

WASHINGTON STATE 2008 FINAL WOMEN'S OUTDOOR BESTS

= NCAA Regional Event Qualifying Mark \$ = NCAA Outdoor Championships Qualifier

100m (#11.75)	2008	LIFETIME
# Princess Joy Griffey	11.72w (g)	11.66w
	11.87 (f)	11.72
La Shawnda Porter-Red	12.25 (b)	11.83
Angela Jensen	12.42 (m)	12.24
Candace Missouri	12.43w (h)	12.07
	12.62 (e)	

200m (#23.96)	2008	LIFETIME
# Princess Joy Griffey	23.90w (m)	23.90w
	24.00 (p)	24.00
La Shawnda Porter-Red	24.16 (p)	23.92w
		24.00
Angela Jensen	25.34 (o)	25.34
Jalisa Williams	26.03 (f)	25.6
Selena Galaviz	26.18 (e)	25.96

400m (#54.61)	2008	LIFETIME
Lorraine King	55.48 (h)	55.24
Princess Joy Griffey	55.96 (a)	55.96
La Shawnda Porter-Red	56.00 (m)	56.00
Anna Layman	56.12 (h)	56.12
Selena Galaviz	57.74 (a,e)	57.06
Veronica Elseroad-Wall	58.12 (d)	57.59

800m (#2:09.80)	2008	LIFETIME
\$ Anna Layman	2:04.03 (\$)	2:04.03
Lisa Egami	2:11.74 (a)	2:08.38
Karen DeMartini	2:13.36 (h)	2:13.36
Isley Gonzalez	2:14.08 (h)	2:14.08
Haley Paul	2:17.68 (h)	2:11.43
Jalisa Williams	2:30.48 (o)	2:30.48
Angela Jensen	2:36.91 (f)	2:36.91

1500m (#4:27.80)	2008	LIFETIME
# Lisa Egami	4:27.45 (d)	4:27.45
Sara Trané	4:30.30 (f)	4:28.43
Karen DeMartini	4:30.71 (d)	4:30.71
Isley Gonzalez	4:34.02 (f)	4:34.02
Haley Paul	4:34.98 (f)	4:26.00
Meghan Leonard	4:36.43 (a)	4:36.43
Collier Lawrence	4:38.66 (a)	4:38.66
Amanda Andrews	4:42.87 (h)	4:42.87
Chelsea VanDeBrake	4:45.11 (h)	4:45.11
Stephanie Sipes	5:04.31 (e)	5:04.31

3000m	2008	LIFETIME
Sara Trané	9:47.38 (a)	9:47.38
Isley Gonzalez	9:58.18 (m)	9:58.18
Meghan Leonard	9:59.16 (m)	9:59.16
Haley Paul	10:38.06 (m)	10:38.06
Chelsea VanDeBrake	10:48.89 (m)	10:26.68

5000m (#16:52.00)	2008	LIFETIME
# Isley Gonzalez	16:42.91 (d)	16:42.91
Chelsea VanDeBrake	18:00.22 (f)	17:28.35
Haley Paul	18:08.98 (p)	16:20.86

100m HURDLES (#13.92)	2008	LIFETIME
Angela Jensen	14.23 (h)	14.23
		14.09w
Jalisa Williams	14.45 (m)	14.18
		14.10w
Caroline Hedel	14.61 (m)	14.61
Angelica Flynn (unat)	17.44 (e)	14.33w

400m HURDLES (#1:00.82)	2008	LIFETIME
\$ Lorraine King	58.39 (c)	58.39
# Veronica Elseroad-Wall	1:00.17 (p)	1:00.17
Caroline Hedel	1:03.28 (a)	1:03.28

3,000m Steeplechase (#10:50.25)	2008	LIFETIME
\$ Sara Trané	10:14.29 (r)	10:14.29 SR
\$ Meghan Leonard	10:16.36 (g)	10:16.36
# Collier Lawrence	10:25.27 (d)	10:25.27
# Amanda Andrews	10:49.08 (f)	10:49.08

400m RELAY (#45.70)	2008
Jensen, Porter-Red, Missouri, Griffey	45.91 (p)

1600m RELAY (#3:42.00)	2008
# Griffey, King, Porter-Red, Elseroad-Wall	3:39.17 (p)

