



# 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>	Powder River Dual
<b>When</b>	Saturday, Jan. 28th
<b>Where</b>	Gillette, Wyo. (host: Wyoming) Campbell Country Recreation Center
<b>Time</b>	11:30 a.m. MT (Field Events) 12:30 p.m. MT (Track Events)



VS.



### Notes

#### Wyoming Track & Field to Host Powder River Dual in Gillette

The University of Wyoming men's and women's track & field teams will host the Powder River Dual featuring opponent Montana State this Saturday, squaring off against the Bobcats in Gillette, Wyo., at the Campbell County Recreation Center. Field events begin at 11:30 a.m. MT on Saturday, while track events will begin at 12:30 p.m. as Wyoming competes in its only proper dual meet of the 2016-17 indoor season.

Montana State enters the Powder River Dual having only competed at home so far this season. The Bobcats have hosted a multi-events meet, an invitational meet and a four-team dual meet in Bozeman, Mont., to prepare for the showdown with Wyoming on Saturday. On the men's side, the Bobcats are strong in the distance events, with sophomore Matthew Gotta ranked sixth nationally in the 5,000 meters with an adjusted time of 14 minutes, 7.47 seconds while junior teammate Diego Leon is ranked seventh with an adjusted time of 14:10.12. Freshman Ty Mogan comes in at 15th in the event, posting a time of 14:21.29, while senior Zachary Kughn ranks 34th at 14:43.40. Leon also ranks 25th in the mile at 4:04.99. Junior Kyle Douglass is 38th nationally in the shot put, having tossed 58 feet, 4.5 inches at a recent meet. On the women's side, junior 800-meter runner Christie Schiel is the lone Bobcat ranked in the top 50 nationally outside of multi-event athlete Jessica Chrisp, coming in at 21st with a time of 2:09.15.

Two Cowboys and three Cowgirls are ranked in the top 50 for their individual events heading into the Powder River Dual. Seniors Jordan Charles (60-meter hurdles) and Scott Carter (triple jump) are each in the top 20 for their events nationally and will continue to lead the Cowboys against the Bobcats. Sophomore Jerayah Davis is currently the highest-ranked athlete in the program, as she is tied for fifth nationally in the 60-meter dash, while Davis and fellow sophomore Ja'la Henderson are each ranked in the top 50 for the long jump.

While three Cowgirls competed in the pentathlon at the Air Force Invitational in Colorado Springs, Colo., on Jan. 19, the Cowboys and Cowgirls have not competed as a full team since the Potts Invitational in Boulder, Colo., on Jan. 13-14. At the 2016 Powder River Dual, the Cowgirls beat Montana State 92-59 thanks to 11 individual event wins, while the Cowboys squeaked out a 74.5-72.5 win against the Bobcats with eight event wins.

### 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.	NTS	3/25	Fum McGraw Quad	Fort Collins, Colo.	TBA
1/19	Air Force Invitational	Colorado Springs, Colo.	NTS	3/31-4/1	Stanford Invitational	Stanford, Calif.	TBA
1/28	Dual vs. Montana State	Gillette, Wyo.	11:30 a.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.  
NTS = No Team Scores

### 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

#### Last Time Out: Carter Leads Pokes on Final Day of Potts Invite

Redshirt senior Scott Carter posted a winning mark of 51 feet, 1 inch in the men's triple jump while taking second place in the men's 60-meter hurdles on Jan. 14, headlining a number of solid performances by the University of Wyoming track & field team on the final day of the Potts Invitational. Carter demolished the field in the triple jump, winning the event by nearly four feet.

"He's a great all-around athlete," head coach Bryan Berryhill said about Carter following the meet. "He's one that's very important to how we do as a team. We had a pretty typical first meet after winter break. We had some really good things happen and we had some areas we need to work on and get better in."

Sophomore Martin Fitzwater crushed his personal record in the shot put to provide another highlight for the Cowboys, throwing 52-10.25 to take third place. Junior Garrett Lynch was seventh, tossing 50-11.

Redshirt freshman Sam Kirkeide had a strong showing in the men's 60-meter dash, taking second place with a time of 6.93, while fellow redshirt freshman Jace Marx took fourth in the men's 200-meter dash with a time of 21.80. Bryce Ailshie took sixth in the men's 400 meters, clocking in at 48.84. In the women's 60-meter dash, Melina Harris and Makayla Pzinski took second and fourth, respectively, with times of 7.66 and 7.76.

