



2023 SAN DIEGO STATE TRACK & FIELD

2023 Schedule

December

10 Red-Black All-Comers Meet SDSU

January

27-28 UW Invite UW

February

2-4 WSU Open & Combined Events WSU

10-11 Don Kirby Invite UNM

23-25 MW Indoor Champs UNM

March

10 Ben Brown Invite

10-11 NCAA Indoor Championships UNM

18 Point Loma Invite PLNU

23-25 Aztec Invitational SDSU

31 Stanford Invite Stanford

April

1 Stanford Invite Stanford

7-8 Trojan Invite USC

7-8 Triton Invite UCSD

12-15 Mt. Sac Relays Mt. Sac

13-15 Bryan Clay Invitational APU

27-29 Penn Relays Penn

28-29 UCI Steve Scott Invite UCI

May

6 Oxy Invitational Oxy

11-13 MW Outdoor Champs Fresno, Calif.

24-27 NCAA West Prelims Sacramento, Calif.

June

7-10 NCAA Outdoor Champs Texas

Meet Week Preview

Mountain West Indoor Championships – Albuquerque, NM – February 23-25

Albuquerque, NM. – Albuquerque Convention Center (Hosted by UNM)

Watch: Mountain West Network | Live Results available at www.rtspt.com/events/mw/2023-Indoor/

Albuquerque, NM. – The Aztecs are set to compete at the 2023 Mountain West Indoor Championships from February 23-25 at the Albuquerque Convention Center in Albuquerque, NM, the fourth consecutive meet at this venue. The meet will be streamed on the Mountain West Network.

Following their appearance in Albuquerque, the team will return to San Diego to prepare for the NCAA Indoor Championships as well as the beginning of their Outdoor season.

The meet gets started on Thursday Feb. 23 with the pentathlon at 11 a.m. PT where Thalia Wilson, Ruthie Grant-Williams and Jenna Fee Feyerabend will be competing. Feyerabend has the second-best pentathlon score in SDSU indoor history with 4,103 points.

The Aztecs last competed at the UNM Don Kirby Invitational from Feb. 10-11.

Friday's highlight came from Rhea Hoyte who placed second in the 400-meter dash with a time of 55.58 seconds, earning a new personal best record.

Jada Moore came in 15th in the 200 in 23.91, and Shaquena Foote (16th, 24.04), and Aisha Watt (17th, 24.07, PR) also competed in the event. Aisha Watt's performance brought her to a new personal best.

The Aztecs 4x400, made up of Rhea Hoyte, Shaquena Foote, Aisha Watt, and Sydney Bentley ended with a third place finish with a time of 3:40.28, the sixth best in SDSU indoor history.

In the triple jump, Simone Johnson finished eighth-place with a jump of 42-06.25 (12.96m) followed by Sameerah Evans in 22nd with a 39-10.75 (12.16m) jump, a new personal best record and the ninth best in school indoor history.

Ashley Callahan represented the Aztecs in pole vault with a 5th place finish and jump of 13-03.75.

The Aztecs return 27 members of the 2022 squad while welcoming six freshman and five transfers.

Aztec Tidbits

- This will be the fourth consecutive Indoor Championships hosted by UNM at the in Albuquerque Convention Center in Albuquerque, NM.
- The Aztecs placed second at the 2022 Mountain West Indoor Championships with nine athletes medal in individual events.
- Jenna Fee Feyerabend's pentathlon performance of 4,103 points puts her at 2nd best in the Mountain West, 14th in the nation, and second-best pentathlon score in SDSU indoor history.
- Jada Moore ranks third in the the Mountain West in the 200-meter dash with her performance of 23.86 seconds. The mark is also the eighth-fastest indoor time in program history.
- Head Coach Shelia Burrell, six-time Mountain West Coach of the Year, enters her 14th season on the Mesa.

Roster Breakdown

By Class

Seniors (14)

Sydney Bentley, Felicia Crenshaw, Danae Dyer, Corey Friedenbach, Ruthie Grant-Williams, Erica Grotegeer, Lauren Harper, Jessica Kain, Alex Lomeli, Taylor Lustyan, Jada Moore, Vanessa Spizewski, Dejanae Thompson, Destiny Washington

Juniors (8)

Amber Elias, Sameerah Evans, Rhea Hoyte, Simone Johnson, Hannah Waller, Aisha Watt, Bailey Watts, Thalia Wilson

Sophomores (10)

Alexus Alexander, Onyi Anigbogu, Zoe Brosch, Vanessa Cabello, Ashley Callahan, Jenna Fee Feyerabend, Shaquena Foote, Maya Gorman, Madeleine Heller, Nicole Meyer

Freshmen (6)

Melanie Falkowski, Charlize James, Kimeone McLeod, Maddy Parrone, Bella Peretti, Tatum Zinkin

By Home State/Country

California (31) - Alexis Alexander, Onyi Anigbogu, Sydney Bentley, Zoe Brosch, Vanessa Cabello, Ashley Callahan, Felicia Crenshaw, Danae Dyer, Amber Elias, Sameerah Evans, Melanie Falkowski, Corey Friedenbach, Maya Gorman, Ruthie Grant-Williams, Erica Grotegeer, Lauren Harper, Madeleine Heller, Charlize James, Simone Johnson, Jessica Kain, Alex Lomeli, Taylor Lustyan, Nicole Meyer, Maddy Parrone, Bella Peretti, Vanessa Spizewski, Dejanae Thompson, Destiny Washington, Bailey Watts, and Tatum Zinkin

