

# 2010 MEN'S OUTDOOR PERFORMANCE LIST (FINALS)

does not reflect altitude conversions

## SEASON RESULTS

M 20	POTTS INVITATIONAL (Boulder).....	canceled
M 27	at ASU Invite (Tempe, Ariz.) .....	NTS
M 26-27	at Stanford Invitational (Stanford, Calif.) .....	NTS
A 1-2	at Jim Click Shootout (Tucson, Ariz.) .....	NTS
A 3	at Tom Benich Classic (Greeley, Colo.) .....	NTS
A 10	COLORADO INVITATIONAL (Boulder) .....	NTS
A 14-17	at Mt. SAC Relays (Walnut, Calif.) .....	NTS
A 16	at Michael Johnson (Waco, Texas) .....	NTS
A 22-23	at Glenn Morris (Fort Collins, Colo.) .....	NTS
A 24	at Jack Christiansen Invitational (Fort Collins, Colo.) .....	2nd/10
M 1	at Front Range Classic (Fort Collins, Colo.) .....	5th/5
M 1	at Cardinal Invitational (Palo Alto, Calif.) .....	NTS
M 8	at Fum McGraw Open (Fort Collins, Colo.) .....	NTS
M 14-16	at Big 12 Championship (Columbia, Mo.) .....	6th/12
M 27-29	at NCAA Preliminaries (Austin, Texas) .....	continued in Eugene
J 9-12	at NCAA Championships (Eugene, Ore.) .....	t35th/72
J 23-27	at USATF Championship (Des Moines, Iowa) .....	NTS

## 3,000 M Steeplechase (8:26.45 cu)

9:03.04	Christian Thompson.....	Mt SAC Relays (4/15-17)
9:08.18	Christian Thompson.....	Big 12 Outdoors (5/14-16)
9:09.27	Christian Thompson.....	NCAA Prelims (5/27-29)
9:12.42	Aric Van Hagen.....	Big 12 Outdoors (5/14-16)
9:21.63	Christian Thompson.....	Mt SAC Relays (4/15-17)
9:24.9h	Cameron Clayton.....	Payton Jordan Cardinal Invite (5/1)

## 4x100 Meter Relay (39.47 cu)

39.9	Whitaker/O Dodson/MacIntosh/J. Dodson.....	NCAA Prelims (5/29)
40.19	Whitaker/O Dodson/MacIntosh/J. Dodson.....	Fum McGraw (5/8)
40.35	Whitaker/O Dodson/MacIntosh/J. Dodson.....	NCAA Outdoors (6/9)
40.46	Whitaker/O Dodson/MacIntosh/J. Dodson.....	Big 12 Outdoors (5/14-16)
40.83	O Dodson/J. Dodson/Whitaker/MacIntosh.....	CU Invite (4/10)
41.21	O Dodson/J. Dodson/MacIntosh/McCathran.....	Tom Benich Classic (4/3)
41.26	O Dodson/J. Dodson/MacIntosh/Whitaker.....	Jack Christiansen (4/24)

## 4x400 Meter Relay (3:05.16 cu)

3:15.29	Gomez/McCathran/MacIntosh/O Dodson.....	Jack Christiansen (4/24)
3:18.20	Salzmann/O Dodson/MacIntosh/Biegner.....	Big 12 Outdoors (5/14-16)
3:20.50	Gomez/J. Dodson/MacIntosh/McCathran.....	Tom Benich Classic (4/3)
3:23.93	Putnam/Kasica/Duffy/Biegner.....	Jack Christiansen (4/24)
3:24.13	Putnam/Kasica/Duffy/Biegner.....	Tom Benich Classic (4/3)
3:25.23	Putnam/Kasica/VanHalen/Biegner.....	CU Invite (4/10)

## Long Jump (26-2.50 cu)

21-0.75	Tyler Thompson.....	Tom Benich Classic (4/3)
21-1.10	Alex Von Hagen.....	Jim Click (4/1)
21-05.25	Tyler Thompson.....	CU Invite (4/10)
21-03.50	Tyler Thompson.....	Jack Christiansen (4/24)
21-02.75	Alex Von Hagen.....	Big 12 Outdoors (5/14-16)
21-02.75	Adam Salzmann.....	Jim Click (4/1)
21-00	Adam Salzmann.....	Glenn Morris (4/22-23)
21-00	Tyler Thompson.....	CSU-Pueblo Invite (4/17)

## Triple Jump (53-06.50 cu)

43-04.50	Tyler Thompson.....	Jack Christiansen (4/24)
42-07.50	Tyler Thompson.....	CU Invite (4/10)
40-03.25	Tyler Thompson.....	Tom Benich Classic (4/3)

## High Jump (7-04.00 cu)

6-07	Jason DeWitt.....	Front Range Classic (5/1)
6-07	Jake Timmons.....	CU Invite (4/10)
6-04.75	Alex Von Hagen.....	Big 12 Outdoors (5/14-16)
6-04.75	Jake Timmons.....	Tom Benich Classic (4/3)
6-04.75	Jason DeWitt.....	Tom Benich Classic (4/3)
6-04	Alex Von Hagen.....	Jim Click (4/1)
6-04	Jake Timmons.....	Fum McGraw (5/8)
6-03.25	Jason DeWitt.....	Glenn Morris (4/22-23)

## Shot Put (60-11.50 cu)

49-11	Michael Field.....	Jack Christiansen (4/24)
49-05.50	Dane Chobanian.....	Tom Benich Classic (4/3)
48-11.75	Michael Field.....	CU Invite (4/10)
48-11.00	Michael Field.....	Fum McGraw (5/8)
48-04.75	Dane Chobanian.....	Front Range Classic (5/1)
48-00	Dane Chobanian.....	Fum McGraw (5/8)
46-10.00	Michael Field.....	Tom Benich Classic (4/3)
44-00.50	Niklas Cederstrom.....	CU Invite (4/10)

## Hammer Throw (210-11 cu)

176-10	Patrick Bachmann.....	Big 12 Outdoors (5/14-16)
176-03	Patrick Bachmann.....	Fum McGraw (5/8)
171-00	Patrick Bachmann.....	Tom Benich Classic (4/3)
171-00	Trey Mullen.....	Mt SAC Relays (4/15-17)
170-07	Patrick Bachmann.....	Mt SAC Relays (4/15-17)
168-07	Patrick Bachmann.....	Front Range Classic (5/1)
165-08	Patrick Bachmann.....	CU Invite (4/9)
164-00	Trey Mullen.....	Jack Christiansen (4/24)

## Discus Throw (209-7 cu)

189-03	Dane Chobanian.....	Beach Invitational (4/17)
186-06	Dane Chobanian.....	Jack Christiansen (4/24)
166-04	Dane Chobanian.....	Tom Benich Classic (4/3)
166-01	Dane Chobanian.....	CU Invite (4/10)
162-02	Dane Chobanian.....	Front Range Classic (5/1)
160-05	Patrick Bachmann.....	Jack Christiansen (4/24)
159-49	Patrick Bachmann.....	Tom Benich Classic (4/3)

## Javelin (241-4.5 cu)

189-11	Kevin Fasing.....	CU Invite (4/10)
188-06	Alex Von Hagen.....	Big 12 Outdoors (5/14-16)
188-01	Kevin Fasing.....	Tom Benich Classic (4/3)
186-02	Kevin Fasing.....	Mt SAC Relays (4/15-17)
182-02	Alex Von Hagen.....	Fum McGraw (5/8)
174-11	Kevin Fasing.....	Big 12 Outdoors (5/14-16)
170-07	Kevin Fasing.....	Jack Christiansen (4/24)
154-10	Adam Salzmann.....	Jim Click (4/2)
149-04	Alex Von Hagen.....	Jim Click (4/2)

## Pole Vault (17-06.50 cu)

15-05	Adam Salzmann.....	Big 12 Outdoors (5/14-16)
14-11	Adam Salzmann.....	Glenn Morris (4/22-23)
14-09	Adam Salzmann.....	Jim Click (4/2)
13-11.25	Eddie Taylor.....	Glenn Morris (4/22-23)
13-09.25	Alex Von Hagen.....	Jim Click (4/2)
13-09.25	Eddie Taylor.....	Jim Click (4/2)
13-01.50	Eddie Taylor.....	Big 12 Outdoors (5/14-16)
12-11.50	Alex Von Hagen.....	CU Invite (4/10)

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

6879	Adam Salzmann.....	Big 12 Outdoors (5/14-16)
6865	Adam Salzmann.....	Glenn Morris (4/22-23)
6739	Adam Salzmann.....	Jim Click (4/1-2)
6212	Eddie Taylor.....	Big 12 Outdoors (5/14-16)
6168	Eddie Taylor.....	Jim Click (4/1-2)
6143	Alex Von Hagen.....	Big 12 Outdoors (5/14-16)
5923	Eddie Taylor.....	Glenn Morris (4/22-23)
5919	Alex Von Hagen.....	Jim Click (4/1-2)

## 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
pw	wind-aided mark
sr	school record
dec	mark earned during decathlon competition
*	not an NCAA event

## 100 Meters (10.0 cu)

10.15	w	Jeremy Dodson.....	Jack Christiansen (4/24)
10.35	pr	Jeremy Dodson.....	Big 12 Outdoors (5/14-16)
10.38	p	Jeremy Dodson.....	NCAA Prelims (5/27-29)
10.42	p	Jeremy Dodson.....	Big 12 Outdoors (5/14-16)
10.42	p	Jeremy Dodson.....	Texas Invite (5/1)
10.48	p	Jeremy Dodson.....	NCAA Prelims (5/27-29)
10.52	w	Quinton Dodson.....	Jack Christiansen (4/24)
10.55	w	Jeremy Dodson.....	Michael Johnson (4/17)

## 200 Meters (20.37 cu)

20.40		Jeremy Dodson.....	NCAA Prelims (5/27-29)
20.63		Jeremy Dodson.....	Big 12 Outdoors (5/14-16)
20.65	AA	Jeremy Dodson.....	NCAA Outdoors (6/12)
20.68		Jeremy Dodson.....	Texas Invite (5/1)
20.77	p	Jeremy Dodson.....	Big 12 Outdoors (5/14-16)
20.88	p	Jeremy Dodson.....	NCAA Outdoors (6/10)
20.88	p	Jeremy Dodson.....	NCAA Prelims (5/27-29)
20.92	w	Jeremy Dodson.....	Jack Christiansen (4/24)

## 400 Meters (45.64 cu)

49.34	dec	Adam Salzmann.....	Big 12 Outdoors (5/14-16)
49.41		Jeremy Dodson.....	ASU Invite (3/27)
49.50	dec	Adam Salzmann.....	Jim Click (4/1)
49.94	dec	Adam Salzmann.....	Glenn Morris (4/22-23)
51.09	dec	Eddie Taylor.....	Big 12 Outdoors (5/14-16)
51.12	dec	Alex Von Hagen.....	Big 12 Outdoors (5/14-16)
51.13		Steve Kasica.....	Tom Benich Classic (4/3)
51.19		Alex Von Hagen.....	CU Invite (4/10)

## 800 Meter Run (1:46.47 cu)

1:51.59	p	Steve Kasica.....	Big 12 Outdoors (5/14-16)
1:51.80		Steve Kasica.....	CU Invite (4/10)
1:51.97		Matthew Biegner.....	CU Invite (4/10)
1:51.99		Steve Kasica.....	Big 12 Outdoors (5/14-16)
1:52.89		Steve Kasica.....	Mt SAC Relays (4/15-17)
1:52.85		Grant Duffy.....	Mt SAC Relays (4/15-17)
1:54.50		Matthew Biegner.....	Jack Christiansen (4/24)
1:55.03	p	Matthew Biegner.....	Big 12 Outdoors (5/14-16)

## 1,500 Meter Run (3:39.74 cu)

3:48.50		Richard Medina.....	Payton Jordan Cardinal Invite (5/1)
3:49.39		Kenyon Neuman.....	Mt SAC Relays (4/15-17)
3:51.76		Matthew Biegner.....	Mt SAC Relays (4/15-17)
3:52.59	p	Matthew Biegner.....	Big 12 Outdoors (5/14-16)
3:53.12		Richard Medina.....	CU Invite (4/10)
3:53.86		Joe Bosshard.....	Fum McGraw (5/8)
3:53.96		Joe Bosshard.....	CU Invite (4/10)
3:55.02		Aldo Vega.....	CU Invite (4/10)

