

# 2010 COLORADO TRACK AND FIELD



Colorado's  
NCAA Outdoor  
Track & Field Champions

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

Warren Bateman  
Pole Vault, 1948

David Bolen  
440-Yard Dash, 1947

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 27-29

NCAA WEST PRELIMINARY  
MIKE A. MYERS STADIUM  
AUSTIN, TEXAS



**Let's Review...**The Buffaloes are heading to the NCAA West Preliminary Round of the outdoor championship on May 27-29. They will send 10 men, four women and one relay team. Most of the athletes will compete in one event, but four men are scheduled to compete in both the 5 and 10k runs. The top 12 places in each event advance to the NCAA Championship June 9-12 in Eugene, Ore.

**Who's Running...**The Buffs are sending 14 athletes and one relay team to the NCAA Preliminary West Championship. Here is the breakdown:

## MEN

NAME	EVENT	REGION RK	MARK
Joe Bosshard	5k	34th	14:07.31
	10k	38th	29:31.68
Dane Chobanian	Discus	19th	182-03
Jeremy Dodson	100	12th	10.35
	200	5th	20.65
Jordan Kyle	5k	20th	13:54.61
	10k	28th	29:20.97
Richard Medina	5k	8th	13:48.26
Kenyon Neuman	10k	32nd	29:25.06
Matt Tebo	5k	15th	13:50.17
Christian Thompson	Steeple	42nd	9:03.04
Aldo Vega	5k	13th	13:49.56
	10k	24th	29:15.57
Andy Wacker	5k	28th	14:01.74
	10k	36th	29:31.03
4x100 Relay		16th	40.31

## WOMEN

NAME	EVENT	REGION RK	MARK
Brianne Beemer	400 Hurdles	46th	1:01.07
Emma Coburn	Steeple	1st	9:56.29
Shalaya Kipp	Steeple	7th	10:10.48
Laura Thweatt	10k	26th	34:34.41

**2010 Big 12 Championship...**The CU men claimed sixth and the women took 11th in the conference championship May 14-16 in Columbia, Mo. Emma Coburn won the lone individual title for the Buffs in the steeplechase and also placed sixth in the 800-meter run. Kenyon Neuman was second in the men's 10k and Richard Medina was the runner-up in the men's 5k. Jeremy Dodson earned a pair of third-place finishes in the 100 and 200.

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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.

**Fourth-Best All-Time...**Freshman Shalaya Kipp raced near the top of the CU steeplechase performers list after clocking a time of 10:10.48 at the Big 12 Championship and a fourth place finish. It was just her second time racing the event.

**What A Toss...**Sophomore Alex Von Hagen, a decathlete, became the sixth best performer in the javelin throw after recording a huge PR of 188-06 at the Big 12 Championship. Von Hagen finished second in the event and was eighth overall in the decathlon. His mark is the best in CU decathlon history.

**The Bowerman...**Sophomore Emma Coburn has been named to the receiving mention list for the USTFCCA The Bowerman award. Coburn joins 23 other women on the receiving mention list. There are also 10 finalists for the award which is voted on at the conclusion of the 2010 track and field season.

**Anything You Can Do I Can Do Better...**The Mt. SAC Relays is one of the most prestigious meets to compete with many world-class athletes participating. Sophomore Emma Coburn didn't let them have all the fun as she raced to the then-fastest time in the world in the steeplechase for the 2010 season with a personal record of 9:56.29. She became the second Buff to run the event in less than 10 minutes. Her mark is the second best this season in the NCAA.

**Bombs Away...**Redshirt freshman Dane Chobanian became the fourth best discus thrower in CU history when he launched a toss of 182-03 at the Beach Invitational on April 17. It was farthest throw by a Buffalo since 1996 and tied him for 13th overall with Matt Lepsis, who recorded that mark on May 21, 1996, at the final Big Eight Championship.

**Guess Who's Back...**Senior Kenyon Neuman is back to complete his outdoor eligibility in the black and gold. Neuman won the 10k in 2008 and was second in the 5k that same year. He is an All-American in the outdoor 5k and looks to end his career on the podium at NCAA's.

**WEST - University of Texas at Austin**

**Subject to Change**



**TWO SITE - THREE DAY SCHEDULE**

EVENT	TIME	DIVISION	ROUND	EVENT	TIME	DIVISION	ROUND	EVENT	TIME	DIVISION	ROUND
<b>THURSDAY</b>				<b>FRIDAY</b>				<b>SATURDAY</b>			
400 Hurdles	3:30 PM	Men	First Round	110 Hurdles	4:30 PM	Men	First Round	4x100 Relay	6:00 PM	Men	Quarterfinal
400 Hurdles	4:00 PM	Women	First Round	100 Hurdles	5:00 PM	Women	First Round	4x100 Relay	6:15 PM	Women	Quarterfinal
1500 Meters	4:30 PM	Men	First Round	400 Meters	5:30 PM	Men	Quarterfinal	1500 Meters	6:30 PM	Men	Quarterfinal
1500 Meters	5:00 PM	Women	First Round	400 Meters	5:45 PM	Women	Quarterfinal	1500 Meters	6:45 PM	Women	Quarterfinal
100 Meters	5:30 PM	Men	First Round	100 Meters	6:00 PM	Men	Quarterfinal	110 Hurdles	7:05 PM	Men	Quarterfinal
100 Meters	6:00 PM	Women	First Round	100 Meters	6:15 PM	Women	Quarterfinal	100 Hurdles	7:20 PM	Women	Quarterfinal
400 Meters	6:30 PM	Men	First Round	800 Meters	6:30 PM	Men	Quarterfinal	200 Meters	7:35 PM	Men	Quarterfinal
400 Meters	7:00 PM	Women	First Round	800 Meters	6:45 PM	Women	Quarterfinal	200 Meters	7:50 PM	Women	Quarterfinal
800 Meters	7:30 PM	Men	First Round	400 Hurdles	7:00 PM	Men	Quarterfinal	5000 Meters	8:05 PM	Men	Semifinal
800 Meters	8:00 PM	Women	First Round	400 Hurdles	7:15 PM	Women	Quarterfinal	5000 Meters	8:45 PM	Women	Semifinal
10,000 Meters	8:30 PM	Men	Semifinal	200 Meters	7:30 PM	Men	First Round	4x400 Relay	9:25 PM	Men	Quarterfinal
10,000 Meters	9:15 PM	Women	Semifinal	200 Meters	8:00 PM	Women	First Round	4x400 Relay	9:45 PM	Women	Quarterfinal
				3000 Steeplechase	8:30 PM	Men	Quarterfinal				
				3000 Steeplechase	9:10 PM	Women	Quarterfinal				
Javelin	12:00 PM	Men	Qualifying	Discus	12:00 PM	Women	Qualifying	Discus	12:00 PM	Men	Qualifying
Pole Vault	1:00 PM	Women	Qualifying	Pole Vault	1:00 PM	Men	Qualifying	Triple Jump	2:00 PM	Women	Qualifying
Shot Put	1:00 PM	Women	Qualifying	Hammer	3:00 PM	Men	Qualifying	Hammer	3:00 PM	Women	Qualifying
Javelin	5:30 PM	Women	Qualifying	High Jump	4:00 PM	Men	Qualifying	High Jump	4:00 PM	Women	Qualifying
Shot Put	5:30 PM	Men	Qualifying	Long Jump	7:00 PM	Women	Qualifying	Triple Jump	6:00 PM	Men	Qualifying
Long Jump	7:00 PM	Men	Qualifying								

## 09-10 CU Honor Roll



### CU Male Career Athletic Achievement

Jeremy Dodson

### CU Female Freshman of the Year

Allie McLaughlin

### Speed-Strength & Conditioning Female Lifter of the Year

Allie McLaughlin (XC and Indoor T&F)

### CU Male Freshman Athlete of the Year Finalist

Joe Bosshard (XC)

### CU Female Athlete of the Year Finalist

Emma Coburn

### Big 12 Athlete of the Week (Outdoor)

Emma Coburn (April 20)

### CU Athlete of the Week (Outdoor)

Adam Salzman (April 8)  
Brienne Beemer (April 8)  
Richard Medina (April 15)  
Emma Coburn (April 22)  
Dane Chobanian (April 22)  
Jeremy Dodson (April 27)  
Emma Coburn (May 3)  
Jeremy Dodson (May 3)

### CU Athlete of the Week (Indoor)

Emma Coburn (March 9)  
Richard Medina (February 17)  
Alex Von Hagen (February 10)  
Allie McLaughlin (February 2)

### Chick-Fil-A Community of Champions

Jordan Kyle (Winter)  
Chynna McCall (Spring)

### The Athlete's Choice Award (CUSPY's)

Brian Owens

### SAAC Distinguished Service Award

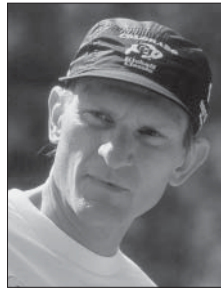
Kaity Kark, Jordan Kyle,  
Mychelle Lechman & Kathleen Majewski

### Big 12 Community Outreach Award

Chynna McCall

### 2009 4.0's

Patrick Bachmann, Kelly King, Jhenya Nahreini,  
Holly Odneal & Jerome Perkins



**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 and senior.

### 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



# CU BIG 12 INDIVIDUAL CHAMPIONS

## COLORADO BIG 12 OUTDOOR HISTORY

Men		Women	
1997	8th	1997	4th
1998	6th	1998	7th
1999	5th	1999	6th
2000	10th	2000	6th
2001	8th	2001	10th
2002	8th	2002	6th
2003	7th	2003	8th
2004	9th	2004	9th
2005	7th	2005	9th
2006	4th	2006	10th
2007	4th	2007	10th
2008	1st	2008	12th
2009	11th	2009	12th
2010	6th	2010	11th

### Men

#### 1,500-Meter Run

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

#### 5,000-Meter Run

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

#### 10,000-Meter Run

2006	Brent Vaughn
2008	Kenyon Neuman

#### 3,000-Meter Steeplechase

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

#### Discus

1998	Jeff Singleton
2008	James Begley

#### Javelin

2009	Brandin Williams
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### 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
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#### 3,000-Meter Steeplechase

2002	Lesley Higgins
2007	Jenny Barringer
2009	Jenny Barringer
2010	Emma Coburn

#### Heptathlon

1997	Heather Sterlin
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#### Javelin

2007	Hannah Warfield-Ruffatto
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#### High Jump

2005	Anna Magle
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## 2010 ACADEMIC ALL-BIG 12 TEAM

### First Team Members

Name	Class	Major
Patrick Bachmann	Sr.	Environmental Studies
Matthew Biegner	So.	Applied Math
Megan Burrell	Jr.	Integrative Physiology
Katie Cumming	So.	Philosophy
Kevin Fasing	Jr.	Integrative Physiology
Alyssa Frank	So.	Mechanical Engineering
Emily Hanenburg	Jr.	Studio Art
Kaity Kark	Sr.	Mechanical Engineering
Steve Kasica	So.	Journalism
Kathleen Majewski	Sr.	Broadcast News/Journalism
James Nixon	So.	Psychology
Jerome Perkins	So.	Applied Math
Danielle Reagin	So.	Spanish
Laura Thweatt	Jr.	Journalism
Max Van Dyke	Jr.	Business Management
Andy Wacker	So.	Evolutionary Biology
Joi Windham	Jr.	Management/Entrepreneurship

### Second Team Members

Name	Class	Major
Jordan Kyle	Sr.	Marketing
Matthew McCathran	Jr.	Open
Richard Medina	So.	Spanish
Kenyon Neuman	Sr.	Finance
Matt Tebo	Jr.	Studio Art
Christian Thompson	Jr.	International Affairs
Jake Timmons	So.	Mechanical Engineering
A.J. Whitaker	So.	Open
Brianne Beemer	So.	Finance
Emma Coburn	So.	Business
Katie Dreher	So.	Spanish
Kali Gajewski	So.	Pre-communications/Sociology
Chynna McCall	Sr.	Psychology

# CU NCAA CHAMPIONSHIP HISTORY

## 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  
 2009 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

2009 Jenny Barringer  
 9:26.20



### 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
2009	NTS	2009	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	12th	12th	NTS	t29th

# 2010 MEN'S OUTDOOR PERFORMANCE LIST (May 16)

does not reflect altitude conversions

## SEASON RESULTS

M 20	POTTS INVITATIONAL (Boulder)	.....	canceled
M 27	at ASU Invite (Tempe, Ariz.)	.....	NTS
M 26-27	at Stanford Invitational (Stanford, Calif.)	.....	NTS
A 1-2	at Jim Click Shootout (Tucson, Ariz.)	.....	NTS
A 3	at Tom Benich Classic (Greeley, Colo.)	.....	NTS
A 10	COLORADO INVITATIONAL (Boulder)	.....	NTS
A 14-17	at Mt. SAC Relays (Walnut, Calif.)	.....	NTS
A 16	at Michael Johnson (Waco, Texas)	.....	NTS
A 22-23	at Glenn Morris (Fort Collins, Colo.)	.....	NTS
A 24	at Jack Christiansen Invitational (Fort Collins, Colo.)	.....	2nd/10
M 1	at Front Range Classic (Fort Collins, Colo.)	.....	5th/5
M 1	at Cardinal Invitational (Palo Alto, Calif.)	.....	NTS
M 8	at Fum McGraw Open (Fort Collins, Colo.)	.....	NTS
M 14-16	at Big 12 Championship (Columbia, Mo.)	.....	6th/12
M 27-29	at NCAA Preliminaries (Austin, Texas)	.....	
J 9-12	at NCAA Championships (Eugene, Ore.)	.....	
J 23-27	at USATF Championship (Des Moines, Iowa)	.....	

