

Illinois Wesleyan Women's Track – Indoor Bests 2009

SCHOOL RECORDS

HJ - Amanda LaRocca Palatine, Ill. (HS)	1.70m	IWU Pentathlon, 2/6/09
55 - Amanda LaRocca Palatine, Ill. (HS)	7.11	CCIW Championships, 2/28/09
55 Hurdles - Amanda LaRocca Palatine, Ill. (HS)	8.08	Fighting Scots, 2/14/09
Pent - Amanda LaRocca Palatine, Ill. (HS)	3431	IWU Pentathlon, 2/6/09
800 - Mackenzie Clemens Bloomington, Ill. (HS)	2:12.66	Fighting Scots, 2/14/09
Mile - Kerry Devitt Tower Lakes, Ill. (Carmel HS)	5:01.90	Fighting Scots, 2/14/09
WT - Kyla Motz Colorado Springs, Colo. (Pine Creek HS)	15.33m	CCIW Championships, 2/28/09

NCAA AUTOMATIC QUALIFIERS

Pent - Amanda LaRocca Palatine, Ill. (HS)	3431	IWU Pentathlon, 2/6/09
800 - Mackenzie Clemens Bloomington, Ill. (HS)	2:12.66	Fighting Scots, 2/14/09
55 - Amanda LaRocca Palatine, Ill. (HS)	7.11	CCIW Championships, 2/28/09
55 Hurdles - Amanda LaRocca Palatine, Ill. (HS)	8.08	Fighting Scots, 2/14/09

NCAA PROVISIONAL QUALIFIERS

TJ - Chiny Ekwulugo Saginaw, Tex. (W.E. Boswell HS)	11.41m	CCIW Championships, 2/28/09
HJ - Amanda LaRocca Palatine, Ill. (HS)	1.70m	IWU Pentathlon, 2/6/09
PV - Erin Moran Bloomington, Ill. (Central Catholic) HS)	3.53m	CCIW Championships, 2/28/09
55 - Shavantay Thomas Peoria, Ill. (Richwoods HS)	7.2	IWU Dual, 12/5/08
55 - Caitlin Eskew Park Ridge, Ill. (Maine South HS)	7.30	Rose Hulman, 1/16/09
Mile - Kerry Devitt Tower Lakes, Ill. (Carmel HS)	5:01.90	Fighting Scots, 2/14/09
200 - Ali McCoy Irving, Texas (Episcopal Sch. of Dallas)	25.31	CCIW Championships, 2/28/09
400 - Ali McCoy Irving, Texas (Episcopal Sch. of Dallas)	57.88	CCIW Championships, 2/28/09
LJ - Amanda LaRocca Palatine, Ill. (HS)	5.50m	CCIW Championships, 2/28/09

55 Meter Dash

Amanda LaRocca Palatine, Ill. (HS)	*7.11	CCIW Championships, 2/28/09
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 Scots, 2/14/09
Amanda LaRocca Palatine, Ill. (HS)	7.27	Titan Open, 1/31/09
Caitlin Eskew Park Ridge, Ill. (Maine South HS)	7.30	Rose Hulman, 1/16/09

60 Meter Dash

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

200 Meter Dash

Ali McCoy Irving, Texas (Episcopal School of Dallas)	25.12	Keck Invite, 2/7/09
Ali McCoy Irving, Texas (Episcopal School of Dallas)	25.31	CCIW Championships, 2/28/09
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)	25.87	CCIW Championships, 2/28/09

Shavantay Thomas Peoria, Ill. (Richwoods HS)	25.98	Keck Invite, 2/7/09
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300 Meter Dash

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

400 Meter Dash

Ali McCoy Irving, Texas (Episcopal School of Dallas)	57.88	CCIW Championships, 2/28/09
Ali McCoy Irving, Texas (Episcopal School of Dallas)	58.83	Fighting Scots, 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
Jessica Christy Springfield, Ill. (Sacred Heart Griffin HS)	1:00.06	CCIW Championships, 2/28/09

800 Meter Run

Mackenzie Clemens Bloomington, Ill. (HS)	*2:12.66	Fighting Scots, 2/14/09
Mackenzie Clemens Bloomington, Ill. (HS)	2:15.07	Rose Hulman, 1/16/09
Mackenzie Clemens Bloomington, Ill. (HS)	2:17.05	CCIW Championships, 2/28/09
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

