



2006 Washington Track and Field Final Women's Best Marks

marks through June 10, 2006

Feb. 24-25	MPSF Championships (Seattle, Wash.): 1. Stanford 161; 2. Arizona State 115; 3. California 109; 4. Arizona 64; 5. Washington 60.5 ; 6. Oregon 53; 7. UCLA 41.5; 8. Washington State 38.5; 9. Long Beach State 9; 10. UC Irvine 6.5; 11. Cal Poly 3.
March 10-11	at NCAA Indoor Championships (Fayetteville, Ark.): Top-10 Teams - 1. Texas 51; 2. Stanford 36; 3. Arizona St. 30; 4. No. Carolina 29; t5. Miami 27; Georgia 27; 7. LSU 25; t8. USC 21; Auburn 21; t10. Northern Ariz. 20; So. Carolina 20; Washington DNS .
April 8	at Pepsi Invitational (Eugene, Ore.): 1. Oregon 203; 2. Penn State 199; 3. Washington 152 ; 4. Boise State 95.
April 29	at WSU Dual (Pullman, Wash.): 1. Washington State 111.5; 2. Washington 91.5
May 13-14	at Pac-10 Championships (Eugene, Ore.): 1. Arizona State 154; 2. Stanford 151.5; 3. USC 112; 4. UCLA 103; 5. Oregon 97; 6. California 76; 7. Washington 41 ; 8. Wash. State 40; 9. Arizona 37; 10. Oregon State 4.
May 26-27	at NCAA Regional Championships (Provo, Utah): Top-10 Teams - t1. Stanford 94, USC 94; 3. UCLA 92.5; 4. Arizona State, 82; 5. Oregon 62; 6. California 47; 7. Washington 30 ; 8. Utah State 28; 9. Arizona 25; t10. BYU 20, Washington State 20.
June 7-10	at NCAA Championships (Sacramento, Calif.): Top-10 Teams - 1. Auburn 57; 2. USC 38.5; 3. South Carolina 38; t4. Arizona State 37, Nebraska 37; 6. Texas 36; t7. LSU 30, Miami 30; 9. Georgia 25.75; 10. Texas A&M 24; t21. Washington 12 ; Air Force 12.

NOTE: Only scored meets listed; full schedule below.

- (Career best) listed if superior to 2006 season best.
- For indoor events, NCAA standards are listed Automatic / Provisional.
- Indoor marks and wind-aided marks above 4.0 mps (W) are not accepted for NCAA qualifying.

60-Meter Dash (Indoor)

NCAA: 7.27 / 7.44

# Ashley Lodree	7.38 (2/11)
Jennifer Nash	7.68 (2/11)
Brynne Steward (7.86i)	7.95 (3/4)
Liz Fuller	8.04 (3/4)
Kaisa Keranen	8.05 (1/14)
Chanda Hardin-Scott (8.00)	8.32 (1/14)

100 Meters

NCAA Reg: 11.75

Ashley Lodree	11.3h (4/8)
	11.76 (4/29)
Jennifer Nash (11.98)	12.05w (4/15)
	12.13 (3/25)
Syreeta Martin	12.46 (4/29)
Chanda Hardin-Scott (12.71)	12.85 (4/29)
Carly Dockendorf	13.04 (5/6)

200 Meters

NCAA Reg: 23.96

Lauran Dignam (24.34)	24.39 (4/29)
Ashley Lodree (24.42)	24.56 (4/8)
Kinyatta Leonhardt	25.20 (4/29)
Jennifer Nash	25.38 (3/25)
Liz Fuller	25.76 (5/6)
Chanda Hardin-Scott (26.08)	26.69 (4/29)
Kaisa Keranen	26.93 (4/12)

