

W 2010 Washington Track and Field

Men's Best Marks

Updated through 6/12/10

Feb. 26-27	MPSF Championships (Seattle, Wash.): 1. UCLA 108.50; 2. Stanford 95.50; 3. California 90; 4. Arizona State 79; 5. Arizona 67; 6. Washington State 59; 6. Oregon 59; 8. Cal State Northridge 47; 9. Washington 41 ; 10. Long Beach State 16
March 12-13	at NCAA Indoor Championships (Fayetteville, Ark.): 1. Florida 57; t2. Texas A&M 44; t2. Oregon 44; 5. Arkansas 38; 6. Indiana 25; 7. Arizona State 21; t8. New Mexico 18; t8. Minnesota 18; t8. Northern Arizona 18; t8. South Carolina 18; t12. Auburn 16; t12. Florida State 16; 14. Penn State 14; t14. Texas Tech 14; 14. Oklahoma 14; t17. California 11; t17. Georgia Tech 11; 19. Virginia Tech 10.50; t20. North Carolina 10; t20. Washington 10 ; t20. Mississippi 10; t20. Georgia 10; t20. Virginia 10; 25. Missouri 9
April 10	at Pepsi Team Invite (Eugene, Ore.): 1. Oregon 186; 2. Texas A&M 151; 3. Washington 132 ; 4. Illinois 109; 5. Missouri 103
May 1	at WSU Dual (Pullman, Wash.): 1. Washington State 108; 2. Washington 55
May 14-15	at Pac-10 Championships (Berkeley, Calif.): 1. Oregon 168.50; 2. USC 156; 3. Stanford 92; 4. Arizona State 85; 4. UCLA 85; 6. Washington 68 ; 7. Washington State 67; 8. California 59; 9. Arizona 26; 10. Oregon State 6.50
June 9-12	at NCAA Championships (Eugene, Ore.): 1. Texas A&M 55; 2. Florida 54; 3. Oregon 45; 4. Arizona State 37; 5. USC 35.50; 6. LSU 34; 7. Kansas 26; t8. Florida State 22; t8. Stanford 22; 10. Virginia Tech 20.50; 11. South Carolina 20; 12. Texas Tech 18.50; t13. Kentucky 18; t13. Liberty 18; 15. Washington 16.50 ; 16. Nebraska 16; t17. Louisville 15; t17. Texas 15; t17. Mississippi State 15; 20. Indiana 13.50; t21. California 12; t21. Wisconsin 12; t23. Princeton 11; t23. Penn State 11; t23. Virginia 11; t23. Alabama 11

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

- 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.
- Career-bests listed in parentheses if better than season

60 Meters (Ind)	NCAA: 6.60 / 6.71
James Alaka	6.78 (2/27)
Ryan Hamilton	6.89 (2/26)
Kenjamine Jackson (6.87)	6.89 (2/26)
Jordan Polk	7.02 (2/13)
Andrew Ferleman	7.15 (1/29)
Colton Dunn	7.23 (3/6)
Bryce Borer	7.38 (1/29)
Shayne Moore	7.43 (2/13)
Cale Fedore	7.49 (1/29)
Jake Vetter	7.49 (2/26)
Jeremy Lashinske	7.51 (1/29)

100 Meters	
* James Alaka	10.22w / 10.32 (5/1)
* Ryan Hamilton	10.59w / 10.76 (5/1)
Jeremy Taiwo	11.02 (6/10)
Andrew Ferleman (11.53)	11.64 (5/8)
Jake Vetter	12.16 (4/14)

200 Meters	
* James Alaka	20.71 (5/29)
Ryan Hamilton	21.55 (5/1)
Colton Dunn	22.13 (5/1)
Sam Rucker	22.31 (5/1)

200 Meters (Ind)	NCAA: 20.83 / 21.23
James Alaka	21.68 (2/26)
Ryan Hamilton	21.88 (2/26)
Kenjamine Jackson	22.09 (2/26)
Colton Dunn	22.18 (1/30)

400 Meters	
Jeremy Taiwo	48.98 (6/10)
Sam Rucker (49.61)	49.68 (5/1)
Miles Timpe (49.64)	49.84 (3/26)
Colton Dunn	50.35 (4/17)
Andrew Ferleman	54.04 (5/8)
Jake Vetter	54.34 (4/14)

400 Meters (Ind)	NCAA: 46.15 / 47.25
Miles Timpe (48.76)	49.51 (2/27)
Sam Rucker (48.68)	49.80 (2/13)
Colton Dunn	50.32 (2/14)
Brad Whitley	52.28 (3/6)

800 Meters	
Ryan Styrk	1:50.95 (5/14)
Ryan Soberanis	1:51.03 (4/10)
Michael Miller	1:51.10 (5/14)
Charlie Williams (1:52.14)	1:53.69 (4/17)

