

2003 ARIZONA STATE MEN'S INDOOR TRACK AND FIELD

SEASON BEST TIMES AND MARKS • AS OF FEBRUARY 4

RUNNING EVENTS [#NCAA Automatic / *NCAA Provisional]

60 Meters [6.62/6.72]	Mark	Date
Seth Amoo	6.85a	1/18
Luiz Mello	6.86	2/1a

60 Meter Hurdles [7.74/7.95]	Mark	Date
Chris Kasik	8.32a	1/18
Trevell Quinley	9.16a	1/18

200 Meters [21.10/21.50]	Mark	Date
Seth Amoo	21.68	2/1a
Luiz Mello	22.00	2/1a

400 Meters [46.72/47.65]	Mark	Date
Lewis Banda	*46.45	2/1a
Jason Barton	*47.09a	1/18
Steve Fitch	47.71a	1/18
Trent Elliott	50.50a	1/18
Matt Velo	51.24a	1/18

800 Meters [1:48.90/1:50.80]	Mark	Date
Greg Halver	1:56.01	2/1a
Jeff Dodge	1:56.58	2/1a

Mile Run [4:01.20/4:05.70]	Mark	Date
Roger Cahill	4:12.52	2/1a
Derek Pisel	4:19.40	2/1a
Dan Maher	4:20.77	2/1a

3,000 Meters [7:58.40/8:09.30]	Mark	Date
Ryan Warrenburg	8:35.53	2/1a

4x400 Meter Relay [3:08.50/3:12.00]	Mark	Date
Seth Amoo, Lewis Banda	3:11.46	2/1a
Steve Fitch, Jason Barton		

FIELD EVENTS [#NCAA Automatic / *NCAA Provisional]

High Jump [2.25/2.16]	Mark	Date
Casey Clark	2.05 (6-8.75)	2/1a
Ryan Zimmerman	Fail	1/18

Long Jump [7.85/7.55]	Mark	Date
Trevell Quinley	7.48 (24-6.50)	2/1a

Triple Jump [16.20/15.60]	Mark	Date
Ryan Zimmerman	14.85 (48-8.75)	2/1a

Pole Vault [5.50/5.30]	Mark	Date
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Shot Put [19.50/17.75]	Mark	Date
Vince Mosca	*18.02 (59-1.50)	2/1a
Travis Jones	15.34 (50-4.00)	2/1a
Jason Kravitz	15.24 (50-0.00)	1/18

Weight Throw [21.35/19.50]	Mark	Date
Travis Jones	17.07 (56-0.00)	1/18

@ - school record; a - at altitude; aj - altitude adjusted

1/18 at NAU Invitational	2/1a at Boise State Invite	2/1b at Husky Invitational	2/8 at Mountain 'T' Invite
2/14a at Double Dual	2/15b at Washington Invite	2/14-15b at Canon Classic	2/28-3/1 at Pac-10 Invitational
3/7-8 at Last Chance Meets	3/14-15 at NCAA Championships		

2003 ARIZONA STATE WOMEN'S INDOOR TRACK AND FIELD

SEASON BEST TIMES AND MARKS • AS OF FEBRUARY 4

RUNNING EVENTS [#NCAA Automatic / *NCAA Provisional]

60 Meters [7.30/7.44]	Mark	Date
Porchea Carroll	7.66	2/1a
Kandice Tucker	7.74	2/1a
Tiffany Greer	7.81	2/1a

60 Meter Hurdles [8.17/8.43]	Mark	Date
Seneca Holmes	*8.36	2/1a

200 Meters [23.70/24.20]	Mark	Date
Cassandra Reed	24.46	2/1a
Porchea Carroll	24.46	2/1a
Kandice Tucker	24.68	2/1a
Katrice Walton	25.17	2/1a

400 Meters [53.80/54.80]	Mark	Date
Joni Smith	55.01a	2/1a
Cassandra Reed	56.24a	1/18

800 Meters [2:06.60/2:09.40]	Mark	Date
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Mile Run [4:43.20/4:49.00]	Mark	Date
Lisa Aguilera	4:52.43	2/1a
Desiree Davila	4:58.68	2/1a
Cody Sohn	5:03.45	2/1a
Mandi Fitz-Gustafson	5:12.31	2/1a

3,000 Meters [9:20.80/9:35.80]	Mark	Date
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5,000 Meters [16:21.55/16:46.55]	Mark	Date
Jessica Scalzo	17:11.31	2/1a

4x400 Meter Relay [3:37.00/3:41.20]	Mark	Date
Seneca Holmes, Kandace Tucker	3:44.58a	1/18
Katrice Walton, Joni Smith		

Distance Medley Relay [11:21.00/11:38.00]	Mark	Date
Lisa Aguilera, Jenny Aldridge	11:36.33	2/1a
Desiree Davila, Cassandra Reed		

FIELD EVENTS [#NCAA Automatic / *NCAA Provisional]

High Jump [1.84/1.77]	Mark	Date
Simone McElroy	1.42 (4-7.75)	1/18

Long Jump [6.40/6.20]	Mark	Date
Tiffany Greer	5.81 (19-00.75)	1/18
Porchea Carroll	5.76 (18-10.75)	1/18
Tinishia Johnson	5.67 (18-07.25)	1/18

Triple Jump [13.15/12.65]	Mark	Date
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Pole Vault [4.20/3.90]	Mark	Date
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Shot Put [16.40/15.20]

Mark	Date
Julia Pedersen	14.69 (48-02.50)
Sandra Orsund	13.98 (45-10.50)
Jenae Sonne	13.11 (43-00.25)
Molly Clark	11.92 (39-01.25)
Liz Arollo	8.78 (28-09.75)
Becky Holley	7.00 (22-11.75)

Weight Throw [19.80/18.50]

Mark	Date
Sandra Orsund	15.32 (50-3.25)
Jenae Sonne	14.23 (46-8.25)

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1/18 at NAU Invitational	2/1a at Boise State Invite	2/1b at Husky Invitational	2/8 at Mountain 'T' Invite
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3/7-8 at Last Chance Meets	3/14-15 at NCAA Championships		