

# 2013 COLORADO TRACK AND FIELD

UNIVERSITY OF COLORADO SPORTS INFORMATION  
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February 22-23  
**Mountain Pacific Sports Federation Championships**  
 University of Washington - Seattle, Wash.  
**Dempsey Indoor**



**Men's Indoor Conference History**

**Big Seven Conference**

1948	6th
1949	5th
1950	5th
1951	7th
1952	3rd
1953	6th
1954	4th
1955	4th
1956	4th
1957	6th

**Big Eight Conference**

1958	7th
1959	4th
1960	4th
1961	5th
1962	6th
1963	4th
1964	5th
1965	7th
1966	No Entry
1967	8th
1968	6th
1969	6th
1970	8th
1971	2nd
1972	2nd
1973	5th
1974	3rd
1975	4th
1976	6th
1977	6th
1978	5th
1979	6th
1980	6th
1981	(t)7th
1982	7th
1983	6th
1984	7th
1985	8th
1986	8th
1987	(t)5th
1988	7th
1989	5th
1990	6th
1991	7th
1992	6th
1993	6th
1994	3rd
1995	5th
1996	4th

**Big 12 Conference**

1997	3rd
1998	4th
1999	2nd
2000	6th
2001	7th
2002	6th
2003	8th
2004	8th
2005	7th
2006	7th
2007	8th
2008	7th
2009	12th
2010	12th
2011	12th

**Mountain Sports Pacific Federation**

2012	11th
2013	???

**LET'S REVIEW:** This is the second season that CU will compete as a member of the Mountain Pacific Sports Federation in indoor track and field. At the first indoor championship, the men were 11th of 12 teams and the women tied for 11th out of 13 teams.

**THE SCHEDULE:** The meet will start on Friday, Feb. 22 at 12 p.m. PT. It is a two-day meet which will conclude on Saturday, Feb. 23 starting at 10:30 a.m. PT.

**LIVE STATS AND VIDEO:** Fans unable to attend the championships can access live stats at gohuskies.com under track and field. Flotrack will also be streaming the meet live on their website: flotrack.org.

**A LOOK AHEAD:** The NCAA Indoor Championships will be March 8-9 in Fayetteville, Ark. March 1-2 will be the last chance for athletes to earn qualifying times for the meet.

**106th MILLROSE GAMES:** The prestigious Millrose Games were last weekend and the Buffs had not one, but two athletes invited to compete. Emma Coburn debuted in the Wannamaker Mile while Joe Morris raced in the 60-meter dash. In total there were only 14 collegiate athletes at the event.

**HIGH FIVE:** Emma Coburn made her 2013 track debut at the 106th Millrose Games and became the fifth best NCAA performer (sixth fastest time) in the mile by running a sub-4:30 time (4:29.86). Only four women have run faster while in college. Former teammate Jenny (Barringer) Simpson owns the record at 4:25.91. Sally Kipyego (Texas Tech) is on the list twice (4:27.19, 4:29.75), Vicki Huber (Villanova) is the third best performer (4:28.31) and Sarah Bowman (Tennessee) is fourth (4:29.72).

**Women's Indoor Conference History**  
**Big Eight Conference**

1976	4th
1977	3rd
1978	4th
1979	3rd
1980	7th
1981	7th
1982	6th
1983	4th
1984	7th
1985	8th
1986	8th
1987	8th
1988	4th
1989	3rd
1990	6th
1991	4th
1992	6th
1993	7th
1994	4th
1995	3rd
1996	2nd

**Big 12 Conference**

1997	3rd
1998	6th
1999	5th
2000	11th
2001	4th
2002	5th
2003	6th
2004	5th
2005	8th
2006	11th
2007	11th
2008	12th
2009	12th
2010	12th
2011	11th

**Mountain Sports Pacific Federation**

2012	t11th
2013	???

**TOP THREE:** Aric Van Halen leaped onto the CU 3,000-meter run performer's list on Feb. 9 when he clocked the third fastest time in school history (7:53.74) at the Husky Classic. In doing so, Van Halen jumped over three Olympians; three-time Olympian Dathan Ritzenhein (8:01.18), Jorge Torres (8:02.75) and two-time Olympian Alan Culpepper (8:04.67). Torres competed at one Olympic Games.

**TAKING A LEAP:** Abrianna Torres jumped 19-08.75 in the long jump to win the Air Force Team Challenge, as well as to move up to third on CU's performer's chart. The mark surpassed Amberly Casey's jump of 19-08 from 2007.

## CU Athletic Honor Roll



**CU Athlete of the Week**

- Joe Morris (Jan. 16)
- Mark Jones (Jan. 29)
- Liz Tremblay (Jan. 29)
- Aric Van Halen (Feb. 12)
- Emma Coburn (Feb. 29)

**USTFCCA Athlete of the Week  
 (honorable mention)**

- Joe Morris (Jan. 14)
- Emma Coburn (Feb. 18)

**ANOTHER SCHOOL RECORD:** The women's 4x400-meter relay team of Eileen Gehring, Bridget Sweeney, Lindsay Mattson and Brianne Beemer broke their school record of 3:45.11 on Feb. 9 at the Tyson Invitational when they finished in 3:43.42.

**THE FLASH:** Joe Morris made an immediate splash on the nation when he ran 6.57 at the Air Force All-Comers meet on Jan. 12. The time broke his own CU record in the 60, which had been 6.63, and was also the fastest time in the NCAA at that point. Because of that performance he was invited to compete at the Millrose Games where he placed seventh in a field of eight that included four 2012 Olympians.

**NO. 2 ON TWO CHARTS:** Liz Tremblay is making her mark on the CU record book this season as she has taken over the second spot on the school's 600-yard and 800-meter lists. She recorded a time of 1:23.49 in the 600 at the Potts Invite to start the season. Tremblay improved on her second-place ranking in the 800 after clocking a time of 2:08.91 on Jan. 26 in Seattle.

**MOVING ON UP:** Eileen Gehring is just a sophomore but has moved into the second position on CU's all-time performers list in the indoor 200 and 400-meter dashes. Gehring, who set the outdoor 400 record as a freshman last season, is also a member of CU's record setting 4x400-meter relay team. She has clocked 24.31 in the 200 and 54.67 in the 400 so far this season.

**FLYING HIGH:** CU's high jumpers are soaring up the school's record books this season. Mark Jones became the third best performer after clearing 7-1.50. It was the best jump by a Buffalo since 1993 when Mark McDonald jumped 7-1.

On the women's side, Kelsey English moved into a tie for sixth overall after she reached 5-9.25.

**ON THE LOOKOUT:** Brianne Beemer has steadily climbed the combined records book and this year as a fifth-year senior she looks to go out with a bang. Beemer currently owns the second-best pentathlon total of 3,960 points, just 86 from the record of 4,046. Beemer already owns the top spot in two single categories of the pentathlon. She ran 8.82 in the 60-meter hurdles earlier this year and last year she clocked a time of 2:11.71 in the 800.

**IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS:** Freshman Carrie Verdon placed third at the USA Junior Cross Country Championships on Feb. 2 to earn a spot on Team USA for the world championships in Poland on March 24.

**SPORTSWOMEN OF COLORADO:** Emma Coburn and Shalaya Kipp were both honored by the Sportswomen of Colorado this year for their 2012 performances. Both qualified for the Olympic Games in the 3,000-meter steeplechase.

**COLORADO SPORTS HALL OF FAME:** Shalaya Kipp was named the Colorado Sports Hall of Fame Collegiate Female Athlete of the Year for her 2012 season. During the year she won the Pac-12 Conference and NCAA steeplechase crowns, placed third at the U.S. Olympic Team Trials to earn a spot on the U.S. team at the London Olympic Games, and also recorded her third All-American honor on the cross country course with an 18th-place finish at NCAAs in November.

## NCAA Indoor Performance Lists

The NCAA's criteria for the indoor championships changed this year as there will not longer be automatic qualifying times/marks. Instead the NCAA will just use the decending order list compiled by TFRRS.org. Here is how the Buffs are stacking up this season (as of Feb. 18). Only top 30 performances are noted.

### Men's 60

3. Joe Morris, 6.61 (converted from 6.57 at Air Force)

### Men's 200

23. Joe Morris, 21.13 (converted from 21.01 at Air Force)

### Women's 800

24. Liz Tremblay, 2:07.18

### Women's Mile

1. Emma Coburn, 4:29.86

### Men's 3000

14. Aric Van Halen, 7:53.74

### Men's High Jump

23. Mark Jones, 7-1.50

### Women's Pentathlon

27. Brianne Beemer, 3,823

## MPSF Meet Schedule



### FRIDAY FEB 22<sup>ND</sup>

12:00 pm: Women's Weight Throw – FINAL  
 12:30 pm: Pent: Women's 60m Hurdles  
 1:10 pm: Pent: Women's High Jump  
 2:00 pm: Women's Pole Vault – FINAL  
 2:30 pm: Hept: Men's 60 meters  
 2:45 pm: Pent: Women's Shot Put  
 3:00 pm: Hept: Men's Long Jump  
 4:15 pm: Hept: Men's Shot Put  
 4:15 pm: Pent: Women's Long Jump  
 4:30 pm: Women's 60m Hurdles – PRELIM  
 4:45 pm: Men's 60m Hurdles – PRELIM  
 5:00 pm: Women's 60 meters – PRELIM  
 5:15 pm: Men's 60 meters – PRELIM  
 5:15 pm: Women's Long Jump – FINAL  
 5:15 pm: Men's Long Jump – FINAL  
 5:15 pm: Men's Weight Throw – FINAL  
 5:30 pm: Men's Pole Vault – FINAL  
 5:30 pm: Women's 5000 meters – FINAL  
 5:30 pm: Hept: Men's High Jump – FINAL  
 5:50 pm: Men's 5000 meters – FINAL  
 6:10 pm: Pent: Women's 800 meters  
 6:20 pm: Women's 200 meters – FINAL  
 6:45 pm: Men's 200 meters – FINAL  
 7:10 pm: Women's DMR – FINAL  
 7:25 pm: Men's DMR – FINAL

### SATURDAY FEB 23<sup>RD</sup>

10:30 am: Hept: Men's 60m Hurdles  
 10:30 am: Women's Shot Put – FINAL  
 10:30 am: Women's High Jump – FINAL  
 11:00 am: Women's Triple Jump – FINAL  
 11:00 am: Women's Mile – FINAL  
 11:15 am: Men's Mile – FINAL  
 11:30 am: Hept: Men's Pole Vault  
 11:30 am: Women's 60m Hurdles – FINAL  
 11:35 am: Men's 60m Hurdles – FINAL  
 11:40 am: Women's 400 meters – FINAL  
 12:05 pm: Men's 400 meters – FINAL  
 12:25 pm: Women's 60 meters – FINAL  
 12:30 pm: Men's 60 meters – FINAL  
 12:40 pm: Women's 800 meters – FINAL  
 12:45 pm: Men's Shot Put – FINAL  
 12:45 pm: Men's High Jump – FINAL  
 1:00 pm: Men's Triple Jump – FINAL  
 1:00 pm: Men's 800 meters – FINAL  
 1:20 pm: Women's 3000 meters – FINAL  
 1:45 pm: Men's 3000 meters – FINAL  
 2:10 pm: Hept: Men's 1000 meters  
 2:25 pm: Women's 4x400m Relay – FINAL  
 2:40 pm: Men's 4x400m Relay – FINAL

### MPSF Members

- \*Arizona
- \*Arizona State
- BYU
- \*California
- Cal State Northridge
- \*Colorado
- Hawai'i
- Long Beach State
- \*Oregon
- \*Stanford
- UC Irvine
- \*UCLA
- \*Utah
- \*Washington
- \*Washington State

## NCAA Indoor Track & Field

### Men's NCAA Indoor History

1979 NTS  
 1980 NTS  
 1981 NTS  
 1982 NTS  
 1983 t15th  
 1984 NTS  
 1985 NTS  
 1986 NTS  
 1987 NTS  
 1988 NTS  
 1989 NTS  
 1990 NTS  
 1991 NTS  
 1992 NTS  
 1993 NTS  
 1994 NTS  
 1995 t21st  
 1996 NTS  
 1997 t19th  
 1998 25th  
 1999 t47th  
 2000 55th  
 2001 NTS  
 2002 11th  
 2003 NTS  
 2004 31st  
 2005 53rd  
 2006 31st  
 2007 t32nd  
 2008 NTS  
 2009 NTS  
 2010 NTS  
 2011 NTS  
 2012 NTS

### Women's NCAA Indoor History

1979 NTS  
 1980\* t38th  
 1981 NTS  
 1982 NTS  
 1983 NTS  
 1984 NTS  
 1985 NTS  
 1986 NTS  
 1987 NTS  
 1988 NTS  
 1989 NTS  
 1990 NTS  
 1991 NTS  
 1992 NTS  
 1993 NTS  
 1994 NTS  
 1995 t19th  
 1996 NTS  
 1997 t38th  
 1998 14th  
 1999 31st  
 2000 NTS  
 2001 6th  
 2002 16th  
 2003 12th  
 2004 38th  
 2005 16th  
 2006 51st  
 2007 NTS  
 2008 NTS  
 2009 t22nd  
 2010 NTS  
 2011 t57th  
 2012 NTS

**INDIVIDUAL NCAA CHAMPIONS...**The CU men have captured five individual NCAA indoor titles, while the women have collected four.

