

WASHINGTON STATE FINAL 2013 WOMEN'S INDOOR BESTS

60 METERS	2013	LIFETIME
Cindy Robinson	7.51 (g)	7.51
Dominique Keel	7.62 (n)	7.62
Shawna Fermin	7.66 (d)	7.66
Holly DeHart	7.78 (n)	7.78
Briaúna Watley	7.89 (e)	7.89
Christiana Ekelem	7.99 (e)	7.99
Indigo Williams	8.16 (c)	8.16
Morgan Clem (unat)	7.90 (c)	7.70

60M HURDLES	2013	LIFETIME
Shaquana Logan	8.55 (n)	8.46
Andrea Smith	9.11 (l)	9.05
Erin Allen	9.19 (d)	9.19
Morgan Clem (unat)	8.89 (e)	8.85

200 METERS	2013	LIFETIME
Cindy Robinson	24.38 (e)	24.38
Shawna Fermin	24.42 (k)	24.35
Dominique Keel	24.44 (k)	24.44
Briaúna Watley	24.96 (n)	24.96
Holly DeHart	25.01 (n)	25.01
Mercedes Smith	25.12 (f)	25.12
Christiana Ekelem	25.25 (n)	25.25
Bree Winfrey	25.41 (f)	25.41
Indigo Williams	26.23 (l)	26.23
Kris Tollefson	26.71 (d)	26.36

400 METERS	2013	LIFETIME
Shawna Fermin	54.27 (g)	54.27
Bree Winfrey	56.27 (l)	56.00
Mercedes Smith	56.72 (n)	56.72
Briaúna Watley	56.96 (n)	56.96
Erin Allen	57.34 (k)	57.34
Christiana Ekelem	57.46 (n)	57.46
Kris Tollefson	57.87 (n)	57.87
Holly DeHart	60.90 (b)	60.70

800 METERS	2013	LIFETIME
Courtney Zalud	2:09.91 (n)	2:09.91
Ruby Roberts	2:14.00 (b)	2:10.56
Caroline Austin	2:15.83 (b)	2:14.03
Amanda Henderson	2:19.52 (h)	2:19.52

MILE	2013	LIFETIME
Ruby Roberts	4:46.67 (n)	4:46.67
Emily Dwyer	5:16.90 (b)	5:16.90
Kiah Condos	5:19.61 (d)	5:19.61
CharLee Linton	5:24.30 (d)	5:24.30
Amanda Henderson	5:36.80 (c)	5:36.80

3000 METERS	2013	LIFETIME
Caroline Austin	9:32.32 (n)	9:32.32
Emily Dwyer	10:00.06 (n)	10:00.06
CharLee Linton	10:37.78 (m)	10:37.78
Abby Knight	10:53.88 (d)	10:53.88
Hailey Gibson	11:28.29 (f)	11:28.29
Ramona Morshead	11:37.45 (f)	10:36.13

5000 METERS	2013	LIFETIME
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1600 METERS RELAY	2013
Keel, Fermin, Winfrey, Allen	3:42.93 (n)
Tollefson, Ekelem, Keel, Smith	3:49.62 (b) FSR

DISTANCE MEDLEY RELAY	2013
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HIGH JUMP	2013	LIFETIME
Holly Parent	1.74m/ 5-8 1/2 (a)	1.83m/ 6-0
Christine Rice	1.62m/ 5-3 3/4 (d)	1.74m/ 5-8 1/2
Audrey Ketcham	1.59m/ 5-2 1/2 (a)	1.59m/ 5-2 1/2

POLE VAULT	2013	LIFETIME
Kristine Felix	3.94m/ 12-11 (n)	3.94m/ 12-11
Kelsey Bueno	3.92m/ 12-10 1/4 (g)	3.92m/ 12-10 1/4
Carly Fitzpatrick	3.60m/ 11-9 3/4 (f)	3.66m/ 12-0
Ksenija Marovic	3.60m/11-9 3/4 (m)	3.60m/ 11-9 3/4
Korinne Zoellick	3.15m/ 10-4 (m)	3.15m/ 10-4

LONG JUMP	2013	LIFETIME
Shaquana Logan	5.64m/ 18-6 (n)	5.80m/ 19-0 1/2
Essence White	5.36m/ 17-7 (m)	5.36m/ 17-7
Katie Dean	5.29m/ 17-4 1/4 (c,d)	5.29m/ 17-4 1/4
Christiana Ekelem	5.25m/ 17-2 3/4 (m)	5.25m/ 17-2 3/4

