



STANFORD OUTDOOR TRACK AND FIELD



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Schedule

Date	Meet	Site	Scores/Time (PT)
March 18	Cardinal Classic	Stanford, Calif.	Non-scoring
March 31-April 1	Stanford Invitational	Stanford, Calif.	Non-scoring
April 8	at Brutus Hamilton Invitational	Berkeley, Calif.	Non-scoring
April 14-15	at Bryan Clay Invitational	Azusa, Calif.	Non-scoring
April 14-15	at Mt. SAC Invitational	Walnut, Calif.	Non-scoring
April 21-22	Payton Jordan Invitational	Stanford, Calif.	Non-scoring
April 28	at Penn Relays	Philadelphia, Pa.	Non-scoring
April 29	at Big Meet vs. Cal	Berkeley, Calif.	M: C 99, S 64; W: C 87, S 76
May 12-14	at Pac-12 Championships	Walnut, Calif.	M: 3rd (96); W: 4th (84)
May 24-27	at NCAA West Prelims	Sacramento, Calif.	Non-scoring
June 7-10	at NCAA Championships	Austin, Texas	M: 3rd (44); W: 20th (13)

School Records

MEN		
Name	Event	Mark
Pac-12 Championships		
Udodi Onwuzurike	200	19.91
NCAA West Prelims		
Udodi Onwuzurike	100	9.92
John Kroeger, Olufemi Cole, Gabriel Navarro, Udodi Onwuzurike	4x100	39.56
NCAA Championships		
Udodi Onwuzurike	200	19.76

WOMEN		
Name	Event	Mark
Penn Relays		
Melissa Tanaka, Maya Valmon, Roisin Willis, Juliette Whittaker	DMR	10:50.56
Big Meet		
Maya Valmon	400	52.07
Pac-12 Championships		
Maya Valmon	400	51.71
Alyssa Jones	Long jump	22-1 1/2, 6.74
NCAA West Prelims		
Cydney Wright, Alyssa Jones, Maya Valmon, Alexa Rossum	4x100	43.69
NCAA Championships		
Alyssa Jones	Long jump	22-6 1/4, 6.86

NCAA Results

MEN			
Name	Event	Place	Mark
Udodi Onwuzurike	100	6	9.98
Udodi Onwuzurike	200	1	19.84
Ky Robinson	5,000	1	14:04.77
Charles Hicks	5,000	6	14:09.03
Ky Robinson	10,000	1	28:10.96
Charles Hicks	10,000	2	28:12.20
Garrett Brown	Pole vault	14	17-10 1/2, 5.45
John Kroeger	Long jump	24	22-11 3/4, 7.00

WOMEN			
Name	Event	Place	Mark
Roisin Willis	800	4	2:00.91
Taylor James	800	20	2:06.25
Lucy Jenks	5,000	14	16:08.16
Cydney Wright, Alyssa Jones, Maya Valmon, Alexa Rossum	4x100	16	43.77
Cydney Wright, Juliette Whittaker, Alexa Rossum, Maya Valmon	4x400	14	3:30.98
Alyssa Jones	Long jump	2	22-6 1/4, 6.86



Schedule

Date	Meet	Site	Scores/Time (PT)
Dec. 3, 2022	at Sharon Colyear-Danville Season Opener	Boston, Mass.	Non-scoring
Dec. 10	at Spokane Invitational	Spokane, Wash.	Non-scoring
Jan. 14, 2023	at Spokane Indoor Challenge	Spokane, Wash.	Non-scoring
Jan. 14	at UW Indoor Preview	Seattle, Wash.	Non-scoring
Jan. 27-28	at Razorback Invitational	Fayetteville, Ark.	Non-scoring
Feb. 3	at Crimson Elite and Multi	Cambridge, Mass.	Non-scoring
Feb. 4	at Bruce Lehane Scarlet and White Invitational	Boston, Mass.	Non-scoring
Feb. 10-11	at Windy City Invitational	Chicago, Ill.	Non-scoring
Feb. 17	at Matador Qualifier	Lubbock, Texas	Non-scoring
Feb. 18	at Alex Wilson Invitational	Notre Dame, Ind.	Non-scoring
Feb. 24-25	at Ken Shannon Invitational	Seattle, Wash.	Non-scoring
Feb. 26	at Last Chance Indoor Qualifier	Boston, Mass.	Non-scoring
March 10-11	at NCAA Championships	Albuquerque, N.M.	W: 4th (33); M: 32nd (7)

School Records

MEN		
Name	Event	Mark
Sharon Colyear-Danville Season Opener		
Ky Robinson	5,000	13:11.53
Spokane Indoor Challenge		
Max McKhann	Weight throw	71-11, 21.92
Razorback Invitational		
Udodi Onwuzurike	60	6.67
Udodi Onwuzurike	60	6.63
Bruce Lehane Scarlet & White		
Udodi Onwuzurike	200	20.61
Matador Qualifier		
Max McKhann	Weight throw	72-1, 21.97
Max McKhann	Weight throw	72-1 3/4, 22.99
Ken Shannon Invitational		
Max McKhann	Weight throw	73-9, 22.48
Max McKhann	Weight throw	73-9, 22.48
Udodi Onwuzurike	60	6.59
John Lester	800 (any-sized track)	1:46.93
Ky Robinson	3,000 (any-sized track)	7:42.30
Last Chance Indoor Qualifier		
Udodi Onwuzurike	200	20.56
NCAA Championships		
Udodi Onwuzurike	200	20.17

WOMEN		
Name	Event	Mark
UW Indoor Preview		
Juliette Whittaker	800 (any-sized track)	2:02.48
Razorback Invitational		
Maya Valmon	400 (regulation track)	53.01
Windy City Invitational		
Roisin Willis	800	1:59.95
Maya Valmon, Roisin Willis, Alexa Rossum, Juliette Whittaker	4x400	3:32.59
Ken Shannon Invitational		
Melissa Tanaka, Maya Valmon, Roisin Willis, Juliette Whittaker	DMR (any-sized track)	10:49.30
Alexa Rossum, Juliette Whittaker, Maya Valmon, Roisin Willis	4x400 (any-sized track)	3:31.71
NCAA Championships		
Roisin Willis	800	1:59.93
Alyssa Jones	Long jump	22-1 1/2, 6.74

STANFORD MEN'S 2023 OUTDOOR PERFORMANCE LIST

By Event

100 meters (9.92)

Name	Mark	Meet	Date
Udodi Onwuzurike	9.92	NCAA West Prelims	5/26
John Kroeger	10.70	Brutus Hamilton	4/8
Dorien Simon	10.72	Cardinal Classic	3/18
Karson Lippert	10.79	Cardinal Classic	3/18
Gabriel Navarro	10.95	Payton Jordan	4/22
Garrett Brown	11.39	Brutus Hamilton	4/8

200 meters (19.76)

Name	Mark	Meet	Date
Udodi Onwuzurike	19.76	NCAA Champs	6/7
Olufemi Cole	21.35	Big Meet	4/29
Gabriel Navarro	21.86	Card. Cl./PJ Inv.	3/18,4/21
John Kroeger	21.87	Stanford Invite	4/1
Miles Zoltak	21.89	Stanford Invite	4/1
Karson Lippert	22.03	Payton Jordan	4/21
Dorien Simon	22.24	Cardinal Classic	3/18

400 meters (45.36)

Name	Mark	Meet	Date
Olufemi Cole	47.10	Pac-12 Champs	5/13
Miles Zoltak	47.99	Mt. SAC Relays	4/14
Karson Lippert	48.10	Mt. SAC Relays	4/14
Udodi Onwuzurike	48.57	Payton Jordan	4/22
Miles Zoltak	49.09	Stanford Invitational	3/31
Gabriel Navarro	49.65	Stanford Invitational	3/31

800 meters (1:46.20)

Name	Mark	Meet	Date
Zane Bergen	1:50.27	Stanford Invite	4/1
Ky Robinson	1:53.32	Big Meet	4/29
Caleb Boutelle	1:54.15	Cardinal Classic	3/18
Gavin Sherry	1:54.64	Big Meet	4/29
Galen Topper	1:59.93	Big Meet	4/29

1,500 meters (3:35.11)

Name	Mark	Meet	Date
Ky Robinson	3:42.99	Pac-12 Champs	5/14
Zane Bergen	3:43.03	Stanford Invitational	3/31
Gavin Sherry	3:46.61	Bryan Clay Invite	4/15
Meika Beaudoin-Rousseau	3:46.84	Cardinal Classic	3/18
Charles Hicks	3:47.75	Big Meet	4/29
Cole Sprout	3:47.90	Big Meet	4/29
Caleb Boutelle	3:49.15	Cardinal Classic	3/18
Galen Topper	4:01.91	Cardinal Classic	3/18

Mile (3:55.16)

Name	Mark	Meet	Date
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3,000 meters (7:54.31)

Name	Mark	Meet	Date
Charles Hicks	8:09.51	Big Meet	4/29
Cole Sprout	8:09.74	Big Meet	4/29
Robert DiDonato	8:13.11	Big Meet	4/29
Meika Beaudoin-Rousseau	8:13.60	Big Meet	4/29
Caleb Boutelle	8:15.50	Big Meet	4/29
Callum Sherry	8:31.97	Big Meet	4/29

5,000 meters (13:15.33)

Name	Mark	Meet	Date
Ky Robinson	13:22.29	NCAA West Prelims	5/26
Charles Hicks	13:26.65	NCAA West Prelims	5/26
Evan Burke	13:44.72	Stanford Invitational	3/31
Robert DiDonato	13:44.89	Stanford Invitational	3/31
Caleb Boutelle	14:03.83	Stanford Invitational	3/31
Cole Sprout	14:12.28	Pac-12 Champs	5/14
Meika Beaudoin-Rousseau	14:14.58	Pac-12 Champs	5/14
Gavin Sherry	14:20.80	Payton Jordan	4/21
Callum Sherry	14:49.95	Stanford Invitational	3/31

10,000 meters (27:31.38)

Name	Mark	Meet	Date
Charles Hicks	27:57.47	Stanford Invitational	3/31
Ky Robinson	27:58.74	Stanford Invitational	3/31
Devin Hart	28:07.64	Stanford Invitational	3/31
Cole Sprout	28:30.91	Payton Jordan	4/21
Meika Beaudoin-Rousseau	28:42.33	Payton Jordan	4/21
Callum Sherry	30:33.85	Payton Jordan	4/21
Robert DiDonato	31:19.92	Pac-12 Champs	5/12

110-meter hurdles (13.61)

Name	Mark	Meet	Date
Garrett Brown	14.93	Big Meet	4/29

400-meter hurdles (48.79)

Name	Mark	Meet	Date
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3,000-meters steeplechase (8:32.01)

Name	Mark	Meet	Date
Callum Sherry	9:20.09	Cardinal Classic	3/18
Zane Bergen	9:20.16	Cardinal Classic	3/18
Galen Topper	10:36.31	Big Meet	4/29

4x100 meter relay (39.56)

Name	Mark	Meet	Date
John Kroeger, Olufemi Cole, Gabriel Navarro, Udodi Onwuzurike	39.56	NCAA West Prelims	5/26
John Kroeger, Olufemi Cole, Gabriel Navarro, Udodi Onwuzurike	39.68	Mt. SAC Relays	4/15
John Kroeger, Olufemi Cole, Gabriel Navarro, Udodi Onwuzurike	39.76	Pac-12 Champs	5/14
John Kroeger, Olufemi Cole, Gabriel Navarro, Udodi Onwuzurike	40.01	Big Meet	4/29
John Kroeger, Olufemi Cole, Gabriel Navarro, Karson Lippert	40.91	Stanford Invite	4/1
Dorien Simon, Miles Zoltak, John Kroeger, Karson Lippert	41.20	Cardinal Classic	3/18
John Kroeger, Olufemi Cole, Gabriel Navarro, Karson Lippert	41.42	Payton Jordan	4/22

4x400 meter relay (3:04.82)

Name	Mark	Meet	Date
Miles Zoltak, Karson Lippert, Olufemi Cole, Gabriel Navarro	3:11.25	Mt. SAC Relays	4/14
Miles Zoltak, Karson Lippert, Olufemi Cole, John Kroeger	3:13.42	Stanford Invite	4/1
John Kroeger, Karson Lippert, Garrett Brown, Olufemi Cole	3:21.02	Big Meet	4/29

STANFORD MEN'S 2023 OUTDOOR PERFORMANCE LIST

By Event

High jump (7-5 3/4, 2.28m)

Name	Mark	Meet	Date
James Stevens	6-4 3/4	Cardinal Classic	3/18

Pole vault (18-9 1/2, 5.72m)

Name	Mark	Meet	Date
Garrett Brown	17-10 1/2	NCAA Champs	6/7
Max Manson	17-5	Big Meet	4/29
J.T. Herrscher	16-7 1/2	Pac-12 Champs	5/14

Long jump (27-0, 8.22m)

Name	Mark	Meet	Date
Allan Hunter	25-0 3/4	Pac-12 Champs	5/13
John Kroeger	25-7 1/2	NCAA West Prelims	5/24
Kevin Yang	22-1 3/4	Brutus Hamilton	4/8

Triple jump (55-0 1/4, 16.77m)

Name	Mark	Meet	Date
Kevin Yang	51-3 3/4	Pac-12 Champs	5/14
Marcus Floyd	46-8 3/4	Stanford Invite	4/1
John Kroeger	45-0 1/2	Cardinal Classic	3/18
Allan Hunter	45-10 1/2w, 44-11 1/2	Big Meet	4/29

Shot put (67-9 1/4, 20.65m)

Name	Mark	Meet	Date
Garin Gross	50-2 1/2	Bryan Clay Invite	4/15
Max McKhann	42-2 1/4	Payton Jordan	4/22

Discus (210-1, 64.04m)

Name	Mark	Meet	Date
Chudi Ikpeazu	192-10	Pac-12 Champs	5/14
Max McKhann	152-10	Big Meet	4/29
Garin Gross	140-11	Big Meet	4/29

Hammer (240-10, 73.42)

Name	Mark	Meet	Date
Max McKhann	221-10	Pac-12 Champs	5/12
Anthony Argyropoulos	196-0	Payton Jordan	4/21

Javelin (245-4, 74.78m)

Name	Mark	Meet	Date
Garrett Brown	134-5	Payton Jordan	4/21
James Stevens	100-11	Payton Jordan	4/21
Miles Zoltak	85-4	Big Meet	4/29

Decathlon (8,188 pts.)

