

Valparaiso Track & Field
2018-19 Women's Top Performances

60 Meter Dash	Time	Date
Aaliyah Strickland	8.23	2/23/19
Jordan Houlihan	8.64	2/23/19
Taylor Smith	8.70	2/15/19
Taylor Smith	8.73	2/2/19

200 Meter Dash	Time	Date
Sierra Fischer	26:32	11/30/18
Aaliyah Strickland	27.72	2/23/19
Jordan Houlihan	28.83	2/15/19
Taylor Smith	29.98	2/15/19

400 Meter Dash	Time	Date
Sierra Fischer	1:00.09	2/15/19

800 Meter Run	Time	Date
Taylor Justison	2:24.53	2/15/19
Julia Rustmann	2:25.35	2/15/19
Alaina Carpenter	2:28.22	2/23/19
Maranda Donahue	2:29.40	1/25/19
Peyton Nash	2:45.87	1/25/19

1 Mile Run	Time	Date
Taylor Justison	5:27.05	2/2/19
Alaina Carpenter	5:34.80	2/2/19
Maranda Donahue	5:41.74	2/2/19
Oliva Recker	5:52.23	2/15/19
Kailee Carro	6:14.80	1/25/19
Peyton Nash	6:26.37	2/2/19

3000 Meter Run	Time	Date
Katherine Germann	10:28.43	2/15/19
Kailee Carro	11:57.52	2/15/19
Claire Kovarik	11:58.01	2/15/19
Nicole Berneche	12:08.30	1/25/19
Oliva Recker	12:19.96	2/2/19
Anna Neal	12:31.41	2/2/19
Nicole Berneche	12:33.70	2/2/19

5000 Meter Run	Time	Date
Katherine Germann	17:54.67	1/25/19
Claire Kovarik	21:21.19	1/25/19
Anna Neal	21:38.60	1/25/19

60 Meter Hurdles	Time	Date

4x400 Meter Relay	Time	Date
Fischer, Rustmann, Justison, Donahue	4:12.62	2/24/19
Fischer, Justison, Donahue, Carpenter	4:25.07	1/25/19
Justison, Donahue, Recker, Nash	4:34.06	11/30/18
Justison, Rustmann, Donahue, Carpenter	4:34.18	2/15/19

Distance Medley	Time	Date
Justison, Fischer, Rustman, Germann	12:44.30	2/23/19

Pole Vault	Height	Date
Carli Sowonik	11-10 (3.61m)	2/23/19

Long Jump	Distance	Date
Shannon Lahey	17-6 (5.33m)	2/23/19
Anne Mou	16-2½ (4.94m)	1/25/19

High Jump	Distance	Date
Sydney Bronner	5-3 (1.60m)	2/15/19

Triple Jump	Distance	Date
Anne Mou	37-2½ (11.34m)	2/24/19
Shannon Lahey	34-6¾ (10.53m)	2/24/19

Shot Put	Distance	Date
Michelle Pierce	36-0.75 (10.99m)	11/30/18
Hayley Krulik	34-10.25 (10.62m)	11/30/18

Weight Throw	Distance	Date
Lauren Mikolajczak	50-9.5 (15.48m)	11/30/18
Hayley Krulik	48-11 (14.91m)	11/30/18
Michelle Pierce	43-10.75 (13.38m)	11/30/18
Charlotte LaFleur	42-9½ (13.04m)	2/2/19
Maria Greer	40-9 (12.42m)	11/30/18