800 Meters (Ind)	NCAA: 1:48.00 / 1:50.50
Ryan Styrk	1:52.48 (1/30)
Ryan Soberanis (1:50.52)	1:52.62 (1/30)
Brendon Confer	1:54.04 (3/6)
Brad Whitley	1:56.59 (2/13)
Miles Timpe	1:57.96 (2/14)

1,500 Meters	
Colton Tully-Doyle	3:46.78 (4/10)
* Ryan Soberanis	3:48.61 (4/16)
Ryan Styrk	3:52.17 (4/16)
Max O'Donoghue-McDonald	3:52.33 (5/1)
James Cameron	3:53.97 (4/10)
Charlie Williams (3:50.27)	3:54.50 (4/10)
Michael Miller	3:55.95 (3/26)
Rob Webster Jr.	4:02.17 (5/1)
David McCary (3:58.22)	4:06.30 (3/26)
Cameron Quackenbush	4:09.53 (4/3)
Jeremy Taiwo	4:17.57 (5/9)
Andrew Ferleman	4:51.86 (5/9)
Jake Vetter	4:54.01 (4/15)

Mile (Ind)	NCAA: 3:59.00 / 4:03.50
Max O'Donoghue-McDonald	4:05.30 (3/6)
Ryan Soberanis	4:06.48 (3/6)
James Cameron	4:06.99 (3/6)
Ryan Styrk	4:10.73 (1/16)
Taylor Carlson	4:19.82 (3/6)
Bryan Tibaduiza	4:25.91 (1/16)

1,000 Meters (Ind)	
Bryce Borer	2:53.59 (1/30)
Jake Vetter	2:54.16 (1/30)
Andrew Ferleman	2:55.10 (2/14)
Jeremy Lashinske	3:05.75 (1/30)
Cale Fedore	3:34.82 (1/30)

3,000 Meters (Ind)	NCAA: 7:54.50 / 8:05.00
# Colton Tully-Doyle	7:56.67 (2/13)
Max O'Donoghue-McDonald	8:06.83 (2/27)
Jake Schmitt (8:03.04)	8:15.83 (1/30)
James Cameron	8:13.14 (2/27)
Jordan Swarthout	8:20.62 (3/6)
Alec Bromka	8:31.41 (3/6)
Taylor Carlson	8:31.75 (2/13)
Greg Drosky (8:34.63)	8:37.65 (3/6)
Cameron Quackenbush	8:43.39 (3/6)
Bryan Tibaduiza	8:51.43 (2/13)

3,000 Meter Steeplechase	
David McCary	9:14.24 (5/14)
Greg Drosky	9:15.88 (5/14)
James Cameron	9:38.41 (5/1)

5,000 Meters	
* Colton Tully-Doyle	13:52.40 (4/16)
Jake Schmitt	13:59.26 (4/23)
Jordan Swarthout	14:08.29 (4/10)

* Max O'Donoghue-McDonald	14:21.73 (4/23)
James Cameron	14:30.09 (3/26)
Rob Webster Jr.	14:32.56 (5/8)
Alec Bromka	14:45.77 (4/10)
Cameron Quackenbush (14:49.91)	14:50.34 (3/26)

5,000 Meters (Ind)	NCAA: 13:47.00 / 14:10.00
# Colton Tully-Doyle	13:47.14 (2/26)
Jake Schmitt (13:54.25)	14:15.51 (2/12)
Jordan Swarthout (14:20.90)	14:37.45 (2/26)
Greg Drosky	15:03.55 (2/12)
Alec Bromka (14:42.21)	15:25.01 (2/12)
Bryan Tibaduiza	15:25.66 (1/29)

10,000 Meters	
* Jake Schmitt (28:53.99)	28:56.21 (3/26)
* Jordan Swarthout	29:27.88 (3/26)
* Alec Bromka	29:40.41 (3/26)
Rob Webster Jr.	30:54.16 (5/14)

60 Meter Hurdles (Ind)	NCAA: 7.70 / 7.91
Shayne Moore	8.15 (2/14)
Andrew Ferleman (8.29)	8.46 (1/16)
Jake Vetter	8.86 (2/14)
Miles Timpe	9.05 (1/30)
Bryce Borer	9.25 (1/16)
Jeremy Lashinske	9.33 (1/30)
Cale Fedore	10.42 (1/30)

110 Meter Hurdles	
Jeremy Taiwo	14.22 (5/14)
Shayne Moore	14.69 (5/14)
Andrew Ferleman (14.91)	15.30 (5/1)
Jake Vetter	16.11 (5/8)

400 Meter Hurdles	
Dan Sanders	54.35 (5/8)
Miles Timpe (53.17)	54.59 (5/8)
Shayne Moore	55.99 (5/1)

4x100 Meter Relay	
* Rucker/Alaka/Dunn/Hamilton	40.14 (5/29)
Hamilton/Alaka/Dunn/Taiwo	40.83 (5/1)
Moore/Alaka/Dunn/Hamilton	41.38 (3/27)

