



May 2, 2005

Colorado STATE Outdoor Track & Field

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2005 Release

Light Week: Very few Rams will be in competition this week as Colorado State prepares to host the Mountain West Conference Championship May 11-14 at the Jack Christiansen Track. Senior **Mike Nicks** was invited to participate in the Jesse Owens Track & Field Classic on the campus of Ohio State in the steeplechase, where he ranks 10th in the nation. A handful of athletes will travel to the Air Force Academy for the Air Force Twilight Meet on Saturday.

Quartet Goes Platinum: The quartet of senior **Katrice Thomas**, junior **Becky Hammitt** and sophomores **Janay DeLoach** and **Megan Fox** combined to break two school records over the weekend. On Friday afternoon at the Drake Relays, the foursome ran a 1:38.91 to break the school record in the 4x200 meter relay, breaking the old record of 1:46.32 from 1977. Then on Saturday, the teammates again joined forces to run a 3:57.99 in the sprint medley relay and break the school record of 4:01.72 from 1997. Three of those four -- Thomas, DeLoach and Fox -- along with freshman **Emily Pearson**, ran a 46.15 to break the 4x100 meter relay school record last weekend.

Smith Nails The Hammer: Senior **Loree Smith** again broke the Colorado State and Mountain West Conference records in the hammer throw this weekend. She also added the American Collegiate record to her list of accomplishments after throwing 220-8 in the hammer to win the Don Kirby Invitational in New Mexico. This marks the third time in two seasons Smith has broken the school and conference hammer record. She was named the Mountain West Conference Athlete of the Week for her accomplishments, marking the first time during the outdoor season, but the fourth award of the season for the senior. She has now been honored as the MWC Athlete of the Week nine times in her career.

Rams Among Nation's Best					
Name	Event	Time/Mark	Nat. Rk	Reg. Rk	
Rheannon Backes	High Jump	5-8.75	38	11	
Michelle Carman	5000 Meters	16:35.91	47	9	
Matt Cianciulli	5000 Meters	14:15.53	124	31	
Janay DeLoach	100 Meters	11.75	69	18	
Trey Eder	Long Jump	20-8	18	4	
	Shot Put	57-0	52	13	
	Hammer	188-1	76	18	
Nicole Feest	5000 Meters	16:43.80	61	12	
	10,000 Meters	34:33.36	37	8	
Alex Godell	Discus	171-7	64	20	
Cristina Gourdin	Heptathlon	5251	20	6	
Katie Hansen	Discus	169-0	24	7	
Amanda Huddleston	Triple Jump	41-6	36	7	
Katie Lloyd	Heptathlon	5151	23	7	
Magnus Lohse	Discus	167-10	102	28	
Jill McCormick	Discus	161-9	53	16	
Paul Michel	1500 Meters	3:47.29	87	17	
Mike Nicks	1500 Meters	3:44.36	31	9	
Jace Rivera	Steeplechase	8:42.98	10	2	
	Hammer	205-9	15	4	
	Discus	178-2	35	9	
Jason Schutz	Discus	172-8	16	4	
Loree Smith	Hammer	220-8	2	1	
Adam Trainor	Hammer	220-6	4	1	
Joe Trainor	Discus	165-9	113	32	
Jaimee Troth	Hammer	184-6	50	9	
Rob Watson	Steeplechase	9:02.73	50	11	

Joining The Ranks: Several Rams either improved their regional qualifying mark this weekend, or qualified for the first time. Loree Smith, junior **Jaimee Troth** and junior **Jace Rivera** all improved their regional qualifying marks in the hammer, while junior **Katie Hansen** and freshman **Jason Schutz** improved their throws in the discus and sophomore **Joe Trainor** qualified for the first time in the discus. Sophomore **Trey Eder** again improved his mark in the shot put and sophomore **Matt Cianciulli** qualified for the first time in the 5000 meters.

Made To Be Broken: Besides the three women's relay records that have been broken in the last two weeks, five other school records have fallen this season. Loree Smith broke her own record in the hammer throw last weekend and the women's heptathlon was broken by junior **Cristina Gourdin**. She recorded a two-day total of 5,251, provisionally qualifying for the NCAA Championship, breaking the record of 5,160 points, held by current assistant coach **Lindsey Malmgren** from her senior season in 2001. Mike Nicks broke the steeplechase record, running an 8:42.98, Janay DeLoach has broken the long jump record with a leap of 20-8 and Amanda Huddleston owns the triple jump record at 41-6.

Get Your Tickets Now: Colorado State hosts the Mountain West Conference Championship May 11-14 at the Jack Christiansen Track. With the new permanent stands, come enjoy the action as some of the best competitors in the nation visit Fort Collins. Admission is free on Wednesday and Thursday during the heptathlon/decatlon. Single-day tickets for Friday and Saturday are \$6 for adults and \$3 for students and youth 12 years and younger. A two-day ticket is \$10 for adults and \$5 for students/youth. All tickets are purchased at the gate.

