

SIMIDELE ADEAGBO
EASTERN HIGH SCHOOL
LOUISVILLE, KY

HIGH SCHOOL ACCOMPLISHMENTS

1. MEMBER OF STATE GIRLS TRACK CHAMPIONS IN 1996,1997,1998
2. INDIVIDUAL ACCOMPLISHMENTS
 - a. 1996
 - i. LONG JUMP—3RD PLACE
 - b. 1997
 - i. 100 YARD DASH 1ST
 - ii. 200 YARD DASH—1ST
 - iii. MEMBER OF 4 X 100 YARD RELAY-1ST
 - iv. LONG JUMP—1ST
 - c. 1998
 - i. 100 YARD DASH—1ST
 - ii. 200 YARD DASH—4TH
 - iii. LONG JUMP—1ST
 - iv. TRIPLE JUMP—2ND
 - d. 1999
 - i. COMPETED WITH LEG INJURY
 - ii. LONG JUMP 1ST WITH NEW STATE RECORD OF 19'8.25"
3. ACCEPTED ATHLETIC TRACK SCHOLARSHIP TO UNIVERSITY OF KENTUCKY UPON GRADUATION

COLLEGE ACCOMPLISHMENTS

1. INFORMATION FROM UNIVERSITY OF KENTUCKY ATTACHED

NOW WORKS FOR NIKE SHOE COMPANY AND IS IN TRAINING IN SAN DIEGO, CA WITH ALL JOYNER FOR THE 2008 OLYMPICS.

WOMEN'S TOP TIMES/MARKS

INDOOR

60 METERS

| | | | |
|-----------------------|-------|--------------|------|
| 1. Michelle Brown | 7.25c | Indianapolis | 1997 |
| 2. Passion Richardson | 7.28c | Gainesville | 1994 |
| 3. Regina Felder | 7.36c | Baton Rouge | 1983 |
| 4. Jackie Knox | 7.42c | Lexington | 1995 |
| 5. LaTanza Stephens | 7.45c | Lexington | 1996 |
| 6. Teniqua Broughton | 7.49c | Lexington | 1998 |
| 7. Kenya Patton | 7.51 | Bloomington | 2006 |
| 8. Alexis Simmons | 7.53c | Lexington | 1998 |
| 9. Talonda Ingram | 7.55 | Lexington | 2004 |
| 10. Simidele Adeagbo | 7.59 | Lexington | 2001 |

60-METER HURDLES

| | | | |
|----------------------|-------|--------------|------|
| 1. Lutisha Shittu | 8.25c | Gainesville | 1999 |
| 2. Shonna Johnson | 8.36c | Bloomington | 1998 |
| Michelle Williams | 8.36c | Lincoln | 1998 |
| 4. Tonya Lowe | 8.37c | Baton Rouge | 1984 |
| 5. Olubusola Adeagbo | 8.46 | Lexington | 2003 |
| 6. Ola Sesay | 8.48 | Lexington | 1999 |
| 7. Eimetta Johnson | 8.51 | Lexington | 2003 |
| 8. Raina Turner | 8.58c | Gainesville | 1994 |
| 9. Judy Thomas | 8.63 | Knoxville | 1981 |
| Jihan Trone | 8.63 | Col. Springs | 2001 |

