



2008 INDOOR TRACK & FIELD CHAMPIONSHIP - Washington

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2008 MPSF INDOOR TRACK & FIELD CHAMPIONSHIP HIGHLIGHTS

Check out sports updates on the MPSF website at www.mpsports.org or UW's website at www.gohuskies.com for complete championship results.

Seattle, Wash. – The 16th Mountain Pacific Sports Federation Indoor Track and Field Championship Meet, which took place for the fifth-consecutive year at the University of Washington's Dempsey Indoor Facility, was an outstanding event which produced 98 NCAA provisional marks, 17 NCAA automatic qualifying marks and eight meet records. Defending MPSF and NCAA Indoor Champion and current No. 2 ranked **ARIZONA STATE** took the women's title for the second-consecutive year with a team score of 154.5 points, almost 20 points over their winning 2007 score. No. 3 ranked **STANFORD** earned the runner-up spot with 141 points, more than ASU's winning total a year ago. No. 10 ranked **OREGON** took the men's side with a point total of 90 and a modest 5.5 point margin over runner-up CALIFORNIA, which netted 84.5 points to squeak by No. 17 **STANFORD**. No. 1 ranked **ARIZONA STATE** took fourth with 77 points.

2008 TEAM RESULTS

Men: 1. **OREGON 90 points**; 2. California 84.5; 3. Stanford 83; 4. Arizona State 77; 5. Washington 66.5; 6. UCLA 64.5; 7. Arizona 58; 7. Washington State 58; 9. Cal State Northridge 49; 10. Long Beach State 28.5.

Women: 1. **ARIZONA STATE 154.5 points**; 2. Stanford 141; 3. Oregon 72; 4. California 65.5; 5. Washington 61.5; 6. Arizona 57.5; 7. Washington State 49; 8. Cal State Northridge 38.5; 9. UCLA 14.5; 10. Long Beach State 6.

MPSF CHAMPIONSHIP RECORDS & NCAA QUALIFYING MARKS

The 2008 Mountain Pacific Sports Federation Indoor Track & Field Championship competition produced an astounding eight meet records (6 in 2007), 17 NCAA automatic qualifying marks (11, 2007) and 98 (79, 2007) NCAA provisional marks by the 447 participating student-athletes (233 women; 213 men) from ten men's and ten women's teams in 36 events, plus the seven events comprising the men's heptathlon and the five events of the women's pentathlon. Women's meet records were established in the 800-meter for the second-consecutive year (2:03.39; **Alysia Johnson**, California), the High Jump (1.85m, 6'0 ¾", **Ebba Jungmark**, Washington State), the Long Jump (6.5m, 21'4", **Jacquelyn Johnson**, Arizona State) and the Distance Medley Relay (11:08.56, Stanford). The men also set four new MPSF marks also in the Long Jump (8.12m, 26' 7¾", **Norris Frederick**, Washington) and the DMR (9:31.52, Stanford); as well as in the Shot Put (21.47m, 70' 5¼", **Ryan Whiting**, Arizona State) and Heptathlon (5,784 points, **Josh Hustedt**, Stanford). The new MPSF standards in the men's High Jump by Frederick and the men's Shot Put by Whiting are the best marks in the nation this year. MPSF women produced 55 NCAA provisional qualifying marks and 10 NCAA automatic qualifying marks. The women's AQ marks came in the Long Jump (4), and one each in the DMR, Triple Jump, Shot Put, Mile, 800m and High Jump. MPSF men established 42 provisional marks and seven NCAA automatic marks including one each in the DMR, Long Jump, Heptathlon, and Pole Vault, with two in the Shot Put.

