

# 2014 COLORADO TRACK AND FIELD



## Colorado's NCAA Outdoor Track & Field Champions

Jenny Barringer  
3,000 Meter Steeplechase, 2006  
3,000 Meter Steeplechase, 2008  
3,000 Meter Steeplechase, 2009

Warren Bateman  
Pole Vault, 1948

David Bolen  
440-Yard Dash, 1947

Emma Coburn  
3,000 Meter Steeplechase, 2011  
3,000 Meter Steeplechase, 2013

Gil Cruter  
High Jump, 1937, 1938

Alan Culpepper  
5,000 Meter Run, 1996

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

Adam Goucher  
5,000 Meter Run, 1998

Shalaya Kipp  
3,000 Meter Steeplechase, 2012

Don Meyers  
Long Jump, 1961  
Pole Vault, 1962

Chuck Rogers  
Pole Vault, 1966

Sara (Gorton) Slattery  
10,000 Meter Run, 2005

Ted Woods  
440-Yard Dash, 1960

## 2014 NCAA WEST PRELIMINARY CHAMPIONSHIPS JOHN MCDONNELL FIELD FAYETTEVILLE, ARK. UNIVERSITY OF ARKANSAS



**Let's Review...**The University of Colorado is sending 18 athletes (10 men and eight women) to compete in 25 events at the 2014 NCAA West Preliminary Championships. The University of Arkansas will host the championships at John McDonnell Field.

**The Schedule...**The NCAA West Preliminary Championships will take place May 29-31 in Fayetteville, Ark.

**Results...** Results can be found at [www.flashresults.com](http://www.flashresults.com).

**About The Buffaloes...** Leading the way are seniors **Shalaya Kipp**, who is seeded No. 1 in the west in the 3,000-meter steeplechase and **Emily Hunsucker**, seeded third in the hammer throw, junior **Kelsey English**, tied for the No. 4 seed in the high jump, graduate student **Abby Levene**, the No. 5 seed in the 10,000-meter run, and freshman **Ben Saarel**, the sixth-seed in the 1,500-meter run; Levene and Saarel also qualified for the 5,000-meters.

Kipp's 9:39.12 time in the Steeplechase at the Payton Jordan Invitational two weeks ago was the second fastest in the world though she already had qualified with other efforts. Hunsucker's best throw this spring of 212-feet, 11 inches in CU's Jerry Quiller Classic, while English cleared 5-11¼ at the Beach Invitational in mid-April. Levene ran her best 10K at the Stanford Invitational, posting a 33:17.58 time, and qualified for the 5K at the Payton Jordan Invitational (running in a 15:53.84 effort); Saarel won the 1,500 at the Bryan Clay Invitational with a 3:41.54 clocking, and also qualified for the 5K with a 13:48.97 time at the Payton Jordan.

Saarel will be joined by nine of his men's teammates. They, along with their events and best qualifying efforts are: seniors **Joe Bosshard**, 10,000- (14:04.04) and 5,000-meter (29:26.25) runs and **Shaw Gifford**, 200-meter dash (21.02), juniors **Jake Hurysz**, 1,500-meter run (3:42.53) and 5K (13:55.57), **Alex Kizirian**, hammer throw (198-11), **Morgan Pearson**, 10K (30:01.72) and 5K (13:38.92) and **Blake Theroux**, 3,000-meter steeplechase (8:52.93); sophomores **Pierce Murphy**, 10,000 (30:20.57) and 5,000 (13:48.74) and **Connor Winter**, 5K (13:55.91) and freshman **Jaron Thomas**, 110 high hurdles (13.87) and 400 intermediate hurdles (51.24).

The other four women qualifiers, their events and best times and or performances are: senior **Liz Trembley**, 800-meter run (2:07.19), sophomores **Abrianna Torres**, long jump (19-7) and **Carrie Verdon**, 5,000 (15:59.83) and freshman **Melanie Nun**, 3K steeplechase (10:26.56).

**About NCAA Prelims...** There are 48 athletes entered in each event, with the top 12 advancing to the NCAA Championships, which are scheduled for June 11-14 and will once again be held in Eugene, Ore.

**2014 Pac-12 Recap...** The CU women placed 10th out of 12 teams, while the men were 10th of 10 teams. Senior **Shalaya Kipp** won the only individual title for the Buffs in the 3,000-meter steeplechase, her second conference title in the event (she also won in 2012).

The top male finisher for the Buffs was **Blake Theroux**, who placed second in the steeplechase.

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**NCAA No. 1...**Senior **Shalaya Kipp** has the top steeplechase time in the NCAA after clocking 9:39.12 at the Payton Jordan Invitational in April. She has the third fastest time by an American this season and ranks 11th in the world.

**Steeplechase U...**The University of Colorado might as well be called Steeplechase U since the event has been dominated collegiately and nationally by Colorado since 2006. The Buffs have won six NCAA titles in the last eight years. **Jenny Barringer** (now Simpson) won the event as a freshman in 2006 and again in 2008 and 2009. **Emma Coburn** won her first title in 2011 after earning runner-up honors in 2010 and again took home the crown in 2013 as a senior. **Shalaya Kipp** became the third Buff to win a steeplechase crown when she won the NCAA title in 2012. She will be looking for her second title this June.

The Buffs win at the USA Track & Field Championships as well. Simpson won in 2007 and 2009 and Emma Coburn won the title in 2011 and 2012.

**The Bowerman Watch List...** Senior **Shalaya Kipp** has been named to The Bowerman Award Watch List handed out annually by the United States Track & Field and Cross Country Coaches Association (USTFCCCA) to the nation's top male and female track & field athletes.

Kipp, who has been named an All-American in track or cross country seven times, has enjoyed a solid senior season. She ran the world's best time this year in the 3,000-meter steeplechase at the Payton Jordan Invitational. Kipp also won the 1,500 meter race at the CU Invitational in April and was awarded the Tom Hansen Medal, a Pac-12 honor bestowed upon a male and a female senior student-athlete from each conference school.

The finalists will be named at the conclusion of the outdoor track season this summer.

**MPSF All-Academic Team...** Colorado's track and field team placed 12 student-athletes on the 2014 Mountain Pacific Sports Federation All-Academic teams.

The men had three honorees, while the women placed nine on the team. Juniors **Lindsay Mattson** and **Bridget Sweeney** had the two highest GPAs on the team. Mattson has recorded a 3.814 GPA while majoring in economics and Sweeney has accumulated a 3.813 GPA while majoring in communication. The other women who were named to the team include: **Courtney Bouchet**, **Maddie Alm**, **Jenny DeSouchet**, **Emily Hunsucker**, **Ewelina Pena**, **Kelsey English** and **Shalaya Kipp**.

Junior **Morgan Pearson**, an economics major, led the men's selections with a 3.470 GPA. **Joe Bosshard**, a graduate student, also carries an impressive 3.425 and is majoring in business. **Blake Theroux** was also named to the team.

**Kizirian Earns First Pac-12 Field Athlete of the Week Honor...** Senior **Alex Kizirian** was named the Pac-12 Men's Field Athlete of the Week for the first time after recording a first place finish and personal record in the hammer throw on April 26 at the Jack Christiansen Invitational.

Kizirian, the second-best all-time weight thrower in CU history, recorded a mark of 198 feet, 11 inches. The throw shattered his previously held 196-11 record from 2012. The throw also gives Kizirian his third spot on CU's all-time performance list.

**Hunsucker Named Pac-12 Field Athlete Of The Week...** Senior **Emily Hunsucker** was named the Pac-12 Women's Field Athlete of the Week after recording the NCAA leading hammer throw mark on March 21 at the Jerry Quiller Classic.

Hunsucker, a 2013 second team All-American, recorded a mark of 212 feet, 11 inches, in her first throw

of the outdoor season. In the process, she broke the Potts Field and CU records. The former Potts Field record was 212-4, which was set by Kansas State's Loren Groves at the 2008 Big 12 Championships. Hunsucker broke her own CU record of 207-10 that she had set last May at the NCAA West Preliminary Championships.

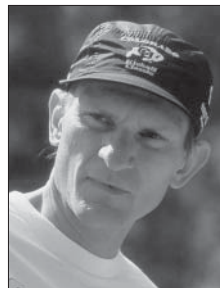
**Indoor All-Americans...** Senior **Shalaya Kipp** earned her first NCAA Indoor Track and Field All-America honor after she placed seventh in the women's 5,000-meter run. Kipp finished the 5k in 16:32.03 seconds.

Junior **Morgan Pearson** competed in the men's 5k and ran a very consistent race, crossing the finish 10th overall in 14:15.78. Pearson's finish earned All-America Second Team honors, the first track and field All-America honor of his career.

Freshman **Ben Saarel** added another piece of hardware to his collection as he picked up a third-place finish in the men's 3,000-meters. Saarel crossed the finish in 8:13.45 to earn the bronze medal, while his teammate, junior **Jake Hurysz**, picked up a 12th-place finish in the same race with a time of 8:18.57. Saarel's third-place finish is the highest for the Buffs since 2007 when Stephen Pifer took third in the mile. With his finish, Saarel was awarded All-America First Team honors. Hurysz was named to the second team for his performance.

**Up Next...**The NCAA Outdoor Championships will be contested June 11-14 in Eugene, Ore.

**Follow the Buffs...**If you are a fan of the Buffs, make sure to follow them on Facebook and Twitter. (Facebook.com/cubuffstrack and @cubuffstrack)



**The Man...The Myth..The Reality...**is that Mark Wetmore is a proven success in collegiate track & field coaching when it comes to his distance runners. Wetmore has guided 10 athletes to 17 NCAA titles, including Olympians Adam Goucher (cross 1998, indoor 3k in 1997 and 1998, outdoor 5k in 1998) and Alan Culpepper (outdoor in 1996), Kara Grgas-Wheeler (2000 outdoor 3k, 5k and NCAA cross), Jodie Hughes (indoor 5k 2001), Sara (Gorton) Slattery (indoor 5k 2005, outdoor 10k 2005), Renee

Metivier (indoor 3k 2005) and Jorge Torres in men's cross country in 2002, followed by Dathan Ritzenhein in 2003. Jenny Barringer, who won the 3,000-meter steeplechase and became CU's first true freshman to win an individual national championship. She also won as a junior and senior. Emma Coburn became Wetmore's 10th athlete to win an NCAA title, doing so in 2011 and 2013 in the steeplechase and Shalaya Kipp won in 2012.

