

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
Bailey Turk	13.20	Soka Peace Invitational	4/20
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	26.68	Soka Peace Invitational	4/20
Ronke Odubela	27.08	PLNU Collegiate Scoring Meet	3/23
Veronica Bradley	27.21	Soka Peace Invitational	4/20

400 Meters

Sabrina Pimentel	55.95 &	Soka Peace Invitational	4/20
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	2:12.80 &	Triton Invitational	4/27
Marie Diaz	2:18.48	Triton Invitational	4/27
Corinne Hinkle	2:18.77	All-UC Meet	3/2
Sara Graber	2:20.54	Mangrum Invitational	4/6
Alexandra Reich	2:21.71	Triton Invitational	4/27
Toni Sarge	2:23.04	Triton Invitational	4/27
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	4:53.15	Triton Invitational	4/27
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	12:14.60	Triton Invitational	4/27

5000 Meters

Chia Chang	17:54.94	Pomona-Pitzer Invitational	4/13
Madison Tanner	18:07.58	Triton Invitational	4/27
Carolina Guzman	18:09.65	Pomona-Pitzer Invitational	4/13
Chandler Colquitt	18:17.48	Triton Invitational	4/27
Dani Brabender	18:28.66	Triton Invitational	4/27
Michelle Le Roux	18:44.00	Triton Invitational	4/27
Mei-Lin Okino	18:54.35	Occidental Distance Carnival	3/15
Alia Bales	19:11.63	Triton Invitational	4/27

10000 Meters

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

100 Hurdles

Raquel Ormsby	15.20	Soka Peace Invitational	4/20
Kayla Batom	15.53	UCSD Triangular	2/16
Laura Schellenberg	15.86	UCSD Triangular	2/16
Veronica Bradley	15.92	Soka Peace Invitational	4/20
Megan Benham	17.07	San Diego Collegiate Challenge	3/9

400 Hurdles

Lauren Irish	1:02.55 &+	Cal-Nevada Championships	3/29
Raquel Ormsby	1:03.28	Triton Invitational	4/27
L. Schellenberg	1:07.40	San Diego Collegiate Challenge	3/9

4x100 Relay

Hitchens, Kamson, Sato, Heins	47.40	Triton Invitational	4/27
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
Anderson, Ormsby, Graber, Hinkle	4:03.30	Triton Invitational	4/27
Ormsby, Kamson, Snover, Hinkle	4:03.45	Mangrum Invitational	4/6
Graber, Ormsby, Hinkle, Sarge	4:06.18	Soka Peace Invitational	4/20
Odubela, Kamson, Hinkle, Graber	4:07.62	Rossi Relays	2/23
Kakebeen, Reich, Diaz, Chang	4:12.39	Triton Invitational	4/27
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
Veronica Bradley	5'2.25"	Triton Invitational	4/27
Devon Brook	5'1"	Aztec Invitational*	3/16
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, Triton	3/16, 4/27

Long Jump

Kristin Sato	18'3.75"	San Diego Collegiate Challenge	3/9
Veronica Bradley	17'7.5"	Soka Peace Invitational	4/20
Kristen Daugherty	17'7"	Rossi Relays	2/23
Bailey Turk	17'4.75"	UCSD Triangular	2/16
Marya Carter	16'11.25"	Soka Peace Invitational	4/20
Ashley Rhorer	16'7"	UCSD Triangular	2/16
Meredith Bell	15'11.75"	Soka Peace Invitational	4/20
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	37'2.5"	Soka Peace Invitational	4/20
Ashley Rhorer	36'3"	Soka Peace Invitational	4/20
Kristen Daugherty	36'1.5"	Triton Invitational	4/27
Michelle Cummins	34'9"	San Diego Collegiate Challenge	3/9
Meredith Bell	33'3.75"	Soka Peace Invitational	4/20
Devon Brook	32'6.25"	Pomona-Pitzer Invitational	4/13
Valerie Francis	31'9.5"	UCSD Triangular	2/16

Shot Put

Eva Isaacs	43'3.25"	Soka Peace Invitational	4/20
U. Agbahiwe	35'3.75"	All-UC Meet	3/2
Haley Libuit	34'6.25"	Soka Peace Invitational	4/20
Veronica Bradley	32'5.5"	Rossi Relays	2/23

Discus

U. Agbahiwe	146'7" &	Triton Invitational	4/26
Eva Isaacs	139'0"	Cal-Nevada, Mangrum	3/29, 4/6

Hammer Throw

Valerie Francis	147'1"	Soka Peace Invitational	4/19
Eva Isaacs	128'7"	All-UC Meet	3/2

Javelin

Jessica Miklaski	143'4" &	Rossi Relays	2/23
Haley Libuit	127'11"	Triton Invitational	4/27
Aletha Vassilakis	127'1"	Soka Peace Invitational	4/20
Amanda Horowitz	108'2"	Soka Peace Invitational	4/20
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.