



# WYOMING



## 2016-17 TRACK AND FIELD NOTES

Twitter: @wyo\_track / @WYOathletics  
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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>	Don Kirby Invite
<b>When</b>	Friday - Saturday, Feb. 10-11
<b>Where</b>	Albuquerque, N.M. (Host: New Mexico) Albuquerque Convention Center
<b>Time</b>	3:30 p.m. MT Friday (Track Events) 4:00 p.m. MT Friday (Field Events)



### Notes

#### Pokes Travel to Site of 2017 Mountain West Indoor Championships for Don Kirby Invite

The University of Wyoming track & field team heads south on Friday for the Don Kirby Invite at the Albuquerque Convention Center, hosted by the University of New Mexico. The Convention Center features a 200-meter banked track and is also the site of the 2017 Mountain West Indoor Track & Field Championships, so this weekend's meet will provide a group of Pokes some pre-championship experience on a banked track for the first time this indoor season.

A whopping 40 teams will converge in New Mexico for the invitational. Athletes from Mountain West squads Colorado State, Nevada, New Mexico, San Diego State, San Jose State, UNLV and Utah State will be competing. Ja'la Henderson enters the meet with her sights set on a school record in the women's long jump after the sophomore star cleared the 20-foot barrier for the first time in her career at the Colorado Open. Her mark of 20-0.5 trails former Cowgirl Patricia Miller by just 4.5 inches for the school record, which was set nearly 40 years ago. Henderson trails UNLV senior Ayana Gales by just 2.5 inches for the Mountain West lead in the event. Gales is entered in the long jump alongside Henderson this weekend. Day Timberman, who has won the triple jump two consecutive times to begin her 2016-17 indoor campaign, will compete for Wyoming in the event in Albuquerque.

Jerayah Davis, who is currently tied for 10th in the NCAA in the 60 meters, will compete against some of the nation's top runners in the event in Albuquerque. National leader Hannah Cunliffe of Oregon, who posted a time of 7.13 at the Columbia East-West Challenge earlier this season, will run against Davis on Friday. Cunliffe's time is five hundredths of a second faster than any other sprinter in the NCAA this season. Davis will also face off against Cunliffe's Oregon teammates Deajah Stevens and Makenzie Dunmore, who are also ranked in the top 10 in the NCAA for the event.

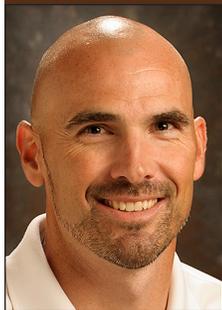
Seniors Jordan Charles and Scott Carter will see national competition in their events for the first time this season. Charles is entered in the 60-meter hurdles and 200 meters, while Carter is entered in the long and triple jumps. Caleb Seeton joins Carter in the long jump competition. Dynamic middle distance duo Ricky Faure and Bryce Ailshie, who hold the No. 4 and No. 6 spots, respectively, on UW's all-time list for the indoor 800 meters, will also compete against a high level of competition at the Don Kirby Invite. Ailshie is coming off an indoor career-best 1:50.64 at the Colorado Open, which moved him from No. 7 to No. 6 on the Pokes' all-time list. Three

### 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.	NTS	4/7-8	CU Invite	Boulder, Colo.	TBA
2/3-4	Colorado Open	Boulder, Colo.	NTS	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

Cowgirls will also compete in the distance events this weekend - Lauren Hamilton in the mile and Cassidy Meade and Kerry White in the 800 meters.

The Don Kirby Invite will begin on Friday at 3:30 p.m. MT and will continue throughout Saturday. The last scheduled track event with Wyoming entrants is the women's 800 meters, which is set for 2:30 p.m. Saturday. A live stream of this weekend's action is available on FloTrack, and fans can follow live results as well.

#### Last Time Out: Davis, Ailshie Highlight Final Day of CU Open for Wyoming Track & Field

Jerayah Davis pulled out another win in the women's 60 meters and Bryce Ailshie moved up to No. 6 on the UW all-time list for the men's indoor 800 meters, highlighting a solid day for Wyoming track & field on the final day of the Colorado Open. The Pokes contributed a number of impressive performances in the sprints and middle distance events on Saturday after sweeping the lateral jumps on Friday in Boulder.

