



# WYOMING



## 2017-18 TRACK AND FIELD NOTES

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### Quick Facts

Location	Laramie, Wyo.
Founded	1886
Enrollment	12,600
Nickname	Cowboys/Cowgirls
School Colors	Brown & Gold
President	Laurie Nichols
Athletics Director	Tom Burman
Affiliation	NCAA Division I
Conference	Mountain West
Website	GoWyo.com

### Coaching Staff

Head Coach	Bryan Berryhill
Alma Mater	Colorado State, 2001
Season at UW	Sixth
Associate Head Coach/Distance	Amanda Clower
Season at UW	Ninth
Associate Head Coach/Jumps & Hurdles	Quincy Howe
Season at UW	13th
Assistant Coach/Throws	Carrie Lane
Season at UW	First
Assistant Coach/Distance	Scott Dahlberg
Season at UW	First
Assistant Coach/Operations	Whitney Henderson
Season at UW	Third

### Team Info

2017 Men's MW Indoor Finish	5th (60 pts)
2017 Men's MW Outdoor Finish	6th (81.5 pts)
Men's NCAA West Preliminary Qualifiers	5
Men's All-MW Honors	13
Men's Letterwinners Returning	11
Men's Newcomers	8
2017 Women's MW Indoor Finish	10th (36 pts)
2017 Women's MW Outdoor Finish	10th (36 pts)
Women's NCAA West Preliminary Qualifiers	6
Women's All-MW Honors	5
Women's Letterwinners Returning	5
Women's Newcomers	13

### Media Relations

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### Meet Information

<b>Meet</b>	7220 Invite
<b>When</b>	Friday, April 27
<b>Where</b>	Memorial 8 Track at Louis S. Madrid Sports Complex, Laramie, Wyo. (Admission: Free)
<b>Time</b>	11 a.m. MT (Field Events) 11 a.m. MT (Track Events)



### Notes

#### 7220 Invite Schedule

#### Field Events

11:00 a.m.	W/M Hammer
To follow	W/M Discus
11:00 a.m.	M/W Shot Put
11:00 a.m.	W/M High Jump
To follow	M/W Javelin
11:00 a.m.	W/M Long Jump
To follow	W/M Triple Jump
11:00 a.m.	W/M Pole Vault

#### Track Events

11:00 a.m.	W 3,000 Steeple
11:20 a.m.	M 3,000 Steeple
11:40 a.m.	W 4x100 Relay
11:45 a.m.	M 4x100 Relay

11:50 a.m.	W 1,500 Meters
12:00 p.m.	M 1,500 Meters
12:15 p.m.	W 100 Hurdles
12:25 p.m.	M 110 Hurdles
12:35 p.m.	W 400 Meters
12:45 p.m.	M 400 Meters
12:55 p.m.	W 100 Meters
1:05 p.m.	M 100 Meters
1:15 p.m.	W 800 Meters
1:25 p.m.	M 800 Meters
1:35 p.m.	W 400 Hurdles
1:45 p.m.	M 400 Hurdles
1:55 p.m.	W 200 Meters
2:05 p.m.	M 200 Meters
2:15 p.m.	W 3,000 Meters
2:30 p.m.	M 3,000 Meters
2:45 p.m.	W 4x400 Relay



### Last Time Out: Like a Broken Record: Henderson Breaks School Record Again in Long Beach (April 21)

Ja'la Henderson's latest school record mark didn't last long. In a story that's beginning to sound like a broken record, Henderson broke her own school record in the women's outdoor triple jump to win the Gold Invitational division of the event at the Beach Invitational on Saturday. Henderson leapt 43 feet, 8.5 inches for the win to highlight a balanced effort by the Pokes on the final day of a three-day stretch of California meets.

"Ja'la (Henderson) had a weekend of near-misses," UW associate head coach Quincy Howe said on Saturday. "Her biggest achievement, I believe, was keeping a level head through the

### 2017-18 Schedule & Results

Indoor				Outdoor			
Date	Meet	Location	Time/Result	Date	Meet	Location	Time/Result
12/8	Power Meet	Laramie, Wyo.	NTS	3/16-17	Jerry Quiller Classic	Boulder, Colo.	3 p.m. (3/16)
1/12-13	Potts Indoor Invitational	Boulder, Colo.	3 p.m. (1/12)	3/24	Mines Nature's Bakery Invite	Golden, Colo.	NTS
1/27	Powder River Dual	Gillette, Wyo.	M-W; W-L	3/31	Tom Benich Invite	Greeley, Colo.	NTS
2/2-3	Colorado Invitational	Boulder, Colo.	NTS	4/6-7	CU Invitational	Boulder, Colo.	3 p.m. (4/6)
2/9-10	Don Kirby Invitational	Albuquerque, N.M.	NTS	4/15	NoCo Challenge	Greeley, Colo.	NTS
2/9-10	Husky Classic	Seattle, Wash.	NTS	4/19	Pacific Coast Intercollegiate	Long Beach, Calif.	M-5th; W-4th
2/22-24	MW Championships	Albuquerque, N.M.	M-6th W-9th	4/19	Mt. SAC Relays	Torrance, Calif.	NTS
				4/19-20	Bryan Clay Invitational	Azusa, Calif.	NTS
				4/20-21	Beach Invitational	Long Beach, Calif.	M-T-58th; W-4th
				5/4	7220 Invite	Laramie, Wyo.	11 a.m.
				5/9-12	MW Championships	Fresno, Calif.	4:30 p.m. (5/9)
				5/23-26	NCAA West Preliminary Round	Sacramento, Calif.	1 p.m. (5/23)
				6/6-9	NCAA Championships	Eugene, Ore.	1:30 p.m. (6/6)

All times Mountain and subject to change | NTS = No Team Scores

Head Coach Bryan Berryhill



Bryan Berryhill enters his sixth season as head coach of the University of Wyoming track and field/cross country programs in 2017-18.

Berryhill guided the UW track & field program to an historic feat during the 2016-17 campaign as seniors Audra DeStefano and Scott Carter became the first Cowboy and Cowgirl duo to receive

All-America honors at the NCAA Outdoor Track & Field Championships since 2004. Carter was the bronze medalist in the triple jump – the highest finish for a Cowboy at the NCAA outdoor championships since 2000 – while DeStefano earned Honorable Mention All-American status in the 3,000-meter steeplechase. DeStefano was later named the 2016-17 Mountain West Women’s Scholar Athlete of the Year.

During the 2015 cross country season, the former professional runner led the Cowboys to a fourth-place finish in the Mountain West, tying the highest finish in program history. The men’s harriers collected 89 points at the conference championships, just four points more than Wyoming’s lowest total at a MW championship meet. Berryhill led the Cowgirls to a fifth-place finish at the MW championships despite having no seniors and just one junior in the team’s top five.

Berryhill coached senior harriers Aaron Derner and Amos Bowen to USTFCCA All-Region honors after each finished in the top 25 at the NCAA Mountain Regional meet. During the indoor track & field season, Wyoming collected eight individual All-MW honors while the women’s squad earned All-MW status in the Distance Medley Relay. Hurdler Jordan Charles went on to become an Honorable Mention All-American. Outdoors, the team earned four more All-MW honors and seven athletes advanced to the NCAA West Preliminary Round. Under Berryhill Wyoming’s student-athletes have notched 175 top-10 individual and relay marks in school history, including 15 school records.

Before Wyoming, Berryhill served as the head cross country and assistant track coach at Colorado State from 2006-2012. He was named the 2007 Women’s NCAA Regional and Mountain West Conference Women’s Cross Country Coach of the Year after the CSU women won their first ever team titles at the Mountain West championships and the NCAA Mountain Region championships in the same season.

He had a stellar collegiate career at CSU, earning 10 All-America honors in cross country and track. A national champion in the indoor 1-mile run and outdoor 1,500-meter run in 2001, Berryhill holds five individual and three relay records at CSU. He competed as a professional track athlete from 2001-04 and 2005-07.

The CSU women finished second or better at the MW Cross Country Championships in four of the six years of Berryhill’s tenure. During his time with the Rams, he coached student-athletes to six school records and coached the only CSU woman to win a Mountain West cross country individual title with April Thomas’ win in 2007.

Berryhill received his bachelor’s degree in forestry from CSU in May 2001. He and his wife, Toni, have three children: Libby, Eli and Lainey.

**Personal-Best Times**

800 Meters: 1:46  
 Mile: 3:54  
 1,500 Meters: 3:35

adversity and bouncing back in her last event of the weekend to a new school record and a Gold Invitational division championship.”

With Saturday’s mark, Henderson furthered her own school record by eight inches and finished tops in the field of 51 women’s triple jumpers by over a foot. She now sits over two and a half feet clear of any other Cowgirl triple jumper in UW outdoor track & field history. Her mark is currently eighth in the NCAA, pending final results from this weekend’s meets.

Saturday’s action included another set of impressive performances from the UW distance squad. Lauren Hamilton and Solana Quistorff ran well in the women’s 1,500 meters, as Hamilton clocked a time of 4 minutes, 35.37 seconds to take 18th in the field of 73 while Quistorff ran a personal-best 4:37.57 for 22nd place. Late Friday night at the Bryan Clay Invitational in Azusa, Calif., Hamilton clocked 4:31.69 in the event.

In her second consecutive day competing in the 800 meters, Kerry White finished eighth in a field of 82 for the Cowgirls with a time of 2:09.54. Emily Person took 44th at 2:15.03. Bryce Ailshie, also competing in the 800 meters for the second straight day, took 12th in the field of 89 for the Cowboys with a time of 1:51.17. Daniel Hintz took 17th with a time of 1:51.73 after posting the No. 2 time on the all-time list for the men’s 1,500 meters, 3:44.92, late Friday night at the Bryan Clay Invitational. Hintz’s Friday time was good for 44th in a massive field of over 250 runners.

Jackson Wood had another highlight performance for the Pokes on Saturday, taking 15th place in a field of 92 runners in the men’s 400 meters with a time of 48.01. Wood also helped the Cowboys 4x100-meter relay team to a seventh-place finish after the squad crossed the finish line in 41.41 seconds. Another 4x100-meter relay participant, Jace Marx, took 14th place in a field of over 100 sprinters in the men’s 100 meters, checking in at 10.73. Jerayah Davis placed 22nd on the women’s side of the event, recording a time of 11.90, while Jordan Edmonds placed 32nd in a field of 87 with a time of 12.03.

Heidi Pfoor and Brandon McGuire each posted solid finishes in the 400-meter hurdles. McGuire was 21st in the men’s field at 54.41, while Pfoor checked in at 1:02.26 for 28th in the women’s field.

William Nolan posted a 21st-place finish in the men’s long jump, recording a mark of 22-11.25 on Saturday. He also recorded a 25th-place finish in the men’s triple jump, leaping 47-3.75.

Hannah Carr had another solid mark in the women’s discus on Saturday, throwing 154-3 to take 33rd overall. Garrett Lynch threw 161-2 in the men’s discus for 38th, while he placed 35 in the men’s shot put with a mark of 51-5.5. Carr placed 40th in the women’s shot put, tossing 44-7.

**Henderson Earns Weekly Conference Honor for Third Time This Season (April 24)**

Wyoming junior Ja’la Henderson has been named the Mountain West Women’s Field Athlete of the Week for the third time during the 2017-18 season, the league announced Tuesday afternoon. It is her second weekly honor during the outdoor track & field season.

The UW jumps star receives the award from the conference after her most recent record-breaking performance. The Meadowdale, Ohio, native leapt 43 feet, 8.5 inches to smash her own UW women’s outdoor triple jump record at the Beach Invitational in Long Beach, Calif., on Saturday, taking the top spot in the field of 57 competitors. It was the second time Henderson has broken the outdoor program record this season, and she has broken UW triple jumps records a total of four times during the 2017-18 season.

Henderson now leads the Mountain West by over two feet in the triple jump while she is ranked third in the long jump with a mark of 20-2.5. Her triple jump mark is currently ranked 10th in the NCAA.

Henderson and Damon Unland have each earned two MW Field Athlete of the Week honors for Wyoming during the 2018 outdoor season. With an additional weekly honor during the indoor season for Henderson as well as two indoor honors for Jordan Edmonds, the Pokes have garnered a total of seven weekly conference accolades during the 2017-18 track & field campaign.

**UW in the Mountain West Event Rankings**

A number of Wyoming athletes are currently ranked in the Mountain West’s top five for their respective outdoor events. Below is a look at where they stand in the conference landscape.

**COWBOYS**

Rank	Name	Event	Meet	Time/Mark
1	Damon Unland	Hammer Throw	PC Intercollegiate	199-3
2	Jace Marx	100 Meters	PC Intercollegiate	10.63
2	Kirk Unland	Hammer Throw	PC Intercollegiate	192-3
3	Harry Ewing	3,000 Steeplechase	Mt. SAC Relays	8:52.70
3	Ricky Faure	800 Meters	Bryan Clay Invite	1:49.71
3	William Nolan	Triple Jump	Tom Benich Invite	48-1.75
4	Marx, Wood, Blackett, Kirkeide	4x100 Relay	Beach Invitational	41.41
4	Marx, Harthun, Wood, Ailshie	4x400 Relay	Jerry Quiller Classic	3:16.86@
5	Daniel Hintz	1,500 Meters	Bryan Clay Invite	3:44.92

# 2017-18 Wyoming Notes

## 2017-18 MW Athletes of the Week

### Wyoming's Winners

#### Women's Indoor Track Athlete of the Week

Date	Name	Class	Event	Group
12/12	Jordan Edmonds	Jr.	Sprints	
2/21	Jordan Edmonds	Jr.	Sprints	

#### Women's Indoor Field Athlete of the Week

Date	Name	Class	Event	Group
2/6	Ja'la Henderson	Jr.	Jumps	

#### Men's Outdoor Field Athlete of the Week

Date	Name	Class	Event	Group
3/27	Damon Unland	Sr.	Throws	
4/10	Damon Unland	Sr.	Throws	

#### Women's Outdoor Field Athlete of the Week

Date	Name	Class	Event	Group
3/20	Ja'la Henderson	Jr.	Jumps	
4/24	Ja'la Henderson	Jr.	Jumps	

## USTFCCCA Regional Rankings

### OUTDOOR RANKINGS - Week 4 (April 23) MOUNTAIN REGION

Men				
Rk.	School	Conf.	Points	Last Week
1.	BYU	Ind.	952.73	1
2.	Texas Tech	Big 12	906.15	2
3.	Air Force	MW	732.58	3
4.	Utah State	MW	497.93	5
5.	Colorado State	MW	494.45	4
6.	Colorado	Pac-12	458.54	7
7.	Montana State	Big Sky	344.60	6
8.	N. Arizona	Big Sky	329.68	9
9.	New Mexico	MW	296.12	14
10.	Southern Utah	Big Sky	287.88	10
11.	UTEP	C-USA	275.26	8
12.	Utah Valley	WAC	244.67	11
13.	<b>Wyoming</b>	<b>MW</b>	<b>236.98</b>	<b>12</b>
14.	N. Colorado	Big Sky	185.52	13
15.	Weber State	Big Sky	167.17	15
16.	Montana	Big Sky	109.36	16
17.	Idaho State	Big Sky	99.36	17

  

Women				
Rk.	School	Conf.	Points	Last Week
1.	Texas Tech	Big 12	1,046.74	1
2.	BYU	Ind.	775.77	2
3.	Colorado	Pac-12	686.57	3
4.	Colorado State	MW	658.92	4
5.	Utah State	MW	439.00	5
6.	N. Arizona	Big Sky	380.35	6
7.	Nevada	MW	317.73	10
8.	New Mexico St.	WAC	304.67	7
9.	New Mexico	MW	276.38	14
10.	Utah	Pac-12	223.94	12
11.	Montana State	Big Sky	210.89	11
12.	<b>Wyoming</b>	<b>MW</b>	<b>204.83</b>	<b>15</b>
13.	Air Force	MW	204.82	8
14.	Weber State	Big Sky	177.05	13
15.	UTEP	C-USA	170.07	9
16.	Utah Valley	WAC	145.45	17
17.	Southern Utah	Big Sky	141.24	18
18.	Montana	Big Sky	127.61	19
19.	Idaho State	Big Sky	105.06	16
20.	N. Colorado	Big Sky	76.61	20



## COWGIRLS

Rank	Name	Event	Meet	Time/Mark
1	Ja'la Henderson	Triple Jump	Beach Invitational	43-8.5
3	Ja'la Henderson	Long Jump	Jerry Quiller Classic	20-2.5
3	Emelda Malm-Annan	Hammer Throw	PC Intercollegiate	197-0
5	Kerry White	800 Meters	Bryan Clay Invite	2:08.69

@ - adjusted for altitude | # - adjusted for track size

### USTFCCCA Releases 2018 Week 4 Outdoor Track & Field Computer Rankings

The U.S. Track & Field and Cross Country Coaches Association released its Week 4 edition of the outdoor track & field national team computer rankings on Monday. Below is a look at the top 30 men's and women's teams in the nation.

