

WASHINGTON STATE 2003 FINAL MEN'S OUTDOOR BESTS

Event Qualifying Marks: # = NCAA Regional / + = Pac-10

100m (10.50/10.74)	2003	LIFETIME
# Anthony Buchanan	10.10w (q)	10.10w
	10.24 (q)	10.23
\$ Bennie Chatman	10.12w (q)	10.12w
	10.19 (q)	10.19
+ James McSwain	10.64 (q)	10.64
Martin Boston	10.77 (n)	10.77
Dan Brink	10.92 (h)	10.88w
		10.91
Darion Powell	11.01 (p)	11.01
Lamarr Kirk	11.03 (n)	11.03
David Turpin	11.12W (p)	11.06

200m (21.20/21.54)	2003	LIFETIME
# Anthony Buchanan	20.95 (q)	20.75
+ Bennie Chatman	21.51 (f)	21.28
James McSwain	21.89 (a,m)	21.89
Lamarr Kirk	21.99 (n)	21.99
Dan Brink	22.12 (k)	22.12
		21.91i
Qieed Ishmael	22.13 (a)	22.13

400m (47.45/47.84)	2003	LIFETIME
# Eric Dudley	47.13 (m)	47.13
Qieed Ishmael	48.27 (f)	48.23
Lamarr Kirk	48.63 (m)	48.63
Darion Powell	49.53 (\$)	49.53
Dan Brink	49.93 (m)	49.42
Ryan Osborne	50.80 (k)	50.80
		50.61i
Josh Leyk	51.40 (a)	51.40
David Turpin	51.45 (p)	50.12

800m (1:51.15/1:51.72)	2003	LIFETIME
Eric Dudley	1:57.09 (f)	1:57.09
		1:55.27i
Jon Manthey	1:57.45 (m)	1:52.35
Justin Ireland	1:57.52 (k)	1:53.86
		1:53.40i

1,500m (3:50.00/3:50.14)	2003	LIFETIME
Justin Ireland	3:53.38 (m)	3:53.38
Ian Johnson	4:00.35 (c)	3:49.23
Ryan Freimuth	4:01.62 (h)	4:01.62
Reid Carrell	4:03.93 (h)	4:03.93
Mike Heidt	4:05.20 (a)	4:05.20
Mark Wicklander	4:07.25 (a)	4:05.70
Tyler Davis	4:09.01 (d)	4:09.01
Mike Barbero	4:13.45 (d)	4:13.45
David Turpin	4:39.93 (p)	4:32.0
Darion Powell	4:48.86 (\$)	4:48.86

3000m	2003	LIFETIME
Mark Wicklander	8:40.32 (m)	8:32.36i
Ian Johnson	8:42.62 (m)	8:33.21i
Mike Heidt	8:44.40 (m)	8:39.90i
Ryan Freimuth	8:46.34 (f)	8:46.34
Mike Barbero	9:10.61 (f)	9:03.39i
Tyler Davis	9:14.03 (m)	8:58.56i
Reid Carrell	9:31.47 (m)	8:41.28i
Nathan Cabrera	9:40.48 (f)	9:09.24i

3,000m STEEPLE (9:12.00/9:09.14)	2003	LIFETIME
# Ian Johnson	9:07.97 (m)	9:07.97
Reid Carrell	9:18.16 (m)	9:18.16
Mike Barbero	9:51.64 (m)	9:51.64

5,000m (14:25.00/14:35.14)	2003	LIFETIME
Ian Johnson	14:57.00 (h)	14:56.90
Mark Wicklander	15:14.88 (h)	14:53.46
		14:47.35i
Mike Heidt	15:22.64 (h)	15:22.64
		15:08.35i

10,000m (NCAA AQ 29:00.00/NCAA PQ 29:45.00/NS)	2003	LIFETIME
Mike Heidt	30:03.68 (c)	30:03.68
Mark Wicklander	30:41.34 (c)	30:41.34

