

# 2014 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  
3,000 Meter Steeplechase, 2013

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

## 2014 PAC-12 OUTDOOR CHAMPIONSHIPS MOOBERRY TRACK & FIELD COMPLEX PULLMAN, WASH. WASHINGTON STATE UNIVERSITY



**Let's Review...** The University of Colorado is prepped and ready for the 2014 Pac-12 Track and Field Championships. CU will send a talented group of athletes to Pullman to compete in a variety of events.

**Results...** Results can be found at <http://www.pac-12.com/2014-pac-12-track-field-championships>.

**About The Buffaloes...** With the Pac-12 Multi-Events contested last weekend, the men sit in the third position (five points) and the women are in sixth place (three).

**Shalaya Kipp** and **Blake Theroux** have a chance to repeat a sweep of the men and women's 3,000-meter steeplechase. Kipp is ranked first in the Pac-12 for the event after establishing a speedy 9:39.12 time just two weekends ago at the Payton Jordan Invitational; the second fastest time in the world this year. Theroux is ranked second in the conference for the event with a time of 8:51.96, established at Mt. SAC relays. Last year, Emma Coburn and Aric Van Halen swept the race the first time one school had achieved that since 2007.

**Emily Hunsucker**, the CU record holder in the hammer throw, is looking to make an improvement on last year's seventh place finish at the Pac-12 Championships. Currently, she is ranked first in the Pac-12 for the event, and her best mark, 212-11, is over 11 feet longer than the second spot. She has consistently been above 200 feet all season long and has won two events and earned one second place finish this season.

Overall the Buffs have incredible depth going into the Pac-12 Championships. In the men's 5,000 meter run, CU has eight competitors, the most of any school in the event. Of those competitors, two are in the top 10, including **Morgan Pearson** who is ranked fourth in the Pac-12. On the women's side, three of the four athletes competing in the 5,000 are in the top 10. **Abby Levene** is ranked sixth, Kipp seventh and **Carrie Verdon** is ranked ninth.

In addition, Pierce Murphy is returning to compete in the 10,000 meter run after earning bronze in the event last year. Currently, he is tied for sixth with his teammate, Pearson.

Freshman **Ben Saarel** is making his first appearance Pac-12s, participating in both the 1,500 and the 5,000. In the 1,500, he is currently sixth. **Jake Hurysz** is also ranked in the top 10, sitting in the ninth position.

Levene is ranked fourth in the Pac-12 in the 10,000-meter run. Earlier this season, she ran the event at the Stanford Invitational and achieved a new personal best, 33:17.58 in the invitational section.

In the sprints, **Shaw Gifford** is looking for a strong finish to his senior season in the 100 and 200. In the 200, he is ranked in the top 10. He has had top performances in the event for the entirety of the season, recording three first place finishes and two second place accolades.

**Jaron Thomas** looks to make his mark as a freshman as well in the 100- and 400-meter

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hurdle races. He is ranked third in the 400 hurdles for the Pac-12. He established his fastest time yet, 51.77, just two weeks ago at the Longhorn Invitational

**Lindsay Mattson** is set to run the 400 after recording a 54.71 finish at the Mt. SAC Relays earlier this season. She currently sits in the 17th position in the conference.

The combined events athletes will return for their chance to extend their success after competing in the heptathlon and decathlon last weekend. **Jason DeWitt** and **Brock Emory** will be competing in their specialty event, high jump, after earning third and fourth place in the event last weekend. They will both also be competing in the 110-meter hurdles.

On the women's side, **Abrianna Torres** and **Brittany Lewis** will be taking the long jump by storm. Torres is coming off a first place finish in that event from last weekend's heptathlon when she leaped for a mark of 18-11.75.

The meet will start at 1 p.m. MDT on Saturday, May 17, with the men's hammer throw, and the first track event will start at 2 p.m. with the preliminaries of the 4x100 meter relay. Sunday's events start at 12 p.m. with the women's hammer throw. The first track event is the final round of the women's 4x100 meter relay.

**Pac-12 Multis...** Senior **Brock Emory** and sophomore **Abrianna Torres** each won individual events and the Buffs were the only school other than Oregon to score four athletes in the multi-events competition.

For the Buffs, the day was highlighted by solid individual performances in both the men's decathlon and women's heptathlon events. Most notable among them was the performances of both Emory, who set a new personal record in the 110-meter hurdles (15.10) and won the discus throw event (137-03), and Torres, who won the long jump event with an impressive 18-11.75.

Emory finished the competition fifth overall and fellow Buff **Jason DeWitt** eighth behind overall winner Dakotah Keys of Oregon.

On the women's side, Torres' solid performance in the long jump catapulted her to an eighth place finish in the women's heptathlon behind winner Amalie Luel of USC. Buff **Brittany Lewis** finished just ahead of Torres in seventh while Ewelina Pena and Mariah Slack finished 11th and 12th respectively.

Overall, the Buffs set 20 combined personal bests over the weekend. Emory's 7,035 point finish was good enough for sixth place on the school's all-time best decathlon list. Lewis' 2:17.56 finish in the heptathlon's 800-meters was the third best in school history.

**Kipp On Bowerman Watch List...** Senior Shalaya Kipp was named Bowerman Award Watch List handed out annually by the United States Track & Field and Cross Country Coaches Association (USTFCCA) to the nation's top male and female track & field athletes.

Kipp, who has been named an All-American in track or cross country seven times, has enjoyed a solid senior season. She ran the world's best time this year in the 3,000-meter steeplechase at the Payton Jordan Invitational. Kipp also won the 1,500 meter race at the CU Invitational in April and was awarded the Tom Hansen Medal, a Pac-12 honor bestowed upon a male and a female senior student-athlete from each conference school. The award is given to the individual who personifies the greatest combination

of performance and achievement in scholarship, athletics and leadership.

Kipp also joins fellow track athletes Emma Coburn, who was named last year, and Jenny Barringer, who won the award in 2009, as the only three CU student-athletes to be placed on the award's watch list.

The finalists will be named at the conclusion of the outdoor track season this summer.

**Kizirian Earns First Pac-12 Field Athlete of the Week Honor...** Senior **Alex Kizirian** was named the Pac-12 Men's Field Athlete of the Week for the first time after recording a first place finish and new personal record in the hammer throw on April 26 at the Jack Christiansen Invitational.

Kizirian, the second-best all-time weight thrower in CU history, recorded a mark of 198 feet, 11 inches. The throw shattered his previously held 196-11 record from 2012. The throw also gives Kizirian his third spot on CU's all-time performance list. He has now made headway on the fifth, sixth and 10th spots on the prestigious list.

The decorated Buff also competed in the shot put and the discus over the weekend. In the shot put, he placed fifth overall with a throw of 52-11.50. He finished sixth in the discus with a throw of 161-06.

**Buffs Place 12 On MPSF All-Academic Team...** Colorado's track and field team placed 12 student-athletes on the 2014 Mountain Pacific Sports Federation All-Academic teams.

The men had three honorees, while the women placed nine on the team. Juniors **Lindsay Mattson** and **Bridget Sweeney** had the two highest GPAs on the team. Mattson has recorded a 3.814 GPA while majoring in economics and Sweeney has accumulated a 3.813 GPA while majoring in communication. The other women who were named to the team include: **Courtney Bouchet**, **Maddie Alm**, **Jenny DeSouchet**, **Emily Hunsucker**, **Ewelina Pena**, **Kelsey English** and **Shalaya Kipp**.

Junior **Morgan Pearson**, an economics major, led the men's selections with a 3.470 GPA. **Joe Bosshard**, a graduate student, also carries an impressive 3.425 and is majoring in business. **Blake Theroux** was also named to the team.

