



# TRACK & FIELD

March 10, 2004

2004 Indoor and Outdoor Seasons

## IN THE STARTING BLOCKS

**THIS WEEK**  
2004 NCAA INDOOR  
CHAMPIONSHIPS  
Fayetteville, Ark.  
March 12-13

## TRACK AND FIELD STAFF

|                               |                       |
|-------------------------------|-----------------------|
| <b>Head Coach</b> (Jumps)     | Greg Kraft (8th year) |
| <b>Assistant</b> (Distance)   | Walt Drenth (8th)     |
| <b>Assistant</b> (Sprints)    | Darryl Anderson (8th) |
| <b>Assistant</b> (Throws)     | David Dumble (3rd)    |
| <b>Assistant</b> (Pole Vault) | Ron Barela (1st)      |
| <b>Assistant</b> (Distance)   | Louie Quintana (1st)  |
| <b>Grad Assist</b> (Distance) | Liz Ackley (1st)      |
| <b>Vol. Assistant</b> (Jumps) | Dwight Phillips       |
| <b>Manager</b>                | Rob Flynn             |
| <b>Track Office Phone</b>     | (480) 965-0016        |
| <b>Track Office FAX</b>       | (480) 965-8149        |
| <b>Athletic Trainer</b>       | Stephanie May         |

## MEDIA RELATIONS

|                            |                   |
|----------------------------|-------------------|
| <b>Track Contact</b>       | Alex Ryan         |
| <b>Email Address</b>       | alex.ryan@asu.edu |
| <b>Direct Phone</b>        | (480) 965-4987    |
| <b>Media Relations FAX</b> | (480) 965-5408    |
| <b>Official Web Site</b>   | TheSunDevils.com  |

## RETURNING ALL-AMERICANS

### 2003 CROSS COUNTRY

**Amy Hastings** (25th) and **Desiree Davila** (44th)

### 2003 INDOOR TRACK AND FIELD

**Women:** Seneca Holmes (60m Hurdles)

**Men:** Trevell Quinley (long jump); **4x400m Relay** (Seth Amoo, Lewis Banda, Jason Barton, Steve Fitch)

### 2003 OUTDOOR TRACK AND FIELD

**Women:** **4x400m Relay** (Cassandra Reed, Kandace Tucker, Seneca Holmes); **Desiree Davila** (5,000m)

## 2004 OUTDOOR SCHEDULE

|              |                              |                    |
|--------------|------------------------------|--------------------|
| <b>March</b> |                              |                    |
| 6            | <b>BILL SAWYER INVITE</b>    | Tempe              |
| 19-20        | <b>BALDY CASTILLO INVITE</b> | Tempe              |
| 23-24        | @ Arizona Multi              | Tucson, Ariz.      |
| 26           | <b>ASU INVITATIONAL</b>      | Tempe              |
| 26-27        | @ Stanford Invite            | Palo Alto, Calif.  |
| <b>April</b> |                              |                    |
| 2-3          | @ Texas Relays               | Austin, Texas      |
| 9            | @ Mesa Classic               | Mesa, Ariz.        |
| 10           | <b>SUN ANGEL CLASSIC</b>     | Tempe              |
| 16-18        | @ Mt. SAC Relays             | Walnut, Calif.     |
| 21-24        | @ Drake Relays               | Des Moines, Iowa   |
| 23-24        | @ Oregon Invite              | Eugene, Ore.       |
| 23-24        | @ UC San Diego Open          | San Diego, Calif.  |
| <b>May</b>   |                              |                    |
| 1            | @ Double Dual                | Tucson, Ariz.      |
| 7-8          | @ Pac-10 Multis              | Tucson, Ariz.      |
| 14-15        | @ Pac-10 Champs              | Tucson, Ariz.      |
| 22           | @ Wildcat Classic            | Tucson, Ariz.      |
| 28-29        | @ NCAA West Regional         | Northridge, Calif. |
| <b>June</b>  |                              |                    |
| 9-12         | @ NCAA Championships         | Austin, Texas      |

## Ten Sun Devils Head to NCAA Indoor Championships

*Record-setting relay, successful freshman look for national honors*

**TEMPE, Ariz.** - Members of the Arizona State track and field team will travel to Fayetteville, Ark., for the 2004 NCAA Indoor Championships, Friday and Saturday, inside the Randal Tyson Track Center on the campus of the University of Arkansas.

### THE STAKES

Team and individual national titles are on the line this weekend, as well as All-America honors. All-America status will be bestowed upon the Top 8 finishers in each event of the NCAA Indoor Championships. If any of those eight individuals are foreign athletes, the national association will then give All-America honors to those American athletes, in order of their finishes, until eight awards to Americans have been given.

### WHO IS IN?

Ten Sun Devils make up the contingent heading to Arkansas this weekend. **Amy Hastings** (5,000m) and **Jacquelyn Johnson** (pentathlon & mile relay) will join 4x400m relay members **Christina Hardeman**, **Kandace Tucker**, **Cassandra Reed** and **Tinishia Johnson** as the women's entrants into the meet for Arizona State while the men will be represented by **Brandon Glenn** (pole vault), **Domenik Peterson** (200m and mile relay), **Lewis Banda** and **Jason Barton** (400m and mile relay) and 4x400m relay members **Steve Fitch** and **Seth Amoo**.

### FRESHMEN MAKE FIRST NATIONAL MEET

Four freshmen (two men and two women) on the Arizona State track and field team have qualified for their first NCAA Championship meet on track with only one having competed in an NCAA event before. **Amy Hastings**, a redshirt freshman, competed in the past two cross country championships and is the only non-true freshman of the group. She will run in the 5,000m event. The other three are **Jacquelyn Johnson** (pentathlon/4x400m), **Brandon Glenn** (pole vault) and **Domenik Peterson** (200m/4x400m).

### LAND SPEED RECORD

Over the weekend at the Iowa State Last Chance meet in Ames, Iowa, the men's 4x400m relay of **Jason Barton**, **Steve Fitch**, **Seth Amoo** and **Domenik Peterson** made history by clocking in with a 3:03.43

### NCAA CHAMPIONSHIP SCHEDULE

#### Friday, March 12

|                          |         |         |
|--------------------------|---------|---------|
| <b>Banda</b> (400m)      | Prelims | 5:50 pm |
| <b>Barton</b> (400m)     | Prelims | 5:50 pm |
| <b>Peterson</b> (200m)   | Prelims | 7:35 pm |
| <b>Hastings</b> (5,000m) | Final   | 7:50 pm |
| <b>Peterson</b> (200m)   | * Final | 9:00 pm |

#### Saturday, March 13

|                             |          |         |
|-----------------------------|----------|---------|
| <b>Johnson</b> (pentathlon) | Final    | morning |
| <b>60m Hurdles</b>          | 11:00 am |         |
| <b>High Jump</b>            | 12:15 pm |         |
| <b>Shot Put</b>             | 2:15 pm  |         |
| <b>Long Jump</b>            | 3:15 pm  |         |
| <b>800m Run</b>             | 4:30 pm  |         |
| <b>Glenn</b> (pole vault)   | Final    | 5:30 pm |
| <b>Banda</b> (400m)         | * Final  | 6:55 pm |
| <b>Barton</b> (400m)        | * Final  | 6:55 pm |
| <b>Women's 4x400m</b>       | Final    | 7:55 pm |
| <b>Men's 4x400m</b>         | Final    | 8:10 pm |

*\* Will only compete in finals if advances from the preliminary rounds*

to not only win the race and establish a school record, but also break the collegiate record. The former mark, 3:04.25, was set by Oklahoma on March 8, 1997. The new standard also stands as the fastest in the world so far this year.

### ATHLETES OF THE WEEK

For their record-breaking performance, the men's 4x400m relay team was honored as the Trackshark.com Male Athletes of the Week. The award was the first of the season for any member of the Arizona State track and field program.

### ONE RECORD NOT ENOUGH

Not only did true freshman **Domenik Peterson** return to Tempe as a member of the school and collegiate record-setting mile relay, he also came back to campus with the program mark in the 200m dash. Peterson won the race with a time of 20.84, which also tied him for the fifth-fastest in the collegiate ranks this season.

### SPINNING RECORDS

Overall in the 2004 indoor track and field season, one women's and three men's school records fell, with one going as the collegiate record. For the women, **Amy Hastings** clocked a 16:06.91 in the 5,000m

For the latest information on Arizona State track and field, visit [www.TheSunDevils.com](http://www.TheSunDevils.com)

## SUN DEVILS IN THE 2004 NCAA INDOOR CHAMPIONSHIPS - MARCH 12-13

| WOMEN  | Event        | Entry Mark | Seed |
|--|--------------|------------|------|
| <b>Amy Hastings</b> [Fr., Leavenworth, Kan.] .....   | 5,000m Run   | 16:06.91   | 9th  |
| <b>Arizona State</b> .....   | 4x400m Relay | 3:34.98    | 9th  |
| <i>Christina Hardeman, Kandace Tucker, Jacquelyn Johnson, Cassandra Reed</i>                       |              |            |      |
| <b>Jacquelyn Johnson</b> [Fr., Yuma, Ariz.] .....  | Pentathlon   | 4,044      | 4th  |
| <i>60m Hurdles (8.56); High Jump (1.75m); Shot Put (11.27m); Long Jump (5.75m); 800m (2:26.51)</i> |              |            |      |
| MEN  | Event        | Entry Mark | Seed |
| <b>Domenik Peterson</b> [Fr., Jefferson City, Mo.] .....   | 200m Dash    | 20.84      | 6th  |
| <b>Jason Barton</b> [Jr., Phoenix, Ariz.] .....  | 400m Dash    | 45.80      | 4th  |
| <b>Lewis Banda</b> [So., Bulawayo, Zimbabwe] .....   | 400m Dash    | 45.82      | 5th  |
| <b>Arizona State</b> .....   | 4x400m Relay | 3:03.43    | 1st  |
| <i>Jason Barton, Steve Fitch, Seth Amoo, Domenik Peterson</i>                                      |              |            |      |
| <b>Brandon Glenn</b> [Fr., Avondale, Ariz.] .....  | Pole Vault   | 5.35m      | 15th |

run at the Pac-10 Indoor Invitational in Seattle (2/14) to break the previous standard set by **Kelly MacDonald** in 2000 (16:13.41). On the men's side, two individual marks joined the record relay team. **Domenik Peterson** set the mark in the 200m dash at the ISU Last Chance (3/6) at 20.84 surpassing the standard set last year by **Seth Amoo** (21.01). **Jason Barton** now holds the 400m mark at 45.80 following his run at the Double Dual (1/31), bettering the 46.16 **Tony Berrian** attained in 2000. Barton, and race runner-up **Lewis Banda** (45.82), are the only Sun Devils to ever run under 46 seconds indoors at ASU.

### ACADEMIC HONORS

The men's and women's cross country have been honored by their respective national coaches associations for their success in the classroom. The men were honored by the United States Cross Country Coaches Association while the women earned their sixth honor in as many years from the Women's Intercollegiate Cross Country Association.

### JOHNSON PERFECT IN PENTATHLON

Although she has only competed in the pentathlon once this year, freshman **Jacquelyn Johnson** is perfect in the event heading into the national meet. At the Holiday Inn Invitational in Boise, Idaho, Feb. 13, Johnson claimed first place in the overall event while winning each of the five individual events as well. Johnson clocked in at 8.56 for the 60m hurdles to open the pentathlon and closed it with a 2:26.51 in the 800m run. In the field, she cleared 1.75m in the high jump, threw for 11.27m in the shot and recorded a 5.75m long jump. Her total of 4,044 was six points

shy of automatic qualification into the NCAA meet and was the national leader at the time of the victory.

