



SUN DEVIL TRACK & FIELD

Women's 2007 & 2008 NCAA Indoor & 2007 Outdoor Champs
Men's 2008 NCAA Indoor Champions

INDOOR MEET #12

at NCAA INDOOR TRACK & FIELD CHAMPIONSHIPS

Friday, March 12 - Saturday, March 13, 2010

Randal Tyson Track Center

Fayetteville, Ark.

Hosted by the University of Arkansas
and the NCAA

2010 SEASON SCHEDULE

INDOOR SEASON

Date	Meet	Location
J 23	Friday Night Challenge	Flagstaff
29	Washington Invitational	Seattle
29-30	Mt. 'T' Invitational	Flagstaff
F 6	NAU Team Challenge	Flagstaff
6	New Mexico Classic	Albuquerque
12-13	NAU Invitational	Flagstaff
12-13	Husky Classic	Seattle
12-13	Tyson Invitational	Fayetteville
19	NAU Tune-Up	Flagstaff
26-27	MPSF Championships	Seattle
M 6	Iowa State Last Chance	Ames
12-13	NCAA Championships	Fayetteville

OUTDOOR SEASON

F 20	Diablo Relays	Tempe
M 19-20	Baldy Castillo Invitational	Tempe
26-27	ASU Invitational	Tempe
26-27	Stanford Invitational	Palo Alto
A 9	Mesa Classic	Mesa
9-10	31st Sun Angel Classic	Tempe
16-17	Mt. SAC Relays	Walnut
23-24	Sun Devil Invitational	Tempe
23-24	UCSD Triton Invitational	La Jolla
M 1	Double Dual (UA/NAU)	Tucson
1	Cardinal Invitational	Palo Alto
8-9	Pac-10 Multi-Events	Berkeley
15-16	Pac-10 Championships	Berkeley
28-29	NCAA 1st/2nd Round	Austin
J 6-12	NCAA Championships	Eugene

Home meets in **bold** (at Sun Angel Stadium)

2010 SUN DEVIL DATA

Location	Tempe, Ariz.
Enrollment	68,064
Nickname	Sun Devils
Colors	Maroon & Gold
Conference (In & Out)	MPSF & Pac-10
Home Venue	Sun Angel Stadium
University President	Dr. Michael Crow
VP for University Athletics	Lisa Love

Director of Track & Field/Cross Country

Greg Kraft Jumps

Assistant Coaches

Ryan Cole	Distance/Mid-Distance
David Dumble	Throws
Kenny McDaniel	Sprints (women)
Louie Quintana	Distance/Mid-Distance/XC
Ronnie Williams	Sprints (men)

Graduate Assistant

Isley Gonzalez Distance/Mid-Distance

Volunteer Coaches

Ron Barela	Pole Vault
Dan O'Brien	Multi-Events

www.TheSunDevils.com

ASU T&F Heads to NCAA Championships This Weekend

Sun Devils qualified two women, nine men for the national indoor meet

The first half of the track & field season comes to a close for Arizona State University this weekend as 11 Sun Devils will travel to Fayetteville, Ark., and the Randal Tyson Track Center to compete in the 2010 NCAA Indoor Track & Field Championships. The meet, hosted by Arkansas, will be held on Friday and Saturday with Sun Devils athletes competing on both days.

THE STAKES

As with all the NCAA Championship events, the stakes are high as team and individual championships will be earned this weekend. Also up for grabs are All-America honors, which are earned by placing in the Top 8 of an event.

TROPHY HUNTING

Dating back to the 2006 NCAA Indoor Championships, the Sun Devils have fared quite well as seven of those eight meets have seen either the men, the women or both walk away with a national trophy (Top 4 nationally). That streak included 2006 women indoor (3rd), 2006 women outdoor (tie-4th), 2007 women indoor (1st), 2007 women outdoor (1st), 2008 men and women indoor (1st for both) and 2008 women outdoor (2nd) before both teams placed fifth at the 2009 indoor meet (the women took third outdoors in 2009). Arizona State was close to a trophy finish at the 2009 indoor championships as the women scored 30 points, just one point shy of tying Texas for fourth (31 points) while the men totaled 25 points, four behind LSU.

FIRST AWARDS

The USTFCCCA released its first awards of the track and field season on Tuesday and named assistant coach David Dumble as the 2010 USTFCCCA Men's West Region Assistant Coach of the Year. Dumble, who also earned this award on the women's side indoors (2008) and outdoors (2006, 2008), heads to Arkansas this weekend with a pair of defending national champions in Ryan Whiting (shot put) and Jason Lewis (weight throw). Lewis also will be competing in the shot put, where he placed fourth one year ago.

ASU'S NCAA SCHEDULE

Friday, March 12

2:45 p.m.	M	Shot Put	P/F
5:55 p.m.	M	400m	P
6:55 p.m.	M	800m	P
7:25 p.m.	W	Long Jump	P/F
8:00 p.m.	M	5,000m	F
9:05 p.m.	M	DMR	F

Saturday, March 13

2:00 p.m.	M	Shot Put	P/F
6:55 p.m.	M	* 400m	F
7:35 p.m.	M	* 800m	F
8:25 p.m.	M	4x400m	F

* if athletes advance from Friday
all times are CT (local to Arkansas)

visit NCAA.com for more info

SUN DEVILS COMPETING AT THE NCAA CHAMPIONSHIPS

Women (2)	Yr.	Hometown	Event (Entry Mark)
Constance Ezugha	Fr.	Edmond, Okla.	Long Jump (6.45m)
Christabel Nettey	Fr.	Surrey, B.C., Canada	Long Jump (6.42m)
Men (9)	Yr.	Hometown	Event (Entry Mark)
Nectaly Barbosa	Jr.	Prosser, Wash.	Distance Medley (9:31.34)
Brandon Bethke	Sr.*	Lake Forest, Calif.	5,000m (7:54.27) & DMR (9:31.34)
Justin Kremer	Sr.	Grand Canyon, Ariz.	4x400m (3:06.70)
Jason Lewis	Sr.*	Phoenix, Ariz.	Weight (21.92m) & Shot Put (18.87m)
Mason McHenry	So.	Bellingham, Wash.	800m (1:48.04) & DMR (9:31.34)
Ray Miller	Sr.	Monrovia, Calif.	4x400m (3:06.70)
Joel Phillip	Sr.*	St. Paul's, Grenada	4x400m (3:06.70)
Donald Sanford	Sr.*	Inglewood, Calif.	400m (46.19) & 4x400m (3:06.70) & DMR (9:31.34)
Ryan Whiting	Sr.*	Harrisburg, Pa.	Shot Put (21.92m)

* used redshirt season

HEAD COACH GREG KRAFT

Greg Kraft is in his 14th year with the Sun Devil program and has built it into a national power. During the 2008 season, his men and women captured the NCAA Indoor Championships, only the second time in the history of the event that the same school swept both titles. The title was the second in a row for the women and their third overall (2007 outdoor) and the first for the men. Dating back to the 2006 seasons, the Sun Devil women have won the Pac-10 three times, the MPSF twice, the NCAA indoor twice, the NCAA outdoor once and the NCAA West Region outdoor once. The men have added one NCAA indoor and one NCAA West Region outdoor crown to that collection as well.

Individually, athletes have excelled under the 2008 Men's and Women's USTFCCCA National Indoor Coach of the Year, including seven-time NCAA multi-event champion Jacquelyn Johnson, who also advanced to the Olympic Games in the heptathlon after winning her fourth NCAA heptathlon title. In 2009, two men captured three NCAA titles, including Ryan Whiting sweeping in the indoor and outdoor shot put crown and Jason Lewis won the indoor weight throw.

At the conference level, the Sun Devils have dominated on the women's side with three titles in a row while (2006-08) the men have finished as the meet runner-up the past three years in a row. His athletes have collected 49 individual titles and added another 14 relay crowns in the Pac-10 before going on to collect 143 All-America honors individually and another 22 in relays.

Along with Johnson, other impressive names that have been coached by Kraft include 2004 Olympic Long Jump Champion Dwight Phillips and 2008 U.S. Long Jump Champion Trevell Quinley.

BY THE NUMBERS

Athletic Honors	M	W
NCAA Champions (Team)	1	3
NCAA Champions (Individual)	6	14
NCAA All-Americans - TF (Individual)	61	82
NCAA All-Americans - TF (Relay)	13	9
NCAA All-Americans - XC	5	11
NCAA West Region Titles (Team)	1	4
NCAA West Region Titles (Individual)	7	15
NCAA West Region Titles (Relay)	4	6
Pac-10 Champions (Team)	0	3
Pac-10 Champions (Individual)	25	24
Pac-10 Champions (Relay)	10	4
Pac-10 Champions (XC Individ.)	0	1
MPSF Indoor Titles (Team)	0	2
MPSF Indoor Titles (Individual)	16	27
MPSF Indoor Titles (Relay)	4	5

Academic Honors	M	W
CoSIDA Academic All-Americans (TF)	1	6
CoSIDA Academic All-Americans (XC)	1	1
CoSIDA Academic All-Region VII (XC/TF)	5	15
USTFCCCA All-Academic (T&F)	11	42
USTFCCCA All-Academic (XC)	1	5
USTFCCCA Scholar-Athlete of the Year	1	3
USTFCCCA Academic Team of the Year	0	2
Academic All-Pac-10 (TF - 1st/2nd Tm)	60	75
Academic All-Pac-10 (XC - 1st/2nd Tm)	33	34

Coach of the Year Honors

USTFCCCA National Women's (Out)	'07
USTFCCCA National Women's (In)	'07, '08
USTFCCCA National Men's (In)	'08
USTFCCCA Region Women's (Out)	'96, '06, '07, '08
USTFCCCA Region Women's (In)	'07, '08
USTFCCCA Region Men's (In)	'08
USTFCCCA District Women's (Out)	'06, '07
Pac-10 Conference (women)	'06, '07, '08
Southeastern Conference (women)	'96
MPSF Indoor (women)	'07, '08

updated March 5, 2010

NATIONALLY KNOWN

The USTFCCCA released the final rankings for the indoor season that have the Sun Devil men ranked fourth heading into the national championships, up from the fifth position they had held for the past month. Florida, Oregon and Texas A&M are the three teams ranked ahead of the Sun Devils. The ASU women are not among the Top 25 listing that has Oregon, Texas A&M, LSU and Florida in the Top 4 heading into the NCAA Championships.

WATCHING WHITING

The USTFCCCA announced last week the latest update to the Bowerman watch list with Ryan Whiting remaining among the 10 men to watch this season. The watch list for the 2010 awarding of The Bowerman, as selected by The Bowerman Men's Watch Committee, is designed to keep tabs on the top collegiate athletes in track & field with an award that will be given to the top male and top female collegiate track & field athlete at the end of the season. (TheBowerman.org) Whiting is the two-time defending indoor shot put national champion and recently finished second in the shot put at the 2010 USATF Indoor Championships.

RETURNING CHAMPIONS

Two of the Sun Devil men that will compete this weekend are returning NCAA champions, including Ryan Whiting (shot put) and Jason Lewis (weight). Whiting returns and will look to become a three-time champion in the indoor shot put after winning the past two titles while also adding the 2009 outdoor crown to give him a sweep of the event last year. Lewis, who hit a personal-best and school-record mark of 75-00.75 last year to win the weight throw for his first title and All-America honor, enters the meet ranked fourth nationally this year.

MORE ON WHITING

With a victory in the shot put at the 2010 NCAA Indoor Championships, Whiting would become just the third man to win the shot put three years in a row at the indoor championships and the first since Hans Hogland (UTEP) did so in 1973-1974-1975. He also would become only the fourth to win the event three or more times in a career and first to do so since Michael Carter (SMU) won crowns in 1980, 1981, 1983 and 1984.

MORE ON LEWIS

Lewis not only will look to defend his national title this year, but also continue a recent streak of success in the event that was started in 2005. That year, Spyridon Jullien (Virginia Tech) won the title and then again in 2006. Following that, Egor Agafonov (Kansas) won the next two titles in a row (2007, 2008) before Lewis won last year.

RETURNING ALL-AMERICANS: MEN

Last year, three men earned All-America honors from the USTFCCCA, including both returning national champions and one true freshman. Jason Lewis collected the first honors of his career by winning the weight throw and taking fourth in the shot put while Whiting added another All-America honor by winning the shot put. Mason McHenry ran in the 800m event and earned All-America honors as a freshman last year and all three men are competing in those same events this weekend.

READY TO RUN

This weekend, senior Donald Sanford could run a mile to help the Sun Devils as he is currently entered into three events. Sanford qualified eighth nationally in the 400m dash (46.19) and also is part of the fourth-ranked distance medley relay and the sixth-ranked 4x400m relay. If Sanford advances to the finals of the 400m dash on Saturday and competes in both relays, he will run the 400m distance four times in two days.

ONE OF TWO, TWO TIMES

The Sun Devils head to Arkansas with several instances of being one-of-two in the field:

- Jason Lewis qualified individually in the weight throw and shot put for the second year in a row and is one of two men to do so this year after being the only one to accomplish that feat one year ago. Lewis (4th in the weight, 10th in the shot put) and Aaron Studt of Minnesota (3rd in the shot put, 7th in the weight) are the two double qualifiers this year.
- On the track, ASU and conference rival Oregon are the only two men's teams to qualify both relays for this year's meet. The Sun Devils enter the meet ranked sixth in the 4x400m relay and fourth in the DMR while the Ducks are ninth in the sprint event and first in the DMR.

ONE WITH TWO, ONE TIME

During the indoor season, nine freshmen women posted times/marks that automatically qualified them for the NCAA Championships this weekend with seven of those women competing as true freshmen. LSU, Oregon, Villanova, Arizona, Texas Tech, BYU and Oklahoma joined Arizona State as schools that automatically qualified one freshman woman for the national meet, but only the Sun Devils automatically qualified two rookies this weekend as both Constance Ezugha and Christabel Netthey met the automatic standard in the long jump two weeks ago and will compete in their first national meet this weekend. Ezugha enters the weekend with the eighth-best (tie) mark nationally while Netthey ranks 11th.

