

2019 WOMEN'S OUTDOOR TRACK & FIELD

TOP 3 SEASON PERFORMANCES

100-METER DASH

ATHLETE	RESULT	DATE
Vivica Coleman.....	12.18.....	Illini Twilight (4/13)
Rylei Jackson.....	12.25.....	Illini Twilight (4/13)
Sophia Keith.....	12.36.....	EIU Big Blue (3/30)

100-METER HURDLES

ATHLETE	RESULT	DATE
Pedra Hicks.....	13.92.....	OVC Championship (5/11)
Kristen Dowell.....	14.16.....	Louisville Invite (4/27)
Louisa Rieger.....	15.56.....	ISU Gibson (4/6)

200-METER DASH

ATHLETE	RESULT	DATE
Rylei Jackson.....	25.17.....	OVC Championship (5/11)
Vivica Coleman.....	25.60.....	OVC Championship (5/11)
Latasha Ellis.....	26.53.....	IU Billy Hayes (5/3)

400-METER DASH

ATHLETE	RESULT	DATE
Pedra Hicks.....	55.84.....	OVC Championship (5/11)
Sophia Keith.....	59.25.....	IU Billy Hayes (5/3)
Latasha Ellis.....	1:00.93.....	OVC Championship (5/11)

400-METER HURDLES

ATHLETE	RESULT	DATE
Pedra Hicks.....	59.40.....	EIU Big Blue (3/30)
Louisa Rieger.....	1:03.84.....	EIU Big Blue (3/30)
Kristen Dowell.....	1:04.19.....	Louisville Invite (4/27)

800-METER RUN

ATHLETE	RESULT	DATE
Grace Rowan.....	2:13.46.....	OVC Championship (5/11)
Jocelyne Mendoza.....	2:22.71.....	IU Billy Hayes (5/3)
Amani Jackson-Gladney.....	2:24.87.....	ISU Gibson (4/6)

1500-METER RUN

ATHLETE	RESULT	DATE
Grace Rowan.....	4:31.54.....	Drake Relays (4/26)
Jocelyne Mendoza.....	4:48.59.....	OVC Championship (5/11)
Megan Adams.....	4:51.13.....	OVC Championship (5/11)

STEEPLECHASE (3K)

ATHLETE	RESULT	DATE
Avani Flanagan.....	10:56.24.....	OVC Championship (5/11)
Maggie McPherson.....	11:22.12.....	OVC Championship (5/11)
Kate Bushue.....	11:24.53.....	OVC Championship (5/11)

5000-METER RUN

ATHLETE	RESULT	DATE
Avani Flanagan.....	17:46.29.....	OVC Championship (5/11)
Maggie McPherson.....	18:05.72.....	Drake Relays (4/26)
Kate Bushue.....	18:11.14.....	Drake Relays (4/26)

10,000-METER RUN

ATHLETE	RESULT	DATE
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HIGH JUMP

ATHLETE	RESULT	DATE
Paige Minor.....	5-02.50 / 1.59 m.....	OVC Championship (5/11)
Louisa Rieger.....	5-01.00 / 1.55 m.....	EIU Big Blue (3/30)

LONG JUMP

ATHLETE	RESULT	DATE
Louisa Rieger.....	17-06.25 / 5.34 m.....	EIU Big Blue (3/30)
Vivica Coleman.....	16-01.75 / 4.92 m.....	EIU Big Blue (3/30)
Paige Minor.....	15-11.75 / 4.87 m.....	ISU Gibson (4/6)

TRIPLE JUMP

ATHLETE	RESULT	DATE
Whitney Smith.....	33-02.00 / 10.11 m.....	Louisville Invite (4/27)

POLE VAULT

ATHLETE	RESULT	DATE
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DISCUS

ATHLETE	RESULT	DATE
Marie Koch.....	153-10 / 46.89 m.....	OVC Championship (5/11)
MaKenna Wilson.....	147-04 / 44.91 m.....	OVC Championship (5/11)
Jasmine Woodley.....	132-04 / 40.34 m.....	OVC Championship (5/11)

