



IUPUI

2017 IUPUI WOMEN'S TRACK & FIELD INDOOR LISTS

SEASON BESTS BY EVENT

Event	Time/Mark	Performer	Date
60			
200			
400	57.43	Amairany Cruz	2-11-17
600	1:36.86	Megan Zajac	2-3-17
800	2:13.53	Amairany Cruz	2-10-17
1000			
Mile	5:01.63	Allie Wright	1-14-17
3000	10:14.06	Katelyn Murphy	2-10-17
5000	18:00.47	Katelyn Murphy	2-25-17
60 Hurdles			
High Jump			
Long Jump			
Triple Jump			
Shot Put			
Weight			
4x400	3:55.25	Cruz-M. Zajac-Guzman-Wright	2-25-17
Distance Medley	12:02.56	Wright-M. Zajac-Cruz-Murphy	2-24-17

SCHOOL RECORDS BY EVENT

Event	Time/Mark	Performer	Date
60			
200			
400	57.43	Amairany Cruz	2-11-17
600	1:36.86	Megan Zajac	2-3-17
800	2:13.53	Amairany Cruz	2-10-17
1000	3:13.97	Katie Williams	1-26-13
Mile	5:00.98	Rachel Zajac	2-14-14
3000	10:06.17	Alexis Lewandowski	2-12-16
5000	17:24.62	Zoey Johnson	2-12-16
60 Hurdles			
High Jump			
Long Jump			
Triple Jump			
Shot Put			
Weight			
4x400	3:55.25	Cruz-M. Zajac-Guzman-Wright	2-25-17
Distance Medley	12:02.56	Wright-M. Zajac-Cruz-Murphy	2-24-17





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400-METER RUN

IUPUI Record:	57.43	Amairany Cruz	2-11-17
2017 Season Best:	57.43	Amairany Cruz	2-11-17

2017 TOP PERFORMERS

	Name	Time	Meet	Date
1.	Amairany Cruz	57.43	GVSU Big Meet	2-11-17
2.	Megan Zajac	58.62	GVSU Big Meet	2-11-17
3.	Rachel Saylor	1:00.93	Summit League Championships	2-24-17
4.	Sarah Childs	1:02.37	Tom Hathaway Distance Classic	1-28-17

Top Ten Performances

1.	Amairany Cruz	57.43	2-11-17
2.	Megan Zajac	58.62	2-11-17
3.	Amairany Cruz	1:00.78	1-23-16
4.	Rachel Saylor	1:00.93	2-24-17
5.	Mindy Whidden	1:01.45	1-23-14
6.	Lauren Osterhout	1:01.50	1-23-16
7.	Rachel Saylor	1:02.34	1-21-17
8.	Sarah Childs	1:02.37	1-28-17
9.	Katie Williams	1:05.42	1-23-16

Top Ten Performers

1.	Amairany Cruz	57.43	2-11-17
2.	Megan Zajac	58.62	2-11-17
3.	Rachel Saylor	1:00.93	2-24-17
4.	Mindy Whidden	1:01.45	1-23-14
5.	Lauren Osterhout	1:01.50	1-23-16
6.	Sarah Childs	1:02.37	1-28-17
7.	Katie Williams	1:05.42	1-23-16



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600-METER RUN

IUPUI Record:	1:36.86	Megan Zajac	2-3-17
2017 Season Best:	1:36.86	Megan Zajac	2-3-17

2017 TOP PERFORMERS

	Name	Time	Meet	Date
1.	Megan Zajac	1:36.86	Meyo Invitational	2-3-17
2.	Rachel Saylor	1:43.55	Tom Hathaway Distance Classic	1-28-17

Top Ten Performances

1.	Megan Zajac	1:36.86	2-3-17
2.	Rachel Saylor	1:43.55	1-28-17

Top Ten Performers

1.	Megan Zajac	1:36.86	2-3-17
2.	Rachel Saylor	1:43.55	1-28-17





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800-METER RUN

IUPUI Record:	2:13.53	Amairany Cruz	2-10-17
2017 Season Best:	2:13.53	Amairany Cruz	2-10-17

2017 TOP PERFORMERS

	Name	Time	Meet	Date
1.	Amairany Cruz	2:13.53	GVSU Big Meet	2-10-17
2.	Megan Zajac	2:15.81	Summit League Championships	2-24-17
3.	Allie Wright	2:17.69	GVSU Big Meet	2-11-17
4.	Maggie Shields	2:24.21	Kentucky Invitational	1-14-17
5.	Sarah Childs	2:24.94	UIndy Team Invitational	2-11-17
6.	Rachel Saylor	2:28.63	Kentucky Invitational	1-14-17

