



2011 Washington Track and Field

Men's Best Marks

Updated through 6/11/11

- For indoor events, NCAA standards are listed Automatic / Provisional.
- Wind-aided marks above 4.0 mps (W) are not accepted for NCAA qualifying.

60 Meters (Ind)	NCAA: 6.60	
Ryan Hamilton	7.00	(3/5)
Jeremy Taiwo	7.06	(3/11)
Colton Dunn	7.06	(1/29)
Ken Egu	7.06	(2/12)
Howard Lao	7.08	(3/5)
Andrew Ferleman	7.11	(2/25)
Ryan Hamilton	7.12	(2/12)
Kale Schmidt	7.18	(1/15)
Matt Anthony	7.25	(1/15)

100 Meters (Out)		
* James Alaka	10.29	(5/14)
Ryan Hamilton	10.68	(4/29)
Maurice McNeal	10.68w	(5/7)
Ken Egu	11.02	(3/25)
Jeremy Taiwo	10.98	(5/6)
Howard Lao	11.17	(4/23)
Andrew Ferleman	11.45	(5/6)
Matt Anthony	11.47	(4/15)

200 Meters (Out)		
* James Alaka	20.85	(5/14)
Maurice McNeal	21.02	(4/29)
Ryan Hamilton	21.71	(4/15)
Colton Dunn	21.74	(3/26)
Sam Rucker	22.71	(5/7)

200 Meters (Ind)	NCAA: 20.83	
Colton Dunn	21.92	(1/29)
Kale Schmidt	22.27	(3/5)
Sam Rucker	22.85	(1/29)

400 Meters (Out)		
* Maurice McNeal	45.60	(5/13)
James Alaka	48.06	(4/23)
Jeremy Taiwo	48.49	(5/6)
Colton Dunn	48.96	(4/9)
Dan Sanders	48.98	(4/16)
Sam Rucker	49.88	(5/7)
Andrew Ferleman	54.17	(5/6)

400 Meters (Ind)	NCAA: 46.15	
Colton Dunn	47.90	(2/12)
Maurice McNeal	48.65	(2/26)
Dan Sanders	49.22	(2/26)
Sam Rucker	49.48	(3/5)

800 Meters (Out)		
* Gareth Gilna	1:49.83	(4/29)
* Ryan Styrk	1:50.04	(4/23)
Charlie Williams	1:50.13	(5/7)
Brad Whitley	1:51.20	(4/29)
Ryan Soberanis	1:51.38	(5/7)
Kyle Blume	1:51.75	(5/7)
Joey Bywater	1:53.47	(4/23)

800 Meters (Ind)	NCAA: 1:48.00	
Ryan Styrk	1:49.93	(2/12)
Gareth Gilna	1:52.37	(1/15)
Brad Whitley	1:52.64	(2/12)
James Cameron	1:52.68	(1/15)
Kyle Blume	1:52.71	(1/15)
Ryan Soberanis	1:52.98	(1/15)
Joey Bywater	1:53.13	(1/15)
Dan Sanders	1:54.03	(3/5)

1,500 Meters (Out)		
James Cameron	3:44.90	(4/15)
* Joey Bywater	3:46.14	(4/15)
Ryan Soberanis	3:47.69	(4/15)
Charlie Williams	3:47.91	(4/29)
Colton Tully-Doyle	3:49.63	(4/22)
Gareth Gilna	3:50.78	(4/22)
Michael Miller	3:52.12	(3/25)
Ryan Styrk	3:54.28	(3/25)
Brad Whitley	3:55.12	(5/7)
Taylor Carlson	3:55.43	(4/22)
Kyle Blume	3:58.41	(3/25)

Max O'Donoghue-McDonald	3:58.49	(5/7)
Jeremy Taiwo	4:18.69	(5/7)
Andrew Ferleman	5:05.23	(5/7)

Mile (Ind)	NCAA: 3:59.00	
@ James Cameron	3:58.51	(3/5)
Joey Bywater	4:00.53	(3/5)
Max O'Donoghue-McDonald	4:03.63	(3/5)
Ryan Soberanis	4:04.00	(3/5)
Colton Tully-Doyle	4:05.20	(1/29)
Rob Webster Jr.	4:10.78	(3/5)
Taylor Carlson	4:12.09	(3/5)
Kyle Blume	4:12.90	(1/29)
Cameron Quackenbush	4:17.19	(3/5)
Greg Drosky	4:17.39	(3/5)
Chris Brasino	4:31.12	(1/15)

