

UNIVERSITY OF WASHINGTON

2004 Women's Outdoor Track & Field Season Best Marks

June 15, 2004

NOTE: Only scored meets listed; full schedule on following page

April 10 at **Pepsi Invitational** (Eugene, Ore); 1. Oregon 184.5; **2. Washington 169**; 3. Minnesota 160.5; 4. Colorado 100.
 April 17 at **State Challenge Cup** (Pullman, Wash.): 1. Team Washington 348, 2. Team Idaho 284.
 May 1 at **WSU Dual** (Pullman, Wash.): **1. Washington 108**, 2. Washington State, 95.
 May 14-15 at **Pac-10 Championships** (Tucson, Ariz.): 1. UCLA 174.5, 2. Stanford 153, 3. USC 111, 4. Arizona State 97, 5. California 69, **6. Washington 67**, 7. Oregon 59, 8. Washington State 45.5, 9. Arizona 42.
 May 28-29 at **NCAA Regional Championships** (Northridge, Calif.): Top-10 Teams — 1. UCLA 141, 2. USC 79, 3. Stanford 74, 4. BYU 56, 5. Arizona State 47, 6. San Diego State 40, 7. Arizona 38, **8. Washington 30**, 9. Oregon 29, 10. California 25.
 June 9-12 at **NCAA Championships** (Austin, Texas): Top-10 Teams — 1. UCLA 69, 2. LSU 68, 3. Nebraska 58, 4. Texas 42, 5. Florida 29, 6. Stanford 27, 7. South Carolina 24, Georgia 24, Tennessee 24, 10. Miami (FL) 22; **T18. Washington 13**, Auburn 13.

- UW (outdoor career best) listed if superior to 2004 season best.
- Indoor season best (i) listed with date achieved only in cases where mark serves as a current Pac-10 Championships qualifier.
- Indoor marks and wind-aided marks above 4.0 mps (W) accepted for Pac-10 meet, but not for NCAA meet.
- NCAA standards listed are for Regional Championships; for 10,000m and heptathlon, standards are PROV/AUTO for NCAA meet.

<u>100 meters</u>	NCAA	11.78
	Pac-10	12.04
%* Ashley Lodree	11.73	(s)
Lauran Dignam	12.09w/12.66	(b/d)
Brynne Steward	12.29w	(g)
Cheri Craddock	12.37	(p)
Kate Soma	12.83	(r)
Ashley Wildhaber	13.42	(r)
Mallory Higgins (13.63)	14.10	(n)

<u>200 meters</u>	NCAA	23.96
	Pac-10	24.64
* Lauran Dignam	24.34	(p)
Grace Vela	24.87w/24.93	(h/q)
Cheri Craddock	25.06	(r)

<u>400 meters</u>	NCAA	54.61
	Pac-10	55.44
%* Lauran Dignam	54.41	(p)
Brynne Steward	56.57	(p)
Gaelle Banini	59.92	(g)

<u>800 meters</u>	NCAA	2:10.29
	Pac-10	2:11.14
%* Kira Harrison	2:09.26	(v)
%* Lindsey Egerdahl	2:09.66	(p)
* Amy Lia	2:09.73i/2:14.74	(2/28)(b)
Brianna McLeod	2:13.33	(b)
Gaelle Banini	2:18.55	(k)
Angela Wishaar (2:19.76)	2:21.11	(r)
Grace Vela	2:24.36	(h)

<u>1500 meters</u>	NCAA	4:29.12
	Pac-10	4:40.14
%* Lindsey Egerdahl	4:22.38	(v)
%* Ingvall Makestad	4:23.76	(d)
* Kira Harrison	4:29.83	(n)
* Angela Wishaar	4:31.56	(n)
* Marie Foushee	4:32.61	(r)
* Brianna McLeod	4:32.82	(f)
* Camille Connelly	4:34.80	(b)
* Amy Lia	4:39.53	(d)
Kathryn Touran (4:36.04)	4:41.50	(p)
* Laura Halverson (4:45.31)	4:58.75mi/4:46.64	(3/6)/(b)
Sayaka Yoshinaga	4:51.45	(r)
* Dallan Williams	5:00.67mi	(1/31)

