



WYOMING



2016-17 TRACK AND FIELD NOTES

Twitter: @wyo_track / @WYOAthletics
Facebook: Facebook.com/wyotrack
Website: GoWYO.com

Media Contact: Nate Lake, Media Relations Graduate Assistant
Office: (307) 766-2290 | Cell: (719) 649-3329
Email: nlake@uwyo.edu

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
Email	nlake@uwyo.edu
Office Phone	307-766-2290

Meet Information

Meet	CU Invite
When	Friday-Saturday, April 7-8
Where	Boulder, Colo. Potts Field
Time	3 p.m. MT Friday (Field Events) 11 a.m. MT Saturday (Track Events)



Notes

Wyoming Track & Field Returns to Boulder for CU Invite

With the outdoor track & field season in full swing, the University of Wyoming track & field team returns to the site of its first meet of the outdoor season, the University of Colorado's Potts Track, for the CU Invite on Friday and Saturday. After a small group of Wyoming athletes had a solid showing at the Tom Benich Invite in Greeley, Colo., on Sunday, UW will suit up a full squad for this weekend's competition in Boulder.

The Pokes have had an extremely successful start to the outdoor season, already posting 13 UW all-time top 10 marks to date. After jumping 52 feet, 1 inch in the triple jump in Greeley for a new lifetime best, senior Scott Carter heads to Boulder with his eyes on new personal records in the 110-meter hurdles and long jump. Carter ranks in the UW all-time top 10 for both the triple jump (No. 3) and 110-meter hurdles (No. 9), but has not competed in the hurdles or long jump outdoors since the 2015 season after redshirting his 2016 outdoor campaign. With a conference crown in the triple jump and a runner-up finish in the long jump during the 2017 indoor campaign under his belt, Carter would like to make significant contributions for Wyoming in both lateral jumps, as well as the 110-meter hurdles, during his final outdoor season in Laramie.

Another emerging storyline for Wyoming track & field is the recent success of junior Hannah Carr in the throws events. Carr has recorded personal bests in the shot put (47-1) and discus (159-8) already this outdoor season, moving into a tie for No. 8 on the UW all-time list for the discus after a third-place finish at the Tom Benich Invite. Sophomore Emelda Malm-Annan has also jumped out to a strong start outdoors, marking personal bests in the hammer throw in each of the previous two meets to move up to No. 8 on the UW all-time list for the event.

The Cowboys and Cowgirls will get back on the track this weekend in Boulder after senior Jordan Charles was the lone track competitor representing Wyoming in Greeley. The action begins on Friday with the men's and women's hammer throw, javelin and triple jump competitions. Saturday's schedule of events starts with a number of field events and the men's 3,000-meter steeplechase at 11 a.m. MT.

Last Time Out: Carter, Charles and Throwers Lead Pokes in Greeley

Impressive performances from the throwers and seniors Jordan Charles and Scott Carter provided Sunday's highlights as a small group of University of Wyoming track & field athletes showcased their talents in Greeley, Colo., at the Tom Benich Invitational.

Carter continued his winning ways with a victory in the men's triple jump, posting a new personal record of 52 feet, 1 inch to move from No. 6 to No. 3 on Wyoming's all-time list for the event. Carter's mark won the event by over five feet and surpassed his previous outdoor personal record by over a foot and a half.

"Scott (Carter)'s performance has been a long time coming," said Wyoming jumps coach

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 Open	Fort Collins, Colo.	M: 2-1, W: 2-1
1/19	Air Force Invitational	Colorado Springs, Colo.	NTS	4/2	Tom Benich Invite	Greeley, Colo.	M: 7th, W: 6th
1/28	Dual vs. Montana State	Gillette, Wyo.	W-W, M-L	4/7-8	CU Invite	Boulder, Colo.	TBA
2/3	Washington St. Cougar Invite	Pullman, Wash.	NTS	4/13	Pacific Coast Intercollegiate	Long Beach, Calif.	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 hurriers 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 hurriers 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

Quincy Howe. "He has been consistently good over the past two seasons, and the 52-foot barrier is a great landmark on the road to bigger and better things."

Charles clocked a time of 13.92 seconds in the 110-meter hurdles, nearly half a second faster than any other collegiate competitor. The Cowboys' senior hurdles star finished runner-up to Cheyenne, Wyo., native and former University of Southern California hurdler and long jumper Brendan Ames, who was competing unattached.

Junior Damon Unland took top honors in the men's hammer throw, winning the event for the second straight meet. Unland's toss of 191 feet, 6 inches in the hammer throw earned him the victory by over six feet. Freshman Hap Frketich took ninth place in the event, throwing 160-2. Unland also took fourth place in the discus, throwing 158-9, while Frketich also competed in the javelin throw, taking second place at 177-10.

Sophomore Martin Fitzwater was the Pokes' highest finisher in the men's shot put, tossing 51-10.5 for fourth place. Junior Garrett Lynch wasn't far behind, taking sixth at 51-5.75. On the women's side, junior Hannah Carr took third place with a solid toss of 46-9.5.

Carr also posted a personal best in the women's discus throw with a toss of 159-8, good enough to put her in a tie for No. 8 on the UW all-time list for the event. Kayla York was fifth, throwing 148 feet even. Victori Sleep was eighth, tossing 136-1. Emelda Malm-Annan recorded a personal best in the hammer throw for the second straight meet, posting a mark of 190-5 to keep her at No. 8 on the UW all-time list. She took fourth place in the event on Sunday, while York was ninth at 160-4.