FAMILIARITY - PART I

Competing at the NCAA Indoor Championships in Arkansas is nothing new for the Sun Devils as the championships have been held at Randal Tyson Track Center many times before. Most recently, the 2008 meet was held there with the Sun Devils sweeping the men's and women's titles. In fact, the first time the women earned a trophy finish at the NCAA Indoor Championships was at the 2006 meet in Arkansas when ASU took third place.

FAMILIARITY - PART II

Looking back at the 2008 Championships, there are several similarities between this year's team and the team that won the national title. In 2008, 10 men competed at the meet with athletes in the 400m dash, 3,000m run, 4x400m relay, distance medley relay, long jump, shot put and weight throw. This year, nine men will compete with entries in the 400m dash, 800m run, 5,000m run, 4x400m relay, distance medley relay, shot put and weight throw.

THE LAST TIME...

The last time the Sun Devils competed in the NCAA Indoor Championships in Arkansas:

- Ryan Whiting won the shot put with a collegiate indoor record toss of 21.73m (71-03.50)
- Jacquelyn Johnson won her third pentathlon title with an NCAA record 4,496 points
- Kyle Alcorn, ranked 14th entering the meet, won the 3,000m run in 8:00.82
- The women won their second national indoor title in a row while the men won their first
- Nine women and nine men each earned All-America honors in the meet

STREAKING

Heading into the weekend, the Sun Devil men have place in the Top 10 in four-consecutive NCAA Championships and the women have done so in eight in a row. The men placed first and sixth (indoor and outdoor, respectively) in 2008 and fifth and eighth in 2009 while the women have went third and fourth (tied) in 2006, first and first in 2007, first and second in 2008 and fifth and third in 2009. For the men, their Top 10 finishes in each of the last two indoor seasons marked just the second and third time, respectively, that the program has done so with the only other instance coming in 2000 (tied for 10th). The women's streak of four in row also doubles the total of Top 10 finishes the program had recorded prior to 2006 with the previous finishes coming in 1986, 1988, 1990 and 1991.

IT'S ACADEMIC

Last week, the USTFCCCA released its national academic honorees for the 2009 cross country season and the Sun Devils earned mention on three lists. Individually, Brandon Bethke was selected to the men's academic team before both Sun Devil teams earned spots on the academic list based on their overall grade-point average.

ON THE WORLD CHARTS

Three current Sun Devils have posted marks that rank highly on the world lists, including Ryan Whiting, who stands third in the men's shot put with a toss of 21.52m. Fellow thrower Jason Lewis is 13th on the weight throw list at 21.92m while Donald Sanford has run 46.19 in the 400m dash, which stands as the 14th-best time in the world. Also holding positions on the world list are Trevell Quinely (long jump, 20th, 7.99m) for the men and women's athletes Amy Hastings (3000m, 21st, 8:58.45) and Sarah Stevens (shot put, 19th, 17.99m).

NATIONAL REPS

With the conclusion of the USATF Indoor Championships over the weekend, Team USA for the IAAF World Indoor Championships in Doha, Qatar, have been set with one Sun Devil earning a position in the world event set for March 12-14. That qualifier, Ryan Whiting in the men's shot put, will not be competing for Team USA, however, as the NCAA Indoor Championships will be taking place the same weekend in Arkansas where Whiting will try to win his third indoor shot put title in a row. While Whiting will not be representing the U.S., former Sun Devil Desiree Davila will as she was selected to compete in the 3,000m run in

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SUN DEVIL MEDIA RELATIONS

Track & Field Contact Alex Ryan
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2009 CROSS COUNTRY HONORS

USTFCCCA Honors & Awards

All-American - Men

- Brandon Bethke (7th place)

All-West Region - Women

- Kari Hardt (16th place)
- Anna Sperry (18th)
- Lindsay Prescott (20th)
- Allie Kieffer (21st)

All-West Region - Men

- Brandon Bethke (7th place)

All-Academic - Men

- Brandon Bethke

All-Academic - Team

- Sun Devil Women, Sun Devil Men

Pac-10 Conference Honors & Awards

All-Pac-10 Conference - Women

- Kari Hardt (2nd team | 10th place)

All-Pac-10 Conference - Men

- Brandon Bethke (1st team | 2nd place)
- Ben Engelhardt (2nd team | 14th place)

Toyo Tires/Pac-10 Scholar-Athlete of the Year

- Brandon Bethke (men's cross country)

All-Academic - Women (12)

- Chelsea Caloia (1st team)
- Courtney Golden (2nd team)
- Catherine Loden (2nd team)
- Natasa Vulic (2nd team)
- Ali Kieley (honorable mention)
- Kate Lydy (honorable mention)
- Cherise McNair (honorable mention)
- Brianna Smith (honorable mention)
- Angela Spadafino (honorable mention)
- Maureen Stringham (honorable mention)
- Kauren Tarver (honorable mention)
- Ashley Wimmer (honorable mention)

All-Academic - Men (7)

- Ben Engelhardt (1st team)
- Ben Jankunas (1st team)
- Cameron Liston (1st team)
- Brandon Bethke (2nd team)
- Matt Boughton (2nd team)
- Collin Eckelman (2nd team)
- Daniel Lovell (2nd team)

SUN DEVIL WOMEN'S TEAM ROSTER

<i>Sun Devil</i>	<i>Event(s)</i>	<i>IN</i>	<i>OUT</i>	<i>Hometown (Last School)</i>
Alyssa Allison	Distance	Fr.	Fr.	Herculaneun, Mo. (Univ. of Arkansas)
Chelsea Caloia	Distance	Sr.*	Sr.*	Phoenix, Ariz. (North Canyon HS)
Cara Carpenter	Pole Vault	So.	So.	Mesa, Ariz. (Mountain View HS)
Jasmine Chaney	Sprints/Hurdles	Sr.	Jr.*	Tempe, Ariz. (McClintock HS)
Andrea Crook	Sprints	So.	So.	Anchorage, Alaska (Univ. of Arkansas)
Constance Ezugha	Jumps	Fr.	Fr.	Edmond, Okla. (Santa Fe HS)
Courtney Golden	Mid-Distance	So.	Fr.*	Gilbert, Ariz. (Gilbert HS)
Kari Hardt	Distance	Jr.*	Jr.*	Queen Creek, Ariz. (Queen Creek HS)
Samantha Henderson	Multi-Events	So.	So.	Mesa, Ariz. (Mesa CC)
Anna Jelmini	Throws	Fr.	Fr.	Bakersfield, Calif. (Shafter HS)
Ali Kietly	Distance	Sr.*	Sr.*	Torrance, Calif. (West Torrance HS)
Allie Kieffer	Distance	Sr.*	Sr.*	West Islip, N.Y. (Wake Forest Univ.)
Linda Kuenzi	Pole Vault	Fr.	Fr.	Shawnee, Kan. (Shawnee Mission N'west HS)
Ashley Lampley	Throws	So.	So.	Huntington Beach, Calif. (Marina HS)
Catherine Loden	Distance	Fr.*	Fr.*	White Oak, Texas (White Oak HS)
Kate Lydy	Distance	Fr.*	Fr.*	Germantown, Wis. (Germantown HS)
Dominique' Maloy	Sprints	Jr.	Jr.	Pahrump, Nev. (Pahrump Valley HS)
Cherise McNair	Distance	Jr.*	Jr.*	Manteca, Calif. (CS Stanislaus)
Stephanie Mundt	Distance	Fr.*	Fr.*	Urbandale, Iowa (Urbandale HS)
Cj Navarro	Throws	So.*	So.*	Mesa, Ariz. (Desert Ridge HS)
Lisa Navarro	Pole Vault	Sr.	Sr.	Thousand Oaks, Calif. (Mesa CC)
Lisa Nelson	Mid-Distance	Jr.*	Jr.*	Tucson, Ariz. (Sabino HS)
Christabel Netley	Jumps/Hurdles	Fr.	Fr.	Surrey, B.C., Canada (Johnston Heights Sec.)
Camille Olson	Distance	So.*	So.*	Phoenix, Ariz. (Sandra Day O'Connor HS)
Karlee Owens	Distance	Fr.	Fr.	Arroyo Grande, Calif. (Arroyo Grande HS)
Keia Pinnick	Multi-Events	Fr.	Fr.	Aurora, Ill. (Waubensie Valley HS)
Lindsay Prescott	Distance	So.	Fr.*	Phoenix, Ariz. (Sandra Day O'Connor HS)
Jade Riley	Distance	Fr.	Fr.	Glendale, Ariz. (Sandra Day O'Connor HS)
Kayla Sanchez	Sprints/Hurdles	So.	So.	Carson City, Nev. (Carson HS)
Brianna Smith	Distance	Jr.*	Jr.*	Simi Valley, Calif. (Moorpark JC)
Angela Spadafino	Distance	Sr.*	Sr.*	Torrance, Calif. (West Torrance HS)
Anna Sperry	Distance	Jr.	Jr.	Simi Valley, Calif. (BYU)
Maureen Stringham	Distance	So.*	So.*	Hockessin, Del. (St. Mark's HS)
Kauren Tarver	Distance	So.	So.	Wrightwood, Calif. (Serrano HS)
Natalie Todd	Distance	Fr.	Fr.	St. Louis, Mo. (Ladue Horton Watkins HS)
Natasa Vulic	Distance	Fr.*	Fr.*	Phoenix, Ariz. (Mountain Pointe HS)
Elyse Weitz	Jumps	Fr.*	Fr.*	Gilbert, Ariz. (Gilbert HS)
Ashley Wimmer	Mid-Distance	So.	Fr.*	Las Vegas, Nev. (Palo Verde HS)
Liz Zuniga	Distance	Fr.	Fr.	West Covina, Calif. (South Hills HS)

* - indicates redshirt season has been used; IN - indoor eligibility; OUT - outdoor eligibility

SUN DEVIL COACHING & SUPPORT STAFF

<i>Position</i>	<i>Staff Member (Year)</i>	<i>Event Group</i>
Director of Track & Field	Greg Kraft (14th year)	Jumps
Assistant Coach	David Dumble (9th year)	Throws
Assistant Coach	Kenny McDaniel (3rd year)	Sprints/Hurdles/Relays (Women)
Assistant Coach	Louie Quintana (9th year)	Mid-Dist./Distance/XC (Head Coach)
Assistant Coach	Ronnie Williams (1st year)	Sprints/Hurdles/Relays (Men)
Assistant Coach	Ryan Cole (3rd year)	Mid-Distance/Distance/Cross Country
Grad. Assistant Coach	Isley Gonzalez (1st year)	Mid-Distance/Distance/Cross Country
Volunteer Coach	Ron Barela (7th year)	Pole Vault
Volunteer Coach	Dan O'Brien (5th year)	Multi-Events
Asst. Athletic Trainer	Frank Perez (4th year)	
GA Athletic Trainer	Liz Johnson (2nd year)	
Media Relations/SID	Alex Ryan (7th year)	

Qatar. Another former Sun Devil, Amy Hastings, also will wear the red, white and blue, only she will do so at the IAAF World Cross Country Championships later in the month (March 28) in Bydgoszcz, Poland. Hastings competed at the USATF Cross Country Championships in Spokane, Wash., on February 13, and finished third overall in the women's open race with a time of 26:06. The Top 7 finishers qualified for the national team.

CONFERENCE RECAP

The Sun Devils competed in the MPSF Indoor Track & Field Championships with both squads placing fourth overall in the team standings as the men scored 79 points and the women 75 while UCLA (108.5) and Oregon (133) took the team titles in the men's and women's races, respectively. Overall, the Sun Devils collected seven total conference crowns and posted 17 marks that qualified for the NCAA Championships, including two automatic qualifiers in the women's long jump, seven total provisional qualifiers for the women and eight provisional qualifiers for the men.

MPSF CHAMPIONS

Five individual and two relay titles were captured by the Sun Devils at the MPSF Championships, including a sweep of the open 400m dash and the 4x400m relay. For the women, true freshman Constance Ezugha jumped 6.45m (21-02.00) to win the long jump and automatically qualify for the NCAA meet while Jasmine Chaney took the 400m dash in 53.83. Chaney, who was second in the 60m hurdles, came back later in the meet and joined Dominique' Maloy, Keia Pinnick and Kayla Sanchez to win the 4x400m relay in 3:38.40. For the men, Lawrence Trice took the title in the 60m dash (6.68), Donald Sanford won the 400m dash (46.19) and Mason McHenry repeated as the 800m dash champion (1:48.89). Sanford also helped the team of Allante Battle, Justin Kremer and Joel Phillip win the 4x400m relay with a time of 3:07.38.

WORKING HARD

Two sprinters were busy at the MPSF Championships as both Jasmine Chaney and Joel Phillip were part of three events with Top 2 finishes recorded in all six. Chaney won the 400m dash (53.38) and took second in the 60m hurdles (8.33) before helping the 4x400m relay to victory (3:38.40) while Sanford won the 400m dash (46.19) before helping the 4x400m relay take the title (3:07.38) and the distance medley relay take second with a school-record time of 9:31.34.

RECORD RUN

The team of Nectaly Barbosa, Donald Sanford, Mason McHenry and Brandon Bethke came together to compete in the distance medley relay and took second with a time of 9:31.34, which is the school record. Barbosa was a member of the former record relay that saw Joey Heller, Justin Kremer, Barbosa and Kyle Alcorn run 9:32.49 to take second at the NCAA Indoor Championships in 2008. As the anchor of the relay, Bethke is now part of two record runs this year as he set the standard in the 3,000m run

ROSTER & NOTES



earlier this year by running 7:54.27 at the Husky Classic, bettering a 19 year-old record of 7:54.31 run by Todd Lewis in 1991.

USATF MEET

While many of the Sun Devils were in Seattle at the MPSF meet, a handful of current and former members of the program competed at the USATF Indoor Championships in Albuquerque, N.M., with several Top 4 finishes recorded. Current Sun Devil Ryan Whiting took second in the shot put with a toss of 21.03m (see below) while the women's shot put competition saw former team members Sarah Stevens and Jessica Pressley take third (17.99m) and fourth (17.31m), respectively. Desiree Davila took fourth in the women's 3,000m run, finishing in 9:21.05. Also competing in the meet were current Sun Devils Anna Jelmini, who placed seventh in the women's shot put (16.36m), and Jason Lewis, who was 10th in the men's shot put (17.43m), and former Olympic champion Nick Hysong in the men's pole vault, placing 12th overall (5.25m).

