

UNIVERSITY OF WASHINGTON

2004 FINAL Women's Indoor Track & Field Season Best Marks

Mar. 15, 2004

UW Indoor (Career Best) listed if superior to 2004 Season Best
NCAA Automatic/Provisional standards are for oversized track

<u>60 meters</u>	NCAA	7.44 / 7.30
	MPSF	7.84
^ Lauran Dignam	7.84	(m)
Brynne Steward	7.86	(m)
Kate Soma	7.88	(m)
Grace Vela	7.95	(h)
Mallory Higgins	8.04	(g)

<u>200 meters</u>	NCAA	24.00 / 23.50
	Pac-10 / MPSF	24.64 / 25.54
^ Lauran Dignam	25.13	(k)
Ashley Lodree	25.79	(d)
Brynne Steward (25.55)	25.81	(m)
Grace Vela	25.91	(e)
Kendra Caprye	28.75	(e)
Mallory Higgins	28.84	(e)

<u>400 meters</u>	NCAA	54.50 / 52.90
	Pac-10 / MPSF	55.44 / 58.54
^ Cambrielle Jensen	57.26	(k)
Lauran Dignam (57.48)	58.63	(d)
Brynne Steward	58.88	(g)
Gaelle Banini	1:00.87	(b)

<u>800 meters</u>	NCAA	2:09.00 / 2:05.65
	Pac-10 / MPSF	2:11.14 / 2:20.14
*^ Amy Lia	2:09.73	(k)
^ Kira Harrison	2:11.77	(k)
^ Brianna McLeod	2:14.34	(m)
^ Cambrielle Jensen	2:14.47	(d)
^ Angela Wishaar	2:17.23	(m)
^ Gaelle Banini	2:18.19	(k)
^ Katrina Smith	2:19.83	(m)
Grace Vela	2:31.45	(j)

<u>Mile</u>	NCAA	4:48.40 / 4:38.50
	Pac-10 / MPSF	5:01.14 / 5:10.14
%^ Ingvill Makestad	4:42.17	(k)
%^ Lindsey Egerdahl	4:47.82	(g)
*^ Amy Lia	4:50.51	(g)
*^ Brianna McLeod	4:53.23	(g)
*^ Angela Wishaar	4:54.02	(k)
*^ Camille Connelly	4:55.30	(d)
*^ Kira Harrison	4:56.74	(m)
*^ Laura Halverson	4:58.75	(m)
*^ Marie Foushee	5:00.43	(m)
*^ Dallon Williams	5:00.67	(d)
Sayaka Yoshinaga	5:11.63	(m)
Karen Schwager (5:14.36)	5:15.17	(m)
Molly Wise	5:20.45	(d)
Kelsey McCallum	5:25.25	(b)

<u>3,000 meters</u>	NCAA	9:35.00 / 9:16.00
	MPSF	10:30.14
^ Lindsey Egerdahl	9:35.08	(d)
^ Camille Connelly	9:48.03	(g)
^ Alison Tubbs	9:52.34	(g)
^ Dallon Williams	9:52.62	(b)
^ Angela Wishaar	9:55.78	(g)
^ Laura Halverson	9:58.15	(b)
^ Brianna McLeod	10:03.59	(d)
^ Karen Schwager	10:26.21	(k)

^ Sayaka Yoshinaga	10:28.80	(b)
Molly Wise	10:41.12	(m)
Leila Shiraiwa (11:17.56)	11:23.82	(b)

<u>5,000 meters</u>	NCAA	16:45.00 / 16:15.00
	Pac-10 / MPSF	17:30.14 / None
* Alison Tubbs	17:14.83	(k)
* Camille Connelly	17:15.53	(m)
Sayaka Yoshinaga	18:12.38	(k)

<u>60-meter hurdles</u>	NCAA	8.43 / 8.15
	MPSF	9.04
\$\$^ Ashley Lodree	8.19	(m)
^ Brynne Steward	8.64	(k)
^ Grace Vela	8.80	(j)
^ Mallory Higgins (8.96)	9.02	(e)
Cambrielle Jensen (9.06)	9.98	(m)
Kendra Caprye	9.99	(e)

<u>1,600-meter Relay</u>	NCAA	3:40.00 / 3:34.50
	Pac-10 / MPSF	No standards
Jensen/Steward/Dignam/Banini	3:50.26	(m)
Steward/Jensen/Smith/Dignam	3:53.00	(d)
Steward/Lodree/Dignam/Jensen	3:55.40	(b)

