

2010 Women's Outdoor Track & Field Season Bests

100 Meters

11.91	Tanesha Johnson	4-24/Fort Collins
11.98	Tanesha Johnson	5-08/Fort Collins
12.13	Tanesha Johnson	5-14/Albuquerque
12.14	Tanesha Johnson	5-01/Fort Collins
12.19	Blair Gilkes	4-17/Pueblo
12.32	Blair Gilkes	4-10/Boulder

100 Hurdles

14.85	Lindsey Keller	5-08/Fort Collins
14.91	Lindsey Keller	4-24/Fort Collins
14.96	Cate Brus	5-01/Fort Collins
15.05	Lindsey Keller	4-10/Boulder
15.11	Lindsey Keller	5-14/Albuquerque
15.18	Cate Brus	5-12/Albuquerque

400 Hurdles

1:05.92	Vanessa Emerson	4-17/Pueblo
1:05.63	Sophia Wagner	5-08/Fort Collins
1:06.83	Vanessa Emerson	4-10/Boulder
1:06.99	Sophia Wagner	5-01/Fort Collins
1:07.30	Lindsey Banning	4-10/Boulder
1:08.01	Desarey Balloon	4-17/Pueblo
1:08.13	Lindsey Banning	4-3/Greeley

200 Meters

24.89	Tanesha Johnson	4-24/Fort Collins
25.58	Heather Hopkins	4-17/Pueblo
25.59	Heather Hopkins	5-08/Fort Collins
25.80	Meagan Robinson	5-01/Fort Collins
25.95	Jazmin Evans	4-17/Pueblo
25.96	Heather Hopkins	5-01/Fort Collins

400 Meters

59.43	Emma Waibel	5-01/Fort Collins
59.66	Emma Waibel	5-08/Fort Collins
59.70	Maya Richards	4-17/Pueblo
59.71	Whitney Henderson	5-01/Fort Collins
1:00.10	Whitney Henderson	5-08/Fort Collins
1:00.34	Whitney Henderson	4-17/Pueblo

800 Meters

2:14.91	Aliese Willard	4-10/Tempe
2:16.96	Aliese Willard	3-28/Pueblo
2:18.76	Aliese Willard	4-24/Fort Collins
2:19.02	Jaime Pritchard	5-08/Fort Collins
2:19.49	Aliese Willard	5-14/Albuquerque
2:20.99	Jaime Pritchard	5-14/Albuquerque

1,500 Meters

4:39.74	Aliese Willard	5-15/Albuquerque
4:39.94	Aliese Willard	4-10/Tempe
4:42.08	Aliese Willard	3-28/Pueblo
4:47.19	Kristen Hemphill	4-24/Fort Collins
4:47.46	Aliese Willard	5-01/Fort Collins
4:52.22	Ellie Rastall	4-3/Greeley

3,000 Meters

9:58.88	Kristen Hemphill	5-01/Fort Collins
10:08.81	Ellie Rastall	5-01/Fort Collins
10:21.10	Kendra Gerk	5-01/Fort Collins
10:25.88	Sarah Heuer	5-01/Fort Collins
10:49.22	Sarah Heuer	4-10/Boulder
11:01.66	Margaret Wood	4-10/Boulder

3,000 Meter Steeplechase

!-10:02.59	Kristen Hemphill	4-15/Walnut
10:07.40	Kristen Hemphill	6-12/Eugene
10:08.00	Kristen Hemphill	3-27/Stanford
10:11.00	Kristen Hemphill	5-28/Austin
10:35.85	Kristen Hemphill	5-14/Albuquerque
10:46.27	Nicole Peters	5-01/Eugene

Heptathlon

4924	Kristen Kugler	3-31/Austin
4736	Kristen Kugler	4-23/Fort Collins
4443	Sophia Wagner	4-23/Fort Collins
4207	Cate Brus	4-23/Fort Collins
3881	Jasmine Rollins	4-17/Pueblo
3195	Sherrea Elliott	4-17/Pueblo

5000 Meters

17:29.39	Kristen Hemphill	5-15/Albuquerque
17:48.09	Lauren Kleppin	4-3/Greeley
17:49.59	Ellie Rastall	5-15/Albuquerque
17:51.25	Kendra Gerk	5-15/Albuquerque

10,000 Meters

35:03.50	Ellie Rastall	4-15/Walnut
35:24.47	Kendra Gerk	4-15/Walnut
36:10.83	Sarah Heuer	4-15/Walnut

