

# 2008 COLORADO TRACK AND FIELD

COLORADO INVITATIONAL (APRIL 12, 2008)



## Colorado's NCAA Outdoor Track & Field Champions

Jenny Barringer  
3,000-Meter Steeplechase, 2006

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

April 12, 2008

Colorado Invitational  
Potts Field -- Boulder, Colo.

First Field Events: 10 a.m. - Women's Hammer and Men's Javelin  
First Track Event: 2 p.m. - Women's 3,000-Meter Steeplechase



**Let's Review...**The University of Colorado is a few weeks into its outdoor schedule and the Buffs are starting to kick it into high gear. Several BUffs have collected regional qualifying marks and some have come close. The CU Invitational will include the usual suspects for Division I schools, Northern Colorado, Colorado State, Air Force and Wyoming; as well as several NCAA Division II schools along the FrontRange. Live stats will be provided at CUBuffs.com throughout the meet.

**The Outdoor Schedule...**The Buffs have a full schedule this spring with 15 meets in the nine weeks leading up to the Big 12 Outdoor Championship. For updates on the schedule, please check CUBuffs.com.

**Breaking It Down At Potts Field...**Senior Stephen Pifer broke a 22-year-old Potts Field record on March 22 in the 1,500-meter run. Pifer ran a time of 3:47.75 to break the previous record of 3:48.25 which was set by Paul Larkins (OSU) in 1986 at the Big Eight Outdoor Championships. Pifer was also named the Big 12 and CU Athlete of the Week for his performance.

**Welcome Back Billy...**Senior Billy Nelson was granted a sixth-year of eligibility for a medical hardship. Nelson, the reigning Big 12 3,000-meter steeplechase champion, will have an opportunity to defend his title this spring.

**Holding the Top Spots...**Stephen Pifer currently owns the fastest time in the country by a collegian in the 1,500 and 5,000-meter runs. He ran a mark of 3:42.19 in the 1,500 (after the altitude conversion) at the Potts Invite. At the Stanford Invitationa, he won the top section of the 5k in a mark of 13:40.54. Pifer has only raced twice this season, once in each event.

**2008 Big 12 Outdoor Championship...**The Buffaloes will host the 2008 Outdoor Big 12 Track & Field Championship on May 16-18. This is the first time CU will host the Big 12 Championship. The last time CU hosted a conference outdoor championship was the Big Eight Championship in 1993. Tickets are on sale now and for more information check out CUBuffs.com.



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) 492-5980 or linda.poncin@colorado.edu.



## 2008 U.S. Olympic Team Trials

(CU athletes only)

### Olympic Trials Qualifiers

#### Men

##### 1500 Meters

'B' Stephen Pifer (3:40.78)

##### 3000 Meter Steeplechase

'B' Pete Janson (8:44.76)

'B' Billy Nelson (8:33.33)

##### 5000 Meters

'A' Brent Vaughn (13:31.12)

'B' Stephen Pifer (13:40.54)

#### Women

##### 3000 Meter Steeplechase

'A' Jenny Barringer (9:33.95)



## 2008 NCAA Midwest Regionals

(CU athletes only)

### Regional Marks

#### Men

##### 1500 Meters

Stephen Pifer (3:42.19)

##### 3000 Meter Steeplechase

Pete Janson (8:51.64)

##### 5000 Meters

Stephen Pifer (13:40.54)

#### Women

##### 3000 Meter Steeplechase

Jenny Barringer (10:12.75)

### NCAA Provisional Marks

#### Men

##### 10000 Meters

Chris Pannone (28:49.96)

## 2008 U.S. Olympic Trials Qualifying Standards

Men			Women				
Event	"A"	"B"	Field Size	Event	"A"	"B"	Field Size
100m	10.07	10.28	32	100m	11.13	11.35	32
200m	20.30	20.75	30	200m	22.80	23.25	32
400m	45.00	45.95	28	400m	51.45	52.60	30
800m	1:46.50	1:48.50	30	800m	2:01.50	2:06.50	30
1,500m	3:39.00	3:43.00	30	1,500m	4:10.00	4:19.50	30
5,000m	13:33.00	13:50.00	24	5,000m	15:28.00	16:00.00	24
10,000m	28:15.00	29:00.00	24	10,000m	32:45.00	34:00.00	24
110m Hurdles	13.40	14.00	32	100m Hurdles	12.85	13.25	32
400m Hurdles	49.00	51.00	28	400m Hurdles	56.00	57.80	30
3,000m Steeplechase	8:32.00	8:45.00	24	3,000m Steeplechase	10:00.00	10:20.00	24
20 km Race Walk	1:36:00	--	15	20 km Race Walk	1:48:00	1:50:00	16
High Jump	2.28 m	2.20 m	24	High Jump	1.86 m	1.83 m	24
Pole Vault	5.70 m	5.50 m	24	Pole Vault	4.47 m	4.20 m	24
Long Jump	8.05 m	7.80 m	24	Long Jump	6.53 m	6.43 m	24
Triple Jump	16.66 m	15.80 m	24	Triple Jump	13.50 m	13.10 m	24
Shot Put	20.00 m	18.60 m	24	Shot Put	17.50 m	17.00 m	24
Discus Throw	63.75 m	58.80 m	24	Discus Throw	59.00 m	56.00 m	24
Hammer Throw	72.00 m	64.00 m	24	Hammer Throw	66.80 m	63.00 m	24
Javelin Throw	77.00 m	70.00 m	24	Javelin Throw	54.50 m	50.50 m	24
Decathlon	7900 pts.	7600 pts.	18	Heptathlon	5750 pts.	5500 pts.	18

