

2009 COLORADO TRACK AND FIELD

2009 NCAA MIDWEST REGION CHAMPIONSHIPS (MAY 29-30, 2009)



**Colorado's
NCAA Outdoor
Track & Field Champions**

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

Warren Bateman
Pole Vault, 1948

David Bolen
440-Yard Dash, 1947

Gil Cruter
High Jump, 1937, 1938

Alan Culpepper
5,000 Meter Run, 1996

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

Adam Goucher
5,000 Meter Run, 1998

Don Meyers
Long Jump, 1961
Pole Vault, 1962

Chuck Rogers
Pole Vault, 1966

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

Ted Woods
440-Yard Dash, 1960

MAY 29-30

**NCAA MIDWEST REGIONAL
JOHN JACOBS TRACK AND FIELD COMPLEX
NORMAN, OKLA.**



Let's Review...The Buffaloes are set to travel to Norman, Okla. for the 2009 NCAA Midwest Region Championship this Friday-Saturday, May 29-30 at the John Jacob Track & Field Complex on the campus of the University of Oklahoma.

Who's Competing...

MEN

Name	Class	Event	Time/Mark	Ranking
Patrick Bachmann	Jr.	Hammer	189-03/57.68m	16/25
Chase Dukes	Sr.	Hammer	188-05/57.44m	19/25
Matt Tebo	So.	5000 Meters	13:56.39	7/22
Christian Thompson	So.	Steeplechase	8:49.38	4/22
Andy Wacker	RFr.	5000 Meters	14:06.39	15/22
Brandin Williams	Jr.	Javelin	64.41m	5/25

WOMEN

Name	Class	Event	Time/Mark	Ranking
Jenny Barringer	Sr.	Steeplechase	9:58.14*	1/22
Emma Coburn	Fr.	Steeplechase	10:06.54	5/22
Emily Hanenburg	So.	Steeplechase	10:43.95*	18/22
Kaity Kark	Jr.	Discus	155-06/47.40m	26/27

*Earned Time At Altitude

Big 12 Individual Champions...Jenny Barringer and Brandin Williams earned Big 12 individual crowns at the 13th Annual Big 12 Championship in Lubbock, Texas. Barringer won her second steeplechase title by over 30 seconds, finishing in 9:58.14. Williams had an equally impressive showing as his furthest throw was almost 17 feet farther than the runner-up. His best toss was 222-01.

An Elite Club...Brandin Williams joined an elite class of throwers at CU when he earned his first conference championship. Only four men have ever won the javelin at Colorado and each did it twice: Jack Todd (1948, 49), George Holley (1950, 51), Ken Yob (1956, 57) and Clark (1961, 62). Clack won his final title with the school record 241-04 ½. This was the first men's title in the javelin for the Buffs in 47 years.

Saving The Best For Last...Patrick Bachman and Kaity Kark recorded the best throws of their careers in their respective events at the Big 12 championship to qualify for the regional championship. Bachmann became the fifth best performer in the discus at CU. Bachmann took seventh overall at Big 12s with a personal record of 189 feet, three inches; the farthest throw this season for a Buff in very windy and rainy conditions.

Kark launched a throw of 155-06 in the discus and finished ninth overall.

Top Times in the World...2009 has been a great season for Jenny Barringer, indoor and out. She has recorded some of the top times in the world including her 5,000-meter run (15:07.64) on May 2. Her time in the indoor mile (4:25.91) was also the fastest recorded for the year.

For more information or to set up interviews with members of the CU Track & Field Team, please contact Linda Poncin, CU Assistant Sports Information Director at (303) 492-5626 or linda.poncin@colorado.edu.

All In a Day's Work...Jenny Barringer has made destroying NCAA and CU records look easy this season. During the indoor season she knocked out records in the mile (4:25.91), 3k (8:42.03) and 5k (15:01.70); both NCAA and CU. Barringer did it again in the outdoor 5k, running a mark of 15:07.64 on May 2 at the Payton Jordan Cardinal Invitational. She set the CU record in the 1,500-meter run on April 24 at 4:08.38.

Barringer already owns the NCAA record in the steeplechase at 9:29.20, which she set en route to winning her second NCAA steeplechase title last June.

U.S. Junior Record...Freshman Emma Coburn set the U.S. Junior record in the 3,000-meter steeplechase on May 2 at the Payton Jordan Cardinal Invitational. She ran a time of 10:06.54 which surpassed the previous record of 10:07.55 (set by Stanford's Katy Trotter).

Coburn has made huge improvements in the steeplechase as a freshman. In just three races this year, she has improved by 43.80 seconds. Her first race was 10:50.34 (at Boulder). She is now the second fastest performer in the history of the event at CU and looks to become the second Buff to finish in under 10 minutes.

USA Junior Championships...The Buffs have had three women qualify for the USA Junior National Championships June 25-28 in Eugene, Ore. if they decide to compete. Brianne Beemer and Katie Dreher have qualified in the heptathlon and Emma Coburn in the steeplechase. Beemer has also qualified in the 400-meter hurdles.

A School Record of a Different Kind...CU senior Jenny Barringer became the all-time leader in career CU Athlete of the Week honors when she garnered her 19th overall on April 28. She surpassed that mark the following week for an even 20, The Oviedo, Fla., native still has the rest of the outdoor season and fall cross country season to compete, so there is no telling how many honors she will rack up.

Hammer Time...Chase Dukes became the fifth best performer of all-time at CU in the hammer throw when he launched a toss of 188 feet, five inches at the Mt. Sac Relay on April 10. It was also Dukes' first career regional qualifying mark and ranks 22nd on the all-time list.

Like the Wind...Cassie Hirschfeld became the seventh fastest performer in the CU history in the 100-meter dash when she clocked a time of 11.96 at the Texas Relays in April. Hirschfeld became the first Buff to break the 12.00 second mark since Deneeka Torrey ran 11.97 on April 13, 2002.