200 Meters (Indoor)

NCAA: 23.30 / 23.90

\$ Ashley Lodree	24.42 (2/11)
Lauran Dignam (24.34)	25.31 (1/14)
Jennifer Nash	25.33 (1/28)
Brynne Steward	25.51 (2/11)
Kinyatta Leonhardt (25.34)	25.67 (3/4)
Chanda Hardin-Scott (26.08)	27.84 (1/14)
Danielle Wilson	27.88 (2/11)
Brenda Baxter (26.60i)	28.01 (1/14)
Liz Fuller	28.59 (2/11)
Mallory Higgins (28.84)	29.17 (1/28)

400-Meter Dash

NCAA Reg: 54.61

*\$ Lauran Dignam	54.31 (4/29)
Kinyatta Leonhardt	55.53 (4/29)
Syreeta Martin	58.61 (4/22)
Emily Collins	59.91 (4/29)
Danielle Wilson (1:03.59i)	1:04.40 (3/18)

400 Meters (Indoor)

NCAA Indoor: 52.40 / 54.40

Lauran Dignam (54.41)	55.46 (3/4)
Kinyatta Leonhardt	58.17 (2/24)
Syreeta Martin	58.61 (3/4)
Falesha Ankton	59.08 (3/4)
Brenda Baxter (1:00.05i)	1:01.34 (1/14)
Danielle Wilson	1:03.59 (1/28)
Sarah Henry	1:03.64 (1/28)
Liz Fuller	1:05.99 (1/15)
Mallory Higgins (1:07.22i)	1:08.96 (2/11)

800 Meters

* Dani Schuster	
* Amanda Miller (2:06.76i)	

Amy Lia (2:09.73i)	
Kira Harrison (2:09.26)	
Annaliese Chapa	
Trisha Rasmussen	
Emily Collins (2:14.93i)	
Lindy Wright	
Liz Fuller	
Kaisa Keranen (2:35.78i)	
Sarah Henry (2:34.87i)	

NCAA Reg: 2:09.80

2:07.43 (5/6)	
2:08.13a (5/26)	
2:09.63 (4/8)	
2:10.91 (4/29)	
2:11.56 (5/6)	
2:14.54 (4/22)	
2:15.38 (5/6)	
2:16.43 (5/13)	
2:22.14 (5/6)	
2:34.61 (5/7)	
2:36.18 (4/13)	
2:36.53 (3/18)	

800 Meters (Indoor)

NCAA Indoor: 2:05.70 / 2:09.00

# Amanda Miller (2:06.76i)	2:07.64 (3/4)
Dani Schuster	2:12.70 (2/11)
Emily Collins	2:14.93 (3/4)
Annaliese Chapa	2:15.05 (1/28)
Daria Pavlov	2:24.80 (2/24)
Sarah Henry	2:34.87 (2/11)
Kaisa Keranen	2:35.78 (1/27)
Liz Fuller	2:38.24 (1/27)

1500 Meters

NCAA Reg: 4:27.80

* Amy Lia	4:14.63 (6/10)
* Amanda Miller	4:23.11 (4/1)
Annaliese Chapa	4:30.56 (4/22)
Brianna McLeod (4:32.82)	4:37.28 (4/21)
Dani Schuster	4:38.34 (4/21)
Brooke Lademan	4:48.46 (4/29)
Tina Gall	5:02.06 (5/6)
Olivia Garrow (5:00.90)	5:08.83 (5/6)

Mile (Indoor)

NCAA Indoor: 4:38.50 / 4:47.00

# Amy Lia	4:44.34 (3/4)
Annaliese Chapa	4:50.09 (3/4)
Amanda Miller	4:52.05 (2/11)
Dani Schuster	4:56.27 (3/4)
Brianna McLeod (4:53.23i)	4:57.39 (3/4)
Tori Tyler	5:03.58 (1/28)
Brooke Lademan	5:05.18 (3/4)
Kira Harrison (4:51.51i)	5:08.69 (1/14)
Trish Rasmussen	5:06.54 (3/4)
Tina Gall (5:18.86i)	5:23.78 (1/14)
Lindy Wright	5:26.47 (1/14)
Karen Schwager (5:14.36i)	5:28.16 (3/4)

