

2004 COLORADO TRACK & FIELD

2004 CU Track & Field Schedule

Date	Meet	Site
J 16	CU OPEN	BOULDER
J 24	Air Force Open	M-4th/ W-7th
F 7	Air Force Classic	M-3rd/W-3rd
F 14	Adidas Invitational	NTS
F 27-28	Big 12 Indoor Championships	
M 12-13	NCAA Indoor Championships	

OUTDOOR SEASON

M 20	POTTS INVITATIONAL	
M 26	Arizona State Invitational	
A 10	Adidas Invitational (Oregon)	
A 16-18	Mt. Sac Relays	
A 24-29	Christiansen Invitational at CSU	
M 1	Big 12 Outdoor Championships	
M 7	Cardinal Invitational	
M 28-29	NCAA Regional at Texas A&M	
J 9-12	NCAA Championships (Texas)	

For more information on CU track and field, including past results and schedule, please go to our website at: www.cubuffs.com

Bufs' Headquarters in Norman

Weather Forecast

Thursday, April 29	High 77, Low 53
Friday, April 30	High 70, Low 44
Saturday, May 1	High 74, Low 51

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CU's NCAA Outdoor Track & Field Champions

Warren Bateman
Pole Vault, 1948

David Bolen
440-Yard Dash, 1947

Gil Cruter
High Jump 1937, 1938

Alan Culpepper
5,000 Meter Run, 1996

Kara Grgas-Wheeler
3,000 Meter Run, 2000
5,000 Meter Run, 2000

Adam Goucher
5,000 Meter Run, 1998

Don Meyers
Long Jump, 1961
Pole Vault, 1962

Chuck Rogers
Pole Vault, 1966

Ted Woods
440-Yard Dash, 1960

April 29-May 1, 2004

Big 12 Outdoor Track & Field Championships

University of Oklahoma • Norman, Okla. • John Jacobs Field

Events below (Central Daylight Time)

Thursday, April 29:	First Track Event	8 p.m.	Men's 10K
	First Field Event	1 p.m.	Women's Hammer
Friday, April 30:	First Track Event	4:30 p.m.	Women's 1,500 Prelims
	First Field Event	2 p.m.	Women's Long Jump
Sunday, May 1:	First Track Event	4 p.m.	4x100m Relay (Women's)
	First Field Event	1 p.m.	Women's Triple Jump

Results available via the Internet at www.soonersports.com

Quickly...The University of Colorado track & field team heads to Norman, Okla., for the Eighth Annual Big 12 Outdoor Track & Field Championships at John Jacobs Field at the University of Oklahoma. The meet gets underway on Thursday, April 29, and runs through Saturday, May 1. Colorado is sending 32 of it's finest the Sooner State, including past champions Dathan Ritzenhein and Sara Slattery. This marks the first time the meet has been held at the University of Oklahoma.

Bufs at the Big 12 Outdoor Championships...A year ago, the Buffalo men were seventh and the women eighth with two Buffaloes claiming individual titles. Historically, the Bufs have finished as high as fourth in the Big 12 meet. In 2000 the Buff women actually finished higher at the NCAA Championships (8th) than they did at the Big 12 Championships (9th).

	Men	Women	Men NCAA	Women NCAA
1997	8th	4th	t-44th	t-14th
1998	6th	7th	14th	22nd
1999	5th	6th	t-22nd	t-35th
2000	10th	9th	t-53rd	t-8th
2001	8th	10th	t-25th	t-35th
2002	8th	6th	9th	17th
2003	7th	8th	t-65th	t-39th

From an individual perspective, the Buffaloes have claimed 11 women's titles and nine men's in Big 12 competition, including a CU record six overall two years ago:

Men's:	1,500 Meter Run	Adam Goucher, 1998*
	5,000 Meter Run	Jorge Torres, 2002*
		Adam Goucher, 1997, 98*
		Ron Roybal, 1999
		Dathan Ritzenhein, 2002*
		Jorge Torres, 2003
	3,000 Meter Steeplechase	Steve Slattery, 2001, 02
	100 Meter Hurdles	Hannah Cooper, 2002
Women's:	1,500 Meter Run	Shayne Wille, 1997
		Kara Grgas-Wheeler, 2000*
	3,000 Meters	Shayne Wille, 1997
		Jennifer Smith, 1998
	3,000 Meter Steeplechase	Lesley Higgins, 2002
	5,000 Meter Run	Sara Gorton, 2002*
		Sara Gorton, 2003
	10,000 Meter Run	Jen Gruia, 1998
		Tera Moody, 2000
	Heptathlon	Heather Sterlin, 1997

*-Meet Records

Making Marks In Field Events...CU's field events athletes have been doing some damage on the school all-time best lists this season. Anna Magle's high jump of 5-8 is the fifth best in school history...Liza Negriff's triple jump season best of 39-08.00 is the third-best mark in school history and makes her the second-best triple jumper in school history behind record holder Udie Ekiko, who owns the top jump of 40-2.

**2004 Big 12
Track & Field Championships**

**Schedule (All times CDT)
Thursday, April 29**

Field Events

- 1 p.m. Hammer - final Women
- 4 p.m. Hammer - final Men
- 6:30 p.m. Javelin - final Women

Track Events

- 8 p.m. 10,000 meter - final Men
- 8:45 p.m. 10,000 meter - final Women

Friday, April 30

Field Events

- 2 p.m. Long Jump - final Women
- 2 p.m. Discus - final Women
- 4 p.m. Pole Vault - final Men
- 5 p.m. High Jump - final Women
- 5:30 p.m. Shot Put - final Men
- 5:30 p.m. Long Jump - final Men

Track Events

- 4:30 p.m. 1500 meter - prelims W & M
- 5:10 p.m. 100 meter hurdles - prelims W
- 110 meter hurdles - prelims M
- 5:50 p.m. 400 meter - prelims W & M
- 6:15 p.m. 100 meter - prelims W & M
- 6:40 p.m. 800 meter - prelims W & M
- 7:10 p.m. 400 meter hurdles - prelims
- 7:40 p.m. 200 meters - prelims W & M

Saturday, May 1

Field Events

- 1 p.m. Triple Jump - final Women
- 1 p.m. Javelin - final Men
- 2:30 p.m. Discus - final Men
- 3 p.m. Pole Vault - final Women
- 4 p.m. Shot Put - final Women
- 4 p.m. Triple Jump - final Men
- 5 p.m. High Jump - final Men

