

2009 MEN'S OUTDOOR PERFORMANCE LIST (June 28)

does not reflect altitude conversions

SEASON RESULTS

M 19-20	at Northridge Relays (Northridge, Calif.)	NTS
M 21	POTTS INVITATIONAL (Boulder)	NTS
M 28	at Rob Upton (Fort Collins, Colo.)	NTS
M 27-28	at Stanford Invitational (Stanford, Calif.)	NTS
A 1-4	at Texas Relays (Austin, Texas)	NTS
A 4	at Tom Benich Classic (Greeley, Colo.)	postponed
A 11	COLORADO INVITATIONAL (Boulder)	NTS
A 15-18	at Mt. SAC Relays (Walnut, Calif.)	NTS
A 24-25	at Oregon Relays (Eugene, Ore.)	NTS
A 25	at Jack Christiansen Invitational (Fort Collins, Colo.)	t2/16
M 2	FRONT RANGE CLASSIC (Boulder)	4/5
M 2	at Cardinal Invitational (Palo Alto, Calif.)	NTS
M 9	at CSU Ram Open (Fort Collins, Colo.)	NTS
M 15-17	at Big 12 Championship (Lubbock, Texas)	11/12
M 29-30	at NCAA Midwest Regional (Norman, Okla.)	NTS
J 10-13	at NCAA Championships (Fayetteville, Ark.)	NTS

100 Meters (10.55 regional qualifying standard; 10.0 cu)

10.73	Quinton Dodson	CU Invite (4/11)
10.76	A.J. Whitaker	CU Invite (4/11)
10.78	Quinton Dodson	Potts Invite (3/21)
10.81	Quinton Dodson	Front Range Classic (5/2)
10.82	A.J. Whitaker	Jack Christiansen Invite (4/25)
10.83	Quinton Dodson	Jack Christiansen Invite (4/25)
10.88	A.J. Whitaker	Texas Relays (4/3)
10.89	Quinton Dodson	Texas Relays (4/3)

200 Meters (21.35 regional qualifying standard; 20.37 cu)

21.45	A.J. Whitaker	CU Invite (4/11)
21.51	Quinton Dodson	CU Invite (4/11)
21.60	Quinton Dodson	Potts Invite (3/21)
21.74	Quinton Dodson	Jack Christiansen Invite (4/25)
21.86	Quinton Dodson	Front Range Classic (5/2)
21.90	Quinton Dodson	Big 12 Outdoors (5/15-17)
22.12	Adrian Gomez	Potts Invite (3/21)
22.34	A.J. Whitaker	Rob Upton Invite (3/28)

400 Meters (47.20 regional qualifying standard; 45.64 cu)

49.09	pr	Matthew McCathran	Big 12 Outdoors (5/15-17)
49.17		Matthew McCathran	CSU Ram Open (5/9)
49.30		Adrian Gomez	Potts Invite (3/21)
49.48		Matthew McCathran	Potts Invite (3/21)
50.93		Eddie Taylor	Front Range Classic (5/2)
51.24	dec	Eddie Taylor	CSU Spring Break Open (3/19-20)
51.29		Eddie Taylor	CU Invite (4/11)
51.65	dec	Alex Von Hagen	CSU Spring Break Open (3/19-20)

800 Meter Run (1:50.40 regional qualifying standard; 1:46.47 cu)

1:52.21	pr	Steven Kasica	Oregon Relays (4/24)
1:53.05		Steven Kasica	Mt. SAC Relays (4/17)
1:54.99		Steven Kasica	Potts Invite (3/21)
1:55.90		Steven Kasica	Big 12 Outdoors (5/15-17)
2:01.55		Grant Duffy	Potts Invite (3/21)
2:05.88		Grant Duffy	CU Invite (4/11)
2:10.08		Patrick Nilan	CU Invite (4/11)

1,500 Meter Run (3:47.80 regional qualifying standard; 3:39.74 cu)

3:52.21	pr	Andy Wacker	Oregon Relays (4/24)
3:56.36	pr	Matt Tebo	Oregon Relays (4/24)
3:57.29		Matt Tebo	CU Invite (4/11)
3:58.46		Christian Thompson	Oregon Relays (4/24)
3:58.58		Andy Wacker	CU Invite (4/11)
3:59.43		Dan Edwards	CU Invite (4/11)
4:00.04		Jordan Kyle	CU Invite (4/11)
4:01.46		Christian Thompson	CU Invite (4/11)

3,000 Meters* (7:50.39 cu)

9:27.03		Jerome Perkins	Potts Invite (3/21)
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5,000 Meters (14:12.00 regional qualifying standard; 13:24.56 cu)

13:56.39	rq	Matt Tebo	Payton Jordan Cardinal Invite (5/2)
13:59.75	rq	Jordan Kyle	Mt. SAC Relays (4/17)
14:06.31		Matt Tebo	NCAA Midwest Regionals (5/29)
14:06.39	rq	Andy Wacker	Mt. SAC Relays (4/17)
14:19.67	p	Matt Tebo	NCAA Outdoors (6/10)
14:24.22		Matt Tebo	Big 12 Outdoors (5/15-17)
14:28.81		Jordan Kyle	Big 12 Outdoors (5/15-17)

10,000 Meters (28:45.00 auto/29:30.00 provisional; 27:38.50 cu)

28:52.29	np/pr	Jordan Kyle	Payton Jordan Cardinal Invite (5/2)
29:20.35	AA	Jordan Kyle	NCAA Outdoor (6/11)
29:53.49		Jordan Kyle	Stanford Invite (3/27)
30:48.60		Matt Tebo	Big 12 Outdoors (5/15-17)
31:30.83		Andy Wacker	Big 12 Outdoors (5/15-17)

110 Meter Hurdles (14.30 regional qualifying standard; 13.3 cu)

15.62		Javen Correia	Front Range Classic (5/2)
15.82		Javen Correia	Jack Christiansen Invite (4/25)
15.95		Javen Correia	CU Invite (4/11)
16.62		Alex Von Hagen	Jack Christiansen Invite (4/25)
16.66	dec	Alex Von Hagen	CSU Spring Break Open (3/19-20)
16.68		Eddie Taylor	Rob Upton Invite (3/28)
16.76		Eddie Taylor	Jack Christiansen Invite (4/25)

400 Meter Hurdles (52.51 regional qualifying standard; 49.66 cu)

52.69		Adrian Gomez	Front Range Classic (5/2)
53.39		Adrian Gomez	Big 12 Outdoors (5/15-17)
53.47		Adrian Gomez	CU Invite (4/11)
53.53		Adrian Gomez	CSU Ram Open (5/9)

55.13		Adrian Gomez	Texas Relays (4/2)
55.20		Matthew McCathran	Front Range Classic (5/2)
55.53		Adrian Gomez	Jack Christiansen Invite (4/25)

3,000 M Steeplechase (9:07.00 regional qualifying standard; 8:26.45 cu)

8:49.38	rq/pr	Christian Thompson	Payton Jordan Cardinal Invite (5/2)
8:50.32	p	Christian Thompson	NCAA Outdoors (6/10)
9:00.57	rq	Christian Thompson	Stanford Invite (3/27)
9:07.31		Christian Thompson	NCAA Midwest Regional (5/30)
9:07.68		Christian Thompson	Big 12 Outdoors (5/15-17)
9:23.24	pr	Dan Edwards	Oregon Relays (4/24)
9:23.81		Dan Edwards	Mt. SAC Relays (4/16)

4x100 Meter Relay (40.66 regional qualifying standard; 39.47 cu)

41.56		Dodson/McCathran/Gomez/Whitaker	Jack Christiansen Invite (4/25)
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4x400 Meter Relay (3:10.00 regional qualifying standard; 3:05.16 cu)

3:15.20		Gomez/Whitaker/McCathran/Dodson	CU Invite (4/11)
3:16.15		Gomez/Taylor/Dodson/McCathran	Front Range Classic (5/2)
3:17.80		Dodson/McCathran/Gomez/Whitaker	Texas Relays (4/3)
3:18.72		Gomez/Kasica/Dodson/McCathran	Big 12 Outdoors (5/15-17)
3:23.32		McCathran/Gomez/Kasica/Duffy	Potts Invite (3/21)

Mile Relay (3:11.10 regional qualifying standard)

Long Jump (7.34/26-10.75 regional qualifying standard; 26-2.50 cu)

21.06.75	dec	Alex Von Hagen	California Invite (4/15-16)
21-05.25	dec	Alex Von Hagen	CSU Spring Break Open (3/19-20)
21-01.50		Parker Fales	Potts Invite (3/21)
20-11.75		Parker Fales	Rob Upton Invite (3/28)
20-10.00		Parker Fales	CU Invite (4/11)
20-06.50		Parker Fales	Jack Christiansen Invite (4/25)
20-06.25		Alex Von Hagen	Jack Christiansen Invite (4/25)
20-03.00		Jake Timmons	Potts Invite (3/21)

