

WASHINGTON STATE FINAL 2010 WOMEN'S INDOOR BESTS

(*NCAA Automatic / #Provisional Qualifying Standards)

60 METERS 7.26/7.44 2010 LIFETIME

Princess Joy Griffey	7.48 (k)	7.47
Jasmine Johnson-McKeown	7.64 (k)	7.64
Cindy Robinson	7.68 (f)	7.68
Morgan Clem	7.72 (g)	7.72
Candace Missouri	7.73 (g)	7.73
Angela Jensen	7.94 (a)	7.79
Shaquana Logan	7.95 (b)	7.95
Devin Brooks (unat)	7.80 (d)	7.78

60-M HURDLES 8.14/8.43 2010 LIFETIME

Angela Jensen	8.52 (k)	8.52
Shaquana Logan	8.76 (k)	8.76
Jalisa Williams	8.78 (g)	8.78
Brittney Crabb	9.04 (d)	8.97
Jasmine Johnson-McKeown	9.44 (g)	9.44
Devin Brooks (unat)	8.64 (a)	8.64

200 METERS 23.20/23.90 2010 LIFETIME

Princess Joy Griffey	24.34 (k)	24.33
Cindy Robinson	24.80 (k)	24.79
Jas. Johnson-McKeown	25.15 (f)	25.15
Shawna Fermin	25.37 (f)	25.37
Morgan Clem	25.30 (k)	25.30
Angela Jensen	25.68 (f)	25.68
Caroline Hedel	25.89 (e)	25.89
Jacki Hill	25.94 (e)	25.94
Shaquana Logan	25.95 (e)	25.95
Veronica Elseroad-Wall	25.95 (g)	25.95
Brianne Brown	26.11 (e)	26.11
Jalisa Williams	26.28 (g)	26.28

400 METERS 52.40/54.40 2010 LIFETIME

Shawna Fermin	56.38 (f)	56.38
Jacki Hill	56.90 (k)	56.90
Brianne Brown	57.13 (f)	57.13
Veronica Elseroad-Wall	57.19 (k)	57.19
Caroline Hedel	57.44 (f)	57.44
Brittney Crabb	57.50 (g)	57.50

800 M 2:05.00/2:09.00 2010 LIFETIME

# Anna Layman	2:06.86 (f)	2:06.86
Courtney Zalud	2:11.13 (k)	2:11.13
Caroline Austin	2:14.03 (k)	2:14.03
Veronica Elseroad-Wall	2:17.52 (e)	2:17.52
Amanda Andrews	2:26.35 (a)	2:26.35
Angela Jensen	2:29.15 (k)	2:29.15
Jas. Johnson-McKeown	2:31.05 (k)	2:31.05

MILE 4:37.00/4:47.00 2010 LIFETIME

Lisa Egami	4:47.33 (k)	4:44.92 SR
Caroline Austin	4:56.16 (k)	4:56.16
Anna Layman	5:04.48 (e)	5:04.48
Chelsea VanDeBrake	5:07.47 (g)	5:07.47
Amanda Andrews	5:19.41 (g)	5:03.03
Ashlee Wall	5:21.43 (d)	5:21.43
Emily Farrar	5:21.97 (b)	5:08.79
Michelly Foley	5:24.04 (a)	5:16.93

3000 M 9:13.00/9:32.00 2010 LIFETIME

# Lisa Egami	9:27.45 (m)	9:27.45 SR
Chelsea VanDeBrake	9:53.05 (k)	9:53.05
Michelly Foley	10:17.81 (b)	9:56.80
Ashlee Wall	10:27.09 (g)	10:26.33
Emily Farrar	11:07.81 (a)	11:07.81

5000 M 16:07.50/16:44.50 2010 LIFETIME

Chelsea VanDeBrake	17:28.06 (k)	17:28.06
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1600-METER RELAY 3:33.00/3:40.00 2010

Fermin, Layman, Elseroad-Wall, Brown	3:42.30 (c)
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DIST. MED. RELAY 11:05.50/11:26.50 2010

Layman, Fermin, Zalud, Egami	11:36.30 (k)
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HIGH JUMP 1.85m / 1.78m [6-0 3/4 / 5-10]

	2010	LIFETIME
# Holly Parent	1.82m/ 5-11 1/2 (f)	1.82m/ 5-11 1/2
Christine Rice	1.69m/ 5-6 1/2 (c,k)	1.69m/ 5-6 1/2
Maria Creech	1.65m/ 5-5 (e)	1.68m/ 5-6
Angela Jensen	1.62m/ 5-3 3/4 (k)	1.64m/ 5-4 1/2
Amanda Stewart	1.60m/ 5-3 (b)	1.70m/ 5-7
Jas. Johnson-McKeown	1.56m/ 5-1 1/4 (k)	1.56m/ 5-1 1/4

