

## 2007 Indoor Performances

### 55 m

Kelsey Donald	7.53	MIAC
Vanessa Brown	7.99	St. Olaf Invite
Megan Howard	8.20	Meet of the Hearts
Becca Dole	8.27	Carleton Women's Invite
Lindsey Madison	8.30	Pre-MIAC
Kara Veitenheimer	8.45	Pre-MIAC
Leah Fox	8.53	Meet of the Hearts
Kim Elson	8.8	St. Olaf Invite

### 60m

Kelsey Donald	8.21	Parents' Day Open
Becca Dole	8.97	Parents' Day Open
Kara Veitenheimer	9.24	Parents' Day Open
Leah Fox	9.35	Parents' Day Open

### 200m

Kelsey Donald	26.74	Parents' Day Open
Vanessa Brown	28.83	St. Olaf Invite
Amy Elson	29.47	Meet of the Hearts
Kim Elson	29.76	Meet of the Hearts
Becca Dole	30.30	Parents' Day Open
Lindsey Madison	31.34	St. Olaf Invite
Kara Veitenheimer	31.85	Meet of the Hearts

### 300m

Adrienne Chesser	50.52	Parents' Day Open
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### 400m

Kelsey Donald	60.63	Pre-MIAC
Eva Luderowski	62.69	Pre-MIAC

### 600 Meter Run

Eva Luderowski	1:41.47	MIAC
Lindsey Nietmann	1:44.04	St. Olaf Invite
Lauren Milne	1:46.99	MIAC
Cathy Gallin	1:53.35	St. Olaf Invite

### 800 Meter Run

Lindsey Nietmann	2:22.36	MIAC
Laura Roach	2:23.33	Pre-MIAC
Sarah Forzley	2:25.30	Pre-MIAC
Eva Luderowski	2:30.46	Parents' Day Open
Adrienne Chesser	2:33.04	MIAC
Lauren Milne	2:33.96	Parents' Day Open
Vanessa Brown	2:38.40	Pre-MIAC
Amy Elson	2:48.04	MIAC Pentathlon
Kim Elson	2:49.48	MIAC Pentathlon
Karmini Sampath	2:56.36	Meet of the Hearts
Melissa Langer	3:03.71	St. Olaf Invite

1000 Meter Run		
Katherine Wingert	3:00.43	Meet of the Hearts
Laura Roach	3:04.99	Meet of the Hearts
Lindsey Nietmann	3:05.98	MIAC
Sarah Forzley	3:09.20	MIAC
Lauren Milne	3:19.55	Carleton Women's Invite
Nikki Reich	3:22.49	Meet of the Hearts
Adrienne Chesser	3:29.28	Meet of the Hearts
Karmini Sampath	3:43.58	Pre-MIAC

Mile		
Katherine Wingert	5:10.24	Parents' Day Open
Kelsey Barale	5:18.01	Pre-MIAC
Karen Campbell	5:18.48	Pre-MIAC
Laura Roach	5:21.10	Parents' Day Open
Sarah Forzley	5:21.48	Parents' Day Open
Lindsey Nietmann	5:26.74	Meet of the Hearts
Irene Koplinka-Loehr	5:30.59	Meet of the Hearts
Laura Sofen	5:34.41	MIAC
Meghan Miller	5:37.23	Pre-MIAC
Nora McIver-Sheridan	5:39.15	Pre-MIAC
Emma Sando	5:42.18	MIAC
Cicely Miltich	5:43.10	Meet of the Hearts
Juliana Houston	5:43.87	Carleton Women's Invite
Caroline Church	5:46.64	St. Olaf Invite
Nikki Reich	5:48.23	Parents' Day Open
Adrienne Chesser	5:54.50	Parents' Day Open
Cristina Sainati	5:58.02	Carleton Women's Invite
Katie Visco	6:00.51	Pre-MIAC
Jamie Klein	6:11.42	Pre-MIAC
Sara Holdwick	6:12.56	Pre-MIAC