Triple Jump (15.00/49-02.50 regional qualifying standard; 53-06.50 cu)

42-01.50		Parker Fales	Jack Christiansen Invite (4/25)
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High Jump (2.10/6-10.75 regional qualifying standard; 7-04.00 cu)

6-06.25	dec	Alex Von Hagen	California Invite (4/15-16)
6-05.50		Jake Timmons	CSU Ram Open (5/9)
6-04.75		Jake Timmons	CU Invite (4/11)
6-03.50	dec	Alex Von Hagen	CSU Spring Break Open (3/19-20)
6-03.50		Todd Ipsen	CSU Ram Open (5/9)
6-02.75		Jake Timmons	Front Range Classic (5/2)
6-02.75		Todd Ipsen	CU Invite (4/11)
6-02.75		Jake Timmons	Rob Upton Invite (3/28)

Shot Put (16.80/55-1.50 regional qualifying standard; 60-11.50 cu)

44-05.50		Niklas Cederstrom	Front Range Classic (5/2)
44-03.50		Niklas Cederstrom	Potts Invite (3/21)
44-02.50		Niklas Cederstrom	Rob Upton Invite (3/28)
44-01.25		Niklas Cederstrom	CU Invite (4/11)
42-00.75		Niklas Cederstrom	Jack Christiansen Invite (4/25)
41-04.50		Niklas Cederstrom	CSU Ram Open (5/9)

Hammer Throw (56.80/186-4 regional qualifying standard; 210-11 cu)

189-03	rq/pr	Patrick Bachmann	Big 12 Outdoors (5/15-17)
188-05	rq/pr	Chase Dukes	Mt. SAC Relays (4/17)
187-06	rq	Chase Dukes	Jack Christiansen Invite (4/25)
186-06		Chase Dukes	NCAA Midwest Regionals (5/30)
185-00		Chase Dukes	Front Range Classic (5/2)
185-00		Chase Dukes	CSU Ram Open (5/9)
182-01		Chase Dukes	Potts Invite (3/21)

Discus Throw (51.70/169-7 regional qualifying standard; 209-7 cu)

164-10		Patrick Bachmann	Mt. SAC Relays (4/17)
164-04		Patrick Bachmann	Potts Invite (3/21)
163-03		Patrick Bachmann	Big 12 Outdoors (5/15-17)
159-10		Patrick Bachmann	CSU Ram Open (5/9)
159-05		Patrick Bachmann	CU Invite (4/11)
157-03		Chase Dukes	CSU Ram Open (5/9)
156-05		Patrick Bachmann	Front Range Classic (5/2)
155-09		Trey Mullen	Big 12 Outdoors (5/15-17)

Javelin (61.60/202-1 regional qualifying standard; 241-4.5 cu)

222-01	rq/pr	Brandin Williams	Big 12 Outdoors (5/15-17)
213-02	rq	Brandin Williams	Jack Christiansen Invite (4/25)
203-08	rq	Brandin Williams	Mt. SAC Relays (4/17)
202-10		Brandin Williams	NCAA Outdoors (6/10)
202-03	rq	Brandin Williams	CU Invite (4/11)
201-04		Brandin Williams	Rob Upton Invite (3/28)
201-02		Brandin Williams	NCAA Midwest Regionals (5/29)

Pole Vault (5.05)

15-01.00		James Nixon	Rob Upton Invite (3/28)
14-05.25		James Nixon	CU Invite (4/11)
14-00.00		James Nixon	Potts Invite (3/21)
13-07.25		Alex Von Hagen	CSU Spring Break Open (3/19-20)
12-11.50		Eddie Taylor	CSU Spring Break Open (3/19-20)

Decathlon (7,500 auto/6,900 provisional; 7,645 cu)

6584		Alex Von Hagen	CSU Spring Break Open (3/19-20)
5768		Eddie Taylor	CSU Spring Break Open (3/19-20)
5742		Alex Von Hagen	California Invite (4/15-16)
5421		Eddie Taylor	California Invite (4/15-16)

Symbol Key

na	ncaa automatic qualifying time/mark
np	ncaa provisional qualifying time/mark
rq	regional qualifying time/mark
rqa	regional qualifying time/mark with altitude conversion
p	preliminary mark
pr	personal record
w	wind-aided mark
sr	school record
dec	mark earned during decathlon competition
*	not an NCAA event

2009 MEN'S OUTDOOR PERFORMANCE LIST

STEPHEN AGYEI

100 Meters (12.77 pr)	
12.77	Potts Invite (3/21)..... 21st
200 Meters (22.92 pr)	
400 Meters (51.86 pr)	
110 Meter Hurdles (15.42 pr)	
400 Meter Hurdles (56.49 pr)	

PATRICK BACHMANN

Shot Put (43-01.50 pr)	
Discus (164-10 pr)	
164-10	pr Mt. SAC Relays (4/17)..... 7th (open section)
164-04	Potts Invite (3/21)..... 4th
163-03	Big 12 Outdoors (5/15-17)..... 12th
159-10	CSU Ram Open (5/9)..... 4th
159-05	CU Invite (4/11)..... 4th
156-05	Front Range Classic (5/2)..... 6th
Hammer Throw (189-03 pr)	
189-03	rq/pr Big 12 Outdoors (5/15-17)..... 7th
178-01	pr CSU Ram Open (5/9)..... 5th
175-05	Front Range Classic (5/2)..... 7th
173-00	CU Invite (4/11)..... 5th
171-07	NCAA Midwest Regional (5/30)..... 21st
164-09	Potts Invite (3/21)..... 4th

NIKLAS CEDERSTROM

Shot Put (44-05.50 pr)	
44-05.50	pr Front Range Classic (5/2)..... 9th
44-03.50	Potts Invite (3/21)..... 6th
44-02.50	Rob Upton Invite (3/28)..... 7th
44-01.25	CU Invite (4/11)..... 8th
42-00.75	Jack Christiansen Invite (4/25)..... 16th
41-04.50	CSU Ram Open (5/9)..... 10th

Discus (146-10 pr)

146-10	pr Potts Invite (3/21)..... 10th
143-01	Jack Christiansen Invite (4/25)..... 16th
142-08	CU Invite (4/11)..... 10th
140-04	CSU Ram Open (5/9)..... 16th
140-00	Rob Upton Invite (3/28)..... 10th
134-03	Front Range Classic (5/2)..... 15th

Hammer Throw (107-08 pr)

107-08	pr Front Range Classic (5/2)..... 19th
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CAMERON CLAYTON

1500 Meters (4:07.45 pr)	
4:07.45	pr CU Invite (4/11)..... 23rd
Steeplechase (10:03.44 pr)	
10:03.44	pr Jack Christiansen Invite (4/25)..... 3rd

JAVEN CORREIA

100 Meters (11.77 pr)	
11.77	pr CU Invite (4/11)..... t17th
12.01	Jack Christiansen Invite (4/25)..... 18th
110 Meter Hurdles (15.62 pr)	
15.62	pr Front Range Classic (5/2)..... 4th
15.82	Jack Christiansen Invite (4/25)..... 8th
15.95	CU Invite (4/11)..... 2nd

MAC CRAWFORD

Javelin (186-06 pr)	
160-05	Rob Upton Invite (3/28)..... 3rd
Discus (167-08 pr)	
167-08	pr Potts Invite (3/21)..... 3rd
145-08	Rob Upton Invite (3/28)..... 7th
Hammer Throw (155-08 pr)	
155-08	pr Rob Upton Invite (3/28)..... 5th
152-10	Front Range Classic (5/2)..... 15th
151-10	Potts Invite (3/21)..... 11th
134-08	CU Invite (4/11)..... 20th
130-05	CSU Ram Open (5/9)..... 14th

JEREMY DODSON (redshirt...did not compete collegiately)

200 Meters	
20.78	p USATF Championships (6/27)..... 20th

QUINTON DODSON

100 Meters (10.73 pr)	
10.73	pr CU Invite (4/11)..... 3rd
10.78	Potts Invite (3/21)..... 4th
10.78	Front Range Classic (5/2)..... 2nd
10.83	Jack Christiansen Invite (4/25)..... 6th
10.89	Texas Relays (4/3)..... 35th
10.90	p Big 12 Outdoors (5/15-17)..... 17th
200 Meters (21.45 pr)	
21.45	pr CU Invite (4/11)..... 5th
21.60	Potts Invite (3/21)..... 4th
21.74	Jack Christiansen Invite (4/25)..... 4th
21.86	Front Range Classic (5/2)..... 3rd
21.91	p Big 12 Outdoors (5/15-17)..... 19th

GRANT DUFFY

800 Meters (1:56.30 pr)	
2:01.55	Potts Invite (3/21)..... 5th
2:05.88	CU Invite (4/11)..... 24th
1500 Meters (4:21.40 pr)	
4:21.40	pr Jack Christiansen Invite (4/25)..... 23rd