Track Events

- 4 p.m. 400 meter relay -final W & M
- 4:15 p.m. 3000 meter SC - final W & M
- 4:45 p.m. 1500 meter - final W & M
- 5:10 p.m. 100 meter hurdles - final W
- 110 meter hurdles- final M
- 5:30 p.m. 400 meter - final W & M
- 5:45 p.m. 100 meter - final W & M
- 6 p.m. 800 meter - final W & M
- 6:15 p.m. 400 meter hurdles - final W&M
- 6:30 p.m. 200 meters - final W & M
- 6:45 p.m. 5,000 meters - final W & M
- 7:30 p.m. 1,600 meter relay - final W&M
- 9:35 p.m. 4x400m Relay (Men)

Colorado on the MIDWEST LIST

Men 1500 Meter Run

- 2. Dathan Ritzzenhein, 3:43.15 04-17
- 4. Brett Schoolmeester, 3:45.27 04-10

Men 3000 Meter Steeplechase

- 12. Pete Janson, 9:04.20 04-16

Men 5000 Meter Run

- 3. Bret Schoolmeester, 13:50.24 04-16
- 10. Bill Nelson, 14:07.53 04-16

Men Shot Put

- 18. Andy Passen, 16.70m 03-20

Men Discus Throw

- 22. Zach Hazen, 52.09m 04-17
- 27. James Begley, 51.50m 03-26

Women 1500 Meter Run

- 6. Renee Metiever, 4:26.28 04-10

Women 3000 Meter Steeplechase

- 5. Kendall Grgas-Wheeler, 10:43.05 4-16

Women 5000 Meter Run

- 1. Renee Metiever, 15:49.08 04-16
- 8. Natalie Florence, 16:48.93 04-16

Women 10000 Meter Run Finals

- 3. Christine Bolf, 34:13.72 03-27
- 4. Kalin Toedebusch, 34:22.84 03-27

Conspicuously Absent, Until Now...Sara Gorton is not gone. She's just Sara Slattery now after marrying former CU steeple standout and former Big 12 Champion Steve Slattery in January. She made her 2003-04 season debut on April 24 at CSU's Jack Christensen Invitational, running a rust-buster 1,500. She'll attempt to defend her Big 12 5,000 meter title this weekend in Norman in her first competitive 5K since taking third at the NCAA's last June.

Been There, Done That...Twenty of CU's athletes this weekend are making return trips to the Big 12 Championships, and 12 of those have scored points for Colorado on at least one occasion. This year the Buffs are bringing 32 student-athletes to Norman, meaning 12 of them are outdoor meet rookies.

Everybody's All-Americans...CU's got five of them back for this season in Dathan Ritzzenhein, Sara Slattery and Renee Metiever. Ritz has been an All-American several times, as has Gorton. Metiever earned AA status in the indoor mile this past spring.

Titleists...Not so much the golf balls as CU Buffs this season with an NCAA title. The magic number this year is zero with an outdoor title, however sophomore Dathan Ritzzenhein won the men's cross country national title in 2003 and sophomore Sara Slattery won the women's indoor 5,000 meter NCAA title in Arkansas in 2003.

The Man...The Myth...The Reality...is that Mark Wetmore is a proven success in collegiate track & field coaching when it comes to his distance runners. He comes to Norman having guided 12 athletes to NCAA titles, including Olympians Adam Goucher (cross 1998, indoor 3K in 1997 and 1998, outdoor 5K in 1998) and Alan Culpepper (outdoor 5K in 1996), recent grad Kara Grgas-Wheeler (2000 outdoor 3K and 5K and NCAA cross), Jodie Hughes in the indoor 5K in 2001, Sara Gorton in the indoor 5K this year and Jorge Torres in men's cross country in 2002 and Dathan Ritzzenhein in 2003.

COLORADO IN MIDWEST REGIONAL BANKINGS

Women 1,500 Meter Run			
1. Sara Gorton	4:15.48	5-03	Fifth-fastest at CU
13. Brianna Torres	4:28.96	4-12	
15. Jackie Zeigle	4:29.51	4-18	
Women 3000 Meter Steeplechase			
3. Natalie Florence	10:30.11	5-01	PR
8. Kendall Grgas-Wheeler	10:48.43	5-01	PR
Women 5000 Meter Run			
1. Sara Gorton	15:24.97	4-19	Fourth best in NCAA ever
5. Molly Austin	16:30.65	5-03	
11. Brianna Torres	16:56.65	5-03	
Women 10000 Meter Run Finals			
2. Molly Austin	33:41.03	4-19	Two-time AA in event
4. Brianna Torres	34:47.38	4-17	
5. Natalie Florence	35:11.69	4-17	
Women 100 Meter Hurdles			
22. Deneeka Torrey	14.03	5-01	
Women 400 Meter Hurdles			
22. Deneeka Torrey	1:01.41	5-01	
Women High Jump			
18. Anna Magle	1.70m	4-12	Eighth-best jump at CU
Women Pole Vault			
18. Megan Buttner	3.75m	4-19	School record holder
Women Discus Throw			
22. Carly Newlands	46.20m	5-03	
Women Javelin Throw			
13. Hannah Warfield	45.84m	4-19	Fourth-best throw at CU
Men 400 Meter Dash			
24. Daric Wilhite	47.45	5-01	
Men 1500 Meter Run			
2. Jorge Torres	3:43.14	4-19	Time in CU top 10
8. Dathan Ritzenhein	3:46.88	4-12	
15. Bryan Dillon	3:48.08	4-26	
19. Jared Scott	3:48.54	4-26	
26. Brett Schoolmeester	3:49.64	4-12	
Men 5000 Meter Run			
1. Jorge Torres	13:24.56	5-03	CU Record
2. Dathan Ritzenhein	13:39.17	4-19	
9. Billy Nelson	14:02.39	4-19	
16. Brett Schoolmeester	14:10.26	4-19	
Men 110 Meter Hurdles			
19. AK Ikwuakor	14.26	3-29	
Men 400 Meter Hurdles			
11. AK Ikwuakor	51.99	4-12	Top five 400Hers at CU
Men High Jump			
17. Andy Miller	2.08m	5-01	Third-best CU jumper ever
Men Discus Throw			
33. Zach Hazen	50.46m	4-26	
Men Hammer Throw			
7. Chase Mullen	59.91m	4-12	Second best toss at CU

