

# WCC Outdoor Track Performance List

## Women

Event	Athlete	Performance	Date	School
<b>100m</b>	<b>Pierre, Patrice</b>	<b>12.56</b>	<b>3/3/2007</b>	<b>Portland</b>
13.50	York, Chelsea	12.77	4/14/2007	Pepperdine
	Spaulding, Tiffany	12.90	3/16/2007	Portland
	Stjernholm, Katie	13.14	2/24/2007	Pepperdine
	Dole, Tiara	13.26	3/9/2007	Pepperdine
	Llacuna, Maria	13.45	4/7/2007	Pepperdine
<b>200m</b>	<b>York, Chelsea</b>	<b>26.01</b>	<b>3/3/2007</b>	<b>Pepperdine</b>
29.00	Pierre, Patrice	26.14	3/3/2007	Portland
	Spaulding, Tiffany	26.52	5/5/2007	Portland
	Dole, Tiara	27.08	2/24/2007	Pepperdine
	Roumeliotis, Krista	27.49	4/28/2007	Portland
	Stjernholm, Katie	27.65	3/9/2007	Pepperdine
	Llacuna, Maria	27.71	4/7/2007	Pepperdine
	Junior, Brianna	28.05	2/24/2007	USF
	Gistand, Joanna	28.10	4/28/2007	SCU
	Miller, Corinne	28.41	4/14/2007	Portland
	Pogorelc, Carrie	28.67	3/24/2007	SCU
	Wheatley, Anna	28.96	2/24/2007	SCU
<b>400m</b>	<b>Moore, Cori</b>	<b>59.36</b>	<b>4/14/2007</b>	<b>Portland</b>
62.00	Spaulding, Tiffany	1:00.28	4/14/2007	Portland
	Roumeliotis, Krista	1:00.47	5/12/2007	Portland
	Gamble, Taylor	1:00.69	4/7/2007	Pepperdine
	Crotty, Erin	1:01.63	5/12/2007	Portland
	Jones, Melissa	1:01.66	3/24/2007	USF
	Stjernholm, Katie	1:01.98	3/9/2007	Pepperdine
<b>800m</b>	<b>Moore, Cori</b>	<b>2:12.44</b>	<b>3/30/2007</b>	<b>Portland</b>
2:30.00	Stribling, Renee	2:14.48	3/24/2007	USF
	Holm, Melani	2:15.04	4/13/2007	LMU
	LeSieur, Ashton	2:19.21	5/12/2007	USF
	Born, Michelle	2:20.98	4/7/2007	USF
	Jowaiszas, Christine	2:21.57	5/12/2007	USF
	Blanchard, Shanthi	2:23.16	4/7/2007	SCU
	Bentley, Emmy	2:23.32	4/28/2007	Gonzaga
	Costigan, Becky	2:24.57	3/10/2007	SCU
	Holden, Annie	2:24.88	2/24/2007	LMU
	Meisenheimer, Janelle	2:24.95	4/14/2007	Portland
	Gamble, Taylor	2:25.09	3/9/2007	Pepperdine
	Hobbs, Alice	2:25.44	4/21/2007	USF
	Carfioli, Lauren	2:25.54	2/24/2007	Pepperdine
	Puetz, Adriane	2:27.96	4/7/2007	SCU
	Jackson, Kristen	2:29.48	3/17/2007	USD
<b>1500m</b>	<b>Mickelson, Laura</b>	<b>4:29.57</b>	<b>5/12/2007</b>	<b>LMU</b>

