

2010 NCAA Qualifying Standards

MEN'S INDOOR QUALIFYING STANDARDS (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.14@	—	6.25@	—
60 Meters	6.60@	—	6.71@	—
55-Meter Hurdles	7.17@	—	7.38@	—
60-Meter Hurdles	7.70@	—	7.91@	—
200 Meters				
(Under 200m/220 yds)*	21.48	—	21.88	—
(200m/220 yds)*	21.23	—	21.63	—
(Banked or Over 200m/220 yds)*	20.83	—	21.23	—
400 Meters				
(Under 200m/220 yds)*	47.15	46.9	48.25	48.0
(200m/220 yds)*	46.55	46.5	47.85	47.6
(Banked or Over 200m/220 yds)*	46.15	45.9	47.25	47.0
800 Meters#				
(200m/220 yds or less)*	1:48.90	1:48.6	1:51.40	1:51.1
(Banked or Over 200m/220 yds)*	1:48.00	1:47.7	1:50.50	1:50.2
Mile#				
(200m/220 yds or less)*	4:00.80	4:00.5	4:05.30	4:04.0
(Banked or Over 200m/220 yds)*	3:59.00	3:58.7	4:03.50	4:03.2
3,000 Meters#				
(200m/220 yds or less)*	7:57.20	7:56.9	8:07.70	8:07.4
(Banked or Over 200m/220 yds)*	7:54.50	7:54.2	8:05.00	8:04.7
5,000 Meters#				
(200m/220 yds or less)*	13:50.80	13:50.5	14:13.80	14:13.5
(Banked or Over 200m/220 yds)*	13:47.00	13:46.7	14:10.00	14:09.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:10.50	3:10.2	3:14.40	3:14.1
(200m/220 yds)*	3:08.90	3:08.6	3:12.80	3:12.5
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2	3:10.40	3:10.1
Mile Relay				
(Under 200m/220 yds)*	3:10.70	3:10.4	3:14.80	3:14.5
(200m/220 yds)*	3:09.10	3:08.8	3:13.20	3:12.9
(Banked or Over 200m/220 yds)*	3:07.50	3:07.2	3:11.60	3:11.3
Distance Medley Relay-Meters#				
(200m/220 yds or less)*	9:33.00	9:35.7	9:44.70	9:44.4
(Banked or Over 200m/220 yds)*	9:30.00	9:29.7	9:41.70	9:41.4
Distance Medley Relay-Yards#				
(200 m/220 yds or less)*	9:35.70	9:35.4	9:47.40	9:47.1
(Banked or Over 200 m/220 yds)*	9:33.50	9:33.2	9:45.20	9:44.9

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds.

Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

Field Events (Metric)

	AUTOMATIC		PROVISIONAL	
	AUTOMATIC	PROVISIONAL	AUTOMATIC	PROVISIONAL
High Jump	2.24	2.14	Shot Put	19.30
Pole Vault	5.50	5.20	35-Pound Weight	21.50
Long Jump	7.85	7.50	Heptathlon	5,675 points
Triple Jump	16.15	15.45		5,325 points

*—Size of track; #—Altitude adjustment available.

WOMEN'S INDOOR QUALIFYING STANDARDS (SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.74@	—	6.92@	—
60 Meters	7.26@	—	7.44@	—
55-Meter Hurdles	7.57@	—	7.86@	—
60-Meter Hurdles	8.14@	—	8.43@	—
200 Meters				
(Under 200m/220 yds)*	23.90	—	24.60	—
(200m/220 yds)*	23.70	—	24.40	—
(Banked or Over 200m/220 yds)*	23.20	—	23.90	—
400 Meters				
(Under 200m/220 yds)*	53.20	52.9	55.20	54.9
(200m/220 yds)*	52.90	52.6	54.90	54.6
(Banked or Over 200m/220 yds)*	52.40	52.1	54.40	54.1
800 Meters#				
(200m/220 yds or less)*	2:06.00	2:05.7	2:10.00	2:09.7
(Banked or Over 200m/220 yds)*	2:05.00	2:04.7	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:38.90	4:38.6	4:48.90	4:48.6
(Banked or Over 200m/220 yds)*	4:37.00	4:36.7	4:47.00	4:46.7
3,000 Meters#				
(200m/220 yds or less)*	9:16.00	9:15.7	9:35.00	9:34.7
(Banked or Over 200m/220 yds)*	9:13.00	9:12.7	9:32.00	9:31.7
5,000 Meters#				
(200m/220 yds or less)*	16:12.50	16:12.2	16:49.50	16:49.2
(Banked or Over 200m/220 yds)*	16:07.50	16:07.2	16:44.50	16:44.2
1,600-Meter Relay				
(Under 200m/220 yds)*	3:37.00	3:36.7	3:44.00	3:43.7
(200m/220 yds)*	3:35.80	3:35.5	3:42.80	3:42.5
(Banked or Over 200m/220 yds)*	3:33.00	3:32.7	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:36.60	3:36.3	3:43.60	3:43.3
(200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(Banked or Over 200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
Distance Medley Relay-Meters#				
(200m/220 yds or less)*	11:09.40	11:09.1	11:30.40	11:30.1
(Banked or Over 200m/220 yds)*	11:05.50	11:05.2	11:26.50	11:26.2
Distance Medley Relay-Yards#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:32.00	11:31.7
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7	11:30.00	11:29.7