MEN			WOMEN		
Rk.	School	Points	Rk.	School	Points
1	Florida	319.41	1	LSU	342.82
2	Texas Tech	265.01	2	USC	287.46
3	Alabama	251.77	3	Oregon	270.61
4	Texas A&M	251.33	4	Georgia	267.45
5	Georgia	215.48	5	Arkansas	253.39
6	Houston	202.45	6	Kentucky	224.77
7	Florida State	162.96	7	Stanford	202.92
8	BYU	162.51	8	Texas A&M	199.82
9	USC	161.52	9	Florida	183.92
10	Oregon	144.58	10	Minnesota	176.34
11	Arkansas	144.43	11	Purdue	173.74
12	LSU	119.59	12	Texas	140.79
13	Kansas	116.46	13	Kansas State	126.74
14	TCU	115.91	14	Arizona State	124.88
15	Texas	109.68	15	Miami (Fla.)	105.51
16	Mississippi State	106.36	16	Tennessee	101.02
17	Illinois	106.30	17	Texas Tech	96.87
18	North Carolina A&T	103.60	18	Kansas	95.69
19	Ole Miss	99.12	19	Ole Miss	89.90
20	Stanford	97.17	20	Florida State	89.68
21	Baylor	96.45	21	Virginia Tech	88.92
22	Kentucky	95.65	22	Baylor	83.47
23	South Carolina	93.90	23	Alabama	83.25
24	Ohio State	90.10	24	Akron	77.95
25	Penn State	83.81	25	Boise State	77.54
26	Purdue	82.51	26	Oklahoma	76.78
27	Nebraska	80.08	27	Auburn	74.37
28	Akron	79.63	28	Michigan	72.71
29	Syracuse	79.21	29	Iowa	72.42
30	Iowa	78.98	30	Colorado	70.50
135	<b>Wyoming</b>	<b>1.84</b>	95	<b>Wyoming</b>	<b>13.11</b>

### Next Up

The Pokes head to Fresno, Calif., for the 2018 Mountain West Outdoor Track & Field Championships from May 9-12.

## Cowboys & Cowgirls in the 2018 NCAA Outdoor Track & Field Rankings

### COWBOYS

Rank	Name	Event	Meet	Time/Mark
24	Harry Ewing	3,000 Steeplechase	Mt. SAC Relays	8:52.70
62	Ricky Faure	800 Meters	Bryan Clay Invite	1:49.71
63	Christopher Henry	10,000 Meters	Mt. SAC Relays	29:31.24
70	Daniel Hintz	1,500 Meters	Bryan Clay Invite	3:44.92
78	Damon Unland	Hammer Throw	PC Intercollegiate	199-3
87	Bryce Ailshie	800 Meters	Bryan Clay Invite	1:50.20
95	Michael Downey	10,000 Meters	Mt. SAC Relays	29:46.24

### COWGIRLS

Rank	Name	Event	Meet	Time/Mark
10	Ja'la Henderson	Triple Jump	Beach Invitational	43-8.5
43	Ja'la Henderson	Long Jump	Jerry Quiller Classic	20-2.5
48	Emelda Malm-Annan	Hammer Throw	PC Intercollegiate	197-0

@ - adjusted for altitude | # - adjusted for track size

## 2017-18 Wyoming Notes

### Cowboy Roster

Name	Event(s)	Cl. (I/O)	Hometown
Bryce Ailshie	Middle Distance	JR/JR	Kingsport, Tenn.
Kyle Alexander	Jumps	JR/JR	Cheyenne, Wyo.
Kevin Blackett	Sprints	SR/SR	Rapid City, S.D.
Michael Choma	Sprints	FR/SO	Casper, Wyo.
Michael Downey	Distance	SO/SO	Cheyenne, Wyo.
Harry Ewing	Distance	FR/FR	Hamilton, New Zealand
Ricky Faure	Middle Distance	SR/JR	Rock Springs, Wyo.
Hap Frketich	Throws	SO/SO	Newberg, Ore.
Jesse Gray	Distance	SR/SR	Rock Springs, Wyo.
Jacob Harthun	Sprints	FR/FR	Oregon City, Ore.
Christopher Henry	Distance	FR/FR	Laramie, Wyo.
Jonah Henry	Distance	SR/SR	Laramie, Wyo.
Daniel Hintz	Middle Distance	SO/SO	Tauranga, New Zealand
McCade Johnson	Hurdles	FR/FR	Laramie, Wyo.
Calum Kepler	Middle Distance	JR/JR	Casper, Wyo.
Michael Kesy	Distance	SR/SR	Cheyenne, Wyo.
Sam Kirkeide	Sprints	SO/JR	Missoula, Mont.
Leighton Lanier	Jumps	FR/FR	Sumner, Wash.
Tyrel Leman	Hurdles	FR/FR	Douglas, Wyo.
Garrett Lynch	Throws	SR/SR	Powell, Wyo.
Jace Marx	Sprints	SO/JR	Big Piney, Wyo.
Brandon McGuire	Hurdles	FR/FR	Glendale, Ariz.
William Nolan	Jumps/Sprints	FR/FR	Cheyenne, Wyo.
Kyle Pollock	Jumps	SO/SO	Wheatland, Wyo.
Hayden Scott	Distance	FR/FR	Salem, Ore.
Caleb Seeton	Jumps	--/SR	Fort Collins, Colo.
Jay Shuman	Multi-Events	FR/SO	Palisade, Colo.
Jerald Taylor	Distance	FR/FR	Westcliffe, Colo.
Phillip Thomas	Middle Distance	JR/JR	Fountain, Colo.
Damon Unland	Throws	SR/SR	Spokane, Wash.
Kirk Unland	Throws	SO/FR	Spokane, Wash.
Bobby Wingeleth	Jumps	SR/SR	Lyman, Wyo.
Jackson Wood	Middle Distance	SO/JR	Cheyenne, Wyo.

### Roster Breakdown

**Returning NCAA Preliminary Qualifiers:** Bryce Ailshie (800 Meters), Ricky Faure (800 Meters), Damon Unland (Hammer Throw)

**Lost NCAA Preliminary Qualifiers:** Scott Carter (Triple Jump), Jordan Charles (110-Meter Hurdles)

**Lost NCAA Outdoor All-American:** Scott Carter (Triple Jump)

**Returning Indoor All-MW Honorees:** Bryce Ailshie (800 meters, 4x400-meter relay), Kevin Blackett (4x400-meter relay), Jace Marx (4x400-meter relay), Jackson Wood (4x400-meter relay)

**Lost Indoor All-MW Honorees:** Scott Carter (long jump, triple jump), Jordan Charles (60-meter hurdles)

**Returning Outdoor All-MW Honorees:** Damon Unland (Hammer Throw), Ricky Faure (800 Meters)

**Lost Outdoor All-MW Honorees:** Scott Carter (long jump, triple jump), Jordan Charles (110-Meter Hurdles)

### Cowgirl Roster

Name	Event(s)	Cl. (I/O)	Hometown
Madison Ashworth	Jumps	JR/JR	Thayne, Wyo.
Calbi Ausmann	Distance	SO/SO	Newcastle, Wyo.
Sarah Bentlage	Distance	FR/FR	Jackson, Wyo.
Hannah Bertelson	Jumps	SR/SR	Midland, Texas
Ashley Bock	Distance	SO/SO	Fort Collins, Colo.
Hannah Carr	Throws	JR/SR	Monument, Colo.
Allegra Carson	Jumps	JR/JR	Wichita, Kan.
Hannah Carter	Sprints	SO/SO	Casper, Wyo.
Jerayah Davis	Sprints/Jumps	JR/JR	Casper, Wyo.
Quinn DeStefano	Distance	SR/SR	Gillette, Wyo.
Marie Doherty	Hurdles/Jumps	FR/FR	Gillette, Wyo.
Kacey Doner	Distance	SO/SO	Fort Collins, Colo.
Jordan Edmonds	Sprints	JR/JR	Colorado Springs, Colo.
Lauren Hamilton	Distance	SR/SR	Monument, Colo.
Melina Harris	Sprints	SR/SR	Cheyenne, Wyo.
Ja'la Henderson	Jumps/Sprints	JR/JR	Dayton, Ohio
Meridith Heneage	Distance	SR/SR	Lexington, S.C.
Addison Henry	Throws	FR/FR	Loup City, Neb.
Sofia Hof	Jumps	JR/JR	Casper, Wyo.
Holly Huber	Hurdles	JR/JR	Green River, Wyo.
Autumn Knight	Throws	FR/FR	Buffalo, Wyo.
Alyssa Kremer	Middle Distance	FR/FR	La Motte, Iowa
Kiah Leonard	Distance	JR/JR	Berthoud, Colo.
Zia Macdermid	Distance	FR/FR	Palmerston North, New Zealand
Emelda Malm-Annan	Throws	JR/JR	Elk Grove, Calif.
Allison Mann	Distance	FR/FR	Colorado Springs, Colo.
Emily Person	Middle Distance	JR/JR	Rapid City, S.D.
Heidi Pfoor	Hurdles	SR/SR	Cheyenne, Wyo.
Savannah Phillips	Sprints	FR/FR	Cokeville, Wyo.
Makayla Pzinski	Sprints	SO/SO	Gillette, Wyo.
Solana Quistorff	Distance	JR/JR	Castle Rock, Colo.
Karlin Rufenacht	Jumps	JR/JR	Peyton, Colo.
Victori Sleep	Throws	SR/SR	Powell, Wyo.
Cosette Stellern	Throws	FR/FR	Cheyenne, Wyo.
Ashley Urman	Distance	SO/SO	Princeton, Minn.
Regan VanDePol	Distance	JR/JR	Broomfield, Colo.
Anissa Warner	Jumps	SO/SO	Powell, Wyo.
Kerry White	Middle Distance	SR/SR	Te Aroha, New Zealand
Ariana Williams	Hurdles	SO/SO	Murray, Utah
Georgia Wollert	Hurdles/Jumps	FR/FR	Lingle, Wyo.
Madison Yager	Distance	SO/SO	Cheyenne, Wyo.

### Roster Breakdown

**Returning NCAA Preliminary Qualifiers:** Jerayah Davis (100 meters, 200 meters), Emelda Malm-Annan (Hammer Throw), Kerry White (800 Meters)

**Lost NCAA Preliminary Qualifiers:** Megan Brunette (10,000 Meters), Audra DeStefano (3,000-Meter Steeplechase)

**Lost NCAA Honorable Mention Outdoor All-American:** Audra DeStefano (3,000-Meter Steeplechase)

**Returning Indoor All-MW Honorees:** Jerayah Davis (60 meters, long jump), Ja'la Henderson (long jump)

**Lost Indoor All-MW Honorees:** N/A

**Returning Outdoor All-MW Honorees:** Emelda Malm-Annan (Hammer Throw)

**Lost Outdoor All-MW Honorees:** Audra DeStefano (3,000-Meter Steeplechase)

## 2017-18 Wyoming Notes

### 2017-18 Men's Indoor Performance List (800 meters and above altitude/track converted)

Season Bests					Career Bests	
<b>60 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Jace Marx	6.89	CU Invitational	Boulder, Colo.	2/3/18	Same	
Sam Kirkeide	6.96	CU Invitational	Boulder, Colo.	2/3/18	6.88	2016
Jackson Wood	7.16	Power Meet	Laramie, Wyo.	12/8/17	Same	
Jacob Harthun	7.17	Power Meet	Laramie, Wyo.	12/8/17	Same	
Kevin Blackett	7.31	Powder River Dual	Gillette, Wyo.	1/27/18	7.15	2014
<b>60-Meter Hurdles</b>						
Name	Mark	Meet	Location	Date	Mark	Date
McCade Johnson	8.27	MW Indoor	Albuquerque, N.M.	2/23/18	Same (No. 9 UW All-Time)	
Jay Shuman	8.35	Power Meet	Laramie, Wyo.	12/8/17	Same	
<b>200 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Jace Marx	21.79	CU Invitational	Boulder, Colo.	2/3/18	21.71 (No. 8 UW All-Time)	2017
Jackson Wood	21.95	Potts Invitational	Boulder, Colo.	1/13/18	Same (No. 10 UW All-Time)	
Sam Kirkeide	22.01	CU Invitational	Boulder, Colo.	2/3/18	Same	
Kevin Blackett	22.34	Power Meet	Laramie, Wyo.	12/8/17	Same	
Jacob Harthun	22.86	CU Invitational	Boulder, Colo.	2/3/18	Same	
<b>400 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Jackson Wood	48.10	MW Indoor	Albuquerque, N.M.	2/24/18	Same (No. 4 UW All-Time)	
Kevin Blackett	49.54	MW Indoor	Albuquerque, N.M.	2/23/18	Same	
Bryce Ailshie	50.28	Potts Invitational	Boulder, Colo.	1/13/18	48.84	2017
Jacob Harthun	50.45	MW Indoor	Albuquerque, N.M.	2/23/18	Same	
McCade Johnson	50.71	Power Meet	Laramie, Wyo.	12/8/17	Same	
<b>600 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Jackson Wood	1:27.17	Power Meet	Laramie, Wyo.	12/8/17	Same	
<b>800 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Bryce Ailshie	1:51.06	CU Invitational	Boulder, Colo.	2/3/18	1:49.56 (No. 4 UW All-Time)	2017
Ricky Faure	1:52.08	MW Indoor	Albuquerque, N.M.	2/23/18	1:48.78 (No. 2 UW All-Time)	2017
Calum Kepler	1:53.27	Don Kirby Invite	Albuquerque, N.M.	2/10/18	Same	
Phillip Thomas	1:55.32	CU Invitational	Boulder, Colo.	2/3/18	1:54.18	2016
<b>Mile</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Daniel Hintz	4:06.09	Husky Classic	Seattle, Wash.	2/10/18	Same (No. 6 UW All-Time)	
Ricky Faure	4:06.66	Powder River Dual	Gillette, Wyo.	1/27/18	Same (No. 7 UW All-Time)	
Michael Downey	4:07.95	Powder River Dual	Gillette, Wyo.	1/27/18	Same	
Harry Ewing	4:10.26	Powder River Dual	Gillette, Wyo.	1/27/18	Same	
Jonah Henry	4:15.00	CU Invitational	Boulder, Colo.	2/3/18	4:12.01	2017
Calum Kepler	4:19.75	CU Invitational	Boulder, Colo.	2/3/18	Same	
Phillip Thomas	4:38.35	Potts Invitational	Boulder, Colo.	1/13/18	Same	
<b>3,000 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Jonah Henry	8:16.82	MW Indoor	Albuquerque, N.M.	2/24/18	Same (No. 7 UW All-Time)	
Harry Ewing	8:21.33	Husky Classic	Seattle, Wash.	2/10/18	Same	
Michael Downey	8:23.97	Potts Invitational	Boulder, Colo.	1/13/18	Same	
Christopher Henry	8:27.04	MW Indoor	Albuquerque, N.M.	2/24/18	Same	
Daniel Hintz	8:42.89	Powder River Dual	Gillette, Wyo.	1/27/18	Same	
<b>5,000 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Christopher Henry	14:34.71	Husky Classic	Seattle, Wash.	2/9/18	Same (No. 9 UW All-Time)	
Michael Downey	14:35.47	Husky Classic	Seattle, Wash.	2/9/18	Same (No. 10 UW All-Time)	
<b>4x400-Meter Relay</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Harthun, Blackett, Faure, Ailshie	3:17.19	MW Indoor	Albuquerque, N.M.	2/24/18		
Blackett, Marx, Wood, Ailshie	3:19.91	Powder River Dual	Gillette, Wyo.	1/27/18		
Blackett, Marx, Harthun, Kirkeide	3:22.39	Power Meet	Laramie, Wyo.	12/8/17		
Harthun, Kepler, Thomas, Downey	3:28.46	Powder River Dual	Gillette, Wyo.	1/27/18		
<b>4x800-Meter Relay</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Thomas, Downey, Ewing, Henry	8:02.79	Power Meet	Laramie, Wyo.	12/8/17		
<b>Distance Medley Relay</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Ewing, Harthun, Kepler, Henry	9:57.11	MW Indoor	Albuquerque, N.M.	2/22/18	No. 4 UW All-Time	

## 2017-18 Wyoming Notes

### High Jump

Name	Mark	Meet	Location	Date	Mark	Date
Kyle Pollock	6-5	MW Indoor	Albuquerque, N.M.	2/24/18	Same	

### Long Jump

Name	Mark	Meet	Location	Date	Mark	Date
William Nolan	23-7.5	MW Indoor	Albuquerque, N.M.	2/23/18	Same	
Bobby Wingeleth	22-3.5	Power Meet	Laramie, Wyo.	12/8/17	23-6.25	2015
Kyle Alexander	21-6.75	Potts Invitational	Boulder, Colo.	1/12/18	22-6.5	2016
Leighton Lanier	19-6.75	Powder River Dual	Gillette, Wyo.	1/27/18	Same	

### Triple Jump

Name	Mark	Meet	Location	Date	Mark	Date
William Nolan	49-6.5	MW Indoor	Albuquerque, N.M.	2/24/18	Same	
Kyle Alexander	45-10.75	Power Meet	Laramie, Wyo.	12/8/17	46-2.75	2017
Leighton Lanier	44-4	Powder River Dual	Gillette, Wyo.	1/27/18	Same	

### Pole Vault

Name	Mark	Meet	Location	Date	Mark	Date
Jay Shuman	10-7	Power Meet	Laramie, Wyo.	12/8/17	Same	

### Shot Put

Name	Mark	Meet	Location	Date	Mark	Date
Garrett Lynch	54-0	Don Kirby Invite	Albuquerque, N.M.	2/10/18	56-0.5	2017
Hap Frketch	38-9.75	Powder River Dual	Gillette, Wyo.	1/27/18	Same	

### Weight Throw

Name	Mark	Meet	Location	Date	Mark	Date
Hap Frketch	60-1.25	MW Indoor	Albuquerque, N.M.	2/23/18	Same	
Garrett Lynch	53-2.75	Powder River Dual	Gillette, Wyo.	1/27/18	Same	