1600 Relay

3:54.27	Colorado State	5-15/Albuquerque
4:03.05	Colorado State	5-01/Fort Collins
4:06.78	Colorado State	3-28/Pueblo
4:08.16	Colorado State	4-24/Fort Collins
4:08.17	Colorado State	4-17/Pueblo
4:09.32	Colorado State	5-08/Fort Collins

400 Meter Relay

47.84	Colorado State	5-08/Fort Collins
47.85	Colorado State	5-15/Albuquerque
47.86	Colorado State	5-01/Fort Collins
48.73	Colorado State	4-24/Fort Collins

High Jump

5-08.00 (1.73m)	Sonni Russell	5-08/Fort Collins
5-06.50 (1.69m)	Sonni Russell	5-29/Austin
5-06.00 (1.68m)	Sonni Russell	5-15/Albuquerque
5-06.00 (1.68m)	Sonni Russell	5-01/Fort Collins
5-06.00 (1.68m)	Sonni Russell	4-10/Boulder
5-05.75 (1.67m)	Kristen Kugler	5-13/Albuquerque
5-05.75 (1.67m)	Cate Brus	5-13/Albuquerque

Long Jump

(5.31m)	Sophia Wagner	5-13/Albuquerque
(5.19m)	Kristen Kugler	5-13/Albuquerque
(5.13m)	Olivia Downing	5-08/Fort Collins
(5.12m)	Sophia Wagner	5-08/Fort Collins
(5.12m)	Danita Wyatt	4-10/Boulder
(5.05m)	Cate Brus	5-13/Albuquerque
(5.05m)	Sophia Wagner	5-01/Fort Collins

Triple Jump

40-00.50 (12.20m)	Tanesha Johnson	5-15/Albuquerque
39-04.50 (12.00m)	Tanesha Johnson	5-01/Fort Collins
38-03.50 (11.67m)	Meaghann Peak	4-24/Fort Collins
37-11.50 (11.57m)	Olivia Downing	4-3/Greeley
37-09.25 (11.51m)	Olivia Downing	4-24/Fort Collins
37-07.75 (11.47m)	Olivia Downing	5-15/Albuquerque

Pole Vault

11-09.75 (3.60m)	Rachel Saunders	4-17/Walnut
11-09.75 (3.60m)	Rachel Saunders	4-10/Boulder
11-04.25 (3.46m)	Rachel Saunders	5-01/Fort Collins
11-03.75 (3.45m)	Rachel Saunders	5-14/Albuquerque
11-00.25 (3.36m)	Rachel Saunders	3-28/Pueblo

Shot Put

49-01.50 (14.97m)	Jennifer Ugochukwu	5-01/Fort Collins
47-11.25 (14.61m)	Jennifer Ugochukwu	4-17/Walnut
46-10.75 (14.29m)	Jennifer Ugochukwu	5-08/Fort Collins
46-09.00 (14.25m)	Jennifer Ugochukwu	5-27/Austin
46-04.00 (14.12m)	Jennifer Ugochukwu	4-24/Fort Collins
45-10.00 (13.97m)	Jennifer Ugochukwu	4-3/Greeley

Discus Throw

164-05 (50.11m)	Meagan Berg	4-24/Fort Collins
160-07 (48.94m)	Meagan Berg	5-08/Fort Collins
159-02 (48.51m)	Meagan Berg	5-28/Austin
157-06 (48.01m)	Meagan Berg	5-01/Fort Collins
156-02 (47.61m)	Elizabeth Johnson	5-01/Fort Collins
155-01 (47.26m)	Elizabeth Johnson	5-08/Fort Collins

Hammer Throw

191-07 (58.39m)	Meagan Berg	4-10/Tempe
185-08 (56.60m)	Leah Elmshausser	5-01/Fort Collins
184-10 (56.33m)	Meagan Berg	4-3/Greeley
184-03 (56.15m)	Meagan Berg	5-14/Albuquerque
183-08 (55.99m)	Meagan Berg	5-08/Fort Collins
183-01 (55.80m)	Leah Elmshausser	5-14/Albuquerque

Javelin Throw

135-07 (41.34m)	Kristen Kugler	5-14/Albuquerque
127-10 (38.96m)	Kristen Kugler	5-13/Albuquerque
126-03 (38.49m)	Kristen Kugler	5-08/Fort Collins
124-02 (37.85m)	Kristen Kugler	4-3/Greeley
123-03 (37.58m)	Kristen Kugler	5-01/Fort Collins
(37.39m)	Kristen Kugler	4-17/Pueblo

