



May 24, 2005

# Colorado STATE Outdoor Track & Field

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2005 Release

**Regionally Bound:** There will be 23 student-athletes competing at the NCAA Regionals (see chart at right), which will be held at John Jacobs Field in Norman, Oklahoma, with the University of Oklahoma serving as the host of the Midwest Regional. The top five finishers from each event will automatically qualify for the NCAA Championship June 8-11 in Sacramento. The NCAA Committee will then fill events via the descending order list until a maximum of 544 men's and women's athletes are entered. Senior **Mike Nicks** (steeplechase), senior **Adam Trainor** (hammer), senior **Michelle Carman** (5000 meters) and senior **Loree Smith** (hammer) all rank among the top five in the region in their respective events.

**Bull In A China Shop:** Loree Smith competed in three events at the Mountain West Championship and shattered three records like they were china. On Friday, Smith broke the NCAA, American Collegiate, Colorado State, Mountain West Championship and Mountain West All-Time record in the hammer with her throw of 229-9 on her fifth throw. She breaks the NCAA record of 229-1 held by Candice Scott of Florida from 2004. The American Collegiate, Colorado State and Mountain West All-Time records were hers at 220-8 from earlier this season and the Mountain West Championship record was 204-10 by Robin Lyons of Wyoming in 2000. Smith then broke the Mountain West Championship record of 177-1, surpassing the former record of 174-4 held by Liz Toman of CSU from 2001. On Saturday, in her first shot put competition in over a year, Smith threw 54-9.5 to break the Colorado State, Mountain West Championship and Mountain West All-Time records. All three records were held by Toman at 52-1.25 from 2001. Smith earned both the Outstanding Performance of the Meet Award and the High Point Award after scoring 30 points for the Rams.

Rams Among		Nation's Best		
Name	Event	Time/Mark	Nat. Rk	Reg. Rk
Rheannon Backes	High Jump	5-8.75	47	16
Jacob Benson	Long Jump	24-0.75	100	25
Michelle Carman	5000 Meters	16:35.91	53	10
Matt Cianciulli	5000 Meters	14:15.53	131	32
Janay DeLoach	100 Meters	11.75	95	22
	Long Jump	20-8	22	5
Trey Eder	Shot Put	57-0	64	16
	Discus	169-9	99	26
	Hammer	189-6	79	20
Nicole Feest	5000 Meters	16:43.80	71	16
	10,000 Meters	34:33.36	39	9
Alex Godell	Discus	171-7	79	22
Cristina Gourdin	Heptathlon	5251	26	6
Katie Hansen	Discus	170-7	25	8
Amanda Huddleston	Triple Jump	41-6	46	10
Jarelle Johnson	Triple Jump	49-9	73	14
Katie Lloyd	Heptathlon	5151	30	8
Jill McCormick	Shot Put	47-1.5	93	18
	Discus	161-9	57	17
Paul Michel	1500 Meters	3:47.29	108	17
Mike Nicks	1500 Meters	3:44.36	37	9
	Steeplechase	8:42.98	12	3
Linnea Pudwill	Steeplechase	10:47.67	90	11
Jace Rivera	Hammer	205-9	25	9
Jason Schutz	Discus	178-2	39	11
Loree Smith	Shot Put	54-9.5	9	2
	Discus	177-1	14	3
	Hammer	229-9	1	1
Katrice Thomas	400 Meters	54.22	63	18
Adam Trainor	Hammer	220-6	4	1
Joe Trainor	Discus	168-6	115	31
Jaimee Troth	Hammer	184-6	56	10
Rob Watson	Steeplechase	9:02.73	71	14

of 5,251 points.

**Relay Record Falls... Again:** For the second time this season and the third time in the last two years, the women's 4x100 meter relay record was broken. At the Mountain West Conference Championship, the quartet of sophomore **Megan Fox**, senior **Katrice Thomas**, freshman **Emily Pearson** and sophomore **Janay DeLoach** ran a 45.81 to break the record of 46.15 they set earlier this season.