To be chosen for this distinction, honorees must have a cumulative grade point average of 3.00, must be a sophomore academically, must have completed at least one academic year with their institution and must have competed in at least 50 percent of the institution's competition.

**Hunsucker Named Pac-12 Field Athlete Of The Week...** Senior **Emily Hunsucker** was named the Pac-12 Women's Field Athlete of the Week after recording the NCAA leading hammer throw mark on March 21 at the Jerry Quiller Classic.

Hunsucker, a 2013 second team All-American, recorded a mark of 212 feet, 11 inches, in her first throw of the outdoor season. In the process, she broke the Potts Field and CU records. The former Potts Field record was 212-4, which was set by Kansas State's Loren Groves at the 2008 Big 12 Championships. Hunsucker broke her own CU record of 207-10 that she had set last May at the NCAA West Preliminary Championships.

Her mark of 212-11 is two feet further than the next best throw in the NCAA. Northern Arizona's Lauren Stuart recorded her mark of 210-11 on March 21 at the UC Irvine Spring Break meet.

This is the third time Hunsucker has been named the Pac-12 Women's Field Athlete of the Week as she was honored twice during the 2013 season.

**Indoor All-Americans...** Senior **Shalaya Kipp** earned her first NCAA Indoor Track and Field All-America honor after she placed seventh in the women's 5,000-meter run at the Albuquerque Convention Center.

Kipp finished the 5k in 16:32.03 seconds. This All-America honor is the eighth for Kipp as she is a three-time All-American on the outdoor track (all in the 3,000-meter steeplechase) and is a four-time All-American in cross country.

Junior **Morgan Pearson** also competed in the men's 5k and ran a very consistent race, crossing the finish 10th overall in 14:15.78. Pearson's finish did earn All-America Second Team honors, the first track and field All-America honor of his career. This is the second All-America honor for Pearson this academic year as he earned All-America status at the cross country national championship last November.

Freshman **Ben Saarel** added another piece of hardware to his collection as he picked up a third-place finish in the men's 3,000-meters. Saarel crossed the finish in 8:13.45 to earn the bronze medal, while his teammate, junior **Jake Hurysz**, picked up a 12th-place finish in the same race with a time of 8:18.57. Saarel's third-place finish is the highest for the Buffs since 2007 when Stephen Pifer took third in the mile. With his finish, Saarel was awarded All-America First Team honors. Hurysz was named to the second team for his performance.



**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 and 2013 in the steeplechase and Shalaya Kipp won in 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

#### Scheduled To Compete For Colorado:

##### Men

Name	Yr	Events
Tyler Baker	Sr.	400 Hurdles, 4x400 Relay
Blake Berens	Sr.	100, 200, 4x100 Relay
Joe Bosshard	Sr.	5,000, 10,000
Jason DeWitt*	Sr.	110 Hurdles, High Jump
Brock Emory*	Sr.	110 Hurdles, High Jump
Erik Gaytan	Fr.	400, 4x400 Relay
Shaw Gifford	Jr.	100, 200, 4x100, 4x400 Relay
Jake Hurysz	Jr.	1,500, 5,000
Alex Kizirian	Jr.	Shot Put, Discus
Garrett Lotsy	Fr.	400, 4x100 Relay, 4x400 Relay
Austin Mitsch	Fr.	100, 200, 4x100 Relay
Ammar Moussa	So.	1,500, 5,000
Pierce Murphy	So.	5,000
Morgan Pearson	So.	5,000, 10,000
Ben Saarel	Fr.	1,500, 5,000
Dillon Shije	Sr.	5,000
Blake Theroux	Jr.	3,000, 5,000
Jaron Thomas	Fr.	110 Hurdles, 400 Hurdles
Connor Winter	So.	5,000

##### Women

Name	Yr	Events
Maddie Alm	So.	1,500, 5,000
Kajsa Bank	Sr.	Javelin
Courtney Bouchet	Sr.	3,000 steeplechase, 5,000
Jenny DeSouchet	So.	1,500, 5,000
Sophie Hallam-Eames	Jr.	Discus, Hammer
Alexandra Haskell	Jr.	400, 4x400 Relay
Mia Holland	So.	200
Emily Hunsucker	Sr.	Hammer
Shalaya Kipp	Sr.	3,000 steeplechase, 5,000
Makenzie Kline	Fr.	Discus
Abby Levene	Sr.	5,000, 10,000
Brittany Lewis*	So.	Long Jump, 4x400 Relay
Lindsay Mattson	Jr.	400, 4x400 Relay
Melanie Nun	Fr.	3,000 steeplechase, 5,000
Ewelina Pena*	Fr.	Heptathlon
Mariah Slack*	Fr.	Heptathlon
Abrianna Torres*	So.	High Jump, Long Jump
Elizabeth Tremblay	Sr.	800, 4x400 Relay
Carrie Verdon	So.	5,000

\* Competed in last week's Pac-12 Multi-Event



# 2014 MEN'S OUTDOOR PERFORMANCE LIST

## TYLER BAKER

<b>400 Meters (50.09 pr)</b>		
50.27	Tom Benich (4/4)	6th
<b>400 Meter Hurdles (52.76 pr)</b>		
55.82	CU Invite (4/12)	3rd
<b>4x400 Meter Relay</b>		
3:13.43	Mt. SAC (4/19)	9th
3:16.63	Tom Benich (4/4)	2nd
3:21.70	CU Invite (4/12)	5th

## BLAKE BERENS

<b>100 Meters (10.96 pr)</b>		
10.96	Jack Christiansen Invite (4/26)	12th
10.98	Bryan Clay Invite (4/18)	13th
11.03	Beach Invite (4/19)	22nd
11.18	Tom Benich (4/4)	8th
<b>200 Meters (21.62 pr)</b>		
22.00	Fum McGraw (3/29)	5th
22.02	Beach Invite (4/19)	21st
22.02	Bryan Clay Invite (4/18)	15th
22.65	Tom Benich (4/4)	5th
22.81	CU Invite (4/12)	11th
<b>400 Meters (48.61 pr)</b>		
49.45	Fum McGraw (3/29)	3rd
51.70	Jerry Quiller Classic (3/22)	3rd
<b>4x100 Meter Relay</b>		
40.77	Jack Christiansen Invite (4/26)	2nd
40.84	CU Invite (4/12)	1st
<b>4x400 Meter Relay</b>		
3:17.53	Fum McGraw (3/29)	2nd
3:26.68	CU Invite (4/12)	9th