200 METERS

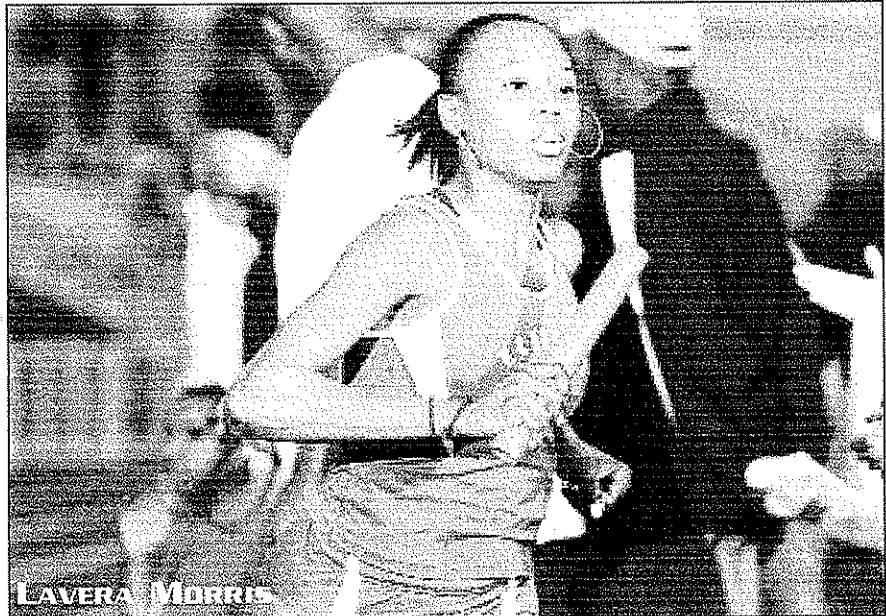
| | | | |
|-----------------------|-------|------------|------|
| 1. Michelle Brown | 23.32 | Atlanta | 1997 |
| 2. Alexis Simmons | 23.96 | Atlanta | 1997 |
| 3. Roshell Russell | 24.06 | Lexington | 1998 |
| 4. Kenya Patton | 24.22 | Lexington | 2006 |
| 5. Talonda Ingram | 24.40 | Lexington | 2004 |
| 6. Kendra Patton | 24.42 | Lexington | 2004 |
| 7. Jackie Knox | 24.48 | Lexington | 1995 |
| 8. Passion Richardson | 24.49 | Lexington | 1996 |
| 9. Michelle Williams | 24.51 | Lexington | 1998 |
| 10. Shonna Johnson | 24.54 | Blacksburg | 1998 |

400 METERS

| | | | |
|----------------------|-------|-------------|------|
| 1. Roshell Russell | 52.90 | Ames | 1998 |
| 2. Michelle Brown | 54.27 | Baton Rouge | 1995 |
| 3. Meka Remberf | 55.49 | Lexington | 1996 |
| 4. Colette Ellison | 55.82 | Gainesville | 1992 |
| 5. Teniqua Broughton | 55.86 | Lexington | 1998 |
| 6. Judy Richardson | 56.06 | Louisville | 1981 |
| Jackie Gordon | 56.06 | Lexington | 2004 |
| 7. Takia Brooks | 56.22 | Lexington | 2004 |
| 8. Olubusola Adeagbo | 56.30 | Lexington | 2004 |
| 9. Shalonda Smith | 56.81 | Gainesville | 1990 |

800 METERS

| | | | |
|---------------------|---------|-------------|------|
| 1. Beth Heimann | 2:05.72 | Gainesville | 2002 |
| 2. Lavera Morris | 2:06.33 | Ames | 2006 |
| 3. Georganne Way | 2:06.49 | Ames | 2006 |
| 4. Laura McSpadden | 2:08.47 | Baton Rouge | 1989 |
| 5. Elisa Frosini | 2:08.78 | Fairfax | 1986 |
| 6. Brooke Patterson | 2:08.95 | South Bend | 2004 |
| 7. Sherry Hoover | 2:09.46 | Gainesville | 1988 |
| 8. Kim Hawkins | 2:09.50 | Baton Rouge | 1989 |
| 9. Missy Vaughn | 2:11.04 | Columbus | 1983 |
| 10. Holly Straight | 2:12.31 | Bloomington | 1983 |



1000 METERS

| | | | |
|--------------------|---------|---------------|------|
| 1. Elisa Frosini | 2:45.28 | Oklahoma City | 1986 |
| 2. Missy Vaughn | 2:46.61 | Gainesville | 1984 |
| 3. Sherry Hoover | 2:48.71 | Gainesville | 1987 |
| 4. Kerry Rink | 2:49.17 | Baton Rouge | 1989 |
| 5. Lisa Breiding | 2:49.41 | Gainesville | 1989 |
| 6. Kim Hawkins | 2:50.76 | Indianapolis | 1987 |
| 7. Beth Heimann | 2:51.84 | South Bend | 2005 |
| 8. Laura McSpadden | 2:52.08 | Gainesville | 1987 |
| 9. Patricia Padomo | 2:53.74 | Baton Rouge | 1988 |
| 10. Robin Grim | 2:53.77 | Baton Rouge | 1989 |

