

2013 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

Emma Coburn
3,000 Meter Steeplechase, 2011

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

Shalaya Kipp
3,000 Meter Steeplechase, 2012

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

2013 PAC-12 OUTDOOR CHAMPIONSHIPS KATHERINE B. LOCKER STADIUM LOS ANGELES, CALIF.



Let's Review...The University of Colorado is prepped and ready for the 2013 Pac-12 Track and Field Championships. CU will send a talented group of athletes to Los Angeles to compete in a variety of events.

The Schedule...The Pac-12 Championship is split into two weekends. The combined events compete the first weekend, May 4-5, and the following weekend the rest of the events will be contested (May 11-12).

Results...Results can be found at <http://championships.pac-12.com/track-field/>.

Pac-12 Multis...The Pac-12 Championships got off to a great start for the Buffs last weekend as all four athletes competing placed in the top eight to score for CU.

The women scored 12 points and have the lead in the team scoring heading into the final weekend. Redshirt freshman Abrianna Torres led the way for the Buffs with a bronze finish and a PR of 5,357 points. Senior Brianne Beemer was fourth with 5,238 points and junior Genny Mayden placed seventh (5,161).

On the men's side, junior Brock Emory earned an eighth-place finish with 6,927 points.

2012 Recap...The Buffs competed in their first Pac-12 Championship in 2012. The women came away with a seventh-place finish and a pair of individual titles. Shalaya Kipp won the first title for the Buffs in the steeplechase and Jessica Tebo won the 5,000. CU's men placed ninth. Aric Van Halen had the best finish for the Buffs with a second-place finish in the steeplechase.

Record Breaking Year...2013 has been the year of falling records at Colorado. CU had two records fall during the indoor season when Joe Morris ran 6.57 in the 60-meter dash and Bri Beemer recorded 4,059 points in the pentathlon.

The momentum has kept going and this spring has been no different. At the Mt. SAC Relays, Eileen Gehring picked up a pair for herself in the 200 and 400-meter dashes. Gehring ran 23.80 in the 200 and 53.23 in the 400. Emily Hunsucker also set the record in the hammer throw of 203-9 at the Cowpoke Open. Which record will fall next? Only time will tell.

Closing In...There are several Buffs who are just shy of breaking records and could reach those milestones at any given point. Joe Morris is just fractions of a second from setting the 100 and 200-meter dashes. Jake Hurysz is also extremely close in the 1,500 as he is less than one second from the record.

On the women's side, Abrianna Torres is just six inches from CU's long jump record.

NCAA Record In The Making...Emma Coburn's personal best in the steeplechase is about 11 seconds off of CU's record (9:12.50), which is also the American record, but the NCAA record is just 9:25.54, which she could easily take down since she ran faster than that twice last season while redshirting.

Steeplechase U...The University of Colorado might as well be called Steeplechase U since the event has been dominated collegiately and nationally by Colorado since 2006. The Buffs have won five NCAA titles in the last seven years. Jenny Barringer (now Simpson) won the event as a freshman in 2006 and again in 2008 and 2009. Emma Coburn won her first title in 2011 after earning runner-up honors in 2010. Shalaya Kipp became the third Buff to win a steeplechase crown when she won the NCAA title in 2012.

The Buffs win at the USA Track & Field Championships as well. Simpson won in 2007 and 2009 and Emma Coburn won the title in 2011 and 2012.

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Double-Up...Not many collegiate athletes would race in two different meets in two different time zones over 1,800 miles apart in the same weekend, but that is exactly what Emma Coburn did April 26-28. She started off by racing the 1,500 at the 104th Drake Relays in Des Moines, Iowa. Coburn was the only collegiate athlete in the field and finished eighth in 4:11.36.

Two days later, on April 28, she hit the track again. This time at the Payton Jordan Cardinal Invite in Stanford, Calif. It was her season debut in the steeplechase and she didn't disappoint as she finished first in 9:28.26, the fastest time in the world at this point in the season.

Coburn was named the CU and Pac-12 Athlete of the Week for her performances and also regained recognition on The Bowerman Watch List.

No. 1 In The Pac-12...The Buffs have the top rated male and female steeplechaser in the conference. Emma Coburn has run 9:28.26 and Aric Van Halen recorded a time of 8:44.32.

How Fast Can He Go...Joe Morris has been CU's top sprinter since he arrived, and every day he keeps getting better and better. At the Jack Christiansen Invite (4/27) he clocked a time of 10.09 in the 100 and 20.45 in the 200 to rank second at CU in both.

Heptathlon Records...Abrianna Torres is just a redshirt freshman for the Buffs, but she is competing like a very mature athlete and has moved to the front of the pack in the heptathlon shot put. Torres set the record in the shot put in her first heptathlon in a CU uniform, throwing 42-7. In her second heptathlon, she recorded the second-best mark at 41-11.25.

Torres is a good javelin thrower and she recorded the third best mark at 132-11. She has also done well in the long jump and jumped the 10th best mark at 19-4. Torres became the fifth best performer at CU at the Pac-12 Combined Events Championships when she recorded 5,357 points, which currently ranks 22nd in the nation.

CUSPYS...The CU Track & Field team ran away with numerous awards at the 2013 CU Sports Performers of the Year banquet on April 30. Redshirt freshman Pierce Murphy was awarded the CU Freshman Male Athlete of the Year and senior Emma Coburn was named the CU Female Athlete of the Year. Coburn and senior Joe Morris were both honored with the CU Career Achievement Award.

Back-To-Back...Emma Coburn won back-to-back USATF steeplechase crowns in 2011 and 2012. She competed at the IAAF World Championships in 2011 and placed ninth at the 2012 Olympics. Coburn currently owns the fastest time in the world this season (9:28.26).

Up Next...The NCAA Championships are next for the Buffs. The first round, the NCAA West Preliminaries, are set for May 23-25 in Austin, Texas.

Follow The Buffs...If you are a fan of the Buffs, make sure to follow them on Facebook and Twitter. (facebook.com/cubuffstrack and @cubuffstrack)



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 10 athletes to 17 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. 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. Emma Coburn became Wetmore's 10th athlete to win an NCAA title, doing so in 2011 in the steeplechase and Shalaya Kipp won the following year (2012).

Wetmore Coached Olympians

Name	Year	Event(s)
Emma Coburn	2012	Steeplechase
Alan Culpepper	2000, 04	10,000/marathon
Adam Goucher	2000	5,000
Kara Goucher	2008, 12	5,000/10,000/marathon
Shalaya Kipp	2012	Steeplechase
Billy Nelson	2008	Steeplechase
Dathan Ritzenhein	2004, 08, 12	10,000/marathon
Jenny Simpson	2008, 12	Steeplechase/1,500
Jorge Torres	2008	10,000
Shayne Wille	2000, 04	1,500/5,000

2013 CU T&F Honor Roll



**USTFCCCA Mountain Region Female
Indoor Track Athlete of the Year**
Emma Coburn

CU Female Athlete of the Year
Emma Coburn

CU Female Athletic Achievement Award
Emma Coburn

CU Male Freshman of the Year
Pierce Murphy (cross country)

CU Male Athletic Achievement Award
Joe Morris

Pac-12 Athlete of the Week
Emma Coburn (4/30)
Joe Morris (4/16)
Emily Hunsucker (3/26, 4/2)

SAAC Distinguished Service Award
Brienne Beemer
Matt Biegner
Nikki Look

Buffalo Award of Distinction
Brienne Beemer

Spencer Nelson Buffalo Spirit Award
Allie McLaughlin

**Clancy A. Herbst, Jr.,
Student-Athlete Achievement Award**
Brian Owens

Scholar-Athlete Award
Nikki Look
Rachel Viger

Tom Hansen Pac-12 Conference Medal
Emma Coburn

2012 4.0's
Courtney Bouchet, Lindsay Mattson,
Nikki Look & Rachel Viger

2013 MPSF ALL-ACADEMIC TEAM (INDOOR)

Men

Name	GPA	Class	Hometown
Matthew Biegner	3.90	Sr.	Broomfield, Colo.
Cameron Hutchins	3.19	Sr.	Centennial, Colo.
Mark Jones	3.00	So.	Summit, N.J.
Ryan Savercool	3.26	Jr.	Chester, N.J.
Blake Theroux	3.02	So.	Chesapeake, Va.

Name	GPA	Class	Hometown
Brienne Beemer	3.22	Sr.	Loveland, Colo.
Courtney Bouchet	3.35	Sr.	Estes Park, Colo.
Emma Coburn	3.26	Sr.	Crested Butte, Colo.
Kelsey English	3.18	So.	Colorado Springs, Colo.
Diana George	3.80	Jr.	Livermore, Calif.
Lindsey Hubbard	3.34	Jr.	LaSalle, Colo.
Nikki Look*	4.00	Sr.	Castle Rock, Colo.
Lindsay Mattson	3.68	So.	Grand Rapids, Minn.
Holly Odneal	3.62	Sr.	Palisade, Calif.
Gwen Ricco	3.61	Sr.	Dallas, Texas
Jana Stolting	3.42	Jr.	Tallahassee, Fla.
Bridget Sweeney	3.81	So.	Hopkins, Minn.
Elizabeth Tremblay	3.38	Sr.	Loveland, Colo.
Rachel Viger*	4.00	So.	Fort Collins, Colo.