Name	Mark	Meet	Date
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Thru June 19, 2023

(Parentheses indicate school record for that event)

STANFORD MEN'S 2023 INDOOR PERFORMANCE LIST

By Event

60 meters (6.59)

Name	Mark	Meet	Date
Udodi Onwuzurike	6.59	Ken Shannon Invite	2/25
Dorien Simon	6.83	Spokane Invite	12/10
John Kroeger	6.97	Spokane Invite	12/10
Gabriel Navarro	7.07	Ken Shannon Invite	2/25
Karson Lippert	7.09	Spokane Invite	12/10
Garrett Brown	7.24	Spokane Invite	12/10

200 meters (20.17)

Name	Mark	Meet	Date
Udodi Onwuzurike	20.17	NCAA Champs prelims	3/10
Dorien Simon	21.60	Spokane Challenge	1/14
Olufemi Cole	21.86	Razorback Invite	1/27
John Kroeger	22.01	Ken Shannon Invite	2/24
Karson Lippert	22.08	Windy City Invite	2/11
Gabriel Navarro	22.13	Ken Shannon Invite	2/24
Marcus Floyd	22.79	Razorback Invite	1/27

400 meters (46.16)

Name	Mark	Meet	Date
Karson Lippert	48.08	Windy City Invite	2/10
Miles Zoltak	48.63	Spokane Challenge	1/14
Gabriel Navarro	49.74	Windy City Invite	2/10

800 meters (1:47.78)

Name	Mark	Meet	Date
John Lester	1:46.93	Ken Shannon Invite	2/25
Zane Bergen	1:52.95	Razorback Invite	1/28

Mile (3:53.95)

Name	Mark	Meet	Date
Ky Robinson	3:55.87	UW Preview	1/14
Cole Sprout	3:56.53	UW Preview	1/14
Thomas Boyden	3:57.06	UW Preview	1/14
John Lester	3:58.84	Razorback Invite	1/28
Zane Bergen	4:01.67	Ken Shannon Invite	2/25
Meika Beaudoin-Rousseau	4:03.27	Ken Shannon Invite	2/25
Caleb Boutelle	4:05.03	Razorback Invite	1/28
Robert DiDonato	4:05.92	UW Preview	1/14
Gavin Sherry	4:08.84	Razorback Invite	1/28

3,000 (7:42.62)

Name	Mark	Meet	Date
Ky Robinson	7:42.30	Ken Shannon Invite	2/25
Cole Sprout	7:44.50	Razorback Invite	1/28
Charles Hicks	7:47.45	Ken Shannon Invite	2/25
Devin Hart	7:51.84	UW Preview	1/14
Evan Burke	7:53.60	Ken Shannon Invite	2/25
Thomas Boyden	7:54.34	Razorback Invite	1/28
Meika Beaudoin-Rousseau	7:54.67	UW Preview	1/14
Robert DiDonato	7:56.55	Razorback Invite	1/28
Caleb Boutelle	8:03.82	UW Preview	1/14
Zane Bergen	8:04.73	Windy City Invite	2/11
Nolan Topper	8:13.03	Windy City Invite	2/11
Liam Anderson	8:24.77	Windy City Invite	2/11
Callum Sherry	8:48.00	UW Preview	1/14

5,000 (13:11.53)

Name	Mark	Meet	Date
Ky Robinson	13:11.53	Colyear-Danville	12/3
Charles Hicks	13:22.05	Windy City Invite	2/10
Devin Hart	13:29.31	Ken Shannon Invite	2/24
Evan Burke	13:38.46	Windy City Invite	2/10
Meika Beaudoin-Rousseau	13:39.57	Ken Shannon Invite	2/24
Caleb Boutelle	14:11.43	Windy City Invite	2/10
Nolan Topper	14:18.72	Ken Shannon Invite	2/24
Callum Sherry	14:51.02	Windy City Invite	2/10

60-meter hurdles (7.71)

Name	Mark	Meet	Date
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4x400 relay (3:07.66)

Name	Mark	Meet	Date
Miles Zoltak, John Kroeger, Karson Lippert, Udodi Onwuzurike	3:12.32		2/25
Miles Zoltak, Karson Lippert, Udodi Onwuzurike, Marcus Floyd	3:13.83	Razorback Invite	1/28
Miles Zoltak, Karson Lippert, John Kroeger, Marcus Floyd	3:21.41	Windy City Invite	2/11
Miles Zoltak, Karson Lippert, Gabriel Navarro, Dorien Simon	3:22.89	Spokane Challenge	1/14

Distance medley relay (9:26.91)

Name	Mark	Meet	Date
Charles Hicks, Miles Zoltak, Zane Bergen, John Lester	9:31.02	Alex Wilson Invite	2/18

High jump (7-3 1/2)

Name	Mark	Meet	Date
James Stevens	6-5	Ken Shannon Invite	2/25

Pole vault (18-4 3/4)

Name	Mark	Meet	Date
Garrett Brown	18-3	NCAA Championships	3/10
Max Manson	17-9 3/4	Ken Shannon Invite	2/24
J.T. Herrscher	16-6 3/4	Spokane Invite	12/10

Long jump (25-7 1/4)

Name	Mark	Meet	Date
Allan Hunter	24-3	Ken Shannon Invite	2/25
John Kroeger	23-1 3/4	Spokane Invite	12/10
Kevin Yang	21-8 1/4	Spokane Challenge	1/14

Triple jump (52-9 1/4)

Name	Mark	Meet	Date
Kevin Yang	49-0 3/4	Razorback Invite	1/28
Marcus Floyd	46-10 1/4	Spokane Challenge	1/14
Allan Hunter	44-7 1/2	Windy City Invite	2/11

Shot put (71-6 1/2)

Name	Mark	Meet	Date
Sam Liokumovich	58-9 1/2	Spokane Invite	12/10
Garin Gross	49-2 1/4	Windy City Invite	2/11

Weight throw (73-9)

Name	Mark	Meet	Date
Max McKhann	73-9	Ken Shannon Invite	2/24
Anthony Argyropoulos	62-7 3/4	Razorback Invite	1/28

Final

(Parentheses indicate school record)

STANFORD MEN'S 2023 PERFORMANCE LIST

By Individual

Academic years listed; Years of eligibility may differ.

Liam Anderson, Sr.

INDOORS

3,000

8:24.77 21, Sec.3) Windy City Invitational 2/11

Anthony Argyropoulos, Jr.

OUTDOORS

Hammer

160-2 (48.82m) 10) Cardinal Classic 3/18
188-8 (57.52m) 6) Brutus Hamilton Invite 4/8
191-10 (58.49m) 5) Bryan Clay Invitational 4/14
188-4 (57.41m) Coll., 21) Mt. SAC Relays 4/15
196-0 (59.74m) 4) Payton Jordan Invite 4/21
194-3 (59.21m) 5) Big Meet 4/29
180-11 (55.15m) 15) Pac-12 Championships 5/12

INDOORS

Weight throw

59-3 (18.06m) 2) Spokane Challenge 1/13
62-7 3/4 (19.09m) 7) Razorback Invitational 1/28
60-11 1/2 (18.58m) 8) Windy City Invitational 2/10
61-10 1/4 (18.85m) 6) Ken Shannon Invitational 2/24

Meika Beaudoin-Rousseau, 5th Sr.

OUTDOORS

1,500

3:46.84 1) Cardinal Classic 3/18
3:51.09 6) Big Meet 4/29

3,000

8:13.60 4) Big Meet 4/29

5,000

14:14.58 4) Pac-12 Championships 5/14

10,000

28:42.33 6) Payton Jordan Invite 4/21
28:43.98 3) Pac-12 Championships 5/12
28:47.48 19) NCAA West Prelims 5/24

INDOORS

Mile

4:03.27 7) Ken Shannon Invitational 2/25

3,000

7:54.67 5) UW Indoor Preview 1/14
8:01.90 23) Razorback Invitational 1/28

5,000

13:40.50 41) Colyear-Danville Opener 12/3
13:52.15 1) Windy City Invitational 2/10
13:39.57 6) Ken Shannon Invitational 2/24

Zane Bergen, Fr.

OUTDOORS

800

1:50.27 9) Stanford Invitational 4/1
1:53.55 2) Big Meet 4/29

1,500

3:43.03 10) Stanford Invitational 3/31
3:47.60 Inv., 126) Bryan Clay Invitational 4/15
3:56.35 11) Payton Jordan Invite 4/22
4:01.44 22p) Pac-12 Championships 5/12

3,000 steeplechase

9:20.16 4) Cardinal Classic 3/18
9:36.46 1) Big Meet 4/29

INDOORS

800

1:52.85 20) Razorback Invitational 1/28
1:53.15 11) Ken Shannon Invitational 2/25

Mile

4:02.97 9) UW Indoor Preview 1/14
4:08.51 26) Razorback Invitational 1/28
4:01.67 5) Ken Shannon Invitational 2/25

3,000

8:04.73 9, Sec.3) Windy City Invitational 2/11

Distance medley relay

9:31.02 (third leg) 13) Alex Wilson Invitational 2/18

Caleb Boutelle, So.

OUTDOORS

800

1:54.15 5) Cardinal Classic 3/18

1,500

3:49.15 2) Cardinal Classic 3/18
3:51.57 7) Big Meet 4/29

3,000

8:15.50 5) Big Meet 4/29

5,000

14:03.83 50) Stanford Invitational 3/31
DNF Payton Jordan Invite 4/21
14:59.32 21) Pac-12 Championships 5/14

INDOORS

Mile

4:05.03 18) Razorback Invitational 1/28
4:08.11 13, Sec.2) Windy City Invitational 2/11

3,000

8:03.82 10) UW Indoor Preview 1/14
8:06.97 14) Ken Shannon Invitational 2/25

5,000

14:11.43 2, Sec.2) Windy City Invitational 2/10

Thomas Boyden, Jr.

INDOORS

Mile

3:57.06 3) UW Indoor Preview 1/14

3,000

7:54.34 12) Razorback Invitational 1/28

Garrett Brown, So.**OUTDOORS****100**

11.39 26) Brutus Hamilton Invite 4/8

110 hurdles

15.11 1) Payton Jordan Invite 4/22

14.93 3) Big Meet 4/29

4x400 relay

3:21.02 (third leg) 2) Big Meet 4/29

Pole vault

17-6 1/2 (5.35m) 1) Cardinal Classic 3/18

17-2 3/4 (5.25m) Inv., 2) Stanford Invitational 4/1

16-9 1/2 (5.12m) 2) Brutus Hamilton Invite 4/8

17-8 1/2 (5.40m) Inv., 8) Mt. SAC Relays 4/15

17-3 (5.26m) 1) Payton Jordan Invite 4/22

17-9 (5.41m) 4) Big Meet 4/29

17-7 1/4 (5.37m) 4) Pac-12 Championships 5/14

17-8 1/2 (5.40m) 7) NCAA West Prelims 5/24

17-10 1/2 (5.45m) 14) NCAA Championships 6/7

Javelin

120-5 (36.72m) 5) Big Meet 4/29

INDOORS**60**

7.24 23pq) Spokane Invitational 12/10

Pole vault

17-8 1/2 (5.40m) 1, Inv.) Spokane Invitational 12/10

15-11 3/4 (4.87m) 3) Spokane Challenge 1/14

17-6 1/2 (5.35m) 3) Razorback Invitational 1/27

15-9 3/4 (4.82m) 8) Crimson Elite 2/3

16-7 1/2 (5.07m) 2) Scarlet & White Invitational 2/4

17-11 3/4 (5.48m) 3) Windy City Invitational 2/11

17-11 (5.46m) 1) Matador Qualifier 2/17

17-9 3/4 (5.43m) 1) Ken Shannon Invitational 2/24

18-3 (5.56m) 8) NCAA Championships 3/10

Evan Burke, Sr.**OUTDOORS****5,000**

13:44.72 19) Stanford Invitational 3/31

INDOORS**3,000**

7:54.56 13) Razorback Invitational 1/28

7:53.60 4) Ken Shannon Invitational 2/25

5,000

13:38.46 6) Windy City Invitational 2/10

Olufemi Cole, So.**OUTDOORS****200**

21.49 1) Payton Jordan Invite 4/21

21.35 2) Big Meet 4/29

400

47.88 7) Stanford Invitational 3/31

47.58 Coll., 23) Mt. SAC Relays 4/14

48.11 4) Big Meet 4/29

47.10 14p) Pac-12 Championships 5/13

4x100 relay

40.91 (second leg) 6) Stanford Invitational 4/1

39.68 (second leg) Inv., 7) Mt. SAC Relays 4/15

41.42 (second leg) 1) Payton Jordan Invite 4/22

40.01 (second leg) 2) Big Meet 4/29

39.76 (second leg) 7) Pac-12 Championships 5/14

39.56 (second leg) 18) NCAA West Prelims 5/26

4x400 relay

3:13.42 (third leg) 5) Stanford Invitational 4/1

3:11.25 (third leg) Coll., 7) Mt. SAC Relays 4/14

3:21.02 (anchor) 2) Big Meet 4/29

INDOORS**200**

22.17 5) Spokane Invitational 12/10

21.86 27) Razorback Invitational 1/27

400

DNF Razorback Invitational 1/28

Robert DiDonato, So.**OUTDOORS****3,000**

8:13.11 3) Big Meet 4/29

5,000

13:44.89 20) Stanford Invitational 3/31

10,000

31:19.92 12) Pac-12 Championships 5/12

INDOORS**Mile**

4:05.92 11) UW Indoor Preview 1/14

4:07.26 13) Ken Shannon Invitational 2/25

3,000

7:56.55 15) Razorback Invitational 1/28

8:02.95 5) Windy City Invitational 2/11

Marcus Floyd, Sr.**OUTDOORS****Triple jump**

46-8 3/4 (14.24m) Coll., 2) Stanford Invitational 4/1

46-6 3/4 (14.19m) 2) Brutus Hamilton Invite 4/8

F Pac-12 Championships 5/14

INDOORS**200**

22.79 40) Razorback Invitational 1/27

4x400

3:13.83 (anchor) 12) Razorback Invitational 1/28

3:21.41 (anchor) 6) Windy City Invitational 2/11

Triple jump

46-10 1/4 (14.28m) 7) Spokane Challenge 1/14

F Razorback Invitational 1/28

46-4 3/4 (14.14m) 10) Windy City Invitational 2/11

Garin Gross, So.**OUTDOORS****Shot put**

48-3 1/2 (14.72m)	10) Cardinal Classic	3/18
49-0 1/4 (14.94m)	Coll., 13) Stanford Invitational	4/1
49-3 (41.86m)	10) Brutus Hamilton Invite	4/8
48-8 3/4 (14.85m)	Coll., 16) Mt. SAC Relays	4/14
50-2 1/2 (15.30m)	9) Bryan Clay Invitational	4/15
48-8 1/4 (14.84m)	3) Payton Jordan Invite	4/22
46-9 1/2 (14.26m)	3) Big Meet	4/29
F	Pac-12 Championships	5/13