<b>Men's:</b>	60-Yard Hurdles	Marcus Walker, 1971
	Long Jump	Kingsley Adams, 1974
	Two-mile	Mark Scrutton, 1983
<b>Women's:</b>	3000-Meter Run	Adam Goucher, 1997, 98
	3000 Meter Run	Renee Metivier, 2005
		Jenny Barringer, 2009
	5000 Meter Run	Jodie Hughes, 2001
		Sara (Gorton) Slattery, 2003

# 2013 MEN'S INDOOR BESTS

does not reflect altitude conversions

## SEASON RESULTS

J 12	at Air Force All-Comers (USAFA, Colo.)	NTS
J 18-19	POTTS INVITATIONAL (Boulder)	NTS
J 24-26	at Air Force Invitational (USAFA, Colo.)	NTS
J 25-26	at UW Invitational (Seattle, Wash.)	NTS
F 8-9	at Tyson Invitational (Fayetteville, Ark.)	NTS
F 8-9	at Husky Classic (Seattle, Wash.)	NTS
F 9	at Air Force Team Challenge (USAFA, Colo.)	
F 22-23	at Mountain Pacific Sports Federation Indoor Championships (Seattle, Wash.)	
M 1-2	at Last Chance Qualifiers (TBA)	
M 8-9	at NCAA Championships (Fayetteville, Ark.)	

### 60 Meters (6.57 CU record)

6.57	sr/pr	Joe Morris	Air Force All-Comers (1/12)
6.70	semis	Joe Morris	Tyson Invite (2/8)
6.71	p	Joe Morris	Tyson Invite (2/8)
6.73		Joe Morris	Millrose Games (2/16)
6.92		Shaw Gifford	Air Force All-Comers (1/12)
6.92		Shaw Gifford	Potts Invite (1/19)
7.00	p	Shaw Gifford	Potts Invite (1/19)

### 200 Meters (20.88 cu)

21.01	pr	Joe Morris	Air Force All-Comers (1/12)
21.64		Joe Morris	Tyson Invite (2/9)
21.97		Shaw Gifford	Air Force All-Comers (1/12)
22.30		Shaw Gifford	Tyson Invite (2/9)
22.36	p	Kyle MacIntosh	Air Force Invite (1/25)
22.53		Tyler Baker	Air Force All-Comers (1/12)

### 400 Meters (46.13 cu)

49.55		Tyler Baker	Air Force All-Comers (1/12)
49.64		Tyler Baker	Tyson Invite (2/8)
49.74		Tyler Baker	Air Force Invite (1/26)
49.75	p	Tyler Baker	Air Force Invite (1/25)
49.77		Kyle MacIntosh	Tyson Invite (2/8)
49.87		Blake Reimer	Air Force All-Comers (1/12)
50.40	p	Kyle MacIntosh	Air Force Invite (1/25)
50.49		Blake Reimer	Tyson Invite (2/8)

### 600 Yards\* (1:10.2 cu)

### 800 Meters (1:49.37 cu)

1:54.27		Matt Biegner	Potts Invite (1/19)
1:54.47		Blake Theroux	Air Force Invite (1/26)
1:55.11		Connor Winter	Potts Invite (1/19)
1:58.76	U	Joe Mitchem	Potts Invite (1/19)

### 1,000 Meter Run\* (2:21.5 cu)

2:51.64		Brock Emory	UW Invite (1/26)
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### Mile (3:59.55 cu)

4:04.32		Matt Biegner	Husky Classic (2/9)
4:04.35		Blake Theroux	Husky Classic (2/9)
4:05.30		Connor Winter	Husky Classic (2/9)
4:08.36		Matt Biegner	UW Invite (1/26)
4:09.18		Hugh Dowdy	Husky Classic (2/9)
4:21.40		Aric Van Halen	Air Force Invite (1/26)
4:22.38		Ammar Moussa	Air Force Invite (1/26)
4:22.71		Joe Mitchem	Husky Classic (2/9)
4:27.19		Hugh Dowdy	Air Force Invite (1/26)
4:31.47		Joe Mitchem	Air Force Invite (1/26)

### 3,000 Meters (7:46.03 cu)

7:53.74		Aric Van Halen	Husky Classic (2/9)
8:59.07		Ammar Moussa	Air Force Team Challenge (2/9)
9:01.19		Dillon Shije	Air Force Team Challenge (2/9)
9:08.95		Ryan Savercool	Air Force Invite (1/26)
9:20.24		David Kilgore	Air Force Invite (1/26)

### 5,000 Meters (13:38.23 cu)

14:46.64		Ryan Savercool	Husky Classic (2/8)
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### 60 Meter Hurdles (7.75 cu)

8.40		Jason DeWitt	Potts Invite (1/19)
8.42		Jason DeWitt	Air Force Team Challenge (2/9)
8.52		Brock Emory	Potts Invite (1/19)
8.52		Jason DeWitt	Air Force All-Comers (1/12)
8.58		Brock Emory	Air Force All-Comers (1/12)

### Mile Relay (3:09.1h cu)

### 4x400 Meter Relay (3:07.9h cu)

3:20.23		MacIntosh/Gifford/Reimer/Baker	Tyson Invite (2/9) 13th
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### Distance Medley Relay (9:31.00 auto, 9:42.9h cu)

### High Jump (7-03.50 cu)

7-01.50/2.17		Mark Jones	UW Invite (1/26)
6-11/2.11		Mark Jones	Potts Invite (1/18)
6-9/2.06		Jason DeWitt	Air Force All-Comers (1/12)
6-6.75/2.00		Jason DeWitt	Air Force Team Challenge (2/9)
6-4.25/1.94	hep	Brock Emory	UW Invite (1/25)
6-2.75/1.90		Brock Emory	Air Force All-Comers (1/12)
6-2.75/1.90		Brock Emory	Air Force Team Challenge (2/9)

### Pole Vault (17-02 cu)

13-03.50/4.05		Brock Emory	Potts Invite (1/18)
13-03.50/4.05		Jason DeWitt	Potts Invite (1/18)

### Long Jump (25-7.50 cu)

21-11.75/6.70		Mark Jones	Potts Invite (1/19)
21-1.50/6.44		Jason DeWitt	Air Force All-Comers (1/12)
20-11.25/6.38		Brock Emory	Air Force Team Challenge (2/9)
20-7.25/6.28		Jason DeWitt	Air Force Team Challenge (2/9)
19-11.75/6.09		Brock Emory	Air Force All-Comers (1/12)
19-7/5.97	hep	Brock Emory	UW Invite (1/25)

### Triple Jump (52-10 cu)

### Shot Put (61-02.25 cu)

48-08/14.83	U	Alex Kizirian	Potts Invite (1/19)
46-06/14.17		Brady Rutt	Potts Invite (1/19)
46-04.75/14.14		Brady Rutt	Husky Classic (2/9)
46-02.50/14.18		Brady Rutt	Air Force Invite (1/26)
45-07.25/13.90		Brady Rutt	Air Force All-Comers (1/12)
39-10.75/12.16		Jason DeWitt	Potts Invite (1/19)