POLE VAULT 4.25m / 4.00m [13-11 1/4 / 13-1 1/2]

	2010	LIFETIME
# Kendall Mays	4.07m/ 13-4 1/4 (d)	4.10m/ 13-5 1/4
Hilary Moore	3.72m/ 12-2 1/2 (g)	3.72m/ 12-2 1/2
Loreah Winlow	3.57m/ 11-8 1/2 (g)	3.57m/ 11-8 1/2
Carly Fitzpatrick	3.50m/ 11-5 3/4 (e)	3.50m/ 11-5 3/4
Mandi Dionne	3.45m/ 11-3 3/4 (a)	3.50m/ 11-5 3/4
Alexa Huestis		3.90m/ 12-9 1/2

WSU FINAL 2010 WOMEN'S INDOOR BESTS - 2

LONG JUMP 6.38m / 6.13m [20-11 1/4 / 20-1 1/2]

	<u>2010</u>	<u>LIFETIME</u>
Candace Missouri	5.80m/ 19-0 1/2 (k)	5.80m/ 19-0 1/2
Shaquana Logan	5.56m/ 18-3 (b)	5.56m/ 18-3
Shawna Fermin	5.25m/ 17-2 3/4 (f)	5.25m/ 17-2 3/4
Angela Jensen	5.22m/ 17-1 1/2 (b)	5.22m/ 17-1 1/2
J. Johnson-McKeown	5.01m/ 16-5 1/4 (k)	5.01m/ 16-5 1/4
Jalisa Williams	4.92m/ 16-1 3/4 (b)	5.46m/ 17-11

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

	<u>2010</u>	<u>LIFETIME</u>
C. Missouri	11.48m/ 37-8 (k)	12.10m/ 39-8 1/2

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

	<u>2010</u>	<u>LIFETIME</u>
Jennifer Hamilton	13.78m/ 45-2 1/2 (k)	13.78m/ 45-2 1/2
J. Johnson-McKeown	13.64m/ 44-9 (g)	13.64m/ 44-9
Ashley Kenney	12.71m/ 41-8 1/2 (e)	12.71m/ 41-8 1/2
Angela Jensen	9.86m/ 32-4 1/4 (k)	9.86m/ 32-4 1/4

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

	<u>2010</u>	<u>LIFETIME</u>
Kjirsten Jensen	18.65m/ 61-2 1/4 (g)	18.65 / 61-2 1/4
Cassie Whitfield	17.88m/ 58-8 (g)	17.88m/ 58-8

DISCUS 2010 LIFETIME

	<u>2010</u>	<u>LIFETIME</u>
Jas. Johnson-McKeown	48.37m/ 158-8 (d)	48.37m / 158-8
Ashley Kenney	41.73m/ 136-11 (g)	41.79m/ 137-1

PENTATHLON 4,075 pts / 3,725 points

	<u>2010</u>	<u>LIFETIME</u>
Angela Jensen	3588 (k)	3588
k = 60mH - 8.52, HJ - 1.62m/5-3 3/4, SP - 9.86m/32-4 1/4, LJ - 5.12m/16-9 3/4, 800m - 2:29.15		
Jasmine Johnson-McKeown	3462 (k)	3462
k = 60mH - 9.51, HJ - 1.56m/5-1 1/4, SP - 12.96m/42-6 1/4, LJ - 5.01m/16-5 1/4, 800m - 2:31.05		

* = 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 Indoor Open, 1/15-16, Pullman
- b Cougar Indoor, 1/22-23, Pullman
Teams: Eastern Washington, Idaho, Montana, SCC, Utah State, WSU
- c @ Texas A&M Challenge, 1/29-30, College Station
Pac-10, Big 12, SEC
- d @ Vandal Indoor, 2/5, Moscow
- e @ Runners Soul Open, 2/6, Moscow
- f @ Husky Classic, 2/13, Seattle
- g @ Vandal Collegiate, 2/19, Moscow
- k @ Mountain Pacific Sports Federation
Championships, 2/26-27, Seattle
Team scores: Oregon (133), Stanford (113), Arizona (109), Arizona State (75), California (64.5), UCLA (53.5), Washington State (45), Washington (34), Cal St. Northridge (27.5), Long Beach St. (7.5)
- m @ NCAA Last Chance Qualifier, 3/6, Seattle
- \$ @ NCAA Indoor Track & Field Championships, 3/12-13, Fayetteville, Arkansas

