.

<b>PB Indoors:</b>	
800m	2:13.36
1,000m	2:51.02
Mile	4:52.91
<b>PB Outdoors:</b>	
800m	2:13.21



**Freshman:** Earned All-East honors in cross country with a 25th overall finish at the ECAC Championships, where she was Duke's first runner and completed the 5K in 18:45 ... was also in the Blue Devil top-five at the Murray Keatinge Invitational, placing fifth on the team and 18th overall in 18:33.26 ... 16th in the prelims of the 1,500m at the ACC Outdoor Track & Field Championships, clocking 4:41.56 ... ran to third place in the steeplechase at the UNC Invitational in 11:29.13 ... was fourth in the 3,000m at the outdoor season-opening Wake Forest Open, clocking 10:13.40 ... fifth in the 5K at the Duke Twilight meet in 18:05.81 ... **Prep:** 2007 Gatorade Alabama Track & Field Athlete of the Year ... 17-time state champion ... three-time All-Metro Track & Field Athlete of the Year.

<b>PB Indoors:</b>	
Mile	5:00.9
3,000m	10:02.5
<b>PB Outdoors:</b>	
1,500m	4:36.56
3,000m	10:13.4
3,000m SC	11:29.13
5,000m	18:05.81
<b>Honors:</b>	
All-East XC	2008



**Sophomore:** Ran 2:12.67 for 800m to place 12th at the Big Ten Outdoor Track & Field Championships ... ran an outdoor personal best time of 2:11.38 to place sixth finish at the Billy Hayes Invitational ... in cross country, posted a 22:39.1 6,000m time at the Pre-National Invitational ... placed 65th overall in 22:48.4 at the Big Ten Cross Country Championships ... **Freshman:** Had a strong cross country campaign, finishing no lower than third on the team in all seven races ... turned in the team's best performance at the Pre-National Invitational ... notched a top 6,000m time of 21:54.82 at the Big Ten Championships ... ran an indoor personal best of 4:57.10 in the mile to win Purdue's Gene Edmonds Invitational ... Outdoors, ran 4:33.98 to place 13th in the 1,500m at the Big Ten Championships ... Placed eighth at the 2008 USATF Junior Outdoor Track & Field Championships with a personal best 4:30.52 in the 1,500m.

<b>PB Indoors:</b>	
800m	2:14.10
Mile	4:57.10
5,000m	17:32
<b>PB Outdoors:</b>	
800m	2:11.38
1,500m	4:30.52



**Sophomore:** Earned All-East honors indoors with a fourth-place clearance of 12'9.5" at the ECAC Indoor Championships ... that mark placed her third all-time in Blue Devil history ... finished 13th at the ACC Indoor meet with a jump of 11'11.75" ... cleared 12-feet with a fourth-place showing of 12'1.5" at the UNC Invitational outdoors.

<b>PB Indoors:</b>	
Pole Vault	12'9.5"
<b>PB Outdoors</b>	
Pole Vault	12'1.5"
<b>Honors:</b>	
All-East Indoors	2009

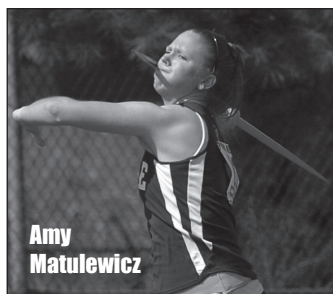


**Sophomore:** Won the javelin at the Wake Forest Open with a throw of 150'-5", which was second all-time at Duke and an NCAA Regional and ECAC qualifier ... also set the ECAC mark with her second-place throw of 140-feet at the Duke Invitational ... missed the remainder of the season due to injury ... **Freshman:** Penn Relays champion in the college javelin throw ... personal best toss of 147'-3" qualified for the NCAA Regional meet ... placed fifth at ACC Championships in Atlanta ... scored in first collegiate conference meet ... threw over 140-feet on three occasions ... outdoor freshman of the year in 2008.

