



TRACK & FIELD

March 31, 2004

2004 Indoor and Outdoor Seasons

IN THE STARTING BLOCKS

THIS WEEK
at TEXAS RELAYS
Austin, Texas
April 2-3

TRACK AND FIELD STAFF

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

MEDIA RELATIONS

Track Contact	Alex Ryan
Email Address	alex.ryan@asu.edu
Direct Phone	(480) 965-4987
Media Relations FAX	(480) 965-5408
Official Web Site	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

March		
6	BILL SAWYER INVITE	Tempe
19-20	BALDY CASTILLO INVITE	Tempe
23-24	@ Arizona Multi	Tucson, Ariz.
26	ASU INVITATIONAL	Tempe
26-27	@ Stanford Invite	Palo Alto, Calif.

April		
2-3	@ Texas Relays	Austin, Texas
9	@ Mesa Classic	Mesa, Ariz.
10	SUN ANGEL CLASSIC	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.

May		
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.

June		
9-12	@ NCAA Championships	Austin, Texas

Sun Devil Track and Field Heads To Texas Relays

Arizona State gets chance to compete at the site of 2004 NCAA meet

TEMPE, Ariz. - The Arizona State track and field team travels to Austin, Texas, Friday and Saturday for the 2004 Texas Relays, hosted by the University of Texas. The site of the meet, Mike A. Myers Stadium, also will serve as the site of the 2004 NCAA Outdoor Championships later this year.

GUEST LIST

The 77th running of the Texas Relays will feature nearly 5,000 individual athletes into its many races. Included are athletes from several track and field powers such as Baylor, BYU, LSU, Oregon, Stanford, TCU, Texas and USC. Also in the mix are numerous world class athletes, including Olympic gold medalist and the former world record-holder in the 100m dash (9.78), Maurice Greene.

NATIONAL LEADERS

According to the latest update of the NCAA Outdoor Championship order lists, two Sun Devil entrants are currently ranked as the fastest in the nation. Individually, **Lewis Banda** turned in a 20.72 in the 200m dash this year and has the fastest mark in the event. He joined **Steven Koehnemann**, **Domenik Peterson** and **Seth Amoo** on the 4x100m relay team that holds the top collegiate time this year at 39.33.

AMONG THE BEST IN THE NATION

Ten men's marks and two women's marks rank among the Top 10 in the nation, according to the March 30 release of the national lists. On the men's side, **Joshua Kinnaman** is third in the decathlon while **Domenik Peterson** is fourth in the 400m dash. **Dan Maher** rounds out the Top 5 with a fifth-place standing in the 1500m run.

For the women, both Top 10 entrants come from the 4x100m relay. The 'B' relay of **Porchea Carroll**, **Cassandra Reed**, **Marcia Smith** and **Kandace Tucker** are fifth while the 'A' team of Carroll, Reed, **Jacquelyn Johnson** and Tucker are ninth.

IN THE WEST

Of the 19 men's marks that have gained those athletes entrance into the regional meet, five are the best among the entered athletes from the western region. Those top performers are **Lewis Banda** in the 200m, **Domenik Peterson** in the 400m, the

4x100m relay of **Steven Koehnemann**, Peterson, **Seth Amoo** and Banda, **Trevell Quinley** in the long jump and **Joshua Kinnaman** in the decathlon.

BIG JUMPS

At the Arizona State Invitational over the weekend, **Trevell Quinley** had a big day in the jumps. He opened the day with a regional and conference qualifier in the long jump as he leaped to 7.50m (24-07.25) to finish second. Quinley then competed in the high jump which he won with a clearance of 2.15m (7-00.50).

FRESHMAN LEADING THE WAY

Along with the success of the rookie multi-event athletes (**Jacquelyn Johnson** and **Joshua Kinnaman**), there have been several other Sun Devils that have fared well in their freshman campaigns this year. For the men, **Steven Koehnemann** is among the top athletes in the nation at 100m and 200m while **Domenik Peterson** is near the top of the 400m event. **Brandon Glenn** and **Stephen Dolk** both are faring well in the pole vault with **Aaron Aguayo**, though he is a redshirt freshman this year, has qualified in both the 1,500m and 5,000m events at the regional and conference level.

Johnson has qualified in three individual events so far this year with marks recorded in the 100m hurdles, the high jump and the long jump.

VAULTING SUCCESS

For the second home meet in a row, **Angel Tavlirides** finished the women's pole vault competition with a record. In both meets (Baldy Castillo and ASU Invite), she cleared 3.55m (11-07.75) to establish the school record in the event. The previous standard of 3.51m (11-06.00) was set by **Olivia Mazzaglia** in 2000.

Brandon Glenn won the men's portion of the meet with his clearance of 5.10m (16-08.75). His mark qualified him for both the NCAA West Region and Pac-10 Championship meets and ranks him 17th in the nation so far this year.

MULTI EVENT SUCCESS

Last week, **Joshua Kinnaman** competed in his first collegiate decathlon and re-

For the latest information on Arizona State track and field, visit www.TheSunDevils.com

HOW THE SUN DEVILS RANK IN THE NATIONAL/REGIONAL LISTS

WOMEN

EVENT	SUN DEVIL	MARK	NATION	WEST
100m Hurdles	Jacquelyn Johnson	13.53	12th	3rd
200m Dash	Kandace Tucker	23.72	13th	6th
	Cassandra Reed	23.86	23rd	8th
	Desiree Davila	4:28.55	17th	8th
4x100m Relay	Arizona State 'B'	44.93	5th	2nd
	Arizona State 'A'	45.08	9th	3rd
4x400m Relay	Arizona State 'A'	3:41.79	15th	3rd
High Jump	Jacquelyn Johnson	1.76m	14th	3rd
Long Jump	Jacquelyn Johnson	5.98m	19th	4th
	Porchea Carroll	5.95m	21st	5th
	Tinishia Johnson	5.94m	24th	7th
Shot Put	Julia Pedersen	15.34m	22nd	5th
Discus	Sandra Orsund	50.55m	15th	6th
	Julia Pedersen	47.99m	37th	15th
Hammer	Jennifer Kowacz	54.72m	37th	11th
Javelin	Jana Pintz	43.15m	45th	11th

MEN

EVENT	SUN DEVIL	MARK	NATION	WEST
100m Dash	Steven Koehnemann	10.39	7th	2nd
200m Dash	Lewis Banda	20.72	1st	1st
	Seth Amoo	20.94	6th	3rd
	Steven Koehnemann	21.15	16th	5th
400m Dash	Domenik Peterson	46.01	4th	1st
	Steve Fitch	46.72	7th	2nd
1,500m Run	Dan Maher	3:45.14	5th	4th
	Roger Cahill	3:45.17	6th	5th
	Aaron Aguayo	3:45.55	8th	6th
5,000m Run	Aaron Aguayo	14:06.88	15th	5th
	Roger Cahill	14:14.51	25th	9th
4x100m Relay	Arizona State 'A'	39.33	1st	1st
High Jump	Trevell Quinley	2.15m	15th	5th
Pole Vault	Brandon Glenn	5.10m	17th	8th
	Stephen Dolk	5.00m	23rd	11th
Long Jump	Trevell Quinley	7.50m	11th	1st
Shot Put	Travis Jones	16.89m	43rd	9th
Hammer	Travis Jones	58.59m	27th	8th
Decathlon	Joshua Kinnaman	7,147	3rd	1st

turned from Tucson with a fifth-place finish overall and was the third collegiate athlete in the standings. On the first day of competition, Kinnaman clocked a 10.78 in the 100m dash to break the mark of 10.88 Dannie Jackson recorded in 1981. From there, Kinnaman put on other strong performances, including a throw of over 200 feet in the javelin to win the event. In the end, Kinnaman accumulated 7,147 points to rank eighth all-time in Sun Devil history and provisionally qualify for the NCAA Outdoor Championships in June.

Also at the meet, **Jacquelyn Johnson** competed in the heptathlon before withdrawing early from the meet. She had accumulated over 4,000 points with two events to go and earned regional and Pac-10 standards in three events; the 100m hurdles, the long jump and the high jump.

ALL-AMERICANS

Two weekends ago, members of the track and field program traveled to Fayetteville, Ark., for the 2004 NCAA Indoor Championships. Of the 10 athletes that competed in the national event, six returned home as All-Americans. Those Sun Devils included **Lewis Banda** (4x400m), **Jason Barton** (4x400m and 400m), **Domenik Peterson** (4x400m and 200m), **Seth Amoo** (4x400m), **Amy Hastings** (5,000m) and **Jacquelyn Johnson** (pentathlon).

As a team, the men finished tied for 12th with 17 points earned while the women took a tie for 27th with eight.

MORE FRESHMAN SUCCESS

Johnson was not the only Sun Devil freshman that had an impressive debut at the NCAA Championships. **Domenik Peterson** competed in three races to earn All-America honors twice while setting one school record. Individually, Peterson finished fourth in the 200m dash with an ASU record time of 20.54. He then anchored the men's 4x400m relay team to a third place finish in the final event of the meet.

BARTON SHINES ON NATIONAL STAGE

Jason Barton joined Peterson as the only Sun Devils to earn multiple All-America honors at the indoor meet. Barton finished third in the 400m dash with a school record of 45.56 before running the leadoff leg of the relay team that finished third.

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 hon-

ored 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.

LAST TIME OUT: ASU INVITE

The Arizona State track and field team played host to the ASU Invitational and saw several strong performances. The women combined to win seven events while the men captured six victories overall. Both combined for 14 Pac-10 qualifiers and another six for the NCAA West Region meet.

Brandon Glenn won the men's pole vault with a clearance of 5.10m (16-8.75) to earn a berth into the two championship meets. He was joined in the win column on the men's side by **Ryan Warrenburg** in the 3,000m steeplechase, **Dan Maher** in the 800m run, **Lewis Banda** in the 200m dash, **Trevell Quinley** in the high jump and **Asokah Muhammad** in the triple jump. Quinley, who also qualified for both championship meets in the high jump and long jump, cleared 2.15m (7-00.50).

On the women's side, **Cassandra Reed** led the way with her win in the 200m dash while earning berths into the championship meets. She was joined in gold medal performances by **Liz Lindgren** in the 3,000m steeplechase, the 4x100m relay, **Christina Hardeman** in the 400m dash, **Alvina Begay** in the 3,000m run, **Jana Pintz** in the javelin and **Angela Tavlarides** in the pole vault.

Overall, the Sun Devils swept three events including the 200m dash, 3,000m steeplechase and the pole vault. Along with the seven wins by the women, they also finished second twice and third once while the men added two runners-up finishes and three third-place finishes.

