



Beach



2017 INDOOR TRACK & FIELD PERFORMANCE LIST

(As of 3/7/17)

MEN'S SEASON-BEST MARKS

MEN'S 60-METER DASH

Herman Day	7.08	MPSF Championships	Seattle, Wash.	Feb. 24
Kent Harris	7.12	MPSF Championships	Seattle, Wash.	Feb. 24
Jonathan Broadhead	7.35	MPSF Championships	Seattle, Wash.	Feb. 24

MEN'S 200-METER DASH

Isaiah Johnson	21.94	Don Kirby Elite	Albuquerque, N.M.	Feb. 11
Kemonie Briggs	22.04	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Kent Harris	22.58	MPSF Championships	Seattle, Wash.	Feb. 24

MEN'S 400-METER DASH

Kemonie Briggs	48.78	MPSF Championships	Seattle, Wash.	Feb. 24
Isaiah Johnson	48.65	MPSF Championships	Seattle, Wash.	Feb. 24
Jason Smith	50.56	MPSF Championships	Seattle, Wash.	Feb. 24

MEN'S 1,000-METER RUN

Jonathan Broadhead	2:47.24	MPSF Championships	Seattle, Wash.	Feb. 24
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MEN'S MILE RUN

Kevin Ramirez	4:45.24	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
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MEN'S 60-METER HURDLES

Jonathan Broadhead	9.05	MPSF Championships	Seattle, Wash.	Feb. 24
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MEN'S MILE RELAY

Briggs, Smith, Johnson, Broadhead	3:21.51	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
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MEN'S HIGH JUMP

Vincent Calhoun	2.11m (6-11.00)	MPSF Championships	Seattle, Wash.	Feb. 24
Jonathan Broadhead	2.03m (6-07.75)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Diego Felix	1.90m (6-02.75)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3

MEN'S POLE VAULT

Paul Thenard	5.20m (17-00.75)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Xander Cooper	4.87m (15-11.75)	MPSF Championships	Seattle, Wash.	Feb. 24
Bo Haddock	4.75m (15-07.00)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Luis Briceno	4.45m (14-07.25)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3

MEN'S LONG JUMP

Kemonie Briggs	7.70m (25-03.25)	MPSF Championships	Seattle, Wash.	Feb. 24
Jason Smith	7.36m (24-01.75)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Sal Nasser	6.83m (22-05.00)	MPSF Championships	Seattle, Wash.	Feb. 24
Herman Day	6.64m (21-09.50)	MPSF Championships	Seattle, Wash.	Feb. 24
Jonathan Broadhead	6.61m (21-08.25)	MPSF Championships	Seattle, Wash.	Feb. 24
Vincent Calhoun	6.57m (21-06.75)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3

MEN'S SHOT PUT

Robert Marlow	15.79m (51-09.75)	Seattle Pacific Last Chance Meet	Seattle, Wash.	Feb. 25
Herman Day	14.58m (47-10.00)	MPSF Championships	Seattle, Wash.	Feb. 24
Jonathan Broadhead	11.95m (39-02.50)	MPSF Championships	Seattle, Wash.	Feb. 24

MEN'S WEIGHT THROW

James Hubbard	22.11m (72-06.50)	Don Kirby Elite	Albuquerque, N.M.	Feb. 11
Robert Marlow	20.27m (66-06.00)	Don Kirby Elite	Albuquerque, N.M.	Feb. 11
Josh Carr	17.01m (55-10.00)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Nicholas Hudson	16.98m (55-08.50)	MPSF Championships	Seattle, Wash.	Feb. 24

MEN'S HEPTATHLON

Jonathan Broadhead	4,394 Points	MPSF Championships	Seattle, Wash.	Feb. 24
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MEN'S CAREER RECORDS

MEN'S 60-METER DASH

7.08	02/24/17
7.12	02/24/17
7.35	02/24/17

MEN'S 200-METER DASH

21.94	02/11/17
22.04	02/03/17
22.58	02/24/17

MEN'S 400-METER DASH

47.84	Sixth All-Time	02/13/16
48.65		02/24/17
50.56		02/24/17

MEN'S 1,000-METER RUN

2:47.24	02/24/17
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MEN'S MILE RUN

4:45.24	02/03/17
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MEN'S 60-METER HURDLES

9.05	02/24/17
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MEN'S MILE RELAY

3:21.51	02/03/17
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MEN'S HIGH JUMP

2.11m (6-11.00)	Fourth All-Time	02/24/17
2.03m (6-07.75)		02/03/17
1.90m (6-02.75)		02/03/17

MEN'S POLE VAULT

5.20m (17-00.75)	Sixth All-Time	02/03/17
4.90m (16-01.25)		01/29/16
4.75m (15-07.00)		02/03/17
4.45m (14-07.25)		02/03/17

