

2019 STANFORD TRACK AND FIELD

Outdoor Schedule

Date	Meet	Site	Scores/Time (PT)
March 15-16	at Hornet Invitational	Sacramento, Calif.	M: 3rd (118); W: 3rd (108)
March 29-30	Stanford Invitational	Stanford, Calif.	Non-scoring
April 6	Big Meet vs. California	Stanford, Calif.	M: Cal 85, Stan 78; W: Stan 86, Cal 74
April 17-18	Bryan Clay Invitational	Azusa, Calif.	Non-scoring
April 19-20	Cardinal Classic	Stanford, Calif.	Non-scoring
April 26-27	at National Relay Championships	at Fayetteville, Ark.	Non-scoring
May 2	Payton Jordan Invitational	Stanford, Calif.	Non-scoring
May 4-5	at Pac-12 Multi-Events Championships	at Tucson, Ariz.	Completed
May 11-12	at Pac-12 Championships	at Tucson, Ariz.	W: 4th (85); M: 8th (51).
May 23-25	at NCAA West Prelims	at Sacramento, Calif.	Completed
June 5-8	at NCAA Championships	at Austin, Texas	M: 3rd (32); W: 10th (20)
July 25-28	at USATF Championships	at Des Moines, Iowa	TBA

School Records

MEN			WOMEN		
Name	Event	Mark	Name	Event	Mark
Big Meet					
Liam Christensen	Javelin	245-4 (74.78)			
Bryan Clay Invitational					
Harrison Williams	Decathlon	8,112 pts.			

Pac-12 Champions

MEN			WOMEN		
Name	Event	Mark	Name	Event	Mark
Steven Fahy	Steeplechase	8:43.85	Mackenzie Little	Javelin	194-0

NCAA Results

MEN				WOMEN			
Name	Event	Place	Mark	Name	Event	Place	Mark
Grant Fisher	5,000	2nd	14:06.63	Ella Donaghu	1,500	6th	4:13.62
Thomas Ratcliffe	5,000	3rd	14:07.92	Jessica Lawson	1,500	10th	4:16.04
Steven Fahy	Steeplechase	1st	8:38.46	Fiona O'Keeffe	5,000	7th	16:07.84
Harrison Williams	Decathlon	2nd	8,010	Abbie McNulty	10,000	10th	33:38.55
				Rachel Reichenbach	High jump	12th	5-10
				Kaitlyn Merritt	Pole vault	23rd	13-3 1/2
				Jaimi Salone	Discus	23rd	153-5
				Mackenzie Little	Javelin	1st	195-0
				Jenna Gray	Javelin	4th	179-9
				Virginia Miller	Javelin	22nd	128-9

2019 STANFORD TRACK AND FIELD

Indoor Schedule

Date	Meet	Site	Scores/Time (PT)
Dec. 1, 2018	at Sharon Colyear-Danville Season Opener	Boston, Mass.	Non-scoring
Jan. 12, 2019	at UW Indoor Preview	Seattle, Wash.	Non-scoring
Jan. 25-26	at UW Invitational	Seattle, Wash.	Non-scoring
Feb. 1-2	at Frank Sevigne Husker Invitational	Lincoln, Neb.	Non-scoring
Feb. 1-2	at Mountain T's Invitational	Flagstaff, Ariz.	Non-scoring
Feb. 8	at Husky Classic	Seattle, Wash.	Non-scoring
Feb. 8-9	at Don Kirby Collegiate Invitational	Albuquerque, N.M.	Non-scoring
Feb. 9	at Millrose Games	New York, N.Y.	Non-scoring
Feb. 15	at Air Force Collegiate Open	Air Force Academy, Colo.	Non-scoring
Feb. 16	at Alex Wilson Invitational	Notre Dame, Ind.	Non-scoring
Feb. 22-23	at MPSF Championships	Seattle, Wash.	W: 2nd (67.5); M: 7th (42)
Feb. 23	at Seattle Pacific Final Qualifier	Seattle, Wash.	Non-scoring
March 8-9	at NCAA Championships	Birmingham, Ala.	M: 4th (30); W: 12th (14).

School Records

MEN			WOMEN		
Name	Event	Mark	Name	Event	Mark
UW Indoor Preview			Husky Classic		
Louis Stenmark	600	1:17.59	Fiona O'Keeffe	5,000	15:35.77
UW Invitational			NCAA Championships		
Isaiah Brandt-Sims	60	6.79	Lena Giger	Shot put	58-8 1/2
Millrose Games					
Grant Fisher	3,000	7:42.62			
MPSF Championships					
Isaiah Brandt-Sims	60	6.71			
Julian Body, Gabriel Navarro, Louis Stenmark, I. Brandt-Sims	4x400	3:07.66			
NCAA Championships					
Harrison Williams	Heptathlon	6,042			

MPSF Champions

MEN			WOMEN		
Name	Event	Mark	Name	Event	Mark
Alex Ostberg, Louis Stenmark, Isaac Cortes, Grant Fisher	DMR	9:31.39	Fiona O'Keeffe	3,000	8:58.58
			Kaitlyn Merritt	Pole vault	13-11

NCAA Results

MEN				WOMEN			
Name	Event	Place	Mark	Name	Event	Place	Mark
Grant Fisher	3,000	2	7:53.15	Fiona O'Keeffe	5,000	3	15:37.61
Alex Ostberg	3,000	5	7:55.62	Abbie McNulty	5,000	15	16:29.56
Alex Ostberg, Isaiah Brandt-Sims, Isaac Cortes, Grant Fisher	DMR	2	9:31.70	Lena Giger	Shot put	2	58-8 1/2
Harrison Williams	Heptathlon	1	6,042				

STANFORD MEN'S 2019 OUTDOOR PERFORMANCE LIST

By Event

100 meters (10.39)

Name	Mark	Meet	Date
Gabriel Navarro	10.62, 10.44w	Hornet/Stanford	3/16,29
Harrison Williams	10.85	NCAA Champs	6/5
Miles Zoltak	11.29	Stanford Invite	3/29
Andrew Franco*	12.61	Stanford Invite	3/29

200 meters (20.74)

Name	Mark	Meet	Date
Gabriel Navarro	21.20	Pac-12 Champs	5/12
Julian Body	21.28	Payton Jordan	5/2
Miles Zoltak	21.52	Big Meet	4/6
Harrison Williams	21.58	Big Meet	4/6
Louis Stenmark	21.73	Cardinal Classic	4/19
Isaac Westlund	22.67	Cardinal Classic	4/19

400 meters (45.36)

Name	Mark	Meet	Date
Louis Stenmark	46.93	Big Meet	4/6
Harrison Williams	47.19	NCAA Champs	6/5
Miles Zoltak	48.14	Big Meet	4/6
Julian Body	48.27	Hornet Invite	3/16
Isaac Westlund	49.33	Big Meet	4/6

800 meters (1:46.20)

Name	Mark	Meet	Date
Hari Sathyamurthy	1:49.29	NCAA West Prelims	5/23
Grant Fisher	1:51.86	Big Meet	4/6
Nathaniel Kucera	1:52.03	Pac-12 Champs	5/12
Isaac Cortes	1:53.58	Pac-12 Champs	5/12
Tai Dinger	1:53.92	Pac-12 Champs	5/12

1,500 meters (3:35.11)

Name	Mark	Meet	Date
Grant Fisher	3:39.60	Payton Jordan	5/2
Thomas Ratcliffe	3:44.53	Stanford Invite	3/29
Steven Fahy	3:45.03	Stanford Invite	3/29
Connor Lane	3:49.19	Cardinal Classic	4/20
Tai Dinger	3:50.25	Stanford Invite	3/29
Clayton Mendez	3:51.35	Stanford Invite	3/29
Liam Conway*	3:52.28	Cardinal Classic	4/20
Hari Sathyamurthy	3:54.62	Stanford Invite	3/29
Isaac Cortes	3:57.50	Stanford Invite	3/29
Harrison Williams	4:30.16	Bryan Clay Invite	4/18

Mile (3:55.16)

Name	Mark	Meet	Date
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3,000 meters

Name	Mark	Meet	Date
Steven Fahy	8:12.51	Big Meet	4/6
Michael Vernau	8:15.13	Big Meet	4/6
Alek Parsons	8:15.86	Big Meet	4/6
Connor Lane	8:21.14	Big Meet	4/6

3,000-meters steeplechase (8:32.09)

Name	Mark	Meet	Date
Steven Fahy	8:39.60	NCAA West Prelims	5/24
Clayton Mendez	9:14.76	Big Meet	4/6

5,000 meters (13:15.33)

Name	Mark	Meet	Date
Grant Fisher	13:29.52	Cardinal Classic	4/19
Thomas Ratcliffe	13:32.81	Cardinal Classic	4/19
Steven Fahy	13:34.80	Cardinal Classic	4/19
Connor Lane	13:42.31	Payton Jordan	5/2
Alex Ostberg	13:42.44	Payton Jordan	5/2
Alek Parsons	13:47.59	Cardinal Classic	4/19
Clayton Mendez	13:57.99	Cardinal Classic	4/19
Michael Vernau	14:13.60	Cardinal Classic	4/19
Charlie Perry*	14:17.69	Cardinal Classic	4/19
Meika Beaudoin-Rousseau*	14:27.73	Payton Jordan	5/2

10,000 meters (27:31.38)

Name	Mark	Meet	Date
Alek Parsons	28:56.01	Stanford Invite	3/29
Michael Vernau	29:06.84	Stanford Invite	3/29
Alex Ostberg	30:04.99	Pac-12 Champs	5/11

110-meter hurdles (13.61)

Name	Mark	Meet	Date
Julian Body	14.23	National Relays	4/26
Harrison Williams	14.55	NCAA Champs	6/6

400-meter hurdles (48.79)

Name	Mark	Meet	Date
Julian Body	53.49	Big Meet	4/6

4x100 meter relay (39.64)

Name	Mark	Meet	Date
Miles Zoltak, Louis Stenmark, Isaac Westlund, Julian Body	41.42	Big Meet	4/6

4x400 meter relay (3:04.82)

Name	Mark	Meet	Date
Louis Stenmark, Gabe Navarro, Hari Sathyamurthy, Harrison Williams	3:10.23	Pac-12 Champs	5/12
Louis Stenmark, Gabriel Navarro, Julian Body, Harrison Williams	3:11.29	National Relays	4/27
Louis Stenmark, Miles Zoltak, Hari Sathyamurthy, Harrison Williams	3:11.77	Stanford Invite	3/30
Miles Zoltak, Julian Body, Hari Sathyamurthy, Louis Stenmark	3:12.58	Big Meet	4/6

High jump (7-5 3/4, 2.28m)

Name	Mark	Meet	Date
Trevor Rex	6-7	Stan. Invite/Big Meet	3/29,4/6
Harrison Williams	6-7	NCAA Champs	6/5

Pole vault (18-9 1/2, 5.72m)

Name	Mark	Meet	Date
Harrison Williams	16-11 1/2	Pac-12 Champs	5/12

Long jump (27-0, 8.22m)

Name	Mark	Meet	Date
Harrison Williams	24-3	Bryan Clay Invite	4/17

Triple jump (52-6 3/4, 16.02m)

Name	Mark	Meet	Date
Keyshawn King	49-0	Stanford Invite	3/30
Fisayo Omilana	46-3 1/4	Pac-12 Champs	5/12
Trevor Rex	43-3 1/4	Big Meet	4/6

STANFORD MEN'S 2019 OUTDOOR PERFORMANCE LIST

By Event

Shot put (67-9 1/4, 20.65m)

Name	Mark	Meet	Date
Sal Spina	50-9 1/2	Big Meet	4/6
Landon Ellingson	49-7	Big Meet	4/6
Harrison Williams	45-5 3/4	Bryan Clay Invite	4/17

Discus (210-1, 64.04m)

Name	Mark	Meet	Date
Jake Koffman	169-4	Big Meet	4/6
Landon Ellingson	168-11	Big Meet	4/6
Max McKhann	149-2	Big Meet	4/6
Harrison Williams	144-4	National Relays	4/26

Hammer (240-10, 73.42)

Name	Mark	Meet	Date
Max McKhann	196-2	Stanford Invite	3/29
Jake Koffman	174-2	Hornet Invite	3/15
Landon Ellingson	172-10	Hornet Invite	3/15

Javelin (245-4, 74.78m)

Name	Mark	Meet	Date
Liam Christensen	245-4	Big Meet	4/6
Will Kingsfield	209-8	Pac-12 Champs	5/11
Harrison Williams	162-1	Bryan Clay Invite	4/18

Decathlon (8,112 pts.)

