



# STANFORD MEDIA RELATIONS

Arrillaga Family Sports Center • Stanford, California 94305-6150  
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**The 2004 Stanford Women's Outdoor Track & Field Best Times & Marks**  
**#NCAA regional qualifier; +Pac-10 qualifier; ^School record; %Freshman record**  
**(as of May 1, 2004)**

<b>100 Meters (11.78 NCAA regional qualifying; 12.04 Pac-10 qualifying)</b>		
1. Janice Davis	The Big Meet (5/1/04)	#+11.72
2. Nasionme Johnson	The Big Meet (5/1/04)	+11.89
3. Ashley Purnell	Mt. Sac Relays (4/18/04)	+11.97
4. Undine Becker	Stanford Invitational (3/26/04)	12.60
<b>200 Meters (23.96 NCAA regional qualifying; 24.64 Pac-10 qualifying)</b>		
1. Nasionme Johnson	The Big Meet (5/1/04)	#+23.92
2. Janice Davis	Mt. Sac Relays (4/18/04)	#+23.95
3. Christine Moschella	The Big Meet (5/1/04)	+24.26
4. Ashley Purnell	Mt. Sac Relays (4/18/04)	+24.39
5. Jakki Bailey	Husky Indoor Invitational (1/31/04)	+24.64
<b>400 Meters (54.61 NCAA regional qualifying; 55.44 Pac-10 qualifying)</b>		
1. Nasionme Johnson	Brutus Hamilton Invitational (4/10/04)	#+53.59
2. Ashley Freeman	Brutus Hamilton Invitational (4/10/04)	#+%54.36
3. Chiny Offor	Brutus Hamilton Invitational (4/10/04)	#+54.43
3. Keisha Gaines	Pomona-Pitzer Invitational (4/16/04)	#+54.43
5. Janice Davis	Pomona-Pitzer Invitational (4/16/04)	+54.84
<b>800 Meters (2:10.29 NCAA regional qualifying; 2:11.14 Pac-10 qualifying)</b>		
1. Chiny Offor	Stanford Invitational (3/27/04)	#+2:06.17
2. Arianna Lambie	Brutus Hamilton Invitational (4/10/04)	#+2:08.06
3. Ashley Freeman	The Big Meet (5/1/04)	#+2:08.43
4. Katie Hotchkiss	Pac-10 Indoor Invitational (2/14/04)	+2:09.42
5. Cherise Thompson	Stanford Invitational (3/27/04)	2:13.23
<b>1,500 Meters (4:29.12 NCAA regional qualifying; 4:40.14 Pac-10 qualifying)</b>		
1. Arianna Lambie	Mt. Sac Relays (4/18/04)	#+%4:16.89
2. Katie Hotchkiss	Stanford Invitational (3/27/04)	#+4:20.34
3. Katy Trotter	Mt. Sac Relays (4/18/04)	#+4:26.06
4. Jeane Goff	Stanford Invitational (3/27/04)	+4:32.23
5. Julie Allen	Brutus Hamilton Invitational (4/10/04)	+4:39.85
<b>Mile (4:50.80 NCAA regional qualifying; 5:01.14 Pac-10 Qualifying)</b>		
1. Sara Bei	MPSF Indoor Championships (2/28/04)	+4:42.17
2. Kathleen Trotter	Husky Indoor Invitational (1/31/04)	+4:44.36
3. Katie Hotchkiss	MPSF Indoor Championships (2/28/04)	+4:45.32
4. Amanda Trotter	Last Chance Qualifier (3/6/04)	+4:48.88
<b>3,000 Meter Steeplechase (10:57.18 NCAA regional qualifying; 11:11.69 Pac-10 Qualifying)</b>		
1. Katy Trotter	The Big Meet (5/1/04)	#+10:28.43
2. Amanda Trotter	Penn Relays (4/22/04)	#+10:53.31