Washington (1) - Aisha Watt

Jamaica (2) - Shaquena Foote, Thalia Wilson

Barbados (1) - Rhea Hoyte

Germany (1) - Jenna Fee Feyerabend

Missouri (1) - Jada Moore

Slovenia (1) - Zala Sekavcnik

Virginia (1) - Hannah Waller

2023 SDSU Track and Field Roster

Name	Events	Yr.	Hometown (Previous School)
Alexus Alexander	Sprints	So.	Compton, Calif. (Lakewood High)
Onyi Anigbogu	Throws	So.	Corona, Calif. (Santiago HS)
Sydney Bentley	Sprints	Sr.	Los Angeles, Calif.
Zoe Brosch	Throws	So.	South Lake Tahoe, Calif. (South Tahoe High)
Vanessa Cabello	Distance	So.	Los Altos, Calif. (Saint Francis High)
Ashley Callahan	Pole Vault	So.	Escondido, Calif. (Rancho Bernardo High)
Felicia Crenshaw	Throws	Sr.	Costa Mesa, Calif. (Costa Mesa High)
Danae Dyer	Sprints/Hurdles	Sr.	Temecula, Calif. (Temecula Valley High)
Amber Elias	Distance	Jr.	Napa, Calif. (Vintage HS)
Sameerah Evans	Hurdles/Jumps	Jr.	Fairfield, Calif. (CSUN)
Melanie Falkowski	Distance	Fr.	Laguna Beach, Calif. (Laguna Beach HS)
Jenna Fee Feyerabend	Multi's/Jumps	So.	Gross-Gerau, Germany (Carl-Von-Weinberg Schule)
Shaquena Foote	Sprints/Hurdles/Mid	So.	Westmoreland, Jamaica (Petersfield HS)
Corey Friedenbach	Pole Vault	Sr.	Santa Cruz, Calif. (Air Force)
Maya Gorman	Sprints/Jumps	So.	Mountain House, Calif. (CSU Stanislaus)
Ruthie Grant-Williams	Multi's	Sr.	Coronado, Calif. (Coronado High)
Erica Grotegeer	Throws	Sr.	Plumas Lake, Calif. (Wheatland Union High)
Lauren Harper	Mid-Distance	Sr.	Weaverville, Calif. (Trinity High)
Madeleine Heller	Distance	So.	San Juan Capistrano, Calif. (USD)
Rhea Hoyte	Sprints/Hurdles	Jr.	St. Michael, Barbados (The St. Michael School)
Charlize James	Sprints	Fr.	Spring Valley, Calif. (San Diego HS)
Simone Johnson	Sprints/Jumps	Jr.	Fresno, Calif. (Central High)
Jessica Kain	Mid-Distance	Sr.	Scotts Valley, Calif. (Scotts Valley High)
Alex Lomeli	Mid-Distance	Sr.	Los Angeles, Calif (Notre Dame Academy High)
Taylor Lustyan	Distance	Sr.	Clovis, Calif. (Chico State)
Kimeone McLeod	Sprints/Hurdles	Fr.	Spanish Town, Jamaica
Nicole Meyer	Distance	So.	Orange, Calif. (Orange Lutheran High)
Jada Moore	Sprints	Sr.	St. Louis, Mo. (Pattonville High)
Maddy Parrone	Distance	Fr.	Westlake Village, Calif. (Oak Park HS)
Bella Peretti	Distance	Fr.	San Jose, Calif. (Pioneer HS)
Vanessa Spizewski	Sprints/Jumps	Sr.	San Diego, Calif. (Rancho Buena Vista High)
Dejanae Thompson	Jumps	Sr.	San Diego, Calif. (Morse High)
Hannah Waller	Sprints/Jumps	Jr.	Reston, Va.
Destiny Washington	Hurdles	Sr.	Riverside, Calif. (Riverside CC)
Aisha Watt	Sprints	Jr.	Seattle, Wash. (Seattle Prep)
Bailey Watts	Mid-Distance/Distance	Jr.	Foothill Ranch, Calif. (Trabuco Hills HS)
Thalia Wilson	Multi's/Jumps	Jr.	St. Catherine, Jamaica (Hydel High)
Tatum Zinkin	Distance	Fr.	Fresno, Calif. (Clovis North HS)

Coaching Staff

Head Coach: Shelia Burrell (UCLA, 1995), 14th season

Assistant Coach/Recruiting Coordinator: Alrick Munroe (Wayland Baptist Univ., 1988), 10th season

Assistant Coach (Throws)/Director of Operations: Jesse Chapman (UConn, 2014), Third season

Assistant Coach (Cross Country/Distance): Robert Lusitana (San Diego State, 1982), Sixth season

Assistant Coach (Pole Vault): Richard Fox (San Diego State, 1992), 28th season

Assistant Coach (Jumps): Craig Poole (Utah, 1970), Sixth season

Assistant Coach: Brad Johnson

Assistant Coach (Throws): Jasmine Burrell (San Diego State, 2015), Third season

2023 SDSU TRACK & FIELD PERFORMANCE LIST

KEY: sr - school record; (number) - top-10 school ranking; qp - qualifying prelims; p - preliminaries; h - heats; 1r - first round; q - quarterfinals; s - semifinals; f - finals; i - invite; ei - elite invite; o - open; b - "b" section; se - seeded; u - unseeded; co - college; ch - championships; pn - pentathlon; hp - heptathlon; a - altitude; w - wind aided (> 2.0 meters/second); conv - converted from 4x400-yard relay; **Note that all personal records (PR) are collegiate personal records**

Alexus Alexander

So. | Compton, Calif. | Lakewood HS
INDOOR SEASON

60 Meters (PR: 7.54 (Feb. 28, 2020))

7.74 (p)	8th	UW Invitational	Jan. 28
7.73 (f)	8th	UW Invitational	Jan. 28
7.72 (qp)	14th	WSU Open	Feb. 4
7.62 (p)	12th	WSU Open	Feb. 4
7.74 (f)	30th	Don Kirby Invitational	Feb. 11

200 Meter (PR: 24.61 (Feb. 11, 2022))

26.03	16th	UW Invitational	Jan. 27
25.36	30th	WSU Open	Feb. 3
25.43 (u)	55th	Don Kirby Invitational	Feb. 10

4x400 Meter Relay

3:52.12	--	UW Invitational	Jan. 28
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OUTDOOR SEASON