### 35-pound Weight (63-09.75 cu)

60-06.75/18.46	U	Alex Kizirian	Potts Invite (1/19)
53-06.25/16.31		Brady Rutt	Air Force All-Comers (1/12)
53-05.75/16.30		Cameron Hutchins	Air Force Invite (1/25)
52-07.50/16.04		Brady Rutt	Air Force Invite (1/25)
52-07.50/16.04		Cameron Hutchins	Husky Classic (2/8)
51-09.25/15.78		Cameron Hutchins	Potts Invite (1/19)
50-04.00/15.34		Cameron Hutchins	Air Force All-Comers (1/12)

### Heptathlon (5,392 cu)

4,217		Brock Emory	UW Invite (1/25-26)
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### Symbol Key

p	preliminary round mark/time
pr	personal record
sr	school record
hep	mark earned during heptathlon competition
*	not an NCAA event
U	competing unattached/redshirting with eligibility remaining

# 2013 MEN'S INDOOR PERFORMANCE LIST

## TYLER BAKER

<b>200 Meters (22.53 pr)</b>		
22.53	pr	Air Force All-Comers Meet (1/12)..... 8th
<b>400 Meters (49.55 pr)</b>		
49.55	pr	Air Force All-Comers Meet (1/12)..... 1st
49.57	p	Air Force Invite (1/25)..... 2nd
49.64		Tyson Invite (2/8)..... 40th
49.74		Air Force Invite (1/26)..... 2nd
<b>600 Yards (1:16.37 pr)</b>		

## BLAKE BERENS

<b>60 Meters (7.10 pr)</b>		
<b>200 Meters (22.66 pr)</b>		
<b>400 Meters (52.54 pr)</b>		

## MATT BIEGNER

<b>800 Meters (1:53.21 pr)</b>		
1:54.27		Potts Invite (1/19)..... 1st
<b>Mile (4:04.32 pr)</b>		
4:04.32		Husky Classic (2/9)..... 7th
4:08.36		UW Invite (1/26)..... 12th (invitational)

## JASON DEWITT

<b>Heptathlon (5,035 pr)</b>		
<b>60 Meters (7.36 pr)</b>		
7.39	p	Potts Invite (1/19)..... 17th
<b>Long Jump (22-02.25 pr)</b>		
21-1.50/6.44		Air Force All-Comers Meet (1/12)..... 6th
20-7.25/6.28		Air Force Team Challenge (2/9)..... 21st
<b>Shot Put (39-10.75 pr)</b>		
39-10.75/12.16		Potts Invite (1/19)..... 14th
39-0.50/11.90		Air Force Team Challenge (2/9)..... 15th
<b>High Jump (6-09 pr)</b>		
6-9/2.06		Air Force All-Comers Meet (1/12)..... 2nd
6-6.75/2.00		Air Force Team Challenge (2/9)..... 9th
<b>60 Meter Hurdles (8.40 pr)</b>		
8.40		Potts Invite (1/19)..... 4th
8.42		Air Force Team Challenge (2/9)..... 14th
8.52		Air Force All-Comers Meet (1/12)..... 7th
<b>Pole Vault (14-09 pr)</b>		
13-3.50/4.05		Potts Invite (1/18)..... t6th
<b>1000 Meters (2:52.86 pr)</b>		

## HUGH DOWDY

<b>Mile (4:06.57 pr)</b>		
4:09.18		Husky Classic (2/9)..... 25th
4:27.19		Air Force Invite (1/26)..... 4th
<b>3000 Meters (9:02.52 pr)</b>		

## BROCK EMORY

<b>Heptathlon (4736 pr)</b>		
4,217		UW Invite (1/26)..... 13th
<b>60 Meters (7.47 pr)</b>		
7.47	hep	UW Invite (1/25)..... 12th
7.52	p	Potts Invite (1/19)..... 21st
<b>Long Jump (20-11.25 pr)</b>		
20-11.25/6.38		Air Force Team Challenge (2/9)..... 19th
19-11.75/6.09		Air Force All-Comers Meet (1/12)..... 10th
19-7/5.97	hep	UW Invite (1/25)..... 12th
<b>Shot Put (38-05 pr)</b>		
38-00/11.58	hep	UW Invite (1/25)..... 11th
37-10.50/11.54		Air Force Team Challenge (2/9)..... 17th
35-10.50/10.93		Potts Invite (1/19)..... 15th
<b>High Jump (6-6.25 pr)</b>		
6-4.25/1.94	hep	UW Invite (1/25)..... t2nd
6-2.75/1.90		Air Force All-Comers Meet (1/12)..... 9th
6-2.75/1.90		Air Force Team Challenge (2/9)..... 13th
<b>60 Meter Hurdles (8.52 pr)</b>		
8.52		Potts Invite (1/19)..... 6th
8.58		Air Force All-Comers Meet (1/12)..... 9th
8.60	hep	UW Invite (1/26)..... 8th
8.61		Air Force Team Challenge (2/9)..... 20th
<b>Pole Vault (13-3.50 pr)</b>		
13-3.50/4.05		Potts Invite (1/18)..... t6th
<b>1000 Meters (2:51.64 pr)</b>		
2:51.64	hep	UW Invite (1/26)..... 11th
<b>200 Meters</b>		

## SHAW GIFFORD

<b>60 Meters (6.89 pr)</b>		
6.92		Air Force All-Comers Meet (1/12)..... 5th
6.92		Potts Invite (1/19)..... 4th
7.00	p	Potts Invite (1/19)..... t7th
7.05	p	Tyson Invite (2/8)..... 40th
<b>200 Meters (21.32 pr)</b>		
21.97		Air Force All-Comers Meet (1/12)..... 3rd
22.30		Tyson Invite (2/9)..... 41st

## CAMERON HUTCHINS

<b>Weight Throw (53-5.75 pr)</b>		
53-5.75/16.30		Air Force Invite (1/25)..... 14th
52-7.50/16.04		Husky Classic (2/8)..... 17th
51-9.25/15.78		Potts Invite (1/19)..... 9th
50-4/15.34		Air Force All-Comers Meet (1/12)..... 9th

## MARK JONES

<b>High Jump (7-1.50 pr)</b>		
7-1.50/2.17		UW Invite (1/26)..... t1st
6-11/2.11		Potts Invite (1/18)..... t1st
<b>Long Jump (23-7 pr)</b>		
21-11.75/6.70		Potts Invite (1/19)..... 3rd

## DAVID KILGORE

<b>3000 Meters (8:48.46 pr)</b>		
9:20.24		Air Force Invite (1/26)..... 15TH

## KYLE MACINTOSH

<b>200 Meters (21.92 pr)</b>		
22.36	p	Air Force Invite (1/25)..... 7th
<b>400 Meters (48.59 pr)</b>		
49.77		Tyson Invite (2/8)..... 44th
50.40	p	Air Force Invite (1/25)..... 7th
<b>60 Meter Hurdles (8.39 pr)</b>		

