

2018 Seton Track and Field Performance Standards

Honorable Mention

100m Dash	Jill Godar (13.58), Millie Poehner (13.71)
100m Hurdles	Rene Hofmeyer (18.25), Jenna Sullivan (18.44), Alexis Gerke (18.82)
200m Dash	Megan Bihl (28.14), Renee Hofmeyer (28.79), Megan Wiesman (28.98), Jamie Dee (29.00)
400m Dash	Nicole Meyer (1:06.30), Megan Bihl (1:09.02), Megan Wills (1:09.37), Olivia Rider (1:09.51)
800m Run	Megan Wills (2:42.71), Katie Erpenbeck (2:43.15), Olivia Rider (2:43.3), Erica Schloemer (2:44.76), Kayla Hess (2:45.63), Jamie Dee (2:45.6), Blair Durbin (2:47.64), Josie Timmers (2:48.7)
1600m Run	Jillian Webber (5:48.37), Katie Erpenbeck (5:51.65), Christina Nie (5:55.46), Erica Schloemer (5:55.50), Sarah Nie (5:57.25)
3200m Run	Erica Schloemer (12:15.95), Kayla Hess (12:16.73)
Shot Put	Ella Breitfelder (27' 3.5"), Madison Watson (27' 3"), Emma Striebich (26' 6"), Caitlyn Thai (26' 3"), Cassidy James (26' 0.5"), Emma Ochs (25' 1")
Discus	Lilly Timon (78' 5"), Emma Beiting (78' 4"), Emma Ochs (75' 10")
High Jump	Jenna Sullivan (4' 6")
Pole Vault	Phuong Phan (8' 0")

Bronze

100m Dash	Megan Bihl (13.21), Nicole Meyer (13.22)
100m Hurdles	Danielle Bergen (17.69)
200m Dash	Kylie Hambleton (27.74), Millie Poehner (27.78), Nicole Meyer (27.84)
400m Dash	Olivia Webber (1:02.78), Jamie Dee (1:03.90), Megan Wiesman (1:04.25)
800m Run	Sarah Nie (2:30.48), Julie Schenkel (2:35.60), Katie Schutte (2:35.89)
1600m Run	Kayla Hess (5:40.98)
Discus	Hannah Beiting (93' 10"), Madison Watson (87' 10"), Mary Peters (85' 0")
Long Jump	Emma Striebich (14' 10.50")
High Jump	Kate Lambert (4' 8"), Grace Timon (4' 8")
4x400m Relay	Megan Wiesman, Sarah Telscher, Olivia Webber, Jillian Webber (4:11.76)
4x800m Relay	Sarah Nie, Megan Wills, Jillian Webber, Julie Schenkel (10:14.64)

Silver

100m Dash	Jenna Accurso (13.20)
200m Dash	Sarah Telscher (26.46), Jenna Accurso (26.89)
800m Run	Jillian Webber (2:26.87)
Shot Put	Sam Zimmer (31' 11.5"), Hannah Beiting (31' 10")
Discus	Maria Striebich (99' 4")
Long Jump	Grace Timon (15' 0.75")
4x200m Relay	Kylie Hambleton, Megan Wiesman, Millie Poehner, Jenna Accurso (1:46.74)

Gold

100m Dash	Kylie Hambleton (12.87), Sarah Telscher (12.88)
400m Dash	Sarah Telscher (59.66)
Shot Put	Maria Striebich (35' 9.5"), Mary Peters (34' 8.5")
Long Jump	Renee Hofmeyer (15' 7.5")
4x100m Relay	Millie Poehner, Jenna Accurso, Megan Wiesman, Kylie Hambleton (50.38)

Platinum

Shot Put Analise Kandra (39' 3")
Long Jump Jenna Accurso (16' 5")

Diamond

Discus Analise Kandra (128' 9")
Long Jump Millie Poehner (17' 5")

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Event	Honorable Mention	Bronze	Silver	Gold	Platinum	Diamond
400M Relay	55.00	53.50	52.50	51.50	50.00	49.00
800M Relay	1:52.00	1:49.00	1:47.00	1:45.00	1:44.00	1:43.00
1600M Relay	4:20.00	4:15.00	4:10.00	4:05.00	4:00.00	3:55.00
3200M Relay	10:30.00	10:20.00	10:00.00	9:50.00	9:40.00	9:30.00
Shot Put	25' 0"	27' 6"	30' 0"	33' 6"	37' 0"	40' 0"
Discus	75' 0"	85' 0"	95' 0"	110' 0"	120' 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	14.00	13.50	13.20	12.90	12.50	12.30
100M Hurdles	19.00	18.00	17.00	16.00	15.50	15.00
200M Dash	30.00	28.00	27.00	26.00	25.50	24.50
300M Hurdles	52.00	50.00	48.00	47.00	46.00	45.00
400M Dash	1:10.00	1:06.00	1:02.00	1:00.00	58.00	56.50
800M Run	2:50.00	2:40.00	2:30.00	2:20.00	2:18.00	2:15.00
1600M Run	6:00.00	5:45.00	5:30.00	5:20.00	5:10.00	5:04.00
3200M Run	12:30.00	12:10.00	11:50.00	11:30.00	11:20.00	11:10.00