



MOUNTAIN PACIFIC SPORTS FEDERATION

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2007 MPSF Indoor Track and Field Championships University of Washington – Dempsey Indoor Facility – Seattle, Wash. February 23-24, 2007

MPSF 15th ANNUAL 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. – Mountain Pacific Sports Federation Indoor Track and Field celebrated its 15th year of competition with an outstanding championship meet at the University of Washington's Dempsey Indoor facility for the fourth-consecutive year. For the second-year in a row, championship host and No. 5 ranked WASHINGTON won the men's team title with a 21-point margin over runner-up and No. 6 ranked STANFORD, with No. 1 ranked ARIZONA STATE taking the women's title for the first-time ever, with a team score of 135 points and an astounding 39-point margin over women's runner-up and No. 5 ranked Stanford.

TEAM RESULTS

Men: 1. WASHINGTON 109 points; 2. Arizona 88; 3. Oregon 86; 4. Stanford 79.5; 5. Arizona State 79; 6. California 64; 7. Washington State 63.5; 8. Long Beach State 50; 9. UCLA 35.

Women: 1. ARIZONA STATE 135 points; 2. Stanford 96; 3. California 80; 5T. Arizona 73.5; 5T. Washington 73.5; 6. Washington State 72; 7. Oregon 65.6; 8. UCLA 40.5; 9. Long Beach State 15; 10. UC Irvine 8.

MPSF CHAMPIONSHIP RECORDS & NCAA QUALIFYING MARKS

The 2007 Mountain Pacific Sports Federation Indoor Track & Field Championship competition produced six meet records, 11 NCAA automatic qualifying marks and 79 NCAA provisional marks by the 367 student-athletes from nine 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 (9:09.58; **Rebekah Noble**, Oregon) and 5,000-meter (15:50.65; **Arianna Lambie**, Stanford) runs, and the shot put (58'-1 3/4"; 17.79 meters) and weight throw (69'-5 1/4"; 21.16 meters); both by **Sarah Stevens** of Arizona State. The men produced meet records from California's distance medley relay team (9:34.99) and by Arizona's **Jake Arnold** in the Heptathlon with 5,673 points. The women outdid the men in establishing NCAA automatic qualifying marks by posting five individual, one team relay and one multi-event mark, with outstanding performances in the 400-meter and 3,000-meter runs, the 4x400-meter relay, the pole vault, shot put and weight throws and the pentathlon. MPSF men student-athletes post NCAA automatic qualifying marks in the 800-meter run, the 4x400 relay and the long jump.

OUTSTANDING PERFORMANCES - **Women**

2007's outstanding women's performances feature No. 1 ranked **Sarah Stevens**, who established MPSF championship records in both the shot put (58'-1 3/4"; 17.79 meters) and the 20lb. weight throw (69'-5 1/4"; 21.16 meters). Both of Steven's marks were also NCAA automatic qualifying distances. **Amy Hastings**, another top-ranked Sun Devil and the new American record-holder in the 5,000-meter run (established earlier at the Dempsey Facility on February 10) distinguished herself by easily winning the 3,000-meter run with a NCAA automatic qualifying mark of 9:13.28. Hastings, Stevens and their ASU women's teammates were ranked #1 in the country coming into this championship by both Trackwire and the USTFCCA Coaches Poll. Other outstanding performances included **Arianna Lambie's** (Stanford) NCAA automatic qualifying time and new 5,000-meter mark of 15:50.65; her third MPSF distance record. Lambie also holds MPSF records in the mile (2005 - 4:30.01) and the 3,000-meter run (2006 - 9:09.58). **Rebekah Noble** of OREGON was a dual event winner with a new MPSF 800-meter record in a NCAA automatic qualifying time of 2:04.92, while also contributing on the DMR team to help her Ducks teammates to a first-place finish in that relay event. The Huskies' **Ashley Lodree** posted wins and provisional times in both the 60-meter dash and the 60-meter hurdles to go along with a runner-up spot in the 200-meter dash, while Sun Devil **Jackie Johnson**, the 2004 NCAA heptathlon champion, bested the field to win the pentathlon with an AQ mark of 4,159 points and contributed an excellent performance to boost ASU's 4x400 relay team to the MPSF championship with an NCAA provisional time of 3:36.34. ASU's **Latoshia Wallace** also posted wins in the 400m run (54.05) and the 4x400m relay, running the anchor leg on the championship team.