*indicates nominated with a 4.0 GPA

2013 MEN'S OUTDOOR PERFORMANCE LIST

does not reflect altitude conversions

SEASON RESULTS

M 15-16	JERRY QUILLER CLASSIC (Boulder)	NTS
M 29-30	at Stanford Invitational (Stanford, Calif.)	NTS
M 30	at Fum McGraw Quadrangular (Fort Collins, Colo.)	NTS
A 4-6	at Air Force Relays (USAFA, Colo.)	NTS
A 12-13	COLORADO INVITATIONAL (Boulder)	NTS
A 18-20	at Mt. SAC Relays (Walnut, Calif.)	NTS
A 20	at Beach Invitational (Cerritos, Calif.)	NTS
A 26-27	at Jack Christiansen Invitational (Fort Collins, Colo.)	4th/17
A 28	at Payton Jordan Cardinal Invitationa (Stanford, Calif.)	NTS
M 4-12	at Pac-12 Championships (Los Angeles, Calif.)	
M 23-25	at NCAA West Preliminaries (Austin, Texas)	
J 5-8	at NCAA Outdoor Championships (Eugene, Ore.)	
J 19-23	at USATF Outdoor Championships (Des Moines, Iowa)	

100 Meters (10.0 cu)

10.09	w	Joe Morris	Jack Christiansen Invite (4/27)
10.33		Joe Morris	Mt. SAC Relays (4/18-20)
10.42		Joe Morris	CU Invite (4/13)
11.11	dec	Brock Emory	Pac-12 Championships (5/4)
11.15	w	Brock Emory	Jack Christiansen Invite (4/27)
11.27		Brock Emory	Fum McGraw Quadrangular (3/30)
11.34	dec	Brock Emory	Jim Click Combined Events (4/5)
11.83	dec	Brock Emory	Jim Click Combined Events (4/5)

200 Meters (20.37 cu)

20.45		Joe Morris	Jack Christiansen Invite (4/27)
20.91		Joe Morris	Mt. SAC Relays (4/18-20)
21.01		Joe Morris	CU Invite (4/13)
21.52		Shaw Gifford	Mt. SAC Relays (4/18-20)
21.52		Shaw Gifford	CU Invite (4/13)
21.53		Joe Morris	Fum McGraw Quadrangular (3/30)
21.56		Shaw Gifford	Jack Christiansen Invite (4/27)
21.58		Shaw Gifford	Fum McGraw Quadrangular (3/30)
21.88		Blake Berens	Jack Christiansen Invite (4/27)
21.95		Shaw Gifford	Walt Disney World Invite (3/22)

400 Meters (45.54 cu)

47.70		Joe Morris	Fum McGraw Quadrangular (3/30)
48.20		Shaw Gifford	Fum McGraw Quadrangular (3/30)
48.75		Shaw Gifford	Mt. SAC Relays (4/18-20)
48.87		Shaw Gifford	CU Invite (4/13)
49.24		Shaw Gifford	Jack Christiansen Invite (4/27)
49.41		Blake Berens	Fum McGraw Quadrangular (3/30)
49.55		Blake Berens	CU Invite (4/13)
49.80		Shaw Gifford	Walt Disney World Invite (3/22)
49.83		Shaw Gifford	Jerry Quiller Classic (3/16)
49.87		Blake Berens	Mt. SAC Relays (4/18-20)

800 Meter Run (1:47.52 cu)

1:51.08		Matt Biegner	Mt. SAC Relays (4/18-20)
1:51.91		Jake Hurysz	CU Invite (4/13)
1:52.54		Aric Van Halen	CU Invite (4/13)
1:52.76		Connor Winter	CU Invite (4/13)
1:52.95		Connor Winter	Mt. SAC Relays (4/18-20)
1:53.02		Matt Biegner	CU Invite (4/13)
1:55.51		Ammar Moussa	CU Invite (4/13)
1:55.76		Richard Medina	CU Invite (4/13)
1:57.83	U	Joe Mitchem	Jerry Quiller Classic (3/16)
1:58.01	U	Joe Mitchem	Jack Christiansen Invite (4/27)

1,500 Meter Run (3:39.77 cu)

3:40.63		Jake Hurysz	Payton Jordan Invite (4/28)
3:43.65		Jake Hurysz	Mt. SAC Relays (4/18-20)
3:44.53		Connor Winter	Payton Jordan Invite (4/28)
3:44.54		Connor Winter	Nike Stanford Invite (3/29)
3:45.17		Blake Theroux	Payton Jordan Invite (4/28)
3:46.27		Connor Winter	Mt. SAC Relays (4/18-20)
3:47.01		Ammar Moussa	Mt. SAC Relays (4/18-20)
3:47.85		Aric Van Halen	Mt. SAC Relays (4/18-20)
3:48.19		Blake Theroux	Nike Stanford Invite (3/29)
3:51.76		Matt Biegner	Payton Jordan Invite (4/28)

3,000 Meters* (7:50.39 cu)

8:35.56		Pierce Murphy	Jerry Quiller Classic (3/16)
8:43.53		Dillon Shije	CU Invite (4/13)
8:44.18		Martin Medina	CU Invite (4/13)
8:55.13		Dillon Shije	Jerry Quiller Classic (3/16)
9:00.94		David Kilgore	Jerry Quiller Classic (3/16)

5,000 Meters (13:18.46 cu)

13:45.50		Richard Medina	Payton Jordan Invite (4/28)
13:57.96		Ammar Moussa	Payton Jordan Invite (4/28)
14:04.21		Pierce Murphy	Mt. SAC Relays (4/18-20)
14:12.79		Ammar Moussa	Nike Stanford Invite (3/29)
14:20.28		Martin Medina	Mt. SAC Relays (4/18-20)
14:27.98		David Kilgore	Mt. SAC Relays (4/18-20)

10,000 Meters (27:38.50 cu)

29:37.71		Pierce Murphy	Nike Stanford Invite (3/29)
30:11.65		Dillon Shije	Mt. SAC Relays (4/18-20)

110 Meter Hurdles (13.3 cu)

14.77		Brock Emory	Jack Christiansen Invite (4/27)
15.01	dec	Brock Emory	Jim Click Combined Events (4/5-6)
15.01	dec	Brock Emory	Pac-12 Championships (5/5)
15.01		Brock Emory	Jerry Quiller Classic (3/16)
15.15		Brock Emory	Fum McGraw Quadrangular (3/30)

400 Meter Hurdles (49.66 cu)

53.05	U	Kyle MacIntosh	Jack Christiansen Invite (4/27)
53.17		Tyler Baker	CU Invite (4/13)
53.47		Tyler Baker	Jack Christiansen Invite (4/27)
53.62	U	Kyle MacIntosh	CU Invite (4/13)
53.86	U	Kyle MacIntosh	Beach Invite (4/20)
53.95		Tyler Baker	Beach Invite (4/20)
54.10	U	Kyle MacIntosh	Mt. SAC Relays (4/18-20)
54.28		Tyler Baker	Mt. SAC Relays (4/18-20)
54.61	U	Kyle MacIntosh	Fum McGraw Quadrangular (3/30)

3,000 M Steeplechase (8:26.45 cu)

8:44.32		Aric Van Halen	Payton Jordan Invite (4/28)
8:59.90		Hugh Dowdy	Mt. SAC Relays (4/18-20)
9:02.10		Blake Theroux	Mt. SAC Relays (4/18-20)
9:21.84		Jonny Stevens	Mt. SAC Relays (4/18-20)
9:41.77		Jonny Stevens	Fum McGraw Quadrangular (3/30)

4x100 Meter Relay (39.47 cu)

3:09.93		Baker/Gifford/Berens/Morris	Mt. SAC Relays (4/18-20)
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Long Jump (26-01.75 cu)

20-10.75/6.37	dec	Brock Emory	Jim Click Combined Events (4/5)
20-7.25/6.28	dec	Jason DeWitt	Jim Click Combined Events (4/5)
20-6.50/6.26	dec	Brock Emory	Pac-12 Championships (5/4)
19-7.50/5.98		Brock Emory	Fum McGraw Quadrangular (3/30)

Triple Jump (53-06.50 cu)

7-00.25/2.14		Mark Jones	Beach Invite (4/20)
6-11.00/2.11		Mark Jones	Jack Christiansen Invite (4/27)
6-10.75/2.10		Mark Jones	Mt. SAC Relays (4/18-20)
6-9/2.06		Mark Jones	CU Invite (4/13)
6-8.75/2.05		Mark Jones	Jerry Quiller Classic (3/16)
6-7/2.01		Jason DeWitt	Jack Christiansen Invite (4/27)
6-6.25/1.99	dec	Brock Emory	Jim Click Combined Events (4/5)
6-4.25/1.94	dec	Brock Emory	Pac-12 Championships (5/4)

Shot Put (60-11.50 cu)

49-9.75/15.18	U	Alex Kizirian	CU Invite (4/13)
49-5.75/15.08		Brady Rutt	CU Invite (4/13)
48-5.25/14.76		Brady Rutt	Jack Christiansen Invite (4/27)
48-0/14.63		Brady Rutt	Jerry Quiller Classic (3/16)
46-4.75/14.14	U	Alex Kizirian	Fum McGraw Quadrangular (3/30)
41-9.75/12.74	dec	Brock Emory	Pac-12 Championships (5/4)
41-7.75/14.37		Brady Rutt	Air Force Relays (4/6)
38-2/11.63	dec	Brock Emory	Jim Click Combined Events (4/5)
37-6/11.43	dec	Jason DeWitt	Jim Click Combined Events (4/5)

