2013 Seton Track and Field Performance Standards

Honorable Mention

Shot Put	Alyssa Ramstetter (27' 3.5"), Savannah Vogel (26' 0.75"), Kelly Shields (25' 6)
Discus	Ellie Hahn (81' 9"), Kelly Shields (78' 11")
Long Jump	Katie Jacobs (14' 4"), Sammy Kingdom (14' 3")
100m Dash	Katie Jacobs (13.65), Sammy Kingdom (13.82)
100m Hurdles	Gabrielle Kraemer (18.62)
200m Dash	Katie Jacobs (28.64), Jessica Lauber (29.59), Sammy Kingdom (29.74)
300m Hurdles	Natasha Stalets (50.57)
400m Dash	Emma Voss (66.5), Maria Visconti (67.8), Kaylie Brown (68.0), Loretta Blaut (68.1), Molly Henderson (68.2), Mackenzie Dugan (69.61)
800m Run	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)
1600m Run	Abby Pace (5:55.0), Maria Visconti (5:55.68), Olivia Hess (5:56.0)
4x100m Relay	Haley Rollison, Katie Jacobs, Jocelyn Evans, Kelsey Kurzhals (53.8)
4x200m Relay	Haley Rollison, Natasha Stalets, Jocelyn Evans, Kelsey Kurzhals (1:52.00)
4x400m Relay	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)
4x800m Relay	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

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

Silver

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

Gold

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

Platinum

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

Diamond

High Jump	Loretta Blaut (5' 9")