Calum Kepler placed fifth in the men's 800 meters with a time of 1:55.84, while Lauren Hamilton, Cassidy Meade, Calbi Ausmann and Solana Quistorff finished fifth through eighth in the women's 800 meters. Jonah Henry placed fifth in the men's mile, crossing the finish line in 4:18.31.

After posting a time of 8.19 seconds to qualify for the finals of the men's 60-meter hurdles, Carter improved his time to 8.16 in the finals to finish in second place. Senior Mikalah Skates was similarly successful in the women's 60-meter hurdles, finishing in third place with a time of 8.86. Redshirt freshman Ariana Williams placed seventh, clocking 9.08.

"The throwers and jumpers had a pretty solid weekend for us," Berryhill said. "We just need to get better every meet. Today was a starting point."

#### First USTFCCCA Regional Rankings Released for 2016-17 Indoor Season

The U.S. Track & Field and Cross Country Coaches' Association released the first regional rankings of the 2016-17 indoor season Monday, with the Cowboys ranked 11th and the Cowgirls ranked ninth in the Mountain Region. Wyoming is the second-ranked Mountain West team in the women's rankings, behind rival Colorado State (No. 2), while the Cowboys are the fourth-ranked Mountain West team in the region behind Air Force (No. 3), Colorado State (No. 4) and Utah State (No. 10). Powder River Dual opponent Montana State is ranked fifth in the region on the women's side and eighth in the region on the men's side.

#### Wyoming Leads Mountain West in Four Individual Events

After meets through Jan. 22, the Cowboys and Cowgirls sit atop the conference standings in a total of four events. Senior Cowboy Jordan Charles leads the league in the 60-meter hurdles with his time from the Power Meet, which equates to 7.91 seconds when converted from the 55-meter hurdles and adjusted for altitude. He leads Utah State senior A.J. Bouilly by .08 seconds, and the two seniors are the only athletes in the conference to post times of under eight seconds this season. Senior Scott Carter still holds a commanding lead in the men's triple jump at 51 feet, 3 inches. Senior Collin Scheer of Colorado State ranks second at 48-7.5, making Carter the only athlete in the conference to surpass 50 feet this season.

Sophomore Jerayah Davis still holds the conference lead in the women's 60-meter dash after her record-setting performance at December's Power Meet. Davis' converted time of 7.25 leads the MW by nearly a tenth of a second over San Diego State senior Micha Auzenne. Sophomore Ja'la Henderson continues to lead the conference in the women's long jump by a slim margin. Henderson's mark of 19-6.75 leads San José St. freshman Destiny Longmire by half an inch, while Davis sits just a quarter of an inch behind Longmire.

#### Wyoming's History in Gillette

Saturday's meet will mark the fourth consecutive season that the University of Wyoming track & field team has hosted an indoor meet in Gillette, Wyo., at the Campbell County Recreation Center. Of the three previous meets, two have been dual meets while one was a triangular. Saturday's dual will mark the third consecutive season that Montana State has traveled to Gillette to compete against the Cowboys and Cowgirls. Below is a rundown of the final standings from each of the previous three meets in Gillette.

#### 2016

Men: Wyoming 74.5, Montana State 72.5  
Women: Wyoming 92, Montana State 59

#### 2015

Men: Montana State 61, Wyoming 50.5, Northern Colorado 49.5  
Women: Montana State 76, Wyoming 47.5, Northern Colorado 46.5

#### 2014

Men: Colorado State 66, Wyoming 55  
Women: Wyoming 76, Colorado State 33

## 2016-17 Wyoming Notes

### 2016-17 MW Athletes of the Week

#### Wyoming's Winners Women's Indoor Track Athletes of the Week

Date	Name	Class	Events
12/13	Jerayah Davis	So.	60m/LJ

### USTFCCCA Regional Rankings

#### MOUNTAIN REGION Women (Jan. 23)

Rank	School	Conf.	Last Week
1.	Texas Tech	Big 12	NR
2.	Colorado State	MW	NR
3.	UTEP	C-USA	NR
4.	Montana	Big Sky	NR
5.	BYU	WCC	NR
6.	Colorado	Pac-12	NR
7.	N. Arizona	Big Sky	NR
8.	Montana State	Big Sky	NR
9.	<b>Wyoming</b>	<b>MW</b>	<b>NR</b>
10.	Utah State	MW	NR
11.	N. Colorado	Big Sky	NR
12.	Air Force	MW	NR
13.	Nevada	MW	NR
14.	New Mexico	MW	NR
15.	Weber State	Big Sky	NR
16.	Utah	Pac-12	NR
17.	New Mexico St.	WAC	NR
18.	Utah Valley	WAC	NR
19.	Idaho State	Big Sky	NR
20.	Southern Utah	Big Sky	NR