100 Meter Dash (PR: 12.00 (March 27, 2021))

200 Meter Dash (PR: 25.04 (April 30, 2021))

4x400 Meter Relay

Onyi Anigbogu

So. | Corona, Calif. | Santiago HS
INDOOR SEASON

Shot Put (PR: 43-10.75 (Feb. 5, 2022))

OUTDOOR SEASON

Shot Put (PR: 43-05.25 (April 30, 2021))

Discus Throw (PR: 131-8 (April 30, 2021))

Sydney Bentley

Sr. | Los Angeles, Calif. | HS
INDOOR SEASON

200 Meter (PR: 25.07 (Feb. 3, 2023))

25.07	25th	WSU Open	Feb. 3
25.20 (u)	47th	Don Kirby Invitational	Feb. 10

400 Meters (PR: 55.70 (Feb. 11, 2023))

56.74	4th	UW Invitational	Jan. 28
56.45	8th	WSU Open	Feb. 4
55.70	21st	Don Kirby Invitational	Feb. 11

4x400 Meter Relay

3:52.12	--	UW Invitational	Jan. 28
3:40.28	3rd	Don Kirby Invitational	Feb. 11

Distance Medley

12:00.03	--	UW Invitational	Jan. 27
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OUTDOOR SEASON

Zoe Brosch

So. | South Lake Tahoe, Calif. | South Tahoe HS
INDOOR SEASON

Weight Throw (PR: 50-02.50 (Jan. 27, 2023))

50-02.50	6th	UW Invitational	Jan. 27
48-02.00	31st	WSU Open	Feb. 3

OUTDOOR SEASON

Hammer Throw (PR: 154-11 (April 8, 2022))

Discus Throw (PR: 131-8 (April 30, 2021))

Vanessa Cabello

So. | Los Altos, Calif. | Saint Francis HS
INDOOR SEASON

One Mile (PR: 5:08.17 (Feb. 11, 2023))

5:09.71	52nd	UW Invitational	Jan. 28
5:08.17	8th	Don Kirby Invitational	Feb. 11

5,000 Meters (PR: 17:44.16 (April 29, 2022))

Ashley Callahan

So. | Escondido, Calif. | Rancho Bernardo HS
INDOOR SEASON

Pole Vault (PR: 14.00.00 (Feb. 12, 2022))

12-05.50	12th	UW Invitational	Jan. 28
12-10.00 (i)	3rd	WSU Open	Feb. 4
13-03.75	5th	Don Kirby Invitational	Feb. 11

OUTDOOR SEASON (PR: 14.00.00 (Feb. 12, 2022))

Felicia Crenshaw

Sr. | Costa Mesa, Calif. | Costa Mesa HS
INDOOR SEASON

Shot Put (PR: 47-10.50 (Jan. 28, 2023))

47-10.50	3rd	UW Invitational	Jan. 28
44-06.25	11th	WSU Open	Feb. 4
43-08.00	30th	Don Kirby Invitational	Feb. 11

Weight Throw (PR: 52-01.25 (Feb. 13, 2020))

50-08.25	20th	WSU Open	Feb. 3
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OUTDOOR SEASON

Shot Put (PR: 43-10.50 (April 30, 2021))

Hammer Throw (PR: 165-4 (April 16, 2021))

Discus Throw (PR: 164-4 (May 15, 2021))

Danae Dyer

Sr. | Temecula, Calif. | Temecula Valley HS
INDOOR SEASON

60 Meters (PR: 7.66 (Feb. 1, 2020))

7.77 (p)	9th	UW Invitational	Jan. 28
7.66 (qp)	8th	WSU Open	Feb. 4

60 Meter Hurdles (PR: 8.24 (Feb. 11, 2023))

8.47 (p)	4th	UW Invitational	Jan. 27
8.42 (f)	3rd	UW Invitational	Jan. 27
8.25 (f)	2nd	WSU Open	Feb. 4
8.24 (p)	10th	Don Kirby Invitational	Feb. 11

200 Meters (PR: 23.55 (Feb. 29, 2020))

60-Meter Hurdles (PR: 8.21 (Feb. 29, 2020))

OUTDOOR SEASON

100 Meters (PR: 12.02 (March 30, 2019))

200 Meters (PR: 23.53 (May 15, 2021))

100-Meter Hurdles (PR: 13.35 (April 17, 2021))

Amber Elias

Jr. | Napa, Calif. | Napa HS
OUTDOOR SEASON

3,000 Meters (PR: 10:33.67 (April 7, 2021))

5,000 Meters (PR: 17:56.32 (April 29, 2021))

10,000 Meters (PR: 38:39.92 (April 17, 2021))

Sameerah Evans

Jr. | Fairfield, Calif. | CSUN
INDOOR SEASON

60-Meter Hurdles (PR: 8.81 (Feb. 11, 2023))

8.93 (p)	9th	UW Invitational	Jan. 27
8.87 (p)	10th	WSU Open	Feb. 4
8.81 (qp)	20th	Don Kirby Invitational	Feb. 11

Long Jump (PR: 17-07.50 (Jan. 28, 2023))

17-07.50	10th	UW Invitational	Jan. 28
17-05.25	16th	WSU Open	Feb. 3

Triple Jump (PR: 39-10.75 (Feb. 11, 2023))

39-01.75	3rd	UW Invitational	Jan. 27
39-10.75	22nd	Don Kirby Invitational	Feb. 11

Melanie Falkowski

Fr. | Laguna Beach, Calif. | Laguna Beach HS
INDOOR SEASON

Jenna Fee Feyerabend

So. | Groß-Gerau, Germany | Carl-Von-Weinberg Schule
INDOOR SEASON

800 Meters (PR: 2:23.08 (Feb. 2, 2023))

2:23.08 (pn)	2nd	WSU Open	Feb. 2
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60-Meter Hurdles (PR: 8.63 (Jan. 27, 2023))

8.70 (p)	6th	UW Invitational	Jan. 27
8.63 (f)	5th	UW Invitational	Jan. 27
8.72 (pn)	1st	WSU Open	Feb. 2