#### Wetmore Coached Olympians

Name	Year	Event(s)
Emma Coburn	2012	Steeplechase
Alan Culpepper	2000, 04	10,000/marathon
Adam Goucher	2000	5,000
Kara Goucher	2008, 12	5,000/10,000/marathon
Shalaya Kipp	2012	Steeplechase
Billy Nelson	2008	Steeplechase
Dathan Ritzenhein	2004, 08, 12	10,000/marathon
Jenny Simpson	2008, 12	Steeplechase/1,500
Jorge Torres	2008	10,000
Shayne Wille	2000, 04	1,500/5,000

## 2014 CU T&F Honor Roll



**CU Female Athletic Achievement Award**  
Shalaya Kipp

**CU Male Freshman of the Year**  
Ben Saarel (cross country)

**Pac-12 Athlete of the Week**  
Alex Kizirian (4/30)  
Emily Hunsucker (3/25)

**SAAC Distinguished Service Award**  
Emily Hunsucker  
Shalaya Kipp  
Lindsay Hubbard

**Buffalo Leadership and Initiative Award**  
Lindsay Hubbard

**Spencer Nelson Buffalo Spirit Award**  
Kyle MacIntosh

**Scholar-Athlete Award**  
Bridget Sweeney  
Rachel Viger

**Tom Hansen Pac-12 Conference Medal**  
Shalaya Kipp

**2013 4.0's**  
David Emmert  
Sophie Hallam-Eames  
Cameron Hutchins  
Nikki Look  
Lindsay Mattson  
Amanda Ortiz  
Ben Saarel  
Bridget Sweeney  
Elizabeth Tremblay  
Rachel Viger

## 2014 MPSF ALL-ACADEMIC TEAM (INDOOR)

### Men

Name	Yr	Major
Joe Bosshard	Grad.	Business
Morgan Pearson	Jr.	Economics
Blake Theroux	Jr.	History

### Women

Name	Yr	Major
Maddie Alm	So.	Integrative Physiology
Courtney Bouchet	Sr.	MCD Biology and Psychology
Jenny DeSouchet	So.	English
Kelsey English	Jr.	Psychology and Sociology
Emily Hunsucker	Sr.	Business
Shalaya Kipp	Sr.	Integrative Physiology and Psychology
Lindsay Mattson	Jr.	Economics
Ewelina Pena	So.	Ecology and Evolutionary Biology
Bridget Sweeney	Jr.	Communication

# 2014 MEN'S OUTDOOR PERFORMANCE LIST

does not reflect altitude conversions

## SEASON RESULTS

M 21-22	JERRY QUILLER CLASSIC (Boulder)	NTS
M 29	at Fum McGraw Quadrangular (Fort Collins, Colo.)	NTS
A 4-5	at Stanford Invitational (Stanford, Calif.)	NTS
A 4-5	at Tom Benich Invitational (Greeley, Colo.)	NTS
A 11-12	COLORADO INVITATIONAL (Boulder)	NTS
A 17-19	at Mt. SAC Relays (Walnut, Calif.)	NTS
A 19	at Beach Invitational (Cerritos, Calif.)	NTS
A 19	at Bryan Clay Invitational (Azusa, Calif.)	NTS
A 26	at Jack Christiansen Invitational (Fort Collins, Colo.)	2nd/5
M 3	at Longhorn Invitational (Austin, Texas)	NTS
M 3	at Cowpoke Open (Laramie, Wyo.)	NTS
M 4	at Payton Jordan Cardinal Invitational (Stanford, Calif.)	NTS
M 10-18	at Pac-12 Championships (Pullman, Wash.)	10th/10
M 29-31	at NCAA West Preliminaries (Fayetteville, Ark.)	
J 11-14	at NCAA Outdoor Championships (Eugene, Ore.)	

## 400 Meter Hurdles (49.66 cu)

51.24	Jaron Thomas	Pac-12 Championships (5/18)
51.77	Jaron Thomas	Longhorn Invitational (5/3)
52.24	Jaron Thomas	Tom Benich Invite (4/4)
52.51	Jaron Thomas	Fum McGraw (3/29)
53.01	Jaron Thomas	Pac-12 Championships (5/17)
53.00	Jaron Thomas	Mt. SAC Relays (4/18)
53.97	Garrett Losty	Bryan Clay Invite (4/18)
54.14	Garrett Losty	Tom Benich Invite (4/4)
54.14	Jaron Thomas	Jerry Quiller Classic (3/22)
54.16	Garrett Losty	Jack Christiansen Invite (4/26)

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

8:52.93	Blake Theroux	Pac-12 Championships (5/17)
8:37.68	Adam Peterman	Fum McGraw (3/29)
10:17.48	Joe Holvey	Fum McGraw (3/29)

## 4x100 Meter Relay (39.47 cu)

40.77	Berens/Gifford/Losty/Mitsch	Jack Christiansen Invite (4/26)
40.84	Berens/Gifford/Losty/Mitsch	CU Invite (4/12)
40.85	Berens/Gifford/Losty/Mitsch	Pac-12 Championships (5/17)
41.38	Berens/Gifford/Losty/Gaytan	Pac-12 Championships (5/18)

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

3:13.43	Thomas/Gifford/Losty/Baker	Mt. SAC (4/19)
3:14.35	Losty/Gifford/Gaytan/Baker	Pac-12 Championships (5/18)
3:16.63	Thomas/Gifford/Losty/Baker	Tom Benich Invite (4/4)
3:17.53	Thomas/Mitsch/Losty/Berens	Fum McGraw (3/29)
3:21.70	Mitchem/Baker/Saarel/Moussa	CU Invite (4/12)
3:23.92	Macintosh/Peterman/Holvey/Perrin	CU Invite (4/12)
3:26.68	Theroux/Berens/Winter/Hurysz	CU Invite (4/12)
3:28.47	Mitchem/Hurysz/Theroux/Moussa	Fum McGraw (3/29)

## Long Jump (26-01.75 cu)

22-3/6.78	dec	Jason DeWitt	Pac-12 Championships (5/10-11)
21-7.25/6.58	dec	Jason DeWitt	Mt. SAC Multis "A" (4/16-4/17)
21-6.75/6.57	dec	Brock Emory	Pac-12 Championships (5/10-11)
21-6.25/6.55	dec	Brock Emory	Mt. SAC Multis "A" (4/16-4/17)

## Triple Jump (53-06.50 cu)

6-11.50/2.12	Mark Jones	Jerry Quiller Classic (3/22)	
6-9.2.06	U	Mark Jones	CU Invite (4/12)
6-8.75/2.05	dec	Brock Emory	Mt. SAC Multis "A" (4/16-4/17)
6-8.75/2.05	dec	Jason DeWitt	Mt. SAC Multis "A" (4/16-4/17)
6-7.5/2.02	dec	Jason DeWitt	Pac-12 Championships (5/10-11)
6-7/2.01	Brock Emory	Pac-12 Championships (5/18)	
6-7/2.01	Jason DeWitt	Jack Christiansen Invite (4/26)	
6-7/2.01	Brock Emory	Fum McGraw (3/29)	
6-6.25/1.99	Jason DeWitt	Fum McGraw (3/29)	
6-6.25/1.99	dec	Brock Emory	Jerry Quiller Classic (3/22)
		Brock Emory	Pac-12 Championships (5/10-11)

## Shot Put (60-11.50 cu)

53-9.75/16.40	Alex Kizirian	CU Invite (4/12)	
53-6.50/16.32	Alex Kizirian	Air Force Twilight (5/9)	
52-11.50/16.14	Alex Kizirian	Fum McGraw (3/29)	
52-5.50/15.99	Alex Kizirian	Jack Christiansen Invite (4/26)	
52-5.50/15.99	Alex Kizirian	Beach Invite (4/19)	
52-5.25/15.98	Alex Kizirian	Tom Benich Invite (4/5)	
49-1.75/14.67	Alex Kizirian	Jerry Quiller Classic (3/22)	
41-2.50/12.56	Alex Kizirian	Pac-12 Championships (5/17)	
40-2/12.24	dec	Jason DeWitt	CU Invite (4/12)
		Jason DeWitt	Mt. SAC Multis "A" (4/16-4/17)

## Hammer Throw (210-11 cu)

198-11/60.63	Alex Kizirian	Jack Christiansen Invite (4/26)	
194-10/59.38	Alex Kizirian	Mt. SAC Relays (4/18)	
191-06/58.38	Alex Kizirian	CU Invite (4/11)	
190-10/58.16	Alex Kizirian	Bryan Clay Invite (4/17)	
190-8.5/58.12	Alex Kizirian	Air Force Twilight (5/9)	
186-04/56.79	Alex Kizirian	Fum McGraw (3/29)	
183-0/55.78	Alex Kizirian	Pac-12 Championships (5/17)	
178-00/54.00	Alex Kizirian	Tom Benich Invite (4/5)	
177-10.25/54.20U	Brady Rutt	Air Force Twilight (5/9)	
173-10/52.99	U	Brady Rutt	CU Invite (4/11)

## Discus Throw (209-7 cu)

189-1.25/57.63	Alex Kizirian	Air Force Twilight (5/9)
168-10/51.46	Alex Kizirian	Fum McGraw (3/29)
165-10/50.54	Alex Kizirian	CU Invite (4/12)
164-11.75/50.28U	Brady Rutt	Air Force Twilight (5/9)
164-6/50.14	Alex Kizirian	Jerry Quiller Classic (3/22)
162-0/49.38	Alex Kizirian	Beach Invite (4/19)
161-6/49.23	Alex Kizirian	Jack Christiansen Invite (4/26)
161-6/49.23	Alex Kizirian	Mt. SAC Relays (4/18)
157-5/47.98	Alex Kizirian	Pac-12 Championships (5/18)
156-2/47.62	Alex Kizirian	Tom Benich Invite (4/5)

## Javelin (241-4.5 cu)

180-9/49.01	Brock Emory	Jerry Quiller Classic (3/21)	
159-10/48.72	dec	Brock Emory	Pac-12 Championships (5/10-11)
157-11/48.14	Jason DeWitt	Fum McGraw (3/29)	
155-10/47.50	dec	Jason DeWitt	Pac-12 Championships (5/10-11)
151-1/46.05	dec	Jason DeWitt	Mt. SAC Multis "A" (4/16-4/17)
148-11/45.40	Brock Emory	Jack Christiansen Invite (4/26)	
147-2/44.87	Brock Emory	Fum McGraw (3/29)	
134-5/40.97	Jason DeWitt	Jerry Quiller Classic (3/21)	
132-10/40.49	Tim Porcelli	Jack Christiansen Invite (4/26)	
130-3/39.70	dec	Brock Emory	Mt. SAC Multis "A" (4/16-4/17)

## Pole Vault (17-06.50 cu)

14-5.25/4.40	dec	Jason DeWitt	Mt. SAC Multis "A" (4/16-4/17)
14-1.25/4.30	dec	Jason DeWitt	Pac-12 Championships (5/10-11)
13-5.25/4.1	dec	Brock Emory	Pac-12 Championships (5/10-11)
12-9.5/3.89	dec	Brock Emory	Mt. SAC Multis "A" (4/16-4/17)
12-7.50/3.85	Brock Emory	Jerry Quiller Classic (3/22)	

## Decathlon (7,645 cu)

7,035	dec	Brock Emory	Pac-12 Championships (5/10-11)
6,837	dec	Jason DeWitt	Pac-12 Championships (5/10-11)
6,724	dec	Jason DeWitt	Mt. SAC Multis "A" (4/16-4/17)
6,663	dec	Brock Emory	Mt. SAC Multis "A" (4/16-4/17)

## Symbol Key

- p preliminary mark
- pr personal record
- w wind-aided mark
- sr school record
- dec mark earned during decathlon competition
- \* not an NCAA event
- U competing unattached/redshirting with eligibility remaining

## 100 Meters (10.0 cu)

10.66	Shaw Gifford	Cowpoke Open (5/3)
10.66	Shaw Gifford	Jack Christiansen Invite (4/26)
10.67	Austin Mitsch	Jack Christiansen Invite (4/26)
10.69	Austin Mitsch	CU Invite (4/12)
10.71	Shaw Gifford	Tom Benich Invite (4/4)
10.76	Shaw Gifford	Pac-12 Championships (5/17)
10.78	Austin Mitsch	Beach Invite (4/19)
10.78	Shaw Gifford	Mt. SAC Relays (4/18)
10.78	Shaw Gifford	CU Invite (4/12)
10.82	Austin Mitsch	Pac-12 Championships (5/17)

## 200 Meters (20.37 cu)

21.02	Shaw Gifford	Cowpoke Open (5/3)
21.31	Shaw Gifford	Fum McGraw (3/29)
21.37	Shaw Gifford	Jack Christiansen Invite (4/26)
21.46	Shaw Gifford	Mt. SAC Relays (4/18)
21.48	Austin Mitsch	Jack Christiansen Invite (4/26)
21.50	Shaw Gifford	Pac-12 Championships (5/17)
21.55	Austin Mitsch	Fum McGraw (3/29)
21.60	Austin Mitsch	Mt. SAC (4/18)
21.69	Shaw Gifford	Tom Benich Invite (4/4)
21.88	Erik Gaytan	Cowpoke Open (5/3)