110m HURDLES (14.40/14.74)	2003	LIFETIME
# Eric Dudley	14.28 (q)	14.18w
		14.28
+ Darion Powell	14.52 (a)	14.52
Josh Leyk	15.45 (m)	15.45
David Turpin	16.56 (p)	16.20

400m HURDLES (52.70/53.64)	2003	LIFETIME
# Eric Dudley	49.59 (q)	49.59
+ Darion Powell	53.39 (m)	53.39
Josh Leyk	53.92 (k)	53.92
Eric Nygard	55.12 (n)	55.12
Jon Manthey	55.60 (k)	55.60

400m RELAY (40.70/NS)	2003
# Kirk, Chatman, McSwain, Buchanan	39.68 (q)

1600m RELAY (3:11.50/NS)	2003
Kirk, Dudley, Ishmael, Brink	3:13.50 (a)

HIGH JUMP (2.07/2.05m) [6-9 1/2 / 6-8 3/4]	2003	LIFETIME
# Kurtiss Dille	2.14m / 7-0 1/4 (q)	2.20 (7-2 1/2)
David Turpin	2.00m / 6-6 3/4 (k)	2.03 (6-8)
Darion Powell	1.93m / 6- 4 (\$)	1.93 (6-4)
Matt McGee	1.80m / 5-10 3/4 (m)	1.80 (5-10 3/4)

WSU 2003 MEN'S OUTDOOR BESTS - 2

Event Qualifying Marks: # = NCAA Regional / + = Pac-10

POLE VAULT (4.90/5.00m) [16-0 3/4 / 16-4 3/4]

	2003	LIFETIME
# Tyson Byers	5.15m / 16-10 3/4 (e)	(17-1)hs
# Rick Collins	5.10m / 16-8 3/4 (k)	5.17 (16-11 1/2)
# Paul Nicoletti	5.10m / 16-8 3/4 (k)	5.10 (16-8 3/4)
Andy Kammenga	4.60m / 15-1 (f)	4.60m (15-1)
		4.90 (16-0 3/4i)
Darion Powell	4.20m / 13-9 1/4 (b,\$)	4.20 (13-9 1/4)
		4.40i (14-5 1/4i)
David Turpin	4.15m / 13-7 1/4 (p)	4.15 (13-7 1/4)

LONG JUMP (7.32/7.30m) [20-9 / 23-11 1/2]

	2003	LIFETIME
+ Martin Boston	7.43m / 24-4 1/2 (t)	7.43m (24-4 1/2)
Darion Powell	7.23m / 23-8 3/4w (b)	7.23 (23-8 3/4w)
	7.12m / 23-4 1/2 (\$)	7.12 (23-4 1/2)
P. Rizzardi	6.99m / 22-11 1/4 (m)	6.99 (22-11 1/4)
James McSwain	6.60m / 21-8 (f)	7.21 (23-8)
David Turpin	6.77m / 22-2 1/2 (p)	7.16 (23-6)
Jamil Smith	6.71m / 22-0 1/4 (c)	7.17 (23-6 3/4W)
		7.36 (24-1 3/4i)
J. Nikbakhsh-Tali	6.06m / 19-10 3/4 (a)	6.78 (22-3w)
		6.92(22-8 1/2i)

TRIPLE JUMP (14.94/14.50m) [49-0 1/4 / 47-7]

	2003	LIFETIME
# Jamil Smith	15.20m / 49-10 1/2 (q)	15.51 (50-10 3/4)
+ Ben Hampton	14.56m / 47-9 1/4 (n)	14.63 (48-0)
Peter Rizzardi	14.35m / 47-1 (n)	14.74 (48-4 1/2w)
		14.49 (47-6 1/2)
Martin Boston	14.19m / 46-6 3/4 (f)	14.63 (48-0)
J. Nikbakhsh-Tali	13.51m / 44-4 (a)	14.33 (47-0 1/4)
		14.50 (47-7i)

SHOT PUT (16.30/16.81m) [53-5 3/4 / 55-2]

