

## Illinois Wesleyan Women's Track – Indoor Bests 2009

<b>55 Meter Dash</b>			
Amanda LaRocca	Palatine, Ill. (HS)	* 7.17	Monmouth Invitational 1/24/09
Amanda LaRocca	Palatine, Ill. (HS)	7.19	Titan Open, 1/31/09
Amanda LaRocca	Palatine, Ill. (HS)	7.20	Monmouth Invitational 1/24/09
Shavantay Thomas	Peoria, Ill. (Richwoods HS)	7.2	IWU Dual, 12/5/08
Shavantay Thomas	Peoria, Ill. (Richwoods HS)	7.25	Fighting Scotts, 2/14/09
Amanda LaRocca	Palatine, Ill. (HS)	7.27	Titan Open, 1/31/09
<b>60 Meter Dash</b>			
Amanda LaRocca	Palatine, Ill. (HS)	7.93	Rose Hulman, 1/16/09
Shavantay Thomas	Peoria, Ill. (Richwoods HS)	8.17	Rose Hulman, 1/16/09
Caitlin Eskew	Park Ridge, Ill. (Maine South HS)	8.19	Rose Hulman, 1/16/09
Amanda Pilgrim	Fairbury, Ill. (Prairie Central HS)	8.78	Rose Hulman, 1/16/09
Patty Troxell	Lakewood, Ill. (Crystal Lake Central HS)	8.79	Rose Hulman, 1/16/09
<b>200 Meter Dash</b>			
Ali McCoy	Irving, Texas (Episcopal School of Dallas)	25.12	Keck Invite, 2/7/09
Ali McCoy	Irving, Texas (Episcopal School of Dallas)	25.43	Monmouth Invitational 1/24/09
Shavantay Thomas	Peoria, Ill. (Richwoods HS)	25.63	Titan Open, 1/31/09
Shavantay Thomas	Peoria, Ill. (Richwoods HS)	25.98	Keck Invite, 2/7/09
Shavantay Thomas	Peoria, Ill. (Richwoods HS)	26.14	Monmouth Invitational 1/24/09
<b>300 Meter Dash</b>			
Lauren Alpert	Park Ridge, Ill. (Maine South HS)	40.3	IWU Dual, 12/5/08
Ali McCoy	Irving, Texas (Episcopal School of Dallas)	41.2	IWU Dual, 12/5/08
Shavantay Thomas	Peoria, Ill. (Richwoods HS)	42.3	IWU Dual, 12/5/08
Jessica Christy	Springfield, Ill. (Sacred Heart Griffin HS)	43.0	IWU Dual, 12/5/08
Alexandria Sawyer	Chicago, Ill. (DeLaSalle HS)	43.9	IWU Dual, 12/5/08
<b>400 Meter Dash</b>			
Mackenzie Clemens	Bloomington, Ill. (HS)	58.83	Fighting Scotts, 2/14/09
Ali McCoy	Irving, Texas (Episcopal School of Dallas)	59.01	Titan Open, 1/31/09
Mackenzie Clemens	Bloomington, Ill. (HS)	59.19	Titan Open, 1/31/09
Ali McCoy	Irving, Texas (Episcopal School of Dallas)	59.44	Keck Invite, 2/7/09
Ali McCoy	Irving, Texas (Episcopal School of Dallas)	59.48	Rose Hulman, 1/16/09
Shavantay Thomas	Peoria, Ill. (Richwoods HS)	1:00.19	Keck Invite, 2/7/09

