



Illinois Wesleyan Women's Outdoor Track 2009 Season Bests

NCAA AUTOMATIC QUALIFIER

4X100 – Alpert, LaRocca, McCoy, Thomas 47.00 North Central, May 8

NCAA PROVISIONAL QUALIFIERS

100 - Amanda LaRocca (Palatine, Ill. HS) 12.07 North Central, May 8
100 - Shavantay Thomas (Peoria, Ill. Richwoods HS) 12.27 DePauw, April 4
200 - Amanda LaRocca (Palatine, Ill. HS) 24.62 Gregory Invite, May 15
200 - Ali McCoy (Irving, Tex., Episcopal School of Dallas) 24.89 Gregory Invite, May 15
200 - Shavantay Thomas (Peoria, Ill. Richwoods HS) 25.09 Gregory Invite, May 15
800 – Mackenzie Clemens (Bloomington, Ill. HS) 2:11.10 North Central, May 8
100h - Amanda LaRocca (Palatine, Ill. HS) 14.51 Wheaton, April 18
4x400 – McCoy, Alpert, Clemens, Christy 3:52.24 North Central, May 8
LJ - Amanda LaRocca (Palatine, Ill. HS) 5.48m Monmouth, April 11
LJ - Lauren Alpert (Park Ridge, Ill., Maine South HS) 5.70m North Central, May 8
HJ - Gaby Johnson (Knoxville, Iowa, Chariton HS) 1.65m Monmouth, April 11
TJ - Chiny Ekwulugo (Saginaw, Tex., W.E. Boswell HS) 11.57m Wheaton, April 18
JAV – Katie Butson (Troy, Ohio, Christian HS) 38.74m Monmouth, April 11

100 Meter Dash

Amanda LaRocca (Palatine, Ill. HS) 12.07 North Central, May 8
Amanda LaRocca (Palatine, Ill. HS) 12.09 NCAA, May 22
Amanda LaRocca (Palatine, Ill. HS) 12.12 CCIW, May 2
Amanda LaRocca (Palatine, Ill. HS) 12.13 (3rd) NCAA, May 23
Amanda LaRocca (Palatine, Ill. HS) 12.21 CCIW, May 2

200 Meter Dash

Amanda LaRocca (Palatine, Ill. HS) 24.62 Gregory Invite, May 15
Shavantay Thomas (Peoria, Ill. Richwoods HS) 24.74 NCAA, May 21
Amanda LaRocca (Palatine, Ill. HS) 24.77 NCAA, May 21
Ali McCoy (Irving, Texas, Episcopal School of Dallas) 24.89 Gregory Invite, May 15
Ali McCoy (Irving, Texas, Episcopal School of Dallas) 24.90 SIUE, April 25
Amanda LaRocca (Palatine, Ill. HS) 24.94 CCIW, May 2
Amanda LaRocca (Palatine, Ill. HS) 24.99 (6th) NCAA, May 23
Shavantay Thomas (Peoria, Ill. Richwoods HS) 25.02 (7th) NCAA, May 23

400 Meter Dash

Ali McCoy (Irving, Texas, Episcopal School of Dallas) 56.24 CCIW, May 2
Lauren Alpert (Park Ridge, Ill., Maine South HS) 57.70 CCIW, May 2
Lauren Alpert (Park Ridge, Ill., Maine South HS) 57.92 Monmouth, April 11
Ali McCoy (Irving, Texas, Episcopal School of Dallas) 57.95 CCIW, May 2
Lauren Alpert (Park Ridge, Ill., Maine South HS) 58.56 CCIW, May 2