MILE

| | | | |
|-----------------------|---------|---------------|------|
| 1. Lisa Breiding | 4:36.37 | Baton Rouge | 1989 |
| 2. Sherry Hoover | 4:40.23 | Oklahoma City | 1988 |
| 3. Brooke Patterson | 4:42.00 | Lexington | 2004 |
| 4. Bernadette Madigan | 4:42.14 | Louisville | 1982 |
| 5. Elisa Frosini | 4:42.86 | Oklahoma City | 1987 |
| 6. Caily Phillips | 4:45.40 | Lexington | 2004 |
| 7. Beth Heimann | 4:47.67 | Lexington | 2004 |
| 8. Patricia Padomo | 4:47.92 | Oklahoma City | 1987 |
| 9. Denise Bushallow | 4:48.16 | Gainesville | 1988 |
| 10. Valerie McGovern | 4:48.35 | Bloomington | 1990 |

3000 METERS

| | | | |
|-----------------------|---------|---------------|------|
| 1. Valerie McGovern | 9:05.74 | Indianapolis | 1989 |
| 2. Lisa Breiding | 9:07.66 | Oklahoma City | 1986 |
| 3. Bernadette Madigan | 9:13.95 | New York | 1982 |
| 4. Audrey Pierce | 9:18.94 | Oklahoma City | 1986 |
| 5. Kristy Orre | 9:19.55 | Johnson City | 1988 |
| 6. Caily Phillips | 9:28.52 | Gainesville | 2004 |
| 7. Donna Combs | 9:34.04 | Gainesville | 1990 |
| 8. Denise Bushallow | 9:35.57 | Baton Rouge | 1988 |
| 9. Jennifer Kendall | 9:36.30 | Gainesville | 1989 |
| 10. Patricia Padomo | 9:36.4h | Indianapolis | 1987 |

5000 METERS

| | | | |
|------------------------|----------|-------------|------|
| 1. Valerie McGovern | 15:45.72 | Athens | 1990 |
| 2. Bernadette Madigan | 16:15.75 | Baton Rouge | 1983 |
| 3. Kristy Orre | 16:21.18 | Gainesville | 1988 |
| 4. Caily Phillips | 16:29.90 | Lexington | 2004 |
| 5. Audrey Pierce | 16:31.66 | Baton Rouge | 1986 |
| 6. Allison Grace | 16:43.09 | Ames | 2006 |
| 7. Christa Prusinowski | 17:09.55 | Ames | 1993 |
| 8. Lynn Segrei | 17:16.70 | Baton Rouge | 1986 |
| 9. Lynn Segrei | 17:23.70 | Gainesville | 1989 |
| 10. Kim O'Brien | 17:32.78 | Baton Rouge | 1985 |

SHOT PUT

| | | | |
|----------------------|----------|-------------|------|
| 1. Cindy Crapper | 53-7.5 | Baton Rouge | 1983 |
| 2. Liz Polyak | 52-5.5 | Baton Rouge | 1986 |
| 3. Ashley Muffet | 52-4 | Gainesville | 2006 |
| 4. Gloria Harris | 49-1.75 | Gainesville | 1994 |
| 5. Suzie von Bernuth | 47-2.50 | Lexington | 1999 |
| 6. Heidi Quast | 46-11 | Bloomington | 1998 |
| 7. Gennessa Guzman | 46-4 | Gainesville | 2002 |
| 8. Jenny Schumacher | 45-5 | Baton Rouge | 1995 |
| 9. Regina Butler | 45-4 | Champaign | 1980 |
| 10. Disa Salender | 44-10.75 | Baton Rouge | 1995 |

HIGH JUMP

| | | | |
|--------------------|---------|--------------|------|
| 1. Raina Turner | 6-0 | Lexington | 1996 |
| 2. Edyth Childress | 5-11.25 | Pocatello | 1981 |
| Janet Crawford | 5-11.25 | Gainesville | 2003 |
| 4. Rachel Kohler | 5-8.75 | Fayetteville | 2003 |
| 5. Saraha Yancy | 5-8 | Lexington | 1996 |
| Betty Geoghegan | 5-8 | Louisville | 1980 |
| 7. Missy Meeker | 5-70 | Columbus | 1980 |
| 8. Kristen Mowrey | 5-6 | Lexington | 2003 |
| Heather Hutchings | 5-6 | Lexington | 1996 |
| 10. Wendy Ray | 5-5 | Bloomington | 1982 |
| Susanne Funken | 5-5 | Gainesville | 2002 |
| Lindsay Moody | 5-5 | Gainesville | 2006 |