**Lucky Number Nine:** The Rams have managed to establish nine new school records this season, one on the men's side and eight women's records. \* Mike Nicks reset his own school record in the steeplechase after running an 8:42.98. \* The quartet of Janay DeLoach, Katrice Thomas, senior **Becky Hammitt** and Megan Fox broke the school records in both the 800 meter relay and sprint medley relay with times of 1:38.91 and 3:57.99, respectively. \* Fox, Thomas, Emily Pearson and DeLoach just broke the 4x100 relay record at 45.81. \* Loree Smith broke the school and NCAA record in the hammer with her throw of 229-9 and broke the school record in the shot put with her MWC title winning heave of 54-9.5. \* Junior **Amanda Huddleston** broke her own record in the triple jump and now holds the school record at 41-6. \* DeLoach has also broken her own record twice in the long jump this season and holds the record at 20-8. \* Junior **Cristina Gourdin** broke assistant coach Lindsey Malmgren's heptathlon record with her performance

### Mountain West Conference Results

Year	Men	Women
2000	4. 142.5	4. 108.5
2001	3. 171	2. 164.33
2002	2. 179	2. 147.33
2003	2. 230	3. 101
2004	2. 196	3. 117

## 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.	No Team Scores
May 11-14	Mountain West Conference Championships	Fort Collins, Colo.	W-2nd; M-3rd
May 27-28	NCAA Midwest Regionals	Norman, Okla.	All Day
June 8-11	NCAA Championships	Sacramento, Calif.	All Day

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**All-Conference:** A total of 19 student-athletes earned 29 all-conference certificates at the Mountain West Conference Championship by finishing in the top three in their respective events. Both Janay DeLoach and Loree Smith were three-time all-conference honorees, while six others earned two awards each. Smith was also named the High Point Award and Most Outstanding Performer Award winner.

- \* senior **Jacob Benson**, High Jump, Long Jump
- \* Michelle Carman, 5000 Meters
- \* sophomore **Matt Cianciulli**, 10,000 Meters
- \* Janay DeLoach, 100 Meters, 4x100 Meter Relay, Long Jump
- \* sophomore **Trey Eder**, Shot Put
- \* Megan Fox, 4x100 Meter Relay
- \* junior **Chris Grapsas**, 4x100 Meter Relay
- \* junior **Katie Hansen**, Discus
- \* senior **Mike Horton**, 110 Meter Hurdles, 4x100 Meter Relay
- \* Amanda Huddleston, Triple Jump
- \* freshman **Jarelle Johnson**, Long Jump, Triple Jump
- \* sophomore **Katie Lloyd**, Heptathlon, High Jump
- \* sophomore **Denny Majerus**, 200 Meters, 4x100 Meter Relay
- \* Mike Nicks, Steeplechase
- \* Emily Pearson, 4x100 Meter Relay
- \* sophomore **Rodnee Pope**, 4x100 Meter Relay
- \* Loree Smith, Shot Put, Discus, Hammer
- \* Katrice Thomas, 200 Meters, 4x100 Meter Relay
- \* Adam Trainor, Hammer

**Nationally Dominant:** In the NCAA descending order list of regional qualifiers, Colorado State has 16 student-athletes ranked in the men's and women's shot put, discus and hammer events. That ranks second in the country behind the 19 ranked by UCLA. In just the discus and hammer throws, both UCLA and Colorado State are tied for the most athletes ranked with 13 each.

**Cracking The Top 10:** At the Mountain West Conference Championship, several student-athletes moved into the top 10 in the Colorado State all-time rankings. For the women, Katie Lloyd posted the sixth best time in the 100 meter hurdles and now ranks 10th in the high jump, while Cristina Gourdin is 10th in the javelin and freshman **Ashleigh Morton** is 10th in the heptathlon. Janay DeLoach posted the fourth fastest 100 meter time in school history and in her first collegiate 200 meter race, posted the 10th fastest time. Freshman **Linnea Pudwill**, competing in her first-ever steeplechase, qualified for the NCAA Regionals and posted the third best time in school history. Loree Smith now ranks first in both the shot put and hammer, while junior **Jaimee Troth** is ninth in the shot put, Katie Hansen is fifth in the discus and Emily Pearson is fourth in the javelin. Also, junior **Jill McKenzie** posted the ninth best triple jump at CSU. On the men's side, Jacob Benson posted the sixth best long jump, while Jarelle Johnson is now second on the triple jump list and fellow freshman **Jason Smith** is 10th and Trey Eder moved into 10th on the hammer charts.

**USA Championship Bound:** Loree Smith, Adam Trainor and Mike Nicks have all surpassed the automatic qualifying standard for the USA National Championships. Smith has the 'A' standard in both the shot put and hammer, while Trainor has the 'A' standard in the hammer and Nicks has the 'A' standard in the steeplechase. Janay DeLoach has met the 'B' standard, which is a provisional qualifying standard in the long jump. The 2005 USA Track & Field Championships will be held June 23-26 at the Home Depot Center in Carson, California.

