



WYOMING



2016-17 TRACK AND FIELD NOTES

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Quick Facts

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

Coaching Staff

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

Team Info

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

Media Relations

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Meet Information

Meet	2017 Mountain West Indoor Track & Field Championships
When	Thursday, Feb. 23 - Saturday, Feb. 25
Where	Albuquerque, N.M. Albuquerque Convention Center
Time	11 a.m. MT Thursday (Multi-Events) 12:30 p.m. MT Friday (Field Events) 1:30 p.m. MT Friday (Track Events)



Notes

Wyoming Returns to Albuquerque for 2017 MW Indoor Championships

After competing at the Albuquerque Convention Center just two weeks ago, the University of Wyoming track & field team returns to the venue and its 200-meter banked track for the 2017 Mountain West Indoor Track & Field Championships on Thursday. Conference foes will gather to battle for men's and women's team titles in Albuquerque, while three Pokes look to defend their individual conference titles from the 2015-16 indoor season.

Two sophomore Cowgirls are looking to repeat as conference champions after winning event titles as freshmen. Returning conference champion Emelda Malm-Annan has recently found her groove in the weight throw, tossing a season-best 62 feet, 6.75 inches at the Rocky Mountain Classic. Malm-Annan's throw of 62-10.5 was good enough to win the 2016 MW title. Malm-Annan enters the 2017 MW indoor championships having won the weight throw at three meets this season and taking home top-three finishes in two others. Ja'la Henderson will also attempt to defend her 2016 MW title in the women's long jump. Henderson squeaked out a win at last year's conference championship meet, jumping 19-4.75 to triumph over San José State's Cambree Harbaugh by half an inch. Henderson enters the weekend trailing UNLV senior Ayana Gales by 2.5 inches in the event, having jumped a new personal best 20-0.5 at the Colorado Open while Gales leapt 20-3 at the Husker Invitational. Wyoming sophomore Jerayah Davis is tied for third in the conference with a mark of 19-8.75 and will also look to make a run at the event title.

Davis enters the weekend tops in the league for the women's 60-meter dash for her time of 7.29, converted from her nation-leading 55-meter dash time of 6.73 at Wyoming's Power Meet in December 2016. Only four female athletes have posted times in the event below 7.45 this season - UNLV's Destiny Smith-Barnett and San Diego State duo Micha Auzenne and Ashley Henderson. Davis will attempt to avenge her loss from last season's conference championship meet, when Auzenne clocked a time of 7.33 to beat Davis by .04 seconds.

On the men's side, senior Scott Carter is looking to defend his own conference title in the triple jump. In 2016, Carter won the event title with a personal best mark of 51-8.5, beating New Mexico's Allan Hamilton by nearly a foot. Carter enters his final indoor conference championship meet with a comfortable lead in the event. Carter's mark of 51-3 is tops in the league by well over two feet, with Colorado State's Collin Scheer checking in behind him at 48-7.5. Carter will also compete in the long jump in Albuquerque and is looking for yet another all-conference performance after taking third place in the event last season at 23-10.75.

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.	NTS	4/14-15	Mark Faldmo Invitational	Logan, Utah	TBA
2/17	Rocky Mountain Classic	Laramie, Wyo.	NTS	4/21-22	Jack Christiansen Invite	Fort Collins, Colo.	TBA
2/23-25	MW Championships	Albuquerque, N.M.	11 a.m. (2/21)	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

Fellow senior Jordan Charles will make an attempt at a second conference title in the 60-meter hurdles after falling just short in 2016. Charles won the MW title in 2016 with a time of 7.90, but his time of 7.89 in 2016 was not enough to beat Air Force's Jamiel Trimble, who enters the 2017 MW indoor championships as the top-ranked athlete in the event. Trimble's altitude-adjusted time of 7.88 leads the conference, while Charles' 7.91 (converted from the 55-meter hurdles and adjusted for altitude) is second. Carter is ranked sixth in the event heading into the conference meet with a seed time of 8.08 (also converted from the 55-meter hurdles and adjusted for altitude).

Additional Pokes ranked in the top five in the Mountain West for their events are Bryce Ailshie (fourth in men's 800 meters), Cassidy Meade (fourth in women's 800 meters), Lauren Hamilton (fifth in women's mile), Garrett Lynch (fifth in men's shot put) and Kirk Unland (third in men's weight throw). Last season, the Cowboys took fifth place, racking up 70 team points, while the Cowgirls were also fifth on the women's side with 59 team points.

The 2017 Mountain West Indoor Track & Field Championships begin on Thursday at 11 a.m. MT with the women's pentathlon, while the men's heptathlon will begin soon after. The gun will sound for the men's distance medley relay at 4 p.m. Thursday, while the women's DMR is scheduled for 4:20. Field events begin at 12:30 p.m. on Friday, while the first track event is slated for 1:30. On Saturday, the final group of field events will begin at 10 a.m. while track events will begin at noon. The final track event of the meet, the women's 4x400-meter relay, is scheduled for 2:45 p.m. on Saturday. Fans can stream the action or follow live results at the links above or on Twitter at @wyo_track.

Last Time Out: Davis, Lynch Lead Pokes at Rocky Mountain Classic

Junior thrower Garrett Lynch won the men's shot put with a personal best mark of 56 feet, 0.5 inches on Friday at War Memorial Fieldhouse, highlighting a number of solid marks by the University of Wyoming track & field team as the squad completed its last meet before the 2017 Mountain West indoor championships. Lynch provided one of the Cowboys' three event wins at Friday's home meet, while the Cowgirls posted eight event victories, including a dominant win by Jerayah Davis in the 55-meter dash.