<u>3000m Steeplechase</u>	NCAA	10:57.18
	Pac-10	11:11.69
%* Laura Halverson	10:33.28	(v)
%* Dallan Williams	10:37.27	(v)
* Karen Schwager	11:01.27	(r)
Camille Connelly (10:52.47)	11:18.44	(d)
Kelsey McCallum	11:55.54	(t)

<u>5000 meters</u>	NCAA	16:56.43
	Pac-10	17:30.14
%* Dallan Williams	16:41.19	(d)
%* Alison Tubbs	16:49.51	(d)
* Brianna McLeod	16:59.50	(d)
* Marie Foushee	17:11.66	(n)
* Camille Connelly	17:15.53i	(3/6)
Noelani Kaneko	18:17.79	(t)
Molly Wise	18:22.93	(r)
Sayaka Yoshinaga	18:41.71	(p)
Laura Hodgson (17:28.43)	18:43.27	(d)
Leila Shiraiwa	19:20.78	(r)

<u>10000 meters</u>	NCAA	35:15.00 / 34:10.00
		No Pac-10 Standard
Alison Tubbs	37:14.59	(s)
Jamie Gibbs (36:12.20)	39:34.20	(s)

<u>100-meter hurdles</u>	NCAA	13.95
	Pac-10	14.34
%* Ashley Lodree	13.39w/13.41	(f/m)
* Grace Vela	13.98	(s)
* Brynne Steward (14.05)	14.06	(r)
Mallory Higgins (14.79)	15.50	(a)
Cambrielle Jensen (15.44)	15.78	(k)

<u>400-meter hurdles</u>	NCAA	1:00.82
	Pac-10	1:02.04
* Cambrielle Jensen (1:00.51)	1:01.32	(g)
Brynne Steward	1:03.13	(r)
Camille Connelly	1:10.90	(g)
Laura Halverson	1:11.48	(p)
Karen Schwager	1:14.08	(p)

<u>4x100m Relay</u>	NCAA	45.80
		No Pac-10 Standard
Vela/Craddock/Steward/Lodree	45.81	(s)
Lodree/Dignam/Vela/Steward	46.67	(d)
Steward/Harrison/Vela/Dignam	47.09	(g)

<u>4x400m Relay</u>	NCAA	3:43.03
		No Pac-10 Standard
Jensen/Steward/Lodree/Dignam	3:47.65	(d)
Jensen/Steward/Harrison/Dignam	3:51.95	(g)

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High Jump

	NCAA	5-8 (1.73)
	Pac-10	5-7 (1.70)
* Sidney Brown	5-7 (1.70)	(p)
Grace Vela	5-3 1/4 (1.61)	(h,q)
Brittany Roberts (5-7)	5-3 (1.60)	(g,p)

Pole Vault

	NCAA	12-3 1/2 (3.75)
	Pac-10	12-5 1/2 (3.80)
@\$%* Kate Soma	14-2 (4.32)	(s)
%* Stevie Marshalek	13-3i (4.04)/13-2 1/4 (4.02)	(3/6)(s)
%* Carly Dockendorf	13-2 1/4 (4.02)	(p,s)
%* Ashley Wildhaber	13-1 3/4 (4.01)	(v)
Mariah Swango	11-10 1/2 (3.62)	(b)

Long Jump

	NCAA	19-5 1/2 (5.93)
	Pac-10	19-0 1/4 (5.80)
%* Grace Vela (19-8)	19-6 1/2 (5.96)	(b)
* Ashley Lodree	19-6 1/4i (5.95)/19-5 1/4 (5.92)	(2/27)(s)
Brittany Roberts (18-4 1/2)	17-4 1/4w (5.29)	(g)