800 Meter Run

Mackenzie Clemens (Bloomington, Ill. HS) 2:11.10* North Central, May 8

Mackenzie Clemens (Bloomington, Ill. HS)	2:13.08	NCAA, May 22
Mackenzie Clemens (Bloomington, Ill. HS)	2:14.33	Wheaton, April 18
Mackenzie Clemens (Bloomington, Ill. HS)	2:15.70	CCIW, May 2
Mackenzie Clemens (Bloomington, Ill. HS)	2:16.25	SIUE, April 25
1500 Meter Run		
Kerry Devitt (Tower Lakes, Ill., Carmel HS)	4:39.58*	North Central, May 8
Kerry Devitt (Tower Lakes, Ill., Carmel HS)	4:41.81	Gregory Invite, May 15
Kerry Devitt (Tower Lakes, Ill., Carmel HS)	4:44.28	CCIW, May 2
Mackenzie Clemens (Bloomington, Ill., HS)	4:45.29	CCIW, May 2
Kerry Devitt (Tower Lakes, Ill., Carmel HS)	4:47.42	Monmouth, April 11
3000 Meter Run		
Kerry Devitt (Tower Lakes, Ill., Carmel HS)	10:15.62	SIUE, April 25
5000 Meter Run		
Kerry Devitt (Tower Lakes, Ill., Carmel HS)	17:49.57*	Wheaton, April 18
Kerry Devitt (Tower Lakes, Ill., Carmel HS)	18:11.58	CCIW, May 2
Liz Ave Maria (Morton Grove, Ill., Regina Dominican HS)	18:17.23	North Central, May 8
Liz Ave Maria (Morton Grove, Ill., Regina Dominican HS)	18:31.78	Wheaton, April 18
Emily Willenbring (Shoreview, Minn., Mounds View HS)	18:32.28	CCIW, May 2
10,000 Meter Run		
Liz Ave Maria (Morton Grove, Ill., Regina Dominican HS)	37:59.62	CCIW, May 2
Katelyn Draths	39:02.08	CCIW, May 2
Kirsten Pufahl	39:55.49	CCIW, May 2
Megan Gleason	41:02.66	CCIW, May 2
100 Meter Hurdles		
Amanda LaRocca (Palatine, Ill. (HS)	14.51	Wheaton, April 18
Amanda LaRocca (Palatine, Ill. (HS)	14.61	CCIW, May 2
Amanda LaRocca (Palatine, Ill. (HS)	14.63	DePauw, April 4
Amanda LaRocca (Palatine, Ill. (HS)	14.71	CCIW, May 2
Amanda LaRocca (Palatine, Ill. (HS)	14.92	SIUE, April 25
400 Meter Hurdles		
Amanda LaRocca (Palatine, Ill. HS)	1:08.60	Monmouth, April 11
Paige Durcholz (Bloomington, Ill., University HS)	1:10.15	Wheaton, April 18
Paige Durcholz (Bloomington, Ill., University HS)	1:12.35	Monmouth, April 11
Amanda Kessel (Medina, Ohio HS)	1:12.73	SIUE, April 25
Paige Durcholz (Bloomington, Ill., University HS)	1:13.06	SIUE, April 25
3000 Meter Steeplechase		
Emily Willenbring (Shoreview, Minn., Mounds View HS)	11:18.03	Gregory Invite, May 15
Emily Willenbring (Shoreview, Minn., Mounds View HS)	11:23.86	North Central, May 8
Emily Willenbring (Shoreview, Minn., Mounds View HS)	11:29.76	CCIW, May 2
Emily Willenbring (Shoreview, Minn., Mounds View HS)	11:37.40	Wheaton, April 18
Emily Willenbring (Shoreview, Minn., Mounds View HS)	11:53.89	DePauw, April 4
4x100 Meter Relay		
Illinois Wesleyan 'A'	47.00	North Central, May 8
Illinois Wesleyan 'A'	47.33	Gregory Invite, May 15
Illinois Wesleyan 'A'	47.51	SIUE, April 25
Illinois Wesleyan 'A'	47.68	DePauw, April 4
Illinois Wesleyan 'A'	48.12	Wheaton, April 18

4x400 Meter Relay

Alpert, McCoy, Clemens, Christy	3:47.01 (2nd)	NCAA, May 23
Illinois Wesleyan 'A'	3:48.28	NCAA, May 21
Illinois Wesleyan 'A'	3:52.24	North Central, May 8
Illinois Wesleyan 'A'	3:52.31	Gregory Invite, May 15
Illinois Wesleyan 'A'	3:54.55	Wheaton, April 18

High Jump

Gaby Johnson (Knoxville, Iowa, Chariton HS)	1.66m	CCIW, May 2
Gaby Johnson (Knoxville, Iowa, Chariton HS)	1.65m	Monmouth, April 11
Gaby Johnson (Knoxville, Iowa, Chariton HS)	1.63m	SIUE, April 25
Gaby Johnson (Knoxville, Iowa, Chariton HS)	1.60m	Wheaton, April 18
Gaby Johnson (Knoxville, Iowa, Chariton HS)	1.59m (t-12th)	NCAA, May 23