HIGH JUMP (#1.75m/5-8 3/4)	2008	LIFETIME
\$ Ebba Jungmark	1.84m / 6-0 1/2 (SN)	1.92m/ 6-3 1/2
# McKinnon Hanson	1.75m / 5-8 3/4 (m)	1.75m/ 5-8 3/4
Angela Jensen	1.54m / 5-0 1/2 (f,o)	1.64m/ 5-4
Jalissa Williams	1.36m / 4-5 1/2 (f)	1.36m/ 4-5 1/2
Maria Creech (unat)	1.55m / 5-1 (e,h)	1.73m/ 5-8

WSU 2008 FINAL WOMEN'S OUTDOOR BESTS - 2

= NCAA Regional Event Qualifying Mark \$ = NCAA Outdoor Championships Qualifier

POLE VAULT (#3.85m/12-7 1/2)

	2008	LIFETIME
Alexa Huestis	3.70m/12-1 1/2 (d)	3.70m/ 12-1 1/2
Kendall Mays	3.70m/12-1 1/2 (m,n)	3.70m/ 12-1 1/2
Jessica Fuller	3.60m/11-9 3/4 (e)	3.60m/ 11-9 3/4
Chelsea Nicholas	3.10m/10-2 (h)	3.36m/ 11-0
Hilary Moore (unat)	3.40m/11-1 3/4 (h)	3.51m/ 11-6

LONG JUMP (#6.00m/19-8 1/4) 2008 LIFETIME

Candace Missouri	5.87m/19-3 1/4w (d)	5.87m/19-3 1/4w
	5.81m/19-0 3/4 (d)	5.81m/19-0 3/4
Catie Schuetzle	5.84m/19-2 (e)	5.95m/19-6 1/4
Jalisa Williams	5.35m/17-6 3/4 (a)	5.52m/18-1 1/2
Angela Jensen	5.15m/16-10 3/4 (h)	5.15m/16-10 3/4

TRIPLE JUMP (#12.32m/40-5)

	2008	LIFETIME
Catie Schuetzle	12.23m/40-1 1/2w (m)	
	12.22m/40-1 1/4 (m)	12.58m/41-3 1/4
Sarah Burns	12.22m/40-1 1/4 (a)	12.54m/41-1 3/4
Candace Missouri	12.19m/40-0w (a)	12.19m/40-0w
	11.61m/38-1 1/4 (p)	11.61m/38-1 1/4
Amy Quinones	11.24m/36-10 1/2 (m)	11.77m/38-7 1/2

SHOT PUT (#14.30m/46-11)

	2008	LIFETIME
# Jessica Zita	14.96m/49-1 (h)	14.96m/49-1
# McK. Garberg	14.55m/47-9 (a)	14.97m/49-1 1/2
Jalisa Williams	11.90m/39-0 1/2 (o)	11.90m/39-0 1/2
Angela Jensen	9.56m/31-4 1/2 (f)	9.56m/31-4 1/2

DISCUS (#47.30m/155-2)

	2008	LIFETIME
\$ McKenzie Garberg	54.04m/177-3 (\$)	54.04m/177-3
Jessica Zita	43.01m/141-1 (m)	43.01m/141-1

HAMMER (#54.15m/177-8)

	2008	LIFETIME
\$ McKen. Garberg	64.09m/210-3 (\$)	64.09/210-3 SR
Jessica Zita	44.81m/147-0 (m)	46.31m/151-11

JAVELIN (#43.45m/142-6)

	2008	LIFETIME
\$ Marissa Tschida	49.28m/161-8 (g)	49.28m/161-8 FSR
# Jas. McCormack	43.68m/143-4 (h)	43.68m/143-4
Jalisa Williams	35.51m/116-6 (m)	35.51m/116-6
Angela Jensen	32.92m/108-0 (f)	32.92m/108-0

HEPTATHLON (**=NCAA AQ 5,500 /*=PQ 5,050)

	2008	LIFETIME
Jalisa Williams	4,538 points (f)	4,538
(f=100mH - 14.75, HJ - 1.57m/5-1 3/4, SP - 10.36m/34-0, 200m - 26.03w, LJ - 5.22m/17-1 1/2, Jav - 33.83m/111-0, 800m - 2:31.38)		

Angela Jensen	4,498 points (f)	4,498
(f=100mH - 14.69, HJ - 1.54m/5-0 1/2, SP - 9.56m/31-4 1/2, 200m - 25.68w, LJ - 4.71m/15-5 1/2, Jav - 32.92m/108-0, 800m - 2:36.91)		

SR = WSU record FSR = Freshman WSU record.