Along with the stadium record Glenn tied in the pole vault, he also moved up to No. 6 on the all-time Top 10 list in school history, surpassing his current coach, **Ron Barela**, at 5.08m. Quinley's clearance of 2.15 in the high jump tied him with two others for No. 10 on the list. For the women, Tavlarides tied her own school record in the pole vault with her clearance of 3.55m while **Julia Pedersen** moved to No. 6 on the shot put list with a toss of 15.34m (50-04.00).

UP NEXT

Next week, the Sun Devils return home for their final home meet of the season with the Sun Angel Classic presented by Coca-Cola, April 10. One day earlier, Arizona State will send several athletes to compete at the Mesa Classic.

2004 TRACK AND FIELD TEAM ROSTERS

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)
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 ARIZONA STATE WOMEN'S TOP TIMES - OUTDOOR

NCAA Regional - \$ NCAA National Auto - & NCAA National Provisional - • Pac-10 - ! School Record - \$ Collegiate Record - h Hand Timed - d Heptathlon

RUNNING EVENTS

100 METER DASH

NCAA Regional/Pac-10: 11.78 / 12.04

11.79	•	Kandace Tucker (+0.0)	Baldy Castillo Invite (3/20)
12.04	•	Porchea Carroll (-0.8)	ASU Invite (3/26)
12.52		Katrice Walton (+0.4)	Bill Sawyer Invite (3/6)

100 METER HURDLES

NCAA Regional/Pac-10: 13.95 / 14.34

13.53	# • d	Jacquelyn Johnson (+1.3)	Arizona Multi Events (3/23)
-------	-------	--------------------------	-----------------------------

200 METER DASH

NCAA Regional/Pac-10: 23.96 / 24.64

23.72	# •	Kandace Tucker (+0.0)	Baldy Castillo Invite (3/20)
23.86	# •	Cassandra Reed (-0.7)	ASU Invite (3/26)
24.75	d	Jacquelyn Johnson (+1.6)	Arizona Multi Events (3/23)
24.79		Porchea Carroll (+1.2)	Bill Sawyer Invite (3/6)
24.85		Christina Hardeman (-0.7)	ASU Invite (3/26)
24.95		Tinishia Johnson (-1.9)	ASU Invite (3/26)
25.31		Katrice Walton (-1.9)	ASU Invite (3/26)

400 METER DASH

NCAA Regional/Pac-10: 54.61 / 55.44

55.04	•	Christina Hardeman	ASU Invite (3/26)
55.71		Marcia Smith	ASU Invite (3/26)
56.55		Tinishia Johnson	ASU Invite (3/26)
57.74		Katrice Walton	ASU Invite (3/26)

400 METER HURDLES

NCAA Regional/Pac-10: 1:00.82 / 1:02.04

58.14		Tinishia Johnson	Bill Sawyer Invite (3/6)
-------	--	------------------	--------------------------

800 METER RUN

NCAA Regional/Pac-10: 2:10.29 / 2:11.14

2:13.87		Jessie McLaughlin	ASU Invite (3/26)
---------	--	-------------------	-------------------

1,500 METER RUN

NCAA Regional/Pac-10: 4:29.12 / 4:40.14

4:28.55	# •	Desiree Davila	Baldy Castillo Invite (3/19)
4:36.30	•	Anna Masinelli	Baldy Castillo Invite (3/19)
4:38.47	•	Jessie McLaughlin	Baldy Castillo Invite (3/19)
4:45.59		Liz Lindgren	Baldy Castillo Invite (3/19)
4:47.45		Alvina Begay	Bill Sawyer Invite (3/6)
4:48.57		Jenna Wrieden	Baldy Castillo Invite (3/19)

MILE RUN

NCAA Regional/Pac-10: 4:50.80 / 5:01.14

No Marks

2,000 STEEPLECHASE

NCAA Regional/Pac-10: not contested at either meet

7:22.47		Liz Lindgren	Bill Sawyer Invite (3/6)
---------	--	--------------	--------------------------

3,000 STEEPLECHASE

NCAA Regional/Pac-10: 10:57.18 / 11:10.14

11:14.06		Liz Lindgren	ASU Invite (3/26)
----------	--	--------------	-------------------

3,000 METER RUN

NCAA Regional/Pac-10: not contested at either meet

10:10.86		Alvina Begay	ASU Invite (3/26)
10:24.00		Jenna Wrieden	ASU Invite (3/26)

5,000 METER RUN

NCAA Regional/Pac-10: 16:56.43 / 17:30.14

No Marks

10,000 METER RUN

NCAA Auto/NCAA Provisional/Pac-10: 34:10.00 / 35:15.00 / no standard

No Marks

RELAYS

4X100 METER RELAY

NCAA Regional/Pac-10: 45.80 / no standard

44.93	#	Arizona State 'B'	ASU Invite (3/26)
<i>Porchea Carroll, Cassandra Reed, Marcia Smith, Kandace Tucker</i>			
45.08	#	Arizona State 'A'	Baldy Castillo Invite (3/20)
<i>Porchea Carroll, Cassandra Reed, Jacquelyn Johnson, Kandace Tucker</i>			

4X400 METER RELAY

NCAA Regional/Pac-10: 3:43.03 / no standard

3:41.79	#	Arizona State 'A'	Baldy Castillo Invite (3/20)
<i>Tinishia Johnson, Kandace Tucker, Christina Hardeman, Cassandra Reed</i>			

4X400 METER RELAY

NCAA Regional/Pac-10: not competed at either meet

9:05.39		Arizona State 'A'	Baldy Castillo Invite (3/20)
<i>Anna Masinelli, Jessie McLaughlin, Desiree Davila, Amy Hastings</i>			

MULTI-EVENTS

HEPTATHLON

NCAA Auto/NCAA Provisional/Pac-10: 5,500 / 5,000 / 4,400 (no regional)

No Marks Yet

Top Heptathlon Individual Event Marks

Jacquelyn Johnson

100m Hurdles	13.53 (+1.9)	Arizona Multi Event (3/23)
High Jump	1.76m (5-9.25)	Arizona Multi Event (3/23)
Shot Put	12.10m (39-8.25)	Arizona Multi Event (3/23)
200m Dash	24.75 (+1.6)	Arizona Multi Event (3/23)
Long Jump	5.98 (19-07.50)	Arizona Multi Event (3/24)
Javelin	did not compete	
800m Run	did not compete	
Day One Total	3,522 points	Arizona Multi Event (3/23)
Day Two Total	did not complete event	

2004 ARIZONA STATE WOMEN'S TOP TIMES - OUTDOOR

NCAA Regional - \$ NCAA National Auto - & NCAA National Provisional - • Pac-10 - ! School Record - \$ Collegiate Record - h Hand Timed - d Heptathlon

FIELD EVENTS

LONG JUMP

NCAA Regional/Pac-10: 5.93m / 5.80m

5.98m	19-97-50	# • d	Jacquelyn Johnson	Arizona Multi Event (3/24)
5.95m	19-06.25	# •	Porchea Carroll	Baldy Castillo Invite (3/19)
5.94m	19-06.00	# •	Tinishia Johnson	Baldy Castillo Invite (3/19)

TRIPLE JUMP

NCAA Regional/Pac-10: 12.26m / 12.00m

No Marks

HIGH JUMP

NCAA Regional/Pac-10: 1.73m / 1.70m

1.76m	5-09.25	# • d	Jacquelyn Johnson	Arizona Multi Event (3/23)
-------	---------	-------	-------------------------	----------------------------

POLE VAULT

NCAA Regional/Pac-10: 3.75m / 3.80m

3.55m	11-07.75	@	Angela Tavarides	ASU Invite (3/26)
3.36m	11-00.25		Kristi Raban	Bill Sawyer Invite (3/6)
NH			Michelle Lang	Bill Sawyer Invite (3/6)

SHOT PUT

NCAA Regional/Pac-10: 14.24m / 13.25m

15.34m	50-04.00	# •	Julia Pedersen	ASU Invite (3/26)
12.10m	39-08.50		Jacquelyn Johnson	Arizona Multi Event (3/23)

HAMMER THROW

NCAA Regional/Pac-10: 52.84m / 52.00m

54.72m	179-06	# •	Jennifer Kowacz	Baldy Castillo Invite (3/19)
51.79m	169-11		Sandra Orsund	Baldy Castillo Invite (3/19)
41.74m	136-11		Molly Clarke	Bill Sawyer Invite (3/6)
41.22m	135-03		Sara Shisslak	Bill Sawyer Invite (3/6)

DISCUS

NCAA Regional/Pac-10: 46.58m / 46.00m

50.55m	165-10	# •	Sandra Orsund	ASU Invite (3/26)
47.99m	157-05	# •	Julia Pedersen	ASU Invite (3/26)
43.59m	143-00		Molly Clarke	ASU Invite (3/26)
38.17m	125-03		Sara Shisslak	Bill Sawyer Invite (3/6)

JAVELIN

NCAA Regional/Pac-10: 42.61m / 43.50m

43.15m	141-07	#	Jana Pintz	Baldy Castillo Invite (3/19)
41.60m	136-06		Jacquelyn Johnson	Baldy Castillo Invite (3/19)
37.46m	122-11		Stacy Perrault	Bill Sawyer Invite (3/6)

MEET LOCATIONS

Bill Sawyer Invitational

March 6 Tempe, Ariz.

Baldy Castillo Invitational

March 19-20 Tempe, Ariz.

Arizona Multi Event

March 23-24 Tucson, Ariz.

Arizona State Invitational

March 26 Tempe, Ariz.

Stanford Invitational

March 26-27 Palo Alto, Calif.

Texas Relays

April 2-3 Austin, Texas

Mesa Classic

April 9 Mesa, Ariz.

Sun Angel Classic

April 10 Tempe, Ariz.

Mt. SAC Relays

April 16-18 Walnut, Calif.

Drake Relays

April 21-24 Des Moines, Iowa

Oregon Invitational

April 23-24 Eugene, Ore.

UC San Diego Open

April 23-24 LaJolla, Calif.

Double Dual (ASU, UA, NAU)

May 1 Tucson, Ariz.

Pac-10 Multi Championships

May 7-8 Tucson, Ariz.

Pac-10 Championships

May 14-15 Tucson, Ariz.

Wildcat Classic

May 22 Tucson, Ariz.

NCAA West Region Championships

May 28-29 Northridge, Calif.

NCAA Outdoor Championships

June 9-12 Austin, Texas

USA Olympic Team Trials

July 9-18 Sacramento, Calif.