## MARTIN MEDINA

<b>Mile (4:34.84 pr)</b>		
<b>3000 Meters (8:23.04 pr)</b>		
<b>5000 Meters (14:33.38 pr)</b>		

## JOE MITCHEM

<b>Mile (4:22.71 pr)</b>		
4:22.71		Husky Classic (2/9)..... 85th
4:31.47		Air Force Invite (1/26)..... 6th

## JOE MORRIS

<b>60 Meters (6.57 sr/pr)</b>		
6.57	sr/pr	Air Force All-Comers Meet (1/12)..... 1st
6.70	semis	Tyson Invite (2/8)..... 9th
6.71	p	Tyson Invite (2/8)..... 12th
6.73		Millrose Games (2/16)..... 7th
<b>200 Meters (21.01 pr)</b>		
21.01	pr	Air Force All-Comers Meet (1/12)..... 1st
21.64		Tyson Invite (2/9)..... 23rd

## AMMAR MOUSSA

<b>Mile (4:22.38 pr)</b>		
4:22.38		Air Force Invite (1/26)..... 3rd
<b>3000 Meters (8:59.07 pr)</b>		
8:59.07		Air Force Team Challenge (2/9)..... 1st

## PIERCE MURPHY

<b>Mile (4:30.92 pr)</b>		
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## BLAKE REIMER

<b>200 Meters (22.45 pr)</b>		
<b>400 Meters (49.02 pr)</b>		
49.87		Air Force All-Comers Meet (1/12)..... 4th
50.49		Tyson Invite (2/8)..... 47th
51.06	p	Air Force Invite (1/25)..... t18th

# 2013 MEN'S INDOOR PERFORMANCE LIST/2-2-2

## BRADY RUTT

### Shot Put (47-6.25 pr)

46-6/14.17	Potts Invite (1/19).....	8th
46-4.75/14.14	Husky Classic (2/9).....	19th
46-2.50/14.08	Air Force Invite (1/26).....	17th
45-7.25/13.90	Air Force All-Comers Meet (1/12).....	9th

### Weight Throw (53-6.25 pr)

53-6.25/16.31	Air Force All-Comers Meet (1/12).....	7th
52-7.50/16.04	Air Force Invite (1/25).....	15th
49-3.50/15.02	Husky Classic (2/8).....	23rd

## RYAN SAVERCOOL

### Mile (4:28.63 pr)

### 3000 Meters (8:57.65 pr)

9:08.95	Air Force Invite (1/26).....	7th
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### 5000 Meters (14:46.64 pr)

14:46.64	Husky Classic (2/8).....	65th
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## DILLON SHIJE

### Mile (4:35.81 pr)

### 3000 Meters (9:01.19 pr)

9:01.19	Air Force Team Challenge (2/9).....	2nd
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### 5000 Meters (14:48.57 pr)

## JONNY STEVENS

### Mile (4:17.21 pr)

### 3000 Meters (8:21.46 pr)

## BLAKE THEROUX

### 800 Meters (1:54.47 pr)

1:54.47	Air Force Invite (1/26).....	2nd
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### Mile (4:04.35 pr)

4:04.35	Husky Classic (2/9).....	8th
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### 3000 Meters (8:11.43 pr)

## ARIC VAN HALEN

### Mile (4:19.93 pr)

4:21.40	Air Force Invite (1/26).....	1st
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### 3000 Meters (7:53.74 pr)

7:53.74	pr Husky Classic (2/9).....	10th
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## CONNOR WINTER

### 800 Meters (1:55.11 pr)

1:55.11	p Potts Invite (1/19).....	2nd
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### Mile (4:05.30 pr)

4:05.30	Husky Classic (2/9).....	24th (invitational section)
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## 2013 Unattached Marks/Times

### ALEX KIZIRIAN

### Shot Put (50-11 pr)

48-8/14.83	U Potts Invite (1/19).....	6th
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### Weight Throw (62-1 pr)

60-6.75/18.46	U Potts Invite (1/19).....	2nd
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### JOE MITCHEM

### 800 Meters

1:58.76	U Potts Invite (1/19).....	3rd
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# 2013 WOMEN'S INDOOR BESTS

## SEASON RESULTS

J 12	at Air Force All-Comers (USAFA, Colo.)	NTS
J 18-19	POTTS INVITATIONAL (Boulder)	NTS
J 24-26	at Air Force Invitational (USAFA, Colo.)	NTS
J 25-26	at UW Invitational (Seattle, Wash.)	NTS
F 8-9	at Tyson Invitational (Fayetteville, Ark.)	NTS
F 8-9	at Husky Classic (Seattle, Wash.)	NTS
F 9	at Air Force Team Challenge (USAFA, Colo.)	
F 22-23	at Mountain Pacific Sports Federation Indoor Championships (Seattle, Wash.)	
M 1-2	at Last Chance Qualifiers (TBA)	
M 8-9	at NCAA Championships (Fayetteville, Ark.)	

## High Jump (6-2 cu)

5-9.25/1.76	Kelsey English	Air Force Team Challenge (2/9)
5-8/1.73	Kelsey English	Air Force All-Comers (1/12)
5-7.75/1.72	Kelsey English	UW Invite (1/26)
5-7/1.70	Brittany Lewis	Air Force Invite (1/25)
5-6.50/1.69	Brianne Beemer	UW Invite (1/25)
5-6/1.68	Kelsey English	Potts Invite (1/18)
5-4.50/1.63	Brittany Lewis	Potts Invite (1/18)
5-4.25/1.63	Holly Odneal	UW Invite (1/25)
5-4.25/1.63	Abrianna Torres	Potts Invite (1/18)
5-4.25/1.63	Brianne Beemer	Potts Invite (1/18)

## Long Jump (20-10.50 cu)

19-8.75/6.01	Abrianna Torres	Air Force Team Challenge (2/9)
18-10/5.74	Brittany Lewis	Air Force Invite (1/25)
18-7/5.66	Genny Mayden	Air Force Team Challenge (2/9)
18-7/5.66	Brittany Lewis	Air Force All-Comers (1/12)
18-6/5.64	Abrianna Torres	UW Invite (1/25)
18-5.25/5.62	Abrianna Torres	Potts Invite (1/19)
18-5.25/5.62	Abrianna Torres	Air Force All-Comers (1/12)
18-5.25/5.62	Brittany Lewis	Potts Invite (1/18)
17-10.25/5.44	Abrianna Torres	UW Invite (1/26)
17-3.25/5.26	Genny Mayden	UW Invite (1/26)

