



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

Meet	Fum McGraw Quadrangular
When	Saturday, March 25
Where	Fort Collins, Colo. Jack Christiansen Track
Time	10 a.m. MT (Field Events) 12 p.m. MT (Track Events)



Notes

Cowboys and Cowgirls to Face Familiar Foes in Fort Collins

After a successful outdoor season opener in Boulder, Colo., the University of Wyoming track & field team will take a trip across the Wyoming-Colorado border to Fort Collins, Colo., for the Fum McGraw Quadrangular on Saturday. The Pokes will compete against Colorado, Northern Colorado and host Colorado State at the annual four-team dual meet at Jack Christiansen Track. The field events are slated to begin at 10 a.m. MT, while track events will start at noon.

Wyoming will be competing as a full team for the first time during the outdoor season, with athletes from all event areas slated to showcase their talents in Fort Collins against three familiar regional foes. The throwers will make their 2017 outdoor debut, exchanging the weight throw for the hammer throw while adding the discus and javelin to their event lineup.

The Cowboys and Cowgirls got off to a great start at the Jerry Quiller Classic as they recorded five UW all-time top 10 marks in Boulder. Jackson Wood continued his momentum from the indoor season by writing his name in the UW record books with a time of 47.89 seconds in the 400 meters, putting the sophomore at No. 8 in program history for the event. Meanwhile, a sprints squad of Kevin Blackett, Jace Marx, Jordan Charles and Sam Kirkeide clocked a time of 40.85 seconds in the 4x100-meter relay, the No. 8 time in the UW record book.

Sophomore sprints star Jerayah Davis matched her personal best of 11.81 seconds in the 100 meters, the No. 6 time on the UW all-time list, while running into a headwind no less. Freshman Kacey Doner and sophomore Kiah Leonard posted the No. 6 and No. 9 times on the UW all-time list for the 3,000-meter steeplechase, respectively, while senior Audra DeStefano earned Mountain West Women's Outdoor Track Athlete of the Week honors by clocking the No. 2 time in the NCAA thus far in the outdoor season (10:34.38 when adjusted for altitude).

Senior Jordan Charles began his final outdoor campaign with a bang, easily winning the 110-meter hurdles with a time of 13.88 in Boulder, just six hundredths of a second off his personal best. Charles currently leads the Mountain West by a large margin and ranks sixth in the nation for the event. He also posted a time of 21.60 seconds in the 200 meters, good for the third-best time in the conference so far this season when adjusted to 21.67 for altitude.

Dynamic duo Ricky Faure and Bryce Ailshie posted the No. 1 and No. 2 times in the Mountain West for the 800 meters so far this season at 1:49.77 and 1:49.98, respectively. Meanwhile, sophomore Ja'la Henderson leads the Mountain West in the women's long jump with a season-opening mark of 19 feet, 4.75 inches while senior Caleb Seeton leads the league in the men's long jump after recording a mark of 22-0.75 in the opener.

Wyoming will look to continue its strong start to the outdoor season with a solid showing in Fort Collins against familiar foes. Fans can follow along on Twitter at @wyo_track.

2016-17 Schedule & Results

Indoor				Outdoor			
Date	Meet	Location	Time/Result	Date	Meet	Location	Time/Result
12/9	Power Meet	Laramie, Wyo.	NTS	3/18	Jerry Quiller Classic	Boulder, Colo.	NTS
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.	M-5th, W-10th	4/28	7220 Invite	Laramie, Wyo.	TBA
				5/5	Dual vs. Colorado State	Fort Collins, Colo.	TBA
				5/10-12	MW Championships	Logan, Utah	TBA
				5/25-27	NCAA West Prelims	Austin, Texas	TBA
				6/7-10	NCAA Championships	Eugene, Ore.	TBA

All times Mountain and subject to change | NTS = No Team Scores

Head Coach Bryan Berryhill



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

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

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

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

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

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

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

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

Personal-Best Times

800 Meters: 1:46

Mile: 3:54

1,500 Meters: 3:35

Notes

Last Time Out: Pokes Complete Successful Outdoor Opener in Boulder

Sophomores Jackson Wood and Jerayah Davis, along with the Cowboys' 4x100-meter relay team, all posted UW all-time top 10 marks Saturday as the University of Wyoming track & field team began its 2017 outdoor season in Boulder, Colo., at the Jerry Quiller Classic. Wood posted a time of 47.89 seconds to finish second in the men's 400 meters, good for No. 8 on the UW all-time list. The team of Jace Marx, Kevin Blackett, Jordan Charles and Sam Kirkeide clocked a time of 40.85 seconds, the No. 8 time on the UW all-time list, to win the men's 4x100-meter relay. Davis clocked a time of 11.81 seconds to win the women's 100 meters, tying her personal best time that ranks No. 6 on the UW all-time list.

"Jackson (Wood) had a nice indoor season and followed it up today with a PR in his first outdoor race," head coach Bryan Berryhill said Saturday. "He's just getting better and better. He's getting more confident with each race."

Sophomore Ja'la Henderson was the runner-up to Davis in the 100 meters, finishing in 12.31 seconds. Henderson also took second in the women's long jump, leaping 19 feet, 4.75 inches. Junior Clare Nicolas picked up a third-place finish in the event with a personal best mark of 18-5.75.

Sophomore Sam Kirkeide also picked up a victory in the men's 100 meters, posting a time of 10.84 for the win. Charles finished fourth in the men's 200 meters, clocking in at 21.60, while Marx was sixth at 21.81. Charles blew away the field in the men's 110-meter hurdles, finishing in 13.88 seconds while runner-up Jaron Thomas of Colorado came in at 14.13.

Melina Harris finished second in the first outdoor 400-meter race of her career, posting a time of 56.25, while Danielle Alexander came in third with a time of 59.43. Mikalah Skates was third in the women's 100-meter hurdles, finishing in 14.77. In the women's 400-meter hurdles, Heidi Pfoor took third in 1:03.28 while Ariana Williams was fourth in 1:04.58.