Sophomore thrower Martin Fitzwater also tossed a personal best 54-6.5 to finish third in the men's shot put. "That was a big positive," said head coach Bryan Berryhill of the career-best performances by Lynch and Fitzwater. "Coach [Paul] Barrett and I had seen it in practice, but for them to go out and get it done is big going into conference."

Emelda Malm-Annan launched a season-best mark in the women's weight throw, finishing second with a toss of 62-6.75. Kayla York was fourth with a personal record of 56-3.75. In the men's weight throw, senior Damon Unland took third place in his season debut with a mark of 57-7.5.

Davis crushed the competition with a time of 6.75 seconds in the 55-meter dash while also setting a personal record with a mark of 19-8.75 in the long jump. Ja'la Henderson outjumped Davis by one inch to win the event.

"Both Jerayah and Ja'la jumped well," Berryhill said following the meet. "Having two girls in the same meet over six meters – I highly doubt that has ever happened in school history."

In the men's long jump, Caleb Seeton and Bobby Wingleth went 2-3 with marks of 23-2.75 and 22-2.25, respectively. Sophomore Kyle Alexander notched a personal record of 46-2.75 in the men's triple jump, taking third place.

Day Timberman was another event winner for the Cowgirls, edging teammate Allegra Carson by a quarter of an inch to win the event with a mark of 38-9.75. Carson's mark of 38-9.5 was a season-best. Freshman Anissa Warner was victorious in the women's high jump with a mark of 5-5. On the men's side, freshman Kyle Pollock took second place with a collegiate personal best of 6-4.75.

Cowgirl junior Melina Harris collected a victory in the 400 meters with a raw time of 58.14 seconds, while senior Mikalah Skates won the 55-meter hurdles with a time of 8.20. Skates' time converts to a season-best 60-meter hurdles time of 8.82.

In the men's 55-meter hurdles, senior Jordan Charles finished second with a time of 7.42. Sam Kirkeide and Jace Marx went 2-3 in the men's 55-meter dash with times of 6.43 and 6.45, respectively.

"I liked the energy today," Berryhill said of the overall effort displayed by the Pokes. "I thought the focus was there. I feel good from that standpoint. There are a few technical things we need to clean up over the next four or five days, but I thought we had good energy and focus today."

14 Cross Country Athletes Receive Academic All-Mountain West Honors

The Mountain West released its list of Academic All-Mountain West honorees for fall sports on Tuesday, with 14 Wyoming cross country athletes receiving the award. A full list of honorees from the Wyoming cross country squad is available below.

Name	Class	GPA	Major
Michael Downey	So.	3.36	Chemical Engineering
Harry Ewing	Fr.	3.67	Undeclared
Christopher Henry	Fr.	4.00	Molecular Biology
Jonah Henry	Jr.	3.00	Chemical Engineering

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. 20)

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

Men (Feb. 20)

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

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.

Daniel Hintz	Fr.	3.53	Undeclared
Calum Kepler	So.	3.27	Criminal Justice
Mike Seas	Sr.	3.85	Chemical Engineering
Audra DeStefano	Sr.	3.82	Chemical Engineering
Quinn DeStefano	Jr.	3.84	Kinesiology
Kacey Doner	Fr.	3.90	Biology
Lauren Hamilton	Jr.	3.72	Nursing
Kiah Leonard	So.	3.85	Nursing
Isabella Pape	So.	3.09	Undeclared
Solana Quistorff	So.	3.52	Undeclared

Week 4 USTFCCCA National Team Rankings Released

The Week 5 edition of the 2016-17 USTFCCCA National Team Rankings was released Monday, with the Cowboys coming in at No. 118 while the Cowgirls are ranked No. 83 among the nation's collegiate track & field squads.

MEN

Rk.	School	Points
1	Florida	153.59
2	Arkansas	144.99
3	Oregon	105.79
4	Georgia	100.92
5	Texas A&M	84.57
6	Kansas	83.33
7	Colorado	79.44
8	LSU	76.98
9	Alabama	70.33
10	Indiana	66.57
11	Colorado State	66.01
12	Tennessee	61.26
13	UTEP	60.17
14	Texas	57.31
15	Virginia	57.24
16	Texas Tech	57.21
17	Southern California	50.97
18	Iowa	50.40
19	Washington	49.98
20	Oklahoma State	47.21
21	Virginia Tech	46.36
22	Stanford	45.03
23	Southern Illinois	44.84
24	Houston	44.12
25	Syracuse	43.54
26	Ole Miss	42.88
27	Tulsa	38.76
28	Michigan	35.95
29	BYU	34.52
30	North Carolina A&T	33.77
118	Wyoming	0.13

WOMEN

Rk.	School	Points
1	Oregon	244.40
2	Arkansas	171.22
3	Georgia	167.77
4	LSU	128.87
5	Southern California	119.69
6	Kentucky	100.76
7	Baylor	78.10
8	Texas	77.88
9	Alabama	73.34
10	Texas A&M	69.97
11	Florida	67.01
12	Kansas State	63.22
13	Ole Miss	61.56
14	Penn State	54.10
15	Miami (Fla.)	52.17
16	Indiana	49.24
17	BYU	43.16
18	Michigan	39.88
19	Furman	37.35
20	Arizona	33.78
21	Purdue	33.60
22	Colorado	31.24
23	Stanford	30.98
24	Illinois	30.88
25	Villanova	30.04
26	Missouri	28.68
27	Oklahoma State	25.86
28	Clemson	25.48
29	Iowa State	25.37
30	Wisconsin	24.37
83	Wyoming	2.47

Next Up

Any qualifying Wyoming athletes will head to the 2017 NCAA Indoor Track & Field Championships on March 10-11 in College Station, Texas.

