



WYOMING



2016-17 TRACK AND FIELD NOTES

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Quick Facts

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

Coaching Staff

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

Team Info

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

Media Relations

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Meet Information

Meet	NCAA West Preliminary Round
When	Thursday, May 25 - Saturday, May 27
Where	Austin, Texas (Host: Texas) Mike A. Myers Stadium
Time	10 a.m. MT Thursday (Field Events) 3:30 p.m. MT Thursday (Track Events)



Notes

NCAA West Prelims Start Thursday for Pokes

For 11 Wyoming athletes, the 2017 outdoor track & field season continues on Thursday as the NCAA West Preliminary Round will begin on the campus of the University of Texas at Mike A. Myers Stadium. Any athletes who finish in the top 12 of their respective events at the three-day regional meet will qualify for the 2017 NCAA Outdoor Track & Field Championships in Eugene, Ore., which will be held June 7-10.

Scott Carter headlines Wyoming's contingent in Austin, as he is the eighth-ranked men's triple jumper in the West Region heading into competition. Carter's massive leap of 53 feet, 4.25 inches at a dual meet against Colorado State on May 5 is the top mark in the region for athletes outside Power Five conferences. Carter will look to advance to the NCAA Outdoor Track & Field Championships for the first time in his career when he suits up for the Brown and Gold in Austin on Saturday.

Jerayah Davis will be the first Wyoming athlete on the track when the meet begins, as the first round of the women's 100 meters is set for 5:30 p.m. MT Thursday. She will return to the track on Friday to compete in the first round of the women's 200 meters while also suiting up in the quarterfinal round of the 100 meters if she advances on Thursday.

UW's highest-ranked athlete on the women's side, Audra DeStefano, will compete at 7:20 p.m. MT Friday in the women's 3,000-meter steeplechase. DeStefano is the No. 21 athlete in the West Region for the event with her time of 10:18.38. With four straight qualifications to the NCAA West Preliminary Round, DeStefano will attempt to advance to the NCAA Outdoor Track & Field Championships in the event for the first time.

Men's 110-meter hurdler Jordan Charles is in a similar spot to DeStefano, having qualified for the preliminary round four times without a trip to the NCAA Championships. Entering as the No. 19 athlete in the field for the event, Charles is looking for a top-12 finish in Austin.

On the other hand, senior Megan Brunette will compete at the regional meet for the first time in her career on Thursday. The semifinal round of the women's 10,000 meters is set for 8 p.m. MT, with the top 12 finishers advancing directly to the NCAA Championships.

Wyoming will field two pairs of athletes in the 800 meters, with one men's duo and one women's duo set to compete in Austin. Ricky Faure and Bryce Ailshie will suit up for the Cowboys, while Cassidy Meade and Kerry White will represent the Cowgirls. Each pair will compete in a first round of the event on Thursday evening, attempting to qualify for Friday's quarterfinal round.

Emelda Malm-Annan and Damon Unland will each represent Wyoming in the hammer throw event, with Malm-Annan starting things off for the Cowgirls at 10 a.m. Thursday while Unland will get going at 2:30 p.m. Thursday for the Cowboys.

Live streaming links are available at GoWyo.com and fans can find additional information by following @wyo_track on Twitter.

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.	M: 2nd, W: 4th
2/3	Washington St. Cougar Invite	Pullman, Wash.	NTS	4/13	Pacific Coast Intercollegiate	Long Beach, Calif.	M: 1st, W: 5th
2/3-4	Colorado Open	Boulder, Colo.	NTS	4/13-15	Mt. SAC Relays	Torrance, Calif.	NTS
2/10-11	Don Kirby Invite	Albuquerque, N.M.	NTS	4/14-15	Mark Faldmo Invitational	Logan, Utah	NTS
2/17	Rocky Mountain Classic	Laramie, Wyo.	NTS	4/22	Jack Christiansen Invite	Fort Collins, Colo.	M-3rd W-3rd
2/23-25	MW Championships	Albuquerque, N.M.	M5th, W-10th	4/28	7220 Invite	Laramie, Wyo.	Cancelled
				5/5	Dual vs. Colorado State	Fort Collins, Colo.	M: L, W:L
				5/10-13	MW Championships	Logan, Utah	M: 6th, W: 10th
				5/25-27	NCAA West Prelims	Austin, Texas	10 a.m. (5/25)
				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

Last Time Out: Carter's Triple Jump Crown Headlines Final Day of MW Championships

Scott Carter ended his final conference championship meet as a Wyoming Cowboy with a Mountain West championship in the triple jump, leaping 51 feet, 5.75 inches on his final attempt to secure the individual title as the 2017 MW outdoor championships came to a close in Logan, Utah on Saturday. The Cowboys finished the meet sixth in the field of seven teams with 81.5 points, while the Cowgirls were 10th in the field of 11 teams with 36 points.

"Scott Carter had another really good day for us," head coach Bryan Berryhill said on Saturday. "Winning the conference championship on his last jump was pretty special."

Carter scored 23 of the Cowboys' 81.5 points in the meet, matching his individual contribution from the 2017 MW indoor championships. He also took fourth place overall in the 110-meter hurdles on Saturday, clocking a time of 14.16 seconds, the No. 7 time on the UW all-time list. Fellow senior Jordan Charles collected another all-MW honor in the event with a third-place finish at 13.93.

Jace Marx rounded out his solid season with a fourth-place finish in the men's 100-meter dash, again setting a new personal best at 10.52 seconds to move into a tie for 6th on the UW all-time list for the event. Sam Kirkeide was right behind, taking fifth at 10.64. Kevin Blackett also scored two points for the Cowboys, taking seventh in the men's 400 meters with a time of 48.68.

"Jace (Marx) is doing a really good job," Berryhill said. "He seems to get better each and every meet."

On the women's side of the sprints, Jerayah Davis placed fourth in the 100 meters with a time of 11.56 and seventh in the 200 meters with a time of 24.26. The women's 4x100-meter relay squad placed fourth in a talented field, clocking in at 45.69.

Ricky Faure earned all-conference honors in the 800 meters with a third-place finish, clocking a season-best, altitude-adjusted time of 1:47.93. Bryce Ailshie followed in fifth, checking in at 1:49.46. Cassidy Meade moved up to No. 2 on the UW all-time list with her fifth-place finish in the 800 meters, posting an altitude-adjusted time of 2:08.13. Kerry White was sixth, also clocking a personal record time of 2:08.39.

Jonah Henry had a solid finish in the men's 5,000 meters, taking seventh with a raw time of 15:29.06. On the women's side, Megan Brunette placed ninth in the event with a new altitude-adjusted personal record of 16:36.70, moving up to No. 5 on the UW all-time list with her time.

Lauren Hamilton posted a personal best in the women's 1,500 meters, taking ninth with an altitude-adjusted time of 4:29.17. Her time is No. 6 on the UW all-time list.

Freshman Hap Frketch provided another highlight for the Cowboys in the field, scoring two points and taking seventh place in the men's javelin throw with a toss of 187-4. Garrett Lynch took eighth place in the shot put, throwing 52-10.

"Overall, we had some good things happen," Berryhill said. "I thank our seniors for everything they've done for the program. Moving forward, we just have to continue to get more depth."

Six Pokes Garner Seven All-MW Awards

Four Cowboys and two Cowgirls have been named to the 2017 Mountain West Outdoor Track & Field All-Conference Team, the conference announced Monday. With Scott Carter as a double honoree in the men's long jump and men's triple jump, the Pokes collected a total of seven awards for their efforts at the 2017 MW outdoor championships in Logan, Utah, over the weekend. Carter and Damon Unland were Wyoming's two event champions, taking top honors in the men's triple jump and men's hammer throw, respectively.

Carter mirrored his performance from the 2017 MW indoor championships, taking the triple jump crown and finishing as runner-up in the long jump. Carter won the triple jump on his sixth and final attempt, leaping 51 feet, 5.75 inches to secure the victory over New Mexico's Samuel Trigg. Carter's leap of 25 feet, 3.5 inches was the fifth-best in MW outdoor championship history, also moving him all the way up to No. 2 on the UW all-time list for the event. He's now a three-time outdoor all-conference honoree, with two awards in the triple jump and one in the long jump.

Jordan Charles earned all-MW honors in the 110-meter hurdles for the fourth consecutive season, becoming the first Cowboy to be named to the All-Mountain West Outdoor Track & Field Team for four straight years in one event.

Unland demolished the field in the men's hammer throw, tossing 197-2 to win the event by nearly 10 feet for his first career outdoor all-MW honor. Emelda Malm-Annan also earned her first outdoor all-MW accolade on the women's side of the event, tossing a personal best 197-2 for third place while moving up to No. 3 on the UW all-time list for the event.

