

# 2013 Seton Track and Field Performance Standards

## Honorable Mention

<b>Shot Put</b>	Alyssa Ramstetter (27' 3.5"), Savannah Vogel (26' 0.75"), Kelly Shields (25' 6)
<b>Discus</b>	Ellie Hahn (81' 9"), Kelly Shields (78' 11")
<b>Long Jump</b>	Katie Jacobs (14' 4"), Sammy Kingdom (14' 3")
<b>100m Dash</b>	Katie Jacobs (13.65), Sammy Kingdom (13.82)
<b>100m Hurdles</b>	Gabrielle Kraemer (18.62)
<b>200m Dash</b>	Katie Jacobs (28.64), Jessica Lauber (29.59), Sammy Kingdom (29.74)
<b>300m Hurdles</b>	Natasha Stalets (50.57)
<b>400m Dash</b>	Emma Voss (66.5), Maria Visconti (67.8), Kaylie Brown (68.0), Loretta Blaut (68.1), Molly Henderson (68.2), Mackenzie Dugan (69.61)
<b>800m Run</b>	Brooke Schleben (2:42), Jessica Rieskamp (2:44.2), Sydney Schultz (2:45.0), Maria Visconti (2:45.6), Olivia Hess (2:46.0), Brooke Zentmeyer (2:48.8), Hannah James (2:49.59)
<b>1600m Run</b>	Abby Pace (5:55.0), Maria Visconti (5:55.68), Olivia Hess (5:56.0)
<b>4x100m Relay</b>	Haley Rollison, Katie Jacobs, Jocelyn Evans, Kelsey Kurzhals (53.8)
<b>4x200m Relay</b>	Haley Rollison, Natasha Stalets, Jocelyn Evans, Kelsey Kurzhals (1:52.00)
<b>4x400m Relay</b>	Emily Hayhow, Ashley Tettenhorst, Jessie Woeste, Maria Torok (4:17.88) Emily Heine, Ashley Tettenhorst, Jessie Woeste, Maria Torok (4:18.02) Emily Heine, Maria Torok, Ashley Tettenhorst, Jessie Woeste (4:18.60)
<b>4x800m Relay</b>	Emily Heine, Kaylie Brown, Molly Henderson, Ashley Tettenhorst (10:21.07) Emily Heine, Maria Torok, Kaylie Brown, Ashley Tettenhorst (10:22.50) Ashley Tettenhorst, Alissa Allison, Kaylie Brown, Jessica Rieskamp (10:22.81)

## Bronze

<b>Shot Put</b>	Courtney Reed (28' 8.25")
<b>Discus</b>	Morgan Vogel (87' 1"), Sarah Kammer (86' 4")
<b>Pole Vault</b>	Anna Schoster (8' 6")
<b>100m Hurdles</b>	Natasha Stalets (17.19)
<b>200m Dash</b>	Jessie Woeste (27.19), Haley Rollison (27.41), Jocelyn Evans (27.76), Brooke Schleben (27.88)
<b>400m Dash</b>	Kelsey Kurzhals (62.1), Brooke Schleben (63.5), Jessica Hayhow (63.8), Ashley Tettenhorst (64.36), Jocelyn Evans (64.4), Tina Torok (65.9)
<b>800m Run</b>	Alissa Allison (2:31.52), Mackenzie Dugan (2:37.12), Maria Torok (2:38.0)
<b>4x200m Relay</b>	Brooke Schleben, Haley Rollison, Jocelyn Evans, Kelsey Kurzhals (1:48.57)
<b>4x400m Relay</b>	Brooke Schleben, Jocelyn Evans, Jessie Woeste, Maria Torok (4:12.33) Emily Heine, Jocelyn Evans, Jessie Woeste, Maria Torok (4:13.90)
<b>4x800m Relay</b>	Emily Heine, Ashley Tettenhorst, Alissa Allison, Gabby Hirlinger (10:04.90)

## Silver

<b>Shot Put</b>	Morgan Vogel (32' 4.5"), Kayla Krommer (30' 3")
<b>High Jump</b>	Jessica Hayhow (4' 10"), Gabrielle Kraemer (4' 10"), Anna Schoster (4' 10")
<b>Pole Vault</b>	Courtney Schira (9' 0")
<b>100m Dash</b>	Haley Rollison (12.94)
<b>100m Hurdles</b>	Jessie Woeste (16.7)
<b>200m Dash</b>	Kelsey Kurzhals (26.08)
<b>300m Hurdles</b>	Jessie Woeste (47.32)
<b>400m Dash</b>	Maria Torok (60.8), Jessie Woeste (60.9), Emily Heine (61.59)
<b>800m Run</b>	Ashley Tettenhorst (2:23.42), Gabby Hirlinger (2:25.0), Emily Heine (2:26.8) Kaylie Brown (2:29.22)
<b>1600m Run</b>	Gabby Hirlinger (5:24.58), Emily Heine (5:29.70)
<b>3200m Run</b>	Gabby Hirlinger (11:47.42)
<b>4x100m Relay</b>	Haley Rollison, Natasha Stalets, Jocelyn Evans, Kelsey Kurzhals (52.4)
<b>4x400m Relay</b>	Emily Heine, Jessie Woeste, Jessica Hayhow, Maria Torok (4:08.98) Emily Heine, Brooke Schleben, Jessie Woeste, Maria Torok (4:09.85)
<b>4x800m Relay</b>	Emily Heine, Maria Torok, Gabby Hirlinger, Ashley Tettenhorst (9:56.16)

## Gold

<b>Shot Put</b>	Ellie Hahn (34' 9")
<b>100m Dash</b>	Kelsey Kurzhals (12.72)
<b>4x100m Relay</b>	Haley Rollison, Brooke Schleben, Jocelyn Evans, Kelsey Kurzhals (51.16)
<b>4x800m Relay</b>	Emily Heine, Kaylie Brown, Gabby Hirlinger, Ashley Tettenhorst (9:48.67)

## Platinum

<b>Discus</b>	Alyssa Ramstetter (116' 2")
<b>Long Jump</b>	Jocelyn Evans (16' 11.5"), Anna Schoster (16' 6.25")

## Diamond

<b>High Jump</b>	Loretta Blaut (5' 9")
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