

WASHINGTON STATE 2009 WOMEN'S OUTDOOR BESTS

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

100m (#11.75)	2009	LIFETIME
Princess Joy Griffey	11.84w (h)	11.66w
	11.90 (g)	11.72
Candace Missouri	12.39 (e)	12.07
Morgan Clem	12.45 (a)	11.90
Braidy Bates	12.81 (e)	12.24
Angela Jensen		12.24

200m (#23.96)	2009	LIFETIME
Princess Joy Griffey	24.01w (g)	23.90w
	24.36 (f)	24.00
Angela Jensen	25.31 (f)	25.31
Morgan Clem	25.53 (a)	25.53
Braidy Bates	26.48 (m)	25.60
Jacki Hill	26.86 (b)	26.86

400m (#54.61)	2009	LIFETIME
Brianne Brown	59.12 (a)	56.07
Jacki Hill	1:00.96 (e)	56.73
Lorraine King		55.24
Princess Joy Griffey		55.96
Veronica Elseroad-Wall		57.59
Morgan Clem		

800m (#2:09.80)	2009	LIFETIME
# Lisa Egami	2:08.16 (f)	2:08.16
# Anna Layman	2:09.23 (a)	2:04.03
Mietra Smollack	2:12.90 (c)	2:12.90
Marisa Sandoval	2:19.82 (m)	2:19.14
Angela Jensen	2:31.14 (f)	2:31.14
Isley Gonzalez		2:14.08

1500m (#4:27.80)	2009	LIFETIME
# Lisa Egami	4:22.57 (c)	4:22.57
Sara Trané	4:30.25 (f)	4:28.43
Marisa Sandoval	4:32.77 (c)	4:32.77
Amanda Andrews	4:32.91 (f)	4:32.91
Isley Gonzalez	4:38.06 (a)	4:34.02
Mietra Smollack	4:39.72 (c)	4:39.72
Michelly Foley	4:40.34 (f)	4:40.34
Emily Farrar	4:42.28 (m)	4:42.28
Ashlee Wall	4:56.05 (m)	4:56.05
Sarah Dunn	5:03.29 (m)	5:03.29

3000m	2009	LIFETIME
Sara Trané		9:47.38
Isley Gonzalez		9:58.18

5000m (#16:52.00)	2009	LIFETIME
# Isley Gonzalez	16:18.04 (g)	16:18.04
# Michelly Foley	16:43.74 (g)	16:43.74
Emily Farrar	17:40.13 (c)	17:40.13
Ashlee Wall	17:40.71 (f)	17:40.71
Sarah Dunn	18:44.54 (e)	18:44.54

100m HURDLES (#13.92)	2009	LIFETIME
Angela Jensen	14.37 (c)	14.23
		14.09w
Jalisa Williams	14.52 (f)	14.18
		14.10w
Brittney Crabb	14.82 (f)	14.39
Caroline Hedel	14.83 (e)	14.61
Angelica Flynn	16.12 (e,m)	14.33w

400m HURDLES (#1:00.82)	2009	LIFETIME
# Lorraine King	1:00.30 (c)	58.39
Veronica Elseroad-Wall	1:00.92 (f)	1:00.17
Brittney Crabb	1:01.91 (g)	1:01.38
Caroline Hedel	1:02.75 (f)	1:02.75
Jalisa Williams	1:04.68 (f)	1:04.68
Morgan Clem	1:04.97 (d)	1:04.97

3,000m Steeplechase (#10:50.25)	2009	LIFETIME
# Sara Trané	10:21.20 (g)	10:14.29 SR
# Amanda Andrews	10:35.28 (g)	10:35.28
# Emily Farrar	10:47.27 (f)	10:47.27

400m RELAY (#45.70)	2009
Jensen, Griffey, Missouri, Clem	47.04 (m)

1600m RELAY (#3:42.00)	2009
Griffey, Crabb, King, Elseroad-Wall	3:44.32 (f)

