



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 INDOOR PERFORMANCE LIST

#### Kirk Anderson

Meet	Event	Mark	Place
UW Invitational (1/30)	200	22.75	16th
Husky Classic (2/13)	200	22.57	13th
New Mexico Classic (2/6)	200	22.76	21st
UW Invitational (1/30)	400	50.08	29th
New Mexico Classic (2/6)	400	49.97	12th
Husky Classic (2/13)	400	50.07	21st

#### Ronald Brookins

Meet	Event	Mark	Place
Big Sky Championships (2/26)	55	6.39	Qual
Big Sky Championships (2/27)	55	6.46	3rd
UW Invitational (1/30)	60	7.01	T13
New Mexico Classic (2/6)	60	7.01	11th
Husky Classic (2/13)	200	22.31	7th
Big Sky Championships (2/26)	55H	7.30	Qual
Big Sky Championships (2/27)	55H	7.28	1st
UW Invitational (1/30)	60H	8.01	Qual
UW Invitational (1/30)	60H	7.99	2nd
New Mexico Classic (2/6)	60H	8.10	Qual
New Mexico Classic (2/6)	60H	8.03	1st
Husky Classic (2/13)	60H	7.97	Qual
Husky Classic (2/13)	60H	8.31	7th
NCAA Championships (3/12)	60H	7.84	14th
UW Invitational (1/30)	U	23-05.25	2nd
New Mexico Classic (2/6)	U	23-02.00	6th
Husky Classic (2/13)	U	23-10.00	T1st
Big Sky Championships (2/26)	U	24-05.75	1st

#### Danny Carlson

Meet	Event	Mark	Place
Husky Classic (2/13)	5K	15:19.38	78th
Big Sky Championships (2/26)	5K	16:11.47	18th

#### Callan Duffy

Meet	Event	Mark	Place
New Mexico Classic (2/6)	SP	36-05.75	30th
New Mexico Classic (2/6)	WT	45-04.25	21st
Husky Classic (2/13)	WT	49-00.25	16th

#### Scott Grose

Meet	Event	Mark	Place
Husky Classic (2/13)	Mile	4:12.40	20th
Big Sky Championships (2/26)	Mile	4:15.45	6th

#### Brad Hartman

Meet	Event	Mark	Place
UW Invitational (1/30)	200	23.88	34th

#### Emilio Hernandez

Meet	Event	Mark	Place
UW Invitational (1/30)	HJ	6-07.50	T6th
New Mexico Classic (2/6)	HJ	6-10.25	3rd
Husky Classic (2/13)	HJ	6-06.75	3rd
Big Sky Championships (2/27)	HJ	6-09.00	1st
UW Invitational (1/30)	U	21-01.25	21st
Husky Classic (2/13)	U	21-08.75	21st
New Mexico Classic (2/6)	TJ	45-04.25	5th
Big Sky Championships (2/27)	TJ	47-03.00	4th

#### Cameron Jost

Meet	Event	Mark	Place
UW Invitational (1/30)	200	23.19	25th
New Mexico Classic (2/6)	200	22.64	18th
Husky Classic (2/13)	200	22.84	19th
UW Invitational (1/30)	400	49.87	22nd
New Mexico Classic (2/6)	400	51.14	20th
Husky Classic (2/13)	400	49.54	12th
Big Sky Championships (2/26)	400	49.74	13th

#### Andrew Lohse

Meet	Event	Mark	Place
UW Invitational (1/30)	PV	15-01.75	18th
New Mexico Classic (2/6)	PV	NH	---
Husky Classic (2/13)	PV	14-06.00	27th
Big Sky Championships (2/26)	PV	15-00.25	9th

#### Myko Lucas

Meet	Event	Mark	Place
UW Invitational (1/30)	800	1:54.57	17th
New Mexico Classic (2/6)	800	1:57.02	19th
Husky Classic (2/13)	800	1:53.23	21st
Big Sky Championships (2/26)	800	1:55.33	12th