54.52	p	Kyle MacIntosh	.....	Big 12 Outdoors (5/14-16)
<b>3,000 M Steeplechase (8:26.45 cu)</b>				
9:03.04		Christian Thompson	.....	Mt SAC Relays (4/15-17)
9:08.18		Christian Thompson	.....	Big 12 Outdoors (5/14-16)
9:12.42		Aric Van Hagen	.....	Big 12 Outdoors (5/14-16)
9:12.51		Aric Van Hagen	.....	Mt SAC Relays (4/15-17)
9:21.63		Christian Thompson	.....	Payton Jordan Cardinal Invite (5/1)
9:24.9h		Cameron Clayton	.....	Mt SAC Relays (4/15-17)
9:32.80		Cameron Clayton	.....	Big 12 Outdoors (5/14-16)

<b>4x100 Meter Relay (39.47 cu)</b>				
40.19		Whitaker/O.Dodson/MacIntosh/J.Dodson	.....	Fum McGraw (5/8)
40.46		Whitaker/O.Dodson/MacIntosh/J.Dodson	.....	Big 12 Outdoors (5/14-16)
40.83		O.Dodson/J.Dodson/Whitaker/MacIntosh	.....	CU Invite (4/10)
41.21		O.Dodson/J.Dodson/MacIntosh/McCathran	.....	Tom Benich Classic (4/3)
41.26		O.Dodson/J.Dodson/MacIntosh/Whitaker	.....	Jack Christiansen (4/24)

<b>4x400 Meter Relay (3:05.16 cu)</b>				
3:15.29		Gomez/McCathran/MacIntosh/O.Dodson	.....	Jack Christiansen (4/24)
3:16.20		Salzmann/O.Dodson/MacIntosh/Biegner	.....	Big 12 Outdoors (5/14-16)
3:20.50		Gomez/J.Dodson/MacIntosh/McCathran	.....	Tom Benich Classic (4/3)
3:21.76		Putnam/Kasica/Duffy/Biegner	.....	Jack Christiansen (4/24)
3:24.13		Putnam/Kasica/Duffy/Biegner	.....	Tom Benich Classic (4/3)
3:25.23		Putnam/Kasica/VanHalen/Biegner	.....	CU Invite (4/10)

<b>Long Jump (26-2.50 cu)</b>				
21-10.75		Tyler Thompson	.....	Tom Benich Classic (4/3)
21-10	dec/pr	Alex Von Hagen	.....	Jim Click (4/2)
21-05.25		Tyler Thompson	.....	CU Invite (4/10)
21-03.50		Tyler Thompson	.....	Jack Christiansen (4/24)
21-02.75	dec	Alex Von Hagen	.....	Big 12 Outdoors (5/14-16)
21-02.75	dec	Adam Salzmann	.....	Jim Click (4/2)
21-00	dec	Adam Salzmann	.....	Glenn Morris (4/22-23)
21-00	dec	Tyler Thompson	.....	CSU-Pueblo Invite (4/17)

<b>Triple Jump (53-06.50 cu)</b>				
43-04.50		Tyler Thompson	.....	Jack Christiansen (4/24)
42-07.50		Tyler Thompson	.....	CU Invite (4/10)
40-03.25		Tyler Thompson	.....	Tom Benich Classic (4/3)

<b>High Jump (7-04.00 cu)</b>				
6-08		Jason DeWitt	.....	Front Range Classic (5/1)
6-07		Jake Timmons	.....	CU Invite (4/10)
6-04.75	dec	Alex Von Hagen	.....	Big 12 Outdoors (5/14-16)
6-04.75		Jake Timmons	.....	Tom Benich Classic (4/3)
6-04.75		Jason DeWitt	.....	Tom Benich Classic (4/3)
6-04	dec	Alex Von Hagen	.....	Jim Click (4/2)
6-04		Jake Timmons	.....	Fum McGraw (5/8)
6-03.25	dec	Jason DeWitt	.....	Glenn Morris (4/22-23)

<b>Shot Put (60-11.50 cu)</b>				
49-11		Michael Field	.....	Jack Christiansen (4/24)
49-05.50		Dane Chobanian	.....	Tom Benich Classic (4/3)
48-11.75		Michael Field	.....	CU Invite (4/10)
48-11.00		Michael Field	.....	Fum McGraw (5/8)
48-04.75		Dane Chobanian	.....	Front Range Classic (5/1)
48-00		Dane Chobanian	.....	Fum McGraw (5/8)
46-10.00		Michael Field	.....	Tom Benich Classic (4/3)
44-00.50		Niklas Cederstrom	.....	CU Invite (4/10)

<b>Hammer Throw (210-11 cu)</b>				
176-10		Patrick Bachmann	.....	Big 12 Outdoors (5/14-16)
176-03		Patrick Bachmann	.....	Fum McGraw (5/8)
174-05		Patrick Bachmann	.....	Tom Benich Classic (4/3)
171-00		Trey Mullen	.....	Fum McGraw (5/8)
170-07		Patrick Bachmann	.....	Mt SAC Relays (4/15-17)
168-07		Patrick Bachmann	.....	Front Range Classic (5/1)
165-08		Patrick Bachmann	.....	CU Invite (4/2)
164-00		Trey Mullen	.....	Jack Christiansen (4/24)

<b>Discus Throw (209-7 cu)</b>				
182-03	pr	Dane Chobanian	.....	Beach Invitational (4/17)
182-06		Dane Chobanian	.....	Jack Christiansen (4/24)
180-06		Dane Chobanian	.....	Tom Benich Classic (4/3)
166-01		Dane Chobanian	.....	CU Invite (4/10)
162-02		Dane Chobanian	.....	Front Range Classic (5/1)
160-05		Patrick Bachmann	.....	Jack Christiansen (4/24)
159-04		Patrick Bachmann	.....	Tom Benich Classic (4/3)

<b>Javelin (241-4.5 cu)</b>				
189-11		Kevin Fasing	.....	CU Invite (4/10)
188-01	dec	Alex Von Hagen	.....	Big 12 Outdoors (5/14-16)
188-01		Kevin Fasing	.....	Tom Benich Classic (4/3)
186-02		Kevin Fasing	.....	Mt SAC Relays (4/15-17)
182-02		Alex Von Hagen	.....	Fum McGraw (5/8)
179-11		Kevin Fasing	.....	Big 12 Outdoors (5/14-16)
170-07		Kevin Fasing	.....	Jack Christiansen (4/24)
154-10	dec	Adam Salzmann	.....	Jim Click (4/2)
149-04	dec	Alex Von Hagen	.....	Tom Benich Classic (4/3)

<b>Pole Vault (17-06.50 cu)</b>				
15-05	dec	Adam Salzmann	.....	Big 12 Outdoors (5/14-16)
14-11	dec	Adam Salzmann	.....	Glenn Morris (4/22-23)
14-09	dec	Adam Salzmann	.....	Jim Click (4/2)
13-11.25	dec	Eddie Taylor	.....	Glenn Morris (4/22-23)
13-09.25	dec	Alex Von Hagen	.....	Jim Click (4/2)
13-09.25	dec	Eddie Taylor	.....	Jim Click (4/2)
13-01.50	dec	Eddie Taylor	.....	Big 12 Outdoors (5/14-16)
12-11.50		Alex Von Hagen	.....	CU Invite (4/10)

<b>Decathlon (7,500 auto/6,900 provisional; 7,645 cu)</b>				
6879		Adam Salzmann	.....	Big 12 Outdoors (5/14-16)
6865		Adam Salzmann	.....	Glenn Morris (4/22-23)
6739		Adam Salzmann	.....	Jim Click (4/1-2)
6212		Eddie Taylor	.....	Big 12 Outdoors (5/14-16)
6168		Eddie Taylor	.....	Jim Click (4/1-2)
6143		Alex Von Hagen	.....	Big 12 Outdoors (5/14-16)
5919		Eddie Taylor	.....	Glenn Morris (4/22-23)
		Alex Von Hagen	.....	Jim Click (4/1-2)

## 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

<b>100 Meters (10.0 cu)</b>				
10.15	w	Jeremy Dodson	.....	Jack Christiansen (4/24)
10.35	pr	Jeremy Dodson	.....	Big 12 Outdoors (5/14-16)
10.41	p	Jeremy Dodson	.....	Big 12 Outdoors (5/14-16)
10.42		Jeremy Dodson	.....	Texas Invite (5/1)
10.52	w	Quinton Dodson	.....	Jack Christiansen (4/24)
10.55		Jeremy Dodson	.....	Michael Johnson (4/17)
10.61		Quinton Dodson	.....	Fum McGraw (5/8)
10.66		A.J. Whitaker	.....	Fum McGraw (5/8)

<b>200 Meters (20.37 cu)</b>				
20.63		Jeremy Dodson	.....	Big 12 Outdoors (5/14-16)
20.65		Jeremy Dodson	.....	Texas Invite (5/1)
20.77	p	Jeremy Dodson	.....	Big 12 Outdoors (5/14-16)
20.92	w	Jeremy Dodson	.....	Jack Christiansen (4/24)
21.13		Quinton Dodson	.....	ASU Invite (3/27)
21.29		Jeremy Dodson	.....	Fum McGraw (5/8)
21.45	p	Quinton Dodson	.....	Big 12 Outdoors (5/14-16)
21.51	w	Quinton Dodson	.....	Jack Christiansen (4/24)

<b>400 Meters (45.64 cu)</b>				
49.34	dec	Adam Salzmann	.....	Big 12 Outdoors (5/14-16)
49.41		Jeremy Dodson	.....	ASU Invite (3/27)
49.50	dec	Adam Salzmann	.....	Jim Click (4/2)
49.94	dec	Adam Salzmann	.....	Glenn Morris (4/22-23)
51.09	dec	Eddie Taylor	.....	Big 12 Outdoors (5/14-16)
51.12	dec	Alex Von Hagen	.....	Big 12 Outdoors (5/14-16)
51.13		Steve Kasica	.....	Tom Benich Classic (4/3)
51.19		Alex Von Hagen	.....	CU Invite (4/10)

<b>800 Meter Run (1:46.47 cu)</b>				
1:51.59	p	Steve Kasica	.....	Big 12 Outdoors (5/14-16)
1:51.80		Steve Kasica	.....	CU Invite (4/10)
1:51.80		Matthew Biegner	.....	CU Invite (4/10)
1:51.99		Steve Kasica	.....	Big 12 Outdoors (5/14-16)
1:52.89		Steve Kasica	.....	Mt SAC Relays (4/15-17)
1:53.85		Grant Duffy	.....	Mt SAC Relays (4/15-17)
1:54.50		Matthew Biegner	.....	Jack Christiansen (4/24)
1:55.03	p	Matthew Biegner	.....	Big 12 Outdoors (5/14-16)

<b>1,500 Meter Run (3:39.74 cu)</b>				
3:48.50		Richard Medina	.....	Payton Jordan Cardinal Invite (5/1)
3:49.39		Kenyon Neuman	.....	Mt SAC Relays (4/15-17)
3:51.76		Matthew Biegner	.....	Mt SAC Relays (4/15-17)
3:52.59	p	Matthew Biegner	.....	Big 12 Outdoors (5/14-16)
3:53.12		Richard Medina	.....	CU Invite (4/10)
3:53.86		Joe Bosshard	.....	Fum McGraw (5/8)
3:53.96		Joe Bosshard	.....	CU Invite (4/10)
3:55.02		Aldo Vega	.....	CU Invite (4/10)

<b>3,000 Meters* (7:50.39 cu)</b>				
8:56.46		Jerome Perkins	.....	CU Invite (4/10)
8:58.53		Nathan Rice	.....	CU Invite (4/10)
9:06.23		Garrett Ward	.....	CU Invite (4/10)
9:12.20		Adam Eckmann	.....	CU Invite (4/10)

<b>5,000 Meters (13:24.56 cu)</b>				
13:48.26		Richard Medina	.....	Mt SAC Relays (4/15-17)
13:49.56		Aldo Vega	.....	Mt SAC Relays (4/15-17)
13:50.17		Matt Tebo	.....	Mt SAC Relays (4/15-17)
13:52.19		Kenyon Neuman	.....	Payton Jordan Cardinal Invite (5/1)
13:54.61		Jordan Kyle	.....	Payton Jordan Cardinal Invite (5/1)
14:01.74		Andy Wacker	.....	Mt SAC Relays (4/15-17)
14:07.31		Joe Bosshard	.....	Mt SAC Relays (4/15-17)

