

WASHINGTON STATE FINAL 2003 MEN'S INDOOR BESTS

(NCAA Automatic / Provisional Qualifying Standards)

60 METERS 6.62/6.72	2003	LIFETIME
# Bennie Chatman	6.71 (n)	6.71
Anthony Buchanan	6.81 (g)	6.67
James McSwain	6.90 (k)	6.90
Martin Boston	6.97 (n)	6.97
Dan Brink	7.03 (g)	6.98
Lamarr Kirk	7.10 (h)	7.10
Peter Rizzardi	7.12 (f)	7.12
Darion Powell	7.19 (n)	7.19
Justin Nikbakhsh-Tali	7.40 (c)	7.31
Ben Hampton	7.65 (c)	7.65
Kyle Kraemer	7.73 (c)	7.73
Matt McGee	7.82 (c)	7.82
Billy Reamer	7.83 (c)	7.83

200 METERS 20.85/21.25	2003	LIFETIME
James McSwain	22.11 (n)	22.11
Dan Brink	22.12 (h)	21.91
Anthony Buchanan	22.14 (h)	21.07 SR
Bennie Chatman	22.26 (k)	21.93
Martin Boston	22.26 (n)	22.26
Qieed Ishmael	22.44 (h)	22.43
Lamarr Kirk	22.52 (h)	22.52
Josh Leyk	23.41 (n)	23.41
Jamil Smith	24.26 (d)	24.26
Ben Hampton	24.94 (d)	24.94
Kyle Kraemer	25.15 (d)	25.15

400 METERS 46.32/47.25	2003	LIFETIME
Qieed Ishmael	49.04 (g)	48.25
Lamarr Kirk	49.28 (k)	49.28
Dan Brink	50.64 (e)	49.55
Darion Powell	50.72 (h)	50.71
Josh Leyk	51.05 (h)	51.05
Eric Nygard	51.20 (n)	51.20
Justin Temple	51.23 (f)	51.23
Ryan Osborne	51.41 (e)	50.61
Billy Reamer	52.82 (h)	52.82
Jamil Smith	59.17 (n)	59.17

800 M 1:48.30/1:50.20	2003	LIFETIME
Justin Ireland	1:53.53 (k)	1:53.40
Jon Manthey	1:57.51 (g)	1:52.81
Justin Temple	1:59.18 (h)	1:57.42

MILE^ 4:00.40/4:04.90	2003	LIFETIME
Justin Ireland	4:10.72 (m)	4:10.72
Danny Wolf	4:11.1h (d)	4:09.91
Ian Johnson	4:16.63 (g)	4:08.32
Ryan Freimuth	4:17.50 (m)	4:17.50
Mike Heidt	4:22.1h (d)	4:19.91
Reid Carrell	4:23.44 (h)	4:23.44
Jon Manthey	4:34.1h (d)	4:31.1h
Tyler Davis	4:32.65 (h)	4:32.65
Matt Tobey	4:49.1h (d)	4:39.1h

3,000 M^ 7:57.10/8:08.00	2003	LIFETIME
# Danny Wolf	8:05.05 (e)	8:05.05
Mark Wicklander	8:33.59 (e)	8:32.26
Reid Carrell	8:41.28 (m)	8:41.28
Mike Heidt	8:42.64 (e)	8:39.90
Tyler Davis	8:58.56 (n)	8:58.56
Mike Barbero	9:03.39 (h)	9:03.39
Nathan Cabrera	9:09.90 (n)	9:09.90
Matt Tobey	9:14.66 (c)	9:14.66

5,000 M^ 13:58.15/14:15.00	2003	LIFETIME
Mike Heidt	15:18.33 (k)	15:08.35

60-M HURDLES 7.74/7.95	2003	LIFETIME
Darion Powell	8.22 (k)	8.22
Josh Leyk	8.54 (g)	8.54
Billy Reamer	8.88 (d)	8.88
Matt McGee	9.19 (c)	9.19

1600-METER RELAY 3:06.90/3:10.40	2003
Powell, Kirk, Brink, Ishmael	3:16.19 (k)

DIST. MEDLEY RELAY^+9:36.00/9:45.75	2003
Ireland, Ishmael, Manthey, Johnson	10:21.18 (e)