## JOE BOSSHARD

<b>5,000 Meters</b>		
14:04.04	Payton Jordan Invite (5/4)	19th

## JASON DEWITT

<b>Decathlon (6,837pr)</b>			
6,837	dec	Pac-12 Championships (5/10-11)	8th
6,724	dec	Mt. SAC Multis "A" (4/16-4/17)	5th
<b>100 Meters (11.44 pr)</b>			
11.59	dec	Pac-12 Championships (5/10)	11th
11.66	dec	Mt. SAC Multis "A" (4/16-4/17)	14th
11.95		Tom Benich (4/4)	12th
<b>Long Jump (22-3 pr)</b>			
22-3/6.78	dec	Pac-12 Championships (5/10)	5th
21-7.25/6.58	dec	Mt. SAC Multis "A" (4/16-4/17)	9th
<b>Shot Put (41-2.5 pr)</b>			
41-2.5/12.56		CU Invite (4/12)	14th
40-3.25/12.27	dec	Pac-12 Championships (5/10)	8th
40-2/12.24	dec	Mt. SAC Multis "A" (4/16-4/17)	14th
<b>High Jump (6-8.25 pr)</b>			
6-8.25/2.05	dec	Mt. SAC Multis "A" (4/16-4/17)	11st
6-7.5/2.02	dec	Pac-12 Championships (5/10)	3rd
6-7/2.01		Jack Christiansen Invite (4/26)	5th
6-7/2.01		Fum McGraw (3/29)	2nd
<b>400 Meters (52.25 pr)</b>			
52.25	dec	Mt. SAC Multis "A" (4/16-4/17)	11th
52.63	dec	Pac-12 Championships (5/10)	12th
<b>110 Meter Hurdles (14.98 pr)</b>			
14.98		CU Invite (4/12)	6th
15.24	dec	Pac-12 Championships (5/11)	4th
15.46		Tom Benich (4/4)	11th
15.57	dec	Mt. SAC Multis "A" (4/16-4/17)	11th
<b>Discus (115-04 pr)</b>			
125-4/38.21	dec	Pac-12 Championships (5/11)	6th
119-1/36.29	dec	Mt. SAC Multis "A" (4/16-4/17)	6th
116-7/35.53		Bryan Clay Invite (4/18)	45th
<b>Pole Vault (14-05.25 pr)</b>			
14-5.25/4.40	dec	Mt. SAC Multis "A" (4/16-4/17)	3rd
14-1.25/4.30	dec	Pac-12 Championships (5/11)	16th
<b>Javelin (161-03 pr)</b>			
157-11/48.14		Fum McGraw (3/29)	2nd
157-3/47.97		CU Invite (4/12)	4th
155-10/47.50	dec	Pac-12 Championships (5/11)	7th
151-1/46.05	dec	Mt. SAC Multis "A" (4/16-4/17)	5th
134-5/40.97		Jerry Quiller Classic (3/21)	5th
<b>1500 Meters (4:56.01 pr)</b>			
5:11.38	dec	Pac-12 Championships (5/11)	11th
5:16.18	dec	Mt. SAC Multis "A" (4/16-4/17)	13th
<b>Triple Jump (45-01 pr)</b>			
<b>HUGH DOWDY</b>			
<b>800 Meters</b>			
<b>Steeplechase (8:50.75 pr)</b>			
<b>1500 Meter Run (3:47.89 pr)</b>			
<b>DAVID EMMERT</b>			
<b>800 Meters</b>			
1:58.37		Mines Last Chance (5/10)	11th
1:59.98		CU Invite (4/12)	22nd
2:00.21		Tom Benich (4/4)	5th

# 2014 MEN'S OUTDOOR PERFORMANCE LIST

## BROCK EMORY

<b>Decathlon (7,035 pr)</b>		
7,035	dec	Pac-12 Championships (5/10-11)..... 5th
6,663	dec	Mt. SAC Multis "A" (4/16-4/17)..... 6th
<b>100-Meters (11.11 pr)</b>		
11.22	dec	Pac-12 Championships (5/10)..... 5th
11.25		Jack Christiansen Invite (4/26)..... t20th
11.47		Fum McGraw (3/29)..... 9th
11.49	dec	Mt. SAC Multis "A" (4/16-4/17)..... 9th
<b>Long Jump (21-6.25/6.55 pr)</b>		
21-6.75/6.57	dec	Pac-12 Championships (5/10)..... 7th
21-6.25/6.55	dec	Mt. SAC Multis "A" (4/16-4/17)..... 10th
<b>Shot Put (41-9.75/12.74 pr)</b>		
41-1.75/12.54		CU Invite (4/12)..... 15th
41-1.5/12.53	dec	Pac-12 Championships (5/10)..... 6th
38-4.75/11.70	dec	Mt. SAC Multis "A" (4/16-4/17)..... 8th
<b>High Jump (6-8.75/2.05 pr)</b>		
6-8.75/2.05	dec	Mt. SAC Multis "A" (4/16-4/17)..... t1st
6-7/2.01		Fum McGraw (3/29)..... 1st
6-6.25/1.99	dec	Pac-12 Championships (5/10)..... 4th
6-6.25/1.99		Jerry Quiller Classic (3/22)..... 3rd
6-5/1.96		Jack Christiansen Invite (4/26)..... t6th
6-4.75/1.95		Beach Invite (4/19)..... 20th
<b>400-Meters (50.65 pr)</b>		
50.65	dec	Pac-12 Championships (5/10)..... 5th
50.94	dec	Mt. SAC Multis "A" (4/16-4/17)..... 6th
51.32		CU Invite (4/12)..... 19th
<b>110-Meter Hurdles (14.71 pr)</b>		
14.71		Jack Christiansen Invite (4/26)..... 9th
14.97		CU Invite (4/12)..... 5th
15.04	dec	Mt. SAC Multis "A" (4/16-4/17)..... 4th
15.10	dec	Pac-12 Championships (5/11)..... 3rd
15.25		Mt. SAC (4/18)..... 46th
15.75		Fum McGraw (3/29)..... 10th
<b>Discus (139-8/42.58 pr)</b>		
137-3/41.84	dec	Pac-12 Championships (5/11)..... 1st
135-9/41.37		Bryan Clay Invite (4/18)..... 23rd
120-7/36.75	dec	Mt. SAC Multis "A" (4/16-4/17)..... 5th
<b>Pole Vault (13-5.25/4.10 pr)</b>		
13-5.25/4.10	dec	Pac-12 Championships (5/11)..... 9th
12-9.5/3.89	dec	Mt. SAC Multis "A" (4/16-4/17)..... t7th
12-7.50/3.85		Jerry Quiller Classic (3/22)..... 5th
<b>Javelin (160-9/49.01 pr)</b>		
160-9/49.01		Jerry Quiller Classic (3/21)..... 2nd
159-10/48.72	dec	Pac-12 Championships (5/11)..... 6th
154-0/46.94		CU Invite (4/12)..... 6th
148-11/45.40		Jack Christiansen Invite (4/26)..... 6th
147-2/44.87		Fum McGraw (3/29)..... 3rd
130-3/39.70	dec	Mt. SAC Multis "A" (4/16-4/17)..... 12th
<b>1,500 Meters (4:52.58 pr)</b>		
5:03.79	dec	Pac-12 Championships (5/11)..... 10th
5:07.84	dec	Mt. SAC Multis "A" (4/16-4/17)..... 12th

## ERIK GAYTAN

<b>100 Meters</b>		
10.92		Mines Last Chance (5/10)..... 5th
11.32		Cowpoke Open (5/3)..... 8th
<b>200 Meters</b>		
21.88		Cowpoke Open (5/3)..... 8th
22.16		Mines Last Chance (5/10)..... 3rd
22.52		Jack Christiansen Invite (4/26)..... 15th

