

2023-24 WOMEN'S INDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



**ALICIA
ADAMS**

Sprints ... Senior

Homewood, Illinois
Homewood-Flossmoor HS

Meets Completed: 0

EVENT	RESULT	MEET
-------	--------	------

PERSONAL BESTS	EIU RECORD BOOK
----------------	-----------------

60 meters..... 7.97
200 meters..... 25.73
400 meters..... 58.95



**MACKENZIE
ALDRIDGE**

Distance ... Senior

Crystal Lake, Illinois
Crystal Lake South HS

Meets Completed: 3

EVENT	RESULT	MEET
-------	--------	------

3000 meters..... 10:07.48 Ohio Valley Conference (2/21)
5000 meters..... 17:35.85 Ohio Valley Conference (2/21)

PERSONAL BESTS	EIU RECORD BOOK
----------------	-----------------

1 mile 5:04.24
3000 meters..... 10:07.48
5000 meters..... 17:35.85
Distance Medley 13:39.81



**ISABEL
ARTHUR**

Middle Distance ... Freshman

Marshall, Illinois
Marshall HS

Meets Completed: 0

EVENT	RESULT	MEET
-------	--------	------

PERSONAL BESTS	EIU RECORD BOOK
----------------	-----------------



**ANNA
BIEBER**

Middle Distance ... Freshman

Hopedale, Illinois
Stanford Olympia HS

Meets Completed: 0

EVENT	RESULT	MEET
-------	--------	------

PERSONAL BESTS	EIU RECORD BOOK
----------------	-----------------

2023-24 WOMEN'S INDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



**RYLEA
BORGIC**

Middle Distance ... Sophomore

Newton, Illinois
Newton HS

Meets Competed: 6

EVENT	RESULT	MEET
Mile.....	5:08.63.....	Ohio Valley Conference (2/21)
800 meters.....	2:22.02.....	IUPUI Invite (1/26)
3000 meters.....	10:36.40.....	Notre Dame invite (1/20)
Distance Medley	12:07.68	Ohio Valley Conference (2/21)

PERSONAL BESTS	EIU RECORD BOOK
Mile.....	5:08.63
800 meters.....	2:22.02
3000 meters.....	10:36.40
Distance Medley	12:07.68



**CASSIE
BRADBURY**

Sprints ... Senior

Pawnee, Illinois
Pawnee HS

Meets Competed: 0

EVENT	RESULT	MEET
PERSONAL BESTS		EIU RECORD BOOK
200 meters.....	28.33	
400 meters.....	1:00.69	
4x400 relay	4:12.13	
4000 DMR	12:55.54	



**SARAH
CARR**

Distance ... Senior

Effingham, Illinois
St. Anthony HS

Meets Competed: 4

EVENT	RESULT	MEET
Mile.....	4:56.91.....	Ohio Valley Conference (2/21)
800 meters.....	2:20.20.....	IUPUI Invite (1/26)
3000 meters.....	10:06.11.....	EIU John Craft Invite (1/13)
DMR.....	12:07.68.....	Ohio Valley Conference (2/21)

FIRST PLACE FINISHES

PERSONAL BESTS	EIU RECORD BOOK
Mile.....	4:55.96.....9th (2023)
800 meters.....	2:20.20
3000 meters.....	9:53.62.....5th (2023)
DMR.....	12:07.68



**KATHRYN
CICHON**

Middle Distance ... Sophomore

Minooka, Illinois
Minooka HS

Meets Competed: 4

EVENT	RESULT	MEET
800 meters.....	2:19.51.....	IUPUI Invite (1/26)
mile.....	5:09.14.....	GVSU Big Meet (2/9)
PERSONAL BESTS		EIU RECORD BOOK
800 meters.....	2:19.51	
mile.....	5:09.14	
4000 DMR.....	13:29.94	

2023-24 WOMEN'S INDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



**GRACIE
COX**

Throws ... Junior

Tolono, Illinois
Tolono Unity HS

Meets Competed: 6

EVENT	RESULT	MEET
Shot Put.....	11.22m / 36'9.75"	EIU John Craft Invite (1/13)
Weight Throw.....	15.11m / 49'7"	Ohio Valley Conference (2/21)

PERSONAL BESTS	EIU RECORD BOOK
Shot Put.....	11.22m / 36'9.75"
Weight Throw.....	15.11m / 49'7"



**KYLIE
DECKER**

Distance ... Senior

Philo, Illinois
Tolono Unity HS

Meets Competed: 5

EVENT	RESULT	MEET
1 mile	5:27.78	EIU John Craft Invite (1/13)
3000 meters.....	10:27.49	Ohio Valley Conference (1/21)

