

Utah State Outdoor Track & Field Bests

Men 5/01/06

	Time/Distance	Place	Date
100Meters (10.50 Regional)			
DJ Smith	10.36	BYU	4/29/06
200Meters (21.19 Regional)			
DJ Smith	20.96	BYU	4/22/06
Cedric Young	21.39	BYU	4/22/06
Brett Knighton	22.73	UofA	3/20/06
Shane Cronin	22.83	UofA	3/20/06
400Meters (47.26 Regional)			
Dasheek Akwenye	47.47	BYU	4/29/06
Brett Knighton	49.22	UCLA	4/6/06
Dave Grey	50.01	BYU	3/31/06
Emon Williams	50.12	UofA	3/20/06
Shane Cronin	49.61	UCLA	4/6/06
Craig Bown	49.95	BYU	4/29/06
800Meters (1:50.40 Regional)			
Craig Bown	1:52.78	UCLA	4/22/06
Emon Williams	1:55.56	BYU	4/15/06
Yance Fawcett	1:54.00	BYU	4/29/06
Mitch Lancaster	1:58.35	BYU	3/31/06
Mercer Owen	1:58.22	BYU	4/29/06
David Grey	1:56.08	BYU	4/15/06
1500Meters (3:47.80 Regional)			
Ben Kessen	3:56.85	BYU	4/15/06
Todd Griffith	4:01.80	BYU	4/15/06
Seth Wold	3:55.89	UofA	3/20/06
Vance Twitchell	4:05.36	UofA	3/20/06
Taylor Price	4:20.50	UofA	3/20/06
Derek Hastings	4:10.15	BYU	4/15/06
Clark Bryner	4:20.09	BYU	4/15/05
5,000Meter (14:30.62 Regional)			
Trever Ball	14:30.33	UCLA	4/6/06

Seth Wold	14:39.21	UCLA	4/6/06
Clark Bryner	16:08.93	UCLA	4/6/06
Vance Twitchell	15:02.12	BYU	4/15/06

**400Meter Hurdles
(52.51 Regional)**

Scott Bell	50.87	BYU	4/29/06
Nick Karren	53.01	BYU	4/29/06
Justin Wickard	52.96	UCLA	4/6/06
Brad Martin	56.45	BYU	3/31/06

**110Meter Hurdles
(14.30 Regional)**

Justin Wickard	14.03	BYU	4/15/06
Scott Bell	14.36	BYU	4/29/06
Jason Jepps	14.66	USU	4/22/06
Nick Karren	15.11	BYU	4/29/06

**3,000Meter Steeplechase
(9:07.00 Regional)**

Derek Hastings	10:06.58	BYU	4/29/06
Vance Twitchell	9:15.22	USU	4/22/06
Taylor Price	10:54.24	BYU	4/29/06

**4x4Meter Relay
(3:10.00 Regional)**

Utah State	3:14.67	BYU	4/15/06
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**4X100Meter Relay
(40.54 Regional)**

Utah State	40.64	USU	4/22/06
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**High Jump
(2.10m/6-10³/₄ft. Regional)**

Clint Silcock	2.10m(6-10 ³ / ₄)	UofA	3/20/06
Mike McConkie	2.03m(6-08)	USU	4/22/06

**Long Jump
(7.34m/24-1ft. Regional)**

Justin Wickard	7.05m(23-01.75)	BYU	4/15/06
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**Shot Put
(16.80m/55-1¹/₂ft. Regional)**

Kevin Liu	15.99m(52-05.50)	BYU	3/31/06
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**Pole Vault
(5.05m/16.7ft. Regional)**

Matt Hansen	4.65m(15-3)	UofA	3/20/06
Palmer Hawkins	4.45m(14-07.25)	BYU	4/15/06

**Javelin
(61.60m/201-1ft. Regional)**

Logan Moore	57.59m(189-01)	USU	4/22/06
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Chase Taylor	52.67m(172-10)	UCLA	4/8/06
Patrick Monday	48.02m(157-06)	BYU	4/15/06
Camron Madsen	45.42m(149-0)	BYU	4/15/06

Hammer Throw

(55.60M/182FT. Regional)

Kevin Liu	55.61m(182-05)	BYU	4/29/06
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Discuss Throw

(51.70m/169-07ft. Regional)

Kevin Liu	49.58m(162-08)	BYU	4/29/06
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Triple Jump

(15.08m/49-05 $\frac{3}{4}$ ft. Regional)