4x400 Meter Relay	
Timpe/Sanders/Miller/Dunn	3:15.67 (5/8)
Rucker/Styrk/Timpe/Dunn	3:17.35 (5/15)
Rucker/Sanders/Timpe/Williams	3:17.85 (4/17)
Sanders/Styrk/Dunn/Rucker	3:18.11 (5/1)
Timpe/Soberanis/Styrk/Dunn	3:20.76 (3/27)
Timpe/Rucker/Styrk/Dunn	3:22.29 (4/10)

4x400-Meter Relay (Ind)	NCAA: 3:06.50 / 3:10.40
Rucker/Timpe/Dunn/Soberanis	3:17.96 (2/13)
Alaka/Dunn/Jackson/Sanders	3:18.21 (1/16)
Alaka/Dunn/Jackson/Rucker	3:18.25 (1/30)
Timpe/Alaka/Soberanis/Jackson	3:19.00 (2/27)

Hamilton/Whitley/Timpe/Confer	3:22.04	(1/30)
Soberanis/Hamilton/Whitley/Timpe	3:22.27	(1/16)
Moore/Styrk/Confer/Vetter	3:27.52	(1/16)

Dist. Medley Relay (Ind)	NCAA: 9:30.00 / 9:41.70
Styrk/Rucker/Soberanis/Cameron	9:47.01 (2/26)
Styrk/Timpe/Soberanis/Cameron	9:55.38 (1/29)
Confer/Rucker/Whitley/Schmitt	10:06.38 (1/29)

High Jump		
Jeremy Taiwo	6-8 (2.03)	(5/8)
Jake Vetter	6-5 (1.96)	(5/8)
Clayton Johnson	6-4 3/4 (1.95)	(5/1)
Andrew Ferleman	6-4 (1.93)	(4/14)

High Jump (Ind)	NCAA: 7-4 1/4 (2.24) / 7-0 1/4 (2.14)	
Jake Vetter	6-6 (1.98)	(1/29)
Andrew Ferleman	6-6 (1.98)	(1/29)
Clayton Johnson	6-5 1/2 (1.97)	(2/27)
Bryce Borer	5-10 3/4 (1.80)	(1/29)
Cale Fedore	5-9 3/4 (1.77)	(1/29)
Jeremy Lashinske	5-9 3/4 (1.77)	(1/29)

Pole Vault		
* Scott Roth (18-4 1/2)	18-0 1/2 (5.50)	(4/10)
* Ryan Vu	17-7 3/4 (5.38)	(5/14)
Jeremy Lashinske	16-1 3/4 (4.92)	(5/8)
Jeremy Taiwo	15-1 (4.60)	(4/15)
Jake Vetter	12-9 1/2 (3.90)	(4/15)
Andrew Ferleman (13-7 1/4)	12-1 1/2 (3.70)	(4/15)

<u>Pole Vault (Ind)</u>	NCAA: 18-0 1/2 (5.50) / 17-0 3/4 (5.20)	
@ Scott Roth	18-9 1/4 (5.72)	(2/26)
Ryan Vu	16-8 (5.08)	(3/6)
Bryce Borer	16-0 3/4 (4.90)	(2/14)
Jeremy Lashinske	15-11 3/4 (4.87)	(2/13)
Andrew Ferleman (14-11)	14-7 1/4 (4.45)	(1/30)
Jake Vetter	13-1 1/2 (4.00)	(2/27)
Cale Fedore	10-11 3/4 (3.35)	(1/30)

Long Jump		
Julian Bardwell	23-3 1/4 (7.09)	(4/24)
Warren Woods	22-10 (6.96)	(4/17)
Jeremy Taiwo (23-2w)	23-0 (7.01)	(5/1)
Jake Vetter	20-9 3/4w (6.34)	(4/14)
Thomas Kmett	21-4w (6.50)	(5/1)
Andrew Ferleman (21-10 1/2)	20-1 1/2w (6.13)	(5/8)
Josh McCune (21-11)	19-6 1/4 (5.95)	(4/23)

Long Jump (Ind)	NCAA: 25-9 1/4 (7.85) / 24-7 1/4 (7.50)	
Warren Woods	22-9 3/4 (6.95)	(1/16)
Cale Fedore	22-1 1/2 (6.74)	(2/13)
Thomas Kmett	21-6 3/4 (6.57)	(2/26)
Andrew Ferleman (21-8 3/4)	21-4 1/4 (6.51)	(1/29)
Clayton Johnson (21-6)	20-8 (6.30)	(1/30)
Jake Vetter	20-7 3/4 (6.29)	(2/26)
Jeremy Lashinske	20-1 1/2 (6.13)	(1/29)
Bryce Borer	19-3 1/2 (5.88)	(1/29)

