



# WYOMING



## 2016-17 TRACK AND FIELD NOTES

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### Quick Facts

Location	Laramie, Wyo.
Founded	1886
Enrollment	13,551
Nickname	Cowboys/Cowgirls
School Colors	Brown & Gold
President	Laurie Nichols
Athletics Director	Tom Burman
Affiliation	NCAA Division I
Conference	Mountain West
Website	GoWYO.com

### Coaching Staff

Head Coach	Bryan Berryhill
Alma Mater	Colorado State, 2001
Season at UW	Fifth
Associate Head Coach/Throws	Paul Barrett
Season at UW	23rd
Assistant Coach/Distance	Amanda Clower
Season at UW	Eighth
Assistant Coach/Sprints	Shaun Meinecke
Season at UW	Fifth
Assistant Coach/Jumps	Quincy Howe
Season at UW	12th
Assistant Coach/Operations	Whitney Henderson
Season at UW	Second

### Team Info

2016 Men's MW Indoor Finish	5th (70 pts)
2016 Men's MW Outdoor Finish	6th (44 pts)
NCAA West Preliminary Qualifiers	4
Men's All-MW Honors	7
Men's Letterwinners Returning	6
Men's Newcomers	9
2016 Women's MW Indoor Finish	5th (59 pts)
2016 Women's MW Outdoor Finish	9th (35 pts)
NCAA West Preliminary Qualifiers	3
Women's All-MW Honors	15
Women's Letterwinners Returning	9
Women's Newcomers	7

### Media Relations

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### Meet Information

<b>Meet</b>	Potts Indoor Invitational
<b>When</b>	Friday, Jan. 13th - Saturday, Jan. 14th
<b>Where</b>	Boulder, Colo. (Host: Colorado)
<b>Time</b>	Friday: 3 p.m. MT (Field Events) Saturday: 10 a.m. MT (Field Events) 1 p.m. MT (Track Events)



### Notes

#### Wyoming Track & Field to Get in the Swing of Indoor Track & Field Season at Potts Invite

The University of Wyoming men's and women's track & field teams will begin the main portion of their indoor season in Boulder, Colo., at the Potts Indoor Invitational on Friday and Saturday. After hosting the Power Meet in Laramie on Dec. 9th, the Cowboys and Cowgirls had over a month off of competition due to the holiday break. This weekend's meet marks the start of seven consecutive weekends on Wyoming's schedule featuring indoor meets, culminating with the 2017 Mountain West Indoor Track & Field Championships on Feb. 23-25 in Albuquerque, N.M.

Sophomores Jerayah Davis and Ja'la Henderson got off to an impressive start at the Power Meet, together contributing the top two finishes in both the long jump and 55-meter dash. The young and talented duo will lead the Cowgirls into Boulder with their eyes on all-conference finishes in the long jump and 60-meter dash. Senior Cowboys Scott Carter and Jordan Charles also got their final indoor campaigns off to blazing starts at the Power Meet. Carter won the triple jump while Charles took the victory in the 55-meter hurdles. The two reigning conference champions will provide veteran leadership for the entire Wyoming team as the squad heads into Boulder for the Potts Indoor Invitational.

"I think we're in a good spot," head coach Bryan Berryhill said Tuesday. "I thought we had a good Power Meet. I thought we opened up well there. From what I can tell, watching all the different event areas, I think the kids did a good job over break."

The Potts Indoor Invitational begins on Friday, Jan. 13th in Boulder at Colorado's brand new indoor facility, which features a 300-meter track. The weight throw, high jump, long jump and pole vault are all scheduled for 3 p.m. MT Friday. Field events will continue at 10 a.m. on Saturday with the shot put and triple jump, while track events are slated to begin at 1 p.m. Saturday with the men's 60-meter hurdles. The meet will wrap up around 6:30 p.m. after the women's distance medley relay.

#### Davis Tabbed MW Women's Indoor Track Athlete of the Week

The Mountain West announced on Dec. 13 that it had named Cowgirl sophomore Jerayah Davis its Women's Indoor Track Athlete of the Week after the sprinter set a War Memorial Fieldhouse record to win the women's 55-meter dash at the Power Meet. Davis' time of 6.73 seconds converts to 7.25 seconds for the 60-meter dash, crushing the previous program record of 7.30 set by Kima Wells in 2004. With an altitude conversion, Davis' adjusted time of 7.29 currently leads the Mountain West by two tenths of a second and ranks second in the NCAA behind only Kentucky senior Javianne Oliver.

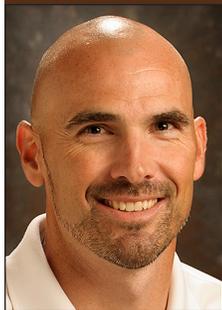
Davis showed her incredible versatility by taking second place in the long jump behind

### 2016-17 Schedule & Results

Indoor				Outdoor			
Date	Meet	Location	Time/Result	Date	Meet	Location	Time/Result
12/9	Power Meet	Laramie, Wyo.	NTS	3/17-18	Jerry Quiller Classic	Boulder, Colo.	TBA
1/13-14	Potts Indoor Invitational	Boulder, Colo.	3 p.m. (1/13)	3/25	Fum McGraw Quad	Fort Collins, Colo.	TBA
1/19-21	Air Force Invitational	Colorado Springs, Colo.	11 a.m. (1/19)	3/31-4/1	Stanford Invitational	Stanford, Calif.	TBA
1/28	Dual vs. Montana State	Gillette, Wyo.	12:30 p.m.	4/1	Tom Benich Invite	Greeley, Colo.	TBA
2/3-4	CU Open	Boulder, Colo.	TBA	4/7-8	CU Invite	Boulder, Colo.	TBA
2/10-11	Husky Classic	Seattle, Wash.	5 p.m. (2/10)	4/13-15	Mt. SAC Relays	Torrance, Calif.	TBA
2/10-11	Don Kirby Invite	Albuquerque, N.M.	TBA	4/14-15	Mark Faldmo Invitational	Logan, Utah	TBA
2/17	Rocky Mountain Classic	Laramie, Wyo.	TBA	4/21-22	Jack Christiansen Invite	Fort Collins, Colo.	TBA
2/23-25	MW Championships	Albuquerque, N.M.	TBA	4/28	7220 Invite	Laramie, Wyo.	TBA
3/10-11	NCAA Championships	College Station, Texas	11 a.m. (3/10)	5/5	Dual vs. Colorado State	Fort Collins, Colo.	TBA
				5/10-12	MW Championships	Logan, Utah	TBA
				5/25-27	NCAA West Prelims	Austin, Texas	TBA
				6/7-10	NCAA Championships	Eugene, Ore.	TBA

All times Mountain and subject to change.

## Head Coach Bryan Berryhill



Bryan Berryhill enters his fifth season as head coach of the University of Wyoming track and field/cross country programs in 2016-17.

During the 2015 cross country season, the former professional runner led the Cowboys to a fourth-place finish in the Mountain

West, tying the highest finish in program history. The men's harriers collected 89 points at the conference championships, just four points more than Wyoming's lowest total at a MW championship meet. Berryhill led the Cowgirls to a fifth-place finish at the MW championships despite having no seniors and just one junior in the team's top five.

Berryhill coached senior harriers Aaron Derner and Amos Bowen to USTFCCCA All-Region honors after each finished in the top 25 at the NCAA Mountain Regional meet. During the indoor track & field season, Wyoming collected eight individual All-MW honors while the women's squad earned All-MW status in the Distance Medley Relay. Hurdler Jordan Charles went on to become an Honorable Mention All-American in the 60-meter hurdles. Outdoors, the team earned four more All-MW honors and seven athletes advanced to the NCAA West Preliminary Round. Under Berryhill, Wyoming's student-athletes have notched 156 top-10 individual and relay marks in school history, including 11 school records.

Before Wyoming, Berryhill served as the head cross country and assistant track coach at Colorado State from 2006-2012. He was named the 2007 Women's NCAA Regional and Mountain West Conference Women's Cross Country Coach of the Year after the CSU women won their first ever team titles at the Mountain West championships and the NCAA Mountain Region championships in the same season.

He had a stellar collegiate career at CSU, earning 10 All-America honors in cross country and track. A national champion in the indoor 1-mile run and outdoor 1,500-meter run in 2001, Berryhill holds five individual and three relay records at CSU. He competed as a professional track athlete from 2001-04 and 2005-07.

The CSU women finished second or better at the MW Cross Country Championships in four of the six years of Berryhill's tenure. During his time with the Rams, he coached student-athletes to six school records and coached the only CSU woman to win a Mountain West cross country individual title with April Thomas' win in 2007.

Berryhill received his bachelor's degree in forestry from CSU in May 2001. He and his wife, Toni, have three children: Libby, Eli and Lainey.

**Personal-Best Times**

800 Meters: 1:46

Mile: 3:54

1,500 Meters: 3:35

## Notes

teammate Ja'la Henderson at the Power Meet. Davis' personal best mark of 19 feet, 6 inches vaulted her into third place in Wyoming history for the event. She trails only Henderson in the conference rankings for the event, and her mark is tied for 17th-best in the NCAA this season.

The weekly conference honor is the first of Davis' career and the first for the Cowgirls since Audra DeStefano was named the MW Women's Outdoor Track Athlete of the Week on April 12, 2016. Emelda Malm-Annan was the most recent Cowgirl to take home a weekly honor from the conference for an indoor performance, winning the award on Dec. 15, 2015 after an impressive showing at last season's Power Meet.

**Last Time Out: Davis Shines as UW Begins Indoor Season with Power Meet**

Cowgirl Jerayah Davis stole the show as the University of Wyoming track & field team hosted the Power Meet on Dec. 9, beginning the 2016-17 indoor campaign in the friendly confines of War Memorial Fieldhouse. The sophomore set a facility record in the women's 55-meter dash with a time of 6.73 seconds. The 55-meter time converts to a time of 7.25 for the 60-meter dash, which breaks the former UW record of 7.30 (Kima Wells, 2004).