2005 Outdoor Track & Field Schedule/Results

Date	Meet	Location	Time/Results
March 26	Rob Upton Invitational	Fort Collins, Colo.	No Team Scores
March 31-April 1	Bennett Schiemenz Multi	Greeley, Colo.	No Team Scores
April 2	Tom Benich Classic	Greeley, Colo.	No Team Scores
April 8-9	Brutus Hamilton Invitational	Berkeley, Calif.	No Team Scores
April 9	Colorado Invitational	Boulder, Colo.	No Team Scores
April 13-17	Mt. SAC Relays	Walnut, Calif.	No Team Scores
April 15-16	Sun Angel Classic	Tempe, Ariz.	No Team Scores
April 21-22	Glenn Morris Multi	Fort Collins, Colo.	No Team Scores
April 23	Jack Christiansen Invitational	Fort Collins, Colo.	W-1st; M-2nd
April 30	Drake Relays	Des Moines, Iowa	No Team Scores
	Modrall Sperling Lobo Open	Albuquerque, N.M.	No Team Scores
May 7	Air Force Twilight Meet	Air Force Academy, Colo.	Twilight
May 11-14	Mountain West Conference Championships	Fort Collins, Colo.	All Day
May 27-28	NCAA Midwest Regionals	Norman, Okla.	All Day
June 8-11	NCAA Championships	Sacramento, Calif.	All Day

Nationally Dominant: In the NCAA descending order list of regional qualifiers, Colorado State has 12 student-athletes ranked in the men's and women's discus and hammer events. That ranks second in the country behind the 13 ranked by UCLA. The only other school in the nation with double figures is Kansas State, with 10 ranked.

Best In The Mountain West: Colorado State boasts the Mountain West Conference leader in seven events -- senior **Adam Trainor** in the hammer throw, senior **Jacob Benson** in the long jump, senior **Michelle Carman** in the 5000 meters, Janay DeLoach in the long jump, Amanda Huddleston in the triple jump and Loree Smith in the discus and hammer throw.

Dandy Dozen: Trackwire.com posts a weekly ranking of the top 12 athletes in each event in track & field. The factors used to build the D12 include quantitative values that measure performances in past major competitions (such as conference championships, national championships and Olympic competition), durability and freedom from injuries, demonstrated ability to compete well in multiple rounds of competition, ability in other events, head-to-head competition with other top athletes, and personal or seasonal bests. Loree Smith ranks third in the hammer and 12th in the shot put and discus, while Adam Trainor is third in the hammer, sophomore **Magnus Lohse** ranks fifth in the shot put and Mike Nicks ranks 11th in the steeplechase.

Cracking The Top 10: Several athletes moved into the top-10 all-time at Colorado State in their respective events over the weekend. Matt Cianciulli now ranks seventh in the 5000 meters, while Trey Eder moved into eighth in the shot put, Jason Schutz is now seventh in the discus and Jace Rivera ranks fifth in the hammer. For the women, Cristina Gourdin is now eighth in the 400 hurdles, Katie Hansen is sixth in the discus, Emily Pearson is fifth in the javelin and the trio of Loree Smith, Jaimee Troth and junior **Jill McCormick** rank first, seventh and ninth, respectively, in the hammer.

Personal Bests: Over the weekend, several Rams posted career-best times or marks. Women: senior **Colleen Blair**, 5000 meters; Cristina Gourdin, 400 hurdles; Katie Hansen, discus; Jill McCormick, hammer; junior **Jill McKenzie**, triple jump, freshman **Ashleigh Morton**, 200 meters; freshman **Mindy Parsons**, hammer; Emily Pearson, long jump and javelin; freshman **Stacey Poulos**, discus and hammer; Loree Smith, hammer; senior **Sara Taylor**, shot put and Jaimee Troth, hammer. Men: freshman **Ciarre Campbell**, 100 meters and long jump; sophomore **Daniel Cecchini**, high jump; Matt Cianciulli, 5000 meters; Trey Eder, shot put and discus; freshman **Alex Godell**, hammer; freshman **Jarelle Johnson**, 100 meters; freshman **Kyle Keeler**, 400 hurdles; Jace Rivera, hammer; Jason Schutz, discus and hammer; freshman **Jason Smith**, long jump and triple jump and Joe Trainor, discus.

Weekend Recap: Thursday: At the Drake Relays in Des Moines, Colleen Blair finished 14th in the 5000 meters, posting a personal-best time of 17:06.23, while sophomore Matt Cianciulli finished eighth in the 5000 meters, clocking in at 14:15.53 -- a personal best and NCAA Regional qualifying time. Loree Smith won the hammer throw at the prestigious Penn Relays, throwing 206-8 to win by over nine feet.

Friday: At the Drake Relays, the women's 4x200 relay team broke the school record running a 1:38.91. The quartet of Katrice Thomas, Megan Fox, Janay DeLoach and Becky Hammitt finished ninth in 1:38.91, breaking the old record of 1:46.32 from 1977. Amanda Huddleston finished sixth with her leap of 41-1 in the triple jump and Jacob Benson cleared 6-6.75 in the high jump to place 13th. The only individual track event of the day for the Rams saw junior **Mike Horton** place 15th in the 100 meters with a time of 11.15.

Saturday: At the Drake Relays the women's sprint medley relay team broke the school record and at the Don Kirby Invitational, Loree Smith broke her own record in the hammer. Katrice Thomas, DeLoach, Fox and Hammitt finished fourth in 3:57.99, breaking the old record of 4:01.72 held by the 1997 team. DeLoach finished third in the long jump with a leap of 20-0.25.

