



2007 Washington Track and Field Final Women's Best Marks

marks through June 9, 2007

Feb. 23-24	MPSF Championships (Seattle, Wash.): 1. Arizona State 135; 2. Stanford 96; 3. California 80; 4. Washington 73.5 , Arizona 73.5; 6. Washington State 72; 7. Oregon 65.5; 8. UCLA 40.5; 9. Long Beach State 15; 10. UC Irvine 8.
March 9-10	at NCAA Indoor Championships (Fayetteville, Ark.): 1. Arizona State 38; 2. LSU 33; 3. Tennessee 30; 4. Georgia 28; 5. Auburn 26; 6. Stanford 24; 7. UCLA 23; 8. Texas 22; 9. Michigan 21; 10 (tie). South Carolina 20, Texas Tech 20; 34 (tie). Washington 6 .
April 7	at Pepsi Team Invitational (Eugene, Ore.): 1. Oregon 183.5; 2. Kansas State 165; 3. Washington 151.5 ; 4. USC 118.
April 28	at WSU Dual (Seattle, Wash.): 1. Washington State 102; 2. Washington 61
May 12-13	at Pac-10 Championships (Stanford, Calif.): 1. Arizona State 158; 2. Stanford 134.33; 3. UCLA 118.5; 4. USC 113; 5. Washington State 67.83; 6. Arizona 62; 7. Oregon 61; 8. California 54.33; 9. Washington 49 ; 10. Oregon State 0.
May 25-26	at NCAA Regional Championships (Eugene, Ore.): 1. Arizona State 94; 2. USC 74; 3. UCLA 67; 4. Stanford 60; 5. San Diego State 53; 6. BYU 48.5; 7. California 48; 8. Oregon 44; 9. Arizona 33; 10. Washington 29 .
June 6-9	at NCAA Championships (Sacramento, Calif.): 1. Arizona State 60; 2. LSU 53; 3. Michigan 36; 4. Texas A&M 34; 5. UCLA 30; 6. Texas 29; 7. USC 27; 8. California 26; 9. Georgia 24; 10. Stanford 23, Texas Tech 23; 159. Washington 3 , Sam Houston St. 3, Florida Int'l 3, Texas-San Antonio 3, Fresno State 3, Charlotte 3, Colorado State 3, Michigan State 3.

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

- (Career best) listed if superior to 2007 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	7.34 (2/24)
Jennifer Nash (7.68)	7.77 (1/13)
Kinyatta Leonhardt	7.84 (2/10)
Daria Amiad-Pavlov	8.50 (3/3)

100 Meters	NCAA Reg: 11.75
* Ashley Lodree (11.3h/11.76)	11.54w (5/13)
	11.5h (4/7)
	11.89 (5/12)
Jennifer Nash (11.98)	12.42 (5/4)

200 Meters	NCAA Reg: 23.96
Syreeta Martin	25.10 (3/24)
Kinyatta Leonhardt (25.50)	25.21 (4/7)
Jennifer Nash (25.38)	26.39 (4/14)
Brandy Taylor (26.83i)	27.03 (4/7)
Daria Amiad-Pavlov	27.09w (5/5)
Liz Fuller (25.76)	27.26w (4/11)
	27.39 (3/16)

200 Meters (Indoor)	NCAA: 23.30 / 23.90
\$ Ashley Lodree	24.22 (2/10)
Syreeta Martin	25.12 (2/23)
Falesha Ankton	25.40 (2/23)
Brandy Taylor	26.83 (2/10)
Chelsey Johnson	27.31 (2/10)
Liz Fuller (25.76)	27.49 (3/3)
Daria Amiad-Pavlov	27.51 (3/3)

400-Meter Dash	NCAA Reg: 54.61
Kinyatta Leonhardt (55.53)	55.99 (4/7)
Dani Schuster	58.34 (5/4)
Brandy Taylor	59.74 (5/4)

400 Meters (Indoor)	NCAA Indoor: 52.40 / 54.40
Kinyatta Leonhardt (55.53)	55.99 (3/3)
Syreeta Martin	56.45 (2/24)
Falesha Ankton (59.08)	59.16 (1/27)
Brandy Taylor	1:02.27 (1/27)
Chelsey Johnson	1:02.60 (2/10)

800 Meters	NCAA Reg: 2:09.80
* Dani Schuster	2:07.39 (3/24)
* Amy Lia	2:07.48 (3/24)
* Amanda Miller (2:06.76i)	2:07.92 (4/21)
* Kira Harrison	2:09.00 (4/7)
Emily Collins	2:12.41 (3/24)
Kailey Campbell	2:15.68 (5/4)
Trisha Rasmussen (2:15.38)	2:16.07 (5/4)
Liz Fuller (2:29.86i)	2:31.32 (5/6)