### SECOND NATIONAL CHAMPIONSHIP?

Ranked ninth heading into the meet, **Amy Hastings** will look to grab her second national title in the 5,000m event and her first as a collegiate runner. Competing as an unattached athlete at the USA Junior Track and Field Championships last June, Hastings won the 5,000m race with a time of 16:28.60. Her winning time also goes down as the meet record.

### TITLE SEARCH

If an Arizona State entrant can bring home a national title, it will end a long drought of success at the national meet. For the men, **Pal Arne Fagernes** was the last man to win an NCAA title by capturing the 1996 javelin event. The women last saw the title come to Tempe when **Maicel Malone** won the 400m dash in 1992, her sixth national title.

On the indoor surfaces, the men have yet to win a national title with all 14 titles coming outdoors while the women have had five indoor golds, with Maicel winning the latest indoor title in 1992.

### REVIEW: 2003 NCAA INDOOR MEET

Four individuals and one relay team competed in the 2003 NCAA Indoor Championships with all but one entry earning All-America honors. For the women, **Lisa Aguilera** finished fifth in the 3,000m run to garner the national honors while **Seneca Holmes**, although finishing 10th overall, earned the honor as the eighth American to finish in the 60m hurdles.

On the men's side, **Trevell Quinley** took

12th in the long jump and earned All-America honors as the eighth American finisher. The final individual, **Seth Amoo**, finished 15th in the 200m dash. The men's 4x400m relay of **Jason Barton**, Amoo, **Steve Fitch** and **Lewis Banda** won their heat, but saw the final heat post faster times to push ASU to fifth overall.

As a team, the women earned two points from Aguilera's fifth-place finish to end the championships tied for 43rd place. The men, thanks to the four points earned by the relay team, took home a tie for 44th.

### SO CLOSE

A pair of current Sun Devil harriers competed in the USA Cross Country Championships (Feb. 7) with **Kal Clark** finishing the junior men's 8,000m race in seventh place, one spot away from qualifying for the USA Junior National Team. Fellow freshman **Ian Chestnut** completed the same event in 38th place. Several other former Sun Devils competed in the meet, including **Fasil Bizuneh**, **Lisa Aguilera**, **Kelly MacDonald**, **Brianna Torres** and **Priscilla Hein**. Aguilera, much like Clark, just missed out on a national team spot, finishing eighth in the women's 4,000m.

### LAST TIME (INDOOR): LAST CHANCE

The second to last weekend of the indoor season saw several Sun Devils head to two locations for Last Chance meets. The first group went to Ames, Iowa, for the Iowa State meet while the others traveled to Seattle for the Washington meet.

In Ames, along with the record performance of the relay team and **Domenik Peterson** in the 200m, **Jacquelyn Johnson** (60m hurdles), the women's

## 2004 TRACK AND FIELD TEAM ROSTERS

4x400m relay of **Christina Hardeman**, **Kandace Tucker**, Johnson and **Cassandra Reed**, **Lewis Banda** (400m), **Steve Fitch** (400m), **Reed** (400m), **Seth Amoo** (200m) and **Trevell Quinley** (long jump) all earned provisional marks in their events.

At the Washington meet, three athletes earned provisional marks. **Jessica Pressley** (weight throw), **Roger Cahill** (3,000m) and **Jennifer Kowacz** (shot put) each met national standards.

### LAST TIME (OUTDOOR): BILL SAWYER

The outdoor season got underway March 6 with the remaining Sun Devils playing host to the Bill Sawyer Invitational. **Travis Jones** led the way with two regional qualifying marks, one each in the hammer and shot put. **Stephen Dolk** became the first Arizona State athlete this season to earn a spot in both the NCAA West Region and Pac-10 Championship meets with his performance in the pole vault.

Overall, the men captured four first-place finishes on the day while the women recorded five. The men took runner-up honors five times and the women six while both squads captured three third-place finishes on the day.

### RETURNING ALL-AMERICANS

Ten Sun Devils (five men and five women) return to the track this year following campaigns in which they earned All-American honors. On the indoor oval, **Seneca Holmes** leads the women after taking national accolades in the 60m hurdles one year ago. Joining her are **Trevell Quinley** in the long jump and the 4x400m relay team of **Seth Amoo**, **Lewis Banda**, **Jason Barton** and **Steve Fitch** for the men's team.

On the outdoor surface, three of the women's 4x400m relay team return in **Cassandra Reed**, **Kandace Tucker** and **Katrice Walton** (graduated senior **Joni Smith** was the fourth member of the team). Also earning outdoor honors a year ago was **Desiree Davila** in the 5,000m run.

Davila, along with **Amy Hastings**, come to track this winter following a cross country season in which each earned All-American honors at the NCAA meet.

### UP NEXT

The second weekend of the outdoor season comes calling with the Arizona State track and field program playing host to the Baldy Castillo Invitational, March 19-20 at Sun Angel Stadium.

| MEN               | EVENT      | YR.   | HOMETOWN (HIGH SCHOOL/LAST SCHOOL)                   |
|-------------------|------------|-------|--|
| Cameron Abel      | Pole Vault | So.   | Chandler, Ariz. (Corona del Sol HS/Northern Arizona) |
| Aaron Aguayo      | Distance   | Fr. * | Phoenix, Ariz. (Mountain Pointe HS)                  |
| Seth Amoo         | Sprints    | Jr.   | Palmdale, Calif. (Highland HS)                       |
| Lewis Banda       | Sprints    | So.   | Bulawayo, Zimbabwe (Milton HS)                       |
| Lee Bartes        | Hurdles    | Sr.   | Mesa, Ariz. (Mesa CC)                                |
| Jason Barton      | Sprints    | Jr. * | Phoenix, Ariz. (Westwood HS)                         |
| Casey Burchill    | Distance   | So.   | Clovis, Calif. (Buchanan HS/Colorado Univ.)          |
| Roger Cahill      | Distance   | So. * | Glendale, Ariz. (Mountain Ridge HS)                  |
| Ian Chestnut      | Distance   | Fr.   | Spokane, Wash. (Joel Ferris HS)                      |
| Kal Clark         | Distance   | Fr.   | Louisville, Ky. (South Oldham HS)                    |
| Jeremy Cramer     | Distance   | Fr. * | Boise, Idaho (Capital HS)                            |
| Jay DeGroot       | Distance   | Jr. * | Gilbert, Ariz. (Gilbert HS)                          |
| Jeff Dodge        | Distance   | Jr. * | Chandler, Ariz. (McClintock HS)                      |
| Stephen Dolk      | Pole Vault | Fr.   | Glendale, Ariz. (Ironwood HS)                        |
| J.J. Duke         | Distance   | So. * | Clovis, Calif. (Clovis HS)                           |
| Chris Duncan      | Throws     | Fr. * | Phoenix, Ariz. (Mountain Pointe HS)                  |
| Ryan Ehler        | Decathlon  | So.   | Mesa, Ariz. (Skyline HS/Mesa CC)                     |
| Steve Fitch       | Sprints    | Sr.   | San Ramon, Calif. (San Ramon HS/Chabot JC)           |
| Brandon Glenn     | Pole Vault | Fr.   | Avondale, Ariz. (Westview HS)                        |
| Bruno Góes        | Sprints    | Fr.   | Brasilia, Brazil (CEUB HS)                           |
| Greg Halver       | Distance   | Fr. * | Phoenix, Ariz. (Paradise Valley HS)                  |
| Brett Houser      | Hurdles    | Fr.   | Apache Junction, Ariz. (Apache Junction HS)          |
| Skylar Johnson    | Pole Vault | Fr.   | Bozeman, Mont. (Bozeman HS)                          |
| Travis Jones      | Throws     | Jr. * | San Diego, Calif. (Cal State Northridge)             |
| Chris Kasik       | Sprints    | Jr.   | Mesa, Ariz. (Red Mountain HS)                        |
| Joshua Kinnaman   | Decathlon  | Fr.   | Chandler, Ariz. (Corona del Sol HS)                  |
| Steven Koehnemann | Sprints    | Fr.   | Chandler, Ariz. (Corona del Sol HS)                  |
| Jason Kravitz     | Throws     | So. * | Beverly Hills, Calif. (Beverly Hills HS)             |
| Griffin Lee       | Distance   | Fr. * | Shawnee, Kan. (Mill Valley HS)                       |
| Carlo Lozano      | Distance   | Fr.   | Seattle, Wash. (Blanchet HS)                         |
| David Madden      | Distance   | Fr.   | Portland, Ore. (Lincoln HS)                          |
| Dan Maher         | Distance   | Sr. * | Tucson, Ariz. (Salpointe Catholic HS)                |
| Asokah Muhammad   | Sprints    | Jr.   | Oakland, Calif. (St. Mary's HS)                      |
| Tomas Navarro     | Throws     | Fr.   | Mesa, Ariz. (Highland HS)                            |
| Peter Ospitale    | Jumps      | Fr.   | Cave Creek, Ariz. (Cactus Shadow HS)                 |
| Domenik Peterson  | Sprints    | Fr.   | Jefferson City, Mo. (Jefferson City HS)              |
| Sean Pierce       | Pole Vault | Jr.   | Mesa, Ariz. (Mesa HS/Paradise Valley CC)             |
| Derek Pisel       | Distance   | Fr. * | Glendale, Ariz. (Mountain Ridge HS)                  |
| Kalé Pittman      | Jumps      | Jr.   | Phoenix, Ariz. (Greenway HS/Phoenix College)         |
| Trevell Quinley   | Jumps      | Jr.   | Tracy, Calif. (Merrill F. West HS)                   |
| Juan Reyes        | Distance   | Jr. * | Phoenix, Ariz. (Carl Hayden HS)                      |
| Andrew Smith      | Throws     | Fr. * | Saginaw, Mich. (Heritage HS)                         |
| Ryan Warrenburg   | Distance   | So.   | Franklin, Ind. (Franklin Community HS)               |
| Jon Whaley        | Pole Vault | So.   | Tempe, Ariz. (Corona del Sol HS/Northern Arizona)    |
| Dustin Williams   | Distance   | Fr.   | Missoula, Mont. (Loyola Sacred Heart HS)             |
| Ryan Zimmerman    | Jumps      | Jr.   | Nipomo, Calif. (Arroyo Grande HS)                    |