Triple Jump		
Clayton Johnson	48-9 (14.86)	(5/8)
Julian Bardwell	47-3 1/2w (14.41)	(5/8)
Thomas Kmett	46-7 1/2 (14.21)	(4/23)
Warren Woods	45-3 3/4 (13.81)	(4/17)
Josh McCune (47-3)	42-4 3/4 (12.92)	(4/23)

Triple Jump (Ind)	NCAA: 53-0 (16.15) / 50-8 1/4 (15.45)	
Clayton Johnson	46-6 1/4 (14.18)	(2/27)
Thomas Kmett	46-5 1/2 (14.16)	(1/30)

Shot Put		
Richard Anderson	52-6 (16.00)	(4/17)
Zack Midles	45-1 3/4 (13.76)	(5/1)
Jeremy Taiwo	41-6 1/2 (12.66)	(4/14)
Andrew Ferleman (39-10)	38-11 1/2 (11.87)	(4/14)
Jake Vetter	34-7 3/4 (10.56)	(4/14)

<u>Shot Put (Ind)</u>	NCAA: 63-4 (19.30) / 58-3 (17.75)	
Richard Anderson	55-1 1/2 (16.80)	(2/14)
Armin Basic	51-9 3/4 (15.79)	(2/13)

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. 16	UW Indoor Preview, <i>Seattle</i>
Jan. 29-30	UW Invitational, <i>Seattle</i>
Feb. 12-13	The Husky Classic, <i>Seattle</i>
Feb. 14	UW Indoor Open, <i>Seattle</i>
Feb. 19	Vandal Collegiate, <i>Moscow, Idaho</i>
Feb. 26-27	MPSF Championships, <i>Seattle</i>
Mar. 6	UW Last Chance Qualifier, <i>Seattle</i>
Mar. 12-13	NCAA Indoor Championships, <i>Fayetteville, Ark</i>
Mar. 20	UW Outdoor Preview, <i>Seattle</i>
Mar. 26-27	Stanford Invitational, <i>Palo Alto, Calif.</i>
Mar. 27	CNW Spring Break Open, <i>Shoreline, Wash.</i>
Apr. 1-4	Texas Relays, <i>Austin, Texas</i>
Apr. 3	JD Shotwell, <i>Tacoma, Wash.</i>
Apr. 10	Pepsi Team Invitational, <i>Eugene, Ore.</i>
Apr. 14-17	Mt. SAC Relays, <i>Walnut, Calif.</i>
Apr. 17	Mondo Invitational, <i>Sacramento, Calif.</i>
Apr. 23-24	Brutus Hamilton Invite, <i>Berkeley, Calif.</i>
Apr. 23	WWU Twilite Invitational, <i>Bellingham, Wash.</i>
May 1	UW-WSU Dual, <i>Pullman, Wash.</i>
May 8-9	Pac-10 Multi-Event Championships, <i>Berkeley, Calif.</i>
May 8	Ken Shannon Invitational, <i>Seattle</i>
May 14-15	Pac-10 Championships, <i>Berkeley, Calif.</i>
May 27-29	NCAA Preliminary Rounds, <i>Austin, Texas</i>
June 9-12	NCAA Outdoor Championships, <i>Eugene, Ore.</i>

Cameron Elisara (55-9 1/4)	51-8 1/4 (15.75)	(2/27)
Andrew Ferleman (41-7)	40-10 1/2 (12.46)	(1/29)
Jeremy Lashinske	40-0 1/2 (12.20)	(1/29)
Jake Vetter	36-2 3/4 (11.04)	(2/14)
Bryce Borer	34-7 3/4 (10.56)	(1/29)
Cale Fedore	31-2 1/2 (9.51)	(1/29)

Discus		
Peter Follmer (165-7)	161-4 (49.17)	(3/27)
Zack Midles (167-5)	159-10 (48.71)	(4/10)
Richard Anderson	155-8 (47.44)	(4/17)
Angus Taylor	149-9 (45.65)	(5/1)
Jeremy Taiwo	136-0 (41.45)	(5/9)
Andrew Ferleman (122-0)	119-5 (36.40)	(4/15)
Jake Vetter	96-9 (29.48)	(3/27)

Hammer		
* Zack Midles	212-7 (64.81)	(5/28)
* Angus Taylor	201-0 (61.28)	(5/28)
Richard Anderson	127-9 (38.94)	(5/1)

<u>Weight (Ind)</u>	NCAA: 70-6 1/2 (21.50) / 63-11 3/4 (19.50)	
Zack Midles (62-6)	62-0 1/4 (18.90)	(2/26)
Angus Taylor	60-2 (18.34)	(2/26)
Armin Basic	44-8 1/4 (13.62)	(1/30)