1,000 Meters (Ind)		
Jeremy Taiwo	2:34.35	(3/12)
Kale Schmidt	2:38.66	(1/29)
Andrew Ferleman	2:55.41	(2/26)

3,000 Meters (Out)		
Colton Tully-Doyle	8:14.89	(4/29)
Taylor Carlson	8:23.58	(4/29)
Max O'Donoghue-McDonald	8:25.09	(4/29)
Gareth Gilna	8:30.57	(4/29)
Cameron Quackenbush	8:32.29	(4/29)
Michael Miller Jr.	8:34.30	(4/29)
Joey Bywater	8:35.14	(4/29)

3,000 Meters (Ind)	NCAA: 7:54.50	
@ \$ Colton Tully-Doyle	7:53.13	(2/12)
James Cameron	8:00.17	(2/12)
Gareth Gilna	8:12.51	(2/26)
Max O'Donoghue-McDonald	8:13.09	(2/26)
Rob Webster Jr.	8:13.63	(2/12)
Cameron Quackenbush	8:19.38	(2/26)
Taylor Carlson	8:23.21	(2/12)
Greg Drosky	8:36.53	(1/29)

3,000 Meter Steeplechase (Out)		
* Michael Miller Jr.	8:57.32	(4/29)
James Cameron	9:02.83	(4/9)
Greg Drosky	9:14.15	(4/14)
Aaron Beattie	9:16.48	(4/14)

5,000 Meters (Out)		
* Colton Tully-Doyle	13:47.25	(3/25)
James Cameron	13:51.83	(3/25)
* Max O'Donoghue-McDonald	13:59.82	(3/25)
Joey Bywater	14:20.40	(3/25)
Aaron Beattie	14:30.95	(4/9)
Rob Webster Jr.	14:35.12	(4/9)
Cameron Quackenbush	14:37.75	(4/22)
Taylor Carlson	14:50.04	(3/25)

5,000 Meters (Ind)	NCAA: 13:47.00	
James Cameron	13:54.77	(2/25)
Rob Webster Jr.	14:05.50	(2/25)
Cameron Quackenbush	14:29.03	(2/25)
Taylor Carlson	14:32.36	(2/25)

10,000 Meters (Out)		
Rob Webster Jr.	20:50.21	(3/25)

60 Meter Hurdles (Ind)	NCAA: 7.70	
Jeremy Taiwo	8.14	(3/12)
Shayne Moore	8.25	(1/29)
Andrew Ferleman	8.27	(1/15)
Howard Lao	8.46	(2/12)
James Johnson	8.72	(1/29)
Kale Schmidt	8.80	(2/12)

110 Meter Hurdles (Out)		
* Jeremy Taiwo	14.32	(5/13)
Shayne Moore	14.67	(5/13)
Andrew Ferleman	15.25	(5/7)
James Johnson	15.48	(3/25)
Howard Lao	15.21W	(5/7)
	15.52	(4/29)

400 Meter Hurdles (Out)		
Dan Sanders	52.79	(4/29)
Kale Schmidt	54.45	(3/25)
Shayne Moore	56.78	(4/29)

4x100 Meter Relay (Out)		
* McNeal/Alaka/Dunn/Hamilton	39.62	(5/14)
Rucker/Alaka/Dunn/Hamilton	41.33	(3/26)
McNeal/Schmidt/Johnson/Egu	42.39	(3/26)
Rucker/Anthony/Egu/Moore	42.73	(4/16)

4x400 Meter Relay (Out)		
Dunn/Sanders/Alaka/McNeal	3:11.20	(4/29)
Rucker/Alaka/Dunn/McNeal	3:12.89	(3/26)
Schmidt/Sanders/Hamilton/Taiwo	3:14.21	(3/26)
Dunn/Sanders/Taiwo/McNeal	3:16.74	(4/9)
Whitley/Bywater/Alaka/Styrk	3:18.10	(4/23)
Whitley/Williams/Styrk/Soberanis	3:21.16	(4/9)