| WOMEN              | EVENT           | YR.   | HOMETOWN (HIGH SCHOOL/LAST SCHOOL)                |
|--------------------|-----------------|-------|---|
| Alvina Begay       | Distance        | Sr. * | Ganado, Ariz. (Ganado HS/Adams State Coll.)       |
| Porchea Carroll    | Sprints/Jumps   | Jr.   | Oxnard, Calif. (Rio Mesa HS)                      |
| Molly Clarke       | Throws          | Jr.   | Santa Cruz, Calif. (Aptos HS/Chico State)         |
| Jessica Crate      | Distance        | Fr.   | Brights Grove, Ontario (Northern Collegiate I&VS) |
| Desiree Davila     | Distance        | Jr.   | Chula Vista, Calif. (Hilltop HS)                  |
| Christina Hardeman | Sprints         | So.   | Sunnyvale, Calif. (Wilcox HS/De Anza CC)          |
| Amy Hastings       | Distance        | Fr. * | Leavenworth, Kan. (Leavenworth HS)                |
| Becky Holley       | Throws          | So.   | Lakeside, Calif. (El Capitan HS)                  |
| Seneca Holmes      | Hurdles/Sprints | Sr. * | Waddell, Ariz. (Westview HS)                      |
| Latoya Imadiyi     | Sprints         | Fr.   | Chandler, Ariz. (Corona del Sol HS)               |
| Jacquelyn Johnson  | Heptathlon      | Fr.   | Yuma, Ariz. (Yuma HS)                             |
| Tinishia Johnson   | Jumps           | So. * | Reno, Nev. (Edward C. Reed HS)                    |
| Jennifer Kowacz    | Throws          | Jr.   | Goodyear, Ariz. (Greenway HS/Northern Arizona)    |
| Irene Ku           | Throws          | Fr.   | Los Angeles, Calif. (HS)                          |
| Michelle Lang      | Pole Vault      | Fr.   | Phoenix, Ariz. (Desert Vista HS)                  |
| Liz Lindgren       | Distance        | So. * | Klamath Falls, Ore. (Klamath Union HS)            |
| Amanda Lyon        | Distance        | So. * | Phoenix, Ariz. (Desert Vista HS)                  |
| Anna Masinelli     | Distance        | Fr. * | Scottsdale, Ariz. (Xavier College Prep HS)        |
| Jessie McLaughlin  | Distance        | Fr. * | Olympia, Wash. (Olympia HS)                       |
| Sandra Orsund      | Throws          | Sr.   | Plymouth, Ind. (Plymouth HS)                      |
| Julia Pedersen     | Throws          | Jr.   | Grand Forks, N.D. (Red River HS)                  |
| Stacy Perrault     | Javelin         | Fr.   | Richland, Wash. (Richland HS)                     |
| Jana Pintz         | Throws          | So.   | Waimanalu, Hawaii (Northern Colorado)             |
| Jessica Pressley   | Throws          | Fr.   | Elk Grove, Calif. (Laguna Creek HS)               |
| Kristi Raban       | Pole Vault      | Jr.   | Mesa, Ariz. (Mountain View HS/Paradise Valley CC) |
| Corey Randall      | Distance        | Fr.   | Cincinnati, Ohio (Turpin HS)                      |
| Cassandra Reed     | Sprints         | Jr.   | Avondale, Ariz. (Aqua Fria HS)                    |
| Cassie Ríos        | Distance        | Fr.   | Phoenix, Ariz. (Xavier Prep HS)                   |
| Jessica Scalzo     | Distance        | So.   | Snoqualmie, Wash. (Mt. Si HS)                     |
| Sara Shisslak      | Throws          | Fr. * | Bisbee, Ariz. (Bisbee HS)                         |
| Marcia Smith       | Sprints         | Sr.   | Stockbridge, Ga. (Stephenson HS/Clemson)          |
| Angela Tavlarides  | Pole Vault      | Jr.   | Phoenix, Ariz. (Shadow Mountain HS/Mesa CC)       |
| Kandace Tucker     | Sprints         | So.   | Irving, Texas (MacArthur HS)                      |
| Katrice Walton     | Sprints         | So.   | Detroit, Mich. (Cass Technical HS)                |
| Jenna Wrieden      | Distance        | Fr. * | Glendale, Ariz. (Mountain Ridge HS)               |

\*Redshirt Year Used

# 2004 WOMEN'S TOP TIMES - INDOOR [Updated March 7]

## RUNNING EVENTS [#NCAA Automatic / \*NCAA Provisional]

| 55 Meters [6.79/6.93] | Mark | Date - Meet |
|-----------------------|------|-------------|
| Porchea Carroll       | 7.23 | 1/31 2      |
| Latoya Imadiyi        | 7.33 | 1/31 2      |
| Katrice Walton        | 7.40 | 1/31 2      |

| 55 Meter Hurdles [7.61/7.87] | Mark  | Date - Meet |
|------------------------------|-------|-------------|
| Jacquelyn Johnson            | 7.89a | 1/31 2      |
| Rindy Germaine               | 8.33a | 1/31 2      |

| 60 Meters [7.30/7.44] | Mark  | Date - Meet |
|-----------------------|-------|-------------|
| Kandace Tucker        | 7.55  | 2/7 3       |
| Cassandra Reed        | 7.74  | 2/7 3       |
| Porchea Carroll       | 7.81  | 2/14 6      |
| Latoya Imadiyi        | 7.86a | 2/7 4       |
| Katrice Walton        | 8.02a | 2/7 4       |

| 60 Meter Hurdles [8.15/8.43] | Mark  | Date - Meet |
|------------------------------|-------|-------------|
| Jacquelyn Johnson            | 8.38  | 3/6 9a      |
| Rindy Germaine               | 8.92a | 2/7 4       |

| 200 Meters [23.70/24.00] | Mark    | Date - Meet |
|--------------------------|---------|-------------|
| Kandace Tucker           | * 23.86 | 2/7 3       |
| Cassandra Reed           | ^ 24.54 | 2/7 3       |
| Porchea Carroll          | ^ 25.34 | 1/31 2      |
| Latoya Imadiyi           | ^ 25.58 | 1/17 1      |
| Katrice Walton           | ^ 25.44 | 1/31 2      |

| 400 Meters [53.20/54.80] | Mark    | Date - Meet |
|--------------------------|---------|-------------|
| Cassandra Reed           | * 53.81 | 3/6 9a      |
| Christina Hardeman       | 55.94   | 1/31 2      |
| Tinishia Johnson         | 57.73   | 2/7 3       |

| 800 Meters [2:06.05/2:09.00] | Mark       | Date - Meet |
|------------------------------|------------|-------------|
| Amy Hastings                 | 2:15.66 aa | 1/31 2      |
| Jessie McLaughlin            | 2:18.96 aa | 1/31 2      |
| Jacquelyn Johnson            | 2:26.51    | 2/13 6      |

| Mile Run [4:38.50/4:48.40] | Mark       | Date - Meet |
|----------------------------|------------|-------------|
| Anna Masinelli             | 4:53.81    | 3/6 9b      |
| Jessie McLaughlin          | 4:55.17    | 2/14 5      |
| Desiree Davila             | 5:07.36 aa | 1/31 2      |
| Jenna Wrieden              | 5:26.46 aa | 1/31 2      |

| 3,000 Meters [9:16.00/9:35.00] | Mark        | Date - Meet |
|--------------------------------|-------------|-------------|
| Liz Lindgren                   | 10:51.31 aa | 1/31 2      |
| Alvina Begay                   | 10:52.05 aa | 1/31 2      |

| 5,000 Meters [16:15.00/16:45.00] | Mark         | Date - Meet |
|----------------------------------|--------------|-------------|
| Amy Hastings                     | @ # 16:06.91 | 2/14 5      |
| Desiree Davila                   | * 16:34.28   | 2/14 5      |
| Alvina Begay                     | 17:09.45     | 2/14 5      |
| Liz Lindgren                     | 17:48.62     | 2/14 5      |

## RELAYS [#NCAA Automatic / \*NCAA Provisional]

| 4x400 Meter Relay [3:35.70/3:41.20] | Mark      | Date - Meet |
|-------------------------------------|-----------|-------------|
| Christina Hardeman, Kandace Tucker  | * 3:34.98 | 3/6 9a      |
| Jacquelyn Johnson, Cassandra Reed   |           |             |

| Distance Medley Relay [11:17.00/11:38.00] | Mark     | Date - Meet |
|---|----------|-------------|
| Desiree Davila, Katrice Walton            | 12:25.46 | 1/31 2      |
| Jessie McLaughlin, Amy Hastings           |          |             |

## FIELD EVENTS [#NCAA Automatic / \*NCAA Provisional]

| High Jump [1.84/1.78] | Mark          | Date - Meet |
|-----------------------|---------------|-------------|
| Jacquelyn Johnson     | 1.75 (5-8.75) | 2/13 6      |
| Rindy Germaine        | 1.42 (4-7.75) | 1/31 2      |

| Long Jump [6.40/6.20] | Mark            | Date - Meet |
|-----------------------|-----------------|-------------|
| Tinishia Johnson      | 5.94 (19-06.00) | 1/31 2      |
| Jacquelyn Johnson     | 5.92 (19-05.25) | 1/31 2      |
| Porchea Carroll       | 5.88 (19-03.50) | 1/31 2      |

| Triple Jump [13.30/12.65] | Mark | Date - Meet |
|---------------------------|------|-------------|
| No marks to record        |      |             |

| Pole Vault [4.20/3.95] | Mark            | Date - Meet |
|------------------------|-----------------|-------------|
| Angela Tavlarides      | 3.66 (12-00.00) | 1/31 2      |
| Kristi Raban           | 3.66 (12-00.00) | 1/31 2      |
| Michelle Lang          | 3.50 (11-05.75) | 2/7 4       |

| Shot Put [16.50/15.20] | Mark               | Date - Meet |
|------------------------|--------------------|-------------|
| Jennifer Kowacz        | * 15.87 (52-01.00) | 2/7 4       |
| Julia Pedersen         | 15.36 (50-04.75)   | 2/7 4       |
| Jessica Pressley       | 14.64 (48-00.50)   | 2/7 4       |
| Stacy Perrault         | 8.52 (27-11.50)    | 1/31 2      |
| Becky Holley           | 7.76 (25-05.50)    | 1/31 2      |

| Weight Throw [19.90/18.50] | Mark             | Date - Meet |
|----------------------------|------------------|-------------|
| Jessica Pressley           | 19.10 (62-08.00) | 3/6 9b      |
| Jennifer Kowacz            | 16.69 (54-09.25) | 2/7 4       |
| Sandra Orsund              | 16.65 (54-07.50) | 1/31 2      |
| Sara Shisslak              | 12.50 (41-00.25) | 1/31 2      |
| Molly Clarke               | foul             | 1/31 2      |

| Pentathlon [4,050/3,700]   | Mark    | Date - Meet |
|--|---------|-------------|
| Jacquelyn Johnson  | * 4,044 | 2/13 6      |
| 8.56 (60mH), 1.75m (HJ), 11.27m (SP), 5.75m (LJ), 2:26.51 (800m) |         |             |

| Top Pentathlon Individual Event Marks |                   |        |
|---------------------------------------|-------------------|--------|
| 60m Hurdles                           | 8.56              | 2/13 6 |
| High Jump                             | 1.75m (5-8.75)    | 2/13 6 |
| Shot Put                              | 11.27m (36-11.75) | 2/13 6 |
| Long Jump                             | 5.75m (18-10.50)  | 2/13 6 |
| 800m Run                              | 2:26.51           | 2/13 6 |

## MEET DATES AND CODES OF IDENTIFICATION

|    |                              |                         |         |
|----|------------------------------|-------------------------|---------|
| 1  | at NAU Invitational          | Flagstaff, Ariz.        | 1/17    |
| 2  | at UA/NAU Double Dual        | Flagstaff, Ariz.        | 1/31    |
| 3  | at United Heritage Invite    | Boise, Idaho            | 2/7     |
| 4  | at Mountain 'T' Invite       | Flagstaff, Ariz.        | 2/7     |
| 5  | at Pac-10 Invitational       | Seattle, Wash.          | 2/13-14 |
| 6  | at Holiday Inn Invitational  | Boise, Idaho            | 2/13-14 |
| 7  | at Tyson Foods Invitational  | Fayetteville, Ark.      | 2/13-14 |
| 8  | at Air Force Open            | Colorado Springs, Colo. | 2/21    |
| 9a | at Iowa State Last Chance    | Ames, Iowa              | 3/6     |
| 9b | at Washington Last Chance    | Seattle, Wash.          | 3/6     |
| 10 | at NCAA Indoor Championships | Fayetteville, Ark.      | 3/12-13 |

