#### **60 METERS**

Time	Athlete	Place	Notes	Meet	Date
7.45	Meritzer Williams	1 st	prelims; 4th all-ti	me 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 C	herry & Silver Invite	Jan. 25
8.06	Madison Gipson	42nd	, prelims C	herry & 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	1 st	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 Re	ecord: N/A				
Time	Athlete	Place	Notes	Meet	Date
1:38.19	Dynasty Gammage	9th		Don Kirby Elite	Feb. 14
1:38.90	Renetia 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	1 st	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 Re	cord: 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**

<b>vv</b> m					
School R	ecord: 8.24 (Miesha McK	elvy, 199	9)		
Time	Athlete	Place	Notes	Meet	Date
8.28	Kristen Brown	1 st	prelims; 2nd all-time	MW Champs	Feb. 28
8.30	Allison Reaser	l st	pentathlon; 4th all-t	ime MW Champs	Feb. 27
8.31	Kristen Brown	l st	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	1 st	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 Re	cord: 3:41.55	(Stone,	Pencil,	Chapu,	Upuu,	2007)	
There	T			DI	- NI.		

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
*converte	d from 4x400-yard relay				

### **DISTANCE MEDLEY RELAY**

School	Record: 12	2:05.71 (Gammage, Toatley, Kruthers, Roesgen, 2014)		
Timo	Toam	Place Notes	Moot	Date

THIE	ICUIII	I IUCC	NUICS	INCEL	Duic
12:05.71	Gammage, Toatley, Kruthers, Roesgen	2nd	school record	Howie Ryan Invite	Jan. 31
12:48.63	Kruthers, Oudenaarden, Gammage, Roesg	<sub>len</sub> 9th	8th all-time	MW Champs	Feb. 28

### **HIGH JUMP**

#### School Record: 5-08.00 (Aig 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	MŴ 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 R	ecord: 14-01.	25 (Stephanie James, 2010)
Mark	Athlete	Place Notes

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

3,538

3,388

Karsen Sper

Karsen Sper

#### LONG JUMP

School Record: 21-07.50 (Karoline Koehler, 2010)						
Mark Athlete	Place	Notes	Meet	Date		
20-05.00 Allison Reaser	1 st	pentathlon; No.	2 all-time MW Champs	Feb. 27		
19-06.75 Nicole Oudenaarden	1 st		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	1 st	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		

### **TRIPLE JUMP**

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

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

### SHOT PUT

	cord: 55-07.50 (Whitne						
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	1 st	pentathlon	Howie Ryan Invite	Jan. 31		
43-04.50	Nicole Oudenaarden	1 st	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	1 st		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	1 st		Howie Ryan Invite	Jan. 31
3,846	Nicole Oudenaarden	2nd		Howie Ryan Invite	Jan. 31

6th

5th

Feb. 27 MW Champs Howie Ryan Invite Jan. 31

### **100 METERS**

School Record: 11.20 (Tonette Dyer, 2004)							
Mark	Athlete	Place	Notes	Meet	Date		
11.51	Meritzer Williams	2nd	7th all-time; finals	St. Kitts Champs	June 22		
11.51	Meritzer Williams	2nd	7th all-time; finals	MW Champs	May 17		
11.58	Meritzer Williams	1 st	prelims	MW Champs	May 16		
11.67	Meritzer Williams	2nd	prelims; wind-aided	St. Kitts Champs	June 22		
11.90	Meritzer Williams	4th		Triton Invite	April 26		
11.91	Meritzer Williams	l st	open	Aztec Invite	March 28		
11.92	Meritzer Williams	34th	first round	NCAA West Prelims	May 29		
12.29	Starlynn Singleton	3rd		UCSD Collegiate	March 15		
12.45	Starlynn Singleton	16th		Triton Invite	April 26		
12.63	Kortney Ross	6th		UCSD Collegiate	March 15		
12.71	Brittany Bozeman	25th		Triton Invite	April 26		
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
23.62	Meritzer Williams	l st	8th all-time; finals	MW Champs	May 17
23.72	Meritzer Williams	2nd	prelims; wind-aided	MW Champs	May 16
23.86	Allison Reaser	3rd	heptathlon; wind-aided	USA Champs	June 27
24.03	Allison Reaser	4th	Mt. SAC heptathlon	Mt. SAC Multi's	April 16
24.32	Allison Reaser	l st	heptathlon	MW Champs	May 14
24.34	Meritzer Williams	32nd	first round	NCAA West Prelims	May 30
24.35	Meritzer Williams	2nd		Triton Invite	April 26
24.60	Allison Reaser	4th	heptathlon	NCAA Champs	June 12
24.86	Allison Reaser	45th	first round	NCAA West Prelims	May 30
25.06	Nicole Oudenaarden	3rd	heptathlon	MW Champs	May 14
25.10	Nicole Oudenaarden	11th	Mt. SAC hept.; wind-aid	led Mt. SAC Multi's	April 16
25.26	Janice George	T-18th		Bryan Clay Invite	April 18
25.26	Maderia Toatley	T-18th		Bryan Clay Invite	April 18
25.33	Nicole Oudenaarden	13th		Triton Invite	April 26
25.36	Nicole Oudenaarden	3rd	heptathlon	NACAC U-23 Champs	Aug. 8
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
25.56	Madison Gipson	15th		Triton Invite	April 26
25.65	Madison Gipson	19th	prelims	Cal/Nevada Champs	April 4
25.66	Janice George	6th		UCSD Collegiate	March 15
25.96	Karsen Sper	17th	CA Invite heptathlon	Mt. SAC Multi's	April 16
26.17	Karsen Sper	7th	heptathlon	MW Champs	May 14
26.27	Brittany Bozeman	25th		<b>Triton Invite</b>	April 26
26.39	Karsen Sper	5th	heptathlon	Aztec Invite	March 27
29.37	Sarah Haydock	49th	CA Invite heptathlon	Mt. SAC Multi's	April 16
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
56.34	Meritzer Williams	5th		Bryan Clay Invite	April 18
56.93	Maderia Toatley	10th		Bryan Clay Invite	April 18
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
57.56	Janice George	T-15th		Bryan Clay Invite	April 18
57.79	Janice George	16th	prelims	Cal/Nevada Champs	April 4
57.87	Renetia James	4th	open	Aztec Invite	March 28
57.98	Renetia James	12th		Triton Invite	April 26
58.44	Renetia James	33rd		Bryan Clay Invite	April 18
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		
2:09.13	Dynasty Gammage	2nd		Triton Invite	April 26		
2:09.83	Dynasty Gammage	9th		Oxy Invite	May 10		

2:11.10	Allison Reaser	5th	heptathlon	USA Champs	June 28
2:11.47	Dynasty Gammage	lst	finals	Cal/Nevada Champs	April 5
2:12.08	Allison Reaser	lst	heptathlon	NCAA Champs	June 13
2:12.38	Dynasty Gammage	lst	prelims	Cal/Nevada Champs	April 4
2:12.30	, , ,	59th	1	Mt. SAC Relays	April 18
	Dynasty Gammage		open U/O	,	
2:13.42	Chelsea Kruthers	7th		l/Nevada Champs	April 4
2:13.57	Chelsea Kruthers	4th	invitational	Aztec Invite	March 29
2:15.01	Allison Reaser	6th	Mt. SAC heptathlon	Mt. SAC Multi's	April 17
2:15.17	Chelsea Kruthers	4th	finals	Cal/Nevada Champs	April 5
2:17.04	Renetia James	6th	open	Aztec Invite	March 28
2:17.60	Dynasty Gammage	11th	prelims	MW Champs	May 16
2:19.22	Chelsea Kruthers	15th	prelims	MW Champs	May 16
2:22.72	Nicole Oudenaarden	12th	Mt. SAC heptathlon	Mt. SAC Multi's	April 17
2:23.13	Allison Reaser	2nd	heptathlon	MW Champs	May 15
2:23.64	Renetia James	4th		UCSD Collegiate	March 15
2:23.89	Nicole Oudenaarden	3rd	heptathlon	NACAC U-23 Champs	Aug. 9
2:24.16	Nicole Oudenaarden	3rd	heptathlon	MW Champs	May 15
2:24.21	Karsen Sper	5th	heptathlon	Aztec Invite	March 28
2:24.79	Karsen Sper	22nd	CA Invite heptathlon	Mt. SAC Multi's	April 17
2:29.41	Karsen Sper	8th	heptathlon	MW Champs	May 15
2:41.47	Sarah Haydock	43rd	CA Invite heptathlor	· · · · · · · · · · · · · · · · · · ·	April 17
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	1 st		Cal/Nevada Champs	April 5
4:38.23	Chelsea Kruthers	11th	invitational	Aztec Invite	March 28
4:38.43	Rachel Roesgen	12th		Oxy Invite	May 10
4:39.00	Rachel Roesgen	7th		Triton Invite	April 26
4:41.65	Rachel Roesgen	39th		Bryan Clay Invite	April 18
4:43.53	Jessica McCall	45th		Bryan Clay Invite	April 18
4:46.39	Dynasty Gammage	1 st		UCSD Collegiate	March 15
4:47.66	Elaine Ribeiro	54th		Bryan Clay Invite	April 18
4:48.09	Elaine Ribeiro	15th		Triton Invite	Åpril 26
4:58.53	Elaine Ribeiro	27th	invitational	Aztec Invite	March 28
4:58.86	Rachel Roesgen	14th	prelims	MW Champs	May 16
5:06.69	Jessica McCall	17th	prelims	MW Champs	May 16
5:16.40	Cali King	55th		Triton Invite	April 26
5:24.80	Cali King	56th	open	Aztec Invite	March 28
DNF	Chelsea Kruthers		open U/O	Mt. SAC Relays	April 18

### **3,000 METERS**

School Record: 8:53.24 (Monica Joyce, 1982)						
Mark	Athlete	Place	Notes	Meet	Date	
10:15.90	Rachel Roesgen	2nd		Triton Invite	April 26	
10:53.59	Katie Thralls	8th	invitational	Aztec Invite	March 28	
10:55.57	Hannah Sawatzki	12th		<b>Triton Invite</b>	April 26	