<b>600 Meter Dash</b>			
Mackenzie Clemens	Bloomington, Ill. (HS)	1:39.1	IWU Dual, 12/5/08
Mary Kate Polzin	Wheaton, Ill. (St. Francis HS)	1:44.5	IWU Dual, 12/5/08
Martha Ahlborn	Northbrook, Ill. (Glenbrook North HS)	1:54.5	IWU Dual, 12/5/08
<b>1 Mile Run</b>			
Kerry Devitt	Tower Lakes, Ill. (Carmel HS)	5:01.90	Fighting Scotts, 2/14/09
Kerry Devitt	Tower Lakes, Ill. (Carmel HS)	5:16.57	Monmouth Invitational 1/24/09
Mackenzie Clemens	Bloomington, Ill. (HS)	5:18.56	Monmouth Invitational 1/24/09
Ashley Heilengoetter	Fox River Grove, Ill. (Carmel HS)	5:19.36	Rose Hulman, 1/16/09
Amy Burns	Bartlett, Ill. (HS)	5:22.64	Fighting Scotts, 2/14/09
Ashley Heilengoetter	Fox River Grove, Ill. (Carmel HS)	5:22.83	Monmouth Invitational 1/24/09
<b>800 Meter Run</b>			
Mackenzie Clemens	Bloomington, Ill. (HS)	2:12.66	Fighting Scotts, 2/14/09
Mackenzie Clemens	Bloomington, Ill. (HS)	2:15.07	Rose Hulman, 1/16/09
Mackenzie Clemens	Bloomington, Ill. (HS)	2:18.56	Keck Invite, 2/7/09
Kerry Devitt	Tower Lakes, Ill. (Carmel HS)	2:20.91	Keck Invite, 2/7/09
Mackenzie Clemens	Bloomington, Ill. (HS)	2:24.81	Monmouth Invitational 1/24/09
Mary Kate Polzin	Wheaton, Ill. (St. Francis HS)	2:24.90	Keck Invite, 2/7/09
<b>1000 Meter Run</b>			
<b>3000 Meter</b>			
Kerry Devitt	Tower Lakes, Ill. (Carmel HS)	* 10:30.0	Rose Hulman, 1/16/09
Liz Ave Maria	Morton Grove, Ill. (Regina Dominican HS)	10:43.26	Fighting Scotts, 2/14/09
Emily Willenbring	Shoreview, Minn. (Mounds View HS)	10:52.37	Keck Invite, 2/7/09
Emily Willenbring	Shoreview, Minn. (Mounds View HS)	11:17.7	Monmouth Invitational 1/24/09
Amy Burns	Barlett, Ill. (HS)	10:58.50	Keck Invite, 2/7/09
Katelyn Draths	Glenview, Ill. (Regina Dominican HS)	11:03.35	Keck Invite, 2/7/09
<b>5000 Meter</b>			
Kerry Devitt	Tower Lakes, Ill. (Carmel HS)	* 18:02.59	Titan Open, 1/31/09
Emily Willenbring	Shoreview, Minn. (Mounds View HS)	19:12.50	Titan Open, 1/31/09
Katelyn Draths	Glenview, Ill. (Regina Dominican HS)	19:18.80	Titan Open, 1/31/09
Megan Gleason		19:55.17	Keck Invite, 2/7/09
Kirsten Pufahl	Batavia, Ill. (HS)	20:04.44	Keck Invite, 2/7/09

<b>55 Meter Hurdles</b>			
Amanda LaRocca	Palatine, Ill. (HS)	8.08	Fighting Scotts, 2/14/09
Amanda LaRocca	Palatine, Ill. (HS)	8.11	IWU Pentathlon, 2/6/09
Amanda LaRocca	Palatine, Ill. (HS)	8.26	Titan Open, 1/31/09
Amanda LaRocca	Palatine, Ill. (HS)	8.3	IWU Dual, 12/5/08
Amanda LaRocca	Palatine, Ill. (HS)	8.48	Titan Open, 1/31/09
Paige Durcholz	Bloomington, Ill. (University HS)	8.8	IWU Dual, 12/5/08
<b>60 Meter Hurdles</b>			
Amanda LaRocca	Palatine, Ill. (HS)	8.77	Rose Hulman, 1/16/09
<b>4x200 Meter Relay</b>			
<b>4x400 Meter Relay</b>			
IWU "A"		3:56.41	Titan Open, 1/31/09
IWU "A"		4:01.05	Fighting Scotts, 2/14/09
IWU "A"		4:04.26	Rose Hulman, 1/16/09
IWU "A"		4:07.4	IWU Dual, 12/5/08
IWU "B"		4:08.3	IWU Dual, 12/5/08
IWU "A"		4:10.98	Keck Invite, 2/7/09
<b>4x800 Meter Relay</b>			
<b>Distance Medley</b>			
IWU "A"		12:17.61	Keck Invite, 2/7/09
<b>High Jump</b>			
Amanda LaRocca	Palatine, Ill. (HS)	*1.70m	IWU Pentathlon, 2/6/09
Gaby Johnson	Knoxville, Iowa (Chariton HS)	1.63m	Monmouth Invitational 1/24/09
Gaby Johnson	Knoxville, Iowa (Chariton HS)	1.62m	Titan Open, 1/31/09
Gaby Johnson	Knoxville, Iowa (Chariton HS)	1.62m	Keck Invite, 2/7/09
Gaby Johnson	Knoxville, Iowa (Chariton HS)	1.62m	Keck Invite, 2/7/09
<b>Pole Vault</b>			
Erin Moran	Bloomington, Ill. (Central Catholic) HS)	3.45m	Fighting Scotts, 2/14/09
Erin Moran	Bloomington, Ill. (Central Catholic HS)	3.15m	Keck Invite, 2/7/09
Erin Moran	Bloomington, Ill. (Central Catholic HS)	3.15m	Keck Invite, 2/7/09
Erin Moran	Bloomington, Ill. (Central Catholic HS)	3.15m	Titan Open, 1/31/09
Erin Moran	Bloomington, Ill. (Central Catholic HS)	3.15m	Monmouth Invitational 1/24/09