OUTSTANDING PERFORMANCES - **Men**

On the men's side, **Jake Arnold** of ARIZONA, set a new MPSF standard for the heptathlon, winning the multi-event by putting up a meet record 5,673 points and taking back the MPSF championship from 2006 MPSF hep champ **Josh Kinnaman** of Arizona State. CALIFORNIA's distance medley relay team of **Giliat Ghebray**, **Nestor Solis**, **Francis Gadayan** and **Kevin Davis**, also set a new MPSF record by posting a new team mark of 9:34.99. Washington's **Ryan Brown** was a double winner, taking the 800-meter title with a NCAA provisional mark of 1:48.59 while also contributing to the Huskie's 4x400 relay win. **Justin Woods** of WASHINGTON STATE was the 60-meter dash champ at 6.78 and also placed second in the 200-meter dash in 21.25. Arizona's **Obed Mutanya** won the 5,000-meter run in a NCAA provisional time of 13:54.16, while also earning another provisional time in the runner-up spot in the 3k at 7:55.24.

- MPSF -

2007 MPSF INDOOR CHAMPIONSHIP RESULTS

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

Sprints/Hurdles: In the women's 60-meter dash, Washington's **Ashley Lodree** edged Arizona's **Nikki Martin** by .03 to take the sprint title in 7.34 seconds as both student-athletes earned NCAA provisional qualifying marks... In the 200-meter dash, **Marquita Taylor** of Arizona beat out Lodree for the title in 24.04 seconds. Lodree posted a 24.35 runner-up time while Taylor's teammate Martin placed third at 24.40... In the 400-meter dash, Arizona State's **Latosha Wallace** took the title with the only NCAA provisional time in the field at 54.05. Brook Turner of Cal was second (54.61) followed by Sun Devils **Bridgette Williams** (54.85) and **Shauntel Elcock** (55.55). In 2006 Williams finished second with Williams placing third in the 400m... In the 60m hurdles, Trackwire.com's No. 4 ranked Lodree doubled up with a another win in a provisional time of 8.17 seconds, out-dueling No. 9 **Diana Pickler**, a multi-event standout from Washington State, who posted a provisional mark of 8.31 seconds.

Justin Woods of Washington State barely edged **Troy Harris** of Arizona 6.78 to 6.79 to claim the 60m dash title, neither earning a NCAA qualifying mark. **Jaycee Robertson** of the Cougars took third in 6.82... In the 200-meter dash, **Brent Gray** of Long Beach State took the win with a time of 21.15, earning the only provisional time in the race. Woods of the Wildcats placed second in 21.25 with **Kelvin Love** of Arizona State placing third in 21.29... In the 400m dash **Domenik Peterson** of ASU earned the win in 47.59 over **Chad Barlow** of Oregon (47.82) and **Zach Chandy** of Stanford (47.97). Washington's **Alex Harcourt**, ranked No. 3 by Trackwire.com in the 400, did not compete at the MPSF championship race... For the 60m hurdles, **Darius Reed** of UCLA won in 7.92, followed by **Thomas Mack** of California (7.96) in second and **Walter Thurmond** from Oregon in third (8.10). Heptathlon winner **Jake Arnold** placed fourth, also in 8.10. Trackwire.com's No. 1 ranked 60m hurdler, **Kevin Craddock** of UCLA, did not compete.