<b>10,000 Meters (28:45.00 auto/29:30.00 provisional; 27:38.50 cu)</b>				
28:15.57		Aldo Vega	.....	Stanford Invitational (3/26)
28:15.57		Jordan Kyle	.....	Stanford Invitational (3/26)
29:25.06		Kenyon Neuman	.....	Big 12 Outdoors (5/14-16)
29:28.18		Richard Medina	.....	Big 12 Outdoors (5/14-16)
29:31.03		Andy Wacker	.....	Stanford Invitational (3/26)
29:31.68		Joe Bosshard	.....	Big 12 Outdoors (5/14-16)
29:33.92		Matt Tebo	.....	Big 12 Outdoors (5/14-16)
29:39.37		Andy Wacker	.....	Big 12 Outdoors (5/14-16)

<b>110 Meter Hurdles (13.3 cu)</b>				
15.19	w	Javen Correia	.....	Jack Christiansen (4/24)
15.19		Javen Correia	.....	Front Range Classic (5/1)
15.18		Javen Correia	.....	CU Invite (4/10)
15.18		Adam Salzmann	.....	Fum McGraw (5/8)
15.26	dec	Adam Salzmann	.....	Glenn Morris (4/22-23)
15.30	dec	Adam Salzmann	.....	Big 12 Outdoors (5/14-16)
15.62	dec	Adam Salzmann	.....	Jim Click (4/2)

<b>400 Meter Hurdles (49.66 cu)</b>				
52.94		Adam Salzmann	.....	Fum McGraw (5/8)
53.38		Kyle MacIntosh	.....	CU Invite (4/10)
53.56		Kyle MacIntosh	.....	Fum McGraw (5/8)
53.98		Kyle MacIntosh	.....	Michael Johnson (4/17)
54.21		Jordan Aguilar	.....	Fum McGraw (5/8)
54.33		Adrian Gomez	.....	CU Invite (4/10)
54.50		Matthew McCathran	.....	CU Invite (4/10)

# 2010 MEN'S OUTDOOR PERFORMANCE LIST

## JORDAN AGUILAR

<b>100 Meters (12.01 pr)</b>		
12.01	pr	Tom Benich Classic (4/3) ..... 22nd
<b>200 Meters (22.7)</b>		
<b>110 Meter Hurdles (15.2 pr)</b>		
16.06		Jack Christiansen Invite (4/24) ..... 10th
<b>400 Meter Hurdles (54.21 pr)</b>		
54.21	pr	Fum McGraw (5/8) ..... 6th
54.77		Front Range Classic (5/1) ..... 7th
55.22		Jack Christiansen Invite (4/24) ..... 2nd
56.45		CU Invite (4/10) ..... 13th
56.57		Tom Benich Classic (4/3) ..... 12th

## PATRICK BACHMANN

<b>Shot Put (43-01.50 pr)</b>		
<b>Discus (164-10 pr)</b>		
160-05		Jack Christiansen Invite (4/24) ..... 5th
159-04		Tom Benich Classic (4/3) ..... 10th
157-09		Mt. SAC Relays (4/16) ..... 13th (university/open)
157-09		Big 12 Outdoors (5/14-16) ..... 14th
157-05		Fum McGraw (5/8) ..... 9th
157-01		Front Range Classic (5/1) ..... 13th
139-08		CU Invite (4/10) ..... 21st
<b>Hammer Throw (189-03 pr)</b>		
176-10		Big 12 Outdoors (5/14-16) ..... 11th
176-03		Fum McGraw (5/8) ..... 4th
174-05		Tom Benich Classic (4/3) ..... 7th
170-07		Mt. SAC Relays (4/16) ..... 16th (university/open)
168-07		Front Range Classic (5/1) ..... 8th
165-08		CU Invite (4/10) ..... 9th
154-07		Jack Christiansen Invite (4/24) ..... 11th

## MATT BIEGNER

<b>400 Meters (51.68 pr)</b>		
51.68	pr	Tom Benich Classic (4/3) ..... 12th
<b>800 Meters (1:51.97 pr)</b>		
1:51.97	pr	CU Invite (4/10) ..... 4th
1:54.50		Jack Christiansen Invite (4/24) ..... 2nd
1:55.03	p	Big 12 Outdoors (5/14-16) ..... 26th
<b>1500 Meters (3:51.76 pr)</b>		
3:51.76	pr	Mt. SAC Relays (4/16) ..... 41st (university/open)
3:52.59	p	Big 12 Outdoors (5/14-16) ..... 14th
3:55.97		Fum McGraw (5/8) ..... 2nd

## JOE BOSSHARD

<b>1500 Meters (3:53.86 pr)</b>		
3:53.86	pr	Fum McGraw (5/8) ..... 1st
3:53.96		CU Invite (4/10) ..... 2nd
<b>5000 Meters (14:07.31 pr)</b>		
14:07.31	pr	Mt. SAC Relays (4/16) ..... 12th (university/open-A)
14:14.15		Big 12 Outdoors (5/14-16) ..... 9th
<b>10000 Meters (29:31.68 pr)</b>		
29:31.68	pr	Big 12 Outdoors (5/14-16) ..... 6th

## NIKLAS CEDERSTROM

<b>Shot Put (44-05.50 pr)</b>		
44-00.50		CU Invite (4/10) ..... 14th
42-00		Jack Christiansen Invite (4/24) ..... 12th
40-11.75		Front Range Classic (5/1) ..... 15th
40-10.50		Tom Benich Classic (4/3) ..... 20th
<b>Discus (146-10 pr)</b>		
141-09		Jack Christiansen Invite (4/24) ..... 17th
138-04		CU Invite (4/10) ..... 24th
136-10		Fum McGraw (5/8) ..... 15th
134-10		Baldy Castillo Invite (3/20) ..... 20th
134-02		Front Range Classic (5/1) ..... 24th
119-10		Tom Benich Classic (4/3) ..... 32nd
<b>Hammer Throw (153-04 pr)</b>		
153-04	pr	Jack Christiansen Invite (4/24) ..... 12th
151-07		CU Invite (4/10) ..... 16th
148-10		Fum McGraw (5/8) ..... 11th
145-06		Tom Benich Classic (4/3) ..... 18th
145-05		Front Range Classic (5/1) ..... 13th

## DANE CHOBANIAN

<b>Shot Put (49-05.50 pr)</b>		
49-05.50	pr	Tom Benich Classic (4/3) ..... 9th
48-04.75		Front Range Classic (5/1) ..... 11th
48-00		Fum McGraw (5/8) ..... 9th
43-10.50		CU Invite (4/10) ..... 15th
43-05		Big 12 Outdoors (5/14-16) ..... 15th
42-10.75		Jack Christiansen Invite (4/24) ..... 11th
<b>Discus (182-03 pr)</b>		
182-03	pr	Beach Invitational (4/17) ..... 2nd
168-06		Jack Christiansen Invite (4/24) ..... 4th
166-04		Tom Benich Classic (4/3) ..... 4th
166-01		CU Invite (4/10) ..... 4th
162-02		Front Range Classic (5/1) ..... 10th
158-05		Big 12 Outdoors (5/14-16) ..... 12th
153-01		Fum McGraw (5/8) ..... 10th
153-00		Mt. SAC Relays (4/16) ..... 19th (university/open)
<b>Hammer Throw (158-05 pr)</b>		
158-05	pr	CU Invite (4/10) ..... 13th
154-03		Tom Benich Classic (4/3) ..... 13th

## CAMERON CLAYTON

<b>1500 Meters (4:07.45 pr)</b>		
4:11.25		Fum McGraw (5/8) ..... 11th
<b>Steeplechase (9:24.9h pr)</b>		
9:24.9h	pr	Mt. SAC Relays (4/15) ..... 6th (University/Open)
9:32.80		Big 12 Outdoors (5/14-16) ..... 15th
9:42.97		CU Invite (4/10) ..... 1st
10:04.38		Tom Benich Classic (4/3) ..... 8th

## JAVEN CORREIA

<b>100 Meters (11.59 pr)</b>		
11.59	pr	Jack Christiansen Invite (4/24) ..... 20th
<b>110 Meter Hurdles (15.15 pr)</b>		
15.15	w/pr	Jack Christiansen Invite (4/24) ..... 4th
15.17		Front Range Classic (5/1) ..... 6th
15.18		CU Invite (4/10) ..... 5th
16.06		Tom Benich Classic (4/3) ..... 7th
<b>200 Meters (23.52 pr)</b>		
23.52	pr	CU Invite (4/10) ..... 23rd
24.98		Tom Benich Classic (4/3) ..... 28th

## JASON DEWITT

<b>Decathlon (5557 pr)</b>		
5557		Glenn Morris (4/22-23) ..... 4th
<b>100 Meters (11.88 pr)</b>		
11.88	pr/dec	Glenn Morris (4/22) ..... 3rd
12.44		Tom Benich Classic (4/3) ..... 28th
<b>Long Jump (22-11.50 pr)</b>		
20-00.25	dec	Glenn Morris (4/22) ..... 1st
<b>Shot Put</b>		
33-05.75	dec	Glenn Morris (4/22) ..... 3rd
<b>High Jump (6-8 pr)</b>		
6-08		Front Range Classic (5/1) ..... 3rd
6-04.75		Tom Benich Classic (4/3) ..... 16th
6-03.25	dec	Glenn Morris (4/22) ..... 2nd
6-02		Fum McGraw (5/8) ..... 6th
<b>400 Meters (55.89 pr)</b>		
54.60	dec	Glenn Morris (4/22) ..... 4th
55.89	pr	CU Invite (4/10) ..... 25th
<b>110 Meter Hurdles (14.65 pr)</b>		
15.69	dec	Glenn Morris (4/23) ..... 1st
15.87		CU Invite (4/10) ..... 13th
16.37		Tom Benich Classic (4/3) ..... 13th
<b>Discus</b>		
83-11	dec	Glenn Morris (4/23) ..... 1st
<b>Pole Vault (11-11.75 pr)</b>		
11-11.75	pr	CU Invite (4/10) ..... 9th
11-07.75	dec	Glenn Morris (4/23) ..... 1st
<b>Javelin (110-02 pr)</b>		
110-02	pr/dec	Glenn Morris (4/23) ..... 2nd
<b>1500 Meters (5:20.77 pr)</b>		
5:20.77	pr/dec	Glenn Morris (4/23) ..... 1st
<b>Triple Jump (45-01 pr)</b>		

# 2010 MEN'S OUTDOOR PERFORMANCE LIST

## JEREMY DODSON

<b>100 Meters (10.15 w/pr)</b>		
10.15	w/pr	Jack Christiansen Invite (4/24)..... 1st
10.35		Big 12 Outdoors (5/14-16).....3rd
10.41	p	Big 12 Outdoors (5/14-16)..... 5th
10.42		Texas Invite (5/1).....5th
10.55		Michael Johnson Classic (4/17)..... 1st
10.72	p	Michael Johnson Classic (4/17)..... 7th
<b>200 Meters (20.37 pr)</b>		
20.63	pr	Big 12 Outdoors (5/14-16).....3rd
20.65		Texas Invite (5/1).....2nd
20.77	p	Big 12 Outdoors (5/14-16).....3rd
20.92	w	Jack Christiansen Invite (4/24)..... 1st
21.13		ASU Invite (3/27).....3rd
<b>400 Meters (47.88 pr)</b>		
49.41		ASU Invite (3/27)..... 11th

## QUINTON DODSON

<b>100 Meters (10.52 pr)</b>		
10.52	w/pr	Jack Christiansen Invite (4/24).....3rd
10.61		Fum McGraw (5/8).....t2nd
11.09	p	Michael Johnson Classic (4/17).....22nd
<b>200 Meters (21.29 pr)</b>		
21.29	pr	Fum McGraw (5/8).....2nd
21.45		Big 12 Outdoors (5/14-16).....12th
21.51	w	Jack Christiansen Invite (4/24).....3rd
21.68		CU Invite (4/10).....2nd
22.30		Michael Johnson Classic (4/17).....t11th
22.61		Tom Benich Classic (4/3).....5th

## GRANT DUFFY

<b>400 Meters (52.76 pr)</b>		
52.76	pr	Jack Christiansen Invite (4/24).....14th
<b>800 Meters (1:53.85 pr)</b>		
1:53.85	pr	Mt. SAC Relays (4/16).....31st (university/open)
1:55.63		Tom Benich Classic (4/3).....6th
1:59.51		Front Range Classic (5/1).....13th
<b>1500 Meters (4:21.40 pr)</b>		

## ADAM ECKMANN

<b>1500 Meters (4:07.72 pr)</b>		
4:07.72	pr	Tom Benich Classic (4/3).....19th
4:13.18		Jack Christiansen Invite (4/24).....17th
<b>3000 Meters (9:12.20 pr)</b>		
9:12.20	pr	CU Invite (4/10).....28th

## BROCK EMORY

<b>Pole Vault (11-11.75 pr)</b>		
11-11.75	pr	CU Invite (4/10).....9th
<b>High Jump (6-4 pr)</b>		
5-10.75		Tom Benich Classic (4/3).....t12th
<b>Javelin (116-07 pr)</b>		
116-07	pr	Tom Benich Classic (4/3).....13th
<b>100 Meters (12.30 pr)</b>		
12.30	pr	Tom Benich Classic (4/3).....26th
<b>110 Meter Hurdles (14.76 pr)</b>		
15.93		CU Invite (4/10).....14th
16.55		Tom Benich Classic (4/3).....15th