MEET LEGEND

- a @ Trojan Invitational, Los Angeles 3/21-22
- b @ Sacramento State Nike Invite, 3/29
- c @ Texas Relays, Austin 4/2-5
- d @ Stanford Invitational, 4/4-5
- e @ Pelluer Invite, Cheney 4/11
- f @ Johnson/Joyner-Kersey Invite, Los Angeles 4/10-12
- g @ Mt. SAC Relays, Walnut 4/18-20
- h Cougar Invitational, Pullman 4/26
- m WSU-Washington Dual, Pullman 5/3
Team scores: WSU 116, Washington 47
- n @ Vandal Jamboree, Moscow 5/9-10
- o @ Pac-10 Multi Championships, Tempe 5/9-10
- p @ Pac-10 Championships, Tempe 5/16-17
Team Scores: Arizona State 186.5, Stanford 117, Oregon 100, USC 91, UCLA 80, WSU 71.5, California 71.5, Arizona 65, Washington 32.5
- r @ NCAA West Reg. Champs, Northridge 5/30-31
Team Scores: 1. Arizona St. 114, t8. WSU 31
- \$ @ NCAA Championships, Des Moines, Iowa 6/11-14
Team Scores: 1. LSU 67; t 31. WSU 8
- SN @ Swedish National Championship,

Revised: 8/27/08

WASHINGTON STATE 2008 FINAL MEN'S OUTDOOR BESTS

= NCAA Regional Event Qualifying Mark \$ = NCAA Outdoor Championships Qualifier

100m (#10.55)	2008	LIFETIME
Justin Woods	10.61 (m)	10.45W 10.47
Marlon Murray	10.67 (p)	10.67 10.66w
Rickey Moody	10.81 (c)	10.81
Sadiki James	10.86 (h)	10.68
André Jennings	10.97 (m)	10.74
Kyle Schauble	11.27 (b)	10.90
Trevor Habberstad	11.42 (f)	10.89

200m (#21.35)	2008	LIFETIME
# Justin Woods	21.21 (m)	20.66w 21.01
Marlon Murray	21.40 (m)	21.40
Sadiki James	21.98 (m)	21.98

400m (#47.20)	2008	LIFETIME
# Jeshua Anderson	46.54 (g)	46.54
Reny Follett	47.40 (p)	47.40
Devin Timpson	49.90 (b)	49.04
Trevor Habberstad	50.44 (f)	48.27
Rickey Moody	51.05 (c)	51.05
Kyle Schauble	51.19 (f)	50.30

800m (#1:50.40)	2008	LIFETIME
Luke Lemenager	1:51.88 (m)	1:51.2
Jeshua Anderson	1:54.46 (h)	1:54.46
Bob Hewitt-Gaffney	1:54.73 (d)	1:51.92
David Hickerson (unat)	1:57.20 (h)	1:54.93

1500m (#3:47.80)	2008	LIFETIME
Chris Concha	3:53.38 (a)	3:53.38
Chris Williams	3:53.70 (a)	3:53.70
Dominic Smargiassi	3:54.73 (a)	3:54.73
Sam Ahlbeck	3:57.04 (a)	3:57.04
Alex Grant	3:58.29 (a)	3:58.29
Evan Blanshan	3:58.52 (a)	3:58.52
Dan Geib	3:59.91 (a)	3:59.91
Luke Lemenager	4:05.61 (d)	3:53.70
Drew Polley	4:11.11 (b)	4:09.31
Kyle Schauble	4:34.73 (f)	4:34.73
Trevor Habberstad	4:45.39 (f)	4:45.39
Rickey Moody	5:03.61 (\$)	5:03.61
David Hickerson (unat)	4:01.29 (h)	4:01.29

3000m	2008	LIFETIME
Dominic Smargiassi	8:26.65 (m)	8:26.65
Chris Williams	8:38.73 (m)	8:22.50
Drew Polley	8:43.77 (m)	8:41.57
Dan Geib	8:46.91 (m)	8:39.20

5,000m (#14:12.00)	2008	LIFETIME
Dominic Smargiassi	14:19.39 (d)	14:19.39
Chris Williams	14:23.97 (d)	14:23.97
Dan Geib	14:24.27 (d)	14:24.27
Alex Grant	14:32.63 (d)	14:26.55
Sam Ahlbeck	14:39.62 (f)	14:39.62