Heptathlon

5057	Kristen Kugler	5-13/Albuquerque
4709	Sophia Wagner	5-13/Albuquerque

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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100 Meters

10.45	Antoine Harrison	4-24/Fort Collins
10.65	Sulaiman Sayyid	5-14/Albuquerque
10.65	Sulaiman Sayyid	5-08/Fort Collins
10.67	Sulaiman Sayyid	4-24/Fort Collins
10.74	Antoine Harrison	5-08/Fort Collins
10.74	Antoine Harrison	5-01/Fort Collins

110 Hurdles

14.28	Kelby Dias	4-24/Fort Collins
14.51	Kelby Dias	5-01/Fort Collins
14.60	Kelby Dias	5-14/Albuquerque
14.62	Kelby Dias	5-08/Fort Collins
14.63	Kelby Dias	3-28/Pueblo
14.76	Kelby Dias	5-15/Albuquerque
14.79	Kelby Dias	4-3/Greeley

400 Hurdles

51.60	Nigel Joseph	5-15/Albuquerque
51.63	Nigel Joseph	4-15/Walnut
51.69	Nigel Joseph	4-10/Tempo
52.01	Nigel Joseph	5-28/Austin
52.05	Nigel Joseph	3-28/Pueblo

200 Meters

21.71	Brian Fox	4-24/Fort Collins
21.77	Antoine Harrison	5-08/Fort Collins
21.83	Sulaiman Sayyid	5-08/Fort Collins
21.86	Sulaiman Sayyid	4-24/Fort Collins
21.95	Brian Fox	5-08/Fort Collins
22.01	Antoine Harrison	5-14/Albuquerque

400 Meters

49.41	Brian Fox	5-01/Fort Collins
49.48	Brian Fox	3-28/Pueblo
50.19	Brian Fox	4-9/Mesa
50.56	Ryan Friese	3-28/Pueblo
50.67	Brian Fox	4-3/Greeley
50.92	Ryan Friese	4-3/Greeley

800 Meters

1:50.95	Ryan Friese	5-01/Eugene
1:51.00	Ryan Friese	5-15/Albuquerque
1:52.55	Ryan Friese	5-08/Fort Collins
1:53.59	Ryan Friese	4-10/Tempo
1:53.64	Ryan Friese	5-14/Albuquerque
1:54.58	Ryan Friese	4-24/Fort Collins

1,500 Meters

3:54.96	Jeremy Freed	5-01/Fort Collins
3:59.29	Jeremy Freed	5-08/Fort Collins
3:59.31	Jeremy Freed	3-28/Pueblo
4:00.32	Spenser Lynass	4-24/Fort Collins
4:00.43	Jeremy Freed	4-24/Fort Collins
4:01.53	Andrew Roberts	5-08/Fort Collins

3,000 Meters

8:42.89	Andrew Roberts	4-10/Boulder
8:45.39	Andrew Lesser	5-01/Fort Collins
8:47.64	Jeff Holt	4-10/Boulder
8:56.57	Andrew Lesser	4-10/Boulder
9:01.85	John O'Neill	5-01/Fort Collins
9:04.49	Andrew Roberts	5-01/Fort Collins

3,000 Meter Steeplechase

8:57.28	Spenser Lynass	5-01/Eugene
9:04.56	Spenser Lynass	4-15/Walnut
9:09.96	Jake Keyser	5-01/Eugene
9:16.94	Jake Keyser	4-15/Walnut
9:20.08	Spenser Lynass	5-28/Austin
9:26.98	Jake Keyser	5-14/Albuquerque

5000 Meters

15:04.37	Daniel Wallis	5-29/Austin
15:14.73	Daniel Wallis	5-15/Albuquerque
15:21.63	John O'Neill	4-3/Greeley
15:39.52	Jake Keyser	5-15/Albuquerque
15:42.27	Jeff Holt	4-3/Greeley
15:44.62	Jeff Holt	4-24/Fort Collins

10,000 Meters

30:27.29	Daniel Wallis	5-01/Eugene
31:32.34	John O'Neill	4-15/Walnut

1600 Relay

3:14.04	Colorado State	5-15/Albuquerque
3:18.19	Colorado State	5-01/Fort Collins
3:18.23	Colorado State	4-24/Fort Collins

