



# 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

Graduate Assistant/T&F Contact	Nate Lake
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### Meet Information

<b>Meet</b>	Colorado Open
<b>When</b>	Friday - Saturday, Feb. 3-4
<b>Where</b>	Boulder, Colo. (Host: Colorado) Indoor Practice Facility
<b>Time</b>	10:30 a.m. MT Friday (Field Events) 7:30 p.m. MT Friday (Track Events)



### Notes

#### Wyoming Track & Field Travels Back to Boulder for Colorado Open

The University of Wyoming track & field team heads to Boulder, Colo., for the second time during the 2016-17 indoor season this Friday and Saturday, returning to the University of Colorado's brand-new Indoor Practice Facility to compete in the Colorado Open. During the Pokes' last trip to Boulder on Jan. 13-14 for the Potts Indoor Invitational, recently crowned Mountain West Men's Field Athlete of the Week Scott Carter collected wins in both the long jump and triple jump while taking second in the 60-meter hurdles. After contributing to 12 of the Cowboys' 73 points at the Powder River Dual in Gillette, Wyo., on Saturday, Carter will attempt to put his versatility on display in Boulder again this weekend.

Dynamic sophomore duo Ja'la Henderson and Jerayah Davis continue to dominate opponents in the 60-meter dash and long jump and will look to continue the trend in Boulder. Davis won the 60-meter dash in Gillette while Henderson took top honors in the long jump, and each was the runner-up in the opposite event. The two-athlete wrecking crew will take its talents to Colorado's state of the art facility in hopes of maintaining conference leads in both the 60-meter dash (Davis) and long jump (Henderson).

While most of the squad makes the short trip down to Colorado, Wyoming throws coach Paul Barrett will send a handful of throwers to compete in the weight throw at the Washington State Cougar Invite in Pullman, Wash., on Friday. In Boulder, most field events will take place on Friday, while Lauren Hamilton will be the lone Wyoming runner to compete on Friday as she enters the seeded mile. The shot put is Saturday's only field event, while track events begin at 11:00 a.m. on Saturday. The meet will wrap up after the women's 4x400-meter relay, which is scheduled for 4 p.m. MT.

#### Last Time Out: Cowgirls Beat Montana State, Cowboys Drop Close Contest in Gillette

The University of Wyoming women's track and field team triumphed over Montana State, 82-66, while the men lost a close contest, 77-73, in the Powder River Dual at the Campbell Country Recreation Center in Gillette, Wyo., on Saturday, Jan. 28. The Cowgirls captured victories in nine events, while the Cowboys won seven events.

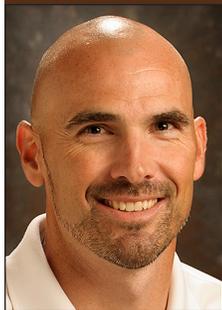
"We're a very well-balanced team," said head coach Bryan Berryhill of the women's squad. "In a dual meet setting, that will get you where we got today, which is a pretty dominating win. We scored in pretty much every event area. I really like where our women's team is at."

### 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.	W-W, M-L	4/1	Tom Benich Invite	Greeley, Colo.	TBA
2/3	Washington St. Cougar Invite	Pullman, Wash.	1:45 p.m.	4/7-8	CU Invite	Boulder, Colo.	TBA
2/3-4	Colorado Open	Boulder, Colo.	10:30am(2/3)	4/13-15	Mt. SAC Relays	Torrance, Calif.	TBA
2/10-11	Husky Classic	Seattle, Wash.	5 p.m. (2/10)	4/14-15	Mark Faldmo Invitational	Logan, Utah	TBA
2/10-11	Don Kirby Invite	Albuquerque, N.M.	TBA	4/21-22	Jack Christiansen Invite	Fort Collins, Colo.	TBA
2/17	Rocky Mountain Classic	Laramie, Wyo.	TBA	4/28	7220 Invite	Laramie, Wyo.	TBA
2/23-25	MW Championships	Albuquerque, N.M.	TBA	5/5	Dual vs. Colorado State	Fort Collins, Colo.	TBA
3/10-11	NCAA Championships	College Station, Texas	11 a.m. (3/10)	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