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds.

Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

Field Events (Metric)

	AUTOMATIC		PROVISIONAL	
	AUTOMATIC	PROVISIONAL	AUTOMATIC	PROVISIONAL
High Jump	1.85	1.78	Shot Put	16.90
Pole Vault	4.25	4.00	20-Pound Weight	21.00
Long Jump	6.38	6.13	Pentathlon	4,075 points
Triple Jump	13.30	12.65		3,725 points

*—Size of track; #—Altitude adjustment available.

2009 Colorado Cross Country Results

COLORADO WOMEN

Sept. 5	ALUMNI/OPEN/VARSITY TIME TRIAL.....NTS
Oct. 3	ROCKY MOUNTAIN SHOOTOUT (Boulder).....1/4
	1. Colorado, 15; 2. Wyoming, 56; 3. Northern Colorado, 77; 4. Air Force 82.
Oct. 10	at Fort Hays State Open (Hays, Kan.).....NTS
Oct. 17	at Pre-National Invitational (Terre Haute, Ind.).....1/37
	1. Colorado, 94; 2. Florida State, 135; 3. Oregon, 169; 4. Georgetown, 200; 5. Stanford, 206; 6. Arizona, 225; 7. Iowa State, 231; 8. Iowa, 283; 9. UTEP, 284; 10. Michigan State, 302.
Oct. 24	at RMAC Open (Denver, Colo.).....NTS
Oct. 31	at Big 12 Championships (Columbia, Mo.)2/12
	1. Texas Tech, 38; 2. Colorado, 52; 3. Iowa State, 85; 4. Nebraska, 143; 5. Kansas, 160; 6. Kansas State, 170; 7. Baylor, 174; 8. Texas, 210; 9. Missouri, 212; 10. Oklahoma State, 224; 11. Texas A&M, 243; 12. Oklahoma, 340.
Nov. 14	at NCAA Mountain Region Championships (Albuquerque, N.M.)1/20
	1. Colorado, 48; 2. Texas Tech, 53; 3. BYU, 114; 4. UTEP, 116; 5. New Mexico, 120; 6. Colorado State, 145; 7. Northern Arizona, 176; 8. Utah Valley, 261; 9. New Mexico State, 262; 10. Southern Utah, 266; 11. Weber State, 308; 12. Montana, 348; 13. Air Force, 376; 14. Utah State, 381; 15. Idaho State, 392; 16. Nevada, 426; 17. Wyoming, 463; 18. Montana State, 497; 19. Utah, 522; 20. Northern Colorado, 551.
Nov. 23	at NCAA Championships (Terre Haute, Ind.).....20/31
	1. Villanova, 86; 2. Florida State, 133; 3. Washington, 188; 4. Texas Tech, 191; 5. Princeton, 251; 6. West Virginia, 259; 7. Florida, 260; 8. Duke, 272; 9. Oregon, 276; 10. Minnesota, 310... 20. Colorado, 458.