OUTSTANDING PERFORMANCES - **Women**

2007 NCAA indoor shot put champion **Sarah Stevens**, who, also in 2007, established MPSF championship records in both the shot put (58'-1.75"; 17.79 meters) and the 20lb. weight throw (69'-5.25"; 21.16 meters). In 2008, Stevens came into the meet ranked No. 1 in the NCAA in the indoor shot and for the second-consecutive year won both the MPSF weight throw and shot put. Stevens' 17.57m (57'-7.75") in the shot is an NCAA automatic qualifying mark, while her weight throw of 20.94m (68'-8.5") is a provisional qualifying distance. ASU teammate and fellow throws specialist **Tai Battle** placed second in the shot and third in the weight throw with the latter performance earning her a NCAA provisional mark. ASU senior **Jackie Johnson**, another NCAA champion Sun Devil, established a new MPSF record long jump mark (6.5m, 21'4"), while also winning the MPSF 60m hurdles (8.24) and anchoring ASU's MPSF champion women's 4x400m relay team (3:39.73). Sun Devil sprinters **Charonda Williams**, (2nd 60m dash), **Dominique Maloy** (2nd 200m, 4th 60m) and **Jeavon Benjamin** (2nd 400m) also had outstanding overall contributions while joining Johnson on the winning 4x400 relay squad. Johnson was also ranked No. 1 in the NCAA in the pentathlon coming into the MPSF Championship with 4,312 points. Other outstanding performances included Stanford's formidable middle distance triumvirate of **Arianna Lambie's** (Stanford) who earned provisional marks while winning the 3000m run (9:20.91), taking 5th in the mile (4:44.15), and anchored the DMR with a new meet record and AQ; Stanford teammates **Lauren Centrowitz** place 3rd in the 3K and 4th mile with provisional times while also contributing in DMR, and **Alicia Follmar** gained provisionals with a 4th in the 800m and in the 5th mile while also racing in the DMR.

OUTSTANDING PERFORMANCES - **Men**

On the men's side, ASU's **Ryan Whiting** incited the crowd with a national best throw in the shot of 21.47m (70'-5.25") to establish a new MPSF record while winning the event for the second year running. Another NCAA best was established in the long jump by Washington's **Norris Frederick** when he lifted off the tarmac at Dempsey Indoor for a leap of 8.12m (26'-7.75"). Norris also took second in the high jump with a mark of 2.21m (7'-3.00") tying **Ed Wright** of California who won on judges decision by virtue of fewer misses during the competition. **Brent Gray** of Long Beach State won the MPSF 200m with a Dempsey Indoor record of 20.93 while also placing fourth in the 60m dash with a time of 6.79 seconds. **Jordan Boase** of host Washington won the men's 400m in a provisional time of 46.37 while also placing second in the 200m with a provisional time of 21.08. Arizona State sprint threesome of **Joel Phillip**, **Justin Kremer** and **Jimmie Gordon** place 3-4-5 respectively in the men's 400m and helped teammate **Darryl Elston** to a first-place finish for the Sun Devils in the 4x400 relay with a winning provisional time of 3:07.06. Stanford's **Garrett Heath** won the mile in 4:07.39 while placing 5th in the 3K (8:07.79) and anchoring the DMR squad to a new MPSF record and NCAA automatic qualifying time of 9:31.52. **Luis Rivera-Morales** of Arizona finished second in the triple jump with a provisional mark of 15.79 (51'-9.75") and 5th in the long jump with another provisional mark at 7.51m (24'-7.75").

- MPSF -

2008 MPSF INDOOR CHAMPIONSHIP RESULTS

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Sprints/Hurdles: Arizona State dominated the women's sprints with **Charonda Williams** distinguishing herself by winning the 200-meter with a provisional time of 23.78 seconds while also taking second in the 60-meter dash in 7.46. **Dominique Maloy** placed second in the 200m (23.84) with a provisional mark and fourth in the 60m (7.49), while California's **Cherrelle Garrett**, won the 60 dash with a provisional 7.40 time and took fourth in the 200m in 24.43. Maloy also participated on ASU's winning 4x400 relay team... **Keshia Baker** of Oregon beat the field in the 400m with the only provisional mark of 54.15, which provided her a huge margin of over a half second over runner up **Jeavon Benjamin** of ASU (54.69) who teamed with Maloy on the Sun Devils' winning 4x400 relay squad. Taking the bronze in the 400m was Arizona's **Ashley Gadson** in 54.94... In the 60m hurdles, ASU's outstanding multi-event athlete **Jackie Johnson** easily won with a provisional time of 8.24, followed by Washington's **Falesha Ankton** in a provisional time of 8.43. In third, was **Ashleigh McGrew** of Cal State Northridge in 8.53.

