

Milwaukee Women's Track & Field 2013 Outdoor Top Times

100m			10000m			Discus Throw		
Simbi Laaro (5th)	11.92	4/27	Gayana Wanniarachchi	39:41.44	5/5	Brittany Alsum	138-0	42.07m 3/30
Anuli Okonkwo	12.50	4/27	Katy Koch	43:33.53	5/5	Moriah Myles (6th)	128-7	39.20m 4/5
Chiamaka Okonkwo	12.82	3/30				Nancy Harmon	122-0	37.18m 3/30
CherRay Dixon	13.04	3/23						
200m			3000m Steeplechase			Hammer Throw		
Simbi Laaro	25.25	5/5	Sammy Woller (2nd)	11:06.62	3/30	Nancy Harmon	174-2	53.08m 4/27
Anuli Okonkwo	25.58	5/5				Moriah Myles	160-11	49.04m 3/23
Chelsea Maxey	25.59	4/13	100m Hurdles			Brittany Alsum	88-2	26.88m 3/23
Shelby Schaal h	25.92	5/5	Chiamaka Okonkwo	14.22	5/9			
Lauren Grant	26.31	3/30	Shelby Schaal	14.25	4/13	Javelin Throw		
Chiamaka Okonkwo	28.23	4/5	Sherice Hewett	14.70	3/23	Shelby Schaal (1st)	144-3	43.98m 4/13
			Chelsea Maxey	15.22	5/5	Moriah Myles	116-8	35.55m 3/23
			Michelle Garner	15.45	5/5	Mareike Schuster	109	33.23m 4/27
						Heidi Niespodzany	73-9	22.49m 4/5
			400m Hurdles			Ashley Brusveen	58-7	17.86m 4/5
			Chelsea Maxey (4th)	1:01.40	5/5			
			Michelle Garner (6th)	1:02.07	5/5	Heptathlon		
			Shelby Schaal	1:03.07	4/13	Shelby Schaal (1st)	5,084 points	5/5
						Place in School History Noted in Parenthesis		
			4x100m Relay			h/(h) Notes time came during heptathlon		
			C. Okonkwo, Maxey, Dixon, Laaro	47.50	5/5	3/23 - Billiken Kickoff (St. Louis, Mo.)		
						3/29 - Washington U. Invitational (St. Louis, Mo.)		
			4x400m Relay			3/30 - Bill Cornel Spring Classic (Carbondale, Ill.)		
			Maxey, Garner, S. Schaal, Grant	3:51.21	4/13	4/5 - at Marquette (Milwaukee, Wis.)		
						4/13 - Sea Ray Relays (Knoxville, Tenn.)		
			High Jump			4/18 - Kansas Relays (Lawrence, Kan.)		
			Shelby Schaal d 5-3 3/4	1.62m	3/29	4/19 - Mt. SAC Relays (Walnut, Calif.)		
			Ashley Brusveen 5-2 1/4	1.58m	twice	4/20 - Gateway Invitational (Edwardsville, Ill.)		
			Heidi Niespodzany 5-2 1/4	1.58m	5/5	4/26 - Drake Relays (Des Moines, Iowa)		
			Chantel McConville 4-10 1/2	1.49m	3/23	4/27 - Drake Aleternative (Whitewater, Wis.)		
						5/5 - HL Championships (Ypsilanti, Mich.)		
			Pole Vault			5/9 - Keeler Invite (Naperville, Ill.)		
			Sarah Finer (2nd) 12-0 3/4	3.68m	5/10	5/10 - Eagle Open (La Crosse, Wis.)		
			Chantel McConville 10-10	3.30m	5/5	5/26 - NCAA West Regional (Austin, Texas)		
			Long Jump					
			Samia Taylor (1st) 20-1 1/2	6.13m	5/26			
			Shelby Schaal 18-3 1/4	5.57m	3/23			
			Sherice Hewett 17-11	5.46m	4/20			
			Erika Suchla 17-9 3/4	5.43m	4/20			
			Triple Jump					
			Sherice Hewett (4th) 40-6 3/4	12.36m	5/5			
			Samia Taylor 40-1 1/4	12.22m	5/10			
			Erika Suchla 39-0 1/4	11.89m	4/27			
			Shot Put					
			Moriah Myles (5th) 43-7 1/4	13.29m	4/5			
			Shelby Schaal h 36-5	11.10m	3/29			
			Nancy Harmon 34-10 1/2	10.63m	4/5			
			Brittany Alsum 34-9 1/2	10.60m	3/23			
1000m								
Lauren Grant (6th)	56.35	4/5						
Shelby Schaal	59.11	4/5						
Anuli Okonkwo	59.47	5/5						
800m								
Dana Clausen	2:15.10	5/5						
Sammy Woller	2:17.66	4/27						
Shelby Schaal h	2:20.64	3/29						
Carissa Schneider	2:29.18	5/5						
Brooke Jameson	2:29.73	3/23						
Adriana Gutierrez	2:30.30	5/5						
Claire Himmel	2:35.17	3/23						
Annette Lemanski	2:44.54	3/23						
Katy Koch	2:52.45	3/23						
1500m								
Sammy Woller	4:42.46	4/20						
Gayana Wanniarachchi	4:56.01	4/20						
Dana Clausen	4:56.03	3/30						
Brooke Jameson	4:57.44	3/30						
Carissa Schneider	5:00.02	5/5						
Annette Lemanski	5:04.90	3/23						
Adriana Gutierrez	5:08.90	4/20						
Claire Himmel	5:20.49	3/23						
Katy Koch	5:31.80	3/23						
3000m								
Annette Lemanski	11:05.12	4/5						
Adriana Gutierrez	11:10.08	4/5						
Emily Schaal	11:27.75	4/5						
Katy Koch	11:52.13	4/5						
5000m								
Gayana Wanniarachchi	18:18.74	3/30						
Annette Lemanski	18:52.73	3/30						
Claire Himmel	19:22.96	3/30						
Emily Schaal	19:57.23	4/20						
Katy Koch	20:01.08	4/20						