**Beijing 2008...**Colorado has several current athletes who will be training for the Olympic Trials this June. Jenny Barringer (3,000-meter steeplechase) and Brent Vaughn (5,000-meter run) both have the 'A' standard and will automatically be able to participate in the trials. Stephen Pifer (1,500-meters and 5,000-meters), Billy Nelson (3,000-meter steeplechase) and Pete Janson (3,000-meter steeplechase) have 'B' standards.

Qualifying marks can be obtained January 1, 2007-June 15, 2008.

**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 15 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.

### 2008 CU Outdoor Track & Field Honors

March 25 - Big 12 Athlete of the Week  
Stephen Pifer

April 2 - CU Athlete of the Week  
Stephen Pifer

# 2008 MEN'S OUTDOOR PERFORMANCE LIST (April 6)

does not reflect altitude conversions

## SEASON RESULTS

M 20-21	at Northridge Relays (Northridge, Calif.)	NTS
M 22	POTTS INVITATIONAL (Boulder)	NTS
M 29	at Rob Upton (Fort Collins, Colo.)	NTS
A 4-5	at Stanford Invitational (Stanford, Calif.)	NTS
A 5	at Texas Relays (Austin, Texas)	NTS
A 5	at Tom Benich Classic (Greeley, Colo.)	NTS
A 12	COLORADO INVITATIONAL (Boulder)	
A 18-19	at Mt. SAC Relays (Walnut, Calif.)	
A 19	at Colorado State Open (Fort Collins, Colo.)	
A 19	at Michael Johnson (Waco, Texas)	
A 24-25	at Glenn Morris Decathlon/Heptathlon (Fort Collins, Colo.)	
A 26	at Jack Christiansen Invitational (Fort Collins, Colo.)	
M 3	at Wyoming Invitational (Laramie, Wyo.)	
M 4	at Cardinal Invitational (Palo Alto, Calif.)	
M 16-18	BIG 12 CHAMPIONSHIPS (Boulder)	
M 30-31	at NCAA Midwest Regional (Lincoln, Neb.)	
J 11-14	at NCAA Championships (Des Moines, Iowa)	
J 27-JU 6	at USA Olympic Trials (Eugene, Ore.)	

## 4x100 Meter Relay (40.66 regional qualifying standard; 39.5 cu)

42.57	Pincock/Micheel/Cronin/McCathran	Potts Invite (3/22)
42.69	Relay order not listed	Tom Benich Invite (4/5)

## 4x200 Meter Relay

1:24.97	Charles/Campbell/Stewart/Dodson	Texas Relays (4/4-5)
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## 4x400 Meter Relay (3:10.00 regional qualifying standard; 3:05.16 cu)

3:20.95	No order listed	Tom Benich Invite (4/5)
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## Mile Relay (3:11.10 regional qualifying standard)

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

21-05.25	Adam Salzmann	Rob Upton (3/29)
20-01.00	Parker Fales	Rob Upton (3/29)
18-05.00	Ryan Dresen	Rob Upton (3/29)

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

45-01.00	Parker Fales	Rob Upton (3/29)
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## High Jump (2.10/6-10.75 regional qualifying standard; 7-04.00 cu)

6-02.75	Ryan Dresen	Rob Upton (3/29)
5-10.75	Adam Salzmann	Tom Benich Invite (4/5)

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

53-05.00	James Begley	Potts Invite (3/22)
46-01.25	Chase Dukes	Potts Invite (3/22)
41-10.50	Patrick Bachmann	Potts Invite (3/22)
34-05.00	dec Adam Salzmann	Northridge Multis (3/20-21)

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

175-11	James Begley	Tom Benich Invite (4/5)
173-11	Chase Dukes	Rob Upton (3/29)
158-03	Patrick Bachmann	Tom Benich Invite (4/5)
134-05	Kevin Waldron	Potts Invite (3/22)
126-10	Mac Crawford	Rob Upton (3/29)

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

175-02	James Begley	Rob Upton (3/29)
160-09	Patrick Bachmann	Potts Invite (3/22)
136-04	Mac Crawford	Rob Upton (3/29)
136-01	Chase Dukes	Rob Upton (3/29)

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

204-02	rq Kevin Fasing	Potts Invite (3/22)
199-10	Brandin Williams	Tom Benich Invite (4/5)
184-01	Chase Dukes	Tom Benich Invite (4/5)
172-00	Kevin Waldron	Rob Upton (3/29)
160-05	Mac Crawford	Rob Upton (3/29)
125-03	Ryan Dresen	Tom Benich Invite (4/5)