Sophomore tandem Jerayah Davis and Ja'la Henderson contributed another solid slate of performances on Saturday. Davis won the women's 60-meter dash with a time of 7.44 seconds, while Henderson was victorious in the women's long jump at 19 feet, 4.75 inches. Davis took runner-up honors in the long jump, leaping 18-11.25, while Henderson was runner-up in the 60-meter dash with a time of 7.75.

Melina Harris continued the Cowgirls' solid performance in the sprints, taking second in the 200-meter dash at 25.44 and winning the 400 meters with an adjusted time of 58.64. Jace Marx had a great meet in the sprints on the men's side, winning the 60-meter dash in 6.99 and the 200-meter dash with a time of 22.22. Jordan Charles won the men's 60-meter hurdles with a time of 8.15. Mikalah Skates was second in the women's 60-meter hurdles, clocking in at 8.86.

"I thought we did really well in the sprints," Berryhill said of the men's performance. "Overall, there were some good things that happened but we lost a lot of close battles that, in a dual meet, will kind of come back to get you in the end. We've got to go home, work on some things and figure out how to get better from here."

The middle distance squad provided a highlight on the men's side, with Ricky Faure taking the 800 meters victory with an adjusted time of 1:51.08. Bryce Ailshie placed second with a personal best adjusted time of 1:51.46, which checks in at No. 7 on the UW all-time list for the event. Jonah Henry was impressive in the mile, taking the win with an adjusted time of 4:16.28.

The Cowgirls swept the top three spots in the 3,000 meters, with Gillette native Quinn DeStefano leading the way at 9:58.61 while Ashley Bock and Megan Brunette followed with times of 10:04.13 and 10:08.86, respectively.

Freshman Anissa Warner was a winner in the women's high jump, clearing 5-5, while junior Day Timberman captured the women's triple jump at 38-9. Allegra Carson was second, leaping 37-7.25. Hannah Carr and Emelda Malm-Annan were winners in the throws, with Carr taking the shot put at 43-8.5 while Malm-Annan continued her dominance in the weight throw with a toss of 59-10.25.

Caleb Seeton was victorious in the men's long jump, posting a mark of 23-5.5. Scott Carter continued to dominate in the men's triple jump, recording a mark of 50-3.5 for the win. The men's competition came down to the final event, the 4x400-meter relay, with Montana State's relay team taking the event win to seal the meet victory.

**Scott Carter Named Mountain West Men's Indoor Field Athlete of the Week**

The Mountain West has named University of Wyoming senior Scott Carter its Men's Field Athlete of the Week, the conference office announced Tuesday. Carter was a contributor for 12 of Wyoming's 73 points in Saturday's dual vs. Montana State, winning the triple jump while taking second in the 60-meter hurdles and fourth in the high jump. Carter also ran the anchor leg of Wyoming's 4x400-meter relay team that took second place at the dual.

Carter won the triple jump by over four feet in Gillette, Wyo., at the Campbell County Recreation Center, posting a mark of 50 feet, 3.5 inches. The win was his third consecutive victory in the event to begin the 2016-17 indoor season. Carter's previous season-best mark of 51-3, posted at the Power Meet in December, leads the Mountain West by a large margin.

The redshirt senior continued to display his versatility with another solid performance in the 60-meter hurdles, clocking in at 8.17 seconds and finishing just two hundredths of a second behind senior teammate Jordan Charles. Carter's high jump and 4x400-meter relay appearances were both career firsts.

The weekly accolade is the first of Carter's career and Wyoming's second weekly honor from the conference this season, as sophomore Jerayah Davis was honored as the Mountain West Women's Indoor Track Athlete of the Week on Dec. 13. Carter is the first Cowboy to receive an indoor athlete of the week honor from the Mountain West since Tyler Anderson was named the MW Indoor Field Athlete of the Week on Feb. 24, 2015.