Davis also finished second in the women's long jump, leaping 19 feet, 6 inches to catapult herself into third in Wyoming history for the event. Fellow sophomore Ja'la Henderson took top honors in the event, leaping 19-6.75. Henderson was second to Davis in the 55-meter dash, clocking a converted 60-meter time of 7.60. That time moves Henderson into a tie with Fiona Lindo-Jeffrey (2002) for eighth on the Cowgirls' all-time list for the event. Melina Harris made it a Wyoming sweep of the top three in the event, posting a converted time and personal best of 7.63.

"This fall [Jerayah has] had great training, and it showed today," said head coach Bryan Berryhill following the meet. He was also impressed with the rest of the Cowboys and Cowgirls. "From the throws to the hurdles to the sprints to the jumps, we had outstanding performances in all of those areas. It was a really good start to the season, but now we've got to get better each and every meet."

Sophomore duo Sam Kirkeide and Jace Marx went 1-2 in the men's 55-meter dash with converted 60-meter times of 6.88 and 6.93, respectively. Sophomore Jackson Wood took second in the 400-meter dash with a time of 51.81, while junior Kimberley Anglen took the top spot in the women's 400-meter dash with a time of 1:00.70.

Reigning Mountain West men's indoor triple jump champion Scott Carter started his season brilliantly, leaping 51-3 to win the event by a large margin. Fellow senior Caleb Seeton collected top honors in the men's long jump with a mark of 23-9, while senior Bobby Wingeleth was second in the event at 22-8.

Sophomore Allegra Carson made it two Wyoming victories in the triple jump, posting a mark of 38-3.5 for the event win on the women's side. Freshman Anissa Warner was the winner of the women's high jump, clearing 5-2.5, while fellow freshman Kyle Pollock won the event on the men's side at 6-2.75.

Senior Jordan Charles was victorious in the men's 55-meter hurdles, clocking in at 7.31. His time converts to 7.87 for the 60-meter hurdles. In the prelims of the event, Carter posted the third-best time with a 60-meter hurdles converted time of 8.03, a personal best. Charles also ran for Wyoming in the men's 4x400-meter relay, helping the team to a first-place finish at 3:29.94.

Senior Mikalah Skates won the women's 55-meter hurdles with a time of 8.28, which converts to a 60-meter hurdles time of 8.91. Heidi Pfoor was second with a converted time of 8.95.

Freshman pair Kirk Unland and Hap Frketich notched solid debuts for the Brown and Gold, going 1-2 in the men's weight throw. Unland tossed a UW freshman record 61-8.25 for the event title, while Frketich threw 57-9 for second.

**Davis, Henderson Compose Dynamic Duo in Sprints and Jumps**

Wyoming Cowgirl sophomores Jerayah Davis and Ja'la Henderson both got their 2016-17 indoor seasons off to booming starts, each posting impressive marks in both the 55-meter dash and long jump at the Wyoming Power Meet. Davis' raw 55-meter dash time of 6.73 seconds is the fastest in the NCAA this season, while Henderson's time of 7.04 ranks fourth in the nation. Converted to 60 meters, Davis' time of 7.25 is a program record while Henderson's 7.58 ranks 6th in school history. Henderson and Davis both rank in the top 20 nationally for the long jump, with Henderson coming in at 15th while Davis is tied for 17th. Henderson and Davis rank first and second in the Mountain West for the long jump. Davis holds the top spot in the conference for the 60-meter dash while Henderson is third.

**Wyoming Leads Mountain West in Five Individual Events**

Heading into this weekend's meet at Colorado, Wyoming leads the Mountain West in five individual events. Sophomore Jerayah Davis holds a commanding lead in the women's 60-meter dash over second-place Leah Fair of Colorado State. Ja'la Henderson (19-6.75) leads Davis by just three quarters of an inch for the conference lead in the women's long jump.

Senior Cowboy Jordan Charles is the only Mountain West athlete to clock a 60-meter hurdles time under eight seconds so far this season (7.91). Fellow senior Scott Carter has the best mark in the conference for the men's triple jump by a wide margin (51-3) and is the only MW athlete to clear 50 feet in the event this season. True freshman Kirk Unland leads the league in the weight throw after posting a Wyoming freshman record mark of 61-8.25 to win the event at the Power Meet.

## 2016-17 Wyoming Notes

### 2016-17 MW Athletes of the Week

#### Women's Indoor Track Winners

Date	Name	Class	School
12/13	Jerayah Davis	So.	Wyoming

#### Women's Indoor Field Winners

Date	Name	Class	School
12/13	Shelley Spires	Jr.	Air Force

#### Men's Indoor Track Winners

Date	Name	Class	School
12/13	Zach Johnson	Sr.	Air Force

#### Men's Indoor Field Winners

Date	Name	Class	School
12/13	Hunter Price	Jr.	CSU

### USTFCCCA Regional Rankings

The USTFCCCA Regional Rankings will be released on Jan. 23 for the first time during the 2016-17 indoor track & field season.



Jerayah Davis

### Interview Policies

Interviews, either in person or via telephone, with members of UW's coaching staff and student-athletes must be coordinated through Media Relations Graduate Assistant Nate Lake at least one day in advance.

Home and/or cell phone numbers will not be provided to the media by the coaches, student-athletes, or the athletic department. Media are asked not to request an individual's personal contact information, including e-mail and cell number, but rather to contact Nate.



### Cowboys and Cowgirls Rank in Top 80 in USTFCCCA Preseason National Rankings

The first edition of the 2016-17 USTFCCCA National Team Rankings was released Monday, with the Cowboys and Cowgirls each entering the 2017 portion of the season in the nation's top 80 teams. The Cowboys are ranked 78th, while the Cowgirls are No. 74. The nation's top 30 men's and women's teams are listed below. USTFCCCA regional rankings return on Jan. 23.

MEN			WOMEN		
Rk.	School	Points	Rk.	School	Points
1	Florida	151.28	1	Oregon	194.96
2	Oregon	140.45	2	Arkansas	178.61
3	LSU	123.55	3	Georgia	155.90
4	Arkansas	99.02	4	Southern California	111.00
5	Syracuse	78.15	5	Texas	88.96
6	Southern California	74.34	6	Florida	84.87
7	Texas	71.79	7	LSU	84.20
8	Georgia	71.47	8	Kentucky	71.06
9	Colorado State	67.62	9	Notre Dame	68.99
10	Stanford	63.33	10	Purdue	66.34
11	Texas A&M	63.03	11	Oklahoma State	65.84
12	Texas Tech	58.84	12	Michigan	55.02
13	Tennessee	57.58	13	Baylor	54.99
14	Oklahoma State	55.88	14	Miami (Fla.)	54.14
15	Cornell	53.01	15	Tennessee	53.39
16	Virginia Tech	52.26	16	North Carolina State	51.79
17	Alabama	50.23	17	Georgetown	47.35
18	Minnesota	46.34	18	Kansas State	46.93
19	Virginia	44.50	19	Washington	46.36
20	Penn State	42.55	20	Boise State	45.08
21	Ohio State	40.33	21	Mississippi	44.54
22	South Carolina	38.48	22	Alabama	44.19
23	SE Louisiana	37.41	23	Stanford	41.71
24	Oklahoma	36.15	24	South Carolina	38.34
25	Washington	35.99	25	Oklahoma	38.10
26	Michigan	34.07	26	Louisville	37.61
27	Baylor	30.76	27	Clemson	37.31
28	Georgetown	30.37	27	Nebraska	33.84
29	Nebraska	30.14	28	Cincinnati	33.56
30	Kansas State	29.35	30	New Mexico	31.62
<b>78</b>	<b>Wyoming</b>	<b>9.49</b>	<b>74</b>	<b>Wyoming</b>	<b>7.01</b>

### Next Up

The Cowboys and Cowgirls travel to Colorado Springs, Colo. for the Air Force Invitational, which will take place Jan. 19-21 at the Cadet Field House.

### Cowboys and Cowgirls in the 2017 NCAA Indoor Rankings (as of Jan. 11)

#### COWBOYS

Rank	Name	Event	Meet	Time/Mark
4th	Scott Carter	Triple Jump	Power Meet	51-3
T-8th	Jordan Charles	60 Hurdles	Power Meet	7.91@
T-26th	Caleb Seeton	Long Jump	Power Meet	23-9
T-28th	Kirk Unland	Weight Throw	Power Meet	61-8 1/4
31st	Scott Carter	60 Hurdles	Power Meet	8.08@
T-58th	Hap Frketich	Weight Throw	Power Meet	57-9
T-83rd	Bobby Wingeletch	Long Jump	Power Meet	22-8
T-92nd	Sam Kirkeide	60 Meters	Power Meet	6.92@
94th	Kyle Alexander	Triple Jump	Power Meet	45-2 1/2
95th	Garrett Lynch	Shot Put	Power Meet	51-10 1/2

#### COWGIRLS

Rank	Name	Event	Meet	Time/Mark
2nd	Jerayah Davis	60 Meters	Power Meet	7.29@
15th	Ja'la Henderson	Long Jump	Power Meet	19-6 3/4
T-17th	Jerayah Davis	Long Jump	Power Meet	19-6
48th	Emelda Malm-Annan	Weight Throw	Power Meet	58-3 3/4
65th	Allegra Carson	Triple Jump	Power Meet	38-3 1/2
T-81st	Ja'la Henderson	60 Meters	Power Meet	7.63@