## KEVIN FASING

<b>Javelin (216-06 pr)</b>		
189-11		CU Invite (4/10).....3rd
188-01		Tom Benich Classic (4/3).....3rd
186-02		Mt. SAC Relays (4/16).....16th (invitational)
179-11		Big 12 Outdoors (5/14-16).....14th
170-07		Jack Christiansen Invite (4/24).....2nd

## MICHAEL FIELD

<b>Shot Put (49-11 pr)</b>		
49-11	pr	Jack Christiansen Invite (4/24).....6th
48-11.75		CU Invite (4/10).....7th
48-11		Fum McGraw (5/8).....8th
46-10.00		Tom Benich Classic (4/3).....12th
<b>Hammer Throw (130-02)</b>		
130-02	pr	CU Invite (4/10).....28th
124-07		Tom Benich Classic (4/3).....22nd
118-11		Fum McGraw (5/8).....16th

## ADRIAN GOMEZ

<b>100 Meters (10.99 pr)</b>		
10.99	pr	Jack Christiansen Invite (4/24).....10th
<b>200 Meters (22.12 pr)</b>		
<b>400 Meters (48.53 pr)</b>		
<b>800 Meters (1:56.63 pr)</b>		
<b>400 Meter Hurdles (52.69 pr)</b>		
54.33		CU Invite (4/10).....6th
55.65		Jack Christiansen Invite (4/24).....4th
55.92		Tom Benich Classic (4/3).....9th

## CAMERON HUTCHINS

<b>Discus (131-00 pr)</b>		
131-00	pr	Fum McGraw (5/8).....18th
127-09		CU Invite (4/10).....29th
125-09		Tom Benich Classic (4/3).....29th
<b>Hammer Throw (134-04 pr)</b>		
134-04	pr	Fum McGraw (5/8).....13th
133-11		Tom Benich Classic (4/3).....21st
129-06		CU Invite (4/10).....29th

## TODD IPSEN

<b>Decathlon (5017 pr)</b>		
5017	pr	Glenn Morris (4/22).....5th
<b>100 Meters (12.09 pr)</b>		
12.09	dec	Glenn Morris (4/22).....8th
<b>Long Jump (19-06.75 pr)</b>		
19-03.50	dec	Glenn Morris (4/22).....6th
<b>Shot Put (33-11.25 pr)</b>		
33-11.25	pr/dec	Glenn Morris (4/22).....4th
<b>High Jump (6-03.50 pr)</b>		
6-01.25		CU Invite (4/10).....t11th
5-11.50	dec	Glenn Morris (4/22).....4th
<b>400 Meters (52.80 pr)</b>		
54.37	dec	Glenn Morris (4/22).....3rd
<b>110 Meter Hurdles (16.89 pr)</b>		
16.89	pr/dec	Glenn Morris (4/23).....4th
<b>Discus (91-11 pr)</b>		
91-11	dec	Glenn Morris (4/23).....3rd
<b>Pole Vault</b>		
<b>Javelin (143-10 pr)</b>		
143-10	pr	CU Invite (4/10).....14th
127-04	dec	Glenn Morris (4/23).....3rd
<b>1500 Meters (4:59.39 pr)</b>		
4:59.39	dec	Glenn Morris (4/23).....3rd

## EVAN JOHNSTON

<b>800 Meters (1:58.06 pr)</b>		
1:58.06	pr	CU Invite (4/10).....16th
1:59.32		Tom Benich Classic (4/3).....19th

## STEVE KASICA

<b>400 Meters (51.13 pr)</b>		
51.13	pr	Tom Benich Classic (4/3).....9th
52.26		Jack Christiansen Invite (4/24).....13th
<b>800 Meters (1:51.59 pr)</b>		
1:51.59	pr/p	Big 12 Outdoors (5/14-16).....4th
1:51.80		CU Invite (4/10).....2nd
1:51.99		Big 12 Outdoors (5/14-16).....7th
1:52.89		Mt. SAC Relays (4/16).....22nd (university/open)
1:55.16		Front Range Classic (5/1).....6th

## JORDAN KYLE

<b>1500 Meters (4:00.04 pr)</b>		
4:04.55		Jack Christiansen Invite (4/24).....7th
<b>5,000 Meters (13:54.61 pr)</b>		
13:54.61	pr	Payton Jordan Cardinal Invite (5/1) 9th (2nd section)
<b>10,000 Meters (28:52.29 pr)</b>		
29:20.97		Stanford Invite (3/26).....20th (section 1)

## KYLE MacINTOSH

<b>400 Meter Hurdles (53.38 pr)</b>		
53.38	pr	CU Invite (4/10).....2nd
53.56		Fum McGraw (5/8).....5th
53.98		Michael Johnson Classic (4/17).....6th
54.52	p	Big 12 Outdoors (5/14-16).....18th

## MATTHEW McCATHRAN

<b>200 Meters (22.40 pr)</b>		
<b>400 Meters (49.09 pr)</b>		
<b>400 Meter Hurdles (54.50 pr)</b>		
54.50	pr	CU Invite (4/10).....7th
54.87		Front Range Classic (5/1).....8th
55.65		Tom Benich Classic (4/3).....8th
55.85		Jack Christiansen Invite (4/24).....5th

# 2010 MEN'S OUTDOOR PERFORMANCE LIST

## RICHARD MEDINA

<b>1,500 Meters (3:48.50 pr)</b>	
3:48.50	pr Payton Jordan Cardinal Invite (5/1) 2nd (4th section)
3:53.12	CU Invite (4/10) ..... 1st
<b>5,000 Meters (13:48.26 pr)</b>	
13:48.26	pr Mt. SAC Relays (4/16) .. 2nd (Olympic Development)
14:07.23	Big 12 Outdoors (5/14-16).....2nd
<b>10,000 Meters (29:28.18 pr)</b>	
29:28.18	pr Big 12 Outdoors (5/14-16)..... 5th

## TREY MULLEN

<b>Discus (156-02 pr)</b>	
156-02	pr Big 12 Outdoors (5/14-16)..... 16th
156-01	CU Invite (4/10) .....t8th
147-09	Tom Benich Classic (4/3) ..... 16th
142-11	Jack Christiansen Invite (4/24)..... 15th
136-02	Fum McGraw (5/8) ..... 16th
<b>Hammer Throw (171-00 pr)</b>	
171-00	pr Fum McGraw (5/8) ..... 7th
164-00	Jack Christiansen Invite (4/24)..... 8th
163-01	Big 12 Outdoors (5/14-16)..... 16th
162-00	CU Invite (4/10) ..... 12th

## KENYON NEUMAN

<b>800 Meters (1:55.83 pr)</b>	
1:56.60	CU Invite (4/10) ..... 13th
<b>1,500 Meters (3:45.54 pr)</b>	
3:49.39	Mt. SAC Relays (4/16) ..... 16th (university/open)
<b>5,000 Meters (13:45.54 pr)</b>	
13:52.19	Payton Jordan Cardinal Invite (5/1) 18th (1st section)
<b>10,000 Meters (29:25.06 pr)</b>	
29:25.06	pr Big 12 Outdoors (5/14-16)..... 2nd

## JEROME PERKINS

<b>1,500 Meters (4:13.90 pr)</b>	
4:13.90	pr Tom Benich Classic (4/3) ..... 29th
<b>3,000 Meters (8:56.46 pr)</b>	
8:56.46	pr CU Invite (4/10) ..... 15th
<b>5,000 Meters (15:34.73 pr)</b>	
15:34.73	pr Jack Christiansen Invite (4/24)..... 1st

## TRAVIS PUTNAM

<b>800 Meters (1:55.96 pr)</b>	
1:55.96	pr Fum McGraw (5/8) ..... 3rd
1:56.02	Mt. SAC Relays (4/16) ..... 57th (university/open)
1:56.42	CU Invite (4/10) ..... 11th
1:56.78	Tom Benich Classic (4/3) ..... 11th
2:00.17	Jack Christiansen Invite (4/24)..... 8th

## NATHAN RICE

<b>1,500 Meters (4:17.81 pr)</b>	
4:17.81	pr Tom Benich Classic (4/3) ..... 38th
<b>3000 Meters (8:58.53 pr)</b>	
8:58.53	pr CU Invite (4/10) ..... 17th
<b>5000 Meters (15:46.61 pr)</b>	
15:46.61	pr Jack Christiansen Invite (4/24)..... 4th

## ADAM SALZMANN

<b>Decathlon (6879 points pr)</b>	
6879	pr Big 12 Outdoors (5/14-15)..... 4th
6865	Glenn Morris (4/22-23) ..... 1st
6739	Jim Click (4/2) ..... 4th
<b>100 Meters (11.21 pr)</b>	
11.21	pr/dec Glenn Morris (4/22) ..... 3rd
11.24	dec Big 12 Outdoors (5/14) ..... 6th
11.38	dec Jim Click (4/1) ..... 4th

## Long Jump (21-05.25 pr)

21-02.75	dec Jim Click (4/1) ..... 10th
21-00	dec Glenn Morris (4/22) ..... 1st
19-11.75	dec Big 12 Outdoors (5/14)..... 10th

## Shot Put (38-11.75 pr)

35-07.25	dec Big 12 Outdoors (5/14)..... 11th
35-06.50	dec Glenn Morris (4/22) ..... 3rd
34-02.75	dec Jim Click (4/1) ..... 13th

## High Jump (6-02 pr)

6-02	pr/dec Glenn Morris (4/22) ..... 2nd
5-10.75	dec Big 12 Outdoors (5/14)..... 9th
5-10	dec Jim Click (4/1) ..... t10th

## 400 Meters (48.80 pr)

49.34	dec Big 12 Outdoors (5/14)..... 3rd
49.50	dec Jim Click (4/1) ..... 2nd
49.94	dec Glenn Morris (4/22) ..... 1st

## 110 Meter Hurdles (15.18 pr)

15.18	pr Fum McGraw (5/8) ..... 6th
15.26	dec Glenn Morris (4/23) ..... 1st
15.30	dec Big 12 Outdoors (5/15)..... 4th
15.62	dec Jim Click (4/2) ..... 4th

## Discus (116-09 pr)

116-09	dec/pr Big 12 Outdoors (5/15)..... 6th
112-11	dec Glenn Morris (4/23) ..... 1st
96-10	dec Jim Click (4/2) ..... 12th

## Pole Vault (15-05 pr)

15-05	pr/dec Big 12 Outdoors (5/15)..... t2nd
14-11	dec Glenn Morris (4/23) ..... 1st
14-09	dec Jim Click (4/2) ..... 4th

## Javelin (154-10 pr)

154-10	pr/dec Jim Click (4/2) ..... 8th
142-01	dec Big 12 Outdoors (5/15)..... 9th
140-00	dec Glenn Morris (4/23) ..... 2nd

## 1,500 Meters (4:25.92 pr)

4:25.92	pr/dec Jim Click (4/2) ..... 2nd
4:28.14	dec Big 12 Outdoors (5/15)..... 2nd
4:36.76	dec Glenn Morris (4/23) ..... 1st

## 400 Meter Hurdles (52.94 pr)

52.94	pr Fum McGraw (5/8) ..... 3rd
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## NATE TALBOTT

<b>Discus (135-06 pr)</b>	
135-06	pr Tom Benich Classic (4/3) ..... 23rd
<b>Hammer Throw (152-08 pr)</b>	
152-08	pr Tom Benich Classic (4/3) ..... 16th
148-01	Jack Christiansen Invite (4/24)..... 14th
142-05	CU Invite (4/10) ..... 21st

## GEO TAM

<b>400 Meters (56.30 pr)</b>	
56.30	pr Tom Benich Classic (4/3) ..... 33rd
<b>800 Meters (1:57.62 pr)</b>	
1:57.62	pr Fum McGraw (5/8) ..... 5th
1:58.93	Front Range Classic (5/1) ..... 12th
2:00.42	CU Invite (4/10) ..... 19th
2:02.98	Jack Christiansen Invite (4/24)..... 12th

# 2010 MEN'S OUTDOOR PERFORMANCE LIST

## EDDIE TAYLOR

<b>Decathlon (6212 points)</b>		
6212	pr	Big 12 Outdoors (5/14-15)..... 7th
6168		Jim Click (4/1-2) ..... 10th
5923		Glenn Morris (4/22-23)..... 1st

### 100 Meters (11.21 pr)

11.21	pr	Fum McGraw (5/8) ..... 10th
11.26	dec	Glenn Morris (4/22) ..... 4th
11.42	dec	Big 12 Outdoors (5/14)..... 8th
11.60	dec	Jim Click (4/2) ..... 8th

### Long Jump (20-03 pr)

20-03	pr/dec	Jim Click (4/2) ..... 13th
19-09	dec	Glenn Morris (4/22) ..... 5th
19-06	dec	Big 12 Outdoors (5/14)..... 11th
19-00.50		CU Invite (4/10) ..... 16th

