

SDSU 2014 INDOOR TRACK & FIELD PERFORMANCE LIST (as of April 10)

60 METERS

School Record: 7.33 (Tonette Dyer, 2004)

Time	Athlete	Place	Notes	Meet	Date
7.45	Meritzer Williams	1st	prelims; 4th all-time	MW Champs	Feb. 28
7.54	Meritzer Williams	6th	finals	MW Champs	March 1
7.59	Meritzer Williams	4th		Don Kirby Elite	Feb. 15
7.63	Meritzer Williams	16th	prelims	Howie Ryan Invite	Jan. 31
7.64	Meritzer Williams	5th	prelims	Don Kirby Elite	Feb. 15
7.64	Meritzer Williams	17th	finals	Howie Ryan Invite	Feb. 1
7.85	Kristen Brown	30th	prelims	Cherry & Silver Invite	Jan. 25
8.06	Madison Gipson	42nd	prelims	Cherry & Silver Invite	Jan. 25

200 METERS

School Record: 23.45 (Shanae Roach, 2011)

Time	Athlete	Place	Notes	Meet	Date
24.19	Allison Reaser	12th	9th all-time	Don Kirby Elite	Feb. 14
24.59	Meritzer Williams	6th	prelims	MW Champs	Feb. 28
24.62	Allison Reaser	7th	prelims	MW Champs	Feb. 28
24.69	Maderia Toatley	28th		Don Kirby Elite	Feb. 14
24.71	Meritzer Williams	7th	finals	MW Champs	March 1
24.76	Meritzer Williams	32nd		Don Kirby Elite	Feb. 14
24.80	Allison Reaser	8th	finals	MW Champs	March 1
24.95	Maderia Toatley	11th	prelims	MW Champs	Feb. 28
24.95	Nicole Oudenaarden	37th		Don Kirby Elite	Feb. 14
24.96	Meritzer Williams	27th		Cherry & Silver Invite	Jan. 24
25.07	Maderia Toatley	30th		Cherry & Silver Invite	Jan. 24
25.14	Nicole Oudenaarden	32nd		Cherry & Silver Invite	Jan. 24
25.57	Maderia Toatley	10th		Howie Ryan Invite	Feb. 1
25.65	Janice George	55th		Cherry & Silver Invite	Jan. 24
25.68	Madison Gipson	51st		Don Kirby Elite	Feb. 14
25.82	Madison Gipson	57th		Cherry & Silver Invite	Jan. 24
26.42	Madison Gipson	29th	"B" section	Howie Ryan Invite	Jan. 31
26.64	Janice George	36th	"B" section	Howie Ryan Invite	Jan. 31
DNF	Meritzer Williams	--		Howie Ryan Invite	Feb. 1

400 METERS

School Record: 53.51 (Tonette Dyer, 2003)

Time	Athlete	Place	Notes	Meet	Date
56.68	Maderia Toatley	1st	unseeded	Don Kirby Elite	Feb. 14
57.35	Maderia Toatley	18th		Cherry & Silver Invite	Jan. 24
57.36	Maderia Toatley	10th	prelims	MW Champs	Feb. 28
58.52	Maderia Toatley	9th		Howie Ryan Invite	Feb. 1
59.39	Janice George	37th		Cherry & Silver Invite	Jan. 24
1:00.30	Janice George	24th		Howie Ryan Invite	Feb. 1

600 METERS

School Record: N/A

Time	Athlete	Place	Notes	Meet	Date
1:38.19	Dynasty Gammage	9th		Don Kirby Elite	Feb. 14
1:38.90	Renefia James	11th		Don Kirby Elite	Feb. 14

800 METERS

School Record: 2:10.45 (Mandy Upuu, 2008)

Time	Athlete	Place	Notes	Meet	Date
2:20.11	Dynasty Gammage	13th	prelims	MW Champs	Feb. 28
2:20.37	Allison Reaser	8th	pentathlon	NCAA Champs	March 15
2:21.01	Chelsea Kruthers	15th	prelims	MW Champs	Feb. 28
2:25.23	Allison Reaser	2nd	pentathlon	MW Champs	Feb. 27
2:25.48	Allison Reaser	1st	pentathlon	Howie Ryan Invite	Jan. 31
2:26.38	Nicole Oudenaarden	2nd	pentathlon	Howie Ryan Invite	Jan. 31
2:27.93	Nicole Oudenaarden	6th	pentathlon	MW Champs	Feb. 27
2:29.12	Karsen Sper	7th	pentathlon	MW Champs	Feb. 27
2:31.07	Karsen Sper	5th	pentathlon	Howie Ryan Invite	Jan. 31

MILE

School Record: 5:01.00 (Chelsea Kruthers, 2014)

Time	Athlete	Place	Notes	Meet	Date
5:01.00	Chelsea Kruthers	8th	school record	Howie Ryan Invite	Feb. 1
5:08.10	Rachel Roesgen	14th	3rd all-time	Howie Ryan Invite	Feb. 1
5:08.78	Chelsea Kruthers	6th		Don Kirby Elite	Feb. 15
5:20.83	Dynasty Gammage	20th		Howie Ryan Invite	Feb. 1

60-METER HURDLES

School Record: 8.24 (Miesha McKelvy, 1999)

Time	Athlete	Place	Notes	Meet	Date
8.28	Kristen Brown	1st	prelims; 2nd all-time	MW Champs	Feb. 28
8.30	Allison Reaser	1st	pentathlon; 4th all-time	MW Champs	Feb. 27
8.31	Kristen Brown	1st	finals	MW Champs	March 1
8.32	Allison Reaser	5th	pentathlon	NCAA Champs	March 15
8.32	Kristen Brown	3rd	"A" prelims	Don Kirby Elite	Feb. 15
8.44	Allison Reaser	4th	prelims	Cherry & Silver Invite	Jan. 25
8.44	Kristen Brown	6th	prelims	Cherry & Silver Invite	Jan. 25
8.46	Kristen Brown	3rd	finals	Howie Ryan Invite	Feb. 1
8.46	Kristen Brown	5th	finals	Cherry & Silver Invite	Jan. 25
8.51	Allison Reaser	5th	prelims	MW Champs	Feb. 28
8.52	Allison Reaser	8th	"A" prelims	Don Kirby Elite	Feb. 15
8.54	Allison Reaser	4th	finals	MW Champs	March 1
8.54	Kristen Brown	2nd	prelims	Howie Ryan Invite	Jan. 31
8.57	Allison Reaser	1st	pentathlon	Howie Ryan Invite	Jan. 31
8.59	Allison Reaser	7th	finals	Cherry & Silver Invite	Jan. 25
8.61	Kristen Brown	5th	semifinals	Howie Ryan Invite	Feb. 1
8.66	Madison Gipson	7th	finals	MW Champs	March 1
8.72	Madison Gipson	8th	prelims	MW Champs	Feb. 28
8.76	Karsen Sper	10th	prelims	MW Champs	Feb. 28
8.79	Karsen Sper	4th	pentathlon	MW Champs	Feb. 27
8.96	Nicole Oudenaarden	8th	pentathlon	MW Champs	Feb. 27
8.99	Karsen Sper	3rd	pentathlon	Howie Ryan Invite	Jan. 31
9.09	Nicole Oudenaarden	5th	pentathlon	Howie Ryan Invite	Jan. 31
9.15	Karsen Sper	29th	prelims	Cherry & Silver Invite	Jan. 25
9.26	Nicole Oudenaarden	31st	prelims	Cherry & Silver Invite	Jan. 25
DNF	Kristen Brown	--	finals	Don Kirby Elite	Feb. 15
DNF	Madison Gipson	--	prelims	Howie Ryan Invite	Jan. 31

4x400-METER RELAY

School Record: 3:41.55 (Stone, Pencil, Chapu, Upuu, 2007)

Time	Team	Place	Notes	Meet	Date
3:48.39	Oudenaarden, Toatley, Al. Reaser, George	7th	10th all-time	Cherry & Silver Invite	Jan. 25
3:49.29*	Oudenaarden, Sper, Gipson, Toatley	6th		MW Champs	March 1

*converted from 4x400-yard relay

DISTANCE MEDLEY RELAY

School Record: 12:05.71 (Gammage, Toatley, Kruthers, Roesgen, 2014)

Time	Team	Place	Notes	Meet	Date
12:05.71	Gammage, Toatley, Kruthers, Roesgen	2nd	school record	Howie Ryan Invite	Jan. 31
12:48.63	Kruthers, Oudenaarden, Gammage, Roesgen	9th	8th all-time	MW Champs	Feb. 28

HIGH JUMP

School Record: 5-08.00 (Aja Frary, 1999; Marla Runyan, 1992)

Mark	Athlete	Place	Notes	Meet	Date
5-04.50	Allison Reaser	T-4th	pentathlon	MW Champs	Feb. 27
5-04.50	Allison Reaser	T-4th	pentathlon	Howie Ryan Invite	Jan. 31
5-03.25	Nicole Oudenaarden	T-6th	pentathlon	MW Champs	Feb. 27
5-02.25	Karsen Sper	T-8th	pentathlon	MW Champs	Feb. 27
5-02.25	Karsen Sper	T-6th	pentathlon	Howie Ryan Invite	Jan. 31
5-02.25	Allison Reaser	16th	pentathlon	NCAA Champs	March 15
5-02.25	Nicole Oudenaarden	T-6th	pentathlon	Howie Ryan Invite	Jan. 31
5-02.25	Allison Reaser	T-11th		Cherry & Silver Invite	Jan. 24
5-00.25	Karsen Sper	T-18th		Cherry & Silver Invite	Jan. 24