## 2016-17 Wyoming Notes

### Cowboy Roster (32)

Name	Event(s)	Cl.	Hometown
Bryce Ailshie	Middle Distance	SO	Kingsport, Tenn.
Kyle Alexander	Jumps	SO	Cheyenne, Wyo.
Kevin Blackett	Sprints	JR	Rapid City, S.D.
Scott Carter	Jumps/Hurdles	SR	Elizabeth, Colo.
Jordan Charles	Sprints/Hurdles	SR	Aurora, Colo.
Michael Choma	Sprints	FR	Casper, Wyo.
Robert Creager	Jumps	JR	Casper, Wyo.
Michael Downey	Distance	SO	Cheyenne, Wyo.
Harry Ewing	Distance	FR	Hamilton, NZ
Ricky Faure	Middle Distance	SO	Rock Springs, Wyo.
Martin Fitzwater	Throws	SO	Lusk, Wyo.
Hap Frketich	Throws	FR	Newberg, Ore.
Jesse Gray	Distance	JR	Rock Springs, Wyo.
Christopher Henry	Distance	FR	Laramie, Wyo.
Jonah Henry	Distance	JR	Laramie, Wyo.
Daniel Hintz	Middle Distance	FR	Tauranga, NZ
Trey Jennings	Multi-Events	FR	Casper, Wyo.
Calum Kepler	Middle Distance	JR	Casper, Wyo.
Isaac Kiefer	Middle Distance	JR	Buffalo, Wyo.
Sam Kirkeide	Sprints	SO	Missoula, Mont.
Garrett Lynch	Throws	JR	Powell, Wyo.
Jace Marx	Sprints	SO	Big Piney, Wyo.
Kyle Pollock	Jumps	FR	Wheatland, Wyo.
Michael Rotellini	Distance	JR	Sheridan, Wyo.
Mike Seas	Distance	SR	Celina, Ohio
Caleb Seeton	Multi-Events	SR	Fort Collins, Colo.
Jay Shuman	Multi-Events	FR	Palisade, Colo.
Phillip Thomas	Middle Distance	SO	Fountain, Colo.
Damon Unland	Throws	SR	Spokane, Wash.
Kirk Unland	Throws	FR	Spokane, Wash.
Bobby Wingeleth	Jumps	SR	Lyman, Wyo.
Jackson Wood	Middle Distance	SO	Cheyenne, Wyo.

### Roster Breakdown

**Returning NCAA Qualifiers:** Bryce Ailshie (800 Meters), Jordan Charles (60-Meter Hurdles, 110-Meter Hurdles, 400-Meter Hurdles), Garrett Lynch (Discus)

**Lost NCAA Qualifiers:** Tyler Anderson (Hammer)

**Returning All-MW Honorees:** Ricky Faure (800 Meters), Jordan Charles (60-Meter Hurdles, 110-Meter Hurdles), Scott Carter (Long Jump, Triple Jump)

**Lost All-MW Honorees:** Tyler Anderson (Weight Throw, Hammer Throw)

#### By Status

Letterwinners Returning:	6
Squad Members Returning:	17
Newcomers:	11

### Cowgirl Roster (43)

Name	Event(s)	Cl.	Hometown
Danielle Alexander	Middle Distance	SR	Cheyenne, Wyo.
Madison Ashworth	Jumps	SO	Thayne, Wyo.
Calbi Ausmann	Distance	FR	Newcastle, Wyo.
Hannah Bertelson	Jumps	JR	Midland, Texas
Ashley Bock	Distance	FR	Fort Collins, Colo.
Megan Brunette	Distance	SR	Colorado Springs, Colo.
Hannah Carr	Throws	JR	Monument, Colo.
Allegra Carson	Jumps	SO	Wichita, Kan.
Jerayah Davis	Sprints/Jumps	SO	Casper, Wyo.
Audra DeStefano	Middle Distance	SR	Gillette, Wyo.
Quinn DeStefano	Distance	JR	Gillette, Wyo.
Ashley Dodds	Hurdles	JR	Laramie, Wyo.
Kacey Doner	Distance	FR	Fort Collins, Colo.
Jordan Edmonds	Sprints	SO	Colorado Springs, Colo.
Lauren Hamilton	Middle Distance	JR	Monument, Colo.
Melina Harris	Sprints	JR	Cheyenne, Wyo.
Ja'la Henderson	Jumps/Sprints	SO	Dayton, Ohio
Sofia Hof	Jumps	SO	Casper, Wyo.
Holly Huber	Hurdles	SO	Green River, Wyo.
Kirsten Kropkowski	Distance	FR	Colorado Springs, Colo.
Kiah Leonard	Distance	SO	Berthoud, Colo.
Emelda Malm-Annan	Throws	SO	Elk Grove, Calif.
Madison Marsh	Jumps	JR	Grand Junction, Colo.
Cassidy Meade	Middle Distance	SR	Laramie, Wyo.
Clare Nicolas	Sprints	JR	Elizabeth, Colo.
Isabella Pape	Distance	SO	Corvallis, Mont.
Emily Person	Middle Distance	SO	Rapid City, S.D.
Heidi Pfoor	Hurdles	JR	Cheyenne, Wyo.
Makayla Pzinski	Sprints	SO	Gillette, Wyo.
Solana Quistorff	Distance	SO	Castle Rock, Colo.
Karlin Rufenacht	Jumps	SO	Peyton, Colo.
Mikalah Skates	Hurdles	SR	Casper, Wyo.
Victori Sleep	Throws	JR	Powell, Wyo.
Day Timberman	Jumps	JR	Casper, Wyo.
Ashley Urman	Distance	SO	Princeton, Minn.
Taylor Van Holland	Distance	FR	Harrisburg, S.D.
Regan VanDePol	Distance	SO	Broomfield, Colo.
Anissa Warner	Jumps	FR	Powell, Wyo.
Emily White	Throws	FR	Green River, Wyo.
Kerry White	Middle Distance	SR	Te Aroha, New Zealand
Shana Wilcoxson	Jumps	SR	Burns, Wyo.
Ariana Williams	Hurdles	SO	Murray, Utah
Kayla York	Throws	SO	Cedar Lake, Ind.

### Roster Breakdown

**Returning NCAA Qualifiers:** Audra DeStefano (Steeplechase)

**Lost NCAA Qualifiers:** McKenzie Brogan (400-Meter Hurdles), Sabina Sandberg (High Jump)

**Returning All-MW Honorees:** Jerayah Davis (60 Meters), Audra DeStefano (5,000 Meters, DMR, Steeplechase), Ja'la Henderson (Long Jump), Emelda Malm-Annan (Weight Throw), Lauren Hamilton (DMR), Cassidy Meade (DMR)

**Lost All-MW Honorees:** Kim Robertson (DMR), McKenzie Brogan (400-Meter Hurdles)

#### By Status

Letterwinners Returning:	9
Squad Members Returning:	28
Newcomers:	7

## 2016-17 Wyoming Notes

### Men's Indoor Performance List

(800 meters and above altitude/track converted)

Season Bests					Career Bests	
<b>60 Meters</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Sam Kirkeide	6.88	Power Meet	Laramie, Wyo.	12/9/16	Same	
Jace Marx	6.93	Power Meet	Laramie, Wyo.	12/9/16	Same	
<b>60-Meter Hurdles</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Jordan Charles	7.87	Power Meet	Laramie, Wyo.	12/9/16	7.68 (No. 1 UW All-Time)	2016
Scott Carter	8.03	Power Meet	Laramie, Wyo.	12/9/16	Same (No. 4 UW All-Time)	
<b>200 Meters</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
<b>400 Meters</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Jackson Wood	51.81	Power Meet	Laramie, Wyo.	12/9/16	Same	
<b>800 Meters</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
<b>Mile</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
<b>3,000 Meters</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
<b>5,000 Meters</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
<b>4x400-Meter Relay</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Marx, Charles, Kirkeide, Wood	3:29.94	Power Meet	Laramie, Wyo.	12/9/16		
<b>Distance Medley Relay</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
<b>High Jump</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Kyle Pollock	6-2 3/4	Power Meet	Laramie, Wyo.	12/9/16	Same	
<b>Long Jump</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Caleb Seeton	23-9	Power Meet	Laramie, Wyo.	12/9/16	Same	
Bobby Wingeleth	22-8	Power Meet	Laramie, Wyo.	12/9/16	23-6 3/4	2015
<b>Triple Jump</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Scott Carter	51-3	Power Meet	Laramie, Wyo.	12/9/16	51-8 1/2 (No. 5 UW All-Time)	2015
Kyle Alexander	45-2 1/2	Power Meet	Laramie, Wyo.	12/9/16	Same	
<b>Pole Vault</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
<b>Shot Put</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Garrett Lynch	51-10 1/2	Power Meet	Laramie, Wyo.	12/9/16	54-2 3/4	2016
Martin Fitzwater	47-9 1/4	Power Meet	Laramie, Wyo.	12/9/16	51-10 1/2	2016
Kirk Unland	46-5 1/2	Power Meet	Laramie, Wyo.	12/9/16	Same	
<b>Weight Throw</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Kirk Unland	61-8 1/4	Power Meet	Laramie, Wyo.	12/9/16	Same	
Hap Frketch	57-9	Power Meet	Laramie, Wyo.	12/9/16	Same	
<b>Heptathlon</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>

# 2016-17 Wyoming Notes

## Women's Indoor Performance List

(800 meters and above altitude/track converted)