Cowboys and Cowgirls in the 2017 NCAA Indoor Rankings (as of Feb. 21)

COWBOYS

Rank	Name	Event	Meet	Time/Mark
T-27th	Scott Carter	Triple Jump	Power Meet	51-3
T-39th	Jordan Charles	60 Hurdles	Power Meet	7.91
T-79th	Bryce Ailshie	800 Meters	Don Kirby Invite	1:50.50
96th	Kirk Unland	Weight Throw	Power Meet	61-8.25

COWGIRLS

Rank	Name	Event	Meet	Time/Mark
T-14th	Jerayah Davis	60 Meters	Power Meet	7.29
41st	Ja'la Henderson	Long Jump	Colorado Open	20-0.5
T-58th	Jerayah Davis	Long Jump	Rocky Mtn. Classic	19-8.75
T-67th	Emelda Malm-Annan	Weight Throw	Rocky Mtn. Classic	62-6.75

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	
60 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Sam Kirkeide	6.88	Power Meet	Laramie, Wyo.	12/9/16	Same	
Jace Marx	6.93	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	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
Kevin Blackett	7.19	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	7.15	2014
60-Meter Hurdles						
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)	
Rowan Hawk	9.09	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
200 Meters						
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	22.19	Don Kirby Invite	Albuquerque, N.M.	2/10/17	21.53 (No. 6 UW All-Time)	2016
Kevin Blackett	22.95	Powder River Dual	Gillette, Wyo.	1/28/17	22.62	2015
400 Meters						
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	
Calum Kepler	51.01	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Trey Jennings	55.06	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Rowan Hawk	55.44	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
800 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Bryce Ailshie	1:50.50	Don Kirby Invite	Albuquerque, N.M.	2/11/17	Same (No. 6 UW All-Time)	
Ricky Faure	1:50.90	Don Kirby Invite	Albuquerque, N.M.	2/11/17	1:50.01 (No. 4 UW All-Time)	2015
Calum Kepler	1:53.60	Colorado Open	Boulder, Colo.	2/4/17	Same	
Isaac Kiefer	1:53.93	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	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	
Mile						
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	
3,000 Meters						
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
5,000 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
4x400-Meter Relay						
Name	Mark	Meet	Location	Date	Mark	Date
Blackett, Kepler, Thomas, Ailshie	3:20.96	Colorado Open	Boulder, Colo.	2/4/17		
Distance Medley Relay						
Name	Mark	Meet	Location	Date	Mark	Date
High Jump						
Name	Mark	Meet	Location	Date	Mark	Date
Kyle Pollock	6-4 3/4	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Scott Carter	5-7	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
Long Jump						
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	
Trey Jennings	19-9 1/2	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Robert Creager	19-2 3/4	Colorado Open	Boulder, Colo.	2/3/17	22-6 1/4	2015
Triple Jump						
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	46-2 3/4	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	

2016-17 Wyoming Notes

Pole Vault						
Name	Mark	Meet	Location	Date	Mark	Date
Trey Jennings	12-1 1/2	Powder River Dual	Gillette, Wyo.	1/28/17	Same	

Shot Put						
Name	Mark	Meet	Location	Date	Mark	Date
Garrett Lynch	56-0 1/2	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Martin Fitzwater	54-6 1/2	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
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	
Damon Unland	57-7 1/2	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	62-8	2015
Garrett Lynch	51-3	Potts Invitational	Boulder, Colo.	1/13/17	Same	

Women's Indoor Performance List

(800 meters and above altitude/track converted)

Season Bests					Career Bests	
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
Mikalsh Skates	8.82	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	8.60 (No. 7 UW All-Time)	2015
Heidi Pfoor	8.83	Power Meet	Laramie, Wyo.	12/9/16	Same	2014
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	9.83	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
Melina Harris	56.98	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Danielle Alexander	57.57	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Heidi Pfoor	58.11	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Ariana Williams	58.14	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Ashley Dodds	59.07	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Jordan Edmonds	59.41	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Kimberley Anglen	59.48	Power Meet	Laramie, Wyo.	12/9/16	55.79 (No. 10 UW All-Time)	2016
Ashley Urman	1:02.35	Power Meet	Laramie, Wyo.	12/9/16	Same	
Holly Huber	1:06.39	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	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	2:13.44	Don Kirby Invite	Albuquerque, N.M.	2/11/17	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

2016-17 Wyoming Notes

Women's Indoor Performance List

(800 meters and above altitude/track converted)

