

2007 Utah State Outdoor Track Bests – Men  
(as of April 21)

	Time/distance	Meet	Date
100 meters (regional 10.50)			
Lamar Brown	10.20 regional	Oregon	4-21
DJ Smith	10.58	Logan	4-14
Andy Davis	10.84	Weber	4-7
Blake Hadfield	11.39	Logan	4-14
110 meter hurdles			
Scott Bell	14.51	Weber	4-7
John Stang	14.81	Ariz.	3-17
Dan Seethaler	15.92	Logan	4-14
Nick Karren	14.17	Stanford	3-31
Chase Richins	14.87	Logan	4-14
Preston Gordon	15.40	Logan	4-14
Dan Seethaler	15.52	Weber	4-7
200 meters (regional 21.19)			
DJ Smith	21.34	Weber	4-7
Andy Davis	22.17	Ariz.	3-17
Brett Knighton	22.39	Ariz.	3-17
Preston Gordon	23.27	Weber	4-7
Blake Hadfield	24.32	Weber	4-7
Lamar Brown	22.10	Logan	4-14
Nick Karren	22.33	Logan	4-14
Chase Judd	23-14	Logan	4-14
400 meters (regional 47.26)			
Nick Karren	48.92	Ariz.	3-17
Brett Knighton	48.41	Weber	4-7
Chase Judd	51.18	Ariz.	3-17
Dasheek Akwenye	47.69	Stanford	3-31
400 meter hurdles (regional 52.51)			
Scott Bell	51.65 regional	Logan	4-14
Nick Karren	51.86 regional	Logan	4-14
Chase Judd	55.03	Provo	3-30
Chase Richins	55.48	Logan	4-14
Dan Seethaler	54.51	Provo	3-30
800 meters (regional 1:50.40)			
Craig Brown	1:56.35	Logan	4-14
Andrew Niccoli	1:55.39	Logan	4-14
Emon Williams	1:56.63	Weber	4-7
David Gray	1:59.05	Logan	4-14

1,500 meters (regional 3:47.80)

Ben Kessen	3:55.93	Ariz.	3-17
Tony Jones	3:55.51	Stanford	3-31
Seth Wold	3:59.74	Logan	4-14
Heath Wing	4:08.50	Logan	4-14
Brad Harding	4:31.52	Logan	4-14
Andrew Niccoli	3:56.87	Oregon	4-21
Aaron Clements	3:58.55	Oregon	4-21
Jared Glenn	4:07.12	Provo	3-30
Heath Wing	4:08.02	Provo	3-30
Vance Twitchell	3:59.84	Weber	4-7

3,000 steeplchase (regional 9:07.00)

Vance Twitchell	8:54.16 regional	Stanford	3-31
Jared Glenn	10:10.91	Weber	4-7
Heath Wing	10:18.05	Weber	4-7

5,000 meter

Tony Jones	14:26.24	Stanford	3-31
Brad Harding	16:51.24	Provo	3-30
Micheal Budge	16:51.28	Provo	3-30
Vance Twitchell	15:14.10	Logan	4-14
Seth Wold	14:33.68	Oregon	4-21
Jared Glenn	15:55.94	Logan	4-14
Taylor Mckay	17:26.53	Logan	4-14
Ben Kessen	14:40.44	Oregon	4-21

4x100 relay (regional 40.54)

Utah State	40.57	Weber	4-7
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4x400 relay

Utah State	3:12.67	Weber	4-7
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High Jump (regional 2.10m/6-10 3/4 ft.)

John Strang	2.00m	Ariz.	3-17
Casey Parker	2.10m regional	Logan	4-14

Long Jump (regional 7.34m/ 24-1ft)

Lamar Brown	6.79m	Ariz.	3-17
Preston Gordon	6.10m	Logan	4-14

Pole Vault (regional 5.05m/ 16-7ft)

David Loomis	4.27m	Logan	4-14
Matthew Toone	4.27m	Logan	4-14
Palmer Hawkins	4.27m	Logan	4-14
Jake Maybe	3.96m	Weber	4-7

Shot Put (regional 16.80m/ 55-1 1/2ft)

Kevin Liu	15.85m	Logan	4-14
Tyler Ellis	15.15m	Ariz.	3-17
Kerry Shepherd	14.30m	Ariz.	3-17
Javier Sanchez	13.72m	Weber	4-7

Triple Jump			
Blake Hadfield	13.11m	Oregon	4-21
Discus Throw (regional 51.70m/ 169-7ft)			
Kevin Liu	50.96m	Ariz.	3-17
Tyler Ellis	43.60m	Logan	4-14
Javier Sanchez	42.37m	Weber	4-7
John Strang	29.87m	Weber	4-7
Hammer Throw (regional 55.60m/182ft)			
Kevin Liu	57.97m regional	Ariz.	3-17
Kerry Shepherd	55.17m	Logan	4-14
Tyler Ellis	43.60m	Logan	4-14
Javelin (regional 61.60m/201-1ft)			
Chase Taylor	62.50m	Logan	4-14
Jamison Vickers	55.47m	Provo	3-30
Patrick Monday	49.68m	Weber	4-7
Cameron Madsen	51.51m	Weber	4-7
Nathan Capps	52.12m	Logan	4-14
Decathlon			
John Strang	6,580 pts.	Cal	3-30