## NOTES

@ - school record; a - altitude adjustment made; aa - at altitude (no adjustment)  
# - NCAA automatic qualifier; \* - NCAA provisional qualifier

**NOTE:** All qualifying times listed in [] are based on a 200m track.

^ track was over 200m; standards are [23.50/24.00]

~ track was over 200m; standards are [52.90/54.50]

• track was over 200m; standards are [3:06.90/3:10.40]

# 2004 MEN'S TOP TIMES - INDOOR [Updated March 7]

## RUNNING EVENTS

[#NCAA Automatic / \*NCAA Provisional]

| 55 Meters [6.15/6.25] | Mark    | Date | Meet |
|-----------------------|---------|------|------|
| Steven Koehnemann     | 6.28 aa | 1/31 | 2    |
| Seth Amoo             | 6.34 aa | 1/31 | 2    |
| Bruno Góes            | 6.50 aa | 1/31 | 2    |

| 55 Meter Hurdles [7.18/7.39] | Mark    | Date | Meet |
|------------------------------|---------|------|------|
| Chris Kasik                  | 7.87 aa | 1/31 | 2    |

| 60 Meters [6.62/6.72] | Mark   | Date | Meet |
|-----------------------|--------|------|------|
| Steven Koehnemann     | 6.73aa | 1/17 | 1    |
| Bruno Góes            | 6.94aa | 1/17 | 1    |
| Seth Amoo             | 6.95   | 2/7  | 3    |
| Asokah Muhammad       | 7.27aa | 1/17 | 1    |

| 60 Meter Hurdles [7.70/7.95] | Mark   | Date | Meet |
|------------------------------|--------|------|------|
| Chris Kasik                  | 8.32aa | 1/17 | 1    |

| 200 Meters [21.10/21.50] | Mark       | Date | Meet |
|--------------------------|------------|------|------|
| Domenik Peterson         | @ # 20.84  | 3/6  | 9a   |
| Seth Amoo                | * ^^ 21.10 | 2/13 | 7    |
| Lewis Banda              | ^ 21.37    | 1/17 | 1    |
| Bruno Góes               | ^ 22.21    | 1/31 | 2    |

| 400 Meters [46.55/47.65] | Mark      | Date | Meet |
|--------------------------|-----------|------|------|
| Jason Barton             | @ # 45.80 | 1/31 | 2    |
| Lewis Banda              | # 45.82   | 1/31 | 2    |
| Steve Fitch              | * 46.80   | 1/31 | 2    |
| Domenik Peterson         | * 47.33   | 2/7  | 3    |

| 800 Meters [1:48.30/1:50.20] | Mark       | Date | Meet |
|------------------------------|------------|------|------|
| Jeff Dodge                   | 1:51.91    | 2/14 | 5    |
| Jay DeGroot                  | 1:52.12    | 2/14 | 5    |
| Greg Halver                  | 1:58.61 aa | 1/31 | 2    |

| Mile Run [3:59.30/4:04.90] | Mark       | Date | Meet |
|----------------------------|------------|------|------|
| Ryan Warrenburg            | 4:29.11 aa | 1/31 | 2    |
| Jeremy Cramer              | 4:48.38 aa | 1/31 | 2    |

| 3,000 Meters [7:56.00/8:08.00] | Mark       | Date | Meet |
|--------------------------------|------------|------|------|
| Roger Cahill                   | * 8:03.18  | 3/6  | 9b   |
| Ryan Warrenburg                | 8:15.84    | 2/14 | 5    |
| J.J. Duke                      | 9:07.57 aa | 1/31 | 2    |
| Casey Burchill                 | 9:18.64 aa | 1/31 | 2    |
| Griffin Lee                    | 9:50.95 aa | 1/31 | 2    |

| 5,000 Meters [13:53.10/14:15.00] | Mark       | Date | Meet |
|----------------------------------|------------|------|------|
| Casey Burchill                   | * 14:09.95 | 2/14 | 5    |
| J.J. Duke                        | 14:24.57   | 2/14 | 5    |

## RELAYS

| 4x400 Meter Relay [3:08.50/3:12.00] | Mark             | Date | Meet |
|-------------------------------------|------------------|------|------|
| Jason Barton, Steve Fitch           | \$ @ ! # 3:03.43 | 3/6  | 9a   |
| Seth Amoo, Domenik Peterson         |                  |      |      |

| Distance Medley Relay [9:37.25/9:48.00] | Mark     | Date | Meet |
|---|----------|------|------|
| Ryan Warrenburg, Jeff Dodge             | 10:26.83 | 1/31 | 2    |
| Greg Halver, Roger Cahill               |          |      |      |

## FIELD EVENTS

[#NCAA Automatic / \*NCAA Provisional]

| High Jump [2.23/2.17] | Mark           | Date | Meet |
|-----------------------|----------------|------|------|
| Trevell Quinley       | 2.00 (6-06.75) | 1/31 | 2    |
| Kalé Pittman          | 1.88 (6-02.00) | 1/31 | 2    |
| Peter Ospitale        | 1.82 (5-11.50) | 1/31 | 2    |
| Ryan Zimmerman        | no height      | 1/17 | 1    |

| Long Jump [7.85/7.55] | Mark              | Date | Meet |
|-----------------------|-------------------|------|------|
| Trevell Quinley       | * 7.64 (25-00.75) | 3/6  | 9a   |
| Kalé Pittman          | 7.13 (23-04.75)   | 2/7  | 4    |
| Asokah Muhammad       | 6.76 (22-02.25)   | 1/31 | 2    |

| Triple Jump [16.30/15.60] | Mark             | Date | Meet |
|---------------------------|------------------|------|------|
| Ryan Zimmerman            | 14.89 (48-10.25) | 1/31 | 2    |
| Asokah Muhammad           | 14.65 (48-00.75) | 1/31 | 2    |

| Pole Vault [5.50/5.30] | Mark              | Date | Meet |
|------------------------|-------------------|------|------|
| Brandon Glenn          | * 5.35 (17-06.50) | 2/7  | 4    |
| Stephen Dolk           | 4.91 (16-01.25)   | 2/14 | 6    |
| Sean Pierce            | 4.60 (15-01.00)   | 1/17 | 1    |
| Cameron Abel           | 4.57 (15-00.00)   | 1/31 | 2    |
| Jon Whaley             | 4.27 (14-00.00)   | 1/31 | 2    |

| Shot Put [19.50/17.75] | Mark             | Date | Meet |
|------------------------|------------------|------|------|
| Travis Jones           | 16.72 (54-10.25) | 1/31 | 2    |
| Andrew Smith           | 16.32 (53-06.50) | 1/31 | 2    |
| Jason Kravitz          | 14.98 (49-01.75) | 1/17 | 1    |

| Weight Throw [21.35/19.50] | Mark             | Date | Meet |
|----------------------------|------------------|------|------|
| Travis Jones               | 17.65 (57-11.00) | 2/7  | 4    |
| Andrew Smith               | 14.42 (47-03.75) | 1/31 | 2    |
| Chris Duncan               | 13.31 (43-08.00) | 1/31 | 2    |

| Heptathlon [5,500/5,100] | Mark | Date | Meet |
|--------------------------|------|------|------|
| No marks to record       |      |      |      |

## MEET DATES AND CODES OF IDENTIFICATION

|    |                              |                         |         |
|----|------------------------------|-------------------------|---------|
| 1  | at NAU Invitational          | Flagstaff, Ariz.        | 1/17    |
| 2  | at UA/NAU Double Dual        | Flagstaff, Ariz.        | 1/31    |
| 3  | at United Heritage Invite    | Boise, Idaho            | 2/7     |
| 4  | at Mountain 'T' Invite       | Flagstaff, Ariz.        | 2/7     |
| 5  | at Pac-10 Invitational       | Seattle, Wash.          | 2/13-14 |
| 6  | at Holiday Inn Invitational  | Boise, Idaho            | 2/13-14 |
| 7  | at Tyson Foods Invitational  | Fayetteville, Ark.      | 2/13-14 |
| 8  | at Air Force Open            | Colorado Springs, Colo. | 2/21    |
| 9a | at Iowa State Last Chance    | Ames, Iowa              | 3/6     |
| 9b | at Washington Last Chance    | Seattle, Wash.          | 3/6     |
| 10 | at NCAA Indoor Championships | Fayetteville, Ark.      | 3/12-13 |

## NOTES

@ - school record; a - altitude adjustment made; aa - at altitude (no adjustment)  
# - NCAA automatic; \* - NCAA provisional; ! - World best; \$ - collegiate record

**NOTE:** All qualifying times listed in [] are based on a 200m track.

^ track was over 200m; standards are [20.85/21.25]

^^ banked track; standards are [20.85, 21.25]

~ track was over 200m; standards are [46.15/47.25]

• track was over 200m; standards are [3:06.90/3:10.40]