5:00.00	Morgan, Dana	4:30.24	4/20/2007	Portland
	Stribling, Renee	4:31.00	4/13/2007	USF
	Hemphill, Natalie	4:31.51	5/5/2007	Portland
	Dahnke, Amie	4:32.17	5/5/2007	Portland
	Rohde, Kristen	4:34.65	4/28/2007	Portland
	Moore, Cori	4:36.91	4/6/2007	Portland
	Nova, Adrienne	4:37.31	5/5/2007	Portland
	Smith, Megan	4:40.87	3/17/2007	Portland
	Vasquez, Veronica	4:42.68	3/30/2007	SCU
	Born, Michelle	4:43.59	5/12/2007	USF
	Gonzalez, Kristen	4:44.82	2/24/2007	LMU
	Hartford, Jennifer	4:46.52	4/7/2007	USF
	Miller, Lucy	4:47.74	3/3/2007	USF
	Blanchard, Shanthi	4:48.32	5/4/2007	SCU
	Mickelson, Laura	4:50.23	3/16/2007	LMU
	Puetz, Adriane	4:51.68	4/7/2007	SCU
	Murphy-Hagan, Anne	4:52.47	4/7/2007	SCU
	Jowaiszas, Christine	4:53.01	4/21/2007	USF
	Bishop, Claudia	4:53.08	2/24/2007	LMU
	Sislow, Janel	4:53.58	3/3/2007	Portland
	Porter, Whitney	4:54.19	3/10/2007	SCU
	Carroll, Brianna	4:54.78	4/7/2007	Pepperdine
	White, Caitlin	4:54.95	4/7/2007	Pepperdine
	Noey, Elizabeth	4:54.98	3/24/2007	USF
	Rezowalli, Brittany	4:55.22	3/10/2007	LMU
	Young, Courtney	4:57.66	2/24/2007	Pepperdine
	Miller, Danielle	4:59.96	5/4/2007	SCU

<b>3000m</b>	<b>Morgan, Dana</b>	<b>9:46.71</b>	<b>3/17/2007</b>	<b>Portland</b>
11:00.00	Dahnke, Amie	9:54.07	3/17/2007	Portland
	Ademe, Sifrash	10:06.28	3/17/2007	Portland
	Hartford, Jennifer	10:11.23	3/3/2007	USF
	Rohde, Kristen	10:13.27	3/17/2007	Portland
	Nova, Adrienne	10:14.94	3/17/2007	Portland
	Mickelson, Laura	10:16.64	2/17/2007	LMU
	Miller, Lucy	10:22.02	5/4/2007	USF
	Ritchie, Allison	10:24.28	3/17/2007	Portland
	Fall, Abby	10:26.66	2/17/2007	LMU
	Puetz, Adriane	10:27.13	3/24/2007	SCU
	Murphy-Hagan, Anne	10:27.61	3/24/2007	SCU
	Bishop, Claudia	10:29.70	3/24/2007	LMU
	Noey, Elizabeth	10:32.16	3/3/2007	USF
	Young, Courtney	10:33.30*	3/3/2007	Pepperdine
	Sislow, Janel	10:34.62	3/17/2007	Portland
	Swigart, Lauren	10:40.20	3/24/2007	SCU
	White, Caitlin	10:41.46	3/9/2007	Pepperdine
	Carroll, Brianna	10:43.48*	3/3/2007	Pepperdine
	Nelson, Kendel	10:45.10	3/17/2007	Portland
	Rezowalli, Brittany	10:45.44	2/17/2007	LMU
	Veran, Mary	10:51.91	3/3/2007	USF

