

# Colorado State University



## Rams Track & Field

### 2012 Women's Indoor Track & Field Season Bests

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

60 Meters (7.44 prov, 7.27 auto, 6.000> +.04; 3000-5999 +02)		
7.71	Shanetria Thomas	2/17 Mines Twilight
7.80	Shanetria Thomas	1/28 AFA Team Challenge
7.82	Shanetria Thomas	1/13 Air Force All-Comers
7.82	Bethany DeLong	2/4 Husker Invite

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

60 Hurdles (8.43 prov, 8.15 auto, 6.000> +.04; 3000-5999 +02)		
8.59	Lindsey Keller	2/17 Mines Twilight
8.70	Kalie Kirk	2/17 Mines Twilight
8.73	Kalie Kirk	2/10 Air Force Invitational

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

25.53	Shanetria Thomas	2/4 Husker Invite
25.79	Shanetria Thomas	1/19 Cherry and Silver
25.85	Icenia Anderson	1/13 Air Force All-Comers

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

58.02	Lindsay Banning	1/19 Cherry and Silver
58.25	Meagan Robinson	2/10 Air Force Invitational
58.44	Meagan Robinson	1/19 Cherry and Silver

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

2:18.85	Whitney Henderson	2/10 Husky Classic
2:19.34	Holly Keeper	1/28 AFA Team Challenge
2:21.69	Kaitlin Hanenburg	1/13 Air Force All-Comers

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

4:56.59	Holly Keeper	2/10 Husky Classic
4:57.16	Kaitlin Hanenburg	1/19 Cherry and Silver
4:57.44	Holly Keeper	2/4 Husker Invite

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

9:27.18	Nicole Peters	2/10 Husky Classic
9:33.74	Nicole Peters	1/19 Cherry and Silver
9:39.30	Hannah Pensack-Rinehart	2/4 Husker Invite

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

16:38.78	Hannah Pensack-Rinehart	2/10 Husky Classic
16:46.44	Nicole Peters	2/10 Husky Classic
17:30.26	Sarah Heuer	2/4 Husker Invite

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

3:52.7	2/10 Air Force Invitational
3:53.75	1/28 AFA Team Challenge
3:54.22	1/19 Cherry and Silver

#### 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' 7"	Alison Forrester	2/4 Husker Invite
5' 5"	Laurisa Canini	1/13 Air Force All-Comers
5' 5"	Alison Forester	1/13 Air Force All-Comers
5' 5"	Sabrina Jones	1/13 Air Force All-Comers

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

19' 2.75"	Bethany DeLong	2/10 Air Force Invitational
18' 11.25"	Bethany DeLong	1/28 AFA Team Challenge
18' 7.25"	Bethany DeLong	1/19 Cherry and Silver

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

41' 2.5"	Meaghann Peak	2/10 Air Force Invitational
40' 0.75"	Meaghann Peak	1/28 AFA Team Challenge
39' 7"	Meaghann Peak	1/13 Air Force All-Comers

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

11' 9.75"	Morgan Griffin	2/10 Air Force Invitational
11' 8.5"	Rachel Saunders	2/17 Mines Twilight
11' 7.75"	Morgan Griffin	1/28 AFA Team Challenge
11' 5.75"	Morgan Griffin	1/13 Air Force All-Comers

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

46' 8"	Jenna Silwinski	1/28 AFA Team Challenge
46" 0"	Elizabeth Johnson	2/10 Air Force Invitational
45' 9"	Jenna Silwinski	1/19 Potts Indoor

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

61' 4.75"	Kiah Hicks	2/10 Air Force Invitational
59' 8.5"	Kiah Hicks	2/4 Husker Invite
58' 10.75"	Kiah Hicks	1/19 Cherry and Silver

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

## 2012 Men's Indoor Track & Field Season Bests

### 55 Meters (6.26 prov, 6.14 auto, 6,000> +.04; 3000-5999 +02)

### 60 Meters (6.74 prov, 6.62 auto, 6,000> +.04; 3000-5999 +02)

6.94	Antoine Harrison	1/19 Potts Indoor
7.01	Antoine Harrison	1/13 Air Force All-Comers
7.04	Jeff Richmond	2/17 Mines Twilight

### 55 Hurdles (7.38 prov, 7.17 auto, 6,000> +.04; 3000-5999 +02)

### 60 Hurdles (7.91 prov, 7.70 auto, 6,000> +.04; 3000-5999 +02)

7.90	Trevor Brown	2/10 Air Force Invitational
8.01	Trevor Brown	1/13 Air Force All-Comers
8.06	Kelby Dias	2/10 Air Force Invitational

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

22.36	Jeff Richmond	1/19 Cherry and Silver
22.62	Robert Wasinger	2/10 Air Force Invitational
22.69	Antoine Harrison	1/28 AFA Team Challenge

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

48.77	Seth Monson	1/19 Cherry and Silver
49.29	Seth Monson	1/13 Air Force All-Comers
49.97	Zach Browning	2/10 Air Force Invitational

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

1:50.83	Alex Balsiger	1/28 AFA Team Challenge
1:51.74	Alex Balsiger	1/13 Air Force All-Comers
1:54.12	Alex Muntefering	1/19 Cherry and Silver

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

4:05.47	Alex Balsiger	2/10 Husky Classic
4:07.29	Alex Balsiger	1/19 Cherry and Silver
4:10.37	Alex Muntefering	2/10 Husky Classic

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

8:17.44	Daniel Wallis	2/4 Husker Invite
8:24.46	Andrew Lesser	2/4 Husker Invite
8:32.49	Ben Larson	1/19 Cherry and Silver

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

14:35.85	Andrew Lesser	2/10 Husky Classic
14:50.64	Ben Larson	2/4 Husker Invite
15:28.22	Cameron Fullerton	2/4 Husker Invite

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

3:18.22	2/4 Husker Invite
3:19.08	1/19 Cherry and Silver
3:27.03	1/13 Air Force All-Comers

### 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)

6' 8.75"	Mitchel Solomon	1/19 Cherry and Silver
6' 8.25	Mitchel Solomon	2/10 Air Force Invitational
6' 8.25"	Mitchel Solomon	1/13 Air Force All-Comers

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

23' 2.5"	Scotty Owens	1/28 AFA Team Challenge
22' 8"	Jonathan Edmunds	2/10 Air Force Invitational
22' 5.25"	Ryan Wasilawski	2/17 Mines Twilight

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

48' 6.75"	Scotty Owens	1/28 AFA Team Challenge
48' 6.25"	Trey Richardson	2/10 Air Force Invitational
48' 2.75"	Jonathan Edmunds	2/10 Air Force Invitational

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

15' 7.75"	Andrew Schall	1/19 Cherry and Silver
15' 1"	Andrew Schall	1/13 Air Force All-Comers
14' 1.25"	Josh McMillin	2/10 Air Force Invitational

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

53' 9"	Alec Pott	2/4 Husker Invite
53' 6.5"	Alec Pott	1/13 Air Force All-Comers
53' 2.75"	Ken Harriman	2/10 Air Force Invitational

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

62' 9.5"	Ken Harriman	1/28 AFA Team Challenge
60' 1"	Ken Harriman	1/19 Cherry and Silver
59' 0"	Ken Harriman	1/13 Air Force All-Comers
59' 0"	Alec Pott	1/10 Cherry and Silver

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

4,675	Robert Wasinger	1/28 AFA Team Challenge
4,554	Justin Green	1/28 AFA Team Challenge
4,242	Matt Collins	1/28 AFA Team Challenge

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