

## 2011 Women's Performance List

### 2011 Personal Bests

2011 Personal Bests				All-Time Indoor Personal Best	
Athlete	Mark	Meet	Date	Mark	Date
<b>60 Meters:</b>					
1. Mara Weeks	7.60p*	Frank Sevigne Husker Invitational	2/4	Same	2/4/11
2. Karyn LaCour	7.79	adidas Classic	1/22	7.73	2/19/10
3. Chantae McMillan	7.95p*	adidas Classic	1/22	Same	1/22/11
4. Mara Griva	7.99*	NWU Invitational	1/21	Same	1/21/11
<b>200 Meters:</b>					
1. Mara Weeks	24.21*	Frank Sevigne Husker Invitational	2/5	Same	2/5/11
2. Kayn LaCour	24.94*	Nebraska Tune-Up	2/18	Same	2/18/11
3. Rachel Butler	25.45*	Texas A&M Challenge	2/12	Same	2/12/11
4. Anne Martin	26.61*	adidas Classic	1/22	Same	1/22/11
<b>400 Meters:</b>					
1. Mara Weekes	55.33p*	Big 12 Indoor Championships	2/25	Same	2/25/11
2. Alyssa Vierregger	56.34*	Nebraska Tune-Up	2/18	Same	2/18/11
3. Rachel Butler	56.83*	NWU Invitational	1/21	Same	1/21/11
4. Ellie Grooters	57.23*	Nebraska Tune-Up	2/18	Same	2/18/11
5. Ellen Dougherty	58.45	Nebraska Tune-Up	2/18	57.59	3/24/09
6. Anne Martin	59.43*	NU Mini Meet #1	1/29	Same	1/29/11
7. Kayla Ubel	59.51	Nebraska Tune-Up	2/18	57.66	2/19/10
<b>600 Yards:</b>					
1. Ellie Grooters	1:20.90*	Big 12 Indoor Championships	2/26	Same	2/26/11
2. Brooke Dinsdale	1:23.49	Nebraska Tune-Up	2/18	1:23.41	2/6/10
3. Ellen Dougherty	1:24.35*	Texas A&M Challenge	2/12	Same	2/12/11
4. Blaire Dinsdale	1:24.64	Nebraska Tune-Up	2/18	1:23.13	2/19/10
<b>800 Meters:</b>					
1. Brooke Dinsdale	2:09.02p*	Big 12 Indoor Championships	2/25	Same	2/25/11
2. Blaire Dinsdale	2:09.92p*	Big 12 Indoor Championships	2/25	Same	2/25/11
3. Ashley Miller	2:10.83*	Frank Sevigne Husker Invitational	2/4	Same	2/5/11
4. Erica Hamik	2:11.90*	Nebraska Tune-Up	2/18	Same	2/18/11
5. Ellen Dougherty	2:14.87*	Frank Sevigne Husker Invitational	2/5	Same	2/5/11
6. Ellie Grooters	2:18.03*	Holiday Inn Invitational	1/14	Same	1/14/11
7. Suzanne Higgins	2:20.04	adidas Classic	1/22	2:12.81	2/6/10
8. Chantae McMillan	2:19.61*	NCAA Pentathlon	3/11	Same	3/11/11
9. Anne Martin	2:25.33*	Frank Sevigne Husker Invitational	2/4	Same	2/4/11
10. Rachel Butler	2:25.61	Frank Sevigne Husker Invitational	2/4	2:24.65	2/27/09
11. Samantha Morabe	2:30.54*	NU Mini Meet #2	2/12	Same	2/12/11
<b>1,000 Meters:</b>					
1. Jessica Furlan	2:49.16p*	Big 12 Indoor Championships	2/25	Same	2/25/11
2. Ashley Miller	2:50.80	adidas Classic	1/22	2:49.56	2/6/10
3. Erica Hamik	2:51.43p*	Big 12 Indoor Championships	2/25	Same	2/25/11
4. Lara Crofford	2:56.84*	Holiday Inn Invitational	1/14	Same	1/14/11
5. Brooke Dinsdale	2:57.58*	Holiday Inn Invitational	1/14	Same	1/14/11
6. Sarah Plambeck	2:59.17*	Frank Sevigne Husker Invitational	2/5	Same	2/5/11
7. Suzanne Higgins	3:01.19*	Holiday Inn Invitational	1/14	Same	1/14/11
8. Katie White	3:03.61*	adidas Classic	1/22	Same	1/22/11
9. Blaire Dinsdale	3:07.13*	Holiday Inn Invitational	1/14	Same	1/14/11
10. Samantha Morabe	3:10.40*	Nebraska Tune-Up	2/18	Same	2/18/11
<b>Mile:</b>					
1. Jessica Furlan	4:46.84*	Texas A&M Challenge	2/12	Same	2/12/11
2. Ashley Miller	4:48.44*	Big 12 Indoor Championships	2/26	Same	2/26/11
3. Martina Barinova	4:53.03*	Frank Sevigne Husker Invitational	2/5	Same	2/5/11
4. Lara Crofford	4:58.78	Holiday Inn Invitational	1/14	4:54.03	2/7/09
5. Katie White	5:03.46*	adidas Classic	1/22	Same	1/22/11
6. Erica Hamik	5:08.25	Razorback Invitational	1/29	5:07.39	1/31/09
7. Sara Plambeck	5:09.17*	Nebraska Tune-Up	2/18	Same	2/18/11
8. Isabel Andrade	5:12.43*	Frank Sevigne Husker Invitational	2/5	Same	2/5/11
9. Samantha Morabe	5:24.23*	Nebraska Tune-Up	2/18	Same	2/18/11
<b>3,000 Meters:</b>					
1. Marina Barinova	9:25.55*	Big 12 Indoor Championships	2/26	Same	2/26/11
2. Lara Crofford	9:38.06	Big 12 Indoor Championships	2/26	9:33.57	2/28/09
3. Jessica Furlan	9:38.70*	adidas Classic	1/22	Same	1/22/11
4. Ashley Miller	9:55.68	Holiday Inn Invitational	1/14	9:48.09	1/15/10
5. Isabel Andrade	10:16.42*	Nebraska Tune-Up	2/18	Same	2/18/11
6. Jen Webers	10:17.40	Razorback Invitational	1/29	9:54.65	2/6/10
7. Katie White	10:22.46	NU Mini Meet #2	2/12	10:19.48	1/15/10
8. Sarah Plambeck	10:25.37*	NU Mini Meet #2	2/12	Same	2/12/11
9. Samantha Morabe	11:29.75*	NU Mini Meet #2	2/12	Same	2/12/11