\* Converted from 2mile

<b>5000m</b>	<b>Morgan, Dana</b>	<b>16:38.11</b>	<b>3/30/2007</b>	<b>Portland</b>
18:45.00	Mickelson, Laura	16:43.71	3/31/2007	LMU
	Dahnke, Amie	16:51.55	4/20/2007	Portland
	Ritchie, Allison	17:12.28	4/6/2007	Portland
	Rohde, Kristen	17:12.77	5/5/2007	Portland
	Nova, Adrienne	17:31.62	4/20/2007	Portland
	Miller, Lucy	17:35.31	3/30/2007	USF
	Hartford, Jennifer	17:35.37	4/13/2007	USF
	Vasquez, Veronica	17:40.39	4/7/2007	SCU
	Puetz, Adriane	17:53.59	4/14/2007	SCU
	Hemphill, Natalie	17:55.68	5/13/2007	Portland
	Noey, Elizabeth	18:02.22	4/13/2007	USF
	Carroll, Brianna	18:05.29	4/14/2007	Pepperdine
	Fall, Abby	18:05.38	3/10/2007	LMU
	Swigart, Lauren	18:07.89	4/14/2007	SCU
	Nelson, Kendal	18:20.85	4/14/2007	Portland
	Murphy-Hagan, Anne	18:21.55	3/10/2007	SCU
	Born, Michelle	18:21.76	4/27/2007	USF
	Porter, Whitney	18:24.80	4/7/2007	SCU
	Holden, Annie	18:32.45	3/30/2007	LMU
	Rezowalli, Brittany	18:33.75	3/16/2007	LMU
	Blanchard, Shanthi	18:37.84	4/28/2007	SCU
	Verran, Mary	18:44.10	4/7/2007	USF
<b>100mH</b>	<b>Llacuna, Maria</b>	<b>16.49</b>	<b>4/7/2007</b>	<b>Pepperdine</b>
17.00	Haluck, Christa	16.73	3/24/2007	Portland
<b>Steeple</b>	<b>Hemphill, Natalie</b>	<b>11:04.06</b>	<b>4/20/2007</b>	<b>Portland</b>
12:00.00	Miller, Lucy	11:09.23	4/21/2007	USF
	Nova, Adrienne	11:09.40	4/6/2007	Portland
	Smith, Megan	11:22.05	4/6/2007	Portland
	Miller, Danielle	11:35.50	3/30/2007	SCU
	Bishop, Claudia	11:40.56	3/16/2007	LMU
	LeSieur, Ashton	11:50.26	4/21/2007	USF
<b>10,000m</b>	<b>Mickelson, Laura</b>	<b>34:53.16</b>	<b>4/29/2007</b>	<b>LMU</b>
38:30.00	Ritchie, Allison	36:10.86	4/20/2007	Portland
	Dahnke, Amie	36:17.66	5/12/2007	Portland
	Hartford, Jennifer	36:46.01	5/12/2007	USF
	Nelson, Kendal	37:11.45	5/12/2007	Portland
	Swigart, Lauren	38:13.40	5/12/2007	SCU
	Noey, Elizabeth	38:31.50	5/12/2007	USF
<b>4x100</b>	<b>Portland</b>	<b>50.43</b>	<b>3/24/2007</b>	<b>Portland</b>
55.00	Pepperdine	51.29	3/17/2007	Pepperdine
	USF	53.93	3/17/2007	USF
<b>4x4</b>	<b>Portland</b>	<b>4:07.34</b>	<b>4/28/2007</b>	<b>Portland</b>
4:15.00	LMU	4:14.01	2/17/2007	LMU
<b>HJ</b>	<b>Hybki , Gabrielle</b>	<b>5-5</b>	<b>3/31/2007</b>	<b>LMU</b>
4'8"	Tonelli, Celsa	5-1	3/3/2007	LMU
	Hodill, Brittany	4-11.00	4/28/2007	SCU
<b>LJ</b>	<b>Junior, Brianna</b>	<b>15-7.75</b>	<b>3/24/2007</b>	<b>USF</b>
15'0"	Borsch, Carolyn	15-05.50	3/3/2007	Portland
<b>TJ</b>	<b>Junior, Brianna</b>	<b>36-06.75</b>	<b>4/21/2007</b>	<b>USF</b>

33'0"	Haluck, Christa	34-01.50	5/5/2007	Portland
	Lennox, Natalie	33-09.25	4/7/2007	USF
	Borsch, Carolyn	33-04.75	4/28/2007	Portland
<b>SP</b>	<b>Eskeberg, Jackie</b>	<b>34-7.5</b>	<b>3/3/2007</b>	<b>Portland</b>
33'0"				