Discus

133-7 (40.73m)	12) Cardinal Classic	3/18
137-4 (41.86m)	10) Brutus Hamilton Invite	4/8
138-10 (42.32m)	3) Payton Jordan Invite	4/22
140-11 (42.95m)	7) Big Meet	4/29
140-1 (42.70m)	18) Pac-12 Championships	5/14

INDOORS**Shot put**

47-7 3/4 (14.52m)	1) Spokane Challenge	1/14
49-2 1/4 (14.99m)	12) Windy City Invitational	2/11
45-1 3/4 (13.76m)	10) Ken Shannon Invitational	2/25

Devin Hart, Sr.**OUTDOORS****10,000**

28:07.64	8) Stanford Invitational	3/31
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INDOORS**3,000**

7:51.84	3) UW Indoor Preview	1/14
7:52.75	7) Razorback Invitational	1/28
DNF	Ken Shannon Invitational	2/25

5,000

13:33.49	3) Windy City Invitational	2/10
13:29.31	1) Ken Shannon Invitational	2/24
14:38.37	15) NCAA Championships	3/10

J.T. Herrscher, Jr.**OUTDOORS****Pole vault**

16-0 3/4 (4.90m)	3) Cardinal Classic	3/18
16-0 3/4 (4.90m)	Inv., 8) Stanford Invitational	4/1
15-9 3/4 (4.82m)	4) Brutus Hamilton Invite	4/8
15-9 (4.80m)	Coll. B, 7) Mt. SAC Relays	4/14
15-7 1/4 (4.76m)	3) Payton Jordan Invite	4/22
15-11 1/4 (4.86m)	5) Big Meet	4/29
16-7 1/2 (5.07m)	7) Pac-12 Championships	5/14

INDOORS**Pole vault**

16-6 3/4 (5.05m)	3, Inv.) Spokane Invitational	12/10
15-5 3/4 (4.72m)	4) Spokane Challenge	1/14
16-0 3/4 (4.90m)	14) Razorback Invitational	1/27
16-4 (4.98m)	7) Windy City Invitational	2/11
16-6 (5.03m)	10) Ken Shannon Invitational	2/24

Charles Hicks, Sr.**OUTDOORS****1,500**

3:47.75	3) Big Meet	4/29
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3,000

8:09.51	1) Big Meet	4/29
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5,000

13:33.29	1) Payton Jordan Invite	4/21
13:26.65	4) NCAA West Prelims	5/26

10,000

27:57.47	1) Stanford Invitational	3/31
28:25.12	2) Pac-12 Championships	5/12
28:22.04	6) NCAA West Prelims	5/24
28:12.20	2) NCAA Championships	6/7

INDOORS**3,000**

7:53.90	10) Razorback Invitational	1/28
7:47.45	2) Ken Shannon Invitational	2/25

5,000

13:22.05	1) Windy City Invitational	2/10
14:01.34	9) NCAA Championships	3/10
14:09.03	6) NCAA Championships	6/9

Distance medley relay

9:31.02 (first leg)	13) Alex Wilson Invitational	2/18
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Allan Hunter, Jr.**OUTDOORS****Long jump**

24-1 3/4 (7.36m)	1) Cardinal Classic	3/18
22-1 3/4 (6.75m)	Inv., 11) Stanford Invitational	3/31
23-6 3/4 (7.18m)	2) Brutus Hamilton Invite	4/8
24-1 1/2 (7.35m)	Coll., 7) Mt. SAC Relays	4/14
24-5 1/2 (7.45m)	1) Payton Jordan Invite	4/21
24-3 (7.39m)	2) Big Meet	4/29
25-0 3/4 (7.64m)	5) Pac-12 Championships	5/13
19-6 (5.94m)	45) NCAA West Prelims	5/24

Triple jump

42-9 (13.03m)	1) Payton Jordan Invite	4/22
45-10 1/2w, 44-11 1/2	3) Big Meet	4/29

INDOORS**Long jump**

23-10 3/4 (7.28m)	1) Spokane Challenge	1/14
24-1 3/4 (7.36m)	13) Razorback Invitational	1/27
23-10 1/4 (7.27m)	4) Windy City Invitational	2/10
24-3 (7.39m)	2) Ken Shannon Invitational	2/25

Chudi Ikpeazu, Grad.**OUTDOORS****Discus**

154-10 (47.21m)	Coll. A, 19) Mt. SAC Relays	4/14
180-4 (54.97m)	1) Payton Jordan Invite	4/22
184-7 (56.27m)	3) Big Meet	4/29
192-10 (58.78m)	5) Pac-12 Championships	5/14
168-6 (51.36m)	45) NCAA West Prelims	5/26

John Kroeger, So.
OUTDOORS**100**

10.70	6) Brutus Hamilton Invite	4/8
10.86	1) Big Meet	4/29

200

21.87	17) Stanford Invitational	4/1
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4x100 relay

41.20 (third leg)	4) Cardinal Classic	3/18
40.91 (first leg)	6) Stanford Invitational	4/1
39.68 (first leg)	Inv., 7) Mt. SAC Relays	4/15
41.42 (first leg)	1) Payton Jordan Invite	4/22
40.01 (first leg)	2) Big Meet	4/29
39.76 (first leg)	7) Pac-12 Championships	5/14
39.56 (first leg)	18) NCAA West Prelims	5/26

4x400 relay

3:13.42 (anchor)	5) Stanford Invitational	4/1
3:21.02 (first leg)	2) Big Meet	4/29

Long jump

22-10 (6.96m)	2) Cardinal Classic	3/18
24-1 3/4 (7.36m)	Coll., 2) Stanford Invitational	3/31
21-10 1/4 (6.66m)	Coll., 30) Mt. SAC Relays	4/14
23-5 1/4 (7.14m)	2) Payton Jordan Invite	4/21
23-10 1/4w, 19-6 3/4	3) Big Meet	4/29
24-10 (7.57m)	7) Pac-12 Championships	5/13
25-7 1/2 (7.81m)	3) NCAA West Prelims	5/24
22-11 3/4 (7.00m)	24) NCAA Championships	6/7

Triple jump

45-0 1/2 (13.73m)	4) Cardinal Classic	3/18
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INDOORS**60**

6.98	4pq) Spokane Invitational	12/10
6.97	10p) Spokane Invitational	12/10

200

22.08	18p) Windy City Invitational	2/11
21.08	11) Ken Shannon Invitational	2/24

4x400

3:21.41 (third leg)	6) Windy City Invitational	2/11
3:12.32 (second leg)	7) Ken Shannon Invitational	2/25

Long jump

23-1 3/4 (7.05m)	2) Spokane Invitational	12/10
22-10 (6.96m)	4) Spokane Challenge	1/14
22-7 (6.88m)	19) Razorback Invitational	1/27
23-1 1/4 (7.04m)	7) Windy City Invitational	2/10
18-3 1/4 (5.57m)	13) Ken Shannon Invitational	2/25

John Lester, So.**INDOORS****800**

1:49.95	5) Razorback Invitational	1/28
1:48.49	1) Windy City Invitational	2/10
1:46.93	1) Ken Shannon Invitational	2/25
1:50.03	10p) NCAA Championships	3/10

Mile

3:58.88	6) UW Indoor Preview	1/14
3:58.84	7) Razorback Invitational	1/28

Distance medley relay

9:31.02 (anchor)	13) Alex Wilson Invitational	2/18
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Sam Liokumovich, Sr.**INDOORS****Shot put**

58-9 1/2 (17.32m)	1) Spokane Invitational	12/10
49-7 (15.11m)	19) Razorback Invitational	1/27
51-9 (15.77m)	9) Windy City Invitational	2/11

Karson Lippert, Sr.
OUTDOORS**100**

10.79	10) Cardinal Classic	3/18
10.96	11) Brutus Hamilton Invite	4/8
11.08	2) Payton Jordan Invite	4/22

200

22.03	3) Payton Jordan Invite	4/21
22.15	4) Big Meet	4/29

400

48.44	9) Stanford Invitational	3/31
48.10	Coll., 30) Mt. SAC Relays	4/14
48.24	5) Big Meet	4/29
48.64	26p) Pac-12 Championships	5/13

4x100 relay

41.20 (anchor)	4) Cardinal Classic	3/18
40.91 (anchor)	6) Stanford Invitational	4/1
41.42 (anchor)	1) Payton Jordan Invite	4/22

4x400 relay

3:13.42 (second leg)	5) Stanford Invitational	4/1
3:11.25 (second leg)	Coll., 7) Mt. SAC Relays	4/14
3:21.02 (second leg)	2) Big Meet	4/29

INDOORS**60**

7.09	12pq) Spokane Invitational	12/10
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200

22.30	38) Razorback Invitational	1/27
22.08	17p) Windy City Invitational	2/11

400

49.03	7) Spokane Challenge	1/14
48.25	31) Razorback Invitational	1/28
48.08	1, Sec.2) Windy City Invitational	2/10

4x400

3:22.89 (second leg)	4) Spokane Challenge	1/14
3:13.83 (second leg)	12) Razorback Invitational	1/28
3:21.41 (second leg)	6) Windy City Invitational	2/11
3:12.32 (third leg)	7) Ken Shannon Invitational	2/25

Max Manson, Sr.**OUTDOORS****Pole vault**

17-2 3/4 (5.25m)	2) Cardinal Classic	3/18
17-2 3/4 (5.25m)	Inv., 4) Stanford Invitational	4/1
16-9 1/2 (5.12m)	2) Brutus Hamilton Invite	4/8
17-4 1/2 (5.30m)	Coll. A, 4) Mt. SAC Relays	4/14
16-11 (5.16m)	2) Payton Jordan Invite	4/22
17-5 (5.31m)	2) Big Meet	4/29
17-3 1/2 (5.27m)	5) Pac-12 Championships	5/14
17-0 3/4 (5.20m)	24) NCAA West Prelims	5/24

INDOORS**Pole vault**

17-4 1/2 (5.30m)	2, Inv.) Spokane Invitational	12/10
17-7 1/4 (5.37m)	1) Spokane Challenge	1/14
17-0 3/4 (5.20m)	6) Razorback Invitational	1/27
16-11 1/2 (5.17m)	3) Crimson Elite	2/3
15-7 3/4 (4.77m)	3) Scarlet & White Invitational	2/4
17-3 3/4 (5.28m)	6) Windy City Invitational	2/11
17-6 1/4 (5.34m)	2) Matador Qualifier	2/17
17-9 3/4 (5.43m)	2) Ken Shannon Invitational	2/24

