



2005 Washington Track and Field

Women's Best Marks

marks through May 28, 2005

Feb. 25-26	MPSF Championships (Seattle, Wash.): 1. Stanford 180.5; 2. California 94; 3. Washington 69 ; 4. UCLA 67; 5. Arizona 66; 6. Wash. State 58.5; 7. CSU Northridge 44; 8. Oregon 42; 9. Cal Poly 17.5; 10. Long Beach St. 9.5; 11. UC Davis 9; 12. UC Irvine 4.
March 11-12	at NCAA Indoor Championships (Fayetteville, Ark.): Top-10 Teams - 1. Tennessee 46; 2. Florida 36; 3. Miami (FL) 32; 4. Nebraska 29; 5. South Carolina; t6. LSU, BYU 26; 8. Stanford 24; 9. Texas 23; 10. Auburn 20; t16. Washington , Duke, Colorado 13.
April 9	at Pepsi Invitational (Eugene, Ore.): 1. Missouri 171.5; 2. Oregon 171; 3. Washington 164.5 ; 4. Indiana 107.
April 30	WSU Dual (Seattle, Wash.): 1. Washington State 111, Washington 92.
May 14-15	at Pac-10 Championships (Los Angeles, Calif.): 1. Stanford 173; 2. UCLA 125; 3. Arizona State 118; 4. USC 99; 5. California 82; 6. Washington State 74.5; 7. Oregon 68; 8. Washington 42.5; 9. Arizona 36.
May 27-28	at NCAA Regional Championships (Eugene, Ore.): Top-10 Teams - 1. Stanford 110.5; 2. UCLA 85; 3. Arizona St. 74; 4. USC 63; 5. BYU 54; 6. California 52; 7. Arizona 38; 8. Oregon 36; 9. Washington 30; 10. Cal Poly 29.
June 8-11	at NCAA Championships (Sacramento, Calif.)

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

- (Career best) listed if superior to 2005 season best.
- For indoor events, NCAA standards are listed Provisional / Automatic.
- Indoor marks and wind-aided marks above 4.0 mps (W) are not accepted for NCAA qualifying.

60-Meter Dash (Indoor) NCAA Indoor: 7.44 / 7.27 MPSF: 7.84

#* Ashley Lodree	7.44 (1/29)
* Grace Vela	7.71 (2/12)
Jennifer Nash	7.76 (2/25)
Brynne Steward (7.86i)	7.92 (1/29)
Kate Soma (7.88i)	7.99 (1/29)
Chanda Hardin-Scott	8.00 (3/5)
Bonnie Snyder	8.04 (3/5)
Lauran Dignam (7.94i)	8.09 (1/29)
Danielle Wilson	8.14 (1/29)
E'Braune Crowder	8.28 (3/5)
Brenda Baxter	8.31 (1/29)
Liz Fuller	8.35 (3/5)
Mallory Higgins (8.04i)	8.38 (1/29)

100-Meter Dash NCAA Reg: 11.75

Jennifer Nash	11.98 (4/23)
Ashley Lodree (11.73)	11.99 (3/26)
Brynne Steward (12.29w)	12.48 (4/16)
Kate Soma	12.59 (4/30)
Chanda Hardin-Scott	12.71 (3/25)
Grace Vela	12.93 (4/23)
Danielle Wilson	13.01 (5/7)
E'Braune Crowder	13.35 (3/19)

200 Meters NCAA Reg: 23.96

Lauran Dignam (24.34)	24.68 (4/30)
Jennifer Nash	25.00 (5/7)
Grace Vela (24.87w)	25.45 (5/7)
Chanda Hardin-Scott	26.08 (4/30)
Brenda Baxter (26.60i)	26.73 (4/30)
Danielle Wilson (27.38i)	27.60 (5/7)

200 Meters (Indoor) NCAA Indoor: 23.90 / 23.30 MPSF: 25.54

* Ashley Lodree	24.81 (1/29)
* Lauran Dignam (24.34)	25.45 (2/12)
Brynne Steward (25.55i)	25.59 (2/12)
Grace Vela (24.87w)	26.23 (1/15)
Chanda Hardin-Scott	26.51 (2/12)
Brenda Baxter	26.60 (2/12)
E'Braune Crowder	27.31 (3/5)
Danielle Wilson	27.38 (1/29)
Clarissa Cabbage	27.61 (1/29)
Danielle Wilson	28.01 (3/5)
Liz Fuller	28.83 (3/5)
Mallory Higgins (28.84)	29.07 (2/12)

400-Meter Dash NCAA Reg: 54.61

Lauran Dignam (54.41)	55.97 (4/30)
Brenda Baxter (1:00.05)	1:00.24 (4/30)
Chanda Hardin-Scott	1:04.07 (4/23)

