

WASHINGTON STATE 2009 FINAL WOMEN'S INDOOR BESTS

(NCAA Automatic / Provisional Qualifying Standards)

60 METERS 7.26/7.44	2009	LIFETIME
Princess Joy Griffey	7.57 (e)	7.47
Angela Jensen	7.79 (c)	7.79
Morgan Clem	7.80 (c)	7.80
Braidy Bates	8.10 (c)	8.10

60-M HURDLES 8.14/8.43	2009	LIFETIME
Lorraine King	8.46 (g)	8.46
Angela Jensen	8.61 (c)	8.61
Jalisa Williams	8.87 (d,g)	8.87
Brittnay Crabb	8.97 (b)	8.97
Caroline Hedel	9.01 (f)	9.01
Courtney Kirkwood	9.27 (c)	9.27
Angelica Flynn	9.45 (c)	8.98

200 METERS 23.20/23.90	2009	LIFETIME
Princess Joy Griffey	24.33 (f)	24.33
Morgan Clem	25.57 (g)	25.57
Caroline Hedel	26.14 (b)	26.14
Brianne Brown	26.54 (d)	26.54
Jacki Hill	26.90 (b)	26.90
Braidy Bates	27.17 (d)	27.17

400 METERS 52.40/54.40	2009	LIFETIME
Lorraine King	54.89 (m)	54.89
Brianne Brown	57.57 (g)	57.57
Veronica Elseroad-Wall	57.81 (f)	57.74
Brittnay Crabb	58.18 (e)	58.18
Jacki Hill	59.46 (c)	59.46
Jalisa Williams	59.92 (d)	59.92
Caroline Hedel	1:01.14 (f)	57.55

800 M 2:05.00/2:09.00	2009	LIFETIME
Anna Layman	2:09.41 (g)	2:09.41
Mietra Smollack	2:11.86 (g)	2:11.86
Lisa Egami	2:15.32 (a)	2:11.55
Veronica Elseroad-Wall	2:21.25 (a)	2:20.97
Marisa Sandoval	2:22.23 (a)	2:19.63
Stephanie Sipes	2:24.43 (a)	2:24.43
Caroline Hedel	2:26.67 (a)	2:23.22
Angela Jensen	2:31.19 (g)	2:31.19
Courtney Kirkwood	2:35.65 (g)	2:35.65

MILE 4:38.00/4:48.00	2009	LIFETIME
# Lisa Egami	4:44.92 (g)	4:44.92 SR
Marisa Sandoval	4:53.36 (g)	4:53.36
Mietra Smollack	4:57.67 (e)	4:57.67
Amanda Andrews	5:03.03 (b)	5:03.03
Emily Farrar	5:08.79 (a)	5:08.79
Michelly Foley	5:16.93 (b)	5:16.93
Stephanie Sipes	5:20.02 (f)	5:20.02
Ashlee Wall	5:23.50 (a)	5:21.67
Sarah Dunn	5:31.92 (a)	5:31.92

3000 M 9:15.00/9:34.00	2009	LIFETIME
# Sara Trané	9:28.54 (g)	9:28.54 SR
Amanda Andrews	9:53.17 (g)	9:53.17
Michelly Foley	9:56.80 (g)	9:56.80 FSR
Lisa Egami	10:04.99 (b)	10:04.99
Ashlee Wall	10:26.33 (k)	10:26.33
Sarah Dunn	10:54.54 (b)	10:54.54

5000 M 16:08.00/16:45.00	2009	LIFETIME
Emily Farrar	17:36.77 (e)	17:36.77 FSR
Sara Trané	18:03.5 (d)	18:03.5
Ashlee Wall	18:04.9 (d)	18:04.9
Sarah Dunn	18:35.7 (d)	18:35.7
Lisa Egami	18:45.7 (d)	18:45.7
Michelly Foley	18:56.2 (d)	18:56.2
Amanda Andrews	18:56.2 (d)	18:56.2
Marissa Sandoval	18:56.2 (d)	18:56.2
Mietra Smollack	18:56.2 (d)	18:56.2

1600-METER RELAY 3:33.00/3:40.00	2009
Griffey, Layman, Elseroad-Wall, King	3:41.59 (g)

