

SDSU 2014 INDOOR TRACK & FIELD PERFORMANCE LIST (FINAL)

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

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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12-06.25	Kortney Ross	T-5th		MW Champs	May 16
12-06.25	Kortney Ross	3rd		UCSD Collegiate	March 15
12-06.00	Kortney Ross	T-16th		Beach Invite	April 19
12-05.50	Kortney Ross	1st	open	Aztec Invite	March 28
12-01.50	Kortney Ross	T-4th		Triton Invite	April 26
12-01.50	Thresa Vinson	10th		Triton Invite	April 26
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
11-06.25	Thresa Vinson	T-31st		Beach Invite	April 19
11-05.75	Thresa Vinson	T-7th		Cal/Nevada Champs	April 4
11-05.75	Karen Snapper	T-9th		Cal/Nevada Champs	April 4
10-06.25	Katherine Magill	49th		Beach Invite	April 19
10-02.00	Katherin Magill	T-23rd		Triton Invite	April 26
9-10.00	Katherine Magill	10th	open	Aztec Invite	March 28
9-07.00	Katherine Magill	T-13th		UCSD Collegiate	March 15
NH	Karen Snapper	--	first round	NCAA West Prelims	May 29
NH	Karen Snapper	--		Triton Invite	April 26
NH	Kortney Ross	--	open-C U/O	Mt. SAC Relays	April 18

LONG JUMP

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

Mark	Athlete	Place	Notes	Meet	Date
20-04.50	Allison Reaser	T-1st	3rd all-time; heptathlon	USA Champs	June 28
20-01.50	Brittany Bozeman	4th	T-6th all-time; open U/O	Mt. SAC Relays	April 18
19-11.75	Allison Reaser	3rd	Mt. SAC hept.	Mt. SAC Multi's	April 17
19-11.50	Nicole Oudenaarden	3rd	wind-aided	MW Champs	May 16
19-10.75	Shanieka Thomas	1st		Cal/Nevada Champs	April 4
19-09.75	Nicole Oudenaarden	5th	10th AT; Mt. SAC hept.	Mt. SAC Multi's	April 17
19-09.00	Allison Reaser	3rd	heptathlon	NCAA Champs	June 13
19-08.75	Brittany Bozeman	3rd	invitational	Aztec Invite	March 28
19-08.25	Brittany Bozeman	2nd	wind-aided	Cal/Nevada Champs	April 4
19-08.00	Brittany Bozeman	19th	first round	NCAA West Prelims	May 29
19-08.00	Brittany Bozeman	4th		MW Champs	May 16
19-06.75	Nicole Oudenaarden	1st	heptathlon	MW Champs	May 15
19-06.00	Shanieka Thomas	7th	open U/O	Mt. SAC Relays	April 18
19-04.25	Allison Reaser	2nd	heptathlon	MW Champs	May 15
19-04.25	Shanieka Thomas	7th		MW Champs	May 16
18-10.50	Allison Reaser	11th		Drake Relays	April 25
18-10.00	Allison Reaser	7th		Cal/Nevada Champs	April 4
18-09.75	Allison Reaser	9th		MW Champs	May 16
18-09.25	Nicole Oudenaarden	34th	first round	NCAA West Prelims	May 29
18-08.75	Nicole Oudenaarden	1st	heptathlon	NACAC U-23 Champs	Aug. 9
18-08.50	Allison Reaser	2nd	open	Aztec Invite	March 28
17-11.50	Starlynn Singleton	2nd		UCSD Collegiate	March 15
17-10.25	Shanieka Thomas	46th	first round	NCAA West Prelims	May 29
17-09.00	Karsen Sper	5th	heptathlon; wind-aided	MW Champs	May 15
17-08.25	Karsen Sper	2nd	heptathlon	Aztec Invite	March 28
17-05.25	Karsen Sper	T-16th	CA Invite heptathlon	Mt. SAC Multi's	April 17
17-01.50	Starlynn Singleton	24th		Cal/Nevada Champs	April 4
16-10.75	Starlynn Singleton	6th	open	Aztec Invite	March 28
15-06.25	Sarah Haydock	T-45th	CA Invite heptathlon	Mt. SAC Multi's	April 17
15-05.50	Sarah Haydock	28th		Triton Invite	April 26
14-06.50	Sarah Haydock	11th	heptathlon	Aztec Invite	March 28
Foul	Starlynn Singleton	11th		Triton Invite	April 26

