

# 2019 WOMEN'S INDOOR PERFORMANCE LIST

updated 3/11/19

Athlete	Time/Mark	Meet	Date	All-Time Indoor PR	All-Time Outdoor PR
<b>60 Meters:</b>					
1. Lakayla Harris	7.26*	Big Ten Indoor Championships	2/23	Same	
2. Deja Ingram	7.50*	Frank Sevigne Husker Invitational	2/2	Same	
3. Whitney Bridges	7.61*	Frank Sevigne Husker Invitational	2/2	Same	
4. Quashira McIntosh	7.74	Mark Colligan Memorial	1/26	7.62 (2/10/17)	
5. Taylor Johnson	7.77*	Graduate Classic	1/12	Same	
6. Zionn Pearson	7.79*	Nebraska Tune-Up	2/15	Same	
7. Jasmine Barge	7.84	Graduate Classic	1/12	7.72 (2/16/18)	
8. Kierra Griggs	7.95	Graduate Classic	1/12	7.89 (1/12/18)	
9. Johanna Ilves	7.99	Graduate Classic	1/11	7.73 (HS)	
10. Alicia Lehman-Woodyard	8.30*	Nebraska Tune-Up	2/15	Same	
<b>200 Meters:</b>					
1. Lakayla Harris	23.54*	Big Ten Indoor Championships	2/23	Same	23.15w (5/5/18)
2. Whitney Bridges	24.36*	Tyson Invitational	2/9	Same	23.90 (HS)
3. Deja Ingram	24.53*	Frank Sevigne Husker Invitational	2/2	Same	23.81 (HS)
4. Quashira McIntosh	24.64	Nebraska Tune-Up	2/15	24.07 (3/14/15)	23.64 (6/13/15)
5. Taylor Johnson	25.35*	Frank Sevigne Husker Invitational	2/2	Same	26.13A (4/27/18)
6. Johanna Ilves	25.97*	Mark Colligan Memorial	1/26	Same	25.41 (5/20/17)
7. Ieva Turke	26.74*	Graduate Classic	1/12	Same	
8. Emily Ellis	26.87*	Graduate Classic	1/12	Same	24.02 (HS)
9. Alicia Lehman-Woodyard	27.56*	Nebraska Tune-Up	2/15	Same	
10. Madi Scholl	27.62*	Mark Colligan Memorial	1/26	Same	28.81 (3/30/18)
<b>400 Meters:</b>					
1. Kierra Griggs	55.60	Simmons-Harvey Big Ten Invitational	1/19	53.26 (2/2/18)	53.03A (4/28/17)
2. Jasmine Barge	56.58*	Mark Colligan Memorial	1/26	Same	56.54 (4/9/16)
3. Michaela Peskova	56.73	Tyson Invitational	2/8	54.89 (HS)	55.50 (4/8/17)
4. Emily Ellis	1:02.38	Simmons-Harvey Big Ten Invitational	1/19	57.53 (HS)	54.25 (HS)
<b>600 Meters:</b>					
1. Jessi Smith	1:31.88*	Big Ten Indoor Championships	2/22	Same	
2. Michaela Peskova	1:32.21	Big Ten Indoor Championships	2/22	1:31.40o (2/23/18)	
3. Mia Morck	1:32.42*	Nebraska Tune-Up	2/15	Same	
4. Chelsey Jones	1:32.57	Frank Sevigne Husker Invitational	2/2	1:32.11o (2/24/17)	
5. Emma Bresser	1:37.82	Frank Sevigne Husker Invitational	2/2	1:35.91 (2/16/18)	
6. Ally Talpash	1:40.53*	Frank Sevigne Husker Invitational	2/2	Same	
7. Margaret Pollard	1:44.94*	Frank Sevigne Husker Invitational	2/2	Same	
<b>800 Meters:</b>					
