

2004 COLORADO TRACK & FIELD

2004 CU Track & Field Schedule

Date	Meet
J 16	CU OPEN
J 24	Air Force Open
F 7	Air Force Classic
F 14	Adidas Invitational
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

Weather Forecast

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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

May 28-29, 2004

NCAA Regional Outdoor Track & Field Championships

Texas A&M University • College Station, Texas • Anderson Track & Field Complex
Events below (Central Daylight Time)

Friday, May 28:	First Track Event	4 p.m.	4x100m Relay Prelims
	First Field Event	Noon	Women's Hammer
Saturday, May 29:	First Track Event	6 p.m.	4x100m Relay Finals
	First Field Event	Noon	Women's High Jump

Results available via the Internet at www.aggieathletics.com

Quickly...The University of Colorado track & field team heads to College Station, Texas., for the Second Annual NCAA Regional Outdoor Track & Field Championships at the Anderson Track & Field Complex at Texas A&M University. The meet gets underway on Friday, May 28, and runs through Saturday, May 29. Colorado is sending 14 of its finest to the Lone Star State, each of which will try to earn a trip to Austin for the NCAA Championships.

The Roster...Colorado is sending 14 student-athletes to College Station. The roster, along with events and personal bests (both seasonal and lifetime) in each event, is listed below.

Name	Event	Season Best	Lifetime Best
Natalie Florence	Steeplechase	10:43.48	10:28.24
Kendall Grgas-Wheeler	Steeplechase	10:43.05	10:43.05
Zach Hazen	Discus	52.09m - 170-10	52.09m - 170-10
Pete Janson	Steeplechase	9:04.20	9:04.20
Brandon Johnson	400 Hurdles	52.42	52.42
Anna Magle	High Jump	1.73m - 5-8	1.73m - 5-8
Renee Metivier	5,000 Meters	15:49.08	15:49.08
Andy Passen	Shot Put	17.19m - 56-04.75	17.19m - 56-04.75
Dathan Ritzenhein	5,000 Meters	14:08.40	13:27.77
Bret Schoolmeester	5,000 Meters	13:50.24	13:50.24
Jared Scott	1,500 Meters	3:47.49	3:47.49
Deneeka Torrey	100 Hurdles	13.56	13.56
Hannah Warfield-Ruffato	Javelin	44.31m - 145-4	46.52 - 152-7
Jason Zichterman	800 Meters	1:50.18	1:50.18

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
2004	10th	9th	--	--

From an individual perspective, the Buffaloes have claimed 11 women's titles and 10 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 Dathan Ritzenhein, 2004
	3,000 Meter Steeplechase	Steve Slattery, 2001, 02
Women's:	100 Meter Hurdles	Hannah Cooper, 2002
	1,500 Meter Run	Shayne Wille, 1997

**2004 NCAA Regional
Track & Field Championships
Schedule (All times CDT)**

Friday, May 28

Field Events

6:00 Men's Shot Put

Track Events

4:30 1,500 meters (prelims)
1,500 meters (prelims)
5:15 100m hurdles (prelims)
7:00 800 meters (prelims)
7:30 400m hurdles (prelims)
8:30 5,000 meters
5,000 meters

Saturday, May 29

Field Events

12:00pm Women's High Jump
3:00 Women's Javelin
6:00 Men's Discus

Track Events

6:15 1,500 meters
6:30 100m hurdles
6:50 400 meters
7:15 800 meters
7:30 400m hurdles
8:00 Steeplechase final

Colorado on the MIDWEST LIST

Men 3000 Meter Steeplechase
13. Pete Janson, 9:04.20 4-16
Men 5000 Meter Run
4. Bret Schoolmeester, 13:50.24 4-16
14. Dathan Ritzenhein, 14:08.20, 5-1
Men Shot Put
20. Andy Passen, 17.19m, 5-1
Men Discus Throw
29. Zach Hazen, 52.09m, 4-17
Men 800 Meter Run
16. Jason Zichterman, 1:50.18, 5-1
Men 1500 Meter Run
19. Jared Scott, 3:47.49, 5-1
Men 400 Meter Hurdles
26. Brandon Johnson, 52.42, 5-1

Women 3000 Meter Steeplechase
6. Kendall Grgas-Wheeler, 10:43.05 4-16
7. Natalie Florence, 10:43.48, 5-1
Women 5000 Meter Run
1. Renee Metiever, 15:49.08 4-16
Women 100 Meter Hurdles
10. Deneeka Torrey, 13.56, 5-7
Women High Jump
15. Anna Magle, 1.73m 5-8, 5-1
Women Javelin
18. Hannah Warfield-Ruffato, 44.31, 4-29

3,000 Meters

3,000 Meter Steeplechase
5,000 Meter Run

10,000 Meter Run

Heptathlon

Kara Grgas-Wheeler, 2000*
Shayne Wille, 1997
Jennifer Smith, 1998
Lesley Higgins, 2002
Sara Gorton, 2002*
Sara Gorton, 2003
Jen Gruia, 1998
Tera Moody, 2000
Heather Sterlin, 1997

***-Meet Records**

He Did What?...When Dathan Ritzenhein won the Big 12 5,000 meters for the second time in his career earlier this year, it wasn't that big of a deal to the average Joe. Until they heard what he did the night before. Ritzenhein set the American collegiate record in the men's 10,000 meter run the night before at Stanford University's Cardinal Invitational. The time of 27:38.50 also meets the Olympic "A" Standard and crushes the CU school record set in 1973 by Ted Castaneda (28:30.6).