Hammer Throw (210-11 cu)

198-10/60.61	U	Alex Kizirian	Jerry Quiller Classic (3/16)
196-9/59.98	U	Alex Kizirian	CU Invite (4/12)
178-5/54.39		Cameron Hutchins	Cowpoke Open (5/3)
175-6/53.49		Cameron Hutchins	Tom Benich Classic (3/22)
172-10/52.67		Cameron Hutchins	CU Invite (4/12)
172-4/52.52		Cameron Hutchins	Jack Christiansen Invite (4/27)
171-3/52.21		Brady Rutt	Cowpoke Open (5/3)
169-9/51.74		Cameron Hutchins	Jerry Quiller Classic (3/16)
169-7/51.69		Brady Rutt	Tom Benich Classic (3/22)
168-1/51.23		Cameron Hutchins	Fum McGraw Quadrangular (3/30)

Discus Throw (209-7 cu)

168-10/51.47		Brady Rutt	Tom Benich Classic (3/22)
168-6/51.35		Brady Rutt	Jack Christiansen Invite (4/27)
166-10/50.85		Brady Rutt	Cowpoke Open (5/3)
163-6/49.85		Brady Rutt	Air Force Relays (4/6)
160-0/48.77		Brady Rutt	CU Invite (4/13)
159-11/48.75		Brady Rutt	Jerry Quiller Classic (3/16)
158-4/48.25	U	Alex Kizirian	Fum McGraw Quadrangular (3/30)

Javelin (241-4.5 cu)

202-4/61.68		Brian Owens	CU Invite (4/12)
191-0/58.22		Brian Owens	Mt. SAC Relays (4/18-20)
186-3/56.76		Brian Owens	Fum McGraw Quadrangular (3/30)
178-5/54.39		Brian Owens	Jerry Quiller Classic (3/16)
157-5/47.98	dec	Brock Emory	Pac-12 Championships (5/5)
156-4/47.67	dec	Brock Emory	Jim Click Combined Events (4/6)
151-2/46.08		Brock Emory	Jack Christiansen Invite (4/27)
148-0/45.12		Brock Emory	CU Invite (4/12)
137-2/41.80		Brock Emory	Jerry Quiller Classic (3/16)

Pole Vault (17-06.50 cu)

13-4.25/4.07		Brock Emory	Jack Christiansen Invite (4/27)
13-1.50/4.00	dec	Brock Emory	Pac-12 Championships (5/5)
12-9.50/3.90	dec	Brock Emory	Jim Click Combined Events (4/6)

Decathlon (7,645 cu)

6,927		Brock Emory	Pac-12 Championships (5/4-5)
6,832		Brock Emory	Jim Click Combined Events (4/5-6)

Symbol Key

p	preliminary mark
pr	personal record
w	wind-aided mark
sr	school record
dec	mark earned during decathlon competition
*	not an NCAA event
U	competing unattached/redshirting with eligibility remaining

2013 MEN'S OUTDOOR PERFORMANCE LIST

TYLER BAKER

400 Meter Hurdles (52.76 pr)

53.17	CU Invite (4/13)	1st
53.47	Jack Christiansen (4/27)	3rd
53.95	Beach Invitational (4/20)	13th
54.28	Mt. SAC Relays (4/18-20)	25th (open)

800 Meters

2:09.00	Fum McGraw Quadrangular (3/30)	7th
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BLAKE BERENS

100 Meters (11.01 pr)

21.88	Jack Christiansen (4/27)	9th
22.14	Mt. SAC Relays (4/18-20)	49th (open)
22.15	Fum McGraw Quadrangular (3/30)	5th
22.26	CU Invite (4/13)	10th
22.60	Jerry Quiller Classic (3/15-16)	10th

400 Meters (48.61 pr)

49.41	Fum McGraw Quadrangular (3/30)	3rd
49.55	CU Invite (4/13)	3rd
49.87	Mt. SAC Relays (4/18-20)	59th (open)
50.06	Jerry Quiller Classic (3/15-16)	7th
50.11	Jack Christiansen (4/27)	3rd

MATT BIEGNER

400 Meters

800 Meters (1:50.60 pr)

1:51.08	Mt. SAC Relays (4/18-20)	14th (open)
1:53.02	CU Invite (4/13)	8th

1500 Meters (3:46.45 pr)

3:51.76	Payton Jordan Invite (4/28)	9th (section 9)
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JASON DEWITT

Decathlon (6,671pr)

3,866	Jim Click Combined Events (4/6)	3,866 (DNF)
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100 Meters (11.44 pr)

11.83	Jim Click Combined Events (4/5)	22nd
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Long Jump (20-10.75 pr)

20-7.25/6.28	Jim Click Combined Events (4/5)	15th
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Shot Put (40-09.75 pr)

38-2/11.63	Jim Click Combined Events (4/5)	17th
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High Jump (6-8 pr)

6-7/2.01	Jack Christiansen (4/27)	3rd
5-11.25/1.81	Jim Click Combined Events (4/5)	118th

400 Meters (52.29 pr)

54.54	Jim Click Combined Events (4/5)	20th
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110 Meter Hurdles (15.23 pr)

16.33	Jim Click Combined Events (4/6)	17th
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Discus (115-04 pr)

Pole Vault (14-05.25 pr)

Javelin (161-03 pr)

1500 Meters (4:56.01 pr)

Triple Jump (45-01 pr)

HUGH DOWDY

800 Meters

Steeplechase (8:56.19 pr)

8:59.90	Mt. SAC Relays (4/18-20)	5th (Oly. development)
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1500 Meter Run (3:47.89 pr)

3:55.63	Payton Jordan Invite (4/28)	8th (section 5)
3:55.79	Nike Stanford Invite (3/29)	(section 4)

BROCK EMORY

Decathlon (6,927 pr)

6,927	Pac-12 Championships (5/5)	8th
6,832	Jim Click Combined Events (4/6)	6th

100-Meters (11.11 pr)

11.11	dec	Pac-12 Championships (5/4)	5th
11.15	w	Jack Christiansen (4/27)	21st
11.27		Fum McGraw Quadrangular (3/30)	3rd
11.34	dec	Jim Click Combined Events (4/5)	6th

Long Jump (20-10.75/6.37 pr)

20-10.75/6.37	dec	Jim Click Combined Events (4/5)	14th
20-6.5/6.26	dec	Pac-12 Championships (5/4)	10th
19-7.5/5.98		Fum McGraw Quadrangular (3/30)	8th

Shot Put (41-9.75/12.74 pr)

41-9.75/12.74	dec	Pac-12 Championships (5/4)	5th
37-6/11.43	dec	Jim Click Combined Events (4/5)	18th
37-5.75/11.42		Jerry Quiller Classic (3/15-16)	13th

High Jump (6-6.25/1.99 pr)

6-6.25/1.99	dec	Jim Click Combined Events (4/5)	13rd
6-4.25/1.94	dec	Pac-12 Championships (5/4)	5th

400-Meters (51.35 pr)

51.35	dec	Jim Click Combined Events (4/5)	9th
51.35		Jerry Quiller Classic (3/15-16)	15th
50.31	dec	Pac-12 Championships (5/4)	7th

110-Meter Hurdles (14.77 pr)

14.77		Jack Christiansen (4/27)	12th
15.01	dec	Pac-12 Championships (5/5)	4th
15.01	dec	Jim Click Combined Events (4/6)	4th
15.01		Jerry Quiller Classic (3/15-16)	5th
15.15		Fum McGraw Quadrangular (3/30)	11th

Discus (139-8/42.58 pr)

139-8/42.58		CU Invite (4/13)	12th
131-2/39.98	dec	Jim Click Combined Events (4/6)	6th
129-11/39.60	dec	Pac-12 Championships (5/5)	3rd
117-9/35.90		Jerry Quiller Classic (3/15-16)	15th

Pole Vault (13-4.25/4.07 pr)

13-4.25/4.07		Jack Christiansen (4/27)	13rd
13.1.50/4.00	dec	Pac-12 Championships (5/5)	19th
12-9.50/3.90	dec	Jim Click Combined Events (4/6)	114th

Javelin (157-5/47.98 pr)

157-5/47.98	dec	Pac-12 Championships (5/5)	8th
156-5/47.67	dec	Jim Click Combined Events (4/6)	12th
151-2/46.08		Jack Christiansen (4/27)	7th
148-0/45.12		CU Invite (4/12)	2nd
137-2/41.80		Jerry Quiller Classic (3/15-16)	7th
134-4/40.95		Fum McGraw Quadrangular (3/30)	8th

1,500 Meters (4:52.58 pr)

4:52.58	dec	Jim Click Combined Events (4/6)	8th
4:58.79	dec	Pac-12 Championships (5/5)	11th

SHAW GIFFORD

100 Meters (10.79 pr)

200 Meters (21.32 pr)

21.52		Mt. SAC Relays (4/18-20)	23rd (open)
21.52		CU Invite (4/13)	4th
21.56		Jack Christiansen (4/27)	7th
21.58		Fum McGraw Quadrangular (3/30)	3rd
21.95		Walt Disney World Invite (3/22)	2nd
22.12		Jerry Quiller Classic (3/15-16)	5th
22.22	p	Walt Disney World Invite (3/22)	1st