Javelin		
* Kyle Nielsen	247-1 (75.32)	(4/23)
* Joe Zimmerman	235-3 (71.71)	(5/27)
* Jimmy Brookman	213-3 (65.00)	(5/14)
Zach Woods (196-4)	189-4 (57.71)	(3/27)
Jeremy Taiwo (176-2)	160-11 (49.05)	(3/27)
Andrew Ferleman (143-6)	129-9 (39.56)	(4/15)
Jake Vetter	112-10 (34.40)	(4/15)

<u>Heptathlon (Ind)</u>		NCAA: 5,675 / 5,325
Andrew Ferleman	5,220	(1/29-30)
Jake Vetter	4,714	(2/26-27)
Bryce Borer	4,702	(1/29-30)
Jeremy Lashinske	4,634	(1/29-30)
Cale Fedore	3,757	(1/29-30)

Decathlon		
Jeremy Taiwo	7,521	(5/8-9)
Andrew Ferleman (6,357)	6,199	(5/8-9)
Jake Vetter	5,696	(4/14-15)



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Updated thru 6/12/10

Feb. 26-27 **MPSF Championships** (Seattle, Wash.): 1. Oregon 133; 2. Stanford 113; 3. Arizona 109; 4. Arizona State 75; 5. California 64.50; 6. UCLA 53.50; 7. Washington State 45; **8. Washington 34**; 9. Cal State Northridge 27.50; 10. Long Beach State 7.50

March 12-13 at **NCAA Indoor Championships** (Fayetteville, Ark.): 1. Oregon 61; 2. Tennessee 36; 3. LSU 35; 4. Florida 33; 5. Texas A&M 31; 6. Auburn 28; 7. Clemson 20; 7. Florida State 20; 7. UTEP 20; 10. West Virginia 18; 10. Virginia Tech 18; 10. Iowa State 18; 13. Penn State 17; 14. BYU 16; 15. Arkansas 15.50; 15. Arizona 15.50; 17. Villanova 14; 17. Indiana State 14; 19. South Carolina 12; 20. Southern Illinois 11; 21. Illinois 10; 21. Hampton 10; 21. Oklahoma 10; 21. San Diego St. 10; 21. Louisville 10; **t28. Washington 8**

April 10 at **Pepsi Team Invite** (Eugene, Ore.): 1. Oregon 212; 2. Texas A&M 179.50; 3. Missouri 141; **4. Washington 129.50**

May 1 at **WSU Dual** (Pullman, Wash.): 1. Washington State 114; **2. Washington 49**

May 15-16 at **Pac-10 Championships** (Berkeley, Calif.): 1. Oregon 215; 2. Arizona 109; 3. Arizona State 89.50; 4. USC 89; 5. Stanford 88; 6. UCLA 71.50; 7. California 55.50; 8. Washington State 52; **9. Washington 47.50**; 10. Oregon State 0

June 9-12 at **NCAA Championships** (Eugene, Ore.): 1. Texas A&M 72; 2. Oregon 57; 3. Florida 40; 4. Penn State 34; 5. Virginia Tech 33; 6. LSU 31; 7. UTEP 29; 8. Iowa State 28; t9. S. Illinois 26; t9. Oklahoma 26; 11. Miami 24; 12. Auburn 23; 13. Arizona 19; 14. Stanford 17.50; 15. Arkansas 17; t16. West Virginia 16; t16. Indiana 16; 18. Clemson 15; 19. Nebraska 14; t20. Baylor 13; t20. Indiana State 13; t20. Alabama 13; t20. Florida State 13; 24. Colorado 12; 25. UCLA 10.50

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- Career-bests listed in parentheses if better than season

60 Meters (Ind)

NCAA: 7.26 / 7.44

Dominique Lauderdale	7.74	(1/16)
Johanna Carr	7.82	(3/6)

100 Meters

* Dominique Lauderdale	11.77	(5/1)
Falesha Ankton (11.98)	12.04	(4/17)
Johanna Carr	12.43	(5/1)

200 Meters

Dominique Lauderdale	24.62	(5/1)
Bianca Greene (24.69)	24.85	(3/27)
Falesha Ankton (24.52)	25.06	(4/17)
Jordan Carlson	25.11	(5/8)
Amber Finley	25.22	(4/17)
Shaniae Lakes	26.00	(4/14)
Johanna Carr	26.06	(5/1)
Sarah Schireman	26.58	(5/8)
Lindsey Kirschman	26.68	(5/8)

200 Meters (Ind)

NCAA: 23.20 / 23.90

Bianca Greene	24.99	(1/30)
Johanna Carr	25.86	(2/13)
Skye Atchley	27.38	(1/30)
Elaine Tran	27.83	(1/30)

400 Meters

Jordan Carlson	55.96	(5/14)
Amber Finley	56.84	(4/10)
Nikki Codd	57.70	(4/10)
Laura Schmitt	58.63	(4/17)

