

2016 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/13/16

100 METERS (School Record - 11.35)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Briana Guillory	11.35 *	Musco Twilight - 4/23/16	11.35 *	Musco Twilight - 4/23/16
Lake Kwaza	11.46	at Pepsi Florida Relays - 4/1/16	11.40	2x, last at NCAA West Preliminary - 5/28/15
Taylor Chapman	11.60	Musco Twilight - 4/23/16	11.60	Musco Twilight - 4/23/16
Brittany Brown	11.73	at Pepsi Florida Relays - 4/1/16	11.42	at Big Ten Championships - 5/16/15
Jalynn Roberts-Lewis	11.87	Musco Twilight - 4/23/16	11.68	at Missouri Valley Championships - 5/17/15
Lydia Harold	12.39	at Texas Invitational - 4/16/16	12.39	at Texas Invitational - 4/16/16
Heaven Chandler	12.52	at Baldy Castillo Invitational – 3/19/16	12.52	at Baldy Castillo Invitational – 3/19/16

100-METER HURDLES (School Record - 13.20)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Jahisha Thomas	13.67	at Pepsi Florida Relays - 4/1/16	13.67	at Pepsi Florida Relays - 4/1/16
Heaven Chandler	13.91	Musco Twilight - 4/23/16	13.91	Musco Twilight - 4/23/16

200 METERS (School Record – 22.89)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Briana Guillory	22.95	at Big Ten Championships - 5/15/16	22.95	at Big Ten Championships - 5/15/16
Elexis Guster	23.03	at Big Ten Championships - 5/14/16	23.03	at Big Ten Championships - 5/14/16
Lake Kwaza	23.17	at Jim Click Shootout - 4/9/16	23.17	at Jim Click Shootout - 4/9/16
Taylor Chapman	24.28	at Jim Click Shootout - 4/9/16	24.28	at Jim Click Shootout - 4/9/16
Jalynn Roberts-Lewis	24.60	at Baldy Castillo Invitational – 3/19/16	24.60	at Baldy Castillo Invitational – 3/19/16
Alexis Hernandez	24.67	Musco Twilight - 4/23/16	24.62	at Arizona State Invitational - 3/29/14
Mahnee Watts	25.07	at Baldy Castillo Invitational – 3/19/16	25.07	at Baldy Castillo Invitational – 3/19/16
Sheridan Champe	25.11	at Baldy Castillo Invitational – 3/19/16	25.11	at Baldy Castillo Invitational – 3/19/16
Jahisha Thomas	25.22	at Baldy Castillo Invitational – 3/19/16	25.22	at Baldy Castillo Invitational – 3/19/16
Lydia Harold	25.41	Musco Twilight - 4/23/16	25.41	Musco Twilight - 4/23/16
Tria Seawater-Simmons	25.54	at Jim Click Shootout - 4/9/16	25.54	at Jim Click Shootout - 4/9/16
Kaitlyn Nelson	26.27	at Baldy Castillo Invitational – 3/19/16	26.27	at Baldy Castillo Invitational – 3/19/16

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400 METERS (School Record - 51.35)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Elexis Guster	51.85	at Jim Click Shootout - 4/9/16	51.85	at Jim Click Shootout - 4/9/16
Alexis Hernandez	53.82	at Texas Invitational - 4/16/16	53.82	at Texas Invitational - 4/16/16
Briana Guillory	54.22	at Pepsi Florida Relays - 4/1/16	54.22	at Pepsi Florida Relays - 4/1/16
Brittany Brown	56.06	at Baldy Castillo Invitational – 3/19/16	56.06	at Baldy Castillo Invitational – 3/19/16
Mahnee Watts	56.44	at Baldy Castillo Invitational – 3/19/16	55.69	at Arizona State Invitational – 3/29/14
Kaitlyn Nelson	58.57	at Baldy Castillo Invitational – 3/19/16	56.93	at Alex Wilson Invitational – 2/21/15
Lydia Harold	59.35	at Jim Click Shootout - 4/9/16	59.35	at Jim Click Shootout - 4/9/16

400-METER HURDLES (School Record - 56.16)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
MonTayla Holder	56.70	at Jim Click Shootout - 4/9/16	56.70	at Jim Click Shootout - 4/9/16
Sheridan Champe	1:03.83	Musco Twilight - 4/23/16	1:03.83	Musco Twilight - 4/23/16

600 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
MonTayla Holder	1:30.16	Musco Twilight - 4/23/16	1:30.16	Musco Twilight - 4/23/16
Kaitlyn Nelson	1:32.58	Musco Twilight - 4/23/16	1:32.58	Musco Twilight - 4/23/16

800 METERS (School Record - 2:03.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Mahnee Watts	2:07.41	Musco Twilight - 4/23/16	2:07.41	Musco Twilight - 4/23/16
Kaitlyn Nelson	2:09.88	at Texas Invitational - 4/16/16	2:08.83	at NCAA West Preliminary - 5/23/13
Jordyn Sindt	2:13.73	at Jim Click Shootout - 4/9/16	2:13.73	at Jim Click Shootout - 4/9/16

1,500 METERS (School Record - 4:17.41)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Tess Wilberding	4:30.75	at Stanford Invitational - 4/1/16	4:30.75	at Stanford Invitational - 4/1/16
Jordyn Sindt	4:44.56	at Baldy Castillo Invitational - 3/18/16	4:44.56	at Baldy Castillo Invitational - 3/18/16
Carolyn Newhouse	4:46.43	at Jim Duncan Invitational - 4/16/16	4:43.80	at Kip Janvrin Open - 4/24/14