Audra DeStefano collected her fourth consecutive all-MW honor in the 3,000-meter steeplechase, clocking in with an altitude-adjusted time of 10:18.38. DeStefano is the first Cowgirl to be named to the All-Mountain West Outdoor Track & Field Team for four consecutive years in the same event since Shaylee Babbitt was an all-conference performer in the 100-meter hurdles from 2006 to 2009.

Ricky Faure earned his second career outdoor all-conference award in the 800 meters, taking third place at 1:47.93.

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. On the following page is a list of UW all-time top 10 marks accomplished by the Pokes so far during the outdoor campaign.

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 - FINAL MOUNTAIN REGION

Women (May 15)

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

Men (May 15)

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

Interview Policies

Interviews, either in person or via telephone, with members of UW's coaching staff and student-athletes must be coordinated through Media Relations Graduate Assistant Nate Lake at least one day in advance.

Home and/or cell phone numbers will not be provided to the media by the coaches, student-athletes, or the athletic department. Media are asked not to request an individual's personal contact information, including e-mail and cell number, but rather to contact Nate.

COWBOYS

Name	Meet	Event	Mark	UW All-Time
Jordan Charles	Pacific Coast Intercollegiate	110 Hurdles	13.81	T-1st
Scott Carter	Rams vs. Cowboys Dual	Triple Jump	53-4 1/4	2nd
Scott Carter	MW Outdoor Championships	Long Jump	25-3 1/2	2nd
Blackett, Marx	Pacific Coast Intercollegiate	4x100m	40.60	3rd
Charles, Kirkeide				
Ailshie, Faure	Jack Christiansen Invite	4x400m	3:11.81	4th
Blackett, Marx				
Jace Marx	MW Outdoor Championships	200m	21.32	6th
Jackson Wood	Fum McGraw Open	200m	21.49	7th
Bryce Ailshie	Fum McGraw Open	400m	47.80	8th
Bryce Ailshie	MW Outdoor Championships	800m	1:49.46	9th
Jackson Wood	Jerry Quiller Classic	400m	47.89	9th

COWGIRLS

Name	Meet	Event	Mark	UW All-Time
Jerayah Davis	Pacific Coast Intercollegiate	100m	11.42	1st
Cassidy Meade	MW Outdoor Championships	800m	2:08.12	2nd
Henderson, Edmonds	Fum McGraw Open	4x100m	45.39	3rd
Harris, Davis				
Megan Brunette	Mt. SAC Relays	10,000m	34:48.85	3rd
Emelda Malm-Annan	MW Outdoor Championships	Hammer	197-2	3rd
Jerayah Davis	MW Outdoor Championships	200m	23.63	4th
Kerry White	MW Outdoor Championships	800m	2:08.38	4th
Megan Brunette	MW Outdoor Championships	5,000m	16:36.71	5th
Kacey Doner	Mark Faldmo Invite	3,000s	11:06.47	5th
Lauren Hamilton	MW Outdoor Championships	1,500m	4:29.17	6th
Hannah Carr	Tom Benich Invite	Discus	159-8	T-8th
Ja'la Henderson	Fum McGraw Open	Long Jump	19-5 1/2	9th
Kiah Leonard	Jerry Quiller Classic	3,000s	11:34.43	9th

USTFCCCA Week 8 Outdoor Track & Field Rankings Released

The U.S. Track & Field and Cross Country Coaches' Association released its Week 8 edition of the national outdoor track & field rankings on Monday, with the Cowboys coming in at No. 94 while the Cowgirls are 168th.

MEN

Rk.	School	Points
1	Texas A&M	326.62
2	Florida	291.30
3	Georgia	240.62
4	Alabama	231.13
5	Oregon	209.63
6	Texas Tech	207.22
7	Arkansas	187.64
8	LSU	172.41
9	Auburn	159.35
10	Kansas	154.70
11	Virginia	151.48
12	Ole Miss	124.21
13	Houston	124.21
14	Southern California	123.69
15	Texas	123.28
16	Colorado State	118.54
17	Baylor	118.19
18	Penn State	115.71
19	South Carolina	114.72
20	UCLA	113.06
21	Nebraska	106.45
22	Tennessee	103.71
23	SE Louisiana	90.10
24	Oklahoma State	84.04
25	Middle Tennessee	81.13
26	UTEP	79.57
27	Syracuse	75.08
28	Iowa	71.95
29	Florida State	70.00
30	North Carolina	66.28
94	Wyoming	12.35

WOMEN

Rk.	School	Points
1	Oregon	391.79
2	Arkansas	267.97
3	LSU	244.37
4	Southern California	244.26
5	Texas A&M	235.39
6	Georgia	222.65
7	Kentucky	219.27
8	Texas	190.79
9	Florida	184.94
10	Baylor	177.60
11	Virginia Tech	142.76
12	Kansas State	142.46
13	Miami (Fla.)	130.05
14	Alabama	129.92
15	Florida State	127.13
16	Purdue	110.52
17	Minnesota	108.16
18	Washington	105.29
19	Arizona State	99.50
20	Stanford	98.35
21	Auburn	92.32
22	Ole Miss	90.09
23	BYU	87.26
24	Notre Dame	82.13
25	San Diego State	81.83
26	UNLV	81.60
27	Tennessee	81.49
28	Oklahoma	79.07
29	San Francisco	77.19
30	Penn State	74.90
168	Wyoming	0.35

Next Up

Any Wyoming athletes who finish in the top 12 of their events at the NCAA West Preliminary Round will advance to the 2017 NCAA Outdoor Track & Field Championships, which take place June 7-10 in Eugene, Ore., at Hayward Field.

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.
Mikalah 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	4:46.57	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

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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
Jace Marx	10.52	MW Championships	Logan, Utah	5/13/17	Same (No. T-6 UW All-Time)	
Sam Kirkeide	10.64	MW Championships	Logan, Utah	5/13/17	Same	
Jordan Charles	10.77	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	10.49 (No. 5 UW All-Time)	2016
Michael Choma	11.63	CU Invite	Boulder, Colo.	4/8/17	Same	
200 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Jace Marx	21.32	MW Championships	Logan, Utah	5/12/17	Same (No. 6 UW All-Time)	
Jackson Wood	21.49	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same (No. T-7 UW All-Time)	
Jordan Charles	21.60	Jerry Quiller Classic	Boulder, Colo.	3/18/17	21.12 (No. 2 UW All-Time)	2014
Sam Kirkeide	21.79	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	Same	
Kevin Blackett	21.96	Mark Faldmo Invite	Logan, Utah	4/15/17	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)	
Jordan Charles	47.89	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same (No. 9 UW All-Time)	
Kevin Blackett	48.68	MW Championships	Logan, Utah	5/13/17	48.10	2015
Jace Marx	48.86	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	
800 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Ricky Faure	1:47.93	MW Championships	Logan, Utah	5/13/17	1:47.59 (No. 2 UW All-Time)	2015
Bryce Ailshie	1:49.46	MW Championships	Logan, Utah	5/13/17	Same (No. 9 UW All-Time)	
Calum Kepler	1:52.53	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	1:52.10	2015
Phillip Thomas	1:53.45	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	Same	
Daniel Hintz	1:53.52	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	Same	
Isaac Kiefer	1:53.65	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	Same	
1,500 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Jonah Henry	3:53.74	Mark Faldmo Invite	Logan, Utah	4/15/17	Same	
Michael Downey	4:00.87	Jerry Quiller Classic	Boulder, Colo.	3/18/17	Same	
Jesse Gray	4:01.78	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	Same	
Daniel Hintz	4:02.09	CU Invite	Boulder, Colo.	4/8/17	Same	
3,000 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Jesse Gray	8:54.33	CU Invite	Boulder, Colo.	4/8/17	Same	
5,000 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Jesse Gray	14:59.32	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	Same	
Jonah Henry	15:06.65	MW Championships	Logan, Utah	5/13/17	14:28.91	2016
Michael Downey	15:56.75	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	Same	
110-Meter Hurdles						
Name	Mark	Meet	Location	Date	Mark	Date
Jordan Charles	13.81	PC Intercollegiate	Long Beach, Calif.	4/13/17	Same (No. T-1 UW All-Time)	
Scott Carter	14.16	MW Championships	Logan, Utah	5/13/17	Same (No. 7 UW All-Time)	
Jay Shuman	15.30	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	Same	
400-Meter Hurdles						
Name	Mark	Meet	Location	Date	Mark	Date
Jay Shuman	58.89	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	Same	
3,000-Meter Steeplechase						
Name	Mark	Meet	Location	Date	Mark	Date
Jonah Henry	9:12.15	PC Intercollegiate	Long Beach, Calif.	4/13/17	Same	
4x100-Meter Relay						
Name	Mark	Meet	Location	Date	Mark	Date
Marx, Blackett, Charles, Kirkeide	40.60	PC Intercollegiate	Long Beach, Calif.	4/13/17	No. 3 UW All-Time	
Carter, Seeton, Alexander, Wingleth	42.20	Jerry Quiller Classic	Boulder, Colo.	3/18/17		
4x400-Meter Relay						
Name	Mark	Meet	Location	Date	Mark	Date
Ailshie, Faure, Blackett, Marx	3:11.81	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	No. 4 UW All-Time	
High Jump						
Name	Mark	Meet	Location	Date	Mark	Date
Kyle Pollock	6-5	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	Same	
Caleb Seeton	6-2	MW Championships	Logan, Utah	5/12/17	6-2 3/4	2016