LONG JUMP

| | | | |
|----------------------|----------|-------------|------|
| 1. Ola Sesay | 21-1.25 | Gainesville | 1999 |
| 2. Shevan Threats | 20-5.50 | Ames | 2001 |
| 3. Valerie Williams | 20-4.50 | Baton Rouge | 1998 |
| 4. Simidele Adeagbo | 20-3.50 | Lexington | 2001 |
| 5. Cathy Barber | 19-11.75 | Knoxville | 1982 |
| 6. Ronda Boyd | 19-5.75 | Gainesville | 1981 |
| 7. Cathy Barber | 19-2 | Louisville | 1984 |
| 8. Michelle Gales | 19-1.50 | Gainesville | 2006 |
| 9. Shonna Johnson | 18-11.75 | Lexington | 1996 |
| 10. Falana Greenwell | 18-9.25 | Lexington | 1999 |

TRIPLE JUMP

| | | | |
|---------------------|----------|--------------|------|
| 1. Simidele Adeagbo | 43-8 | Fayetteville | 2003 |
| 2. Valerie Williams | 41-11.50 | Blacksburg | 1998 |
| 3. Shevan Threats | 41-7 | Blacksburg | 2000 |
| 4. Falana Greenwell | 40-5.50 | Lexington | 2000 |
| 5. Rhonda White | 40-1.25 | Lexington | 2001 |
| 6. Michelle Gales | 39-1.25 | Lexington | 2006 |
| 7. Ola Sesay | 38-0.50 | Baton Rouge | 1998 |

20-LB. WEIGHT THROW

| | | | |
|----------------------|----------|--------------|------|
| 1. Gennessa Guzman | 61-9.75 | Lexington | 2005 |
| 2. Ashley Muffet | 61-9 | Gainesville | 2006 |
| 3. Aisha Smith | 60-9.25 | Fayetteville | 2002 |
| 4. Nicole Allyn | 59-3 | Lexington | 2003 |
| 5. Ildiko Varga | 56-10.25 | Lexington | 2006 |
| 6. Rebecca Wedel | 55-11 | Lexington | 2001 |
| 7. Disa Salender | 52-2.75 | Indianapolis | 1997 |
| 8. Rachel Winters | 51-5.50 | Lexington | 2006 |
| 9. Ashleigh Hayes | 44-7 | Lexington | 2006 |
| 10. Jenny Schumacher | 44-3.50 | Lexington | 1996 |

OUTDOOR

100 METERS

| | | | |
|-----------------------|-------|-------------|------|
| 1. Passion Richardson | 11.31 | Austin | 1997 |
| 2. Michelle Brown | 11.37 | Palo Alto | 1997 |
| 3. Regina Felder | 11.53 | Lexington | 1983 |
| 4. LaTanza Stephens | 11.61 | Knoxville | 1995 |
| 5. Jackie Knox | 11.67 | Atlanta | 1993 |
| 6. Alexis Simmons | 11.69 | Palo Alto | 1997 |
| 7. Pat Blackburn | 11.74 | Manhattan | 1976 |
| 8. Cathy Barber | 11.75 | Knoxville | 1981 |
| 9. Rhonda Boyde | 11.75 | Knoxville | 1981 |
| 10. Roshell Russell | 11.81 | Gainesville | 1998 |
| 11. Tonya Lowe | 11.81 | Athens | 1982 |