POLE VAULT

School Record: 14-01.25 (Stephanie James, 2010)

Mark	Athlete	Place	Notes	Meet	Date
13-05.75	Kristen Brown	6th		Don Kirby Elite	Feb. 15
13-02.25	Holly Waseloff	3rd	6th all-time	MW Champs	Feb. 28
13-02.25	Kristen Brown	5th		Cherry & Silver Invite	Jan. 25
12-08.25	Kristen Brown	T-2nd		Howie Ryan Invite	Jan. 31
12-02.50	Holly Waseloff	8th		Howie Ryan Invite	Jan. 31
12-02.50	Holly Waseloff	T-20th		Cherry & Silver Invite	Jan. 25
11-02.50	Karen Snapper	13th		Howie Ryan Invite	Jan. 31
NH	Kristen Brown	--		MW Champs	Feb. 28
NH	Thresa Vinson	--		MW Champs	Feb. 28
NH	Karen Snapper	--		Cherry & Silver Invite	Jan. 25

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LONG JUMP

School Record: 21-07.50 (Karoline Koehler, 2010)

Mark	Athlete	Place	Notes	Meet	Date
20-05.00	Allison Reaser	1st	pentathlon; No. 2 all-time	MW Champs	Feb. 27
19-06.75	Nicole Oudenaarden	1st		Don Kirby Elite	Feb. 14
19-06.25	Shanieka Thomas	5th		MW Champs	Feb. 28
19-06.25	Allison Reaser	5th		Cherry & Silver Invite	Jan. 24
19-04.75	Nicole Oudenaarden	6th		MW Champs	Feb. 28
19-04.75	Allison Reaser	6th		Don Kirby Elite	Feb. 14
19-02.75	Allison Reaser	11th	pentathlon	NCAA Champs	March 15
19-00.75	Nicole Oudenaarden	2nd	pentathlon	MW Champs	Feb. 27
18-08.50	Nicole Oudenaarden	1st	pentathlon	Howie Ryan Invite	Jan. 31
18-04.50	Allison Reaser	2nd	pentathlon	Howie Ryan Invite	Jan. 31
18-04.50	Nicole Oudenaarden	T-15th		Cherry & Silver Invite	Jan. 24
17-09.50	Starlynn Singleton	16th		MW Champs	Feb. 28
17-03.50	Karsen Sper	6th	pentathlon	MW Champs	Feb. 27
16-11.25	Karsen Sper	5th	pentathlon	Howie Ryan Invite	Jan. 31

3,538
3,388

Karsen Sper
Karsen Sper

6th
5th

MW Champs
Howie Ryan Invite

Feb. 27
Jan. 31

TRIPLE JUMP

School Record: 46-02.50 (Shanieka Thomas, 2013)

Mark	Athlete	Place	Notes	Meet	Date
45-03.00	Shanieka Thomas	1st		Don Kirby Elite	Feb. 15
45-10.00	Shanieka Thomas	1st		NCAA Champs	March 15
44-05.25	Shanieka Thoams	1st		MW Champs	March 1

SHOT PUT

School Record: 55-07.50 (Whitney Ashley, 2012)

Mark	Athlete	Place	Notes	Meet	Date
51-07.25	Jasmine Burrell	2nd		Howie Ryan Invite	Feb. 1
50-06.00	Jasmine Burrell	5th		Cherry & Silver Invite	Jan. 25
50-02.00	Jasmine Burrell	5th		MW Champs	March 1
49-09.75	Jasmine Burrell	8th		Don Kirby Elite	Feb. 15
48-10.00	Brittany Gonter	7th	3rd all-time	MW Champs	March 1
44-08.25	Brittany Gonter	14th		Don Kirby Elite	Feb. 15
44-01.25	Nicole Oudenaarden	6th		Howie Ryan Invite	Feb. 1
43-09.25	Nicole Oudenaarden	15th		Don Kirby Elite	Feb. 15
43-06.00	Nicole Oudenaarden	1st	pentathlon	Howie Ryan Invite	Jan. 31
43-04.50	Nicole Oudenaarden	1st	pentathlon	MW Champs	Feb. 27
43-02.25	Nicole Oudenaarden	17th		MW Champs	March 1
42-08.75	Ariel Oliver	17th	8th all-time	Don Kirby Elite	Feb. 20
42-08.25	Nicole Oudenaarden	12th		Cherry & Silver Invite	Jan. 25
42-00.75	Brittany Gonter	15th		Cherry & Silver Invite	Jan. 25
40-09.50	Ariel Oliver	17th		Cherry & Silver Invite	Jan. 25
37-09.25	Allison Reaser	6th	pentathlon	MW Champs	Feb. 27
36-05.75	Allison Reaser	3rd	pentathlon	Howie Ryan Invite	Jan. 31
36-05.00	Allison Reaser	14th		NCAA Champs	March 15
35-02.00	Allison Reaser	28th		Cherry & Silver Invite	Jan. 25
33-00.50	Karsen Sper	10th	pentathlon	MW Champs	Feb. 27
30-04.75	Karsen Sper	8th	pentathlon	Howie Ryan Invite	Jan. 31

WEIGHT THROW

School Record: 68-01.00 (Jasmine Burrell, 2014)

Mark	Athlete	Place	Notes	Meet	Date
68-01.00	Jasmine Burrell	2nd	school record	Don Kirby Elite	Feb. 14
66-09.25	Jasmine Burrell	2nd		Cherry & Silver Invite	Jan. 24
63-09.75	Jasmine Burrell	1st		Howie Ryan Invite	Jan. 31
62-01.25	Jasmine Burrell	6th		MW Champs	Feb. 28
56-02.50	Mikayla Howden	13th	5th all-time	MW Champs	Feb. 28
54-10.25	Mikayla Howden	10th		Cherry & Silver Invite	Jan. 24
51-04.25	Mikayla Howden	16th		Don Kirby Elite	Feb. 14
49-08.50	Ariel Oliver	12th	9th all-time	Cherry & Silver Invite	Jan. 24
44-04.75	Ariel Oliver	19th		Don Kirby Elite	Feb. 14

PENTATHLON

School Record: 4,145 (Allison Reaser, 2014)

Mark	Athlete	Place	Notes	Meet	Date
4,145	Allison Reaser	2nd	school record	MW Champs	Feb. 27
3,996	Allison Reaser	15th		NCAA Champs	March 15
3,918	Nicole Oudenaarden	3rd		MW Champs	Feb. 27
3,868	Allison Reaser	1st		Howie Ryan Invite	Jan. 31
3,846	Nicole Oudenaarden	2nd		Howie Ryan Invite	Jan. 31

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100 METERS

School Record: 11.20 (Tonette Dyer, 2004)

Mark	Athlete	Place	Notes	Meet	Date
11.91	Meritzer Williams	1st	open	Aztec Invite	March 28
12.29	Starlynn Singleton	3rd		UCSD Collegiate	March 15
12.63	Kortney Ross	6th		UCSD Collegiate	March 15
12.74	Kortney Ross	22nd	open	Aztec Invite	March 28

200 METERS

School Record: 22.34 (Tonette Dyer, 2004)

Mark	Athlete	Place	Notes	Meet	Date
25.41	Madison Gipson	3rd		UCSD Collegiate	March 15
25.46	Janice George	14th	prelims	Cal/Nevada Champs	April 4
25.51	Janice George	24th	invitational	Aztec Invite	March 29
25.65	Madison Gipson	19th	prelims	Cal/Nevada Champs	April 4
25.66	Janice George	6th		UCSD Collegiate	March 15
26.39	Karsen Sper	5th	heptathlon	Aztec Invite	March 27
29.52	Sarah Haydock	12th	heptathlon	Aztec Invite	March 27

400 METERS

School Record: 51.15 (Tonette Dyer, 2004)

Mark	Athlete	Place	Notes	Meet	Date
56.93	Meritzer Williams	2nd		UCSD Collegiate	March 15
57.06	Renetia James	8th	prelims	Cal/Nevada Champs	April 4
57.21	Janice George	3rd	open	Aztec Invite	March 28
57.24	Renetia James	6th	finals	Cal/Nevada Champs	April 5
57.79	Janice George	16th	prelims	Cal/Nevada Champs	April 4
57.87	Renetia James	4th	open	Aztec Invite	March 28
58.64	Maderia Toatley	9th	open	Aztec Invite	March 28
58.91	Madison Gipson	6th		UCSD Collegiate	March 15
59.06	Janice George	7th		UCSD Collegiate	March 15
59.17	Renetia James	8th		UCSD Collegiate	March 15
1:01.36	Maderia Toatley	23rd	prelims	Cal/Nevada Champs	April 4

800 METERS

School Record: 2:02.88 (Renee Ross, 1985)