"Hannah (Carr) had a great day with a big PR in the discus and near-PR in the shot put, and Emelda (Malm-Annan) had a nice PR in the hammer throw with a mark that should get her to the NCAA First Round," said UW throws coach Paul Barrett, who was impressed with the performance of the throws squad as a whole. "With the fact that we are in a heavy training phase and the training was a bit thrown off this week due to the meet date change, I thought it was a productive meet overall leading into the CU meet next week," Barrett said following Sunday's action.

Junior Clare Nicolas placed ninth in the women's long jump, posting a mark of 17-11.5, while fellow junior Day Timberman took sixth in the women's triple jump at 35-11.25.

Rewriting the Record Books

The University of Wyoming track & field team has made an assault on the record books so far during the 2017 outdoor season. Below is a list of UW all-time top 10 marks accomplished by the Pokes so far during the outdoor campaign.

COWBOYS

Name	Meet	Event	Mark	All-Time
Scott Carter	Tom Benich Invite	Triple Jump	52-1	3rd
Jackson Wood	Fum McGraw Open	200m	21.49	T-6th
Blackett, Marx	Fum McGraw Open	4x100m	40.69	T-6th
Charles, Kirkeide				
Bryce Ailshie	Fum McGraw Open	400m	47.80	8th
Jackson Wood	Jerry Quiller Classic	400m	47.89	9th

COWGIRLS

Name	Meet	Event	Mark	All-Time
Jerayah Davis	Fum McGraw Open	100m	11.56	2nd
Henderson, Edmonds,	Fum McGraw Open	4x100m	45.39	3rd
Harris, Davis				
Kacey Doner	Jerry Quiller Classic	3,000s	11:17.06	6th
Emelda Malm-Annan	Fum McGraw Open	Hammer	190-5	8th
Hannah Carr	Tom Benich Invite	Discus	159-8	T-8th
Kiah Leonard	Jerry Quiller Classic	3,000s	11:34.43	9th
Megan Brunette	Fum McGraw Open	5,000m	17:14.34	9th
Ja'la Henderson	Fum McGraw Open	Long Jump	19-5 1/2	9th

Carter Recognized as MW Men's Outdoor Field Athlete of the Week

Senior star Scott Carter has been named the Mountain West Men's Outdoor Field Athlete of the Week after an impressive showing at the Tom Benich Invite, the conference office announced Tuesday.

Carter excelled at Sunday's meet in Greeley, Colo., earning a victory in the men's triple jump by over five feet. His mark of 52 feet, 1 inch was a new personal record, surpassing his previous outdoor best by over a foot and a half. Carter, the two-time reigning MW indoor champion in the men's triple jump, moved from No. 6 to No. 3 on the UW all-time list for the men's outdoor triple jump after his performance at the University of Northern Colorado's Nottingham Field.

Carter's mark is currently tops in the Mountain West by a foot and ranks ninth among NCAA Division I athletes. He has won the triple jump in both of his 2017 outdoor meets after redshirting the 2016 outdoor campaign.

Carter's weekly accolade from the conference is his second such award of the 2017 track & field season, as he was named the MW Men's Indoor Field Athlete of the Week on January 31. The Cowboy senior is the only UW track & field athlete to win the award multiple times this season, joining Audra DeStefano and Jerayah Davis as Wyoming's honorees during the 2016-17 campaign. Carter is the first Cowboy to earn a weekly MW honor for an outdoor performance in the field events since 2016 Olympian Mason Finley received four MW Athlete of the Week

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

Men's Outdoor Field Athletes of the Week

Date	Name	Class	Events
4/4	Scott Carter	Sr.	TJ

USTFCCCA Regional Rankings

OUTDOOR RANKINGS - Week 1 MOUNTAIN REGION

Women (April 3)

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

Men (April 3)

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

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.

awards during the 2015 outdoor season.

USTFCCCA Week 1 Outdoor Track & Field Rankings Released

The U.S. Track & Field and Cross Country Coaches' Association released its Week 1 edition of the national outdoor track & field rankings on Monday, with the Cowgirls checking in at No. 123 while the Cowboys enter the week ranked No. 124. Below is a list of the top 30 men's and women's teams in this week's ranking.

MEN

Rk.	School	Points
1	Florida	298.86
2	Texas A&M	258.88
3	Oregon	252.71
4	Alabama	225.53
5	Arkansas	217.32
6	Georgia	210.95
7	LSU	205.11
8	Texas	199.43
9	Virginia	194.73
10	Southern California	185.16
11	Texas Tech	165.43
12	UCLA	125.08
13	Stanford	121.98
14	Tennessee	120.68
15	Ole Miss	120.43
16	Kansas	119.84
17	Nebraska	96.37
18	Virginia Tech	92.94
19	South Carolina	90.15
20	Baylor	87.23
21	Colorado State	86.43
22	Syracuse	85.74
23	Western Kentucky	85.38
24	Auburn	82.17
25	Louisville	80.93
26	Akron	79.61
27	Minnesota	76.25
28	Houston	75.27
29	Iowa	75.25
30	Florida State	72.58
124	Wyoming	3.70