Season Bests					Career Bests	
<b>60 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Jerayah Davis	7.25	Power Meet	Laramie, Wyo.	12/9/16	Same (No. 1 UW All-Time)	
Ja'la Henderson	7.58	Power Meet	Laramie, Wyo.	12/9/16	Same (No. 6 UW All-Time)	
Melina Harris	7.63	Power Meet	Laramie, Wyo.	12/9/16	Same (No. 10 UW All-Time)	
Makayla Pzinski	7.73	Power Meet	Laramie, Wyo.	12/9/16	Same	
Jordan Edmonds	7.78	Power Meet	Laramie, Wyo.	12/9/16	7.73	2015
<b>60-Meter Hurdles</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Heidi Pfoor	8.83	Power Meet	Laramie, Wyo.	12/9/16	Same	
Mikalalah Skates	8.91	Power Meet	Laramie, Wyo.	12/9/16	8.60 (No. 7 UW All-Time)	
Ariana Williams	9.12	Power Meet	Laramie, Wyo.	12/9/16	Same	
Holly Huber	9.79	Power Meet	Laramie, Wyo.	12/9/16	9.70	2015
Clare Nicolas	9.95	Power Meet	Laramie, Wyo.	12/9/16	9.68	2016
<b>200 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
<b>400 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Kimberley Anglen	1:00.70	Power Meet	Laramie, Wyo.	12/9/16	55.79	2016
Danielle Alexander	1:03.32	Power Meet	Laramie, Wyo.	12/9/16	58.51	2016
Ashley Dodds	1:03.52	Power Meet	Laramie, Wyo.	12/9/16	1:00.32	2015
Ashley Urman	1:03.62	Power Meet	Laramie, Wyo.	12/9/16	Same	
<b>800 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
<b>Mile</b>						
Name	Mark	Meet	Location	Date	Mark	Date
<b>3,000 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
<b>5,000 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
<b>4x400-Meter Relay</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Alexander, Williams, Dodds, Anglen	4:17.00	Power Meet	Laramie, Wyo.	12/9/16		
<b>Distance Medley Relay</b>						
Name	Mark	Meet	Location	Date	Mark	Date
<b>High Jump</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Anissa Warner	5-2 1/2	Power Meet	Laramie, Wyo.	12/9/16	Same	
Madison Ashworth	5-0 1/2	Power Meet	Laramie, Wyo.	12/9/16	Same	
Sofia Hof	5-0 1/2	Power Meet	Laramie, Wyo.	12/9/16	5-5	2016
Karlin Rufenacht	5-0 1/2	Power Meet	Laramie, Wyo.	12/9/16	Same	
Hannah Bertelson	4-10.5	Power Meet	Laramie, Wyo.	12/9/16	4-11	2015
Madison Marsh	4-10.5	Power Meet	Laramie, Wyo.	12/9/16	5-1	2015
<b>Long Jump</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Ja'la Henderson	19-6 3/4	Power Meet	Laramie, Wyo.	12/9/16	19-9 1/2 (No. 2 UW All-Time)	
Jerayah Davis	19-6	Power Meet	Laramie, Wyo.	12/9/16	Same (No. 3 UW All-Time)	
Kimberley Anglen	17-7	Power Meet	Laramie, Wyo.	12/9/16	Same	
Clare Nicolas	17-6	Power Meet	Laramie, Wyo.	12/9/16	18-0 1/2	2016
Heidi Pfoor	17-4	Power Meet	Laramie, Wyo.	12/9/16	Same	
Mikalalah Skates	16-6	Power Meet	Laramie, Wyo.	12/9/16	Same	
<b>Triple Jump</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Allegra Carson	38-3 1/2	Power Meet	Laramie, Wyo.	12/9/16	39-7 3/4	2016
<b>Pole Vault</b>						
Name	Mark	Meet	Location	Date	Mark	Date
<b>Shot Put</b>						
Name	Mark	Meet	Location	Date	Mark	Date
<b>Weight Throw</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Emelda Malm-Annan	58-3 3/4	Power Meet	Laramie, Wyo.	12/9/16	64-3 1/4 (No. 6 UW All-Time)	
Kayla York	54-3 1/4	Power Meet	Laramie, Wyo.	12/9/16	55-1	2016
Hannah Carr	50-8	Power Meet	Laramie, Wyo.	12/9/16	Same	
<b>Pentathlon</b>						
Name	Mark	Meet	Location	Date	Mark	Date

## 2016-17 Wyoming Notes

### Men's Individual Breakdown

(800 meters and above altitude/track converted)

<b>Bryce Ailshie</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Kyle Alexander</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
Indoor	Power Meet	12/9/16	Triple Jump	4th, 45-2 1/4
<b>Kevin Blackett</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Scott Carter</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
Indoor	Power Meet	12/9/16	Triple Jump	1st, 51-3
		12/9/16	60 Hurdles	3rd, 8.03
<b>Jordan Charles</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
Indoor	Power Meet	12/9/16	60 Hurdles	1st, 7.87
			Long Jump	N/A
			4x400 Relay	1st, 3:29.94
<b>Michael Choma</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Robert Creager</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
Indoor	Power Meet	12/11/15	High Jump	2nd, 6-4
<b>Michael Downey</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Harry Ewing</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Ricky Faure</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Martin Fitzwater</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
Indoor	Power Meet	12/9/16	Shot Put	8th, 47-9 1/4
<b>Hap Frketich</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
Indoor	Power Meet	12/9/16	Weight Throw	2nd, 57-9
<b>Jesse Gray</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Rowan Hawk</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Christopher Henry</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Jonah Henry</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Daniel Hintz</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Trey Jennings</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Calum Kepler</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Isaac Kiefer</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Sam Kirkeide</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
Indoor	Power Meet	12/9/16	60 Meters	1st, 6.88
			4x400 Relay	1st, 3:29.94
<b>Garrett Lynch</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
Indoor	Power Meet	12/9/16	Shot Put	5th, 51-10 1/2
<b>Jace Marx</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
Indoor	Power Meet	12/9/16	60 Meters	2nd, 6.93
<b>Austin Murphy</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>

<b>Kyle Pollock</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
Indoor	Power Meet	12/9/16	High Jump	1st, 6-2 3/4
<b>Michael Rotellini</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Mike Seas</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Caleb Seeton</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
Indoor	Power Meet	12/9/16	Long Jump	1st, 23-9
<b>Phillip Thomas</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Damon Unland</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
<b>Kirk Unland</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
Indoor	Power Meet	12/9/16	Weight Throw	1st, 61-8 1/4
			Shot Put	9th, 46-5 1/2
<b>Bobby Wingeleth</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
Indoor	Power Meet	12/9/16	Long Jump	2nd, 22-8
<b>Jackson Wood</b>				
	<u>Meet</u>	<u>Date</u>	<u>Event</u>	<u>Mark</u>
Indoor	Power Meet	12/9/16	400 Meters	2nd, 51.81
			4x400 Relay	1st, 3:29.94

## 2016-17 Wyoming Notes

### Women's Individual Breakdown

(800 meters and above altitude/track converted)

Danielle Alexander		Date	Event	Mark
Indoor	Power Meet	12/9/16	400 Meters 4x400 Relay	3rd, 1:03.32 2nd, 4:17.00
Madison Ashworth		Date	Event	Mark
Indoor	Power Meet	12/9/16	High Jump	3rd, 5-0 1/2
Calbi Ausmann		Date	Event	Mark
Hannah Bertelson		Date	Event	Mark
Indoor	Power Meet	12/9/16	High Jump	6th, 4-10 1/2
Ashley Bock		Date	Event	Mark
Megan Brunette		Date	Event	Mark
Hannah Carr		Date	Event	Mark
Indoor	Power Meet	12/9/16	Weight Throw	8th, 50-8
Allegra Carson		Date	Event	Mark
Indoor	Power Meet	12/9/16	Triple Jump	1st, 38-3 1/2
Jerayah Davis		Date	Event	Mark
Indoor	Power Meet	12/9/16	60 Meters Long Jump	1st, 7.25 2nd, 19-6
Audra DeStefano		Date	Event	Mark
Quinn DeStefano		Date	Event	Mark
Ashley Dodds		Date	Event	Mark
Indoor	Power Meet	12/9/16	400 Meters 4x400 Relay	5th, 1:03.52 2nd, 4:17.00
Kacey Doner		Date	Event	Mark
Jordan Edmonds		Date	Event	Mark
Indoor	Power Meet	12/9/16	60 Meters	8th, 7.78
Lauren Hamilton		Date	Event	Mark
Melina Harris		Date	Event	Mark
Indoor	Power Meet	12/9/16	60 Meters	3rd, 7.63
Ja'la Henderson		Date	Event	Mark
Indoor	Power Meet	12/9/16	Long Jump 60 Meters	1st, 19-6 3/4 2nd, 7.58
Sofia Hof		Date	Event	Mark
Indoor	Power Meet	12/9/16	High Jump	3rd, 5-0 1/2
Holly Huber		Date	Event	Mark
Indoor	Power Meet	12/9/16	60 Hurdles	8th, 9.79
Kiah Leonard		Date	Event	Mark
Indoor				
Emelda Malm-Annan		Date	Event	Mark
Indoor	Power Meet	12/9/16	Weight Throw	3rd, 58-3 3/4
Madison Marsh		Date	Event	Mark
Indoor	Power Meet	12/9/16	High Jump	6th, 4-10 1/2