## 2017-18 Women's Indoor Performance List (800 meters and above altitude/track converted)

Season Bests					Career Bests	
<b>60 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Jerayah Davis	7.27	MW Indoor	Albuquerque, N.M.	2/23/18	7.25 (No. 1 UW All-Time)	2017
Jordan Edmonds	7.60	Power Meet	Laramie, Wyo.	12/8/17	Same (No. T-9 UW All-Time)	
Melina Harris	7.65	Power Meet	Laramie, Wyo.	12/8/17	7.63	2016
Makayla Pzinski	7.70	Potts Invitational	Boulder, Colo.	1/13/18	Same	
<b>60-Meter Hurdles</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Heidi Pfoor	8.75	MW Indoor	Albuquerque, N.M.	2/23/18	Same	
Ariana Williams	8.92	Power Meet	Laramie, Wyo.	12/8/17	Same	
Marie Doherty	9.25	MW Indoor	Albuquerque, N.M.	2/23/18	Same	
Holly Huber	9.37	Powder River Dual	Gillette, Wyo.	1/27/18	Same	
<b>200 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Jordan Edmonds	24.02	Arkansas Qualifier	Fayetteville, Ark.	2/16/18	Same (No. 2 UW All-Time)	
Jerayah Davis	24.39	Powder River Dual	Gillette, Wyo.	1/27/18	Same (No. 5 UW All-Time)	
Heidi Pfoor	25.72	CU Invitational	Boulder, Colo.	2/3/18	Same	
Makayla Pzinski	25.83	Power Meet	Laramie, Wyo.	12/8/17	Same	
<b>400 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Melina Harris	57.05	CU Invitational	Boulder, Colo.	2/3/18	56.98	2017
Jordan Edmonds	58.32	Potts Invitational	Boulder, Colo.	1/13/18	Same	
Kerry White	58.64	CU Invitational	Boulder, Colo.	2/3/18		
Heidi Pfoor	58.67	Powder River Dual	Gillette, Wyo.	1/27/18	58.11	2017
Savannah Phillips	1:01.25	Power Meet	Laramie, Wyo.	12/8/17	Same	
<b>600 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Kerry White	1:44.42	Power Meet	Laramie, Wyo.	12/8/17	Same	
Madison Yager	1:54.08	Power Meet	Laramie, Wyo.	12/8/17	Same	
<b>800 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Kerry White	2:11.45	MW Indoor	Albuquerque, N.M.	2/24/18	2:10.96 (No. 2 UW All-Time)	2015
Emily Person	2:13.24	Powder River Dual	Gillette, Wyo.	1/27/18	Same (No. 8 UW All-Time)	
Solana Quistorff	2:15.30	MW Indoor	Albuquerque, N.M.	2/23/18	Same	
Ashley Urman	2:31.14	Powder River Dual	Gillette, Wyo.	1/27/18	2:28.30	2017

## 2017-18 Wyoming Notes

<b>Mile</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Lauren Hamilton	4:48.47	CU Invitational	Boulder, Colo.	2/2/18	4:46.85 (No. 2 UW All-Time)	2017
Emily Person	4:56.54	CU Invitational	Boulder, Colo.	2/3/18	Same (No. 5 UW All-Time)	
Kerry White	4:57.50	Potts Invitational	Boulder, Colo.	1/13/18	Same (No. 7 UW All-Time)	
Solana Quistorff	5:02.76	Don Kirby Invite	Albuquerque, N.M.	2/10/18	Same	
Kacey Doner	5:05.96	CU Invitational	Boulder, Colo.	2/3/18	Same	
Quinn DeStefano	5:06.19	Potts Invitational	Boulder, Colo.	1/13/18	5:00.85	2017
Kiah Leonard	5:08.56	Potts Invitational	Boulder, Colo.	1/13/18	Same	
Regan VanDePol	5:09.46	CU Invitational	Boulder, Colo.	2/3/18	Same	
<b>3,000 Meters</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Kacey Doner	9:56.56	Powder River Dual	Gillette, Wyo.	1/27/18	Same (No. 9 UW All-Time)	
Emily Person	10:02.47	MW Indoor	Albuquerque, N.M.	2/24/18	Same	
Quinn DeStefano	10:04.83	Powder River Dual	Gillette, Wyo.	1/27/18	9:58.60	2017
Solana Quistorff	10:06.24	MW Indoor	Albuquerque, N.M.	2/24/18	Same	
Regan VanDePol	10:27.55	Powder River Dual	Gillette, Wyo.	1/27/18	Same	
Ashley Bock	10:29.20	CU Invitational	Boulder, Colo.	2/3/18	10:04.12	2017
<b>4x400-Meter Relay</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Harris, Pfoor, White, Edmonds	3:51.51	MW Indoor	Albuquerque, N.M.	2/24/18		
Edmonds, Harris, Pfoor, Doherty	3:53.89	Power Meet	Laramie, Wyo.	12/8/17		
Quistorff, Urman, Person, White	4:07.35	Powder River Dual	Gillette, Wyo.	1/27/18		
<b>4x800-Meter Relay</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Ausmann, Person, Quistorff, Urman	9:38.53	Power Meet	Laramie, Wyo.	12/8/17		
<b>Distance Medley Relay</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Person, Harris, White, Hamilton	11:40.18	MW Indoor	Albuquerque, N.M.	2/22/18	No. 3 UW All-Time	
<b>High Jump</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Sofia Hof	5-4.25	Powder River Dual	Gillette, Wyo.	1/27/18	5-5	2016
Marie Doherty	5-3.25	CU Invitational	Boulder, Colo.	2/2/18	Same	
Anissa Warner	5-3	Power Meet	Laramie, Wyo.	12/8/17	5-5.25	2017
Madison Ashworth	5-3	Power Meet	Laramie, Wyo.	12/8/17	Same	
Karlin Rufenacht	5-0.25	Powder River Dual	Gillette, Wyo.	1/27/18	5-1	2017
Hannah Bertelson	5-0.25	Powder River Dual	Gillette, Wyo.	1/27/18	5-1	2017
<b>Long Jump</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Ja'la Henderson	19-10.75	Don Kirby Invite	Albuquerque, N.M.	2/9/18	20-0.5 (No. 2 UW All-Time)	2017
Jerayah Davis	19-5.5	MW Indoor	Albuquerque, N.M.	2/23/18	19-11 (No. 3 UW All-Time)	2017
Allegra Carson	17-8.25	Powder River Dual	Gillette, Wyo.	1/27/18	18-5	2016
<b>Triple Jump</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Ja'la Henderson	42-11	MW Indoor	Albuquerque N.M.	2/24/18	Same (No. 1 UW All-Time)	
	42-11	CU Invitational	Boulder, Colo.	2/2/18		
Allegra Carson	38-11	Power Meet	Laramie, Wyo.	12/8/17	39-7.75 (No. 3 UW All-Time)	2016
<b>Shot Put</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Addison Henry	47-1	Don Kirby Invite	Albuquerque, N.M.	2/10/18	Same	
Hannah Carr	46-2	Powder River Dual	Gillette, Wyo.	1/27/18	Same	
Tori Sleep	44-3.5	Power Meet	Laramie, Wyo.	12/8/17	Same	
Emelda Malm-Annan	36-9.5	Power Meet	Laramie, Wyo.	12/8/17	Same	
<b>Weight Throw</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Emelda Malm-Annan	58-6	MW Indoor	Albuquerque, N.M.	2/23/18	64-3.25 (No. 6 UW All-Time)	2015
Hannah Carr	54-0	MW Indoor	Albuquerque, N.M.	2/23/18	Same	
Addison Henry	53-11.75	Power Meet	Laramie, Wyo.	12/8/17	Same	

## 2017-18 Wyoming Notes

### 2018 Men's Outdoor Performance List (800 meters and above altitude/track converted)

Season Bests					Career Bests	
<b>100 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Jace Marx	10.63	PC Intercollegiate	Long Beach, Calif.	4/19/18	10.52 (No. T-6 UW All-Time)	2017
Sam Kirkeide	10.83	PC Intercollegiate	Long Beach, Calif.	4/19/18	10.67	2017
<b>200 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Jace Marx	21.77	PC Intercollegiate	Long Beach, Calif.	4/19/18	21.71 (No. 8 UW All-Time)	2017
Sam Kirkeide	22.22	Jerry Quiller Classic	Boulder, Colo.	3/17/18	21.79	2017
Jacob Harthun	22.54	PC Intercollegiate	Long Beach, Calif.	4/19/18	Same	
<b>400 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Jackson Wood	48.01	Beach Invitational	Long Beach, Calif.	4/21/18	47.89 (No. 9 UW All-Time)	2017
Jace Marx	49.37	CU Invitational	Boulder, Colo.	4/7/18	48.86	2017
Jacob Harthun	50.66	PC Intercollegiate	Long Beach, Calif.	4/19/18	Same	
Kevin Blackett	50.82	CU Invitational	Boulder, Colo.	4/7/18	48.10	2015
<b>800 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Ricky Faure	1:49.71	Bryan Clay Invite	Azusa, Calif.	4/20/18	1:47.59 (No. 2 UW All-Time)	2015
Bryce Ailshie	1:50.20	Bryan Clay Invite	Azusa, Calif.	4/20/18	1:49.46 (No. 9 UW All-Time)	2017
Daniel Hintz	1:51.73	Beach Invitational	Long Beach, Calif.	4/21/18	Same	
Calum Kepler	1:52.79	Bryan Clay Invite	Azusa, Calif.	4/20/18	1:52.10	2015
<b>1,500 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Daniel Hintz	3:44.92	Bryan Clay Invite	Azusa, Calif.	4/20/18	Same (No. 2 UW All-Time)	
Michael Downey	3:51.73	Tom Benich Invite	Greeley, Colo.	3/31/18	Same	
Harry Ewing	3:51.97	Bryan Clay Invite	Azusa, Calif.	4/20/18	Same	
Calum Kepler	4:02.99	CU Invitational	Boulder, Colo.	4/7/18	Same	
<b>3,000 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Christopher Henry	8:15.14	CU Invitational	Boulder, Colo.	4/7/18	Same	
Michael Downey	8:23.44	CU Invitational	Boulder, Colo.	4/7/18	Same	
<b>5,000 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Christopher Henry	14:41.89	Tom Benich Invite	Greeley, Colo.	3/31/18	Same	
<b>10,000 Meters</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Christopher Henry	29:31.24	Mt. SAC Relays	Torrance, Calif.	4/19/18	Same (No. 9 UW All-Time)	
Michael Downey	29:46.24	Mt. SAC Relays	Torrance, Calif.	4/19/18	Same	
<b>110-Meter Hurdles</b>						
Name	Mark	Meet	Location	Date	Mark	Date
McCade Johnson	15.45	Jerry Quiller Classic	Boulder, Colo.	3/17/18	Same	
<b>400-Meter Hurdles</b>						
Name	Mark	Meet	Location	Date	Mark	Date
McCade Johnson	54.41	CU Invitational	Boulder, Colo.	4/7/18	Same	
Brandon McGuire	54.41	Beach Invitational	Long Beach, Calif.	4/21/18	Same	
<b>3,000-Meter Steeplechase</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Harry Ewing	8:52.70	Mt. SAC Relays	Torrance, Calif.	4/19/18	Same (No. 8 UW All-Time)	
<b>4x100 Relay</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Marx, Wood, Blackett, Kirkeide	41.32	Tom Benich Invite	Greeley, Colo.	3/31/18		
<b>4x400 Relay</b>						
Name	Mark	Meet	Location	Date	Mark	Date
Marx, Harthun, Wood, Ailshie	3:16.42	Jerry Quiller Classic	Boulder, Colo.	3/17/18		
Ailshie, Faure, Kepler, Hintz	3:21.46	CU Invitational	Boulder, Colo.	4/7/18		
Ailshie, Hintz, Kepler, Faure	3:25.20	Tom Benich Invite	Greeley, Colo.	3/31/18		
<b>Long Jump</b>						
Name	Mark	Meet	Location	Date	Mark	Date
William Nolan	23-4.5	PC Intercollegiate	Long Beach, Calif.	4/19/18	Same	
Caleb Seeton	23-3.25	Tom Benich Invite	Greeley, Colo.	3/31/18	Same	
Bobby Wingleth	21-11.5	Tom Benich Invite	Greeley, Colo.	3/31/18	23-2.5	2017
Kyle Alexander	21-8	NoCo Challenge	Greeley, Colo.	4/15/18	22-3	2017
Leighton Lanier	20-8.5	NoCo Challenge	Greeley, Colo.	4/15/18	Same	
<b>Triple Jump</b>						
Name	Mark	Meet	Location	Date	Mark	Date
William Nolan	48-1.75	Tom Benich Invite	Greeley, Colo.	3/31/18	Same	
Kyle Alexander	45-4.25	NoCo Challenge	Greeley, Colo.	4/15/18	46-8.75	2017
Leighton Lanier	43-11.75	NoCo Challenge	Greeley, Colo.	4/15/18	Same	

## 2017-18 Wyoming Notes

### Shot Put

Name	Mark	Meet	Location	Date	Mark	Date
Garrett Lynch	51-5.5	Beach Invitational	Long Beach, Calif.	4/20/18	55-2	2017
Kirk Unland	38-11.75	Jerry Quiller Classic	Boulder, Colo.	3/17/18	Same	

### Discus

Name	Mark	Meet	Location	Date	Mark	Date
Garrett Lynch	161-11	Jerry Quiller Classic	Boulder, Colo.	3/17/18	174-7 (No. 10 UW All-Time)	2016
Damon Unland	159-9	PC Intercollegiate	Long Beach, Calif.	4/19/18	171-8	2015

### Hammer Throw

Name	Mark	Meet	Location	Date	Mark	Date
Damon Unland	199-3	PC Intercollegiate	Long Beach, Calif.	4/19/18	Same	
Kirk Unland	192-3	PC Intercollegiate	Long Beach, Calif.	4/19/18	Same	
Hap Frketch	173-5	NoCo Challenge	Greeley, Colo.	4/15/18	Same	
Garrett Lynch	170-5	PC Intercollegiate	Long Beach, Calif.	4/19/18	Same	

## 2018 Women's Outdoor Performance List (800 meters and above altitude/track converted)

### Season Bests

#### 100 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Jerayah Davis	11.69	PC Intercollegiate	Long Beach, Calif.	4/19/18	11.41 (No. 1 UW All-Time)	2017
Jordan Edmonds	12.01	Tom Benich Invite	Greeley, Colo.	3/31/18	Same	

#### 200 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Jordan Edmonds	24.02	Tom Benich Invite	Greeley, Colo.	3/31/18	Same (No. 9 UW All-Time)	

#### 400 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Melina Harris	57.12	Tom Benich Invite	Greeley, Colo.	3/31/18	55.82	2017
Savannah Phillips	1:01.10	NoCo Challenge	Greeley, Colo.	4/15/18	Same	
Ashley Urman	1:05.23	Tom Benich Invite	Greeley, Colo.	3/31/18	Same	

#### 800 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Kerry White	2:08.69	Bryan Clay Invite	Azusa, Calif.	4/20/18	2:08.38 (No. 4 UW All-Time)	2017
Emily Person	2:15.03	Beach Invitational	Long Beach, Calif.	4/21/18	Same	
Solana Quistorff	2:15.18	Bryan Clay Invite	Azusa, Calif.	4/20/18	Same	
Ashley Urman	2:30.57	CU Invitational	Boulder, Colo.	4/7/18	2:28.69	2017

#### 1,500 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Lauren Hamilton	4:31.69	Bryan Clay Invite	Azusa, Calif.	4/20/18	4:29.17 (No. 6 UW All-Time)	2017
Emily Person	4:36.40	CU Invitational	Boulder, Colo.	4/7/18	Same	
Solana Quistorff	4:37.57	Beach Invitational	Long Beach, Calif.	4/21/18	Same	
Quinn DeStefano	4:37.70	CU Invitational	Boulder, Colo.	4/7/18	Same	
Kerry White	4:40.80	Jerry Quiller Classic	Boulder, Colo.	3/17/18	4:33.41 (No. 8 UW All-Time)	2015
Ashley Bock	4:48.08	CU Invitational	Boulder, Colo.	4/7/18	Same	
Sarah Bentlage	5:08.46	NoCo Challenge	Greeley, Colo.	4/15/18	Same	

#### 3,000 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Quinn DeStefano	10:14.32	Jerry Quiller Classic	Boulder, Colo.	3/17/18	Same	
Ashley Bock	10:22.56	Jerry Quiller Classic	Boulder, Colo.	3/17/18	Same	

#### 5,000 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Ashley Bock	17:28.58	Tom Benich Invite	Greeley, Colo.	3/31/18	Same	

#### 10,000 Meters

Name	Mark	Meet	Location	Date	Mark	Date
Ashley Bock	36:19.12	Beach Invitational	Long Beach, Calif.	4/20/18	Same (No. 5 UW All-Time)	
Quinn DeStefano	37:25.10	Beach Invitational	Long Beach, Calif.	4/20/18	Same	

#### 100-Meter Hurdles

Name	Mark	Meet	Location	Date	Mark	Date
Ariana Williams	14.18	PC Intercollegiate	Long Beach, Calif.	4/19/18	Same	
Heidi Pfoor	14.42	PC Intercollegiate	Long Beach, Calif.	4/19/18	Same	

#### 400-Meter Hurdles

Name	Mark	Meet	Location	Date	Mark	Date
Heidi Pfoor	1:01.84	Tom Benich Invite	Greeley, Colo.	3/31/18	Same	
Ariana Williams	1:03.61	Beach Invitational	Long Beach, Calif.	4/21/18	1:02.61	2017
Marie Doherty	1:04.84	JNoCo Challenge	Greeley, Colo.	4/15/18	Same	

#### 3,000-Meter Steeplechase

Name	Mark	Meet	Location	Date	Mark	Date
Kacey Doner	10:58.57	CU Invitational	Boulder, Colo.	4/7/18	Same (No. 4 UW All-Time)	
Regan VanDePol	11:44.14	CU Invitational	Boulder, Colo.	4/7/18	Same	