## SHAW GIFFORD

<b>100 Meters (10.66 pr)</b>		
10.66		Cowpoke Open (5/3)..... 1st
10.66		Jack Christiansen Invite (4/26)..... 3rd
10.71		Tom Benich (4/4)..... 2nd
10.78		Mt. SAC (4/18)..... 53rd
10.78		CU Invite (4/12)..... 8th
<b>200 Meters (21.02 pr)</b>		
21.02		Cowpoke Open (5/3)..... 1st
21.31		Fum McGraw (3/29)..... 1st
21.37		Jack Christiansen Invite (4/26)..... 2nd
21.46		Mt. SAC (4/18)..... 32nd
21.79		Tom Benich (4/4)..... 1st
21.97		CU Invite (4/12)..... 2nd
<b>400 Meters (48.20 pr)</b>		
48.70		Jerry Quiller Classic (3/22)..... 1st
<b>4x100 Meter Relay</b>		
40.77		Jack Christiansen Invite (4/26)..... 2nd
40.84		CU Invite (4/12)..... 1st
<b>4x400 Meter Relay</b>		
3:13.43		Mt. SAC (4/19)..... 9th
3:16.63		Tom Benich (4/4)..... 2nd
<b>JOE HOLVEY</b>		
<b>4x400 Meter Relay</b>		
3:23.92		CU Invite (4/12)..... 8th
<b>JAKE HURYSZ</b>		
<b>800 Meters (1:51.91 pr)</b>		
1:53.51		CU Invite (4/12)..... 8th
1:55.50		Fum McGraw (3/29)..... 5th
<b>1500 Meters (3:40.63 pr)</b>		
3:42.53		Mt. SAC, Invitational Elite Section (4/18)..... 9th
3:45.50		Stanford Invite, Invitational Section (4/4)..... 10th
<b>5000 Meters (13:38.58 pr)</b>		
13:57.90		Payton Jordan Invite (5/4)..... 16th
<b>4x400 Meter Relay</b>		
3:26.68		CU Invite (4/12)..... 9th
3:28.47		Fum McGraw (3/29)..... 3rd
<b>DAVID KILGORE</b>		
<b>1500 Meters</b>		
4:06.61		Tom Benich (4/4)..... 3rd
4:10.43		Jack Christiansen Invite (4/26)..... 11th
<b>3000 Meters (8:48.46 pr)</b>		
9:00.78		CU Invite (4/12)..... 16th
<b>5000 Meters (14:27.98 pr)</b>		
14:54.07		Bryan Clay Invite (4/18)..... 15th
<b>10,000 Meters (30:55.84 pr)</b>		
<b>ALEX KIZIRIAN</b>		
<b>Shot Put (53-6.50/16.32 pr)</b>		
53-9.75/16.40		CU Invite (4/12)..... 2nd
53-6.50/16.32		Air Force Twilight (5/9)..... 2nd
53-6.50/16.32		Fum McGraw (3/29)..... 4th
52-11.50/16.14		Jack Christiansen Invite (4/26)..... 5th
52-5.50/15.99		Beach Invite (4/19)..... 13th
52-5.50/15.99		Tom Benich (4/5)..... 3rd
52-5.25/15.98		Jerry Quiller Classic (3/22)..... 1st
<b>Discus (165-10/50.54 pr)</b>		
189-1.25/57.63		Air Force Twilight (5/9)..... 2nd
168-10/51.46		Fum McGraw (3/29)..... 4th
165-10/50.54		CU Invite (4/12)..... 6th
164-6/50.14		Jerry Quiller Classic (3/22)..... 1st
162-00/49.38		Beach Invite (4/19)..... 17th
161-6/49.23		Jack Christiansen Invite (4/26)..... 6th
161-6/49.22		Mt. SAC (4/18)..... 33rd
156-2/47.62		Tom Benich (4/5)..... 5th
<b>Hammer Throw (198-11 pr)</b>		
198-11/60.63		Jack Christiansen Invite (4/26)..... 1st
194-10/59.38		Mt. SAC (4/18)..... 12th
191-6/58.38		CU Invite (4/11)..... 3rd
190-10/58.16		Bryan Clay Invite (4/17)..... 2nd
190-8.5/58.12		Air Force Twilight (5/9)..... 2nd
186-4/56.79		Fum McGraw (3/29)..... 5th
178-9/54.50		Tom Benich (4/5)..... 5th

# 2014 MEN'S OUTDOOR PERFORMANCE LIST

## GARRETT LOSTY

### 400 Meters

48.85 CU Invite (4/12) ..... 6th

### 400-Meter Hurdles

53.87 Bryan Clay Invite (4/18)..... 5th

54.14 Tom Benich (4/4)..... 6th

54.16 Jack Christiansen Invite (4/26)..... 10th

54.65 Fum McGraw (3/29)..... 5th

56.80 Jerry Quiller Classic (3/22)..... 2nd

### 4x100 Meter Relay

40.77 Jack Christiansen Invite (4/26)..... 2nd

40.84 CU Invite (4/12)..... 1st

### 4x400 Meter Relay

3:13.43 Mt. SAC (4/19)..... 9th

3:16.63 Tom Benich (4/4)..... 2nd

3:17.53 Fum McGraw (3/29)..... 2nd

## KYLE MACINTOSH

### 4x400 Meter Relay

3:23.92 CU Invite (4/12)..... 8th

## JOE MITCHEM

### 800 Meters (1:55.20 pr)

1:55.20 Fum McGraw (3/29)..... 4th

1:55.42 CU Invite (4/12)..... 14th

1:55.99 Bryan Clay Invite (4/18)..... 36th

1:56.68 Jerry Quiller Classic (3/22)..... 2nd

1:58.90 Jack Christiansen Invite (4/26)..... 18th

### 4x400 Meter Relay

3:21.70 CU Invite (4/12)..... 5th

3:28.47 Fum McGraw (3/29)..... 3rd

## AUSTIN MITSCH

### 100 Meters

10.67 Jack Christiansen Invite (4/26)..... 4th

10.69 CU Invite (4/12)..... 5th

10.78 Beach Invite (4/19)..... 7th

10.91 Tom Benich (4/4)..... 5th

10.91 Fum McGraw (3/29)..... 2nd

### 200 Meters

21.48 Jack Christiansen Invite (4/26)..... 3rd

21.55 Fum McGraw (3/29)..... 2nd

21.60 Beach Invite (4/19)..... 3rd

22.25 Tom Benich (4/4)..... 2nd

22.46 CU Invite (4/12)..... 6th

### 4x100 Meter Relay

40.77 Jack Christiansen Invite (4/26)..... 2nd

40.84 CU Invite (4/12)..... 1st

### 4x400 Meter Relay

3:17.53 Fum McGraw (3/29)..... 2nd

## AMMAR MOUSSA

### 800 Meters (1:52.42 pr)

1:52.42 CU Invite (4/12)..... 4th

### 1500 Meters (3:43.97 pr)

3:43.97 Bryan Clay Invite (4/18)..... 12th

### 5,000 Meters (13:56.00 pr)

13:56.00 Payton Jordan Invite (5/4)..... 9th

### 10,000 Meters (30:38.83 pr)

30:38.83 Jerry Quiller Classic (3/21)..... 3rd

### 4x400 Meter Relay

3:21.70 CU Invite (4/12)..... 5th

3:28.47 Fum McGraw (3/29)..... 3rd

## PIERCE MURPHY

### 1500 Meters

3:54.44 CU Invite (4/12)..... 4th

3:47.39 Bryan Clay Invite (4/18)..... 25th

### 3000 Meters (8:35.56 pr)

5,000 Meters (13:48.74 pr)

13:48.74 Payton Jordan Invite (5/4)..... 1st

10,000 Meters (29:36.48 pr)