Women's Event Winners:

60m	Ashley Lodree, Washington	7.34
60m Hurdles	Ashley Lodree, Washington	8.17
200m	Marquita Taylor, Arizona	24.04
400m	Latosha Wallace, Arizona State	54.05

Men's Event Winners:

60m	Justin Woods, Washington State	6.78
60m Hurdles	Darius Reed, UCLA	7.83
200m	Brent Gray, Long Beach State	21.15
400m	Domenik Peterson, Arizona State	47.59

Middle Distance/Distance Races: In the women's 800-meter run, Trackwire's No. 7 ranked **Rebekah Noble** of Oregon won for the second-consecutive year with an automatic qualifying time of 2:04.92, ahead of No. 4 ranked **Alysia Johnson** of California, who finished second with a provisional qualifying time of 2:05.63. UCLA's **Alice Bohannon** (ranked No. 6 in the mile) placed third with a provisional mark of 2:06.40, followed by **Ashley Freeman** of Stanford, who took fourth with a provisional mark of 2:08.59... The mile produced no NCAA qualifying marks as neither No. 3 ranked **Arianna Lambie** of Stanford or Bohannon participated in this event. **Amanda Miller** of Washington beat the field in 4:48.98 to earn the title ahead of **Jessie McLaughlin** of ASU (4:49.47) and **Alicia Follmar** of Stanford (4:50.55)... In the 3,000m run, **Amy Hastings** of Arizona State, who two weeks prior set the American women's 5k indoor mark at Dempsey, took the title in a NCAA automatic qualifying time of 9:13.28, followed by Teresa McWalters of Stanford with a provisional mark of 9:22.97. ASU also produced third-place finisher **Jenna Kingma** (9:28.05) and fourth-place **Ali Kielty** (9:29.39) who both earned provisional times, along with fifth-place finisher **Nicole Blood** of Oregon (9:29.87)... In the indoor 5k, Stanford's stellar middle distance runner **Arianna Lambie**, took the title with yet another MPSF championship meet record and NCAA automatic qualifying time of 15:50.65. That record gives Lambie all-three MPSF indoor middle-distance records after previously establishing Federation standards in the mile (4:39.01, 2005) and the 3,000 meter run (9:09.58, 2006). Lambie is currently ranked No. 3 in the mile and No. 2 in the 3k by Trackwire.com. **Anita Campbell** of Washington placed second for the second year in a row (16:28.19) and **Keara Sammons** of Oregon earned third (16:31.71), both with provisional NCAA times.

On the men's side, the 800-meter run was won for the second-consecutive year by No. 1 ranked **Ryan Brown** of Washington with a NCAA provisional time of 1:48.59. Runner-up **Russell Brown** of Stanford (no relation; ranked No. 6 on Trackwire's mile list) posted the only other provisional time of 1:49.23 with **Sean Carey** of Cal placing third in 1:50.29... In the mile, No. 12 ranked **Austin Abbott** of Washington took the gold with a provisional time of 4:02.82 just ahead of **Michael McGrath** of Oregon in 4:02.97, also a provisional time. Placing third was **Kevin Davis** of California in 4:04.38. Neither No. 6 ranked Russell Brown or No. 10 **Garrett Heath** of Stanford participated in the MPSF mile... In the 3,000m run **Galen Rupp** of Oregon took the field with a provisional mark of 7:54.19. Rupp, ranked 3rd at 5,000 meters, earned the top mark of eight provisional times produced in this race with **Obed Mutanya** of Arizona placing second (7:55.24) ahead of **Giliat Ghebray** of California (7:56.51). **Jim Grabow** of Long Beach State, ranked No. 7 at 5,000 meters, finished sixth in the 3k with a provisional time of 7:59.40... At 5,000 meters, Mutanya broke through for the win with a provisional time of 13:54.16, well ahead of runner-up **Jeremy Mineau** of Washington, also with a provisional time of 14:06.34. **Jon Thomas** of Oregon placed third at 14:10.

Women's Event Winners:

800m	Rebekah Noble, Oregon	2:04.92
Mile	Amanda Miller, Washington	4:48.98
3,000m	Amy Hastings, Arizona State	9:13.28
5,000m	Arianna Lambie, Stanford	15:50.65

Men's Event Winners:

800m	Ryan Brown, Washington	1:48.59
Mile	Austin Abbott, Washington	4:02.82
3,000m	Galen Rupp, Oregon	7:54.19
5,000m	Obed Mutanya, Arizona	13:54.16

Relays: Arizona State team, last year's MPSF runner-up, won the MPSF 4x400 Meter Relay with a provisional time of 3:36.34, well ahead of runner-up and No. 11 ranked Oregon, which posted a provisional mark of 3:37.48 and third-place team California, which produced a provisional mark of 3:37.64. ASU's winning 4x400 relay team included **Bridgette Williams**, **Shauntel Elcock**, **Jacquelyn Johnson** and **Latosha Wallace**... In the Distance Medley Relay, Oregon outpaced the field to earn the title with a NCAA provisional time of 11:18.29 ahead of No. 11 ranked Washington in 11:25.67, a provisional time for second-place, and UCLA in third with a time of 11:35.84. Ducks' carrying the baton for Oregon's winning DMR team was comprised of **Dana Buchanan**, **Keshia Baker**, **Rebekah Noble** and **Nicole Blood**.