## 3,000 Meters\* (7:50.39 cu)

8:56.46		Grome Perkins.....	CU Invite (4/10)
8:58.53		Nathan Rice.....	CU Invite (4/10)
9:06.23		Garrett Ward.....	CU Invite (4/10)
9:12.20		Adam Eckmann.....	CU Invite (4/10)

## 5,000 Meters (13:24.56 cu)

13:48.26		Richard Medina.....	Mt SAC Relays (4/15-17)
13:49.56		Aldo Vega.....	Mt SAC Relays (4/15-17)
13:50.17		Matt Tebo.....	Mt SAC Relays (4/15-17)
13:52.19		Kenyon Neuman.....	Payton Jordan Cardinal Invite (5/1)
13:54.61		Jordan Kyle.....	Payton Jordan Cardinal Invite (5/1)
13:55.66	AA	Richard Medina.....	NCAA Outdoors (6/12)
14:01.74		Andy Wacker.....	Mt SAC Relays (4/15-17)

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

28:59.87	AA/pr	Joe Bosshard.....	NCAA Outdoors (6/10)
29:15.57		Aldo Vega.....	Stanford Invitational (3/26)
29:20.97		Jordan Kyle.....	Stanford Invitational (3/26)
29:25.06		Kenyon Neuman.....	Big 12 Outdoors (5/14-16)
29:28.18		Richard Medina.....	Big 12 Outdoors (5/14-16)
29:31.03		Andy Wacker.....	Stanford Invitational (3/26)
29:31.68		Joe Bosshard.....	Big 12 Outdoors (5/14-16)
29:33.92		Matt Tebo.....	Big 12 Outdoors (5/14-16)

## 110 Meter Hurdles (13.3 cu)

15.15	w	Javen Correia.....	Jack Christiansen (4/24)
15.17		Javen Correia.....	Front Range Classic (5/1)
15.18		Javen Correia.....	CU Invite (4/10)
15.18		Adam Salzmann.....	Fum McGraw (5/8)
15.26	dec	Adam Salzmann.....	Glenn Morris (4/22-23)
15.30	dec	Adam Salzmann.....	Big 12 Outdoors (5/14-16)
15.62	dec	Adam Salzmann.....	Jim Click (4/2)

## 400 Meter Hurdles (49.66 cu)

52.94		Adam Salzmann.....	Fum McGraw (5/8)
53.38		Kyle MacIntosh.....	CU Invite (4/10)
53.56		Kyle MacIntosh.....	Fum McGraw (5/8)
53.59		Kyle MacIntosh.....	Michael Johnson (4/17)
54.21		Jordan Aguilar.....	Fum McGraw (5/8)
54.33		Adrian Gomez.....	CU Invite (4/10)
54.50		Matthew McCathran.....	CU Invite (4/10)
54.52	p	Kyle MacIntosh.....	Big 12 Outdoors (5/14-16)

# 2010 MEN'S OUTDOOR PERFORMANCE LIST

## JORDAN AGUILAR

<b>100 Meters (12.01 pr)</b>		
12.01	pr	Tom Benich Classic (4/3) ..... 22nd
<b>200 Meters (22.7)</b>		
<b>110 Meter Hurdles (15.2 pr)</b>		
16.06		Jack Christiansen Invite (4/24) ..... 10th
<b>400 Meter Hurdles (54.21 pr)</b>		
54.21	pr	Fum McGraw (5/8) ..... 6th
54.77		Front Range Classic (5/1) ..... 7th
55.22		Jack Christiansen Invite (4/24) ..... 2nd
56.45		CU Invite (4/10) ..... 13th
56.57		Tom Benich Classic (4/3) ..... 12th

## PATRICK BACHMANN

<b>Shot Put (43-01.50 pr)</b>		
<b>Discus (164-10 pr)</b>		
160-05		Jack Christiansen Invite (4/24) ..... 5th
159-04		Tom Benich Classic (4/3) ..... 10th
157-09		Mt. SAC Relays (4/16) ..... 13th (university/open)
157-09		Big 12 Outdoors (5/14-16) ..... 14th
157-05		Fum McGraw (5/8) ..... 9th
157-01		Front Range Classic (5/1) ..... 13th
139-08		CU Invite (4/10) ..... 21st
<b>Hammer Throw (189-03 pr)</b>		
176-10		Big 12 Outdoors (5/14-16) ..... 11th
176-03		Fum McGraw (5/8) ..... 4th
174-05		Tom Benich Classic (4/3) ..... 7th
170-07		Mt. SAC Relays (4/16) ..... 16th (university/open)
168-07		Front Range Classic (5/1) ..... 8th
165-08		CU Invite (4/10) ..... 9th
154-07		Jack Christiansen Invite (4/24) ..... 11th

## MATT BIEGNER

<b>400 Meters (51.68 pr)</b>		
51.68	pr	Tom Benich Classic (4/3) ..... 12th
<b>800 Meters (1:51.97 pr)</b>		
1:51.97	pr	CU Invite (4/10) ..... 4th
1:54.50		Jack Christiansen Invite (4/24) ..... 2nd
1:55.03	p	Big 12 Outdoors (5/14-16) ..... 26th
<b>1500 Meters (3:51.76 pr)</b>		
3:51.76	pr	Mt. SAC Relays (4/16) ..... 41st (university/open)
3:52.59	p	Big 12 Outdoors (5/14-16) ..... 14th
3:55.97		Fum McGraw (5/8) ..... 2nd

## JOE BOSSHARD

<b>1500 Meters (3:53.86 pr)</b>		
3:53.86	pr	Fum McGraw (5/8) ..... 1st
3:53.96		CU Invite (4/10) ..... 2nd
<b>5000 Meters (14:07.31 pr)</b>		
14:07.31	pr	Mt. SAC Relays (4/16) ..... 12th (university/open-A)
14:14.15		Big 12 Outdoors (5/14-16) ..... 9th
14:21.04		NCAA Prelims (5/27-29) ..... 17th
<b>10000 Meters (28:59.87 pr)</b>		
28:59.87	AA/pr	NCAA Outdoors (6/10) ..... 6th
29:31.68		Big 12 Outdoors (5/14-16) ..... 6th
29:40.29		NCAA Prelims (5/27-29) ..... 7th

## NIKLAS CEDERSTROM

<b>Shot Put (44-05.50 pr)</b>		
44-00.50		CU Invite (4/10) ..... 14th
42-00		Jack Christiansen Invite (4/24) ..... 12th
40-11.75		Front Range Classic (5/1) ..... 15th
40-10.50		Tom Benich Classic (4/3) ..... 20th
<b>Discus (146-10 pr)</b>		
141-09		Jack Christiansen Invite (4/24) ..... 17th
138-04		CU Invite (4/10) ..... 24th
136-10		Fum McGraw (5/8) ..... 15th
134-10		Baldy Castillo Invite (3/20) ..... 20th
134-02		Front Range Classic (5/1) ..... 24th
119-10		Tom Benich Classic (4/3) ..... 32nd
<b>Hammer Throw (153-04 pr)</b>		
153-04	pr	Jack Christiansen Invite (4/24) ..... 12th
151-07		CU Invite (4/10) ..... 16th
148-10		Fum McGraw (5/8) ..... 11th
145-06		Tom Benich Classic (4/3) ..... 18th
145-05		Front Range Classic (5/1) ..... 13th

## DANE CHOBANIAN

<b>Shot Put (49-05.50 pr)</b>		
49-05.50	pr	Tom Benich Classic (4/3) ..... 9th
48-04.75		Front Range Classic (5/1) ..... 10th
48-00		Fum McGraw (5/8) ..... 9th
43-10.50		CU Invite (4/10) ..... 15th
43-05		Big 12 Outdoors (5/14-16) ..... 15th
42-10.75		Jack Christiansen Invite (4/24) ..... 11th
<b>Discus (182-03 pr)</b>		
182-03	pr	Beach Invitational (4/17) ..... 2nd
168-06		Jack Christiansen Invite (4/24) ..... 4th
166-04		Tom Benich Classic (4/3) ..... 4th
166-01		CU Invite (4/10) ..... 4th
162-02		Front Range Classic (5/1) ..... 10th
158-05		Big 12 Outdoors (5/14-16) ..... 12th
155-11		NCAA Prelims (5/27-29) ..... 39th
153-01		Fum McGraw (5/8) ..... 10th
153-00		Mt. SAC Relays (4/16) ..... 19th (university/open)
<b>Hammer Throw (158-05 pr)</b>		
158-05	pr	CU Invite (4/10) ..... 13th
154-03		Tom Benich Classic (4/3) ..... 13th

## CAMERON CLAYTON

<b>1500 Meters (4:07.45 pr)</b>		
4:11.25		Fum McGraw (5/8) ..... 11th
<b>Steeplechase (9:24.9h pr)</b>		
9:24.9h	pr	Mt. SAC Relays (4/15) ..... 6th (University/Open)
9:32.80		Big 12 Outdoors (5/14-16) ..... 15th
9:42.97		CU Invite (4/10) ..... 1st
10:04.38		Tom Benich Classic (4/3) ..... 8th

## JAVEN CORREIA

<b>100 Meters (11.59 pr)</b>		
11.59	pr	Jack Christiansen Invite (4/24) ..... 20th
<b>110 Meter Hurdles (15.15 pr)</b>		
15.15	w/pr	Jack Christiansen Invite (4/24) ..... 4th
15.17		Front Range Classic (5/1) ..... 6th
15.18		CU Invite (4/10) ..... 5th
16.06		Tom Benich Classic (4/3) ..... 7th
<b>200 Meters (23.52 pr)</b>		
23.52	pr	CU Invite (4/10) ..... 23rd
24.98		Tom Benich Classic (4/3) ..... 28th

## JASON DEWITT

<b>Decathlon (5557 pr)</b>		
5557		Glenn Morris (4/22-23) ..... 4th
<b>100 Meters (11.88 pr)</b>		
11.88	pr/dec	Glenn Morris (4/22) ..... 3rd
12.44		Tom Benich Classic (4/3) ..... 28th
<b>Long Jump (22-11.50 pr)</b>		
20-00.25	dec	Glenn Morris (4/22) ..... t2nd
<b>Shot Put</b>		
33-05.75	dec	Glenn Morris (4/22) ..... 3rd
<b>High Jump (6-8 pr)</b>		
6-08		Front Range Classic (5/1) ..... 3rd
6-04.75		Tom Benich Classic (4/3) ..... t6th
6-03.25	dec	Glenn Morris (4/22) ..... 2nd
6-02		Fum McGraw (5/8) ..... 6th
<b>400 Meters (55.89 pr)</b>		
54.60	dec	Glenn Morris (4/22) ..... 4th
55.89	pr	CU Invite (4/10) ..... 25th
<b>110 Meter Hurdles (14.65 pr)</b>		
15.69	dec	Glenn Morris (4/23) ..... 2nd
15.87		CU Invite (4/10) ..... 13th
16.37		Tom Benich Classic (4/3) ..... 13th
<b>Discus</b>		
83-11	dec	Glenn Morris (4/23) ..... 4th
<b>Pole Vault (11-11.75 pr)</b>		
11-11.75	pr	CU Invite (4/10) ..... 9th
11-07.75	dec	Glenn Morris (4/23) ..... 4th
<b>Javelin (110-02 pr)</b>		
110-02	pr/dec	Glenn Morris (4/23) ..... 2nd
<b>1500 Meters (5:20.77 pr)</b>		
5:20.77	pr/dec	Glenn Morris (4/23) ..... 4th
<b>Triple Jump (45-01 pr)</b>		