### Shot Put (38-07.50 pr)

38-07.50	pr/dec	Big 12 Outdoors (5/14)..... 7th
38-01.25	dec	Jim Click (4/2) ..... 9th
33-10.25	dec	Glenn Morris (4/22) ..... 5th

### High Jump (6-00.75 pr)

6-00.75	pr/dec	Glenn Morris (4/22) ..... 3rd
6-00	dec	Big 12 Outdoors (5/15)..... t7th
6-00		Fum McGraw (5/8) ..... 6th
5-11.25	dec	Jim Click (4/2) ..... t8th

### 400 Meters (50.93 pr)

51.12	dec	Big 12 Outdoors (5/14)..... 9th
51.69	dec	Glenn Morris (4/22) ..... 2nd
52.17	dec	Jim Click (4/2) ..... 7th

### 110 Meter Hurdles (16.60 pr)

16.60	pr	Fum McGraw (5/8) ..... 9th
16.73		CU Invite (4/10) ..... 23rd
16.81	dec	Glenn Morris (4/23) ..... 3rd
16.92	dec	Big 12 Outdoors (5/15)..... 9th
17.06	dec	Jim Click (4/2) ..... 8th

### Discus (110-08 pr)

110-08	pr/dec	Jim Click (4/2) ..... 10th
98-01	dec	Big 12 Outdoors (5/15)..... 10th
82-04	dec	Glenn Morris (4/23) ..... 5th

### Pole Vault (13-11.25 pr)

13-11.25	dec	Glenn Morris (4/23) ..... 3rd
13-09	pr/dec	Jim Click (4/2) ..... t6th
13-01.50	dec	Big 12 Outdoors (5/15)..... 7th

### Javelin (122-10 pr)

122-10	pr/dec	Big 12 Outdoors (5/15)..... 10th
107-01	dec	Jim Click (4/2) ..... 13th
103-08	dec	Glenn Morris (4/23) ..... 5th

### 1500 Meters (4:30.47 pr)

4:30.47	pr/dec	Big 12 Outdoors (5/15)..... 3rd
4:35.39	dec	Jim Click (4/2) ..... 3rd
4:54.49	dec	Glenn Morris (4/23) ..... 2nd

### 400 Meter Hurdles (57.00 pr)

57.00	pr	CU Invite (4/10) ..... 15th
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## MATT TEBO

### 1500 Meters (3:55.50 pr)

3:55.50	pr	Front Range Classic (5/1) ..... 2nd
3:56.37		CU Invite (4/10) ..... 5th

### 5000 Meters (13:50.17 pr)

13:50.17	pr	Mt. SAC Relays (4/16) .... 7th (Olympic development)
14:10.75		Big 12 Outdoors (5/14-16)..... 7th

### 10000 Meters (29:33.92 pr)

29:33.92	pr	Big 12 Outdoors (5/14-16)..... 7th
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## CHRISTIAN THOMPSON

### 1,500 Meters (3:58.46 pr)

4:01.99		CU Invite (4/10) ..... 11th
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### Steeplechase (8:49.38 pr)

9:03.04		Mt SAC Relays (4/15-17) ..... 14th - invitational
9:08.18		Big 12 Outdoors (5/14-16)..... 7th
9:21.63		Payton Jordan Cardinal Invite (5/1)..... 20th

## TYLER THOMPSON

### Long Jump (22-04 pr)

21-10.75		Tom Benich Classic (4/3) ..... 8th
21-05.25		CU Invite (4/10) ..... 7th
21-03.50		Jack Christiansen Invite (4/24)..... 6th
21-00		CSU-Pueblo Invite (4/17) ..... 10th

### Triple Jump (46-09.25 pr)

43-04.50		Jack Christiansen Invite (4/24)..... 7th
42-07.50		CU Invite (4/10) ..... 9th
40-03.25		Tom Benich Classic (4/3) ..... 13th

## JAKE TIMMONS

### High Jump (6-07 pr)

6-07	pr	CU Invite (4/10) ..... t2nd
6-04.75		Tom Benich Classic (4/3) ..... t4th
6-04		Fum McGraw (5/8) ..... 3rd

## ARIC VAN HALEN

### 1500 Meters (3:59.16 pr)

3:59.16	pr	Fum McGraw (5/8) ..... 3rd
4:07.57		CU Invite (4/10) ..... 18th

### Steeplechase (9:12.42 pr)

9:12.42	pr	Big 12 Outdoors (5/14-16)..... 10th
9:12.7h		Mt. SAC Relays (4/15) ..... 3rd (university/open)

## ALDO VEGA

### 1500 Meters (3:50 pr)

3:55.02		CU Invite (4/10) ..... 3rd
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### 5000 Meters (13:49.56 pr)

13:49.56	pr	Mt. SAC Relays (4/16) ... 5th (Olympic Development)
14:18.97		Big 12 Outdoors (5/14-16)..... 12th
14:50.36		Big 12 Outdoors (5/14-16)..... 26th

### 10,000 Meters (29:15.57 pr)

29:15.57	pr	Stanford Invite (3/26)..... 18th (section 1)
29:41.19		Big 12 Outdoors (5/14-16)..... 9th

## ALEX VON HAGEN

### Decathlon (6584 points)

6143		Big 12 Outdoors (5/14-15)..... 8th
5919		Jim Click (4/1-2) ..... 13th

### 100 Meters (11.18 pr)

11.46	dec	Glenn Morris (4/22) ..... 5th
11.53	dec	Big 12 Outdoors (5/14)..... 10th
11.58	dec	Jim Click (4/1) ..... 7th

### Long Jump (21-10 pr)

21-10	pr/dec	Jim Click (4/1) ..... 8th
21-02.75	dec	Big 12 Outdoors (5/14)..... 7th
20-03	dec	Glenn Morris (4/22) ..... 2nd

### Shot Put (37-02.25 pr)

37-02.25	pr/dec	Jim Click (4/1) ..... 10th
36-04.75	dec	Big 12 Outdoors (5/14)..... 9th
36-04.25	dec	Glenn Morris (4/22) ..... 2nd

### High Jump (6-06.25 pr)

6-04.75	dec	Big 12 Outdoors (5/14)..... 4th
6-04	dec	Jim Click (4/1) ..... t3rd
5-11.50	dec	Glenn Morris (4/22) ..... 14th

### 400 Meters (50.88 pr)

51-09	dec	Big 12 Outdoors (5/15)..... 8th
51.19		CU Invite (4/10) ..... 9th
51.98	dec	Jim Click (4/1) ..... 6th

### 110 Meter Hurdles (16.51 pr)

16.51	pr	CU Invite (4/10) ..... 22nd
16.58	dec	Big 12 Outdoors (5/15)..... 8th

### Discus (118-10 pr)

118-10	pr/dec	Jim Click (4/2) ..... 7th
103-06	dec	Big 12 Outdoors (5/15)..... 8th

### Pole Vault (13-09 pr)

13-09	pr/dec	Jim Click (4/2) ..... t6th
12-11.50		CU Invite (4/10) ..... t6th

### Javelin (188-06 pr)

188-06	pr/dec	Big 12 Outdoors (5/15)..... 2nd
182-02		Fum McGraw (5/8) ..... 2nd
149-03	dec	Jim Click (4/2) ..... 11th

### 1500 Meters (4:38.28 pr)

4:26.83	dec	Big 12 Outdoors (5/15)..... 8th
4:47.11	dec	Jim Click (4/2) ..... 8th

## ANDY WACKER

### 1500 Meters (3:52.21 pr)

3:55.53		Front Range Classic (5/1) ..... 3rd
3:55.69		CU Invite (4/10) ..... 4th

### 5000 Meters (14:01.74 pr)

14:01.74	pr	Mt. SAC Relays (4/16)9th (university/open division-A)
14:14:13.10		Big 12 Outdoors (5/14-16)..... 8th

### 10000 Meters (29:31.03 pr)

29:31.03	pr	Stanford Invite (3/26)..... 22nd (section 1)
29:39.37		Big 12 Outdoors (5/14-16)..... 8th

# 2010 MEN'S OUTDOOR PERFORMANCE LIST

## GARRETT WARD

### 1,500 Meters (4:11.68 pr)

4:11.68 pr Tom Benich Classic (4/3) ..... 25th

### 3000 Meters (9:06.23 pr)

9:06.23 pr CU Invite (4/10) ..... 21st

## A.J. WHITAKER

### 100 Meters (10.55 pr)

10.66 Fum McGraw (5/8) ..... 5th

10.79 p Big 12 Outdoors (5/14-16) ..... 16th

### 200 Meters (21.43 pr)

21.54 Fum McGraw (5/8) ..... 4th

22.10 CU Invite (4/10) ..... 5th

22.43 Jack Christiansen Invite (4/24) ..... 9th

# 2010 WOMEN'S OUTDOOR PERFORMANCE LIST (May 16)

## SEASON RESULTS

M 20	POTTS INVITATIONAL (Boulder).....	canceled
M 26-27	at Stanford Invitational (Stanford, Calif.).....	NTS
A 1-2	at Jim Click Shootout (Tucson, Ariz.).....	NTS
A 3	at Tom Benich Classic (Greeley, Colo.).....	NTS
A 10	COLORADO INVITATIONAL (Boulder).....	NTS
A 14-17	at Mt. SAC Relays (Walnut, Calif.).....	NTS
A 17	at Michael Johnson (Waco, Texas).....	NTS
A 22-23	at Glenn Morris (Fort Collins, Colo.).....	NTS
A 23-24	at Brutus Hamilton Invite (Berkeley, Calif.).....	NTS
A 24	at Jack Christiansen Invitational (Fort Collins, Colo.).....	2nd/10
M 1	at Front Range Classic (Fort Collins, Colo.).....	5th/5
M 1	at Cardinal Invitational (Palo Alto, Calif.).....	NTS
M 8	at Fum McGraw Open (Fort Collins, Colo.).....	NTS
M 14-16	at Big 12 Championship (Columbia, Mo.).....	11th/12
M 27-29	at NCAA Preliminaries (Austin, Texas).....	
J 9-12	at NCAA Championships (Eugene, Ore.).....	
J 23-27	at USATF Championship (Des Moines, Iowa).....	

### 100 Meters (11.65 cu)

12.97	Jennifer Gruver.....	CU Invite (4/10)
13.40	Amber Rozier.....	Tom Benich Classic (4/3)
13.42	Jennifer Gruver.....	Tom Benich Classic (4/3)
13.46	Krista Kiper.....	Tom Benich Classic (4/3)

### 200 Meters (23.86 cu)

26.17	hep	Katie Dreher.....	Glenn Morris (4/22-23)
26.23	hep	Katie Dreher.....	Big 12 Outdoors (5/14-16)
26.24	hep	Brianne Beemer.....	Glenn Morris (4/22-23)
26.27		Jennifer Gruver.....	CU Invite (4/10)
26.29	hep	Brianne Beemer.....	Big 12 Outdoors (5/14-16)
26.29		Katie Dreher.....	Fum McGraw (5/8)
26.32	hep	Brianne Beemer.....	Jim Click (4/1)
26.56		Elizabeth Tremblay.....	Jack Christiansen (4/24)

### 400 Meters (54.22 cu)

59.33	Elizabeth Tremblay.....	Jack Christiansen (4/24)
59.40	Brooke Regan.....	Tom Benich Classic (4/3)
59.58	Brooke Regan.....	Jack Christiansen (4/24)
1:00.46	Elizabeth Tremblay.....	Tom Benich Classic (4/3)
1:00.82	Jennifer Gruver.....	Jack Christiansen (4/24)
1:04.09	Precious Lyons.....	Tom Benich Classic (4/3)

### 800 Meter Run (2:03.7 cu)

2:09.81	pr/p	Emma Coburn.....	Big 12 Outdoors (5/14-16)
2:10.61		Emma Coburn.....	CU Invite (4/10)
2:11.25		Elizabeth Tremblay.....	Mt. SAC Relays (4/15-17)
2:11.99		Elizabeth Tremblay.....	Big 12 Outdoors (5/14-16)
2:11.35		Laura Thweatt.....	CU Invite (4/10)
2:11.40		Elizabeth Tremblay.....	CU Invite (4/10)
2:12.44		Emma Coburn.....	Big 12 Outdoors (5/14-16)
2:13.20	hep	Brianne Beemer.....	Jim Click (4/2)

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

4:21.37	Emma Coburn.....	Payton Jordan Cardinal Invite (5/1)
4:25.27	Laura Thweatt.....	Payton Jordan Cardinal Invite (5/1)
4:29.69	Shalaya Kipp.....	Payton Jordan Cardinal Invite (5/1)
4:41.23	Shalaya Kipp.....	CU Invite (4/10)
4:50.19	Kristin Johansen.....	Front Range Classic (5/1)
4:50.65	Camille Logan.....	Fum McGraw (5/8)
4:52.14	Kristin Johansen.....	Tom Benich Classic (4/3)
4:52.31	Megan Burrell.....	Jack Christiansen (4/24)

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

10:14.82	Kristin Johansen.....	CU Invite (4/10)
10:22.63	Jhenya Nahreini.....	CU Invite (4/10)
10:33.85	Camille Logan.....	CU Invite (4/10)
10:42.62	Megan Burrell.....	CU Invite (4/10)