Triple Jump

	NCAA	40-2 3/4 (12.26)
	Pac-10	38-10 1/2 (11.85)
%* Sidney Brown	40-11 3/4w (12.49)	(p)
* Brittany Roberts (41-4 1/2)	39-6i (12.04)/39-2 1/4w (11.94)	(1/31)(g)
* Grace Vela	38-11 3/4 (11.88)	(s)

Shot Put

	NCAA	46-8 3/4 (14.24)
	Pac-10	43-5 3/4 (13.25)
%* Cherron Davis	48-0 3/4 (14.65)	(s)
* Mary Beeman (44-9 1/2)	44-0 3/4 (13.43)	(p)
Grace Vela	34-10 1/2 (10.63)	(q)

Discus

	NCAA	152-10 (46.58)
	Pac-10	150-11 (46.00)
Cherron Davis (142-8)	133-2 (40.58)	(g)
Carin Trygg	125-11 (38.38)	(p)
Mary Beeman	118-8 (36.16)	(g)

Hammer

	NCAA	173-4 (52.84)
	Pac-10	170-7 (52.00)
Carin Trygg	155-2 (47.29)	(k)
Cherron Davis	146-7 1/4 (44.69)	(b)

Javelin

	NCAA	139-9 (42.61)
	Pac-10	142-1 (43.32)
\$%* Megan Spriestersbach	173-7 (52.90)	(x)
%* Tiffany Zahn (157-9)	155-6 (47.41)	(s)
Kelly Stovin	110-0 (33.52)	(t)
Grace Vela	107-6 (32.76)	(h)

Heptathlon

	NCAA	5,000 / 5,500
	Pac-10	4,400
#* Grace Vela	5,225	(q)

Key:

- — NCAA championship meet competitors underlined
- % — NCAA Regional Championships qualifier
- # — NCAA provisional qualifier (10,000m, multi-events only)
- ! — NCAA automatic qualifier (10,000m, multi-events only)
- * — Pac-10 Championships qualifier (some marks achieved indoors)
- @ — U.S. Olympic Trials qualifier
- m — Indoor mile mark
- i — Pac-10 qualifying mark achieved during 2004 indoor season
- \$ — Washington school record
- w — Wind-aided mark between 2.0 and 4.0 mps
- W — Wind-aided mark above 4.0 mps

- (a) — Mar. 13, Salzman Invitational, Tacoma, Wash.
- (b) — Mar. 20, Cal Poly Invitational, San Luis Obispo, Calif.
- (d) — Mar. 26-27, Stanford Invitational, Palo Alto, Calif.
- (e) — Mar. 26, UPS Open, Tacoma, Wash.
- (f) — Mar. 31-Apr. 4, Texas Relays, Austin, Texas
- (g) — Apr. 10, Pepsi Invitational, Eugene, Ore.
- (h) — Apr. 14-15, California Invitational, Azusa, Calif.
- (j) — Apr. 16-18, Mt. SAC Relays, Walnut, Calif.
- (k) — Apr. 17, State Challenge Cup, Pullman, Wash.
- (m) — Apr. 22-24, Drake Relays, Des Moines, Iowa
- (n) — Apr. 23-24, Oregon Invitational, Eugene, Ore.
- (p) — May 1, UW-WSU Dual, Pullman, Wash.
- (q) — May 7-8, Pac-10 Multi-Events Tucson, Ariz.
- (r) — May 8, Ken Shannon Invitational, Seattle
- (s) — May 14-15, Pac-10 Championships Tucson, Ariz.
- (t) — May 15, Ken Foreman Invitational, Seattle
- (v) — May 28-29, NCAA Regional Championships, Northridge, Calif.
- (x) — June 9-12, NCAA Championships, Austin, Texas
- (y) — July 9-18, U.S. Olympic Trials, Sacramento, Calif.
- (z) — Aug. 20-29, 2004 Olympic Games, Athens, Greece