MORE ALL-AMERICANS: MEN

Four other men also return that have earned All-America honors in recent years, including Brandon Bethke, who earned national honors at the 2009 NCAA outdoor meet in the 5,000m run before taking seventh overall this past fall at the 2009 NCAA Cross Country Championships. The three other returning All-Americans earned their honors during the 2008 season: Nectaly Barbosa was an All-American outdoors in the 800m and on the indoor distance medley relay team; Justin Kremer was a member of two indoor All-American relays, including the 4x400m and the DMR; and Joel Phillip earned honors in the indoor and outdoor 400m dash along with the indoor 4x400m relay.

BACK FOR MORE

Speaking of returning, head coach Greg Kraft is back to lead the way for the 14th year in a row and will look to guide the Sun Devils back to the top of the podium at the NCAA Championships as his squads did in 2007 (women's indoor and women's outdoor) and 2008 (men's and women's indoor). Since taking over the program in 1996, Kraft has built Arizona State into one of the top all-around programs in the nation. Among the coaches that have led the program, his tenure with the Sun Devil men is surpassed only by the 17 years of service legendary coach Senon 'Baldy' Castillo put in (1954-79 and 1985) while his 14 years leading the women's program is the longest in ASU history (Anne Pittman, 1958-67).

NEXT TIME OUT

The outdoor season gets underway next weekend as the Sun Devils play host to the Baldy Castillo Invitational on Friday and Saturday at Sun Angel Stadium on campus. The hammer throw will be contested on Friday with all other events taking place on Saturday. Some of the teams set to compete with the Sun Devils include: Northern Arizona, Nebraska, North Dakota, North Dakota State, South Dakota, Manhattan and Utah State.

SUN DEVIL MEN'S TEAM ROSTER

<i>Sun Devil</i>	<i>Event(s)</i>	<i>IN</i>	<i>OUT</i>	<i>Hometown (Last School)</i>
Dylan Austin	Pole Vault	Fr.	Fr.	Phoenix, Ariz. (Moon Valley HS)
Nectaly Barbosa	Mid-Distance	Jr.	Jr.	Prosser, Wash. (Prosser HS)
Allante Battle	Sprints	So.	So.	Phoenix, Ariz. (Desert Vista HS)
Brandon Bethke	Distance	Sr.*	Sr.*	Lake Forest, Calif. (Univ. of Wisconsin)
Matt Boughton	Distance	Fr.*	Fr.*	Phoenix, Ariz. (Desert Vista HS)
Ian Caracciolo	Hurdles	Jr.	Jr.	Chandler, Ariz. (Phoenix College)
Jordan Clarke	Throws	Fr.*	Fr.*	Anchorage, Alaska (Bartlett HS)
Alonso Contreras	Distance	Sr.*	Sr.*	Phoenix, Ariz. (Phoenix College)
Roger Dolan	Throws	Fr.	Fr.	Scottsdale, Ariz. (Boulder Creek HS)
Jeremy Egboro	Jumps	Sr.*	Sr.*	Tempe, Ariz. (Tempe HS)
Ben Engelhardt	Distance	Jr.*	Jr.*	Westerville, Ohio (Westerville North HS)
Nathan Estes	Throws	Fr.	Fr.	Phoenix, Ariz. (North HS)
Matt Estlund	Distance	Fr.	Fr.	St. Charles, Mo. (Chaminade College Prep)
Joe Fazio	Pole Vault	Sr.*	Sr.*	San Francisco, Calif. (Archbishop Riordan HS)
Taylor Ford	Mid-Distance	Jr.	Jr.	Aberdeen, S.D. (Northern State Univ)
Kyle Fugit	Pole Vault	Sr.	Sr.	Peoria, Ariz. (Paradise Valley CC)
Duggan Grant	Pole Vault/Multi	So.	So.	Kansas City, Mo. (Winnetonka HS)
Nick Happe	Distance	Fr.	Fr.	St. Charles, Mo. (Francis Howell North HS)
Dylan Hatcher	Distance	So.*	So.*	Spokane, Wash. (Mead HS)
Jeff Helmer	Distance	Jr.*	Jr.*	Snohomish, Wash. (Henry M. Jackson HS)
Jeff Helwig	Throws	Jr.*	Jr.*	Mesa, Ariz. (Dobson HS)
Kyle Hitchcock	Multi-Events	Sr.	Sr.	North Attleboro, Mass. (Temple Univ.)
Ben Jankunas	Distance	Fr.*	Fr.*	Scottsdale, Ariz. (Horizon HS)
John Kline	Mid-Distance	So.	So.	Phoenix, Ariz. (Desert Vista HS)
Cory Kraft	Pole Vault	Fr.*	Fr.*	Phoenix, Ariz. (Desert Vista HS)
Justin Kremer	Sprints	Sr.	Sr.	Grand Canyon, Ariz. (Grand Canyon HS)
Jason Lewis	Throws	Sr.*	Sr.*	Phoenix, Ariz. (Mountain Pointe HS)
Cameron Liston	Distance	So.*	So.*	Chandler, Ariz. (Northern Arizona Univ.)
Daniel Lovell	Distance	So.*	So.*	Anthem, Ariz. (Boulder Creek HS)
Austin Malm	Jumps	Fr.	Fr.	Chandler, Ariz. (Corona del Sol HS)
Jeremy Marcinko	Pole Vault/Multi	Fr.*	Fr.*	Gilbert, Ariz. (Higley HS)
Eddie McClain	Throws	Fr.	Fr.	Rockaway, N.J. (Morris Hills HS)
Mason McHenry	Mid-Distance	So.	So.	Bellingham, Wash. (Sehome HS)
Ray Miller	Sprints	Sr.	Sr.	Monrovia, Calif. (Glendale CC)
Ryan Milus	Sprints	Fr.	Fr.	Chandler, Ariz. (Hamilton HS)
Sean Newport	Distance	Fr.	Fr.	Tempe, Ariz. (Valley Christian HS)
Marc Peck	Throws	So.	So.	Wood-Ridge, N.J. (Wood-Ridge HS)
Corey Phallen	Pole Vault	Sr.	Sr.	San Diego, Calif. (Rancho Bernardo HS)
Joel Phillip	Sprints/Hurdles	Sr.*	Sr.*	St. Paul's, Grenada (Central Arizona College)
Austin Prince	Pole Vault/Multi	So.	Fr.*	Murrieta, Calif. (Murrieta Valley HS)
Jamie Sandys	Hurdles/Multi	So.	So.	Phoenix, Ariz. (Chaparral HS)
Donald Sanford	Sprints	Sr.	Sr.	Inglewood, Calif. (Morgan State Univ.)
Steven Schnieders	Distance	Fr.	Fr.	Yorba Linda, Calif. (Esperanza HS)
Doug Smith	Distance	Fr.	Fr.	Roxbury, N.J. (Gill-St. Bernard's HS)
Adrian Speed	Jumps	So.	So.	Sacramento, Calif. (Christian Brothers HS)
Michael Stokes	Jumps	Jr.	Jr.	Carson, Calif. (CS Fullerton)
Lawrence Trice, Jr.	Sprints	Sr.	Sr.	Milwaukee, Wis. (CS Fullerton)
Zeke Van Patten	Distance	Jr.	Jr.	Corvallis, Ore. (Western Oregon Univ.)
Josh Walker	Mid-Distance	Fr.*	Fr.*	Chandler, Ariz. (Corona del Sol HS)
Alexander Wentz	Multi-Events	So.*	So.*	Scottsdale, Ariz. (Desert Mountain HS)
Ryan Whiting	Throws	Sr.*	Sr.*	Harrisburg, Pa. (Central Dauphin HS)
Bryan Williams	Sprints	Jr.	Jr.	Long Beach, Calif. (Valley View HS)

* - indicates redshirt season has been used; IN - indoor eligibility; OUT - outdoor eligibility

NCAA Auto; • NCAA Provisional; @ ASU Record; \$ American College Record; ^ - Recorded in Pentathlon; aa Altitude Adjusted

RUNNING EVENTS		NCAA Auto	NCAA Prov
55m DASH			<i>not contested</i>
ASU Record	6.71	Lesa Parker (1983)	
aa 7.11	Kayla Sanchez (7.07)	NAU Tune-up (2/19)	
55m HURDLES			<i>not contested</i>
ASU Record	7.44	Lynda Tolbert (1990)	
aa 8.30	Samantha Henderson (8.26)	NAU Tune-up (2/19)	
60m DASH		7.26	7.44
ASU Record	7.30	Charonda Williams (2009)	
7.70	Kayla Sanchez (7.70)	MPSF (2/26)	
aa 7.99	Constance Ezugha (7.95)	Friday Night (1/23)	
aa 8.79	Dominique Maloy (8.75)	Friday Night (1/23)	
60m HURDLES		8.14	8.43
ASU Record	8.09	Lynda Tolbert (1989)	
• 8.33	Jasmine Chaney (8.33)	MPSF (2/27)	
8.46	Christabel Netley (8.46)	Husky Classic (2/13)	
^ 8.82	Keia Pinnick (8.82)	MPSF (2/26)	
aa 8.90	Samantha Henderson (8.86)	NAU Invite (2/13)	
200m DASH		23.70 / 23.20	24.40 / 23.90
ASU Record	22.89	Charonda Williams (2009)	
24.45	Jasmine Chaney	Friday Night (1/23)	
24.68	Kayla Sanchez	NAU Tune-up (2/19)	
25.36	Keia Pinnick	Friday Night (1/23)	
25.44	Christabel Netley	NAU Team (2/6)	
26.41	Samantha Henderson	Friday Night (1/23)	
400m DASH		52.90 / 52.40	54.90 / 54.40
ASU Record	51.05	Maicel Malone (1991)	
• 53.83	Jasmine Chaney	MPSF (2/27)	
55.32	Keia Pinnick	NAU Team (2/6)	
56.18	Kayla Sanchez	NAU Team (2/6)	
800m RUN		2:06.00 / 2:05.00	2:10.00 / 2:09.00
ASU Record	2:05.12	Kim Toney (1994)	
^ 2:16.28	Keia Pinnick (2:16.28)	MPSF (2/26)	
aa 2:20.65	Ashley Wimmer (2:22.04)	NAU Team (2/6)	
aa 2:20.70	Courtney Golden (2:22.09)	Mt. 'T' Invite (1/30)	
aa 2:22.80	Lisa Nelson (2:24.19)	Mt. 'T' Invite (1/30)	
^ 2:45.78	Samantha Henderson (2:45.78)	MPSF (2/26)	
MILE RUN		4:38.90 / 4:37.00	4:48.90 / 4:47.00
ASU Record	4:44.44	Lisa Aguilera (2000)	
4:51.35	Alyssa Allison (4:51.35)	MPSF (2/27)	
4:56.99	Karlee Owens (4:56.99)	MPSF (2/27)	
aa 4:59.11	Lindsay Prescott (5:09.55)	Mt. 'T' Invite (1/30)	
aa 5:38.58	Cherise McNair (5:40.02)	Friday Night (1/23)	
aa 5:31.36	Kate Lydy (5:41.80)	Friday Night (1/23)	
aa 5:36.31	Chelsea Caloia (5:46.75)	Friday Night (1/23)	
3,000m RUN		9:16.00 / 9:13.00	9:35.00 / 9:32.00
ASU Record	9:09.67	Lisa Aguilera (2002)	
• 9:28.78	Kari Hardt	Husky Classic (2/13)	
• 9:28.84	Anna Sperry	Husky Classic (2/13)	
• 9:31.91	Allie Kieffer	MPSF (2/27)	
9:51.38	Lindsay Prescott	MPSF (2/27)	
10:00.77	Cherise McNair	MPSF (2/27)	
5,000m RUN		16:12.50 / 16:07.50	16:49.50 / 16:44.50
ASU Record	15:30.17	Amy Hastings (2007)	
• 16:33.69	Ali Kielty	MPSF (2/26)	
16:50.91	Lindsay Prescott	MPSF (2/26)	
18:15.39	Catherine Loden	MPSF (2/26)	

RELAY EVENTS		NCAA Auto	NCAA Prov
4x400m RELAY		3:35.40 / 3:34.20	3:42.80 / 3:40.00
ASU Record	3:32.46	Campbell, Holmes, Jones, Malone ('91)	
• 3:37.36	Arizona State 'C'	Last Chance (3/6)	
3:49.84	Maloy, Pinnick, Sanchez, Chaney		
3:55.11	Arizona State 'B'	NAU Team (2/6)	
	Sanchez, Chaney, Pinnick, Golden		
	Arizona State 'A'	Friday Night (1/23)	
	Chaney, Pinnick, Sanchez, Henderson		
DISTANCE MEDLEY		11:09.40 / 11:05.50	11:30.40 / 11:26.50
ASU Record	11:14.63	Ellison, Reed, McLaughlin, Hastings ('05)	
11:31.50	Arizona State 'A'	UW Invite (1/29)	
	Hardt, Chaney, Allison, Sperry		
FIELD EVENTS		NCAA Auto	NCAA Prov
LONG JUMP		6.38m	6.13m
ASU Record	6.50m	Tiffany Greer (2000) & J. Johnson (2008)	
# 6.45m	Constance Ezugha (21-02.00)	MPSF (2/26)	
# 6.42m	Christabel Netley (21-00.75)	MPSF (2/26)	
5.86m	Samantha Henderson (19-02.75)	NAU Invite (2/13)	
5.75m	Keia Pinnick (18-10.50)	NAU Team (2/6)	
TRIPLE JUMP		13.30m	12.65m
ASU Record	12.51m	Valerie Williams (2000)	
<i>none</i>			
HIGH JUMP		1.85m	1.78m
ASU Record	1.91m	Coleen Reinstra (1981)	
1.70m	Samantha Henderson (5-07.00)	NAU Invite (2/13)	
1.63m	Elysa Weitz (5-04.25)	NAU Team (2/6)	
^ 1.59m	Keia Pinnick (5-02.50)	MPSF (2/26)	
POLE VAULT		4.25m	4.00m
ASU Record	4.30m	April Kubishta (2008)	
3.85m	Cara Carpenter (12-07.50)	MPSF (2/27)	
3.65m	Linda Kuenzi (11-11.75)	Mt. 'T' Invite (1/30)	
3.35m	Lisa Navarro (10-11.75)	NAU Team (2/6)	
SHOT PUT		16.90m	15.20m
ASU Record	18.16m	Sarah Stevens (2007)	
12.76m	Samantha Henderson (41-10.50)	NAU Tune-up (2/19)	
9.69m	Keia Pinnick (31-09.50)	NAU Tune-up (2/19)	
WEIGHT THROW		21.00m	18.75m
ASU Record	22.04m	Jessica Pressley (2008)	
16.61m	Ashley Lampley (54-06.00)	MPSF (2/26)	
16.17m	Cj Navarro (53-00.75)	NAU Tune-up (2/19)	
MULTI-EVENTS		NCAA Auto	NCAA Prov
PENTATHLON		4,075 pnts	3,725 pnts
ASU Record	4,496 pnts	Jacquelyn Johnson (2008)	
• 3,753 pnts	Keia Pinnick	MPSF (2/26)	
3,716 pnts	Samantha Henderson	MPSF (2/26)	