Season Bests					Career Bests	
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	
4x400-Meter Relay						
Name	Mark	Meet	Location	Date	Mark	Date
Harris, Meade, Pfoor, Henderson	3:51.42	Colorado Open	Boulder, Colo.	2/4/17		
Distance Medley Relay						
Name	Mark	Meet	Location	Date	Mark	Date
High Jump						
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
Madison Ashworth	5-1	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Hannah Bertelson	5-1	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Karlin Rufenacht	5-1	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Clare Nicolas	5-1	Air Force Invite	Colorado Springs, Colo.	1/19/17	Same	
Madison Marsh	4-11	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	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	
Long Jump						
Name	Mark	Meet	Location	Date	Mark	Date
Ja'la Henderson	20-0 1/2	Colorado Open	Boulder, Colo.	2/3/17	Same	
Jerayah Davis	19-8 3/4	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same (No. 3 UW All-Time)	
Clare Nicolas	18-1 1/2	Rocky Mtn. Classic	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	
Triple Jump						
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	38-9 1/2	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	39-7 3/4	2016
Pole Vault						
Name	Mark	Meet	Location	Date	Mark	Date
Shot Put						
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	
Weight Throw						
Name	Mark	Meet	Location	Date	Mark	Date
Emelda Malm-Annan	62-6 3/4	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	64-3 1/4 (No. 6 UW All-Time)	2015
Kayla York	56-3 3/4	Rocky Mtn. Classic	Laramie, Wyo.	2/17/17	Same	
Hannah Carr	51-6 1/2	Potts Invitational	Boulder, Colo.	1/13/17	Same	
Pentathlon						
Name	Mark	Meet	Location	Date	Mark	Date
Clare Nicolas	3191	Air Force Invite	Colorado Springs, Colo.	1/19/17	3205 (No. 7 UW All-Time)	2016
Heidi Pfoor	2942	Air Force Invite	Colorado Springs, Colo.	1/19/17	Same	
Mikalsh Skates	2916	Air Force Invite	Colorado Springs, Colo.	1/19/17	Same	

2016-17 Wyoming Notes

Men's Individual Breakdown

(800 meters and above altitude/track converted)

Bryce Ailshie

Meet	Date	Event	Mark
Indoor			
Potts Invitational	1/14/17	400 Meters	6th, 48.84
Powder River Dual	1/28/17	800 Meters	2nd, 1:51.46
Colorado Open	2/4/17	800 Meters	2nd, 1:50.64
		4x400 Relay	5th, 3:20.96
Don Kirby Invite	2/11/17	800 Meters	2nd, 1:50.50

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
Rocky Mtn. Classic	2/17/17	Triple Jump	3rd, 46-2 3/4

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
Colorado Open	2/4/17	400 Meters	11th, 49.91
		4x400 Relay	5th, 3:20.96
Rocky Mtn. Classic	2/17/17	60 Meters	4th, 7.19

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
Colorado Open	2/3/17	Triple Jump	1st, 50-2
Don Kirby Invite	2/10/17	Long Jump	22nd, 22-9
	2/11/17	Triple Jump	8th, 50-2
Rocky Mtn. Classic	2/17/17	Triple Jump	N/A

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
Colorado Open	2/4/17	60 Hurdles	5th, 8.10
		200 Meters	9th, 22.30
Don Kirby Invite	2/10/17	200 Meters	41st, 22.19
	2/11/17	60 Hurdles	5th, 7.97
Rocky Mtn. Classic	2/17/17	60 Hurdles	2nd, 7.99

Robert Creager

Meet	Date	Event	Mark
Indoor			
Power Meet	12/11/15	High Jump	2nd, 6-4
Colorado Open	2/3/17	Long Jump	11th, 19-2 3/4
Rocky Mtn. Classic	2/17/17	High Jump	N/A

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
Don Kirby Invite	2/11/17	800 Meters	4th, 1:50.90

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
Colorado Open	2/4/17	Shot Put	6th, 50-5 1/2
Rocky Mtn. Classic	2/17/17	Shot Put	3rd, 54-6.5

Hap Frketchik

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
WSU Cougar Indoor	2/3/17	Weight Throw	6th, 54-0 1/2
Rocky Mtn. Classic	2/17/17	Weight Throw	7th, 53-11 3/4

Jesse Gray

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

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
Colorado Open	2/4/17	Mile	7th, 4:15.07

Daniel Hintz

Meet	Date	Event	Mark
Indoor			
Powder River Dual	1/28/17	Mile	4th, 4:23.83
Colorado Open	2/4/17	800 Meters	23rd, 1:56.50
Rocky Mtn. Classic	2/17/17	800 Meters	2nd, 1:58.32

Trey Jennings

Meet	Date	Event	Mark
Indoor			
Powder River Dual	1/28/17	Pole Vault	5th, 12-1 1/2
Rocky Mtn. Classic	2/17/17	Long Jump	3rd, 19-9 1/2
		400 Meters	3rd, 55.06

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
Colorado Open	2/4/17	800 Meters	11th, 1:53.60
		4x400 Relay	5th, 3:20.96
Rocky Mtn. Classic	2/17/17	400 Meters	1st, 51.01

Isaac Kiefer

Meet	Date	Event	Mark
Indoor			
Potts Invitational	1/14/17	800 Meters	9th, 1:59.19
Colorado Open	2/4/17	800 Meters	15th, 1:55.22
Rocky Mtn. Classic	2/17/17	800 Meters	1st, 1:53.93

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
Colorado Open	2/4/17	60 Meters	8th, 6.97
Rocky Mtn. Classic	2/17/17	60 Meters	2nd, 6.91

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
Colorado Open	2/4/17	Shot Put	5th, 52-8 1/4
Rocky Mtn. Classic	2/17/17	Shot Put	1st, 56-0 1/2

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
Colorado Open	2/4/17	200 Meters	3rd, 21.73
		400 Meters	6th, 49.43
Rocky Mtn. Classic	2/17/17	60 Meters	3rd, 6.93

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
Rocky Mtn. Classic	2/17/17	High Jump	2nd, 6-4 3/4

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
Colorado Open	2/3/17	Long Jump	1st, 22-5 3/4
Don Kirby Invite	2/10/17	Long Jump	23rd, 22-8
Rocky Mtn. Classic	2/17/17	Long Jump	2nd, 23-2 3/4