PERSONAL BESTS	EIU RECORD BOOK
1 mile	5:19.54
3000 meters.....	10:27.49
4000 DMR	13:99.81



**DANIELLE
FRANK**

Sprints ... Senior

St. Louis, Missouri
Hazelwood Central HS

Meets Competed: 0

EVENT	RESULT	MEET
--------------	---------------	-------------

PERSONAL BESTS	EIU RECORD BOOK
60 meters.....	7.678th (2020)
200 meters.....	24.481st (2020)
400 meters.....	59.84



**ALEX
GOMEZ**

Distance ... Senior

Rock Falls, Illinois
Rock Falls HS

Meets Competed: 5

EVENT	RESULT	MEET
3000 meters.....	10:58.18	Notre Dame Invite (1/20)
5000 meters.....	18:47.70	GVSU Big Meet (2/9)

PERSONAL BESTS	EIU RECORD BOOK
3000 meters.....	10:51.69
5000 meters.....	18:47.70

2023-24 WOMEN'S INDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



SUSAN GRUSZKA

Sprints / Jumps ... Senior

Peoria, Illinois
Peoria Notre Dame HS

Meets Completed: 6

EVENT	RESULT	MEET
60 meter	7:97	EIU Early Bird (12/8)
60m Hurdles	10:09	Redbird Tune Up (2/16)
200 meters	27:23	Notre Dame Invite (1/20)
Long Jump	5.09m / 16'8.5"	EIU Early Bird (12/8)
Triple Jump	10:54m / 37'7"	EIU John Craft Invite (1/13)
High Jump	1.40m / 4'7"	Redbird Tune Up (2/16)
Shot Put	9:59m / 31'5.75"	EIU Early Bird (12/8)
Pentathlon	2961 points	Ohio Valley Conference (2/21)
PERSONAL BESTS		EIU RECORD BOOK

60 meter	7:97
60m Hurdles	10:09
200 meters	27:23
Long Jump	17-03.50 / 5.27 m
Triple Jump	34-11.00 / 10.64 m
High Jump	1.40m / 4'7"
Shot Put	9:59m / 31'5.75"
Pentathlon	2961 points.....7th (2024)



JENNA GRZESKOWIAK

Throws ... Senior

St. Peters, Missouri
Lutheran HS (St. Charles)

Meets Completed: 6

EVENT	RESULT	MEET
Shot Put	11.40m / 37'5"	GVSU Big Meet (2/9)
Weight Throw	14.77m / 48'5.5"	Ohio Valley Conference (2/21)

PERSONAL BESTS	EIU RECORD BOOK
Shot Put	41-01.50 / 12.53 m
Weight Throw	50-02.00 / 15.29 m



KYLIE HAACKE

Distance ... Junior

Mattoon, Illinois
Mattoon HS

Meets Completed: 5

EVENT	RESULT	MEET
Mile	5:13.36	Redbird Tune Up (2/16)
3000 meters	10:34.21	IUPUI Invite (1/26)
5000 meters	18:04.93	GVSU Big Meet (2/9)

PERSONAL BESTS	EIU RECORD BOOK
Mile	5:13.36
3000 meters	10:34.21
5000 meters	18:04.93



TAYLOR IVERSON

Jumps/Throws ... Senior

Chicago Heights, Illinois
Bloom Township HS

Meets Completed: 7

EVENT	RESULT	MEET
Shot Put	13.17m / 43'2.5"	Ohio Valley Conference (2/21)
Weight Throw	18.04m / 59'2.25"	Ohio Valley Conference (2/21)

FIRST PLACE FINISHES

Shot Put.....	12.77m / 41'10.75"	EIU Early Bird (12/8)
Weight Throw.....	16.26m / 53'4.25"	EIU Early Bird (12/8)
Weight Throw.....	16.12m / 52'10.75"	EIU John Craft Invite (1/13)
Weight Throw.....	17.21m / 565.75"	Redbird Tune Up (2/16)

PERSONAL BESTS	EIU RECORD BOOK
Shot Put	13.17m / 43'2.5"
Weight Throw	18.04m / 59'2.25".....4th (2024)

2023-24 WOMEN'S INDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



**DEVIN
JOHNSTON**

Sprints ... Freshman

Almont, Michigan
Almont HS

Meets Competed: 7

EVENT	RESULT	MEET
60 Meters.....	7.98.....	Redbird Tune Up (2/16)
200 meters.....	26.01.....	GVSU Big Meet (2/9)
300 meters.....	43.84.....	EIU John Craft Invite (1/13)
4x400 meters.....	3:57.60.....	Ohio Valley Conference (2/21)