800 Meters (Indoor)	NCAA Indoor: 2:05.20 / 2:09.00
Amanda Miller (2:06.76i)	2:09.57 (1/27)
# Dani Schuster (2:07.43)	2:09.99 (2/10)
Kira Harrison (2:09.26)	2:10.17 (2/10)
Lindsey Kirschman	2:16.35 (1/27)
Liz Fuller	2:29.86 (2/23)

1,500 Meters	NCAA Reg: 4:27.80
* Amy Lia (4:14.63)	4:17.49 (3/31)
* Amanda Miller	4:20.58 (6/7)
* Dani Schuster	4:25.14 (3/31)
Katie Follett	4:27.87 (5/13)
Kira Harrison (4:29.64)	4:33.76 (3/24)
Mo Huber	4:37.72 (3/24)
Karina Wegman	4:38.54 (5/4)
Anita Campbell	4:38.76 (4/7)
Emily Collins	4:38.78 (3/30)
Trisha Rasmussen (4:39.18)	4:40.89 (3/24)
Kailey Campbell	4:41.88 (4/21)
Sayaka Yoshinaga	4:42.06 (4/21)
Brianna McLeod (4:32.82)	4:49.06 (4/28)
Brooke Anderson	4:49.20 (4/21)

Mile (Indoor)	NCAA Indoor: 4:40.00 / 4:48.00
# Amanda Miller	4:41.36 (3/3)
# Dani Schuster	4:43.33 (3/3)
Katie Follett	4:52.08 (2/24)
Emily Collins	4:58.03 (2/24)
Kailey Campbell	5:00.07 (1/13)
Lindsey Kirschman	5:00.90 (2/10)
Karina Wegman	5:02.23 (3/3)
Brianna McLeod (4:53.23i)	5:03.09 (2/10)
Andrea Brown	5:03.78 (2/10)
Amy Lia (4:44.34i)	5:05.55 (1/27)
Mo Huber	5:10.04 (1/13)

3,000 Meters (Indoor)	NCAA Indoor: 9:15.00 / 9:34.00
Anita Campbell (9:36.21i)	9:38.95 (2/10)
Katie Follett	9:47.86 (3/3)
Sayaka Yoshinaga	9:56.45 (3/3)
Karina Wegman	9:59.82 (2/24)
Mo Huber	10:08.02 (3/3)
Brianna McLeod	10:08.31 (1/13)
Trisha Rasmussen	10:08.56 (2/24)
Brooke Lademan	10:48.57 (1/13)

3,000m Steeplechase	NCAA Reg: 10:50.25
Mo Huber	10:56.54 (4/7)
Trisha Rasmussen (11:04.87)	11:09.14 (5/23)

5,000 Meters	NCAA Reg: 16:52.00
* Anita Campbell	16:00.03 (3/31)
Mo Huber	17:06.72 (3/30)
Karina Wegman	17:22.26 (3/30)
Trisha Rasmussen	17:23.35 (3/30)
Sayaka Yoshinaga (17:24.30)	17:24.55 (3/30)
Brooke Anderson	17:54.92 (5/13)
Katie Follett	17:57.92 (4/7)

5,000 Meters (Indoor)	NCAA: 16:08.00 / 16:42.00
# Anita Campbell	16:28.19 (2/23)
Sayaka Yoshinaga	17:24.30 (2/23)

10,000 Meters	NCAA: 33:30.00 / 35:00.00
Sayaka Yoshinaga	37:13.83 (5/12)

60-Meter Hurdles (Indoor)	NCAA: 8.15 / 8.43
# Ashley Lodree	8.01 (3/9)
Falesha Ankton	8.72 (2/10)
Liz Fuller (8.97i)	9.00 (3/3)
Syreeta Martin	9.00 (1/13)
Daria Pavlov (9.31i)	9.64 (3/3)
Megan Dahl	10.33 (1/13)

100-Meter Hurdles	NCAA Reg: 13.92
* Ashley Lodree	12.99 (6/8)
Liz Fuller (14.71w)	14.89 (4/11)
Daria Amiad-Pavlov	15.78 (5/5)

400-Meter Hurdles	NCAA Reg: 1:00.82
* Syreeta Martin	59.60 (5/13)

4x100-Meter Relay	NCAA Reg: 45.70
Martin/Nash/Amiad-Pavlov/Fuller	49.28 (4/28)