### 5,000 Meters (15:07.64 cu)

16:11.55	Laura Thweatt.....	Mt. SAC Relays (4/15-17)
16:29.38	Shalaya Kipp.....	Mt. SAC Relays (4/15-17)
16:55.12	Laura Thweatt.....	Big 12 Outdoors (5/14-16)
17:09.04	Kristin Johansen.....	Big 12 Outdoors (5/14-16)
17:11.67	Jhenya Nahreini.....	Mt. SAC Relays (4/15-17)
17:21.38	Camille Logan.....	Mt. SAC Relays (4/15-17)

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

34:34.41	Laura Thweatt.....	Stanford Invitational (3/26)
36:00.78	Jhenya Nahreini.....	Stanford Invitational (3/26)
36:24.92	Camille Logan.....	Big 12 Outdoors (5/14-16)
36:43.20	Kristin Johansen.....	Big 12 Outdoors (5/14-16)

### 100 Meter Hurdles (12.98)

15.08	Brianne Beemer.....	CU Invite (4/10)	
15.26	Holly Odneal.....	CU Invite (4/10)	
15.29	hep	Brianne Beemer.....	Big 12 Outdoors (5/14-16)
15.31	Katie Dreher.....	CU Invite (4/10)	
15.45	hep	Brianne Beemer.....	Glenn Morris (4/22-23)
15.46	hep	Holly Odneal.....	Glenn Morris (4/22-23)
15.58	hep	Holly Odneal.....	Big 12 Outdoors (5/14-16)
15.58	hep	Katie Dreher.....	Big 12 Outdoors (5/14-16)

### 400 Meter Hurdles (57.77 cu)

1:00.96	pr	Brianne Beemer.....	Fum McGraw (5/8)
1:01.23		Brianne Beemer.....	Mt. SAC Relays (4/15-17)
1:01.65		Brianne Beemer.....	CU Invite (4/10)
1:02.00		Joi Windham.....	Fum McGraw (5/8)
1:02.18		Brianne Beemer.....	Big 12 Outdoors (5/14-16)
1:02.39		Joi Windham.....	Tom Benich Classic (4/3)
1:02.64		Joi Windham.....	Big 12 Outdoors (5/14-16)

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

9:56.29	Emma Coburn.....	Mt. SAC Relays (4/15-17)
9:56.53	Emma Coburn.....	Big 12 Outdoors (5/14-16)
10:10.48	Shalaya Kipp.....	Big 12 Outdoors (5/14-16)
10:53.14	Shalaya Kipp.....	Fum McGraw (5/8)
10:57.37	Emily Hanenburg.....	Big 12 Outdoors (5/14-16)
11:08.70	Emily Hanenburg.....	Fum McGraw (5/8)

### 4x100 Meter Relay (44.95 cu)

### 4x400 Meter Relay (3:33.07 cu)

3:53.25	J. Windham/Regan/Beemer/E. Tremblay.....	Big 12 Outdoors (5/14-16)
3:53.43	J. Windham/Davis/E. Tremblay/Beemer.....	CU Invite (4/10)
3:57.64	T. Windham/Davis/Rozier/J. Windham.....	Tom Benich Classic (4/3)
3:59.52	J. Windham/Gruver/Rozier/Davis.....	Jack Christiansen (4/24)

### Mile Relay (3:45.53 cu)

### Long Jump (20-10.50 cu)

17-01.50	hep	Katie Dreher.....	Jim Click (4/2)
16-08.75	hep	Brianne Beemer.....	Jim Click (4/2)
16-08.00	hep	Katie Dreher.....	Glenn Morris (4/22-23)
16-05.25	hep	Stephanie Echer.....	Glenn Morris (4/22-23)
16-04.50	hep	Alyssa Frank.....	Jim Click (4/2)
16-03.25	hep	Brianne Beemer.....	Glenn Morris (4/22-23)
16-03.75		Laurisa Canini.....	Jack Christiansen (4/24)
16-01.50		Danielle Reagin.....	Jack Christiansen (4/24)
16-01.50		Laurisa Canini.....	CU Invite (4/10)

### Triple Jump (40-11.5 cu)

37-02.25	Katie Dreher.....	Fum McGraw (5/8)
36-11.00	Katie Dreher.....	CU Invite (4/10)
35-05.75	Katie Dreher.....	Big 12 Outdoors (5/14-16)

### High Jump (6-3 cu)

5-06.50	hep	Alyssa Frank.....	Big 12 Outdoors (5/14-16)
5-06		Laurisa Canini.....	CSU-Pueblo Invite (4/17)
5-04.50	hep	Brianne Beemer.....	Big 12 Outdoors (5/14-16)
5-04.25		Laurisa Canini.....	CU Invite (4/10)
5-05		Laurisa Canini.....	Big 12 Outdoors (5/14-16)
5-03.00		Holly Odneal.....	Tom Benich Classic (4/3)
5-03.00		Sally Page.....	Tom Benich Classic (4/3)
5-03.00		Erin Overcash.....	Tom Benich Classic (4/3)

### Shot Put (54-6 cu)

46-03.50	Kaity Kark.....	Fum McGraw (5/8)
44-10.25	Kaity Kark.....	Big 12 Outdoors (5/14-16)
44-08.75	Kaity Kark.....	UCCS Mines Dual Meet (4/30)
44-00	Chynna McCall.....	Fum McGraw (5/8)
43-09.00	Kaity Kark.....	CU Invite (4/10)
43-06	Chynna McCall.....	Front Range Classic (5/1)
43-04.25	Kaity Kark.....	Jack Christiansen (4/24)
41-07.25	Chynna McCall.....	Tom Benich Classic (4/3)

### Hammer Throw (196-10 cu)

160-04	Kaity Kark.....	CU Invite (4/09)
158-08	Kaity Kark.....	Fum McGraw (5/8)
157-10	Kaity Kark.....	Jack Christiansen (4/24)
154-11	Emily Hunsucker.....	Big 12 Outdoors (5/14-16)
151-08	Kaity Kark.....	Tom Benich Classic (4/3)
151-01	Emily Hunsucker.....	CSU-Pueblo Invite (4/17)
150-04	Chynna McCall.....	Front Range Classic (5/1)
149-10	Max Van Dyke.....	Tom Benich Classic (4/3)

### Javelin (169-5 cu)

127-08	Sally Page.....	CU Invite (4/10)	
121-05	Sally Page.....	Big 12 Outdoors (5/14-16)	
119-09	Sally Page.....	Jack Christiansen (4/24)	
119-04	Sally Page.....	Tom Benich Classic (4/3)	
113-03	hep	Holly Odneal.....	Big 12 Outdoors (5/14-16)
109-04	Max Van Dyke.....	Jack Christiansen (4/24)	
105-08	Alyssa Frank.....	CU Invite (4/10)	
105-06	hep	Alyssa Frank.....	Big 12 Outdoors (5/14-16)

### Discus Throw (181-7 cu)

155-06	Kaity Kark.....	Big 12 Outdoors (5/14-16)
154-07	Kaity Kark.....	Fum McGraw (5/8)
148-07	Kaity Kark.....	Mt. SAC Relays (4/15-17)
146-09	Kaity Kark.....	Jack Christiansen (4/24)
143-07	Kaity Kark.....	CU Invite (4/10)
140-02	Kaity Kark.....	Tom Benich Classic (4/3)
135-08	Kaity Kark.....	UCCS Mines Dual Meet (4/30)
124-00	Emily Hunsucker.....	CU Invite (4/10)

### Pole Vault (12-4 cu)

### Heptathlon (5,893 cu)

4680	Brianne Beemer.....	Big 12 Outdoors (5/14-16)
4669	Brianne Beemer.....	Jim Click (4/1-2)
4540	Brianne Beemer.....	Glenn Morris (4/22-23)
4515	Katie Dreher.....	Jim Click (4/1-2)
4510	Alyssa Frank.....	Big 12 Outdoors (5/14-16)
4445	Katie Dreher.....	Big 12 Outdoors (5/14-16)
4288	Katie Dreher.....	Glenn Morris (4/22-23)
4277	Holly Odneal.....	Big 12 Outdoors (5/14-16)

### Symbol Key

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

# 2010 WOMEN'S OUTDOOR PERFORMANCE LIST

## BRIANNE BEEMER

### Heptathlon (4707 pr)

4680		Big 12 Outdoors (5/14-15).....	7th
4669		Jim Click Combined Events (4/1-2).....	7th
4540		Glenn Morris Multi-Event (4/22-23).....	3rd

### 100 Meter Hurdles (15.08 pr)

15.08	pr	CU Invite (4/10).....	8th
15.29	hep	Big 12 Outdoors (5/14).....	8th
15.45	hep	Glenn Morris Multi-Event (4/22-23).....	3rd
15.63	hep	Jim Click Combined Events (4/1).....	7th

### High Jump (5-03.00 pr)

5-04.25	hep	Big 12 Outdoors (5/14).....	t5th
5-02.25	hep	Glenn Morris Multi-Event (4/22-23).....	5th
5-01.75	hep	Jim Click Combined Events (4/1).....	t6th

### Shot Put (31-04.00 pr)

30-03.75	hep	Big 12 Outdoors (5/14).....	10th
29-10.75	hep	Jim Click Combined Events (4/1).....	10th
29-02.50	hep	Glenn Morris Multi-Event (4/22-23).....	6th

### 200 Meters (26.24 pr)

26.24	pr/hep	Glenn Morris Multi-Event (4/22-23).....	3rd
26.29	hep	Big 12 Outdoors (5/14).....	10th
26.32	hep	Jim Click Combined Events (4/1).....	8th

### Long Jump (16-10.50 pr)

16-08.75	hep	Jim Click Combined Events (4/2).....	8th
16-03.25	hep	Glenn Morris Multi-Event (4/22-23).....	6th
15-11	hep	Big 12 Outdoors (5/15).....	10th

### Javelin (99-10 pr)

98-03		Fum McGraw (5/8).....	6th
97-11	hep	Big 12 Outdoors (5/15).....	9th
96-01	hep	Jim Click Combined Events (4/2).....	9th
83-11	hep	Glenn Morris Multi-Event (4/22-23).....	8th

### 800 Meters (2:13.20 pr)

2:13.20	hep/pr	Jim Click Combined Events (4/2).....	1st
2:16.61	hep	Glenn Morris Multi-Event (4/22-23).....	1st
2:17.31	hep	Big 12 Outdoors (5/15).....	1st

### 400 Meter Hurdles (1:00.96 pr)

1:00.96	pr	Fum McGraw (5/8).....	1st
1:01.23		Mt. SAC Relays (4/16).....	16th (university/open)
1:01.65		CU Invite (4/10).....	1st
1:02.18	p	Big 12 Outdoors (5/14-16).....	11th

## COURTNEY BOUCHET

### 800 Meters (2:26.26 pr)

2:26.26	pr	Front Range Classic (5/1).....	8th
2:29.07		CU Invite (4/10).....	26th

### 1,500 Meters (5:05.36 pr)

5:05.36	pr	Fum McGraw (5/8).....	6th
5:12.80		Tom Benich Classic (4/3).....	33rd
5:19.70		Jack Christiansen (4/24).....	19th

## MEGAN BURRELL

### 800 Meters (2:28.95 pr)

### 1,500 Meters (4:52.31 pr)

4:52.31	pr	Jack Christiansen (4/24).....	3rd
5:02.55		Tom Benich Classic (4/3).....	23rd

### 3,000 Meters (10:42.62 pr)

10:42.62	pr	CU Invite (4/10).....	6th
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## LAURISA CANINI

### High Jump (5-06 pr)

5-06	pr	CSU-Pueblo Invite (4/17).....	2nd
5-05		Big 12 Outdoors (5/14-16).....	t11th
5-04.25		CU Invite (4/10).....	t3rd
5-02.25		Fum McGraw (5/8).....	3rd
5-01.25		Jack Christiansen (4/24).....	3rd
5-01		Tom Benich Classic (4/3).....	t7th

### Long Jump (16-03.75 pr)

16-03.75	pr	Jack Christiansen (4/24).....	7th
16-01.50		CU Invite (4/10).....	10th
15-09.50		Tom Benich Classic (4/3).....	16th
15-08.75		CSU-Pueblo Invite (4/17).....	12th

## EMMA COBURN

### 800 Meters (2:09.81 pr)

2:09.81	p/pr	Big 12 Outdoors (5/14-16).....	4th
2:10.61		CU Invite (4/10).....	1st
2:12.44		Big 12 Outdoors (5/14-16).....	6th

### 1500 Meters (4:21.37 pr)

4:21.37	pr	Payton Jordan Cardinal Invite (5/1) 5th (2nd section)
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### Steeplechase (9:56.29 pr)

9:56.29	pr	Mt. SAC Relays (4/16).....	1st (invitational)
9:56.53		Big 12 Outdoors (5/14-16).....	1st