100-METER HURDLES

| | | | |
|----------------------|--------|--------------|------|
| 1. Shonna Johnson | 13.16w | Gainesville | 1998 |
| 2. Lutisha Shittu | 13.32w | Edwardsville | 1998 |
| 3. Tonya Lowe | 13.35 | Baton Rouge | 1984 |
| 4. Michelle Williams | 13.78 | Auburn | 2000 |
| 5. Ola Sesay | 13.84w | Athens | 1998 |
| 6. Judy Thomas | 13.90 | Austin | 1981 |
| 7. Elmelta Johnson | 13.94 | Columbus | 2003 |
| 8. Kathy Klaehn | 14.03 | Knoxville | 1983 |
| 9. Olubusola Adeagbo | 14.14 | Knoxville | 2003 |
| 10. Raina Turner | 14.15 | Philadelphia | 1994 |

200 METERS

| | | | |
|-----------------------|-------|-------------|------|
| 1. Michelle Brown | 23.30 | Knoxville | 1995 |
| 2. Roshell Russell | 23.63 | Athens | 1998 |
| 3. Shevan Threats | 23.71 | Baton Rouge | 2000 |
| 4. Passion Richardson | 23.84 | Baton Rouge | 1997 |

| | | | |
|---------------------|-------|--------------|------|
| 5. Alexis Simmons | 23.86 | Palo Alto | 1997 |
| 6. Jackie Knox | 23.90 | Starkville | 1993 |
| 7. LaTanza Stephens | 23.91 | Lexington | 1996 |
| 8. Colette Ellison | 23.96 | W. Lafayette | 1992 |
| 9. Kenya Patton | 23.96 | Tempe | 2005 |
| 10. Regina Felder | 23.98 | Lexington | 1983 |

400 METERS

| | | | |
|------------------------|-------|--------------|------|
| 1. Roshell Russell | 52.37 | Austin | 1998 |
| 2. Michelle Brown | 52.58 | Knoxville | 1995 |
| 3. Judy Richardson | 53.76 | Louisville | 1981 |
| 4. Colette Ellison | 54.20 | Chapel Hill | 1992 |
| 5. Antoinette Browning | 54.53 | Austin | 1981 |
| 6. Takia Brooks | 54.92 | Columbus | 2004 |
| 7. Alexis Simmons | 55.47 | Los Angeles | 1996 |
| 8. Hazel Hanson-Monnie | 55.93 | Austin | 1998 |
| 9. Kleo Mack | 56.12 | Fayetteville | 2006 |
| 10. Shalonda Smith | 56.15 | Lexington | 1990 |

400-METER HURDLES

| | | | |
|----------------------|-------|-----------------|------|
| 1. Meka Rembert | 57.91 | Knoxville | 1996 |
| 2. Olubusola Adeagbo | 59.72 | Columbus | 2003 |
| 3. Shonna Johnson | 60.01 | Austin | 1998 |
| 4. Judy Thomas | 60.35 | Knoxville | 1982 |
| 5. Ashley Trimble | 60.94 | Atlanta | 2006 |
| 6. Tonya Lowe | 61.03 | Lexington | 1983 |
| 7. Lutisha Shittu | 61.08 | Gainesville | 1998 |
| 8. Tenesha Blakey | 62.16 | College Station | 1995 |
| 9. Adrienne Bundy | 62.83 | Tuscaloosa | 1995 |
| 10. Michelle Hite | 63.61 | Knoxville | 1993 |

500 METERS

| | | | |
|-----------------------|---------|--------------|------|
| 1. Brooke Patterson | 2:04.13 | Baton Rouge | 2004 |
| 2. Beth Heimann | 2:04.48 | Knoxville | 2003 |
| 3. Sherry Hoover | 2:04.79 | Lexington | 1988 |
| 4. Lavera Morris | 2:05.87 | Sacramento | 2006 |
| 5. Georganne Way | 2:06.39 | Fayetteville | 2006 |
| 6. Roseline Addo | 2:06.92 | Knoxville | 2003 |
| 7. Elisa Frosini | 2:07.30 | Columbus | 1986 |
| 8. Kim Hawkins | 2:07.51 | Indianapolis | 1986 |
| 9. Kerry Rink | 2:07.94 | Gainesville | 1989 |
| 10. Khalilah Muhammad | 2:08.25 | Atlanta | 1992 |