## 400 Meters (45.54 cu)

48.70	Shaw Gifford	Jerry Quiller Classic (3/22)	
48.85	Garrett Losty	CU Invite (4/12)	
49.45	Blake Berens	Fum McGraw (3/29)	
49.74	Erik Gaytan	Pac-12 Championships (5/17)	
50.27	Tyler Baker	Tom Benich Invite (4/4)	
50.65	dec	Brock Emory	Pac-12 Championships (5/10-11)
50.94	dec	Brock Emory	Mt. SAC Multis "A" (4/16-4/17)
51.32	Brock Emory	CU Invite (4/12)	
51.70	Blake Berens	Jerry Quiller Classic (3/22)	

## 800 Meter Run (1:47.52 cu)

1:51.11	Ben Saarel	CU Invite (4/12)	
1:51.50	Blake Theroux	CU Invite (4/12)	
1:52.05	U	Zach Perrin	Fum McGraw (3/29)
1:52.42	Ammar Moussa	CU Invite (4/12)	
1:53.51	Jake Hurysz	CU Invite (4/12)	
1:54.18	Morgan Pearson	CU Invite (4/12)	
1:54.24	Connor Winter	CU Invite (4/12)	
1:54.43	Blake Theroux	Fum McGraw (3/29)	
1:55.20	Joe Mitchem	Fum McGraw (3/29)	
1:55.42	Joe Mitchem	CU Invite (4/12)	

## 1,500 Meter Run (3:39.77 cu)

3:41.54	Ben Saarel	Bryan Clay Invite (4/18)
3:42.53	Jake Hurysz	Mt. SAC Invitational Elite (4/18)
3:43.38	Ben Saarel	Pac-12 Championships (5/18)
3:43.97	Ammar Moussa	Bryan Clay Invite (4/18)
3:45.50	Jake Hurysz	Stanford Invite (4/4)
3:47.32	Connor Winter	Stanford Invite (4/4)
3:47.39	Pierce Murphy	Bryan Clay Invite (4/18)
3:47.68	Morgan Pearson	Bryan Clay Invite (4/18)
3:47.76	Ben Saarel	Pac-12 Championships (5/17)
3:49.28	Blake Theroux	Stanford Invite (4/4)

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

8:52.55	Dillon Shije	CU Invite (4/12)
9:00.78	David Kilgore	CU Invite (4/12)

## 5,000 Meters (13:18.46 cu)

13:38.92	Morgan Pearson	Payton Jordan Invite (5/4)
13:48.74	Pierce Murphy	Payton Jordan Invite (5/4)
13:48.97	Ben Saarel	Payton Jordan Invite (5/4)
13:55.57	Jake Hurysz	Pac-12 Championships (5/18)
13:55.91	Connor Winter	Payton Jordan Invite (5/4)
13:56.00	Ammar Moussa	Payton Jordan Invite (5/4)
13:57.62	Blake Theroux	Payton Jordan Invite (5/4)
13:57.62	Jake Hurysz	Payton Jordan Invite (5/4)
14:01.90	Joe Bosshard	Payton Jordan Invite (5/4)
14:04.04	Pierce Murphy	Payton Jordan Invite (5/4)
14:10.17	Pierce Murphy	Pac-12 Championships (5/18)

## 10,000 Meters (27:38.50 cu)

29:26.25	Joe Bosshard	Pac-12 Championships (5/17)
30:01.72	Morgan Pearson	Pac-12 Championships (5/17)
30:20.57	Pierce Murphy	Jerry Quiller Classic (3/21)
30:20.57	Morgan Pearson	Jerry Quiller Classic (3/21)
30:38.83	Ammar Moussa	Jerry Quiller Classic (3/21)
31:08.05	Dillon Shije	Jerry Quiller Classic (3/21)

## 110 Meter Hurdles (13.3 cu)

13.87	Jaron Thomas	Longhorn Invitational (5/3)
14.24	Jaron Thomas	Jack Christiansen Invite (4/26)
14.29	Jaron Thomas	Pac-12 Championships (5/18)
14.30	Jaron Thomas	Mt. SAC Relays (4/18)
14.42	Jaron Thomas	CU Invite (4/12)
14.44	Jaron Thomas	Pac-12 Championships (5/17)
14.51	Jaron Thomas	Fum McGraw (3/29)
14.54	Jaron Thomas	Jerry Quiller Classic (3/22)
14.71	Brock Emory	Jack Christiansen Invite (4/26)
14.97	Brock Emory	CU Invite (4/12)

# 2014 MEN'S OUTDOOR PERFORMANCE LIST

## TYLER BAKER

<b>400 Meters (50.09 pr)</b>		
50.27	Tom Benich (4/4)	6th
<b>400 Meter Hurdles (52.76 pr)</b>		
55.45	Pac-12 Championships (5/17)	14th
55.82	CU Invite (4/12)	3rd
<b>4x400 Meter Relay</b>		
3:13.43	Mt. SAC (4/19)	9th
3:14.35	Pac-12 Championships (5/18)	6th
3:16.63	Tom Benich (4/4)	2nd
3:21.70	CU Invite (4/12)	5th

## BLAKE BERENS

<b>100 Meters (10.95 pr)</b>		
10.95	Pac-12 Championships (5/17)	19th
10.96	Jack Christiansen Invite (4/26)	12th
10.98	Bryan Clay Invite (4/18)	13th
11.03	Beach Invite (4/19)	22nd
11.18	Tom Benich (4/4)	8th
<b>200 Meters (21.62 pr)</b>		
21.97	Pac-12 Championships (5/17)	20th
22.00	Fum McGraw (3/29)	5th
22.02	Beach Invite (4/19)	21st
22.02	Bryan Clay Invite (4/18)	15th
22.65	Tom Benich (4/4)	5th
22.81	CU Invite (4/12)	11th
<b>400 Meters (48.61 pr)</b>		
49.45	Fum McGraw (3/29)	3rd
51.70	Jerry Quiller Classic (3/22)	3rd
<b>4x100 Meter Relay</b>		
40.77	Jack Christiansen Invite (4/26)	2nd
40.84	CU Invite (4/12)	1st
40.85	Pac-12 Championships (5/17)	7th (prelims)
41.38	Pac-12 Championships (5/18)	6th
<b>4x400 Meter Relay</b>		
3:17.53	Fum McGraw (3/29)	2nd
3:26.68	CU Invite (4/12)	9th
<b>JOE BOSSHARD</b>		
<b>5,000 Meters</b>		
14:04.04	Payton Jordan Invite (5/4)	19th
<b>10,000 Meters</b>		
29:26.25	Pac-12 Championships (5/17)	3rd

## JASON DEWITT

<b>Decathlon (6,837pr)</b>			
6,837	dec	Pac-12 Championships (5/10-11)	8th
6,724	dec	Mt. SAC Multis "A" (4/16-4/17)	5th
<b>100 Meters (11.44 pr)</b>			
11.59	dec	Pac-12 Championships (5/10)	11th
11.66	dec	Mt. SAC Multis "A" (4/16-4/17)	14th
11.95		Tom Benich (4/4)	12th
<b>Long Jump (22-3 pr)</b>			
22-3/6.78	dec	Pac-12 Championships (5/10)	5th
21-7.25/6.58	dec	Mt. SAC Multis "A" (4/16-4/17)	9th
<b>Shot Put (41-2.5 pr)</b>			
41-2.5/12.56		CU Invite (4/12)	14th
40-3.25/12.27	dec	Pac-12 Championships (5/10)	8th
40-2/12.24	dec	Mt. SAC Multis "A" (4/16-4/17)	14th
<b>High Jump (6-8.25 pr)</b>			
6-8.25/2.05	dec	Mt. SAC Multis "A" (4/16-4/17)	11st
6-7.5/2.02	dec	Pac-12 Championships (5/10)	3rd
6-7/2.01		Jack Christiansen Invite (4/26)	5th
6-7/2.01		Fum McGraw (3/29)	2nd
<b>400 Meters (52.25 pr)</b>			
52.25	dec	Mt. SAC Multis "A" (4/16-4/17)	11th
52.63	dec	Pac-12 Championships (5/10)	12th
<b>110 Meter Hurdles (14.98 pr)</b>			
14.98		CU Invite (4/12)	6th
15.24	dec	Pac-12 Championships (5/11)	4th
15.41		Pac-12 Championships (5/17)	14th
15.46		Tom Benich (4/4)	11th
15.57	dec	Mt. SAC Multis "A" (4/16-4/17)	11th
<b>Discus (115-04 pr)</b>			
125-4/38.21	dec	Pac-12 Championships (5/11)	6th
119-1/36.29	dec	Mt. SAC Multis "A" (4/16-4/17)	6th
116-7/35.53		Bryan Clay Invite (4/18)	45th
<b>Pole Vault (14-05.25 pr)</b>			
14-5.25/4.40	dec	Mt. SAC Multis "A" (4/16-4/17)	3rd
14-1.25/4.30	dec	Pac-12 Championships (5/11)	16th
<b>Javelin (161-03 pr)</b>			
157-11/48.14		Fum McGraw (3/29)	2nd
157-3/47.97		CU Invite (4/12)	4th
155-10/47.50	dec	Pac-12 Championships (5/11)	7th
151-1/46.05	dec	Mt. SAC Multis "A" (4/16-4/17)	5th
134-5/40.97		Jerry Quiller Classic (3/21)	5th
<b>1500 Meters (4:56.01 pr)</b>			
5:11.38	dec	Pac-12 Championships (5/11)	11th
5:16.18	dec	Mt. SAC Multis "A" (4/16-4/17)	13th
<b>Triple Jump (45-01 pr)</b>			
<b>HUGH DOWDY</b>			
<b>800 Meters</b>			
<b>Steeplechase (8:50.75 pr)</b>			
<b>1500 Meter Run (3:47.89 pr)</b>			
<b>DAVID EMMERT</b>			
<b>800 Meters</b>			
1:58.37		Mines Last Chance (5/10)	11th
1:59.98		CU Invite (4/12)	22nd
2:00.21		Tom Benich (4/4)	5th

# 2014 MEN'S OUTDOOR PERFORMANCE LIST

## BROCK EMORY

### Decathlon (7,035 pr)

7,035 dec Pac-12 Championships (5/10-11)..... 5th  
 6,663 dec Mt. SAC Multis "A" (4/16-4/17)..... 6th

### 100-Meters (11.11 pr)

11.22 dec Pac-12 Championships (5/10)..... 5th  
 11.25 Jack Christiansen Invite (4/26)..... t20th  
 11.47 Fum McGraw (3/29)..... 9th  
 11.49 dec Mt. SAC Multis "A" (4/16-4/17)..... 9th

### Long Jump (21-6.25/6.55 pr)

21-6.75/6.57dec Pac-12 Championships (5/10)..... 7th  
 21-6.25/6.55dec Mt. SAC Multis "A" (4/16-4/17)..... 10th

### Shot Put (41-9.75/12.74 pr)

41-1.75/12.54 CU Invite (4/12)..... 15th  
 41-1.5/12.53dec Pac-12 Championships (5/10)..... 6th  
 38-4.75/11.70dec Mt. SAC Multis "A" (4/16-4/17)..... 8th

### High Jump (6-8.75/2.05 pr)

6-8.75/2.05dec Mt. SAC Multis "A" (4/16-4/17)..... t1st  
 6-7/2.01 Pac-12 Championships (5/18)..... 12th  
 6-7/2.01 Fum McGraw (3/29)..... 1st  
 6-6.25/1.99dec Pac-12 Championships (5/10)..... 4th  
 6-6.25/1.99 Jerry Quiller Classic (3/22)..... 3rd  
 6-5/1.96 Jack Christiansen Invite (4/26)..... t6th  
 6-4.75/1.95 Beach Invite (4/19)..... 20th

### 400-Meters (50.65 pr)

50.65 dec Pac-12 Championships (5/10)..... 5th  
 50.94 dec Mt. SAC Multis "A" (4/16-4/17)..... 6th  
 51.32 CU Invite (4/12)..... 19th

