

WASHINGTON STATE 2014 WOMEN'S OUTDOOR BESTS

100m	2014	LIFETIME
Dominique Keel	11.60w (e)	11.60w
	11.81 (p)	11.81
Briaúna Watley	11.84w (e)	11.84w
	12.17 (a)	12.17
Danielle Darden	12.02 (a)	11.56w/11.78
Holly DeHart	12.31w (k)	
	12.32 (h,m)	11.97
McKenna Hogan	13.47 (h)	13.47
Zoe Moller	13.64w (f)	13.64w
	13.72 (h)	13.72
Katie Dean	13.75 (h)	13.75

200m	2014	LIFETIME
Dominique Keel	24.05 (p)	24.05
Briaúna Watley	24.52 (e)	24.52
Mimi Brown	24.79 (e)	24.06
Danielle Darden	24.85 (a)	24.04
Candice McFarland	24.90 (k)	24.90
Holly DeHart	24.95 (h)	24.73/24.29w
Bree Winfrey	25.19 (c)	24.56w/24.58
Christiana Ekelem	25.25 (c)	24.57
A. Brooks-Johnson	25.27 (e)	25.27

400m	2014	LIFETIME
Bree Winfrey	55.30 (e)	55.09
Christiana Ekelem	55.71 (e)	55.71
Mimi Brown	56.70 (e)	55.58
Briaúna Watley	57.24 (c)	55.59

800m	2014	LIFETIME
Abby Regan	2:05.82 (k)	2:05.82
Courtney Zalud	2:06.30 (k)	2:06.30
Ruby Roberts	2:09.88 (a)	2:09.88
A. Brooks-Johnson	2:15.05 (n)	2:15.05
Ashlie Standow	2:16.29 (k)	2:14.73
Leanne Asper	2:16.47 (h)	2:16.47
Amanda Henderson	2:28.27 (h)	2:19.02

1500m	2014	LIFETIME
Ruby Roberts	4:18.57 (g)	4:18.57
Abby Regan	4:19.49 (g)	4:19.49
Kiah Condos	4:44.44 (d)	4:44.44
Amanda Henderson	4:46.54 (f)	4:46.54
Steffie Pavey	4:54.26 (d)	4:54.26
Emily Dwyer	4:55.41 (h)	4:55.41
Alexys Garcia	5:06.61 (f)	5:06.61

3000m	2014	LIFETIME
Ruby Roberts	9:35.38 (k)	9:35.38
Abby Regan	9:54.72 (k)	9:54.72
CharLee Linton	10:10.32 (k)	10:10.32
Kiah Condos	10:22.35 (k)	10:22.35
Abby Knight	10:24.45 (k)	10:24.45
Emily Dwyer	10:32.43 (k)	10:29.32
Steffie Pavey	10:43.03 (h)	10:43.03

5000m	2014	LIFETIME
Ruby Roberts	16:09.02 (c)	16:09.02 SR
CharLee Linton	17:34.45 (a)	17:34.45
Emily Dwyer	17:48.41 (a)	17:48.41
Abby Knight	18:00.43 (e)	18:00.43
Kiah Condos	18:02.56 (m)	18:02.56

10,000m	2014	LIFETIME
CharLee Linton	35:17.29 (g)	35:17.29

100m HURDLES	2014	LIFETIME
Shaquana Logan	13.58 (p)	13.43w/13.58
Candice McFarland	13.80w (e)	13.82
	13.82 (g)	
Alissa Brooks-Johnson	14.51 (k)	14.44
Liz Harper	14.52 (h)	14.39
Andrea Smith	14.61 (a,h)	14.61

400m HURDLES	2014	LIFETIME
Erin Allen	59.19 (r)	59.19
Shaquana Logan	1:00.21 (b)	59.76
Liz Harper	1:01.39 (p)	1:01.39
Candice McFarland	1:04.81 (g)	1:02.35

3,000m Steeplechase	2014	LIFETIME
Steffie Pavey	11:21.50 (a)	11:21.50
Ruby Roberts		10:31.14

400m RELAY	2014
Logan, Keel, Ekelem, Darden	45.06 (e)