1500 METERS

| | | | |
|-----------------------|---------|--------------|------|
| 1. Sherry Hoover | 4:16.11 | Des Moines | 1988 |
| 2. Elisa Frosini | 4:16.93 | Baton Rouge | 1987 |
| 3. Lisa Breiding | 4:18.19 | Lexington | 1986 |
| 4. Brooke Patterson | 4:19.04 | Stanford | 2004 |
| 5. Bernadette Madigan | 4:19.14 | Walnut Hill | 1982 |
| 6. Audrey Pierce | 4:23.48 | Baton Rouge | 1986 |
| 7. Laura McSpadden | 4:23.99 | Indianapolis | 1988 |
| 8. Denise Bushallow | 4:23.90 | Lexington | 1989 |
| 9. Kim Hawkins | 4:24.84 | Lexington | 1986 |
| 10. Georganne Way | 4:25.00 | Knoxville | 2006 |

3000 METERS

| | | | |
|-----------------------|---------|--------------|------|
| 1. Valerie McGovern | 8:57.73 | Norwalk | 1990 |
| 2. Lisa Breiding | 9:04.11 | Knoxville | 1987 |
| 3. Denise Bushallow | 9:12.10 | Philadelphia | 1988 |
| 4. Audrey Pierce | 9:14.45 | Knoxville | 1986 |
| 5. Bernadette Madigan | 9:15.15 | Knoxville | 1982 |
| 6. Sherry Hoover | 9:17.20 | Knoxville | 1988 |
| 7. Donna Combs | 9:18.26 | Indianapolis | 1990 |
| 8. Patricia Padorno | 9:19.10 | Philadelphia | 1987 |
| 9. Christa Holms | 9:31.81 | Knoxville | 1991 |
| 10. Jennifer Kendall | 9:32.24 | Philadelphia | 1989 |

5000 METERS

| | | | |
|-----------------------|----------|--------------|------|
| 1. Valerie McGovern | 15:45.72 | Athens | 1990 |
| 2. Lisa Breiding | 16:01.57 | Austin | 1986 |
| 3. Bernadette Madigan | 16:16.34 | Austin | 1985 |
| 4. Audrey Pierce | 16:27.41 | Austin | 1986 |
| 5. Allison Grace | 16:30.87 | Nashville | 2005 |
| 6. Denise Bushallow | 16:32.80 | Knoxville | 1988 |
| 7. Caitly Phillips | 16:44.65 | Walnut | 2004 |
| 8. Kristy Orre | 16:50.45 | Baton Rouge | 1988 |
| 9. Deanne Home | 16:54.80 | Philadelphia | 1988 |
| 10. Lynne Segreti | 16:57.12 | Baton Rouge | 1988 |

10000 METERS

| | | | |
|-----------------------|----------|--------------|------|
| 1. Valerie McGovern | 32:50.44 | Walnut | 1991 |
| 2. Bernadette Madigan | 33:19.89 | Walnut | 1985 |
| 3. Kristy Orre | 34:35.72 | Philadelphia | 1988 |
| 4. Lynne Segreti | 35:46.50 | Philadelphia | 1988 |
| 5. Mary Witt | 36:18.24 | Columbus | 1979 |
| 6. Karen Porter | 36:23.85 | Knoxville | 1981 |
| 7. Jeane Bass | 36:43.14 | Knoxville | 1981 |
| 8. Sarah Berry | 37:10.04 | Lexington | 1983 |
| 9. Bev Lewis | 37:10.85 | Starkville | 1985 |
| 10. Lori Linville | 38:56.54 | Lexington | 1982 |

SHOT PUT

| | | | |
|----------------------|----------|--------------|------|
| 1. Ashley Muffet | 54-2.50 | Fayetteville | 2006 |
| 2. Cindy Crapper | 53-7.50 | Baton Rouge | 1983 |
| 3. Liz Polyak | 52-5.50 | Baton Rouge | 1986 |
| 4. Gloria Harris | 49-11.75 | Gainesville | 1994 |
| 5. Suzie von Bernuth | 48-0 | Austin | 1999 |



| | | | |
|---------------------|---------|-----------------|------|
| 6. Heidi Quast | 46-9 | Bloomington | 1999 |
| 7. Jenny Schumacher | 46-6.25 | College Station | 1995 |
| 8. Regina Butler | 45-4 | Champaign | 1980 |
| 9. Disa Salender | 44-1.25 | Lexington | 1995 |
| 10. Olivia Reynolds | 43-0.50 | Knoxville | 2001 |