TRIPLE JUMP	2013	LIFETIME
Shaquana Logan	11.78m/ 38-7 3/4 (n)	11.78m/ 38-7 3/4
Shantae Young	11.63m/ 38-2 (m)	11.82m/ 38-9 1/2
Kayla Warren	11.45m/ 37-6 3/4 (m)	11.83m/ 38-9 3/4
Charlotte Muschamp	11.40m/ 37-5 (n)	11.40m/ 37-5
Ksenija Marovic	10.41m/ 34-2 (d)	10.41m/ 34-2

WSU FINAL 2013 WOMEN'S INDOOR BESTS - 2

SHOT PUT	2013	LIFETIME
Mary Barnett	13.93m/ 45-8 1/2 (e)	13.93m/ 45-8 1/2
Ashley Kenney	12.40m/ 40-8 1/4 (d)	12.85m/ 42-2

20# WEIGHT	2013	LIFETIME
Mary Barnett	14.96m/ 49-1 (d)	14.96m/ 49-1

DISCUS	2013	LIFETIME
Ashley Kenney	44.80m/ 146-11 (l)	47.26m/ 155-1

PENTATHLON	2013	LIFETIME
Shaquana Logan		3,609
(PR = 60mH - 8.55, HJ - 1.52m/ 4-11 3/4, SP - 10.23m/33-6 3/4, LJ - 5.36m/17-7, 800m - 2:25.21)		

\$ = NCAA Participant.

SR = WSU school record

FSR = WSU freshman school record

Meet Legend

- a WSU Open, Pullman 1/11-12
- b @ Bronco Invite, Nampa 1/19
- c @ Vandal Indoor, Moscow 1/19
- d Cougar Indoor, Pullman 1/25-26
Team scores: WSU 73, Idaho 48, WSU 92, Montana 31
- e @ Vandal Indoor, Moscow 2/1
- f @ Vandal Collegiate, Moscow 2/2
- g @ Don Kirby Elite Invite, Albuquerque 2/8
- h @ Husky Classic, Seattle 2/8-9
- k @ Don Kirby Open, Albuquerque 2/9
- l @ Idaho Collegiate II, Moscow 2/15
- m @ Idaho Open II, Moscow 2/16
- n @ Mtn Pacific Sports Fed. Champs, Seattle 2/22-23
Team scores: Oregon 112, Arizona State 96, Arizona 92, Stanford 82, UCLA 67.5, Washington 48, Washington State 34, California 31, BYU 24, Utah 21.5, Colorado 19, Hawai'i 18, Cal State Northridge 15, Long Beach State 2
- o @ Notre Dame Alex Wilson Invitational, 3/1
- p @ UW Final Qualifier, Seattle 3/1
- \$ @ NCAA Indoor Track & Field Championships, Fayetteville, Ark. 3/8-9

Revised: 3/3/13

WASHINGTON STATE FINAL 2013 MEN'S INDOOR BESTS

60 METERS **2013** **LIFETIME**

Greg Hornsby	6.75 (g)	6.75
Andre McBride	6.83 (n)	6.83
Trevor Rogers	6.88 (k)	6.88
Brett Blanshan	6.99 (a)	6.87
Spencer Wordell	7.09 (n)	7.09
Byron Howell	7.18 (c)	7.18
Rashaun Johnson	7.21 (e)	7.03
Stephan Scott-Ellis	7.22 (m)	7.05
Paul Newland	7.35 (d)	7.29
Michael Bolligar	7.36 (d)	7.11
Sean Harris	7.36 (n)	7.30
Sean Wilson	7.54 (m)	7.54
Tay'lor Eubanks	7.74 (c)	7.74

60M HURDLES **2013** **LIFETIME**

Ramsey Hopkins	8.17 (n)	8.07
Garrett Gerling	8.20 (b)	8.20
Josiah Sims	8.20 (h)	8.20
Aric Walden	8.21 (n)	8.14
Sean Harris	8.31 (b)	8.31
Spencer Wordell	8.43 (e)	8.43
Michael Bolligar	8.95 (d)	8.83

200 METERS **2013** **LIFETIME**

Andre McBride	21.50 (g)	21.50
Byron Howell	21.71 (n)	21.71
Brett Blanshan	21.80 (b,n)	21.71
Terrance Chambers	21.99 (g)	21.99
Dana Wells	22.00 (f)	21.90
Rashaun Johnson	22.30 (l)	21.82
Stephan Scott-Ellis	22.66 (e)	21.74
Paul Newland	22.89 (l)	22.89