### **5,000 METERS**

School Record: 15:45.26 (Monica Joyce, 1982)							
Athlete	Place	Notes	Meet	Date			
Grace Hanshaw	18th		Oxy Invite	May 10			
Grace Hanshaw	2nd	invitational	Aztec Invite	March 28			
Jessica McCall	3rd	invitational	Aztec Invite	March 28			
Marianne Hogan	5th		Cal/Nevada Champs	April 4			
Grace Hanshaw	4th		Triton Invite	April 26			
Marianne Hogan	4th	invitational	Aztec Invite	March 28			
Jessica McCalla	31 st		Oxy Invite	May 10			
Jessica McCall	8th		Cal/Nevada Champs	April 4			
Grace Hanshaw	3rd		UCSD Collegiate	March 15			
Elaine Ribeiro	35th		Oxy Invite	May 10			
Rachel Roesgen	5th	invitational	Aztec Invite	March 28			
Rachel Roesgen	16th		Cal/Nevada Champs	April 4			
Katie Thralls	14th		Triton Invite	April 26			
Hannah Sawatzki	5th		UCSD Collegiate	March 15			
Elaine Ribeiro	24th		Cal/Nevada Champs	April 4			
Melissa Wendorf	18th		Triton Invite	April 26			
Hannah Sawatzki	10th	open	Aztec Invite	March 28			
Rachel Roesgen	52nd		Oxy Invite	May 10			
Melissa Wendorf	53rd		Oxy Invite	May 10			
Hannah Sawatzki	28th		Cal/Nevada Champs	April 4			
	Athlete Grace Hanshaw Grace Hanshaw Jessica McCall Marianne Hogan Grace Hanshaw Marianne Hogan Jessica McCalla Jessica McCalla Jessica McCall Grace Hanshaw Elaine Ribeiro Rachel Roesgen Katie Thralls Hannah Sawatzki Elaine Ribeiro Melissa Wendorf	AthletePlaceGrace Hanshaw18thGrace Hanshaw2ndJessica McCall3rdMarianne Hogan5thGrace Hanshaw4thMarianne Hogan4thJessica McCalla31stJessica McCalla31stJessica McCall8thGrace Hanshaw3rdElaine Ribeiro35thRachel Roesgen16thKatie Thralls14thHannah Sawatzki5thElaine Ribeiro24thMelissa Wendorf18thHannah Sawatzki10thRachel Roesgen52ndMelissa Wendorf53rd	AthletePlaceNotesGrace Hanshaw18thGrace Hanshaw2ndJessica McCall3rdMarianne Hogan5thGrace Hanshaw4thMarianne Hogan4thMarianne Hogan4thJessica McCall31stJessica McCall8thGrace Hanshaw4thMarianne Hogan4thJessica McCall31stJessica McCall8thGrace Hanshaw3rdLaine Ribeiro35thRachel Roesgen16thKatie Thralls14thHannah Sawatzki5thElaine Ribeiro24thMelissa Wendorf18thHannah Sawatzki10thopen52ndMelissa Wendorf53rd	AthletePlaceNotesMeetGrace Hanshaw18thOxy InviteGrace Hanshaw2ndinvitationalAztec InviteJessica McCall3rdinvitationalAztec InviteMarianne Hogan5thCal/Nevada ChampsGrace Hanshaw4thinvitationalAztec InviteMarianne Hogan4thinvitationalAztec InviteJessica McCall31stOxy InviteJessica McCall8thCal/Nevada ChampsGrace Hanshaw3rdUCSD CollegiateJessica McCall8thCal/Nevada ChampsGrace Hanshaw3rdUCSD CollegiateElaine Ribeiro35thOxy InviteRachel Roesgen16thCal/Nevada ChampsKatie Thralls14thTriton InviteHannah Sawatzki5thUCSD CollegiateElaine Ribeiro24thCal/Nevada ChampsMelissa Wendorf18thTriton InviteHannah Sawatzki10thopenAztec InviteRachel Roesgen52ndOxy Invite			

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19:07.47 <b>DNF</b> DNF DNF	Melissa Wendorf <b>Chelsea Kruthers</b> Jessica McCall Rachel Roesgen	lst  	open	Aztec Invite <b>UCSD Collegiate</b> UCSD Collegiate UCSD Collegiate	March 28 <b>March 15</b> March 15 March 15

### 10,000 METERS

School Record: 34:22.24 (Lynn Kanuka, 1981)							
Mark	Athlete	Place	Notes	Meet	Date		
36:41.06	Marianne Hogan	7th	open U/O	Mt. SAC Relays	April 17		
37:20.17	Grace Hanshaw	2nd	•	Cal/Nevada Champs	April 4		
37:31.50	Grace Hanshaw	12th	open U/O	Mt. SAC Relays	April 17		
38:52.58	Marianne Hogan	8th	•	MW Champs	May 16		

#### **100-METER HURDLES**

#### School Record: 12.82 (Meisha McKelvy, 1999)

Mark	Athlete	Place	Notes	Meet	Date
13.37	Kristen Brown	1 st	10th all-time; finals	MW Champs	May 17
13.38	Allison Reaser	2nd	heptathlon	NCAA Champs	June 12
13.41	Allison Reaser	1 st	heptathlon	MW Champs	May 14
13.49	Allison Reaser	4th	heptathlon	USA Champs	June 27
13.50	Kristen Brown	4th	prelims	Drake Relays	April 25
13.50	Allison Reaser	3rd	Mt. SAC heptathlon	Mt. SAC Multi's	April 16
13.55	Allison Reaser	4th	finals	MW Champs	May 17
13.59	Allison Reaser	3rd	prelims	MW Champs	May 16
13.60	Kristen Brown	4th	prelims	MW Champs	May 16
13.62	Kristen Brown	lst	finals	Cal/Nevada Champs	April 5
13.67	Kristen Brown	12th	first round	NCAA West Prelims	May 30
13.68	Allison Reaser	2nd	finals	Cal/Nevada Champs	April 5
13.76	Kristen Brown	7th	open U/O	Mt. SAC Relays	April 18
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
13.94	Allison Reaser	20th	prelims	Drake Relays	April 25
14.01	Kristen Brown	6th	finals	Drake Relays	April 26
14.14	Allison Reaser	41st	first round	NCAA West Prelims	May 30
14.21	Madison Gipson	6th	invitational	Aztec Invite	March 28
14.28	Madison Gipson	10th	prelims	MW Champs	May 16
14.30	Madison Gipson	6th	finals	Cal/Nevada Champs	April 5
14.30	Madison Gipson	7th	prelims	Cal/Nevada Champs	April 4
14.32	Karsen Sper	28th	open U/O	Mt. SAC Relays	April 18
14.34	Madison Gipson	6th		Triton Invite	April 26
14.37	Madison Gipson	31st	open U/O	Mt. SAC Relays	April 18
14.39	Karsen Sper	8th		Drake Relays	April 26
14.42	Karsen Sper	8th	finals	Cal/Nevada Champs	April 5
14.43	Karsen Sper	8th	prelims	Cal/Nevada Champs	April 4
14.47	Nicole Oudenaarden	5th	heptathlon NA	CAC U-23 Champs	Aug. 8
14.47	Karsen Sper	l st	1	UCSD Collegiate	March 15
14.50	Karsen Sper	5th	heptathlon	MW Champs	May 14
14.54	Karsen Sper	16th	prelims	MW Champs	May 16
14.59	Nicole Oudenaarden	6th	heptathlon	MW Champs	May 14
14.61	Karsen Sper	5th 22nd	heptathlon	Aztec Invite	March 27
14.77	Nicole Oudenaarden		heptathlon	NCAA Champs	June 12
<b>14.82</b> 14.91	Brittany Bozeman	<b>2nd</b> 13th		UCSD Collegiate	March 15
	Nicole Oudenaarden			Triton Invite	April 26
14.95 14.97	Karsen Sper	15th 11th	CA Invite heptathlon	Mt. SAC Multi's	April 16 March 29
	Brittany Bozeman	3rd	invitational	Aztec Invite	March 29 March 28
15.05	Brittany Bozeman		open	Aztec Invite	
15.13	Brittany Bozeman Nicole Oudenaarden	T-21st 20th	prelims	Cal/Nevada Champs Mt. SAC Multi's	April 4
15.37 <b>16.32</b>		20m 12th	Mt. SAC heptathlon		April 16
1 <b>6.32</b> 16.59	Sarah Haydock	12th 10th	h	UCSD Collegiate	March 15 March 27
	Sarah Haydock		heptathlon	Aztec Invite	
16.88	Sarah Haydock	30th	CA have been all	Triton Invite	April 26
17.44 DNE	Sarah Haydock Kristen Brown	47th 	CA Invite heptathlon	Mt. SAC Multi's	April 16
DNF DNF	Nicole Oudenaarden		quarterfinals N	CAA West Prelims Aztec Invite	May 31 March 28
DINF				AZIEC IIIVITE	Mul (11 20

#### **400-METER HURDLES**

School Record: 54.64 (LaTanya Sheffield, 1985)							
Mark	Athlete	Place	Notes	Meet	Date		
57.80	Allison Reaser	6th	3rd AT; 1st ı	ound NCAA West Prelims	May 29		
58.78	Allison Reaser	1 st	finals	Cal/Nevada Champs	April 5		
59.20	Allison Reaser	8th		Drake Relays	April 25		

59.44	Allison Reaser	1 st	prelims	Cal/Nevada Champs	April 4
59.72	Allison Reaser	22nd	quarterfinals	NCAA West Prelims	May 30
59.96	Allison Reaser	4th	finals	MW Champs	May 17
1:00.02	Allison Reaser	1st	invitational	Aztec Invite	March 29
1:00.09	Allison Reaser	13th	open U/O	Mt. SAC Relays	April 18
1:02.42	Allison Reaser	6th	prelims	MW Champs	May 16
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	

#### 4x100-METER RELAY

School	Record: 44	.24 (Givens, Dyer, Hogg, Smedley, 2002)
Time	Team	Place Notes

Time	ream	Fluce	Notes	Meer	Dule
45.14	Brown, Williams, Reaser, Thomas	2nd	T-9th all-time	MW Champs	May 17
45.64	Brown, Williams, Reaser, Thomas	19th	first round	NCAA West Prelims	May 31