<b>5,000 Meters (16:56.43 NCAA regional qualifying; 17:30.14 Pac-10 qualifying)</b>		<b>Time/Mark</b>
1. Alicia Craig	Mt. Sac Relays (4/17/04)	#+15:31.15
2. Sara Bei	Mt. Sac Relays (4/17/04)	#+15:36.21
3. Teresa McWalters	Pac-10 Indoor Invitational (2/14/04)	+16:33.03
4. Amanda Trotter	The Big Meet (5/1/04)	#+16:51.71
5. Anita Siraki	The Big Meet (5/1/04)	#+16:52.52
6. Celia Smalls	Mt. Sac Relays (4/17/04)	+16:59.91
7. Julie Allen	The Big Meet (5/1/04)	+17:17.21
<b>10,000 Meters (34:10.00 NCAA qualifying; 35:15.00 NCAA provisional qualifying; No standard Pac-10 qualifying)</b>		
1. Alicia Craig	Cardinal Invitational (4/30/04)	#+^32:19.97
2. Anita Siraki	Stanford Invitational (3/26/04)	36:23.95
<b>100 Meter Hurdles (13.95 NCAA regional qualifying; 14.34 Pac-10 qualifying)</b>		
1. Lindsey Johnson	Brutus Hamilton Invitational (4/10/04)	#+13.69
<b>400 Meter Hurdles (60.82 NCAA regional qualifying; 62.04 Pac-10 qualifying)</b>		
1. Lindsey Johnson	The Big Meet (5/1/04)	+61.13
<b>400 Meter Relay (45.80 NCAA qualifying; No standard Pac-10 qualifying)</b>		
1. Stanford	The Big Meet (5/1/04)	#+^44.37
Janice Davis, Nashonme Johnson, Christine Moschella, Ashley Purnell		
<b>1,600 Meter Relay (3:43.03 NCAA regional qualifying; No standard Pac-10 qualifying)</b>		
1. Stanford	Texas Relays (4/3/04)	#+^3:33.81
Keisha Gaines, Nashonme Johnson, Janice Davis, Ashley Freeman		
<b>Discus (152-10/46.58m NCAA regional qualifying; 150-11/46.00m Pac-10 qualifying)</b>		
1. Kitty Currier	Hornet Open (3/6/04)	#+160-9 (49.01m)
2. Jill Camarena	The Big Meet (5/1/04)	#+160-0 (48.76m)
3. Stephanie Benight	Cardinal Invitational (4/30/04)	145-6 (44.36m)
4. Lindsay Brisbin	The Big Meet (5/1/04)	142-3 (43.35m)
<b>Hammer (173-4/52.84m NCAA regional qualifying; 170-7/52.00m Pac-10 qualifying)</b>		
1. Sarah Hopping	UC San Diego Invitational (4/23/04)	#+195-2 (59.49m)
2. Jessica Pluth	The Big Meet (5/1/04)	#+193-3 (58.91m)
3. Donielle Colich	Hornet Open (3/6/04)	#+185-8 (56.60m)
4. Lindsay Brisbin	Golden Bear Qualifier (4/25/04)	149-3 (45.50m)
<b>High Jump (5-8/1.73m NCAA regional qualifying; 5-7/1.70m Pac-10 qualifying)</b>		
1. Lindsey Gannaway	Bay Area Blast Off (3/20/04)	+5-8 (1.73m)
<b>Javelin (139-9/41.48m NCAA regional qualifying; 142-1/43.32m Pac-10 qualifying)</b>		
1. Erin Merriman	The Big Meet (5/1/04)	#+153-1 (44.66m)
2. Jennifer Lee	The Big Meet (5/1/04)	129-8 (39.53m)
3. Ahimsa Hodari	Cardinal Invitational (4/30/04)	116-5 (35.48m)
<b>Long Jump (19-5 1/2/5.93m NCAA regional qualifying; 19-0 1/2/5.80m Pac-10 qualifying)</b>		
1. Undine Becker	The Big Meet (5/1/04)	20-4 1/2 (6.21m)
2. Leah Tapscott	The Big Meet (5/1/04)	18-9 3/4 (5.73m)
<b>Pole Vault (12-3 1/2/3.75m NCAA regional qualifying; 12-5 1/2/3.80m Pac-10 qualifying)</b>		
1. Samantha Shepard	Stanford Invitational (3/27/04)	#+13-0 1/4 (3.97m)
2. Leila Ben-Youssef	Brutus Hamilton Invitational (4/10/04)	#+12-8 3/4 (3.88m)
3. Milessa Muchmore	Hornet Op. (3/6/04)/Card. Invite. (4/30/04)/Cal (5/1/04)	11-5 3/4 (3.50m)