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
Colorado Open	2/4/17	800 Meters	20th, 1:56.28
		4x400 Relay	5th, 3:20.96
Rocky Mtn. Classic	2/17/17	800 Meters	3rd, 1:58.96

2016-17 Wyoming Notes

Damon Unland

Meet	Date	Event	Mark
Indoor Rocky Mtn. Classic	2/17/17	Weight Throw Shot Put	3rd, 57-7.5 NP

Kirk Unland

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	Weight Throw Shot Put	1st, 61-8 1/4 9th, 46-5 1/2
Potts Invitational	1/13/17	Weight Throw Shot Put	1st, 59-1 1/4 11th, 47-5 1/4
Powder River Dual	1/28/17	Weight Throw	2nd, 59-1 1/2
WSU Cougar Indoor	2/3/17	Weight Throw	2nd, 57-0 1/4
Rocky Mtn. Classic	2/17/17	Weight Throw	6th, 55-2

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
Rocky Mtn. Classic	2/17/17	Long Jump	3rd, 22-2 1/4

Jackson Wood

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	400 Meters 4x400 Relay	2nd, 51.81 1st, 3:29.94
Potts Invitational	1/14/17	400 Meters	15th, 50.33
Powder River Dual	1/28/17	400 Meters 4x400 Relay	2nd, 49.66 2nd, 3:21.19

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

Danielle Alexander

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	400 Meters 4x400 Relay	3rd, 1:03.32 2nd, 4:17.00
Powder River Dual	1/28/17	400 Meters 4x400 Relay	5th, 1:01.12 2nd, 3:56.29
Rocky Mtn. Classic	2/17/17	400 Meters 4x400 Relay	2nd, 57.57 1st, 4:30.80

Madison Ashworth

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	High Jump	3rd, 5-0 1/2
Rocky Mtn. Classic	2/17/17	High Jump	3rd, 5-1

Calbi Ausmann

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

Hannah Bertelson

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
Rocky Mtn. Classic	2/17/17	High Jump	2nd, 5-1

Ashley Bock

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

Megan Brunette

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

Hannah Carr

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 Weight Throw	1st, 43-8 1/2 5th, 49-3

Allegra Carson

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
Powder River Dual	1/28/17	Triple Jump	6th, 36-5 1/2
Rocky Mtn. Classic	2/17/17	Triple Jump	2nd, 37-7 1/4 2nd, 38-9 1/2

Jerayah Davis

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	60 Meters Long Jump	1st, 7.25 2nd, 19-6
Powder River Dual	1/28/17	60 Meters Long Jump	1st, 7.44 2nd, 18-11 1/4
Colorado Open	2/3/17	Long Jump	6th, 18-3 3/4
Don Kirby Invite	2/4/17	60 Meters	1st, 7.37
Rocky Mtn. Classic	2/10/17	Long Jump	19th, 18-6
	2/11/17	60 Meters	5th, 7.28
	2/17/17	60 Meters Long Jump	1st, 7.27 2nd, 19-8 3/4

Audra DeStefano

Meet	Date	Event	Mark
Indoor Colorado Open	2/4/17	3,000 Meters	7th, 10:06.71

Quinn DeStefano

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

Ashley Dodds

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	400 Meters 4x400 Relay	5th, 1:03.52 2nd, 4:17.00
Potts Invitational	1/14/17	400 Meters	12th, 1:01.27
Powder River Dual	1/28/17	200 Meters 4x400 Relay	5th, 27.15 4th, 4:07.30
Rocky Mtn. Classic	2/17/17	400 Meters 4x400 Relay	5th, 59.07 1st, 4:30.80

Kacey Doner

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

Jordan Edmonds

Meet	Date	Event	Mark
Indoor Power Meet	12/9/16	60 Meters	8th, 7.78
Powder River Dual	1/28/17	200 Meters 400 Meters	4th, 26.08 6th, 1:01.14
Rocky Mtn. Classic	2/17/17	400 Meters	7th, 59.41

Lauren Hamilton

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
Don Kirby Invite	2/11/17	Mile	3rd, 4:47.52

Melina Harris

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 400 Meters	2nd, 25.44 1st, 58.64
Colorado Open	2/4/17	200 Meters 4x400 Relay	6th, 24.96 3rd, 3:51.42
Rocky Mtn. Classic	2/17/17	400 Meters	1st, 56.98

2016-17 Wyoming Notes

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

Ja'la Henderson				
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
		2/4/17	60 Meters	7th, 7.69
			4x400 Relay	3rd, 3:51.42
	Don Kirby Invite	2/10/17	Long Jump	9th, 19-6 1/4
	Rocky Mtn. Classic	2/17/17	Long Jump	1st, 19-9 3/4

Sofia Hof				
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
	Rocky Mtn. Classic	2/17/17	High Jump	3rd, 5-1

Holly Huber				
Meet	Date	Event	Mark	
Indoor	Power Meet	12/9/16	60 Hurdles	8th, 9.79
	Rocky Mtn. Classic	2/17/17	400 Meters	10th, 1:06.39

Kiah Leonard				
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

Emelda Malm-Annan				
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
	Rocky Mtn. Classic	2/17/17	Weight Throw	1st, 62-6 3/4

Madison Marsh				
Meet	Date	Event	Mark	
Indoor	Power Meet	12/9/16	High Jump	6th, 4-10 1/2
	Rocky Mtn. Classic	2/17/17	High Jump	7th, 4-11

Cassidy Meade				
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
	Don Kirby Invite	2/11/17	800 Meters	4th, 2:12.28