High Jump (PR: 5-08.00 (Jan. 27, 2023))

5-08.00	2nd	UW Invitational	Jan. 27
5-07.75 (pn)	1st	WSU Open	Feb. 2

Long Jump (PR: 19-03.25 (Feb. 2, 2023))

18-06.50	5th	UW Invitational	Jan. 28
19-03.25 (pn)	1st	WSU Open	Feb. 2

Pentathlon (PR: 4,103 (Feb. 2, 2023))

4,103	1st	WSU Open	Feb. 2
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Shot Put (PR: 42-05.25 (Feb. 24, 2022))

38-02.00	17th	UW Invitational	Jan. 28
39-05.75 (pn)	2nd	WSU Open	Feb. 2

OUTDOOR SEASON

200 Meter Dash (PR: 25.95 (May 11, 2022))

800 Meter Run (PR: 2:23.29 (May 12, 2022))

100 Meter Hurdles (PR: 14.37 (April 8, 2022))

Javelin Throw (PR: 119-11 (March 26, 2022))

Shot Put (PR: 42-07.50 (May 11, 2022))

Long Jump (PR: 18-10.75 (April 30, 2022))

High Jump (PR: 5-09.25 (Mar. 26, 2022))

Shaquena Foote

So. | Westmoreland, Jamaica | Petersfield HS
INDOOR SEASON

60 Meters (PR: 7.43 (Feb. 4, 2023))

7.43 (qp)	1st	WSU Open	Feb. 4
7.43 (p)	4th	WSU Open	Feb. 4
7.47 (f)	3rd	WSU Open	Feb. 4

200 Meters (PR: 24.04 (Feb. 10, 2023))

24.04	16th	Don Kirby Invitational	Feb. 10
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400 Meters (PR: 53.78 (Jan. 28, 2023))

53.78	1st	UW Invitational	Jan. 28
54.37	1st	WSU Open	Feb. 4

4x400 Meter Relay

3:40.28	3rd	Don Kirby Invitational	Feb. 11
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Corey Friedenbach

Sr. | Santa Cruz Calif. | Pacific Collegiate School (Air Force)
INDOOR SEASON

Pole Vault (PR: 13-00.25 (Feb. 12, 2022))

11-11.75	15th	UW Invitational	Jan. 28
12-04.00 (i)	7th	WSU Open	Feb. 4

2023 SDSU TRACK & FIELD PERFORMANCE LIST

OUTDOOR SEASON

Pole Vault (PR: 13-03.75 (Mar. 26, 2022))

Maya Gorman

So. | Mountain House, Calif. | CSU Stanislaus
INDOOR SEASON

OUTDOOR SEASON

Ruthie Grant-Williams

Sr. | Coronado, Calif. | Coronado HS
INDOOR SEASON

800 Meters (PR: 2:51.40 (Feb. 2, 2023))

2:51.40 (pn) 24th WSU Open Feb. 2

60-Meter Hurdles (PR: 9.24 (Feb. 4, 2022))

9.47 (pn) 23rd WSU Open Feb. 2

9.83 (p) 37th WSU Open Feb. 4

High Jump (PR: 5-04.50 (Jan. 31, 2020))

4-11.00 10th UW Invitational Jan. 27

5-01.75 (pn) 19th WSU Open Feb. 2

5-00.50 24th WSU Open Feb. 3

Shot Put (PR: 35-02.50 (Feb. 4, 2022))

32-02.00 22nd UW Invitational Jan. 28

34-07.75 (pn) 15th WSU Open Feb. 2

Long Jump (PR: 16-08.75 (Jan. 31, 2020))

16-03.00 (pn) 19th WSU Open Feb. 2

Pentathlon (PR: 3,144 (Feb. 24, 2022))

3,076 22nd WSU Open Feb. 2

4x400 Meter Relay

OUTDOOR SEASON

200 Meter Dash (PR: 26.48 (May 13, 2021))

800 Meter Run (PR: 2:38.43 (Mar. 25, 2022))

100-Meter Hurdles (PR: 14.95 (April 9, 2021))

Long Jump (PR: 17-07.00 (March 25, 2021))

High Jump (PR: 5-07.25 (Feb. 25, 2021))

Shot Put (PR: 35-03.00 (April 7, 2021))

Javelin Throw (PR: 97-9 (April 10, 2021))

Heptathlon (PR: 4,687 points (April 10, 2021))

Erica Grotegeer

Sr. | Plumas Lake, Calif. | Wheatland Union HS
INDOOR SEASON

Shot Put (PR: 44-10.75 (Jan. 25, 2020))

39-07.25 12th UW Invitational Jan. 28

OUTDOOR SEASON

Shot Put (PR: 44-09.00 (Feb. 25, 2021))

Discus Throw (PR: 182-5 (May 15, 2021))

Lauren Harper

Sr. | Weaverville, Calif. | Trinity HS
INDOOR SEASON

800 Meters (PR: 2:07.31 (Feb. 26, 2022))

OUTDOOR SEASON

800 Meters (PR: 2:06.40 (May 14, 2022))

1,500 Meters (PR: 4:28.17 (Mar. 26, 2022))

3,000 Meter Steeplechase (PR: 11:33.73))

