



# SUN DEVIL TRACK & FIELD

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

## OUTDOOR MEET #3

### 2010 ARIZONA STATE INVITATIONAL

Friday, March 26 - Saturday, March 27, 2010  
Joe Selleh Track at Sun Angel Stadium  
Tempe, Ariz.  
Hosted by the Arizona State University

## 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
A 1-2	Jim Click Multis	Tucson
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](http://www.TheSunDevils.com)

## ASU Invitational on Tap for Track & Field this Weekend

*Second home meet in a row awaits the Sun Devils Friday and Saturday*

For the second weekend in a row, the Arizona State University track & field team will play host to a home event as the Sun Devils are set to welcome teams to Sun Angel Stadium in Tempe this weekend for the ASU Invitational. The action begins Friday with the hammer at 1 p.m. with all other events taking place on Saturday.

### AND YOU ARE...?

Several schools will be represented by at least one athlete this weekend for the ASU Invitational, including four universities from the state of Arizona. Those schools with athletes entered into the meet include: ASU, Arizona, Boise State, Colorado, Cornell, Duke, Georgia, Grand Canyon, Kansas State, Northern Arizona, Notre Dame, Oklahoma, Purdue, Southern Utah, Texas A&M, UC Riverside, Weber State, Western State and Wyoming.

### THE "H'S" HAVE IT

Following the first weekend of outdoor action, several Sun Devils rank among the Top 10 nationally in their respective events, including two men and four women's marks. Oddly enough, of the six Top 10 marks, an athlete with a last name starting with the letter 'H' is a part of five. For the women, Kari Hardt is No. 2 in the 800m run (2:08.47); Samantha Henderson is eighth in the long jump (5.91m) and Henderson is a part of the women's 4x400m relay with Jasmine Chaney, Keia Pinnick and Dominique' Maloy that ranks seventh (3:44.88). The men have a pair of marks in the Top 10 as Dylan Hatcher ranks sixth in the 1,500m run (3:48.88) while Jeff Helmer stands second in the 3,000m run (8:13.21). The final Top 10 mark belongs to Chaney in the women's 200m dash as she leads the nation in 23.44. All of those marks were recorded at home last week at the Baldy Castillo Invitational.

### SOLID DEBUT

Another outstanding performance at the Baldy Castillo Invitational came from rookie Anna Jelmini, who is competing unattached from the program this year. Jelmini easily won both the discus and the shot put with marks of 56.27m and 17.27m, respectively. Her shot put mark would be good enough to rank third on the school's all-time list while her discus mark would stand as the fifth-best all-time. Her shot put mark also stands as the 14th-best in the world and would currently lead the NCAA.

### ANOTHER TOP 10

While Jelmini's throws would have earned her a place in the all-time Top 10 in ASU history, two women that competed in uniform for the Sun Devils did place their names on the all-time charts with one on the track and one in the field. Cj Navarro threw the hammer 50.97m on the first day of the meet to move onto the list at No. 10 while Jasmine Chaney ran 23.44 in the 200m dash to also record the 10th-best time in school history.

### SO CLOSE

Two other Sun Devils were very close to adding their names to the all-time lists again with one coming on the track and the other in the field. On the track, Kari Hardt's time of 2:08.47 was just 0.07 away from tying the 10th-fastest time in school history while Marc Peck's toss of 64.55m (211-9) in the men's javelin was a mere 10cm from tying the 10th-best all-time.

### GOLDEN AGAIN

Ryan Whiting won the shot put national title on Friday afternoon with a toss of 21.52m (70-07.25) to win his third indoor shot put crown in a row and the fourth overall in his career (also won the 2009 outdoor title). Whiting took the lead in the shot put on his first toss with a

## 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

mark of 19.16m before improving on each of his final two throws of the preliminary round, advancing to the finals with a top mark of 20.57m. In the fourth round (his first throw of the finals), Whiting hit a mark of 21.52m, which sealed the victory and equaled his season-best toss that also ranks third in the world currently. With his victory, Whiting became just the third man in NCAA history to win the shot put three years in a row at the indoor championships and is the first to accomplish that feat in 35 years as Hans Hogland (UTEP) won the men's shot put in 1973, 1974 and 1975. Whiting also is just the fourth man to win three or more shot put titles indoors in a career and is the first to join that list since Michael Carter (SMU) won his fourth title in 1984.

### MORE ON WHITING

With his third indoor national title in a row, Ryan Whiting became just the third Sun Devil track & field athlete overall and the first man to win the same event three times in a row in a career at Arizona State. Maicel Malone was the first to do so as she captured the women's indoor 400m dash in 1990, 1991 and 1992. Jacquelyn Johnson topped that in 2006, 2007 and 2008 as she won the indoor pentathlon and the outdoor heptathlon three times in a row. Whiting is the most decorated man in program history with four total national titles with Kyle Alcorn (indoor 3,000m and outdoor steeplechase in 2008), Herman Frazier (outdoor 4x400m relay in 1976 and outdoor 400m dash in 1977) and Uli Williams (440y dash in 1963 and 1964) the second-most decorated with two titles each.

### LEWIS DOUBLES UP

Heading into the 2009 NCAA Indoor Championships, Jason Lewis had not earned All-America honors. At that meet last year, he won the weight throw and was fourth in the shot put to collect the first two honors of his career. Then, at the 2009 outdoor championships, he earned All-America status in the discus and hammer with a pair of sixth-place finishes. This past weekend, Lewis doubled again and walked away with a pair of Top 8 finishes as he took sixth in the weight throw with a toss of 21.15m (69-04.75) and seventh in the shot put with a heave of 18.64m (61-02.00) to bring his career All-America total to six.

### MOVING ON UP

With their All-America honors earned last weekend, two Sun Devil men rose higher on the all-time honoree list, including Ryan Whiting, who captured the ninth All-America honor in his career, which is the most by a Sun Devil male track and field athlete in program history (five others earned seven in their careers). Jason Lewis, who earned honors five and six, is now tied for the seventh-most in a career with Lewis Banda, Tony Berrian, Nick Hysong (who will be competing in the pole vault this weekend) and Domenik Peterson.

### BETHKE TAKES FOURTH

Brandon Bethke made it 3-for-3 in his individual Sun Devil career as he earned All-America honors in his third-consecutive NCAA event by placing fourth overall in the 3,000m run with a time of 8:11.61. Bethke first wore the Sun Devil uniform at the 2009 NCAA Outdoor Championships and placed fourth overall in the 5,000m run before running to a seventh-place finish at the 2009 NCAA Cross Country Championships, the best finish by an ASU male in the event in program history. This year's indoor honor is the fourth of his collegiate career as he also was an All-American in the indoor 3,000m run for Wisconsin in 2008.

### MORE ALL-AMERICANS

Whiting, Lewis and Bethke were not the only All-America award winners on the weekend as four other men and one woman also earned the distinction. The men's 4x400m relay of Donald Sanford, Justin Kremer, Ray Miller and Joel Phillip placed eighth in the event to earn the honor while true freshman Constance Ezugha was selected as an All-American in the women's long jump.

### OVERALL

At the 2010 NCAA Indoor Championships, the Sun Devil men scored 21 points and placed seventh overall in the event while the women did not score. Florida won the men's title with 57 points and was followed in the Top 4 by Texas A&M and Oregon (tied with 44) and LSU (42) while Oregon took the women's crown with 61 points while Tennessee (36), LSU (35) and Florida (33) rounded out the Top 4.

### STREAKING

With their seventh-place finish over the weekend, the Sun Devil men have place in the Top 10 in five-consecutive NCAA Championships. The men placed first and sixth (indoor and outdoor, respectively) in 2008 and fifth and eighth in 2009 before this weekend. For the

men, their Top 10 finishes in each of the last three indoor seasons marked just the second, third and fourth time, respectively, that the program has done so with the only other instance coming in 2000 (tied for 10th).

## 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.

## 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.

## 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 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.

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## SUN DEVIL MEDIA RELATIONS

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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 Kielty (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

<u>Sun Devil</u>	<u>Event(s)</u>	<u>IN</u>	<u>OUT</u>	<u>Hometown (Last School)</u>
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 Kielty	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. (Waubonsie 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

<u>Position</u>	<u>Staff Member (Year)</u>	<u>Event Group</u>
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)	

### 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.

### NEXT TIME OUT

A handful of Sun Devils will travel south next week-end as they compete in the Jim Click Multis hosted by Arizona in Tucson on April 1-2. The Sun Devils will compete in the women's heptathlon and the men's decathlon.



