

FINAL WASHINGTON STATE 2001 MEN'S INDOOR BESTS

(NCAA Automatic / Provisional Qualifying Standards)

55 METERS 6.16/6.26 2001 LIFETIME

# Anson Henry	6.25 (b)	6.22
Anthony Buchanan	6.30 (d)	6.30 FSR
Arend Watkins	6.48 (a)	6.48
J.K. Haines	6.57 (a)	6.57
Dan Brink	6.57 (b)	6.57
Benson Jones	6.60 (a)	6.60
Justin Nikbakhsh-Tali	6.73 (a)	6.73
Peter Rizzardi	6.77 (a)	6.77
Brian Graham	6.77 (b)	6.77
Steve Dwyer	6.95 (a)	6.95
Antwan Randolph	6.98 (a)	6.98

60 METERS 6.62/6.72 2001 LIFETIME

\$# Anson Henry	6.69 (f)	6.69 SR
Anthony Buchanan	6.76 (f)	6.76 FSR
J.K. Haines	6.99 (g)	6.99
Dan Brink	7.06 (f)	7.06
Arend Watkins		7.17

55-M HURDLES 7.23/7.39 2001 LIFETIME

* Arend Watkins	7.14 (b)	7.14
Eric Dudley	7.70 (b)	7.70
Steve Dwyer	7.81 (a)	7.81
Antwan Randolph	8.43 (a)	8.43

60-M HURDLES 7.74/7.90 2001 LIFETIME

\$* Arend Watkins	7.70 (k)	7.70
Eric Dudley	8.29 (k)	8.29
Steve Dwyer	8.50 (m)	8.50
Antwan Randolph	8.96 (m)	8.96

200 METERS 20.90/21.25 2001 LIFETIME

Anson Henry	21.32 (k)	21.32
Anthony Buchanan	21.40 (k)	21.40
J.K. Haines	21.81 (k,m)	21.81
Dan Brink	22.15 (k)	22.15
Qieed Ishmael	22.43 (m)	22.43
Eric Dudley	22.77 (e)	22.37
Josh Fitzhugh	23.14 (h)	22.69
Tom Winslow	23.20 (m)	23.20

400 METERS 46.32/47.05 2001 LIFETIME

Eric Dudley	47.84 (k)	47.84
Qieed Ishmael	48.25 (k)	48.25
Simon Kamau	48.89 (k)	48.89
Steve Dwyer	50.07 (m)	50.07
Tom Winslow	51.15 (f)	51.15
Josh Fitzhugh	51.65 (h)	50.13
Ryan Wieseler	52.56 (b)	52.56
Jacob Hazelquist	54.53 (b)	54.53

800 M 1:48.30/1:50.20 2001 LIFETIME

Jon Welsh	1:54.13 (m)	1:54.13
Ryan Wieseler	1:54.24 (h)	1:54.24
Eric Dudley	1:55.27 (f)	1:54.44
Jacob Hazelquist	1:56.01 (h)	1:56.01
Kyle Barker	1:56.97 (m)	1:56.97
Ian Johnson	1:57.10 (h)	1:57.10
Loren Childers	1:59.67 (f)	1:59.33

MILE^ 4:01.00/4:05.20 2001 LIFETIME

Jon Welsh	4:11.07 (m)	4:11.07
Ian Johnson	4:15.97 (m)	4:15.97
Scott Johnson	4:17.96 (e)	4:15.93
Will Thrift	4:18.53 (f)	4:18.53
Kyle Barker	4:18.88 (m)	4:18.88
Jim Neeway	4:22.48 (f)	4:22.48
Loren Childers	4:28.91 (h)	4:28.91
Oscar Franco-Parra	4:32.47 (b)	4:26.17
Kurt Hicks	4:32.56 (h)	4:32.56

3,000 M^ 7:58.70/8:10.70 2001 LIFETIME

Jon Welsh	8:23.67 (g)	8:23.67
Will Thrift	8:32.15 (g)	8:32.15
Kyle Barker	8:32.95 (g)	8:32.95
Oscar Franco-Parra	8:34.90 (g)	8:25.21
Scott Johnson	8:37.11 (f)	8:31.17
Ian Johnson	8:40.32 (m)	8:40.32
Mark Wicklander	8:54.11 (h)	8:33.59
Jim Neeway	9:01.19 (e)	9:01.19
Kurt Hicks	9:18.39 (m)	9:18.39

5,000 M^ 13:58.15/14:18.15 2001 LIFETIME

Kyle Barker	16:05.99 (k)	16:05.99
Oscar Franco-Parra	16:15.35 (k)	14:42.83

FINAL WSU 2001 MEN'S INDOOR BESTS - 2

Steve Dwyer 10.37 / 34-0 1/4 (a) 11.13 / 36-6 1/4

1600-METER RELAY 3:06.90/3:10.40 2001

Kamau, Dudley, Haines, Ishmael 3:14.03 (g)
Brink, Wieseler, Haines, Ishmael 3:17.56 (m) **FSR**