Name	Mark	Meet	Date
Harrison Williams	8,112	Bryan Clay Invite	4/17-18

Thru end of 2019 collegiate season

(Parentheses indicate school record for that event)

** unattached*

STANFORD MEN'S 2019 INDOOR PERFORMANCE LIST

By Event

60 meters (School indoor record: 6.71)

Name	Mark	Meet	Date
Isaiah Brandt-Sims	6.71	MPSF Champs	2/22
Gabriel Navarro	6.86	Don Kirby Invite	2/9
Harrison Williams	6.95	Husker Invitational	2/1
Andrew Franco	7.04	UW Indoor Preview	1/12
Miles Zoltak	7.31	UW Indoor Preview	1/12

200 meters (21.17)

Name	Mark	Meet	Date
Gabriel Navarro	21.29	Don Kirby Invite	2/8
Isaiah Brandt-Sims	21.53	Don Kirby Invite	2/8
Andrew Franco	22.02	UW Indoor Preview	1/12
Isaac Westlund	22.32	Don Kirby Invite	2/8

400 meters (46.16)

Name	Mark	Meet	Date
Louis Stenmark	47.78	Don Kirby Invite	2/9
Julian Body	48.47	UW Invitational	1/26
Isaac Westlund	48.90	Don Kirby Invite	2/8

600 meters (1:17.59)

Name	Mark	Meet	Date
Louis Stenmark	1:17.59	UW Indoor Preview	1/12
Julian Body	1:19.38	UW Indoor Preview	1/12
Isaac Westlund	1:21.26	UW Indoor Preview	1/12

800 meters (1:47.78)

Name	Mark	Meet	Date
Hari Sathyamurthy	1:51.20	Husky Classic	2/8
Nathaniel Kucera	1:53.95	Husky Classic	2/8
Brian Smith	1:54.23	Husky Classic	2/8

1,000 meters (2:22.17)

Name	Mark	Meet	Date
Isaac Cortes	2:25.60	UW Indoor Preview	1/12
Hari Sathyamurthy	2:27.77	UW Indoor Preview	1/12
Nathaniel Kucera	2:28.79	UW Indoor Preview	1/12
Brian Smith	2:32.05	UW Indoor Preview	1/12
Harrison Williams	2:43.19	Husker Invitational	2/2

Mile (3:53.95)

Name	Mark	Meet	Date
Alex Ostberg	3:59.31	UW Invitational	1/26
Steven Fahy	4:03.74	UW Invitational	1/26
Tai Dinger	4:03.92	MPSF Champs	2/23
Thomas Ratcliffe	4:04.54	Husky Classic	2/8
DJ Principe	4:04.71	UW Invitational	1/26
Alek Parsons	4:04.80	UW Invitational	1/26
Clayton Mendez	4:06.05	UW Indoor Preview	1/12
Michael Vernau	4:08.41	UW Indoor Preview	1/12
Liam Conway	4:09.69	UW Indoor Preview	1/12
Blair Hurlock	4:10.63	UW Indoor Preview	1/12
Connor Lane	4:12.54	UW Indoor Preview	1/12

3,000 meters (7:42.62)

Name	Mark	Meet	Date
Grant Fisher	7:42.62	Millrose Games	2/9
Alex Ostberg	7:51.20	Husky Classic	2/8
Thomas Ratcliffe	7:54.36	MPSF Champs	2/23
Clayton Mendez	8:04.36	MPSF Champs	2/23
Michael Vernau	8:07.46	UW Invitational	1/26
Connor Lane	8:08.20	UW Invitational	1/26
DJ Principe	8:10.64	Husky Classic	2/8
Liam Conway	8:28.61	UW Invitational	1/26

5,000 meters (13:19.58)

Name	Mark	Meet	Date
Alek Parsons	13:58.17	Husky Classic	2/8
Steven Fahy	14:01.04	MPSF Champs	2/22
Michael Vernau	14:02.09	Husky Classic	2/8
Connor Lane	14:05.34	MPSF Champs	2/22

60-meter hurdles (7.71)

Name	Mark	Meet	Date
Harrison Williams	8.10	UW Indoor Preview	1/12
Julian Body	8.13	Don Kirby Invite	2/9

4x400 meter relay (3:07.66)

Name	Mark	Meet	Date
Julian Body, Gabriel Navarro, Louis Stenmark, Isaiah Brandt-Sims	3:07.66	MPSF Champs	2/23
Julian Body, Louis Stenmark, Gabriel Navarro, Isaiah Brandt-Sims	3:10.57	Alex Wilson Invite	2/16
Julian Body, Louis Stenmark, Gabriel Navarro, Isaiah Brandt-Sims	3:11.64	Don Kirby Invite	2/9
Isaac Westlund, Miles Zoltak, Julian Body, Gabriel Navarro	3:14.29	UW Indoor Preview	1/12
Gabriel Navarro, Isaac Westlund, Andrew Franco, Julian Body	3:16.70	UW Invitational	1/26

4x800 meter relay (7:35.71)

Name	Mark	Meet	Date
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Distance medley relay (9:26.91)

Name	Mark	Meet	Date
Isaac Cortes, Julian Body, Hari Sathyamurthy, Grant Fisher	9:29.35	UW Invitational	1/25
Alex Ostberg, Louis Stenmark, Isaac Cortes, Grant Fisher	9:31.39	MPSF Champs	2/22
Alex Ostberg, Isaiah Brandt-Sims, Isaac Cortes, Grant Fisher	9:31.70	NCAA Championships	3/8

High jump (7-3 1/2)

Name	Mark	Meet	Date
Harrison Williams	6-8	NCAA Championships	3/8
Trevor Rex	6-6 3/4	MPSF Champs	2/23

Pole vault (18-4 3/4)

Name	Mark	Meet	Date
Harrison Williams	17-5 1/2	MPSF Champs	2/22

Long jump (25-7 1/4)

Name	Mark	Meet	Date
Harrison Williams	24-1 1/2	NCAA Championships	3/8

Triple jump (52-9 1/4)

Name	Mark	Meet	Date
Fisayo Omilana	46-5 1/2	MPSF Champs	2/23

Shot put (70-6 1/2)

Name	Mark	Meet	Date
Harrison Williams	44-7	NCAA Championships	3/8

Weight throw (70-6 1/2)

Name	Mark	Meet	Date
Jake Koffman	56-6 3/4	Mtn. T's Invite	2/2
Landon Ellingson	55-0	Mtn. T's Invite	2/2

Heptathlon (6,042)

Name	Mark	Meet	Date
Harrison Williams	6,042	NCAA Championships	3/8-9

Thru 2019

(Parentheses indicate school record for that event)

** unattached*

STANFORD MEN'S 2019 PERFORMANCE LIST

By Individual

Academic years listed; Years of eligibility may differ.

Meika Beaudoin-Rousseau, Fr.

OUTDOORS

5,000 (14:27.73)

14:45.72	Sec.2: 21) Cardinal Classic	4/19*
14:27.73	Sec. 2: 24) Payton Jordan Invite	5/2*

Julian Body, Jr.

OUTDOORS

200 (21.28)

21.53	6) Hornet Invitational	3/15
21.28	1) Payton Jordan Invite	5/2

400 (48.27)

48.27	3) Hornet Invitational	3/16
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110 hurdles (14.23)

14.52	5) Hornet Invitational	3/16
14.42	3) Big Meet	4/6
14.23	5) National Relays	4/26
14.54	1) Payton Jordan Invite	5/2
14.42	13p) Pac-12 Championships	5/11

400 hurdles (51.62)

53.49	3) Big Meet	4/6
54.31	1) Cardinal Classic	4/19

4x100 relay

41.42 (anchor)	2) Big Meet	4/6
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4x400 relay

3:12.58 (second leg)	2) Big Meet	4/6
3:11.29 (third leg)	5) National Relays	4/27

INDOORS

400 (Indoor personal best: 47.69)

48.47	6) UW Invitational	1/26
48.84	14) Don Kirby Invitational	2/9

600 (1:19.38)

1:19.38	2) UW Indoor Preview	1/12
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60 hurdles (8.13)

8.22	1q) Don Kirby Invitational	2/9
8.13	12p) Don Kirby Invitational	2/9
8.20	12p) MPSF Championships	2/22

4x400 relay

3:14.29 (third leg)	1) UW Indoor Preview	1/12
3:16.70 (anchor)	1) UW Invitational	1/26
3:11.64 (first leg)	1) Don Kirby Invitational	2/9
3:10.57 (first leg)	1) Alex Wilson Invitational	2/16
3:07.66 (first leg)	2) MPSF Championships	2/23

Distance medley relay

9:29.35 (second leg)	1) UW Invitational	1/25
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Isaiah Brandt-Sims, Gr.

INDOORS

60 (6.64)

6.85	9p) UW Indoor Preview	1/12
6.81	7p) UW Invitational	1/26
6.79	5) UW Invitational	1/26
7.07	22p) Don Kirby Invitational	2/9
6.71	4p) MPSF Championships	2/22
6.73	5) MPSF Championships	2/23

200 (21.43)

21.67	2) UW Invitational	1/25
21.53	8) Don Kirby Invitational	2/8

4x400 relay

3:11.64 (anchor)	1) Don Kirby Invitational	2/9
3:10.57 (anchor)	1) Alex Wilson Invitational	2/16
3:07.66 (anchor)	2) MPSF Championships	2/23

Distance medley relay

9:31.70 (second leg)	2) NCAA Championships	3/8
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Liam Christensen, So.

OUTDOORS

Javelin (245-4, 74.78m)

226-4 (69.00m)	1) Hornet Invitational	3/16
245-4 (74.78m)	1) Big Meet	4/6
232-6 (70.87m)	6) National Relays	4/26
220-11 (67.34m)	6) Pac-12 Championships	5/11
220-10 (67.31m)	13) NCAA West Prelims	5/24

Liam Conway, Fr.

OUTDOORS

1,500 (3:52.28)

3:52.75	Sec. 5: 6) Stanford Invitational	3/29*
3:52.28	Sec.3: 4) Cardinal Classic	4/20*

INDOORS

Mile (4:09.69)

4:09.69	17) UW Indoor Preview	1/12
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3,000 (8:28.61)

8:28.61	54) UW Invitational	1/26
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Isaac Cortes, Jr.