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

## 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

## 100 Meters (10.55 regional qualifying standard; 10.0 cu)

10.62	Jeremy Dodson	Potts Invite (3/22)
10.69	p Ryan Campbell	Texas Relays (4/4-5)
11.38	Shane Micheel	Tom Benich Invite (4/5)
11.48	dec Adam Salzmann	Northridge Multis (3/20-21)
11.51	Sam Pincock	Potts Invite (3/22)
12.23	Ryan Dresen	Rob Upton (3/29)

## 200 Meters (21.35 regional qualifying standard; 20.58 cu)

21.03	rq Jeremy Dodson	Rob Upton (3/29)
22.67	Shane Micheel	Potts Invite (3/22)
23.05	Matthew McCathran	Tom Benich Invite (4/5)

## 400 Meters (47.20 regional qualifying standard; 45.64 cu)

47.88	Jeremy Dodson	Rob Upton (3/29)
48.79	Nate Terry	Potts Invite (3/22)
49.87	Adam Salzmann	Rob Upton (3/29)
49.88	Matthew McCathran	Tom Benich Invite (4/5)
50.21	Shane Cronin	Potts Invite (3/22)

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

1:56.63	Adrian Gomez	Potts Invite (3/22)
1:58:63	Ben Ryan	Tom Benich Invite (4/5)

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

3:47.75	rq Stephen Pifer	Potts Invite (3/22)
4:17.77	Greg Castro	Potts Invite (3/22)

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

8:42.92	Rob Thayer	Potts Invite (3/22)
8:57.18	Nick Miller	Potts Invite (3/22)

## 5,000 Meters (14:12.00 regional qualifying standard; 13:24.56 cu)

13:40.54	rq/pr Stephen Pifer	Stanford Invite (4/4)
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## 10,000 Meters (28:45.00 auto/29:30.00 provisional; 27:38.50 cu)

28:49.96	np/pr Chris Pannone	Stanford Invite (4/5)
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## 110 Meter Hurdles (14.30 regional qualifying standard; 13.3 cu)

15.42	Stephen Agyei	Rob Upton (3/29)
15.78	Adam Salzmann	Rob Upton (3/29)
20.03	Ryan Dresen	

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

56.49	Stephen Agyei	Rob Upton (3/29)
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## 3,000 M Steeplechase (9:07.00 regional qualifying standard; 8:26.45 cu)

8:51.64	rq Pete Janson	Stanford Invite (4/4)
9:42.27	Christian Thompson	Potts Invite (3/22)

# 2008 MEN'S OUTDOOR PERFORMANCE LIST (April 6)

## STEPHEN AGYEI

<b>110 Meter Hurdles (15.42 pr)</b>			
15.42	pr	Rob Upton (3/29)	6th
15.99		Potts Invite (3/22)	5th
16.81		Tom Benich Invite (4/5)	7th

## 400 Meter Hurdles (56.49 pr)

56.78		Rob Upton (3/29)	5th
57.88		Potts Invite (3/22)	7th

## PATRICK BACHMANN

<b>Shot Put (43-01.50 pr)</b>			
41-10.50		Potts Invite (3/22)	7th

## Discus (163-06 pr)

160-09		Potts Invite (3/22)	3rd
154-11		Tom Benich (4/5)	10th

## Hammer Throw (158-03 pr)

158-03	pr	Tom Benich (4/5)	10th
158-01		Potts Invite (3/22)	6th

## JAMES BEGLEY

<b>Discus (174-01 pr)</b>			
174-01	pr	Rob Upton (3/29)	5th
171-00		Tom Benich Discus Invitational (4/5)	5th
166-00		Tom Benich (4/5)	7th
165-07		Potts Invite (3/22)	2nd

## Hammer (175-02 pr)

175-11	pr	Tom Benich (4/5)	4th
175-02	pr	Rob Upton (3/29)	4th
173-00		Potts Invite (3/22)	3rd

## Shot Put (53-05.00 pr)

53-05.00	pr	Potts Invite (3/22)	1st
51-07.75		Rob Upton (3/29)	2nd
48-09.50		Tom Benich (4/5)	4th

## RYAN CAMPBELL

<b>100 Meters (10.33 pr)</b>			
10.69		Texas Relays (4/4)	20th

## 200 Meters (20.78 pr)

## GREG CASTRO

<b>1500 Meters (4:17.73 pr)</b>			
4:17.77		Potts Invite (3/22)	8th

## 5000 Meters (15:23.60 pr)

## HUGH CHARLES

## Long Jump (24-05.00 pr)

## CAMERON CLAYTON

## 5,000 Meters (15:34 pr)

## MAC CRAWFORD

<b>Javelin (186-06 pr)</b>			
160-05		Rob Upton (3/29)	5th
156-03		Tom Benich (4/5)	8th
150-01		Potts Invite (3/22)	6th

## Discus (149-05 pr)

136-04		Rob Upton (3/29)	12th
135-01		Tom Benich (4/5)	20th
112-08		Potts Invite (3/22)	16th

## Hammer Throw (126-10 pr)

126-10	pr	Rob Upton (3/29)	13th
124-10		Potts Invite (3/22)	13th

## SHANE CRONIN

<b>200 Meters (21.80 pr)</b>			
<b>400 Meters (48.27 pr)</b>			
50.21		Potts Invite (3/22)	10th

