Indoor Track Personal Bests 2015-16

Girls

Bold= PR

* = relay splits (cannot be used for seeding)

Italics: cannot be used for seeding

Andrade, Tion

Event	Time / Distance	Location	Date
Long Jump	9-07.00	Calvert Invite	12-11-15

Aufderheide, Carolyn

Event	Time / Distance	Location	Date
Shot Put	11-05.00	St. Mary's Invite	1-8-16

Bartholomew, Carleigh

Event	Time / Distance	Location	Date
500m	1:43.40	St. Mary's Invite	1-8-16

Bell, Machaela

Event	Time / Distance	Location	Date
400m- 8 th (1pt)	1:17	Charles Co. Invite	12-16-15
400m- 8 th (1pt)	1:18	Calvert Invite	12-11-15

Brennan, Kayla

Event	Time / Distance	Location	Date
800m	2:51.47	Calvert Invite	12-11-15
1600m	6:16.67	St. Mary's Invite	1-8-16
800m-5 th (4pts)	2:55	SMAC Championships	1-29-16
800m-7 th (1pt)	2:51	Regional Championship	2-1-16

Carson, Rachel

Event	Time / Distance	Location	Date
Shot Put	12-04.50	St. Mary's Invite	1-8-16

Cloak, Natalie

Event	Time / Distance	Location	Date
1000m	3:52.56	So. Maryland Classic	1-2-16
1600m	6:24.12	Charles Co. Invite	12-16-15
3200m- 8 th (1pt)	13:29.05	Calvert Invite	12-11-15

Curran, Amanda

Event	Time / Distance	Location	Date
Shot Put	17-04.50	SMAC Championships	1-29-16

Dahberg, Maddie

Event	Time / Distance	Location	Date
Long Jump-8 th (1pt)	13-07.00	St. Mary's Invite	1-8-16
55m hurdles	10.79	Regional Championship	2-1-16
300m	51.74	Calvert Invite	12-11-15

Deyo, Emily

Event	Time / Distance	Location	Date
800m	2:49.58	So. Maryland Classic	1-2-16
1600m	6:08.96	Regional Championship	2-1-16
3200m-8 th (1pt)	13:18.17	St. Mary's Invite	1-8-16

Douglas, Brianna

Event	Time / Distance	Location	Date
55m hurdles	11.42	Charles Co. Invite	12-16-15
300m	52.52	Charles Co. Invite	12-16-15
Triple Jump	27-03.00	SMAC Championships	1-29-16
*200m-7 th (2pts)		SMAC Championships	1-29-16

Douglas, Brittney

Event	Time / Distance	Location	Date
800m	2:42.94	Regional Championship	2-1-16
400m-8 th (1pt)	1:06	Charles Co. Invite	12-16-15
400m- 8 th (1pt)	1:10	Calvert Invite	12-11-15
800m-5 th (4pts)	2:44	SMAC Championships	1-29-16
800m-5 th (4pts)	2:49	Charles Co. Invite	12-16-15
800m-7 th (2pts)	2:51	Regional Championship	2-1-16
800m- 4 th (5pts)	2:52*	Calvert Invite	12-11-15

Ford, Kennedy

Event	Time / Distance	Location	Date
High Jump	4-00.00	Charles Co. Invite	12-16-15
55m	8.71	Charles Co. Invite	12-16-15

Franscoise, Zoa

Event	Time / Distance	Location	Date
Triple Jump	25-05.50	St. Mary's Invite	1-8-16
55m	8.71	Charles Co. Invite	12-16-15

Friedel, Sydney

Event	Time / Distance	Location	Date
800m	2:39.03	SMAC Championships	1-29-16
1600m-3 rd (6pts)	5:31.30	Regional Championship	2-1-16
1600m-6 th (3pts)	5:34.77	SMAC Championships	1-29-16
1600m- 2 nd (8pts)	5:40.32	Calvert Invite	12-11-15
3200m- 3 rd (6pts)	12:05.11	Charles Co. Invite	12-16-15
3200m-3 rd (6pts)	12:12.09	Regional Championship	2-1-16

Gerber, Kimberly

Event	Time / Distance	Location	Date
800m- 4 th (5pts)	2:32.06	Charles Co. Invite	12-16-15
800m-4 th (5pts)	2:32.44	SMAC Championships	1-29-16
800m-8 th (1pt)	2:36.08	Regional Championship	2-1-16
800m- 5 th (4pts)	2:40.59	Calvert Invite	12-11-15

Gonzalez, Alex

Event	Time / Distance	Location	Date
800m	2:45.60	St. Mary's Invite	1-8-16
1000m	3:33.13	So. Maryland Classic	1-2-16
800m-4 th (5pts)	2:44	SMAC Championships	1-29-16
* 800m- 4 th (5pts)	2:44*	Calvert Invite	12-11-15