Derrick Jones of Oregon edged **Justin Woods** of Washington State in the 60m dash despite both recording 6.78 seconds. For third, **Ike Bradley** of Cal State Northridge barely edged **Brent Gray** of Long Beach State with both running 6.79 seconds for a very close finals heat in the short sprint... Gray went on to win the 200-meter dash in 20.93 seconds over **Jordan Boase** of Washington (21.08) in second and Woods (21.30) in third... Boase stepped up to win the 400-meter title with a provisional time of 46.37 over runner up **Jeshua Anderson** of Washington State (46.67) and Arizona's **Bobby McCoy** (46.90) in third. The top seven marks in the 400m met provisional standards... In the 60m hurdles, **Thomas Ross** of Cal State Northridge beat **Marquis Profit** of Arizona State by .02 seconds to take the title in 8.04 over 8.06. Profit barely bested teammate **Thomas Mack** who posted 8.08 seconds for the bronze.

Women's Event Winners:

60m	Cherrelle Garrett, California	7.40
60m Hurdles	Jackie Johnson, Arizona State	8.24
200m	Charonda Williams, Arizona State	23.78
400m	Keshia Baker, Oregon	54.15

Men's Event Winners:

60m	Derrick Jones, Oregon	6.78
60m Hurdles	Ross Thomas, CS Northridge	8.04
200m	Brent Gray, Long Beach State	20.93
400m	Jordan Boase, Washington	46.37

Middle Distance/Distance Races: Cal's **Alyshia Johnson** set a new MPSF 800-meter mark with a NCAA automatic qualifying time of 2:03.39, besting the previous record of 2:04.92 set by two-time MPSF champ **Rebekah Noble** of Oregon in 2007 by over 1.5 seconds. The next four runners earned NCAA provisional times with runner-up **Zoe Buckman** of the Ducks finishing in 2:06.88, followed by third-place finisher **Christina Rogers** of Arizona in 2:08.47, **Alicia Follmar** of Stanford in 2:08.59 and **Michelle Turner** of Washington in 2:08.97... In the mile, Oregon freshman **Alex Kosinski** took the race with a NCAA AQ time of 4:39.54 barely squeaking under the standard of 4:40. Kosinski, from Sacramento, was followed by six qualifying times including those of second-place **Amanda Miller** of Washington 4:43.41 and third-place finisher U of O teammate **Nicole Blood**, who posted a time of 4:43.77 to round out the top-three medal winners... In the 3,000-meter run, Stanford super senior **Arianna Lambie** won with over a four-second margin in a NCAA provisional time of 9:20.91. Top-ranked Lambie is the current MPSF record holder in the mile, 3K and 5K events, and is a 12-time All American for the Cardinal. **Katie Follett** of Washington took the silver with a provisional mark of 9:25.09 followed by Lambie's teammate **Lauren Centrowicz** who recorded a provisional time of 9:30.39 for third-place... No. 13 ranked **Alexandra Gits** of Stanford won the 5K with a provisional mark of 16:29.14 followed by teammate No. 24 **Katie Harrington** in 16:30.79 and **Sarah Pearson** of Oregon in 16:34.73. **Zoe Nelson**, with the Ducks (16:35.18) and **Ali Kealty** of Arizona State (16:40.91) also posted provisional times.

Andrew Wheating of Oregon set the pace in the men's 800-meter run to win in 1:48.82 as the top-four marks topped the NCAA provisional standard. In second was Wheating teammate **Michael McGrath** in 1:49.28, followed by **Alex Freitas** of Long Beach State (1:49.83) and No. 7 ranked **Corey Primm** of UCLA in 1:49.92... In the men's mile, **Garrett Heath** of Stanford won in 4:07.39 followed closely by Cardinal running mate **Hakon Devries** in 4:07.83 and **Eric Lee** of California in 4:08.14... The 3,000-meter run featured **Michael Coe** of California and his teammate **Yosef Ghebray** posting the only two provisional times in 7:59.75 and 8:02.65, respectively, with **Kenny Klotz** of Oregon taking third in 8:06.43. Heath finished in fifth at 8:07.79... **Jeff Helmer** of Arizona State claimed the 5,000-meter title in a provisional time of 14:01.83, pursued by **Alex Grant** of Washington State in 14:05.28 in second and **Kari Karlsson** of California in 14:08.58, all provisional times. In fourth and fifth were Oregon twins **Diego** and **Daniel Mercado** in 14:12.40 and 14:13.06, respectively. **Hari Mix** of Stanford finished fourth in the 3K (8:06.75) and 8th in the 5K at 14:17.07, while **Jake Schmidt** of Washington finished sixth in the 3K (8:09.17) and 5K (14:14.89).