WOMEN

Rk.	School	Points
1	Oregon	367.94
2	Kentucky	280.23
3	LSU	271.07
4	Arkansas	266.89
5	Florida	244.75
6	Southern California	241.37
7	Georgia	217.07
8	Texas	184.64
9	Texas A&M	173.51
10	Florida State	169.17
11	Stanford	148.96
12	Tennessee	146.58
13	Washington	130.76
14	Harvard	130.71
15	Virginia Tech	108.52
16	Miami (Fla.)	107.28
17	Alabama	104.01
18	Ole Miss	103.17
19	Baylor	96.77
20	Nebraska	91.98
21	Purdue	91.19
22	Oklahoma	90.70
23	South Carolina	86.25
24	Auburn	80.27
25	Michigan	79.51
26	Mississippi State	76.67
27	San Diego State	71.95
28	Arizona State	70.84
29	UCLA	67.57
30	Missouri	65.62
123	Wyoming	2.88

Next Up

The Cowboys and Cowgirls will embark on a busy weekend that will include competition in three meets. A squad will travel to Long Beach, Calif., on April 13 for the Pacific Coast Intercollegiate, while a couple distance athletes will head to Torrance, Calif., for the prestigious Mt. SAC Relays. Finally, a group of athletes will compete at the Mark Faldmo Invitational in Logan, Utah, on April 14-15.

Cowboys & Cowgirls in the 2017 NCAA Outdoor Rankings (as of April 2)

COWBOYS

Rank	Name	Event	Meet	Time/Mark
9th	Scott Carter	Triple Jump	Tom Benich Invite	52-1
15th	Jordan Charles	110 Hurdles	Jerry Quiller Classic	13.92
39th	Ricky Faure	800 Meters	Fum McGraw Open	1:49.72
48th	Bryce Ailshie	800 Meters	Jerry Quiller Classic	1:49.98
65th	Damon Unland	Hammer Throw	Fum McGraw Open	194-2
78th	Blackett, Marx Charles, Kirkeide	4x100 Relay	Fum McGraw Open	40.81

COWGIRLS

Rank	Name	Event	Meet	Time/Mark
41st	Audra DeStefano	3,000 Steeplechase	Jerry Quiller Classic	10:34.38
T-43rd	Jerayah Davis	100 Meters	Fum McGraw Open	11.59
52nd	Emelda Malm-Annan	Hammer Throw	Tom Benich Invite	190-5
59th	Henderson, Edmonds, Harris, Davis	4x100 Relay	Fum McGraw Open	45.51
61st	Ja'la Henderson	Long Jump	Fum McGraw Open	19-5 1/2
80th	Hannah Carr	Discus	Tom Benich Invite	159-8

2016-17 Wyoming Notes

Cowboy Roster (31)

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.
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

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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	4:56.57	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	

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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	
Michael Choma	11.98	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	
200 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Jackson Wood	21.49	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same (No. T-6 UW All-Time)	
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	
Kevin Blackett	22.09	Fum McGraw Open	Fort Collins, Colo.	3/25/17	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
Bryce Ailshie	47.80	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same (No. 8 UW All-Time)	
Jackson Wood	47.89	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same (No. 9 UW All-Time)	
Jace Marx	48.86	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	
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	1:49.72	Fum McGraw Open	Fort Collins, Colo.	3/25/17	1:47.59 (No. 2 UW All-Time)	2015
Bryce Ailshie	1:49.98	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
Calum Kepler	1:53.33	Fum McGraw Open	Fort Collins, Colo.	3/25/17	1:52.10	2015
Phillip Thomas	1:53.76	Fum McGraw Open	Fort Collins, Colo.	3/25/17	1:53.72	2016
Daniel Hintz	1:55.04	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	
Isaac Kiefer	1:55.87	Jerry Quiller Classic	Boulder, Colo.	3/18/17	1:55.37	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	
Jonah Henry	4:00.95	Fum McGraw Open	Fort Collins, Colo.	3/25/17	3:54.17	2016
Jesse Gray	4:03.27	Fum McGraw Open	Fort Collins, Colo.	3/25/17	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
Scott Carter	14.81	Fum McGraw Open	Fort Collins, Colo.	3/25/17	14.45 (No. 8 UW All-Time)	2014
Jay Shuman	15.32	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	
4x100-Meter Relay						
Name	Mark	Meet	Location	Date	Mark	Date
Kirkeide, Charles, Marx, Blackett	40.69	Fum McGraw Open	Fort Collins, Colo.	3/25/17	No. T-6 UW All-Time	
Carter, Seeton, Alexander, Wingeleth	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 Wingeleth	21-9 1/2	Fum McGraw Open	Fort Collins, Colo.	3/25/17	23-2 1/2	2014
Triple Jump						
Name	Mark	Meet	Location	Date	Mark	Date
Scott Carter	52-1	Tom Benich Invite	Greeley, Colo.	4/2/17	Same (No. 3 UW All-Time)	
Kyle Alexander	45-5	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	
Shot Put						
Name	Mark	Meet	Location	Date	Mark	Date
Martin Fitzwater	52-4 1/2	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	
Garrett Lynch	51-5 3/4	Tom Benich Invite	Greeley, Colo.	4/2/17	52-9 1/2	2016
Discus						
Name	Mark	Meet	Location	Date	Mark	Date
Damon Unland	163-1	Fum McGraw Open	Fort Collins, Colo.	3/25/17	171-8	2015
Garrett Lynch	155-2	Fum McGraw Open	Fort Collins, Colo.	3/25/17	174-7	2016
Hammer Throw						
Name	Mark	Meet	Location	Date	Mark	Date
Damon Unland	194-2	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	
Hap Frketch	160-2	Tom Benich Invite	Greeley, Colo.	4/2/17	Same	
Javelin						
Name	Mark	Meet	Location	Date	Mark	Date
Hap Frketch	191-6	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	