**Ailshie Off to Hot Start in 2016-17**

Cowboy middle distance runner Bryce Ailshie is off to a blazing start to the 2016-17 season, posting UW all-time top 10 marks in each of his first two meets of the year. At the Potts Indoor Invitational, Ailshie competed in the 400 meters, an off event for the 800 meters specialist. All the sophomore did was post the No. 10 mark on the UW all-time list, clocking in at 48.84 seconds.

Competing in his first 800-meter race of the season at the Powder River Dual, Ailshie posted a time of 1:51.46, an indoor personal best and good enough for No. 7 on the UW all-time list. Teammate Ricky Faure, who barely clipped Ailshie for the event win in Gillette by posting a time of 1:51.08, ranks No. 4 on the UW all-time list with a time of 1:50.01. The middle distance duo will spend the remainder of the 2017 indoor season chasing the Cowboy record of 1:48.30, set by Jeremiah Johnson in 2004.

## 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

#### Men's Indoor Field Athletes of the Week

Date	Name	Class	Events
1/31	Scott Carter	Sr.	TJ/60h

### USTFCCCA Regional Rankings

#### MOUNTAIN REGION

#### Women (Jan. 30)

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

#### Men (Jan. 30)

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

### 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 Week 2 National Rankings

The Week 2 edition of the 2016-17 USTFCCCA National Team Rankings was released Monday, with the Cowboys coming in at No. 75 while the Cowgirls are ranked No. 76 among the nation's track & field squads.

#### MEN

Rk.	School	Points
1	Florida	185.43
2	Oregon	147.67
3	LSU	110.11
4	Arkansas	88.75
5	Texas A&M	86.74
6	Georgia	83.86
7	Syracuse	81.58
8	Southern California	72.00
9	Alabama	67.38
10	Colorado State	64.86
11	Kansas	64.00
12	Virginia	63.77
13	Stanford	62.74
14	Texas Tech	58.81
15	Tennessee	58.75
16	Texas	57.50
17	Virginia Tech	49.88
18	Oklahoma State	47.58
19	Michigan	45.55
20	Washington	41.02
21	Penn State	38.75
22	Oklahoma	37.31
23	Southern Illinois	36.60
24	South Carolina	35.79
25	Houston	35.36
26	Ohio State	34.02
27	Cornell	32.08
28	Minnesota	30.68
29	Kansas State	28.76
30	Indiana	28.22
75	<b>Wyoming</b>	<b>9.05</b>

#### WOMEN

Rk.	School	Points
1	Oregon	235.64
2	Arkansas	188.81
3	Georgia	171.68
4	Southern California	132.63
5	Florida	96.85
6	Texas	84.77
7	LSU	83.50
8	Kentucky	73.69
9	Notre Dame	65.43
10	Baylor	59.78
11	Boise State	52.79
12	Michigan	52.74
13	Purdue	51.37
14	Miami (Fla.)	49.32
15	Ole Miss	49.29
16	North Carolina State	46.27
17	Oklahoma State	46.21
18	Kansas State	46.18
19	Penn State	45.54
20	Alabama	43.38
21	Tennessee	40.90
22	Georgetown	37.64
23	Washington	37.36
24	Harvard	35.57
25	New Mexico	34.65
26	Cincinnati	33.76
27	Oklahoma	33.71
28	South Carolina	31.89
29	Stanford	31.07
30	Louisville	26.17
76	<b>Wyoming</b>	<b>4.50</b>

#### Next Up

Wyoming athletes will compete at both the Husky Classic in Seattle, Wash. and the Don Kirby Invite in Albuquerque, N.M., on Feb. 10-11.