"I feel like we had a solid day across the board," said head coach Bryan Berryhill following Saturday's action. "There were good things in all event areas. We've got the conference championships in three weeks and we've got to continue to get better between now and when we go to Albuquerque."

Davis clocked a time of 7.37 seconds in the women's 60 meters final, breaking away from Colorado State's Leah Fair, who had beaten Davis by a hundredth of a second in the prelims. Colorado Open long jump champion Ja'la Henderson took seventh, posting a time of 7.75.

"Jerayah keeps winning races," Berryhill said. "That's what we need from her, and she keeps delivering."

In the women's 200 meters, Melina Harris placed sixth with a time of 24.96. Heidi Pfoor posted a personal best in the 400 meters, finishing eighth at 58.20.

Redshirt freshman Jace Marx had yet another impressive performance, improving his No. 8 UW all-time mark in the men's 200 meters to 21.73 while taking third place. Marx also placed sixth in the men's 400 meters with a personal best time of 49.43.

"Jace is doing a great job. He's a kid who works hard every day in practice, and it's really starting to show this indoor season on the track," said Berryhill of one of Wyoming's most consistent contributors this season.

Redshirt freshman Jackson Wood barely missed placing his name on Wyoming's all-time top 10 list for the 400 meters, taking third place overall with a new personal record of 48.86. Sam Kirkeide was an eighth-place finisher in the men's 60-meter dash, clocking 6.97, while Jordan Charles took fifth in the 60-meter hurdles, checking in at 8.23.

Ailshie finished as the runner-up in the men's 800 meters, as he was edged by Colorado's Zach Perrin by just over a tenth of a second. Ailshie's converted time of 1:50.63 is a new personal record and moves him up one position to No. 6 on Wyoming's all-time list for the event. Calum Kepler also posted an indoor personal record with an adjusted time of 1:53.59, while Isaac Kiefer's 1:55.21 was also a personal best. On the women's side of the 800 meters, Cassidy Meade took seventh for the Brown and Gold, clocking 2:11.88.

In the women's 3,000 meters, Audra DeStefano finished seventh with an adjusted time of 10:06.50 while freshman Kacey Doner was ninth at 10:13.03. Megan Brunette and Quinn DeStefano went 3-4 in the women's 5,000 meters, with Brunette posting an adjusted time of 17:30.06 while DeStefano clocked an adjusted time of 18:17.99. Jonah Henry was UW's lone participant in the men's mile, finishing seventh with an adjusted time of 4:15.07.

Garrett Lynch finished fifth in the men's shot put at 52-8.25, while Martin Fitzwater was sixth at 50-5.5.

#### Pokes Look to Take Advantage at Don Kirby Invite Once Again

The Don Kirby Invite was a bright spot in Wyoming's 2015-16 indoor season, and many Cowboys and Cowgirls will look to repeat impressive performances from last season's meet when they return to Albuquerque this weekend. Ricky Faure won the 800 meters at last season's meet with a time of 1:51.58, while Bryce Ailshie was fifth at 1:53.16. Jerayah Davis was third in the women's 60 meters with a time of 7.36 seconds, which was her personal record before the 2016-17 season. Lauren Hamilton was fourth in the mile at last year's meet, running 4:51. Cassidy Meade was sixth in the 800 meters, posting a time of 2:11.84.

#### Jumpers Excelling Under Quincy Howe

Wyoming's jumps athletes are having an incredible season under jumps coach Quincy Howe. Scott Carter leads the conference comfortably in the men's triple jump, while Caleb Seeton is fifth in the long jump and Carter is seventh. Wyoming has two of the top four women's long jump marks in the MW thanks to Ja'la Henderson and Jerayah Davis, while Day Timberman is ranked sixth in the women's triple jump after competing in just two meets so far this season. Howe's own indoor triple jump mark of 54-9.25 is still tops in Wyoming history by well over two feet.

## 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 (Feb. 6)

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

#### Men (Feb. 6)

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

### 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 78th, Cowgirls 87th in Week 3 USTFCCCA National Team Rankings

The Week 3 edition of the 2016-17 USTFCCCA National Team Rankings was released Monday, with the Cowboys coming in at No. 78 while the Cowgirls are ranked No. 87 among the nation's collegiate track & field squads.