2004 ARIZONA STATE MEN'S TOP TIMES - OUTDOOR

NCAA Regional - \$ NCAA National Auto - & NCAA National Provisional - • Pac-10 - ! School Record - \$ Collegiate Record - h Hand Timed - d Decathlon

RUNNING EVENTS

100 METER DASH

NCAA Regional/Pac-10: 10.50 / 10.74

10.39	# •	Steven Koehneman (+0.0)	Baldy Castillo Invite (3/20)
10.53	•	Domenik Peterson (-1.2)	ASU Invite (3/26)
10.56	•	Seth Amoo (+0.0)	Baldy Castillo Invite (3/20)
10.78	d	Joshua Kinnaman (+0.9)	Arizona Multi Event (3/23)
10.81		Trevell Quinley (+0.0)	Baldy Castillo Invite (3/20)
11.01		Asokah Muhammad (+0.0)	Bill Sawyer Invite (3/6)
11.10		Chris Kasik (+0.0)	Bill Sawyer Invite (3/6)
11.62		Kalé Pittman (+0.8)	Bill Sawyer Invite (3/6)
13.13		Bruno Góes (+0.0)	Bill Sawyer Invite (3/6)

110 METER HURDLES

NCAA Regional/Pac-10: 14.33 / 14.74

15.76		Chris Kasik (+0.0)	Baldy Castillo Invite (3/20)
16.16	d	Joshua Kinnaman (+0.9)	Arizona Multi Event (3/24)
16.72		Ryan Ehler (+1.7)	Bill Sawyer Invite (3/6)

200 METER DASH

NCAA Regional/Pac-10: 21.19 / 21.44

20.72	# •	Lewis Banda (+0.0)	Baldy Castillo Invite (3/20)
20.94	# •	Seth Amoo (+0.0)	Baldy Castillo Invite (3/20)
21.15	# •	Steven Koehnemann (+0.0)	Baldy Castillo Invite (3/20)
21.65		Jason Barton (+0.0)	Baldy Castillo Invite (3/20)
22.16		Steve Fitch (-0.8)	ASU Invite (3/26)
22.65		Kalé Pittman (+0.0)	Baldy Castillo Invite (3/20)
DNF		Bruno Góes (+0.0)	Bill Sawyer Invite (3/6)

400 METER DASH

NCAA Regional/Pac-10: 47.26 / 47.84

46.01	# •	Domenik Peterson	Baldy Castillo Invite (3/20)
46.72	# •	Steve Fitch	Baldy Castillo Invite (3/20)
49.65	d	Joshua Kinnaman	Arizona Multi Event (3/23)

400 METER HURDLES

NCAA Regional/Pac-10: 52.51 / 53.64

53.10	• h	Lee Bartes	Baldy Castillo Invite (3/19)
-------	-----	------------	------------------------------

800 METER RUN

NCAA Regional/Pac-10: 1:50.62 / 1:51.44

1:51.05	•	Dan Maher	ASU Invite (3/26)
1:51.40	•	Jeff Dodge	Baldy Castillo Invite (3/20)
1:51.74		Jay DeGroot	Baldy Castillo Invite (3/20)
1:51.86		Greg Halver	Baldy Castillo Invite (3/20)
1:59.27		Jeremy Cramer	Baldy Castillo Invite (3/20)

1,500 METER RUN

NCAA Regional/Pac-10: 3:48.21 / 3:50.14

3:45.14	# •	Dan Maher	Baldy Castillo Invite (3/19)
3:45.17	# •	Roger Cahill	Baldy Castillo Invite (3/19)
3:45.55	# •	Aaron Aguayo	Baldy Castillo Invite (3/19)
3:52.19		Ryan Warrenburg	Baldy Castillo Invite (3/19)
3:56.58		Jeff Dodge	Bill Sawyer Invite (3/6)
3:56.73		Casey Burchill	Bill Sawyer Invite (3/6)
3:57.22		J.J. Duke	Bill Sawyer Invite (3/6)
3:58.29		Jay DeGroot	Bill Sawyer Invite (3/6)
3:58.89		Jeremy Cramer	Baldy Castillo Invite (3/19)
4:07.47		Greg Halver	Bill Sawyer Invite (3/6)
5:04.18	d	Joshua Kinnaman	Arizona Multi Event (3/24)

MILE RUN

NCAA Regional/Pac-10: 4:06.61 / 4:08.14

No Marks

3,000 STEEPLECHASE

NCAA Regional/Pac-10: 9:08.15 / 9:09.14

9:10.17		Ryan Warrenburg	ASU Invite (3/26)
---------	--	-----------------	-------------------

3,000 METER RUN

NCAA Regional/Pac-10: not contested at either meet

9:13.15		Griffin Lee	ASU Invite (3/26)
---------	--	-------------	-------------------

5,000 METER RUN

NCAA Regional/Pac-10: 14:18.58 / 14:35.14

14:06.88	# •	Aaron Aguayo	Stanford Invite (3/26)
14:14.51	# •	Roger Cahill	Stanford Invite (3/26)
16:26.33		Griffin Lee	Baldy Castillo Invite (3/19)
16:36.42		Derek Pisel	Baldy Castillo Invite (3/19)

10,000 METER RUN

NCAA Auto/NCAA Provisional/Pac-10: 29:00.00 / 29:45.00 / no standard

29.48.62		Casey Burchill	Stanford Invite (3/26)
30:39.81		J.J. Duke	Stanford Invite (3/26)

RELAYS

4X100 METER RELAY

NCAA Regional/Pac-10: 40.66 / no standard

39.33	#	Arizona State 'A'	Baldy Castillo Invite (3/20)
-------	---	-------------------	------------------------------

Steven Koehnemann, Domenik Peterson, Seth Amoo, Lewis Banda

4X400 METER RELAY

NCAA Regional/Pac-10: 3:10.84 / no standard

No Marks

MULTI-EVENTS

DECATHLON

NCAA Auto/NCAA Provisional/Pac-10: 7,500 / 7,000 / 6,800 (no regional)

7,147	& •	Joshua Kinnaman	Arizona Multi Event (3/23-24)
-------	-----	-----------------	-------------------------------

Top Decathlon Individual Event Marks

Joshua Kinnaman

100m Dash	10.78 (+0.9)	Arizona Multi Event (3/23)
Long Jump	6.81m (22-4.25)	Arizona Multi Event (3/23)
Shot Put	12.05m (39-6.50)	Arizona Multi Event (3/23)
High Jump	1.95m (6-4.75)	Arizona Multi Event (3/23)
400m Dash	49.65	Arizona Multi Event (3/23)
110m Hurdles	16.16 (+0.9)	Arizona Multi Event (3/24)
Discus	37.16m (121-11)	Arizona Multi Event (3/24)
Pole Vault	4.15m (13-7.25)	Arizona Multi Event (3/24)
Javelin	61.04m (200-03)	Arizona Multi Event (3/24)
1,500m Run	5:04.18	Arizona Multi Event (3/24)

2004 ARIZONA STATE MEN'S TOP TIMES - OUTDOOR

NCAA Regional - \$ NCAA National Auto - & NCAA National Provisional - • Pac-10 - ! School Record - \$ Collegiate Record - h Hand Timed - d Decathlon

First Day Total 3,877 points Arizona Multi Event (3/23)
Second Day Total 3,270 points Arizona Multi Event (3/24)

FIELD EVENTS

LONG JUMP

NCAA Regional/Pac-10: 7.34m / 7.30m

7.50m	24-07.25	# •	Trevell Quinley (+1.6)	ASU Invite (3/26)
6.95m	22-09.75		Kalé Pittman (+3.4)	Bill Sawyer Invite (3/6)
6.86m	22-06.25		Asokah Muhammad (+0.0)	Baldy Castillo Invite (3/19)
6.81m	22-04.25	d	Joshua Kinnaman (+0.0)	Arizona Multi Event (3/23)

TRIPLE JUMP

NCAA Regional/Pac-10: 15.08m / 14.50m

14.22m	46-08.00		Asokah Muhammad	ASU Invite (3/26)
--------	----------	--	-----------------------	-------------------

HIGH JUMP

NCAA Regional/Pac-10: 2.10m / 2.05m

2.15m	7-00.50	# •	Trevell Quinley	ASU Invite (3/26)
1.95m	6-04.75	d	Joshua Kinnaman	Arizona Multi Event (3/23)
1.87m	6-01.50		Peter Ospitale	Bill Sawyer Invite (3/6)

POLE VAULT

NCAA Regional/Pac-10: 5.00m / 5.00m

5.10m	16-08.75	# •	Brandon Glenn	ASU Invite (3/20)
5.00m	16-00.75	# •	Stephen Dolk	Baldy Castillo Invite (3/20)
4.45m	14-07.25		Cameron Abel	Baldy Castillo Invite (3/20)
4.45m	14-07.25		Jon Whaley	ASU Invite (3/26)
4.15m	13-07.25	d	Joshua Kinnaman	Arizona Multi Event (3/24)
3.97m	13-00.25		Ryan Ehler	Bill Sawyer Invite (3/6)

SHOT PUT

NCAA Regional/Pac-10: 16.47m / 17.00m

16.85m	55-03.50	#	Travis Jones	Bill Sawyer Invite (3/6)
16.16m	53-00.25		Andrew Smith	Bill Sawyer Invite (3/6)
12.64m	41-05.75		Joshua Kinnaman	Bill Sawyer Invite (3/6)
10.94m	35-10.75		Ryan Ehler	Bill Sawyer Invite (3/6)

HAMMER THROW

NCAA Regional/Pac-10: 55.63m / 58.00m

58.59m	192-03	# •	Travis Jones	ASU Invite (3/26)
52.42m	172-00		Andrew Smith	Baldy Castillo Invite (3/19)
48.08m	157-09		Chris Duncan	ASU Invite (3/26)

DISCUS

NCAA Regional/Pac-10: 51.37m / 51.50m

50.92m	167-01		Travis Jones	ASU Invite (3/26)
49.50m	162-05		Jason Kravitz	Bill Sawyer Invite (3/6)
46.52m	152-07		Chris Duncan	Baldy Castillo Invite (3/20)
38.82m	127-04		Ryan Ehler	Bill Sawyer Invite (3/6)
37.16m	121-11	d	Joshua Kinnaman	Arizona Multi Event (3/24)

JAVELIN

NCAA Regional/Pac-10: 61.62m / 60.00m

61.04m	200-03	• d	Joshua Kinnaman	Arizona Multi Event (3/24)
53.70m	181-02		Andrew Smith	Bill Sawyer Invite (3/6)
40.61m	133-03		Ryan Ehler	Bill Sawyer Invite (3/6)

MEET LOCATIONS

Bill Sawyer Invitational

March 6 Tempe, Ariz.