Madeleine Heller

So. | San Juan Capistrano, Calif. | USD
INDOOR SEASON

Rhea Hoyte

Jr. | St. Michael, Barbados | The St. Michael School
INDOOR SEASON

200 Meters (PR: 24.932 (Feb. 11, 2022))

24.94 21st WSU Open Feb. 3

400 Meters (PR: 55.58 (Feb. 10, 2023))

55.78 2nd UW Invitational Jan. 28

56.64 10th WSU Open Feb. 4

55.58 (u) 2nd Don Kirby Invitational Feb. 10

4x400 Meter Relay

3:44.84 1st UW Invitational Jan. 28

3:40.28 3rd Don Kirby Invitational Feb. 11

OUTDOOR SEASON

100 Meter Dash (PR)

200 Meter Dash (PR: 24.87 (March 27, 2021))

400 Meters (PR: 56.96 (Feb. 25, 2021))

400 Meter Hurdles (59.02 (April 30, 2021))

Charlize James

Fr. | Spring Valley, Calif. | San Diego HS
INDOOR SEASON

60 Meters (PR: 7.83 (Feb. 4, 2023))

7.87 (p) 17th UW Invitational Jan. 28

7.83 (qp) 22nd WSU Open Feb. 4

60 Meter Hurdles (PR: 8.48 (Jan. 27, 2023))

8.68 (p) 5th UW Invitational Jan. 27

8.48 (f) 4th UW Invitational Jan. 27

8.56 (f) 4th WSU Open Feb. 4

8.51 (p) 22nd Don Kirby Invitational Feb. 11

4x400 Meter Relay

3:44.84 1st UW Invitational Jan. 28

Simone Johnson

Jr. | Fresno, Calif. | Central HS
INDOOR SEASON

Long Jump (PR: 19-00.00 (Feb. 3, 2023))

19-00.00 3rd WSU Open Feb. 3

Triple Jump (PR: 43-08.75 (Jan. 27, 2023))

43-08.75 1st UW Invitational Jan. 27

42-06.25 8th Don Kirby Invitational Feb. 11

OUTDOOR SEASON

Long Jump (PR: 19-11.75 (March 26, 2022))

Triple Jump (PR: 42-03.50 (April 17, 2021))

High Jump (PR: 4-11.75 (March 11, 2022))

Jessica Kain

Sr. | Scotts Valley, Calif. | Scotts Valley HS
INDOOR SEASON

800 Meters (PR: 2:15.52 (March 11, 2022))

One Mile (PR: 4:47.55 (Jan. 28, 2023))

4:47.55 14th UW Invitational Jan. 28

4:57.01 2nd Don Kirby Invitational Feb. 11

Distance Medley

12:00.03 -- UW Invitational Jan. 27

OUTDOOR SEASON

800 Meter (PR: 2:14.22 (March 26, 2022))

1,500 Meters (PR: 4:21.87 (May 15, 2021))

3,000 Meters (PR: 10:01.50 (April 7, 2021))

Alex Lomeli

Sr. | Los Angeles, Calif. | Notre Dame Academy HS
INDOOR SEASON

800 Meters (PR: 2:13.84 (Jan. 28, 2023))

2:13.84 25th UW Invitational Jan. 28

4x400 Meter Relay

3:52.12 -- UW Invitational Jan. 28

One Mile (PR: 5:14.15 (Feb. 11, 2023))

5:14.15 15th Don Kirby Invitational Feb. 11

1,500 Meters (PR: 4:41.77 (April 7, 2021))

OUTDOOR SEASON

800 Meters (PR: 2:11.36 (May 13, 2022))

1,500 Meters (PR: 4:41.77 (April 7, 2021))

Taylor Lustyan

Sr. | Clovis, Calif. | Clovis North HS (Chico State)
1,500 Meters (PR: 4:41.77 (April 7, 2021))

3,000 Meter Steeplechase (PR: 12:35.00 (March 11, 2022))

5,000 Meter Run (PR: 19:00.11 (Mar. 26, 2022))

Kimeone McLeod

Fr. | Spanish Town, Jamaica |
INDOOR SEASON

Nicole Meyer

So. | Orange, Calif. | Orange Lutheran HS
INDOOR SEASON

Distance Medley

12:00.03 -- UW Invitational Jan. 27

Jada Moore

Sr. | St. Louis, Mo. | Pattonville HS
INDOOR SEASON

60 Meters (PR: 7.42 (Jan. 28, 2023))

7.54 (p) 2nd UW Invitational Jan. 28

7.42 (f) 2nd UW Invitational Jan. 28

7.44 (p) 2nd WSU Open Feb. 4

7.59 (f) 7th WSU Open Feb. 4

7.46 (p) 11th Don Kirby Invitational Feb. 11

200 Meters (PR: 23.86 (Feb. 3, 2023))

24.46 1st UW Invitational Jan. 27

23.86 1st WSU Open Feb. 3

23.91 15th Don Kirby Invitational Feb. 10

4x400 Meter Relay

3:52.12 -- UW Invitational Jan. 28

OUTDOOR SEASON

100 Meters (PR: 11.48 (May 27, 2021))

200 Meters (PR: 23.11 (May 15, 2021))

Maddy Parrone

Fr. | Westlake Village, Calif. | Oak Park HS
INDOOR SEASON

One Mile (PR: 5:25.79 (Jan. 28, 2023))

5:25.79 60th UW Invitational Jan. 28

Bella Peretti

Fr. | San Jose, Calif. | Pioneer HS
INDOOR SEASON

Vanessa Spizewski

2023 SDSU TRACK & FIELD PERFORMANCE LIST

Sr. | San Diego, Calif. | Rancho Buena Vista HS

INDOOR SEASON

60 Meters (PR: 7.91 (Feb. 1, 2020))

200 Meters (PR: 26.92 (Jan. 29, 2022))

Long Jump (PR: 19-00.00 (Feb. 25, 2022))

OUTDOOR SEASON

100 Meters (PR: 12.65 (April 30, 2021))

Long Jump (PR: 19-01.25 (April 30, 2022))

Dejanae Thompson

Sr. | San Diego, Calif. | Morse HS

INDOOR SEASON

Long Jump (PR: 20-01.50 (Feb. 25, 2022))

Triple Jump (PR: 37-10.75 (Feb. 5, 2022))

OUTDOOR SEASON

High Jump (PR: 4-07.75 (March 11, 2022))

Long Jump (PR: 19-09.00 (April 30, 2022))

Triple Jump (PR: 35-03.00 (March 7, 2020))

Hannah Waller

Jr. | Reston, Va. |

INDOOR SEASON

60 Meters (PR: 7.36 (Jan. 28, 2023))

7.41 (p)	1st	UW Invitational	Jan. 28
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7.36 (f)	1st	UW Invitational	Jan. 28
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4x400 Meter Relay