NCAA Auto & Provisional marks listed for running events are for 200m tracks/over 200m tracks

MEN'S TOP MARKS • INDOOR



NCAA Auto; • NCAA Provisional; @ ASU Record; & NCAA Record; ^ in Heptathlon; % - ASU Hep Record; aa Altitude Adjusted

RUNNING EVENTS		NCAA Auto	NCAA Prov
60m DASH		6.60	6.71
ASU Record	6.46	Marcus Brunson (1999)	
•	6.68	Lawrence Trice (6.68)	MPSF (2/27)
	6.76	Ryan Milus (6.76)	MPSF (2/27)
aa	6.84	Allante Battle (6.80)	Mt. 'T' Invite (1/30)
aa	6.85	Michael Stokes (6.81)	NAU Team (2/6)
	6.85	Ray Miller (6.85)	MPSF (2/26)
aa	6.96	Bryan Williams (6.92)	Mt. 'T' Invite (1/30)
^	7.33	Jeremy Marcinko (7.33)	MPSF (2/26)
^	aa 7.39	Austin Prince (7.35)	Mt. 'T' Multis (1/29)
^	aa 7.42	Jamie Sandys (7.38)	Mt. 'T' Multis (1/29)
60m HURDLES		7.70	7.91
ASU Record	aa 7.71	Tony Galaviz (2002)	
aa	8.68	Jamie Sandys (8.64)	NAU Invite (2/13)
^	8.80	Jeremy Marcinko (8.80)	MPSF (2/27)
^	aa 9.41	Austin Prince (9.37)	Mt. 'T' Multis (1/30)
200m DASH		21.23 / 20.83	21.63 / 21.23
ASU Record	20.43	Domenik Peterson (2005)	
	21.67	Ray Miller	NAU Team (2/6)
	21.84	Allante Battle	Mt. 'T' Invite (1/30)
	22.10	Bryan Williams	Mt. 'T' Invite (1/30)
400m DASH		46.75 / 46.15	47.85 / 47.25
ASU Record	45.56	Jason Barton (2004)	
•	46.19	Donald Sanford	MPSF (2/27)
•	47.06	Justin Kremer	Mt. 'T' Invite (1/30)
•	47.17	Joel Phillip	MPSF (2/27)
	49.05	Ian Caracciolo	NAU Team (2/6)
800m RUN		1:48.90 / 1:48.00	1:51.40 / 1:50.50
ASU Record	1:47.74	Mason McHenry (2009)	
•	1:48.04	Mason McHenry	Last Chance (3/6)
	1:50.59	Nectaly Barbosa	MPSF (2/27)
	1:51.96	John Kline	MPSF (2/27)
1,000m RUN		not contested outside of heptathlon	
ASU Record	2:46.20	Alexander Wentz (2009)	
^	2:53.76	Jeremy Marcinko	MPSF (2/27)
^	2:54.02	Jamie Sandys	MPSF (2/27)
^	2:55.50	Austin Prince	Mt. 'T' Multis (1/30)
MILE RUN		4:00.80 / 3:59.00	4:05.30 / 4:03.50
ASU Record	3:59.59	Brandon Strong (2002)	
•	4:02.41	Brandon Bethke	MPSF (2/27)
	dnf	Nectaly Barbosa	Husky Classic (2/13)
3,000m RUN		7:57.20 / 7:54.50	8:07.70 / 8:05.00
ASU Record	7:54.31	Todd Lewis (1991)	
#	7:54.27	Brandon Bethke	Husky Classic (2/13)
	8:05.75	Ben Engelhardt	Husky Classic (2/13)
	8:13.92	Dylan Hatcher	Husky Classic (2/13)
	8:18.01	Alonso Contreras	MPSF (2/27)
5,000m RUN		13:50.80 / 13:47.00	14:13.80 / 14:10.00
ASU Record	13:58.54	Ryan Warrenburg (2006)	
•	14:05.08	Jeff Helmer	MPSF (2/26)
	14:24.54	Ben Engelhardt	MPSF (2/26)
	14:28.46	Alonso Contreras	MPSF (2/26)

RELAY EVENTS		NCAA Auto	NCAA Prov
4x400m RELAY		3:08.90 / 3:06.50	3:12.80 / 3:10.40
ASU Record	& 3:03.43	Barton, Fitch, Amoo, Peterson ('04)	
•	3:06.70	Arizona State 'C'	Last Chance (3/6)
		Sanford, Kremer, Miller, Phillip	
•	3:07.38	Arizona State 'D'	MPSF (2/27)
		Sanford, Kremer, Battle, Phillip	
	3:13.55	Arizona State 'A'	Friday Night (1/23)
		Kremer, Battle, Barbosa, Miller	
	3:13.63	Arizona State 'B'	Friday Night (1/23)
		Sanford, Kline, McHenry, Phillip	
DISTANCE MEDLEY		9:33.00 / 9:30.00	9:44.70 / 9:41.70
ASU Record	9:32.49	Heller, Kremer, Barbosa, Alcorn (2008)	
• @	9:31.34	Arizona State 'B'	MPSF (2/26)
		Barbosa, Kremer, McHenry, Bethke	
	9:50.23	Arizona State 'A'	UW Invite (1/29)
		McHenry, Kline, Barbosa, Bethke	
FIELD EVENTS		NCAA Auto	NCAA Prov
LONG JUMP		7.85m	7.50m
ASU Record	8.11m	Dwight Phillips (2000)	
•	7.52m	Michael Stokes (24-08.25)	NAU Tune-up (2/19)
^	6.61m	Jamie Sandys (21-08.25)	MPSF (2/26)
	6.45m	Austin Prince (21-02.00)	NAU Tune-up (2/19)
^	6.38m	Jeremy Marcinko (20-11.25)	Mt. 'T' Multis (1/29)
TRIPLE JUMP		16.15m	15.45m
ASU Record	16.07m	Dwight Phillips (2000)	
	14.71m	Jeremy Egboro (48-03.25)	NAU Tune-up (2/19)
HIGH JUMP		2.24m	2.14m
ASU Record	2.26m	Kyle Arney (1979)	
	2.00m	Jamie Sandys (6-06.75)	NAU Invite (2/13)
	1.85m	Austin Prince (6-00.75)	NAU Invite (2/13)
	1.75m	Jeremy Marcinko (5-08.75)	NAU Team (2/6)
POLE VAULT		5.50m	5.20m
ASU Record	5.67m	Nick Hysong (1994)	
	5.05m	Joe Fazio (16-06.75)	NAU Team (2/6)
	5.05m	Jeremy Marcinko (16-06.75)	NAU Tune-up (2/19)
^	4.80m	Austin Prince (15-09.00)	Mt. 'T' Multis (1/30)
	4.75m	Cory Kraft (15-07.00)	Mt. 'T' Invite (1/30)
	4.75m	Duggan Grant (15-07.00)	NAU Invite (2/13)
	4.75m	Kyle Fugit (15-07.00)	Mt. 'T' Invite (1/30)
	4.75m	Dylan Austin (15-07.00)	NAU Invite (2/13)
^	4.30m	Jamie Sandys (14-01.25)	MPSF (2/27)
SHOT PUT		19.30m	17.75m
ASU Record	21.73m	Ryan Whiting (2008)	
#	21.52m	Ryan Whiting (70-07.25)	Tyson Invite (2/13)
•	18.87m	Jason Lewis (61-11.00)	Mt. 'T' Invite (1/30)
•	18.54m	Jordan Clarke (60-10.00)	Mt. 'T' Invite (1/30)
	12.29m	Jamie Sandys (40-04.00)	NAU Tune-up (2/19)
	12.13m	Jeremy Marcinko (39-09.75)	NAU Team (2/6)
	11.28m	Austin Prince (37-00.25)	Friday Night (1/23)
WEIGHT THROW		21.50m	19.50m
ASU Record	22.88m	Jason Lewis (2009)	
#	21.92m	Jason Lewis (71-11.00)	Mt. 'T' Invite (1/30)
	19.49m	Ryan Whiting (63-11.50)	Tyson Invite (2/12)
	18.67m	Jordan Clarke (61-03.00)	MPSF (2/26)
MULTI-EVENTS		NCAA Auto	NCAA Prov
HEPTATHLON		5,675 pnts	5,325 pnts
ASU Record	5,585	Joshua Kinnaman (2007)	
	4,964 pnts	Jeremy Marcinko	MPSF (2/26-27)
	4,929 pnts	Jamie Sandys	MPSF (2/26-27)
	4,817 pnts	Austin Prince	Mt. 'T' Multis (1/29-30)

NCAA Auto & Provisional marks listed for running events are for 200m tracks/over 200m tracks

ALLISON, Alyssa				
MILE RUN <i>Personal Best - 4:51.35</i>				
Husky Classic (2/13)	invite	4:54.33	20th	
MPSF Championships (2/27)	F	4:51.35	7th	

CALOIA, Chelsea				
MILE RUN <i>Personal Best - 5:46.75</i>				
Friday Night Challenge (1/23)	F	aa 5:36.31	6th	

CARPENTER, Cara				
POLE VAULT <i>Personal Best - 3.85m (12-07.50)</i>				
Mountain 'T' Invitational (1/30)	F	3.65m (11-11.75)	1st	
NAU Team Challenge (2/6)	F	3.65m (11-11.75)	1st	
NAU Invitational (2/13)	F	3.85m (12-07.50)	3rd	
NAU Tune-up (2/19)	F	3.85m (12-07.50)	6th	
MPSF Championships (2/27)	F	3.85m (12-07.50)	t-7th	

CHANEY, Jasmine				
60m HURDLES <i>Personal Best - 8.33</i>				
Friday Night Challenge (1/23)	F	aa 8.72	2nd	
Husky Classic (2/13)	P	8.52	4th	
Husky Classic (2/13)	F	8.58	8th	
MPSF Championships (2/26)	P	8.47	2nd	
MPSF Championships (2/27)	F	• 8.33	2nd	
Iowa State Last Chance (3/6)	P	• 8.38	2nd	
Iowa State Last Chance (3/6)	F	• 8.34	3rd	

200m DASH <i>Personal Best - 24.45</i>				
Friday Night Challenge (1/23)	F	24.45	2nd	

400m DASH <i>Personal Best - 53.83</i>				
NAU Team Challenge (2/6)	F	• 53.89	1st	
Husky Classic (2/13)	invite	54.84	1st	
MPSF Championships (2/27)	F	• 53.83	1st	

EZUGHA, Constance				
60m DASH <i>Personal Best - aa 7.99</i>				
Friday Night Challenge (1/23)	F	aa 7.99	5th	
Mountain 'T' Invitational (1/30)	P	aa 8.00	16th	

LONG JUMP <i>Personal Best - 6.45m (21-02.00)</i>				
Friday Night Challenge (1/23)	F	6.01m (19-08.75)	1st	
Mountain 'T' Invitational (1/29)	open	5.95m (19-06.25)	2nd	
Mountain 'T' Invitational (1/30)	invite	5.92m (19-05.25)	4th	
NAU Team Challenge (2/6)	F	6.07m (19-11.00)	2nd	
NAU Invitational (2/13)	F	• 6.26m (20-06.50)	1st	
NAU Tune-up (2/19)	F	5.98m (19-07.50)	2nd	
MPSF Championships (2/26)	F	# 6.45m (21-02.00)	1st	

GOLDEN, Courtney				
800m RUN <i>Personal Best - aa 2:20.70</i>				
Friday Night Challenge (1/23)	F	aa 2:27.51	3rd	
Mountain 'T' Invitational (1/30)	open	aa 2:20.70	1st	
NAU Team Challenge (2/6)	F	aa 2:21.27	2nd	

HARDT, Kari				
3,000m RUN <i>Personal Best - 9:28.78</i>				
Husky Classic (2/13)	invite	• 9:28.78	9th	
MPSF Championships (2/27)	F	• 9:29.31	5th	

HENDERSON, Samantha				
PENTATHLON <i>Personal Best - 3,716 points</i>				
MPSF Championships (2/26)	F	3,716 points	4th	

55m HURDLES <i>Personal Best - aa 8.30</i>				
NAU Tune-up (2/19)	F	aa 8.30	1st	

60m HURDLES <i>PB (Pent/All) - 9.02 / aa 8.90</i>				
Mountain 'T' Invitational (1/30)	P	aa 8.95	5th	
Mountain 'T' Invitational (1/30)	F	aa 9.13	7th	
NAU Team Challenge (2/6)	P	aa 9.06	3rd	
NAU Team Challenge (2/6)	F	aa 9.18	4th	
NAU Invitational (2/13)	P	aa 8.90	2nd	
NAU Invitational (2/13)	F	aa 8.90	3rd	
MPSF Championships (2/26)	^	9.02	6th	

200m DASH <i>Personal Best - 25.90</i>				
Friday Night Challenge (1/23)	F	26.41	12th	
Mountain 'T' Invitational (1/30)	open	26.63	6th	
NAU Team Challenge (2/6)	F	26.60	13th	

800m RUN <i>PB (Pent/All) - 2:45.78 / 2:45.78</i>				
MPSF Championships (2/26)	^	2:45.78	15th	