#### Men (Jan. 23)

Rank	School	Conf.	Last Week
1.	BYU	WCC	NR
2.	Texas Tech	Big 12	NR
3.	Air Force	MW	NR
4.	Colorado State	MW	NR
5.	Montana State	Big Sky	NR
6.	UTEP	C-USA	NR
7.	N. Arizona	Big Sky	NR
8.	Southern Utah	Big Sky	NR
9.	Colorado	Pac-12	NR
10.	Utah State	MW	NR
11.	<b>Wyoming</b>	<b>MW</b>	<b>NR</b>
12.	New Mexico	MW	NR
13.	Montana	Big Sky	NR
14.	Idaho State	Big Sky	NR
15.	N. Colorado	Big Sky	NR
16.	Utah Valley	WAC	NR
17.	Weber State	Big Sky	NR

### 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 75 in USTFCCCA Week 1 National Rankings

The Week 1 edition of the 2016-17 USTFCCCA National Team Rankings was released Monday, with the Cowboys and Cowgirls each finding themselves in the top 75 teams across the nation. The Cowboys moved up to 73rd from their 78th-place preseason ranking, while the Cowgirls moved down slightly from 73rd to 75th.

#### MEN

Rk.	School	Points
1	Florida	175.67
2	Oregon	135.05
3	LSU	118.49
4	Georgia	88.76
5	Arkansas	86.82
6	Syracuse	77.52
7	Alabama	71.50
8	Texas	70.81
9	Virginia	69.88
10	Southern California	69.31
11	Colorado State	67.24
12	Texas Tech	66.43
13	Stanford	62.62
14	Texas A&M	59.15
15	Tennessee	58.63
16	Virginia Tech	52.46
17	Oklahoma State	51.07
18	Oklahoma	40.56
19	South Carolina	40.47
20	Kansas	40.01
21	Penn State	39.69
22	Cornell	37.87
23	Houston	37.61
24	Michigan	37.47
25	Washington	36.68
26	Ohio State	34.42
27	Minnesota	33.86
28	Indiana	32.15
29	Kansas State	32.15
30	Baylor	31.11
73	<b>Wyoming</b>	<b>9.09</b>

#### WOMEN

Rk.	School	Points
1	Oregon	208.12
2	Arkansas	190.77
3	Georgia	166.20
4	Southern California	120.18
5	Florida	91.23
6	Texas	88.25
7	LSU	87.48
8	Kentucky	79.75
9	Baylor	69.04
10	Notre Dame	67.96
11	Michigan	55.74
12	Purdue	53.77
13	Miami (Fla.)	52.45
14	Oklahoma State	51.17
15	North Carolina State	49.72
16	Ole Miss	49.65
17	Tennessee	45.45
18	Boise State	45.43
19	Kansas State	44.90
20	Georgetown	42.49
21	Washington	41.19
22	Alabama	39.87
23	Stanford	36.19
24	South Carolina	34.46
25	Cincinnati	34.27
26	Clemson	33.79
27	Oklahoma	33.64
28	New Mexico	29.68
29	Penn State	27.57
30	Wisconsin	27.46
75	<b>Wyoming</b>	<b>5.55</b>

#### Next Up

The Cowboys and Cowgirls travel to Boulder, Colo., for the second time this season to compete in the CU Open on Feb. 3-4.

### Cowboys and Cowgirls in the 2017 NCAA Indoor Rankings (as of Jan. 23)

#### COWBOYS

Rank	Name	Event	Meet	Time/Mark
T-19th	Jordan Charles	60 Hurdles	Power Meet	7.91@
T-20th	Scott Carter	Triple Jump	Power Meet	51-3
66th	Kirk Unland	Weight Throw	Power Meet	61-8.25
T-71st	Scott Carter	60 Hurdles	Power Meet	8.08@
T-75th	Caleb Seeton	Long Jump	Power Meet	23-9
T-90th	Scott Carter	Long Jump	Potts Invitational	23-7.5