<b>PB Outdoors:</b>	
Javelin	150'-5"



Cydney Ross



Amy Matulewicz



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**Sophomore:** The 800m specialist was Duke's best finisher in the event on the indoor season, clocking an ECAC qualifying time of 2:11.12 to take second at the Virginia Tech Challenge ... led off Duke's 4x800m relay that won the Terrier Classic in 8:52.90, good for second all-time in school history ... third leg of the Blue Devils' winning DMR at the ECAC Championships, garnering All-East honors ... fourth in the 800m at the UNC Elite meet with a NCAA Regional qualifying and season-best time of 2:09.07 ... logged an 11th place finish in the prelims at the NCAA East Regional in 2:10.49 ... took seventh at the ACC Outdoor Championships in 2:11.06 ... the 4x800m relay she anchored won the ECAC Outdoor Championships in 8:44.11, fifth all-time at Duke, earning All-East honors ... also competed in four meets during cross country season, including an eighth-place finish for the Blue Devils at the ECAC Championships, where she ran the 5K in 20:15 ... **Freshman:** Finished sixth at USATF Junior Championships in the 800m with a personal best time of 2:09.81 ... qualified for the ECAC Outdoor Championships with 800m personal best of 2:10.43 at the Duke Twilight Meet ... second leg on the victorious 4x800m relay team at the ECAC Indoor Championships ... finished 17th in the 800m at the ACC and ECAC Indoor and Outdoor Championships.

<b>PB Indoors:</b>	
500m .....	1:18.40
800m .....	2:11.12
1,000m .....	2:54
<b>PB Outdoors:</b>	
800m .....	2:09.07
1,500m .....	4:47.20
<b>Honors:</b>	
All-East Indoors ...	2008, 2009
All-East Outdoors .....	2009

East in 2:55.02 ... qualified for indoor ECACs with her 2:13.25 that placed her fourth at the VT Challenge ... in cross country, took 19th overall at the Wolfpack Invitational as she completed the 5K in 19:29 ... **Prep:** 2008 Outdoor state champion in the 1,600m ... 2007 outdoor state champion at 800m and indoor state champion in 4x800m relay ... fourth place finish at 2007 Nike Indoor Nationals in DMR ... twelve-time West Regional champion (seven individual and five relay).



**Freshman:** Broke into Duke record book as a rookie, registering the fifth-best all-time indoor long jump of 17'-6.5" to take fifth at the Tar Heel Invitational ... logged Duke's top three indoor long jumps of the season ... also had the team's top two 200m times of the indoor slate, her best a 26.39 from the VT Challenge ... extended her range to take 22nd at the ACC Indoor meet in the 400m, running 58.54 ... ran on all three of the Blue Devils' indoor 4x400m teams, including their third-place team at the Terrier Classic that notched the ECAC time of 3:48.23 ... also qualified for the ECAC meet with the 4x400m team at the indoor ACC meet, where they took 11th in 3:50.46 ... outdoors she led off Duke's ninth-place and ECAC qualifying 4x100m relay at the ACC Championships, timed at 48.31... **Prep:** Runner-up in Illinois state long jump with a personal best of 18'-10.25" ... also a sectional champ in the long jump and 200m ... sprint PB's of 25.35 for 200m and 56.92 for 400m were two of her seven school records.

<b>Personal Bests:</b>	
100m .....	12.24
200m .....	25.35
400m .....	56.22
Long Jump .....	18'-10.25"



**Freshman:** Became an ECAC champion as a member of Duke's winning 4x800m relay outdoors ... set an NCAA Regional qualifier with her third-place showing in the 800m in a time of 2:09.02 at the UNC Elite meet outdoors ... went on to place 19th at the regional meet, running 2:12.43 in the 800m prelims ... her time of 2:10.68 was good for 13th place at the ECAC Outdoor Championships ... her 2:13.87 placed her in 13th at the ACC Outdoor meet ... indoors, was the second leg of the Duke 4x800m relay that won the Terrier Classic in 8:52.90, good for second all-time in school history ... anchored the fifth all-time 4x400m relay at Duke, which came through in 3:50.46 to take 11th at the ACC Indoor Championships and qualify for ECACs ... ran the second-fastest 1,000m of the season for the Blue Devils, clocking 2:51.04 to take fifth in the prelims at the indoor ECAC meet ... was sixth in the finals of that event to earn All-