Clare Nicolas				
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	3rd, 3191
			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
	Rocky Mtn. Classic	2/17/17	Long Jump	3rd, 18-1 1/2
			60 Hurdles	3rd, 9.83
			4x400 Relay	1st, 4:30.80

Emily Person				
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
	Rocky Mtn. Classic	2/17/17	800 Meters	1st, 2:18.88

Heidi Pfoor				
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	6th, 2942
			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
	Rocky Mtn. Classic	2/17/17	400 Meters	3rd, 58.11

Makayla Pzinski				
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

Solana Quistorff				
Meet	Date	Event	Mark	
Indoor	Potts Invitational	1/14/17	800 Meters	8th, 2:18.07
	Colorado Open	2/4/17	800 Meters	19th, 2:18.50
	Rocky Mtn. Classic	2/17/17	800 Meters	2nd, 2:21.63

Karlin Rufenacht				
Meet	Date	Event	Mark	
Indoor	Power Meet	12/9/16	High Jump	5th, 5-0 1/2
	Rocky Mtn. Classic	2/17/17	High Jump	5th, 5-1

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	7th, 2916
			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
	Rocky Mtn. Classic	2/17/17	60 Hurdles	1st, 8.82

Day Timberman				
Meet	Date	Event	Mark	
Indoor	Powder River Dual	1/28/17	Triple Jump	1st, 38-9
	Colorado Open	2/3/17	Triple Jump	1st, 38-10 1/2
	Don Kirby Invite	2/11/17	Triple Jump	NP
	Rocky Mtn. Classic	2/17/17	Triple Jump	1st, 38-9 3/4

Ashley Urman				
Meet	Date	Event	Mark	
Indoor	Power Meet	12/9/16	400 Meters	6th, 1:02.35
	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
	Rocky Mtn. Classic	2/17/17	800 Meters	4th, 2:29.52

Regan VanDepol				
Meet	Date	Event	Mark	
Indoor	Potts Invitational	1/14/17	800 Meters	13th, 2:23.72
	Rocky Mtn. Classic	2/17/17	800 Meters	3rd, 2:23.76

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
	Colorado Open	2/3/17	High Jump	2nd, 5-5 1/4
	Rocky Mtn. Classic	2/17/17	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
	Colorado Open	2/4/17	800 Meters	17th, 2:16.32
	Don Kirby Invite	2/11/17	800 Meters	7th, 2:13.44

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
	Rocky Mtn. Classic	2/17/17	400 Meters	4th, 58.14
			4x400 Relay	1st, 4:30.80

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
	Colorado Open	2/3/17	Weight Throw	7th, 53-11
	Rocky Mtn. Classic	2/17/17	Weight Throw	4th, 56-3 3/4

2016-17 Wyoming Notes

Men's Indoor School Records

(as of Feb. 17, 2017)