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

#### COWBOYS

Rank	Name	Event	Meet	Time/Mark
T-22nd	Scott Carter	Triple Jump	Power Meet	51-3
T-29th	Jordan Charles	60 Hurdles	Power Meet	7.91
50th	Ricky Faure	800 Meters	Powder River Dual	1:51.08
61st	Bryce Ailshie	800 Meters	Powder River Dual	1:51.46
76th	Kirk Unland	Weight Throw	Power Meet	61-8.25
T-85th	Scott Carter	60 Hurdles	Power Meet	8.08
T-93rd	Caleb Seeton	Long Jump	Power Meet	23-9

#### COWGIRLS

Rank	Name	Event	Meet	Time/Mark
T-7th	Jerayah Davis	60 Meters	Power Meet	7.29
T-49th	Ja'la Henderson	Long Jump	Power Meet	19-6.75
T-56th	Jerayah Davis	Long Jump	Power Meet	19-6
T-96th	Emelda Malm-Annan	Weight Throw	Powder River Dual	59-10.25

## 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	
Caleb Seeton	7.06	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
Jordan Charles	7.12	Powder River Dual	Gillette, Wyo.	1/28/17	6.79 (No. 9 UW All-Time Mark)	2015
<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)	
Kevin Blackett	22.95	Powder River Dual	Gillette, Wyo.	1/28/17	22.62	2015
<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	
Jackson Wood	49.66	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
Kevin Blackett	50.14	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
<b>800 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Ricky Faure	1:51.08	Powder River Dual	Gillette, Wyo.	1/28/17	1:50.01 (No. 4 UW All-Time)	2015
Bryce Ailshie	1:51.46	Powder River Dual	Gillette, Wyo.	1/28/17	Same (No. 7 UW All-Time)	
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	
Daniel Hintz	4:23.83	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
<b>3,000 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Mike Seas	8:26.77	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
Jonah Henry	8:45.86	Powder River Dual	Gillette, Wyo.	1/28/17	8:19.13	2016
<b>5,000 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
<b>4x400-Meter Relay</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Blackett, Marx, Wood, Carter	3:21.19	Powder River Dual	Gillette, Wyo.	1/28/17		
<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	
Scott Carter	5-7	Powder River Dual	Gillette, Wyo.	1/28/17	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	21-9	Powder River Dual	Gillette, Wyo.	1/28/17	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
Trey Jennings	12-1 1/2	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
<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	

## 2016-17 Wyoming Notes

Weight Throw Name	Mark	Meet	Location	Date	Mark	Date
Kirk Unland	61-8 1/4	Power Meet	Laramie, Wyo.	12/9/16	Same	
Hap Frketchich	57-9	Power Meet	Laramie, Wyo.	12/9/16	Same	
Garrett Lynch	51-3	Potts Invitational	Boulder, Colo.	1/13/17	Same	

Heptathlon Name	Mark	Meet	Location	Date	Mark	Date
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### Women's Indoor Performance List

(800 meters and above altitude/track converted)