10,000m (NCAA AQ 28:45.00/ NCAA PQ 29:30.00)		
	2008	LIFETIME
Drew Polley	30:12.72 (d)	30:12.72
Dan Geib	30:18.10 (g)	30:18.10
Chris Williams	30:41.22 (p)	30:41.22

110m HURDLES (#14.30)	2008	LIFETIME
# Robert Williams	13.92 (p)	13.92
# Jeshua Anderson	14.08 (m)	14.08
Rickey Moody	14.41 (g)	14.41
Kyle Schauble	15.04 (b)	15.03
Trevor Habberstad	15.63 (b)	15.63

400m HURDLES (#52.51)	2008	LIFETIME
\$ Jeshua Anderson	48.68 (WJ)	48.68 SR
\$ Barry Leavitt	50.44 (r)	50.44
Robert Williams	52.87 (p)	51.87
Trevor Habberstad	55.51 (h)	55.51

3,000m STEEPLE (#9:07.00)	2008	LIFETIME
# Alex Grant	8:51.24 (p)	8:51.24
# Sam Ahlbeck	8:55.26 (p)	8:55.26
Evan Blanshan	9:28.89 (b)	9:28.89
Chris Concha	9:30.09 (d)	9:06.99
Sean Coyle (unat)	9:15.54 (h)	9:15.54

400m RELAY (#40.66)	2008
# Jennings, Woods, Anderson, Murray	40.12 (m)

1600m RELAY (#3:10.00)	2008
\$ Leavitt, Anderson, Follett, Woods	3:07.47 (p)

WSU 2008 FINAL MEN'S OUTDOOR BESTS - 2

= NCAA Regional Event Qualifying Mark \$ = NCAA Outdoor Championships Qualifier

HIGH JUMP (#2.10m/6-10 3/4)

	2008	LIFETIME
\$ Trent Arrivey	2.22m/7-3 1/4 (r)	2.22m/7-3 1/4
Ryan Deese	2.05m/6-8 3/4 (d,f,h,n,p)	2.06m/6-9
Rickey Moody	2.05m/6-8 3/4 (OT)	2.05m/6-8 3/4
Kyle Eaton	2.00m/6-6 3/4 (d,m)	2.05m/6-8 3/4
Kyle Schauble	1.86m/6-1 1/4 (f)	1.86m/6-1 1/4
Trevor Habberstad	1.71m/5-7 1/4 (f)	1.83m/ 6-0

POLE VAULT (#5.05m/16-6 3/4)

	2008	LIFETIME
D.J. Brown	4.60m/15-1 (h)	16-0
Rickey Moody	4.25m/13-11 1/4 (c)	4.25m/13-11 1/4
Kyle Schauble	4.20m/13-9 1/4 (f)	4.20m/13-9 1/4
Trevor Sodorff (unat)	4.15m/13-7 1/4 (e,h)	15-0

LONG JUMP (#7.34m/24-1)

	2008	LIFETIME
# Rickey Moody	7.54m/24-9 (c)	7.54m/24-9
Kyle Schauble	6.83m/22-5 (f)	7.06m/23-2
Devin Timpson	6.76m/22-2 1/4 (m)	6.76m/22-2 1/4
T. Habberstad	6.24m/20-5 3/4w (f)	6.24m/20-5 3/4w
	6.10m/20-0 1/4 (f)	6.10m/ 20-0 1/4

TRIPLE JUMP (#15.00m/49-2 1/2)

	2008	LIFETIME
# Moreno Zapata	15.45m/50-8 1/4 (r)	15.45/50-8 1/4
		15.53m/50-11 1/2w
		15.78m/51-9 1/4w
Rickey Moody	13.77m/45-2 1/4w (m)	13.77m/45-2 1/4
Devin Timpson	13.58m/44-6 3/4 (e)	13.91m/45-7 3/4

SHOT PUT (#16.80m/55-1 1/2)

	2008	LIFETIME
Phil MacArthur	15.87m/52-1 (m)	15.87m/52-1
Rickey Moody	15.52m/50-11 (m)	15.52m/50-11
Trevor Habberstad	10.19m/33-5 1/4 (f)	10.19m/ 33-5 1/4
Kyle Schauble	9.91m/32-6 1/4 (b)	9.91m/32-6 1/4

