

Valparaiso University Track & Field
2019-20 Women's Top Performances (Indoor)

Sprints and Mid-distance

60 Meter Dash	Time	Date	Meet
Taylor Smith	8.55	3/1	MVC Champ.
Jordan Houlihan	8.74	3/1	MVC Champ.

60 Meter Hurdles	Time	Date	Meet
Shannon Lahey	9.91*p	3/1	MVC Champ.

200 Meter Dash	Time	Date	Meet
Sierra Fischer	25.44*#	2/22	Alex Wilson
Jordan Houlihan	28.32	12/6	Blue & Gold
Taylor Smith	28.36*	3/1	MVC Champ.

400 Meter Dash	Time	Date	Meet
Sierra Fischer	56.67*#	3/1	MVC Champ.
Jordan Houlihan	1:07.14	12/6	Blue & Gold
Taylor Smith	1:07.60	12/6	Blue & Gold

600 Meter Run	Time	Date	Meet
Sierra Fischer	1:38.29*#	1/17	Bill Clinger

800 Meter Dash	Time	Date	Meet
Taylor Justison	2:22.74*	2/8	Windy City
Maranda Donahue	2:28.52*	2/15	GVSU Big
Danielle Durak	2:39.87*	2/8	Windy City
Sarah Padilla	2:42.92*	2/15	GVSU Big
Peyton Nash	2:44.09^	1/25	John Gartland
Shannon Lahey	2:50.40p*	2/7	Windy City
Olivia Recker	2:53.15^	2/8	Windy City

Distance

1 Mile Run	Time	Date	Meet
Taylor Justison	5:26.04	1/25	John Gartland
Alaina Carpenter	5:23.93*	2/8	Windy City
Maranda Donahue	5:33.97*	2/8	Windy City
Sarah Caesar	5:47.48	2/15	GVSU Big
Danielle Durak	5:55.65*	1/25	John Gartland
Claire Kovarik	5:59.94*	2/8	Windy City
Olivia Recker	6:37.69	1/17	Bill Clinger

3000 Meter Run	Time	Date	Meet
Katherine Germann	10:40.07	3/1	MVC Champ.

* - personal record

^ - personal record (indoor)

- top-5 program record (and personal indoor record)

p- event part of pentathlon

w - wind-aided

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3000 Meter Run (cont.)	Time	Date	Meet
Alaina Carpenter	10:43.06*	3/1	MVC Champ.
Sarah Caesar	11:23.99*	1/17	Bill Clinger
Maranda Donahue	11:56.07*	1/25	John Gartland
Anna Neal	12:07.29*	2/15	GVSU Big
Claire Kovarik	12:06.64*	2/15	GVSU Big

5000 Meter Run	Time	Date	Meet
Katherine Germann	18:33.30	2/7	Meyo Invite
Sarah Caesar	20:04.81	1/25	John Gartland
Anna Neal	21:27.69	1/25	John Gartland

Relays

4x400 Meter Relay	Time	Date	Meet
Justison, Donahue, Lahey, Fischer	4:13.78	3/1	MVC Champ.
Fischer, Durak, Donahue, Justison	4:19.23	2/15	GVSU Big
Fischer, Justison, Donahue, Nash	4:27.53	1/17	Bill Clinger

Distance Medley	Time	Date	Meet
Germann, Donahue, Justison, Carpenter	12:54.35	3/1	MVC Champ.
Justison, Fischer, Durak, Carpenter	13:12.98	1/25	John Gartland

Jumps

Long Jump	Distance	Date	Meet
Shannon Lahey	16-9¾ (5.12m)p	3/1	MVC Champ.

High Jump	Height	Date	Meet
Shannon Lahey	4-0¾ (1.24m)p*	3/1	MVC Champ.

Triple Jump	Distance	Date	Meet
Anne Mou	35-10 (10.92m)	3/1	MVC Champ.

Pole Vault	Height	Date	Meet
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Throws

Shot Put	Distance	Date	Meet
Michelle Pierce	36-7¾ (11.17m)^	2/8	Windy City
Hayley Krulik	34-10½ (10.63m)	2/15	GVSU Big
Lauren Mikoljczak	29-10 (9.09m)	1/17	Bill Clinger
Shannon Lahey	26-8½ (8.12m)*p	3/1	MVC Champ.

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Weight Throw	Distance	Date	Meet
Lauren Mikolajczak	55-4¼ (16.87m)*#	2/15	GVSU Big
Hayley Krulik	51-5 (15.67m)*#	3/1	MVC Champ.
Michelle Pierce	48-11½ (14.92m)*	1/25	John Gartland
Maria Greer	42-2 (12.85m)*	2/8	Windy City

Multi-events

Pentathlon	Points	Date	Meet
Shannon Lahey	2,282*#	3/1	MVC Champ.

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