2016-17 Wyoming Notes

Women's Outdoor Performance List

(800 meters and above altitude/track converted)

Season Bests

Career Bests

100 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Jerayah Davis	11.56	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same (No. 2 UW All-Time)	
Ja'la Henderson	12.31	Jerry Quiller Classic	Boulder, Colo.	3/18/17	11.89 (No. 10 UW All-Time)	2016
Mikayla Pzinski	12.48	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	

200 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Jordan Edmonds	24.97	Fum McGraw Open	Fort Collins, Colo.	3/25/17	24.93	2016
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	55.92	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	
Danielle Alexander	58.83	Fum McGraw Open	Fort Collins, Colo.	3/25/17	57.71	2014

800 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Cassidy Meade	2:11.42	Fum McGraw Open	Fort Collins, Colo.	3/25/17	2:09.77 (No. 4 UW All-Time)	2016
Calbi Ausmann	2:17.14	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	
Ashley Urman	2:33.80	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	

1,500 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Kerry White	4:34.83	Fum McGraw Open	Fort Collins, Colo.	3/25/17	4:33.41 (No. 8 UW All-Time)	2015
Emily Person	4:47.39	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	
Calbi Ausmann	4:49.70	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
Solana Quistorff	4:50.24	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	
Regan VanDepol	4:54.79	Fum McGraw Open	Fort Collins, Colo.	3/25/17	4:43.16	2016

100-Meter Hurdles

Name	Mark	Meet	Location	Date	Mark	Date
Mikalsh Skates	14.51	Fum McGraw Open	Fort Collins, Colo.	3/25/17	14.01	2015

400-Meter Hurdles

Name	Mark	Meet	Location	Date	Mark	Date
Heidi Pfoor	1:02.55	Fum McGraw Open	Fort Collins, Colo.	3/25/17	1:01.95	2016
Ariana Williams	1:04.14	Fum McGraw Open	Fort Collins, Colo.	3/25/17	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)	

5,000 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Megan Brunette	17:14.34	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same (No. 9 UW All-Time)	

4x100-Meter Relay

Name	Mark	Meet	Location	Date	Mark	Date
Henderson, Edmonds Harris, Davis	45.39	Fum McGraw Open	Fort Collins, Colo.	3/25/17	No. 3 UW All-Time	

High Jump

Name	Mark	Meet	Location	Date	Mark	Date
Anissa Warner	5-3 1/4	Fum McGraw Open	Fort Collins, Colo.	3/25/17	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	19-5 1/2	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same (No. 9 UW All-Time)	2016
Clare Nicolas	18-5 3/4	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
Day Timberman	17-6	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	

Triple Jump

Name	Mark	Meet	Location	Date	Mark	Date
Allegra Carson	37-8 1/2	Fum McGraw Open	Fort Collins, Colo.	3/25/17	38-7 (No. 7 UW All-Time)	2016
Day Timberman	35-11 1/4	Tom Benich Invite	Greeley, Colo.	4/2/17	37-5	2016

Shot Put

Name	Mark	Meet	Location	Date	Mark	Date
Hannah Carr	47-1	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	

Discus

Name	Mark	Meet	Location	Date	Mark	Date
Hannah Carr	159-8	Tom Benich Invite	Greeley, Colo.	4/2/17	Same (No. T-8 UW All-Time)	
Kayla York	148-0	Tom Benich Invite	Greeley, Colo.	4/2/17	150-1	2016
Victori Sleep	136-1	Tom Benich Invite	Greeley, Colo.	4/2/17	Same	

Hammer Throw

Name	Mark	Meet	Location	Date	Mark	Date
Emelda Malm-Annan	190-5	Tom Benich Invite	Greeley, Colo.	4/2/17	Same (No. 8 UW All-Time)	
Kayla York	160-4	Tom Benich Invite	Greeley, Colo.	4/2/17	169-9	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
			4x400 Relay	3rd, 3:13.46
Outdoor	Jerry Quiller Classic	3/18/17	800 Meters	2nd, 1:49.98
	Fum McGraw Open	3/25/17	400 Meters	1st, 47.80

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
			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
Outdoor	Jerry Quiller Classic	3/18/17	Triple Jump	1st, 45-4 1/4
	Fum McGraw Open	3/25/17	Triple Jump	5th, 45-5

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
			4x400 Relay	3rd, 3:13.46
Outdoor	Jerry Quiller Classic	3/18/17	400 Meters	7th, 49.75
			4x100 Relay	1st, 40.85
	Fum McGraw Open	3/25/17	200 Meters	9th, 22.09
			4x100 Relay	1st, 40.69

