

**2003 UCLA Women T & F Results**  
**(Updated-June 26, 2003)**

**(Duals – 1-0)**

**Indoor**

**Feb. 21-22 – at MPSF Championships (Boise,ID) -**  
**(Women, 2nd- 161.5).**

**March 14-15-at NCAA Indoor (Fayetteville,AR) – (Women,**  
**8thT - 24).**

**Outdoor**

**March 1- at UCLA, CP-SLO, CS Fullerton, CS Los Angeles**  
**at Drake Stadium - (Women Quad, UCLA 253, CPSLO**  
**131, CSF 131, CSLA 66).**

**April 11-12 – at Cal-NV Championships (San Diego) -**  
**(Women, 2<sup>nd</sup> - 124.50).**

**April 26- UCLA 104, at USC 59**

**May 17-18-at Pac-10 Championships (USC) - UCLA women**  
**placed first with 155 points.**

**May 30-31 – at NCAA Regionals (Stanford) - UCLA women**  
**placed first with 138 points.**

**June 11-14 – at NCAA Championships (Sacramento)- UCLA**  
**women placed eighth with 28 points.**

**2003 UCLA Women T & F Best Marks**

**-Event(Indoor-NCAA Automatic/Provisional; Outdoor-**  
**NCAA Regional/Pac-10 Qualifying Marks)**

**-Ath. (Lifetime Best) Season Best/\*NCAA Out. Reg.**  
**Qualifier/\*\*NCAA Ind. Auto./\*\*\*NCAA Ind. Prov.**

**-NS-No Standard/SR-School Record**

**Women-Track**

**60m (Indoor-7.30/7.44)**

|                        |               |
|------------------------|---------------|
| Sheena Johnson         | 7.47i (2/1)   |
| Monique Henderson      | 7.50i (2/1)   |
| Sani Roseby (7.51i)    | 7.60i (2/1)   |
| Dawn Harper            | 7.73i (1/31)  |
| Jamie Cluff            | 8.30i (1/31)  |
| Manyuan Reffell        | 8.38i (2/7-8) |
| T'Carra Penick (7.96i) |               |
| Dana Bethel (8.24i)    |               |

**100m (11.80/12.04)**

|                               |                                 |
|-------------------------------|---------------------------------|
| Monique Henderson (11.60)     | 11.67 (3/1)*                    |
| Sani Roseby (11.42)           | 11.71 (5/30)*                   |
| Sheena Johnson (11.74)        | 11.91 (3/1)                     |
| Adia McKinnon (11.54)         | 12.00 (3/1,5/3)                 |
| Dawn Harper                   | 12.05w (+3.5)(4/26)/12.13 (3/1) |
| Kiyoko Guillory               | 12.35w (+3.5)(4/26)/12.46(5/3)  |
| Ola Adeniji                   | 12.43 (3/1)                     |
| Candice Baucham               | 12.62 (3/21-22)                 |
| Dana Bethel                   | 12.73 (3/28-30)                 |
| T'Carra Penick (12.43w/12.50) |                                 |
| Kristin Tucker (12.57)        |                                 |
| Nicole Gaskins (12.64)        |                                 |

**200m (Indoor-23.50/24.00;Outdoor-24.00/24.64)**

|                           |                                |
|---------------------------|--------------------------------|
| Monique Henderson (23.04) | 23.53w(+2.4)(5/17)*            |
|                           | 23.62 (4/26)*                  |
|                           | 23.49i(2/22)**                 |
| Adia McKinnon (23.72)     | 24.50 (4/26)                   |
| T'Carra Penick            | 25.45 (4/5)/24.91i (2/22)      |
| Nastassja Hall            | 25.26 (3/1)                    |
| Kiyoko Guillory           | 25.80w(+2.5)(4/19)/26.14 (3/1) |
| Ola Adeniji (25.92)       | 26.04 (3/1)                    |
| Manyuan Reffell           | 26.95(4/19)                    |
| Jamie Cluff               | 27.69i (2/1)                   |
| Sani Roseby (23.52)       |                                |
| Nicole Gaskins (24.37)    |                                |
| Kristen Tucker (25.97)    |                                |

**400m (Indoor-53.50/54.50;Outdoor-55.00(54.7)/55.44)**

|                           |                            |
|---------------------------|----------------------------|
| Monique Henderson (50.74) | 51.96 (6/12)*              |
| Adia McKinnon (52.69)     | 53.19 (5/31)*              |
| T'Carra Penick            | 54.94 (5/3)*/56.15i (2/23) |
| Tiffany Burgess           | 54.96 (4/12)*              |
| Nastassja Hall            | 56.10 (4/11)/57.50i (2/22) |
| Ashley Caldwell           | 59.10 (3/28-30)            |
| Sheena Johnson (53.68)    |                            |
| Ysanne Williams (53.87)   |                            |
| Nicole Gaskins (54.41)    |                            |
| Jessica Marr (58.67)      |                            |

