

**Valparaiso University Track & Field**  
2019-20 Women's Top Performances (Indoor)

**Sprints and Mid-distance**

<b>60 Meter Dash</b>	<b>Time</b>	<b>Date</b>	<b>Meet</b>
Taylor Smith	8.66	2/8	Windy City
Jordan Houlihan	8.76	2/8	Windy City

<b>60 Meter Hurdles</b>	<b>Time</b>	<b>Date</b>	<b>Meet</b>
Shannon Lahey	10.81p*	2/7	Windy City

<b>200 Meter Dash</b>	<b>Time</b>	<b>Date</b>	<b>Meet</b>
Sierra Fischer	25.85*#	2/8	Windy City
Jordan Houlihan	28.32	12/6	Blue & Gold
Taylor Smith	28.85^	2/15	GVSU Big

<b>400 Meter Dash</b>	<b>Time</b>	<b>Date</b>	<b>Meet</b>
Sierra Fischer	57.08*#	2/15	GVSU Big
Jordan Houlihan	1:07.14	12/6	Blue & Gold
Taylor Smith	1:07.60	12/6	Blue & Gold

<b>600 Meter Run</b>	<b>Time</b>	<b>Date</b>	<b>Meet</b>
Sierra Fischer	1:38.29*#	1/17	Bill Clinger

<b>800 Meter Dash</b>	<b>Time</b>	<b>Date</b>	<b>Meet</b>
Taylor Justison	2:22.74*	2/8	Windy City
Maranda Donahue	2:28.52*	2/15	GVSU Big
Danielle Durak	2:39.87*	2/8	Windy City
Sarah Padilla	2:42.92*	2/15	GVSU Big
Peyton Nash	2:44.09^	1/25	John Gartland
Shannon Lahey	2:50.40p*	2/7	Windy City
Olivia Recker	2:53.15^	2/8	Windy City

**Distance**

<b>1 Mile Run</b>	<b>Time</b>	<b>Date</b>	<b>Meet</b>
Taylor Justison	5:26.04	1/25	John Gartland
Alaina Carpenter	5:23.93*	2/8	Windy City
Maranda Donahue	5:33.97*	2/8	Windy City
Sarah Caesar	5:47.48	2/15	GVSU Big
Danielle Durak	5:55.65*	1/25	John Gartland
Claire Kovarik	5:59.94*	2/8	Windy City
Olivia Recker	6:37.69	1/17	Bill Clinger

<b>3000 Meter Run</b>	<b>Time</b>	<b>Date</b>	<b>Meet</b>
Katherine Germann	10:44.77	2/15	GVSU Big

\* - personal record

^ - personal record (indoor)

# - top-5 program record (and personal indoor record)

p- event part of pentathlon

w - wind-aided

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<b>3000 Meter Run (cont.)</b>	<b>Time</b>	<b>Date</b>	<b>Meet</b>
Alaina Carpenter	10:48.49*	2/15	GVSU Big
Sarah Caesar	11:23.99*	1/17	Bill Clinger
Maranda Donahue	11:56.07*	1/25	John Gartland
Anna Neal	12:07.29*	2/15	GVSU Big
Claire Kovarik	12:06.64*	2/15	GVSU Big

<b>5000 Meter Run</b>	<b>Time</b>	<b>Date</b>	<b>Meet</b>
Katherine Germann	18:33.30	2/7	Meyo Invite
Sarah Caesar	20:04.81	1/25	John Gartland
Anna Neal	21:27.69	1/25	John Gartland

### Relays

<b>4x400 Meter Relay</b>	<b>Time</b>	<b>Date</b>	<b>Meet</b>
Fischer, Durak, Donahue, Justison	4:19.23	2/15	GVSU Big
Fischer, Justison, Donahue, Nash	4:27.53	1/17	Bill Clinger

<b>Distance Medley</b>	<b>Time</b>	<b>Date</b>	<b>Meet</b>
Justison, Fischer, Durak, Carpenter	13:12.98	1/25	John Gartland

### Jumps

<b>Long Jump</b>	<b>Distance</b>	<b>Date</b>	<b>Meet</b>
Shannon Lahey	16-5¾ (5.02m)	1/17	Bill Clinger

<b>High Jump</b>	<b>Height</b>	<b>Date</b>	<b>Meet</b>
Shannon Lahey	4-0¾ (1.24m)p*	2/7	Windy City

<b>Triple Jump</b>	<b>Distance</b>	<b>Date</b>	<b>Meet</b>
Anne Mou	35-5½ (10.81m)	2/15	GVSU Big

<b>Pole Vault</b>	<b>Height</b>	<b>Date</b>	<b>Meet</b>
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### Throws

<b>Shot Put</b>	<b>Distance</b>	<b>Date</b>	<b>Meet</b>
Michelle Pierce	36-7¾ (11.17m)^	2/8	Windy City
Hayley Krulik	34-10½ (10.63m)	2/15	GVSU Big
Lauren Mikolajczak	29-10 (9.09m)	1/17	Bill Clinger
Shannon Lahey	23-8¼ (7.22m)p*	2/7	Windy City

<b>Weight Throw</b>	<b>Distance</b>	<b>Date</b>	<b>Meet</b>
Lauren Mikolajczak	55-4¼ (16.87m)*#	2/15	GVSU Big

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<b>Weight Throw (cont.)</b>	<b>Distance</b>	<b>Date</b>	<b>Meet</b>
Hayley Krulik	49-10 <sup>3</sup> / <sub>4</sub> (15.21m)*#	1/25	John Gartland
Michelle Pierce	48-11 <sup>1</sup> / <sub>2</sub> (14.92m)*	1/25	John Gartland
Maria Greer	42-2 (12.85m)*	2/8	Windy City

### *Multi-events*

<b>Pentathlon</b>	<b>Points</b>	<b>Date</b>	<b>Meet</b>
Shannon Lahey	2,261*#	2/7	Windy City

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