Revised: 3/15/10

WASHINGTON STATE FINAL 2010 MEN'S INDOOR BESTS

(*NCAA Automatic / #Provisional Qualifying Standards)

60 METERS 6.60/6.71 **2010** **LIFETIME**

Marlon Murray	6.82 (b)	6.82
Greg Hornsby	6.84 (b)	6.84
Brett Blanshan	6.87 (a)	6.87
Devin Giles	6.96 (g)	6.96
André Jennings	7.02 (b)	6.94
Ezra John Griffey	7.03 (g)	6.97
Kyle Schauble	7.07 (k)	7.07
Nate Washington	7.09 (f)	7.09
Stephan Scott-Ellis	7.10 (g)	7.10
Ramsey Hopkins	7.35 (k)	7.35
Sean Harris	7.42 (b)	7.42

60-M HURDLES 7.70/7.91 **2010** **LIFETIME**

Jeshua Anderson	8.04 (b)	8.00
Kyle Schauble	8.26 (a)	8.26
Ramsey Hopkins	8.40 (d)	8.40
J Hopkins	8.46 (a)	8.44
Sean Harris	8.67 (a)	8.57
Dana Wells	8.92 (a)	8.92

200 METERS 20.83/21.23 **2010** **LIFETIME**

Marlon Murray	21.63 (k)	21.48
Greg Hornsby	21.72 (g)	21.72
Brett Blanshan	21.89 (c)	21.89
André Jennings	22.09 (g)	21.85
Nate Washington	22.18 (g)	22.18
Wesley McCann	22.24 (f)	22.24
Ezra John Griffey	22.25 (g)	22.25
Ryan Barrett	22.46 (f)	22.46
Devin Giles	22.49 (g)	22.49

400 METERS 46.15/47.25 **2010** **LIFETIME**

# Jeshua Anderson	46.38 (k)	46.38
Reny Follett	48.40 (g)	47.63
Dana Wells	49.19 (k)	49.19
Wesley McCann	49.30 (f)	49.30
Ryan Barrett	49.56 (f)	49.56
Ezra John Griffey	49.99 (f)	49.99
Kyle Schauble	50.20 (f)	50.20

800 M 1:48.00/1:50.50 **2010** **LIFETIME**

# Joe Abbott	1:49.92 (k)	1:49.92
Luke Lemenager	1:50.80 (k)	1:50.80
Ian Smith	1:53.89 (g)	1:53.89
Jeshua Anderson	1:54.34 (a)	1:54.15
David Hickerson	1:54.35 (d)	1:54.35
Jason Stoker	1:54.74 (b)	1:54.74
Peter Miller	1:55.49 (e)	1:55.49
Dominic Smargiassi (unat)	1:58.00 (g)	1:58.00

MILE 3:59.00/4:03.50 **2010** **LIFETIME**

David Hickerson	4:08.46 (k)	4:08.46
Jono Lafler	4:10.77 (f)	4:10.77
Peter Miller	4:13.37 (g)	4:13.37
Justin Englund	4:15.42 (b)	4:15.42
Dan Geib	4:17.72 (g)	4:17.72
Andrew Kimpel (unat)	4:17.03 (a)	4:17.03
Dominic Smargiassi (unat)	4:17.15 (d)	4:17.15

3,000 M 7:54.50/8:05.00 **2010** **LIFETIME**

Dan Geib	8:16.11 (k)	8:16.11
Justin Englund	8:17.80 (k)	8:17.80
Jono Lafler	8:24.19 (c)	8:24.19
Peter Miller	8:39.53 (b)	8:39.53
Mark Moeller	8:38.77 (g)	8:38.77
Sam Ahlbeck	8:38.27 (g)	8:15.30
Andrew Gonzales	8:42.15 (g)	8:42.15
Dominic Smargiassi	8:45.68 (g)	8:20.37

5,000 M 13:47.00/14:10.00 **2010** **LIFETIME**

Dan Geib	14:24.39 (c)	14:16.96
Justin Englund	14:29.61 (k)	14:29.61
Mark Moeller	15:01.48 (m)	14:32.94

1600-METER RELAY 3:06.50/3:10.40 **2010**

# Hornsby, Anderson, Follett, Abbott	3:09.35 (k)
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DIST. MEDLEY RELAY 9:30.00/9:41.70 **2010**

Hickerson, Wells, Lemenager, Lafler	9:49.23 (k)
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HIGH JUMP 2.24m / 2.14m [7-4 1/4 / 7-0 1/4]