OUTDOORS

800 (1:50.20)

1:53.86	9) Payton Jordan Invite	5/2
1:53.58	24) Pac-12 Championships	5/12

1,500 (3:47.24c)

3:57.50	Sec. 3: 10) Stanford Invitational	3/29
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INDOORS

Mile (4:08.37)

2:25.60	8) UW Indoor Preview	1/12
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2:25.60	8) UW Indoor Preview	1/12
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Distance medley relay

9:29.35 (first leg)	1) UW Invitational	1/25
9:31.39 (third leg)	1) MPSF Championships	2/22
9:31.70 (third leg)	2) NCAA Championships	3/8

Tai Dinger, Gr.**OUTDOORS****800 (1:49.71)**

1:55.24	40) Stanford Invitational	3/30
1:53.92	26) Pac-12 Championships	5/12

1,500 (3:44.51)

3:50.25	Sec. 3: 7) Stanford Invitational	3/29
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INDOORS**Mile (4:03.63)**

4:04.17	17) UW Invitational	1/26
4:07.00	25) Husky Classic	2/8
4:03.92	7) MPSF Championships	2/23

Landon Ellingson, Jr.**OUTDOORS****Shot put (49-7, 15.11m)**

49-7 (15.11m)	5) Big Meet	4/6
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Discus (170-3, 51.90m)

159-1 (48.49m)	8) Hornet Invitational	3/16
164-3 (50.07m)	Coll.: 8) Stanford Invitational	3/29
168-11 (51.50m)	4) Big Meet	4/6
141-8 (43.19m)	10) National Relays	4/26
162-8 (49.58m)	3) Payton Jordan Invite	5/2
152-8 (46.55m)	15) Pac-12 Championships	5/12

Hammer (172-10, 52.70m)

172-10 (52.70m)	7) Hornet Invitational	3/15
160-5 (48.89m)	Coll.: 6) Stanford Invitational	3/29
168-1 (51.23m)	3) Big Meet	4/6
161-1 (49.10m)	4) Cardinal Classic	4/19
165-11 (50.58m)	5) Payton Jordan Invite	5/2
164-10 (50.25m)	13) Pac-12 Championships	5/11

INDOORS**Weight throw (55-0, 16.76m)**

53-5 3/4 (16.30m)	9) UW Indoor Preview	1/12
54-6 (16.61m)	7) UW Invitational	1/26
55-0 (16.76m)	8) Mtn. T's Invitational	2/2
53-11 3/4 (16.45m)	16) Don Kirby Invitational	2/8
53-3 1/2 (16.24m)	22) MPSF Championships	2/22

Steven Fahy, 5th Sr.**OUTDOORS****1,500 (3:45.03)**

3:45.03	Inv.: 7) Stanford Invitational	3/29
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3,000 (8:12.51)

8:12.51	1) Big Meet	4/6
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5,000 (13:34.80)

13:34.80	Inv.: 5) Cardinal Classic	4/19
13:50.79	3) Pac-12 Championships	5/12

3,000 steeplechase (8:34.52)

8:45.49	1) Big Meet	4/6
8:43.85	1) Pac-12 Championships	5/11
8:39.60	7) NCAA West Prelims	5/24
8:41.60	1s) NCAA Championships	6/5
8:38.46	1) NCAA Championships	6/7

INDOORS**Mile (4:00.60)**

4:03.74	15) UW Invitational	1/26
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5,000 (13:44.82)

14:01.04	6) MPSF Championships	2/22
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Grant Fisher, Sr.**OUTDOORS****800 (1:51.86)**

1:51.86	1) Big Meet	4/6
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1,500 (3:39.60)

3:46.36	1) Big Meet	4/6
3:39.60	7) Payton Jordan	5/2
3:49.94	8p) Pac-12 Championships	5/11
3:49.29	2) Pac-12 Championships	5/12

5,000 (13:29.52)

13:29.52	Inv.: 1) Cardinal Classic	4/19
13:50.30	2) Pac-12 Championships	5/12
13:45.64	1) NCAA West Prelims	5/25
14:06.63	2) NCAA Championships	6/7

INDOORS**3,000 (7:42.62)**

7:42.62	1) Millrose Games	2/9
7:53.15	2) NCAA Championships	3/9

Distance medley relay

9:29.35 (anchor)	1) UW Invitational	1/25
9:31.39 (anchor)	1) MPSF Championships	2/22
9:31.70 (anchor)	2) NCAA Championships	3/8

Andrew Franco, Fr.**OUTDOORS****100 (10.86)**

12.61	45p) Stanford Invitational	3/29*
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INDOORS**60 (7.08)**

7.08	16q) UW Indoor Preview	1/12
7.04	21p) UW Indoor Preview	1/12
7.16	25q) UW Invitational	1/26

200 (22.02)

22.02	7) UW Indoor Preview	1/12
22.06	6) UW Invitational	1/25

4x400 relay

3:16.70 (third leg)	1) UW Invitational	1/26
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Blair Hurlock, Gr.**INDOORS****Mile (4:09.77c)**

4:10.63	18) UW Indoor Preview	1/12
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Keyshawn King, Fr.**OUTDOORS****Triple jump (51-4 1/4, 15.65m)**

48-8 (14.83m)	2) Hornet Invitational	3/16
49-0 3/4 (14.95m)	Inv.: 6) Stanford Invitational	3/30
Foul	National Relays	4/27
48-11 3/4 (14.93m)	5) Pac-12 Championships	5/12

Will Kingsfield, Jr.**OUTDOORS****Javelin (212-3, 64.62m)**

184-9 (56.32m)	4) Hornet Invitational	3/16
194-4 (59.24m)	Inv.: 5) Stanford Invitational	3/29
204-3 (62.25m)	2) Big Meet	4/6
198-10 (60.60m)	1) Cardinal Classic	4/19
198-0 (60.35m)	9) National Relays	4/26
209-8 (63.91m)	8) Pac-12 Championships	5/11
203-2 (61.93m)	29) NCAA West Prelims	5/24

Jake Koffman, So.**OUTDOORS****Discus (172-4, 52.52m)**

165-0 (50.30m)	6) Hornet Invitational	3/16
166-3 (50.68m)	Coll.: 6) Stanford Invitational	3/29
169-4 (51.61m)	3) Big Meet	4/6
156-4 (47.66m)	6) National Relays	4/26
164-6 (50.14m)	2) Payton Jordan Invite	5/2
168-7 (51.40m)	9) Pac-12 Championships	5/12

Hammer (174-2, 53.10m)

174-2 (53.10m)	5) Hornet Invitational	3/15
159-8 (48.66m)	Coll.: 7) Stanford Invitational	3/29
153-4 (46.75m)	5) Big Meet	4/6

INDOORS**Weight throw (56-6 3/4, 17.24m)**

54-8 3/4 (16.68m)	7) UW Indoor Preview	1/12
54-8 3/4 (16.68m)	6) UW Invitational	1/26
56-6 3/4 (17.24m)	4) Mtn. T's Invitational	2/2
NM	Don Kirby Invitational	2/8
53-7 (16.33m)	19) MPSF Championships	2/22

Nathaniel Kucera, 5th Sr.**OUTDOORS****800 (1:51.33)**

1:53.65	27) Stanford Invitational	3/30
1:55.33	6) Big Meet	4/6
1:52.57	Sec.2: 5) Cardinal Classic	4/19
1:53.10	8) Payton Jordan Invite	5/2
1:52.03	11) Pac-12 Championships	5/12

INDOORS**800 (1:53.51)**

1:55.57	22) UW Invitational	1/26
1:53.95	16) Husky Classic	2/8
1:54.38	20) MPSF Championships	2/23

1,000 (2:28.79)

2:28.79	12) UW Indoor Preview	1/12
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Connor Lane, So.**OUTDOORS****1,500 (3:49.19)**

3:51.42	4) Big Meet	4/6
3:49.19	Sec.2: 9) Cardinal Classic	4/20

3,000 (8:21.14)

8:21.14	5) Big Meet	4/6
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5,000 (13:42.31)

13:59.43	Sec. 2: 12) Stanford Invitational	3/29
13:42.31	Sec. 2: 5) Payton Jordan Invite	5/2
14:06.00	15) NCAA West Prelims	5/25

INDOORS**Mile (4:10.34)**

4:12.54	20) UW Indoor Preview	1/12
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3,000 (8:08.20)

8:08.20	30) UW Invitational	1/26
8:11.65	21) MPSF Championships	2/23

5,000 (14:05.34)

14:10.84	35) Husky Classic	2/8
14:05.34	9) MPSF Championships	2/22

Max McKhann, Fr.**OUTDOORS****Discus (149-2, 45.46m)**

149-2 (45.46m)	6) Big Meet	4/6
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Hammer (196-2, 59.80m)

181-0 (55.16m)	4) Hornet Invitational	3/15
196-2 (59.80m)	Coll.: 1) Stanford Invitational	3/29
192-5 (58.65m)	2) Big Meet	4/6
194-9 (59.35m)	1) Cardinal Classic	4/19
195-6 (59.58m)	2) Payton Jordan Invite	5/2
185-1 (56.42m)	10) Pac-12 Championships	5/11

Clayton Mendez, Fr.**OUTDOORS****1,500 (3:49.94)**

3:51.35	Sec. 3: 8) Stanford Invitational	3/29
3:53.49	14p) Pac-12 Championships	5/11

5,000 (13:57.99)

13:57.99	Sec.2: 1) Cardinal Classic	4/19
14:30.12	17) Pac-12 Championships	5/12
14:16.02	30) NCAA West Prelims	5/25

INDOORS**Mile (4:05.57)**

4:06.05	8) UW Indoor Preview	1/12
4:08.84	32) Husky Classic	2/8

3,000 (8:04.36)

8:12.78	39) UW Invitational	1/26
8:04.36	12) MPSF Championships	1/23

Gabriel Navarro, So.**OUTDOORS****100 (10.43)**

10.62	5) Hornet Invitational	3/16
10.59w	p) Stanford Invitational	3/29
10.44w	5) Stanford Invitational	3/29
14.79	3) Big Meet	4/6
10.67	15) National Relays	4/26
FS	p) Pac-12 Championships	5/11
10.64	44p) NCAA West Prelims	5/23

200 (21.04)

21.31	5) Hornet Invitational	3/15
21.43	15) National Relays	4/26
21.35	2) Payton Jordan Invite	5/2
21.20	11) Pac-12 Championships	5/12

4x400 relay

3:11.29 (second leg)	5) National Relays	4/27
3:10.23 (second leg)	7) Pac-12 Championships	5/12

INDOORS**60 (6.86)**

6.89	9q) UW Indoor Preview	1/12
6.87	10p) UW Indoor Preview	1/12
6.89	11p) UW Invitational	1/26
6.90	4q) Don Kirby Invitational	2/9
6.86	12p) Don Kirby Invitational	2/9
6.89	17p) MPSF Championships	2/22

200 (21.29)

21.77	4) UW Invitational	1/25
21.29	6) Don Kirby Invitational	2/8

4x400 relay

3:14.29 (anchor)	1) UW Indoor Preview	1/12
3:16.70 (first leg)	1) UW Invitational	1/26
3:11.64 (third leg)	1) Don Kirby Invitational	2/9
3:10.57 (third leg)	1) Alex Wilson Invitational	2/16
3:07.66 (second leg)	2) MPSF Championships	2/23

Fisayo Omilana, Jr.**OUTDOORS****Triple jump (46-3 1/4, 14.10m)**

45-8 1/2 (13.93m)	8) Hornet Invitational	3/16
47-7 1/4w (14.51mw)	2) Big Meet	4/6
46-4 1/4w (14.13mw)	9) National Relays	4/27
46-3 1/4 (14.10m)	8) Pac-12 Championships	5/12

INDOORS**Triple jump (45-10 1/2, 13.98m)**

45-10 1/2 (13.98m)	4) UW Indoor Preview	1/12
44-5 1/2 (13.55m)	12) UW Invitational	1/26
46-5 1/2 (14.16m)	9) MPSF Championships	2/23

Alex Ostberg, Sr.**OUTDOORS****5,000 (13:42.44)**

13:42.44	Sec. 2: 7) Payton Jordan Invite	5/2
13:51.66	8) NCAA West Prelims	5/25

10,000 (30:04.99)

30:04.99	9) Pac-12 Championships	5/11
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INDOORS**Mile (3:59.31)**

3:59.31	4) UW Invitational	1/26
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3,000 (7:51.20)

7:51.20	3) Husky Classic	2/8
7:55.62	5) NCAA Championships	3/9

Distance medley relay

9:31.39 (first leg)	1) MPSF Championships	2/22
9:31.70 (first leg)	2) NCAA Championships	3/8

Alek Parsons, Jr.**OUTDOORS****3,000 (8:15.86)**

8:15.86	4) Big Meet	4/6
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5,000 (13:47.59)

13:47.59	Inv.: 9) Cardinal Classic	4/19
14:01.91	9) Pac-12 Championships	5/12

10,000 (28:56.01)

28:56.01	Sec. 2: 3) Stanford Invitational	3/29
29:29.51	22) NCAA West Prelims	5/23

INDOORS**Mile (4:04.80)**

4:04.80	20) UW Invitational	1/26
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5,000 (13:58.17)