Baldy Castillo Invitational

March 19-20 Tempe, Ariz.

Arizona Multi

March 23-24 Tucson, Ariz.

Arizona State Invitational

March 26 Tempe, Ariz.

Stanford Invitational

March 26-27 Palo Alto, Calif.

Texas Relays

April 2-3 Austin, Texas

Mesa Classic

April 9 Mesa, Ariz.

Sun Angel Classic

April 10 Tempe, Ariz.

Mt. SAC Relays

April 16-18 Walnut, Calif.

Drake Relays

April 21-24 Des Moines, Iowa

Oregon Invitational

April 23-24 Eugene, Ore.

UC San Diego Open

April 23-24 LaJolla, Calif.

Double Dual (ASU, UA, NAU)

May 1 Tucson, Ariz.

Pac-10 Multi Championships

May 7-8 Tucson, Ariz.

Pac-10 Championships

May 14-15 Tucson, Ariz.

Wildcat Classic

May 22 Tucson, Ariz.

NCAA West Region Championships

May 28-29 Northridge, Calif.

NCAA Outdoor Championships

June 9-12 Austin, Texas

USA Olympic Team Trials

July 9-18 Sacramento, Calif.

2004 WOMEN'S SEASON RESULTS - OUTDOOR

! NCAA Auto; ^ NCAA Provisional; # NCAA Region; * Pac-10; @ School Record; \$ NCAA Record

Updated March 28, 2004

Alvina Begay [Sr., Ganado, Ariz./Adams State College] 1,500m Run Bill Sawyer Invite (3/6) 4:47.45 2nd 3,000m Run ASU Invite (3/26) 10:10.86 1st					Anna Masinelli [Fr., Scottsdale, Ariz./Xavier College Prep] 1,500m Run Baldy Castill Invite (3/19) * 4:36.80 5th				
Porchea Carroll [Jr., Oxnard, Calif./Rio Mesa HS] 100m Dash Bill Sawyer Invite (3/6) 12.18 (+0.4) 1st Baldy Castillo Invite (3/20) 12.05 (+0.0) 4th ASU Invite (3/26) 12.04 (-0.8) 3rd 200m Dash Bill Sawyer Invite (3/6) 24.79 (+1.2) 1st Long Jump Baldy Castillo Invite (3/20) # * 5.95m (19-06.25)(+0.0) 3rd					Jessie McLaughlin [Fr., Olympia, Wash./Olympia HS] 800m Run ASU Invite (3/26) 2:13.87 3rd 1,500m Run Baldy Castillo Invite (3/19) * 4:38.47 6th				
Molly Clarke [Jr., Santa Cruz, Calif./Chico State] Discus Bill Sawyer Invite (3/6) F 41.98m (137-09) 2nd Baldy Castillo Invite (3/20) F 42.71m (140-01) 8th ASU Invite (3/26) F 43.59m (143-00) 9th Hammer Throw Bill Sawyer Invite (3/6) F 41.74m (136-11) 7th					Sandra Orsund [Sr., Plymouth, Ind./Plymouth HS] Discus Baldy Castillo Invite (3/20) F # * 47.25m (155-00) 3rd ASU Invite (3/26) F # * 50.55m (165-10) 3rd Hammer Throw Bill Sawyer Invite (3/6) F 48.92m (160-06) 3rd Baldy Castillo Invite (3/20) F 51.79m (169-11) 4th ASU Invite (3/26) F 49.57m (162-07) 9th				
Desiree Davila [Jr., Chula Vista, Calif./Hilltop HS] 1,500m Run Baldy Castillo Invite (3/19) # * 4:28.55 2nd					Julia Pedersen [Jr., Grand Forks, N.D./Red River HS] Discus ASU Invite (3/26) F # * 47.99m (157-05) 6th Shot Put ASU Invite (3/26) F # * 15.34m (50-04.00) 2nd				
Christina Hardeman [So., Sunnyvale, Calif./De Anza CC] 200m Dash ASU Invite (3/26) 24.85 (-0.7) 4th 400m Dash Baldy Castillo Invite (3/20) * 55.13 3rd ASU Invite (3/26) * 55.04 1st					Stacy Perrault [Fr., Richland, Wash./Richland HS] Javelin Bill Sawyer Invite (3/6) F 37.46m (122-11) 3rd Baldy Castillo Invite (3/20) P NM				
Jacquelyn Johnson [Fr., Yuma, Ariz./Yuma HS] Heptathlon - (individual heptathlon event marks found on page 13) Mike Maynard Multi (3/23-24) did not finish 100m Hurdles Baldy Castillo Invite (3/20) # 13.83 (+0.0) 2nd Javelin Baldy Castillo Invite (3/20) F 41.60m (136-06) 8th Shot Put Baldy Castillo Invite (3/20) F 11.83m (38-09.75) 9th					Jana Pintz [So., Waimanalu, Hawaii/Northern Colorado Univ.] Javelin Bill Sawyer Invite (3/6) F 39.20m (128-07) 2nd Baldy Castillo Invite (3/20) F # 43.15m (141-07) 6th ASU Invite (3/26) F 42.09m (138-01) 1st				
Tinishia Johnson [So., Reno, Nev./Edward C. Reed HS] 200m Dash Bill Sawyer Invite (3/6) 24.99 (+1.2) 2nd ASU Invite (3/26) 24.95 (-1.9) 5th 400m Dash Bill Sawyer Invite (3/6) 58.14 1st ASU Invite (3/26) 56.55 4th Long Jump Baldy Castillo Invite (3/20) F # * 5.94m (19-06.00)(+0.0) 4th ASU Invite (3/26) F 5.50m (18-00.50)(-4.3) 6th					Kristi Raban [Jr., Mesa, Ariz./Paradise Valley CC] Pole Vault Bill Sawyer Invite (3/6) 3.36m (11-00.25) 2nd Baldy Castillo Invite (3/20) 3.35m (10-11.75) 5th ASU Invite (3/26) NH				
Jennifer Kowacz [Jr., Goodyear, Ariz./Northern Arizona] Hammer Throw Baldy Castillo Invite (3/20) F # * 54.72m (179-06) 3rd ASU Invite (3/26) F * 53.98m (177-01) 5th					Cassandra Reed [Jr., Avondale, Ariz./Aqua Fria HS] 200m Dash Baldy Castillo Invite (3/20) # * 23.87 (+0.0) 2nd ASU Invite (3/26) # * 23.86 (-0.7) 1st				
Liz Lindgren [So., Klamath Falls, Ore./Klamath Union HS] 1,500m Run Baldy Castillo Invite (3/19) 4:45.59 10th 2,000m Steeplechase Bill Sawyer Invite (3/6) 7:22.47 1st 3,000m Steeplechase ASU Invite (3/26) 11:14.06 1st					Sara Shisslak [Fr., Bisbee, Ariz./Bisbee HS] Discus Bill Sawyer Invite (3/6) F 38.17m (125-03) 3rd Baldy Castillo Invite (3/20) P 36.99m (121-04) 12th ASU Invite (3/26) P NM Hammer Throw Bill Sawyer Invite (3/6) F 41.22m (135-03) 8th Baldy Castillo Invite (3/20) P NM ASU Invite (3/26) P 39.03m (128-01) 16th				
					Marcia Smith [Sr., Stockbridge, Ga./Clemson] 400m Dash Baldy Castillo Invite (3/20) 56.36 5th ASU Invite (3/26) 55.71 2nd				
					Angela Tavlarides [Jr., Phoenix, Ariz./Mesa CC] Pole Vault Bill Sawyer Invite (3/6) 3.51m (11-06.25) 1st Baldy Castillo Invite (3/20) @ 3.55m (11-07.75) 2nd ASU Invite (3/26) @ 3.55m (11-07.75) 1st				

2004 WOMEN'S SEASON RESULTS - OUTDOOR

! NCAA Auto; ^ NCAA Provisional; # NCAA Region; * Pac-10; @ School Record; \$ NCAA Record

Updated March 28, 2004

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

100m Dash

Baldy Castillo Invite (3/20)	* 11.79 (+0.0)	1st
ASU Invite (3/26)	* 11.95 (-0.8)	2nd

200m Dash

Baldy Castillo Invite (3/20)	# * 23.72 (+0.0)	1st
------------------------------	------------------	-----

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

100m Dash

Bill Sawyer Invite (3/6)	12.52 (+0.4)	5th
--------------------------	--------------	-----

200m Dash

Bill Sawyer Invite (3/6)	25.73 (+1.2)	6th
Baldy Castillo Invite (3/20)	25.35 (+0.0)	14th
ASU Invite (3/26)	25.31 (-1.9)	6th

400m Dash

ASU Invite (3/26)	57.84	5th
-------------------	-------	-----

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

1,500m Run

Bill Sawyer Invite (3/6)	4:53.94	4th
Baldy Castillo Invite (3/19)	4:48.57	16th

3,000m Run

ASU Invite (3/26)	10:24.00	4th
-------------------	----------	-----

RELAYS

4x100m Relay

Arizona State 'A' - P. Carroll, C. Reed, J. Johnson, K. Tucker

Baldy Castillo Invite (3/20)	# 45.08	1st
------------------------------	---------	-----

4x400m Relay

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

Baldy Castillo Invite (3/20)	# 3:41.79	1st
------------------------------	-----------	-----

4x800m Relay

Arizona State 'A' - A. Masinelli, J. McLaughlin, D. Davila, A. Hasting

Baldy Castillo Invite (3/20)	9:05.39	1st
------------------------------	---------	-----

2004 MEN'S SEASON RESULTS - OUTDOOR

! NCAA Auto; ^ NCAA Provisional; # NCAA Region; * Pac-10; @ School Record; \$ NCAA Record

Updated March 28, 2004

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

Pole Vault

Bill Sawyer Invite (3/6)	4.27m (14-00.00)	3rd
Baldy Castillo Invite (3/20)	4.45m (14-07.25)	4th
ASU Invite (3/26)	4.20m (13-09.25)	5th

Aaron Aguayo [Fr., Phoenix, Ariz./Mountain Pointe HS]

1,500m Run

Bill Sawyer Invite (3/6)	3:52.21	1st
Baldy Castillo Invite (3/19)	# * 3:45.55	4th

5,000m Run

Stanford Invite (3/26)	# * 14:06.88	23rd
------------------------	--------------	------

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

100m Dash

Baldy Castillo Invite (3/20)	* 10.56 (+0.0)	7th
------------------------------	----------------	-----