1. Jessi Smith	2:12.08*	Frank Sevigne Husker Invitational	2/2	Same	2:11.25A (4/27/18)
2. Michaela Peskova	2:13.65	Mark Colligan Memorial	1/26	2:12.62 (1/21/17)	2:11.19 (8/2/15)
3. Elsa Forsberg	2:13.92*	Nebraska Tune-Up	2/15	Same	2:18.45A (4/27/18)
4. Mia Morck	2:16.30	Simmons-Harvey Big Ten Invitational	1/19	2:12.72o (2/8/19)	2:04.77 (6/2/18)
5. Chelsey Jones	2:17.02	Mark Colligan Memorial	1/26	2:13.81 (2/11/17)	2:13.88A (4/27/18)
6. Kaitlynn Johnson	2:18.22	Mark Colligan Memorial	1/26	2:13.44o (2/8/19)	2:13.06A (4/27/18)
7. Margaret Pollard	2:24.75*	Nebraska Tune-Up	2/15	Same	2:19.63 (HS)
8. Johanna Ilves	2:25.10*	Frank Sevigne Husker Invitational	2/1	Same	
9. Madi Scholl	2:36.92*	Frank Sevigne Husker Invitational	2/1	Same	
10. Lara Omerzu	2:39.85*	Frank Sevigne Husker Invitational	2/1	Same	
<b>Oversized Track:</b>					
Mia Morck	2:12.72*	Iowa State Classic	2/8	Same	2:04.77 (6/2/18)
Kaitlynn Johnson	2:13.44*	Iowa State Classic	2/8	Same	2:13.06A (4/27/18)
Emma Bresser	2:15.97	Iowa State Classic	2/8	2:12.77 (2/16/18)	2:13.73 (5/12/18)
<b>1,000 Meters:</b>					
1. Elsa Forsberg	2:55.97*	Graduate Classic	1/11	Same	
2. Jessi Smith	2:56.31	Graduate Classic	1/11	2:31.96 (1/13/17)	2:11.25A (4/27/18)
3. Mia Morck	2:57.68*	Graduate Classic	1/11	Same	2:45 (HS)
4. Kaitlynn Johnson	3:06.09	Graduate Classic	1/11	2:18.44 (2/18/18)	2:13.06A (4/27/18)
5. Margaret Pollard	3:09.12*	Graduate Classic	1/11	Same	2:19.63 (HS)
<b>Mile:</b>					
1. Elsa Forsberg	4:51.35	Simmons-Harvey Big Ten Invitational	1/19	4:48.75o (2/9/18)	
2. Judi Jones	4:58.12*	Mark Colligan Memorial	1/26	Same	
3. Kaitlynn Johnson	5:01.12*	Frank Sevigne Husker Invitational	2/2	Same	
4. Rachel Brush	5:01.82*	Nebraska Tune-Up	2/15	Same	
5. Grace Pagone	5:17.26*	Nebraska Tune-Up	2/15	Same	
6. Allie Binder	5:32.05*	Mark Colligan Memorial	1/26	Same	
<b>Oversized Track:</b>					
Elsa Forsberg	4:48.75*	Iowa State Classic	2/9	Same	
<b>3,000 Meters:</b>					
1. Judi Jones	9:41.50*	Frank Sevigne Husker Invitational	2/2	Same	
2. Erika Freyhof	9:44.06*	Frank Sevigne Husker Invitational	2/2	Same	9:59.79 (4/14/18)
3. Elsa Forsberg	9:47.25*	Mark Colligan Memorial	1/26	Same	
4. Rachel Brush	10:02.27	Frank Sevigne Husker Invitational	2/2	Same	10:16.06 (4/14/18)
5. Gabrielle Boucher	10:31.79*	Mark Colligan Memorial	1/26	Same	
6. Grace Pagone	10:58.32*	Mark Colligan Memorial	1/26	Same	
7. Audrey Freyhof	11:20.14*	Mark Colligan Memorial	1/26	Same	