#### COWGIRLS

Rank	Name	Event	Meet	Time/Mark
T-5th	Jerayah Davis	60 Meters	Power Meet	7.29@
44th	Ja'la Henderson	Long Jump	Power Meet	19-6.75
T-47th	Jerayah Davis	Long Jump	Power Meet	19-6
78th	Clare Nicolas	Pentathlon	Air Force Invite	3,191
T-84th	Emelda Malm-Annan	Weight Throw	Potts Invitational	59-4.25

## 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:	9

### 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:	27
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>						
Name	Mark	Meet	Location	Date	Mark	Date
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>						
Name	Mark	Meet	Location	Date	Mark	Date
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>						
Name	Mark	Meet	Location	Date	Mark	Date
Jace Marx	21.80	Potts Invitational	Boulder, Colo.	1/14/17	Same (No. 8 UW All-Time)	
<b>400 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Bryce Ailshie	48.84	Potts Invitational	Boulder, Colo.	1/14/17	Same (No. 10 UW All-Time)	
Ricky Faure	49.41	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Jace Marx	49.64	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Kevin Blackett	50.21	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Jackson Wood	50.33	Potts Invitational	Boulder, Colo.	1/14/17	Same	
<b>800 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Calum Kepler	1:55.09	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Phillip Thomas	1:56.58	Potts Invitational	Boulder, Colo.	1/14/17	1:54.18	2016
Isaac Kiefer	1:59.19	Potts Invitational	Boulder, Colo.	1/14/17	1:57.20	2016
<b>Mile</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Jonah Henry	4:12.01	Potts Invitational	Boulder, Colo.	1/14/17	Same	
<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
Marx, Charles, Kirkeide, Wood	3:29.94	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
Kyle Pollock	6-4 1/4	Potts Invitational	Boulder, Colo.	1/13/17	Same	
<b>Long Jump</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Caleb Seeton	23-9	Power Meet	Laramie, Wyo.	12/9/16	Same	
Scott Carter	23-7 1/2	Potts Invitational	Boulder, Colo.	1/13/17	24-1	2016
Bobby Wingeleth	22-8	Power Meet	Laramie, Wyo.	12/9/16	23-6 3/4 2015	
Kyle Alexander	21-8	Potts Invitational	Boulder, Colo.	1/13/17	22-6.5 2016	
Kyle Pollock	21-1 1/4	Potts Invitational	Boulder, Colo.	1/13/17	Same	
<b>Triple Jump</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Scott Carter	51-3	Power Meet	Laramie, Wyo.	12/9/16	51-8 1/2 (No. 5 UW All-Time) 2015	
Kyle Alexander	45-5 1/4	Potts Invitational	Boulder, Colo.	1/14/17	Same	
<b>Pole Vault</b>						
Name	Mark	Meet	Location	Date	Mark	Date
<b>Shot Put</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Martin Fitzwater	52-10	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Garrett Lynch	51-10 1/2	Power Meet	Laramie, Wyo.	12/9/16	54-2 3/4 2016	
Kirk Unland	47-5 1/4	Potts Invitational	Boulder, Colo.	1/14/17	Same	
<b>Weight Throw</b>						
Name	Mark	Meet	Location	Date	Mark	Date
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	
Garrett Lynch	51-3	Potts Invitational	Boulder, Colo.	1/13/17	Same	
<b>Heptathlon</b>						
Name	Mark	Meet	Location	Date	Mark	Date