# 2004 WOMEN'S SEASON RESULTS - INDOOR

# NCAA Auto; \* NCAA Provisional; @ School Record; \$ NCAA Record

Updated March 7, 2004

**Alvina Begay** [Sr., Ganado, Ariz./Adams State College]

## 3,000 Meter Run

Double Dual (1/31) 10:52.05 2nd

## 5,000 Meter Run

Pac-10 Invitational (2/14) 17:09.45 13th

**Porchea Carroll** [Jr., Oxnard, Calif./Rio Mesa HS]

## 55 Meter Dash

Double Dual (1/31) 7.23 4th

## 60 Meter Dash

Holiday Inn Invite (2/14) 7.81 8th

## 200 Meter Dash

Double Dual (1/31) 25.34 2nd

## Long Jump

Double Dual (1/31) 5.88m (19-03.50) 3rd

Holiday Inn Invite (2/14) 5.87m (19-03.25) 1st

**Molly Clarke** [Jr., Santa Cruz, Calif./Chico State]

## Weight Throw

NAU Invitational (1/17) no distance ---

Double Dual (1/31) no distance ---

**Desiree Davila** [Jr., Chula Vista, Calif./Hilltop HS]

## Mile Run

Double Dual (1/31) 5:07.36 3rd

## 5,000 Meter

Pac-10 Invitational (2/14) \* 16:34.28 8th

Washington Last Chance (3/6) 16:59.09 5th

**Rindy Germaine** [So., Mesa, Ariz./Mountain View HS]

## 55 Meter Hurdles

Double Dual (1/31) 8.29 4th

## 60 Meter Hurdles

NAU Invitational (1/17) prelims 8.97 4th

NAU Invitational (1/17) finals 8.99 2nd

Mountain 'T' Invitational (2/7) prelims 8.92 5th

Mountain 'T' Invitational (2/7) finals 8.97 5th

## High Jump

Double Dual (1/31) 1.42m (4-07.75) 4th

**Christina Hardeman** [So., Sunnyvale, Calif./De Anza CC]

## 400 Meter Dash

NAU Invitational (1/17) 56.96 2nd

Double Dual (1/31) 55.94 2nd

United Heritage Invite (2/7) 56.78 8th

Tyson Foods Invite (2/13) open 56.68 34th

**Amy Hastings** [Fr., Leavenworth, Kan./Leavenworth HS]

## 800 Meter Run

Double Dual (1/31) 2:15.66 1st

## 5,000 Meter Run

Pac-10 Invitational (2/14) @ # 16:06.91 6th

**Becky Holley** [So., Lakeside, Calif./El Capitan HS]

## Shot Put

Double Dual (1/31) 7.76m (25-05.50) 13th

**Latoya Imadiyi** [Fr., Chandler, Ariz./Corona del Sol HS]

## 55 Meter Dash

Double Dual (1/31) 7.33 5th

## 60 Meter Dash

NAU Invitational (1/17) prelims 7.93 5th

NAU Invitational (1/17) finals 7.91 4th

Mountain 'T' Invitational (2/7) prelims 7.86 14th

## 200 Meter Dash

NAU Invitational (1/17) 25.58 7th

Double Dual (1/31) 25.59 4th

**Jacquelyn Johnson** [Fr., Yuma, Ariz./Yuma HS]

## 55 Meter Hurdles

Double Dual (1/31) 7.85 1st

## 60 Meter Hurdles

NAU Invitational (1/17) prelims 8.40 1st

NAU Invitational (1/17) finals 8.76 1st

United Heritage Invite (2/7) prelims 8.52 8th

United Heritage Invite (2/7) finals 8.58 6th

Iowa State Last Chance (3/6) prelims \* 8.39 2nd

Iowa State Last Chance (3/6) finals \* 8.38 2nd

## High Jump

Double Dual (1/31) 1.69m (5-06.50) 1st

United Heritage Invite (2/7) 1.70m (5-07.00) 2nd

Iowa State Last Chance (3/6) 1.67m (5-05.75) T5th

## Long Jump

Double Dual (1/31) 5.92m (19-05.25) 2nd

## Pentathlon

Holiday Inn Invite (2/13) 4,044 1st

60m Hurdles 8.56 1,004 1st

High Jump 1.75m (5-08.75) 916 1st

Shot Put 11.27m (36-11.75) 613 1st

Long Jump 5.75m (18-10.50) 774 1st

800m Run 2:26.51 737 1st

**Tinishia Johnson** [So., Reno, Nev./Edward C. Reed HS]

## 400 Meter Dash

United Heritage Invite (2/7) 57.73 16th

## Long Jump

Double Dual (1/31) 5.94m (19-06.00) 1st

Tyson Foods Invite (2/13) 5.80m (19-00.50) 6th

**Jennifer Kowacz** [Jr., Goodyear, Ariz./Northern Arizona]

## Shot Put

NAU Invitational (1/17) \* 15.86m (52-00.50) 1st

Double Dual (1/31) \* 15.64m (51-03.75) 1st

Mountain 'T' Invitational (2/7) \* 15.87m (52-01.00) 1st

Pac-10 Invitational (2/14) \* 15.59m (51-01.75) 2nd

Washington Last Chance (3/6) \* 15.72m (51-07.00) 2nd

## Weight Throw

NAU Invitational (1/17) 16.30m (53-05.75) 2nd

Double Dual (1/31) 16.67m (54-08.25) 2nd

Mountain 'T' Invitational (2/7) 16.69m (54-09.25) 5th

Pac-10 Invitational (2/14) 16.20m (53-01.75) 11th

**Michelle Lang** [Fr., Phoenix, Ariz./Desert Vista HS]

## Pole Vault

NAU Invitational (1/17) 3.30m (10-10.00) 7th

Double Dual (1/31) 3.50m (11-05.75) 6th

Mountain 'T' Invitational (2/7) 3.50m (11-05.75) t10th

**Liz Lindgren** [So., Klamath Falls, Ore./Klamath Union HS]

## 3,000 Meter Run

Double Dual (1/31) 10:51.31 1st

## 5,000 Meter Run

Pac-10 Invitational (2/14) 17:48.62 15th

**Anna Masinelli** [Fr., Scottsdale, Ariz./Xavier College Prep]

## Mile Run

Double Dual (1/31) 5:10.05 4th

Pac-10 Invitational (2/14) 4:54.51 9th

Washington Last Chance (3/6) 4:53.81 8th

**Jessie McLaughlin** [Fr., Olympia, Wash./Olympia HS]

## 800 Meter Run

Double Dual (1/31) 2:18.96 3rd

## Mile Run

Pac-10 Invitational (2/14) 4:55.17 10th

Washington Last Chance (3/6) 5:04.49 18th

# 2004 WOMEN'S SEASON RESULTS - INDOOR

# NCAA Auto; \* NCAA Provisional; @ School Record; \$ NCAA Record

Updated March 7, 2004

**Sandra Orsund** [Sr., Plymouth, Ind./Plymouth HS]

## **Weight Throw**

|                                 |                   |      |
|---------------------------------|-------------------|------|
| NAU Invitational (1/17)         | 16.18m (53-01.00) | 3rd  |
| Double Dual (1/31)              | 16.65m (54-07.50) | 3rd  |
| Mountain 'T' Invitational (2/7) | 15.21m (49-11.00) | 11th |

**Julia Pedersen** [Jr., Grand Forks, N.D./Red River HS]

## **Shot Put**

|                                 |                     |     |
|---------------------------------|---------------------|-----|
| NAU Invitational (1/17)         | 14.21m (46-07.50)   | 2nd |
| Double Dual (1/31)              | 14.84m (48-08.25)   | 3rd |
| Mountain 'T' Invitational (2/7) | * 15.36m (50-04.75) | 3rd |
| Pac-10 Invitational (2/14)      | 13.84m (45-05.00)   | 9th |

**Stacy Perrault** [Fr., Richland, Wash./Richland HS]

## **Shot Put**

|                    |                  |      |
|--------------------|------------------|------|
| Double Dual (1/31) | 8.52m (27-11.50) | 12th |
|--------------------|------------------|------|

**Jessica Pressley** [Fr., Elk Grove, Calif./Laguna Creek HS]

## **Shot Put**

|                                 |                   |      |
|---------------------------------|-------------------|------|
| NAU Invitational (1/17)         | 13.70m (44-11.50) | 4th  |
| Double Dual (1/31)              | 13.51m (44-04.00) | 6th  |
| Mountain 'T' Invitational (2/7) | 14.64m (48-00.50) | 5th  |
| Pac-10 Invitational (2/14)      | 13.53m (44-04.75) | 13th |
| Washington Last Chance (3/6)    | 13.50m (44-03.50) | 6th  |

## **Weight Throw**

|                                 |                     |      |
|---------------------------------|---------------------|------|
| NAU Invitational (1/17)         | 18.13m (59-05.75)   | 1st  |
| Double Dual (1/31)              | 18.16m (59-07.00)   | 1st  |
| Mountain 'T' Invitational (2/7) | 17.75m (58-03.00)   | 2nd  |
| Pac-10 Invitational (2/14)      | 16.39m (53-09.25)   | 10th |
| Washington Last Chance (3/6)    | * 19.10m (62-08.00) | 1st  |

**Kristi Raban** [Jr., Mesa, Ariz./Paradise Valley CC]

## **Pole Vault**

|                                 |                    |       |
|---------------------------------|--------------------|-------|
| NAU Invitational (1/17)         | 3.30m (10-10.00)   | 7th   |
| Double Dual (1/31)              | @ 3.66m (12-00.00) | 4th   |
| Mountain 'T' Invitational (2/7) | 3.50m (11-05.75)   | t10th |

**Cassandra Reed** [Jr., Avondale, Ariz./Aqua Fria HS]

## **60 Meter Dash**

|                              |         |      |     |
|------------------------------|---------|------|-----|
| United Heritage Invite (2/7) | prelims | 7.74 | 9th |
|------------------------------|---------|------|-----|

## **200 Meter Dash**

|                              |       |      |
|------------------------------|-------|------|
| NAU Invitational (1/17)      | 24.58 | 2nd  |
| United Heritage Invite (2/7) | 24.54 | 10th |

## **400 Meter Dash**

|                              |               |         |     |
|------------------------------|---------------|---------|-----|
| Double Dual (1/31)           |               | * 54.48 | 1st |
| Tyson Foods Invite (2/13)    | <i>invite</i> | * 54.45 | 8th |
| Iowa State Last Chance (3/6) |               | * 53.81 | 4th |

**Sara Shisslak** [Fr., Bisbee, Ariz./Bisbee HS]

## **Weight Throw**

|                    |                   |      |
|--------------------|-------------------|------|
| Double Dual (1/31) | 12.50m (41-00.25) | 11th |
|--------------------|-------------------|------|

**Angela Tavarides** [Jr., Phoenix, Ariz./Mesa CC]

## **Pole Vault**

|                                 |                    |       |
|---------------------------------|--------------------|-------|
| NAU Invitational (1/17)         | 3.50m (11-05.75)   | 4th   |
| Double Dual (1/31)              | @ 3.66m (12-00.00) | 3rd   |
| Mountain 'T' Invitational (2/7) | 3.50m (11-05.75)   | t10th |

**Kandace Tucker** [So., Irving, Texas/MacArthur HS]

## **60 Meter Dash**

|                              |         |      |     |
|------------------------------|---------|------|-----|
| United Heritage Invite (2/7) | prelims | 7.55 | 3rd |
| United Heritage Invite (2/7) | finals  | 7.56 | 5th |

## **200 Meter Dash**

|                              |         |      |
|------------------------------|---------|------|
| NAU Invitational (1/17)      | 24.08   | 1st  |
| United Heritage Invite (2/7) | * 23.86 | 3rd  |
| Tyson Foods Invite (2/13)    | 24.01   | 14th |
| Iowa State Last Chance (3/6) | 24.05   | 4th  |

**Katrice Walton** [So., Detroit, Mich./Cass Technical HS]

## **55 Meter Dash**

|                    |      |     |
|--------------------|------|-----|
| Double Dual (1/31) | 7.40 | 8th |
|--------------------|------|-----|

## **60 Meter Dash**

|                                 |         |      |      |
|---------------------------------|---------|------|------|
| Mountain 'T' Invitational (2/7) | prelims | 8.02 | 22nd |
|---------------------------------|---------|------|------|

## **200 Meter Dash**

|                                 |       |      |
|---------------------------------|-------|------|
| NAU Invitational (1/17)         | 25.78 | 8th  |
| Double Dual (1/31)              | 25.44 | 3rd  |
| Mountain 'T' Invitational (2/7) | 25.97 | 11th |

**Jenna Wrieden** [Fr., Glendale, Ariz./Mountain Ridge HS]

## **Mile Run**

|                    |         |     |
|--------------------|---------|-----|
| Double Dual (1/31) | 5:26.46 | 7th |
|--------------------|---------|-----|

## **RELAYS**

### **4x400m Relay**

**Arizona State 'A' - Reed, Hardeman, J. Johnson, Tucker**

|                              |           |     |
|------------------------------|-----------|-----|
| Double Dual (1/31)           | 3:43.93   | 1st |
| United Heritage Invite (2/7) | 3:41.19   | 2nd |
| Iowa State Last Chance (3/6) | * 3:34.98 | 3rd |

**Arizona State 'A' - Reed, Hardeman, T. Johnson, Tucker**

|                           |           |     |
|---------------------------|-----------|-----|
| Tyson Foods Invite (2/13) | * 3:39.78 | 4th |
|---------------------------|-----------|-----|

### **Distance Medley Relay**

**Arizona State 'A' - Davila, Walton, McLaughlin, Hastings**

|                    |          |     |
|--------------------|----------|-----|
| Double Dual (1/31) | 12:25.46 | 1st |
|--------------------|----------|-----|