## JEREMY DODSON

<b>100 Meters (10.34 pr)</b>			
10.62		Potts Invite (3/22)	1st
10.63		Texas Relays (4/4)	14th

## 200 Meters (20.64 pr)

21.03	rq	Rob Upton (3/29)	1st
21.30	rq	Potts Invite (3/22)	1st

## 400 Meters (47.88)

47.88	pr	Rob Upton (3/29)	2nd
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## RYAN DRESEN

<b>100 Meters (12.23 pr)</b>			
12.23	pr	Rob Upton (3/29)	10th
12.60		Tom Benich Invite (4/5)	14th

## 110 Meter Hurdles (20.03 pr)

20.03	pr	Tom Benich Invite (4/5)	11th
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## High Jump (6-02.75 pr)

6-02.75	pr	Tom Benich (4/5)	4th
6-02.00		Rob Upton (3/29)	15th

## Long Jump (18-05.00 pr)

18-05.00	pr	Rob Upton (3/29)	12th
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## Javelin (125-03 pr)

125-03	pr	Tom Benich (4/5)	13th
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## CHASE DUKES

<b>Discus (145-02 pr)</b>			
136-01		Rob Upton (3/29)	14th

## Javelin (184-01 pr)

184-01	pr	Tom Benich (4/5)	2nd
183-08		Potts Invite (3/22)	3rd
178-09		Rob Upton (3/29)	3rd

## Hammer Throw (173-11 pr)

173-11	pr	Rob Upton (3/29)	14th
173-08		Potts Invite (3/22)	2nd
164-05		Tom Benich (4/5)	7th

## Shot Put (53-05.00 pr)

53-05.00	pr	Potts Invite (3/22)	5th
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## DAN EDWARDS

## 1500 Meters (4:00.26 pr)

## Steeplechase (9:34.10 pr)

## PARKER FALES

<b>Long Jump (22-04 pr)</b>			
20-01.00		Rob Upton (3/29)	10th

## Triple Jump (45-11.75 pr)

45-01.00		Rob Upton (3/29)	4th
43-10.00		Tom Benich (4/5)	4th
43-06.00		Potts Invite (3/22)	1st

## KEVIN FASING

<b>Javelin (216-06 pr)</b>			
204-02	rq	Potts Invite (3/22)	1st
186-01		Rob Upton (3/29)	2nd

## ADRIAN GOMEZ

<b>100 Meters (11.3 pr)</b>			
<b>200 Meters (22.8 pr)</b>			
<b>400 Meters (51.00 pr)</b>			
<b>800 Meters (1:56.63 pr)</b>			
1:56.63	pr	Potts Invite (3/22)	1st

## BRADLEY HARKRADER

## 5000 Meters (14:06.66 pr)

## MATT HERZL

## 1500 Meters (3:59.75 pr)

## PETE JANSON

<b>1500 Meters (3:46.00 pr)</b>			
<b>Steeplechase (8:44.76 pr)</b>			
8:51.64	rq	Stanford Invite (4/4)	7th

## MATTHEW McCATHRAN

<b>200 Meters (23.05 pr)</b>			
23.05	pr	Tom Benich Invite (4/5)	110th
<b>400 Meters (49.88 pr)</b>			
49.88		Tom Benich Invite (4/5)	7th
50.13		Potts Invite (3/22)	9th

## SHANE MICHEEL

<b>100 Meters (11.01 pr)</b>			
11.38		Tom Benich Invite (4/5)	4th
<b>200 Meters (22.45 pr)</b>			
22.67		Potts Invite (3/22)	9th

## NICK MILLER

<b>3000 Meters (8:57.18 pr)</b>			
8:57.18	pr	Potts Invite (3/22)	6th

# 2008 MEN'S OUTDOOR PERFORMANCE LIST (April 6)

## BILLY NELSON

1500 Meters (3:52.93 pr)  
 Steeplechase (8:33.33 pr)  
 5000 Meters (13:58.91 pr)

## KENYON NEUMAN

800 Meters (1:55.83 pr)  
 1,500 Meters (3:50.60 pr)  
 5,000 Meters (14:02.93 pr)

## CHRIS PANNONE

1,500 Meters (3:56.74 pr)  
 5,000 Meters (14:09.40 pr)  
 10,000 Meters (28:49.96 pr)  
 28:49.96 np Stanford Invite..... 4th

## STEPHEN PIFER

800 Meter (1:50.43 pr)  
 1500 Meters (3:40.51 pr)  
 3:47.75 rq Potts Invite (3/22)..... 1st  
 5000 Meters (13:40.44 pr)  
 13:40.54 rq/pr Stanford Invite (4/4)..... 1st

## SAM PINCOCK

100 Meters (11.20 pr)  
 11.51 Potts Invite (3/22)..... 9th  
 200 Meters (22.70 pr)

## BEN RYAN

400 Meters (53.39 pr)  
 800 Meters (1:53.00 pr)  
 1:58.63 Tom Benich Invite (4/5)..... 9th  
 1:59.46 Potts Invite (3/22)..... 7th