Middle distance comrades Ricky Faure and Bryce Ailshie continued their hot streak from the indoor season with a 1-2 finish in the men's 800 meters, clocking adjusted times of 1:49.77 and 1:49.99, respectively. Cassidy Meade won the women's 800 meters, posting an adjusted time of 2:11.53.

Reigning Mountain West champion in the women's 3,000-meter steeplechase, Audra DeStefano, started her final outdoor season with a win in the event, posting an adjusted time of 10:34.39 to capture the victory. Freshman Kacey Doner and sophomore Kiah Leonard took second and third, respectively.

Sophomore Kyle Alexander was victorious in the men's triple jump, posting a leap of 45-4.25. Long jumpers Caleb Seeton and Bobby Wingeleth finished second and third, respectively, with marks of 22-0.75 and 21-6.25. Allegra Carson was third in the women's triple jump, leaping 37-6.75.

The Cowgirls also captured a victory in the 4x100-meter relay, finishing the race in 46.37 seconds.

"I thought overall the kids competed really well," Berryhill said. "We had a nice weather day, and I felt like they went out there and took advantage of it and set some good early season marks to build on for the rest of the season. When you get a nice day on the Front Range, you have to take advantage of it, and I thought they did."

DeStefano Tabbed MW Women's Outdoor Track Athlete of the Week

Wyoming senior steeplechase standout Audra DeStefano has been named the Mountain West Women's Outdoor Track Athlete of the Week, the conference office announced Tuesday. The reigning MW champion in the 3,000-meter steeplechase started her final outdoor campaign with a bang at Saturday's Jerry Quiller Classic in Boulder, Colo., winning the steeplechase with an altitude-adjusted time of 10 minutes, 34.38 seconds.

DeStefano was victorious by nearly 45 seconds in Boulder as she began her chase for a second consecutive conference title in the event. Her adjusted time currently leads the conference by a wide margin and ranks second in the NCAA behind BYU's Courtney Wayment. DeStefano leads Illinois' Valerie Bobart, the nation's third-ranked athlete in the event, by nearly 10 seconds.

The weekly accolade comes as the third of DeStefano's illustrious outdoor track & field career. She has now collected a weekly honor from the conference in each of the last three outdoor seasons and has earned three of the Cowgirls' last five weekly outdoor honors from the Mountain West. In 2016, McKenzie Brogan joined DeStefano as the only Cowgirls to receive a Women's Outdoor Track Athlete of the Week award from the conference.

DeStefano, a native of Gillette, Wyo. and a six-time all-conference honoree, holds the University of Wyoming record for the women's 3,000-meter steeplechase with a time of 10:07.35 that earned her a conference championship in the event in 2016. It was the third-fastest time in MW championship meet history and gave the Cowgirls their first title in the event since Emily Higgins took top honors in 2009.

Coming Out of the Woodwork

One of the highlights of Wyoming's 2016-17 track & field season has been the emergence of sophomore Jackson Wood in the 400 meters. Wood lowered his indoor personal record from 51.81 seconds to 48.38 seconds (No. 5 UW all-time) throughout the course of the indoor campaign, culminating with an eighth-place finish at the MW indoor championships. Wood chopped a massive amount of time off his outdoor PR at the Jerry Quiller Classic, lowering it from 49.30 to 47.89, good enough for No. 8 on the UW all-time list.

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

Women's Outdoor Track Athletes of the Week

Date	Name	Class	Events
3/21	Audra DeStefano	Sr.	3000s

USTFCCCA Regional Rankings

FINAL INDOOR RANKINGS MOUNTAIN REGION

Women (Feb. 27)

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

Men (Feb. 27)

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

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.

USTFCCCA Preseason Outdoor Track & Field Rankings Released

The U.S. Track & Field and Cross Country Coaches' Association released its preseason national rankings for the 2017 outdoor season on Monday, with Florida holding the top spot on the men's side while Oregon was picked first on the women's side. The Cowgirls check in at No. 115, while the Cowboys enter the outdoor campaign at No. 129.

MEN

Rk.	School	Points
1	Florida	282.97
2	Oregon	277.54
3	Arkansas	253.11
4	Texas A&M	232.69
5	LSU	218.03
6	Virginia	183.26
7	Texas	169.14
8	Alabama	167.36
9	Georgia	156.00
10	Stanford	153.94
11	Southern California	138.93
12	Texas	138.19
13	Ole Miss	129.75
14	Tennessee	129.50
15	Nebraska	125.27
16	Syracuse	117.83
17	Kansas	113.11
18	UCLA	106.86
19	Minnesota	102.12
20	Houston	96.18
21	Virginia Tech	92.90
22	Kentucky	92.37
23	Western Kentucky	91.68
24	Auburn	91.68
25	South Carolina	89.84
26	North Carolina A&T	85.31
27	Louisville	84.36
28	Baylor	75.56
29	Iowa	74.81
30	Michigan	71.95
129	Wyoming	3.16

WOMEN

Rk.	School	Points
1	Oregon	345.06
2	Kentucky	333.88
3	Arkansas	293.38
4	LSU	266.32
5	Southern California	248.20
6	Florida	241.82
7	Georgia	197.42
8	Texas	178.59
9	Stanford	175.25
10	Florida State	174.59
11	Tennessee	147.81
12	Texas A&M	141.26
13	Washington	136.32
14	Harvard	134.06
15	Alabama	112.70
16	Miami (Fla.)	111.64
17	Baylor	111.44
18	Nebraska	107.37
19	Oklahoma	107.03
20	Virginia Tech	100.37
21	Michigan	97.66
22	South Carolina	97.66
23	Ole Miss	83.70
24	Auburn	81.28
25	San Diego State	79.52
26	Colorado	72.47
27	Purdue	72.30
28	Arizona State	72.04
29	Oklahoma State	69.48
30	Minnesota	68.93
115	Wyoming	3.94

Next Up

The Pokes head to Greeley, Colo., for the Tom Benich Invite on April 1.

