

2016 SDSU INDOOR TRACK & FIELD PERFORMANCE LIST (Final)

4x400-METER RELAY

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

Time	Team	Place	Notes	Meet	Date
3:43.44	Auzenne, Gipson, Glenn, Lea	4th	3rd all-time; Altitude	MW Champs	Feb. 27
3:48.47	Hatcher, Gipson, Barrow, Lea	2nd		UW Invitational	Jan. 30
3:51.54	Brabham-Lawrence, Gipson, Hatcher, Lea	4th	Altitude	NAU Challenge	Jan. 16

DISTANCE MEDLEY RELAY

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

Time	Team	Place	Notes	Meet	Date
12:06.14	Roesgen, Barrow, Grove, Ribeiro	7th	2nd all-time	UW Invitational	Jan. 29

HIGH JUMP

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

Mark	Athlete	Place	Notes	Meet	Date
5-04.50	Jelena McNown	8th	Pentathlon	UW Invitational	Jan. 29
5-03.25	Kassidy Ellis	12th	Pentathlon	UW Invitational	Jan. 29
5-03.00	Jelena McNown	6th		NAU Challenge	Jan. 16
5-02.50	Jelena McNown	18th		MW Champs	Feb. 27
5-02.50	Jelena McNown	10th	Pentathlon	MW Champs	Feb. 25
5-00.25	Karsen Sper	T-12th	Pentathlon	MW Champs	Feb. 25
5-00.25	Kassidy Ellis	T-12th	Pentathlon	MW Champs	Feb. 25
4-11.00	Kassidy Ellis	8th		NAU Challenge	Jan. 16

POLE VAULT

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

Mark	Athlete	Place	Notes	Meet	Date
13-09.25	Bonnie Draxler	1st	6th all-time	MW Champs	Feb. 26
13-08.25	Bonnie Draxler	4th		Don Kirby Elite	Feb. 13
13-03.50	Bonnie Draxler	2nd	College 1	National PV Summit	Jan. 16
13-01.50	Marissa Berry	3rd	9th all-time	MW Champs	Feb. 26
13-00.25	Bonnie Draxler	5th		UW Invitational	Jan. 30
12-10.25	Marissa Berry	8th		Don Kirby Elite	Feb. 13
12-06.25	Marissa Berry	6h		UW Invitational	Jan. 30
12-04.50	Karen Snapper	15th		Don Kirby Elite	Feb. 13
12-01.50	Karen Snapper	9th		MW Champs	Feb. 26
12-01.50	Marissa Berry	8th	College 1	National PV Summit	Jan. 16
11-05.75	Karen Snapper	12th	College 1	National PV Summit	Jan. 16
11-05.75	Sara Curran	1st	College 4	National PV Summit	Jan. 16
10-10-00	Katherine Magill	9th	College 3	National PV Summit	Jan. 16
10-00.00	Julia Newton	6th	College 4	National PV Summit	Jan. 16
NH	Courtney Jackson	--	College 3	National PV Summit	Jan. 16

LONG JUMP

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

Mark	Athlete	Place	Notes	Meet	Date
19-00.75	Kassidy Ellis	1st	Pentathlon	MW Champs	Feb. 25
18-10.75	Kassidy Ellis	3rd		MW Champs	Feb. 26
18-08.50	Lisa-Anne Barrow	5th		MW Champs	Feb. 26
18-07.25	Lisa-Anne Barrow	4th		UW Invitational	Jan. 30
18-04.50	Kassidy Ellis	4th	Pentathlon	UW Invitational	Jan. 29
18-04.25	Jelena McNown	8th		MW Champs	Feb. 25
18-04.25	Jelena McNown	4th	Pentathlon	MW Champs	Feb. 25
18-02.50	Jelena McNown	5th		NAU Challenge	Jan. 16
18-01.50	Jelena McNown	6th	Pentathlon	UW Invitational	Jan. 29
16-05.75	Karsen Sper	14th	Pentathlon	MW Champs	Feb. 25
ND	Karsen Sper	--		Don Kirby Elite	Feb. 12
ND	Lisa-Anne Barrow	--		Don Kirby Elite	Feb. 12
ND	Kassidy Ellis	--		Don Kirby Elite	Feb. 12

TRIPLE JUMP

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

Mark	Athlete	Place	Notes	Meet	Date
39-07.75	Je'Neal Ainsworth	6th	8th all-time	UW Invitational	Jan. 30
39-07.25	Je'Neal Ainsworth	7th		MW Champs	Feb. 27
38-09.50	Je'Neal Ainsworth	19th		Don Kirby Elite	Feb. 13
38-04.00	Je'Neal Ainsworth	5th		NAU Challenge	Jan. 16
Foul	Starlynn Singleton	--		Don Kirby Elite	Feb. 13