30:20.57 Jerry Quiller Classic (3/21)..... t1st

## MORGAN PEARSON

### 800 Meters

1:54.18 CU Invite (4/12)..... 11th

### 1500 Meters

3:47.68 Bryan Clay Invite (4/18)..... 27th

### 5,000 Meters

13:38.92 Payton Jordan Invite (5/4)..... 7th

### 10,000 Meters

30:20.57 Jerry Quiller Classic (3/21)..... t1st

## ADAM PETERMAN

### 4x400 Meter Relay

3:23.92 CU Invite (4/12)..... 8th

## ZACH PERRIN

### 4x400 Meter Relay

3:23.92 CU Invite (4/12)..... 8th

## TIMOTHY PORCELLI

### Javelin

133-4/40.63 CU Invite (4/12)..... 9th

132-10/40.49 Jack Christiansen Invite (4/26)..... 10th

127-7.75/38.90 Air Force Twilight (5/9)..... 7th

121-8/37.09 Fum McGraw (3/29)..... 5th

113-10/34.69 Jerry Quiller Classic (3/21)..... 8th

## BEN SAAREL

### 800 Meters

1:51.11 CU Invite (4/12)..... 1st

### 1500 Meters

3:41.54 Bryan Clay Invite (4/18)..... 1st

### 5,000 Meters

13:48.97 Payton Jordan Invite (5/4)..... 12th

### 4x400 Meter Relay

3:21.70 CU Invite (4/12)..... 5th

## DILLON SHIJE

### 1,500 Meters

4:01.47 Jack Christiansen Invite (4/26)..... 2nd

### 3,000 Meters (8:43.53 pr)

8:52.55 CU Invite (4/12)..... 10th

### 5,000 Meters (14:41.77 pr)

14:56.42 Bryan Clay Invite (4/18)..... 17th

### 10,000 Meters (30:11.65 pr)

31:08.05 Jerry Quiller Classic (3/21)..... 5th

## BLAKE THEROUX

### 800 Meters

1:51.50 CU Invite (4/12)..... 2nd

1:54.43 Fum McGraw (3/29)..... 3rd

### Steeplechase (8:49.99 pr)

### 1,500 Meters (3:45.17 pr)

3:49.28 Stanford Invite, Invitational Section (4/4)..... 5th

### 5000 Meters (13:57.62 pr)

13:57.62 Payton Jordan Invite (5/4)..... 11th

### 4x400 Meter Relay

3:26.68 CU Invite (4/12)..... 9th

3:28.47 Fum McGraw (3/29)..... 3rd

# 2014 MEN'S OUTDOOR PERFORMANCE LIST

## JARON THOMAS

### 110-Meter Hurdles

13.87	Longhorn Invitational (5/3)	3rd
14.24	Jack Christiansen Invite (4/26)	3rd
14.30	Mt. SAC (4/18)	11th
14.42	CU Invite (4/12)	3rd
14.51	Fum McGraw (3/29)	4th
14.54	Jerry Quiller Classic (3/22)	1st

### 400-Meter Hurdles

51.77	Longhorn Invitational (5/3)	3rd
52.24	Tom Benich (4/4)	2nd
52.51	Fum McGraw (3/29)	3rd
53.40	Mt. SAC (4/18)	25th
54.14	Jerry Quiller Classic (3/22)	1st

### 4x400 Meter Relay

3:13.43	Mt. SAC (4/19)	9th
3:16.63	Tom Benich (4/4)	2nd
3:17.53	Fum McGraw (3/29)	2nd

## CONNOR WINTER

### 800 Meters (1:52.56 pr)

1:54.24	CU Invite (4/12)	12th
1:57.59	Fum McGraw (3/29)	7th

### 1500 Meters (3:44.53 pr)

3:47.32	Stanford Invite, Invitational Section (4/4)	10th
3:49.79	Bryan Clay Invite (4/18)	38th

### 5000 Meters (14:09.45 pr)

13:55.91	Payton Jordan Invite (5/4)	8th
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### 4x400 Meter Relay

3:26.68	CU Invite (4/12)	9th
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## 2014 Unattached Marks/Times

### DAVID EMMERT

#### 800 Meters

2:04.71	U	Jerry Quiller Classic (3/22)	9th
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### PADEN GATLIN

#### Discus

145-4/44.29	U	Air Force Twilight (5/9)	7th
139-10/42.63	U	Tom Benich (4/5)	9th
139/42.38	U	Fum McGraw (3/29)	11th
125-6/38.26	U	Jerry Quiller Classic (3/22)	11th

#### Hammer Throw

139-4/42.48	U	CU Invite (4/11)	18th
134-6/41.00	U	Jerry Quiller Classic (3/22)	14th
127-2/38.77	U	Fum McGraw (3/29)	8th

### JOE HOLVEY

#### 1,500 Meters

4:03.72	U	Tom Benich (4/4)	1st
4:12.21	U	Jerry Quiller Classic (3/22)	6th

#### 3,000 Meters

9:13.83	U	CU Invite (4/12)	
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#### 3,000 Meter Steeplechase

10:17.48	U	Fum McGraw (3/29)	4th
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### MARK JONES

#### 200 Meters

23.90	U	Tom Benich (4/4)	10th
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#### 110 Meter Hurdles

15.29	U	Tom Benich (4/4)	8th
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#### High Jump (7-2.50/2.20 pr)

6-11.50/2.12	U	Jerry Quiller Classic (3/22)	1st
6-9/2.06	U	CU Invite (4/12)	1st

### ADAM PETERMAN

#### 1,500 Meters

4:01.88	U	CU Invite (4/12)	19th
4:06.69	U	Jerry Quiller Classic (3/22)	2nd

#### 3,000 Meter Steeplechase

9:37.68	U	Fum McGraw (3/29)	2nd
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### ZACH PERRIN

#### 1,500 Meters

3:50.12	U	CU Invite (4/12)	1st
4:03.56	U	Jerry Quiller Classic (3/22)	1st

### BRADY RUTT

#### Shot Put (49-5.75/15.08 pr)

#### Discus Throw (169-3/51.58 pr)

164-11.75/50.28	U	Air Force Twilight (5/9)	5th
153-4/46.75	U	Jerry Quiller Classic (3/22)	4th

#### Hammer Throw (177-10.25/54.20 pr)

177-10.25/54.20	U	Air Force Twilight (5/9)	3rd
173-10/52.99	U	CU Invite (4/11)	11th
170-3/51.89	U	Jack Christiansen Invite (4/26)	8th
169-7/51.70	U	Tom Benich (4/5)	6th
162-7/49.56	U	Jerry Quiller Classic (3/21)	9th





# 2014 WOMEN'S OUTDOOR PERFORMANCE LIST

## MADDIE ALM

<b>800 Meters (2:19.55 pr)</b>	
2:16.23	Jack Christiansen Invite (4/26)..... 4th
2:19.55	Fum McGraw (3/29)..... 7th
<b>1500 Meters (4:37.93 pr)</b>	
4:37.93	Bryan Clay Invite (4/18)..... 30th
4:39.79	Mines Last Chance (5/10)..... 1st
4:40.75	CU Invite (4/12)..... 8th
4:46.23	Jerry Quiller Classic (3/22)..... 2nd
<b>4x400 Meter Relay</b>	
3:44.95	Fum McGraw (3/29)..... 4th

## KAJSA BANK

<b>Hammer Throw (135-07 pr)</b>	
<b>Javelin (128-03/39.10 pr)</b>	
128-03/39.10	Tom Benich (4/4)..... 2nd
117-09/35.89	Fum McGraw (3/29)..... 3rd
115-02/35.10	Jerry Quiller Classic (3/21)..... 3rd
112-8/34.34	Jack Christiansen Invite (4/26)..... 5th
109-10/33.47	Bryan Clay Invite (4/18)..... 25th
108-10/33.17	CU Invite (4/11)..... 8th
<b>Shot Put (39-3/11.96 pr)</b>	
<b>Discus (111-6/32.00 pr)</b>	

## HEATHER BATES

<b>800 Meters</b>	
2:29.86	Tom Benich (4/4)..... 6th

## COURTNEY BOUCHET

<b>800 (2:26.26 pr)</b>	
<b>1,500 Meters (4:38.44 pr)</b>	
4:43.27	CU Invite (4/12)..... 10th
4:47.37	Mines Last Chance (5/10)..... 3rd
4:50.23	Jerry Quiller Classic (3/22)..... 3rd
<b>3,000 Meter Steeplechase (10:30.06 pr)</b>	
10:38.88	Mt. SAC (4/17)..... 5th
11:07.69	Fum McGraw (3/29)..... 1st