TRIPLE JUMP

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

Mark	Athlete	Place	Notes	Meet	Date
45-11.25	Shanieka Thomas	1st		NCAA Champs	June 13
45-00.50	Shanieka Thomas	2nd	invitational elite	Mt. SAC Relays	April 19
44-09.75	Shanieka Thomas	1st	first round	NCAA West Prelims	May 30
44-09.50	Shanieka Thomas	1st		MW Champs	May 17
44-05.50	Shanieka Thomas	2nd		Jamaican Champs	June 29
44-04.00	Shanieka Thomas	1st		Drake Relays	April 26
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
35-07.75	Starlynn Singleton	11th		Triton Invite	April 26

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
50-09.50	Jasmine Burrell	3rd		Triton Invite	April 26
50-00.75	Jasmine Burrell	20th	first round	NCAA West Prelims	May 29
50-00.75	Jasmine Burrell	3rd		MW Champs	May 17
49-08.25	Jasmine Burrell	9th	invitational elite	Mt. SAC Relays	April 19
49-08.00	Jasmine Burrell	4th		HP/OTC Series I	April 24
46-05.25	Nicole Oudenaarden	2nd	10th AT; Mt. SAC hept.	Mt. SAC Relays	April 16
46-03.00	Brittany Gonter	5th		HP/OTC Series I	April 24
45-06.50	Brittany Gonter	16th		Triton Invite	April 26
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
44-02.50	Rachel Alesi	19th		Triton Invite	April 26
44-00.00	Brittany Gonter	2nd		UCSD Collegiate	March 15
43-09.25	Nicole Oudenaarden	11th		MW Champs	May 17
43-02.25	Brittany Gonter	27th	open U/O	Mt. SAC Relays	April 18
42-08.00	Ariel Oliver	3rd		UCSD Collegiate	March 15
42-05.75	Rachel Alesi	6th		HP/OTC Series I	April 24
42-05.50	Nicole Oudenaarden	2nd	heptathlon	NACAC U-23 Champs	Aug. 8
42-03.50	Rachel Alesi	4th		Oxy Invite	May 10
41-07.25	Nicole Oudenaarden	1st	heptathlon	MW Champs	May 14
41-03.25	Ariel Oliver	17th		Bryan Clay Invite	April 18
40-08.75	Rachel Alesi	15th		MW Champs	May 17
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
39-04.00	Allison Reaser	9th	heptathlon	NCAA Champs	June 12
39-03.25	Ariel Oliver	7th		HP/OTC Series I	April 24
39-02.25	Allison Reaser	9th	heptathlon	USA Champs	June 27
38-06.25	Allison Reaser	6th	open	Aztec Invite	March 28
38-05.50	Rachel Alesi	7th		UCSD Collegiate	March 15
38-02.25	Allison Reaser	13th	Mt. SAC heptathlon	Mt. SAC Multi's	April 16
37-01.25	Brittany Bozeman	3rd	open	Aztec Invite	March 28
36-05.50	Allison Reaser	9th	heptathlon	MW Champs	May 14
35-02.50	Brittany Bozeman	26th		Cal/Nevada Champs	April 5
33-00.50	Karsen Sper	36th		Triton Invite	April 26
32-05.50	Sarah Haydock	22nd	CA Invite heptathlon	Mt. SAC Multi's	April 16
31-02.00	Karsen Sper	5th	heptathlon	Aztec Invite	March 27
30-09.75	Karsen Sper	15th		UCSD Collegiate	March 15
30-02.25	Sarah Haydock	39th		Triton Invite	April 26
29-08.25	Karsen Sper	9th	heptathlon	MW Champs	May 14
29-06.75	Karsen Sper	32nd	CA Invite heptathlon	Mt. SAC Multi's	April 16
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
181-05	Jasmine Burrell	7th	4th AT; invitational U/O	Mt. SAC Relays	April 18
179-04	Jasmine Burrell	2nd		MW Champs	May 16
176-06	Jasmine Burrell	6th	first round	NCAA West Prelims	May 30
174-09	Jasmine Burrell	1st		Cal/Nevada Champs	April 4
173-07	Jasmine Burrell	1st	invitational	Aztec Invite	March 29
173-03	Jasmine Burrell	8th		HP/OTC Series I	April 24
171-04	Jasmine Burrell	15th	invitational	Triton Invite	April 25
165-04	Alexa Evans	5th	6th all-time	MW Champs	May 16
165-03	Jasmine Burrell	1st		UCSD Collegiate	March 15
162-11	Ariel Oliver	1st	7th all-time	Bryan Clay Invite	April 18
161-10	Ariel Oliver	9th	open	Triton Invite	April 25
160-00	Alexa Evans	10th		HP/OTC Series I	April 24
159-10	Jasmine Burrell	18th		NCAA Champs	June 12
158-11	Alexa Evans	5th		Oxy Invite	May 10
156-00	Alexa Evans	14th	open	Triton Invite	April 25
155-05	Ariel Oliver	3rd	invitational	Aztec Invite	March 29
154-07	Rachel Alesi	6th		MW Champs	May 16
154-06	Alexa Evans	3rd		Cal/Nevada Champs	April 4