3:44.84	1st	UW Invitational	Jan. 28
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Long Jump (PR: 19-08.00 (Feb. 3, 2023))

19-04.25	2nd	UW Invitational	Jan. 28
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19-08.00	1st	WSU Open	Feb. 3
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Destiny Washington

Sr. | Riverside, Calif. | Lake Central HS (Riverside CC)

INDOOR SEASON

60 Meter Hurdles (PR: 9.06 (Feb. 11, 2022))

OUTDOOR SEASON

100 Meters (PR: 12.51 (March 26, 2022))

100 Meter Hurdles (PR: 15.03 (March 26, 2022))

Aisha Watt

Jr. | Seattle, Wash. | Seattle Prep

INDOOR SEASON

60 Meters (PR: 7.42 (Jan. 28, 2023))

7.69 (p)	6th	UW Invitational	Jan. 28
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7.58 (f)	5th	UW Invitational	Jan. 28
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7.63 (qp)	5th	WSU Open	Feb. 4
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7.58 (p)	9th	WSU Open	Feb. 4
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200 Meters (PR: 24.07 (Feb. 10, 2023))

25.05	5th	UW Invitational	Jan. 27
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24.42	10th	WSU Open	Feb. 3
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24.07	17th	Don Kirby Invitational	Feb. 10
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4x400 Meter Relay

3:44.84	1st	UW Invitational	Jan. 28
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3:40.28	3rd	Don Kirby Invitational	Feb. 11
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OUTDOOR SEASON

100 Meters Outdoor (PR: 11.69 (April 30, 2022))

200 Meters Outdoor (PR: 23.79 (May 14, 2021))

Bailey Watts

Jr. | Foothill Ranch, Calif. | Trabuco Hills HS

OUTDOOR SEASON

1,500 Meters Outdoor (PR: 4:43.-7 (March 26, 2021))

Thaila Wilson

Jr. | St. Catherine, Jamaica | Hydel HS

INDOOR SEASON

800 Meters (PR: 3:06.68 (Feb. 2, 2023))

3:06.68 (pn)	25th	WSU Open	Feb. 2
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60-Meter Hurdles (PR: 9.15 (Jan. 27, 2023))

9.15 (p)	15th	UW Invitational	Jan. 27
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9.24 (pn)	12th	WSU Open	Feb. 2
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9.19 (p)	21st	WSU Open	Feb. 4
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High Jump (PR: 5-03.00 (Feb. 2, 2023))

5-03.00 (pn)	10th	WSU Open	Feb. 2
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Long Jump (PR: 17-01.25 (Jan. 28, 2023))

17-01.25	12th	UW Invitational	Jan. 28
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16-08.00 (pn)	16th	WSU Open	Feb. 2
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Shot Put (PR: 41-02.25 (Feb. 2, 2023))

39-04.50	13th	UW Invitational	Jan. 28
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41-02.25 (pn)	1st	WSU Open	Feb. 2
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Pentathlon (PR: 3,181 (Feb. 2, 2023))

3,181	19th	WSU Open	Feb. 2
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OUTDOOR SEASON

200 Meter Dash (PR: 26.29 (May 11, 2022))

800 Meter Run (PR: 3:02.64 (May 12, 2022))

100 Meter Hurdles (PR: 15.52 (April 9, 2022))

High Jump Outdoor (PR: 5-07.00 (May 1, 2021))

Tatum Zinkin

Fr. | Fresno, Calif. | Clovis North HS

INDOOR SEASON

800 Meters (PR: 2:17.45 (Feb. 11, 2023))

2:19.28	31st	UW Invitational	Jan. 28
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2:17.45	11th	Don Kirby Invitational	Feb. 11
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Distance Medley

12:00.03	--	UW Invitational	Jan. 27
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INDOOR

2023 SDSU TRACK & FIELD PERFORMANCE LIST

60 METERS

School Record: 7.17 (Ashley Henderson, 2017)

Time	Athlete	Place	Notes	Meet	Date
7.36	Hannah Waller	1st	PR, Finals, 4th best at SDSU	UW Invitational	Jan. 28
7.41	Hannah Waller	1st	PR, Prelims	UW Invitational	Jan. 28
7.42	Jada Moore	2nd	PR, Finals	UW Invitational	Jan. 28
7.43	Shaquena Foote	1st	Qualifying, 9th best at SDSU	WSU Open	Feb. 4
7.43	Shaquena Foote	4th	Prelims	WSU Open	Feb. 4
7.44	Jada Moore	2nd	Prelims, 10th best at SDSU	WSU Open	Feb. 4
7.46	Jada Moore	11th	Prelims	Don Kirby Invitational	Feb. 11
7.47	Shaquena Foote	3rd	Finals	WSU Open	Feb. 4
7.54	Jada Moore	2nd	Prelims	UW Invitational	Jan. 28
7.58	Aisha Watt	5th	Finals	UW Invitational	Jan. 28
7.58	Aisha Watt	9th	Prelims	WSU Open	Feb. 4
7.59	Jada Moore	7th	Finals	WSU Open	Feb. 4
7.62	Alexus Alexander	12th	Prelims	WSU Open	Feb. 4
7.63	Aisha Watt	5th	Qualifying	WSU Open	Feb. 4
7.66	Danae Dyer	8th	Qualifying	WSU Open	Feb. 4
7.69	Aisha Watt	6th	Prelims	UW Invitational	Jan. 28
7.72	Alexus Alexander	14th	Qualifying	WSU Open	Feb. 4
7.73	Alexus Alexander	8th	Finals	UW Invitational	Jan. 28
7.74	Alexus Alexander	8th	Prelims	UW Invitational	Jan. 28
7.74	Alexus Alexander	30th	Finals	Don Kirby Invitational	Feb. 11
7.77	Danae Dyer	9th	Prelims	UW Invitational	Jan. 28
7.83	Charlize James	22nd	Qualifying	WSU Open	Feb. 4
7.87	Charlize James	17th	Prelims	UW Invitational	Jan. 28