<b>PB Indoors:</b>	
400m .....	59.04
500m .....	1:16.26
800m .....	2:13.25
1,000m .....	2:51.04
<b>PB Outdoors:</b>	
400m .....	56.92
800m .....	2:09.02
1,500m .....	4:43.37
<b>Honors:</b>	
All-East Ind. ....	2009
All-East Out. ....	2009



**Freshman:** Ran Duke's second-fastest 400m of the indoor season in 57.68 to take seventh at the Terrier Classic ... put up an ECAC qualifying time of 1:15.78 to take 11th in the 500m at the Armory Collegiate ... was 20th in the prelims of the 500m at ECAC's, crossing the line in 1:17.04 ... led off the Blue Devils' 4x400m teams that took third at the Terrier Classic and notched the ECAC time of 3:48.23 ... also led off the ECAC qualifying 4x400 at the indoor ACC meet, where they took 11th in 3:50.46 ... was the second leg on the 4x400 at the Tar Heel Invite that took third ... outdoors was fifth in the Duke Twilight 400m in 57.49 and seventh in the 200m there in 25.56 ... ran the second leg on Duke's ninth-place and ECAC qualifying 4x100m relay at the ACC Championships, timed at 48.31 ... **Prep:** Twelve-time letterwinner in track & field and soccer ... placed as high as fifth in the state Meet of Champions in the 400m.

<b>Personal Bests:</b>	
200m .....	25.15
400m .....	56.19



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**Freshman:** Broke the school record in the indoor 500m and qualified for ECACs, clocking 1:13.63 to win the Terrier Classic ... qualified for the Indoor ECAC Championships in the 800m three times ... finished 10th at the ACC Indoor Championships with a new indoor personal best of 2:11.70 in the 800m ... had three of the team's four-best 800m runs indoors ... anchored Duke's third-place 4x400m relay team at the Terrier Classic that notched the ECAC time of 3:48.23 ... competed unattached during the outdoor season, including an appearance at the USATF Junior Championships ... **Prep:** 2008 USATF Junior Champion in the 800m ... Missouri state champion in the event in 2007 ... holds Class-3 record ... 2008 state runner-up in the 1600m.

<b>PB Indoors:</b>	
500m	1:13.63
800m	2:11.70
<b>PB Outdoors:</b>	
400m	56.81
800m	2:07.12



**Freshman:** Led the Duke cross country team in three meets in the 2008 season ... took seventh of 222 competitors at the Roy Griak Invitational with a 6,000m time of 21:39.3 ... finished eleventh of 300 runners at the Penn State Invitational in 21:01 ...

<b>PB Indoors:</b>	
3,000m	9:54.56
<b>PB Outdoors:</b>	
5,000m	17:02.26
<b>Honors:</b>	
All-East Outdoors	2009

fourth on the squad at ACC Championships with a 6,000m time of 21:39.6 ... first for Duke and 26th overall at the NCAA Southeast Regional in 21:48, narrowly missing all-region honors ... named ACC Performer of the Week on Sept. 29 ... earned All-East honors during outdoor track season with her eighth-place finish at the ECAC Championships, clocking 17:02.26 ... won the Duke Twilight 5K in an ECAC qualifying time of 17:19.80 ... one of two Blue Devils named to the 2008 All-ACC Academic squad for cross country season ... redshirted the indoor season ... **Prep:** 2006 and 2007 Foot Locker Cross Country second-team All-American ... PIAA state champion in cross country in 2005 and 2007 ... won the PIAA outdoor 3,200m in 2007 and 2008 (meet record) ... owns the meet record for her performance in the 2008 PIAA indoor 3,000m ... 2007 Manhattan College Invitational Champion and course record holder for the 4000m race at Van Cortlandt Park in Bronx, N.Y. ... 2008 PIAA Runner of the Year.