### 110-Meter Hurdles (14.71 pr)

14.71 Jack Christiansen Invite (4/26)..... 9th  
 14.97 CU Invite (4/12)..... 5th  
 15.04 dec Mt. SAC Multis "A" (4/16-4/17)..... 4th  
 15.10 dec Pac-12 Championships (5/11)..... 3rd  
 15.25 Mt. SAC (4/18)..... 46th  
 15.75 Fum McGraw (3/29)..... 10th

### Discus (139-8/42.58 pr)

137-3/41.84dec Pac-12 Championships (5/11)..... 1st  
 135-9/41.37 Bryan Clay Invite (4/18)..... 23rd  
 120-7/36.75dec Mt. SAC Multis "A" (4/16-4/17)..... 5th

### Pole Vault (13-5.25/4.10 pr)

13-5.25/4.10dec Pac-12 Championships (5/11)..... 9th  
 12-9.5/3.89dec Mt. SAC Multis "A" (4/16-4/17)..... t7th  
 12-7.50/3.85 Jerry Quiller Classic (3/22)..... 5th

### Javelin (160-9/49.01 pr)

160-9/49.01 Jerry Quiller Classic (3/21)..... 2nd  
 159-10/48.72dec Pac-12 Championships (5/11)..... 6th  
 154-0/46.94 CU Invite (4/12)..... 6th  
 148-11/45.40 Jack Christiansen Invite (4/26)..... 6th  
 147-2/44.87 Fum McGraw (3/29)..... 3rd  
 130-3/39.70dec Mt. SAC Multis "A" (4/16-4/17)..... 12th

### 1,500 Meters (4:52.58 pr)

5:03.79 dec Pac-12 Championships (5/11)..... 10th  
 5:07.84 dec Mt. SAC Multis "A" (4/16-4/17)..... 12th

## ERIK GAYTAN

### 100 Meters

10.92 Mines Last Chance (5/10)..... 5th  
 11.32 Cowpoke Open (5/3)..... 8th

### 200 Meters

21.88 Cowpoke Open (5/3)..... 8th  
 22.16 Mines Last Chance (5/10)..... 3rd  
 22.52 Jack Christiansen Invite (4/26)..... 15th

### 400 Meters

49.74 Pac-12 Championships (5/17)..... 14th

### 4x100 Meter Relay

41.38 Pac-12 Championships (5/18)..... 6th

### 4x400 Meter Relay

3:14.35 Pac-12 Championships (5/18)..... 6th

## SHAW GIFFORD

### 100 Meters (10.66 pr)

10.66 Cowpoke Open (5/3)..... 1st  
 10.66 Jack Christiansen Invite (4/26)..... 3rd  
 10.71 Tom Benich (4/4)..... 2nd  
 10.76 Pac-12 Championships (5/17)..... 16th  
 10.78 Mt. SAC (4/18)..... 53rd  
 10.78 CU Invite (4/12)..... 8th

### 200 Meters (21.02 pr)

21.02 Cowpoke Open (5/3)..... 1st  
 21.31 Fum McGraw (3/29)..... 1st  
 21.37 Jack Christiansen Invite (4/26)..... 2nd  
 21.46 Mt. SAC (4/18)..... 32nd  
 21.50 Pac-12 Championships (5/17)..... 11th  
 21.79 Tom Benich (4/4)..... 1st  
 21.97 CU Invite (4/12)..... 2nd

### 400 Meters (48.20 pr)

48.70 Jerry Quiller Classic (3/22)..... 1st

### 4x100 Meter Relay

40.77 Jack Christiansen Invite (4/26)..... 2nd  
 40.84 CU Invite (4/12)..... 1st  
 40.85 Pac-12 Championships (5/17)..... 7th (prelims)  
 41.38 Pac-12 Championships (5/18)..... 6th

### 4x400 Meter Relay

3:13.43 Mt. SAC (4/19)..... 9th  
 3:14.35 Pac-12 Championships (5/18)..... 6th  
 3:16.63 Tom Benich (4/4)..... 2nd

## JOE HOLVEY

### 4x400 Meter Relay

3:23.92 CU Invite (4/12)..... 8th

## JAKE HURYSZ

### 800 Meters (1:51.91 pr)

1:53.51 CU Invite (4/12)..... 8th  
 1:55.50 Fum McGraw (3/29)..... 5th

### 1500 Meters (3:40.63 pr)

3:42.53 Mt. SAC, Invitational Elite Section (4/18)..... 9th  
 3:45.50 Stanford Invite, Invitational Section (4/4)..... 10th  
 3:58.57 Pac-12 Championships (5/17)..... 22nd

### 5000 Meters (13:38.58 pr)

13:55.57 Pac-12 Championships (5/18)..... 6th  
 13:57.90 Payton Jordan Invite (5/4)..... 16th

### 4x400 Meter Relay

3:26.68 CU Invite (4/12)..... 9th  
 3:28.47 Fum McGraw (3/29)..... 3rd

## DAVID KILGORE

### 1500 Meters

4:06.61 Tom Benich (4/4)..... 3rd  
 4:10.43 Jack Christiansen Invite (4/26)..... 11th

### 3000 Meters (8:48.46 pr)

9:00.78 CU Invite (4/12)..... 16th

### 5000 Meters (14:27.98 pr)

14:54.07 Bryan Clay Invite (4/18)..... 15th

### 10,000 Meters (30:55.84 pr)

# 2014 MEN'S OUTDOOR PERFORMANCE LIST

## ALEX KIZIRIAN

### Shot Put (53-6.50/16.32 pr)

53-9.75/16.40	CU Invite (4/12)	2nd
53-6.50/16.32	Air Force Twilight (5/9)	2nd
53-6.50/16.32	Fum McGraw (3/29)	4th
52-11.50/16.14	Jack Christiansen Invite (4/26)	5th
52-5.50/15.99	Beach Invite (4/19)	13th
52-5.50/15.99	Tom Benich (4/5)	3rd
52-5.25/15.98	Jerry Quiller Classic (3/22)	1st
48-1.75/14.67	Pac-12 Championships (5/17)	13th

### Discus (165-10/50.54 pr)

189-1.25/57.63	Air Force Twilight (5/9)	2nd
168-10/51.46	Fum McGraw (3/29)	4th
165-10/50.54	CU Invite (4/12)	6th
164-6/50.14	Jerry Quiller Classic (3/22)	1st
162-00/49.38	Beach Invite (4/19)	17th
161-6/49.23	Jack Christiansen Invite (4/26)	6th
161-6/49.22	Mt. SAC (4/18)	33rd
157-5/47.98	Pac-12 Championships (5/18)	15th
156-2/47.62	Tom Benich (4/5)	5th

### Hammer Throw (198-11 pr)

198-11/60.63	Jack Christiansen Invite (4/26)	1st
194-10/59.38	Mt. SAC (4/18)	12th
191-6/58.38	CU Invite (4/11)	3rd
190-10/58.16	Bryan Clay Invite (4/17)	2nd
190-8.5/58.12	Air Force Twilight (5/9)	2nd
186-4/56.79	Fum McGraw (3/29)	5th
183-0/55.78	Pac-12 Championships (5/17)	9th
178-9/54.50	Tom Benich (4/5)	5th

## GARRETT LOSTY

### 400 Meters

48.85	CU Invite (4/12)	6th
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### 400-Meter Hurdles

53.87	Bryan Clay Invite (4/18)	5th
54.14	Tom Benich (4/4)	6th
54.16	Jack Christiansen Invite (4/26)	10th
54.43	Pac-12 Championships (5/17)	12th
54.65	Fum McGraw (3/29)	5th
56.80	Jerry Quiller Classic (3/22)	2nd

### 4x100 Meter Relay

40.77	Jack Christiansen Invite (4/26)	2nd
40.84	CU Invite (4/12)	1st
40.85	Pac-12 Championships (5/17)	7th (prelims)
41.38	Pac-12 Championships (5/18)	6th

### 4x400 Meter Relay

3:13.43	Mt. SAC (4/19)	9th
3:14.35	Pac-12 Championships (5/18)	6th
3:16.63	Tom Benich (4/4)	2nd
3:17.53	Fum McGraw (3/29)	2nd

## KYLE MACINTOSH

### 4x400 Meter Relay

3:23.92	CU Invite (4/12)	8th
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## JOE MITCHEM

### 800 Meters (1:55.20 pr)

1:55.20	Fum McGraw (3/29)	4th
1:55.42	CU Invite (4/12)	14th
1:55.99	Bryan Clay Invite (4/18)	36th
1:56.68	Jerry Quiller Classic (3/22)	2nd
1:58.90	Jack Christiansen Invite (4/26)	18th

### 4x400 Meter Relay

3:21.70	CU Invite (4/12)	5th
3:28.47	Fum McGraw (3/29)	3rd

## AUSTIN MITSCH

### 100 Meters

10.67	Jack Christiansen Invite (4/26)	4th
10.69	CU Invite (4/12)	5th
10.78	Beach Invite (4/19)	7th
10.82	Pac-12 Championships (5/17)	18th
10.91	Tom Benich (4/4)	5th
10.91	Fum McGraw (3/29)	2nd

### 200 Meters

21.48	Jack Christiansen Invite (4/26)	3rd
21.55	Fum McGraw (3/29)	2nd
21.60	Beach Invite (4/19)	3rd
22.25	Tom Benich (4/4)	2nd
22.28	Pac-12 Championships (5/17)	22nd
22.46	CU Invite (4/12)	6th

### 4x100 Meter Relay

40.77	Jack Christiansen Invite (4/26)	2nd
40.84	CU Invite (4/12)	1st
40.85	Pac-12 Championships (5/17)	7th (prelims)

### 4x400 Meter Relay

3:17.53	Fum McGraw (3/29)	2nd
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## AMMAR MOUSSA

### 800 Meters (1:52.42 pr)

1:52.42	CU Invite (4/12)	4th
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### 1500 Meters (3:43.97 pr)

3:43.97	Bryan Clay Invite (4/18)	12th
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### 5,000 Meters (13:56.00 pr)

13:56.00	Payton Jordan Invite (5/4)	9th
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### 10,000 Meters (30:38.83 pr)

30:38.83	Jerry Quiller Classic (3/21)	3rd
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### 4x400 Meter Relay

3:21.70	CU Invite (4/12)	5th
3:28.47	Fum McGraw (3/29)	3rd

## PIERCE MURPHY

### 1500 Meters

3:54.44	CU Invite (4/12)	4th
3:47.39	Bryan Clay Invite (4/18)	25th

### 3000 Meters (8:35.56 pr)

13:48.74	Payton Jordan Invite (5/4)	1st
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14:10.17	Pac-12 Championships (5/18)	9th
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### 10,000 Meters (29:36.48 pr)

30:20.57	Jerry Quiller Classic (3/21)	t1st
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## MORGAN PEARSON

### 800 Meters

1:54.18	CU Invite (4/12)	11th
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### 1500 Meters

3:47.68	Bryan Clay Invite (4/18)	27th
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### 5,000 Meters

13:38.92	Payton Jordan Invite (5/4)	7th
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15:11.03	Pac-12 Championships (5/18)	27th
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### 10,000 Meters

30:01.72	Pac-12 Championships (5/17)	7th
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30:20.57	Jerry Quiller Classic (3/21)	t1st
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## ADAM PETERMAN

### 4x400 Meter Relay

3:23.92	CU Invite (4/12)	8th
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## ZACH PERRIN

### 4x400 Meter Relay

3:23.92	CU Invite (4/12)	8th
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## TIMOTHY PORCELLI

### Javelin

133-4/40.63	CU Invite (4/12)	9th
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132-10/40.49	Jack Christiansen Invite (4/26)	10th
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127-7.75/38.90	Air Force Twilight (5/9)	7th
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121-8/37.09	Fum McGraw (3/29)	5th
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113-10/34.69	Jerry Quiller Classic (3/21)	8th
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# 2014 MEN'S OUTDOOR PERFORMANCE LIST