8. Allie Binder	11:26.07*	Graduate Classic	1/11	Same	
<b>5,000 Meters:</b>					
1. Erika Freyhof	16:59.59	Big Ten Indoor Championships	2/23	16:53.80o (2/8/19)	17:10.92 (4/21/18)
2. Judi Jones	16:59.61	Big Ten Indoor Championships	2/23	16:34.08o (2/8/19)	17:42.91 (5/13/18)

Key  
 \* = Indoor PR    # = school record    A = altitude    o = oversized    w = wind-aided

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Athlete	Time/Mark	Meet	Date	All-Time Indoor PR	All-Time Outdoor PR
3. Rachel Brush	17:36.08	Big Ten Indoor Championships	2/23	17:20.76o (2/8/19)	18:00.82 (4/21/18)
4. Gabrielle Boucher	18:33.86*	Frank Sevigne Husker Invitational	2/1	Same	
5. Allie Binder	18:59.65*	Nebraska Tune-Up	2/15	Same	
6. Audrey Freyhof	19:11.92*	Nebraska Tune-Up	2/15	Same	19:05.00 (HS)
<b>Oversized Track:</b>					
Judi Jones	16:34.08*	Iowa State Classic	2/8	Same	17:42.91 (5/13/18)
Erika Freyhof	16:53.80*	Iowa State Classic	2/8	Same	17:10.92 (4/21/18)
Rachel Brush	17:20.76*	Iowa State Classic	2/8	Same	18:00.82 (4/21/18)
<b>60-Meter Hurdles:</b>					
1. Jasmine Barge	8.23	Mark Colligan Memorial	1/26	8.23 (2/24/17)	
2. Chanel Freeman	8.38*	Iowa State Classic	2/8	Same	
3. Raynesha Lewis	8.54*	Prairie Wolf Indoor Invitational	1/25	Same	
4. Johanna Ilves	8.82	Graduate Classic	1/11	8.56 (HS)	
5. Lara Omerzu	9.08*	Graduate Classic	1/12	Same	
6. Madi Scholl	9.83*	Graduate Classic	1/11	Same	
<b>4x400-Meter Relay</b>					
Barge, Harris, Peskova, C. Jones	3:41.47	Tyson Invitational	2/9	3:34.44o (2/26/00)	
<b>Distance Medley Relay</b>					
Morck, Griggs, Johnson, Forsberg	11:44.88	Big Ten Indoor Championships	2/22	11:09.83 (3/9/12)	
<b>High Jump:</b>					
1. Lara Omerzu	5-10 1/2 (1.79m)	Graduate Classic	1/12	5-10 1/2 (1.79m) (1/13/18)	5-9 1/4 (1.76m) (4/27/18)
2. Candice Dominguez Fields	5-9 3/4 (1.77m)*	Tyson Invitational	2/8	Same	5-10 1/2 (1.79m) (5/13/17)
3. Madi Scholl	5-5 1/4 (1.66m)*	Frank Sevigne Husker Invitational	2/2	Same	
4. Johanna Ilves	5-0 1/2 (1.54m)*	Frank Sevigne Husker Invitational	2/1	Same	
<b>Pole Vault:</b>					
1. Andy Jacobs	13-7 3/4 (4.16m)	Nebraska Tune-Up	2/15	13-8 1/2 (4.18m) (2/17/17)	13-9 1/4 (4.20m) (5/25/17)
2. Nicole Baker	12-3 1/4 (3.74m)*	Frank Sevigne Husker Invitational	2/1	Same	13-4 1/4 (4.07m) (HS)
3. Matty Hoskins	11-9 1/4 (3.59m)*	Frank Sevigne Husker Invitational	2/1	Same	11-3 (3.43m) (4/26/18)