2007 Utah State Outdoor Track Bests – Women  
(as of April 21)

	Time/distance	Meet	Date
100 meters (regional 11.75)			
Ali Cranney	12.61	Logan	4-14
Ashlee Cannon	12.42	Weber	4-7
Brittany Chadwick	12.54	Logan	4-14
Jessica Nielson	12.59	Logan	4-14
200 meters (regional 23.96)			
Jessie Nielson	25.43	Weber	4-7
Brittany Chadwick	25.60	Ariz.	3-17
Carrie Yost	26.22	Logan	4-14
Aimee Savageau	27.27	Logan	4-14
Ali Cranney	25.68	Logan	4-14

Cachet Webb	26.15	Provo	3-30
Jennifer Scheiss	28.04	Logan	4-14
Amber Peterson	24.88	Logan	4-14
Jessica Nielson	25.26	Logan	4-14
400 meters (regional 54.61)			
Amber Peterson	54.91	Weber	4-7
Jessica Nielson	57.21	Weber	4-7
Amy Egan	59.56	Weber	4-7
Cachet Webb	59.84	Logan	4-14
800 meters (regional 2:09.80)			
Amy Egan	2:09.20	Stanford	3-31
Erin Stratton	2:19.77	Weber	4-7
Stacie Lifferth	2:18.50	Weber	4-7
Alexis Meyer	2:19.66	Weber	4-7
Jennifer Twitchell	2:10.35	Logan	4-14
Caroline Berry	2:19.93	Logan	4-14
1500 meters (regional 4:27.80)			
Jennifer Twitchell	4:32.19	Stanford	3-31
Caroline Berry	4:40.95	Logan	4-14
Alexis Meyer	4:39.48	Oregon	4-21
Vanessa Hawkins	5:03.79	Provo	3-30
April Rowlan	4:56.50	Logan	4-14
Stacie Lifferth	4:37.80	Logan	4-14
Rebecca Bostwick	5:29.32	Weber	4-7
Erin Stratton	4:43.00	Oregon	4-21
5,000 meters (regional 17:16.55)			
April Rowlan	19:01.56	Ariz.	3-17
Caroline Berry	17:14.21	Oregon	4-21.
Amy Egan	19:14.41	Weber	4-7
Erica Martineau	19:27.22	Weber	4-7
Vanessa Hawkins	18:08.86	Oregon	4-21
Erica Martineau	20:58.83	Logan	4-14
100 meter hurdles (regional 13.92)			
Amber Peterson	13.94	Weber	4-7
Carrie Yost	14.86	Logan	4-14
Dana Strauss	15.51	Weber	4-7
Ashlee Cannon	14.84	Oregon	4-21
Jennifer Scheiss	16.39	Weber	4-7
Aimee Savageau	15.90	Logan	4-14
400 meter hurdles (regional 1:00.82)			
Amber Peterson	58.62	Logan	4-14
Ashlee Cannon	1:05.05	Ariz.	3-17
Dana Strauss	1:04.29	Logan	4-14
Stacie Lifferth	1:06.00	Logan	4-14

3,000 steeplechase (regional 11:04.90)			
Stacie Lifferth	10:10.89 regional	Oregon	4-21
Vanessa Hawkins	11:43.22	Ariz.	3-17
4x100 relay (regional 45.58)			
Utah State	46.66	Logan	4-14
4x400 relay			
Utah State	3:25.72	Provo	3-30
High Jump (regional 1.75m/ 5-8 3/4ft 0)			
Carrie Yost	1.70m	Ariz.	3-17
Aimee Sauvageau	1.60m	Ariz.	3-17
Tara Pickett	1.55m	Ariz.	3-17
Jennifer Scheiss	1.50m	Ariz.	3-17
Jamie Garn	1.52m	Logan	4-14
Pole Vault (regional 3.80m/ 12-5 1/2ft)			
Kat Duhadway	3.70m	Ariz.	3-17
Kristen Flesher	3.25m	Ariz.	3-17
Triple Jump			
Ali Cranney	10.48m	Ariz.	3-17
Shannon Prince	37.19m	Logan	4-14
Brooke McNaughton	35.36m	Logan	4-14
Shot Put (regional 16.08m/ 52-09 1/4ft)			
Krista Larson	12.19m	Logan	4-14
Shannon Prince	11.28m	Logan	4-14
Brooke McNaughton	11.89m	Logan	4-14
Courtney Broadus	11.58m	Logan	4-14
Aimee Sauvageau	10.36m	Weber	4-7
Carrie Yost	10.06m	Weber	4-7
Discus Throw (regional 47.30m/ 155-2ft)			
Krista Larson	41.15m	Stanford	3-31
Brooke McNaughton	37.80m	Oregon	4-21
Shannon Prince	40.54m	Logan	4-14
Courtney Broadus	31.10m	Logan	4-14
Hammer Throw (regional 54.15m/ 177-8ft)			
Krista Larson	49.99m	Logan	4-14
Javelin			
Sarah Young	31.70m	Logan	4-14
Jennifer Sheiss	29.26m	Logan	4-14
Aimee Sauvageau	25.60m	Weber	4-7
Carrie Yost	23.50m	Weber	4-7
Heptathlon			
Carrie Yost	4,603 pts.	Cal	3-30

Long Jump

Jennifer Scheiss

4.88m

Logan

4-14