# 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	
Mikalah Skates	8.86	Potts Invitational	Boulder, Colo.	1/14/17	8.60 (No. 7 UW All-Time)	
Ariana Williams	9.07	Potts Invitational	Boulder, Colo.	1/14/17	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
Makayla Pzinski	26.33	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Mikalah Skates	26.60	Potts Invitational	Boulder, Colo.	1/14/17	26.02	2015
<b>400 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Heidi Pfoor	1:00.50	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Kimberley Anglen	1:00.70	Power Meet	Laramie, Wyo.	12/9/16	55.79	2016
Ashley Dodds	1:01.27	Potts Invitational	Boulder, Colo.	1/14/17	1:00.32	2015
Danielle Alexander	1:03.32	Power Meet	Laramie, Wyo.	12/9/16	58.51	2016
Ashley Urman	1:03.62	Power Meet	Laramie, Wyo.	12/9/16	Same	
<b>800 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Lauren Hamilton	2:15.00	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Cassidy Meade	2:15.04	Potts Invitational	Boulder, Colo.	1/14/17	2:11.12 (No. 3 UW All-Time)	
Calbi Ausmann	2:16.96	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Solana Quistorff	2:18.07	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Emily Person	2:22.42	Potts Invitational	Boulder, Colo.	1/14/17	2:21.58	2016
Regan VanDepol	2:23.72	Potts Invitational	Boulder, Colo.	1/14/17	2:22.75	2016
Ashley Urman	2:28.30	Potts Invitational	Boulder, Colo.	1/14/17	Same	
<b>Mile</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Quinn DeStefano	5:00.85	Potts Invitational	Boulder, Colo.	1/14/17	Same (No. 10 UW All-Time)	
Kacey Doner	5:11.01	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Ashley Bock	5:16.58	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Kiah Leonard	5:20.56	Potts Invitational	Boulder, Colo.	1/14/17	5:09.72	2016
<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	5-5 1/4	Potts Invitational	Boulder, Colo.	1/13/17	Same	
Sofia Hof	5-3 1/4	Potts Invitational	Boulder, Colo.	1/13/17	5-5	2016
Madison Ashworth	5-0 1/2	Power Meet	Laramie, Wyo.	12/9/16	Same	
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
Allegra Carson	17-4	Potts Invitational	Boulder, Colo.	1/13/17	18-5	2016
Heidi Pfoor	17-4	Power Meet	Laramie, Wyo.	12/9/16	Same	
Mikalah 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

## 2016-17 Wyoming Notes

### Women's Indoor Performance List

(800 meters and above altitude/track converted)

Season Bests					Career Bests	
<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	59-4 1/4	Potts Invitational	Boulder, Colo.	1/13/17	64-3 1/4 (No. 6 UW All-Time)	2015
Kayla York	54-3 1/4	Power Meet	Laramie, Wyo.	12/9/16	55-1	2016
Hannah Carr	51-6 1/2	Potts Invitational	Boulder, Colo.	1/13/17	Same	
<b>Pentathlon</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Clare Nicolas	3191	Air Force Invite	Colorado Springs, Colo.	1/19/17	3205 (No. 7 UW All-Time)	2016
Heidi Pfoor	2942	Air Force Invite	Colorado Springs, Colo.	1/19/17	Same	
Mikalsh Skates	2916	Air Force Invite	Colorado Springs, Colo.	1/19/17	Same	

## 2016-17 Wyoming Notes

### Men's Individual Breakdown

(800 meters and above altitude/track converted)

#### Bryce Ailshie

Meet	Date	Event	Mark
Indoor Potts Invitational	1/14/17	400 Meters	6th, 48.84

#### Kyle Alexander

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	Triple Jump	4th, 45-2 1/4
Potts Invitational	1/13/17	Long Jump	7th, 21-8
	1/14/17	Triple Jump	6th, 45-5 1/4

#### Kevin Blackett

Meet	Date	Event	Mark
Indoor Potts Invitational	1/14/17	400 Meters	13th, 50.21

#### Scott Carter

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	Triple Jump	1st, 51-3
	12/9/16	60 Hurdles	3rd, 8.03
Potts Invitational	1/13/17	Long Jump	1st, 23-7.5
	1/14/17	Triple Jump	1st, 51-1
	1/14/17	60 Hurdles	2nd, 8.16

#### Jordan Charles

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	60 Hurdles	1st, 7.87
		Long Jump	N/A
		4x400 Relay	1st, 3:29.94

#### Michael Choma

Meet	Date	Event	Mark

#### Robert Creager

Meet	Date	Event	Mark
Indoor Power Meet	12/11/15	High Jump	2nd, 6-4

#### Michael Downey

Meet	Date	Event	Mark

#### Harry Ewing

Meet	Date	Event	Mark

#### Ricky Faure

Meet	Date	Event	Mark
Indoor Potts Invitational	1/14/17	400 Meters	9th, 49.41

#### Martin Fitzwater

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	Shot Put	8th, 47-9 1/4
Potts Invitational	1/14/17	Shot Put	3rd, 52-10

#### Hap Frketch

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	Weight Throw	2nd, 57-9
Potts Invitational	1/13/17	Weight Throw	4th, 56-6