#### Greg Mayo

Meet	Event	Mark	Place
UW Invitational (1/30)	U	22-01.50	13th
New Mexico Classic (2/6)	U	22-05.25	10th
Husky Classic (2/13)	U	22-03.50	12th
Big Sky Championships (2/26)	U	22-10.00	T7th
UW Invitational (1/30)	TJ	46-11.75	5th
Husky Classic (2/13)	TJ	45-09.75	11th

#### Jason Nelson

Meet	Event	Mark	Place
UW Invitational (1/30)	200	22.34	7th
New Mexico Classic (2/6)	200	22.13	8th
Husky Classic (2/13)	200	22.25	5th
Big Sky Championships (2/26)	200	21.85	Qual
Big Sky Championships (2/27)	200	20.83	4th
UW Invitational (1/30)	400	49.20	15th
New Mexico Classic (2/6)	400	48.96	5th
Husky Classic (2/13)	400	49.10	5th
Big Sky Championships (2/26)	400	48.96	2nd
Big Sky Championships (2/27)	400	47.74	1st

#### Justin Nesbitt

Meet	Event	Mark	Place
UW Invitational (1/30)	60	7.13	T32
New Mexico Classic (2/6)	60	7.13	18th
Husky Classic (2/13)	60	7.05	27th
UW Invitational (1/30)	200	22.55	9th
New Mexico Classic (2/6)	200	22.32	13th
Husky Classic (2/13)	200	22.26	6th
Big Sky Championships (2/26)	200	22.03	Qual
Big Sky Championships (2/27)	200	21.81	3rd
Husky Classic (2/13)	400	51.18	33rd



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 INDOOR PERFORMANCE LIST

#### David Rabinowitz

Meet	Event	Mark	Place
New Mexico Classic (2/6)	800	1:53.50	8th
Husky Classic (2/13)	800	1:51.89	
Big Sky Championships (2/26)	800	1:51.98	Qual
Big Sky Championships (2/27)	800	1:51.39	3rd
UW Invitational (1/30)	Mile	4:12.17	19th
Big Sky Championships (2/26)	Mile	DNF	---

#### AJ Reed

Meet	Event	Mark	Place
Big Sky Championships (2/26)	55	6.40	Qual
Big Sky Championships (2/27)	55	6.43	2nd
UW Invitational (1/30)	60	6.90	10th
New Mexico Classic (2/6)	60	6.97	Qual
New Mexico Classic (2/6)	60	6.86	4th
Husky Classic (2/13)	60	6.99	15th
Husky Classic (2/13)	200	22.35	10th
Big Sky Championships (2/26)	200	DQ	---
Big Sky Championships (2/26)	55H	7.43	Qual
Big Sky Championships (2/27)	55H	7.43	2nd
UW Invitational (1/30)	60H	8.02	Qual
UW Invitational (1/30)	60H	8.51	9th
New Mexico Classic (2/6)	60H	8.12	Qual
New Mexico Classic (2/6)	60H	8.04	2nd
Husky Classic (2/13)	60H	8.07	Qual
Husky Classic (2/13)	60H	8.04	1st

#### Chris Romo

Meet	Event	Mark	Place
Husky Classic (2/13)	3K	8:25.39	5th
Big Sky Championships (2/27)	3K	8:59.71	16th