#### MEN

Rk.	School	Points
1	Florida	181.92
2	Oregon	134.77
3	LSU	108.02
4	Virginia	85.64
5	Arkansas	84.36
6	Texas A&M	81.91
7	Georgia	78.96
8	Southern California	78.31
9	Syracuse	67.09
10	Colorado State	66.91
11	Alabama	65.40
12	Texas Tech	65.26
13	Stanford	59.04
14	Tennessee	57.66
15	Texas	55.68
16	Kansas	55.28
17	Colorado	54.46
18	Virginia Tech	47.28
19	UTEP	45.11
20	Oklahoma State	42.55
21	Washington	40.24
22	Michigan	37.91
23	Southern Illinois	37.61
24	Penn State	36.20
25	South Carolina	35.45
26	Houston	34.83
27	Kentucky	33.74
28	Cornell	31.73
29	Oklahoma	30.72
30	Indiana	30.31
<b>78</b>	<b>Wyoming</b>	<b>7.91</b>

#### WOMEN

Rk.	School	Points
1	Oregon	220.86
2	Arkansas	181.50
3	Georgia	169.36
4	Southern California	125.08
5	Florida	95.70
6	Kentucky	90.86
7	LSU	87.14
8	Texas	83.43
9	Notre Dame	65.44
10	Michigan	57.91
11	Ole Miss	56.88
12	Baylor	55.24
13	Kansas State	53.89
14	Boise State	52.20
15	Miami (Fla.)	50.58
16	Purdue	49.21
17	Alabama	49.00
18	North Carolina State	48.37
19	Oklahoma State	45.48
20	Penn State	38.53
21	Tennessee	36.69
22	Washington	35.52
23	Georgetown	35.10
24	Harvard	35.03
25	Oklahoma	33.70
26	Cincinnati	33.45
27	South Carolina	30.75
28	Stanford	29.50
29	New Mexico	29.49
30	Louisville	25.70
<b>87</b>	<b>Wyoming</b>	<b>1.92</b>

#### Next Up

The Pokes will return home to host the Rocky Mountain Classic in Laramie on Friday, Feb. 19, before heading back to Albuquerque Feb. 23-25 for the 2017 Mountain West Indoor Track & Field Championships.

### Cowboys and Cowgirls in the 2017 NCAA Indoor Rankings (as of Feb. 5)

#### COWBOYS

Rank	Name	Event	Meet	Time/Mark
T-23rd	Scott Carter	Triple Jump	Power Meet	51-3
T-31st	Jordan Charles	60 Hurdles	Power Meet	7.91
60th	Bryce Ailshie	800 Meters	Colorado Open	1:50.64
74th	Ricky Faure	800 Meters	Powder River Dual	1:51.08
83rd	Kirk Unland	Weight Throw	Power Meet	61-8.25
T-91st	Scott Carter	60 Hurdles	Power Meet	8.08

#### COWGIRLS

Rank	Name	Event	Meet	Time/Mark
T-10th	Jerayah Davis	60 Meters	Power Meet	7.29
32nd	Ja'la Henderson	Long Jump	Colorado Open	20-0.5
T-72nd	Jerayah Davis	Long Jump	Power Meet	19-6
80th	Lauren Hamilton	Mile	Colorado Open	4:46.85

