2001 WVHS Girls' Track and Field

Varsity Dual Meet Record: 10-2
Junior Varsity Record: 7-3

INDOOR VARSITY CONFERENCE CHAMPS
OUTDOOR VARSITY CONFERENCE CHAMPS

Personal Bests: 83% in the events of returning runners

Illinois Prep Top Times State Participant

ASHLEY ADDAIR 1600 7TH
LAUREN SHIMMON 55 HURDLES

State Qualifiers: Joy Braun 3200 10th
Lauren Shimmon - 300 Hurdles 9th
Long Jump 18th; 100 Hurdles 13th
Cynthia Spearman - 400 20th
Shannon Lee – Shot Put 23rd

All Conference (12 events)

Indoor:

200  Lauren Shimmon
Long Jump Lauren Shimmon - New Upstate 8 Indoor Conference Record
800  Ashley Addair
400  Cynthia Spearman
1600  Ashley Addair
4 x 400 Relay Amber Davis
        Hollee Grigg
        Ashley Addair
        Cynthia Spearman

Outdoor: 800 Medley: Lauren Shimmon
          LeTonya Taylor
         Nicole Godal
        Cynthia Spearman

3200  Joy Braun
600  Ashley Addair
400  Cynthia Spearman
Long Jump Lauren Shimmon
100 Hurdles Lauren Shimmon
**School Records**

Joy Braun 3200  
Lauren Shimmon 100 Hurdles; 300 Hurdles; Long Jump  
Alexis Allen Triple Jump  
Katie Williams Pole Vault

**All Time Top 10 Performances (21)**

3200 Joy Braun #1: 3200 Ashley Addair #3; 300 Hurdles Lauren Shimmon #1;  
300 Hurdles Stephanie Carson #7; 1600 Ashley Addair #3  
1500 Joy Braun #4; Cynthia Spearman 200 #8  
100 Hurdles Lauren Shimmon #1; 100 Hurdles Stephanie Carson #5  
Triple Jump Alexis Allen #1 Triple Jump Stephanie Carson #4;  
Triple Jump Katie Ginter #8 Triple Jump Joleen Glassett #10;  
Lauren Shimmon Long Jump #1 Nicole Godal Long Jump #6;  
Discus Shannon Lee #5 Discus Jayme Taylor #8; Shot Shannon Lee #2  
800 Medley #9 4 x 800 #7 4 x 400 #5

**School Indoor Records**

Long Jump Lauren Shimmon  
Triple Jump Alexis Allen  
55 Hurdles Lauren Shimmon  
Pole Vault Katie Williams  
1600 Ashley Addair  
300 Lauren Shimmon

**Most Points in a Season:** 309.5 Lauren Shimmon

**Top Varsity Points:**

- 167 Ashley Addair  
- 139 Cynthia Spearman  
- 100 Joy Braun  
- 83 Shannon Lee  
- 61.5 Amber Davis  
- 61.5 Hollee Grigg  
- 48.5 Stephanie Carson  
- 45.5 Alexis Allen  
- 44 Erin Bailey