LONG JUMP <i>PB (Pent/All) - 5.73m / 5.86m</i>				
Friday Night Challenge (1/23)	F	5.71m (18-09.00)	4th	
Mountain 'T' Invitational (1/30)	invite	5.84m (19-02.00)	5th	
NAU Team Challenge (2/6)	F	5.61m (18-05.00)	6th	
NAU Invitational (2/13)	F	5.86m (19-02.75)	3rd	
NAU Tune-up (2/19)	F	5.72m (18-09.25)	3rd	
MPSF Championships (2/26)	^	5.73m (18-09.75)	2nd	

HIGH JUMP <i>PB (Pent/All) - 1.68m / 1.70m</i>				
Friday Night Challenge (1/23)	F	1.65m (5-05.00)	1st	
Mountain 'T' Invitational (1/30)	F	1.60m (5-03.00)	1st	
NAU Team Challenge (2/6)	F	1.58m (5-02.25)	6th	
NAU Invitational (2/13)	F	1.70m (5-07.00)	5th	
NAU Tune-up (2/19)	F	1.60m (5-03.00)	1st	
MPSF Championships (2/26)	^	1.68m (5-06.00)	5th	
MPSF Championships (2/27)	F	1.64m (5-04.50)	t-14th	

SHOT PUT <i>PB (Pent/All) - 12.65m / 12.76m</i>				
Mountain 'T' Invitational (1/29)	open	12.34m (40-06.00)	4th	
NAU Team Challenge (2/6)	F	12.48m (40-11.50)	8th	
NAU Tune-up (2/19)	P	12.76m (41-10.50)	12th	
MPSF Championships (2/26)	^	12.65m (41-06.00)	2nd	

KIELTY, Ali				
5,000m RUN <i>Personal Best - 16:14.57</i>				
MPSF Championships (2/26)	F	• 16:33.69	4th	

KIEFFER, Allie				
3,000m RUN <i>Personal Best - 9:34.66</i>				
Husky Classic (2/13)	invite	9:34.66	19th	
MPSF Championships (2/27)	F	• 9:31.91		

KUENZLI, Linda				
POLE VAULT <i>Personal Best - 3.65m (11-11.75)</i>				
Friday Night Challenge (1/23)	F	3.35m (10-11.75)	t-2nd	
Mountain 'T' Invitational (1/30)	F	3.65m (11-11.75)	2nd	
NAU Team Challenge (2/6)	F	3.35m (10-11.75)	7th	
NAU Invitational (2/13)	F	3.55m (11-07.75)	7th	

LAMPLEY, Ashley				
WEIGHT THROW <i>Personal Best - 16.61m (54-06.00)</i>				
Friday Night Challenge (1/23)	F	15.39m (50-06.00)	4th	
Mountain 'T' Invitational (1/30)	F	16.08m (52-09.25)	4th	
NAU Team Challenge (2/6)	F	16.20m (53-01.75)	4th	
NAU Tune-up (2/19)	F	16.09m (52-09.50)	5th	
MPSF Championships (2/26)	F	16.61m (54-06.00)	7th	

LODEN, Catherine				
5,000m RUN <i>Personal Best - 18:15.39</i>				
MPSF Championships (2/26)	F	18:15.39	20th	

LYDY, Kate				
MILE RUN <i>Personal Best - 5:41.80</i>				
Friday Night Challenge (1/23)	F	aa 5:31.36	4th	

MALOY, Dominique'				
60m DASH <i>Personal Best - 7.48</i>				
Friday Night Challenge (1/23)	F	aa 8.79	14th	

WOMEN'S MEET-BY-MEET



McNAIR, Cherise				
MILE RUN <i>Personal Best - 5:40.02</i>				
Friday Night Challenge (1/23)	F	aa 5:38.58	3rd	
3,000m RUN <i>Personal Best - 10:00.77</i>				
MPSF Championships (2/27)	F	10:00.77	25th	
NAVARRO, Cj				
WEIGHT THROW <i>Personal Best - 16.17m (53-00.75)</i>				
Friday Night Challenge (1/23)	F	14.93m (48-11.75)	5th	
Mountain 'T' Invitational (1/30)	F	16.04m (52-07.50)	5th	
NAU Team Challenge (2/6)	F	15.95m (52-04.00)	6th	
NAU Tune-up (2/19)	F	16.17m (53-00.75)	4th	
MPSF Championships (2/26)	P	15.08m (49-05.75)	11th	
NAVARRO, Lisa				
POLE VAULT <i>Personal Best - 3.52m (11-06.50)</i>				
Friday Night Challenge (1/23)	F	3.35m (10-11.75)	t-2nd	
Mountain 'T' Invitational (1/30)	F	3.35m (10-11.75)	3rd	
NAU Team Challenge (2/6)	F	3.35m (10-11.75)	8th	
NAU Invitational (2/13)	F	3.25m (10-08.00)	11th	
NELSON, Lisa				
800m RUN <i>Personal Best - aa 2:21.74</i>				
Mountain 'T' Invitational (1/30)	open	aa 2:22.80	3rd	
NAU Team Challenge (2/6)	F	aa 2:21.74	3rd	
NETTEY, Christabel				
60m HURDLES <i>Personal Best - 8.46</i>				
Friday Night Challenge (1/23)	F	aa 8.86	3rd	
Mountain 'T' Invitational (1/30)	P	aa 8.70	1st	
Mountain 'T' Invitational (1/30)	F	aa 8.78	3rd	
NAU Team Challenge (2/6)	P	aa 8.56	1st	
NAU Team Challenge (2/6)	F	aa 8.49	2nd	
Husky Classic (2/13)	P	8.50	3rd	
Husky Classic (2/13)	F	8.46	t-4th	
NAU Tune-up (2/19)	F	aa 8.68	3rd	
MPSF Championships (2/26)	P	8.54	6th	
MPSF Championships (2/27)	F	8.54	5th	
200m DASH <i>Personal Best - 25.44</i>				
NAU Team Challenge (2/6)	F	25.44	5th	
LONG JUMP <i>Personal Best - 6.42m (21-00.75)</i>				
Friday Night Challenge (1/23)	F	5.95m (19-06.25)	2nd	
Mountain 'T' Invitational (1/30)	invite	6.08m (19-11.50)	3rd	
NAU Team Challenge (2/6)	F	• 6.20m (20-04.25)	1st	
NAU Tune-Up (2/19)	F	# 6.38m (20-11.25)	1st	
MPSF Championships (2/26)	F	# 6.42m (21-00.75)	2nd	
OWENS, Karlee				
MILE RUN <i>Personal Best - 4:58.17</i>				
Husky Classic (2/13)	invite	4:58.17	23rd	
MPSF Championships (2/27)	F	4:56.99	13th	
PINNICK, Keia				
PENTATHLON <i>Personal Best - 3,753 points</i>				
MPSF Championships (2/26)	F	• 3,753 points	3rd	
60m HURDLES <i>PB (Pent/All) - 8.82 / 8.82</i>				
Mountain 'T' Invitational (1/30)	P	aa 9.10	7th	
Mountain 'T' Invitational (1/30)	F	aa 8.98	5th	
Husky Classic (2/13)	P	9.23	t-40th	
NAU Tune-up (2/19)	F	aa 9.02	4th	
MPSF Championships (2/26)	^	8.82	4th	
200m DASH <i>Personal Best - 25.36</i>				
Friday Night Challenge (1/23)	F	25.36	4th	
400m DASH <i>Personal Best - 55.32</i>				
Mountain 'T' Invitational (1/30)	F	58.48	4th	
NAU Team Challenge (2/6)	F	55.32	3rd	
Husky Classic (2/13)	invite	56.00	4th	
800m RUN <i>PB (Pent/All) - 2:16.28 / 2:16.28</i>				
MPSF Championships (2/26)	^	2:16.28	2nd	
LONG JUMP <i>PB (Pent/All) - 5.49m / 5.75m</i>				
Friday Night Challenge (1/23)	F	5.34m (17-06.25)	7th	
Mountain 'T' Invitational (1/29)	open	5.45m (17-10.75)	3rd	
NAU Team Challenge (2/6)	F	5.75m (18-10.50)	5th	
NAU Tune-up (2/19)	F	5.31m (17-05.25)	5th	
MPSF Championships (2/26)	^	5.49m (18-00.25)	5th	

HIGH JUMP <i>PB (Pent/All) - 1.59m / 1.59m</i>				
Mountain 'T' Invitational (1/30)	F	1.55m (5-01.00)	5th	
NAU Tune-up (2/19)	F	1.55m (5-01.00)	3rd	
MPSF Championships (2/26)	^	1.59m (5-02.50)	8th	
SHOT PUT <i>PB (Pent/All) - 9.68m / 9.69m</i>				
Mountain 'T' Invitational (1/29)	open	9.57m (31-04.75)	13th	
NAU Tune-up (2/19)	P	9.69m (31-09.50)	15th	
MPSF Championships (2/26)	^	6.68m (31-09.25)	11th	
PRESCOTT, Lindsay				
MILE RUN <i>Personal Best - aa 4:59.11</i>				
Mountain 'T' Invitational (1/30)	F	aa 4:59.11	1st	
3,000m RUN <i>Personal Best - 9:51.38</i>				
MPSF Championships (2/27)	F	9:51.38	20th	
5,000m RUN <i>Personal Best - 16:50.91</i>				
MPSF Championships (2/26)	F	16:50.91	10th	
SANCHEZ, Kayla				
55m DASH <i>Personal Best - aa 7.11</i>				
NAU Tune-up (2/19)	F	aa 7.11	1st	
60m DASH <i>Personal Best - 7.70</i>				
Friday Night Challenge (1/23)	F	aa 7.99	3rd	
Mountain 'T' Invitational (1/30)	P	aa 7.90	12th	
Mountain 'T' Invitational (1/30)	F	aa 7.90	14th	
MPSF Championships (2/26)	P	7.70	12th	
200m DASH <i>Personal Best - 24.68</i>				
Friday Night Challenge (1/23)	F	25.67	5th	
Mountain 'T' Invitational (1/30)	invite	25.26	3rd	
NAU Tune-up (2/19)	F	24.68	1st	
MPSF Championships (2/26)	F	24.85	11th	
400m DASH <i>Personal Best - 56.18</i>				
NAU Team Challenge (2/6)	F	56.18	4th	
SPERRY, Anna				
3,000m RUN <i>Personal Best - 9:28.84</i>				
Husky Classic (2/13)	invite	• 9:28.84	10th	
MPSF Championships (2/27)	F	9:58.81	24th	
WEITZ, Elyse				
HIGH JUMP <i>Personal Best - 1.63m (5-04.25)</i>				
Mountain 'T' Invitational (1/30)	F	1.60m (5-03.00)	2nd	
NAU Team Challenge (2/6)	F	1.63m (5-04.25)	4th	
NAU Invitational (2/13)	F	1.60m (5-03.00)	11th	
NAU Tune-up (2/19)	F	1.55m (5-01.00)	2nd	
WIMMER, Ashley				
800m RUN <i>Personal Best - 2:18.35</i>				
Mountain 'T' Invitational (1/30)	open	aa 2:25.41	4th	
NAU Team Challenge (2/6)	F	aa 2:20.65	1st	
4x400m RELAY				
<i>Arizona State 'A' - J. Chaney, K. Pinnick, K. Sanchez, S. Henderson</i>				
Friday Night Challenge (1/23)	F	3:55.11	1st	
<i>Arizona State 'B' - K. Sanchez, J. Chaney, K. Pinnick, C. Golden</i>				
NAU Team Challenge (2/6)	F	3:49.84	1st	
<i>Arizona State 'C' - D. Maloy, K. Pinnick, K. Sanchez, J. Chaney</i>				
MPSF Championships (2/27)	F	• 3:38.40	1st	
Iowa State Last Chance (3/6)	F	• 3:37.36	6th	
DISTANCE MEDLEY RELAY				
<i>Arizona State 'A' - K. Hardt, J. Chaney, A. Allison, A. Sperry</i>				
Washington Invitational (1/29)	F	11:31.50	3rd	

AUSTIN, Dylan

POLE VAULT <i>Personal Best - 4.75m (15-07.00)</i>				
Friday Night Challenge (1/23)	F	4.60m (15-01.00)	5th	
NAU Team Challenge (2/6)	F	4.75m (15-07.00)	t-7th	
NAU Invitational (2/13)	F	4.75m (15-07.00)	t-7th	
NAU Tune-up (2/19)	F	4.75m (15-07.00)	t-7th	

BARBOSA, Nectaly

800m RUN <i>Personal Best - 1:49.44</i>				
MPSF Championships (2/27)	F	1:50.59	7th	

MILE RUN <i>Personal Best - no time</i>				
Husky Classic (2/13)	invite	dnf	--	

BATTLE, Allante

60m DASH <i>Personal Best - aa 6.84</i>				
Friday Night Challenge (1/23)	F	aa 6.95	6th	
Mountain 'T' Invitational (1/30)	P	aa 6.89	5th	
Mountain 'T' Invitational (1/30)	F	aa 6.84	4th	
NAU Team Challenge (2/6)	P	aa 6.92	8th	
NAU Team Challenge (2/6)	F	aa 6.85	4th	
Tyson Invitational (2/12)	P	6.92	54th	
MPSF Championships (2/26)	P	6.90	16th	

200m DASH <i>Personal Best - 21.73</i>				
Mountain 'T' Invitational (1/30)	invite	21.84	3rd	
Tyson Invitational (2/13)	F	22.13	61st	
MPSF Championships (2/26)	F	22.08	16th	

BETHKE, Brandon

MILE RUN <i>Personal Best - 4:02.41</i>				
MPSF Championships (2/27)	F	• 4:02.41	3rd	

3,000m RUN <i>Personal Best - 7:54.27</i>				
Husky Classic (2/13)	invite	@ # 7:54.27	9th	

CARACCILO, Ian

400m DASH <i>Personal Best - 49.05</i>				
Friday Night Challenge (1/23)	F	49.87	2nd	
Mountain 'T' Invitational (1/30)	open	49.50	1st	
NAU Team Challenge (2/6)	F	49.05	5th	

CLARKE, Jordan

SHOT PUT <i>Personal Best - 18.54m (60-10.00)</i>				
Mountain 'T' Invitational (1/30)	F	• 18.54m (60-10.00)	5th	
New Mexico Classic (2/6)	F	17.26m (56-07.50)	5th	
Tyson Invitational (2/13)	P	foul	--	
NAU Tune-up (2/19)	P	foul	--	
Iowa State Last Chance (3/6)	F	17.29m (56-08.75)	4th	