## BEN SAAREL

<b>800 Meters</b>			
1:51.11	CU Invite (4/12)	.....	1st
<b>1500 Meters</b>			
3:41.54	Bryan Clay Invite (4/18)	.....	1st
3:43.38	Pac-12 Championships (5/18)	.....	4th
3:47.76	Pac-12 Championships (5/17)	.....	4th (prelims)
<b>5,000 Meters</b>			
13:48.97	Payton Jordan Invite (5/4)	.....	12th
<b>4x400 Meter Relay</b>			
3:21.70	CU Invite (4/12)	.....	5th

## DILLON SHIJE

<b>1,500 Meters</b>			
4:01.47	Jack Christiansen Invite (4/26)	.....	2nd
<b>3,000 Meters (8:43.53 pr)</b>			
8:52.55	CU Invite (4/12)	.....	10th
<b>5,000 Meters (14:41.77 pr)</b>			
14:56.42	Bryan Clay Invite (4/18)	.....	17th
15:03.26	Pac-12 Championships (5/18)	.....	24th
<b>10,000 Meters (30:11.65 pr)</b>			
31:08.05	Jerry Quiller Classic (3/21)	.....	5th

## BLAKE THEROUX

<b>800 Meters</b>			
1:51.50	CU Invite (4/12)	.....	2nd
1:54.43	Fum McGraw (3/29)	.....	3rd
<b>Steeplechase (8:49.99 pr)</b>			
8:52.93	Pac-12 Championships (5/17)	.....	2nd
<b>1,500 Meters (3:45.17 pr)</b>			
3:49.28	Stanford Invite, Invitational Section (4/4)	.....	5th
<b>5000 Meters (13:57.62 pr)</b>			
13:57.62	Payton Jordan Invite (5/4)	.....	11th
<b>4x400 Meter Relay</b>			
3:26.68	CU Invite (4/12)	.....	9th
3:28.47	Fum McGraw (3/29)	.....	3rd

## JARON THOMAS

<b>110-Meter Hurdles</b>			
13.87	Longhorn Invitational (5/3)	.....	3rd
14.24	Jack Christiansen Invite (4/26)	.....	3rd
14.29	Pac-12 Championships (5/18)	.....	6th
14.30	Mt. SAC (4/18)	.....	11th
14.42	CU Invite (4/12)	.....	3rd
14.44	Pac-12 Championships (5/17)	.....	7th (prelims)
14.51	Fum McGraw (3/29)	.....	4th
14.54	Jerry Quiller Classic (3/22)	.....	1st
<b>400-Meter Hurdles</b>			
51.24	Pac-12 Championships (5/18)	.....	3rd
51.77	Longhorn Invitational (5/3)	.....	3rd
52.24	Tom Benich (4/4)	.....	2nd
52.51	Fum McGraw (3/29)	.....	3rd
53.01	Pac-12 Championships (5/17)	.....	6th (prelims)
53.40	Mt. SAC (4/18)	.....	25th
54.14	Jerry Quiller Classic (3/22)	.....	1st
<b>4x400 Meter Relay</b>			
3:13.43	Mt. SAC (4/19)	.....	9th
3:16.63	Tom Benich (4/4)	.....	2nd
3:17.53	Fum McGraw (3/29)	.....	2nd

## CONNOR WINTER

<b>800 Meters (1:52.56 pr)</b>			
1:54.24	CU Invite (4/12)	.....	12th
1:57.59	Fum McGraw (3/29)	.....	7th
<b>1500 Meters (3:44.53 pr)</b>			
3:47.32	Stanford Invite, Invitational Section (4/4)	.....	10th
3:49.79	Bryan Clay Invite (4/18)	.....	38th
<b>5000 Meters (14:09.45 pr)</b>			
13:55.91	Payton Jordan Invite (5/4)	.....	8th
14:11.82	Pac-12 Championships (5/18)	.....	10th
<b>4x400 Meter Relay</b>			
3:26.68	CU Invite (4/12)	.....	9th

## 2014 Unattached Marks/Times

### DAVID EMMERT

<b>800 Meters</b>			
2:04.71	U	Jerry Quiller Classic (3/22)	..... 9th

### PADEN GATLIN

<b>Discus</b>			
145-4/44.29	U	Air Force Twilight (5/9)	..... 7th
139-10/42.63	U	Tom Benich (4/5)	..... 9th
139/42.38	U	Fum McGraw (3/29)	..... 11th
125-6/38.26	U	Jerry Quiller Classic (3/22)	..... 11th
<b>Hammer Throw</b>			
139-4/42.48	U	CU Invite (4/11)	..... 18th
134-6/41.00	U	Jerry Quiller Classic (3/22)	..... 14th
127-2/38.77	U	Fum McGraw (3/29)	..... 8th

### JOE HOLVEY

<b>1,500 Meters</b>			
4:03.72	U	Tom Benich (4/4)	..... 1st
4:12.21	U	Jerry Quiller Classic (3/22)	..... 6th
<b>3,000 Meters</b>			
9:13.83	U	CU Invite (4/12)	.....
<b>3,000 Meter Steeplechase</b>			
10:17.48	U	Fum McGraw (3/29)	..... 4th

### MARK JONES

<b>200 Meters</b>			
23.90	U	Tom Benich (4/4)	..... 10th
<b>110 Meter Hurdles</b>			
15.29	U	Tom Benich (4/4)	..... 8th
<b>High Jump (7-2.50/2.20 pr)</b>			
6-11.50/2.12	U	Jerry Quiller Classic (3/22)	..... 1st
6-9/2.06	U	CU Invite (4/12)	..... 1st

### ADAM PETERMAN

<b>1,500 Meters</b>			
4:01.88	U	CU Invite (4/12)	..... 19th
4:06.69	U	Jerry Quiller Classic (3/22)	..... 2nd
<b>3,000 Meter Steeplechase</b>			
9:37.68	U	Fum McGraw (3/29)	..... 2nd

### ZACH PERRIN

<b>1,500 Meters</b>			
3:50.12	U	CU Invite (4/12)	..... 1st
4:03.56	U	Jerry Quiller Classic (3/22)	..... 1st

### BRADY RUTT

<b>Shot Put (49-5.75/15.08 pr)</b>			
<b>Discus Throw (169-3/51.58 pr)</b>			
164-11.75/50.28	U	Air Force Twilight (5/9)	..... 5th
153-4/46.75	U	Jerry Quiller Classic (3/22)	..... 4th
<b>Hammer Throw (177-10.25/54.20 pr)</b>			
177-10.25/54.20	U	Air Force Twilight (5/9)	..... 3rd
173-10/52.99	U	CU Invite (4/11)	..... 11th
170-3/51.89	U	Jack Christiansen Invite (4/26)	..... 8th
169-7/51.70	U	Tom Benich (4/5)	..... 6th
162-7/49.56	U	Jerry Quiller Classic (3/21)	..... 9th

# 2014 WOMEN'S OUTDOOR PERFORMANCE LIST

## SEASON RESULTS

M 21-22	JERRY QUILLER CLASSIC (Boulder).....	NTS
M 29	at Fum McGraw Quadrangular (Fort Collins, Colo.).....	NTS
A 4-5	at Stanford Invitational (Stanford, Calif.).....	NTS
A 4-5	at Tom Benich Invitational (Greeley, Colo.).....	NTS
A 11-12	COLORADO INVITATIONAL (Boulder).....	NTS
A 17-19	at Mt. SAC Relays (Walnut, Calif.).....	NTS
A 19	at Beach Invitational (Cerritos, Calif.).....	NTS
A 19	at Bryan Clay Invitational (Azusa, Calif.).....	NTS
A 26	at Jack Christiansen Invitational (Fort Collins, Colo.).....	4th/5
M 3	at Longhorn Invitational (Austin, Texas).....	NTS
M 3	at Cowpoke Open (Laramie, Wyo.).....	NTS
M 4	at Payton Jordan Cardinal Invitational (Stanford, Calif.).....	NTS
M 10-18	at Pac-12 Championships (Pullman, Wash.).....	10th/12
M 29-31	at NCAA West Preliminaries (Fayetteville, Ark.).....	
J 11-14	at NCAA Outdoor Championships (Eugene, Ore.).....	

### 100 Meters (11.65 cu)

12.57	Mia Holland.....	Tom Benich (4/4)
12.68	Mia Holland.....	Beach Invite (4/19)
12.68	Mia Holland.....	Fum McGraw (3/29)

### 200 Meters (23.80 cu)

24.15	Eileen Gehring.....	CU Invite (4/12)
24.31	<i>U</i> Ana Holland.....	Jack Christiansen invite (4/26)
24.55	Lindsay Mattson.....	Jack Christiansen invite (4/26)
24.81	Lindsay Mattson.....	Mt. SAC (4/18)
24.81	Eileen Gehring.....	Tom Benich (4/4)
25.26	Lindsay Mattson.....	CU Invite (4/12)
25.31	Allie Haskell.....	Jack Christiansen invite (4/26)
25.44	Brittany Lewis.....	CU Invite (4/12)
25.45	Brittany Lewis.....	Tom Benich (4/4)
25.58	Allie Haskell.....	CU Invite (4/12)

### 400 Meters (53.23 cu)

54.71	Lindsay Mattson.....	Mt. SAC (4/18)
55.07	Lindsay Mattson.....	Pac-12 Championships (5/17)
55.07	Lindsay Mattson.....	Longhorn Invitational (5/3)
55.99	Allie Haskell.....	Pac-12 Championships (5/17)
56.13	Allie Haskell.....	Mt. SAC (4/18)
56.31	Allie Haskell.....	Fum McGraw (3/29)
56.64	Allie Haskell.....	Tom Benich (4/4)
57.56	Liz Tremblay.....	CU Invite (4/12)
58.45	Bridget Sweeney.....	Fum McGraw (3/29)
58.87	Allie Haskell.....	Jerry Quiller Classic (3/22)

### 800 Meter Run (2:02.54 cu)

2:07.19	Liz Tremblay.....	Payton Jordan Invite (5/4)
2:07.28	Liz Tremblay.....	Mt. SAC (4/18)
2:07.38	Liz Tremblay.....	Stanford Invite (4/5)
2:08.54	Liz Tremblay.....	Pac-12 Championships (5/17)
2:16.23	Maddie Alm.....	Jack Christiansen invite (4/26)
2:17.56	Brittany Lewis.....	Pac-12 Championships (5/10-11)
2:17.82	Jenny DeSouchet.....	Fum McGraw (3/29)
2:18.80	Olivia Rintala.....	Jack Christiansen invite (4/26)
2:19.37	Jenny DeSouchet.....	Jerry Quiller Classic (3/22)
2:19.55	Maddie Alm.....	Fum McGraw (3/29)

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

4:23.48	Melanie Nun.....	Bryan Clay Invite (4/18)
4:27.62	Shalaya Kipp.....	CU Invite (4/12)
4:28.50	Jenny DeSouchet.....	Stanford Invite (4/4)
4:28.69	Carrie Verdon.....	Bryan Clay Invite (4/18)
4:29.30	Maddie Alm.....	Pac-12 Championships (5/17)
4:29.68	Abby Levene.....	Bryan Clay Invite (4/18)
4:29.99	Jenny DeSouchet.....	Bryan Clay Invite (4/18)
4:31.53	Jenny DeSouchet.....	Pac-12 Championships (5/17)
4:31.71	Jenny DeSouchet.....	Payton Jordan Invite (5/4)
4:34.95	Melanie Nun.....	CU Invite (4/12)

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

15:53.84	Abby Levene.....	Payton Jordan Invite (5/4)
15:54.13	Shalaya Kipp.....	Mt. SAC Invitational Elite (4/18)
15:59.83	Carrie Verdon.....	Payton Jordan Invite (5/4)
16:40.45	Carrie Verdon.....	Pac-12 Championships (5/18)
16:45.03	Maddie Alm.....	Pac-12 Championships (5/18)
17:09.07	Jenny DeSouchet.....	Pac-12 Championships (5/18)
17:39.81	Courtney Bouchet.....	Pac-12 Championships (5/18)

