

WASHINGTON STATE 2013 WOMEN'S OUTDOOR BESTS

100m	2013	LIFETIME
Dominique Keel	11.90 (e)	11.90
Cindy Robinson	12.03 (k)	11.77w/11.83
Holly DeHart	12.13w (h)/12.44 (e)	11.97
Morgan Clem	12.42 (d)	11.90
Indigo Williams	12.62w (m)/12.72 (ee)	12.36
Bree Winfrey	12.85 (f)	12.85
Shantae Young	12.96w (h)	12.61
Katie Dean	13.07w (h)	13.07w
Essence White	13.15 (ee)	13.15
Kayla Warren	13.47w (h)	13.47

200m	2013	LIFETIME
Shawna Fermin	24.19 (d)	23.92
Dominique Keel	24.45 (b)	24.45
Holly DeHart	24.74w (h)/25.29 (d)	24.73/24.29w
Briaúna Watley	24.79w (h)/25.36 (f)	24.59
Christiana Ekelem	24.99 (d)	24.57
Bree Winfrey	25.13 (b)	24.56w/24.58
Morgan Clem	25.46 (b)	24.76
Mercedes Smith	25.93 (a)	24.59
Indigo Williams	26.19 (m)	25.28
Kris Tollefson	26.45w (h)	25.92
Cindy Robinson		24.10

400m	2013	LIFETIME
Shawna Fermin	52.88 (g)	52.66
Bree Winfrey	55.41 (g)	55.09
Christiana Ekelem	57.11 (b)	57.11
Briaúna Watley	57.19 (k)	55.59
Courtney Zalud	57.20 (a)	57.20
Kris Tollefson	57.35 (b)	55.90
Mercedes Smith	57.40 (b)	55.35
Holly DeHart	59.92 (a)	57.20

800m	2013	LIFETIME
Courtney Zalud	2:08.29 (e)	2:08.29
Ruby Roberts	2:13.48 (a)	2:10.56
Kris Toffelson	2:15.34 (e)	2:15.34
Amanda Henderson	2:19.02 (k)	2:19.02
Kiah Condos	2:26.38 (a)	2:26.38

1500m	2013	LIFETIME
Ruby Roberts	4:20.18 (k)	4:20.18
Caroline Austin	4:34.20 (h)	4:29.37
Courtney Zalud	4:34.66 (h)	4:34.66
Amanda Henderson	4:46.70 (ee)	4:46.70
Kiah Condos	4:48.14 (e)	4:48.14
CharLee Linton	4:51.98 (m)	4:51.98
Emily Dwyer	4:55.47 (f)	4:55.47

3000m	2013	LIFETIME
CharLee Linton	10:28.97 (k)	10:28.97
Emily Dwyer	10:44.98 (h)	10:29.32
Caroline Austin		9:58.68

5000m	2013	LIFETIME
Ruby Roberts	16:25.94 (d)	16:25.94
Emily Dwyer	17:51.69 (e)	17:51.69
CharLee Linton	18:27.11 (e)	18:27.11

100m HURDLES	2013	LIFETIME
Morgan Clem	13.97 (g)	13.93
Shaquana Logan	14.37 (b)	13.43w/13.76
Andrea Smith	14.88 NWI (h)	15.20 (m) 14.68
Erin Allen		14.80

400m HURDLES	2013	LIFETIME
Erin Allen	1:00.61 (d)	1:00.61
Morgan Clem	1:08.90 (e)	1:04.90

3,000m Steeplechase	2013	LIFETIME
Caroline Austin	10:09.55 (k)	10:09.55 SR
Ruby Roberts		10:31.14

400m RELAY	2013
Robinson, Keel, Ekelem, Fermin	45.37 (g)

1600m RELAY	2013
Keel, Ekelem, Winfrey, Fermin	3:38.54 (g)