@ ASU Record; \$ American College Record; ^ - Recorded in Heptathlon; aa Altitude Adjusted

## RUNNING EVENTS

### 100m DASH

<b>ASU Record</b>	<b>11.14</b>	<b>Charonda Williams (2009)</b>
12.20	Kayla Sanchez (-0.2)	Baldy (3/20)

### 100m HURDLES

<b>ASU Record</b>	<b>12.75</b>	<b>Lynda Tolbert (1989)</b>
13.82	Jasmine Chaney (-0.8)	Baldy (3/20)
14.42	Keia Pinnick (-0.1)	Baldy (3/20)

### 200m DASH

<b>ASU Record</b>	<b>22.55</b>	<b>Charonda Williams (2009)</b>
23.44	Jasmine Chaney (+0.0)	Baldy (3/20)
24.14	Keia Pinnick (+0.0)	Baldy (3/20)
24.84	Kayla Sanchez (+0.0)	Baldy (3/20)
25.14	Dominique' Maloy (+0.0)	Baldy (3/20)

### 400m DASH

<b>ASU Record</b>	<b>50.33</b>	<b>Maicel Malone (1991)</b>
56.11	Keia Pinnick	Baldy (3/20)
1:00.91	Samantha Henderson	Baldy (3/20)

### 400m HURDLES

<b>ASU Record</b>	<b>55.44</b>	<b>Omolade Akinremi (1995)</b>
none		

### 800m RUN

<b>ASU Record</b>	<b>2:03.23</b>	<b>Kim Toney (1993)</b>
2:08.47	Kari Hardt	Baldy (3/20)
2:14.44	Anna Sperry	Baldy (3/20)
2:16.11	Courtney Golden	Baldy (3/20)
2:18.09	Lisa Nelson	Baldy (3/20)
2:18.97	Ashlee Wimmer	Baldy (3/20)
2:30.67	Liz Zuniga	Baldy (3/20)

### 1,500m RUN

<b>ASU Record</b>	<b>4:17.98</b>	<b>Priscilla Hein (1999)</b>
4:31.41	Anna Sperry	Baldy (3/20)
4:37.33	Alyssa Allison	Baldy (3/20)
4:37.52	Lindsay Prescott	Baldy (3/20)
4:46.51	Karlee Owens	Baldy (3/20)
4:48.32	Kauren Tarver	Baldy (3/20)
5:00.19	Liz Zuniga	Baldy (3/20)

### 3,000m RUN

<i>(not contested at NCAA meet)</i>		
<b>ASU Record</b>	<b>9:09.76</b>	<b>Lynn Nelson (1984)</b>
10:20.47	Camille Olson	Baldy (3/20)
10:30.20	Natasa Vulic	Baldy (3/20)
10:35.17	Chelsea Caloia	Baldy (3/20)
10:38.44	Catherine Loden	Baldy (3/20)

### 3,000m STEEPLECHASE

<b>ASU Record</b>	<b>9:46.43</b>	<b>Lisa Aguilera (2003)</b>
none		

### 5,000m RUN

<b>ASU Record</b>	<b>15:49.03</b>	<b>Victoria Jackson (2006)</b>
none		

### 10,000m RUN

<b>ASU Record</b>	<b>32:30.37</b>	<b>Amy Hastings (2007)</b>
none		

## RELAY EVENTS

### 4x100m RELAY

<b>ASU Record</b>	<b>43.58</b>	<b>Tolbert, Malone, Foster, Bartholomew ('88)</b>
DQ	Arizona State 'A'	Baldy (3/20)
	J. Chaney, K. Sanchez, C. Netley, D. Maloy	

### 4x400m RELAY

<b>ASU Record</b>	<b>3:29.45</b>	<b>T. Akinremi, Gayle, Morgan, L. Akinremi ('95)</b>
3:44.20	Arizona State 'A'	Baldy (3/20)
	J. Chaney, K. Pinnick, D. Maloy, S. Henderson	

## FIELD EVENTS

### LONG JUMP

<b>ASU Record</b>	<b>6.62m</b>	<b>Jacinta Bartholomew (1989)</b>
5.91m	Samantha Henderson (19-04.75)(+0.0)	Baldy (3/20)

### TRIPLE JUMP

<b>ASU Record</b>	<b>12.84m</b>	<b>Valerie Williams (2000)</b>
none		

### HIGH JUMP

<b>ASU Record</b>	<b>1.93m</b>	<b>Coleen Reinstra (1980)</b>
1.60m	Elyse Weitz (5-03.00)	Baldy (3/20)
1.60m	Samantha Henderson (5-03.00)	Baldy (3/20)

### POLE VAULT

<b>ASU Record</b>	<b>4.32m</b>	<b>April Kubishta (2008)</b>
3.86m	Cara Carpenter (12-08.00)	Baldy (3/20)
nh	Lisa Navarro (-)	Baldy (3/20)

### SHOT PUT

<b>ASU Record</b>	<b>18.79m</b>	<b>Jessica Pressley (2008)</b>
none		

### DISCUS THROW

<b>ASU Record</b>	<b>64.94m</b>	<b>Leslie Deniz (1983)</b>
47.28m	Cj Navarro (155-01)	Baldy (3/20)

### HAMMER THROW

<b>ASU Record</b>	<b>68.31m</b>	<b>Jessica Pressley (2008)</b>
50.97m	Cj Navarro (167-03)	Baldy (3/19)
47.67m	Ashley Lampley (156-05)	Baldy (3/19)

### JAVELIN

<b>ASU Record</b>	<b>48.58m</b>	<b>Jacquelyn Johnson (2008)</b>
33.20m	Samantha Henderson (108-11)	Baldy (3/20)
32.96m	Keia Pinnick (108-02)	Baldy (3/20)

@ ASU Record; \$ American College Record; ^ - Recorded in Decathlon; aa Altitude Adjusted

## RUNNING EVENTS

### 100m DASH

<b>ASU Record</b>	<b>10.10</b>	<b>Marcus Brunson (2001)</b>
11.18	Bryan Williams (+0.0)	Baldy (3/20)

### 110m HURDLES

<b>ASU Record</b>	<b>13.51</b>	<b>Andrew Parker (1987)</b>
16.01	Jeremy Marcinko (+0.2)	Baldy (3/20)

### 200m DASH

<b>ASU Record</b>	<b>20.29</b>	<b>Jerry Bright (1968)</b>
22.14	Bryan Williams (+0.0)	Baldy (3/20)

### 400m DASH

<b>ASU Record</b>	<b>44.41</b>	<b>Ron Freeman II (1968)</b>
none		

### 400m HURDLES

<b>ASU Record</b>	<b>49.30</b>	<b>Gordon Bugg (1988)</b>
53.92	Ian Caracciolo	Baldy (3/20)

### 800m RUN

<b>ASU Record</b>	<b>1:46.95</b>	<b>Pete Richardson (1984)</b>
1:51.52	John Kline	Baldy (3/20)
1:54.76	Zeke Van Patten	Baldy (3/20)
1:56.93	Alonso Contreras	Baldy (3/20)
1:57.34	Ben Engelhardt	Baldy (3/20)
1:57.74	Josh Walker	Baldy (3/20)

### 1,500m RUN

<b>ASU Record</b>	<b>3:40.70</b>	<b>Chuck LaBenz (1970)</b>
3:48.88	Dylan Hatcher	Baldy (3/20)
3:50.09	Zeke Van Patten	Baldy (3/20)
3:50.77	Ben Engelhardt	Baldy (3/20)
3:51.33	Daniel Lovell	Baldy (3/20)
3:53.27	Alonso Contreras	Baldy (3/20)

### 3,000m RUN

<b>ASU Record</b>	<b>unknown</b>	<b>(not contested at NCAA meet)</b>
8:13.21	Jeff Helmer	Baldy (3/20)
8:36.49	Daniel Lovell	Baldy (3/20)
8:45.85	Matt Boughton	Baldy (3/20)
8:55.16	Ben Jankunas	Baldy (3/20)