Mark	Athlete	Place	Notes	Meet	Date
2:11.47	Dynasty Gammage	1st	finals	Cal/Nevada Champs	April 5
2:12.38	Dynasty Gammage	1st	prelims	Cal/Nevada Champs	April 4
2:13.42	Chelsea Kruthers	7th	prelims	Cal/Nevada Champs	April 4
2:13.57	Chelsea Kruthers	4th	invitational	Aztec Invite	March 29
2:15.17	Chelsea Kruthers	4th	finals	Cal/Nevada Champs	April 5
2:17.04	Renetia James	6th	open	Aztec Invite	March 28
2:23.64	Renetia James	4th		UCSD Collegiate	March 15
2:24.21	Karsen Sper	5th	heptathlon	Aztec Invite	March 28
2:42.73	Sarah Haydock	11th	heptathlon	Aztec Invite	March 28

1,500 METERS

School Record: 4:06.69 (Monica Joyce, 1983)

Mark	Athlete	Place	Notes	Meet	Date
4:34.70	Chelsea Kruthers	1st		Cal/Nevada Champs	April 5
4:38.23	Chelsea Kruthers	11th	invitational	Aztec Invite	March 28
4:46.39	Dynasty Gammage	1st		UCSD Collegiate	March 15
4:58.53	Elaine Ribeiro	27th	invitational	Aztec Invite	March 28
5:24.80	Cali King	56th	open	Aztec Invite	March 28

3,000 METERS

School Record: 8:53.24 (Monica Joyce, 1982)

Mark	Athlete	Place	Notes	Meet	Date
10:53.59	Katie Thralls	8th	invitational	Aztec Invite	March 28

5,000 METERS

School Record: 15:45.26 (Monica Joyce, 1982)

Mark	Athlete	Place	Notes	Meet	Date
17:46.21	Grace Hanshaw	2nd	invitational	Aztec Invite	March 28
17:48.34	Jessica McCall	3rd	invitational	Aztec Invite	March 28
17:48.66	Marianne Hogan	5th		Cal/Nevada Champs	April 4
17:55.21	Marianne Hogan	4th	invitational	Aztec Invite	March 28
18:03.21	Jessica McCall	8th		Cal/Nevada Champs	April 4
18:12.31	Grace Hanshaw	3rd		UCSD Collegiate	March 15

18:13.32	Rachel Roesgen	5th	invitational	Aztec Invite	March 28
18:24.08	Rachel Roesgen	16th		Cal/Nevada Champs	April 4
18:28.33	Hannah Sawatzki	5th		UCSD Collegiate	March 15
18:40.12	Elaine Ribeiro	24th		Cal/Nevada Champs	April 4
18:48.89	Hannah Sawatzki	10th	open	Aztec Invite	March 28
18:58.83	Hannah Sawatzki	28th		Cal/Nevada Champs	April 4
19:07.47	Melissa Wendorf	1st	open	Aztec Invite	March 28
DNF	Chelsea Kruthers	--		UCSD Collegiate	March 15
DNF	Jessica McCall	--		UCSD Collegiate	March 15
DNF	Rachel Roesgen	--		UCSD Collegiate	March 15

10,000 METERS

School Record: 34:22.24 (Lynn Kanuka, 1981)

Mark	Athlete	Place	Notes	Meet	Date
37:20.17	Grace Hanshaw	2nd		Cal/Nevada Champs	April 4

100-METER HURDLES

School Record: 12.82 (Meisha McKelvy, 1999)

Mark	Athlete	Place	Notes	Meet	Date
13.62	Kristen Brown	1st	finals	Cal/Nevada Champs	April 5
13.68	Allison Reaser	2nd	finals	Cal/Nevada Champs	April 5
13.78	Allison Reaser	2nd	prelims	Cal/Nevada Champs	April 4
13.85	Kristen Brown	3rd	prelims	Cal/Nevada Champs	April 4
13.88	Allison Reaser	4th	invitational	Aztec Invite	March 28
14.21	Madison Gipson	6th	invitational	Aztec Invite	March 28
14.30	Madison Gipson	6th	finals	Cal/Nevada Champs	April 5
14.30	Madison Gipson	7th	prelims	Cal/Nevada Champs	April 4
14.42	Karsen Sper	8th	finals	Cal/Nevada Champs	April 5
14.43	Karsen Sper	8th	prelims	Cal/Nevada Champs	April 4
14.47	Karsen Sper	1st		UCSD Collegiate	March 15
14.61	Karsen Sper	5th	heptathlon	Aztec Invite	March 27
14.82	Brittany Bozeman	2nd		UCSD Collegiate	March 15
14.97	Brittany Bozeman	11th	invitational	Aztec Invite	March 29
15.05	Brittany Bozeman	3rd	open	Aztec Invite	March 28
15.13	Brittany Bozeman	T-21st	prelims	Cal/Nevada Champs	April 4
16.32	Sarah Haydock	12th		UCSD Collegiate	March 15
16.59	Sarah Haydock	10th	heptathlon	Aztec Invite	March 27
DNF	Nicole Oudenaarden	--		Aztec Invite	March 28

400-METER HURDLES

School Record: 54.64 (LaTanya Sheffield, 1985)

Mark	Athlete	Place	Notes	Meet	Date
58.78	Allison Reaser	1st	finals	Cal/Nevada Champs	April 5
59.44	Allison Reaser	1st	prelims	Cal/Nevada Champs	April 4
1:00.02	Allison Reaser	1st	invitational	Aztec Invite	March 29
1:05.95	Madison Gipson	8th	open	Aztec Invite	March 28
1:06.09	Lily Mayko	9th	open	Aztec Invite	March 28
1:06.32	Lily Mayko	19th	prelims	Cal/Nevada Champs	April 4
1:07.20	Lily Mayko	5th		UCSD Collegiate	March 15

3,000-METER STEEPLECHASE

School Record: 10:23.34 (Marie Nilsson, 2004)

Mark	Athlete	Place	Notes	Meet	Date
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4x100-METER RELAY

School Record: 44.24 (Givens, Dyer, Hogg, Smedley, 2002)

Time	Team	Place	Notes	Meet	Date
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4x200-METER RELAY

School Record: 1:32.99 (Smedley, Dyer, McNair, Ireland, 2003)

Time	Team	Place	Notes	Meet	Date
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4x400-METER RELAY

School Record: 3:30.57 (Nilsson, Ross, Robinson, Sheffield, 1985)

Time	Team	Place	Notes	Meet	Date
4:02.24	Kruthers, James, Gammage, Roesgen	2nd		UCSD Collegiate	March 15
DQ	Gipson, George, Toatley, James	--		Cal/Nevada Champs	April 5

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SHUTTLE HURDLES RELAY

School Record: 1:00.45 (Brown, Alex Evans, Sper, Al. Reaser, 2013)

Time	Team	Place	Notes	Meet	Date
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HIGH JUMP

School Record: 5-11.50 (Lori Clark, 1984)

Mark	Athlete	Place	Notes	Meet	Date
5-07.25	Nicole Oudenaarden	1st		UCSD Collegiate	March 15
5-05.75	Karsen Sper	T-1st	heptathlon	Aztec Invite	March 27
5-02.25	Karsen Sper	T-7th		Cal/Nevada Champs	April 5
5-01.75	Brittany Bozeman	7th	open	Aztec Invite	March 28
5-00.25	Karsen Sper	8th		UCSD Collegiate	March 15
4-11.75	Summer Nash	T-9th	open	Aztec Invite	March 28
4-08.25	Sarah Haydock	T-6th	heptathlon	Aztec Invite	March 27
4-04.25	Sarah Haydock	18th		UCSD Collegiate	March 15
NH	Allison Reaser	--	open	Aztec Invite	March 28
NH	Brittany Bozeman	--		UCSD Collegiate	March 15

POLE VAULT

School Record: 14-03.50 (Stephanie James, 2008)

Mark	Athlete	Place	Notes	Meet	Date
13-08.25	Kristen Brown	1st		UCSD Collegiate	March 15
13-00.25	Holly Waseloff	2nd	10th all-time	UCSD Collegiate	March 15
12-09.50	Kristen Brown	1st		Cal/Nevada Champs	April 4
12-09.50	Kortney Ross	2nd		Cal/Nevada Champs	April 4
12-06.75	Kortney Ross	T-2nd	invitational	Aztec Invite	March 29
12-06.25	Kortney Ross	3rd		UCSD Collegiate	March 15
12-05.50	Kortney Ross	1st	open	Aztec Invite	March 28
11-07.00	Karen Snapper	T-9th	invitational	Aztec Invite	March 29
11-07.00	Thresa Vinson	T-9th	invitational	Aztec Invite	March 29
11-06.50	Karen Snapper	T-4th		UCSD Collegiate	March 15
11-06.50	Thresa Vinson	T-4th		UCSD Collegiate	March 15
11-05.75	Thresa Vinson	T-7th		Cal/Nevada Champs	April 4
11-05.75	Karen Snapper	T-9th		Cal/Nevada Champs	April 4
9-10.00	Katherine Magill	10th	open	Aztec Invite	March 28
9-07.00	Katherine Magill	T-13th		UCSD Collegiate	March 15

LONG JUMP

School Record: 21-09.50 (Karoline Koehler, 2009)