Max McKhann, 5th Sr.**OUTDOORS****Shot put**

42-2 1/4 (12.86m) 6) Payton Jordan Invite 4/22

Discus

141-5 (43.12m) 2) Payton Jordan Invite 4/22

152-10 (46.59m) 5) Big Meet 4/29

142-9 (43.52m) 17) Pac-12 Championships 5/14

Hammer

208-3 (63.47m) 3) Cardinal Classic 3/18

216-11 (66.13m) Inv., 1) Stanford Invitational 4/1

214-6 (65.39m) 2) Brutus Hamilton Invite 4/8

213-9 (65.16m) 1) Bryan Clay Invitational 4/14

217-7 (66.32m) Coll., 5) Mt. SAC Relays 4/15

209-2 (63.77m) 2) Payton Jordan Invite 4/21

216-9 (66.08m) 3) Big Meet 4/29

221-10 (67.62m) 5) Pac-12 Championships 5/12

219-4 (66.86m) 14) NCAA West Prelims 5/24

INDOORS**Weight throw**

68-7 (20.90m) 1) Spokane Invitational 12/10

71-11 (21.92m) 1) Spokane Challenge 1/13

71-6 1/4 (21.80m) 3) Windy City Invitational 2/10

72-1 3/4 (21.99m) 10 Matador Qualifier 2/17

73-9 (22.48m) 1) Ken Shannon Invitational 2/24

68-1 3/4 (20.77m) 15) NCAA Championships 3/10

Gabriel Navarro, 5th Sr.**OUTDOORS****100**

10.95 1) Payton Jordan Invite 4/22

11.07 3) Big Meet 4/29

200

21.86 9) Cardinal Classic 3/18

21.75w 14) Stanford Invitational 4/1

21.91 Coll., 33) Mt. SAC Relays 4/14

21.86 2) Payton Jordan Invite 4/21

22.08 24p) Pac-12 Championships 5/12

400

49.65 30) Stanford Invitational 3/31

4x100 relay

40.91 (third leg) 6) Stanford Invitational 4/1

39.68 (third leg) Inv., 7) Mt. SAC Relays 4/15

41.42 (third leg) 1) Payton Jordan Invite 4/22

40.01 (third leg) 2) Big Meet 4/29

39.76 (third leg) 7) Pac-12 Championships 5/14

39.56 (third leg) 18) NCAA West Prelims 5/26

4x400 relay

3:11.25 (anchor) Coll., 7) Mt. SAC Relays 4/14

INDOORS**60**

7.11 34p) Razorback Invitational 1/28

7.07 29p) Ken Shannon Invitational 2/25

200

22.28 37) Razorback Invitational 1/27

22.44 23p) Windy City Invitational 2/11

22.13 12) Ken Shannon Invitational 2/24

400

51.38 24) Spokane Challenge 1/14

49.74 8) Windy City Invitational 2/10

4x400

3:22.89 (third leg) 4) Spokane Challenge 1/14

Udodi Onwuzurike, So.**OUTDOORS****100**

10.15 1p) Stanford Invitational 3/31

10.07 1) Stanford Invitational 3/31

10.09 1p) Pac-12 Championships 5/13

10.23 2) Pac-12 Championships 5/14

10.16 1p) NCAA West Prelims 5/24

9.92 1) NCAA West Prelims 5/26

10.04 9p) NCAA Championships 6/7

9.98 6) NCAA Championships 6/9

200

20.40w 1) Stanford Invitational 4/1

20.14 Inv., 1) Mt. SAC Relays 4/15

20.49 2p) Pac-12 Championships 5/12

19.91 1) Pac-12 Championships 5/14

20.33 2p) NCAA West Prelims 5/24

20.07 3) NCAA West Prelims 5/26

19.76 1p) NCAA Championships 6/7

19.84 1) NCAA Championships 6/9

400

48.57 2) Payton Jordan Invite 4/22

4x100 relay

39.68 (first leg) Inv., 7) Mt. SAC Relays 4/15

40.01 (anchor) 2) Big Meet 4/29

39.76 (anchor) 7) Pac-12 Championships 5/14

39.56 (anchor) 18) NCAA West Prelims 5/26

INDOORS**60**

6.67 1p) Razorback Invitational 1/28

6.63 2) Razorback Invitational 1/28

6.65 2p) Windy City Invitational 2/10

6.70 2) Windy City Invitational 2/10

6.68 1p) Ken Shannon Invitational 2/25

6.59 1) Ken Shannon Invitational 2/25

200

20.61 1) Scarlet & White Invitational 2/4

20.56 1) Last Chance Indoor Qualifier 2/26

20.17 1p) NCAA Championships 3/10

20.36 5) NCAA Championships 3/11

4x400

3:13.83 (third leg) 12) Razorback Invitational 1/28

3:12.32 (anchor) 7) Ken Shannon Invitational 2/25

Ky Robinson, Jr.
OUTDOORS

800		
1:53.32	1) Big Meet	4/29
1,500		
DNF	Inv.) Bryan Clay Invitational	4/15
3:45.64	1) Big Meet	4/29
3:43.35	3p) Pac-12 Championships	5/12
3:42.99	2) Pac-12 Championships	5/14
5,000		
13:29.44	Inv., 5) Bryan Clay Invitational	4/14
DNF	Payton Jordan Invite	4/21
14:14.44	3) Pac-12 Championships	5/14
13:22.29	1) NCAA West Prelims	5/26
14:04.77	1) NCAA Championships	6/9
10,000		
27:58.74	1) Stanford Invitational	3/31
28:22.84	8) NCAA West Prelims	5/24
28:10.96	1) NCAA Championships	6/7
INDOORS		
Mile		
3:55.87	1) UW Indoor Preview	1/14
3,000		
7:49.72	3) Razorback Invitational	1/28
7:42.30	1) Ken Shannon Invitational	2/25
8:03.87	10) NCAA Championships	3/11
5,000		
13:11.53	1) Colyear-Danville Opener	12/3
13:47.11	7) NCAA Championships	3/10

Callum Sherry, Fr.
OUTDOORS

3,000		
8:31.97	7) Big Meet	4/29
5,000		
14:49.95	96) Stanford Invitational	3/31
10,000		
30:33.85	17) Payton Jordan Invite	4/21
31:04.11	11) Pac-12 Championships	5/12
3,000 steeplechase		
9:20.09	3) Cardinal Classic	3/18
9:36.46	2) Big Meet	4/29
9:37.72	12) Pac-12 Championships	5/13
INDOORS		
Mile		
4:15.52	24) Ken Shannon Invitational	2/25
3,000		
8:48.00	58) UW Indoor Preview	1/14
5,000		
14:51.02	13, Sec.2) Windy City Invitational	2/10

Gavin Sherry, Fr.
OUTDOORS

800		
1:54.64	3) Big Meet	4/29
1,500		
3:52.13	3) Cardinal Classic	3/18
3:46.61	Inv., 108) Bryan Clay Invitational	4/15
3:50.03	5) Big Meet	4/29
3:49.09	13p) Pac-12 Championships	5/12
5,000		
14:31.86	87) Stanford Invitational	3/31
14:20.80	Sec.2, 10) Payton Jordan Invite	4/21
14:40.15	13) Pac-12 Championships	5/14
INDOORS		
Mile		
4:08.84	28) Razorback Invitational	1/28

Dorien Simon, Sr.
OUTDOORS

100		
10.72	8) Cardinal Classic	3/18
10.90	23p) Stanford Invitational	3/31
10.94	Coll., 41p) Mt. SAC Relays	4/14
200		
22.24	14) Cardinal Classic	3/18
22.31w	28) Stanford Invitational	4/1
4x100 relay		
41.20 (first leg)	4) Cardinal Classic	3/18
INDOORS		
60		
6.83	1p) Spokane Invitational	12/10
6.87	5) Spokane Invitational	12/10
6.85	3p) Spokane Challenge	1/14
6.92	7) Spokane Challenge	1/14
6.92	27p) Razorback Invitational	1/28
6.90	14p) Windy City Invitational	2/10
6.99	23p) Ken Shannon Invitational	2/25
200		
21.60	3) Spokane Invitational	1/14
21.99	32) Razorback Invitational	1/27
22.51	24p) Windy City Invitational	2/11
22.22	15) Ken Shannon Invitational	2/24
4x400		
3:22.89 (anchor)	4) Spokane Challenge	1/14

Cole Sprout, Jr.
OUTDOORS

1,500		
3:47.90	4) Big Meet	4/29
3,000		
8:09.74	2) Big Meet	4/29
5,000		
14:12.28	2) Pac-12 Championships	5/14
10,000		
28:30.91	2) Payton Jordan Invite	4/21
28:41.14	14) NCAA West Prelims	5/24
INDOORS		
Mile		
3:56.53	2) UW Indoor Preview	1/14
3,000		
7:44.50	2) Razorback Invitational	1/28
5,000		
DNF	Windy City Invitational	2/10

James Stevens, Jr.**OUTDOORS****High jump**

6-4 3/4 (1.95m)	2) Cardinal Classic	3/18
6-2 3/4 (7.36m)	Coll., 6) Stanford Invitational	3/31
6-4 (1.93m)	1) Payton Jordan Invite	4/21
6-1 1/4 (1.86m)	4) Big Meet	4/29
6-2 3/4 (1.90m)	10) Pac-12 Championships	5/13

INDOORS**High jump**

6-2 3/4 (1.90m)	7) Spokane Invitational	12/10
6-2 1/4 (1.89m)	9) Spokane Challenge	1/13
NH	Razorback Invitational	1/27
6-5 (1.96m)	9) Ken Shannon Invitational	2/25

Galen Topper, So.**OUTDOORS****800**

1:59.93	5) Big Meet	4/29
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1,500

DNF	Inv.) Bryan Clay Invitational	4/15
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3,000 steeplechase

10:36.31	3) Big Meet	4/29
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Nolan Topper, So.**INDOORS****3,000**

8:13.03	14, Sec.3) Windy City Invitational	2/11
DNF	Ken Shannon Invitational	2/25

5,000

14:18.72	15) Ken Shannon Invitational	2/24
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Kevin Yang, Jr.**OUTDOORS****Long jump**

22-1 3/4 (6.75m)	6) Brutus Hamilton Invite	4/8
22-5 1/4w (6.84m), 21-5 1/2 3)	Payton Jordan Invite	4/21

Triple jump

50-9 1/4w, 49-10 1/2	1) Big Meet	4/29
51-3 3/4 (15.64m)	1) Pac-12 Championships	5/14
50-7 1/4 (15.42m)	19) NCAA West Prelims	5/26

INDOORS**Long jump**

21-8 1/4 (6.61m)	3) Spokane Challenge	1/14
21-5 1/2 (6.54m)	14) Windy City Invitational	2/10

Triple jump

48-6 (14.78m)	3) Spokane Invitational	12/10
48-0 (14.63m)	4) Spokane Challenge	1/14
49-0 3/4 (14.95m)	7) Razorback Invitational	1/28
48-8 1/4 (14.84m)	7) Windy City Invitational	2/11

Miles Zoltak, 5th Sr.**OUTDOORS****200**

21.89	19) Stanford Invitational	4/1
22.06	4) Payton Jordan Invite	4/21

400

48.44	7) Cardinal Classic	3/18
49.09	25) Stanford Invitational	3/31
47.99	Coll., 29) Mt. SAC Relays	4/14
50.31	28p) Pac-12 Championships	5/13

4x100 relay

41.20 (second leg)	4) Cardinal Classic	3/18
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4x400 relay

3:13.42 (first leg)	5) Stanford Invitational	4/1
3:11.25 (first leg)	Coll., 7) Mt. SAC Relays	4/14

Javelin

85-4 (26.03m)	6) Big Meet	4/29
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INDOORS**400**

48.63	4) Spokane Challenge	1/14
48.44	35) Razorback Invitational	1/28
48.77	6) Windy City Invitational	2/10

4x400

3:22.89 (first leg)	4) Spokane Challenge	1/14
3:13.83 (first leg)	12) Razorback Invitational	1/28
3:21.41 (first leg)	6) Windy City Invitational	2/11
3:12.32 (first leg)	7) Ken Shannon Invitational	2/25

Distance medley relay

9:31.02 (second leg)	13) Alex Wilson Invitational	2/18
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Thru June 19, 2023

STANFORD WOMEN'S 2023 OUTDOOR PERFORMANCE LIST

By Event

100 meters (11.15)

Name	Mark	Meet	Date
Alexa Rossum	11.42	Stanford Invite	3/31
Maya Valmon	11.73*,11.81	Card. Cl./P.Jordan	3/18,4/22
Olivia Okoli	11.75	Stanford Invite	3/31
Cydney Wright	11.77	Payton Jordan	4/22
Alyssa Jones	11.79	Payton Jordan	4/22
Megan Olomu	12.15	Big Meet	4/29
Alaysia Oakes	12.17	Stanford Invite	3/31

200 meters (22.78)

Name	Mark	Meet	Date
Alexa Rossum	23.01	NCAA West Prelims	5/27
Cydney Wright	23.44	NCAA West Prelims	5/25
Maya Valmon	23.75	Payton Jordan	4/21
Alyssa Jones	24.07	Payton Jordan	4/21
Samantha Thomas	24.66	Mt. SAC Relays	4/14
Megan Olomu	24.80	Big Meet	4/29
Alaysia Oakes	25.07	Payton Jordan	4/21
Camille Peisner	25.07	Payton Jordan	4/21
Trinity Price	25.54	Mt. SAC Relays	4/14

400 meters (51.71)

Name	Mark	Meet	Date
Maya Valmon	51.71	Pac-12 Champs	5/14
Cydney Wright	53.02	Big Meet	4/29
Roisin Willis	53.41	Big Meet	4/29
Juliette Whittaker	53.74	Stanford Invite	3/31
Samantha Thomas	54.94	Payton Jordan	4/22
Trinity Price	55.61	Stanford Invite	3/31
Anna Tovkach	55.92	Cardinal Classic	3/18
Camille Peisner	56.36	Mt. SAC Relays	4/14
Taylor James	56.41	Stanford Invite	3/31
Megan Olomu	59.36	Brutus Hamilton	4/8
Hannah Wilson	1:01.88	Cardinal Classic	3/18

800 meters (2:00.08)

Name	Mark	Meet	Date
Roisin Willis	2:00.91	NCAA Champs	6/10
Juliette Whittaker	2:01.19	Pac-12 Champs	5/14
Melissa Tanaka	2:04.51	Big Meet	4/29
Taylor James	2:04.90	NCAA West Prelims	5/27
Ellie Deligianni	2:05.42	Payton Jordan	4/22
Anna Tovkach	2:05.53	Pac-12 Champs	5/14
Julia Flynn	2:07.80	Big Meet	4/29
Lily Flynn	2:09.19	Big Meet	4/29
Hannah Wilson	2:12.03	Mt. SAC Relays	4/14
Nicola Hogg	2:13.69	Big Meet	4/29

1,500 meters (4:04.84)

Name	Mark	Meet	Date
Melissa Tanaka	4:09.85	Pac-12 Champs	5/14
Juliette Whittaker	4:12.49	Mt. SAC Relays	4/14
Roisin Willis	4:13.31	Mt. SAC Relays	4/14
Lucy Jenks	4:14.81	Mt. SAC Relays	4/14
Zofia Dudek	4:19.02	Big Meet	4/29
Ellie Deligianni	4:19.47	Mt. SAC Relays	4/14
Julia Flynn	4:21.75	Payton Jordan	4/22
Riley Stewart	4:21.76	Payton Jordan	4/22
Grace Connolly	4:21.99	Big Meet	4/29
Lily Flynn	4:23.36	Payton Jordan	4/22
Nicola Hogg	4:26.68	Mt. SAC Relays	4/14
Audrey Suarez	4:28.29	Cardinal Classic	3/18
Ava Parekh	4:34.02	Stanford Invite	3/31
Imogen Gardiner	4:40.29	Mt. SAC Relays	4/14

3,000 meters (9:03.51)

Name	Mark	Meet	Date
Zofia Dudek	9:31.91	Big Meet	4/29
Audrey DaDamio	9:37.48	Big Meet	4/29
Lucy Jenks	9:39.79	Big Meet	4/29
Grace Connolly	9:45.13	Big Meet	4/29
Audrey Suarez	10:08.59	Big Meet	4/29

5,000 meters (15:09.62)

Name	Mark	Meet	Date
Zofia Dudek	15:32.89	Bryan Clay Invite	4/14
Lucy Jenks	15:33.13	Stanford Invite	3/31
Grace Connolly	16:01.72	Bryan Clay Invite	4/14
Riley Stewart	16:03.66	Bryan Clay Invite	4/14
Ava Parekh	16:27.03	Cardinal Classic	3/18
Audrey DaDamio	16:27.25	Cardinal Classic	3/18
Caroline Wells	17:11.94	Stanford Invite	3/31

10,000 meters (32:19.97)

Name	Mark	Meet	Date
Grace Connolly	33:19.28	Stanford Invite	3/31
Audrey DaDamio	33:21.12	Stanford Invite	3/31

100-meter hurdles (12.76)

Name	Mark	Meet	Date
Elise Miller	14.30	Stanford Invite	3/31
Madison Romain	15.14	Big Meet	4/29

400-meter hurdles (53.21)

Name	Mark	Meet	Date
Samantha Thomas	58.22	Pac-12 Champs	5/14
Madison Romain	1:04.88	Brutus Hamilton	4/8

3,000-meter steeplechase (10:01.53)

Name	Mark	Meet	Date
Riley Stewart	10:26.02	Big Meet	4/29
Ava Parekh	10:55.79	Big Meet	4/29

4x100 meter relay (43.69)