Freshman **Kirsten Anthony** finished third overall and was the top collegian in the 1500 meters with a time of 4:43.13, while sophomore **Katie Lloyd** was the top collegian and placed second overall in the 100 meter hurdles with a time of 14.70. She also finished second in the long jump with a leap of 18-6. Cristina Gourdin won the 400 hurdles in a personal best time of 1:01.27. Sophomores **Rheannon Backes** and **Jenny Higgason** finished second and third, respectively in the high jump after clearing 5-5.75 and 5-3.75, respectively. Sara Taylor, Jill McCormick and Jaimee Troth finished third through fifth, respectively in the shot put, while Katie Hansen improved her regional qualifying mark and posted a personal best throw with her winning throw of 169-0 in the discus. Troth finished third in the hammer throw, while Emily Pearson finished second in the javelin, posting a personal best throw of 137-0.

For the men, both senior **Brett Melin** and **Ryan Kirkpatrick** finished fourth, with Melin running a 1:53.26 in the 800 meters, while Kirkpatrick turned in a time of 3:57.41. Senior **Tom Waido** won the 110 meter hurdles with a season-best time of 14.87 and Kyle Keeler finished third overall and was the second collegian in the 400 hurdles, posting a season-best time of 54.51. The 4x100 meter relay team finished second with a time of 41.51. Freshman **Collin Ferguson** tied for second in the high jump after clearing 5-3.5 and Ciarre Campbell won the long jump in his first meet for the Rams after finishing spring football drills with a leap of 22-9. Jarelle Johnson and Jason Smith took third and fourth in the triple jump posting season best jumps of 45-11.75 and 44-6.75, respectively. Trey Eder again improved his regional qualifying throw in the shot put, winning with a toss of 57-0. Jason Schutz won the discus with a personal best by almost ten feet, throwing 178-2, while Adam Trainor and Jace Rivera took the top two spots in the hammer, with Trainor throwing 217-2 and Rivera posting a career-best throw of 205-9.

Colorado State Men's Outdoor Track & Field Records				Colorado State Women's Outdoor Track & Field Records			
Event	Name	Time/Mark	Year	Event	Name	Time/Mark	Year
100-Meters	Deontrey Taylor, Sean Ingram	10.30	1996, 2000	100-Meters	Pam Greene	11.40	1974
110-Hurdles	Jeremy Kendall	13.85	1998	100-Hurdles	Felicia Dixon	13.58	1997
200-Meters	John Woods	20.55	2004	200-Meters	Pam Greene	23.10	1976
400-Meters	Deontrey Taylor	46.34co	1998	400-Meters	Katrice Thomas	53.64	2003
400-Hurdles	Chris Adsit	50.20	1973	400-Hurdles	Mary Norwesh	57.70	1992
800-Meters	Bryan Berryhill	1:46.03	2001	800-Meters	Wendy Knudson	1:59.91	1976
1500-Meters	Bryan Berryhill	3:37.05	2001	1500-Meters	Wendy Knudson	4:21.80	1976
Mile	Bryan Berryhill	3:55.01	2001	3000-Meters	Libbie Johnson	9:12.90	1987
Steeplechase	Mike Nicks	8:42.98	2005	Steeplechase	Meg Larson	10:10.16	2001
5000-Meters	Mike Klass	13:41.58	2000	5000-Meters	Sandy Ham	16:20.16	1992
10,000-Meters	Ed Cordova	29:03.13	1987	10,000-Meters	Sarah Piccolo	34:08.94	1997
4x100-Relay	Ingram, Gray, Ward, Smith	39.56	2000	4x100-Relay	Fox, KThomas, Pearson, DeLoach	46.15	2005
4x400-Relay	Ginther, Walker, McQueen, Parry	3:09.30	1976	4x400-Relay	Amador, Reaux, Slade, Morrison	3:41.88	1995
High Jump	Matt Hoskins	7-0.75	1989	High Jump	Elizabeth Toman	5-10.75 (1.80)	2000
Long Jump	Phil Webb	25-4.25 (7.73)	1971	Long Jump	Janay DeLoach (21-1.25w)	20-8 (6.30)	2005
Triple Jump	Mike Clark	49-9 (15.16)	1969	Triple Jump	Amanda Huddleston	41-6 (12.65)	2005
Pole Vault	Matt Smoldt	16-8.75 (5.10)	1996	Pole Vault	Christine Ahn	12-9.5 (3.90)	2004
Shot Put	Magnus Lohse	61-2.75 (18.66)	2004	Shot Put	Elizabeth Toman	52-1.25 (15.88)	2001
Discus	Casey Malone	211-6 (64.47)	2000	Discus	Shelly Borрман	198-8 (60.55)	1999
Javelin	Mattias Borрман	223-11 (68.26)	1994	Javelin	Elizabeth Toman	163-2 (49.74)	1998
Hammer	Drew Loftin	233-0 (71.01)	2003	Hammer	Loree Smith	220-8 (67.26)	2005
Decathlon	John Harrel	7,556 points	1982	Heptathlon	Cristina Gourdin	5251	2005

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Colorado State Women's Outdoor Track & Field Bests

100 Meters (11.75 regional, +.03 3000-5999, +.07 >6000)

%11.75	Janay DeLoach	4-16/Arizona State
12.08	Katrice Thomas	3-26/Colorado State
12.63	Rachelle Mims	4-9/Colorado
14.24	Amanda Johnson	4-2/Northern Colorado