## SYDNEY DAVIS

### 200 Meters (27.00 pr)

27.00	pr	CU Invite (4/10).....	18th
28.45		Tom Benich Classic (4/3).....	21st

## KATIE DREHER

### Heptathlon (4515 pr)

4515	pr	Jim Click Combined Events (4/2).....	9th
4445		Big 12 Outdoors (5/14-15).....	11th
4288		Glenn Morris Multi-Event (4/22-23).....	5th

### 100 Meter Hurdles (15.31 pr)

15.31	pr	CU Invite (4/10).....	10th
15.58	hep	Big 12 Outdoors (5/14).....	11th
15.74	hep	Glenn Morris Multi-Event (4/22-23).....	6th
15.94	hep	Jim Click Combined Events (4/1).....	9th

### High Jump (5-01.75 pr)

5-01.75	pr/hep	Jim Click Combined Events (4/1).....	t6th
5-01.75	hep	Big 12 Outdoors (5/14).....	t8th
4-09.50	hep	Glenn Morris Multi-Event (4/22-23).....	8th

### Shot Put (30-07.75 pr)

28-08.25	hep	Big 12 Outdoors (5/14).....	12th
27-02.75	hep	Glenn Morris Multi-Event (4/22-23).....	9th
26-10	hep	Jim Click Combined Events (4/1).....	11th

### 200 Meters (26.17 pr)

26.17	pr/hep	Glenn Morris Multi-Event (4/22-23).....	2nd
26.23	hep	Big 12 Outdoors (5/14).....	t7th
26.29		Fum McGraw (5/8).....	8th
26.79	hep	Jim Click Combined Events (4/1).....	9th
26.98		CU Invite (4/10).....	17th

### Long Jump (17-01.50 pr)

17-01.50	hep/pr	Jim Click Combined Events (4/2).....	6th
16-08	hep	Glenn Morris Multi-Event (4/22-23).....	3rd
15-09.75	hep	Big 12 Outdoors (5/15).....	12th

### Javelin (104-02 pr)

104-02	hep/pr	Jim Click Combined Events (4/2).....	7th
98-11		CU Invite (4/10).....	10th
92-10	hep	Big 12 Outdoors (5/15).....	10th
86-02	hep	Glenn Morris Multi-Event (4/22-23).....	6th

### 800 Meters (2:20.14 pr)

2:20.14	hep/pr	Jim Click Combined Events (4/2).....	5th
2:21.68	hep	Big 12 Outdoors (5/15).....	3rd
2:23.48	hep	Glenn Morris Multi-Event (4/22-23).....	2nd

### Triple Jump (38-05 pr)

37-02.25		Fum McGraw (5/8).....	1st
36-11		CU Invite (4/10).....	3rd
35-05.75		Big 12 Outdoors (5/14-16).....	15th

# 2010 WOMEN'S OUTDOOR PERFORMANCE LIST

## STEPHANIE ECHER

<b>Heptathlon (3718 pr)</b>		
3718	hep	Glenn Morris Multi-Event (4/22-23)..... 8th
<b>100 Meter Hurdles (15.4 pr)</b>		
15.74		CU Invite (4/10)..... 16th
17.22	hep	Glenn Morris Multi-Event (4/22-23)..... 9th
18.08		Tom Benich Classic (4/3)..... 22nd
<b>High Jump (4-11 pr)</b>		
4-11	pr	Tom Benich Classic (4/3)..... t11th
4-09.50	hep	Glenn Morris Multi-Event (4/22-23)..... 8th
<b>Shot Put (27-11 pr)</b>		
27-11	hep	Glenn Morris Multi-Event (4/22-23)..... 8th
<b>200 Meters (26.63 pr)</b>		
27.35	hep	Glenn Morris Multi-Event (4/22-23)..... 8th
28.63		Tom Benich Classic (4/3)..... 23rd
<b>Long Jump (15-06 pr)</b>		
15-06.00	pr	Tom Benich Classic (4/3)..... 19th
15-04	hep	Glenn Morris Multi-Event (4/22-23)..... 4th
<b>Javelin (90-07 pr)</b>		
90-07	pr	CU Invite (4/10)..... 13th
87-01	hep	Glenn Morris Multi-Event (4/22-23)..... 9th
<b>800 Meters (2:44.80 pr)</b>		
2:44.80	hep	Glenn Morris Multi-Event (4/22-23)..... 9th
<b>400 Meter Hurdles (1:10.03 pr)</b>		
1:10.03	pr	CU Invite (4/10)..... 15th

## ALYSSA FRANK

<b>Heptathlon (4510 pr)</b>		
4510		Big 12 Outdoors (5/14-15)..... 10th
3558		Jim Click Combined Events (4/2)..... 11th
<b>100 Meter Hurdles (15.73 pr)</b>		
15.68	hep/pr	Big 12 Outdoors (5/14)..... 12th
15.73		CU Invite (4/10)..... 15th
15.78	hep	Jim Click Combined Events (4/1)..... 8th
<b>High Jump (5-06.50 pr)</b>		
5-06.50	hep	Big 12 Outdoors (5/14)..... 4th
5-02.25		Fum McGraw (5/8)..... 4th
5-02.25		CU Invite (4/10)..... 16th
<b>Shot Put (34-04.75 pr)</b>		
34-04.75	hep/pr	Big 12 Outdoors (5/14)..... 7th
33-07.50	hep	Jim Click Combined Events (4/1)..... 6th
<b>200 Meters (27.47 pr)</b>		
27.62	hep	Big 12 Outdoors (5/14)..... 12th
27.91		Fum McGraw (5/8)..... 16th
28.36		CU Invite (4/10)..... 27th
28.85	hep	Jim Click Combined Events (4/1)..... 10th
<b>Long Jump (17-7.75 pr)</b>		
16-04.50	hep	Jim Click Combined Events (4/2)..... 9th
15-10.50	hep	Big 12 Outdoors (5/15)..... 11th
<b>Javelin (105-08 pr)</b>		
105-08	pr	CU Invite (4/10)..... 7th
105-06	hep	Big 12 Outdoors (5/15)..... 7th
102-04	hep	Jim Click Combined Events (4/2)..... 8th
96-10		Fum McGraw (5/8)..... 7th
<b>800 Meters (2:32.69 pr)</b>		
2:32.80	hep	Big 12 Outdoors (5/14-16)..... 9th
2:33.59	hep	Jim Click Combined Events (4/2)..... 9th

## KALI GAJEWSKI

<b>Shot Put (34-07.50 pr)</b>		
34-07.50	pr	Fum McGraw (5/8)..... 8th
34-05.75		Jack Christiansen (4/24)..... 16th
33-06.50		Front Range Classic (5/1)..... 11th
33-04		Tom Benich Classic (4/3)..... 21st
33-03		CU Invite (4/10)..... 20th
<b>Discus (97-00 pr)</b>		
95-06		CU Invite (4/10)..... 29th
95-01		Fum McGraw (5/8)..... 17th
93-11		Front Range Classic (5/1)..... 19th
83-00		Tom Benich Classic (4/3)..... 31st
<b>Hammer Throw (94-05 pr)</b>		
94-05	pr	Fum McGraw (5/8)..... 15th
85-07		Front Range Classic (5/1)..... 17th
79-06		CU Invite (4/10)..... 32nd

## RENATA GARBOWSKI

<b>Heptathlon (3254 pr)</b>		
3254	pr	Glenn Morris Multi-Event (4/22-23)..... 10th
<b>100 Meter Hurdles (17.93 pr)</b>		
17.93	pr	CU Invite (4/10)..... 23rd
18.00	hep	Glenn Morris Multi-Event (4/22-23)..... 10th
19.54		Tom Benich Classic (4/3)..... 26th
<b>High Jump (4-08.25 pr)</b>		
4-08.25	hep	Glenn Morris Multi-Event (4/22-23)..... 11th
<b>Shot Put (24-05.50 pr)</b>		
24-05.50	hep	Glenn Morris Multi-Event (4/22-23)..... 11th
<b>200 Meters (27.91 pr)</b>		
27.91	pr/hep	Glenn Morris Multi-Event (4/22-23)..... 9th
29.07		Tom Benich Classic (4/3)..... 31st
<b>Long Jump (17-03 pr)</b>		
15-10.25	hep	Glenn Morris Multi-Event (4/22-23)..... 7th
15-09		Tom Benich Classic (4/3)..... 17th
14-00.50		CU Invite (4/10)..... 22nd
<b>Javelin (58-05 pr)</b>		
58-05	pr	CU Invite (4/10)..... 22nd
54-03	hep	Glenn Morris Multi-Event (4/22-23)..... 10th
<b>800 Meters (2:48.37 pr)</b>		
2:48.37	hep	Glenn Morris Multi-Event (4/22-23)..... 10th
<b>400 Meter Hurdles (1:12.33 pr)</b>		
1:12.33	pr	CU Invite (4/10)..... 20th

## CATIE GRANDI

<b>Heptathlon (3604 pr)</b>		
3604		Glenn Morris Multi-Event (4/22-23)..... 9th
<b>100 Meter Hurdles (18.42 pr)</b>		
18.42	pr	Glenn Morris Multi-Event (4/22-23)..... 11th
18.93		CU Invite (4/10)..... 25th
19.84		Tom Benich Classic (4/3)..... 27th
<b>High Jump (4-09.50 pr)</b>		
4-09.50	hep/pr	Glenn Morris Multi-Event (4/22-23)..... 8th
<b>Shot Put (26-02.25 pr)</b>		
26-02.25	hep/pr	Glenn Morris Multi-Event (4/22-23)..... 10th
<b>200 Meters (28.32 pr)</b>		
28.32	pr/hep	Glenn Morris Multi-Event (4/22-23)..... 11th
30.06		Tom Benich Classic (4/3)..... 38th
<b>Long Jump (15-03.50 pr)</b>		
15-03.50	pr	CU Invite (4/10)..... 16th
14-11.25		Tom Benich Classic (4/3)..... 17th
14-09.25	hep	Glenn Morris Multi-Event (4/22-23)..... 10th
<b>Javelin (100-08 pr)</b>		
100-08	pr	CU Invite (4/10)..... 9th
91-08	hep	Glenn Morris Multi-Event (4/22-23)..... 4th
<b>800 Meters (2:28.48 pr)</b>		
2:28.48	pr/hep	Glenn Morris Multi-Event (4/22-23)..... 5th
<b>400 Meter Hurdles (1:10.55 pr)</b>		
1:10.55	pr	CU Invite (4/10)..... 16th

## JENNIFER GRUVER

<b>100 Meters (12.97 pr)</b>		
12.97	pr	CU Invite (4/10)..... 9th
13.42		Tom Benich Classic (4/3)..... 14th
<b>200 Meters (26.27 pr)</b>		
26.27	pr	CU Invite (4/10)..... 11th
26.67		Jack Christiansen (4/24)..... 12th
27.08		Tom Benich Classic (4/3)..... 7th
<b>400 Meters (1:00.82 pr)</b>		
1:00.82	pr	Jack Christiansen (4/24)..... 7th

## EMILY HANENBURG

<b>800 Meters (2:19.41 pr)</b>		
<b>1500 Meters (4:39.67 pr)</b>		
<b>5000 Meters (17:27.19 pr)</b>		
<b>Steeplechase (10:49.54 pr)</b>		
10:57.37		Big 12 Outdoors (5/14-16)..... 10th
11:08.70		Fum McGraw (5/8)..... 2nd

# 2010 WOMEN'S OUTDOOR PERFORMANCE LIST

## EMILY HUNSUCKER

### Shot Put (41-05.25 pr)

41-05.25	pr	Jack Christiansen (4/24)	6th
41-03		Tom Benich Classic (4/3)	4th
41-00.50		CU Invite (4/10)	4th
39-05.75		Fum McGraw (5/8)	6th
38-11		Front Range Classic (5/1)	2nd
38-08.75		Big 12 Outdoors (5/14-16)	22nd
38-00		CSU-Pueblo Invite (4/17)	12th

### Discus (124-00 pr)

124-00	pr	CU Invite (4/10)	13th
122-07		Fum McGraw (5/8)	12th
121-10		Jack Christiansen (4/24)	13th
114-01		Tom Benich Classic (4/3)	21st
108-08		Front Range Classic (5/1)	5th

### Hammer Throw (154-11 pr)

154-11	pr	Big 12 Outdoors (5/14-16)	16th
151-01		CSU-Pueblo Invite (4/17)	4th
149-04		Fum McGraw (5/8)	
144-11		Jack Christiansen (4/24)	10th
143-04		CU Invite (4/10)	13th
134-07		Tom Benich Classic (4/3)	16th
131-03		Front Range Classic (5/1)	4th

## KRISTIN JOHANSEN

### 1,500 Meters (4:52.14 pr)

4:52.14	pr	Tom Benich Classic (4/3)	9th
4:50.19		Front Range Classic (5/1)	2nd

### 3,000 Meters (10:14.82 pr)

10:14.82	pr	CU Invite (4/10)	2nd
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### 5,000 Meters (17:09.04 pr)

17:09.04	pr	Big 12 Outdoors (5/14-16)	20th
18:13.74	pr	Jack Christiansen (4/24)	1st

### 10,000 Meters

36:43.20		Big 12 Outdoors (5/14-16)	14th
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## KAITY KARK