### 3,000m STEEPLECHASE

<b>ASU Record</b>	<b>8:20.34</b>	<b>Aaron Aguayo (2007)</b>
none		

### 5,000m RUN

<b>ASU Record</b>	<b>13:27.79</b>	<b>Brandon Bethke (2009)</b>
none		

### 10,000m RUN

<b>ASU Record</b>	<b>28:46.88</b>	<b>Fasil Bizuneh (2002)</b>
none		

## RELAY EVENTS

### 4x100m RELAY

<b>ASU Record</b>	<b>38.71</b>	<b>Koehnemann, Peterson, Amoo, Love (2005)</b>
none		

### 4x400m RELAY

<b>ASU Record</b>	<b>3:00.57</b>	<b>Allen, Amoo, Peterson, Banda (2005)</b>
none		

## FIELD EVENTS

### LONG JUMP

<b>ASU Record</b>	<b>8.21m</b>	<b>Dwight Phillips (2000)</b>
7.13m	Michael Stokes (23-04.75)(+0.0)	Baldy (3/20)
6.31m	Austin Prince (20-08.50)(+1.0)	Baldy (3/20)
5.76m	Jeremy Marcinko (18-10.75)(+0.0)	Baldy (3/20)

### TRIPLE JUMP

<b>ASU Record</b>	<b>16.72m</b>	<b>Deon Mayfield (1982)</b>
14.39m	Jeremy Egboro (47-02.50)(+0.0)	Baldy (3/20)
13.65m	Austin Malm (44-09.50)(+0.0)	Baldy (3/20)
foul	Adrian Speed (-)	Baldy (3/20)

### HIGH JUMP

<b>ASU Record</b>	<b>2.29m</b>	<b>Kyle Arney (1977)</b>
none		

### POLE VAULT

<b>ASU Record</b>	<b>5.70m</b>	<b>Nick Hysong (1994)</b>
4.90m	Joe Fazio (16-00.75)	Baldy (3/20)
4.70m	Austin Prince (15-05.00)	Baldy (3/20)
4.50m	Corey Kraft (14-09.00)	Baldy (3/20)
nh	Jeremy Marcinko (-)	Baldy (3/20)
nh	Kyle Fugit (-)	Baldy (3/20)

### SHOT PUT

<b>ASU Record</b>	<b>20.99m</b>	<b>Ryan Whiting (2009)</b>
none		

### DISCUS THROW

<b>ASU Record</b>	<b>62.08m</b>	<b>Ryan Whiting (2009)</b>
34.57m	Jeremy Marcinko (113-05)	Baldy (3/20)
31.83m	Austin Prince (104-05)	Baldy (3/20)

### HAMMER THROW

<b>ASU Record</b>	<b>72.26m</b>	<b>Mika Laiho (1998)</b>
none		

### JAVELIN

<b>ASU Record</b>	<b>80.96m</b>	<b>Pal Arne Fageres (1996)</b>
64.55m	Marc Peck (211-09)	Baldy (3/20)
56.40m	Eddie McClain (185-00)	Baldy (3/20)
53.65m	Kyle Hitchcock (176-00)	Baldy (3/20)
50.44m	Jeremy Marcinko (165-06)	Baldy (3/20)
49.46m	Austin Prince (162-03)	Baldy (3/20)

<b>ALLISON, Alyssa</b>				
<b>1,500m RUN</b>	<i>Personal Best - 4:37.33</i>			
Baldy Castillo Invitational (3/20)	F	4:37.33	7th	
<b>CALOIA, Chelsea</b>				
<b>3000m RUN</b>	<i>Personal Best - 10:35.17</i>			
Baldy Castillo Invitational (3/20)	F	10:35.17	6th	
<b>CARPENTER, Cara</b>				
<b>POLE VAULT</b>	<i>Personal Best - 4.00m (13-01.50)</i>			
Baldy Castillo Invitational (3/20)	F	3.86m (12-08.00)	2nd	
<b>CHANEY, Jasmine</b>				
<b>100m HURDLES</b>	<i>Personal Best - 13.26</i>			
Baldy Castillo Invitational (3/20)	F	13.82 (-0.8)	3rd	
<b>200m DASH</b>	<i>Personal Best - 23.44</i>			
Baldy Castillo Invitational (3/20)	F	23.44 (+0.0)	1st	
<b>GOLDEN, Courtney</b>				
<b>800m RUN</b>	<i>Personal Best - 2:16.11</i>			
Baldy Castillo Invitational (3/20)	F	2:16.11	8th	
<b>HARDT, Kari</b>				
<b>800m RUN</b>	<i>Personal Best - 2:08.47</i>			
Baldy Castillo Invitational (3/20)	F	2:08.47	1st	
<b>HENDERSON, Samantha</b>				
<b>400m DASH</b>	<i>Personal Best - 1:00.91</i>			
Baldy Castillo Invitational (3/20)	F	1:00.91	11th	
<b>HIGH JUMP</b>	<i>Personal Best - 1.60m (5-03.00)</i>			
Baldy Castillo Invitational (3/20)	F	1.60m (5-03.00)	t-5th	
<b>LONG JUMP</b>	<i>Personal Best - 5.91m (19-04.75)</i>			
Baldy Castillo Invitational (3/20)	F	5.91m (19-04.75)(+0.0)	2nd	
<b>JAVELIN</b>	<i>Personal Best - 33.20m (108-11)</i>			
Baldy Castillo Invitational (3/20)	F	33.20m (108-11)	7th	
<b>LAMPLEY, Ashley</b>				
<b>HAMMER</b>	<i>Personal Best - 47.67m (156-05)</i>			
Baldy Castillo Invitational (3/19)	F	47.67m (156-05)	3rd	
<b>LODEN, Catherine</b>				
<b>3,000m RUN</b>	<i>Personal Best - 10:38.44</i>			
Baldy Castillo Invitational (3/20)	F	10:38.44	7th	
<b>MALLOY, Dominique'</b>				
<b>200m DASH</b>	<i>Personal Best - 23.28</i>			
Baldy Castillo Invitational (3/20)	F	25.14 (+0.0)	6th	
<b>NAVARRO, Cj</b>				
<b>DISCUS</b>	<i>Personal Best - 51.59m (169-03)</i>			
Baldy Castillo Invitational (3/20)	F	47.28m (155-01)	5th	
<b>HAMMER</b>	<i>Personal Best - 50.97m (167-03)</i>			
Baldy Castillo Invitational (3/19)	F	50.97m (167-03)	2nd	
<b>NAVARRO, Lisa</b>				
<b>POLE VAULT</b>	<i>Personal Best - 3.55m (11-07.75)</i>			
Baldy Castillo Invitational (3/20)	F	no height	--	
<b>NELSON, Lisa</b>				
<b>800m RUN</b>	<i>Personal Best - 2:15.61</i>			
Baldy Castillo Invitational (3/20)	F	2:18.09	10th	
<b>OLSON, Camille</b>				
<b>3,000m RUN</b>	<i>Personal Best - 10:20.47</i>			
Baldy Castillo Invitational (3/20)	F	10:20.47	3rd	
<b>OWENS, Karlee</b>				
<b>1,500m RUN</b>	<i>Personal Best - 4:46.51</i>			
Baldy Castillo Invitational (3/20)	F	4:46.51	10th	