15th in the World...Jenny Barringer is the U.S. record holder in the 3,000-meter steeplechase with a time of 9:22.26. She set it during the Olympic finals on August 17 in Beijing. The time is the 15th best performer in the history of the event.

2009 ACADEMIC ALL-BIG 12 TEAM

First Team Members

Name	Class	Major
Jenny Barringer	Sr.	Political Science/ Economics
Rachel Gioscia	Sr.	Integrative Physiology
Emily Hanenburg	So.	Studio Art
Kaity Kark	Jr.	Mechanical Engineering
Kathleen Majewski	So.	Broadcast News/ Journalism
Veronica Maul	Sr.	Biochemisty
Laura Thweatt	So.	Jounalism
Andy Wachter	RFr.	Evolutionary Biology
Heather West	Sr.	International Affairs
Joi Windham	So.	Management

Second Team Members

Patrick Bachmann	Jr.	Environmental Studies
Niklas Cederstrom	So.	Psychology
Mac Crawford	So.	Civil Engineering
Dan Edwards	Jr.	Applied Math
Cassie Hirschfeld	So.	Broadcast News
Chynna McCall	Jr.	Psychology
Matthew McCathran	So.	Open Major
Kenyon Neuman	Jr.	Finance
Allison Sawyer	So.	Architecture
Christian Thompson	So.	International Affairs

08-09 CU Athletic Honor Roll



Big 12 Outdoor Athlete of the Week

Jenny Barringer (April 28, May 5)
Jake Timmons (May 12)

CU Athlete of the Week (Outdoor)

Jenny Barringer (April 28, May 5)
Brandin Williams (March 26)
Christian Thompson (March 31)
Cassie Hirschfeld (April 7)
Jordan Kyle (April 21)

USTFCCCA Indoor Track Athlete of the Year

Jenny Barringer

USTFCCCA Mountain Region Indoor Track Athlete of the Year

Jenny Barringer

Big 12 Indoor Performer of the Year

Jenny Barringer

Big 12 Indoor Athlete of the Week

Jenny Barringer (Feb. 3, 17)

CU Athlete of the Week (indoor)

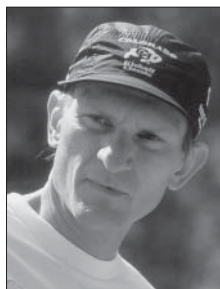
Jenny Barringer (Feb. 3, 17, March 3)
Jeremy Dodson (Feb. 17, March 3)

Chick-Fil-A Community of Champions

Troi Smith

Colorado Sports Hall of Fame 2008 College Female Athlete of the Year

Jenny Barringer



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 nine athletes to 16 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. The most recent was 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.

Wetmore Coached Olympians

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

Record Book Check

Here are the CU/NCAA Records that have been broken this year by members of the Buffaloes' track and field team:

Outdoor Women's

Event	Old	New
1500m	4:10.80 (Shayne Wille)	4:08.38 (Jenny Barringer)
5000m	15:24.97 (Sara Slattery)	15:07.64 (Jenny Barringer)

Collegiate Record Buster (according to Track & Field News):

Women's

Event	Old	New
5000m	15:09.67 (Kim Smith)	15:07.64 (Jenny Barringer)

Indoor Men's

Event	Old	New
200m	21.02 (Ryan Campbell)	20.88 (Jeremy Dodson)

Women's

Event	Old	New
Mile	4:40.02 (Sara Vaughn)	4:25.91 (Jenny Barringer)
3,000m	8:53.88 (Jenny Barringer)	8:42.03 (Jenny Barringer)
5,000m	15:39.25 (Sara Slattery)	15:01.70 (Jenny Barringer)

Collegiate Record Buster (according to Track & Field News):

Women's

Event	Old	New
Mile	4:28.31 (Vicki Huber)	4:25.91 (Jenny Barringer)
3,000m	8:48.77 (Sally Kipyego)	8:42.03 (Jenny Barringer)
5,000m	15:14.18 (Kim Smith)	15:01.70 (Jenny Barringer)



COLORADO BIG 12 HISTORY

Men		Women	
1997	8th	1997	4th
1998	6th	1998	7th
1999	5th	1999	6th
2000	10th	2000	6th
2001	8th	2001	10th
2002	8th	2002	6th
2003	7th	2003	8th
2004	9th	2004	9th
2005	7th	2005	9th
2006	4th	2006	10th
2007	4th	2007	10th
2008	1st	2008	12th
2009	11th	2009	12th

CU BIG 12 INDIVIDUAL CHAMPIONS

Men

1,500-Meter Run

1998 Adam Goucher
 2002 Jorge Torres
 2004 Jared Scott
 2006 Stephen Pifer

5,000-Meter Run

1997 Adam Goucher
 1998 Adam Goucher
 1999 Ron Roybal
 2002 Dathan Ritzenhein
 2003 Jorge Torres
 2004 Dathan Ritzenhein
 2005 Brent Vaughn
 2006 Bret Schoolmeester
 2007 Brent Vaughn
 2008 Brent Vaughn

10,000-Meter Run

2006 Brent Vaughn
 2008 Kenyon Neuman

3,000-Meter Steeplechase

2001 Steve Slattery
 2002 Steve Slattery
 2006 Pete Janson
 2007 Billy Nelson
 2008 Billy Nelson

Discus

1998 Jeff Singleton
 2008 James Begley

Javelin

2009 Brandin Williams

Women

1,500-Meter Run

1996 Kelly Smith
 1997 Shayne Wille
 2000 Kara Grgas-Wheeler

3,000-Meter Run

1997 Shayne Wille
 1998 Jennifer Smith

5,000-Meter Run

2002 Sara (Gorton) Slattery
 2003 Sara (Gorton) Slattery
 2005 Sara (Gorton) Slattery

10,000-Meter Run

1998 Jen Gruia
 2000 Tera Moody
 2005 Sara (Gorton) Slattery

100-Meter Hurdles

2002 Hannah Cooper

3,000-Meter Steeplechase

2002 Lesley Higgins
 2007 Jenny Barringer
 2009 Jenny Barringer

Heptathlon

1997 Heather Sterlin

Javelin

2007 Hannah Warfield-Ruffatto

High Jump

2005 Anna Magle

CU NCAA CHAMPIONSHIP HISTORY

2009 NCAA Midwest Regionals Norman, Okla./May 29-30

(CU athletes only)