The men's 4x400 relay title was won by unranked Washington with a NCAA a provisional time of 3:09.28 produced by a Husky team manned by **Jeff Gudaitis, Kyle Still, Ryan Brown and James Fredrickson**. Oregon, ranked No. 11, turned in a provisional time of 3:09.91 for second, while the Stanford team placed third in 3:13.87... In the Distance Medley Relay, unranked California took the race title in a MPSF championship meet record and provisional time of 9:34.99 with a team consisting of **Giliat Ghebray, Nestor Solis, Francis Gadayan and Kevin Davis**. No. 9 Washington earned the runner-up spot with a provisional time of 9:35.89, followed by No. 5 ranked Oregon at 9:37.95 and the top-ranked Stanford in 9:45.07, also both provisional marks. The top three times from this year's DMR all broke the previous meet record of 9:38.87, established by the Cardinal in 2006.

Women's Event Winners:

4x400 Relay	Arizona State	3:36.34
DMR	Oregon	11:18.29

Men's Event Winners:

4x400 Relay	Washington	3:09.28
DMR	California	9:34.99

Jumps: Although **Erica McLain** did not dominate in the horizontal jumps this year as she did in 2005 and 2006, McLain did take the triple jump title for the third-consecutive year and placed second in the long jump. McLain, the current MPSF record holder in the TJ (2005, 13.90m; 45'-7 1/4") beat this year's field with a bound of 13.51m (44'-04") to earn a NCAA automatic qualifying mark. She was pursued by **Cassandra Strickland** of California in second with a provisional mark of 12.98m (42'-07") and **Sarah Burns** of Washington State in third at 12.62m (41'-05")... In the long jump, Stanford freshman **Sarah Matthew** leapt 6.26m (20'-06") to beat McLain for the title with a provisional mark, while McLain also produced a provisional distance of 6.21m (20'-04 1/2") for second. **Stephanie Garnett** of Arizona State earned third with the last provisional distance in this event at 6.17, (20'-03"). Garnett was the LJ runner-up in 2006... In the high jump, the Pickler twins of Washington State placed first and third with **Diana Pickler** winning the title at a height of 1.82m (5'-11 1/2") followed by **Inika McPherson** of California in second at 1.77m (5'-09 3/4") and **Julie Pickler** in third at 1.72m (5'-07 3/4"). In 2006, McPherson was the HJ event winner with Julie Pickler finishing in the third spot.

In the men's jumps, No. 15 ranked **Ed Wright** of California won the high jump by five inches over **Trent Arrivey** of Washington State with the only provisional mark in this event at 2.20m (7'-02 1/2"). Arrivey posted a mark of 2.02m (6'-7 1/2") for second, with No. 10 ranked **Norris Frederick** of Washington placing third with the same mark of 2.02m... In the long jump, No. 2 ranked Husky standout jumper **Frederick** was ill with pneumonia, but despite not being 100%, he put up the winning leap of 7.68m (25'-02 1/2") for a NCAA provisional mark. No. 7 **Matt Turner** of Arizona State was the runner-up with a provisional leap of 7.59m (24'-11") ahead of third-place finisher **Daniel Marshall** of Arizona at 7.47m (24'-06 1/4")... In the triple jump, No. 14 ranked **Ronald Carter** of Long Beach State won with a provisional mark of 16.03m (52'-07 1/4") followed by provisional marks from No. 12 ranked **Marshall** at 15.46m (50'-08 3/4") for second-place and No. 16 **Michael Johnson** of UCLA in third at 15.4m (50'-06 1/4").

