

2010 Women's Indoor Track & Field Season Bests

55 Meters (6.92 prov. 6.75 auto. 6.000> +.04; 3000-5999 +02)

7.07 Tanesha Johnson 12-5/Wyoming

60 Meters (7.44 prov. 7.27 auto. 6.000> +.04; 3000-5999 +02)

7.69 Tanesha Johnson 2-6/New Mexico

7.70 Tanesha Johnson 1-30/Air Force

7.71 Tanesha Johnson 1-23/Nebraska

8.13 Heather Hopkins 1-30/Air Force

8.18 Lindsey Keller 1-30/Air Force

8.21 Lindsey Keller 1-22/Potts

55 Hurdles (7.86 prov. 7.58 auto. 6.000> +.04; 3000-5999 +02)

8.49 Lindsey Keller 12-5/Wyoming

8.84 Cate Brus 12-5/Wyoming

60 Hurdles (8.43 prov. 8.15 auto. 6.000> +.04; 3000-5999 +02)

9.14 Lindsey Keller 1-22/Potts

9.64 Meaghann Peak 1-22/Potts

9.89 Katelyn Houghton 1-22/Potts

200 Meters (24.10a 23.90b prov. 23.50a 23.30b auto)

24.74 Tanesha Johnson 2-13/Air Force

25.09 Blair Gilkes 2-6/New Mexico

26.88 Heather Hopkins 12-5/Wyoming

27.51 Ashly Lester 1-22/Potts

27.85 Lindsey Keller 2-6/New Mexico

27.86 Ashley Dace 12-5/Wyoming

400 Meters (54.70a 54.40b prov. 52.70a 52.40b auto)

59.63 Maya Richards 2-6/New Mexico

61.33 Whitney Henderson 1-30/Air Force

61.68 Emma Waibel 1-30/Air Force

61.69 Meagan Robinson 1-30/Air Force

65.27 Jessie Evitt 1-30/Air Force

1:01.60 Ashly Lester 12-5/Wyoming

800 Meters (2:09.40a 2:09.00b prov. 2:05.60a 2:05.20b auto)

2:17.93 Aliese Willard 1-23/Nebraska

2:20.55 Aliese Willard 2-13/Air Force

2:20.76 Aliese Willard 1-30/Air Force

2:23.68 Whitney Henderson 2-13/Air Force

2:24.52 Whitney Henderson 2-6/New Mexico

2:26.72 Samantha McMillan 2-13/Air Force

Mile (4:48.60a 4:48.00b prov. 4:40.60a 4:40.00b auto)

5:10.52 Aliese Willard 1-23/Nebraska

5:16.44 Aliese Willard 2-6/New Mexico

5:16.86 Ellie Rastall 1-30/Air Force

5:16.98 Aliese Willard 2-13/Air Force

5:17.57 Nicole Peters 1-30/Air Force

5:20.73 Michelle Dettmann 2-13/Air Force

3000 Meters (9:34.80a 9:34.00b prov. 9:15.80a 4:15.00b auto)

10:03.28 Ellie Rastall 2-13/Iowa

10:06.50 Nicole Peters 2-13/Iowa

10:12.71 Michelle Dettmann 1-23/Nebraska

10:18.69 Kendra Gerk 2-6/New Mexico

10:20.37 Nicole Peters 1-23/Nebraska

10:35.67 Kendra Gerk 1-30/Air Force

5000 Meters (16:43.60a 16:42.00b prov. 16:09.60a 16:08.00b auto)

17:14.23 Kendra Gerk 2-13/Iowa

17:17.92 Ellie Rastall 2-13/Iowa

17:27.35 Ellie Rastall 1-23/Nebraska

17:28.03 Kendra Gerk 1-23/Nebraska

17:30.51 Nicole Peters 2-13/Iowa

17:52.99 Kendra Gerk 2-6/New Mexico

1600 Relay (3:41.20a 3:40.00b prov. 3:34.20a 3:33.00b auto)

4:18.25 Team 12-5/Wyoming

Distance Medley Relay (11:32a 11:30b prov. 11:11a 11:09b auto)

High Jump (5-10 - 1.78m prov. 6-0.5 - 1.84m auto)

5-07 (1.70m) Sonni Russell 2-13/Air Force

5-07 (1.70m) Sonni Russell 1-30/Air Force

5-05 (1.65m) Kristen Kugler 2-13/Air Force

5-05 (1.65m) Kristen Kugler 1-30/Air Force

5-05 (1.65m) Ashley Dace 12-5/Wyoming

5-04.25 (1.63m) Sonni Russell 2-6/New Mexico

Long Jump (20-0.25 - 6.10m prov. 21-0 - 6.40m auto)

17-06 (5.33m) Shannon Elliott 2-6/New Mexico

17-04.75 (5.30m) Kristen Kugler 2-13/Air Force

17-04 (5.28m) Kristen Kugler 12-5/Wyoming

17-02.25 (5.24m) Sophia Wagner 12-5/Wyoming

16-09.75 (5.12m) Sophia Wagner 2-13/Air Force

16-07 (5.05m) Sophia Wagner 1-30/Air Force

Triple Jump (41-6 - 12.65m prov. 43-7.75 - 13.30m auto)