Regional Marks

Men

3000 Meter Steeplechase
Christian Thompson (8:49.38)
5000 Meters
Matt Tebo (13:56.39)
Jordan Kyle (13:59.75)
Andy Wacker (14:06.39)
Javelin
Brandin Williams (213-02)
Hammer Throw
Chase Dukes (188-05)

Women

800 Meters
Jenny Barringer (2:05.43)
1500 Meters
Jenny Barringer (4:18.38)
3000 Meter Steeplechase
Emma Coburn (10:06.54)
Emily Hanenburg (10:49.54)
5000 Meters
Jenny Barringer (15:07.64)

NCAA Provisional Marks

Men

10000 Meters
Jordan Kyle (28:52.29)

CU MIDWEST REGION CHAMPIONS

Men

5,000-Meter Run

2003 Ed Torres
2004 Dathan Ritzenhein
2005 Brent Vaughn
2007 Brent Vaughn
2008 Brent Vaughn

Women

5,000-Meter Run

2003 Sara (Gorton) Slattery
2005 Sara (Gorton) Slattery

3,000-Meter Steeplechase

2003 Natalie Florence
2005 Natalie Florence
2006 Jenny Barringer
2007 Jenny Barringer
2008 Jenny Barringer

CU MIDWEST REGION RECORD HOLDERS

Men

5,000-Meter Run

2008 Brent Vaughn
13:54.70

Women

5,000-Meter Run

2005 Sara (Gorton) Slattery
16:00.25

3,000-Meter Steeplechase

2007 Jenny Barringer
9:44.31



COLORADO MIDWEST REGION HISTORY

Men		Women	
2003	t13th	2003	11th
2004	19th	2004	20th
2005	10th	2005	9th
2006	t16th	2006	t4th
2007	t6th	2007	14th
2008	3rd	2008	22nd



CU NCAA CHAMPIONSHIP HISTORY

Colorado Big 12 Results vs. NCAA results in the last 10 years:

	MEN	WOMEN	MEN-NCAA	WOMEN-NCAA
1998	6th	7th	14th	22nd
1999	5th	6th	t-22nd	t-35th
2000	10th	9th	t-53rd	t-8th
2001	8th	10th	t-25th	t-35th
2002	8th	6th	9th	17th
2003	7th	8th	t-65th	t-39th
2004	10th	9th	31st	56th
2005	7th	9th	31st	12th
2006	4th	t-10th	NTS	25th
2007	4th	10th	37th	67th
2008	1st	12th	10th	25th

2009 MEN'S OUTDOOR PERFORMANCE LIST (May 17)

does not reflect altitude conversions

SEASON RESULTS

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

100 Meters (10.55 regional qualifying standard; 10.0 cu)

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

200 Meters (21.35 regional qualifying standard; 20.37 cu)

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

400 Meters (47.20 regional qualifying standard; 45.64 cu)

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

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

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

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

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

3,000 Meters* (7:50.39 cu)

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

13:56.39	rq	Matt Tebo	Payton Jordan Cardinal Invite (5/2)
13:59.75	rq	Jordan Kyle	Mt. SAC Relays (4/17)
14:06.39	rq	Andy Wacker	Mt. SAC Relays (4/17)
14:24.22		Matt Tebo	Big 12 Outdoors (5/15-17)
14:28.81		Jordan Kyle	Big 12 Outdoors (5/15-17)
15:03.08		Andy Wacker	Big 12 Outdoors (5/15-17)

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

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

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

15.62		Javen Correia	Front Range Classic (5/2)
15.82		Javen Correia	Jack Christiansen Invite (4/25)
15.95		Javen Correia	CU Invite (4/11)
16.62		Alex Von Hagen	Jack Christiansen Invite (4/25)
16.66	dec	Alex Von Hagen	CSU Spring Break Open (3/19-20)
16.68		Eddie Taylor	Rob Upton Invite (3/28)
16.76		Eddie Taylor	Jack Christiansen Invite (4/25)
16.92	dec	Alex Von Hagen	California Invite (4/15-16)
16.97		Eddie Taylor	CU Invite (4/11)

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

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

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

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

8:49.38	rq/pr	Christian Thompson	Payton Jordan Cardinal Invite (5/2)
9:00.57	rq	Christian Thompson	Stanford Invite (3/27)
9:07.68		Christian Thompson	Big 12 Outdoors (5/15-17)
9:23.24	pr	Dan Edwards	Oregon Relays (4/24)
9:23.81		Dan Edwards	Mt. SAC Relays (4/16)
9:24.66		Dan Edwards	Big 12 Outdoors (5/15-17)
9:33.78		Dan Edwards	Potts Invite (3/21)
9:55.61		Jonny Stevens	Potts Invite (3/21)

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

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

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

Mile Relay (3:11.10 regional qualifying standard)

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

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

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

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

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

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

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

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

189-03	rq/pr	Patrick Bachmann	Big 12 Outdoors (5/15-17)
188-05	pr	Chase Dukes	Mt. SAC Relays (4/17)
187-06	rq	Chase Dukes	Jack Christiansen Invite (4/25)
185-00		Chase Dukes	Front Range Classic (5/2)
185-00		Chase Dukes	CSU Ram Open (5/9)
182-01		Chase Dukes	Potts Invite (3/21)
178-01		Patrick Bachmann	CSU Ram Open (5/9)
177-08		Chase Dukes	CU Invite (4/11)

