

## 2016 MEN'S INDOOR SEASON BESTS

<b>60m</b>					
Name	Mark	Date	Place	Meet	Site
Herman Day	7.12	Feb. 26	6th	MPSF Championships - Heptathlon	Seattle, Wash.
Dylan McCloskey	7.17	Jan. 30	21st	UW Invitational	Seattle, Wash.
A.J. Elam	7.45	Jan. 30	34th	UW Invitational	Seattle, Wash.
John Broadhead	7.46	Feb. 26	16th	MPSF Championships - Heptathlon	Seattle, Wash.

<b>200m</b>					
Name	Mark	Date	Place	Meet	Site
Kemonie Briggs	22.06	Feb. 26	14th	MPSF Championships	Seattle, Wash.
Dylan McCloskey	22.19	Feb. 26	16th	MPSF Championships	Seattle, Wash.
Michael Perez-Rogers	22.44	Jan. 29	20th	UW Invitational	Seattle, Wash.
Willie Alexander	22.57	Jan. 29	24th	UW Invitational	Seattle, Wash.
Daniel York-Mouton	22.78	Jan. 29	28th	UW Invitational	Seattle, Wash.
A.J. Elam	23.09	Jan. 29	37th	UW Invitational	Seattle, Wash.

<b>400m</b>					
Name	Mark	Date	Place	Meet	Site
Kemonie Briggs	47.84	Feb. 13	4th	Husky Classic	Seattle, Wash.
Dylan McCloskey	48.81	Feb. 13	10th	Husky Classic	Seattle, Wash.
Daniel York-Mouton	48.81	Feb. 27	18th	MPSF Championships	Seattle, Wash.
Ryan Colebrook	50.35	Feb. 27	28th	MPSF Championships	Seattle, Wash.

<b>1000m</b>					
Name	Mark	Date	Place	Meet	Site
John Broadhead	2:54.40	Feb. 27	14th	MSPF Championships - Heptathlon	Seattle, Wash.
Herman Day	2:56.49	Feb. 27	15th	MPSF Championships - Heptathlon	Seattle, Wash.

<b>60m Hurdles</b>					
Name	Mark	Date	Place	Meet	Site
Herman Day	8.49	Feb. 27	9th	MPSF Championships - Heptathlon	Seattle, Wash.
John Broadhead	9.17	Jan. 30	17th	UW Invitational	Seattle, Wash.

<b>4x400m Relay</b>					
Name	Mark	Date	Place	Meet	Site
Briggs, McCloskey, York-Mouton, Perez-Rogers	3:12.83	Feb. 13	3rd	Husky Classic	Seattle, Wash.
Briggs, McCloskey, York-Mouton, Colebrook	3:14.70	Jan. 30	3rd	UW Invitational	Seattle, Wash.
Briggs, Perez-Rogers, York-Mouton, McCloskey	3:14.78	Feb. 27	7th	MPSF Championships	Seattle, Wash.

<b>High Jump</b>					
Name	Mark	Date	Place	Meet	Site
Herman Day	6-06.25	Feb. 26	T2nd	MPSF Championships - Heptathlon	Seattle, Wash.
John Broadhead	6-04.00	Feb. 26	T8th	MSPF Championships - Heptathlon	Seattle, Wash.

<b>Pole Vault</b>					
Name	Mark	Date	Place	Meet	Site
Michael Montgomery	16-10.00	Feb. 26	T6th	MPSF Championships	Seattle, Wash.
Conner Rouse	16-08.00	Feb. 12	T10th	Husky Classic	Seattle, Wash.
Xander Cooper	16-01.25	Jan. 29	T9th	UW Invitational	Seattle, Wash.
Paul Thenard	15-04.25	Feb. 26	T24th	MPSF Championships	Seattle, Wash.
Dustin Wert	15-01.50	Jan. 29	T14th	UW Invitational	Seattle, Wash.
Herman Day	14-01.25	Feb. 27	T12th	MPSF Championships - Heptathlon	Seattle, Wash.
John Broadhead	11-05.75	Feb. 27	17th	MPSF Championships - Heptathlon	Seattle, Wash.

<b>Long Jump</b>					
Name	Mark	Date	Place	Meet	Site
Willie Alexander	23-02.75	Jan. 30	6th	UW Invitational	Seattle, Wash.
Herman Day	21-04.75	Feb. 26	11th	MPSF Championships - Heptathlon	Seattle, Wash.
John Broadhead	20-08.50	Jan. 30	T19th	UW Invitational	Seattle, Wash.