DISCUS

| | | | |
|----------------------|--------|--------------|------|
| 1. Ildiko Varga | 185-10 | Mesa | 2006 |
| 2. Gennessa Guzman | 167-11 | Bloomington | 2003 |
| 3. Molly Lonergan | 167-8 | Starkville | 2002 |
| 4. Cindy Crapper | 164-9 | Lexington | 1981 |
| 5. Suzie von Bernuth | 163-2 | Austin | 1999 |
| 6. Disa Salender | 162-2 | loomington | 1996 |
| 7. Liz Polyak | 161-3 | Lexington | 1983 |
| 8. Ashley Muffet | 156-0 | Tempe | 2006 |
| 9. Mary Jo Schultz | 152-6 | Austin | 1995 |
| 10. Gloria Harris | 145-6 | Indianapolis | 1994 |

JAVELIN

| | | | |
|--------------------|--------|-------------|------|
| 1. Cindy Crapper | 181-10 | Lexington | 1982 |
| 2. Mary Jo Schultz | 161-11 | Baton Rouge | 1997 |
| 3. Beth Burkett | 150-5 | Austin | 2000 |
| 4. Carol Waters | 141-6 | Gainesville | 1980 |
| 5. Kathleen Biondi | 137-3 | Tempe | 2006 |

HAMMER THROW

| | | | |
|--------------------|-------|--------------|------|
| 1. Nicole Allyn | 194-7 | Fayetteville | 2006 |
| 2. Gennessa Guzman | 187-1 | Walnut | 2005 |
| 3. Ashley Muffet | 186-6 | San Diego | 2006 |
| 4. Ildiko Varga | 186-6 | Fayetteville | 2006 |
| 4. Aisha Smith | 179-4 | Starkville | 2002 |
| 6. Rebecca Wedel | 172-1 | Louisville | 2001 |
| 7. Disa Salender | 142-6 | Lexington | 1997 |

TRIPLE JUMP

| | | | |
|---------------------|---------|-----------|------|
| 1. Simidele Adeagbo | 44-0.50 | Austin | 2004 |
| 2. Shevan Threats | 42-9.25 | Austin | 1999 |
| 3. Ola Sesay | 42-5.50 | Knoxville | 1998 |

| | | | |
|---------------------|----------|-----------|------|
| 4. Falana Greenwell | 42-0.75 | Miami | 2000 |
| 5. Valerie Williams | 42-0.50 | Athens | 1999 |
| 6. Michelle Gales | 39-3.50 | Atlanta | 2006 |
| 7. Keeoma Wardford | 36-11.50 | Austin | 1994 |
| 8. Miranda Martin | 35-7.75 | Athens | 1999 |
| 9. Valerie Coffey | 35-4 | Lexington | 1986 |

LONG JUMP

| | | | |
|---------------------|----------|-------------|------|
| 1. Ola Sesay | 21-0 | Boise | 1999 |
| 2. Simidele Adeagbo | 20-10.50 | Austin | 2001 |
| 3. Shevan Threats | 20-5.75 | Baton Rouge | 2000 |
| 4. Cathy Barber | 19-11.75 | Knoxville | 1982 |
| 5. Valerie Williams | 19-10.75 | Gainesville | 1999 |
| 6. Michelle Gales | 19-6.50 | Columbus | 2006 |
| 7. Rhonda Boyd | 19-5.75 | Gainesville | 1981 |
| 8. Falana Greenwell | 19-4.75 | Athens | 1999 |
| 9. Sherry Ballew | 18-5.50 | Lexington | 1977 |
| 10. Shonna Johnson | 18-5.25 | Lexington | 1984 |

HIGH JUMP

| | | | |
|----------------------|---------|-------------|------|
| 1. Raina Turner | 6-0.50 | Atlanta | 1993 |
| 2. Janet Crawford | 5-10.75 | Miami | 2003 |
| 3. Heather Hutchings | 5-8.75 | Lexington | 1996 |
| Edyth Childress | 5-8.75 | Richmond | 1981 |
| 5. Kristen Mowrey | 5-8 | Columbus | 2004 |
| Sarah Yancy | 5-8 | Knoxville | 1996 |
| Betty Geoghegan | 5-8 | Louisville | 1980 |
| Rachel Kohler | 5-8 | Walnut | 2003 |
| 9. Missy Meeker | 5-7 | Columbus | 1980 |
| 10. Wendy Ray | 5-6 | Huntington | 1982 |
| Angela Salvatore | 5-6 | Baton Rouge | 1991 |

