

2012 Seton Track and Field Performance Standards

Honorable Mention

Shot Put	Sam Beeler (26' 7"), Kayla Krommer (26' 4"), Jessica Mueller (26' 10")
Discus	Jessica Mueller (84' 5"), Morgan Vogel (82' 6.5"), Kate McHale (82' 5"), Sarah Kammer (75' 7")
Long Jump	Sammy Kingdom (14' 4")
High Jump	Sam Beeler (4' 6"), Annie Goettke (4' 6")
100M Dash	Sammy Kingdom (13.8), Katie Jacobs (13.86), Natalie Rudolf (13.87)
100M Hurdles	Natasha Stalets (18.53)
200M Dash	Ashley Eversole (28.23), Courtney Reed (29.59), Katie Jacobs (29.6), Jessica Lauber (29.6), Natasha Stalets (29.73), Sammy Kingdom (29.78)
400M Dash	Quinn Scheiner (66.7), Alissa Allison (67.4*), Tina Torok (67.5), Kaitlyn Cappel (67.6*), Natasha Stalets (67.8), Kaylie Brown (68.0*), Lisa D'Lima (68.0*), Gabrielle Kraemer (68.1*), Sam Beeler (68.7*), Ashley Tettenhorst (69.4*)
800M Run	Quinn Scheiner (2:41.72), Cheyenne Martinez (2:42.70), Jessica Rieskamp (2:44.60*), Hannah James (2:44.90*), Tina Torok (2:47.70*), Erin Wagner (2:48.80*), Abby Pace (2:48.90)
1600M Run	Kaylie Brown (5:51.50), Lisa D'Lima (5:53.49), Abby Pace (5:54.00)
3200M Run	Emily Heine (12:23.00)
4x100M Relay	Jessica Lauber, Courtney Reed, Katie Jacobs, Ashley Eversole (54.47)
4x200M Relay	Haley Rollison, Kelsey Kurzhals, Jessie Woeste, Kaitlyn Cappel (1:49.50) Haley Rollison, Ashley Eversole, Ashley Niemann, Kaitlyn Cappel (1:49.80)
4x400M Relay	Natalie Rudolf, Maria Torok, Kelsey Kurzhals, Jessie Woeste (4:15.52)
4x800M Relay	Emily Heine, Molly Henderson, Hannah James, Maria Torok (10:27.70)

Bronze

Discus	Leigh Cucinotta (91' 7")
Long Jump	Sam Beeler (14' 8")
High Jump	Gabrielle Kraemer (4' 8")
100M Dash	Haley Rollison (13.28)
100M Hurdles	Jessie Woeste (17.53)
200M Dash	Kelsey Kurzhals (27.03), Haley Rollison (27.9)
300M Hurdles	Jessie Woeste (48.12)
400M Dash	Natalie Rudolf (62.1*), Maria Torok (62.7*), Kelsey Kurzhals (63.6*) Ashley Eversole (64.71), Molly Henderson (65.8*)
800M Run	Maria Torok (2:31.50*), Natalie Rudolf (2:34.04), Lisa D'Lima (2:35.80), Alissa Allison (2:35.90), Gabby Hirlinger (2:37.50*), Kaylie Brown (2:39.37)
1600M Run	Molly Henderson (5:36.22), Emily Heine (5:36.25), Gabby Hirlinger (5:38.89)
3200M Run	Gabby Hirlinger (12:08.03)
4x800M Relay	Maria Torok, Natalie Rudolf, Emily Heine, Anne Pace (10:03.90)

Silver

Shot Put	Leigh Cucinotta (30' 7"), Morgan Vogel (30' 4")
Discus	Alyssa Ramstetter (101' 7")
Long Jump	Katie Jacobs (15' 4.75")
Pole Vault	Courtney Schira (9' 0")
100M Dash	Kaitlyn Cappel (12.92), Kelsey Kurzhals (13.06), Ashley Niemann (13.15)
200M Dash	Ashley Niemann (26.11), Kaitlyn Cappel (26.37)
400M Dash	Jessie Woeste (61.3*), Emily Heine (61.4*)
800M Run	Emily Heine (2:24.09), Anne Pace (2:24.60*), Ashley Tettnehorst (2:27.08) Molly Henderson (2:29.60*)
4x100M Relay	Haley Rollison, Ashley Niemann, Kelsey Kurzhals, Kaitlyn Cappel (51.59)
4x200M Relay	Haley Rollison, Kaitlyn Cappel, Kelsey Kurzhals, Ashley Niemann (1:45.52)
4x800M Relay	Emily Heine, Ashley Tettnehorst, Molly Henderson, Anne Pace (9:50.51) Maria Torok, Molly Henderson, Anne Pace, Emily Heine (9:56.03)

Gold

400M Dash	Ashley Niemann (59.7*)
1600M Run	Anne Pace (5:15.20)
4x100M Relay	Haley Rollison, Kelsey Kurzhals, Natalie Rudolf, Kaitlyn Cappel (50.53)
4x400M Relay	Natalie Rudolf, Emily Heine, Jessie Woeste, Ashley Niemann (4:04.73)

Platinum

Long Jump	Ashley Eversole (16' 2")
3200M Run	Anne Pace (11:19.57)