200 METERS

School Record: 22.41 (Ashley Henderson, 2018)

Time	Athlete	Place	Notes	Meet	Date
23.86	Jada Moore	1st	8th best at SDSU	WSU Open	Feb. 3
23.91	Jada Moore	15th		Don Kirby Invitational	Feb. 10
24.04	Shaquena Foote	16th		Don Kirby Invitational	Feb. 10
24.07	Aisha Watt	17th	PR	Don Kirby Invitational	Feb. 10
24.41	Aisha Watt	10th		WSU Open	Feb. 3
24.46	Jada Moore	1st		UW Invitational	Jan. 27
24.94	Rhea Hoyte	21st		WSU Open	Feb. 3
25.05	Aisha Watt	5th		UW Invitational	Jan. 27
25.07	Sydney Bentley	25th		WSU Open	Feb. 3
25.20	Sydney Bentley	47th	Unseeded	Don Kirby Invitational	Feb. 10
25.36	Alexus Alexander	30th		WSU Open	Feb. 3
25.43	Alexus Alexander	55th	Unseeded	Don Kirby Invitational	Feb. 10
26.03	Alexus Alexander	16th		UW Invitational	Jan. 27

400 METERS

School Record: 53.51 (Tonette Dyer, 2003)

Time	Athlete	Place	Notes	Meet	Date
53.78	Shaquena Foote	1st	PR, 3rd best at SDSU	UW Invitational	Jan. 28
54.37	Shaquena Foote	1st	7th best at SDSU	WSU Open	Feb. 4
55.58	Rhea Hoyte	2nd	PR, Unseeded	Don Kirby Invitational	Feb. 10
55.70	Sydney Bentley	21st	PR	Don Kirby Invitational	Feb. 11
55.78	Rhea Hoyte	2nd	PR	UW Invitational	Jan. 28
56.45	Sydney Bentley	8th		WSU Open	Feb. 4
56.64	Rhea Hoyte	10th		WSU Open	Feb. 4
56.74	Sydney Bentley	4th		UW Invitational	Jan. 28

600 METERS

School Record: 1:29.84 (Sakura Roberson, 2020)

Time	Athlete	Place	Notes	Meet	Date
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800 METERS

School Record: 2:07.31 (Lauren Harper, 2022)

Time	Athlete	Place	Notes	Meet	Date
2:13.84	Alex Lomeli	25th	9th best at SDSU	UW Invitational	Jan. 28
2:17.45	Tatum Zinkin	11th	PR	Don Kirby Invitational	Feb. 11
2:19.28	Tatum Zinkin	31st		UW Invitational	Jan. 28
2:23.08	Jenna Fee Feyerabend	2nd	Pentathlon	WSU Open	Feb. 2
2:51.40	Ruthie Grant-Williams	24th	Pentathlon	WSU Open	Feb. 2
3:06.68	Thalia Wilson	25th	Pentathlon	WSU Open	Feb. 2

1,000 METERS

School Record: 2:52.69 (Ellison Grove, 2017)

Time	Athlete	Place	Notes	Meet	Date
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MILE

School Record: 4:37.4 (Lynn Kanuka, 1981)

Time	Athlete	Place	Notes	Meet	Date
4:47.55	Jessica Kain	14th	PR, 3rd best at SDSU	UW Invitational	Jan. 28
4:57.01	Jessica Kain	2nd		Don Kirby Invitational	Feb. 11
5:08.17	Vanessa Cabello	8th	PR, 7th best at SDSU	Don Kirby Invitational	Feb. 11
5:09.71	Vanessa Cabello	52nd	8th best at SDSU	UW Invitational	Jan. 28
5:14.15	Alex Lomeli	15th		Don Kirby Invitational	Feb. 11
5:25.79	Maddy Parrone	60th		UW Invitational	Jan. 28
DNS	Bella Peretti	--		UW Invitational	Jan. 28
DNS	Nicole Meyer	--		UW Invitational	Jan. 28

60-METER HURDLES

School Record: 8.11 (Micha Auzenne, 2017)

Time	Athlete	Place	Notes	Meet	Date
8.24	Danae Dyer	10th	PR, Prelims	Don Kirby Invitational	Feb. 11
8.25	Danae Dyer	2nd	Finals	WSU Open	Feb. 4
8.42	Danae Dyer	3rd	Finals	UW Invitational	Jan. 27
8.47	Danae Dyer	4th	Prelims	UW Invitational	Jan. 27
8.48	Charlize James	4th	PR, Finals	UW Invitational	Jan. 27
8.51	Charlize James	22nd	Prelims	Don Kirby Invitational	Feb. 11
8.56	Charlize James	4th	Finals	WSU Open	Feb. 4
8.63	Jenna Fee Feyerabend	5th	PR, Finals	UW Invitational	Jan. 27
8.68	Charlize James	5th	PR, Prelims	UW Invitational	Jan. 27
8.70	Jenna Fee Feyerabend	6th	PR, Prelims	UW Invitational	Jan. 27
8.72	Jenna Fee Feyerabend	1st	Pentathlon	WSU Open	Feb. 2
8.81	Sameerah Evans	20th	Qualifying	Don Kirby Invitational	Feb. 11
8.87	Sameerah Evans	10th	Prelims	WSU Open	Feb. 4
8.93	Sameerah Evans	9th	PR, Prelims	UW Invitational	Jan. 27
9.15	Thalia Wilson	15th	PR, Prelims	UW Invitational	Jan. 27
9.19	Thalia Wilson	21st	Prelims	WSU Open	Feb. 4
9.24	Thalia Wilson	12th	Pentathlon	WSU Open	Feb. 2
9.47	Ruthie Grant-Williams	23rd	Pentathlon	WSU Open	Feb. 2
9.83	Ruthie Grant-Williams	37th	Prelims	WSU Open	Feb. 4

4x400-METER RELAY

School Record: 3:33.81 (Harris, Dyer, Roberson, McNeil, 2020)