**Its So Hard To Say Good-bye:** There are 17 student-athletes who are finishing their eligibility in track and field this season or graduating before completing eligibility. Those 16 will be sorely missed by Colorado State. \*Jacob Benson, who will compete at the regionals, leaves as the school record holder in the indoor triple jump. \***Colleen Blair** is a two-time Mountain West Conference selection, as well as a 2003 NCAA Mountain Cross Country All-Region pick. \*Michelle Carman transferred in from Boise State, but ranks among the regional leaders in the 5000 meters and will compete this weekend. \***Crystal Clark** battled injuries throughout her career, but was a 2003 Mountain West All-Conference pick in cross country. \***Kristina Glawe** transferred from Adams State and ranks among the top 15 in school history in the hammer throw. \*Becky Hammitt has two Mountain West indoor 800 meter titles to her name and is a member of the school's record relay teams in the sprint medley and 800 meter relay. \*Mike Horton recently earned two all-conference awards in the 4x100 meter relay and 110 meter hurdles and ranks fourth on the school's top 20 list in the 110 hurdles. \***Brandon Kent** ranks among the top 15 in the 400 meters and is a four-time Mountain West All-Conference selection. \***Ryan Lowen** battled injuries throughout his career and did not finish the 2005 season. \***Brett Melin** started as a triple jumper at Colorado State and ended his career by finishing among the top eight in the conference in the 800 meters during both the indoor and outdoor championships. \*Mike Nicks has established himself as one of the top steeplechase competitors in the nation and will vie for the title this weekend at the NCAA Regionals. \*Loree Smith is nationally known as one of the top throwers in the United States and is the favorite for the NCAA hammer title. \***Sara Taylor** also struggled with injuries to her back during her career, but ranks among the top 20 in school history in the shot put, discus and hammer. \*Katrice Thomas holds the school record in the 400 meters in both indoor and outdoor and is looking to break that record once again at the NCAA Regionals this weekend. \*Adam Trainor is the top ranked hammer thrower in the region entering competition this weekend and could challenge for the NCAA title in three weeks and has been named all-conference seven times. \***Tom Waido** has the third best 400 meter hurdle time and the fifth best 110 meter hurdle time in school history and leaves the Rams as a two-time all-conference selection. \*Also ending his career after the indoor season was phenom **John Woods**, who leaves Colorado State with three school records and three All-American certificates, as well as nine Mountain West Conference titles.

Colorado State Men's Outdoor Track & Field Records			
Event	Name	Time/Mark	Year
100-Meters	Deontrey Taylor, Sean Ingram	10.30	1996, 2000
110-Hurdles	Jeremy Kendall	13.85	1998
200-Meters	John Woods	20.55	2004
400-Meters	Deontrey Taylor	46.34co	1998
400-Hurdles	Chris Adsit	50.35	1973
800-Meters	Bryan Berryhill	1:46.03	2001
1500-Meters	Bryan Berryhill	3:37.05	2001
Mile	Bryan Berryhill	3:55.01	2001
<b>Steeplechase</b>	<b>Mike Nicks</b>	<b>8:42.98</b>	<b>2005</b>
5000-Meters	Mike Klass	13:41.58	2000
10,000-Meters	Ed Cordova	29:03.4h	1987
4x100-Relay	Ingram, Gray, Ward, Smith	39.56	2000
4x400-Relay	Ginther, Walker, McQueen, Parry	3:09.30	1976
High Jump	Matt Hoskins	6-11.5	1989
Long Jump	Phil Webb	25-4.25 (7.73)	1971
Triple Jump	Mike Clark	49-10.75 (15.20)	1970
Pole Vault	Matt Smoldt	16-8.75 (5.10)	1996
<b>Shot Put</b>	<b>Magnus Lohse</b>	<b>61-2.75 (18.66)</b>	<b>2004</b>
Discus	Casey Malone	211-6 (64.47)	2000
Javelin	Mattias Borrman	223-11 (68.26)	1994
Hammer	Drew Loftin	233-0 (71.01)	2003
Decathlon	John Harrel	7,556 points	1982