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Date

#### **4x400-METER RELAY**

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

Time	Team	Place	Notes	Meet	Date
3:47.57	Oudenaarden, Williams, Reaser, Gammage	6th		MW Champs	May 17
4:02.24	Kruthers, James, Gammage, Roesgen	2nd		UCSD Collegiate	March 15
DQ	Gipson, George, Toatley, James			Cal/Nevada Champs	April 5

### **HIGH JUMP**

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

JUIDOI ING	$COLOR J^{-1}$ 1.30 (LOIT CIU)	K, 1707)			
Mark	Athlete	Place	Notes	Meet	Date
5-07.25	Nicole Oudenaarden	l st		UCSD Collegiate	March 15
5-07.00	Nicole Oudenaarden	1 st	heptathlon	MW Champs	May 14
5-06.50	Nicole Oudenaarden	T-9th	Mt. SAC heptathlon	Mt. SAC Multi's	April 16
5-06.00	Nicole Oudenaarden	3rd	heptathlon	NACAC U-23 Champs	Aug. 9
5-05.75	Karsen Sper	T-1 st	heptathlon	Aztec Invite	March 27
5-05.00	Nicole Oudenaarden	T-8th		MW Champs	May 17
5-04.25	Nicole Oudenaarden	8th		Triton Invite	April 26
5-03.00	Allison Reaser	13th	heptathlon	USA Champs	June 27
5-03.00	Allison Reaser	20th	heptathlon	NCAA Champs	June 12
5-02.25	Allison Reaser	T-4th	heptathlon	MW Champs	May 14
5-02.25	Karsen Sper	T-7th		Cal/Nevada Champs	April 5
5-01.75	Brittany Bozeman	7th	open	Aztec Invite	March 28
5-00.50	Karsen Sper	T-30th	CA Invite heptathlon	Mt. SAC Multi's	April 16
5-00.25	Karsen Sper	19th		Triton Invite	April 26
5-00.25	Karsen Sper	8th		UCSD Collegiate	March 15
4-11.75	Karsen Sper	T-8th	heptathlon	MW Champs	May 14
4-11.75	Summer Nash	T-9th	open	Aztec Invite	March 28
4-11.50	Allison Reaser	20th	Mt. SAC heptathlon	Mt. SAC Multi's	April 16
4-08.25	Sarah Haydock	T-6th	heptathlon	Aztec Invite	March 27
4-06.75	Sarah Haydock	48th	CA Invite heptathlon	Mt. SAC Multi's	April 16
4-04.25	Sarah Haydock	18th		UCSD Collegiate	March 15
NH	Nicole Oudenaarden		heptathlon	NCAA Champs	June 12
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)

	torat i i ootso (stophan	io samos	, 2000,		
Mark	Athlete	Place	Notes	Meet	Date
13-08.25	Kristen Brown	1 st		UCSD Collegiate	March 15
13-07.25	Kristen Brown	1 st	open-A U/O	Mt. SAC Relays	April 18
13-07.00	Kristen Brown	T-1 st	first round	NCAA West Prelims	May 29
13-03.50	Kristen Brown	16th		NCAA Champs	June 13
13-01.50	Karen Snapper	l st	10th all-time; o	pen-CU/O Mt. SAC Relays	April 18
13-00.25	Holly Waseloff	2nd		UCSD Collegiate	March 15
12-10.25	Kristen Brown	1 st		MW Champs	May 16
12-09.50	Kristen Brown	1 st		Cal/Nevada Champs	April 4
12-09.50	Kortney Ross	2nd		Cal/Nevada Champs	April 4
12-09.00	Kortney Ross	23rd	first round	NCAA West Prelims	May 29
12-06.75	Kortney Ross	T-2nd	invitational	Aztec Invite	March 29
12-06.25	Karen Snapper	4th		MW Champs	May 16

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	1 st	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	Åpril 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-1 st	3rd all-time; heptath	lon USA Champs	June 28
20-01.50	Brittany Bozeman	4th	T-6th all-time; open U/	0 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	l st	Ca	/Nevada Champs	April 4
19-09.75	Nicole Oudenaarden	5th	10th AT; Mt. SAC hep	r. 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	1 st	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	1 st	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	1 st		NCAA Champs	June 13
45-00.5	0 Shanieka Thomas	2nd	invitational elite	Mt. SAC Relays	April 19
44-09.7	5 Shanieka Thomas	1 st	first round	NCAA West Prelims	May 30
44-09.5	0 Shanieka Thomas	1 st		MW Champs	May 17
44-05.5	0 Shanieka Thomas	2nd		Jamaican Champs	June 29
44-04.0	0 Shanieka Thomas	1 st		Drake Relays	April 26
37-03.	25 Starlynn Singleton	3rd		UCSD Collegiate	March 15
35-10.0	0 Starlynn Singleton	3rd	open	Aztec Invite	March 28
35-10.0	0 Starlynn Singleton	19th		Cal/Nevada Champs	April 5
35-07.7	5 Starlynn Singleton	11th		Triton Invite	April 26

### **SHOT PUT**

	-	Danal	1094)		
Mark	cord: 58-03.75 (Ramona Athlete	Place		Meet	Date
	Jasmine Burrell	2nd			March 29
52-02.50	Jasmine Burrell	lst		Cal/Nevada Champs	April 5
50-09.50	Jasmine Burrell	3rd		Triton Invite	April 26
50-00.75	Jasmine Burrell	20th		NCAA West Prelims	May 29
50-00.75	Jasmine Burrell	3rd		MW Champs	May 17
49-08.25	Jasmine Burrell	9th		Mt. SAC Relays	April 19
49-08.00	Jasmine Burrell	4th		HP/OTC Series I	April 24
	Nicole Oudengarden	2nd			April 16
	Brittany Gonter	5th		HP/OTC Series I	April 24
45-06.50	Brittany Gonter	16th		Triton Invite	April 26
44-11.50	Nicole Oudenaarden	lst		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		Aztec Invite	March 29
	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		Mt. SAC Relays	April 18
	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		VACAC U-23 Champs	Aug. 8
42-03.50	Rachel Alesi	4th		Oxy Invite	May 10
41-07.25	Nicole Oudenaarden	1st		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		Aztec Invite	March 29
39-11.50	Ariel Oliver	16th		Cal/Nevada Champs	April 5
	Brittany Bozeman	5th		UCSD Collegiate	March 15
	Allison Reaser	9th		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		Aztec Invite	March 28
38-05.50	Rachel Alesi	7th		UCSD Collegiate	March 15
38-02.25	Allison Reaser	13th		Mt. SAC Multi's	April 16
37-01.25	Brittany Bozeman	9th		Aztec Invite	March 28
36-05.50	Allison Reaser	3rd		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
	Sarah Haydock	22nd	CA Invite heptathlon	Mt. SAC Multi's	April 16
31-02.00	Karsen Sper	5th		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	32dn		Mt. SAC Multi's	April 16
29-02.00	Sarah Haydock	7th		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**

Scho	ool	Record:	196-10	(Whitney	Ashley,	2012)

Mark	Athlete	Place	Notes	Meet	Date
181-05	Jasmine Burrell	7th	4th AT; invitational U/	0 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	1 st		Cal/Nevada Champs	April 4
173-07	Jasmine Burrell	1 st	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	1 st		UCSD Collegiate	March 15
162-11	Ariel Oliver	1 st	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

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	<b>Brittany Gonter</b>	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	31 st	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	1 st		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	1 st		UCSD Collegiate	March 15
166-06	Freja Liljedahl	24th	6th all-time; in	vitational Triton Invite	April 25
166-01	Freja Liljedahl	6th		HP/OTC Series I	Åpril 24
165-07	Freja Liljedahl	1 st		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	l st	hept; school record N	ACAC 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	1 st		UCSD Collegiate	March 15
146-03	Nicole Oudenaarden	3rd	Mt. SAC heptathlon	Mt. SAC Multi's	April 17
145-11	Nicole Oudenaarden	1 st	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) Athlete Mark Place Notes Meet Date USA Champs 5,917 Allison Reaser 7th school record June 27-28 Allison Reaser 5,836 2nd NCAA Champs June 12-13 5,721 Nicole Oudenaarden 8th Mt. SAC heptathlon Mt. SAC Relays April 16-17 MW Champs 5,697 Nicole Oudenaarden 1 st May 14-15 Nicole Oudenaarden NACAC U-23 Champs 5,692 1 st 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 Aztec Invite March 27-28 3rd T-18th Mt. SAC Relays 4,618 Karsen Sper CA Invite heptathlon 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 Nicole Oudenaarden DNF NCAA Champs June 12-13

**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** 

#### **Rachel Alesi**

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

Shot Put (PR: 4	4-02.50	(April 26, 2014))	
38-05.00	7th	UCSD Collegiate	March 15
40-07.50 (i)	7th	Aztec Invite	March 29
42-05.75	6th	HP/OTC Series I	April 24
44-02.50 (o)	19th	Triton Invite	April 26
42-03.50	4th	Oxy Invitational	May 10
40-08.75	15th	MW Champs	May 17
Discus Throw (I	PR: 154-	07 (May 16, 2014))	
147-06	3rd	UCSD Collegiate	March 15
153-07 (i)	4th	Aztec Invite	March 29
147-07	6th	Cal/Nevada Champs	April 4
144-07 (i)	31st	Mt. SAC Relays	April 18
137-08	14th	HP/OTC Series I	April 24
145-02 (o)	28th	Triton Invite	April 25
152-07	6th	Oxy Invite	May 10
154-07	6th	MW Champs	May 16
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					
		April 26, 2014))			
12.71	25th	Triton Invite	April 26		
		March 14, 2013))			
26.27	25th	Triton Invite	April 26		
		14.61 (2 times, last A			
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: 1	20-10.5	0 (2010))			
19-08.75 (i)	3rd	Aztec Invite	March 29		
19-08.25 (w)	2nd	Cal/Nevada Champs	April 4		
20-01.50 (o, T6	) 4th	Mt. SAC Relays	April 18		
19-08.00	4th	MW Champs	May 16		
19-08.00 (1r)	19th	NCAA West Prelims	May 29		
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 (P	R: 148-	00 (2011))			
132-07	2nd	UCSD Collegiate	March 15		
117-03	14th	Cal/Nevada Champs	April 4		
111-05	20th	Triton Invite	April 26		
140-07	5th	MW Champs	May 17		
		•	•		