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

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

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

222-01	rq/pr	Brandin Williams	Big 12 Outdoors (5/15-17)
213-02	rq	Brandin Williams	Jack Christiansen Invite (4/25)
203-08	rq	Brandin Williams	Mt. SAC Relays (4/17)
202-03	rq	Brandin Williams	CU Invite (4/11)
201-04		Brandin Williams	Rob Upton Invite (3/28)
197-01		Brandin Williams	Front Range Classic (5/2)
196-03		Brandin Williams	Potts Invite (3/21)

Pole Vault (5.05)

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

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

6584		Alex Von Hagen	CSU Spring Break Open (3/19-20)
5768		Eddie Taylor	CSU Spring Break Open (3/19-20)

Symbol Key

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

2009 MEN'S OUTDOOR PERFORMANCE LIST

STEPHEN AGYEI

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

PATRICK BACHMANN

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

NIKLAS CEDERSTROM

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

Discus (146-10 pr)

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

Hammer Throw (107-08 pr)

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

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

JAVEN CORREIA

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

MAC CRAWFORD

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

QUINTON DODSON

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

GRANT DUFFY

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

CHASE DUKES

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

Javelin (184-01 pr)

Hammer Throw (188-05 pr)		
188-05	rq/pr	Mt. SAC Relays (4/17) 5th (open section)
187-06	rq	Jack Christiansen Invite (4/25)..... 2nd
185-00		CSU Ram Open (5/9)..... 3rd
185-00		Front Range Classic (5/2) 3rd
182-01		Potts Invite (3/21)..... 2nd
177-08		CU Invite (4/11) 4th
176-05		Big 12 Outdoors (5/15-17)..... 10th
Shot Put (53-05.00 pr)		

DAN EDWARDS

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

PARKER FALES

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

ADRIAN GOMEZ

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

MATT HERZL

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

2009 MEN'S OUTDOOR PERFORMANCE LIST

TODD IPSEN

110 Meter Hurdles (17.57 pr)			
17.57	pr	Jack Christiansen Invite (4/25)	16th
18.89		CU Invite (4/11)	17th
400 Meters (52.80 pr)			
52.80	pr	CU Invite (4/11)	17th
53.40		Jack Christiansen Invite (4/25)	22nd
Javelin (141-02 pr)			
141-02	pr	CU Invite (4/11)	7th
138-06		Rob Upton Invite (3/28)	5th
130-02		CSU Ram Open (5/9)	2nd
124-03		Potts Invite (3/21)	8th
High Jump (6-04 pr)			
6-03.50		CSU Ram Open (5/9)	5th
6-02.75		CU Invite (4/11)	4th
6-00.75		Rob Upton Invite (3/28)	5th
6-00.75		Front Range Classic (5/2)	15th
5-10.75		Potts Invite (3/21)	13rd
Long Jump (22-03)			
19-06.75		Jack Christiansen Invite (4/25)	7th

STEVE KASICA

400 Meters (51.15 pr)			
51.90		CU Invite (4/11)	15th
800 Meters (1:52.21 pr)			
1:52.21	pr	Oregon Relays (4/24)	3rd (B section)
1:53.05		Mt. SAC Relays (4/17)	22nd (open section)
1:54.99		Potts Invite (3/21)	1st
1:55.90	p	Big 12 Outdoors (5/15-17)	19th

JORDAN KYLE

1500 Meters (4:00.04 pr)			
4:00.04	pr	CU Invite (4/11)	8th
5,000 Meters (13:59.75 pr)			
13:59.75	rq/pr	Mt. SAC Relays (4/17)	9th (University/Open)
14:28.81		Big 12 Outdoors (5/15-17)	4th
10,000 Meters (28:52.29 pr)			
28:52.29	pr	Payton Jordan Cardinal Invite (5/2)	9th (section 2)
29:53.49		Stanford Invitational	27th

MATTHEW McCATHRAN

200 Meters (22.40 pr)			
22.40		Potts Invite (3/21)	10th
22.96		Jack Christiansen Invite (4/25)	16th
400 Meters (49.09 pr)			
49.09	p/pr	Big 12 Outdoors (5/15-17)	26th
49.17		CSU Ram Open (5/9)	4th
49.48		Potts Invite (3/21)	9th
49.76		Jack Christiansen Invite (4/25)	7th
400 Meter Hurdles (55.20 pr)			
55.20	pr	Front Range Classic (5/2)	6th
55.81		Texas Relays (4/2)	41st
56.26		CU Invite (4/11)	7th

MARTIN MEDINA

1500 Meters (4:06.26 pr)			
4:06.26	pr	Potts Invite (3/21)	7th

TREY MULLEN

Discus (159-11 pr)			
155-09		Big 12 Outdoors (5/15-17)	15th
150-02		Jack Christiansen Invite (4/25)	12th
148-11		CSU Ram Open (5/9)	11th
147-06		CU Invite (4/11)	8th
146-09		Potts Invite (3/21)	11th
142-00		Front Range Classic (5/2)	10th
Hammer Throw (162-07 pr)			
162-07	pr	Jack Christiansen Invite (4/25)	9th
162-02		Potts Invite (3/21)	6th
158-06		CU Invite (4/11)	9th
158-01		Big 12 Outdoors (5/15-17)	15th
152-09		Front Range Classic (5/2)	16th
147-04		CSU Ram Open (5/9)	11th

PATRICK NILAN

800 Meters (2:10.08 pr)			
2:10.08	pr	CU Invite (4/11)	30th
1500 Meters (4:23.21 pr)			
4:23.21	pr	Front Range Classic (5/2)	18th
4:29.18		Potts Invite (3/21)	12th

JAMES NIXON

Pole Vault (15-07) pr			
15-01.00		Rob Upton Invite (3/28)	1st
14-05.25		CU Invite (4/11)	2nd
14-00.00		Potts Invite (3/21)	1st
Javelin (126-00 pr)			
126-00	pr	Rob Upton Invite (3/28)	6th

