

Valparaiso Track & Field
2017-18 Women's Top Performances

60 Meter Dash	Time	Date
Aaliyah Strickland	8.17	2/24/18
Jordan Houlihan	8.48	2/24/17
Krystal Dickens	8.58	12/1/17
Abigail Parnell	9.59	12/1/17

200 Meter Dash	Time	Date
Aaliyah Strickland	27.86	2/24/18
Lindsey Arndt	28.30	1/27/18
Jordan Houlihan	28.06	2/16/18
Abigail Parnell	33.93	1/12/18

400 Meter Dash	Time	Date
Allison Baylor	1:03.25	12/1/17
Carly Bartholomew	1:04.02	12/1/17
Lindsey Arndt	1:06.36	12/1/17
Krystal Dickens	1:07.58	12/1/17

800 Meter Run	Time	Date
Kate Mitchell	2:23.39	2/16/18
Taylor Justison	2:29.99	2/16/18
Janelle Wigal	2:31.24	2/16/18

1 Mile Run	Time	Date
Sarah Caesar	5:42.85	1/27/18
Kate Mitchell	5:48.39	1/27/18
Olivia Recker	5:52.56	1/27/18
Taylor Justison	5:56.57	1/20/18
Celia McGhiey	6:01.30	1/27/18
Janelle Wigal	6:09.97	1/20/18

3000 Meter Run	Time	Date
Kim Heiny	10:25.15	1/12/18
Sarah Caesar	11:14.93	1/27/18
Olivia Recker	11:55.63	1/12/18
Anna Neal	12:14.77	1/27/18
Celia McGhiey	12:18.27	1/12/18

5000 Meter Run	Time	Date
Kim Heiny	17:53.29	2/2/18
Sarah Caesar	19:08.05	2/16/18
Celia McGhiey	21:07.35	1/20/18
Anna Neal	21:20.15	2/16/18

60 Meter Hurdles	Time	Date
Krystal Dickens	10.10	1/27/18

4x400 Meter Relay	Time	Date
Arndt, Dickens, Bartholomew, Justison	4:32.82	1/27/18
Valparaiso	4:33.28	1/20/18
Houlihan, Dickens, Arndt, Bartholomew	4:36.19	12/1/17
Arndt, Wigal, Justison, Mitchell	4:39.77	1/12/18

Pole Vault	Height	Date
Carli Sowonik	11-02½	2/3/18

Long Jump	Distance	Date
Anne Mou	16-07¾	2/24/18
Shannon Lahey	16-04½	2/24/18

Triple Jump	Distance	Date
Anne Mou	36-01¼	1/27/18
Shannon Lahey	34-03½	2/25/18

Shot Put	Distance	Date
Nellie Bonham	42-04¾	2/3/18
Hayley Krulik	35-08	1/20/18
Lauren Mikolajczak	35-06	1/12/18
Maria Greer	30-09	1/20/18

Weight Throw	Distance	Date
Lauren Mikolajczak	51-01	2/24/18
Nellie Bonham	48-10¾	2/24/18
Maria Greer	40-09	1/20/18
Hayley Krulik	41-03¾	2/24/18