Cowboys & Cowgirls in the 2017 NCAA Outdoor Rankings (as of March 18)

COWBOYS

Rank	Name	Event	Meet	Time/Mark
6th	Jordan Charles	110 Hurdles	Jerry Quiller Classic	13.92
8th	Ricky Faure	800 Meters	Jerry Quiller Classic	1:49.77
10th	Bryce Ailshie	800 Meters	Jerry Quiller Classic	1:49.98
33rd	Kirkeide, Charles, Marx, Blackett	4x100 Relay	Jerry Quiller Classic	40.97
48th	Jackson Wood	400 Meters	Jerry Quiller Classic	48.00
T-84th	Jordan Charles	200 Meters	Jerry Quiller Classic	21.67
82nd	Kyle Alexander	Triple Jump	Jerry Quiller Classic	45-4 1/4
87th	Carter, Seeton, Alexander, Wingeleth	4x100 Relay	Jerry Quiller Classic	42.32

COWGIRLS

Rank	Name	Event	Meet	Time/Mark
2nd	Audra DeStefano	3,000 Steeplechase	Jerry Quiller Classic	10:34.38
T-17th	Ja'la Henderson	Long Jump	Jerry Quiller Classic	19-4 3/4
24th	Cassidy Meade	800 Meters	Jerry Quiller Classic	2:11.53
27th	Kacey Doner	3,000 Steeplechase	Jerry Quiller Classic	11:17.06
T-41st	Jerayah Davis	100 Meters	Jerry Quiller Classic	11.84
42nd	Kiah Leonard	3,000 Steeplechase	Jerry Quiller Classic	11:34.43
52nd	Davis, Pzinski, Henderson, Harris	4x100 Relay	Jerry Quiller Classic	46.49
75th	Melina Harris	400 Meters	Jerry Quiller Classic	56.36
77th	Heidi Pfoor	400 Hurdles	Jerry Quiller Classic	1:03.39
83rd	Clare Nicolas	Long Jump	Jerry Quiller Classic	18-5 3/4

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 (40)

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.
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	21.71	MW Championships	Albuquerque, N.M.	2/25/17	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
Jackson Wood	48.38	MW Championships	Albuquerque, N.M.	2/24/17	Same (No. 5 UW All-Time)	
Bryce Ailshie	48.84	Potts Invitational	Boulder, Colo.	1/14/17	Same (No. 10 UW All-Time)	
Ricky Faure	49.41	Potts Invitational	Boulder, Colo.	1/14/17	Same	
Jace Marx	49.43	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
Ricky Faure	1:48.78	MW Championships	Albuquerque, N.M.	2/24/17	Same (No. 2 UW All-Time)	
Bryce Ailshie	1:49.56	MW Championships	Albuquerque, N.M.	2/25/17	Same (No. 4 UW All-Time)	
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	
Jonah Henry	8:31.41	MW Championships	Albuquerque, N.M.	2/25/17	8:19.13	2016
Jesse Gray	8:43.32	Colorado Open	Boulder, Colo.	2/4/17		
5,000 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Jonah Henry	14:39.59	MW Championships	Albuquerque, N.M.	2/24/17	Same	
Mike Seas	15:19.99	MW Championships	Albuquerque, N.M.	2/24/17	Same	
4x400-Meter Relay						
Name	Mark	Meet	Location	Date	Mark	Date
Marx, Wood, Blackett, Ailshie	3:13.46	MW Championships	Albuquerque, N.M.	2/25/17	(No. 1 UW All-Time)	
Distance Medley Relay						
Name	Mark	Meet	Location	Date	Mark	Date
Kepler, Thomas, Kiefer, Henry	10:07.00	MW Championships	Albuquerque, N.M.	2/23/17	(No. 10 UW All-Time)	
High Jump						
Name	Mark	Meet	Location	Date	Mark	Date
Kyle Pollock	6-4 3/4	MW Championships	Albuquerque, N.M.	2/24/17	Same	
Scott Carter	5-7	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
Long Jump						
Name	Mark	Meet	Location	Date	Mark	Date
Scott Carter	24-3 3/4	MW Championships	Albuquerque, N.M.	2/24/17	Same (No. 10 UW All-Time)	
Caleb Seeton	23-9	Power Meet	Laramie, Wyo.	12/9/16	Same	
Bobby Wingeleth	22-8	Power Meet	Laramie, Wyo.	12/9/16	23-6 3/4	2015
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

2016-17 Wyoming Notes

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	

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	
Damon Unland	51-10	MW Championships	Albuquerque, N.M.	2/25/17	53-7 1/2	2015
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	
Damon Unland	59-4	MW Championships	Albuquerque, N.M.	2/24/17	62-8	2015
Hap Frketch	57-9	Power Meet	Laramie, Wyo.	12/9/16	Same	

Women's Indoor Performance List

(800 meters and above altitude/track converted)

Season Bests					Career Bests	
Name	Mark	Meet	Location	Date	Mark	Date
Jerayah Davis	7.25	MW Championships	Albuquerque, N.M.	2/24/17	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						
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	9.61	MW Championships	Albuquerque, N.M.	2/23/17	Same	
200 Meters						
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						
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						
Cassidy Meade	2:09.76	MW Championships	Albuquerque, N.M.	2/25/17	Same (No. 1 UW All-Time)	
Kerry White	2:11.36	MW Championships	Albuquerque, N.M.	2/24/17	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	2:38.53	MW Championships	Albuquerque, N.M.	2/23/17	2016	
Mikalsh Skates	2:46.77	Air Force Invite	Colorado Springs, Colo.	1/19/17	Same	
Mile						
Lauren Hamilton	4:46.85	Colorado Open	Boulder, Colo.	2/3/17	Same (No. 2 UW All-Time)	
Calbi Ausmann	4:46.57	MW Championships	Albuquerque, N.M.	2/24/17	Same (No. 5 UW All-Time)	
Quinn DeStefano	5:00.85	Potts Invitational	Boulder, Colo.	1/14/17	Same	
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

2016-17 Wyoming Notes

Women's Indoor Performance List

(800 meters and above altitude/track converted)