## JENNY DESOUCHET

<b>800 Meters</b>	
2:17.62	Fum McGraw (3/29)..... 5th
2:19.37	Jerry Quiller Classic (3/22)..... 3rd
<b>1500 Meters</b>	
4:28.50	Stanford Invite (4/4)..... 3rd
4:29.99	Bryan Clay Invite (4/18)..... 16th
4:31.71	Payton Jordan Invite (5/4)..... 14th
4:39.41	CU Invite (4/12)..... 6th
<b>4x400 Meter Relay</b>	
3:56.58	CU Invite (4/12)..... 5th
4:12.70	Fum McGraw (3/29)..... 4th

## KELSEY ENGLISH

<b>High Jump (5-11.25/1.81 pr)</b>	
5-11.25/1.81	Beach Invite (4/19)..... 1st
5-10/1.78	CU Invite (4/12)..... 3rd
5-8.75/1.75	Jack Christiansen Invite (4/26)..... 1st
5-8.75/1.75	Mt. SAC (4/18)..... 1st
5-8.75/1.75	Jerry Quiller Classic (3/22)..... 1st
5-8.75/1.75	Fum McGraw (3/29)..... 1st

## EILEEN GEHRING

<b>100 Meters (12.11 pr)</b>	
<b>200 Meters (23.80 pr)</b>	
24.81	Tom Benich (4/4)..... 1st
<b>400 Meters (53.23 pr)</b>	
<b>4x400 Meter Relay</b>	
3:44.88	Tom Benich (4/4)..... 1st
3:44.95	Fum McGraw (3/29)..... 1st

## SOPHIE HALLAM-EAMES

<b>Discus (139-1/42.40 pr)</b>	
135-2.75/41.21	Mines Last Chance (5/10)..... 4th
134-6/41.01	CU Invite (4/12)..... 6th
133-5/40.68	Cowpoke Open (5/3)..... 5th
130-09/39.85	Tom Benich (4/5)..... 5th
130-03/39.71	Jerry Quiller Classic (3/22)..... 3rd
129-11/39.61	Jack Christiansen Invite (4/26)..... 6th
129-01/39.34	Fum McGraw (3/29)..... 5th
<b>Hammer Throw (169-7/51.69 pr)</b>	
169-07/51.69	Jerry Quiller Classic (3/21)..... 4th
168-1/51.23	Cowpoke Open (5/3)..... 7th
166-04/50.70	Jack Christiansen Invite (4/26)..... 6th
165-00/50.30	Tom Benich (4/5)..... 5th
161-10/49.32	Fum McGraw (3/29)..... 7th
154-3.5/47.02	Mines Last Chance (5/10)..... 6th
149-3/45.49	CU Invite (4/11)..... 10th

## BRITTANY HANRAHAN

<b>400-Meter Hurdles</b>	
1:06.93	Bryan Clay Invite (4/18)..... 28th
1:07.18	Fum McGraw (3/29)..... 7th
1:07.27	Tom Benich (4/4)..... 10th
1:08.01	Jack Christiansen Invite (4/26)..... 10th
1:08.49	Jerry Quiller Classic (3/22)..... 1st

## ALLIE HASKELL

<b>200 Meters</b>	
25.31	Jack Christiansen Invite (4/26)..... 6th
<b>400 Meters</b>	
56.14	Mt. SAC (4/18)..... 45th
56.64	Tom Benich (4/4)..... 2nd
58.45	Fum McGraw (3/29)..... 1st
58.87	Jerry Quiller Classic (3/22)..... 1st
<b>4x400 Meter Relay</b>	
3:44.88	Tom Benich (4/4)..... 1st
3:44.95	Fum McGraw (3/29)..... 1st
3:45.39	Mt. SAC (4/19)..... 12th
3:54.32	CU Invite (4/12)..... 3rd

## MIA HOLLAND

<b>100 Meters (12.22 pr)</b>	
12.57	Tom Benich (4/4)..... 5th
12.68	Beach Invite (4/19)..... 45th
12.68	Fum McGraw (3/29)..... 6th
<b>200 Meters (25.23 pr)</b>	
25.65	Jack Christiansen Invite (4/26)..... 7th
25.70	Fum McGraw (3/29)..... 4th
26.00	Tom Benich (4/4)..... 7th
26.09	Beach Invite (4/19)..... 49th
<b>4x400 Meter Relay</b>	
3:44.95	Fum McGraw (3/29)..... 1st
3:56.58	CU Invite (4/12)..... 5th

## LINDSEY HUBBARD

### 400 Meter Hurdles (1:03.45 pr)

## EMILY HUNSUCKER

<b>Shot Put (41-5.25 pr)</b>	
<b>Hammer Throw (212-11/64.91 pr)</b>	
212-11/64.91	Jerry Quiller Classic (3/21)..... 1st
212-7/64.81	CU Invite (4/11)..... 1st
209-3/63.77	Air Force Twilight..... 1st
208-10/63.66	Jack Christiansen Invite (4/26)..... 1st
208-07/63.57	Fum McGraw (3/29)..... 1st
206-5/62.91	Cowpoke Open (5/3)..... 1st
206-1/62.94	Mt. SAC, Invitational Elite Section (4/19)..... 11th
205-03/62.56	Bryan Clay Invite (4/17)..... 1st
190-02/57.97	Tom Benich (4/5)..... 2nd
<b>Discus (131-10 pr)</b>	

# 2014 WOMEN'S OUTDOOR PERFORMANCE LIST

## SHALAYA KIPP

<b>1500 Meters</b>			
4:27.62	CU Invite (4/12)	.....	1st
<b>5000 Meters (16:00.50 pr)</b>			
15:54.13	Mt. SAC, Invitational Elite Section (4/18)	.....	15th
<b>Steeplechase (9:35.73 pr)</b>			
9:39.12	Payton Jordan Invite (5/4)	.....	1st
<b>4x400 Meter Relay</b>			
3:54.32	CU Invite (4/12)	.....	3rd

## MAKENZIE KLINE

<b>Discus (129-01/39.34 pr)</b>			
132-3.25/40.31	Mines Last Chance (5/10)	.....	5th
129-1/39.34	CU Invite (4/12)	.....	8th
126-8/38.61	Cowpoke Open (5/3)	.....	6th
126-6/38.88	Jack Christiansen Invite (4/26)	.....	9th
123-03/37.57	Tom Benich (4/5)	.....	6th
120-10/36.83	Fum McGraw (3/29)	.....	6th
116-11/35.65	Jerry Quiller Classic (3/22)	.....	5th
<b>Javelin (108-8/33.12 pr)</b>			
106-4/32.42	Fum McGraw (3/29)	.....	4th
101-8/30.99	CU Invite (4/11)	.....	9th
101-3/30.86	Bryan Clay Invite (4/18)	.....	29th
99-10/30.44	Jerry Quiller Classic (3/21)	.....	8th
98-11/30.16	Tom Benich (4/5)	.....	7th
94-9.25/28.88	Mines Last Chance (5/10)	.....	5th
91-0/27.74	Jack Christiansen Invite (4/26)	.....	7th

## ABBY LEVENE

<b>1500 Meters</b>			
4:29.68	Bryan Clay Invite (4/18)	.....	14th
<b>5,000 Meters</b>			
15:53.84	Payton Jordan Invite (5/4)	.....	9th
<b>10,000 Meters</b>			
33:17.58	Stanford Invite, Invitational Section	.....	11th