400 METERS **2013** **LIFETIME**

Jacob Sealby	47.23 (g)	47.23
Lucas Sealby	48.57 (g)	48.57
Dana Wells	48.84 (n)	48.84
Byron Howell	48.96 (h)	48.96
Terrance Chambers	49.15 (f)	49.15
Daquon Brunson	49.99 (b)	49.99
Rashaun Johnson	50.79 (b)	49.48
Matthew Swanson	51.33 (b)	51.33

800 METERS **2013** **LIFETIME**

Jesse Jorgensen	1:50.98 (n)	1:50.68
Todd Wakefield	1:53.02 (b)	1:53.02
Matt Swanson	1:55.45 (h)	1:52.35
Richard Shroy	1:56.27 (c)	1:56.13
Lee George	1:57.11 (b)	1:57.11
Forrest Shaffer	2:00.09 (f)	2:00.09
Matt Cronrath	2:00.69 (d)	1:54.19

MILE **2013** **LIFETIME**

Drew Jordan	4:04.64 (l)	4:04.64
Todd Wakefield	4:05.13 (l)	4:03.57
Lee George	4:05.99 (l)	4:05.99
Andrew Kimpel	4:08.91 (n)	4:06.95
Justin Englund	4:08.98 (l)	4:08.98
Richard Shroy	4:12.75 (k)	4:12.75
Andrew Gonzales	4:12.79 (b)	4:08.22
Jono Lafler	4:21.01 (e)	4:10.77
Forrest Shaffer	4:22.37 (l)	4:22.37

3000 METERS **2013** **LIFETIME**

Todd Wakefield	8:02.06 (n)	8:02.06
Andrew Gonzales	8:10.89 (h)	8:10.89
Forrest Shaffer	8:23.49 (h)	8:23.49
Justin Englund	8:29.23 (d)	8:17.80
Jono Lafler	8:34.43 (c)	8:20.45
Drew Jordan (unat)	8:26.00 (c)	8:09.06

5000 METERS **2013** **LIFETIME**

Drew Jordan	13:54.35 (n)	13:54.35
Andrew Kimpel	14:09.06 (h)	14:09.06
Justin Englund	14:20.14 (p)	14:20.14

1600 METERS RELAY **2013**

Chambers, Howell, L. Sealby, J. Sealby	3:10.97 (n)
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DISTANCE MEDLEY RELAY **2013**

Wakefield, J. Sealby, Jorgensen, Jordan	9:40.20 (o)
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HIGH JUMP **2013** **LIFETIME**

Ross VanZanten	2.08m/ 6-9 3/4 (b)	2.08m/ 6-9 3/4
Jovan Vukicevic	2.06m/ 6-9 (n)	2.11m/ 6-11 1/2
Sean Harris	2.01m/ 6-7 (d)	2.01m/ 6-7
Thane Pierson	2.00m/ 6-6 3/4 (f)	2.00m/ 6-6 3/4
Grant Schultz	1.96m/ 6-5 (m)	2.01m/ 6-7
Spencer Wordell	1.90m/ 6-2 3/4 (c)	1.91m/ 6-3 1/4

POLE VAULT **2013** **LIFETIME**

Austin Sodorff	4.83m/ 15-10 (p)	4.83m/ 15-10
Curtis Flolid	4.70m/ 15-5 (f)	4.70m/ 15-5
S. Wordell	4.60m/ 15-1 (n)	4.60m/ 15-1
Sean Harris	4.25m/ 13-11 1/4 (b)	4.55m/ 14-11

WSU FINAL 2013 MEN'S INDOOR BESTS - 2

LONG JUMP 2013 LIFETIME

\$ S. Scott-Ellis	7.74m/ 25-4 3/4 (n)	7.75m/ 25-5 1/4
Trevor Rogers	7.29m/ 23-11 (n)	7.33m/ 24-0 3/4
PJ Benedictus	6.97m/ 22-10 1/2 (b,d)	6.97m/ 22-10 1/2
Michael Bolligar	6.74m/ 22-1 1/2 (a)	7.22m/ 23-8 1/4
Tay'lor Eubanks	6.61m/ 21-8 1/4 (m)	6.61m/ 21-8 1/4
Spen. Wordell	6.40m/ 21-0 (d)	6.40m/ 21-0
Sean Harris	6.25m/ 20-6 1/4 (d)	6.34m/ 20-9 3/4