13:58.17	16) Husky Classic	2/8
14:00.95	5) MPSF Championships	2/22

Charlie Perry, Fr.**OUTDOORS****5,000 (14:17.69)**

14:17.69	4) Big Meet	4/6*
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DJ Principe, So.**INDOORS****Mile (4:00.73)**

4:04.71	19) UW Invitational	1/26
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3,000 (8:10.64)

8:10.64	33) Husky Classic	2/8
8:24.19	30) MPSF Championships	2/23

Thomas Ratcliffe, Jr.**OUTDOORS****1,500 (3:44.53)**

3:44.53	Inv.: 5) Stanford Invitational	3/29
3:48.15	2) Big Meet	4/6
3:49.67	4p) Pac-12 Championships	5/11
3:55.32	11) Pac-12 Championships	5/12

5,000 (13:32.81)

13:32.81	Inv.: 3) Cardinal Classic	4/19
13:47.24	4) NCAA West Prelims	5/25
14:07.92	3) NCAA Championships	6/7

INDOORS**Mile (4:04.71)**

4:04.71	16) Husky Classic	2/8
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3,000 (7:53.23)

7:54.36	6) MPSF Championships	2/23
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Trevor Rex, Sr.**OUTDOORS****Triple jump (43-3 1/4, 13.19m)**

43-3 1/4, 13.19m)	3) Big Meet	4/6
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High jump (6-10, 2.08m)

6-6 (1.98m)	5) Hornet Invitational	3/16
6-7 (2.01m)	Coll.: 2) Stanford Invitational	3/29
6-7 (2.01m)	1) Big Meet	4/6
6-3 1/2 (1.92m)	2) Cardinal Classic	4/20
NH	National Relays	4/27
6-6 3/4 (2.00m)	1) Payton Jordan Invite	5/2
6-6 (1.98m)	9) Pac-12 Championships	5/12

INDOORS**High jump (6-8 3/4, 2.05m)**

6-2 3/4 (1.90m)	12) UW Indoor Preview	1/12
6-4 (1.93m)	9) UW Invitational	1/25
6-5 1/2 (1.97m)	15) Don Kirby Invitational	2/8
6-6 3/4 (2.00m)	16) MPSF Championships	2/23

Hari Sathyamurthy, Jr.**OUTDOORS****800 (1:49.29)**

1:51.08	11) Stanford Invitational	3/30
1:52.48	4) Big Meet	4/6
1:50.19	Inv.: 4) Cardinal Classic	4/19
1:50.82	4) Payton Jordan Invite	5/2
1:50.98	7) Pac-12 Championships	5/12
1:49.29	8p) NCAA West Prelims	5/23
1:50.04	18) NCAA West Prelims	5/24

1,500 (3:50.12)

3:54.62	Sec. 4: 9) Stanford Invitational	3/29
3:56.04	Sec.3: 8) Cardinal Classic	4/20

4x400 relay

3:11.77 (third leg)	4) Stanford Invitational	3/30
3:12.58 (third leg)	2) Big Meet	4/6
3:10.23 (third leg)	7) Pac-12 Championships	5/12

INDOORS**800 (1:51.19)**

1:51.38	9) UW Invitational	1/26
1:51.20	9) Husky Classic	2/8
1:56.45	23) Alex Wilson Invitational	2/16

1,000 (2:27.77)

2:27.77	10) UW Indoor Preview	1/12
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Distance medley relay

9:29.35 (third leg)	1) UW Invitational	1/25
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Brian Smith, Sr.**INDOORS****800 (1:50.72)**

1:56.63	28) UW Invitational	1/26
1:54.23	17) Husky Classic	2/8
1:54.56	22) MPSF Championships	2/23

1,000 (2:32.05)

2:32.05	15) UW Indoor Preview	1/12
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Sal Spina, Fr.**OUTDOORS****Shot put (50-9 1/2, 15.48m)**

47-6 1/2 (14.49m)	8) Hornet Invitational	3/16
48-3 1/2 (14.72m)	Coll.: 7) Stanford Invitational	3/30
50-9 1/2, 15.48m)	4) Big Meet	4/6
47-11 3/4 (14.62m)	1) Cardinal Classic	4/20
47-3 1/2 (14.41m)	13) Pac-12 Championships	5/11

Louis Stenmark, So.**OUTDOORS****200 (21.73)**

21.73	1) Cardinal Classic	4/19
21.78	3) Payton Jordan Invite	5/2

400 (46.29)

48.31	11) Stanford Invitational	3/29
46.93	1) Big Meet	4/6
47.22	10) National Relays	4/26
47.49	6p) Pac-12 Championships	5/11
47.44	9) Pac-12 Championships	5/12

4x100 relay

41.42 (second leg)	2) Big Meet	4/6
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4x400 relay

3:11.77 (first leg)	4) Stanford Invitational	3/30
3:12.58 (anchor)	2) Big Meet	4/6
3:11.29 (first leg)	5) National Relays	4/27
3:10.23 (first leg)	7) Pac-12 Championships	5/12

INDOORS**400 (47.78)**

48.21	5) UW Invitational	1/26
47.78	5) Don Kirby Invitational	2/9

600 (1:17.59)

1:17.59	1) UW Indoor Preview	1/12
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4x400

3:11.64 (second leg)	1) Don Kirby Invitational	2/9
3:10.57 (second leg)	1) Alex Wilson Invitational	2/16
3:07.66 (third leg)	2) MPSF Championships	2/23

Distance medley relay

9:31.39 (second leg)	1) MPSF Championships	2/22
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Michael Vernau, So.**OUTDOORS****3,000 (8:15.13)**

8:15.13	2) Big Meet	4/6
5,000 (14:13.60)		
14:13.60	Sec.2: 12) Cardinal Classic	4/19

10,000 (29:06.84)

29:06.84	Sec. 2: 10) Stanford Invitational	3/29
30:07.88	10) Pac-12 Championships	5/11
29:53.44	32) NCAA West Prelims	5/23

INDOORS**Mile (4:08.41)**

4:08.41	15) UW Indoor Preview	1/12
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3,000 (8:07.46)

8:07.46	29) UW Invitational	1/26
8:10.93	18) MPSF Championships	2/23

5,000 (14:02.09)

14:02.09	22) Husky Classic	2/8
14:06.00	10) MPSF Championships	2/22

Isaac Westlund, Sr.**OUTDOORS****200 (22.09)**

22.67	4) Cardinal Classic	4/19
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400 (47.75)

49.33	4) Big Meet	4/6
49.47	6) Payton Jordan Invite	5/2
49.59	20p) Pac-12 Championships	5/11

4x100 relay

41.42 (third leg)	2) Big Meet	4/6
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INDOORS**200 (22.31)**

22.32	37) Don Kirby Invitational	2/8
22.58	26) MPSF Championships	2/22

400 (48.90)

49.29	11) UW Invitational	1/26
48.90	4, unseeded) Don Kirby Invite	2/8
49.54	27) MPSF Championships	2/23

600 (1:21.26)

1:21.26	4) UW Indoor Preview	1/12
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4x400 relay

3:14.29 (first leg)	1) UW Indoor Preview	1/12
3:16.70 (second leg)	1) UW Invitational	1/26

Harrison Williams, 5th Sr.**OUTDOORS****100 (10.67)**

10.88	dec) Bryan Clay Invitational	4/17
10.85	dec) NCAA Championships	6/5

200 (21.35)

21.58	2) Big Meet	4/6
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400 (46.66)

48.01	dec) Bryan Clay Invitational	4/17
47.19	dec) NCAA Championships	6/5

1,500 (4:27.88)

4:30.16	dec) Bryan Clay Invitational	4/18
4:39.01	dec) NCAA Championships	6/6

110 hurdles (13.88)

14.29w	dec) Bryan Clay Invitational	4/18
14.55	dec) NCAA Championships	6/6

4x400 relay

3:11.77 (anchor)	4) Stanford Invitational	3/30
3:11.29 (anchor)	5) National Relays	4/27
3:10.23 (anchor)	7) Pac-12 Championships	5/12

High jump (6-8, 2.03m)

6-3 1/4 (1.91m)	2) Big Meet	4/6
6-5 (1.96m)	dec) Bryan Clay Invitational	4/17
6-7 (2.01m)	dec) NCAA Championships	6/5

Pole vault (17-2 3/4, 5.25m)

16-0 3/4 (4.90m)	1) Big Meet	4/6
16-8 3/4 (5.10m)	dec) Bryan Clay Invitational	4/18
16-11 1/2 (5.17m)	3) Pac-12 Championships	5/12
16-9 1/4 (5.11m)	dec) NCAA Championships	6/6

Long jump (25-1 3/4, 7.66m)

23-7 1/4 (7.19m)	2) Big Meet	4/6
24-3 (7.39m)	dec) Bryan Clay Invitational	4/17
21-11 1/2 (6.69m)	17) Pac-12 Championships	5/11
24-0 1/4 (7.32m)	dec) NCAA Championships	6/5

Shot put (45-8 1/2, 13.93m)

45-5 3/4 (13.86m)	dec) Bryan Clay Invitational	4/17
45-5 (13.84m)	dec) NCAA Championships	6/5

Discus (144-4, 44.01m)

140-10 (42.93m)	Coll.: 16) Stanford Invitational	3/29
139-9 (42.60m)	dec) Bryan Clay Invitational	4/18
144-4 (44.01m)	9) National Relays	4/26
128-11 (39.30m)	dec) NCAA Championships	6/6

Javelin (184-9, 56.31m)

162-1 (49.41m)	dec) Bryan Clay Invitational	4/18
159-5 (48.59m)	12) National Relays	4/26
157-2 (47.91m)	dec) NCAA Championships	6/6

Decathlon (8,112 pts.)

8,112	2) Bryan Clay Invitational	4/17-18
8,010	2) NCAA Championships	6/6

INDOORS**60 (6.95)**

6.95	hep) Husker Invitational	2/1
7.05	hep) NCAA Championships	3/8

1,000 (2:39.45)

2:43.19	hep) Husker Invitational	2/2
2:43.38	hep) NCAA Championships	3/9

60 hurdles (8.10)

8.10	4p) UW Indoor Preview	1/12
8.20	4) UW Indoor Preview	1/12
8.14	hep) Husker Invitational	2/2
8.13	hep) NCAA Championships	3/9

High jump (6-8, 2.03m)

6-4 (1.93m)	16) UW Invitational	1/25
6-4 1/4 (1.94m)	hep) Husker Invitational	2/1
6-8 (2.03m)	hep) NCAA Championships	3/8

Pole vault (17-8 1/2, 5.39m)

17-0 3/4 (5.20m)	5) UW Indoor Preview	1/12
17-1 1/2 (5.22m)	hep) Husker Invitational	2/2
17-5 1/2 (5.32m)	2) MPSF Championships	2/22
16-11 (5.16m)	hep) NCAA Championships	3/9

Long jump (24-1 1/2, 7.35m)

23-4 (7.11m)	1) UW Indoor Preview	1/12
23-5 1/4 (7.14m)	hep) Husker Invitational	2/1
24-1 1/2 (7.35m)	hep) NCAA Championships	3/8

Shot put (45-1, 13.74m)

43-10 3/4 (13.38m)	19) UW Invitational	1/26
44-5 1/2 (13.55m)	hep) Husker Invitational	2/1
44-7 (13.59m)	hep) NCAA Championships	3/8

Heptathlon (6,042)

5,961	1) Husker Invitational	2/1-2
6,042	1) NCAA Championships	3/8-9

Miles Zoltak, Fr.**OUTDOORS****100 (11.29)**

11.29	44p) Stanford Invitational	3/29
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200 (21.26)

21.52	1) Big Meet	4/6
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400 (47.73)

48.14	2) Big Meet	4/6
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4x100 relay

41.42 (first leg)	2) Big Meet	4/6
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4x400 relay

3:11.77 (second leg)	4) Stanford Invitational	3/30
3:12.58 (first leg)	2) Big Meet	4/6

INDOORS**60 (7.31)**

7.31	27q) UW Indoor Preview	1/12
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4x400 relay

3:14.29 (second leg)	1) UW Indoor Preview	1/12
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Thru end of 2019 collegiate season.*(Personal records in parentheses; each is unique to indoors or outdoors)*** unattached*

