

2009 TOP PERFORMANCES

LONG JUMP

Sarah Tapani 16-6.75"
Britta Olsen 15-9.25"
Sara Seeland 15-7.5"

TRIPLE JUMP

Sarah Tapani 35-8.75"
Sara Seeland 33-00"
Janie Dorn 32-7.5"

HIGH JUMP

Rachel Ramsey 5-2"
Ali LaPointe 4-10"
Ellen Schwartz 4-10"

POLE VAULT

Alaina Hansen 9-5"
Steph Byrne 9-0"
Janie Dorn 9-0"

SHOT PUT

Rachel Ramsey 37-3"
Steph Samborski 33-11"
Jess Olson 32-7"

DISCUS

Rachel Ramsey 113-0"
Jess Olson 104-7"
Steph Samborski 90-2"

100 METERS

Britta Olsen 13.27
Abby Schnorr 13.40
Kelly Aschenbeck 13.54

200 METERS

Elly Byron 27.38
Kelly Aschenbeck 27.74
Rachel Ramsey 27.80

400 METERS

Kayla Syverson 60.35
Laura Kerber 62.86
Bre Valle 63.64

800 METERS

Bre Valle 2:20.83
Rachael Hoerauf 2:23.03
Eileen Kokesh 2:26.77

1600 METERS

Megan Bailey 5:19.70
Emily Meese 5:20.76
Colette Celichowski 5:21.11

3200 METERS

Megan Bailey 11:21.39
Kati Meiusi 11:46.70
Colette Celichowski 11:50.59

100 HURDLES

Annabelle Croskey 16.68
Kelsey Holstrom 17.63
Natalie Nazarian 17.84

300 HURDLES

Nia Hermansen 47.66
Annabelle Croskey 47.83
Emiley Greene 50.84

4 x 100

Elly Byron
Britta Olsen
Abby Schnorr
Kelly Aschenbeck
51.84

4 x 200

Elly Byron
Kelly Aschenbeck
Kayla Syverson
Rachel Ramsey
1:46.90

4 x 400

Nia Hermansen
Bre Valle
Emily Meese
Kayla Syverson
4:03.85

4 x 800

Rachael Hoerauf
Emily Meese
Nia Hermansen
Bre Valle
9:20.56