HIGH JUMP (#1.75m/5-8 3/4)	2009	LIFETIME
Maria Creech	1.70m/ 5-7 (c)	1.73m/ 5-8
Angela Jensen	1.56m/ 5-1 1/4 (e,f)	1.64m/ 5-4
Amanda Stewart		1.70m/5-7

POLE VAULT (#3.85m/12-7 1/2)	2009	LIFETIME
# Alexa Huestis	3.85m/ 12-7 1/2 (e)	3.85m/ 12-7 1/2
Hilary Moore	3.70m/ 12-1 1/2 (c,g,h)	3.70m/ 12-1 1/2
Kendall Mays		3.70m/ 12-1 1/2
Mandi Dionne (unat)	3.45m/ 11-3 3/4 (e)	3.58m/ 11-9
Loreah Winlow (unat)	3.45m/ 11-3 3/4 (e)	3.66m/ 12-0

WSU 2009 WOMEN'S OUTDOOR BESTS - 2

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

LONG JUMP (#6.00m/19-8 1/4) 2009

LIFETIME

Candace Missouri	5.71m/ 18-9 (g)	5.87m/19-3 1/4w 5.81m/19-0 3/4
Jessica Yates	5.34m/ 17-6 1/4 (e)	5.61m/ 18-5
Angela Jensen	5.21m/ 17-1 1/4 (f)	5.21m/17-1 1/4
Jade Langston		5.66m/ 18-7

TRIPLE JUMP (#12.32m/40-5)

2009

LIFETIME

Candace Missouri	11.70m/ 38-4 3/4 (c)	12.19m/40-0w 11.61m/38-1 1/4
Jessica Yates	11.65m/ 38-2 3/4 (c)	11.90m/ 39-0 1/2
Jade Langston		11.32m/ 37-2

SHOT PUT (#14.30m/46-11)

2009

LIFETIME

Anna Albrecht	12.83m/ 42-1 1/4 (a)	13.73m/ 45-0 1/2
Jennifer Hamilton	12.77m/ 41-10 3/4 (k)	12.77m/41-10 3/4
Ashley Kenney	12.33m/ 40-5 1/2 (f)	12.39m/ 40-8
Kjirsten Jensen	12.02m/ 39-5 1/4 (a)	12.81m/ 42-0 1/2
Angela Jensen	9.06m/ 29-8 3/4 (f)	9.56m/31-4 1/2

DISCUS (#47.30m/155-2)

2009

LIFETIME

Ashley Kenney	44.55m/ 146-2 (m)	46.34m/152-0
Anna Albrecht	41.39m/ 135-9 (a)	44.34m/ 145-6
Kjirsten Jensen		41.22m 135-3

HAMMER (#54.15m/177-8)

2009

LIFETIME

Kjirsten Jensen	51.07m/167-7 (m)	51.07m/167-7
Cassie Whitfield	47.56m/156-0 (m)	47.56m/156-0
Anna Albrecht	45.76m/150-1 (aa)	45.76m/150-1
Jennifer Hamilton	40.54m/133-0 (e)	40.54m/133-0
Ashley Kenney	38.69m/126-11 (m)	38.69m/126-11

JAVELIN (#43.45m/142-6)

2009

LIFETIME

# Marissa Tschida	53.63m/175-11 (g)	53.63m/175-11 SR
# Courtney Kirkwood	52.01m/170-8 (m)	52.01m/170-8 FSR
# Lynnea Braun	46.25m/ 151-9 (a)	50.28m/ 164-11
# Jennifer Hamilton	45.49m/ 149-3 (m)	45.49m/ 149-3
Jas. McCormack	38.93m/ 127-9 (a)	43.68m/143-4
Angela Jensen	32.24m/ 105-9 (e)	32.92m/108-0

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

2009

LIFETIME

Angela Jensen	4,656 (f)	4,656
(f = 100mH - 14.51, HJ - 1.56m/5-1 1/4, SP - 9.06m/29-8 3/4, 200m - 25.31, LJ - 5.21m/17-1 1/4, Jav - 27.91m/91-7, 800m - 2:31.14)		

SR = WSU record **FSR** = Freshman WSU record.