1600m RELAY	2014
Winfrey, Keel, Watley, Allen	3:40.21 (g)

WSU 2014 WOMEN'S OUTDOOR BESTS - 2

HIGH JUMP **2014** **LIFETIME**

C. Muschamp	1.82m/ 5-11 1/2 (p)	1.82m/ 5-11 1/2
Holly Parent	1.75m/ 5-8 3/4 (a)	1.85m/ 6-0 3/4
Lateah Holmes	1.71m/ 5-7 1/4 (k)	1.71m/ 5-7 1/4
Audrey Ketcham	1.66m/ 5-5 1/4 (k,m,p)	1.78m/ 5-10
A. Brooks-Johnson	1.66m/ 5-5 1/4 (k)	1.66m/ 5-5 1/4

POLE VAULT **2014** **LIFETIME**

Kristine Felix	4.12m/ 13-6 1/4 (m)	4.12m/ 13-6 1/4
Kelsey Bueno	3.87m/ 12-8 1/4 (e)	3.97m/ 13-0 1/4
Korinne Zoellick	3.35m/ 10-11 3/4 (f)	3.35m/ 10-11 3/4
Jenna Crain	3.10m/ 10-2 (d)	3.66m/ 12-0
Beth Parrish(unat)	3.23m/ 10-7 (h)	3.42m/ 11-3

LONG JUMP **2014** **LIFETIME**

Shantae Young	5.78m/ 18-11 3/4w (k)	5.78m/ 18-11 3/4w
	5.27m/ 17-3 1/2 (k)	5.57m/ 18-3 1/4
Shaquana Logan	5.77m/ 18-11 1/4 (k)	5.81m/ 19-0 3/4
Katie Dean	5.76m/ 18-10 3/4 (h)	5.76m/ 18-10 3/4
Zoe Moller	5.56m/ 18-3 (h)	5.93/ 19-5 1/2
A. Brooks-Johnson	5.55m/ 18-2 1/2w (k)	5.55m/ 18-2 1/2w
	5.50m/ 18-0 1/2 (k)	5.50m/ 18-0 1/2
McKenna Hogan	5.51m/ 18-1 (d)	5.51m/ 18-1
Essence White	5.49m/ 18-0 1/4 (a)	5.58m/ 18-4
Holly Parent	4.97m/ 16-3 3/4w (h)	4.97m/ 16-3 3/4w

TRIPLE JUMP **2014** **LIFETIME**

C. Muschamp	12.83m/ 42-1 1/4w (p)	12.83m/ 42-1 1/4w
	12.60m/ 41-4 1/4 (p)	12.60m/ 41-4 1/4
Shantae Young	12.26m/ 40-2 3/4 (k)	12.26m/ 40-2 3/4
A. Brooks-Johnson	11.02m/ 36-2 (p)	11.32m/ 37-1 3/4

SHOT PUT **2014** **LIFETIME**

Mary Barnett	13.89m/ 45-7 (k)	14.15m/ 46-5 1/4
Kelsie Taylor	11.54m/ 37-10 1/2 (a)	11.76m/ 38-7
A. Brooks-Johnson	10.67m/ 35-0 1/4 (b)	10.67m/ 35-0 1/4

DISCUS **2014** **LIFETIME**

Mary Barnett	42.66m/ 139-11 (k)	42.66m/ 139-11
Kelsie Taylor	37.85m/ 124-2 (k)	37.85m/ 124-2
A. Brooks-Johnson	27.04m/ 88-8 (k)	30.88m/ 101-4

HAMMER **2014** **LIFETIME**

Mary Barnett	43.57m/ 142-11 (k)	43.57m/ 142-11
Kelsie Taylor	34.81m/ 114-2 (a)	34.81m/ 114-2

JAVELIN **2014** **LIFETIME**

Celena Ward	48.65m/ 159-7 (h)	48.65m/ 159-7
Kelsie Taylor	45.35m/ 148-9 (h)	46.91m/ 153-11
A. Brooks-Johnson	41.84m/ 137-3 (n)	41.84m/ 137-3
Jaclyn Onosko	38.91m/ 127-8 (e)	45.03m/ 147-9
A. Adamko (unat)	44.79m/ 146-11 (h)	49.21m/ 161-5

HEPTATHLON **2014** **LIFETIME**

Alissa Brooks-Johnson	5325 (n)	5325
(n=100mH - 14.75, HJ - 1.61m/5-3 1/4, SP - 10.64m/34-11, 200m - 25.42, LJ - 5.46m/17-11, Jav - 41.84m/137-3, 800m - 2:15.05)		

MEET LEGEND

SR = WSU record

FSR = Freshman WSU record.