Top Ten Performances

1.	Amairany Cruz	2:13.53	2-10-17
2.	Amairany Cruz	2:15.10	2-4-17
3.	Amairany Cruz	2:15.76	2-24-17
4.	Megan Zajac	2:15.81	2-24-17
5.	Amairany Cruz	2:16.33	2-12-16
6.	Megan Zajac	2:16.57	2-10-17
7.	Amairany Cruz	2:17.18	1-14-17
8.	Allie Wright	2:17.28	1-23-16
9.	Mindy Whidden	2:17.31	2-7-15
10.	Allie Wright	2:17.69	2-11-17

Top Ten Performers

1.	Amairany Cruz	2:13.53	2-10-17
2.	Megan Zajac	2:15.81	2-24-17
3.	Allie Wright	2:17.28	1-23-16
4.	Mindy Whidden	2:17.31	2-7-15
5.	Lauren Osterhout	2:18.18	2-7-15
6.	Valeria Guzman	2:18.25	2-28-14
7.	Katie Williams	2:20.40	2-27-15
8.	Haley Welch	2:20.49	1-17-15
9.	Maggie Shields	2:21.49	1-30-16
10.	Rachel Zajac	2:21.70	2-22-14



IUPUI

1,000-METER RUN

IUPUI Record: 3:13.97 Katie Williams 1-26-13
2017 Season Best: _____

2017 TOP PERFORMERS

Name	Time	Meet	Date
1. _____			

Top Ten Performances

1.	Katie Williams	3:13.97	1-26-13
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Top Ten Performers

1.	Katie Williams	3:13.97	1-26-13
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IUPUI MILE RUN

IUPUI Record:	5:00.98	Rachel Zajac	2-14-14
2017 Season Best:	5:01.63	Allie Wright	1-14-17

2017 TOP PERFORMERS

	Name	Time	Meet	Date
1.	Allie Wright	5:01.63	Kentucky Invitational	1-14-17
2.	Katelyn Murphy	5:06.34	Fort Wayne Duals	1-21-17
3.	Haley Welch	5:12.37	Fort Wayne Duals	1-21-17
4.	Amairany Cruz	5:17.02	Fort Wayne Duals	1-21-17
5.	Kelsey Tyler	5:18.32	UIndy Team Invitational	2-11-17
6.	Megan Zajac	5:18.64	Fort Wayne Duals	1-21-17
7.	Valeria Guzman	5:22.09	Fort Wayne Duals	1-21-17
8.	Sarah Childs	5:26.72	Fort Wayne Duals	1-21-17
9.	Alexis Lewandowski	5:28.56	Gene Edmonds Invitational	1-7-17
10.	Shelby Pake	5:29.67	Gene Edmonds Invitational	1-7-17
11.	Jessica Backherms	5:31.83	Kentucky Invitational	1-14-17
12.	Nicole Hampshire	5:41.05	Kentucky Invitational	1-14-17
13.	Rachel Saylor	5:42.45	Gene Edmonds Invitational	1-7-17
14.	Rachel Horn	5:42.53	Tom Hathaway Distance Classic	1-28-17
15.	Sydney Berger	6:12.13	Tom Hathaway Distance Classic	1-28-17

Top Ten Performances

1.	Rachel Zajac	5:00.98	2-14-14
2.	Allie Wright	5:01.63	1-14-17
3.	Allie Wright	5:01.66	2-10-17
4.	Allie Wright	5:04.53	2-6-16
5.	Allie Wright	5:05.80	2-12-16
6.	Allie Wright	5:06.04	2-25-17
7.	Katelyn Murphy	5:06.34	1-21-17
8.	Rachel Zajac	5:06.39	2-18-12
9.	Allie Wright	5:06.47	2-27-16
10.	Julie Riggins	5:06.52	2-12-16

Top Ten Performers

1.	Rachel Zajac	5:00.98	2-14-14
2.	Allie Wright	5:01.63	1-14-17
3.	Katelyn Murphy	5:06.34	1-21-17
4.	Julie Riggins	5:06.52	2-12-16
5.	Leah Brooks	5:07.81	2-14-14
6.	Katelyn Murphy	5:09.68	1-14-17
7.	Kelsey Tyler	5:10.09	2-27-16
8.	Valeria Guzman	5:12.30	2-14-15
9.	Haley Welch	5:12.37	1-21-17
10.	Savannah Turner	5:12.98	2-8-14