DIST. MED. RELAY 11:09.00/11:30.00	2009
# Egami, King, Layman, Trané	11:17.92 (m) SR

HIGH JUMP 1.85m / 1.78m [6-0 3/4 / 5-10]	2009	LIFETIME
Amanda Stewart	1.70m/ 5-7 (a)	1.70m/ 5-7
Maria Creech	1.68m/ 5-6 (f)	1.68m/ 5-6
Angela Jensen	1.55m/ 5-1 (b)	1.64m/ 5-4 1/2
Court. Kirkwood	1.52m/ 4-11 3/4 (g)	1.52m/ 4-11 3/4

WSU 2009 FINAL WOMEN'S INDOOR BESTS - 2

POLE VAULT 4.20m / 3.95m [13-9 1/4 / 12-11 1/2]

	<u>2009</u>	<u>LIFETIME</u>
# Kendall Mays	4.10m/ 13-5 1/4 (g)	4.10m/ 13-5 1/4
Alexa Huestis	3.90m/ 12-9 1/2 (c,f)	3.90m/ 12-9 1/2
Hilary Moore	3.55m/ 11-7 3/4 (a,k)	3.56m/ 11-8
Mandi Dionne	3.50m/ 11-5 3/4 (b)	3.50m/ 11-5 3/4
Loreah Winlow	3.45m/ 11-3 3/4 (f)	3.45m/ 11-3 3/4

LONG JUMP 6.35m / 6.10m [20-10 / 20-0 1/4]

	<u>2009</u>	<u>LIFETIME</u>
Candace Missouri	5.76m/ 18-10 3/4 (e)	5.76m/ 18-10 3/4
Jade Langston	5.28m/ 17-4 (f)	5.28m/ 17-4
Jessica Yates	5.24m/ 17-2 1/4 (d)	5.43m/ 17-9 3/4
Angela Jensen	5.22m/ 17-1 1/2 (g)	5.22m/ 17-1 1/2
Court. Kirkwood	5.10m/ 16-8 3/4 (g)	5.10m/ 16-8 3/4

TRIPLE JUMP 13.30m / 12.65m [43-7 3/4 / 41-6]

	<u>2009</u>	<u>LIFETIME</u>
Sarah Burns	12.20m/ 40-0 1/2 (g)	12.62m/ 41-5
C. Missouri	12.01m / 39-5 (f)	12.10m/ 39-8 1/2
Jessica Yates	11.96m/ 39-3 (g)	12.09m/ 39-8

SHOT PUT 16.90m / 15.20m [55-5 1/2 / 49-10 1/2]

	<u>2009</u>	<u>LIFETIME</u>
Jennifer Hamilton	13.52m/ 44-4 1/4 (g)	13.52m/ 44-4 1/4
Anna Albrecht	12.67m/ 41-7 (a)	12.67m/ 41-7
Kjirsten Jensen	12.01m/ 39-5 (a)	12.01m/ 39-5
Ashley Kenney	11.78m/ 38-7 3/4 (f)	11.78m/ 38-7 3/4
Court. Kirkwood	10.79m/ 35-5 (g)	10.79m/ 35-5
Angela Jensen	9.86m/ 32-4 1/4 (f)	9.86m/ 32-4 1/4

20# WEIGHT 21.00m / 18.75m [68-10 3/4 / 61-6 1/4]

	<u>2009</u>	<u>LIFETIME</u>
Kjirsten Jensen	17.10m/ 56-1 1/4 (e)	17.10m/ 56-1 1/4
Cassie Whitfield	16.05m/ 52-8 (f)	16.05m/ 52-8
Ashley Kenney	13.90m/ 45-7 1/4 (b)	13.90m/ 45-7 1/4
Jen. Hamilton	13.34m/ 43-9 1/4 (b)	13.34m/ 43-9 1/4
A. Barnett (unat)	14.22m/ 46-8 (f)	14.22m/ 46-8

DISCUS

	<u>2009</u>	<u>LIFETIME</u>
Ashley Kenney	41.79m/ 137-1 (f)	41.79m/ 137-1
Anna Albrecht	38.67m/ 126-10 (f)	38.67m/ 126-10

PENTATHLON 4,050 pts / 3,700 points

	<u>2009</u>	<u>LIFETIME</u>
Angela Jensen	3356 (b)	3356
(b = 60mH - 8.81, HJ - 1.55m/5-1, SP - 9.18m/30-1 1/2, LJ - 5.16m/16-11 1/4, 800m - 2:33.59)		
Courtney Kirkwood	3278 (g)	3278
(k = 60mH - 9.33, HJ - 1.52m/4-11 3/4, SP - 10.79m/35-5, LJ - 5.10m/16-8 3/4, 800m - 2:35.65)		

* = NCAA indoor automatic qualifier.