Women's Event Winners:

800m*	Alyshia Johnson, California	2:03.39
Mile	Alexandra Kosinski, Oregon	4:39.54
3,000m	Arianna Lambie, Stanford	9:20.91
5,000m	Alexandra Gits, Stanford	16:29.14

*meet record

Men's Event Winners:

800m	Andrew Wheating, Oregon	1:48.82
Mile	Garrett Heath, Stanford	4:07.39
3,000m	Michael Coe, Oregon	7:59.75
5,000m	Jeff Helmer, Arizona State	14:01.83

Relays: Arizona State won the MPSF 4x400 Meter Relay for the second consecutive year with a NCAA provisional time of 3:37.34 followed by runner-up California with a provisional mark of 3:39.73 and Cal State Northridge in 3:40.56. The Sun Devils were bolstered by a stellar sprint squad anchored by NCAA multi-event champion **Jackie Johnson**. Her teammates on the relay team were **Jeavon Benjamin** running the first leg followed by **Shauntel Elcock**, **Dominique Maloy** and Johnson... In the Distance Medley Relay, Stanford aced the competition with an automatic qualifying time and new MPSF record of 11:08.56 (previously held by Stanford, 2006, 11:11.46). The Cardinal was paced by a bevy of outstanding middle distance athletes with **Lauren Centrowicz** opening in the 1200, followed by **Idara Otu** in the 400m, **Alicia Follmar** pacing the 800m, with MPSF record holder **Arianna Lambie** anchoring in the 1600m. Washington placed second with a provisional time of 11:12.77 followed by Arizona in third at 11:36.09.

The second-ranked Arizona State men's 4x400 relay team took the MPSF title with a provisional time of 3:07.06 followed by runner-up #8 Oregon in 3:07.13 and Washington State in third at 3:08.86; both provisional times as well. ASU's team had **Jimmie Gordon** in the lead-off spot followed by **Joel Phillips**, **Darryl Elston** and anchored by **Justin Kremer**... In the DMR, No. 8 ranked Stanford set a new MPSF record with a combined time of 9:31.52. This was a NCAA AQ time as was that of runner-up No. 12 Arizona State in 9:32.80. Third-place UCLA (9:35.02), ranked ninth, gained a provisional time along with California (9:38.39) and No. 5 ranked Oregon (9:44.33). The Cardinal's winning squad was manned by **Hakon Devries** in the 1200m, trailed by **Andrew Dargie** in the 800m, **Jacob Evans** in the 400m and anchored by MPSF mile champ **Garrett Heath** in the 1600m. This year's top two times broke the previous MPSF DMR record of 9:34.99 established by California in 2007.

Women's Event Winners:

4x400 Relay	Arizona State	3:37.34
DMR*	Stanford	11:08.56

*meet record

Men's Event Winners:

4x400 Relay	Arizona State	3:07.06
DMR*	Stanford	9:31.52

Jumps: Stanford senior **Erica McLain**, ranked second in both the triple and long jumps, won her fourth-consecutive MPSF triple jump crown with a NCAA automatic qualifying mark of 13.46m (44' 2"). McLain also placed fourth in the long jump at 6.41m (21' 0.5"). Cardinal teammate **Arantxa King** ranked 4th in LJ, placed third in the MPSF long jump with an AQ of 6.42m (21' 0.75") while ASU's **Stephanie Garnett** placed second with the same mark as King in a field that produced four NCAA automatic and three provisional marks. King also placed fifth in the triple jump with a leap of 12.18m (39' 11.5"). In the high jump, Washington freshman **Ebba Jungmark** set a new MPSF record with a NCAA automatic qualifying height of 1.85m (6' 0.75"). She broke the longest standing MPSF record of 1.84m (6' 0.5") set in 1994 by Arizona's **J.C. Broughton** in Reno.