#### Sam Schur

Meet	Event	Mark	Place
Big Sky Championships (2/26)	55	6.85	HEP
New Mexico Classic (2/5)	60	7.37	HEP
Big Sky Championships (2/27)	55H	8.19	HEP
UW Invitational (1/30)	60H	8.51	T12th
New Mexico Classic (2/6)	60H	8.63	HEP
Husky Classic (2/13)	60H	8.70	22nd
New Mexico Classic (2/6)	1000	2:54.36	HEP
UW Invitational (1/30)	HJ	6-01.50	16th
New Mexico Classic (2/5)	HJ	6-03.50	4th
Husky Classic (2/13)	HJ	6-00.75	11th
Big Sky Championships (2/26)	HJ	5-09.75	HEP
UW Invitational (1/30)	LJ	21-07.25	16th
New Mexico Classic (2/5)	LJ	23-01.75	HEP
Husky Classic (2/13)	LJ	22-05.25	10th
Big Sky Championships (2/26)	LJ	22-06.25	10th
Big Sky Championships (2/26)	LJ	22-09.00	HEP
New Mexico Classic (2/6)	PV	13-01.50	HEP
New Mexico Classic (2/5)	SP	41-09.75	HEP
Big Sky Championships (2/26)	SP	43-03.25	HEP
New Mexico Classic (2/5-6)	HEP	5,130	3rd
Big Sky Championships (2/26-28)	HEP	DNF	---

#### Colin Szehner

Meet	Event	Mark	Place
UW Invitational (1/30)	5K	15:18.40	13th
Husky Classic (2/13)	5K	15:05.06	76th
Big Sky Championships (2/26)	5K	15:26.30	13th

#### Jason Wacker

Meet	Event	Mark	Place
UW Invitational (1/30)	SP	46-02.00	20th
New Mexico Classic (2/6)	SP	45-07.25	24th
Husky Classic (2/13)	SP	45-11.25	21st
UW Invitational (1/30)	WT	41-03.00	22nd
New Mexico Classic (2/6)	WT	42-01.25	26th
Husky Classic (2/13)	WT	41-11.25	19th

#### Blair Wallingford

Meet	Event	Mark	Place
UW Invitational (1/30)	PV	15-07.75	15th
New Mexico Classic (2/6)	PV	15-07.00	T11th
Husky Classic (2/13)	PV	15-05.75	T20th
Big Sky Championships (2/26)	PV	15-06.25	T6th

#### Taylor Weldon

Meet	Event	Mark	Place
UW Invitational (1/30)	SP	50-02.75	10th
New Mexico Classic (2/6)	SP	47-03.75	22nd
Husky Classic (2/13)	SP	50-06.75	15th
Big Sky Championships (2/26)	SP	49-00.75	15th
UW Invitational (1/30)	WT	53-02.25	12th
New Mexico Classic (2/6)	WT	54-07.50	7th
Husky Classic (2/13)	WT	52-07.25	14th
Big Sky Championships (2/26)	WT	51-00.75	13th

#### Andy White

Meet	Event	Mark	Place
Big Sky Championships (2/26)	55	6.43	Qual
Big Sky Championships (2/27)	55	6.42	1st
UW Invitational (1/30)	60	7.06	T19
New Mexico Classic (2/6)	60	6.98	9th
Husky Classic (2/13)	60	6.96	13th



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 INDOOR PERFORMANCE LIST

#### Matt Williamson

Meet	Event	Mark	Place
Big Sky Championships (2/26)	55	6.91	HEP
UW Invitational (1/29)	60	7.43	HEP
New Mexico Classic (2/5)	60	7.37	HEP
UW Invitational (1/29)	1000	3:11.99	HEP
New Mexico Classic (2/6)	1000	3:05.00	HEP
Big Sky Championships (2/27)	HEP	8.06	HEP
UW Invitational (1/29)	60H	8.93	HEP
New Mexico Classic (2/6)	60H	8.91	HEP
Husky Classic (2/13)	60H	8.72	23rd
UW Invitational (1/29)	HJ	5-08.50	HEP
New Mexico Classic (2/6)	HJ	6-00.00	HEP
Husky Classic (2/13)	HJ	NH	---
Big Sky Championships (2/26)	HJ	5-10.75	HEP
UW Invitational (1/29)	PV	11-03.75	HEP
New Mexico Classic (2/6)	PV	13-01.50	HEP
Big Sky Championships (2/27)	PV	NH	---
UW Invitational (1/29)	LJ	20-09.25	HEP
New Mexico Classic (2/5)	LJ	21-08.75	7th
Husky Classic (2/13)	LJ	21-06.00	T23rd
Big Sky Championships (2/26)	LJ	21-00.75	HEP
UW Invitational (1/29)	SP	31-09.25	HEP
New Mexico Classic (2/5)	SP	31-01.75	HEP
Big Sky Championships (2/26)	SP	28-11.25	HEP
UW Invitational (1/29)	HEP	4,220	20th
New Mexico Classic (2/5-6)	HEP	4,587	14th
Big Sky Championships (2/26-27)	HEP	DNF	---