4x400 Meter Relay (Ind)	NCAA: 3:06.50	
Schmidt/Rucker/Dunn/McNeal	3:12.17	(2/26)
Schmidt/Sanders/Dunn/Taiwo	3:14.02	(2/12)
Schmidt/Sanders/Taiwo/Dunn	3:14.51	(1/15)
Rucker/McNeal/Moore/Ferleman	3:18.62	(2/12)
Sanders/Rucker/Whitley/Styrk	3:21.36	(1/29)
Whitley/Soberanis/Blume/Styrk	3:21.53	(2/12)
Rucker/Moore/Anthony/Ferleman	3:27.46	(1/15)
Blume/Soberanis/Anthony/Lao	3:29.88	(1/29)

Dist. Medley Relay (Ind)	NCAA: 9:32.00	
Soberanis/Dunn/Styrk/Tully-Doyle	9:38.23	(2/25)
Soberanis/Dunn/Styrk/Cameron	9:39.29	(1/28)

High Jump (Out)		
Jeremy Taiwo	6-11 (2.11)	(5/6)
* A.J. Maricich	6-10 3/4 (2.10)	(4/15)
Clayton Johnson	6-4 (1.93)	(4/9)
Andrew Ferleman	6-1 1/2 (1.87)	(5/6)

High Jump (Ind)	NCAA: 7-4 1/4 (2.24)	
A.J. Maricich	6-11 1/2 (2.12)	(2/12)
Jeremy Taiwo	6-11 1/2 (2.12)	(2/12)
Kale Schmidt	6-6 1/4 (1.99)	(1/28)
Clayton Johnson	6-5 1/2 (1.97)	(2/12)
Andrew Ferleman	6-6 (1.98)	(2/25)

Pole Vault (Out)		
\$ * Scott Roth	18-9 1/4 (5.72)	(4/16)
* Robby Fegles	16-9 1/2 (5.12)	(5/7)
Jeremy Taiwo	15-11 1/4 (4.86)	(4/29)
Andrew Ferleman	13-6 1/4 (4.12)	(5/7)

Pole Vault (Ind)	NCAA: 18-0 1/2 (5.50)	
@ Scott Roth	18-1 (5.51)	(1/29)
Ryan Vu	17-7 (5.36)	(2/12)
Jeremy Taiwo	15-7 (4.75)	(1/29)
Andrew Ferleman	14-8 (4.47)	(2/26)
Kale Schmidt	12-7 1/2 (3.85)	(1/29)

Long Jump (Out)		
* Julian Barwell	24-3 3/4 (7.41)w	(4/16)
	23-6 3/4 (7.18)	(4/29)
Jeremy Taiwo	23-11 1/2 (7.30)	(5/6)
Warren Woods	22-6 1/2 (6.87)	(4/23)
Kale Schmidt	22-5 (6.83)	(4/9)
Andrew Ferleman	21-2 3/4 (6.47)	(5/6)

Long Jump (Ind)	NCAA: 25-11 (7.90)	
Jeremy Taiwo	23-10 3/4 (7.28)	(3/11)
Julian Bardwell	23-6 (7.16)	(3/5)
Kale Schmidt	23-4 (7.11)	(2/25)
Kasen Covington	22-9 3/4 (6.95)	(4/29)
Andrew Ferleman	22-1 3/4 (6.75)	(2/25)
Warren Woods	22-1 1/2 (6.74)	(1/15)
Thomas Kmett	21-2 3/4 (6.47)	(1/15)
Sam Rucker	20-0 1/2 (6.11)	(3/5)

Triple Jump (Out)		
* Kasen Covington	51-0 (15.54)w	(4/22)
	49-11 3/4 (15.23)	(5/14)

Clayton Johnson	47-3 (14.40) <u>w</u>	(4/22)
	46-7 1/2 (14.21)	(4/9)
Julian Bardwell	46-6 3/4 (14.19)	(4/29)
Thomas Kmett	46-3 1/2 (14.11)	(4/29)

Triple Jump (Ind)	NCAA: 53-0 (16.15)	
Kasen Covington	50-8 1/4 (15.45)	(1/29)
Clayton Johnson	48-0 1/2 (14.64)	(2/26)
Julian Bardwell	46-10 1/4 (14.28)	(3/5)
Thomas Kmett	46-0 3/4 (14.04)	(1/15)