- a @UCLA Dual Meet, Los Angeles 3/22
Team scores: WSU 87 UCLA 75
- b @Texas Relays Combined Events, Austin 3/26-29
- c @Stanford Invitational, Stanford 4/4-5
- d @Sam Adams Classic, Spokane 4/5
- e @Jim Click Shootout, Tucson 4/12
Team scores: WSU 158, Arizona 142, Kansas State 134, Air Force 67, New Mexico 67
- f @SCC WAR VII, Spokane 4/12
- g @Mt. SAC Relays, Walnut 4/17-19
- h Cougar Invitational, Pullman 4/26
- k WSU-UW Dual Meet, Pullman 5/3
Team score: WSU 82 Washington 81
- m @Vandal Outdoor Jamboree, Moscow 5/9-10
- n Pac-12 Multi Championships, Pullman 5/10-11
- p Pac-12 Championships, Pullman 5/17-18
Team score: Oregon 176, USC 145, Stanford 75, Arizona St. 75, Arizona 74, UCLA 68, Washington 53, Washington St. 46.5, California 44.5, Colorado 33, Utah 23, Oregon St. 2
- r @NCAA Champ. Prelim. Rnd., Fayetteville 5/29-31
- \$ @NCAA Championships, Eugene 6/11-14

Revised: 6/1/14

WASHINGTON STATE 2014 MEN'S OUTDOOR BESTS

100m	2014	LIFETIME
André McBride	10.42w (e)	10.42w
	10.57 (p)	10.52
Kyle Farmer	10.79 (e)	10.79
Brandon Bobb	10.87w (e)	
	10.91 (k)	10.49
Alex Olobia	10.89 (a)	10.70
Spencer Wordell	11.23 (n)	10.85w/10.90
Dino Dodig	11.23w (b)	11.07
	11.41 (n)	
PJ Benedictus	11.60 (h)	11.60

200m	2014	LIFETIME
Andre McBride	21.03w (e)	21.03w
	21.30 (g)	21.21
Terrance Chambers	21.31 (p)	21.31
Jacob Sealby	21.88 (c)	21.78
Alex Olobia	21.90W (h)	21.90W
	22.11 (k)	22.01
Rashaun Johnson	22.21 (c)	21.74
Lucas Sealby	22.33 (c)	22.00
Kyle Farmer	22.01w (e)	22.01w
	22.02 (k)	22.02
Daquon Brunson	22.49 (m)	22.29

400m	2014	LIFETIME
Jacob Sealby	46.72 (p)	46.72
CJ Allen	48.14 (k)	48.14
Lucas Sealby	48.48 (e)	47.99
Terrance Chambers	48.78 (g)	47.86
Daquon Brunson	48.99 (k)	48.22
Matthew Swanson	49.84 (m)	49.84
Dino Dodig	50.32 (n)	48.78
Spencer Wordell	50.93 (n)	48.84
Hironmoy Redman	52.07 (m)	52.07

800m	2014	LIFETIME
Jesse Jorgensen	1:48.62 (k)	1:48.62
Matt Swanson	1:51.68 (c)	1:50.19
Hironmoy Redman	1:55.46 (f)	1:53.08

1500m	2014	LIFETIME
Lee George	3:49.84 (a)	3:47.54
Jackson Haselnus	3:52.70 (g)	3:52.70
Andrew Gonzales	3:53.80 (c)	3:53.80
Drew Jordan	3:56.54 (e)	3:47.77
Spencer Wordell	4:49.95 (n)	4:20.38