COLORADO MEN

Sept. 5	ALUMNI/OPEN/VARSITY TIME TRIALNTS
Oct. 3	ROCKY MOUNTAIN SHOOTOUT (Boulder).....1/4
	1. Colorado, 16; 2. Wyoming, 53; 3. Northern Colorado, 85; 4. Air Force, 91.
Oct. 10	at Fort Hays State Open (Hays, Kan.).....NTS
Oct. 17	at Pre-National Invitational (Terre Haute, Ind.)2/35
	1. Stanford, 47; 2. Colorado, 130; 3. BYU, 163; 4. Portland, 211; 5. Iona, 218; 6. Arizona State, 232; 7. New Mexico, 278; 8. Florida State, 288; 9. Louisville, 289; 10. Iowa State, 301.
Oct. 24	at RMAC Open (Denver, Colo.)NTS
Oct. 31	at Big 12 Championships (Columbia, Mo.)2/12
	1. Oklahoma State, 24; 2. Colorado, 56; 3. Oklahoma, 75; 4. Iowa State, 107; 5. Texas, 132; 6. Texas A&M, 171; 7. Nebraska, 199; 8. Kansas, 237; 8. Missouri, 237; 10. Texas Tech, 278; 11. Baylor, 282; 12. Kansas State, 354.
Nov. 14	at NCAA Mountain Region Championships (Albuquerque, N.M.)2/17
	1. BYU, 54. 2. Colorado, 55; 3. New Mexico, 77; 4. Northern Arizona, 86; 5. UTEP, 158; 6. Air Force, 161; 7. Utah State, 171; 8. Montana State, 218; 9. Weber State, 269; 10. Utah Valley, 317; 11. Southern Utah, 320; 12. Montana, 321; 13. Colorado State, 355; 14. New Mexico State, 375; 15. Texas Tech, 378; 16. Idaho State, 419; 17. Wyoming, 463.
Nov. 23	at NCAA Championships (Terre Haute, Ind.)6/31
	1. Oklahoma State, 127; 2. Oregon, 143; 3. Alabama, 173; 4. Northern Arizona, 190; 5. William & Mary, 226; 6. Colorado, 315; 7. Wisconsin, 321; 8. New Mexico, 350; 8. Iona, 350; 10. Stanford, 354

INDIVIDUAL RESULTS (Overall / CU)

Runner	RMS 5.8k	FHSO 5k	PRE-NC 6k	RMAC 6k	812 6k	MTR 6k	NCAA 6k
J. Barringer	1/1 19:25		1/1 19:50.9		1/1 20:27.46	1/1 20:29.0	163/5 21:47
C. Bouchet	+64 24:27						
M. Burrell	5117 23:57						
C. Calton	+42 23:43						
E. Coburn	3/3 20:57		32/5 21:20.2		2215 22:20.36	16/4 21:25.4	115/2 21:25
K. Cumming	9/6 21:43		7217 21:52.5		33/7 22:39.67	27/6 21:48.7	150/4 21:41
D. George	+30 23:09						
E. Hanenburg	5/4 21:22		54/6 21:40.9		29/6 22:36.87	2817 21:51.4	217/7 22:20
S. Kipp	+10 21:50						
C. Logan	+29 23:09						
N. Look	+62 24:24						
A. McLaughlin	2/2 20:22		10/2 20:45.6		2/2 21:13.36	312 20:45.1	5/1 20:01.1
B. Regan	55/8 24:11	20/2 19:15.57					
A. Sawyer	7/5 21:38		+18 22:56.0		44/8 23:00.77		
L. Thweatt		1/1 17:05.27	27/4 21:15.2		12/3 21:52.84	19/5 21:29.3	131/3 21:32
E. Tremblay	+52 24:01						
L. Tremblay	+4 21:22		24/3 21:11.9		15/4 22:06.39	9/3 21:11.5	199/6 22:06

INDIVIDUAL RESULTS (Overall / CU)

Runner	RMS 8k	FHSO 8k	PRE-NC 8k	RMAC 8k	B12 8k	MTR 10k	NCAA 10k
M. Biegner	59/1 0 28:08	24/3 25:48.54		+30 27:48			
J. Bosshard		1/1 24:09.73			19/6 25:36.92	24/5 31:07.6	80/4 30:45
C. Clayton	10/6 25:59		+15 25:33.5				
J. DeMoor	+17 26:31						
S. DeMoor		7/2 24:58.81	160/6 25:49.2				
G. Duffy	+69 28:23						
A. Eckmann	+63 28:13						
A. Friedland	+36 27:19						
S. Kasica	41/9 27:39	26/4 25:52.16		+33 27:57			
J. Kyle	+2 24:57		28/3 24:14.2		15/5 25:31.90	4/1 30:24.4	231/7 33:03
E. Johnston	+80 28:34						
M. Medina	12/8 26:00		+12 25:29.4		54/9 26:25.14		
R. Medina	4/3 25:09		17/2 24:07.3		12/3 25:22.72	6/2 30:32.2	57/2 30:32
K. Neuman	1/1 24:51		32/4 24:16.3		7/1 25:10.33		
R. Savercool	+57 28:04						
D. Shije	+22 26:47						
M. Tebo	3/2 25:01				32/8 25:53.65	11/4 30:40.8	162/6 31:28
C. Thompson	5/4 25:16		14/1 24:04.0		9/2 25:18.83	10/3 30:40.4	44/1 30:25
A. Van Halen	18/8 26:34		+8 25:20.7		21/7 25:42.22	42/7 31:52.2	130/5 31:13
A. Wacker	8/5 25:50		39/5 24:22.5		13/4 25:25.03	25/6 31:11.6	70/3 30:37
G. Ward	+58 28:04						
J. Warren	+71 28:28						