Shot Put (Out)		
Cameron Elisara	54-5 1/4 (16.59)	(4/29)
Richard Anderson	51-7 1/4 (15.73)	(5/13)
Peter Follmer	47-1 (14.35)	(4/29)
Conner Larned	45-3 3/4 (13.81)	(4/29)
Angus Taylor	44-0 3/4 (13.43)	(4/29)
Jeremy Taiwo	42-11 (13.08)	(5/6)
Andrew Ferleman	40-3 1/4 (12.27)	(4/29)

Shot Put (Ind)	NCAA: 63-4 (19.30)	
Cameron Elisara	52-3 1/4 (15.93)	(2/12)
Richard Anderson	51-8 1/2 (15.76)	(2/26)
Jeremy Taiwo	44-0 1/2 (13.42)	(1/15)
Andrew Ferleman	40-6 (12.34)	(3/5)
Kale Schmidt	36-1 1/2 (11.01)	(1/15)

Discus (Out)		
* Conner Larned	176-5 (53.78)	(4/16)
Richard Anderson	166-8 (50.80)	(4/29)
Angus Taylor	154-9 (47.16)	(4/29)
Peter Follmer	151-3 (46.10)	(3/25)
Cameron Elisara	141-6 (43.12)	(3/25)
Andrew Ferleman	125-7 (38.28)	(4/29)
Jeremy Taiwo	119-5 (36.40)	(4/14)

Hammer (Out)		
* Angus Taylor	201-6 (61.41)	(5/14)
Conner Larned	178-6 (54.42)	(4/15)
Richard Anderson	125-6 (38.25)	(4/29)
Peter Follmer	103-5 (31.52)	(4/29)

Weight (Ind)	NCAA: 70-6 1/2 (21.50)	
Conner Larned	57-11 1/4 (17.66)	(2/25)

Javelin (Out)		
\$ * Kyle Nielsen	253-5 (77.24)	(5/26)
* Joe Zimmerman	239-9 (73.09)	(4/29)
Jimmy Brookman	227-2 (69.24)	(4/29)
Jeremy Taiwo	147-6 (44.96)	(4/14)
Andrew Ferleman	135-1 (41.17)	(3/26)

Heptathlon (Ind)	NCAA: 5,675	
@ \$ Jeremy Taiwo	5,780	(3/11-12)
Andrew Ferleman	5,309	(2/25-26)
Kale Schmidt	5,140	(1/28-29)

Decathlon (Out)		
Jeremy Taiwo	7,742	(5/6-7)
Andrew Ferleman	6,281	(5/6-7)

Key:
 _____ NCAA championship meet competitors underlined
 * NCAA Outdoor Preliminary Round participant
 @ NCAA automatic qualifying mark
 # NCAA provisional 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 UW Indoor Preview, Seattle
 Jan. 28-29 UW Invitational, Seattle
 Feb. 11-12 Flotrack Husky Classic, Seattle
 Feb. 25-26 MPSF Championships, Seattle
 Mar. 5 UW Final Qualifier, Seattle
 Mar. 11-12 NCAA Indoor Championships, College Station, Texas
 Mar. 25-26 Stanford Invitational, Palo Alto, Calif.
 Mar. 26 Club Northwest Spring Break Open, Seattle
 Apr. 9 Pepsi Team Invitational, Eugene, Ore.
 Apr. 13-16 Mt. SAC Relays, Walnut, Calif.
 Apr. 16 Beach Invitational, Long Beach, Calif.
 Apr. 22-23 Oregon Relays, Eugene, Ore.
 Apr. 29 UW-WSU Dual Meet, Seattle
 May 6-7 Pac-10 Multi-Event Championships, Tucson, Ariz.
 May 7 Ken Shannon Invitational, Seattle
 May 13-14 Pac-10 Championships, Tucson, Ariz.
 May 26-28 NCAA West Preliminary Championships, Eugene, Ore.
 June 8-11 NCAA Outdoor Championships, Des Moines, Iowa



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60 Meters (Ind)	NCAA: 7.26	
Dominique Lauderdale	7.37	(3/5)
Johanna Carr	7.82	(2/25)
Shea O'Donnell	7.89	(1/29)

100 Meters (Out)		
* Dominique Lauderdale	11.54w	(3/25)
	11.57	(5/13)
Johanna Carr	12.45	(4/16)
Shea O'Donnell	12.49	(5/7)