400 Meters (Ind)

NCAA: 52.40 / 54.40

Amber Finley	56.83	(2/13)
Laura Schmitt	58.57	(3/6)
Nicole Aurigemma	1:01.21	(3/6)
Amy Before	1:01.54	(3/6)

800 Meters

* Nikki Codd	2:07.60	(4/24)
Kailey Campbell (2:06.51)	2:10.32	(4/10)
Katie Follett	2:10.99	(5/1)
Justine Johnson	2:13.04	(5/8)
Courtney Lightfoot	2:14.82	(3/27)
Lindsey Kirschman (2:12.51)	2:14.92	(4/10)
Nicole Aurigemma	2:19.58	(5/8)
Breanna Huschka	2:21.65	(5/8)
Laura Schmitt	2:23.85	(5/8)

Sarah Schireman	2:27.04	(5/9)
Shaniae Lakes	2:28.82	(4/15)

800 Meters (Ind)

NCAA: 2:05.00 / 2:09.00

# Katie Follett	2:07.80	(1/30)
Lindsey Kirschman	2:11.21	(2/27)
Justine Johnson	2:16.18	(1/30)
Courtney Lightfoot	2:16.75	(3/6)
Amy Before	2:19.17	(1/30)
Skye Atchley	2:19.52	(3/6)
Laura Schmitt	2:19.82	(1/30)
Nicole Aurigemma	2:23.45	(2/13)
Kelly McNamee	2:25.70	(1/29)
Sarah Schireman	2:32.74	(2/27)
Shaniae Lakes	2:35.65	(1/29)

1,500 Meters

\$ * Katie Follett	4:10.66	(4/16)
* Kailey Campbell (4:18.43)	4:20.82	(3/26)
Mel Lawrence	4:21.89	(3/26)
Justine Johnson	4:24.57	(5/14)
Kayla Evans	4:33.94	(3/26)
Courtney Lightfoot	4:38.02	(3/26)
Grace Green	4:38.16	(5/8)
Breanna Huschka	4:39.43	(5/8)

Mile (Ind)

NCAA: 4:37.00 / 4:47.00

\$ @ Katie Follett	4:34.98	(2/13)
Justine Johnson	4:47.90	(3/6)
Grace Green	5:00.68	(3/6)
Breanna Huschka	5:03.17	(3/6)
Courtney Lightfoot	5:05.78	(2/13)
Alison Ponce	5:08.04	(1/16)

3,000 Meters (Ind)

NCAA: 9:13.00 / 9:32.00

@ Mel Lawrence (9:08.50)	9:08.74	(3/6)
# Kendra Schaaf	9:20.53	(3/6)
Kenna Patrick (9:39.83)	9:39.90	(3/6)
Lindsay Flanagan	9:53.35	(1/16)
Breanna Huschka	9:54.43	(2/27)
Grace Green	10:04.04	(2/27)
Bailey Schutte	10:27.35	(2/13)

3,000 Meter Steeplechase

* Mel Lawrence (9:40.98)	10:06.09	(6/10)
Courtney Lightfoot	11:31.38	(4/10)
Mo Huber (10:49.34)	11:34.36	(5/1)

5,000 Meters

Anita Campbell (15:45.85)	16:17.85	(4/16)
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* Lindsay Flanagan	16:38.21	(3/26)
* Kayla Evans	16:43.01	(4/16)
Grace Green	17:24.40	(3/26)
Breanna Huschka	17:24.56	(3/26)

5,000 Meters (Ind)

NCAA: 16:07.50 / 16:44.50

# Mel Lawrence	16:11.82	(2/26)
Lindsay Flanagan	16:48.71	(2/26)
Kenna Patrick (16:49.24)	16:51.62	(2/26)
Bailey Schutte	18:22.36	(2/26)

10,000 Meters

* Anita Campbell (33:40.22)	33:44.04	(5/14)
Lindsay Flanagan	35:30.20	(5/14)
Breanna Huschka	36:41.15	(5/14)

60 Meter Hurdles (Ind)

NCAA: 8.14 / 8.43

Sarah Schireman	9.08	(1/16)
Elaine Tran	9.42	(2/14)
Kelly McNamee (9.25)	9.51	(1/16)
Lindsey Kirschman	9.71	(2/26)
Shaniae Lakes	9.87	(2/14)

100 Meter Hurdles

* Falesha Ankton	13.18	(6/10)
Sarah Schireman	14.97	(5/8)
Elaine Tran	16.05	(5/8)
Lindsey Kirschman	16.79	(5/8)
Shaniae Lakes	17.11	(3/27)

400 Meter Hurdles

Syreeta Martin (59.60)	1:02.12	(5/1)
Skye Atchley	1:04.56	(5/8)
Elaine Tran	1:05.55	(5/8)
Brittanie Williams (1:07.78)	1:08.56	(5/8)