WEIGHT THROW <i>Personal Best - 18.67m (61-03.00)</i>				
Mountain 'T' Invitational (1/30)	F	17.45m (57-03.00)	8th	
Tyson Invitational (2/12)	F	18.67m (61-03.00)	9th	
MPSF Championships (2/26)	F	18.67m (61-03.00)	4th	

CONTRERAS, Alonso

3,000m RUN <i>Personal Best - 8:18.01</i>				
Husky Classic (2/13)	invite	8:19.23	54th	
MPSF Championships (2/27)	F	8:18.01	19th	

5,000m RUN <i>Personal Best - 14:28.46</i>				
MPSF Championships (2/26)	F	14:28.46	16th	

EGBORO, Jeremy

TRIPLE JUMP <i>Personal Best - 14.78m (48-06.00)</i>				
NAU Team Challenge (2/6)	F	14.21m (46-07.50)	5th	
NAU Tune-up (2/19)	F	14.71m (48-03.25)	2nd	
MPSF Championships (2/27)	P	14.16m (46-05.50)	14th	

ENGELHARDT, Ben

3,000m RUN <i>Personal Best - 8:05.75</i>				
Husky Classic (2/13)	invite	8:05.75	28th	

5,000m RUN <i>Personal Best - 14:24.54</i>				
MPSF Championships (2/26)	F	14:24.54	14th	

FAZIO, Joe

POLE VAULT <i>Personal Best - 5.05m (16-06.75)</i>				
Friday Night Challenge (1/23)	F	4.75m (15-07.00)	2nd	
Mountain 'T' Invitational (1/30)	F	4.90m (16-00.75)	2nd	
NAU Team Challenge (2/6)	F	5.05m (16-06.75)	4th	
NAU Invitational (2/13)	F	4.90m (16-00.75)	5th	
NAU Tune-up (2/19)	F	4.90m (16-00.75)	6th	
MPSF Championships (2/26)	F	4.96m (16-03.25)	t-7th	

FUGIT, Kyle

POLE VAULT <i>Personal Best - 4.90m (16-01.00)</i>				
Friday Night Challenge (1/23)	F	4.60m (15-01.00)	6th	
Mountain 'T' Invitational (1/30)	F	4.75m (15-07.00)	6th	
NAU Team Challenge (2/6)	F	4.75m (15-07.00)	11th	
NAU Invitational (2/13)	F	4.60m (15-01.00)	t-11th	
NAU Tune-up (2/19)	F	4.60m (15-01.00)	t-9th	

GRANT, Duggan

POLE VAULT <i>Personal Best - 4.75m (15-07.00)</i>				
Friday Night Challenge (1/23)	F	4.60m (15-01.00)	4th	
Mountain 'T' Invitational (1/30)	F	4.75m (15-07.00)	5th	
NAU Team Challenge (2/6)	F	4.60m (15-01.00)	13th	
NAU Invitational (2/13)	F	4.75m (15-07.00)	t-7th	
NAU Tune-up (2/19)	F	4.60m (15-01.00)	t-9th	

HATCHER, Dylan

3,000m RUN <i>Personal Best - 8:13.92</i>				
Husky Classic (2/13)	invite	8:13.92	41st	
MPSF Championships (2/27)	F	8:32.29	21st	

HELMER, Jeff

5,000m RUN <i>Personal Best - 14:01.83</i>				
MPSF Championships (2/26)	F	• 14:05.08	7th	

KLINE, John

800m RUN <i>Personal Best - 1:51.96</i>				
MPSF Championships (2/27)	F	1:51.96	11th	

KRAFT, Cory

POLE VAULT <i>Personal Best - 4.75m (15-07.00)</i>				
Friday Night Challenge (1/23)	F	4.45m (14-07.25)	7th	
Mountain 'T' Invitational (1/30)	F	4.75m (15-07.00)	3rd	
NAU Team Challenge (2/6)	F	4.75m (15-07.00)	t-7th	
NAU Invitational (2/13)	F	4.60m (15-01.00)	t-11th	
NAU Tune-up (2/19)	F	4.75m (15-07.00)	t-7th	

KREMER, Justin

400m DASH <i>Personal Best - 46.78</i>				
Mountain 'T' Invitational (1/30)	invite	• 47.06	2nd	
Tyson Invitational (2/12)	F	47.80	26th	
MPSF Championships (2/27)	F	47.70	5th	
Iowa State Last Chance (3/6)	F	• 47.16	3rd	

LEWIS, Jason

WEIGHT THROW <i>Personal Best - 22.88m (75-00.75)</i>				
Mountain 'T' Invitational (1/30)	F	# 21.92m (71-11.00)	1st	
New Mexico Classic (2/6)	F	# 21.59m (70-10.00)	1st	
Tyson Invitational (2/12)	F	• 21.41m (70-03.00)	2nd	

SHOT PUT <i>Personal Best - 19.30m (63-04.00)</i>				
Mountain 'T' Invitational (1/30)	F	• 18.87m (61-11.00)	4th	
New Mexico Classic (2/6)	F	• 18.69m (61-04.00)	3rd	
Tyson Invitational (2/13)	F	• 17.88m (58-08.00)	3rd	
USATF Championships (2/28)	P	17.43m (57-02.25)	10th	

MEN'S MEET-BY-MEET



MARCINKO, Jeremy				
HEPTATHLON <i>Personal Best - 4,964 points</i>				
Mt. 'T' Multis (1/29-30)	F	4,938 points	2nd	
MPSF Championships (2/26-27)	F	4,964 points	8th	
60m DASH <i>PB (Hep/All) - 7.33 / 7.33</i>				
Mt. 'T' Multis (1/29)	^	aa 7.34	2nd	
MPSF Championships (2/26)	^	7.33	11th	
60m HURDLES <i>PB (Hep/All) - 8.80 / 8.80</i>				
Mt. 'T' Multis (1/30)	^	aa 9.19	2nd	
NAU Invitational (2/13)	P	aa 8.90	9th	
MPSF Championships (2/27)	^	8.80	10th	
1,000m RUN <i>PB (Hep/All) - 2:53.76 / 2:53.76</i>				
Mt. 'T' Multis (1/30)	^	2:55.10	1st	
MPSF Championships (2/27)	^	2:53.76	6th	
LONG JUMP <i>PB (Hep/All) - 6.38m / 6.38m</i>				
Mt. 'T' Multis (1/29)	^	6.38m (20-11.25)	2nd	
NAU Team Challenge (2/6)	P	5.88m (19-03.50)	17th	
MPSF Championships (2/26)	^	6.14m (20-01.75)	15th	
HIGH JUMP <i>PB (Hep/All) - 1.75m / 1.75m</i>				
Mt. 'T' Multis (1/29)	^	1.75m (5-08.75)	4th	
NAU Team Challenge (2/6)	F	1.75m (5-08.75)	9th	
NAU Invitational (2/13)	F	no height	--	
MPSF Championships (2/26)	^	1.74m (5-08.50)	16th	
POLE VAULT <i>PB (Hep/All) - 5.00m / 5.05m</i>				
Friday Night Challenge (1/23)	F	4.75m (15-07.00)	1st	
Mt. 'T' Multis (1/30)	^	% 4.90m (16-00.75)	1st	
NAU Team Challenge (2/6)	F	4.90m (16-00.75)	5th	
NAU Invitational (2/13)	F	5.05m (16-06.75)	4th	
NAU Tune-up (2/19)	F	5.05m (16-06.75)	5th	
MPSF Championships (2/27)	^	% 5.00m (16-04.75)	1st	
SHOT PUT <i>PB (Hep/All) - 11.86m / 12.13m</i>				
Friday Night Challenge (1/23)	F	12.09m (39-08.00)	6th	
Mt. 'T' Multis (1/29)	^	11.86m (38-11.00)	3rd	
NAU Team Challenge (2/6)	P	12.13m (39-09.75)	14th	
NAU Tune-up (2/19)	P	11.55m (37-10.75)	10th	
MPSF Championships (2/26)	^	11.45m (37-06.75)	13th	

McHENRY, Mason				
800m RUN <i>Personal Best - 1:47.74</i>				
Husky Classic (2/13)	invite	• 1:48.69	11th	
MPSF Championships (2/27)	F	• 1:48.89	1st	
Iowa State Last Chance (3/6)	F	• 1:48.04	1st	

MILLER, Ray				
60m DASH <i>Personal Best - 6.85</i>				
Friday Night Challenge (1/23)	F	aa 6.94	4th	
Mountain 'T' Invitational (1/30)	P	aa 6.97	9th	
Mountain 'T' Invitational (1/30)	F	aa 6.96	8th	
Tyson Invitational (2/12)	P	6.94	59th	
MPSF Championships (2/26)	P	6.85	10th	
200m DASH <i>Personal Best - 21.67</i>				
NAU Team Challenge (2/6)	F	21.67	3rd	
Tyson Invitational (2/13)	F	21.73	38th	
MPSF Championships (2/26)	F	21.86	9th	

MILUS, Ryan				
60m DASH <i>Personal Best - 6.76</i>				
Friday Night Challenge (1/23)	F	aa 6.91	3rd	
Mountain 'T' Invitational (1/30)	P	aa 6.85	2nd	
Mountain 'T' Invitational (1/30)	F	aa 6.86	5th	
NAU Team Challenge (2/6)	P	aa 6.79	1st	
NAU Team Challenge (2/6)	F	aa 6.76	2nd	
Tyson Invitational (2/12)	P	6.85	34th	
MPSF Championships (2/26)	P	6.79	2nd	
MPSF Championships (2/27)	F	6.76	3rd	
Iowa State Last Chance (3/6)	P	6.86	8th	

PHILLIP, Joel				
400m DASH <i>Personal Best - 46.27</i>				
Friday Night Challenge (1/23)	F	47.98	1st	
Tyson Invitational (2/12)	F	48.36	38th	
MPSF Championships (2/27)	F	• 47.17	4th	
Iowa State Last Chance (3/6)	F	47.27	4th	

PRINCE, Austin				
HEPTATHLON <i>Personal Best - 4,817 points</i>				
Mt. 'T' Multis (1/29-30)	F	4,817 points	3rd	
60m DASH <i>PB (Hep/All) - aa 7.39 / aa 7.39</i>				
Mt. 'T' Multis (1/29)	^	aa 7.39	3rd	
60m HURDLES <i>PB (Hep/All) - aa 9.41 / aa 9.41</i>				
Mt. 'T' Multis (1/30)	^	aa 9.41	4th	
NAU Tune-up (2/19)	F	aa 9.56	4th	
1,000m RUN <i>PB (Hep/All) - 2:55.50 / 2:55.50</i>				
Mt. 'T' Multis (1/30)	^	2:55.50	2nd	
LONG JUMP <i>PB (Hep/All) - 6.26m / 6.45m</i>				
Mt. 'T' Multis (1/29)	^	6.26m (20-06.50)	4th	
NAU Team Challenge (2/6)	P	6.10m (20-00.25)	16th	
NAU Invitational (2/13)	P	6.05m (19-10.25)	14th	
NAU Tune-up (2/19)	F	6.45m (21-02.00)	6th	
HIGH JUMP <i>PB (Hep/All) - 1.80m / 1.85m</i>				
Mt. 'T' Multis (1/29)	^	1.80m (5-10.75)	3rd	
NAU Team Challenge (2/6)	F	1.80m (5-10.75)	8th	
NAU Invitational (2/13)	F	1.85m (6-00.75)	10th	
POLE VAULT <i>PB (Hep/All) - 4.80m / 4.80m</i>				
Friday Night Challenge (1/23)	F	4.60m (15-01.00)	3rd	
Mt. 'T' Multis (1/30)	^	4.80m (15-09.00)	t-2nd	
NAU Team Challenge (2/6)	F	4.60m (15-01.00)	12th	
NAU Invitational (2/13)	F	no height	--	
NAU Tune-up (2/19)	F	4.60m (15-01.00)	t-9th	
SHOT PUT <i>PB (Hep/All) - 11.23m / 11.28m</i>				
Friday Night Challenge (1/23)	F	11.28m (37-00.25)	9th	
Mt. 'T' Multis (1/29)	^	11.23m (36-10.25)	5th	
NAU Team Challenge (2/6)	P	11.14m (36-06.75)	16th	
NAU Tune-up (2/19)	P	11.15m (36-07.00)	11th	

SANDYS, Jamie

HEPTATHLON <i>Personal Best - 4,929 points</i>			
Mt. 'T' Multis (1/29-30)	F	4,787 points	4th
MPSF Championships (2/26-27)	F	4,929 points	9th

60m DASH <i>PB (Hep/All) - aa 7.38 / aa 7.38</i>			
Mt. 'T' Multis (1/29)	^	aa 7.38	4th
MPSF Championships (2/26)	^	7.43	14th

60m HURDLES <i>PB (Hep/All) - 8.76 / aa 8.68</i>			
Friday Night Challenge (1/23)	F	aa 8.86	1st
Mt. 'T' Multis (1/30)	^	aa 9.39	3rd
NAU Team Challenge (2/6)	P	aa 8.78	5th
NAU Team Challenge (2/6)	F	aa 8.69	4th
NAU Invitational (2/13)	P	aa 8.69	7th
NAU Invitational (2/13)	F	aa 8.68	7th
NAU Tune-up (2/19)	F	aa 8.87	3rd
MPSF Championships (2/27)	^	8.76	9th

1,000m RUN <i>PB (Hep/All) - 2:54.02 / 2:54.02</i>			
Mt. 'T' Multis (1/30)	^	2:56.53	4th
MPSF Championships (2/27)	^	2:54.02	7th

LONG JUMP <i>PB (Hep/All) - 6.61m / 6.61m</i>			
Friday Night Challenge (1/23)	F	6.52m (21-04.75)	5th
Mt. 'T' Multis (1/29)	^	6.34m (20-09.75)	3rd
NAU Team Challenge (2/6)	P	6.46m (21-02.50)	11th
NAU Invitational (2/13)	P	6.52m (21-04.75)	10th
NAU Tune-up (2/19)	F	6.17m (20-03.00)	7th
MPSF Championships (2/26)	^	6.61m (21-08.25)	9th