## Triple Jump (40-07.75 cu)

## Shot Put (54-07.25 cu)

44-6/13.56	U	Emily Hunsucker	Air Force All-Comers (1/12)
44-2/13.46	U	Emily Hunsucker	Potts Invite (1/19)
41-09.25/12.73	U	Emily Hunsucker	Husky Classic (2/9)
41-5/12.62		Holly Odneal	Air Force Team Challenge (2/9)
40-6.25/12.35		Kajsa Bank	Air Force Invite (1/26)
40-2.75/12.26		Abrianna Torres	Air Force Team Challenge (2/9)
39-10/12.14		Genny Mayden	Air Force Team Challenge (2/9)
39-8/12.09	pen	Holly Odneal	UW Invite (1/25)
39-7/12.06		Kajsa Bank	Air Force All-Comers (1/12)

## 20-pound Weight Throw (62-08.50 cu)

54-8.25/16.67	U	Emily Hunsucker	Air Force All-Comers (1/12)
53-9/16.38	U	Emily Hunsucker	Potts Invite (1/19)
50-06.75/15.41	U	Emily Hunsucker	Husky Classic (2/8)
48-4.75/14.75		Kellie Lind	Air Force All-Comers (1/12)
46-6.75/14.19		Kellie Lind	Air Force Invite (1/25)
46-3.25/14.10		Kajsa Bank	Air Force All-Comers (1/12)
44-11/13.69		Kajsa Bank	Husky Classic (2/8)
42/11.50/13.09		Kellie Lind	Husky Classic (2/8)

## Pentathlon (4,046 cu)

3,963	U	Brittany Lewis	Air Force Invite (1/25)
3,823		Brianne Beemer	UW Invite (1/25)
3,559		Abrianna Torres	UW Invite (1/25)
3,476		Holly Odneal	UW Invite (1/25)
3,330		Gwen Ricco	UW Invite (1/25)
2,726		Genny Mayden	UW Invite (1/25)

## Symbol Key

p	preliminary round mark/time
pr	personal record
sr	school record
pen	mark earned during heptathlon competition
*	not an NCAA event
U	competing unattached/redshirting with eligibility remaining

## 60 Meters (7.34 CU record)

### 200 Meters (23.81 cu)

24.31	pr	Eileen Gehring	Tyson Invite (2/9)
24.44	p	Eileen Gehring	Air Force Invite (1/25)
24.49		Eileen Gehring	Air Force Invite (1/26)
25.03		Eileen Gehring	Air Force All-Comers (1/12)
25.09		Lindsay Mattson	Tyson Invite (2/9)
25.48	p	Lindsay Mattson	Air Force Invite (1/25)
25.55		Lindsay Mattson	Air Force Invite (1/26)
25.69		Lindsay Mattson	Air Force All-Comers (1/12)

### 400 Meters (54.00 cu)

54.67		Eileen Gehring	Tyson Invite (2/8)
55.00		Eileen Gehring	Air Force Invite (1/26)
55.17	p	Eileen Gehring	Air Force Invite (1/25)
55.96		Lindsay Mattson	Tyson Invite (2/8)
56.12		Eileen Gehring	Air Force All-Comers (1/12)
56.50		Lindsay Mattson	Air Force Invite (1/26)
56.58		Brianne Beemer	UW Invite (1/26)
56.70		Brianne Beemer	Air Force All-Comers (1/12)

### 600 Yards\* (1:21.60 cu)

1:23.49		Liz Tremblay	Potts Invite (1/19)
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### 800 Meters (2:05.69 cu)

2:07.18		Liz Tremblay	Husky Classic (2/9)
2:08.91		Liz Tremblay	UW Invite (1/26)
2:11.75		Brianne Beemer	Tyson Invite (2/8)
2:16.36	pen	Brianne Beemer	UW Invite (1/25)
2:21.56		Lindsey Hubbard	Air Force Team Challenge (2/9)
2:21.60		Lindsey Hubbard	Air Force Invite (1/26)
2:22.82	pen/U	Brittany Lewis	Air Force Invite (1/25)
2:26.59		Lindsey Hubbard	Air Force All-Comers (1/12)

### 1,000 Meters\* (2:49.1 cu)

### Mile (4:25.91 cu)

4:29.86		Emma Coburn	Millrose Games (2/16)
4:53.65		Staci Foster	Husky Classic (2/9)
5:00.88		Camille Logan	Husky Classic (2/9)
5:06.36		Staci Foster	Air Force Invite (1/26)
5:09.89		Courtney Bouchet	Air Force Invite (1/26)
5:16.57		Camille Logan	Air Force Invite (1/26)
5:17.84		Diana George	Air Force Invite (1/26)

### 3,000 Meters (8:42.03 cu)

9:30.03		Courtney Bouchet	Husky Classic (2/9)
9:51.44		Diana George	Husky Classic (2/9)
10:24.18		Jana Stolting	Air Force Invite (1/26)

### 5,000 Meters (15:01.70 cu)

16:47.59		Carrie Verdon	UW Invite (1/26)
17:04.59		Jana Stolting	Husky Classic (2/8)

### 60 Meter Hurdles (8.27 cu)

8.82	pen	Brianne Beemer	UW Invite (1/25)
8.83		Brianne Beemer	Potts Invite (1/19)
8.85		Brianne Beemer	Air Force All-Comers (1/12)
8.86	U	Brittany Lewis	CSM Joe Davies Open (2/16)
8.92	p	Brianne Beemer	Tyson Invite (2/8)
9.02	pen/U	Brittany Lewis	Air Force Invite (1/25)
9.03		Abrianna Torres	Air Force Team Challenge (2/9)
9.07	pen	Holly Odneal	UW Invite (1/25)

### 4x400 Meter Relay (3:43.52 cu)

3:43.52	sr	Mattson/Beemer/Sweeney/Gehring	Tyson Invite (2/9) 9th
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### Mile Relay (3:45.53 cu)

### Distance Medley Relay (11:22.87 cu)

# 2013 WOMEN'S INDOOR PERFORMANCE LIST

## KAJSA BANK

### Shot Put (40-6.25 pr)

40-6.25/12.35	Air Force Invite (1/26)	10th
39-0.25/11.89	Husky Classic (2/9)	30th
38-10.50/11.85	Potts Invite (1/19)	9th
37-7/12.06	Air Force All-Comers Meet (1/12)	5th

### Weight Throw (46-3.25 pr)

46-03.25/14.10	Air Force All-Comers Meet (1/12)	10th
44-11/13.69	Husky Classic (2/8)	36th
41-04.50/12.61	Air Force Invite (1/25)	27th
38-11.50/11.87	Potts Invite (1/19)	14th

## BRIANNE BEEMER

### Pentathlon (3,960 pr)

3,823	UW Invite (1/25)	5th
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### 60 Meter Hurdles (8.82 pr)