Time	Team	Place	Notes	Meet	Date
3:40.28	Hoyte, Foote, Watt, Bentley	3rd	6th best at SDSU	Don Kirby Invitational	Feb. 11
3:44.84	Hoyte, Waller, Watt, James	1st		UW Invitational	Jan. 28
3:52.12	Bentley, Moore, Alexander, Lomeli	--		UW Invitational	Jan. 28

POLE VAULT

School Record: 14-11.50 (Bonnie Draxler, 2019)

Mark	Athlete	Place	Notes	Meet	Date
13-03.75	Ashley Callahan	5th		Don Kirby Invitational	Feb. 11
12-10.00	Ashley Callahan	3rd	Invitational	WSU Open	Feb. 4
12-05.50	Ashley Callahan	12th		UW Invitational	Jan. 28
12-04.00	Corey Friedenbach	7th	Invitational	WSU Open	Feb. 4
11-11.75	Corey Friedenbach	15th		UW Invitational	Jan. 28
NH	Corey Friedenbach	--		Don Kirby Invitational	Feb. 11

HIGH JUMP

School Record: 5-11.50 (Lori Clark, 1984)

Mark	Athlete	Place	Notes	Meet	Date
5-08.00	Jenna Fee Feyerabend	2nd		UW Invitational	Jan. 27
5-07.75	Jenna Fee Feyerabend	1st	Pentathlon	WSU Open	Feb. 2
5-03.00	Thalia Wilson	10th	Pentathlon	WSU Open	Feb. 2
5-01.75	Ruthie Grant-Williams	19th	Pentathlon	WSU Open	Feb. 2
5-00.50	Ruthie Grant-Williams	24th		WSU Open	Feb. 3
4-11.00	Ruthie Grant-Williams	10th		UW Invitational	Jan. 27
DNS	Thalia Wilson	--		UW Invitational	Jan. 27

LONG JUMP

School Record: 21-07.50 (Karoline Koehler, 2010)

Mark	Athlete	Place	Notes	Meet	Date
19-08.00	Hannah Waller	1st		WSU Open	Feb. 3
19-04.25	Hannah Waller	2nd	PR	UW Invitational	Jan. 28
19-03.25	Jenna Fee Feyerabend	1st	PR, Pentathlon	WSU Open	Feb. 2
19-00.00	Simone Johnson	3rd		WSU Open	Feb. 3
18-06.50	Jenna Fee Feyerabend	5th		UW Invitational	Jan. 28
17-07.50	Sameerah Evans	10th		UW Invitational	Jan. 28

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17-05.25	Sameerah Evans	16th		WSU Open	Feb. 3
17-01.25	Thalia Wilson	12th		UW Invitational	Jan. 28
16-08.00	Thalia Wilson	16th	Pentathlon	WSU Open	Feb. 2
16-03.00	Ruthie Grant-Williams	19th	Pentathlon	WSU Open	Feb. 2
DNS	Ruthie Grant-Williams	--		UW Invitational	Jan. 28
FOUL	Simone Johnson	--		UW Invitational	Jan. 28
FOUL	Dejanae Thompson	--		Don Kirby Invitational	Feb. 10

TRIPLE JUMP**School Record: 46-02.50 (Shanieka Thomas, 2013)**

Mark	Athlete	Place	Notes	Meet	Date
43-08.75	Simone Johnson	1st	PR, 3rd best at SDSU	UW Invitational	Jan. 27
42-06.25	Simone Johnson	8th		Don Kirby Invitational	Feb. 11
39-10.75	Sameerah Evans	22nd	PR, 9th best at SDSU	Don Kirby Invitational	Feb. 11
39-01.75	Sameerah Evans	3rd		UW Invitational	Jan. 27

SHOT PUT**School Record: 55-07.50 (Whitney Ashley, 2012)**

Mark	Athlete	Place	Notes	Meet	Date
47-10.5	Felicia Crenshaw	3rd	PR, 6th best at SDSU	UW Invitational	Jan. 28
44-06.25	Felicia Crenshaw	11th		WSU Open	Feb. 4
43-08.00	Felicia Crenshaw	30th		Don Kirby Invitational	Feb. 11
41-02.25	Thalia Wilson	1st	PR, Pentathlon	WSU Open	Feb. 2
39-07.25	Erica Grotegeer	12th		UW Invitational	Jan. 28
39-05.75	Jenna Fee Feyerabend	2nd	Pentathlon	WSU Open	Feb. 2
39-04.50	Thalia Wilson	13th	PR	UW Invitational	Jan. 28
38-02.00	Jenna Fee Feyerabend	17th		UW Invitational	Jan. 28
34-07.75	Ruthie Grant-Williams	15th	Pentathlon	WSU Open	Feb. 2
32-02.00	Ruthie Grant-Williams	22nd		UW Invitational	Jan. 28

WEIGHT THROW**School Record: 66-01.00 (Jasmine Burrell, 2014)**

Mark	Athlete	Place	Notes	Meet	Date
50-08.25	Felicia Crenshaw	20th		WSU Open	Feb. 3
50-02.50	Zoe Brosch	6th		UW Invitational	Jan. 27
48-02.00	Zoe Brosch	31st		WSU Open	Feb. 3
FOUL	Felicia Crenshaw	--		UW Invitational	Jan. 27
DNS	Felicia Crenshaw	--		Don Kirby Invitational	Feb. 10

DISTANCE MEDLEY**School Record:**

Time	Team	Place	Notes	Meet	Date
12:00.03	Kain, Bentley, Zinkin, Meyer	--	2nd best at SDSU	UW Invitational	Jan. 27

PENTATHLON**School Record: 4,145 (Allison Reaser, 2014)**

Mark	Athlete	Place	Notes	Meet	Date
4,103	Jenna Fee Feyerabend	1st	PR	WSU Open	Feb. 2
3,181	Thalia Wilson	19th		WSU Open	Feb. 2
3,076	Ruthie Grant-Williams	22nd		WSU Open	Feb. 2