### **Kristen Brown**

5-4   Sr./Jr.   Owings Mills, Md.   Virginia Tech				
INDOOR SEAS	ON			
60 Meters (PR	: 7.81 (F	eb. 2, 2013))		
7.85 (p)	30th	Cherry & Silver Invite	Jan. 25	

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)	l st	MW Champs	Feb. 28		
8.31 (f)	1 st	MW Champs	March 1		
		)0 (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 SEA					
100-Meter Hu		: 13.37 (May 17, 2014			
13.85 (p)	3rd	Cal/Nevada Champs	April 4		
13.62 (f)	1 st	Cal/Nevada Champs	April 5		
13.76 (o)	7th	Mt. SAC Relays	April 18		
13.50 (p)	4th	Drake Relays	April 25		
14.01 (f)	6th	Drake Relays	April 26		
13.60 (p)	4th	MW Champs	May 16		
13.37 (f, 10)	1 st	MW Champs	May 17		
13.67 (1r)	12th	NCAA West Prelims	May 30		
DNF (q)		NCAA West Prelims	May 31		
4x100-Meter					
45.14 (T-9)	2nd	MW Champs	May 17		
45.64 (1r)	19th	NCAA West Prelims	May 31		
	: 14-00.0	)0 (March 9, 2013))			
13-08.25	l st	UCSD Collegiate	March 15		
12-09.50	l st	Cal/Nevada Champs	April 4		
13-07.25 (o)	l st	Mt. SAC Relays	April 18		
12-10.25	1 st	MW Champs	May 16		
13-07.00 (1r)	T-1st	NCAA West Prelims	May 29		
13-03.50	16th	NCAA Champs	June 13		

#### **Jasmine Burrell**

5-8   RS-Jr.   To	rrance.	Calif.   North Torrance H	s
INDOOR SEASO			•
Shot Put (PR: 5	1-10.50	) (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 (I	PR: 68-	01.00 (Feb. 14, 2014))	
66-09.25	2nd	Cherry & Silver Invite	Jan. 24
63-09.75	l st	Howie Ryan Invite	Jan. 31
68-01.00 (sr)	2nd	Don Kirby Elite	Feb. 14
62-01.25	6th	MW Champs	Feb. 28
<b>OUTDOOR SEAS</b>	ON		
Shot Put (PR: 52	2-06.50	) (March 29, 2014))	
52-06.50 (i, 3)	2nd	Aztec Invite	March 29
50-02.50	l st	Cal/Nevada Champs	April 5
49-08.25 (ei)	9th	Mt. SAC Relays	April 19
49-08.00	4th	HP/OTC Series I	April 24
50-09.50 (o)	3rd	Triton Invite	April 26
50-00.75	3rd	MW Champs	May 17
50-00.75 (1r)	20th	NCAA West Prelims	May 29
<b>Discus Throw (PF</b>	R: 181-(	05 (April 18, 2014 & Ma	
165-03	l st	UCSD Collegiate	March 25
173-07 (i)	l st	Aztec Invite	March 29
174-09	l st	Cal/Nevada Champs	April 4
181-05 (i, 4)	7th	Mt. SAC Relays	April 18
173-03	8th	HP/OTC Series I	April 24
171-04 (i)	15th	Triton Invite	April 25
179-04	2nd	MW Champs	May 16
176-06 (q)	6th	NCAA West Prelims	May 30
159-10	18th	NCAA Champs	June 12
		6-11 (May 11, 2013))	
169-08	l st	UCSD Collegiate	March 25
174-02 (i)	7th	Aztec Invite	March 28

180-03	1 st	Cal/Nevada Champs	April 5
170-02	5th	HP/OTC Series I	April 24
<b>184-06 (i)</b>	<b>13th</b>	Triton Invite	April 25
180-06	11th	MW Champs	May 16

#### Alexa Evans

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

<b>Discus Throw</b>	(PR: 165-	·04 (May 16, 2014))	
153-02	2nd	UCSD Collegiate	March 15
145-03 (i)	7th	Aztec Invite	March 29
154-06	3rd	Cal/Nevada Champs	April 4
152-08	4th	Bryan Clay Invite	April 18
160-00	10th	HP/OTC Series I	April 24
156-00 (o)	14th	Triton Invite	April 25
158-11	5th	Oxy Invite	May 10
165-04 (6)	5th	MW Champs	May 16
Hammer Throw	w (PR: 14	9-10 (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
146-01	8th	HP/OTC Series I	April 24
126-09 (i)	41st	Triton Invite	April 25

#### **Dynasty Gammage**

		alif.   Univ. of California	
INDOOR SEASO			
		9 (Feb. 14, 2014))	
1:38.19	9th	Don Kirby Elite	Feb. 14
800 Meters (PF	R: 2:20.1	1 (Feb. 28, 2014))	
2:20.11 (p)	13th	MW Champs	Feb. 28
Mile (PR: 5:20.	83 (Feb.	1, 2014))	
5:20.83	20th	Howie Ryan Invite	Feb. 1
<b>Distance Medley</b>	y Relay		
12:05.71 (sr)	2nd	Howie Ryan Invite	Jan. 31
12:48.63 (8)	9th	MW Champs	Feb. 28
OUTDOOR SEAS	SON		
800 Meters (PF	R: 2:09.1	3 (April 26, 2014))	
2:12.38 (p)	1 st	Cal/Nevada Champs	April 4
2:11.47 (f)	1 st	Cal/Nevada Champs	April 5
2:12.87 (o)	59th	Mt. SAC Relays	April 18
2:09.13	2nd	Triton Invite	April 26
2:09.83	9th	Oxy Invite	May 10
2:17.60 (p)	11th	MŴ Champs	, May 16
	PR: 4:4	2.16 (March 22, 2013)	) (
4:46.39	1 st	UCSD Collegiate	March 15
4x400-Meter R	elay	J	
4:02.24	2nd	UCSD Collegiate	March 15
3:47.47	6th	MW Champs	May 17

#### **Janice George**

Junice Deo	IYC		
5-7.5   Fr.   Bow		Bowie HS	
INDOOR SEASO	N		
200 Meters (PR	: 25.65	(Jan. 24, 2014))	
25.65	55th	Cherry & Silver Invite	Jan. 24
26.64 (b)	36th	Howie Ryan Invite	Jan. 31
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 R	elay		
3:48.39 (10)	7th	Cherry & Silver Invite	Jan. 25
OUTDOOR SEAS	ON		
200 Meters (PR	: 25.26	(April 18, 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
25.26	T-18th	Bryan Clay Invite	April 18
400 Meters (PR	: 57.29	(March 28, 2014))	•
59.06	7th	UCSD Collegiate	March 15
		-	

<b>57.29 (o)</b> 57.79 (p) 57.56	<b>3rd</b> 16th T-15th	<b>Aztec Invite</b> Cal/Nevada Champs Bryan Clay Invite	<b>March 28</b> April 4 April 18
4x400-Meter	Kelay		
DQ		Cal/Nevada Champs	April 5

### Madison Gipson

5-7   Fr.   Wellin INDOOR SEASO	aton M.		
INDOOR SEASO		ew Zealand   Marsden H	5
60 Meters (PR:			
8.06 (p)	42nd	Cherry & Silver Invite	Jan. 25
		(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 Hurdle	es (PR: 8	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 R			
3:49.28 (conv)	6th	MW Champs	March 1
<b>OUTDOOR SEAS</b>	ON		
200 Meters (PR	: 25.41	(March 15, 2014)	
25.41	3rd	UCSD Collegiate	March 15
25.65 (p)	19th	Cal/Nevada Champs	April 4
25.56	15th	Triton Invite	April 26
400 Meters (PR	: 58.91	(March 15, 2014)	
58.91	6th	UCSD Collegiate	March 15
100-Meter Hurd	les (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
	31st	Mt. SAC Relays	April 18
14.37 (o)	3131		
14.37 (o) 14.34	6th	Triton Invite	
			April 26 May 16
14.34 14.28 (p)	6th 10th	Triton Invite	April 26 May 16
14.34 14.28 (p)	6th 10th	Triton Invite MW Champs	April 26 May 16 14))
14.34 14.28 (p) <b>400-Meter Hurd</b>	6th 10th Iles (PR: 8th	Triton Invite MW Champs : 1:05.95 (March 28, 20	April 26 May 16

### **Brittany Gonter**

INDOOR SEASO	)N	Calif.   Hemet HS	
		(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 SEA	SON		
Shot Put (PR: 4	6-03.00	(April 24, 2014))	
44-00.00	2nd	UCSD Collegiate	March 15
Foul (i)		Aztec Invite	March 29
44-06.25	6th	Cal/Nevada Champs	April 5
43-02.25 (o)	27th	Mt. SAC Relays	April 18
46-03.00	5th	HP/OTC Series I	April 24
45-06.50 (o)	16th	Triton Invite	Åpril 26
Discus Throw (	PR: 149-	06 (April 25, 2014))	
143-04	4th	UCSD Collegiate	March 15
145-03 (i)	8th	Aztec Invite	March 29
139-06	9th	Cal/Nevada Champs	April 4
143-06	13th	HP/OTC Series I	April 24
149-06	20th	Triton Invite	April 25

#### **Grace Hanshaw**

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

5,000 Meters (PR: 17:26.11 (May 10, 2014))

18:12.31	3rd	UCSD Collegiate	March 15
17:46.21 (i)	2nd	Aztec Invite	March 28
17:54.08	4th	Triton Invite	April 25

17:26.11 10,000 Meters		Oxy Invite :20.17 (April 4, 2014))	May 10	
<b>37:20.17</b>	<b>2nd</b>	Cal/Nevada Champs	April 4	
37:31.50 (o)	12th	Mt. SAC Relays	April 17	