400 Meters (48.20 pr)

48.20		Fum McGraw Quadrangular (3/30)	2nd
48.75		Mt. SAC Relays (4/18-20)	37th (open)
48.87		CU Invite (4/13)	1st
49.24		Jack Christiansen (4/27)	1st
49.80		Walt Disney World Invite (3/22)	2nd
49.83		Jerry Quiller Classic (3/15-16)	4th

2013 MEN'S OUTDOOR PERFORMANCE LIST

CAMERON HUTCHINS

Discus (131-00 pr)	
Hammer Throw (189-03 pr)	
178-5/54.39	Cowpoke Open (5/3) 6th
175-6/53.49	Tom Benich Classic (3/22) 6th
172-10/52.67	CU Invite (4/13) 8th
172-4/52.52	Jack Christiansen (4/27) 11th
169-9/51.74	Jerry Quiller Classic (3/15-16)..... 11th
168-1/51.23	Fum McGraw Quadrangular (3/30) 8th
167-4/51.00	Beach Invitational (4/20) 25th
147-3/44.89	Air Force Relays (4/6) 19th
Javelin (140-1 pr)	
Discus (131-1 pr)	
130-3/39.70	CU Invite (4/12) 14th

JAKE HURYSZ

800 Meters (1:51.91 pr)	
1:51.91	CU Invite (4/13) 2nd
1500 Meters (3:40.63)	
3:40.63	Payton Jordan Invite (4/28) 5th
3:43.65	Mt. SAC Relays (4/18-20) 7th (Oly. development)

MARK JONES

High Jump (7-0.25 pr)	
7-00.25/2.14	Beach Invitational (4/20) 1st
6-11/2.11	Jack Christiansen (4/27) 2rd
6-10.75/2.10	Mt. SAC Relays (4/18-20) 4th (open)
6-9/2.06	CU Invite (4/13) 2nd
6-8.75/2.05	Jerry Quiller Classic (3/15-16)..... 1st

DAVID KILGORE

3000 Meters (8:48.46 pr)	
9:00.94	Jerry Quiller Classic (3/15-16)..... 7th
5000 Meters (14:27.98 pr)	
14:27.98	Mt. SAC Relays (4/18-20) 7th (open C)

MARTIN MEDINA

1500 Meters (4:01.71 pr)	
3000 Meters	
8:44.18	CU Invite (4/13) 4th
5000 Meters (14:14.51 pr)	
14:20.28	Mt. SAC Relays (4/18-20) 30th (open A)
10000 Meters (29:21.57 pr)	

RICHARD MEDINA

800 Meters	
1:55.76	CU Invite (4/13) 11th
1500 Meters (3:48.50 pr)	
3:51.78	Nike Stanford Invite (3/29) 12th (section 2)
3:53.22	Mt. SAC Relays (4/18-20) 73rd (open)
5000 Meters (13:44.34 pr)	
13:45.50	Payton Jordan Invite (4/28) 4th (section 2)
10000 Meters (29:14.91 pr)	

JOE MORRIS

100 Meters (10.31 pr)	
10.09	w Jack Christiansen (4/27) 2nd
10.33	Mt. SAC Relays (4/18-20) 1st (open)
10.42	CU Invite (4/13) 2nd
200 Meters (20.45 pr)	
20.45	Jack Christiansen (4/27) 2nd
20.91	Mt. SAC Relays (4/18-20) 4th (Oly. development)
21.01	CU Invite (4/13) 2nd
21.53	Fum McGraw Quadrangular (3/30) 2nd
400 Meters (47.17 pr)	
47.70	Fum McGraw Quadrangular (3/30) 1st

AMMAR MOUSSA

800 Meters	
1:55.51	CU Invite (4/13) 10th
1500 Meters (3:47.01 pr)	
3:47.01	Mt. SAC Relays (4/18-20) 13th (open)
3:58.75	Jerry Quiller Classic (3/15-16)..... 1st
5,000 Meters (13:57.96 pr)	
13:57.96	Payton Jordan Invite (4/28) 13th (section 2)
14:12.79	Nike Stanford Invite (3/29) 17th (section 2)

PIERCE MURPHY

3000 Meters (8:35.56 pr)	
8:35.56	Jerry Quiller Classic (3/15-16)..... 1st
5,000 Meters (14:04.21 pr)	
14:04.21	Mt. SAC Relays (4/18-20) 7th (open A)
10,000 Meters (29:37.71 pr)	
29:37.71	Nike Stanford Invite (3/29) 11th (section 2)

BRIAN OWENS

Javelin (206-00 pr)	
202-4/61.68	CU Invite (4/12) 1st
191-0/58.22	Mt. SAC Relays (4/18-20) 12th (open)
186-3/56.76	Fum McGraw Quadrangular (3/30) 2nd
178-5.50/54.39	Jerry Quiller Classic (3/15-16)..... 3rd

BRADY RUTT

Shot Put (49-5.75/15.08 pr)	
49-5.75/15.08	CU Invite (4/13) 7th
48-5.25/14.76	Jack Christiansen (4/27) 9th
48-0/14.63	Jerry Quiller Classic (3/15-16)..... 8th
41-7.75/14.37	Air Force Relays (4/6) 3rd
Discus Throw (168-10/54.47 pr)	
168-10/51.47	Tom Benich Classic (3/22) 8th
168-6/51.35	Jack Christiansen (4/27) 9th
166-10/50.85	Cowpoke Open (5/3) 6th
163-6/49.85	Air Force Relays (4/6) 6th
160-0/48.77	CU Invite (4/13) 7th
159-11.50/48.75	Jerry Quiller Classic (3/15-16)..... 5th
Hammer Throw (171-3/52.21 pr)	
171-3/52.21	Cowpoke Open (5/3) 9th
169-7/51.69	Tom Benich Classic (3/22) 7th
167-3/50.97	Jack Christiansen (4/27) 13th
159-11.50/48.75	Jerry Quiller Classic (3/15-16)..... 12th
155-0/47.25	Air Force Relays (4/6) 15th

RYAN SAVERCOOL

1,500 Meters (4:08.91 pr)	
3,000 Meters (8:58.80 pr)	
5,000 Meters (15:10.43 pr)	
10,000 Meters (31:59.64 pr)	

DILLON SHIJE

1,500 Meters	
3,000 Meters (8:43.53 pr)	
8:46.53	CU Invite (4/13) 3rd
8:55.13	Jerry Quiller Classic (3/15-16)..... 6th
5,000 Meters (14:41.77 pr)	
10,000 Meters (30:11.65 pr)	
30:11.65	Mt. SAC Relays (4/18-20) 2nd (open B)

JONNY STEVENS

1500 Meters (3:56.54 pr)	
4:01.61	CU Invite (4/13) 8th
4:07.31	Jerry Quiller Classic (3/15-16)..... 5th
Steeplechase (9:07.86 pr)	
9:21.84	Mt. SAC Relays (4/18-20) 15th (open B)
9:41.77	Fum McGraw Quadrangular (3/30) 3rd
10:08.20	Jack Christiansen (4/27) 6th

BLAKE THEROUX

Steeplechase (9:02.10 pr)	
9:02.10	Mt. SAC Relays (4/18-20) 6th (Oly. development)
1,500 Meters (3:45.17 pr)	
3:45.17	Payton Jordan Invite (4/28) 7th (section 3)
3:48.19	Nike Stanford Invite (3/29) 9th (section 1)
5000 Meters (14:55.21 pr)	

2013 MEN'S OUTDOOR PERFORMANCE LIST

ARIC VAN HALEN

800 Meters (1:52.54 pr)
 1:52.54 CU Invite (4/13) 4th
1500 Meters (3:47.85 pr)
 3:47.85 Mt. SAC Relays (4/18-20) 20th (open)
Steeplechase (8:37.45 pr)
 8:44.32 Payton Jordan Invite (4/28) 14th (section 1)
5,000 Meters (14:01.91 pr)

CONNOR WINTER

800 Meters (1:52.56 pr)
 1:52.76 CU Invite (4/13) 6th
 1:52.95 Mt. SAC Relays (4/18-20) 45th (open)
1500 Meters (3:44.53 pr)
 3:44.53 Payton Jordan Invite (4/28) 4th (section 3)
 3:44.54 Nike Stanford Invite (3/29) 7th (section 1)
 3:46.27 Mt. SAC Relays (4/18-20) 6th (open)

2013 Unattached Marks/Times

ALEX KIZIRIAN

Shot Put (50-09.25 pr)
 49-9.75/15.18 CU Invite (4/13) 6th
 48-3.50/14.72 Air Force Relays (4/6) 8th
 46-4.75/14.14 Fum McGraw Quadrangular (3/30) 7th
Discus (159-02 pr)
 158-4/48.25 Fum McGraw Quadrangular (3/30) 8th
 156-3/47.62 CU Invite (4/13) 8th
 151-10/46.28 Jerry Quiller Classic (3/15-16) 9th
 149-5/45.55 Jack Christiansen (4/27) 14th
 146-10/44.75 Air Force Relays (4/6) 13th
Hammer Throw (198-10 pr)
 198-10/60.61 Jerry Quiller Classic (3/15-16) 1st
 197-1/60.07 Air Force Relays (4/6) 3rd
 196-9/59.98 CU Invite (4/12) 2nd