MEN'S LONG JUMP

7.70m (25-03.25)	First All-Time	02/24/17
7.36m (24-01.75)	Fourth All-Time	02/03/17
6.83m (22-05.00)		02/24/17
6.64m (21-09.50)		02/24/17
6.61m (21-08.25)		02/24/17
6.57m (21-06.75)		02/03/17

MEN'S SHOT PUT

15.79m (51-09.75)	02/25/17
14.58m (47-10.00)	02/24/17
11.95m (39-02.50)	02/24/17

MEN'S WEIGHT THROW

22.11m (72-06.50)	First All-Time	02/11/17
20.27m (66-06.00)	Third All-Time	02/11/17
17.01m (55-10.00)		02/03/17
16.98m (55-08.50)		02/24/17

MEN'S HEPTATHLON

4,394 Points	Fifth All-Time	02/24/17
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WOMEN'S SEASON-BEST MARKS

WOMEN'S 60-METER DASH

Courtne' Davis	7.50	MPSF Championships	Seattle, Wash.	Feb. 24
Ashleigh Chambers	7.58	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Azaria Hill	7.61	MPSF Championships	Seattle, Wash.	Feb. 24
Madison Carney	7.62	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Madison Golden	7.84	MPSF Championships	Seattle, Wash.	Feb. 24

WOMEN'S 200-METER DASH

Ashleigh Chambers	24.71	Don Kirby Elite	Albuquerque, N.M.	Feb. 11
Courtne' Davis	24.77	MPSF Championships	Seattle, Wash.	Feb. 24
Azaria Hill	25.19	MPSF Championships	Seattle, Wash.	Feb. 24
Madison Golden	25.51	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Madison Carney	25.69	MPSF Championships	Seattle, Wash.	Feb. 24
Anaya Alexander	25.76	Don Kirby Elite	Albuquerque, N.M.	Feb. 11
Tavajia Richardson	26.61	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Alexis Medrano	27.05	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Kristen Snapper	27.34	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Delaney Smith	28.48	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3

WOMEN'S 400-METER DASH

Anaya Alexander	56.56	MPSF Championships	Seattle, Wash.	Feb. 24
Tavajia Richardson	57.13	MPSF Championships	Seattle, Wash.	Feb. 24
Nadia Babineaux	59.74	MPSF Championships	Seattle, Wash.	Feb. 24
Alexis Medrano	1:00.64	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3

WOMEN'S 800-METER RUN

Mikayla Florez	2:30.26	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Julie Vargas	2:33.32	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Delaney Smith	2:48.45	MPSF Championships	Seattle, Wash.	Feb. 24
Riley Cooks	2:49.88	MPSF Championships	Seattle, Wash.	Feb. 24

WOMEN'S MILE RUN

Alexis Ceballos	5:55.12	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
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WOMEN'S 3,000-METER RUN

Alexis Ceballos	11:45.80	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
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WOMEN'S 60-METER HURDLES

Riley Cooks	8.47	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Elijah McDonald	8.68	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Kristen Snapper	9.66	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Delaney Smith	9.84	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3

WOMEN'S 4X400-METER RELAY

Alexander, Richardson, Chambers, Davis	3:55.63	MPSF Championships	Seattle, Wash.	Feb. 24
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WOMEN'S MILE RELAY

Davis, Knox, Babineaux, Medrano	4:02.13	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
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WOMEN'S HIGH JUMP

Bria Palmer	1.75m (5-08.75)	MPSF Championships	Seattle, Wash.	Feb. 24
Diana Acholonu	1.69m (5-06.50)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Riley Cooks	1.67m (5-05.75)	MPSF Championships	Seattle, Wash.	Feb. 24
Meghan Sweeney	1.66m (5-05.25)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Kristen Snapper	1.55m (5-01.00)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Delaney Smith	1.55m (5-01.00)	MPSF Championships	Seattle, Wash.	Feb. 24

WOMEN'S POLE VAULT

Kennedy Krueger	3.52m (11-06.50)	MPSF Championships	Seattle, Wash.	Feb. 24
Lea Fong	3.50m (11-05.75)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Lauren Bartsch	3.37m (11-00.75)	MPSF Championships	Seattle, Wash.	Feb. 24

WOMEN'S LONG JUMP

Riley Cooks	5.77m (18-11.25)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Melanee Williams	5.67m (18-07.25)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Jasmine Bass	5.61m (18-05.00)	MPSF Championships	Seattle, Wash.	Feb. 24
Allison Foster	5.52m (18-01.50)	MPSF Championships	Seattle, Wash.	Feb. 24
Madison Carney	5.45m (17-10.75)	MPSF Championships	Seattle, Wash.	Feb. 24
Delaney Smith	4.75m (15-07.00)	MPSF Championships	Seattle, Wash.	Feb. 24