3000m	2014	LIFETIME
Drew Jordan	8:18.16 (k)	8:18.16
Andrew Kimpel	8:28.71 (k)	8:12.39
John Whelan	8:34.40 (k)	8:34.40

5,000m	2014	LIFETIME
Drew Jordan	13:52.40 (c)	13:52.40
Andrew Kimpel	14:11.70 (a)	14:02.70
John Whelan	14:17.80 (c)	14:17.80
Forrest Shaffer	14:22.75 (c)	14:22.75
Todd Wakefield		14:02.34

10,000m	2014	LIFETIME
Andrew Kimpel	29:41.06 (g)	29:41.06
Drew Jordan	29:49.39 (g)	29:49.39
John Whelan	29:54.72 (g)	29:54.72

110m HURDLES	2014	LIFETIME
Daniel Zmuda	14.04 (r)	14.04
Josiah Sims	14.26w (e)	14.26w
	14.33 (k)	14.33
Garrett Gerling	14.27 (m)	14.27
Dino Dodig	14.79w (e)	14.85
	15.06 (k)	
Spencer Wordell	15.05 (k)	15.05
Abu Kamara (unat)	15.22w (h)	15.22w

400m HURDLES	2014	LIFETIME
CJ Allen	51.14 (p)	51.14
Rashaun Johnson	52.30 (g)	52.15
Daniel Zmuda	52.86 (g)	52.86
Garrett Gerling	57.73 (a)	56.06
Daquon Brunson	57.79 (h)	57.79

3,000m STEEPLE	2014	LIFETIME
Andrew Gonzales	8:47.14 (r)	8:47.14
Forrest Shaffer	9:02.27 (g)	9:02.27

400m RELAY	2014
Johnson, McBride, Farmer, Chambers	40.21 (r)

1600m RELAY	2014
Allen, J. Sealby, L. Sealby, Jorgensen	3:10.48 (p)

WSU 2014 MEN'S OUTDOOR BESTS - 2

HIGH JUMP	2014	LIFETIME
Thane Pierson	2.12m/ 6-11 1/2 (r)	2.12m/ 6-11 1/2
Cole Smith	2.05m/ 6-8 3/4 (e)	2.08m/ 6-10
Grant Schultz	2.01m/ 6-7 (c,k)	2.01m/ 6-7
PJ Benedictus	1.95m/ 6-4 3/4 (h)	1.95m/ 6-4 3/4
Dino Dodig	1.91m/ 6-3 1/4 (k)	2.06m/ 6-9
S. Wordell	1.90m/ 6-2 3/4 (n)	1.93m/ 6-4

POLE VAULT	2014	LIFETIME
A. Sodorff	5.10m/ 16-8 3/4 (p)	5.10m/ 16-8 3/4
J. Brenteson	4.87m/ 15-11 3/4 (l)	5.00m/ 16-4 3/4
Dino Dodig	4.75m/ 15-7 (e)	4.75m/ 15-7
S. Wordell	4.42m/ 14-6 (k)	4.42m/ 14-6
Curtis Flolid	NH	4.65m/ 15-3
Anden Lewis (unat)	4.35m/ 14-3 1/4 (d)	4.35m/ 14-3 1/4

LONG JUMP	2014	LIFETIME
PJ Benedictus	7.09m/ 23-3 1/4 (k)	7.09m/ 23-3 1/4
Dino Dodig	6.76m/ 22-2 1/4 (n)	6.98m/ 22-10 3/4
S. Wordell	6.55m/ 21-6w (n)	6.66m/ 21-10 1/4w 6.47m/ 21-2 3/4
Mitch O'Donnell	6.26m/ 20-6 1/2 (c)	7.39m/ 24-3

TRIPLE JUMP	2014	LIFETIME
Tay'lor Eubanks	15.21m/ 49-11w (r)	15.21m/ 49-11w 14.94m/ 49-0 1/4 (a)
PJ Benedictus	15.09m/ 49-6 1/4w (k)	15.09m/ 49-6 1/4w 15.03m/ 49-3 3/4 (r)
Jerhime Sanders	13.24m/ 43-5 1/4 (k)	13.84m/ 45-4