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BRITTANY ALSUM

Shot Put	5th	34-9 1/2	10.60m	3/23
	--	FOUL		3/30
Discus	1st	124-5	37.92m	3/23
	11th	138-0	42.07m	3/30
	5th	130-1	39.65m	5/5
Hammer	9th	88-2	26.88m	3/23
	--	FOUL		3/30

ASHLEY BRUSVEEN

High Jump	3rd	4-10 1/2	1.49m	3/23
	9th	5-2 1/4	1.58m	3/30
	3rd	5-1	1.55m	4/5
	1st	5-2 1/4	1.58m	4/20
	8th	5-1	1.55m	4/27
Javelin	7th	5-0 1/4	1.53m	5/5
	5th	58-7	17.86m	4/5

DANA CLAUSEN

800m	3rd		2:27.76	3/23
	2nd		2:19.42	4/5
	32nd		2:18.73	4/13
	2nd		2:20.82	4/20
	5th		2:22.89	4/27
1500m	4th (p)		2:15.10	5/5
	5th (f)		2:16.28	5/5
	6th		5:01.99	3/23
	16th		4:56.03	3/30

CHERRAY DIXON

100m	7th		13.04	3/23
	--		DNF	4/20
	16th (p)		13.13	5/5

SARAH FINER

Pole Vault	1st	11-7 3/4	3.55m	3/23
	2nd	11-9 3/4	3.60m	3/29
	1st	11-9	3.58m	4/5
	--	NH		4/13
	--	NH		4/20
	2nd	10-10 1/4	3.31m	4/27
	1st	11-3 3/4	3.45m	5/5
	1st	12-0 3/4	3.68m	5/10