100 Hurdles (13.95 regional, +.04 3000-5999, +.08 >6000)

14.04	Rachelle Mims	4-9/Colorado
14.4h	Katie Lloyd	3-31/Northern Colorado
14.93	Emily Pearson	4-9/Colorado
14.96	Cristina Gourdin	4-21/Colorado State
16.23	Ashleigh Morton	4-9/Colorado
16.50	Amanda Johnson	4-23/Colorado State

200 Meters (23.96 regional, +.07 3000-5999, +.14 >6000)

24.23	Katrice Thomas	4-16/Arizona State
24.85	Megan Fox	4-2/Northern Colorado
25.47	Emily Pearson	4-13/Azusa Pacific
26.1h	Cristina Gourdin	3-31/Northern Colorado
26.28	Katie Lloyd	4-13/Azusa Pacific
27.04	Ashleigh Morton	4-30/New Mexico
28.40	Amanda Johnson	3-26/Colorado State

400 Meters (54.61 regional, +.11 3000-5999, +.21 >6000)

55.67	Katrice Thomas	4-16/Arizona State
56.04	Becky Hammitt	4-23/Colorado State
56.34	Megan Fox	4-2/Northern Colorado
59.81	Emily Pearson	4-9/Colorado
1:02.8h	Kirsten Anthony	3-26/Colorado State

400 Hurdles (1:00.82 regional, +.11 3000-5999, +.21 >6000)

1:01.27	Cristina Gourdin	4-30/New Mexico
1:06.40	Emily Pearson	4-23/Colorado State

#800 Meters (2:09.80 regional)

2:10.04	Becky Hammitt	4-9/California
2:15.10 (2:14.34)	Kirsten Anthony	4-23/Colorado State
2:25.3h (2:24.86)	Emily Pearson	4-1/Northern Colorado
2:20.99 (2:20.23)	Cristina Gourdin	4-22/Colorado State
2:27.0h (2:26.48)	Linnea Pudwill	3-26/Colorado State
2:27.61 (2:26.85)	Melissa Thomas	4-23/Colorado State
2:27.69 (2:26.93)	Megan Fox	4-23/Colorado State
2:29.23 (2:28.47)	Katie Lloyd	4-22/Colorado State
2:37.12 (2:36.36)	Ashleigh Morton	4-22/Colorado State

#1500 Meters (4:27.80 regional)

4:32.53	Kirsten Anthony	4-9/California
4:46.95 (4:40.75)	Colleen Blair	4-23/Colorado State
4:47.97 (4:41.77)	Nicole Feest	4-23/Colorado State
4:51.93 (4:46.31)	Crystal Clark	4-2/Northern Colorado
4:53.04 (4:47.42)	Danielle Buzzell	4-2/Northern Colorado
4:55.69 (4:49.49)	Linnea Pudwill	3-26/Colorado State
5:13.04 (5:06.84)	Valerie McGregor	3-26/Colorado State

#5000 Meters (16:52.00 regional)

%16:35.91	Michelle Carman	3-25/Stanford
%16:43.80	Nicole Feest	3-25/Stanford
17:06.23	Colleen Blair	4-28/Drake
17:27.95	Crystal Clark	4-8/California
18:01.99 (17:36.15)	Linnea Pudwill	4-2/Northern Colorado
19:06.47 (18:40.63)	Val McGregor	4-2/Northern Colorado

#10,000 Meters (35:15.00 prov., 34:10.00 auto, national)

%34:33.36	Nicole Feest	4-15/Mt. SAC
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400 Meter Relay (45.80 regional, +.12 3000-5999, +.28 >6000)

l46.15	Megan Fox, Katrice Thomas, Emily Pearson, Janay DeLoach	4-23/Colorado State
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800 Meter Relay

l1:38.91	Katrice Thomas, Megan Fox, Janay DeLoach, Becky Hammitt	4-29/Drake
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Sprint Medley Relay

l3:57.99	Katrice Thomas, Janay DeLoach, Megan Fox, Becky Hammitt	4-30/Drake
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1600 Meter Relay (3:42.00 regional, +.44 3000-5999, +.84 >6000)

3:54.54	Team	4-23/Colorado State
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High Jump (5-8.75, 1.75m regional)

%5-8.75 (1.75m)	Rheannon Backes	4-2/Northern Colorado
5-7 (1.70m)	Anne McLaughlin	3-26/Colorado State
5-7 (1.70m)	Cristina Gourdin	4-23/Colorado State
5-6.5 (1.69m)	Jenny Higgason	4-9/Colorado
5-6.5 (1.69m)	Katie Lloyd	4-21/Colorado State
5-3 (1.60m)	Ashleigh Morton	3-26/Colorado State
5-1 (1.55m)	Jill McKenzie	3-26/Colorado State
5-1 (1.55m)	Emily Pearson	3-26/Colorado State

Long Jump (19-6.25, 5.95m regional)