+ ran unattached

2009 Men's Indoor Bests

60 Meters

6.72	Jeremy Dodson	Air Force Invite (2/13-14)
6.74	Jeremy Dodson	Potts Indoor Invite (1/24)
6.75	Jeremy Dodson	New Mexico Classic (2/7)
6.78	Ryan Campbell	New Mexico Classic (2/7)
6.81	Jeremy Dodson	Air Force Duals (1/31)
6.83	Jeremy Dodson	Air Force Invite (2/13-14)

60 Meter Hurdles (

8.51	Stephen Agyei	Air Force Duals (1/31)
8.53	Stephen Agyei	Potts Indoor Invite (1/24)
8.54	Javen Correia	Air Force Invite (2/13/14)
8.54	Stephen Agyei	Air Force Invite (2/13-14)
8.55	Stephen Agyei	Air Force Invite (2/13-14)
8.57	Stephen Agyei	New Mexico Classic (2/7)

200 Meters

20.88	Jeremy Dodson	Air Force Invite (2/13-14)
20.95	Jeremy Dodson	Big 12 Meet (2/27-28)
21.07	Jeremy Dodson	New Mexico Classic (2/7)
21.14	Jeremy Dodson	NCAA Championship (3/13)
21.15	Jeremy Dodson	Big 12 Meet (2/27-28)
21.25	Ryan Campbell	ISU Last Chance (3/7)

400 Meters

48.87	Adrian Gomez	Air Force Invite (2/13-14)
49.43	Matthew McCathran	New Mexico Classic (2/7)
49.63	Jeremy Dodson	AFA All-Comers (1/16)
49.74	Adrian Gomez	Air Force Duals (1/31)
49.93	Matthew McCathran	AFA All-Comers (1/16)
50.00	Matthew McCathran	Air Force Invite (2/13-14)

600 Yards

1:12.72	Matthew McCathran	Big 12 Meet (2/27-28)
1:13.25	Adrian Gomez	Big 12 Meet (2/27-28)
1:14.59	Adrian Gomez	Potts Indoor Invite (1/24)
1:14.70	Matthew McCathran	Potts Indoor Invite (1/24)

800 Meters

1:55.19	Evan Johnston	Big 12 Meet (2/27-28)
1:56.37	Steve Kasica	Air Force Invite (2/13-14)
1:57.60	Steve Kasica	Air Force Invite (2/13-14)
1:58.96	Evan Johnston	Air Force Invite (2/13-14)
1:59.76	Adrian Gomez	New Mexico Classic (2/7)

Mile

4:13.56	Dan Edwards	Husky Classic (2/14)
4:17.21	Jonny Stevens	Husky Classic (2/14)
4:25.50	Dan Edwards	Potts Indoor Invite (1/24)
4:26.14	Joe Bosshard	Potts Indoor Invite (1/24)
4:26.49	Joe Bosshard	Air Force Duals (1/31)

1,000 Meter Run

2:37.85	Adam Salzmann	Big 12 Meet (2/27-28)
2:43.78	Alex Von Hagen	Big 12 Meet (2/27-28)
2:47.13	Eddie Taylor	Air Force Duals (1/31)
2:47.87	Alex Von Hagen	Air Force Duals (1/31)
2:49.48	Alex Von Hagen	Potts Indoor Invite (1/24)

3,000 Meters

8:02.42	np/pr Kenyon Neuman	UW Invite (1/31)
8:14.55	Christian Thompson	Husky Classic (2/14)
8:17.59	Jordan Kyle	UW Invite (1/31)
8:17.98	Joe Bosshard	Husky Classic (2/14)
8:18.35	Kenyon Neuman	Big 12 Meet (2/27-28)
8:18.60	Christian Thompson	Big 12 Meet (2/27-28)

5,000 Meters

13:41.66	Kenyon Neuman	Husky Classic (2/14)
14:11.08	Kenyon Neuman	NCAA Championship (3/13)
14:20.62	Jordan Kyle	Husky Classic (2/14)
14:21.15	Kenyon Neuman	Big 12 Meet (2/27-28)
14:21.16	Andy Wacker	Husky Classic (2/14)
14:29.56	Jordan Kyle	Big 12 Meet (2/27-28)

