2012-2013 Women's Indoor Track and Field
Top Performances (As of Mar. 1)

60 Meter Dash

Name	Date	Time
Cleo Holt	Feb. 16	7.94
Malea Buck	Feb. 2	8.51
Heather Mende	Feb. 16	8.70
Marissa Crafton	Jan. 11	8.71
Brooke Hinstorff	Jan. 11	9.09
Rachel Gilliam	Feb. 8	9.42

200 Meter Dash

Name	Date	Time
Cleo Holt	Feb. 2	26.17
Kelli Wosick	Feb. 23	27.40
Malea Buck	Dec. 1	27.86
Annie Gaugert	Feb. 8	28.51
Heather Mende	Feb. 2	29.13
Rachel Gilliam	Feb. 2	33.14
Haley Just	Jan. 18	33.89

300 Meter Dash

Name	Date	Time
Malea Buck	Jan. 11	45.17

400 Meter Dash

Name	Date	Time
Kelli Wosick	Feb. 23	59.59
Malea Buck	Feb. 2	1:03.08
Heather Mende	Feb. 2	1:07.61
Haley Just	Jan. 26	1:20.20

600 Meter Run

Name	Date	Time
Nicole Zehel	Feb. 16	1:41.99

800 Meter Run

Name	Date	Time
Nicole Zehel	Feb. 23	2:17.95
Grace Shemwell	Feb. 8	2:30.11
Eileen Carmignani	Feb. 8	2:37.83

One Mile Run

Name	Date	Time
Nicole Zehel	Feb. 24	5:07.75

Jessica Richardson	Jan. 11	5:17.62
Grace Shemwell	Jan. 18	5:39.44
Dezzarae Arce	Jan. 11	5:44.30
Grace Watkins	Jan. 18	5:44.97
Hannah Schilling	Feb. 8	5:51.57
Sophia Robinson	Feb. 8	5:58.47
Eileen Carmignani	Jan. 18	6:19.71

3000 Meter Run

Name	**Date**	**Time**
Jessica Richardson	Feb. 24	10:12.69
Nicole Zehel	Feb. 2	10:36.03
Haley Kerlin	Feb. 24	10:58.48
Dezzarae Arce	Feb. 8	11:09.25
Hannah Schilling	Feb. 16	11:25.81
Grace Watkins	Feb. 8	11:41.07
Sophia Robinson	Feb. 16	12:08.50
Anna Kinzie	Jan. 11	12:48.82

5000 Meter Run

Name	**Date**	**Time**
Jessica Richardson	Feb. 2	17:33.29
Haley Kerlin	Feb. 23	19:13.06
Hannah Schilling	Jan. 18	20:21.44
Sophia Robinson	Jan. 18	21:16.83
Anna Kinzie	Jan. 18	22:20.24

60m Hurdles

Name	**Date**	**Time**
Annie Gaugert	Feb. 8	10.10
Haley Just	Jan. 11	11.62

High Jump

Name	**Date**	**Distance**
Jazmin Taylor	Feb. 16	5-03.00

Pole Vault

Name	**Date**	**Distance**
Kelley Freeman	Feb. 2	11-05.75
Sarah Peters	Dec. 1	10-06.00
Ashley Heisey	Feb. 8	9-08.00

Long Jump

Name	**Date**	**Distance**
Marissa Crafton	Feb. 16	16-07.00
Brooke Hinstorff	Feb. 23	15-05.00

Abbey Kenyon	Jan. 26	15-02.75
Ann Chapman	Feb. 8	15-02.25

Triple Jump

Name	**Date**	**Distance**
Brooke Hinstorff	Dec. 1	31-06.00
Jazmin Taylor	Dec. 1	31-00.50
Ann Chapman	Jan. 11	30-08.00

Shot Put

Name	**Date**	**Distance**
Sarah Drozdowski	Feb. 24	44-09.50
Megan Howdeshell	Feb. 24	37-02.50

Weight Throw

Name	**Date**	**Distance**
Sarah Drozdowski	Feb. 23	56-04.00
Megan Howdeshell	Feb. 8	45-07.25

4 x 400 Meter Relay

Name	**Date**	**Time**
HL Championship Team	Feb. 24	4:09.95
Buck, Zehel, Shemwell, Wosick	Jan. 18	4:15.30
Buck, Mende, Wosic, Zehel	Feb. 16	4:20.30
Wosick, Shemwell, Schilling, Robinson	Feb. 8	4:37.80

Distance Medley Relay

Name	**Date**	**Time**
Arce, Buck, Shemwell, Watkins	Feb. 23	13:38.39

*** - indicates school record**