# 2004 MEN'S SEASON RESULTS - INDOOR

# NCAA Auto; \* NCAA Provisional; @ School Record; \$ NCAA Record

Updated March 7, 2004

**Cameron Abel** [So., Chandler, Ariz./Northern Arizona University]

## **Pole Vault**

Double Dual (1/31) 4.57m (15-00.00) 8th

**Seth Amoo** [Jr., Palmdale, Calif./Highland HS]

## **55 Meter Dash**

Double Dual (1/31) 6.43 2nd

## **60 Meter Dash**

United Heritage Invite (2/7) prelims 6.95 11th

## **200 Meter Dash**

NAU Invitational (1/17) 21.36 1st

Double Dual (1/31) 21.29 1st

United Heritage Invite (2/7) \* 21.43 8th

Tyson Foods Invite (2/13) \* 21.10 7th

Iowa State Last Chance (3/6) \* 21.19 3rd

**Lewis Banda** [So., Bulawayo, Zimbabwe/Milton HS]

## **200 Meter Dash**

NAU Invitational (1/17) 21.37 2nd

## **400 Meter Dash**

Double Dual (1/31) # 45.82 2nd

United Heritage Invite (2/7) \* 46.70 2nd

Tyson Foods Invite (2/13) *invite* \* 46.87 4th

Iowa State Last Chance (3/6) \* 46.58 1st

**Jason Barton** [Jr., Phoenix, Ariz./Westwood HS]

## **400 Meter Dash**

NAU Invitational (1/17) 46.74 1st

Double Dual (1/31) # @ 45.80 1st

United Heritage Invite (2/7) \* 47.54 9th

Tyson Foods Invite (2/13) *invite* \* 46.98 5th

**Casey Burchill** [So., Clovis, Calif./Colorado University]

## **3,000 Meter Run**

Double Dual (1/31) 9:18.64 7th

## **5,000 Meter Run**

Pac-10 Invitational (2/14) \* 14:09.95 6th

**Roger Cahill** [So., Glendale, Ariz./Mountain Ridge HS]

## **3,000 Meter Run**

Washington Last Chance (3/6) \* 8:03.18 6th

**Jeremy Cramer** [Fr., Boise, Idaho/Capital HS]

## **Mile Run**

Double Dual (1/31) 4:48.38 6th

**Jay DeGroot** [Jr., Gilbert, Ariz./Gilbert HS]

## **800 Meter Run**

Pac-10 Invitational (2/14) 1:52.12 18th

**Jeff Dodge** [Jr., Chandler, Ariz./McClintock HS]

## **800 Meter Run**

Double Dual (1/31) 1:55.21 4th

Pac-10 Invitational (2/14) 1:51.91 14th

**Stephen Dolk** [Fr., Glendale, Ariz./Ironwood HS]

## **Pole Vault**

NAU Invitational (1/17) no height ---

Double Dual (1/31) 4.88m (16-00.00) 3rd

Mountain 'T' Invitational (2/7) 4.80m (15-09.00) 12th

Holiday Inn Invite (2/14) 4.91m (16-01.25) 3rd

**J.J. Duke** [So., Clovis, Calif./Clovis HS]

## **3,000 Meter Run**

Double Dual (1/31) 9:07.57 6th

## **5,000 Meter Run**

Pac-10 Invitational (2/14) 14:24.57 13th

**Chris Duncan** [Fr., Phoenix, Ariz./Mountain Pointe HS]

## **Weight Throw**

NAU Invitational (1/17) no distance ---

Double Dual (1/31) 13.31m (43-08.00) 7th

**Steve Fitch** [Sr., San Ramon, Calif./Chabot JC]

## **400 Meter Dash**

NAU Invitational (1/17) 47.20 2nd

Double Dual (1/31) \* 46.80 3rd

United Heritage Invite (2/7) \* 47.13 5th

Tyson Foods Invite (2/13) *open* 47.67 15th

Iowa State Last Chance (3/6) \* 46.92 3rd

**Brandon Glenn** [Fr., Avondale, Ariz./Westview HS]

## **Pole Vault**

NAU Invitational (1/17) 5.20m (17-00.75) 6th

Double Dual (1/31) 5.20m (17-00.75) 2nd

Mountain 'T' Invitational (2/7) \* 5.35m (17-06.50) T2nd

Holiday Inn Invite (2/14) 5.21m (17-01.00) 2nd

Washington Last Chance (3/6) 5.20m (17-00.75) 4th

**Bruno Góes** [Fr., Brasilia, Brazil/CEUB HS]

## **55 Meter Dash**

Double Dual (1/31) 6.50 3rd

## **60 Meter Dash**

NAU Invitational (1/17) prelims 6.94 10th

NAU Invitational (1/17) finals 6.95 7th

United Heritage Invite (2/7) prelims 7.08 17th

## **200 Meter Dash**

Double Dual (1/31) 22.21 6th

United Heritage Invite (2/7) 22.57 23rd

**Greg Halver** [Fr., Phoenix, Ariz./Paradise Valley HS]

## **800 Meter Run**

Double Dual (1/31) 1:58.61 8th

**Travis Jones** [Sr., San Diego, Calif./Cal State Northridge]

## **Shot Put**

NAU Invitational (1/17) 15.88m (52-01.25) 8th

Double Dual (1/31) 16.72m (54-10.25) 1st

Mountain 'T' Invitational (2/7) 16.24m (53-03.50) 6th

Pac-10 Invitational (2/14) 15.90m (52-02.00) 14th

## **Weight Throw**

NAU Invitational (1/17) 17.37m (57-00.00) 4th

Double Dual (1/31) 17.59m (57-08.50) 3rd

Mountain 'T' Invitational (2/7) 13.76m (45-01.75) 11th

Pac-10 Invitational (2/14) 16.75m (54-11.50) 7th

**Chris Kasik** [Jr., Mesa, Ariz./Red Mountain HS]

## **55 Meter Hurdles**

Double Dual (1/31) 7.87 2nd

## **60 Meter Hurdles**

NAU Invitational (1/17) prelims 8.42 3rd

NAU Invitational (1/17) finals 8.32 2nd

Mountain 'T' Invitational (2/7) prelims 8.49 5th

Mountain 'T' Invitational (2/7) finals 8.50 5th

Holiday Inn Invite (2/14) 8.54 5th



# 2004 MEN'S SEASON RESULTS - INDOOR

# NCAA Auto; \* NCAA Provisional; @ School Record; \$ NCAA Record

Updated March 7, 2004

**Steven Koehnemann** [Fr., Chandler, Ariz./Conora del Sol HS]

## 55 Meter Dash

|                    |      |     |
|--------------------|------|-----|
| Double Dual (1/31) | 6.28 | 1st |
|--------------------|------|-----|

## 60 Meter Dash

|                              |         |             |      |
|------------------------------|---------|-------------|------|
| NAU Invitational (1/17)      | prelims | 6.76        | 2nd  |
| NAU Invitational (1/17)      | finals  | 6.73        | 4th  |
| United Heritage Invite (2/7) | prelims | 6.84        | 2nd  |
| United Heritage Invite (2/7) | finals  | 6.79        | 4th  |
| Tyson Foods Invite (2/13)    | prelims | 6.86        | 25th |
| Iowa State Last Chance (3/6) | prelims | 6.81        | 5th  |
| Iowa State Last Chance (3/6) | finals  | false start | ---  |

**Jason Kravitz** [So., Beverly Hills, Calif./Beverly Hills HS]

## Shot Put

|                         |                   |      |
|-------------------------|-------------------|------|
| NAU Invitational (1/17) | 14.98m (49-01.75) | 10th |
| Double Dual (1/31)      | 14.87m (48-09.50) | 6th  |

**Griffin Lee** [Fr., Shawnee, Kan./Mill Valley HS]

## 3,000 Meter Run

|                    |         |     |
|--------------------|---------|-----|
| Double Dual (1/31) | 9:50.95 | 9th |
|--------------------|---------|-----|

**Asokah Muhammad** [Jr., Oakland, Calif./St. Mary's HS]

## 60 Meter Dash

|                         |         |      |     |
|-------------------------|---------|------|-----|
| NAU Invitational (1/17) | prelims | 7.27 | 9th |
|-------------------------|---------|------|-----|

## Long Jump

|                                 |                  |     |
|---------------------------------|------------------|-----|
| NAU Invitational (1/17)         | 6.76m (22-02.25) | 2nd |
| Double Dual (1/31)              | 6.76m (22-02.25) | 5th |
| Mountain 'T' Invitational (2/7) | 6.21m (20-04.50) | 8th |

## Triple Jump

|                    |                   |     |
|--------------------|-------------------|-----|
| Double Dual (1/31) | 14.65m (48-00.75) | 2nd |
|--------------------|-------------------|-----|

**Peter Ospitale** [Fr., Cave Creek, Ariz./Cactus Shadow HS]

## High Jump

|                                 |                 |     |
|---------------------------------|-----------------|-----|
| NAU Invitational (1/17)         | no height       | --- |
| Double Dual (1/31)              | 1.82m (5-11.50) | 4th |
| Mountain 'T' Invitational (2/7) | no height       | --- |

**Domenik Peterson** [Fr., Jefferson City, Mo./Jefferson City HS]

## 200 Meter Dash

|                              |           |     |
|------------------------------|-----------|-----|
| NAU Invitational (1/17)      | 21.50     | 4th |
| Double Dual (1/31)           | 21.55     | 3rd |
| United Heritage Invite (2/7) | * 21.18   | 3rd |
| Tyson Foods Invite (2/13)    | * 21.17   | 9th |
| Iowa State Last Chance (3/6) | @ # 20.84 | 1st |

## 400 Meter Dash

|                              |         |     |
|------------------------------|---------|-----|
| United Heritage Invite (2/7) | * 47.33 | 6th |
|------------------------------|---------|-----|

**Sean Pierce** [Jr., Mesa, Ariz./Paradise Valley CC]

## Pole Vault

|                         |                  |     |
|-------------------------|------------------|-----|
| NAU Invitational (1/17) | 4.60m (15-01.00) | 9th |
| Double Dual (1/31)      | 4.57m (15-00.00) | 7th |

**Kalé Pittman** [Jr., Phoenix, Ariz./Phoenix College]

## Long Jump

|                                 |                  |     |
|---------------------------------|------------------|-----|
| NAU Invitational (1/17)         | 7.08m (23-02.75) | 1st |
| Double Dual (1/31)              | 6.98m (22-11.00) | 3rd |
| Mountain 'T' Invitational (2/7) | 7.13m (23-04.75) | 3rd |
| Holiday Inn Invite (2/14)       | 6.82m (22-04.50) | 4th |

## High Jump

|                    |                 |     |
|--------------------|-----------------|-----|
| Double Dual (1/31) | 1.88m (6-02.00) | 3rd |
|--------------------|-----------------|-----|

**Trevell Quinley** [Jr., Tracy, Calif./Merrill F. West HS]

## Long Jump

|                              |                    |     |
|------------------------------|--------------------|-----|
| Double Dual (1/31)           | 7.54m (24-09.00)   | 1st |
| Holiday Inn Invite (2/14)    | 7.49m (24-07.00)   | 1st |
| Iowa State Last Chance (3/6) | * 7.64m (25-00.75) | 4th |

## High Jump

|                    |                 |     |
|--------------------|-----------------|-----|
| Double Dual (1/31) | 2.00m (6-06.75) | 1st |
|--------------------|-----------------|-----|

**Andrew Smith** [Fr., Saginaw, Mich./Heritage HS]

## Shot Put

|                                 |                   |     |
|---------------------------------|-------------------|-----|
| Double Dual (1/31)              | 16.32m (53-06.50) | 4th |
| Mountain 'T' Invitational (2/7) | 15.54m (51-00.00) | 8th |

## Weight Throw

|                                 |                   |      |
|---------------------------------|-------------------|------|
| Double Dual (1/31)              | 14.42m (47-03.75) | 5th  |
| Mountain 'T' Invitational (2/7) | 13.76m (45-01.75) | 11th |