COLORADO IN BIG 12 OUTDOOR MEETS

Year	Event	Place	Mark
Christine Bolf			
2003	5,000 Meter Run	6th	17:19.44
	10,000 Meter Run	10th	37:40.17
Matt Carr			
2003	Hammer Throw	4th (Prelims)	52.52m 172-04
Natalie Florence			
2002	Steeplechase	2nd	10:30.26
Sara Slattery			
2003	1,500 Meter Run	2nd	4:19.14
	5,000 Meter Run	1st	16:19.99
Kendall Grgas-Wheeler			
2001	Steeplechase	9th	11:27.76
2003	Steeplechase	5th	11:03.66
Zach Hazen			
2003	Discus Throw	7th (Prelims)	47.99m 157-05
	Hammer Throw	5th (Prelims)	51.82m 170-00
Brandon Johnson			
2003	Long Jump	7th (Prelims)	6.88m 22-07.00
Anna Magle			
2002	High Jump	7th	1.70m 5-07.00
2003	High Jump	10th	1.70m 5-07.00
Matt McCue			
2003	5,000 Meter Run	19th	15:15.49
Tera Moody			
2000	5,000 Meter Run	5th	16:57.98
	10,000 Meter Run	1st	34:50.43
2002	10,000 Meter Run	3rd	35:33.58
Sam Napp			
2003	100 Meter Dash	8th (Prelims)	10.74
	200 Meter Dash	5th (Prelims)	21.81
Liza Negriff			
2003	Triple Jump	5th	11.50m 37-08.75
Carly Newlands			
2002	Discus Throw	13th	43.01m 141-01
2003	Discus Throw	8th (Prelims)	40.57m 133-01
Andy Passen			
2002	Shot Put	14th	15.43m 50-07.50
Dathan Ritzenhein			
2002	5,000 Meter Run	1st	13:56.21
Jon Severy			
2001	5,000 Meter Run	11th	14:53.19
	10,000 Meter Run	9th	31:32.00
2003	5,000 Meter Run	8th	14:43.07
	10,000 Meter Run	5th	31:15.64
Jared Scott			
2003	5,000 Meter Run	16th	15:12.54
Bret Schoolmeester			
2003	1,500 Meter Run	5th	3:49.70
Deneeka Torrey			
2001	400 Meter Hurdles	6th (Prelims)	1:03.62
2002	400 Meter Hurdles	5th	59.50
2003	100 Meter Hurdles	6th	14.10
	400 Meter Hurdles	7th	1:02.39
Hannah Warfield-Ruffato			
2003	Javelin	4th	46.51m 152-07
Daric Wilhite			
2003	400 Meter Dash	6th (Prelims)	48.24
Jackie Ziegler			
2003	5,000 Meter Run	19th	18:16.47

COLORADO WOMEN'S OUTDOOR CONFERENCE INDIVIDUAL CHAMPIONS

800-meter Run

Leigh Ballenger, 1978 (2:08.7)
Leigh Ballenger, 1980 (2:07.7)

1,500-meter Run

Kelly Smith, 1996 (4:21.46)
Shayne Wille, 1997 (4:16.66)
Kara Grgas-Wheeler, 2000 (4:12.15)

3,000-meter Run

Dana Slater, 1979 (9:42.37)
Natalie Raveling, 1995 (9:31.62)
Natalie Raveling, 1996 (9:40.68)
Shayne Wille, 1997 (9:36.48)
Jennifer Smith, 1998 (9:38.57)

3,000-meter Steeplechase

Lesley Higgins, 2002 (10:26.16)

5,000-meter Run

Sada Slater, 1979 (17:08.71)
Patty Roberts, 1995 (16:43.20)
Natalie Raveling, 1996 (16:51.29)
Sara Gorton, 2002 (16:11.83)
Sara Gorton, 2003 (16:19.99)

10,000-meter Run

Amy McNitt, 1995 (35:26.24)
Jen Gruia, 1998 (35:42.72)
Tera Moody, 2000 (34:50.43)

100-meter Hurdles

Donna Waller, 1986 (13.76)
Donna Waller, 1987 (13.33)
Yolanda Johnson, 1990 (13.50)
Yolanda Johnson, 1991 (13.47)
Yvonne Scott, 1994 (13.69)
Yvonne Scott, 1995 (13.49)
Yvonne Scott, 1996 (13.35)
Hannah Cooper, 2002 (13.16)

400-meter Hurdles

Leona Russell, 1995 (58.31)
Leona Russell, 1996 (58.13)

Heptathlon

Annette Tannender, 1982 (5,671)
Annette Tannender, 1983 (5,638)
Carol Hood, 1991 (5,375)
Pam Owen, 1993 (5,279)
Heather Sterlin, 1994 (5,045)
Heather Sterlin, 1995 (5,360)
Heather Sterlin, 1996 (5,391)
Heather Sterlin, 1997 (5,483)

Javelin

Liz Lampros, 1987 (157-8)

Long Jump

Annette Tannender, 1979 (19-2)

Discus

Brenda Denny, 1979 (164-0)
Nicole Roberts, 1990 (165-5)
Nicole Roberts, 1992 (163-11)

Melisa Weis, 1993 (171-8)
Melisa Weis, 1994 (179-5)

High Jump

Annette Tannender, 1979 (5-10)
Karol Damon, 1991 (5-11 1/42)

Shot Put

Rosario Ramos, 1979 (45-1 3/44)
Melisa Weis, 1994 (54-0)

4x400-meter Relay

Tasha Ward/Tamara Ards/Heather Sterlin/Leona Russell, 1996 (3:34.47)

Conference Outdoor Team Finishes

1977: 6th
1978: 5th
1979: 3rd
1980: 3rd
1981: 7th
1982: 7th
1983: 7th
1984: 8th
1985: 8th
1986: 7th
1987: 8th
1988: 7th
1989: 5th
1990: 6th
1991: 5th
1992: 5th
1993: 4th
1994: 2nd
1995: 2nd
1996: 1st

Big 12 Conference

1997: 4th
1998: 7th
1999: 6th
2000: 9th
2001: 10th
2002: 6th
2003: 8th

COLORADO MEN'S OUTDOOR CONFERENCE INDIVIDUAL CHAMPIONS

100-yard/meter Dash

Don Campbell, 1949 (:09.6)
Chuck Smith, 1957 (:10.0)
George Daniels, 1971 (:09.3)
George Daniels, 1972 (:09.6)

220-yard/200-meter Dash

Don Campbell, 1949 (:22.6)
Chuck Smith, 1957 (:21.9)
Orlando Hazley, 1959 (:20.9)
George Daniels, 1971 (:20.4)
James Davis, 1996 (:20.73)

440-yard/400-meter Dash

Chuck Carlson, 1959 (:46.5)
Ted Woods, 1960 (:47.7)
Jim Heath, 1961 (:46.5)
Ted Woods, 1962 (:46.1)
Dean Greenaway, 1979 (:46.04)
James Davis, 1996 (:45.67)

880-yard/800-meter Run

Mike Peake, 1958 (1:50.0)
Rick Musgrave, 1976 (1:49.22)
Mike Macinko, 1989 (1:47.89)

Mile/1,500-meter Run

Rick Musgrave, 1976 (3:47.46)
Tom Smith, 1980 (3:47.55)
Adam Goucher, 1998 (3:43.27)
Jorge Torres, 2002 (3:42.91)