Mile Relay

3:24.25	Q.Dodson/McCathran/Whitaker/Gomez	Air Force Duals (1/31)
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4x400 Meter Relay

3:23.05	Gomez/Campbell/McCathran/Q.Dodson	New Mexico Classic (2/7)
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Distance Medley Relay

9:56.44	Stevens/Gomez/Kasica/Edwards	Big 12 Meet (2/27-28)
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High Jump

6-05.00	Alex Von Hagen	Potts Indoor Invite (1/23)
6-03.25	Alex Von Hagen	Big 12 Meet (2/27-28)
6-02.75	Adam Salzmann	CSM Twilight (2/20)
6-02.75	Todd Ipsen	Air Force Invite (2/13-14)
6-02.75	Jake Timmons	Air Force Duals (1/31)
6-02.75	Todd Ipsen	Air Force Invite (2/

Pole Vault

15-01.00	James Nixon	Air Force Invite (2/13-14)
14-07.25	James Nixon	CSM Twilight (2/20)
14-04.00	James Nixon	Air Force Duals (1/31)
14-03.25	Alex Von Hagen	Big 12 Meet (2/27-28)
14-01.25	Adam Salzmann	CSM Twilight (2/20)
14-01.25	James Nixon	AFA All-Comers (1/16)

Long Jump

22-00.25	Parker Fales	Potts Indoor Invite (1/24)
22-00.25	Quinton Dodson	Air Force Duals (1/31)
21-10.25	Quinton Dodson	Potts Indoor Invite (1/24)
21-08.00	Parker Fales	AFA All-Comers (1/16)
21-06.25	Alex Von Hagen	Big 12 Meet (2/27-28)
21-04.75	Alex Von Hagen	CSM Twilight (2/20)

Triple Jump

44-04.25	Parker Fales	CSM Twilight (2/20)
43-10.00	Parker Fales	Air Force Invite (2/13-14)
43-09.75	Parker Fales	AFA All-Comers (1/16)

Shot Put

46-07.25	Ryan Miller	Air Force Invite (2/13-14)
44-11.50	Ryan Miller	CSM Twilight (2/20)
44-05.50	Ryan Miller	Big 12 Meet (2/27-28)
44-02.75	Patrick Bachmann	Air Force Duals (1/31)
44-00.50	Niklas Cederstrom	CSM Twilight (2/20)

35-pound Weight

55-03.50	Mac Crawford	CSM Twilight (2/20)
54-08.75	Chase Dukes	Big 12 Meet (2/27-28)
54-05.50	Chase Dukes	CSM Twilight (2/20)
54-05.25	Patrick Bachmann	Big 12 Meet (2/27-28)
54-03.25	Chase Dukes	Husky Classic (2/14)

Heptathlon

5001	Adam Salzmann	Big 12 Meet (2/27-28)
4967	Alex Von Hagen	Big 12 Meet (2/27-28)
4560	Alex Von Hagen	Potts Indoor Invite (1/23-24)
4520	Alex Von Hagen	Air Force Duals (1/30-31)
4289	Eddie Taylor	Air Force Duals (1/30-31)
4067	Eddie Taylor	Potts Indoor Invite (1/23-24)

TRACK & FIELD 2009 Women's Indoor Bests

60 Meters

7.76	Cassie Hirschfeld	Air Force Invite (2/13-14)
7.85	Cassie Hirschfeld	Air Force Invite (2/13-14)
7.89	Cassie Hirschfeld	Potts Indoor Invite (1/24)
7.92	Cassie Hirschfeld	Potts Indoor Invite (1/24)
7.92	Cassie Hirschfeld	Air Force Duals (1/31)
7.93	Cassie Hirschfeld	AFA All-Comers (1/16)

60 Meter Hurdles

9.05	Toi Windham	Air Force Duals (1/31)
9.44	Brianne Beemer	Air Force Duals (1/30)
9.46	Alyssa Frank	Air Force Duals (1/30)
9.49	Toi Windham	Potts Indoor Invite (1/24)
9.50	Alyssa Frank	Air Force Duals (1/31)
9.51	Toi Windham	New Mexico Classic (2/7)

200 Meters

25.19	Cassie Hirschfeld	Big 12 Meet (2/27)
25.31	Dyadmond Seay	Air Force Invite (2/13-14)
25.35	Dyadmond Seay	Big 12 Meet (2/27)
25.44	Cassie Hirschfeld	Air Force Invite (2/13-14)
25.61	Cassie Hirschfeld	New Mexico Classic (2/7)
25.66	Cassie Hirschfeld	Air Force Invite (2/13-14)

