

# 2013 TRITON WOMEN'S TRACK & FIELD BEST MARKS

## 100 Meters

Kathleen Hitchens	12.39	Mangrum Invitational	4/6
Amy Heins	12.49	All-UC Meet	3/2
Dereka Chargualaf	12.60	All-UC Meet	3/2
Chelsey Kamson	12.62	Rossi Relays	2/23
Meredith Bell	13.13	Rossi Relays	2/23
Kirsten Martin	13.26	Rossi Relays	2/23
Michelle Cummins	13.32	UCSD Triangular	2/16

## 200 Meters

Chelsey Kamson	25.07	PLNU Collegiate Scoring Meet	3/23
Ellexi Snover	25.39	Pomona-Pitzer Invitational	4/13
Dereka Chargualaf	25.81	San Diego Collegiate Challenge	3/9
Amy Heins	25.87	All-UC Meet	3/2
Kathleen Hitchens	25.88 +	Cal-Nevada Championships	3/29
Meredith Bell	26.80	UCSD Triangular	2/16
Ronke Odubela	27.08	PLNU Collegiate Scoring Meet	3/23
Veronica Bradley	27.35	San Diego Collegiate Challenge	3/9

## 400 Meters

Sabrina Pimentel	56.79	San Diego Collegiate Challenge	3/9
Ellexi Snover	58.83	Pomona-Pitzer Invitational	4/13
Chelsey Kamson	1:00.38	PLNU Collegiate Scoring Meet	3/23
Lorato Anderson	1:00.69	UCSD Triangular	2/16
Ronke Odubela	1:01.59	All-UC Meet	3/2

## 800 Meters

Sabrina Pimentel	2:10.90 &	Pomona-Pitzer Invitational	4/13
Lorato Anderson	2:14.28 &	Aztec Invitational	3/16
Corinne Hinkle	2:18.77	All-UC Meet	3/2
Sara Graber	2:20.54	Mangrum Invitational	4/6
Alexandra Reich	2:22.71	Mangrum Invitational	4/6
Toni Sarge	2:23.62 +	Cal-Nevada Championships	3/29
Ximena Cruz	2:24.87	San Diego Collegiate Challenge	3/9
Amanda Weber	2:25.82	Mangrum Invitational	4/6
Dani Brabender	2:26.70	San Diego Collegiate Challenge	3/9
N. Lomayesva	2:28.87	San Diego Collegiate Challenge	3/9

## 1500 Meters

Marie Diaz	4:39.51	Pomona-Pitzer Invitational	4/13
Ximena Cruz	4:52.50	All-UC Meet	3/2
Chia Chang	4:54.65	San Diego Collegiate Challenge	3/9
Madison Tanner	4:54.84	Mangrum Invitational	4/6
Dani Brabender	4:57.85	Aztec Invitational	3/16
Carolina Guzman	4:58.13	Mangrum Invitational	4/6
Anneke Kakebeen	4:59.07	Mangrum Invitational	4/6
Amanda Weber	5:01.41	Aztec Invitational	3/16
Alexandra Reich	5:03.94	San Diego Collegiate Challenge	3/9
Mei-Lin Okino	5:09.29	Mangrum Invitational	4/6
Kaity Malloy	5:23.11	UCSD Triangular	2/16
Alia Bales	5:25.47	Mangrum Invitational	4/6

## 3000 Meters

Marie Diaz	10:13.74	San Diego Collegiate Challenge	3/9
Chia Chang	10:23.42	All-UC Meet	3/2
Madison Tanner	10:36.87	UCSD Triangular	2/16
Dani Brabender	10:48.98	Mangrum Invitational	4/6
Carolina Guzman	10:49.40	All-UC Meet	3/2
Chandler Colquitt	10:59.74	San Diego Collegiate Challenge	3/9
Mei-Lin Okino	11:08.64	All-UC Meet	3/2
Michelle Le Roux	11:13.39	Mangrum Invitational	4/6
Samantha Groff	11:26.35	All-UC Meet	3/2

## 3000 Steeplechase

A. Kakebeen	11:18.92 !	Pomona-Pitzer Invitational	4/13
Alexandra Reich	11:56.93	Occidental Distance Carnival	3/15
Amanda Weber	13:04.40	All-UC Meet	3/2

## 5000 Meters

Chia Chang	17:54.94	Pomona-Pitzer Invitational	4/13
Carolina Guzman	18:09.65	Pomona-Pitzer Invitational	4/13
Madison Tanner	18:10.24	Pomona-Pitzer Invitational	4/13
Chandler Colquitt	18:27.96	Pomona-Pitzer Invitational	4/13
Dani Brabender	18:30.01	Pomona-Pitzer Invitational	4/13
Michelle Le Roux	18:47.15	Pomona-Pitzer Invitational	4/13
Mei-Lin Okino	18:54.35	Occidental Distance Carnival	3/15
Alia Bales	19:31.33	Pomona-Pitzer Invitational	4/13

## 10000 Meters

Chia Chang	37:54.49	Cal-Nevada Championships	3/29
Chandler Colquitt	41:04.51	Cal-Nevada Championships	3/29

## 100 Hurdles

Kayla Batom	15.53	UCSD Triangular	2/16
Raquel Ormsby	15.55	Pomona-Pitzer Invitational	4/13
Laura Schellenberg	15.86	UCSD Triangular	2/16
Megan Benham	17.07	San Diego Collegiate Challenge	3/9