IUPUI

3,000-METER RUN

IUPUI Record:	10:06.17	Alexis Lewandowski	2-12-16
2017 Season Best:	10:14.06	Katelyn Murphy	2-10-17

2017 TOP PERFORMERS

	Name	Time	Meet	Date
1.	Katelyn Murphy	10:14.06	GVSU Big Meet	2-10-17
2.	Allie Wright	10:27.17	Gene Edmonds Invitational	1-7-17
3.	Shelby Pake	10:33.22	Kentucky Invitational	1-14-17
4.	Jessica Backherms	10:36.79	Gene Edmonds Invitational	1-7-17
5.	Alexis Lewandowski	10:38.08	Kentucky Invitational	1-14-17
6.	Valeria Guzman	10:40.39	GVSU Big Meet	2-11-17
7.	Haley Welch	10:44.14	GVSU Big Meet	2-11-17
8.	Ashley Kidwell	10:53.22	Gene Edmonds Invitational	1-7-17
9.	Kelsey Tyler	10:57.47	Fort Wayne Duals	1-21-17
10.	Jennifer Emery	11:03.76	Gene Edmonds Invitational	1-7-17
11.	Rachel Horn	11:15.75	Fort Wayne Duals	1-21-17
12.	Nicole Hampshire	11:30.90	Gene Edmonds Invitational	1-7-17
13.	Sydney Berger	11:35.67	Fort Wayne Duals	1-21-17
14.	Nicole Hampshire	11:41.30	Summit League Championships	2-24-17
15.	Mandy Campbell	12:27.01	Ulndy Team Invitational	2-11-17

Top Ten Performances

1.	Alexis Lewandowski	10:06.17	2-12-16
2.	Savannah Turner	10:10.04	2-28-14
3.	Katelyn Murphy	10:14.06	2-10-17
4.	Leah Brooks	10:16.13	2-7-15
5.	Jordan Hanaway	10:16.16	2-14-15
6.	Savannah Turner	10:18.07	1-31-14
7.	Alexis Lewandowski	10:18.23	1-16-16
8.	Katelyn Murphy	10:19.32	2-11-17
9.	Leah Brooks	10:20.00	2-26-16
10.	Leah Brooks	10:23.34	2-27-15

Top Ten Performers

1.	Alexis Lewandowski	10:06.17	2-12-16
2.	Savannah Turner	10:10.04	2-28-14
3.	Katelyn Murphy	10:14.06	2-10-17
4.	Leah Brooks	10:16.13	2-7-15
5.	Jordan Hanaway	10:16.16	2-14-15
6.	Rachel Zajac	10:27.04	2-18-12
7.	Allie Wright	10:27.17	1-7-17
8.	Kelsey Tyler	10:31.54	2-7-15
9.	Shelby Pake	10:33.22	1-14-17
10.	Rachel Thompson	10:33.87	2-14-15





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5,000-METER RUN

IUPUI Record:	17:24.62	Zoey Johnson	2-12-16
2017 Season Best:	18:00.47	Katelyn Murphy	2-25-17

2017 TOP PERFORMERS

	Name	Time	Meet	Date
1.	Katelyn Murphy	18:00.47	Summit League Championships	2-25-17
2.	Shelby Pake	18:04.84	GVSU Big Meet	2-10-17
3.	Jennifer Emery	18:47.94	GVSU Big Meet	2-10-17
4.	Alexis Lewandowski	19:05.57	GVSU Big Meet	2-10-17

Top Ten Performances

1.	Zoey Johnson	17:24.62	2-12-16
2.	Alexis Lewandowski	17:34.28	2-5-16
3.	Rachel Zajac	17:35.90	3-1-14
4.	Savannah Turner	17:38.65	2-14-14
5.	Zoey Johnson	17:46.26	2-27-16
6.	Savannah Turner	17:48.86	3-1-14
7.	Zoey Johnson	17:58.58	2-5-16
8.	Katelyn Murphy	18:00.47	2-25-17
9.	Shelby Pake	18:04.84	2-10-17
10.	Rebecca Downs	18:12.99	1-18-13

Top Ten Performers

1.	Zoey Johnson	17:24.62	2-12-16
2.	Alexis Lewandowski	17:34.28	2-5-16
3.	Rachel Zajac	17:35.90	3-1-14
4.	Savannah Turner	17:38.65	2-14-14
5.	Katelyn Murphy	18:00.47	2-25-17
6.	Shelby Pake	18:04.84	2-10-17
7.	Rebecca Downs	18:12.99	1-18-13
8.	Jordan Hanaway	18:14.19	2-6-15
9.	Valeria Guzman	18:37.75	12-12-14
10.	Leah Brooks	18:38.61	1-18-13





