

2017 Seton Track and Field Performance Standards

Honorable Mention

100m Dash	Jill Godar (13.83), Renee Hofmeyer (13.99)
200m Dash	Nicole Meyer (28.43), Renee Hofmeyer (29.41), Erin Sullivan (29.52), Ashley Hemme (29.75)
400m Dash	Megan Wiesman (1:06.21), Renee Hofmeyer (1:06.77), Nicole Meyer (1:06.96), Meghan Davis (1:07.27), Sarah Rosenberger (1:07.65), Gabbie Kayse (1:08.3), Jamie Dee (1:08.57), Maria Heisel (1:09.24), Hannah Heisel (1:09.7)
800m Run	Sarah Nie (2:40.20), Erica Schloemer (2:42.0), Veronica Richards (2:41.1), Sarah Rosenberger (2:42.8), Olivia Webber (2:43.24), Jane Reiter (2:47.79), Hannah Heisel (2:48.03), Daniella Lucas (2:48.0)
1600m Run	Meghan Davis (5:49.69), Kayla Hess (5:49.80), Megan Wills (5:56.72)
3200m Run	Kayla Hess (12:11.70), Erica Schloemer (12:29.86)
100m Hurdles	Ellie Flower (18.11), Danielle Bergen (18.79)
300m Hurdles	Alexis Gerke (51.30)
High Jump	Grace Timon (4' 6")
Discus	Madison Watson (83' 6.5"), Emma Ochs (82' 7"), Alexis Moore (75' 8"), Lilly Timon (75' 4")
Shot Put	Madison Watson (26' 1.5"), Alexis Moore (25' 0.5")
4x100m Relay	Caroline Klug, Megan Bihl, Kassidy Kaimann, Erin Sullivan (54.61)
4x200m Relay	Megan Wiesman, Nicole Meyer, Sarah Telscher, Ashley Hemme (1:50.70)
4x800m Relay	Emily Heinzelman, Megan Wills, Sarah Nie, Meghan Davis (10:27.59) Kayla Hess, Meghan Davis, Audrey Laiveling, Emily Heinzelman (10:28.71)

Bronze

100m Dash	Kylie Hambleton (13.22), Megan Bihl (13.36)
200m Dash	Kylie Hambleton (27.58), Megan Bihl (27.85)
400m Dash	Olivia Webber (1:02.09)
800m Run	Meghan Davis (2:32.53), Emily Heinzelman (2:33.0), Audrey Laiveling (2:36.0), Ellie Flower (2:36.90), Megan Wills (2:38.3), Kayla Hess (2:39.0), Katie Erpenbeck (2:39.81)
1600m Run	Audrey Laiveling (5:40.99)
3200m Run	Audrey Laiveling (11:56.03)
100m Hurdles	Alexis Gerke (17.71)
High Jump	Kate Lambert (4' 8")
Long Jump	Kassidy Kaimann (14' 6.5")
Discus	Maria Striebich (91' 10")
4x100m Relay	Kylie Hambleton, Megan Wiesman, Jill Godar, Renee Hofmeyer (53.00) Kylie Hambleton, Sarah Telscher, Jill Godar, Megan Bihl (53.27) Kylie Hambleton, Megan Bihl, Jill Godar, Megan Wiesman (53.42)

Silver

300m Hurdles	Ellie Flower (47.19)
Long Jump	Alexis Gerke (15' 2.5")
Discus	Hannah Beiting (99' 9")
Shot Put	Mary Peters (33' 3.5"), Hannah Beiting (32' 3.5"), Samantha Zimmer (30' 8.5")
4x100m Relay	Kylie Hambleton, Megan Wiesman, Ellie Flower, Renee Hofmeyer (51.86)
	Kylie Hambleton, Megan Wiesman, Megan Bihl, Renee Hofmeyer (51.85)
4x200m Relay	Kylie Hambleton, Renee Hofmeyer, Nicole Meyer, Sarah Telscher (1:46.70)

Gold

100m Dash	Sarah Telscher (12.73)
200m Dash	Sarah Telscher (25.68)
400m Dash	Sarah Telscher (58.02)
High Jump	Emma Bruggeman (5' 0")
Long Jump	Renee Hofmeyer (15' 7")
Pole Vault	Logan Whitehead (9' 6")
Discus	Analise Kandra (113' 0")
Shot Put	Maria Striebich (34' 9.25")

Platinum

Shot Put	Analise Kandra (38' 8")
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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