**Shot Put (46-8 3/4/14.24m NCAA regional qualifying; 43-5 3/4/13.25m Pac-10 qualifying)**

1. Jill Camarena	Cardinal Invitational (4/30/04)	#+^59-6 3/4 (18.15m)
2. Sarah Hopping	The Big Meet (5/1/04)	40-3 1/4 (12.27m)
3. Ahimsa Hodari	Cal. Invit. Heptathlon Champion. (4/14 - 4/15/04)	37-8 (11.48m)

**Triple Jump (40-2 3/4/12.26m NCAA regional qualifying; 38-10 1/2/11.85m Pac-10 qualifying)**

1. Undine Becker	MPSF Indoor Championships (2/28/04)	+40-8 1/4 (12.40m)
2. Jennifer Lint	Stanford Invitational (3/27/04)	+39-2 1/2 (11.95m)
3. Leah Tapscott	The Big Meet (5/1/04)	37-9 1/4 (11.51m)

**Heptathlon (5,500 NCAA qualifying; 4,215 points Pac-10 qualifying)**

1. Ahimsa Hodari	Cal. Invit. Hept. Champion. (4/14 - 4/15/04)	+4,215 points
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## The 2004 Stanford Track & Field Outdoor Season

### **Julie Allen**

#### **1,500 Meters**

4:39.85 - Brutus Hamilton Invitational (4/10/04)

4:44.05 - Bay Area Blast Off (3/20/04)

#### **5,000 Meters**

17:17.21 - The Big Meet (5/1/04)

17:25.05 - Mt. Sac Relays (4/17/04)

17:53.88 - Stanford Invitational (3/26/04)

### **Jakki Bailey**

#### **100 Meters**

13.07 - Pomona-Pitzer Invitational (4/16/04)

13.28 - Mt. Sac Relays (4/18/04)

### **Undine Becker**

#### **100 Meters**

12.60 - Stanford Invitational (3/26/04)

#### **Long Jump**

20-4 1/2 (6.21m) - The Big Meet (5/1/04)

19-0 (5.79m) - Penn Relays (4/22/04)

### **Sara Bei**

#### **1,500 Meters**

4:40.22 - The Big Meet (5/1/04)

#### **5,000 Meters**

15:36.21 - Mt. Sac Relays (4/17/04)

### **Stephanie Benight**

#### **Discus**

145-6 (44.36m) - Cardinal Invitational (4/30/04)

140-11 (42.96m) - Hornet Open (3/6/04)

139-7 (42.55m) - Stanford Invitational (3/26/04)

138-8 (42.28m) - The Big Meet (5/1/04)

137-9 (42.00m) - Brutus Hamilton Invitational (4/10/04)

135-4 (41.24m) - Golden Bear Qualifier (4/24/04)

135-1 (41.18m) - Bay Area Blast Off (3/20/04)

### **Leila Ben-Youssef**

#### **Pole Vault**

12-8 3/4 (3.88m) - Brutus Hamilton Invitational (4/10/04)

12-5 1/2 (3.80m) - The Big Meet (5/1/04)

12-3 1/2 (3.75m) - Stanford Invitational (3/26/04)

12-3 1/2 (3.75m) - Cal-Nevada State Meet (4/4/04)

12-3 1/2 (3.75m) - Mt. Sac Relays (4/17/04)

12-3 1/2 (3.75m) - Golden Bear Qualifier (4/24/04)

11-5 3/4 (3.50m) - Hornet Open (3/6/04)

11-5 3/4 (3.50m) - Bay Area Blast Off (3/20/04)

### **Lindsay Brisbin**

#### **Discus**

143-9 (43.82m) - Cardinal Invitational (4/30/04)

142-3 (43.35m) - The Big Meet (5/1/04)

136-5 (41.57m) - Hornet Open (3/6/04)

135-1 (41.18m) - Brutus Hamilton Invitational (4/10/04)

135-5 (41.28m) - Cardinal Invitational (4/30/04)

128-8 (39.23m) - Golden Bear Qualifier (4/24/04)

120-6 (36.72m) - Stanford Invitational (3/26/04)

foul - Bay Area Blast Off (3/20/04)

#### **Hammer**

149-3 (45.50m) - Golden Bear Qualifier (4/24/04)

142-8 (43.49m) - The Big Meet (5/1/04)