Season Bests					Career Bests	
Name	Mark	Meet	Location	Date	Mark	Date
<b>60 Meters</b>						
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>						
Heidi Pfoor	8.83	Power Meet	Laramie, Wyo.	12/9/16	Same	2014
Mikalah Skates	8.86	Potts Invitational	Boulder, Colo.	1/14/17	8.60 (No. 7 UW All-Time)	2015
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>						
Melina Harris	25.12	Powder River Dual	Gillette, Wyo.	1/28/17	24.75	2016
Jordan Edmonds	25.75	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
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
Ashley Dodds	26.81	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
<b>400 Meters</b>						
Melina Harris	58.64	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
Heidi Pfoor	1:00.50	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Danielle Alexander	1:01.12	Powder River Dual	Gillette, Wyo.	1/28/17	58.51	2016
Jordan Edmonds	1:01.14	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
Ashley Dodds	1:01.27	Potts Invitational	Boulder, Colo.	1/14/17	1:00.32	2015
Ashley Urman	1:02.55	Power Meet	Laramie, Wyo.	12/9/16	Same	
<b>800 Meters</b>						
Kerry White	2:14.47	Powder River Dual	Gillette, Wyo.	1/28/17	2:10.96 (No. 2 UW All-Time)	2016
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)	2015
Emily Person	2:15.96	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
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	
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	
Heidi Pfoor	2:33.12	Air Force Invite	Colorado Springs, Colo.	1/19/17	Same	
Clare Nicolas	2:38.73	Air Force Invite	Colorado Springs, Colo.	1/19/17	2:32.32	2016
Mikalah Skates	2:46.77	Air Force Invite	Colorado Springs, Colo.	1/19/17	Same	
<b>Mile</b>						
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>						
Quinn DeStefano	9:58.60	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
Ashley Bock	10:04.12	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
Megan Brunette	10:08.85	Powder River Dual	Gillette, Wyo.	1/28/17	9:50.33 (No. 6 UW All-Time)	2016
Kacey Doner	10:10.00	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
Kiah Leonard	10:37.13	Powder River Dual	Gillette, Wyo.	1/28/17	10:24.61	2016
<b>5,000 Meters</b>						
<b>4x400-Meter Relay</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Meade, Pfoor, Alexander, White	3:56.61	Powder River Dual	Gillette, Wyo.	1/28/17		
<b>Distance Medley Relay</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>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
Clare Nicolas	5-1	Air Force Invite	Colorado Springs, Colo.	1/19/17	Same	
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	4-11	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
Madison Marsh	4-10 1/2	Power Meet	Laramie, Wyo.	12/9/16	5-1	2015
Heidi Pfoor	4-6	Air Force Invite	Colorado Springs, Colo.	1/19/17	Same	
Mikalalah Skates	4-6	Air Force Invite	Colorado Springs, Colo.	1/19/17	Same	
<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)	2016
Jerayah Davis	19-6	Power Meet	Laramie, Wyo.	12/9/16	Same (No. 3 UW All-Time)	
Clare Nicolas	18-0 1/4	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
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	
Mikalalah Skates	16-6	Power Meet	Laramie, Wyo.	12/9/16	Same	
<b>Triple Jump</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Day Timberman	38-9	Powder River Dual	Gillette, Wyo.	1/28/17	40-2 1/4 (No. 1 UW All-Time)	2016
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
Hannah Carr	43-8 1/2	Powder River Dual	Gillette, Wyo.	1/28/17	43-10 3/4	2015
Kayla York	38-4 1/4	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
Clare Nicolas	34-7	Powder River Dual	Gillette, Wyo.	1/28/17	34-8.5	2016
Mikalalah Skates	30-9 1/4	Air Force Invite	Colorado Springs, Colo.	1/19/17	Same	
Heidi Pfoor	25-11	Air Force Invite	Colorado Springs, Colo.	1/19/17	Same	
<b>Weight Throw</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Emelda Malm-Annan	59-10 1/4	Powder River Dual	Gillette, Wyo.	1/28/17	64-3 1/4 (No. 6 UW All-Time)	2015
Kayla York	55-2	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
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	
Mikalalah 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
Powder River Dual	1/28/17	800 Meters	2nd, 1:51.46

### 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
Powder River Dual	1/28/17	Long Jump	7th, 21-9
		Triple Jump	6th, 45-5 1/4

### Kevin Blackett

Meet	Date	Event	Mark
Indoor Potts Invitational	1/14/17	400 Meters	13th, 50.21
Powder River Dual	1/28/17	200 Meters	3rd, 22.95
		400 Meters	5th, 50.21
		4x400 Relay	2nd, 3:21.19

### 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
Powder River Dual	1/28/17	High Jump	4th, 5-7
		Triple Jump	1st, 50-3 1/2
		60 Hurdles	2nd, 8.17
		4x400 Relay	2nd, 3:21.19

### 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
Powder River Dual	1/28/17	60 Meters	3rd, 7.12
		60 Hurdles	1st, 8.15