#### DJ Wright

Meet	Event	Mark	Place
New Mexico Classic (2/6)	60	7.17	22nd
Husky Classic (2/13)	60	7.15	39th
Big Sky Championships (2/26)	55H	7.90	11th
UW Invitational (1/30)	60H	8.67	17th
New Mexico Classic (2/6)	60H	8.51	Qual
New Mexico Classic (2/6)	60H	8.47	6th
Husky Classic (2/13)	60H	8.56	T13th
New Mexico Classic (2/6)	HJ	5-10.50	12th
UW Invitational (1/30)	LJ	21.01.25	22nd
New Mexico Classic (2/6)	LJ	21-10.75	12th
Husky Classic (2/13)	LJ	21-06.00	T23rd

#### Cole Younger

Meet	Event	Mark	Place
UW Invitational (1/30)	800	1:58.04	28th
New Mexico Classic (2/6)	800	1:55.08	14th
Husky Classic (2/13)	800	1:55.15	33rd
Big Sky Championships (2/26)	800	1:53.55	Qual
Big Sky Championships (2/27)	800	1:53.19	7th

#### Distance Medley Relay

Meet	Event	Mark	Place
UW Invitational (1/30)	DMR	10:23.60	7th
Big Sky Championships (2/26)	DMR	10:31.59	7th

#### 4x400 Relay

Meet	Event	Mark	Place
UW Invitational (1/30)	4x400	3:20.47	6th
New Mexico Classic (2/6)	4x400	3:18.31	1st
Big Sky Championships (2/27)	4x400	3:14.34	2nd



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 INDOOR PERFORMANCE LIST

#### Ify Agwuenu

Meet	Event	Mark	Place
UW Invitational (1/30)	SP	46-02.75	5th
New Mexico Classic (2/6)	SP	43-08.50	11th
Husky Classic (2/13)	SP	45-06.25	8th
Big Sky Championships (2/27)	SP	47-01.00	5th
UW Invitational (1/30)	WT	56-07.25	4th
New Mexico Classic (2/6)	WT	56-09.25	3rd
Husky Classic (2/13)	WT	57-02.00	5th
Big Sky Championships (2/26)	WT	59-05.50	2nd

#### Andi Behring

Meet	Event	Mark	Place
UW Invitational (1/30)	SP	43-00.50	13th
Husky Classic (2/13)	SP	43-02.50	14th
Big Sky Championships (2/27)	SP	47-02.25	4th
UW Invitational (1/30)	WT	48-00.00	13th
New Mexico Classic (2/6)	WT	49-11.25	10th
Husky Classic (2/13)	WT	48-02.00	26th

#### Sakya Bolton

Meet	Event	Mark	Place
UW Invitational (1/30)	60	8.02	T31st
New Mexico Classic (2/6)	60	8.00	18th
Husky Classic (2/13)	60	8.10	T38
Big Sky Championships (2/26)	55H	7.98	Qual
Big Sky Championships (2/27)	55H	7.94	1st
UW Invitational (1/30)	60H	9.11	21st
New Mexico Classic (2/6)	60H	8.79	Qual
New Mexico Classic (2/6)	60H	8.93	7th
Husky Classic (2/13)	60H	8.92	T24th
UW Invitational (1/30)	200	26.71	41st
New Mexico Classic (2/6)	200	26.19	18th