HIGH JUMP /2.25m / 2.16m [7-4 1/2 / 7-1]	2003	LIFETIME
# Kurtiss Dille	2.17m/7-1 1/2 (d, \$)	2.17 / 7-1 1/2
Matt Alverson	2.00m/6-6 3/4 (c)	2.16 / 7-1
David Turpin	1.94m/6-4 1/4 (e)	1.94 / 6-4 1/4
Billy Reamer	1.88m/6-2 (n)	1.88 / 6-2
Darion Powell	1.87m / 6-1 1/2 (m)	1.90 / 6-2 3/4

WSU FINAL 2003 MEN'S INDOOR BESTS - 2

POLE VAULT /5.50m / 5.30m [18-0 1/2 / 17-4 1/2]

	<u>2003</u>	<u>LIFETIME</u>
Rick Collins	5.15m/16-10 3/4 (k)	5.15 / 16-10 3/4
Tyson Byers	5.15m/16-10 3/4 (k,m)	5.15 / 16-10 3/4 FSR
Paul Nicoletti	4.85m/15-11 (d,e,m)	4.85 / 15-11
A. Kammenga	4.70m/15-5 (d)	4.90 / 16-0 3/4
Darion Powell	4.40m/14-5 1/4 (d)	4.40 / 14-5 1/4

LONG JUMP 7.85m / 7.55m [25-9 1/4 / 24-9 1/4]

	<u>2003</u>	<u>LIFETIME</u>
Martin Boston	7.31m/23-11 3/4 (h)	7.31 / 23-11 3/4
Jamil Smith	7.14m/23-5 1/4 (c)	7.36 / 24-1 3/4
Darion Powell	7.01m/23-0 (d)	7.01 / 23-0
James McSwain	6.98m/22-11 (c)	6.98 / 22-11
Peter Rizzardi	6.90m/22-7 3/4 (h)	6.90 / 22-7 3/4
J. Nikbakhsh-Tali	6.72m/22-0 3/4 (d)	6.92 / 22-8 1/2
Billy Reamer	6.00m/19-8 1/4 (n)	6.00 / 19-8 1/4

TRIPLE JUMP 16.20m / 15.60m [53-1 3/4 / 51-2 1/4]

	<u>2003</u>	<u>LIFETIME</u>
Jamil Smith	14.84m/48-8 1/4 (c)	14.92/48-11 1/2
J. Nikbakhsh-Tali	14.50m/47-7 (h)	14.50 / 47-7
Ben Hampton	14.44m/47-4 1/2 (c)	14.44 / 47-4 1/2
Peter Rizzardi	14.40m/47-3 (n)	14.40 / 47-3
Kyle Kraemer	13.98m/45-10 1/2 (f)	13.98 / 45-10 1/2

SHOT PUT 19.50m / 17.75m [63-11 3/4 / 58-3]

	<u>2003</u>	<u>LIFETIME</u>
Tim Gehring	17.59m/57-8 1/2 (d,n)	17.59 / 57-8 1/2
Mark Matthey	14.93m/48-11 3/4 (n)	14.93 / 48-11 3/4
Darion Powell	14.41m/47-3 1/2 (d)	14.41 / 47-3 1/2
Matt McGee	12.25m/40-2 1/4 (d)	12.25 / 40-2 1/4
Billy Reamer	11.51m/37-9 1/4 (d)	11.51/37-9 1/4
David Turpin	11.17m/36-7 3/4 (n)	11.17 / 36-7 3/4

35# WEIGHT /21.35m / 19.50m [70- 1/2 / 63-11 3/4]

	<u>2003</u>	<u>LIFETIME</u>
Tim Gehring	16.97m/55-8 1/4 (d)	17.59 / 57-8 1/2
Thad Cullinan	16.36m/53-8 1/4 (c)	16.36 / 53-8 1/4
Mark Matthey	13.72m/45-0 1/4 (f)	13.72 / 45-0 1/4

DISCUS - Pac-10 Outdoor Standard 51.50m/168-11

	<u>2003</u>	<u>LIFETIME</u>
Sam Lightbody	48.16m/158-0 (n)	53.72 / 176-3
Darion Powell	41.85m/137-4 (n)	42.68 / 140-0
David Turpin	31.33m/102-9 (n)	31.33 / 102-9

* = NCAA indoor automatic qualifier. # = NCAA indoor provisional qualifier. + = Pacific-10 outdoor qualifier. ^ = Altitude adjustment available. **SR** = WSU school record. **WR** = World Record. /**A**) = at altitude. **a** = altitude adjusted. Only NCAA automatic and provisional qualifying standards listed. **\$** = **NCAA Participant**