### 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
Powder River Dual	1/28/17	800 Meters	1st, 1:51.08

### 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
Powder River Dual	1/28/17	Shot Put	5th, 49-5 3/4

### 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
Powder River Dual	1/28/17	Weight Throw	3rd, 54-3 1/4

### Jesse Gray

Meet	Date	Event	Mark

### Christopher Henry

Meet	Date	Event	Mark

### Jonah Henry

Meet	Date	Event	Mark
Indoor Potts Invitational	1/14/17	Mile	5th, 4:12.01
Powder River Dual	1/28/17	Mile	1st, 4:16.28
		3,000 Meters	5th, 8:45.86

### Daniel Hintz

Meet	Date	Event	Mark
Indoor Powder River Dual	1/28/17	Mile	4th, 4:23.83

### Trey Jennings

Meet	Date	Event	Mark
Indoor Powder River Dual	1/28/17	Pole Vault	5th, 12-1 1/2

### Calum Kepler

Meet	Date	Event	Mark
Indoor Potts Invitational	1/14/17	800 Meters	5th, 1:55.09
Powder River Dual	1/28/17	800 Meters	3rd, 1:55.21

### 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
Powder River Dual	1/28/17	Shot Put	4th, 50-2

### 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
Powder River Dual	1/28/17	60 Meters	1st, 6.99
	1/28/17	200 Meters	1st, 22.22
	1/28/17	4x400 Relay	2nd, 3:21.19

### 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
Powder River Dual	1/28/17	High Jump	3rd, 6-2 3/4
		Long Jump	8th, 20-11 3/4

### Michael Rotellini

Meet	Date	Event	Mark

### Mike Seas

Meet	Date	Event	Mark
Indoor Powder River Dual	1/28/17	3,000 Meters	4th, 8:26.78

### 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
Powder River Dual	1/28/17	60 Meters	2nd, 7.06
		Long Jump	1st, 23-5 1/2

### Phillip Thomas

Meet	Date	Event	Mark
Indoor Potts Invitational	1/14/17	800 Meters	7th, 1:56.58
Powder River Dual	1/28/17	800 Meters	4th, 1:56.79

### 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
Powder River Dual	1/28/17	Weight Throw	2nd, 59-1 1/2

### 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
Powder River Dual	1/28/17	Long Jump	6th, 22-0 1/4

### 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
Powder River Dual	1/28/17	400 Meters	2nd, 49.66
		4x400 Relay	2nd, 3:21.19

# 2016-17 Wyoming Notes

## Women's Individual Breakdown

(800 meters and above altitude/track converted)