MEET LEGEND

- aa @ Sasquatch Mini-Meet, Spokane 3/6
- a @ Trojan Invitational, Los Angeles 3/20-21
- b @ Dusty Lane Open, Spokane 3/21
- c @ Stanford Invitational 3/27-28
- d @ Texas Relays, Austin 4/1-4
- e @ Sam Adams Classic, Spokane 4/4
- f @ Johnson/Joyner-Kersey Invite, Los Angeles 4/9-11
- g @ Mt. SAC Relays, Walnut 4/16-18
- h @ VS Athletics/Long Beach Invite, Cerritos 4/18
- k @ Pacific Lutheran Invite, Tacoma 4/18
- m @ Duane Hartman Invite, Spokane 4/25
- n @ WSU-Washington Dual, Seattle 5/2
- o @ Vandal Jamboree, Moscow 5/8-9
- p @ Pac-10 Multi Championships, Eugene 5/9-10
- q @ Pac-10 Championships, Eugene 5/16-17
- r @ NCAA West Reg. Championships, Eugene 5/29-30
- \$ @ NCAA Championships, Fayetteville 6/10-13

Revised: 4/25/09

WASHINGTON STATE 2009 MEN'S OUTDOOR BESTS

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

100m (#10.55)	2009	LIFETIME
# Justin Woods	10.52 (f)	10.45W 10.47
Marlon Murray	10.70 (d)	10.66w 10.67
André Jennings	11.03 (e)	10.74
Kyle Schauble	11.29 (f)	10.90
Ezra John Griffey	11.41 (a)	10.67
Christian Crain	11.59 (e)	11.59
Sean Harris	11.89 (f)	11.89

200m (#21.35)	2009	LIFETIME
Justin Woods	21.53 (f)	20.66w 21.01
André Jennings	22.08 (e)	21.99
Ezra John Griffey	23.17 (a)	21.88
Marlon Murray		21.40

400m (#47.20)	2009	LIFETIME
Reny Follett	47.48 (g)	47.40
Kyle Schauble	50.74 (f)	50.30
Sean Harris	56.05 (f)	56.05
Jeshua Anderson		46.54
Trevor Habberstad		48.27
Joe Abbott		48.11

800m (#1:50.40)	2009	LIFETIME
# Luke Lemenager	1:49.92 (f)	1:49.92
Joe Abbott	1:51.70 (g)	1:50.78
Bob Hewitt-Gaffney	1:53.16 (f)	1:51.92
David Hickerson	1:54.54 (c)	1:54.20
Peter Miller	2:00.44 (e)	2:00.44
Jeshua Anderson		1:54.46
Ian Smith		1:55.90

1500m (#3:47.80)	2009	LIFETIME
Luke Lemenager	3:52.52 (c)	3:52.52
Evan Blanshan	3:52.67 (a)	3:52.67
Sam Ahlbeck	3:53.33 (f)	3:53.33
Dominic Smargiassi	3:53.42 (a)	3:53.42
Peter Miller	3:55.08 (a)	3:55.08
David Hickerson	3:56.34 (c)	3:56.34
Dan Geib	4:01.61 (m)	3:59.91
Kyle Schauble	4:46.41 (f)	4:34.73
Sean Harris	5:36.24 (f)	5:36.24
Justin Englund (unat)	4:00.08 (e)	4:00.08
Drew Polley		4:09.31

MILE	2009	LIFETIME
Dominic Smargiassi	4:17.72 (f)	4:17.72

3000m	2009	LIFETIME
Dominic Smargiassi		8:26.65
Dan Geib		8:39.20
Drew Polley		8:41.57

5,000m (#14:12.00)	2009	LIFETIME
Dominic Smargiassi	14:12.90 (c)	14:12.90
Drew Polley	14:18.15 (c)	14:18.15
Mark Moeller	14:36.55 (c)	14:48
Dan Geib		14:24.27
Sam Ahlbeck		14:39.62
Justin Englund		