HIGH JUMP <i>PB (Hep/All) - 1.95m / 2.00m</i>			
Mt. 'T' Multis (1/29)	^	1.95m (6-04.75)	2nd
NAU Team Challenge (2/6)	F	1.90m (6-02.75)	7th
NAU Invitational (2/13)	F	2.00m (6-06.75)	6th
MPSF Championships (2/26)	^	1.83m (6-00.00)	t-10th

POLE VAULT <i>PB (Hep/All) - 4.30m / 4.30m</i>			
Friday Night Challenge (1/23)	F	4.00m (13-01.50)	8th
Mt. 'T' Multis (1/30)	^	4.10m (13-05.25)	5th
NAU Team Challenge (2/6)	F	4.30m (14-01.25)	15th
NAU Tune-up (2/19)	F	no height	--
MPSF Championships (2/27)	^	4.30m (14-01.25)	6th

SHOT PUT <i>PB (Hep/All) - 11.91m / 12.29m</i>			
Friday Night Challenge (1/23)	F	11.40m (37-05.00)	8th
Mt. 'T' Multis (1/29)	^	11.91m (39-01.00)	2nd
NAU Invitational (2/13)	P	11.67m (38-03.50)	19th
NAU Tune-up (2/19)	F	12.29m (40-04.00)	9th
MPSF Championships (2/26)	^	11.74m (38-06.25)	11th

SANFORD, Don

400m DASH <i>Personal Best - 46.19</i>			
Mountain 'T' Invitational (1/30)	invite	• 46.85	1st
Tyson Invitational (2/12)	F	• 46.91	10th
MPSF Championships (2/27)	F	• 46.19	1st

STOKES, Michael

60m DASH <i>Personal Best - aa 6.85</i>			
NAU Team Challenge (2/6)	P	aa 6.88	4th
NAU Team Challenge (2/6)	F	aa 6.85	3rd

LONG JUMP <i>Personal Best - 7.52m (24-08.25)</i>			
Friday Night Challenge (1/23)	F	foul	--
Mountain 'T' Invitational (1/29)	open	7.15m (23-05.50)	1st
Mountain 'T' Invitational (1/30)	invite	6.69m (21-11.50)	3rd
NAU Team Challenge (2/6)	F	7.09m (23-03.25)	4th
NAU Invitational (2/13)	F	6.75m (22-01.75)	6th
NAU Tune-up (2/19)	F	• 7.52m (24-08.25)	1st
MPSF Championships (2/26)	F	7.00m (22-11.75)	8th

TRICE, Lawrence

60m DASH <i>Personal Best - 6.68</i>			
Friday Night Challenge (1/23)	F	• aa 6.70	1st
Mountain 'T' Invitational (1/30)	P	aa 6.77	1st
Mountain 'T' Invitational (1/30)	F	• aa 6.70	1st
NAU Team Challenge (2/6)	P	aa 6.80	2nd
NAU Team Challenge (2/6)	F	• aa 6.71	1st
Tyson Invitational (2/12)	P	6.95	t-62nd
MPSF Championships (2/26)	P	6.79	1st
MPSF Championships (2/27)	F	• 6.68	1st
Iowa State Last Chance (3/6)	O	• 6.70	1st
Iowa State Last Chance (3/6)	F	6.72	2nd

WHITING, Ryan

SHOT PUT <i>Personal Best - 21.73m (71-03.50)</i>			
Mountain 'T' Invitational (1/30)	F	# 20.57m (67-06.00)	1st
New Mexico Classic (2/6)	F	# 21.24m (69-08.25)	1st
Tyson Invitational (2/13)	F	# 21.52m (70-07.25)	1st

WEIGHT THROW <i>Personal Best - 19.49m (63-11.00)</i>			
Mountain 'T' Invitational (1/30)	F	18.94m (62-01.75)	3rd
Tyson Invitational (2/12)	F	19.49m (63-11.00)	7th

WILLIAMS, Bryan

60m DASH <i>Personal Best - aa 6.96</i>			
Friday Night Challenge (1/23)	F	aa 7.01	7th
Mountain 'T' Invitational (1/30)	P	aa 7.01	12th
Mountain 'T' Invitational (1/30)	F	aa 6.96	9th
NAU Team Challenge (2/6)	P	aa 7.33	20th

200m DASH <i>Personal Best - 22.07</i>			
Friday Night Challenge (1/23)	F	22.15	1st
Mountain 'T' Invitational (1/30)	invite	22.10	4th

4x400m RELAY

Arizona State 'A' - D. Sanford, J. Kline, M. McHenry, J. Phillip			
Friday Night Challenge (1/23)	F	3:13.63	2nd

Arizona State 'B' - J. Kremer, A. Battle, N. Barbosa, R. Miller			
Friday Night Challenge (1/23)	F	3:13.55	1st

Arizona State 'C' - D. Sanford, J. Kremer, R. Miller, J. Phillip			
Mountain 'T' Invitational (1/30)	F	• 3:10.27	1st
Iowa State Last Chance (3/6)	F	• 3:06.70	2nd

Arizona State 'D' - D. Sanford, J. Kremer, A. Battle, J. Phillip			
NAU Team Challenge (2/6)	F	• 3:09.38	1st
Tyson Invitational (2/13)	F	• 3:08.19	5th
MPSF Championships (2/27)	F	• 3:07.38	1st

DISTANCE MEDLEY RELAY

Arizona State 'A' - M. McHenry, J. Kline, N. Barbosa, B. Bethke			
Washington Invitational (1/29)	F	9:50.23	1st

Arizona State 'B' - N. Barbosa, D. Sanford, M. McHenry, B. Bethke			
MPSF Championships (2/26)	F	@ • 9:31.34	2nd

55m DASH

1. Lesa Parker	1983	6.71
2. Lynda Tolbert	1987	6.81
3. Dawnyell Linder	1998	6.84
4. Maicel Malone	1992	6.85
5. Brenda Calhoun	1981	6.86
6. Val Boyer	1981	6.97
7. Dominique' Maloy	2008	aa 6.98
8. Charonda Williams	2008	n aa 7.03
9. Kayla Sanchez	2010	aa 7.11
10. Sharesa Turner	2000	aa 7.18

55m HURDLES

1. Lynda Tolbert	1990	7.44
2. Ime Akpan	1992	7.60
3. LaShawn Simmons	1992	7.66
4. Seneca Holmes	2003	a 7.74
5. Brenda Calhoun	1981	7.77
6. Jacquelyn Johnson	2004	a 7.89
7. Gea Johnson	1990	7.90
8. Tracey Mattes	1992	7.90
9. Samantha Henderson	2010	aa 8.30
10. Rindy Germaine	2004	a 8.33

60m DASH

1. Charonda Williams	2009	n 7.30
2. Dawnyell Linder	1999	7.39
3. Porchea Carroll	2005	a 7.39
4. Tiffany Greer	2002	aa 7.46
5. Dominique' Maloy	2008	n 7.48
6. Kandace Tucker	2005	aa 7.51
7. Teniqua Broughton	2000	aa 7.61
8. Latoya Imadiyi	2007	aa 7.64
9. Arlaina Davis	2001	a 7.67
10. Kayla Sanchez	2010	n 7.70

60m HURDLES

1. Lynda Tolbert	1989	8.09
2. Seneca Holmes	2003	8.18
3. Jacquelyn Johnson	2008	8.23
4. Jasmine Chaney	2010	n 8.33
5. Christabel Nettey	2010	n 8.46
6. Tiffany Greer	2000	aa 8.67
7. Rindy Germaine	2004	a 8.92
8. Samantha Henderson	2010	n aa 8.95
9. Keia Pinnick	2010	n aa 8.98
10. Kayla Sanchez	2009	aa 9.20

200m DASH

1. Charonda Williams [N#3]	2009	n 22.89
2. Maicel Malone	1991	23.50
3. Kandace Tucker	2005	23.61
4. Porchea Carroll	2005	n 23.65
5. Dawnyell Linder	1999	23.79
6. Dominique' Maloy	2008	n 23.84
7. Tayo Akinremi	1993	24.26
8. Shanequa Campbell	1991	24.28
9. Jasmine Chaney	2010	n 24.45
10. Cassandra Reed	2003	24.46

400m DASH

1. Maicel Malone	1991	51.05
2. Toinette Holmes	1990	52.48
3. Joronda White	1998	53.41
4. Jacqui Gayle	1994	53.41
5. Latosha Wallace	2007	n 53.62
6. Jasmine Chaney	2010	53.83
7. Shanequa Campbell	1993	53.92
8. Christina Hardeman	2006	n 53.98
9. Tracey Mattes	1992	54.02
10. Lade Akinremi	1993	54.27

800m RUN

1. Kim Toney	1994	2:05.12
2. Sharette Garcia	1993	2:06.72
3. Lorriean Adams	1995	2:07.77
4. Priscilla Hein	1999	2:09.32
5. Jessie McLaughlin	2005	2:09.72
6. Janice Nichols	1994	2:10.82
7. D'Metra Macedon	2008	2:11.93
8. Jacquelyn Johnson	2008	^ 2:13.45
9. Casey Schwarz	2000	2:13.59
10. Joanie Baca	2001	2:14.15

MILE RUN

1. Lisa Aguilera	2000	4:44.44
2. Kelly MacDonald	2001	a 4:44.96
3. Rachel Ellison	2005	n 4:45.82
4. Priscilla Hein	1999	4:45.27
5. Jessie McLaughlin	2007	n 4:45.90
6. Kari Hardt	2008	n 4:48.56
7. Alyssa Allison	2010	n 4:51.35
8. Sharette Garcia	1992	4:53.9h
9. Desiree Davila	2005	4:54.15
10. Whitney Hardt	2006	n 4:54.71

3,000m RUN

1. Lisa Aguilera	2002	9:09.67
2. Amy Hastings	2007	9:13.28
3. Jenna Kingma	2006	n 9:13.39
4. Anna Masinelli	2006	n 9:27.74
5. Ali Kieley	2007	n 9:28.02
6. Kari Hardt	2010	n 9:28.78
7. Anna Sperry	2010	n 9:28.84
8. Allie Kieffer	2010	n 9:31.91
9. Kelly MacDonald	2000	9:34.56
10. Corey Randall	2006	n 9:42.18

5,000m RUN

1. Amy Hastings	2007	15:30.17
2. Victoria Jackson	2006	16:03.15
3. Kelly MacDonald	2000	16:13.41
4. Jenna Kingma	2007	n 16:14.12
5. Ali Kieley	2007	n 16:14.67
6. Mary Duerbeck	2001	16:23.31
7. Brianna Torres	2001	16:33.00
8. Cassie Rios	2007	16:44.40
9. Lindsay Prescott	2010	n 16:50.91
10. Kelly Cordell	1992	17:04.15

LONG JUMP

1. Jacquelyn Johnson	'08	6.50	21-04.00
Tiffany Greer	'00	6.50	21-04.00
3. Constance Ezugha	'10	6.45	21-02.00
4. Christabel Nettey	'10	n 6.42	21-00.75
Stephanie Garnett	'08	n 6.42	21-00.75
6. LaShawn Simmons	'91	6.38	20-11.25
7. Valerie Williams	'00	6.36	20-10.50
8. Jacinta Bartholomew	'88	6.35	20-10.00
9. Tesra Bester	'91	6.31	20-08.50
10. Gea Johnson	'90	6.23	20-05.50

TRIPLE JUMP

1. Valerie Williams	'00	12.51	41-00.50
2. Adra Hysong	'93	11.92	39-01.25
3. Tesra Bester	'91	11.80	38-08.75
4. Erika Johnson	'99	11.70	38-04.75
5. Fiona Daly	'98	11.65	38-02.75
6. Wendy Schaareman	'93	11.58	38-00.00
7. Nadia Matthews	'06	11.47	37-07.75
8. Olivia Mazzaglia	'02	11.46	39-07.25
9. Jackie Belzner	'88	11.33	37-02.25
10. Marjorie Rima	'09	11.20	36-09.00

4x400m RELAY

1. Shanequa Campbell, Toinette Holmes, Dana Jones, Maicel Malone	1991	3:32.46
2. Dominique' Maloy, Shauntel Elcock, Jordan Durham, Jeavon Benjamin [N#3]	2008	n 3:33.53
3. Tayo Akinremi, Jacqui Gayle, Avia Morgan, Lade Akinremi	1995	3:33.77
4. Dominique' Maloy, Charonda Williams, Shauntel Elcock, Jeavon Benjamin [N#2]	2009	n 3:34.30
5. Christina Hardeman, Kandace Tucker, Jacquelyn Johnson, Cassandra Reed	2004	n 3:34.98
6. Lade Akinremi, Tayo Akinremi, Jacqui Gayle, Shanequa Campbell	1994	3:35.04
7. Shanequa Campbell, Tayo Akinremi, Janice Nichols, Lade Akinremi	1993	3:35.87
8. Candida Coulson, Arlaina Davis, Courtne Ratliff, Joni Smith	2000	3:36.97
9. Dominique' Maloy, Keia Pinnick, Kayla Sanchez, Jasmine Chaney	2010	n 3:37.36
10. unknown, unknown, unknown, unknown	1988	3:41.54

DISTANCE MEDLEY RELAY

1. Rachel Ellison, Cassandra Reed, Jessie McLaughlin, Amy Hastings	2005	11:14.63
2. Whitney Lemieux, Latosha Wallace, Jessie McLaughlin, Rachel Ellison	2006	n 11:18.37
3. Lisa Aguilera, Candida Coulson, Casey Schwarz, Kelly MacDonald	2000	11:23.14
4. Kari Hardt, Jasmine Chaney, Alyssa Allison, Anna Sperry	2010	n 11:31.50
5. Rachel Ellison, Lauren Hayes, Jessie McLaughlin, Amy Hastings	2005	11:32.53
6. Lisa Aguilera, Cassandra Reed, Jenny Aldridge, Desiree Davila	2003	11:36.33
7. unknown, unknown, unknown, unknown	1999	11:41.42
8. Kauren Tarver, Kayla Sanchez, Ashley Wimmer, Lindsay Prescott	2009	n 12:18.46
9. Desiree Davila, Katrice Walton, Jessie McLaughlin, Amy Hastings	2004	n 12:25.46