60 Meters			60-Meter Hurdles			200 Meters			400 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Carlington Duncan	6.71	01	1. Jordan Charles	7.68	16	1. Carlington Duncan	21.17	01	1. Seth Billy	47.68	02
2. Marcus Brunson	6.72	97	2. Brandon Douglass	7.90	13	2. Collin Thomas	21.38	02	2. Mario Harris	48.03	10
3. Stephen Michel	6.78	10	3. Colin Herold	7.95	15	3. Vashone West	21.40	08	3. Chris Welsh	48.05	95
4. Jordan Charles	6.79	15	4. Scott Carter	8.03	16	4. Mario Harris	21.43	11	4. Cody Millemon	48.17	00
Mario Harris	6.79	11	5. Jacob Edwards	8.13	13	5. Marcus Brunson	21.46	97	5. Clay Carlson	48.63	16
Mervin Swaby	6.79	00	6. Michael Tasker	8.16	12	6. Jordan Charles	21.53	16	6. Keith Ladson	48.64	94
Collin Thomas	6.79	02	7. Aaron Praska	8.17	14	7. Richard Peace	21.60	96	7. Kekoa Chavez	48.70	10
8. Vashone West	6.82	08	8. Kyle Sullivan	8.26	13	8. Jace Marx	21.73	17	8. Greg Farnham	48.75	94
9. Calil Burnett	6.85	15	9. Seth Billy	8.30	02	9. Dean Haynes	21.86	88	9. Jermaine Kelly	48.82	05
Dwight Neptune	6.85	04	Jason Medearis	8.30	97	10. Deon McCalla	22.10	97	10. Bryce Ailshie	48.84	17
						Lenyn Leonce	22.10	12			
800 Meters			1 Mile			3,000 Meters			5,000 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Jeremiah Johnson	1:48.30	04	1. Mike Cheroni	4:02.14	78	1. Mark Korir	8:07.43	07	1. Mark Korir	13:57.60	07
2. Harry Fisher	1:49.29	14	2. Nick Theil	4:02.71	96	2. Ryan Bolton	8:09.75	95	2. Taylor Kelting	14:10.04	12
3. Jim McCreery	1:49.94	94	3. Wayne Jensen	4:03.74	71	3. Espen Borge	8:12.38	84	3. Greg Miller	14:20.01	11
4. Ricky Faure	1:50.01	15	4. Espen Borge	4:05.53	84	4. Aaron Derner	8:14.38	14	4. Aaron Derner	14:21.54	16
5. Thomas Atkinson	1:50.16	15	5. Ben Overland	4:05.93	88	5. Garrett Zans	8:14.49	14	5. Scott McDonald	14:22.23	95
6. Bryce Ailshie	1:50.50	17	6. Joseph Nzau	4:06.80	78	6. Joseph Nzau	8:16.41	81	6. Dylan Morin	14:27.04	15
7. Espen Borge	1:50.70	84	7. Arne Anfinsen	4:07.21	86	7. Amos Bowen	8:17.64	15	7. Brian Knight	14:29.06	07
8. Morten Jurs	1:51.62	82	8. Monte Still	4:07.56	93	8. Taylor Kelting	8:17.86	12	8. Joe Hall	14:29.06	00
9. Nick Cramer	1:51.78	07	9. Ricky Faure	4:08.11	15	9. Greg Miller	8:17.97	11	9. Amos Bowen	14:36.95	14
10. Jeremy Thompson	1:51.95	05	10. Simon Killili	4:09.47	79	10. Joe Hall	8:18.40	00	10. Greg Schabron	14:38.80	01
4x400-Meter RELAY						Distance Medley Relay					
1. Duncan, Millemon, Billy, Charlemagne			3:13.74		00	1. Jurs, Slabach, Murray, Borge			9:47.50		84
2. Billy, Millemon, Duncan, Davis			3:14.26		00	2. Her Many Horses, Praska, Wilde, Zans			9:54.86		11
3. Carlson, Blackett, Faure, Fisher			3:14.69		15	3. Tanui, Brauneis, Cramer, Korir			9:56.56		07
4. Kelly, Arnwine, Harris, Johnson			3:14.70		06	4. Johnson, Harris, Cramer, Tanui			9:57.77		06
5. Brauneis, Chavez, Petsch, Harris			3:14.75		10	5. Chirchir, Chavez, Too, Huntington			9:58.60		08
6. Arnwine, Kelly, Baysinger, Harris			3:16.25		05	6. Wyoming			9:58.82		79
7. Billy, Millemon, Duncan, Davis			3:16.45		01	7. Cheroni, Holton, Paolillo, Nzau			9:58.91		81
8. Loken, Carlson, Thomas, Ailshie			3:16.71		16	8. Tanui, Cramer, Too, Korir			10:02.46		07
9. Ladson, Schaff, Grion, Farnham			3:16.88		94	9. Thompson, Kelley, Johnson, Hudson			10:06.19		05
10. Jensen, Batuik, Thoemig, Jones			3:17.74		71	10. Kepler, Kiefer, Henry, Thomas			10:07.42		16
Shot Put			Long Jump			High Jump			Heptathlon		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Mason Finley	66-3 1/4	14	1. Charles Thomas	25-8 1/2	65	1. Bud Hamilton	7-3	93	1. Olav Roe	5,274	06
2. Jason Gervais	64-7	00	2. Tim Cawley	25-4 1/4	98	Mike White	7-3	80	2. Kyle Sullivan	5,262	14
3. Jason Hammond	61-10 1/4	01	3. Mervin Swaby	25-3 3/4	01	3. Chris Larson	7-1 3/4	96	3. Brandon Douglass	5,098	12
4. Kevin Mannon	61-0 3/4	99	4. Bud Hamilton	25-1 1/4	95	4. Bryan Coventry	6-11	87	4. Jay Petsch	5,081	10
5. Matt Spears	60-10	97	5. Jeremiah James	24-11 1/4	09	Justin Smith	6-11	96	5. Brett Zowada	5,033	05
6. Kyle Herl	59-11 3/4	04	6. Eric Coleman	24-7	87	Tim Cawley	6-11	96	6. Caleb Seeton	4,955	16
7. Chad Lindsay	59-4 3/4	92	Dave Shannon	24-7	92	7. Tyler Skinner	6-10 1/4	10	7. Phillip Thomas	4,909	07
8. Craig Suter	58-3 1/4	02	8. Lenyn Leonce	24-6 1/4	10	8. Dan Orange	6-10	75	8. Eric Suter	4,474	04
9. Tyg Long	57-2 3/4	05	9. Gilad Weinbarten	24-4 1/2	64	9. Jeremiah James	6-9	10			
10. Jared Finley	56-4 1/2	79	10. Stephen Michel	24-3 1/2	10	10. Jared Grant	6-8 3/4	04			
35-Pound Weight Throw			Triple Jump			Pole Vault					
Name	Result	Year	Name	Result	Year	Name	Result	Year			
1. Jason Gervais	74-1 3/4	00	1. Quincy Howe	54-9 1/4	01	1. Eric Richey	17-2 1/4	89			
2. Kevin Mannon	72-2 1/4	99	2. Jeremiah James	52-6	10	2. Gregg Sawyer	17-0 3/4	99			
3. Jake Shanklin	71-10 1/4	08	3. Blake Jackson	52-2 3/4	05	3. Jay Novacek	16-3	84			
4. Derek Woodske	71-3 1/4	00	4. Tim Cawley	52-2	97	4. Brandon Douglass	16-0 3/4	11			
5. Ryan Butler	71-1 1/2	96	5. Scott Carter	51-8 1/2	16	5. Darren Niedermeyer	15-9	02			
6. Jason Hammond	69-1 1/2	01	6. Mikael Norman	51-2	75	6. Ed Steele	15-8	75			
7. Zack Schaefer	68-6	04	7. Mervin Swaby	50-10 1/4	01	Brian Stevenson	15-8	84			
8. Kyle Herl	67-5 1/2	04	8. Stephen Michel	50-3 1/4	10	Beecher Strube	15-8	90			
9. Sam Lambert	67-2 1/4	09	9. John Alderson	50-0 1/2	08	9. Cliff Cotton	15-6	72			
10. Joe Plante	66-1	12	10. Wayne King	49-10 1/4	71	Steve McNorris	15-6	90			