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

33:17.53	Abby Levene.....	Stanford Invite (4/4)
33:42.02	Carrie Verdon.....	Stanford Invite (4/4)
35:02.20	Abby Levene.....	Pac-12 Championships (5/17)

### 100 Meter Hurdles (12.98)

14.33	Brittany Lewis.....	Tom Benich (4/4)	
14.63	Brittany Lewis.....	Jack Christiansen invite (4/26)	
14.89	Brittany Lewis.....	Fum McGraw (3/29)	
14.92	Brittany Lewis.....	CU Invite (4/12)	
15.05	hep	Abrianna Torres.....	Mt. SAC Multis Elite (4/16-4/17)
15.06	hep	Brittany Lewis.....	Mt. SAC Multis Elite (4/16-4/17)
15.09	hep	Abrianna Torres.....	CU Invite (4/12)
15.15	hep	Brittany Lewis.....	Pac-12 Championships (5/10-11)
15.15	hep	Abrianna Torres.....	Jack Christiansen invite (4/26)
15.30	hep	Abrianna Torres.....	Pac-12 Championships (5/10-11)

### 400 Meter Hurdles (57.77 cu)

1:06.93	Brittany Hanrahan.....	Bryan Clay Invite (4/18)
1:07.18	Brittany Hanrahan.....	Fum McGraw (3/29)
1:07.27	Brittany Hanrahan.....	Tom Benich (4/4)
1:08.01	Brittany Hanrahan.....	Jack Christiansen invite (4/26)
1:08.49	Brittany Hanrahan.....	Jerry Quiller Classic (3/22)

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

9:39.12	Shalaya Kipp.....	Payton Jordan Invite (5/4)
10:04.19	Shalaya Kipp.....	Pac-12 Championships (5/17)
10:26.56	Melanie Nun.....	Pac-12 Championships (5/17)
10:38.88	Courtney Bouchet.....	Mt. SAC (4/17)
10:46.80	Courtney Bouchet.....	Pac-12 Championships (5/17)
10:59.36	Melanie Nun.....	Jack Christiansen invite (4/26)
11:07.69	Courtney Bouchet.....	Fum McGraw (3/29)

### 4x100 Meter Relay (44.95 cu)

47.80	Holland/Mattson/Lewis/Haskell.....	Pac-12 Championships (5/18)
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### 4x400 Meter Relay (3:33.07 cu)

3:42.80	Mattson/Lewis/Tremblay/Haskell.....	Pac-12 Championships (5/18)
3:44.88	Mattson/Haskell/Lewis/Gehring.....	Tom Benich (4/4)
3:44.95	Haskell/Gehring/Holland/Sweeney.....	Fum McGraw (3/29)
3:45.39	Mattson/Haskell/Tremblay/Lewis.....	Mt. SAC (4/19)
3:54.32	Haskell/Tremblay/Kipp/Rintana.....	CU Invite (4/12)
3:56.58	Mattson/Holland/Slack/DeSouchet.....	CU Invite (4/12)
4:12.70	Tremblay/DeSouchet/Alm/McAlister.....	Fum McGraw (3/29)

### Long Jump (20-08 cu)

19-7.96	hep	Abrianna Torres.....	Mt. SAC Multis Elite (4/16-4/17)
19-3.50/5.88	hep	Brittany Lewis.....	Pac-12 Championships (5/17)
19-0.75/5.81	hep	Brittany Lewis.....	CU Invite (4/12)
18-10.75/5.76	hep	Abrianna Torres.....	CU Invite (4/12)
18-10.50/5.75	hep	Abrianna Torres.....	Pac-12 Championships (5/17)
18-10.50/5.75	hep	Brittany Lewis.....	Jack Christiansen invite (4/26)
18-11.75/5.78	hep	Abrianna Torres.....	Pac-12 Championships (5/10-11)
18-10/5.74	hep	Brittany Lewis.....	Mt. SAC Multis Elite (4/16-4/17)
18-8/5.69	hep	Brittany Lewis.....	Beach Invite (4/19)
18-7.75/5.68	hep	Abrianna Torres.....	Jack Christiansen invite (4/26)
18-5.75/5.63	hep	Abrianna Torres.....	Beach Invite (4/19)
18-2/5.53	hep	Abrianna Torres.....	Mt. SAC (4/18)

### Triple Jump (40-11.5 cu)

5-11.25/1.81	hep	Kelsey English.....	Beach Invite (4/19)
5-10/1.78	hep	Kelsey English.....	CU Invite (4/12)
5-8.75/1.75	hep	Kelsey English.....	Jack Christiansen invite (4/26)
5-8.75/1.75	hep	Kelsey English.....	Mt. SAC (4/18)
5-8.75/1.75	hep	Kelsey English.....	Fum McGraw (3/29)
5-8.75/1.75	hep	Kelsey English.....	Jerry Quiller Classic (3/22)
5-5.25/1.66	hep	Abrianna Torres.....	Pac-12 Championships (5/17)
5-4.25/1.63	hep	Abrianna Torres.....	Mt. SAC Multis Elite (4/16-4/17)
5-3.25/1.61	hep	Ewelina Pena.....	Jerry Quiller Classic (3/22)
5-3.25/1.61	hep	Ewelina Pena.....	Pac-12 Championships (5/10-11)

### Shot Put (54-6 cu)

42-7.50/12.99	hep	Abrianna Torres.....	CU Invite (4/12)
41-11.50/12.78	hep	Abrianna Torres.....	Mt. SAC Multis Elite (4/16-4/17)
40-7.5/12.38	hep	Abrianna Torres.....	Pac-12 Championships (5/10-11)
38-5.50/11.11	hep	Abrianna Torres.....	Jerry Quiller Classic (3/22)
35-8.75/10.89	hep	Brittany Lewis.....	Mt. SAC Multis Elite (4/16-4/17)
34-3.5/10.45	hep	Brittany Lewis.....	Pac-12 Championships (5/10-11)
32-3.75/9.85	hep	Ewelina Pena.....	CU Invite (4/12)
32-2.75/9.82	hep	Ewelina Pena.....	Bryan Clay Invite (4/18)
31-10.25/9.71	hep	Ewelina Pena.....	Pac-12 Championships (5/10-11)
31-1.25/9.48	hep	Ewelina Pena.....	Mt. SAC Multis "A" (4/16-4/17)

### Hammer Throw (212-11 cu)

212-11/64.91	hep	Emily Hunsucker.....	Jerry Quiller Classic (3/21)
212-07/64.81	hep	Emily Hunsucker.....	CU Invite (4/11)
209-3/63.77	hep	Emily Hunsucker.....	Air Force Twilight (5/9)
208-10/63.66	hep	Emily Hunsucker.....	Jack Christiansen invite (4/26)
208-07/63.57	hep	Emily Hunsucker.....	Fum McGraw (3/29)
206-5/62.91	hep	Emily Hunsucker.....	Cowpoke Open (5/3)
206-1/62.94	hep	Emily Hunsucker.....	Mt. SAC Invitational Elite (4/19)
205-03/62.56	hep	Emily Hunsucker.....	Bryan Clay Invite (4/17)
204-04/62.44	hep	Emily Hunsucker.....	Pac-12 Championships (5/18)
190-02/57.97	hep	Emily Hunsucker.....	Tom Benich (4/5)

### Javelin (169-5 cu)

128-03/39.10	hep	Kajsa Bank.....	Tom Benich (4/4)
122-0/37.18	hep	Abrianna Torres.....	Mt. SAC Multis Elite (4/16-4/17)
120-09/36.80	hep	Brittany Lewis.....	CU Invite (4/11)
120-00/36.59	hep	Brittany Lewis.....	Jerry Quiller Classic (3/21)
117-09/35.89	hep	Kajsa Bank.....	Fum McGraw (3/29)
115-02/35.10	hep	Kajsa Bank.....	Jerry Quiller Classic (3/21)
112-09/34.37	hep	Abrianna Torres.....	CU Invite (4/11)
112-08/34.34	hep	Kajsa Bank.....	Jack Christiansen invite (4/26)
111-9/34.06	hep	Abrianna Torres.....	Pac-12 Championships (5/10-11)
110-00/33.54	hep	Kajsa Bank.....	Pac-12 Championships (5/17)

### Discus Throw (181-7 cu)

147-10/45.07	hep	Sophie Hallam-Eames.....	Pac-12 Championships (5/18)
135-2.75/41.21	hep	Sophie Hallam-Eames.....	Air Force Twilight (5/9)
134-6/41.01	hep	Sophie Hallam-Eames.....	CU Invite (4/12)
133-5/40.68	hep	Sophie Hallam-Eames.....	Cowpoke Open (5/3)
132-3.25/40.31	hep	Makenzie Kline.....	Air Force Twilight (5/9)
130-10/39.87	hep	Makenzie Kline.....	Pac-12 Championships (5/18)
130-9/39.85	hep	Sophie Hallam-Eames.....	Tom Benich (4/5)
130-3/39.71	hep	Sophie Hallam-Eames.....	Jerry Quiller Classic (3/22)
129-11/39.61	hep	Sophie Hallam-Eames.....	Jack Christiansen invite (4/26)
129-1/39.34	hep	Makenzie Kline.....	CU Invite (4/12)
129-1/39.34	hep	Sophie Hallam-Eames.....	Fum McGraw (3/29)

### Pole Vault (12-4 cu)

5.241	hep	Abrianna Torres.....	Mt. SAC Multis Elite (4/17)
4.854	hep	Brittany Lewis.....	Pac-12 Championships (5/11)
4.810	hep	Abrianna Torres.....	Pac-12 Championships (5/11)
4.266	hep	Ewelina Pena.....	Mt. SAC Multis "A" (4/17)
4.246	hep	Ewelina Pena.....	Pac-12 Championships (5/11)
4.087	hep	Mariah Slack.....	Mt. SAC Multis "A" (4/17)
3.697	hep	Mariah Slack.....	Pac-12 Championships (5/11)

### Symbol Key

p	preliminary mark
pr	personal record
w	wind-aided mark
sr	school record
hep	mark earned during heptathlon competition
*	not an NCAA event
<i>U</i>	competing unattached/redshirting with eligibility remaining

# 2014 WOMEN'S OUTDOOR PERFORMANCE LIST

## MADDIE ALM

<b>800 Meters (2:19.55 pr)</b>	
2:16.23	Jack Christiansen Invite (4/26)..... 4th
2:19.55	Fum McGraw (3/29)..... 7th
<b>1500 Meters (4:29.30 pr)</b>	
4:29.30	Pac-12 Championships (5/17)..... 15th
4:37.93	Bryan Clay Invite (4/18)..... 30th
4:39.79	Mines Last Chance (5/10)..... 1st
4:40.75	CU Invite (4/12)..... 8th
4:46.23	Jerry Quiller Classic (3/22)..... 2nd

## 5,000 Meters

16:45.03	Pac-12 Championships (5/18)..... 10th
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## 4x400 Meter Relay

3:44.95	Fum McGraw (3/29)..... 4th
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## KAJSA BANK

### Hammer Throw (135-07 pr)

### Javelin (128-03/39.10 pr)

128-03/39.10	Tom Benich (4/4)..... 2nd
117-09/35.89	Fum McGraw (3/29)..... 3rd
115-02/35.10	Jerry Quiller Classic (3/21)..... 3rd
112-8/34.34	Jack Christiansen Invite (4/26)..... 5th
110-00/33.54	Pac-12 Championships (5/17)..... 18th
109-10/33.47	Bryan Clay Invite (4/18)..... 25th
108-10/33.17	CU Invite (4/11)..... 8th

### Shot Put (39-3/11.96 pr)

### Discus (111-6/32.00 pr)

## HEATHER BATES

### 800 Meters

2:29.86	Tom Benich (4/4)..... 6th
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## COURTNEY BOUCHET