Mile

Kerry Devitt Tower Lakes, Ill. (Carmel HS)	*5:01.90	Fighting Scots, 2/14/09
Kerry Devitt Tower Lakes, Ill. (Carmel HS)	5:07.48	CCIW Championships, 2/28/09
Mackenzie Clemens Bloomington, Ill. (HS)	5:10.37	CCIW Championships, 2/28/09
Ashley Heilengoetter Fox River Grove, Ill. (Carmel HS)	5:14.42	CCIW Championships, 2/28/09
Amy Burns Bartlett, Ill. (HS)	5:15.83	CCIW Championships, 2/28/09
Kerry Devitt Tower Lakes, Ill. (Carmel HS)	5:16.57	Monmouth Invitational 1/24/09

3000 Meter

Kerry Devitt Tower Lakes, Ill. (Carmel HS)	10:26.16	CCIW Championships, 2/28/09
Kerry Devitt Tower Lakes, Ill. (Carmel HS)	10:30.00	Rose Hulman, 1/16/09
Liz Ave Maria Morton Grove, Ill. (Regina Dominican HS)	10:43.26	Fighting Scots, 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)	11:17.70	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

5000 Meter

Kerry Devitt Tower Lakes, Ill. (Carmel HS)	18:02.59	Titan Open, 1/31/09
Emily Willenbring Shoreview, Minn. (Mounds View HS)	18:28.52	CCIW Championships, 2/28/09
Katelyn Draths Glenview, Ill. (Regina Dominican HS)	18:31.50	CCIW Championships, 2/28/09
Megan Gleason	19:45.83	CCIW Championships, 2/28/09

Jenny Dahm Elk Grove, Ill. (HS)	19:47.32	CCIW Championships, 2/28/09
Kirsten Pufahl Batavia, Ill. (HS)	19:48.54	CCIW Championships, 2/28/09

55 Meter Hurdles

Amanda LaRocca Palatine, Ill. (HS)	*8.08	Fighting Scots, 2/14/09
Amanda LaRocca Palatine, Ill. (HS)	8.11	IWU Pentathlon, 2/6/09
Amanda LaRocca Palatine, Ill. (HS)	8.21	CCIW Championships, 2/28/09
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

60 Meter Hurdles

Amanda LaRocca Palatine, Ill. (HS)	*8.77	Rose Hulman, 1/16/09
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4x400 Meter Relay

IWU "A"	3:56.41	Titan Open, 1/31/09
IWU "A"	4:01.05	Fighting Scots, 2/14/09
IWU "A"	4:01.23	CCIW Championships, 2/28/09
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

Distance Medley

IWU "A"	11:56.35	CCIW Championships, 2/28/09
IWU "A"	12:17.61	Keck Invite, 2/7/09

High Jump

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
Amanda LaRocca Palatine, Ill. (HS)	1.62m	CCIW Championships, 2/28/09
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

Pole Vault

Erin Moran Bloomington, Ill. (Central Catholic) HS)	3.53m	CCIW Championships, 2/28/09
Erin Moran Bloomington, Ill. (Central Catholic) HS)	3.45m	Fighting Scots, 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

Long Jump

Amanda LaRocca Palatine, Ill. (HS)	5.51m	Fighting Scots, 2/14/09
Amanda LaRocca Palatine, Ill. (HS)	5.50m	CCIW Championships, 2/28/09
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

Triple Jump

Chinny Ekwulugo Saginaw, Tex. (W.E. Boswell HS)	11.41m	CCIW Championships, 2/28/09
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

Shot Put

Kyla Motz Colorado Springs, Colo. (PineCreek HS)	12.61m	Fighting Scots, 2/14/09
Kyla Motz Colorado Springs, Colo. (PineCreek HS)	12.37m	CCIW Championships, 2/28/09
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

Weight Throw

Kyla Motz Colorado Springs, Colo. (Pine Creek HS)	*15.33m	CCIW Championships, 2/28/09
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

Pentathlon

Amanda LaRocca Palatine, Ill. (HS)	*3431	IWU Pentathlon, 2/6/09
Angela Oltman Roanoke, Ill. (Roanoke-Benson HS)	2988	IWU Pentathlon, 2/6/09
Angela Oltman Roanoke, Ill. (Roanoke-Benson HS)	2982	CCIW Championships, 2/28/09

600 Meter Dash

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