**Triple Jump**

Name	Mark	Date	Place	Meet	Site
Willie Alexander	47-02.25	Feb. 27	8th	MPSF Championships	Seattle, Wash.

**Shot Put**

Name	Mark	Date	Place	Meet	Site
Robert Marlow	49-07.24	Jan. 30	16th	UW Invitational	Seattle, Wash.
Sullivan Wall	48-04.50	Jan. 30	T17th	UW Invitational	Seattle, Wash.
Herman Day	42-07.00	Feb. 26	5th	MPSF Championships - Heptathlon	Seattle, Wash.
John Broadhead	32-07.75	Feb. 26	16th	MPSF Championships - Heptathlon	Seattle, Wash.

**Weight Throw**

Name	Mark	Date	Place	Meet	Site
James Hubbard	<b>67-09.50</b>	Feb. 26	2nd	MPSF Championships	Seattle, Wash.
Kody Robison	66-04.25	Feb. 26	3rd	MPSF Championships	Seattle, Wash.
Robert Marlow	61-01.25	Jan. 30	3rd	UW Invitational	Seattle, Wash.

**Heptathlon**

Name	Mark	Date	Place	Meet	Site
Herman Day	5,265	Feb. 26-27	9th	MPSF Championships	Seattle, Wash.
John Broadhead	4,370	Feb. 26-27	17th	MPSF Championships	Seattle, Wash.

***Bold** indicates school record*

## 2016 WOMEN'S INDOOR SEASON BESTS

<b>60m</b>						
Name	Mark	Date	Place	Meet		Site
Courtne' Davis	7.57	Feb. 26	17th	MPSF Championships		Seattle, Wash.
Whitney Knox	7.70	Feb. 26	22nd	MPSF Championships		Seattle, Wash.
Ashleigh Chambers	7.77	Feb. 26	25th	MPSF Championships		Seattle, Wash.
Madison Carney	7.82	Feb. 26	30th	MPSF Championships		Seattle, Wash.
Kristina Goosby	7.90	Jan. 30	26th	UW Invitational		Seattle, Wash.
<b>200m</b>						
Name	Mark	Date	Place	Meet		Site
Courtne' Davis	24.82	Feb. 26	20th	MPSF Championships		Seattle, Wash.
Riley Cooks	25.04	Jan. 29	10th	UW Invitational		Seattle, Wash.
Ashleigh Chambers	25.24	Feb. 26	25th	MPSF Championships		Seattle, Wash.
Whitney Knox	25.33	Feb. 26	26th	MPSF Championships		Seattle, Wash.
Kristina Goosby	25.64	Feb. 26	32nd	MPSF Championships		Seattle, Wash.
Madison Carney	25.70	Feb. 26	33rd	MPSF Championships		Seattle, Wash.
Hollie Harris	26.11	Feb. 26	37th	MPSF Championships		Seattle, Wash.
Natalie O'Dwyer	26.32	Feb. 26	38th	MPSF Championships		Seattle, Wash.
Kristin Snapper	27.62	Jan. 29	80th	UW Invitational		Seattle, Wash.
Delaney Smith	28.80	Jan. 29	81st	UW Invitational		Seattle, Wash.
<b>400m</b>						
Name	Mark	Date	Place	Meet		Site
Hollie Harris	57.68	Jan. 30	15th	UW Invitational		Seattle, Wash.
Brianna Wilson	57.87	Feb. 27	30th	MPSF Championships		Seattle, Wash.
Natalie O'Dwyer	59.53	Feb. 27	40th	MPSF Championships		Seattle, Wash.
Taylor Lorack	60.09	Jan. 30	40th	UW Invitational		Seattle, Wash.
<b>800m</b>						
Name	Mark	Date	Place	Meet		Site
Brittany Anselmo	2:21.24	Jan. 30	52nd	UW Invitational		Seattle, Wash.
Riley Cooks	2:28.55	Feb. 26	11th	MPSF Championships - Pentathlon		Seattle, Wash.
Alexandra Lathos	2:32.15	Jan. 30	62nd	UW Invitational		Seattle, Wash.
<b>Mile</b>						
Name	Mark	Date	Place	Meet		Site
Janet Salazar	5:36.20	Jan. 30	57th	UW Invitational		Seattle, Wash.
<b>3000m</b>						
Name	Mark	Date	Place	Meet		Site
Ashley Carrera	10:44.25	Feb. 27	50th	MPSF Championships		Seattle, Wash.
Pauline Mandel	10:56.87	Feb. 27	52nd	MPSF Championships		Seattle, Wash.
<b>60m Hurdles</b>						
Name	Mark	Date	Place	Meet		Site
Riley Cooks	<b>8.41</b>	Feb. 26	1st	MPSF Championships - Pentathlon		Seattle, Wash.
Kristin Snapper	10.02	Jan. 30	34th	UW Invitational		Seattle, Wash.
Delaney Smith	10.31	Jan. 30	35th	UW Invitational		Seattle, Wash.
<b>4x400m Relay</b>						
Name	Mark	Date	Place	Meet		Site
Davis, Wilson, Chambers, Knox	3:53.95	Feb. 27	13th	MPSF Championships		Seattle, Wash.
Harris, Davis, Wilson, O'Dwyer	3:55.93	Jan. 30	9th	UW Invitational		Seattle, Wash.
<b>High Jump</b>						
Name	Mark	Date	Place	Meet		Site
Aundrea Yancy	5-05.00	Jan. 30	T10th	UW Invitational		Seattle, Wash.
Riley Cooks	5-01.75	Feb. 26	T10th	MPSF Championships - Pentathlon		Seattle, Wash.
Delaney Smith	4-07.00	Jan. 30	29th	UW Invitational		Seattle, Wash.
Kristin Snapper	4-07.00	Jan. 30	30th	UW Invitational		Seattle, Wash.