### 800 (2:26.26 pr)

### 1,500 Meters (4:38.44 pr)

4:43.27	CU Invite (4/12)..... 10th
4:47.37	Mines Last Chance (5/10)..... 3rd
4:50.23	Jerry Quiller Classic (3/22)..... 3rd

### 3,000 Meter Steeplechase (10:30.06 pr)

10:38.88	Mt. SAC (4/17)..... 5th
10:46.80	Pac-12 Championships (5/17)..... 7th
11:07.69	Fum McGraw (3/29)..... 1st

## 5,000 Meters

17:39.81	Pac-12 Championships (5/18)..... 26th
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## JENNY DESOUCHET

### 800 Meters

2:17.62	Fum McGraw (3/29)..... 5th
2:19.37	Jerry Quiller Classic (3/22)..... 3rd

## 1500 Meters

4:28.50	Stanford Invite (4/4)..... 3rd
4:29.99	Bryan Clay Invite (4/18)..... 16th
4:31.53	Pac-12 Championships (5/17)..... 18th
4:31.71	Payton Jordan Invite (5/4)..... 14th
4:39.41	CU Invite (4/12)..... 6th

## 4x400 Meter Relay

3:56.58	CU Invite (4/12)..... 5th
4:12.70	Fum McGraw (3/29)..... 4th

## 5,000 Meters

17:09.07	Pac-12 Championships (5/18)..... 18th
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## KELSEY ENGLISH

### High Jump (5-11.25/1.81 pr)

5-11.25/1.81	Beach Invite (4/19)..... 1st
5-10/1.78	CU Invite (4/12)..... 3rd
5-8.75/1.75	Jack Christiansen Invite (4/26)..... 1st
5-8.75/1.75	Mt. SAC (4/18)..... 1st
5-8.75/1.75	Jerry Quiller Classic (3/22)..... 1st
5-8.75/1.75	Fum McGraw (3/29)..... 1st

## EILEEN GEHRING

### 100 Meters (12.11 pr)

### 200 Meters (23.80 pr)

24.81	Tom Benich (4/4)..... 1st
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### 400 Meters (53.23 pr)

### 4x400 Meter Relay

3:44.88	Tom Benich (4/4)..... 1st
3:44.95	Fum McGraw (3/29)..... 1st

## SOPHIE HALLAM-EAMES

### Discus (147-10/45.07 pr)

147-10/45.07	Pac-12 Championships (5/18)..... 10th
135-2.75/41.21	Mines Last Chance (5/10)..... 4th
134-6/41.01	CU Invite (4/12)..... 6th
133-5/40.68	Cowpoke Open (5/3)..... 5th
130-09/39.85	Tom Benich (4/5)..... 5th
130-03/39.71	Jerry Quiller Classic (3/22)..... 3rd
129-11/39.61	Jack Christiansen Invite (4/26)..... 6th
129-01/39.34	Fum McGraw (3/29)..... 5th

### Hammer Throw (169-7/51.69 pr)

169-07/51.69	Jerry Quiller Classic (3/21)..... 4th
168-1/51.23	Cowpoke Open (5/3)..... 7th
166-04/50.70	Jack Christiansen Invite (4/26)..... 6th
165-00/50.30	Tom Benich (4/5)..... 5th
164-6/50.14	Pac-12 Championships (5/18)..... 14th
161-10/49.32	Fum McGraw (3/29)..... 7th
154-3.5/47.02	Mines Last Chance (5/10)..... 6th
149-3/45.49	CU Invite (4/11)..... 10th

## BRITTANY HANRAHAN

### 400-Meter Hurdles

1:06.93	Bryan Clay Invite (4/18)..... 28th
1:07.18	Fum McGraw (3/29)..... 7th
1:07.27	Tom Benich (4/4)..... 10th
1:08.01	Jack Christiansen Invite (4/26)..... 10th
1:08.49	Jerry Quiller Classic (3/22)..... 1st

## ALLIE HASKELL

### 200 Meters

25.31	Jack Christiansen Invite (4/26)..... 6th
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### 400 Meters

55.99	Pac-12 Championships (5/17)..... 15th
56.14	Mt. SAC (4/18)..... 45th
56.64	Tom Benich (4/4)..... 2nd
58.45	Fum McGraw (3/29)..... 1st
58.87	Jerry Quiller Classic (3/22)..... 1st

### 4x100 Meter Relay

47.80	Pac-12 Championships (5/18)..... 8th
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### 4x400 Meter Relay

3:42.80	Pac-12 Championships (5/18)..... 7th
3:44.88	Tom Benich (4/4)..... 1st
3:44.95	Fum McGraw (3/29)..... 1st
3:45.39	Mt. SAC (4/19)..... 12th
3:54.32	CU Invite (4/12)..... 3rd

## MIA HOLLAND

### 100 Meters (12.22 pr)

12.57	Tom Benich (4/4)..... 5th
12.68	Beach Invite (4/19)..... 45th
12.68	Fum McGraw (3/29)..... 6th

### 200 Meters (25.23 pr)

25.65	Jack Christiansen Invite (4/26)..... 7th
25.70	Fum McGraw (3/29)..... 4th
26.00	Tom Benich (4/4)..... 7th
26.09	Beach Invite (4/19)..... 49th
26.10	Pac-12 Outdoor Championships..... 22nd

### 4x100 Meter Relay

47.80	Pac-12 Championships (5/18)..... 8th
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### 4x400 Meter Relay

3:44.95	Fum McGraw (3/29)..... 1st
3:56.58	CU Invite (4/12)..... 5th

## LINDSEY HUBBARD

### 400 Meter Hurdles (1:03.45 pr)

# 2014 WOMEN'S OUTDOOR PERFORMANCE LIST

## EMILY HUNSUCKER

### Shot Put (41-5.25 pr)

### Hammer Throw (212-11/64.91 pr)

212-11/64.91	Jerry Quiller Classic (3/21)	1st
212-7/64.81	CU Invite (4/11)	1st
209-3/63.77	Air Force Twilight	1st
208-10/63.66	Jack Christiansen Invite (4/26)	1st
208-07/63.57	Fum McGraw (3/29)	1st
206-5/62.91	Cowpoke Open (5/3)	1st
206-1/62.94	Mt. SAC, Invitational Elite Section (4/19)	11th
205-03/62.56	Bryan Clay Invite (4/17)	1st
204-10/62.44	Pac-12 Championships (5/18)	4th
190-02/57.97	Tom Benich (4/5)	2nd

### Discus (131-10 pr)

## SHALAYA KIPP

### 1500 Meters

4:27.62	CU Invite (4/12)	1st
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### 5000 Meters (16:00.50 pr)

15:54.13	Mt. SAC, Invitational Elite Section (4/18)	15th
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### Steeplechase (9:35.73 pr)

9:39.12	Payton Jordan Invite (5/4)	1st
10:04.19	Pac-12 Championships (5/17)	1st

### 4x400 Meter Relay

3:54.32	CU Invite (4/12)	3rd
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## MAKENZIE KLINE

### Discus (129-01/39.34 pr)

132-3.25/40.31	Mines Last Chance (5/10)	5th
130-10/39.87	Pac-12 Championships (5/18)	13th
129-1/39.34	CU Invite (4/12)	8th
126-8/38.61	Cowpoke Open (5/3)	6th
126-6/38.88	Jack Christiansen Invite (4/26)	9th
123-03/37.57	Tom Benich (4/5)	6th
120-10/36.83	Fum McGraw (3/29)	6th
116-11/35.65	Jerry Quiller Classic (3/22)	5th

### Javelin (108-8/33.12 pr)

106-4/32.42	Fum McGraw (3/29)	4th
101-8/30.99	CU Invite (4/11)	9th
101-3/30.86	Bryan Clay Invite (4/18)	29th
99-10/30.44	Jerry Quiller Classic (3/21)	8th
98-11/30.16	Tom Benich (4/5)	7th
94-9.25/28.88	Mines Last Chance (5/10)	5th
91-0/27.74	Jack Christiansen Invite (4/26)	7th

## ABBY LEVENE

### 1500 Meters

4:29.68	Bryan Clay Invite (4/18)	14th
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### 5,000 Meters

15:53.84	Payton Jordan Invite (5/4)	9th
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### 10,000 Meters

33:17.58	Stanford Invite, Invitational Section	11th
35:02.20	Pac-12 Championships (5/17)	6th

## BRITTANY LEWIS

### Heptathlon (4,977 pr)

4,854	Pac-12 Championships (5/11)	7th
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### 200 Meters (25.45 pr)

25.45	Tom Benich (4/4)	3rd
25.63	Mt. SAC Multis Elite (4/16-4/17)	17th
24.76	hep Pac-12 Championships (5/10)	6th
25.98	Fum McGraw (3/29)	6th
25.99	Jack Christiansen Invite (4/26)	14th

### 800 Meters (2:20.55 pr)

2:17.56	hep Pac-12 Championships (5/11)	3rd
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### 100 Meter Hurdles (14.27 pr)

14.33	Tom Benich (4/4)	6th
14.63	Jack Christiansen Invite (4/26)	7th
14.89	Fum McGraw (3/29)	4th
14.92	CU Invite (4/12)	6th
15.06	hep Mt. SAC Multis Elite (4/16-4/17)	19th
15.15	hep Pac-12 Championships (5/10)	8th

### 400 Meter Hurdles (1:03.26 pr)

47.80	Pac-12 Championships (5/18)	8th
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### 4x100 Meter Relay

3:42.80	Pac-12 Championships (5/18)	7th
3:44.88	Tom Benich (4/4)	1st
3:45.39	Mt. SAC (4/19)	12th

### High Jump (5-05 pr)

5-1/1.55	hep Pac-12 Championships (5/10)	t10th
5-0.50/1.53	hep Mt. SAC Multis Elite (4/16-4/17)	19th
4-11.50/1.51	Jerry Quiller Classic (3/22)	18th
4-11/1.50	Jack Christiansen Invite (4/26)	t12th

### Shot Put (35-08.75 pr)

35-8.75/10.89	hep Mt. SAC Multis Elite (4/16-4/17)	18th
34-3.50/10.45	hep Pac-12 Championships (5/10)	7th

### Long Jump (19-07 pr)

19-3.50/5.88	Pac-12 Championships (5/17)	7th
18-10.5/5.75	Jack Christiansen Invite (4/26)	2nd
18-10/5.74	hep Mt. SAC Multis Elite (4/16-4/17)	15th
18-8/5.69	Beach Invite (4/19)	4th
17-11.75/5.48	Fum McGraw (3/29)	2nd
17-7/5.36	hep Pac-12 Championships (5/11)	6th

### Javelin (120-9/36.80 pr)

120-9/36.80	CU Invite (4/11)	2nd
120-0/36.59	Jerry Quiller Classic (3/21)	2nd
95-6/29.12	hep Pac-12 Championships (5/11)	9th
92-2/28.09	hep Mt. SAC Multis Elite (4/16-4/17)	18th

## LINDSY MATTSON

### 200 Meters (24.25 pr)

24.55	Jack Christiansen Invite (4/26)	3rd
24.81	Mt. SAC (4/18)	51st
25.96	Tom Benich (4/4)	6th

### 400 Meters (54.34 pr)

54.71	Mt. SAC (4/18)	13th
55.07	Pac-12 Championships (5/17)	11th
55.07	Longhorn Invitational (5/3)	12th

### 4x100 Meter Relay

47.80	Pac-12 Championships (5/18)	8th
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### 4x400 Meter Relay

3:42.80	Pac-12 Championships (5/18)	7th
3:44.88	Tom Benich (4/4)	1st
3:45.39	Mt. SAC (4/19)	12th
3:56.58	CU Invite (4/12)	5th

## CATRINA McALISTER

### 800 Meters (2:18.99 pr)

### 1500 Meters (4:30.31 pr)

4:45.38	Fum McGraw (3/29)	2nd
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### 5000 Meters (17:59.90 pr)