2-mile/5,000-meter run

Bernie Frakes, 1958 (9:16.5)
Bob Griffith, 1962 (9:11.1)
Mark Spilsbury, 1978 (14:10.14)
Mark Spilsbury, 1979 (14:03.75)
Mark Scrutton, 1980 (14:15.41)
Mark Scrutton, 1981 (14:33.53)
Mark Scrutton, 1982 (13:57.55)
Mark Scrutton, 1983 (13:54.97)
Adam Goucher, 1995 (14:00.30)
Adam Goucher, 1997 (14:19.38)
Adam Goucher, 1998 (14:07.51)
Ron Roybal, 1999 (14:23.13)
Dathan Ritzenhein, 2002 (13:56.21)
Jorge Torres, 2003 (14:16.37)

3-mile/10,000-meter Run

Ted Castenada, 1973 (13:37.4)
Ted Castenada, 1974 (13:24.6)
Mark Scrutton, 1980 (29:35.23)
Mark Scrutton, 1981 (29:44.98)
Mark Scrutton, 1982 (30:11.39)
Mark Scrutton, 1983 (29:02.87)
Chuck Trujillo, 1986 (31:14.63)

330-yard Intermediate Hurdles

Jim Miller, 1963 (:36.5)
Jim Miller, 1964 (:36.4)
Jim Miller, 1965 (:36.4)

120-yard High Hurdles

Pat Hindman, 1954 (:14.2)
Jim Miller, 1964 (:14.0)
Marcus Walker, 1970 (:13.7)

Mile Relay

1962 (3:12.5)

440-yard/400-meter Relay

1964 (:40.5)
1972 (:40.6)

400-meter Hurdles

Maurice Mitchell, 1993 (49.66)
Maurice Mitchell, 1994 (50.27)

High Jump

Joe Gold, 1949 (6-1 7/8)
Bill Jankunis, 1975 (7-4)
Jason Dudley, 1988 (6-11 1/42)
Jason Dudley, 1990 (7-1 3/44)

Long Jump

Don Meyers and Bill Toomey,
1960 (23-5 1/42)

Don Meyers, 1961 (24-6)
Lynn Baker, 1965 (24-6)
Kingsley Adams, 1972 (25-1)
Kingsley Adams, 1972 (25-10 1/44)

Triple Jump

James Nyumutei, 1974 (52-0 3/44)
Don Duval, 1976 (50-11 3/44)

Pole Vault

Warren Bateman, 1948 (13-7)
Chuck Rogers, 1967 (15-8)
Chuck Rogers, 1968 (16-8)
Dave Bussabarger, 1969 (15-7 1/44)
Bill Curnow, 1975 (17-0)

Javelin

Jack Todd, 1948 (198-7 3/44)
Jack Todd, 1949 (194-8 3/44)
George Holley, 1950 (204-2)
George Holley, 1951 (201-9)
Ken Yob, 1956 (222-10)
Ken Yob, 1957 (213-3)
Dick Clark, 1961 (228 1/42)
Dick Clark, 1962 (241-4 1/42)

Shot Put

Jim Allen, 1950 (53-10 1/44)
Wally Tanner, 1952 (49-7)

Discus

Doug Fuchs, 1954 (155-4 1/44)
Matt Lepsis, 1996 (182-3)
Jeff Singleton, 1998 (181-7)

3,000-meter Steeplechase

Terry Johnson, 1979 (8:58.9)
Dan Reese, 1987 (8:51.71)
Steve Slattery, 2001 (8:47.16)
Steve Slattery, 2002 (8:51.25)

110-meter High Hurdles

Maurice Mitchell, 1994 (14.09)

Conference Outdoor Team Finishes

1948: 5th
1949: 2nd
1950: 2nd
1951: 6th
1952: 6th
1953: 7th
1954: 4th
1955: 7th
1956: 3rd
1957: 2nd
1958: 7th
1959: 6th
1960: 5th
1961: 6th
1962: 3rd
1963: 4th
1964: 6th
1965: 6th
1966: 6th
1967: 5th
1968: 6th
1969: 6th
1970: 7th
1971: 5th
1972: 4th
1973: 5th
1974: 3rd
1975: 4th
1976: 3rd(tie)
1977: 7th

Big 12 Conference

1978: 7th
1979: 5th
1980: 6th
1981: 8th
1982: 8th
1983: 7th
1984: 8th
1985: 8th
1986: 4th
1987: 7th
1988: 7th
1989: 5th
1990: 4th
1991: 6th
1992: 5th
1993: 3rd
1994: 4th
1995: 6th
1996: 3rd

COLORADO TRACK & FIELD OUTDOOR RECORDS

Event	CU Record	Event	CU Record
100 Meters	11.65, Yolanda Johnson Colorado Relays, 1990	100 Meters	10.0, Cliff Branch NCAA Outdoors, 1972
100-meter Hurdles	12.98, Yvonne Scott NCAA Outdoors, 1996	110-meter Hurdles	13.3, Marcus Walker USA-France Dual, 1970
200 Meters	23.86, Tamisha Johns Big Eight Outdoors, 1993	200 Meters	20.58, Ray Pryor Colorado Relays, 1976
400 Meters	54.22, Tamara Ards Big Eight Outdoors, 1994	400 Meters	45.64, James Davis Big Three, 1996
400-meter Hurdles	57.77, Leona Russell NCAA Championships, 1996	400-meter Hurdles	49.66, Maurice Mitchell Big Eight Outdoors, 1993
800-meter Run	2:03.7, Lee Ballenger Eugene, Ore., 1978	800 Meters	1:46.47, Mike Macinko World Cup, 1989
1,500 Meters	4:10.81, Shayne Wille USATF Championships, 1997	1,500 Meters	3:39.74, Alan Culpepper Big Eight Championships, 1996
3,000 Meters	8:54.22, Kara Grgas-Wheeler Stanford Invitational, 2000	3,000-meter Steeplechase	8:26.35, Steve Slattery USATF Championships, 2001
3,000 Meter Steeplechase	10:13.8H, Lesley Higgins Mt. SAC Relays, 2002	5,000 Meters	13:24.56, Jorge Torres Cardinal Invitational, 2003
5,000 Meters	15:24.97, Sara Gorton Mt. SAC Relays, 2003	10,000 Meters	28:30.6, Ted Castaneda Munich (West Germany), 1973
10,000 Meters	32:50.80, Jodie Hughes Mt. SAC Relays, 2002	4x100-meter Relay	39.5, (Daniels/Brunson/ Walker/Brance), USTFF, 1971
4x100-meter Relay	44.95 (Cooper/Buchanan/Schuler/Joy) Cowtown Classic, 2001	4x400-meter Relay	3:05.16, (Johnson/Carruth/Warren/ Mitchell), George Mason, 1994
4x400-meter Relay	3:33.07 (Ward/Ards/Sterlin/Russell) NCAA Championships, 1996	4x800-meter Relay	7:26.12, (Pixler/Craze/Nock/Harris) Drake Relays, 1985
Mile Relay	3:49.1, (Ballenger/Chambers/McClendon/Dolas) Big Eight Outdoors, 1980	High Jump	7-4, Bill Jankunis Big Eight Outdoors
4x1,500-meter Relay	17:36.60, (Messner/Raveling/Wille/Smith) Penn Relays, 1996	Long Jump	26-13/4, Kingsley Adams Drake Relays
High Jump	6-3, Karol Damon New Mexico Invite, 1991	Triple Jump	53-61/2, James Nyumutei Drake Relays, 1974
Long Jump	20-10 1/2, Annette Tannander NCAA Outdoors, 1983	Discus	209-7, Art Burns CU-Air Force Dual, 1977
Triple Jump	40-2, Udie Ekiko Colorado Classic, 1994	Shot Put	60-111/2, Chris Volgenau Big Eight Outdoors, 1992
Discus	181-7, Melisa Weis Modesto Relays, 1994	Javelin	181-1, Sam Gluck Colorado State Open, 1990
Shot Put	54-6, Melisa Weis USATF Championships, 1993	Pole Vault	17-61/2, Dennis Fuller Big Eight Outdoors, 1981
Javelin	169-5, Liz Lampros NCAA Outdoors, 1986	Decathlon	7,645, Mike Hill NCAA Outdoors, 1974
Heptathlon	5,793, Annette Tannander NCAA Outdoors, 1983	Hammer Throw	196-9, Jeff Singleton Boulder, 1997
Hammer Throw	196-10, Janet Visosky Big 12 Championships, 1998		
Pole Vault	12-6, Megan Buttner Jack Christensen Invitational, 2003		