10,000m (NCAA AQ 28:45.00/ NCAA PQ 29:30.00)		
	2009	LIFETIME
PQ Drew Polley	29:26.46 (g)	29:26.46
Dan Geib		30:18.10
Mark Moeller		30:28.14

110m HURDLES (#14.30)	2009	LIFETIME
# Robert Williams	13.81w (d)	13.81w
	14.02 (a)	13.92
# Jeshua Anderson	14.16 (g)	14.08
Trevor Habberstad	14.84 (c)	14.84
Kyle Schauble	14.85 (c)	14.85
J Hopkins	15.28 (a,c)	15.28
Sean Harris	15.43 (a)	15.43

400m HURDLES (#52.51)	2009	LIFETIME
# Jeshua Anderson	49.44 (f)	48.68 SR
# Barry Leavitt	51.30 (m)	50.44
# J Hopkins	51.57 (h)	51.57
# Trevor Habberstad	52.47 (f)	52.47
Robert Williams	56.18 (a)	51.87

3,000m STEEPLE (#9:07.00)	2009	LIFETIME
# Sam Ahlbeck	8:53.46 (c)	8:53.46
David Hickerson	9:29.34 (f)	9:29.34
Peter Miller	10:01.34 (m)	10:01.34
Evan Blanshan	10:15.46 (c)	9:28.89

400m RELAY (#40.66)	2009
# Woods, Williams, Anderson, Murray	40.07 (d)

1600m RELAY (#3:10.00)	2009
# Leavitt, Anderson, Follett, Woods	3:09.28 (d)

WSU 2009 MEN'S OUTDOOR BESTS - 2

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

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

	<u>2009</u>	<u>LIFETIME</u>
# Trent Arrivey	2.25m/ 7-4 1/2 (g)	2.25m/7-4 1/2
Ryan Deese	2.06m/ 6-9 (e)	2.06m/6-9
Shawn Swartz	2.05m/ 6-8 3/4 (g)	2.13m/7-0 1/4
Sean Harris	1.92m/ 6-3 1/2 (f)	1.92m/6-3 1/2
Kyle Schauble	1.71m/ 5-7 1/4 (e)	1.86m/6-1 1/4
Ross VanZanten		2.04m/6-8 1/4

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

	<u>2009</u>	<u>LIFETIME</u>
Beau Carrillo	4.90m/ 16-0 3/4 (e)	4.90m/ 16-0 3/4
Jake Baertlein	4.70m/ 15-5 (e)	4.70m/ 15-5
Trevor Sodorff	4.55m/ 14-11 (b,e)	4.57m/ 15-0
Kyle Schauble	4.10m/ 13-5 1/4 (e,f)	4.20m/13-9 1/4
Sean Harris	4.10m/ 13-5 1/4 (e)	4.10m/ 13-5 1/4

LONG JUMP (#7.34m/24-1)

	<u>2009</u>	<u>LIFETIME</u>
Christian Crain	7.03m/ 23-0 3/4 (g)	7.20m/ 23-7 3/4
Kyle Schauble	6.91m/ 22-8 (a)	7.06m/23-2
Moreno Zapata	6.64m/ 21-9 1/2 (e)	6.64m/ 21-9 1/2
Devin Timpson	6.35m/ 20-10 (e)	6.76m/22-2 1/4
Sean Wilson	6.29m/ 20-7 3/4 (e)	6.76m/ 22-2 1/4
Sean Harris	5.97m/ 19-7 (m)	5.97m/ 19-7

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

	<u>2009</u>	<u>LIFETIME</u>
# Moreno Zapata	15.29m/ 50-2w (c)	15.53m/50-11 1/2w 15.78m/51-9 1/4W
	15.22m/ 49-11 1/4 (g)	15.45m/50-8 1/4
Sean Wilson	14.04m/ 46-0 3/4w (c)	14.60m/ 47-11 1/2 13.87m/ 45-6 1/4 (c)
Christian Crain	13.96m/ 45-9 3/4 (e)	13.96m/ 45-9 3/4
Devin Timpson	13.69m/ 44-11 (m)	13.91m/45-7 3/4