**Ryan Warrenburg** [So., Franklin, Ind./Franklin Community HS]

## Mile Run

|                    |         |     |
|--------------------|---------|-----|
| Double Dual (1/31) | 4:29.11 | 4th |
|--------------------|---------|-----|

## 3,000 Meter Run

|                            |         |      |
|----------------------------|---------|------|
| Pac-10 Invitational (2/14) | 8:15.84 | 17th |
|----------------------------|---------|------|

**Jon Whaley** [So., Tempe, Ariz./Northern Arizona University]

## Pole Vault

|                    |                  |     |
|--------------------|------------------|-----|
| Double Dual (1/31) | 4.27m (14-00.00) | 9th |
|--------------------|------------------|-----|

**Ryan Zimmerman** [Jr., Nipomo, Calif./Arroyo Grande HS]

## Triple Jump

|                    |                   |     |
|--------------------|-------------------|-----|
| Double Dual (1/31) | 14.89m (48-10.25) | 1st |
|--------------------|-------------------|-----|

## High Jump

|                         |           |     |
|-------------------------|-----------|-----|
| NAU Invitational (1/17) | no height | --- |
|-------------------------|-----------|-----|

## RELAYS

### 4x400m Relay

**Arizona State 'A' - Barton, Amoo, Banda, Fitch**

|                              |           |     |
|------------------------------|-----------|-----|
| Double Dual (1/31)           | * 3:07.82 | 1st |
| United Heritage Invite (2/7) | # 3:08.41 | 3rd |

**Arizona State 'B' - Amoo, Banda, Fitch, Peterson**

|                         |         |     |
|-------------------------|---------|-----|
| NAU Invitational (1/17) | 3:11.63 | 1st |
|-------------------------|---------|-----|

**Arizona State 'C' - Peterson, Barton, Amoo, Banda**

|                           |             |     |
|---------------------------|-------------|-----|
| Tyson Foods Invite (2/14) | @ # 3:06.06 | 2nd |
|---------------------------|-------------|-----|

**Arizona State 'D' - Barton, Amoo, Fitch, Peterson**

|                              |                |     |
|------------------------------|----------------|-----|
| Iowa State Last Chance (3/6) | \$ @ # 3:03.43 | 1st |
|------------------------------|----------------|-----|

## Distance Medley Relay

**Arizona State 'A' - Warrenburg, Dodge, Halver, Cahill**

|                    |          |     |
|--------------------|----------|-----|
| Double Dual (1/31) | 10:26.83 | 3rd |
|--------------------|----------|-----|

# WOMEN'S INDOOR RECORD BOOK [Updated March 7]

## 55 METER DASH

|    |                 |      |      |  |
|----|-----------------|------|------|--|
| 1. | Lesa Parker     | 1993 | 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 |  |

## 55 METER HURDLES

|    |                      |      |      |   |
|----|----------------------|------|------|---|
| 1. | Lynda Tolbert        | 1990 | 7.44 |   |
| 2. | Ime Akpan            | 1992 | 7.60 |   |
| 3. | LaShawn Simmons      | 1992 | 7.66 |   |
| 4. | <b>Seneca Holmes</b> | 2003 | 7.74 | a |
| 5. | Brenda Calhoun       | 1981 | 7.77 |   |

## 60 METER DASH

|    |                       |      |      |    |
|----|-----------------------|------|------|----|
| 1. | Dawnyell Linder       | 1999 | 7.39 |    |
| 2. | Tiffany Greer         | 2002 | 7.46 | aa |
| 3. | <b>Kandace Tucker</b> | 2004 | 7.55 | n  |
| 4. | Teniqua Broughton     | 2000 | 7.61 | aa |
| 5. | Arliana Davis         | 2001 | 7.63 | aa |

## 60 METER HURDLES

|    |                          |      |      |    |
|----|--------------------------|------|------|----|
| 1. | Lynda Tolbert            | 1998 | 8.09 |    |
| 2. | <b>Seneca Holmes</b>     | 2003 | 8.18 |    |
| 3. | <b>Jacquelyn Johnson</b> | 2004 | 8.38 | n  |
| 4. | Tiffany Greer            | 2000 | 8.67 | aa |
| 5. | <b>Rindy Germaine</b>    | 2004 | 8.97 | aa |

## 200 METER DASH

|    |                       |      |       |   |
|----|-----------------------|------|-------|---|
| 1. | Maicel Malone         | 1991 | 23.50 |   |
| 2. | Dawnyell Linder       | 1999 | 23.79 |   |
| 3. | <b>Kandace Tucker</b> | 2004 | 23.86 | n |
| 4. | Omotayo Akinremi      | 1994 | 24.26 |   |
| 5. | Shanequa Campbell     | 1991 | 24.28 |   |

## 400 METER DASH

|    |                  |      |       |  |
|----|------------------|------|-------|--|
| 1. | Maicel Malone    | 1991 | 51.05 |  |
| 2. | Toinette Holmes  | 1990 | 52.48 |  |
| 3. | Joronda White    | 1998 | 53.41 |  |
|    | Jacqui Gayle     | 1994 | 53.41 |  |
| 5. | Omolade Akinremi | 1995 | 53.80 |  |

## 800 METER RUN

|    |                 |      |         |  |
|----|-----------------|------|---------|--|
| 1. | Kim Toney       | 1994 | 2:05.12 |  |
| 2. | Sharette Garcia | 1993 | 2:06.72 |  |
| 3. | Lorrieann Adams | 1995 | 2:07.77 |  |
| 4. | Priscilla Hein  | 1999 | 2:09.32 |  |
| 5. | Janice Nichols  | 1994 | 2:10.82 |  |

## MILE RUN

|    |                       |      |         |   |
|----|-----------------------|------|---------|---|
| 1. | Lisa Aguilera         | 2000 | 4:44.44 |   |
| 2. | Kelly MacDonald       | 2001 | 4:44.96 | a |
| 3. | Priscilla Hein        | 1999 | 4:45.27 |   |
| 4. | <b>Anna Masinelli</b> | 2004 | 4:53.81 | n |
| 5. | Sharette Garcia       | 1992 | 4:53.90 | h |

## 3,000 METER RUN

|    |                       |      |         |   |
|----|-----------------------|------|---------|---|
| 1. | Lisa Aguilera         | 2002 | 9:09.67 |   |
| 2. | Kelly MacDonald       | 2000 | 9:34.56 |   |
| 3. | <b>Desiree Davila</b> | 2003 | 9:36.28 |   |
| 4. | Brianna Torres        | 2000 | 9:54.86 |   |
| 5. | Mary Duerbeck         | 2001 | 9:55.74 | a |

## 5,000 METER RUN

|    |                       |      |          |   |
|----|-----------------------|------|----------|---|
| 1. | <b>Amy Hastings</b>   | 2004 | 16:06.91 | n |
| 2. | Kelly MacDonald       | 2000 | 16:13.41 |   |
| 3. | Mary Duerbeck         | 2001 | 16:23.31 |   |
| 4. | Brianna Torres        | 2001 | 16:33.00 |   |
| 5. | <b>Desiree Davila</b> | 2004 | 16:34.28 | n |

## 4X400 METER RELAY

|    |   |      |         |   |
|----|---|------|---------|---|
| 1. | Shanequa Campbell, Toinette Holmes        | 1991 | 3:32.46 |   |
|    | Dana Jones, Maicel Malone                 |      |         |   |
| 2. | Omotayo Akinremi, Jacqui Gayle            | 1995 | 3:33.77 |   |
|    | Avia Morgan, Omolade Akinremi             |      |         |   |
| 3. | <b>Christina Hardeman, Kandace Tucker</b> | 2004 | 3:34.98 | n |
|    | <b>Jacquelyn Johnson, Cassandra Reed</b>  |      |         |   |
| 4. | Lade Akinremi, Tayo Akinremi              | 1994 | 3:35.04 |   |
|    | Jacqui Gayle, Shanequa Campbell           |      |         |   |
| 5. | Shanequa Campbell, Tayo Akinremi          | 1993 | 3:35.87 |   |
|    | Janice Nichols, Lade Akinremi             |      |         |   |

## 4X800 METER RELAY

|    |                                    |      |         |  |
|----|------------------------------------|------|---------|--|
| 1. | Sharette Garcia, Janice Nichols    | 1993 | 8:56.34 |  |
|    | Tayo Akinremi, Lade Akinremi       |      |         |  |
| 2. | Christie Masson, Cali Masson       | 1992 | 9:37.24 |  |
|    | Kelly Cordell, Sharette Garcia     |      |         |  |
| 3. | Trish Huffmaster, Kim Toney        | 1991 | 9:37.50 |  |
|    | Kristin Wellman, Shanequa Campbell |      |         |  |
| 4. | Janice Nichols, Kristin Wellman    | 1993 | 9:38.50 |  |
|    | Lade Akinremi, Kim Toney           |      |         |  |

## DISTANCE MEDLEY RELAY

|    |  |      |          |  |
|----|--|------|----------|--|
| 1. | Lisa Aguilera, Candida Coulson         | 2000 | 11:23.14 |  |
|    | Casey Schwarz, Kelly MacDonald         |      |          |  |
| 2. | Lisa Aguilera, Jenny Aldridge          | 2003 | 11:36.33 |  |
|    | <b>Desiree Davila, Cassandra Reed</b>  |      |          |  |
| 3. | (Names not available)                  | 1999 | 11:41.42 |  |
| 4. | <b>Desiree Davila, Katrice Walton</b>  | 2004 | 12:25.46 |  |
|    | <b>Jessie McLaughlin, Amy Hastings</b> |      |          |  |

## LONG JUMP

|    |                     |      |      |          |
|----|---------------------|------|------|----------|
| 1. | Tiffany Greer       | 2000 | 6.50 | 21-04.00 |
| 2. | LaShawn Simmons     | 1991 | 6.38 | 20-11.25 |
| 3. | Valerie Williams    | 2000 | 6.36 | 20-10.50 |
| 4. | Jacinta Bartholomew | 1988 | 6.35 | 20-10.00 |
| 5. | Tesra Bester        | 1991 | 6.31 | 20-08.50 |

## TRIPLE JUMP

|    |                  |      |       |         |
|----|------------------|------|-------|---------|
| 1. | Valerie Williams | 2000 | 12.51 | 41-0.50 |
| 2. | Adra Hysong      | 1993 | 11.92 | 39-1.25 |
| 3. | Tesra Bester     | 1991 | 11.80 | 38-8.75 |
| 4. | Erika Johnson    | 1999 | 11.70 | 38-4.75 |
| 5. | Fiona Daly       | 1998 | 11.65 | 38-2.75 |

## HIGH JUMP

|    |                          |      |      |        |
|----|--------------------------|------|------|--------|
| 1. | Coleen Rienstra          | 1981 | 1.91 | 6-3.25 |
| 2. | Fiona Daly               | 1996 | 1.84 | 6-0.50 |
|    | Shelly Choppa            | 1993 | 1.84 | 6-0.50 |
| 4. | Jackie Belzner           | 1988 | 1.83 | 6-0.00 |
| 5. | <b>Jacquelyn Johnson</b> | 2004 | 1.75 | 5-8.75 |
|    | Olivia Mazzaglia         | 2000 | 1.75 | 5-8.75 |
|    | Gea Johnson              | 1990 | 1.75 | 5-8.75 |