Mark	Athlete	Place	Notes	Meet	Date
19-10.75	Shanika Thomas	1st		Cal/Nevada Champs	April 4
19-08.75	Brittany Bozeman	3rd	9th all-time; invitational	Aztec Invite	March 28
19-08.25	Brittany Bozeman	2nd	wind-aided	Cal/Nevada Champs	April 4
18-10.00	Allison Reaser	7th		Cal/Nevada Champs	April 4
18-08.50	Allison Reaser	2nd	open	Aztec Invite	March 28
17-11.50	Starlynn Singleton	2nd		UCSD Collegiate	March 15
17-08.25	Karsen Sper	2nd	heptathlon	Aztec Invite	March 28
17-01.50	Starlynn Singleton	24th		Cal/Nevada Champs	April 4
16-10.75	Starlynn Singleton	6th	open	Aztec Invite	March 28
14-06.50	Sarah Haydock	11th	heptathlon	Aztec Invite	March 28

TRIPLE JUMP

School Record: 46-05.25 (Shanika Thomas, 2013)

Mark	Athlete	Place	Notes	Meet	Date
37-03.25	Starlynn Singleton	3rd		UCSD Collegiate	March 15
35-10.00	Starlynn Singleton	3rd	open	Aztec Invite	March 28
35-10.00	Starlynn Singleton	19th		Cal/Nevada Champs	April 5

SHOT PUT

School Record: 58-03.75 (Ramona Pagel, 1984)

Mark	Athlete	Place	Notes	Meet	Date
52-06.50	Jasmine Burrell	2nd	3rd all-time; invitational	Aztec Invite	March 29
52-02.50	Jasmine Burrell	1st		Cal/Nevada Champs	April 5
44-11.50	Nicole Oudenaarden	1st		UCSD Collegiate	March 15
44-10.25	Nicole Oudenaarden	5th		Cal/Nevada Champs	April 5
44-06.25	Brittany Gonter	6th		Cal/Nevada Champs	April 5
44-06.25	Nicole Oudenaarden	3rd	invitational	Aztec Invite	March 29
44-00.00	Brittany Gonter	2nd		UCSD Collegiate	March 15
42-08.00	Ariel Oliver	3rd		UCSD Collegiate	March 15
40-07.50	Rachel Alesi	7th	invitational	Aztec Invite	March 29
39-11.50	Ariel Oliver	16th		Cal/Nevada Champs	April 5

39-09.25	Brittany Bozeman	5th		UCSD Collegiate	March 15
38-06.25	Allison Reaser	6th	open	Aztec Invite	March 28
38-05.50	Rachel Alesi	7th		UCSD Collegiate	March 15
37-01.25	Brittany Bozeman	9th	open	Aztec Invite	March 28
35-02.50	Brittany Bozeman	26th		Cal/Nevada Champs	April 5
31-02.00	Karsen Sper	5th	heptathlon	Aztec Invite	March 27
30-09.75	Karsen Sper	15th		UCSD Collegiate	March 15
29-02.00	Sarah Haydock	7th	heptathlon	Aztec Invite	March 27
28-00.00	Sarah Haydock	21st		UCSD Collegiate	March 15
Foul	Brittany Gonter	--	invitational	Aztec Invite	March 29
Foul	Ariel Oliver	--	invitational	Aztec Invite	March 29

DISCUS THROW

School Record: 196-10 (Whitney Ashley, 2012)

Mark	Athlete	Place	Notes	Meet	Date
174-09	Jasmine Burrell	1st		Cal/Nevada Champs	April 4
173-07	Jasmine Burrell	1st	invitational	Aztec Invite	March 29
165-03	Jasmine Burrell	1st		UCSD Collegiate	March 15
155-05	Ariel Oliver	3rd	10th all-time; invitational	Aztec Invite	March 29
154-06	Alexa Evans	3rd		Cal/Nevada Champs	April 4
153-07	Rachel Alesi	4th	invitational	Aztec Invite	March 29
153-02	Alexa Evans	2nd		UCSD Collegiate	March 15
147-07	Rachel Alesi	6th		Cal/Nevada Champs	April 4
147-06	Rachel Alesi	3rd		UCSD Collegiate	March 15
145-03	Alexa Evans	7th	invitational	Aztec Invite	March 29
145-03	Brittany Gonter	8th	invitational	Aztec Invite	March 29
143-04	Brittany Gonter	4th		UCSD Collegiate	March 15
139-06	Brittany Gonter	9th		Cal/Nevada Champs	April 4
139-05	Ariel Oliver	10th		Cal/Nevada Champs	April 4
138-04	Ariel Oliver	5th		UCSD Collegiate	March 15
131-02	Summer Nash	15th	invitational	Aztec Invite	March 29
116-00	Summer Nash	9th		UCSD Collegiate	March 15
114-02	Freja Liljedahl	10th		UCSD Collegiate	March 15
Foul	Freja Liljedahl	--	invitational	Aztec Invite	March 29

HAMMER THROW

School Record: 187-06 (Whitney Ashley, 2011)

Mark	Athlete	Place	Notes	Meet	Date
180-03	Jasmine Burrell	1st		Cal/Nevada Champs	April 5
174-02	Jasmine Burrell	7th	invitational	Aztec Invite	March 28
169-08	Jasmine Burrell	1st		UCSD Collegiate	March 15
160-06	Freja Liljedahl	2nd		UCSD Collegiate	March 15
159-03	Mikayla Howden	10th	invitational	Aztec Invite	March 28
158-02	Freja Liljedahl	11th	invitational	Aztec Invite	March 28
157-11	Mikayla Howden	3rd		UCSD Collegiate	March 15
155-03	Freja Liljedahl	10th		Cal/Nevada Champs	April 5
154-05	Mikayla Howden	12th		Cal/Nevada Champs	April 5
149-10	Alexa Evans	4th		UCSD Collegiate	March 15
142-08	Alexa Evans	23rd		Cal/Nevada Champs	April 5
127-08	Alexa Evans	14th	invitational	Aztec Invite	March 28
123-07	Ariel Oliver	8th		UCSD Collegiate	March 15

JAVELIN THROW

School Record: 178-03 (Liz Mueller, 1983)

Mark	Athlete	Place	Notes	Meet	Date
146-11	Nicole Oudenaarden	1st		UCSD Collegiate	March 15
144-00	Nicole Oudenaarden	6th		Cal/Nevada Champs	April 4
132-07	Brittany Bozeman	2nd		UCSD Collegiate	March 15
130-00	Rachel Alesi	11th	invitational	Aztec Invite	March 28
127-00	Rachel Alesi	3rd		UCSD Collegiate	March 15
118-01	Karsen Sper	5th		UCSD Collegiate	March 15
117-03	Brittany Bozeman	14th		Cal/Nevada Champs	April 4
116-03	Rachel Alesi	15th		Cal/Nevada Champs	April 4
113-01	Allison Reaser	3rd	open	Aztec Invite	March 28
104-02	Freja Liljedahl	13th	invitational	Aztec Invite	March 28
103-00	Summer Nash	8th		UCSD Collegiate	March 15
101-07	Summer Nash	14th	invitational	Aztec Invite	March 28
94-10	Karsen Sper	5th	heptathlon	Aztec Invite	March 28
76-05	Sarah Haydock	10th	heptathlon	Aztec Invite	March 28
68-04	Sarah Haydock	18th		UCSD Collegiate	March 15
ND	Freja Liljedahl	--		UCSD Collegiate	March 15

SDSU 2014 OUTDOOR TRACK & FIELD PERFORMANCE LIST (as of April 10)

HEPTATHLON

School Record: 5,813 (Allison Reaser, 2013)

Mark	Athlete	Place	Notes	Meet	Date
4,863	Karsen Sper	3rd		Aztec Invite	March 27-28
3,465	Sarah Haydock	11th		Aztec Invite	March 27-28

SDSU 2014 TRACK & FIELD INDIVIDUAL SEASON BESTS (as of April 10)

KEY: sr - school record; (number) - top-10 school ranking; p - preliminaries; h - heats; q - quarterfinals; s - semifinals; f - finals; i - invitational; ei - elite invitational; o - open; b - "b" section; se - seeded; u - unseeded; co - college; ch - championships; pn - pentathlon; hp - heptathlon; w - wind aided (> 2.0 mph); conv - converted from 4x400-yard relay; **Note that all personal records (PR) are collegiate personal records**

Rachel Alesi

5-7.5 | RS-Fr. | El Cajon, Calif. | Christian HS

OUTDOOR SEASON

Shot Put (PR: 40-07.50 (March 29, 2014))

38-05.00	7th	UCSD Collegiate	March 15
40-07.50 (i)	7th	Aztec Invite	March 29

Discus Throw (PR: 153-07 (March 29, 2014))

147-06	3rd	UCSD Collegiate	March 15
153-07 (i)	4th	Aztec Invite	March 29
147-07	6th	Cal/Nevada Champs	April 4

Javelin Throw (PR: 130-00 (March 29, 2014))

127-00	3rd	UCSD Collegiate	March 15
130-00 (i)	11th	Aztec Invite	March 29
116-03	15th	Cal/Nevada Champs	April 4

Brittany Bozeman

5-11 | Sr. | Moreno Valley, Calif. | Univ. of Mississippi

OUTDOOR SEASON

100-Meter Hurdles (PR: 14.61 (2 times, last May 8, 2013))

14.82	2nd	UCSD Collegiate	March 15
15.05 (o)	3rd	Aztec Invite	March 28
14.97 (i)	11th	Aztec Invite	March 29
15.13 (p)	T-21st	Cal/Nevada Champs	April 4

