

WASHINGTON STATE 2004 MEN'S OUTDOOR BESTS

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

100m (10.50/10.74)	2004	LIFETIME
# Anthony Buchanan	10.33 (o)	10.10w 10.23
+ James McSwain	10.48W (a) 10.56 (d)	10.48W 10.56
+ Jaycee Robertson	10.51 (q)	10.51
+ Martin Boston	10.68W (a) 10.89 (n)	10.68W 10.77
+ Jarrell Nelson	10.68W (q) 10.69 (n)	10.68W 10.69
Dan Brink	10.83W (a)	10.83W 10.88w
	10.95 (e)	10.91
Darion Powell	10.99w (b)	10.99w 11.01
Brandon Brownell	11.07w (b)	11.07w 11.20
David Turpin	11.14w (b) 11.25 (p)	11.06

200m (21.19/21.44)	2004	LIFETIME
# Jaycee Robertson	21.00w (q) 21.34 (o)	21.00w 21.34
+ James McSwain	21.37w (m) 21.39 (o)	21.37w 21.39
Jarrell Nelson	21.50w (m) 21.67 (n)	21.50w 21.67
Qieed Ishmael	22.18 (e)	22.13
Martin Boston	22.28 (a)	22.28
Dan Brink	22.70 (e)	22.12

400m (47.26/47.84)	2004	LIFETIME
+ Dione Cason	47.59i (2/28) 48.22 (o)	47.90
Qieed Ishmael	48.26 (o)	48.23
Lamarr Kirk	48.81(g)	48.63
Darion Powell	50.39 (b)	49.53
Brandon Brownell	50.43 (b)	50.43
David Turpin	51.69 (p)	50.12

800m (1:50.62/1:51.44)	2004	LIFETIME
Steve Barrus	1:54.84 (n)	1:54.84
Jon Manthey	1:55.01 (f)	1:52.35
Chris Concha	1:57.63 (m)	1:57.63
Daniel Frederick	1:58.57 (n)	1:58.57
Chris Williams	2:00.17 (e)	2:00.17

1,500m (3:48.21/3:50.14)	2004	LIFETIME
Steve Barrus	3:51.34 (c)	3:48.87
Chris Concha	3:56.75 (c)	3:56.75
Ian Johnson	3:59.97 (n)	3:49.23
Andrew Jones	4:02.22 (n)	4:02.22
Ryan Freimuth	4:04.58 (n)	4:01.62
Chris Williams	4:05.23 (e)	4:05.23
Matt Knoff	4:11.84 (e)	4:11.84
Daniel Frederick	4:19.40 (m)	4:19.40
David Turpin	4:45.90 (b)	4:32.0
Brandon Brownell	5:00.80 (b)	4:40.44

MILE (4:06.61/4:08.14)	2004	LIFETIME
+ Danny Wolf	4:06.00i (2/7)	4:06.00i
+ Steve Barrus	4:07.90i (2/28)	

3000m	2004	LIFETIME
Andrew Jones	8:41.56 (m)	8:41.56
Ryan Freimuth	8:42.72 (m)	8:42.72
Alex Grant	8:49.43 (m)	8:49.43
Geoff Casazza	8:52.01 (n)	8:52.01
Chris Williams	8:56.67 (m)	8:56.67
Matt Knoff	9:06.79 (n)	9:06.79

3,000m STEEPLE (9:08.15/9:23.54)	2004	LIFETIME
+ Ian Johnson	9:23.70 (o)	9:07.97
Alex Grant	9:30.37 (n)	9:30.37
Chris Concha	9:43.6h (a)	9:43.6h
Geoff Casazza	9:59.7h (a)	9:59.7h
Chris Williams	10:09.9h (a)	10:09.9h
Dan Frederick	10:23.72 (o)	10:23.72

5,000m (14:18.58/14:35.14)	2004	LIFETIME
# Danny Wolf	14:05.34 (c)	14:05.34
Ian Johnson	14:40.81 (c)	14:40.81
Ryan Freimuth	14:41.74 (c)	14:41.74
Andrew Jones	14:42.31 (c)	14:42.31
Alex Grant	14:42.68 (c)	14:42.68
Matt Knoff	15:30.08 (f)	15:30.08
Geoff Casazza	15:58.95 (o)	15:58.95