CHASE DUKES

Discus (157-03 pr)	
157-03	pr CSU Ram Open (5/9)..... 7th
153-10	Potts Invite (3/21)..... 9th
144-09	Jack Christiansen Invite (4/25)..... 15th
141-04	Front Range Classic (5/2)..... 11th
140-02	Big 12 Outdoors (5/15-17)..... 19th

Javelin (184-01 pr)

Hammer Throw (188-05 pr)	
188-05	rq/pr Mt. SAC Relays (4/17)..... 5th (open section)
187-06	rq Jack Christiansen Invite (4/25)..... 2nd
186-06	NCAA Midwest Regional (5/30)..... 11th
185-00	CSU Ram Open (5/9)..... 3rd
185-00	Front Range Classic (5/2)..... 3rd
182-01	Potts Invite (3/21)..... 2nd
177-08	CU Invite (4/11)..... 4th
176-05	Big 12 Outdoors (5/15-17)..... 10th

Shot Put (53-05.00 pr)

DAN EDWARDS

1500 Meters (3:59.43 pr)	
3:59.43	pr CU Invite (4/11)..... 7th
Steeplechase (9:23.24 pr)	
9:23.24	pr Oregon Relays (4/24)..... 7th
9:23.81	Mt. SAC Relays (4/17)..... 14th (University/Open)
9:24.66	Big 12 Outdoors (5/15-17)..... 10th
9:33.78	Potts Invite (3/21)..... 1st

PARKER FALES

100 Meters (11.67 pr)	
11.67	pr Potts Invite (3/21)..... t14th
11.77	CU Invite (4/11)..... t17th
Long Jump (22-04 pr)	
21-01.50	Potts Invite (3/21)..... 1st
20-11.75	Rob Upton Invite (3/28)..... 1st
20-10.00	CU Invite (4/11)..... 7th
20-06.50	Jack Christiansen Invite (4/25)..... 5th
Triple Jump (45-11.75 pr)	
42-01.50	Jack Christiansen Invite (4/25)..... 5th

ADRIAN GOMEZ

200 Meters (22.12 pr)	
22.12	pr Potts Invite (3/21)..... 7th
400 Meters (48.53 pr)	
49.30	Potts Invite (3/21)..... 7th
800 Meters (1:56.63 pr)	
400 Meter Hurdles (52.69 pr)	
52.69	pr Front Range Classic (5/2)..... 1st
53.39	p Big 12 Outdoors (5/15-17)..... 15th
53.47	CU Invite (4/11)..... 1st
53.53	CSU Ram Open (5/9)..... 3rd
55.13	Texas Relays (4/2)..... 33rd
55.53	Jack Christiansen Invite (4/25)..... 7th

MATT HERZL

1500 Meters (3:59.75 pr)	
Steeplechase (9:42.05 pr)	
10:07.14	Potts Invite (3/21)..... 5th
5000 Meters (16:36.88 pr)	

2009 MEN'S OUTDOOR PERFORMANCE LIST

TODD IPSEN

110 Meter Hurdles (17.57 pr)

17.57	pr	Jack Christiansen Invite (4/25)	16th
18.89		CU Invite (4/11)	17th

400 Meters (52.80 pr)

52.80	pr	CU Invite (4/11)	17th
53.40		Jack Christiansen Invite (4/25)	22nd

Javelin (141-02 pr)

141-02	pr	CU Invite (4/11)	7th
138-06		Rob Upton Invite (3/28)	5th
130-02		CSU Ram Open (5/9)	2nd
124-03		Potts Invite (3/21)	8th

High Jump (6-04 pr)

6-03.50		CSU Ram Open (5/9)	5th
6-02.75		CU Invite (4/11)	4th
6-00.75		Rob Upton Invite (3/28)	5th
6-00.75		Front Range Classic (5/2)	15th
5-10.75		Potts Invite (3/21)	13rd

Long Jump (22-03)

19-06.75		Jack Christiansen Invite (4/25)	7th
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STEVE KASICA

400 Meters (51.15 pr)

51.90		CU Invite (4/11)	15th
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800 Meters (1:52.21 pr)

1:52.21	pr	Oregon Relays (4/24)	3rd (B section)
1:53.05		Mt. SAC Relays (4/17)	22nd (open section)
1:54.99		Potts Invite (3/21)	1st
1:55.90	p	Big 12 Outdoors (5/15-17)	19th

JORDAN KYLE

1500 Meters (4:00.04 pr)

4:00.04	pr	CU Invite (4/11)	8th
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5,000 Meters (13:59.75 pr)

13:59.75	rq/pr	Mt. SAC Relays (4/17)	9th (University/Open)
14:28.81		Big 12 Outdoors (5/15-17)	4th

10,000 Meters (28:52.29 pr)

28:52.29	pr	Payton Jordan Cardinal Invite (5/2)	9th (section 2)
29:20.35	AA	NCAA Outdoors (6/11)	12th
29:53.49		Stanford Invitational	27th

MATTHEW McCATHRAN

200 Meters (22.40 pr)

22.40		Potts Invite (3/21)	10th
22.96		Jack Christiansen Invite (4/25)	16th

400 Meters (49.09 pr)

49.09	p/pr	Big 12 Outdoors (5/15-17)	26th
49.17		CSU Ram Open (5/9)	4th
49.48		Potts Invite (3/21)	9th
49.76		Jack Christiansen Invite (4/25)	7th

400 Meter Hurdles (55.20 pr)

55.20	pr	Front Range Classic (5/2)	6th
55.81		Texas Relays (4/2)	41st
56.26		CU Invite (4/11)	7th

MARTIN MEDINA

1500 Meters (4:06.26 pr)

4:06.26	pr	Potts Invite (3/21)	7th
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TREY MULLEN

Discus (159-11 pr)

155-09		Big 12 Outdoors (5/15-17)	15th
150-02		Jack Christiansen Invite (4/25)	12th
148-11		CSU Ram Open (5/9)	11th
147-06		CU Invite (4/11)	8th
146-09		Potts Invite (3/21)	11th
142-00		Front Range Classic (5/2)	10th

Hammer Throw (162-07 pr)

162-07	pr	Jack Christiansen Invite (4/25)	9th
162-02		Potts Invite (3/21)	6th
158-06		CU Invite (4/11)	9th
158-01		Big 12 Outdoors (5/15-17)	15th
152-09		Front Range Classic (5/2)	16th
147-04		CSU Ram Open (5/9)	11th

PATRICK NILAN

800 Meters (2:10.08 pr)

2:10.08	pr	CU Invite (4/11)	30th
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1500 Meters (4:23.21 pr)

4:23.21	pr	Front Range Classic (5/2)	18th
4:29.18		Potts Invite (3/21)	12th

JAMES NIXON

Pole Vault (15-07 pr)

15-01.00		Rob Upton Invite (3/28)	1st
14-05.25		CU Invite (4/11)	2nd
14-00.00		Potts Invite (3/21)	1st

Javelin (126-00 pr)

126-00	pr	Rob Upton Invite (3/28)	6th
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JEROME PERKINS

3000 Meters (9:27.03 pr)

9:27.03		Potts Invite (3/21)	8th
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JONNY STEVENS

1500 Meters (4:04.07 pr)

4:04.07	pr	CU Invite (4/11)	15th
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Steeplechase (9:55.61 pr)

9:55.61	pr	Potts Invite (3/21)	4th
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EDDIE TAYLOR

Decathlon (5768 points)

5768	pr	CSUN Spring Break Open (3/19-20)	5th
5421		California Invite (4/15-16)	

100 Meters (11.41 pr)

11.41	pr	CSU Ram Open (5/9)	9th
11.42	dec	California Invite (4/15-16)	4th
11.47	dec	CSUN Spring Break Open (3/19-20)	6th
11.62		Rob Upton Invite (3/28)	9th

Long Jump (18-03.00 pr)

18-03.00	pr	Front Range Classic (5/2)	6th
17-11.75	dec	CSUN Spring Break Open (3/19-20)	14th
17-00.00		Jack Christiansen Invite (4/25)	9th
17-02.25	dec	California Invite (4/15-16)	11th

Shot Put (33-03.25 pr)

33-03.25	dec/pr	California Invite (4/15-16)	8th
33-01.25	dec	CSUN Spring Break Open (3/19-20)	15th

High Jump (5-10.75 pr)

5-10.75	dec/pr	CSUN Spring Break Open (3/19-20)	18th
5-06.50	dec	California Invite (4/15-16)	8th
5-03.00		CU Invite (4/11)	10th

400 Meters (50.93 pr)

50.93	pr	Front Range Classic (5/2)	8th
51.24	dec	CSUN Spring Break Open (3/19-20)	4th
51.29		CU Invite (4/11)	12th
51.46		Jack Christiansen Invite (4/25)	14th
51.86	dec	California Invite (4/15-16)	3rd