Season Bests					Career Bests	
3,000 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Megan Brunette	9:50.26	MW Championships	Albuquerque, N.M.	2/25/17	Same (No. 6 UW All-Time)	
Quinn DeStefano	9:58.60	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
Audra DeStefano	10:00.01	MW Championships	Albuquerque, N.M.	2/25/17	9:32.83 (No. 2 UW All-Time)	2016
Ashley Bock	10:04.12	Powder River Dual	Gillette, Wyo.	1/28/17	Same	
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	17:03.72	MW Championships	Albuquerque, N.M.	2/24/17	Same (No. 5 UW All-Time)	
Audra DeStefano	17:15.21	MW Championships	Albuquerque, N.M.	2/24/17	16:35.84 (No. 2 UW All-Time)	2016
Ashley Bock	17:48.57	MW Championships	Albuquerque, N.M.	2/24/17	Same	
Quinn DeStefano	18:04.13	MW Championships	Albuquerque, N.M.	2/24/17	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
White, Harris, Meade, Hamilton	11:33.30	MW Championships	Albuquerque, N.M.	2/23/17	(No. 2 UW All-Time)	
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	19-11	MW Championships	Albuquerque, N.M.	2/24/17	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	35-7 1/4	MW Championships	Albuquerque, N.M.	2/23/17	Same	
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	3233	MW Championships	Albuquerque, N.M.	2/23/17	Same (No. 6 UW All-Time)	
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 Outdoor Performance List

(800 meters and above altitude/track converted)

Season Bests					Career Bests	
100 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Sam Kirkeide	10.84	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
200 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Jordan Charles	21.60	Jerry Quiller Classic	Boulder, Colo.	3/18/17	21.12 (No. 2 UW All-Time)	2014
Jace Marx	21.81	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
Scott Carter	22.45	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
Michael Choma	23.37	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
400 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Jackson Wood	47.89	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same (No. 8 UW All-Time)	
Kevin Blackett	49.75	Jerry Quiller Classic	Boulder, Colo.	3/18/17	48.10	2015
800 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Ricky Faure	1:49.77	Jerry Quiller Classic	Boulder, Colo.	3/18/17	1:47.59 (No. 2 UW All-Time)	2015
Bryce Ailshie	1:49.98	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
Daniel Hintz	1:55.49	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
Isaac Kiefer	1:55.87	Jerry Quiller Classic	Boulder, Colo.	3/18/17	1:55.37	2016
Phillip Thomas	1:58.95	Jerry Quiller Classic	Boulder, Colo.	3/18/17	1:53.72	2016
1,500 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Michael Downey	4:00.87	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
Jesse Gray	4:03.76	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
110-Meter Hurdles						
Name	Mark	Meet	Location	Date	Mark	Date
Jordan Charles	13.88	Jerry Quiller Classic	Boulder, Colo.	3/18/17	13.82 (No. 3 UW All-Time)	2016
Jay Shuman	15.58	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
4x100-Meter Relay						
Name	Mark	Meet	Location	Date	Mark	Date
Kirkeide, Charles, Marx, Blackett	40.85	Jerry Quiller Classic	Boulder, Colo.	3/18/17	No. 8 UW All-Time	
Carter, Seeton, Alexander, Wingleth	42.20	Jerry Quiller Classic	Boulder, Colo.	3/18/17		
High Jump						
Name	Mark	Meet	Location	Date	Mark	Date
Kyle Pollock	6-4	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
Caleb Seeton	6-2	Jerry Quiller Classic	Boulder, Colo.	3/18/17	6-2 3/4	2016
Long Jump						
Name	Mark	Meet	Location	Date	Mark	Date
Caleb Seeton	22-0 3/4	Jerry Quiller Classic	Boulder, Colo.	3/18/17	22-4 1/2	2016
Bobby Wingleth	21-6 1/4	Jerry Quiller Classic	Boulder, Colo.	3/18/17	23-2 1/2	2014
Triple Jump						
Name	Mark	Meet	Location	Date	Mark	Date
Kyle Alexander	45-4 1/4	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	

2016-17 Wyoming Notes

Women's Outdoor Performance List

(800 meters and above altitude/track converted)

Season Bests	Career Bests
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100 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Jerayah Davis	11.81	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same (No. 6 UW All-Time)	
Ja'la Henderson	12.31	Jerry Quiller Classic	Boulder, Colo.	3/18/17	11.89 (No. 10 UW All-Time)	2016

200 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Clare Nicolas	25.90	Jerry Quiller Classic	Boulder, Colo.	3/18/17	25.87	2016

400 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Melina Harris	56.25	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
Danielle Alexander	59.43	Jerry Quiller Classic	Boulder, Colo.	3/18/17	57.71	2014

800 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Cassidy Meade	2:11.53	Jerry Quiller Classic	Boulder, Colo.	3/18/17	2:09.77 (No. 4 UW All-Time)	2016

1,500 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Kerry White	4:43.16	Jerry Quiller Classic	Boulder, Colo.	3/18/17	4:33.41 (No. 8 UW All-Time)	2015
Calbi Ausmann	4:49.70	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	

100-Meter Hurdles

Name	Mark	Meet	Location	Date	Mark	Date
Mikalsh Skates	14.77	Jerry Quiller Classic	Boulder, Colo.	3/18/17	14.01	2015

400-Meter Hurdles

Name	Mark	Meet	Location	Date	Mark	Date
Heidi Pfoor	1:03.28	Jerry Quiller Classic	Boulder, Colo.	3/18/17	1:01.95	2016
Ariana Williams	1:04.58	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	

3,000-Meter Steeplechase

Name	Mark	Meet	Location	Date	Mark	Date
Audra DeStefano	10:34.38	Jerry Quiller Classic	Boulder, Colo.	3/18/17	10:07.35 (No. 1 UW All-Time)	2016
Kacey Doner	11:17.06	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same (No. 6 UW All-Time)	
Kiah Leonard	11:34.43	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same (No. 9 UW All-Time)	

4x100-Meter Relay

Name	Mark	Meet	Location	Date	Mark	Date
Davis, Pzinski, Henderson, Harris	46.37	Jerry Quiller Classic	Boulder, Colo.	3/18/17		