Name	Mark	Meet	Date
Cydney Wright, Alyssa Jones, Maya Valmon, Alexa Rossum	43.69	NCAA West Prelims	5/27
Cydney Wright, Alyssa Jones, Maya Valmon, Alexa Rossum	43.77	NCAA Champs	6/8
Cydney Wright, Alyssa Jones, Maya Valmon, Alexa Rossum	44.34	Pac-12 Champs	5/14
Olivia Okoli, Alyssa Jones, Cydney Wright, Alexa Rossum	44.57	Stanford Invite	4/1
Olivia Okoli, Alyssa Jones, Cydney Wright, Alexa Rossum	45.20	Mt. SAC Relays	4/14
Olivia Okoli, Alyssa Jones, Cydney Wright, Megan Olomu	45.91	Big Meet	4/29
Maya Valmon, Alyssa Jones, Cydney Wright, Megan Olomu	46.31	Payton Jordan	4/22

4x400 meter relay (3:29.39)

Name	Mark	Meet	Date
Cydney Wright, Juliette Whittaker, Roisin Willis, Maya Valmon	3:29.43	NCAA West Prelims	5/27
Cydney Wright, Juliette Whittaker, Alexa Rossum, Maya Valmon	3:30.98	NCAA Champs	6/8
Cydney Wright, Alexa Rossum, Maya Valmon, Juliette Whittaker	3:31.64	Stanford Invite	4/1
Cydney Wright, Maya Valmon, Alexa Rossum, Samantha Thomas	3:33.71	Mt. SAC Relays	4/15
Maya Valmon, Juliette Whittaker, Cydney Wright, Samantha Thomas	3:34.35	Pac-12 Champs	5/14
Samantha Thomas, Alexa Rossum, Cydney Wright, Anna Tovkach	3:39.11	Cardinal Classic	3/18
Samantha Thomas, Maya Valmon, Roisin Willis, Taylor James	3:39.03	Big Meet	4/29
Samantha Thomas, Trinity Price, Anna Tovkach, Taylor James	3:44.49	Stanford Invite	4/1
Anna Tovkach, Melissa Tanaka, Ellie Deligianni, Julia Flynn	3:49.10	Big Meet	4/29
Camille Peisner, Megan Olomu, Julia Flynn, Olivia Okoli	3:55.60	Stanford Invite	4/1
Lily Flynn, Julia Flynn, Audrey Suarez, Hannah Wilson	4:00.17	Cardinal Classic	3/18

4x800 meter relay

Name	Mark	Meet	Date
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4x1,500 meter relay

Name	Mark	Meet	Date
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Sprint medley relay (3:41.59)

Name	Mark	Meet	Date
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Distance medley relay (10:50.56)

Name	Mark	Meet	Date
Melissa Tanaka, Maya Valmon, Roisin Willis, Juliette Whittaker	10:50.56	Penn Relays	4/28

High jump (6-2)

Name	Mark	Meet	Date
Alyssa Jones	6-0	Payton Jordan	4/21
Elise Miller	5-0 1/2	Pac-12 Champs	5/12

Pole vault (14-9 1/2)

Name	Mark	Meet	Date
Laurel Wong	13-8 1/4	Payton Jordan	4/22
Kelly Kern	12-10 1/4	Stanford Invite	3/31
Lianne Kistler	12-3 1/2	Big Meet/Pac-12	4/29,5/13

Long jump (21-11 3/4)

Name	Mark	Meet	Date
Alyssa Jones	22-6 1/4	NCAA Champs	6/8
Tess Stapleton	19-8	Payton Jordan	4/21
Alaysia Oakes	19-6 3/4	Stanford Invite	3/31
Teagan Zwaanstra	18-9 1/4w, 18-7 3/4	Big Meet	4/29
Laurel Wong	17-1 1/2	Payton Jordan	4/21
Lauren Kistler	17-0 1/2	Payton Jordan	4/21
Kelly Kern	16-7	Payton Jordan	4/21

Triple jump (46-5 1/4)

Name	Mark	Meet	Date
Alaysia Oakes	41-1	Stanford Invite	4/1
Elise Miller	40-6 3/4	Cardinal Classic	3/18
Ellie Talius	38-9 1/2	Stanford Invite	4/1

Shot put (59-6 3/4)

Name	Mark	Meet	Date
Brandy Atuatasi	45-10 3/4	Big Meet	4/29
Kaiah Fisher	40-0*	Payton Jordan	4/22
Elise Miller	35-2 1/2	Payton Jordan	4/22

Discus (208-6, 63.55)

Name	Mark	Meet	Date
Kaiah Fisher	169-8*	Payton Jordan	4/22
Brandy Atuatasi	154-4	Brutus Hamilton	4/8

Hammer (219-8)

Name	Mark	Meet	Date
Kaiah Fisher	140-5*	Payton Jordan	4/21

Javelin (198-0, 60.36)

Name	Mark	Meet	Date
Brandy Atuatasi	114-5	Big Meet	4/29
Elise Miller	85-8	Big Meet	4/29

Heptathlon (5,855)

Name	Mark	Meet	Date
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Thru June 19, 2023

(Parentheses indicates school record for that event)

*unattached

STANFORD WOMEN'S 2023 INDOOR PERFORMANCE LIST

By Event

60 meters (7.21)

Name	Mark	Meet	Date
Alexa Rossum	7.32	Ken Shannon Invite	2/25
Alyssa Jones	7.53	Razorback Invite	1/28
Alaysia Oakes	7.59	Spokane Invite	12/10
Trinity Price	7.63	Spokane Invite	12/10
Teagan Zwaanstra	7.66	Spokane Invite	12/10
Cydney Wright	7.70	Ken Shannon Invite	2/25
Megan Olomu	7.85	Spokane Invite	12/10

200 meters (22.77)

Name	Mark	Meet	Date
Alexa Rossum	23.59	Spokane Challenge	1/14
Alyssa Jones	23.63	Spokane Challenge	1/14
Cydney Wright	24.45	Spokane Challenge	1/14
Trinity Price	24.67	Spokane Invite	12/10
Samantha Thomas	24.70	Razorback Invite	1/27
Alaysia Oakes	25.11	Spokane Challenge	1/14
Megan Olomu	25.56	Spokane Challenge	1/14
Elise Miller	26.05	Windy City Invite	2/11

400 meters (53.01)

Name	Mark	Meet	Date
Maya Valmon	53.01	Razorback Invite	1/28
Roisin Willis	53.65	UW Preview	1/14
Cydney Wright	54.85	Ken Shannon Invite	2/25
Samantha Thomas	54.86	Razorback Invite	1/28
Camille Peisner	56.04	Spokane Challenge	1/14
Anna Tovkach	56.06	UW Preview	1/14
Trinity Price	56.16	Spokane Challenge	1/14
Taylor James	56.48	UW Preview	1/14

800 meters (1:59.93)

Name	Mark	Meet	Date
Roisin Willis	1:59.93	NCAA Champs	3/11
Juliette Whittaker	2:00.05	NCAA Champs	3/11
Ellie Deligianni	2:03.79	Ken Shannon Invite	2/25
Anna Tovkach	2:04.67	Ken Shannon Invite	2/25
Melissa Tanaka	2:05.61	Windy City Invite	2/11
Taylor James	2:07.22	Ken Shannon Invite	2/25
Morgan Foster	2:10.06	Windy City Invite	2/11
Elise Miller	2:30.04	Razorback Invite	1/27

Mile (4:31.29)

Name	Mark	Meet	Date
Juliette Whittaker	4:33.53	Ken Shannon Invite	2/25
Melissa Tanaka	4:37.21	Windy City Invite	2/10
Ellie Deligianni	4:39.45	Razorback Invite	1/28
Riley Stewart	4:40.31	Ken Shannon Invite	2/25
Lucy Jenks	4:40.41	Ken Shannon Invite	2/25
Audrey Suarez	4:46.87	Razorback Invite	1/28
Julia Flynn	4:48.42	Razorback Invite	1/28
Lily Flynn	4:52.23	Ken Shannon Invite	2/25
Ava Parekh	4:52.43	Razorback Invite	1/28
Audrey DaDamio	4:52.91	Windy City Invite	2/10
Imogen Gardiner	4:56.77	Windy City Invite	2/11

3,000 (8:53.1)

Name	Mark	Meet	Date
Zofia Dudek	9:08.26	Windy City Invite	2/11
Lucy Jenks	9:08.36	Windy City Invite	2/11
Riley Stewart	9:14.47	Windy City Invite	2/11
Grace Connolly	9:23.01	Razorback Invite	1/28
Melissa Tanaka	9:24.31	UW Preview	1/14
Audrey Suarez	9:28.55	Windy City Invite	2/11
Audrey DaDamio	9:28.51	Windy City Invite	2/11
Ava Parekh	9:30.69	Windy City Invite	2/11
Imogen Gardiner	9:43.34	UW Preview	1/14
Julia Flynn	9:46.25	UW Preview	1/14
Lily Flynn	9:51.53	Windy City Invite	2/11

5,000 (15:35.77)

Name	Mark	Meet	Date
Zofia Dudek	15:40.41	Colyear-Danville	12/3
Lucy Jenks	15:42.58	Colyear-Danville	12/3
Grace Connolly	16:06.27	Ken Shannon Invite	2/24
Audrey DaDamio	16:09.39	Colyear-Danville	12/3

60 hurdles (8.17)

Name	Mark	Meet	Date
Elise Miller	8.72	Ken Shannon Invite	2/24
Madison Romain	9.20	Spokane Challenge	1/14

4x400 relay (3:31.71)

Name	Mark	Meet	Date
Alexa Rossum, Juliette Whittaker, Maya Valmon, Roisin Willis	3:31.71	Ken Shannon Invite	2/25
Maya Valmon, Roisin Willis, Alexa Rossum, Juliette Whittaker	3:32.59	Windy City Invite	2/11
Alexa Rossum, Maya Valmon, Juliette Whittaker, Roisin Willis	3:32.80	NCAA Champs	3/11
Maya Valmon, Roisin Willis, Alexa Rossum, Juliette Whittaker	3:33.94	Razorback Invite	1/28
Roisin Willis, Anna Tovkach, Taylor James, Juliette Whittaker	3:41.09	UW Preview	1/14
Samantha Thomas, Cydney Wright, Anna Tovkach, Taylor James	3:41.92	Ken Shannon Invite	2/25
Cydney Wright, Trinity Price, Maya Valmon, Camille Peisner	3:45.26	Spokane Challenge	1/14
Samantha Thomas, Cydney Wright, Anna Tovkach, Ellie Deligianni	3:45.42	Windy City Invite	2/11
Samantha Thomas, Trinity Price, Camille Peisner, Megan Olomu	3:46.63	Spokane Invite	12/10
Samantha Thomas, Alexa Rossum, Alyssa Jones, Alaysia Oakes	3:54.90	Spokane Challenge	1/14
Ellie Deligianni, Melissa Tanaka, Lucy Jenks, Audrey Suarez	3:58.22	UW Preview	1/14

Distance medley relay (10:49.30)

Name	Mark	Meet	Date
Melissa Tanaka, Maya Valmon, Roisin Willis, Juliette Whittaker	10:49.30	Ken Shannon Invite	2/24
Juliette Whittaker, Maya Valmon, Roisin Willis, Melissa Tanaka	10:55.15	Razorback Invite	1/27
Melissa Tanaka, Maya Valmon, Roisin Willis, Juliette Whittaker	10:56.34	NCAA Champs	3/10
Lucy Jenks, Taylor James, Ellie Deligianni, Riley Stewart	11:10.89	Razorback Invite	1/27
Audrey Suarez, Anna Tovkach, Julia Flynn, Ava Parekh	11:29.76	Razorback Invite	1/27

High jump (6-5 1/2)

Name	Mark	Meet	Date
Alyssa Jones	6-0	Spokane Challenge	1/14
Elise Miller	5-3 3/4	Razorback Invite	1/27

Pole vault (14-5 1/2)

Name	Mark	Meet	Date
Laurel Wong	13-1	Razorback Invite	1/28
Kelly Kern	12-11 1/2	Ken Shannon Invite	2/24
Lianne Kistler	12-6 1/4	Windy City Invite	2/10

Long jump (22-1 1/2)

Name	Mark	Meet	Date
Alyssa Jones	22-1 1/2	NCAA Champs	3/10
Alaysia Oakes	19-2 1/2	Spokane Challenge	1/14
Teagan Zwaanstra	18-9 3/4	Spokane Invite	12/10
Elise Miller	18-8 1/2	Razorback Invite	1/27

Triple jump (46-7 1/4)

Name	Mark	Meet	Date
Elise Miller	39-9 3/4	Spokane Invite	12/10
Alaysia Oakes	39-7 1/4	Spokane Invite	12/10
Ellie Talius	35-7 3/4	Spokane Challenge	1/14

Shot put (58-8 1/2)

Name	Mark	Meet	Date
Kaiah Fisher	44-10 3/4	Windy City Invite	2/11
Brandy Atuatasi	44-6 1/4	Ken Shannon Invite	2/25
Elise Miller	34-4 1/4	Ken Shannon Invite	2/24

Weight throw (70-3 1/2)

Name	Mark	Meet	Date
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Pentathlon (4,063)

Name	Mark	Meet	Date
Elise Miller	3,700	Razorback Invite	1/27

Final

(Parentheses indicates school record)

STANFORD WOMEN'S 2023 PERFORMANCE LIST

By Individual

Academic years listed; Years of eligibility may differ.

Brandy Atuatasi, So.

OUTDOORS

Shot put

40-3 1/2 (12.28m)	5) Cardinal Classic	3/18
42-4 (12.90m)	Coll., 8) Stanford Invitational	3/31
38-7 (11.76m)	5) Brutus Hamilton Invite	4/8
40-9 (12.42m)	Coll., 26) Mt. SAC Relays	4/14
45-10 3/4 (13.99m)	1) Big Meet	4/29
42-2 (12.85m)	16) Pac-12 Championships	5/13

Discus

147-9 (45.03m)	4) Cardinal Classic	3/18
150-8 (45.93m)	Coll., 1) Stanford Invitational	4/1
154-4 (47.05m)	2) Brutus Hamilton Invite	4/8
150-2 (45.77m)	Coll. B, 4) Mt. SAC Relays	4/14
138-2 (42.12m)	4) Payton Jordan Invite	4/22
151-3 (46.10m)	1) Big Meet	4/29
153-9 (46.87m)	14) Pac-12 Championships	5/14

Javelin

114-5 (34.88m)	2) Big Meet	4/29
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INDOORS

Shot put

40-7 3/4 (12.39m)	14) Spokane Invitational	12/10
38-5 1/2 (11.72m)	15) Spokane Challenge	1/14
41-9 3/4 (12.74m)	19) Razorback Invitational	1/27
38-6 3/4 (11.75m)	12) Windy City Invitational	2/11
44-6 1/4 (13.57m)	16) Ken Shannon Invitational	2/25

Grace Connolly, Sr.