High Jump (PR: 5-03.00 (2010))

NH	--	UCSD Collegiate	March 15
5-01.75 (o)	7th	Aztec Invite	March 28

Long Jump (PR: 20-10.50 (2010))

19-08.75 (i, 9)	3rd	Aztec Invite	March 29
19-08.25 (w)	2nd	Cal/Nevada Champs	April 4

Shot Put (PR: 41-00.25 (March 30, 2013))

39-09.25	5th	UCSD Collegiate	March 15
37-01.25 (o)	9th	Aztec Invite	March 28
35-02.50	26th	Cal/Nevada Champs	April 5

Javelin Throw (PR: 148-00 (2011))

132-07	2nd	UCSD Collegiate	March 15
117-03	14th	Cal/Nevada Champs	April 4

Kristen Brown

5-4 | Sr./Jr. | Owings Mills, Md. | Virginia Tech

INDOOR SEASON

60 Meters (PR: 7.81 (Feb. 2, 2013))

7.85 (p)	30th	Cherry & Silver Invite	Jan. 25
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60-Meter Hurdles (PR: 8.28 (Feb. 22, 2013 & Feb. 28, 2014))

8.44 (p)	6th	Cherry & Silver Invite	Jan. 25
8.46 (f)	5th	Cherry & Silver Invite	Jan. 25
8.54 (p)	2nd	Howie Ryan Invite	Jan. 31
8.61 (s)	5th	Howie Ryan Invite	Feb. 1
8.46 (f)	3rd	Howie Ryan Invite	Feb. 1
8.32 (p)	3rd	Don Kirby Elite	Feb. 15
DNF	--	Don Kirby Elite	Feb. 15
8.28 (p, 2)	1st	MW Champs	Feb. 28
8.31 (f)	1st	MW Champs	March 1

Pole Vault (PR: 13-10.00 (Feb. 8, 2013))

13-02.25	5th	Cherry & Silver Invite	Jan. 25
12-08.25	T-2nd	Howie Ryan Invite	Jan. 31
13-05.75	6th	Don Kirby Elite	Feb. 15
NH	--	MW Champs	Feb. 28

OUTDOOR SEASON

100-Meter Hurdles (PR: 13.56 (May 10, 2013))

13.85 (p)	3rd	Cal/Nevada Champs	April 4
13.62 (f)	1st	Cal/Nevada Champs	April 5

Pole Vault (PR: 14-00.00 (March 9, 2013))

13-08.25	1st	UCSD Collegiate	March 15
12-09.50	1st	Cal/Nevada Champs	April 4

Jasmine Burrell

5-8 | RS-Jr. | Torrance, Calif. | North Torrance HS

INDOOR SEASON

Shot Put (PR: 51-10.50 (Feb. 23, 2013))

50-06.00	5th	Cherry & Silver Invite	Jan. 25
51-07.25	2nd	Howie Ryan Invite	Feb. 1
49-09.75	8th	Don Kirby Elite	Feb. 15
50-02.00	5th	MW Champs	March 1

Weight Throw (PR: 68-01.00 (Feb. 14, 2014))

66-09.25	2nd	Cherry & Silver Invite	Jan. 24
63-09.75	1st	Howie Ryan Invite	Jan. 31
68-01.00 (sr)	2nd	Don Kirby Elite	Feb. 14
62-01.25	6th	MW Champs	Feb. 28

OUTDOOR SEASON

Shot Put (PR: 52-06.50 (March 29, 2014))

52-06.50 (i, 3)	2nd	Aztec Invite	March 29
50-02.50	1st	Cal/Nevada Champs	April 5

Discus Throw (PR: 181-05 (May 10, 2013))

165-03	1st	UCSD Collegiate	March 25
173-07 (i)	1st	Aztec Invite	March 29
174-09	1st	Cal/Nevada Champs	April 4

Hammer Throw (PR: 186-11 (May 11, 2013))

169-08	1st	UCSD Collegiate	March 25
174-02 (i)	7th	Aztec Invite	March 28
180-03	1st	Cal/Nevada Champs	April 5

Alexa Evans

6-0 | So. | San Diego, Calif. | West Hills HS

OUTDOOR SEASON

Discus Throw (PR: 159-02 (March 29, 2013))

153-02	2nd	UCSD Collegiate	March 15
145-03 (i)	7th	Aztec Invite	March 29
154-06	3rd	Cal/Nevada Champs	April 4

Hammer Throw (PR: 149-10 (March 15, 2014))

149-10	4th	UCSD Collegiate	March 15
127-08 (i)	14th	Aztec Invite	March 28
142-08	23rd	Cal/Nevada Champs	April 5

Dynasty Gammage

5-3 | Jr. | Long Beach, Calif. | Univ. of California

INDOOR SEASON

600 Meters (PR: 1:38.19 (Feb. 14, 2014))

1:38.19	9th	Don Kirby Elite	Feb. 14
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800 Meters (PR: 2:20.11 (Feb. 28, 2014))

2:20.11 (p)	13th	MW Champs	Feb. 28
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Mile (PR: 5:20.83 (Feb. 1, 2014))

5:20.83	20th	Howie Ryan Invite	Feb. 1
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Distance Medley Relay

12:05.71 (sr)	2nd	Howie Ryan Invite	Jan. 31
12:48.63 (8)	9th	MW Champs	Feb. 28

OUTDOOR SEASON

800 Meters (PR: 2:11.47 (April 5, 2014))

2:12.38 (p)	1st	Cal/Nevada Champs	April 4
2:11.47 (f)	1st	Cal/Nevada Champs	April 5

1,500 Meters (PR: 4:42.16 (March 22, 2013))

4:46.39	1st	UCSD Collegiate	March 15
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4x400-Meter Relay

4:02.24	2nd	UCSD Collegiate	March 15
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Janice George

5-7.5 | Fr. | Bowie, Md. | Bowie HS

INDOOR SEASON

200 Meters (PR: 25.65 (Jan. 24, 2014))

25.65	55th	Cherry & Silver Invite	Jan. 24
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26.64 (b)	36th	Howie Ryan Invite	Jan. 31
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400 Meters (PR: 59.39 (Jan. 24, 2014))

59.39	37th	Cherry & Silver Invite	Jan. 24
1:00.30	24th	Howie Ryan Invite	Feb. 1

4x400-Meter Relay

3:48.39 (10)	7th	Cherry & Silver Invite	Jan. 25
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OUTDOOR SEASON

200 Meters (PR: 25.46 (April 4, 2014))

25.66	6th	UCSD Collegiate	March 15
25.51 (i)	24th	Aztec Invite	March 29
25.46 (p)	14th	Cal/Nevada Champs	April 4

400 Meters (PR: 57.29 (March 28, 2014))

59.06	7th	UCSD Collegiate	March 15
57.29 (o)	3rd	Aztec Invite	March 28
57.79 (p)	16th	Cal/Nevada Champs	April 4

4x400-Meter Relay

DQ	--	Cal/Nevada Champs	April 5
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Madison Gipson

5-7 | Fr. | Wellington, New Zealand | Marsden HS

INDOOR SEASON

60 Meters (PR: 59.10 (Jan. 25, 2014))

8.06 (p)	42nd	Cherry & Silver Invite	Jan. 25
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200 Meters (PR: 25.68 (Feb. 14, 2014))

25.82	57th	Cherry & Silver Invite	Jan. 24
26.42 (b)	29th	Howie Ryan Invite	Jan. 31
25.68	51st	Don Kirby Elite	Feb. 14

60-Meter Hurdles (PR: 8.66 (March 1, 2014))

DNF (p)	--	Howie Ryan Invite	Jan. 31
8.72 (p)	8th	MW Champs	Feb. 28
8.66 (f)	7th	MW Champs	March 1

4x400-Meter Relay

3:49.28 (conv)	6th	MW Champs	March 1
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OUTDOOR SEASON

200 Meters (PR: 25.41 (March 15, 2014))

25.41	3rd	UCSD Collegiate	March 15
25.65 (p)	19th	Cal/Nevada Champs	April 4

400 Meters (PR: 58.91 (March 15, 2014))

58.91	6th	UCSD Collegiate	March 15
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100-Meter Hurdles (PR: 14.21 (March 29, 2014))

14.21 (i)	6th	Aztec Invite	March 29
14.30 (p)	7th	Cal/Nevada Champs	April 4
14.30 (f)	6th	Cal/Nevada Champs	April 5

400-Meter Hurdles (PR: 1:05.95 (March 28, 2014))

1:05.95 (o)	8th	Aztec Invite	March 28
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4x400-Meter Relay

DQ	--	Cal/Nevada Champs	April 5
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Brittany Gontter

5-8.5 | RS-Jr. | Hemet, Calif. | Hemet HS

INDOOR SEASON

Shot Put (PR: 48-10.00 (March 1, 2014))

42-00.75	15th	Cherry & Silver Invite	Jan. 25
44-08.25	14th	Don Kirby Elite	Feb. 15
48-10.00 (3)	7th	MW Champs	March 1

OUTDOOR SEASON

Shot Put (PR: 46-02.50 (April 14, 2012))

44-00.00	2nd	UCSD Collegiate	March 15
Foul (i)	--	Aztec Invite	March 29
44-06.25	6th	Cal/Nevada Champs	April 5