Pole Vault

Erin Moran (Bloomington, Ill., Central Catholic HS)	3.41m	Gregory Invite, May 15
Erin Moran (Bloomington, Ill., Central Catholic HS)	3.41m	North Central, May 8
Erin Moran (Bloomington, Ill., Central Catholic HS)	3.35m	SIUE, April 25
Erin Moran (Bloomington, Ill., Central Catholic HS)	3.20m	Monmouth, April 11
Erin Moran (Bloomington, Ill., Central Catholic HS)	3.20m	DePauw, April 4

Long Jump

Lauren Alpert (Park Ridge, Ill., Maine South HS)	5.70m*	North Central, May 8
Lauren Alpert (Park Ridge, Ill., Maine South HS)	5.63m (5th)	NCAA, May 21
Lauren Alpert (Park Ridge, Ill., Maine South HS)	5.56m	CCIW, May 2
Amanda LaRocca (Palatine, Ill. HS)	5.48m	Monmouth, April 11
Amanda LaRocca (Palatine, Ill. HS)	5.42m	Wheaton, April 18

Triple Jump

Chinny Ekwulugo (Saginaw, Tex., W.E. Boswell HS)	11.90m	CCIW, May 2
Chinny Ekwulugo (Saginaw, Tex., W.E. Boswell HS)	11.84m (8th)	NCAA, May 23
Chinny Ekwulugo (Saginaw, Tex., W.E. Boswell HS)	11.57m	Wheaton, April 18
Chinny Ekwulugo (Saginaw, Tex., W.E. Boswell HS)	11.17m	DePauw, April 4
Alex Richardson (Pekin, Ill., Pekin HS)	10.93m	CCIW, May 2

Shot Put

Kyla Motz (Colorado Springs, Colo., PineCreek HS)	12.83m	SIUE, April 25
Kyla Motz (Colorado Springs, Colo., PineCreek HS)	12.76m	Monmouth, April 11
Kyla Motz (Colorado Springs, Colo., PineCreek HS)	12.69m	CCIW, May 2
Kyla Motz (Colorado Springs, Colo., PineCreek HS)	12.55m	Wheaton, April 18
Kyla Motz (Colorado Springs, Colo., PineCreek HS)	12.21m	DePauw, April 4

Discus

Kyla Motz (Colorado Springs, Colo., PineCreek HS)	34.70m	Monmouth, April 11
Kyla Motz (Colorado Springs, Colo., PineCreek HS)	33.28m	CCIW, May 2
Kyla Motz (Colorado Springs, Colo., PineCreek HS)	32.83m	Wheaton, April 18

Javelin Throw

Katie Butson (Troy, Ohio, Christian HS)	38.74m	Monmouth, April 11
Katie Butson (Troy, Ohio, Christian HS)	38.33m	CCIW, May 2
Angela Oltman (Roanoke, Ill., Roanoke-Benson HS)	37.71m	CCIW, May 2
Angela Oltman (Roanoke, Ill., Roanoke-Benson HS)	36.99m	North Central, May 8
Angela Oltman (Roanoke, Ill., Roanoke-Benson HS)	36.91m	CCIW, May 2

Hammer Throw

Kyla Motz (Colorado Springs, Colo., PineCreek HS)	43.47m	SIUE, April 25
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Kyla Motz (Colorado Springs, Colo., PineCreek HS)	40.84m	DePauw, April 4
Kyla Motz (Colorado Springs, Colo., PineCreek HS)	38.95m	Monmouth, April 11
Kyla Motz (Colorado Springs, Colo., PineCreek HS)	38.91m	Wheaton, April 18
Emily Hagen (Burr Ridge, Ill., Nazareth Academy HS)	38.40m	Wheaton, April 18

Heptathlon

Angela Oltman (Roanoke, Ill., Roanoke-Benson HS)	3644	CCIW, May 2
Amanda Kessel (Medina, Ohio HS)	3060	CCIW, May 2

* - Denotes school record