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154-05	Ariel Oliver	7th		MW Champs	May 16
153-07	Rachel Alesi	4th	invitational	Aztec Invite	March 29
153-06	Ariel Oliver	12th		HP/OTC Series I	April 24
153-02	Alexa Evans	2nd		UCSD Collegiate	March 15
152-08	Alexa Evans	4th		Bryan Clay Invite	April 18
152-07	Rachel Alesi	6th		Oxy Invite	May 10
149-06	Brittany Gonter	20th	open	Triton Invite	April 25
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
145-02	Rachel Alesi	28th	open	Triton Invite	April 25
144-07	Rachel Alesi	31st	invitational U/O	Mt. SAC Relays	April 18
143-06	Brittany Gonter	13th		HP/OTC Series I	April 24
143-04	Brittany Gonter	4th		UCSD Collegiate	March 15
142-06	Ariel Oliver	9th		Oxy Invite	May 10
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
137-08	Rachel Alesi	14th		HP/OTC Series I	April 24
135-05	Summer Nash	15th		HP/OTC Series I	April 24
131-02	Summer Nash	15th	invitational	Aztec Invite	March 29
121-11	Summer Nash	37th		Bryan Clay Invite	April 18
120-00	Summer Nash	42nd	open	Triton Invite	April 25
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
184-06	Jasmine Burrell	13th	invitational	Triton Invite	April 25
180-06	Jasmine Burrell	11th		MW Champs	May 16
180-03	Jasmine Burrell	1st		Cal/Nevada Champs	April 5
174-02	Jasmine Burrell	7th	invitational	Aztec Invite	March 28
170-02	Jasmine Burrell	5th		HP/OTC Series I	April 24
169-08	Jasmine Burrell	1st		UCSD Collegiate	March 15
166-06	Freja Liljedahl	24th	6th all-time; invitational	Triton Invite	April 25
166-01	Freja Liljedahl	6th		HP/OTC Series I	April 24
165-07	Freja Liljedahl	1st		Soka Peace Invite	April 18
161-07	Freja Liljedahl	7th		Oxy Invite	May 10
161-03	Mikayla Howden	7th		HP/OTC Series I	April 24
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
157-02	Mikayla Howden	2nd		Soka Peace Invite	April 18
155-03	Freja Liljedahl	10th		Cal/Nevada Champs	April 5
154-05	Mikayla Howden	12th		Cal/Nevada Champs	April 5
152-05	Mikayla Howden	11th		Oxy Invite	May 10
149-10	Alexa Evans	4th		UCSD Collegiate	March 15
149-02	Mikayla Howden	36th	invitational	Triton Invite	April 25
146-01	Alexa Evans	8th		HP/OTC Series I	April 24
142-08	Alexa Evans	23rd		Cal/Nevada Champs	April 5
127-08	Alexa Evans	14th	invitational	Aztec Invite	March 28
126-09	Alexa Evans	41st	invitational	Triton Invite	April 25
123-07	Ariel Oliver	8th		UCSD Collegiate	March 15