!%20-8 (6.30m)	Janay DeLoach (21-1.25w 6.43m)	4-9/California
19-0.5 (5.80m)	Katie Lloyd	4-1/Northern Colorado
18-3.25 (5.57m)	Stacy Hancock	4-23/Colorado State
18-2.25 (5.54m)	Amanda Huddleston	4-2/Northern Colorado
17-6 (5.33m)	Cristina Gourdin	4-9/Colorado
17-4.25 (5.29m)	Ashleigh Morton	4-1/Northern Colorado
16-6.5 (5.04m)	Emily Pearson	4-30/New Mexico

Triple Jump (40-2.75, 12.26m regional)

!%41-6 (12.65m)	Amanda Huddleston	4-2/Northern Colorado
36-1.25 (11.00m)	Jill McKenzie	4-30/New Mexico
35-1.75 (10.71m)	Stacy Hancock	4-23/Colorado State
33-7.25 (10.24m)	Domicinda Hill	3-26/Colorado State

Pole Vault (12-5.5, 3.80m regional)

11-5.75 (3.50)	Ashleigh Morton	4-23/Colorado State
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Shot Put (46-11, 14.30m regional)

45-1 (13.74m)	Jaimee Troth	3-26/Colorado State
44-4.75 (13.53m)	Sara Taylor	4-30/New Mexico
43-9.25 (13.34m)	Jill McCormick	4-30/New Mexico
39-8.5 (12.10m)	Katie Lloyd	4-13/Azusa Pacific
39-7 (12.06m)	Cristina Gourdin	4-21/Colorado State
36-8.5 (11.19m)	Ashleigh Morton	4-21/Colorado State
36-5 (11.10m)	Emily Pearson	4-13/Azusa Pacific

Discus (155-2, 47.30m regional)

%172-8 (52.63m)	Loree Smith	4-16/Arizona State
%169-0 (51.51m)	Katie Hansen	4-30/New Mexico
%161-9 (49.30m)	Jill McCormick	4-23/Colorado State
149-4 (45.51m)	Stacey Poulos	4-30/New Mexico
133-11 (40.83m)	Sara Taylor	3-26/Colorado State

Hammer (177-8, 54.15m regional)

!%220-8 (67.26m)	Loree Smith	4-30/New Mexico
%184-6 (56.25m)	Jaimee Troth	4-30/New Mexico
175-0 (53.35m)	Jill McCormick	4-30/New Mexico
168-1 (51.24m)	Melissa Parsons	4-30/New Mexico
166-4 (50.70m)	Kristina Glawe	4-2/Northern Colorado
162-11 (49.66m)	Stacey Poulos	4-30/New Mexico

Javelin (141-7, 43.15m regional)

137-0 (41.76m)	Emily Pearson	4-30/New Mexico
127-8 (38.92m)	Cristina Gourdin	4-22/Colorado State
123-9 (37.72m)	Ashleigh Morton	3-26/Colorado State
123-6 (37.65m)	Katie Lloyd	3-26/Colorado State
119-3 (36.35m)	Kelly Marquardt	4-2/Northern Colorado

Heptathlon (5,000 prov., 5,500 auto, national)

!%5251	Cristina Gourdin	4-21,22/Colorado State
%5151	Katie Lloyd	4-21,22/Colorado State
4772	Emily Pearson	4-21,22/Colorado State
4424	Ashleigh Morton	4-21,22/Colorado State

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Colorado State Men's Outdoor Track & Field Bests

100 Meters (10.50 regional, +.03 3000-5999, +.06 >6000)

10.89	Denny Majerus	4-9/Colorado
10.96	Rodnee Pope	4-9/Colorado
11.0h	Kevin Johnson	3-31/Northern Colorado
11.06	Mike Horton	4-16/Arizona State
11.07	Chris Grapsas	4-23/Colorado State
11.17	Ciarre Campbell	4-30/New Mexico
11.22	Andy Stenzel	3-26/Colorado State

110 Hurdles (14.33 regional, +.04 3000-5999, +.08 >6000)

14.58	Mike Horton	4-16/Arizona State
14.87	Tom Waido	4-30/New Mexico
15.46	Kevin Johnson	4-14/Azusa Pacific

200 Meters (21.19 regional, +.07 3000-5999, +.12 >6000)

21.90	Denny Majerus	3-26/Colorado State
21.95	Brandon Kent	4-23/Colorado State
22.18	Chris Grapsas	4-2/Northern Colorado
22.28	Rodnee Pope	4-23/Colorado State
22.47	Andy Stenzel	3-26/Colorado State

400 Meters (47.26 regional, +.11 3000-5999, +.21 >6000)

48.19	Brandon Kent	4-23/Colorado State
50.33	Brett Melin	4-23/Colorado State
50.40	Kyle Keeler	4-2/Northern Colorado
51.10	Nelson Palacios	4-23/Colorado State
51.15	Kevin Johnson	3-26/Colorado State
51.61	David Hoesly	4-9/Colorado

400 Hurdles (52.51 regional, +.11 3000-5999, +.21 >6000)

54.51	Kyle Keeler	4-30/New Mexico
55.12	David Hoesly	4-23/Colorado State
55.40	Tom Waido	4-30/New Mexico

#800 Meters (1:50.40 regional)

1:51.81 (1:51.16)	Paul Michel	4-23/Colorado State
1:53.26 (1:52.60)	Brett Melin (1:52.98)	4-30/New Mexico
1:54.77 (1:54.19)	Nelson Palacios	4-2/Northern Colorado
1:55.20 (1:54.62)	Ryan Kirkpatrick	4-2/Northern Colorado
2:01.17 (2:00.52)	Ryan Lowen	3-26/Colorado State