## 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 (41)

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.
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.
Mikalsh Skates	Hurdles	SR	Casper, Wyo.
Victori Sleep	Throws	JR	Powell, Wyo.
Day Timberman	Jumps	JR	Casper, Wyo.
Ashley Urman	Distance	SO	Princeton, Minn.
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	21.73	Colorado Open	Boulder, Colo.	2/4/17	Same (No. 8 UW All-Time)	
Jordan Charles	22.30	Colorado Open	Boulder, Colo.	2/4/17	21.53 (No. 6 UW All-Time)	2016
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)	
Jackson Wood	48.86	Colorado Open	Boulder, Colo.	2/4/17	Same	
Ricky Faure	49.41	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Jace Marx	49.43	Colorado Open	Boulder, Colo.	2/4/17	Same	
Kevin Blackett	49.91	Colorado Open	Boulder, Colo.	2/4/17	Same	
<b>800 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Bryce Ailshie	1:50.64	Colorado Open	Boulder, Colo.	2/4/17	Same (No. 6 UW All-Time)	
Ricky Faure	1:51.08	Powder River Dual	Gillette, Wyo.	1/28/17	1:50.01 (No. 4 UW All-Time)	2015
Calum Kepler	1:53.60	Colorado Open	Boulder, Colo.	2/4/17	Same	
Isaac Kiefer	1:55.22	Colorado Open	Boulder, Colo.	2/4/17	Same	
Phillip Thomas	1:56.28	Colorado Open	Boulder, Colo.	2/4/17	1:54.18	2016
Daniel Hintz	1:56.50	Colorado Open	Boulder, Colo.	2/4/17	Same	
<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	
Jesse Gray	8:43.32	Colorado Open	Boulder, Colo.	2/4/17		
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, Kepler, Thomas, Ailshie	3:20.96	Colorado Open	Boulder, Colo.	2/4/17		
<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 1/2	2016
Kyle Pollock	21-1 1/4	Potts Invitational	Boulder, Colo.	1/13/17	Same	
Robert Creager	19-2 3/4	Colorado Open	Boulder, Colo.	2/3/17	22-6 1/4	2015
<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	

## 2016-17 Wyoming Notes

Shot Put						
Name	Mark	Meet	Location	Date	Mark	Date
Martin Fitzwater	52-10	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Garrett Lynch	52-8 1/4	Colorado Open	Boulder, Colo.	2/4/17	54-2 3/4	2016
Kirk Unland	47-5 1/4	Potts Invitational	Boulder, Colo.	1/14/17	Same	

Weight Throw						
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	

Heptathlon						
Name	Mark	Meet	Location	Date	Mark	Date

### Women's Indoor Performance List (800 meters and above altitude/track converted)

Season Bests	Career Bests
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60 Meters						
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

60-Meter Hurdles						
Name	Mark	Meet	Location	Date	Mark	Date
Heidi Pfoor	8.83	Power Meet	Laramie, Wyo.	12/9/16	Same	2014
Mikalsh 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

200 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Melina Harris	24.96	Colorado Open	Boulder, Colo.	2/4/17	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	
Mikalsh 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	

400 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Heidi Pfoor	58.20	Colorado Open	Boulder, Colo.	2/4/17	Same	
Melina Harris	58.64	Powder River Dual	Gillette, Wyo.	1/28/17	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	

800 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Cassidy Meade	2:11.89	Colorado Open	Boulder, Colo.	2/4/17	2:11.12 (No. 3 UW All-Time)	2015
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	
Calbi Ausmann	2:15.78	Colorado Open	Boulder, Colo.	2/4/17	Same	
Emily Person	2:15.96	Powder River Dual	Gillette, Wyo.	1/28/17	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
Mikalsh Skates	2:46.77	Air Force Invite	Colorado Springs, Colo.	1/19/17	Same	

Mile						
Name	Mark	Meet	Location	Date	Mark	Date
Lauren Hamilton	4:46.85	Colorado Open	Boulder, Colo.	2/3/17	Same (No. 2 UW All-Time)	
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

3,000 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
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	
Audra DeStefano	10:06.71	Colorado Open	Boulder, Colo.	2/4/17	9:32.83 (No. 2 UW All-Time)	2016
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

5,000 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Megan Brunette	17:30.46	Colorado Open	Boulder, Colo.	2/4/17	17:19.98 (No. 8 UW All-Time)	2016
Quinn DeStefano	18:18.40	Colorado Open	Boulder, Colo.	2/4/17	Same	

# 2016-17 Wyoming Notes

## Women's Indoor Performance List

(800 meters and above altitude/track converted)

Season Bests					Career Bests	
<b>4x400-Meter Relay</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Harris, Meade, Pfoor, Henderson	3:51.42	Colorado Open	Boulder, Colo.	2/4/17		
<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	Colorado Open	Boulder, Colo.	2/3/17	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	
Mikalsh 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	20-0 1/2	Colorado Open	Boulder, Colo.	2/3/17	Same	
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	
Mikalsh Skates	16-6	Power Meet	Laramie, Wyo.	12/9/16	Same	
<b>Triple Jump</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Day Timberman	38-10 1/2	Colorado Open	Boulder, Colo.	2/3/17	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
Mikalsh 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	
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	1/14/17	400 Meters	6th, 48.84
	1/28/17	800 Meters	2nd, 1:51.46
	2/4/17	800 Meters	2nd, 1:50.64
		4x400 Relay	5th, 3:20.96