## ADAM SALZMANN

Decathlon (6,179 points pr)  
 100 Meters (11.48 pr)  
 11.48 dec/pr Northridge Multis (3/20-21)..... 8th  
 11.70 Tom Benich Invite (4/5)..... 8th  
 400 Meters (49.87 pr)  
 49.87 pr Rob Upton (3/29)..... 16th  
 110 Meter Hurdles (15.78 pr)  
 15.78 pr Rob Upton (3/29)..... 7th  
 High Jump (5-10.75 pr)  
 5-10.75 pr Tom Benich (4/5)..... 6th  
 Long Jump (21-05.25 pr)  
 21-05.25 pr Rob Upton (3/29)..... 7th  
 20-07.25dec/pr Northridge Multis (3/20-21)..... 8th  
 Shot Put (34-05.00 pr)  
 34-05.00dec/pr Northridge Multis (3/20-21)..... 12th

## JARED STEWART

100 Meters (11.06 pr)  
 200 Meters (22.40 pr)  
 400 Meters (48.05 pr)

## NATE TERRY

200 Meters (21.86 pr)  
 400 Meters (47.29 pr)  
 48.79 Potts Invite (3/22)..... 4th  
 48.84 Tom Benich Invite (4/5)..... 4th  
 800 Meters (2:00.78 pr)

## ROB THAYER

800 Meters (1:53.57 pr)  
 1500 Meters (3:46.56 pr)  
 3000 Meters (8:42.92 pr)  
 8:42.92 pr Potts Invite (3/22)..... 2nd

## CHRISTIAN THOMPSON

Steeplechase (9:17.20 pr)  
 9:42.27 Potts Invite (3/22)..... 1st

## BRENT VAUGHN

800 Meters (1:54.02 pr)  
 1,500 Meters (3:44.38 pr)  
 5,000 Meters (13:30.12 pr)  
 10,000 Meters (30:28.17 pr)

## ALEX VON HAGEN

Decathlon (6,565 points pr)

## ANDY WACKER

5,000 Meters (14:59 pr)

## KEVIN WALDRON

Javelin (179-01 pr)  
 172-00 Rob Upton (3/29)..... 4th  
 171-04 Tom Benich (4/5)..... 3rd  
 164-06 Potts Invite (3/22)..... 4th  
 Hammer Throw (134-05 pr)  
 134-05 pr Potts Invite (3/22)..... 10th  
 125-06 Rob Upton (3/29)..... 14th

## KEVIN WEINER

110 Meter Hurdles (15.2 pr)  
 400 Meters (51.4 pr)

## BRANDIN WILLIAMS

Javelin (199-10 pr)  
 199-10 pr Tom Benich (4/5)..... 1st  
 195-03 Potts Invite (3/22)..... 2nd  
 187-08 Rob Upton (3/29)..... 1st

# 2008 WOMEN'S OUTDOOR PERFORMANCE LIST (April 6)

## SEASON RESULTS

M 20-21	at Northridge Relays (Northridge, Calif.)	NTS
M 22	POTTS INVITATIONAL (Boulder)	NTS
M 29	at Rob Upton (Fort Collins, Colo.)	NTS
A 4-5	at Stanford Invitational (Stanford, Calif.)	NTS
A 5	at Texas Relays (Austin, Texas)	NTS
A 5	at Tom Benich Classic (Greeley, Colo.)	NTS
A 12	COLORADO INVITATIONAL (Boulder)	
A 18-19	at Mt. SAC Relays (Walnut, Calif.)	
A 19	at Colorado State Open (Fort Collins, Colo.)	
A 19	at Michael Johnson (Waco, Texas)	
A 24-25	at Glenn Morris Decathlon/Heptathlon (Fort Collins, Colo.)	
A 26	at Jack Christiansen Invitational (Fort Collins, Colo.)	
M 3	at Wyoming Invitational (Laramie, Wyo.)	
M 4	at Cardinal Invitational (Palo Alto, Calif.)	
M 16-18	BIG 12 CHAMPIONSHIPS (Boulder)	
M 30-31	at NCAA Midwest Regional (Lincoln, Neb.)	
J 11-14	at NCAA Championships (Des Moines, Iowa)	
J 27-JU 6	at USA Olympic Trials (Eugene, Ore.)	

### 100 Meters (11.75 regional qualifying standard; 11.65 cu)

12.32		Cassie Hirshfield	Potts Invite (3/22)
13.52	w	Monique Green	Tom Benich Invite (4/5)

### 200 Meters (23.96 regional qualifying standard; 23.86 cu)

25.18		Cassie Hirshfield	Potts Invite (3/22)
25.60	hep	Chelsea Haverty	Northridge Multis (3/20-21)
26.31		Monique Green	Tom Benich Invite (4/5)
27.46	w	Sara Price	Tom Benich Invite (4/5)
27.74	hep	Troi Smith	Northridge Multis (3/20-21)
29.51		Kathleen Majewski	Tom Benich Invite (4/5)
29.76	w	Max Van Dyke	Tom Benich Invite (4/5)

### 400 Meters (54.61 regional qualifying standard; 54.22 cu)

56.40		Dyiamond Seay	Potts Invite (3/22)
57.03		Veronica Maul	Potts Invite (3/22)
60.64		Sara Price	Tom Benich Invite (4/5)