IUPUI

4x400 METER RELAY

IUPUI Record: 3:55.25 IUPUI 'A' 2-25-17
(Amairany Cruz-Megan Zajac-Valeria Guzman-Allie Wright)

2017 Season Best: 3:55.25 IUPUI 'A' 2-25-17
(Amairany Cruz-Megan Zajac-Valeria Guzman-Allie Wright)

2017 TOP PERFORMERS

	Name	Time	Meet	Date
1.	IUPUI 'A'	4:03.19	Fort Wayne Duals	1-21-17
	(Megan Zajac-Rachel Saylor-Allie Wright-Amairany Cruz)			
2.	IUPUI 'B'	4:12.86	Fort Wayne Duals	1-21-17
3.	IUPUI 'A'	4:16.35	UIndy Team Invitational	2-11-17

DISTANCE MEDLEY RELAY

IUPUI Record: 12:02.56 IUPUI 'A' 2-24-17
(Allie Wright-Megan Zajac-Amairany Cruz-Katelyn Murphy)

2017 Season Best: 12:02.56 IUPUI 'A' 2-24-17
(Allie Wright-Megan Zajac-Amairany Cruz-Katelyn Murphy)

2017 TOP PERFORMERS

	Name	Time	Meet	Date
1.	IUPUI 'A'	12:02.56	Summit League Championships	2-24-17
2.	IUPUI 'A'	12:13.58	Meyo Invitational	2-3-17

4x400 Relay - Top 10 List

1.	IUPUI 'A'	3:55.25	2-25-17
2.	IUPUI 'A'	3:59.11	2-27-16
3.	IUPUI 'A'	4:01.07	2-28-15
4.	IUPUI 'A'	4:03.19	1-21-17
5.	IUPUI 'A'	4:10.43	1-30-16
6.	IUPUI 'A'	4:10.83	1-23-15
7.	IUPUI 'A'	4:12.30	3-1-14
8.	IUPUI 'B'	4:12.86	1-21-17
9.	IUPUI 'A'	4:16.35	2-11-17

DMR - Top 10 List

1.	IUPUI 'A'	12:02.56	2-24-17
2.	IUPUI 'A'	12:08.57	2-26-16
3.	IUPUI 'A'	12:13.58	2-3-17
4.	IUPUI 'A'	12:14.19	2-27-15
5.	IUPUI 'A'	12:26.55	2-13-16
6.	IUPUI 'A'	12:34.18	2-7-14
7.	IUPUI 'A'	12:39.50	1-26-13



IUPUI

PERSONAL BESTS BY PERFORMER

Performer	400m	800m	1mile	3,000m	5,000m
Jessica Backherms	---	---	5:23.21	10:36.79	---
Sydney Berger	---	---	5:41.14	11:24.81	---
Mandy Campbell	---	2:28.56	5:30.33	11:09.90	---
Sarah Childs	1:02.37	2:24.94	5:26.72	---	---
Amariany Cruz	57.43	2:13.53	5:17.02	---	---
Jennifer Emery	---	---	5:33.74	10:57.30	18:38.74
Valeria Guzman	---	2:18.25	5:12.30	10:40.39	18:37.75
Nicole Hampshire	---	---	5:41.05	11:30.90	19:50.80
Rachel Horn	---	---	5:42.53	11:15.75	---
Zoey Johnson	---	---	5:22.83	10:37.51	17:24.62
Ashley Kidwell	---	---	6:12.50	10:53.22	21:08.13
Marina Konow	---	---	5:27.01	10:34.04	---
Alexis Lewandowski	---	---	5:19.83	10:06.17	17:34.28
Katelyn Murphy	---	---	5:06.34	10:14.06	18:00.47
Lauren Osterhout	1:01.50	2:18.18	5:49.79	---	---
Shelby Pake	---	---	5:29.67	10:33.22	18:04.84
Rachel Saylor	1:00.93	2:28.63	5:42.45	---	---
Maggie Shields	---	2:21.49	5:31.88	11:28.35	---
Rachel Thompson	---	---	5:29.92	10:33.87	18:49.63
Kelsey Tyler	---	2:27.51	5:10.09	10:31.54	---
Haley Welch	---	2:20.49	5:12.37	10:44.14	---
Allie Wright	---	2:17.28	5:01.63	10:27.17	---
Megan Zajac	58.62	2:15.81	5:18.64	---	---