**Key**

\* = personal best

p = prelims

s = semifinals

# = school record

A = altitude

@ = NCAA Auto Mark

## 2011 Women's Performance List

### 2011 Personal Bests

Athlete	Mark	Meet	Date	All-Time Indoor Personal Best Mark	All-Time Indoor Personal Best Date
<b>5,000 Meters:</b>					
1. Lara Crofford	16:36.95	Razorback Invitational	1/28	16:28.84	2/27/09
2. Martina Barinova	16:43.97*	Big 12 Indoor Championships	2/25	Same	2/25/11
3. Katie White	17:39.63*	Razorback Invitational	1/28	Same	1/28/11
4. Jen Webers	18:07.69	Holiday Inn Invitational	1/14	17:39.63	1/24/09
5. Samantha Morabe	19:40.56*	NWU Invitational	1/21	Same	1/21/11
<b>60 Hurdles:</b>					
1. Arna Erega	8.39	Frank Sevigne Husker Invitational	2/5	8.30	2/10/07
2. Karyn LaCour	8.45	Big 12 Indoor Championships	2/26	8.33	2/29/08 & 3/08/08
3. Chantae McMillan	8.52*	Big 12 Pentathlon	2/25	Same	2/25/11
4. Rachel Butler	8.95	Frank Sevigne Husker Invitational	2/4	8.80	2/29/08
5. Anne Martin	9.11*	Frank Sevigne Husker Invitational	2/4	Same	2/4/11
<b>4x400-Meter Relay:</b>					
Weekes (54.86), Vierregger (54.61), Grooters (55.20), Butler (54.54)	3:39.21	Big 12 Indoor Championships	2/26	3:34.46	3/9/91
<b>Distance-Medley Relay:</b>					
Miller (3:30.53), Grooters (57.03), Br. Dinsdale (2:12.57), Furlan (4:49.81)	11:29.94	Razorback Invitational	1/28	11:25.08	3/12/04
<b>High Jump:</b>					
t-1. Audrey Svane	5-8 1/2 (1.74)	Nebraska Tune-Up	2/18	6-0 1/2 (1.84)	2/13/10
t-1. Jillian Scanlan	5-8 1/2 (1.74)*	Big 12 Indoor Championships	2/26	Same	2/26/11
t-3. Rachel Butler	5-7 (1.70)*	Frank Sevigne Husker Invitational	2/4	Same	2/25/11, 2/4/11, 2/7/09, 2/27/09
	5-7 (1.70)*	Big 12 Pentathlon	2/25	Same	2/25/11, 2/4/11, 2/7/09, 2/27/09
t-3. Anne Martin	5-7 (1.70)*	NU Mini Meet #1	1/29	Same	1/29/11
t-3. Chantae McMillan	5-7 (1.70)*	Frank Sevigne Husker Invitational	2/4	Same	2/25/11, 2/4/11, 2/7/09, 2/27/09
	5-7 (1.70)*	Big 12 Pentathlon	2/25	Same	2/25/11, 2/4/11, 2/7/09, 2/27/09
6. Mara Griva	5-4 1/4 (1.63)	Holiday Inn Invitational	1/15	5-7 (1.70)	2/17/07
<b>Pole Vault:</b>					
1. Natalie Willer	14-4 (4.37)*#@	Big 12 Indoor Championships	2/26	Same	2/26/11
2. Cami Jiskra	13-6 1/4 (4.12)*	Big 12 Indoor Championships	2/26	Same	2/26/11
3. Breanna Busse	12-10 1/4 (3.92)	Big 12 Indoor Championships	2/26	12-11 (3.94)	5/16/10