**Sophomore:** Duke's top finisher at the 2008 ACC Cross Country Championships, where she came in 18th overall out of 105 runners with a 6K time of 21:26.7, narrowly missing All-ACC honors ... the Blue Devils' second runner at the Roy Griak Invitational, Penn State Invitational and the NCAA Southeast Regional ... ran to 29th place at the regional meet, clocking 21:50 over 6K ... continued her cross country season with a 21st-place finish in the women's open 8K race of the USA Championships in a time of 29:26 ... took 11th in the mile at the ACC Indoor Championships in 5:01.78 ... led off Duke's winning DMR at the ECAC Indoor Championships that had a total time of 11:39.90 and earned All-East honors ... also earned All-East outdoors with winning the 4x800m at the outdoor championships as she ran the third leg on the prelim squad ... one of two Blue Devils named to the 2008 All-ACC Academic squad for cross country season ... **Freshman:** Qualified for the World Junior XC Championships with fifth-place finish (21:34 for 6K) at the USATF XC Championships ... Team USA's second finisher in 28th place there with personal best 6K time of 21:19 ... finished 34th and 35th, respectively, at the ACC and NCAA Southeast Regional XC Championships ... took 10th in the 3,000m at ECAC Indoor Championships with a PB of 9:45.37 ... finished 11th at the ACC Outdoor Championships in the 5,000m ... finished 15th in the 3,000m at the ACC Indoor and ECAC Outdoor Championships.

<b>PB Indoors:</b>	
Mile	5:01.78
3,000m	9:45.37
<b>PB Outdoors:</b>	
800m	2:15
1,500m	4:31.86
<b>Honors:</b>	
All-East Ind.	2009
All-East Out.	2009



**Junior:** Redshirted all three seasons ... **Sophomore:** Earned All-East honors with a fourth-place finish (4:54.98) over one-mile at the ECAC Indoor Championships ... ran third leg on the victorious 4x800m relay at the ECAC Indoor Championships ... ran personal best 4:31.68 in 1,500m to take 10th at ACC Outdoor Championships ... finished third at the Wake Forest Open with personal best of 10:05.81 for 3,000m ... was a top-five scorer for the Blue Devils in every cross country race ... ran a personal best of 17:49.5 for 5,000m at the Murray Keatinge Invitational ... finished 27th and 33rd, respectively, at the ACC and NCAA Southeast Regional Cross Country Championships ... **Freshman:** Anchored Duke's record-setting 4x800m relay at Penn Relays ... ran on the 4x1,500m relay at Penn Relays that set the No. 2 all-time Duke record ... earned All-East honors in the indoor 1,000m ... led off the third-place 4x800m relay at the outdoor ECAC Championships and again earned All-East honors.

<b>PB Indoors:</b>	
800m	2:14.38
1,000m	2:53.83
Mile	4:54.98
<b>PB Outdoors:</b>	
800m	2:14.24
1,500m	4:31.68
3,000m	10:05.81
<b>Honors:</b>	
All-East Indoors	2007, 2008
All-East Outdoors	2007



# Women's Bios



**AMANDA TRUELOVE**

**SOPHOMORE + DISTANCE**  
**BARRIE, ONTARIO**  
**ST. JOAN OF ARC**

**Freshman:** Redshirted ... **Prep:** Fifth at the Canadian Junior Championships in both the 1,500m and 3,000m events ... national team member at the 2007 IAAF World Youth Championships in the 1,500m ... competed with the national team at the 2007 IAAF World Cross Country Championships ... four-time 3,000m champion at the Royal Canadian Legion National Track & Field Championships.