Discus Throw (PR: 146-01 (May 10, 2013))

143-04	4th	UCSD Collegiate	March 15
145-03 (i)	8th	Aztec Invite	March 29
139-06	9th	Cal/Nevada Champs	April 4

SDSU 2014 TRACK & FIELD INDIVIDUAL SEASON BESTS (as of April 10)

Grace Hanshaw

5-5 | So. | San Diego, Calif. | San Diego Mesa College

OUTDOOR SEASON

5,000 Meters (PR: 17:46.21 (March 28, 2014))

18:12.31	3rd	UCSD Collegiate	March 15
17:46.21 (i)	2nd	Aztec Invite	March 28
10,000 Meters (PR: 37:20.17 (April 4, 2014))			
37:20.17	2nd	Cal/Nevada Champs	April 4

Sarah Haydock

5-6 | Jr. | Huntington Beach, Calif. | Fountain Valley HS

OUTDOOR SEASON

200 Meters (PR: 27.83 (March 14, 2013))

29.52 (hp)	12th	Aztec Invite	March 27
800 Meters (PR: 2:39.96 (March 15, 2013))			
2:42.73 (hp)	11th	Aztec Invite	March 28
100-Meter Hurdles (PR: 16.28 (March 14, 2013))			
16.32	12th	UCSD Collegiate	March 15
16.59 (hp)	10th	Aztec Invite	March 27
High Jump (PR: 4-10.50 (March 14, 2013))			
4-04.25	18th	UCSD Collegiate	March 15
4-08.25 (hp)	T-6th	Aztec Invite	March 27
Long Jump (PR: 16-06.00 (March 10, 2012))			
14-06.50 (hp)	11th	Aztec Invite	March 28
Shot Put (PR: 30-07.75 (March 24, 2012))			
28-00.00	21st	UCSD Collegiate	March 15
29-02.00 (hp)	7th	Aztec Invite	March 27
Javelin Throw (PR: 76-07 (March 28, 2014))			
68-04	18th	UCSD Collegiate	March 15
76-07 (hp)	10th	Aztec Invite	March 28
Heptathlon (PR: 3,784 (March 14-15, 2013))			
3,465	11th	Aztec Invite	March 27-28

Marianne Hogan

5-3 | RS-Sr. | Bedford, Quebec | Acedemie Les Estacades

OUTDOOR SEASON

5,000 Meters (PR: 17:05.05 (April 9, 2011))

17:55.21 (i)	4th	Aztec Invite	March 28
17:48.66	5th	Cal/Nevada Champs	April 4

Mikayla Howden

5-10 | Sr. | San Diego, Calif. | San Diego HS

INDOOR SEASON

Weight Throw (PR: 56-02.50 (Feb. 28, 2014))

54-10.25	10th	Cherry & Silver Invite	Jan. 24
51-04.25	16th	Don Kirby Elite	Feb. 14
56-02.50 (5)	13th	MW Champs	Feb. 28

OUTDOOR SEASON

Hammer Throw (PR: 164-00 (April 20, 2013))

157-11	3rd	UCSD Collegiate	March 15
159-03 (i)	10th	Aztec Invite	March 28
154-05	12th	Cal/Nevada Champs	April 5

Renetia James

5-8.5 | So. | Carson, Calif. | Junipero Serra HS

INDOOR SEASON

600 Meters (PR: 1:38.90 (Feb. 14, 2014))

1:38.90	11th	Don Kirby Elite	Feb. 14
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OUTDOOR SEASON

400 Meters (PR: 55.63 (May 11, 2013))

59.17	8th	UCSD Collegiate	March 15
57.87 (o)	4th	Aztec Invite	March 28
57.06 (p)	8th	Cal/Nevada Champs	April 4
57.24 (f)	6th	Cal/Nevada Champs	April 5
800 Meters (PR: 2:17.04 (March 28, 2014))			
2:23.64	4th	UCSD Collegiate	March 15
2:17.04 (o)	6th	Aztec Invite	March 28

4x400-Meter Relay

4:02.24	2nd	UCSD Collegiate	March 15
DQ	--	Cal/Nevada Champs	April 5

Cali King

5-9 | Fr. | La Crescenta, Calif. | Crescenta Valley HS

OUTDOOR SEASON

1,500 Meters (PR: 5:24.80 (March 28, 2014))

5:24.80 (o)	56th	Aztec Invite	March 28s
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Chelsea Kruthers

5-4 | So. | San Juan Capistrano, Calif. | San Juan Hills HS

INDOOR SEASON

800 Meters (PR: 2:21.01 (Feb. 28, 2014))

2:21.01 (p)	15th	MW Champs	Feb. 28
Mile (PR: 5:01.00 (Feb. 1, 2014))			
5:01.00 (sr)	8th	Howie Ryan Invite	Feb. 1
5:08.78	6th	Don Kirby Elite	Feb. 15

Distance Medley Relay

12:05.71 (sr)	2nd	Howie Ryan Invite	Jan. 31
12:48.63 (8)	9th	MW Champs	Feb. 28

OUTDOOR SEASON

800 Meters (PR: 2:09.45 (May 10, 2013))

2:13.57 (i)	4th	Aztec Invite	March 29
2:13.42 (p)	7th	Cal/Nevada Champs	April 4
2:15.15 (f)	4th	Cal/Nevada Champs	April 5
1,500 Meters (PR: 4:37.95 (April 6, 2013))			
4:38.23 (i)	11th	Aztec Invite	March 28
4:34.70	1st	Cal/Nevada Champs	April
5,000 Meters (PR: N/A)			
DNF	--	UCSD Collegiate	March 15
4x400-Meter Relay			
4:02.24	2nd	UCSD Collegiate	March 15

Freja Liljedahl

5-6 | Fr. | Gavle, Sweden | Vasaskolan School

OUTDOOR SEASON

Discus Throw (PR: 114-02 (March 15, 2014))

114-02	2nd	UCSD Collegiate	March 15
Foul (i)	--	Aztec Invite	March 29
Hammer Throw (PR: 160-06 (March 15, 2014))			
160-06	2nd	UCSD Collegiate	March 15
158-02 (i)	11th	Aztec Invite	March 28
155-03	10th	Cal/Nevada Champs	April 5
Javelin Throw (PR: 104-02 (March 29, 2014))			
ND	--	UCSD Collegiate	March 15
104-02 (i)	13th	Aztec Invite	March 29

Katherine Magill

5-4 | Fr. | Grass Valley, Calif. | Nevada Union HS

OUTDOOR SEASON

Pole Vault (PR: 9-10.00 (March 28, 2014))

9-07.00	T-13th	UCSD Collegiate	March 15
9-10.00 (o)	10th	Aztec Invite	March 28

Lily Mayko

5-3 | So. | Portland, Ore. | Southridge HS

OUTDOOR SEASON

400-Meter Hurdles (PR: 1:02.68 (April 13, 2013))

1:07.20	5th	UCSD Collegiate	March 15
1:06.90 (o)	9th	Aztec Invite	March 28
1:06.32 (f)	19th	Cal/Nevada Champs	April 4

Jessica McCall

5-3 | So. | Saugus, Calif. | Saugus HS

OUTDOOR SEASON

5,000 Meters (PR: 17:48.34 (March 28, 2014))

DNF	--	UCSD Collegiate	March 15
17:48.34 (i)	3rd	Aztec Invite	March 28
18:03.21	8th	Cal/Nevada Champs	April 4

Summer Nash

6-1 | Sr. | Seattle, Wash. | Bishop Blanchet HS

OUTDOOR SEASON

High Jump (PR: 4-11.75 (March 28, 2014))

4-11.75 (o)	T-9th	Aztec Invite	March 28
Discus Throw (PR: 131-02 (March 29, 2014))			
116-00	9th	UCSD Collegiate	March 15
131-02 (i)	15th	Aztec Invite	March 29
Javelin Throw (PR: 103-00 (March 15, 2014))			
103-00	8th	UCSD Collegiate	March 15
101-07 (i)	14th	Aztec Invite	March 29

Ariel Oliver

5-11 | RS-Fr. | McMinnville, Ore. | McMinnville HS

INDOOR SEASON

Shot Put (PR: 42-08.75 (Feb. 15, 2014))

40-09.50	17th	Cherry & Silver Invite	Jan. 25
42-08.75 (8)	17th	Don Kirby Elite	Feb. 15
Weight Throw (PR: 49-08.50 (Jan. 24, 2014))			
49-08.50 (9)	12th	Cherry & Silver Invite	Jan. 24
44-04.75	19th	Don Kirby Elite	Feb. 14

OUTDOOR SEASON

Shot Put (PR: 42-08.00 (March 15, 2014))

42-08.00	3rd	UCSD Collegiate	March 15
Foul (i)	--	Aztec Invite	March 29
39-11.50	16th	Cal/Nevada Champs	April 5
Discus Throw (PR: 138-04 (March 15, 2014))			
138-04	5th	UCSD Collegiate	March 15
155-05 (i, 10)	3rd	Aztec Invite	March 29
139-05	10th	Cal/Nevada Champs	April 4
Hammer Throw (PR: 123-07 (March 15, 2014))			
123-07	8th	UCSD Collegiate	March 15