JEROME PERKINS

3000 Meters (9:27.03 pr)			
9:27.03		Potts Invite (3/21)	8th

JONNY STEVENS

1500 Meters (4:04.07 pr)			
4:04.07	pr	CU Invite (4/11)	15th
Steeplechase (9:55.61 pr)			
9:55.61	pr	Potts Invite (3/21)	4th

EDDIE TAYLOR

Decathlon (5768 points)			
5768	pr	CSUN Spring Break Open (3/19-20)	5th
5421		California Invite (4/15-16)	
100 Meters (11.41 pr)			
11.41	pr	CSU Ram Open (5/9)	9th
11.42	dec	California Invite (4/15-16)	4th
11.47	dec	CSUN Spring Break Open (3/19-20)	6th
11.62		Rob Upton Invite (3/28)	9th

Long Jump (18-03.00 pr)

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

Shot Put (33-03.25 pr)

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

High Jump (5-10.75 pr)

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

400 Meters (50.93 pr)

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

110 Meter Hurdles (16.68 pr)

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

Discus (85-01 pr)

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

Pole Vault (12-11.50 pr)

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

Javelin (117-06 pr)

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

1500 Meters (4:38.18 pr)

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

400 Meter Hurdles (58.16 pr)

58.16	pr	CSU Ram Open (5/9)	8th
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MATT TEBO

1500 Meters (3:56.36 pr)			
3:56.36	pr	Oregon Relays (4/24)	9th (top section)
3:57.29		CU Invite (4/11)	3rd
5000 Meters (13:56.20 pr)			
13:56.39	rq	Payton Jordan Cardinal Invite (5/2)	3rd (section 3)
14:24.22		Big 12 Outdoors (5/15-17)	2nd
10000 Meters (30:41.22 pr)			
30:48.60		Big 12 Outdoors (5/15-17)	4th

2009 MEN'S OUTDOOR PERFORMANCE LIST

CHRISTIAN THOMPSON

1,500 Meters (3:58.46 pr)

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

Steeplechase (8:49.38 pr)

8:49.38 rq/pr Payton Jordan Cardinal Invite (5/2)..... 3rd (section 2)
9:00.57 rq Stanford Invite (3/27).....3rd
9:07.68 Big 12 Outdoors (5/15-17)..... 5th

JAKE TIMMONS

400 Meters (53.79 pr)

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

110 Meter Hurdles (17.03 pr)

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

High Jump (6-05.50 pr)

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

Long Jump (20-03.00 pr)

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

Javelin (126-04 pr)

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

ALEX VON HAGEN

Decathlon (6584 points)

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

100 Meters (11.18 pr)

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

Long Jump (21-06.75)

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

Shot Put (36-04.00 pr)

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

High Jump (6-06.25 pr)

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

400 Meters (50.88 pr)

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

110 Meter Hurdles (16.62 pr)

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

Discus (112-06 pr)

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

Pole Vault (13-07.25 pr)

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

Javelin (161-04 pr)

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

1500 Meters (4:38.28 pr)

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

ANDY WACKER

1500 Meters (3:52.21 pr)

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

5000 Meters (14:06.39 pr)

14:06.39 rq Mt. SAC Relays (4/17) 17th (University/Open)
15:03.08 Big 12 Outdoors (5/15-17)..... 14th

10000 Meters (31:30.83 pr)

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

KEVIN WALDRON

Javelin (190-05 pr)

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

Hammer Throw (154-08 pr)

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

A.J. WHITAKER

100 Meters (10.55 pr)

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

200 Meters (21.43 pr)

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

BRANDIN WILLIAMS

Javelin (222-01 pr)

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

2009 WOMEN'S OUTDOOR PERFORMANCE LIST (May 17)

SEASON RESULTS

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

100 Meters (11.75 regional qualifying standard; 11.65 cu)

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

200 Meters (23.96 regional qualifying standard; 23.86 cu)

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

400 Meters (54.61 regional qualifying standard; 54.22 cu)

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

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

2:05.43	pr/rq	Jenny Barringer	Oregon Relays (4/25)
2:14.43		Emma Coburn	CU Invite (4/11)
2:14.96	pr	Brianne Beemer	Oregon Relays (4/24)
2:15.60	hep	Brianne Beemer	CSU Spring Break Open (3/19-20)
2:17.40	hep	Brianne Beemer	Big 12 Outdoors (5/15-17)
2:19.04		Katie Cumming	Front Range Classic (5/2)
2:20.05		Katie Cumming	Potts Invite (3/21)
2:22.07	hep	Katie Dreher	CSU Spring Break Open (3/19-20)

1,500 Meter Run (4:27.80 regional qualifying standard; 4:08.38 cu)

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

3,000 Meters* (8:54.22 cu)

15:07.64	NCAA	Jenny Barringer	Payton Jordan Cardinal Invite (5/2)
17:01.68		Laura Theatt	Stanford Invite (3/27)
17:15.36		Laura Theatt	Oregon Twilight (5/9)
17:27.19		Emily Hanenburg	Stanford Invite (3/27)
17:29.25		Laura Theatt	Big 12 Outdoors (5/15-17)
18:04.57		Katie Cumming	Big 12 Outdoors (5/15-17)

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

15.25		Toi Windham	Potts Invite (3/21)
15.43	hep	Brianne Beemer	Big 12 Outdoors (5/15-17)
15.44		Toi Windham	CU Invite (4/11)
15.54	hep	Alyssa Frank	Big 12 Outdoors (5/15-17)
15.80	hep	Alyssa Frank	California Invite (4/15-16)
15.81		Troi Smith	CSU Ram Open (5/9)
15.84		Brianne Beemer	Front Range Classic (5/2)
15.89		Toi Windham	Jack Christiansen Invite (4/25)

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

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

3,000 M Steeplechase (10:50.25 regional qualifying standard; 9:22.73 cu)

9:58.14	rq	Jenny Barringer	Big 12 Outdoors (5/15-17)
10:06.54	rq/pr	Emma Coburn	Payton Jordan Cardinal Invite (5/2)

