

2009 Women's Outdoor Best Marks (as of 5/31/09)

2009 UCLA Women's Track & Field Results

Indoor

January 17 - UW Preview (Seattle, WA)
 January 30-31 - United Heritage Invitational (Nampa, ID)
 February 6-7 - New Balance Collegiate Invitational (New York, NY)
 February 13-14 - Tyson Invitational (Fayetteville, AR)
 February 27-28 - MPSF Championships (Seattle, WA)
 March 7 - UW Last Chance Qualifier (Seattle, WA)
 March 13-14 - NCAA Indoor Championships (35thT, 6 pts./College Station, TX)

Outdoor

March 6-7 - Ben Brown Invitational (Fullerton, CA)
March 28-29 - Cal/Nevada Championships (1st, 164.50 pts.)
April 3-4 - UCLA Invitational (Drake Stadium)
April 9-11 - RJ/JJK Invitational (Drake Stadium)
 April 18-19 - Mt. SAC Relays (Walnut, CA)
 April 23-25 - Penn Relays (Philadelphia, PA)
 April 24-25 - UCSD Triton Invitational (La Jolla, CA)
 May 1-2 - UCLA/USC Dual Meet (L, 93-70)
 May 8-9 - Pac-10 Heptathlon/Decathlon Championships (Eugene, OR)
 May 9 - Occidental Invitational (Eagle Rock, CA)
 May 16-17 - Pac-10 Championships (5th, 79.50 pts.)
 May 29-30 - NCAA West Region Championships (4th, 64.50 pts.)
 June 10-13 - NCAA Outdoor Championships (Fayetteville, AR)
 June 25-28 - USATF Junior/Senior National Championships (Eugene, OR)

BEST MARKS KEY

(x)-Lifetime-best in parenthesis
 R - NCAA Regional Qualifier
 A - NCAA Automatic Qualifier
 P - NCAA Provisional Qualifier
 SR-School Record

100m (Regional-11.75)

Yasmin Woodruff (11.59)	11.65R (5/2)
Krystin Lacy (11.58)	11.67R (5/2)
RoNecia Nash (11.5)	11.87 (5/2)
Nijah Nelms (11.85)	11.92 (5/2)
Lindsay Rowe	12.07 (5/9)
Brittany Stalworth (12.19)	12.87 (5/9)
Nicole Leach (11.80)	
Rhonda Watkins (12.31)	
Dayna Hill (12.4)	
Tierra Ward (12.48)	

200m (Regional-23.96)

Yasmin Woodruff	23.70R (5/30)
Krystin Lacy (23.45)	23.85R (5/2)
RoNecia Nash (23.6)	24.47 (5/16)
Danielle Watson	24.59 (4/4)
Ashlea McLaughlin	24.74 (4/4)
Ryann Kraiss (24.31)	24.75 (5/9)
Nijah Nelms (24.31)	24.95 (5/2)
Krishna Curry	25.03 (4/10)
Camilla Dencer (24.87)	25.19 (4/25)
Lindsay Rowe	25.50 (4/4)
Britney Stalworth (26.33)	26.30 (5/9)
Nicole Leach (23.95)	
Chanelle Curry (24.30)	
Joy Eaton (25.11)	
Brittany Stalworth (25.2)	
Krishna Curry (25.77)	
Hillary Werth (26.65)	

400m (Regional-54.61)

Nicole Leach (51.69)	52.04R (5/2)
Krystin Lacy	53.16R (5/17)
Camilla Dencer	54.27R (3/29)
Ashlea McLaughlin (54.3)	54.61R (4/10)
Ryann Kraiss	57.45 (3/28)
Chanelle Curry (55.10)	57.55 (5/9)
Joy Eaton (53.97)	57.98 (5/2)
Krishna Curry (55.52)	
Briana Barlow (57.65)	

800m (Regional-2:09.80)

Krishna Curry (2:04.70)	2:06.01R (5/17)
Camilla Dencer (2:07.54)	2:07.97R (4/18)
Rosa Magaña	2:11.70 (5/9)
Lauren Jirges	2:13.48 (4/10)
Gabrielle Bournes (2:11.15)	2:14.74 (4/18)
Ryann Kraiss (2:16.96)	2:14.96 (5/10)
Shannon Murakami (2:10)	2:15.02 (3/28)
Joy Eaton	2:16.64 (4/25)
Nicole Leach (2:09.61)	
Olga Aulet-Leon (2:14.19)	
Sadee Martinez (2:18.98)	
Brittany Borman (2:24.75)	
Hillary Werth (2:40.98)	