Catherine Mick	11-9 1/4 (3.59m)	Frank Sevigne Husker Invitational	2/1	12-2 (3.71m) (1/28/17)	12-3 1/4 (3.74m) (4/27/17)
<b>Long Jump:</b>					
1. Raynesha Lewis	20-3 1/2 (6.18m)*	Graduate Classic	1/11	Same	20-4 1/4 (6.20m)w (5/24/18)
2. Shylia Riley	20-0 1/4 (6.10m)*	Big Ten Indoor Championships	2/22	Same	20-10 (6.35m) (4/27/18)
3. Zionn Pearson	19-11 3/4 (6.09m)*	Big Ten Indoor Championships	2/22	Same	19-10 (6.05m) (HS)
4. Ieva Turke	19-11 1/2 (6.08m)*	Big Ten Indoor Championships	2/22	Same	20-7 (6.27m) (5/12/18)
5. Johanna Ilves	18-2 1/2 (5.55m)*	Prairie Wolf Indoor Invitational	1/25	Same	
6. Alicia Lehman-Woodyard	17-3 1/2 (5.27m)*	Nebraska Tune-Up	2/15	Same	17-6 (5.33m) (HS)
7. Lara Omerzu	16-11 1/2 (5.17m)*	Frank Sevigne Husker Invitational	2/1	Same	
8. Ryley Heier	16-10 3/4 (5.15m)*	Nebraska Tune-Up	2/15	Same	18-1 (5.51m) (HS)
9. Madi Scholl	16-8 3/4 (5.10m)*	Nebraska Tune-Up	2/15	Same	
10. Kiara Hobson	15-9 1/2 (4.81m)*	Prairie Wolf Indoor Invitational	1/25	Same	
<b>Triple Jump:</b>					
1. Angela Mercurio	43-6 (13.26m)*	Tyson Invitational	2/9	Same	43-10 3/4 (13.38m) (5/27/17)
2. Ieva Turke	42-6 1/4 (12.96m)*	Tyson Invitational	2/9	Same	42-7 (12.98m) (5/13/18)
3. Kiara Hobson	39-5 (12.01m)*	Big Ten Indoor Championships	2/23	Same	38-6 (11.73m) (HS)
4. Raynesha Lewis	38-8 3/4 (11.80m)	Graduate Classic	1/12	37-10 (11.53m) (2/3/18)	35-5 1/2 (10.83m) (4/15/17)
5. Ryley Heier	37-4 1/2 (11.39m)*	Nebraska Tune-Up	2/15	Same	37-1 3/4 (11.32m) (HS)
6. Zionn Pearson	36-9 (11.20m)*	Prairie Wolf Indoor Invitational	1/25	Same	38-11 3/4 (11.88m) (HS)
<b>Shot Put:</b>					
1. Kristina Insingo	50-10 (15.49m)*	Nebraska Tune-Up	2/15	Same	49-2 1/2 (15.00m) (4/12/18)
2. Jamesha Western	50-0 3/4 (15.26m)*	Nebraska Tune-Up	2/15	Same	48-4 3/4 (14.75m) (4/21/18)
3. Johanna Ilves	37-8 (11.48m)*	Frank Sevigne Husker Invitational	2/1	Same	
4. Lara Omerzu	36-6 1/4 (11.13m)*	Prairie Wolf Indoor Invitational	1/25	Same	
5. Madi Scholl	35-3 1/4 (10.75m)*	Prairie Wolf Indoor Invitational	1/25	Same	33-8 3/4 (10.28m) (5/5/18)
<b>Weight Throw:</b>					
1. Jamesha Western	60-9 1/2 (18.53m)*	Frank Sevigne Husker Invitational	2/1	Same	
2. Kristina Insingo	59-4 3/4 (18.10m)*	Mark Colligan Memorial	1/26	Same	
<b>Pentathlon:</b>					
1. Johanna Ilves	3,645*	Frank Sevigne Husker Invitational	2/1	Same	
2. Lara Omerzu	3,506*	Frank Sevigne Husker Invitational	2/1	Same	
3. Madi Scholl	3,129*	Frank Sevigne Husker Invitational	2/1	Same	