<b>Long Jump</b>			
Amanda LaRocca	Palatine, Ill. (HS)	5.51m	Fighting Scotts, 2/14/09
Lauren Alpert	Park Ridge, Ill. (Maine South HS)	5.40m	Rose Hulman 1/16/09
Lauren Alpert	Park Ridge, Ill. (Maine South HS)	5.32m	Monmouth Invitational 1/24/09
Amanda LaRocca	Palatine, Ill. (HS)	5.26m	Keck Invite, 2/7/09
Amanda LaRocca	Palatine, Ill. (HS)	5.04m	Monmouth Invitational 1/24/09
Angela Oltman	Roanoke, Ill. (Roanoke-Benson HS)	4.89m	Keck Invite, 2/7/09
<b>Triple Jump</b>			
Chinny Ekwulugo	Saginaw, Tex. (W.E. Boswell HS)	11.36m	Keck Invite, 2/7/09
Chinny Ekwulugo	Saginaw, Tex. (W.E. Boswell HS)	11.19m	Titan Open, 1/31/09
Chinny Ekwulugo	Saginaw, Tex. (W.E. Boswell HS)	11.18m	Monmouth Invitational 1/24/09
Erin Moran	Bloomington, Ill. (Central Catholic HS)	10.78m	Monmouth Invitational 1/24/09
Erin Moran	Bloomington, Ill. (Central Catholic HS)	10.76m	Titan Open, 1/31/09
<b>Shot Put</b>			
Kyla Motz	Colorado Springs, Colo. (Pine Creek HS)	12.61m	Fighting Scotts, 2/14/09
Kyla Motz	Colorado Springs, Colo. (Pine Creek HS)	12.32m	Monmouth Invitational 1/24/09
Kyla Motz	Colorado Springs, Colo. (Pine Creek HS)	12.31m	IWU Dual, 12/5/08
Kyla Motz	Colorado Springs, Colo. (Pine Creek HS)	12.30m	Rose Hulman 1/16/09
Kyla Motz	Colorado Springs, Colo. (Pine Creek HS)	12.01m	Keck Invite, 2/7/09
Kyla Motz	Colorado Springs, Colo. (Pine Creek HS)	11.90m	Titan Open, 1/31/09
<b>Weight Throw</b>			
Kyla Motz	Colorado Springs, Colo. (Pine Creek HS)	* 14.66m	Rose Hulman 1/16/09
Kyla Motz	Colorado Springs, Colo. (Pine Creek HS)	14.28m	Keck Invite, 2/7/09
Kyla Motz	Colorado Springs, Colo. (Pine Creek HS)	14.26m	IWU Dual, 12/5/08
Kyla Motz	Colorado Springs, Colo. (Pine Creek HS)	14.03m	Titan Open, 1/31/09
Kyla Motz	Colorado Springs, Colo. (Pine Creek HS)	13.38m	Monmouth Invitational 1/24/09
<b>Pentathlon</b>			
Amanda LaRocca	Palatine, Ill. (HS)	*3431	IWU Pentathlon, 2/6/09

Angela Oltman	Roanoke, Ill. (Roanoke-Benson HS)	2988	IWU Pentathlon, 2/6/09
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\* - *Indicates school record.*