Title Defense...Senior Natalie Florence will attempt to defend her steeplechase title, the lone Buffalo to make the attempt this year as the only returning regional champion. She won the inaugural midwest regional title last year in Lincoln in a time of 10:28.24.

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 12.35m 40-06.25 is the best mark in school history snapping the mark of former record holder Udie Ekiko at 40-2.

Everybody's All-Americans...CU's got five of them back for this season in Dathan Ritzenhein, 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.

Titlelists...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 Ritzenhein won the men's cross country national title 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 Ritzenhein in 2003.

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
2004: 9th

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)
Dathan Ritzenhein, 2004 (27:38.50)

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 Duvall, 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	27:38.50, Dathan Ritzenhein Stanford, Calif., 2004
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	40-6 1/2, Liza Negriff Big 12 Outdoors, 2004	Shot Put	60-11 1/2, 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		

2004 COLORADO TRACK & FIELD

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
Sam Napp	Big 12 Outddors	4-30-04	10.84	14th
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	Big 12 Outddors	4-30-04	11.01	18th
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				
George Pincock	Big 12 Outddors	4-30-04	21.31	9th (Prelims)
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
Sam Napp	Big 12 Outddors	4-30-04	21.79	16th
George Pincock	Jack Christensen Invite	4-24-04	21.83	4th
Eric Lee-O'Brien	Big 12 Outddors	4-30-04	21.84	18th
Eric Lee-O'Brien	Jack Christensen Invite	4-24-04	21.89	5th
George Pincock	Big 12 Outddors	5-1-04	21.97	8th (Finals)
Sam Napp	Potts Invitational	3-20-04	22.02	1st
George Pincock	Ward Haylett Invite	5-15-04	22.15	15th
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	Air Force Twilite	5-7-04	47.59	1st
George Pincock	Jack Christensen Invite	4-24-04	47.76	3rd
Chris Abuan	Tom Benich Classic	4-3-04	48.07	1st
George Pincock	Big 12 Outddors	4-30-04	48.10	10th
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
Daric Wilhite	Big 12 Outddors	4-30-04	48.54	14th
Daniel Lowery	Jack Christensen Invite	4-24-04	48.82	8th
Jason Zichterman	Air Force Twilite	5-7-04	48.86	3rd
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
George Pincock	Ward Haylett Invite	5-15-04	49.54	10th
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	Ward Haylett Invite	5-15-04	1:50.18	5th
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	Big 12 Outddors	4-30-04	1:51.12	8th
Jason Zichterman	ASU Invitational	3-27-04	1:51.29	2nd
Jason Zichterman	Big 12 Outddors	5-1-04	1:51.33	5th
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
Gus Lundin	Big 12 Outddors	4-30-04	1:55.92	22nd
Jared Scott	Ward Haylett Invite	5-15-04	1:56.22	16th
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	Big 12 Outddors	4-30-04	3:49.46	1st (Prelims)
Bret Schoolmeester	Big 12 Outddors	4-30-04	3:49.60	2nd (Prelims)
Bret Schoolmeester	Big 12 Outddors	5-1-04	3:50.26	4th
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
Jared Scott	Big 12 Outddors	5-1-04	3:53.07	8th
Pete Janson	Ward Haylett Invite	5-15-04	3:55.17	7th
Jared Scott	Air Force Twilite	5-7-04	3:55.44	1st
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
Dathan Ritzenhein	Big 12 Outddors	5-1-04	14:08.40	1st
Jon Severy	Mt. SAC Relays	4-16-04	14:39.11	9th
Jared Scott	Big 12 Outddors	5-1-04	14:45.89	10th
Erik Heinonen	Big 12 Outddors	5-1-04	14:46.77	12th
Bret Schoolmeester	Big 12 Outddors	5-1-04	14:58.48	19th
Matt McCue	Mt. SAC Relays	4-16-04	15:06.64	29th
Pete Janson	Big 12 Outddors	5-1-04	15:47.95	
Will Campbell	Tom Benich Classic	4-3-04	16:11.58	6th
10,000 Meter Run				
Dathan Ritzenhein	Cardinal Invitational	4-30-04	27:38.50	5th
Matt McCue	Stanford Invitational	3-30-04	31:14.66	67th
Jon Severy	Big 12 Outdoors	4-29-04	31:23.51	7th
Erik Heinonen	Big 12 Outdoors	4-29-04	31:27.72	8th
Matt McCue	Big 12 Outdoors	4-29-04	33:18.32	16th
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	Big 12 Outddors	5-1-04	52.42	6th (Finals)
Brandon Johnson	Big 12 Outddors	4-30-04	52.42	2nd (Prelims)
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
Pete Janson	Big 12 Outddors	5-1-04	9:13.75	7th
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
Lee-O'Brien, Pincock, Wilhite, Napp	Big 12 Outddors	5-1-04	42.01	8th
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, Wilhite, Zichterman, Johnson	Big 12 Outdoors	5-1-04	3:11.98	6th
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	Air Force Twilight	5-7-04	7.27m, 23-10.25	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	Big 12 Outdoors	4-30-04	7.03m, 23-00.75	17th
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	Air Force Twilight	5-7-04	16.45m, 53-11.75	
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	Big 12 Outdoors	4-30-04	15.49m, 50-10.00	12th
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
Zach Hazen	Big 12 Outdoors	5-1-04	51.61m, 169-04	9th
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
Matt Carr	Big 12 Outdoors	5-1-04	49.97m, 163-11	12th
Zach Hazen	Air Force Twilight	5-7-04	49.15m, 161-03	3rd
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	Big 12 Outdoors	4-29-04	54.39m, 178-05	7th
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	Air Force Twilight	5-7-04	53.20m, 174-06	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
Matt Carr	Big 12 Outdoors	4-29-04	49.59m, 162-08	13th
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
Andy Passen	Big 12 Outdoors	4-29-04	42.20m, 138-05	15th
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