## BRITTANY LEWIS

<b>Heptathlon (4,977 pr)</b>			
4,854	Pac-12 Championships (5/11)	.....	7th
<b>200 Meters (25.45 pr)</b>			
25.45	Tom Benich (4/4)	.....	3rd
25.63	Mt. SAC Multis Elite (4/16-4/17)	.....	17th
24.76	hep Pac-12 Championships (5/10)	.....	6th
25.98	Fum McGraw (3/29)	.....	6th
25.99	Jack Christiansen Invite (4/26)	.....	14th
<b>800 Meters (2:20.55 pr)</b>			
2:17.56	hep Pac-12 Championships (5/11)	.....	3rd
<b>100 Meter Hurdles (14.27 pr)</b>			
14.33	Tom Benich (4/4)	.....	6th
14.63	Jack Christiansen Invite (4/26)	.....	7th
14.89	Fum McGraw (3/29)	.....	4th
14.92	CU Invite (4/12)	.....	6th
15.06	hep Mt. SAC Multis Elite (4/16-4/17)	.....	19th
15.15	hep Pac-12 Championships (5/10)	.....	8th
<b>400 Meter Hurdles (1:03.26 pr)</b>			
<b>4x400 Meter Relay</b>			
3:44.88	Tom Benich (4/4)	.....	1st
3:45.39	Mt. SAC (4/19)	.....	12th
<b>High Jump (5-05 pr)</b>			
5-1/1.55	hep Pac-12 Championships (5/10)	.....	t10th
5-0.50/1.53	hep Mt. SAC Multis Elite (4/16-4/17)	.....	19th
4-11.50/1.51	Jerry Quiller Classic (3/22)	.....	18th
4-11/1.50	Jack Christiansen Invite (4/26)	.....	t12th
<b>Shot Put (35-08.75 pr)</b>			
35-8.75/10.89	hep Mt. SAC Multis Elite (4/16-4/17)	.....	18th
34-3.50/10.45	hep Pac-12 Championships (5/10)	.....	7th
<b>Long Jump (19-07 pr)</b>			
18-10.5/5.75	Jack Christiansen Invite (4/26)	.....	2nd
18-10/5.74	hep Mt. SAC Multis Elite (4/16-4/17)	.....	15th
18-8/5.69	Beach Invite (4/19)	.....	4th
17-11.75/5.48	Fum McGraw (3/29)	.....	2nd
17-7/5.36	hep Pac-12 Championships (5/11)	.....	6th
<b>Javelin (120-9/36.80 pr)</b>			
120-9/36.80	CU Invite (4/11)	.....	2nd
120-0/36.59	Jerry Quiller Classic (3/21)	.....	2nd
95-6/29.12	hep Pac-12 Championships (5/11)	.....	9th
92-2/28.09	hep Mt. SAC Multis Elite (4/16-4/17)	.....	18th

## LINDSY MATTSON

<b>200 Meters (24.25 pr)</b>			
24.55	Jack Christiansen Invite (4/26)	.....	3rd
24.81	Mt. SAC (4/18)	.....	51st
25.96	Tom Benich (4/4)	.....	6th
<b>400 Meters (54.34 pr)</b>			
54.71	Mt. SAC (4/18)	.....	13th
55.07	Longhorn Invitational (5/3)	.....	12th
<b>4x400 Meter Relay</b>			
3:44.88	Tom Benich (4/4)	.....	1st
3:45.39	Mt. SAC (4/19)	.....	12th
3:56.58	CU Invite (4/12)	.....	5th

## CATRINA McALISTER

<b>800 Meters (2:18.99 pr)</b>			
<b>1500 Meters (4:30.31 pr)</b>			
4:45.38	Fum McGraw (3/29)	.....	2nd
<b>5000 Meters (17:59.90 pr)</b>			
<b>4x400 Meter Relay</b>			
4:12.70	Fum McGraw (3/29)	.....	4th

## MELANIE NUN

<b>1500 Meters</b>			
4:23.48	Bryan Clay Invite (4/18)	.....	3rd
4:34.95	CU Invite (4/12)	.....	5th
<b>3000 Meter Steeplechase</b>			
10:59.36	Jack Christiansen Invite (4/26)	.....	1st

# 2014 WOMEN'S OUTDOOR PERFORMANCE LIST

## EWELINA PENA

### Heptathlon

4,266	hep	Mt. SAC Multis "A" (4/16-4/17)	29th
4,246	hep	Pac-12 Championships (5/11)	11th

### 100 Meter Hurdles

15.43	hep	Pac-12 Championships (5/10)	11th
15.52		Jack Christiansen Invite (4/26)	12th
15.62		Bryan Clay Invite (4/18)	31st
15.85		CU Invite (4/12)	11th
15.98	hep	Mt. SAC Multis "A" (4/16-4/17)	34th
16.12		Fum McGraw (3/29)	6th

### 200 Meters

26.93	hep	Mt. SAC Multis "A" (4/16-4/17)	33rd
27.12		Jack Christiansen Invite (4/26)	19th
27.28	hep	Pac-12 Championships (5/10)	10th
27.52		Fum McGraw (3/29)	12th
28.01		CU Invite (4/12)	28th

### High Jump (5-4.50/1.64 pr)

5-3.25/1.61	hep	Pac-12 Championships (5/10)	14th
5-3.25/1.61		Jerry Quiller Classic (3/22)	14th
5-3/1.60		Fum McGraw (3/29)	7th
5-1.75/1.56	hep	Mt. SAC Multis "A" (4/16-4/17)	21st
5-1/1.55		Jack Christiansen Invite (4/26)	12th
5-0.25/1.53		Bryan Clay Invite (4/18)	12th

### Long Jump

16-5/5.00	hep	Mt. SAC Multis "A" (4/16-4/17)	34th
15-7.50/4.76		Jack Christiansen Invite (4/26)	13th
15-5.50/4.71	hep	Pac-12 Championships (5/11)	12th
14-10.75		Beach Invite (4/19)	67th

### Shot Put

32-3.75/9.85		CU Invite (4/12)	12th
32-2.75/9.82		Bryan Clay Invite (4/18)	42nd
31-10.25/9.71	hep	Pac-12 Championships (5/10)	10th
31-1.25	hep	Mt. SAC Multis "A" (4/16-4/17)	28th

### Javelin

95-11/29.25		Fum McGraw (3/29)	6th
83-2/25.36		Jack Christiansen Invite (4/26)	9th
83-2/25.36		CU Invite (4/11)	11th
80-2/24.43	hep	Mt. SAC Multis "A" (4/16-4/17)	37th
77-4/23.58	hep	Pac-12 Championships (5/11)	11th
72-8/22.15		Jerry Quiller Classic (3/21)	11th

### 800 Meters

2:29.10	hep	Mt. SAC Multis "A" (4/16-4/17)	32nd
2:31.37	hep	Pac-12 Championships (5/11)	10th

## OLIVIA RINTALA

### 800 Meters

2:18.80		Jack Christiansen Invite (4/26)	7th
2:21.21		Mines Last Chance (5/10)	6th
2:23.67		CU Invite (4/12)	9th

### 4x400 Meter Relay

3:54.32		CU Invite (4/12)	3rd
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## MARIAH SLACK

### Heptathlon

4,087	hep	Mt. SAC Multis "A" (4/16-4/17)	35th
3,697	hep	Pac-12 Championships (5/10)	12th

### 200 Meters

27.33		Jack Christiansen Invite (4/26)	21st
27.58	hep	Mt. SAC Multis "A" (4/16-4/17)	42nd
28.07	hep	Pac-12 Championships (5/10)	12th
28.12		CU Invite (4/12)	29th
28.34		Tom Benich (4/4)	21st