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

2:19.34		Allison Eckert	Potts Invite (3/22)
2:20.10		Dani Rodriguez	Tom Benich Invite (4/5)
2:21.91		Emily Hanenburg	Potts Invite (3/22)
2:24.99	hep	Chelsea Haverty	Northridge Multis (3/20-21)
2:33.55		Michelle Hiland	Potts Invite (3/22)
2:38.25		Allison Francke	Tom Benich Invite (4/5)
2:39.11	hep	Troi Smith	Northridge Multis (3/20-21)

### 1,500 Meter Run (4:27.80 regional qualifying standard; 4:10.81 cu)

4:47.87	pr	Laura Thweatt	Potts Invite (3/22)
4:48.15	pr	Allison Eckert	Tom Benich Invite (4/5)
4:49.06	pr	Emily Hanenburg	Tom Benich Invite (4/5)
4:50.65	pr	Allison Sawyer	Tom Benich Invite (4/5)
4:59.75	pr	Heather West	Tom Benich Invite (4/5)
5:05.92		Anna Chase	Tom Benich Invite (4/5)
5:20.26	pr	Allison Francke	Potts Invite (3/22)

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

10:44.26		Anna Chase	Potts Invite (3/22)
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### 5,000 Meters (16:52.00 regional qualifying standard; 15:24.97 cu)

16:54.25	pr	Laura Thweatt	Tom Benich Invite (4/5)
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### 10,000 Meters (33:30.00 auto/35:00.00 provisional; 32:50.80 cu)

### 100 Meter Hurdles (13.92 regional qualifying standard; 12.98)

15.28		Toi Windham	Potts Invite (3/22)
15.66	hep	Troi Smith	Northridge Multis (3/20-21)
16.62	hep	Chelsea Haverty	Northridge Multis (3/20-21)
17.40		Max Van Dyke	Potts Invite (3/22)

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

62.02		Toi Windham	Texas Relays (4/4-5)
62.82		Joi Windham	Texas Relays (4/4-5)
64.88		Sara Price	Potts Invite (3/22)
66.42		Joi Windham	Potts Invite (3/22)

### 3,000 M Steeplechase (10:50.25 regional qualifying standard; 9:33.95 cu)

10:28.18	rq	Jenny Barringer	Tom Benich Invite (4/5)
11:43.03		Allison Sawyer	Potts Invite (3/22)
12:08.18		Heather West	Potts Invite (3/22)

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

48.05		T.Windham/Seay/Maul/Hirshfield	Texas Relays (4/4-5)
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### 4x200 Meter Relay

1:38.93		Seay/Hirshfield/J.Windham/Maul	Texas Relays (4/4-5)
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### 4x400 Meter Relay (3:42.00 regional qualifying standard; 3:33.07 cu)

3:50.47		Maul/T.Windham/J.Windham/Seay	Texas Relays (4/4-5)
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### 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)

17-03.25	hep	Chelsea Haverty	Northridge Multis (3/20-21)
15-07.50	hep	Troi Smith	Northridge Multis (3/20-21)
15-01.50		Kathleen Majewski	Potts Invite (3/22)
14-03.00		Max Van Dyke	Tom Benich Invite (4/5)

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

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

5-03.00	pr	Chelsea Haverty	Tom Benich Invite (4/5)
4-11.00	hep	Troi Smith	Northridge Multis (3/20-21)
4-11.00		Kathleen Majewski	Potts Invite (3/22)

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

41-05.75		Chynna McCall	Rob Upton (3/29)
34-03.00		Alyssa Higby	Potts Invite (3/22)
35-03.75	hep	Troi Smith	Northridge Multis (3/20-21)
28-09.00	hep	Chelsea Haverty	Northridge Multis (3/20-21)

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

122-05		Alyssa Higby	Potts Invite (3/22)
118-02		Kaity Kark	Tom Benich Invite (4/5)
114-07		Chynna McCall	Rob Upton (3/29)

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

101-07	pr	Chelsea Haverty	Tom Benich Invite (4/5)
98-11	hep	Troi Smith	Northridge Multis (3/20-21)
91-07		Max Van Dyke	Potts Invite (3/22)
76-09	pr	Kathleen Majewski	Tom Benich Invite (4/5)
61-03		Mychelle Lechman	Potts Invite (3/22)

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

117-01		Chynna McCall	Rob Upton (3/29)
115-05		Alyssa Higby	Potts Invite (3/22)

### Symbol Key

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

# 2008 WOMEN'S OUTDOOR PERFORMANCE LIST (April 6)

## JENNY BARRINGER

**800 Meters (2:14.49 pr)**  
**1500 Meters (4:21.52 pr)**  
**Steeplechase (9:33.95 pr/sr)**  
 10:28.18 rq Tom Benich (4/5) ..... 1st  
**5000 Meters (15:48.24 pr)**

## ANNA CHASE

**1500 Meters (5:05.92 pr)**  
 5:05.92 pr Tom Benich (4/5) ..... 10th  
**3,000 Meters (10:48.97 pr)**  
**5,000 Meters (18:18.79 pr)**  
**10,000 Meters (38:11.23 pr)**