Scott Carter

Meet	Date	Event	Mark	
Indoor	Power Meet	12/9/16	Triple Jump	1st, 51-3
			60 Hurdles	3rd, 8.03
	Potts Invitational	1/13/17	Long Jump	1st, 23-7.5
			Triple Jump	1st, 51-1
			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
			Triple Jump	8th, 50-2
	Rocky Mtn. Classic	2/17/17	Triple Jump	N/A
	MW Championships	2/24/17	Long Jump	2nd, 24-3 3/4
			Triple Jump	1st, 50-8 1/4
			60 Hurdles	4th, 7.95
Outdoor	Jerry Quiller Classic	3/18/17	200 Meters	11th, 22.45
			4x100 Relay	2nd, 42.20
	Fum McGraw Open	3/25/17	Triple Jump	1st, 48-1 1/4
			110 Hurdles	4th, 14.81
	Tom Benich Invite	4/2/17	Triple Jump	1st, 52-1

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
			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
Outdoor	Jerry Quiller Classic	3/18/17	110 Hurdles	1st, 13.88
			200 Meters	4th, 21.60
			4x100 Relay	1st, 40.85
	Fum McGraw Open	3/25/17	4x100 Relay	1st, 40.69
	Tom Benich Invite	4/2/17	110 Hurdles	2nd, 13.92

Michael Choma

Meet	Date	Event	Mark	
Outdoor	Jerry Quiller Classic	3/18/17	200 Meters	18th, 23.37
	Fum McGraw Open	3/25/17	100 Meters	12th, 11.98

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

Michael Downey

Meet	Date	Event	Mark	
Outdoor	Jerry Quiller Classic	3/18/17	1,500 Meters	11th, 4:00.87
	Fum McGraw Open	3/25/17	1,500 Meters	6th, 4:04.12

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
	Fum McGraw Open	3/25/17	800 Meters	1st, 1:49.72

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
Outdoor	Fum McGraw Open	3/25/17	Shot Put	3rd, 52-4 1/2
	Tom Benich Invite	4/2/17	Shot Put	4th, 51-10 1/2

Hap Frketchich

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
Outdoor	Fum McGraw Open	3/25/17	Javelin	1st, 191-6
	Tom Benich Invite	4/2/17	Javelin	2nd, 177-10
			Hammer Throw	9th, 160-2

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
	Fum McGraw Open	3/25/17	1,500 Meters	5th, 4:03.27

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
			5,000 Meters	5th, 14:39.59
			3,000 Meters	22nd, 8:31.41
Outdoor	Fum McGraw Open	3/25/17	1,500 Meters	4th, 4:00.95

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
	Fum McGraw Open	3/25/17	800 Meters	5th, 1:55.04

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
			800 Meters	17th, 1:54.85
Outdoor	Fum McGraw Open	3/25/17	800 Meters	2nd, 1:53.33

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
			800 Meters	20th, 2:00.70
Outdoor	Jerry Quiller Classic	3/18/17	800 Meters	10th, 1:55.87

2016-17 Wyoming Notes

Men's Individual Breakdown

(800 meters and above altitude/track converted)

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
Outdoor	MW Championships	2/24/17	60 Meters	9th, 6.95
	Jerry Quiller Classic	3/18/17	100 Meters	1st, 10.84
			4x100 Relay	1st, 40.85
	Fum McGraw Open	3/25/17	100 Meters	3rd, 10.85
			4x100 Relay	1st, 40.69

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
Outdoor	Fum McGraw Open	3/25/17	Shot Put	6th, 49-1 3/4
			Discus	6th, 155-2
	Tom Benich Invite	4/2/17	Shot Put	6th, 51-5 3/4
			Discus	11th, 148-6

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
	MW Championships	2/25/17	200 Meters	8th, 21.71
Outdoor			4x400 Relay	3rd, 3:13.46
	Jerry Quiller Classic	3/18/17	200 Meters	6th, 21.81
			4x100 Relay	1st, 40.85
	Fum McGraw Open	3/25/17	400 Meters	4th, 48.86
			4x100 Relay	1st, 40.69

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
Outdoor	Rocky Mtn. Classic	2/17/17	High Jump	2nd, 6-4 3/4
	MW Championships	2/24/17	High Jump	9th, 6-4 3/4
	Jerry Quiller Classic	3/18/17	High Jump	6th, 6-4
	Fum McGraw Open	3/25/17	High Jump	7th, 6-3 1/4

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
	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
Outdoor	Don Kirby Invite	2/10/17	Long Jump	23rd, 22-8
	Rocky Mtn. Classic	2/17/17	Long Jump	2nd, 23-2 3/4
	MW Championships	2/24/17	Long Jump	9th, 22-8
	Jerry Quiller Classic	3/18/17	Long Jump	2nd, 22-0 3/4
			High Jump	7th, 6-2
			4x100 Relay	2nd, 42.20
	Fum McGraw Open	3/25/17	Long Jump	4th, 21-8

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
Outdoor	MW Championships	2/23/17	DMR	6th, 10:07.00
		2/24/17	800 Meters	19th, 1:57.61
	Jerry Quiller Classic	3/18/17	800 Meters	13th, 1:58.95
	Fum McGraw Open	3/25/17	800 Meters	3rd, 1:53.76

