

Juniata College Women's Indoor Track and Field 2008-2009 Performance List

55m (60 to 55 conversion: -0.48*)

Time	Athlete	Date	Meet
7.92	Reynolds, Amy	1/31/09	DuCharme Invitational at Dickinson
8.14	Buffenmyer, Kelsey	12/6/08	WVU Holiday Classic
8.15	DeGemmis, Courtney	2/7/09	Susquehanna Invitational
8.25	Shuke, Rebecca	2/14/09	Bucknell Winter Classic
8.34	Johnson, Melissa	1/24/09	WVU State Farm Games
8.46	Varner, Stephanie	1/31/09	DuCharme Invitational at Dickinson

200m

Time	Athlete	Date	Meet
28.26	Johnson, Melissa	2/14/09	Bucknell Winter Classic
28.92	Reynolds, Amy	2/7/09	Susquehanna Invitational
29.36	Brown, Erika	2/14/09	Bucknell Winter Classic
29.62	DeGemmis, Courtney	2/7/09	Susquehanna Invitational
29.84	Shuke, Rebecca	2/14/09	Bucknell Winter Classic

400m

Time	Athlete	Date	Meet
1:01.97	Reynolds, Amy	2/28/09	Landmark Championships at Susquehanna
1:02.58	Johnson, Melissa	2/28/09	Landmark Championships at Susquehanna
1:08.59	Shuke, Rebecca	12/6/08	WVU Holiday Classic
1:08.70	DeGemmis, Courtney	1/24/09	WVU State Farm Games
1:11.40	Majocha, Cassandra	12/6/08	WVU Holiday Classic

500m

Time	Athlete	Date	Meet
1:26.58	DeGemmis, Courtney	2/14/09	Bucknell Winter Classic
1:33.07	Howser, Mary	1/24/09	WVU State Farm Games
1:44.28	Maczis, Melissa	1/24/09	WVU State Farm Games

800m

Time	Athlete	Date	Meet
2:28.33	Rupprecht, Laura	2/21/09	Susquehanna Open
2:35.94	McQuillan, Megan	1/24/09	WVU State Farm Games
2:38.46	Koenig, Jessica	2/7/09	Susquehanna Invitational
2:39.47	Howser, Mary	2/28/09	Landmark Championships at Susquehanna
2:40.87	Brooks, Danielle	1/17/09	Orange & Maroon Classic at Susquehanna
2:42.30	Lehmann, Kyra	2/21/09	Susquehanna Open
2:55.72	Magerowski, Kerri	2/7/09	Susquehanna Invitational
3:00.19	Maczis, Melissa	1/24/09	WVU State Farm Games

1000m

Time	Athlete	Date	Meet
3:34.31	Koenig, Jessica	1/24/09	WVU State Farm Games
3:59.42	Fricke, Joanna	1/24/09	WVU State Farm Games

Mile			
Time	Athlete	Date	Meet
5:18.71	Rupprecht, Laura	2/28/09	Landmark Championships at Susquehanna
5:41.11	McQuillan, Megan	2/14/09	Bucknell Winter Classic
5:52.34	Jones, Meghan	2/21/09	Susquehanna Open
5:56.91	Koenig, Jessica	1/31/09	DuCharme Invitational at Dickinson
6:00.60	Brooks, Danielle	1/17/09	Orange & Maroon Classic at Susquehanna
6:13.90	Maczis, Melissa	2/7/09	Susquehanna Invitational
6:24.97	Linde, Elizabeth	2/7/09	Susquehanna Invitational
6:34.72	Wakabayashi, Anne	1/31/09	DuCharme Invitational at Dickinson
6:35.90	Fricke, Joanna	1/24/09	WVU State Farm Games

3000m			
Time	Athlete	Date	Meet
11:20.14	Jones, Meghan	2/14/09	Bucknell Winter Classic
11:25.61	Koenig, Jessica	2/21/09	Susquehanna Open
12:07.06	Norton, Lindsay	2/14/09	Bucknell Winter Classic
12:38.74	Linde, Elizabeth	2/21/09	Susquehanna Open
13:06.71	Wakabayashi, Anne	2/21/09	Susquehanna Open
13:19.96	Fricke, Joanna	1/17/09	Orange & Maroon Classic at Susquehanna

5000m			
Time	Athlete	Date	Meet
19:22.42	Jones, Meghan	2/28/09	Landmark Championships at Susquehanna
21:46.88	Norton, Lindsay	2/7/09	Susquehanna Invitational
23:36.23	Fricke, Joanna	2/7/09	Susquehanna Invitational