High Jump

Name	Mark	Meet	Location	Date	Mark	Date
Anissa Warner	5-2 1/4	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
Madison Ashworth	5-0 1/4	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
Hannah Bertelson	5-0 1/4	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
Sofia Hof	5-0 1/4	Jerry Quiller Classic	Boulder, Colo.	3/18/17	5-5 3/4 (No. 10 UW All-Time)	2016
Karlin Rufenacht	5-0 1/4	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	

Long Jump

Name	Mark	Meet	Location	Date	Mark	Date
Ja'la Henderson	19-4 3/4	Jerry Quiller Classic	Boulder, Colo.	3/18/17	19-5 1/4 (No. 9 UW All-Time)	2016
Clare Nicolas	18-5 3/4	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	

Triple Jump

Name	Mark	Meet	Location	Date	Mark	Date
Allegra Carson	37-6 3/4	Jerry Quiller Classic	Boulder, Colo.	3/18/17	38-7 (No. 7 UW All-Time)	2016

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
	MW Championships	2/25/17	800 Meters	3rd, 1:49.56
		2/25/17	4x400 Relay	3rd, 3:13.46
	Jerry Quiller Classic	3/18/17	800 Meters	2nd, 1:49.98

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
	MW Championships	2/25/17	Triple Jump	8th, 45-5 1/4
	Jerry Quiller Classic	3/18/17	Triple Jump	1st, 45-4 1/4

Kevin Blackett

	Meet	Date	Event	Mark
Indoor	Potts Invitational	1/14/17	400 Meters	13th, 50.21
	Powder River Dual	1/28/17	200 Meters	3rd, 22.95
			400 Meters	5th, 50.21
			4x400 Relay	2nd, 3:21.19
	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
	MW Championships	2/24/17	400 Meters	NT
Outdoor		2/25/17	4x400 Relay	3rd, 3:13.46
	Jerry Quiller Classic	3/18/17	400 Meters	7th, 49.75
			4x100 Relay	1st, 40.85

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
			Triple Jump	1st, 50-2
	Colorado Open	2/3/17	Triple Jump	22nd, 22-9
	Don Kirby Invite	2/10/17	Long Jump	8th, 50-2
		2/11/17	Triple Jump	N/A
	Rocky Mtn. Classic	2/17/17	Triple Jump	2nd, 24-3 3/4
	MW Championships	2/24/17	Long Jump	1st, 50-8 1/4
Outdoor		2/25/17	Triple Jump	4th, 7.95
	Jerry Quiller Classic	3/18/17	200 Meters	11th, 22.45
			4x100 Relay	2nd, 42.20

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
	MW Championships	2/25/17	60 Hurdles	2nd, 7.80
	Jerry Quiller Classic	3/18/17	110 Hurdles	1st, 13.88
Outdoor			200 Meters	4th, 21.60
			4x100 Relay	1st, 40.85

Michael Choma

	Meet	Date	Event	Mark
Outdoor	Jerry Quiller Classic	3/18/17	200 Meters	18th, 23.37

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
	MW Championships	2/24/17	800 Meters	4th, 1:48.78
Outdoor	Jerry Quiller Classic	3/18/17	800 Meters	1st, 1:49.77

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
	MW Championships	2/25/17	Shot Put	8th, 53-0 1/4

Hap Frketch

	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	Weight Throw	2nd, 57-9
	Potts Invitational	1/13/17	Weight Throw	4th, 56-6
	Powder River Dual	1/28/17	Weight Throw	3rd, 54-3 1/4
	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
	MW Championships	2/24/17	Weight Throw	10th, 54-3 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
Outdoor	Jerry Quiller Classic	3/18/17	1,500 Meters	17th, 4:03.76

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
	MW Championships	2/23/17	DMR	6th, 10:07.00
		2/24/17	5,000 Meters	5th, 14:39.59
	2/25/17	3,000 Meters	22nd, 8:31.41	

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
Outdoor	Jerry Quiller Classic	3/18/17	800 Meters	8th, 1:55.49

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
	MW Championships	2/23/17	DMR	6th, 10:07.00
	2/24/17	800 Meters	17th, 1:54.85	

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
	MW Championships	2/23/17	DMR	6th, 10:07.00
		2/24/17	800 Meters	20th, 2:00.70
Outdoor	Jerry Quiller Classic	3/18/17	800 Meters	10th, 1:55.87

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
	MW Championships	2/24/17	60 Meters	9th, 6.95
Outdoor	Jerry Quiller Classic	3/18/17	100 Meters	1st, 10.84
			4x100 Relay	1st, 40.85

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
	MW Championships	2/25/17	Shot Put	10th, 51-8 1/2

2016-17 Wyoming Notes

Men's Individual Breakdown

(800 meters and above altitude/track converted)

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
	Colorado Open	1/28/17	4x400 Relay	2nd, 3:21.19
		2/4/17	200 Meters	3rd, 21.73
	Rocky Mtn. Classic	2/17/17	400 Meters	6th, 49.43
		2/17/17	60 Meters	3rd, 6.93
	MW Championships	2/25/17	200 Meters	8th, 21.71
2/25/17		4x400 Relay	3rd, 3:13.46	
Outdoor	Jerry Quiller Classic	3/18/17	200 Meters	6th, 21.81
			4x100 Relay	1st, 40.85

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
		1/28/17	Long Jump	8th, 20-11 3/4
Rocky Mtn. Classic	2/17/17	High Jump	2nd, 6-4 3/4	
	2/24/17	High Jump	9th, 6-4 3/4	
Outdoor	Jerry Quiller Classic	3/18/17	High Jump	6th, 6-4

Mike Seas

	Meet	Date	Event	Mark
Indoor	Powder River Dual	1/28/17	3,000 Meters	4th, 8:26.78
	MW Championships	2/24/17	5,000 Meters	16th, 15:19.99
		2/25/17	3,000 Meters	24th, 8:33.24