400 Meters

57.06	Dyadmond Seay	Big 12 Meet (2/27)
57.98	Veronica Maul	New Mexico Classic (2/7)
58.03	Veronica Maul	Air Force Invite (2/13-14)
58.08	Dyadmond Seay	New Mexico Classic (2/7)
58.08	Veronica Maul	Big 12 Meet (2/27)
58.32	Dyadmond Seay	Air Force Invite (2/13-14)

600 Yards

1:27.30	Toi Windham	Big 12 Meet (2/27)
1:28.48	Joi Windham	Potts Indoor Invite (1/24)
1:28.66	Joi Windham	Big 12 Meet (2/27)

800 Meters

2:15.39	Brianne Beemer	Big 12 Meet (2/27)
2:17.09	Brianne Beemer	Air Force Invite (2/13-14)
2:18.01	Brianne Beemer	Air Force Invite (2/13-14)
2:19.20	Brianne Beemer	Potts Indoor Invite (1/23)
2:19.98	Emma Coburn	Air Force Duals (1/31)
2:21.13	Brianne Beemer	Air Force Duals (1/30)

Mile

4:25.91	Jenny Barringer	Big 12 Meet (2/28)
4:53.27	Emma Coburn	Husky Classic (2/14)
5:01.50	Emily Hanenburg	UW Invite (1/31)
5:05.05	Emily Hanenburg	Husky Classic (2/14)
5:14.15	Allison Sawyer	Potts Indoor Invite (1/24)
5:14.26	Kaylen Slack	Air Force Duals (1/31)

1,000 Meters

2:52.43	Emma Coburn	Big 12 Meet (2/27)
3:02.03	Katie Coburn	Big 12 Meet (2/27)

3,000 Meters

8:42.03	Jenny Barringer	NCAA Championship (3/14)
8:53.88	Jenny Barringer	UW Invite (1/31)
9:48.89	Emma Coburn	Big 12 Meet (2/28)
9:58.07	Kaylen Slack	Husky Classic (2/14)
9:59.29	Allison Sawyer	Husky Classic (2/14)
9:59.63	Emily Hanenburg	Big 12 Meet (2/28)

5,000 Meters

15:01.70	Jenny Barringer	Husky Classic (2/14)
16:59.39	Laura Thweatt	Big 12 Meet (2/27)

4x400 Meter Relay

3:49.56	T.Windham/J.Windham/Maul/Seay	Big 12 Meet (2/28)
3:54.43	Maul/J.Windham/Kiper/Seay	New Mexico Classic (2/7)

Mile Relay

3:58.09	Maul/T.Windham/J.Windham/Seay	AFA All-Comers (1/16)
3:59.98	Maul/J.Windham/T.Windham/Seay	Air Force Duals (1/31)

High Jump

5.07.00	Alyssa Frank	Air Force Duals (1/31)
5-06.00	Alyssa Frank	Big 12 Meet (2/28)
5-05.75	Alyssa Frank	Potts Indoor Invite (1/23)
5-03.00	Alyssa Frank	Air Force Invite (2/13-14)
5-03.00	Alyssa Frank	AFA All-Comers (1/16)

Long Jump

17-08.25	Katie Dreher	CSM Twilight (2/20)
17-00.50	Katie Dreher	Big 12 Meet (2/28)
16-10.00	Brianne Beemer	CSM Twilight (2/20)
16-08.50	Brianne Beemer	AFA All-Comers (1/16)
16-07.00	Katie Dreher	Air Force Duals (1/31)
16-06.50	Brianne Beemer	Potts Indoor Invite (1/23)

Triple Jump

38-02.75	Katie Dreher	CSM Twilight (2/20)
36-09.50	Katie Dreher	Air Force Invite (2/13-14)
36-04.25	Katie Dreher	Air Force Duals (1/31)
35-03.00	Katie Dreher	AFA All-Comers (1/16)

Shot Put

42-08.00	Kaity Kark	Air Force Duals (1/31)
41-01.50	Kaity Kark	Big 12 Meet (2/28)
41-00.25	Kaity Kark	CSM Twilight (2/20)
41-00.25	Kaity Kark	Potts Indoor Invite (1/24)
40-09.75	Kaity Kark	AFA All-Comers (1/16)
38-11.75	Chynna McCall	Air Force Invite (2/13-14)