200m Dash

Baldy Castillo Invite (3/20)	# * 20.94 (+0.0)	3rd
------------------------------	------------------	-----

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

200m Dash

Baldy Castillo Invite (3/20)	# * 20.72 (+0.0)	1st
ASU Invite (3/26)	# * 20.92 (-1.7)	1st

Lee Bartes [Sr., Mesa, Ariz./Mesa CC]

400m Hurdles

Bill Sawyer Invite (3/6)	54.10	2nd
Baldy Castillo Invite (3/19)	53.10	5th
ASU Invite (3/26)	53.93	4th

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

200m Dash

Baldy Castillo Invite (3/20)	21.70 (+0.0)	11th
------------------------------	--------------	------

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

1,500m Run

Bill Sawyer Invite (3/6)	3:56.73	4th
--------------------------	---------	-----

10,000m Run

Stanford Invite (3/20)	29:48.62	37th
------------------------	----------	------

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

1,500m Run

Baldy Castillo Invite (3/19)	# * 3:45.17	3rd
------------------------------	-------------	-----

5,000m Run

Stanford Invite (3/26)	# * 14:14.51	38th
------------------------	--------------	------

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

800m Run

Baldy Castillo Invite (3/20)	1:59.27	20th
------------------------------	---------	------

1,500m Run

Bill Sawyer Invite (3/6)	3:59.49	7th
Baldy Castillo Invite (3/19)	3:58.89	15th
ASU Invite (3/26)	4:00.54	7th

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

800m Run

Baldy Castillo Invite (3/20)	1:51.74	4th
ASU Invite (3/26)	1:52.06	5th

1,500m Run

Bill Sawyer Invite (3/6)	3:58.29	6th
--------------------------	---------	-----

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

800m Run

Baldy Castillo Invite (3/20)	* 1:51.40	3rd
ASU Invite (3/26)	1:51.91	4th

1,500m Run

Bill Sawyer Invite (3/6)	3:56.58	3rd
--------------------------	---------	-----

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

Pole Vault

Bill Sawyer Invite (3/6)	# * 5.00m (16-04.75)	1st
Baldy Castillo Invite (3/20)	# * 5.00m (16-04.75)	1st
ASU Invite (3/26)	NH	

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

1,500m Run

Bill Sawyer Invite (3/6)	3:57.22	5th
--------------------------	---------	-----

10,000m Run

Stanford Invite (3/20)	30:39.81	61st
------------------------	----------	------

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

Discus

Baldy Castillo Invite (3/20)	F	46.52m (152-07)	10th
ASU Invite (3/26)	P	44.52m (146-01)	10th

Hammer Throw

Baldy Castillo Invite (3/20)	P	47.65m (156-04)	18th
ASU Invite (3/26)	P	48.08m (157-09)	18th

Ryan Ehler [So., Mesa, Ariz./Mesa CC]

110m High Hurdles

Bill Sawyer Invite (3/6)	16.72 (+1.7)	5th
--------------------------	--------------	-----

Discus

Bill Sawyer Invite (3/6)	F	38.82m (127-04)	7th
--------------------------	---	-----------------	-----

Javelin

Bill Sawyer Invite (3/6)	F	40.61m (133-03)	8th
--------------------------	---	-----------------	-----

Shot Put

Bill Sawyer Invite (3/6)	P	10.94m (35-10.75)	10th
--------------------------	---	-------------------	------

Pole Vault

Bill Sawyer Invite (3/6)	3.97m (13-00.25)	t4th
--------------------------	------------------	------

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

200m Dash

Baldy Castillo Invite (3/20)	21.65 (+0.5)	8th
ASU Invite (3/26)	22.16 (-0.8)	7th

400m Dash

Baldy Castillo Invite (3/20)	# * 46.72	3rd
ASU Invite (3/26)	* 47.75	3rd

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

Pole Vault

Baldy Castillo Invite (3/20)	# * 5.00m (16-04.75)	1st
ASU Invite (3/26)	# * 5.10m (16-08.75)	1st

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

100m Dash

Bill Sawyer Invite (3/6)	13.13m (+0.0)	19th
--------------------------	---------------	------

200m Dash

Bill Sawyer Invite (3/6)	DNF	---
--------------------------	-----	-----

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

800m Run

Baldy Castillo Invite (3/20)	1:51.86	5th
ASU Invite (3/26)	1:55.86	12th

1,500m Run

Bill Sawyer Invite (3/6)	4:07.47	10th
--------------------------	---------	------

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

Discus

Baldy Castillo Invite (3/20)	F	49.78m (163-04)	4th
ASU Invite (3/26)	F	50.92m (167-01)	4th

Hammer Throw

Bill Sawyer Invite (3/6)	F	# 56.61m (185-09)	2nd
Baldy Castillo Invite (3/20)	F	# 56.79m (186-04)	9th
ASU Invite (3/26)	F	# * 58.59m (192-03)	7th

2004 MEN'S SEASON RESULTS - OUTDOOR

! NCAA Auto; ^ NCAA Provisional; # NCAA Region; * Pac-10; @ School Record; \$ NCAA Record

Updated March 28, 2004

Shot Put

Bill Sawyer Invite (3/6)	F	# 16.85m (55-03.50)	2nd
Baldy Castillo Invite (3/20)	F	15.90m (52-02.00)	4th
ASU Invite (3/26)	F	16.28m (53-05.00)	6th

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

100m Dash

Bill Sawyer Invite (3/6)		11.10 (+0.0)	9th
--------------------------	--	--------------	-----

110m High Hurdles

Baldy Castillo Invite (3/20)		15.76 (+0.0)	9th
------------------------------	--	--------------	-----

Joshua Kinnaman [Fr., Chandler, Ariz./Corona del Sol HS]

Decathlon - (individual decathlon event marks found on page 13)

Mike Maynard Multi (3/23-24)		7,147	5th
------------------------------	--	-------	-----

110m High Hurdles

Bill Sawyer Invite (3/6)		16.86 (+1.7)	6th
Baldy Castillo Invite (3/20)		16.52 (+0.0)	12th

Discus

Baldy Castillo Invite (3/20)	P	NM	
------------------------------	---	----	--

Javelin

Bill Sawyer Invite (3/6)	F	49.61m (162-09)	6th
Baldy Castillo Invite (3/20)	F	52.73m (173-00)	4th

Long Jump

Baldy Castillo Invite (3/20)	F	6.77m (22-02.50)(+0.0)	8th
------------------------------	---	------------------------	-----

Shot Put

Bill Sawyer Invite (3/6)	F	12.64m (41-05.75)	8th
Baldy Castillo Invite (3/20)	P	11.73m (38-06.00)	13th

Pole Vault

Bill Sawyer Invite (3/6)		NH	---
Baldy Castillo Invite (3/20)		4.00m (13-01.50)	8th

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

100m Dash

Baldy Castillo Invite (3/20)		# * 10.39 (+0.0)	4th
ASU Invite (3/26)		* 10.55 (-1.2)	4th

200m Dash

Baldy Casillo Invite (3/20)		# * 21.15 (+0.5)	4th
-----------------------------	--	------------------	-----

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

Discus

Bill Sawyer Invite (3/6)	F	49.50m (162-05)	3rd
Baldy Castillo Invite (3/20)	F	47.88m (157-01)	8th
ASU Invite (3/26)	F	49.21m (161-05)	7th

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

3,000m Run

Bill Sawyer Invite (3/6)		9:13.95	4th
ASU Invite (3/26)		9:13.15	11th

5,000m Run

Baldy Castillo Invite (3/19)		16:26.33	5th
------------------------------	--	----------	-----

Dan Maher [Sr., Tucson, Ariz./Salpointe Catholic HS]

800m Run

ASU Invite (3/26)		* 1:51.05	1st
-------------------	--	-----------	-----

1,500m Run

Baldy Castillo Invite (3/19)		3:45.14	2nd
------------------------------	--	---------	-----

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

100m Dash

Bill Sawyer Invite (3/6)		11.01 (+0.0)	7th
--------------------------	--	--------------	-----

Long Jump

Baldy Castillo Invite (3/20)	F	6.86m (22-06.25)(+0.0)	6th
------------------------------	---	------------------------	-----

Triple Jump

ASU Invite (3/26)	F	14.22m (46-08.00)(+0.1)	1st
-------------------	---	-------------------------	-----

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

High Jump

Bill Sawyer Invite (3/6)		1.87m (6-01.50)	t3rd
Baldy Castillo Invite (3/20)		1.80m (5-10.75)	9th
ASU Invite (3/26)		1.85m (6-00.75)	2nd

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

100m Dash

ASU Invite (3/26)		* 10.53 (-1.2)	3rd
-------------------	--	----------------	-----

400m Dash

Baldy Castillo Invite (3/20)		# * 46.01	1st
------------------------------	--	-----------	-----

Derek Pisel [Fr., Glendale, Ariz./Mountain Ridge HS]

5,000m Run

Baldy Castillo Invite (3/19)		16:36.42	6th
------------------------------	--	----------	-----

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

100m Dash

Bill Sawyer Invite (3/6)		11.62 (+0.8)	15th
--------------------------	--	--------------	------

200m Dash

Bill Sawyer Invite (3/6)		23.19 (+0.0)	12th
Baldy Castillo Invite (3/20)		22.65 (+0.0)	21st
ASU Invite (3/26)		DNF	

Long Jump

Bill Sawyer Invite (3/6)	F	6.95m (22-09.75)(+3.4)	1st
Baldy Castillo Invite (3/20)	P	6.62m (21-08.75)(+0.0)	14th
ASU Invite (3/26)	F	6.71m (22-00.25)(+1.8)	7th

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

100m Dash

Baldy Castillo Invite (3/20)		10.81 (+0.0)	12th
------------------------------	--	--------------	------

Long Jump

Baldy Castillo Invite (3/20)	F	7.27m (23-10.25)(+0.2)	1st
ASU Invite (3/26)	F	# * 7.50m (24-07.25)(+1.6)	2nd

High Jump

ASU Invite (3/26)		# * 2.15m (7-00.50)	1st
-------------------	--	---------------------	-----

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

Hammer Throw

Bill Sawyer Invite (3/6)	F	48.27m (158-04)	6th
Baldy Castillo Invite (3/20)	P	52.42m (172-00)	13th
ASU Invite (3/26)	P	51.94m (170-05)	14th

Javelin

Bill Sawyer Invite (3/6)	F	55.22m (181-02)	4th
Baldy Castillo Invite (3/20)	F	51.85m (170-01)	5th