JAVELIN THROW

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

Mark	Athlete	Place	Notes	Meet	Date
160-05	Nicole Oudenaarden	1st	hept; school record	NACAC U-23 Champs	Aug. 9
155-04	Nicole Oudenaarden	3rd		Triton Invite	April 26
150-00	Nicole Oudenaarden	22nd	first round	NCAA West Prelims	May 29
146-11	Nicole Oudenaarden	1st		UCSD Collegiate	March 15
146-03	Nicole Oudenaarden	3rd	Mt. SAC heptathlon	Mt. SAC Multi's	April 17
145-11	Nicole Oudenaarden	1st	heptathlon	MW Champs	May 15
144-05	Nicole Oudenaarden	3rd		MW Champs	May 17
144-00	Nicole Oudenaarden	6th		Cal/Nevada Champs	April 4
140-07	Brittany Bozeman	5th		MW Champs	May 17
132-07	Brittany Bozeman	2nd		UCSD Collegiate	March 15
130-00	Rachel Alesi	11th	invitational	Aztec Invite	March 28
129-08	Allison Reaser	11th	heptathlon	NCAA Champs	June 13

127-00	Rachel Alesi	3rd		UCSD Collegiate	March 15
122-00	Allison Reaser	11th	heptathlon	USA Champs	June 28
120-01	Allison Reaser	4th	heptathlon	MW Champs	May 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
114-07	Allison Reaser	15th	Mt. SAC heptathlon	Mt. SAC Multi's	April 17
113-01	Allison Reaser	3rd	open	Aztec Invite	March 28
111-05	Brittany Bozeman	20th		Triton Invite	April 26
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
90-09	Karsen Sper	24th	CA Invite heptathlon	Mt. SAC Multi's	April 17
88-05	Karsen Sper	10th	heptathlon	MW Champs	May 15
76-05	Sarah Haydock	10th	heptathlon	Aztec Invite	March 28
73-03	Sarah Haydock	40th	CA Invite heptathlon	Mt. SAC Multi's	April 17
68-04	Sarah Haydock	18th		UCSD Collegiate	March 15
ND	Freja Liljedahl	--		UCSD Collegiate	March 15

HEPTATHLON

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

Mark	Athlete	Place	Notes	Meet	Date
5,917	Allison Reaser	7th	school record	USA Champs	June 27-28
5,836	Allison Reaser	2nd		NCAA Champs	June 12-13
5,721	Nicole Oudenaarden	8th	Mt. SAC heptathlon	Mt. SAC Relays	April 16-17
5,697	Nicole Oudenaarden	1st		MW Champs	May 14-15
5,692	Nicole Oudenaarden	1st		NACAC U-23 Champs	Aug. 8-9
5,637	Allison Reaser	9th	Mt. SAC heptathlon	Mt. SAC Relays	April 16-17
5,530	Allison Reaser	2nd		MW Champs	May 14-15
4,863	Karsen Sper	3rd		Aztec Invite	March 27-28
4,618	Karsen Sper	T-18th	CA Invite heptathlon	Mt. SAC Relays	April 16-17
4,595	Karsen Sper	8th		MW Champs	May 14-15
3,474	Sarah Haydock	43rd	CA Invite heptathlon	Mt. SAC Relays	April 16-17
3,465	Sarah Haydock	11th		Aztec Invite	March 27-28
DNF	Nicole Oudenaarden	--		NCAA Champs	June 12-13

SDSU 2014 TRACK & FIELD INDIVIDUAL SEASON BESTS (FINAL)

2:24.79 (CAI hp)	22nd	Mt. SAC Multi's	April 17
2:29.41 (hp)	8th	MW Champs	May 15
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
14.95 (CAI hp)	15th	Mt. SAC Multi's	April 16
14.32 (o)	28th	Mt. SAC Relays	April 18
14.39	8th	Triton Invite	April 26
14.50 (hp)	5th	MW Champs	May 14
14.54 (p)	16th	MW Champs	May 16
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
5-00.50 (CAI hp)	T-30th	Mt. SAC Multi's	April 16
5-00.25	19th	Triton Invite	April 26
4-11.75 (hp)	T-8th	MW Champs	May 14
Long Jump (PR: 17-08.25 (March 28, 2014))			
17-08.25 (hp)	2nd	Aztec Invite	March 28
17-05.25 (CAI hp)	T-16th	Mt. SAC Multi's	April 17
17-09.00 (w)	5th	MW Champs	May 15
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
29-06.75 (CAI hp)	32nd	Mt. SAC Multi's	April 16
33-00.50 (o)	36th	Triton Invite	April 26
29-08.25 (hp)	9th	MW Champs	May 14
Javelin Throw (PR: 118-01 (March 15, 2014))			
118-01	5th	UCSD Collegiate	March 15
94-10 (hp)	5th	Aztec Invite	March 28
90-09 (CAI hp)	24th	Mt. SAC Multi's	April 17
88-05 (hp)	10th	MW Champs	May 15
Heptathlon (PR: 4,863 (March 27-28, 2014))			
4,863	3rd	Aztec Invite	March 27-28
4,618 (CAI hp)	T-18th	Mt. SAC Multi's	April 16-17
4,595	8th	MW Champs	May 14-15