110m HURDLES (14.33/14.74)	2004	LIFETIME
# Matt Mason	13.81 (c)	13.81
+ Darion Powell	14.43 (a)	14.43
Barry Leavitt	14.78w (e) 14.85 (o)	14.78w 14.85
Brandon Brownell	15.11 (a)	15.11
Josh Leyk	15.20 (o)	15.20
Bob Frey	15.35w (q) 15.54 (o)	15.35w 15.54
Tyler Fischback	15.72 (m)	15.72
David Turpin	16.40 (q)	16.20

400m HURDLES (52.51/53.64)	2004	LIFETIME
+ Josh Leyk	52.77 (g)	52.77
+ John Cassleman	52.91 (o)	52.91
+ Eric Nygard	53.23 (c,m)	53.23
Barry Leavitt	53.74 (q)	53.74
Tyler Fischback	54.62 (o)	54.62
Bob Frey	57.39 (e)	57.39

400m RELAY (40.66/NS)	2004
# Boston, Mason, McSwain, Buchanan	39.55 (o)

1600m RELAY (3:10.84/NS)	2004
Kirk, Ishmael, Nygard, Mason	3:11.24i (2/28)
Nygard, Kirk, Leyk, Ishmael	3:16.41 (o)

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HIGH JUMP (2.10/2.05m) [6-10 3/4 / 6-8 3/4]

	2004	LIFETIME
+ Pat Harrigan	2.09/6-10 1/4i (2/7)	2.15m/7-0 1/2
+ Matt Alverson	2.05/6-8 3/4 (c)	2.16m/7-1
David Turpin	1.95/6-4 3/4 (b,m)	2.03m/6-8
Darion Powell	1.92/6-3 1/2 (b)	1.93m/6-4
B Brownell	1.74/5-8 1/2 (b)	1.80m/5-10 3/4

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

	2004	LIFETIME
# Paul Nicoletti	5.15/16-10 3/4i (2/7)	5.10m/16-8 3/4
	5.00/16-4 3/4 (n)	
David Turpin	4.50/14-9 (q)	4.50m/14-9
Brandon Brownell	4.30/14-1 1/4 (a)	4.30m/14-1 1/4
Darion Powell	4.14/13-7 (b)	4.20m/13-9 1/4
Tyson Byers (unat)	5.05/16-6 3/4 (q)	

LONG JUMP (7.34/7.17m) [24-1 / 23-6 1/4]

	2004	LIFETIME
+ Matt Mason	8.08/26-6 1/4i (2/28)	
#	7.75/25-5 1/4 (d)	7.80m/25-7 1/4
Darion Powell	6.96/22-10 (b)	7.23m/23-8 3/4w
		7.12m/23-4 1/2
David Turpin	6.96/22-10 (m)	7.16m/23-6
Bran. Brownell	6.90/22-7 3/4 (b)	7.01m/23-0
Jamil Smith	6.87/22-6 1/2 (c,o)	7.17m/23-6 3/4W

TRIPLE JUMP (15.08/14.50m) [49-5 3/4 / 47-7]

	2004	LIFETIME
# Jamil Smith	15.31/50-2 3/4 (o)	15.51m/50-10 3/4
+ Ben Hampton	14.70/48-2 3/4i (1/31)	
	14.44/47-4 1/2 (o)	14.63m/48-0

SHOT PUT (16.47/17.00m) [54-0 1/2 / 55-9 1/4]

	2004	LIFETIME
# Tim Gehring	19.35/63-6 (g)	19.35m/63-6
Cameron Neel	15.64/51-3 3/4 (a)	15.64m/51-3 3/4
Mike Schramm	15.52/50-11 (o)	15.52m/50-11
Darion Powell	14.29/46-10 3/4 (b)	14.30m/46-11
Thad Cullinan	13.83/45-4 1/2 (o)	13.83m/45-4 1/2
Drew Ulrick	13.78/45-2 1/2 (m)	13.78m/45-2 1/2
Bran. Brownell	12.54/41-1 3/4 (b)	12.54m/41-1 3/4
David Turpin	11.69/38-4 1/4 (e)	11.69m/38-4 1/4

DISCUS (51.37/50.07) [168-6 / 164-3]