3000 Meter Run		
Karen Campbell	10:33.04	MIAC
Katherine Wingert	10:47.45	Carleton Women's Invite
Kelsey Barale	10:47.77	Parents' Day Open
Irene Koplinka-Loehr	10:50.89	Parents' Day Open
Nora McIver-Sheridan	10:56.77	Meet of the Hearts
Laura Roach	10:57.59	Carleton Women's Invite
Juliana Houston	11:08.22	Parents' Day Open
Laura Sofen	11:14.09	Meet of the Hearts
Meghan Miller	11:14.63	Parents' Day Open
Caroline Church	11:48.88	Meet of the Hearts
Emma Sando	11:49.06	Meet of the Hearts
Cicely Miltich	11:52.63	St. Olaf Invite
Katie Visco	11:54.20	Meet of the Hearts
Cristina Sainati	11:56.35	Parents' Day Open
Jamie Klein	12:46.19	St. Olaf Invite
Sara Holdwick	13:10.56	St. Olaf Invite

5000m		
Karen Campbell	18:29.75	MIAC

Kelsey Barale	19:00.98	Carleton Women's Invite
Irene Koplinka-Loehr	19:01.41	Carleton Women's Invite
Nora McIver-Sheridan	19:16.11	MIAC
Cicely Miltich	19:45.63	Parents' Day Open
Caroline Church	20:42.83	Parents' Day Open
Katie Visco	20:45.75	Carleton Women's Invite

#### 55m H

Eva Luderowski	9.95	Pre-MIAC
Vanessa Brown	9.96	MIAC Pentathlon
Amy Elson	10.78	Pre-MIAC
Kim Elson	11.06	MIAC Pentathlon

#### 60m H

Eva Luderowski	11.28	Parents' Day Open
Amy Elson	11.87	Parents' Day Open
Kim Elson	12.33	Parents' Day Open

#### High Jump

Vanessa Brown	1.47	St. Olaf Invite
Leah Fox	1.43	Parents' Day Open
Amy Elson	1.33	Pre-MIAC
Kim Elson	1.27	MIAC Pentathlon

#### Pole Vault

Pepsi Margoles	2.72	Meet of the Hearts
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#### Long Jump

Vanessa Brown	4.91	MIAC Pentathlon
Amy Elson	4.76	Pre-MIAC
Kara Veitenheimer	4.40	Pre-MIAC
Kim Elson	4.34	MIAC Pentathlon
Eva Luderowski	4.16	Meet of the Hearts

#### Triple Jump

Amy Elson	10.02	Parents' Day Open
Kim Elson	9.14	Parents' Day Open

#### Shot Put

Rachel Sinclair	12.60	Pre-MIAC
Kerstin Johnson	10.37	Meet of the Hearts
Megan Howard	10.17	Carleton Women's Invite
Molly Christian	10.16	St. Olaf Invite
Diana Chan	9.91	Carleton Women's Invite
Vanessa Brown	9.83	MIAC Pentathlon
Amy Elson	6.79	MIAC Pentathlon
Eva Luderowski	6.45	Meet of the Hearts
Kim Elson	6.36	MIAC Pentathlon

#### Weight Throw

Molly Christian	14.56	MIAC
Megan Howard	13.22	MIAC
Diana Chan	12.82	Parents' Day Open

Kerstin Johnson	10.80	Pre-MIAC
800 Meter Relay		
	1:54.23	Carleton Women's Invite
Dole, Elson,	1:57.47	MIAC
Elson, Veitenheimer		
	1:58.54	Pre-MIAC
4x400 Meter Relay		
Brown, Donald	4:12.96	MIAC
Luderowski, Nietmann		
	4:13.28	Parents' Day Open
	4:18.76	St. Olaf Invite
	4:21.93	Meet of the Hearts
	4:24.76	Pre-MIAC
	4:32.09	Parents' Day Open
	4:37.28	St. Olaf Invite
	4:59.92	St. Olaf Invite
Distance Medley Relay		
Barale, Brown	12:45.47	MIAC
Forzley, Luderowski		
	13:08.23	Meet of the Hearts
	13:18.92	Meet of the Hearts
	13:31.04	Carleton Women's Invite
Pentathlon		
Vanessa Brown	2769	MIAC
Amy Elson	1986	MIAC
Kim Elson	1924	MIAC