#### 4x400 Relay

Name	Mark	Meet	Location	Date	Mark	Date
White, Pfoor, Hamilton, Person	3:59.64	CU Invitational	Boulder, Colo.	4/7/18		
Person, Quistorff, Urman, White	4:10.76	Tom Benich Invite	Greeley, Colo.	3/31/18		

## 2017-18 Wyoming Notes

<b>High Jump</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Madison Ashworth	5-3.75	NoCo Challenge	Greeley, Colo.	4/15/18	Same	
Sofia Hof	5-3	Jerry Quiller Classic	Boulder, Colo.	3/17/18	5-5.75 (No. 10 UW All-Time)	2016
Anissa Warner	5-1.75	Tom Benich Invite	Greeley, Colo.	3/31/18	5-3.25	2017
Marie Doherty	5-1.75	NoCo Challenge	Greeley, Colo.	4/15/18	Same	
Hannah Bertelson	5-1.75	NoCo Challenge	Greeley, Colo.	4/15/18	5-3.75	2017
Karlin Rufenacht	5-1	Jerry Quiller Classic	Boulder, Colo.	3/17/18	Same	
<b>Long Jump</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Ja'la Henderson	20-2.5	Jerry Quiller Classic	Boulder, Colo.	3/17/18	Same (No. 2 UW All-Time)	
Allegra Carson	17-1.25	Jerry Quiller Classic	Boulder, Colo.	3/17/18	17-11.75	2016
<b>Triple Jump</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Ja'la Henderson	43-8.5	Beach Invitational	Long Beach, Calif.	4/21/18	Same (No. 1 UW All-Time)	
Allegra Carson	37-1.25	NoCo Challenge	Greeley, Colo.	4/15/18	38-7 (No. 8 UW All-Time)	
<b>Shot Put</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Addison Henry	45-8	NoCo Challenge	Greeley, Colo.	4/15/18	Same	
Hannah Carr	44-7.5	CU Invitational	Boulder, Colo.	4/7/18	47-1	2017
<b>Discus</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Hannah Carr	159-2	PC Intercollegiate	Long Beach, Calif.	4/19/18	159-8 (No. T-8 UW All-Time)	2017
Addison Henry	143-11	Tom Benich Invite	Greeley, Colo.	3/31/18	Same	
Tori Sleep	136-1	Tom Benich Invite	Greeley, Colo.	3/31/18	136-5	2017
<b>Hammer Throw</b>						
<b>Name</b>	<b>Mark</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Mark</b>	<b>Date</b>
Emelda Malm-Annan	197-0	PC Intercollegiate	Long Beach, Calif.	4/19/18	197-2 (No. 3 UW All-Time)	2017
Addison Henry	160-7	Tom Benich Invite	Greeley, Colo.	3/31/18	Same	

# 2017-18 Wyoming Notes

## 2017-18 Men's Individual Breakdown (800 meters and above altitude/track converted)

### Bryce Ailshie

Meet	Date	Event	Mark
Indoor	Potts Invitational	1/13/18	400 Meters 14th, 50.28
	Powder River Dual	1/27/18	800 Meters 1st, 1:52.97
			4x400 Relay 1st, 3:19.91
	Colorado Invitational	2/3/18	800 Meters 5th, 1:51.06
	Husky Classic	2/10/18	800 Meters 10th, 1:51.59
	MW Indoor	2/23/18	800 Meters (P) 12th, 1:55.52
		2/24/18	4x400 Relay 4th, 3:17.19
Outdoor	Jerry Quiller Classic	3/17/18	4x400 Relay 1st, 3:16.42
	Tom Benich Invite	3/31/18	800 Meters 3rd, 1:50.86
			4x400 Relay 3rd, 3:25.20
	CU Invitational	4/7/18	800 Meters 6th, 1:50.59
			4x400 Relay 7th, 3:21.46
	Bryan Clay Invite	4/20/18	800 Meters 16th, 1:50.20
	Beach Invitational	4/21/18	800 Meters 12th, 1:51.17

### Kyle Alexander

Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	Triple Jump 4th, 45-10.75
	Potts Invitational	1/12/18	Long Jump 4th, 21-6.75
		1/13/18	Triple Jump 5th, 45-7.75
		2/2/18	Triple Jump 7th, 45-2.5
	Colorado Invitational	2/24/18	Triple Jump 9th, 45-2.5
Outdoor	Tom Benich Invite	3/31/18	Triple Jump 5th, 44-4.75
	CU Invitational	4/7/18	Long Jump 8th, 21-3.5
	NoCo Challenge	4/15/18	Long Jump 2nd, 21-8
			Triple Jump 5th, 45-4.25

### Kevin Blackett

Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	200 Meters 1st, 22.34
			4x400 Relay 2nd, 3:22.39
	Powder River Dual	1/27/18	60 Meters 3rd, 7.31
			4x400 Relay 1st, 3:19.91
	Colorado Invitational	2/3/18	200 Meters 27th, 22.79
			400 Meters 37th, 50.82
	Don Kirby Invitational	2/9/18	400 Meters 26th, 50.44
	MW Indoor	2/23/18	400 Meters (P) 11th, 49.54
		2/24/18	4x400 Relay 4th, 3:17.19
Outdoor	Tom Benich Invite	3/31/18	4x100 Relay 2nd, 41.32
	CU Invitational	4/7/18	400 Meters 26th, 50.82
	NoCo Challenge	4/15/18	4x100 Relay 2nd, 41.34
	PC Intercollegiate	4/19/18	400 Meters 15th, 51.32
			4x100 Relay 3rd, 41.75
	Beach Invitational	4/21/18	4x100 Relay 7th, 41.41

### Michael Downey

Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	4x800 Relay 1st, 8:02.79
	Potts Invitational	1/13/18	3,000 Meters 4th, 8:23.97
	Powder River Dual	1/27/18	Mile 2nd, 4:07.95
			4x400 Relay 4th, 3:28.46
	Colorado Invitational	2/3/18	3,000 Meters 41st, 8:40.65
	Husky Classic	2/9/18	5,000 Meters 56th, 14:35.47
	MW Indoor	2/23/18	5,000 Meters 13th, 14:56.16
		2/24/18	3,000 Meters 23rd, 8:29.69
Outdoor	Tom Benich Invite	3/31/18	1,500 Meters 2nd, 3:51.73
	CU Invitational	4/7/18	3,000 Meters 6th, 8:23.44
	Mt. SAC Relays	4/19/18	10,000 Meters 10th, 29:46.24

### Harry Ewing

Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	4x800 Relay 1st, 8:02.79
	Potts Invitational	1/13/18	3,000 Meters 9th, 8:36.51
	Powder River Dual	1/27/18	Mile 3rd, 4:10.26
	Colorado Invitational	2/3/18	3,000 Meters 20th, 8:26.74
	Husky Classic	2/10/18	3,000 Meters 70th, 8:21.33
	MW Indoor	2/22/18	DMR 6th, 9:57.11
		2/24/18	3,000 Meters 26th, 8:34.10
Outdoor	Tom Benich Invite	3/31/18	3,000 Steeple 1st, 9:07.42
	CU Invitational	4/7/18	3,000 Steeple 2nd, 8:57.76
	Mt. SAC Relays	4/19/18	3,000 Steeple 2nd, 8:52.70
	Bryan Clay Invite	4/20/18	1,500 Meters 142nd, 3:51.97

### Ricky Faure

Meet	Date	Event	Mark
Indoor	Potts Invitational	1/13/18	Mile 2nd, 4:11.12
	Powder River Dual	1/27/18	Mile 1st, 4:06.66
	Colorado Invitational	2/3/18	Seeded Mile 15th, 4:13.09
	Husky Classic	2/10/18	800 Meters 16th, 1:53.45
	MW Indoor	2/23/18	800 Meters (P) 3rd, 1:52.08
		2/24/18	800 Meters (F) 7th, 1:52.41
			4x400 Relay 4th, 3:17.19
Outdoor	Tom Benich Invite	3/31/18	800 Meters 1st, 1:49.79
			4x400 Relay 3rd, 3:25.20
	CU Invitational	4/7/18	800 Meters 3rd, 1:50.36
			4x400 Relay 7th, 3:21.46
	Bryan Clay Invite	4/20/18	800 Meters 7th, 1:49.71

### Hap Frketch

Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	Weight Throw 1st, 53-8.5
	Potts Invitational	1/12/18	Weight Throw 4th, 54-4.5
	Powder River Dual	1/27/18	Shot Put 5th, 38-9.75
			Weight Throw 2nd, 53-11.75
	Colorado Invitational	2/2/18	Weight Throw 8th, 56-0
	Don Kirby Invitational	2/9/18	Weight Throw 5th, 58-4.5
	MW Indoor	2/23/18	Weight Throw 4th, 60-1.25
Outdoor	Tom Benich Invite	3/31/18	Hammer Throw 8th, 166-8
	CU Invitational	4/7/18	Hammer Throw 10th, 166-2

NoCo Challenge 4/15/18 Hammer Throw 2nd, 173-5

### Jacob Harthun

Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	55 Meters 5th, 6.63
			(60 Meters) 7.17
			4x400 Relay 2nd, 3:22.39
	Potts Invitational	1/13/18	200 Meters 15th, 22.90
	Powder River Dual	1/27/18	400 Meters 5th, 51.80
			4x400 Relay 4th, 3:28.46
	Colorado Invitational	2/3/18	200 Meters 29th, 22.86
	Don Kirby Invitational	2/9/18	200 Meters 73rd, 23.04
	MW Indoor	2/22/18	DMR 6th, 9:57.11
		2/23/18	400 Meters (P) 13th, 50.45
		2/24/18	4x400 Relay 4th, 3:17.19
Outdoor	Jerry Quiller Classic	3/17/18	4x400 Relay 1st, 3:16.42
	Tom Benich Invite	3/31/18	400 Meters 10th, 51.03
	CU Invitational	4/7/18	400 Meters 27th, 50.98
	NoCo Challenge	4/15/18	200 Meters 13th, 22.80
	PC Intercollegiate	4/19/18	200 Meters 17th, 22.54
			400 Meters 11th, 50.66
	Beach Invitational	4/21/18	400 Meters 68th, 50.95

### Christopher Henry

Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	4x800 Relay 1st, 8:02.79
	Potts Invitational	1/13/18	3,000 Meters 9th, 8:36.51
	Powder River Dual	1/27/18	3,000 Meters 3rd, 8:31.21
	Colorado Invitational	2/3/18	5,000 Meters 1st, 14:44.06
	Husky Classic	2/9/18	5,000 Meters 54th, 14:34.71
	MW Indoor	2/23/18	5,000 Meters 19th, 15:18.16
		2/24/18	3,000 Meters 21st, 8:27.04
Outdoor	Tom Benich Invite	3/31/18	5,000 Meters 1st, 14:41.89
	CU Invitational	4/7/18	3,000 Meters 1st, 8:15.14
	Mt. SAC Relays	4/19/18	10,000 Meters 3rd, 29:31.24

### Jonah Henry

Meet	Date	Event	Mark
Indoor	Powder River Dual	1/27/18	3,000 Meters 1st, 8:24.12
	Colorado Invitational	2/3/18	Unseeded Mile 12th, 4:15.00
	Husky Classic	2/10/18	3,000 Meters 66th, 8:19.45
	MW Indoor	2/22/18	DMR 6th, 9:57.11
		2/24/18	3,000 Meters 12th, 8:16.82

### Daniel Hintz

Meet	Date	Event	Mark
Indoor	Potts Invitational	1/13/18	Mile 9th, 4:16.72
	Powder River Dual	1/27/18	3,000 Meters 5th, 8:42.89
	Colorado Invitational	2/3/18	Unseeded mile 4th, 4:10.84
	Husky Classic	2/10/18	Mile 33rd, 4:06.09
	MW Indoor	2/23/18	Mile (P) 14th, 4:09.48
Outdoor	Tom Benich Invite	3/31/18	1,500 Meters 1st, 3:49.51
			4x400 Relay 3rd, 3:25.20
	CU Invitational	4/7/18	1,500 Meters 6th, 3:45.85
			4x400 Relay 7th, 3:21.46
	Bryan Clay Invite	4/20/18	1,500 Meters 44th, 3:44.92
	Beach Invitational	4/21/18	800 Meters 17th, 1:51.73

### McCade Johnson

Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	400 Meters 1st, 50.71
			55 Hurdles 2nd, 7.80
			(60 Hurdles) 8.40
	Potts Invitational	1/13/18	60 Hurdles (P) 7th, 8.46
			60 Hurdles (F) 7th, 8.47
	Powder River Dual	1/27/18	60 Hurdles 1st, 8.31
	Colorado Invitational	2/3/18	60 Hurdles (P) 6th, 8.33
			60 Hurdles (F) DNF
	Don Kirby Invitational	2/10/18	60 Hurdles (P) 6th, 8.39
			60 Hurdles (S) 18th, 8.41
	MW Indoor	2/23/18	60 Hurdles (P) 5th, 8.27
		2/24/18	60 Hurdles (F) 6th, 8.32
Outdoor	Jerry Quiller Classic	3/17/18	110 Hurdles 7th, 15.45
			400 Hurdles 4th, 55.92
	Tom Benich Invite	3/31/18	110 Hurdles 5th, 16.01
			400 Hurdles 4th, 54.45
	CU Invitational	4/7/18	400 Hurdles 5th, 54.41
	PC Intercollegiate	4/19/18	400 Hurdles 7th, 55.88
	Beach Invitational	4/21/18	110 Hurdles 44th, 15.58
			400 Hurdles 26th, 54.72

### Calum Kepler

Meet	Date	Event	Mark
Indoor	Potts Invitational	1/13/18	Mile 16th, 4:27.13
	Powder River Dual	1/27/18	800 Meters 5th, 1:56.03
			4x400 Relay 4th, 3:28.46
	Colorado Invitational	2/3/18	Unseeded Mile 24th, 4:19.75
	Don Kirby Invitational	2/10/18	800 Meters 8th, 1:53.27
	MW Indoor	2/22/18	DMR 6th, 9:57.11
		2/23/18	800 Meters (P) 13th, 1:55.61
Outdoor	Tom Benich Invite	3/31/18	800 Meters 6th, 1:53.04
			4x400 Relay 3rd, 3:25.20
	CU Invitational	4/7/18	1,500 Meters 41st, 4:02.99
			4x400 Relay 7th, 3:21.46
	Bryan Clay Invite	4/20/18	800 Meters 49th, 1:52.79
	Beach Invitational	4/21/18	800 Meters 62nd, 1:56.40

## 2017-18 Wyoming Notes

### Sam Kirkeide

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	55 Meters	2nd, 6.49
			(60 Meters)	7.02
			4x400 Relay	2nd, 3:22.39
			200 Meters	10th, 22.59
	Potts Invitational	1/13/18	60 Meters	2nd, 7.01
			200 Meters	2nd, 22.13
	Powder River Dual	1/27/18	60 Meters (P)	11th, 6.96
			60 Meters (F)	8th, 6.99
	Colorado Invitational	2/3/18	200 Meters	9th, 22.01
			60 Meters (P)	25th, 7.07
Don Kirby Invitational	2/10/18	60 Meters (P)	6th, 7.01	
		200 Meters (P)	11th, 22.24	
MW Indoor	2/23/18	60 Meters (F)	7th, 7.07	
		60 Meters (F)	5th, 22.22	
Outdoor	Jerry Quiller Classic	3/17/18	100 Meters	13th, 11.16
			4x100 Relay	2nd, 41.32
	Tom Benich Invite	3/31/18	4x100 Relay	2nd, 41.34
			100 Meters	13th, 10.83
	NoCo Challenge	4/15/18	4x100 Relay	3rd, 41.75
			100 Meters	37th, 10.95
	PC Intercollegiate	4/19/18	4x100 Relay	7th, 41.41
			100 Meters	
Beach Invitational	4/21/18	4x100 Relay		
		100 Meters		

### Leighton Lanier

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	Triple Jump	6th, 43-10.75
			Triple Jump	10th, 44-2.75
			Powder River Dual	2nd, 44-4
			Long Jump	6th, 19-6.75
Colorado Invitational	2/2/18	2/10/18	Triple Jump	15th, 43-0.5
			Triple Jump	8th, 20-2.5
			Jerry Quiller Classic	NP, Foul
			Tom Benich Invite	6th, 20-8.5
NoCo Challenge	4/15/18	4/19/18	Long Jump	7th, 43-11.75
			Triple Jump	

### Garrett Lynch

	Meet	Date	Event	Mark	
Indoor	Power Meet	12/8/17	Shot Put	1st, 52-11.5	
			Weight Throw	2nd, 53-0	
			Potts Invitational	8th, 52-0.5	
			Powder River Dual	3rd, 53-6.5	
	Colorado Invitational	2/2/18	2/10/18	Weight Throw	3rd, 53-2.75
				Weight Throw	15th, 52-10.75
				Shot Put	5th, 53-9
				Shot Put	9th, 54-0
	Don Kirby Invitational	2/10/18	2/23/18	Weight Throw	10th, 52-8.25
				Shot Put	8th, 51-7
MW Indoor	2/23/18	3/17/18	Weight Throw	3rd, 161-11	
			Shot Put	5th, 155-2	
Outdoor	Jerry Quiller Classic	3/17/18	Discus	7th, 169-6	
			Tom Benich Invite	3/31/18	Discus
	CU Invitational	4/7/18	4/19/18	Hammer Throw	12th, 162-1
				Discus	2nd, 159-1
	NoCo Challenge	4/15/18	4/19/18	Shot Put	3rd, 50-6
				Hammer Throw	5th, 165-3
	PC Intercollegiate	4/19/18	4/21/18	Hammer Throw	18th, 170-5
				Discus	32nd, 149-9
	Beach Invitational	4/21/18	4/21/18	Shot Put	35th, 51-5.5
				Discus	38th, 161-2
Hammer Throw	43rd, 168-8				