HIGH JUMP	2013	LIFETIME
Holly Parent	1.76m/ 5-9 1/4 (d)	1.85m/ 6-0 3/4
C. Muschamp	1.71m/ 5-7 1/4 (d)	1.77m/ 5-9 3/4
Audrey Ketcham	1.70m/ 5-7 (m)	1.77m/ 5-10
Christine Rice	1.67m/ 5-5 3/4 (k)	1.80m/ 5-10 3/4

POLE VAULT	2013	LIFETIME
Kristine Felix	4.00m/ 13-1 1/2 (m)	4.00m/ 13-1 1/2
Kelsey Bueno	3.85m/ 12-7 1/2 (m)	3.91m/ 12-10
Carly Fitzpatrick	3.70m/ 12-1 1/2 (m)	3.70m/ 12-1 1/2
Sam. Andrada	3.55m/ 11-7 3/5 (m)	3.55m/ 11-7 3/4
Jenna Crain	3.25m/ 10-8 (m)	3.66m/ 12-0
Ksenija Marovic		3.80m/ 12-5 1/2

WSU 2013 WOMEN'S OUTDOOR BESTS - 2

LONG JUMP	2013	LIFETIME
Shantae Young	5.45m/ 17-10 3/4 (k)	5.57m/ 18-3 1/4
Katie Dean	5.38m/ 17-8 (a)	5.66m/ 18-7
Zoe Moller	5.37m/ 17-7 1/2 (e)	5.93/ 19-5 1/2
Essence White	5.19m/ 17-0 1/2 (ee)	5.58m/ 18-4
C.Muschamp	5.05m/ 16-7 (k)	5.05m/ 16-7
Shaquana Logan	4.97m/ 16-3 3/4 (b)	5.81m/ 19-0 3/4
Kayla Warren	4.95m/ 16-3 (f)	4.95m/ 16-3
Christiana Ekelem		5.74m/ 18-10

TRIPLE JUMP	2013	LIFETIME
C. Muschamp	12.46m/ 40-10 1/2 (h)	12.75m/ 41-10w 12.49m/ 40-11 3/4
Shantae Young	11.62m/ 38-1 1/2 (a)	12.15m/ 39-10 1/2
Kayla Warren	11.42m/ 37-5 3/4 (e)	11.93m/ 39-1 3/4
Zoe Moeller		11.35m/ 37-3
Katie Dean		11.32m/ 37-2

SHOT PUT	2013	LIFETIME
Mary Barnett	14.15m/ 46-5 1/4 (k)	14.15m/ 46-5 1/4
Ashley Kenney	12.56m/ 41-2 1/2 (k)	12.76m/ 41-10 1/2

DISCUS	2013	LIFETIME
Ashley Kenney	50.07m/ 164-3 (h)	50.07m/ 164-3
Mary Barnett	38.70m/ 127-0 (k)	42.44m/ 139-3

HAMMER	2013	LIFETIME
Mary Barnett	39.78m/ 130-6 (gg)	42.33m/ 138-10
Ashley Kenney	35.58m/ 116-9 (e)	38.69m/ 126-11

JAVELIN	2013	LIFETIME
Anna Adamko	49.21m/ 161-5 (b)	49.21m/ 161-5
Celena Ward	45.70m/ 149-11 (k)	45.80m/ 150-3
Kelsie Taylor	45.48m/ 149-2 (a)	46.91m/ 153-11
Jaclyn Onosko	45.03m/ 147-9 (b)	45.03m/ 147-9
Christine Kirkwood	43.80m/ 143-8 (b)	52.96m/ 173-9

HEPTATHLON	2013	LIFETIME
-------------------	-------------	-----------------

MEET LEGEND

SR = WSU record

FSR = Freshman WSU record.