#### Jessica Bonner

Meet	Event	Mark	Place
UW Invitational (1/30)	SP	42-10.25	14th
New Mexico Classic (2/6)	SP	42-02.25	132th
Husky Classic (2/13)	SP	40-04.00	26th
Big Sky Championships (2/27)	SP	42-11.50	11th
UW Invitational (1/30)	WT	47-11.00	14th
New Mexico Classic (2/6)	WT	49-09.25	11th
Husky Classic (2/13)	WT	50-07.25	17th

#### Krystal Buck

Meet	Event	Mark	Place
Husky Classic (2/13)	3K	10:39.86	16th

#### Baiba Celma

Meet	Event	Mark	Place
Big Sky Championships (2/26)	55H	8.89	PENT
New Mexico Classic (2/5)	60H	9.71	PENT
New Mexico Classic (2/5)	800	2:42.82	PENT
New Mexico Classic (2/5)	HJ	5-00.50	PENT
Big Sky Championships (2/26)	HJ	5-00.25	PENT
New Mexico Classic (2/5)	LJ	17-03.25	PENT
Big Sky Championships (2/26)	LJ	16-08.00	PENT
UW Invitational (1/30)	TJ	36-02.25	T25th
New Mexico Classic (2/6)	TJ	36-11.75	T15th
Husky Classic (2/13)	TJ	37-09.50	19th
Big Sky Championships (2/27)	TJ	36-06.75	15th

New Mexico Classic (2/5)	SP	34-02.25	PENT
Big Sky Championships (2/26)	SP	35-08.50	PENT
New Mexico Classic (2/5)	PENT	3,162	22nd
Big Sky Championships (2/26)	PENT	3,256	7th

#### Tatiana Clark

Meet	Event	Mark	Place
UW Invitational (1/30)	SP	40-09.50	21st
New Mexico Classic (2/6)	SP	40-02.00	20th
Husky Classic (2/13)	SP	42-01.25	18th
UW Invitational (1/30)	WT	48-00.75	12th
New Mexico Classic (2/6)	WT	51-00.00	8th
Husky Classic (2/13)	WT	50-02.50	19th

#### Jenni Eiremo

Meet	Event	Mark	Place
UW Invitational (1/30)	Mile	5:31.35	36th
Husky Classic (2/13)	Mile	5:15.71	33rd

#### Naima Goodwin

Meet	Event	Mark	Place
Big Sky Championships (2/26)	55H	8.27	PENT
UW Invitational (1/30)	60H	9.18	23rd
New Mexico Classic (2/5)	60H	9.16	PENT
Husky Classic (2/13)	60H	9.13	34th
New Mexico Classic (2/5)	800	2:39.18	PENT
UW Invitational (1/30)	HJ	5-03.75	T7th
New Mexico Classic (2/5)	HJ	5-05.25	PENT
Husky Classic (2/13)	HJ	4-11.75	T27th
Big Sky Championships (2/26)	HJ	5-06.00	T1st
Big Sky Championships (2/26)	HJ	5-05.00	PENT
UW Invitational (1/30)	LJ	17-08.25	T14th
Big Sky Championships (2/26)	LJ	18-05.25	11th
New Mexico Classic (2/5)	LJ	18-03.75	PENT
Big Sky Championships (2/26)	LJ	18-03.25	PENT
UW Invitational (1/30)	TJ	38-00.00	15th
New Mexico Classic (2/6)	TJ	38-11.75	T5th
Husky Classic (2/13)	TJ	Foul	---
Big Sky Championships (2/27)	TJ	39-05.00	6th
New Mexico Classic (2/5)	SP	33-07.25	PENT
Big Sky Championships (2/26)	SP	35-08.50	PENT
New Mexico Classic (2/5)	PENT	3,533	9th
Big Sky Championships (2/26)	PENT	3,691	2nd