<b>PINNICK, Keia</b>				
<b>100m HURDLES</b>	<i>Personal Best - 14.42</i>			
Baldy Castillo Invitational (3/20)	F	14.42 (-0.1)	4th	
<b>200m DASH</b>	<i>Personal Best - 24.14</i>			
Baldy Castillo Invitational (3/20)	F	24.14 (+0.0)	2nd	
<b>400m DASH</b>	<i>Personal Best - 56.11</i>			
Baldy Castillo Invitational (3/20)	F	56.11	2nd	
<b>JAVELIN</b>	<i>Personal Best - 32.96m (108-02)</i>			
Baldy Castillo Invitational (3/20)	F	32.96m (108-02)	8th	
<b>PRESCOTT, Lindsay</b>				
<b>1,500m RUN</b>	<i>Personal Best - 4:37.52</i>			
Baldy Castillo Invitational (3/20)	F	4:37.52	8th	
<b>SANCHEZ, Kayla</b>				
<b>100m DASH</b>	<i>Personal Best - 11.81</i>			
Baldy Castillo Invitational (3/20)	F	12.22 (+0.1)	1st	
<b>200m DASH</b>	<i>Personal Best - 24.84</i>			
Baldy Castillo Invitational (3/20)	F	24.84 (+0.0)	4th	
<b>SPERRY, Anna</b>				
<b>800m RUN</b>	<i>Personal Best - 2:14.44</i>			
Baldy Castillo Invitational (3/20)	F	2:14.44	6th	
<b>1,500m RUN</b>	<i>Personal Best - 4:31.41</i>			
Baldy Castillo Invitational (3/20)	F	4:31.41	3rd	
<b>TARVER, Kauren</b>				
<b>1,500m RUN</b>	<i>Personal Best - 4:48.32</i>			
Baldy Castillo Invitational (3/20)	F	4:48.32	11th	
<b>VULIC, Natasa</b>				
<b>3,000m RUN</b>	<i>Personal Best - 10:30.20</i>			
Baldy Castillo Invitational (3/20)	F	10:30.20	5th	
<b>WEITZ, Elyse</b>				
<b>HIGH JUMP</b>	<i>Personal Best - 1.60m (5-03.00)</i>			
Baldy Castillo Invitational (3/20)	F	1.60m (5-03.00)	t-5th	
<b>WIMMER, Ashley</b>				
<b>800m RUN</b>	<i>Personal Best - 2:18.97</i>			
Baldy Castillo Invitational (3/20)	F	2:18.97	11th	
<b>4x100m RELAY</b>				
<i>Arizona State 'A' - J. Chaney, K. Sanchez, C. Nettey, D. Maloy</i>				
Baldy Castillo Invitational (3/20)	F	DQ	--	
<b>4x400m RELAY</b>				
<i>Arizona State 'A' - J. Chaney, K. Pinnick, D. Maloy, S. Henderson</i>				
Baldy Castillo Invitational (3/20)	F	3:44.20	1st	

<b>BOUGHTON, Matt</b>				
<b>3,000m RUN</b>	<i>Personal Best - 8:45.85</i>			
Baldy Castillo Invitational (3/20)	F	8:45.85	12th	
<b>CARACCILO, Ian</b>				
<b>400m HURDLES</b>	<i>Personal Best - 53.22</i>			
Baldy Castillo Invitational (3/20)	F	53.92	5th	
<b>CONTRERAS, Alonso</b>				
<b>800m RUN</b>	<i>Personal Best - 1:56.93</i>			
Baldy Castillo Invitational (3/20)	F	1:56.93	15th	
<b>1,500m RUN</b>	<i>Personal Best - 3:53.27</i>			
Baldy Castillo Invitational (3/20)	F	3:53.27	8th	
<b>EGBORO, Jeremy</b>				
<b>TRIPLE JUMP</b>	<i>Personal Best - 14.97m (49-01.50)</i>			
Baldy Castillo Invitational (3/20)	F	14.39m (47-02.50)(+0.0)	5th	
<b>ENGELHARDT, Ben</b>				
<b>800m RUN</b>	<i>Personal Best - 1:57.43</i>			
Baldy Castillo Invitational (3/20)	F	1:57.43	16th	
<b>1,500m RUN</b>	<i>Personal Best - 3:50.77</i>			
Baldy Castillo Invitational (3/20)	F	3:50.77	5th	
<b>FAZIO, Joe</b>				
<b>POLE VAULT</b>	<i>Personal Best - 5.05m (16-06.75)</i>			
Baldy Castillo Invitational (3/20)	F	4.90m (16-00.75)	6th	
<b>FUGIT, Kyle</b>				
<b>POLE VAULT</b>	<i>Personal Best - 4.90m (16-00.75)</i>			
Baldy Castillo Invitational (3/20)	F	no height	--	
<b>HATCHER, Dylan</b>				
<b>1,500m RUN</b>	<i>Personal Best - 3:48.70</i>			
Baldy Castillo Invitational (3/20)	F	3:48.88	2nd	
<b>HELMER, Jeff</b>				
<b>3,000m RUN</b>	<i>Personal Best - 8:13.21</i>			
Baldy Castillo Invitational (3/20)	F	8:13.21	1st	
<b>HITCHCOCK, Kyle</b>				
<b>JAVELIN</b>	<i>Personal Best - 53.65m (176-00)</i>			
Baldy Castillo Invitational (3/20)	F	53.65m (176-00)	5th	
<b>JANKUNAS, Ben</b>				
<b>3,000m RUN</b>	<i>Personal Best - 8:55.16</i>			
Baldy Castillo Invitational (3/20)	F	8:55.16	15th	
<b>KLINE, John</b>				
<b>800m RUN</b>	<i>Personal Best - 1:51.52</i>			
Baldy Castillo Invitational (3/20)	F	1:51.52	5th	
<b>KRAFT, Corey</b>				
<b>POLE VAULT</b>	<i>Personal Best - 4.50m (14-09.00)</i>			
Baldy Castillo Invitational (3/20)	F	4.50m (14-09.00)	17th	
<b>LOVELL, Daniel</b>				
<b>1,500m RUN</b>	<i>Personal Best - 3:51.33</i>			
Baldy Castillo Invitational (3/20)	F	3:51.33	7th	
<b>3,000m RUN</b>	<i>Personal Best - 8:28.91</i>			
Baldy Castillo Invitational (3/20)	F	8:36.49	7th	
<b>MALM, Austin</b>				
<b>TRIPLE JUMP</b>	<i>Personal Best - 13.65m (44-09.50)</i>			
Baldy Castillo Invitational (3/20)	P	13.65m (44-09.50)(+0.0)	11th	

<b>MARCINKO, Jeremy</b>				
<b>110m HURDLES</b>	<i>Personal Best - 16.01</i>			
Baldy Castillo Invitational (3/20)	F	16.01 (+0.2)	14th	
<b>LONG JUMP</b>				
Baldy Castillo Invitational (3/20)	P	5.76m (18-10.75)	21st	
<b>POLE VAULT</b>				
Baldy Castillo Invitational (3/20)	F	no height	--	
<b>DISCUS</b>				
Baldy Castillo Invitational (3/20)	P	34.57m (113-05)	26th	
<b>JAVELIN</b>				
Baldy Castillo Invitational (3/20)	F	50.44m (165-06)	7th	
<b>McCLAIN, Eddie</b>				
<b>JAVELIN</b>	<i>Personal Best - 56.40m (185-00)</i>			
Baldy Castillo Invitational (3/20)	F	56.40m (185-00)	4th	
<b>PECK, Marc</b>				
<b>JAVELIN</b>	<i>Personal Best - 64.55m (211-09)</i>			
Baldy Castillo Invitational (3/20)	F	64.55m (211-09)	1st	
<b>PRINCE, Austin</b>				
<b>POLE VAULT</b>	<i>Personal Best - 4.70m (15-05.00)</i>			
Baldy Castillo Invitational (3/20)	F	4.70m (15-05.00)	9th	
<b>LONG JUMP</b>				
Baldy Castillo Invitational (3/20)	P	6.31m (20-08.50)(+1.0)	16th	
<b>DISCUS</b>				
Baldy Castillo Invitational (3/20)	P	31.83m (104-05)	27th	
<b>JAVELIN</b>				
Baldy Castillo Invitational (3/20)	F	49.46m (162-03)	8th	
<b>SPEED, Adrian</b>				
<b>TRIPLE JUMP</b>	<i>Personal Best - 14.16m (46-05.50)</i>			
Baldy Castillo Invitational (3/20)	P	foul	--	
<b>STOKES, Michael</b>				
<b>LONG JUMP</b>	<i>Personal Best - 7.13m (23-04.75)</i>			
Baldy Castillo Invitational (3/20)	F	7.13m (23-04.75)(+0.0)	2nd	
<b>VAN PATTEN, Zeke</b>				
<b>800m RUN</b>	<i>Personal Best - 1:54.76</i>			
Baldy Castillo Invitational (3/20)	F	1:54.76	12th	
<b>1,500m RUN</b>				
Baldy Castillo Invitational (3/20)	F	3:50.09	3rd	
<b>WALKER, Josh</b>				
<b>800m RUN</b>	<i>Personal Best - 1:57.74</i>			
Baldy Castillo Invitational (3/20)	F	1:57.74	19th	
<b>WILLIAMS, Bryan</b>				
<b>100m DASH</b>	<i>Personal Best - 10.73</i>			
Baldy Castillo Invitational (3/20)	F	11.18 (+0.0)	13th	
<b>200m DASH</b>				
Baldy Castillo Invitational (3/20)	F	22.14 (+0.0)	9th	