4x100 Meter Relay

Ankton/Lauderdale/Carlson/Finley	46.26	(5/14)
Ankton/Lauderdale/Carr/Finley	46.85	(5/1)
Ankton/Lauderdale/Carr/Greene	47.28	(3/27)

4x400 Meter Relay

Ankton/Codd/Finley/Carlson	3:46.35	(5/15)
Ankton/Finley/Codd/Carlson	3:49.82	(4/10)
Ankton/Finley/Martin/Kirschman	3:53.52	(5/1)
Atchley/Finley/Schmitt/Codd	3:55.29	(3/27)
Atchley/Codd/Schmitt/Martin	3:56.55	(4/17)
Atchley/Carlson/Schmitt/Tran	3:59.07	(5/8)

4x400 Meter Relay (Ind)**NCAA: 3:33.00 / 3:40.00**

Finley/Greene/Kirschman/Schmitt	3:50.10	(2/27)
Atchley/Carr/Greene/Finley	3:54.96	(1/30)
Schmitt/Finley/Greene/Schireman	3:55.38	(1/16)
Carr/Kirschman/Johnson/Atchley	4:02.14	(1/16)
Before/Johnson/Lightfoot/Schmitt	4:02.98	(1/30)
Before/Aurigemma/Lightfoot/Schmitt	4:10.56	(2/13)
Lakes/Lauderdale/McNamee/Before	4:11.16	(1/16)

Dist. Medley Relay (Ind)**NCAA: 11:05.50 / 11:26.50**

Johnson/Finley/Lightfoot/Follett	11:37.79	(2/26)
Follett/Atchley/Johnson/Lightfoot	11:51.05	(1/29)

High Jump

Kelly McNamee (5-8 3/4)	5-5 (1.65)	(4/16)
Caroline Soules	5-4 1/4 (1.63)	(4/23)
Sarah Schireman	5-1 (1.55)	(4/14)
Shaniae Lakes	4-11 3/4 (1.52)	(4/14)
Lindsay Kirschman	4-10 1/2 (1.49)	(5/8)
Nicole Vielma	4-10 1/4 (1.48)	(5/1)

High Jump (Ind)**NCAA: 6-0 3/4 (1.85) / 5-10 (1.78)**

Kelly McNamee (5-11 1/2)	5-8 (1.73)	(2/19)
Caroline Soules	5-4 1/4 (1.63)	(1/16)
Shaniae Lakes	5-1 (1.55)	(2/14)
Robyn Robblee (5-2 1/2)	5-0 1/4 (1.53)	(1/16)
Sarah Schireman	4-11 (1.50)	(2/26)
Lindsey Kirschman	4-8 3/4 (1.58)	(2/26)

Pole Vault

Logan Miller	12-6 1/4 (3.82)	(5/15)
Kelly Mudlo	12-4 (3.76)	(5/8)
Lauren Walker (11-11 3/4)	11-10 (3.60)	(5/1)
Ally Wojciechowski	11-10 (3.60)	(5/1)

Pole Vault (Ind)**NCAA: 13-11 1/4 (4.25) / 13-1 1/2 (4.00)**

Kelly Mudlo	12-11 1/2 (3.95)	(3/6)
Logan Miller	12-9 1/2 (3.90)	(2/14)
Allison Wojciechowski	12-1 1/2 (3.70)	(2/27)
Taylor Fjeran	12-1 1/2 (3.70)	(2/27)

Long Jump

Sarah Schireman	18-5 3/4 (5.63)	(5/15)
Taylor Nichols (18-8 1/2)	18-1 1/2 (5.52)	(4/17)
Shaniae Lakes	17-11 3/4w (5.48)	(4/15)
Nicole Vielma	17-4 (5.28)	(4/17)
Lindsey Kirschman	17-3 1/4 (5.26)	(4/15)
Lindsey Fleishman	16-5 (5.00)	(4/17)

Long Jump (Ind)**NCAA: 20-11 1/4 (6.38) / 20-1 1/2 (6.13)**

Alana Alexander	17-10 1/4 (5.44)	(2/27)
Sarah Schireman	17-9 1/2 (5.42)	(1/29)
Nicole Vielma	17-8 1/4 (5.39)	(2/27)
Lindsey Kirschman	17-6 3/4 (5.35)	(2/13)
Shaniae Lakes	17-6 (5.33)	(2/27)
Kelly McNamee (17-7 1/2)	17-4 (5.28)	(1/29)
Taylor Nichols	17-2 (5.23)	(1/16)
Lindsey Fleishman (16-6 1/2)	16-3 (4.95)	(1/16)
Michelle Johnson	15-5 1/2 (4.71)	(1/30)
Brianna Clark (16-1)	15-5 (4.70)	(1/16)

