

2017 Valparaiso Women's Outdoor Track and Field Top Performances

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

*=Program Record

100m Dash

Name	Date	Time
Kayla Horne	April 29	13.42
Allison Baylor	March 25	13.67
Lindsey Arndt	April 29	13.97
Abigail Parnel	April 8	15.35

200m Dash

Name	Date	Time
Shannon Lahey	April 22	26.77
Kayla Horne	March 25	26.92
Jordan Houlian	April 22	27.40
Carly Bartholomew	April 15	27.87
Lindsey Arndt	April 22	27.94
Allison Baylor	April 29	28.67
Abigail Parnell	March 18	32.41

400m Dash

Name	Date	Time
Kayla Horne	April 8	1:00.06
Allison Baylor	April 22	1:04.12
Carly Bartholomew	April 8	1:04.30
Jordan Houlihan	March 18	1:05.79
Lindsey Arndt	April 15	1:08.03

800m Run

Name	Date	Time
Kate Mitchell	May 7	2:21.15
Taylor Justison	April 1	2:33.55
Janelle Wigal	April 1	2:33.66
Kristin Tucker	April 15	2:40.23

1,500m Run

Name	Date	Time
Liz Owen	April 15	4:36.15
Kate Mitchell	April 15	4:52.66
Kim Heiny	April 15	5:13.83
Janelle Wigal	April 29	5:23.69
Grace Nelson	April 29	5:30.19
Celia McGhiey	March 25	5:32.09

Nicole Berneche	March 25	5:49.20
Lauren Sturgeon	April 8	5:55.33

3,000m Steeplechase

Name	Date	Time
Liz Owen	April 28	10:37.45*
Katherine Germann	April 15	13:29.23
Grace Nelson	April 15	13:32.13

5,000m Run

Name	Date	Time
Kim Heiny	April 22	18:44.66
Celia McGhiey	April 8	20:16.29
Nicole Berneche	April 22	21:02.54
Katherine Germann	March 25	21:46.85
Lauren Sturgeon	April 15	22:06.66

10,000m Run

Name	Date	Time
Kim Heiny	May 5	39:35.48

110m Hurdles

Name	Date	Time
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400m Hurdles

Name	Date	Time
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4x100m Relay

Name	Date	Time
Lahey, Horne, Houlihan, Arndt	April 15	50.88

4x400m Relay

Name	Date	Time
Horne, Bartholomew, Lahey, Baylor	April 15	4:15.88
Arndt, Bartholomew, Baylor, Berneche	March 25	4:21.36

High Jump

Name	Date	Height
Imani Scott	April 29	1.35m/4-05.00

Pole Vault

Name	Date	Height
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Long Jump

Name	Date	Distance
Anne Mou	April 8	5.12m/16-09.75

Chidimma Ozodi
Shannon Lahey

April 8 5.09m/16-08.50
March 18 4.81m/15-09.50

Triple Jump

Name
Anne Mou
Chidimma Ozodi
Shannon Lahey

Date **Distance**
April 15 10.83m/35-06.50
April 22 10.40m/34-01.50
March 18 9.90m/32-05.75

Shot Put

Name
Nellie Bonham
Abby Jankowski
Maria Greer

Date **Distance**
May 7 12.74m/41-09.75
May 7 10.71m/35-01.75
April 22 8.61m/28-03.00

Discus Throw

Name
Abby Jankowski

Date **Distance**
March 25 38.88m/127-06

Hammer Throw

Name
Nellie Bonham
Abby Jankowski
Maria Greer

Date **Distance**
April 22 44.22m/145-01.00
March 25 40.75m/133-08.00
April 22 31.73m/104-01.00

Javelin Throw

Name
Anne Mou

Date **Distance**
April 29 24.64m/80-10.00

Heptathlon

Name

Date **Points**