

2009 COLORADO TRACK AND FIELD

2009 BIG 12 CHAMPIONSHIPS (MAY 15-17, 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 15-17
BIG 12 CHAMPIONSHIP
TERRY AND LINDA FULLER TRACK
LUBBUCK, TEXAS



Let's Review...The Buffaloes are set to travel to Lubbock, Texas for the 13th Annual Big 12 Outdoor Track & Field Championships this Friday-Sunday, May 15-17 at the Terry and Linda Fuller Track on the campus of Texas Tech University.

The championship will be run once again at altitude as TTU is at 3,281 feet above sea level.

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.

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.

Up, Up and Away...Brandin Williams had recorded four of the top 12 throws in the javelin in the CU record book. Williams launched a personal best of 213 feet, two inches on April 25 at the Jack Christiansen Invitational. It is the seventh best toss by a Buff. Williams was third at the conference meet in 2008.

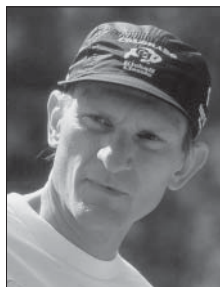
Hammer Time...Chase Dukes became the fifth best performer of all-time at CU in the hammer throw when he launched a toss of 188 feet, five inches at the Mt. Sac Relay on April 10.

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.

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.



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

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.	Biochemistry
Laura Thweatt	So.	Journalism
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

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

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

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

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 9)

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.)	t2nd/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)	
M 29-30	at NCAA Midwest Regional (Norman, Okla.)	
J 10-13	at NCAA Championships (Fayetteville, Ark.)	

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)
9:23.24	pr Dan Edwards Oregon Relays (4/24)
9:23.81	Dan Edwards Mt. SAC Relays (4/16)
9:33.78	Dan Edwards Potts Invite (3/21)
9:55.61	Jonny Stevens Potts Invite (3/21)
10:03.44	Cameron Clayton Jack Christiansen Invite (4/25)
10:07.14	Matt Herzl 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)

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)
3:23.32	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	dec 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)

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)	
188-05	rq/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)
175-05	Patrick Bachmann Front Range Classic (5/2)

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)
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)
153-10	Chase Dukes Potts Invite (3/21)
150-02	Trey Mullen Jack Christiansen Invite (4/25)

Javelin (61.60/202-1 regional qualifying standard; 241-4.5 cu)	
213-02	rq/pr 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)
175-09	Kevin Waldron CU Invite (4/11)
175-09	Kevin Waldron CSU Ram Open (5/9)

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

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)
22.12	Adrian Gomez Potts Invite (3/21)
22.34	A.J. Whitaker Rob Upton Invite (3/28)
22.40	Matthew McCathran Potts Invite (3/21)

400 Meters (47.20 regional qualifying standard; 45.64 cu)	
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)
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)
4:04.07	Jonny Stevens CU Invite (4/11)

3,000 Meters* (7:50.39 cu)	
9:27.03	Jerome Perkins Potts Invite (3/21)

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)

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)

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)
53.47	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)

2009 MEN'S OUTDOOR PERFORMANCE LIST

STEPHEN AGYEI

100 Meters (12.77 pr)		
12.77	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
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 (178-01 pr)		
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

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
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

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
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
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)
9:33.78	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
53.47	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)		

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)	t5th
5-10.75	Potts Invite (3/21)	t3rd
Long Jump (22-03)		
19-06.75	Jack Christiansen Invite (4/25)	7th

2009 MEN'S OUTDOOR PERFORMANCE LIST

STEVE KASICA

400 Meters (51.15 pr)			
51.90	pr	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

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)
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 (49.17 pr)			
49.17	pr	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)			
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
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
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)
10000 Meters (30:41.22 pr)			
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

2009 MEN'S OUTDOOR PERFORMANCE LIST

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)		
21-06.75	dec/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)		
36-04.00	dec/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)

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
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
11.07		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

BRANDIN WILLIAMS

Javelin (213-02 pr)		
213-02	rq/pr	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 9)

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)	
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)
25.24	Krista Kiper	Potts Invite (3/21)
25.35	Veronica Maul	Jack Christiansen Invite (4/25)
25.45	Veronica Maul	Potts Invite (3/21)

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	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)
2:19.04		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)
4:41.67		Laura Thweatt	Potts Invite (3/21)
4:42.60	pr	Emily Hanenburg	Oregon Relays (4/24)
4:44.01		Emily Hanenburg	Potts Invite (3/21)

3,000 Meters* (8:54.22 cu)

15:07.64	NCAA	Jenny Barringer	Payton Jordan Cardinal Invite (5/2)
17:01.68		Laura Thweatt	Stanford Invite (3/27)
17:15.36		Laura Thweatt	Oregon Twilight (5/9)
17:27.19		Emily Hanenburg	Stanford Invite (3/27)

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

15.25		Toi Windham	Potts Invite (3/21)
15.44		Toi Windham	CU Invite (4/11)
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)
15.91		Brianne Beemer	CU Invite (4/11)

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)
1:03.06		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)