Colorado State Women's Outdoor Track & Field Records			
Event	Name	Time/Mark	Year
100-Meters	Andrea Bush	11.51	1989
100-Hurdles	Felicia Dixon	13.58	1997
200-Meters	Pam Greene	23.1h	1976
<b>400-Meters</b>	<b>Katrice Thomas</b>	<b>53.64</b>	<b>2003</b>
400-Hurdles	Mary Norwesh	57.70	1992
800-Meters	Wendy Knudson	1:59.91	1976
1500-Meters	Wendy Knudson	4:21.8h	1976
3000-Meters	Libbie Johnson	9:12.91	1987
Steeplechase	Meg Larson	10:10.16	2001
5000-Meters	Sandy Ham	16:24.26	1992
10,000-Meters	Sarah Piccolo	34:08.94	1997
<b>4x100-Relay</b>	<b>Fox, KThomas, Pearson, DeLoach</b>	<b>45.81</b>	<b>2005</b>
4x400-Relay	Amador, Reaux, Slade, Morrison	3:41.88	1995
High Jump	Elizabeth Toman	5-10.75 (1.80)	2000
<b>Long Jump</b>	<b>Janay DeLoach (21-1.25w)</b>	<b>20-8 (6.30)</b>	<b>2005</b>
<b>Triple Jump</b>	<b>Amanda Huddleston</b>	<b>41-6 (12.65)</b>	<b>2005</b>
Pole Vault	Christine Ahn	12-9.5 (3.90)	2004
<b>Shot Put</b>	<b>Loree Smith</b>	<b>54-9.5 (16.70)</b>	<b>2005</b>
Discus	Shelly Borrman	198-8 (60.55)	1999
Javelin	Elizabeth Toman	163-2 (49.74)	1998
<b>Hammer</b>	<b>Loree Smith</b>	<b>229-9 (70.03)</b>	<b>2005</b>
<b>Heptathlon</b>	<b>Cristina Gourdin</b>	<b>5251</b>	<b>2005</b>

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## Colorado State Women's Outdoor Track & Field Bests

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

%11.74 (11.77)	Janay DeLoach (11.75)	5-14/Colorado State (MWC)
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
14.14	Katie Lloyd	5-11/Colorado State (MWC)
14.93	Emily Pearson	4-9/Colorado
14.78	Cristina Gourdin	5-11/Colorado State (MWC)
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)

24.19	Katrice Thomas	5-13/Colorado State (MWC)
24.42	Megan Fox	5-13/Colorado State (MWC)
24.67	Janay DeLoach	5-13/Colorado State (MWC)
25.37	Emily Pearson	5-11/Colorado State (MWC)
26.14	Cristina Gourdin	5-11/Colorado State (MWC)
26.22	Katie Lloyd	5-11/Colorado State (MWC)
26.28	Rachelle Mims	5-13/Colorado State (MWC)
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)

%54.11 (54.22)	Katrice Thomas	5-14/Colorado State (MWC)
55.33	Megan Fox	5-13/Colorado State (MWC)
56.04	Becky Hammitt	4-23/Colorado State
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
2:19.98 (2:19.22)	Cristina Gourdin	5-12/Colorado State (MWC)
2:25.3h (2:24.86)	Emily Pearson	4-1/Northern Colorado
2:26.80 (2:26.04)	Katie Lloyd	5-12/Colorado State (MWC)
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
2:32.02 (2:31.26)	Ashleigh Morton	5-12/Colorado State (MWC)

### #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

### #3000 Steeplechase (10:52.10 regional)

%11:04.82 (10:47.67)	Linnea Pudwill	5-13/Colorado State (MWC)
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### #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)

1:45.81	Megan Fox, Katrice Thomas, Emily Pearson, Janay DeLoach	5-14/Colorado State (MWC)
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### 800 Meter Relay

1:1:38.91	Katrice Thomas, Megan Fox, Janay DeLoach, Becky Hammitt	4-29/Drake
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### Sprint Medley Relay

13:57.99	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
5-7 (1.70m)	Katie Lloyd	5-13/Colorado State (MWC)
5-6.5 (1.69m)	Jenny Higgason	4-9/Colorado
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
17-7.75 (5.38m)	Ashleigh Morton	5-12/Colorado State (MWC)
17-6 (5.33m)	Cristina Gourdin	4-9/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
36-3 (11.05m)	Jill McKenzie	5-14/Colorado State (MWC)
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)

!%54-9.5 (16.70m)	Loree Smith	5-14/Colorado State (MWC)
%47-1.5 (14.36m)	Jill McCormick	5-14/Colorado State (MWC)
46-7.5 (14.21m)	Jaimee Troth	5-14/Colorado State (MWC)
44-4.75 (13.53m)	Sara Taylor	4-30/New Mexico
41-1.5 (12.53m)	Katie Hansen	5-14/Colorado State (MWC)
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)

%177-1 (53.98m)	Loree Smith	5-13/Colorado State (MWC)
%170-7 (51.99m)	Katie Hansen	5-13/Colorado State (MWC)
%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)