Triple Jump

* Shaniae Lakes	41-0 1/4 (12.50)	(4/10)
Taylor Nichols	40-1 1/4 (12.22)	(5/15)
Nicole Vielma	39-3 3/4 (11.98)	(5/8)
Lindsey Fleishman	38-5w (11.71) / 38-0 1/4 (11.59)	(5/15)

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

Shaniae Lakes	39-10 (12.14)	(2/27)
Lindsey Fleishman	39-5 3/4 (12.03)	(2/27)
Alana Alexander	38-8 1/4 (11.79)	(3/6)
Nicole Vielma	38-6 (11.73)	(2/13)
Taylor Nichols (38-8 3/4)	38-5 (11.71)	(1/16)
Brianna Clark (34-8 1/2)	32-10 1/4 (10.01)	(1/16)

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. 16	UW Indoor Preview, <i>Seattle</i>
Jan. 29-30	UW Invitational, <i>Seattle</i>
Feb. 12-13	The Husky Classic, <i>Seattle</i>
Feb. 14	UW Indoor Open, <i>Seattle</i>
Feb. 19	Vandal Collegiate, <i>Moscow, Idaho</i>
Feb. 26-27	MPSF Championships, <i>Seattle</i>
Mar. 6	UW Last Chance Qualifier, <i>Seattle</i>
Mar. 12-13	NCAA Indoor Championships, <i>Fayetteville, Ark</i>
Mar. 20	UW Outdoor Preview, <i>Seattle</i>
Mar. 26-27	Stanford Invitational, <i>Palo Alto, Calif.</i>
Mar. 27	CNW Spring Break Open, <i>Shoreline, Wash.</i>
Apr. 1-4	Texas Relays, <i>Austin, Texas</i>
Apr. 3	JD Shotwell, <i>Tacoma, Wash.</i>
Apr. 10	Pepsi Team Invitational, <i>Eugene, Ore.</i>
Apr. 14-17	Mt. SAC Relays, <i>Walnut, Calif.</i>
Apr. 17	Mondo Invitational, <i>Sacramento, Calif.</i>
Apr. 23-24	Brutus Hamilton Invite, <i>Berkeley, Calif.</i>
Apr. 23	WWU Twilite Invitational, <i>Bellingham, Wash.</i>
May 1	UW-WSU Dual, <i>Pullman, Wash.</i>
May 8-9	Pac-10 Multi-Event Championships, <i>Berkeley, Calif.</i>
May 8	Ken Shannon Invitational, <i>Seattle</i>
May 15-16	Pac-10 Championships, <i>Berkeley, Calif.</i>
May 27-29	NCAA First and Second Rounds, <i>Austin, Texas</i>
June 9-12	NCAA Outdoor Championships, <i>Eugene, Ore.</i>

Shot Put

Korede Oyetuga	39-10 1/2 (12.15)	(5/1)
Lindsey Kirschman	37-8 1/2 (11.49)	(4/14)
Shaniae Lakes	36-5 (11.10)	(5/1)
Sarah Schireman	32-6 1/2 (9.92)	(5/8)

Shot Put (Ind)**NCAA: 55-5 1/2 (16.90) / 49-10 1/2 (15.20)**

Lindsey Kirschman	36-5 3/4 (11.12)	(3/6)
Shaniae Lakes	35-6 3/4 (10.84)	(1/29)
Sarah Schireman	32-11 (10.03)	(1/29)
Kelly McNamee	31-10 3/4 (9.72)	(1/29)

Discus

Korede Oyetuga (141-2)	144-11 (44.18)	(5/8)
Erica Huse	130-5 (39.76)	(3/27)
Anyka Ozog	132-9 (40.47)	(5/8)

Hammer

Korede Oyetuga (159-1)	147-4 (44.91)	(4/10)
Erica Huse	142-8 (43.50)	(5/1)

Weight (Ind)**NCAA: 68-10 (21.00) / 61-6 (18.75)**

Korede Oyetuga	51-9 (15.77)	(2/26)
Erica Huse	46-5 1/2 (14.16)	(1/30)

Javelin

* Brooke Pighin (168-11)	167-6 (51.06)	(4/24)
Ally Mueller	136-3 (41.54)	(5/1)
Jordin Seekins	136-3 (41.52)	(5/1)
Lindsey Kirschman	107-5 (32.74)	(3/27)
Sarah Schireman	93-4 (28.44)	(3/27)
Shaniae Lakes	85-5 (26.05)	(3/27)

Pentathlon (Ind)**NCAA: 4,075 / 3,725**

Kelly McNamee (3,559)	3,524	(1/29)
Lindsey Kirschman	3,381	(1/29)
Sarah Schireman	3,284	(1/29)
Shaniae Lakes	3,231	(1/29)

Heptathlon

Sarah Schireman	4,623	(5/8-9)
Lindsey Kirschman	4,382	(5/8-9)
Shaniae Lakes	4,292	(4/14-15)