400-Meter Dash (Indoor) NCAA Indoor: 54.40 / 52.40 MPSF: 58.54

* Lauran Dignam (54.41)	56.73 (2/12)
Brenda Baxter	1:00:05 (2/12)
Clarissa Cabbage	1:01.53 (1/29)
Mallory Higgins	1:07.22 (1/29)

800 Meters

% Lindsey Egerdahl	2:09.36 (4/30)
% Amanda Miller (2:06.76i)	2:09.71 (4/23)
Kira Harrison (2:09.26)	2:12.04 (4/9)
Grace Vela (2:24.36)	2:25.08 (5/8)

NCAA Reg: 2:09.80

800 Meters (Indoor) NCAA Indoor: 2:09.00 / 2:05.65 MPSF: 2:20.14

\$\$* Amanda Miller	2:06.76 (3/11)
* Kira Harrison (2:09.26)	2:12.25 (2/25)
Lindsey Egerdahl (2:09.66)	2:14.82 (2/12)
Bonnie Snyder	2:25.91 (2/25)
Grace Vela (2:24.36)	2:30.27 (2/25)
Liz Fuller	2:56.05 (1/28)

1500 Meters

% Lindsey Egerdahl	4:19.07 (4/9)
% Amy Lia	4:22.56 (5/15)
Kira Harrison	4:29.64 (3/26)
Amanda Miller	4:31.50 (3/26)
Camille Connelly (4:34.80)	4:36.83 (5/7)
Angela Wishaar (4:31.56)	4:37.40 (4/23)
Laura Halverson	4:38.13 (3/19)
Trisha Rasmussen	4:39.18 (4/16)
Brianna McLeod (4:32.82)	4:40.11 (5/7)
Olivia Garrow	5:00.90 (5/7)

NCAA Reg: 4:27.80

1 Mile (Indoor) NCAA Indoor: 4:47.00 / 4:38.50 MPSF: 5:10.14

##* Lindsey Egerdahl	4:42.27 (3/5)
* Kira Harrison	4:51.51 (3/5)
* Amanda Miller	4:57.46 (1/29)
* Laura Halverson	4:57.97 (3/5)
* Camille Connelly (4:55.30i)	5:04.88 (1/29)
* Angela Wishaar (4:54.02i)	5:06.73 (1/29)
Trisha Rasmussen	5:12.03 (1/15)
Sayaka Yoshinaga (5:11.63i)	5:17.52 (3/5)
Tina Gall	5:18.86 (3/5)
Olivia Garrow	5:24.26 (2/12)
Karen Schwager (5:14.36i)	5:29.08 (1/29)
Lindy Wright	5:30.22 (1/15)
Kaitlin Buckingham	5:39.17 (1/15)

Steeplechase

% Laura Halverson (10:33.28)	10:39.49 (5/14)
% Camille Connelly	10:43.26 (4/30)
Trisha Rasmussen	11:10.07 (4/30)

NCAA Reg: 10:52.10

3,000 Meters (Indoor) NCAA Indoor: 9:35.00 / 9:16.00 MPSF: 10:30.14

* Lindsey Egerdahl (9:35.08i)	9:44.28 (1/29)
* Camille Connelly (9:48.03i)	9:53.40 (2/26)
* Amanda Miller	10:02.88 (1/15)
* Trisha Rasmussen	10:13.17 (2/12)
* Kira Harrison	10:22.26 (1/15)

5,000 Meters

% Angela Wishaar	16:47.62 (3/25)
Lindsey Egerdahl	16:57.32 (3/25)
Camille Connelly (17:15.53i)	17:29.07 (3/25)
Trisha Rasmussen	17:34.36 (3/25)
Brianna McLeod (16:59.50)	17:51.44 (4/30)
Laura Halverson (17:43.28i)	17:52.24 (5/15)
Sayaka Yoshinaga (18:12.38i)	18:13.30 (5/7)
Tina Gall	18:37.66 (4/30)
Jamie Gibbs (16:59.87i)	18:55.38 (4/30)

NCAA Reg: 16:52.00

5,000 Meters (Indoor) NCAA Indoor: 16:45.00 / 16:10.00 MPSF: No Standard

Angela Wishaar	17:13.57 (2/25)
Camille Connelly (17:15.53i)	17:30.83 (3/5)
Laura Halverson	17:43.28 (2/25)
Sayaka Yoshinaga (18:12.38i)	18:25.28 (2/25)
Tina Gall	18:39.62 (2/25)

10,000 Meters NCAA Prov/Auto: 35:15.00 / 34:10.00

Angela Wishaar	37:58.26 (5/14)
Meghan Lawrence	38:37.35 (5/14)

60-Meter Hurdles (Indoor) NCAA Indoor: 8.43 / 8.15 MPSF: 8.94

\$!* Ashley Lodree	8.15 (2/26)
* Brynne Steward	8.55 (2/25)
* Grace Vela	8.63 (2/25)
Bonnie Snyder	9.02 (2/25)
Mallory Higgins (8.96i)	9.31 (3/5)
Liz Fuller	9.40 (3/5)