	2003	LIFETIME
# Tim Gehring	17.98m / 59-0 (a)	17.98 (59-0)
Sam Lightbody	15.95m / 52-4 (m)	15.95 (52-4)
		17.78 (58-4i)
Mark Matthey	15.33m / 50-3 1/2 (a)	15.33 (50-3 1/2)
Darion Powell	14.30m / 46-11 (b)	14.30 (46-11)
		14.41 (47-3 1/2i)
Thad Cullinan	13.62m / 44-8 1/4 (m)	13.62 (44-8 1/4)
David Turpin	11.16m / 36-7 1/2	11.16 (36-7 1/2)
		11.17 (36-7 3/4i)

DISCUS (50.30/50.74m) [165-0 / 166-6]

	2003	LIFETIME
# Sam Lightbody	55.09m / 180-9 (q)	55.09 (180-9)
Darion Powell	44.05m / 144-6 (m)	44.05 (144-6)
Tim Gehring	43.09m / 141-4 (m)	43.31 (142-1)
David Turpin	38.53m / 126-5 (k)	38.53 (126-5)

JAVELIN (60.50/60.00m) [198-6 / 196-10]

	2003	LIFETIME
# Matt McGee	65.91m / 216-3 (m)	65.91 (216-3)
# Curt Borland	64.83m / 212-8 (r)	66.04 (216-8)
# Nate Cummings	64.21m / 210-8 (m)	64.67 (212-2)
Darion Powell	57.98m / 190-3 (f)	57.98 (190-3)
Brett Ortgiesen	57.30m / 188-0 (d)	57.30 (188-0)
Kyle Mitchell	55.36m / 181-7 (m)	55.36 (181-7)
David Turpin	51.08m / 167-7 (p)	51.08 (167-7)

HAMMER (54.56/54.82m) [179-0 / 179-10]

	2003	LIFETIME
# Tim Gehring	60.01m / 196-10 (q)	60.01 (196-10)
Thad Cullinan	52.39m / 171-10 (n)	52.39 (171-10)
Mark Matthey	42.20m / 138-5 (a)	42.20 (138-5)
A. Rehwalt (RS)	45.55m / 149-5 (k)	45.55 (149-5)

DECATHLON (NCAA AQ 7,500/ PQ 7,000 / Pac-10 4,495)

	2003	LIFETIME
\$ Darion Powell	7,511 (\$)	7,511
(\$: 100m - 11.22, LJ - 7.12m/23-4 1/2, SP - 14.15m/46-5 1/4, HJ - 1.93m/6-4, 400m - 49.53, 110mHH - 14.96, D - 42.77m/140-4, PV - 4.20m/13-91 1/4, Jav - 55.44m/181-11, 1500m - 4:48.86. Total - 7,511 points)		

David Turpin	6,826 (p)	6,826
(p: 100m - 11.12W, LJ - 6.77m/22-2 1/2, SP - 11.16m/36-7 1/2, HJ - 1.92m/6-3 1/2, 400m - 51.45, 110mHH - 16.56, D - 35.83m/117-7, PV - 4.15m/13-7 1/4, Jav - 51.08m/167-7, 1500m - 4:39.93. Total - 6,826 points)		

SR = WSU school record. FSR = Freshman WSU record.

MEET LEGEND

- a @ Willie Williams, Tucson, 3/21-22
- b @ UC Multi Events, Davis 3/26-27
- c @ Stanford Invite, Stanford 3/28-29
- d @ Whitworth Invite, Spokane 3/29
- e @ Texas Relays, Austin 4/3-5
- f WSU Open, Pullman 4/12
- g @ Mt. San Antonio College Relays, Walnut, 4/17-19
- h @ State Challenge Cup, Boise 4/19
- k Fourth Annual Cougar Invitational, Pullman 4/25-26
- m @ Washington, Seattle 5/3 (WSU 116, UW 81)
- n @ Moscow McDonald's Outdoor, Moscow 5/10
- p @ Pac-10 Multi Championships, Los Angeles 5/10-11
- q @ Pac-10 Championships, Los Angeles 5/17-18
- Team scores: USC 139, Stanford 128, Oregon 127, UCLA 123, ASU 82, WSU 77, California 54, Arizona 46, Washington 37
- r @ NCAA West Reg. Champs, Stanford 5/30-31
- Team Scores: 1. UCLA 101; T12. WSU 17
- \$ @ NCAA Champ., Sacramento 6/11-14
- Team Scores: 1. Arkansas 59, T27. WSU 8
- t USATF Junior Championships, Stanford 6/21