Steeplechase

NCAA Reg: 10:50.25

Trish Rasmussen	11:04.87 (5/13)
Karen Schwager (11:01.27)	11:37.22 (4/8)

3,000 Meters (Indoor)

NCAA Indoor: 9:16.00 / 9:35.00

Anita Campbell	9:36.21 (2/11)
Brooke Lademan	9:50.90 (2/25)
Tori Tyler	9:51.34 (2/11)
Brooke Lademan	9:50.90 (2/25)
Brianna McLeod (10:03.59i)	10:04.87 (2/25)
Trisha Rasmussen (10:13.17i)	10:17.24 (2/11)
Tina Gall	10:38.46 (3/4)
Olivia Garrow	10:55.51 (3/4)

5,000 Meters

NCAA Reg: 16:52.00

* Anita Campbell	16:29.91 (6/7)
* Brianna McLeod	16:51.96 (3/31)
Tori Tyler (17:07.58i)	17:11.02 (3/31)
Brooke Lademan	17:23.58 (3/31)
Trisha Rasmussen (17:34.36)	17:40.67 (4/21)
Sayaka Yoshinaga	18:01.31 (5/6)

5,000 Meters (Indoor)

NCAA: 16:10.00 / 16:45.00

# Anita Campbell	16:33.27 (2/24)
Tori Tyler	17:07.58 (2/24)
Trisha Rasmussen (17:34.36)	17:42.44 (2/24)

10,000 Meters

NCAA: 33:55.00 / 35:00.00

Tori Tyler	36:53.36 (5/13)
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60-Meter Hurdles (Indoor)

NCAA: 8.15 / 8.43

# Ashley Lodree (8.15i)	8.16 (1/28)
Brynne Steward	8.55 (3/4)
Falesha Ankton	8.93 (2/25)
Liz Fuller	8.97 (1/14)
Kaisa Keranen	9.27 (1/27)
Daria Pavlov	9.31 (2/24)

100-Meter Hurdles

NCAA Reg: 13.92

\$* Ashley Lodree	12.99aw (5/26)
	13.04a (5/27)
	13.13 (6/9)
Brynne Steward (14.05)	14.22 (4/15)
Falesha Ankton	14.58 (4/29)
Liz Fuller	14.71w (3/18)
	14.94 (5/6)
Kaisa Keranen	16.05 (4/12)

400-Meter Hurdles

NCAA Reg: 1:00.82

Syreeta Martin	1:02.78 (5/13)
Falesha Ankton	1:02.82 (4/22)
Lauran Dignam (1:02.52)	1:03.87 (3/18)
Mallory Higgins (1:11.14)	1:16.60 (3/18)

4x100-Meter Relay

NCAA Reg: 45.70

Dignam/Leonhardt/Ankton/Nash	46.07 (5/13)
Steward/Lodree/Dignam/Nash	46.21 (4/8)
Steward/Leonhardt/Dignam/Nash	46.72 (4/15)
Dignam/Leonhardt/Martin/Ankton	46.86 (5/6)
Steward/Dignam/Leonhardt/Lodree	46.94 (4/29)
Steward/Lodree/Leonhardt/Nash	47.28 (3/25)

4x400-Meter Relay

NCAA Reg: 3:42.00

Dignam/Leonhardt/Martin/Ankton	3:43.61 (5/14)
Dignam/Steward/Leonhardt/Martin	3:50.17 (3/25)

4x400-Meter Relay (Indoor)

NCAA: 3:33.50 / 3:40.00

Dignam/Steward/Leonhardt/Martin	3:44.90 (2/25)
Martin/Steward/Miller/Dignam	3:49.62 (2/11)
Lodree/Steward/Ankton/Dignam	3:49.99 (1/28)
Ankton/Steward/Leonhardt/Dignam	3:52.01 (1/14)
Lodree/Nash/Martin/Wilson	4:00.96 (1/14)
Martin/Wilson/Collins/Henry	4:08.56 (1/28)