1500m (Regional-4:27.80)

Shannon Murakami	4:26.66R (4/11)
Ciara Viehweg	4:31.16 (5/2)
Lauren Jirges (4:28.96)	4:33.82 (4/4)
Rosa Magaña	4:36.29 (4/10)
Krishna Curry	4:38.66 (4/4)
Paige Rackley	4:42.83 (3/29)
Katja Goldring	4:44.96 (5/2)
Sadee Martinez	4:45.09 (4/25)
Olga Aulet-Leon (4:26.20)	4:45.56 (5/9)
Kelcie Wiemann	4:51.32 (4/4)
Taryn Pastoor	5:04.55 (4/25)
Gabrielle Bournes (4:50.22)	

Mile (Regional - 4:49.30)

Shannon Murakami (4:42)

2-Mile

Shannon Murakami (10:31)
 Kelcie Wiemann (11:47.83)

3000m

Olga Aulet-Leon (9:47.77)

3000m Steeplechase (Regional-10:50.25)

Ciara Viehweg	10:20.66R {school record} (4/10)
Sadee Martinez	11:05.85 (4/18)
Paige Rackley	11:25.12 (4/4)
Kelcie Wiemann (11:15.29)	
Lauren Jirges (11:22.11)	
Shannon Murakami (11:44.87)	

5000m (Regional-16:52.00)

Katja Goldring	16:42.11R (4/18)
Shannon Murakami	17:19.25 (3/28)
Kelcie Wiemann	17:33.65 (4/10)
Olga Aulet-Leon	17:38.21 (3/7)
Taryn Pastoor	18:01.94 (4/10)
Ciara Viehweg (17:43.20)	
Lauren Jirges (18:29.38)	

2009 Women's Outdoor Best Marks (as of 5/31/09)

10,000m (Auto-33:30.00/Prov-35:00.00)

Katja Goldring	35:48.54 (3/28)
Kelcie Wiemann	36:09.63 (4/18)

100m Hurdles (Regional-13.92)

Lindsay Rowe	13.45R (5/2)
Ryann Kraiss (13.5)	13.61R (5/17)
LeNette Battle (14.2)	14.37 (5/2)
Hillary Werth (15.04)	17.14 (5/9)
Ke'Nyia Richardson (13.32)	
RoNecia Nash (13.7)	
Tierra Ward (14.49)	
Nicole Leach (15.59)	

400m Hurdles (Regional-1:00.82)

Nicole Leach (54.30)	56.29R (5/30)
Ryann Kraiss (57.2)	58.81R (5/30)
Chanelle Curry (60.75)	1:01.36 (4/4)
LeNette Battle	1:02.72 (4/10)

4x100m Relay (Regional-45.70)

Nash, Leach, Woodruff, Lacy	44.82R (5/17)
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4x400m Relay (Regional-3:42.00)

McLaughlin, Lacy, Dencer, Leach	3:33.44R (5/30)
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4x800m Relay

Sprint Medley Relay

Distance Medley Relay

High Jump (Regional-5-8.75/1.75)

Rhonda Watkins (6-0.50)	5-10.75/1.80mR (5/2)
Ryann Kraiss (5-8)	5-5.25/1.66m (5/9)
Kaitlin Sather	5-5/1.65m (5/2)
Camilla Dencer (5-8)	5-3/1.60m (4/25)
Shannon Armstrong	5-3/1.60m (5/2)
Brittany Borman (5-6)	
Hillary Werth (4-11.50)	

Pole Vault (Regional-12-7.50/3.85)

Katy Viuf	14-1.25/4.30mR (3/28)
Megan Jamerson (13-3.50)	13-1.75/4.01mR (4/11)
Tori Anthony (14-1.25)	12-11.50/3.95mR (4/17)
Tori Peña (13-7.75)	12-11.50/3.95mR (4/17)
Aubree Stark (11-11)	11-7.75/3.55m (5/9)
Lindsay Regan (13-6)	
Molly Mahony (11-3)	