8.82	pen	UW Invite (1/25)	7th
8.83		Potts Invite (1/19)	1st
8.85		Air Force All-Comers Meet (1/12)	2nd
8.92	p	Tyson Invite (2/8)	36th

### High Jump (5-07 pr)

5-06.50/1.69	UW Invite (1/25)	t5th
5-04.75/1.63	Potts Invite (1/19)	t3rd

### Shot Put (36-09.75 pr)

34-06.75/10.53	UW Invite (1/25)	t9th
34-05.75/10.51	Potts Invite (1/19)	14th

### Long Jump (17-09 pr)

16-10.75/5.15	Potts Invite (1/19)	7th
16-10/5.13	UW Invite (1/25)	17th

### 800 Meters (2:11.71 pr)

2:11.75	Tyson Invite (2/8)	3rd (collegiate section)
2:16.36	UW Invite (1/25)	3rd

### 400 Meters (56.58 pr)

56.58	UW Invite (1/26)	5th (invitational)
56.70	Air Force All-Comers Meet (1/12)	2nd

## COURTNEY BOUCHET

### Mile (5:09.89 pr)

5:09.89	Air Force Invite (1/26)	3rd
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### 3000 Meters (9:30.03 pr)

9:30.03	Husky Classic (2/9)	3rd
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## EMMA COBURN

### Mile (4:36.08 pr)

4:29.86	Millrose Games (2/16)	4th
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## KELSEY ENGLISH

### High Jump (5-9.25 pr)

5-9.25/1.76	Air Force Team Challenge (2/9)	3rd	
5-8/1.73	pr	Air Force All-Comers Meet (1/12)	1st
5-7.75/1.72		UW Invite (1/26)	t3rd
5-6/1.68		Potts Invite (1/19)	2nd

## STACI FOSTER

### Mile (4:50.49 pr)

4:53.65	Husky Classic (2/9)	10th
5:06.36	Air Force Invite (1/26)	2nd

## EILEEN GEHRING

### 60 Meters (7.80 pr)

### 200 Meters (24.44 pr)

24.44	pr/p	Air Force Invite (1/25)	1st
24.49		Air Force Invite (1/26)	1st
25.03		Air Force All-Comers Meet (1/12)	1st

### 400 Meters (55.67 pr)

54.67		Tyson Invite (2/8)	7th
55.00		Air Force Invite (1/26)	1st
55.17	p	Air Force Invite (1/25)	1st
56.12		Air Force All-Comers Meet (1/12)	1st

## DIANA GEORGE

### Mile (5:17.84 pr)

5:17.84	Air Force Invite (1/26)	7th
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### 3000 Meters (9:51.44 pr)

9:51.44	Husky Classic (2/9)	24th
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## SOPHIE HALLAM-EAMES

### Weight Throw (47-03 pr)

## LINDSEY HUBBARD

### 200 Meters (26.48 pr)

### 400 Meters (59.74 pr)

1:00.18	p	Air Force Invite (1/25)	13th
2:21.56		Air Force Team Challenge (2/9)	4th
2:21.60		Air Force Invite (1/26)	4th
2:26.59		Air Force All-Comers Meet (1/12)	1st

## KELLIE LIND

### Weight Throw (50-08 pr)

48-04.75/14.75	Air Force All-Comers Meet (1/12)	7th
46-06.75/14.19	Air Force Invite (1/25)	17th
42-11.50/13.09	Husky Classic (2/8)	38th

## CAMILLE LOGAN

### Mile (5:00.88 pr)

5:00.88	Husky Classic (2/9)	40th
5:19.57	Air Force Invite (1/26)	6th

## NIKKI LOOK

### 800 Meters (2:24.34 pr)

## LINDSY MATTSO

### 200 Meters (25.37 pr)

25.48	p	Air Force Invite (1/25)	6th
25.55		Air Force Invite (1/26)	4th
25.69		Air Force All-Comers Meet (1/12)	5th

### 400 Meters (55.96 pr)

55.96		Tyson Invite (2/8)	28th
56.50		Air Force Invite (1/26)	2nd
56.87		Air Force All-Comers Meet (1/12)	3rd
57.01	p	Air Force Invite (1/25)	2nd

## GENNY MAYDEN

### Pentathlon (3545 pr)

2,726	UW Invite (1/25)	27th
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### 60 Meter Hurdles (9.14 pr)

9.14		Air Force Team Challenge (2/9)	18th
9.25		Potts Invite (1/19)	8th
9.34		UW Invite (1/25)	21st

### High Jump (5-03.25 pr)

5-02.25/1.58	Potts Invite (1/19)	t6th
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### Shot Put (39-10 pr)

39-10/12.14	Air Force Team Challenge (2/9)	11th
37-06.50/11.44	Potts Invite (1/19)	10th
37-04.50/11.39	UW Invite (1/25)	t9th

### Long Jump (18-7 pr)

18-7/5.66	Air Force Team Challenge (2/9)	6th
17-3.25/5.26	UW Invite (1/26)	17th
17-0.75/5.20	Potts Invite (1/19)	6th
16-10.50/5.14	UW Invite (1/25)	16th

### 800 Meters (2:30.90 pr)

2:32.11	UW Invite (1/25)	17th
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### 60 Meters (8.28 pr)

### 200 Meters

26.65	Air Force Team Challenge (2/9)	22nd
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## CATRINA MCALISTER

### Mile (5:10.15 pr)

### 3000 Meters (9:40.95 pr)

## LAINY NASH

### 400 Meters (56.52 pr)

59.29	Air Force Team Challenge (2/9)	8th
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# 2013 WOMEN'S INDOOR PERFORMANCE LIST/2-2-2

## HOLLY ODNEAL

<b>Pentathlon (3,476 pr)</b>		
3,476	UW Invite (1/25)	11th
<b>60 Meter Hurdles (9.07 pr)</b>		
9.07	UW Invite (1/25)	13th
9.11	Air Force All-Comers Meet (1/12)	7th
9.20	Potts Invite (1/19)	7th
9.22	Air Force Team Challenge (2/9)	21st
9.28	UW Invite (1/26)	23rd
<b>High Jump (5-7 pr)</b>		
5-4.25/1.63	UW Invite (1/25)	t10th
5-3/1.60	Air Force Team Challenge (2/9)	t18th
5-2.25/1.44	Potts Invite (1/19)	t6th
5-1/1.55	Air Force All-Comers Meet (1/12)	t11th
<b>Shot Put (41-5 pr)</b>		
41-5/12.62	Air Force Team Challenge (2/9)	7th
39-8/12.09	UW Invite (1/25)	5th
39-4/11.99	Potts Invite (1/19)	6th
<b>Long Jump (16-4.25 pr)</b>		
16-0.25/4.88	UW Invite (1/25)	24th
<b>800 Meters (2:33.88 pr)</b>		
2:36.27	UW Invite (1/25)	21st
<b>200 Meters</b>		
27.11	Air Force All-Comers Meet (1/12)	21st
27.77	Air Force Team Challenge (2/9)	34th