- a @ SCC Dusty Lane Invitational, Spokane 3/16
- b @ USC Trojan Invitational, Los Angeles 3/22-23
- c @ Texas Relays Combined Events, Austin 3/27-28
- d @ Stanford Invitational, Stanford 3/29-30
- e @ Pepsi Invitational, Eugene 4/6
- Team scores: Texas A&M 201, Oregon 181, Washington 146, Washington State 138
- ee @ Sam Adams Classic, Spokane 4/6
- f @ SCC WAR VI, Spokane 4/13
- g @ Mt. SAC Relays, Walnut 4/18-20
- gg @ Whitworth Twilight, Spokane 4/18
- h Cougar Invitational, Pullman 4/20
- k WSU-Washington Dual, Seattle 4/27
WSU 86, Washington 77
- m @ Vandal Outdoor Jamboree, Moscow 5/3-4
- n @ Pac-12 Multi Championships, Los Angeles 5/4-5
- p @ Pac-12 Championships, Los Angeles 5/11-12
- r @ NCAA Champ. Prelim. Rnd., Austin 5/23-24
- \$ @ NCAA Championships, Eugene 6/5-8

Revised: 5/5/13

WASHINGTON STATE 2013 MEN'S OUTDOOR BESTS

100m	2013	LIFETIME
Greg Hornsby	10.63 (g)	10.52/10.50w
André McBride	10.73 (d)	10.52
Brett Blanshan	10.76 (d)	10.55/10.45w
Stephan Scott-Ellis	10.84 (d)	10.84
Spencer Wordell	10.85w(c)/10.90 (n)	10.85w/10.90
Trevor Rogers	10.93 (d)	10.56
Sean Harris	11.44 (n)	11.46

200m	2013	LIFETIME
Stephan Scott-Ellis	21.25w (d)	21.25w/21.87
Brett Blanshan	21.31w (g)/21.59 (b)	21.07
Andre McBride	21.70 (e)	21.21
Terrance Chambers	21.74 (d)	21.74
Byron Howell	21.87 (b)	21.75
Trevor Rogers	22.44 (e)	22.44
Daquon Brunson	22.52w (h)/22.71 (f)	22.29
Tay'lor Eubanks	23.57 (h)	23.57
PJ Benedictus	24.19 (h)	24.19

400m	2013	LIFETIME
Terrance Chambers	47.86 (b)	47.86
Lucas Sealby	47.99 (g)	47.99
Byron Howell	48.03 (d)	48.03
Spencer Wordell	48.84 (n)	48.84
Daquon Brunson	49.12 (h)	48.22
Sean Harris	53.28 (c)	52.95
Matt Swanson (unat)	49.80 (h)	49.80

800m	2013	LIFETIME
Jesse Jorgensen	1:49.56 (h)	1:49.56
Todd Wakefield	1:51.08 (a)	1:51.04
Drew Jordan	1:55.05 (a)	1:55.05
Richard Shroy	1:57.21 (e)	1:57.21
Matt Cronrath	2:00.31 (k)	1:51.42

1500m	2013	LIFETIME
Todd Wakefield	3:44.88 (h)	3:43.91
Richard Shroy	3:47.44 (g)	3:47.44
Lee George	3:48.32 (d)	3:47.54
Jono Lafler	3:50.8h (a)	3:50.8h
Andrew Kimpel	3:51.8h (a)	3:47.76
Justin Englund	3:53.9h (a)	3:53.9h
Andrew Gonzales	3:56.6h (a)	3:56.53
Forrest Shaffer	4:03.69 (h)	4:03.69
Spencer Wordell	4:20.38 (n)	4:20.38

3000m	2013	LIFETIME
Todd Wakefield	8:14.79 (k)	8:14.79
Andrew Kimpel	8:20.77 (k)	8:12.39
Jono Lafler	8:26.39 (k)	8:13.04
Justin Englund	8:26.91 (k)	8:26.91

5,000m	2013	LIFETIME
Todd Wakefield	14:02.34 (d)	14:02.34
Jono Lafler	14:02.69 (g)	14:02.69
Andrew Kimpel	14:02.70 (d)	14:02.70
Justin Englund	14:15.79 (e)	14:15.79