HEPTATHLON

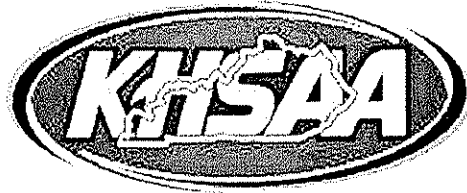
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|----------------------|------|-------------|------|
| 1. Kristen Mowrey | 4950 | Knoxville | 2002 |
| 2. Temitayo Adeagbo | 4928 | Knoxville | 2001 |
| 3. Stephanie Cordell | 4563 | Baton Rouge | 1991 |
| 4. Michelle Williams | 4141 | Athens | 1999 |

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Adēe awgb̄o

Simidele Adeagbo



Simidele A.O. Adeagbo

Track & Field

**Events: Long Jump, Triple Jump,
100m, 200m, 4 x 100m, 4 x 400m**



Current Residence: Beaverton, OR

Hometown: Louisville, KY

High School: Eastern High School, Middletown, KY, Class of 1999

College: University of Kentucky (BS Journalism, MA
Communication), Class of 2003

Career Highlights:

- 7-time Kentucky High School State Champion (100m (2x), 200m, Long Jump (3x), 4 x 100m)
- KY Class AAA Long Jump Record Holder (19-8.25)
- KY Female Gatorade Track and Field Athlete of the Year
- Ranked in the national top 20 in the Long Jump (1999)
- Kentucky Governor's Scholar

Personal Bio:

Simidele Adeagbo has been a dominant force in Kentucky Track and Field history; gracefully sprinting and leaping her way into the record books for the past decade. Simidele burst onto the state athletic scene while a student at Eastern High School. At Eastern, she was a member of the Eagles' three time state championship track and field team ('96, '97, '98). Individually she topped the medal stand 7 times, winning individual state championships in the 100m (2x), 200m, Long Jump (3x) and as a part of the 4 x 100m relay team. She won her seventh and last state championship in 1999, with a Kentucky State AAA record breaking mark of 6.00m (19-8.25), which still stands today. That same year, she was ranked amongst the top 20 national high school long jumpers and recognized as Kentucky's Female Gatorade Track and Field Athlete of the Year. While in high school, Adeagbo also excelled in Cross Country, Field Hockey (All State Honorable Mention) and Basketball (All District Team). In addition to her stellar athletic accomplishments, she was honored as a Governor's Scholar in 1998.

Adeagbo went on to attend the University of Kentucky (UK). While competing at UK, she was a four time All-American (2001 (indoor), 2002 (outdoor), 2003 (indoor and outdoor)) in the triple jump. She also set indoor (43-11.25, 13.39m) and outdoor (44-0.50, 13.42m) school records in the event, which still stand today. Her world class performances also led her to wins in the triple jump at the prestigious Penn Relays in 2002 and Southeastern Conference (SEC) Indoor Championship in 2003. Adeagbo was also a multiple time scorer in the SEC Championships in the Long Jump, 4 x 100m and 4 x 400m. In 2003, Adeagbo was also named an Academic All American.

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Since graduating from UK, Adeagbo continued her track and field career; consistently nationally ranked in the triple jump. In 2004, she was an Olympic Trials finalist in the event with a 12th place finish. In 2006, she was hand picked to train with 1984 Olympic triple jump gold medalist Al Joyner, who recognized her talent and potential to excel on the elite level. After training with Joyner at the U.S. Olympic Training Center in Chula Vista, CA, Adeagbo narrowly missed a spot on the 2008 Olympic Team, finishing 7th at the Olympic Trials with a personal best jump of 45-10.75 (13.99m).

Adeagbo now resides in Beaverton, Oregon where she is a footwear product manager at Nike Inc. She stays connected to the sport of track and field through coaching on a volunteer basis.

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