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Men's Outdoor Performance List

(800 meters and above altitude/track converted)

Season Bests					Career Bests	
Long Jump						
Name	Mark	Meet	Location	Date	Mark	Date
Scott Carter	25-3 1/2	MW Championships	Logan, Utah	5/12/17	Same (No. 2 UW All-Time)	
Bobby Wingeleth	23-2 1/2	MW Championships	Logan, Utah	5/12/17	Same	
Caleb Seeton	22-10 1/2	MW Championships	Logan, Utah	5/12/17	Same	
Kyle Alexander	22-3	CU Invite	Boulder, Colo.	4/8/17	Same	
Triple Jump						
Name	Mark	Meet	Location	Date	Mark	Date
Scott Carter	53-4 1/4	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	Same (No. 2 UW All-Time)	
Kyle Alexander	46-8 3/4	MW Championships	Logan, Utah	5/13/17	Same	
Shot Put						
Name	Mark	Meet	Location	Date	Mark	Date
Garrett Lynch	55-2	Mark Faldmo Invite	Logan, Utah	4/15/17	Same	
Martin Fitzwater	52-4 1/2	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	
Discus						
Name	Mark	Meet	Location	Date	Mark	Date
Garrett Lynch	169-6	PC Intercollegiate	Long Beach, Calif.	4/13/17	174-7	2016
Damon Unland	166-10	PC Intercollegiate	Long Beach, Calif.	4/13/17	171-8	2015
Hammer Throw						
Name	Mark	Meet	Location	Date	Mark	Date
Damon Unland	198-0	PC Intercollegiate	Long Beach, Calif.	4/13/17	Same	
Hap Frketich	160-2	Tom Benich Invite	Greeley, Colo.	4/2/17	Same	
Javelin						
Name	Mark	Meet	Location	Date	Mark	Date
Hap Frketich	191-6	Fum McGraw Open	Fort Collins, Colo.	3/25/17	Same	

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	11.42	PC Intercollegiate	Long Beach, Calif.	4/13/17	Same (No. 1 UW All-Time)	
Ja'la Henderson	12.21	PC Intercollegiate	Long Beach, Calif.	4/13/17	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
Jerayah Davis	23.63	MW Championships	Logan, Utah	5/12/17	Same (No. 4 UW All-Time)	
Jordan Edmonds	24.19	MW Championships	Logan, Utah	5/12/17	Same	
Melina Harris	25.27	Mark Faldmo Invite	Logan, Utah	4/15/17	25.04	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	55.82	CU Invite	Boulder, Colo.	4/8/17	Same	
Cassidy Meade	57.48	CU Invite	Boulder, Colo.	4/8/17	Same	
Jordan Edmonds	57.81	MW Championships	Logan, Utah	5/12/17	Same	
Danielle Alexander	58.83	Fum McGraw Open	Fort Collins, Colo.	3/25/17	57.71	2014
Solana Quistorff	1:02.39	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	1:01.18	2016
Regan VanDepol	1:02.85	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	Same	
800 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Cassidy Meade	2:08.12	MW Championships	Logan, Utah	5/13/17	Same (No. 2 UW All-Time)	
Kerry White	2:08.38	MW Championships	Logan, Utah	5/13/17	Same (No. 4 UW All-Time)	
Calbi Ausmann	2:15.64	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	Same	
Emily Person	2:16.60	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	Same	
Solana Quistorff	2:21.34	CU Invite	Boulder, Colo.	4/8/17	2:15.82	2016
Regan VanDepol	2:21.90	CU Invite	Boulder, Colo.	4/8/17	2:19.97	2016
Ashley Urman	2:28.69	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	Same	
1,500 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Lauren Hamilton	4:29.17	MW Championships	Logan, Utah	5/13/17	Same (No. 6 UW All-Time)	
Kerry White	4:34.31	Mark Faldmo Invite	Logan, Utah	4/15/17	4:33.41 (No. 8 UW All-Time)	2015
Megan Brunette	4:34.59	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	Same	
Solana Quistorff	4:40.81	Mark Faldmo Invite	Logan, Utah	4/15/17	Same	
Regan VanDepol	4:44.24	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	4:43.16	2016
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	
Quinn DeStefano	4:52.93	CU Invite	Boulder, Colo.	4/8/17	4:39.46	2016
3,000 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Ashley Bock	10:34.65	CU Invite	Boulder, Colo.	4/8/17	Same	

2016-17 Wyoming Notes

Women's Outdoor Performance List

(800 meters and above altitude/track converted)

Season Bests					Career Bests	
5,000 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Megan Brunette	16:36.71	MW Championships	Logan, Utah	5/13/17	Same (No. 5 UW All-Time)	
Audra DeStefano	16:53.33	MW Championships	Logan, Utah	5/13/17	16:50.60 (No. 6 UW All-Time)	2016
Ashley Bock	17:43.92	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	Same	
Quinn DeStefano	17:50.91	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	Same	
Kiah Leonard	19:24.42	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	19:21.57	2016
10,000 Meters						
Name	Mark	Meet	Location	Date	Mark	Date
Megan Brunette	34:48.85	Mt. SAC Relays	Torrance, Calif.	4/13/17	Same (No. 3 UW All-Time)	
100-Meter Hurdles						
Name	Mark	Meet	Location	Date	Mark	Date
Mikalsh Skates	14.16	MW Championships	Logan, Utah	5/12/17	14.01	2015
Heidi Pfoor	14.68	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	Same	
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	1:02.61	MW Championships	Logan, Utah	5/12/17	Same	
Mikalsh Skates	1:06.48	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	1:04.00	2015
Holly Huber	1:12.77	CU Invite	Boulder, Colo.	4/8/17		
3,000-Meter Steeplechase						
Name	Mark	Meet	Location	Date	Mark	Date
Audra DeStefano	10:18.38	MW Championships	Logan, Utah	5/12/17	10:07.35 (No. 1 UW All-Time)	2016
Kacey Doner	11:06.47	Mark Faldmo Invite	Logan, Utah	4/15/17	Same (No. 5 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
Henderson, Edmonds Harris, Davis	45.39	Fum McGraw Open	Fort Collins, Colo.	3/25/17	No. 3 UW All-Time	
4x400-Meter Relay						
Name	Mark	Meet	Location	Date	Mark	Date
Edmonds, Harris, Meade, White	3:51.74	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17		
High Jump						
Name	Mark	Meet	Location	Date	Mark	Date
Hannah Bertelson	5-3 3/4	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	Same	
Sofia Hof	5-3 3/4	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	5-5 3/4 (No. 10 UW All-Time)	2016
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	
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
Jerayah Davis	18-8 1/2	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	Same	
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	
Allegra Carson	17-4 1/4	CU Invite	Boulder, Colo.	4/8/17	17-11 3/4	2016
Triple Jump						
Name	Mark	Meet	Location	Date	Mark	Date
Allegra Carson	38-0 3/4	Jack Christiansen Invite	Fort Collins, Colo.	4/22/17	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
Danielle Alexander	35-5	Rams vs. Cowboys	Fort Collins, Colo.	5/5/17	Same	
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	136-5	Mark Faldmo Invite	Logan, Utah	4/15/17	Same	
Hammer Throw						
Name	Mark	Meet	Location	Date	Mark	Date
Emelda Malm-Annan	197-2	MW Championships	Logan, Utah	5/12/17	Same (No. 3 UW All-Time)	
Kayla York	161-6	Mark Faldmo Invite	Logan, Utah	4/14/17	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
Outdoor	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
	Fum McGraw Open	3/25/17	400 Meters	1st, 47.80
	CU Invite	4/8/17	800 Meters	2nd, 1:50.98
	Pacific Coast Intercollegiate	4/13/17	800 Meters	3rd, 1:49.78
	Mark Faldmo Invite	4/15/17	400 Meters	4th, 48.30
Outdoor	Jack Christiansen Invite	4/22/17	4x400 Relay	1st, 3:11.81
	Rams vs. Cowboys Dual	5/5/17	400 Meters	2nd, 47.85
	MW Championships	5/13/17	800 Meters	5th, 1:49.46
			4x400 Relay	DQ