<b>Danielle Alexander</b>				
	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	400 Meters	3rd, 1:03.32
			4x400 Relay	2nd, 4:17.00
	Powder River Dual	1/28/17	400 Meters	5th, 1:01.12
			4x400 Relay	2nd, 3:56.29
<b>Madison Ashworth</b>				
	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	High Jump	3rd, 5-0 1/2
<b>Calbi Ausmann</b>				
	Meet	Date	Event	Mark
Indoor	Potts Invitational	1/14/17	800 Meters	7th, 2:16.96
<b>Hannah Bertelson</b>				
	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	High Jump	6th, 4-10 1/2
	Powder River Dual	1/28/17	High Jump	5th, 4-11
<b>Ashley Bock</b>				
	Meet	Date	Event	Mark
Indoor	Potts Invitational	1/14/17	Mile	12th, 5:16.58
	Powder River Dual	1/28/17	3,000 Meters	2nd, 10:04.13
<b>Megan Brunette</b>				
	Meet	Date	Event	Mark
Indoor	Powder River Dual	1/28/17	3,000 Meters	3rd, 10:08.85
<b>Hannah Carr</b>				
	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	Weight Throw	8th, 50-8
	Potts Invitational	1/13/17	Weight Throw	7th, 51-6 1/2
	Powder River Dual	1/28/17	Shot Put	1st, 43-8 1/2
			Weight Throw	5th, 49-3
<b>Allegra Carson</b>				
	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	Triple Jump	1st, 38-3 1/2
	Potts Invitational	1/13/17	Long Jump	6th, 17-4
		1/14/17	Triple Jump	6th, 36-5 1/2
	Powder River Dual	1/28/17	Triple Jump	2nd, 37-7 1/4
<b>Jerayah Davis</b>				
	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	60 Meters	1st, 7.25
			Long Jump	2nd, 19-6
	Powder River Dual	1/28/17	60 Meters	1st, 7.44
			Long Jump	2nd, 18-11 1/4
<b>Audra DeStefano</b>				
	Meet	Date	Event	Mark
<b>Quinn DeStefano</b>				
	Meet	Date	Event	Mark
Indoor	Potts Invitational	1/14/17	Mile	8th, 5:00.85
	Powder River Dual	1/28/17	3,000 Meters	1st, 9:58.60
<b>Ashley Dodds</b>				
	Meet	Date	Event	Mark
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
	Powder River Dual	1/28/17	200 Meters	5th, 27.15
			4x400 Relay	4th, 4:07.30
<b>Kacey Doner</b>				
	Meet	Date	Event	Mark
Indoor	Potts Invitational	1/14/17	Mile	10th, 5:11.01
	Powder River Dual	1/28/17	3,000 Meters	5th, 10:10.00
<b>Jordan Edmonds</b>				
	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	60 Meters	8th, 7.78
	Powder River Dual	1/28/17	200 Meters	4th, 26.08
			400 Meters	6th, 1:01.14
<b>Lauren Hamilton</b>				
	Meet	Date	Event	Mark
Indoor	Potts Invitational	1/14/17	800 Meters	5th, 2:15.00
<b>Melina Harris</b>				
	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	60 Meters	3rd, 7.63
	Potts Invitational	1/14/17	60 Meters	2nd, 7.66
	Powder River Dual	1/28/17	200 Meters	2nd, 25.44
			400 Meters	1st, 58.64

<b>Ja'la Henderson</b>				
	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	Long Jump	1st, 19-6 3/4
			60 Meters	2nd, 7.58
	Powder River Dual	1/28/17	Long Jump	1st, 19-4 3/4
			60 Meters	2nd, 7.75
<b>Sofia Hof</b>				
	Meet	Date	Event	Mark
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
	Powder River Dual	1/28/17	High Jump	4th, 5-1
<b>Holly Huber</b>				
	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	60 Hurdles	8th, 9.79
<b>Kiah Leonard</b>				
	Meet	Date	Event	Mark
Indoor	Potts Invitational	1/14/17	Mile	13th, 5:20.56
	Powder River Dual	1/28/17	3,000 Meters	7th, 10:37.14
<b>Emelda Malm-Annann</b>				
	Meet	Date	Event	Mark
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
	Powder River Dual	1/28/17	Weight Throw	1st, 59-10 1/4
<b>Madison Marsh</b>				
	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	High Jump	6th, 4-10 1/2
<b>Cassidy Meade</b>				
	Meet	Date	Event	Mark
Indoor	Potts Invitational	1/14/17	800 Meters	6th, 2:15.04
	Powder River Dual	1/28/17	800 Meters	5th, 2:15.35
			4x400 Relay	2nd, 3:56.29
<b>Clare Nicolas</b>				
	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	Long Jump	7th, 17-7
			60 Hurdles	9th, 9.95
	Air Force Invitational	1/19/17	Pentathlon	3,191
			60 Hurdles	9.83
			High Jump	5-1
			Shot Put	33-11 1/4
			Long Jump	17-6
			800 Meters	2:38.73
	Powder River Dual	1/28/17	60 Hurdles	7th, 9.95
			Long Jump	4th, 18-0 1/4
			Shot Put	5th, 34-7
			4x400 Relay	4th, 4:07.30
<b>Isabella Pape</b>				
	Meet	Date	Event	Mark
<b>Emily Person</b>				
	Meet	Date	Event	Mark
Indoor	Potts Invitational	1/14/17	800 Meters	11th, 2:22.42
	Powder River Dual	1/28/17	800 Meters	6th, 2:15.97
<b>Heidi Pfoor</b>				
	Meet	Date	Event	Mark
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
	Air Force Invitational	1/19/17	Pentathlon	2,942
			60 Hurdles	9.08
			High Jump	4-6
			Shot Put	25-11
			Long Jump	16-2 1/2
			800 Meters	2:33.12
	Powder River Dual	1/28/17	60 Hurdles	4th, 9.19
			4x400 Relay	2nd, 3:56.29
<b>Makayla Pzinski</b>				
	Meet	Date	Event	Mark
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
	Powder River Dual	1/28/17	60 Meters	3rd, 7.79
<b>Solana Quistorff</b>				
	Meet	Date	Event	Mark
Indoor	Potts Invitational	1/14/17	800 Meters	8th, 2:18.07