## ALLISON ECKERT

**800 Meters (2:19.34 pr)**  
 2:19.34 pr Potts Invite (3/22) ..... 2nd  
**1500 Meters (4:48.15 pr)**  
 4:48.15 pr Tom Benich (4/5) ..... 1st

## MORGAN EKEMO

**1500 Meters (4:31 pr)**  
**5000 Meters (16:51 pr)**

## ALLISON FRANCKE

**800 Meters (2:38.25 pr)**  
 2:38.25 pr Tom Benich Invite (4/5) ..... 14th  
**1500 Meters (5:20.26 pr)**  
 5:20.26 pr Potts Invite (3/22) ..... 9th

## RACHEL GIOSCIA

**1500 Meters (5:02.92 pr)**  
**3,000 Meters (11:10.46 pr)**  
**5,000 Meters (19:21.89 pr)**

## MONICA GREEN

**400 Meters (56.3 pr)**

## MONIQUE GREEN

**100 Meters (13.52 pr)**  
 13.52 pr Tom Benich Invite (4/5) ..... 2nd  
**200 Meters (26.31 pr)**  
 26.31 pr Tom Benich Invite (4/5) ..... 2nd  
**400 Meters (57.3 pr)**

## EMILY HANENBURG

**800 Meters (2:21.91 pr)**  
 2:21.91 pr Potts Invite (3/22) ..... 3rd  
**1500 Meters (4:49.06 pr)**  
 4:49.06 pr Tom Benich (4/5) ..... 2nd

## CHELSEA HAVERTY

**Heptathlon (4479 points pr)**  
 4479 Northridge Multis (3/20-21) ..... 1st  
**100 Meter Hurdles (15.66 pr)**  
 15.89 Rob Upton (3/29) ..... 7th  
 16.10 Tom Benich Invite (4/5) ..... 5th  
 16.62 hep/pr Northridge Multis (3/20-21) ..... 6th  
**200 Meters (25.18 pr)**  
 25.68 Tom Benich Invite (4/5) ..... 1st  
 25.85 Rob Upton (3/29) ..... 3rd  
 27.74 hep Northridge Multis (3/20-21) ..... 3rd  
**400 Meters (57.00 pr)**  
**Long Jump (18-01.00 pr)**  
 17-03.25 hep Northridge Multis (3/20-21) ..... 2nd  
**High Jump (5-03.00 pr)**  
 5-03.00 pr Tom Benich (4/5) ..... 4th  
 5-01.25 hep Northridge Multis (3/20-21) ..... 1st  
 5-00.50 Rob Upton (3/29) ..... 7th  
**Shot Put (28-09.00 pr)**  
 28-09 hep/pr Northridge Multis (3/20-21) ..... 2nd  
**Javelin (101-07 pr)**  
 101-07 pr Tom Benich (4/5) ..... 5th  
 98-11 hep Northridge Multis (3/20-21) ..... 1st  
**800 Meters (2:24.99 pr)**  
 2:24.99 hep/pr Northridge Multis (3/20-21) ..... 1st

## ALYSSA HIGBY

**Discus (123-4 pr)**  
 115-05 Potts Invite (3/22) ..... 10th  
 115-00 Tom Benich (4/5) ..... 13th  
 107-00 Rob Upton (3/29) ..... 13th  
**Shot Put (37-3 pr)**  
 34-03.00 Potts Invite (3/22) ..... 7th  
 33-01.00 Rob Upton (3/29) ..... 9th  
 32-01.50 Tom Benich (4/5) ..... 7th  
**Hammer Throw (122-05 pr)**  
 122-05 Potts Invite (3/22) ..... 15th  
 107-00 Rob Upton (3/29) ..... 15th  
 95-05 Tom Benich (4/5) ..... 18th

## MICHELLE HILAND

**800 Meters (2:33.55 pr)**  
 2:33.55 pr Potts Invite (3/22) ..... 7th  
 2:33.97 Tom Benich Invite (4/5) ..... 12th

## CASSIE HIRSHFIELD

**100 Meters (12.32 pr)**  
 12.32 pr Potts Invite (3/22) ..... 3rd  
 12.55 Texas Relays (4/4) ..... 59th

## KAITY KARK

**Shot Put (42-04.75)**  
**Discus (142-02 pr)**  
 130-07 Tom Benich (4/5) ..... 10th  
**Hammer Throw (145-11 pr)**  
 118-02 Tom Benich (4/5) ..... 15th

## MYCHELLE LECHMAN

**Javelin (61-03 pr)**  
 61-03 pr Potts Invite (3/22) ..... 5th

## KATHLEEN MAJEWSKI

**200 Meters (29.51 pr)**  
 29.51 pr Tom Benich Invite (4/5) ..... 12th  
**High Jump (4-11.00 pr)**  
 4-11.00 pr Tom Benich (4/5) ..... 9th  
 4-11.00 pr Potts Invite (3/22) ..... 14th  
**Long Jump (15-01.50 pr)**  
 15-01.50 pr Potts Invite (3/22) ..... 6th  
**Javelin (76-09 pr)**  
 76-09 pr Tom Benich (4/5) ..... 7th

