

2011 Seton Track and Field Performance Standards

Honorable Mention

4x400m Relay	Emily Heine, Jessie Woeste, Haley Rollison, Ashley Niemann (4:16.00) Emily Heine, Jessie Woeste, Haley Rollison, Natalie Rudolf (4:19.95)
Shot Put	Jessica Mueller (26' 4")
Discus	Ellie Hahn (79' 2"), Kate McHale (77' 3½"), Morgan Vogel (79' 2")
100m Dash	Sam Beeler (13.9), Ashley Eversole (13.88), Emma Nienaber (13.89)
200m Dash	Ashley Eversole (28.1), Emma Nienaber (28.77), Courtney Reed (29.61) Haley Rollison (28.18), Natalie Rudolf (28.25), Jessie Woeste (29.56)
400m Dash	Sam Beeler (68.6), Ashley Eversole (67.6), Emma Nienaber (68.5)
800m Run	Alissa Allison (2:49.0), Kaylie Brown (2:41.0), Hannah James (2:47.6) Abby Pace (2:43.14) Quinn Scheiner (2:41.99), Sydney Schultz (2:49.0)
1600m Run	Kaylie Brown (5:51.33), Emily Heine (5:52.3), Abby Pace (5:58.18)

Bronze

4x200m Relay	Haley Rollison, Kaitlyn Cappel, Ashley Eversole, Ashley Niemann (1:48.08)
4x400m Relay	Natalie Rudolf, Emily Heine, Jessie Woeste, Ashley Niemann (4:11.07)
4x800m Relay	Anne Pace, Amanda Boeing, Natalie Rudolf, Emily Heine (10:04.53)
Shot Put	Ellie Hahn (29' 3½"), Morgan Vogel (29' 5½")
Discus	Jessica Mueller (85' 7")
High Jump	Sam Beeler (4' 8")
Long Jump	Haley Rollison (14' 10")
200m Dash	Ashley Niemann (27.73)
400m Dash	Emily Heine (63.0), Haley Rollison (65.3), Natalie Rudolf (62.4) Jessie Woeste (63.9)
800m Run	Amanda Boeing (2:32.28), Natalie Rudolf (2:35.3)

Silver

4x100m Relay Haley Rollison, Ashley Eversole, Natalie Rudolf, Kaitlyn Cappel (51.87)
Haley Rollison, Ashley Niemann, Natalie Rudolf, Kaitlyn Cappel (52.18)

Shot Put Leigh Cucinotta (30' 3½")

Discus Leigh Cucinotta (97' 10")

200m Dash Kaitlyn Cappel (26.84)

400m Dash Ashley Niemann (60.69)

800m Run Emily Heine (2:26.72), Anne Pace (2:27.1)

1600m Run Anne Pace (5:25.04)

3200m Run Anne Pace (11:45.3)

Gold

High Jump Annie Goettke (5' 0")

Long Jump Ashley Eversole (15' 9½")

100m Dash Kaitlyn Cappel (12.6), Haley Rollison (12.76)