**800m (Indoor-2:06.20/2:09.00;Outdoor-2:10.30(2:10.0)/2:11.14)**

|                                |                               |
|--------------------------------|-------------------------------|
| Lena Nilsson (2:02.62SR)       | 2:03.86 (5/18)*               |
|                                | 2:04.67i(3/7-8)**             |
| Tiffany Burgess (2:03.73)      | 2:04.54(4/5)*                 |
|                                | 2:05.28i (2/1)**              |
| Ashley Caldwell                | 2:08.7 (5/10)/2:09.22 (5/18)* |
| Ysanne Williams (2:05.23)      | 2:11.60 (4/26)                |
| Allison Hall                   | 2:12.46(4/18)                 |
| Melissa McBain                 | 2:13.87 (5/3)                 |
| Alejandra Barrientos (2:11.99) | 2:13.7i (2/15)                |
| Emily Haigh                    | 2:18.31 (4/11)                |
| Jenny Esser                    | 2:18.73(4/18)                 |
| Leslie Barrie                  | 2:19.02 (3/1)                 |
| Sarah West                     | 2:22.07(5/10)                 |
| Valerie Flores                 | 2:23.27 (3/1)                 |
| Carmen Winant                  | 2:25.43 (3/1)                 |
| Jessica Marr (2:06.79)         |                               |

**1500m (4:31.00(4:30.7)/4:40.14)**

|                                |                    |
|--------------------------------|--------------------|
| Lena Nilsson                   | 4:07.69SR (5/24)*  |
| Tiffany Burgess (4:25.94)      | 4:27.56 (3/28-29)* |
| Melissa McBain                 | 4:30.71 (5/10)*    |
| Allison Hall                   | 4:31.26 (4/26)     |
| Emily Haigh                    | 4:34.89 (4/26)     |
| Sarah West                     | 4:36.25(4/18)      |
| Valerie Flores                 | 4:42.40 (3/21-22)  |
| Carmen Winant                  | 4:42.43 (3/21-22)  |
| Ashley Allen                   | 4:50.64 (4/11)     |
| Leslie Barrie                  | 4:56.24 (3/1)      |
| Carolyn Shea (4:39.40)         | 5:03.18 (3/21-22)  |
| Alejandra Barrientos (4:26.95) |                    |
| Jessica Marr (4:28.44)         |                    |
| Lori Mann (4:41.92)            |                    |

**Mile (Indoor-4:42.60/4:48.40)**

|                      |                    |
|----------------------|--------------------|
| Lena Nilsson         | 4:33.41i (3/7-8)** |
| Alejandra Barrientos | 4:46.53i (2/1)***  |
| Melissa McBain       | 5:00.73i (2/7-8)   |
| Valerie Flores       | 5:05.35i (2/15)    |
| Carmen Winant        | 5:13.53i (2/15)    |
| Carolyn Shea         | 5:15.82i (2/15)    |

**3000m (Indoor-9:20.00/9:35.00)**

|                          |                  |
|--------------------------|------------------|
| Lena Nilsson             | 9:13.55i (2/1)** |
| Melissa McBain           | 9:56.23i (2/1)   |
| Valerie Flores           | 9:56.86i (2/1)   |
| Lori Mann                | 10:16.42 (4/12)  |
|                          | 10:08.80i (2/23) |
| Carolyn Shea (10:08.67)  | 10:17.50i (2/1)  |
| Carmen Winant (10:16.35) |                  |

**3000m Steeplechase (10 ft. pit-10.50.00(10:49.7)/11:10.14):12ft.pit-11:00.00 (10:59.7)/11:12.13)**

|                         |                       |
|-------------------------|-----------------------|
| Melissa McBain          | 10:36.06SR (3/28-29)* |
| Carolyn Shea (10:54.91) | 11:05.70 (3/28-29)    |
| Ashley Allen            | 11:10.9 (4/26)        |

**5000m (Indoor-16.20.00/16:45.00/Outdoor-17:00.00(16:59.7)/17:30.14)**

|                |                   |
|----------------|-------------------|
| Melissa McBain | 16:48.27(4/17)*   |
| Valerie Flores | 17:18.78(4/5)     |
|                | 17:07.20i (3/7-8) |
| Lori Mann      | 17:31.44 (3/1)    |
|                | 17:35.84i(2/23)   |
| Carmen Winant  | 17:41.45i (2/1)   |
| Sarah West     | 18:05.75 (4/12)   |
| Carolyn Shea   | 18:06.46 (4/12)   |
|                | 18:38.11i (2/23)  |

Alejandra Barrientos (17:23.26)

