

Best Efforts 2007

Shot Put

200

Jennica Stephens 33'5"

Emily Perry 29.12

Heather Stoller 30'1/2"

Miranda Dragic 33.7

Paige LaBove 23'6"

Mia Huttleston 23'2 3/4"

400

Amber Johnson 21'11 3/4"

Ashlee Weckley 66.1

Lisa Black 19'5"

Emily Perry 67.05

Discus

800

Jennica Stephens 93'6"

Ariel Collins 2:39.57

Heather Stoller 91'2"

Paige LaBove 70'11"

1600

Mia Huttleston 65'6"

Ariel Collins 5:54.9

Lisa Black 56'2"

Nicole Riedinger 6:24

Amber Johnson 51'2"

3200

Long Jump

Nicole Riedinger 13:39.2

Miranda Dragic 12'8"

Hayley Hilson 9'9 3/4"

4x200

2:03.3

300 Hurdles

Libby Fackler 57.1

High Jump

Miranda Dragic 4'3"

4x400

4:33.4

100

Ashlee Weckley 13.7

4x800

Hayley Hilson 17.14

11:00.25