DISCUS (#51.70m/169-7)

	2008	LIFETIME
Matt Lamb	62.36m/204-7 (OT)	62.36m/204-7
Rickey Moody	46.29m/151-10 (a)	46.29m/151-10
Chase Mancuso	46.24m/151-8 (a)	46.24m/151-8
Phil MacArthur	41.17m/135-1 (m)	41.17m/135-1
Kyle Schauble	33.52m/110-0 (h)	33.52m/110-0
Trevor Habberstad	31.17m/102-3 (a)	31.17m/102-3

SR = WSU school record FSR = Freshman WSU record

HAMMER (#56.80m/186-4)

	2008	LIFETIME
# Phil MacArthur	61.82m/202-10 (p)	61.82m/202-10
Chase Mancuso	53.63m/175-11 (a)	53.86m/176-8
Joe Eppele	50.87m/166-11 (m)	50.87m/166-11

JAVELIN (#61.60m/202-1)

	2008	LIFETIME
\$ Jon Jeffreys	72.35m/237-4 (m)	72.35m/237-4
# Nathan Bache	65.05m/213-5 (m)	65.05m/213-5
Mark Presby	60.61m/198-10 (m)	60.61m/198-10
Rickey Moody	60.20m/197-6 (c)	60.20m/197-6
Cameron Schwisow	56.54m/185-6 (a)	62.28m/204-4
Kyle Schauble	52.59m/172-6 (h)	52.59m/172-6
Trevor Habberstad	40.81m/133-11 (a)	40.81m/133-11

DECATHLON (**=NCAA AQ 7,500/ *=PQ 6,900)

	2008	LIFETIME
** Rickey Moody	7,787 points (c)	7,787
(c=100m - 10.81, LJ - 7.54m/24-9, SP - 13.84m/45-5, HJ - 2.02m/6-7 1/2, 400m - 51.05, 110mH - 14.55w, DT - 46.27m/151-10, PV - 4.25m/13-11 1/4, Jav - 60.20m/197-6, 1500m - 5:09.87)		

Kyle Schauble 6,785 points (f) 6,785
(f=100m - 11.37, LJ - 6.83m/22-5, SP - 9.82m/32-2 3/4, HJ - 1.86m/6-1 1/4, 400m - 51.19, 110mH - 14.15, DT - 31.22m/102-5, PV - 4.20m/13-9 1/4, Jav - 51.46m/168-10, 1500m - 4:34.73)

Trevor Habberstad 5,345 points (f) 5,345
(f=100m - 11.42, LJ - 6.24m/20-5 3/4w, SP - 10.19m/33-5 1/4, HJ - 1.71m/5-7 1/4, 400m - 50.44, 110mH - 17.35, DT - 28.72m/94-3, PV - NH, Jav - 38.44m/126-1, 1500m - 4:45.39)

MEET LEGEND

- a @ Trojan Invitational, Los Angeles 3/21-22
- b @ Sacramento State Nike Invite, 3/29
- c @ Texas Relays, Austin 4/2-5
- d @ Stanford Invitational, 4/4-5
- e @ Pelluer Invite, Cheney 4/11
- f @ Johnson/Joyner-Kersey Invite, Los Angeles 4/10-12
- g @ Mt. SAC Relays, Walnut 4/18-20
- h Cougar Invitational, Pullman 4/26
- m WSU-Washington Dual, Pullman 5/3
Team scores: WSU 93, Washington 70
- n @ Vandal Jamboree, Moscow 5/9-10
- o @ Pac-10 Multi Championships, Tempe 5/9-10
- p @ Pac-10 Championships, Tempe 5/16-17
Team Scores: Oregon 144.5, Arizona State 134, UCLA 108, California 81.5, Stanford 79, Wash. State 73.5, USC 69.5, Arizona 65, Washington 63
- r @ NCAA West Reg. Champs, Northridge 5/30-31
Team Scores: 1. Arizona St. 71, t9. WSU 39
- \$ @ NCAA Championships, Des Moines, Iowa 6/11-14
Team Scores: 1. Florida State 52; t23. WSU 11
- WJ @ World Jrs Championship, Bydgoszcz, Poland, 7/8-13
- OT @ Olympic Trials, Eugene, 6/29-7/3

Revised: 8/27/08