145-3 (44.28m) - Hornet Open (3/6/04)

143-7 (43.76m) - Stanford Invitational (3/26/04)

### **Jill Camarena**

#### **Discus**

160-0 (48.76m) - The Big Meet (5/1/04)

#### **Shot Put**

59-6 3/4 (18.15m) - Cardinal Invitational (4/30/04)

57-4 3/4 (17.49m) - Stanford Invitational (3/27/04)

57-4 3/4 (17.49m) - The Big Meet (5/1/04)

57-2 1/4 (17.43m) - UC San Diego Invitational (4/24/04)

55-10 1/2 (17.03m) - Rafer Johnson Invitational (4/10/04)

55-10 1/2 (17.03m) - Pomona-Pitzer Invitational (4/16/04)

54-8 3/4 (16.68m) - Texas Relays (4/3/04)

### **Donielle Colich**

#### **Hammer**

185-8 (56.60m) - Hornet Open (3/6/04)

185-4 (56.48m) - The Big Meet (5/1/04)

180-9 (55.10m) - Stanford Invitational (3/27/04)

179-9 (54.78m) - Cardinal Invitational (4/30/04)

178-8 (54.45m) - Rafer Johnson Invitational (4/8/04)

178-6 (54.40m) - UC San Diego Invitational (4/23/04)

176-10 (53.89m) - Pomona-Pitzer Invitational (4/16/04)

172-0 (52.44m) - Mt. Sac Relays (4/17/04)

### **Alicia Craig**

#### **5,000 Meters**

15:31.15 - Mt. Sac Relays (4/17/04)

#### **10,000 Meters**

32:19.97 - Cardinal Invitational (4/30/04)

### **Kitty Currier**

#### **Discus**

160-9 (49.01m) - Hornet Open (3/6/04)

155-1 (47.27m) - Bay Area Blast Off (3/20/04)

154-1 (46.98m) - Cardinal Invitational (4/30/04)

153-0 (46.64m) - The Big Meet (5/1/04)

152-3 (46.42m) - Pomona-Pitzer Invitational (4/16/04)

148-11 (45.40m) - Mt. Sac Relays (4/18/04)

147-4 (44.90m) - UC San Diego Invitational (4/24/04)

145-11 (44.48m) - Stanford Invitational (3/26/04)

137-6 (41.90m) - Rafer Johnson Invitational (4/9/04)

## The 2004 Stanford Track & Field Outdoor Season

### Janice Davis

#### 100 Meters

11.72 - The Big Meet (5/1/04)  
11.82 - Mt. Sac Relays (4/18/04)  
11.85wa - Stanford Invitational (3/27/04)  
11.94 - Stanford Invitational (3/26/04)  
12.08 - Texas Relays (4/2/04)

#### 200 Meters

23.95 - Mt. Sac Relays (4/18/04)  
24.01 - The Big Meet (5/1/04)  
24.47 - Brutus Hamilton Invitational (4/10/04)

#### 400 Meters

54.84 - Pomona-Pitzer Invitational (4/16/04)  
57.18 - Brutus Hamilton Invitational (4/10/04)

### Ashley Freeman

#### 400 Meters

54.36 - Brutus Hamilton Invitational (4/10/04)  
54.37 - Stanford Invitational (3/26/04)

#### 800 Meters

2:08.43 - The Big Meet (5/1/04)  
2:09.54 - Stanford Invitational (3/17/04)

### Keisha Gaines

#### 200 Meters

25.04 - Stanford Invitational (3/26/04)

#### 400 Meters

54.43 - Pomona-Pitzer Invitational (4/16/04)  
54.79 - Brutus Hamilton Invitational (4/10/04)  
55.08 - Stanford Invitational (3/27/04)  
55.86 - The Big Meet (5/1/04)

### Lindsey Gannaway

#### High Jump

5-8 (1.73m) - Bay Area Blast Off (3/20/04)  
5-7 (1.70m) - The Big Meet (5/1/04)  
5-4 1/4 (1.63m) - Stanford Invitational (3/27/04)  
5-4 (1.62m) - Mt. Sac Relays (4/18/04)

### Jeane Goff

#### 1,500 Meters

4:32.23 - Stanford Invitational (3/27/04)  
4:38.71 - Hornet Open (3/6/04)