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
Outdoor			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
	Fum McGraw Open	3/25/17	Triple Jump	5th, 45-5
	CU Invite	4/8/17	Long Jump	6th, 22-3
	Rams vs. Cowboys Dual	5/5/17	Long Jump	3rd, 19-9 3/4
			Triple Jump	3rd, 45-1 3/4
MW Championships	5/13/17	Triple Jump	6th, 46-8 3/4	

Kevin Blackett

	Meet	Date	Event	Mark
Indoor	Potts Invitational	1/14/17	400 Meters	13th, 50.21
	Powder River Dual	1/28/17	200 Meters	3rd, 22.95
			400 Meters	5th, 50.21
			4x400 Relay	2nd, 3:21.19
Outdoor	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
		2/25/17	4x400 Relay	3rd, 3:13.46
	Jerry Quiller Classic	3/18/17	400 Meters	7th, 49.75
	Fum McGraw Open	3/25/17	200 Meters	9th, 22.09
	CU Invite	4/8/17	4x100 Relay	1st, 40.69
Outdoor			400 Meters	6th, 49.22
			4x100 Relay	2nd, 40.70
	Pacific Coast Intercollegiate	4/13/17	400 Meters	8th, 49.66
			4x100 Relay	1st, 40.60
	Mark Faldmo Invite	4/15/17	200 Meters	10th, 21.96
			4x100 Relay	2nd, 40.61
	Jack Christiansen Invite	4/22/17	4x100 Relay	1st, 41.14
			4x400 Relay	1st, 3:11.81
	Rams vs. Cowboys Dual	5/5/17	400 Meters	3rd, 48.98
	MW Championships	5/13/17	400 Meters	7th, 48.68
			4x100 Relay	6th, 1:18.94
			4x400 Relay	DQ

Scott Carter

	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	Triple Jump	1st, 51-3
		12/9/16	60 Hurdles	3rd, 8.03
	Potts Invitational	1/13/17	Long Jump	1st, 23-7.5
		1/14/17	Triple Jump	1st, 51-1
		1/14/17	60 Hurdles	2nd, 8.16
	Powder River Dual	1/28/17	High Jump	4th, 5-7
			Triple Jump	1st, 50-3 1/2
			60 Hurdles	2nd, 8.17
			4x400 Relay	2nd, 3:21.19
	Colorado Open	2/3/17	Triple Jump	1st, 50-2
	Don Kirby Invite	2/10/17	Long Jump	22nd, 22-9
	Outdoor		2/11/17	Triple Jump
Rocky Mtn. Classic		2/17/17	Triple Jump	N/A
MW Championships		2/24/17	Long Jump	2nd, 24-3 3/4
		2/25/17	Triple Jump	1st, 50-8 1/4
			60 Hurdles	4th, 7.95
Jerry Quiller Classic		3/18/17	200 Meters	11th, 22.45
Fum McGraw Open		3/25/17	4x100 Relay	2nd, 42.20
			Triple Jump	1st, 48-1 1/4
			110 Hurdles	4th, 14.81
Tom Benich Invite		4/2/17	Triple Jump	1st, 52-1
CU Invite		4/8/17	Long Jump	1st, 24-1 3/4
			110 Hurdles	4th, 14.50
Outdoor		4/13/17	Triple Jump	1st, 52-3 3/4
		4/15/17	Long Jump	3rd, 23-11 1/2
			110 Hurdles	2nd, 14.26
	Rams vs. Cowboys Dual	5/5/17	Triple Jump	1st, 53-4 1/4
			110 Hurdles	1st, 14.35
	MW Championships	5/12/17	Long Jump	2nd, 25-3 1/2
		5/13/17	Triple Jump	1st, 51-5 3/4
			110 Hurdles	4th, 14.16

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
Outdoor			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
	Fum McGraw Open	3/25/17	4x100 Relay	1st, 40.69
	Tom Benich Invite	4/2/17	110 Hurdles	2nd, 13.92
	CU Invite	4/8/17	110 Hurdles	2nd, 13.97
			4x100 Relay	2nd, 40.70
	Pacific Coast Intercollegiate	4/13/17	110 Hurdles	1st, 13.81
			4x100 Relay	1st, 40.60
	Mark Faldmo Invite	4/15/17	110 Hurdles	1st, 14.01
			4x100 Relay	2nd, 40.61
	Jack Christiansen Invite	4/22/17	100 Meters	1st, 10.77
			110 Hurdles	1st, 14.09
		4x100 Relay	1st, 41.14	
		100 Meters	11th, 10.80	
MW Championships	5/12/17	110 Hurdles	3rd, 13.93	
	5/13/17	4x100 Relay	6th, 1:18.94	
		4x400 Relay	DQ	

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
	CU Invite	4/8/17	100 Meters	23rd, 11.63
	Rams vs. Cowboys Dual	5/5/17	100 Meters	7th, 13.45

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
	CU Invite	4/8/17	1,500 Meters	26th, 4:01.48
	Jack Christiansen Invite	4/22/17	1,500 Meters	13th, 4:01.76
	Rams vs. Cowboys Dual	5/5/17	5,000 Meters	4th, 15:56.75

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
	Pacific Coast Intercollegiate	4/13/17	800 Meters	2nd, 1:49.37
	Mark Faldmo Invite	4/15/17	800 Meters	1st, 1:48.89
	Jack Christiansen Invite	4/22/17	4x400 Relay	1st, 3:11.81
	Rams vs. Cowboys Dual	5/5/17	800 Meters	1st, 1:50.29
MW Championships	5/13/17	800 Meters	3rd, 1:47.93	

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
	CU Invite	4/8/17	Shot Put	7th, 51-3 3/4
	Pacific Coast Intercollegiate	4/13/17	Shot Put	16th, 50-10
	Mark Faldmo Invite	4/15/17	Shot Put	NP, Foul
	Jack Christiansen Invite	4/22/17	Shot Put	7th, 52-0
	MW Championships	5/13/17	Shot Put	NP, Foul

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
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
	CU Invite	4/7/17	Javelin	2nd, 178-2
	Pacific Coast Intercollegiate	4/13/17	Javelin	5th, 183-3

2016-17 Wyoming Notes

Men's Individual Breakdown

(800 meters and above altitude/track converted)

	Mark Faldmo Invite	4/14/17	Hammer Throw	8th, 156-5
	Jack Christiansen Invite	4/14/17	Javelin	3rd, 174-10
	Rams vs. Cowboys Dual	5/5/17	Javelin	2nd, 191-2
	MW Championships	5/13/17	Javelin	1st, 185-9
			Javelin	7th, 187-4
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
	Fum McGraw Open	3/25/17	1,500 Meters	5th, 4:03.27
	CU Invite	4/8/17	3,000 Meters	13th, 8:54.33
	Jack Christiansen Invite	4/22/17	5,000 Meters	4th, 14:59.32
	Rams vs. Cowboys Dual	5/5/17	1,500 Meters	6th, 4:01.78
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
	Colorado Open	2/4/17	3,000 Meters	5th, 8:45.86
	MW Championships	2/23/17	Mile	7th, 4:15.07
		2/24/17	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
Outdoor	Fum McGraw Open	3/25/17	1,500 Meters	4th, 4:00.95
	CU Invite	4/8/17	Steeplechase	5th, 9:34.47
	Pacific Coast Intercollegiate	4/13/17	Steeplechase	1st, 9:12.15
	Mark Faldmo Invite	4/15/17	1,500 Meters	1st, 3:53.74
	MW Championships	5/12/17	3,000 Steeple	4th, 9:12.38
		5/13/17	5,000 Meters	7th, 15:06.65
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
	CU Invite	4/8/17	1,500 Meters	30th, 4:02.09
	Jack Christiansen Invite	4/22/17	800 Meters	6th, 1:53.52
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
	Rocky Mtn. Classic	2/17/17	4x400 Relay	5th, 3:20.96
	MW Championships	2/23/17	400 Meters	1st, 51.01
		2/24/17	DMR	6th, 10:07.00
		2/24/17	800 Meters	17th, 1:54.85
Outdoor	Fum McGraw Open	3/25/17	800 Meters	2nd, 1:53.33
	CU Invite	4/8/17	800 Meters	12th, 1:55.06
	Mark Faldmo Invite	4/15/17	800 Meters	6th, 1:54.68
	Jack Christiansen Invite	4/22/17	800 Meters	3rd, 1:52.53
	Rams vs. Cowboys Dual	5/5/17	800 Meters	4th, 1:56.75
	MW Championships	5/12/17	800 Meters	11th, 1:56.12
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
	CU Invite	4/8/17	800 Meters	12th, 1:55.05
	Jack Christiansen Invite	4/22/17	800 Meters	10th, 1:54.16
	Rams vs. Cowboys Dual	5/5/17	800 Meters	3rd, 1:53.65
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
	Fum McGraw Open	3/25/17	100 Meters	3rd, 10.85
			4x100 Relay	1st, 40.69
	CU Invite	4/8/17	4x100 Relay	2nd, 40.70
	Pacific Coast Intercollegiate	4/13/17	100 Meters	5th, 10.67
			4x100 Relay	1st, 40.60
	Mark Faldmo Invite	4/15/17	100 Meters	1st, 10.71
			4x100 Relay	2nd, 40.61
	Jack Christiansen Invite	4/22/17	200 Meters	2nd, 21.79
			4x100 Relay	1st, 41.14
	Rams vs. Cowboys Dual	5/5/17	100 Meters	2nd, 10.74