HAMMER

ATHLETE	RESULT	DATE
MaKenna Wilson.....	197-03 / 60.13 m.....	OVC Championship (5/11)
Jasmine Woodley.....	180-07 / 55.04 m.....	IU Billy Hayes (5/3)
Abby Nicholson.....	143-03 / 43.66 m.....	OVC Championship (5/11)

JAVELIN

ATHLETE	RESULT	DATE
MaKenna Wilson.....	134-07 / 41.03 m.....	OVC Championship (5/11)
Abby Nicholson.....	118-01 / 36.00 m.....	Louisville Invite (4/27)
Sophia Keith.....	117-09 / 35.90 m.....	IU Billy Hayes (5/3)

SHOT PUT

ATHLETE	RESULT	DATE
MaKenna Wilson.....	46-01.25 / 14.05 m.....	OVC Championship (5/11)
Abby Nicholson.....	40-11.00 / 12.47 m.....	OVC Championship (5/11)
Jasmine Woodley.....	40-07.75 / 12.39 m.....	EIU Big Blue (3/30)

HEPTATHLON

ATHLETE	RESULT	DATE
Louisa Rieger.....	4,613 points.....	OVC Championship (5/11)
Morgan Atchison.....	4,052 points.....	OVC Championship (5/11)

2019 WOMEN'S OUTDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



**MEGAN
ADAMS**

Distance ... Freshman

Mendon, Illinois
Mendon Unity

Meets Competed: 5

EVENT	RESULT	MEET
800 meters.....	2:25.79	ISU Gibson (4/6)
1,500 meters.....	4:51.13	OVC Championship (5/11)

PERSONAL RECORDS	EIU RECORD BOOK
800 meters.....	2:25.79
1,500 meters.....	4:51.13



**MORGAN
ATCHISON**

Hurdles ... Sophomore

Chester, Illinois
Chester HS

Meets Competed: 6

EVENT	RESULT	MEET
100m hurdles.....	15.77	Illini Twilight (4/13)
400m hurdles.....	1:05.15	EIU Big Blue (3/30)
Heptathlon	4,052 points.....	OVC Championship (5/11)

PERSONAL RECORDS	EIU RECORD BOOK
100m hurdles.....	15.46
400m hurdles.....	1:05.15
Heptathlon	4,052 points.....7th (2019)



**STEPHANIE
BACH**

Distance ... Freshman

Lawrenceville, Illinois
Lawrenceville

Meets Competed: 0

EVENT	RESULT	MEET
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PERSONAL RECORDS	EIU RECORD BOOK
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2019 WOMEN'S OUTDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



**KATE
BUSHUE**

Distance ... Sophomore

Freeport, Ill.
Freeport HS

Meets Competed: 7

EVENT	RESULT	MEET
1,500 meters.....	4:55.48	IU Billy Hayes (5/3)
Steeplechase.....	11:24.53	OVC Championship (5/11)
5,000 meters.....	18:11.14	Drake Relays (4/26)

PERSONAL RECORDS	EIU RECORD BOOK
800 meters.....	2:22.35
1,500 meters.....	4:43.77
Steeplechase.....	11:24.53
5,000 meters.....	17:58.18



**VIVICA
COLEMAN**

Sprints/Jumps ... Freshman

Melrose Park, Illinois
Walther Christian

Meets Competed: 7

EVENT	RESULT	MEET
100 meters.....	12.18	Illini Twilight (4/13)
200 meters.....	25.60	OVC Championship (5/11)
Long Jump.....	16-01.75 / 4.92 m	EIU Big Blue (3/30)

PERSONAL RECORDS	EIU RECORD BOOK
100 meters.....	12.18
200 meters.....	25.60
Long Jump.....	16-01.75 / 4.92 m



**MEGHAN
DONOVAN**

Distance ... Freshman

Naperville, Illinois
Naperville Central

Meets Competed:

EVENT	RESULT	MEET
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PERSONAL RECORDS	EIU RECORD BOOK
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**KRISTEN
DOWELL**

Hurdles ... Graduate Student

Edwardsville, Illinois
Edwardsville HS

Meets Competed: 5

EVENT	RESULT	MEET
100m hurdles.....	14.16	Louisville Invite (4/27)
400m hurdles.....	1:04.19	Louisville Invite (4/27)