### Ahimsa Hodari

#### Heptathlon

4,215 points - Cal. Heptathlon Champion. (4/14 - 4/15/04)

#### 200 Meters

27.88 - Brutus Hamilton Invitational (4/10/04)  
28.01 - California Invit. Hept. Champion. (4/14 - 4/15/04)  
28.22 - Stanford Invitational (3/26/04)  
28.28 - Cardinal Invitational (4/30/04)

#### 800 Meters

2:36.17 - California Invit. Hept. Champion. (4/14 - 4/15/04)  
2:38.57 - Bay Area Blast Off (3/20/04)

#### 100 Meter Hurdles

14.95 - Brutus Hamilton Invitational (4/10/04)  
15.59 - The Big Meet (5/1/04)  
16.30 - Cal. Invite. Heptathlon Champion. (4/14 - 4/15/04)

#### High Jump

4-7 (1.40m) - Cal. Invite. Hept. Champion. (4/14 - 4/15/04)  
nh - The Big Meet (5/1/04)

#### Javelin

116-5 (35.48m) - Cardinal Invitational (4/30/04)  
110-2 (33.70m) - Cal. Invit. Hept. Champ. (4/14 - 4/15/04)  
105-8 (32.21m) - Bay Area Blast Off (3/20/04)  
84-8 (25/81m) - Stanford Invitational (3/26/04)

#### Long Jump

16-11 1/4 (5.16m) - Cal. Invit. Hept. Champ. (4/14 - 4/15/04)  
16-10 3/4 (5.15m) - Cardinal Invitational (4/30/04)

#### Shot Put

37-8 (11.48m) - Cal. Invite. Hept. Champ. (4/14 - 4/15/04)

### Sarah Hopping

#### Hammer

195-2 (59.49m) - UC San Diego Invitational (4/23/04)  
193-3 (58.90m) - The Big Meet (5/1/04)  
190-1 (57.93m) - Stanford Invitational (3/27/04)  
186-6 (56.84m) - Rafer Johnson Invitational (4/8/04)  
186-0 (56.70m) - Hornet Open (3/6/04)  
184-10 (56.34m) - Cardinal Invitational (4/30/04)  
185-7 (56.58m) - Mt. Sac Relays (4/18/04)  
182-7 (55.66m) - Pomona-Pitzer Invitational (4/16/04)

#### Shot Put

40-3 1/4 (12.27m) - The Big Meet (5/1/04)

### Katie Hotchkiss

#### 800 Meters

2:11.90 - The Big Meet (5/1/04)

#### 1,500 Meters

4:20.34 - Stanford Invitational (3/27/04)  
4:37.81 - Mt. Sac Relays (4/18/04)

### Jia Hou

#### 1,500 Meters

5:14.31 - Brutus Hamilton Invitational (4/10/04)

#### 5,000 Meters

18:48.70 - The Big Meet (5/1/04)  
19:06.36 - Stanford Invitational (3/26/04)

## The 2004 Stanford Outdoor Track & Field Season

### Lindsey Johnson

#### 100 Meter Hurdles

13.69 - Brutus Hamilton Invitational (4/10/04)  
13.71 - The Big Meet (5/1/04)  
13.90 - Brutus Hamilton Invitational (4/10/04)  
13.90 - Pomona-Pitzer Invitational (4/16/04)  
14.01 - Stanford Invitational (3/26/04)  
14.02 - Stanford Invitational (3/27/04)  
14.06 - Bay Area Blast Off (3/20/04)  
fs - Texas Relays (4/2/0-4)

#### 400 Meter Hurdles

61.13 - The Big Meet (5/1/04)  
61.71 - Mt. Sac Relays (4/18/04)  
62.15 - Texas Relays (4/1/04)  
63.54 - Stanford Invitational (3/26/04)

### Nashonme Johnson

#### 100 Meters

11.89 - The Big Meet (5/1/04)

#### 200 Meters

23.92 - The Big Meet (5/1/04)  
24.75 - Stanford Invitational (3/26/04)

#### 400 Meters

53.59 - Brutus Hamilton Invitational (4/10/04)  
54.58 - Stanford Invitational (3/27/04)  
55.54 - Mt. Sac Relays (4/18/04)

### Arianna Lambie

#### 800 Meters

2:08.06 - Brutus Hamilton Invitational (4/10/04)  
2:08.31 - The Big Meet (5/1/04)