Nnamdi Gwacham	14.39m(47-02.50)	BYU	4/29/06
Kevin Robinson	13.76m(45-01.75)	BYU	4/29/06

Utah State Outdoor Track & Field Bests

Women 5/01/06

	Time/Distance	Place	Date
100Meters			
(11.75 Regional)			
Megan Wold	12.96	BYU	4/15/06
Natalie Wisan	12.73	BYU	4/29/06
200Meters			
(23.96 Regional)			
Natalie Wisan	26.10	BYU	4/29/06
Megan Wold	26.82	BYU	4/29/06
Lacey Schroeder	25.80	UofA	3/20/06
Elaine Connolly	26.00	UofA	3/20/06
Jen Day	26.36	UofA	3/20/06
Amy Savageau	28.10	UofA	3/20/06
Amber Judd	25.54	BYU	4/15/06
400Meters			
(54.61 Regionals)			
Elaine Connolly	57.05	USU	4/22/06
Jen Day	58.34	BYU	4/29/06
Dana Strauss	1:02.81	UofA	3/20/06
800Meters			

(2:09.80 Regional)

Amy Egan	2:14.38	UofA	3/20/06
Jennifer Twitchel	2:14.85	BYU	4/15/06
Kristen Guymon	2:10.71	USU	4/22/06
Jill Steele	2:11.75	BYU	4/29/06

1500Meters

(4:27.80 Regional)

Kristen Guymon	4:28.93	UCLA	4/6/06
Jennie Twitchell	4:32.01	Stanford	3/31/06
Amy Egan	4:35.30	Stanford	3/31/06
Stacie Lifferth	4:40.75	UofA	3/20/06
Caroline Berry	4:45.08	UofA	3/20/06
Rebecca Bostwick	4:56.95	UofA	3/20/06
Erica Martineau	5:18.91	UofA	3/20/06
Vanessa Hawkins	4:55.73	BYU	4/15/06
Becki Bostwick	5:02.04	BYU	4/15/06

400Meter Hurdles

(1:00.82 Regional)

Amber Judd	1:00.49	BYU	4/29/06
Dana Strauss	1:04.41	BYU	4/15/06

100Meter Hurdles

(13.92 Regional)

Amber Judd	14.02	BYU	4/29/06
Lacey Schroeder	14.42	BYU	3/31/06
Dana Strauss	15.32	BYU	3/31/06
Aimee Savageau	15.90	UofA	3/20/06

4X400Meter Relay

(3:42.00 Regional)

Utah State	3:51.14	BYU	4/15/06
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4X100Meter Relay

(45.58 Regional)

Utah State	47.95	BYU	4/29/06
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3,000Meter Steeplechase

(11:04.90 Regional)

Stacie Lifferth	10:28.05	Stanford	3/31/06
Jennie Twitchell	11:17.32	UCLA	4/6/06
Tiffany Strickland	11:07.94	BYU	4/29/06

5,000Meter

(17:16.55 Regional)

Caroline Berry	17:16.28	UCLA	4/6/06
Rebecca Bostwick	17:58.00	UCLA	4/6/06
Erica Martineau	19:18.98	BYU	4/29/06
Stacie Lifferth	18:22.37	USU	4/22/06
Vanessa Hawkins	19:04.25	USU	4/29/06

Long Jump

(5.97m/19-7ft. Regional)

Lacey Schroeder	5.47m(17-11.25)	UofA	3/20/06
Aimee Savageau	4.65m(14-10.50)	BYU	4/15/06

High Jump

(1.75m/5-8¾ft. Regional)

Tara Pickett	1.65m(5-05)	BYU	3/31/06
Aimee Savageau	1.63m(5-04.25)	USU	4/22/06
Jaime Munns	1.55m(5-01)	BYU	4/29/06

Pole Vault

(3.80m/12-5½ft. Regional)

Kat Duhadway	3.81m(12-6)	USU	4/22/06
Kaylene Gastaldi	3.55m(11-07.75)	UCLA	4/8/06

Hammer Throw

(54.15m/177-8ft. Regional)

Michelle Bowen	46.2m(151-07)	BYU	4/15/06
Krista Larson	37.01m(121-05)	UCLA	4/8/06

Discuss Throw

(47.30m/155-2ft. Regional)

Krista Larson	39.39m(129-03)	BYU	3/31/06
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Shot Put

(16.08m/52-09¼ft. Regional)

Krista Larson	11.64m(38-02.25)	UCLA	4/8/06
Aimee Savageau	11.19m(36-08.50)	BYU	4/15/06