#### Jesse Gray

Meet	Date	Event	Mark

#### Rowan Hawk

Meet	Date	Event	Mark

#### Christopher Henry

Meet	Date	Event	Mark

#### Jonah Henry

Meet	Date	Event	Mark
Indoor Mile	1/14/17	Mile	5th, 4:12.01

#### Daniel Hintz

Meet	Date	Event	Mark

#### Trey Jennings

Meet	Date	Event	Mark

#### Calum Kepler

Meet	Date	Event	Mark
Indoor Potts Invitational	1/14/17	800 Meters	5th, 1:55.09

#### Isaac Kiefer

Meet	Date	Event	Mark
Indoor Potts Invitational	1/14/17	800 Meters	9th, 1:59.19

#### Sam Kirkeide

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	60 Meters	1st, 6.88
		4x400 Relay	1st, 3:29.94
Potts Invitational	1/14/17	60 Meters	2nd, 6.93

#### Garrett Lynch

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	Shot Put	5th, 51-10 1/2
Potts Invitational	1/13/17	Weight Throw	9th, 51-3
	1/14/17	Shot Put	7th, 50-10 3/4

#### Jace Marx

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	60 Meters	2nd, 6.93
Potts Invitational	1/14/17	200 Meters	4th, 21.80
	1/14/17	400 Meters	11th, 49.64

#### Austin Murphy

Meet	Date	Event	Mark

#### Kyle Pollock

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	High Jump	1st, 6-2 3/4
Potts Invitational	1/13/17	Long Jump	10th, 21-10 1/4
	1/14/17	High Jump	6th, 6-4 1/4

#### Michael Rotellini

Meet	Date	Event	Mark

#### Mike Seas

Meet	Date	Event	Mark

#### Caleb Seeton

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	Long Jump	1st, 23-9
Potts Invitational	1/13/17	Long Jump	2nd, 22-11 3/4

#### Phillip Thomas

Meet	Date	Event	Mark
Indoor Potts Invitational	1/14/17	800 Meters	7th, 1:56.58

#### Damon Unland

Meet	Date	Event	Mark

#### Kirk Unland

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	Weight Throw	1st, 61-8 1/4
		Shot Put	9th, 46-5 1/2
Potts Invitational	1/13/17	Weight Throw	1st, 59-1 1/4
	1/14/17	Shot Put	11th, 47-5 1/4

#### Bobby Wingeleth

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	Long Jump	2nd, 22-8
Potts Invitational	1/13/17	Long Jump	6th, 21-11

#### Jackson Wood

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	400 Meters	2nd, 51.81
		4x400 Relay	1st, 3:29.94
Potts Invitational	1/14/17	400 Meters	15th, 50.33

# 2016-17 Wyoming Notes

## Women's Individual Breakdown

(800 meters and above altitude/track converted)

<b>Danielle Alexander</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	400 Meters	3rd, 1:03.32
			4x400 Relay	2nd, 4:17.00
<b>Madison Ashworth</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	High Jump	3rd, 5-0 1/2
<b>Calbi Ausmann</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Potts Invitational	1/14/17	800 Meters	7th, 2:16.96
<b>Hannah Bertelson</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	High Jump	6th, 4-10 1/2
<b>Ashley Bock</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Potts Invitational	1/14/17	Mile	12th, 5:16.58
<b>Megan Brunette</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
<b>Hannah Carr</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	Weight Throw	8th, 50-8
	Potts Invitational	1/13/17	Weight Throw	7th, 51-6 1/2
<b>Allegra Carson</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	Triple Jump	1st, 38-3 1/2
	Potts Invitational	1/13/17	Long Jump	6th, 17-4
	Potts Invitational	1/14/17	Triple Jump	6th, 36-5 1/2
<b>Jerayah Davis</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	60 Meters	1st, 7.25
			Long Jump	2nd, 19-6
<b>Audra DeStefano</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
<b>Quinn DeStefano</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Potts Invitational	1/14/17	Mile	8th, 5:00.85
<b>Ashley Dodds</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	400 Meters	5th, 1:03.52
			4x400 Relay	2nd, 4:17.00
	Potts Invitational	1/14/17	400 Meters	12th, 1:01.27
<b>Kacey Doner</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Potts Invitational	1/14/17	Mile	10th, 5:11.01
<b>Jordan Edmonds</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	60 Meters	8th, 7.78
<b>Lauren Hamilton</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Potts Invitational	1/14/17	800 Meters	5th, 2:15.00
<b>Melina Harris</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	60 Meters	3rd, 7.63
	Potts Invitational	1/14/17	60 Meters	2nd, 7.66
<b>Ja'la Henderson</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	Long Jump	1st, 19-6 3/4
			60 Meters	2nd, 7.58
<b>Sofia Hof</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	High Jump	3rd, 5-0 1/2
	Potts Invitational	1/13/17	High Jump	7th, 5-3 1/4
<b>Holly Huber</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	60 Hurdles	8th, 9.79
<b>Kiah Leonard</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Potts Invitational	1/14/17	Mile	13th, 5:20.56