FIRST PLACE FINISHES

4x400 meters.....4:07.51.....EIU Early Bird (12/8)

PERSONAL BESTS **EIU RECORD BOOK**

60 Meters.....7.98
200 meters.....26.01
300 meters.....43.84
4x400 meters.....3:57.60



**RACHEL
KOON**

Distance ... Senior

Monticello, Illinois
Monticello HS

Meets Competed: 0

EVENT	RESULT	MEET
-------	--------	------

PERSONAL BESTS **EIU RECORD BOOK**



**CAROLINE
LENDY**

Jumps ... R-Junior

Athens, Illinois
Athens HS

Meets Competed: 0

EVENT	RESULT	MEET
-------	--------	------

PERSONAL BESTS **EIU RECORD BOOK**



**BELLA
MARCUM**

Distance ... Freshman

Arnold, Missouri
Fox HS

Meets Competed: 5

EVENT	RESULT	MEET
-------	--------	------

3000 meters.....10:38.15.....Ohio Valley Conference (2/21)
5000 meters.....18:16.30.....Ohio Valley Conference (2/21)

PERSONAL BESTS **EIU RECORD BOOK**

3000 meters.....10:38.15
5000 meters.....18:16.30

2023-24 WOMEN'S INDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



**MAKENNA
MCBRIDE**

Sprints ... Sophomore

Charleston, Illinois
Charelston HS

Meets Competed: 6

EVENT	RESULT	MEET
60 meters.....	7.93	EIU Early Bird (12/8)
200 meters.....	25.17	Ohio Valley Conference (2/21)
300 meters.....	42.90	EIU John Craft Invite (1/13))
400 meters.....	56.93	Ohio Valley Conference (2/21)
4x400 meters.....	3:57.60	Ohio Valley Conference (2/21)

FIRST PLACE FINISHES

300 meters.....	42.90	EIU John Craft Invite (1/13))
4x400 meters.....	4:07.51	EIU Early Bird (12/8)

PERSONAL BESTS EIU RECORD BOOK

60 meters.....	7:93
200 meters.....	25.17
00 meters.....	42.90
400 meters.....	56.93
4x400 meters.....	3:57.60



**JULIA
MONSON**

Distance ... Sophomore

O'Fallon, Illinois
O'Fallon HS

Meets Competed: 0

EVENT	RESULT	MEET
-------	--------	------

PERSONAL BESTS EIU RECORD BOOK

Mile	5:45.71
3000 meters.....	10:48.65
4000 DMR	13:29.94



**SHAMERA
MOORE**

Sprints ... Sophomore

Urbana, Ill.
Urbana HS

Meets Competed: 0

EVENT	RESULT	MEET
-------	--------	------

PERSONAL BESTS EIU RECORD BOOK

60 meters.....	8.17
200 meters.....	27.49



**CHLOE
PROFFITT**

Distance ... Freshman

Wilmington, Ill.
Wilmington HS

Meets Competed: 0

EVENT	RESULT	MEET
-------	--------	------

PERSONAL BESTS EIU RECORD BOOK

2023-24 WOMEN'S INDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



CLAYRE SHAVER

Throws ... Senior

Highland, Michigan
Highland-Milford HS

Meets Completed: 6

EVENT	RESULT	MEET
Weight Throw	16.29m 53'5.5"	Ohio Valley Conference (2/21)
Shot Put.....	12.45m / 40'10.25"	EIU Early Bird (12/8)

FIRST PLACE FINISHES

Shot Put.....	11.96m / 39'3"	EIU John Craft Invite (1/13)
---------------	----------------	------------------------------

PERSONAL BESTS

Shot Put.....	41-11.50 / 12.79 m
Weight Throw	16.29m 53'5.5"

EIU RECORD BOOK



BREANNA SHELDON

Distance ... R-Junior

Machesney Park, Illinois
Harlem HS

Meets Completed: 0

EVENT	RESULT	MEET
-------	--------	------

PERSONAL BESTS

800 meters.....	2:22.81
Mile	5:32.08

EIU RECORD BOOK



TARYN TARQUIN

Hurdles / Jumps ... Junior

Carlsbad, California
Carlsbad HS

Meets Completed: 7

EVENT	RESULT	MEET
60 meters.....	8.78	EIU John Craft Invite (1/13)
Long Jump.....	5.18m / 17'0"	EIU Early Bird (12/8)
Triple Jump	11.62m / 38'1.5"	GVSU Big Meet (2/9)