20-pound Weight Throw

48-09.00	Kaity Kark	CSM Twilight (2/20)
47-08.50	Kaity Kark	Air Force Duals (1/31)
47-01.00	Kaity Kark	Big 12 Meet (2/27)
45-09.00	Kaity Kark	Potts Indoor Invite (1/24)
45-01.75	Kaity Kark	AFA All-Comers (1/16)
44-11.50	Chynna McCall	CSM Twilight (2/20)

Pentathlon

3209	Brianne Beemer	Air Force Duals (1/30)
3178	Brianne Beemer	Big 12 Meet (2/27)
3155	Alyssa Frank	Potts Indoor Invite (1/23)
3128	Brianne Beemer	Potts Indoor Invite (1/23)
3023	Katie Dreher	Big 12 Meet (2/27)
2791	Katie Dreher	Potts Indoor Invite (1/23)

2009 Men's Outdoor Bests

100 Meters

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

21.45	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

49.09	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	Eddie Taylor	CSU Spring Break Open (3/19-20)
51.29	Eddie Taylor	CU Invite (4/11)
51.65	Alex Von Hagen	CSU Spring Break Open (3/19-20)

800 Meter Run

1:52.21	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

3:52.21	Andy Wacker	Oregon Relays (4/24)
3:56.36	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

9:27.03	Jerome Perkins	Potts Invite (3/21)
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5,000 Meters

13:56.39	Matt Tebo	Payton Jordan Cardinal Invite (5/2)
13:59.75	Jordan Kyle	Mt. SAC Relays (4/17)
14:06.31	Matt Tebo	NCAA Midwest Regionals (5/29)
14:06.39	Andy Wacker	Mt. SAC Relays (4/17)
14:19.67	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

28:52.29	Jordan Kyle	Payton Jordan Cardinal Invite (5/2)
29:20.35	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

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	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

52.69	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

8:49.38	Christian Thompson	Payton Jordan Cardinal Invite (5/2)
8:50.32	Christian Thompson	NCAA Outdoors (6/10)
9:00.57	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	Dan Edwards	Oregon Relays (4/24)
9:23.81	Dan Edwards	Mt. SAC Relays (4/16)

4x100 Meter Relay

41.56	Dodson/McCathran/Gomez/Whitaker	Jack Christiansen Invite (4/25)
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4x400 Meter Relay

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)

Long Jump

21.06.75	Alex Von Hagen	California Invite (4/15-16)
21-05.25	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

42-01.50	Parker Fales	Jack Christiansen Invite (4/25)
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High Jump

6-06.25	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	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

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

189-03	Patrick Bachmann	Big 12 Outdoors (5/15-17)
188-05	Chase Dukes	Mt. SAC Relays (4/17)
187-06	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

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

222-01	Brandin Williams	Big 12 Outdoors (5/15-17)
213-02	Brandin Williams	Jack Christiansen Invite (4/25)
203-08	Brandin Williams	Mt. SAC Relays (4/17)
202-1	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

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

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)

TRACK & FIELD 2009 Women's Outdoor Bests

100 Meters

11.96	Cassie Hirschfeld
12.22	Cassie Hirschfeld
12.30	Krista Kiper
12.31	Cassie Hirschfeld
12.34	Cassie Hirschfeld
12.34	Cassie Hirschfeld

200 Meters

24.80	Diamond Seay
24.84	Cassie Hirschfeld
24.98	Cassie Hirschfeld
25.11	Cassie Hirschfeld
25.11	Cassie Hirschfeld
25.24	Krista Kiper
25.31	Diamond Seay
25.31	Veronica Maul

400 Meters

55.49	Diamond Seay
56.28	Diamond Seay
56.40	Diamond Seay
56.44	Diamond Seay
56.44	Diamond Seay
57.03	Veronica Maul
57.06	Diamond Seay

800 Meter Run

2:02.54	Jenny Barringer
2:05.43	Jenny Barringer
2:14.43	Emma Coburn
2:14.81	Brianne Beemer
2:14.96	Brianne Beemer
2:15.60	Brianne Beemer
2:17.40	Brianne Beemer
2:19.04	Katie Cumming

1,500 Meter Run

3:59.90	Jenny Barringer
4:08.38	Jenny Barringer
4:27.69	Emma Coburn
4:30.77	Emma Coburn
4:33.58	Katie Cumming
4:34.32	Katie Cumming
4:40.86	Katie Cumming
4:41.67	Laura Thweatt
4:42.60	Emily Hanenburg

5,000 Meters

15:05.25	Jenny Barringer
15:07.64	Jenny Barringer
17:01.68	Laura Thweatt
17:15.36	Laura Thweatt
17:27.19	Emily Hanenburg
17:29.25	Laura Thweatt
18:04.57	Katie Cumming