In the men's jumps, No. 3 ranked **Ed Wright** of California won the high jump for the second year in a row over No. 6 ranked Washington's **Norris Frederick**, although both hit NCAA provisional marks of 2.21m (7' 3"). Wright snatched the title on fewer attempts. No. 10 ranked **Trent Arrivey** of Washington State, the 2007 MPSF runner-up, placed third with a height of 2.09m (6' 10.25")... Frederick, ranked fourth in the long jump won that event with the best collegiate jump in the country on the year with a leap of 8.12m (26' 7.75") to snag a new MPSF championship record and a MPSF automatic qualifying jump. Top ranked **Reindell Cole** of Cal State Northridge placed second with a provisional mark of 7.83m (25' 8.25"), with No. 2 ranked heptathlete **Ashton Eaton** of Oregon placing third with a provisional leap of 7.70m (25' 3.25"). Also in the long jump, third ranked **Matt Turner** of Arizona (2007 runner-up) jumped 7.65 (25' 1.25") for fourth, with fourth ranked **Luis Rivera-Morales** of Arizona placing fifth at 7.51m (24' 7.75")... Rivera Morales earned his second provisional mark by placing second in the triple jump at 15.79m (51' 9.75") while Wildcat teammate **Marshall Daniel** (3rd place 2007) won with a provisional jump of 15.93m (52' 3.25"). **Jonathan Clark** of UCLA rounded out the medal winners with 15.29m (50' 2") in the TJ.

Women's Event Winners:

High Jump*	Ebba Jungmark, Washington State	1.85m, 6'-00 ¾"
Long Jump*	Jackie Johnson, Arizona State	6.50m, 21'-04"
Triple Jump	Erica McLain, Stanford	13.46m, 44'-02"
Pole Vault	April Kubishta, Arizona State	4.19m, 13'-09"

*meet record

Men's Event Winners:

High Jump	Ed Wright, California	2.21m, 7'-03"
Long Jump*	Norris Frederick, Washington	8.12m, 26'-07 ¾"
Triple Jump	Daniel Marshall, Arizona	15.93m, 52'-03 ¼"
Pole Vault	Ronald Carter, Long Beach St	16.03m, 52'-07 ¼"

Pole Vault: Arizona State's **April Kubishta**, tied for the NCAA's No. 1 ranking coming into the MPSF, won her second-consecutive MPSF pole vault title with a provisional vault of 4.19m (13' 9") to beat the field by two inches. **Melissa Gergel**, tied for 15th, placed second at 4.14m (13' 7") with eight vaulters coming in at 3.99m (13' 1") with **Krystal Quinn** of Cal State Northridge, and **Tori Anthony** and **Katy Viuf** of UCLA tying for third on fewest attempts. The top 10 women's vaulters earned provisional marks.

No. 4 ranked **Graeme Hoste** of Stanford won the men's vault with a NCAA automatic height of 5.61m (18' 4.75"). Placing second were two vaulters who came in tied ranked No. 17 in the NCAA; at 5.39m (17' 8.25") with a provisional mark was **Scott Roth** of Washington while **Dustin DeLeo** of UCLA also notching a provisional mark in third place at 5.34m (17' 6.25").

Throws: The top performer was double-winner and Arizona State junior **Sara Stevens**, who, for the second straight year, won both the MPSF Championship shot put and weight throw. Stevens' toss in the shot (58'-1.75"; 17.79 meters) earned her a NCAA automatic qualifying mark while her 20lb. weight throw (69'-5.25"; 21.16 meters) gained her a provisional mark. Stevens came into this competition ranked tops in the NCAA in the shot put and unranked in the weight throw. ASU senior **Tai Battle** placed second in the shot 14.91m (48' 11") and third in the weight throw 20.02m (65' 8.25") with the latter performance earning her a NCAA provisional mark. Battle was ranked 26th in the weight throw. Sun Devil teammate **Jessica Pressley**, who came in ranked fourth in both the shot put and weight throw, fouled out in the early on in the shot but placed second in the weight throw with a provisional throw of 20.08 (65' 10.5") for an Arizona State sweep in that event. **Nicole Lloyd** from Arizona placed third in the MPSF shot at 14.73m (48' 4").