<u>Distance Medley Relay</u>	NCAA	11:36.00 / 11:19.00
	Pac-10 / MPSF	No standards
\$\$ Lia/Jensen/Makestad/Egerdahl	11:23.12	(d)
% Makestad/Lia/Harrison/Egerdahl	11:23.57	(m)
Egerdahl/Harrison/McLeod/Wishaar	11:46.30	(k)

<u>High Jump</u>	NCAA	5-10 (1.78) / 6-0 1/2 (1.84)
	Pac-10 / MPSF	5-7 (1.70) / 5-3 3/4 (1.62)
^ Sidney Brown (5-7)	5-5 (1.65)	(b)
^ Lara Nelson (5-5)	5-3 3/4 (1.62)	(g)
Kendra Caprye (5-3)	5-1 (1.55)	(d)
Grace Vela	4-11 3/4 (1.52)	(j)

<u>Pole Vault</u>	NCAA	12-11 1/2 (3.95) / 13-9 1/4 (4.20)
	Pac-10 / MPSF	12-5 1/2 (3.80) / 11-9 3/4 (3.60)
\$\$^ Kate Soma	13-5 3/4 (4.11)	(g)
*^ Stevie Marshalek	13-3 (4.04)	(m)
*^ Carly Dockendorf	12-9 1/2 (3.90)	(a)
*^ Ashley Wildhaber	12-9 (3.89)	(m)
Amy Groesbeck	11-3 3/4 (3.45)	(d)
Mariah Swango	11-3 3/4 (3.45)	(d,e)
Merilee Jones	10-11 3/4 (3.35)	(e)

<u>Long Jump</u>	NCAA	20-4 1/4 (6.20) / 21-0 (6.40)
	Pac-10 / MPSF	19-0 1/2 (5.80) / 17-8 1/2 (5.40)
*^ Ashley Lodree	19-6 1/4 (5.95)	(k)
*^ Grace Vela	19-6 1/4 (5.95)	(m)
Brittany Roberts	17-6 3/4 (5.35)	(b)
Kendra Caprye (16-4 1/2)	16-3 (4.95)	(e)

<u>Triple Jump</u>	NCAA	41-6 (12.65) / 43-7 3/4 (13.30)
	Pac-10 MPSF	39-4 1/2 (12.00) / 36-1 1/4 (11.00)
*^ Brittany Roberts (41-4 1/4)	39-6 (12.04)	(d)
^ Grace Vela	38-0 3/4 (11.60)	(k)

<u>Shot Put</u>	NCAA	49-10 1/2 (15.20) / 54-1 3/4 (16.50)
	Pac-10 / MPSF	43-5 3/4 (13.25) / 42-8 (13.00)
*^ Cherron Davis (46-1 1/4)	45-4 1/4 (13.82)	(k)
*^ Mary Beeman (44-9 1/2)	44-0 3/4 (13.43)	(k)
Carin Trygg	38-3 1/4 (11.66)	(d)
Kendra Caprye (34-5)	34-3 (10.44)	(c,e)
Grace Vela	31-5 1/4 (9.58)	(j)

<u>Weight Throw</u>	NCAA	60-8 1/2 (18.50) / 65-3 1/2 (19.90)
	MPSF	49-2 1/2 (15.00)
Carin Trygg		47-7 1/4 (14.51) (e)
<u>Pentathlon</u>	NCAA	3,700 pts / 4,050 pts
	MPSF	No standard
\$ Grace Vela		3,592 (j)

Key:

- NCAA championship meet competitors underlined
- ̄% — NCAA provisional qualifier
- # — NCAA automatic qualifier
- * — Pac-10 Championships qualifying mark
- ^ — MPSF Indoor Championships qualifying mark
- \$ — Washington school record
- c — Prior-season PR has been converted to meet NCAA standards

- (a) – Jan. 9-10, Pole Vault Summit, *Reno, Nev.*
- (b) – Jan. 17, UW Indoor Preview, *Seattle*
- (c) – Jan. 18, UW Open #1, *Seattle*
- (d) – Jan. 31, UW Indoor Invitational, *Seattle*
- (e) – Feb. 1, UW Open #2, *Seattle*
- (f) – Feb. 7, Bronco Invitational, *Boise, Idaho*
- (g) – Feb. 14, Pac-10 Invitational, *Seattle*
- (h) – Feb. 15, UW Open #3, *Seattle*
- (j) – Feb. 26, MPSF Multi Events, *Seattle*
- (k) – Feb. 27-28, MPSF Indoor Championships, *Seattle*
- (m) – Mar. 6, UW Last Chance Qualifier, *Seattle*
- (n) – Mar. 12-13, NCAA Indoor Championships, *Fayetteville, Ark.*