	MW Championships	5/13/17	100 Meters	5th, 10.64
			4x100 Relay	6th, 1:18.94
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
	CU Invite	4/8/17	Shot Put	4th, 52-10 1/4
			Discus	7th, 157-1
	Pacific Coast Intercollegiate	4/13/17	Shot Put	9th, 53-10 1/4
			Discus	13th, 169-6
	Mark Faldmo Invite	4/15/17	Shot Put	2nd, 55-2
			Discus	5th, 158-4
	Jack Christiansen Invite	4/22/17	Discus	4th, 163-2
			Shot Put	6th, 53-7 1/2
	Rams vs. Cowboys Dual	5/5/17	Discus	3rd, 156-11
	MW Championships	5/12/17	Discus	9th, 153-4
		5/13/17	Shot Put	8th, 52-10
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
			4x400 Relay	3rd, 3:13.46
Outdoor	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
	CU Invite	4/8/17	200 Meters	4th, 21.68
			4x100 Relay	2nd, 40.70
	Pacific Coast Intercollegiate	4/13/17	200 Meters	3rd, 21.43
			4x100 Relay	1st, 40.60
	Mark Faldmo Invite	4/15/17	400 Meters	8th, 49.06
			4x100 Relay	2nd, 40.61
	Jack Christiansen Invite	4/22/17	100 Meters	2nd, 10.80
			4x100 Relay	1st, 41.14
			4x400 Relay	1st, 3:11.81
	Rams vs. Cowboys Dual	5/5/17	100 Meters	1st, 10.64
	MW Championships	5/12/17	200 Meters	9th, 21.32
		5/13/17	100 Meters	4th, 10.52
			4x100 Relay	6th, 1:18.94
			4x400 Relay	DQ
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				
	Powder River Dual	1/14/17	High Jump	6th, 6-4 1/4
		1/28/17	High Jump	3rd, 6-2 3/4
			Long Jump	8th, 20-11 3/4
	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
Outdoor	Jerry Quiller Classic	3/18/17	High Jump	6th, 6-4
	Fum McGraw Open	3/25/17	High Jump	7th, 6-3 1/4
	Rams vs. Cowboys Dual	5/5/17	High Jump	2nd, 6-5
	MW Championships	5/12/17	High Jump	8th, 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
	Powder River Dual	1/28/17	60 Meters	2nd, 7.06
			Long Jump	1st, 23-5 1/2
	Colorado Open	2/3/17	Long Jump	1st, 22-5 3/4
	Don Kirby Invite	2/10/17	Long Jump	23rd, 22-8
	Rocky Mtn. Classic	2/17/17	Long Jump	2nd, 23-2 3/4
	MW Championships	2/24/17	Long Jump	9th, 22-8
Outdoor	Jerry Quiller Classic	3/18/17	Long Jump	2nd, 22-0 3/4
			High Jump	7th, 6-2
			4x100 Relay	2nd, 42.20

2016-17 Wyoming Notes

Men's Individual Breakdown

(800 meters and above altitude/track converted)

Fum McGraw Open	3/25/17	Long Jump	4th, 21-8
MW Championships	5/12/17	High Jump	12th, 6-2
		Long Jump	11th, 22-10 1/2

Jay Shuman

Meet	Date	Event	Mark	
Outdoor	Jerry Quiller Classic	3/18/17	110 Hurdles	5th, 15.58
	Fum McGraw Open	3/25/17	110 Hurdles	6th, 15.32
	CU Invite	4/8/17	110 Hurdles	11th, 15.52
	Jack Christiansen Invite	4/22/17	110 Hurdles	7th, 15.30
	Rams vs. Cowboys Dual	5/5/17	110 Hurdles	5th, 15.33
		400 Hurdles	3rd, 58.89	

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	
		3rd, 1:58.96		
	Rocky Mtn. Classic	2/17/17	800 Meters	6th, 10:07.00
	MW Championships	2/23/17	DMR	19th, 1:57.61
		2/24/17	800 Meters	13th, 1:58.95
Outdoor	Jerry Quiller Classic	3/18/17	800 Meters	3rd, 1:53.76
	Fum McGraw Open	3/25/17	800 Meters	11th, 1:53.99
	CU Invite	4/8/17	800 Meters	4th, 1:54.04
	Mark Faldmo Invite	4/15/17	800 Meters	12th, 1:54.40
	Jack Christiansen Invite	4/22/17	800 Meters	2nd, 1:53.45
	Rams vs. Cowboys Dual	5/5/17	800 Meters	12th, 1:56.98
	MW Championships	5/12/17	800 Meters	

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
		2/25/17	Shot Put	9th, 51-10
Outdoor	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	
	CU Invite	4/7/17	Hammer Throw	1st, 194-11
		4/8/17	Discus	21st, 135-2
	Pacific Coast Intercollegiate	4/13/17	Hammer Throw	3rd, 198-0
		Discus	14th, 166-10	
	Mark Faldmo Invite	4/14/17	Hammer Throw	3rd, 182-8
		4/15/17	Discus	4th, 159-10
	Jack Christiansen Invite	4/22/17	Hammer Throw	3rd, 186-1
		Discus	3rd, 165-4	
	Rams vs. Cowboys Dual	5/5/17	Hammer Throw	1st, 191-9
		Discus	4th, 155-10	
	MW Championships	5/12/17	Hammer Throw	1st, 197-8
		Discus	4th, 165-10	

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
	CU Invite	4/8/17	Long Jump	4th, 22-11
	Pacific Coast Intercollegiate	4/13/17	Long Jump	9th, 22-4 1/2
	Mark Faldmo Invite	4/15/17	Long Jump	6th, 21-11 3/4
	Jack Christiansen Invite	4/22/17	Long Jump	2nd, 22-8 1/2
	MW Championships	5/12/17	Long Jump	9th, 23-2 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
			4x400 Relay	3rd, 3:13.46
Outdoor	Jerry Quiller Classic	3/18/17	400 Meters	2nd, 47.89
	Fum McGraw Open	3/25/17	200 Meters	3rd, 21.49
	Pacific Coast Intercollegiate	4/13/17	400 Meters	6th, 49.15
	Mark Faldmo Invite	4/15/17	200 Meters	16th, 22.66

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
	Fum McGraw Open	3/25/17	400 Meters	7th, 58.83
	CU Invite	4/8/17	400 Meters	13th, 1:00.16
	Mark Faldmo Invite	4/15/17	400 Meters	9th, 59.51
	Rams vs. Cowboys Dual	5/5/17	Triple Jump	3rd, 35-5
	MW Championships	5/13/17	4x400 Relay	10th, 3:52.33

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
	CU Invite	4/8/17	High Jump	11th, 4-11

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
	CU Invite	4/8/17	800 Meters	8th, 2:18.63
	Jack Christiansen Invite	4/22/17	800 Meters	3rd, 2:16.57
	Rams vs. Cowboys Dual	5/5/17	800 Meters	3rd, 2:15.64
			4x400 Relay	1st, 4:03.29

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
	CU Invite	4/8/17	High Jump	5th, 5-3
	Mark Faldmo Invite	4/15/17	High Jump	NP, NH
	Jack Christiansen Invite	4/22/17	High Jump	5th, 4-11 3/4
	Rams vs. Cowboys Dual	5/5/17	High Jump	3rd, 5-3 3/4