110 Meter Hurdles (16.68 pr)

16.68	pr	Rob Upton Invite (3/28)	2nd
16.76		Jack Christiansen Invite (4/25)	12th
16.97		CU Invite (4/11)	12th
17.02	dec	CSUN Spring Break Open (3/19-20)	6th
17.08	dec	California Invite (4/15-16)	6th
17.10		Front Range Classic (5/2)	10th

Discus (85-01 pr)

85-01	dec/pr	CSUN Spring Break Open (3/19-20)	10th
84-05		Rob Upton Invite (3/28)	17th
81-07	dec	California Invite (4/15-16)	9th

Pole Vault (12-11.50 pr)

12-11.50	dec/pr	CSUN Spring Break Open (3/19-20)	5th
11-05.75	dec	California Invite (4/15-16)	16th

Javelin (117-06 pr)

117-06	pr	CSU Ram Open (5/9)	4th
114-07		CU Invite (4/11)	15th
111-06	dec	CSUN Spring Break Open (3/19-20)	9th
110-07		Rob Upton Invite (3/28)	7th
98-05		Front Range Classic (5/2)	8th
94-06	dec	California Invite (4/15-16)	11th

1500 Meters (4:38.18 pr)

4:38.18	dec/pr	California Invite (4/15-16)	1st
4:38.53	dec	CSUN Spring Break Open (3/19-20)	1st

400 Meter Hurdles (58.16 pr)

58.16	pr	CSU Ram Open (5/9)	8th
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2009 MEN'S OUTDOOR PERFORMANCE LIST

MATT TEBO

1500 Meters (3:56.36 pr)

3:56.36	pr	Oregon Relays (4/24).....	9th (top section)
3:57.29		CU Invite (4/11)	3rd

5000 Meters (13:56.20 pr)

13:56.39	rq	Payton Jordan Cardinal Invite (5/2).....	3rd (section 3)
14:06.31		NCAA Midwest Regionals (5/29).....	6th
14:19.67	p	NCAA Outdoors (6/10)	24th
14:24.22		Big 12 Outdoors (5/15-17).....	2nd

10000 Meters (30:41.22 pr)

30:48.60		Big 12 Outdoors (5/15-17).....	4th
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CHRISTIAN THOMPSON

1,500 Meters (3:58.46 pr)

3:58.46	pr	Oregon Relays (4/24).....	2nd (B section)
4:07.45		CU Invite (4/11)	10th

Steeplechase (8:49.38 pr)

8:49.38	rq/pr	Payton Jordan Cardinal Invite (5/2).....	3rd (section 2)
8:50.32	p	NCAA Outdoors (6/10)	20th
9:00.57	rq	Stanford Invite (3/27).....	3rd
9:07.31		NCAA Midwest Regional (5/30).....	9th
9:07.68		Big 12 Outdoors (5/15-17).....	5th

JAKE TIMMONS

400 Meters (53.79 pr)

53.79	pr	Potts Invite (3/21).....	18th
53.90		CU Invite (4/11)	21st

110 Meter Hurdles (17.03 pr)

17.03	pr	CU Invite (4/11)	13th
17.13		Rob Upton Invite (3/28).....	3rd
17.17		Potts Invite (3/21).....	12th

High Jump (6-05.50 pr)

6-05.50	pr	CSU Ram Open (5/9).....	t3rd
6-04.75		CU Invite (4/11)	t2nd
6-02.75		Front Range Classic (5/2)	t3rd
6-02.75		Rob Upton Invite (3/28).....	2nd
6-00.75		Potts Invite (3/21).....	2nd

Long Jump (20-03.00 pr)

20-03.00	pr	Potts Invite (3/21).....	4th
19-09.00		Rob Upton Invite (3/28).....	2nd

Javelin (126-04 pr)

126-04	pr	CU Invite (4/11)	12th
122-02		CSU Ram Open (5/9).....	3rd

ALEX VON HAGEN

Decathlon (6584 points)

6584	pr	CSUN Spring Break Open (3/19-20).....	2nd
5742		California Invite (4/15-16).....	

100 Meters (11.18 pr)

11.58	dec	CSUN Spring Break Open (3/19-20).....	8th
11.71	dec	California Invite (4/15-16).....	6th

Long Jump (21-06.75)

21-06.75	dec/pr	California Invite (4/15-16).....	1st
21-05.25	dec	CSUN Spring Break Open (3/19-20).....	5th
20-06.25		Jack Christiansen Invite (4/25).....	6th

Shot Put (36-04.00 pr)

36-04.00	dec/pr	CSUN Spring Break Open (3/19-20).....	12th
36-00.25	dec	California Invite (4/15-16).....	3rd

High Jump (6-06.25 pr)

6-06.25	dec/pr	California Invite (4/15-16).....	2nd
6-03.50	dec	CSUN Spring Break Open (3/19-20).....	t4th
6-00.75		CU Invite (4/11)	t5th

400 Meters (50.88 pr)

51.65	dec	CSUN Spring Break Open (3/19-20).....	4th
52.61		Jack Christiansen Invite (4/25).....	18th
52.72	dec	California Invite (4/15-16).....	5th

110 Meter Hurdles (16.62 pr)

16.62	pr	Jack Christiansen Invite (4/25).....	11th
16.66	dec	CSUN Spring Break Open (3/19-20).....	5th
16.92	dec	California Invite (4/15-16).....	5th
17.71		CU Invite (4/11)	t15th

Discus (112-06 pr)

111-00	dec	CSUN Spring Break Open (3/19-20).....	7th
98-06	dec	California Invite (4/15-16).....	3rd

Pole Vault (13-07.25 pr)

13-07.25		CSUN Spring Break Open (3/19-20).....	2nd
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Javelin (161-04 pr)

161-04	dec/pr	CSUN Spring Break Open (3/19-20).....	2nd
157-09		CU Invite (4/11)	4th
144-04	dec	California Invite (4/15-16).....	5th

1500 Meters (4:38.28 pr)

4:38.28	dec/pr	California Invite (4/15-16).....	2nd
4:38.87	dec	CSUN Spring Break Open (3/19-20).....	2nd

ANDY WACKER

1500 Meters (3:52.21 pr)

3:52.21	pr	Oregon Relays (4/24).....	2nd (top section)
3:58.58		CU Invite (4/11)	6th

5000 Meters (14:06.39 pr)

14:06.39	rq	Mt. SAC Relays (4/17)	17th (University/Open)
14:43.19		NCAA Midwest Regionals (5/29).....	19th
15:03.08		Big 12 Outdoors (5/15-17).....	14th

10000 Meters (31:30.83 pr)

31:30.83	pr	Big 12 Outdoors (5/15-17).....	9th
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KEVIN WALDRON

Javelin (190-05 pr)

175-09		CSU Ram Open (5/9).....	1st
175-09		CU Invite (4/11)	2nd
173-08		Jack Christiansen Invite (4/25).....	2nd
172-00		Rob Upton Invite (3/28).....	2nd
171-06		Front Range Classic (5/2)	6th
170-11		Potts Invite (3/21).....	2nd
169-06		Big 12 Outdoors (5/15-17).....	16th

Hammer Throw (154-08 pr)

150-07		Jack Christiansen Invite (4/25).....	14th
145-01		CU Invite (4/11)	14th
134-03		Potts Invite (3/21).....	17th
124-09		Rob Upton Invite (3/28).....	9th

A.J. WHITAKER

100 Meters (10.55 pr)

10.76		CU Invite (4/11)	4th
10.82		Jack Christiansen Invite (4/25).....	5th
10.88		Texas Relays (4/3)	34th
10.94		CSU Ram Open (5/9).....	t4th
11.01	p	Big 12 Outdoors (5/15-17).....	18th
11.07		Rob Upton Invite (3/28).....	3rd

200 Meters (21.43 pr)

21.45		CU Invite (4/11)	4th
22.34		Rob Upton Invite (3/28).....	4th
23.21		Big 12 Outdoors (5/15-17).....	21st

BRANDIN WILLIAMS

Javelin (222-01 pr)

222-01	rq/pr	Big 12 Outdoors (5/15-17).....	1st
213-02	rq	Jack Christiansen Invite (4/25).....	1st
203-08	rq	Mt. SAC Relays (4/17)	11th (invitational section)
202-10	p	NCAA Outdoors (6/10)	23rd
202-03	rq	CU Invite (4/11)	1st
201-04		Rob Upton Invite (3/28).....	1st
201-02		NCAA Midwest Regionals (5/26).....	12th
197-01		Front Range Classic (5/2)	2nd
196-03		Potts Invite (3/21).....	1st