HIGH JUMP

1. Coleen Rienstra	'81	1.91	6-03.25
2. Fiona Daly	'96	1.84	6-00.50
Shelly Choppa	'93	1.84	6-00.50
4. Jacquelyn Johnson	'08	1.83	6-00.00
Jackie Belzner	'88	1.83	6-00.00
6. Gea Johnson	'90	1.75	5-08.75
Olivia Mazzaglia	'00	1.75	5-08.75
8. Dana Collins	'77	1.73	5-08.00
Jodi Smith	'02	1.73	5-08.00
10. Samantha Henderson	'10	1.70	n 5-07.00

POLE VAULT

1. April Kubishta [N#2]	'08	4.30	14-01.25
2. Angela Tavarides	'05	4.03	13-02.50
3. Cara Walker	'06	n 3.99	13-01.00
4. Alana Waterford	'08	n 3.86	12-08.00
5. Cara Carpenter	'10	n 3.85	12-07.50
6. Kristi Raban	'04	n 3.66	12-00.00
7. Linda Kuenzi	'10	n 3.65	11-11.75
8. Olivia Mazzaglia	'00	3.56	11-08.00
9. Lisa Navarro	'09	n 3.52	11-06.50
10. Megan Hunt	'06	n 3.51	11-06.25

SHOT PUT

1. Sarah Stevens [N#1]	'07	18.16	59-07.00
2. Jessica Pressley	'08	n 17.12	56-02.00
3. Leslie Deniz	'83	17.03	55-10.50
4. Julia Pedersen	'05	16.45	53-11.75
5. Jennifer Kowacz	'04	15.87	52-01.00
6. Ria Stalman	'81	15.68	51-05.25
7. Adrienne Judie	'01	15.53	50-11.50
8. Tai Battle	'08	15.18	49-09.75
9. Deby Pryor	'81	14.48	47-06.00
10. Yolanda Mezervy	'02	14.13	46-04.25

WEIGHT THROW (20-POUNDS)

1. Jessica Pressley [N#2]	'08	n 22.04	72-03.75
2. Sarah Stevens	'09	21.59	70-10.00
3. Adrienne Judie	'01	20.74	66-10.00
4. Tai Battle	'08	n 20.02	65-08.25
5. Jennifer Kowacz	'05	17.71	58-01.25
6. Sandra Orsund	'04	16.65	54-07.50
7. Ashley Lampley	'10	n 16.61	54-06.00
8. Yolanda Meservy	'01	16.21	53-02.25
9. Cj Navarro	'10	n 16.17	53-00.75
10. Sara Shisliak	'07	15.34	50-04.00

PENTATHLON

1. Jacquelyn Johnson	2008	\$ 4,496 pnts
2. Keia Pinnick	2010	n 3,753 pnts
3. Samantha Henderson	2010	n 3,716 pnts
4. Alana Waterford	2005	2,787 pnts

RECORD BOOK: MEN'S INDOOR



55m DASH

1. Marcus Brunson	1999	6.06
2. LaMonte King	1982	6.17
3. Walter Haywood	1982	6.19
4. Mike Jones	1981	6.22
5. Willie Jones	1981	6.26
6. Kenny Robinson	1986	6.27
7. Steven Koehnemann	2004	aa 6.28
8. Marcus Duncan	2008	aa 6.28
9. Seth Amoo	2004	aa 6.34
10. Rodney Glass	2008	aa 6.43

55m HURDLES

1. Andrew Parker	1987	7.16
2. Gaute Gunderson	1996	7.30
3. John Lehnstroph	1982	7.32
4. Mark Boyd	1988	7.39
5. Matt Zuber	1990	7.49
6. John Irvine	1981	7.51
7. Joshua Kinnaman	2007	aa 7.71
8. Chris Kasik	2004	aa 7.87
9. Kyle Hitchcock	2008	aa 8.27

60m DASH

1. Marcus Brunson [N#2]	1999	n 6.46
2. Dwight Phillips	2000	a 6.62
3. Vince Jones	1999	6.63
4. Lawrence Trice	2010	6.68
5. Jim McGee	2000	aa 6.72
6. Seth Amoo	2005	aa 6.72
7. Steven Koehnemann	2005	aa 6.73
8. Ryan Milus	2010	n 6.76
9. Luiz Mello	2002	aa 6.78
10. Marcus Duncan	2008	6.79

60m HURDLES

1. Tony Galaviz	2002	aa 7.71
2. Marquis Profit	2008	n 8.06
3. Delrick Lindsey	1999	8.08
4. Chris Kasik	2003	n 8.31
5. Joshua Kinnaman	2006	n a 8.31
6. Jamie Sandy	2010	n aa 8.68
7. Jeremy Marcinko	2010	n aa 8.90
8. Kyle Frerichs	2001	aa 8.90
9. Duggan Grant	2009	aa 9.03
10. Ryan Ehler	2005	aa 9.15

200m DASH

1. Domenik Peterson [N#2]	2005	n 20.43
2. Seth Amoo	2005	n 20.95
3. Kelvin Love, Jr.	2005	n 21.15
4. Lewis Banda	2003	n 21.19
5. Steven Koehnemann	2005	n 21.24
6. Dwight Phillips	1999	21.31
7. Ed Lovelace	1990	21.35
8. Tony Berrian	1999	21.40
9. Justin Kremer	2008	21.44
10. LaVell Robinson-Blanchard	1999	21.45

400m DASH

1. Jason Barton [N#3]	2004	45.56
2. Domenik Peterson	2005	45.82
3. Lewis Banda	2004	45.82
4. Tony Berrian	2000	46.16
5. Donald Sanford	2010	46.19
6. Michael Campbell	2001	46.22
7. Joel Phillip [N#2]	2008	46.27
8. Herman Frazier	1978	46.48
9. Ivan Jean-Marie	1995	46.66
10. Ed Lovelace	1990	46.67

800m RUN

1. Mason McHenry	2009	1:47.75
2. Nectaly Barbosa	2009	n 1:49.44
3. Treg Scott [N#5]	1985	n 1:49.51
4. Erik Walbot	1993	1:50.45
5. Jeff Dodge	2004	n 1:51.91
6. John Kline	2010	n 1:51.96
7. Jay DeGroot	2004	n 1:52.12
8. Jim McCreery	1992	1:52.21
9. Cheyne Jones	2001	1:53.36
10. Jeff Sorkness	1991	1:53.80

MILE RUN

1. Brandon Strong	2002	3:59.59
2. Kyle Alcorn	2008	n 3:59.82
3. Jeff Smith	1988	4:00.60
4. Brandon Bethke	2010	n 4:02.41
5. Aaron Aguayo	2006	n 4:03.94
6. Jack Mann	2007	n 4:05.39
7. Cheyne Jones	2002	n 4:09.65
8. Chuck LaBenz	1970	4:10.30
9. Dan Maher	2001	4:10.45
10. Joey Heller	2008	n 4:10.57

3,000m RUN

1. Brandon Bethke	2010	n 7:54.27
2. Todd Lewis	1991	7:54.31
3. Kyle Alcorn	2008	n 7:55.63
4. Aaron Aguayo	2007	n 7:56.97
5. Velibor Radejovic	2005	n 8:03.07
6. Roger Cahill	2004	n 8:03.18
7. Ben Engelhardt	2010	n 8:05.75
8. Joey Heller	2008	n 8:08.42
9. Ryan Warrenburg	2006	n 8:08.74
10. Dylan Hatcher	2010	n 8:13.92

5,000m RUN

1. Ryan Warrenburg	2006	n 13:58.54
2. Jeff Helmer	2008	14:01.83
3. Fasil Bizuneh	2003	n 14:02.84
4. Casey Burchill	2005	n 14:03.11
5. Kyle Alcorn	2007	n 14:03.78
6. Patrick Milloy	2009	n 14:05.34
7. Juan Reyes	2005	n 14:21.73
8. Ben Engelhardt	2010	n 14:24.54
9. J.J. Duke	2004	n 14:24.57
10. Alonso Contreras	2010	n 14:28.46

LONG JUMP

1. Dwight Phillips	'00	8.11	26-07.25
2. Trevell Quinley [N#2]	'05	n 7.87	25-10.00
3. Matt Turner	'08	7.85	25-09.25
4. Kenny Frazier	'84	7.84	25-09.00
5. Matt Zuber	'90	7.73	25-04.50
6. Danny Simpson	'92	7.65	25-01.00
7. Michael Stokes	'10	7.52	24-08.25
8. Brian Ellis	'93	7.50	24-07.50
9. Walter Haywood	'83	7.50	24-07.50
10. Joshua Kinnaman	'05	7.36	24-01.50

TRIPLE JUMP

1. Dwight Phillips	'00	16.07	52-08.75
2. Brian Ellis	'93	16.02	52-06.75
3. Kenny Frazier	'84	15.95	52-04.00
4. Ryan Zimmerman	'06	15.86	52-00.50
5. Lenny McGill	'90	15.50	50-10.50
6. Larry Litvinoff	'71	15.39	50-05.75
7. Deon Mayfield	'81	15.28	50-01.50
8. Matt Turner	'08	15.24	50-00.00
9. Jeremy Egboro	'09	14.78	48-06.00
10. Asokah Muhammad	'04	14.65	48-00.75

4x400m RELAY

1. Jason Barton, Steve Fitch, Seth Amoo, Domenik Peterson	2004	\$ 3:03.43
2. Jason Barton, Domenik Peterson, Seth Amoo, Lewis Banda	2005	n 3:04.20
3. Jimmie Gordon, Darryl Elston, Justin Kremer, Joel Phillip [N#3]	2008	n 3:06.34
4. Donald Sanford, Justin Kremer, Ray Miller, Joel Phillip	2010	n 3:06.70
5. Kelvin Love Jr., Jason Barton, Seth Amoo, Domenik Peterson	2005	3:06.96
6. Michael Campbell, Jason Barton, Pete Lopez, Tony Berrian	2001	3:07.02
7. Jason Barton, Seth Amoo, Steve Fitch, Lewis Banda	2003	3:07.03
8. Donald Sanford, Justin Kremer, Allante Battle, Joel Phillip	2010	3:07.38
9. Vondre Armour, Dwight Phillips, Marcus Brunson, Tony Berrian	1999	3:08.35
10. Chip Rish, Gordon Bugg, Tim Woods, Curtis Moss	1988	3:08.85

DISTANCE MEDLEY RELAY

1. Nectaly Barbosa, Donald Sanford, Mason McHenry, Brandon Bethke	2010	n 9:31.34
2. Joey Heller, Justin Kremer, Nectaly Barbosa, Kyle Alcorn [N#2]	2008	n 9:32.49
3. Joey Heller, Jimmie Gordon, Nectaly Barbosa, Kyle Alcorn	2008	n 9:32.80
4. Brandon Strong, LaVell Robinson-Blanchard, David Burke, Garrett Jensen	2000	9:39.14
5. Jack Mann, Jimmie Gordon, Nectaly Barbosa, Kyle Alcorn	2008	n 9:43.39
6. Ryan Warrenburg, Rich Allen, Jack Mann, Aaron Aguayo	2006	9:44.20
7. Mason McHenry, John Kline, Nectaly Barbosa, Brandon Bethke	2010	9:50.23
8. unknown, unknown, unknown, unknown	2001	n 9:52.17
9. Ryan Warrenburg, Jeff Dodge, Greg Halver, Roger Cahill	2004	n 10:26.83
10. Derek Pisel, Trent Elliott, Jeff Dodge, Dan Maher	2003	10:27.60

HIGH JUMP

1. Kyle Arney	'79	2.26	7-05.00
2. Gabe Beechum	'92	2.25	7-04.50
3. Ron Kamaka	'84	2.22	7-03.50
4. Ebon Glenn	'01	2.17	7-01.50
5. Matt Turner	'08	2.14	7-00.25
6. Barry Shephard	'70	2.13	7-00.00
7. Wayne Bradley	'72	2.11	6-11.00
8. Casey Clark	'02	2.11	6-11.00
9. Deon Mayfield	'84	2.08	6-10.00
10. Jamie Sandys	'10	n 2.00	6-06.75

POLE VAULT

1. Nick Hysong	'94	5.67	18-07.25
2. Brandon Glenn [N#7]	'05	5.40	17-08.50
3. Mark Gersten	'88	5.27	17-03.50
4. Joe Fazio	'10	n 5.05	16-06.75
5. Jeremy Marcinko	'10	n 5.05	16-06.75
6. Sean Pierce	'05	5.05	16-06.75
7. Stephen Dolk	'05	5.05	16-06.75
8. Ralph Haynie	'77	5.03	16-06.00
9. Steve Tully	'84	5.03	16-06.00
10. Corey Phallen	'09	5.02	16-05.50

SHOT PUT

1. Ryan Whiting [N#1] &	'08	21.73	71-03.50
2. Jim Camp	'86	19.77	64-10.50
3. David Wood	'02	19.58	64-03.00
4. Shane Collins	'90	19.34	63-05.50
5. Jason Lewis	'09	19.30	63-04.00
6. Gary Wilkly	'81	18.62	61-01.00
7. Jordan Clarke	'10	n 18.54	60-10.00
8. Tomas Navarro	'08	18.19	59-08.25
9. Howard Stuart	'81	18.15	59-06.50
10. Ron Semkiw	'73	18.08	59-03.75

WEIGHT THROW (35-POUNDS)

1. Jason Lewis [N#1]	'09	22.88	75-00.75
2. Mika Laiho	'96	20.49	67-02.75
3. Ryan Whiting	'10	n 19.49	63-11.50
4. Jeff Helwig	'09	18.96	62-02.50
5. Jordan Clarke	'10	n 18.67	61-03.00
6. Travis Jones	'03	18.53	60-09.50
7. David Wood	'01	17.59	57-08.50
8. Mark Landa	'96	17.22	56-06.00
9. Karl Atkinson	'02	16.97	55-08.25
10. Don Kravoletz	'90	16.77	55-00.25

HEPTATHLON

1. Joshua Kinnaman	2007	5,585 pnts
2. Jeremy Marcinko	2010	n 4,964 pnts
3. Jamie Sandys	2010	n 4,929 pnts
4. Austin Prince	2010	n 4,817 pnts
5. Duggan Grant	2009	n 4,688 pnts
6. Alexander Wentz	2009	n 4,417 pnts
7. Ryan Ehler	2005	n 4,411 pnts
8. Kyle Hitchcock	2009	n 3,502 pnts