Hite, Elizabeth

Event	Time / Distance	Location	Date
800m	2:45.68	SMAC Championships	1-29-16
1600m-7 th (2pts)	5:39.38	SMAC Championships	1-29-16
1600m- 7 th (2pt)	5:46.90	Charles Co. Invite	12-16-15
3200m-4 th (5pts)	12:16.06	Regional Championship	2-1-16
3200m 3 rd (6pts)	12:21.08	Calvert Invite	12-11-15
*200m-7 th (2pts)		Regional Championship	2-1-16

Honeycutt, Cameron

Event	Time / Distance	Location	Date
400m- 8 th (1pt)	1:11	Charles Co. Invite	12-16-15
800m - 4 th (5pts)	2:49	Calvert Invite	12-11-15

Johnson, Alexis

Event	Time / Distance	Location	Date
400m- 8 th (1pt)	1:14	Calvert Invite	12-11-15
400m- 8 th (1pt)	1:15	Charles Co. Invite	12-16-15
800m-5 th (4pts)	2:44	Charles Co. Invite	12-16-15
800m-7 th (2pts)	3:05	Regional Championship	2-1-16

Jones, Tatyana

Event	Time / Distance	Location	Date
55m	9.20	St. Mary's Invite	1-8-16
300m	44.52	SMAC Championships	1-29-16
*200-7 th (2pts)		SMAC Championships	1-29-16

Kelson, Keybriah

Event	Time / Distance	Location	Date
55m	9.20	Calvert Invite	12-11-15
Long Jump	11-03.00	St. Mary's Invite	1-8-16

McCloskey, Kaitlyn

Event	Time / Distance	Location	Date
55m hurdles	11.26	Regional Championship	2-1-16
300m	51.10	St. Mary's Invite	1-8-16
500m	1:34.65	Charles Co. Invite	12-16-15
*200m-7 th (2pts)		Regional Championship	2-1-16
*200m-3 rd (6pts)		St. Mary's Invite	1-8-16
*200m- 3 rd (6pts)		Charles Co. Invite	12-16-15
200m-7 th (2pts)			

Miller, Lauren

Event	Time / Distance	Location	Date
800m	2:37.71	Regional Championship	2-1-16
800m-5 th (4pts)	2:38.36	St. Mary's Invite	1-8-16
800m- 7 th (2pts)	2:43.10	Calvert Invite	12-11-15
800m-5 th (4pt)	2:40	SMAC Championships	1-29-16
800m- 5 th (4pts)	2:45	Charles Co. Invite	12-16-15

Misiorek, Jessica

Event	Time / Distance	Location	Date
1000m	3:56.33	So. Maryland Classic	1-2-16
1600m	6:21.92	St. Mary's Invite	1-8-16
3200m	13:28.69	Charles Co. Invite	12-16-15
800m- 5 th (4pts)	2:58	Charles Co. Invite	12-16-15

Moller, Abby

Event	Time / Distance	Location	Date
* 800m- 4 th (5pts)*	3:02*	Calvert Invite	12-11-15

Pinkowski, Katherine

Event	Time / Distance	Location	Date
High Jump	4-04	St. Mary's Invite	1-8-16
300m	50.89	Calvert Invite	12-11-15
500m	1:32.01	St. Mary's Invite	1-8-16

Pope, Anita

Event	Time / Distance	Location	Date
55m	7.72	Regional Championship	2-1-16
55m-4 th (5pts)	7.74	St. Mary's Invite	1-8-16
300m-6 th (3pts)	42.52	SMAC Championships	1-29-16
300m-5 th (4pts)	43.33	Regional Championship	2-1-16
300m-5 th (4pts)	43.96	Charles Co. Invite	12-16-15
500m-7 th (2pts)	1:25.09	Regional Championship	2-1-16
500m-7 th (2pts)	1:26.59	St. Mary's Invite	1-8-16
*200m-7 th (2pts)		Regional Championship	2-1-16
*200m-3 rd (6pts)		St. Mary's Invite	1-8-16
*200m- 3 rd (6pts)		Charles Co. Invite	12-16-15
*200-7 th (2pts)		SMAC Championships	1-29-16

Sheriff, Makenzie

Event	Time / Distance	Location	Date
55m	8.77	St. Mary's Invite	1-8-16
300m	51.01	Charles Co. Invite	12-16-15
500m	1:51.54	Calvert Invite	12-11-15

Smith, Ashauante

Event	Time / Distance	Location	Date
55m	8.21	Charles Co. Invite	12-16-15
*200m-3 rd (6pts)		St. Mary's Invite	1-8-16
*200m-3 rd (6pts)		Charles Co. Invite	12-16-15
300m	48.74	St. Mary's Invite	1-8-16