## Sarah Haydock

Jaran may			
		ach, Calif.   Fountain V	alley HS
OUTDOOR SEAS			
	127.83	(March 14, 2013))	
29.52 (hp)		Aztec Invite	March 27
29.37 (CAI hp)		Mt. SAC Multi's	April 16
2:42.73 (hp)	: 2:39.9 11th	6 (March 15, 2013)) Aztec Invite	March 28
		Mt. SAC Multi's	
2:41.47 (CAI hp			April 17
16.32	iles (PK: 12th	16.28 (March 14, 20 UCSD Collegiate	March 15
16.59 (hp)	121n 10th	Aztec Invite	March 13 March 27
10.39 (np) 17.44 (CAI hp)	47th	Aziec invite Mt. SAC Multi's	April 16
16.88	47 m 30th	Triton Invite	April 26
			April 20
4-04.25	18th	(March 14, 2013)) UCSD Collegiate	March 15
4-04.25 4-08.25 (hp)	T-6th	Aztec Invite	March 27
5-00.50 (CAI hp)		Mt. SAC Multi's	April 16
		0 (March 10, 2012))	Артії То
14-06.50 (hp)	10-00.0 11th	Aztec Invite	March 28
15-06.25 (CAI hp			April 17
15-05.50	28th	Triton Invite	April 26
		(April 16, 2014))	April 20
28-00.00	21st	UCSD Collegiate	March 15
29-02.00 (hp)	7th	Aztec Invite	March 27
32-05.50 (CAI hp		Mt. SAC Multi's	April 16
30-02.25	39th	Triton Invite	April 26
	• /	7 (March 28, 2014))	April 20
68-04	18th	UCSD Collegiate	March 15
76-07 (hp)	10th	Aztec Invite	March 28
73-03 (CAI hp)	40th	Mt. SAC Multi's	April 16
		March 14-15, 2013))	- npiii 10
3,465	11th	Aztec Invite	March 27-28
3,474 (CAI)	43rd	Mt. SAC Multi's	April 16-17
	Toru	min and montha	April 10 17

## Marianne Hogan

OUTDOOR SEA	SON	Quebec   Acedemie Les Est 05.05 (April 9, 2011))	acades
17:55.21 (i)	4th	Aztec Invite	March 28
17:48.66	5th	Cal/Nevada Champs	April 4
10,000 Meters	(PR: 35	5:19.90 (April 14, 2011))	-
36:41.06 (o)	7th	Mt. SAC Relays	April 17
38:52.58	8th	MW Champs	May 16

## Mikayla Howden

Weight Throw (	(PR: 56-0	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 SEA	SON		
Hammer Throw	(PR: 16	4-00 (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
157-02	2nd	Soka Peace Invite	April 18
161-03	7th	HP/OTC Series I	April 24
149-02 (i)	36th	Triton Invite	April 25
152-05	11th	Oxy Invite	May 10

### **Renetia James**

400 Maters /D	ON D. 1.29 (	0 (E.L. 14 2014))	
1:38.90	<u>k: 1:30.5</u> 11th	20 (Feb. 14, 2014)) Don Kirby Elite	Feb. 14
OUTDOOR SEA		Don Kindy Line	100.11
		(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	Åpril 5
58.44	33rd	Bryan Clay Invite	April 18
57.98	12th	Triton Invite	April 26
800 Meters (P	R: 2:17.0	)4 (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

OUTDOOR SE	ASON	Calif.   Crescenta Vo 5.40 (April 26, 2014	,
5:24.80 (o)	56th	Aztec Invite	March 28
5:16.40	55th	Triton Invite	April 26

### **Chelsea Kruthers**

5-4   So.   San J INDOOR SEASO		istrano, Calif.   San Juan	Hills HS
		)1 (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	y Relay		
12:05.71 (sr)	2nd	Howie Ryan Invite	Jan. 31
12:48.63 (8)	9th	MW Champs	Feb. 28
OUTDOOR SEAS	SON		
800 Meters (PR	<b>1: 2:09.</b> 4	15 (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
2:19.22 (p)	15th	MW Champs	May 16
1,500 Meters (	PR: 4:34	I.70 (April 5, 2014))	
4:38.23 (i)	11th	Aztec Invite	March 28
4:34.70	1 st	Cal/Nevada Champs	April 5
DNF (o)		Mt. SAC Relays	April 18
5,000 Meters (	PR: N/A	)	
DNF		UCSD Collegiate	March 15
4x400-Meter R	elay	-	
4:02.24	2nd	UCSD Collegiate	March 15
		-	

### Freja Liljedahl

5-6   Fr.   Gavle OUTDOOR SEA	-	m   Vasaskolan School	
Discus Throw (I	PR: 114-	02 (March 15, 2014))	
114-02	2nd	UCSD Collegiate	March 15
Foul (i)		Aztec Invite	March 29
Hammer Throw	(PR: 16	6-06 (April 25, 2014))	
160-06	2nd	UCSD Collegiate	March 15
158-02 (i)	11th	Aztec Invite	March 28
155-03	10th	Cal/Nevada Champs	April 5
165-07	1 st	Soka Peace Invite	April 18
166-01	6th	HP/OTC Series I	April 24
166-06 (i, 6)	24th	Triton Invite	April 25
161-07	7th	Oxy Invite	May 10
Javelin Throw (	PR: 104	-02 (March 29, 2014))	
ND		UCSD Collegiate	March 15

104-02 (i)	13th	Aztec Invite	March 29
Katherine	e Magil		
	iss Valley,	Calif.   Nevada Unio	n HS
		5 (April 19, 2014))	
	R: 10-06.2		March 15
Pole Vault (Pl 9-07.00	R: 10-06.2	<b>5 (April 19, 2014))</b> UCSD Collegiate Aztec Invite	March 15 March 28
Pole Vault (Pl	<b>R: 10-06.2</b> T-13th	UCSD Collegiate Aztec Invite	

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

### Jessica McCall

5-3   So.   Saug OUTDOOR SEA 1,500 Meters	SON	.   Saugus HS 8.53 (April 18, 2014))	
4:43.53	45th	Bryan Clay Invite	April 18
5:06.69 (p)	17th	MW Champs	May 16
5,000 Meters	(PR: 17:4	18.34 (March 28, 2014	i))
DNF		UCSD Collegiate	March 15
17:48.34 (i)	3rd	Aztec Invite	March 28
18:03.21	8th	Cal/Nevada Champs	April 4
17:58.94	31st	Oxy Invite	May 10

### Summer Nash

OUTDOOR SEA	SON	.   Bishop Blanchet HS 5 (March 28, 2014))	
4-11.75 (o)			March 28
Discus Throw (	PR: 135-	05 (April 24, 2014))	
116-00	9th	UCSD Collegiate	March 15
131-02 (i)	15th	Aztec Invite	March 29
121-11	37th	Bryan Clay Invite	April 18
135-05	15th	HP/OTC Series I	April 24
120-00 (o)	42nd	Triton Invite	April 25
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.   INDOOR SEAS		ille, Ore.   McMinnville H	S
		(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 SEA	SON		
Shot Put (PR: 4	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
41-03.25	17th	Bryan Clay Invite	April 18
00.00.05	7.1		April 24
39-03.25	7th	HP/OTC Series I	April 24
		11 (April 18, 2014))	April 24
			March 15
Discus Throw (	PR: 162-	11 (April 18, 2014))	•

162-11 (6)	1 st	Bryan Clay Invite	April 18
153-06	12th	HP/OTC Series I	Åpril 24
161-10 (o)	9th	Triton Invite	April 25
142-06	9th	Oxy Invite	May 10
154-05	7th	MW Champs	May 16
Hammer Throw	(PR: 12	3-07 (March 15, 2014	ł))
123-07	8th	UCSD Collegiate	March 15

#### **Nicole Oudenaarden**

	-	lberta, Canada   Paul Ka	ne HS
INDOOR SEASON			
200 Meters (PR:			
25.14	32nd	Cherry & Silver Invite	Jan. 24
24.95	37th	Don Kirby Elite	Feb. 14
800 Meters (PR:	2:26.3	8 (Jan. 31, 2014))	
2:26.38 (pn)	2nd	Howie Ryan Invite	Jan. 31
2:27.93 (pn)	6th	MW Champs	Feb. 27
60-Meter Hurdle	s (PR: 8	3.86 (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 Re		intr diamps	1000 27
3:48.39 (10)	7th	Cherry & Silver Invite	Jan. 25
3:49.28 (conv)	6th	MW Champs	March 1
			Multil
Distance Medley		MW Chaman	Feb. 28
12:48.63 (8)	9th	MW Champs	red. 20
		(Feb. 27, 2014))	1 01
5-02.25 (pn)	T-6th	Howie Ryan Invite	Jan. 31
5-03.25 (pn)	T-6th	MW Champs	Feb. 27
		0 (Feb. 21, 2013))	
18-04.50	T-15th	Cherry & Silver Invite	Jan. 24
18-08.50 (pn)	1 st	Howie Ryan Invite	Jan. 31
19-06.75	l st	Don Kirby Elite	Feb. 14
19-00.75 (pn)	2nd	MW Champs	Feb. 27
19-04.75	6th	MW Champs	Feb. 28
Shot Put (PR: 47	-07.25		
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
			Multil
Pentathlon (PR:	2nd		Jan. 31
3,846		Howie Ryan Invite	
3,918	3rd	MW Champs	Feb. 27
OUTDOOR SEAS			
		(March 14, 2013))	4 11/
25.10 (MS hp, w)	11th	Mt. SAC Multi's	April 16
25.33	13th	Triton Invite	April 26
25.06 (hp)	3rd	MW Champs	May 14
25.36 (hp)	3rd	NACAC Under-23 Champs	Aug. 8
		1 (April 18, 2013))	
2:22.72 (MS hp)	12th	Mt. SAC Multi's	April 17
2:24.16 (hp)	3rd	MW Champs	May 15
2:23.89 (hp)	3rd	NACAC Under-23 Champs	Aug. 9
	les (PR:	14.30 (April 17, 2013))	
DNF (o)		Aztec Invite	March 28
15.37 (MS hp)	20th	Mt. SAC Multi's	April 16
14.91	13th	Triton Invite	April 26
14.59 (hp)	6th	MW Champs	May 14
14.77 (hp)	22nd	NCAA Champs	June 12
14.77 (np)	5th	NACAC Under-23 Cham	
		MACAC UNDER-23 CHOM	he wad o
4x400-Meter Re		MW Chamer-	Mar: 17
3:47.47	6th	MW Champs	May 17
	-	(March 15, 2014))	AA . 1.1.C
5-07.25	lst	UCSD Collegiate	March 15
5-06.50 (MS hp)	T-9th	Mt. SAC Multi's	April 16
5-04.25	8th	Triton Invite	April 26
5-07.00 (hp)	1 st	MW Champs	May 14
5-05.00	T-8th	MW Champs	May 17
NH (hp)		NCAA Champs	June 12
5-06.00 (hp)	1st	NACAC Under-23 Champs	Aug. 8

