

2016-17 Valparaiso Women's Indoor Track and Field Top Performances

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

***=Program Record**

55m Dash

Name	Date	Time
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60m Dash

Name	Date	Time
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Chidimma Ozodi	Jan. 21	8.53
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Abigail Parnell	Feb. 10	9.82
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200m Dash

Name	Date	Time
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Shannon Lahey	Feb. 17	27.37
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Kayla Horne	Jan. 28	27.52
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Carly Bartholomew	Jan. 13	28.62
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Lindsey Arndt	Jan. 28	28.62
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Jordan Houlihan	Feb. 4	28.78
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Allison Baylor	Feb. 10	28.95
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Abigail Parnell	Dec. 2	33.16
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300m Dash

Name	Date	Time
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Shannon Lahey	Jan. 13	46.06
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400m Dash

Name	Date	Time
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Kayla Horne	Dec. 2	59.73
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Carly Bartholomew	Dec. 2	1:03.13
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Allison Baylor	Feb. 17	1:03.95
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Lindsey Arndt	Dec. 2	1:04.93
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Jordan Houlihan	Jan. 28	1:06.31
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600m Run

Name	Date	Time
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Allison Baylor	Dec. 2	1:46.63
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Lindsey Arndt	Jan. 13	1:51.91
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800m Run

Name	Date	Time
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Elizabeth Owen	Feb. 26	2:14.81
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Kate Mitchell	Feb. 26	2:24.31
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Janelle Wigal	Feb. 4	2:30.17
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Taylor Justison	Jan. 13	2:34.12
Kristin Tucker	Feb. 17	2:49.68

1 Mile Run

Name	Date	Time
Elizabeth Owen	Feb. 26	4:59.73
Kate Mitchell	Feb. 10	5:32.27
Janelle Wigal	Feb. 26	5:45.01
Celia McGhiey	Feb. 4	5:51.72
Taylor Justison	Jan. 21	5:54.56
Grace Nelson	Feb. 17	5:55.16
Nicole Berneche	Jan. 21	6:09.52
Katherine Germann	Jan. 13	6:10.45
Lauren Sturgeon	Jan. 28	6:28.63

3,000m Run

Name	Date	Time
Nicole Berneche	Feb. 26	11:40.89
Celia McGhiey	Feb. 10	11:59.14
Katherine Germann	Feb. 4	12:39.14
Grace Nelson	Jan. 13	13:08.36
Lauren Sturgeon	Feb. 17	13:08.10

5,000m Run

Name	Date	Time
Nicole Berneche	Feb. 4	20:18.09
Lauren Sturgeon	Feb. 4	22:17.24

55m Hurdles

Name	Date	Time
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60m Hurdles

Name	Date	Time
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400m Hurdles

Name	Date	Time
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4x400m Relay

Name	Date	Time
Horne, Bartholomew, Baylor, Owen	Feb. 26	4:06.61
'A'	Feb. 10	4:14.48
Bartholomew, Houlihan, Arndt, Owen	Jan. 21	4:17.93
Bartholomew, Lahey, Arndt, Baylor	Jan. 28	4:19.31
Horne, Baylor, Lahey, Tamburrino	Dec. 2	4:21.49
Justison, Mitchell, Wigal, McGhiey	Feb. 4	4:37.82

High Jump
Name**Date****Height****Pole Vault**
Name**Date****Height****Long Jump**
Name**Date****Distance**

Chidimma Ozodi

Dec. 2

5.33m/17-06.00

Anne Mou

Feb. 17

5.02m/16-05.75

Shannon Lahey

Dec. 2

4.77m/15-07.75

Brittany Lieber

Dec. 2

4.49m/14-08.75

Triple Jump
Name**Date****Distance**

Anne Mou

Feb. 4

11.15m/36-07.00

Chidimma Ozodi

Feb. 26

10.60m/34-09.50

Shannon Lahey

Feb. 10

9.95m/32-07.75

Brittany Lieber

Dec. 2

9.33m/30-07.50

Shot Put**Name****Date****Distance**

Nellie Bonham

Feb. 26

12.97m/42-06.75

Abby Jankowski

Feb. 4

11.69m/38-04.25

Maria Greer

Feb. 17

8.95m/29-04.25

Weight Throw**Name****Date****Distance**

Abby Jankowski

Feb. 4

14.57m/47-09.00

Nellie Bonham

Jan. 13

14.43m/47-04.00

Maria Greer

Feb. 4

9.92m/32-06.00

Distance Medley Relay**Name****Date****Time**

Mitchell, Baylor, Wigal, McGhiey

Feb. 25

13:39.49

Pentathlon**Name****Date****Points**