= NCAA indoor provisional qualifier.

\$ = NCAA Participant.

SR = WSU school record

FSR = WSU freshman school record

Only NCAA automatic and provisional qualifying standards listed.

Meet Legend

- a WSU Open, 1/23-24, Pullman
- b Cougar Indoor, 1/30-31, Pullman
- Team scores: WSU 93 EWU 28, WSU 73 Idaho 47, WSU 62 Utah State 56, Sacramento State 62 WSU 60
- c @ Vandal Indoor, 2/6, Moscow
- d @ Runners Soul Open, 2/7, Moscow
- e @ Husky Classic, 2/14, Seattle
- f @ Vandal Collegiate, 2/20-21, Moscow
- @ Mountain Pacific Sports Federation Championships, 2/27-28, Seattle
- Team scores: Stanford 115, Oregon 91.5, Arizona State 78, UCLA 75.5, Washington 72.5, California 68.5, Arizona 62, Washington State 51.5, Cal St. Northridge 32.5, Long Beach St. 14
- k @ NCAA Last Chance Qualifier, 3/7, Seattle
- m @ Alex Wilson Invite, Notre Dame, 3/6-7
- \$ @ NCAA Indoor Track & Field Championships, 3/13-14, College Station, Texas

Revised: 3/16/09

WASHINGTON STATE 2009 FINAL MEN'S INDOOR BESTS

(NCAA Automatic / Provisional Qualifying Standards)

60 METERS 6.63/6.74 **2009** **LIFETIME**

Justin Woods	6.77 (g)	6.73
Marlon Murray	6.82 (c)	6.82
André Jennings	6.98 (f)	6.94
Kyle Schauble	7.15 (d)	7.12
Christian Crain	7.13 (f)	7.13
Sean Harris	7.46 (g)	7.46
Ezra John Griffey (unat)	7.05 (f)	6.97

60-M HURDLES 7.70/7.91 **2009** **LIFETIME**

# Robert Williams	7.84 (f)	7.84
Jeshua Anderson	8.00 (a,b)	8.00
Barry Leavitt	8.21 (a)	8.21
Trevor Habberstad	8.38 (c)	8.38
Kyle Schauble	8.39 (g)	8.35
J Hopkins	8.44 (b,c)	8.44
Sean Harris	8.57 (e,f)	8.57

200 METERS 20.83/21.23 **2009** **LIFETIME**

Justin Woods	21.46 (e)	21.23
Marlon Murray	21.48 (c)	21.48
Trevor Habberstad	22.78 (b)	22.78
J Hopkins	22.84 (b)	22.84

400 METERS 46.15/47.25 **2009** **LIFETIME**

# Jeshua Anderson	46.75 (e)	46.67
Reny Follett	47.63 (g)	47.63
Barry Leavitt	48.67 (f)	48.19
Trevor Habberstad	49.25 (f)	49.25
J Hopkins	49.33 (f)	49.33
Joe Abbott	49.93 (a)	49.93
Bob Hewitt-Gaffney	51.40 (f)	50.07
Luke Lemenager	51.85 (a)	50.17

800 M 1:48.00/1:50.50 **2009** **LIFETIME**

Luke Lemenager	1:51.34 (f)	1:51.34
Jeshua Anderson	1:54.15 (b)	1:54.15
Ian Smith	1:54.61 (f)	1:54.61
Bob Hewitt-Gaffney	1:55.78 (c)	1:51.79
Evan Blanshan	1:57.60 (b)	1:57.60
David Hickerson	1:57.80 (a)	1:56.94
Jono Lafler	2:00.52 (a)	2:00.52
Barry Leavitt	2:06.73 (a)	2:06.73
Trevor Habberstad	2:07.30 (a)	2:07.30
Matt Cronrath (unat)	1:57.36 (d)	1:57.36
Drake da Ponte (unat)	1:59.30 (d)	1:59.30
Jason Stoker (unat)	2:00.42 (a)	2:00.42