SHOT PUT

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

Mark	Athlete	Place	Notes	Meet	Date
44-00.50	Alexa Evans	11th	9th all-time	NAU Challenge	Jan. 16
43-11.75	Alexa Evans	11th		UW Invitational	Jan. 30
43-04.25	Rachel Alesi	12th		NAU Challenge	Jan. 16
40-10.50	Rachel Alesi	14th		MW Champs	Feb. 27
34-07.75	Kassidy Ellis	14th	Pentathlon	UW Invitational	Jan. 29
34-04.00	Kassidy Ellis	18th		NAU Challenge	Jan. 16
33-01.75	Kassidy Ellis	10th	Pentathlon	MW Championships	Feb. 25
31-03.00	Karsen Sper	13th	Pentathlon	MW Championships	Feb. 25
27-09.50	Jelena McNown	29th	Pentathlon	UW Invitational	Jan. 29
27-06.50	Jelena McNown	16th	Pentathlon	MW Championships	Feb. 25
Foul	Rachel Alesi	--		UW Invitational	Jan. 30

WEIGHT THROW

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

Mark	Athlete	Place	Notes	Meet	Date
50-09.50	Alexa Evans	16th	9th all-time	UW Invitational	Jan. 29
49-02.50	Victoria Dickerson	13th		NAU Challenge	Jan. 16
46-11.50	Freja Liljedahl	14th		NAU Challenge	Jan. 16
46-04.75	Alexa Evans	15th		NAU Challenge	Jan. 16

PENTATHLON

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

Mark	Athlete	Place	Notes	Meet	Date
3,690	Kassidy Ellis	4th	6th all-time	MW Championships	Feb. 25
3,682	Kassidy Ellis	8th		UW Invitational	Jan. 29
3,336	Karsen Sper	13th		MW Championships	Feb. 25
3,334	Jelena McNown	14th		MW Championships	Feb. 25
3,315	Jelena McNown	19th		UW Invitational	Jan. 29

2016 SDSU OUTDOOR TRACK & FIELD PERFORMANCE LIST (Final)

Foul	Rachel Alesi	--	Invitational	Aztec Invite	March 26
Foul	Rachel Alesi	--		Calif. Collegiate Inv.	April 2

89-06	Anushi Desai	5th		SD Champs	March 12
87-10	Anushi Desai	11th		Calif. Collegiate Inv.	April 2
81-11	Anushi Desai	15th	Open	Aztec Invite	March 25

DISCUS THROW

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

Mark	Athlete	Place	Notes	Meet	Date
185-03	Alexa Evans	4th	QF; 4th all-time	NCAA West Prelims	May 28
182-08	Alexa Evans	18th	Invitational	Triton Invite	April 22
182-06	Alexa Evans	7th		CS LA Twilight Open	April 14
180-04	Rachel Alesi	8th	QF; 6th all-time	NCAA West Prelims	May 28
179-11	Rachel Alesi	2nd		Calif. Collegiate Inv.	April 2
178-04	Alexa Evans	9th		NCAA Champs	June 11
175-11	Rachel Alesi	12th		NCAA Champs	June 11
175-03	Alexa Evans	2nd		MW Championships	May 14
173-05	Alexa Evans	3rd		Calif. Collegiate Inv.	April 2
171-09	Alexa Evans	4th		Trojan Invite	March 18
170-03	Rachel Alesi	6th	Open	Triton Invite	April 22
168-02	Rachel Alesi	5th	Invitational	Aztec Invite	March 26
166-06	Alexa Evans	4th		Payton Jordan Invite	May 1
165-06	Rachel Alesi	6th		Payton Jordan Invite	May 1
164-10	Alexa Evans	8th	Invitational	Aztec Invite	March 26
162-00	Rachel Alesi	5th		MW Championships	May 14
160-11	Rachel Alesi	12th		CS LA Twilight Open	April 14
157-00	Rachel Alesi	1st		SD Champs	March 12
151-03	Anushi Desai	13th		CS LA Twilight Open	April 14
147-05	Anushi Desai	25th	Open	Triton Invite	April 22
147-01	Anushi Desai	4th		Calif. Collegiate Inv.	April 2
146-07	Anushi Desai	14th		MW Championships	May 14
144-10	Coryne McKenney	15th		CS LA Twilight Open	April 14
144-01	Anushi Desai	2nd		SD Champs	March 12
143-09	Anushi Desai	17th	Invitational	Aztec Invite	March 26
143-01	Coryne McKenney	3rd		SD Champs	March 12
142-03	Coryne McKenney	28th	Open	Triton Invite	April 22
141-09	Anushi Desai	11th		adidas/Steve Scott Invite	April 30
140-09	Coryne McKenney	19th	Invitational	Aztec Invite	March 26
139-04	Coryne McKenney	7th		Calif. Collegiate Inv.	April 2
138-07	Coryne McKenney	11th		Trojan Invite	March 18
137-05	Anushi Desai	12th		Trojan Invite	March 18
135-09	Coryne McKenney	13th		adidas/Steve Scott Invite	April 30
Foul	Rachel Alesi	Foul		Trojan Invite	March 18