Revised: 6/25/03

WASHINGTON STATE 2003 FINAL WOMEN'S OUTDOOR BESTS

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100m (11.80/12.04) 2003 LIFETIME

+ Ellannee Richardson	11.83 (g)	11.72
+ Tamara Gulley	11.83 (q)	11.83
+ Tiffany Giles	11.95 (a)	11.95
+ Bree Skinner	12.04w (f)	11.91w
	12.07 (q)	11.93
Nicole Hatcher	12.14 (q)	12.04hs
Monique Jessie	12.37 (a)	12.37

200m (24.00/24.64) 2003 LIFETIME

# Tiffany Giles	23.82 (q)	23.82
# Ellannee Richardson	23.84 (q)	23.75w
		23.82
Nicole Hatcher	24.70 (n)	24.70
Bree Skinner	24.87 (f)	24.28
Tamara Gulley	24.96 (a)	24.96
Diana Pickler	25.15 (b)	24.82
Julie Pickler	25.37 (b)	24.72
Angelita Green	25.69 (k)	25.69

400m (55.00/55.44) 2003 LIFETIME

\$ Tiffany Giles	53.34 (r)	53.34
+ Monique Jessie	54.85 (c)	54.85
Ellannee Richardson	55.70 (m)	55.70
		54.14i
Angelita Green	57.06 (k)	55.12hs

800m (2:10.30/2:11.14) 2003 LIFETIME

Ellannee Richardson	2:12.04 (\$)	2:12.04
Angelita Green	2:14.71 (a)	2:09.58
Molly Bull	2:16.41 (a)	2:14.61
Louise Akesson	2:26.88 (p)	2:26.88
Diana Pickler	2:35.65 (p)	2:23.82
Hailey Young	2:37.56 (m)	2:37.56
Julie Pickler	2:44.25 (b)	2:21.71

1,500m (4:31.00/4:40.14) 2003 LIFETIME

+ Anna Blue	4:31.19 (m)	4:31.19
Molly Bull	4:47.99 (c)	4:47.99
Julia Corbett	4:59.35 (k)	4:59.35
Megan Walker-Richards	5:14.34 (k)	5:14.34
Juli Ross	5:49.88 (k)	5:49.88
Diana Worthen	6:01.83 (k)	6:01.83

3000m 2003 LIFETIME

Julia Corbett	10:31.68 (f)	10:39.04i
Megan Walker-Richards	10:59.19 (h)	10:59.19
Juli Ross	12:40.24 (f)	12:40.24
		12:15.85i
Diana Worthen	12:57.12 (f)	12:57.12

3,000m Steeplechase (10:50.00/11:10.14)

	<u>2003</u>	<u>LIFETIME</u>
Hillary Smith	11:12.13 (c)	11:01.88
Molly Bull	12:07.80 (f)	11:57.86
Hailey Young	12:37.27 (k)	12:37.27

5,000m (17:00.00/17:30.14) 2003 LIFETIME

# Anna Blue	16:14.55 (c)	16:14.55 SR
Julia Corbett	18:17.21 (a)	18:17.21
Megan Walker-Richards	19:37.15 (d)	19:37.15
Juli Ross	21:33.97 (d)	21:33.97

10,000m (NCAA AQ 34:10.00/NCAA PQ 35:15.00/NS)

	<u>2003</u>	<u>LIFETIME</u>
* Anna Blue	34:25.63 (g)	34:25.63 SR

100m HURDLES (14.10/14.34) 2003 LIFETIME

# Ellannee Richardson	13.52 (e,r)	13.52
# Tamara Gulley	13.75w (r)	13.55w
	13.85 (g)	13.73hs
# Diana Pickler	13.89w (p)	13.71w
	14.00 (m)	13.75
Julie Pickler	14.48 (b)	13.92
		13.79w
Louise Akesson	14.72 (f)	14.72