TRIPLE JUMP 2013 LIFETIME

S. Scott-Ellis	15.86m/ 52-0 1/2 (k)	15.98m/ 52-5 1/4
Tay'lor Eubanks	14.90m/ 48-10 3/4 (e)	14.90m/ 48-10 3/4
P.J. Benedictus	14.35m/ 47-1 (d)	14.70m/ 48-2 3/4

SHOT PUT 2013 LIFETIME

Oliver Henry	15.32m/ 50-3 1/4 (d)	15.32m/ 50-3 1/4
S. Harris	13.45m/ 44-1 1/2 (d)	13.68m/ 44-10 3/4
S. Wordell	11.69m/ 38-4 1/4 (n)	11.69m/ 38-4 1/4
M. Bolligar	11.27m/ 36-11 3/4 (a)	11.27m/ 36-11 3/4
M. Wardell (unat)	15.75m/ 51-8 1/4 (a)	15.75m/ 51-8 1/4

35# WEIGHT 2013 LIFETIME

Travis Pickett	16.80m/ 55-1 (l)	16.80m/ 55-1
Chris Baltazar	16.65m/ 54-7 (l)	16.65m/ 54-7
Ryan Randall	13.25m/ 43-5 3/4 (c)	13.25m/ 43-5 3/4

DISCUS 2013 LIFETIME

Oliver Henry	50.40m/ 165-4 (e)	50.87m/ 166-10
Cameron Brink	39.63m/ 130-0 (e)	40.06m/ 131-5

HEPTATHLON 2013 LIFETIME

Spencer Wordell 5182 (n) 5182 points
(n = 60m - 7.09, LJ - 6.23m/20-5 1/4, SP - 11.69m/38-4 1/4, HJ - 1.76m/5-9 1/4, 60m H - 8.57, PV - 4.60m/15-1, 1000m - 2:39.42)

Sean Harris 4944 (n) 5,022 points
(n = 60m - 7.36, LJ - 6.16m/20-2 1/2, SP - 12.43m/40-9 1/2, HJ - 1.97m/6-5 1/2, 60m H - 8.63, PV - 4.20m.13-9 1/4, 1000m - 3:01.17)
PR = 60m - 7.40, LJ - 6.34m/20-9 3/4, SP - 13.68m/44-10 3/4, HJ - 2.01m/6-7, 60m H - 8.72, PV - 4.40m/14-5 1/4, 1000m - 3:11.70)

Michael Bolligar 3374 (d) 5,406 points
(d = 60m - 7.36, LJ - 6.43m/21-1 1/4, SP - 11.24m/36-10 1/2, HJ - NH, 60m H - 8.95, PV - NH, 1000m - 3:04.97)
PR = 60m - 7.24, LJ - 7.22m/23-8 1/4, SP - 11.26m/36-11 1/2, HJ - 2.01m/6-7, 60m H - 8.83, PV - 4.30m/14-1 1/4, 1000m - 2:39.43)

SR = WSU school record

FSR = WSU freshman school record

Meet Legend

- a WSU Open, Pullman 1/11-12
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- c @ Vandal Indoor, Moscow 1/19
- d Cougar Indoor, Pullman 1/25-26
Team scores: WSU 96, Idaho 25, WSU 105, Montana 15
- e @ Vandal Indoor, Moscow 2/1
- f @ Vandal Collegiate, Moscow 2/2
- g @ Don Kirby Elite Invite, Albuquerque 2/8
- h @ Husky Classic, Seattle 2/8-9
- k @ Don Kirby Open, Albuquerque 2/9
- l @ Idaho Collegiate II, Moscow 2/15
- m @ Idaho Open II, Moscow 2/16
- n @ Mtn Pacific Sports Fed. Champs, Seattle 2/22-23
Team Scores: Arizona State 125.5, Oregon 102, California 73.5, Washington State 70, Stanford 66, BYU 46, UCLA 39, Washington 37, Arizona 36, Colorado 34, Long Beach State 16, Cal State Northridge 15.
- o @ Notre Dame Alex Wilson Invitational, 3/1
- p @ UW Final Qualifier, Seattle 3/1
- \$ @ NCAA Indoor Track & Field Championships, Fayetteville, Ark. 3/8-9

Revised: 3/11/13