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400-METER RELAY (School Record - 44.04)

Names	Season Best	Meet – Date
Kwaza, Guster, Guillory, Hernandez	44.04 *	at Baldy Castillo Invitational – 3/19/16
Kwaza, Guster, Chapman, Guillory	44.41	at Jim Click Shootout - 4/9/16
Thomas, Holder, Chapman, Roberts-Lewis	45.74	at Baldy Castillo Invitational – 3/19/16
Thomas, Holder, Hernandez, Roberts-Lewis	46.69	at Jim Click Shootout - 4/9/16

800-METER RELAY (School Record - 1:35.69)

Names	Season Best	Meet – Date
Chapman, Roberts-Lewis, Champe, Brown	1:36.98	at Pepsi Florida Relays - 4/2/16

1,600-METER RELAY (School Record - 3:31.22)

Names	Season Best	Meet - Date
Hernandez, Guillory, Holder, Guster	3:30.97 *	at NCAA West Preliminary - 4/28/16
Guster, Guillory, Holder, Hernandez	3:32.63	at Texas Invitational - 4/16/16
Holder, Guillory, Hernandez, Guster	3:33.25	at Pepsi Florida Relays - 4/2/16
Watts, Hernandez, Kwaza, Chapman	3:42.13	at Baldy Castillo Invitational – 3/19/16
Champe, Watts, Kwaza, Nelson	3:48.52	at Texas Invitational - 4/16/16
Chapman, Watts, Roberts-Lewis, Nelson	3:49.16	at Pepsi Florida Relays - 4/2/16
Champe, Nelson, Sindt, Seawater-Simmons	3:52.22	Musco Twilight - 4/23/16
Chapman, Watts, Kwaza, Nelson	3:53.96	at Jim Click Shootout - 4/9/16

SPRINT MEDLEY RELAY (School Record - 3:48.63)

Names	Season Best	Meet – Date
Kwaza, Guster, Holder, Watts	3:52.62	at Drake Relays - 4/29/16
Roberts-Lewis, Chapman, Nelson, Watts	4:02.02	at Pepsi Florida Relays - 4/2/16

3,200-METER RELAY (School Record – 8:46.45)

Names	Season Best	Meet – Date
Nelson, Watts, Wilberding, Sindt	8:51.90	at Drake Relays - 4/29/16

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DISTANCE MEDLEY RELAY (School Record - 11:22.18)

Names	Season Best	Meet – Date
Wilberding, Champe, Nelson, Sindt	11:56.93	at Drake Relays - 4/30/16
Watts, Champe, Nelson, Sindt	12:05.83	at Pepsi Florida Relays - 4/2/16

HIGH JUMP (School Record - 1.86 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Madison Rouw	5-8 3/4 (1.75m)	at Baldy Castillo Invitational – 3/19/16	5-8 3/4 (1.75m)	at Baldy Castillo Invitational – 3/19/16
Khanishah Williams	5-8 3/4 (1.75m)	at Baldy Castillo Invitational – 3/19/16	5-11 1/4 (1.81m)	at Jim Click Shootout - 4/6/13
Heaven Chandler	4-4 (1.32m)	Musco Twilight - 4/23/16	4-4 (1.32m)	Musco Twilight - 4/23/16

POLE VAULT (School Record - 3.92 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Amy Smith	11-3 3/4 (3.45m)	Musco Twilight - 4/23/16	11-3 3/4 (3.45m)	Musco Twilight - 4/23/16

LONG JUMP (School Record - 6.78 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jahisha Thomas	20-3 (6.17m)	at NCAA West Regional - 5/27/16	20-3 (6.17m)	2x, last at NCAA West Prelim. - 5/27/16
Tria Seawater-Simmons	17-9 1/4 (5.19m)	at Baldy Castillo Invitational – 3/19/16	17-9 1/4 (5.19m)	at Baldy Castillo Invitational – 3/19/16
Heaven Chandler	16-7 (5.05m)	at Jim Click Shootout - 4/9/16	16-7 (5.05m)	at Jim Click Shootout - 4/9/16

TRIPLE JUMP (School Record - 13.36 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jahisha Thomas	42-3 1/2 (12.89m)	Musco Twilight - 4/23/16	42-3 1/2 (12.89m)	Musco Twilight - 4/23/16
Tria Seawater-Simmons	40-7 1/2 (12.38m)	at Big Ten Championships - 5/15/16	40-7 1/2 (12.38m)	at Big Ten Championships - 5/15/16

JAVELIN THROW (School Record - 55.31 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kayla Hochhalter	144-8 (44.90m)	at Pepsi Florida Relays - 4/1/16	152-6 (46.49m)	at NCAA West Preliminary – 5/30/15
Dakotah Goodell	136-10 (41.71m)	at Pepsi Florida Relays - 4/1/16	153-3 ¼ (46.71m)	at Big Ten Championships – 5/16/15
Allison Gattone	119-7 (36.46m)	at Baldy Castillo Invitational – 3/19/16	138-8 (42.27m)	at Jim Click Shootout - 4/6/13

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DISCUS THROW (School Record – 55.19 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Dakotah Goodell	161-6 (49.23m)	at Big Ten Championships - 5/15/16	169-4 (51.62m)	at Messersmith Invitational – 5/9/14
Lindsay Herra	152-3 (46.40m)	at Texas Invitational - 4/16/16	152-11 (46.60m)	at Baldy Castillo Invitational - 3/21/15

HAMMER THROW (School Record - 60.99meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Leah Colbert	178-9 (54.49m)	at Texas Invitational - 4/16/16	178-9 (54.49m)	at Texas Invitational - 4/16/16

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