55m Hurdles (60 to 55 conversion: -0.54*)			
Time	Athlete	Date	Meet
9.18	Buffenmyer, Kelsey	2/28/09	Landmark Championships at Susquehanna
9.35	Johnson, Melissa	2/28/09	Landmark Championships at Susquehanna
10.28	Shuke, Rebecca	12/6/08	WVU Holiday Classic

4x200m Relay			
Time	Athletes	Date	Meet
1:51.15	Johnson, Reynolds, DeGemmis, Shuke	2/28/09	Landmark Championship at Susquehanna
1:54.01	Reynolds, Johnson, DeGemmis, Buffenmyer	2/7/09	Susquehanna Invitational
1:55.20	Reynolds, Johnson, DeGemmis, Brown	1/31/09	DuCharme Invitational at Dickinson
1:56.53	Johnson, DeGemmis, Brown, Rupprecht	2/21/09	Susquehanna Open

4x400m Relay			
Time	Athletes	Date	Meet
4:15.45	Johnson, DeGemmis, Shuke, Reynolds	2/28/09	Landmark Championships at Susquehanna
4:16.93	Johnson, Rupprecht, DeGemmis, Reynolds	2/14/09	Bucknell Winter Classic
4:29.25	Rupprecht, DeGemmis, Johnson, Shuke	1/24/09	WVU State Farm Games
4:32.06	Reynolds, Johnson, DeGemmis, Howser	1/31/09	DuCharme Invitational at Dickinson
4:38.82	McQuillan, Munion, Howser, Lehman	2/7/09	Susquehanna Invitational
4:42.84	McQuillan, Brooks, Lehman, Howser	1/24/09	WVU State Farm Games
4:44.86	DeGemmis, Rupprecht, McQuillan, Maczis	1/17/09	Orange & Maroon Classic at Susquehanna
4:45.84	Brooks, Howser, Magerowski, Maczis	2/21/09	Susquehanna Open
5:06.87	Koenig, Maczis, Linde, Wakabayashi	2/7/09	Susquehanna Invitational

4x800m Relay

Time	Athletes	Date	Meet
10:22.05	Rupprecht, McQuillan, Brooks, Koenig	1/31/09	DuCharme Invitational at Dickinson
10:38.58	Koenig, Rupprecht, McQuillan, Jones	2/21/09	Susquehanna Open
10:51.79	Koenig, Lehmann, Munion, Magerowski	2/7/09	Susquehanna Invitational
11:43.54	Jones, Wakabayashi, Maczisz, Linde	1/31/09	DuCharme Invitational at Dickinson

Distance Medley Relay

Time	Athletes	Date	Meet
13:25.52	McQuillan, Lehmann, Brooks, Rupprecht	1/31/09	DuCharme Invitational at Dickinson
14:33.34	Koenig, Lehmann, Brooks, McQuillan	2/28/09	Landmark Championships at Susquehanna
14:56.36	Maczisz, Lehmann, Magerowski, Norton	2/21/09	Susquehanna Open

High Jump

Metric	Imperial	Athlete	Date	Meet
1.66m	5' 5.25"	Buffenmyer, Kelsey	12/6/08	WVU Holiday Classic
1.57m	5' 1.75"	Brown, Erika	2/21/09	Susquehanna Open

Long Jump

Metric	Imperial	Athlete	Date	Meet
5.19m	17' 0.5"	Buffenmyer, Kelsey	2/14/09	Bucknell Winter Classic
4.65m	15' 3.75"	Brown, Erika	2/28/09	Landmark Championships at Susquehanna
4.21m	13' 9.75"	Kulbacki, Skyler	2/28/09	Landmark Championships at Susquehanna

Triple Jump

Metric	Imperial	Athlete	Date	Meet
10.14m	33' 3.25"	Kulbacki, Skylar	2/28/09	Landmark Championships at Susquehanna
9.53m	31' 3.25"	Brown, Erika	2/28/09	Landmark Championships at Susquehanna

Pole Vault

Metric	Imperial	Athlete	Date	Meet
3.05m	10' 0"	Varnier, Stephanie	2/28/09	Landmark Championships at Susquehanna

Shot Put

Metric	Imperial	Athlete	Date	Meet
9.83m	32' 3"	Tavener, Katie	12/6/08	WVU Holiday Classic
9.37m	30' 9"	Beatty, Evan	2/21/09	Susquehanna Open

Weight Throw

Metric	Imperial	Athlete	Date	Meet
11.44m	37' 6.5"	Tavener, Katie	2/14/09	Bucknell Winter Classic