

2009 Men's Indoor Track

55 M Dash

Nick Kessler	:06.72	1/23
Nathan Diede	:06.92	1/23
Noah Vallincourt	:06.93	1/23
James Hopkins	:06.97	1/23
Deshawn Lewis	:07.03	1/23
Chase Berg	:07.19	12/10

60 M Dash

Nick Kessler	:07.31	2/6
Noah Vallincourt	:07.49	2/21
Nathan Diede	:07.61	2/21
James Hopkins	:07.69	2/6
Chase Berg	:07.85	1/16
Filip Alimpic	:07.97	2/6
Luke Barrett	:08.08	2/6

200 M Dash

Nick Kesler	:22.98	2/21
Nathan Diede	:23.22	2/21
Noah Vallincourt	:23.55	1/23
Deshawn Lewis	:24.14	1/23
Cam Wiest	:24.61	1/23
Chase Berg	:25.11	2/6
James Hopkins	:25.15	12/10
Jade Haynie	:25.91	12/10
Filip Alimpic	:26.71	2/6

400 M Dash

James Hopkins	:53.43	2/21
Nathan Diede	:53.81	2/7
Deshawn Lewis	:54.54	2/7
Chase Berg	:55.96	2/7
Cam Weist	:56.63	12/10

800

Tyson Vanderby	2:03.08	2/21
Kelley Miller	2:07.65	2/7
Travis Hutchinson	2:11.86	2/7

Mile

Daniel Lombardi	4:33.04	2/21
Tyson Vanderby	4:59.57	12/10
Travis Hutchinson	4:59.77	12/10
Taylor Canfield	5:00.17	12/10

3000

Daniel Lombardi	9:34.61	12/10
Taylor Canfield	10:21.71	1/23

5000

Daniel Lombardi	17:26.89	2/6
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35-LB Weight

Jade Haynie	39-8	2/21
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Long Jump

Deshawn Lewis	18-10.50	1/16
Alex Reber	18-8.50	2/6
James Hopkins	17-8	2/6
Luke Barrett	17-2.75	2/6

Pole Vault

Nathan Satran	12-6	12/10
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Shot Put

Jade Haynie	39-2.50	1/23
Kyle Richards	38-11.50	2/6

Triple Jump

Alex Reber	41-2.25	1/16
Deshawn Lewis	40-11	12/10

Distance Medley Relay

11:23.42	2/21
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1600 M Relay

3:39.08	1/23
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2009 Women's Indoor Track**55 M Dash**

Justine Simons	:07.57	12/10
Erika Halle	:07.71	12/10
Britney Derhak	:07.87	12/10
Cassie Holm	:08.07	12/10

60 M Dash

Justine Simons	:08.20	2/21
Brittney Derhak	:08.31	2/21
Erika Halle	:08.36	1/16
Cassie Holm	:08.81	1/16

200 M Dash

Justine Simons	:26.62	2/6
Erika Halle	:26.69	2/21
Brittney Derhak	:27.02	2/21
Malori Woodford	:29.67	2/6

400

Erika Halle	1:01.34	2/21
Justine Simons	1:02.29	2/7
Malori Woodford	1:05.28	2/7
Cassie Holm	1:07.21	2/7

800

Sarah Jackson	2:17.31	2/21
Katie Thiel	2:32.83	2/21
Mykel ler	2:39.80	2/21

Mile

Sarah Jackson	5:38.52	1/16
Whitney Mickelson	5:40.62	2/21
Katie Thiel	6:11.48	12/10
Mykel Ler	6:28.20	1/23

3000

Lisa Minnehan	11:43.72	1/23
Whitney Mickelson	12:02.83	1/16
Katie Thiel	13:13.24	12/10

5000

Lisa Minnehan	20:16.41	2/6
Whitney Mickelson	20:43.74	2/21

55 M Hurdles

Cassie Holm	:09.29	1/23
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60 M Hurdles

Cassie Holm	:09.87	2/21
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20-LB Weight

Courtney Zappe	43-1.50	12/10
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Long Jump

Erika Halle	16-1	2/21
Britney Derhak	15-11	2/21

Shot Put

Courtney Zappe	43-10.50	12/10
Hillary Gourneau	38-2.75	2/21
Alexi Halverson	36-9.75	1/23
Kacie Vanderloos	36-0	2/6
Kelsee Clark	32-11	12/10

Distance Medley Relay

Ler, Jackson, Simmons, Thiel	13:45.19	2/21
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1600 M Relay

4:13.73	1/23
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