#### 1,500 Meters

4:16.89 - Mt. Sac Relays (4/18/04)  
4:17.01 - Stanford Invitational (3/27/04)  
4:39.66 - The Big Meet (5/1/04)

### Jennifer Lee

#### Javelin

129-8 (39.53m) - The Big Meet (5/1/04)  
116-11 (35.65m) - Bay Area Blast Off (3/20/04)  
104-10 (31.95m) - Stanford Invitational (3/26/04)

### Jennifer Lint

#### Long Jump

16-4 1/2 (4.99m) - Stanford Invitational (3/26/04)  
16-0 1/4 (4.88m) - Hornet Open (3/6/04)  
foul - Bay Area Blast Off (3/20/04)

#### Triple Jump

39-2 1/2 (11.95m) - Stanford Invitational (3/27/04)  
36-5 3/4 (11.12m) - Bay Area Blast Off (3/20/04)  
36-5 1/2 (11.11m) - Brutus Hamilton Invitational (4/10/04)  
35-6 (10.82m) - The Big Meet (5/1/04)

### Erin Merriman

#### Javelin

153-1 (46.66m) - The Big Meet (5/1/04)  
150-2 (45.77m) - Rafer Johnson Invitational (4/9/04)  
146-11 (44.78m) - UC San Diego Invitational (4/24/04)  
143-6 (43.74m) - Bay Area Blast Off (3/20/04)  
127-9 (38.94m) - Mt. Sac Relays (4/17/04)  
123-1 (37.51m) - Stanford Invitational (3/26/04)

### Christine Moschella

#### 200 Meters

24.26 - The Big Meet (5/1/04)  
24.86 - Mt. Sac Relays (4/18/04)  
25.29 - Stanford Invitational (3/26/04)

#### 400 Meters

55.36 - The Big Meet (5/1/04)  
55.62 - Brutus Hamilton Invitational (4/10/04)  
56.08 - Pomona-Pitzer Invitational (4/16/04)  
56.12 - Mt. Sac Relays (4/18/04)  
56.68 - Bay Area Blast Off (3/20/04)  
57.32 - Stanford Invitational (3/27/04)

### Melissa Muchmore

#### Pole Vault

11-5 3/4 (3.50m) - Hornet Open (3/20/04)  
11-5 3/4 (3.50m) - Cardinal Invitational (4/30/04)  
11-5 3/4 (3.50m) - The Big Meet (5/1/04)  
11-3 3/4 (3.45m) - Stanford Invitational (3/26/04)  
11-3 3/4 (3.45m) - Golden Bear Qualifier (4/24/04)  
10-11 3/4 (3.35m) - Bay Area Blast Off (3/20/04)

### Chinny Offor

#### 400 Meters

54.43 - Brutus Hamilton Invitational (4/10/04)  
54.67 - Stanford Invitational (3/26/04)

#### 800 Meters

2:06.17 - Stanford Invitational (3/27/04)  
2:08.70 - The Big Meet (5/1/04)  
2:24.73 - Mt. Sac Relays (4/18/04)

### Carolyn Penner

#### 800 Meters

2:27.47 - Bay Area Blast Off (3/20/04)

#### 1,500 Meters

4:52.78 - Brutus Hamilton Invitational (4/10/04)  
4:53.63 - Stanford Invitational (3/26/04)  
4:55.56 - Hornet Open (3/6/04)  
5:03.18 - The Big Meet (5/1/04)

### Jessica Pluth

#### Hammer

193-3 (58.91m) - The Big Meet (5/1/04)  
189-8 (57.82m) - Cardinal Invitational (4/30/04)  
188-2 (57.36m) - Pomona-Pitzer Invitational (4/16/04)  
184-6 (56.23m) - UC San Diego Invitational (4/23/04)  
181-1 (55.19m) - Mt. Sac Relays (4/17/04)  
173-8 (52.94m) - Stanford Invitational (3/27/04)  
167-5 (51.04m) - Rafer Johnson Invitational (4/8/04)

## The 2004 Stanford Outdoor Track & Field Season

### Ashley Purnell

#### 100 Meters

11.97 - Mt. Sac Relays (4/18/04)  
12.10 - The Big Meet (5/1/04)  
12.13 - Pomona-Pitzer Invitational (4/16/04)  
12.14 - Brutus Hamilton Invitational (4/10/04)  
12.31 - Stanford Invitational (3/26/04)  
12.42 - Bay Area Blast Off (3/20/04)