#### Kristina Holtz

Meet	Event	Mark	Place
UW Invitational (1/30)	3K	10:46.70	48th
Husky Classic (2/13)	3K	10:06.07	51st
Big Sky Championships (2/26)	3K	10:30.25	10th
UW Invitational (1/30)	5K	18:03.39	12th
Big Sky Championships (2/27)	5K	17:57.20	6th

#### Victoria Humphrey

Meet	Event	Mark	Place
Husky Classic (2/13)	60	7.88	T21st
UW Invitational (1/30)	200	25.55	12th
Big Sky Championships (2/26)	200	24.98	T6th
Big Sky Championships (2/27)	200	25.88	9th
UW Invitational (1/30)	400	1:01.02	37th
Husky Classic (2/13)	400	57.52	16th
Big Sky Championships (2/26)	400	56.96	Qual
Big Sky Championships (2/27)	400	56.98	5th



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 INDOOR PERFORMANCE LIST

#### Nicole Jackson

Meet	Event	Mark	Place
UW Invitational (1/30)	60H	9.27	27th
Husky Classic (2/13)	60H	9.21	38th
UW Invitational (1/30)	400	59.78	30th
New Mexico Classic (2/6)	400	59.42	15th
Husky Classic (2/13)	400	1:00.66	35th

#### Erin Lewis

Meet	Event	Mark	Place
Big Sky Championships (2/26)	Mile	5:13.16	8th
UW Invitational (1/30)	3K	10:08.81	34th
Husky Classic (2/13)	3K	10:24.85	11th

#### Holly Lohse

Meet	Event	Mark	Place
UW Invitational (1/30)	SP	41-02.50	20th
New Mexico Classic (2/6)	SP	44-06.75	T9th
Husky Classic (2/13)	SP	39-07.75	29th
Big Sky Championships (2/27)	SP	40-01.50	13th
UW Invitational (1/30)	WT	46-02.50	17th
New Mexico Classic (2/6)	WT	45-10.00	21st
Husky Classic (2/13)	WT	48-03.25	25th

#### Lora Marchini

Meet	Event	Mark	Place
UW Invitational (1/30)	800	2:17.94	31st
New Mexico Classic (2/6)	800	2:19.45	13th
Husky Classic (2/13)	800	2:19.08	18th
Big Sky Championships (2/26)	800	2:16.65	Qual
Big Sky Championships (2/27)	800	2:15.94	5th

#### Lauren McGlory

Meet	Event	Mark	Place
UW Invitational (1/30)	LJ	17-08.25	T14th
New Mexico Classic (2/6)	LJ	17-08.00	11th
Husky Classic (2/13)	LJ	17-01.50	39th
UW Invitational (1/30)	TJ	39-06.50	T7th
New Mexico Classic (2/6)	TJ	38-07.75	T8th
Husky Classic (2/13)	TJ	38-04.75	15th
Big Sky Championships (2/27)	TJ	40-00.75	5th

#### Nicole McGlory

Meet	Event	Mark	Place
Big Sky Championships (2/26)	55	7.37	17th
New Mexico Classic (2/6)	60	7.87	T13th
Husky Classic (2/13)	60	7.95	29th
Big Sky Championships (2/26)	55H	8.02	4th
Big Sky Championships (2/27)	55H	8.17	8th
UW Invitational (1/30)	60H	9.00	13th
New Mexico Classic (2/6)	60H	8.83	Qual
New Mexico Classic (2/6)	60H	9.07	8th
Husky Classic (2/13)	60H	8.84	T18th
UW Invitational (1/30)	LJ	17-05.25	22nd
New Mexico Classic (2/6)	LJ	18-04.50	6th
Husky Classic (2/13)	LJ	17-06.75	T31st
Big Sky Championships (2/26)	LJ	18-08.50	10th
UW Invitational (1/30)	TJ	38-09.75	10th
New Mexico Classic (2/6)	TJ	38-07.00	T10th
Husky Classic (2/13)	TJ	37-06.75	20th
Big Sky Championships (2/27)	TJ	40-07.00	1st