400m HURDLES (1:01.50/1:02.04) 2003 LIFETIME

\$ Monique Jessie	58.32 (r)	58.32
Louise Akesson	1:02.38 (k)	1:02.25

400m RELAY (46.20/NS) 2003

\$ Gulley, Giles, Skinner, Richardson	45.35 (a)
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1600m RELAY (3:45.50/NS) 2003

# Giles, Jessie, Gulley, Richardson	3:33.65 SR (r)
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HIGH JUMP (1.70/1.70) [5-7 / 5-7]

	<u>2003</u>	<u>LIFETIME</u>
\$\$ Whitney Evans	1.86m / 6-1 1/4 (\$)	1.86 (6-1 1/4)
# Robin Mikesh	1.75m / 5-8 3/4 (q)	1.75 (5-8 3/4)
# E. Richardson	1.74m / 5-8 1/2 (\$)	1.74 (5-8 1/2)
# Briana Willis	1.70m / 5-7 (6x)	1.75 (5-8 3/4)
		1.77i (5-9 3/4i)
Diana Pickler	1.68m / 5-6 (b,p,\$)	1.73 (5-8)
Julie Pickler	1.68m / 5-6 (b)	1.68 (5-6)
Karla McGee	1.53m / 5-0 1/4 (f)	1.53 (5-0 1/4)

WSU 2003 WOMEN'S OUTDOOR BESTS - 2

Event Qualifying Marks: # = NCAA Regional / + = Pac-10

POLE VAULT (3.66/3.80m) [12-0 / 12-5 1/2]

	2003	LIFETIME
# Tamara Diles	3.95m / 12-11 1/2 (q)	4.02 (13-2 1/4) 4.35i (14-3 1/4i)
# Karla McGee	3.80m / 12-5 1/2 (k)	3.85 (12-7 1/2)
# Steph. Robinett	3.80m / 12-5 1/2 (n)	3.81 (12-6)

LONG JUMP (5.90/5.80m) [19-4 1/4 / 19-0 1/2]

	2003	LIFETIME
E. Richardson	5.86m / 19-2 3/4 (\$)	5.86 (19-2 3/4) 5.96w (19-6 3/4w)
+ Diana Pickler	5.81m / 19-0 3/4 (h)	5.95 (19-6 1/4)
Julie Pickler	5.69m / 18-8 (a)	5.89 (19-3 3/4)
B. Ufodiana	5.45m / 17-10 3/4 (h,m)	5.50 / 18-0 1/2 5.81 (19-0 3/4i)
Louise Akesson	5.09m / 16-8 1/2w (p)	5.09 (16-8 1/2w)

TRIPLE JUMP (12.19/11.94m) [40-0 / 38-2 1/4]

	2003	LIFETIME
# B. Ufodiana	12.73m / 41-9 1/4 (q)	12.73 (41-9 1/4) 12.77 (41-11w)
\$ Bree Skinner	12.51m / 41-0 1/2 (r)	12.51 (41-0 1/2)

SHOT PUT (13.90/13.25m) [45-7 1/4 / 43-5 3/4]

	2003	LIFETIME
# S. Rance	14.14m / 46-4 3/4 (k)	14.32 (46-11 3/4) 15.57 (51-1i)
Marie Muai	13.22m / 43-4 1/2 (h)	13.89 (45-7)hs
Diana Pickler	11.30m / 37-1 (b)	11.64 (38-2 1/4)
E. Richardson	10.90m / 35-9 1/4 (b)	11.20 (36-9)
Julie Pickler	10.82m / 35-6 (b)	10.82 (35-6) 11.77 (38-7 1/2i)
B. Hinchcliffe	10.81m / 35-5 3/4 (m)	11.92 (39-1 1/4) 12.47 (40-11i)

DISCUS (45.72/46.00m) [150-0 / 150-11]

