

WASHINGTON STATE 2009 WOMEN'S INDOOR BESTS

(NCAA Automatic / Provisional Qualifying Standards)

60 METERS 7.26/7.44	2009	LIFETIME
Princess Joy Griffey	7.73 (a)	7.47
Morgan Clem	7.83 (a)	7.83
Braidy Bates	8.21 (a)	8.21
Candace Missouri		7.76

60-M HURDLES 8.14/8.43	2009	LIFETIME
Angela Jensen	8.79 (a)	8.67
Lorraine King	8.88 (a)	8.84
Jalisa Williams	9.05 (a)	8.92
Caroline Hedel	9.13 (a)	9.11
Angelica Flynn		8.98
Brittnay Crabb		
Courtney Kirkwood		

200 METERS 23.20/23.90	2009	LIFETIME
Princess Joy Griffey		24.46
Morgan Clem		

400 METERS 52.40/54.40	2009	LIFETIME
Brianne Brown	1:01.09 (a)	1:01.09
Jacki Hill	1:01.82 (a)	1:01.82
Brittnay Crabb	1:02.07 (a)	1:02.07
Lorraine King		56.01
Caroline Hedel		57.55
Veronica Elseroad-Wall		57.74
Princess Joy Griffey		
Anna Layman		

800 M 2:05.00/2:09.00	2009	LIFETIME
Anna Layman	2:14.42 (a)	2:14.42
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		2:36.49
Courtney Kirkwood		
Mietra Smollack		

MILE 4:38.00/4:48.00	2009	LIFETIME
Amanda Andrews	5:05.41 (a)	5:05.41
Mietra Smollack	5:08.31 (a)	5:08.31
Emily Farrar	5:08.79 (a)	5:08.79
Ashlee Wall	5:23.50 (a)	5:21.67
Sarah Dunn	5:31.92 (a)	5:31.92
Lisa Egami		4:55.83
Marisa Sandoval		4:59.84
Stephanie Sipes		5:30.41

3000 M 9:15.00/9:34.00	2009	LIFETIME
Amanda Andrews		9:59.07
Ashlee Wall		10:32.16
Sarah Dunn		
Emily Farrar		
Michelly Foley		

5000 M 16:08.00/16:45.00	2009	LIFETIME
Sarah Dunn		
Emily Farrar		

1600-METER RELAY 3:33.00/3:40.00	2009
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DIST. MED. RELAY 11:09.00/11:30.00	2009
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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	1.60m/ 5-3 (a)	1.60m/ 5-3
Angela Jensen		1.64m/ 5-4 1/2
Courtney Kirkwood		

WSU 2009 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	3.85m/ 12-7 1/2 (a)	3.85m/ 12-7 1/2
Alexa Huestis	3.70m/ 12-1 1/2 (a)	3.72m/ 12-2 1/2
Hilary Moore	3.55m/ 11-7 3/4 (a)	3.56m/ 11-8
Mandi Dionne	3.25m/ 10-8 (a)	3.25m/ 10-8
Loreah Winlow	3.25m/ 10-8 (a)	3.25m/ 10-8

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

	<u>2009</u>	<u>LIFETIME</u>
Candace Missouri	5.65m/ 18-6 1/2 (a)	5.74m/ 18-10
Angela Jensen	5.03m/ 16-6 (a)	5.03m/ 16-6
Jessica Yates		5.43m/ 17-9 3/4
Courtney Kirkwood		

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

	<u>2009</u>	<u>LIFETIME</u>
Jessica Yates	11.34m/ 37-2 1/2 (a)	12.09m/ 39-8
Sarah Burns		12.62m/ 41-5
C. Missouri		12.10m/ 39-8 1/2

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

	<u>2009</u>	<u>LIFETIME</u>
Anna Albrecht	12.67m/ 41-7 (a)	12.67m/ 41-7
Kjirsten Jensen	12.01m/ 39-5 (a)	12.01m/ 39-5
Jennifer Hamilton	11.86m/ 38-11 (a)	11.86m/ 38-11
Ashley Kenney	11.27m/ 36-11 3/4 (a)	11.27m/ 36-11 3/4
Angela Jensen		9.29m/ 30-5 3/4
Courtney Kirkwood		

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

	<u>2009</u>	<u>LIFETIME</u>
Kjirsten Jensen	15.20m/ 49-10 1/2 (a)	15.20m/ 49-10 1/2
Cassie Whitfield	13.86m/ 45-5 3/4 (a)	13.86m/ 45-5 3/4
Jen. Hamilton	12.89m/ 42-3 1/2 (a)	12.89m/ 42-3 1/2
Ashley Kenney	12.68m/ 41-7 1/4 (a)	12.68m/ 41-7 1/4
A. Barnett (unat)	13.49m/ 44-3 1/4 (a)	13.49m/ 44-3 1/4

DISCUS

	<u>2009</u>	<u>LIFETIME</u>
Anna Albrecht		
Kjirsten Jensen		
Ashley Kenney		

PENTATHLON 4,050 pts / 3,700 points

	<u>2009</u>	<u>LIFETIME</u>
Angela Jensen		3311
(PR= 60mH - 8.67, HJ - 1.58m/5-2 1/4, SP - 9.02m/29-7 1/4, LJ - 4.93m/16-2 1/4, 800m - 2:36.49)		

Courtney Kirkwood

* = 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
- 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
- k @ NCAA Last Chance Qualifier, 3/7, Seattle
- \$ @ NCAA Indoor Track & Field Championships, 3/13-14, College Station, Texas