HEPTATHLON

School Record: 5,917 (Allison Reaser, 2014)

Mark	Athlete	Place	Notes	Meet	Date
5,238	Kassidy Ellis	3rd	9th all-time	MW Championships	May 11-12
5,011	Karsen Sper	6th		MW Championships	May 11-12
4,849	Karsen Sper	21st		Calif. Invitational	April 13-14
DNF	Kassidy Ellis	--		Calif. Invitational	April 13-14
DNF	Karsen Sper	--		Aztec Invite	March 24-25

HAMMER THROW

School Record: 187-11 (Freja Liljedahl, 2016)

Mark	Athlete	Place	Notes	Meet	Date
187-11	Freja Liljedahl	4th	school record	Trojan Invite	March 18
181-03	Victoria Dickerson	6th	5th all-time	MW Championships	May 13
176-03	Freja Liljedahl	1st		SD Champs	March 12
175-04	Freja Liljedahl	10th		Payton Jordan Invite	May 1
174-10	Freja Liljedahl	19th	Invitational	Triton Invite	April 22
174-03	Victoria Dickerson	3rd		Calif. Collegiate Inv.	April 2
173-11	Victoria Dickerson	4th		CS LA Twilight Open	April 14
173-07	Freja Liljedahl	9th		MW Championships	May 13
173-06	Freja Liljedahl	4th		Calif. Collegiate Inv.	April 2
170-11	Freja Liljedahl	5th		CS LA Twilight Open	April 14
170-10	Victoria Dickerson	22nd	Invitational	Triton Invite	April 22
170-01	Victoria Dickerson	7th		Trojan Invite	March 18
168-08	Freja Liljedahl	7th	Invitational	Aztec Invite	March 25
168-02	Victoria Dickerson	2nd		SD Champs	March 12
167-03	Victoria Dickerson	8th	Invitational	Aztec Invite	March 25
163-07	Victoria Dickerson	12th		Payton Jordan Invite	May 1
152-08	Alexa Evans	7th		Calif. Collegiate Inv.	April 2
121-06	Katherine Magill	4th		SD Champs	March 12
118-06	Katherine Magill	26th	Open	Aztec Invite	March 25
102-09	Katherine Magill	52nd	Invitational	Triton Invite	April 22

JAVELIN THROW

School Record: 160-05 (Nicole Oudenaarden, 2014 (New javelin))

Mark	Athlete	Place	Notes	Meet	Date
113-07	Kassidy Ellis	6th	Heptathlon	MW Championships	May 12
109-01	Kassidy Ellis	10th		Payton Jordan Invite	May 1
97-05	Karsen Sper	25th	Heptathlon	Calif. Invitational	April 14
94-11	Karsen Sper	10th	Heptathlon	MW Championships	May 12

2016 SDSU TRACK & FIELD INDIVIDUAL SEASON BESTS (Final)

OUTDOOR SEASON

200 Meters (PR: 27.59 (March 14, 2015))

26.59 **13th** **Calif. Collegiate Invite** **April 2**

400-Meter Hurdles (PR: 1:03.95 (April 23, 2016))

1:05.38 5th SD Collegiate Champs March 12

1:04.08 (o) 2nd Aztec Invitational March 25

1:04.44 (i) 12th Aztec Invitational March 26

1:04.73 34th Bryan Clay Invitational April 15

1:03.95 **13th** **Triton Invitational** **April 23**

1:04.27 13th adidas/Steve Scott Invite April 30

1:05.77 (p) 15th MW Championships May 13

4x400-Meter Relay

4:09.91 **4th** **SD Collegiate Challenge** **March 12**

KEY: sr - school record; (number) - top-10 school ranking; qp - qualifying prelims; p - preliminaries; h - heats; 1r - first round; q - quarter-finals; s - semifinals; f - finals; i - invite; ei - elite invite; o - open; b - "b" section; se - seeded; u - unseeded; co - college; ch - championships; pn - pentathlon; hp - heptathlon; a - altitude; w - wind aided (> 2.0 mph); conv - converted from 4x400-yard relay); **Note that all personal records (PR) are collegiate personal records**