10:16.54	rq	Emma Coburn	Mt. SAC Relays (4/16)
10:33.49	rq	Emma Coburn	Big 12 Outdoors (5/15-17)
10:49.54	rq	Emily Hanenburg	Mt. SAC Relays (4/16)
10:50.34	rqa	Emma Coburn	Potts Invite (3/21)
10:52.16	rqa	Emily Hanenburg	Big 12 Outdoors (5/15-17)
11:00.93	rqa	Allison Sawyer	Oregon Relays (4/24)

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

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

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

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

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

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

16-10.00	hep	Alyssa Frank	California Invite (4/15-16)
16-07.25	hep	Katie Dreher	CSU Spring Break Open (3/19-20)
16-05.00		Katie Dreher	Jack Christiansen Invite (4/25)
16-03.00		Kathleen Majewski	CSU Ram Open (5/9)
16-01.50	hep	Alyssa Frank	Big 12 Outdoors (5/15-17)
15-11.75	hep	Katie Dreher	Big 12 Outdoors (5/15-17)
15-10.00	hep	Katie Dreher	California Invite (4/15-16)
15-09.50		Kathleen Majewski	CU Invite (4/11)
15-09.50		Katie Dreher	CSU Ram Open (5/9)

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

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

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

5-06.50	hep	Alyssa Frank	Big 12 Outdoors (5/15-17)
5-05.00		Alyssa Frank	Big 12 Outdoors (5/15-17)
5-05.00		Alyssa Frank	CSU Ram Open (5/9)
5-05.00		Alyssa Frank	Jack Christiansen Invite (4/25)
5-05.00		Alyssa Frank	Front Range Classic (5/2)
5-03.25	hep	Alyssa Frank	California Invite (4/15-16)
5-03.00		Brianne Beemer	CU Invite (4/11)
5-03.00	hep	Brianne Beemer	CSU Spring Break Open (3/19-20)

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

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

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

157-00		Kaity Kark	Jack Christiansen Invite (4/25)
155-06		Kaity Kark	Big 12 Outdoors (5/15-17)
154-05		Kaity Kark	CSU Ram Open (5/9)
152-10		Kaity Kark	Big 12 Outdoors (5/15-17)
150-07		Kaity Kark	CU Invite (4/11)
145-09		Kaity Kark	Potts Invite (3/21)
141-01		Kaity Kark	Rob Upton Invite (3/28)
131-09		Chynna McCall	Potts Invite (3/21)

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

102-11	hep	Katie Dreher	CSU Spring Break Open (3/19-20)
99-04		Katie Dreher	CU Invite (4/11)
94-09		Brianne Beemer	CSU Ram Open (5/9)
92-04	hep	Brianne Beemer	CSU Spring Break Open (3/19-20)
90-11	hep	Katie Dreher	Big 12 Outdoors (5/15-17)
89-07	hep	Brianne Beemer	Big 12 Outdoors (5/15-17)
88-01		Alyssa Frank	CU Invite (4/11)
86-01	hep	Alyssa Frank	California Invite (4/15-16)
81-00	hep	Troi Smith	CSU Spring Break Open (3/19-20)

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

151-06		Kaity Kark	Jack Christiansen Invite (4/25)
147-03		Kaity Kark	Potts Invite (3/21)
143-08		Kaity Kark	CSU Ram Open (5/9)
132-04		Kaity Kark	Rob Upton Invite (3/28)
131-03		Kaity Kark	CU Invite (4/11)
98-01		Kali Gajewski	Potts Invite (3/21)
97-00		Kali Gajewski	CU Invite (4/11)

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

4.415		Brianne Beemer	Big 12 Outdoors (5/15-17)
4.400		Brianne Beemer	CSU Spring Break Open (3/19-20)
4.328		Katie Dreher	CSU Spring Break Open (3/19-20)
4.283		Alyssa Frank	Big 12 Outdoors (5/15-17)
4.169		Alyssa Frank	California Invite (4/15-16)
4.150		Katie Dreher	Big 12 Outdoors (5/15-17)
4.041		Troi Smith	CSU Spring Break Open (3/19-20)

Symbol Key

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

2009 WOMEN'S OUTDOOR PERFORMANCE LIST

JENNY BARRINGER

800 Meters (2:05.43 pr)		
2:05.43	rq/pr	Oregon Relays (4/25)..... 1st
1500 Meters (4:08.38 pr)		
4:08.38	sr/rq/pr	Oregon Relays (4/24)..... 1st
Steeplechase (9:22.26 pr/sr/Am)		
9:58.14		Big 12 Outdoors (5/15-17)..... 1st
5000 Meters (15:48.24 pr)		
15:07.64	NCAA/sr/rq	Payton Jordan Cardinal Invite (5/2)..... 1st