400 Meter Relay

40.84	Colorado State	5-01/Fort Collins
40.70	Colorado State	5-08/Fort Collins
40.97	Colorado State	5-15/Albuquerque
41.22	Colorado State	4-3/Greeley
41.47	Colorado State	4-24/Fort Collins
41.56	Colorado State	3-28/Pueblo

High Jump

6-08.25 (2.04m)	Caston Mabin	5-14/Albuquerque
6-08.00 (2.03m)	Caston Mabin	5-01/Fort Collins
6-07.00 (2.01m)	Caston Mabin	4-10/Tempo
6-07.00 (2.01m)	Caston Mabin	3-28/Pueblo
6-06.75 (2.00m)	Caston Mabin	4-3/Greeley
6-06.25 (1.99m)	Brandon Ribble	5-08/Fort Collins

Long Jump

23-00.75 (7.03m)	Nigel Joseph	5-14/Albuquerque
22-07.25 (6.89m)	Ryan Wasilawski	4-24/Fort Collins
22-07.00 (6.88m)	Ryan Billups	3-28/Pueblo
22-07.00 (6.88m)	Efrem Woldu	3-28/Pueblo
22-05.75 (6.85m)	Ryan Wasilawski	5-14/Albuquerque
22-05.00 (6.83m)	Ryan Wasilawski	4-3/Greeley

Triple Jump

1-50-08.75 (15.46m)	Ryan Billups	5-15/Albuquerque
50-02.50 (15.30m)	Ryan Billups	4-24/Fort Collins
49-02.50 (15.00m)	Nnamdi Agwu	5-15/Albuquerque
49-02.50 (15.00m)	Travis Smith	5-15/Albuquerque
49-02.25 (14.99m)	Ryan Billups	3-28/Pueblo
49-01.00 (14.96m)	Nnamdi Agwu	5-08/Fort Collins
48-11.50 (14.92m)	Ryan Billups	5-29/Austin

Pole Vault

16-09.25 (5.11m)	Kirk Cooper	4-24/Fort Collins
16-08.75 (5.10m)	Kirk Cooper	5-15/Albuquerque
16-04.75 (5.00m)	Doug Dieker	4-15/Walnut
16-03.25 (4.96m)	Kirk Cooper	5-08/Fort Collins
16-03.25 (4.96m)	Kirk Cooper	5-01/Fort Collins
16-03.25 (4.96m)	Doug Dieker	4-24/Fort Collins
16-02.72 (4.95m)	Kirk Cooper	5-28/Austin
16-00.75 (4.90m)	Kirk Cooper	3-28/Pueblo
16-00.75 (4.90m)	Kirk Cooper	4-3/Greeley

Shot Put

57-10.50 (17.64m)	Tyson Williams	4-24/Fort Collins
57-02.00 (17.42m)	Tyson Williams	5-08/Fort Collins
56-08.00 (17.27m)	Tyson Williams	5-15/Albuquerque
56-04.50 (17.18m)	Tyson Williams	5-01/Fort Collins
56-03.75 (17.16m)	Ian Lettow	5-01/Fort Collins
56-01.00 (17.09m)	Tyson Williams	4-17/Walnut

Discus

176-08 (53.86m)	Cameron Carter	5-01/Fort Collins
174-00 (53.04m)	Cameron Carter	4-9/Mesa
170-04 (51.93m)	Cameron Carter	3-28/Pueblo
165-00 (50.29m)	Cameron Carter	4-3/Greeley
164-07 (50.17m)	Ian Lettow	5-01/Fort Collins
163-06 (49.84m)	Cameron Carter	4-10/Tempo

Hammer Throw

184-10 (56.34m)	Ian Lettow	4-24/Fort Collins
184-05 (56.22m)	Cameron Carter	4-24/Fort Collins
183-09 (56.02m)	Cameron Carter	5-01/Fort Collins
183-00 (55.79m)	Ian Lettow	4-17/Walnut
182-05 (55.61m)	Ian Lettow	5-01/Fort Collins
180-07 (55.04m)	Ian Lettow	5-08/Fort Collins

Javelin Throw

171-06 (52.27m)	Josh McMillin	5-01/Fort Collins
165-05 (50.42m)	Doug Dieker	5-01/Fort Collins
165-05 (50.41m)	Josh McMillin	4-10/Boulder
164-06 (50.15m)	Josh McMillin	5-15/Albuquerque
164-00 (49.98m)	Josh McMillin	5-13/Albuquerque

Decathlon

6352	Josh McMillin	5-13/Albuquerque
5862	Josh McMillin	4-23/Fort Collins

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