Shot Put

Bill Sawyer Invite (3/6)	F	16.16m (53-00.25)	6th
Baldy Castillo Invite (3/20)	F	15.57m (51-01.00)	5th
ASU Invite (3/26)	F	15.91m (52-02.50)	8th

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

1,500m Run

Bill Sawyer Invite (3/6)		3:52.87	2nd
Baldy Castillo Invite (3/19)		3:52.19	5th

3,000m Steeplechase

ASU Invite (3/26)		9:10.17	1st
-------------------	--	---------	-----

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

Pole Vault

Bill Sawyer Invite (3/6)		4.42m (14-06.00)	2nd
Baldy Castillo Invite (3/20)		NH	
ASU Invite (3/26)		4.45m (14-07.25)	4th

2004 MEN'S SEASON RESULTS - OUTDOOR

! NCAA Auto; ^ NCAA Provisional; # NCAA Region; * Pac-10; @ School Record; \$ NCAA Record

Updated March 28, 2004

RELAYS

4x100m Relay

Arizona State 'A' - S. Koehnemann, D. Peterson, S. Amoo, L. Banda
Baldy Castillo Invite (3/20) # 39.33 1st
ASU Invite (3/26) DQ

4x400m Relay

Arizona State 'A' -

2004 MULTI-EVENT SEASON RESULTS - OUTDOOR

! NCAA Auto; ^ NCAA Provisional; # NCAA Region; * Pac-10; @ School Record; \$ NCAA Record

Updated March 28, 2004

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

Heptathlon

Mike Maynard Multi (3/23-24)					<i>did not finish</i>
100m Hurdles	1,046	1st	13.53		+1.3
High Jump	928	t2nd	1.76m	5-09.25	
Shot Put	668	3rd	12.10m	39-08.50	
200m Dash	910	1st	24.75		+1.6
Long Jump	843	3rd	5.98m	19-07.50	+1.5
Javelin					<i>did not compete</i>
800m Run					<i>did not compete</i>

Joshua Kinnaman [Fr., Chandler, Ariz./Corona del Sol HS]

Decathlon

Mike Maynard Multi (3/23-24)					<u>7,147</u>	<u>5th</u>
100m Dash	910	2nd	10.78			+0.9
Long Jump	769	9th	6.81m	22-04.25		+0.0
Shot Put	609	10th	12.05m	36-09.50		
High Jump	758	t4th	1.96m	6-04.75		
400m Dash	831	3rd	49.65			
110m Hurdles	715	13th	16.16			+0.9
Discus	607	9th	37.16m	121-11		
Pole Vault	659	9th	4.15m	13-07.25		
Javelin	753	1st	61.04m	200-03		
1,500m Run	536	7th	5:04.18			

WOMEN'S OUTDOOR RECORD BOOK [Updated March 24]

100 METER DASH

1.	Sharon Ware	1983	11.33	
2.	Dawnyell Linder	1998	11.39	
3.	Lynda Tolbert	1988	11.41	n
4.	Lesa Parker	1994	11.44	
5.	Val Boyer	1979	11.46	n
6.	Maicel Malone	1991	11.47	
7.	Tiffany Greer	2001	11.53	n
8.	Teri Chapple-Sheppard	1983	11.60	n
9.	Renaye Bowen	1977	11.61	n
10.	Omolade Akinremi	1993	11.64	

100 METER HURDLES

1.	Lynda Tolbert	1989	12.75	
2.	Ime Akpan	1992	13.03	n
3.	LaShawn Simmons	1992	13.23	n
4.	Seneca Holmes	2003	13.31	n
5.	Gea Johnson	1990	13.35	n
6.	Brenda Calhoun	1981	13.47	
7.	Jacquelyn Johnson	<u>2004</u>	13.53	
8.	Rhonda Brady (13.3m)	1978	13.54	+
9.	Tesra Bester	1992	13.64	n
10.	Omotayo Akinremi	1994	13.68	

200 METER DASH

1.	Maicel Malone	1991	22.91	
2.	Avia Morgan	1995	23.05	
3.	Val Boyer	1980	23.36	
4.	Freida Cobbs	1979	23.41	n
5.	Dawnyell Linder	1998	23.42	
6.	Renaye Bowen	1977	23.54	+
7.	Jacinta Bartholomew	1988	23.60	
8.	Omotayo Akinremi	1993	23.65	h
9.	Teri Chapple-Sheppard	1983	23.69	n
10.	Shanequa Campbell	1994	23.72	

400 METER DASH

1.	Maicel Malone	1991	50.33	
2.	Shanequa Campbell	1993	51.77	n
3.	Omolade Akinremi	1993	52.24	
4.	Toinette Holmes	1990	52.30	n
5.	Omotayo Akinremi	1993	52.43	n
6.	Cassandra Reed	2003	52.53	n
7.	Avia Morgan	1995	52.58	
8.	Joronda White	1999	52.76	
	Jacqueline Gayle	1994	52.76	
10.	Tamika Foster	1988	52.95	

400 METER HURDLES

1.	Omolade Akinremi	1995	55.44	
2.	Tracey Mattes	1992	56.54	
3.	Omotayo Akinremi	1993	56.86	
4.	Candida Coulson	2001	58.31	n
5.	Denise Waddy	1978	58.62	
6.	Christy Akinremi	1993	59.37	n
7.	Karen Vigilant	1997	59.52	n
8.	Seneca Holmes	2001	60.23	n
9.	Cathy Miller	1984	60.54	
10.	Cheryl Lewis (1:01.4m)	1980	61.54	n

800 METER RUN

1.	Kim Toney	1993	2:03.23	n
2.	Lorrieann 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	2:08.02	n
9.	Sandy Beach	1983	2:08.40	
10.	Jennifer Bridgeman	1999	2:08.52	n

1,500 METER RUN

1.	Priscilla Hein	1999	4:17.98	
2.	Lisa Aguilera	2001	4:19.16	n
3.	Kim Toney	1993	4:20.69	
4.	Kelly MacDonald	2001	4:22.72	n
5.	Michelle Harper	1987	4:22.74	+
6.	Julie Seleine	1984	4:23.60	
7.	Brianna Torres	2002	4:25.35	n
8.	Sabrina Peters-Stern	1983	4:26.02	
9.	Teresa Barrios	1989	4:26.55	
10.	Lorrieann Adams	1995	4:27.77	

3,000 METER RUN

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

3,000 METER STEEPLECHASE

1.	Lisa Aguilera	2003	9:46.43	
2.	Kelly MacDonald	2001	9:55.49	n
3.	Cody Sohn	2001	10:27.83	n
4.	Mandi-Fitz Gustafson	2003	10:51.50	n

5,000 METER RUN

1.	Kelly MacDonald	2000	15:53.28	n
2.	Lisa Aguilera	2002	15:57.37	n
3.	Lynn Nelson	1984	15:58.57	
4.	Brianna Torres	2002	16:13.79	n
5.	Kathy Mintie	1979	16:16.8	n
6.	Desiree Davila	2003	16:17.45	n
7.	Jessica Scalzo	2003	16:22.18	n
8.	Kelly Cordell	1992	16:28.32	
9.	Laura LaMena	1988	16:33.09	
10.	Sabrina Peters-Stern	1983	16:37.23	n

10,000 METER RUN

1.	Laura LaMena	1988	33:45.00	n
2.	Mary Duerbeck	2001	33:53.52	n
3.	Lynn Nelson	1984	34:24.90	
4.	Maria Trujillo	1981	34:26.50	
5.	Kelly Cordell	1992	34:24.00	n
6.	Amy Komitzky	1989	35:24.30	n
7.	Jessica Scalzo	2003	35:28.08	n
8.	Alvina Begay	2003	35:42.37	n
9.	Lisa Pohlit	2003	36:21.58	n
10.	Lisa Pfuhl	1983	37:00.17	n

RELAY EVENTS

4X100 METER RELAY

1.	Lynda Tolbert, Maicel Malone	1988	43.58	
	Tamika Foster, Jacinta Bartholomew			
2.	Omotayo Akinremi, Christie Akinremi	1994	44.24	+
	Lesa Parker, Tika Walton			
3.	Porchea Carroll , Tiffany Greer	2003	44.27	
	Cassandra Reed , Kandace Tucker			
4.	Tike Jackson, Sanoma Nickson	1996	44.50	
	Adra Hysong, Tika Walton			
5.	Omolade Akinremi, Lesa Parker	1993	44.59	n
	Christy Akinremi, Shanequa Campbell			

WOMEN'S OUTDOOR RECORD BOOK [Updated March 24]

4X200 METER RELAY

1.	Jacinta Bartholomew, Lynda Tolbert	1988	1:33.03	
	Tamika Foster, Maicel Malone			
2.	Omotayo Akinremi, Shanequa Campbell	1994	1:33.10	
	Christie Akinremi, Lesa Parker			
3.	Omotayo Akinremi, Lesa Parker	1993	1:34.64	
	Christy Akinremi, Omolade Akinremi			
4.	Maicel Malone, Toinette Holmes	1990	1:34.99	
	Dana Jones, Lynda Tolbert			

4X400 METER RELAY

1.	Omotayo Akinremi, Jacqueline Gayle	1995	3:29.45	
	Avia Morgan, Lade Akinremi			
2.	Jacqueline Gayle, Omotayo Akinremi	1994	3:29.77	
	Akinremi, Shanequa Campbell			
3.	Toinette Holmes, Maicel Malone	1988	3:29.95	
	Jacinta Bartholomew, Tamika Foster			
4.	Toinette Holmes, Dana Jones	1990	3:30.26	
	Charmaine Williams, Maicel Malone			
5.	Shanequa Campbell, Janice Nichols	1993	3:30.43	n
	Omotayo Akinremi, Omolade Akinremi			

4X800 METER RELAY

1.	Jacqueline Gayle, Janice Nichols,	1994	8:24.27	
	Omolade Akinremi, Kim Toney			

FIELD EVENTS

LONG JUMP

1.	Jacinta Bartholomew	1989	6.62	21-08.75	
2.	Tiffany Greer	2002	6.48	21-03.25	n
3.	Valerie Williams	2001	6.46	21-02.50	
4.	Tesra Bester	1992	6.43	21-01.50	
5.	Anna Van	1984	6.38	20-11.25	
6.	Rhonda Paine	1983	6.37	20-10.75	
7.	Lisa Hale	1992	6.36	20-10.50	
	Sharesa Turner	2001	6.36	20-10.50	n
9.	Gea Johnson	1990	6.34	20-09.75	w
10.	LaShawn Simmons	1992	6.33	20-09.25	n