#1500 Meters (3:48.21 regional)

%3:49.15 (3:44.36)	Mike Nicks	4-2/Northern Colorado
%3:47.29	Paul Michel	4-16/Arizona State
3:55.31 (3:50.03)	Matt Cianciulli	4-23/Colorado State
3:57.41 (3:52.07)	Ryan Kirkpatrick (3:53.57)	4-30/New Mexico
4:12.35 (4:07.07)	Nelson Palacios	4-23/Colorado State
4:18.2h (4:13.16)	David Zakavec	3-26/Colorado State

#Mile (4:06.61 regional)

4:06.88	Mike Nicks	4-9/California
4:08.34	Paul Michel	4-9/California
4:10.79	Ryan Kirkpatrick	4-9/California

#Steeplechase (9:08.15 regional)

!%8:42.98	Mike Nicks	4-15/Mt. SAC
%9:02.73	Rob Watson	4-8/California

#5000 Meters (14:15.75 regional)

%14:15.53	Matt Cianciulli	4-28/Drake
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#10,000 Meters (29:45.00 prov., 29:00.00 auto national)

400 Meter Relay (40.66 regional, +.12 3000-5999, +.24 >6000)

41.33	Team	4-2/Northern Colorado
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1600 Meter Relay (3:10.00 regional, +.44 3000-5999, +.84 >6000)

3:19.12	Team	4-23/Colorado State
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High Jump (6-10.75, 2.10m regional)

6-9 (2.05m)	Jacob Benson	3-26/Colorado State
6-4.75 (1.95m)	Collin Ferguson	3-26/Colorado State
6-3.5 (1.92m)	Kevin Johnson	4-13/Azusa Pacific
6-3.5 (1.92m)	Danny Cecchini	4-30/New Mexico

Long Jump (24-1, 7.34m regional)

23-11.5 (7.30m)	Jacob Benson	4-23/Colorado State
22-10 (6.96m)	Kevin Johnson	3-31/Northern Colorado
22-9 (6.93m)	Ciarre Campbell	4-30/New Mexico
21-4 (6.50m)	Jarelle Johnson	4-2/Northern Colorado
20-3.75 (6.19m)	Jason Smith	4-30/New Mexico

Triple Jump (49-5.75, 15.08m regional)

47-5.25 (14.46m)	Jacob Benson	4-8/California
46-0.5w (14.03m)	Clayton Eilert	3-26/Colorado State
45-11.75 (14.01m)	Jarelle Johnson	4-30/New Mexico
44-6.75 (13.58m)	Jason Smith	4-30/New Mexico

Pole Vault (16-6.75, 5.05m regional)

14-5.25 (4.40m)	Charles Johnson	4-2/Northern Colorado
13-11.25 (4.25m)	Kevin Johnson	4-14/Azusa Pacific

Shot Put (54-6, 16.61m regional)

%57-0 (17.37m)	Trey Eder	4-30/New Mexico
52-6 (16.00m)	Adam Trainor	4-30/New Mexico
51-6.25 (15.70m)	Jace Rivera	4-16/Arizona State
46-6 (14.17m)	Joe Trainor	3-26/Colorado State
40-2.75 (12.26m)	Alex Godell	4-2/Northern Colorado
39-9.75 (12.13m)	Kevin Johnson	3-31/Northern Colorado

Discus (165-3, 50.37m regional)

%178-2 (54.30m)	Jason Schutz	4-30/New Mexico
%171-7 (52.30m)	Alex Godell	4-2/Northern Colorado
%167-10 (51.17m)	Magnus Lohse	3-26/Colorado State
%165-9 (50.52m)	Joe Trainor	4-30/New Mexico
162-7 (49.57m)	Trey Eder	4-30/New Mexico

Hammer (182-6, 55.63m regional)

%220-6 (67.20m)	Adam Trainor	4-2/Northern Colorado
%205-9 (62.71m)	Jace Rivera	4-30/New Mexico
%188-1 (57.33m)	Trey Eder	4-23/Colorado State
175-3 (53.41m)	Alex Godell	4-30/New Mexico
172-11 (52.72m)	Jason Schutz	4-30/New Mexico
166-8 (50.80m)	Magnus Lohse	3-26/Colorado State
145-11 (44.49m)	Joe Trainor	4-23/Colorado State

Javelin (202-2, 61.62m regional)

154-0 (46.94m)	Andy Stenzel	4-2/Northern Colorado
153-4 (46.75m)	Kevin Johnson	4-14/Azusa Pacific

Decathlon (7,000 prov., 7,500 auto national)

6749	Kevin Johnson	4-13,14/Azusa Pacific
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Colorado State Women's Outdoor Track & Field Roster