	2010	LIFETIME
\$ Trent Arrivey	2.24m/ 7-4 1/4 (b)	2.24m/ 7-4 1/4
# Ryan Deese	2.14m/ 7-0 1/4 (b)	2.14m/ 7-0 1/4
Ross VanZanten	2.02m/ 6-7 1/2 (k)	2.03m/ 6-8
Ramsey Hopkins	2.01m/ 6-7 (b)	2.01m/ 6-7
Sean Harris	1.86m/ 6-1 1/4 (b)	1.90m/ 6-2 3/4
Kyle Schauble	1.77m/ 5-9 3/4 (k)	1.83m/ 6-0

WSU FINAL 2010 MEN'S INDOOR BESTS - 2

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

	2010	LIFETIME
Jake Baertlein	4.93m/ 16-2 (g)	4.93m/ 16-2
John Brenteson	4.93m/ 16-2 (g)	4.93m/ 16-2
Trevor Sodorff	4.65m/ 15-3 (b)	4.65m/ 15-3
Adam Neace	4.50m/ 14-9 (b)	4.50m/ 14-9
K. Schauble	4.45m/ 14-7 1/4 (a)	4.45m/ 14-7 1/4
Sean Harris	4.45m/ 14-7 1/4 (a)	4.45m/ 14-7 1/4
Ramsey Hopkins	3.85m/ 12-7 1/2 (g)	3.85m/ 12-7 1/2

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

	2010	LIFETIME
S. Scott-Ellis	7.40m/ 24-3 1/2 (b)	7.40m/ 24-3 1/2
Ramsey Hopkins	6.89m/ 22-7 1/4 (a)	6.89m/ 22-7 1/4
Trent Arrivey	6.67m/ 21-10 3/4 (b)	6.67m/ 21-10 3/4
K. Schauble	6.65/ 21-10 (b)	6.94m/ 22-9 1/4
Sean Harris	6.22m/ 20-5 (k)	6.34m/ 20-9 3/4

TRIPLE JUMP 16.15m / 15.45m [53-0 / 50-8 1/4]

	2010	LIFETIME
# Steph. Scott-Ellis	15.47m/ 50-9 1/4 (f)	15.47m/ 50-9 1/4
Sean Wilson	14.39m/ 47-2 1/2 (k)	14.39m/ 47-2 1/2

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

	2010	LIFETIME
J. Weintraub	16.85m/ 55-3 1/2 (k)	16.85m/ 55-3 1/2
Joe Bartlett	16.61m/ 54-6 (g)	16.61m/ 54-6
Sean Harris	12.38m/ 40-7 1/2 (k)	13.53m/ 44-4 3/4
Kyle Schauble	11.03m/ 36-2 1/4 (b)	11.03m/ 36-2 1/4
Ram. Hopkins	10.32m/ 33-10 1/4 (b)	10.32m/ 33-10 1/4

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

	2010	LIFETIME
DISCUS		
Matt Lamb	56.34m/ 184-10 (d)	58.67m/ 192-6
Joe Bartlett	48.75m/ 159-11 (d)	48.75m/ 159-11

HEPTATHLON 5,675 pts. / 5,325 pts

	2010	LIFETIME
Kyle Schauble	5102 (k)	5102
k = 60m - 7.07, LJ - 6.61m/21-8 1/4, SP - 10.82m/35-6, HJ - 1.77m/5-9 3/4, 60m H - 8.27, PV - 4.20m/13-9 1/4, 1000m - 2:47.08		
Ramsey Hopkins	4658 (k)	4658
k = 60m - 7.35, LJ - 6.83m/22-5, SP - 9.67m/31-8 3/4, HJ - 1.86m/6-1 1/4, 60m H - 8.65, PV - 3.80m/12-5 1/2, 1000m - 3:07.75		

Sean Harris 4693
(PR = 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)

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Meet Legend

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- b Cougar Indoor, 1/22-23, Pullman
- Teams: Eastern Washington, Idaho, Montana, SCC, Utah State, WSU
- c @ Texas A&M Challenge, 1/29-30, College Station
- Pac-10, Big 12, SEC
- d @ Vandal Indoor, 2/5, Moscow
- e @ Runners Soul Open, 2/6, Moscow
- f @ Husky Classic, 2/13, Seattle
- g @ Vandal Collegiate, 2/19, Moscow
- k @ Mountain Pacific Sports Federation
- Championships, 2/26-27, Seattle
- Team Scores: UCLA (108.5), Stanford (95.5), California (90), Arizona State (79), Arizona (67), Washington State (59), Oregon (59), Cal State Northridge (47), Washington (41), Long Beach St (16)
- m @ NCAA Last Chance Qualifier, 3/6, Seattle
- \$ @ NCAA Indoor Track & Field Championships, 3/12-13, Fayetteville, Arkansas

Revised: 3/15/10