PERSONAL RECORDS	EIU RECORD BOOK
100m hurdles.....	14.26 (EIU).....7th (2019)
400m hurdles.....	1:04.19 (EIU)

100m hurdles.....	13.70	(at Nebraska)
400m hurdles.....	59.41	(at Nebraska)

2019 WOMEN'S OUTDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



**KAITLYN
EBERT**

Throws ... Senior

Foley, Alabama
Foley HS

Meets Completed: 7

EVENT	RESULT	MEET
Discus.....	121-03 / 36.96 m	ISU Gibson (4/6)
Javelin	116-11 / 35.63 m	OVC Championship (5/11)
Shot Put.....	34-04.00 / 10.46 m	EIU Big Blue (3/30)

PERSONAL RECORDS	EIU RECORD BOOK
Discus.....	121-03 / 36.96 m
Hammer.....	112-11 / 34.41 m
Javelin	119-07 / 36.45 m
Shot Put.....	34-04.00 / 10.46 m



**LATASHA
ELLIS**

Sprints ... RS Freshman

Chicago, Illinois
Jones HS

Meets Completed: 6

EVENT	RESULT	MEET
100 meters.....	12.92	EIU Big Blue (3/30)
200 meters.....	26.53	IU Billy Hayes (5/3)
400 meters.....	1:00.93	OVC Championship (5/11)

PERSONAL RECORDS	EIU RECORD BOOK
100 meters.....	12.92
200 meters.....	26.53
400 meters.....	1:00.93



**ABBY
FISHER**

Distance ... RS Junior

St. Joseph, Illinois
St. Joseph-Ogden HS

Meets Completed: 5

EVENT	RESULT	MEET
1,500 meters.....	4:53.99	Illini Twilight (4/13)
5,000 meters.....	18:17.43	OVC Championship (5/11)

PERSONAL RECORDS	EIU RECORD BOOK
1,500 meters.....	4:53.99
Steeplechase.....	12:37.95
3,000 meters.....	11:16.30
5,000 meters.....	18:17.43



**AVANI
FLANAGAN**

Middle Distance ... Sophomore

Crystal Lake, Illinois
Crystal Lake Central HS

Meets Completed: 6

EVENT	RESULT	MEET
1,500 meters.....	4:59.17	SIU Bill Cornell (3/23)
Steeplechase.....	10:56.24	OVC Championship (5/11)
5,000 meters.....	17:46.29	OVC Championship (5/11)

PERSONAL RECORDS	EIU RECORD BOOK
1,500 meters.....	4:59.17
Steeplechase.....	10:56.24
5,000 meters.....	17:46.29

OVC Track Athlete of the Week - April 17
2nd Team All-OVC (Steeplechase)

2019 WOMEN'S OUTDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



KAMERON RE'FRAZIER

Sprints...RS-Freshman

Belleville, Illinois
Belleville West HS

Meets Competed: 1

EVENT	RESULT	MEET
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PERSONAL RECORDS	EIU RECORD BOOK
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MADDY GIL

Hurdles ... RS Sophomore

Crystal Lake, Illinois
Crystal Lake South HS

Meets Competed: 4

EVENT	RESULT	MEET
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400m hurdles.....	1:06.55	EIU Big Blue (3/30)
400 meters.....	1:04.21	ISU Gibson (4/6)

PERSONAL RECORDS	EIU RECORD BOOK
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400m hurdles.....	1:06.21
400 meters.....	1:04.21
800 meters.....	2:28.95



ASHLEY GILMORE

Distance ... Sophomore

Freeburg, Illinois
Freeburg HS

Meets Competed: 0

EVENT	RESULT	MEET
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PERSONAL RECORDS	EIU RECORD BOOK
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800 meters.....	2:29.29
1,500 meters.....	5:23.76



PEDRA HICKS

Hurdles ... Senior

Chicago, Illinois
Thornridge HS

Meets Competed: 10

EVENT	RESULT	MEET
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100m hurdles.....	13.92	OVC Championship (5/11)
400m hurdles.....	59.40	EIU Big Blue (3/30)
400 meters.....	55.84	OVC Championship (5/11)