10,000m	2013	LIFETIME
Jono Lafler	29:41.45 (d)	29:41.45
Justin Englund	29:52.56 (g)	29:52.56

110m HURDLES	2013	LIFETIME
Ramsey Hopkins	14.25w (m)/14.43 (b)	14.13w/14.17
Josiah Sims	14.43 (e)	14.41
Garrett Gerling	14.47 (e)	14.47
Sean Harris	14.66 NWI (h)	14.66 NWI
	14.93 (k)	14.93
Spencer Wordell	15.19 NWI (h)	15.19 NWI
	15.33 (b)	15.33

400m HURDLES	2013	LIFETIME
Dana Wells	51.89 (e)	51.54
Spencer Wordell	53.41 (h)	52.98
Rashaun Johnson	54.82 (a)	52.15

3,000m STEEPLE	2013	LIFETIME
Andrew Gonzales	8:54.17 (e)	8:54.17
Forrest Shaffer	9:11.55 (k)	9:11.55

400m RELAY	2013
Hornsby, Rogers, Blanshan, McBride	40.45 (k)

1600m RELAY	2013
Chambers, Howell, L. Sealby, Wells	3:10.75 (g)

HIGH JUMP	2013	LIFETIME
Jovan Vukicevic	2.14m/ 7-0 1/4 (m)	2.27m/ 7-5 3/4
Ross VanZanten	2.11m/ 6-11 (m)	2.11m/ 6-11
Thane Pierson	2.02m/ 6-7 1/2 (f)	2.03m/ 6-8
Shawn Swartz	2.00m/ 6-6 3/4 (k)	2.14m/ 7-0 1/4
Grant Schultz	1.98m/ 6-6 (ee)	2.01m/ 6-7
Sean Harris	1.96m/ 6-5 (h)	2.00m/ 6-6 3/4
S. Wordell	1.88m/ 6-2 (n)	1.93m/ 6-4

WSU 2013 MEN'S OUTDOOR BESTS - 2

POLE VAULT 2013 LIFETIME

Austin Sodorff	5.05m/ 16-6 3/4 (m)	5.05m/ 16-6 3/4
John Brenteson	4.67m/ 15-3 3/4 (k)	5.00m/ 16-4 3/4
Sean Harris	4.40m/ 14-5 1/4 (b)	4.40m/ 14-5 1/4
S. Wordell	4.40m/ 14-5 1/4 (c)	4.40m/ 14-5 1/4
Curtis Flolid	4.30m/ 14-1 1/4 (ee)	4.65m/ 15-3

LONG JUMP 2013 LIFETIME

S. Scott-Ellis	7.57m/ 24-10 (k)	7.85m/ 25-9 1/4w 7.78m/ 25-6 1/2
Trevor Rogers	7.30m/ 23-11 1/2w (d)	
	6.92m/ 22-8 1/2 (g)	7.61m/ 24-11 3/4
PJ Benedictus	7.08m/ 23-2 3/4w (h)	7.08m/ 23-2 3/4w
	6.96m/ 22-10 (h)	6.99m/ 22-11 1/4
R. Dockery	6.95m/ 22-9 3/4 (k)	7.44m/ 24-5
Sean Harris	6.73m/ 22-1w (c)	6.73m/ 22-1w
	6.38m/ 20-11 1/4 (n)	6.38m/ 20-11 1/4
S. Wordell	6.66m/ 21-10 1/4w (c)	6.66m/ 21-10 1/4w 6.30m/ 20-8

TRIPLE JUMP 2013 LIFETIME

S. Scott-Ellis	15.57m/ 51-1 (d)	16.05m/ 52-8
Tay'lor Eubanks	15.12m/ 49-7 1/4 (d)	15.12m/ 49-7 1/4
Sean Wilson	14.72m/ 48-3 1/2 (e)	14.80m/ 48-6 3/4w 14.72m/ 48-3 1/2
PJ Benedictus	14.79m/ 48-6 1/4W (h)	
	14.64m/ 48-0 1/2w (m)	
	14.28m/ 46-10 1/4 (d,f)	14.95m/ 49-0 3/4
Trevor Rogers	14.01m/ 45-11 3/4 (f)	14.15m/ 46-5 1/4w

