

Juniata College Women's Outdoor Track and Field 2009 Performance List

100m

Time	Athlete	Date	Meet
13.11	Reynolds, Amy	5/2/09	LHU Qualifier at LockHaven
13.51	Johnson, Melissa	5/8/09	Gator Invitational at Allegheny
13.78	Brown, Erika	4/4/09	Juniata Tri-Meet
14.10	DeGemmis, Courtney	3/28/09	Western PA Championships at California

200m

Time	Athlete	Date	Meet
25.94	Reynolds, Amy	5/2/09	LHU Qualifier at Lock Haven
29.04	Brown, Erika	3/28/09	Western PA Championships at California
29.23	DeGemmis, Courtney	3/28/09	Western PA Championships at California

400m

Time	Athlete	Date	Meet
0:59.55	Reynolds, Amy	4/26/09	Landmark Championship at Goucher
1:02.37	DeGemmis, Courtney	4/25/09	Landmark Championship at Goucher
1:07.09	Howser, Mary	4/25/09	Landmark Championship at Goucher

800m

Time	Athlete	Date	Meet
2:21.36	Rupprecht, Laura	4/18/09	Greyhound Invitational at Moravian
2:35.97	Howser, Mary	4/26/09	Landmark Championship at Goucher
2:43.32	Magerowski, Kerri	4/26/09	Landmark Championship at Goucher
2:46.73	McQuillan, Megan	3/28/09	Western PA Championships at California
2:49.78	Maczis, Melissa	3/21/09	Maroon Invitational at Roanoke

1500m

Time	Athlete	Date	Meet
4:48.12	Rupprecht, Laura	4/25/09	Landmark Championship at Goucher
5:23.06	Jones, Meghan	4/18/09	Greyhound Invitational at Moravian
5:37.85	Maczis, Melissa	3/21/09	Maroon Invitational at Roanoke
5:44.23	Fricke, Joanna	4/18/09	Greyhound Invitational at Moravian
5:45.58	McQuillan, Megan	3/28/09	Western PA Championships at California
5:52.15	Linde, Elizabeth	4/18/09	Greyhound Invitational at Moravian
5:53.65	Wakabayashi, Anne	4/18/09	Greyhound Invitational at Moravian
5:58.07	Howser, Mary	3/21/09	Maroon Invitational at Roanoke
6:04.27	Magerowski, Kerri	3/28/09	Western PA Championships at California

3000m

Time	Athlete	Date	Meet
10:57.53	Koenig, Jessica	4/4/09	Juniata Tri-Meet
11:28.13	Jones, Megan	3/28/09	Western PA Championships at California
12:13.94	Norton, Lindsay	3/28/09	Western PA Championships at California
12:57.82	Fricke, Joanna	3/28/09	Western PA Championships at California

5000m

Time	Athlete	Date	Meet
18:37.63	Koenig, Jessica	4/10/09	Bucknell Bison Outdoor Classic
19:09.12	Jones, Meghan	4/10/09	Bucknell Bison Outdoor Classic
21:09.70	Norton, Lindsay	4/4/09	Juniata Tri-Meet
21:22.65	Rupprecht, Laura	4/26/09	Landmark Championship at Moravian
21:47.7 H	Linde, Elizabeth	3/21/09	Maroon Invitational at Roanoke
21:52.98	Wakabayashi, Anne	3/28/09	Western PA Championships at California
22:11.00	Fricke, Joanna	4/4/09	Juniata Tri-Meet

10,000m

Time	Athlete	Date	Meet
41:14.94	Jones, Meghan	4/25/09	Landmark Championship at Goucher
44:09.23	Norton, Lindsay	3/21/09	Maroon Invitational at Roanoke
46:31.49	Linde, Elizabeth	3/28/09	Western PA Championships at California
47:16.33	Fricke, Joanna	4/25/09	Landmark Championship at Goucher

100m Hurdles

Time	Athlete	Date	Meet
15.96	Buffenmyer, Kelsey	4/4/09	Juniata Tri-Meet
16.60	Johnson, Melissa	4/26/09	Landmark Championship at Goucher
17.34	Shuke, Rebecca	4/25/09	Landmark Championship at Goucher