400m hurdles	DNF	NCAA West Regional (5/23)
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FIRST PLACE FINISHES	MEET
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100m hurdles.....	13.98	EIU Big Blue (3/30)
400m hurdles.....	59.40	EIU Big Blue (3/30)
400m hurdles.....	1:01.38	ISU Gibson (4/6)
400m hurdles.....	1:00.62	OVC Championships (5/11)

PERSONAL RECORDS	EIU RECORD BOOK
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100m hurdles.....	13.92	4th (2019)
400m hurdles.....	59.40	1st (2019)
400 meters.....	55.84	8th (2019)

1st Team All-OVC (400m hurdles)

2019 WOMEN'S OUTDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



**CHLOE
IRISH**

Distance ... Sophomore

De Pere, Wisconsin
West De Pere HS

Meets Competed: 5

EVENT	RESULT	MEET
800 meters.....	2:25.30	ISU Gibson (4/6)

PERSONAL RECORDS	EIU RECORD BOOK
800 meters.....	2:25.06
1,500 meters.....	5:29.85



**RYLEI
JACKSON**

Sprints ... Freshman

Palos Heights, Illinois
West De Pere HS

Meets Competed: 6

EVENT	RESULT	MEET
100 meters.....	12.25	Illini Twilight (4/13)
200 meters.....	25.17	OVC Championship (5/11)

PERSONAL RECORDS	EIU RECORD BOOK
100 meters.....	12.25
200 meters.....	25.17



**AMANI
JACKSON-GLADNEY**

Middle Distance ... Freshman

Chicago, Illinois
Kenwood HS

Meets Competed: 5

EVENT	RESULT	MEET
800 meters.....	2:24.87	ISU Gibson (4/6)

PERSONAL RECORDS	EIU RECORD BOOK
800 meters.....	2:24.87



**SOPHIA
KEITH**

Sprints ... Junior

DuQuoin, Illinois
Pickneyville Community HS

Meets Competed: 7

EVENT	RESULT	MEET
100 meters.....	12.36	EIU Big Blue (3/30)
400 meters.....	59.25	IU Billy Hayes (5/3)
400m hurdles.....	1:04.51	EIU Big Blue (3/30)
Javelin	117-09 / 35.90 m	IU Billy Hayes (5/3)

PERSONAL RECORDS	EIU RECORD BOOK
100 meters.....	12.36
200 meters.....	26.16
400 meters.....	58.82
400m hurdles.....	1:04.51
Javelin	117-09 / 35.90 m

2019 WOMEN'S OUTDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



**MARIE
KOCH**

Throws ... Sophomore

Crailsheim, Germany
Schweitzer Gymnasium

Meets Competed: 7

EVENT	RESULT	MEET
Discus.....	153-10 / 46.89 m	OVC Championship (5/11)
Hammer.....	136-05 / 41.57 m	Illini Twilight (4/13)
Javelin	94-06 / 28.81 m	SIU Bill Cornell (3/23)

PERSONAL RECORDS	EIU RECORD BOOK
Discus.....	153-10 / 46.89 m4th (2019)
Hammer.....	136-05 / 41.57 m
Javelin	94-06 / 28.81 m

2nd Team All-OVC (Discus)



**SAM
MABRY**

Middle Distance.. Freshman

St. Joseph, Illinois
St. Joseph-Ogden HS

Meets Competed: 5

EVENT	RESULT	MEET
800 meters.....	2:26.29	Louisville Invite (4/27)
1,500 meters.....	5:11.30	SIU Bill Cornell (3/23)

PERSONAL RECORDS	EIU RECORD BOOK
800 meters.....	2:26.29
1,500 meters.....	5:11.30



**MAGGIE
McPHERSON**

Distance ... Sophomore

Sterling, Illinois
Sterling HS

Meets Competed: 4

EVENT	RESULT	MEET
Steeplechase.....	11:22.12	OVC Championship (5/11)
5,000 meters.....	18:05.72	Drake Relays (4/26)

PERSONAL RECORDS	EIU RECORD BOOK
1,500 meters.....	5:10.19
Steeplechase.....	11:22.12
5,000 meters.....	18:02.45