100-Meter Hurdles NCAA Reg: 13.95

%% Ashley Lodree	13.23 (5/15)
Grace Vela (13.98)	14.19 (4/23)
Brynne Steward (14.05)	14.22 (4/23)
Mallory Higgins (14.79)	16.16 (5/7)

400-Meter Hurdles NCAA Reg: 1:00.82

% Ashley Lodree	59.65 (4/23)
Lauran Dignam	1:02.52 (5/7)
Brynne Steward (1:03.13)	1:03.71 (4/23)
Mallory Higgins	1:11.14 (4/30)

4x100-Meter Relay NCAA Reg: 45.80

Steward/Lodree/Dignam/Nash	46.04 (5/14)
Steward/Lodree/Dignam/Hardin-Scott	46.56 (4/30)
Steward/Dignam/Wilson/Hardin-Scott	48.37 (3/19)

4x400-Meter Relay NCAA Reg: 3:42.00

Steward/Dignam/Lodree/Miller	3:44.58 (4/23)
Steward/Dignam/Harrison/Egerdahl	3:53.91 (4/9)

4x400-Meter Relay (Indoor) NCAA Indoor: 3:40.00 / 3:33.50 MPSF: No Standard

Dignam/Steward/Lodree/Miller	3:49.23 (2/12)
Dignam/Steward/Lodree/Baxter	3:54.46 (1/29)

Distance Medley Relay (Indoor) NCAA Indoor: 11:28.00 / 11:09.00 MPSF: No Standard

Egerdahl/Steward/Harrison/Connelly	11:41.45 (2/25)
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High Jump NCAA Reg: 5-8 3/4 (1.75)

Sidney Brown	5-7 (1.70) (5/14)
Grace Vela (5-8i)	5-5 (1.65) (4/30)
Angie Jones	5-3 (1.60) (4/9)
Lara Nelson (5-5 3/4i)	5-3 (1.60) (5/14)
Lindsay Todd (5-3 1/4i)	5-3 (1.60) (5/7)

High Jump (Indoor)**NCAA Indoor: 5-10 (1.78) / 6-0 1/2 (1.84)****MPSF: 5-3 3/4 (1.62)**

* Grace Vela	5-8 (1.73)	(2/25)
* Sidney Brown (5-7)	5-5 3/4 (1.67)	(2/12)
* Lara Nelson	5-5 3/4 (1.67)	(2/12)
Lindsay Todd	5-3 1/4 (1.61)	(3/5)
Liz Fuller	5-1 1/4 (1.56)	(1/28)
Bonnie Snyder	5-1 (1.55)	(2/25)

Pole Vault**NCAA Reg: 12-5 1/2 (3.80)**

% Kate Soma (14-3 1/2i)	14-0 (4.27)	(4/9)
% Carly Dockendorf	13-5 3/4 (4.11)	(5/7)
% Ashley Wildhaber (13-9 1/4i)	13-5 1/4 (4.10)	(4/17)
% Kelley DiVesta	13-3 3/4 (4.06)	(5/27)
% Stevie Marshalek (13-7 1/4i)	12-11 3/4 (3.96)	(5/27)
Myrriah Swango (11-10 1/2)	11-9 3/4 (3.60)	(4/30)

Pole Vault (Indoor)**NCAA Indoor: 12-11 1/2 (3.95) / 13-9 1/4 (4.20)****MPSF: 12-3 1/2 (3.75)**

\$!* Kate Soma	14-3 1/2 (4.36)	(2/12)
##* Ashley Wildhaber	13-9 1/4 (4.20)	(3/12)
##* Stevie Marshalek	13-7 1/4 (4.15)	(3/5)
##* Carly Dockendorf	13-5 1/4 (4.10)	(3/5)
* Kelley DiVesta	12-5 1/2 (3.80)	(3/5)

Long Jump**NCAA Reg: 19-6 1/4 (5.95)**

Grace Vela (19-8)	19-0 (5.79)	(5/14)
Jill Bell	17-10 3/4 (5.45)	(4/9)
Sidney Brown	17-7 1/2 (5.37)	(3/19)
Lindsay Todd	16-7 1/4 (5.06)	(4/30)
Bonnie Snyder (17-11 1/2i)	15-11 (4.85)	(3/19)

Long Jump (Indoor)**NCAA Indoor: 20-0 1/4 (6.10) / 21-0 (6.40)****MPSF: 17-8 1/2 (5.40)**

* Grace Vela (19-8)	19-6 3/4 (5.96)	(2/12)
* Bonnie Snyder	17-11 1/2 (5.47)	(2/13)
Liz Fuller	17-1 1/2 (5.22)	(3/5)