### 4x400 Meter Relay

4:12.70	Fum McGraw (3/29)	4th
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# 2014 WOMEN'S OUTDOOR PERFORMANCE LIST

## MELANIE NUN

### 1500 Meters

4:23.48	Bryan Clay Invite (4/18).....	3rd
4:34.95	CU Invite (4/12).....	5th

### 3000 Meter Steeplechase

10:26.56	Pac-12 Championships (5/17).....	4th
10:59.36	Jack Christiansen Invite (4/26).....	1st

## EWELINA PENA

### Heptathlon

4,266	hep	Mt. SAC Multis "A" (4/16-4/17).....	29th
4,246	hep	Pac-12 Championships (5/11).....	11th

### 100 Meter Hurdles

15.43	hep	Pac-12 Championships (5/10).....	11th
15.52		Jack Christiansen Invite (4/26).....	12th
15.62		Bryan Clay Invite (4/18).....	31st
15.85		CU Invite (4/12).....	11th
15.98	hep	Mt. SAC Multis "A" (4/16-4/17).....	34th
16.12		Fum McGraw (3/29).....	6th

### 200 Meters

26.93	hep	Mt. SAC Multis "A" (4/16-4/17).....	33rd
27.12		Jack Christiansen Invite (4/26).....	19th
27.28	hep	Pac-12 Championships (5/10).....	10th
27.52		Fum McGraw (3/29).....	12th
28.01		CU Invite (4/12).....	28th

### High Jump (5-4.50/1.64 pr)

5-3.25/1.61	hep	Pac-12 Championships (5/10).....	14th
5-3.25/1.61		Jerry Quiller Classic (3/22).....	14th
5-3/1.60		Fum McGraw (3/29).....	7th
5-1.75/1.56	hep	Mt. SAC Multis "A" (4/16-4/17).....	21st
5-1/1.55		Jack Christiansen Invite (4/26).....	12th
5-0.25/1.53		Bryan Clay Invite (4/18).....	120th

### Long Jump

16-5/5.00	hep	Mt. SAC Multis "A" (4/16-4/17).....	34th
15-7.50/4.76		Jack Christiansen Invite (4/26).....	13th
15-5.50/4.71	hep	Pac-12 Championships (5/11).....	12th
14-10.75		Beach Invite (4/19).....	67th

### Shot Put

32-3.75/9.85		CU Invite (4/12).....	12th
32-2.75/9.82		Bryan Clay Invite (4/18).....	42nd
31-10.25/9.71	hep	Pac-12 Championships (5/10).....	10th
31-1.25	hep	Mt. SAC Multis "A" (4/16-4/17).....	28th

### Javelin

95-11/29.25		Fum McGraw (3/29).....	6th
83-2/25.36		Jack Christiansen Invite (4/26).....	9th
83-2/25.36		CU Invite (4/11).....	11th
80-2/24.43	hep	Mt. SAC Multis "A" (4/16-4/17).....	37th
77-4/23.58	hep	Pac-12 Championships (5/11).....	11th
72-8/22.15		Jerry Quiller Classic (3/21).....	11th

### 800 Meters

2:29.10	hep	Mt. SAC Multis "A" (4/16-4/17).....	32nd
2:31.37	hep	Pac-12 Championships (5/11).....	10th

## OLIVIA RINTALA

### 800 Meters

2:18.80		Jack Christiansen Invite (4/26).....	7th
2:21.21		Mines Last Chance (5/10).....	6th
2:23.67		CU Invite (4/12).....	9th

### 4x400 Meter Relay

3:54.32		CU Invite (4/12).....	3rd
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## MARIAH SLACK

### Heptathlon

4,087	hep	Mt. SAC Multis "A" (4/16-4/17).....	35th
3,697	hep	Pac-12 Championships (5/10).....	12th

### 200 Meters

27.33		Jack Christiansen Invite (4/26).....	21st
27.58	hep	Mt. SAC Multis "A" (4/16-4/17).....	42nd
28.07	hep	Pac-12 Championships (5/10).....	12th
28.12		CU Invite (4/12).....	29th
28.34		Tom Benich (4/4).....	21st

### 100 Meter Hurdles

16.07		Jack Christiansen Invite (4/26).....	15th
16.43	hep	Pac-12 Championships (5/10).....	12th
16.61		Tom Benich (4/4).....	11th
16.84	hep	Mt. SAC Multis "A" (4/16-4/17).....	42nd
16.92		CU Invite (4/12).....	16th
17.04		Bryan Clay Invite (4/18).....	43rd

### 4x400 Meter Relay

3:56.58		CU Invite (4/12).....	5th
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### High Jump

5-3/1.60		Jack Christiansen Invite (4/26).....	111th
5-3/1.60	hep	Mt. SAC Multis "A" (4/16-4/17).....	113th
5-2.25/1.58	hep	Pac-12 Championships (5/10).....	17th
5-2.25/1.58		Bryan Clay Invite (4/18).....	19th
5-1.25/4.56		Jerry Quiller Classic (3/22).....	7th

### Shot Put

29-2.50/8.90		Bryan Clay Invite (4/18).....	48th
29-1/8.86	hep	Mt. SAC Multis "A" (4/16-4/17).....	38th
25-2/7.67	hep	Pac-12 Championships (5/10).....	12th

### Long Jump

16-8.50/5.09	hep	Mt. SAC Multis "A" (4/16-4/17).....	26th
16-5/5.00		Beach Invite (4/19).....	148th
16-4.25/4.98		Jack Christiansen Invite (4/26).....	12th
16-3/4.95	hep	Pac-12 Championships (5/11).....	11th

### Javelin

60-2/18.34		CU Invite (4/11).....	13th
58-9/17.92		Jerry Quiller Classic (3/21).....	12th
56-10/17.32	hep	Mt. SAC Multis "A" (4/16-4/17).....	46th
25/7.63	hep	Pac-12 Championships (5/11).....	12th

### 800 Meters

2:22.18	hep	Mt. SAC Multis "A" (4/16-4/17).....	16th
2:28.66	hep	Pac-12 Championships (5/11).....	9th

## BRIDGET SWEENEY

### 200 Meters (25.06 pr)

### 400 Meters (55.14 pr)

58.45		Fum McGraw (3/29).....	5th
1:00.70		Jerry Quiller Classic (3/22).....	3rd

### 4x400 Meter Relay

3:44.95		Fum McGraw (3/29).....	1st
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# 2014 WOMEN'S OUTDOOR PERFORMANCE LIST

## ABRIANNA TORRES

### Heptathlon (5,357 pr)

5,241 hep Mt. SAC Multis Elite (4/16-4/17)..... 17th  
 4,810 hep Pac-12 Championships (5/11)..... 8th

### 100 Meter Hurdles (14.42 pr)

15.05 hep Mt. SAC Multis Elite (4/16-4/17)..... 18th  
 15.09 CU Invite (4/12)..... 7th  
 15.15 Jack Christiansen Invite (4/26)..... 10th  
 15.30 hep Pac-12 Championships (5/10)..... 9th  
 15.52 Tom Benich (4/4)..... 10th

### High Jump (5-5.25/1.66 pr)

5-5.25/1.66 Pac-12 Championships (5/17)..... 10th  
 5-4.25/1.63 hep Mt. SAC Multis Elite (4/16-4/17)..... 17th  
 5-3/1.60 Jack Christiansen Invite (4/26)..... t11th  
 5-2.25/1.58 hep Pac-12 Championships (5/10)..... t7th

### Shot Put (45-4.50/13.83 pr)

42-7.50/12.99 CU Invite (4/12)..... 8th  
 41-11.50/12.78 hep Mt. SAC Multis Elite (4/16-4/17)..... 7th  
 40-7.5/12.38 hep Pac-12 Championships (5/10)..... 2nd  
 36-5.50/11.11 Jerry Quiller Classic (3/22)..... 3rd

### 200 Meters (25.84 pr)

26.58 hep Mt. SAC Multis Elite (4/16-4/17)..... 19th  
 26.96 CU Invite (4/12)..... 22nd  
 27.06 hep Pac-12 Championships (5/10)..... 9th  
 27.18 Tom Benich (4/4)..... 19th

### Long Jump (20-2.25/6.15 pr)

19-7/5.96 hep Mt. SAC Multis Elite (4/16-4/17)..... 8th  
 18-11.75/5.78 hep Pac-12 Championships (5/11)..... 1st  
 18-10.75/5.76 CU Invite (4/12)..... 3rd  
 18-10.50/5.75 Pac-12 Championships (5/17)..... 10th  
 18-7.75/5.68 Jack Christiansen Invite (4/26)..... 3rd  
 18-5.75/5.63 Beach Invite (4/19)..... 8th  
 18-2/5.53 Mt. SAC (4/18)..... 16th

### Javelin (132-11/40.52 pr)

122-0/37.18 hep Mt. SAC Multis Elite (4/16-4/17)..... 12th  
 112-09/34.37 CU Invite (4/11)..... 5th  
 111-9/34.06 hep Pac-12 Championships (5/11)..... 6th  
 103-10/31.64 Jerry Quiller Classic (3/21)..... 6th

### 800 Meters (2:25.09 pr)

2:27.72 hep Mt. SAC Multis Elite (4/16-4/17)..... 16th  
 2:40.57 hep Pac-12 Championships (5/11)..... 11th

## LIZ TREMBLAY

### 200 Meters (25.1 pr)

### 400 Meters (55.1 pr)

57.54 CU Invite (4/12)..... 3rd  
 59.27 Fum McGraw (3/29)..... 6th  
 59.45 Jerry Quiller Classic (3/22)..... 2nd

### 800 Meters (2:06.59 pr)

2:07.19 Payton Jordan Invite (5/4)..... 8th  
 2:07.28 Mt. SAC (4/18)..... 5th  
 2:07.38 Stanford Invite (4/5)..... 6th  
 2:08.54 Pac-12 Championships (5/17)..... 9th

### 4x400 Meter Relay

3:42.80 Pac-12 Championships (5/18)..... 7th  
 3:45.39 Mt. SAC (4/19)..... 12th  
 3:54.32 CU Invite (4/12)..... 3rd  
 4:12.70 Fum McGraw (3/29)..... 4th

## CARRIE VERDON

### 1500 Meters (4:25.46 pr)

4:28.69 Bryan Clay Invite (4/18)..... 12th

### 5,000 Meters (15:59.83 pr)

15:59.83 Payton Jordan Invite (5/4)..... 13th  
 16:40.45 Pac-12 Championships (5/18)..... 9th

### 10,000 Meters

33:42.02 Stanford Invite, Invitational Section (4/4)..... 15th

## RACHEL VIGER

### 1500 Meter (4:51.58 pr)

### 5,000 Meters (16:56.05 pr)

### 10,000 Meters (35:06.26 pr)

## 2014 Unattached Marks/Times

### HEATHER BATES

#### 1,500 Meters

4:56.33 U Jerry Quiller Classic (3/22)..... 6th

### ERYN BLAKELY

#### 800 Meters

2:20.31 U Fum McGraw (3/29)..... 8th

#### 1,500 Meters

4:57.99 U Jerry Quiller Classic (3/22)..... 8th

### ANA HOLLAND

#### 200 Meters

24.31 U Jack Christiansen Invite (4/26)..... 1st

### KELLIE LIND

#### Hammer Throw (169-10/51.77 pr)

165-10/50.56 U CU Invite (4/11)..... 6th  
 163-07/49.86 U Fum McGraw (3/29)..... 6th  
 163-04/49.78 U Tom Benich (4/5)..... 8th  
 159-11/48.74 U Jerry Quiller Classic (3/21)..... 5th

### LUCY MAY

#### 800 Meters

2:23.07 U Jerry Quiller Classic (3/22)..... 5th  
 2:23.39 U Tom Benich (4/4)..... 3rd

#### 1500 Meters

4:46.33 U Tom Benich (4/4)..... 2nd

### OLIVIA RINTALA

#### 800 Meters

2:21.10 U Jerry Quiller Classic (3/22)..... 4th