Long Jump (PR: 19-09.75 (April 17, 2014))			
19-09.75 (MS hp, 10	)) 5th	Mt. SAC Multi's	April 17
19-06.75 (hp)	1 st	MW Champs	May 15
19-11.50 (w)	3rd	MW Champs	May 16
18-09.25 (1r)	34th	NCAA West Prelims	May 29
18-08.75 (hp)	1 st	NACAC Under-23 Champs	Aug. 9
Shot Put (PR: 40	6-05.25	(April 16, 2014))	
44-11.50	1 st	UCSD Collegiate	March 15
44-06.25 (i)	3rd	Aztec Invite	March 29
44-10.25	5th	Cal/Nevada Champs	April 5
46-05.25 (MS hp, 10	)) 2nd	Mt. SAC Relays	April 16
41-07.25 (hp)	1 st	MW Champs	May 14
43-09.25	11th	MW Champs	May 17
42-05.50 (hp)	2nd	NACAC Under-23 Champs	Aug. 8
Javelin Throw (F	PR: 160	-05 (Aug. 9, 2014))	-
146-11	1 st	UCSD Collegiate	March 15
144-00	6th	Cal/Nevada Champs	April 4
146-03 (MS hp)	3rd	Mt. SAC Multi's	April 17
155-04	3rd	Triton Invite	April 26
145-11 (hp)	1 st	MW Champs	May 15
144-05	3rd	MW Champs	May 17
150-00 (1r)	22nd	NCAA West Prelims	May 29
160-05 (hp, sr)	1 st	NACAC Under-23 Cham	ps Aug. 9
Heptathlon (PR:	5,774	(April 17-18, 2013))	
5,721 (MS hp)	8th	Mt. SAC Multi's A	pril 16-17
5,697	1 st	MW Champs	May 14-15
DNF		NCAA Champs	June 12-13
5,692	1 st	NACAC Under-23 Champs	Aug. 8-9

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#### **Allison Reaser**

INDOOR SEASO	Ň	Calif.   El Segundo HS	
		(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
	: 2:20.3	7 (March 15, 2014))	
2:25.48 (pn)	1 st	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 Hurdle	es (PR: 8	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)	1 st	Howie Ryan Invite	Jan. 31
8.52 ("A" p)	8th	Don Kirby Elite	Feb. 15
8.30 (pn, 4)	1 st	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 R	elay		
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:	20-05.0	0 (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	?) 1 st	MW Champs	Feb. 27
19-02.75 (pn)	11th	NCAA Champs	March 15
Shot Put (PR: 39	9-00.25	(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 (		
3,971	1 st	Howie Ryan Invite	Jan. 31
4,145 (sr)	2nd	MW Champs	Feb. 27
3,996	15th	NCAA Champs	March 15