Revised: 1/26/09

WASHINGTON STATE 2009 MEN'S INDOOR BESTS

(NCAA Automatic / Provisional Qualifying Standards)

60 METERS 6.63/6.74 2009 LIFETIME

Justin Woods	6.84 (a)	6.73
Marlon Murray	6.85 (a)	6.85
André Jennings		6.94
Ezra John Griffey		6.97
Trevor Habberstad		7.16
Sean Harris		
Kyle Schauble (unat)	7.18 (a)	7.12

60-M HURDLES 7.70/7.91 2009 LIFETIME

Robert Williams	7.95 (a)	7.95
Jeshua Anderson	8.00 (a)	8.00
Barry Leavitt	8.21 (a)	8.21
Trevor Habberstad	8.39 (a)	8.39
J Hopkins	8.56 (a)	8.56
Sean Harris		
Kyle Schauble		8.35

200 METERS 20.83/21.23 2009 LIFETIME

Justin Woods		21.23
Marlon Murray		21.80
André Jennings		21.85
Ezra John Griffey		22.68

400 METERS 46.15/47.25 2009 LIFETIME

Joe Abbott	49.93 (a)	49.93
J Hopkins	50.60 (a)	50.60
Luke Lemenager	51.85 (a)	50.17
Jeshua Anderson		46.67
Barry Leavitt		48.19
Reny Follett		48.56

800 M 1:48.00/1:50.50 2009 LIFETIME

David Hickerson	1:57.80 (a)	1:56.94
Jeshua Anderson	1:58.63 (a)	1:58.63
Ian Smith	1:58.68 (a)	1:58.68
Evan Blanshan	1:59.46 (a)	1:58.29
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
Bob Hewitt-Gaffney		1:51.79
Luke Lemenager		1:52.31
Joe Abbott		1:55.10
Dominic Smargiassi		1:59.32
Jason Stoker (unat)	2:00.42 (a)	2:00.42

MILE 3:59.50/4:04.00 2009 LIFETIME

Justin Englund	4:24.26 (a)	4:24.26
Evan Blanshan		4:15.97
Luke Lemenager		4:17.65
Dominic Smargiassi		4:19.7h
Sam Ahlbeck		4:22.71
Drew Polley		4:26.41
Peter Miller		4:27.71
Jono Lafler		4:32.89
David Hickerson		
Drake daPonte (unat)	4:26.82 (a)	4:26.82
Matt Cronrath (unat)	4:31.41 (a)	4:31.41
Jayson Taylor (unat)	4:34.80 (a)	4:34.80
Steven Hicks (unat)	4:41.73 (a)	4:41.73

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

Sam Ahlbeck		8:19.68
Dominic Smargassi		8:22.83
Drew Polley		8:36.42
Justin Englund		
David Hickerson		
Jono Lafler		
Peter Miller		
Mark Moeller		

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

Drew Polley		14:29.76
Dominic Smargiassi		15:30.58
Evan Blanshan		15:30.62
Justin Englund		
Mark Moeller		

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

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

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

	<u>2009</u>	<u>LIFETIME</u>
# Trent Arrivey	2.14m/ 7-0 1/4 (a)	2.17m/ 7-1 1/2
Ryan Deese	2.05m/ 6-8 3/4 (a)	2.10m/ 6-10 3/4
Shawn Swartz	2.00m/ 6-6 3/4 (a)	2.11m/ 6-11
Kyle Schauble		1.83m/ 6-0
Sean Harris		
Ross VanZanten		

WSU 2009 MEN'S INDOOR BESTS - 2

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

	<u>2009</u>	<u>LIFETIME</u>
Trevor Sodorff	4.45m/ 14-7 1/4 (a)	4.45m/ 14-7 1/4
Jake Baertlein	4.15m/ 13-7 1/4 (a)	4.15m/ 13-7 1/4
Beau Carrillo		4.30m/ 14-1 1/4
Sean Harris		
K. Schauble (unat)	4.30m/ 14-1 1/4 (a)	4.30m/ 14-1 1/4

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

	<u>2009</u>	<u>LIFETIME</u>
Christian Crain	6.65m/ 21-10 (a)	6.65m/ 21-10
Devin Timpson	6.23m/ 20-5 1/4 (a)	6.23m/ 20-5 1/4
Moreno Zapata		6.75m/ 22-1 3/4
Sean Wilson		
K. Schauble (unat)	6.70m/ 21-11 3/4 (a)	6.94m/ 22-9 1/4

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

	<u>2009</u>	<u>LIFETIME</u>
Moreno Zapata	15.25m/ 50-0 1/2 (a)	15.37m/ 50-5 1/4
Devin Timpson	13.14m/ 43-1 1/4 (a)	13.14m/ 43-1 1/4
Christian Crain		
Sean Wilson		

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

	<u>2009</u>	<u>LIFETIME</u>
Joe Bartlett	14.87m/ 48-9 1/2 (a)	14.87m/ 48-9 1/2
Matt Lamb		17.02m/ 55-10 1/4
Kyle Schauble		10.27m/ 33-8 1/2
Sean Harris		

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

	<u>2009</u>	<u>LIFETIME</u>
Philip MacArthur	18.68m/ 61-3 1/2 (a)	19.05m/ 62-6

DISCUS 2009 LIFETIME

	<u>2009</u>	<u>LIFETIME</u>
Matt Lamb		58.67m/ 192-6
Joe Bartlett		
Conner Larned		

HEPTATHLON 5,650 pts. / 5,300 pts

	<u>2009</u>	<u>LIFETIME</u>
Kyle Schauble		5032
(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)		

Sean Harris

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= NCAA indoor provisional qualifier.

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