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
		1/28/17	60 Meters	2nd, 7.06
	Powder River Dual	1/28/17	Long Jump	1st, 23-5 1/2
		1/28/17	Long Jump	1st, 22-5 3/4
	Colorado Open	2/3/17	Long Jump	23rd, 22-8
	Don Kirby Invite	2/10/17	Long Jump	2nd, 23-2 3/4
	Rocky Mtn. Classic	2/17/17	Long Jump	9th, 22-8
	MW Championships	2/24/17	Long Jump	2nd, 22-0 3/4
	Outdoor	Jerry Quiller Classic	3/18/17	Long Jump
4x100 Relay				2nd, 42.20

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
		2/4/17	800 Meters	20th, 1:56.28
	Rocky Mtn. Classic	2/17/17	4x400 Relay	5th, 3:20.96
		2/17/17	800 Meters	3rd, 1:58.96
	MW Championships	2/23/17	DMR	6th, 10:07.00
		2/24/17	800 Meters	19th, 1:57.61
Outdoor	Jerry Quiller Classic	3/18/17	800 Meters	13th, 1:58.95

Damon Unland

	Meet	Date	Event	Mark
Indoor	Rocky Mtn. Classic	2/17/17	Weight Throw	3rd, 57-7.5
		2/17/17	Shot Put	NP
	MW Championships	2/24/17	Weight Throw	7th, 59-4
		2/25/17	Shot Put	9th, 51-10

Kirk Unland

	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	Weight Throw	1st, 61-8 1/4
	Potts Invitational	1/13/17	Shot Put	9th, 46-5 1/2
		1/14/17	Weight Throw	1st, 59-1 1/4
	Powder River Dual	1/14/17	Shot Put	11th, 47-5 1/4
		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
	MW Championships	2/24/17	Weight Throw	11th, 54-2 3/4

Bobby Wingeleth

	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	Long Jump	2nd, 22-8
	Potts Invitational	1/13/17	Long Jump	6th, 21-11
	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
Outdoor	Jerry Quiller Classic	3/18/17	Long Jump	2nd, 21-6 1/4
			4x100 Relay	2nd, 42.20

Jackson Wood

	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	400 Meters	2nd, 51.81
		12/9/16	4x400 Relay	1st, 3:29.94
	Potts Invitational	1/14/17	400 Meters	15th, 50.33
	Powder River Dual	1/28/17	400 Meters	2nd, 49.66
		1/28/17	4x400 Relay	2nd, 3:21.19
	Colorado Open	2/4/17	400 Meters	3rd, 48.86
	MW Championships	2/25/17	400 Meters	8th, 48.38
Outdoor	Jerry Quiller Classic	3/18/17	4x400 Relay	3rd, 3:13.46
			400 Meters	2nd, 47.89

2016-17 Wyoming Notes

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 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
	Rocky Mtn. Classic	2/17/17	400 Meters 2nd, 57.57 4x400 Relay 1st, 4:30.80
	MW Championships	2/24/17	400 Meters 24th, 59.62
Outdoor	Jerry Quiller Classic	3/18/17	400 Meters 3rd, 59.43

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
Outdoor	Jerry Quiller Classic	3/18/17	High Jump 7th, 5-0 1/4

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
	MW Championships	2/25/17	Mile 10th, 4:56.57
Outdoor	Jerry Quiller Classic	3/18/17	1,500 Meters 8th, 4:49.70

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
Outdoor	Jerry Quiller Classic	3/18/17	High Jump 9th, 5-0 1/4

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
	MW Championships	2/24/17	5,000 Meters 20th, 17:48.57
		2/25/17	3,000 Meters 29th, 10:10.82

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
	MW Championships	2/24/17	5,000 Meters 13th, 17:03.72
		2/25/17	3,000 Meters 19th, 9:50.26

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 1st, 43-8 1/2
			Weight Throw 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
		1/14/17	Triple Jump 6th, 36-5 1/2
	Powder River Dual	1/28/17	Triple Jump 2nd, 37-7 1/4
	Rocky Mtn. Classic	2/17/17	Triple Jump 2nd, 38-9 1/2
	MW Championships	2/25/17	Triple Jump 8th, 37-10 3/4
Outdoor	Jerry Quiller Classic	3/18/17	Triple Jump 3rd, 37-6 3/4

Jerayah Davis

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
		2/4/17	60 Meters 1st, 7.37
	Don Kirby Invite	2/10/17	Long Jump 19th, 18-6
		2/11/17	60 Meters 5th, 7.28
	Rocky Mtn. Classic	2/17/17	60 Meters 1st, 7.27
			Long Jump 2nd, 19-8 3/4
	MW Championships	2/24/17	Long Jump 2nd, 19-11
		2/25/17	60 Meters 2nd, 7.25
Outdoor	Jerry Quiller Classic	3/18/17	100 Meters 1st, 11.81
			4x100 Relay 1st, 46.37

Audra DeStefano

Meet	Date	Event	Mark
Indoor	Colorado Open	2/4/17	3,000 Meters 7th, 10:06.71
	MW Championships	2/24/17	5,000 Meters 15th, 17:15.21
		2/25/17	3,000 Meters 25th, 10:00.01
Outdoor	Jerry Quiller Classic	3/18/17	Steeplechase 1st, 10:34.38

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
	MW Championships	2/24/17	5,000 Meters 21st, 18:04.13
		2/25/17	3,000 Meters 31st, 10:18.30

Ashley Dodds

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
	Rocky Mtn. Classic	2/17/17	400 Meters 5th, 59.07
			4x400 Relay 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
	MW Championships	2/25/17	3,000 Meters 34th, 10:32.05
Outdoor	Jerry Quiller Classic	3/18/17	Steeplechase 2nd, 11:17.06

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 4th, 26.08
			400 Meters 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
	MW Championships	2/24/17	Mile 11th, 4:56.63