10:06.54	rq/pr	Emma Coburn	Payton Jordan Cardinal Invite (5/2)
10:16.54	rq	Emma Coburn	Mt. SAC Relays (4/16)
10:49.54	rq	Emily Hanenburg	Mt. SAC Relays (4/16)
10:50.34	rqa	Emma Coburn	Potts Invite (3/21)
11:00.93		Allison Sawyer	Oregon Relays (4/24)
11:06.28	rqa	Emily Hanenburg	CU Invite (4/11)

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)

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)
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)

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)

5-05.00		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)
5-01.00		Brianne Beemer	Front Range Classic (5/2)
5-01.00	hep	Katie Dreher	California Invite (4/15-16)
5-01.00		Katie Dreher	CU Invite (4/11)
5-01.00		Kathleen Majewski	CU Invite (4/11)

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		Kaitly 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		Kaitly Kark	Jack Christiansen Invite (4/25)
154-05		Kaitly Kark	CSU Ram Open (5/9)
150-07		Kaitly Kark	CU Invite (4/11)
145-09		Kaitly Kark	Potts Invite (3/21)
141-01		Kaitly 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)
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		Kaitly Kark	Jack Christiansen Invite (4/25)
147-03		Kaitly Kark	Potts Invite (3/21)
143-08		Kaitly Kark	CSU Ram Open (5/9)
132-04		Kaitly Kark	Rob Upton Invite (3/28)
131-03		Kaitly 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)

4,400		Brianne Beemer	CSU Spring Break Open (3/19-20)
4,328		Katie Dreher	CSU Spring Break Open (3/19-20)
4,169		Alyssa Frank	California Invite (4/15-16)
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)			
5000 Meters (15:48.24 pr)			
15:07.64	NCAA/sr/rq	Payton Jordan Cardinal Invite (5/2)	1st

BRIANNE BEEMER

Heptathlon (4400 pr)			
4400	pr	CSUN Spring Break Open (3/19-20)	2nd
100 Meter Hurdles (15.84 pr)			
15.84	pr	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)	16th
4-11.00		CU Invite (4/11)	t10th
Shot Put (29-06.75 pr)			
29-06.75	hep/pr	CSUN Spring Break Open (3/19-20)	10th
200 Meters (26.82 pr)			
26.82	hep/pr	CSUN Spring Break Open (3/19-20)	6th
26.86		CU Invite (4/11)	13th
Long Jump (14-11.50 pr)			
14-11.50	hep/pr	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
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
400 Meter Hurdles (1:01.84 pr)			
1:01.84	pr	CSU Ram Open (5/9)	1st
1:03.48		Front Range Classic (5/2)	1st

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)
10:50.34	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)
4:47.22		CU Invite (4/11)	5th

KATIE DREHER

Heptathlon (4328 pr)			
4328	pr	CSUN Spring Break Open (3/19-20)	3rd
3631		California Invite (4/15-16)	
100 Meter Hurdles (17.08 pr)			
17.08	pr	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)	16th
5-00.50	hep	CSUN Spring Break Open (3/19-20)	14th
Shot Put (30-07.75 pr)			
30-07.75	hep/pr	CSUN Spring Break Open (3/19-20)	8th
26-03.00	hep	California Invite (4/15-16)	33rd
200 Meters (26.47 pr)			
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
15-10.00	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
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
Triple Jump (38-05 pr)			
36-07.00		CSU Ram Open (5/9)	3rd
35-09.25		Jack Christiansen Invite (4/25)	5th

ALYSSA FRANK

Heptathlon (4169 pr)			
4169	pr	California Invite (4/15-16)	
100 Meter Hurdles (15.75 pr)			
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 (5-05.00 pr)			
5-05.00	pr	CSU Ram Open (5/9)	4th
5-05.00	pr	Front Range Classic (5/2)	t1st
5-05.00	pr	Jack Christiansen Invite (4/25)	3rd
5-03.25	hep	California Invite (4/15-16)	15th
5-03.00		CU Invite (4/11)	14th
Shot Put (29-01.00 pr)			
29-01.00	hep/pr	California Invite (4/15-16)	27th
200 Meters (28.18 pr)			
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
Javelin (88-01 pr)			
88-01	pr	CU Invite (4/11)	11th
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

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

2009 WOMEN'S OUTDOOR PERFORMANCE LIST

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
Steeplechase (10:49.54 pr)		
10:49.54	rq/pr Mt. SAC Relays (4/16)	14th (University/Open)
11:06.28	rq 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
200 Meters (24.84 pr)		
24.84	pr Potts Invite (3/21)	4th
24.98	CU Invite (4/11)	2nd
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
Discus (151-06 pr)		
151-06	pr 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
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)		
25.35	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
57.38	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

DANIELLE REAGIN

High Jump (4-09 pr)		
4-09.00	pr Potts Invite (3/21)	9th
4-07.00	CU Invite (4/11)	113th
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
400 Meters (55.49 pr)		
55.49	pr CU Invite (4/11)	3rd
56.28	Potts Invite (3/21)	4th
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

2009 WOMEN'S OUTDOOR PERFORMANCE LIST

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

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

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