### Kyle Alexander

Meet	Date	Event	Mark
Indoor	12/9/16	Triple Jump	4th, 45-2 1/4
	1/13/17	Long Jump	7th, 21-8
	1/14/17	Triple Jump	6th, 45-5 1/4
	1/28/17	Long Jump	7th, 21-9
		Triple Jump	6th, 45-5 1/4

### Kevin Blackett

Meet	Date	Event	Mark
Indoor	1/14/17	400 Meters	13th, 50.21
	1/28/17	200 Meters	3rd, 22.95
		400 Meters	5th, 50.21
		4x400 Relay	2nd, 3:21.19
	2/4/17	400 Meters	11th, 49.91
		4x400 Relay	5th, 3:20.96

### Scott Carter

Meet	Date	Event	Mark
Indoor	12/9/16	Triple Jump	1st, 51-3
	12/9/16	60 Hurdles	3rd, 8.03
	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
	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
	2/3/17	Triple Jump	1st, 50-2

### Jordan Charles

Meet	Date	Event	Mark
Indoor	12/9/16	60 Hurdles	1st, 7.87
		Long Jump	N/A
		4x400 Relay	1st, 3:29.94
	1/28/17	60 Meters	3rd, 7.12
		60 Hurdles	1st, 8.15
	2/4/17	60 Hurdles	5th, 8.10
		200 Meters	9th, 22.30

### Robert Creager

Meet	Date	Event	Mark
Indoor	12/11/15	High Jump	2nd, 6-4
	2/3/17	Long Jump	11th, 19-2 3/4

### Ricky Faure

Meet	Date	Event	Mark
Indoor	1/14/17	400 Meters	9th, 49.41
	1/28/17	800 Meters	1st, 1:51.08

### Martin Fitzwater

Meet	Date	Event	Mark
Indoor	12/9/16	Shot Put	8th, 47-9 1/4
	1/14/17	Shot Put	3rd, 52-10
	1/28/17	Shot Put	5th, 49-5 3/4
	2/4/17	Shot Put	6th, 50-5 1/2

### Hap Frketch

Meet	Date	Event	Mark
Indoor	12/9/16	Weight Throw	2nd, 57-9
	1/13/17	Weight Throw	4th, 56-6
	1/28/17	Weight Throw	3rd, 54-3 1/4
	2/3/17	Weight Throw	6th, 54-0 1/2

### Jesse Gray

Meet	Date	Event	Mark
Indoor	1/28/17	3,000 Meters	6th, 8:47.59
	2/4/17	3,000 Meters	18th, 8:43.32

### Jonah Henry

Meet	Date	Event	Mark
Indoor	1/14/17	Mile	5th, 4:12.01
	1/28/17	Mile	1st, 4:16.28
		3,000 Meters	5th, 8:45.86
	2/4/17	Mile	7th, 4:15.07

### Daniel Hintz

Meet	Date	Event	Mark
Indoor	1/28/17	Mile	4th, 4:23.83
	2/4/17	800 Meters	23rd, 1:56.50

### Trey Jennings

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

### Calum Kepler

Meet	Date	Event	Mark
Indoor	1/14/17	800 Meters	5th, 1:55.09
	1/28/17	800 Meters	3rd, 1:55.21
	2/4/17	800 Meters	11th, 1:53.60
		4x400 Relay	5th, 3:20.96

### Isaac Kiefer

Meet	Date	Event	Mark
Indoor	1/14/17	800 Meters	9th, 1:59.19
	2/4/17	800 Meters	15th, 1:55.22

### Sam Kirkeide

Meet	Date	Event	Mark
Indoor	12/9/16	60 Meters	1st, 6.88
		4x400 Relay	1st, 3:29.94
	1/14/17	60 Meters	2nd, 6.93
	2/4/17	60 Meters	8th, 6.97