	2004	LIFETIME
# Drew Ulrick	51.58/169-3 (g)	51.58m/169-3
+ Cameron Neel	50.07/164-3 (a)	50.07m/164-3
Mike Schramm	46.23/151-8 (o)	46.23m/151-8
Darion Powell	45.88/150-6 (b)	45.88m/150-6
Brandon Brownell	43.05/141-3 (a)	43.05m/141-3
David Turpin	39.28/128-10 (a)	39.28m/128-10
Thad Cullinan	36.70/120-5 (o)	36.70m/120-5

HAMMER (55.63/55.00m) [182-6 / 180-5]

	2004	LIFETIME
# Tim Gehring	60.58/198-9 (a)	60.58m/198-9
# Thad Cullinan	56.76/186-3 (q)	56.76m/186-3
Keith Tyler (unat)	47.67/156-5 (q)	47.67m/156-5

JAVELIN (61.62/58.05m) [202-2 / 190-5]

	2004	LIFETIME
# Curt Borland	67.15/220-4 (o)	67.15m/220-4
+ Brett Ortgiesen	58.70/192-7 (q)	58.70m/192-7
Ryan Scott	55.60/182-5 (a)	60.07m/197-1
Kyle Mitchell	53.90/176-10 (n)	55.36m/181-7
Darion Powell	51.30/168-4 (b)	57.98m/190-3
David Turpin	49.27/161-8 (m)	51.08m/167-7
Brandon Brownell	48.64/159-7 (b)	48.64m/159-7

DECATHLON (NCAA AQ 7,500/ PQ 7,000 / Pac-10 5,892)

	2004	LIFETIME
+ Darion Powell	6,887 (b)	7,511
(b: 100m - 10.99w, LJ - 6.96m/22-10, SP - 14.29m/46-10 3/4, HJ - 1.92m/6-3 1/2, 400m - 50.39, 110mHH - 14.61w, D - 45.88m/150-6, PV - 4.14m/13-7, Jav - 51.30m/168-4, 1500m - DNF.)		

+ Brandon Brownell	6,847 (b)	6,847
(b: 100m - 11.07w, LJ - 6.90m/22-7 3/4, SP - 12.54m/41-1 3/4, HJ - 1.74m/5-8 1/2, 400m - 50.43, 110mHH - 15.31w, D - 42.72m/140-2, PV - 3.74m/12-3 1/4, Jav - 48.64m/159-7, 1500m - 5:00.80.)		

David Turpin	6,817 (p)	6,826
(p: 100m - 11.25w, LJ - 6.70m/21-11 3/4, SP - 11.02m/36-2, HJ - 1.94m/6-4 3/4, 400m - 51.69, 110mHH - 16.40, D - 38.91m/127-8, PV - 4.50m/14-9, Jav - 45.26m/148-6, 1500m - 4:48.97.)		

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

MEET LEGEND

- a @ Trojan Invitational, Los Angeles 3/20
- aa @ Dusty Lane Open, Spokane 3/20
- b @ California Multi-Events, Berkeley 3/24-25
- c @ Stanford Invitational, Stanford 3/26-27
- d @ Texas Relays, Austin 4/1-3
- e @ Bronco Invitational, Boise 4/3
- f @ Pelluer Invite, Cheney 4/9
- g @ Brutus Hamilton Invite, Berkeley 4/9-10
- h @ Mt. SAC Hept/Dec, Azusa 4/14-15
- k @ Mt. SAC Relays, Walnut 4/16-18
- m State Challenge Cup, Pullman 4/17
- n Cougar Invitational, Pullman 4/24
- o Washington Dual, Pullman, 5/1
- WSU 112 UW 90
- p @ Pac-10 Multi Championships, Tucson 5/7-8
- q @ Idaho Outdoor Meet, Moscow 5/8
- r @ Pac-10 Championships, Tucson 5/14-15
- s @ NCAA West Reg. Champs, Northridge 5/28-29
- \$ @ NCAA Championships, Austin 6/9-12

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WASHINGTON STATE 2004 WOMEN'S OUTDOOR BESTS

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100m (11.78/12.04)	2004	LIFETIME
+ Tamara Gulley	12.00 (o)	11.83
+ Nicole Hatcher	11.88w (q)	11.88w
	12.13 (o)	12.13
Nicole McClendon	12.64w (e)	12.03
Teresa Brooks	13.17 (o)	13.17