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MEN'S SEASON RESULTS

Athlete	Meet	Date	Raw Mark	Place
100 Meter Dash				
Sam Napp	Pepsi Invitational	4-10-04	10.76	3rd
Sam Napp	Jack Christensen Invite	4-24-04	10.82	1st
Eric Lee-O'Brien	Pepsi Invitational	4-10-04	10.90	4th
Eric Lee-O'Brien	Jack Christensen Invite	4-24-04	10.99	5th
Eric Lee-O'Brien	ASU Invitational	3-27-04	11.18	14th
Sam Napp	Tom Benich Classic	4-3-04	11.21	2nd
Sam Napp	ASU Invitational	3-27-04	11.26	15th
Eric Lee-O'Brien	Tom Benich Classic	4-3-04	11.44	7th
Abe Freisen	Tom Benich Classic	4-3-04	11.45	9th
Abe Freisen	Jack Christensen Invite	4-24-04	11.46	9th
200 Meter Dash				
Sam Napp	Pepsi Invitational	4-10-04	21.71	4th
Sam Napp	Jack Christensen Invite	4-24-04	21.74	3rd
George Pincock	Pepsi Invitational	4-10-04	21.78	6th
George Pincock	Jack Christensen Invite	4-24-04	21.83	4th
Eric Lee-O'Brien	Jack Christensen Invite	4-24-04	21.89	5th
Sam Napp	Potts Invitational	3-20-04	22.02	1st
Eric Lee-O'Brien	Potts Invitational	3-20-04	22.15	2nd
Chris Abuan	Tom Benich Classic	4-3-04	22.22	1st
Daric Wilhite	Potts Invitational	3-20-04	22.33	3rd
Sam Napp	Tom Benich Classic	4-3-04	22.42	4th
Eric Lee-O'Brien	Tom Benich Classic	4-3-04	22.69	7th
Daric Wilhite	Tom Benich Classic	4-3-04	22.75	9th
Sam Napp	ASU Invitational	3-27-04	22.77	13th
Abe Friesen	Jack Christensen Invite	4-24-04	22.96	13th
Abe Friesen	Tom Benich Classic	4-3-04	22.99	16th
Abe Freisen	Potts Invitational	3-20-04	23.02	5th
400 Meter Dash				
George Pincock	Jack Christensen Invite	4-24-04	47.76	3rd
Chris Abuan	Tom Benich Classic	4-3-04	48.07	1st
Daric Wilhite	Jack Christensen Invite	4-24-04	48.17	5th
George Pincock	Pepsi Invitational	4-10-04	48.27	5th
Daric Wilhite	Potts Invitational	3-20-04	48.30	2nd
George Pincock	Mt. SAC Relays	4-17-04	48.41	7th
Chris Abuan	Potts Invitational	3-20-04	48.48	3rd
Jason Zichterman	Potts Invitational	3-20-04	48.52	4th
Daniel Lowery	Jack Christensen Invite	4-24-04	48.82	8th
George Pincock	ASU Invitational	3-27-04	48.97	6th
Daric Wilhite	Tom Benich Classic	4-3-04	49.04	5th
Daniel Lowery	Potts Invitational	3-20-04	49.20	5th
Daric Wilhite	Pepsi Invitational	4-10-04	49.29	8th
Daric Wilhite	Mt. SAC Relays	4-17-04	49.53	7th
Daniel Lowery	Tom Benich Classic	4-3-04	50.04	8th
Daniel Kenney	Potts Invitational	3-20-04	51.86	8th
800 Meter Run				
Jason Zichterman	Mt. SAC Relays	4-17-04	1:50.94	2nd
Jason Zichterman	Pepsi Invitational	4-10-04	1:51.03	3rd
Jason Zichterman	ASU Invitational	3-27-04	1:51.29	2nd
Stephen Pifer	ASU Invitational	3-27-04	1:51.76	3rd
Daniel Kenney	Pepsi Invitational	4-10-04	1:53.23	7th
Gus Lundin	ASU Invitational	3-27-04	1:53.61	9th
Daniel Kenney	Long Beach Invitational	4-17-04	1:53.84	8th
Jared Scott	Jack Christensen Invite	4-24-04	1:53.88	5th
Gus Lundin	Long Beach Invitational	4-17-04	1:53.96	9th
Daniel Kenney	ASU Invitational	3-27-04	1:54.81	11th

1,500 Meter Run				
Dathan Ritzenhein	Mt. SAC Relays	4-17-04	3:43.15	5th
Bret Schoolmeester	Pepsi Invitational	4-10-04	3:45.27	2nd
Jared Scott	Pepsi Invitational	4-10-04	3:52.33	8th
Jared Scott	ASU Invitational	3-27-04	3:52.90	2nd
Jared Scott	Mt. SAC Relays	4-17-04	3:52.91	7th
Gus Lundin	Pepsi Invitational	4-10-04	3:55.62	11th
Pete Janson	Mt. SAC Relays	4-17-04	3:56.52	
Erik Heinonen	ASU Invitational	3-27-04	3:57.12	5th
Gus Lundin	Potts Invitational	3-20-04	3:58.90	1st
Jon Severy	Jack Christensen Invite	4-24-04	4:07.72	10th
Greg Castro	Jack Christensen Invite	4-24-04	4:17.73	14th

