

Valparaiso Track & Field
2018-19 Women's Outdoor Top Performances
 Updated through- May 12, 2019

100 Meter Dash	Time	Date
Aaliyah Strickland	13.16	4/6/19
Taylor Smith	13.85*	5/12/19
Jordan Houlihan	13.85	5/12/19

200 Meter Dash	Time	Date
Sierra Fischer	25.99*#	4/13/19
Aaliyah Strickland	27.58*	5/12/19
Jordan Houlihan	28.36	5/12/19
Taylor Smith	28.74*	5/12/19

400 Meter Dash	Time	Date
Sierra Fischer	58.89*#	4/27/19

800 Meter Run	Time	Date
Julia Rustmann	2:14.36*#	5/12/19
Taylor Justison	2:24.86 ^	4/6/19
Miranda Donahue	2:29.12	4/6/19
Peyton Nash	2:41.95*	4/6/19

1,500 Meter Run	Time	Date
Taylor Justison	4:57.87*	5/12/19
Olivia Recker	5:23.89	4/27/19
Miranda Donahue	5:11.58*	4/13/19
Olivia Recker	5:26.57	4/13/19
Anna Neal	5:52.58*	4/13/19

5,000 Meter Run	Time	Date
Katherine Germann	18:40.58 ^	4/6/19
Anna Neal	21:08.46*	3/23/19
Kailee Carro	21:10.84*	3/23/19
Olivia Recker	21:55.34*	4/6/19
Claire Kovarik	21:13.40*	3/23/19
Nicole Berneche	21:56.60	3/23/19

10,000 Meter Run	Time	Date
Katherine Germann	38:06.05	5/12/19

3,000 Meter Steeplechase	Time	Date
Claire Kovarik	12:50.88*	5/12/19

* - personal record

^- personal record (outdoor)

- top-5 program record (and personal outdoor record)

4x100 Meter Relay	Time	Date
Strickland, Fischer, Houlihan, Lahey	50.44	5/12/19
Strickland, Fischer, Houlihan, Smith	51.27	4/6/19

4x400 Meter Relay	Time	Date
Fischer, Justison, Donahue, Rustmann	4:08.42	5/12/19

High Jump	Height	Date
Sydney Bronner	5-3¼ (1.61m)*#	5/12/19

Pole Vault	Height	Date
Carli Sowonik	11-0¼ (3.36m)	4/6/19

Long Jump	Distance	Date
Shannon Lahey	16-4½ (4.99m) ^	5/12/19

Triple Jump	Distance	Date
Anne Mou	37-2 (11.33m)^#	5/12/19
Shannon Lahey	33-6½ (10.22m)	4/6/19

Javelin Throw	Distance	Date
Anne Mou	113-7 (34.62m)	5/12/19
Lauren Mikolajczak	87-4½ (26.63m)*	5/12/19

Shot Put	Distance	Date
Michelle Pierce	37-1 (11.30m) ^	5/12/19
Lauren Mikolajczak	35-38½ (10.88m)*	4/6/19
Hayley Krulik	35-6 (10.82m) ^	4/13/19

Discus	Distance	Date
Hayley Krulik	124-6 (37.95m)*	5/12/19
Lauren Mikolajczak	121-3 (36.96m)*	5/12/19
Charlotte LaFleur	105-10 (32.26m)*	4/27/19
Michelle Pierce	104-2¼ (31.76m)*	5/12/19

Hammer Throw	Distance	Date
Lauren Mikolajczak	151-2 (46.08m)*#	4/27/19
Hayley Krulik	143-8 (43.80m)*	4/6/19
Michelle Pierce	130-4 (39.73m)*	4/6/19
Charlotte LaFleur	133-8 (40.74m)*	4/13/19
Maria Greer	127-11 (39.00m)*	4/27/19

* - personal record

^ - personal record (outdoor)

- top-5 program record (and personal outdoor record)