SHOT PUT 2013 LIFETIME

Matt Wardell	16.20m/ 53-1 3/4 (m)	16.20m/ 53-1 3/4
John Fullington	15.46m/ 50-8 3/4 (k)	15.46m/ 50-8 3/4
Sean Harris	12.97m/ 42-6 3/4 (c)	13.32m/ 43-8 1/2
Oliver Henry	12.32m/ 40-5 (e)	14.94m/ 49-0 1/4
S. Wordell	11.41m/ 37-5 1/4 (n)	11.41m/ 37-5 1/4

DISCUS 2013 LIFETIME

Oliver Henry	54.19m/ 177-9 (h)	54.19m/ 177-9
Cameron Brink	48.15m/ 158-0 (h)	48.15m/ 158-0
Sean Harris	43.85m/ 143-10 (f)	45.03m/ 147-9
S. Wordell	36.59m/ 120-0 (f)	37.27m/ 122-3
John Fullington	31.53m/ 103-5 (k)	31.53m/ 103-5

HAMMER 2013 LIFETIME

Travis Pickett	52.83m/ 173-4 (e)	52.83m/ 173-4
Chris Baltazar	52.79m/ 173-2 (a)	52.79m/ 173-2
Ryan Randall	52.45m/ 172-1 (gg)	52.45m/ 172-1
Sam Wardell	45.81m/ 150-3 (gg)	45.81m/ 150-3

JAVELIN 2013 LIFETIME

Sam Ferenchak	63.11m/ 207-1 (f)	66.07m/ 216-9
Kyle Stevens	62.71m/ 205-9 (f)	64.81m/ 212-7
Derek Bryne	59.46m/ 195-1 (a)	59.56m/ 195-5
S. Wordell	56.99m/ 187-0 (n)	56.99m/ 187-0
Sean Harris	50.23m/ 164-9 (c)	51.14m/ 167-9

DECATHLON 2013 LIFETIME

Spencer Wordell	7278 (n)	7278
(n= 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)		

Sean Harris	6641
(PR = 100m - 11.51, LJ - 6.11m/20-0 1/4, SP - 13.32m/43-8 1/2, HJ - 1.82m/5-11 1/2, 400m - 52.95, 110mH - 15.23, DT - 41.17m/135-1, PV - 4.20m/13-9 1/4, Jav - 51.14m/167-9, 1500m - 5:14.78)	

MEET LEGEND

SR = WSU record

FSR = Freshman WSU record.

- a @ SCC Dusty Lane Invitational, Spokane 3/16
- b @ USC Trojan Invitational, Los Angeles 3/22-23
- c @ Texas Relays Combined Events, Austin 3/27-28
- d @ Stanford Invitational, Stanford 3/29-30
- e @ Pepsi Invitational, Eugene 4/6
- Team scores: Oregon 194.5, Texas A&M 180.5, Washington State 165.5, Washington 129.5
- ee @ Sam Adams Classic, Spokane 4/6
- f @ SCC WAR VI, Spokane 4/13
- g @ Mt. SAC Relays, Walnut 4/18-20
- gg @ Whitworth Twilight, Spokane 4/18
- h Cougar Invitational, Pullman 4/20
- k WSU-Washington Dual, Seattle 4/27
- Washington 92, WSU 71
- m @ Vandal Outdoor Jamboree, Moscow 5/3-4
- n @ Pac-12 Multi Championships, Los Angeles 5/4-5
- p @ Pac-12 Championships, Los Angeles 5/11-12
- r @ NCAA Champ. Prelim. Rnd., Austin 5/23-24
- \$ @ NCAA Championships, Eugene 6/5-8

Revised: 5/6/13