Damon Unland

	Meet	Date	Event	Mark
Indoor	Rocky Mtn. Classic	2/17/17	Weight Throw	3rd, 57-7.5
			Shot Put	NP
	MW Championships	2/24/17	Weight Throw	7th, 59-4
Outdoor		2/25/17	Shot Put	9th, 51-10
	Fum McGraw Open	3/25/17	Hammer Throw	1st, 194-2
			Discus	2nd, 163-1
	Tom Benich Invite	4/2/17	Hammer Throw	1st, 191-6
			Discus	4th, 158-9

Kirk Unland

	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	Weight Throw	1st, 61-8 1/4
			Shot Put	9th, 46-5 1/2
	Potts Invitational	1/13/17	Weight Throw	1st, 59-1 1/4
		1/14/17	Shot Put	11th, 47-5 1/4
	Powder River Dual	1/28/17	Weight Throw	2nd, 59-1 1/2
	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
	Fum McGraw Open	3/25/17	Long Jump	3rd, 21-9 1/2

Jackson Wood

	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	400 Meters	2nd, 51.81
			4x400 Relay	1st, 3:29.94
	Potts Invitational	1/14/17	400 Meters	15th, 50.33
	Powder River Dual	1/28/17	400 Meters	2nd, 49.66
			4x400 Relay	2nd, 3:21.19
	Colorado Open	2/4/17	400 Meters	3rd, 48.86
	MW Championships	2/25/17	400 Meters	8th, 48.38
Outdoor			4x400 Relay	3rd, 3:13.46
	Jerry Quiller Classic	3/18/17	400 Meters	2nd, 47.89
	Fum McGraw Open	3/25/17	200 Meters	3rd, 21.49

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
	Powder River Dual	1/28/17	4x400 Relay 2nd, 4:17.00
		400 Meters	5th, 1:01.12
Outdoor	Rocky Mtn. Classic	2/17/17	4x400 Relay 2nd, 3:56.29
		400 Meters	2nd, 57.57
	4x400 Relay	1st, 4:30.80	
	MW Championships	2/24/17	400 Meters 24th, 59.62
	Jerry Quiller Classic	3/18/17	400 Meters 3rd, 59.43
Fum McGraw Open	3/25/17	400 Meters 7th, 58.83	

Madison Ashworth

Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	High Jump 3rd, 5-0 1/2
Outdoor	Rocky Mtn. Classic	2/17/17	High Jump 3rd, 5-1
	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
	Fum McGraw Open	3/25/17	800 Meters 2nd, 2:17.14

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	
Outdoor	Fum McGraw Open	3/25/17	5,000 Meters 1st, 17:14.34

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
Outdoor	Fum McGraw Open	3/25/17	Weight Throw 5th, 49-3
		Shot Put	2nd, 47-1
	Discus	4th, 143-0	
	Tom Benich Invite	4/2/17	Discus 3rd, 159-8
	Shot Put	3rd, 46-9.5	

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
		1/28/17	Triple Jump 2nd, 37-7 1/4
	Rocky Mtn. Classic	2/17/17	Triple Jump 2nd, 38-9 1/2
Outdoor	MW Championships	2/25/17	Triple Jump 8th, 37-10 3/4
	Jerry Quiller Classic	3/18/17	Triple Jump 3rd, 37-6 3/4
	Fum McGraw Open	3/25/17	Triple Jump 4th, 37-8 1/2

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	
	Fum McGraw Open	3/25/17	100 Meters 1st, 11.56
		4x100 Relay 1st, 45.39	

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
	Rocky Mtn. Classic	2/17/17	4x400 Relay 4th, 4:07.30
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

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	
Outdoor	Rocky Mtn. Classic	2/17/17	400 Meters 7th, 59.41
	Fum McGraw Open	3/25/17	200 Meters 8th, 24.97
		4x100 Relay 1st, 45.39	

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
		60 Meters 2nd, 7.66	
	Potts Invitational	1/14/17	200 Meters 2nd, 25.44
		400 Meters 1st, 58.64	
	Powder River Dual	1/28/17	200 Meters 2nd, 25.44
		400 Meters 6th, 24.96	
	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
		400 Meters 5th, 11:33.30	
MW Championships	2/23/17	DMR 19th, 57.44	
	2/24/17	400 Meters 11th, 4:05.16	
Outdoor	Jerry Quiller Classic	3/18/17	4x400 Relay 2nd, 56.25
		4x100 Relay 1st, 46.37	
	400 Meters 3rd, 55.92		
		4x100 Relay 1st, 45.39	

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
	Don Kirby Invite	2/10/17	4x400 Relay 3rd, 3:51.42
		Long Jump 9th, 19-6 1/4	
	Rocky Mtn. Classic	2/17/17	Long Jump 1st, 19-9 3/4
		2/24/17	Long Jump 3rd, 19-10 1/4
MW Championships	2/25/17	60 Meters 14th, 7.62	
	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		
	Fum McGraw Open	3/25/17	Long Jump 1st, 19-5 1/2
		100 Meters 5th, 12.35	
		4x100 Relay 1st, 45.39	

2016-17 Wyoming Notes

Women's Individual Breakdown

(800 meters and above altitude/track converted)

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

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
	Fum McGraw Open	3/25/17	Hammer Throw	2nd, 188-8
Outdoor	Tom Benich Invite	4/2/17	Hammer Throw	4th, 190-5