KYLE MacINTOSH

200 Meters (21.74 pr)
400 Meters (48.06 pr)
400 Meter Hurdles (52.20 pr)
 53.05 Jack Christiansen Invite (4/27) 1st
 53.86 Beach Invitational (4/20) 11th
 54.10 Mt. SAC Relays (4/18-20) 22nd (open)
 54.61 Fum McGraw Quadrangular (3/30) 2nd

JOE MITCHEM

800 Meters
 1:57.83 Jerry Quiller Classic (3/15-16) 5th
 1:58.01 Jack Christiansen Invite (4/27) 6th

2013 WOMEN'S OUTDOOR PERFORMANCE LIST

SEASON RESULTS

M 15-16	JERRY QUILLER CLASSIC (Boulder).....	NTS
M 29-30	at Stanford Invitational (Stanford, Calif.).....	NTS
M 30	at Fum McGraw Quadrangular (Fort Collins, Colo.).....	NTS
A 4-6	at Air Force Relays (USAFA, Colo.).....	NTS
A 12-13	COLORADO INVITATIONAL (Boulder).....	NTS
A 18-20	at Mt. SAC Relays (Walnut, Calif.).....	NTS
A 20	at Beach Invitational (Cerritos, Calif.).....	NTS
A 26-27	at Jack Christiansen Invitational (Fort Collins, Colo.).....	5th/10
A 28	at Payton Jordan Cardinal Invitationa (Stanford, Calif.).....	NTS
M 4-12	at Pac-12 Championships (Los Angeles, Calif.).....	
M 23-25	at NCAA West Preliminaries (Austin, Texas).....	
J 5-8	at NCAA Outdoor Championships (Eugene, Ore.).....	
J 19-23	at USATF Outdoor Championships (Des Moines, Iowa).....	

100 Meters (11.65 cu)

13.13	Mia Holland.....	Fum McGraw Quadrangular (3/30)
13.74	Mia Holland.....	CU Invite (4/13)

200 Meters (23.80 cu)

23.80	sr	Eileen Gehring.....	Mt. SAC Relays (4/18-20)
23.95		Eileen Gehring.....	Sun Angel Classic (4/6)
24.23		Eileen Gehring.....	Jerry Quiller Classic (3/16)
24.25		Eileen Gehring.....	Fum McGraw Quadrangular (3/30)
24.25		Lindsay Mattson.....	Beach Invite (4/20)
24.76		Lindsay Mattson.....	Sun Angel Classic (4/6)
24.91		Lindsay Mattson.....	Jerry Quiller Classic (3/16)
25.20	hep	Brianne Beemer.....	Jim Click Combined Events (4/5)
25.28		Lindsay Mattson.....	Fum McGraw Quadrangular (3/30)

400 Meters (53.23 cu)

53.23	sr	Eileen Gehring.....	Mt. SAC Relays (4/18-20)
53.38		Eileen Gehring.....	Sun Angel Classic (4/6)
54.33		Eileen Gehring.....	Fum McGraw Quadrangular (3/30)
54.66		Lindsay Mattson.....	Mt. SAC Relays (4/18-20)
55.18		Lindsay Mattson.....	Fum McGraw Quadrangular (3/30)
55.52		Lindsay Mattson.....	Sun Angel Classic (4/6)
56.93		Bridget Sweeney.....	Fum McGraw Quadrangular (3/30)
56.94		Bridget Sweeney.....	CU Invite (4/13)

800 Meter Run (2:02.54 cu)

2:12.16	hep	Brianne Beemer.....	Jim Click Combined Events (4/6)
2:15.56	hep	Brianne Beemer.....	Pac-12 Championships (5/5)
2:16.65		Staci Foster.....	CU Invite (4/13)
2:19.15		Camille Logan.....	CU Invite (4/13)
2:20.86	U	Brittany Lewis.....	Air Force Relays (4/5)
2:21.68	hep	Genny Mayden.....	Pac-12 Championships (5/5)
2:23.18		Lainey Nash.....	Jerry Quiller Classic (3/16)
2:23.32		Lainey Nash.....	Fum McGraw Quadrangular (3/30)

1,500 Meter Run (3:59.90 cu)

4:11.36		Emma Coburn.....	Drake Relays (4/26)
4:25.46		Carrie Verdon.....	Payton Jordan Invite (4/28)
4:29.31		Staci Foster.....	Mt. SAC Relays (4/18-20)
4:32.84		Camille Logan.....	Mt. SAC Relays (4/18-20)
4:35.73		Carrie Verdon.....	CU Invite (4/13)
4:36.96		Staci Foster.....	Jack Christiansen Invite (4/27)
4:37.58		Camille Logan.....	Jack Christiansen Invite (4/27)
4:39.16	U	Courtney Bouchet.....	Fum McGraw Quadrangular (3/30)
4:42.00		Staci Foster.....	Jerry Quiller Classic (3/16)
4:45.38		Diana George.....	Jack Christiansen Invite (4/27)

3,000 Meters* (8:54.22 cu)

9:49.77	U	Carrie Verdon.....	Jerry Quiller Classic (3/16)
10:12.00		Allie McLaughlin.....	Jerry Quiller Classic (3/16)
10:24.94		Allie McLaughlin.....	CU Invite (4/13)

5,000 Meters (15:05.25 cu)

16:03.40	U	Shalaya Kipp.....	Payton Jordan Invite (4/28)
16:14.58		Carrie Verdon.....	Mt. SAC Relays (4/18-20)

10,000 Meters (32:50.80 cu)

13.95		Brianne Beemer.....	CU Invite (4/13)
13.98		Brianne Beemer.....	Jack Christiansen Invite (4/27)
14.13	hep	Brianne Beemer.....	Pac-12 Championships (5/4)
14.26	hep	Brianne Beemer.....	Jim Click Combined Events (4/5)
14.27	U	Brittany Lewis.....	Jack Christiansen Invite (4/27)
14.33		Brianne Beemer.....	Beach Invite (4/20)
14.37		Brianne Beemer.....	Jerry Quiller Classic (3/16)
14.53		Brianne Beemer.....	Fum McGraw Quadrangular (3/30)
14.61	hep	Abrianna Torres.....	Pac-12 Championships (5/4-5)

400 Meter Hurdles (57.77 cu)

1:00.05		Brianne Beemer.....	Mt. SAC Relays (4/18-20)
1:01.65		Brianne Beemer.....	Jerry Quiller Classic (3/16)
1:07.55		Gwen Ricco.....	Jerry Quiller Classic (3/16)

3,000 M Steeplechase (9:12.50 cu)

9:28.26		Emma Coburn.....	Payton Jordan Invite (4/28)
9:52.82	U	Shalaya Kipp.....	Mt. SAC Relays (4/18-20)
10:41.97		Diana George.....	Mt. SAC Relays (4/18-20)
10:46.10	U	Courtney Bouchet.....	CU Invite (4/13)

4x100 Meter Relay (44.95 cu)

46.97		Holland/Mattson/Sweeney/Gehring.....	CU Invite (4/13)
47.56		Holland/Mattson/Sweeney/Gehring.....	Fum McGraw Quadrangular (3/30)

4x400 Meter Relay (3:33.07 cu)

3:38.17		Mattson/Beemer/Sweeney/Gehring.....	Mt. SAC Relays (4/18-20)
3:50.39		Colorado A.....	Jerry Quiller Classic (3/16)
4:18.05		Colorado A.....	CU Invite (4/13)

Long Jump (20-08 cu)

20-2.25/6.15		Abrianna Torres.....	Beach Invite (4/20)
20-0.25/6.10		Abrianna Torres.....	Mt. SAC Relays (4/18-20)
19-6.25/5.95	U	Brittany Lewis.....	Jack Christiansen Invite (4/27)
19-4/5.89	hep	Abrianna Torres.....	Pac-12 Championships (5/5)
19-1.50/5.83	U	Brittany Lewis.....	CU Invite (4/13)
18-11.75/5.78		Abrianna Torres.....	Fum McGraw Quadrangular (3/30)
18-7/5.66	hep	Abrianna Torres.....	Jim Click Combined Events (4/6)
18-6.50/5.65	U	Brittany Lewis.....	Air Force Relays (4/5)
18-4.50/5.60	U	Brittany Lewis.....	Fum McGraw Quadrangular (3/30)
18-2.50/5.55	hep	Genny Mayden.....	Pac-12 Championships (5/5)

Triple Jump (40-11.5 cu)

5-10.75/1.80		Kelsey English.....	Jack Christiansen Invite (4/27)
5-9.75/1.77		Kelsey English.....	Fum McGraw Quadrangular (3/30)
5-7/1.75		Kelsey English.....	Air Force Relays (4/6)
5-5.75/1.67	hep	Brianne Beemer.....	Jim Click Combined Events (4/5)
5-5.75/1.67	hep	Genny Mayden.....	Jim Click Combined Events (4/5)
5-4.50/1.64		Ewelina Pena.....	Fum McGraw Quadrangular (3/30)
5-4.25/1.63	hep	Brianne Beemer.....	Pac-12 Championships (5/4)
5-4.25/1.63	hep	Genny Mayden.....	Pac-12 Championships (5/4)
5-4.25/1.63		Holly Odneal.....	Jack Christiansen Invite (4/27)
5-3.25/1.61	hep	Abrianna Torres.....	Jim Click Combined Events (4/5)

Shot Put (54-6 cu)