Arizona State sophomore **Ryan Whiting** won the MPSF shot put for the second-consecutive season with a MPSF record and NCAA automatic qualifying toss of 21.47m (70' 5.25"), which at the time was the best collegiate toss in the country this year. **Zach Lloyd** of Arizona also earned an automatic mark of 19.60m (64' 3.75") with **John Caulfield** of UCLA rounding out the top-three with a provisional throw of 18.92m (62' 1"). In the weight throw UCLA's **Boldizsar Kocsor** won with the event's only provisional mark of 21.27m (69' 9.5"). Phil MacArthur of Washington State (19.05m, 62' 6") and **Cody Pearce** from Cal State Northridge (18.89m, 61' 11.75") placed second and third respectively in the weight throw.

Women's Event Winners:

Shot Put	Sarah Stevens, Arizona State	17.57m, 57'-7 ¾"
20# Weight	Sarah Stevens, Arizona State	20.94m, 68'-8 ½"

Men's Event Winners:

Shot Put	Ryan Whiting, Arizona State	20.47m, 70'-5 ¼"
35# Weight	Boldizsar Kocsor, UCLA	21.27m, 69'-9 ½"

**meet record*

Multi Events – Pentathlon: 2008 is the fifth-year of multi-event competition in the NCAA indoor season and the MPSF Indoor Championship. In this year's pentathlon, five events contested in a single day, NCAA 20th ranked junior **Lauren Stewart** (Brentwood HS, Brentwood, TN) of Stanford, took the MPSF championship with a point total of 3,928 points to best this championship multi-event field. Stewart achieved this victory by opening the day with a fourth-place finish in the 800-meter run (2:30.65, 685 points), taking second in the 60-meter hurdles (8.72, 969), winning the high jump in 1.73 meters (5' 8", 891), placing second in the long jump with a mark of 5.72 meters (18' 9.25", 765) and finally, posting a second-place finish in the shot put with a throw of 11.29 meters (37' 00", 614). **Liz Fuller** of Washington place second and **Whitney Liehr** of Stanford took third with point totals of 3,840 and 3,742, respectively. NCAA No. 1 ranked Arizona State senior **Jackie Johnson** (Yuma HS, Yuma, AZ) with 4,312 points and No. 2 ranked Chevell Quinley of Arizona with 4,125 points did not compete in the pentathlon in this year's MPSF championship. Johnson is the reigning 2007 MPSF and NCAA Indoor Pentathlon Champion and 2007 NCAA Outdoor Heptathlon... her indoor success in 2007 earned her a place on the NCAA Division I Silver Anniversary Team as a pentathlete.

Pentathlon Top-3 Finish:	Points	Heptathlon* Top-3 Finish:	Points
1. Lauren Stewart, Stanford	3,924	1. Josh Hustedt, Stanford	5,784*
2. Liz Fuller, Washington	3,840	2. Steven Conrad, California	5,314
3. Whitney Liehr, Stanford	3,743	3. Kyle Mills-Bunje, California	5,160

**meet record*

Multi Events – Heptathlon: In the heptathlon - seven events contested over two days – Stanford senior **Josh Hustedt**, (Jordan HS, Sandy, UT) who came in ranked 16th in the NCAA, won the heptathlon with a MPSF record of 5,784 points. Hustedt accomplished this outstanding performance by winning four of the seven events, including titles in the 60m hurdles in 8.18 seconds (937 points), the high jump with 2.01m (6'-7", 813), the pole vault at 5.10m (16'-8.75", 914), and the long jump 7.53m (24'-8.5", 942), while tying for third in the 60m dash at 7.12 (840 points), and taking 6th in the 1,000m run in 2:54.48 (719) and the shot put at 11.77m (38'-7.5"). On day one, athletes compete in the 60-meter dash, long jump, shot put and high jump, followed by the 60-meter hurdles, pole vault and finish out the two-day ordeal with the 1,000-meter run... California heptathletes **Steven Conrad** (5,314) and **Kyle Mills-Bunje** (5,160) rounded out the top three in this MPSF multi-event championship. **Ashton Eaton** of Oregon was ranked No. 2 and **Justin Johnson** of Cal State Northridge came in ranked No. 7 in the NCAA, but did not compete during the MPSF championship.

2009 MPSF INDOOR TRACK & FIELD CHAMPIONSHIP

The 2009 Mountain Pacific Sports Federation Indoor Track and Field Championship Meet will return to the University of Washington's Dempsey Indoor Facility in Seattle, February xx & xx of next year, two weeks prior to the NCAA Indoor Track and Field Championship. The 2009 MPSF Championship meet schedule is to be determined.