MILE 3:59.50/4:04.00 **2009** **LIFETIME**

Evan Blanshan	4:12.57 (g)	4:12.57
Peter Miller	4:14.33 (k)	4:14.33
David Hickerson	4:16.16 (k)	4:16.16
Joe Abbott	4:18.42 (b)	4:18.42
Dominic Smargiassi	4:21.14 (c)	4:19.7h
Sam Ahlbeck	4:21.52 (b)	4:21.52
Jono Lafler	4:21.57 (b)	4:21.57
Justin Englund	4:24.26 (a)	4:24.26
Drake da Ponte (unat)	4:18.50 (e)	4:18.50
Matt Cronrath (unat)	4:24.35 (k)	4:24.35
Jason Stoker (unat)	4:27.74 (f)	4:27.74
Jayson Taylor (unat)	4:33.79 (c)	4:33.79
Steven Hicks (unat)	4:35.72 (c)	4:35.72

3,000 M 7:54.50/8:05.00 **2009** **LIFETIME**

Sam Ahlbeck	8:15.30 (g)	8:15.30
Drew Polley	8:32.17 (e)	8:32.17
Justin Englund	8:32.45 (k)	8:32.45
David Hickerson	8:40.67 (g)	8:40.67
Mark Moeller	8:48.46 (b)	8:48.36
Peter Miller	8:52.84 (f)	8:52.84
Jayson Taylor (unat)	8:48.91 (e)	8:48.91
Steven Hicks (unat)	8:55.07 (e)	8:55.07

5,000 M 13:47.00/14:10.00 **2009** **LIFETIME**

Drew Polley	14:22.20 (g)	14:22.20
Mark Moeller	14:32.94 (k)	14:32.94
Dominic Smargiassi	14:38.01 (e)	14:38.01
Justin Englund	14:54.06 (e)	14:54.06

1600-METER RELAY 3:06.50/3:10.40 **2009**

\$ Leavitt, Follett, Woods, Anderson 3:06.74 (n) **SR**

DIST. MEDLEY RELAY 9:34.00/9:45.70 **2009**

Lemenager, Hopkins, Hewitt-Gaffney, Blanshan 9:56.89 (g)

HIGH JUMP 2.24m / 2.14m [7-4 1/4 / 7-0 1/4]

	2009	LIFETIME
\$ Trent Arrivey	2.21m/ 7-3 (g)	2.21m/ 7-3
# Shawn Swartz	2.15m/ 7-0 1/2 (e)	2.15m/ 7-0 1/2
# Ryan Deese	2.14m/ 7-0 1/4 (d)	2.14m/ 7-0 1/4
Ross VanZanten	2.03m/ 6-8 (f)	2.03m/ 6-8
Sean Harris	1.90m/ 6-2 3/4 (b)	1.90m/ 6-2 3/4
Kyle Schauble	1.65m/ 5-5 (g)	1.83m/ 6-0

WSU 2009 FINAL MEN'S INDOOR BESTS - 2

POLE VAULT 5.50m / 5.20m [18-0 1/2 / 17-0 3/4]

	2009	LIFETIME
Jake Baertlein	4.87m/ 15-11 3/4 (g)	4.87m/ 15-11 3/4
Beau Carrillo	4.75m/ 15-7 (f)	4.75m/ 15-7
Trevor Sodorff	4.60m/ 15-1 (d)	4.60m/ 15-1
K. Schauble	4.30m/ 14-1 1/4 (a)	4.30m/ 14-1 1/4
Sean Harris	3.95m/ 12-11 1/2 (g)	3.95m/ 12-11 1/2

LONG JUMP 7.85m / 7.50m [25-9 1/4 / 24-7 1/4]