# 2010 MEN'S OUTDOOR PERFORMANCE LIST

## JEREMY DODSON

<b>100 Meters (10.15 w/pr)</b>		
10.15	w/pr	Jack Christiansen Invite (4/24)..... 1st
10.35		Big 12 Outdoors (5/14-16)..... 3rd
10.38	p	NCAA Prelim (5/27-29)..... 9th
10.41	p	Big 12 Outdoors (5/14-16)..... 5th
10.42		Texas Invite (5/1)..... 5th
10.55		Michael Johnson Classic (4/17)..... 1st
10.60	p	USATF Outdoors (6/24)..... 20th
10.72	p	Michael Johnson Classic (4/17)..... 7th
<b>200 Meters (20.37 pr)</b>		
20.40		NCAA Prelims (5/27-29)..... 9th
20.63	pr	Big 12 Outdoors (5/14-16)..... 3rd
20.65	AA	NCAA Outdoors (6/12)..... 5th
20.65		Texas Invite (5/1)..... 2nd
20.77	p	Big 12 Outdoors (5/14-16)..... 3rd
20.88	p	NCAA Outdoors (6/10)..... 4th
20.88	p	NCAA Prelims (5/27-29)..... 2nd
20.92	w	Jack Christiansen Invite (4/24)..... 1st
20.99	s	USATF Outdoors (6/27)..... 13th
21.13		ASU Invite (3/27)..... 3rd
21.16	p	USATF Outdoors (6/26)..... 14th
<b>400 Meters (47.88 pr)</b>		
49.41		ASU Invite (3/27)..... 11th

## QUINTON DODSON

<b>100 Meters (10.52 pr)</b>		
10.52	w/pr	Jack Christiansen Invite (4/24)..... 3rd
10.61		Fum McGraw (5/8)..... t2nd
11.09	p	Michael Johnson Classic (4/17)..... 22nd
<b>200 Meters (21.29 pr)</b>		
21.29	pr	Fum McGraw (5/8)..... 2nd
21.45		Big 12 Outdoors (5/14-16)..... 12th
21.51	w	Jack Christiansen Invite (4/24)..... 3rd
21.68		CU Invite (4/10)..... 2nd
22.30		Michael Johnson Classic (4/17)..... t11th
22.61		Tom Benich Classic (4/3)..... 5th

## GRANT DUFFY

<b>400 Meters (52.76 pr)</b>		
52.76	pr	Jack Christiansen Invite (4/24)..... 14th
<b>800 Meters (1:53.85 pr)</b>		
1:53.85	pr	Mt. SAC Relays (4/16)..... 31st (university/open)
1:55.63		Tom Benich Classic (4/3)..... 6th
1:59.51		Front Range Classic (5/1)..... 13th
<b>1500 Meters (4:21.40 pr)</b>		

## ADAM ECKMANN

<b>1500 Meters (4:07.72 pr)</b>		
4:07.72	pr	Tom Benich Classic (4/3)..... 19th
4:13.18		Jack Christiansen Invite (4/24)..... 17th
<b>3000 Meters (9:12.20 pr)</b>		
9:12.20	pr	CU Invite (4/10)..... 28th

## BROCK EMORY

<b>Pole Vault (11-11.75 pr)</b>		
11-11.75	pr	CU Invite (4/10)..... 9th
<b>High Jump (6-4 pr)</b>		
5-10.75		Tom Benich Classic (4/3)..... t12th
<b>Javelin (116-07 pr)</b>		
116-07	pr	Tom Benich Classic (4/3)..... 13th
<b>100 Meters (12.30 pr)</b>		
12.30	pr	Tom Benich Classic (4/3)..... 26th
<b>110 Meter Hurdles (14.76 pr)</b>		
15.93		CU Invite (4/10)..... 14th
16.55		Tom Benich Classic (4/3)..... 15th

## KEVIN FASING

<b>Javelin (216-06 pr)</b>		
189-11		CU Invite (4/10)..... 3rd
188-01		Tom Benich Classic (4/3)..... 3rd
186-02		Mt. SAC Relays (4/16)..... 16th (invitational)
179-11		Big 12 Outdoors (5/14-16)..... 14th
170-07		Jack Christiansen Invite (4/24)..... 2nd

## MICHAEL FIELD

<b>Shot Put (49-11 pr)</b>		
49-11	pr	Jack Christiansen Invite (4/24)..... 6th
48-11.75		CU Invite (4/10)..... 7th
48-11		Fum McGraw (5/8)..... 8th
46-10.00		Tom Benich Classic (4/3)..... 12th
<b>Hammer Throw (130-02)</b>		
130-02	pr	CU Invite (4/10)..... 28th
124-07		Tom Benich Classic (4/3)..... 22nd
118-11		Fum McGraw (5/8)..... 16th

## ADRIAN GOMEZ

<b>100 Meters (10.99 pr)</b>		
10.99	pr	Jack Christiansen Invite (4/24)..... 10th
<b>200 Meters (22.12 pr)</b>		
<b>400 Meters (48.53 pr)</b>		
<b>800 Meters (1:56.63 pr)</b>		
<b>400 Meter Hurdles (52.69 pr)</b>		
54.33		CU Invite (4/10)..... 6th
55.65		Jack Christiansen Invite (4/24)..... 4th
55.92		Tom Benich Classic (4/3)..... 9th

## CAMERON HUTCHINS

<b>Discus (131-00 pr)</b>		
131-00	pr	Fum McGraw (5/8)..... 18th
127-09		CU Invite (4/10)..... 29th
125-09		Tom Benich Classic (4/3)..... 29th
<b>Hammer Throw (134-04 pr)</b>		
134-04	pr	Fum McGraw (5/8)..... 13th
133-11		Tom Benich Classic (4/3)..... 21st
129-06		CU Invite (4/10)..... 29th

## TODD IPSEN

<b>Decathlon (5017 pr)</b>		
5017	pr	Glenn Morris (4/22)..... 5th
<b>100 Meters (12.09 pr)</b>		
12.09	dec	Glenn Morris (4/22)..... 8th
<b>Long Jump (19-06.75 pr)</b>		
19-03.50	dec	Glenn Morris (4/22)..... 6th
<b>Shot Put (33-11.25 pr)</b>		
33-11.25	pr/dec	Glenn Morris (4/22)..... 4th
<b>High Jump (6-03.50 pr)</b>		
6-01.25		CU Invite (4/10)..... t11th
5-11.50	dec	Glenn Morris (4/22)..... 4th
<b>400 Meters (52.80 pr)</b>		
54.37	dec	Glenn Morris (4/22)..... 3rd
<b>110 Meter Hurdles (16.89 pr)</b>		
16.89	pr/dec	Glenn Morris (4/23)..... 4th
<b>Discus (91-11 pr)</b>		
91-11	dec	Glenn Morris (4/23)..... 3rd
<b>Pole Vault</b>		
<b>Javelin (143-10 pr)</b>		
143-10	pr	CU Invite (4/10)..... 14th
127-04	dec	Glenn Morris (4/23)..... 3rd
<b>1500 Meters (4:59.39 pr)</b>		
4:59.39	dec	Glenn Morris (4/23)..... 3rd

## EVAN JOHNSTON

<b>800 Meters (1:58.06 pr)</b>		
1:58.06	pr	CU Invite (4/10)..... 16th
1:59.32		Tom Benich Classic (4/3)..... 19th

## STEVE KASICA

<b>400 Meters (51.13 pr)</b>		
51.13	pr	Tom Benich Classic (4/3)..... 9th
52.26		Jack Christiansen Invite (4/24)..... 13th
<b>800 Meters (1:51.59 pr)</b>		
1:51.59	pr/p	Big 12 Outdoors (5/14-16)..... 4th
1:51.80		CU Invite (4/10)..... 2nd
1:51.99		Big 12 Outdoors (5/14-16)..... 7th
1:52.89		Mt. SAC Relays (4/16)..... 22nd (university/open)
1:55.16		Front Range Classic (5/1)..... 6th

## JORDAN KYLE

<b>1500 Meters (4:00.04 pr)</b>		
4:04.55		Jack Christiansen Invite (4/24)..... 7th
<b>5,000 Meters (13:54.61 pr)</b>		
13:54.61	pr	Payton Jordan Cardinal Invite (5/1) 9th (2nd section)
<b>10,000 Meters (28:52.29 pr)</b>		
29:20.97		Stanford Invite (3/26)..... 20th (section 1)
31:03.98		NCAA Prelims (5/27-29)..... 31st

## KYLE MacINTOSH

<b>400 Meter Hurdles (53.38 pr)</b>		
53.38	pr	CU Invite (4/10)..... 2nd
53.56		Fum McGraw (5/8)..... 5th
53.98		Michael Johnson Classic (4/17)..... 6th
54.52	p	Big 12 Outdoors (5/14-16)..... 18th

## MATTHEW McCATHRAN

<b>200 Meters (22.40 pr)</b>		
<b>400 Meters (49.09 pr)</b>		
<b>400 Meter Hurdles (54.50 pr)</b>		
54.50	pr	CU Invite (4/10)..... 7th
54.87		Front Range Classic (5/1)..... 8th
55.65		Tom Benich Classic (4/3)..... 8th
55.85		Jack Christiansen Invite (4/24)..... 5th

# 2010 MEN'S OUTDOOR PERFORMANCE LIST

## RICHARD MEDINA

<b>1,500 Meters (3:48.50 pr)</b>		
3:48.50	pr	Payton Jordan Cardinal Invite (5/1) 2nd (4th section)
3:53.12		CU Invite (4/10) ..... 1st
<b>5,000 Meters (13:48.26 pr)</b>		
13:48.26	pr	Mt. SAC Relays (4/16) .. 2nd (Olympic Development)
13:55.66	AA	NCAA Outdoors (6/12) ..... 9th
14:02.30		NCAA Prelims (5/27-29) ..... 7th
14:07.23		Big 12 Outdoors (5/14-16) ..... 2nd
<b>10,000 Meters (29:28.18 pr)</b>		
29:28.18	pr	Big 12 Outdoors (5/14-16) ..... 5th

## TREY MULLEN

<b>Discus (156-02 pr)</b>		
156-02	pr	Big 12 Outdoors (5/14-16) ..... 16th
156-01		CU Invite (4/10) ..... 18th
147-09		Tom Benich Classic (4/3) ..... 16th
142-11		Jack Christiansen Invite (4/24) ..... 15th
136-02		Fum McGraw (5/8) ..... 16th
<b>Hammer Throw (171-00 pr)</b>		
171-00	pr	Fum McGraw (5/8) ..... 7th
164-00		Jack Christiansen Invite (4/24) ..... 8th
163-01		Big 12 Outdoors (5/14-16) ..... 16th
162-00		CU Invite (4/10) ..... 12th

## KENYON NEUMAN

<b>800 Meters (1:55.83 pr)</b>		
1:56.60		CU Invite (4/10) ..... 13th
<b>1,500 Meters (3:45.54 pr)</b>		
3:49.39		Mt. SAC Relays (4/16) ..... 16th (university/open)
<b>5,000 Meters (13:45.54 pr)</b>		
13:52.19		Payton Jordan Cardinal Invite (5/1) 18th (1st section)
<b>10,000 Meters (29:25.06 pr)</b>		
29:25.06	pr	Big 12 Outdoors (5/14-16) ..... 2nd

## JEROME PERKINS

<b>1,500 Meters (4:13.90 pr)</b>		
4:13.90	pr	Tom Benich Classic (4/3) ..... 29th
<b>3,000 Meters (8:56.46 pr)</b>		
8:56.46	pr	CU Invite (4/10) ..... 15th
<b>5,000 Meters (15:34.73 pr)</b>		
15:34.73	pr	Jack Christiansen Invite (4/24) ..... 1st

## TRAVIS PUTNAM

<b>800 Meters (1:55.96 pr)</b>		
1:55.96	pr	Fum McGraw (5/8) ..... 3rd
1:56.02		Mt. SAC Relays (4/16) ..... 57th (university/open)
1:56.42		CU Invite (4/10) ..... 11th
1:56.78		Tom Benich Classic (4/3) ..... 11th
2:00.17		Jack Christiansen Invite (4/24) ..... 8th