## VERONICA MAUL

**100 Meters (12.83 pr)**  
**200 Meters (25.07 pr)**  
**400 Meters (55.80 pr)**  
 57.03 Potts Invite (3/22) ..... 4th

## CHYNNA McCALL

**Shot Put (41-03.25 pr)**  
 41-05.75 Rob Upton (3/29) ..... 5th  
 39-01.00 Potts Invite (3/22) ..... 2nd  
 37-11.25 Tom Benich (4/5) ..... 4th  
**Hammer Throw (107-05 pr)**  
 114-07 Rob Upton (3/29) ..... 15th  
 107-05 Potts Invite (3/22) ..... 16th  
**Discus (118-01 pr)**  
 118-01 Tom Benich (4/5) ..... 12th  
 117-01 Rob Upton (3/29) ..... 10th

## SARA PRICE

**200 Meters (27.46 pr)**  
 27.46 w Tom Benich Invite (4/5) ..... 6th  
**400 Meters (60.64 pr)**  
 60.64 pr Tom Benich Invite (4/5) ..... 9th  
**400 Meter Hurdles (64.88 pr)**  
 64.88 pr Potts Invite (3/22) ..... 5th

# 2008 WOMEN'S OUTDOOR PERFORMANCE LIST (April 6)

## DANI RODRIGUEZ

**200 Meters (29.72 pr)**  
**400 Meters (65.01 pr)**  
**800 Meters (2:19.28 pr)**  
 2:20.10 Tom Benich Invite (4/5) .....3rd  
**1500 Meters (4:45.13 pr)**

## ALLISON SAWYER

**1500 Meters (4:50.65 pr)**  
 4:50.65 pr Tom Benich (4/5) .....3rd  
**3000 Meters (9:56.85 pr)**  
**Steeplechase (11:43.03 pr)**  
 11:43.03 pr Potts Invite (3/22) ..... 1st

## DYAMOND SEAY

**100 Meters (12.61 pr)**  
**200 Meters (25.32 pr)**  
**400 Meters (56.40 pr)**  
 56.40 pr Potts Invite (3/22) .....2nd

## TROI SMITH

**400 Meter Hurdles (67.56 pr)**  
**Heptathlon (4136 points pr)**  
 4136 Northridge Multis (3/20-21) .....3rd  
**100 Meter Hurdles (15.66 pr)**  
 15.66 hep/pr Northridge Multis (3/20-21) .....2nd  
 16.24 Tom Benich Invite (4/5) .....16th  
**High Jump (4-11.00 pr)**  
 4-11.00 hep/pr Northridge Multis (3/20-21) .....2nd  
**Shot Put (35-03.75 pr)**  
 35-03.75 hep/pr Northridge Multis (3/20-21) .....2nd  
**200 Meters (27.74 pr)**  
 27.74 hep/pr Northridge Multis (3/20-21) .....6th  
**Long Jump (15-07.50 pr)**  
 15-07.50 hep/pr Northridge Multis (3/20-21) .....6th  
**Javelin (94-00 pr)**  
 94-00 hep/pr Northridge Multis (3/20-21) .....3rd  
 70-10 Tom Benich (4/5) .....8th  
**800 Meters (2:39.11 pr)**  
 2:39.11 hep/pr Northridge Multis (3/20-21) .....6th

## LAURA THWEATT

**1500 Meters (4:47.87 pr)**  
 4:47.87 pr Potts Invite (3/22) .....2nd  
**5000 Meters (16:54.25 pr)**  
 16:54.25 pr Stanford Invite (4/5) .....6th

## MAX VAN DYKE

**200 Meters (29.76 pr)**  
 29.76 pr Tom Benich Invite (4/5) .....13th  
**Javelin (91-07 pr)**  
 91-07 Potts Invite (3/22) .....4th  
 83-04 Tom Benich (4/5) .....6th  
**Long Jump (14-03.00 pr)**  
 14-03.00 pr Tom Benich (4/5) .....8th  
 13-08.75 Potts Invite (3/22) .....9th  
**100 Meter Hurdles (17.40 pr)**  
 17.40 pr Potts Invite (3/22) .....6th  
 21.51 Tom Benich Invite (4/5) .....12th

## SARA VAUGHN

**400 Meters (59.25 pr)**  
**1,500 Meters (4:19.70 pr)**  
**Steeplechase (11:18.91 pr)**

## HEATHER WEST

**1500 Meters (4:59.75 pr)**  
 4:59.75 pr Tom Benich (4/5) .....7th  
**Steeplechase (12:08.18 pr)**  
 12:08.18 pr Potts Invite (3/22) .....2nd

## JOI WINDHAM

**400 Meter Hurdles (62.82 pr)**  
 62.82 pr Texas Relays (4/3) .....23rd  
 63.05 Rob Upton (3/29) .....2nd  
 66.42 Potts Invite (3/22) .....6th

## TOI WINDHAM

**100 Meter Hurdles (15.28 pr)**  
 15.28 pr Potts Invite (3/22) .....5th  
 16.31 Rob Upton (3/29) .....6th  
**400 Meter Hurdles (62.02 pr)**  
 62.02 pr Texas Relays (4/3) .....16th  
 63.59 Rob Upton (3/29) .....3rd  
 64.69 Potts Invite (3/22) .....3rd