FIRST PLACE FINISHES

Triple Jump	11.30m / 37'1"	EIU Early Bird (12/8)
-------------------	----------------	-----------------------

PERSONAL BESTS

60 meters.....	8.78	
Long Jump.....	17-01.25 / 5.21 m	
Triple Jump.....	11.62m / 38'1.5"	10th (2024)
4000 DMR.....	13:39.94	

EIU RECORD BOOK



HALLEE THOMAS

Hurdles ... Junior

Danville, Illinois
Danville HS

Meets Completed: 7

EVENT	RESULT	MEET
60m Hurdles	8.85	Ohio Valley Conference (2/21)
200 meters.....	27.50	Notre Dame Invite (1/20)
300 meters.....	44.48	EIU John Craft Invite (1/13)
400 meters.....	1:01.19	IUPUI Invite (1/26)
4x400m	3:57.60	Ohio Valley Conference (2/21)
DMR	12:07.68	Ohio Valley Conference (2/21)
Pole Vault	3.20m / 10'6"	EIU Early Bird (12/8)

FIRST PLACES FINISHES

Pole Vault	3.20m / 10'6"	EIU Early Bird (12/8)
60m Hurdles	8.96	EIU John Craft Invite (1/13)
60m Hurdles	9.10	EIU Early Bird (12/8)
4x400m	4:07.51	EIU Early Bird (12/8)

PERSONAL BESTS

60m Hurdles	8.85	
200 meters.....	27.50	
300 meters.....	44.48	
400 meters.....	1:01.19	
Pole Vault	11-00.25 / 3.36 m.....	10th (2023)
4x400m	3:57.60	
DMR	12:07.68	

EIU RECORD BOOK

2023-24 WOMEN'S INDOOR TRACK & FIELD

EIU INDIVIDUAL RESULTS & PERSONAL RECORDS



BRENDA TORRES

Middle Distance ... Freshman

Prospect Heights, Illinois
Wheeling HS

Meets Competed: 4

EVENT	RESULT	MEET
Mile	5:11.03	IUPUI Invite (1/26)
800 meters	2:23.42	IUPUI Invite (1/26)
DMR	12:07.68	Ohio Valley Conference (2/21)

PERSONAL BESTS	EIU RECORD BOOK
Mile	5:11.03
800 meters	2:23.42
DMR	12:07.68



ABBY VENHAUS

Jumps ... Freshman

Colombia, Illinois
Colombia HS

Meets Competed: 7

EVENT	RESULT	MEET
60m.....	7.75	Ohio Valley Conference (2/21)
4x400.....	3:57.60	Ohio Valley Conference (2/21)
Long Jump.....	5.74m / 18'10"	Ohio Valley Conference (2/21)
Triple Jump	11.03m / 36'2.25"	Ohio Valley Conference (2/21)

FIRST PLACES FINISHES

60m.....	7.78	EIU Early Bird (12/8)
Long Jump.....	5.51m / 18'1"	EIU Early Bird (12/8)
Triple Jump	10.80m / 35'5.25"	RedBird Tune Up (2/16)

PERSONAL BESTS	EIU RECORD BOOK
60m.....	7.75
4x400.....	3:57.60
Long Jump.....	5.74m / 18'10".....8th (2024)
Triple Jump	11.03m / 36'2.25"



HOLLY VOGT

Jumps ... Senior

McHenry, Illinois
McHenry HS

Meets Competed: 6

EVENT	RESULT	MEET
60 meters.....	8.21	EIU John Craft Invite (1/13)
Long Jump.....	5.55m / 18'2.5"	GVSU Big Meet (2/9)
Triple Jump.....	10.28m ./ 33'8.75"	EIU Early Bird (12/8)

FIRST PLACE FINISHES

Long Jump.....	5.41m / 17'9"	EIU John Craft Invite (1/13)
----------------	---------------	------------------------------

PERSONAL BESTS	EIU RECORD BOOK
60 meters.....	8.21
Long Jump.....	5.55m / 18'2.5"
Triple Jump.....	10.28m ./ 33'8.75"



MCKENNA WOJCICKI

Hurdles ... Senior

Macomb, Michigan
Macomb Dakota HS

Meets Competed: 0

EVENT	RESULT	MEET
-------	--------	------

PERSONAL BESTS	EIU RECORD BOOK
60m hurdles.....	9.00
400 meters.....	1:01.71
600 meters.....	1:44.18
800 meters.....	2:27.78
4x400 relay	4:12.13

2023-24 WOMEN'S INDOOR TRACK & FIELD

TOP SEASON PERFORMANCES

EIU

RELAY EVENTS

4x400 Meter Relay

EVENT	RESULT	MEET
4x400 relay	3:54.36	Louisville PNC Invite (1/28)