Women's Event Winners:

High Jump	Diana Pickler, Washington State	1.82m, 5'-11 1/2"
Long Jump	Sarah Matthew, Stanford	6.26m, 20'-06 1/2"
Triple Jump	Erica McLain, Stanford	13.51m, 44'-04"
Pole Vault	April Kubishta, Arizona State	4.27m, 14'-00"

Men's Event Winners:

High Jump	Ed Wright, California	2.2m, 7'-02 1/2"
Long Jump	Norris Frederick, Washington	7.68m, 25'-02 1/2"
Triple Jump	Mike Landers, UCLA	5.32m, 17'-05 1/2"
Pole Vault	Ronald Carter, Long Beach St	16.03m, 52'-07 1/4"

Pole Vault: NCAA No. 1 ranked **April Kubishta** of Arizona State barely missed her NCAA top mark of 4.30m, posting an automatic qualifying height of 4.27m (14'-00") to win the MPSF championship women's pole vault title. Kubishta was followed by No. 3 ranked **Ingrid Kantola** of UCLA who placed second with a provisional vault of 4.10m (13'-05 1/4"). No. 13 ranked **Gabriella Duclos** of Arizona and **Megan Jamerson** of UCLA knotted with six others at 3.95m (12'-11 1/2"), but tied for third-place based on number of attempts. UCLA placed four vaulters in the top-11 in the MPSF championship with **Jackie Nguyen** in the sixth spot with a height of 3.95m.

No. 10 ranked **Mike Landers** of UCLA won the men's vault despite a three-way tie at 5.32m (17'-05 1/2") for the top three spots, broken by fewest attempts. Landing in the second-spot was No. 5 **Graeme Hoste** of Stanford and No. 9 **Tyson Byers** of Washington State was third with the same provisional mark. No. 2 ranked **Tommy Skipper** of Oregon did not compete at the MPSF championship meet.

Throws: Perhaps the top performer of the meet was Arizona State sophomore **Sara Stevens**, who won both the shot put and weight throw with MPSF Championship Meet records and NCAA automatic qualifying marks. Stevens, ranked tops in the country in the shot, posted a distance of 17.72m (58'-01 3/4") with the spherical orb, just shy of her top throw of the year of 17.86m. Sun Devil teammate **Jessica Pressley** (ranked No. 7 in the shot and No. 10 in the weight throw) placed second in both throws events, posting a provisional throw of 16.78m (55'-00 3/4") in the shot, with **Missy Faubus** of California earning third with a non-qualifying mark of 15.03m (49'-03 3/4")... Stevens, ranked No. 9, again shined in the weight throw posting a record NCAA automatic mark of 21.16m (69'-05 1/4"), followed again by Pressley with a provisional toss of 20.30m (66'-07 1/4") for second and by **Britney Henry** of Oregon in third with a provisional throw of 19.86m (65'-02")

Top-ranked Arizona State freshman **Ryan Whiting** won the MPSF shot put with a NCAA automatic qualifying toss of 19.71m (64'-08") and was followed by another automatic mark of 19.32m (63'-04 3/4") from Arizona's No. 11 ranked **Shawn Best** for second-place. Best's Wildcats teammates No. 10 ranked **Adam Kuehl** placed third with 18.49m (60'-08") and No. 21 **Jarred Sola** earned fourth with 18.04m (59'-02 1/4"); both provisional marks... In the weight throw No. 10 ranked **Brian Richotte** of Oregon took the MPSF title with a championship NCAA provisional throw of 20.73m (68'-00 1/4"), ahead of Washington's No. 22 ranked **Martin Bingisser** at 19.40 (63'-07 3/4") in second and unranked **Jason Lewis** of Arizona State in third at 18.73m (61'-05 1/2").