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
Outdoor	CU Invite	4/8/17	3,000 Meters	11th, 10:34.65
	Jack Christiansen Invite	4/22/17	5,000 Meters	3rd, 17:43.92

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
	CU Invite	4/8/17	1,500 Meters	9th, 4:38.01
	Mt. SAC Relays	4/13/17	10,000 Meters	2nd, 34:48.85
	Rams vs. Cowboys Dual	5/5/17	1,500 Meters	6th, 4:34.59
	MW Championships	5/11/17	10,000 Meters	4th, 35:38.38
		5/13/17	5,000 Meters	9th, 16:36.71

2016-17 Wyoming Notes

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

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
Outdoor	Fum McGraw Open	3/25/17	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
	CU Invite	4/8/17	Shot Put	5th, 45-9
			Discus	5th, 143-10
	Pacific Coast Intercollegiate	4/13/17	Shot Put	8th, 45-7 3/4
			Discus	12th, 149-2
	Mark Faldmo Invite	4/15/17	Shot Put	5th, 43-9 3/4
			Discus	3rd, 150-5
Indoor	Jack Christiansen Invite	4/22/17	Shot Put	3rd, 43-1 3/4
			Discus	2nd, 146-3
	Rams vs. Cowboys Dual	5/5/17	Shot Put	3rd, 44-5 1/4
			Discus	4th, 141-11
	MW Championships	5/13/17	Discus	15th, 143-0
		Shot Put	14th, 42-11	

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
Outdoor	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
	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
	CU Invite	4/8/17	Long Jump	17th, 17-4 1/4
	Mark Faldmo Invite	4/15/17	Triple Jump	4th, 36-9
	Jack Christiansen Invite	4/22/17	Triple Jump	3rd, 38-0 3/4
	Rams vs. Cowboys Dual	5/5/17	Triple Jump	2nd, 37-1 3/4
	MW Championships	5/13/17	Triple Jump	12th, 37-5

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
Outdoor	MW Championships	2/24/17	Long Jump	2nd, 19-11
		2/25/17	60 Meters	2nd, 7.25
	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
	Pacific Coast Intercollegiate	4/13/17	100 Meters	1st, 11.42
			4x100 Relay	2nd, 45.74
	Mark Faldmo Invite	4/15/17	200 Meters	1st, 24.31
			4x100 Relay	1st, 45.94
Indoor	Jack Christiansen Invite	4/22/17	Long Jump	2nd, 18-8 1/2
	MW Championships	5/13/17	100 Meters	6th, 11.47
			200 Meters	7th, 23.63
			4x100 Relay	4th, 45.69

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
	CU Invite	4/8/17	Steeplechase	3rd, 10:33.28
	Mt. SAC Relays	4/14/17	Steeplechase	19th, 10:21.53
	MW Championships	5/12/17	Steeplechase	3rd, 10:18.38

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
Outdoor	CU Invite	4/8/17	1,500 Meters	21st, 4:52.93
	Jack Christiansen Invite	4/22/17	5,000 Meters	5th, 17:50.91

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	5th, 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
	CU Invite	4/8/17	Steeplechase	7th, 11:24.61
	Mark Faldmo Invite	4/15/17	Steeplechase	1st, 11:06.47

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
	CU Invite	4/8/17	200 Meters	3rd, 24.85
	Pacific Coast Intercollegiate	4/13/17	200 Meters	2nd, 24.61
			4x100 Relay	2nd, 45.74
	Mark Faldmo Invite	4/15/17	200 Meters	4th, 25.01
			4x100 Relay	1st, 45.94
	Jack Christiansen Invite	4/22/17	4x400 Relay	2nd, 3:51.74
	Rams vs. Cowboys Dual	5/5/17	200 Meters	1st, 24.63
MW Championships	5/12/17	200 Meters	12th, 24.19	
		400 Meters	12th, 57.81	
		4x100 Relay	4th, 45.69	
		4x400 Relay	10th, 3:52.33	

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
Outdoor	MW Championships	5/13/17	1,500 Meters	9th, 4:29.17

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
			400 Meters	3rd, 55.92
			4x100 Relay	1st, 45.39
	CU Invite	4/8/17	400 Meters	3rd, 55.82
	Pacific Coast Intercollegiate	4/13/17	400 Meters	6th, 56.91
			4x100 Relay	2nd, 45.74
	Mark Faldmo Invite	4/15/17	200 Meters	6th, 25.27
			4x100 Relay	1st, 45.94
	Jack Christiansen Invite	4/22/17	4x400 Relay	2nd, 3:51.74
Rams vs. Cowboys Dual	5/5/17	200 Meters	3rd, 25.51	
MW Championships	5/13/17	4x100 Relay	4th, 45.69	

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
Outdoor			60 Meters	14th, 7.62
			4x400 Relay	11th, 4:05.16
	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

2016-17 Wyoming Notes

Women's Individual Breakdown

(800 meters and above altitude/track converted)

	CU Invite	4/8/17	4x100 Relay	1st, 45.39
	Pacific Coast Intercollegiate	4/13/17	Long Jump	2nd, 19-2 3/4
			Long Jump	2nd, 19-3 1/2
			4x100 Relay	2nd, 45.74
			100 Meters	7th, 12.21
	Mark Faldmo Invite	4/15/17	4x100 Relay	1st, 45.94
	Jack Christiansen Invite	4/22/17	Long Jump	1st, 18-10 3/4
	MW Championships	5/13/17	4x100 Relay	4th, 45.69
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
Outdoor	Rocky Mtn. Classic	2/17/17	High Jump	3rd, 5-1
	Jerry Quiller Classic	3/18/17	High Jump	10th, 5-0 1/4
	CU Invite	4/8/17	High Jump	6th, 5-3
	Mark Faldmo Invite	4/15/17	High Jump	14th, 5-2 1/4
	Jack Christiansen Invite	4/22/17	High Jump	4th, 5-1 3/4
	Rams vs. Cowboys Dual	5/5/17	High Jump	4th, 5-3 3/4
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
Outdoor	CU Invite	4/8/17	400 Hurdles	14th, 1:12.77
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
	CU Invite	4/8/17	Steeplechase	10th, 11:36.80
	Rams vs. Cowboys Dual	5/5/17	5,000 Meters	3rd, 19:24.42
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
Outdoor	MW Championships	2/24/17	Weight Throw	8th, 57-11 3/4
	Fum McGraw Open	3/25/17	Hammer Throw	2nd, 188-8
	Tom Benich Invite	4/2/17	Hammer Throw	4th, 190-5
	CU Invite	4/7/17	Hammer Throw	4th, 194-1
	Pacific Coast Intercollegiate	4/13/17	Hammer Throw	7th, 192-2
	Mark Faldmo Invite	4/14/17	Hammer Throw	1st, 188-9
	Jack Christiansen Invite	4/22/17	Hammer Throw	2nd, 190-11
	Rams vs. Cowboys Dual	5/5/17	Hammer Throw	3rd, 183-7
	MW Championships	5/12/17	Hammer Throw	3rd, 197-2
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
		2/25/17	800 Meters	5th, 2:09.76
			4x400 Relay	11th, 4:05.16
Outdoor	Jerry Quiller Classic	3/18/17	800 Meters	1st, 2:11.53
	Fum McGraw Open	3/25/17	800 Meters	1st, 2:11.42
	CU Invite	4/8/17	400 Meters	5th, 57.48
	Pacific Coast Intercollegiate	4/13/17	800 Meters	4th, 2:10.91
	Mark Faldmo Invite	4/15/17	800 Meters	1st, 2:09.72
	Jack Christiansen Invite	4/22/17	4x400 Relay	2nd, 3:51.74
	Rams vs. Cowboys Dual	5/5/17	800 Meters	2nd, 2:13.12
	MW Championships	5/13/17	800 Meters	5th, 2:08.12
			4x400 Relay	10th, 3:52.33
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
	Tom Benich Invite	4/2/17	Long Jump	9th, 17-11 1/2
	CU Invite	4/8/17	Long Jump	15th, 17-6
			200 Meters	14th, 26.41
	Mark Faldmo Invite	4/15/17	Long Jump	6th, 17-9
	Jack Christiansen Invite	4/22/17	Long Jump	6th, 17-5 1/2
	Rams vs. Cowboys Dual	5/5/17	Long Jump	2nd, 17-8
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
	CU Invite	4/8/17	800 Meters	6th, 2:17.32
			4x400 Relay	6th, 4:08.37
	Mark Faldmo Invite	4/15/17	800 Meters	8th, 2:21.80
	Jack Christiansen Invite	4/22/17	800 Meters	4th, 2:16.60
	Rams vs. Cowboys Dual	5/5/17	800 Meters	4th, 2:16.69
			4x400 Relay	1st, 4:03.29
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
	Fum McGraw Open	3/25/17	400 Hurdles	3rd, 1:02.55
	CU Invite	4/8/17	400 Hurdles	13th, 1:09.53
	Pacific Coast Intercollegiate	4/13/17	400 Hurdles	4th, 1:02.78
	Mark Faldmo Invite	4/15/17	400 Hurdles	4th, 1:02.76
	Jack Christiansen Invite	4/22/17	100 Hurdles	4th, 14.68
			400 Hurdles	6th, 1:02.65
	MW Championships	5/12/17	400 Hurdles	18th, 1:04.65
Makayla Pzinski				
	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	60 Meters	7th, 7.73
	Potts Invitational	1/14/17	60 Meters	4th, 7.76
			200 Meters	4th, 26.33
	Powder River Dual	1/28/17	60 Meters	3rd, 7.79
Outdoor	Jerry Quiller Classic	3/18/17	4x100 Relay	1st, 46.37
	Fum McGraw Open	3/25/17	100 Meters	6th, 12.48
	Rams vs. Cowboys Dual	5/5/17	100 Meters	2nd, 12.59
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
Outdoor	CU Invite	4/8/17	800 Meters	11th, 2:21.34
			4x400 Relay	6th, 4:08.37
	Mark Faldmo Invite	4/15/17	1,500 Meters	3rd, 4:40.81
	Jack Christiansen Invite	4/22/17	1,500 Meters	2nd, 4:40.98
	Rams vs. Cowboys Dual	5/5/17	400 Meters	3rd, 1:02.39
			1,500 Meters	8th, 4:46.37
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
	CU Invite	4/8/17	High Jump	13th, 4-11

