

2012 Valparaiso Women's Indoor Track and Field Top Performances (FINAL)

(times) are track conversions (oversized, banked, etc.)

200 Meter Dash

Name	Date	Time
Kelli Wosick	2/11	28.10
Malea Buck	1/28	28.32

300 Meter Dash

Name	Date	Time
Kelli Wosick	1/14	45.37

400 Meter Dash

Name	Date	Time
Kelli Wosick	2/25	1:00.96
Malea Buck	2/11	1:04.74

600 Meter Run

Name	Date	Time
Kelli Wosick	12/3	1:43.65

800 Meter Run

Name	Date	Time
Claire Johnson	1/21	2:22.62
Anna Kinzie	2/25	2:35.99
Patty Stellfox	1/21	2:37.48
Eileen Carmignani	2/11	2:40.73
Molly Ryan	2/25	2:48.51

One Mile Run

Name	Date	Time
Claire Johnson	2/26	5:08.19
Nicole Zehel	2/11	5:13.87
Jessica Richardson	1/21	5:26.87
Eileen Carmignani	2/26	6:03.56
Patty Stellfox	2/26	6:07.89

3,000 Meter Run

Name	Date	Time
Jessica Richardson	2/11	10:32.47
Nicole Zehel	2/26	10:49.39
Grace Watkins	2/26	11:46.66

5,000 Meter Run

Name	Date	Time
Jessica Richardson	2/25	18:10.27
Grace Watkins	2/25	21:10.51

High Jump

Name	Date	Distance
Jazmin Taylor	1/21	4'7 ³ / ₄ "

Pole Vault

Name	Date	Distance
Kelley Freeman	Twice	10'11 ¹ / ₂ "

Long Jump

Name	Date	Distance
Alycia Corral	12/3	17'7 ¹ / ₂ "
Marissa Crafton	2/25	16'9 ¹ / ₄ "
Brooke Hinstorff	2/25	16'0 ¹ / ₂ "

Triple Jump

Name	Date	Distance
Brooke Hinstorff	12/3	31'9 ¹ / ₄ "

Shot Put

Name	Date	Distance
Sarah Drozdowski	2/26	44'6 ¹ / ₄ "
Sara Greer	1/21	30'2 ¹ / ₄ "
Katy Hawkins	12/3	29'4 ³ / ₄ "

Weight Throw

Name	Date	Distance
Sarah Drozdowski	2/25	56'4 ¹ / ₂ "
Sara Greer	1/28	42'9 ¹ / ₂ "
Katy Hawkins	12/3	30'11"

4x400m Relay

Names	Date	Time
Wosick, Buck, Shemwell, Johnson	2/26	4:22.22
Wosick, Buck, Zehel, Johnson	1/21	4:24.54
Wosick, Buck, Johnson, Zehel	1/28	4:31.95

Distance Medley Relay

Names	Date	Time
Johnson, Wosick, Shemwell, Zehel	2/25	12:37.76

* - indicates school record