Triple Jump**NCAA Reg: 40-2 3/4 (12.26)**

% Sidney Brown (40-11 3/4w)	40-3 1/2 (12.28)	(4/9)
Grace Vela (39-3 3/4i)	39-1 3/4 (11.93)	(5/5)
Lindsay Todd	35-1 1/4 (10.70)	(4/30)

Triple Jump (Indoor)**NCAA Indoor: 41-6 (12.65) / 43-7 3/4 (13.30)****MPSF: 37-1 (11.30)**

* Sidney Brown (40-11 3/4w)	40-3 1/4 (12.27)	(1/29)
* Grace Vela	39-3 3/4 (11.98)	(2/12)
* Bonnie Snyder	38-9 1/2 (11.82)	(1/30)

Shot Put**NCAA Reg: 46-11 (14.30)**

Piper Hope	38-11 1/2 (11.87)	(4/30)
Grace Vela (34-10 1/2)	34-2 (10.41)	(4/9)

Shot Put (Indoor)**NCAA Indoor: 50-6 1/4 (15.40) / 55-5 1/2 (16.90)****MPSF: 44-7 1/2 (13.60)**

* Sheree Ellis	46-11 3/4 (14.32)	(1/29)
Liz Fuller	36-0 1/4 (10.98)	(1/28)
Grace Vela (34-10 1/2)	34-7 3/4 (10.56)	(2/25)
Bonnie Snyder	34-0 1/4 (10.37)	(1/28)

Weight Throw (Indoor)**NCAA Indoor: 60-8 1/2 (18.50) / 67-3 1/4 (20.50)****MPSF: 49-2 1/2 (15.00)**

* Arlecier West	50-11 1/2 (15.53)	(2/25)
Carin Trygg (47-7 1/4i)	45-3 (13.79)	(2/12)

Discus**NCAA Reg: 155-2 (47.30)**

Piper Hope	122-3 (37.26)	(4/30)
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Hammer**NCAA Reg: 177-7 (54.15)**

Piper Hope	150-5 (45.85)	(5/14)
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Javelin**NCAA Reg: 141-6 (43.15)**

% Tiffany Zahn (157-9)	154-9 (47.17)	(3/25)
Grace Vela	122-5 (37.32)	(4/9)

Pentathlon (Indoor)**NCAA Indoor: 3,700 pts / 4,050 pts****MPSF: 3,400**

\$#* Grace Vela	3,915	(2/25)
* Bonnie Snyder	3,471	(2/25)
Liz Fuller	3,051	(1/28)

Heptathlon**NCAA Prov/Auto: 5,000 / 5,500**

# Grace Vela (5,225)	5,092	(5/8)
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Key:

- NCAA championship meet competitors underlined
- % — NCAA Regional Championships qualifying mark
- # — NCAA provisional qualifying mark
- ! — NCAA automatic qualifying mark
- * — MPSF Indoor Championships qualifying mark
- \$ — Washington school record
- w — Wind-aided mark between 2.0-4.0 mps
- W — Wind-aided mark greater than 4.0 mps

Jan. 15, Husky Indoor Preview, *Seattle*
 Jan. 16, UW Open #1, *Seattle*
 Jan. 21-22, National Pole Vault Summit, *Reno, Nev.*
 Jan. 28-29, UW Indoor Invitational, *Seattle*
 Jan. 30, UW Open #2, *Seattle*
 Feb. 12, The Husky Classic, *Seattle*
 Feb. 13, UW Open #3, *Seattle*
 Feb. 25-26, MPSF Championships, *Seattle*
 Mar. 5, NCAA Last Chance Qualifier, *Seattle*
 Mar. 11-12, NCAA Indoor Championships, *Fayetteville, Ark.*
 Mar. 19, UW Outdoor Preview, *Seattle*
 Mar. 25-26, Stanford Invitational, *Palo Alto, Calif.*
 Apr. 9, Pepsi Invitational, *Eugene, Ore.*
 Apr. 13-14, Mt. SAC Multi-Events, *Azusa, Calif.*
 Apr. 15-17, Mt. SAC Relays, *Walnut, Calif.*
 Apr. 16, Sun Angel Classic, *Tempe, Ariz.*
 Apr. 22-23, Oregon Invitational, *Eugene, Ore.*
 Apr. 30, UW-WSU Dual, *Seattle*
 May 7, Ken Shannon Invitational, *Seattle*
 May 7-8, Pac-10 Multi Events, *Los Angeles, Calif.*
 May 14-15, Pac-10 Championships, *Los Angeles, Calif.*
 May 27-28, NCAA West Regional Champ's, *Eugene, Ore.*
 June 8-11, NCAA Championships, *Sacramento, Calif.*
 June 23-26, USA Junior/Senior Nationals, *Carson, Calif.*