2016-17 Wyoming Notes

Women's Individual Breakdown

(800 meters and above altitude/track converted)

Mikalah Skates

	Meet	Date	Event	Mark	
Indoor	Power Meet	12/9/16	60 Hurdles	1st, 8.91	
	Potts Invitational	1/14/17	Long Jump	10th, 16-6	
			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	
	Outdoor	Powder River Dual	1/28/17	Long Jump	16-1
				800 Meters	2:46.77
60 Hurdles				2nd, 9.04	
Rocky Mtn. Classic		2/17/17	60 Hurdles	1st, 8.82	
			60 Hurdles	14th, 9.00	
MW Championships		2/24/17	60 Hurdles	14th, 9.00	
			60 Hurdles	14th, 9.00	
Jerry Quiller Classic		3/18/17	100 Hurdles	3rd, 14.77	
			100 Hurdles	4th, 14.51	
			100 Hurdles	5th, 14.27	
	100 Hurdles		2nd, 14.25		
	100 Hurdles		3rd, 14.32		
	400 Hurdles		10th, 1:06.48		
	100 Hurdles		4th, 14.70		
	100 Hurdles		10th, 14.16		

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
	CU Invite	4/8/17	Discus	11th, 126-10
	Mark Faldmo Invite	4/15/17	Discus	7th, 136-5
	Jack Christiansen Invite	4/22/17	Discus	6th, 134-2

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
	CU Invite	4/8/17	Long Jump	17th, 17-4 1/4
	Mark Faldmo Invite	4/15/17	Long Jump	8th, 17-3 1/2
	Rams vs. Cowboys	5/5/17	Triple Jump	NP, Foul
	MW Championships	5/13/17	Triple Jump	NP, Foul

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
Outdoor	Rocky Mtn. Classic	2/17/17	4x400 Relay	4th, 4:07.30
			800 Meters	4th, 2:29.52
	Fum McGraw Open	3/25/17	800 Meters	8th, 2:33.80
	CU Invite	4/8/17	800 Meters	19th, 2:29.44
	Jack Christiansen Invite	4/22/17	4x400 Relay	6th, 4:08.37
			800 Meters	7th, 2:28.69
			800 Meters	6th, 2:29.44

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
	CU Invite	4/8/17	800 Meters	13th, 2:21.90
	4x400 Relay	4/22/17	6th, 4:08.37	
			4th, 4:47.07	
			4th, 1:02.85	
	Rams vs. Cowboys Dual	5/5/17	400 Meters	4th, 1:02.85
			1,500 Meters	7th, 4:44.24

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
Outdoor	MW Championships	2/24/17	High Jump	7th, 5-4 1/4
	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
	CU Invite	4/8/17	High Jump	4th, 5-3
	Mark Faldmo Invite	4/15/17	High Jump	10th, 5-2 1/4
	MW Championships	5/13/17	High Jump	16th, 5-1

Kerry White

	Meet	Date	Event	Mark	
Indoor	Powder River Dual	1/28/17	800 Meters	3rd, 2:14.48	
	Colorado Open	2/4/17	4x400 Relay	2nd, 3:56.29	
			800 Meters	17th, 2:16.32	
			800 Meters	7th, 2:13.44	
	Don Kirby Invite	2/11/17	800 Meters	5th, 11:33.30	
			DMR	8th, 2:11.36	
			800 Meters	11th, 4:05.16	
			4x400 Relay	7th, 4:43.16	
	Outdoor	Jerry Quiller Classic	3/18/17	1,500 Meters	3rd, 4:34.83
		Fum McGraw Open	3/25/17	800 Meters	3rd, 2:14.63
CU Invite		4/8/17	800 Meters	3rd, 2:10.71	
Pacific Coast Intercollegiate		4/13/17	800 Meters	3rd, 2:10.71	
Mark Faldmo Invite		4/15/17	1,500 Meters	2nd, 4:34.31	
Jack Christiansen Invite		4/22/17	800 Meters	1st, 2:10.41	
Rams vs. Cowboys Dual		5/5/17	4x400 Relay	2nd, 3:51.74	
			800 Meters	1st, 2:10.31	
MW Championships		5/13/17	4x400 Relay	1st, 4:03.29	
			800 Meters	6th, 2:08.38	
		4x400 Relay	10th, 3:52.33		

Ariana Williams

	Meet	Date	Event	Mark
Indoor	Power Meet	12/9/16	60 Hurdles	5th, 9.12
	Potts Invitational	1/14/17	4x400 Relay	2nd, 4:17.00
			60 Hurdles	7th, 9.07
	Powder River Dual	1/28/17	60 Hurdles	3rd, 9.09
	Rocky Mtn. Classic	2/17/17	4x400 Relay	4th, 4:07.30
Outdoor	Jerry Quiller Classic	3/18/17	400 Hurdles	4th, 1:04.58
			400 Hurdles	4th, 1:04.14
	Fum McGraw Open	3/25/17	400 Hurdles	10th, 1:05.14
	CU Invite	4/8/17	400 Hurdles	5th, 1:03.15
	Mark Faldmo Invite	4/15/17	400 Hurdles	8th, 1:03.62
	Jack Christiansen Invite	4/22/17	400 Hurdles	3rd, 1:03.63
	Rams vs. Cowboys Dual	5/5/17	400 Hurdles	3rd, 1:03.63
	MW Championships	5/12/17	400 Hurdles	13th, 1:02.61

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
		Tom Benich Invite	4/2/17	Hammer Throw	7th, 146-6
				Discus	5th, 148-0
CU Invite		4/7/17	Hammer Throw	9th, 160-4	
4/8/17		4/8/17	Hammer Throw	12th, 161-3	
			Discus	6th, 141-11	
Mark Faldmo Invite		4/14/17	Hammer Throw	8th, 161-6	
4/15/17		Discus	5th, 144-0		
Jack Christiansen Invite		4/22/17	Discus	4th, 134-8	
Rams vs. Cowboys Dual		5/5/17	Discus	3rd, 143-2	
MW Championships	5/12/17	Discus	13th, 145-7		