4x400-Meter Relay	NCAA Reg: 3:42.00
Martin/Lodree/Harrison/Leonhardt	3:47.94 (3/24)
Martin/Miller/Harrison/Taylor	3:56.14 (4/28)

4x400-Meter Relay (Indoor)	NCAA: 3:33.00 / 3:40.00
Martin/Ankton/Miller/Lodree	3:47.58 (2/24)
Lodree/Leonhardt/Martin/Ankton	3:51.58 (1/27)
Washington "A"	3:52.07 (2/10)
Washington "B"	3:53.44 (2/10)
Ankton/Taylor/Harrison/Leonhardt	3:57.64 (1/13)

Dist. Medley Relay (Indoor)	NCAA: 11:09.00 / 11:30.00
# Miller/Leonhardt/Schuster/Lia	11:24.45 (1/26)
# Schuster/Leonhardt/Harrison/Miller	11:25.67 (2/23)
Kirschman/Harrison/Martin/Yoshinaga	11:59.19 (1/26)

High Jump	NCAA Reg: 5-8 3/4 (1.75)
Daria Amiad-Pavlov (5-7 3/4)	5-7 (1.70) (3/24)
Lindsay Todd	5-7 (1.70) (3/16)
Liz Fuller (5-7)	5-5 1/4 (1.66) (4/11)
Kristina Shoemake (5-4 1/4i)	5-3 (1.60) (5/4)
Allison Lombardo (5-4 1/4i)	5-1 (1.55) (5/4)
Nicole Vielma	5-1 (1.55) (3/16)

High Jump (Indoor)	NCAA: 6-0 1/2 (1.84) / 5-10 (1.78)
Liz Fuller (5-7)	5-6 1/2 (1.69) (2/10)
Allison Lombardo	5-4 1/4 (1.63) (3/3)
Lindsay Todd (5-5 1/4)	5-4 1/4 (1.63) (3/3)
Kristina Shoemake	5-4 1/4 (1.58) (3/3)
Robyn Roblee	5-2 1/4 (1.58) (3/3)
Megan Dahl	5-0 1/4 (1.53) (1/13)
Nicole Vielma	4-10 1/4 (1.48) (1/27)

Pole Vault	NCAA Reg: 12-5 1/2 (3.80)
* Stevie Marshalek (13-7 1/4i)	13-5 3/4 (4.11) (4/28)
* Kelley DiVesta (13-5 1/4)	13-1 3/4 (4.01) (4/28)
* Myrriah Swango (12-8i)	12-6 (3.81) (5/4)
Alli Moore	11-11 3/4 (3.65) (4/28)
Ally Wojciechowski (12-0)	11-7 3/4 (3.55) (4/7)
Andrea Peterson (12-3 1/2)	11-6 1/4 (3.51) (5/4)

Pole Vault (Indoor)

Kelley DiVesta (13-5 1/4)
Stevie Marshalek (13-7 1/4i)
Myrriah Swango
Andrea Peterson
Ally Wojciechowski
Alli Moore (11-11 3/4)

NCAA: 13-9 1/4 (4.20) / 12-11 1/2 (3.95)

13-3 3/4 (4.06) (2/10)
13-0 1/4 (3.97) (3/3)
12-8 (3.86) (2/11)
12-3 1/2 (3.75) (1/20)
12-0 (3.66) (2/10)
11-6 1/4 (3.51) (2/10)

Long Jump

* Ashley Lodree
Liz Fuller (18-9 3/4w)
Daria Amiad-Pavlov (19-0 1/2i)

NCAA Reg: 19-8 1/4 (6.00)

20-8 1/2 (6.31) (5/12)
18-9 (5.71) (3/24)
18-3 (5.56) (4/13)

Long Jump (Indoor)

Liz Fuller (18-9 3/4w)
Megan Dahl

NCAA: 21-0 (6.40) / 20-0 1/4 (6.10)

17-11 1/2 (5.47) (3/3)
13-2 3/4 (4.03) (1/13)

Triple Jump

Liz Fuller (38-1 1/2i)
Daria Amiad-Pavlov (38-7 1/2i)
Nicole Vielma
Lydia Bylsma

NCAA Reg: 40-5 (12.32)

37-10 (11.53) (4/28)
37-11 1/4 (11.56) (5/13)
35-10 1/2 (10.93) (5/4)
34-7 (10.54) (5/4)

Triple Jump (Indoor)

Daria Amiad-Pavlov (38-7 1/2i)
Liz Fuller (38-1 1/2w)
Nicole Vielma
Riley Glandon

NCAA: 43-7 3/4 (13.30) / 41-6 (12.65)