OUTDOORS

1,500

4:21.99	5) Big Meet	4/29
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3,000

9:45.13	4) Big Meet	4/29
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5,000

16:15.04	1) Cardinal Classic	3/18
16:01.72	Inv. Ht.1, 21) Bryan Clay Invite	4/14
16:08.80	Sec.2,2) Payton Jordan Invite	4/21
16:05.16	22) NCAA West Prelims	5/27

10,000

33:19.28	29) Stanford Invitational	3/31
33:33.69	5) Pac-12 Championships	5/12
33:45.76	31) NCAA West Prelims	5/25

INDOORS

3,000

9:33.95	18) UW Indoor Preview	1/14
9:23.01	7) Razorback Invitational	1/28

5,000

16:30.61	66) Colyear-Danville Opener	12/3
16:07.17	2) Windy City Invitational	2/10
16:06.27	5) Ken Shannon Invitational	2/24

Audrey DaDamio, So.

OUTDOORS

3,000

9:37.48	2) Big Meet	4/29
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5,000

16:27.25	3) Cardinal Classic	3/18
DNF	Inv.Ht.1) Mt. SAC Relays	4/14

10,000

33:21.12	39) Stanford Invitational	3/31
34:53.46	11) Pac-12 Championships	5/12
34:24.65	42) NCAA West Prelims	5/25

INDOORS

Mile

4:52.91	13) Windy City Invitational	2/10
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3,000

9:32.81	15) UW Indoor Preview	1/14
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5,000

9:29.51	11) Windy City Invitational	2/11
16:09.39	44) Colyear-Danville Opener	12/3
16:13.36	6) Ken Shannon Invitational	2/24

Ellie Deligianni, Jr.

OUTDOORS

800

2:06.50	6) Stanford Invitational	4/1
2:05.42	5) Payton Jordan Invite	4/22
2:06.89	3p) Pac-12 Championships	5/13
2:06.20	4) Pac-12 Championships	5/14
2:07.67	32p) NCAA West Prelims	5/25

1,500

4:21.74	22) Stanford Invitational	3/31
4:19.47	Inv., 7) Mt. SAC Relays	4/14
4:19.83	3) Big Meet	4/29

4x400 relay

3:49.10 (third leg)	3) Big Meet	4/29
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INDOORS

800

2:05.48	3) Windy City Invitational	2/10
2:03.79	4) Ken Shannon Invitational	2/25

Mile

4:45.86	15) UW Indoor Preview	1/14
4:39.45	12) Razorback Invitational	1/28

4x400 relay

3:58.22 (first leg)	6) UW Indoor Preview	1/14
3:45.42 (anchor)	7) Windy City Invitational	2/11

Distance medley relay

11:10.89 (third leg)	8) Razorback Invitational	1/27
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Zofia Dudek, Jr.
OUTDOORS

1,500		
4:19.02	2) Big Meet	4/29
3,000		
9:31.91	1) Big Meet	4/29
5,000		
15:32.89	Inv.Ht.1, 5) Bryan Clay Invite	4/14
DNF	Payton Jordan Invite	4/21
16:44.98	16) Pac-12 Championships	5/14
DNF	NCAA West Prelims	5/27

INDOORS

3,000		
9:08.26	3) Windy City Invitational	2/11
5,000		
15:40.41	15) Colyear-Danville Opener	12/3
16:32.05	10) Ken Shannon Invitational	2/24
16:38.98	13) NCAA Championships	3/10

Kaiah Fisher, So.
OUTDOORS

Shot put		
40-0 (12.19m)*	1) Payton Jordan Invite	4/22
Discus		
169-8 (51.73m)*	2) Payton Jordan Invite	4/22
Hammer		
140-5 (42.81m)*	3) Payton Jordan Invite	4/21
INDOORS		
Shot put		
38-2 3/4 (11.65m)	17) Spokane Invitational	12/10
44-1 1/4 (13.44m)	5) Spokane Challenge	1/14
F	Razorback Invitational	1/27
44-10 3/4 (13.68m)	9) Windy City Invitational	2/11
39-4 1/2 (12.00m)	21) Ken Shannon Invitational	2/25

Julia Flynn, Fr.
OUTDOORS

800		
2:10.36	37) Stanford Invitational	4/1
2:11.60	Sec.2,7) Payton Jordan Invite	4/22
2:07.80	5) Big Meet	4/29
2:11.03	16p) Pac-12 Championships	5/13
1,500		
4:30.33	6) Cardinal Classic	3/18
4:25.43	Coll., 2) Mt. SAC Relays	4/14
4:21.75	Sec.2,5) Payton Jordan Invite	4/22
4:28.18	18p) Pac-12 Championships	5/12
4x400 relay		
4:00.17 (third leg)	11) Cardinal Classic	3/18
3:55.60 (third leg)	12) Stanford Invitational	4/1
3:49.10 (anchor)	3) Big Meet	4/29
INDOORS		
Mile		
4:48.42	36) Razorback Invitational	1/28
4:49.23	12) Windy City Invitational	2/10
4:49.77	25) Ken Shannon Invitational	2/25
3,000		
9:46.25	30) UW Indoor Preview	1/14
Distance medley relay		
11:29.76 (third leg)	10) Razorback Invitational	1/27

Lily Flynn, Sr.
OUTDOORS

800		
2:11.64	4) Cardinal Classic	3/18
2:11.15	41) Stanford Invitational	4/1
2:09.19	6) Big Meet	4/29
2:11.48	18p) Pac-12 Championships	5/13
1,500		
4:39.92	77) Stanford Invitational	3/31
4:26.43	Coll., 4) Mt. SAC Relays	4/14
4:23.36	Sec.2,8) Payton Jordan Invite	4/22
4:28.49	20p) Pac-12 Championships	5/12
4x400 relay		
4:00.17 (second leg)	11) Cardinal Classic	3/18
INDOORS		
Mile		
4:52.23	29) Ken Shannon Invitational	2/25
3,000		
9:51.53	12, Sec.1) Windy City Invitational	2/11

Morgan Foster, Sr.
OUTDOORS

Javelin		
53-3 (16.25m)	5) Big Meet	4/29
INDOORS		
800		
2:10.06	8, Sec.2) Windy City Invitational	2/11
2:12.80	25) Ken Shannon Invitational	2/25

Imogen Gardiner, Fr.
OUTDOORS

1,500		
4:40.29	Coll., 24) Mt. SAC Relays	4/14
INDOORS		
Mile		
4:57.82	50) Razorback Invitational	1/28
4:56.77	17, Sec.2) Windy City Invitational	2/11
3,000		
9:43.34	26) UW Indoor Preview	1/14
9:53.02	27) Ken Shannon Invitational	2/25

Nicola Hogg, Fr.
OUTDOORS

800		
2:13.69	7) Big Meet	4/29
1,500		
4:26.68	Coll., 5) Mt. SAC Relays	4/14
4:28.75	Sec.2,10) Payton Jordan Invite	4/22

Taylor James, So.
OUTDOORS

400		
56.41	14) Stanford Invitational	3/31
800		
DNF	Stanford Invitational	4/1
2:06.20	Coll., 3) Mt. SAC Relays	4/14
2:08.60	Sec.2,3) Payton Jordan Invite	4/22
2:05.19	2) Big Meet	4/29
2:06.90	6p) Pac-12 Championships	5/13
2:07.10	7) Pac-12 Championships	5/14
2:04.97	6p) NCAA West Prelims	5/25
2:04.90	10) NCAA West Prelims	5/27
2:06.25	20p) NCAA Championships	6/8

4x400 relay

3:44.49 (anchor)	4) Stanford Invitational	4/1
3:39.03 (anchor)	1) Big Meet	4/29

INDOORS

400		
56.48	3) UW Indoor Preview	1/14
800		
2:08.61	18) Razorback Invitational	1/28
2:07.89	4, Sec.2) Windy City Invitational	2/11
2:07.22	13) Ken Shannon Invitational	2/25

4x400 relay

3:41.09 (third leg)	1) UW Indoor Preview	1/14
3:41.92 (anchor)	6) Ken Shannon Invitational	2/25

Distance medley relay

11:10.89 (second leg)	8) Razorback Invitational	1/27
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Lucy Jenks, Jr.
OUTDOORS

1,500		
4:14.81	Inv., 5) Mt. SAC Relays	4/14
4:20.30	4) Big Meet	4/29
3,000		
9:39.79	3) Big Meet	4/29
5,000		
DNF	Cardinal Classic	3/18
15:33.13	3) Stanford Invitational	3/31
16:14.68	3) Pac-12 Championships	5/14
15:38.35	6) NCAA West Prelims	5/27
16:08.16	14) NCAA Championships	6/10

INDOORS

Mile		
4:40.41	15) Ken Shannon Invitational	2/25
3,000		
9:16.93	4) UW Indoor Preview	1/14
9:22.01	5) Razorback Invitational	1/28
9:08.36	4) Windy City Invitational	2/11

5,000

15:42.58	18) Colyear-Danville Opener	12/3
15:48.22	2) Ken Shannon Invitational	2/24

4x400 relay

3:58.22 (third leg)	6) UW Indoor Preview	1/14
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Distance medley relay

11:10.89 (first leg)	8) Razorback Invitational	1/27
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Alyssa Jones, Fr.
OUTDOORS

100		
11.79	2) Payton Jordan Invite	4/22
200		
24.12w	9) Stanford Invitational	4/1
24.07	5) Payton Jordan Invite	4/21

4x100 relay

DNF (second leg)	Cardinal Classic	3/18
44.57 (second leg)	1) Stanford Invitational	4/1
45.20 (second leg)	Coll., 3) Mt. SAC Relays	4/14
46.31 (second leg)	1) Payton Jordan Invite	4/22
45.91 (second leg)	2) Big Meet	4/29
44.34 (second leg)	3) Pac-12 Championships	5/14
43.69 (second leg)	7) NCAA West Prelims	5/27
43.77 (second leg)	16p) NCAA Championships	6/8

High jump

5-9 1/4 (1.76m)	2) Stanford Invitational	3/31
5-10 (1.78m)	9) Mt. SAC Relays	4/15
6-0 (1.83m)	1) Payton Jordan Invite	4/21
5-7 1/4 (1.71m)	2) Big Meet	4/29
5-8 3/4 (1.75m)	7) Pac-12 Championships	5/14
5-7 3/4 (1.72m)	37) NCAA West Prelims	5/27

Long jump

21-0 1/2 (6.41m)	Inv., 1) Stanford Invitational	3/31
21-0 (6.40m)	Coll., 1) Mt. SAC Relays	4/14
20-1 (6.12m)	2) Big Meet	4/29
22-3 1/2w, 22-1 1/2 (6.74m)	1) Pac-12 Championships	5/13
21-1 1/4 (6.43m)	3) NCAA West Prelims	5/25
22-6 1/4 (6.86m)	2) NCAA Championships	6/8

INDOORS

60		
7.53	20p) Razorback Invitational	1/28
200		
23.63	2) Spokane Challenge	1/14
23.69	1) Scarlet & White Invitational	2/4
24.08	6) Windy City Invitational	2/11

4x400 relay

3:54.90	5) Spokane Challenge	1/14
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High jump

6-0 (1.83m)	1) Spokane Invitational	12/10
5-5 (1.65m)	6) Crimon Elite	1/3
5-11 1/4 (1.81m)	2) Windy City Invitational	2/11
NH	Ken Shannon Invitational	2/25

Long jump

20-6 1/4 (6.25m)	1) Spokane Invitational	12/10
21-0 1/2 (6.41m)	4) Razorback Invitational	1/27
20-3 1/2 (6.18m)	2) Ken Shannon Invitational	2/25
22-1 1/2 (6.74m)	4) NCAA Championships	3/10

Kelly Kern, Jr.**OUTDOORS****Pole vault**

12-4 (3.76m)	9) Cardinal Classic	3/18
12-10 1/4 (3.92m)	Inv., 9) Stanford Invitational	3/31
12-4 (3.76m)	5) Brutus Hamilton Invite	4/8
12-9 1/2 (3.90m)	Coll. C, 2) Mt. SAC Relays	4/14
12-5 1/2 (3.80m)	2) Payton Jordan Invite	4/22
12-9 1/2 (3.90m)	2) Big Meet	4/29
12-3 1/2 (3.75m)	18) Pac-12 Championships	5/13

Long jump

16-7 (5.05m)	5) Payton Jordan Invite	4/21
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INDOORS**Pole vault**

12-3 1/2 (3.75m)	7, Inv.) Spokane Invitational	12/10
12-4 1/2 (3.77m)	5) Spokane Challenge	1/14
12-7 1/4 (3.84m)	23) Razorback Invitational	1/28
11-6 1/2 (3.52m)	7, Fl.2) Windy City Invitational	2/10
12-11 1/2 (3.95m)	10) Ken Shannon Invitational	2/24

Lianne Kistler, So.**OUTDOORS****Pole vault**

11-10 (3.61m)	11) Cardinal Classic	3/18
11-10 1/2 (3.62m)	Inv., 13) Stanford Invitational	3/31
NH	Brutus Hamilton Invite	4/8
11-9 3/4 (3.60m)	Coll. C, 4) Mt. SAC Relays	4/14
NH	Payton Jordan Invite	4/22
12-3 1/2 (3.75m)	7) Big Meet	4/29
12-3 1/2 (3.75m)	19) Pac-12 Championships	5/13

Long jump

17-0 1/2 (5.19m)	4) Payton Jordan Invite	4/21
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INDOORS**Pole vault**

12-3 1/2 (3.75m)	8, Inv.) Spokane Invitational	12/10
12-4 1/2 (3.77m)	5) Spokane Challenge	1/14
12-6 1/4 (3.82m)	3, Fl.2) Windy City Invitational	2/10
11-11 3/4 (3.65m)	19) Ken Shannon Invitational	2/24

Elise Miller, So.**OUTDOORS****100 hurdles**

14.30	16p) Stanford Invitational	3/31
14.50	Coll., 28p) Mt. SAC Relays	4/14
14.26w	hep) Pac-12 Championships	5/12

High jump

5-0 1/2 (1.54m)	hep) Pac-12 Championships	5/12
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Triple jump