Meet Legend

- a @ Pole Vault Summit, 1/17-18, Reno
- b @ Husky Preview, 1/18, Seattle
- c WSU Open, 1/24-25, Pullman
- d Cougar Indoor, 1/31-2/1, Pullman
- e @ Adidas Classic, 2/8, Lincoln, Neb.
- f @ McDonald's Invite, 2/7-8, Moscow
- g @ Vandal Indoor, 2/14, Moscow
- h @ McDonald's II, 2/14-15, Moscow
- k @ Mountain Pacific Sports Federation Championships, 2/21-22, Nampa
- Team Scores: UCLA 127.5, Stanford 99, Arizona 74, Idaho 57, CS Northridge 55, California 54, WSU 41, Utah State 34, Oregon 33.5, Long Beach State 6
- m @ UW Pac-10 Invitational, 2/28-3/1, Seattle
- n @ McDonald's Last Chance, 3/7-8, Moscow
- p @ NCAA Last Chance, 3/8, Seattle
- \$ @ NCAA Indoor Track & Field Championships, 3/14-15, Fayetteville, Arkansas
- Team Scores: 1. Arkansas 52, 2. Auburn 28, T45. Washington State 4

Revised: 3/18/03

WASHINGTON STATE FINAL 2003 WOMEN'S INDOOR BESTS

(NCAA Automatic / Provisional Qualifying Standards)

60 METERS 7.30/7.44 2003 LIFETIME

Tamara Gulley	7.62 (n)	7.62
Tiffany Giles	7.63 (g)	7.63
Nicole Hatcher	7.73 (g)	7.73
Bree Skinner	7.76 (m)	7.73
Robin Mikesh	8.30 (d)	8.30

200 METERS 23.50/24.00 2003 LIFETIME

Ellannee Richardson	24.09 (k)	24.00
Tiffany Giles	24.30 (k)	24.30
Nicole Hatcher	24.91 (k)	24.91
Julie Pickler	25.10 (e)	25.10
Monique Jessie	25.17 (h)	25.17
Diana Pickler	25.30 (e)	25.30
Tamara Gulley	25.68 (d)	25.68
Louise Akesson	26.28 (f)	26.28
Blessing Ufodiana	27.57 (d)	27.57

400 METERS 53.50/54.50 2003 LIFETIME

# Tiffany Giles	54.08 (k)	54.08 SR
Monique Jessie	54.70 (k)	54.70
Louise Akesson	57.35 (n)	57.35

800 M 2:06.20/2:09.00 2003 LIFETIME

Angelita Green	2:12.94 (e)	2:11.83
Molly Bull	2:16.09 (k)	2:16.09
Hillary Smith	2:21.63 (h)	2:13.37
Hailey Young	2:30.92 (n)	2:30.92

MILE^ 4:42.60/4:48.40 2003 LIFETIME

Anna Blue	5:04.08 (d)	5:01.02
Molly Bull	5:05.93 (m)	5:05.93
Julia Corbett	5:27.58 (d)	5:27.58
Hailey Young	5:36.01 (h)	5:36.01
Juli Ross	6:21.10 (d)	6:21.10
Diana Worthen	6:27.94 (d)	6:27.94
Hillary Smith		5:09.32

3000 M^ 9:20.00/9:35.00 2003 LIFETIME

Anna Blue	9:42.22 (k)	9:42.22 SR
Julia Corbett	10:30.04 (n)	10:30.04
Hillary Smith	10:39.35 (n)	10:39.35
Megan Walker-Richards	10:59.54 (n)	10:59.54
Julie Ross	12:15.85 (n)	12:15.85
Diana Worthen	13:16.51 (n)	13:16.51

5000 M^ 16:20.00/16:45.00 2003 LIFETIME

# Anna Blue	16:35.18 (m)	16:35.18 SR
Julia Corbett	18:47.97 (k)	18:47.97

60-M HURDLES 8.17/8.43 2003 LIFETIME

# Ellannee Richardson	8.42 (k)	8.42
Diana Pickler	8.64 (k)	8.64
Tamara Gulley	8.71 (c)	8.44
Julie Pickler	8.74 (k)	8.74
Louise Akesson	9.05 (n)	9.05