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

	<u>2009</u>	<u>LIFETIME</u>
Joe Bartlett	16.70m/ 54-9 1/2 (g)	16.70m/54-9 1/2
Phil MacArthur	14.23m/ 46-8 1/4 (f)	15.87m/52-1
Sean Harris	12.53m/ 41-1 1/2 (f)	12.53m/41-1 1/2
Steven Ayers	12.44m/ 40-9 3/4 (b)	12.44m/40-9 3/4
Kyle Schauble	10.21m/ 33-6 (f)	10.21m/33-6

DISCUS (#51.70m/169-7)

	<u>2009</u>	<u>LIFETIME</u>
# Matt Lamb	56.21m/ 184-5 (d)	62.36m/204-7
Conner Larned	50.00m/ 164-0 (k)	50.00m/164-0
Joe Bartlett	48.85m/ 160-3 (e)	48.85m/ 160-3
Sean Harris	41.75m/ 137-0 (e)	41.75m/137-0
Kyle Schauble	34.34m/ 112-8 (m)	34.24m/112-8
Phil MacArthur		41.17m/135-1

HAMMER (#56.80m/186-4)

	<u>2009</u>	<u>LIFETIME</u>
# Phil MacArthur	60.78m/ 199-5 (a)	61.82m/202-10
Conner Larned	46.85m/ 153-8 (m)	46.85m/ 153-8

JAVELIN (#61.60m/202-1)

	<u>2009</u>	<u>LIFETIME</u>
Mark Presby	60.66m/ 199-0 (a)	60.66m/199-0
Wes Nolen	56.63m/ 185-9 (a)	63.08m/ 206-11
Kyle Schauble	49.15m/ 161-3 (f)	52.59m/172-6
Sean Harris	42.31m/ 138-10 (f)	42.31m/ 138-10

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

	<u>2009</u>	<u>LIFETIME</u>
Kyle Schauble	6,487 (f)	6,785
(f = 100m - 11.29, LJ - 6.80m/22-3 3/4, SP - 10.21m/33-6, HJ - 1.65m/5-5, 400m - 50.74, 110mH - 15.36, DT - 30.40m/99-9, PV - 4.10m/13-5 1/4, Jav - 49.15m/161-3, 1500m - 4:46.41) (PR = 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 - 15.15, DT - 31.22m/102-5, PV - 4.20m/13-9 1/4, Jav - 51.46m/168-10, 1500m - 4:34.73)		

Sean Harris 6,003 (f) 6,003
(f = 100m - 11.89, LJ - 5.94m/19-6, SP - 12.53m/41-1 1/2, HJ - 1.92m/6-3 1/2, 400m - 56.05, 110mH - 16.04, DT - 38.72m/127-0, PV - 4.00m/13-1 1/2, Jav - 42.31m/138-10, 1500m - 5:36.24)

SR = WSU school record FSR = Freshman WSU record

MEET LEGEND

- a @ Trojan Invitational, Los Angeles 3/20-21
- b @ Dusty Lane Open, Spokane 3/21
- c @ Stanford Invitational 3/27-28
- d @ Texas Relays, Austin 4/1-4
- e @ Sam Adams Classic, Spokane 4/4
- f @ Johnson/Joyner-Kersey Invite, Los Angeles 4/9-11
- g @ Mt. SAC Relays, Walnut 4/16-18
- h @ VS Athletics/Long Beach Invite, Cerritos 4/18
- k @ Pacific Lutheran Invite, Tacoma 4/18
- m @ Duane Hartman Invite, Spokane 4/25
- mm @ Oregon Relays, Eugene 4/24-25
- n @ WSU-Washington Dual, Seattle 5/2
- o @ Vandal Jamboree, Moscow 5/8-9
- p @ Pac-10 Multi Championships, Eugene 5/9-10
- q @ Pac-10 Championships, Eugene 5/16-17
- r @ NCAA West Reg. Championships, Eugene 5/29-30
- \$ @ NCAA Championships, Fayetteville 6/10-13

Revised: 4/25/09