43-2.50/13.17		Abrianna Torres.....	Jack Christiansen Invite (4/27)
42-7/12.98	hep	Abrianna Torres.....	Jim Click Combined Events (4/5)
42-0.50/12.81		Abrianna Torres.....	CU Invite (4/13)
41-11.25/12.78	hep	Abrianna Torres.....	Pac-12 Championships (5/4)
40-5.50/12.33	hep	Genny Mayden.....	Pac-12 Championships (5/4)
40-5.50/12.33		Emily Hunsucker.....	Jerry Quiller Classic (3/16)
39-11.25/12.17		Genny Mayden.....	Jack Christiansen Invite (4/27)
39-8.50/12.10	U	Margux Krahe.....	Jerry Quiller Classic (3/16)
39-3/11.96		Kajsa Bank.....	Jack Christiansen Invite (4/27)
39-2.25/11.94		Genny Mayden.....	Bryan Clay Invite (4/19)

Hammer Throw (200-3 cu)

203-9/62.10		Emily Hunsucker.....	Cowpoke Open (5/3)
200-3/61.03		Emily Hunsucker.....	Mt. SAC Relays (4/18-20)
198-0/60.35		Emily Hunsucker.....	Jack Christiansen Invite (4/27)
197-8/60.25		Emily Hunsucker.....	Fum McGraw Quadrangular (3/30)
197-4/60.14		Emily Hunsucker.....	CU Invite (4/12)
195-10/59.69		Emily Hunsucker.....	Jerry Quiller Classic (3/16)
192-7/58.71		Emily Hunsucker.....	Air Force Relays (4/6)
180-1/54.88		Emily Hunsucker.....	Tom Benich Classic (3/22)
169-10/51.77		Kellie Lind.....	Jerry Quiller Classic (3/16)

Javelin (169-5 cu)

132-11/40.52	hep	Abrianna Torres.....	Pac-12 Championships (5/5)
128-4/39.11		Abrianna Torres.....	Fum McGraw Quadrangular (3/30)
126-3/38.48	hep	Abrianna Torres.....	Jim Click Combined Events (4/6)
125-6/38.26		Abrianna Torres.....	Jack Christiansen Invite (4/27)
123-0/37.50		Abrianna Torres.....	CU Invite (4/12)
122-4/37.30	hep	Genny Mayden.....	Jim Click Combined Events (4/6)
121-9/37.10		Genny Mayden.....	Jerry Quiller Classic (3/16)
120-00/36.57	hep	Brianne Beemer.....	Pac-12 Championships (5/5)
119-3/36.35		Genny Mayden.....	Beach Invite (4/20)
118-4/36.08		Genny Mayden.....	Jack Christiansen Invite (4/27)
118-4/36.08	hep	Genny Mayden.....	Pac-12 Championships (5/5)

Discus Throw (181-7 cu)

139-1/42.40		Sophie Hallam-Eames.....	Tom Benich Classic (3/22)
127-5/38.83		Sophie Hallam-Eames.....	Fum McGraw Quadrangular (3/30)
127-5/38.83		Sophie Hallam-Eames.....	CU Invite (4/13)
125-7/38.29		Sophie Hallam-Eames.....	Jack Christiansen Invite (4/27)
124-1/37.83		Sophie Hallam-Eames.....	Jerry Quiller Classic (3/16)
122-2/37.25		Sophie Hallam-Eames.....	Cowpoke Open (5/3)
115-6/35.20	U	Makenzie Kline.....	CU Invite (4/13)
111-6/34.00	U	Kajsa Bank.....	Jerry Quiller Classic (3/16)
111-6/34.00	U	Makenzie Kline.....	Jack Christiansen Invite (4/27)
110-2/33.57	U	Makenzie Kline.....	Jerry Quiller Classic (3/16)

Pole Vault (12-4 cu)

5.362		Brianne Beemer.....	Jim Click Combined Events (4/5-6)
5.357		Abrianna Torres.....	Pac-12 Championships (5/4-5)
5.238		Brianne Beemer.....	Pac-12 Championships (5/4-5)
5.174		Abrianna Torres.....	Jim Click Combined Events (4/5-6)
5.161		Genny Mayden.....	Pac-12 Championships (5/4-5)
4.905	U	Brittany Lewis.....	Air Force Relays (4/4-5)
4.399		Genny Mayden.....	Jim Click Combined Events (4/5-6)
4.376		Holly Odneal.....	Jim Click Combined Events (4/5-6)

Symbol Key

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

2013 WOMEN'S OUTDOOR PERFORMANCE LIST

MADDIE ALM

800 Meters (2:24.37 pr)	
2:24.37	CU Invite (4/13) 8th
1500 Meters (4:53.52 pr)	
4:53.52	Bryan Clay Invitational (4/19) 42nd
4:55.03	Jack Christiansen (4/27) 11th
5:01.90	Fum McGraw Quadrangular (3/30) 4th
5:07.40	Jerry Quiller Classic (3/15-16) 8th

KAJSA BANK

Hammer Throw (135-07 pr)	
125-8/38.30	Jerry Quiller Classic (3/15-16) 15th
Javelin (107-9/32.85 pr)	
107-9/32.85	Jerry Quiller Classic (3/15-16) 9th
106-7/32.50	Jack Christiansen (4/27) 11th
105-1/32.06	Fum McGraw Quadrangular (3/30) 5th
101-3/30.87	Air Force Relays (4/6) 7th
Shot Put (39-3/11.96 pr)	
39-3/11.96	Jack Christiansen (4/27) 9th
38-11.50/11.87	CU Invite (4/13) 6th
38-8.75/11.80	Fum McGraw Quadrangular (3/30) 5th
37-7.75/11.47	Jerry Quiller Classic (3/15-16) 8th
Discus (111-6/32.00 pr)	
111-6/34.00	Jerry Quiller Classic (3/15-16) 7th
106-7/32.48	CU Invite (4/13) 10th
102-0/31.10	Air Force Relays (4/6) 16th

BRIANNE BEEMER

Hepathalon (5,362 pr)	
5,362	Jim Click Combined Events (4/5-6) 4th
5,238	Pac-12 Championships (5/4-5) 5th
100 Meter Hurdles (13.95 pr)	
13.95	CU Invite (4/13) 2nd
13.98	Jack Christiansen (4/27) 2nd
14.13 hep	Pac-12 Championships (5/4) 4th
14.26 hep	Jim Click Combined Events (4/5) 6th
14.33	Beach Invitational (4/20) 14th
14.37	Jerry Quiller Classic (3/15-16) 2nd
14.53	Fum McGraw Quadrangular (3/30) 6th
High Jump (5-5.75/1.67 pr)	
5-5.75/1.67hep	Jim Click Combined Events (4/5) 15th
5-4.25/1.63hep	Pac-12 Championships (5/4) 15th
Shot Put (35-5.25/10.80 pr)	
35-5.25/10.80hep	Jim Click Combined Events (4/5) 11th
35-1.75/10.71hep	Pac-12 Championships (5/4) 9th
34-5.00/10.49	Fum McGraw Quadrangular (3/30) 6th
31-11.50/9.74	Jerry Quiller Classic (3/15-16) 13th
200 Meters (25.10 pr)	
25.20 hep	Jim Click Combined Events (4/5) 5th
25.38	Beach Invitational (4/20) 51st
25.40	Jack Christiansen (4/27) 6th
25.45 hep	Pac-12 Championships (5/4) 4th
25.65	Fum McGraw Quadrangular (3/30) 6th
25.81	CU Invite (4/13) 2nd
Long Jump (17-11.75 pr)	
17-6.25/5.34hep	Jim Click Combined Events (4/6) 9th
16-10.50/5.14 hep	Pac-12 Championships (5/5) 8th
Javelin (120-0/36.58 pr)	
120-0/36.58hep	Pac-12 Championships (5/5) 5th
116-2/35.41	Fum McGraw Quadrangular (3/30) 3rd
113-5/34.58hep	Jim Click Combined Events (4/6) 9th
111-4/33.93	CU Invite (4/12) 4th
108-3/33.00	Jerry Quiller Classic (3/15-16) 8th
800 Meters (2:09.24 pr)	
2:12.16 hep	Jim Click Combined Events (4/6) 3rd
2:15.56 hep	Pac-12 Championships (5/5) 2nd
400 Meter Hurdles (59.90 pr)	
1:00.05	Mt. SAC Relays (4/18-20) 11th (open)
1:01.65	Jerry Quiller Classic (3/15-16) 1st

EMMA COBURN

800 Meters (2:09.81)	
1500 Meters (4:09.42)	
4:11.36	Drake Relays (4/26) 8th (top collegian)
Steeplechase (9:23.56 pr)	
9:28.26	Payton Jordan Invite (4/28) 1st (section 1)

KELSEY ENGLISH

High Jump (5-10.75/1.80 pr)	
5-10.75/1.80	Jack Christiansen (4/27) 1st
5-9.75/1.77	Fum McGraw Quadrangular (3/30) 1st
5-7/1.70	Air Force Relays (4/6) 2nd

STACI FOSTER

800 Meters (2:16.65 pr)	
2:16.65	CU Invite (4/13) 2nd
1500 Meters (4:27.88 pr)	
4:29.31	Mt. SAC Relays (4/18-20) 49th (open)
4:36.96	Jack Christiansen (4/27) 3rd
4:42.00	Jerry Quiller Classic (3/15-16) 4th