OUTDOOR SEAS		(April 16, 2014))	
24.03 (MS hp)	. 24.03 4th	Mt. SAC Multi's	April 16
24.32 (hp)	lst	MW Champs	May 14
24.86 (1r)	45th	NCAA West Prelims	May 30
24.60 (hp)	4th	NCAA Champs	June 12
23.86 (hp, w)	3rd	USA Champs	June 27
2:15.01 (MS hp)	<u>: 2:11.1</u> 6th	O (June 28, 2014)) Mt. SAC Multi's	April 17
2:13:01 (MS Hp) 2:23.12 (hp)	2nd	MW Champs	May 15
2:12.08 (hp)	lst	NCAA Champs	June 13
2:11.10 (hp)	5th	USA Champs	June 28
		: 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) 13.50 (MS hp)	2nd 3rd	Cal/Nevada Champs Mt. SAC Multi's	April 5 April 16
13.94 (p)	20th	Drake Relays	April 25
13.41 (hp)	lst	MW Champs	May 14
13.59 (p)	3rd	MW Champs	May 16
13.55 (f)	4th	MW Champs	May 17
14.14 (1r)	41st	NCAA West Prelims	May 30
13.38 (hp)	2nd	NCAA Champs	June 12
13.49 (hp)	4th	USA Champs	June 27
1:00.02 (i)	lies (57. Ist	80 (May 29, 2014)) Aztec Invite	March 29
59.44 (p)	1st	Cal/Nevada Champs	April 4
58.78 (f)	lst	Cal/Nevada Champs	April 5
1:00.09 (o)	13th	Mt. SAC Relays	April 18
59.20	8th	Drake Relays	April 25
1:02.42 (p)	6th	MW Champs	May 16
59.96 (f)	4th	MW Champs	May 17
<b>57.80 (3, 1r)</b> 59.72 (q)	<b>6th</b> 22nd	NCAA West Prelims	May 29
4x100-Meter R	-	INCAA WEST I TEIIIIIS	May 30
45.14 (T-9)	2nd	MW Champs	May 17
45.64 (1r)	19th	NCAA West Prelims	May 31
4x400-Meter R			
3:47.47	6th	MW Champs	May 17
	5-04.25	i (2 times, last June 29	
MH (a)			March 28
NH (o) 4-11 50 (MS hn)	 20th	Aztec Invite Mt_SAC Multi's	March 28 April 16
4-11.50 (MS hp)	 20th T-4th	Mt. SAC Multi's	April 16
	20th		
4-11.50 (MS hp) 5-02.25 (hp) <b>5-03.00 (hp)</b> <b>5-03.00 (hp)</b>	20th T-4th <b>20th 13th</b>	Mt. SAC Multi's MW Champs NCAA Champs USA Champs	April 16 May 14
4-11.50 (MS hp) 5-02.25 (hp) 5-03.00 (hp) 5-03.00 (hp) Long Jump (PR:	20th T-4th <b>20th</b> 13th 20-04.5	Mt. SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014))	April 16 May 14 June 12 June 27
4-11.50 (MS hp) 5-02.25 (hp) <b>5-03.00 (hp)</b> <b>5-03.00 (hp)</b> <b>Long Jump (PR:</b> 18-08.50 (o)	20th T-4th <b>20th</b> 13th 20-04.5 2nd	Mt. SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014)) Aztec Invite	April 16 May 14 June 12 June 27 March 28
4-11.50 (MS hp) 5-02.25 (hp) 5-03.00 (hp) 5-03.00 (hp) Long Jump (PR: 18-08.50 (o) 18-10.00	20th T-4th <b>20th</b> 13th 20-04.5 2nd 7th	M. SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs	April 16 May 14 June 12 June 27 March 28 April 4
4-11.50 (MS hp) 5-02.25 (hp) <b>5-03.00 (hp)</b> <b>5-03.00 (hp)</b> <b>Long Jump (PR:</b> 18-08.50 (o) 18-10.00 19-11.75 (MS hp)	20th T-4th <b>20th</b> <b>13th</b> <b>20-04.5</b> 2nd 7th 6th	M. SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs Mt. SAC Multi's	April 16 May 14 June 12 June 27 March 28 April 4 April 17
4-11.50 (MS hp) 5-02.25 (hp) <b>5-03.00 (hp)</b> <b>5-03.00 (hp)</b> <b>Long Jump (PR:</b> 18-08.50 (o) 18-10.00 19-11.75 (MS hp) 18-10.50	20th T-4th <b>20th</b> <b>13th</b> <b>20-04.</b> 2nd 7th 6th 11th	M. SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs Mt. SAC Multi's Drake Relays	April 16 May 14 June 12 June 27 March 28 April 4 April 17 April 25
4-11.50 (MS hp) 5-02.25 (hp) <b>5-03.00 (hp)</b> <b>5-03.00 (hp)</b> <b>Long Jump (PR:</b> 18-08.50 (o) 18-10.00 19-11.75 (MS hp)	20th T-4th <b>20th</b> <b>13th</b> <b>20-04.5</b> 2nd 7th 6th	M. SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs Mt. SAC Multi's	April 16 May 14 June 12 June 27 March 28 April 4 April 17
4-11.50 (MS hp) 5-02.25 (hp) <b>5-03.00 (hp)</b> <b>5-03.00 (hp)</b> <b>Long Jump (PR:</b> 18-08.50 (o) 18-10.00 19-11.75 (MS hp) 18-10.50 19-04.25 (hp)	20th T-4th <b>20th</b> <b>13th</b> <b>20-04.5</b> 2nd 7th 6th 11th 2nd	M. SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs Mt. SAC Multi's Drake Relays MW Champs	April 16 May 14 June 12 June 27 March 28 April 4 April 17 April 25 May 15
4-11.50 (MS hp) 5-02.25 (hp) 5-03.00 (hp) 5-03.00 (hp) Long Jump (PR: 18-08.50 (o) 18-10.00 19-11.75 (MS hp) 18-10.50 19-04.25 (hp) 18-09.75 19-09.00 (hp) 20-04.50 (hp, 3	20th T-4th <b>20th</b> <b>13th</b> 20-04.5 2nd 7th 6th 11th 2nd 9th 3rd ) <b>T-1st</b>	Mt. SAC Multi's MW Champs USA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs Mt. SAC Multi's Drake Relays MW Champs MW Champs NCAA Champs USA Champs	April 16 May 14 June 12 June 27 March 28 April 4 April 17 April 25 May 15 May 16
4-11.50 (MS hp) 5-02.25 (hp) 5-03.00 (hp) 5-03.00 (hp) 18-03.00 (hp) 18-10.00 19-11.75 (MS hp) 18-10.50 19-04.25 (hp) 18-09.75 19-09.00 (hp) 20-04.50 (hp, 3 Shot Put (PR: 39	20th T-4th <b>20th</b> <b>13th</b> 20-04.5 2nd 7th 6th 11th 2nd 9th 3rd ) <b>T-1st</b> 2-07.75	M. SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs Mt. SAC Multi's Drake Relays MW Champs MW Champs NCAA Champs USA Champs (June 20, 2013))	April 16 May 14 June 12 June 27 March 28 April 4 April 17 April 25 May 15 May 16 June 13 June 28
4-11.50 (MS hp) 5-02.25 (hp) 5-03.00 (hp) 5-03.00 (hp) 18-03.00 (hp) 18-10.00 19-11.75 (MS hp) 18-10.50 19-04.25 (hp) 18-09.75 19-09.00 (hp) 20-04.50 (hp, 3 Shot Put (PR: 39 38-06.25 (o)	20th T-4th <b>20th</b> <b>13th</b> <b>20-04.5</b> 2nd 7th 6th 11th 2nd 9th 3rd ) <b>T-1st</b> <b>2-07.75</b> 6th	Mr. SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs Mt. SAC Multi's Drake Relays MW Champs MW Champs MKAA Champs USA Champs (June 20, 2013)) Aztec Invite	April 16 May 14 June 12 June 27 March 28 April 4 April 17 April 25 May 16 June 13 June 28 March 28
4-11.50 (MS hp) 5-02.25 (hp) 5-03.00 (hp) 5-03.00 (hp) Long Jump (PR: 18-08.50 (o) 18-10.00 19-11.75 (MS hp) 18-10.50 19-04.25 (hp) 18-09.75 19-09.00 (hp) 20-04.50 (hp, 3 Shot Put (PR: 39 38-06.25 (o) 38-02.25 (MS hp)	20th T-4th <b>20th</b> <b>13th</b> <b>20-04.5</b> 2nd 7th 6th 11th 2nd 9th 3rd <b>) T-1st</b> <b>2-07.75</b> 6th 13th	Mr. SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs Mt. SAC Multi's Drake Relays MW Champs MW Champs NCAA Champs USA Champs (June 20, 2013)) Aztec Invite Mt. SAC Multi's	April 16 May 14 June 12 June 27 March 28 April 4 April 17 April 25 May 16 June 13 June 28 March 28 April 16
4-11.50 (MS hp) 5-02.25 (hp) 5-03.00 (hp) 5-03.00 (hp) 18-08.50 (o) 18-10.00 19-11.75 (MS hp) 18-10.50 19-04.25 (hp) 18-09.75 19-09.00 (hp) 20-04.50 (hp, 3 <u>Shot Put (PR: 39</u> 38-06.25 (o) 38-02.25 (MS hp) 36-05.50 (hp)	20th T-4th <b>20th</b> <b>13th</b> <b>20-04.</b> 2nd 7th 6th 11th 2nd 9th 3rd <b>) T-1st</b> <b>2-07.75</b> 6th 13th 3rd	M: SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs M: SAC Multi's Drake Relays MW Champs NCAA Champs USA Champs (June 20, 2013)) Aztec Invite Mt. SAC Multi's MW Champs	April 16 May 14 June 12 June 27 March 28 April 4 April 17 April 25 May 16 June 13 June 28 March 28 April 16 May 14
4-11.50 (MS hp) 5-02.25 (hp) 5-03.00 (hp) 5-03.00 (hp) Long Jump (PR: 18-08.50 (o) 18-10.00 19-11.75 (MS hp) 18-10.50 19-04.25 (hp) 18-09.75 19-09.00 (hp) 20-04.50 (hp, 3 38-06.25 (o) 38-02.25 (MS hp) 36-05.50 (hp) 39-04.00 (hp)	20th T-4th <b>20th</b> <b>13th</b> <b>20-04.5</b> 2nd 7th 6th 11th 2nd 9th 3rd <b>) T-1st</b> <b>2-07.75</b> 6th 13th	M. SAC Multi's MW Champs USA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs Mt. SAC Multi's Drake Relays MW Champs NCAA Champs USA Champs (June 20, 2013)) Aztec Invite Mt. SAC Multi's MW Champs NCAA Champs NCAA Champs NCAA Champs	April 16 May 14 June 12 June 27 March 28 April 4 April 17 April 25 May 16 June 13 June 28 March 28 April 16
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4-11.50 (MS hp) 5-02.25 (hp) 5-03.00 (hp) 5-03.00 (hp) Long Jump (PR: 18-08.50 (o) 18-10.00 19-11.75 (MS hp) 18-10.50 19-04.25 (hp) 18-09.75 19-09.00 (hp) 20-04.50 (hp, 3 Shot Put (PR: 39 38-06.25 (o) 38-02.25 (MS hp) 39-02.25 (hp) Javelin Throw (F 113-01 (i)	20th T-4th 20th 13th 20-04.5 2nd 7th 6th 11th 2nd 9th 3rd ) T-1st 9th 13th 3rd 9th 9th 9th 2Rc, 1322 3rd	M. SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs Mt. SAC Multi's Drake Relays MW Champs MW Champs NCAA Champs USA Champs (June 20, 2013)) Aztec Invite Mt. SAC Multi's MW Champs NCAA Champs USA Champs USA Champs USA Champs USA Champs USA Champs OO (June 8, 2012)) Aztec Invite	April 16 May 14 June 12 June 27 March 28 April 4 April 17 April 25 May 16 June 13 June 28 March 28 April 16 May 14 June 12 June 27
4-11.50 (MS hp) 5-02.25 (hp) 5-03.00 (hp) 5-03.00 (hp) 18-08.50 (o) 18-10.00 19-11.75 (MS hp) 18-10.50 19-04.25 (hp) 18-09.75 19-09.00 (hp) 20-04.50 (hp, 3 Shot Put (PR: 39 38-06.25 (o) 38-02.25 (MS hp) 39-02.25 (hp) Javelin Throw (F 113-01 (i) 114-07 (MS hp)	20th T-4th 20th 13th 20-04.5 2nd 7th 6th 11th 2nd 9th 3rd ) T-1st 9th 13th 3rd 9th 9th 9th 9th 9th 9th 3rd 9th 3rd 13th 3rd 9th 13th 9th 3rd 9th 13th 9th 3rd 9th 13th 9th 3rd 9th 13th 13th 15th 9th 9th 13th 9th 13th	M. SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs Mt. SAC Multi's Drake Relays MW Champs MW Champs NCAA Champs USA Champs (June 20, 2013)) Aztec Invite Mt. SAC Multi's MW Champs NCAA Champs USA Champs OCAA Champs USA Champs USA Champs OCAA Champs USA Champs USA Champs USA Champs USA Champs USA Champs USA Champs USA Champs	April 16 May 14 June 12 June 27 March 28 April 4 April 17 April 25 May 16 June 13 June 13 June 28 March 28 April 16 May 14 June 12 June 27 March 28 April 17
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4-11.50 (MS hp) 5-02.25 (hp) 5-03.00 (hp) 5-03.00 (hp) 5-03.00 (hp) 18-08.50 (o) 18-10.00 19-11.75 (MS hp) 18-10.50 19-04.25 (hp) 18-07.5 19-09.00 (hp) 20-04.50 (hp, 3 5hot Put (PR: 39 38-06.25 (o) 38-02.25 (MS hp) 36-05.50 (hp) 39-04.00 (hp) 39-04.00 (hp) 39-04.00 (hp) 113-01 (i) 114-07 (MS hp) 120-01 (hp) 129-08 (hp) 122-00 (hp)	20th T-4th <b>20th</b> <b>13th</b> <b>20-04.</b> 2nd 7th 6th 11th 2nd 9th 3rd <b>) T-1 st</b> <b>7-07.75</b> 6th 13th 3rd <b>9th</b> 9th 9th <b>9th</b> <b>9th</b> <b>9th</b> <b>9th</b> <b>9th</b> <b>15th</b> <b>11th</b> 11th 11th	M. SAC Multi's MW Champs USA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs Mt. SAC Multi's Drake Relays MW Champs MW Champs NCAA Champs USA Champs (June 20, 2013)) Aztec Invite Mt. SAC Multi's MW Champs USA Champs USA Champs USA Champs USA Champs MCAA Champs USA Champs MX Champs MX Champs MX Champs MX Champs USA Champs MX Champs	April 16 May 14 June 12 June 27 March 28 April 4 April 17 April 25 May 16 June 13 June 13 June 28 March 28 April 16 May 14 June 12 June 27 March 28 April 17 May 15
4-11.50 (MS hp) 5-02.25 (hp) 5-03.00 (hp) 5-03.00 (hp) 18-00.00 19-11.75 (MS hp) 18-10.50 19-04.25 (hp) 18-07.5 19-09.00 (hp) 20-04.50 (hp, 3 Shot Put (PR: 39 38-06.25 (o) 38-02.25 (MS hp) 36-05.50 (hp) 39-02.25 (hp) Javelin Throw (F) 113-01 (i) 114-07 (MS hp) 120-01 (hp) 122-00 (hp) Heptathlon (PR:	20th T-4th <b>20th</b> <b>13th</b> <b>20-04.</b> 2nd 7th 6th 11th 2nd 9th 3rd <b>) T-1 st</b> <b>7-07.75</b> 6th 13th 3rd <b>9th</b> 9th 9th <b>9th</b> <b>9th</b> <b>9th</b> <b>9th</b> <b>9th</b> <b>15th</b> <b>11th</b> 11th 11th	M. SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs Mt. SAC Multi's Drake Relays MW Champs NCAA Champs USA Champs (June 20, 2013)) Aztec Invite Mt. SAC Multi's MW Champs USA Champs USA Champs USA Champs USA Champs USA Champs USA Champs MCAA Champs MCAA Champs Mt. SAC Multi's MW Champs NCAA Champs NCAA Champs MCAA Champs	April 16 May 14 June 12 June 27 March 28 April 4 April 17 April 25 May 16 June 13 June 28 March 28 April 16 May 14 June 27 March 28 April 17 May 15 June 13 June 28
4-11.50 (MS hp) 5-02.25 (hp) 5-03.00 (hp) 5-03.00 (hp) 18-00.00 (hp) 18-10.00 19-11.75 (MS hp) 18-10.50 19-04.25 (hp) 18-09.75 19-09.00 (hp) 20-04.50 (hp, 3 Shot Put (PR: 39 38-06.25 (o) 38-02.25 (MS hp) 36-05.50 (hp) 39-04.00 (hp) 39-02.25 (hp) Javelin Throw (F) 113-01 (i) 114-07 (MS hp) 120-01 (hp) 122-00 (hp) Heptathion (PR: 5,637 (MS hp) 5,530	20th T-4th 20th 13th 20-04.5 2nd 7th 6th 11th 2nd 9th 3rd 9th 3rd 9th 9th 2R: 132 3rd 15th 4th 11th 11th 5,917	Mr. SAC Multi's MW Champs NCAA Champs USA Champs 50 (June 28, 2014)) Aztec Invite Cal/Nevada Champs Mt. SAC Multi's Drake Relays MW Champs MW Champs NCAA Champs USA Champs	April 16 May 14 June 12 June 27 March 28 April 4 April 17 April 25 May 16 June 13 June 13 June 28 March 28 April 16 May 14 June 12 June 27 March 28 April 17 May 15 June 13
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### **Elaine Ribeiro**