BRIANNE BEEMER

Heptathlon (4415 pr)		
4415	pr	Big 12 Outdoors (5/15-16)..... 10th
4400		CSUN Spring Break Open (3/19-20)..... 2nd
100 Meter Hurdles (15.43 pr)		
15.43	hep/pr	Big 12 Outdoors (5/15-16)..... 10th
15.84		Front Range Classic (5/2)..... 8th
15.91		CU Invite (4/11)..... 6th
16.08	hep	CSUN Spring Break Open (3/19-20)..... 5th
High Jump (5-03.00 pr)		
5-03.00	hep/pr	CSUN Spring Break Open (3/19-20)..... 2nd
5-01.00		Front Range Classic (5/2)..... t6th
4-11.00		CU Invite (4/11)..... t10th
4-09.00	hep	Big 12 Outdoors (5/15-16)..... 12th
Shot Put (30-03.00 pr)		
30-03.00	hep/pr	Big 12 Outdoors (5/15-16)..... 8th
29-06.75	hep	CSUN Spring Break Open (3/19-20)..... 10th
200 Meters (26.31 pr)		
26.31	hep/pr	Big 12 Outdoors (5/15-16)..... 10th
26.82	hep	CSUN Spring Break Open (3/19-20)..... 6th
26.86		CU Invite (4/11)..... 13th
Long Jump (15-06.75 pr)		
15-06.75	hep/pr	Big 12 Outdoors (5/15-16)..... 12th
14-11.50	hep	CSUN Spring Break Open (3/19-20)..... 9th
Javelin (94-09 pr)		
94-09	pr	CSU Ram Open (5/9)..... 9th
92-04	hep	CSUN Spring Break Open (3/19-20)..... 6th
89-07	hep	Big 12 Outdoors (5/15-16)..... 9th
800 Meters (2:14.96 pr)		
2:14.96	pr	Oregon Relays (4/24)..... 3rd (B section)
2:15.60	hep	CSUN Spring Break Open (3/19-20)..... 1st
2:17.40	hep	Big 12 Outdoors (5/15-16)..... 1st
400 Meter Hurdles (1:01.84 pr)		
1:01.84	pr	CSU Ram Open (5/9)..... 1st
1:02.53	p	Big 12 Outdoors (5/15-17)..... 8th
1:03.48		Front Range Classic (5/2)..... 1st
1:03.79		Big 12 Outdoors (5/15-17)..... 8th

MEGAN BURRELL

800 Meters		
2:28.95		CU Invite (4/11)..... 16th
1500 Meters		
4:55.02		Front Range Classic (5/2)..... 7th
4:58.79		Jack Christiansen Invite (4/25)..... 3rd

EMMA COBURN

800 Meters (2:14.43 pr)		
2:14.43	pr	CU Invite (4/11)..... 1st
1500 Meters (4:27.69 pr)		
4:27.69	pr	Oregon Relays (4/24)..... 5th
4:30.77		Stanford Invite (3/27)..... 6th
Steeplechase (10:06.54 pr)		
10:06.54	rq/pr	Payton Jordan Cardinal Invite (5/2)... 11th (section 1)
10:16.54	rq	Mt. SAC Relays (4/16)..... 14th (Invitational section)
10:33.49	rq	Big 12 Outdoors (5/15-17)..... 4th
10:50.34	rqa	Potts Invite (3/21)..... 1st

KATIE CUMMING

800 Meters (2:16 pr)		
2:19.04		Front Range Classic (5/2)..... 3rd
2:20.05		Potts Invite (3/21)..... 4th
1500 Meters (4:33.58 pr)		
4:33.58	pr	Oregon Relays (4/24)..... 10th
4:34.32		Mt. SAC Relays (3/17)..... 24th (open section)
4:40.86	p	Big 12 Outdoors (5/15-17)..... 11th
4:47.22		CU Invite (4/11)..... 5th
5000 Meters (18:04.57 pr)		
18:04.57		Big 12 Outdoors (5/15-17)..... 23rd

KATIE DREHER

Heptathlon (4328 pr)		
4328	pr	CSUN Spring Break Open (3/19-20)..... 3rd
4150		Big 12 Outdoors (5/15-16)..... 12th
3631		California Invite (4/15-16).....
100 Meter Hurdles (16.22 pr)		
16.22	hep/pr	Big 12 Outdoors (5/15-16)..... 12th
17.08		CU Invite (4/11)..... 12th
17.18	hep	California Invite (4/15-16)..... 28th
17.18	hep	CSUN Spring Break Open (3/19-20)..... 9th
High Jump (5-01.00 pr)		
5-01.00	hep/pr	California Invite (4/15-16)..... t13th
5-01.00		CU Invite (4/11)..... t6th
5-00.50	hep	CSUN Spring Break Open (3/19-20)..... t4th
4-10.25	hep	Big 12 Outdoors (5/15-16)..... 11th
Shot Put (30-07.75 pr)		
30-07.75	hep/pr	CSUN Spring Break Open (3/19-20)..... 8th
27-04.75	hep	Big 12 Outdoors (5/15-16)..... 12th
26-03.00	hep	California Invite (4/15-16)..... 33rd
200 Meters (26.47 pr)		
26.74	hep	Big 12 Outdoors (5/15-16)..... 11th
26.84	hep	CSUN Spring Break Open (3/19-20)..... 7th
27.02		CU Invite (4/11)..... 15th
27.22		Jack Christiansen Invite (4/25)..... 16th
27.33	hep	California Invite (4/15-16)..... 23rd
Long Jump (16-07.25 pr)		
16-07.25	hep/pr	CSUN Spring Break Open (3/19-20)..... 5th
16-05.00		Jack Christiansen Invite (4/25)..... 3rd
15-11.75	hep	Big 12 Outdoors (5/15-16)..... 11th
15-10.00	hep	California Invite (4/15-16)..... 10th
15-09.50		CSU Ram Open (5/9)..... 5th
Javelin (102-11 pr)		
102-11	hep/pr	CSUN Spring Break Open (3/19-20)..... 5th
99-04		CU Invite (4/11)..... 7th
90-11.50	hep	Big 12 Outdoors (5/15-16)..... 8th
800 Meters (2:22.07 pr)		
2:22.07	hep/pr	CSUN Spring Break Open (3/19-20)..... 3rd
2:23.32	hep	California Invite (4/15-16)..... 3rd
2:25.60	hep	Big 12 Outdoors (5/15-16)..... 4th
Triple Jump (38-05 pr)		
38-04		Big 12 Outdoors (5/15-17)..... 16th
36-07.00		CSU Ram Open (5/9)..... 3rd
35-09.25		Jack Christiansen Invite (4/25)..... 5th