Cassidy Meade		Date	Event	Mark
Indoor	Power Meet	12/9/16	Long Jump 60 Hurdles	7th, 17-7 9th, 9.95
Clare Nicolas		Date	Event	Mark
Indoor	Power Meet	12/9/16	Long Jump 60 Hurdles	7th, 17-7 9th, 9.95
Isabella Pape		Date	Event	Mark
Emily Person		Date	Event	Mark
Heidi Pfoor		Date	Event	Mark
Indoor	Power Meet	12/9/16	60 Hurdles Long Jump	2nd, 8.83 8th, 17-4
Makayla Pzinski		Date	Event	Mark
Indoor	Power Meet	12/9/16	60 Meters	7th, 7.73
Solana Quistorff		Date	Event	Mark
Karlin Rufenacht		Date	Event	Mark
Indoor	Power Meet	12/9/16	High Jump	5-0 1/2
Mikalah Skates		Date	Event	Mark
Indoor	Power Meet	12/9/16	60 Hurdles Long Jump	1st, 8.91 10th, 16-6
Victori Sleep		Date	Event	Mark
Kereston Thomas		Date	Event	Mark
Day Timberman		Date	Event	Mark
Ashley Urman		Date	Event	Mark
Indoor	Power Meet	12/9/16	400 Meters	6th, 1:03.62
Taylor Van Holland		Date	Event	Mark
Regan VanDePol		Date	Event	Mark
Anissa Warner		Date	Event	Mark
Indoor	Power Meet	12/9/16	High Jump	1st, 5-2 1/2
Kerry White		Date	Event	Mark
Shana Wilcoxson		Date	Event	Mark
Ariana Williams		Date	Event	Mark
Indoor	Power Meet	12/9/16	60 Hurdles 4x400 Relay	5th, 9.12 2nd, 4:17.00
Kayla York		Date	Event	Mark
Indoor	Power Meet	12/9/16	Weight Throw	5th, 54-3 1/4

# 2016-17 Wyoming Notes

## Men's Indoor School Records

(as of December 9, 2016)

60 Meters			60-Meter Hurdles			200 Meters			400 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Carlington Duncan	6.71	01	1. Jordan Charles	7.68	16	1. Carlington Duncan	21.17	01	1. Seth Billy	47.68	02
2. Marcus Brunson	6.72	97	2. Brandon Douglass	7.90	13	2. Collin Thomas	21.38	02	2. Mario Harris	48.03	10
3. Stephen Michel	6.78	10	3. Colin Herold	7.95	15	3. Vashone West	21.40	08	3. Chris Welsh	48.05	95
4. Jordan Charles	6.79	15	<b>4. Scott Carter</b>	<b>8.03</b>	<b>16</b>	4. Mario Harris	21.43	11	4. Cody Millemon	48.17	00
Mario Harris	6.79	11	5. Jacob Edwards	8.13	13	5. Marcus Brunson	21.46	97	5. Clay Carlson	48.63	16
Mervin Swaby	6.79	00	6. Michael Tasker	8.16	12	6. Jordan Charles	21.53	16	6. Keith Ladson	48.64	94
Collin Thomas	6.79	02	7. Aaron Praska	8.17	14	7. Richard Peace	21.60	96	7. Kekoa Chavez	48.70	10
8. Vashone West	6.82	08	8. Kyle Sullivan	8.26	13	8. Max Haynes	21.86	88	8. Greg Farnham	48.75	94
9. Calil Burnett	6.85	15	9. Seth Billy	8.30	02	9. Deon McCalla	22.10	97	9. Jermaine Kelly	48.82	05
Dwight Neptune	6.85	04	Jason Medearis	8.30	97	Lenyn Leonce	22.10	12	10. Robert Harris	48.89	05
800 Meters			Mile			3,000 Meters			5,000 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Jeremiah Johnson	1:48.30	04	1. Mike Cheronio	4:02.14	78	1. Mark Korir	8:07.43	07	1. Mark Korir	13:57.60	07
2. Harry Fisher	1:49.29	14	2. Nick Theil	4:02.71	96	2. Ryan Bolton	8:09.75	95	2. Taylor Kelting	14:10.04	12
3. Jim McCreery	1:49.94	94	3. Wayne Jensen	4:03.74	71	3. Espen Borge	8:12.38	84	3. Greg Miller	14:20.01	11
4. Ricky Faure	1:50.01	15	4. Espen Borge	4:05.53	84	4. Aaron Derner	8:14.38	14	4. Aaron Derner	14:21.54	16
5. Thomas Atkinson	1:50.16	15	5. Ben Overland	4:05.93	88	5. Garrett Zans	8:14.49	14	5. Scott McDonald	14:22.23	95
6. Espen Borge	1:50.70	84	6. Joseph Nzau	4:06.80	78	6. Joseph Nzau	8:16.41	81	6. Dylan Morin	14:27.04	15
7. Morten Jurs	1:51.62	82	7. Arne Anfinsen	4:07.21	86	7. Amos Bowen	8:17.64	15	7. Brian Knight	14:29.06	07
8. Nick Cramer	1:51.78	07	8. Monte Still	4:07.56	93	8. Taylor Kelting	8:17.86	12	8. Joe Hall	14:29.06	00
9. Jeremy Thompson	1:51.95	05	9. Ricky Faure	4:08.11	15	9. Greg Miller	8:17.97	11	9. Amos Bowen	14:36.95	14
10. Chuck Turner	1:52.66	82	10. Simon Killili	4:09.47	79	10. Joe Hall	8:18.40	00	10. Greg Schabron	14:38.80	01
4x400-Meter RELAY						Distance Medley Relay					
1. Duncan, Millemon, Billy, Charlemagne			3:13.74		00	1. Jurs, Slabach, Murray, Borge			9:47.50		84
2. Billy, Millemon, Duncan, Davis			3:14.26		00	2. Her Many Horses, Praska, Wilde, Zans			9:54.86		11
3. Carlson, Blackett, Faure, Fisher			3:14.69		15	3. Tanui, Brauneis, Cramer, Korir			9:56.56		07
4. Kelly, Arnwine, Harris, Johnson			3:14.70		06	4. Johnson, Harris, Cramer, Tanui			9:57.77		06
5. Brauneis, Chavez, Petsch, Harris			3:14.75		10	5. Chirchir, Chavez, Too, Huntington			9:58.60		08
6. Arnwine, Kelly, Baysinger, Harris			3:16.25		05	6. Wyoming			9:58.82		79
7. Billy, Millemon, Duncan, Davis			3:16.45		01	7. Cheronio, Holton, Paolillo, Nzau			9:58.91		81
8. Loken, Carlson, Thomas, Ailshie			3:16.71		16	8. Tanui, Cramer, Too, Korir			10:02.46		07
9. Ladson, Schaff, Grion, Farnham			3:16.88		94	9. Thompson, Kelley, Johnson, Hudson			10:06.19		05
10. Jensen, Batuik, Thoemig, Jones			3:17.74		71	10. Kepler, Kiefer, Henry, Thomas			10:07.42		16
Shot Put			Long Jump			High Jump			Heptathlon		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Mason Finley	66-3 1/4	14	1. Charles Thomas	25-8 1/2	65	1. Bud Hamilton	7-3	93	1. Olav Roe	5,274	06
2. Jason Gervais	64-7	00	2. Tim Cawley	25-4 1/4	98	Mike White	7-3	80	2. Kyle Sullivan	5,262	14
3. Jason Hammond	61-10 1/4	01	3. Mervin Swaby	25-3 3/4	01	3. Chris Larson	7-1 3/4	96	3. Brandon Douglass	5,098	12
4. Kevin Mannon	61-0 3/4	99	4. Bud Hamilton	25-1 1/4	95	4. Bryan Coventry	6-11	87	4. Jay Petsch	5,081	10
5. Matt Spears	60-10	97	5. Jeremiah James	24-11 1/4	09	Justin Smith	6-11	96	5. Brett Zowada	5,033	05
6. Kyle Herl	59-11 3/4	04	6. Eric Coleman	24-7	87	Tim Cawley	6-11	96	6. Caleb Seeton	4,955	16
7. Chad Lindsay	59-4 3/4	92	Dave Shannon	24-7	92	7. Tyler Skinner	6-10 1/4	10	7. Phillip Thomas	4,909	07
8. Craig Suter	58-3 1/4	02	8. Lenyn Leonce	24-6 1/4	10	8. Dan Orange	6-10	75	8. Eric Suter	4,474	04
9. Tyg Long	57-2 3/4	05	9. Gilad Weinbarten	24-4 1/2	64	9. Jeremiah James	6-9	10			
10. Jared Finley	56-4 1/2	79	10. Stephen Michel	24-3 1/2	10	10. Jared Grant	6-8 3/4	04			
35-Pound Weight Throw			Triple Jump			Pole Vault					
Name	Result	Year	Name	Result	Year	Name	Result	Year			
1. Jason Gervais	74-1 3/4	00	1. Quincy Howe	54-9 1/4	01	1. Eric Richey	17-2 1/4	89			
2. Kevin Mannon	72-2 1/4	99	2. Jeremiah James	52-6	10	2. Gregg Sawyer	17-0 3/4	99			
3. Jake Shanklin	71-10 1/4	08	3. Blake Jackson	52-2 3/4	05	3. Jay Novacek	16-3	84			
4. Derek Woodske	71-3 1/4	00	4. Tim Cawley	52-2	97	4. Brandon Douglass	16-0 3/4	11			
5. Ryan Butler	71-1 1/2	96	5. Scott Carter	51-8 1/2	16	5. Darren Niedermeyer	15-9	02			
6. Jason Hammond	69-1 1/2	01	6. Mikael Norman	51-2	75	6. Ed Steele	15-8	75			
7. Zack Schaefer	68-6	04	7. Mervin Swaby	50-10 1/4	01	Brian Stevenson	15-8	84			
8. Kyle Herl	67-5 1/2	04	8. Stephen Michel	50-3 1/4	10	Beecher Strube	15-8	90			
9. Sam Lambert	67-2 1/4	09	9. John Alderson	50-0 1/2	08	9. Cliff Cotton	15-6	72			
10. Joe Plante	66-1	12	10. Wayne King	49-10 1/4	71	Steve McNorris	15-6	90			

### School Record Key

#### Indoor

- For running events 400 meters and below (including the 4x400-meter relay), no marks are converted for altitude or track size
- Except the 55 meters/55 hurdles which are converted to the 60 meters/60 hurdles
- For running events 800 meters and above (including the distance medley relay), all marks are converted for altitude and track size
- Bold indicates marks from 2016-17 season

