

2022 Seton Track and Field Performance Standards

Honorable Mention

100m Dash	Gianna Corey, Shannon Ott, Megan Heine, Ava Glahn
200m Dash	Eabha Delaney, Megan Heine, Elena Dean
400m Dash	Maren Motz, Holly Sims, Meggie Bailey, Elena Dean, Carly McClatchey, Riley Ellis, Ava McErlane, Kaitlyn Schloemer
800m Run	Carly McClatchey, Lucy Mullen, Jessie Streckfuss, Alyse Gavin, Audrey Eary, Madigan Pauly, Josie Schutte, Holly Sims
1600m Run	Avery Emerson, Melis Johnson, Rachel Jarvis, Jessie Streckfuss, Emma Buelterman, Lydia Hutzal, Maddie Saleh
3200m Run	Melis Johnson
100m Hurdles	Ellie McLaughlin
4x100m Relay	Elena Dean, Eabha Delaney, Megan Heine, Shannon Ott Bella Bass, Gianna Corey, Ava Glahn, Megan Heine Gianna Corey, Ava Glahn, Marisa Poff, Maddie Opp Gianna Corey, Elena Dean, Megan Heine, Libby Luebbering
4x200m Relay	Elena Dean, Gianna Corey, Ava Glahn, Shannon Ott
4x400m Relay	Maren Motz, Maggie Tiernan, Holly Sims, Avery Emerson
High Jump	Olivia Taylor
Pole Vault	Bella Bass
Shot Put	Ella Weinle, Claire Brogan, Claire Lambert, Kelli Silbernagel
Discus	Claire Brogan, Ella Weinle

Bronze

200m Dash	Gianna Corey, Shannon Ott
400m Dash	Gianna Corey
800m Run	Maddie Saleh, Maren Motz, Lydia Hutzal, Melis Johnson
1600m Run	Maren Motz
100m Hurdles	Olivia Taylor, Jada Stock
4x800m Relay	Avery Emerson, Maren Motz, Maddie Saleh, Maggie Tiernan
Long Jump	Eabha Delaney
High Jump	Ellie McLaughlin
Shot Put	Grace Long

Silver

200m Dash	Ava Glahn
800m Run	Avery Emerson, Maggie Tiernan
4x100m Relay	Gianna Corey, Ava Glahn, Megan Heine, Shannon Ott
4x800m Relay	Maggie Tiernan, Avery Emerson, Melis Johnson, Maren Motz
Long Jump	Ava Glahn, Vern Wellbrock, Anna Groh
Shot Put	Grace Long
Discus	Kelli Silbernagel

Gold

Shot Put	Vern Wellbrock
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Platinum

High Jump	Maddie Albright
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Event	Honorable Mention	Bronze	Silver	Gold	Platinum	Diamond
400M Relay	55.0	53.5	52.5	51.5	50.0	49.0
800M Relay	1:52.0	1:49.0	1:47.0	1:45.0	1:44.0	1:43.0
1600M Relay	4:20.0	4:15.0	4:10.0	4:05.0	4:00.0	3:55.0
3200M Relay	10:30.0	10:20.0	10:00.0	9:50.0	9:40.0	9:30.0
Shot Put	25' 0"	27' 6"	30' 0"	33' 6"	37' 0"	40' 0"
Discus	75' 0"	85' 0"	95' 0"	105' 0"	115' 0"	125' 0"
Long Jump	14' 0"	14' 6"	15' 0"	15' 6"	16' 0"	17' 0"
High Jump	4' 6"	4' 8"	4' 10"	5' 0"	5' 2"	5' 4"
Pole Vault	8' 0"	8' 6"	9' 0"	9' 6"	10' 0"	11' 0"
100M Dash	14.0	13.5	13.2	12.9	12.5	12.3
100M Hurdles	19.0	18.0	17.0	16.0	15.5	15.0
200M Dash	30.0	28.0	27.0	26.0	25.5	24.5
300M Hurdles	52.0	50.0	48.0	47.0	46.0	45.0
400M Dash	70.0	66.0	62.0	60.0	58.0	56.5
800M Run	2:50.0	2:40.0	2:30.0	2:20.0	2:18.0	2:15.0
1600M Run	6:00.0	5:45.0	5:30.0	5:20.0	5:10.0	5:04.0
3200M Run	12:30.0	12:10.0	11:50.0	11:30.0	11:20.0	11:10.0