MICHELLE GARNER

100H	3rd		15.75	3/23
	10th (p)		15.45	5/5
400H	3rd		1:03.69	3/23
	2nd		1:04.32	4/5
	11th		1:03.15	4/13
	1st		1:02.73	4/20
	3rd (p)		1:02.07	5/5
	4th (f)		1:02.53	5/5

LAUREN GRANT

200m	18th		26.31	3/30
	21st (p)		26.37	5/5
400m	3rd		59.57	3/23
	10th		59.74	3/30
	2nd		58.38	4/5
	22nd		59.51	4/13
	3rd		59.21	4/20
	5th (p)		57.68	5/5
	3rd (f)		56.35	5/5

ADRIANA GUTIERREZ

800m	11th		2:41.74	3/23
	16th		2:33.08	4/27
	14th (p)		2:30.30	5/5
	13th		5:18.59	3/23
	39th		5:10.85	3/30
1500m	7th		5:08.90	4/20
	21st		5:15.70	5/5
	5th		11:10.08	4/5
	16th		11:18.06	4/13

NANCY HARMON

Shot Put	4th	34-10 1/2	10.63m	4/5
	10th	34-8 1/2	10.58m	5/5
	5th	111-6	34.00m	3/23
Discus	21st	122-0	37.18m	3/30
	4th	118-1	36.00m	4/5
	13th	112-8	34.35m	4/13
	9th	121-6	37.03m	4/27
	6th	105-10	32.25m	5/5
Hammer	3rd	149-11	45.70m	3/23
	6th	171-10	52.39m	3/30
	2nd	171-7	52.30m	4/5
	11th	164-0	49.98m	4/13
	2nd	174-2	53.08m	4/27
	2nd	169-1	51.55m	5/5

SHERICE HEWETT

100H	2nd		14.70	3/23
	3rd		15.00	4/5
	30th		13.87	4/13
	6th (p)		14.86	5/5
	6th (f)		15.02	5/5
	2nd	17-11	5.46m	4/20
Long Jump	9th	17-2 3/4	5.05m	5/5
	1st	39-3 1/4	11.97m	3/23
Triple Jump	2nd	36-2 3/4	11.04m	4/5
	12th	38-5	11.71m	4/13
	3rd	38-6 1/4	11.74m	4/20
	2nd	40-6 3/4	12.36m	5/5
	36th	39-6 1/2	12.05m	5/26

CLAIRA HIMMEL

800m	8th		2:35.17	3/23
1500m	14th		5:20.49	3/23
	6th		5:23.50	4/5
5000m	32nd		19:22.96	3/30
	6th		19:28.00	4/20
	16th		19:38.59	5/5

BROOKE JAMESON

800m	5th		2:29.73	3/23
	5th		2:33.23	4/5
	13th (p)		2:30.27	5/5
1500m	5th		4:59.08	3/23
	21st		4:57.44	3/30
	15th		5:13.10	4/27
	17th		5:06.46	5/5

KATY KOCH

800m	19th		2:52.45	3/23
1500m	18th		5:31.80	3/23
3000m	7th		11:52.13	4/5
5000m	37th		20:15.81	3/30
	8th		20:01.08	4/20
	--		DNF	5/5
10000m	9th		43:33.53	5/5

SIMBI LAARO

100m	1st		12.51	3/23
	2nd		12.33	4/5
	23rd		12.19	4/13
	2nd		12.26	4/20
	1st (p)		11.92	4/27
200m	6th (p)		12.34	5/5
	3rd (f)		12.18	5/5
	4th		25.35	4/20
	12th (p)		25.25	5/5

ANNETTE LEMANSKI

800m	14th		2:44.54	3/23
1500m	8th		5:04.90	3/23
	6th		5:06.14	4/20
3000m	4th		11:05.12	4/5
5000m	30th		18:52.73	3/30
	12th		18:55.35	4/13
	18th		19:50.10	5/5