4. Rachel Birtles	12-4 1/2 (3.77)	Nebraska Tune-Up	2/18	13-3 (4.04)	5/16/10
5. Jordan Oddo	12-0 (3.65)*	NU Mini Meet #2	2/12	Same	2/12/11
6. Maggie Maher	11-4 1/2 (3.47)*	Nebraska Tune-Up	2/18	Same	2/18/11
<b>Long Jump:</b>					
1. Mara Griva	20-10 (6.35)*	Big 12 Indoor Championships	2/25	Same	2/25/11
2. Chantae McMillan	20-9 1/4 (6.33)*	NCAA Pentathlon	3/11	Same	3/11/11
3. Lorena Menghia	19-0 (5.79)*	Holiday Inn Invitational	1/14	Same	1/14/11
4. Anne Martin	18-10 3/4 (5.76)*	Big 12 Pentathlon	2/25	Same	2/25/11
5. Rachel Butler	18-8 3/4 (5.71)	Razorback Invitational	1/28	19-6 (5.94)	2/27/09
<b>Triple Jump</b>					
1. Mara Griva	43-3 1/4 (16.01)*	Big 12 Indoor Championships	2/26	Same	2/26/11
2. Arna Erega	40-11 (12.47)	Texas A&M Challenge	2/12	41-2 1/4 (12.55)	1/16/10
3. Anna Weigandt	39-8 (12.09)*	Razorback Invitational	1/29	Same	1/29/11
<b>Shot Put:</b>					
1. Amanda Latsch	52-6 1/2 (16.01)*	Texas A&M Challenge	2/12	Same	2/12/11
2. Annie Jackson	50-10 (15.49)*	Texas A&M Challenge	2/12	Same	2/12/11
3. Samantha Musil	49-0 1/2 (14.94)	Texas A&M Challenge	2/12	49-11 (15.21)	2/27/10
4. Chantae McMillan	47-9 3/4 (14.57)*	NCAA Pentathlon	3/11	Same	3/11/11
5. Morgan Wilken	44-11 1/2 (13.70)*	Frank Sevigne Husker Invitational	2/5	Same	2/5/11
t-6. Rachel Butler	35-1 1/4 (10.70)	Frank Sevigne Husker Invitational	2/4	35-6 (10.82)	2/26/10
t-6. Anne Martin	35-1 1/4 (10.70)*	NU Mini Meet #1	1/29	Same	1/29/11
8. Lorena Menghia	34-2 3/4 (10.43)*	Holiday Inn Invitational	1/15	Same	1/15/11
9. Mary Morales	30-7 3/4 (9.34)*	Nebraska Mini Meet #2	2/12	Same	2/12/11
<b>20-Pound Weight Throw:</b>					
1. Victoria Zimmerman	61-7 (18.77)*	adidas Classic	1/22	Same	1/22/11
2. Samantha Musil	60-3 1/4 (18.37)*	Nebraska Tune-Up	2/18	Same	2/18/11
3. Jade Siegel	60-2 1/2 (18.35)*	Big 12 Indoor Championships	2/25	Same	2/25/11
4. Annie Jackson	56-5 1/4 (17.20)*	Frank Sevigne Husker Invitational	2/4	Same	2/4/11
5. Mary Morales	48-2 1/2 (14.69)*	adidas Classic	1/22	Same	1/22/11
<b>Pentathlon:</b>					
1. Chantae McMillan	4,398*#@	NCAA Championships	3/11	Same	3/11/11
2. Rachel Butler	3,831	Frank Sevigne Husker Invitational	2/4	3,858	2/27/09
3. Anne Martin	3,740*	Big 12 Indoor Championships	2/25	Same	2/25/11

**Key**

\* = personal best    p = prelims    s = semifinals    # = school record    A = altitude    @ = NCAA Auto Mark