**10,000m (—/NS)**

|                         |                    |
|-------------------------|--------------------|
| Valerie Flores          | 35:08.05 (3/28/29) |
| Carmen Winant           | 35:15.04 (3/28-29) |
| Lori Mann               | 36:46.92(4/17)     |
| Carolyn Shea (37:10.16) |                    |

**55mH (Indoor-7.64/7.90)**

|             |              |
|-------------|--------------|
| Dawn Harper | 7.98i(2/15)  |
| Sani Roseby | 8.13i (2/15) |

**60mH (Indoor-8.17/8.43)**

|                 |                  |
|-----------------|------------------|
| Sheena Johnson  | 8.169i (3/14)**  |
| Sani Roseby     | 8.24i (3/7-8)*** |
| Dawn Harper     | 8.41i (2/22)***  |
| Jamie Cluff     | 8.93i (2/22)     |
| Manyuan Reffell | 9.23i (2/7-8)    |

**100m Hurdles (14.10/14.34)**

|                    |                                        |
|--------------------|----------------------------------------|
| Sheena Johnson     | 13.09 (6/14)*                          |
| Dawn Harper        | 13.21w(+2.4)(5/30)*/13.33 (5/18,5/31)* |
| Sani Roseby(13.40) | 13.28w(+2.6)(5/30)*/13.47 (5/18)*      |
| Dana Bethel(14.23) | 14.28 (4/4)                            |
| Jamie Cluff        | 14.37 (3/1)                            |
| Manyuan Reffell    | 14.94 (4/26)                           |

**400m Hurdles (1:01.50(1:01.2)/1:02.04)**

|                          |                |
|--------------------------|----------------|
| Sheena Johnson           | 54.24 (6/13)*  |
| Ysanne Williams          | 56.84 (6/13)*  |
| Nastassja Hall           | 1:01.61 (5/3)  |
| Manyuan Reffell          | 1:04.21 (5/3)  |
| Erica Stewart            | 1:09.96 (5/10) |
| Nicole Gaskins (1:00.24) |                |

**4 X 100m Relay (46.20(45.9)/NS)**

Johnson, Henderson, Roseby, McKinnon-44.52 (4/26)\*  
UCLA - 45.19 (3/1)\*  
UCLA - 46.03 (5/18)\*

**4 X 400m Relay (Indoor-3:35.80/3:40.00; Outdoor-3:45.50(3:45.2)/NS)**

McKinnon, Johnson, Williams, Henderson-3:31.62(5/31)\*  
McKinnon, Johnson, Roseby, Henderson-3:33.24i(3/15)\*\*  
McKinnon, Williams, Johnson, Henderson-3:35.16 (5/3)\*

**800m Sprint Relay**

UCLA - 1:44.98 (3/21-22)  
Baucham, Harper, Bethel, Roseby – 1:46.44 (3/28-30)

**Distance Medley Relay (Indoor-11:19.00/11:36.00)**

Nilsson, Barrientos, Burgess, Henderson-11:07.18i (2/1)\*\*  
UCLA-11.29.64 (5/3)  
Johnson, McKinnon, Henderson, Williams-12:49.66(3/28-30)

**Women- Field**

**High Jump (Indoor-6-0.50(1.84)/5-9.75(1.77);Outdoor-5-7(1.70)/5-6(1.68)**

|                         |                        |
|-------------------------|------------------------|
| Sheena Gordon (6-0i)    | 5-10.50 (1.79) (5/31)* |
| Julie Stevenson (5-10)  | 5-10i (1.78)(2/1)***   |
|                         | 5-7.25 (1.71)(5/31)*   |
| Caroline Sommers ( 5-7) | 5-6.50 (1.69)(4/26)    |
|                         | 5-3i (1.60)(2/7-8)     |
| Dana Bethel             | 5-1 (1.55)(3/28-30)    |

**Pole Vault (Indoor-13-9.25(4.20)/12-9.50(3.90);Outdoor-12-0(3.66)/12-5.50(3.80)**

|                            |                           |
|----------------------------|---------------------------|
| Chelsea Johnson            | 13-11.25 (4.25)(6/21)*    |
|                            | 13-5i (4.08)(2/23)***     |
| Jamie Kolar                | 12-10.25(3.92)(5/31)*     |
|                            | 13-3.50i (4.05)(2/15)***  |
| Karen Bewley               | 12-6 (3.81)(5/3)*         |
|                            | 12-7.50i (3.85)(1/17-18)  |
| Gail Larsen                | 12-0 (3.66)(3/1)*         |
|                            | 12-11.50i (3.95)(2/15)*** |
| Jackie Nguyen              | 12-0.50 (3.67)(4/11)*     |
|                            | 12-2i (3.71)(2/7-8)       |
| Bridget Pearson (12-6.50i) | 11-6 (3.50)(3/1,4/19,5/3) |
|                            | 12-3.50i (3.75)(2/15)     |
| Jenea Russ                 | 11-6(3.50)(4/19)          |
|                            | 11-9.75i ( 3.60)(1/17-18) |
| Krisserin Canary           | 11-0 (3.35)(3/1)          |
| Michelle Rivera            | 11-0 (3.35)(5/3)          |
|                            | 10-8i (3.25)(2/7-8)       |