	2009	LIFETIME
Christian Crain	7.26m/ 23-10 (g)	7.26m/ 23-10
K. Schauble	6.72m/ 22-0 3/4 (g)	6.94m/ 22-9 1/4
Sean Wilson	6.61m/ 21-8 1/4 (d)	6.61m/ 21-8 1/4
Moreno Zapata	6.59m/ 21-7 1/2 (d)	6.75m/ 22-1 3/4
Devin Timpson	6.53m/ 21-5 1/4 (b)	6.53m/ 21-5 1/4
Sean Harris	6.34m/ 20-9 3/4 (g)	6.34m/ 20-9 3/4

TRIPLE JUMP 16.10m / 15.40m [52-10 / 50-6 1/4]

	2009	LIFETIME
Moreno Zapata	15.27m/ 50-1 1/4 (g)	15.37m/ 50-5 1/4
Devin Timpson	13.58m/ 44-6 3/4 (f)	13.58m/ 44-6 3/4
Sean Wilson	13.10m/ 42-11 3/4 (f)	13.10m/ 42-11 3/4

SHOT PUT 19.30m / 17.75m [63-4 / 58-3]

	2009	LIFETIME
Matt Lamb	16.52m/ 54-2 1/2 (b)	17.02m/ 55-10 1/4
Joe Bartlett	15.87m/ 52-1 (g)	15.87m/ 52-1
Steven Ayers	14.54m/ 47-8 1/2 (f)	14.54m/ 47-8 1/2
P. MacArthur	14.07m/ 46-2 (f)	14.07m/ 46-2
Sean Harris	13.53m/ 44-4 3/4 (g)	13.53m/ 44-4 3/4
Kyle Schauble	10.48m/ 34-4 3/4 (f)	10.48m/ 34-4 3/4

35# WEIGHT 21.50m / 19.50m [70-6 1/2 / 63-11 3/4]

	2009	LIFETIME
# Philip MacArthur	20.09m/ 65-11 (f)	20.09m/ 65-11

DISCUS 2009 LIFETIME

	2009	LIFETIME
Matt Lamb	54.22m/ 177-11 (c)	58.67m/ 192-6
Joe Bartlett	46.07m/ 151-2 (f)	46.07m/ 151-2
Conner Larned	42.25m/ 138-7 (c)	42.25m/ 138-7

HEPTATHLON 5,650 pts. / 5,300 pts

	2009	LIFETIME
Sean Harris	4693 (g)	4693
(k = 60m - 7.46, LJ - 6.34m/20-9 3/4, SP - 13.53m/44-4 3/4, HJ - 1.83m/6-0, 60m H - 8.67, PV - 3.95m/12-11 1/2, 1000m - 3:14.42)		

Kyle Schauble	4883 (g)	5032
(k = 60m - 7.17, LJ - 6.72m/22-0 3/4, SP - 10.04m/32-11 1/4, HJ - 1.65m/5-5, 60m H - 8.39, PV - 4.05m/13-3 1/2, 1000m - 2:46.49)		

(PR = 60m - 7.19, LJ - 6.93m/22-9, SP - 10.20m/33-5 3/4, HJ - 1.80m/5-10 3/4, 60m H - 8.44, PV - 4.00m/13-1 1/2, 1000m - 2:46.44)

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= NCAA indoor provisional qualifier.

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SR = WSU school record

FSR = WSU freshman school record

Only NCAA automatic and provisional qualifying standards listed.

Meet Legend

- a WSU Open, 1/23-24, Pullman
- b Cougar Indoor, 1/30-31, Pullman
- Team scores: WSU 74 EWU 48, WSU 90 Idaho 27, WSU 86 Sacramento State 27, WSU 68 Utah State 51
- c @ Vandal Indoor, 2/6, Moscow
- d @ Runners Soul Open, 2/7, Moscow
- e @ Husky Classic, 2/14, Seattle
- f @ Vandal Collegiate, 2/20-21, Moscow
- g @ Mountain Pacific Sports Federation Championships, 2/27-28, Seattle
- Team scores: UCLA 83.5, Washington State 78.5, California 78.5, Oregon 78, Arizona State 76.5, Washington 75, Stanford 68, Cal St. Northridge 56, Arizona 54, Long Beach St. 14
- k @ NCAA Last Chance Qualifier, 3/7, Seattle
- n @ Iowa State Qualifier, Ames, 3/7
- \$ @ NCAA Indoor Track & Field Championships, 3/13-14, College Station, Texas
- Team score: t-53rd WSU.

Revised: 3/16/09