<b>PB Outdoors:</b>	
1,500m .....	4:31
3,000m .....	9:50



**ESTHER VERMEER**

**SOPHOMORE + MIDDLE DISTANCE**  
**GRIMSBY, ONTARIO**  
**SMITHVILLE DISTRICT CHRISTIAN**

**Freshman:** Named Freshman of the Year for the outdoor season at the Duke awards banquet ... took 67th at the ACC Championships, running the 6K in 22:48.1 ... fourth on the squad and 50th overall at the ECAC Cross Country Championships with a 5K time of 19:14 ... earned All-East honors indoors with her third-place 1,000m time of 2:51.52 at the ECAC Championships ... took 14th at indoor ACC Championships in the mile in 5:05.75 ... continued with a strong outdoor season that resulted in a trip to the NCAA East Regional ... qualified for the meet in the 800m with a 2:08.95 to take second at the UNC Elite meet, placing 23rd in the prelims with a time of 2:15.15 ... earned All-East honors outdoors in the 800m with a seventh place time of 2:14.51 at the ECAC Championships ... placed eighth in the 1500m at ACC's in 4:33.84 ... **Prep:** OFSAA Junior Girls Champion ... four-time OFSAA 800m medalist ... National team member at the 2007 IAAF World Youth Championships in the 800m ... runner-up finish in the 800m at the 2008 Canadian Jr. Nationals in 2:09.88.

<b>PB Indoors:</b>	
1,000m .....	2:51.52
Mile .....	5:05.75
<b>PB Outdoors:</b>	
400m .....	57.2
800m .....	2:08.26
1,500m .....	4:32.90
<b>Honors:</b>	
All-East Indoors .....	2009
All-East Outdoors .....	2009



**KATE VAN BUSKIRK**

**REDSHIRT JUNIOR + DISTANCE**  
**BRAMPTON, ONTARIO**  
**TURNER FENTON SECONDARY SCHOOL**

**Junior:** Duke's third runner and 26th overall at the 2008 ACC Cross Country Championships, running the 6,000m in 21:37.6 ... Duke's fourth runner and 31st overall of 222 runners at the Roy Griak Invitational, clocking 22:14.2 ... competed unattached during outdoor track, lowering her personal best in the 1,500m to 4:20.61 at the UNC Invite ... red-shirted the track seasons ... **Sophomore:** Earned All-ACC honors with 12th-place finish at ACC Cross Country Championships ... earned second All-Southeast Region honors with 16th place finish at NCAA Southeast Regional Championships ... finished 67th at the NCAA Cross Country Championships ... placed fifth at the Murray Keatinge Cross Country Invitational ... redshirted in track ... **Freshman:** Finished 18th at the Southeast Regional Cross Country Championship and was a scorer at the NCAA National meet ... won the 1,000m at the Virginia Tech Opener ... lead leg on the indoor 2007 DMR team that set the No. 2 all-time Duke record, won the ACC championship title and competed in the indoor NCAA national meet ... won the UNC Invite at 1,500m ... earned All-ACC honors with third-place finish in the 1,500m at the outdoor ACC meet while setting a personal best and qualifying for the NCAA Regionals with a time of 4:25.78 ... ran on the school record-setting 4x800m at the Penn Relays with a 2:07.8 split ... led off the 4x1,500m relay with a 4:23 split at the Penn Relays that was good for the second-fastest mark in Duke history ... led off the DMR at the Penn Relays that set the third-best school mark ... named most valuable freshman for cross country, indoors and outdoors.

<b>PB Indoors:</b>	
800m .....	2:10.46
1,000m .....	2:53.61
Mile .....	5:01.63
3,000m .....	10:00
<b>PB Outdoors:</b>	
800m .....	2:08.50
1,500m .....	4:20.61
3,000m .....	9:48
<b>Honors:</b>	
All-Southeast XC .....	2006, 2007
All-East Outdoors .....	2007
ACC Champion Indoors .....	2007
All-ACC Indoors .....	2007
All-ACC Outdoors .....	2007
All-ACC XC .....	2007