## 100m DASH

1. Charonda Williams	2009	11.14
2. Sharon Ware	1983	11.33
3. <b>Dominique' Maloy</b>	<b>2009</b>	<b>n 11.39</b>
Dawnyell Linder	1998	11.39
5. Lynda Tolbert	1988	n 11.41
6. Porchea Carroll	2005	n 11.44
Lesia Parker	1994	11.44
8. Val Boyer	1979	n 11.46
9. Maicel Malone	1991	11.47
10. Tiffany Greer	2001	n 11.53

## 100m HURDLES

1. Lynda Tolbert	1989	12.75
2. Ime Akpan	1992	n 13.03
3. Jacquelyn Johnson	2008	*wn 13.12
4. LaShawn Simmons	1992	n 13.23
5. <b>Jasmine Chaney</b>	<b>2009</b>	<b>n 13.26</b>
6. Seneca Holmes	2003	n 13.31
7. Gea Johnson	1990	n 13.35
8. Brenda Calhoun	1981	13.47
9. Rhonda Brady (13.3m)	1978	+ 13.54
10. Tesra Bester	1992	n 13.64

## 200m DASH

1. Charonda Williams	2009	n 22.55
2. Maicel Malone	1991	22.91
3. Avia Morgan	1995	23.05
4. Porchea Carroll	2005	nw 23.22
5. Kandace Tucker	2004	n 23.27
6. <b>Dominique' Maloy</b>	<b>2008</b>	<b>n 23.28</b>
7. Val Boyer	1980	23.36
8. Freida Cobbs	1979	n 23.41
9. Dawnyell Linder	1998	23.42
10. <b>Jasmine Chaney</b>	<b>2010</b>	<b>23.44</b>

## 400m DASH

1. Maicel Malone	1991	50.33
2. Cassandra Reed	2004	51.67
3. Shantequa Campbell	1993	n 51.77
4. Latosha Wallace	2007	51.97
5. Omolade Akinremi	1993	52.24
6. Toinette Holmes	1990	n 52.30
7. Omotayo Akinremi	1993	n 52.43
8. Avia Morgan	1995	52.58
9. Joronda White	1999	52.76
Jacqueline Gayle	1994	52.76

## 400m HURDLES

1. Omolade Akinremi	1995	55.44
2. Latosha Wallace [N#4]	2007	n 56.35
3. Tracey Mattes	1992	56.54
4. Omotayo Akinremi	1993	56.86
5. <b>Jasmine Chaney</b>	<b>2009</b>	<b>58.15</b>
6. Candida Coulson	2001	n 58.31
7. Denise Waddy	1978	58.62
8. Christy Akinremi	1993	n 59.37
9. Karen Vigilant	1997	n 59.52
10. <b>Kayla Sanchez</b>	<b>2009</b>	<b>n 59.80</b>

## 800m RUN

1. Kim Toney	1993	n 2:03.23
2. Lorriann Adams	1996	2:03.60
3. Janice Nichols	1994	2:04.11
4. Sharette Garcia	1992	2:05.33
5. Jacqueline Gayle	1994	2:05.92
6. Mette Berger	1984	2:07.28
7. Priscilla Hein	1999	2:07.78
8. Michelle Harper	1987	n 2:08.02
9. D'Metra Macedon	2007	n 2:08.15
10. Sandy Beach	1983	2:08.40

## 1,500m RUN

1. Priscilla Hein	1999	4:17.98
2. Lisa Aguilera	2001	n 4:19.16
3. Rachel Ellison	2005	n 4:19.62
4. Kim Toney	1993	4:20.69
5. Amy Hastings	2004	n 4:21.73
6. Kelly MacDonald	2001	n 4:22.72
7. Michelle Harper	1987	+ 4:22.74
8. Julie Seleine	1984	4:23.60
9. <b>Kari Hardt</b>	<b>2008</b>	<b>n 4:24.51</b>
10. Jessie McLaughlin	2006	n 4:25.07

## 3,000m RUN

1. Lynn Nelson	1984	9:09.76
2. Sabrina Peters-Stern	1983	9:19.20
3. Kelly MacDonald	2000	n 9:20.12
4. Kathy Mintie	1979	9:23.90
5. Lisa Aguilera	2000	n 9:29.63
6. Teresa Barrios	1986	9:31.76
7. Priscilla Hein	1999	9:31.80
8. Laura LaMena	1987	n 9:33.73
9. Julie Seliene	1985	9:37.17
10. Dawn Arrigoni	1988	n 9:38.24

## 3,000m STEEPLECHASE

1. Lisa Aguilera	2003	9:46.43
2. Kelly MacDonald	2001	n 9:55.49
3. Brooke Bennett	2007	n 10:08.47
4. Amy Hastings	2004	n 10:17.67
5. Anna Masinelli	2005	10:23.27
6. Corey Randall	2006	n 10:23.71
7. Cody Sohn	2001	n 10:27.83
8. <b>Angela Spadafino</b>	<b>2009</b>	<b>n 10:32.56</b>
9. <b>Kauren Tarver</b>	<b>2009</b>	<b>n 10:45.94</b>
10. Liz Lindgren	2004	n 10:47.26

## 5,000m RUN

1. Victoria Jackson	2006	n 15:49.03
2. Amy Hastings	2007	n 15:50.19
3. Lisa Aguilera	2002	n 15:53.28
4. Kelly MacDonald	2000	n 15:55.90
5. Lynn Nelson	1984	15:58.57
6. Jenna Kingma	2006	n 15:59.15
7. Brianna Torres	2002	n 16:13.79
8. Kathy Mintie	1979	n 16:16.80
9. <b>Ali Kietly</b>	<b>2008</b>	<b>n 16:17.04</b>
10. Desiree Davila	2003	n 16:17.45

## 10,000m RUN

1. Amy Hastings	2007	n 32:30.37
2. Victoria Jackson [N#1]	2006	32:54.72
3. Laura LaMena	1988	n 33:45.00
4. Mary Duerbeck	2001	n 33:53.52
5. <b>Ali Kietly</b>	<b>2009</b>	<b>n 33:56.97</b>
6. Lynn Nelson	1984	34:24.90
7. Maria Trujillo	1981	34:26.50
8. Kelly Cordell	1992	n 34:24.00
9. Cassie Rios	2006	n 35:17.74
10. Amy Komitzky	1989	n 35:24.30

## LONG JUMP

1. Jacinta Bartholomew	'89	6.62	21-08.75
2. Tiffany Greer	'02	6.48	n 21-03.25
3. Valerie Williams	'01	6.46	21-02.50
4. Jacquelyn Johnson	'08	* 6.45	wn 21-02.00
5. Tesra Bester	'92	6.43	21-01.50
6. Anna Van	'84	6.38	20-11.25
7. Stephanie Garnett	'08	6.37	20-10.75
8. Rhonda Paine	'83	6.37	20-10.75
9. Lisa Hale	'92	6.36	20-10.50
Sharesa Turner	'01	6.36	n 20-10.50

## TRIPLE JUMP

1. Valerie Williams	'00	12.84	42-01.50
2. Erika Johnson	'00	12.57	41-03.00
3. Anna Van	'84	12.37	40-07.25
4. Giannina Re	'95	12.34	40-06.00
5. Adra Hysong	'95	12.09	39-08.00
6. Tesra Bester	'91	11.91	n 39-01.00
7. Nadia Matthews	'06	11.90	n 39-00.50
8. Fiona Daly	'98	11.82	38-09.50
9. Tamara Espinoza	'99	11.79	38-09.25
10. Lennon Gardner	'88	11.77	38-07.50