2009 WOMEN'S OUTDOOR PERFORMANCE LIST (August 17)

SEASON RESULTS

M 19-20	at Northridge Relays (Northridge, Calif.)	NTS
M 21	POTTS INVITATIONAL (Boulder)	NTS
M 28	at Rob Upton (Fort Collins, Colo.)	NTS
M 27-28	at Stanford Invitational (Stanford, Calif.)	NTS
A 1-4	at Texas Relays (Austin, Texas)	NTS
A 4	at Tom Benich Classic (Greeley, Colo.)	postponed
A 11	COLORADO INVITATIONAL (Boulder)	NTS
A 15-18	at Mt. SAC Relays (Walnut, Calif.)	NTS
A 24-25	at Oregon Relays (Eugene, Ore.)	NTS
A 25	at Jack Christiansen Invitational (Fort Collins, Colo.)	3/15
M 2	FRONT RANGE CLASSIC (Boulder)	5/5
M 2	at Cardinal Invitational (Palo Alto, Calif.)	NTS
M 9	at CSU Ram Open (Fort Collins, Colo.)	NTS
M 15-17	at Big 12 Championship (Lubbock, Texas)	12/12
M 29-30	at NCAA Midwest Regional (Norman, Okla.)	22nd/34
J 10-13	at NCAA Championships (Fayetteville, Ark.)	29th/70
J 24-28	at USATF Championship (Eugene, Ore.)	NTS

100 Meters (11.75 regional qualifying standard; 11.65 cu)

11.96	Cassie Hirschfeld	Texas Relays (4/3)
12.22	Cassie Hirschfeld	CU Invite (4/11)
12.30	Krista Kiper	Potts Invite (3/21)
12.31	Cassie Hirschfeld	Front Range Classic (5/2)
12.34	Cassie Hirschfeld	Jack Christiansen Invite (4/25)
12.34	Cassie Hirschfeld	Potts Invite (3/21)

200 Meters (23.96 regional qualifying standard; 23.86 cu)

24.80	Diamond Seay	Potts Invite (3/21)
24.84	Cassie Hirschfeld	Potts Invite (3/21)
24.98	Cassie Hirschfeld	CU Invite (4/11)
25.11	Cassie Hirschfeld	Jack Christiansen Invite (4/25)
25.11	Cassie Hirschfeld	Big 12 Outdoors (5/15-17)
25.24	Krista Kiper	Potts Invite (3/21)
25.31	Diamond Seay	Big 12 Outdoors (5/15-17)
25.31	Veronica Maul	Big 12 Outdoors (5/15-17)

400 Meters (54.61 regional qualifying standard; 54.22 cu)

55.49	Diamond Seay	CU Invite (4/11)
56.28	Diamond Seay	Potts Invite (3/21)
56.40	Diamond Seay	Jack Christiansen Invite (4/25)
56.44	Diamond Seay	Big 12 Outdoors (5/15-17)
56.44	Diamond Seay	Front Range Classic (5/2)
57.03	Veronica Maul	CU Invite (4/11)
57.06	Diamond Seay	CSU Ram Open (5/9)

800 Meter Run (2:09.80 regional qualifying standard; 2:03.7 cu)

2:02.54	pr/sr	Jenny Barringer	Cottbus (8/8)
2:05.43	rq	Jenny Barringer	Oregon Relays (4/25)
2:14.43		Emma Coburn	CU Invite (4/11)
2:14.81	pr/hep	Brianne Beemer	USA Jr. Championships (6/27-28)
2:14.96	pr	Brianne Beemer	Oregon Relays (4/24)
2:15.60	hep	Brianne Beemer	CSU Spring Break Open (3/19-20)
2:17.40	hep	Brianne Beemer	Big 12 Outdoors (5/15-17)
2:19.04		Katie Cumming	Front Range Classic (5/2)

1,500 Meter Run (4:27.80 regional qualifying standard; 3:59.90 cu)

3:59.90	pr/sr	Jenny Barringer	Prefontaine Classic (6/7)
4:08.38	rq	Jenny Barringer	Oregon Relays (4/24)
4:27.69	pr/rq	Emma Coburn	Oregon Relays (4/24)
4:30.77		Emma Coburn	Stanford Invite (3/27)
4:33.58	pr	Katie Cumming	Oregon Relays (4/24)
4:34.32		Katie Cumming	Mt. SAC Relays (4/17)
4:40.86		Katie Cumming	Big 12 Outdoors (5/15-17)
4:41.67		Laura Thweatt	Potts Invite (3/21)
4:42.60	pr	Emily Hanenburg	Oregon Relays (4/24)

3,000 Meters* (8:54.22 cu)

8:55.25	pr/sr	Jenny Barringer	DN Galan Super Grand Prix (7/31)
15:07.64	NCAA	Jenny Barringer	Payton Jordan Cardinal Invite (5/2)
17:01.68		Laura Thweatt	Stanford Invite (3/27)
17:15.36		Laura Thweatt	Oregon Twilight (5/9)
17:27.19		Emily Hanenburg	Stanford Invite (3/27)
17:29.25		Laura Thweatt	Big 12 Outdoors (5/15-17)
18:04.57		Katie Cumming	Big 12 Outdoors (5/15-17)

10,000 Meters (33:30.00 auto/35:00.00 provisional; 32:50.80 cu)

100 Meter Hurdles (13.92 regional qualifying standard; 12.98)

15.25		Toi Windham	Potts Invite (3/21)
15.43	hep	Brianne Beemer	Big 12 Outdoors (5/15-17)
15.44		Toi Windham	CU Invite (4/11)
15.54	hep	Brianne Beemer	USA Jr. Championships (6/27-28)
15.54	hep	Alyssa Frank	Big 12 Outdoors (5/15-17)
15.80	hep	Alyssa Frank	California Invite (4/15-16)
15.81		Troi Smith	CSU Ram Open (5/9)
15.84		Brianne Beemer	Front Range Classic (5/2)

400 Meter Hurdles (1:00.82 regional qualifying standard; 57.77 cu)

1:01.84		Brianne Beemer	CSU Ram Open (5/9)
1:01.96		Joi Windham	CSU Ram Open (5/9)
1:02.31		Joi Windham	CU Invite (4/11)
1:02.38		Toi Windham	CU Invite (4/11)
1:02.53		Brianne Beemer	Big 12 Outdoors (5/15-17)
1:03.06		Joi Windham	Potts Invite (3/21)
1:03.48		Brianne Beemer	Front Range Classic (5/2)

3,000 M Steeplechase (10:50.25 regional qualifying standard; 9:22.26 cu)

9:12.50	American	Jenny Barringer	IAAF World Championship (8/17)
9:25.54	NCAA/meet	Jenny Barringer	NCAA Outdoor (6/12)
9:26.20	reg rec	Jenny Barringer	NCAA Midwest Regional (5/30)
9:29.38		Jenny Barringer	USATF Championships (6/28)
9:47.97	p	Jenny Barringer	USATF Championships (6/26)
9:57.75	p	Jenny Barringer	NCAA Outdoor (6/10)
9:58.14	rq	Jenny Barringer	Big 12 Outdoors (5/15-17)
10:06.21	p	Emma Coburn	NCAA Outdoor (6/10)
10:06.54	rq/pr	Emma Coburn	Payton Jordan Cardinal Invite (5/2)

4x100 Meter Relay (45.70 regional qualifying standard; 44.95 cu)

46.77		Hirschfeld/Kiper/Maul/Seay	Potts Invite (3/21)
47.22		Hirschfeld/Seay/Maul/J. Windham	CU Invite (4/11)
47.60		Hirschfeld/Seay/Maul/Kiper	Front Range Classic (5/2)

4x400 Meter Relay (3:42.00 regional qualifying standard; 3:33.07 cu)

3:47.31		Maul/J. Windham/T. Windham/Seay	Texas Relays (4/3)
3:49.92		Maul/Seay/T. Windham/J. Windham	CU Invite (4/11)
3:50.01		Maul/J. Windham/T. Windham/Seay	Potts Invite (3/21)
3:50.74		Maul/J. Windham/Barringer/Seay	Big 12 Outdoors (5/15-17)

Mile Relay (3:43.30 regional qualifying standard; 3:45.53 cu)

Long Jump (6.00/19-08.25 regional qualifying standard; 20-10.50 cu)

16-10.50	hep/pr	Brianne Beemer	USA Jr. Championships (6/27-28)
16-10.00	hep	Alyssa Frank	California Invite (4/15-16)
16-07.25	hep	Katie Dreher	CSU Spring Break Open (3/19-20)
16-05.00		Katie Dreher	Jack Christiansen Invite (4/25)
16-03.00		Kathleen Majewski	CSU Ram Open (5/9)
16-02.25	hep	Katie Dreher	USA Jr. Championships (6/27-28)
16-01.50	hep	Alyssa Frank	Big 12 Outdoors (5/15-17)

Triple Jump (12.32/40-5 regional qualifying standard; 40-11.5 cu)