**BRITTANY WHITEHEAD**

**SOPHOMORE + SPRINTS**  
**CHERRY HILL, N.J.**  
**CHERRY HILL WEST**

**Freshman:** In her rookie season, broke into the Duke record book in seven events on the year, three individually and four as a relay member ... second all-time indoor 400m time of 57.12 ran at the ACC Indoor Championships was good for 15th place in the conference ... third all-time outdoor 200m time of 25.55 placed her sixth at the Duke Twilight ... third all-time outdoor 400m time of 56.51 was good for third at the Duke Twilight ... ran second leg of Duke's second all-time indoor 4x400m that clocked 3:48.33 to take third at the Terrier Classic ... member of third all-time outdoor 4x400m that clocked 3:46.44 ... third leg of fifth all-time indoor 4x400m that clocked 3:50.46 ... third leg of fifth all-time outdoor 4x100m that clocked a 48.31 ... **Prep:** Three-time team MVP and South Jersey all-star ... set five school records.

<b>Personal Bests:</b>	
200m .....	25.55
400m .....	56.2
<b>Honors:</b>	
All-East Indoors .....	2009



# Women's Bios



**Prep:** Four-year letter winner ... 2008 team MVP ... 2009 Base-line League Scholar Athlete ... 2008 threw a personal best 46'-2" in the shot put to place second at the USATF Jr. National Youth Outdoors ... 2008 put up a score of 4,150 in the heptathlon.

<b>Personal Bests:</b>	
Shot Put .....	46'-2"



**Prep:** Four-time Florida state champion in 3,200 meters ... Four-time cross country state champion ... Two-time state champion in 1,600m ... 2008 and 2009 Nike Indoor Nationals two-mile All-American ... 2007, 2008 and 2009 Footlocker finalist ... 2007 4x800m state champion.

<b>PB Indoors:</b>	
Two-mile.....	10:31
<b>PB Outdoors:</b>	
1,600m.....	4:57
5,000m.....	16:53



**Prep:** Two-time Delaware Runner of the Year for cross country ... Delaware Runner of the Year for indoor and outdoor track in 2009 ... 2009 Gatorade Delaware Runner of the Year for track ... State record holder in 5K and 10-mile events for cross country ... State record holder for the 800m, mile, 3,000m, 4x800m, 4x1,600m and the Distance Medley Relay in indoor track ... State record holder in 1,600m, 3,000m, 3,200m, 4x800m, 4x1,600m and Distance Medley Relay in outdoor track ... helped Tatnall High School team qualify three years for Nike Team Nationals, placing third in 2008.

<b>PB Indoors:</b>	
800m.....	2:14.92
1,500m.....	4:33.85
3,200m.....	10:27.11
<b>PB Outdoors:</b>	
800m.....	2:15.56
1,500m.....	4:37.12
1,600m.....	4:51.03



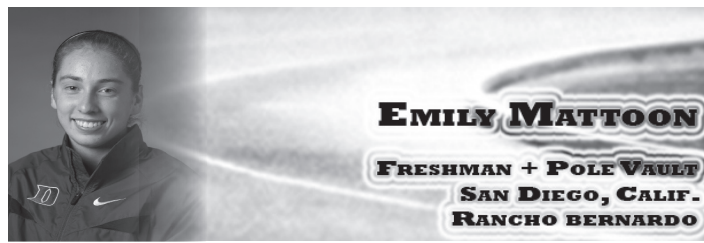
**Prep:** Holds school records at both Lake Oswego High School and Lakeridge High School in the javelin ... took first place at the USATF National Championships in 2007 ... placed second at the USATF National Championships in 2006 and 2008 ... placed second at OR 6A State Meet in both 2007 and 2008 ... finished fourth at OR 6A State Meet in 2009 ... an all-state selection in 2008 ... recipient of the Oregon School Activities Association Award of Excellence.