### Jace Marx

	Meet	Date	Event	Mark	
Indoor	Power Meet	12/8/17	55 Meters	1st, 6.44	
			(60 Meters)	6.97	
			4x400 Relay	2nd, 3:22.39	
			200 Meters	3rd, 21.94	
	Potts Invitational	1/13/18	1/27/18	60 Meters	1st, 6.95
				200 Meters	1st, 21.88
	Powder River Dual	1/27/18	2/3/18	4x400 Relay	1st, 3:19.91
				60 Meters (P)	6th, 6.89
	Colorado Invitational	2/3/18	2/10/18	60 Meters (F)	7th, 6.97
				200 Meters	6th, 21.79
Don Kirby Invitational	2/9/18	2/10/18	200 Meters	46th, 22.11	
			60 Meters (P)	13th, 6.98	
Outdoor	Jerry Quiller Classic	3/17/18	4x400 Relay	1st, 3:16.42	
			Tom Benich Invite	3/31/18	100 Meters
	CU Invitational	4/7/18	4/19/18	4x100 Relay	2nd, 41.32
				400 Meters	12th, 49.37
	NoCo Challenge	4/15/18	4/19/18	4x100 Relay	2nd, 41.34
				100 Meters	5th, 10.63
	PC Intercollegiate	4/19/18	4/19/18	200 Meters	3rd, 21.77
				4x100 Relay	3rd, 41.75

### Brandon McGuire

	Meet	Date	Event	Mark
Outdoor	Tom Benich Invite	3/31/18	400 Hurdles	8th, 56.50
			CU Invitational	4th, 57.85
			PC Intercollegiate	3rd, 54.75
			Beach Invitational	4/21/18

### William Nolan

	Meet	Date	Event	Mark	
Indoor	Power Meet	12/8/17	Triple Jump	1st, 47-10.5	
			Potts Invitational	3rd, 22-4.5	
			Powder River Dual	1st, 47-6.25	
	Colorado Invitational	2/2/18	2/10/18	Triple Jump	1st, 47-7.75
				Long Jump	2nd, 22-6.5
				Long Jump	3rd, 23-3.25
Don Kirby Invitational	2/9/18	2/23/18	Triple Jump	2nd, 47-11.75	
			Long Jump	20th, 22-5	

Indoor	MW Indoor	2/10/18	Triple Jump	12th, 47-2.5	
			Long Jump	4th, 23-7.5	
			Triple Jump	2nd, 49-6.5	
	Outdoor	Tom Benich Invite	3/31/18	Long Jump	NP, Foul
				Triple Jump	1st, 48-1.75
				Long Jump	2nd, 22-10
CU Invitational	4/7/18	4/19/18	Long Jump	5th, 23-4.5	
			Triple Jump	5th, 46-7.5	
PC Intercollegiate	4/19/18	4/21/18	Long Jump	21st, 22-11.25	
			Triple Jump	25th, 47-3.75	

### Kyle Pollock

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	High Jump	1st, 6-4.75
			4x400 Relay	2nd, 3:22.39
			Potts Invitational	1st, 11-11
			Powder River Dual	2nd, 6-4.75
Colorado Invitational	2/2/18	2/24/18	High Jump	6th, 6-1.25
			High Jump	8th, 6-5

### Caleb Seeton

	Meet	Date	Event	Mark		
Outdoor	Jerry Quiller Classic	3/17/18	Long Jump	1st, 22-8		
			Tom Benich Invite	3/31/18	Long Jump	1st 23-3.25
			High Jump	3rd, 21-11		
			CU Invitational	4/7/18	Long Jump	17th, 21-6.25
PC Intercollegiate	4/19/18	4/20/18	Long Jump	22nd, 22-10		
			Long Jump			

### Phillip Thomas

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	4x800 Relay	1st, 8:02.79
			Potts Invitational	19th, 4:38.35
			Powder River Dual	6th, 1:56.29
			800 Meters	4th, 3:28.46
Colorado Invitational	2/3/18	2/10/18	4x400 Relay	17th, 1:55.32
			800 Meters	12th, 1:57.46
Don Kirby Invitational	2/10/18	2/23/18	800 Meters (P)	15th, 1:57.10
			800 Meters (P)	

### Damon Unland

	Meet	Date	Event	Mark		
Outdoor	Jerry Quiller Classic	3/18/17	Discus	4th, 158-9		
			Nature's Bakery Invite	3/24/17	Hammer Throw	1st, 197-10
			Tom Benich Invite	3/31/18	Hammer Throw	1st, 196-1
			Discus	11th, 140-5		
	CU Invitational	4/7/18	4/19/18	Hammer Throw	1st, 197-4	
				Discus	9th, 152-7	
	PC Intercollegiate	4/19/18	4/20/18	Hammer Throw	6th, 199-3	
				Discus	25th, 159-9	
	Beach Invitational	4/20/18	4/21/18	Hammer Throw	14th, 196-5	
				Discus	53rd, 155-8	

### Kirk Unland

	Meet	Date	Event	Mark		
Outdoor	Jerry Quiller Classic	3/18/17	Shot Put	5th, 38-11.75		
			Nature's Bakery Invite	3/24/17	Hammer Throw	3rd, 183-10
			Tom Benich Invite	3/31/18	Hammer Throw	2nd, 188-5
			CU Invitational	4/7/18	Hammer Throw	2nd, 188-3
	PC Intercollegiate	4/19/18	4/20/18	Hammer Throw	10th, 192-3	
				Hammer Throw	24th, 187-10	

### Bobby Wingleth

	Meet	Date	Event	Mark		
Indoor	Power Meet	12/8/17	Long Jump	2nd, 22-3.5		
			Potts Invitational	5th, 21-2.5		
			MW Indoor	2/23/18	Long Jump	9th, 21-8.75
			Jerry Quiller Classic	3/18/17	Long Jump	4th, 21-7.25
Outdoor	Tom Benich Invite	3/31/18	Long Jump	3rd, 21-11.5		
			CU Invitational	4/7/18	Long Jump	5th, 21-8.25
	PC Intercollegiate	4/19/18	4/20/18	Long Jump	22nd, 21-0	
				Long Jump	41st, 21-7.25	

### Jackson Wood

	Meet	Date	Event	Mark		
Indoor	Power Meet	12/8/17	55 Meters	4th, 6.62		
			(60 Meters)	7.16		
			600 Meters	4th, 1:27.17		
			200 Meters	4th, 21.95		
	Potts Invitational	1/13/18	1/27/18	400 Meters	2nd, 49.67	
				4x400 Relay	1st, 3:19.91	
	Powder River Dual	1/27/18	2/3/18	200 Meters	16th, 22.37	
				400 Meters	14th, 48.77	
	Colorado Invitational	2/3/18	2/9/18	400 Meters (P)	30th, 50.72	
				400 Meters (F)	5th, 48.55	
Don Kirby Invitational	2/9/18	2/23/18	400 Meters (P)	3rd, 48.10		
			400 Meters (F)			
Outdoor	Jerry Quiller Classic	3/18/17	4x400 Relay	1st, 3:16.42		
			Tom Benich Invite	3/31/18	4x100 Relay	2nd, 41.32
			CU Invitational	4/7/18	400 Meters	6th, 48.67
			NoCo Challenge	4/15/18	4x100 Relay	2nd, 41.34
	PC Intercollegiate	4/19/18	4/19/18	400 Meters	2nd, 49.47	
				4x100 Relay	3rd, 41.75	
	Beach Invitational	4/21/18	4/21/18	400 Meters	15th, 48.01	
				4x100 Relay	7th, 41.41	

# 2017-18 Wyoming Notes

## 2017-18 Women's Individual Breakdown (800 meters and above altitude/track converted)

### Madison Ashworth

Meet	Date	Event	Mark	
Indoor	Power Meet	12/8/17	High Jump	5th, 5-3
	Powder River Dual	1/27/18	High Jump	4th, 5-0.25
Outdoor	Jerry Quiller Classic	3/17/18	High Jump	6th, 5-1
	Tom Benich Invite	3/31/18	High Jump	12th, 5-0.5
	NoCo Challenge	4/15/18	High Jump	6th, 5-3.75

### Calbi Ausmann

Meet	Date	Event	Mark	
Indoor	Power Meet	12/8/17	4x800 Relay	1st, 9:38.53

### Sarah Bentlage

Meet	Date	Event	Mark	
Outdoor	NoCo Challenge	4/15/18	1,500 Meters	6th, 5:08.46

### Hannah Bertelson

Meet	Date	Event	Mark	
Indoor	Powder River Dual	1/27/18	High Jump	4th, 5-0.25
	CU Invitational	2/2/18	High Jump	NH
	MW Indoor	2/23/18	High Jump	NH
Outdoor	Jerry Quiller Classic	3/17/18	High Jump	10th, 5-1
	Tom Benich Invite	3/31/18	High Jump	12th, 5-0.5
	NoCo Challenge	4/15/18	High Jump	10th, 5-1.75

### Ashley Bock

Meet	Date	Event	Mark	
Indoor	Colorado Invitational	2/3/18	3,000 Meters	19th, 10:29.20
Outdoor	Jerry Quiller Classic	3/17/18	3,000 Meters	7th, 10:22.56
	Tom Benich Invite	3/31/18	5,000 Meters	1st, 17:28.58
	CU Invitational	4/7/18	1,500 Meters	31st, 4:48.08
	Beach Invitational	4/20/18	10,000 Meters	1st, 36:19.12

### Hannah Carr

Meet	Date	Event	Mark	
Indoor	Power Meet	12/8/17	Shot Put	3rd, 43-5.75
	Potts Invitational	1/13/18	Shot Put	5th, 44-2.75
	Powder River Dual	1/27/18	Shot Put	1st, 46-2
	Colorado Invitational	2/2/18	Weight Throw	2nd, 52-8.25
		2/3/18	Shot Put	6th, 45-1.5
	Don Kirby Invitational	2/10/18	Shot Put	15th, 44-6
	MW Indoor	2/23/18	Weight Throw	13th, 54-0
		2/24/18	Shot Put	10th, 45-7.25
Outdoor	Jerry Quiller Classic	3/17/18	Discus	2nd, 145-1
	Tom Benich Invite	3/31/18	Shot Put	6th, 43-4.5
			Discus	2nd, 153-9
	CU Invitational	4/7/18	Shot Put	4th, 44-7.5
			Discus	3rd, 156-5
	PC Intercollegiate	4/19/18	Discus	8th, 159-2
			Shot Put	41st, 40-5.5
	Beach Invitational	4/21/18	Discus	33rd, 154-3
			Shot Put	40th, 44-7

### Allegra Carson

Meet	Date	Event	Mark	
Indoor	Power Meet	12/8/17	Triple Jump	1st, 38-11
	Potts Invitational	1/12/18	Long Jump	5th, 16-11.5
		1/13/18	Triple Jump	5th, 37-11.5
	Powder River Dual	1/27/18	Triple Jump	3rd, 37-5.75
			Long Jump	4th, 17-8.25
	Colorado Invitational	2/2/18	Triple Jump	9th, 37-1
	MW Indoor	2/24/18	Triple Jump	16th, 37-2.5
Outdoor	Jerry Quiller Classic	3/17/18	Long Jump	4th, 17-1.25
	Tom Benich Invite	3/31/18	Triple Jump	5th, 36-7
	NoCo Challenge	4/15/18	Triple Jump	6th, 37-1.25

### Jerayah Davis

Meet	Date	Event	Mark	
Indoor	Powder River Dual	1/27/18	60 Meters	1st, 7.55
			200 Meters	1st, 24.39
			Long Jump	5th, 17-7.5
	Colorado Invitational	2/3/18	60 Meters (P)	1st, 7.46
			60 Meters (F)	1st, 7.38
	Arkansas Qualifier	2/16/18	60 Meters (P)	4th, 7.48
			60 Meters (F)	3rd, 7.41
	MW Indoor	2/23/18	60 Meters (P)	2nd, 7.27
			Long Jump	5th, 19-5.5
		2/24/18	60 Meters (F)	2nd, 7.35
Outdoor	PC Intercollegiate	4/19/18	100 Meters	1st, 11.69
			4x100 Relay	5th, 47.05
	Beach Invitational	4/21/18	100 Meters	22nd, 11.90

### Quinn DeStefano

Meet	Date	Event	Mark	
Indoor	Potts Invitational	1/13/18	Mile	12th, 5:06.19
	Powder River Dual	1/27/18	3,000 Meters	4th, 10:04.83
Outdoor	Jerry Quiller Classic	3/17/18	3,000 Meters	6th, 10:14.32
	CU Invitational	4/7/18	1,500 Meters	18th, 4:37.70
	Beach Invitational	4/20/18	10,000 Meters	2nd, 37:25.10

### Marie Doherty

Meet	Date	Event	Mark	
Indoor	Power Meet	12/8/17	55 Hurdles	6th, 8.67
			(60 Hurdles)	9.32
			4x400 Relay	1st, 3:53.89
			High Jump	7th, 5-1
	Potts Invitational	1/12/18	High Jump	12th, 5-1.25
		1/13/18	60 Hurdles (P)	15th, 9.49
	Powder River Dual	1/27/18	60 Hurdles	5th, 9.31
			High Jump	2nd, 5-2.25
	Colorado Invitational	2/2/18	High Jump	10th, 5-3.25
			60 Hurdles (P)	18th, 9.34
			60 Hurdles (P)	20th, 9.25
Outdoor	MW Indoor	2/23/18	400 Hurdles	7th, 1:05.46
	Jerry Quiller Classic	3/17/18	High Jump	11th, 5-1
			400 Hurdles	5th, 1:05.80
			High Jump	NH
	Tom Benich Invite	3/31/18	400 Hurdles	7th, 1:05.62
			High Jump	6th, 1:04.84
	CU Invitational	4/7/18	400 Hurdles	10th, 5-1.75
	NoCo Challenge	4/15/18	400 Hurdles	High Jump

### Kacey Doner

Meet	Date	Event	Mark	
Indoor	Potts Invitational	1/13/18	Mile	13th, 5:07.79
	Powder River Dual	1/27/18	3,000 Meters	3rd, 9:56.56
	Colorado Invitational	2/3/18	Mile	10th, 5:05.96
			3,000 Meters	37th, 10:30.32
Outdoor	MW Indoor	2/24/18	3,000 Meters	1st, 11:12.11
	Tom Benich Invite	3/31/18	3,000 Steeple	3rd, 10:58.57
	CU Invitational	4/7/18	3,000 Steeple	51st, 11:01.39
	Bryan Clay Invite	4/19/18	3,000 Steeple	1st, 11:07.92
	Beach Invitational	4/20/18	3,000 Steeple	

### Jordan Edmonds

Meet	Date	Event	Mark	
Indoor	Power Meet	12/8/17	55 Meters	1st, 7.06
			(60 Meters)	7.60
			4x400 Relay	1st, 3:53.89
	Potts Invitational	1/13/18	400 Meters	10th, 58.32
	Powder River Dual	1/27/18	60 Meters	2nd, 7.62
			200 Meters	2nd, 24.42
	Colorado Invitational	2/3/18	60 Meters (P)	7th, 7.73
			60 Meters (F)	5th, 7.68
			200 Meters	5th, 24.71
	Don Kirby Invitational	2/9/18	200 Meters (P)	17th, 24.37
	Arkansas Qualifier	2/16/18	200 Meters	6th, 24.02
	MW Indoor	2/23/18	60 Meters (P)	12th, 7.67
			200 Meters (P)	DQ
Outdoor	Tom Benich Invite	2/24/18	4x400 Relay	9th, 3:51.51
		3/31/18	100 Meters	3rd, 12.01
			200 Meters	2nd, 24.02
	CU Invitational	4/7/18	400 Meters	DNF
	PC Intercollegiate	4/19/18	100 Meters	8th, 12.10
			200 Meters	7th, 24.54
			4x100 Relay	5th, 47.05
	Beach Invitational	4/21/18	100 Meters	32nd, 12.03

### Lauren Hamilton

Meet	Date	Event	Mark	
Indoor	Potts Invitational	1/13/18	Mile	2nd, 4:57.85
	Powder River Dual	1/27/18	Mile	2nd, 4:54.02
			4x400 Relay	3rd, 4:07.35
	Colorado Invitational	2/2/18	Seeded Mile	7th, 4:48.47
	Husky Classic	2/10/18	Mile	39th, 4:51.80
	MW Indoor	2/22/18	DMR	6th, 11:40.18
		2/23/18	Mile (P)	12th, 4:54.51
			Mile (F)	10th, 4:49.61
Outdoor	Tom Benich Invite	3/31/18	1,500 Meters	1st, 4:34.51
	CU Invitational	4/7/18	1,500 Meters	11th, 4:31.77
			4x400 Relay	3rd, 3:59.64
	Bryan Clay Invite	4/20/18	1,500 Meters	92nd, 4:31.69
	Beach Invitational	4/21/18	1,500 Meters	18th, 4:35.37