DIST. MEDLEY RELAY[^]+9:41.25/9:49.25 2001

I. Johnson, Dudley, Wieseler, S. Johnson 10:09.22 (f)

HIGH JUMP /2.25m / 2.16m [7-4 1/2 / 7-1]

	<u>2001</u>	<u>LIFETIME</u>
# Matt Alverson	2.16 / 7-1 (g)	2.16 / 7-1
Ezra Gordon	2.00 / 6-6 3/4 (g)	2.10 / 6-10 3/4
Steve Dwyer	1.95 / 6-4 3/4 (m)	1.95 / 6-4 3/4

POLE VAULT /5.50m / 5.25m [18-0 1/2 / 17-2 3/4]

	<u>2001</u>	<u>LIFETIME</u>
Bryan Preuss	5.06 / 16-7 1/4 (k)	5.06 / 16-7 1/4
Rick Collins	5.05 / 16-6 3/4 (m)	5.11 / 16-9 1/4 FSR
J. Nikbakhsh-Tali	4.75 / 15-7 (b)	4.90 / 16-0 3/4
Ryan Turner	4.75 / 15-7 (f)	4.90 / 16-0 3/4
Steve Dwyer	4.45 / 14-7 1/4 (e,h)	4.45 / 14-7 1/4

LONG JUMP 7.85m / 7.55m [25-9 1/4 / 24-9 1/4]

	<u>2001</u>	<u>LIFETIME</u>
\$# Benson Jones	7.72 / 25-4 (k)	7.72 / 25-4
Brian Graham	6.99 / 22-11 1/4 (f)	6.99 / 22-11 1/4
Peter Rizzardi	6.61 / 21-8 1/4 (h)	6.61 / 21-8 1/4
Steve Dwyer	6.36 / 20-10 1/2 (m)	6.36 / 20-10 1/2
J. Nikbakhsh-Tali	6.25 / 20-6 1/4 (m)	6.25 / 20-6 1/4

TRIPLE JUMP 16.20m / 15.60m [53-1 3/4 / 51-2 1/4]

	<u>2001</u>	<u>LIFETIME</u>
\$# Benson Jones	16.12 / 52-10 3/4 (d)	16.12 / 52-10 3/4
Brian Graham	14.30 / 46-11 (e)	14.30 / 46-11
J. Nikbakhsh-Tali	13.97 / 45-10 (m)	13.97 / 45-10
Peter Rizzardi	13.64 / 44-9 (g)	13.64 / 44-9

SHOT PUT 19.00m / 17.50m [62-4 / 57-5]

	<u>2001</u>	<u>LIFETIME</u>
# Sam Lightbody	17.78 / 58-4 (f)	17.78 / 58-4
Shaun Straka	16.06 / 52-8 1/4 (f,k)	16.06 / 52-8 1/4
Tim Gehring	15.87 / 52-1 (e)	15.87 / 52-1
Jon Thomas	14.47 / 47-5 3/4 (b)	14.47 / 47-5 3/4

35# WEIGHT /21.35m / 19.00m [70- 1/2 / 62-4]

	2001	LIFETIME
Tim Gehring	15.95 / 52-4 (f)	15.95 / 52-4
Jon Thomas	14.53 / 47-8 (f)	14.53 / 47-8

DISCUS - Pac-10 Outdoor Standard 51.50m/168-11

	2001	LIFETIME
Vinnie Pecht	54.46i / 178-8i (e)	56.26 / 184-7
Sam Lightbody	51.58i / 169-3i (e)	51.58 / 169-3
Cameron Graves	51.58i / 169-3i (m)	55.14 / 180-11

* = NCAA indoor automatic qualifier. # = NCAA indoor provisional qualifier. + = Pacific-10 outdoor qualifier. ^ = Altitude adjustment available. **SR** = WSU school record. **WR** = World Record. /**A**) = at altitude. **a** = altitude adjusted. Only NCAA automatic and provisional qualifying standards listed. **\$** = **NCAA Participant**

Meet Legend

- a @ EWU Early Bird Open, 1/13, Cheney
b @ EWU Jerry Martin Invitational, 1/20, Cheney

Team scores: WSU 60 UW 45; WSU 59 EWU 39.