Nicole Oudenaarden

5-10 | So. | St. Albert, Alberta, Canada | Paul Kane HS

INDOOR SEASON

200 Meters (PR: 24.67 (Feb. 8, 2013))

25.14	32nd	Cherry & Silver Invite	Jan. 24
24.95	37th	Don Kirby Elite	Feb. 14
800 Meters (PR: 2:26.38 (Jan. 31, 2014))			
2:26.38 (pn)	2nd	Howie Ryan Invite	Jan. 31
2:27.93 (pn)	6th	MW Champs	Feb. 27
60-Meter Hurdles (PR: 8.86 (Feb. 21, 2013))			
9.26 (p)	31st	Cherry & Silver Invite	Jan. 25
9.09 (pn)	5th	Howie Ryan Invite	Jan. 31
8.96 (pn)	8th	MW Champs	Feb. 27

4x400-Meter Relay

3:48.39 (10)	7th	Cherry & Silver Invite	Jan. 25
3:49.28 (conv)	6th	MW Champs	March 1

Distance Medley Relay

12:48.63 (8)	9th	MW Champs	Feb. 28
High Jump (PR: 5-03.25 (Feb. 27, 2014))			

5-02.25 (pn)	T-6th	Howie Ryan Invite	Jan. 31
5-03.25 (pn)	T-6th	MW Champs	Feb. 27
Long Jump (PR: 19-07.50 (Feb. 21, 2013))			
18-04.50	T-15th	Cherry & Silver Invite	Jan. 24
18-08.50 (pn)	1st	Howie Ryan Invite	Jan. 31
19-06.75	1st	Don Kirby Elite	Feb. 14
19-00.75 (pn)	2nd	MW Champs	Feb. 27
19-04.75	6th	MW Champs	Feb. 28

SDSU 2014 TRACK & FIELD INDIVIDUAL SEASON BESTS (as of April 10)

Shot Put (PR: 47-07.25 (Feb. 8, 2013))			
42-08.25	12th	Cherry & Silver Invite	Jan. 25
43-06.00 (pn)	1st	Howie Ryan Invite	Jan. 31
44-01.25	6th	Howie Ryan Invite	Feb. 2
43-09.25	15th	Don Kirby Elite	Feb. 14
43-04.50 (pn)	1st	MW Champs	Feb. 27
43-02.25	17th	MW Champs	March 1
Pentathlon (PR: 3,969 (Feb. 21, 2013))			
3,846	2nd	Howie Ryan Invite	Jan. 31
3,918	3rd	MW Champs	Feb. 27
OUTDOOR SEASON			
100-Meter Hurdles (PR: 14.30 (April 17, 2013))			
DNF (o)	--	Aztec Invite	March 28
High Jump (PR: 5-07.25 (March 15, 2014))			
5-07.25	1st	UCSD Collegiate	March 15
Shot Put (PR: 46-00.75 (March 14, 2013))			
44-11.50	1st	UCSD Collegiate	March 15
44-06.25 (i)	3rd	Aztec Invite	March 29
44-10.25	5th	Cal/Nevada Champs	April 5
Javelin Throw (PR: 148-09 (March 15, 2013))			
146-11	1st	UCSD Collegiate	March 15
144-00	6th	Cal/Nevada Champs	April 4

Allison Reaser

5-7.5 | Sr. | El Segundo, Calif. | El Segundo HS
INDOOR SEASON

200 Meters (PR: 24.19 (Feb. 14, 2014))

24.19 (9) **12th** **Don Kirby Elite** **Feb. 14**
 24.62 (p) 7th MW Champs Feb. 28
 24.80 (f) 8th MW Champs March 1

800 Meters (PR: 2:20.37 (March 15, 2014))

2:25.48 (pn) 1st Howie Ryan Invite Jan. 31
 2:25.23 (pn) 2nd MW Champs Feb. 27
2:20.37 (pn) **8th** **NCAA Champs** **March 15**

60-Meter Hurdles (PR: 8.30 (Feb. 27, 2014))

8.44 (p) 4th Cherry & Silver Invite Jan. 25
 8.59 (f) 7th Cherry & Silver Invite Jan. 25
 8.57 (pn) 1st Howie Ryan Invite Jan. 31
 8.52 ("A" p) 8th Don Kirby Elite Feb. 15
8.30 (pn, 4) **1st** **MW Champs** **Feb. 27**
 8.51 (p) 5th MW Champs Feb. 28
 8.54 (f) 4th MW Champs March 1
 8.32 (pn) 6th NCAA Champs March 15

4x400-Meter Relay

3:48.39 (10) **7th** **Cherry & Silver Invite** **Jan. 25**

High Jump (PR: 5-04.50 (Jan. 31, 2014))

5-02.25 T-11th Cherry & Silver Invite Jan. 24
5-04.50 (pn) **T-4th** **Howie Ryan Invite** **Jan. 31**
5-04.50 (pn) **T-4th** **MW Champs** **Feb. 27**
 5-02.25 (pn) 16th NCAA Champs March 15

Long Jump (PR: 20-05.00 (Feb. 27, 2014))

19-06.25 5th Cherry & Silver Invite Jan. 24
 18-04.50 (pn) 2nd Howie Ryan Invite Jan. 31
 19-04.75 6th Don Kirby Elite Feb. 14
20-05.00 (pn, 2) **1st** **MW Champs** **Feb. 27**
 19-02.75 (pn) 11th NCAA Champs March 15

Shot Put (PR: 39-00.25 (Feb. 23, 2012))

35-02.00 28th Cherry & Silver Invite Jan. 25
 36-05.75 (pn) 3rd Howie Ryan Invite Jan. 31
37-09.25 (pn) **6th** **MW Champs** **Feb. 27**
 36-05.00 (pn) 14th NCAA Champs March 15

Pentathlon (PR: 4,145 (Feb. 27, 2014))

3,971 1st Howie Ryan Invite Jan. 31
4,145 (sr) **2nd** **MW Champs** **Feb. 27**
 3,996 15th NCAA Champs March 15

OUTDOOR SEASON

100-Meter Hurdles (PR: 13.30 (June 6, 2013))

13.88 (i) 4th Aztec Invite March 29
 13.78 (p) 2nd Cal/Nevada Champs April 4
13.68 (f) **2nd** **Cal/Nevada Champs** **April 5**

400-Meter Hurdles (58.37 (April 28, 2012))

1:00.02 (i) 1st Aztec Invite March 29

59.44 (p) 1st Cal/Nevada Champs April 4
58.78 (f) **1st** **Cal/Nevada Champs** **April 5**

High Jump (PR: 5-04.25 (2 times, last June 29, 2012))

NH (o) -- **Aztec Invite** **March 28**

Long Jump (PR: 19-09.75 (May 12, 2011))

18-08.50 (o) 2nd Aztec Invite March 28
18-10.00 **7th** **Cal/Nevada Champs** **April 4**

Shot Put (PR: 39-07.75 (June 20, 2013))

38-06.25 (o) **6th** **Aztec Invite** **March 28**

Javelin Throw (PR: 132-00 (June 8, 2012))

113-01 (i) **3rd** **Aztec Invite** **March 28**

Elaine Ribeiro

5-11 | Fr. | La Mesa, Calif. | Helix HS
OUTDOOR SEASON

1,500 Meters (PR: 4:58.53 (March 28, 2014))

4:48.53 (o) **27th** **Aztec Invite** **March 28**

5,000 Meters (PR: 18:40.12 (April 4, 2014))

18:40.12 **24th** **Cal/Nevada Champs** **April 4**

Rachel Roesgen

5-11 | So. | Coto de Caza, Calif. | Santa Margarita Catholic HS
OUTDOOR SEASON

5,000 Meters (PR: 18:24.08 (April 4, 2014))

18:24.08 **16th** **Cal/Nevada Champs** **April 4**

Kortney Ross

6-0 | Jr. | San Diego, Calif. | Univ. of Oregon
OUTDOOR SEASON

100 Meters (PR: 12.63 (March 15, 2014))

12.63 **6th** **UCSD Collegiate** **March 15**
 12.74 (o) 22nd Aztec Invite March 28

Pole Vault (PR: 13-04.50 (2 times, last May 12, 2012))

12-06.25 3rd UCSD Collegiate March 15
 12-05.50 (o) 1st Aztec Invite March 28
 12-06.75 (i) T-2nd Aztec Invite March 29
12-09.50 **2nd** **Cal/Nevada Champs** **April 4**

Hannah Sawatzki

5-0 | So. | San Diego, Calif. | Westview HS
OUTDOOR SEASON

5,000 Meters (PR: 18:28.33 (March 15, 2014))

18:28.33 **5th** **UCSD Collegiate** **March 15**
 18:48.89 (i) 10th Aztec Invite March 28
 18:58.83 28th Cal/Nevada Champs April 4

Starlynn Singleton

5-5 | Fr. | Murrieta, Calif. | Murrieta Mesa HS
INDOOR SEASON

Long Jump (PR: 17-09.50 (Feb. 28, 2014))

17-09.50 **16th** **MW Champs** **Feb. 28**

OUTDOOR SEASON

100 Meters (PR: 12.29 (March 15, 2014))

12.29 **3rd** **UCSD Collegiate** **March 15**
 12.30 (o) 7th Aztec Invite March 28

Long Jump (PR: 17-11.50 (March 15, 2014))