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
	Outdoor	Jerry Quiller Classic	3/18/17	800 Meters
	Fum McGraw Open	3/25/17	800 Meters	1st, 2:11.42

Clare Nicolas

	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	Long Jump	7th, 17-7
			60 Hurdles	9th, 9.95
Indoor	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
	Rocky Mtn. Classic	2/17/17	4x400 Relay	4th, 4:07.30
Long Jump			3rd, 18-1 1/2	
MW Championships	2/23/17	60 Hurdles	3rd, 9.83	
		4x400 Relay	1st, 4:30.80	
Outdoor	Jerry Quiller Classic	3/18/17	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
	Tom Benich Invite	4/2/17	Long Jump	3rd, 18-5 3/4
			200 Meters	6th, 25.90
			Long Jump	9th, 17-11 1/2

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
Outdoor	Fum McGraw Open	3/25/17	1,500 Meters	5th, 4:47.39

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
	Powder River Dual	1/28/17	Long Jump	16-2 1/2
			800 Meters	2:33.12
Colorado Open	2/4/17	60 Hurdles	4th, 9.19	
		4x400 Relay	2nd, 3:56.29	
Rocky Mtn. Classic	2/17/17	400 Meters	8th, 58.20	
		4x400 Relay	3rd, 3:51.42	
Outdoor	Jerry Quiller Classic	3/18/17	400 Meters	3rd, 58.11
			MW Championships	2/24/17
	Fum McGraw Open	3/25/17	400 Hurdles	3rd, 1:03.28
			400 Hurdles	3rd, 1:02.55

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
Outdoor	Powder River Dual	1/28/17	200 Meters	4th, 26.33
			60 Meters	3rd, 7.79
	Jerry Quiller Classic	3/18/17	4x100 Relay	1st, 46.37
			Fum McGraw Open	3/25/17

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
	Fum McGraw Open	3/25/17	1,500 Meters	6th, 4:50.24

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

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		
	Powder River Dual	1/28/17	Long Jump	16-1		
			800 Meters	2:46.77		
Rocky Mtn. Classic	2/17/17	60 Hurdles	2nd, 9.04			
		60 Hurdles	1st, 8.82			
Outdoor	Jerry Quiller Classic	3/18/17	MW Championships	2/24/17	60 Hurdles	14th, 9.00
			Fum McGraw Open	3/25/17	100 Hurdles	3rd, 14.77
			100 Hurdles	4th, 14.51		

Tori Sleep

	Meet	Date	Event	Mark
Outdoor	Fum McGraw Open	3/25/17	Discus	7th, 135-0
	Tom Benich Invite	4/2/17	Discus	8th, 136-1

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
Outdoor	Fum McGraw Open	3/25/17	Long Jump	8th, 17-6
	Tom Benich Invite	4/2/17	Triple Jump	6th, 35-11 1/4

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
Outdoor	Rocky Mtn. Classic	2/17/17	800 Meters	4th, 2:29.52
	Fum McGraw Open	3/25/17	800 Meters	8th, 2:33.80

2016-17 Wyoming Notes

Women's Individual Breakdown

(800 meters and above altitude/track converted)

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
Outdoor	Fum McGraw Open	3/25/17	1,500 Meters	7th, 4:54.79

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	6th, 5-2 1/4
	Fum McGraw Open	3/25/17	High Jump	6th, 5-3 1/4

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
		2/25/17	800 Meters	8th, 2:11.36
			4x400 Relay	11th, 4:05.16
Outdoor	Jerry Quiller Classic	3/18/17	1,500 Meters	7th, 4:43.16
	Fum McGraw Open	3/25/17	1,500 Meters	3rd, 4:34.83

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
Outdoor	Jerry Quiller Classic	3/18/17	400 Hurdles	4th, 1:04.58
	Fum McGraw Open	3/25/17	400 Hurdles	4th, 1:04.14

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
Outdoor	Fum McGraw Open	3/25/17	Discus	3rd, 144-5
			Hammer Throw	7th, 146-6
	Tom Benich Invite	4/2/17	Discus	5th, 148-0
			Hammer Throw	9th, 160-4