STANFORD WOMEN'S 2019 OUTDOOR PERFORMANCE LIST

By Event

100 meters (11.15)

Name	Mark	Meet	Date
Ashlan Best	11.64	Stanford Invite	3/29
Allie Jones	12.50	Hornet Invite	3/16

200 meters (22.78)

Name	Mark	Meet	Date
Ashlan Best	23.21	NCAA West Prelims	5/24
Missy Mongiovi	24.62	Big Meet	4/6
Allie Jones	25.30	Pac-12 Multis	5/4
Hannah Labrie-Smith	25.43	Stanford Invite	3/30
Carolyn Wilson	25.52	Hornet Invite	3/15
Mary Gillett*	26.62	Stanford Invite	3/30

400 meters (52.35)

Name	Mark	Meet	Date
Ashlan Best	52.86	NCAA West Prelims	5/24
Carolyn Wilson	54.41	National Relays	4/26
Missy Mongiovi	55.14	Payton Jordan	5/2
Sarah Walker	56.11	Stanford Invite	3/29
Hannah Labrie-Smith	58.29	Hornet Invite	3/16
Mary Gillett*	59.65	Stanford Invite	3/29

800 meters (2:00.08)

Name	Mark	Meet	Date
Carolyn Wilson	2:05.35	Pac-12 Champs	5/12
Christina Aragon*	2:08.18	Cardinal Classic	4/19
Julia Heymach	2:09.92	Big Meet	4/6
Ella Donaghu	2:11.10	Stanford Invite	3/30
Sarah Walker	2:11.10	Pac-12 Champs	5/12
Jordan Oakes	2:12.00	Stanford Invite	3/30
Kaitlin Ryan	2:13.38	Cardinal Classic	4/19
Allie Jones	2:26.93	Bryan Clay Invite	4/18

1,500 meters (4:09.49)

Name	Mark	Meet	Date
Jessica Lawson	4:11.06	NCAA West Prelims	5/25
Ella Donaghu	4:11.70	NCAA West Prelims	5/25
Julia Heymach	4:17.74	Payton Jordan	5/2
Jordan Oakes	4:18.85	Payton Jordan	5/2
Fiona O'Keeffe	4:20.97	Big Meet	4/6
Abbie McNulty	4:21.24	Big Meet	4/6
Caitlin Collier	4:28.50	Stanford Invite	3/29
Kaitlin Ryan	4:37.32	Stanford Invite	3/29
Claire Smith	4:49.55	Big Meet	4/6

3,000-meter steeplechase (10:01.53)

Name	Mark	Meet	Date
Jordan Oakes	10:26.27	Big Meet	4/6

3,000 meters

Name	Mark	Meet	Date
Fiona O'Keeffe	9:56.76	Big Meet	4/6
Jessica Lawson	9:56.88	Big Meet	4/6
Abbie McNulty	9:56.91	Big Meet	4/6

5,000 meters (15:09.62)

Name	Mark	Meet	Date
Fiona O'Keeffe	15:31.45	NCAA West Prelims	5/25
Abbie McNulty	15:49.55	NCAA West Prelims	5/25
Jessica Lawson	15:50.70	Cardinal Classic	4/19
Jordan Oakes	16:14.13	Cardinal Classic	4/19

10,000 meters (32:19.97)

Name	Mark	Meet	Date
Abbie McNulty	33:30.57	Stanford Invite	3/29

100-meter hurdles (12.76)

Name	Mark	Meet	Date
Hannah Labrie-Smith	13.96	Pac-12 Champs	5/11
Allie Jones	14.06	Big Meet	4/6

400-meter hurdles (53.21)

Name	Mark	Meet	Date
Hannah Labrie-Smith	1:00.44	Pac-12 Champs	5/12

4x100 meter relay (44.07)

Name	Mark	Meet	Date
Hannah Labrie-Smith, Carolyn Wilson, Missy Mongiovi, Sarah Walker	47.58	Big Meet	4/6

4x400 meter relay (3:29.39)

Name	Mark	Meet	Date
Carolyn Wilson, Missy Mongiovi, Sarah Walker, Ashlan Best	3:37.19	NCAA West Prelims	5/25
Missy Mongiovi, Ashlan Best, Caitlin Collier, Carolyn Wilson	3:38.63	Stanford Invite	3/30
Missy Mongiovi, Ashlan Best, Sarah Walker, Carolyn Wilson	3:40.04	Pac-12 Champs	5/12
Sarah Walker, Ashlan Best, Missy Mongiovi, Carolyn Wilson	3:40.26	Cardinal Classic	4/20
Missy Mongiovi, Ashlan Best, Sarah Walker, Carolyn Wilson	3:42.79	National Relays	4/27
Sarah Walker, Hannah Labrie-Smith, Allie Jones, Carolyn Wilson	3:46.53	Big Meet	4/6
Hannah Labrie-Smith, Allie Jones, Kaitlin Ryan, Sarah Walker	3:52.39	Stanford Invite	3/30

4x800 meter relay

Name	Mark	Meet	Date
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4x1,500 meter relay

Name	Mark	Meet	Date
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Sprint medley relay (3:41.59)

Name	Mark	Meet	Date
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High jump (6-2)

Name	Mark	Meet	Date
Rachel Reichenbach	5-10 3/4	NCAA West Prelims	5/23
Allie Jones	5-3 3/4	Pac-12 Multis	5/4
Giana Gayles	4-11 1/2	Stanford Invite	3/29

Pole vault (14-9 1/2)

Name	Mark	Meet	Date
Kaitlyn Merritt	14-2	NCAA West Prelims	5/24
Erika Malaspina	13-2 1/2	Stanford Invite	3/29
Nicole Summersett	12-9	Cardinal Classic	4/20
Jackie McNulty	12-8	Big Meet	4/6

Long jump (21-11 3/4)

Name	Mark	Meet	Date
Aria Small	20-2 1/4	Cardinal Classic	4/19
Allie Jones	18-7 1/4	Bryan Clay Invite	4/18
Yinka Braimah	18-3 3/4	Stanford Invite	3/30

Triple jump (46-5 1/4)

Name	Mark	Meet	Date
Aria Small	43-5 1/4	Stanford Invite	3/30

Shot put (59-6 3/4)

Name	Mark	Meet	Date
Jaimi Salone	49-0 3/4	Cardinal Classic	4/20
Jordan Fong	40-8 1/4	Big Meet	4/6
Mackenzie Little	37-2 1/2	Big Meet	4/6
Giana Gayles	36-7 3/4	Big Meet	4/6
Allie Jones	35-3 3/4	Pac-12 Multis	5/4

Discus (208-6, 63.55)

Name	Mark	Meet	Date
Jaimi Salone	185-1	NCAA West Prelims	5/24
Jordan Fong	138-3	Big Meet	4/6

Hammer (219-8)

Name	Mark	Meet	Date
Jordan Fong	190-1	Payton Jordan	5/2
Jaimi Salone	137-9	Big Meet	4/6

Javelin (198-0, 60.36)

Name	Mark	Meet	Date
Mackenzie Little	195-1	Big Meet	4/6
Jenna Gray	184-0	Stanford Invite	3/29
Virginia Miller	162-4	NCAA West Prelims	5/23
Giana Gayles	117-3	Cardinal Classic	4/19
Allie Jones	113-2	Bryan Clay Invite	4/18

Heptathlon (5,855)

Name	Mark	Meet	Date
Allie Jones	5,041	Bryan Clay Invite	4/17-18

Thru end of 2019 collegiate season.

(Parentheses indicates school record for that event)

** indicates unattached*

STANFORD WOMEN'S 2019 INDOOR PERFORMANCE LIST

By Event

60 meters (7.21)

Name	Mark	Meet	Date
Ashlan Best	7.55	UW Indoor Preview	1/12
Kennedy Gamble	7.56	UW Indoor Preview	1/12

200 meters (22.77)

Name	Mark	Meet	Date
Ashlan Best	24.25	Don Kirby Invite	2/8
Kennedy Gamble	24.72	Don Kirby Invite	2/8
Missy Mongiovi	24.78	Don Kirby Invite	2/8

400 meters (53.35)

Name	Mark	Meet	Date
Carolyn Wilson	54.64	Don Kirby Invite	2/9
Missy Mongiovi	55.88	UW Invitational	1/26
Sarah Walker	57.46	MPSF Champs	2/23

600 meters (1:28.22)

Name	Mark	Meet	Date
Carolyn Wilson	1:31.54	UW Indoor Preview	1/12
Missy Mongiovi	1:32.34	UW Indoor Preview	1/12
Allie Jones	1:40.40	UW Indoor Preview	1/12
Samantha Seaton	1:42.24	UW Indoor Preview	1/12
Giana Gayles	1:42.63	UW Indoor Preview	1/12

800 meters (2:03.25)

Name	Mark	Meet	Date
Caitlin Collier	2:06.64	MPSF Champs	2/23
Carolyn Wilson	2:09.49	UW Invitational	1/26
Kaitlin Ryan	2:14.25	MPSF Champs	2/23
Allie Jones	2:28.08	MPSF Champs	2/22
Samantha Seaton	2:29.69	UW Invitational	1/25
Giana Gayles	2:37.47	Husker Invitational	2/1

1,000 meters (2:42.26)

Name	Mark	Meet	Date
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Mile (4:31.29)

Name	Mark	Meet	Date
Fiona O'Keeffe	4:39.71	UW Invitational	1/26
Julia Heymach	4:40.94	Husky Classic	2/8
Ella Donaghu	4:43.77	Husky Classic	2/8
Abbie McNulty	4:45.62	UW Indoor Preview	1/12
Jessica Lawson	4:46.04	UW Invitational	1/26
Jordan Oakes	4:49.04	UW Invitational	1/26
Catherine Pagano	4:52.54	MPSF Champs	2/23
Kaitlin Ryan	5:19.18	UW Indoor Preview	1/12

3,000 meters (8:53.1)

Name	Mark	Meet	Date
Fiona O'Keeffe	8:58.58	MPSF Champs	2/23
Abbie McNulty	9:05.66	UW Invitational	1/26
Jessica Lawson	9:09.88	Husky Classic	2/8
Jordan Oakes	9:22.91	Husky Classic	2/8

5,000 meters (15:35.77)

Name	Mark	Meet	Date
Fiona O'Keeffe	15:35.77	Husky Classic	2/8
Abbie McNulty	15:42.13	Husky Classic	2/8

60-meter hurdles (8.17)

Name	Mark	Meet	Date
Allie Jones	8.71	Husker Invitational	2/1
Giana Gayles	8.73	MPSF Champs	2/22
Samantha Seaton	9.58	UW Invitational	1/25

4x400 meter relay (3:33.78)

Name	Mark	Meet	Date
Carolyn Wilson, Ashlan Best, Kennedy Gamble, Missy Mongiovi	3:40.71	Don Kirby Invite	2/9
Carolyn Wilson, Ashlan Best, Sarah Walker, Missy Mongiovi	3:40.78	MPSF Champs	2/23
Carolyn Wilson, Ashlan Best, Kennedy Gamble, Missy Mongiovi	3:45.76	UW Indoor Preview	1/12

Distance medley relay (10:52.02)

Name	Mark	Meet	Date
Jessica Lawson, Ashlan Best, Carolyn Wilson, Fiona O'Keeffe	11:02.50	MPSF Champs	2/22
Julia Heymach, Ashlan Best, Carolyn Wilson, Jessica Lawson	11:04.30	Alex Wilson Invite	2/16
Ella Donaghu, Missy Mongiovi, Carolyn Wilson, Jessica Lawson	11:04.47	UW Invitational	1/25

High jump (6-5 1/2)

Name	Mark	Meet	Date
Rachel Reichenbach	5-8 1/2	UW Invite/MPSF	1/25,2/23
Giana Gayles	5-4 1/2	MPSF Champs	2/22
Allie Jones	5-2 1/4	MPSF Champs	2/22
Samantha Seaton	5-1	UW Invitational	1/25

Pole vault (14-5 1/2)

Name	Mark	Meet	Date
Kaitlyn Merritt	13-11 1/4	Air Force Open	2/15
Erika Malaspina	13-11	MPSF Champs	2/22
Jackie McNulty	12-8 3/4	Don Kirby Invite	2/9
Nicole Summersett	12-2 3/4	Don Kirby Invite	2/9

Long jump (21-8 3/4)

Name	Mark	Meet	Date
Giana Gayles	18-2 1/4	MPSF Champs	2/22
Samantha Seaton	17-5 1/2	UW Invitational	1/25
Allie Jones	17-5 1/4	Husker Invitational	2/1

Triple jump (46-7 1/4)

Name	Mark	Meet	Date
Aria Small	42-4	Don Kirby Invite	2/9

Shot put (58-8 1/2, 17.89m)

Name	Mark	Meet	Date
Lena Giger	58-8 1/2	NCAA Champs	3/8
Jaimi Salone	44-9 3/4	UW Indoor Preview	1/12
Giana Gayles	40-7 3/4	Husker Invitational	2/1
Allie Jones	37-0 1/2	MPSF Champs	2/22
Samantha Seaton	32-11 1/4	UW Invitational	1/25

Weight throw (70-3 1/2, 21.42m)

Name	Mark	Meet	Date
Jordan Fong	56-7 1/4	Mtn. T's Invite	2/2

Pentathlon (4,063)

Name	Mark	Meet	Date
Allie Jones	3,618	MPSF Champs	2/22
Giana Gayles	3,525	Husker Invitational	2/1
Samantha Seaton	3,347	UW Invitational	1/25

Thru 2019

(Parentheses indicates school record for that event)

** competing unattached*

STANFORD WOMEN'S 2019 PERFORMANCE LIST

By Individual

Academic years listed; Years of eligibility may differ.