(Z. Johnson, Wright, Stinson, Kollore)

SEASON BEST	EIU RECORD BOOK
4x400 relay	3:54.36

DISTANCE MEDLEY RELAY (DMR)

EVENT	RESULT	MEET
4000 DMR	12:55.34	EIU John Craft Invite (1/14)

(Carr, Bradbury, Mabry, Haacke)

SEASON BEST	EIU RECORD BOOK
4000 DMR	12:55.34

2023-24 WOMEN'S INDOOR TRACK & FIELD

TOP 3 SEASON PERFORMANCES

60-METER DASH

ATHLETE	RESULT	DATE
Abby Venhaus	7.75	Ohio Valley Conference (2/21)
Makenna McBride.....	7.93	EIU Early Bird (12/8)
Susan Gruszka	7.97	EIU Early Bird (12/8)

60-METER HURDLES

ATHLETE	RESULT	DATE
Hallee Thomas	8.85	Ohio Valley Conference (2/21)
Susan Gruszka	9.71	Ohio Valley Conference (2/21)

200-METER DASH

ATHLETE	RESULT	DATE
Makenna McBride.....	25.17	Ohio Valley Conference (2/21)
Devin Johnston.....	26.01	GVSU Big Meet (2/9)

400-METER DASH

ATHLETE	RESULT	DATE
Makenna McBride.....	56.93	Ohio Valley Conference (2/21)

600-METER RUN

ATHLETE	RESULT	DATE
---------	--------	------

800-METER RUN

ATHLETE	RESULT	DATE
Kathryn Cichon	2:19.51	IUPUI Invitational (1/26)
Sarah Carr.....	2:20.20	IUPUI Invitational (1/26)
Rylea Borgic	2:22.02	IUPUI Invitational (1/26)

MILE RUN

ATHLETE	RESULT	DATE
Sarah Carr.....	4:56.91	Ohio Valley Conference (2/21)
Rylea Borgic	5:08.63	Ohio Valley Conference (2/21)
Kathryn Cichon	5:09.14	GVSU Big Meet (2/9)

3000-METER RUN

ATHLETE	RESULT	DATE
Sarah Carr.....	9:57.34	Ohio Valley Conference (2/21)
Mackenzie Aldridge	10:04.45	EIU John Craft Invite (1/13)
Kylie Decker	10:27.49	Ohio Valley Conference (2/21)

5000-METER RUN

ATHLETE	RESULT	DATE
Mackenzie Aldridge	17:35.85	Ohio Valley Conference (2/21)
Kylie Haacke.....	18:04.93	GVSU Big Meet (2/9)
Isabella Marcum	18:16.30	Ohio Valley Conference (2/21)

HIGH JUMP

ATHLETE	RESULT	DATE
Susan Gruszka	4-07.50 / 1.41m	Illini Challenge (1/26)

LONG JUMP

ATHLETE	RESULT	DATE
Abby Venhaus	18-10.00 / 5.74m	GVSU Big Meet (2/9)
Holly Vogt	18-02.25 / 5.55m	GVSU Big Meet (2/9)
Taryn Tarquin	17-00.00 / 5.18m	EIU Early Bird (12/8)

TRIPLE JUMP

ATHLETE	RESULT	DATE
Taryn Tarquin	38-01.50 / 11.62m	GVSU Big Meet (2/9)
Abby Venhaus	36-02.25 / 11.03m	EIU Early Bird (12/8)
Susan Gruszka	37-07.00 / 10.54m	EIU John Craft Invite (1/13)

POLE VAULT

ATHLETE	RESULT	DATE
Halle Thomas	10-06.00 / 3.20m	EIU Early Bird (12/8)

SHOT PUT

ATHLETE	RESULT	DATE
Taylor Iverson	43-02.50 / 13.17m	Ohio Valley Conference (2/21)
Clayre Shaver	40-10.25 / 12.45m	EIU Early Bird (12/8)
Jenna Grzeskowiak	39-08.50 / 12.10m	EIU Early Bird (12/28)

WEIGHT THROW

ATHLETE	RESULT	DATE
Taylor Iverson	59-02.50 / 18.04m	Ohio Valley Conference (2/21)
Clayre Shaver	53-05.50 / 16.29m	Ohio Valley Conference (2/21)
Gracie Cox.....	49-07.00 / 15.11m	Ohio Valley Conference (2/21)

PENTATHLON

ATHLETE	RESULT	DATE
Susan Gruszka	2961	Ohio Valley Conference (2/21)