- c @ Pole Vault Summit, 1/20, Reno
d @ Wolf Pack Invitational, 2/3, Reno
e @ McDonald's I Open, 2/3, Moscow
f @ Idaho Scoring Meet, 2/9-10, Moscow
Team scores: WSU 90 EWU 61;
WSU 105 Montana 43; WSU 84 Washington 72
g @ Vandal Indoor, 2/16, Moscow
h @ McDonald's II Open, 2/17, Moscow
k @ Mountain Pacific Sports Federation
Championships, 2/23-24, Flagstaff
Team scores: WSU 108.5, Arizona 105,
Washington 104, Utah State 85, UCLA 83,
Oregon 60.5, Arizona State 32.5, Stanford 30,
Long Beach State 2.5
m Moscow McDonald's Last Chance, 3/2-3, Moscow
\$ @ NCAA Indoor Track & Field Championships,
3/9-10, Fayetteville, Arkansas

Revised: 3/12/01

FINAL WASHINGTON STATE 2001 WOMEN'S INDOOR BESTS

(NCAA Automatic / Provisional Qualifying Standards)

55 METERS 6.80/6.94 2001 LIFETIME

Tamara Gulley	7.05 (b)	7.05
Erin Reed	7.16 (b)	7.16
Agneta Rosenblad	7.23 (b)	7.23
Ellannee Richardson	7.25 (b)	7.11
Bree Skinner	7.37 (a)	7.37
Cicely Clinkenbeard	7.42 (b)	7.42
Sarah Odonkor	7.61 (b)	7.50
Blessing Ufodiana	7.63 (a)	7.63
Heidi Abersfeller	7.82 (a)	7.54

60 METERS 7.30/7.44 2001 LIFETIME

Erin Reed	7.67 (k)	7.67 FSR
Ellannee Richardson	7.70 (f)	7.70
Bree Skinner	7.78 (m)	7.78

55-M HURDLES 7.64/7.90 2001 LIFETIME

# Agneta Rosenblad	7.68 (f)	7.68 SR
# Tamara Gulley	7.82 (b)	7.82 FSR
Ellannee Richardson	8.04 (b)	8.02
Randi Smith	8.16 (e)	7.95
Sarah Odonkor	8.19 (g)	8.19
Cicely Clinkenbeard	8.75 (a)	8.75
Heidi Abersfeller	9.33 (h)	9.33

60-M HURDLES 8.17/8.43 2001 LIFETIME

\$# Agneta Rosenblad	8.26 (m)	8.26 SR
Ellannee Richardson	8.47 (k)	8.47
Randi Smith	8.63 (k)	8.63
Sarah Odonkor	8.87 (k)	8.87
Heidi Abersfeller	9.87 (m)	9.87

200 METERS 23.50/24.05 2001 LIFETIME

Ellannee Richardson	24.14 (k)	24.14
Erin Reed	24.27 (m)	24.27 FSR
Randi Smith	24.72 (k)	24.71
Bree Skinner	25.24 (m)	25.24
Sarah Odonkor	25.47 (k)	25.35
Agneta Rosenblad	25.61 (d)	25.47
Tamara Gulley	25.69 (d)	25.69
Tiffany Giles	25.71 (m)	25.71
Heidi Abersfeller	26.62 (m)	25.75

400 METERS 53.20/54.70 2001 LIFETIME

# Ellannee Richardson	54.14 (g)	54.14 SR
Erin Reed	55.13 (g)	55.13 FSR
Randi Smith	56.05 (k)	55.50
Tiffany Giles	57.91 (m)	54.97
Bree Skinner	58.43 (f)	58.43
Angelita Green	59.63 (b)	59.63
Heidi Abersfeller	59.90 (h)	57.92
Hillary Smith	1:01.50 (b)	1:01.50
Sarah Odonkor	1:00.71 (m)	59.86

800 M 2:06.90/2:09.60 2001 LIFETIME

Hillary Smith	2:13.37 (g)	2:13.37
Angelita Green	2:16.16 (k)	2:11.83
Anna Blue	2:17.93 (m)	2:17.93
Randi Smith	2:18.93 (m)	2:18.93
Beth Welander	2:21.37 (m)	2:21.37
Emily Sodorff	2:24.85 (f)	2:24.85
Greta Johnson	2:24.96 (f)	2:24.96

MILE^ 4:43.40/4:48.40 2001 LIFETIME

Ryan Gilmore	5:04.05 (h)	5:04.05
Anna Blue	5:04.99 (g)	5:04.99
Greta Johnson	5:12.41 (m)	5:07.50
Hillary Smith	5:12.56 (h)	5:12.56
Ana Cabrera	5:23.31 (f)	5:23.31
April Gagner	5:34.70 (m)	5:02.59
Beth Welander	5:35.44 (f)	5:35.44

3000 M^ 9:23.20/9:37.20 2001 LIFETIME

Ryan Gilmore	10:01.30 (f)	10:01.30
Anna Blue	10:10.00 (f)	10:10.00
Greta Johnson	10:17.05 (m)	10:01.53
Ana Cabrera	10:28.81 (g)	10:28.81
Jenny Filipy	10:39.90 (m)	10:39.90