# 2016-17 Wyoming Notes

## Women's Indoor School Records

(as of December 9, 2016)

60 Meters			60-Meter Hurdles			200 Meters			400 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. <b>Jerayah Davis</b>	<b>7.25</b>	<b>16</b>	1. Shauna Smith	8.33	04	1. Jessica Fox	23.71	04	1. Shauna Smith	51.79	04
2. Kima Wells	7.30	04	2. Shaylee Babbitt	8.37	08	2. Kereston Thomas	24.20	14	2. Jessica Fox	52.88	04
3. Jessica Fox	7.45	04	3. Adriana Friezen	8.42	07	3. Adelaide Harper	24.31	01	3. Afiya Walker	53.10	11
			4. Jenna Mann	8.45	14	4. Fiona Lindo-Jeffrey	24.43	02	4. Sharon Larrier	54.65	08
5. Shauna Smith	7.54	05	5. Katy Hall	8.51	13	5. Audrey West	24.61	14	5. Kima Wells	54.75	04
6. <b>Ja'la Henderson</b>	<b>7.58</b>	<b>16</b>	6. Kelly Ann Charles	8.53	04	6. Kima Wells	24.62	03	6. Erin Kirby	54.82	11
			7. Mikalah Skates	8.60	14		24.62	11		54.82	05
			8. Jennifer Schmitz	8.68	10	8. Samantha Kee	24.65	12		54.82	16
9. Fiona Lindo-Jeffrey	7.60	02	9. Anisi Hopkins	8.71	07		24.65	08	9. Lindsey Simmons	55.40	11
10. <b>Melina Harris</b>	<b>7.63</b>	<b>16</b>	10. Tomeca Brown	8.73	00	10. McKenzie Brogan	24.67	16	10. Kim Robertson	55.79	16

800 Meters			Miile			3,000 Meters			5,000 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Candace Wollert	2:10.52	12	1. Molly Moulton	4:46.32	98	1. Holly Page	9:26.39	15	1. Holly Page	16:20.10	15
2. Kerry White	2:10.96	15	2. Lauren Hamilton	4:47.24	16	2. Audra DeStefano	9:32.83	16	2. Audra DeStefano	16:35.84	16
3. Cassidy Meade	2:11.12	16	3. Audra DeStefano	4:49.92	16	3. Emily Higgins	9:42.25	09	3. Christine Nelson	16:48.24	11
4. Deby Anderson	2:11.30	94	4. Emily Higgins	4:53.43	08	4. Christine Nelson	9:48.96	11	4. Gretchen Johnson	16:58.30	08
5. Tanice Barnett	2:12.25	04	5. Brooklan Grimes	4:58.04	05	5. Amy Wroe	9:48.99	95	5. Dodie Kocsis	17:14.07	92
6. Molly Moulton	2:12.45	98	6. Andrea Everett	4:58.07	83	6. Megan Brunette	9:50.33	16	6. Michelle Kvernmo	17:16.14	06
7. Laura Ferguson	2:12.96	79	7. Allison Hollington	4:58.35	84	7. Gretchen Johnson	9:53.15	07	7. Jennifer Thompson	17:18.81	05
8. Dawn Wilger	2:13.38	84	8. Karla Hay	4:59.73	92	8. Allison Hollington	9:56.28	83	8. Megan Brunette	17:19.98	16
9. Brenna Dooley	2:13.44	07	9. Holly Page	5:00.09	14	9. Michelle Kvernmo	9:57.47	06	9. Amy Wroe	17:20.58	95
10. Amanda Yentes	2:14.35	08	10. Kerry White	5:01.29	15	10. Gladys Jerotich	9:58.57	05	10. Abi Bever	17:33.63	12

4x400-Meter Relay				Distance Medley Relay			
1.	Smith, Wells, Hopper, Fox	3:31.87	04	1.	Meade, DeStefano, Robertson, Hamilton	11:21.19	16
2.	Smith, Fox, Hopper, Larrier	3:33.66	05	2.	Meade, Lloyd, Robertson, White	11:56.19	15
3.	Kirby, Simmons, Long, Walker	3:43.84	11	3.	Ferguson, Barrinaga, Bradley, Sanford	11:58.54	80
4.	Kirby, Gardner, Wollert, Simmons	3:44.57	12	4.	Heaston, Hurst, Wollert, Page	12:02.38	13
5.	Snyder, Robertson, Harris, Brogan	3:45.45	16	5.	Wyoming	12:02.41	81
6.	Long, Gardner, Kee, Brogan	3:45.53	13	6.	Martinez, Long, Wollert, Davis	12:05.58	11
7.	Kirby, Lloyd, West, Robertson	3:45.71	15	7.	Diller, Hopper, Barnett, Grimes	12:08.30	05
8.	Kirby, Simmons, Wollert, Walker	3:45.97	11	8.	Wyoming	12:10.76	80
9.	Carstens, Smith, Wells, Fox	3:47.11	03	9.	Cerda, Sanford, Reid, Anderson	12:14.98	82
10.	Kee, Simmons, Kirby, Wollert	3:47.57	12	10.	Wollert, Long, Hurst, Klimowski	12:15.90	13

Shot Put			Long Jump			High Jump			Pentathlon		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Jessica Cross	57-0 1/2	98	1. Patricia Miller	20-5	80	1. Julie Burgess	5-10 1/2	88	1. Jenna Mann	3,898	14
2. Andrea Batt	53-4 1/4	04	2. Ja'la Henderson	19-9 1/2	16	2. Sabina Sandberg	5-8 3/4	16	2. Sabina Sandberg	3,500	15
3. Mary Le Jour	50-0 3/4	00	3. <b>Jerayah Davis</b>	<b>19-6</b>	<b>16</b>	3. Joanna Wilson	5-8	97	3. Rebecca Harris	3,410	15
4. Grace Apiafi	49-11 1/4	84	4. Renee Guy-Garth	19-5 1/4	97		5-8	02	4. Britney Jackson	3,388	10
5. Robin Lyons	49-9	00	5. Adrienne Prosser	19-3 1/4	96		5-8	88	5. Patty Harrington	3,340	86
6. Naomi Elliot	49-6 1/4	00	6. B.J. Eldridge	19-3	82	6. Lisa Throener	5-7 1/4	00	6. Leah Burke	3,226	05
7. Ashley Hutchinson	48-8 1/4	11	7. Davina Strauss	19-2 1/2	01		5-7 1/4	96	7. Clare Nicolas	3,205	16
8. Shreese Daniels	48-2	13	8. Kathy Janicke	19-0	90		5-7 1/4	91	8. Kuuipo Nakoa	3,152	11
9. Mollie Dahl	48-1 3/4	13	9. Erin Urbanoski	18-11 3/4	11	9. Johnna Jeffries	5-7	07	9. Kim Demers	3,113	02
10. Tamara Hawkins	48-1 1/4	99	10. Janine Brathwaite	18-9 3/4	05		5-7	09	10. Ingvild Carstens	3,112	05

20-Pound Weight Throw			Triple Jump			Pole Vault		
Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Robin Lyons	70-11 1/4	00	1. Day Timberman	40-2 1/4	16	1. Jamie Davies	12-4 1/4	98
2. Shreese Daniels	68-1	15	2. Tomeca Brown	39-10 1/2	00	2. Lauri Smith	11-8 1/2	06
3. Ashley Hutchinson	65-4 3/4	12	3. Allegra Carson	39-7 3/4	16	3. Kat Doherty	11-6 1.2	05
4. Andrea Batt	64-10 1/2	04	4. Enioma Haynes	39-6 1/2	02	4. Stephanie Anderson	11-5 3/4	04
5. Shannon Popp	64-4	07	5. Courtney Schlegal	38-9 1/2	04	5. Kaela Thayer	10-11 3/4	03
6. Emelda Malm-Annan	64-3 1/4	15		38-9 1/2	96	6. Hallie Baker	10-8	04
7. Julie Thomas	64-2 1/4	02	7. Melanie Brunko	38-8 3/4	98		10-8	
8. Kate Burton	63-11 1/2	08	8. Jamie Davies	38-7 3/4	97	8. Alisha Reaser	10-7	09
9. Crystal Smith	63-7 1/2	03	9. Kathy Janicke	38-5	90	9. Julie Popish	10-6	14
10. Dana Dillon	63-3 1/4	00	10. Shelly Thacker	38-3 1/2	88		10-6	08

### School Record Key

#### Indoor

- For running events 400 meters and below (including the 4x400-meter relay), no marks are converted for altitude or track size
- Except the 55 meters/55 hurdles which are converted to the 60 meters/60 hurdles
- For running events 800 meters and above (including the distance medley relay), all marks are converted for altitude and track size
- Bold indicates marks from 2016-17 season

# 2016-17 Wyoming Notes

## Men's Outdoor School Records

(as of May 31, 2016)