TRIPLE JUMP

1.	Valerie Williams	2000	12.84	42-01.50	
2.	Erika Johnson	2000	12.57	41-03.00	
3.	Anna Van	1984	12.37	40-07.25	
4.	Giannina Re	1995	12.34	40-06.00	
5.	Adra Hysong	1995	12.09	39-08.00	
6.	Tesra Bester	1991	11.91	39-01.00	n
7.	Fiona Daly	1998	11.82	38-09.50	
8.	Tamara Espinoza	1999	11.79	38-09.25	
9.	Lennon Gardner	1988	11.77	38-07.50	
10.	Olivia Mazzaglia	2001	11.73	38-06.00	n

HIGH JUMP

1.	Coleen Rienstra	1980	1.93	6-04.00	
2.	Fiona Daly	1998	1.88	6-02.00	
3.	Shelly Choppa	1993	1.83	6-00.00	
	Jackie Belzner	1988	1.83	6-00.00	
5.	Gea Johnson	1990	1.79	5-10.25	n
6.	Tana Tate	1984	1.75	5-08.75	
	Dana Collins	1978	1.75	5-08.75	
	Monique Donithan	1978	1.75	5-08.75	
	Jodi Smith	2002	1.75	5-08.75	
	Olivia Mazzaglia	2002	1.75	5-08.75	

POLE VAULT

1.	Angela Tavlarides	2004	3.55	11-07.75	
2.	Olivia Mazzaglia	2000	3.51	11-06.00	
3.	Kristi Raban	2004	3.35	10-11.75	
4.	Holly Smith	2000	2.65	8-08.25	
	Jessie Cady	2000	2.65	8-08.25	

SHOT PUT

1.	Leslie Deniz	1983	17.03	55-10.50	
2.	Natalie Kaaiawahia	1984	16.79	55-01.25	
3.	Ria Stalman	1981	15.98	52-02.25	n
4.	Adrienne Judie	2000	15.89	52-01.75	
5.	Jennifer Lemke	1983	15.63	51-03.25	
6.	Yolanda Meservey	2002	15.04	49-04.25	n
7.	Julia Pedersen	2003	14.95	49-00.75	n
8.	Sandra Orsund	2003	14.74	48-04.50	n
9.	Maryanne Barry	1983	14.52	47-11.75	
10.	Deby Pryor	1981	14.48	47-06.00	

DISCUS

1.	Leslie Deniz	1983	64.94	213-01	
2.	Ria Stalman	1981	62.30	204-05	n
3.	Sandra Orsund	2003	55.76	182-11	n
4.	Natalie Kaaiawahia	1984	54.76	179-08	
5.	Julie Cart	1980	52.04	170-09	n
6.	Julia Pedersen	2003	51.20	168-00	n
7.	Adrienne Judie	2001	49.72	163-01	
8.	Molly Clarke	2003	47.77	156-09	n
9.	Diane Arens	1982	45.56	149-06	n
10.	Yolanda Meservey	2001	45.44	149-01	n

JAVELIN

1.	Celeste Wilkinson	1978	56.90	186-08	
2.	Dodie Campbell	1984	54.22	177-11	
3.	Charity Amama	1998	51.42	168-08	
4.	Tracey McCarthy	1984	51.34	168-05	
5.	Marilyn White	1977	47.40	155-06	n
6.	Jaime Gale	1981	46.38	152-02	n
7.	Gea Johnson	1990	45.70	149-11	n
8.	Becky Holley	2003	44.03	144-05	n
9.	Jana Pintz	2004	43.15	141-07	n
10.	Tricia Melfy	1994	42.04	137-11	

HAMMER

1.	Adrienne Judie	2001	58.10	190-07	
2.	Sandra Orsund	2003	55.15	180-11	
3.	Jennifer Kowacz	2004	54.72	179-06	n
4.	Jenae Sonne	2003	51.26	168-02	n
5.	Yolanda Meservey	2001	49.96	163-11	n
6.	Heather Leigh	2001	46.50	152-07	
7.	Molly Clarke	2003	42.13	138-02	n

HEPTATHLON

1.	Gea Johnson	1990	6,135 points	n w
2.	Tricia Melfy	1992	5,332 points	n
3.	Adra Hysong	1997	5,215 points	
4.	Lennon Gardner	1990	5,050 points	n
5.	Christy Jozwiak	1982	4,757 points	
6.	Jodi Smith	2000	4,545 points	
7.	Elizabeth Arollo	2000	4,427 points	

TOP HEPTATHLON EVENT MARKS

100m Hurdles	Gea Johnson	1990	13.51w
200 Meters	Gea Johnson	1990	24.24
800 Meters	Gea Johnson	1990	2:14.50
Long Jump	Gea Johnson	1990	6.26m (20-06.50)
High Jump	Gea Johnson	1990	1.79m (5-10.50)
Shot Put	Gea Johnson	1990	14.18m (46-6.25)
Javelin	Gea Johnson	1990	45.70m (149-11)
First Day Total	Gea Johnson	1990	3,659 pts
Second Day Total	Gea Johnson	1990	2,576 pts

MEN'S OUTDOOR RECORD BOOK [Updated March 24]

100 METER DASH

1.	Marcus Brunson	2001	10.10	
2.	Ron Brown	1981	10.15	n
3.	Dwayne Evans	1981	10.20	
4.	Kenny Robinson	1985	10.23	
5.	Charlie Wells (10.0m)	1975	10.24	h
6.	Walter Haywood	1983	10.26	
7.	Dwight Phillips	2000	10.28	
8.	Jerry Bright (9.47y)	1967	10.32	n +
9.	LaMonte King	1982	10.33	
10.	Doug Hawken (9.2y)	1970	10.34	+

110 METER HIGH HURDLES

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

200 METER DASH

1.	Jerry Bright	1968	20.29	n
2.	Henry Carr	1964	20.33	
3.	Dwayne Evans	1981	20.34	n
4.	LaMonte King	1981	20.36	
5.	Marcus Brunson	2001	20.37	
6.	Tony Darden	1978	20.48	n
7.	Gerald Burl	1977	20.57	n
8.	Howard Henley	1982	20.58	
9.	Steven Williams	1976	20.63	n
10.	J.D. Hill (20.5y)	1968	20.64	h +

400 METER DASH

1.	Ron Freeman II	1968	44.41	n
2.	Maurice Peoples (45.11y)	1973	44.85	+
3.	Howard Henley	1981	44.92	
4.	Herman Frazier	1976	44.95	n
5.	Ulis Williams	1964	45.14	h
6.	Henry Carr	1963	45.49	h
7.	Willie Jones	1982	45.54	
8.	Ivan Jean-Marie	1995	45.49	
9.	Mark Senior	1986	45.59	n
10.	Tony Darden	1977	45.60	n

400 METER HURDLES

1.	Gordon Bugg	1988	49.30	n
2.	Rick Walker	1977	49.36	n
3.	Robert Rucker	1991	49.54	
4.	John Lehnstrom	1982	49.69	n
5.	Francois Aumas (50.08y)	1976	49.82	h
6.	Mark Boyd	1986	50.91	
7.	Dick Miller (51.4y)	1966	51.24	h +
8.	Konrad Krajewski	1980	51.62	
9.	Mark Phillips	1988	51.66	
10.	Jeff Kemp	1981	51.70	

800 METER 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.	Chuck LaBenz (1:48.9y)	1970	1:48.27	+
7.	Pete Quinonez	1982	1:48.47	
8.	Clevon Clair	1994	1:48.48	
9.	Ray Wicksell (1:49.7y)	1975	1:49.06	+
	Bob Franek (1:49.7y)	1974	1:49.06	+

1,500 METER RUN

1.	Chuck LaBenz	1970	3:40.70	
2.	Brandon Strong	2002	3:41.42	
3.	Larry Lawson	1974	3:43.00	n
4.	Mike Stahr	1985	3:43.06	n
5.	Ray Wicksell	1979	3:43.20	
6.	Dan Raby	1982	3:44.07	
7.	Todd Lewis	1992	3:44.09	
8.	Ari Rodriguez	1997	3:44.10	
9.	Treg Scott	1985	3:44.16	
10.	Jeff Smith	1988	3:44.87	

MILE RUN

1.	Chuck LaBenz	1970	3:56.90	
2.	Larry Lawson	1974	4:00.60	n
	Jeff Smith	1988	4:00.60	i n
4.	Mark Rafferty	1974	4:01.00	n
5.	Ray Wicksell	1978	4:02.90	
6.	Alex Henderson	1958	4:03.10	
7.	Ed Zuck	1974	4:03.30	n
8.	Louis Scott	1964	4:04.90	n
9.	Manual Quintanar	1969	4:05.80	
10.	Mike Elder	1976	4:06.10	

3,000M STEEPLECHASE

1.	Todd Lewis	1992	8:39.19	n
2.	Erin Scroggins	1993	8:45.24	n h
3.	Jeremy Rasmussen	2000	8:49.23	
4.	Chuck Schwarz	1983	8:54.54	
5.	Kris Alexander	2003	8:55.35	n
6.	Mike Scannell	1985	8:55.49	
7.	Andy Carusetta	1996	8:56.74	
8.	Gary Geyer	1985	8:57.44	
9.	Pete Span	1972	8:58.80	
10.	Ryan Warrenburg	2003	8:59.69	n

5,000 METER RUN

1.	Todd Lewis	1990	13:51.40	n
2.	Fasil Bizuneh	2002	13:51.88	n
3.	Isaiah Festa	2000	13:54.20	n
4.	Louis Scott (13:12.4y)	1967	13:54.90	+
5.	Juan Reyes	2002	13:54.92	n
6.	Steve Preston	1986	13:57.30	n
7.	Jerry Jobski	1969	13:57.40	
8.	Jeff Smith	1988	13:57.90	
9.	Alex Henderson (13:37.1y)	1958	14:06.50	+
10.	Mike Elder	1977	14:09.90	n

10,000 METER RUN

1.	Fasil Bizuneh	2002	28:46.88	n
2.	Jerry Jobski (28:17.0y)	1969	29:18.00	+
3.	Matt Repak	1998	29:28.31	
4.	Dan Fisher	1984	30:20.21	n
5.	J.J. Duke	2003	30:51.22	n
6.	Fred Herlitz	1986	30:53.00	n

MEN'S OUTDOOR RECORD BOOK [Updated March 24]