## 2016-17 Wyoming Notes

### Women's Individual Breakdown

(800 meters and above altitude/track converted)

#### Karlin Rufenacht

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	High Jump	5-0 1/2

#### Mikalsh Skates

Meet	Date	Event	Mark
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
Air Force Invitational	1/19/17	Pentathlon	2,916
		60 Hurdles	8.86
		High Jump	4-6
		Shot Put	30-9 1/4
		Long Jump	16-1
		800 Meters	2:46.77
Powder River Dual	1/28/17	60 Hurdles	2nd, 9.04

#### Victori Sleep

Meet	Date	Event	Mark
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#### Day Timberman

Meet	Date	Event	Mark
Indoor Powder River Dual	1/28/17	Triple Jump	1st, 38-9

#### Ashley Urman

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	400 Meters	6th, 1:03.62
Potts Invitational	1/14/17	800 Meters	15th, 2:28.30
Powder River Dual	1/28/17	400 Meters	7th, 1:03.91
		4x400 Relay	4th, 4:07.30

#### Taylor Van Holland

Meet	Date	Event	Mark
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#### Regan VanDepol

Meet	Date	Event	Mark
Indoor Potts Invitational	1/14/17	800 Meters	13th, 2:23.72

#### Anissa Warner

Meet	Date	Event	Mark
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
Powder River Dual	1/28/17	High Jump	1st, 5-5

#### Kerry White

Meet	Date	Event	Mark
Indoor Powder River Dual	1/28/17	800 Meters	3rd, 2:14.48
		4x400 Relay	2nd, 3:56.29

#### Ariana Williams

Meet	Date	Event	Mark
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
Powder River Dual	1/28/17	60 Hurdles	3rd, 9.09
		4x400 Relay	4th, 4:07.30

#### Kayla York

Meet	Date	Event	Mark
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
Powder River Dual	1/28/17	Weight Throw	2nd, 55-2
		Shot Put	3rd, 38-4 1/4



# 2016-17 Wyoming Notes

## Women's Indoor School Records

(as of January 28, 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	7.25	16	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. Ja'la Henderson	7.58	16	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. Melina Harris	7.63	16	10. Tomeca Brown	8.73	00	10. McKenzie Brogan	24.67	16	10. Kim Robertson	55.79	16
<b>800 Meters</b>			<b>Mile</b>			<b>3,000 Meters</b>			<b>5,000 Meters</b>		
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. Quinn DeStefano	5:00.85	17	10. Gladys Jerotich	9:58.57	05	10. Abi Bever	17:33.63	12
<b>4x400-Meter Relay</b>			<b>Distance Medley Relay</b>								
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						
<b>Shot Put</b>			<b>Long Jump</b>			<b>High Jump</b>			<b>Pentathlon</b>		
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. Jerayah Davis	19-6	16	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
<b>20-Pound Weight Throw</b>			<b>Triple Jump</b>			<b>Pole Vault</b>					
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			

### 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	07	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	89	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 Royslance	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