<b>Personal Bests:</b>	
Javelin.....	147'-5"



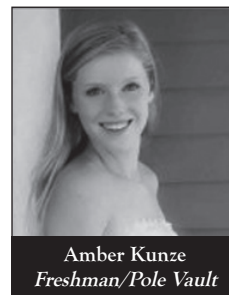
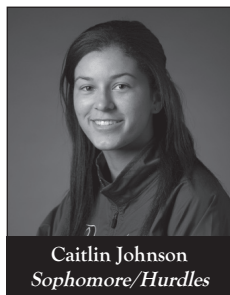
**Prep:** 2007 Footlocker cross-country national champion ... 2008 Footlocker cross-country runner-up ... 2008 5K Nike Outdoor National Champion ... four-time Florida state cross-country champion ... Three-time 3200m state champion ... 2007 Two-mile Nike Indoor National Champion ... 2007-2008 Gatorade National Cross-Country Runner of the Year.

<b>PB Indoors:</b>	
Two-Mile .....	10:25.41
<b>PB Outdoors:</b>	
1,600m.....	4:55.97
3,200m.....	10:13.45
5,000m.....	16:18.91



**Prep:** 2007 California State Pole Vault Champion ... 2007 San Diego Tribune Track and Field Athlete of the Year ... San Diego Hall of Champions 2007 Track and Field Athlete of the Year ... Vaulted a personal best 13'-0" at final home meet of sophomore year.

<b>Personal Bests:</b>	
Pole Vault.....	13'-0"





# Women's Bios



**Prep:** 2007 and 2008 Gatorade Alabama Cross Country Runner of the Year ... 2007 Gatorade Alabama Track Runner of the Year ... 2009 Alabama High School Heisman winner ... Individual champion of Nike Team Nationals Cross Country Championships in 2007 ... 2008 and 2009 1,600m state champion ... 2008 and 2009 state champion in 3,200m ... Four-time all-state cross country team.

<b>PB Indoors:</b>	
Mile .....	4:52.70
3,200m .....	10:48.70
<b>PB Outdoors:</b>	
800m .....	2:14.36
1,600m .....	4:51.06
Two-mile .....	10:29.26



**Prep:** All-State selection in the javelin in 2008 and 2009 ... All American in the spring of 2008 ... 2008 and 2009 Bergen Meet of Champs javelin and shot put champion ... 2008 and 2009 State Meet of Champs javelin champion ... Three-year letterwinner.

<b>Personal Bests:</b>	
Shot Put .....	41'-1.75"
Discus .....	120'-8"
Javelin .....	149'-1"



**Prep:** 2008 Footlocker National finalist ... Three-time NCISAA state champion ... 2007-2008, 2008-2009 North Carolina Gatorade Runner of the Year ... 2009 News and Observer Athlete of the Year ... 2008 News and Observer Runner of the Year ... State champion in the 3,200m, 1,600m and 4x800m ... School record holder in 5,000m, 3,200m, 1,600m, and 4x800m.

<b>PB Outdoors:</b>	
1,600m .....	5:06
3,200m .....	10:56



**Prep:** Two-time USATF All-American in 400m hurdles ... 2006 and 2007 MAC Conference MVP ... 2007 100m hurdles state champion ... 2007 and 2008 300m hurdles state champion ... Finished third in the 400m hurdles at the 2008 USATF Youth Outdoor Track and Field Championships ... Four-year letter winner in cross country.

<b>Personal Bests:</b>	
400m Hurdles .....	61.11



**Prep:** 2006 State Runner-Up in 100 meters ... Region champion in 100 meters in 2006, 2007, and 2009 ... Team MVP freshman year ... Team Most Valuable Sprinter in 2009.

<b>Personal Bests:</b>	
100m .....	11.83
200m .....	24.13



**Prep:** 2008 Gatorade Pennsylvania Cross Country Runner of the Year ... 2008 PIAA State Champion in Cross Country ... 2008 PTFCA Cross Country Runner of the Year ... 2008 first-team all-state cross country ... 2008 and 2009 PIAA State Champion 4x800m relay ... Fourth place at 2008 Nike Outdoor National in the 5,000m ... Four-year letterwinner in both cross country and track and field.

<b>PB Outdoors:</b>	
1,600m .....	5:07.79
3,000m .....	10:10.17
3,200m .....	10:47.86