Spaulding, Madison

Event	Time / Distance	Location	Date
500m	1:41.75	Charles Co. Invite	12-16-15

Stewart, Carli

Time / Distance	Location	Date
5:48.19	Charles Co. Invite	12-16-15
12:20.70	St. Mary's Invite	1-8-16
12:28.02	Regional Championship	2-1-16
12:32.11	Calvert Invite	12-11-15
12:37.01	SMAC Championships	1-29-16
1:09*	Calvert Invite	12-11-15
2:36*	Regional Championship	2-1-16
	5:48.19 12:20.70 12:32.02 12:32.11 12:37.01 1:09*	5:48.19Charles Co. Invite12:20.70St. Mary's Invite12:28.02Regional Championship12:32.11Calvert Invite12:37.01SMAC Championships1:09*Calvert Invite

Watson, Sydney

Event	Time / Distance	Location	Date
Long Jump	14-05.00	So. Maryland Classic	1-2-16
300m-5 th (4pts)	44.33	St. Mary's Invite	1-8-16
300m-6 th (3pts)	43.40	Regional Championship	2-1-16
*200m-7 th (2pts)		Regional Championship	2-1-16
*200m-3 rd (6pt)		St. Mary's Invite	1-8-16
*200m- 3 rd (6pts)		Charles Co. Invite	12-16-15

Relays

	Time	Location	Date
4x200m	1:54.59	St. Mary's Invite	1-8-16
4x400m	4:54.18	Charles Co. Invite	12-16-15
4x800m	11:00.59	SMAC Championships	1-29-16

Indoor Track Personal Bests 2015-16

Boys

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Aris, Ben

Event	Time / Distance	Location	Date
800m	2:21.92	Calvert Invite	12-11-15
1600m	4:53.95	So. Maryland Classic	1-2-16
1600m- 8 th (1pt)	5:05.85	Calvert Invite	12-11-15
3200m-1 st (10pts)	10:27.63	St. Mary's Invite	1-8-16
3200m- 6 th (3pts)	10:32.69	Regional Championship	2-1-16
3200m-5 th (4pts)	10:54.75	Charles Co. Invite	12-16-15
800m-7 th (2pts)	2:19	Charles Co. Invite	12-16-15

Aris, Liam

Event	Time / Distance	Location	Date
800m	2:21.29	Calvert Invite	12-11-15
400m	1:02	Calvert Invite	12-11-15

Cousino, Zach

Event	Time / Distance	Location	Date
Triple Jump	33-05.00	Charles Co. Invite	12-16-15
400m	1:01	Charles Co. Invite	12-16-15
800m	2:45	Regional Championship	2-1-16
*800m-8 th (1pt)		St. Mary's Invite	1-8-16

Cogborn, James

Event	Time / Distance	Location	Date
Shot Put	34-04.50	St. Mary's Invite	1-8-16

Diehl, Justin

Event	Time / Distance	Location	Date
800m	2:17.33	Charles Co. Invite	12-16-15
1600-5 th (4pt)	4:44.74	SMAC Championships	1-29-16
1600m	4:47.50	Montgomery Invite	1-9-16
1600m-4 th (5pts)	4:50.16	Charles Co. Invite	12-16-15
3200m- 1 st (10pts)	10:08.50	Regional Championship	2-1-16
3200m- 2 nd (8pts)	10:15.33	So. Maryland Classic	1-2-16
3200m- 2 nd (8pts)	10:27.12	Calvert Invite	12-11-15
800m- 3 rd (6pts)	2:15	Calvert Invite	12-11-15
1200m	3:33	Montgomery Invite	1-9-16

Dodsworth, Jack

Event	Time / Distance	Location	Date
800m-6 th (3pts)	2:17.43	St. Mary's Invite	1-8-16
1600m-7 th (2pts)	4:57.11	St. Mary's Invite	1-8-16
3200m-8 th (1pt)	10:54.95	SMAC Championships	1-29-16
3200m-7 th (2pts)	11:12.82	Charles Co. Invite	12-16-15
800m-5 th (4pts)	2:18	SMAC Championships	1-29-16
800m-7 th (2pts)	2:20	Charles Co. Invite	12-16-15

Gaughan, Daniel

Event	Time / Distance	Location	Date
500m	1:18.86	Calvert Invite	12-11-15
800m	2:22.32	So. Maryland Classic	1-2-16
1600m	5:06.36	Regional Championship	2-1-16
400m	1:02	Charles Co. Invite	12-16-15
800m-5 th (4pts)	2:21	SMAC Championships	1-29-16
800m-7 th (2pts)	2:27	Charles Co. Invite	12-16-15