**JOCELYNE
MENDOZA**

Middle Distance ... RS Junior

Chicago, Illinois
Taft HS

Meets Competed: 7

EVENT	RESULT	MEET
800 meters.....	2:22.71	IU Billy Hayes (5/3)
1,500 meters.....	4:48.59	OVC Championship (5/11)

PERSONAL RECORDS	EIU RECORD BOOK
800 meters.....	2:17.14
1500 meters.....	4:46.05

2019 WOMEN'S OUTDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



PAIGE MINOR

Sprints/ Jumps ... Sophomore

Charleston, Illinois
Charleston HS

Meets Completed: 6

EVENT	RESULT	MEET
100 meters.....	14.61	EIU Big Blue (3/30)
Long Jump.....	15-11.75 / 4.87 m	ISU Gibson (4/6)
High Jump.....	5-02.50 / 1.59 m	OVC Championship (5/11)

PERSONAL RECORDS	EIU RECORD BOOK
100 meters.....	14.61
Long Jump.....	15-11.75 / 4.87 m
High Jump.....	5-02.50 / 1.59 m



ABBY NICHOLSON

Throws ... Junior

Catlin, Illinois
Salt Fork HS

Meets Completed: 5

EVENT	RESULT	MEET
Discus.....	125-06 / 38.25 m	OVC Championship (5/11)
Hammer.....	143-03 / 43.66 m	OVC Championship (5/11)
Javelin.....	118-01 / 36.00 m	Louisville Invite (4/27)
Shot Put.....	40-11.00 / 12.47 m	OVC Championship (5/11)

PERSONAL RECORDS	EIU RECORD BOOK
Discus.....	133-02 / 40.58 m
Javelin.....	126-06 / 38.57 m
Hammer.....	145-02 / 44.24 m
Shot Put.....	42-10.75 / 13.07 m



LOUISA RIEGER

Sprints ... RS Sophomore

Munich, Germany
Gymnasium Ottobrunn

Meets Completed: 6

EVENT	RESULT	MEET
400m hurdles.....	1:03.84	EIU Big Blue (3/30)
High Jump.....	5-01.00 / 1.55 m	EIU Big Blue (3/30)
Long Jump.....	17-06.25 / 5.34 m	EIU Big Blue (3/30)
200 meters.....	26.96	ISU Gibson (4/6)
100m hurdles.....	15.56	ISU Gibson (4/6)
Shot Put.....	32-05.75 / 9.90 m	ISU Gibson (4/6)
Heptathlon.....	4,613 points	OVC Championship (5/11)

PERSONAL RECORDS	EIU RECORD BOOK
100m hurdles.....	15.25
200 meters.....	26.96
400 meters.....	1:00.63
400m hurdles.....	1:03.84
Javelin.....	93-00 / 28.36 m
High Jump.....	5-01 / 1.55 m
Shot Put.....	32-05.75 / 9.90 m
Long Jump.....	17-06.25 / 5.34 m
Heptathlon.....	4,622 points
	3rd (2018)



GRACE ROWAN

Distance ... RS Junior

Belleville, Illinois
Belleville Althoff Catholic HS

Meets Completed: 6

EVENT	RESULT	MEET
800 meters.....	2:13.46	OVC Championship (5/11)
1,500 meters.....	4:31.54	Drake Relays (4/26)

FIRST PLACE FINISHES	MEET
1,500 meters.....	4:54.69
	EIU Big Blue (3/30)

PERSONAL RECORDS	EIU RECORD BOOK
800 meters.....	2:13.46
1,500 meters.....	4:31.54
	6th (2019)

2019 WOMEN'S OUTDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



**SHELBY
SILTMAN**

Distance ... Sophomore

Hopedale, Illinois
Olympia HS

Meets Completed: 0

EVENT	RESULT	MEET
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PERSONAL RECORDS EIU RECORD BOOK

1,500 meters..... 4:48.47
5,000 meters..... 17:35.65



**WHITNEY
SMITH**

Jumps / Sprints ... Freshman

North Chicago, Illinois
Waukegan HS

Meets Completed: 5

EVENT	RESULT	MEET
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Long Jump..... 15-07.00 / 4.75 m EIU Big Blue (3/30)
Triple Jump..... 33-02.00 / 10.11 m Louisville Invite (4/27)