3,000 Meter Run				
Dathan Ritzenhein	Pepsi Invitational	4-10-04	7:50.39	1st
Erik Heinonen	Pepsi Invitational	4-10-04	8:27.40	5th
Erik Heinonen	Potts Invitational	3-20-04	8:50.69	2nd
Matt McCue	Potts Invitational	3-20-04	9:04.03	3rd
Will Campbell	Potts Invitational	3-20-04	9:25.49	4th

5,000 Meter Run				
Bret Schoolmeester	Mt. SAC Relays	4-16-04	13:50.24	4th
Billy Nelson	Mt. SAC Relays	4-16-04	14:07.53	22nd
Jon Severy	Mt. SAC Relays	4-16-04	14:39.11	9th
Matt McCue	Mt. SAC Relays	4-16-04	15:06.64	29th
Will Campbell	Tom Benich Classic	4-3-04	16:11.58	6th

10,000 Meter Run				
Matt McCue	Stanford Invitational	3-30-04	31:14.66	67th

Men 110 Meter Hurdles				
Mike Crockenburg	Jack Christensen Invite	4-24-04	15.47	8th
Mike Crockenburg	Potts Invitational	3-20-04	16.17	2nd

400 Meter Hurdles				
Brandon Johnson	Long Beach Invitational	4-17-04	53.20	7th
Brandon Johnson	Potts Invitational	3-20-04	54.26	1st
Brandon Johnson	Pepsi Invitational	4-10-04	54.85	6th
Brandon Johnson	Tom Benich Classic	4-3-04	54.98	3rd
Reggie Whisenton	Pepsi Invitational	4-10-04	55.61	7th
Brandon Johnson	Jack Christensen Invite	4-24-04	55.85	4th
Reggie Whisenton	Jack Christensen Invite	4-24-04	56.37	7th
Reggie Whisenton	Tom Benich Classic	4-3-04	56.48	7th
Reggie Whisenton	ASU Invitational	3-27-04	56.79	6th
Mike Crockenburg	Potts Invitational	3-20-04	1:00.72	3rd
Mike Crockenburg	Tom Benich Classic	4-3-04	1:01.93	13th

3,000 Meter Steeplechase				
Pete Janson	Mt. SAC Relays	4-16-04	9:04.20	1st
Payton Batliner	ASU Invitational	3-27-04	9:33.18	2nd

4x100 Meter Relay				
No Order Listed	Jack Christensen Invite	4-24-04	41.17	1st
N/A	ASU Invitational	3-27-04	41.59	3rd
No Order Listed	Potts Invitational	3-20-04	42.13	1st
Lee-O'Brien, Wilhite, Pincock, Napp	Pepsi Invitational	4-10-04	42.17	3rd

4x400 Meter Relay				
Pincock, Zichterman, Wilhite, Johnson	Pepsi Invitational	4-10-04	3:13.26	4th
No Order Listed	Potts Invitational	3-20-04	3:15.41	1st
N/A	ASU Invitational	3-27-04	3:15.72	3rd

Men High Jump				
Brandon Johnson	Pepsi Invitational	4-10-04	2.05m, 6-08.75	5th
Andy Miller	Potts Invitational	3-20-04	2.00m, 6-06.75	1st
Brandon Johnson	Potts Invitational	3-20-04	1.95m, 6-04.75	3rd

Men Pole Vault				
Blake Vanier	Potts Invitational	3-20-04	4.45m, 14-07.25	2nd
Long Jump				
Brandon Johnson	Potts Invitational	3-20-04	7.32m, 24-00.25	1st
Brandon Johnson	Pepsi Invitational	4-10-04	7.13m, 23-04.75	5th
Brandon Johnson	ASU Invitational	3-27-04	7.08m, 23-02.75	5th
Brandon Johnson	Mt. SAC Relays	4-16-04	7.03m, 23-00.75	1st
Marcus Moore	Jack Christensen Invite	4-24-04	6.40m, 21-00.00	3rd
Travis Greiman	Jack Christensen Invite	4-24-04	6.18m, 20-03.50	4th
Travis Greiman	Potts Invitational	3-20-04	6.14m, 20-01.75	3rd
Shot Put				
Andy Passen	Jack Christensen Invite	4-24-04	17.19m, 56-04.75	1st
Andy Passen	Potts Invitational	3-20-04	16.70m, 54-09.50	1st
Andy Passen	ASU Invitational	3-27-04	15.81m, 51-10.50	9th
Andy Passen	Pepsi Invitational	4-10-04	15.60m, 51-02.25	2nd
Andy Passen	Tom Benich Classic	4-3-04	15.34m, 50-04.00	4th
Ryan Willis	Jack Christensen Invite	4-24-04	15.20m, 49-10.50	6th
Ryan Willis	Pepsi Invitational	4-10-04	13.91m, 45-07.75	7th
Ryan Willis	Tom Benich Classic	4-3-04	13.41m, 44-00.00	13th
James Begley	Potts Invitational	3-20-04	10.86m, 35-07.75	5th
Discus Throw				
Zach Hazen	Mt. SAC Relays	4-16-04	52.09m, 170-11	3rd
James Begley	ASU Invitational	3-27-04	51.50m, 168-11	3rd
Zach Hazen	Pepsi Invitational	4-10-04	50.73m, 166-05	4th
Zach Hazen	Jack Christensen Invite	4-24-04	50.42m, 165-05	3rd
James Begley	Pepsi Invitational	4-10-04	49.99m, 164-00	5th
James Begley	Mt. SAC Relays	4-16-04	47.09m, 154-06	14th
Matt Carr	Pepsi Invitational	4-10-04	45.19m, 148-03	8th
Matt Carr	ASU Invitational	3-27-04	49.15m, 161-03	8th
Zach Hazen	Potts Invitational	3-20-04	48.04m, 157-07	2nd
James Begley	Potts Invitational	3-20-04	47.28m, 155-01	3rd
Matt Carr	Jack Christensen Invite	4-24-04	47.22m, 154-11	8th
Matt Carr	Potts Invitational	3-20-04	46.06m, 151-01	4th
Hammer Throw				
Matt Carr	ASU Invitational	3-27-04	55.35m, 181-07	9th
Zach Hazen	ASU Invitational	3-27-04	53.84m, 176-08	11th
Matt Carr	Jack Christensen Invite	4-24-04	53.51m, 175-07	10th
Zach Hazen	Pepsi Invitational	4-10-04	53.22m, 174-07	5th
Zach Hazen	Jack Christensen Invite	4-24-04	52.96m, 173-09	12th
Matt Carr	Pepsi Invitational	4-10-04	52.71m, 172-11	6th
Matt Carr	Potts Invitational	3-20-04	52.60m, 172-07	4th
Andy Passen	Tom Benich Classic	4-3-04	50.44m, 165-06	11th
Zach Hazen	Mt. SAC Relays	4-16-04	49.82m, 163-05	11th
Zach Hazen	Potts Invitational	3-20-04	49.39m, 162-00	5th
Andy Passen	ASU Invitational	3-27-04	48.23m, 158-03	17th
Andy Passen	Potts Invitational	3-20-04	47.22m, 154-11	7th
Andy Passen	Jack Christensen Invite	4-24-04	46.56m, 152-09	16th
Ryan Willis	ASU Invitational	3-27-04	44.68m, 146-07	20th
James Begley	ASU Invitational	3-27-04	43.53m, 142-10	21st
Ryan Willis	Tom Benich Classic	4-3-04	42.91m, 140-09	16th
James Begley	Potts Invitational	3-20-04	40.78m, 133-09	8th
James Begley	Tom Benich Classic	4-3-04	40.77m, 133-09	18th
James Begley	Jack Christensen Invite	4-24-04	37.45m, 122-10	21st
Javelin Throw				
Andy Miller	Potts Invitational	3-20-04	38.61m, 126-08	1st