2004 COLORADO TRACK & FIELD

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
Renee Metivier	Ward Haylett Invite	5-15-04	2:20.64	12th
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	Big 12 Outddors	4-30-04	4:25.84	3rd (Prelims)
Renee Metivier	Pepsi Invitational	4-10-04	4:26.28	1st
Renee Metivier	Ward Haylett Invite	5-15-04	4:28.58	2nd
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	Ward Haylett Invite	5-15-04	4:39.72	7th
Laura Zeigle	Big 12 Outddors	4-30-04	4:39.73	14th
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
Renee Metivier	Big 12 Outddors	5-1-04	4:46.28	9th
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	
Sara Slattery	Big 12 Outddors	5-1-04	16:27.41	2nd	
Christine Bolf	Big 12 Outddors	5-1-04	16:30.59	3rd	
Renee Metivier	Big 12 Outddors	5-1-04	16:38.82	4th	
Kalin Toedebusch	Big 12 Outddors	5-1-04	16:47.47	7th	
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	
Christine Bolf	Big 12 Outdoors	4-29-04	35:39.63	2nd	
Kalin Toedebusch	Big 12 Outdoors	4-29-04	36:02.31	4th	
Natalie Florence	Big 12 Outdoors	4-29-04	36:46.69	7th	
100 Meter Hurdles					
Deneeka Torrey	Air Force Twilight	5-7-04	13.48	1st	
Deneeka Torrey	ASU Invitational	3-27-04	13.99	3rd	
Deneeka Torrey	Pepsi Invitational	4-10-04	14.15	3rd	
Deneeka Torrey	Big 12 Outddors	4-30-04	14.17	10th (Prelims)	
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	
Deneeka Torrey	Ward Haylett Invite	5-15-04	1:02.70	5th	
Deneeka Torrey	Big 12 Outddors	4-30-04	1:04.61	11th	
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	
Natalie Florence	Big 12 Outddors	5-1-04	10:43.48	4th	
Kendall Grgas-Wheeler	Big 12 Outddors	5-1-04	11:04.84	10th	
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	Big 12 Outddors	4-30-04	1.68m, 5-06.00	6th	
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	Big 12 Outddors	4-30-04	6.01m, 19-08.75	10th	
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	Big 12 Outddors	5-1-04	12.35m, 40-06.25	9th (CU Record)	
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
Cortney Hutmacher	Big 12 Outdoors	5-1-04	12.92m, 42-04.75	11th
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				
Cortney Hutmacher	Big 12 Outdoors	4-30-04	44.65m, 146-06	10th
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	Big 12 Outdoors	4-29-04	50.57m, 165-11	12th
Cortney Hutmacher	Jack Christensen Invite	4-24-04	47.70m, 156-06	11th
Cortney Hutmacher	Air Force Twilight	5-7-04	45.12m, 148-00	4th
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 Ikwaakor	Jack Christensen Invite	4-24-04	37.20m, 122-00	17th
Javelin Throw				
Hannah Warfield-Ruffato	Big 12 Outdoors	4-29-04	44.31m, 145-04	6th
Hannah Warfield-Ruffato	Air Force Twilight	5-7-04	43.92m, 144-01	2nd
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