## HIGH JUMP

1. Coleen Rienstra	'80	1.93	6-04.00
2. Fiona Daly	'98	1.88	6-02.00
3. Shelly Choppa	'93	1.83	6-00.00
Jackie Belzner	'88	1.83	6-00.00
5. Jacquelyn Johnson	'06	1.81	5-11.25
6. Gea Johnson	'90	1.79	n 5-10.25
7. Tana Tate	'84	1.75	5-08.75
Dana Collins	'78	1.75	5-08.75
Monique Donithan	'78	1.75	5-08.75
Jodi Smith	'02	1.75	5-08.75
Olivia Mazzaglia	'02	1.75	5-08.75

## POLE VAULT

1. April Kubishta	'08	4.32	14-02.00
2. Angela Tavlirides	'05	4.10	n 13-05.25
3. <b>Cara Carpenter</b>	<b>'09</b>	<b>4.00</b>	<b>n 13-01.50</b>
Alana Waterford	'08	4.00	n 13-01.50
5. Cara Walker	'05	3.81	n 12-06.00
6. Stacy Orosz	'09	3.70	n 12-01.50
Angela Piana	'07	3.70	n 12-01.50
8. <b>Lisa Navarro</b>	<b>'09</b>	<b>3.55</b>	<b>n 11-07.75</b>
9. Olivia Mazzaglia	'00	3.51	11-06.25
10. Carly Gietler	'06	3.50	n 11-05.75

## SHOT PUT

1. Jessica Pressley	'08	18.79	61-07.75
2. Sarah Stevens	'07	18.40	n 60-04.50
3. Leslie Deniz	'83	17.03	55-10.50
4. Natalie Kaaiwahia	'84	16.79	55-01.25
5. Julia Pedersen	'05	16.56	n 54-04.00
6. Ria Stalman	'81	15.98	n 52-02.25
7. Adrienne Judie	'00	15.89	52-01.75
8. Jennifer Kowacz	'04	15.64	n 51-03.75
9. Jennifer Lemke	'83	15.63	51-03.25
10. Tai Battle	'08	15.22	n 49-11.25

## DISCUS

1. Leslie Deniz	'83	64.94	213-01
2. Ria Stalman	'81	62.30	n 204-05
3. Sarah Stevens	'07	57.73	189-05
4. Tai Battle	'08	56.33	n 184-10
5. Jessica Pressley	'06	56.18	n 184-04
6. Sandra Orsund	'03	55.76	n 182-11
7. Julia Pedersen	'05	55.58	n 182-04
8. Natalie Kaaiwahia	'84	54.76	179-08
9. Julie Cart	'80	52.04	n 170-09
10. <b>Cj Navarro</b>	<b>'09</b>	<b>51.59</b>	<b>n 169-03</b>

## JAVELIN (new style, 1999-present)

1. Jacquelyn Johnson	'08	48.58	n 159-04
2. <b>Addison McGrath</b>	<b>'08</b>	<b>46.77</b>	<b>n 153-05</b>
3. <b>Lissa Regets</b>	<b>'07</b>	<b>45.59</b>	<b>n 149-07</b>
4. Becky Holley	'05	45.54	n 149-05
5. Jana Pintz	'04	44.14	n 144-10
6. <b>Erika Simington</b>	<b>'08</b>	<b>41.82</b>	<b>n 137-02</b>
7. Savannah Swisher	'05	40.46	n 132-09
8. Elizabeth Arollo	'01	40.24	n 132-00
9. Stacy Perrault	'04	37.46	n 122-11
10. Julia Pedersen	'02	35.78	n 117-05

## JAVELIN (old style, discontinued after the 1998 season)

1. Celeste Wilkinson	'78	56.90	186-08
2. Dodie Campbell	'84	54.22	177-11
3. Charity Amama	'98	51.42	168-08
4. Tracey McCarthy	'84	51.34	168-05
5. Marilyn White	'77	47.40	n 155-06
6. Jaime Gale	'81	46.38	n 152-02
7. Gea Johnson	'90	45.70	n 149-11
8. Tricia Melfy	'94	42.04	137-11
9. Lauri Jones	'82	41.07	n 136-10
10. Ellen Colleary	'81	40.84	n 134-00

## HAMMER

1. Jessica Pressley	'08	68.31	224-01
2. Sarah Stevens	'08	66.52	n 218-03
3. Tai Battle	'08	63.18	n 207-03
4. Jennifer Kowacz	'05	58.53	n 192-00
5. Adrienne Judie	'01	58.10	190-07
6. Sandra Orsund	'03	55.15	180-11
7. Sara Shisslak	'06	53.69	n 176-02
8. Jenae Sonne	'03	51.26	n 168-02
9. <b>Cj Navarro</b>	<b>'10</b>	<b>50.97</b>	<b>n 167-03</b>
10. Yolanda Meservy	'01	49.96	n 163-11

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 ^ = attained outside of college season before August 1  
**bold** names indicate athletes returning for the 2010 season

# RECORD BOOK: MEN'S OUTDOOR



## 100m DASH

1. Marcus Brunson	2001	10.10
2. Ron Brown	1981	n 10.15
3. Dwayne Evans	1981	10.20
4. Kenny Robinson	1985	10.23
5. Charlie Wells (10.0m)	1975	h 10.24
6. Walter Haywood	1983	10.26
7. Dwight Phillips	2000	10.28
8. Seth Amoo	2004	n 10.30
9. Jerry Bright (9.47y)	1967	+n 10.32
10. LaMonte King	1982	10.33

## 110m HURDLES

1. Andrew Parker	1987	n 13.51
2. Gary Burl	1976	13.57
3. John Lehnstrom	1982	n 13.59
4. Rick Walker	1977	n 13.73
5. Tony Galaviz	2002	13.75
6. Mark Boyd	1986	n 13.80
7. Gaute Gundersen	1996	13.95
8. Fair Hooker (13.8y)	1968	+h 14.04
9. Mike Cox	1981	14.06
James Liddell	1988	14.06

## 200m DASH

1. Jerry Bright	1968	n 20.29
2. Henry Carr	1964	20.33
3. Dwayne Evans	1981	n 20.34
4. Seth Amoo	2005	n 20.36
LaMonte King	1981	20.36
6. Marcus Brunson	2001	20.37
7. Tony Darden	1978	n 20.48
8. Gerald Burl	1977	n 20.57
9. Howard Henley	1982	20.58
10. Lewis Banda	2004	n 20.59

## 400m DASH

1. Ron Freeman II	1968	n 44.41
2. Lewis Banda	2004	44.58
3. Jason Barton	2004	n 44.82
4. Maurice Peoples (45.11y)	1973	+ 44.85
5. Howard Henley	1981	44.92
6. Herman Frazier	1976	n 44.95
7. Uliis Williams	1964	h 45.14
8. Domenik Peterson	2005	n 45.15
Joel Phillip	2008	n 45.29
10. Henry Carr	1963	h 45.49

## 400m HURDLES

1. Gordon Bugg	1988	n 49.30
2. Rick Walker	1977	n 49.36
3. Robert Rucker	1991	49.54
4. John Lehnstrom	1982	n 49.69
5. Francois Aumas (50.08y)	1976	h 49.82
6. Mark Boyd	1986	50.91
7. Marquis Profit	2008	n 51.12
8. Dick Miller (51.4y)	1966	+h 51.24
Joel Phillip	2008	n 51.44
10. Konrad Krajewski	1980	51.62

## 800m RUN

1. Pete Richardson	1984	1:46.95
2. Eddie Davis	1983	1:47.73
3. Vondre Armour	1995	1:48.08
4. Jim McCreery	1993	1:48.19
5. Mike Schwarz	1983	1:48.19
6. Mason McHenry	2009	1:48.25
7. Chuck LaBenz (1:48.9y)	1970	+ 1:48.27
8. Pete Quinonez	1982	1:48.47
9. Clevon Clair	1994	1:48.48
10. Nectaly Barbosa	2008	1:48.83

## 1,500m RUN

1. Chuck LaBenz	1970	3:40.70
2. Brandon Strong	2002	3:41.42
3. Aaron Aguayo	2007	# 3:41.74
4. Brandon Bethke	2009	n 3:42.82
5. Larry Lawson	1974	n 3:43.00
6. Mike Stahr	1985	n 3:43.06
7. Ray Wicksell	1979	3:43.20
8. Kyle Alcorn	2008	n 3:43.78
9. Dan Raby	1982	3:44.07
10. Todd Lewis	1992	3:44.09