Christina Aragon, Jr.

OUTDOORS

800 (2:04.00)

2:08.18	Sec.2: 5) Cardinal Classic	4/19*
2:08.78	Sec.2: 6) Payton Jordan Invite	5/2*

Ashlan Best, So.

OUTDOORS

100 (11.64)

11.89	7) Hornet Invitational	3/16
11.73	p) Stanford Invitational	3/29
11.64	3) Stanford Invitational	3/29
11.73	1) Cardinal Classic	4/20
FS	National Relays	4/26

200 (23.21)

23.49	1) Hornet Invitational	3/15
23.44	2) Stanford Invitational	3/30
23.83	13) National Relays	4/26
23.79	10) Pac-12 Championships	5/12
23.21	13) NCAA West Prelims	5/24
23.37	19) NCAA West Prelims	5/25

400 (52.86)

54.02	1) Payton Jordan Invite	5/2
53.15	6p) Pac-12 Championships	5/11
53.50	9) Pac-12 Championships	5/12
53.19	13p) NCAA West Prelims	5/23
52.86	16) NCAA West Prelims	5/24

4x400 relay

3:38.63 (second leg)	2) Stanford Invitational	3/30
3:40.26 (second leg)	1) Cardinal Classic	4/20
3:42.79 (second leg)	9) National Relays	4/27
3:40.04 (second leg)	5) Pac-12 Championships	5/12
3:37.19 (anchor)	14) NCAA West Prelims	5/25

INDOORS

60 (7.55)

7.55	2q) UW Indoor Preview	1/12
7.60	8p) UW Indoor Preview	1/12
7.55	5) UW Indoor Preview	1/12
7.64	6p) UW Invitational	1/26
7.65	8) UW Invitational	1/26
7.67	6q) Don Kirby Invitational	2/9
7.72	20p) Don Kirby Invitational	2/9

200 (24.16)

24.47	1) UW Invitational	1/25
24.25	16) Don Kirby Invitational	2/8

4x400 relay

3:45.76 (second leg)	1) UW Indoor Preview	1/12
3:40.71 (second leg)	2) Don Kirby Invitational	2/9
3:40.78 (second leg)	4) MPSF Championships	2/23

Distance medley relay

11:04.30 (second leg)	6) Alex Wilson Invitational	2/16
11:02.50 (second leg)	2) MPSF Championships	2/22

Yinka Braimah, Fr.

OUTDOORS

Long jump (19-10, 6.04m)

Foul	Hornet Invitational	3/16
18-3 3/4 (5.58m)	Coll.: 6) Stanford Invitational	3/29
17-7 (5.36m)	2) Cardinal Classic	4/19

Caitlin Collier, Fr.

OUTDOORS

1,500 (4:18.40)

4:28.50	Sec. 3: 10) Stanford Invitational	3/29
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4x400 relay

3:38.63 (third leg)	2) Stanford Invitational	3/30
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INDOORS

800 (2:06.64)

2:10.00	17) UW Invitational	1/26
2:12.17	17) Husky Classic	2/8
2:06.64	3) MPSF Championships	2/23

Ella Donaghu, Jr.

OUTDOORS

800 (2:10.01)

2:11.10	37) Stanford Invitational	3/30
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1,500 (4:11.70)

4:22.34	Sec. 3: 4) Stanford Invitational	3/29
4:22.62	Sec.2: 2) Cardinal Classic	4/20
4:18.71	Sec.3: 6) Payton Jordan Invite	5/2
4:20.56	5p) Pac-12 Championships	5/11
4:17.83	3) Pac-12 Championships	5/12
4:19.79	20p) NCAA West Prelims	5/23
4:11.70	6) NCAA West Prelims	5/24
4:12.65	7s) NCAA Championships	6/6
4:13.62	6) NCAA Championships	6/8

INDOORS

Mile (4:42.81)

4:46.79	9) UW Indoor Preview	1/12
4:48.44	30) UW Invitational	1/26
4:43.77	10) Husky Classic	2/8
4:46.84	10) MPSF Championships	2/23

Distance medley relay

11:04.47 (first leg)	5) UW Invitational	1/25
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Jordan Fong, Fr.

OUTDOORS

Shot put (40-8 1/4, 12.40m)

40-8 1/4 (12.40m)	4) Big Meet	4/6
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Discus (144-5, 44.01m)

138-3 (42.13m)	4) Big Meet	4/6
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Hammer (190-1, 57.94m)

181-10 (55.44m)	1) Hornet Invitational	3/15
181-10 (55.44m)	Inv.: 7) Stanford Invitational	3/29
180-4 (54.96m)	2) Big Meet	4/6
189-6 (57.77m)	1) Cardinal Classic	4/19
190-1 (57.94m)	1) Payton Jordan Invite	5/2
187-10 (57.26m)	9) Pac-12 Championships	5/12
189-5 (57.73m)	33) NCAA West Prelims	5/23

INDOORS

Weight throw (56-7 1/4, 17.25m)

55-0 1/4 (16.77m)	4) UW Indoor Preview	1/12
53-0 3/4 (16.17m)	13) UW Invitational	1/25
56-7 1/4 (17.25m)	3) Mtn. T's Invitational	2/2
55-3 (16.84m)	19) Don Kirby Invitational	2/8
51-8 1/4 (15.75m)	17) MPSF Championships	2/22

Kennedy Gamble, Fr.**INDOORS****60 (7.56)**

7.68	5q) UW Indoor Preview	1/12
7.58	7p) UW Indoor Preview	1/12
7.56	7) UW Indoor Preview	1/12
7.64	6p) UW Invitational	1/26
7.63	7) UW Invitational	1/26
7.73	12q) Don Kirby Invitational	2/9
DNF	p) MPSF Championships	2/22

200 (24.72)

24.97	7) UW Invitational	1/25
24.72	31) Don Kirby Invitational	2/8

4x400 relay

3:45.76 (third leg)	1) UW Indoor Preview	1/12
3:40.71 (third leg)	2) Don Kirby Invitational	2/9

Giana Gayles, So.**OUTDOORS****High jump (4-11 3/4, 1.51m)**

4-11 1/2 (1.51m)	Coll.: 9) Stanford Invitational	3/29
NH	Big Meet	4/6

Shot put (40-0 1/2, 12.20m)

40-0 1/2 (12.20m)	Coll.: 14) Stanford Invitational	3/29
36-7 3/4 (11.17m)	6) Big Meet	4/6

Javelin (117-3, 35.74m)

117-3 (35.74m)	6) Cardinal Classic	4/19
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INDOORS**600 (1:42.63)**

1:42.63	29) UW Indoor Preview	1/12
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800 (2:37.47)

2:37.47	pen) Husker Invitational	2/1
DNF	pen) MPSF Championships	2/22

60 hurdles (8.73)

9.62	32) UW Invitational	1/25
9.28	pen) Husker Invitational	2/1
8.73	pen) MPSF Championships	2/22

High jump (5-4 1/2, 1.64m)

5-3 (1.60m)	17) UW Indoor Preview	1/12
NH	UW Invitational	1/25
5-3 (1.60m)	pen) Husker Invitational	2/1
5-4 1/2 (1.64m)	pen) MPSF Championships	2/22

Long jump (18-2 1/4, 5.54m)

17-5 1/4 (5.31m)	pen) Husker Invitational	2/1
18-2 1/4 (5.54m)	pen) MPSF Championships	2/22

Shot put (36-7, 11.15m)

33-7 1/4 (10.24m)	26) UW Invitational	1/26
36-0 1/4 (10.98m)	pen) Husker Invitational	2/1
36-7 (11.15m)	pen) MPSF Championships	2/22

Pentathlon (3,525)

3,525	9) Husker Invitational	2/1
3,067	pen) MPSF Championships	2/22

Lena Giger, 5th Sr.**INDOORS****Shot put (58-8 1/2, 17.89m)**

54-10 3/4 (16.73m)	1) UW Indoor Preview	1/12
55-5 1/2 (16.90m)	1, Inv.) UW Invitational	1/26
56-9 1/4 (17.30m)	2) Mtn. T's Invitational	2/1
55-11 1/4 (17.05m)	3) Don Kirby Invitational	2/9
56-6 (17.22m)	2) MPSF Championships	2/23
58-8 1/2 (17.89m)	2) NCAA Championships	3/8

Mary Gillett, Fr.**OUTDOORS****200 (24.83)**

26.62	53) Stanford Invitational	3/30*
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400 (55.12)

59.65	37) Stanford Invitational	3/29*
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Jenna Gray, Jr.**OUTDOORS****Javelin (187-11, 57.29m)**

173-0 (52.75m)	2) Hornet Invitational	3/16
184-0 (56.09m)	2) Stanford Invitational	3/29
182-11 (55.76m)	2) Big Meet	4/6
183-4 (55.87m)	1) Cardinal Classic	4/19
172-10 (52.68m)	3) Pac-12 Championships	5/11
180-9 (55.11m)	1) NCAA West Prelims	5/23
179-9 (54.79m)	4) NCAA Championships	6/7

Julia Heymach, So.**OUTDOORS****800 (2:05.64)**

2:10.57	28) Stanford Invitational	3/30
2:09.92	4) Big Meet	4/6
2:08.70	Inv.: 7) Cardinal Classic	4/19

1,500 (4:17.74)

4:31.80	Sec. 2: 10) Stanford Invitational	3/29
4:23.99	Sec.2: 6) Cardinal Classic	4/20
4:17.74	Sec.3: 4) Payton Jordan Invite	5/2
4:23.43	8p) Pac-12 Championships	5/11
4:19.45	6) Pac-12 Championships	5/12
4:22.77	28p) NCAA West Prelims	5/23

INDOORS**Mile (4:40.94)**

4:45.19	22) UW Invitational	1/26
4:40.94	8) Husky Classic	2/8
4:44.49	9) MPSF Championships	2/23

Distance medley relay

11:04.30 (first leg)	6) Alex Wilson Invitational	2/16
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Allie Jones, Fr.
OUTDOORS**100 (12.39)**

12.50 33) Hornet Invitational 3/16

200 (25.30)

25.55 hep) Bryan Clay Invitational 4/18

25.30 hep) Pac-12 Multis 5/4

800 (2:25.47)

2:26.93 hep) Bryan Clay Invitational 4/18

2:29.82 hep) Pac-12 Multis 5/5

100 hurdles (13.79)