Dist. Medley Relay (Indoor)

NCAA: 11:09.00 / 11:28.00

McLeod/Dignam/Miller/Lia	11:38.61 (1/27)
Schuster/Martin/Chapa/McLeod	11:47.95 (2/24)
Lademan/Schuster/McLeod/Rasmussen	12:10.15 (3/4)

High Jump

NCAA Reg: 5-8 3/4 (1.75)

Liz Fuller	5-7 (1.70) (4/29)
Daria Pavlov	5-7 (1.70) (5/13)
Laurie Roberts	5-7 (1.70) (4/29)
Lindsay Todd	5-5 1/4 (1.66) (4/22)
Kaisa Keranen	5-1 1/4 (1.56) (4/12)

High Jump (Indoor)

Daria Pavlov	5-7 3/4 (1.72)	(2/24)
Liz Fuller	5-7 (1.70)	(1/14)
Laurie Roberts	5-5 1/4 (1.66)	(1/28)
Lindsay Todd	5-5 1/4 (1.66)	(3/4)
Kaisa Keranen	4-10 1/2 (1.49)	(1/27)

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

* Carly Dockendorf (13-9 1/4i)	13-7 1/4 (4.15)	(5/14)
* Kelley DiVesta	13-5 1/4 (4.10)	(6/8)
* Ashley Wildhaber (13-9 1/4i)	12-11 1/2 (3.95)	(5/14)
Myrriah Swango (12-6)	12-1 1/2 (3.70)	(4/8)
Ali Moore	11-11 3/4 (3.65)	(5/14)
Stevie Marshalek (13-7 1/4i)	11-9 3/4 (3.60)	(3/18)

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

# Carly Dockendorf (13-9 1/4i)	13-7 3/4 (4.16)	(3/4)
# Stevie Marshalek (13-7 1/4i)	13-5 3/4 (4.11)	(3/4)
# Ashley Wildhaber (13-9 1/4i)	13-1 (3.99)	(2/24)
Kelley DiVesta (13-3 3/4)	12-7 1/4 (3.84)	(2/24)
Myrriah Swango	12-6 (3.81)	(3/4)

Long Jump**NCAA Reg: 19-7 (5.97)**

Liz Fuller	18-9 3/4w (5.73)	(5/13)
	18-4 1/4 (5.59)	(4/13)
Kaisa Keranen (17-5 1/2)	17-9 3/4w (5.43)	(4/8)
	17-3 1/4 (5.26)	(4/13)
Daria Pavlov (19-0 1/2i)	16-10 (5.13)	(5/13)
Carly Dockendorf	16-0 1/2 (4.89)	(3/18)

Long Jump (Indoor)**NCAA: 21-0 (6.40) / 20-0 1/4 (6.10)**

Daria Pavlov	19-0 1/2 (5.80)	(1/27)
Liz Fuller	18-3 1/4 (5.57)	(3/4)
Kaisa Keranen	17-5 1/2 (5.32)	(1/14)

Triple Jump**NCAA Reg: 40-5 (12.32)**

Liz Fuller	38-1 1/2w (11.62)	(5/14)
	36-9 (11.20)	(4/8)
Lindsay Todd (35-1 1/4i)	34-8 1/2 (10.58)	(4/8)
Allison Moore	33-5 3/4 (10.19)	(4/29)

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

Daria Pavlov	38-7 1/2 (11.77)	(2/25)
Lindsay Todd (35-1 1/4)	34-11 (10.64)	(1/28)

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

* Sheree Ellis	46-11 3/4 (14.32)	(4/29)
Liz Fuller (40-10 1/2i)	37-8 (11.48)	(4/29)
Arlecier West	35-4 (10.77)	(4/29)
Kaisa Keranen (33-6i)	31-10 (9.70)	(4/12)