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			
4x100-Meter Relay			
45.14 (T-9)	2nd	MW Champs	May 17
45.64 (1r)	19th	NCAA West Prelims	May 31
Long Jump (PR: 19-10.75 (April 4, 2014))			
19-10.75 (8)	1st	Cal/Nevada Champs	April 4
19-06.00 (o)	7th	Mt. SAC Relays	April 18
19-04.25	7th	MW Champs	May 16
17-10.25 (1r)	46th	NCAA West Prelims	May 29
Triple Jump (PR: 46-05.25 (May 11, 2013))			
45-00.50 (ei)	2nd	Mt. SAC Relays	April 19
44-04.00	1st	Drake Relays	April 26
44-09.50	1st	MW Champs	May 17
44-09.75 (1r)	1st	NCAA West Prelims	May 30
45-11.25	1st	NCAA Champs	June 13
44-05.25	2nd	Jamaican Champs	June 29

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

5,000 Meters (PR: 17:50.75 (March 30, 2013))			
18:26.34	14th	Triton Invite	April 26

Maderia Tootley

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
OUTDOOR SEASON			
200 Meters (PR: 24.16 (April 6, 2013))			
25.26	T-18th	Bryan Clay Invite	April 18
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
56.93	10th	Bryan Clay Invite	April 18
4x400-Meter Relay			
DQ	--	Cal/Nevada Champs	April 5

Thresa Vinson

5-5 So. Aptos, Calif. Aptos HS			
INDOOR SEASON			
Pole Vault (PR: N/A)			
NH	--	MW Champs	Feb. 28
OUTDOOR SEASON			
Pole Vault (PR: 12-01.50 (April 26, 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
11-06.25	T-31st	Beach Invite	April 19
12-01.50	10th	Triton Invite	April 26

Holly Waseloff

5-10 Sr. Clovis, Calif. Buchanan HS			
INDOOR SEASON			
Pole Vault (PR: 13-02.25 (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	2nd	UCSD Collegiate	March 15

Melissa Wendorf

5-4 Jr. Los Angeles, Calif. Granada Hills HS			
OUTDOOR SEASON			
5,000 Meters (PR: 18:47.50 (April 26, 2014))			
19:07.57 (o)	1st	Aztec Invite	March 28
18:47.50	18th	Triton Invite	April 26
18:53.35	53rd	Oxy Invite	May 10

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: 11.51 (May 17, 2014 & June 22, 2014))			
11.91 (o)	1st	Aztec Invite	March 28
11.90	4th	Triton Invite	April 26
11.58 (p)	1st	MW Champs	May 16
11.51 (f, 7)	2nd	MW Champs	May 17
11.92 (1r)	34th	NCAA West Prelims	May 29
11.67 (p, w)	2nd	St. Kitts Champs	June 22
11.51 (f, 7)	2nd	St. Kitts Champs	June 22
200 Meters (PR: 23.62 (May 17, 2014))			
23.72 (p, w)	2nd	MW Champs	May 16
23.62 (f, 8)	1st	MW Champs	May 17
24.34 (1r)	32nd	NCAA West Prelims	May 30
400 Meters (PR: 56.34 (April 18, 2014))			
56.93	2nd	UCSD Collegiate	March 15
56.34	5th	Bryan Clay Invite	April 18
4x100-Meter Relay			
45.14 (T-9)	2nd	MW Champs	May 17
45.64 (1r)	19th	NCAA West Prelims	May 31
4x400-Meter Relay			
3:47.47	6th	MW Champs	May 17

KEY: sr - school record; (number) - top-10 school ranking; p - preliminaries; h - heats; 1r - first round; 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**