## Men

Event	Athlete	Performance	Date	School
<b>100m</b>	<b>Hornberger, Jon</b>	<b>11.17</b>	<b>4/21/2007</b>	<b>LMU</b>
12.00	Ward, Ryan	11.58	4/7/2007	SCU
	Sanchez, George	11.62	4/7/2007	SCU
	Mitchell, Keyon	11.87	2/24/2007	LMU
<b>200m</b>	<b>Stebbins, Adam</b>	<b>22.70</b>	<b>3/17/2007</b>	<b>LMU</b>
24.50	Ward, Ryan	22.93	3/24/2007	SCU
	Hornberger, Jon	23.02	3/24/2007	LMU
	Stetler, Greg	23.81	3/24/2007	SCU
	Miles, Jaamal	24.05	3/24/2007	USF
	Domenech, Matthew	24.18	3/24/2007	USF
	Sanchez, George	24.39	2/24/2007	SCU
	Quiller, Dominic	24.37	3/24/2007	LMU
<b>400m</b>	<b>Stebbins, Adam</b>	<b>49.60</b>	<b>3/3/2007</b>	<b>LMU</b>
51.00				
<b>800m</b>	<b>Nelson, Alex</b>	<b>1:53.31</b>	<b>3/24/2007</b>	<b>USF</b>
2:00.00	McKenzie, Chuck	1:54.28	5/5/2007	Portland
	Sparks, Kenny	1:54.59	3/30/2007	USF
	Dipre, Tony	1:55.73	4/7/2007	SCU
	Williams, Byron	1:55.74	3/24/2007	USF
	Smith, Micael	1:56.01	3/24/2007	USF
	Furnari, Chris	1:56.02	5/4/2007	SCU
	Barrera, Reynaldo	1:56.19	4/7/2007	LMU
	Robinson, Brendan	1:56.43	4/28/2007	Portland
	Jacobs, Chris	1:58.24	3/17/2007	USD
	Cadwell, Jay	1:59.74	3/30/2007	SCU
<b>1500m</b>	<b>McKenzie, Chuck</b>	<b>3:48.03</b>	<b>4/29/2007</b>	<b>Portland</b>
4:05.00	Sheeks, Matt	3:50.23	4/6/2007	Portland
	Nelson, Alex	3:52.55	4/13/2007	USF
	Moore, John	3:53.90	5/12/2007	Portland
	Houck, Justin	3:55.89	3/17/2007	Portland
	Robinson, Brendan	3:55.95	5/5/2007	Portland
	Kilburg, Michael	3:56.11	5/12/2007	Portland
	Wiseman, Trevor	3:57.80	4/21/2007	LMU
	Sparks, Kenny	3:57.92	3/31/2007	USF
	Williams, Byron	3:58.32	4/13/2007	USF
	Courtwright, Ryan	3:58.53	5/4/2007	USF
	Delaurenti, Mike	3:58.71	4/14/2007	SCU
	Miller, Joe	3:59.70	4/28/2007	Gonzaga
	Jacobs, Chris	4:02.35	3/31/2007	USD
	Dipre, Tony	4:03.10	2/24/2007	SCU
	Pagett, Cameron	4:03.66	4/7/2007	LMU