Women's Event Winners:

Shot Put:	Sarah Stevens, Arizona State	17.72m, 58'-1 3/4"
20# Weight	Sarah Stevens, Arizona State	21.16m, 69'-5 1/4"

Men's Event Winners:

Shot Put:	Ryan Whiting, Arizona State	19.71m, 64'-8"
35# Weight	Brian Richotte, Oregon	20.73m, 60'-0 1/4"

Multi Events - Pentathlon: 2007 marks the fourth 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, 2004 NCAA outdoor heptathlon champion, **Jackie Johnson** of Arizona State won the MPSF Championship indoor pentathlon with a NCAA automatic qualifying mark of 4,159 points, which before this weekend, would have been the second-highest point total in the nation. Johnson came in to the MPSF Championship ranked 19th, with **Diana Pickler** of Washington State ranked No. 1 (4,260), her twin sister **Julie Pickler** (4,003) ranked 6th and **Lauren Collins** of UC Irvine, second in this MPSF championship with 3,963 points, ranked 21st. The Pickler twins did not compete in the pentathlon at the MPSF championship, as they have previously likely qualified for the NCAA's. Johnson won the pentathlon by besting the field in both the 60-meter hurdles (8.56) and the 800-meter run (2:17.74), while taking second in the shot put (12.18 meters; 39'-11 ¾") and third in both the high jump (1.69 meter; 5'-6 ½") and long jump (5.79 meters; 19'-00").

<u>Pentathlon Top-3 Finish:</u>	<u>Points</u>	<u>Heptathlon Top-3 Finish:</u>	<u>Points</u>
1. Jacquelyn Johnson, Arizona State	4,159	1. Jake Arnold, Arizona	5,673
2. Lauren Collins, UC Irvine	3,963	2. Joshua Kinnamon, Arizona State	5,585
3. Lauryn Jordan, Oregon	3,957	3. Chris Richardson, Long Beach State	5,363

Multi Events - Heptathlon: In the heptathlon - seven events contested over two days - Arizona's **Jake Arnold** wrested the title away from 2006 winner **Joshua Kinnamon** of Arizona State with a NCAA automatic qualifying mark of 5,673 points and establishing a new MPSF record in the process. Arnold's mark tops the record of 5,603 points set by Kinnamon last year. Arnold was in fourth-place after day one, placing fifth in both the 60-meter dash (7.2) and the long jump (6.91 meters; 22'-8"), third in the shot put (14.1 meters; 46'-3 ¼") and a first in the high jump with a leap of 2.01 meters (6'-7"). On day two, Arnold finished strong with first-place marks in the 60-meter hurdles (8.25) and pole vault (4.96 meters; 16'-3 ¼") while finishing out the competition with fifth-place in the 1,000-meter run, the last event of the two-day ordeal, posting a time of 2:56.12 to take the 2007 heptathlon title. Coming into this championship, Arnold was ranked third in the NCAA at 5,687, with Josh Hustedt of Stanford in 4th (5,677), Kinnamon in 12th (5,408) and Chris Richardson of Long Beach State in 19th (5,312)

2008 MPSF INDOOR TRACK & FIELD CHAMPIONSHIP

The 2008 Mountain Pacific Sports Federation Indoor Track and Field Championship Meet will return to the University of Washington's Dempsey Indoor Facility in Seattle, February 22 & 23 of next year, two weeks prior to the NCAA Indoor Track and Field Championship. The 2008 MPSF Championship meet schedule is to be determined.

MOUNTAIN PACIFIC SPORTS FEDERATION

2007 Indoor Track & Field

CHAMPIONSHIP MEET RECORDS

February 26, 2006

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	9:34.99		California	2007	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	8.08m (26-6 1/4)	Matt Mason	Washington State	2004	Seattle, WA
Triple Jump	16.24m (53-3 1/4)	Len Ozolins	California	1995	Reno, NV
Shot Put	20.00m (65-7 1/2)	John Godina	UCLA	1995	Reno, NV
35-lb. Wt. Throw	21.82 (71-7 1/4)	Adam Connolly	Stanford	1999	Reno, NV

HEPTATHLON	5,673 points	Jake Arnold	Arizona	2007	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	2:04.92	Rebekah Noble	Oregon	2007	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	11:11.46		Stanford	2006	Seattle, WA

FIELD EVENTS

High Jump	1.84m (6-0 1/2)	J.C. Broughton	Arizona	1994	Reno, NV
Pole Vault	4.40m (14-5 1/4)	Chelsea Johnson	UCLA	2006	Seattle, WA
Long Jump	6.41m (21-0)	Agneta Rosenblad	Washington State	2001	Flagstaff, AZ
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