17-11.50 **2nd** **UCSD Collegiate** **March 15**
 16-10.75 (o) 6th Aztec Invite March 28
 17-01.50 24th Cal/Nevada Champs April 4

Triple Jump (PR: 37-03.25 (March 15, 2014))

37-03.25 **3rd** **UCSD Collegiate** **March 15**
 35-10.00 (o) 3rd Aztec Invite March 28
 35-10.00 19th Cal/Nevada Champs April 5

Karen Snapper

5-6 | So. | Huntington Beach, Calif. | Edison HS
OUTDOOR SEASON

Pole Vault (PR: 12-10.00 (April 27, 2013))

11-06.50 T-4th UCSD Collegiate March 15
11-07.00 (i) **T-9th** **Aztec Invite** **March 29**
 11-05.75 T-9th Cal/Nevada Champs April 4

Karsen Sper

5-8 | So. | Camarillo, Calif. | Thousand Oaks HS
INDOOR SEASON

800 Meters (PR: 2:29.12 (Feb. 27, 2014))

2:31.07 (pn) 5th Howie Ryan Invite Jan. 31
2:29.12 (pn) **7th** **MW Champs** **Feb. 27**

60-Meter Hurdles (PR: 8.76 (Feb. 28, 2014))

9.15 (p) 29th Cherry & Silver Invite Jan. 25
 8.99 (pn) 3rd Howie Ryan Invite Jan. 31
 8.79 (pn) 4th MW Champs Feb. 27
8.76 (p) **10th** **MW Champs** **Feb. 28**

4x400-Meter Relay

3:49.28 (conv) **6th** **MW Champs** **March 1**

High Jump (PR: 5-05.00 (Feb. 21, 2013))

5-00.25 T-18th Cherry & Silver Invite Jan. 24
5-02.25 (pn) **T-6th** **Howie Ryan Invite** **Jan. 31**
5-02.25 (pn) **T-8th** **MW Champs** **Feb. 27**

Long Jump (PR: 17-03.50 (Feb. 27, 2014))

16-11.25 (pn) 5th Howie Ryan Invite Jan. 31
 17-03.50 (pn) 6th MW Champs Feb. 27

Shot Put (PR: 33-00.50 (Feb. 27, 2014))

30-04.75 (pn) 8th Howie Ryan Invite Jan. 31
33-00.50 (pn) **10th** **MW Champs** **Feb. 27**

Pentathlon (PR: 3,564 (Feb. 21, 2013))

3,388 5th Howie Ryan Invite Jan. 31
3,538 **6th** **MW Champs** **Feb. 27**

OUTDOOR SEASON

200 Meters (PR: 25.83 (April 6, 2013))

26.39 (hp) **4th** **Aztec Invite** **March 27**

800 Meters (PR: 2:23.05 (March 9, 2013))

2:24.21 (hp) **5th** **Aztec Invite** **March 28**

100-Meter Hurdles (PR: 14.18 (May 11, 2013))

14.47 1st UCSD Collegiate March 15
 14.61 (hp) 5th Aztec Invite March 27
 14.43 (p) 8th Cal/Nevada Champs April 4
14.42 (f) **8th** **Cal/Nevada Champs** **April 5**

High Jump (PR: 5-05.75 (March 27, 2014))

5-00.25 8th UCSD Collegiate March 15
5-05.75 (hp) **T-1st** **Aztec Invite** **March 27**
 5-02.25 T-7th Cal/Nevada Champs April 5

Long Jump (PR: 17-08.25 (March 28, 2014))

17-08.25 (hp) **2nd** **Aztec Invite** **March 28**

Shot Put (PR: 33-07.25 (May 8, 2013))

30-09.75 15th UCSD Collegiate March 15
31-02.00 (hp) **5th** **Aztec Invite** **March 27**

Javelin Throw (PR: 118-01 (March 15, 2014))

118-01 **5th** **UCSD Collegiate** **March 15**
 94-10 (hp) 5th Aztec Invite March 28

Heptathlon (PR: 4,863 (March 27-28, 2014))

4,863 **3rd** **Aztec Invite** **March 27-28**

Katie Thralls

5-4 | GS | Livermore, Calif. | Seattle Pacific
OUTDOOR SEASON

3,000 Meters (PR: 10:53.59 (March 28, 2014))

10:53.59 (i) **8th** **Aztec Invite** **March 28**

SDSU 2014 TRACK & FIELD INDIVIDUAL SEASON BESTS (as of April 10)

Shanieka Thomas

5-11 | Sr. | St. Andrew, Jamaica | Vere Technical

INDOOR SEASON

Long Jump (PR: 19-09.75 (Jan. 21, 2012))

19-06.25	5th	MW Champs	Feb. 28
Triple Jump (PR: 46-02.50 (Feb. 8, 2013))			
45-03.00	1st	Don Kirby Elite	Feb. 15
44-05.25	1st	MW Champs	March 1
45-10.00	1st	NCAA Champs	March 15

OUTDOOR SEASON

Long Jump (PR: 19-10.75 (April 4, 2014))

19-10.75 (6)	1st	Cal/Nevada Champs	April 4
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Maderia Toatley

5-2 | Sr. | Atlanta, Ga. | Stephenson HS

INDOOR SEASON

200 Meters (PR: 24.52 (Feb. 22, 2013))

25.07	30th	Cherry & Silver Invite	Jan. 24
25.57	10th	Howie Ryan Invite	Feb. 1
24.69	28th	Don Kirby Elite	Feb. 14
24.95 (p)	11th	MW Champs	Feb. 28

400 Meters (PR: 56.68 (Feb. 14, 2014))

57.35	18th	Cherry & Silver Invite	Jan. 24
58.52	9th	Howie Ryan Invite	Feb. 1
56.68 (u)	1st	Don Kirby Elite	Feb. 14
57.36 (p)	10th	MW Champs	Feb. 28

4x400-Meter Relay

3:48.39 (10)	7th	Cherry & Silver Invite	Jan. 25
3:49.28 (conv)	6th	MW Champs	March 1

Distance Medley Relay

12:05.71 (sr)	2nd	Howie Ryan Invite	Jan. 31
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OUTDOOR SEASON

400 Meters (PR: 56.81 (May 10, 2013))

58.64 (o)	9th	Aztec Invite	March 28
1:01.36 (p)	23rd	Cal/Nevada Champs	April 4

4x400-Meter Relay

DQ	--	Cal/Nevada Champs	April 5
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Thresa Vinson

5-5 | So. | Aptos, Calif. | Aptos HS

INDOOR SEASON

Pole Vault (PR: N/A)

NH	--	MW Champs	Feb. 28
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OUTDOOR SEASON

Pole Vault (PR: 11-07.00 (March 29, 2014))

11-06.50	T-4th	UCSD Collegiate	March 15
11-07.00 (i)	T-9th	Aztec Invite	March 29
11-05.75	T-7th	Cal/Nevada Champs	April 4

Holly Waseloff

5-10 | Sr. | Clovis, Calif. | Buchanan HS

INDOOR SEASON

Pole Vault (PR: 13-02.5 (Feb. 28, 2014))

12-02.50	T-20th	Cherry & Silver Invite	Jan. 25
12-02.50	8th	Howie Ryan Invite	Feb. 1
13-02.25 (6)	3rd	MW Champs	Feb. 28

OUTDOOR SEASON

Pole Vault (PR: 13-00.25 (2 times, last March 15, 2014))

13-00.25 (10)	2nd	UCSD Collegiate	March 15
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Melissa Wendorf

5-4 | Jr. | Los Angeles, Calif. | Granada Hills HS

OUTDOOR SEASON

5,000 Meters (PR: 19:01.96 (March 15, 2013))

19:07.57 (o)	1st	Aztec Invite	March 28
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Meritzer Williams

5-8 | RS-Jr. | Charlestown, Nevis | New Mexico JC

INDOOR SEASON

60 Meters (PR: 7.45 (Feb. 28, 2014))

7.63 (p)	16th	Howie Ryan Invite	Jan. 31
7.64 (s)	17th	Howie Ryan Invite	Feb. 1
7.64 ("B" p)	5th	Don Kirby Elite	Feb. 15
7.59 (f)	4th	Don Kirby Elite	Feb. 15
7.45 (p, 4)	1st	MW Champs	Feb. 28
7.54 (f)	6th	MW Champs	March 1

200 Meters (PR: 24.59 (Feb. 28, 2014))

24.96	27th	Cherry & Silver Invite	Jan. 24
DNF	--	Howie Ryan Invite	Feb. 1
24.76	32nd	Don Kirby Elite	Feb. 14
24.59 (p)	6th	MW Champs	Feb. 28
24.71 (f)	7th	MW Champs	March 1

OUTDOOR SEASON

100 Meters (PR: 11.66 (May 17, 2012))

11.91 (o)	1st	Aztec Invite	March 28
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400 Meters (PR: 56.93 (March 15, 2014))

56.93	2nd	UCSD Collegiate	March 15
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KEY: sr - school record; (number) - top-10 school ranking; p - preliminaries; h - heats; q - quarterfinals; s - semifinals; f - finals; i - invitational; ei - elite invitational; o - open; b - "b" section; se - seeded; u - unseeded; co - college; ch - championships; pn - pentathlon; hp - heptathlon; w - wind aided (> 2.0 mph); conv - converted from 4x400-yard relay); Note that all personal records (PR) are collegiate personal records