WOMEN'S CAREER RECORDS

WOMEN'S 60-METER DASH

7.50	Second All-Time	02/24/17
7.58	Tied Fourth All-Time	02/03/17
7.61	Tied Sixth All-Time	02/24/17
7.62	Seventh All-Time	02/03/17
7.84		02/24/17

WOMEN'S 200-METER DASH

24.71	Fifth All-Time	02/11/17
24.77	Sixth All-Time	02/24/17
25.19		02/24/17
25.51		02/03/17
25.69		02/24/17
25.76		02/11/17
26.62		02/03/17
27.05		02/03/17
27.34		02/03/17
28.48		02/03/17

WOMEN'S 400-METER DASH

56.56	Third All-Time	02/24/17
57.13	Eighth All-Time	02/24/17
59.74		02/24/17
1:00.64		02/03/17

WOMEN'S 800-METER RUN

2:30.26		02/03/17
2:33.32		02/03/17
2:48.45		02/24/17
2:49.88		02/24/17

WOMEN'S MILE RUN

5:55.12		02/03/17
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WOMEN'S 3,000-METER RUN

11:45.80		02/03/17
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WOMEN'S 60-METER HURDLES

8.41	First All-Time	02/03/17
8.68	Third All-Time	02/03/17
9.66		02/03/17
9.84		02/03/17

WOMEN'S 4X400-METER RELAY

3:55.63	Ninth All-Time	02/24/17
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WOMEN'S MILE RELAY

4:02.13		02/03/17
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WOMEN'S HIGH JUMP

1.75m (5-08.75)	Sixth All-Time	02/24/17
1.69m (5-06.50)	Ninth All-Time	02/03/17
1.67m (5-05.75)		02/24/17
1.66m (5-05.25)		02/03/17
1.55m (5-01.00)		02/03/17
1.55m (5-01.00)		02/24/17

WOMEN'S POLE VAULT

3.52m (11-06.50)		02/24/17
3.50m (11-05.75)		02/03/17
3.37m (11-00.75)		02/24/17

WOMEN'S HIGH JUMP

5.77m (18-11.25)	Third All-Time	02/03/17
5.67m (18-07.25)	Tied Seventh All-Time	02/03/17
5.61m (18-05.00)		02/24/17
5.52m (18-01.50)		02/24/17
5.45m (17-10.75)		02/24/17
4.75m (15-07.00)		02/24/17

WOMEN'S SEASON-BEST MARKS

WOMEN'S TRIPLE JUMP

Jasmine Bass	12.05m (39-06.50)	Don Kirby Elite	Albuquerque, N.M.	Feb. 11
Sydney Barnes	11.37m (37-03.75)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3

WOMEN'S SHOT PUT

Riley Cooks	12.42m (40-09.00)	MPSF Championships	Seattle, Wash.	Feb. 24
De'Ondra Young	12.07m (39-07.50)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Alanah Greenberg	11.90m (39-00.75)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Kristen Snapper	10.14m (33-03.50)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Delany Smith	9.44m (30-11.75)	MPSF Championships	Seattle, Wash.	Feb. 24

WOMEN'S WEIGHT THROW

De'Ondra Young	21.02m (68-11.75)	Seattle Pacific Last Chance Meet	Seattle, Wash.	Feb. 25
Alanah Greenberg	15.35m (50-04.50)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Shelby Crider	13.74m (45-01.25)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3
Amanda Troung	13.68m (44-10.75)	Air Force Team Challenge	Colorado Springs, Colo.	Feb. 3

WOMEN'S PENTATHLON

Riley Cooks	3,592 Points	MPSF Championships	Seattle, Wash.	Feb. 24
Delaney Smith	2,844 Points	MPSF Championships	Seattle, Wash.	Feb. 24

WOMEN'S CAREER RECORDS

WOMEN'S TRIPLE JUMP

12.05m (39-06.50)	Second All-Time	02/11/17
11.37m (37-03.75)		02/03/17

WOMEN'S SHOT PUT

12.42m (40-09.00)		02/24/17
12.07m (39-07.50)		02/03/17
11.90m (39-00.75)		02/03/17
10.14m (33-03.50)		02/03/17
9.44m (30-11.75)		02/24/17

WOMEN'S WEIGHT THROW

21.02m (68-11.75)	First All-Time	02/25/17
25.35m (50-04.50)		02/03/17
13.74m (45-01.25)		02/03/17
13.68m (44-10.75)		02/03/17

WOMEN'S PENTATHLON

3,690 Points	First All-Time	02/26/16
2,844 Points		02.24/17