40-03.50 (12.28m) Tanesha Johnson 12-5/Wyoming

40-01.25 (12.22m) Tanesha Johnson 2-13/Air Force

39-08 (12.09m) Tanesha Johnson 1-23/Nebraska

39-07.25 (12.07m) Tanesha Johnson 1-30/Air Force

38-08.25 (11.79m) Tanesha Johnson 2-6/New Mexico

38-02.25 (11.64m) Shannon Elliott 2-6/New Mexico

Pole Vault (12-11.5 - 3.95m prov. 13-9.25 - 4.20m auto)

12-01.50 (3.70m) Rachel Saunders 1-30/Air Force

11-07.75 (3.55m) Rachel Saunders 2-6/New Mexico

10-10 (3.30m) Rachel Saunders 1-23/Nebraska

10-06 (3.20m) Rachel Saunders 12-5/Wyoming

Shot Put (49-10.5 - 15.20m prov. 55-5.5 - 16.90m auto)

48-02.75 (14.70m) Jennifer Ugochukwu 2-13/Air Force

47-08.50 (14.54m) Jennifer Ugochukwu 12-5/Wyoming

46-06.75 (14.19m) Jennifer Ugochukwu 2-6/New Mexico

46-06.75 (14.19m) Jennifer Ugochukwu 1-23/Nebraska

45-10 (13.97m) Jennifer Ugochukwu 1-30/Air Force

41-05 (12.62m) Hilary Fraser 12-5/Wyoming

Weight Throw (62-4 - 19.00m prov. 68-10.75 - 21.00m auto)

55-11.25 (17.05m) Serena Johnson 1-30/Air Force

55-11 (17.04m) Serena Johnson 12-5/Wyoming

55-05.75 (16.91m) Serena Johnson 2-6/New Mexico

55-05 (16.89m) Serena Johnson 2-13/Air Force

54-09.25 (16.69m) Leah Elmshausen 1-30/Air Force

54-07.50 (16.65m) Jennifer Ugochukwu 2-13/Air Force

Pentathlon (3.700 prov. 4.050 auto)

3694 Kristen Kugler 2-6/New Mexico

3211 Sophia Wagner 2-6/New Mexico

3121 Cate Brus 2-6/New Mexico

2602 Jasmine Rollins 2-6/New Mexico

2074 Sherrea Elliott 2-6/New Mexico

a - 200 meter track, b - banked or oversized track (Air Force, Wyoming); h - hand time; % - NCAA Provisional Qualifying Mark; \$ - NCAA Automatic Qualifying Mark; ! - School Record

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55 Meters (6.26 prov. 6.14 auto. 6.000> +.04; 3000-5999 +02)

6.38 Sulaiman Sayyid 12-5/Wyoming

60 Meters (6.74 prov. 6.62 auto. 6.000> +.04; 3000-5999 +02)

6.85 Antoine Harrison 1-23/Nebraska
 6.87 Antoine Harrison 2-6/New Mexico
 6.87 Sulaiman Sayyid 1-30/Air Force
 6.91 Sulaiman Sayyid 2-13/Air Force
 6.96 Sulaiman Sayyid 1-23/Nebraska
 7.00 Sulaiman Sayyid 2-6/New Mexico

55 Hurdles (7.38 prov. 7.17 auto. 6.000> +.04; 3000-5999 +02)

7.61 Kelby Dias 12-5/Wyoming
 7.88 Nigel Joseph 12-5/Wyoming
 7.91 Brandon Ribble 12-5/Wyoming

60 Hurdles (7.91 prov. 7.70 auto. 6.000> +.04; 3000-5999 +02)

8.23 Kelby Dias 1-30/Air Force
 8.25 Kelby Dias 2-6/New Mexico
 8.35 Kelby Dias 2-13/Air Force
 8.36 Kelby Dias 1-23/Nebraska
 8.70 Sam Sacconmano 2-13/Air Force
 8.83 Sam Sacconmano 1-30/Air Force

200 Meters (21.48a 21.23b prov. 21.08a 20.83b auto)

22.25 Brian Fox 2-6/New Mexico
 22.27 Brian Fox 1-30/Air Force
 22.33 Josh Murphy 2-13/Air Force
 22.44 Brian Fox 2-13/Air Force
 22.47 Josh Murphy 1-30/Air Force
 22.49 Kelby Dias 2-6/New Mexico

400 Meters (47.65a 47.25b prov. 46.45a 46.05b auto)

49.20 Nigel Joseph 2-6/New Mexico
 49.75 Brandon Ribble 1-23/Nebraska
 49.95 Brian Fox 1-30/Nebraska
 49.98 Brian Fox 1-23/Nebraska
 50.02 Brian Fox 2-6/New Mexico
 50.19 Nigel Joseph 1-30/Air Force