## NATHAN RICE

<b>1,500 Meters (4:17.81 pr)</b>		
4:17.81	pr	Tom Benich Classic (4/3) ..... 38th
<b>3000 Meters (8:58.53 pr)</b>		
8:58.53	pr	CU Invite (4/10) ..... 17th
<b>5000 Meters (15:46.61 pr)</b>		
15:46.61	pr	Jack Christiansen Invite (4/24) ..... 4th

## ADAM SALZMANN

<b>Decathlon (6879 points pr)</b>		
6879	pr	Big 12 Outdoors (5/14-15) ..... 4th
6865		Glenn Morris (4/22-23) ..... 1st
6739		Jim Click (4/2) ..... 4th
<b>100 Meters (11.21 pr)</b>		
11.21	pr/dec	Glenn Morris (4/22) ..... 3rd
11.24	dec	Big 12 Outdoors (5/14) ..... 6th
11.38	dec	Jim Click (4/1) ..... 4th
<b>Long Jump (21-05.25 pr)</b>		
21-02.75	dec	Jim Click (4/1) ..... 10th
21-00	dec	Glenn Morris (4/22) ..... 1st
19-11.75	dec	Big 12 Outdoors (5/14) ..... 10th
<b>Shot Put (38-11.75 pr)</b>		
35-07.25	dec	Big 12 Outdoors (5/14) ..... 11th
35-06.50	dec	Glenn Morris (4/22) ..... 3rd
34-02.75	dec	Jim Click (4/1) ..... 13th
<b>High Jump (6-02 pr)</b>		
6-02	pr/dec	Glenn Morris (4/22) ..... 2nd
5-10.75	dec	Big 12 Outdoors (5/14) ..... 9th
5-10	dec	Jim Click (4/1) ..... 10th
<b>400 Meters (48.80 pr)</b>		
49.34	dec	Big 12 Outdoors (5/14) ..... 3rd
49.50	dec	Jim Click (4/1) ..... 2nd
49.94	dec	Glenn Morris (4/22) ..... 1st
<b>110 Meter Hurdles (15.18 pr)</b>		
15.18	pr	Fum McGraw (5/8) ..... 6th
15.26	dec	Glenn Morris (4/23) ..... 1st
15.30	dec	Big 12 Outdoors (5/15) ..... 4th
15.62	dec	Jim Click (4/2) ..... 4th
<b>Discus (116-09 pr)</b>		
116-09	dec/pr	Big 12 Outdoors (5/15) ..... 6th
112-11	dec	Glenn Morris (4/23) ..... 1st
96-10	dec	Jim Click (4/2) ..... 12th
<b>Pole Vault (15-05 pr)</b>		
15-05	pr/dec	Big 12 Outdoors (5/15) ..... 12nd
14-11	dec	Glenn Morris (4/23) ..... 1st
14-09	dec	Jim Click (4/2) ..... 4th
<b>Javelin (154-10 pr)</b>		
154-10	pr/dec	Jim Click (4/2) ..... 8th
142-01	dec	Big 12 Outdoors (5/15) ..... 9th
140-00	dec	Glenn Morris (4/23) ..... 2nd
<b>1,500 Meters (4:25.92 pr)</b>		
4:25.92	pr/dec	Jim Click (4/2) ..... 2nd
4:28.14	dec	Big 12 Outdoors (5/15) ..... 2nd
4:36.76	dec	Glenn Morris (4/23) ..... 1st
<b>400 Meter Hurdles (52.94 pr)</b>		
52.94	pr	Fum McGraw (5/8) ..... 3rd
<b>NATE TALBOTT</b>		
<b>Discus (135-06 pr)</b>		
135-06	pr	Tom Benich Classic (4/3) ..... 23rd
<b>Hammer Throw (152-08 pr)</b>		
152-08	pr	Tom Benich Classic (4/3) ..... 16th
148-01		Jack Christiansen Invite (4/24) ..... 14th
142-05		CU Invite (4/10) ..... 21st
<b>GEO TAM</b>		
<b>400 Meters (56.30 pr)</b>		
56.30	pr	Tom Benich Classic (4/3) ..... 33rd
<b>800 Meters (1:57.62 pr)</b>		
1:57.62	pr	Fum McGraw (5/8) ..... 5th
1:58.93		Front Range Classic (5/1) ..... 12th
2:00.42		CU Invite (4/10) ..... 19th
2:02.98		Jack Christiansen Invite (4/24) ..... 12th

# 2010 MEN'S OUTDOOR PERFORMANCE LIST

## EDDIE TAYLOR

<b>Decathlon (6212 points)</b>		
6212	pr	Big 12 Outdoors (5/14-15)..... 7th
6168		Jim Click (4/1-2) ..... 10th
5923		Glenn Morris (4/22-23)..... 1st

### 100 Meters (11.21 pr)

11.21	pr	Fum McGraw (5/8) ..... 10th
11.26	dec	Glenn Morris (4/22) ..... 4th
11.42	dec	Big 12 Outdoors (5/14)..... 8th
11.60	dec	Jim Click (4/2) ..... 8th

### Long Jump (20-03 pr)

20-03	pr/dec	Jim Click (4/2) ..... 13th
19-09	dec	Glenn Morris (4/22) ..... 5th
19-06	dec	Big 12 Outdoors (5/14)..... 11th
19-00.50		CU Invite (4/10) ..... 16th

### Shot Put (38-07.50 pr)

38-07.50	pr/dec	Big 12 Outdoors (5/14)..... 7th
38-01.25	dec	Jim Click (4/2) ..... 9th
33-10.25	dec	Glenn Morris (4/22) ..... 5th

### High Jump (6-00.75 pr)

6-00.75	pr/dec	Glenn Morris (4/22) ..... 3rd
6-00	dec	Big 12 Outdoors (5/15)..... t7th
6-00		Fum McGraw (5/8) ..... 6th
5-11.25	dec	Jim Click (4/2) ..... t8th

### 400 Meters (50.93 pr)

51.12	dec	Big 12 Outdoors (5/14)..... 9th
51.69	dec	Glenn Morris (4/22) ..... 2nd
52.17	dec	Jim Click (4/2) ..... 7th

### 110 Meter Hurdles (16.60 pr)

16.60	pr	Fum McGraw (5/8) ..... 9th
16.73		CU Invite (4/10) ..... 23rd
16.81	dec	Glenn Morris (4/23) ..... 3rd
16.92	dec	Big 12 Outdoors (5/15)..... 9th
17.06	dec	Jim Click (4/2) ..... 8th

### Discus (110-08 pr)

110-08	pr/dec	Jim Click (4/2) ..... 10th
98-01	dec	Big 12 Outdoors (5/15)..... 10th
82-04	dec	Glenn Morris (4/23) ..... 5th

### Pole Vault (13-11.25 pr)

13-11.25	dec	Glenn Morris (4/23) ..... 3rd
13-09	pr/dec	Jim Click (4/2) ..... t6th
13-01.50	dec	Big 12 Outdoors (5/15)..... 7th

### Javelin (122-10 pr)

122-10	pr/dec	Big 12 Outdoors (5/15)..... 10th
107-01	dec	Jim Click (4/2) ..... 13th
103-08	dec	Glenn Morris (4/23) ..... 5th

### 1500 Meters (4:30.47 pr)

4:30.47	pr/dec	Big 12 Outdoors (5/15)..... 3rd
4:35.39	dec	Jim Click (4/2) ..... 3rd
4:54.49	dec	Glenn Morris (4/23) ..... 2nd

### 400 Meter Hurdles (57.00 pr)

57.00	pr	CU Invite (4/10) ..... 15th
-------	----	-----------------------------

## MATT TEBO

<b>1500 Meters (3:55.50 pr)</b>		
3:55.50	pr	Front Range Classic (5/1) ..... 2nd
3:56.37		CU Invite (4/10) ..... 5th

### 5000 Meters (13:50.17 pr)

13:50.17	pr	Mt. SAC Relays (4/16) .... 7th (Olympic development)
14:10.75		Big 12 Outdoors (5/14-16)..... 7th
14:38.09		NCAA Prelims (5/27-29)..... 27th

### 10000 Meters (29:33.92 pr)

29:33.92	pr	Big 12 Outdoors (5/14-16)..... 7th
----------	----	------------------------------------

## CHRISTIAN THOMPSON

<b>1,500 Meters (3:58.46 pr)</b>		
4:01.99		CU Invite (4/10) ..... 11th

### Steeplechase (8:49.38 pr)

9:03.04		Mt SAC Relays (4/15-17) ..... 14th - invitational
9:08.18		Big 12 Outdoors (5/14-16)..... 7th
9:09.27		NCAA Prelims (5/27-29)..... 32nd
9:21.63		Payton Jordan Cardinal Invite (5/1)..... 20th

## TYLER THOMPSON

<b>Long Jump (22-04 pr)</b>		
21-10.75		Tom Benich Classic (4/3) ..... 8th
21-05.25		CU Invite (4/10) ..... 7th
21-03.50		Jack Christiansen Invite (4/24)..... 6th
21-00		CSU-Pueblo Invite (4/17) ..... 10th

### Triple Jump (46-09.25 pr)

43-04.50		Jack Christiansen Invite (4/24)..... 7th
42-07.50		CU Invite (4/10) ..... 9th
40-03.25		Tom Benich Classic (4/3) ..... 13th

## JAKE TIMMONS

<b>High Jump (6-07 pr)</b>		
6-07	pr	CU Invite (4/10) ..... t2nd
6-04.75		Tom Benich Classic (4/3) ..... t4th
6-04		Fum McGraw (5/8) ..... 3rd

## ARIC VAN HALEN

<b>1500 Meters (3:59.16 pr)</b>		
3:59.16	pr	Fum McGraw (5/8) ..... 3rd
4:07.57		CU Invite (4/10) ..... 18th

### Steeplechase (9:12.42 pr)

9:12.42	pr	Big 12 Outdoors (5/14-16)..... 10th
9:12.7h		Mt. SAC Relays (4/15) ..... 3rd (university/open)

## ALDO VEGA

<b>1500 Meters (3:50 pr)</b>		
3:55.02		CU Invite (4/10) ..... 3rd

### 5,000 Meters (13:49.56 pr)

13:49.56	pr	Mt. SAC Relays (4/16) ... 5th (Olympic Development)
14:14.87		NCAA Prelims (5/27-29)..... 15th
14:18.97		Big 12 Outdoors (5/14-16)..... 12th
14:50.36		Big 12 Outdoors (5/14-16)..... 26th

### 10,000 Meters (29:15.57 pr)

29:15.57	pr	Stanford Invite (3/26)..... 18th (section 1)
29:41.19		Big 12 Outdoors (5/14-16)..... 9th
30:19.73		NCAA Prelims (5/27-29)..... 20th

## ALEX VON HAGEN

<b>Decathlon (6584 points)</b>		
6143		Big 12 Outdoors (5/14-15)..... 8th
5919		Jim Click (4/1-2) ..... 13th

### 100 Meters (11.18 pr)

11.46	dec	Glenn Morris (4/22) ..... 5th
11.53	dec	Big 12 Outdoors (5/14)..... 10th
11.58	dec	Jim Click (4/1) ..... 7th

### Long Jump (21-10 pr)

21-10	pr/dec	Jim Click (4/1) ..... 8th
21-02.75	dec	Big 12 Outdoors (5/14)..... 7th
20-03	dec	Glenn Morris (4/22) ..... 2nd

### Shot Put (37-02.25 pr)

37-02.25	pr/dec	Jim Click (4/1) ..... 10th
36-04.75	dec	Big 12 Outdoors (5/14)..... 9th
36-04.25	dec	Glenn Morris (4/22) ..... 2nd

### High Jump (6-06.25 pr)

6-04.75	dec	Big 12 Outdoors (5/14)..... 4th
6-04	dec	Jim Click (4/1) ..... t3rd
5-11.50	dec	Glenn Morris (4/22) ..... t4th

### 400 Meters (50.88 pr)

51-09	dec	Big 12 Outdoors (5/15)..... 8th
51.19		CU Invite (4/10) ..... 9th
51.98	dec	Jim Click (4/1) ..... 6th