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CHELSEA MAXEY

200m	37th	25.59	4/13
	19th (p)	25.96	5/5
100H	12th	15.53	3/30
	9th (p)	15.22	5/5
400H	4th	1:09.77	3/23
	3rd	1:03.55	3/30
	1st	1:03.60	4/5
	6th	1:02.70	4/13
	4th (p)	1:03.30	5/5
	3rd (f)	1:01.40	5/5
	2nd	1:02.86	5/9

CHANTEL McCONVILLE

High Jump	5th	4-10 1/2	1.49m	3/23
	--	NH		4/5
	11th	4-10 1/4	1.48m	5/5
Pole Vault	2nd	10-2	3.10m	3/23
	--	NH		4/5
	1st	10-0	3.05m	4/20
	11th	9-4 1/2	2.86m	4/27
	3rd	10-10	3.30m	5/5

MORIAH MYLES

Shot Put	--	FOUL		3/23
	2nd	43-7 1/4	13.29m	4/5
	--	FOUL		4/13
	--	FOUL		4/27
Discus	4th	114-6	34.89m	3/23
	3rd	128-7	39.20m	4/5
	8th	128-4	39.11m	4/13
	--	FOUL		4/27
Hammer	1st	160-11	49.04m	3/23
	3rd	157-6	48.01m	4/5
	14th	153-2	46.70m	4/13
	5th	153-1	46.67m	4/27
Javelin	3rd	116-8	35.55m	3/23
	6th	104-7	31.88m	4/13

HEIDI NIESPODZANY

High Jump	5th	4-9	1.45m	4/5
	2nd	5-0 1/4	1.53m	4/20
	11th	4-11	1.50m	4/27
	6th	5-2 1/4	1.58m	5/5
Javelin	4th	73-9	22.49m	4/5

ANULI OKONKWO

100m	4th	12.69	4/5
	3rd (p)	12.50	4/27
	3rd (f)	12.51	4/27
200m	1st	25.99	3/23
	13th	25.98	3/30
	4th	26.39	4/5
	39th	25.73	4/13
	5th	26.30	4/20
	15th (p)	25.58	5/5
400m	5th	1:02.67	3/23
	15th	1:01.57	3/30
	4th	1:01.28	4/20

CHIAMAOKA OKONKWO

100m	18th	12.82	3/30
	6th	12.94	4/20
200m	5th	28.23	4/5
100H	6th	23.49	3/23
	22nd	16.53	3/30
	2nd	14.97	4/5
	22nd	14.71	4/13
	3rd	14.81	4/20
	5th (p)	14.33	5/5
	-- (f)	DNF	5/5
	1st	14.22	5/9

EMILY SCHAAL

3000m	6th	11:27.75	4/5
5000m	7th	19:57.23	4/20
	19th	20:02.39	5/5

SHELBY SCHAAL

400m	4th		59.11	4/5
100H	1st		14.35	4/5
	12th		14.25	4/13
	2nd (p)		14.35	5/5
	4th (f)		14.61	5/5
400H	2nd		1:03.16	3/23
	10th		1:03.07	4/13
	6th (p)		1:04.64	5/5
	6th (f)		1:04.21	5/5
High Jump	--	NH		3/23
	4th	4-11	1.50m	4/5
	9th	5-0 1/4	1.53m	5/5
Long Jump	1st	18-3 1/4	5.57m	3/23
	2nd	17-8 1/4	5.39m	4/5
	21st	16-8	5.08m	4/13
	8th	17-10 1/4	5.44m	5/5
Javelin	1st	135-9	41.38m	3/23
	2nd	144-3	43.98m	4/13
	18th	129-9	39.56m	4/26
	1st	130-0	39.62m	5/5
	4th	126-0	38.42m	5/9
Heptathlon	1st		5,083 pts	3/29
	--	DNF		4/18
	1st		5,084 pts	5/5