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			4. Mario Harris	21.43	11	4. Cody Millemon	48.17	00	
					5. Marcus Brunson	21.46	97	5. Jackson Wood	48.38	17	
					6. Jordan Charles	21.53	16	6. Clay Carlson	48.63	16	
					7. Richard Peace	21.60	96	7. Keith Ladson	48.64	94	
					8. Jace Marx	21.71	17	8. Kekoa Chavez	48.70	10	
					9. Deon McCalla	22.10	97	9. Greg Farnham	48.75	94	
					10. Lenyn Leonce	22.10	12	10. Jermaine Kelly	48.82	05	
800 Meters			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 Keltling	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 Keltling	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			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 May 13, 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. Jace Marx	10.52	17	6. Jace Marx	21.32	17	6. Jermaine Kelly	47.72	05	6. Thomas Atkinson	1:49.11	15
7. Mervin Swaby	10.52	03	7. Jackson Wood	21.49	17	7. Cody Millemon	47.74	00	7. Morten Jurs	1:49.32	85
8. Dwight Neptune	10.55	07	Robert Harris	21.49	03	8. Bryce Ailshie	47.80	17	8. Eliud Chirchir	1:49.38	09
9. Amaicure Harris	10.58	92	9. Lenyn Leonce	21.50	11	9. Jackson Wood	47.89	17	9. Bryce Ailshie	1:49.46	17
10. Calil Burnett	10.60	16	10. Adam Kelly	21.51	04	10. Seth Billy	47.97	00	10. Roald Horten	1:49.52	80
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. Marx, Blackett, Charles, Kirkeide			40.60		17	3. Johnson, Harris, Baysinger, Kelly			3:11.32		04
4. Douglass, Gunderson, Harris, Leonce			40.63		11	4. Ailshie, Faure, Blackett, Marx			3:11.81		17
5. Brauneis, Gunderson, Michel, Harris			40.64		10	5. Loken, Blackett, Atkinson, Fisher			3:11.92		15
6. Billy, Swaby, Charlemagne, Duncan			40.68		00	6. Sawyer, Milemon, Duncan, Medearis			3:12.04		99
7. Brauneis, Kelly, West, Neptune			40.69		07	7. Johnson, Fenton, Arnwine, Kelly			3:12.61		06
8. Zowada, Neptune, Kelly, Harris			40.82		04	8. Loken, Blackett, Faure, Fisher			3:12.69		15
9. Gunderson, Michel, Douglass, Harris			40.86		11	9. Harris, Kelly, Baysinger, Arnwine			3:12.82		05
10. Howe, Swaby, Samuels, Collin			40.92		02	10. Mundt, Wilcox, Farnham, Ladson			3:13.02		92
110-Meter Hurdles			Shot Put			Long Jump			Pole Vault		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Jordan Charles	13.81	17	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. Scott Carter	25-3 1/2	17	2. Gregg Sawyer	16-6	99
Tom Garrison	13.81	90	3. Kevin Mannon	62-3	99	3. Charles Thomas	25-1 1/2	65	Steve McMorris	16-6	90
4. Joel Giorgis	13.84	95	4. Matt Spears	61-5 1/2	97	4. Bud Hamilton	24-11 1/4	93	4. Jay Novacek	16-4	84
5. Brandon Douglass	13.97	13	5. Mason Finley	60-11 1/4	14	5. Lenyn Leonce	24-10 1/2	10	5. Darren Niedermeyer	16-0 3/4	02
6. Keith Ladson	14.09	96	6. Mike Wood	57-6 3/4	70	6. Jeremiah James	24-10	09	6. Ed Steele	15-6	73
7. Scott Carter	14.16	17	7. Chad Lindsay	57-4 1/4	92	7. Justin Smith	24-7 3/4	96	Brian Stevenson	15-6	83
8. Colin Herold	14.25	13	8. Kyle Herl	57-3 3/4	05	8. Quincy Howe	24-5 1/2	02	8. Cliff Cotton	15-2	69
9. Kyle Sullivan	14.44	15	9. Tyg Long	55-7	05	9. Tim Cawley	24-3	96	9. Brandon Douglass	15-1	10
10. Michael Arnwine	14.46	06	10. Craig Suter	55-6 1/4	02	10. Stephen Michel	24-2 1/4	10	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. Scott Carter	53-4 1/4	17	2. Gregg Sawyer	7,250	99
3. Jason Medearis	50.82	99	3. Jared Finley	192-3	78	3. Jeremiah James	52-10 1/4	10	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. Jason Hammond	174-10	00	9. John Alderson	49-9	07	9. Phillip Thomas	6,632	07
10. Ryan Rogers	52.62	14	10. Garrett Lynch	174-7	16	10. Wayne King	49-7 1/4	70	10. Brandon Douglass	6,620	12
Hammer			Javelin (200 standard)			High Jump					
Name	Result	Year	Name	Result	Year	Name	Result	Year			
1. Kevin Mannon	226-6	99	1. Henry Ferreira	224-0	13	1. Mike White	7-2	80			
2. Jason Hammond	221-1	01	2. Guy Tucker	223-0	95	2. Bud Hamilton	7-1 3/4	94			
3. Jake Shanklin	219-11	09	3. Mike Abbey	221-11	93	3. Chris Larson	7-1 1/4	95			
4. Kyle Herl	219-10	05	4. Joshua McMullen	212-6	00	4. Tyler Skinner	7-0 1/4	11			
5. Ryan Butler	217-4	96				5. Bryan Coventry	7-0	85			
6. Zack Schaefer	213-10	04				Dan Orange	7-0	74			
7. Jason Gervais	207-3	00				7. Mike Klyop	6-11	91			
8. Derek Woodske	204-7	01				8. Mike Miller	6-10	76			
9. Tyler Anderson	202-9	16				9. Phillip Thomas	6-9 1/2	07			
10. Joe Plante	201-2	13				10. Jared Grant	6-8 3/4	07			

School Record Key

Outdoor

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

2016-17 Wyoming Notes

Women's Outdoor School Records

(as of May 13, 2017)

100 Meters			200 Meters			400 Meters			800 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Jerayah Davis	11.42	17	1. Jessica Fox	23.22	05	1. Jessica Fox	51.72	05	1. Deby Anderson	2:07.15	94
2. Kereston Thomas	11.50	14	2. Shauna Smith	23.53	04	2. Afiya Walker	52.93	10	2. Cassidy Meade	2:08.12	17
3. Kima Wells	11.70	04	3. Adelaide Harper	23.62	03	3. Shauna Smith	53.04	02	3. Candace Wollert	2:08.30	11
4. Jessica Fox	11.75	05	4. Jerayah Davis	23.63	17	4. Kima Wells	53.41	04	4. Kerry White	2:08.38	17
5. Adelaide Harper	11.78	03	5. Kereston Thomas	23.71	14	5. Sharon Larrier	53.53	05	5. Tanice Barnett	2:10.39	04
6. Trecia Roberts	11.80	91	6. Audrey West	23.80	14	6. Amanda Hopper	54.07	05	6. Brenna Dooley	2:10.58	07
7. Audrey West	11.83	15	7. Lori Grillo	23.85	88	7. Lindsey Simmons	55.31	11	7. Melissa Donovan	2:11.25	92
8. Natika Brame	11.84	94	8. Sharon Larrier	23.86	07	8. Samantha Kee	55.40	13	8. Kerry Cerda	2:11.55	82
Kathy Romsa	11.84	85	9. Kima Wells	24.09	04	9. McKenzie Brogan	55.43	14	9. Juanita Neff	2:11.75	80
10. Ja'la Henderson	11.89	16	10. Fiona Lindo-Jeffrey	24.10	01	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	34:48.85	17
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. Kacey Doner	11:06.47	17	5. Megan Brunette	16:36.71	17	5. Devon England	36:55.67	15
6. Lauren Hamilton	4:29.17	17	6. Brooke Hughes	11:11.10	10	6. Audra DeStefano	16:50.60	16	6. Leanne Larson	36:56.84	87
7. Audra DeStefano	4:29.55	16	7. Stephanie Hanks	11:20.67	01	7. Allison Hollington	16:53.74	83	7. Michelle Kvernmo	37:05.51	06
8. Kerry White	4:33.41	15	8. Andrea Klimowski	11:23.59	13	8. Jennifer Thompson	16:59.77	04	8. Sissel Bjorkenas	37:06.80	81
9. Cassidy Meade	4:33.92	16	9. Kiah Leonard	11:34.43	17	9. Alysha Davis	17:00.80	09	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. Jeseca 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. Jeseca 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 Roynance	163-1	00	2. Sabina Sandberg	5-9 1/4	15			
3. Emelda Malm-Annan	197-2	17				3. Johnna Jeffries	5-8 3/4	09			
4. Shannon Popp	196-10	07				4. Joanna Wilson	5-8	98			
5. Shreese Daniels	195-8	15				Chan Johnson	5-8	02			
6. Ashley Hutchinson	193-3	12				6. Kathy Romsa	5-7 1/2	83			
7. Dana Dillon	192-5	00				7. Britney Jackson	5-7 1/4	09			
8. Julie Thomas	190-9	00				8. Jenna Mann	5-6	14			
9. Jeseca Cross	185-10	98				Kathy VanHeule	5-6	83			
10. Tamara Hawkins	185-9	98				10. Sofia Hof	5-5 3/4	16			

School Record Key

Outdoor

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