ALYSSA FRANK

Heptathlon (4283 pr)		
4283	pr	Big 12 Outdoors (5/15-16)..... 11th
4169		California Invite (4/15-16).....
100 Meter Hurdles (15.75 pr)		
15.54	hep	Big 12 Outdoors (5/15-16)..... 1th
15.80	hep	California Invite (4/15-16)..... t18th
15.96		Front Range Classic (5/2)..... 11th
15.97		Jack Christiansen Invite (4/25)..... 14th
16.02		CU Invite (4/11)..... 9th
High Jump (5-06.50 pr)		
5-06.50	hep/pr	Big 12 Outdoors (5/15-16)..... t1st
5-05.00		Big 12 Outdoors (5/15-17)..... 11th
5-05.00		CSU Ram Open (5/9)..... 4th
5-05.00		Front Range Classic (5/2)..... t1st
5-05.00		Jack Christiansen Invite (4/25)..... 3rd
5-03.25	hep	California Invite (4/15-16)..... t5th
5-03.00		CU Invite (4/11)..... t4th

2009 WOMEN'S OUTDOOR PERFORMANCE LIST

Shot Put (30-03.00 pr)

30-03	hep/pr	Big 12 Outdoors (5/15-16)	10th
29-01.00	hep	California Invite (4/15-16)	27th

200 Meters (27.47 pr)

27.47	hep/pr	Big 12 Outdoors (5/15-16)	12th
28.18		CU Invite (4/11)	19th
28.18		Jack Christiansen Invite (4/25)	21st
28.31		Front Range Classic (5/2)	16th
28.56	hep	California Invite (4/15-16)	36th

Long Jump (17-7.75 pr)

16-10.00	hep	California Invite (4/15-16)	5th
16-01.50	hep	Big 12 Outdoors (5/15-16)	9th

Javelin (88-01 pr)

88-01	pr	CU Invite (4/11)	11th
87-08.75	hep	Big 12 Outdoors (5/15-16)	10th
86-01	hep	California Invite (4/15-16)	10th
79-07		CSU Ram Open (5/9)	10th

800 Meters (2:34.28 pr)

2:34.28	hep/pr	California Invite (4/15-16)	12th
2:40.54	hep	Big 12 Outdoors (5/15-16)	11th

KALI GAJEWSKI

Shot Put (33-01.00 pr)

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

Discus (97-00 pr)

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

EMILY HANENBURG

800 Meters (2:19.41 pr)

1500 Meters (4:39.67 pr)

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

5000 Meters (17:27.19 pr)

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

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

CASSIE HIRSCHFELD

100 Meters (11.96 pr)

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

200 Meters (24.84 pr)

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

JORDAN HUMPHREY

200 Meters (28.63 pr)

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

400 Meters (60.66 pr)

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

KAITY KARK

Shot Put (42-04.75)

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

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

Hammer Throw (157-00 pr)

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

KRISTA KIPER

100 Meters (11.85 pr)

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

200 Meters (24.4 pr)

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

MYCHELLE LECHMAN

Javelin (70-04 pr)

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

KATHLEEN MAJEWSKI

High Jump (5-02.50 pr)

5-01.00		CU Invite (4/11)	16th
4-11.00		Potts Invite (3/21)	15th
4-11.00		Jack Christiansen Invite (4/25)	9th
4-09.00		Front Range Classic (5/2)	10th

Long Jump (16-03.00 pr)

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

VERONICA MAUL

100 Meters (12.83 pr)

200 Meters (25.07 pr)

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

400 Meters (55.80 pr)

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

CHYNNA McCALL

Shot Put (42-07.50 pr)

41-01.75		Jack Christiansen Invite (4/25)	4th
39-11.50		CU Invite (4/11)	13rd
39-09.25		Potts Invite (3/21)	5th
39-04.00		CSU Ram Open (5/9)	7th

Hammer Throw (131-09 pr)

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

Discus (118-01 pr)

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

NATAYLA MOORE

Long Jump (18-4 pr)

13-00.00		Potts Invite (3/21)	3rd
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2009 WOMEN'S OUTDOOR PERFORMANCE LIST

DANIELLE REAGIN

High Jump (4-09 pr)

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

Long Jump (15-06.75 pr)

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

AMBER ROZIER

100 Meters (13.18 pr)

13.18 pr Potts Invite (3/21) 11th

ALLISON SAWYER

1500 Meters (4:49.84 pr)

4:49.84 pr CU Invite (4/11) 6th

3000 Meters (9:56.85 pr)

Steeplechase (10:45.80 pr)

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

DYAMOND SEAY

100 Meters (12.61 pr)

200 Meters (24.80 pr)

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

400 Meters (55.49 pr)

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

KAYLEN SLACK

1500 Meters (4:47.40 pr)

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

TROI SMITH

Heptathlon (4318 points pr)

4041 hep CSUN Spring Break Open (3/19-20) 6th

100 Meter Hurdles (15.41 pr)

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

High Jump (5-00.50 pr)

5-00.50 hep/pr CSUN Spring Break Open (3/19-20) t4th

Shot Put (38-05.50 pr)

36-04.25 hep CSUN Spring Break Open (3/19-20) 1st

200 Meters (26.27 pr)

27.57 hep CSUN Spring Break Open (3/19-20) 9th

Long Jump (17-09.50 pr)

15-09.00 hep CSUN Spring Break Open (3/19-20) 6th

Javelin (94-00 pr)

81-00 hep CSUN Spring Break Open (3/19-20) 7th

400 Meters (66.44 pr)

800 Meters (2:39.11 pr)

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

100 Meters

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

LAURA THWEATT

1500 Meters (4:41.67 pr)

4:41.67 pr Potts Invite (3/21) 1st

5000 Meters (16:52.63 pr)

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

HEATHER WEST

800 Meters (2:27.94 pr)

2:27.94 pr Front Range Classic (5/2) 9th

1500 Meters (4:59.75 pr)

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

Steeplechase (11:53.38 pr)

JOI WINDHAM

100 Meters (12.73 pr)

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

100 Meter Hurdles (16.59 pr)

16.59 pr Jack Christiansen Invite (4/25) 18th

400 Meter Hurdles (1:01.96 pr)

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

TOI WINDHAM

100 Meter Hurdles (15.25 pr)

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

400 Meter Hurdles (60.81 pr)

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