37-2 1/4 (11.33) (1/13)
36-11 3/4 (11.27) (3/3)
34-10 1/4 (10.62) (3/3)
31-11 1/2 (9.74) (1/13)

Shot Put

* Sheree Ellis
Janine Sandell
Liz Fuller (40-10 1/2i)
Shannon Harvey
Daria Amiad-Pavlov (38-0 3/4i)

NCAA Reg: 46-11 (14.30)

48-5 1/4 (14.76) (4/28)
46-9 (14.25) (5/4)
36-10 1/2 (11.24) (5/5)
35-10 3/4 (10.94) (4/7)
35-9 1/2 (10.91) (5/5)

Shot Put (Indoor)

Sheree Ellis
Whitney Hooks
Liz Fuller (40-10 1/2i)
Daria Amiad-Pavlov (38-0 3/4i)
Megan Dahl

NCAA: 55-5 1/2 (16.90) / 50-6 1/4 (15.40)

47-5 1/4 (14.46) (1/27)
46-7 1/4 (14.20) (1/27)
38-9 (11.81) (1/13)
37-9 1/4 (11.51) (1/13)
35-10 1/2 (10.93) (1/13)

Weight Throw (Indoor)

Whitney Hooks
Shannon Harvey
Sheree Ellis

NCAA: 68-10 3/4 (21.00) / 62-4 (19.00)

46-6 (14.17) (2/23)
46-2 3/4 (14.09) (2/23)
42-4 1/4 (12.91) (2/10)

Discus

* Janine Sandell
Korede Oyetuga
Sheree Ellis
Shannon Harvey

NCAA Reg: 155-2 (47.30)

157-1 (47.88) (3/30)
133-7 (40.72) (4/28)
133-2 (40.59) (3/16)
108-10 (33.18) (4/7)

Hammer Throw

Shannon Harvey
Korede Oyetuga

NCAA Reg: 177-7 (54.15)

155-3 (47.32) (4/7)
146-7 (44.68) (4/28)

Javelin

* Kaisa Keranen
Liz Fuller
Daria Amiad-Pavlov
Shannon Harvey

NCAA Reg: 142-6 (43.45)

143-8 (43.80) (3/24)
116-7 (35.53) (3/16)
109-8 (33.43) (3/24)
88-8 (27.04) (5/4)

Pentathlon (Indoor)

Liz Fuller

NCAA: 4,050 / 3,700

3,651 (2/23)

Heptathlon

Liz Fuller

NCAA: 5,500 / 5,050

4,845 (4/12)

Key:

- NCAA championship meet competitors underlined
- @ — NCAA automatic qualifying mark
- # — NCAA provisional qualifying mark
- * — NCAA Regional 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
- a — Mark adjusted for altitude per NCAA standards

Jan. 13, UW Indoor Preview, *Seattle*

Jan. 19-20, National Pole Vault Summit, *Reno, Nev.*

Jan. 26-27, UW Indoor Invitational, *Seattle*

Feb. 10, The Husky Classic, *Seattle*

Feb. 11, UW Open Meet, *Seattle*

Feb. 23-24, MPSF Championships, *Seattle*

Mar. 2-3, Alex Wilson Invitational, *South Bend, Ind.*

Mar. 3, NCAA Last Chance Qualifier, *Seattle*

Mar. 9-10, NCAA Indoor Championships, *Fayetteville, Ark.*

Mar. 16, UW Outdoor Preview, *Seattle*

Mar. 24, Springtime Invitational, *Auburn, Ala.* ¹

Mar. 24 ASU Invitational, *Tempe, Ariz.*

Mar. 30-31, Stanford Invitational, *Palo Alto, Calif.*

Apr. 7, Pepsi Invitational, *Eugene, Ore.*

Apr. 11-12, California Invitational Multi-Events, *Azusa, Calif.*

Apr. 13-15, Mt. SAC Relays, *Walnut, Calif.*

Apr. 14, Brutus Hamilton Invitational, *Berkeley, Calif.* ²

Apr. 20-21, Oregon Invitational, *Eugene, Ore.*

Apr. 27, UW-WSU Dual, *Seattle*

May 4, Ken Shannon Invitational, *Seattle*

May 5-6, Pac-10 Championships Multi-Events, *Stanford, Calif.*

May 12-13, Pac-10 Championships, *Stanford, Calif.*

May 25-26, NCAA West Regional Champ's, *Eugene, Ore.*

June 6-9, NCAA Championships, *Sacramento, Calif.*

¹ - Throwers only.

² - Swango's 4/14 mark is from Mt. SAC.