### Melina Harris

Meet	Date	Event	Mark	
Indoor	Power Meet	12/8/17	55 Meters	2nd, 7.10
			(60 Meters)	7.65
			4x400 Relay	1st, 3:53.89
	Potts Invitational	1/13/18	400 Meters	DNF
	Colorado Invitational	2/3/18	400 Meters	5th, 57.05
	Don Kirby Invitational	2/9/18	400 Meters	24th, 57.18
	MW Indoor	2/22/18	DMR	6th, 11:40.18
		2/23/18	400 Meters (P)	12th, 57.30
		2/24/18	4x400 Relay	9th, 3:51.51
Outdoor	Tom Benich Invite	3/31/18	400 Meters	2nd, 57.12
	CU Invitational	4/7/18	400 Meters	8th, 57.80
	PC Intercollegiate	4/19/18	400 Meters	9th, 57.58
			4x100 Relay	5th, 47.05

### Ja'la Henderson

Meet	Date	Event	Mark	
Indoor	Power Meet	12/8/17	Long Jump	1st, 19-0.75
	Potts Invitational	1/12/18	Long Jump	1st, 19-2.5
		1/13/18	Triple Jump	1st, 41-1.5
	Powder River Dual	1/27/18	Long Jump	1st, 19-2.5
			Triple Jump	1st, 39-9.5

## 2017-18 Wyoming Notes

	Colorado Invitational	2/2/18	Long Jump	2nd, 19-6
			Triple Jump	1st, 42-11
	Don Kirby Invitational	2/9/18	Long Jump	3rd, 19-10.75
		2/10/18	Triple Jump	5th, 41-9.25
	MW Indoor	2/23/18	Long Jump	3rd, 19-8.75
		2/24/18	Triple Jump	1st, 42-11
Outdoor	Jerry Quiller Classic	3/17/18	Long Jump	1st, 20-2.5
	Tom Benich Invite	3/31/18	Triple Jump	1st, 43-0.5
	CU Invitational	4/7/18	Long Jump	1st, 18-10.75
	PC Intercollegiate	4/19/18	Long Jump	4th, 19-4.25
			Triple Jump	3rd, 40-7.5
			4x100 Relay	5th, 47.05
	Beach Invitational	4/21/18	Long Jump	NP, Foul
			Triple Jump	1st, 43-8.5

### Addison Henry

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	Shot Put	2nd, 43-10.75
			Weight Throw	2nd, 53-11.75
	Potts Invitational	1/12/18	Weight Throw	7th, 49-9.75
		1/13/18	Shot Put	3rd, 45-2.25
	Powder River Dual	1/27/18	Shot Put	2nd, 44-2
			Weight Throw	3rd, 49-3.5
	Colorado Invitational	2/2/18	Weight Throw	12th, 51-0.25
		2/3/18	Shot Put	3rd, 46-2.5
	Don Kirby Invitational	2/9/18	Weight Throw	28th, 51-0.75
		2/10/18	Shot Put	10th, 47-1
	MW Indoor	2/23/18	Weight Throw	16th, 50-11.5
		2/24/18	Shot Put	9th, 46-3.5
Outdoor	Nature's Bakery Invite	3/24/18	Discus	6th, 140-10
			Hammer Throw	8th, 152-0
	Tom Benich Invite	3/31/18	Discus	4th, 143-11
			Hammer Throw	9th, 160-7
	CU Invitational	4/7/18	Shot Put	5th, 44-4
			Discus	10th, 127-10
			Hammer Throw	10th, 146-11
	NoCo Challenge	4/15/18	Shot Put	4th, 45-8
			Hammer Throw	7th, 158-5
	PC Intercollegiate	4/19/18	Discus	32nd, 137-7
			Hammer Throw	36th, 154-5
	Beach Invitational	4/20/18	Hammer Throw	70th, 153-10
		4/21/18	Discus	68th, 133-9
			Shot Put	49th, 42-11

### Sofia Hof

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	High Jump	2nd, 5-3
	Potts Invitational	1/12/18	High Jump	8th, 5-3.25
	Powder River Dual	1/27/18	High Jump	1st, 5-4.25
	Colorado Invitational	2/2/18	High Jump	6th, 5-3.25
	MW Indoor	2/23/18	High Jump	18th, 5-3.25
Outdoor	Jerry Quiller Classic	3/17/18	High Jump	4th, 5-3
	Tom Benich Invite	3/31/18	High Jump	9th, 5-1.75
	NoCo Challenge	4/15/18	High Jump	8th, 5-1.75

### Holly Huber

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	55 Hurdles	7th, 8.86
			(60 Hurdles)	9.53
	Powder River Dual	1/27/18	60 Hurdles	6th, 9.37

### Kiah Leonard

	Meet	Date	Event	Mark
Indoor	Potts Invitational	1/13/18	Mile	14th, 5:08.56

### Emelda Malm-Annan

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	Shot Put	5th, 36-9.5
			Weight Throw	1st, 57-6.5
	Potts Invitational	1/12/18	Weight Throw	3rd, 56-4.5
	Powder River Dual	1/27/18	Weight Throw	1st, 56-4.75
	Don Kirby Invitational	2/9/18	Weight Throw	11th, 56-7.5
	MW Indoor	2/23/18	Weight Throw	6th, 58-6
Outdoor	Nature's Bakery Invite	3/24/18	Hammer Throw	4th, 182-10
	Tom Benich Invite	3/31/18	Hammer Throw	4th, 186-8
	CU Invitational	4/7/18	Hammer Throw	5th, 178-4
	PC Intercollegiate	4/19/18	Hammer Throw	4th, 197-0
	Beach Invitational	4/20/18	Hammer Throw	18th, 189-4

### Emily Person

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	4x800 Relay	1st, 9:38.53
	Potts Invitational	1/13/18	Mile	10th, 5:02.78
	Powder River Dual	1/27/18	800 Meters	3rd, 2:13.24
			4x400 Relay	3rd, 4:07.35
	Colorado Invitational	2/3/18	Unseeded Mile	1st, 4:56.54
	Husky Classic	2/10/18	800 Meters	45th, 2:15.09
	MW Indoor	2/22/18	DMR	6th, 11:40.18
		2/23/18	800 Meters (P)	10th, 2:14.24
		2/24/18	3,000 Meters	26th, 10:02.47
Outdoor	Tom Benich Invite	3/31/18	1,500 Meters	3rd, 4:40.25
			4x400 Relay	5th, 4:10.76
	CU Invitational	4/7/18	1,500 Meters	14th, 4:36.40
			4x400 Relay	3rd, 3:59.64
	Bryan Clay Invite	4/20/18	1,500 Meters	143rd, 4:38.16
	Beach Invitational	4/21/18	800 Meters	44th, 2:15.03

### Heidi Pfoor

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	55 Hurdles	1st, 8.22
			(60 Hurdles)	8.84
			4x400 Relay	1st, 3:53.89
	Potts Invitational	1/13/18	60 Hurdles (P)	5th, 8.89
			60 Hurdles (F)	5th, 8.91
	Powder River Dual	1/27/18	60 Hurdles	2nd, 8.95
			400 Meters	4th, 58.67
	Colorado Invitational	2/3/18	200 Meters	14th, 25.72
			60 Hurdles (P)	10th, 9.00
			60 Hurdles (F)	8th, 9.09
	Don Kirby Invitational	2/10/18	60 Hurdles (P)	10th, 8.83
	MW Indoor	2/23/18	60 Hurdles (P)	8th, 8.75
		2/24/18	60 Hurdles (F)	7th, 8.90
		2/24/18	4x400 Relay	9th, 3:51.51
Outdoor	Jerry Quiller Classic	3/17/18	100 Hurdles	3rd, 14.42
			400 Hurdles	4th, 1:02.65
	Tom Benich Invite	3/31/18	100 Hurdles	5th, 14.65
			400 Hurdles	2nd, 1:01.84
	CU Invitational	4/7/18	400 Hurdles	4th, 1:03.59
	PC Intercollegiate	4/19/18	100 Hurdles	15th, 14.42
			400 Hurdles	3rd, 1:01.97
	Beach Invitational	4/21/18	100 Hurdles	42nd, 14.53
			400 Hurdles	28th, 1:02.26

### Savannah Phillips

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	400 Meters	3rd, 1:01.25
	Potts Invitational	1/13/18	400 Meters	17th, 1:02.62
Outdoor	Tom Benich Invite	3/31/18	400 Meters	8th, 1:01.47
	CU Invitational	4/7/18	400 Meters	23rd, 1:01.97
	NoCo Challenge	4/15/18	400 Meters	5th, 1:01.10

### Makayla Pzinski

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	200 Meters	2nd, 25.83
	Potts Invitational	1/13/18	60 Meters (P)	3rd, 7.70
			60 Meters (F)	2nd, 7.72

### Solana Quistorff

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	4x800 Relay	1st, 9:38.53
	Potts Invitational	1/13/18	800 Meters	7th, 2:17.85
	Powder River Dual	1/27/18	Mile	4th, 5:06.78
			4x400 Relay	3rd, 4:07.35
	Colorado Invitational	2/3/18	Unseeded Mile	9th, 5:04.37
	Don Kirby Invitational	2/10/18	Mile	14th, 5:02.76
	MW Indoor	2/23/18	800 Meters (P)	12th, 2:15.30
		2/24/18	3,000 Meters	29th, 10:06.24
Outdoor	Tom Benich Invite	3/31/18	1,500 Meters	5th, 4:43.83
			4x400 Relay	5th, 4:10.76
	CU Invitational	4/7/18	1,500 Meters	30th, 4:47.79
	Bryan Clay Invite	4/20/18	800 Meters	74th, 2:15.18
	Beach Invitational	4/21/18	1,500 Meters	22nd, 4:37.57

### Karlin Rufenacht

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	High Jump	10th, 4-11
	Powder River Dual	1/27/18	High Jump	4th, 5-0.25
Outdoor	Jerry Quiller Classic	3/17/18	High Jump	8th, 5-1
	Tom Benich Invite	3/31/18	High Jump	NH
	NoCo Challenge	4/15/18	High Jump	14th, 4-11.75

### Tori Sleep

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	Shot Put	1st, 44-3.5
	Potts Invitational	1/13/18	Shot Put	6th, 42-11.5
	Powder River Dual	1/27/18	Shot Put	3rd, 43-6.5
	Colorado Invitational	2/3/18	Shot Put	7th, 44-2
Outdoor	Don Kirby Invitational	2/10/18	Shot Put	23rd, 41-5.75
	Jerry Quiller Classic	3/17/18	Discus	7th, 128-5
	Tom Benich Invite	3/31/18	Discus	8th, 136-1
	CU Invitational	4/7/18	Discus	15th, 118-2
	NoCo Challenge	4/15/18	Discus	8th, 126-5

### Ashley Urman

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	4x800 Relay	1st, 9:38.53
	Potts Invitational	1/13/18	800 Meters	11th, 2:32.01
	Powder River Dual	1/27/18	800 Meters	5th, 2:31.14
			4x400 Relay	3rd, 4:07.35
Outdoor	Colorado Invitational	2/3/18	800 Meters	22nd, 2:31.30
	Tom Benich Invite	3/31/18	400 Meters	13th, 1:05.23
			4x400 Relay	5th, 4:10.76
	CU Invitational	4/7/18	800 Meters	34th, 2:30.57
	NoCo Challenge	4/15/18	800 Meters	3rd, 2:30.94

### Regan VanDePol

	Meet	Date	Event	Mark
Indoor	Potts Invitational	1/13/18	Mile	16th, 5:11.58
	Powder River Dual	1/27/18	3,000 Meters	6th, 10:27.55
	Colorado Invitational	2/3/18	Unseeded Mile	15th, 5:09.46
Outdoor	Tom Benich Invite	3/31/18	3,000 Steeple	2nd, 11:45.15
	CU Invitational	4/7/18	3,000 Steeple	7th, 11:44.14

## 2017-18 Wyoming Notes

### Anissa Warner

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	High Jump	2nd, 5-3
	Potts Invitational	1/12/18	High Jump	NH
	Powder River Dual	1/27/18	High Jump	NH
Outdoor	Colorado Invitational	2/2/18	High Jump	13th, 5-1.25
	Jerry Quiller Classic	3/17/18	High Jump	6th, 5-1
	Tom Benich Invite	3/31/18	High Jump	9th, 5-1.75
	CU Invitational	4/7/18	High Jump	14th, 5-1.25
	NoCo Challenge	4/15/18	High Jump	NH

### Kerry White

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	600 Meters	1st, 1:44.42
	Potts Invitational	1/13/18	Mile	1st, 4:57.50
	Powder River Dual	1/27/18	Mile	DNF
	Colorado Invitational	2/3/18	400 Meters	14th, 58.64
	Husky Classic	2/10/18	800 Meters	29th, 2:12.30
	MW Indoor	2/22/18	DMR	6th, 11:40.18
		2/23/18	800 Meters (P)	5th, 2:12.12
Outdoor		2/24/18	800 Meters (F)	4th, 2:11.45
			3,000 Meters	DNF
			4x400 Relay	9th, 3:51.51
	Jerry Quiller Classic	3/17/18	1,500 Meters	7th, 4:40.80
	Tom Benich Invite	3/31/18	800 Meters	5th, 2:14.73
			4x400 Relay	5th, 4:10.76
	CU Invitational	4/7/18	800 Meters	3rd, 2:12.65
			4x400 Relay	3rd, 3:59.64
	Bryan Clay Invite	4/20/18	800 Meters	22nd, 2:08.69
	Beach Invitational	4/21/18	800 Meters	8th, 2:09.54

### Ariana Williams

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	55 Hurdles (60 Hurdles)	3rd, 8.29 8.92
	Potts Invitational	1/13/18	60 Hurdles (P)	8th, 9.02
			60 Hurdles (F)	7th, 8.99
Outdoor	MW Indoor	2/23/18	60 Hurdles (P)	16th, 8.94
	Jerry Quiller Classic	3/17/18	100 Hurdles	2nd, 14.36
			400 Hurdles	6th, 1:05.40
	Tom Benich Invite	3/31/18	100 Hurdles	3rd, 14.37
			400 Hurdles	6th, 1:05.91
	CU Invitational	4/7/18	100 Hurdles	4th, 14.35
			400 Hurdles	5th, 1:03.63
	NoCo Challenge	4/15/18	100 Hurdles	3rd, 14.46
PC Intercollegiate	4/19/18	100 Hurdles	13th, 14.18	
Beach Invitational		4/21/18	400 Hurdles	15th, 1:05.79
			100 Hurdles	37th, 14.37
			400 Hurdles	46th, 1:03.61

### Madison Yager

	Meet	Date	Event	Mark
Indoor	Power Meet	12/8/17	600 Meters	3rd, 1:54.08

# 2017-18 Wyoming Notes

## Men's Indoor School Records

(as of Feb. 24, 2018)