## MILE RUN

1. Chuck LaBenz	1970	3:56.90
2. Aaron Aguayo	2007	n 4:00.14
3. Larry Lawson	1974	n 4:00.60
Jeff Smith	1988	n 4:00.60
5. Mark Rafferty	1974	n 4:01.00
6. Ray Wicksell	1978	4:02.90
7. Alex Henderson	1958	4:03.10
8. Ed Zuck	1974	n 4:03.30
9. Louis Scott	1964	n 4:04.90
10. Manual Quintanar	1969	4:05.80

## 3,000m STEEPLECHASE

1. Aaron Aguayo	2007	n 8:20.34
2. Kyle Alcorn	2008	n 8:21.46
3. Ryan Warrenburg	2006	n 8:39.01
4. Todd Lewis	1992	n 8:39.19
5. Erin Scroggins	1993	n h 8:45.24
6. Jeremy Rasmussen	2000	8:49.23
7. Chuck Schwarz	1983	8:54.54
8. David Mehlhorn	2009	n 8:54.88
9. Kris Alexander	2003	n 8:55.35
10. Mike Scannell	1985	8:55.49

## 5,000m RUN

1. Brandon Bethke	2009	n 13:27.79
2. Aaron Aguayo	2007	n 13:37.71
3. Ryan Warrenburg	2006	n 13:43.29
4. Todd Lewis	1990	n 13:51.40
5. Fasil Bizuneh	2002	n 13:51.88
6. Isaiah Festa	2000	n 13:54.20
7. Louis Scott (13:12.4y)	1967	+ 13:54.90
8. Juan Reyes	2002	n 13:54.92
9. Kyle Alcorn	2007	n 13:55.17
10. Velibor Radejovic	2005	n 13:56.15

## 10,000m RUN

1. Fasil Bizuneh	2002	n 28:46.88
2. Casey Burchill	2005	n 28:54.63
3. Jerry Jobski (28:17.0y)	1969	+ 29:18.00
4. Matt Repak	1998	29:28.31
5. J.R. Cox	2002	n 30:06.24
6. Dan Fisher	1984	n 30:20.21
7. Patrick Milloy	2009	n 30:25.43
8. Juan Reyes	2004	n 30:30.85
Jeff Helmer	2008	n 30:36.58
10. J.J. Duke	2004	n 30:39.81

## LONG JUMP

1. Dwight Phillips	'00	8.21	26-11.25
2. Trevell Quinley	'05	8.17	26-09.75
3. Kenny Frazier	'84	8.14	26-08.50
4. Matt Turner	'08	8.12	n 26-07.75
5. LaMonte King	'81	7.99	26-02.50
6. Dannie Jackson	'77	7.94	n 26-00.50
7. Sidney Mitchell	'79	7.94	26-00.50
8. Deon Mayfield	'84	7.86	25-09.75
9. Darryl Hughes	'75	7.81	25-07.50
10. Walter Haywood	'82	7.78	25-06.25

## TRIPLE JUMP

1. Deon Mayfield	'82	16.72	54-10.25
2. Dwight Phillips	'99	16.41	n 53-10.25
3. Kenny Frazier	'84	16.35	53-07.75
4. Chris DeFrance	'78	16.27	n 53-04.50
5. Ryan Zimmerman	'06	16.23	w 53-03.00
6. Ken McClendon	'79	16.16	n 53-00.25
7. Brian Ellis	'92	16.14	w 52-11.75
8. Trevor Hall	'74	15.92	52-03.00
9. Lenny McGill	'91	15.83	n 51-11.25
10. Maurice Peoples	'72	15.80	n 51-10.00

## HIGH JUMP

1. Kyle Arney	'77	2.29	7-06.00
2. Gabe Beechum	'92	2.27	n 7-05.25
3. Ron Kamaka	'84	2.22	7-03.50
4. Matt Turner	'07	2.21	7-03.00
Deon Mayfield	'82	2.21	7-03.00
Paul Underwood	'74	2.21	7-03.00
7. Joey Johnson	'88	2.20	n 7-02.50
8. Coart Owens	'79	2.18	7-02.00
Barry Shephard	'70	2.18	7-02.00
10. Matt Barney	'77	2.16	n 7-01.00

## POLE VAULT

1. Nick Hysong	'94	5.70	18-08.25
2. Brandon Glenn	'06	5.30	n 17-04.50
Steve Tully	'84	5.30	17-04.75
4. Ralph Haynie	'77	5.24	17-02.25
5. Mark Herman	'76	5.23	17-02.00
6. Mark Gersten	'88	5.20	17-00.75
7. Rick Rogers	'87	5.18	17-00.00
8. Stephen Dolk	'04	5.17	n 16-11.50
9. Corey Phallen	'09	5.15	n 16-10.75
10. Ron Barlea	'80	5.08	16-08.00
Mike Mason	'80	5.08	n 16-08.00

## SHOT PUT

1. Ryan Whiting	'09	20.99	68-10.50
2. Gary Willicky	'82	20.78	68-02.50
3. Shane Collins	'90	20.20	66-03.25
4. Jim Camp	'86	19.95	65-05.50
5. Ron Semkiw	'73	19.68	64-06.25
6. Bruce Heide	'80	19.41	63-08.25
7. Vince Mosca	'03	19.33	n 63-05.00
8. David Wood	'01	19.06	62-06.50
9. Jon Cole	'66	18.88	61-11.50
10. Dennis Black	'92	18.85	61-10.25

## DISCUS

1. Ryan Whiting	'09	62.08	n 203-08
2. Gary Willicky	'82	62.02	203-06
3. Jon Cole	'66	60.78	199-05
4. Scott Hersh	'79	58.88	n 193-02
5. Jason Lewis	'09	58.62	n 192-04
6. Jay Pushkin	'77	57.56	n 188-10
7. Eric Logvin	'01	57.40	n 188-04
8. Tomas Navarro	'08	57.02	n 187-01
David Wood	'01	57.02	n 187-01
10. Jesus Ortiz	'68	56.00	183-09

## JAVELIN (new style, 1987-present)

1. Pal Arne Fagernes	'96	80.96	265-07
2. Charlie Cohen	'95	72.58	238-01
3. Brad Roth	'08	72.24	n 237-00
4. Andrew Smith	'07	70.59	231-07
5. Jared Schrieber	'98	70.02	229-09
6. Dave Barlia	'88	69.84	229-01
7. Bobby Raines	'02	65.67	215-05
8. Scott Shill	'87	64.88	212-10
9. Mike Rivers	'02	64.65	212-01
10. J. Zapustas/S. Bryant	'91/86	64.64	212-01

## JAVELIN (old style, discontinued after 1986 season)

1. Mark Murro	'70	91.44	300-00
2. Frank Covelli	'63	80.40	263-09
3. Glenn Winningham	'64	78.92	258-11
4. Glenn Robinson	'81	76.32	250-05
5. Eddie Williams	'77	75.72	n 248-05
6. Ben Garcia	'56	73.94	242-07
7. Steve Tully	'84	73.80	242-01
8. Dwight Bennett	'72	73.36	240-08
9. Bill Miller	'52	72.46	n 237-09
10. Mike Giltner	'80	72.12	236-07

## HAMMER

1. Mika Laiho	'98	72.26	237-01
2. Jason Lewis	'09	68.15	n 223-07
3. Dave Ryer	'86	63.50	n 208-09
4. Tomas Navarro	'08	62.55	n 205-02
5. Terry Payne	'86	61.30	201-01
6. Travis Jones	'05	60.21	n 199-05
7. Jeff Helwig	'08	59.45	n 195-00
8. David Bickel	'88	57.58	188-11
9. Don Kralovetz	'90	56.96	186-11
10. Andrew Smith	'07	56.71	n 186-01

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 + - converted from yards using IAAF conversion charts;  
 ^ = attained outside of college season before August 1  
 bold names indicate athletes returning for the 2010 season