200m (23.96/24.64)	2004	LIFETIME
+ Tamara Gulley	24.32 (o)	24.32
+ Nicole Hatcher	24.48 (o)	24.48
Julie Pickler	25.04w (h)	
	25.05 (p)	24.72
Brandi Probasco-Canda	25.32 (n)	24.64
Kameko Wilson	25.86w (q)	25.86w
Teresa Brooks	27.46 (o)	24.54

400m (54.61/55.44)	2004	LIFETIME
Brandi Probasco-Canda	55.57 (o)	54.07
Kameko Wilson	57.10 (g)	56.04
Julie Pickler	58.42 (o)	58.42
Teresa Brooks	59.36 (a)	55.85

800m (2:10.29/2:11.14)	2004	LIFETIME
# Angelita Green	2:10.29 (o)	2:09.58
Molly Bull	2:15.75 (n)	2:15.75
Katie Troy	2:21.77 (a)	2:21.77
Julie Pickler	2:28.30 (h)	2:21.71
Hailey Young	2:37.04 (o)	2:37.04

1,500m (4:29.12/4:40.14)	2004	LIFETIME
Molly Bull	4:40.60 (g)	4:40.60
Katie Troy	4:41.53 (c)	4:41.53
Ana Cabrera	4:45.06 (n)	4:45.06
Hailey Young	4:53.89 (m)	4:53.89
Julie Jewett	4:58.18 (n)	4:58.18

MILE (4:50.08/5:01.14)	2004	LIFETIME
Molly Bull	5:00.06i (2/28)	5:00.06i

3000m	2004	LIFETIME
Ana Cabrera	10:10.82 (a)	10:10.82
Kayle Peterson	10:27.75 (m)	10:27.75
Molly Bull	10:42.00 (m)	10:42.00

3,000m Steeplechase (10:57.18/11:11.69)	2004	LIFETIME
+ Kayle Peterson	11:03.41 (g)	11:03.41 FSR
Natalie Smith	11:42.63 (n)	11:42.63
Hailey Young	12:09.22 (o)	12:09.22
Julie Jewett	12:31.9h (e)	12:31.9h

5,000m (16:56.43/17:30.14)	2004	LIFETIME
+ Ana Cabrera	17:29.50 (c)	17:29.50
Kayle Peterson	18:09.82 (c)	18:09.82
Natalie Smith	19:32.79 (o)	19:32.79

100m HURDLES (13.95/14.34)	2004	LIFETIME
+ Tamara Gulley	14.07 (o)	13.55w
		13.73
+ Julie Pickler	14.16 (o)	13.79w
		13.92
+ Diana Pickler	14.25 (e)	13.71w
		13.75
Louise Akesson	15.84 (o)	14.72
Amaressa Bostwick	16.34w (q)	16.34w
	17.73 (o)	
Alexa Green	16.85w (q)	16.85w

400m HURDLES (1:00.82/1:02.04)	2004	LIFETIME
# Monique Jessie	1:00.74 (m)	58.32
Louise Akesson	1:03.77 (g)	1:02.25
Amaressa Bostwick	1:10.94 (o)	1:10.94
Alexa Green	1:11.70 (o)	1:11.70

400m RELAY (45.80/NS)	2004
Gulley, Hatcher, Jessie, Probasco-Canda	46.43 (o)

1600m RELAY (3:43.03/NS)	2004
# Jessie, Green, Gulley, Probasco-Canda	3:41.16 (c)

HIGH JUMP (1.73/1.70) [5-8 / 5-7]	2004	LIFETIME
# Robin Mikesh	1.75/5-8 3/4 (a)	1.75m/5-8 3/4
# Stephanie Jaross	1.73/5-8 (o)	1.73m/5-8
+ Julie Pickler	1.70/5-7 (o)	1.70m/5-7

POLE VAULT (3.75/3.80m) [12-3 1/2 / 12-5 1/2]	2004	LIFETIME
+ Tamara Diles	4.00/13-1 1/2i (1/24)	
#	3.97/13-0 1/4 (c,o)	4.02m/13-2 1/4
Karla McGee	3.91/12-10i (3/6)	
#	3.85/12-7 1/2 (m,n)	3.85m/12-7 1/2
Audrea Nolan	3.35/10-11 3/4 (e,m)	3.35m/10-11 3/4

LONG JUMP (5.93/5.80m) [19-5 1/2 / 19-0 1/2]	2004	LIFETIME
B. Ufodiama	5.61/18-5 (a)	5.61m/ 18-5
Julie Pickler	5.64/18-6w (h)	
	5.60/18-4 1/2 (e)	5.95m/19-6 1/4
Kaylee Gardner	5.20/17-0 3/4 (g)	18-5