200 Meters (Out)		
Dominique Lauderdale	23.98	(5/13)
Bianca Greene	24.84w	(4/16)
	24.86	(5/13)
Michelle Fero	25.20W	(4/16)
Johanna Carr	25.81	(3/26)
Shea O'Donnell	25.82	(4/29)
Shelby Williams	26.30	(5/6)
Sarah Schireman	26.42	(5/6)
Laura Schmitt	26.62	(5/7)

200 Meters (Ind)	NCAA: 23.20	
Johanna Carr	25.56	(2/12)
Shea O'Donnell	25.77	(2/25)
Shelby Williams	26.50	(3/5)

400 Meters (Out)		
\$ * Jordan Carlson	54.18	(4/29)
Michelle Fero	56.28	(4/15)
Laura Schmitt	57.20	(5/7)
Alisha Oden	59.19	(4/23)

400 Meters (Ind)	NCAA: 52.60	
Michelle Fero	56.57	(2/26)
Jordan Carlson	56.71	(2/26)
Alisha Oden	59.36	(2/12)
Skye Atchley	1:00.78	(3/5)
Elaine Tran	1:02.02	(3/5)
Shea O'Donnell	1:02.09	(3/5)
Bonny Rivers	1:02.20	(3/5)

800 Meters (Out)		
Laura Schmitt	2:10.05	(4/9)
Justine Johnson	2:10.53	(4/9)
Mackenzie Carter	2:14.23	(3/26)
Skye Atchley	2:17.92	(4/22)
Courtney Lightfoot	2:19.11	(4/29)
Shelby Williams	2:26.34	(4/14)
Sarah Schireman	2:26.63	(5/7)

800 Meters (Ind)	NCAA: 2:05.00	
Michelle Fero	2:12.93	(3/5)
Skye Atchley	2:15.53	(2/26)
Laura Schmitt	2:15.85	(3/5)
Amy Before	2:18.32	(3/5)
Shelby Williams	2:29.27	(2/25)
Greta Zietz	2:37.01	(1/28)

1,500 Meters (Out)		
* Katie Flood	4:18.80	(4/9)
* Justine Johnson	4:22.57	(4/15)
Megan Goethals	4:29.29	(4/29)
Christine Babcock	4:42.71	(4/29)
Courtney Lightfoot	4:44.57	(5/7)
Mackenzie Carter	4:49.53	(3/25)

Mile (Ind)	NCAA: 4:37.00	
Chelsea Orr	4:44.63	(3/5)
Justine Johnson	4:45.72	(3/5)
Katie Flood	4:47.45	(1/29)
Mackenzie Carter	4:53.15	(2/26)
Phoebe Merritt	4:55.27	(3/5)
Allison Linnell	5:10.16	(1/15)
Amy Before	5:13.82	(2/12)
Jacquelyn Komen	5:16.29	(2/12)

3,000 Meters (Out)		
Megan Goethals	9:34.81	(4/29)
Lindsay Flanagan	9:36.66	(4/29)
Alison Ponce	10:03.20	(4/29)
Kenna Patrick	10:08.50	(4/29)

3,000 Meters (Ind)	NCAA: 9:13.00	
@ Katie Flood	9:09.85	(3/5)
@ Meagan Goethals	9:11.56	(3/5)
Chelsea Orr	9:26.73	(2/12)
Justine Johnson	9:31.86	(2/12)
Phoebe Merritt	9:33.47	(2/12)
Lindsay Flanagan	9:46.41	(1/29)
Mackenzie Carter	10:09.69	(2/26)
Allison Linnell	10:12.02	(1/29)

3,000 Meter Steeplechase (Out)		
Mel Lawrence	10:27.66	(4/29)

5,000 Meters (Out)		
* Megan Goethals	15:47.79	(5/28)
Lindsay Flanagan	16:28.86	(4/15)
Alison Ponce	17:17.45	(4/22)
Kenna Patrick	17:33.23	(4/22)

5,000 Meters (Ind)	NCAA: 16:07.50	
Phoebe Merritt	16:34.50	(2/25)
Lindsay Flanagan	16:36.20	(2/25)
Allison Linnell	18:21.79	(2/12)

10,000 Meters (Out)		
* Lindsay Flanagan	33:42.50	(3/25)

