

Seton Track & Filed 2010 Performance List

100m Dash

<u>Time</u>	<u>Athlete</u>
12.57	Kaitlyn Cappel
12.9	Kelley Hayhow
13.2	Jaclyn Loechel
13.3	Haley Rollison
13.3	Ashley Niemann
13.3	Jaime Smith
13.4	Jocelyn Evans
13.5	Natalie Rudolf
14.3	Ashley Bretnitz
14.3	Kelsey Groll
14.4	Chelsea Lipps
14.4	Rachel Melgard
14.5	Alisha Wilk
14.6	Emily Hofmeyer
14.6	Becca Weidner
15.0	Rachel Stock
15.0	Helena Sabato
15.5	Maura Flanigan

200m Dash

<u>Time</u>	<u>Athlete</u>
26.4	Kaitlyn Cappel
27.0	Ashley Niemann
27.5	Kelley Hayhow
27.8	Chelsea Lipps
27.8	Haley Rollison
28.20	Jocelyn Evans
28.4	Ashley Eversole
29.2	Jaime Smith
29.4	Jaclyn Loechel
29.8	Becca Weidner
30.7	Emily Hofmeyer
31.2	Alisha Wilk
31.4	Helena Sabato
31.7	Rachel Stock
32.4	Maura Flanigan
33.9	Hannah James

400m Dash

<u>Time</u>	<u>Athlete</u>
1:01.1*	Kelley Hayhow
1:01.1*	Jessie Woeste
1:01.8*	Jordan Perry
1:02.0*	Ashley Niemann
1:02.7*	Natalie Rudolf
1:05.71	Emily Heine
1:07.3*	Ashley Eversole
1:07.49	Amanda Boeing
1:08.4*	Emily Gramke
1:11.5*	Courtney Smith
1:12.25	Hannah James
1:12.9*	Kelsey Pace
1:13.7	Paige Goodin
1:14.89	Rachel Stock
1:19.0*	Emily Miller
1:24.0*	Alex Driehaus

800m Run

<u>Time</u>	<u>Athlete</u>
2:29.69	Natalie Rudolf
2:30.2*	Jessie Woeste
2:30.52	Emily Heine
2:33.45	Amanda Boeing
2:36.7*	Jordan Perry
2:44.6	Kelsey Pace
2:45.3	Sam Beeler
2:45.8	Shelby Fritsch
2:47.0	Mary Grace Moore
2:51.6*	Anne Pace
2:52.7	Caitlin Lopez
2:54.2	Lisa D'Lima
2:55.5	Alex Driehaus
2:54.4*	Emily Gramke
2:57.6	Courtney Smith
2:58.7	Annie Goettke
3:00.49	Paige Goodin
3:01.8	Emily Miller

1600m Run

<u>Time</u>	<u>Athlete</u>
5:49.9	Shelby Fritsch
5:55.22	Anne Pace
5:58.09	Sam Beeler
6:00.04	Caitlin Lopez
6:02.5	Emily Heine
6:07.9	Lisa D'Lima
6:11.3	Kelsey Pace
6:21.75	Mary Grace Moore
6:32.7	Annie Goettke

3200m Run

<u>Time</u>	<u>Athlete</u>
12:29.41	Shelby Fritsch
13:00.19	Caitlin Lopez
13:06.21	Anne Pace
13:18.65	Lisa D'Lima
13:50.7	Sam Beeler
14:34.8	Annie Goettke
14:53.8	Emily Miller

100m Hurdles

<u>Time</u>	<u>Athlete</u>
17.1	Rachel Loebker
20.1	Rachel Melgard

300m Hurdles

<u>Time</u>	<u>Athlete</u>
49.63	Jessie Woeste
56.2	Annie Goettke
1:00.2	Emily Miller

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4 x 100m Relay (School Record)

Time	Team
51.20	Haley Rollison Ashley Niemann Kelley Hayhow Kaitlyn Cappel

4 x 200m Relay

Time	Team
1:46.84	Kelley Hayhow Ashley Niemann Jessie Woeste Kaitlyn Cappel

4 x 400m Relay

Time	Team
4:07.53	Kelley Hayhow 1:01.7 Natalie Rudolf 1:02.7 Jordan Perry 1:01.9 Jessie Woeste 1:01.1

4 x 800m Relay

Time	Team
10:20.70	Jessie Woeste 2:32.8 Amanda Boeing 2:33.5 Emily Heine 2:34.7 Natalie Rudolf 2:39.8

Shot Put

Athlete	Athlete
32' 8 ½	Catie Adams
27' 3 ¼	Jessica Mueller
26' 4 ½	Leigh Cucinotta
26' 0 ¾	Morgan Vogel
25' 1	Carly Hartman
23' 0	Kristin Eversole
24' 1 ½	Kate McHale
21' 4	Libby Butler
16' 10 ½	Ashley Witschger

Discus

Mark	Athlete
82' 10	Leigh Cucinotta
82' 10	Carly Hartman
81' 2	Shelly Nicholas
80' 6	Catie Adams
78' 1	Jessica Mueller
77' 10 ½	Morgan Vogel
62' 3	Kristin Eversole
60' 6	Kate McHale
60' 4	Ashley Eversole
57' 8	Annie Goettke
50' 5	Libby Butler
45' 2	Ashley Witschger

High Jump

Mark	Athlete
5' 2	Annie Goettke
4' 9	Sam Beeler
4' 8	Kelsey Pace
4' 6	Rachel Melgard
4' 4	Andrea Toth

Long Jump

Mark	Athlete
15' 0 ½	Ashley Eversole
14' 5	Haley Rollison
14' 1	Natalie Rudolf
12' 1	Becca Weidner
10' 1 ½	Courtney Smith

Pole Vault

Mark	Athlete
9' 6	Julie Corbett (ties school record)
7' 0	Alisha Wilk