Gott, Jared

Event	Time / Distance	Location	Date
Long Jump	12-06.00	Calvert Invite	12-11-15
500m	1:37.05	St. Mary's Invite	1-8-16

Harris, Ben

Event	Time / Distance	Location	Date
800m-7 th (2pts)	2:20.16	St. Mary's Invite	1-8-16
1000m	3:07.81	So. Maryland Classic	1-2-16
800m- 7 th (2pt)	2:21	Charles Co. Invite	12-16-15
800m- 3 rd (6pts)	2:23	Calvert Invite	12-11-15

Harris, Matthew

Event	Time / Distance	Location	Date
1000m	3:07.82	So. Maryland Classic	1-2-16
1600m	5:14.98	Calvert Invite	12-11-15
3200m-8 th (1pt)	11:14.55	Charles Co. Invite	12-16-15
800m-5 th (4pt)	2:22*	SMAC Championships	1-29-16
*800m-8 th (1pt)		St. Mary's Invite	1-8-16

Jones, Tirike

Event	Time / Distance	Location	Date
55m	7.23	St. Mary's Invite	1-8-16
300m	40.16	Regional Championship	2-1-16

Mattson, Michael

Event	Time / Distance	Location	Date
800m-8 th (1pt)	2:14.40	SMAC Championships	1-29-16
1000m	2:58.28	So. Maryland Classic	1-2-16
1600m-8 th (1pt)	4:55.94	Charles Co. Invite	12-16-15
3200m-4 th (5pts)	10:50.71	St. Mary's Invite	1-8-16
3200m- 8 th (1pt)	11:05.13	Calvert Invite	12-11-15
800m-5 th (4pts)	2:13	SMAC Championships	1-29-16
800m- 3 rd (6pts)	2:18	Calvert Invite	12-11-15

McCloskey, Patrick

Event	Time / Distance	Location	Date
300m	48.29	St. Mary's Invite	1-8-16
800m	2:38	Regional Championship	2-1-16
*800m-8 th (1pt)		St. Mary's Invite	1-8-16

Navarro, Josue

Event	Time / Distance	Location	Date
Shot Put	27-07.00	Calvert Invite	12-11-15

Redden, Derrick

Event	Time / Distance	Location	Date
Long Jump	14-02	SMAC Championships	1-29-16
Triple Jump	31-00.50	SMAC Championships	1-29-16
300m	45.96	St. Mary's Invite	1-8-16
500m	1:36.76	Charles Co. Invite	12-16-15

Rickards, Jacob

Event	Time / Distance	Location	Date
Triple Jump	33-04.50	Charles Co. Invite	12-16-15
55m hurdles – 8 th (1pts)	8.63	Calvert Invite	12-11-15
800m-3 rd (6pts)	2:06.15	Regional Championship	2-1-16
800m-3 rd (6pts)	2:10.03	St. Mary's Invite	1-8-16
800m-6 th (3pts)	2:11.33	SMAC Championships	1-29-16
1000m- 5 th (4pts)	2:49.13	So. Maryland Classic	1-2-16
1600m- 3 rd (6pts)	4:41.37	Regional Championship	2-1-16
1600m-6 th (3pts)	4:45.28	SMAC Championships	1-29-16
1600m- 2 nd (8pts)	4:47.01	St. Mary's Invite	1-8-16
1600m-7 th (2pts)	4:54.02	Charles Co. Invite	12-16-15
3200m- 5 th (4pts)	10:44.61	Calvert Invite	12-11-15
800m- 3 rd (6pts)	2:11*	Calvert Invite	12-11-15

Stark, Brandan

Event	Time / Distance	Location	Date
500m	1:44.35	Calvert Invite	12-11-15

Tyler, Jay'vonte

Event	Time / Distance	Location	Date
55m	8.15	Charles Co. Invite	12-16-15

Willett, Isiah

Event	Time / Distance	Location	Date
55m hurdles	9.78	Regional Championship	2-1-16
300m	41.63	SMAC Championships	1-29-16
500m	1:19.20	SMAC Championships	1-29-16
400m	1:01	Charles Co. Invite	12-16-15

Woollen, Stephen

Event	Time / Distance	Location	Date
Long Jump	14-04.50	St. Mary's Invite	1-8-16
Triple Jump	33-08.50	Calvert Invite	12-11-15
*800m-8 th (1pt)		St. Mary's Invite	1-8-16
400m	1:03	Charles Co. Invite	12-16-15

Yancey, Noah

Event	Time / Distance	Location	Date
55m	8.19	St. Mary's Invite	1-8-16
300m	49.93	Calvert Invite	12-11-15

Relays

	Time	Location	Date
4x200m	1:46.30	SMAC Championships	1-29-16
4x400m	4:04.76	Regional Championship	2-1-16
4x800m	9:09.67	Calvert Invite	12-11-15