100 Meters			200 Meters			400 Meters			800 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Vashone West	10.38	08	1. Mario Harris	20.87	11	1. Darius Taruru	46.44	77	1. Wesley Maiyo	1:46.44	75
2. Mario Harris	10.43	11	2. Jordan Charles	21.12	14	2. Max Charlemagne	46.99	00	2. Ricky Faure	1:47.59	15
3. John Davis	10.44	81	3. Vashone West	21.29	08	3. Robert Harris	47.13	04	3. Harry Fisher	1:48.34	15
4. Stephen Michel	10.46	10	4. Carlington Duncan	21.30	00	4. Chris Welsh	47.32	95	4. Jeremiah Johnson	1:48.54	06
5. Jordan Charles	10.49	16	Jason Roascio	21.30	15	5. Harry Fisher	47.58	15	5. Wayne Jensen	1:48.84	69
6. Mervin Swaby	10.52	03	6. Robert Harris	21.49	03	6. Jermaine Kelly	47.72	05	6. Thomas Atkinson	1:49.11	15
7. Dwight Neptune	10.55	07	7. Lenyn Leonce	21.50	11	7. Cody Millemon	47.74	00	7. Morten Jurs	1:49.32	85
8. Amaicure Harris	10.58	92	8. Adam Kelly	21.51	04	8. Seth Billy	47.97	00	8. Eliud Chirchir	1:49.38	09
9. Calil Burnett	10.60	16	9. Collin Thomas	21.59	02	9. Lance Loken	48.04	15	9. Roald Horten	1:49.52	80
10. Lenyn Leonce	10.61	13	10. Stephen Michel	21.71	12	10. Eric Mundt	48.05	89	10. Jim McCreery	1:49.59	94
1,500 Meters			3,000-Meter Steeplechase			5,000 Meters			10,000 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Wayne Jensen	3:42.94	69	1. Joseph Nzau	8:43.14	79	1. Geir Kvernmo	13:41.24	80	1. Joseph Nzau	28:20.74	79
2. Philemon Kimutai	3:45.23	09	2. Espen Borge	8:45.74	84	2. Joseph Nzau	13:54.54	78	2. Simon Killili	28:31.60	79
3. Wesley Maiyo	3:45.44	74	3. Geir Kvernmo	8:46.14	80	3. Greg Miller	13:58.43	11	3. John Wodny	29:08.74	88
4. Espen Borge	3:45.46	84	4. Mark Korir	8:49.60	09	4. Mark Korir	13:58.86	06	4. Mark Korir	29:09.25	06
5. Nick Thiel	3:45.92	96	5. Garrett Zans	8:50.45	14	5. Simon Killili	14:01.44	78	5. Joe Hall	29:10.77	01
6. Matt Hudson	3:47.67	04	6. Philemon Tanui	8:50.80	07	6. Solomon Chebor	14:06.14	78	6. Greg Miller	29:22.55	12
7. Monte Still	3:47.92	94	7. Ben Paolillo	8:51.14	81	7. Garrett Zans	14:06.26	14	7. James Kamau	29:23.63	79
8. Taylor Kelting	3:48.50	12	8. Amos Bowen	8:56.57	15	8. Amos Bowen	14:07.20	14	8. Nick Ekel	29:26.85	12
9. Jeremiah Johnson	3:48.52	04	9. Dermott Bradshaw	8:58.64	85	9. Taylor Kelting	14:10.67	12	9. Dave Magness	29:42.74	81
10. Rob Durkee	3:48.56	87	10. Staale Engen	9:00.64	71	10. Ryan Bolton	14:14.90	95	10. Aaron Derner	29:48.67	14
4x100-Meter Relay			4x400-Meter Relay								
1. Duncan, Davis, Charlemagne, Swaby			40.54		00	1. Millemon, Billy, Dunca, Charlemagne			3:09.48		00
Michel, Brauneis, Leonce, Harris			40.54		10	2. Loken, Blackett, Faure, Fisher			3:10.43		15
3. Douglass, Gunderson, Harris, Leonce			40.63		11	3. Johnson, Harris, Baysinger, Kelly			3:11.32		04
4. Brauneis, Gunderson, Michel, Harris			40.64		10	4. Loken, Blackett, Atkinson, Fisher			3:11.92		15
5. Billy, Swaby, Charlemagne, Duncan			40.68		00	5. Sawyer, Milemon, Duncan, Medearis			3:12.04		99
6. Brauneis, Kelly, West, Neptune			40.69		07	6. Johnson, Fenton, Arnwine, Kelly			3:12.61		06
7. Zowada, Neptune, Kelly, Harris			40.82		04	7. Loken, Blackett, Faure, Fisher			3:12.69		15
8. Gunderson, Michel, Douglass, Harris			40.86		11	8. Harris, Kelly, Baysinger, Arnwine			3:12.82		05
9. Howe, Swaby, Samuels, Collin			40.92		02	9. Mundt, Wilcox, Farnham, Ladson			3:13.02		92
10. Gunderson, Roascio, Michel, Leonce			41.07		12	10. Loken, Praska, Atkinson, Fisher			3:13.23		14
110-Meter Hurdles			Shot Put			Long Jump			Pole Vault		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Tom Garrison	13.81	90	1. Jason Gervais	63-11 3/4	00	1. Mervin Swaby	25-4 3/4	02	1. Eric Richey	16-9	90
Jason Medearis	13.81	99	2. Jason Hammond	63-5 3/4	00	2. Charles Thomas	25-1 1/2	65	2. Gregg Sawyer	16-6	99
3. Jordan Charles	13.82	16	3. Kevin Mannon	62-3	99	3. Bud Hamilton	24-11 1/4	93	Steve McMorris	16-6	90
4. Joel Giorgis	13.84	95	4. Matt Spears	61-5 1/2	97	4. Lenyn Leonce	24-10 1/2	10	4. Jay Novacek	16-4	84
5. Brandon Douglass	13.97	13	5. Mason Finley	60-11 1/4	14	5. Jeremiah James	24-10	09	5. Darren Niedermeyer	16-0 3/4	02
6. Keith Ladson	14.09	96	6. Mike Wood	57-6 3/4	70	6. Justin Smith	24-7 3/4	96	6. Ed Steele	15-6	73
7. Colin Herold	14.25	13	7. Chad Lindsay	57-4 1/4	92	7. Quincy Howe	24-5 1/2	02	Brian Stevenson	15-6	83
8. Kyle Sullivan	14.44	15	8. Kyle Herl	57-3 3/4	05	8. Tim Cawley	24-3	96	8. Cliff Cotton	15-2	69
9. Scott Carter	14.45	14	9. Tyg Long	55-7	05	9. Stephen Michel	24-2 1/4	10	9. Brandon Douglass	15-1	10
10. Michael Arnwine	14.46	06	10. Craig Suter	55-6 1/4	02	10. Robert Black	24-1 1/4	74	10. Jay Petsch	14-5 1/2	10
400-Meter Hurdles			Discus			Triple Jump			Decathlon		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Seth Billy	50.07	02	1. Jason Gervais	210-10	00	1. Quincy Howe	54-4 3/4	02	1. Jay Novacek	7,762	84
2. Kekoa Chavez	50.74	10	2. Mason Finley	210-6	14	2. Jeremiah James	52-10 1/4	10	2. Gregg Sawyer	7,250	99
3. Jason Medearis	50.82	99	3. Jared Finley	192-3	78	3. Tim Cawley	51-7	98	3. Olav Roe	7,222	06
4. Gladstone Williams	50.83	78	4. Paul Thomas	190-11	14	4. Mervin Swaby	51-1 1/2	02	4. Phil Mulkey	7,116	56
5. Keith Ladson	50.93	96	5. Jeff Honey	188-11	97	5. Blake Jackson	51-0 1/2	07	5. Jay Petsch	7,112	10
6. Jordan Charles	51.49	16	6. Joe Plante	188-1	10	6. Scott Carter	50-6 3/4	14	6. Kyle Sullivan	6,949	15
7. Carlington Duncan	51.64	99	7. Kevin Mannon	187-9	99	7. Bud Hamilton	50-5 1/2	94	7. Dan Orange	6,934	74
8. Joel Giorgis	52.07	94	8. Ryan Butler	183-6	96	8. Stephen Michel	50-0 1/2	10	8. Bret Zowada	6,773	02
9. Aaron Praska	52.44	14	9. Tom Schillinger	176-5	76	9. John Alderson	49-9	07	9. Phillip Thomas	6,632	07
10. Ryan Rogers	52.62	14	10. Jason Hammond	174-10	00	10. Wayne King	49-7 1/4	70	10. Brandon Douglass	6,620	12
Hammer			Javelin (200 standard)			High Jump					
Name	Result	Year	Name	Result	Year	Name	Result	Year			
1. Kevin Mannon	226-6	99	1. Henry Ferreira	224-0	13	1. Mike White	7-2	80			
2. Jason Hammond	221-1	01	2. Guy Tucker	223-0	95	2. Bud Hamilton	7-1 3/4	94			
3. Jake Shanklin	219-11	09	3. Mike Abbey	221-11	93	3. Chris Larson	7-1 1/4	95			
4. Kyle Herl	219-10	05	4. Joshua McMullen	212-6	00	4. Tyler Skinner	7-0 1/4	11			
5. Ryan Butler	217-4	96				5. Bryan Coventry	7-0	85			
6. Zack Schaefer	213-10	04				Dan Orange	7-0	74			
7. Jason Gervais	207-3	00				7. Mike Klyop	6-11	91			
8. Derek Woodske	204-7	01				8. Mike Miller	6-10	76			
9. Tyler Anderson	202-9	16				9. Phillip Thomas	6-9 1/2	07			
10. Joe Plante	201-2	13				10. Jared Grant	6-8 3/4	07			

### School Record Key

#### Outdoor

- For running events 400 meters and below (including the 4x100- and 4x400-meter relays), no marks are converted for altitude
- For running events 800 meters and above, all marks are converted for altitude
- All marks are in any conditions (i.e. all wind readings are counted)      - Bold indicates marks from 2016-17 season

# 2016-17 Wyoming Notes

## Women's Outdoor School Records

(as of May 31, 2016)