<b>Emelda Malm-Annann</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	Weight Throw	3rd, 58-3 3/4
	Potts Invitational	1/13/17	Weight Throw	1st, 59-4 1/4
<b>Madison Marsh</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	High Jump	6th, 4-10 1/2
<b>Cassidy Meade</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Potts Invitational	1/14/17	800 Meters	6th, 2:15.04
<b>Clare Nicolas</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	Long Jump	7th, 17-7
			60 Hurdles	9th, 9.95
<b>Isabella Pape</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
<b>Emily Person</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Potts Invitational	1/14/17	800 Meters	11th, 2:22.42
<b>Heidi Pfoor</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	60 Hurdles	2nd, 8.83
			Long Jump	8th, 17-4
	Potts Invitational	1/14/17	60 Hurdles	9th, 9.24
			400 Meters	10th, 1:00.50
<b>Makayla Pzinski</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	60 Meters	7th, 7.73
	Potts Invitational	1/14/17	60 Meters	4th, 7.76
			200 Meters	4th, 26.33
<b>Solana Quistorff</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Potts Invitational	1/14/17	800 Meters	8th, 2:18.07
<b>Karlin Rufenacht</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	High Jump	5-0 1/2
<b>Mikalah Skates</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	60 Hurdles	1st, 8.91
			Long Jump	10th, 16-6
	Potts Invitational	1/14/17	60 Hurdles	3rd, 8.86
			200 Meters	8th, 26.60
<b>Victori Sleep</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
<b>Day Timberman</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
<b>Ashley Urman</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	400 Meters	6th, 1:03.62
	Potts Invitational	1/14/17	800 Meters	15th, 2:28.30
<b>Taylor Van Holland</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
<b>Regan VanDePol</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Potts Invitational	1/14/17	800 Meters	13th, 2:23.72
<b>Anissa Warner</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	High Jump	1st, 5-2 1/2
	Potts Invitational	1/13/17	High Jump	5th, 5-5 1/4
<b>Kerry White</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
<b>Ariana Williams</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	60 Hurdles	5th, 9.12
			4x400 Relay	2nd, 4:17.00
	Potts Invitational	1/14/17	60 Hurdles	7th, 9.07
<b>Kayla York</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	Weight Throw	5th, 54-3 1/4
	Potts Invitational	1/13/17	Weight Throw	6th, 52-10 3/4

# 2016-17 Wyoming Notes

## Men's Indoor School Records

(as of January 14, 2017)

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	4. <b>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. <b>Jace Marx</b>	<b>21.80</b>	<b>17</b>	8. Greg Farnham	48.75	94
9. Calil Burnett	6.85	15	9. Seth Billy	8.30	02	9. Dean Haynes	21.86	88	9. Jermaine Kelly	48.82	05
Dwight Neptune	6.85	04	Jason Medearis	8.30	97	10. Deon McCalla	22.10	97	10. <b>Bryce Ailshie</b>	<b>48.84</b>	<b>17</b>
						Lenyn Leonce	22.10	12			
800 Meters			1 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 January 19, 2017)

60 Meters			60-Meter Hurdles			200 Meters			400 Meters			
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year	
1. Jerayah Davis	<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	
<b>6. 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	
<b>10. 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	<b>10. Quinn DeStefano</b>	<b>5:00.85</b>	<b>17</b>	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, Roberton, 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	<b>3. 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	Chan Johnson	5-8	02	4. Britney Jackson	3,388	10	
5. Robin Lyons	49-9	00	5. Adrienne Prosser	19-3 1/4	96	Keeley Johnson	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	Jamie Davies	5-7 1/4	96	7. Clare Nicolas	3,205	16	
8. Shreese Daniels	48-2	13	8. Kathy Janicke	19-0	90	Chris Lazz	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	Britney Jackson	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	Adrienne Prosser	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	Jodie Sanborn	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	Anna Hardy	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			

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# 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 Roynance	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			

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