CARISSA SCHNEITER

800m	10th	2:37.90	3/23
	12th (p)	2:29.18	5/5
1500m	10th	5:07.00	3/23
	32nd	5:05.32	3/30
	5th	5:15.24	4/5
	8th	5:10.19	4/20
	14th	5:00.02	5/5

ERIKA SUCHLA

Long Jump	2nd	17-1 1/2	5.22m	3/23
	10th	16-9 1/4	5.11m	3/30
	4th	16-5 1/4	5.01m	4/5
	4th	17-9 3/4	5.43m	4/20
	--	FOUL		5/5
Triple Jump	2nd	37-5	11.40m	3/23
	5th	38-4	11.68m	3/30
	3rd	36-1 1/2	11.01m	4/5
	16th	37-4 1/2	11.39m	4/13
	1st	39-0 1/4	11.89m	4/27
	6th	37-9 1/2	11.52m	5/5
	2nd	38-5	11.71m	5/9

SAMIA TAYLOR

Long Jump	2nd	19-2 3/4	5.86m	4/13
	4th	19-2	5.84m	4/19
	1st	19-9	6.02m	4/27
	2nd	19-6	5.94m	5/5
Triple Jump	16th	20-1 1/2	6.13m	5/26
	9th	39-1 3/4	11.92m	4/19
	3rd	39-11 1/2	12.18m	5/5
	1st	40-1 1/4	12.22m	5/10

GAYANA WANNIARACHCHI

1500m	4th		4:56.79	4/5
	5th		4:56.01	4/20
5000m	16th		18:18.74	3/30
	21st		19:40.01	4/13
	--		DNF	5/5
10000m	6th		39:41.44	5/5

SAMMY WOLLER

800m	2nd		2:24.49	3/23
	1st		2:17.66	4/27
1500m	3rd		4:51.79	3/23
	2nd		4:42.46	4/20
Steeplechase	3rd		11:06.62	3/30
	10th		11:27.11	4/13
	5th		11:24.61	5/5

4x100M RELAY

Maxey, Dixon, A. Okonkwo, Laaro				
	1st	48.08		3/23
Maxey, C. Okonkwo, A. Okonkwo, Laaro				
	2nd	49.22		4/5
Maxey, C. Okonkwo, A. Okonkwo, Laaro				
	9th	48.27		4/13
C. Okonkwo, Maxey, Dixon, Laaro				
	3rd	47.50		5/5

4x400M RELAY

Maxey, Garner, S. Schaal, Grant				
	2nd	4:00.29		3/23
Garner, Grant, Maxey, A. Okonkwo				
	2nd	3:58.52		4/5
Maxey, Garner, S. Schaal, Grant				
	13th	3:51.21		4/13
Maxey, A. Okonkwo, Clausen, Grant				
	6th	3:56.81		5/5

SHUTTLE HURDLE

S. Schaal, Maxey, Garner, C. Okonkwo				
	7th	59.76		4/26

(p) - Preliminary Heat

(f) - Finals Heat

- 3/23 - Billiken Kickoff (St. Louis, Mo.)
- 3/29 - Washington U. Invitational (St. Louis, Mo.)
- 3/30 - Bill Cornel Spring Classic (Carbondale, Ill.)
- 4/5 - at Marquette (Milwaukee, Wis.)
- 4/13 - Sea Ray Relays (Knoxville, Tenn.)
- 4/18 - Kansas Relays (Lawrence, Kan.)
- 4/19 - Mt. SAC Relays (Walnut, Calif.)
- 4/20 - Gateway Invitational (Edwardsville, Ill.)
- 4/26 - Drake Relays (Des Moines, Iowa)
- 4/27 - Drake Aleternative (Whitewater, Wis.)
- 5/5 - HL Championships (Ypsilanti, Mich.)
- 5/9 - Keeler Invite (Naperville, Ill.)
- 5/10 - Eagle Open (La Crosse, Wis.)
- 5/26 - NCAA West Regional (Austin, Texas)