14.42 8) Hornet Invitational 3/16

14.48 18p) Stanford Invitational 3/29

14.06 2) Big Meet 4/6

14.46 hep) Bryan Clay Invitational 4/17

14.15 hep) Pac-12 Multis 5/4

14.44 20p) Pac-12 Championships 5/11

4x400 relay

3:52.39 (second leg) 15) Stanford Invitational 3/30

3:46.53 (third leg) 1) Big Meet 4/6

High jump (5-3 3/4, 1.62m)

5-0 1/4 (1.53m) 3) Big Meet 4/6

5-2 1/4 (1.58m) hep) Bryan Clay Invitational 4/17

5-3 3/4 (1.62m) hep) Pac-12 Multis 5/4

Long jump (18-7, 5.66m)

17-10 3/4 (5.45m) Coll.: 7) Stanford Invitational 3/29

18-2 1/4w (5.54mw) 4) Big Meet 4/6

18-7 1/4 (5.67m) hep) Bryan Clay Invitational 4/18

16-9 1/4 (5.11m) hep) Pac-12 Multis 5/5

16-9 3/4 (5.12m) 29) Pac-12 Championships 5/12

Shot put (36-5, 11.04m)

33-0 1/2 (10.07m) hep) Bryan Clay Invitational 4/17

35-3 3/4 (10.76m) hep) Pac-12 Multis 5/4

Javelin (113-2, 34.50m)

113-2 (34.50m) hep) Bryan Clay Invitational 4/18

109-8 (33.43m) hep) Pac-12 Multis 5/5

Heptathlon (5,098)

5,041 G4: 11) Bryan Clay Invitational 4/17-18

4,980 11) Pac-12 Multis 5/4-5

INDOORS**600 (1:40.40)**

1:40.40 25) UW Indoor Preview 1/12

800 (2:28.08)

2:31.51 pen) Husker Invitational 2/1

2:28.08 pen) MPSF Championships 2/22

60 hurdles (8.71)

9.29 13p) UW Indoor Preview 1/12

8.84 7p) UW Invitational 1/25

8.72 5) UW Invitational 1/25

8.71 pen) Husker Invitational 2/1

8.75 pen) MPSF Championships 2/22

Long jump (17-5 1/4, 5.31m)

16-10 3/4 (5.15m) 13) UW Indoor Preview 1/12

17-5 1/4 (5.31m) pen) Husker Invitational 2/1

17-0 1/2 (5.19m) pen) MPSF Championships 2/22

High jump (5-2 1/4, 1.58m)

NH UW Invitational 1/25

5-1 3/4 (1.57m) pen) Husker Invitational 2/1

5-2 1/4 (1.58m) pen) MPSF Championships 2/22

Shot put (37-0 1/4, 11.28m)

36-3 1/2 (11.06m) 25) UW Invitational 1/26

36-0 1/4 (10.98m) pen) Husker Invitational 2/1

37-0 1/4 (11.28m) pen) MPSF Championships 2/22

Pentathlon (3,618)

3,585 7) Husker Invitational 2/1

3,618 10) MPSF Championships 2/22

Hannah Labrie-Smith, Sr.
OUTDOORS**200 (24.67)**

25.70 33) Hornet Invitational 3/15

25.43 40) Stanford Invitational 3/30

25.48 4) Payton Jordan Invite 5/2

400 (58.29)

58.29 22) Hornet Invitational 3/16

100 hurdles (13.96)

15.02 13) Hornet Invitational 3/16

14.56w 19p) Stanford Invitational 3/29

14.49 3) Big Meet 4/6

14.35w 3) Cardinal Classic 4/20

14.27 16) National Relays 4/26

14.52 1) Payton Jordan Invite 5/2

13.96 16p) Pac-12 Championships 5/11

400 hurdles (59.67)

1:03.14 14) Stanford Invitational 3/29

1:03.14 1) Big Meet 4/6

1:01.76 3) Cardinal Classic 4/19

1:02.19 11) National Relays 4/26

1:00.44 13) Pac-12 Championships 5/12

4x100 relay

47.58 (first leg) 2) Big Meet 4/6

4x400 relay

3:52.39 (first leg) 15) Stanford Invitational 3/30

3:46.53 (second leg) 1) Big Meet 4/6

Jessica Lawson, So.
OUTDOORS**1,500 (4:11.06)**

4:16.85 Inv.: 4) Stanford Invitational 3/29

4:19.19 1) Big Meet 4/6

4:21.06 4p) Pac-12 Championships 5/11

4:17.03 2) Pac-12 Championships 5/12

4:19.19 15p) NCAA West Prelims 5/23

4:11.06 4) NCAA West Prelims 5/24

4:12.69 8s) NCAA Championships 6/6

4:16.04 10) NCAA Championships 6/8

3,000 (9:24.36)

9:56.88 2) Big Meet 4/6

5,000 (15:50.70)

15:50.70 Inv.: 3) Cardinal Classic 4/19

INDOORS**Mile (4:46.04)**

4:46.04 24) UW Invitational 1/26

3,000 (9:09.88)

9:09.88 12) Husky Classic 2/8

9:19.40 14) MPSF Championships 2/23

Distance medley relay

11:04.47 (anchor) 5) UW Invitational 1/25

11:04.30 (anchor) 6) Alex Wilson Invitational 2/16

11:02.50 (first leg) 2) MPSF Championships 2/22

Mackenzie Little, Sr.
OUTDOORS**Shot put (37-2 1/2, 11.34m)**

37-2 1/2 (11.34m) 5) Big Meet 4/6

Javelin (198-0, 60.35m)

194-3 (59.20m) 1) Hornet Invitational 3/16

192-1 (58.55m) 1) Stanford Invitational 3/29

195-1 (59.47m) 1) Big Meet 4/6

187-3 (57.07m) 1) National Relays 4/26

194-0 (59.13m) 1) Pac-12 Championships 5/11

178-2 (54.32m) 4) NCAA West Prelims 5/23

195-0 (59.44m) 1) NCAA Championships 6/7

Erika Malaspina, Jr.**OUTDOORS****Pole vault (13-10, 4.22m)**

13-2 1/2 (4.03m)	2) Stanford Invitational	3/29
12-4 (3.76m)	4) Big Meet	4/6
12-5 1/4 (3.79m)	6) Cardinal Classic	4/20
12-5 1/2 (3.80m)	7) National Relays	4/26
12-7 1/2 (3.85m)	3) Payton Jordan Invite	5/2
12-10 3/4 (3.93m)	6) Pac-12 Championships	5/12
12-4 1/2 (3.77m)	42) NCAA West Prelims	5/24

INDOORS**Pole vault (13-11, 4.24m)**

13-1 1/2 (4.00m)	5) UW Indoor Preview	1/12
13-1 3/4 (4.01m)	4) UW Invitational	1/26
13-3 (4.04m)	3) Husker Invitational	2/1
13-6 1/2 (4.13m)	7) Don Kirby Invitational	2/9
13-5 1/4 (4.10m)	3) Air Force Collegiate Open	2/15
13-11 (4.24m)	2) MPSF Championships	2/22

Abbie McNulty, 5th Sr.**OUTDOORS****1,500 (4:21.24)**

4:21.24	3) Big Meet	4/6
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3,000 (9:26.07)

9:56.91	3) Big Meet	4/6
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5,000 (15:49.55)

15:59.96	Sec.2: 10) Payton Jordan Invite	5/2
15:49.55	14) NCAA West Prelims	5/25

10,000 (33:07.41)

33:30.57	Inv.: 28) Stanford Invitational	3/29
33:41.59	5) Pac-12 Championships	5/11
33:41.60	7) NCAA West Prelims	5/23
33:38.55	10) NCAA Championships	6/6

INDOORS**Mile (4:45.62)**

4:45.62	8) UW Indoor Preview	1/12
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3,000 (9:05.66)

9:05.66	4) UW Invitational	1/26
9:08.43	6) MPSF Championships	2/23

5,000 (15:42.13)

16:11.05	5B) Colyear-Danville Opener	12/1/18
15:42.13	5) Husky Classic	2/8
16:29.56	15) NCAA Championships	3/8

Jackie McNulty, Sr.**OUTDOORS****Pole vault (13-4, 4.06m)**

11-10 3/4 (3.63m)	9) Stanford Invitational	3/29
12-8 (3.86m)	2) Big Meet	4/6
12-5 1/4 (3.79m)	5) Cardinal Classic	4/20
12-5 1/2 (3.80m)	10) National Relays	4/26
12-3 1/2 (3.75m)	4) Payton Jordan Invite	5/2
12-0 3/4 (3.68m)	11) Pac-12 Championships	5/12

INDOORS**Pole vault (12-8 3/4, 3.88m)**

12-3 1/2 (3.75m)	8) UW Indoor Preview	1/12
12-8 (3.86m)	6) UW Invitational	1/26
12-8 3/4 (3.88m)	14) Don Kirby Invitational	2/9
12-1 1/4 (3.69m)	13) MPSF Championships	2/22
12-8 1/4 (3.87m)	2) SPU Last Chance	2/23

Kaitlyn Merritt, Sr.**OUTDOORS****Pole vault (14-2, 4.32m)**

13-2 1/2 (4.03m)	3) Stanford Invitational	3/29
13-7 3/4 (4.16m)	1) Big Meet	4/6
13-9 1/4 (4.20m)	1) Cardinal Classic	4/20
14-1 1/4 (4.30m)	2) National Relays	4/27
13-10 (4.22m)	1) Payton Jordan Invite	5/2
NH	Pac-12 Championships	5/12
14-2 (4.32m)	7) NCAA West Prelims	5/24
13-3 1/2 (4.05m)	23) NCAA Championships	6/6

INDOORS**Pole vault (13-11, 4.24m)**

13-5 1/4 (4.10m)	4) UW Indoor Preview	1/12
13-5 3/4 (4.11m)	2) UW Invitational	1/26
13-11 (4.24m)	1) Husker Invitational	2/1
13-10 1/2 (4.23m)	5) Don Kirby Invitational	2/9
13-11 1/4 (4.25m)	2) Air Force Collegiate Open	2/15
13-11 (4.24m)	1) MPSF Championships	2/22
13-7 (4.14m)	1) SPU Last Chance	2/23

Virginia Miller, So.**OUTDOORS****Javelin (162-8, 49.59m)**

154-9 (47.17m)	5) Hornet Invitational	3/16
152-11 (46.61m)	5) Stanford Invitational	3/29
159-0 (48.47m)	4) Big Meet	4/6
158-11 (48.43m)	2) Cardinal Classic	4/19
154-7 (47.13m)	4) National Relays	4/26
147-3 (44.88m)	12) Pac-12 Championships	5/11
162-4 (49.49m)	9) NCAA West Prelims	5/23
128-9 (39.24m)	22) NCAA Championships	6/7

Missy Mongiovi, Sr.**OUTDOORS****200 (24.44)**

24.90	12) Hornet Invitational	3/15
24.62	3) Big Meet	4/6
25.30	5) Cardinal Classic	4/19
25.21	28) National Relays	4/26
25.16	19) Pac-12 Championships	5/12

400 (53.42)

55.95	7) Hornet Invitational	3/16
56.50	19) Stanford Invitational	3/29
55.89	2) Big Meet	4/6
55.98	4) Cardinal Classic	4/20
56.05	24) National Relays	4/26
55.14	2) Payton Jordan Invite	5/2
55.47	12p) Pac-12 Championships	5/11

4x100 relay

47.58 (third leg)	2) Big Meet	4/6
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4x400 relay

3:38.63 (first leg)	2) Stanford Invitational	3/30
3:40.26 (third leg)	1) Cardinal Classic	4/20
3:42.79 (first leg)	9) National Relays	4/27
3:40.04 (first leg)	5) Pac-12 Championships	5/12
3:37.19 (second leg)	14) NCAA West Prelims	5/25

INDOORS**200 (24.78)**

24.78	35) Don Kirby Invitational	2/8
25.19	21) MPSF Championships	2/22

400 (54.15)

55.88	4) UW Invitational	1/26
56.56	15) Don Kirby Invitational	2/9

600 (1:31.64)