40-6 3/4 (12.36m)	6) Cardinal Classic	3/18
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Shot put

35-2 1/2 (10.73m)	2) Payton Jordan Invite	4/22
31-10 1/4 (9.71m)	hep) Pac-12 Championships	5/12

Javelin

71-7 (21.83m)	12) Cardinal Classic	3/18
78-10 (24.03m)	3) Payton Jordan Invite	4/21
85-8 (26.11m)	4) Big Meet	4/29

Heptathlon

DNF	Pac-12 Championships	5/12
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INDOORS**200**

26.05	37) Windy City Invitational	2/11
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800

2:30.04	pen) Razorback Invitational	1/27
2:31.95	pen) Ken Shannon Invitational	2/24

60 hurdles

8.90	8p) Spokane Invitational	12/10
8.89	6) Spokane Invitational	12/10
8.76	pen) Razorback Invitational	1/27
8.87	21p) Windy City Invitational	2/10
8.72	pen) Ken Shannon Invitational	2/24

High jump

NH	Spokane Challenge	1/14
5-3 3/4 (1.62m)	pen) Razorback Invitational	1/27
5-3 1/4 (1.61m)	pen) Ken Shannon Invitational	2/24

Long jump

18-8 1/2 (5.70m)	pen) Razorback Invitational	1/27
F	Windy City Invitational	2/10
18-7 (5.66m)	pen) Ken Shannon Invitational	2/24
16-7 1/4 (5.06m)	24) Ken Shannon Invitational	2/25

Triple jump

39-9 3/4 (12.13m)	4) Spokane Invitational	12/10
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Shot put

32-9 3/4 (10.00m)	pen) Razorback Invitational	1/27
34-4 1/4 (10.47m)	pen) Ken Shannon Invitational	2/24

Pentathlon

3,700	10) Razorback Invitational	1/27
3,692	7) Ken Shannon Invitational	2/24

Alaysia Oakes, Fr.
OUTDOORS**100**

12.17	21p) Stanford Invitational	3/31
19-24	8) Brutus Hamilton Invite	4/8

200

25.75	24) Cardinal Classic	3/18
25.38w	50) Stanford Invitational	4/1
25.07	6) Payton Jordan Invite	4/21

Long jump

18-10 3/4 (5.76m)	5) Cardinal Classic	3/18
19-6 3/4 (5.96m)	Coll., 1) Stanford Invitational	3/31
19-3 1/2 (5.87m)	2) Brutus Hamilton Invite	4/8
18-10 3/4 (5.76m)	Coll., 15) Mt. SAC Relays	4/14
19-2 (5.84m)	4) Big Meet	4/29
18-11 3/4w (5.78m)	18) Pac-12 Championships	5/13

Triple jump

39-3 3/4 (11.98m)	10) Cardinal Classic	3/18
41-1 (12.52m)	Coll., 1) Stanford Invitational	4/1
39-11 1/4 (12.17m)	Coll., 18) Mt. SAC Relays	4/14
40-3 1/2 (12.28m)	1) Payton Jordan Invite	4/22
38-9 (11.81m)	4) Big Meet	4/29
F	Pac-12 Championships	5/14

INDOORS**60**

7.65	7p) Spokane Invitational	12/10
7.59	5) Spokane Invitational	12/10
7.66	7p) Spokane Challenge	1/14
7.67	5) Spokane Challenge	1/14
7.60	18p) Windy City Invitational	2/10

200

25.11	9) Spokane Challenge	1/14
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4x400 relay

3:54.90 (anchor)	5) Spokane Challenge	1/14
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Long jump

19-2 1/2 (5.85m)	2) Spokane Challenge	1/14
18-10 1/2 (5.75m)	8) Razorback Invitational	1/27
18-6 (5.64m)	10) Windy City Invitational	2/10
17-8 3/4 (5.40m)	19) Ken Shannon Invitational	2/25

Triple jump

39-7 1/4 (12.07m)	6) Spokane Invitational	12/10
37-7 1/4 (11.46m)	11) Razorback Invitational	1/28
38-11 1/2 (11.87m)	6) Windy City Invitational	2/11
F	Ken Shannon Invitational	2/24

Olivia Okoli, Grad.
OUTDOORS**100**

11.81	3) Cardinal Classic	3/18
11.81	9p) Stanford Invitational	3/31
11.75	6) Stanford Invitational	3/31
12.19	7) Brutus Hamilton Invite	4/8
11.99	4) Payton Jordan Invite	4/22
11.87	3) Big Meet	4/29

4x100 relay

44.57 (first leg)	1) Stanford Invitational	4/1
45.20 (first leg)	Coll., 3) Mt. SAC Relays	4/14
45.91 (first leg)	2) Big Meet	4/29

4x400 relay

3:55.60 (anchor)	12) Stanford Invitational	4/1s
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Megan Olomu, Sr.
OUTDOORS**100**

12.52	28) Cardinal Classic	3/18
12.28	33p) Stanford Invitational	3/31
12.42	Coll., 40p) Mt. SAC Relays	4/14
12.31	5) Payton Jordan Invite	4/22
12.15	5) Big Meet	4/29

200

25.72	22) Cardinal Classic	3/18
26.07w	59) Stanford Invitational	4/1
25.38	15) Brutus Hamilton Invite	4/8
25.90	Coll., 53) Mt. SAC Relays	4/14
25.24	8) Payton Jordan Invite	4/21
24.80	4) Big Meet	4/29

400

59.36	16) Brutus Hamilton Invite	4/8
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4x100 relay

46.31 (anchor)	1) Payton Jordan Invite	4/22
45.91 (anchor)	2) Big Meet	4/29

4x400 relay

3:55.60 (second leg)	12) Stanford Invitational	4/1s
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INDOORS**60**

7.97	20p) Spokane Invitational	12/10
7.85	18p) Spokane Challenge	1/14
7.94	36p) Razorback Invitational	1/28
7.89	27p) Ken Shannon Invitational	2/25

200

25.78	16) Spokane Invitational	12/10
25.56	16) Spokane Challenge	1/14
26.37	68) Razorback Invitational	1/27
25.74	16) Ken Shannon Invitational	2/24

4x400 relay

3:46.63 (anchor)	1) Spokane Invitational	12/10
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Ava Parekh, Fr.
OUTDOORS**1,500**

4:34.02	71) Stanford Invitational	3/31
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5,000

16:27.03	2) Cardinal Classic	3/18
16:38.66	Inv.Ht.4, 16) Bryan Clay Invite	4/14
16:42.59	Sec.2,10) Payton Jordan Invite	4/21
17:36.11	28) Pac-12 Championships	5/14

3,000 steeplechase

10:55.79	2) Big Meet	4/29
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INDOORS**Mile**

4:52.43	44) Razorback Invitational	1/28
4:53.29	31) Ken Shannon Invitational	2/25

3,000

9:43.02	25) UW Indoor Preview	1/14
9:30.69	12) Windy City Invitational	2/11

Distance medley relay

11:29.76 (anchor)	10) Razorback Invitational	1/27
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Camille Peisner, So.**OUTDOORS****200**

25.41	52) Stanford Invitational	4/1
25.42	16) Brutus Hamilton Invite	4/8
25.48	Coll., 46) Mt. SAC Relays	4/14
25.07	6) Payton Jordan Invite	4/21
25.64	9) Big Meet	4/29

400

57.45	13) Cardinal Classic	3/18
56.81	18) Stanford Invitational	3/31
57.04	7) Brutus Hamilton Invite	4/8
56.36	Coll., 50) Mt. SAC Relays	4/14
56.75	4) Payton Jordan Invite	4/22
57.24	6) Big Meet	4/29

4x400 relay

4:00.17 (first leg)	11) Cardinal Classic	3/18
3:55.60 (first leg)	12) Stanford Invitational	4/1s

INDOORS**200**

DNF	Razorback Invitational	1/27
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400

56.96	5) Spokane Invitational	12/10
56.04	5) Spokane Challenge	1/14

4x400 relay

3:46.63 (third leg)	1) Spokane Invitational	12/10
3:45.26 (anchor)	1) Spokane Challenge	1/14

Trinity Price, So.**OUTDOORS****200**

25.00w	36) Stanford Invitational	4/1
25.54	Coll., 49) Mt. SAC Relays	4/14

400

55.61	7) Stanford Invitational	3/31
55.70	Coll., 40) Mt. SAC Relays	4/14

4x400 relay

3:44.49 (second leg)	4) Stanford Invitational	4/1
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INDOORS**60**

7.63	1pq) Spokane Invitational	12/10
7.78	18p) Spokane Invitational	12/10

200

24.67	4) Spokane Invitational	12/10
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400

56.16	6) Spokane Invitational	1/14
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4x400 relay

3:46.63 (second leg)	1) Spokane Invitational	12/10
3:45.26 (second leg)	1) Spokane Challenge	1/14

Madison Romain, Fr.**OUTDOORS****100 hurdles**

15.65	15) Cardinal Classic	3/18
16.10	10) Brutus Hamilton Invite	4/8
15.88	1) Payton Jordan Invite	4/22
15.14	5) Big Meet	4/29

400 hurdles

1:07.68	14) Cardinal Classic	3/18
1:04.88	3) Brutus Hamilton Invite	4/8
1:06.20	Coll., 36) Mt. SAC Relays	4/14
1:05.57	3) Payton Jordan Invite	4/21
1:18.98	4) Big Meet	4/29

INDOORS**60 hurdles**

9.20	3pq) Spokane Challenge	1/14
9.27	16p) Spokane Challenge	1/14
9.45	27p) Razorback Invitational	1/28
9.27	19p) Ken Shannon Invitational	2/24

200

DQ	Razorback Invitational	1/27
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Alexa Rossum, Sr.**OUTDOORS****100**

11.42	1p) Stanford Invitational	3/31
11.45	2) Stanford Invitational	3/31
11.47	5p) Pac-12 Championships	5/13
11.44	5) Pac-12 Championships	5/14
11.53	27p) NCAA West Prelims	5/25

200

23.37	1) Cardinal Classic	3/18
23.61w	1) Stanford Invitational	4/1
23.96	4) Payton Jordan Invite	4/21
23.61w	12p) Pac-12 Championships	5/12
23.33w	19p) NCAA West Prelims	5/25
23.01	14) NCAA West Prelims	5/27

4x100 relay

44.57 (anchor)	1) Stanford Invitational	4/1
45.20 (anchor)	Coll., 3) Mt. SAC Relays	4/14
44.34 (anchor)	3) Pac-12 Championships	5/14
43.69 (anchor)	7) NCAA West Prelims	5/27
43.77 (anchor)	16p) NCAA Championships	6/8

4x400 relay

3:39.11 (second leg)	1) Cardinal Classic	3/18
3:31.64 (second leg)	1) Stanford Invitational	4/1
3:33.71 (third leg)	Inv., 6) Mt. SAC Relays	4/15
3:30.98 (fourth leg)	14p) NCAA Championships	6/8

INDOORS**60**

7.40	1p) Spokane Challenge	1/14
7.41	2) Spokane Challenge	1/14
7.49	12p) Razorback Invitational	1/28
7.32	3p) Ken Shannon Invitational	2/25

200

23.59	1) Spokane Challenge	1/14
DNF	Razorback Invitational	1/27
23.75	4) Windy City Invitational	2/11

4x400 relay

3:54.90 (second leg)	5) Spokane Challenge	1/14
3:33.94 (third leg)	10) Razorback Invitational	1/28
3:32.59 (third leg)	1) Windy City Invitational	2/11
3:31.71 (first leg)	3) Ken Shannon Invitational	2/25
3:32.80 (first leg)	12) NCAA Championships	3/11

Tess Stapleton, So.**OUTDOORS****Long jump**

18-8 (5.69m)	Coll., 3) Stanford Invitational	3/31
18-8 3/4 (5.71m)	Coll., 18) Mt. SAC Relays	4/14
19-8 (5.99m)	1) Payton Jordan Invite	4/21
19-6 1/4w, 19-0 1/2	3) Big Meet	4/29
19-4 1/4w (5.90m)	12) Pac-12 Championships	5/13

Riley Stewart, Fr.**INDOORS****1,500**

4:27.15	49) Stanford Invitational	3/31
4:21.76	Sec.2,6) Payton Jordan Invite	4/22

3,000

16:03.66	Inv.Ht.3, 1) Bryan Clay Invite	4/14
16:45.53	17) Pac-12 Championships	5/14
16:09.40	24) NCAA West Prelims	5/27

3,000 steeplechase

10:26.02	1) Big Meet	4/29
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INDOORS**Mile**

4:43.83	19) Razorback Invitational	1/28
4:40.31	14) Ken Shannon Invitational	2/25

3,000

9:27.01	11) UW Indoor Preview	1/14
9:14.47	1, Sec.1) Windy City Invitational	2/11

Distance medley relay

11:10.89 (anchor)	8) Razorback Invitational	1/27
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Audrey Suarez, So.**OUTDOORS****1,500**

4:28.29	3) Cardinal Classic	3/18
4:28.52	56) Stanford Invitational	3/31
4:32.92	7) Big Meet	4/29

3,000

10:08.59	6) Big Meet	4/29
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INDOORS**Mile**

4:46.87	30) Razorback Invitational	1/28
4:48.98	24) Ken Shannon Invitational	2/25

3,000

9:33.47	17) UW Indoor Preview	1/14
9:28.55	10) Windy City Invitational	2/11

4x400 relay

3:58.22 (anchor)	6) UW Indoor Preview	1/14
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Distance medley relay

11:29.76 (first leg)	10) Razorback Invitational	1/27
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Ellie Talius, Sr.**OUTDOORS****Triple jump**

F	Cardinal Classic	3/18
38-9 1/2 (11.82m)	Coll., 12) Stanford Invitational	4/1
F	Payton Jordan Invite	4/22
38-6 (11.73m)	5) Big Meet	4/29
F	Pac-12 Championships	5/14

INDOORS**Triple jump**

35-7 3/4 (10.86m)	8) Spokane Challenge	1/14
F	Windy City Invitational	2/11

Melissa Tanaka, Grad.**OUTDOORS****800**

2:05.24	5) Stanford Invitational	4/1
2:04.77	4) Payton Jordan Invite	4/22
2:04.51	1) Big Meet	4/29

1,500

4:13.91	Inv., 4) Mt. SAC Relays	4/14
4:16.93	9p) Pac-12 Championships	5/12
4:09.85	2) Pac-12 Championships	5/14
4:15.64	11p) NCAA West Prelims	5/25
4:13.46	15) NCAA West Prelims	5/27