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WOMEN'S SEASON RESULTS

Athlete	Meet	Date	Raw Mark	Place
100 Meter Dash				
Julia DeMarines	Tom Benich Classic	4-3-04	14.39	16th
200 Meter Dash				
Deneeka Torrey	Potts Invitational	3-20-04	25.36	1st
Jackie Sturm	Jack Christensen Invite	4-24-04	26.06	5th
Alex Boksay	Potts Invitational	3-20-04	26.43	2nd
Jackie Sturm	Pepsi Invitational	4-10-04	26.44	7th
Jackie Sturm	ASU Invitational	3-27-04	26.65	11th
Alexandra Boksay	Pepsi Invitational	4-10-04	26.77	8th
Jackie Sturm	Potts Invitational	3-20-04	26.87	3rd
Mikaela Raddatz	Potts Invitational	3-20-04	27.38	4th
Julia DeMarines	Tom Benich Classic	4-3-04	29.16	19th
400 Meter Dash				
Deneeka Torrey	Potts Invitational	3-20-04	57.64	1st
Alex Boksay	Jack Christensen Invite	4-24-04	59.10	3rd
Alex Boksay	Potts Invitational	3-20-04	59.32	2nd
Alex Boksay	Pepsi Invitational	4-10-04	59.91	4th
Jackie Sturm	Jack Christensen Invite	4-24-04	1:00.32	5th
Jackie Sturm	Pepsi Invitational	4-10-04	1:00.66	7th
Jackie Sturm	ASU Invitational	3-27-04	1:00.70	7th
Sturm, Jackie	Potts Invitational	3-20-04	1:00.34	3rd
Raddatz, Mikaela	Potts Invitational	3-20-04	1:02.17	5th
800 Meter Dash				
Jaclyn Baca	Long Beach Invitational	4-17-04	2:14.09	5th
Jackie Zeigle	Pepsi Invitational	4-10-04	2:15.75	6th
Jaclyn Baca	Pepsi Invitational	4-10-04	2:15.76	7th
Laura Zeigle	ASU Invitational	3-27-04	2:17.29	4th
Laura Zeigle	Jack Christensen Invite	4-24-04	2:18.03	3rd
Jaclyn Baca	ASU Invitational	3-27-04	2:18.77	5th
Jaclyn Baca	Potts Invitational	3-20-04	2:22.65	1st
Alli Bruce	Tom Benich Classic	4-3-04	2:27.05	10th
Katy Bryan	Potts Invitational	3-20-04	2:29.11	2nd
Mackenzie Kerrigan	Potts Invitational	3-20-04	2:29.94	3rd
Kelly Samma	Potts Invitational	3-20-04	2:30.04	4th
Marcy Cameron	Potts Invitational	3-20-04	2:30.04	4th
Marcy Cameron	Jack Christensen Invite	4-24-04	2:30.74	15th
Katie Bryan	Jack Christensen Invite	4-24-04	2:35.41	16th
Marcy Cameron	Tom Benich Classic	4-3-04	2:38.55	23rd
1,500 Meter Run				
Renee Metivier	Pepsi Invitational	4-10-04	4:26.28	1st
Christine Bolf	Mt. SAC Relays	4-17-04	4:31.66	1st
Kalin Toedebusch	Mt. SAC Relays	4-17-04	4:36.94	8th
Kendall Grgas-Wheeler	Pepsi Invitational	4-10-04	4:39.37	4th
Sara Slattery	Jack Christensen Invite	4-24-04	4:40.97	1st
Jackie Zeigle	Mt. SAC Relays	4-17-04	4:40.00	10th
Jackie Zeigle	ASU Invitational	3-27-04	4:42.80	3rd
Erin Marston	Jack Christensen Invite	4-24-04	5:08.32	12th
Raquel Morgan	Jack Christensen Invite	4-24-04	5:11.53	13th
MacKenzie Kerrigan	Jack Christensen Invite	4-24-04	5:24.35	18th
3,000 Meter Run				
Natalie Florence	Pepsi Invitational	4-10-04	9:38.27	2nd
Laura Zeigle	Pepsi Invitational	4-10-04	10:12.54	6th
Katie Kissane	Tom Benich Classic	4-3-04	10:44.38	5th
Tera Moody	Tom Benich Classic	4-3-04	10:59.18	6th
Erin Marston	Potts Invitational	3-20-04	11:07.07	1st
Raquel Morgan	Tom Benich Classic	4-3-04	11:23.67	8th
Kristin Hoogheem	Potts Invitational	3-20-04	12:17.98	2nd
5,000 Meter Run				
Renee Metivier	Mt. SAC Relays	4-16-04	15:49.08	2nd
Natalie Florence	Mt. SAC Relays	4-16-04	16:48.93	12th
Tera Moody	Jack Christensen Invite	4-24-04	18:45.76	3rd
Katy Kissane	Jack Christensen Invite	4-24-04	18:50.69	5th