### Garrett Lynch

Meet	Date	Event	Mark
Indoor	12/9/16	Shot Put	5th, 51-10 1/2
	1/13/17	Weight Throw	9th, 51-3
	1/14/17	Shot Put	7th, 50-10 3/4
	1/28/17	Shot Put	4th, 50-2
	2/4/17	Shot Put	5th, 52-8 1/4

### Jace Marx

Meet	Date	Event	Mark
Indoor	12/9/16	60 Meters	2nd, 6.93
	1/14/17	200 Meters	4th, 21.80
	1/14/17	400 Meters	11th, 49.64
	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
	2/4/17	200 Meters	3rd, 21.73
		400 Meters	6th, 49.43

### Kyle Pollock

Meet	Date	Event	Mark
Indoor	12/9/16	High Jump	1st, 6-2 3/4
	1/13/17	Long Jump	10th, 21-10 1/4
	1/14/17	High Jump	6th, 6-4 1/4
	1/28/17	High Jump	3rd, 6-2 3/4
		Long Jump	8th, 20-11 3/4

### Mike Seas

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

### Caleb Seeton

Meet	Date	Event	Mark
Indoor	12/9/16	Long Jump	1st, 23-9
	1/13/17	Long Jump	2nd, 22-11 3/4
	1/28/17	60 Meters	2nd, 7.06
		Long Jump	1st, 23-5 1/2
	2/3/17	Long Jump	1st, 22-5 3/4

### Phillip Thomas

Meet	Date	Event	Mark
Indoor	1/14/17	800 Meters	7th, 1:56.58
	1/28/17	800 Meters	4th, 1:56.79
	2/4/17	800 Meters	20th, 1:56.28
		4x400 Relay	5th, 3:20.96

### Kirk Unland

Meet	Date	Event	Mark
Indoor	12/9/16	Weight Throw	1st, 61-8 1/4
		Shot Put	9th, 46-5 1/2
	1/13/17	Weight Throw	1st, 59-1 1/4
	1/14/17	Shot Put	11th, 47-5 1/4
	1/28/17	Weight Throw	2nd, 59-1 1/2
	2/3/17	Weight Throw	2nd, 57-0 1/4

### Bobby Wingeleth

Meet	Date	Event	Mark
Indoor	12/9/16	Long Jump	2nd, 22-8
	1/13/17	Long Jump	6th, 21-11
	1/28/17	Long Jump	6th, 22-0 1/4

### Jackson Wood

Meet	Date	Event	Mark
Indoor	12/9/16	400 Meters	2nd, 51.81
		4x400 Relay	1st, 3:29.94
	1/14/17	400 Meters	15th, 50.33
	1/28/17	400 Meters	2nd, 49.66
		4x400 Relay	2nd, 3:21.19
	2/4/17	400 Meters	3rd, 48.86

# 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	
Colorado Open	2/4/17	800 Meters	16th, 2:15.78	
<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	
Colorado Open	2/4/17	3,000 Meters	11th, 10:18.88	
<b>Megan Brunette</b>				
Meet	Date	Event	Mark	
Indoor Powder River Dual	1/28/17	3,000 Meters	3rd, 10:08.85	
Colorado Open	2/4/17	5,000 Meters	3rd, 17:30.46	
<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	
		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	
Colorado Open	2/3/17	Long Jump	6th, 18-3 3/4	
		60 Meters	1st, 7.37	
<b>Audra DeStefano</b>				
Meet	Date	Event	Mark	
Indoor Colorado Open	2/4/17	3,000 Meters	7th, 10:06.71	
<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	
Colorado Open	2/4/17	5,000 Meters	4th, 18:18.40	
<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	
Colorado Open	2/4/17	3,000 Meters	9th, 10:13.03	
<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	
Colorado Open	2/3/17	Mile	8th, 4:46.85	
<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	
Colorado Open	2/4/17	200 Meters	6th, 24.96	
		4x400 Relay	3rd, 3:51.42	
<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	
Colorado Open	2/3/17	Long Jump	1st, 20-0 1/2	
		60 Meters	7th, 7.69	
		4x400 Relay	3rd, 3:51.42	
<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	
WSU Cougar Indoor	2/3/17	Weight Throw	1st, 58-9 1.2	
<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	
Colorado Open	2/4/17	800 Meters	7th, 2:11.89	
		4x400 Relay	3rd, 3:51.42	
<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>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	