100 Meter Hurdles

15.25	Toi Windham
15.43	Brianne Beemer
15.44	Toi Windham
15.54	Brianne Beemer
15.54	Alyssa Frank
15.80	Alyssa Frank
15.81	Troi Smith
15.84	Brianne Beemer

400 Meter Hurdles

1:01.84	Brianne Beemer
1:01.96	Joi Windham
1:02.31	Joi Windham
1:02.38	Toi Windham
1:02.53	Brianne Beemer
1:03.06	Joi Windham
1:03.48	Brianne Beemer

3,000 M Steeplechase

9:12.50	Jenny Barringer
9:25.54	Jenny Barringer
9:26.20	Jenny Barringer
9:26.81	Jenny Barringer

Texas Relays (4/3)
CU Invite (4/11)
Potts Invite (3/21)
Front Range Classic (5/2)
Jack Christiansen Invite (4/25)
Potts Invite (3/21)

Potts Invite (3/21)
Potts Invite (3/21)
CU Invite (4/11)
Jack Christiansen Invite (4/25)
Big 12 Outdoors (5/15-17)
Potts Invite (3/21)
Big 12 Outdoors (5/15-17)
Big 12 Outdoors (5/15-17)

CU Invite (4/11)
Potts Invite (3/21)
Jack Christiansen Invite (4/25)
Big 12 Outdoors (5/15-17)
Front Range Classic (5/2)
CU Invite (4/11)
CSU Ram Open (5/9)

Cottbus (8/8)
Oregon Relays (4/25)
CU Invite (4/11)
USA Jr. Championships (6/27-28)
Oregon Relays (4/24)
CSU Spring Break Open (3/19-20)
Big 12 Outdoors (5/15-17)
Front Range Classic (5/2)

Prefontaine Classic (6/7)
Oregon Relays (4/24)
Oregon Relays (4/24)
Stanford Invite (3/27)
Oregon Relays (4/24)
Mt. SAC Relays (4/17)
Big 12 Outdoors (5/15-17)
Potts Invite (3/21)
Oregon Relays (4/24)

DN Galan Super Grand Prix (7/31)
Payton Jordan Cardinal Invite (5/2)
Stanford Invite (3/27)
Oregon Twilight (5/9)
Stanford Invite (3/27)
Big 12 Outdoors (5/15-17)
Big 12 Outdoors (5/15-17)

Potts Invite (3/21)
Big 12 Outdoors (5/15-17)
CU Invite (4/11)
USA Jr. Championships (6/27-28)
Big 12 Outdoors (5/15-17)
California Invite (4/15-16)
CSU Ram Open (5/9)
Front Range Classic (5/2)

CSU Ram Open (5/9)
CSU Ram Open (5/9)
CU Invite (4/11)
CU Invite (4/11)
Big 12 Outdoors (5/15-17)
Potts Invite (3/21)
Front Range Classic (5/2)

IAAF World Championship (8/17)
NCAA Outdoor (6/12)
NCAA Midwest Regional (5/30)
IAAF World Championships (8/15)

9:29.38	Jenny Barringer
9:47.97	Jenny Barringer
9:57.75	Jenny Barringer
9:58.14	Jenny Barringer

USATF Championships (6/28)
USATF Championships (6/26)
NCAA Outdoor (6/10)
Big 12 Outdoors (5/15-17)

4x100 Meter Relay

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

3:47.31	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)

Long Jump

16-10.50	Brianne Beemer	USA Jr. Championships (6/27-28)
16-10.00	Alyssa Frank	California Invite (4/15-16)
16-07.25	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	Katie Dreher	USA Jr. Championships (6/27-28)
16-01.50	Alyssa Frank	Big 12 Outdoors (5/15-17)

Triple Jump

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

5-06.50	Alyssa Frank	Big 12 Outdoors (5/15-17)
5-05.25	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	Alyssa Frank	California Invite (4/15-16)

Shot Put

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	Kaity Kark	Potts Invite (3/21)
36-04.25	Troi Smith	CSU Spring Break Open (3/19-20)
33-01.00	Kali Gajewski	Potts Invite (3/21)

Hammer Throw

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

Javelin

102-11	Katie Dreher	CSU Spring Break Open (3/19-20)
99-10	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	Katie Dreher	USA Jr. Championships (6/27-28)
92-04	Brianne Beemer	CSU Spring Break Open (3/19-20)
90-11	Katie Dreher	Big 12 Outdoors (5/15-17)

Discus Throw

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

Heptathlon

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