## 400 Hurdles

Lauren Irish	1:02.55 &+	Cal-Nevada Championships	3/29
Raquel Ormsby	1:04.11	San Diego Collegiate Challenge	3/9
L. Schellenberg	1:07.40	San Diego Collegiate Challenge	3/9

## 4x100 Relay

Hitchens, Kamson, Sato, Heins	47.56	Cal-Nevada Championships	3/30
Hitchens, Chargualaf, Sato, Heins	49.12	UCSD Triangular	2/16
Chargualaf, Bell, Snover, Martin	50.32	All-UC Meet	3/2

#### 4x400 Relay

Pimentel, Kamson, Snover, Ormsby	3:50.52	Pomona-Pitzer Invitational	4/13
Pimentel, Snover, Kamson, Irish	3:50.91	Cal-Nevada Championships	3/30
Pimentel, Snover, Anderson, Irish	3:55.54	Rossi Relays	2/23
Pimentel, Kamson, Snover, Irish	3:56.14	San Diego Collegiate Challenge	3/9
Pimentel, Anderson, Snover, Irish	3:57.92	All-UC Meet	3/2
Ormsby, Kamson, Snover, Hinkle	4:03.45	Mangrum Invitational	4/6
Odubela, Kamson, Hinkle, Graber	4:07.62	Rossi Relays	2/23
Odubela, Graber, Hinkle, Anderson	4:13.60	San Diego Collegiate Challenge	3/9
Graber, Kakebeen, Weber, Reich	4:16.23	Mangrum Invitational	4/6
Bell, Guzman, Okino, Tanner	4:33.74	Mangrum Invitational	4/6

#### 4x800 Relay

Pimentel, Anderson, Sarge, Hinkle	9:31.86	Rossi Relays	2/23
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#### High Jump

Julia Wildenthaler	5'5.75"	Rossi Relays	2/23
Michelle Woodruff	5'4.25"	San Diego Collegiate Challenge	3/9
Kristen Daugherty	5'3"	UCSD Triangular, Mangrum	2/16, 4/6
Chantia Justice	5'3"	UCSD Triangular	2/16
Kirsten Martin	5'3"	UCSD Triangular	2/16
Devon Brook	5'1"	Aztec Invitational*	3/16
Veronica Bradley	4'11"	PLNU Collegiate Scoring Meet	3/23
Valerie Francis	4'7.75"	Rossi Relays	2/23

#### Pole Vault

Sydney Blakeley	12'0.5" &	San Diego Collegiate Challenge	3/9
Megan Benham	11'8" &	Aztec Invitational	3/16

#### Long Jump

Kristin Sato	18'3.75"	San Diego Collegiate Challenge	3/9
Kristen Daugherty	17'7"	Rossi Relays	2/23
Bailey Turk	17'4.75"	UCSD Triangular	2/16
Veronica Bradley	17'3.5"	San Diego Collegiate Challenge	3/9
Marya Carter	16'8.5"	UCSD Triangular	2/16
Ashley Rhorer	16'7"	UCSD Triangular	2/16
Devon Brook	15'9.75"	UCSD Triangular	2/16

#### Triple Jump

Kristin Sato	39'6" &	Cal-Nevada Championships	3/30
Chantia Justice	39'5.75" &	San Diego Collegiate Challenge	3/9
Marya Carter	37'5"	Cal-Nevada Championships	3/30
J. Wildenthaler	36'9.75"	Mangrum Invitational	4/6
Kristen Daugherty	36'1.25"	UCSD Triangular	2/16
Ashley Rhorer	35'11.5"	Pomona-Pitzer Invitational	4/13
Michelle Cummins	34'9"	San Diego Collegiate Challenge	3/9
Meredith Bell	32'11.75"	Mangrum Invitational	4/6
Devon Brook	32'6.25"	Pomona-Pitzer Invitational	4/13
Valerie Francis	31'9.5"	UCSD Triangular	2/16

#### Shot Put

Eva Isaacs	42'6"	PLNU Collegiate Scoring Meet	3/23
U. Agbahiwe	35'3.75"	All-UC Meet	3/2
Veronica Bradley	32'5.5"	Rossi Relays	2/23

#### Discus

U. Agbahiwe	141'10"	UCSD Triangular	2/16
Eva Isaacs	139'0"	Cal-Nevada, Mangrum	3/29, 4/6

#### Hammer Throw

Valerie Francis	144'0"	Mangrum Invitational	4/6
Eva Isaacs	128'7"	All-UC Meet	3/2

#### Javelin

Jessica Miklaski	143'4" &	Rossi Relays	2/23
Haley Libuit	127'9"	Mangrum Invitational	4/6
Aletha Vassilakis	124'4"	San Diego Collegiate Challenge	3/9
Amanda Horowitz	104'8"	Mangrum Invitational	4/6
Veronica Bradley	82'0"	Pomona-Pitzer Invitational	4/13

! - School Record                      + - Prelim

# - NCAA A Cut (Automatic Qualifier)

& - NCAA B Cut (Provisional Qualifier)

**NOTE:** *Ross and Sharon Irwin Collegiate Scoring Meet is the official name of the PLNU Collegiate Scoring Meet.*