EILEEN GEHRING

100 Meters (12.11 pr)	
200 Meters (23.80 pr)	
23.80 sr	Mt. SAC Relays (4/18-20) 8th (open)
23.95	Sun Angel Classic (4/6) 6th (Premiere)
24.23	Jerry Quiller Classic (3/15-16) 1st
24.25	Fum McGraw Quadrangular (3/30) 1st
400 Meters (53.23 pr)	
53.23 sr	Mt. SAC Relays (4/18-20) 1st (Oly. development)
53.38	Sun Angel Classic (4/6) 3rd (Premiere)
54.33	Fum McGraw Quadrangular (3/30) 1st

DIANA GEORGE

1,500 Meters	
4:45.38	Jack Christiansen (4/27) 7th
Steeplechase (10:41.04 pr)	
10:41.97	Mt. SAC Relays (4/18-20) 7th (open A)

SOPHIE HALLAM-EAMES

Discus (139-1/42.40 pr)	
139-1/42.40	Tom Benich Classic (3/22) 4th
127-5/38.83	CU Invite (4/13) 4th
127-5/38.83	Fum McGraw Quadrangular (3/30) 4th
125-7/38.29	Jack Christiansen (4/27) 8th
124-1/37.83	Jerry Quiller Classic (3/15-16) 5th
122-2/37.25	Cowpoke Open (5/3) 5th
Hammer Throw (142-11/43.57 pr)	
142-11/43.57	Jerry Quiller Classic (3/15-16) 7th
138-9/42.30	Tom Benich Classic (3/22) 8th

MIA HOLLAND

100 Meters (12.22 pr)	
13.13	Fum McGraw Quadrangular (3/30) 9th
13.74	CU Invite (4/13) 8th
200 Meters (25.23 pr)	
26.56	CU Invite (4/13) 7th
26.76	Jack Christiansen (4/27) 20th
27.57	Fum McGraw Quadrangular (3/30) 21st

LINDSEY HUBBARD

400 Meter Hurdles (1:03.45 pr)

EMILY HUNSUCKER

Shot Put (41-5.25 pr)	
40-5.50/12.66	Jerry Quiller Classic (3/15-16) 3rd
Hammer Throw (203-9/62.10 pr)	
203-9/62.10	Cowpoke Open (5/3) 1st
200-3/61.03	Mt. SAC Relays (4/18-20) 2nd
198-00/60.35	Jack Christiansen (4/27) 1st
197-8/60.25	Fum McGraw Quadrangular (3/30) 1st
197-4/60.14	CU Invite (4/12) 1st
195-10/59.69	Jerry Quiller Classic (3/15-16) 1st
192-7/58.71	Air Force Relays (4/6) 1st
180-1/54.88	Tom Benich Classic (3/22) 2nd
Discus (131-10 pr)	

2013 WOMEN'S OUTDOOR PERFORMANCE LIST

KELLIE LIND

Hammer Throw (169-10/51.77 pr)

169-10/51.77	Jerry Quiller Classic (3/15-16).....	3rd
163-6/49.84	Fum McGraw Quadrangular (3/30).....	6th
163-6/49.83	Cowpoke Open (5/3).....	8th
161-7/49.25	Jack Christiansen (4/27).....	7th
159-7/48.64	CU Invite (4/12).....	5th
159-5/48.60	Tom Benich Classic (3/22).....	4th
156-2/47.60	Air Force Relays (4/6).....	8th

CAMILLE LOGAN

800 Meters

2:19.15	CU Invite (4/13).....	3rd
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1,500 Meters (4:21.55 pr)

4:32.84	Mt. SAC Relays (4/18-20).....	8th (Oly. Development)
4:37.58	Jack Christiansen (4/27).....	4th

3,000 Meters (9:54.77 pr)

5,000 Meters (16:14.24 pr)

10,000 Meters (34:16.11 pr)

NIKKI LOOK

800 Meters (2:20.70 pr)

1500 Meters (4:38.82 pr)

4:52.73	Bryan Clay Invitational (4/19).....	39th
4:58.16	Jack Christiansen (4/27).....	14th

LINDSY MATTSON

200 Meters (24.25 pr)

24.25	Beach Invitational (4/20).....	8th
24.76	Sun Angel Classic (4/6).....	9th
24.91	Jerry Quiller Classic (3/15-16).....	2nd
25.28	Fum McGraw Quadrangular (3/30).....	4th

400 Meters (54.66 pr)

54.66	Mt. SAC Relays (4/18-20).....	12th (open)
55.18	Fum McGraw Quadrangular (3/30).....	2nd
55.52	Sun Angel Classic (4/6).....	3rd

GENNY MAYDEN

Heptathlon (5,362 pr)

5,161	Pac-12 Championships (5/4-5).....	7th
4,339	Jim Click Combined Events (4/5-6).....	13th (DNF)

100 Meter Hurdles (14.97 pr)

14.99	hep	Jim Click Combined Events (4/6).....	10th
15.07		Bryan Clay Invitational (4/19).....	16th
15.22		Jerry Quiller Classic (3/15-16).....	8th
15.23	hep	Pac-12 Championships (5/4).....	9th
15.33		Jack Christiansen (4/27).....	12th
15.41		Beach Invitational (4/20).....	57th

High Jump (5-06.50/1.69 pr)

5-5.75/1.67hep	Jim Click Combined Events (4/6).....	17th
5-4.25/1.63hep	Pac-12 Championships (5/4).....	15th

Shot Put (40-5.5/12.33 pr)

40-5.5/12.33hep	Pac-12 Championships (5/4).....	3rd
39-11.25/12.17	Jack Christiansen (4/27).....	8th
39-2.25/11.94	Bryan Clay Invitational (4/19).....	27th
38-5.50/11.72hep	Jim Click Combined Events (4/6).....	6th
37-7.25/11.46	Jerry Quiller Classic (3/15-16).....	9th

200 Meters (25.42 pr)

26.01	hep	Jim Click Combined Events (4/5-6).....	8th
26.11	hep	Pac-12 Championships (5/4).....	7th
26.20		Bryan Clay Invitational (4/19).....	53rd
26.31		Jack Christiansen (4/27).....	17th

Long Jump (18-07.25/5.67 pr)

18-2.50/5.55hep	Pac-12 Championships (5/5).....	5th
17-10.25/5.44hep	Jim Click Combined Events (4/5-6).....	7th

Javelin (140-3/42.76 pr)

122-4/37.30	hep	Jim Click Combined Events (4/5-6).....	5th
121-9/37.10		Jerry Quiller Classic (3/15).....	3rd
119-3/36.35		Beach Invitational (4/20).....	24th
118-4/36.08		Jack Christiansen (4/27).....	7th
118-4/36.08hep		Pac-12 Championships (5/5).....	7th
116-11/35.64		Bryan Clay Invitational (4/19).....	16th

800 Meters (2:22.50 pr)

2:21.68	hep	Pac-12 Championships (5/5).....	5th
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CATRINA McALISTER

800 Meters (2:18.99 pr)

1500 Meters (4:30.31 pr)

5000 Meters (17:59.90 pr)

ALLIE McLAUGHLIN

3000 Meters (10:12.00 pr)

10:12.00	Jerry Quiller Classic (3/15-16).....	4th
10:24.94	CU Invite (4/13).....	3rd

LAINIEY NASH

800 Meters (2:23.18 pr)

2:23.18	Jerry Quiller Classic (3/15-16).....	4th
2:23.32	Fum McGraw Quadrangular (3/30).....	7th

HOLLY ODNEAL

Heptathlon (4,699 pr)

4,376	Jim Click Combined Events (4/5-6).....	14th
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100 Meter Hurdles (14.70 pr)

15.08	Fum McGraw Quadrangular (3/30).....	12th	
15.12	CU Invite (4/13).....	10th	
15.16	Jack Christiansen (4/27).....	9th	
15.18	Jerry Quiller Classic (3/15-16).....	6th	
15.19	hep	Jim Click Combined Events (4/5).....	12th

High Jump (5-05.25 pr)

5-4.25/1.63	Jack Christiansen (4/27).....	15th	
5-2.50/1.59	Fum McGraw Quadrangular (3/30).....	18th	
5-2.50/1.59	CU Invite (4/13).....	6th	
5-1/1.55	hep	Jim Click Combined Events (4/5).....	113th

Shot Put (38-8.25/11.79 pr)

38-8.25/11.79	Jack Christiansen (4/27).....	10th	
38-2/11.63	hep	Jim Click Combined Events (4/5).....	7th
35-8.75/10.89	Jerry Quiller Classic (3/15-16).....	10th	

200 Meters (27.32 pr)

27.41	CU Invite (4/13).....	12th	
27.44	Jack Christiansen (4/27).....	25th	
27.59	hep	Jim Click Combined Events (4/5).....	16th
27.83	Jerry Quiller Classic (3/15-16).....	13th	
28.35	Fum McGraw Quadrangular (3/30).....	25th	

Long Jump (17-02.00 pr)

16-0.50/4.89hep	Jim Click Combined Events (4/6).....	16th
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Javelin (113-03 pr)

93-9/28.58	Jerry Quiller Classic (3/15-16).....	11th	
91-6/27.90	CU Invite (4/12).....	11th	
91-1/27.76	Fum McGraw Quadrangular (3/30).....	11th	
84-6/25.75	hep	Jim Click Combined Events (4/6).....	14th

800 Meters (2:33.16 pr)

2:33.16	hep	Jim Click Combined Events (4/6).....	13th
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EWELINA PENA