## SHOT PUT

|    |                        |      |       |          |
|----|------------------------|------|-------|----------|
| 1. | Leslie Deniz           | 1983 | 17.03 | 55-10.50 |
| 2. | <b>Jennifer Kowacz</b> | 2004 | 15.87 | 52-01.00 |
| 3. | Ria Stalman            | 1981 | 15.68 | 51-05.25 |
| 4. | <b>Julia Pedersen</b>  | 2004 | 15.36 | 50-07.75 |
| 5. | <b>Sandra Orsund</b>   | 2003 | 14.93 | 48-11.75 |

## 20-POUND WEIGHT THROW

|    |                         |      |       |          |
|----|-------------------------|------|-------|----------|
| 1. | Adrienne Judie          | 2001 | 20.74 | 66-10.00 |
| 2. | <b>Jessica Pressley</b> | 2004 | 19.10 | 62-08.00 |
| 3. | <b>Sandra Orsund</b>    | 2003 | 17.18 | 56-04.50 |
| 4. | <b>Jennifer Kowacz</b>  | 2004 | 16.69 | 54-09.25 |
| 5. | Yolanda Meservey        | 2001 | 16.21 | 53-02.25 |

## POLE VAULT

|    |                          |      |      |          |
|----|--------------------------|------|------|----------|
| 1. | <b>Angela Tavlarides</b> | 2004 | 3.66 | 12-00.00 |
|    | <b>Kristi Raban</b>      | 2004 | 3.66 | 12-00.00 |
| 3. | Olivia Mazzaglia         | 2001 | 3.55 | 11-08.00 |
| 4. | <b>Michelle Lang</b>     | 2004 | 3.50 | 11-05.75 |
| 5. | Holly Smith              | 2000 | 2.30 | 7-06.50  |

a - altitude adjustment; aa - at altitude, no adjustment; h - hand time  
 • - mark attained in pentathlon; Current student-athletes in **BOLD**

# MEN'S INDOOR RECORD BOOK [Updated March 7]

## 55 METER 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 |

## 55 METER HURDLES

|    |                 |      |      |
|----|-----------------|------|------|
| 1. | Andrew Parker   | 1987 | 7.16 |
| 2. | Gaute Gundersen | 1996 | 7.30 |
| 3. | John Lenstrohm  | 1982 | 7.32 |
| 4. | Mark Boyd       | 1988 | 7.39 |
| 5. | Matt Zuber      | 1990 | 7.49 |

## 60 METER DASH

|    |                   |      |      |    |
|----|-------------------|------|------|----|
| 1. | Marcus Brunson    | 1999 | 6.46 | #2 |
| 2. | Dwight Phillips   | 2000 | 6.62 | aa |
| 3. | Vince Jones       | 1999 | 6.63 |    |
| 4. | Jim McGee         | 2000 | 6.72 | aa |
| 5. | Seth Amoo         | 2002 | 6.73 | a  |
|    | Steven Koehnemann | 2004 | 6.73 | aa |

## 60 METER HURDLES

|    |                 |      |      |    |
|----|-----------------|------|------|----|
| 1. | Tony Galaviz    | 2002 | 7.71 | aa |
| 2. | Delrik Lindsey  | 1999 | 8.08 | tc |
| 3. | Chris Kasik     | 2003 | 8.31 | n  |
| 4. | Brian Kraemer   | 2000 | 8.58 | a  |
| 5. | Trevell Quinley | 2003 | 8.62 | na |

## 200 METER DASH

|    |                  |      |       |    |
|----|------------------|------|-------|----|
| 1. | Domenik Peterson | 2004 | 20.84 | n  |
| 2. | Seth Amoo        | 2003 | 21.01 | a  |
| 3. | Lewis Banda      | 2003 | 21.19 | na |
| 4. | Dwight Phillips  | 1999 | 21.31 |    |
| 5. | Ed Lovelace      | 1990 | 21.35 |    |

## 400 METER DASH

|    |                  |      |       |
|----|------------------|------|-------|
| 1. | Jason Barton     | 2004 | 45.80 |
| 2. | Lewis Banda      | 2004 | 45.82 |
| 3. | Tony Berrian     | 2000 | 46.16 |
| 4. | Michael Campbell | 2001 | 46.22 |
| 5. | Herman Frazier   | 1978 | 46.48 |

## 800 METER RUN

|    |              |      |         |    |
|----|--------------|------|---------|----|
| 1. | Treg Scott   | 1985 | 1:49.51 | #5 |
| 2. | Erik Walbot  | 1993 | 1:50.45 |    |
| 3. | Jeff Dodge   | 2004 | 1:51.91 | n  |
| 4. | Jay DeGroot  | 2004 | 1:52.12 | n  |
| 5. | Jim McCreery | 1992 | 1:52.21 |    |

## MILE RUN

|    |                |      |         |
|----|----------------|------|---------|
| 1. | Brandon Strong | 2002 | 3:59.59 |
| 2. | Jeff Smith     | 1988 | 4:00.60 |
| 3. | Erin Scroggins | 1992 | 4:08.32 |
| 4. | Todd Lewis     | 1991 | 4:09.02 |
| 5. | Cheyne Jones   | 2002 | 4:09.65 |

## 3,000 METER RUN

|    |                        |             |         |   |
|----|------------------------|-------------|---------|---|
| 1. | Todd Lewis             | 1991        | 7:54.31 |   |
| 2. | <b>Roger Cahill</b>    | <u>2004</u> | 8:03.18 | n |
| 3. | Isaiah Festa           | 2000        | 8:04.31 |   |
| 4. | <b>Ryan Warrenburg</b> | <u>2004</u> | 8:15.84 | n |
| 5. | Erin Scroggins         | 1992        | 8:26.35 |   |

## 5,000 METER RUN

|                        |                             |             |          |   |
|------------------------|-----------------------------|-------------|----------|---|
| <b>5,000 METER RUN</b> |                             |             |          |   |
| 1.                     | Fasil Bizuneh .....         | 2003        | 14:02.84 | n |
| 2.                     | <b>Casey Burchill</b> ..... | <u>2004</u> | 14:09.95 | n |
| 3.                     | <b>J.J. Duke</b> .....      | <u>2004</u> | 14:24.57 | n |
| 4.                     | Ronnie Buchanan .....       | 2001        | 14:33.79 |   |

## 4X400 METER RELAY

|    |                                |      |            |
|----|--------------------------------|------|------------|
| 1. | Jason Barton, Steve Fitch      | 2004 | \$ 3:03.43 |
|    | Seth Amoo, Domenik Peterson    |      |            |
| 2. | Jason Barton, Domenik Peterson | 2004 | 3:06.06    |
|    | Seth Amoo, Lewis Banda         |      |            |
| 3. | Michael Campbell, Jason Barton | 2001 | 3:07.02    |
|    | Pete Lopez, Tony Berrian       |      |            |
| 4. | Jason Barton, Seth Amoo        | 2003 | 3:07.03    |
|    | Steve Fitch, Lewis Banda       |      |            |
| 5. | Vondre Armour, Dwight Phillips | 1999 | 3:08.35    |
|    | Marcus Brunson, Tony Berrian   |      |            |

## 4X800 METER RELAY

|    |                                  |      |         |
|----|----------------------------------|------|---------|
| 1. | Mike Schwarz, McArthur           | 1983 | 7:25.86 |
|    | Osborne, Treg Scott, Eddie Davis |      |         |
| 2. | Jason Jenkins, Erik Walbot,      | 1991 | 7:52.70 |
|    | Todd Lewis, Jeff Sorkness        |      |         |
| 3. | Erin Scroggins, Jeff Sorkness,   | 1993 | 7:54.36 |
|    | Rick Gray, Erik Walbot           |      |         |
| 4. | Troy McKay, Erin Scroggins,      | 1992 | 7:56.94 |
|    | Erik Walbot, Jim McCreery        |      |         |

## DISTANCE MEDLEY RELAY

|    |                                      |      |          |
|----|--------------------------------------|------|----------|
| 1. | Brandon Strong, LaVell Rob-Blanchard | 2000 | 9:39.14  |
|    | David Burke, Garrett Jensen          |      |          |
| 2. | Names Not Available                  | 2001 | 9:52.17  |
| 3. | Ryan Warrenburg, Jeff Dodge,         | 2004 | 10:26.83 |
|    | Greg Halver, Roger Cahill            |      |          |
| 4. | Derek Pisel, Trent Elliott           | 2003 | 10:27.60 |
|    | Jeff Dodge, Dan Maher                |      |          |

## LONG JUMP

|    |                 |      |      |          |
|----|-----------------|------|------|----------|
| 1. | Dwight Phillips | 2000 | 8.11 | 26-07.25 |
| 2. | Trevell Quinley | 2002 | 7.87 | 25-10.00 |
| 3. | Kenny Frazier   | 1984 | 7.84 | 25-09.00 |
| 4. | Matt Zuber      | 1990 | 7.73 | 25-04.50 |
| 5. | Danny Simpson   | 1992 | 7.65 | 25-01.00 |

## TRIPLE JUMP

|    |                 |      |       |          |
|----|-----------------|------|-------|----------|
| 1. | Dwight Phillips | 2000 | 16.07 | 52-08.75 |
| 2. | Brian Ellis     | 1993 | 16.02 | 52-06.75 |
| 3. | Kenny Frazier   | 1984 | 15.95 | 52-04.00 |
| 4. | Ryan Zimmerman  | 2003 | 15.71 | 51-06.00 |
| 5. | Lenny McGill    | 1990 | 15.50 | 50-10.50 |

## HIGH JUMP

|    |                |      |       |        |
|----|----------------|------|-------|--------|
| 1. | Kyle Arney     | 1979 | 2.26  | 7-5.00 |
| 2. | Gabe Beechum   | 1992 | 2.25  | 7-4.50 |
| 3. | Ron Kamaka     | 1984 | 2.22  | 7-3.50 |
| 4. | Ebon Glenn     | 2001 | 2.17  | 7-1.50 |
| 5. | Barry Shephard | 1970 | 2.135 | 7-0.00 |

## POLE VAULT

|    |               |      |      |          |
|----|---------------|------|------|----------|
| 1. | Nick Hysong   | 1994 | 5.67 | 18-07.25 |
| 2. | Brandon Glenn | 2004 | 5.35 | 17-06.50 |
| 3. | Mark Gersten  | 1988 | 5.27 | 17-03.50 |
| 4. | Ron Barela    | 1977 | 5.03 | 16-06.00 |
|    | Ralph Haynie  | 1977 | 5.03 | 16-06.00 |
|    | Steve Tully   | 1984 | 5.03 | 16-06.00 |

## SHOT PUT

|    |               |      |       |          |
|----|---------------|------|-------|----------|
| 1. | Jim Camp      | 1986 | 19.77 | 64-10.50 |
| 2. | David Wood    | 2002 | 19.58 | 64-03.00 |
| 3. | Shane Collins | 1990 | 19.34 | 63-05.50 |
| 4. | Gary Williky  | 1981 | 18.62 | 61-01.00 |
| 5. | Vince Mosca   | 2003 | 18.49 | 60-08.00 |

## 35-POUND WEIGHT THROW

|    |               |      |       |          |
|----|---------------|------|-------|----------|
| 1. | Mika Laiho    | 1996 | 20.49 | 67-02.75 |
| 2. | Travis Jones  | 2003 | 18.53 | 60-09.50 |
| 3. | David Wood    | 2001 | 17.59 | 57-08.50 |
| 4. | Mark Landa    | 1996 | 17.22 | 56-06.00 |
| 5. | Karl Atkinson | 2002 | 16.97 | 55-08.25 |

a - altitude adjustment; aa - at altitude, no adjustment; h - hand time  
 #2 - NCAA Runner-up; #5 - NCAA fifth place finish; \$ NCAA RECORD  
 Current student-athletes in **BOLD**