60 Meter Hurdles (Ind)	NCAA: 8.14	
Kayla Stueckle	8.83	(2/25)
Elaine Tran	9.54	(2/12)
Shelby Williams	9.59	(1/28)
Greta Zietz	10.09	(3/5)
Skye Atchley	10.58	(3/5)

100 Meter Hurdles (Out)		
Kayla Stueckle	14.74	(4/9)
Sarah Schireman	14.92	(5/6)
Shelby Williams	15.65	(5/6)

400 Meter Hurdles (Out)		
* Kayla Stueckle	59.84	(4/29)
Skye Atchley	1:04.34	(4/29)
Elaine Tran	1:05.42	(4/29)

4x100 Meter Relay (Out)		
Stueckle/Lauderdale/Carlson/Greene	45.93	(4/16)
Carr/Lauderdale/Carlson/Stueckle	48.07	(3/26)
Stueckle/Greene/Fero/Schireman	48.37	(5/14)

4x400 Meter Relay (Out)		
Fero/Schmitt/Stueckle/Johnson	3:48.39	(5/14)
Fero/Schmitt/Atchley/Oden	3:50.84	(4/29)
Fero/Carr/Stueckle/Schmitt	3:51.65	(4/9)
Fero/Carr/Stueckle/Carlson	3:52.01	(3/26)
Oden/O'Donnell/Tran/Schmitt	4:08.45	(3/26)

4x400 Meter Relay (Ind)	NCAA: 3:34.00	
Fero/Carr/Stueckle/Carlson	3:46.83	(2/12)
Fero/Stueckle/Carlson/Carr	3:51.73	(1/29)
Fero/Carr/O'Donnell/Stueckle	3:54.10	(1/15)
O'Donnell/Oden/Before/Schmitt	3:59.47	(2/12)
Oden/Before/Atchley/Tran	4:07.32	(1/15)

Dist. Medley Relay (Ind)	NCAA: 11:05.50	
Johnson/Fero/Orr/Flood	11:20.85	(2/25)
Johnson/Fero/Carter/Flood	11:34.20	(1/28)

High Jump (Out)		
Kelly McNamee	5-4 1/2 (1.64)	(5/14)
Caroline Soules	5-4 1/2 (1.64)	(5/14)
Greta Zietz	5-3 (1.60)	(5/7)
Alice Verhovek	5-2 1/2 (1.59)	(4/29)

Sarah Schireman	5-1 (1.55)	(4/13)
Shelby Williams	4-9 3/4 (1.47)	(3/26)

High Jump (Ind)	NCAA: 6-0 3/4 (1.85)	
Kelly McNamee	5-10 (1.78)	(1/29)
Caroline Soules	5-4 1/4 (1.63)	(1/15)
Alice Verhovek	5-2 1/4 (1.58)	(2/12)
Greta Zietz	5-2 1/4 (1.58)	(2/12)
Shelby Williams	4-7 (1.40)	(2/25)

Pole Vault (Out)		
* Logan Miller	13-5 1/4 (4.10)	(5/27)
Taylor Fjeran	12-2 3/4 (3.73)	(4/29)
Kelly Mudlo	12-0 3/4 (3.68)	(5/13)
Klarissa Wren	10-9 (3.28)	(4/29)

Pole Vault (Ind)	NCAA: 14-1 1/4 (4.30)	
Logan Miller	13-1 3/4 (4.01)	(2/26)
Taylor Fjeran	12-6 (3.81)	(3/5)
Kelly Mudlo	11-10 (3.61)	(3/5)
Tasha Clark	11-4 1/4 (3.46)	(2/12)
Ashley Schnapp	11-3 3/4 (3.45)	(1/29)
Klarissa Wren	10-11 3/4 (3.35)	(1/29)

Long Jump (Out)		
Sarah Schireman	18-3 3/4 (5.58)	(4/29)
Taylor Nichols	18-1 3/4 (5.53)	(4/29)
Alana Alexander	17-10 3/4 (5.45)	(4/29)
Shaniae Lakes	17-4 1/4 (5.29)	(4/29)
Shelby Williams	17-0 1/2 (5.19)	(5/7)
Michelle Johnson	16-11 1/4 (5.16)	(4/29)
Bonny Rivers	16-9 1/4 (5.11)	(5/7)