School Record Key

Indoor

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

2016-17 Wyoming Notes

Women's Indoor School Records

(as of Feb. 17, 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	
800 Meters			Miile			3,000 Meters			5,000 Meters			
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year	
1. Candace Wollert	2:10.52	12	1. Molly Moulton	4:46.32	98	1. Holly Page	9:26.39	15	1. Holly Page	16:20.10	15	
2. Kerry White	2:10.96	15	2. Lauren Hamilton	4:46.85	17	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	
4x400-Meter Relay			Distance Medley Relay									
1. Smith, Wells, Hopper, Fox			3:31.87	04	1. Meade, DeStefano, Roberton, Hamilton			11:21.19	16			
2. Smith, Fox, Hopper, Larrier			3:33.66	05	2. Meade, Lloyd, Robertson, White			11:56.19	15			
3. Kirby, Simmons, Long, Walker			3:43.84	11	3. Ferguson, Barrinaga, Bradley, Sanford			11:58.54	80			
4. Kirby, Gardner, Wollert, Simmons			3:44.57	12	4. Heaston, Hurst, Wollert, Page			12:02.38	13			
5. Snyder, Robertson, Harris, Brogan			3:45.45	16	5. Wyoming			12:02.41	81			
6. Long, Gardner, Kee, Brogan			3:45.53	13	6. Martinez, Long, Wollert, Davis			12:05.58	11			
7. Kirby, Lloyd, West, Robertson			3:45.71	15	7. Diller, Hopper, Barnett, Grimes			12:08.30	05			
8. Kirby, Simmons, Wollert, Walker			3:45.97	11	8. Wyoming			12:10.76	80			
9. Carstens, Smith, Wells, Fox			3:47.11	03	9. Cerda, Sanford, Reid, Anderson			12:14.98	82			
10. Kee, Simmons, Kirby, Wollert			3:47.57	12	10. Wollert, Long, Hurst, Klimowski			12:15.90	13			
Shot Put			Long Jump			High Jump			Pentathlon			
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year	
1. Jessica Cross	57-0 1/2	98	1. Patricia Miller	20-5	80	1. Julie Burgess	5-10 1/2	88	1. Jenna Mann	3,898	14	
2. Andrea Batt	53-4 1/4	04	2. Ja'la Henderson	20-0 1/2	17	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	19-8 3/4	17	3. Joanna Wilson	5-8	97	3. Rebecca Harris	3,410	15	
4. Grace Apiafi	49-11 1/4	84	4. Renee Guy-Garth	19-5 1/4	97	Chan Johnson	5-8	02	4. Britney Jackson	3,388	10	
5. Robin Lyons	49-9	00	5. Adrienne Prosser	19-3 1/4	96	Keeley Johnson	5-8	88	5. Patty Harrington	3,340	86	
6. Naomi Elliot	49-6 1/4	00	6. B.J. Eldridge	19-3	82	6. Lisa Throener	5-7 1/4	00	6. Leah Burke	3,226	05	
7. Ashley Hutchinson	48-8 1/4	11	7. Davina Strauss	19-2 1/2	01	Jamie Davies	5-7 1/4	96	7. Clare Nicolas	3,205	16	
8. Shreese Daniels	48-2	13	8. Kathy Janicke	19-0	90	Chris Lazz	5-7 1/4	91	8. Kuuipo Nakoa	3,152	11	
9. Mollie Dahl	48-1 3/4	13	9. Erin Urbanoski	18-11 3/4	11	9. Johnna Jeffries	5-7	07	9. Kim Demers	3,113	02	
10. Tamara Hawkins	48-1 1/4	99	10. Janine Brathwaite	18-9 3/4	05	Britney Jackson	5-7	09	10. Ingvild Carstens	3,112	05	
20-Pound Weight Throw			Triple Jump			Pole Vault						
Name	Result	Year	Name	Result	Year	Name	Result	Year				
1. Robin Lyons	70-11 1/4	00	1. Day Timberman	40-2 1/4	16	1. Jamie Davies	12-4 1/4	98				
2. Shreese Daniels	68-1	15	2. Tomeca Brown	39-10 1/2	00	2. Lauri Smith	11-8 1/2	06				
3. Ashley Hutchinson	65-4 3/4	12	3. Allegra Carson	39-7 3/4	16	3. Kat Doherty	11-6 1.2	05				
4. Andrea Batt	64-10 1/2	04	4. Enioma Haynes	39-6 1/2	02	4. Stephanie Anderson	11-5 3/4	04				
5. Shannon Popp	64-4	07	5. Courtney Schlegal	38-9 1/2	04	5. Kaela Thayer	10-11 3/4	03				
6. Emelda Malm-Annan	64-3 1/4	15	Adrienne Prosser	38-9 1/2	96	6. Hallie Baker	10-8	04				
7. Julie Thomas	64-2 1/4	02	7. Melanie Brunko	38-8 3/4	98	Jodie Sanborn	10-8					
8. Kate Burton	63-11 1/2	08	8. Jamie Davies	38-7 3/4	97	8. Alisha Reaser	10-7	09				
9. Crystal Smith	63-7 1/2	03	9. Kathy Janicke	38-5	90	9. Julie Popish	10-6	14				
10. Dana Dillon	63-3 1/4	00	10. Shelly Thacker	38-3 1/2	88	Anna Hardy	10-6	08				

School Record Key

Indoor

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

2016-17 Wyoming Notes

Men's Outdoor School Records

(as of May 31, 2016)

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

School Record Key

Outdoor

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

2016-17 Wyoming Notes

Women's Outdoor School Records

(as of May 31, 2016)

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

School Record Key

Outdoor

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