

2003 ARIZONA STATE MEN'S OUTDOOR TRACK AND FIELD

SEASON BEST TIMES AND MARKS • AS OF MAY 12

RUNNING EVENTS

[#NCAA Regional / *Pac-10 Qualifier]

100 Meters [10.50/10.74]

Mark	Date
* 10.59	5/3
10.82	5/3
10.95	3/22
11.18	3/22

110 Meter High Hurdles [14.40/14.74]

Mark	Date
* 14.65	5/3
15.22	5/3

200 Meters [21.20/21.44]

Mark	Date
# * 21.20	5/3
* 21.30	4/26a
21.45	3/29
21.90	3/22
22.83	3/22
23.20	3/29

400 Meters [47.45/47.84]

Mark	Date
# * 45.68	4/26a
# * 46.00	3/22
# * 46.33	3/8
# * 46.87	3/22
49.71	3/22

400 Meter Hurdles [52.70/53.64]

Mark	Date
54.52	3/29
56.13	5/3

800 Meters [1:51.15/1:51.44]

Mark	Date
* 1:51.33	4/12
1:55.07	3/8
1:55.94	5/3
1:59.97	3/22

1,500 Meters [3:50.00/3:50.14]

Mark	Date
# * 3:49.26	4/26b
3:51.59	4/12
3:53.64	5/3
3:59.16	3/8
4:01.04	3/8
4:01.98	3/21

2,000 Meter Steeplechase [no standards]

Mark	Date
5:55.29	3/29
6:02.72	3/29
6:03.25	3/29

3,000 Meters [no standards]

Mark	Date
8:25.54	3/29
8:28.55	5/3
8:29.67	5/3
8:32.21	3/29

3,000 Meter Steeplechase [9:12.00/9:09.14]

Mark	Date
# * 9:02.99	4/26b
# * 9:08.55	5/3
9:29.58	5/3

5,000 Meters [14:25.00/14:35.14]

Mark	Date
# * 13:57.09	4/26b
# * 14:20.63	4/26b
* 14:33.85	4/12
* 14:33.91	4/12
14:59.31	3/21

10K marks listed are NCAA national auto/national provisional

10,000 Meters [29:00.00/29:45.00]

Mark	Date
# * 28:55.88	3/28

RELAYS

4x100 Meter Relay [40.70/none]

Mark	Date
# 40.48	4/12

4x400 Meter Relay [3:11.50/none]

Mark	Date
# 3:02.81	4/26a

No. 2 at ASU; No. 9 in Pac-10 all-time

FIELD EVENTS

[#NCAA Regional / *Pac-10 Qualifier]

High Jump [2.07/2.05]

Mark	Date
# * 2.07 (6-9.50)	4/12
1.92 (6-3.50)	5/3
1.92 (6-3.50)	5/3

Long Jump [7.32/7.30]

Mark	Date
7.28 (23-10.75)	4/12
7.09 (23-03.50)	4/12
6.68 (21-11.00)	3/29

Triple Jump [14.94/14.50]

Mark	Date
# * 15.31 (50-02.75)	5/3
* 14.58 (47-10.00)	5/3

Shot Put [16.30/17.00]

Mark	Date
# * 17.10 (56-1.25)	3/29
15.86 (52-0.50)	3/8

Discus [50.30/51.50]

Mark	Date
# * 53.44 (175-4)	3/29
# * 51.53 (169-0)	4/26c
# 50.73 (166-5)	4/26c

Hammer [54.56/58.00]

Mark	Date
# * 58.83 (193-00)	5/3
42.95 (140-11)	5/3

Javelin [60.50/60.00]

Mark	Date
# * 61.39 (201-5)	4/12
57.38 (188-3)	5/3

@ - school record; # NCAA Regional; * Pac-10 Qualifier; V Sun Angel Stadium record; ! Pac-10 Record

3/8	BILL SAWYER INVITE	4/11	at Mesa Classic	4/24-26a	at Drake Relays	5/17-18	at Pac-10 Champs.
3/21/22	BALDY CASTILLO	4/12	SUN ANGEL CLASSIC	4/25-26b	at Oregon Invitational	5/24	at Wildcat Invitational
3/29	ASU INVITATIONAL	4/17-19	at Mt. SAC Relays	4/25/26c	at UC San Diego Invite	5/30-31	at NCAA West Regional
3/28-29	at Stanford Invitational	4/18a	at Pomona-Pitzer Invite	5/3	DOUBLE DUAL	6/11-14	at NCAA Championships