Long Jump (Ind)	NCAA: 20-11 1/4 (6.38)	
Taylor Nichols	18-5 3/4 (5.63)	(2/12)
Shaniae Lakes	18-4 1/4 (5.60)	(1/29)
Alana Alexander	17-6 1/4 (5.34)	(1/15)
Bonny Rivers	17-4 3/4 (5.30)	(3/5)
Michelle Johnson	17-2 (5.23)	(1/29)
Shelby Williams	16-10 3/4 (5.15)	(1/28)
Greta Zietz	15-8 3/4 (4.79)	(1/28)

Triple Jump (Out)		
* Shaniae Lakes	41-3 1/4 (12.58)	(4/23)
* Taylor Nichols	41-2 1/2 (12.56)	(5/14)
Alana Alexander	39-8 1/2 (12.10)	(4/23)
Lindsey Fleishman	38-4 1/4 (11.69)	(5/7)
Michelle Johnson	34-11 3/4 (10.66)	(4/29)

Triple Jump (Ind)	NCAA: 43-7 3/4 (13.30)	
Taylor Nichols	40-7 1/2 (12.38)	(2/26)
Shaniae Lakes	39-10 1/2 (12.15)	(3/5)
Alana Alexander	38-10 1/4 (11.84)	(2/26)
Lindsey Fleishman	37-0 1/2 (11.29)	(2/26)
Michelle Johnson	35-8 3/4 (10.89)	(1/29)

Shot Put (Out)		
Elisa Bryant	40-7 1/2 (12.38)	(4/9)
Erica Huse	39-10 3/4 (12.16)	(4/29)
Shelby Williams	39-4 (11.99)	(4/29)
Sarah Schireman	31-5 3/4 (9.59)	(5/6)

Shot Put (Ind)	NCAA: 55-5 1/2 (16.90)	
Shelby Williams	41-8 1/2 (12.71)	(1/15)
Greta Zietz	29-5 1/4 (8.97)	(1/28)

Discus (Out)		
* Elisa Bryant	169-8 (51.72)	(5/14)
Erica Huse	138-8 (42.26)	(4/29)

Hammer (Out)		
* Elisa Bryant	181-11 (55.44)	(5/27)
Erica Huse	147-6 (44.96)	(4/29)

Weight (Ind)	NCAA: 68-10 (21.00)	
Elisa Bryant	63-8 1/4 (19.41)	(1/29)
Erica Huse	45-10 1/2 (13.98)	(1/29)

Javelin (Out)

\$ * Amanda Peterson	174-2 (53.09)	(4/9)
* Jordin Seekins	140-7 (42.85)	(4/9)
Ally Mueller	137-1 (41.78)	(3/26)
Sarah Schireman	107-4 (32.71)	(5/7)
Shelby Williams	81-4 (24.79)	(5/7)

Pentathlon (Ind) NCAA: 4,075

Shelby Williams	3,254	(2/25)
Greta Zietz	2,955	(1/28)

Heptathlon (Out)

Sarah Schireman	4,657	(5/6-7)
Shelby Williams	4,372	(5/6-7)

- Key:
- NCAA championship meet competitors underlined
 - * NCAA Outdoor Preliminary Round participant
 - @ NCAA automatic qualifying mark
 - # NCAA provisional 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 UW Indoor Preview, Seattle
- Jan. 28-29 UW Invitational, Seattle
- Feb. 11-12 Flotrack Husky Classic, Seattle
- Feb. 25-26 MPSF Championships, Seattle
- Mar. 5 UW Final Qualifier, Seattle
- Mar. 11-12 NCAA Indoor Championships, College Station, Texas
- Mar. 25-26 Stanford Invitational, Palo Alto, Calif.
- Mar. 26 Club Northwest Spring Break Open, Seattle
- Apr. 9 Pepsi Team Invitational, Eugene, Ore.
- Apr. 13-16 Mt. SAC Relays, Walnut, Calif.
- Apr. 16 Beach Invitational, Long Beach, Calif.
- Apr. 22-23 Oregon Relays, Eugene, Ore.
- Apr. 29 UW-WSU Dual Meet, Seattle
- May 6-7 Pac-10 Multi-Event Championships, Tucson, Ariz.
- May 7 Ken Shannon Invitational, Seattle
- May 13-14 Pac-10 Championships, Tucson, Ariz.
- May 26-28 NCAA West Preliminary Championships, Eugene, Ore.
- June 8-11 NCAA Outdoor Championships, Des Moines, Iowa