

## 2009-2010 Women's Outdoor Seasonal PR's

Name	Event	Time/Distance	Meet
<b>Heidi Brown</b> <i>Freshmen</i>	Shot Put	9.94m	ACCK
	Javelin	31.80m	McPherson
	Discus	24.65m	McPherson
	Hammer	33.40m	KCAC Championships
<b>Meranda Encinias</b> <i>Freshmen</i>	100m	12.98	Bethel
	200m	27.40.	ACCK
<b>Shelby Broeckelman</b> <i>Freshmen</i>	High Jump	1.55m	KCAC Championships
<b>Sarah Johnson</b> <i>Freshmen</i>	Shot Put	10.05m	McPherson
	Javelin	35.30m	Friends
	Discus	31.71m	ACCK
	Hammer	26.83m	ACCK
<b>Ashley Liddell</b> <i>Freshmen</i>	100m Hurdles	15.58	KCAC Championships
	400m Hurdles	1:06.58.	KCAC Championships
	400m	1:04.28.	Friends
<b>Jordan Lillie</b> <i>Freshmen</i>	Pole Valt	3.20m SR	McPherson
	100m	13.95	ACCK
	200m	30.59	McPherson
<b>Sara Newell</b> <i>Freshmen</i>	High Jump	1.42m	Friends
	Long Jump	4.39m	ACCK
	Javelin	30.80m	McPherson
	100m	14.19	Friends
<b>Courtney Chandler</b> <i>Sophomore</i>	100m	13.15	Friends
	200m	26.25	ACCK
	400m	1:03.37.	KCAC Championships
<b>Mollie Dahl</b> <i>Sophomore</i>	Shot Put	13.70 QA	KCAC Championships
	Discus	34.63m	KCAC Championships
	Hammer	39.94m	KCAC Championships
<b>Courtney Gallardo</b> <i>Sophomore</i>	Long Jump	5.12m	ACCK
	100m	12.61	Friends
	200m	26.25.	ACCK
	400m	1:03.20.	McPherson
<b>Hannah Hemberger</b> <i>Sophomore</i>	Shot Put	11.51m	ACCK
	Javelin	30.70m	McPherson
	Discus	33.81m	Friends
	Hammer	43.59m	ACCK
<b>Jenna Koch</b> <i>Sophomore</i>	Shot Put	12.84m	ACCK
	Discus	47.50m QA	Friends
<b>Molly McElgunn</b> <i>Sophomore</i>	Triple Jump	8.87m	ACCK
	100m	12.96	KCAC Championships
	200m	26.86	KCAC Championships
<b>Sabrina Scroggins</b> <i>Sophomore</i>	1500m	5:34.93.	Bethel
	5000m	21:45.45.	ACCK
<b>Catherine Spicer</b> <i>Sophomore</i>	Shot Put	10.07m	McPherson
	Javelin	33.59m	Friends
	Discus	36.42m	ACCK

## 2009-2010 Women's Outdoor Seasonal PR's

<b>Shane Valdez</b> <i>Sophomore</i>	Hammer	37.26m	KCAC Championships
	Long Jump	5.37m	McPherson
	Triple Jump	10.68m	Friends
	Pole Vault	2.67m	KCAC Championships
	400m Hurdles	1:12.41.	Bethel
	100m Hurdles	15.89	ACCK
<b>Kate Dibbern</b> <i>Junior</i>	1500m	4:59.51.	KCAC Championships
	5000m	19:46.99.	KCAC Championships
<b>Lindsay Grivetti</b> <i>Junior</i>	High Jump	1.47m	McPherson
	100m	13.42	Friends
	200m	28.65	Friends
<b>Jaci Kepler</b> <i>Junior</i>	100m Hurdles	17.31	Friends
	400m Hurdles	1:14.03.	Bethel
<b>Jackie Rogers</b> <i>Junior</i>	Shot Put	11.80m	Friends
	Hammer	47.20m QA	Friends
<b>Morgan Salter</b> <i>Junior</i>	5000m	21:16.29.	McPherson
	15000m	5:45.68.	Bethel
	10,000m	45:23.72.	ACCK
<b>Josie Schamp</b> <i>Junior</i>	Shot Put	8.54m	McPherson
	Javelin	26.88m	McPherson
	Discus	34.88m	Friends
	Hammer	32.34m	Friends
<b>Gilda Alvarez</b> <i>Senior</i>	Shot Put	11.19m	McPherson
	Discus	37.90m	McPherson
<b>Amber Dunham</b> <i>Senior</i>	Shot Put	13.72m	Bethel
	Javelin	40.98m	Bethel

<b>Women's 4x100m Dash</b>	Shane Valdez	49.50.	KCAC Championships
	Molly McElgunn		
	Meranda Encinias		
	Courtney Gallardo		

<b>Women's 4x400m Dash</b>	Molly McElgunn	4:14.01.	KU Relays
	Ashley Liddell		
	Courtney Galardo		
	Meranda Encinias		

## 2009-2010 Women's Outdoor Seasonal PR's