5-11   Fr.   La OUTDOOR SE 1,500 Meters	ASON	lif.   Helix HS 7.66 (April 18, 2014))	
4:58.53 (o)	27th	Aztec Invite	March 28
4:47.66	54th	Bryan Clay Invite	April 18
4:48.09	15th	Triton Invite	April 26
5,000 Meters	(PR: 18:1	2.55 (May 10, 2014))	•
18:40.12	24th	Cal/Nevada Champs	April 4
18:12.55	35th	Oxy Invite	May 10

## **Rachel Roesgen**

INDOOR SEASO	N	ı, Calif.   Santa Margari	ta Catholic HS
Mile (PR: 5:08. 5:08.10 (3)			Feb. 1
	14th	Howie Ryan Invite	rep. I
Distance Medley		Handa Dame Inches	J 01
12:05.71 (sr)		Howie Ryan Invite	Jan. 31
12:48.63 (8)		MW Champs	Feb. 28
OUTDOOR SEAS	SON		
1,500 Meters (	PR: 4:38	3.43 (May 10, 2014))	
4:41.65	39th	Bryan Clay Invite	April 18
4:39.00	7th	Triton Invite	April 26
4:38.43	12th	Oxy Invite	May 10
4:58.86 (p)	14th	MW Champs	May 16
3,000 Meters (	PR: 10:1	5.90 (April 26, 2014)	)
10:15.90	2nd	Triton Invite	April 26
5,000 Meters (	PR: 18:1	3.32 (March 28, 2014	i)) .
DNF		UCSD Collegiate	March 15
18:13.32 (i)	5th	Aztec Invite	March 28
18:24.08	16th	Cal/Nevada Champs	April 4
18:53.21	52nd	Oxy Invite	May 10
4x400-Meter R	elay	•	
4:02.24	2nd	UCSD Collegiate	March 15

### **Kortney Ross**

6-0   Jr.   San Diego, Calif.   Univ. of Oregon OUTDOOR SEASON 100 Meters (PR: 12.63 (March 15, 2014))					
6th	UCSD Collegiate	March 15			
22nd	Aztec Invite	March 28			
3-04.5	0 (2 times, last May 12,	2012))			
3rd	UCSD Collegiate	March 15			
1 st	Aztec Invite	March 28			
T-2nd	Aztec Invite	March 29			
2nd	Cal/Nevada Champs	April 4			
	Mt. SAC Relays	April 18			
T-16th	Beach Invitational	April 19			
T-4th	Triton Invite	April 26			
5th	Steve Scott Invite	May 2			
T-5th	MW Champs	May 16			
23rd	NCAA West Prelims	May 29			
	DN 12.63 6th 22nd 3rd 1st 7-2nd 2nd  T-16th T-4th 5th T-5th	DN   12.63 (March 15, 2014))   6th UCSD Collegiate   22nd Aztec Invite   3-04.50 (2 times, last May 12,   3rd UCSD Collegiate   1st Aztec Invite   7-2nd Aztec Invite   2nd Cal/Nevada Champs    Mt. SAC Relays   T-16th Beach Invitational   T-4th Triton Invite   5th Steve Scott Invite   T-5th MW Champs			

### Hannah Sawatzki

OUTDOOR SEA	ASON	alif.   Westview HS \7.72 (April 6, 2013))	
10:55.57	12th		April 26
5,000 Meters	(PR: 18:2	28.33 (March 15, 2014	l))
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.   Muri	rieta, Cali	if.   Murrieta Mesa HS	
INDOOR SEAS	ON		
Long Jump (PR	: 17-09.	50 (Feb. 28, 2014))	
17-09.50	16th	MW Champs	Feb. 28
OUTDOOR SEA	SON		
100 Meters (P	R: 12.29	(March 15, 2014))	
12.29	3rd	UCSD Collegiate	March 15
12.30 (o)	7th	Aztec Invite	March 28
12.45	16th	Triton Invite	April 26
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
NH		Triton Invite	April 26
Triple Jump (PF	R: 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
35-07.75	11th	Triton Invite	April 26

### Karen Snapper

INDOOR SEAS	ON	each, Calif.   Edison HS 25 (Feb. 8, 2013))	
NH		Cherry & Silver Invite	Jan. 25
11-02.50	13th	Howie Ryan Invite	Jan. 31
OUTDOOR SEA	ASON		
Pole Vault (PR	k: 13-01.5	50 (April 18, 2014))	
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
13-01.50 (o, 1	0) 1st	Mt. SAC Relays	April 18
NH		Triton Invite	April 26
12-06.25	4th	MW Champs	May 16
NH (1r)		NCAA West Prelims	May 29

# Karsen Sper

5-8   So.   Cama	irillo, Ca	lif.   Thousand Oaks HS	
INDOOR SEASO	Ν	-	
800 Meters (PR	: 2:29.1	2 (Feb. 27, 2014))	
2:31.07 (pn)	5th	Howie Ryan Invite	Jan. 31
2:29.12 (pn)	7th	MW Champs	Feb. 27
60-Meter Hurd	es (PR: 8	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 R	elay		
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:	17-03.5	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: 3	3-00.50	(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 SEAS	SON		
200 Meters (PR	: 25.83	(April 6, 2013))	
26.39 (hp)	4th	Aztec Invite	March 27
25.96 (CAI hp)	17th	Mt. SAC Multi's	April 16
26.17 (hp)	7th	MW Champs	May 14
800 Meters (PR	: 2:23.0	5 (March 9, 2013))	
2:24.21 (hp)	5th	Aztec Invite	March 28

0.04.70.4641	00 I	u. e.e.u. bu	
2:24.79 (CAI hp)	22nd	Mt. SAC Multi's	April 17
2:29.41 (hp)	8th	MW Champs	May 15
		14.18 (May 11, 20	
14.47	lst	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
		(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
		5 (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			
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
		01 (March 15, 201	
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	Androw	Jamaica   Vere Technica	1
INDOOR SEASO	-	Juliului   Vere lecillicu	
		75 (Jan. 21 <i>,</i> 2012))	
19-06.25	5th	MW Champs	Feb. 28
Triple Jump (PR		.50 (Feb. 8, 2013))	
45-03.00	1 st	Don Kirby Elite	Feb. 15
44-05.25	1 st	MW Champs	March 1
45-10.00	1 st	NCAA Champs	March 15
OUTDOOR SEAS	SON		
4x100-Meter R	lay		
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)	l st	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	1 st	Drake Relays	April 26
44-09.50	1 st	MW Champs	May 17
44-09.75 (1r)	1 st	NCAA West Prelims	May 30
45-11.25	1 st	NCAA Champs	June 13
44-05.25	2nd	Jamaican Champs	June 29

### **Katie Thralls**

5-4   GS   Liver	more, C	alif.   Seattle Pacif	ic	
OUTDOOR SEASON				
3,000 Meters (PR: 10:53.59 (March 28, 2014))				
10:53.59 (i)	8th	Aztec Invite	March 28	

5,000 Meters 18:26.34	s (PR: 17:: 14th	50.75 (March 30, 2013) Triton Invite	) April 26
Maderia	Toatley	1	
		Stephenson HS	
INDOOR SEA		(E.L. 00. 0010))	
200 meters ( 25.07	30th	(Feb. 22, 2013)) 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)	1 st	Don Kirby Elite	Feb. 14

**MW Champs** 

**MW Champs** 

T-18th Bryan Clay Invite

Aztec Invite

Cal/Nevada Champs

Bryan Clay Invite

Cal/Nevada Champs

**Cherry & Silver Invite** 

Howie Ryan Invite

Feb. 28

Jan. 25

March 1

Jan. 31

April 18

March 28

April 18

April 4

April 5

10th

7th

2nd

200 Meters (PR: 24.16 (April 6, 2013))

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

9th

23rd

10th

### **Thresa Vinson**

4x400-Meter Relay

57.36 (p)

25.26

58.64 (o)

1:01.36 (p)

56.93

DQ

4x400-Meter Relay 3:48.39 (10)

3:49.28 (conv) 6th

**Distance Medley Relay** 12:05.71 (sr)

**OUTDOOR SEASON** 

5-5   So.   Aptos, Calif.   Aptos HS INDOOR SEASON Pole Vault (PR: N/A)				
NH OUTDOOR SEA		MW Champs	Feb. 28	
Pole Vault (PR	: 12-01.5	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-31 st	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:	13-02.2	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 SEA	SON	•		
Pole Vault (PR:	13-00.2	5 (2 times, last March	15, 2014))	
13-00.25	2nd	UCSD Collegiate	March 15	
		5		

#### **Melissa Wendorf**

5-4   Jr.   Los Angeles, Calif.   Granada Hills HS <i>OUTDOOR SEASON</i> 5,000 Meters (PR: 18:47.50 (April 26, 2014))				
19:07.57 (o)	1 st	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

INDOOR SEAS			
60 Meters (PR		eb. 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)	1 st	MW Champs	Feb. 28
7.54 (f)	6th	MW Champs	March 1
200 Meters (P	R: 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 SEA	SON		
100 Meters (P	R: 11.51	(May 17, 2014 & June	22, 2014))
11.91 (o)	1 st	Aztec Invite	March 28
11.90	4th	Triton Invite	April 26
11.58 (p)	1 st	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 (P	R: 23.62	(May 17, 2014))	
23.72 (p, w)	2nd	MW Champs	May 16
23.62 (f, 8)	1 st	MW Champs	May 17
24.34 (1r)	32nd	NCAA West Prelims	May 30
400 Meters (P	R: 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