SHOT PUT	2014	LIFETIME
John Fullington	16.22m/ 53-2 3/4 (h)	16.22m/ 53-2 3/4
Matt Wardell	16.18m/ 53-1 (h)	16.20m/ 53-1 3/4
Dino Dodig	12.29m/ 40-4 (n)	12.29m/ 40-4
S. Wordell	11.81m/ 38-9 (n)	11.81m/ 38-9
J. Callaghan (unat)	13.75m/ 45-1 1/2 (d)	13.75m/ 45-1 1/2

DISCUS	2014	LIFETIME
Cameron Brink	49.14m/ 161-3 (e)	49.14m/ 161-3
Matt Wardell	45.01m/ 147-8 (k)	45.01m/ 147-8
John Fullington	42.67m/ 140-0 (k)	42.67m/ 140-0
Dino Dodig	40.54m/ 133-0 (a)	40.83m/ 133-11
S. Wordell	38.57m/ 126-6 (h)	38.57m/ 126-6

HAMMER	2014	LIFETIME
Travis Pickett	58.93m/ 193-4 (k)	58.93m/ 193-4
Sam Wardell	50.17m/ 164-7 (k)	50.17m/ 164-7

JAVELIN	2014	LIFETIME
Kyle Stevens	68.50m/ 224-9 (p)	68.50m/ 224-9
Sam Ferenchak	67.70m/ 222-1 (e)	67.70m/ 222-1
Cole Smith	61.79m/ 202-9 (p)	61.79m/ 202-9
S. Wordell	57.96m/ 190-2 (e)	57.96m/ 190-2
Zach Knudson	53.40m/ 175-2 (h)	57.17m/ 187-7
Bradly Stevens (unat)	66.64m/ 218-8 (h)	66.64m/ 218-8

DECATHLON	2014	LIFETIME
Spencer Wordell	6722 (n)	7278
(n = 100m - 11.23, LJ - 6.55m/21-6w, SP - 11.81m/38-9, HJ - 1.90m/6-2 3/4, 400m - 50.93, 110mH - 16.99, DT - 36.39m/119-5, PV - 4.00m/13-1 1/2, Jav - 55.38m/181-8, 1500m - 4:49.95) (PR = 100m - 10.90, LJ - 6.47m/21-2 3/4, SP - 11.41m/37-5 1/4, HJ - 1.88m/6-2, 400m - 48.84, 110mH - 15.46w, DT - 35.28m/115-9, PV - 4.30m/14-1 1/4, Jav - 56.99m/187-0, 1500m - 4:20.38)		

Dino Dodig 7454

MEET LEGEND

SR = WSU record

FSR = Freshman WSU record.

- aa @SCC Dusty Lane Open, Spokane 3/15
- a3 @Buc Scoring Meet, Spokane 3/21
- a4 @Oregon Preview, Eugene 3/22
- a @UCLA Dual Meet, Los Angeles 3/22
Team scores: WSU 85 UCLA 78
- b @Texas Relays Combined Events, Austin 3/26-29
- c @Stanford Invitational, Stanford 4/4-5
- d @Sam Adams Classic, Spokane 4/5
- e @Jim Click Shootout, Tucson 4/12
Team scores: WSU 193, Arizona's 133, Air Force 99, Kansas State 98, New Mexico 76
- f @SCC WAR VII, Spokane 4/12
- g @Mt. SAC Relays, Walnut 4/17-19
- h Cougar Invitational, Pullman 4/26
- k WSU-UW Dual Meet, Pullman 5/3
Team score: Washington 84 WSU 79
- m @Vandal Outdoor Jamboree, Moscow 5/9-10
- n Pac-12 Multi Championships, Pullman 5/10-11
- p Pac-12 Championships, Pullman 5/17-18
Team scores: Oregon 163.5, USC 99, Arizona 83, Arizona St. 80.75, Washington 75.25, Stanford 71, UCLA 68.25, California 67, Washington St. 66.5, Colorado 44
- r @NCAA Champ. Prelim. Rnd., Fayetteville 5/29-31
- \$ @NCAA Championships, Eugene 6/11-14

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