### 110 Meter Hurdles (16.51 pr)

16.51	pr	CU Invite (4/10) ..... 22nd
16.58	dec	Big 12 Outdoors (5/15)..... 8th

### Discus (118-10 pr)

118-10	pr/dec	Jim Click (4/2) ..... 7th
103-06	dec	Big 12 Outdoors (5/15)..... 8th

### Pole Vault (13-09 pr)

13-09	pr/dec	Jim Click (4/2) ..... t6th
12-11.50		CU Invite (4/10) ..... 16th

### Javelin (188-06 pr)

188-06	pr/dec	Big 12 Outdoors (5/15)..... 2nd
182-02		Fum McGraw (5/8) ..... 2nd
149-03	dec	Jim Click (4/2) ..... 11th

### 1500 Meters (4:38.28 pr)

4:26.83	dec	Big 12 Outdoors (5/15)..... 8th
4:47.11	dec	Jim Click (4/2) ..... 8th

# 2010 MEN'S OUTDOOR PERFORMANCE LIST

## ANDY WACKER

### 1500 Meters (3:52.21 pr)

3:55.53 Front Range Classic (5/1) ..... 3rd  
3:55.69 CU Invite (4/10) ..... 4th

### 5000 Meters (14:01.74 pr)

14:01.74 pr Mt. SAC Relays (4/16)9th (university/open division-A)  
14:13.10 Big 12 Outdoors (5/14-16)..... 8th  
14:40.40 NCAA Prelims (5/27-29)..... 30th

### 10000 Meters (29:31.03 pr)

29:31.03 pr Stanford Invite (3/26)..... 22nd (section 1)  
29:39.37 Big 12 Outdoors (5/14-16)..... 8th  
29:57.20 NCAA Prelims (5/27-29)..... 14th

## GARRETT WARD

### 1,500 Meters (4:11.68 pr)

4:11.68 pr Tom Benich Classic (4/3) ..... 25th

### 3000 Meters (9:06.23 pr)

9:06.23 pr CU Invite (4/10) ..... 21st

## A. J. WHITAKER

### 100 Meters (10.55 pr)

10.66 Fum McGraw (5/8) ..... 5th  
10.79 p Big 12 Outdoors (5/14-16)..... 16th

### 200 Meters (21.43 pr)

21.54 Fum McGraw (5/8) ..... 4th  
22.10 CU Invite (4/10) ..... 5th  
22.43 Jack Christiansen Invite (4/24)..... 9th

# 2010 WOMEN'S OUTDOOR PERFORMANCE LIST (FINAL)

## SEASON RESULTS

M 20	POTTS INVITATIONAL (Boulder).....	canceled
M 26-27	at Stanford Invitational (Stanford, Calif.) .....	NTS
A 1-2	at Jim Click Shootout (Tucson, Ariz.) .....	NTS
A 3	at Tom Benich Classic (Greeley, Colo.) .....	NTS
A 10	COLORADO INVITATIONAL (Boulder) .....	NTS
A 14-17	at Mt. SAC Relays (Walnut, Calif.) .....	NTS
A 17	at Michael Johnson (Waco, Texas).....	NTS
A 22-23	at Glenn Morris (Fort Collins, Colo.).....	NTS
A 23-24	at Brutus Hamilton Invite (Berkeley, Calif.).....	NTS
A 24	at Jack Christiansen Invitational (Fort Collins, Colo.).....	2nd/10
M 1	at Front Range Classic (Fort Collins, Colo.).....	5th/5
M 1	at Cardinal Invitational (Palo Alto, Calif.).....	NTS
M 8	at Fum McGraw Open (Fort Collins, Colo.).....	NTS
M 14-16	at Big 12 Championship (Columbia, Mo.).....	11th/12
M 27-29	at NCAA Preliminaries (Austin, Texas).....	continued in Eugene
J 9-12	at NCAA Championships (Eugene, Ore.).....	23rd/68
J 23-27	at USATF Championship (Des Moines, Iowa).....	NTS

### 100 Meters (11.65 cu)

12.97	Jennifer Gruver.....	CU Invite (4/10)
13.40	Amber Rozier.....	Tom Benich Classic (4/3)
13.42	Jennifer Gruver.....	Tom Benich Classic (4/3)
13.46	Krista Kiper.....	Tom Benich Classic (4/3)

### 200 Meters (23.86 cu)

26.17	hep	Katie Dreher.....	Glenn Morris (4/22-23)
26.23	hep	Katie Dreher.....	Big 12 Outdoors (5/14-16)
26.24	hep	Brianne Beemer.....	Glenn Morris (4/22-23)
26.27		Jennifer Gruver.....	CU Invite (4/10)
26.29	hep	Brianne Beemer.....	Big 12 Outdoors (5/14-16)
26.29		Katie Dreher.....	Fum McGraw (5/8)
26.32	hep	Brianne Beemer.....	Jim Click (4/1)
26.56		Elizabeth Tremblay.....	Jack Christiansen (4/24)

### 400 Meters (54.22 cu)

59.33	Elizabeth Tremblay.....	Jack Christiansen (4/24)
59.40	Brooke Regan.....	Tom Benich Classic (4/3)
59.58	Elizabeth Tremblay.....	Jack Christiansen (4/24)
1:00.46	Elizabeth Tremblay.....	Tom Benich Classic (4/3)
1:00.82	Jennifer Gruver.....	Jack Christiansen (4/24)
1:04.09	Precious Lyons.....	Tom Benich Classic (4/3)

### 800 Meter Run (2:03.7 cu)

2:09.81	pr/p	Emma Coburn.....	Big 12 Outdoors (5/14-16)
2:10.61		Emma Coburn.....	CU Invite (4/10)
2:11.25		Elizabeth Tremblay.....	Mt. SAC Relays (4/15-17)
2:11.99		Elizabeth Tremblay.....	Big 12 Outdoors (5/14-16)
2:11.35		Laura Thweatt.....	CU Invite (4/10)
2:11.40		Elizabeth Tremblay.....	CU Invite (4/10)
2:12.44		Emma Coburn.....	Big 12 Outdoors (5/14-16)
2:13.20	hep	Brianne Beemer.....	Jim Click (4/2)

### 1,500 Meter Run (3:59.90 cu)

4:21.37	Emma Coburn.....	Payton Jordan Cardinal Invite (5/1)
4:25.27	Laura Thweatt.....	Payton Jordan Cardinal Invite (5/1)
4:29.69	Shalaya Kipp.....	Payton Jordan Cardinal Invite (5/1)
4:41.23	Shalaya Kipp.....	CU Invite (4/10)
4:50.19	Kristin Johansen.....	Front Range Classic (5/1)
4:50.65	Camille Logan.....	Fum McGraw (5/8)
4:52.14	Kristin Johansen.....	Tom Benich Classic (4/3)
4:52.31	Megan Burrell.....	Jack Christiansen (4/24)

### 3,000 Meters\* (8:54.22 cu)

10:14.82	Kristin Johansen.....	CU Invite (4/10)
10:22.63	Jhenya Nahreini.....	CU Invite (4/10)
10:33.85	Camille Logan.....	CU Invite (4/10)
10:42.62	Megan Burrell.....	CU Invite (4/10)

### 5,000 Meters (15:07.64 cu)

16:11.55	Laura Thweatt.....	Mt. SAC Relays (4/15-17)
16:29.38	Shalaya Kipp.....	Mt. SAC Relays (4/15-17)
16:55.12	Laura Thweatt.....	Big 12 Outdoors (5/14-16)
17:09.04	Kristin Johansen.....	Big 12 Outdoors (5/14-16)
17:11.67	Jhenya Nahreini.....	Mt. SAC Relays (4/15-17)
17:21.38	Camille Logan.....	Mt. SAC Relays (4/15-17)

### 10,000 Meters (32:50.80 cu)

34:34.41	Laura Thweatt.....	Stanford Invitational (3/26)
36:00.78	Jhenya Nahreini.....	Stanford Invitational (3/26)
36:18.64	Laura Thweatt.....	NCAA Prelims (5/27/29)
36:24.92	Camille Logan.....	Big 12 Outdoors (5/14-16)
36:43.20	Kristin Johansen.....	Big 12 Outdoors (5/14-16)

### 100 Meter Hurdles (12.98)

15.08	Brianne Beemer.....	CU Invite (4/10)	
15.26	Holly Odneal.....	CU Invite (4/10)	
15.29	hep	Brianne Beemer.....	Big 12 Outdoors (5/14-16)
15.31	Katie Dreher.....	CU Invite (4/10)	
15.45	hep	Brianne Beemer.....	Glenn Morris (4/22-23)
15.46	hep	Holly Odneal.....	Glenn Morris (4/22-23)

### 400 Meter Hurdles (57.77 cu)

1:00.96	pr	Brianne Beemer.....	Fum McGraw (5/8)
1:01.23		Brianne Beemer.....	Mt. SAC Relays (4/15-17)
1:01.60	p	Brianne Beemer.....	NCAA Prelims (5/27-29)
1:01.65		Brianne Beemer.....	CU Invite (4/10)
1:02.00		Joi Windham.....	Fum McGraw (5/8)
1:02.18		Brianne Beemer.....	Big 12 Outdoors (5/14-16)
1:02.39		Joi Windham.....	Tom Benich Classic (4/3)

### 3,000 M Steeplechase (9:12.50 cu)

9:51.86	AA	Emma Coburn.....	NCAA Outdoors (6/12)
9:56.29		Emma Coburn.....	Mt. SAC Relays (4/15-17)
9:56.53		Emma Coburn.....	Big 12 Outdoors (5/14-16)
9:59.37	AA	Shalaya Kipp.....	NCAA Outdoors (6/12)
9:59.69	p	Emma Coburn.....	NCAA Outdoors (6/10)
9:59.93	p	Shalaya Kipp.....	NCAA Outdoors (6/10)
10:08.35		Emma Coburn.....	NCAA Prelims (5/27-29)
10:10.04		Shalaya Kipp.....	NCAA Prelims (5/27-29)

### 4x100 Meter Relay (44.95 cu)

#### 4x400 Meter Relay (3:33.07 cu)

3:53.25	J. Windham/Regan/Beemer/E.Tremblay.....	Big 12 Outdoors (5/14-16)
3:53.43	J.Windham/Davis/E.Tremblay/Beemer.....	CU Invite (4/10)
3:57.64	T.Windham/Davis/Rozier/J.Windham.....	Tom Benich Classic (4/3)
3:59.52	J.Windham/Gruver/Rozier/Davis.....	Jack Christiansen (4/24)

### Mile Relay (3:45.53 cu)

#### Long Jump (20-10.50 cu)

17-01.50	hep	Katie Dreher.....	Jim Click (4/2)
16-08.75	hep	Brianne Beemer.....	Jim Click (4/2)
16-08.00	hep	Katie Dreher.....	Glenn Morris (4/22-23)
16-05.25	hep	Stephanie Echer.....	Glenn Morris (4/22-23)
16-04.50	hep	Alyssa Frank.....	Jim Click (4/2)
16-03.25	hep	Brianne Beemer.....	Glenn Morris (4/22-23)
16-03.75		Laurisa Canini.....	Jack Christiansen (4/24)
16-01.50		Danielle Reagin.....	Jack Christiansen (4/24)
16-01.50		Laurisa Canini.....	CU Invite (4/10)

#### Triple Jump (40-11.5 cu)

37-02.25	Katie Dreher.....	Fum McGraw (5/8)
36-11.00	Katie Dreher.....	CU Invite (4/10)
35-05.75	Katie Dreher.....	Big 12 Outdoors (5/14-16)

#### High Jump (6-3 cu)

5-06.50	hep	Alyssa Frank.....	Big 12 Outdoors (5/14-16)
5-06		Laurisa Canini.....	CSU-Pueblo Invite (4/17)
5-04.50	hep	Brianne Beemer.....	Big 12 Outdoors (5/14-16)
5-04.25		Laurisa Canini.....	CU Invite (4/10)
5-05		Laurisa Canini.....	Big 12 Outdoors (5/14-16)
5-03.00		Holly Odneal.....	Tom Benich Classic (4/3)
5-03.00		Sally Page.....	Tom Benich Classic (4/3)
5-03.00		Erin Overcash.....	Tom Benich Classic (4/3)