#### Kaitlyne Moore

Meet	Event	Mark	Place
UW Invitational (1/30)	PV	11-08.50	T12th
New Mexico Classic (2/6)	PV	11-01.75	T21st
Husky Classic (2/13)	PV	11-04.25	T23rd
Big Sky Championships (2/26)	PV	11-06.25	6th

#### Brianna Nelson

Meet	Event	Mark	Place
UW Invitational (1/30)	200	25.70	15th
New Mexico Classic (2/6)	200	25.31	7th
Husky Classic (2/13)	200	25.40	17th
Big Sky Championships (2/26)	200	25.01	Qual
Big Sky Championships (2/27)	200	25.16	7th
UW Invitational (1/30)	400	57.29	7th
New Mexico Classic (2/6)	400	58.93	11th
Husky Classic (2/13)	400	56.41	6th
Big Sky Championships (2/26)	400	57.83	11th

#### Lizzy Norvell

Meet	Event	Mark	Place
New Mexico Classic (2/6)	PV	12-07.50	T6th
Big Sky Championships (2/26)	PV	12-00.00	T4th

#### Mary O'Reilly

Meet	Event	Mark	Place
UW Invitational (1/30)	800	2:19.41	40th
New Mexico Classic (2/6)	800	2:25.03	26th

#### Moira Robinson

Meet	Event	Mark	Place
Big Sky Championships (2/26)	55H	8.07	Qual
Big Sky Championships (2/27)	55H	7.96	3rd
UW Invitational (1/30)	60H	8.90	Qual
UW Invitational (1/30)	60H	8.92	10th
Husky Classic (2/13)	60H	8.83	T16th
UW Invitational (1/30)	HJ	5-03.75	T7th
New Mexico Classic (2/6)	HJ	5-02.25	7th
Husky Classic (2/13)	HJ	5-03.75	T8th
Big Sky Championships (2/26)	HJ	5-06.00	T1st
UW Invitational (1/30)	LJ	16-10.75	T25th
New Mexico Classic (2/6)	LJ	18-01.75	T8th
Husky Classic (2/13)	LJ	18-02.25	17th
Big Sky Championships (2/26)	LJ	18-10.00	8th
UW Invitational (1/30)	TJ	37-11.50	16th
New Mexico Classic (2/6)	TJ	37-03.75	T13th
Husky Classic (2/13)	TJ	39-08.00	8th
Big Sky Championships (2/27)	TJ	40-05.50	2nd

#### Renisha Robinson

Meet	Event	Mark	Place
New Mexico Classic (2/6)	400	57.28	5th
UW Invitational (1/30)	800	2:09.26	12th
Husky Classic (2/13)	800	2:11.11	21st
Big Sky Championships (2/26)	800	2:14.30	Qual
Big Sky Championships (2/27)	800	2:11.32	1st
UW Last Chance Meet (3/6)	800	2:05.38	2nd
NCAA Championships (3/12)	800	2:08.71	14th
Husky Classic (2/13)	Mile	4:55.84	7th
Big Sky Championships (2/27)	Mile	5:00.23	3rd



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 INDOOR PERFORMANCE LIST

#### Alicia Truesdale

Meet	Event	Mark	Place
Big Sky Championships (2/26)	55	7.18	Qual
Big Sky Championships (2/27)	55	7.17	6th
UW Invitational (1/30)	60	7.92	T21st
New Mexico Classic (2/6)	60	7.85	T9th
Husky Classic (2/13)	60	7.89	23rd
Big Sky Championships (2/26)	55H	8.19	9th
UW Invitational (1/30)	60H	9.05	15th
New Mexico Classic (2/6)	60H	8.84	Qual
New Mexico Classic (2/6)	60H	8.90	6th
Husky Classic (2/13)	60H	9.05	T31st
UW Invitational (1/30)	200	26.40	36th
New Mexico Classic (2/6)	200	25.70	12th
Husky Classic (2/13)	200	25.71	26th