10,000 Meter Run				
Christine Bolf	Stanford Invitational	3-30-04	34:13.72	7th
Kalin Toedebusch	Stanford Invitational	3-30-04	34:22.84	9th
100 Meter Hurdles				
Deneeka Torrey	ASU Invitational	3-27-04	13.99	3rd
Deneeka Torrey	Pepsi Invitational	4-10-04	14.15	3rd
Deneeka Torrey	Jack Christensen Invite	4-24-04	14.22	2nd
Deneeka Torrey	Mt. SAC Relays	4-17-04	14.27	5th
Anna Magle	ASU Invitational	3-27-04	16.57	7th
Mikaela Raddatz	Pepsi Invitational	4-10-04	16.89	8th
400 Meter Hurdles				
Deneeka Torrey	ASU Invitational	3-27-04	1:01.49	1st
Deneeka Torrey	Mt. SAC Relays	4-17-04	1:01.77	3rd
Deneeka Torrey	Pepsi Invitational	4-10-04	1:02.41	4th
Mikaela Raddatz	ASU Invitational	3-27-04	1:07.18	5th
Mikaela Raddatz	Jack Christensen Invite	4-24-04	1:08.66	6th
Mikaela Raddatz	Pepsi Invitational	4-10-04	1:08.85	7th
3,000 Meter Steeplechase				
Kendall Grgas-Wheeler	Mt. SAC Relays	4-16-04	10:43.05	7th
Kendall Grgas-Wheeler	ASU Invitational	3-27-04	11:20.26	2nd
4x100 Meter Relay				
Raddatz, Boksay, Sturm, Torrey	Pepsi Invitational	4-10-04	48.70	4th
4x400 Meter Relay				
N/A	ASU Invitational	3-27-04	4:02.43	2nd
No Order Listed	Potts Invitational	3-20-04	4:04.83	1st
High Jump				
Anna Magle	Jack Christensen Invite	4-24-04	1.73m, 5-08.00	1st
Anna Magle	Pepsi Invitational	4-10-04	1.70m, 5-07.00	2nd
Anna Magle	ASU Invitational	3-27-04	1.68m, 5-06.00	2nd
Anna Magle	Potts Invitational	3-20-04	1.60m, 5-03.00	2nd
Long Jump				
Amberly Casey	Pepsi Invitational	4-10-04	5.54m, 18-02.25	4th
Amberly Casey	Potts Invitational	3-20-04	5.53m, 18-01.75	1st
Amberly Casey	Jack Christensen Invite	4-24-04	5.50m, 18-00.50	2nd
Amberly Casey	ASU Invitational	3-27-04	5.49m, 18-00.25	7th
Liza Negriff	Pepsi Invitational	4-10-04	5.30m, 17-04.75	6th
Liza Negriff	ASU Invitational	3-27-04	5.14m, 16-10.50	11th
Liza Negriff	Potts Invitational	3-20-04	5.07m, 16-07.50	2nd
Anna Magle	Potts Invitational	3-20-04	4.91m, 16-01.50	3rd
Triple Jump				
Liza Negriff	Potts Invitational	3-20-04	12.09m, 39-08.00	1st
Liza Negriff	Pepsi Invitational	4-10-04	12.07m, 39-07.25	2nd
Liza Negriff	Jack Christensen Invite	4-24-04	11.97m, 39-03.25	1st
Liza Negriff	ASU Invitational	3-27-04	11.81m, 38-09.00	3rd
Liza Negriff	Mt. SAC Relays	4-17-04	11.80m, 38-08.75	6th
Amberly Casey	Pepsi Invitational	4-10-04	11.70m, 38-04.75	4th
Amberly Casey	Jack Christensen Invite	4-24-04	11.42m, 37-05.75	5th
Amberly Casey	Potts Invitational	3-20-04	11.14m, 36-06.75	2nd
Shot Put				
Obi Ikwaakor	Tom Benich Classic	4-3-04	13.62m, 44-08.25	5th
Obi Ikwaakor	Potts Invitational	3-20-04	13.32m, 43-08.50	2nd
Cortney Hutmacher	ASU Invitational	3-27-04	13.29m, 43-07.25	7th
Amber Metoyer	Tom Benich Classic	4-3-04	13.29m, 43-07.25	7th
Amber Metoyer	Jack Christensen Invite	4-24-04	12.81m, 42-00.50	8th
Amber Metoyer	Pepsi Invitational	4-10-04	12.79m, 41-11.50	6th
Cortney Hutmacher	Pepsi Invitational	4-10-04	12.66m, 41-06.50	7th
Obi Ikwaakor	Jack Christensen Invite	4-24-04	12.50m, 41-00.25	9th
Discus				
Carly Newlands	ASU Invitational	3-27-04	44.52m, 146-01	8th
Amber Metoyer	Jack Christensen Invite	4-24-04	44.20m, 145-00	7th
Cortney Hutmacher	Jack Christensen Invite	4-24-04	43.51m, 142-09	8th
Carly Newlands	Potts Invitational	3-20-04	43.38m, 142-04	1st
Cortney Hutmacher	Pepsi Invitational	4-10-04	42.20m, 138-05	5th
Cortney Hutmacher	Potts Invitational	3-20-04	41.26m, 134-04	2nd
Amber Metoyer	Pepsi Invitational	4-10-04	39.94m, 131-00	7th
Cortney Hutmacher	ASU Invitational	3-27-04	39.90m, 130-11	11th

Amber Metoyer	Tom Benich Classic	4-3-04	37.09m, 121-08	11th
Hammer Throw				
Cortney Hutmacher	Jack Christensen Invite	4-24-04	47.70m, 156-06	11th
Cortney Hutmacher	ASU Invitational	3-27-04	44.11m, 144-09	14th
Cortney Hutmacher	Pepsi Invitational	4-10-04	42.20m, 138-05	9th
Cortney Hutmacher	Potts Invitational	3-20-04	42.04m, 137-11	3rd
Cortney Hutmacher	Tom Benich Classic	4-3-04	40.55m, 133-00	12th
Obi Ikwuakor	Jack Christensen Invite	4-24-04	37.20m, 122-00	17th
Javelin Throw				
Hannah Warfield-Ruffato	Jack Christensen Invite	4-24-04	42.96m, 140-11	1st
Hannah Warfield-Ruffato	Pepsi Invitational	4-10-04	40.62m, 133-03	4th
Hannah Warfield-Ruffato	Potts Invitational	3-20-04	40.48m, 132-10	1st
Hannah Warfield-Ruffato	Mt. SAC Relays	4-17-04	39.09m, 128-03	12th
Hannah Warfield-Ruffato	Tom Benich Classic	4-3-04	38.22m, 125-05	4th
Hannah Warfield-Ruffato	ASU Invitational	3-27-04	37.89m, 124-04	2nd
Anna Magle	Potts Invitational	3-20-04	31.57m, 103-06	2nd
Jackie Sturm	Pepsi Invitational	4-10-04	25.78m, 84-07	7th
Jackie Sturm	Jack Christensen Invite	4-24-04	24.76m, 81-03	11th