<u>Name</u>	<u>Event</u>	<u>In/Out</u>	<u>Hometown (Last School)</u>
Edie Aberle	Sprints	Fr/Fr	Lead, S.D. (Lead-Deadwood)
Kirsten Anthony	Distance	Fr/Fr	Colorado Springs, Colo. (Liberty)
Rheannon Backes	High Jump	So/So	Bismarck, N.D. (Century)
Linn Bergander	Jumps	Fr/So	Denver, Colo. (Mullen)
Crystal Berndt	Distance	Fr/Fr	Rye, Colo. (HS)
Colleen Blair	Distance	--/Sr	Englewood, Colo. (Mullen)
Danielle Buzzell	Middle Distance	Jr/Jr	Carthage, N.Y. (Beaver River Central)
Michelle Carman	Distance	Jr/Sr	Veneta, Ore. (Boise State)
Crystal Clark	Distance	Jr/Sr	New Braunfels, Texas (HS)
Melissa Cromer	Hurdles	Jr/Jr	Craig, Colo. (Moffat County)
Tonya Cure	Multis	Fr/So	Idalia, Colo. (HS)
Janay DeLoach	Sprints/Jumps	So/So	Edwards AFB, Calif. (Eielson AFB)
Nicole Feest	Distance	Jr/Jr	Lombard, Ill. (U. Oregon)
Megan Fox	Sprints	So/So	Fort Collins, Colo. (HS)
Kristina Glawe	Hammer	So/Jr	Oak Creek, Colo. (Soroco)
Cristina Gourdin	Multis	Sr/Jr	Thornton, Colo. (HS)
Becky Hammitt	Distance	Jr/Jr	Cheyenne, Wyo. (East)
Stacy Hancock	Jumps	So/So	Longmont, Colo. (Niwot)
Katie Hansen	Throws	Jr/Jr	Fort Collins, Colo. (Poudre)
Jennifer Higgason	High Jump	Jr/Jr	Greeley, Colo. (Greeley West)
Domicinda Hill	Jumps	So/So	Haxtun, Colo. (HS)
Amanda Huddleston	Jumps	Jr/Jr	Fort Collins, Colo. (Rocky Mountain)
Haley Hunt	Throws	Jr/Jr	Florence, Ore. (Siuslaw)
Jyoti Jennewein	Pole Vault	Fr/Fr	Bailey, Colo. (Platte Canyon)
Amanda Johnson	Hurdles	Fr/Fr	Wheat Ridge, Colo. (HS)
Andrea Jones	Multis	Jr/Sr	Forney, Texas (Dallas Baptist U.)
Danielle Korb	Distance	So/So	Fort Collins, Colo. (Poudre)
Sarah Lewandowski	Distance	So/So	Littleton, Colo. (Fort Lewis)
Andrea Little	Hurdles	Jr/Jr	Fort Collins, Colo. (Rocky Mountain)
Jill Lloyd	Throws	Fr/Fr	Fruita, Colo. (Fruita Monument)
Katie Lloyd	Multis	So/So	Fruita, Colo. (Fruita Monument)
Heather Loseke	Distance	Fr/Fr	Pueblo, Colo. (Pueblo East)
Sarah MacKay	Distance	So/Jr	Whitinsville, Mass. (HS)
Kelly Marquardt	Pole Vault/Javelin	Fr/So	Carmel, Ind. (Chaparral)
Jill McCormick	Throws	Jr/Jr	Highlands Ranch, Colo. (HS)
Valerie McGregor	Distance	So/Fr	Tucson, Ariz. (Mountain View)
Jill McKenzie	Jumps	Jr/Jr	Wellington, Colo. (Poudre)
Anne McLaughlin	High Jump	Fr/Fr	Wauwatosa, Wisc. (Wauwatosa West)
Rachelle Mims	Sprints/Hurdles	So/So	Colorado Springs, Colo. (Widefield)
Ashleigh Morton	Multis/Pole Vault	Fr/Fr	Fort Collins, Colo. (Rocky Mountain)
Krista Newell	Distance	Fr/Fr	Grand Junction, Colo. (Fruita Monument)
Adrienne Parry	Distance	Fr/Fr	Fort Collins, Colo. (Rocky Mountain)
Melissa Parsons	Throws	So/Fr	Farmington, N.M. (HS)
Emily Pearson	Multis	Fr/Fr	La Junta, Colo. (HS)
Stacey Poulos	Throws	Fr/Fr	Paonia, Colo. (HS)
Linnea Pudwill	Distance	Fr/Fr	Houston, Alaska (HS)
Abby Rhodes	Distance	Jr/Jr	Bowling Green, Kent. (Homeschooled)
Niomi Ridge	Multis	Fr/Fr	Hillsboro, Ore. (Century)
Katie Sammons	Distance	Fr/Fr	Phoenix, Ariz. (Desert Vista)
Loree Smith	Throws	Sr/Sr	Julesburg, Colo. (HS)
Amy Starkweather	Middle Distance	Fr/Fr	Pueblo, Colo. (Pueblo County)
Alison Taylor	Distance	Fr/Fr	Salt Lake City, Utah (Skyline)
Sara Taylor	Throws	Sr/Sr	Longmont, Colo. (Centaurus)
April Thomas	Distance	Fr/Fr	Aurora, Colo. (Eaglecrest)
Katrice Thomas	Sprints	Sr/Sr	Colorado Springs, Colo. (Doherty)
Melissa Thomas	Distance	Fr/Fr	Aurora, Colo. (Eaglecrest)
Jaimee Troth	Throws	Jr/Jr	Las Vegas, Nev. (Centennial)
Megan Trotter	Sprints	So/Fr	Rapid City, S.D. (Central)
Ashlee Velez	Distance	Fr/Fr	La Junta, Colo. (HS)
Cassie Willibanks	Distance	Fr/Fr	Littleton, Colo. (Heritage)
Rebekah Yetzer	Distance	So/So	Lakeville, Minn. (HS)