1600-METER RELAY 3:35.80/3:40.00 2003

# Giles, Jessie, Green, Richardson	3:35.49 (\$)	SR
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DIST. MED. RELAY 11:19.00/11:36.00 2003

Bull, J. Pickler, Green, Blue	11:50.00 (k)
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HIGH JUMP 1.84m / 1.77m [6-0 1/2 / 5-9 3/4]

	2003	LIFETIME
# Whitney Evans	1.85m/6-0 3/4 (\$)	1.85 / 6-0 3/4
Briana Willis	1.70m/5-7 (d,g,m,n)	1.77 / 5-9 3/4
Robin Mikesh	1.68m/5-6 (e)	1.68 / 5-6
Diana Pickler	1.65m/5-5 (d)	1.65 / 5-5
Julie Pickler	1.65m/5-5 (m)	1.65 / 5-5
E. Richardson	1.65m/5-5 (p)	1.67 / 5-5 3/4

POLE VAULT 4.20m / 3.90m [13-9 1/4 / 12-9 1/2]

	2003	LIFETIME
K. McGee	3.75m/12-3 1/2 (c)	3.85 / 12-7 1/2
S. Robinett	3.65m/11-11 3/4 (d)	3.65 / 11-11 3/4

LONG JUMP 6.40m / 6.20m [21-0 / 20-4 1/4]

	2003	LIFETIME
Diana Pickler	5.62m/18-5 1/4 (e)	5.84 / 19-2
Blessing Ufodiana	5.60m/18-4 1/2 (d)	5.81 / 19-0 3/4
Julie Pickler	5.58m/18-3 3/4 (n)	5.90 / 19-4 1/4
E. Richardson	5.46m/17-11 (c)	5.77 / 18-11 1/4
Louise Akesson	5.28m/17-4 (h)	5.28 / 17-4

TRIPLE JUMP 13.15m / 12.65m [43-1 3/4 / 41-6]

	2003	LIFETIME
B. Ufodiana	12.48m/40-11 1/2 (h)	12.51 / 41-0 1/2
Bree Skinner	11.86m/38-11 (c)	11.86 / 38-11

WSU FINAL 2003 WOMEN'S INDOOR BESTS - 2

SHOT PUT 16.40m / 15.20m [53-9 3/4 / 49-10 1/2]

	<u>2003</u>	<u>LIFETIME</u>
S. Rance	14.01m/45-11 3/4 (h)	15.57 / 51-1
Marie Muai	13.24m/43-5 1/4 (g)	13.69 / 44-11
Diana Pickler	11.45m/37-6 3/4 (d)	11.45 / 37-6 3/4
Julie Pickler	10.80m/35-5 1/4 (d)	10.80 / 35-5 1/4
E. Richardson	10.44m/34-3 (p)	10.44 / 34-3

20# WEIGHT 19.80m / 18.50m [64-11 1/2 / 60-8 1/2]

	<u>2003</u>	<u>LIFETIME</u>
# Marie Muai	18.83m/61-9 1/2 (e)	18.83 / 61-9 1/2 SR
B. Hinchcliffe	18.12m/59-5 1/2 (k)	18.12 / 59-5 1/2
S. J. Missel	15.20m/49-10 1/2 (d)	15.20 / 49-10 1/2

DISCUS - Pac-10 Outdoor Standard 46.00m/150-11

	<u>2003</u>	<u>LIFETIME</u>
Shannon Rance	43.75m/143-6 (h)	46.58 / 152-10
Marie Muai	41.49m/136-1 (h)	50.90 / 167-0
Britt. Hinchcliffe	40.54m/133-0 (h)	44.94 / 147-5

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 - h @ McDonald's II, 2/14-15, Moscow
 - k @ Mountain Pacific Sports Federation Championships, 2/21-22, Nampa
 - m @ UW Pac-10 Invitational, 2/28-3/1, Seattle
 - n @ McDonald's Last Chance, 3/7-8, Moscow
 - p @ NCAA Last Chance, 3/8, Seattle
 - \$ @ NCAA Indoor Track & Field Championships, 3/14-15, Fayetteville, Arkansas
- Team Scoring: Stanford 171, UCLA 161.5, WSU 68, CS Northridge 55.5, Oregon 33.5, Arizona 22, California 21, Cal Poly 19, Utah State 13, Long Beach State 12, UC Irvine 7.5
- Team Scores: 1. LSU 62, 2. South Carolina 44, 26. Washington State 7

Revised: 3/18/03