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

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

100 Meter Dash

Name	Date	Time
Marissa Crafton	4/14	13.01
Malea Buck	4/14	13.27

200 Meter Dash

Name	Date	Time
Malea Buck	4/14	27.08
Marissa Crafton	4/7	27.44
Kelli Wosick	4/28	28.36

400 Meter Dash

Name	Date	Time
Kelli Wosick	4/7	1:00.44
Malea Buck	5/5	1:02.02

800 Meter Run

Name	Date	Time
Claire Johnson	5/5	2:24.43
Nicole Zehel	3/31	2:28.07
Grace Shemwell	5/5	2:36.82
Patty Stellfox	5/5	2:39.53
Anna Kinzie	3/31	2:39.92
Eileen Carmignani	3/31	2:46.69

1,500 Meter Run

Name	Date	Time
Nicole Zehel	5/6	4:49.90
Claire Johnson	5/6	4:58.80
Grace Shemwell	4/21	5:18.84
Anna Kinzie	4/14	5:25.84
Eileen Carmignani	3/31	5:35.06
Patty Stellfox	5/6	5:40.30
Molly Ryan	4/14	5:43.00

5,000 Meter Run

Name	Date	Time
Jessica Richardson	4/14	17:59.33
Anna Kinzie	4/21	20:52.40
Grace Watkins	4/7	21:06.01
Molly Ryan	4/21	21:32:10

10,000 Meter Run

Name	Date	Time
Jessica Richardson	5/4	37:57.95

3,000 Meter Steeplechase

Name	Date	Time
Nicole Zehel	4/21	11:36.90
Grace Watkins	3/31	13:05.63
Eileen Carmignani	5/5	13:14.83

Pole Vault

Name	Date	Distance
*Kelley Freeman	4/21	11’9 ¾”

High Jump

Name	Date	Distance
Jazmin Taylor	Three times	4’7”

Long Jump

Name	Date	Distance
Marissa Crafton	4/14	18’1 ½”
Abby Kenyon	5/5	17’0”
Brooke Hinstorff	4/28	15’9 ¾”

Triple Jump

Name	Date	Distance
Brooke Hinstorff	4/21	32’9 ½”
Eileen Carmignani	4/14	31’4”

Shot Put

Name	Date	Distance
Sarah Drozdowski	5/6	43’4 ¼”

Javelin Throw

Name	Date	Distance
Sarah Drozdowski	3/31	122’6”
Brooke Hinstorff	5/4	106’3”
Sara Greer	5/4	92’0”
Iyanna Harris	4/7	52’8”

Hammer Throw

Name	Date	Distance
Sarah Drozdowski	5/5	173’0”
Sara Greer	4/27	143’4”
Katy Hawkins	4/27	107’5”
Iyanna Harris	4/27	106’9”

Discus Throw

Name	Date	Distance
Sarah Drozdowski	Twice	125’3”
Erica Funk	5/6	123’6”
Sara Greer	5/6	98’8”

4x100m Relay

Names	Date	Time
Buck, Kenyon, Hinstorff, Crafton	5/6	52.08
Buck, Wosick, Hinstorff, Crafton	3/31	53.67

4x400m Relay

Names	Date	Time
Wosick, Buck, Shemwell, Zehel	4/21	4:16.42
Valpo 'A'	4/14	4:17.07

*** - indicates school record**