400m Hurdles

Time	Athlete	Date	Meet
1:04.94	Johnson, Melissa	5/8/09	Gator Invitational at Allegheny
1:12.06	Shuke, Rebecca	4/18/09	Greyhound Invitational at Moravian

3000m Steeplechase

Time	Athlete	Date	Meet
12:24.91	Koenig, Jessica	4/26/09	Landmark Championship at Goucher
13:05.3 H	McQuillan, Megan	3/21/09	Maroon Invitational at Roanoke
13:55.78	Wakabayashi, Anne	4/4/09	Juniata Tri-Meet

4x100m Relay

Time	Athlete	Date	Meet
51.42	Buffenmyer, Johnson, Reynolds, DeGemmis	4/4/09	Juniata Tri-Meet
52.00	Brown, Johnson, Reynolds, DeGemmis	4/26/09	Landmark Championship at Goucher
53.12	Shuke, Reynolds, Brown, DeGemmis	3/21/09	Maroon Invitational at Roanoke

4x400m Relay

Time	Athlete	Date	Meet
4:09.23	Johnson, DeGemmis, Shuke, Reynolds	4/26/09	Landmark Championship at Goucher
4:18.30	Reynolds, Rupprecht, DeGemmis, Shuke	3/21/09	Maroon Invitational at Roanoke
4:20.54	Johnson, Reynolds, DeGemmis, Rupprecht	4/11/09	Bucknell Bison Outdoor Classic
4:20.61	Reynolds, Johnson, DeGemmis, Koenig	3/28/09	Western PA Championships at California
4:29.28	Rupprecht, Shuke, Howser, Magerowski	4/18/09	Greyhound invitational at Moravian

4x800m Relay

Time	Athlete	Date	Meet
11:15.10	Koenig, Howser, Majerowski, Linde	4/4/09	Juniata Tri-Meet

Shot Put

Metric	Imperial	Athlete	Date	Meet
10.01	32 - 10.25	Tavener, Katie	4/18/09	Greyhound Invitational at Moravian
9.90	32 - 5.75	Beatty, Evan	4/26/09	Landmark Championship at Goucher

Discus

Metric	Imperial	Athlete	Date	Meet
33.52	110 - 0	Tavener, Katie	4/4/09	Juniata Tri-Meet
23.09	75 - 9	Beatty, Evan	4/18/09	Greyhound Invitational at Moravian
22.13	72 - 7	Fricke, Joanna	4/18/09	Greyhound Invitational at Moravian

Javelin

Metric	Imperial	Athlete	Date	Meet
37.82	124 - 1	Ginter, Kristyn	4/18/09	Greyhound Invitational at Moravian
29.05	95 - 4	Fox, Jessica	4/25/09	Landmark Championship at Goucher

Hammer

Metric	Imperial	Athlete	Date	Meet
37.40	122 - 8	Tavener, Katie	4/26/09	Landmark Championship at Goucher
26.10	85 - 7	Ginter, Kristyn	4/18/09	Greyhound Invitational at Moravian
24.83	81 - 5	Fox, Jessica	4/26/09	Landmark Championship at Goucher
21.71	71 - 3	Beatty, Evan	4/18/09	Greyhound Invitational at Moravian

Long Jump

Metric	Imperial	Athlete	Date	Meet
5.69		Buffenmyer, Kelsey	5/2/09	LHU Qualifier at Lock Haven
4.83	15 - 10.25	Brown, Erika	4/25/09	Landmark Championship at Goucher
4.58	15 - 0.5	Kulbacki, Skylar	4/4/09	Juniata Tri-Meet

Triple Jump

Metric	Imperial	Athlete	Date	Meet
10.22	33 - 6.5	Kulbacki, Skylar	4/4/09	Juniata Tri-Meet
9.57	31 - 4.75	Brown, Erika	4/26/09	Landmark Championship at Goucher

High Jump

Metric	Imperial	Athlete	Date	Meet
1.66	5 - 5.25	Buffenmyer, Kelsey	5/9/09	Penn State Open at University Park
1.57	5 - 1.75	Brown, Erika	4/25/09	Landmark Championship at Goucher

Pole Vault

Metric	Imperial	Athlete	Date	Meet
3.20	10 - 6	Varner, Stephanie	5/8/09	Gator Invitational at Allegheny