	Litzenberger, Colby	4:04.07	3/31/2007	Gonzaga
<b>1 mile</b>	<b>McKenzie, Chuck</b>	<b>4:02.95</b>	<b>4/14/2007</b>	<b>Portland</b>
4:25.00	Jacobs, Chris	4:21.29	4/28/2007	USD
<b>3000m</b>	<b>Wiseman, Trevor</b>	<b>8:40.49</b>	<b>3/24/2007</b>	<b>LMU</b>
9:00.00	Ault, Stephen	8:45.30	3/17/2007	Portland
	Haberkorn, Drew	8:46.08	2/17/2007	LMU
	MacNeil, Jonathan	8:49.12	2/24/2007	LMU
	Delarenti, Mike	8:49.39	3/24/2007	SCU
	Page, Cameron	8:53.10	3/24/2007	LMU
	Litzenberger, Colby	8:54.72	4/21/2007	Gonzaga
	Wyatt, Lars	8:58.33	3/17/2007	Portland
<b>5000m</b>	<b>Moore, John</b>	<b>14:00.41</b>	<b>4/20/2007</b>	<b>Portland</b>
15:45.00	Sheeks, Matt	14:04.78	3/31/2007	Portland
	Kilburg, Michael	14:06.64	4/20/2007	Portland
	McKenzie, Chuck	14:16.49	3/31/2007	Portland
	Houck, Justin	14:22.46	4/20/2007	Portland
	Longmuir, Colin	14:40.37	5/5/2007	Portland
	Delarenti, Mike	14:46.17	4/7/2007	SCU
	Miller, Joe	14:51.13	4/20/2007	Gonzaga
	Ault, Stephen	14:56.07	4/6/2007	Portland
	Foster, Jordan	14:56.8h	4/28/2007	Portland
	Litzenberger, Colby	14:57.39	4/6/2007	Gonzaga
	Wiseman, Trevor	14:58.57	4/13/2007	LMU
	Page, Cameron	15:04.28	5/12/2007	LMU
	Sparks, Kenny	15:05.50	4/7/2007	USF
	Simmons, Derrick	15:11.0h	4/28/2007	Portland
	Haberkorn, Drew	15:11.70	3/10/2007	LMU
	Courtwright, Ryan	15:12.90	4/13/2007	USF
	Blumel, AJ	15:13.36	4/7/2007	SCU
	Harkins, Alex	15:13.80	4/14/2007	SCU
	Krohn, Kevin	15:14.2h	4/28/2007	Portland
	MacNeil, Jonathan	15:14.68	3/10/2007	LMU
	Gumbs, Chris	15:16.12	4/14/2007	SCU
	Gill, Jeff	15:20.80	3/24/2007	Portland
	Robinson, Brendan	15:22.5h	4/28/2007	Portland
	Beckwith, Paul	15:24.63	3/10/2007	LMU
	Hansen, Corey	15:28.2h	4/28/2007	Portland
	Koch, Stephen	15:32.96	5/12/2007	SCU
	Lehman, JT	15:34.4h	4/28/2007	Portland
	Haugen, Michael	15:38.54	4/6/2007	Portland
	Bellisario, Nick	15:36.1h	4/28/2007	Portland
	Lee, Johnson	15:38.7h	4/28/2007	Portland
<b>Steeple</b>	<b>Houck, Justin</b>	<b>8:59.93</b>	<b>5/5/2007</b>	<b>Portland</b>
10:00.00	Ault, Stephen	9:00.20	4/29/2007	Portland
	Moore, John	9:06.12	4/14/2007	Portland
	Delarenti, Mike	9:19.88	4/28/2007	SCU
	Koch, Stephen	9:30.21	5/12/2007	SCU
	Smith, Micael	9:56.61	4/7/2007	USF
<b>10,000m</b>	Moore, John	28:35.95	4/29/2007	Portland
33:00.00	Kilburg, Michael	28:57.62	4/29/2007	Portland

	Kinsella, David	28:57.97	3/30/2007	Portland
	Sheeks, Matt	29:14.26	4/29/2007	Portland
	Longmuir, Colin	30:11.67	3/30/2007	Portland
	Miller, Joe	30:56.74	3/30/2007	Gonzaga
	Foster, Jordan	31:32.11	5/12/2007	Portland
	Krohn, Kevin	32:00.49	5/12/2007	Portland
	Gill, Jeff	32:06.31	5/12/2007	Portland
	Simmons, Derrick	32:09.94	5/12/2007	Portland
	Lee, Johnson	32:10.59	5/12/2007	Portland
	Haugen, Michael	32:12.76	5/12/2007	Portland
	Hansen, Corey	32:33.88	5/12/2007	Portland
<b>4x100</b>	<b>LMU</b>	<b>43.54</b>	<b>3/31/2007</b>	<b>LMU</b>
45.00	SCU	44.83	4/14/2007	SCU
<b>4x4</b>	<b>USF</b>	<b>3:28.56</b>	<b>3/24/2007</b>	<b>USF</b>
3:32.00	SCU	3:30.36	3/24/2007	SCU
	LMU	3:31.34	2/24/2007	LMU
<b>HJ</b>	<b>Cosgrove, Danny</b>	<b>6-3.5</b>	<b>3/17/2007</b>	<b>Portland</b>
5'10"				
<b>LJ</b>	<b>Mitchell, Keyon</b>	<b>22-05</b>	<b>3/17/2007</b>	<b>LMU</b>
19'5"	Ward, Ryan	21-09.50	3/24/2007	SCU
	Hornberger, Jon	19-06	4/21/207	LMU
<b>TJ</b>	<b>Mitchell, Kenyon</b>	<b>46-00.00</b>	<b>4/28/2007</b>	<b>LMU</b>
43'0"				
<b>SP</b>	<b>Fabrizio, AJ</b>	<b>44-04</b>	<b>4/21/2007</b>	<b>USF</b>
42'0"	Irani, Alex	42-04	4/21/2007	USF