!%229-9 (70.03m)	Loree Smith	5-13/Colorado State (MWC)
%184-6 (56.25m)	Jaimee Troth	4-30/New Mexico
175-0 (53.35m)	Jill McCormick	4-30/New Mexico
174-0 (53.05m)	Stacey Poulos	5-6/Air Force
168-1 (51.24m)	Melissa Parsons	4-30/New Mexico
166-4 (50.70m)	Kristina Glawe	4-2/Northern Colorado

### Javelin (141-7, 43.15m regional)

140-2 (42.72m)	Emily Pearson	5-14/Colorado State (MWC)
130-5 (39.75m)	Cristina Gourdin	5-12/Colorado State (MWC)
127-4 (38.81m)	Ashleigh Morton	5-12/Colorado State (MWC)
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
4578	Ashleigh Morton	5-11,12/Colorado State (MWC)

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## Colorado State Men's Outdoor Track & Field Bests

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

10.79	Denny Majerus	5-14/Colorado State (MWC)
10.92	Mike Horton	5-14/Colorado State (MWC)
10.96	Rodnee Pope	4-9/Colorado
11.0h	Kevin Johnson	3-31/Northern Colorado
11.04	Chris Grapsas	5-14/Colorado State (MWC)
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)

14.49	Mike Horton	5-13/Colorado State (MWC)
14.74	Tom Waido	5-6/Air Force
15.46	Kevin Johnson	4-14/Azusa Pacific
15.84	David Hoesly	5-13/Colorado State (MWC)

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

21.45	Denny Majerus	5-13/Colorado State (MWC)
21.74	Chris Grapsas	5-13/Colorado State (MWC)
21.85	Brandon Kent	5-13/Colorado State (MWC)
22.13	Mike Horton	5-13/Colorado State (MWC)
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)

48.16	Brandon Kent	5-14/Colorado State (MWC)
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)

53.64	Kyle Keeler	5-14/Colorado State (MWC)
53.66	Tom Waido	5-13/Colorado State (MWC)
55.02	David Hoesly	5-13/Colorado State (MWC)

### #800 Meters (1:50.40 regional)

1:51.81 (1:51.16)	Paul Michel	4-23/Colorado State
1:52.12 (1:51.47)	Brett Melin	5-14/Colorado State (MWC)
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)

31:22.82 (30:24.33)	Matt Cianciulli	5-13/Colorado State (MWC)
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### 400 Meter Relay (40.66 regional, +.12 3000-5999, +.24 >6000)

40.94	Rodnee Pope, Denny Majerus, Chris Grapsas, Mike Horton	5-14/Colorado State (MWC)
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### 1600 Meter Relay (3:10.00 regional, +.44 3000-5999, +.84 >6000)

3:13.49	Kyle Keeler, Paul Michel, Brett Melin, Brandon Kent	5-14/Colorado State (MWC)
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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)

%*24-0.75 (7.33m)	Jacob Benson	5-13/Colorado State (MWC)
22-10 (6.96m)	Kevin Johnson	3-31/Northern Colorado
22-9 (6.93m)	Ciarre Campbell	4-30/New Mexico
22-3 (6.78m)	Jarelle Johnson	5-13/Colorado State (MWC)
20-3.75 (6.19m)	Jason Smith	4-30/New Mexico

### Triple Jump (49-5.75, 15.08m regional)

%49-9 (15.16m)	Jarelle Johnson	5-14/Colorado State (MWC)
47-11 (14.60m)	Jacob Benson	5-14/Colorado State (MWC)
47-6.5 (14.49m)	Jason Smith	5-14/Colorado State (MWC)
46-0.5w (14.03m)	Clayton Eilert	3-26/Colorado State

### 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
%169-9 (51.74m)	Trey Eder	5-13/Colorado State (MWC)
%168-6 (51.36m)	Joe Trainor	5-13/Colorado State (MWC)
%167-10 (51.17m)	Magnus Lohse	3-26/Colorado State
138-1 (42.10m)	Jace Rivera	5-13/Colorado State (MWC)

### 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
%189-6 (57.75m)	Trey Eder	5-13/Colorado State (MWC)
177-5 (54.09m)	Jason Schutz	5-13/Colorado State (MWC)
175-3 (53.41m)	Alex Godell	4-30/New Mexico
166-8 (50.80m)	Magnus Lohse	3-26/Colorado State
163-7 (49.86m)	Joe Trainor	5-13/Colorado State (MWC)

### 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. (Niwoť)
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)

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## 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)