2003 ARIZONA STATE WOMEN'S OUTDOOR TRACK AND FIELD

SEASON BEST TIMES AND MARKS • AS OF MAY 12

RUNNING EVENTS

[#NCAA Regional / *Pac-10 Qualifier]

100 Meters [11.80/12.04]

Mark	Date
# * 11.72	5/3
# * 11.74	5/3
* 11.96	5/3
* 11.98	3/8
12.35	3/29
12.40	3/8

100 Meter Hurdles [14.10/14.34]

Mark	Date
# * 13.62	4/26a
15.39	3/8

200 Meters [24.00/24.64]

Mark	Date
# * 23.87	4/12
# * 23.96	3/8
# * 23.97	3/29
* 24.41	3/8
24.83	3/22
25.00	3/8
25.06	5/3

400 Meters [55.00/55.44]

Mark	Date
# * 52.53	5/3
# * 54.43	5/3

800 Meters [2:10.30/2:11.14]

Mark	Date
# * 2:09.92	3/29
# * 2:10.21	5/3
2:13.02	5/3
2:22.39	5/3

1,500 Meters [4:31.00/4:40.14]

Mark	Date
# * 4:20.82	4/12
# * 4:29.73	3/21
* 4:36.84	4/12
* 4:37.56	3/21
4:40.96	3/21
4:41.28	4/12
4:43.49	5/3
5:02.67	3/8

2,000 Meter Steeplechase [no standards]

Mark	Date
7:00.28	3/29
7:02.02	3/29

3,000 Meters [no standards]

Mark	Date
9:45.79	3/29
9:46.97	5/3
10:04.07	3/29
10:10.16	5/3
10:17.08	5/3

3,000 Meter SC (12ft) [11:00.00/11:10.14]

Mark	Date
@ V # * 9:51.65	5/3
<i>fastest in the nation (college and USA)</i>	
# * 10:51.81	4/26b
# * 10:52.76	5/3

5,000 Meters [17:00.00/17:30.14]

Mark	Date
@ # * 15:53.28	4/18
# * 16:17.45	3/28
# * 16:22.18	3/28
# * 16:51.30	4/18
17:43.80	4/12
17:48.56	4/12

RELAYS

4x100 Meter Relay [46.20/none]

Mark	Date
# 44.27	4/12

4x400 Meter Relay [3:45.50/none]

Mark	Date
# 3:39.15	4/12

FIELD EVENTS

[#NCAA Regional / *Pac-10 Qualifier]

High Jump [1.70/1.70]

Mark	Date
# * 6.17 (20-3.00)	4/26a
# * 6.03 (19-9.50)	4/12
# * 6.00 (19-8.25)	3/29

Long Jump [5.90/5.80]

Mark	Date
# * 6.17 (20-3.00)	4/26a
# * 6.03 (19-9.50)	4/12
# * 6.00 (19-8.25)	3/29

Triple Jump [12.19/12.00]

Mark	Date
11.41 (37-05.25)	5/3

Shot Put [13.90/13.25]

Mark	Date
# * 14.89 (48-10.25)	3/21
# * 14.74 (48-04.50)	3/29

Discus [45.72/46.00]

Mark	Date
# * 54.49 (178-09)	4/12
# * 49.90 (163-08)	3/29
# * 47.77 (156-09)	4/12
43.77 (143-07)	5/3

Hammer [51.30/52.00]

Mark	Date
# * 55.15 (180-11)	5/3
51.26 (168-02)	5/3
42.13 (138-02)	5/3

Javelin [41.48/43.50]

Mark	Date
# * 44.03 (144-05)	3/21
39.97 (131-02)	4/12

@ - school record; # NCAA Regional; * Pac-10 Qualifier; V Sun Angel Stadium record; ! Pac-10 Record

3/8	BILL SAWYER INVITE	4/11	at Mesa Classic	4/24-26a	at Drake Relays	5/17-18	at Pac-10 Champs.
3/21/22	BALDY CASTILLO	4/12	SUN ANGEL CLASSIC	4/25-26b	at Oregon Invitational	5/24	at Wildcat Invitational
3/29	ASU INVITATIONAL	4/17-19	at Mt. SAC Relays	4/25/26c	at UC San Diego Invite	5/30-31	at NCAA West Regional
3/28-29	at Stanford Invitational	4/18a	at Pomona-Pitzer Invite	5/3	DOUBLE DUAL	6/11-14	at NCAA Championships