#### Shot Put (54-6 cu)

46-03.50	Kaity Kark.....	Fum McGraw (5/8)
44-10.25	Kaity Kark.....	Big 12 Outdoors (5/14-16)
44-08.75	Kaity Kark.....	UCCS Mines Dual Meet (4/30)
44-00	Chynna McCall.....	Fum McGraw (5/8)
43-09.00	Kaity Kark.....	CU Invite (4/10)
43-06	Chynna McCall.....	Front Range Classic (5/1)
43-04.25	Kaity Kark.....	Jack Christiansen (4/24)
41-07.25	Chynna McCall.....	Tom Benich Classic (4/3)

#### Hammer Throw (196-10 cu)

160-04	Kaity Kark.....	CU Invite (4/09)
158-08	Kaity Kark.....	Fum McGraw (5/8)
157-10	Kaity Kark.....	Jack Christiansen (4/24)
154-11	Emily Hunsucker.....	Big 12 Outdoors (5/14-16)
151-08	Kaity Kark.....	Tom Benich Classic (4/3)
151-01	Emily Hunsucker.....	CSU-Pueblo Invite (4/17)
150-04	Chynna McCall.....	Front Range Classic (5/1)
149-10	Max Van Dyke.....	Tom Benich Classic (4/3)

#### Javelin (169-5 cu)

127-08	Sally Page.....	CU Invite (4/10)	
121-05	Sally Page.....	Big 12 Outdoors (5/14-16)	
119-09	Sally Page.....	Jack Christiansen (4/24)	
119-04	Sally Page.....	Tom Benich Classic (4/3)	
113-03	hep	Holly Odneal.....	Big 12 Outdoors (5/14-16)
109-04	Max Van Dyke.....	Jack Christiansen (4/24)	
105-08	Alyssa Frank.....	CU Invite (4/10)	
105-06	hep	Alyssa Frank.....	Big 12 Outdoors (5/14-16)

#### Discus Throw (181-7 cu)

155-06	Kaity Kark.....	Big 12 Outdoors (5/14-16)
154-07	Kaity Kark.....	Fum McGraw (5/8)
148-07	Kaity Kark.....	Mt. SAC Relays (4/15-17)
146-09	Kaity Kark.....	Jack Christiansen (4/24)
143-07	Kaity Kark.....	CU Invite (4/10)
140-02	Kaity Kark.....	Tom Benich Classic (4/3)
135-08	Kaity Kark.....	UCCS Mines Dual Meet (4/30)
124-00	Emily Hunsucker.....	CU Invite (4/10)

#### Pole Vault (12-4 cu)

#### Heptathlon (5,893 cu)

4680	Brianne Beemer.....	Big 12 Outdoors (5/14-16)
4669	Brianne Beemer.....	Jim Click (4/1-2)
4540	Brianne Beemer.....	Glenn Morris (4/22-23)
4515	Katie Dreher.....	Jim Click (4/1-2)
4510	Alyssa Frank.....	Big 12 Outdoors (5/14-16)
4445	Katie Dreher.....	Big 12 Outdoors (5/14-16)
4288	Katie Dreher.....	Glenn Morris (4/22-23)
4277	Holly Odneal.....	Big 12 Outdoors (5/14-16)

### Symbol Key

na	ncaa automatic qualifying time/mark
np	ncaa provisional qualifying time/mark
rq	regional qualifying time/mark
rqc	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

# 2010 WOMEN'S OUTDOOR PERFORMANCE LIST

## BRIANNE BEEMER

### Heptathlon (4707 pr)

4680		Big 12 Outdoors (5/14-15).....	7th
4669		Jim Click Combined Events (4/1-2).....	7th
4540		Glenn Morris Multi-Event (4/22-23).....	3rd

### 100 Meter Hurdles (15.08 pr)

15.08	pr	CU Invite (4/10).....	8th
15.29	hep	Big 12 Outdoors (5/14).....	8th
15.45	hep	Glenn Morris Multi-Event (4/22-23).....	3rd
15.63	hep	Jim Click Combined Events (4/1).....	7th

### High Jump (5-03.00 pr)

5-04.25	hep	Big 12 Outdoors (5/14).....	15th
5-02.25	hep	Glenn Morris Multi-Event (4/22-23).....	5th
5-01.75	hep	Jim Click Combined Events (4/1).....	16th

### Shot Put (31-04.00 pr)

30-03.75	hep	Big 12 Outdoors (5/14).....	10th
29-10.75	hep	Jim Click Combined Events (4/1).....	10th
29-02.50	hep	Glenn Morris Multi-Event (4/22-23).....	6th

### 200 Meters (26.24 pr)

26.24	pr/hep	Glenn Morris Multi-Event (4/22-23).....	3rd
26.29	hep	Big 12 Outdoors (5/14).....	10th
26.32	hep	Jim Click Combined Events (4/1).....	8th

### Long Jump (16-10.50 pr)

16-08.75	hep	Jim Click Combined Events (4/2).....	8th
16-03.25	hep	Glenn Morris Multi-Event (4/22-23).....	6th
15-11	hep	Big 12 Outdoors (5/15).....	10th

### Javelin (99-10 pr)

98-03		Fum McGraw (5/8).....	6th
97-11	hep	Big 12 Outdoors (5/15).....	9th
96-01	hep	Jim Click Combined Events (4/2).....	9th
83-11	hep	Glenn Morris Multi-Event (4/22-23).....	8th

### 800 Meters (2:13.20 pr)

2:13.20	hep/pr	Jim Click Combined Events (4/2).....	1st
2:16.61	hep	Glenn Morris Multi-Event (4/22-23).....	1st
2:17.31	hep	Big 12 Outdoors (5/15).....	1st

### 400 Meter Hurdles (1:00.96 pr)

1:00.96	pr	Fum McGraw (5/8).....	1st
1:01.23		Mt. SAC Relays (4/16).....	16th (university/open)
1:01.60	p	NCAA Prelims (5/27/29).....	37th
1:01.65		CU Invite (4/10).....	1st
1:02.18	p	Big 12 Outdoors (5/14-16).....	11th

## COURTNEY BOUCHET

### 800 Meters (2:26.26 pr)

2:26.26	pr	Front Range Classic (5/1).....	8th
2:29.07		CU Invite (4/10).....	26th

### 1,500 Meters (5:05.36 pr)

5:05.36	pr	Fum McGraw (5/8).....	6th
5:12.80		Tom Benich Classic (4/3).....	33rd
5:19.70		Jack Christiansen (4/24).....	19th

## MEGAN BURRELL

### 800 Meters (2:28.95 pr)

4:52.31	pr	Jack Christiansen (4/24).....	3rd
5:02.55		Tom Benich Classic (4/3).....	23rd

### 3,000 Meters (10:42.62 pr)

10:42.62	pr	CU Invite (4/10).....	6th
----------	----	-----------------------	-----

## LAURISA CANINI

### High Jump (5-06 pr)

5-06	pr	CSU-Pueblo Invite (4/17).....	2nd
5-05		Big 12 Outdoors (5/14-16).....	t11th
5-04.25		CU Invite (4/10).....	t3rd
5-02.25		Fum McGraw (5/8).....	3rd
5-01.25		Jack Christiansen (4/24).....	3rd
5-01		Tom Benich Classic (4/3).....	t7th

### Long Jump (16-03.75 pr)

16-03.75	pr	Jack Christiansen (4/24).....	7th
16-01.50		CU Invite (4/10).....	10th
15-09.50		Tom Benich Classic (4/3).....	16th
15-08.75		CSU-Pueblo Invite (4/17).....	12th

## EMMA COBURN

### 800 Meters (2:09.81 pr)

2:09.81	p/pr	Big 12 Outdoors (5/14-16).....	4th
2:10.61		CU Invite (4/10).....	1st
2:12.44		Big 12 Outdoors (5/14-16).....	6th

### 1500 Meters (4:21.37 pr)

4:21.37	pr	Payton Jordan Cardinal Invite (5/1) 5th (2nd section)
---------	----	---

### Steeplechase (9:51.86 pr)

9:51.86	AA/pr	NCAA Outdoors (6/12).....	2nd
9:56.29		Mt. SAC Relays (4/16).....	1st (invitational)
9:56.53		Big 12 Outdoors (5/14-16).....	1st
9:59.69	p	NCAA Outdoors (6/10).....	2nd
10:08.35		NCAA Prelims (5/27-29).....	2nd

## SYDNEY DAVIS

### 200 Meters (27.00 pr)

27.00	pr	CU Invite (4/10).....	18th
28.45		Tom Benich Classic (4/3).....	21st

## KATIE DREHER

### Heptathlon (4515 pr)

4515	pr	Jim Click Combined Events (4/2).....	9th
4445		Big 12 Outdoors (5/14-15).....	11th
4288		Glenn Morris Multi-Event (4/22-23).....	5th

### 100 Meter Hurdles (15.31 pr)

15.31	pr	CU Invite (4/10).....	10th
15.58	hep	Big 12 Outdoors (5/14).....	11th
15.74	hep	Glenn Morris Multi-Event (4/22-23).....	6th
15.94	hep	Jim Click Combined Events (4/1).....	9th

### High Jump (5-01.75 pr)

5-01.75	pr/hep	Jim Click Combined Events (4/1).....	t6th
5-01.75	hep	Big 12 Outdoors (5/14).....	t8th
4-09.50	hep	Glenn Morris Multi-Event (4/22-23).....	8th

### Shot Put (30-07.75 pr)

28-08.25	hep	Big 12 Outdoors (5/14).....	12th
27-02.75	hep	Glenn Morris Multi-Event (4/22-23).....	9th
26-10	hep	Jim Click Combined Events (4/1).....	11th

### 200 Meters (26.17 pr)

26.17	pr/hep	Glenn Morris Multi-Event (4/22-23).....	2nd
26.23	hep	Big 12 Outdoors (5/14).....	t7th
26.29		Fum McGraw (5/8).....	8th
26.79	hep	Jim Click Combined Events (4/1).....	9th
26.98		CU Invite (4/10).....	17th

### Long Jump (17-01.50 pr)

17-01.50	hep/pr	Jim Click Combined Events (4/2).....	6th
16-08	hep	Glenn Morris Multi-Event (4/22-23).....	3rd
15-09.75	hep	Big 12 Outdoors (5/15).....	12th

### Javelin (104-02 pr)

104-02	hep/pr	Jim Click Combined Events (4/2).....	7th
98-11		CU Invite (4/10).....	10th
92-10	hep	Big 12 Outdoors (5/15).....	10th
86-02	hep	Glenn Morris Multi-Event (4/22-23).....	6th

### 800 Meters (2:20.14 pr)

2:20.14	hep/pr	Jim Click Combined Events (4/2).....	5th
2:21.68	hep	Big 12 Outdoors (5/15).....	3rd
2:23.48	hep	Glenn Morris Multi-Event (4/22-23).....	2nd

### Triple Jump (38-05 pr)

37-02.25		Fum McGraw (5/8).....	1st
36-11		CU Invite (4/10).....	3rd
35-05.75		Big 12 Outdoors (5/14-16).....	15th

# 2010 WOMEN'S OUTDOOR PERFORMANCE LIST

## STEPHANIE ECHER

<b>Heptathlon (3718 pr)</b>		
3718	hep	Glenn Morris Multi-Event (4/22-23)..... 8th
<b>100 Meter Hurdles (15.4 pr)</b>		
15.74		CU Invite (4/10)..... 16th
17.22	hep	Glenn Morris Multi-Event (4/22-23)..... 9th
18.08		Tom Benich Classic (4/3)..... 22nd
<b>High Jump (4-11 pr)</b>		
4-11	pr	Tom Benich Classic (4/3)..... t11th
4-09.50	hep	Glenn Morris Multi-Event (4/22-23)..... 8th
<b>Shot Put (27-11 pr)</b>		
27-11	hep	Glenn Morris Multi-Event (4/22-23)..... 8th
<b>200 Meters (26.63 pr)</b>		
27.35	hep	Glenn Morris Multi-Event (4/22-23)..... 8th
28.63		Tom Benich Classic (4/3)..... 23rd
<b>Long Jump (15-06 pr)</b>		
15-06.00	pr	Tom Benich Classic (4/3)..... 19th
15-04	hep	Glenn Morris Multi-Event (4/22-23)..... 4th
<b>Javelin (90-07 pr)</b>		
90-07	pr	CU Invite (4/10)..... 13th
87-01	hep	Glenn Morris Multi-Event (4/22-23)..... 9th
<b>800 Meters (2:44.80 pr)</b>		
2:44.80	hep	Glenn Morris Multi-Event (4/22-23)..... 9th
<b>400 Meter Hurdles (1:10.03 pr)</b>		
1:10.03	pr	CU Invite (4/10)..... 15th