60 Meters			60-Meter Hurdles			200 Meters			400 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Carlington Duncan	6.71	01	1. Jordan Charles	7.68	16	1. Carlington Duncan	21.17	01	1. Seth Billy	47.68	02
2. Marcus Brunson	6.72	97	2. Brandon Douglass	7.90	13	2. Collin Thomas	21.38	02	2. Mario Harris	48.03	10
3. Stephen Michel	6.78	10	3. Scott Carter	7.95	17	3. Vashone West	21.40	08	3. Chris Welsh	48.05	95
4. Jordan Charles	6.79	15	4. Colin Herold	7.95	15	4. Mario Harris	21.43	11	<b>4. Jackson Wood</b>	<b>48.10</b>	<b>18</b>
Mario Harris	6.79	11	5. Jacob Edwards	8.13	13	5. Marcus Brunson	21.46	97	5. Cody Millemon	48.17	00
Mervin Swaby	6.79	00	6. Michael Tasker	8.16	12	6. Jordan Charles	21.53	16	6. Clay Carlson	48.63	16
Collin Thomas	6.79	02	7. Aaron Praska	8.17	14	7. Richard Peace	21.60	96	7. Keith Ladson	48.64	94
8. Vashone West	6.82	08	8. Kyle Sullivan	8.26	13	8. Jace Marx	21.71	17	8. Kekoa Chavez	48.70	10
9. Calil Burnett	6.85	15	<b>9. McCade Johnson</b>	<b>8.27</b>	<b>18</b>	9. Max Haynes	21.86	88	9. Greg Farnham	48.75	94
Dwight Neptune	6.85	04	10. Seth Billy	8.30	02	<b>10. Jackson Wood</b>	<b>21.95</b>	<b>18</b>	10. Jermaine Kelly	48.82	05
			Jason Medearis	8.30	97						
800 Meters			Mile			3,000 Meters			5,000 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Jeremiah Johnson	1:48.30	04	1. Mike Cheronno	4:02.14	78	1. Mark Korir	8:07.43	07	1. Mark Korir	13:57.60	07
2. Ricky Faure	1:48.78	17	2. Nick Theil	4:02.71	96	2. Ryan Bolton	8:09.75	95	2. Taylor Kelting	14:10.04	12
3. Harry Fisher	1:49.29	14	3. Wayne Jensen	4:03.74	71	3. Espen Borge	8:12.38	84	3. Greg Miller	14:20.01	11
4. Bryce Ailshie	1:49.56	17	4. Espen Borge	4:05.53	84	4. Aaron Derner	8:14.38	14	4. Aaron Derner	14:21.54	16
5. Jim McCreery	1:49.94	94	5. Ben Overland	4:05.93	88	5. Garrett Zans	8:14.49	14	5. Scott McDonald	14:22.23	95
6. Thomas Atkinson	1:50.16	15	<b>6. Daniel Hintz</b>	<b>4:06.09</b>	<b>18</b>	6. Joseph Nzau	8:16.41	81	6. Dylan Morin	14:27.04	15
7. Espen Borge	1:50.70	84	<b>7. Ricky Faure</b>	<b>4:06.66</b>	<b>18</b>	<b>7. Jonah Henry</b>	<b>8:16.82</b>	<b>18</b>	7. Brian Knight	14:29.06	07
8. Morten Jurs	1:51.62	82	8. Joseph Nzau	4:06.80	78	8. Amos Bowen	8:17.64	15	8. Joe Hall	14:29.06	00
9. Nick Cramer	1:51.78	07	9. Arne Anfinsen	4:07.21	86	9. Taylor Kelting	8:17.86	12	<b>9. Christopher Henry</b>	<b>14:34.71</b>	<b>18</b>
10. Jeremy Thompson	1:51.95	05	10. Monte Still	4:07.56	93	10. Greg Miller	8:17.97	11	<b>10. Michael Downey</b>	<b>14:35.47</b>	<b>18</b>
4x400-Meter RELAY						Distance Medley Relay					
1. Marx, Blackett, Wood, Ailshie			3:13.46		17	1. Jurs, Slabach, Murray, Borge			9:47.50		84
2. Duncan, Millemon, Billy, Charlemagne			3:13.74		00	2. Her Many Horses, Praska, Wilde, Zans			9:54.86		11
3. Billy, Millemon, Duncan, Davis			3:14.26		00	3. Tanui, Brauneis, Cramer, Korir			9:56.56		07
4. Carlson, Blackett, Faure, Fisher			3:14.69		15	<b>4. Ewing, Harthun, Kepler, Henry</b>			<b>9:57.11</b>		<b>18</b>
5. Kelly, Arnwine, Harris, Johnson			3:14.70		06	5. Johnson, Harris, Cramer, Tanui			9:57.77		06
6. Brauneis, Chavez, Petsch, Harris			3:14.75		10	6. Chirchir, Chavez, Too, Huntington			9:58.60		08
7. Arnwine, Kelly, Baysinger, Harris			3:16.25		05	7. Wyoming			9:58.82		79
8. Billy, Millemon, Duncan, Davis			3:16.45		01	8. Cheronno, Holton, Paolillo, Nzau			9:58.91		81
9. Loken, Carlson, Thomas, Ailshie			3:16.71		16	9. Tanui, Cramer, Too, Korir			10:02.46		07
10. Ladson, Schaff, Grion, Farnham			3:16.88		94	10. Thompson, Kelley, Johnson, Hudson			10:06.19		05
Shot Put			Long Jump			High Jump			Heptathlon		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Mason Finley	66-3 1/4	14	1. Charles Thomas	25-8 1/2	65	1. Bud Hamilton	7-3	93	1. Olav Roe	5,274	06
2. Jason Gervais	64-7	00	2. Tim Cawley	25-4 1/4	98	Mike White	7-3	80	2. Kyle Sullivan	5,262	14
3. Jason Hammond	61-10 1/4	01	3. Mervin Swaby	25-3 3/4	01	3. Chris Larson	7-1 3/4	96	3. Brandon Douglass	5,098	12
4. Kevin Mannon	61-0 3/4	99	4. Bud Hamilton	25-1 1/4	95	4. Bryan Coventry	6-11	87	4. Jay Petsch	5,081	10
5. Matt Spears	60-10	97	5. Jeremiah James	24-11 1/4	09	Justin Smith	6-11	96	5. Brett Zowada	5,033	05
6. Kyle Herl	59-11 3/4	04	6. Eric Coleman	24-7	87	Tim Cawley	6-11	96	6. Caleb Seeton	4,955	16
7. Chad Lindsay	59-4 3/4	92	Dave Shannon	24-7	92	7. Tyler Skinner	6-10 1/4	10	7. Phillip Thomas	4,909	07
8. Craig Suter	58-3 1/4	02	8. Lenyn Leonce	24-6 1/4	10	8. Dan Orange	6-10	75	8. Eric Suter	4,474	04
9. Tyg Long	57-2 3/4	05	9. Gilad Weinbarten	24-4 1/2	64	9. Jeremiah James	6-9	10			
10. Jared Finley	56-4 1/2	79	10. Scott Carter	24-3 3/4	17	10. Jared Grant	6-8 3/4	04			
35-Pound Weight Throw			Triple Jump			Pole Vault					
Name	Result	Year	Name	Result	Year	Name	Result	Year			
1. Jason Gervais	74-1 3/4	00	1. Quincy Howe	54-9 1/4	01	1. Gregg Sawyer	17-0 3/4	99			
2. Kevin Mannon	72-2 1/4	99	2. Jeremiah James	52-6	10	2. Jay Novacek	16-3	84			
3. Jake Shanklin	71-10 1/4	08	3. Blake Jackson	52-2 3/4	05	3. Brandon Douglass	16-0 3/4	11			
4. Derek Woodske	71-3 1/4	00	4. Tim Cawley	52-2	97	4. Darren Niedermeyer	15-9	02			
5. Ryan Butler	71-1 1/2	96	5. Scott Carter	51-8 1/2	16	5. Ed Steele	15-8	75			
6. Jason Hammond	69-1 1/2	01	6. Mikael Norman	51-2	75	Brian Stevenson	15-8	84			
7. Zack Schaefer	68-6	04	7. Mervin Swaby	50-10 1/4	01	Beecher Strube	15-8	90			
8. Kyle Herl	67-5 1/2	04	8. Stephen Michel	50-3 1/4	10	8. Cliff Cotton	15-6	72			
9. Sam Lambert	67-2 1/4	09	9. John Alderson	50-0 1/2	08	Steve McNorris	15-6	90			
10. Joe Plante	66-1	12	10. Wayne King	49-10 1/4	71	10. Eric Richey	15-4	89			

### School Record Key

#### Indoor

- For running events 400 meters and below (including the 4x400-meter relay), no marks are converted for altitude or track size
- Except the 55 meters/55 hurdles which are converted to the 60 meters/60 hurdles
- For running events 800 meters and above (including the distance medley relay), all marks are converted for altitude and track size
- Bold indicates marks from 2017-18 season

# 2017-18 Wyoming Notes

## Women's Indoor School Records

(as of Feb. 24, 2018)

60 Meters			60-Meter Hurdles			200 Meters			400 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Jerayah Davis	7.25	17	1. Shauna Smith	8.33	04	1. Jessica Fox	23.71	04	1. Shauna Smith	51.79	04
2. Kima Wells	7.30	04	2. Shaylee Babbitt	8.37	08	2. <b>Jordan Edmonds</b>	<b>24.02</b>	<b>18</b>	2. Jessica Fox	52.88	04
3. Jessica Fox	7.45	04	3. Adriana Friezen	8.42	07	3. Kereston Thomas	24.20	14	3. Afiya Walker	53.10	11
Kereston Thomas	7.45	14	4. Jenna Mann	8.45	14	4. Adelaide Harper	24.31	01	4. Sharon Larrier	54.65	08
5. Shauna Smith	7.54	05	5. Katy Hall	8.51	13	5. <b>Jerayah Davis</b>	<b>24.39</b>	<b>18</b>	5. Kima Wells	54.75	04
6. Ja'la Henderson	7.58	16	6. Kelly Ann Charles	8.53	04	6. Fiona Lindo-Jeffrey	24.43	02	6. Erin Kirby	54.82	11
Adelaide Harper	7.58	01	7. Mikalah Skates	8.60	14	7. Audrey West	24.61	14	Amanda Hopper	54.82	05
Audrey West	7.58	14	8. Jennifer Schmitz	8.68	10	8. Kima Wells	24.62	03	McKenzie Brogan	54.82	16
9. <b>Jordan Edmonds</b>	<b>7.60</b>	<b>17</b>	9. Anisi Hopkins	8.71	07	Afiya Walker	24.62	11	9. Lindsey Simmons	55.40	11
Fiona Lindo-Jeffrey	7.60	02	10. Tomeca Brown	8.73	00	10. Samantha Kee	24.65	12	10. Kim Robertson	55.79	16
Sharon Larrier					Sharon Larrier	24.65	08				
800 Meters			Miile			3,000 Meters			5,000 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Cassidy Meade	2:09.76	17	1. Molly Moulton	4:46.32	98	1. Holly Page	9:26.39	15	1. Holly Page	16:20.10	15
2. Candace Wollert	2:10.52	12	2. Lauren Hamilton	4:46.85	17	2. Audra DeStefano	9:32.83	16	2. Audra DeStefano	16:35.84	16
3. Kerry White	2:10.96	15	3. Audra DeStefano	4:49.92	16	3. Emily Higgins	9:42.25	09	3. Christine Nelson	16:48.24	11
4. Deby Anderson	2:11.30	94	4. Emily Higgins	4:53.43	08	4. Christine Nelson	9:48.96	11	4. Gretchen Johnson	16:58.30	08
5. Tanice Barnett	2:12.25	04	5. <b>Emily Person</b>	<b>4:56.54</b>	<b>18</b>	5. Amy Wroe	9:48.99	95	5. Megan Brunette	17:03.72	17
6. Molly Moulton	2:12.45	98	6. Calbi Ausmann	4:56.57	17	6. Megan Brunette	9:50.26	17	6. Dodie Kocsis	17:14.07	92
7. Laura Ferguson	2:12.96	79	7. <b>Kerry White</b>	<b>4:57.50</b>	<b>18</b>	7. Gretchen Johnson	9:53.15	07	7. Michelle Kvernmo	17:16.14	06
8. <b>Emily Person</b>	<b>2:13.24</b>	<b>18</b>	8. Brooklan Grimes	4:58.04	05	8. Allison Hollington	9:56.28	83	8. Jennifer Thompson	17:18.81	05
9. Dawn Wilger	2:13.38	84	9. Andrea Everett	4:58.07	83	9. <b>Kacey Doner</b>	<b>9:56.56</b>	<b>18</b>	9. Amy Wroe	17:20.58	95
10. Brenna Dooley	2:13.44	07	10. Allison Hollington	4:58.35	84	10. Michelle Kvernmo	9:57.47	06	10. Abi Bever	17:33.63	12
4x400-Meter Relay			Distance Medley Relay								
1. Smith, Wells, Hopper, Fox			3:31.87		04	1. Hamilton, Robertson, Meade, DeStefano			11:21.19		16
2. Smith, Fox, Hopper, Larrier			3:33.66		05	2. White, Harris, Meade, Hamilton			11:33.30		17
3. Kirby, Simmons, Long, Walker			3:43.84		11	3. <b>Person, Harris, White, Hamilton</b>			<b>11:40.19</b>		<b>18</b>
4. Kirby, Gardner, Wollert, Simmons			3:44.57		12	4. Meade, Lloyd, Robertson, White			11:56.19		15
5. Snyder, Robertson, Harris, Brogan			3:45.45		16	5. Ferguson, Barrinaga, Bradley, Sanford			11:58.54		80
6. Long, Gardner, Kee, Brogan			3:45.53		13	6. Heaston, Hurst, Wollert, Page			12:02.38		13
7. Kirby, Lloyd, West, Robertson			3:45.71		15	7. Wyoming			12:02.41		81
8. Kirby, Simmons, Wollert, Walker			3:45.97		11	8. Martinez, Long, Wollert, Davis			12:05.58		11
9. Carstens, Smith, Wells, Fox			3:47.11		03	9. Diller, Hopper, Barnett, Grimes			12:08.30		05
10. Kee, Simmons, Kirby, Wollert			3:47.57		12	10. Wyoming			12:10.76		80
Shot Put			Long Jump			High Jump			Pentathlon		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Jessica Cross	57-0 1/2	98	1. Patricia Miller	20-5	80	1. Julie Burgess	5-10 1/2	88	1. Jenna Mann	3,898	14
2. Andrea Batt	53-4 1/4	04	2. Ja'la Henderson	20-0 1/2	17	2. Sabina Sandberg	5-8 3/4	16	2. Sabina Sandberg	3,500	15
3. Mary Le Jour	50-0 3/4	00	3. Jerayah Davis	19-11	17	3. Joanna Wilson	5-8	97	3. Rebecca Harris	3,410	15
4. Grace Apiafi	49-11 1/4	84	4. Renee Guy-Garth	19-5 1/4	97	Chan Johnson	5-8	02	4. Britney Jackson	3,388	10
5. Robin Lyons	49-9	00	5. Adrienne Prosser	19-3 1/4	96	Keeley Johnson	5-8	88	5. Patty Harrington	3,340	86
6. Naomi Elliot	49-6 1/4	00	6. B.J. Eldridge	19-3	82	6. Lisa Throener	5-7 1/4	00	6. Clare Nicolas	3,233	17
7. Ashley Hutchinson	48-8 1/4	11	7. Davina Strauss	19-2 1/2	01	Jamie Davies	5-7 1/4	96	7. Leah Burke	3,226	05
8. Shreese Daniels	48-2	13	8. Kathy Janicke	19-0	90	Chris Lazz	5-7 1/4	91	8. Kuuipo Nakoa	3,152	11
9. Mollie Dahl	48-1 3/4	13	9. Erin Urbanoski	18-11 3/4	11	9. Johnna Jeffries	5-7	07	9. Kim Demers	3,113	02
10. Tamara Hawkins	48-1 1/4	99	10. Janine Brathwaite	18-9 3/4	05	Britney Jackson	5-7	09	10. Ingvild Carstens	3,112	05
20-Pound Weight Throw			Triple Jump			Pole Vault					
Name	Result	Year	Name	Result	Year	Name	Result	Year			
1. Robin Lyons	70-11 1/4	00	1. <b>Ja'la Henderson</b>	<b>42-11</b>	<b>18</b>	1. Jamie Davies	12-4 1/4	98			
2. Shreese Daniels	68-1	15	2. Day Timberman	40-2 1/4	16	2. Lauri Smith	11-8 1/2	06			
3. Ashley Hutchinson	65-4 3/4	12	3. Tomeca Brown	39-10 1/2	00	3. Kat Doherty	11-6 1.2	05			
4. Andrea Batt	64-10 1/2	04	4. Allegra Carson	39-7 3/4	16	4. Stephanie Anderson	11-5 3/4	04			
5. Shannon Popp	64-4	07	5. Enioma Haynes	39-6 1/2	02	5. Kaela Thayer	10-11 3/4	03			
6. Emelda Malm-Annan	64-3 1/4	15	6. Courtney Schlegal	38-9 1/2	04	6. Hallie Baker	10-8	04			
7. Julie Thomas	64-2 1/4	02	Adrienne Prosser	38-9 1/2	96	Jodie Sanborn	10-8				
8. Kate Burton	63-11 1/2	08	8. Melanie Brunko	38-8 3/4	98	8. Alisha Reaser	10-7	09			
9. Crystal Smith	63-7 1/2	03	9. Jamie Davies	38-7 3/4	97	9. Julie Popish	10-6	14			
10. Dana Dillon	63-3 1/4	00	10. Kathy Janicke	38-5	90	Anna Hardy	10-6	08			

### School Record Key

#### Indoor

- For running events 400 meters and below (including the 4x400-meter relay), no marks are converted for altitude or track size
- Except the 55 meters/55 hurdles which are converted to the 60 meters/60 hurdles
- For running events 800 meters and above (including the distance medley relay), all marks are converted for altitude and track size
- Bold indicates marks from 2017-18 season

# 2017-18 Wyoming Notes

## Men's Outdoor School Records

(as of April 21, 2018)