- MPSF -

MOUNTAIN PACIFIC SPORTS FEDERATION

INDOOR TRACK & FIELD CHAMPIONSHIP MEET RECORDS

March 1, 2008

MEN

TRACK EVENTS	Mark	Student-Athlete	School	Year	Site
55 Meter Dash	6.06	Marcus Brunson	Arizona State	1999	Reno, NV
55 Meter Hurdles	7.25	Arend Watkins	Washington State	2000	Reno, NV
60 Meter Dash	6.51	Ja' Warren Hooker	Washington	2001	Flagstaff, AZ
60 Meter Hurdles	7.70	Arend Watkins	Washington State	2001	Flagstaff, AZ
200 Meters	20.75	Ja' Warren Hooker	Washington	2001	Flagstaff, AZ
400 Meters	46.04	Mike Kenyon	Arizona	2002	Flagstaff, AZ
800 Meters	1:47.07	Bernard Lagat	Washington State	1999	Reno, NV
Mile	3:59.08	Jonah Maiyo	Arizona	2005	Seattle, WA
3,000 Meters	7:51.66	Robert Cheseret	Arizona	2005	Seattle, WA
5,000 Meters	13:45.54	Ian Dobson	Stanford	2005	Seattle, WA
1,600 Meter Relay	3:06.98		Oregon	2005	Seattle, WA
Dist. Medley Relay	9:31.52		Stanford	2008	Seattle, WA

FIELD EVENTS

High Jump	2.25m (7-4 1/2)	Chris Nelson	Oregon	1996	Reno, NV
Pole Vault	5.71m (18-8 3/4)	Tommy Skipper	Oregon	2006	Seattle, WA
Long Jump	8.12m (26-7 3/4)	Norris Frederick	Washington	2008	Seattle, WA
Triple Jump	16.24m (53-3 1/4)	Len Ozolins	California	1995	Reno, NV
Shot Put	21.47m (70-5 1/4)	Ryan Whiting	Arizona State	2008	Seattle, WA
35-lb. Wt. Throw	21.82 (71-7 1/4)	Adam Connolly	Stanford	1999	Reno, NV

HEPTATHLON	5,784 points	Josh Hustedt	Stanford	2008	Seattle, WA
PENTATHLON	4,207 points	Jacquelyn Johnson	Arizona State	2006	Seattle, WA

WOMEN

TRACK EVENTS

55 Meter Dash	6.73	Shekedia Jones	UCLA	1998	Reno, NV
55 Meter Hurdles	7.68	Claudine Robinson	Washington	1994	Reno, NV
60 Meter Dash	7.29	Brianna Glenn	Arizona	2002	Flagstaff, AZ
60 Meter Hurdles	8.06	Sheena Johnson	UCLA	2004	Seattle, WA
200 Meters	23.40	Brianna Glenn	Arizona	2002	Flagstaff, AZ
400 Meters	53.28	Crystal Irving	UNLV	1993	Reno, NV
800 Meters	2:03.39	Alysia Johnson	California	2008	Seattle, WA
Mile	4:39.01	Arianna Lambie	Stanford	2005	Seattle, WA
3,000 Meters	9:09.58	Arianna Lambie	Stanford	2006	Seattle, WA
5,000 Meters	15:50.65	Arianna Lambie	Stanford	2007	Seattle, WA
1,600 Meter Relay	3:35.82		UCLA	2001	Flagstaff, AZ
Dist. Medley Relay	11:08.56		Stanford	2008	Seattle, WA

FIELD EVENTS

High Jump	1.85m (6-0 3/4)	Ebba Jungmark	Washington State	2008	Seattle, WA
Pole Vault	4.40m (14-5 1/4)	Chelsea Johnson	UCLA	2006	Seattle, WA
Long Jump	6.50m (21-4)	Jacquelyn Johnson	Arizona State	2008	Seattle, WA
Triple Jump	13.90m (45-7 1/4)	Erica McLain	Stanford	2005	Seattle, WA
Shot Put	17.72m (58-1 3/4)	Sarah Stevens	Arizona State	2007	Seattle, WA
20-lb. Wt. Throw	21.16 (69-5 1/4)	Sarah Stevens	Arizona State	2007	Seattle, WA