## ALYSSA FRANK

<b>Heptathlon (4510 pr)</b>		
4510		Big 12 Outdoors (5/14-15)..... 10th
3558		Jim Click Combined Events (4/2)..... 11th
<b>100 Meter Hurdles (15.73 pr)</b>		
15.68	hep/pr	Big 12 Outdoors (5/14)..... 12th
15.73		CU Invite (4/10)..... 15th
15.78	hep	Jim Click Combined Events (4/1)..... 8th
<b>High Jump (5-06.50 pr)</b>		
5-06.50	hep	Big 12 Outdoors (5/14)..... 4th
5-02.25		Fum McGraw (5/8)..... 4th
5-02.25		CU Invite (4/10)..... 16th
<b>Shot Put (34-04.75 pr)</b>		
34-04.75	hep/pr	Big 12 Outdoors (5/14)..... 7th
33-07.50	hep	Jim Click Combined Events (4/1)..... 6th
<b>200 Meters (27.47 pr)</b>		
27.62	hep	Big 12 Outdoors (5/14)..... 12th
27.91		Fum McGraw (5/8)..... 16th
28.36		CU Invite (4/10)..... 27th
28.85	hep	Jim Click Combined Events (4/1)..... 10th
<b>Long Jump (17-7.75 pr)</b>		
16-04.50	hep	Jim Click Combined Events (4/2)..... 9th
15-10.50	hep	Big 12 Outdoors (5/15)..... 11th
<b>Javelin (105-08 pr)</b>		
105-08	pr	CU Invite (4/10)..... 7th
105-06	hep	Big 12 Outdoors (5/15)..... 7th
102-04	hep	Jim Click Combined Events (4/2)..... 8th
96-10		Fum McGraw (5/8)..... 7th
<b>800 Meters (2:32.69 pr)</b>		
2:32.80	hep	Big 12 Outdoors (5/14-16)..... 9th
2:33.59	hep	Jim Click Combined Events (4/2)..... 9th

## KALI GAJEWSKI

<b>Shot Put (34-07.50 pr)</b>		
34-07.50	pr	Fum McGraw (5/8)..... 8th
34-05.75		Jack Christiansen (4/24)..... 16th
33-06.50		Front Range Classic (5/1)..... 11th
33-04		Tom Benich Classic (4/3)..... 21st
33-03		CU Invite (4/10)..... 20th
<b>Discus (97-00 pr)</b>		
95-06		CU Invite (4/10)..... 29th
95-01		Fum McGraw (5/8)..... 17th
93-11		Front Range Classic (5/1)..... 19th
83-00		Tom Benich Classic (4/3)..... 31st
<b>Hammer Throw (94-05 pr)</b>		
94-05	pr	Fum McGraw (5/8)..... 15th
85-07		Front Range Classic (5/1)..... 17th
79-06		CU Invite (4/10)..... 32nd

## RENATA GARBOWSKI

<b>Heptathlon (3254 pr)</b>		
3254	pr	Glenn Morris Multi-Event (4/22-23)..... 10th
<b>100 Meter Hurdles (17.93 pr)</b>		
17.93	pr	CU Invite (4/10)..... 23rd
18.00	hep	Glenn Morris Multi-Event (4/22-23)..... 10th
19.54		Tom Benich Classic (4/3)..... 26th
<b>High Jump (4-08.25 pr)</b>		
4-08.25	hep	Glenn Morris Multi-Event (4/22-23)..... 11th
<b>Shot Put (24-05.50 pr)</b>		
24-05.50	hep	Glenn Morris Multi-Event (4/22-23)..... 11th
<b>200 Meters (27.91 pr)</b>		
27.91	pr/hep	Glenn Morris Multi-Event (4/22-23)..... 9th
29.07		Tom Benich Classic (4/3)..... 31st
<b>Long Jump (17-03 pr)</b>		
15-10.25	hep	Glenn Morris Multi-Event (4/22-23)..... 7th
15-09		Tom Benich Classic (4/3)..... 17th
14-00.50		CU Invite (4/10)..... 22nd
<b>Javelin (58-05 pr)</b>		
58-05	pr	CU Invite (4/10)..... 22nd
54-03	hep	Glenn Morris Multi-Event (4/22-23)..... 10th
<b>800 Meters (2:48.37 pr)</b>		
2:48.37	hep	Glenn Morris Multi-Event (4/22-23)..... 10th
<b>400 Meter Hurdles (1:12.33 pr)</b>		
1:12.33	pr	CU Invite (4/10)..... 20th

## CATIE GRANDI

<b>Heptathlon (3604 pr)</b>		
3604		Glenn Morris Multi-Event (4/22-23)..... 9th
<b>100 Meter Hurdles (18.42 pr)</b>		
18.42	pr	Glenn Morris Multi-Event (4/22-23)..... 11th
18.93		CU Invite (4/10)..... 25th
19.84		Tom Benich Classic (4/3)..... 27th
<b>High Jump (4-09.50 pr)</b>		
4-09.50	hep/pr	Glenn Morris Multi-Event (4/22-23)..... 8th
<b>Shot Put (26-02.25 pr)</b>		
26-02.25	hep/pr	Glenn Morris Multi-Event (4/22-23)..... 10th
<b>200 Meters (28.32 pr)</b>		
28.32	pr/hep	Glenn Morris Multi-Event (4/22-23)..... 11th
30.06		Tom Benich Classic (4/3)..... 38th
<b>Long Jump (15-03.50 pr)</b>		
15-03.50	pr	CU Invite (4/10)..... 16th
14-11.25		Tom Benich Classic (4/3)..... 17th
14-09.25	hep	Glenn Morris Multi-Event (4/22-23)..... 10th
<b>Javelin (100-08 pr)</b>		
100-08	pr	CU Invite (4/10)..... 9th
91-08	hep	Glenn Morris Multi-Event (4/22-23)..... 4th
<b>800 Meters (2:28.48 pr)</b>		
2:28.48	pr/hep	Glenn Morris Multi-Event (4/22-23)..... 5th
<b>400 Meter Hurdles (1:10.55 pr)</b>		
1:10.55	pr	CU Invite (4/10)..... 16th

## JENNIFER GRUVER

<b>100 Meters (12.97 pr)</b>		
12.97	pr	CU Invite (4/10)..... 9th
13.42		Tom Benich Classic (4/3)..... 14th
<b>200 Meters (26.27 pr)</b>		
26.27	pr	CU Invite (4/10)..... 11th
26.67		Jack Christiansen (4/24)..... 12th
27.08		Tom Benich Classic (4/3)..... 7th
<b>400 Meters (1:00.82 pr)</b>		
1:00.82	pr	Jack Christiansen (4/24)..... 7th

## EMILY HANENBURG

<b>800 Meters (2:19.41 pr)</b>		
<b>1500 Meters (4:39.67 pr)</b>		
<b>5000 Meters (17:27.19 pr)</b>		
<b>Steeplechase (10:49.54 pr)</b>		
10:57.37		Big 12 Outdoors (5/14-16)..... 10th
11:08.70		Fum McGraw (5/8)..... 2nd

# 2010 WOMEN'S OUTDOOR PERFORMANCE LIST

## EMILY HUNSUCKER

**Shot Put (41-05.25 pr)**

41-05.25	pr	Jack Christiansen (4/24)	6th
41-03		Tom Benich Classic (4/3)	4th
41-00.50		CU Invite (4/10)	4th
39-05.75		Fum McGraw (5/8)	6th
38-11		Front Range Classic (5/1)	2nd
38-08.75		Big 12 Outdoors (5/14-16)	22nd
38-00		CSU-Pueblo Invite (4/17)	12th

**Discus (124-00 pr)**

124-00	pr	CU Invite (4/10)	13th
122-07		Fum McGraw (5/8)	12th
121-10		Jack Christiansen (4/24)	13th
114-01		Tom Benich Classic (4/3)	21st
108-08		Front Range Classic (5/1)	5th

**Hammer Throw (154-11 pr)**

154-11	pr	Big 12 Outdoors (5/14-16)	16th
151-01		CSU-Pueblo Invite (4/17)	4th
149-04		Fum McGraw (5/8)	
144-11		Jack Christiansen (4/24)	10th
143-04		CU Invite (4/10)	13th
134-07		Tom Benich Classic (4/3)	16th
131-03		Front Range Classic (5/1)	4th

## KRISTIN JOHANSEN

**1,500 Meters (4:52.14 pr)**

4:52.14	pr	Tom Benich Classic (4/3)	9th
4:50.19		Front Range Classic (5/1)	2nd

**3,000 Meters (10:14.82 pr)**

10:14.82	pr	CU Invite (4/10)	2nd
----------	----	------------------	-----

**5,000 Meters (17:09.04 pr)**

17:09.04	pr	Big 12 Outdoors (5/14-16)	20th
18:13.74	pr	Jack Christiansen (4/24)	1st

**10,000 Meters**

36:43.20		Big 12 Outdoors (5/14-16)	14th
----------	--	---------------------------	------

## KAITY KARK

**Shot Put (46-03.50 pr)**

46-03.50	pr	Fum McGraw (5/8)	2nd
44-10.25		Big 12 Outdoors (5/14-16)	17th
44-08.75		Front Range Classic (5/1)	1st
43-04.25		Jack Christiansen (4/24)	2nd
43-09		CU Invite (4/10)	2nd
41-00.50		Mt. SAC Relays (4/16)	14th (university/open)
38-07.50		Tom Benich Classic (4/3)	12th

**Discus (155-06 pr)**

155-06		Big 12 Outdoors (5/14-16)	9th
154-07		Fum McGraw (5/8)	3rd
148-07		Mt. SAC Relays (4/16)	13th (university/open)
146-09		Jack Christiansen (4/24)	2nd
143-07		CU Invite (4/10)	4th
140-02		Tom Benich Classic (4/3)	5th
135-08		Front Range Classic (5/1)	2nd

**Hammer Throw (160-04 pr)**

160-04	pr	CU Invite (4/9)	5th
158-08		Fum McGraw (5/8)	5th
157-10		Jack Christiansen (4/24)	6th
151-08		Tom Benich Classic (4/3)	7th
146-00		Front Range Classic (5/1)	1st

## KELLY KING

**800 Meters (2:17 pr)**

2:28.03		CU Invite (4/10)	22nd
---------	--	------------------	------

**1,500 Meters (5:09.29 pr)**

5:09.29	pr	Jack Christiansen (4/24)	13th
5:11.39		Tom Benich Classic (4/3)	31st

## KRISTA KIPER

**100 Meters (11.85 pr)**

13.46		Tom Benich Classic (4/3)	16th
-------	--	--------------------------	------

**200 Meters (24.4 pr)**

28.10		Tom Benich Classic (4/3)	16th
-------	--	--------------------------	------

## SHALAYA KIPP

**1,500 Meters (4:29.26 pr)**

4:29.69	pr	Payton Jordan Cardinal Invite (5/1)	6th (3rd section)
4:41.98		CU Invite (4/10)	2nd

**5,000 Meters (16:29.38 pr)**

16:29.38	pr	Mt. SAC Relays (4/16)	1st (university/open-A)
----------	----	-----------------------	-------------------------

**3,000 Meter Steeplechase (9:59.93 pr)**

9:59.37	AA/pr	NCAA Outdoors (6/12)	5th
9:59.93	p	NCAA Outdoors (6/10)	2nd
10:10.04		NCAA Prelims (5/27-29)	3rd
10:10.48		Big 12 Outdoors (5/14-16)	4th
10:53.14		Fum McGraw (5/8)	Fum McGraw (5/8)

