

2019 Seton Track and Field Performance Standards

Honorable Mention

200m Dash	Abby Hoeweler, Jillian Webber, Josie Lewis, Jamie Dee, Alayna Wuebbolt
400m Dash	Avery Emmerson, Sarah Nie, Olivia Rider, Jamie Dee, Emma Harmeyer
800m Run	Olivia Rider, Avery Emmerson, Veronica Richards, Emma Buelterman, Hannah Heisel
1600m Run	Kayla Hess, Julie Schenkel, Katie Schutte, Melis Johnson
3200m Run	Julie Schenkel, Allie Streckfuss
100m Hurdles	Jenna Sullivan, Hannah Heisel
4x100m Relay	Hambleton, Wuebbolt, Lewis, Accurso
4x200m Relay	Hoeweler, Dee, Accurso, Hambleton
4x800m Relay	Kemper, Schutte, Nie, Webber Schutte, Streckfuss, Cavanaugh, Webber
Pole Vault	Nikki Raymond
Shot Put	Caitlyn Thai, Abby Kock, Emma Beiting, Kenzie Brogan
Discus	Ella Breitfelder, Caitlyn Thai, Emma Beiting

Bronze

100m Dash	Jenna Accurso, Exsence Walker
200m Dash	Kylie Hambleton
400m Dash	Jillian Webber, Abby Hoeweler
800m Run	Bridget Kemper, Katie Schutte, Kaitlyn Schloemer, Julie Schenkel, Sarah Nie, Megan Cavanaugh
1600m Run	Allie Streckfuss, Bridget Kemper
4x200m Relay	Hambleton, Lewis, Accurso, Hoeweler
4x800m Relay	Schutte, Streckfuss, Johnson, Webber Schutte, Kemper, Webber, Johnson
High Jump	Ellie McLaughlin
Shot Put	Ella Breitfelder, Madison Watson
Discus	Madison Watson, Abby Kock

Silver

100m Dash	Abby Hoeweler, Kylie Hambleton
200m Dash	Jenna Accurso
800m Run	Jillian Webber, Melis Johnson
Long Jump	Kate Lambert
High Jump	Jenna Sullivan
Shot Put	Sam Zimmer
Discus	Mary Peters

Gold

4x100m Relay	Accurso, Hoeweler, Walker, Hambleton
Long Jump	Jenna Accurso
High Jump	Kate Lambert
Shot Put	Mary Peters, Emma Striebich
Discus	Emma Striebich

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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