Colorado State Men's Outdoor Track & Field Roster

<u>Name</u>	<u>Event</u>	<u>Yr</u>	<u>Hometown (Last School)</u>
Jacob Benson	Jumps	Sr/Sr	Glenwood Springs, Colo. (HS)
Ciarre Campbell	Triple Jump	Fr/Fr	Aurora, Colo. (Denver South)
Daniel Cecchini	High Jump	So/So	Colorado Springs, Colo. (Pine Creek)
Matt Cianciulli	Distance	So/So	Flagler Beach, Fla. (HS)
Steven Curtis	Distance	Fr/Fr	Eaglecrest, Colo. (HS)
Bryan Dillon	Distance	Jr/Jr	Sterling, Colo. (HS)
Trey Eder	Throws	So/So	Windsor, Colo. (Eads)
Clayton Eilert	Jumps	Fr/Fr	Fort Collins, Colo. (HS)
Jason Fearheiley	Throws	Jr/Sr	Pueblo, Colo. (South)
Collin Ferguson	Multis	Fr/Fr	Fort Collins, Colo. (HS)
Josh Glaab	Distance	Sr/Sr	Superior, Colo. (Monarch)
Alex Godell	Throws	Fr/Fr	Littleton, Colo. (Arapahoe)
Chris Grapsas	Sprints	Sr/Jr	Albuquerque, N.M. (Sandia)
Shane Gylling	Sprints	Fr/Fr	Alamosa, Colo. (HS)
Paul Hamilton	Distance	Fr/Fr	Colorado Springs, Colo. (Liberty)
Justin Hazzard	Hurdles	Jr/Jr	Broomfield, Colo. (HS)
Daniel Hemphill	Distance	Fr/Fr	Los Alamos, N.M. (HS)
Nate Heyrman	Throws	Jr/Jr	Loveland, Colo. (HS)
David Hoesly	Hurdles	Jr/Jr	Buffalo Grove, Ill. (Stevensen)
Mike Horton	Hurdles	Jr/Jr	Denver, Colo. (George Washington)
Charles Johnson	Pole Vault	Fr/Fr	San Diego, Calif. (Rancho Bernardo)
Jarelle Johnson	Jumps	Fr/Fr	Colorado Springs, Colo. (Wasson)
Kevin Johnson	Multis	So/So	Aurora, Colo. (Overland)
Kyle Keeler	Hurdles	Fr/Fr	Longmont, Colo. (HS)
Brandon Kent	200/400	Sr/Sr	Broomfield, Colo. (HS)
Ryan Kirkpatrick	Distance	So/So	Greeley, Colo. (Concordia)
Magnus Lohse	Throws	So/So	Vallda, Sweden (Aranas)
Kiel Lowen	Middle Distance	Fr/Fr	Colorado Springs, Colo. (Wasson)
Ryan Lowen	Middle Distance	Sr/Sr	Colorado Springs, Colo. (Wasson)
Denny Majerus	Sprints/Jumps	So/So	Fort Collins, Colo. (Rocky Mountain)
Brett Melin	Middle Distance	Jr/Jr	Broomfield, Colo. (Centaurus)
Paul Michel	Distance	Sr/Jr	Wheat Ridge, Colo. (HS)
Drew Morano	Sprints	So/So	Paola, Kan. (St. Thomas Aquinas)
Mike Nicks	Distance	Sr/Sr	Colorado Springs, Colo. (Doherty)
Nelson Palacios	Distance	Jr/So	Fort Collins, Colo. (HS)
Rodnee Pope	Sprints	So/So	Colorado Springs, Colo. (Mitchell)
Brian Raymond	Distance	Fr/Fr	Columbia, S.C. (Spring Valley)
Jace Rivera	Throws	Jr/Jr	Los Lunas, N.M. (Belen)
Taylor Ronne	Multis	Fr/Fr	Saint Charles, Mo. (Francis Howell Central)
Jason Schutz	Throws	Fr/Fr	Chromo, Colo. (Pagosa Springs)
Jeff Scull	Distance	Fr/Fr	Jordan Station, Ontario (Beansville)
Jason Smith	Jumps	Fr/Fr	Centennial, Colo. (Arapahoe)
Sean Smith	Distance	Fr/Fr	Carol Stream, Ill. (Bartlett)
Andy Stenzel	Sprints	Fr/Fr	Arvada, Colo. (Pomona)
Steven Swartz	Distance	Fr/Fr	Middletown, Ohio (Lakota East)
Adam Trainor	Throws	Sr/Sr	La Junta, Colo. (HS)
Joe Trainor	Throws	So/So	La Junta, Colo. (HS)
Andres Urbina	Distance	Fr/Fr	Albuquerque, N.M. (Academy)
Jeff Wahl	Distance	Fr/Fr	Littleton, Colo. (Columbine)
Tom Waido	Hurdles	--/Sr	Fort Collins, Colo. (Rocky Mountain)
Rob Watson	Distance	So/So	London, Ontario (South Secondary)
David Zakavec	Distance	Fr/Fr	Loveland, Colo. (Thompson Valley)