5000 M^ 16:18.45/16:48.45 2001 LIFETIME

Ana Cabrera	19:13.23 (k)	19:13.23
Jenny Filipy	20:19.40 (k)	19:27.84

1600-METER RELAY 3:35.80/3:41.80

2001

Reed, Skinner, Green, R. Smith	3:46.33 (g)
Skinner, Ufodiana, Green, Reed	3:52.86 (f) FSR

FINAL WSU 2001 WOMEN'S INDOOR BESTS - 2

DIST. MED. RELAY 11:20.00/11:36.00 2001

Blue, R. Smith, H. Smith, Gilmore 11:51.34 (m) **SR**

HIGH JUMP 1.86m / 1.77m [6-1 1/4 / 5-9 3/4]

	2001	LIFETIME
# Briana Willis	1.77 / 5-9 3/4 (f)	1.77 / 5-9 3/4
E. Richardson	1.67 / 5-5 3/4 (m)	1.67 / 5-5 3/4
C. Clinkenbeard	1.57 / 5-1 3/4 (f)	1.57 / 5-1 3/4
Stephanie Jaross	1.52 / 4-11 3/4 (e)	1.52 / 4-11 3/4

POLE VAULT 4.10m / 3.80m [13-5 1/4 / 12-5 1/2]

	2001	LIFETIME
J. Martus	3.78 / 12- 4 3/4 (m)	3.85 / 12-7 1/2 SR
K. McGee	3.78 / 12-4 3/4 (m)	3.78 / 12-4 3/4 FSR
S. Robinett	3.63 / 11-10 3/4 (m)	3.63 / 11-10 3/4
A. Doepker	3.55 / 11-7 3/4 (b)	3.55 / 11-7 3/4

LONG JUMP 6.38m / 6.10m [20-11 1/4 / 20-0 1/4]

	2001	LIFETIME
\$* A. Rosenblad	6.41 / 21- 1/2 (k)	6.41 / 21- 1/2 SR
E. Richardson	5.72 / 18-9 3/4 (b)	5.77 / 18-11 1/4
C. Clinkenbeard	5.62 / 18-5 1/4 (b)	5.68 / 18-7 3/4
Blessing Ufodiana	5.52 / 18-1 1/2 (h)	5.52 / 18-1 1/2

TRIPLE JUMP 13.15m / 12.55m [43-1 3/4 / 41-2 1/4]

	2001	LIFETIME
B. Ufodiana	12.40 / 40-8 1/4 (f) FSR	12.51 / 41-0 1/2
C. Clinkenbeard	12.29 / 40-4 (d)	12.80 / 42-0 SR
A. Eldridge	11.58 / 38-0 (k)	11.58 / 38-0

SHOT PUT 16.10m / 14.90m [52-10 / 48-10 3/4]

	2001	LIFETIME
# A. Thornton	14.98 / 49-1 3/4 (h)	14.98 / 49-1 3/4
S. Rance	14.25 / 46-9 (f)	14.25 / 46-9 FSR
C. Clinkenbeard	11.07 / 36-4 (a)	11.07 / 36-4
E. Richardson	9.67 / 31-8 3/4 (a)	10.43 / 34-2 3/4

20# WEIGHT 19.50m / 17.70m [63-11 3/4 / 58-1]

	2001	LIFETIME
# A. Thornton	18.34 / 60-2 (a)	18.70 / 61-4 1/4
Shannon Rance	12.40 / 40-8 1/4 (f)	12.40 / 40-8 1/4

DISCUS - Pac-10 Outdoor Standard 46.00m/150-11

	2001	LIFETIME
Shannon Rance	43.08i / 141-4i (e)	43.08 / 141-4

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- b @ EWU Jerry Martin Invitational, 1/20, Cheney
Team scores: WSU 66 UW 44; WSU 68 EWU 30.
- c @ Pole Vault Summit, 1/20, Reno
- d @ Wolf Pack Invitational, 2/3, Reno
- e @ McDonald's I Open, 2/3, Moscow
- f @ Idaho Scoring Meet, 2/9-10, Moscow
Team Scores: WSU 110 Sacramento State 43;
WSU 112 Portland St. 28; WSU 101 Washington 58
- g @ Vandal Indoor, 2/16, Moscow
- h @ McDonald's II Open, 2/17, Moscow
- k @ Mountain Pacific Sports Federation
Championships, 2/23-24, Flagstaff
Team scores: Arizona 142, UCLA 130,
Washington State 125, Arizona State 51.5, Utah
State 51, Washington 50, Stanford 45.5, Long
Beach State 16
- m Moscow McDonald's Last Chance, 3/2-3, Moscow
- \$** @ NCAA Indoor Track & Field Championships,
3/9-10, Fayetteville, Arkansas

Revised: 3/12/01