## MYCHELLE LECHMAN

**Javelin (70-04 pr)**

67-08		CU Invite (4/10)	20th
62-04		Tom Benich Classic (4/3)	19th

## CAMILLE LOGAN

**1,500 Meters (4:50.65 pr)**

4:50.65	pr	Fum McGraw (5/8)	3rd
---------	----	------------------	-----

**3,000 Meters (10:33.85 pr)**

10:33.85	pr	CU Invite (4/10)	5th
----------	----	------------------	-----

**5,000 Meters (17:21.38 pr)**

17:21.38	pr	Mt. SAC Relays (4/16)	5th (university/open-C)
17:25.12		Big 12 Outdoors (5/14-16)	24th

**10,000 Meters (36:24.92 pr)**

36:24.92	pr	Big 12 Outdoors (5/14-16)	13th
----------	----	---------------------------	------

## PRECIOUS LYONS

**400 Meters (58.2 pr)**

1:04.09		Tom Benich Classic (4/3)	21st
---------	--	--------------------------	------

**800 Meters (2:17.2 pr)**

2:34.44		Tom Benich Classic (4/3)	29th
---------	--	--------------------------	------

## KATHLEEN MAJEWSKI

**High Jump (5-02.50 pr)**

5-00.25		CU Invite (4/10)	18th
---------	--	------------------	------

**Long Jump (16-03.00 pr)**

## CHYNNA McCALL

**Shot Put (44-00 pr)**

44-00	pr	Fum McGraw (5/8)	3rd
43-06		Front Range Classic (5/1)	3rd
41-07.25		Tom Benich Classic (4/3)	3rd
41-06.00		Jack Christiansen (4/24)	5th
40-11.50		CU Invite (4/10)	5th
38-03.25		CSU-Pueblo Invite (4/17)	9th

**Hammer Throw (150-04 pr)**

150-04	pr	Front Range Classic (5/1)	7th
148-05		CU Invite (4/10)	8th
144-00		Fum McGraw (5/8)	9th
136-00		CSU-Pueblo Invite (4/17)	9th
125-09		Jack Christiansen (4/24)	16th

**Discus (118-01 pr)**

113-05		Fum McGraw (5/8)	15th
109-11		Tom Benich Classic (4/3)	25th
102-07		Front Range Classic (5/1)	18th

**Javelin (65-08 pr)**

65-08	pr	Fum McGraw (5/8)	11th
-------	----	------------------	------

## JESSICA McLAUGHLIN

**Javelin (82-07 pr)**

82-07	pr	CU Invite (4/10)	17th
79-09		Front Range Classic (5/1)	11th
71-10		Fum McGraw (5/8)	10th
70-08		Tom Benich Classic (4/3)	16th

## JHENYA NAHREINI

**3,000 Meters (10:22.63 pr)**

10:22.63	pr	CU Invite (4/10)	2nd
----------	----	------------------	-----

**5,000 Meters (17:11.67 pr)**

17:11.67	pr	Mt. SAC Relays (4/16)	20th (university/open-B)
----------	----	-----------------------	--------------------------

**10,000 Meters (36:00.78 pr)**

36:00.78	pr	Stanford Invite	28th (section 2)
----------	----	-----------------	------------------

# 2010 WOMEN'S OUTDOOR PERFORMANCE LIST

## HOLLY ODNEAL

<b>Heptathlon (4277 pr)</b>		
4277		Big 12 Outdoors (5/14-15)..... 13th
4172		Glenn Morris Multi-Event (4/22-23)..... 7th
<b>100 Meter Hurdles (15.26 pr)</b>		
15.26	pr	CU Invite (4/10)..... 9th
15.46	hep	Glenn Morris Multi-Event (4/22-23)..... 4th
15.58	hep	Big 12 Outdoors (5/14)..... 10th
16.58		Tom Benich Classic (4/3)..... 12th
<b>High Jump (5-03 pr)</b>		
5-03	pr	Tom Benich Classic (4/3)..... 4th
5-2.25		Fum McGraw (5/8)..... 5th
5-01	hep	Glenn Morris Multi-Event (4/22-23)..... 7th
5-00.50	hep	Big 12 Outdoors (5/14)..... 11th
5-00.25		CU Invite (4/10)..... 18th
<b>Shot Put (35-07.75 pr)</b>		
35-07.75	hep	Glenn Morris Multi-Event (4/22-23)..... 3rd
32-09.50	hep	Big 12 Outdoors (5/15)..... 9th
<b>200 Meters (27.84 pr)</b>		
27.84	hep/pr	Big 12 Outdoors (5/14)..... 13th
27.92		Fum McGraw (5/8)..... 17th
27.95	hep	Glenn Morris Multi-Event (4/22-23)..... 10th
28.28		CU Invite (4/10)..... 26th
29.02		Tom Benich Classic (4/3)..... 30th
<b>Long Jump (15-04 pr)</b>		
15-04	pr/hep	Glenn Morris Multi-Event (4/22-23)..... 8th
15-03.50	hep	Big 12 Outdoors (5/15)..... 13th
13-09		Tom Benich Classic (4/3)..... 27th
<b>Javelin (113-03 pr)</b>		
113-03	pr/hep	Big 12 Outdoors (5/15)..... 5th
90-03		Fum McGraw (5/8)..... 8th
88-03		CU Invite (4/10)..... 14th
87-01	hep	Glenn Morris Multi-Event (4/22-23)..... 5th
<b>800 Meters (2:34.30 pr)</b>		
2:34.30	pr/hep	Big 12 Outdoors (5/15)..... 10th
2:36.99	hep	Glenn Morris Multi-Event (4/22-23)..... 7th

## ERIN OVERCASH

<b>High Jump (5-03 pr)</b>		
5-03	pr	Tom Benich Classic (4/3)..... 6th
4-11.50		Jack Christiansen (4/24)..... 6th

## SALLY PAGE

<b>Javelin (137-09 pr)</b>		
127-08		CU Invite (4/10)..... 3rd
121-05		Big 12 Outdoors (5/14-16)..... 9th
119-09		Jack Christiansen (4/24)..... 4th
119-04		Tom Benich Classic (4/3)..... 2nd
<b>High Jump (5-07 pr)</b>		
5-03		Tom Benich Classic (4/3)..... 5th
5-01.25		Jack Christiansen (4/24)..... 4th
5-00.25		CU Invite (4/10)..... 18th

## MOLLY POTTER

<b>Shot Put (40-09.50 pr)</b>		
40-09.50	pr	Fum McGraw (5/8)..... 4th
40-09		Tom Benich Classic (4/3)..... 5th
39-10.75		Front Range Classic (5/1)..... 7th
39-10.75		Jack Christiansen (4/24)..... 9th
39-00.25		CU Invite (4/10)..... 11th
38-11		CSU-Pueblo Invite (4/17)..... 12th
<b>Hammer Throw (133-10 pr)</b>		
133-10	pr	Tom Benich Classic (4/3)..... 17th
133-00		Jack Christiansen (4/24)..... 13th
131-05		CSU-Pueblo Invite (4/17)..... 12th
128-05		CU Invite (4/10)..... 21st
114-09		Front Range Classic (5/1)..... 15th

## DANIELLE REAGIN

<b>Long Jump (16-01.50 pr)</b>		
16-01.50	pr	Jack Christiansen (4/24)..... 8th
15-09.50		CU Invite (4/10)..... 13th
15-05.50		Tom Benich Classic (4/3)..... 20th

## BROOKE REGAN

<b>200 Meters (26.82 pr)</b>		
26.82	pr	Jack Christiansen (4/24)..... 14th
<b>400 Meters (58.1 pr)</b>		
59.40		Tom Benich Classic (4/3)..... 5th
59.58		Jack Christiansen (4/24)..... 5th
<b>800 Meters (2:13.94 pr)</b>		
2:13.94	p/pr	Big 12 Outdoors (5/14-16)..... 19th
2:14.30		CU Invite (4/10)..... 4th
2:15.41		Fum McGraw (5/8)..... 2nd

## AMBER ROZIER

<b>100 Meters (13.18 pr)</b>		
13.40		Tom Benich Classic (4/3)..... 13th
<b>100 Meter Hurdles (63.97 pr)</b>		
1:07.62		Front Range Classic (5/1)..... 11th
1:10.51		Tom Benich Classic (4/3)..... 17th

## LAURA THWEATT

<b>800 Meters (2:11.35 pr)</b>		
2:11.35	pr	CU Invite (4/10)..... 2nd
<b>1500 Meters (4:25.27 pr)</b>		
4:25.27	pr	Payton Jordan Cardinal Invite (5/1) 2nd (3rd section)
<b>5000 Meters (16:11.55 pr)</b>		
16:11.55	pr	Mt. SAC Relays (4/16) .... 8th (Olympic development)
16:55.12		Big 12 Outdoors (5/14-16)..... 17th
<b>10000 Meters (34:34.41 pr)</b>		
34:34.41	pr	Stanford Invite..... 4th (section 2)
36:18.64		NCAA Prelims ..... 34th

## ELIZABETH TREMBLAY

<b>200 Meters (25.1 pr)</b>		
26.56		Jack Christiansen (4/24)..... 11th
<b>400 Meters (55.1 pr)</b>		
59.33		Jack Christiansen (4/24)..... 4th
1:00.46		Tom Benich Classic (4/3)..... 8th
<b>800 Meters (2:11.25 pr)</b>		
2:11.25	pr	Mt. SAC Relays (4/16) ..... 12th (university/open)
2:11.40		CU Invite (4/10)..... 3rd
2:11.99	p	Big 12 Outdoors (5/14-16)..... 15th
2:13.61		Fum McGraw (5/8)..... 1st

## MAX VAN DYKE

<b>Hammer Throw (149-10 pr)</b>		
149-10	pr	Tom Benich Classic (4/3)..... 8th
147-11		Fum McGraw (5/8)..... 7th
147-10		Jack Christiansen (4/24)..... 8th
139-00		CU Invite (4/10)..... 14th
130-07		Big 12 Outdoors (5/14-16)..... 19th
130-07		CSU-Pueblo Invite (4/17)..... 15th
<b>Javelin (109-04 pr)</b>		
109-04	pr	Jack Christiansen (4/24)..... 6th
105-02		Tom Benich Classic (4/3)..... 8th
103-01		CU Invite (4/10)..... 8th
99-02		Big 12 Outdoors (5/14-16)..... 12th
98-03		Fum McGraw (5/8)..... 5th
90-06		CSU-Pueblo Invite (4/17)..... 12th

## KIRSTEN WICKS

<b>Shot Put (32-05.50 pr)</b>		
32-05.50	pr	CU Invite (4/10)..... 24th
31-07.50		Tom Benich Classic (4/3)..... 23rd
<b>Javelin (103-05 pr)</b>		
103-05	pr	Jack Christiansen (4/24)..... 8th
92-05		Tom Benich Classic (4/3)..... 11th
87-10		CU Invite (4/10)..... 16th
<b>Hammer Throw (106-09 pr)</b>		
106-09	pr	Tom Benich Classic (4/3)..... 26th
106-01		CU Invite (4/10)..... 29th

# 2010 WOMEN'S OUTDOOR PERFORMANCE LIST

## KAILE WILSON

### Long Jump (19-01pr)

14-08.50	Jack Christiansen (4/24) .....	12th
14-06.50	CU Invite (4/10) .....	20th
14-03.75	Tom Benich Classic (4/3) .....	26th

## JOI WINDHAM

### 100 Meters (12.73 pr)

#### 100 Meter Hurdles (16.59 pr)

#### 400 Meter Hurdles (1:01.96 pr)

1:02.00	Fum McGraw (5/8) .....	4th
1:02.39	Tom Benich Classic (4/3) .....	3rd
1:02.64	p Big 12 Outdoors (5/14-16).....	13th
1:03.18	Jack Christiansen (4/24) .....	1st
1:03.85	CU Invite (4/10) .....	3rd