	2003	LIFETIME
# Marie Muai	51.17m / 167-10 (m)	51.17 (167-10)
# B. Hinchcliffe	45.74m / 150-1 (e)	47.21 (154-11)
# Shannon Rance	45.72m / 150-0 (m)	45.72 (150-0)

JAVELIN (41.48/43.50m) [136-1 / 142-8]

	2003	LIFETIME
# Rachel Bertholf	47.45m / 155-8 (r)	47.45 (155-8)
# Jenna Dean	45.14m / 148-1 (a)	45.14 (148-1)
# E. Richardson	42.54m / 139-7 (k)	45.76 (150-1)
Julie Pickler	38.64m / 126-9 (a)	38.64 (126-9)
Katie Syring	38.15m / 125-2 (f)	(136-0)hs
Diana Pickler	37.90m / 124-4 (a)	37.90 (124-4)
Louise Akesson	25.52m / 83-9 (p)	25.52 (83-9)

HAMMER (51.30/52.00m) [168-4 / 170-7]

	2003	LIFETIME
# B. Hinchcliffe	56.97m / 186-11 (h)	56.97 (186-11)
# Marie Muai	53.46m / 175-5 (q)	53.46 (175-5)
# Sammy Jo Missel	52.79m / 173-2 (m)	52.79 (173-2)

HEPTATHLON (NCAA AQ 5,500 / PQ 5,000 / Pac-10 3,971)

	2003	LIFETIME
\$ Ellannee Richardson	5,839 (\$)	5,839 SR
(\$: 100mH - 13.92, HJ - 1.74m/5-8 1/2, SP - 10.36m/34-0, 200m - 23.95, LJ - 5.86m/19-2 3/4, Jav - 39.89m/130-10, 800m - 2:12.04. Total - 5,839 points)		
\$ Diana Pickler	5,254 (p)	5,365
(p: 100mH - 13.89w, HJ - 1.68m/5-6, SP - 10.73m/35-2 1/2, 200m - 25.20, LJ - 5.62m/18-5 1/4, Jav - 37.81m/124-0, 800m - 2:35.65. Total - 5,254 points)		

# Julie Pickler	5,024 (b)	5,338
(b: 100mH - 14.48, HJ - 1.68m/5-6, SP - 10.82m/35-6, 200m - 25.37, LJ - 5.59m/18-4 1/4, Jav - 36.22m/118-10, 800m - 2:44.25. Total - 5,024 points)		

Louise Akesson	4,347 (p)	4,347
(p: 100mH - 15.04w, HJ - 1.41m/4-7 1/2, SP - 8.67m/28-5 1/2, 200m - 25.55, LJ - 5.09m/16-8 1/2w, Jav - 25.52m/83-9, 800m - 2:26.88. Total - 4,347 points)		

SR = WSU record. FSR = Freshman WSU record.
\$ = NCAA participant. \$\$ NCAA Champion

MEET LEGEND

- a @ Willie Williams, Tucson, 3/21-22
- b @ UC Multi Events, Davis 3/26-27
- c @ Stanford Invite, Stanford 3/28-29
- d @ Whitworth Invite, Spokane 3/29
- e @ Texas Relays, Austin 4/3-5
- f WSU Open, Pullman 4/12
- g @ Mt. San Antonio College Relays, Walnut, 4/17-19
- h @ State Challenge Cup, Boise 4/19
- k Fourth Annual Cougar Invitational, Pullman 4/25-26
- m @ Washington, Seattle 5/3 (WSU 113, UW 90)
- n @ Moscow McDonald's Outdoor, Moscow 5/10
- p @ Pac-10 Multi Championships, Los Angeles 5/10-11
- q @ Pac-10 Championships, Los Angeles 5/17-18
- Team scores: UCLA 155, Stanford 140, ASU 109, USC 101, WSU 87, Washington 64, Oregon 60, Arizona 58, California 40
- r @ NCAA West. Reg. Champs, Stanford 5/30-31
- Team Scores: 1. UCLA 138; 6. WSU 43
- \$ @ NCAA Championships, Sacramento 6/11-14
- Team Scores: 1. LSU, 12. WSU 21

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