### Shot Put (46-03.50 pr)

46-03.50	pr	Fum McGraw (5/8)	2nd
44-10.25		Big 12 Outdoors (5/14-16)	17th
44-08.75		Front Range Classic (5/1)	1st
43-04.25		Jack Christiansen (4/24)	2nd
43-09		CU Invite (4/10)	2nd
41-00.50		Mt. SAC Relays (4/16)	14th (university/open)
38-07.50		Tom Benich Classic (4/3)	12th

### Discus (155-06 pr)

155-06		Big 12 Outdoors (5/14-16)	9th
154-07		Fum McGraw (5/8)	3rd
148-07		Mt. SAC Relays (4/16)	13th (university/open)
146-09		Jack Christiansen (4/24)	2nd
143-07		CU Invite (4/10)	4th
140-02		Tom Benich Classic (4/3)	5th
135-08		Front Range Classic (5/1)	2nd

### Hammer Throw (160-04 pr)

160-04	pr	CU Invite (4/9)	5th
158-08		Fum McGraw (5/8)	5th
157-10		Jack Christiansen (4/24)	6th
151-08		Tom Benich Classic (4/3)	7th
146-00		Front Range Classic (5/1)	1st

## KELLY KING

### 800 Meters (2:17 pr)

2:28.03		CU Invite (4/10)	22nd
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### 1,500 Meters (5:09.29 pr)

5:09.29	pr	Jack Christiansen (4/24)	13th
5:11.39		Tom Benich Classic (4/3)	31st

## KRISTA KIPER

### 100 Meters (11.85 pr)

13.46		Tom Benich Classic (4/3)	16th
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### 200 Meters (24.4 pr)

28.10		Tom Benich Classic (4/3)	16th
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## SHALAYA KIPP

### 1,500 Meters (4:29.26 pr)

4:29.69	pr	Payton Jordan Cardinal Invite (5/1)	6th (3rd section)
4:41.98		CU Invite (4/10)	2nd

### 5,000 Meters (16:29.38 pr)

16:29.38	pr	Mt. SAC Relays (4/16)	1st (university/open-A)
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### 3,000 Meter Steeplechase (10:10.48 pr)

10:10.48	pr	Big 12 Outdoors (5/14-16)	4th
10:53.14		Fum McGraw (5/8)	Fum McGraw (5/8)

## MYCHELLE LECHMAN

### Javelin (70-04 pr)

67-08		CU Invite (4/10)	20th
62-04		Tom Benich Classic (4/3)	19th

## CAMILLE LOGAN

### 1,500 Meters (4:50.65 pr)

4:50.65	pr	Fum McGraw (5/8)	3rd
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### 3,000 Meters (10:33.85 pr)

10:33.85	pr	CU Invite (4/10)	5th
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### 5,000 Meters (17:21.38 pr)

17:21.38	pr	Mt. SAC Relays (4/16)	5th (university/open-C)
17:25.12		Big 12 Outdoors (5/14-16)	24th

### 10,000 Meters (36:24.92 pr)

36:24.92	pr	Big 12 Outdoors (5/14-16)	13th
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## PRECIOUS LYONS

### 400 Meters (58.2 pr)

1:04.09		Tom Benich Classic (4/3)	21st
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### 800 Meters (2:17.2 pr)

2:34.44		Tom Benich Classic (4/3)	29th
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## KATHLEEN MAJEWSKI

### High Jump (5-02.50 pr)

5-00.25		CU Invite (4/10)	18th
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### Long Jump (16-03.00 pr)

## CHYNNA McCALL

### Shot Put (44-00 pr)

44-00	pr	Fum McGraw (5/8)	3rd
43-06		Front Range Classic (5/1)	3rd
41-07.25		Tom Benich Classic (4/3)	3rd
41-06.00		Jack Christiansen (4/24)	5th
40-11.50		CU Invite (4/10)	5th
38-03.25		CSU-Pueblo Invite (4/17)	9th

### Hammer Throw (150-04 pr)

150-04	pr	Front Range Classic (5/1)	7th
148-05		CU Invite (4/10)	8th
144-00		Fum McGraw (5/8)	9th
136-00		CSU-Pueblo Invite (4/17)	9th
125-09		Jack Christiansen (4/24)	16th

### Discus (118-01 pr)

113-05		Fum McGraw (5/8)	15th
109-11		Tom Benich Classic (4/3)	25th
102-07		Front Range Classic (5/1)	18th

### Javelin (65-08 pr)

65-08	pr	Fum McGraw (5/8)	11th
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## JESSICA McLAUGHLIN

### Javelin (82-07 pr)

82-07	pr	CU Invite (4/10)	17th
79-09		Front Range Classic (5/1)	11th
71-10		Fum McGraw (5/8)	10th
70-08		Tom Benich Classic (4/3)	16th

## JHENYA NAHREINI

### 3,000 Meters (10:22.63 pr)

10:22.63	pr	CU Invite (4/10)	2nd
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### 5,000 Meters (17:11.67 pr)

17:11.67	pr	Mt. SAC Relays (4/16)	20th (university/open-B)
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### 10,000 Meters (36:00.78 pr)

36:00.78	pr	Stanford Invite	28th (section 2)
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# 2010 WOMEN'S OUTDOOR PERFORMANCE LIST

## HOLLY ODNEAL

### Heptathlon (4277 pr)

4277		Big 12 Outdoors (5/14-15).....	13th
4172		Glenn Morris Multi-Event (4/22-23).....	7th

### 100 Meter Hurdles (15.26 pr)

15.26	pr	CU Invite (4/10).....	9th
15.46	hep	Glenn Morris Multi-Event (4/22-23).....	4th
15.58	hep	Big 12 Outdoors (5/14).....	10th
16.58		Tom Benich Classic (4/3).....	12th

### High Jump (5-03 pr)

5-03	pr	Tom Benich Classic (4/3).....	4th
5-2.25		Fum McGraw (5/8).....	5th
5-01	hep	Glenn Morris Multi-Event (4/22-23).....	7th
5-00.50	hep	Big 12 Outdoors (5/14).....	110th
5-00.25		CU Invite (4/10).....	18th

### Shot Put (35-07.75 pr)

35-07.75	hep	Glenn Morris Multi-Event (4/22-23).....	3rd
32-09.50	hep	Big 12 Outdoors (5/15).....	9th

### 200 Meters (27.84 pr)

27.84	hep/pr	Big 12 Outdoors (5/14).....	13th
27.92		Fum McGraw (5/8).....	17th
27.95	hep	Glenn Morris Multi-Event (4/22-23).....	10th
28.28		CU Invite (4/10).....	26th
29.02		Tom Benich Classic (4/3).....	30th

### Long Jump (15-04 pr)

15-04	pr/hep	Glenn Morris Multi-Event (4/22-23).....	8th
15-03.50	hep	Big 12 Outdoors (5/15).....	13th
13-09		Tom Benich Classic (4/3).....	27th

### Javelin (113-03 pr)

113-03	pr/hep	Big 12 Outdoors (5/15).....	5th
90-03		Fum McGraw (5/8).....	8th
88-03		CU Invite (4/10).....	14th
87-01	hep	Glenn Morris Multi-Event (4/22-23).....	5th

### 800 Meters (2:34.30 pr)

2:34.30	pr/hep	Big 12 Outdoors (5/15).....	10th
2:36.99	hep	Glenn Morris Multi-Event (4/22-23).....	7th

## ERIN OVERCASH

### High Jump (5-03 pr)

5-03	pr	Tom Benich Classic (4/3).....	6th
4-11.50		Jack Christiansen (4/24).....	6th

## SALLY PAGE

### Javelin (137-09 pr)

127-08		CU Invite (4/10).....	3rd
121-05		Big 12 Outdoors (5/14-16).....	9th
119-09		Jack Christiansen (4/24).....	4th
119-04		Tom Benich Classic (4/3).....	2nd

### High Jump (5-07 pr)

5-03		Tom Benich Classic (4/3).....	5th
5-01.25		Jack Christiansen (4/24).....	4th
5-00.25		CU Invite (4/10).....	18th

## MOLLY POTTER

### Shot Put (40-09.50 pr)

40-09.50	pr	Fum McGraw (5/8).....	4th
40-09		Tom Benich Classic (4/3).....	5th
39-10.75		Front Range Classic (5/1).....	7th
39-10.75		Jack Christiansen (4/24).....	9th
39-00.25		CU Invite (4/10).....	11th
38-11		CSU-Pueblo Invite (4/17).....	12th

### Hammer Throw (133-10 pr)

133-10	pr	Tom Benich Classic (4/3).....	17th
133-00		Jack Christiansen (4/24).....	13th
131-05		CSU-Pueblo Invite (4/17).....	12th
128-05		CU Invite (4/10).....	21st
114-09		Front Range Classic (5/1).....	15th

## DANIELLE REAGIN

### Long Jump (16-01.50 pr)

16-01.50	pr	Jack Christiansen (4/24).....	8th
15-09.50		CU Invite (4/10).....	113th
15-05.50		Tom Benich Classic (4/3).....	20th

## BROOKE REGAN

### 200 Meters (26.82 pr)

26.82	pr	Jack Christiansen (4/24).....	14th
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### 400 Meters (58.1 pr)

59.40		Tom Benich Classic (4/3).....	5th
59.58		Jack Christiansen (4/24).....	5th

### 800 Meters (2:13.94 pr)

2:13.94	p/pr	Big 12 Outdoors (5/14-16).....	19th
2:14.30		CU Invite (4/10).....	4th
2:15.41		Fum McGraw (5/8).....	2nd

## AMBER ROZIER

### 100 Meters (13.18 pr)

13.40		Tom Benich Classic (4/3).....	13th
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### 100 Meter Hurdles (63.97 pr)

1:07.62		Front Range Classic (5/1).....	11th
1:10.51		Tom Benich Classic (4/3).....	17th

## LAURA THWEATT

### 800 Meters (2:11.35 pr)

2:11.35	pr	CU Invite (4/10).....	2nd
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### 1500 Meters (4:25.27 pr)

4:25.27	pr	Payton Jordan Cardinal Invite (5/1) 2nd (3rd section)	
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### 5000 Meters (16:11.55 pr)

16:11.55	pr	Mt. SAC Relays (4/16) .... 8th (Olympic development)	
16:55.12		Big 12 Outdoors (5/14-16).....	17th

### 10000 Meters (34:34.41 pr)

34:34.41	pr	Stanford Invite.....	4th (section 2)
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## ELIZABETH TREMBLAY

### 200 Meters (25.1 pr)

26.56		Jack Christiansen (4/24).....	11th
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### 400 Meters (55.1 pr)

59.33		Jack Christiansen (4/24).....	4th
1:00.46		Tom Benich Classic (4/3).....	8th

### 800 Meters (2:11.25 pr)

2:11.25	pr	Mt. SAC Relays (4/16).....	12th (university/open)
2:11.40		CU Invite (4/10).....	3rd
2:11.99	p	Big 12 Outdoors (5/14-16).....	15th
2:13.61		Fum McGraw (5/8).....	1st

## MAX VAN DYKE

### Hammer Throw (149-10 pr)

149-10	pr	Tom Benich Classic (4/3).....	8th
147-11		Fum McGraw (5/8).....	7th
147-10		Jack Christiansen (4/24).....	8th
139-00		CU Invite (4/10).....	14th
130-07		Big 12 Outdoors (5/14-16).....	19th
130-07		CSU-Pueblo Invite (4/17).....	15th

### Javelin (109-04 pr)

109-04	pr	Jack Christiansen (4/24).....	6th
105-02		Tom Benich Classic (4/3).....	8th
103-01		CU Invite (4/10).....	8th
99-02		Big 12 Outdoors (5/14-16).....	12th
98-03		Fum McGraw (5/8).....	5th
90-06		CSU-Pueblo Invite (4/17).....	12th

## KIRSTEN WICKS

### Shot Put (32-05.50 pr)

32-05.50	pr	CU Invite (4/10).....	24th
31-07.50		Tom Benich Classic (4/3).....	23rd

### Javelin (103-05 pr)

103-05	pr	Jack Christiansen (4/24).....	8th
92-05		Tom Benich Classic (4/3).....	11th
87-10		CU Invite (4/10).....	16th

### Hammer Throw (106-09 pr)

106-09	pr	Tom Benich Classic (4/3).....	26th
106-01		CU Invite (4/10).....	29th

# 2010 WOMEN'S OUTDOOR PERFORMANCE LIST

## KAILE WILSON

### Long Jump (19-01pr)

14-08.50	Jack Christiansen (4/24) .....	12th
14-06.50	CU Invite (4/10) .....	20th
14-03.75	Tom Benich Classic (4/3) .....	26th

## JOI WINDHAM

### 100 Meters (12.73 pr)

#### 100 Meter Hurdles (16.59 pr)

#### 400 Meter Hurdles (1:01.96 pr)

1:02.00	Fum McGraw (5/8) .....	4th
1:02.39	Tom Benich Classic (4/3) .....	3rd
1:02.64	p Big 12 Outdoors (5/14-16).....	13th
1:03.18	Jack Christiansen (4/24) .....	1st
1:03.85	CU Invite (4/10) .....	3rd