38-04.00		Katie Dreher	Big 12 Outdoors (5/15-17)
36-07.00		Katie Dreher	CSU Ram Open (5/9)
35-09.25		Katie Dreher	Jack Christiansen Invite (4/25)

High Jump (1.75/5-8.75 regional qualifying standard; 6-3 cu)

5-06.50	hep	Alyssa Frank	Big 12 Outdoors (5/15-17)
5-05.25	hep	Alyssa Frank	USA Jr. Championships (6/27-28)
5-05.00		Alyssa Frank	Big 12 Outdoors (5/15-17)
5-05.00		Alyssa Frank	CSU Ram Open (5/9)
5-05.00		Alyssa Frank	Jack Christiansen Invite (4/25)
5-05.00		Alyssa Frank	Front Range Classic (5/2)
5-03.25	hep	Alyssa Frank	California Invite (4/15-16)

Shot Put (14.30/46-11 regional qualifying standard; 54-6 cu)

41-01.75		Chynna McCall	Jack Christiansen Invite (4/25)
39-11.50		Chynna McCall	CU Invite (4/11)
39-09.25		Chynna McCall	Potts Invite (3/21)
39-04.00		Chynna McCall	CSU Ram Open (5/9)
38-11.00		Kaiti Kark	Potts Invite (3/21)
36-04.25	hep	Troi Smith	CSU Spring Break Open (3/19-20)
33-01.00		Kali Gajewski	Potts Invite (3/21)

Hammer Throw (54.15/177-7.50 regional qualifying standard; 196-10 cu)

157-00		Kaiti Kark	Jack Christiansen Invite (4/25)
155-06		Kaiti Kark	Big 12 Outdoors (5/15-17)
154-05		Kaiti Kark	CSU Ram Open (5/9)
152-10		Kaiti Kark	Big 12 Outdoors (5/15-17)
150-07		Kaiti Kark	CU Invite (4/11)
145-09		Kaiti Kark	Potts Invite (3/21)
141-01		Kaiti Kark	Rob Upton Invite (3/28)

Javelin (43.45/142-6 regional qualifying standard; 169-5 cu)

102-11	hep/pr	Katie Dreher	CSU Spring Break Open (3/19-20)
99-10	hep/pr	Brianne Beemer	USA Jr. Championships (6/27-28)
99-04		Katie Dreher	CU Invite (4/11)
94-09		Brianne Beemer	CSU Ram Open (5/9)
93-11	hep	Katie Dreher	USA Jr. Championships (6/27-28)
92-04	hep	Brianne Beemer	CSU Spring Break Open (3/19-20)
90-11	hep	Katie Dreher	Big 12 Outdoors (5/15-17)

Discus Throw (47.30/155-2 regional qualifying standard; 181-7 cu)

151-06		Kaiti Kark	Jack Christiansen Invite (4/25)
147-03		Kaiti Kark	Potts Invite (3/21)
143-08		Kaiti Kark	CSU Ram Open (5/9)
132-04		Kaiti Kark	Rob Upton Invite (3/28)
131-03		Kaiti Kark	CU Invite (4/11)
124-04		Kaiti Kark	NCAA Midwest Regionals (5/29)

Pole Vault (3.85/12-7.50 regional qualifying standard; 12-4 cu)

Heptathlon (5,500 auto/5,050 provisional; 5,893 cu)

4,707	pr	Brianne Beemer	USA Jr. Championships (6/27-28)
4,415		Brianne Beemer	Big 12 Outdoors (5/15-17)
4,400		Brianne Beemer	CSU Spring Break Open (3/19-20)
4,328	pr	Katie Dreher	CSU Spring Break Open (3/19-20)
4,282		Katie Dreher	USA Jr. Championships (6/27-28)
4,283	pr	Alyssa Frank	Big 12 Outdoors (5/15-17)
4,169		Alyssa Frank	California Invite (4/15-16)

Symbol Key

na	ncaa automatic qualifying time/mark
np	ncaa provisional qualifying time/mark
rq	regional qualifying time/mark
rqa	regional qualifying time/mark with altitude conversion
p	preliminary mark
pr	personal record
w	wind-aided mark
sr	school record
hep	mark earned during heptathlon competition
*	not an NCAA event

2009 WOMEN'S OUTDOOR PERFORMANCE LIST

JENNY BARRINGER

800 Meters (2:05.43 pr)

2:02.54	pr/sr	Cottbus (8/8)	3rd
2:05.43	rq	Oregon Relays (4/25)	1st

1500 Meters (4:08.38 pr)

3:59.90	sr/pr	Prefontaine Classic (6/7)	2nd
4:08.38	rq	Oregon Relays (4/24)	1st

Steeplechase (9:22.26 pr/sr/Am)

9:12.50	American/PR	IAAF World Championship (8/17)	5th
9:25.54	NCAA/collegiate	NCAA Outdoors (6/12)	1st
9:26.20	meet/stadium rec	NCAA Midwest Regional (5/30)	1st
9:26.81		IAAF World Championship (8/15)	3rd (prelims)
9:29.38		USATF Championships (6/28)	1st
9:47.94	p	USATF Championships (6/26)	1st (prelims)
9:57.75	p	NCAA Outdoors (6/10)	2nd (prelims)
9:58.14	rq	Big 12 Outdoors (5/15-17)	1st

5000 Meters (15:07.64 pr)

15:05.25	sr/pr	DN Galan Super Grand Prix (7/31)	1st
15:07.64	NCAA/rq	Payton Jordan Cardinal Invite (5/2)	1st

BRIANNE BEEMER

Heptathlon (4707 pr)

4707	pr	USA Jr. Championships (6/27-28)	6th
4415		Big 12 Outdoors (5/15-16)	10th
4400		CSUN Spring Break Open (3/19-20)	2nd

100 Meter Hurdles (15.43 pr)

15.43	hep/pr	Big 12 Outdoors (5/15-16)	10th
15.54	hep	USA Jr. Championships (6/27-28)	10th
15.84		Front Range Classic (5/2)	8th
15.91		CU Invite (4/11)	6th
16.08	hep	CSUN Spring Break Open (3/19-20)	5th

High Jump (5-03.00 pr)

5-03.00	hep/pr	USA Jr. Championships (6/27-28)	4th
5-03.00	hep/pr	CSUN Spring Break Open (3/19-20)	2nd
5-01.00		Front Range Classic (5/2)	6th
4-11.00		CU Invite (4/11)	10th
4-09.00	hep	Big 12 Outdoors (5/15-16)	12th

Shot Put (31-04.00 pr)

31-04.00	hep/pr	USA Jr. Championships (6/27-28)	10th
30-03.00	hep	Big 12 Outdoors (5/15-16)	8th
29-06.75	hep	CSUN Spring Break Open (3/19-20)	10th

200 Meters (26.31 pr)

26.31	hep/pr	Big 12 Outdoors (5/15-16)	10th
26.82	hep	CSUN Spring Break Open (3/19-20)	6th
26.86		CU Invite (4/11)	13th
26.89	hep	USA Jr. Championships (6/27-28)	13th

Long Jump (16-10.50 pr)

16-10.50	hep/pr	USA Jr. Championships (6/27-28)	9th
15-06.75	hep	Big 12 Outdoors (5/15-16)	12th
14-11.50	hep	CSUN Spring Break Open (3/19-20)	9th

Javelin (99-10 pr)

99-10	hep/pr	USA Jr. Championships (6/27-28)	8th
94-09		CSU Ram Open (5/9)	9th
92-04	hep	CSUN Spring Break Open (3/19-20)	6th
89-07	hep	Big 12 Outdoors (5/15-16)	9th

800 Meters (2:14.81 pr)

2:14.81	hep/pr	USA Jr. Championships (6/27-28)	1st
2:14.96		Oregon Relays (4/24)	3rd (B section)
2:15.60	hep	CSUN Spring Break Open (3/19-20)	1st
2:17.40	hep	Big 12 Outdoors (5/15-16)	1st

400 Meter Hurdles (1:01.84 pr)

1:01.84	pr	CSU Ram Open (5/9)	1st
1:02.53	p	Big 12 Outdoors (5/15-17)	8th
1:03.48		Front Range Classic (5/2)	1st
1:03.79		Big 12 Outdoors (5/15-17)	8th

MEGAN BURRELL

800 Meters

2:28.95		CU Invite (4/11)	16th
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1500 Meters

4:55.02		Front Range Classic (5/2)	7th
4:58.79		Jack Christiansen Invite (4/25)	3rd

EMMA COBURN

800 Meters (2:14.43 pr)

2:14.43	pr	CU Invite (4/11)	1st
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1500 Meters (4:27.69 pr)

4:27.69	pr	Oregon Relays (4/24)	5th
4:30.77		Stanford Invite (3/27)	6th

Steeplechase (10:06.21 pr)