100 Meters			200 Meters			400 Meters			800 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Kereston Thomas	11.50	14	1. Jessica Fox	23.22	05	1. Jessica Fox	51.72	05	1. Deby Anderson	2:07.15	94
2. Kima Wells	11.70	04	2. Shauna Smith	23.53	04	2. Afiya Walker	52.93	10	2. Candace Wollert	2:08.30	11
3. Jessica Fox	11.75	05	3. Adelaide Harper	23.62	03	3. Shauna Smith	53.04	02	3. Kerry White	2:08.53	15
4. Adelaide Harper	11.78	03	4. Kereston Thomas	23.71	14	4. Kima Wells	53.41	04	4. Cassidy Meade	2:09.77	16
5. Trecia Roberts	11.80	91	5. Audrey West	23.80	14	5. Sharon Larrier	53.53	05	5. Tanice Barnett	2:10.39	04
6. Jerayah Davis	11.81	16	6. Lori Grillo	23.85	88	6. Amanda Hopper	54.07	05	6. Brenna Dooley	2:10.58	07
7. Audrey West	11.83	15	7. Sharon Larrier	23.86	07	7. Lindsey Simmons	55.31	11	7. Melissa Donovan	2:11.25	92
8. Natika Brame	11.84	94	8. Kima Wells	24.09	04	8. Samantha Kee	55.40	13	8. Kerry Cerda	2:11.55	82
Kathy Romsa	11.84	85	9. Fiona Lindo-Jeffrey	24.10	01	9. McKenzie Brogan	55.43	14	9. Juanita Neff	2:11.75	80
10. Ja'la Henderson	11.89	16	10. Afiya Walker	24.39	10	10. Laura Ferguson	55.71	80	10. Nikki Peterson	2:11.93	07
1,500 Meters			3,000-Meter Steeplechase			5,000 Meters			10,000 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Molly Moulton	4:19.57	97	1. Audra DeStefano	10:07.35	16	1. Christine Nelson	16:31.61	11	1. Holly Page	33:49.66	15
2. Andrea Everett	4:20.20	83	2. Emily Higgins	10:30.81	09	2. Holly Page	16:33.77	15	2. Brenda Graham-Gray	34:34.62	82
3. Tanice Barnett	4:24.43	05	3. Abi Bever	10:48.66	12	3. Leandra Barinaga	16:35.94	80	3. Megan Brunette	35:21.58	16
4. Hege Jorgensen	4:24.67	87	4. Catherine Cloetta	11:00.77	16	4. Gretchen Johnson	16:35.98	08	4. Dodie Kocsis	36:04.80	92
5. Emily Higgins	4:25.31	09	5. Brooke Hughes	11:11.10	10	5. Audra DeStefano	16:50.60	16	5. Devon England	36:55.67	15
6. Audra DeStefano	4:29.55	16	6. Stephanie Hanks	11:20.67	01	6. Allison Hollington	16:53.74	83	6. Leanne Larson	36:56.84	87
7. Lauren Hamilton	4:32.28	16	7. Andrea Klimowski	11:23.59	13	7. Jennifer Thompson	16:59.77	04	7. Michelle Kvernmo	37:05.51	06
8. Kerry White	4:33.41	15	8. Christine Michel	11:43.05	04	8. Alysha Davis	17:00.80	09	8. Sissel Bjorkenas	37:06.80	81
9. Cassidy Meade	4:33.92	16	9. Nikki Peterson	11:51.36	07	9. Brenda Graham-Gray	17:15.26	84	9. Debbie Espinoza	37:16.79	86
10. Maggie Diller	4:34.84	04	10. Emerald Reed	11:52.09	06	10. Natalie Kean	17:19.88	04	10. Alysha Davis	37:29.17	08
4x100-Meter Relay			4x400-Meter Relay								
1. Smith, Wells, Hopper, Fox	44.63	04	1. Smith, Larrier, Hopper, Fox	3:30.68	05						
2. Mann, Thomas, Gardner, West	45.04	14	2. Fox, Wells, Hopper, Smith	3:31.83	04						
3. Smith, Harper, Charles, Fox	45.54	03	3. Smith, Larrier, Hopkins, Fox	3:34.91	05						
4. Smith, Hopper, Babbitt, Fox	45.63	05	4. Anderson, Walker, Simmons, Larrier	3:38.98	09						
5. Babbitt, Hopper, Larrier, Rudolph	45.91	07	5. Kirby, Simmons, Wollert, Walker	3:39.69	11						
6. Wells, Lindo-Jeffrey, Piper, Harper	46.05	01	6. Hopper, DaCosta, Friezen, Larrier	3:40.18	07						
7. Charles, Demers, Smith, Fox	46.10	02	7. Hopper, Wells, Barnett, Fox	3:41.07	04						
8. Brown, Harper, Lindo-Jeffrey, Wells	46.10	00	8. Kirby, Brogan, West, Robertson	3:41.77	15						
9. West, Kee, Gardner, Thomas	46.12	13	9. Brogan, Gardner, West, Thomas	3:41.88	14						
10. Bernabo, Walker, Hall, Kirby	46.13	11	10. Kee, Kirby, Simmons, West	3:42.70	12						
100-Meter Hurdles			Shot Put			Long Jump			Pole Vault		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Shauna Smith	13.29	04	1. Jesseca Cross	55-0 3/4	98	1. Patricia Miller	20-4	80	1. Lauri Smith	12-1 1/2	06
2. Trecia Roberts	13.45	92	2. Andrea Batt	51-9	02	2. Nicole Stancato	19-10	89	2. Stephani Anderson	11-6 1/2	05
3. Shaylee Babbitt	13.52	08	3. Mollie Dahl	51-2 1/4	13	3. Renee Guy-Garth	19-8	96	3. Kat Doherty	11-5 1/4	05
4. Jenna Mann	13.54	14	4. Mandy Kinney	50-6 3/4	00	4. B.J. Eldridge	19-7 3/4	81	4. Jody Sanborn	11-2	03
5. Kathy Romsa	13.60	85	5. Grace Apiafi	49-6 1/2	84	5. Shelly Thacker	19-6 1/2	91	Kaela Thayer	11-2	03
6. Kelly Ann Charles	13.72	03	6. Shreese Daniels	48-11 3/4	12	6. Jenna Mann	19-6 1/4	14	6. Hallie Baker	11-0	03
7. Jennifer Schmitz	13.84	09	7. Ashley Hutchinson	48-10 1/4	12	7. Trisa Davis	19-6	82	7. Julia Popish	10-10	14
8. Adriana Friezen	13.86	07	8. Naomi Elliot	48-0 1/2	00	8. Jeffie Ventling	19-5 3/4	92	Morgan Hartigan	10-10	14
9. Joanna Wilson	13.99	98	9. Tamara Hawkins	47-3	98	9. Ja'la Henderson	19-5 1/4	16	9. Anna Hardy	10-5 1/4	05
10. Katy Hall	14.00	14	Robin Lyons	47-3	00	10. Jennifer Collen	19-4	07	10. Hannah Bertelson	10-2	16
400-Meter Hurdles			Discus			Triple Jump			Heptathlon		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Shauna Smith	54.32	05	1. Robin Lyons	179-5	00	1. Tomeca Brown	41-2 1/4	99	1. Kathy Romsa	5,258	84
2. Taylor Gardner	57.93	14	2. Jesseca Cross	167-8	98	2. Nicole Stancato	40-2 3/4	89	2. Jenna Mann	5,255	14
3. Erin Kirby	58.45	15	Andrea Batt	167-8	02	3. Courtney Schlegal	40-2	05	3. Patty Harrington	4,708	87
4. McKenzie Brogan	59.30	16	4. Courtney Gougler	166-0	08	4. Enioma Haynes	39-11 1/2	02	4. Joanna Wilson	4,704	98
5. Diana Long	59.34	13	5. Julie Jones	162-9	80	5. Tori Connett	39-2 1/2	93	5. Sabina Sandberg	4,681	15
6. Anne Vollmer	59.80	97	6. Mandy Kinney	160-5	00	6. Emily Moore	38-10 1/4	12	6. Ingvild Carstens	4,478	04
7. Kim Demers	59.91	02	7. Madison Seaman	159-10	15	7. Allegra Carson	38-7	16	7. Britney Jackson	4,290	10
8. Adriana Friezen	1:00.24	07	8. Mary Le Jour	159-8	00	8. Lindsey Fuller	38-4 3/4	07	8. Katy Hall	4,282	12
9. Darby Goodspeed	1:00.36	99	9. Grace Apiafi	158-11	84	9. Shana Wilcoxson	38-0 3/4	16	9. Clare Nicolas	4,277	16
10. Jean Bradley	1:01.21	80	10. Kate Burton	158-5	08	10. Ashley Knight	38-0 1/4	06	10. Keeley Johnson	4,205	89
Hammer			Javelin (150 standard)			High Jump					
Name	Result	Year	Name	Result	Year	Name	Result	Year			
1. Kate Burton	209-8	08	1. Andrea Batt	168-8	01	1. Julie Burgess	5-10	87			
2. Robin Lyons	206-9	00	2. Jorah Roylance	163-1	00	2. Sabina Sandberg	5-9 1/4	15			
3. Shannon Popp	196-10	07				3. Johnna Jeffries	5-8 3/4	09			
4. Shreese Daniels	195-8	15				4. Joanna Wilson	5-8	98			
5. Ashley Hutchinson	193-3	12				Chan Johnson	5-8	02			
6. Dana Dillon	192-5	00				6. Kathy Romsa	5-7 1/2	83			
7. Julie Thomas	190-9	00				7. Britney Jackson	5-7 1/4	09			
8. Jesseca Cross	185-10	98				8. Jenna Mann	5-6	14			
9. Tamara Hawkins	185-9	98				Kathy VanHeule	5-6	83			
10. Emelda Malm-Annan	185-6	16				10. Sofia Hof	5-5 3/4	16			

### School Record Key

#### Outdoor

- For running events 400 meters and below (including the 4x100- and 4x400-meter relays), no marks are converted for altitude
- For running events 800 meters and above, all marks are converted for altitude
- All marks are in any conditions (i.e. all wind readings are counted)      - Bold indicates marks from 2016-17 season