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		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 April 2, 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. Jackson Wood	21.49	17	6. Jermaine Kelly	47.72	05	6. Thomas Atkinson	1:49.11	15
7. Dwight Neptune	10.55	07	Robert Harris	21.49	03	7. Cody Millemon	47.74	00	7. Morten Jurs	1:49.32	85
8. Amaicure Harris	10.58	92	7. Lenyn Leonce	21.50	11	8. Bryce Ailshie	47.80	17	8. Eliud Chirchir	1:49.38	09
9. Calil Burnett	10.60	16	8. Adam Kelly	21.51	04	9. Jackson Wood	47.89	17	9. Roald Horten	1:49.52	80
10. Lenyn Leonce	10.61	13	9. Collin Thomas	21.59	02	10. Seth Billy	47.97	00	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. Blackett, Marx, Charles, Kirkeide			40.69	17	6. Johnson, Fenton, Arnwine, Kelly			3:12.61	06		
Brauneis, Kelly, West, Neptune			40.69	07	7. Loken, Blackett, Faure, Fisher			3:12.69	15		
8. Zowada, Neptune, Kelly, Harris			40.82	04	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. Scott Carter	52-1	17	3. Olav Roe	7,222	06
4. Gladstone Williams	50.83	78	4. Paul Thomas	190-11	14	4. Tim Cawley	51-7	98	4. Phil Mulkey	7,116	56
5. Keith Ladson	50.93	96	5. Jeff Honey	188-11	97	5. Mervin Swaby	51-1 1/2	02	5. Jay Petsch	7,112	10
6. Jordan Charles	51.49	16	6. Joe Plante	188-1	10	6. Blake Jackson	51-0 1/2	07	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 April 2, 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. Jerayah Davis	11.56	17	2. Shauna Smith	23.53	04	2. Afiya Walker	52.93	10	2. Candace Wollert	2:08.30	11
3. Kima Wells	11.70	04	3. Adelaide Harper	23.62	03	3. Shauna Smith	53.04	02	3. Kerry White	2:08.53	15
4. Jessica Fox	11.75	05	4. Kereston Thomas	23.71	14	4. Kima Wells	53.41	04	4. Cassidy Meade	2:09.77	16
5. Adelaide Harper	11.78	03	5. Audrey West	23.80	14	5. Sharon Larrier	53.53	05	5. Tanice Barnett	2:10.39	04
6. Trecia Roberts	11.80	91	6. Lori Grillo	23.85	88	6. Amanda Hopper	54.07	05	6. Brenna Dooley	2:10.58	07
7. Audrey West	11.83	15	7. Sharon Larrier	23.86	07	7. Lindsey Simmons	55.31	11	7. Melissa Donovan	2:11.25	92
8. Natika Brame	11.84	94	8. Kima Wells	24.09	04	8. Samantha Kee	55.40	13	8. Kerry Cerda	2:11.55	82
Kathy Romsa	11.84	85	9. Fiona Lindo-Jeffrey	24.10	01	9. McKenzie Brogan	55.43	14	9. Juanita Neff	2:11.75	80
10. Ja'la Henderson	11.89	16	10. Afiya Walker	24.39	10	10. Laura Ferguson	55.71	80	10. Nikki Peterson	2:11.93	07
1,500 Meters			3,000-Meter Steeplechase			5,000 Meters			10,000 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Molly Moulton	4:19.57	97	1. Audra DeStefano	10:07.35	16	1. Christine Nelson	16:31.61	11	1. Holly Page	33:49.66	15
2. Andrea Everett	4:20.20	83	2. Emily Higgins	10:30.81	09	2. Holly Page	16:33.77	15	2. Brenda Graham-Gray	34:34.62	82
3. Tanice Barnett	4:24.43	05	3. Abi Bever	10:48.66	12	3. Leandra Barinaga	16:35.94	80	3. Megan Brunette	35:21.58	16
4. Hege Jorgensen	4:24.67	07	4. Catherine Cloetta	11:00.77	16	4. Gretchen Johnson	16:35.98	08	4. Dodie Kocsis	36:04.80	92
5. Emily Higgins	4:25.31	89	5. Brooke Hughes	11:11.10	10	5. Audra DeStefano	16:50.60	16	5. Devon England	36:55.67	15
6. Audra DeStefano	4:29.55	16	6. 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. Megan Brunette	17:14.34	17	9. Debbie Espinoza	37:16.79	86
10. Maggie Diller	4:34.84	04	10. Christine Michel	11:43.05	04	10. Brenda Graham-Gray	17:15.26	84	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. Henderson, Edmonds, Harris, Davis	45.39	17	3. Smith, Larrier, Hopkins, Fox	3:34.91	05						
4. Smith, Harper, Charles, Fox	45.54	03	4. Anderson, Walker, Simmons, Larrier	3:38.98	09						
5. Smith, Hopper, Babbitt, Fox	45.63	05	5. Kirby, Simmons, Wollert, Walker	3:39.69	11						
6. Babbitt, Hopper, Larrier, Rudolph	45.91	07	6. Hopper, DaCosta, Friezen, Larrier	3:40.18	07						
7. Wells, Lindo-Jeffrey, Piper, Harper	46.05	01	7. Hopper, Wells, Barnett, Fox	3:41.07	04						
8. Charles, Demers, Smith, Fox	46.10	02	8. Kirby, Brogan, West, Robertson	3:41.77	15						
Brown, Harper, Lindo-Jeffrey, Wells	46.10	00	9. Brogan, Gardner, West, Thomas	3:41.88	14						
10. West, Kee, Gardner, Thomas	46.12	13	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 1/2	17	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. Hannah Carr	159-8	17	8. Lindsey Fuller	38-4 3/4	07	8. Katy Hall	4,282	12
9. Darby Goodspeed	1:00.36	99	Mary Le Jour	159-8	00	9. Shana Wilcoxson	38-0 3/4	16	9. Clare Nicolas	4,277	16
10. Jean Bradley	1:01.21	80	10. Grace Apiafi	158-11	84	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									
4. Shreese Daniels	195-8	15									
5. Ashley Hutchinson	193-3	12									
6. Dana Dillon	192-5	00									
7. Julie Thomas	190-9	00									
8. Emelda Malm-Annan	190-5	17									
9. Jesseca Cross	185-10	98									
10. Tamara Hawkins	185-9	98									

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