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 2nd, 25.44
			400 Meters 1st, 58.64
	Colorado Open	2/4/17	200 Meters 6th, 24.96
			4x400 Relay 3rd, 3:51.42
	Rocky Mtn. Classic	2/17/17	400 Meters 1st, 56.98
	MW Championships	2/23/17	DMR 5th, 11:33.30
		2/24/17	400 Meters 19th, 57.44
		2/25/17	4x400 Relay 11th, 4:05.16
Outdoor	Jerry Quiller Classic	3/18/17	400 Meters 2nd, 56.25
			4x100 Relay 1st, 46.37

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
	MW Championships	2/24/17	Long Jump 3rd, 19-10 1/4
			60 Meters 14th, 7.62
		2/25/17	4x400 Relay 11th, 4:05.16
Outdoor	Jerry Quiller Classic	3/18/17	Long Jump 2nd, 19-4 3/4
			100 Meters 2nd, 12.31
			4x100 Relay 1st, 46.37

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
Outdoor	Jerry Quiller Classic	3/18/17	High Jump 10th, 5-0 1/4

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

2016-17 Wyoming Notes

Women's Individual Breakdown

(800 meters and above altitude/track converted)

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
Outdoor	Jerry Quiller Classic	3/18/17	Steeplechase	3rd, 11:34.43

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
	MW Championships	2/24/17	Weight Throw	8th, 57-11 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
	MW Championships	2/23/17	DMR	5th, 11:33.30
			800 Meters	5th, 2:09.76
			4x400 Relay	11th, 4:05.16
			800 Meters	1st, 2:11.53
Outdoor	Jerry Quiller Classic	3/18/17	800 Meters	

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	
MW Championships	2/23/17	Pentathlon	14th, 3233	
		60 Hurdles	9.61	
		High Jump	5-1	
		Shot Put	35-7 1/4	
		Long Jump	16-11 1/4	
		800 Meters	2:38.53	
Outdoor	Jerry Quiller Classic	3/18/17	Long Jump	3rd, 18-5 3/4
		200 Meters	6th, 25.90	

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
	MW Championships	2/24/17	800 Meters	17th, 2:20.08

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	
MW Championships	2/24/17	400 Meters	25th, 1:00.22	
Outdoor	Jerry Quiller Classic	3/18/17	400 Hurdles	3rd, 1:03.28

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
Outdoor	Powder River Dual	1/28/17	60 Meters	3rd, 7.79
	Jerry Quiller Classic	3/18/17	4x100 Relay	1st, 46.37

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
	MW Championships	2/24/17	Mile	13th, 5:04.75

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
Outdoor	Jerry Quiller Classic	3/18/17	High Jump	8th, 5-0 1/4

Mikalah 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	
MW Championships	2/24/17	60 Hurdles	14th, 9.00	
Outdoor	Jerry Quiller Classic	3/18/17	100 Hurdles	3rd, 14.77

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
	MW Championships	2/25/17	Triple Jump	7th, 38-2

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
	MW Championships	2/24/17	High Jump	7th, 5-4 1/4
	Outdoor	Jerry Quiller Classic	3/18/17	High Jump

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
	MW Championships	2/23/17	DMR	5th, 11:33.30
			800 Meters	8th, 2:11.36
Outdoor	Jerry Quiller Classic	3/18/17	4x400 Relay	11th, 4:05.16
			1,500 Meters	7th, 4:43.16

2016-17 Wyoming Notes

Women's Individual Breakdown**(800 meters and above altitude/track converted)****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
Outdoor	Rocky Mtn. Classic	2/17/17	400 Meters	4th, 58.14
			4x400 Relay	1st, 4:30.80
	Jerry Quiller Classic	3/18/17	400 Hurdles	4th, 1:04.58

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
	MW Championships	2/24/17	Weight Throw	11th, 54-3 1/4

2016-17 Wyoming Notes

Men's Indoor School Records

(as of Feb. 25, 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. Scott Carter	7.95	17	3. Vashone West	21.40	08	3. Chris Welsh	48.05	95
4. Jordan Charles	6.79	15	Colin Herold	7.95	15	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. Jackson Wood	48.38	17
Mervin Swaby	6.79	00	6. Michael Tasker	8.16	12	6. Jordan Charles	21.53	16	6. Clay Carlson	48.63	16
Collin Thomas	6.79	02	7. Aaron Praska	8.17	14	7. Richard Peace	21.60	96	7. Keith Ladson	48.64	94
8. Vashone West	6.82	08	8. Kyle Sullivan	8.26	13	8. Jace Marx	21.71	17	8. Kekoa Chavez	48.70	10
9. Calil Burnett	6.85	15	9. Seth Billy	8.30	02	9. Dean Haynes	21.86	88	9. Greg Farnham	48.75	94
Dwight Neptune	6.85	04	Jason Medearis	8.30	97	10. Deon McCalla	22.10	97	10. Jermaine Kelly	48.82	05
10. Lenyn Leonce											

800 Meters			1 Mile			3,000 Meters			5,000 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Jeremiah Johnson	1:48.30	04	1. Mike Cheronio	4:02.14	78	1. Mark Korir	8:07.43	07	1. Mark Korir	13:57.60	07
2. Ricky Faure	1:48.78	17	2. Nick Theil	4:02.71	96	2. Ryan Bolton	8:09.75	95	2. Taylor Kelting	14:10.04	12
3. Harry Fisher	1:49.29	14	3. Wayne Jensen	4:03.74	71	3. Espen Borge	8:12.38	84	3. Greg Miller	14:20.01	11
4. Bryce Ailshie	1:49.56	17	4. Espen Borge	4:05.53	84	4. Aaron Derner	8:14.38	14	4. Aaron Derner	14:21.54	16
5. Jim McCreery	1:49.94	94	5. Ben Overland	4:05.93	88	5. Garrett Zans	8:14.49	14	5. Scott McDonald	14:22.23	95
6. Thomas Atkinson	1:50.16	15	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. Marx, Blackett, Wood, Ailshie	3:13.46	17		1. Jurs, Slabach, Murray, Borge		9:47.50	84
2. Duncan, Millemon, Billy, Charlemagne	3:13.74	00		2. Her Many Horses, Praska, Wilde, Zans		9:54.86	11
3. Billy, Millemon, Duncan, Davis	3:14.26	00		3. Tanui, Brauneis, Cramer, Korir		9:56.56	07
4. Carlson, Blackett, Faure, Fisher	3:14.69	15		4. Johnson, Harris, Cramer, Tanui		9:57.77	06
5. Kelly, Arnwine, Harris, Johnson	3:14.70	06		5. Chirchir, Chavez, Too, Huntington		9:58.60	08
6. Brauneis, Chavez, Petsch, Harris	3:14.75	10		6. Wyoming		9:58.82	79
7. Arnwine, Kelly, Baysinger, Harris	3:16.25	05		7. Cheronio, Holton, Paolillo, Nzau		9:58.91	81
8. Billy, Millemon, Duncan, Davis	3:16.45	01		8. Tanui, Cramer, Too, Korir		10:02.46	07
9. Loken, Carlson, Thomas, Ailshie	3:16.71	16		9. Thompson, Kelley, Johnson, Hudson		10:06.19	05
10. Ladson, Schaff, Grion, Farnham	3:16.88	94		10. Kepler, Thomas, Kiefer, Henry		10:07.00	17