10:06.21	pr	NCAA Outdoor (6/10)	11th
10:06.54	rq	Payton Jordan Cardinal Invite (5/2)	11th (section 1)
10:16.54	rq	Mt. SAC Relays (4/16)	14th (Invitational section)
10:22.58		NCAA Outdoor (6/12)	11th
10:25.82		NCAA Midwest Regional (5/30)	9th
10:33.49	rq	Big 12 Outdoors (5/15-17)	4th
10:50.34	rqa	Potts Invite (3/21)	1st

KATIE CUMMING

800 Meters (2:16 pr)

2:19.04		Front Range Classic (5/2)	3rd
2:20.05		Potts Invite (3/21)	4th

1500 Meters (4:33.58 pr)

4:33.58	pr	Oregon Relays (4/24)	10th
4:34.32		Mt. SAC Relays (3/17)	24th (open section)
4:40.86	p	Big 12 Outdoors (5/15-17)	11th
4:47.22		CU Invite (4/11)	5th

5000 Meters (18:04.57 pr)

18:04.57		Big 12 Outdoors (5/15-17)	23rd
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KATIE DREHER

Heptathlon (4328 pr)

4328	pr	CSUN Spring Break Open (3/19-20)	3rd
4282		USA Jr. Championships (6/27-28)	11th
4150		Big 12 Outdoors (5/15-16)	12th
3631		California Invite (4/15-16)	

100 Meter Hurdles (16.22 pr)

16.22	hep/pr	Big 12 Outdoors (5/15-16)	12th
16.48	hep	USA Jr. Championships (6/27-28)	15th
17.08		CU Invite (4/11)	12th
17.18	hep	California Invite (4/15-16)	28th
17.18	hep	CSUN Spring Break Open (3/19-20)	9th

High Jump (5-01.75 pr)

5-01.75	hep/pr	USA Jr. Championships (6/27-28)	12th
5-01.00	hep	California Invite (4/15-16)	13th
5-01.00		CU Invite (4/11)	6th
5-00.50	hep	CSUN Spring Break Open (3/19-20)	4th
4-10.25	hep	Big 12 Outdoors (5/15-16)	11th

Shot Put (30-07.75 pr)

30-07.75	hep/pr	CSUN Spring Break Open (3/19-20)	8th
28-04.25	hep	USA Jr. Championships (6/27-28)	18th
27-04.75	hep	Big 12 Outdoors (5/15-16)	12th
26-03.00	hep	California Invite (4/15-16)	33rd

200 Meters (26.47 pr)

26.74	hep	Big 12 Outdoors (5/15-16)	11th
26.84	hep	CSUN Spring Break Open (3/19-20)	7th
27.02		CU Invite (4/11)	15th
27.00	hep	USA Jr. Championships (6/27-28)	14th
27.22		Jack Christiansen Invite (4/25)	16th
27.33	hep	California Invite (4/15-16)	23rd

Long Jump (16-07.25 pr)

16-07.25	hep/pr	CSUN Spring Break Open (3/19-20)	5th
16-05.00		Jack Christiansen Invite (4/25)	3rd
16-02.25	hep	USA Jr. Championships (6/27-28)	13th
15-11.75	hep	Big 12 Outdoors (5/15-16)	11th
15-10.00	hep	California Invite (4/15-16)	10th
15-09.50		CSU Ram Open (5/9)	5th

Javelin (102-11 pr)

102-11	hep/pr	CSUN Spring Break Open (3/19-20)	5th
99-04		CU Invite (4/11)	7th
93-11	hep	USA Jr. Championships (6/27-28)	11th
90-11.50	hep	Big 12 Outdoors (5/15-16)	8th

800 Meters (2:22.07 pr)

2:22.07	hep/pr	CSUN Spring Break Open (3/19-20)	3rd
2:23.25	hep	USA Jr. Championships (6/27-28)	5th
2:23.32	hep	California Invite (4/15-16)	3rd
2:25.60	hep	Big 12 Outdoors (5/15-16)	4th

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Triple Jump (38-05 pr)

38-04	Big 12 Outdoors (5/15-17).....	16th
36-07.00	CSU Ram Open (5/9).....	3rd
35-09.25	Jack Christiansen Invite (4/25).....	5th

ALYSSA FRANK

Heptathlon (4283 pr)

4283	pr	Big 12 Outdoors (5/15-16).....	11th
4169		California Invite (4/15-16).....	
3996		USA Jr. Championships (6/27-28).....	18th

100 Meter Hurdles (15.75 pr)

15.54	hep	Big 12 Outdoors (5/15-16).....	1th
15.80	hep	California Invite (4/15-16).....	t18th
15.96		Front Range Classic (5/2).....	11th
15.97		Jack Christiansen Invite (4/25).....	14th
16.02		CU Invite (4/11).....	9th
17.99	hep	USA Jr. Championships (6/27-28).....	19th

High Jump (5-06.50 pr)

5-06.50	hep/pr	Big 12 Outdoors (5/15-16).....	t1st
5-05.25	hep	USA Jr. Championships (6/27-28).....	2nd
5-05.00		Big 12 Outdoors (5/15-17).....	11th
5-05.00		CSU Ram Open (5/9).....	4th
5-05.00		Front Range Classic (5/2).....	t1st
5-05.00		Jack Christiansen Invite (4/25).....	3rd
5-03.25	hep	California Invite (4/15-16).....	t5th
5-03.00		CU Invite (4/11).....	t4th

Shot Put (30-03.00 pr)

30-03	hep/pr	Big 12 Outdoors (5/15-16).....	10th
30-01	hpe	USA Jr. Championships (6/27-28).....	15th
29-01	hep	California Invite (4/15-16).....	27th

200 Meters (27.47 pr)

27.47	hep/pr	Big 12 Outdoors (5/15-16).....	12th
28.02	hep	USA Jr. Championships (6/27-28).....	17th
28.18		CU Invite (4/11).....	19th
28.18		Jack Christiansen Invite (4/25).....	21st
28.31		Front Range Classic (5/2).....	16th
28.56	hep	California Invite (4/15-16).....	36th

Long Jump (17-7.75 pr)

16-10.00	hep	California Invite (4/15-16).....	5th
16-01.50	hep	Big 12 Outdoors (5/15-16).....	9th
15-11.50	hep	USA Jr. Championships (6/27-28).....	14th

Javelin (88-01 pr)

88-01	pr	CU Invite (4/11).....	11th
87-08.75	hep	Big 12 Outdoors (5/15-16).....	10th
87-08	hep	USA Jr. Championships (6/27-28).....	13th
86-01	hep	California Invite (4/15-16).....	10th
79-07		CSU Ram Open (5/9).....	10th

800 Meters (2:32.69 pr)

2:32.69	hep/pr	USA Jr. Championships (6/27-28).....	14th
2:34.28	hep	California Invite (4/15-16).....	12th
2:40.54	hep	Big 12 Outdoors (5/15-16).....	11th

KALI GAJEWSKI

Shot Put (33-01.00 pr)

33-01.00	pr	Potts Invite (3/21).....	10th
32-03.50		CU Invite (4/11).....	14th
32-02.25		Jack Christiansen Invite (4/25).....	13th
31-10.75		Rob Upton Invite (3/28).....	6th
31-04.00		CSU Ram Open (5/9).....	12th

Discus (97-00 pr)

97-00	pr	CU Invite (4/11).....	17th
92-03		Rob Upton Invite (3/28).....	11th
90-11		CSU Ram Open (5/9).....	16th

EMILY HANENBURG

800 Meters (2:19.41 pr)

1500 Meters (4:39.67 pr)

4:42.60		Oregon Relays (4/24).....	13th (section 2)
4:44.01		Potts Invite (3/21).....	4th

5000 Meters (17:27.19 pr)

17:27.19	pr	Stanford Invite (3/27).....	22nd
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Steeplechase (10:49.54 pr)

10:49.54	rq/pr	Mt. SAC Relays (4/16).....	14th (University/Open)
10:52.16	rq	Big 12 Outdoors (5/15-17).....	6th
10:55.07		NCAA Midwest Regional (5/30).....	16th
11:06.28	rq	CU Invite (4/11).....	4th

CASSIE HIRSCHFELD

100 Meters (11.96 pr)

11.96	pr	Texas Relays (4/3).....	37th
12.22		CU Invite (4/11).....	3rd
12.31		Front Range Classic (5/2).....	3rd
12.34		Jack Christiansen Invite (4/25).....	4th
12.34		Potts Invite (3/21).....	5th
12.36	p	Big 12 Outdoors (5/15-17).....	16th

200 Meters (24.84 pr)

24.84	pr	Potts Invite (3/21).....	4th
24.98		CU Invite (4/11).....	2nd
25.11	p	Big 12 Outdoors (5/15-17).....	20th
25.11		Jack Christiansen Invite (4/25).....	1st

JORDAN HUMPHREY

200 Meters (28.63 pr)

28.63	pr	Front Range Classic (5/2).....	17th
28.85		Jack Christiansen Invite (4/25).....	24th