**BEACH TRACK & FIELD**
**Pole Vault**

Name	Mark	Date	Place	Meet	Site
Jodi Lambert	12-00.50	Jan. 29	T10th	UW Invitational	Seattle, Wash.
Kennedy Krueger	11-08.00	Feb. 26	T22nd	MPSF Championships	Seattle, Wash.
Jessica Henslee	11-00.75	Jan. 29	T29th	UW Invitational	Seattle, Wash.
Lauren Bartsch	11-00.75	Jan. 29	T29th	UW Invitational	Seattle, Wash.
Lea Fong	11-00.75	Jan. 29	T29th	UW Invitational	Seattle, Wash.

**Long Jump**

Name	Mark	Date	Place	Meet	Site
Riley Cooks	17-08.75	Feb. 13	T14th	Husky Classic	Seattle, Wash.
Nikki Puerner	15-07.50	Jan. 30	36th	UW Invitational	Seattle, Wash.
Kristin Snapper	14-10.75	Jan. 30	39th	UW Invitational	Seattle, Wash.
Delaney Smith	14-08.00	Jan. 30	40th	UW Invitational	Seattle, Wash.

**Triple Jump**

Name	Mark	Date	Place	Meet	Site
Aundrea Yancy	36-01.50	Feb. 13	17th	Husky Classic	Seattle, Wash.
Nikki Puerner	34-11.75	Jan. 30	28th	UW Invitational	Seattle, Wash.

**Shot Put**

Name	Mark	Date	Place	Meet	Site
Brianna Viltz	46-02.75	Jan. 30	6th	UW Invitational	Seattle, Wash.
Fatima Vergara	44-10.25	Jan. 30	9th	UW Invitational	Seattle, Wash.
Jessica Rotter	41-06.50	Jan. 30	20th	UW Invitational	Seattle, Wash.
Riley Cooks	40-00.50	Feb. 26	4th	MPSF Championships - Pentathlon	Seattle, Wash.
Alanah Greenburg	38-06.00	Jan. 30	29th	UW Invitational	Seattle, Wash.
Kristin Snapper	30-02.00	Jan. 30	34th	UW Invitational	Seattle, Wash.
Delaney Smith	28-03.00	Jan. 30	35th	UW Invitational	Seattle, Wash.

**Weight Throw**

Name	Mark	Date	Place	Meet	Site
Marina Shelton	<b>62-11.50</b>	Feb. 26	3rd	MPSF Championships	Seattle, Wash.
Fatima Vergara	<b>62-11.50</b>	Feb. 26	4th	MPSF Championships	Seattle, Wash.
Brianna Viltz	50-10.25	Jan. 29	15th	UW Invitational	Seattle, Wash.
Chaylene Bruggeman	47-09.75	Jan. 29	25th	UW Invitational	Seattle, Wash.

**Pentathlon**

Name	Mark	Date	Place	Meet	Site
Riley Cooks	<b>3,690</b>	Feb. 26	9th	MPSF Championships	Seattle, Wash.

**Bold** indicates school record