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. Scott Carter	24-3 3/4	17	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. 25, 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	17	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. Cassidy Meade	2:09.76	17	1. Molly Moulton	4:46.32	98	1. Holly Page	9:26.39	15	1. Holly Page	16:20.10	15	
2. Candace Wollert	2:10.52	12	2. Lauren Hamilton	4:46.85	17	2. Audra DeStefano	9:32.83	16	2. Audra DeStefano	16:35.84	16	
3. Kerry White	2:10.96	15	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. Calbi Ausmann	4:56.57	17	5. Amy Wroe	9:48.99	95	5. Megan Brunette	17:03.72	17	
6. Molly Moulton	2:12.45	98	6. Brooklan Grimes	4:58.04	05	6. Megan Brunette	9:50.26	17	6. Dodie Kocsis	17:14.07	92	
7. Laura Ferguson	2:12.96	79	7. Andrea Everett	4:58.07	83	7. Gretchen Johnson	9:53.15	07	7. Michelle Kvernmo	17:16.14	06	
8. Dawn Wilger	2:13.38	84	8. Allison Hollington	4:58.35	84	8. Allison Hollington	9:56.28	83	8. Jennifer Thompson	17:18.81	05	
9. Brenna Dooley	2:13.44	07	9. Karla Hay	4:59.73	92	9. Michelle Kvernmo	9:57.47	06	9. Amy Wroe	17:20.58	95	
10. Amanda Yentes	2:14.35	08	10. Holly Page	5:00.09	14	10. Gladys Jerotich	9:58.57	05	10. Abi Bever	17:33.63	12	
4x400-Meter Relay			Distance Medley Relay									
1. Smith, Wells, Hopper, Fox			3:31.87	04	1. Meade, DeStefano, Robertson, Hamilton			11:21.19	16			
2. Smith, Fox, Hopper, Larrier			3:33.66	05	2. White, Harris, Meade, Hamilton			11:33.30	17			
3. Kirby, Simmons, Long, Walker			3:43.84	11	3. Meade, Lloyd, Robertson, White			11:56.19	15			
4. Kirby, Gardner, Wollert, Simmons			3:44.57	12	4. Ferguson, Barrinaga, Bradley, Sanford			11:58.54	80			
5. Snyder, Robertson, Harris, Brogan			3:45.45	16	5. Heaston, Hurst, Wollert, Page			12:02.38	13			
6. Long, Gardner, Kee, Brogan			3:45.53	13	6. Wyoming			12:02.41	81			
7. Kirby, Lloyd, West, Robertson			3:45.71	15	7. Martinez, Long, Wollert, Davis			12:05.58	11			
8. Kirby, Simmons, Wollert, Walker			3:45.97	11	8. Diller, Hopper, Barnett, Grimes			12:08.30	05			
9. Carstens, Smith, Wells, Fox			3:47.11	03	9. Wyoming			12:10.76	80			
10. Kee, Simmons, Kirby, Wollert			3:47.57	12	10. Cerda, Sanford, Reid, Anderson			12:14.98	82			
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	19-11	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. Clare Nicolas	3,233	17	
7. Ashley Hutchinson	48-8 1/4	11	7. Davina Strauss	19-2 1/2	01	Jamie Davies	5-7 1/4	96	7. Leah Burke	3,226	05	
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 March 18, 2017)

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. Jackson Wood	47.89	17	8. Eliud Chirchir	1:49.38	09
9. Calil Burnett	10.60	16	9. Collin Thomas	21.59	02	9. Seth Billy	47.97	00	9. Roald Horten	1:49.52	80
10. Lenyn Leonce	10.61	13	10. Stephen Michel	21.71	12	10. Lance Loken	48.04	15	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. Marx, Blackett, Charles, Kirkeide			40.85		17	8. Harris, Kelly, Baysinger, Arnwine			3:12.82		05
9. Gunderson, Michel, Douglass, Harris			40.86		11	9. Mundt, Wilcox, Farnham, Ladson			3:13.02		92
10. Howe, Swaby, Samuels, Collin			40.92		02	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 March 18, 2017)

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	17	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. Kacey Doner	11:17.06	17	6. Allison Hollington	16:53.74	83	6. Leanne Larson	36:56.84	87
7. Lauren Hamilton	4:32.28	16	7. Stephanie Hanks	11:20.67	01	7. Jennifer Thompson	16:59.77	04	7. Michelle Kvernmo	37:05.51	06
8. Kerry White	4:33.41	15	8. Andrea Klimowski	11:23.59	13	8. Alysha Davis	17:00.80	09	8. Sissel Bjorkenas	37:06.80	81
9. Cassidy Meade	4:33.92	16	9. Kiah Leonard	11:34.43	17	9. Brenda Graham-Gray	17:15.26	84	9. Debbie Espinoza	37:16.79	86
10. Maggie Diller	4:34.84	04	10. Christine Michel	11:43.05	04	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						
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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