**Long Jump (Indoor-21-0(6.40)/20-4.25(6.20);Outdoor-19-4.25(5.90)/19-0.50(5.80)**

|                             |                      |
|-----------------------------|----------------------|
| Candice Baucham (20-4w)     | 19-9.50(6.03)(3/1)*  |
|                             | 19-6.25i(5.95)(2/23) |
| Sheena Gordon (19-10.25)    | 19-0 (5.79)(4/26)    |
| Dana Bethel                 | 19-0 (5.79)(3/1)     |
| Sheena Johnson (20-2.50w)   |                      |
| Ola Adeniji (16-1.75)       |                      |
| Sani Roseby (19-2/19-8.75w) | 18-7.25i (5.67)(2/1) |

**Triple Jump (Indoor-43-1.75(13.15)/41-6(12.65);Outdoor-40-0(12.19)37-7.25(11.46)**

|                                |                           |
|--------------------------------|---------------------------|
| Candice Baucham                | 42-8.75 (13.02)(3/21-22)* |
|                                | 42-2.75i(12.87)(2/23)***  |
| Sheena Gordon (42-10.25)       | 42-0.50 (12.81)(5/18)*    |
| Sheena Johnson (42-4.75i/41-7) | 38-5.50i(11.72)(2/15)     |
| Julie Stevenson (37-6.75)      |                           |
| Caroline Sommers (35-7.75)     |                           |

**Shot Put (Indoor-53-9.75(16.40)/49-10.50(15.20);Out-  
door-45-7.25(13.90)/43-5.75  
(13.25)**

|                               |                                                                         |
|-------------------------------|-------------------------------------------------------------------------|
| Jessica Cosby (57-0.25)       | 55-9.75 (17.01)(5/20)<br>55-7.75 (16.96)(5/17)*<br>54-8i (16.66)(2/1)** |
| Chaniqua Ross                 | 54-9.25(16.69)(3/21-22)*                                                |
| Briona Reynolds (54-2)        | 52-4.50 (15.96)(4/5)*<br>51-7.75i (15.74)(2/23)***                      |
| Kamaiya Warren                | 47-11.75i (14.62)(2/23)                                                 |
| Lara Saye (46-10.75/47-0.75i) | 45-8(13.92)(3/28-30)*<br>46-10.25i (14.28)(2/7-8)                       |
| Cari Soong (44-10.25i)        | 40-0.75 (12.21)(3/28-30)                                                |
| Karina Powell (38-2.25i)      |                                                                         |
| Bridget Pearson (36-0i)       |                                                                         |

**Discus (150-0(45.72)/150-11(46.00)**

|                         |                                               |
|-------------------------|-----------------------------------------------|
| Chaniqua Ross (188-6)   | 184-8 (56.29)(5/20)<br>183-7(55.95)(3/21-22)* |
| Briona Reynolds (181-0) | 175-11 (53.03)(5/20)<br>172-10 (52.69)(5/18)* |
| Lara Saye (180-3)       | 175-0 (53.34)(5/18)*                          |
| Cari Soong (157-3)      |                                               |
| Karina Powell (129-6)   |                                               |

**Javelin (136-1(41.48)/142-4(43.39)**

|                         |                      |
|-------------------------|----------------------|
| Karina Powell           | 146-1 (44.52)(4/26)* |
| Bridget Pearson (128-8) | 99-10 (30.43)(3/1)   |
| Lara Saye (125-10)      |                      |

**Hammer (168-4(51.30)/170-7(52.00)**

|                   |                           |
|-------------------|---------------------------|
| Cari Soong        | 216-3SR (65.92)(5/31)*    |
| Jessica Cosby     | 200-7 (61.14)(4/12,5/17)* |
| Lara Saye (172-1) |                           |

**20lb. Weight Throw (Indoor-64-11.50(19.80)/60-  
8.50(18.50)**

|                           |                          |
|---------------------------|--------------------------|
| Cari Soong                | 67-4.75i (20.54)(3/15)** |
| Jessica Cosby (61-4.25i)  | 61-0.75i (18.61)(2/23)   |
| Lara Saye (58-3i)         | 56-1.25i (17.10)(2/23)   |
| Kamaiya Warren            | 47-11.25i (14.62)(2/23)  |
| Chanique Ross (55-3 1/2i) |                          |

**Heptathlon (—/3971)**