FIELD EVENTS

LONG JUMP

1.	Dwight Phillips	2000	8.21	26-11.25	
2.	Kenny Frazier	1984	8.14	26-08.50	
3.	LaMonte King	1981	7.99	26-02.50	
4.	Dannie Jackson	1977	7.94	26-00.50	n
	Sidney Mitchell	1979	7.94	26-00.50	
6.	Deon Mayfield	1984	7.86	25-09.75	
7.	Darryl Hughes	1975	7.81	25-07.50	
8.	Walter Haywood	1982	7.78	25-06.25	
9.	Mike Haynes	1975	7.74	25-05.00	
10.	Matt Zuber	1990	7.73	25-04.50	

TRIPLE JUMP

1.	Deon Mayfield	1982	16.72	54-10.25	
2.	Dwight Phillips	1999	16.41	53-10.25	n
3.	Kenny Frazier	1984	16.35	53-07.75	
4.	Chris DeFrance	1978	16.27	53-04.50	n
5.	Ken McClendon	1979	16.16	53-00.25	n
6.	Brian Ellis	1992	16.14	52-11.75	w
7.	Trevor Hall	1974	15.92	52-03.00	
8.	Lenny McGill	1991	15.83	51-11.25	n
9.	Maurice Peoples	1972	15.80	51-10.00	n
10.	Dannie Jackson	1981	15.79	51-09.75	n

HIGH JUMP

1.	Kyle Arney	1977	2.29	7-6.00	
2.	Gabe Beechum	1992	2.27	7-5.25	n
3.	Ron Kamaka	1984	2.22	7-3.50	
4.	Deon Mayfield	1982	2.21	7-3.00	
	Paul Underwood	1974	2.21	7-3.00	
6.	Joey Johnson	1988	2.20	7-2.50	n
7.	Coart Owens	1979	2.18	7-2.00	
	Barry Shephard	1970	2.18	7-2.00	
9.	Matt Barney	1977	2.16	7-1.00	n
10.	Jase Graber	1995	2.15	7-0.50	
	Ebon Glenn	2001	2.15	7-0.50	

POLE VAULT

1.	Nick Hysong	1994	5.70	18-08.25	
2.	Steve Tully	1984	5.30	17-04.75	
3.	Ralph Haynie	1977	5.24	17-02.25	
4.	Mark Herman	1976	5.235	17-02.00	
5.	Mark Gersten	1988	5.20	17-00.75	
6.	Rick Rogers	1987	5.18	17-00.00	
7.	Ron Barlea	1980	5.08	16-08.00	
	Mike Mason	1980	5.08	16-08.00	n
9.	Bill Eaton	1973	5.04	16-06.50	
10.	Jeff Mulligan	1987	5.03	16-06.00	
	Chris Chancy	1994	5.03	16-06.00	

SHOT PUT

1.	Gary Williky	1982	20.78	68-02.50	
2.	Shane Collins	1990	20.20	66-03.25	
3.	Jim Camp	1986	19.95	65-05.50	
4.	Ron Semkiw	1973	19.68	64-06.25	
5.	Bruce Heide	1980	19.41	63-08.25	
6.	Vince Mosca	2003	19.33	63-05.00	n
7.	David Wood	2001	19.06	62-06.50	
8.	Jon Cole	1966	18.88	61-11.50	
9.	Dennis Black	1992	18.85	61-10.25	
10.	Howard Stuart	1981	18.47	60-07.25	n
	Billy Joe Winchester	1981	18.37	60-07.25	

DISCUS

1.	Gary Williky	1982	62.02	203-06	
2.	Jon Cole	1966	60.78	199-05	
3.	Scott Hersh	1979	58.88	193-02	n
4.	Jay Pushkin	1977	57.56	188-10	n
5.	Eric Logvin	2001	57.40	188-04	n
6.	David Wood	2001	57.02	187-01	n
7.	Jesus Ortiz	1968	56.00	183-09	
8.	Carol Lindros	1968	55.98	183-08	
9.	Vince Mosca	2002	55.74	182-10	n
10.	John Graves	1980	55.08	180-08	

JAVELIN (1986-PRESENT)

1.	Pal Arne Fagernes	1996	80.96	265-07	
2.	Charlie Cohen	1995	72.58	238-01	
3.	Jared Schrieber	1998	70.02	229-09	
4.	Dave Barlia	1988	69.84	229-01	
5.	Bobby Raines	2002	65.67	215-05	n
6.	Scott Shill	1987	64.88	212-10	
7.	Mike Rivers	2002	64.65	212-01	n
	Joe Zapustas	1991	64.64	212-01	n
	Sammy Bryant	1986	64.64	212-01	
10.	Justin Owen	2001	63.26	207-06	n

HAMMER

1.	Mika Laiho	1998	72.26	237-01	
2.	Dave Ryer	1986	63.50	208-09	n
3.	Terry Payne	1986	61.30	201-01	
4.	Travis Jones	2003	58.83	193-00	n
5.	David Bickel	1988	57.58	188-11	
	Don Kralovetz	1990	56.96	186-11	
7.	Mark Landa	1995	55.66	182-07	
8.	Steve White	1995	55.34	181-07	
9.	Karl Atkinson	2001	54.98	180-04	
10.	David Wood	2001	54.22	177-11	n

DECATHLON

1.	Dannie Jackson	1981	7,861 points	a n
2.	John Irvine	1981	7,774 points	h n
3.	Jeff Mont Pas	1980	7,732 points	h n
4.	Matt Zuber	1989	7,555 points	n
5.	Mike Cox	1982	7,544 points	a n
6.	Sammy Bryant	1986	7,455 points	a
7.	Joe Vier	1983	7,409 points	a n
8.	Joshua Kinnaman	2004	7,147 points	n
9.	Wes Herbst	1977	7,016 points	h n
10.	Jeff Kemp	1981	6,955 points	h n

TOP DECATHLON EVENT MARKS

100m Dash	Joshua Kinnaman	2004		10.78
Long Jump	Dannie Jackson	1979	7.99m	26-2.5w
Shot Put	Mike Chapman	1975	14.91m	48-11
High Jump	Mike Cox	1982	2.13m	7-0
	Dannie Jackson	1979	2.13m	7-0
400 Meters	Mike Cox	1982		48.00
110m Hurdles	Dannie Jackson	1979		14.0w
Discus	Dannie Jackson	1981	46.16m	151-5
Javelin (old)	Mike Chapman	1975	68.52m	224-10
Javelin (new)	Sammy Bryant	1986	64.64m	212-1
Pole Vault	Matt Zuber	1989	4.95m	16-2.75
1,500 Meters	John Irvine	1982		4:24.43
First Day Total	Dannie Jackson	1979		4,286 pnts
Second Day Total	Jeff Mont Pas	1980		3,758 pnts

MEN'S OUTDOOR RECORD BOOK [Updated March 21]

RELAY EVENTS

4X100 METER RELAY

1.	Ron Brown, LaMonte King	1979	38.78	
	Greg Moore, Dwayne Evans			
2.	Howard Henley, LaMonte King	1982	38.93	
	Willie Jones, Ron Brown			
3.	Charlie Wells, Steven Williams	1975	38.96	+
	Carl McCullough, Herman Frazier (39.19y)			
4.	Dwight Phillips, Tony Berrian	2000	39.01	
	Jim McGee, Marcus Brunson			
5.	Greg Moore, LaMonte King	1981	39.05	
	Willie Jones, Dwayne Evans			
6.	Dwight Phillips, Tony Berrian	1999	39.06	
	Jim McGee, Marcus Brunson			
	Steven Williams, Tony Darden	1977	39.06	+
	Gerald Burl, Herman Frazier (39.29y)			
	Leon Tubbs, Willie Jones	1982	39.06	
	Walter Haywood, Howard Henley			
9.	Ron Brown, LaMonte King	1981	39.12	
	Greg Moore, Dwayne Evans			

4X200 METER RELAY

1.	Greg Moore, Dwayne Evans	1981	1:20.37	
	Willie Jones, LaMonte King			
2.	Greg Moore, Dwayne Evans	1981	1:20.44	
	Howard Henley, Willie Jones			
3.	Gary Burl, Tony Darden (1:22.7y)	1977	1:21.00	+
	Gerald Burl, Herman Frazier (World Record at the Time)			
4.	Ron Brown, Willie Jones	1982	1:21.01	
	Howard Henley, LaMonte King			
5.	Greg Moore, Tony Darden	1978	1:21.80	
	Reggie Williams, Gerald Burl			
6.	Charlie Wells, Steven Williams	1975	1:21.90	+
	Carl McCullough, Herman Frazier (1:22.4y)			
7.	Vince Jones, Greg Moore	1980	1:21.96	n
	Howard Henley, Dwayne Evans			

4X400 METER RELAY

1.	Clifton McKenzie, Gerald Burl	1977	3:01.74	+
	Tony Darden, Herman Frazier			
2.	Jason Barton, Seth Amoo	2003	3:02.81	
	Steve Fitch, Lewis Banda			
3.	Michael Campbell, Marcus Brunson	2001	3:02.89	n
	Pete Lopez, Tony Berrian			
4.	Michael Campbell, Marcus Brunson	2001	3:03.10	
	Jason Barton, Tony Berrian			
5.	Clifton McKenzie, Greg Moore	1978	3:03.23	+
	Gerald Burl, Tony Darden			
6.	Mike Barrick, Henry Carr	1963	3:03.43	
	Ron Freeman, Ullis Williams			
7.	Clifton McKenzie, Rick Walker	1976	3:03.49	
	Carl McCullough, Herman Frazier			
8.	Leon Tubbs, Mike Sullivan	1982	3:03.81	
	Howard Henley, Willie Jones			
9.	Ray Manning, Carl McCullough	1973	3:03.93	+
	Gary Lewis, Maurice Peoples			
10.	LaVell Robinson-Blanchard, Dwight Phillips	1999	3:03.94	n
	Marcus Brunson, Tony Berrian			

4X800 METER RELAY

1.	Pete Richardson, Eddie Davis	1984	7:08.96	
	Treg Scott, Mike Stahr (Collegiate Record)			

SHUTTLE HURDLE RELAY

1.	Mark Boyd, Sammy Bryant	1986	55.79	n
	Matt Zuber, Andrew Parker			
2.	Mark Boyd, Robert Rucker	1987	57.13	n
	Chad Burnett, Andrew Parker			
3.	Dannie Jackson, Kyle Arney	1977	57.30	h
	Rick Walker, Gary Burl			
4.	Bob Adler, Dave Smith	1975	57.80	h
	Rick Walker, Gary Burl			
5.	Bob Adler, Pat Clifford	1974	59.10	n h
	Dave Smith, Gary Burl			

+ - time converted from yards using IAAF tables; w - wind aided; n - non-winning mark; h - hand time conversion • - mark attained in heptathlon

ALL filed marks are listed metric first, imperial second; Current student-athletes in **BOLD**