PERSONAL RECORDS EIU RECORD BOOK

Long Jump..... 15-07.00 / 4.75 m
Triple Jump..... 33-02.00 / 10.11 m



**MaKENNA
WILSON**

Throws ... Sophomore

Charleston, Illinois
Charleston HS

Meets Completed: 10

EVENT	RESULT	MEET
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Discus..... 147-04 / 44.91 m OVC Championship (5/11)
Hammer..... 197-03 / 60.13 m OVC Championship (5/11)
Javelin 134-07 / 41.03 m OVC Championship (5/11)
Shot Put..... 46-01.25 / 14.05 m OVC Championship (5/11)

Hammer (29th) 191-06 / 58.37 m NCAA West Regional (5/23)

FIRST PLACE FINISHES MEET

Javelin 118-07 / 36.15 m EIU Big Blue (3/30)
Javelin 130-06 / 39.78 m IU Billy Hayes (5/3)
Hammer..... 197-03 / 60.13 m OVC Championship (5/13)

PERSONAL RECORDS EIU RECORD BOOK

Discus..... 147-04 / 44.91 m 9th (2019)
Hammer..... 197-03 / 60.13 m 1st (2019)
Javelin 135-11 / 41.43 m 6th (2018)
Shot Put..... 46-01.25 / 14.05 m 6th (2019)

1st Team All-OVC (Hammer)... 2nd Team All-OVC (Shot Put)



**JASMINE
WOODLEY**

Throws ... Senior

Lombard, Illinois
Montini Catholic HS

Meets Completed: 9

EVENT	RESULT	MEET
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Discus..... 132-04 / 40.34 m OVC Championship (5/11)
Hammer 180-07 / 55.04 m IU Billy Hayes (5/3)
Shot Put..... 40-07.75 / 12.39 m EIU Big Blue (3/30)

FIRST PLACE FINISHES MEET

Hammer..... 178-06 / 54.42 m EIU Big Blue (3/30)
Hammer..... 172-01 / 52.46 m Illini Twilight (4/13)

PERSONAL RECORDS EIU RECORD BOOK

Discus..... 132-04 / 40.34 m
Hammer..... 180-08 / 55.04 m 2nd (2019)
Javelin 103-06 / 31.54 m
Shot Put..... 40-07.75 / 12.39 m

2019 WOMEN'S OUTDOOR TRACK & FIELD

EIU RELAY RESULTS & SEASON HIGHS (RECORDS)

EIU

RELAY EVENTS

4x100 Meter Relay

EVENT	RESULT	MEET
4x100 Relay.....	51.39	EIU Big Blue (3/30)
	Coleman, Jackson, Hicks, Dowell	
4x100 Relay.....	47.83	ISU Gibson (4/6)
	Coleman, Dowell, Hicks, Jackson	
4x100 Relay.....	47.87	OVC Championship (5/11)
	Hicks, Coleman, Keith, Jackson	

SEASON HIGH	EIU RECORD BOOK
4x100 Relay.....	47.83
	Coleman, Dowell, Hicks, Jackson

4x400 Meter Relay

EVENT	RESULT	MEET
4x400 Relay.....	4:02.49	SIU Bill Cornell (3/23)
	Hicks, Atchison, Keith, Rieger	
4x400 Relay.....	4:13.93	ISU Gibson (4/6)
	Atchison, Jackson, Jackson-Gladney, Gil	
4x400 Relay.....	4:16.98	Illini Twilight (4/13)
	Atchison, Hicks, Keith, Dowell	
4x400 Relay.....	4:04.69	Louisville Invite (4/27)
	Dowell, Rieger, Jackson, Keith	
4x400 Relay.....	4:04.02	OVC Championship (5/11)
	Atchison, Keith, Reiger, Hicks	

SEASON HIGH	EIU RECORD BOOK
4x400 Relay.....	4:02.49
Hicks, Atchison, Keith, Rieger	