#### 200 Meters

24.39 - Mt. Sac Relays (4/18/04)  
24.99 - Brutus Hamilton Invitational (4/10/04)  
25.07 - Bay Area Blast Off (3/20/04)  
25.24 - Stanford Invitational (3/27/04)

### Leah Sawyer

#### 5,000 Meters

19:11.66 - Stanford Invitational (3/26/04)

### Samantha Shepard

#### Pole Vault

13-0 1/4 (3.97m) - Stanford Invitational (3/27/04)  
12-11 1/2 (3.95m) - Cal-Nevada State Meet (4/4/04)  
12-11 1/2 (3.95m) - The Big Meet (5/1/04)  
12-9 1/2 (3.90m) - Golden Bear Qualifier (4/24/04)  
12-7 1/4 (3.84m) - Bay Area Blast Off (3/20/04)  
12-2 3/4 (3.73m) - Brutus Hamilton Invitational (4/10/04)  
11-11 3/4 (3.65m) - Hornet Open (3/6/04)

### Anita Siraki

#### 5,000 Meters

16:52.52 - The Big Meet (5/1/04)  
16:59.82 - Mt. Sac Relays (4/17/04)

#### 10,000 Meters

36:23.95 - Stanford Invitational (3/26/04)

### Celia Smalls

#### 1,500 Meters

4:41.62 - Brutus Hamilton Invitational (4/10/04)  
4:48.21 - Hornet Open (3/6/04)

#### 5,000 Meters

16:59.91 - Mt. Sac Relays (4/17/04)  
17:15.77 - Stanford Invitational (3/26/04)

### Leah Tapscott

#### Long Jump

18-9 3/4 (5.73m) - The Big Meet (5/1/04)  
18-4 1/4 (5.59m) - Stanford Invitational (3/26/04)  
17-11 3/4 (5.48m) - Bay Area Blast Off (3/20/04)  
17-6 (5.33m) - Horner Open (3/6/04)  
17-1 1/2 (5.22m) - Brutus Hamilton Invitational (4/10/04)

#### Triple Jump

37-9 1/4 (11.51m) - The Big Meet (5/1/04)

### Cherise Thompson

#### 400 Meters

58.93 - Bay Area Blast Off (3/20/04)  
59.56 - Stanford Invitational (3/26/04)

#### 800 Meters

2:13.23 - Stanford Invitational (3/27/04)  
2:15.61 - Brutus Hamilton Invitational (4/10/04)  
2:17.00 - The Big Meet (5/1/04)

### Amanda Trotter

#### 3,000 Meter Steeplechase

10:28.43 - The Big Meet (5/1/04)  
10:53.31 - Penn Relays (4/22/04)

#### 5,000 Meters

16:51.71 - The Big Meet (5/1/04)  
17:17.47 - Mt. Sac Relays (4/17/04)

### Katy Trotter

#### 1,500 Meters

4:26.06 - Mt. Sac Relays (4/18/04)

#### 400 Meter Relay

##### 44.37 - The Big Meet (5/1/04)

Janice Davis, Nashonme Johnson, Christine Moschella,  
Ashley Purnell

45.33 - Penn Relays (4/23/04)

Janice Davis, Nashonme Johnson, Christine Moschella,  
Ashley Purnell

45.92 - Penn Relays (4/22/04)

46.15 - Stanford Invitational (3/27/04)

#### 1,600 Meter Relay

3:33.81 - Texas Relays (4/3/04)

Keisha Gaines, Nashonme Johnson, Janice Davis, Ashley  
Freeman

3:37.56 - Texas Relays (4/2/04)

Keisha Gaines, Nashonme Johnson, Janice Davis, Ashley  
Freeman

3:37.63 - Stanford Invitational (3/27/04)

Keisha Gaines, Nashonme Johnson, Chinny Offor, Ashley  
Freeman

3:39.38 - Penn Relays (4/22/04)

Keisha Gaines, Janice Davis, Christine Moschella, Ashley  
Freeman

3:40.94 - The Big Meet (5/1/04)

Chinny Offor, Christine Moschella, Keisha Gaines, Lindsey  
Johnson

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