800 Meters (1:50.50a 1:49.90b prov. 1:48.40a 1:47.80b auto)

1:56.06 Ryan Friese 1-23/Nebraska
 1:58.64 Tyler Short 2-13/Air Force
 1:59.08 Tyler Short 2-6/New Mexico
 1:59.21 Tyler Short 1-30/Air Force
 1:59.61 Colin Anderson 1-23/Nebraska
 1:59.64 Colin Anderson 1-30/Air Force

Mile (4:04.80a 4:04.00b prov. 3:59.80a 3:59.00b auto)

4:13.82 Spenser Lynass 1-23/Nebraska
 4:17.81 Daniel Wallis 2-6/New Mexico
 4:17.85 Spenser Lynass 2-6/New Mexico
 4:20.01 Andrew Roberts 1-23/Nebraska
 4:22.88 Daniel Wallis 1-30/Air Force
 4:26.78 Andrew Roberts 2-13/Air Force

3000 Meters (8:06.30a 8:05.00b prov. 7:55.30a 7:54.00b auto)

8:26.89 Spenser Lynass 2-13/Iowa
 8:28.71 John O'Neill 2-13/Iowa
 8:33.96 Spenser Lynass 1-23/Nebraska
 8:41.83 Jake Keyser 2-6/New Mexico
 8:43.77 Jake Keyser 1-23/Nebraska
 8:45.47 Andrew Roberts 2-6/New Mexico

5000 Meters (14:11.90a 14:10.00b prov. 13:49.90a 13:48.00b auto)

14:24.49 Daniel Wallis 2-13/Iowa
 14:34.56 Daniel Wallis 1-23/Nebraska
 14:55.69 Andrew Lesser 1-23/Nebraska
 14:56.40 John O'Neill 1-23/Nebraska
 15:14.44 Jeff Holt 1-23/Nebraska
 15:16.08 John O'Neill 2-6/New Mexico

1600 Relay (3:12.00a 3:10.40b prov. 3:08.10a 3:06.50b auto)

3:26.89 Team 12-5/Wyoming

Distance Medley Relay (9:47.90a 9:45.70b prov. 9:36.20a 9:34b auto)

High Jump (7-1 - 2.16m prov. 7-4.25 - 2.24m auto)

Long Jump (24-7.25 - 7.50m prov. 25-9.25 - 7.85m auto)

22-03.00 (6.78m) Ryan Wasilawski 2-13/Air Force
 22-02.25 (6.76m) Ryan Billups 1-30/Air Force
 22-02.25 (6.76m) Ryan Billups 12-5/Wyoming
 21-10.25 (6.66m) Ryan Wasilawski 1-23/Nebraska
 21-07.5 (6.59m) Ryan Wasilawski 12-5/Wyoming
 21-06.25 (6.56m) Ryan Billups 1-23/Nebraska

Triple Jump (50-6.25 - 15.40m prov. 52-10 - 16.10m auto)

48-07.25 (14.81m) Nnamdi Agwu 12-5/Wyoming
 48-04.75 (14.75m) Nnamdi Agwu 2-13/Air Force
 48-03.25 (14.71m) Nnamdi Agwu 1-30/Air Force
 47-11 (14.60m) Ryan Billups 2-13/Air Force
 47-11 (14.60m) Ryan Billups 1-30/Air Force
 47-10.50 (14.59m) Nnamdi Agwu 1-23/Nebraska

Pole Vault (17-0.75 - 5.20m prov. 18-0.5 - 5.50m auto)

(5.20m) Kirk Cooper 2-19/Mines
 16-06.75 (5.05m) Kirk Cooper 2-13/Air Force
 16-06.75 (5.05m) Kirk Cooper 2-6/New Mexico
 16-06.75 (5.05m) Doug Dieker 2-6/New Mexico
 16-06.75 (5.05m) Kirk Cooper 1-30/Air Force
 16-00.75 (4.90m) Doug Dieker 1-30/Air Force

Shot Put (58-3 - 17.75m prov. 63-4 - 19.30m auto)

58-04.75 (17.80m) Tyson Williams 2-13/Air Force
 56-09.50 (17.31m) Tyson Williams 2-19/Wyoming
 56-04.50 (17.18m) Tyson Williams 2-6/New Mexico
 54-10 (16.71m) Tyson Williams 1-30/Air Force
 54-09.50 (16.70m) Ian Lettow 1-30/Air Force
 54-07.50 (16.65m) Tyson Williams 12-5/Wyoming

Weight Throw (63-11.75 - 19.50m prov. 70-6.5 - 21.50m auto)

57-00.25 (17.38m) Tyson Williams 2-13/Air Force
 56-06.50 (17.23m) Ian Lettow 2-6/New Mexico
 56-06 (17.22m) Ian Lettow 12-5/Wyoming
 55-07 (16.94m) Cameron Carter 2-13/Air Force
 55-00 (16.76m) Cameron Carter 12-5/Wyoming
 54-11.50 (16.75m) Ian Lettow 1-30/Air Force

Heptathlon (5,300 prov. 5,650 auto)

4443 Josh McMillin 2-6/New Mexico

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