High Jump (5-4.50/1.64 pr)

5-4.50/1.64	Fum McGraw Quadrangular (3/30).....	16th
5-3/1.60	Jerry Quiller Classic (3/15-16).....	3rd
5-2.50/1.59	CU Invite (4/13).....	7th
5-2.25/1.58	Jack Christiansen (4/27).....	19th
4-11/1.50	Air Force Relays (4/6).....	19th

2013 WOMEN'S OUTDOOR PERFORMANCE LIST

GWEN RICCO

Hepathalon (4,954 pr)	
2.775	Jim Click Combined Events (4/5-6)..... 17th (DNF)
100 Meter Hurdles (14.68 pr)	
14.85	Jack Christiansen (4/27) 8th
14.97	CU Invite (4/13) 7th
15.09	Jerry Quiller Classic (3/15-16)..... 4th
15.24	hep Jim Click Combined Events (4/5-6)..... 13th
High Jump	
5-2.25/1.58	Jack Christiansen (4/27) t9th
5-1/1.55	hep Jim Click Combined Events (4/5-6)..... t13th
Shot Put	
32-10.25/10.01	hep Jim Click Combined Events (4/5-6)..... 15th
32-8.25/9.96	Jerry Quiller Classic (3/15-16)..... 12th
200 Meters	
26.46	hep Jim Click Combined Events (4/5-6)..... 13th
26.85	CU Invite (4/13) 9th
Long Jump (18-09.25 pr)	
Javelin (110-04 pr)	
104-11/31.97	Jerry Quiller Classic (3/15-16)..... 10th
96-5/29.38	CU Invite (4/12) 9th
800 Meters	
400 Meter Hurdles	
1:07.55	Jerry Quiller Classic (3/15-16)..... 3rd

JANA STOLTING

1,500 Meters (4:35.27 pr)	
4:53.21	Fum McGraw Quadrangular (3/30) 3rd
5,000 Meters (16:38.54 pr)	
10,000 Meters (34:03.16 pr)	

BRIDGET SWEENEY

200 Meters (25.06 pr)	
25.67	Jack Christiansen (4/27) 12th
25.69	Jerry Quiller Classic (3/15-16)..... 3rd
26.02	Fum McGraw Quadrangular (3/30) 10th
400 Meters (55.14 pr)	
56.93	Fum McGraw Quadrangular (3/30) 3rd
56.94	CU Invite (4/13) 2nd
57.04	Jack Christiansen (4/27) 3rd
57.07	Mt. SAC Relays (4/18-20) 48th (open)
58.15	Beach Invitational (4/20) 42nd

ABRIANNA TORRES

Heptathlon (5,357 pr)	
5,357	Pac-12 Championships (5/4-5) 3rd
5,174	Jim Click Combined Events (4/5-6)..... 7th
100 Meter Hurdles (14.61 pr)	
14.61	hep Pac-12 Championships (5/4)..... 7th
14.71	CU Invite (4/13) 5th
14.86	hep Jim Click Combined Events (4/5) 8th
15.16	Jerry Quiller Classic (3/15-16)..... 5th
High Jump (5-3.25/1.61 pr)	
5-3.25/1.61	hep Jim Click Combined Events (4/5) t10th
5-2.25/1.58	Jack Christiansen (4/27) t9th
5-1.75/1.57	hep Pac-12 Championships (5/4)..... 8th
Shot Put (42-7/12.98 pr)	
43-2.50/13.17	Jack Christiansen (4/27) 6th
42-7/12.98	hep Jim Click Combined Events (4/5) 2nd
42-0/12.81	CU Invite (4/13) 4th
41-11.25/12.78	hep Pac-12 Championships (5/4)..... 1st
38-10.25/11.84	Jerry Quiller Classic (3/15-16)..... 7th
200 Meters (25.84 pr)	
25.84	Fum McGraw Quadrangular (3/30) 13th
25.97	hep Pac-12 Championships (5/4).....
26.07	hep Jim Click Combined Events (4/5) 10th
26.21	Beach Invitational (4/20) 97th
26.57	CU Invite (4/13) 8th
26.78	Jerry Quiller Classic (3/15-16)..... 10th
Long Jump (20-2.25/6.15 pr)	
20-2.25/6.15	Beach Invite (4/20) 2nd
20-0.25/6.10	Mt. SAC Relays (4/18-20) 1st (open)
19-4/5.89	hep Pac-12 Championships (5/5)..... 2nd
18-11.75/5.98	Fum McGraw Quadrangular (3/30) 8th
18-6.75/5.66	hep Jim Click Combined Events (4/6) 6th
Javelin (132-11/40.52 pr)	
132-11/40.52	hep Pac-12 Championships (5/5)..... 2nd
128-4/39.11	Fum McGraw Quadrangular (3/30) 1st
126-3/38.48	hep Jim Click Combined Events (4/6) 3rd
125-6/38.26	Jack Christiansen (4/27) 3rd
123-0/37.50	CU Invite (4/13) 2nd
108-10/33.17	Jerry Quiller Classic (3/15-16)..... 7th
800 Meters (2:25.09 pr)	
2:25.09	hep Pac-12 Championships (5/4-5) 7th
2:32.26	hep Jim Click Combined Events (4/5-6)..... 12th

CARRIE VERDON

1500 Meters (4:25.46 pr)	
4:25.46	Payton Jordan Invite (4/28) 4th (section 4)
4:35.73	CU Invite (4/13) 3rd
5000 Meters (16:14.58 pr)	
16:14.58	Mt. SAC Relays (4/18-20) 1st (open A)

RACHEL VIGER

1500 Meter (4:51.58 pr)	
5,000 Meters (16:56.05 pr)	
10,000 Meters (35:06.26 pr)	

2013 WOMEN'S OUTDOOR PERFORMANCE LIST

2013 Unattached Marks/Times

COURTNET BOUCHET

800 (2:26.26 pr)

1,500 Meters (4:38.44 pr)

4:39.16 Fum McGraw Quadrangular (3/30)..... 1st

Steeplechase (10:30.06 pr)

10:46.10 CU Invite (4/13)..... 1st

SHALAYA KIPP

5000 Meters (16:00.50 pr)

16:03.40 Payton Jordan Invite (4/28)..... 9th (section 2)

Steeplechase (9:35.73 pr)

9:52.82 Mt. SAC Relays (4/18)..... 1st (elite)

MAKENZIE KLINE

Discus (115-6/32.20 pr)

115-6/35.20 CU Invite (4/13)..... 7th

114-2/34.81 Jack Christiansen (4/27)..... 8th

111-6/34.00 Jack Christiansen Invite (4/26)..... 10th

110-2/33.57 Jerry Quiller Classic (3/15-16)..... 8th

106-7/32.49 Fum McGraw Quadrangular (3/30)..... 5th

104-2/31.76 Air Force Relays (4/6)..... 14th

Javelin (108-8/33.12 pr)

108-8/33.12 CU Invite (4/13)..... 5th

101-3/30.86 Air Force Relays (4/6)..... 8th

92-2/29.09 Fum McGraw Quadrangular (3/30)..... 10th

84-1/25.64 Jerry Quiller Classic (3/15-16)..... 12th

MARGAUX KRAHE

Shot Put (39-8.50/12.10 pr)

39-8.50/12.10 Jerry Quiller Classic (3/15-16)..... 4th

Javelin (103-05 pr)

BRITTANY LEWIS

Heptathlon (4,977 pr)

4,905 Air Force Relays (4/4)..... 1st

100 Meter Hurdles (14.27 pr)

14.27 Jack Christiansen Invite (4/28)..... 4th

14.74 Jerry Quiller Classic (3/15-16)..... 3rd

14.93 hep Air Force Relays (4/4)..... 2nd

14.95 Fum McGraw Quadrangular (3/30)..... 10th

15.04 CU Invite (4/13)..... 8th

High Jump (5-05 pr)

4-11.25/1.52hep Air Force Relays (4/4)..... 8th

Shot Put (33-05.75 pr)

32-2.75/9.82hep Air Force Relays (4/4)..... 6th

31-10.75/9.72 Jerry Quiller Classic (3/15-16)..... 14th

200 Meters (25.5 pr)

25.75 hep Air Force Relays (4/4)..... 2nd

25.78 Jerry Quiller Classic (3/15-16)..... 4th

25.85 Fum McGraw Quadrangular (3/30)..... 8th

26.37 CU Invite (4/13)..... 4th

Long Jump (19-07 pr)

19-6.25/5.95 Jack Christiansen (4/27)..... 3rd

19-1.50/5.83 CU Invite (4/13)..... 1st

18-6.50/5.65hep Air Force Relays (4/5)..... 1st

18-4.50/5.60 Fum McGraw Quadrangular (3/30)..... 2nd

Javelin (115-3/35.12 pr)

115-3/35.12 Jerry Quiller Classic (3/15-16)..... 6th

105-3/32.08hep Air Force Relays (4/5)..... 2nd

800 Meters (2:20.55 pr)

2:20.86 hep Air Force Relays (4/5)..... 1st

400 Meter Hurdles (1:03.26 pr)

LIZ TREMBLAY

200 Meters (25.1 pr)

400 Meters (55.1 pr)

57.51 CU Invite (4/13)..... 3rd

800 Meters (2:06.59 pr)

CARRIE VERDON

3000 Meters

9:49.77 Jerry Quiller Classic (3/15-16)..... 1st