## WOMEN'S 4x100m RELAY

1. Lynda Tolbert, Maicel Malone, Tamika Foster, Jacinta Bartholomew	1988	43.58
2. <b>Dominique' Maloy, Kayla Sanchez, Jasmine Chaney,</b> Charonda Williams [N#6]	2009	n 43.78
3. <b>Dominique' Maloy,</b> Shauntel Elcock, <b>Jasmine Chaney,</b> Charonda Williams	2009	n 43.92
4. Porchea Carroll, Kandace Tucker, Christina Hardeman, Cassandra Reed	2005	44.05
5. Omotayo Akinremi, Christie Akinremi, Lesa Parker, Tika Walton	1994	+ 44.24
6. Porchea Carroll, Tiffany Greer, Cassandra Reed, Kandace Tucker	2003	44.27
7. Porchea Carroll, Cassandra Reed, Marcia Smith, Kandace Tucker	2004	44.31
8. <b>Kayla Sanchez,</b> Shauntel Elcock, <b>Jasmine Chaney,</b> Charonda Williams	2009	n 44.38
9. <b>Dominique' Maloy,</b> Jordan Durham, Stephanie Garnett, Charonda Williams	2008	44.48
10. Tike Jackson, Sanoma Nickson, Adra Hysong, Tika Walton	1996	44.50

## WOMEN'S 4x400m RELAY

1. Omotayo Akinremi, Jacqueline Gayle, Avia Morgan, Lade Akinremi	1995	3:29.45
2. Jacqueline Gayle, Omotayo Akinremi, Akinremi, Shanequa Campbell	1994	3:29.77
3. Toinette Holmes, Maicel Malone, Jacinta Bartholomew, Tamika Foster	1988	3:29.95
4. Toinette Holmes, Dana Jones, Charmaine Williams, Maicel Malone	1990	3:30.26
5. Shanequa Campbell, Janice Nichols, Tayo Akinremi, Lade Akinremi	1993	n 3:30.43
6. Shanequa Campbell, Kim Toney, Omotayo Akinremi, Lade Akinremi	1993	n 3:30.47
7. Shauntel Elcock, <b>Jasmine Chaney, Dominique' Maloy,</b> Jeavon Benjamin [N#5]	2009	n 3:31.62
8. <b>Dominique' Maloy,</b> Shauntel Elcock, Jordan Durham, Jeavon Benjamin	2008	n 3:31.74
9. Bridgette Williams, Shauntel Elcock, Jordan Durham, Latosha Wallace	2007	n 3:33.98
10. Cassandra Reed, Kandace Tucker, Seneca Holmes, Joni Smith [N#6]	2003	n 3:33.04

## MEN'S 4x100m RELAY

1. Steven Koehnemann, Domenik Peterson, Seth Amoo, Kelvin Love, Jr.	2005	38.71
2. Ron Brown, LaMonte King, Greg Moore, Dwayne Evans	1979	38.78
3. Steven Koehnemann, Domenik Peterson, Seth Amoo, Lewis Banda	2004	38.92
4. Howard Henley, LaMonte King, Willie Jones, Ron Brown	1982	38.93
5. Charlie Wells, Steven Williams, Carl McCullough, Herman Frazier (39.19y)	1975	+ 38.96
6. Dwight Phillips, Tony Berrian, Jim McGee, Marcus Brunson	2000	39.01
7. Greg Moore, LaMonte King, Willie Jones, Dwayne Evans	1981	39.05
8. Dwight Phillips, Tony Berrian, Jim McGee, Marcus Brunson	1999	39.06
Steven Williams, Tony Darden, Gerald Burl, Herman Frazier (39.29y)	1977	+ 39.06
Leon Tubbs, Willie Jones, Walter Haywood, Howard Henley	1982	39.06

## MEN'S 4x400m RELAY

1. Rich Allen, Seth Amoo, Domenik Peterson, Lewis Banda [N#2]	2005	n 3:00.57
2. Steve Fitch, Seth Amoo, Domenik Peterson, Jason Barton	2004	3:01.26
3. Steve Fitch, Domenik Peterson, Jason Barton, Lewis Banda	2004	n 3:01.51
4. Clifton McKenzie, Gerald Burl, Tony Darden, Herman Frazier	1977	+ 3:01.74
5. Lewis Banda, Seth Amoo, Domenik Peterson, Jason Barton	2004	3:01.77
6. Jason Barton, Seth Amoo, Steve Fitch, Lewis Banda	2003	3:02.81
7. Michael Campbell, Marcus Brunson, Pete Lopez, Tony Berrian	2001	n 3:02.89
8. Michael Campbell, Marcus Brunson, Jason Barton, Tony Berrian	2001	3:03.10
9. Clifton McKenzie, Greg Moore, Gerald Burl, Tony Darden	1978	+ 3:03.23
10. Mike Barrick, Henry Carr, Ron Freeman, Ullis Williams	1963	3:03.43

## WOMEN'S HEPTATHLON

1. Jacquelyn Johnson	2008	• 6,307
2. Gea Johnson	1990	nw 6,135
3. Tricia Melfy	1992	n 5,332
4. Adra Hysong	1997	5,215
5. Lennon Gardner	1990	n 5,050
6. Christy Jozwiak	1982	4,757
7. Jodi Smith	2000	4,545
8. Elizabeth Arollo	2000	4,427
9. Angela Piana	2007	nw 4,425
10. Alana Waterford	2005	n 3,967

## INDIVIDUAL HEPTATHLON EVENT RECORDS

<b>EVENT #1 - 100 METER HURDLES</b>		
Jacquelyn Johnson	2008	13.21
<b>EVENT #2 - HIGH JUMP</b>		
Jacquelyn Johnson	2008	1.81m
<b>EVENT #3 - SHOT PUT</b>		
Gea Johnson	1990	14.18m
<b>EVENT #4 - 200 METER DASH</b>		
Jacquelyn Johnson	2008	24.01
<b>DAY ONE POINTS SCORED</b>		
Jacquelyn Johnson	2008	3,700
<b>EVENT #5 - LONG JUMP</b>		
Jacquelyn Johnson	2008	6.30m
<b>EVENT #6 - JAVELIN (NEW STANDARD)</b>		
Jacquelyn Johnson	2008	46.45
<b>EVENT #7 - 800M RUN</b>		
Gea Johnson	1990	2:14.50
<b>DAY TWO POINTS SCORED</b>		
Jacquelyn Johnson	2008	2,607

## MEN'S DECATHLON

1. Dannie Jackson	1981	an 7,861
2. John Irvine	1981	hn 7,774
3. Jeff Mont Pas	1980	hn 7,732
4. Matt Zuber	1989	n 7,555
5. Mike Cox	1982	an 7,544
6. Joshua Kinnaman	2004	n 7,484
7. Sammy Bryant	1986	a 7,455
8. Joe Vier	1983	an 7,409
9. Wes Herbst	1977	hn 7,016
10. Jeff Kemp	1981	hn 6,955

## INDIVIDUAL DECATHLON EVENT RECORDS

<b>EVENT #1 - 100 METER DASH</b>		
Joshua Kinnaman	2004	10.78
<b>EVENT #2 - LONG JUMP</b>		
Dannie Jackson	1979	7.99m
<b>EVENT #3 - SHOT PUT</b>		
Mike Chapman	1975	14.91m
<b>EVENT #4 - HIGH JUMP</b>		
Mike Cox	1982	2.13m
Dannie Jackson	1979	2.13m
<b>EVENT #5 - 400 METER DASH</b>		
Mike Cox	1982	48.00
<b>DAY ONE POINTS SCORED</b>		
Dannie Jackson	1979	4,286
<b>EVENT #6 - 110 METER HIGH HURDLES</b>		
Dannie Jackson	1979	w 14.00
<b>EVENT #7 - DISCUS</b>		
Dannie Jackson	1981	46.16m
<b>EVENT #8 - POLE VAULT</b>		
Matt Zuber	1989	4.95m
<b>EVENT #9 - JAVELIN (CURRENT STANDARDS)</b>		
Sammy Bryant	1986	64.64m
<b>EVENT #10 - 1,500 METER RUN</b>		
John Irvine	1982	4:24.43
<b>DAY TWO POINTS SCORED</b>		
Jeff Mont Pas	1980	3,758