### 100 Meter Hurdles

16.07		Jack Christiansen Invite (4/26)	15th
16.43	hep	Pac-12 Championships (5/10)	12th
16.61		Tom Benich (4/4)	11th
16.84	hep	Mt. SAC Multis "A" (4/16-4/17)	42nd
16.92		CU Invite (4/12)	16th
17.04		Bryan Clay Invite (4/18)	43rd

### 4x400 Meter Relay

3:56.58		CU Invite (4/12)	5th
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### High Jump

5-3/1.60		Jack Christiansen Invite (4/26)	11th
5-3/1.60	hep	Mt. SAC Multis "A" (4/16-4/17)	13th
5-2.25/1.58	hep	Pac-12 Championships (5/10)	17th
5-2.25/1.58		Bryan Clay Invite (4/18)	19th
5-1.25/4.56		Jerry Quiller Classic (3/22)	7th

### Shot Put

29-2.50/8.90		Bryan Clay Invite (4/18)	48th
29-1/8.86	hep	Mt. SAC Multis "A" (4/16-4/17)	38th
25-2/7.67	hep	Pac-12 Championships (5/10)	12th

### Long Jump

16-8.50/5.09	hep	Mt. SAC Multis "A" (4/16-4/17)	26th
16-5/5.00		Beach Invite (4/19)	48th
16-4.25/4.98		Jack Christiansen Invite (4/26)	12th
16-3/4.95	hep	Pac-12 Championships (5/11)	11th

### Javelin

60-2/18.34		CU Invite (4/11)	13th
58-9/17.92		Jerry Quiller Classic (3/21)	12th
56-10/17.32	hep	Mt. SAC Multis "A" (4/16-4/17)	46th
25/7.63	hep	Pac-12 Championships (5/11)	12th

### 800 Meters

2:22.18	hep	Mt. SAC Multis "A" (4/16-4/17)	16th
2:28.66	hep	Pac-12 Championships (5/11)	9th

## BRIDGET SWEENEY

### 200 Meters (25.06 pr)

### 400 Meters (55.14 pr)

58.45		Fum McGraw (3/29)	5th
1:00.70		Jerry Quiller Classic (3/22)	3rd

### 4x400 Meter Relay

3:44.95		Fum McGraw (3/29)	1st
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# 2014 WOMEN'S OUTDOOR PERFORMANCE LIST

## ABRIANNA TORRES

### Heptathlon (5,357 pr)

5,241 hep Mt. SAC Multis Elite (4/16-4/17)..... 17th  
 4,810 hep Pac-12 Championships (5/11)..... 8th

### 100 Meter Hurdles (14.42 pr)

15.05 hep Mt. SAC Multis Elite (4/16-4/17)..... 18th  
 15.09 CU Invite (4/12)..... 7th  
 15.15 Jack Christiansen Invite (4/26)..... 10th  
 15.30 hep Pac-12 Championships (5/10)..... 9th  
 15.52 Tom Benich (4/4)..... 10th

### High Jump (5-3.25/1.61 pr)

5-4.25/1.63 hep Mt. SAC Multis Elite (4/16-4/17)..... 17th  
 5-3/1.60 Jack Christiansen Invite (4/26)..... t11th  
 5-2.25/1.58 hep Pac-12 Championships (5/10)..... t7th

### Shot Put (45-4.50/13.83 pr)

42-7.50/12.99 CU Invite (4/12)..... 8th  
 41-11.50/12.78 hep Mt. SAC Multis Elite (4/16-4/17)..... 7th  
 40-7.5/12.38 hep Pac-12 Championships (5/10)..... 2nd  
 36-5.50/11.11 Jerry Quiller Classic (3/22)..... 3rd

### 200 Meters (25.84 pr)

26.58 hep Mt. SAC Multis Elite (4/16-4/17)..... 19th  
 26.96 CU Invite (4/12)..... 22nd  
 27.06 hep Pac-12 Championships (5/10)..... 9th  
 27.18 Tom Benich (4/4)..... 19th

### Long Jump (20-2.25/6.15 pr)

19-7/5.96 hep Mt. SAC Multis Elite (4/16-4/17)..... 8th  
 18-11.75/5.78 hep Pac-12 Championships (5/11)..... 1st  
 18-10.75/5.76 CU Invite (4/12)..... 3rd  
 18-7.75/5.68 Jack Christiansen Invite (4/26)..... 3rd  
 18-5.75/5.63 Beach Invite (4/19)..... 8th  
 18-2/5.53 Mt. SAC (4/18)..... 16th

### Javelin (132-11/40.52 pr)

122-0/37.18 hep Mt. SAC Multis Elite (4/16-4/17)..... 12th  
 112-09/34.37 CU Invite (4/11)..... 5th  
 111-9/34.06 hep Pac-12 Championships (5/11)..... 6th  
 103-10/31.64 Jerry Quiller Classic (3/21)..... 6th

### 800 Meters (2:25.09 pr)

2:27.72 hep Mt. SAC Multis Elite (4/16-4/17)..... 16th  
 2:40.57 hep Pac-12 Championships (5/11)..... 11th

## LIZ TREMBLAY

### 200 Meters (25.1 pr)

### 400 Meters (55.1 pr)

57.54 CU Invite (4/12)..... 3rd  
 59.27 Fum McGraw (3/29)..... 6th  
 59.45 Jerry Quiller Classic (3/22)..... 2nd

### 800 Meters (2:06.59 pr)

2:07.19 Payton Jordan Invite (5/4)..... 8th  
 2:07.28 Mt. SAC (4/18)..... 5th  
 2:07.38 Stanford Invite (4/5)..... 6th

### 4x400 Meter Relay

3:45.39 Mt. SAC (4/19)..... 12th  
 3:54.32 CU Invite (4/12)..... 3rd  
 4:12.70 Fum McGraw (3/29)..... 4th

## CARRIE VERDON

### 1500 Meters (4:25.46 pr)

4:28.69 Bryan Clay Invite (4/18)..... 12th

### 5,000 Meters (16:14.58 pr)

15:59.83 Payton Jordan Invite (5/4)..... 13th

### 10,000 Meters

33:42.02 Stanford Invite, Invitational Section (4/4)..... 15th

## RACHEL VIGER

### 1500 Meter (4:51.58 pr)

### 5,000 Meters (16:56.05 pr)

### 10,000 Meters (35:06.26 pr)

## 2014 Unattached Marks/Times

### HEATHER BATES

#### 1,500 Meters

4:56.33 U Jerry Quiller Classic (3/22)..... 6th

### ERYN BLAKELY

#### 800 Meters

2:20.31 U Fum McGraw (3/29)..... 8th

#### 1,500 Meters

4:57.99 U Jerry Quiller Classic (3/22)..... 8th

### ANA HOLLAND

#### 200 Meters

24.31 U Jack Christiansen Invite (4/26)..... 1st

### KELLIE LIND

#### Hammer Throw (169-10/51.77 pr)

165-10/50.56 U CU Invite (4/11)..... 6th  
 163-07/49.86 U Fum McGraw (3/29)..... 6th  
 163-04/49.78 U Tom Benich (4/5)..... 8th  
 159-11/48.74 U Jerry Quiller Classic (3/21)..... 5th

### LUCY MAY

#### 800 Meters

2:23.07 U Jerry Quiller Classic (3/22)..... 5th  
 2:23.39 U Tom Benich (4/4)..... 3rd

#### 1500 Meters

4:46.33 U Tom Benich (4/4)..... 2nd

### OLIVIA RINTALA

#### 800 Meters

2:21.10 U Jerry Quiller Classic (3/22)..... 4th