100 Meters			200 Meters			400 Meters			800 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Washone West	10.38	08	1. Mario Harris	20.87	11	1. Darius Taruru	46.44	77	1. Wesley Maiyo	1:46.44	75
2. Mario Harris	10.43	11	2. Jordan Charles	21.12	14	2. Max Charlemagne	46.99	00	2. Ricky Faure	1:47.59	15
3. John Davis	10.44	81	3. Washone West	21.29	08	3. Robert Harris	47.13	04	3. Harry Fisher	1:48.34	15
4. Stephen Michel	10.46	10	4. Carlington Duncan	21.30	00	4. Chris Welsh	47.32	95	4. Jeremiah Johnson	1:48.54	06
5. Jordan Charles	10.49	16	Jason Roascio	21.30	15	5. Harry Fisher	47.58	15	5. Wayne Jensen	1:48.84	69
6. Jace Marx	10.52	17	6. Jace Marx	21.32	17	6. Jermaine Kelly	47.72	05	6. Thomas Atkinson	1:49.11	15
Mervin Swaby	10.52	03	7. Jackson Wood	21.49	17	7. Cody Millemo	47.74	00	7. Morten Jurs	1:49.32	85
8. Dwright Neptune	10.55	07	Robert Harris	21.49	03	8. Bryce Ailshie	47.80	17	8. Eliud Chirchir	1:49.38	09
9. Amaicure Harris	10.58	92	9. Lenyn Leonce	21.50	11	9. Jackson Wood	47.89	17	9. Bryce Ailshie	1:49.46	17
10. Calil Burnett	10.60	16	10. Adam Kelly	21.51	04	10. Seth Billy	47.97	00	10. Roald Horten	1:49.52	80
1,500 Meters			3,000-Meter Steeplechase			5,000 Meters			10,000 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Wayne Jensen	3:42.94	69	1. Joseph Nzau	8:43.14	79	1. Geir Kvernmo	13:41.24	80	1. Joseph Nzau	28:20.74	79
<b>2. Daniel Hintz</b>	<b>3:44.92</b>	<b>18</b>	2. Espen Borge	8:45.74	84	2. Joseph Nzau	13:54.54	78	2. Simon Killili	28:31.60	79
3. Philemon Kimutai	3:45.23	09	3. Geir Kvernmo	8:46.14	80	3. Greg Miller	13:58.43	11	3. John Wodny	29:08.74	88
4. Wesley Maiyo	3:45.44	74	4. Mark Korir	8:49.60	09	4. Mark Korir	13:58.86	06	4. Mark Korir	29:09.25	06
5. Espen Borge	3:45.46	84	5. Garrett Zans	8:50.45	14	5. Simon Killili	14:01.44	78	5. Joe Hall	29:10.77	01
6. Nick Thiel	3:45.92	96	6. Philemon Tanui	8:50.80	07	6. Solomon Chebor	14:06.14	78	6. Greg Miller	29:22.55	12
7. Matt Hudson	3:47.67	04	7. Ben Paolillo	8:51.14	81	7. Garrett Zans	14:06.26	14	7. James Kamau	29:23.63	79
8. Monte Still	3:47.92	94	<b>8. Harry Ewing</b>	<b>8:52.70</b>	<b>18</b>	8. Amos Bowen	14:07.20	14	8. Nick Ekel	29:26.85	12
9. Taylor Kelting	3:48.50	12	9. Amos Bowen	8:56.57	15	9. Taylor Kelting	14:10.67	12	<b>9. Christopher Henry</b>	<b>29:31.24</b>	<b>18</b>
10. Jeremiah Johnson	3:48.52	04	10. Dermott Bradshaw	8:58.64	85	10. Ryan Bolton	14:14.90	95	10. Dave Magness	29:42.74	81
4x100-Meter Relay			4x400-Meter Relay								
1. Duncan, Davis, Charlemagne, Swaby			40.54		00	1. Millemo, Billy, Dunca, Charlemagne			3:09.48		00
Michel, Brauneis, Leonce, Harris			40.54		10	2. Loken, Blackett, Faure, Fisher			3:10.43		15
3. Marx, Blackett, Charles, Kirkeide			40.60		17	3. Johnson, Harris, Baysinger, Kelly			3:11.32		04
4. Douglass, Gunderson, Harris, Leonce			40.63		11	4. Ailshie, Faure, Blackett, Marx			3:11.81		17
5. Brauneis, Gunderson, Michel, Harris			40.64		10	5. Loken, Blackett, Atkinson, Fisher			3:11.92		15
6. Billy, Swaby, Charlemagne, Duncan			40.68		00	6. Sawyer, Milemon, Duncan, Medearis			3:12.04		99
7. Blackett, Marx, Charles, Kirkeide			40.69		17	7. Johnson, Fenton, Arnwine, Kelly			3:12.61		06
Brauneis, Kelly, West, Neptune			40.69		07	8. Harris, Kelly, Baysinger, Arnwine			3:12.82		05
9. Zowada, Neptune, Kelly, Harris			40.82		04	9. Mundt, Wilcox, Farnham, Ladson			3:13.02		92
10. Gunderson, Michel, Douglass, Harris			40.86		11	10. Loken, Praska, Atkinson, Fisher			3:13.23		14
110-Meter Hurdles			Shot Put			Long Jump			Pole Vault		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Jordan Charles	13.81	17	1. Jason Gervais	63-11 3/4	00	1. Mervin Swaby	25-4 3/4	02	1. Eric Richey	16-9	90
Jason Medearis	13.81	99	2. Jason Hammond	63-5 3/4	00	2. Scott Carter	25-3 1/2	17	2. Gregg Sawyer	16-6	99
Tom Garrison	13.81	90	3. Kevin Mannon	62-3	99	3. Charles Thomas	25-1 1/2	65	Steve McMorris	16-6	90
4. Joel Giorgis	13.84	95	4. Matt Spears	61-5 1/2	97	4. Bud Hamilton	24-11 1/4	93	4. Jay Novacek	16-4	84
5. Brandon Douglass	13.97	13	5. Mason Finley	60-11 1/4	14	5. Lenyn Leonce	24-10 1/2	10	5. Darren Niedermeyer	16-0 3/4	02
6. Keith Ladson	14.09	96	6. Mike Wood	57-6 3/4	70	6. Jeremiah James	24-10	09	6. Ed Steele	15-6	73
7. Scott Carter	14.16	17	7. Chad Lindsay	57-4 1/4	92	7. Justin Smith	24-7 3/4	96	Brian Stevenson	15-6	83
8. Colin Herold	14.25	13	8. Kyle Herl	57-3 3/4	05	8. Quincy Howe	24-5 1/2	02	8. Cliff Cotton	15-2	69
9. Kyle Sullivan	14.44	15	9. Tyg Long	55-7	05	9. Tim Cawley	24-3	96	9. Brandon Douglass	15-1	10
10. Michael Arnwine	14.46	06	10. Craig Suter	55-6 1/4	02	10. Stephen Michel	24-2 1/4	10	10. Jay Petsch	14-5 1/2	10
400-Meter Hurdles			Discus			Triple Jump			Decathlon		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Seth Billy	50.07	02	1. Jason Gervais	210-10	00	1. Quincy Howe	54-4 3/4	02	1. Jay Novacek	7,762	84
2. Kekoa Chavez	50.74	10	2. Mason Finley	210-6	14	2. Scott Carter	53-4 1/4	17	2. Gregg Sawyer	7,250	99
3. Jason Medearis	50.82	99	3. Jared Finley	192-3	78	3. Jeremiah James	52-10 1/4	10	3. Olav Roe	7,222	06
4. Gladstone Williams	50.83	78	4. Paul Thomas	190-11	14	4. Tim Cawley	51-7	98	4. Phil Mulkey	7,116	56
5. Keith Ladson	50.93	96	5. Jeff Honey	188-11	97	5. Mervin Swaby	51-1 1/2	02	5. Jay Petsch	7,112	10
6. Jordan Charles	51.49	16	6. Joe Plante	188-1	90	6. Blake Jackson	51-0 1/2	07	6. Kyle Sullivan	6,949	15
7. Carlington Duncan	51.64	99	7. Kevin Mannon	187-9	99	7. Bud Hamilton	50-5 1/2	94	7. Dan Orange	6,934	74
8. Joel Giorgis	52.07	94	8. Ryan Butler	183-6	96	8. Stephen Michel	50-0 1/2	10	8. Bret Zowada	6,773	02
9. Aaron Praska	52.44	14	9. Jason Hammond	174-10	00	9. John Alderson	49-9	07	9. Phillip Thomas	6,632	07
10. Ryan Rogers	52.62	14	10. Garrett Lynch	174-7	16	10. Wayne King	49-7 1/4	70	10. Brandon Douglass	6,620	12
Hammer			Javelin (200 standard)			High Jump					
Name	Result	Year	Name	Result	Year	Name	Result	Year			
1. Kevin Mannon	226-6	99	1. Henry Ferreira	224-0	13	1. Mike White	7-2	80			
2. Jason Hammond	221-1	01	2. Guy Tucker	223-0	95	2. Bud Hamilton	7-1 3/4	94			
3. Jake Shanklin	219-11	09	3. Mike Abbey	221-11	93	3. Chris Larson	7-1 1/4	95			
4. Kyle Herl	219-10	05	4. Joshua McMullen	212-6	00	4. Tyler Skinner	7-0 1/4	11			
5. Ryan Butler	217-4	96				5. Bryan Coventry	7-0	85			
6. Zack Schaefer	213-10	04				Dan Orange	7-0	74			
7. Jason Gervais	207-3	00				7. Mike Klyop	6-11	91			
8. Derek Woodske	204-7	01				8. Mike Miller	6-10	76			
9. Tyler Anderson	202-9	16				9. Phillip Thomas	6-9 1/2	07			
10. Joe Plante	201-2	13				10. Jared Grant	6-8 3/4	07			

### School Record Key

#### Outdoor

- For running events 400 meters and below (including the 4x100- and 4x400-meter relays), no marks are converted for altitude
- For running events 800 meters and above, all marks are converted for altitude
- All marks are in any conditions (i.e. all wind readings are counted)      - Bold indicates marks from 2017-18 season

# 2017-18 Wyoming Notes

## Women's Outdoor School Records

(as of April 21, 2018)

100 Meters			200 Meters			400 Meters			800 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Jerayah Davis	11.41	17	1. Jessica Fox	23.22	05	1. Jessica Fox	51.72	05	1. Deby Anderson	2:07.15	94
2. Kereston Thomas	11.50	14	2. Shauna Smith	23.53	04	2. Afiya Walker	52.93	10	2. Cassidy Meade	2:08.12	17
3. Kima Wells	11.70	04	3. Adelaide Harper	23.62	03	3. Shauna Smith	53.04	02	3. Candace Wollert	2:08.30	11
4. Jessica Fox	11.75	05	4. Jerayah Davis	23.63	17	4. Kima Wells	53.41	04	4. Kerry White	2:08.38	17
5. Adelaide Harper	11.78	03	5. Kereston Thomas	23.71	14	5. Sharon Larrier	53.53	05	5. Tanice Barnett	2:10.39	04
6. Trecia Roberts	11.80	91	6. Audrey West	23.80	14	6. Amanda Hopper	54.07	05	6. Brenna Dooley	2:10.58	07
7. Audrey West	11.83	15	7. Lori Grillo	23.85	88	7. Lindsey Simmons	55.31	11	7. Melissa Donovan	2:11.25	92
8. Natika Brame	11.84	94	8. Sharon Larrier	23.86	07	8. Samantha Kee	55.40	13	8. Kerry Cerda	2:11.55	82
Kathy Romsa	11.84	85	9. <b>Jordan Edmonds</b>	<b>24.02</b>	<b>18</b>	9. McKenzie Brogan	55.43	14	9. Juanita Neff	2:11.75	80
10. Ja'la Henderson	11.89	16	10. Kima Wells	24.09	04	10. Laura Ferguson	55.71	80	10. Nikki Peterson	2:11.93	07
1,500 Meters			3,000-Meter Steeplechase			5,000 Meters			10,000 Meters		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Molly Moulton	4:19.57	97	1. Audra DeStefano	10:07.35	16	1. Christine Nelson	16:31.61	11	1. Holly Page	33:49.66	15
2. Andrea Everett	4:20.20	83	2. Emily Higgins	10:30.81	09	2. Holly Page	16:33.77	15	2. Brenda Graham-Gray	34:34.62	82
3. Tanice Barnett	4:24.43	05	3. Abi Bever	10:48.66	12	3. Leandra Barinaga	16:35.94	80	3. Megan Brunette	34:48.85	17
4. Hege Jorgensen	4:24.67	07	4. <b>Kacey Doner</b>	<b>10:58.57</b>	<b>18</b>	4. Gretchen Johnson	16:35.98	08	4. Dodie Kocsis	36:04.80	92
5. Emily Higgins	4:25.31	89	5. Catherine Cloetta	11:00.77	16	5. Megan Brunette	16:36.71	17	5. <b>Ashley Bock</b>	<b>36:19.12</b>	<b>18</b>
6. Lauren Hamilton	4:29.17	17	6. Brooke Hughes	11:11.10	10	6. Audra DeStefano	16:50.60	16	6. Devon England	36:55.67	15
7. Audra DeStefano	4:29.55	16	7. Stephanie Hanks	11:20.67	01	7. Allison Hollington	16:53.74	83	7. Leanne Larson	36:56.84	87
8. Kerry White	4:33.41	15	8. Andrea Klimowski	11:23.59	13	8. Jennifer Thompson	16:59.77	04	8. Michelle Kvernmo	37:05.51	06
9. Cassidy Meade	4:33.92	16	9. Kiah Leonard	11:34.43	17	9. Alysha Davis	17:00.80	09	9. Sissel Bjorkenas	37:06.80	81
10. Megan Brunette	4:34.59	17	10. Christine Michel	11:43.05	04	10. Brenda Graham-Gray	17:15.26	84	10. Debbie Espinoza	37:16.79	86
4x100-Meter Relay			4x400-Meter Relay								
1. Smith, Wells, Hopper, Fox			44.63	04	1. Smith, Larrier, Hopper, Fox			3:30.68	05		
2. Mann, Thomas, Gardner, West			45.04	14	2. Fox, Wells, Hopper, Smith			3:31.83	04		
3. Davis, Henderson, Edmonds, Harris			45.39	17	3. Smith, Larrier, Hopkins, Fox			3:34.91	05		
4. Smith, Harper, Charles, Fox			45.54	03	4. Anderson, Walker, Simmons, Larrier			3:38.98	09		
5. Smith, Hopper, Babbitt, Fox			45.63	05	5. Kirby, Simmons, Wollert, Walker			3:39.69	11		
6. Babbitt, Hopper, Larrier, Rudolph			45.91	07	6. Hopper, DaCosta, Friezen, Larrier			3:40.18	07		
7. Wells, Lindo-Jeffrey, Piper, Harper			46.05	01	7. Hopper, Wells, Barnett, Fox			3:41.07	04		
8. Charles, Demers, Smith, Fox			46.10	02	8. Kirby, Brogan, West, Robertson			3:41.77	15		
Brown, Harper, Lindo-Jeffrey, Wells			46.10	00	9. Brogan, Gardner, West, Thomas			3:41.88	14		
10. West, Kee, Gardner, Thomas			46.12	13	10. Kee, Kirby, Simmons, West			3:42.70	12		
100-Meter Hurdles			Shot Put			Long Jump			Pole Vault		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Shauna Smith	13.29	04	1. Jessecia Cross	55-0 3/4	98	1. Patricia Miller	20-4	80	1. Lauri Smith	12-1 1/2	06
2. Trecia Roberts	13.45	92	2. Andrea Batt	51-9	02	2. <b>Ja'la Henderson</b>	<b>20-2.5</b>	<b>18</b>	2. Stephani Anderson	11-6 1/2	05
3. Shaylee Babbitt	13.52	08	3. Mollie Dahl	51-2 1/4	13	3. Nicole Stancato	19-10	89	3. Kat Doherty	11-5 1/4	05
4. Jenna Mann	13.54	14	4. Mandy Kinney	50-6 3/4	00	4. Renee Guy-Garth	19-8	96	4. Jody Sanborn	11-2	03
5. Kathy Romsa	13.60	85	5. Grace Apiafi	49-6 1/2	84	5. B.J. Eldridge	19-7 3/4	81	Kaela Thayer	11-2	03
6. Kelly Ann Charles	13.72	03	6. Shreese Daniels	48-11 3/4	12	6. Shelly Thacker	19-6 1/2	91	6. Hallie Baker	11-0	03
7. Jennifer Schmitz	13.84	09	7. Ashley Hutchinson	48-10 1/4	12	7. Jenna Mann	19-6 1/4	14	7. Julia Popish	10-10	14
8. Adriana Friezen	13.86	07	8. Naomi Elliot	48-0 1/2	00	8. Trisa Davis	19-6	82	Morgan Hartigan	10-10	14
9. Joanna Wilson	13.99	98	9. Tamara Hawkins	47-3	98	9. Jeffie Ventling	19-5 3/4	92	9. Anna Hardy	10-5 1/4	05
10. Katy Hall	14.00	14	Robin Lyons	47-3	00	10. Jennifer Collen	19-4	07	10. Hannah Bertelson	10-2	16
400-Meter Hurdles			Discus			Triple Jump			Heptathlon		
Name	Result	Year	Name	Result	Year	Name	Result	Year	Name	Result	Year
1. Shauna Smith	54.32	05	1. Robin Lyons	179-5	00	1. <b>Ja'la Henderson</b>	<b>43-8.5</b>	<b>18</b>	1. Kathy Romsa	5,258	84
2. Taylor Gardner	57.93	14	2. Jessecia Cross	167-8	98	2. Tomeca Brown	41-2 1/4	99	2. Jenna Mann	5,255	14
3. Erin Kirby	58.45	15	Andrea Batt	167-8	02	3. Nicole Stancato	40-2 3/4	89	3. Patty Harrington	4,708	87
4. McKenzie Brogan	59.30	16	4. Courtney Gougler	166-0	08	4. Courtney Schlegal	40-2	05	4. Joanna Wilson	4,704	98
5. Diana Long	59.34	13	5. Julie Jones	162-9	80	5. Enioma Haynes	39-11 1/2	02	5. Sabina Sandberg	4,681	15
6. Anne Vollmer	59.80	97	6. Mandy Kinney	160-5	00	6. Tori Connett	39-2 1/2	93	6. Ingvild Carstens	4,478	04
7. Kim Demers	59.91	02	7. Madison Seaman	159-10	15	7. Emily Moore	38-10 1/4	12	7. Britney Jackson	4,290	10
8. Adriana Friezen	1:00.24	07	8. Hannah Carr	159-8	17	8. Allegra Carson	38-7	16	8. Katy Hall	4,282	12
9. Darby Goodspeed	1:00.36	99	Mary Le Jour	159-8	00	9. Lindsey Fuller	38-4 3/4	07	9. Clare Nicolas	4,277	16
10. Jean Bradley	1:01.21	80	10. Grace Apiafi	158-11	84	10. Shana Wilcoxson	38-0 3/4	16	10. Keeley Johnson	4,205	89
Hammer			Javelin (150 standard)			High Jump					
Name	Result	Year	Name	Result	Year	Name	Result	Year			
1. Kate Burton	209-8	08	1. Andrea Batt	168-8	01	1. Julie Burgess	5-10	87			
2. Robin Lyons	206-9	00	2. Jorah Roynance	163-1	00	2. Sabina Sandberg	5-9 1/4	15			
3. Emelda Malm-Annan	197-2	17				3. Johnna Jeffries	5-8 3/4	09			
4. Shannon Popp	196-10	07				4. Joanna Wilson	5-8	98			
5. Shreese Daniels	195-8	15				Chan Johnson	5-8	02			
6. Ashley Hutchinson	193-3	12				6. Kathy Romsa	5-7 1/2	83			
7. Dana Dillon	192-5	00				7. Britney Jackson	5-7 1/4	09			
8. Julie Thomas	190-9	00				8. Jenna Mann	5-6	14			
9. Jessecia Cross	185-10	98				Kathy VanHeule	5-6	83			
10. Tamara Hawkins	185-9	98				10. Sofia Hof	5-5 3/4	16			

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