## 2016-17 Wyoming Notes

### Women's Individual Breakdown (800 meters and above altitude/track converted)

<b>Heidi Pfoor</b>					<b>Indoor</b>				
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>		<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>
Indoor	Power Meet	12/9/16	60 Hurdles	2nd, 8.83	Indoor	Power Meet	12/9/16	Weight Throw	5th, 54-3 1/4
			Long Jump	8th, 17-4		Potts Invitational	1/13/17	Weight Throw	6th, 52-10 3/4
	Potts Invitational	1/14/17	60 Hurdles	9th, 9.24		Powder River Dual	1/28/17	Weight Throw	2nd, 55-2
			400 Meters	10th, 1:00.50				Shot Put	3rd, 38-4 1/4
	Air Force Invitational	1/19/17	<u>Pentathlon</u>	2,942		Colorado Open	2/3/17	Weight Throw	7th, 53-11
			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					
	Colorado Open	2/4/17	400 Meters	8th, 58.20					
			4x400 Relay	3rd, 3:51.42					
<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					
	Powder River Dual	1/28/17	60 Meters	3rd, 7.79					
<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					
	Colorado Open	2/4/17	800 Meters	19th, 2:18.50					
<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>Mikalsh 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					
	Air Force Invitational	1/19/17	<u>Pentathlon</u>	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					
<b>Day Timberman</b>									
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>					
Indoor	Powder River Dual	1/28/17	Triple Jump	1st, 38-9					
	Colorado Open	2/3/17	Triple Jump	1st, 38-10 1/2					
<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					
	Powder River Dual	1/28/17	400 Meters	7th, 1:03.91					
			4x400 Relay	4th, 4:07.30					
<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					
	Powder River Dual	1/28/17	High Jump	1st, 5-5					
	Colorado Open	2/3/17	High Jump	2nd, 5-5 1/4					
<b>Kerry White</b>									
	<b>Meet</b>	<b>Date</b>	<b>Event</b>	<b>Mark</b>					
Indoor	Powder River Dual	1/28/17	800 Meters	3rd, 2:14.48					
			4x400 Relay	2nd, 3:56.29					
	Colorado Open	2/4/17	800 Meters	17th, 2:16.32					
<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					
	Powder River Dual	1/28/17	60 Hurdles	3rd, 9.09					
			4x400 Relay	4th, 4:07.30					



# 2016-17 Wyoming Notes

## Women's Indoor School Records

(as of Feb. 4, 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
6. Ja'la Henderson	<b>7.58</b>	<b>16</b>	6. Kelly Ann Charles	8.53	04	6. Kima Wells	24.62	03	6. Erin Kirby	54.82	11
			7. Mikalah Skates	8.60	14		24.62	11		54.82	05
			8. Jennifer Schmitz	8.68	10	8. Samantha Kee	24.65	12		54.82	16
9. Fiona Lindo-Jeffrey	7.60	02	9. Anisi Hopkins	8.71	07		24.65	08	9. Lindsey Simmons	55.40	11
10. Melina Harris	<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
<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	<b>5:00.85</b>	<b>17</b>	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	<b>20-0 1/2</b>	<b>17</b>	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	<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
<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

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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	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 Roylance	163-1	00	2. Sabina Sandberg	5-9 1/4	15			
3. Shannon Popp	196-10	07				3. Johnna Jeffries	5-8 3/4	09			
4. Shreese Daniels	195-8	15				4. Joanna Wilson	5-8	98			
5. Ashley Hutchinson	193-3	12				Chan Johnson	5-8	02			
6. Dana Dillon	192-5	00				6. Kathy Romsa	5-7 1/2	83			
7. Julie Thomas	190-9	00				7. Britney Jackson	5-7 1/4	09			
8. Jesseca Cross	185-10	98				8. Jenna Mann	5-6	14			
9. Tamara Hawkins	185-9	98				Kathy VanHeule	5-6	83			
10. Emelda Malm-Annan	185-6	16				10. Sofia Hof	5-5 3/4	16			

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