400 Meters (60.66 pr)

1:03.52		CSU Ram Open (5/9).....	7th
1:03.95		Front Range Classic (5/2).....	14th
1:04.00		CU Invite (4/11).....	19th
1:04.55		Jack Christiansen Invite (4/25).....	21st

KAITY KARK

Shot Put (42-04.75)

38-11.00		Potts Invite (3/21).....	6th
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Discus (155-06 pr)

155-06	rq/pr	Big 12 Outdoors (5/15-17).....	9th
151-06		Jack Christiansen Invite (4/25).....	3rd
147-03		Potts Invite (3/21).....	5th
143-08		CSU Ram Open (5/9).....	6th
132-04		Rob Upton Invite (3/28).....	6th
131-03		CU Invite (4/11).....	6th
124-04		NCAA Midwest Regional (5/29).....	27th

Hammer Throw (157-00 pr)

157-00	pr	Jack Christiansen Invite (4/25).....	6th
154-05		CSU Ram Open (5/9).....	8th
152-10		Big 12 Outdoors (5/15-17).....	18th
150-07		CU Invite (4/11).....	5th
145-09		Potts Invite (3/21).....	6th
141-01		Rob Upton Invite (3/28).....	6th

KRISTA KIPER

100 Meters (11.85 pr)

12.30		Potts Invite (3/21).....	4th
12.56		Front Range Classic (5/2).....	6th
12.76		Texas Relays (4/3).....	81st
12.87		CSU Ram Open (5/9).....	5th

200 Meters (24.4 pr)

25.24		Potts Invite (3/21).....	6th
26.12		Front Range Classic (5/2).....	6th

MYCHELLE LECHMAN

Javelin (70-04 pr)

70-04	pr	Potts Invite (3/21).....	5th
68-08		CSU Ram Open (5/9).....	11th
68-04		Jack Christiansen Invite (4/25).....	9th
62-08		Front Range Classic (5/2).....	7th
62-00		CU Invite (4/11).....	19th

KATHLEEN MAJEWSKI

High Jump (5-02.50 pr)

5-01.00		CU Invite (4/11).....	t6th
4-11.00		Potts Invite (3/21).....	t5th
4-11.00		Jack Christiansen Invite (4/25).....	9th
4-09.00		Front Range Classic (5/2).....	10th

Long Jump (16-03.00 pr)

16-03.00	pr	CSU Ram Open (5/9).....	4th
15-09.50		CU Invite (4/11).....	8th
15-02.00		Jack Christiansen Invite (4/25).....	9th

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VERONICA MAUL

100 Meters (12.83 pr)

200 Meters (25.07 pr)

25.31	p	Big 12 Outdoors (5/15-17).....	22nd
25.35		Jack Christiansen Invite (4/25).....	2nd
25.45		Potts Invite (3/11).....	9th
25.68		Front Range Classic (5/2).....	5th

400 Meters (55.80 pr)

57.03		CU Invite (4/11).....	4th
57.31	p	Big 12 Outdoors (5/15-17).....	18th
57.38		Jack Christiansen Invite (4/25).....	4th
57.79		Potts Invite (3/21).....	6th
58.29		Front Range Classic (5/2).....	10th

CHYNNA McCALL

Shot Put (42-07.50 pr)

41-01.75		Jack Christiansen Invite (4/25).....	4th
39-11.50		CU Invite (4/11).....	t3rd
39-09.25		Potts Invite (3/21).....	5th
39-04.00		CSU Ram Open (5/9).....	7th

Hammer Throw (131-09 pr)

131-09	pr	Potts Invite (3/21).....	13th
97-09		CU Invite (4/11).....	21st

Discus (118-01 pr)

116-02		CSU Ram Open (5/9).....	14th
93-00		CU Invite (4/11).....	18th

NATAYLA MOORE

Long Jump (18-4 pr)

13-00.00		Potts Invite (3/21).....	3rd
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DANIELLE REAGIN

High Jump (4-09 pr)

4-09.00	pr	Potts Invite (3/21).....	9th
4-07.00		CU Invite (4/11).....	t13th

Long Jump (15-06.75 pr)

15-06.75	pr	CSU Ram Open (5/9).....	3rd
15-01.50		CU Invite (4/11).....	12th
14-06.25		Jack Christiansen Invite (4/25).....	11th

AMBER ROZIER

100 Meters (13.18 pr)

13.18	pr	Potts Invite (3/21).....	11th
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ALLISON SAWYER

1500 Meters (4:49.84 pr)

4:49.84	pr	CU Invite (4/11).....	6th
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3000 Meters (9:56.85 pr)

Steeplechase (10:45.80 pr)

11:00.93		Oregon Relays (4/24).....	9th
11:11.21		Front Range Classic (5/2).....	1st
11:46.88		CSU Ram Open (5/9).....	2nd

DYAMOND SEAY

100 Meters (12.61 pr)

200 Meters (24.80 pr)

24.80	pr	Potts Invite (3/21).....	3rd
25.31	p	Big 12 Outdoors (5/15-17).....	21st

400 Meters (55.49 pr)

55.49	pr	CU Invite (4/11).....	3rd
56.28		Potts Invite (3/21).....	4th
56.44	p	Big 12 Outdoors (5/15-17).....	15th
56.44		Front Range Classic (5/2).....	4th
56.50		Jack Christiansen Invite (4/25).....	2nd
57.06		CSU Ram Open (5/9).....	1st

KAYLEN SLACK

1500 Meters (4:47.40 pr)

4:47.40	pr	Potts Invite (3/21).....	5th
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TROI SMITH

Heptathlon (4318 points pr)

4041	hep	CSUN Spring Break Open (3/19-20).....	6th
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100 Meter Hurdles (15.41 pr)

15.81		CSU Ram Open (5/9).....	7th
15.92		Jack Christiansen Invite (4/25).....	13th
16.01		CU Invite (4/11).....	8th
16.12	hep	CSUN Spring Break Open (3/19-20).....	6th

High Jump (5-00.50 pr)

5-00.50	hep/pr	CSUN Spring Break Open (3/19-20).....	t4th
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Shot Put (38-05.50 pr)

36-04.25	hep	CSUN Spring Break Open (3/19-20).....	1st
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200 Meters (26.27 pr)

27.57	hep	CSUN Spring Break Open (3/19-20).....	9th
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Long Jump (17-09.50 pr)

15-09.00	hep	CSUN Spring Break Open (3/19-20).....	6th
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Javelin (94-00 pr)

81-00	hep	CSUN Spring Break Open (3/19-20).....	7th
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400 Meters (66.44 pr)

800 Meters (2:39.11 pr)

2:44.00	hep	CSUN Spring Break Open (3/19-20).....	9th
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100 Meters

13.08		CU Invite (4/11).....	11th
13.24		Jack Christiansen Invite (4/25).....	17th

LAURA THWEATT

1500 Meters (4:41.67 pr)

4:41.67	pr	Potts Invite (3/21).....	1st
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5000 Meters (16:52.63 pr)

17:01.68		Stanford Invite (3/27).....	10th
17:15.36		Oregon Twilight (5/9).....	11th
17:29.25		Big 12 Outdoors (5/15-17).....	15th

HEATHER WEST

800 Meters (2:27.94 pr)

2:27.94	pr	Front Range Classic (5/2).....	9th
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1500 Meters (4:59.75 pr)

5:03.95		Front Range Classic (5/2).....	11th
5:06.58		Jack Christiansen Invite (4/25).....	9th
5:08.30		CU Invite (4/11).....	14th

Steeplechase (11:53.38 pr)

JOI WINDHAM

100 Meters (12.73 pr)

12.87		Potts Invite (3/21).....	8th
13.16		Rob Upton Invite (3/28).....	3rd

100 Meter Hurdles (16.59 pr)

16.59	pr	Jack Christiansen Invite (4/25).....	18th
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400 Meter Hurdles (1:01.96 pr)

1:01.96	pr	CSU Ram Open (5/9).....	2nd
1:02.31		CU Invite (4/11).....	1st
1:03.06		Potts Invite (3/21).....	1st
1:03.48		Jack Christiansen Invite (4/25).....	1st
1:03.54		Texas Relays (4/2).....	32nd
1:03.80		Rob Upton Invite (3/28).....	1st
1:04.45	pr	Big 12 Outdoors (5/15-17).....	11th

TOI WINDHAM

100 Meter Hurdles (15.25 pr)

15.25	pr	Potts Invite (3/21).....	5th
15.44		CU Invite (4/11).....	4th
15.89		Jack Christiansen Invite (4/25).....	12th
16.37		Texas Relays (4/3).....	59th

400 Meter Hurdles (60.81 pr)

1:02.38		CU Invite (4/11).....	2nd
1:03.48		Texas Relays (4/2).....	31st