WSU 2004 WOMEN'S OUTDOOR BESTS - 2

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

TRIPLE JUMP (12.26/11.85m) [40-2 3/4 / 38-10 1/2]

	<u>2004</u>	<u>LIFETIME</u>
# B. Ufodiana	13.24/43-5 1/4w (k) 12.81/42-0 1/2 (k)	13.24m/43-5 1/4w 12.89m/ 42-3 1/2i
Kaylee Gardner	11.77/38-7 1/2 (g)	38-8
Bree Skinner	11.44/37-6 1/2 (g)	12.51m/41-0 1/2

SHOT PUT (14.24/13.25m) [46-8 3/4 / 43-5 3/4]

	<u>2004</u>	<u>LIFETIME</u>
+ S. Rance	14.09/46-2 3/4 (n)	15.01m/49-3
+ Marie Muai	14.03/46-0 1/2 (e)	14.03m/46-0 1/2
Brittany Bekins	11.05/36-3 (o)	11.05m/36-3
Diana Pickler	10.62/34-10 1/4 (e)	11.64m/38-2 1/4
Julie Pickler	10.43/34-2 3/4 (p)	11.77m/38-7 1/2

DISCUS (46.58/46.00m) [152-10 / 150-11]

	<u>2004</u>	<u>LIFETIME</u>
# Marie Muai	48.96/160-7 (c)	51.17m/167-10
Shannon Rance	42.93/140-10 (o)	45.72m/150-0

HAMMER (52.84/52.00m) [173-4 / 170-7]

	<u>2004</u>	<u>LIFETIME</u>
# Marie Muai	53.39/175-2 (m)	53.46m/175-5
+ Sammy Jo Missel	52.13/171-0 (a)	52.79m/173-2
Sarah Hine	42.26/138-8 (o)	43.87m/143-11

JAVELIN (42.61/43.32) [139-9 / 142-1]

	<u>2004</u>	<u>LIFETIME</u>
# Jenna Dean	45.92/150-8 (e)	45.92m/150-8
# Rachel Bertholf	44.00/144-4 (e)	47.45m/155-8
# Karla Pfaff	43.32/142-1 (n)	43.32m/142-1
Katie Syring	40.35/132-4 (o)	41.45m/136-0
Brittany Bekins	39.88/130-10 (o)	39.88m/130-10
Sami Fisher	39.01/128-0 (e)	39.01m/128-0
Julie Pickler	38.96/127-10 (a)	38.96m/127-10
Diana Pickler	37.75/123-10 (a)	37.90m/124-4

HEPTATHLON (NCAA AQ 5,500 /PQ 5,000 / Pac-10 4,215)

	<u>2004</u>	<u>LIFETIME</u>
# Julie Pickler	5,135 (h)	5,338
(h: 100mH - 14.46, HJ - 1.62m/5-3 3/4, SP - 9.51m/31-2 1/2, 200m - 25.04w, LJ - 5.64m/18-6w, Jav - 37.90m/124-4, 800m - 2:28.30. Total - 5,135 points)		

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MEET LEGEND

- a @ Trojan Invitational, Los Angeles 3/20
- aa @ Dusty Lane Open, Spokane 3/20
- b @ California Multi-Events, Berkeley 3/24-25
- c @ Stanford Invitational, Stanford 3/26-27
- d @ Texas Relays, Austin 4/1-3
- e @ Bronco Invitational, Boise 4/3
- f @ Pelluer Invite, Cheney 4/9
- g @ Brutus Hamilton Invite, Berkeley 4/9-10
- h @ Mt. SAC Hept/Dec, Azusa 4/14-15
- k @ Mt. SAC Relays, Walnut 4/16-18
- m State Challenge Cup, Pullman 4/17
- n Cougar Invitational, Pullman 4/24
- o Washington Dual, Pullman, 5/1
UW 108 WSU 95
- p @ Pac-10 Multi Championships, Tucson 5/7-8
- q @ Idaho Outdoor Meet, Moscow 5/8
- r @ Pac-10 Championships, Tucson 5/14-15
- s @ NCAA West Reg. Champs, Northridge 5/28-29
- \$ @ NCAA Championships, Austin 6/9-12

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