Long Jump (Regional-19-8.25/6.00)

Rhonda Watkins (22-10{w+2.5}/22-4.25)	21-10.25/6.66mR (5/29)
Danielle Watson (20-10)	20-8/6.30mR (5/29)
Ke'Nyia Richardson (20-10.25)	19-3.50/5.88m (5/2)
Dayna Hill	18-9.75/5.73m (5/2)
Ryann Kraiss (20-3)	18-6.50/5.65m (5/10)
Julia Co (18-10)	17-5.50/5.32m (5/2)
Jade Niemeyer (15-9)	
Hillary Werth (15-4.50)	

Triple Jump (Regional-40-5/12.32)

Ke'Nyia Richardson (44-6.75)	41-9.75/12.74mR (5/30)
Rhonda Watkins	38-4/11.68m (5/2)
Dayna Hill (35-8.50)	37-9.25/11.51m (4/4)
Danielle Watson (39-9.75)	37-6.75/11.45m (4/4)

Shot Put (Regional-46-11/14.30)

Brittany Borman (47-11.50)	47-7.25/14.51mR (5/2)
Catherine White	44-11/13.69m (3/29)
Alexa Berg (43-7)	43-3.25/13.19m (4/25)
Ryann Kraiss	39-7.75/12.08m (5/9)
Jade Niemeyer (41-8)	37-9.25/11.51m (3/7)
Hillary Werth (40-8.25)	

Discus (Regional-155-2/47.30)

Brittany Borman	157-8/48.06mR (5/2)
Catherine White	144-7/44.06m (5/2)
Tara Ross (137-0)	

Hammer (Regional-177-8/54.15)

Jade Niemeyer	172-10/52.67m (5/1)
Brittany Borman	154-3/47.03m (5/1)
Catherine White	153-11/46.91m (5/1)

Javelin (Regional-142-7/43.45)

Tara Ross	166-1/50.63mR (5/2)
Brittany Borman (155-1)	150-6/45.87mR (3/28)
Hillary Werth (141-1)	130-8/39.82m (4/4)
Ryann Kraiss	126-8/38.62m (5/2)
Jade Niemeyer (104-0)	

Heptathlon (Auto-5500; Prov-5050)

Ryann Kraiss	5606A {3387/2219} (5/9-10)
(100H-13.81R/1005 pts.; HJ-5-5.25/806 pts.; SP-39-7.75/666 pts.; 200m-24.75/910 pts.; LJ-18-6.50/744 pts.; JT-116-7/582 pts.; 800-2:14.96/893 pts.)	

Brittany Borman (4826)
Hillary Werth (4472 {2811/1661})

2009 Women's Indoor Best Marks (as of Final)

2009 Indoor Schedule

January 17 - UW Preview (Seattle, WA)
 January 30-31 - Bronco Invitational (Nampa, ID)
 February 6-7 - New Balance Collegiate Invitational (New York, NY)
 February 14 - Northern Arizona Classic (Flagstaff, AZ)
 February 27-28 - MPSF Championships (4th, 75.50 pts./Seattle, WA)
 March 7 - UW Last Chance Qualifier (Seattle, WA)
 March 13-14 - NCAA Indoor Championships (35thT, 6 pts./College Station, TX)

BEST MARKS KEY

(X) - Lifetime-best in parenthesis
 A - NCAA Automatic qualifier
 P - NCAA Provisional qualifier
 SR - School Record

60m (Auto-7.26; Prov-7.44)

Krystin Lacy	7.55 (2/27)
Ronecia Nash	7.61 (1/31)
Yasmin Woodruff	7.65 (1/31)
Nijah Nelms	7.72 (2/27)
Lindsay Rowe	8.01 (1/31)
Brittany Stalworth	8.01 (3/7)

200m (Auto-23.20; Prov-23.90)

Krystin Lacy	24.72 (2/27)
Yasmin Woodruff	24.95 (2/7)
Nijah Nelms	25.39 (1/31)
Brittany Stalworth	27.03 (1/31)
Danielle Watson (25.18)	
Chanelle Curry (25.73)	
Ashlea McLaughlin (25.75)	

400m (Auto-52.40; Prov-54.40)