1:32.34	5) UW Indoor Preview	1/12
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4x400 relay

3:45.76 (anchor)	1) UW Indoor Preview	1/12
3:40.71 (anchor)	2) Don Kirby Invitational	2/9
3:40.78 (anchor)	4) MPSF Championships	2/23

Distance medley relay

11:04.47 (second leg)	5) UW Invitational	1/25
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Jordan Oakes, So.**OUTDOORS****800 (2:10.31)**

2:12.00	41) Stanford Invitational	3/30
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1,500 (4:18.85)

4:19.16	Sec.3: 1) Stanford Invitational	3/29
4:18.85	Sec.3: 7) Payton Jordan Invite	5/2
4:19.62	19p) NCAA West Prelims	5/23
4:29.26	24) NCAA West Prelims	5/24

3,000 steeplechase (10:17.14)

10:26.27	2) Big Meet	4/6
10:26.94	6) Pac-12 Championships	5/11

5,000 (16:14.13)

16:14.13	Inv.: 8) Cardinal Classic	4/19
16:28.71	13) Pac-12 Championships	5/12

INDOORS**Mile (4:49.04)**

4:49.04	31) UW Invitational	1/26
4:50.53	14) MPSF Championships	2/23

3,000 (9:22.91)

9:22.91	28) Husky Classic	2/8
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Fiona O'Keeffe, Jr.**OUTDOORS****1,500 (4:20.97)**

4:20.97	2) Big Meet	4/6
4:21.11	6p) Pac-12 Championships	5/11
4:21.57	7) Pac-12 Championships	5/12

3,000 (9:16.34)

9:56.76	1) Big Meet	4/6
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5,000 (15:31.45)

15:55.12	2) Pac-12 Championships	5/12
15:31.45	2) NCAA West Prelims	5/25
16:07.84	7) NCAA Championships	6/8

INDOORS**Mile (4:39.71)**

4:39.71	14) UW Invitational	1/26
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3,000 (8:58.58)

8:58.58	1) MPSF Championships	2/23
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5,000 (15:31.45)

15:35.77	2) Husky Classic	2/8
15:37.61	3) NCAA Championships	3/8
15:38.88	Sec.2: 3) Payton Jordan Invite	5/2
15:31.45	2) NCAA West Prelims	5/25

Distance medley relay

11:02.50 (anchor)	2) MPSF Championships	2/22
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Catherine Pagano, Sr.**INDOORS****Mile (4:46.56)**

5:00.19	20) UW Indoor Preview	1/12
4:54.10	40) UW Invitational	1/26
5:05.82	39) Husky Classic	2/8
4:52.54	16) MPSF Championships	2/23

Rachel Reichenbach, 5th Sr.**OUTDOORS****High jump (5-10 3/4, 1.80m)**

5-8 3/4 (1.75m)	2) Hornet Invitational	3/16
5-7 1/4 (1.71m)	Inv.: 6) Stanford Invitational	3/29
5-9 1/4 (1.76m)	1) Big Meet	4/6
5-7 1/4 (1.71m)	1) Cardinal Classic	4/19
5-10 1/2 (1.79m)	2) National Relays	4/27
5-10 1/2 (1.79m)	2) Pac-12 Championships	5/12
5-10 3/4 (1.80m)	3) NCAA West Prelims	5/23
5-10 (1.78m)	12) NCAA Championships	6/8

INDOORS**High jump (5-8 3/4, 1.75m)**

5-8 1/2 (1.74m)	1) UW Invitational	1/25
5-7 3/4 (1.72m)	7, Inv.) Husky Classic	2/8
5-8 1/2 (1.74m)	4) MPSF Championships	2/23

Kaitlin Ryan, So.**OUTDOORS****800 (2:06.65)**

2:13.93	6) Big Meet	4/6
2:13.38	Sec.3: 4) Cardinal Classic	4/19
2:15.62	28) Pac-12 Championships	5/12

1,500 (4:29.71)

4:37.32	Sec. 7: 10) Stanford Invitational	3/29
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4x400 relay

3:52.39 (third leg)	15) Stanford Invitational	3/30
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INDOORS**800 (2:08.63)**

2:19.71	48) UW Invitational	1/26
2:14.25	31) MPSF Championships	2/23

Mile (4:57.23)

5:19.18	41) UW Indoor Preview	1/12
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Jaimi Salone, Jr.**OUTDOORS****Shot put (49-0 3/4, 14.95m)**

46-2 (14.07m)	2) Hornet Invitational	3/16
42-2 3/4 (12.87m)	Coll.: 10) Stanford Invitational	3/29
47-3 3/4 (14.42m)	1) Big Meet	4/6
49-0 3/4 (14.95m)	1) Cardinal Classic	4/20
44-9 1/2 (13.65m)	6) National Relays	4/27

Discus (185-1, 56.41m)

159-0 (48.47m)	4) Hornet Invitational	3/16
165-5 (50.42m)	Inv.: 4) Stanford Invitational	3/30
151-0 (46.03m)	3) Big Meet	4/6
163-1 (49.72m)	2) Cardinal Classic	4/20
162-11 (49.67m)	3) National Relays	4/26
168-4 (51.32m)	1) Payton Jordan Invite	5/2
168-9 (51.45m)	5) Pac-12 Championships	5/12
185-1 (56.41m)	7) NCAA West Prelims	5/24
153-5 (46.77m)	23) NCAA Championships	6/8

Hammer (137-9, 42.00m)

137-9 (42.00m)	4) Big Meet	4/6
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INDOORS**Shot put (44-9 3/4, 13.65m)**

44-9 3/4 (13.66m)	6) UW Indoor Preview	1/12
NM	UW Invitational	1/26
41-9 3/4 (12.74m)	9) Mtn. T's Invitational	2/1
41-7 (12.67m)	30) Don Kirby Invitational	2/9

Samantha Seaton, So.**INDOORS****600 (1:42.24)**

1:42.24	28) UW Indoor Preview	1/12
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800 (2:29.69)

2:29.69	pen) UW Invitational	1/25
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60 hurdles (9.58)

9.79	21p) UW Indoor Preview	1/12
9.58	pen) UW Invitational	1/25

High jump (5-1, 1.55m)

5-1 (1.55m)	pen) UW Invitational	1/25
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Long jump (17-5 1/2, 5.32m)

16-6 1/2 (5.04m)	17) UW Indoor Preview	1/12
17-5 1/2 (5.32m)	pen) UW Invitational	1/25

Shot put (32-11 1/4, 10.04m)

32-11 1/4 (10.04m)	pen) UW Invitational	1/25
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Pentathlon (3,347)

3,347	19) UW Invitational	1/25
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Aria Small, So.**OUTDOORS****Long jump (20-2 1/4, 6.15m)**

19-8 1/4 (6.00m)	1) Big Meet	4/6
20-2 1/4 (6.15m)	1) Cardinal Classic	4/19
19-10 3/4 (6.06m)	3) Pac-12 Championships	5/12
19-4 (5.89m)	29) NCAA West Prelims	5/23

Triple jump (43-5 3/4, 13.24m)

42-5 1/2 (12.94m)	1) Hornet Invitational	3/16
43-5 3/4 (13.24m)	1) Stanford Invitational	3/30
41-1 (12.52m)	1) Big Meet	4/6
43-4 1/4w, 42-9 3/4	4) National Relays	4/27
41-9 3/4 (12.74m)	5) Pac-12 Championships	5/12
41-4 1/2 (12.61m)	21) NCAA West Prelims	5/25

INDOORS**Triple jump (42-4, 12.90m)**

41-3 3/4 (12.59m)	1) UW Indoor Preview	1/12
41-4 1/2 (12.61m)	1) UW Invitational	1/26
42-4 (12.90m)	1) Don Kirby Invitational	2/9
41-5 3/4 (12.64m)	1) Air Force Collegiate Open	2/15
41-7 1/4 (12.68m)	4) MPSF Championships	2/23

Claire Smith, Sr.**OUTDOORS****1,500 (4:23.52)**

4:54.11	Sec. 7: 12) Stanford Invitational	3/29
4:49.55	9) Big Meet	4/6

Nicole Summersett, Sr.**OUTDOORS****Pole vault (13-3 1/2, 4.05m)**

11-10 3/4 (3.63m)	8) Stanford Invitational	3/29
12-9 (3.89m)	4) Cardinal Classic	4/20
12-5 1/2 (3.80m)	7) National Relays	4/26
NH	Payton Jordan Invite	5/2
12-6 3/4 (3.83m)	9) Pac-12 Championships	5/12

INDOORS**Pole vault (12-8, 3.86m)**

11-9 3/4 (3.60m)	17) UW Indoor Preview	1/12
12-2 (3.71m)	10) UW Invitational	1/26
12-2 3/4 (3.73m)	21) Don Kirby Invitational	2/9
12-1 1/4 (3.69m)	13) MPSF Championships	2/22
12-2 1/2 (3.72m)	5) SPU Last Chance	2/23
12-8 (3.86m)	3) Big Meet	4/6

Sarah Walker, Jr.**OUTDOORS****400 (56.05)**

56.11	15) Stanford Invitational	3/29
DQ	Big Meet	4/6

800 (2:03.70)

2:18.81	14) Hornet Invitational	3/16
2:12.64	44) Stanford Invitational	3/30
2:12.26	Sec.3: 2) Cardinal Classic	4/19
2:12.02	12) National Relays	4/26
2:11.98	Sec.3: 6) Payton Jordan Invite	5/2
2:11.10	20) Pac-12 Championships	5/12

4x100 relay

47.58 (anchor)	2) Big Meet	4/6
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4x400 relay

3:52.39 (anchor)	15) Stanford Invitational	3/30
3:46.53 (first leg)	1) Big Meet	4/6
3:40.26 (first leg)	1) Cardinal Classic	4/20
3:42.79 (third leg)	9) National Relays	4/27
3:40.04 (third leg)	5) Pac-12 Championships	5/12
3:37.19 (third leg)	14) NCAA West Prelims	5/25

INDOORS**400 (57.46)**

58.25	22) UW Invitational	1/26
57.81	25, unseeded) Don Kirby Invite	2/8
57.46	20) MPSF Championships	2/23

4x400 relay

3:40.78 (third leg)	4) MPSF Championships	2/23
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Carolyn Wilson, So.**OUTDOORS****200 (24.29)**

25.52	26) Hornet Invitational	3/15
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400 (53.60)

55.49	3) Hornet Invitational	3/16
55.84	11) Stanford Invitational	3/29
54.90	2) Cardinal Classic	4/20
54.41	11) National Relays	4/26

800 (2:05.35)

2:06.56	6) Stanford Invitational	3/30
2:06.63	1) Big Meet	4/6
2:08.26	Inv.: 8) Payton Jordan Invite	5/2
2:05.35	3) Pac-12 Championships	5/12
2:09.12	34p) NCAA West Prelims	5/23

4x100 relay

47.58 (second leg)	2) Big Meet	4/6
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4x400 relay

3:38.63 (anchor)	2) Stanford Invitational	3/30
3:46.53 (anchor)	1) Big Meet	4/6
3:40.26 (anchor)	1) Cardinal Classic	4/20
3:42.79 (anchor)	9) National Relays	4/27
3:40.04 (anchor)	5) Pac-12 Championships	5/12
3:37.19 (first leg)	14) NCAA West Prelims	5/25

INDOORS**400 (53.96)**

54.64	6) Don Kirby Invitational	2/9
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600 (1:29.71)

1:31.54	1) UW Indoor Preview	1/12
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800 (2:08.59)

2:09.49	15) UW Invitational	1/26
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4x400 relay

3:45.76 (first leg)	1) UW Indoor Preview	1/12
3:40.71 (first leg)	2) Don Kirby Invitational	2/9
3:40.78 (first leg)	4) MPSF Championships	2/23

Distance medley relay

11:04.47 (third leg)	5) UW Invitational	1/25
11:04.30 (third leg)	6) Alex Wilson Invitational	2/16
11:02.50 (third leg)	2) MPSF Championships	2/22

Thru end of 2019 collegiate season.*(Personal records in parentheses)*

* unattached