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

Sheree Ellis (46-11 3/4i)	45-11 3/4 (14.01)	(2/25)
Liz Fuller	40-10 1/2 (12.46)	(1/27)
Daria Pavlov	38-0 3/4 (11.60)	(2/24)
Kaisa Keranen	33-6 (10.21)	(1/15)

Weight Throw (Indoor)**NCAA: 68-10 3/4 (21.00) / 62-4 (19.00)**

Arlecier West (50-11 1/2i)	50-8 1/4 (15.45)	(2/11)
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Discus**NCAA Reg: 155-2 (47.30)**

Sheree Ellis	122-8 (37.39)	(4/15)
Arlecier West	117-3 (35.74)	(3/18)

Hammer Throw**NCAA Reg: 177-7 (54.15)**

Arlecier West	153-3 (46.72)	(4/29)
Sheree Ellis	79-6 (24.23)	(4/29)

Javelin**NCAA Reg: 142-6 (43.45)**

* Tiffany Zahn	161-9 (49.30)	(5/13)
Kaisa Keranen	124-2 (37.85)	(3/18)
Liz Fuller	114-10 (35.00)	(5/7)
Corrine Baldassin	110-0 (33.53)	(4/8)
Daria Pavlov	98-4 (29.98)	(3/18)

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

# Daria Pavlov	3,854	(2/24)
Liz Fuller	3,610	(2/24)
Kaisa Keranen	3,213	(1/27)

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

Liz Fuller	4,821	(5/7)
Kaisa Keranen	4,469	(4/13)

Key:

- NCAA championship meet competitors underlined
- NCAA Regional Championships qualifying mark
- # — NCAA provisional qualifying mark
- @ — NCAA automatic qualifying mark
- \$ — Washington school record
- i — Mark set indoors
- w — Wind-aided mark between 2.0-4.0 mps
- W — Wind-aided mark greater than 4.0 mps
- a — Mark adjusted for altitude per NCAA standards

Jan. 14, UW Indoor Preview, *Seattle*

Jan. 15, UW Open #1, *Seattle*

Jan. 27-28, UW Indoor Invitational, *Seattle*

Jan. 28, National Pole Vault Summit, *Reno, Nev.*

Jan. 29, UW Open #2, *Seattle*

Feb. 11, The Husky Classic, *Seattle*

Feb. 12, UW Open #3, *Seattle*

Feb. 24-25, MPSF Championships, *Seattle*

Mar. 4, NCAA Last Chance Qualifier, *Seattle*

Mar. 10-11, NCAA Indoor Championships, *Fayetteville, Ark.*

Mar. 18, UW Outdoor Preview, *Seattle*

Mar. 25, Springtime Invitational, *Auburn, Ala.*¹

Mar. 25, ASU Invitational, *Tempe, Ariz.*

Mar. 31-Apr. 1, Stanford Invitational, *Palo Alto, Calif.*

Apr. 8, Pepsi Invitational, *Eugene, Ore.*

Apr. 12-13, California Invitational Multi-Events, *Azusa, Calif.*

Apr. 14-15, Mt. SAC Relays, *Walnut, Calif.*²

Apr. 15, Brutus Hamilton Invitational, *Berkeley, Calif.*

Apr. 20-22, Oregon Invitational, *Eugene, Ore.*

Apr. 29, UW-WSU Dual, *Seattle*

May 6, Ken Shannon Invitational, *Seattle*

May 6-7, Pac-10 Championships Multi-Events, *Eugene, Ore.*³

May 13-14, Pac-10 Championships, *Eugene, Ore.*

May 26-27, NCAA West Regional Champ's, *Provo, Utah*

June 7-10, NCAA Championships, *Sacramento, Calif.*

¹ - Throwers only.

² - Lodree, vaulters only.

³ - Fuller only.