4x400 relay

3:49.10 (second leg)	3) Big Meet	4/29
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Distance medley relay

10:50.56 (first leg)	1) Penn Relays	4/28
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INDOORS**800**

2:06.15	7) Razorback Invitational	1/28
2:05.61	2, Sec.2) Windy City Invitational	2/11

Mile

4:37.21	1, Sec.2) Windy City Invitational	2/10
4:47.31	22) Ken Shannon Invitational	2/25

3,000

9:24.31	9) UW Indoor Preview	1/14
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4x400 relay

3:58.22 (second leg)	6) UW Indoor Preview	1/14
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Distance medley relay

10:55.15 (anchor)	1) Razorback Invitational	1/27
10:49.30 (first leg)	1) Ken Shannon Invitational	1/24
10:56.34 (first leg)	1) NCAA Championships	3/10

Samantha Thomas, Jr.**OUTDOORS****200**

24.44w	17) Stanford Invitational	4/1
24.66	Coll., 27) Mt. SAC Relays	4/14

400

54.94	2) Payton Jordan Invite	4/22
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400 hurdles

1:00.22	1) Cardinal Classic	3/18
1:01.67	6) Stanford Invitational	3/31
59.92	2) Brutus Hamilton Invite	4/8
1:00.08	Coll., 10) Mt. SAC Relays	4/14
58.82	1) Payton Jordan Invite	4/21
59.45	1) Big Meet	4/29
59.26	6p) Pac-12 Championships	5/12
58.22	4) Pac-12 Championships	5/14
59.31	24) NCAA West Prelims	5/25
58.98	20) NCAA West Prelims	5/27

4x400 relay

3:39.11 (first leg)	1) Cardinal Classic	3/18
3:44.49 (first leg)	4) Stanford Invitational	4/1
3:33.71 (anchor)	Inv., 6) Mt. SAC Relays	4/15
3:39.03 (first leg)	1) Big Meet	4/29
3:34.35 (anchor)	3) Pac-12 Championships	5/14

INDOORS**200**

24.70	45) Razorback Invitational	1/27
24.79	22) Windy City Invitational	2/11
24.79	8) Ken Shannon Invitational	2/24

400

56.05	3) Spokane Invitational	12/10
56.40	7) Spokane Challenge	1/14
54.86	32) Razorback Invitational	1/28
55.18	1, Sec.2) Windy City Invitational	2/10
56.20	16) Ken Shannon Invitational	2/25

4x400 relay

3:46.63 (first leg)	1) Spokane Invitational	12/10
3:54.90 (first leg)	5) Spokane Challenge	1/14
3:45.42 (first leg)	7) Windy City Invitational	2/11
3:41.92 (first leg)	6) Ken Shannon Invitational	2/25

Anna Tovkach, Grad.**OUTDOORS****400**

55.92	5) Cardinal Classic	3/18
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800

2:06.67	9) Stanford Invitational	4/1
2:06.85	Inv., 14) Mt. SAC Relays	4/15
2:06.95	7) Payton Jordan Invite	4/22
2:05.77	3) Big Meet	4/29
2:06.37	8p) Pac-12 Championships	5/13
2:05.53	3) Pac-12 Championships	5/14
2:07.64	31p) NCAA West Prelims	5/25

4x400 relay

3:39.11 (anchor)	1) Cardinal Classic	3/18
3:44.49 (third leg)	4) Stanford Invitational	4/1
3:49.10 (first leg)	3) Big Meet	4/29

INDOORS**400**

56.06	2) UW Indoor Preview	1/14
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800

2:08.15	17) Razorback Invitational	1/28
2:07.17	4) Windy City Invitational	2/10
2:04.67	5) Ken Shannon Invitational	2/25

4x400 relay

3:41.09 (second leg)	1) UW Indoor Preview	1/14
3:45.42 (third leg)	7) Windy City Invitational	2/11
3:41.92 (third leg)	6) Ken Shannon Invitational	2/25

Distance medley relay

11:29.76 (second leg)	10) Razorback Invitational	1/27
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Maya Valmon, So.
OUTDOORS**100**

11.73* 2) Cardinal Classic 3/18
11.81 3) Payton Jordan Invite 4/22

200

23.83* 3) Cardinal Classic 3/18
23.77 2) Stanford Invitational 4/1
23.75 3) Payton Jordan Invite 4/21

400

52.72 Coll., 5) Mt. SAC Relays 4/14
52.07 1) Big Meet 4/29
52.97 6p) Pac-12 Championships 5/13
51.71 4) Pac-12 Championships 5/14
52.24 17p) NCAA West Prelims 5/25
51.99 15) NCAA West Prelims 5/27

4x100 relay

46.31 (first leg) 1) Payton Jordan Invite 4/22
44.34 (third leg) 3) Pac-12 Championships 5/14
43.69 (third leg) 7) NCAA West Prelims 5/27
43.77 (third leg) 16p) NCAA Championships 6/8

4x400 relay

3:31.64 (third leg) 1) Stanford Invitational 4/1
3:33.71 (second leg) Inv., 6) Mt. SAC Relays 4/15
3:39.03 (second leg) 1) Big Meet 4/29
3:34.35 (first leg) 3) Pac-12 Championships 5/14
3:29.43 (anchor) 7) NCAA West Prelims 5/27
3:30.98 (anchor) 14p) NCAA Championships 6/8

Distance medley relay

10:50.56 (second leg) 1) Penn Relays 4/28

INDOORS**400**

53.50 1) Spokane Challenge 1/14
53.01 14) Razorback Invitational 1/28
54.94 5) Windy City Invitational 2/10

4x400 relay

3:45.26 (third leg) 1) Spokane Challenge 1/14
3:33.94 (first leg) 10) Razorback Invitational 1/28
3:32.59 (first leg) 1) Windy City Invitational 2/11
3:31.71 (third leg) 3) Ken Shannon Invitational 2/25
3:32.80 (second leg) 12) NCAA Championships 3/11

Distance medley relay

10:55.15 (second leg) 1) Razorback Invitational 1/27
10:49.30 (second leg) 1) Ken Shannon Invitational 1/24
10:56.34 (second leg) 1) NCAA Championships 3/10

Caroline Wells, Fr.
OUTDOORS**5,000**

17:11.94 68) Stanford Invitational 3/31
17:33.70 Open A,Ht.2, 26) Bryan Clay Invite 4/14

Juliette Whittaker, Fr.
OUTDOORS**400**

53.74 2) Stanford Invitational 3/31

800

2:01.79 Inv., 1) Mt. SAC Relays 4/15
DNF Payton Jordan Invite 4/22
2:05.66 2p) Pac-12 Championships 5/13
2:01.19 1) Pac-12 Championships 5/14

1,500

DNF Stanford Invitational 3/31
4:12.49 Inv., 1) Mt. SAC Relays 4/14
DNF Payton Jordan Invite 4/22
4:16.54 16p) NCAA West Prelims 5/25
4:16.15 16) NCAA West Prelims 5/27

4x400 relay

3:31.64 (anchor) 1) Stanford Invitational 4/1
3:34.35 (second leg) 3) Pac-12 Championships 5/14
3:29.43 (second leg) 7) NCAA West Prelims 5/27
3:30.98 (second leg) 14p) NCAA Championships 6/8

Distance medley relay

10:50.56 (anchor) 1) Penn Relays 4/28

INDOORS**800**

2:02.48 1) UW Indoor Preview 1/14
2:00.32 2) Windy City Invitational 2/10
2:01.82 1p) NCAA Championships 3/10
2:00.05 2) NCAA Championships 3/11

Mile

4:33.89 4) Razorback Invitational 1/28
4:33.53 3) Ken Shannon Invitational 2/25

4x400 relay

3:41.09 (anchor) 1) UW Indoor Preview 1/14
3:33.94 (anchor) 10) Razorback Invitational 1/28
3:32.59 (anchor) 1) Windy City Invitational 2/11
3:31.71 (second leg) 3) Ken Shannon Invitational 2/25
3:32.80 (third leg) 12) NCAA Championships 3/11

Distance medley relay

10:55.15 (first leg) 1) Razorback Invitational 1/27
10:49.30 (anchor) 1) Ken Shannon Invitational 1/24
10:56.34 (anchor) 1) NCAA Championships 3/10

Roisin Willis, Fr.**OUTDOORS****400**

53.41 3) Big Meet 4/29

800

2:01.97 Inv., 2) Mt. SAC Relays 4/15

DNF Payton Jordan Invite 4/22

2:04.77 1p) NCAA West Prelims 5/25

2:02.51 1) NCAA West Prelims 5/27

2:02.04 8p) NCAA Championships 6/8

2:00.91 4) NCAA Championships 6/10

1,500

4:13.31 Inv., 3) Mt. SAC Relays 4/14

4:20.48 10p) Pac-12 Championships 5/12

4:27.65 11) Pac-12 Championships 5/14

4x400 relay

3:39.03 (third leg) 1) Big Meet 4/29

3:29.43 (third leg) 7) NCAA West Prelims 5/27

Distance medley relay

10:50.56 (third leg) 1) Penn Relays 4/28

INDOORS**400**

53.65 1) UW Indoor Preview 1/14

800

2:03.79 2) Razorback Invitational 1/28

1:59.95 1) Windy City Invitational 2/10

2:04.36 7p) NCAA Championships 3/10

1:59.93 1) NCAA Championships 3/11

4x400 relay

3:41.09 (first leg) 1) UW Indoor Preview 1/14

3:33.94 (second leg) 10) Razorback Invitational 1/28

3:32.59 (second leg) 1) Windy City Invitational 2/11

3:31.71 (anchor) 3) Ken Shannon Invitational 2/25

3:32.80 (anchor) 12) NCAA Championships 3/11

Distance medley relay

10:55.15 (third leg) 1) Razorback Invitational 1/27

10:49.30 (third leg) 1) Ken Shannon Invitational 1/24

10:56.34 (third leg) 1) NCAA Championships 3/10

Hannah Wilson, Jr.**OUTDOORS****400**

1:01.88 26) Cardinal Classic 3/18

800

2:12.03 Coll., 19) Mt. SAC Relays 4/14

2:15.46 Sec.2,8) Payton Jordan Invite 4/22

2:15.00 9) Big Meet 4/29

4x400 relay

4:00.17 (anchor) 11) Cardinal Classic 3/18

Laurel Wong, Sr.**OUTDOORS****Pole vault**

13-3 3/4 (4.06m) 2) Cardinal Classic 3/18

12-10 1/4 (3.92m) Inv., 5) Stanford Invitational 3/31

13-3 3/4 (4.06m) 2) Brutus Hamilton Invite 4/8

12-11 1/2 (3.95m) Coll. B, 5) Mt. SAC Relays 4/14

13-8 1/4 (4.17m) 1) Payton Jordan Invite 4/22

12-9 1/2 (3.90m) 4) Big Meet 4/29

13-7 1/4 (4.15m) 6) Pac-12 Championships 5/13

13-0 1/4 (3.97m) 26) NCAA West Prelims 5/25

Long jump

17-1 1/2 (5.22m) 3) Payton Jordan Invite 4/21

INDOORS**Pole vault**

12-9 1/2 (3.90m) 5, Inv.) Spokane Invitational 12/10

12-6 1/4 (3.82m) 1) Spokane Challenge 1/14

13-1 (3.99m) 12) Razorback Invitational 1/28

13-0 1/4 (3.97m) 8) Windy City Invitational 2/11

12-11 1/2 (3.95m) 10) Ken Shannon Invitational 2/24

Cydney Wright, So.**OUTDOORS****100**

11.89	1) Brutus Hamilton	4/8
11.77	1) Payton Jordan Invite	4/22

200

23.60	2) Cardinal Classic	3/18
24.09w	8) Stanford Invitational	4/1
23.87	Coll., 8) Mt. SAC Relays	4/14
23.55	1) Payton Jordan Invite	4/21
23.45	2) Big Meet	4/29
23.47w	8p) Pac-12 Championships	5/12
23.44	25p) NCAA West Prelims	5/25

400

53.63	1) Cardinal Classic	3/18
53.78	3) Stanford Invitational	3/31
53.02	2) Big Meet	4/29
54.04	10p) Pac-12 Championships	5/13

4x100 relay

44.57 (third leg)	1) Stanford Invitational	4/1
45.20 (third leg)	Coll., 3) Mt. SAC Relays	4/14
46.31 (third leg)	1) Payton Jordan Invite	4/22
45.91 (third leg)	2) Big Meet	4/29
44.34 (first leg)	3) Pac-12 Championships	5/14
43.69 (first leg)	7) NCAA West Prelims	5/27
43.77 (first leg)	16p) NCAA Championships	6/8

4x400 relay

3:39.11 (third leg)	1) Cardinal Classic	3/18
3:31.64 (first leg)	1) Stanford Invitational	4/1
3:33.71 (first leg)	Inv., 6) Mt. SAC Relays	4/15
3:34.35 (third leg)	3) Pac-12 Championships	5/14
3:29.43 (first leg)	7) NCAA West Prelims	5/27
3:30.98 (first leg)	14p) NCAA Championships	6/8

INDOORS**60**

7.77	15p) Spokane Challenge	1/14
7.70	22p) Ken Shannon Invitational	2/25

200

24.45	4) Spokane Challenge	1/14
24.57	43) Razorback Invitational	1/27
24.67	19) Windy City Invitational	2/11

400

55.95	5, Sec.2) Windy City Invitational	2/10
54.85	13) Ken Shannon Invitational	2/25

4x400 relay

3:45.26 (first leg)	1) Spokane Challenge	1/14
3:45.42 (second leg)	7) Windy City Invitational	2/11
3:41.92 (second leg)	6) Ken Shannon Invitational	2/25

Teagan Zwaanstra, So.**OUTDOORS****Long jump**

F	Inv.) Stanford Invitational	3/31
18-5 3/4 (5.63m)	4) Brutus Hamilton Invite	4/8
17-4 3/4 (5.30m)	2) Payton Jordan Invite	4/21
18-9 1/4w, 18-7 3/4	5) Big Meet	4/29
19-2 3/4w (5.86m)	14) Pac-12 Championships	5/13

INDOORS**60**

7.66	8p) Spokane Invitational	12/10
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Long jump

18-9 3/4 (5.73m)	6) Spokane Invitational	12/10
F	Razorback Invitational	1/27

Thru June 19, 2023