## EWELINA PENA

<b>High Jump (5-6 pr)</b>		
5-1/1.55	Air Force Team Challenge (2/9)	24th
5-1/1.55	Air Force All-Comers Meet (1/12)	t11th
5-1/1.55	Air Force Invite (1/25)	5th (unseeded)
5-0.25/1.53	Potts Invite (1/19)	t11th

## GWEN RICCO

<b>Pentathlon (3,341 pr)</b>		
3,330	UW Invite (1/25)	17th
<b>60 Meter Hurdles (8.93 pr)</b>		
9.09	Potts Invite (1/19)	4th
9.14	Air Force All-Comers Meet (1/12)	9th
9.16	UW Invite (1/26)	20th
9.31	UW Invite (1/25)	20th
<b>High Jump</b>		
5-0.50/1.54	UW Invite (1/25)	18th
5-0.25/1.53	Potts Invite (1/19)	t11th
<b>Shot Put (35-5.75 pr)</b>		
33-4.75/10.18	Potts Invite (1/19)	15th
33-4.50/10.17	Air Force Team Challenge (2/9)	17th
32-7.75/9.95	UW Invite (1/25)	17th
<b>Long Jump (18-04.25 pr)</b>		
17-0.50/5.19	Air Force Team Challenge (2/9)	17th
16-11.25/5.16	UW Invite (1/25)	15th
16-9.25/5.11	Potts Invite (1/19)	8th
16-1.75/4.92	Air Force All-Comers Meet (1/12)	12th
<b>800 Meters</b>		
2:30.28	UW Invite (1/25)	13th
<b>200 Meters</b>		
<b>400 Meters</b>		

## JANA STOLTING

<b>3000 Meters (10:24.18 pr)</b>		
10:24.18	Air Force Invite (1/26)	1st
<b>5000 Meters (16:51.21 pr)</b>		
17:04.59	Husky Classic (2/8)	42nd

## BRIDGET SWEENEY

<b>200 Meters (25.42 pr)</b>		
26.41	Air Force All-Comers Meet (1/12)	11th
<b>400 Meters (57.53 pr)</b>		
58.23	Air Force All-Comers Meet (1/12)	5th
58.69	Tyson Invite (2/8)	60th

## ABRIANNA TORRES

<b>Pentathlon (3,559 pr)</b>		
3,559	UW Invite (1/25)	10th
<b>60 Meter Hurdles (9.03 pr)</b>		
9.03	Air Force Team Challenge (2/9)	13th
9.09	Potts Invite (1/19)	3rd
9.13	Air Force All-Comers Meet (1/12)	8th
9.20	UW Invite (1/25)	16th
<b>High Jump (5-4.25 pr)</b>		
5-4.25/1.63	Potts Invite (1/19)	t3rd
5-3/1.60	UW Invite (1/25)	t14th
<b>Shot Put (40-2.75 pr)</b>		
40-2.75/12.26	Air Force Team Challenge (2/9)	10th
39-1.25/11.92	Potts Invite (1/19)	8th
38-3.25/11.66	UW Invite (1/25)	7th
<b>Long Jump (19-8.75 pr)</b>		
19-8.75/6.01	Air Force Team Challenge (2/9)	1st
18-6/5.64	UW Invite (1/25)	3rd
18-5.25/5.62	Potts Invite (1/19)	3rd
18-5.25/5.62	Air Force All-Comers Meet (1/12)	2nd
17-10.25/5.44	UW Invite (1/26)	12th
<b>800 Meters (2:39.91 pr)</b>		
2:39.91	UW Invite (1/25)	23rd
<b>200 Meters (26.84 pr)</b>		
26.84	Air Force Team Challenge (2/9)	25th
27.25	Air Force All-Comers Meet (1/12)	16th

## ELIZABETH TREMBLAY

<b>600 Yards (1:23.49 pr)</b>		
1:23.49	pr Potts Invite (1/19)	1st
<b>800 Meters (2:07.18 pr)</b>		
2:07.18	pr Husky Classic (2/9)	9th (invitational section)
2:08.91	UW Invite (1/26)	8th

## CARRIE VERDON

<b>5000 Meters (16:47.36 pr)</b>		
16:47.36	pr UW Invite (1/25)	4th

## RACHEL VIGER

<b>3000 Meters (10:41.57 pr)</b>		
<b>5000 Meters (17:23.31 pr)</b>		

# 2013 WOMEN'S INDOOR PERFORMANCE LIST/3-3-3

## 2013 Unattached Marks/Times

### EMILY HUNSUCKER

#### Shot Put (49-11 pr)

44-6/13.56	Air Force All-Comers (1/12)	3rd
44-2/13.46	Potts Invite (1/19)	4th
41-9.25/12.73	Husky Classic (2/9)	25th

#### Weight Throw (55-1 pr)

54-8.25/16.67	Air Force All-Comers (1/12)	3rd
53-9/16.38	Potts Invite (1/19)	7th
50-6.75/15.41	Husky Classic (2/8)	23rd

### MARGAUX KRAHE

#### Shot Put (39-1.75 pr)

37-1.75/11.32	Air Force All-Comers (1/12)	7th
35-6/10.82	Potts Invite (1/19)	12th

### BRITTANY LEWIS

#### Pentathlon (3,863 pr)

3,863	pr	Air Force Invite (1/24)	2nd
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#### 60-Meter Hurdles (9.02 pr)

8.86		CSM Joe Davies	2nd
9.02	pen	Air Force Invite (1/24)	3rd
9.04		CSM Twilight Open (2/9)	4th
9.05	p	CSM Twilight Open (2/9)	5th
9.05	p	CSM Joe Davis (2/16)	2nd
9.15		Potts Invite (1/19)	5th

#### High Jump (5-7 pr)

5-7/1.70	pen	Air Force Invite (1/24)	t1st
5-4.50/1.63		Potts Invite (1/18)	t3rd
5-3.00/1.60		CSM Twilight Open (2/9)	2nd

#### Shot Put (36-4.25 pr)

33-7.25/10.24	pen	Air Force Invite (1/24)	12th
32-10.50/10.02		Potts Invite (1/19)	4th

#### Long Jump (19-1.25 pr)

19-1.25/5.82		CSM Twilight Open (2/9)	2nd
18-10/5.74	pen	Air Force Invite (1/24)	3rd
18-7/15.66		Air Force All-Comers (1/12)	1st
18-5.25/5.62		Potts Invite (1/19)	3rd

#### 800 Meters (2:21.63 pr)

2:22.82	pen	Air Force Invite (1/24)	2nd
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#### 400 Meters (58.37 pr)

58.37		Air Force All-Comers (1/24)	6th
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### LAINY NASH

#### 400 Meters (56.52 pr)

1:00.54		Potts Invite (1/19)	1st
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