Nicole Leach	54.28P (2/28)
Camilla Dencer	54.57 (2/28)
Ashlea McLaughlin	55.07 (2/6)
Krystin Lacy (55.39)	55.79 (2/6)
Joy Eaton (55.34)	55.90 (1/31)
Ryann Kraus	56.73 (1/31)
Chanelle Curry (56.79)	

800m (Auto-2:05.00; Prov-2:09.00)

Krishna Curry	2:07.51P (2/28)
Rosa Magaña	2:12.96 (1/31)
Shannon Murakami (2:15.10)	2:17.07 (1/31)
Ryann Kraus	2:18.94 (2/27)
Gabrielle Bournes (2:13.09)	2:22.68 (1/17)
Lauren Jirges (2:12.17)	

Mile (Auto-4:38.00; Prov-4:48.00)

Shannon Murakami (4:54.55)	4:58.20 (2/7)
Lauren Jirges (4:49.12)	4:58.73 (2/28)
Kelcie Wiemann	5:15.84 (3/7)

3000m (Auto-9:15.00; Prov-9:34.00)

Katja Goldring	10:00.84 (1/17)
Kelcie Wiemann	10:37.42 (1/17)

5000m (Auto-16:08.00; Prov-16:45.00)

Katja Goldring	16:55.62 (3/7)
Kelcie Wiemann	17:44.49 (2/27)
Olga Aulet-Leon (17:03.84)	

55mH (Auto-7.57; Prov-7.86)

Lindsay Rowe (7.69)	
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60mH (Auto-8.14; Prov-8.43)

Lindsay Rowe (8.25)	8.50 (2/27)
Ryann Kraus (8.54)	8.66 (1/31)
Ronecia Nash	8.76 (1/31)
LeNette Battle	8.95 (1/31)
Tierra Ward (9.25)	

4x400m Relay (Auto-3:33.00; Prov-3:40.00)

McLaughlin, Dencer, Lacy, Leach	3:37.19P (2/28)
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Distance Medley Relay (Auto-11:09.00; Prov-11:30.00)

K. Curry, Leach, Dencer, Buckley	11:54.26 (2/6)
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High Jump (Auto-6-0.75/1.85; Prov-5-10/1.78)

Rhonda Watkins	5-8.50/1.74m (2/28)
Ryann Kraus	5-4.50/1.64m (2/27)
Shannon Armstrong	5-2.50/1.59m (3/7)

Pole Vault (Auto-13-9.25/4.20; Prov-12-11.50/3.95)

Katy Viuf	13-5.25/4.10mP (2/27)
Tori Peña (12-8)	12-9.50/3.90m (2/7)
Aubree Stark	11-8.50/3.57m (3/7)
Tori Anthony (14-2.50)	

Long Jump (Auto-20-10/6.35; Prov-20-0.25/6.10)

Rhonda Watkins (21-6.75)	21-3.25/6.48mA (2/6)
Danielle Watson	20-7.25/6.28mP (2/6)
Ryann Kraus	17-8/5.38m (2/27)
Dayna Hill	17-00.75/5.20m (3/7)
Julia Co	16-5.25/5.01m (3/7)

Triple Jump (Auto-43-7.75/13.30; Prov-41-6/12.65)

Ke'Nyia Richardson	40-4.25/12.30m (2/27)
Dayna Hill (36-2)	

Shot Put (Auto-55-5.50/16.90; Prov-49-10.50/15.20)

Brittany Borman	45-3/13.79m (1/31)
Catherine White	43-4.25/13.21m (2/28)
Ryann Kraus	38-00.25/11.59m (2/27)
Alexa Berg (39-8)	36-3.50/11.06m (1/31)
Hillary Werth (36-4.25)	

20lb. Weight Throw (Auto-68-10.75/21.00; Prov-61-6.25/18.75)

Brittany Borman	53-3.75/16.25m (2/27)
Catherine White	47-3.50/14.41m (2/27)

Pentathlon (Auto-4050; Prov-3700)

Ryann Kraus	3896P (2/27)
(60H-8.69/976 pts.; HJ-5-4.50/818 pts.; SP-38-00.25/634 pts.; LJ-17-8/665 pts.; 800m-2:18.94/838 pts.)	