#### Ericka Violet

Meet	Event	Mark	Place
Big Sky Championships (2/26)	55H	8.12	Qual
Big Sky Championships (2/27)	55H	8.05	4th
UW Invitational (1/30)	60H	9.02	T14th
New Mexico Classic (2/6)	60H	8.85	Qual
New Mexico Classic (2/6)	60H	8.81	5th
Husky Classic (2/13)	60H	8.89	T20th
UW Invitational (1/30)	PV	12-02.50	T7th
New Mexico Classic (2/6)	PV	12-07.50	T6th
Husky Classic (2/13)	PV	12-04.00	T14th
Big Sky Championships (2/27)	PV	12-06.00	3rd
UW Invitational (1/30)	LJ	18-11.25	8th
New Mexico Classic (2/6)	LJ	19-08.25	4th
Big Sky Championships (2/26)	LJ	19-11.50	1st
UW Invitational (1/30)	TJ	38-07.50	11th
New Mexico Classic (2/6)	TJ	38-07.00	T10th
Husky Classic (2/13)	TJ	39-08.75	7th
Big Sky Championships (2/27)	TJ	40-05.00	3rd

#### Lea Wallace

Meet	Event	Mark	Place
New Mexico Classic (2/6)	400	57.07	4th
UW Invitational (1/30)	800	2:06.31	3rd
Husky Classic (2/13)	800	2:06.47	5th
UW Last Chance Meet (3/6)	800	2:04.73	1st
NCAA Championships (3/12)	800	2:05.27	Qual
NCAA Championships (3/13)	800	2:13.97	8th

#### Distance Medley Relay

Meet	Event	Mark	Place
UW Invitational (1/30)	DMR	11:45.54	5th
Big Sky Championships (2/26)	DMR	12:19.44	3rd

#### 4x400 Relay

Meet	Event	Mark	Place
UW Invitational (1/30)	4x400	3:52.24	2nd
New Mexico Classic (2/6)	4x400	3:50.94	1st
Big Sky Championships (2/27)	4x400	3:47.71	3rd



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 INDOOR MEN'S EVENT LIST

#### 55

Athlete	Meet	Mark
Ronald Brookins	Big Sky Championships (2/26)	6.39
A.J. Reed	Big Sky Championships (2/26)	6.40
Andy White	Big Sky Championships (2/27)	6.43
Justin Nesbitt	Big Sky Championships (2/26)	6.55
Sam Schur	Big Sky Championships (2/26-27) - Hep	6.85
Matt Williamson	Big Sky Championships (2/26-27) - Hep	6.91

#### 60

Athlete	Meet	Mark
A.J. Reed	New Mexico Classic (2/6)	6.86
Andy White	Husky Classic (2/13)	6.96
Ronald Brookins	UW Invitational (1/30)	7.01
Justin Nesbitt	Husky Classic (2/13)	7.05
D.J. Wright	Husky Classic (2/13)	7.15
Sam Schur	New Mexico Classic (2/5) - Hep	7.37
Matt Williamson	New Mexico Classic (2/5) - Hep	7.37

#### 200

Athlete	Meet	Mark
Justin Nesbitt	Big Sky Championships (2/27)	21.81
Jason Nelson	Big Sky Championships (2/27)	21.83
Ronald Brookins	Husky Classic (2/13)	22.31
A.J. Reed	Husky Classic (2/13)	22.35
Cameron Jost	New Mexico Classic (2/6)	22.64
Vance Anderson	Husky Classic (2/13)	22.57
Brad Hartman	UW Invitational (1/30)	23.88

#### 400

Athlete	Meet	Mark
Jason Nelson	Big Sky Championships (2/27)	47.74
Cameron Jost	Husky Classic (2/13)	49.54
Vance Anderson	New Mexico Classic (2/6)	49.97
Justin Nesbitt	Husky Classic (2/13)	51.18

#### 800

Athlete	Meet	Mark
David Rabinowitz	Big Sky Championships (2/27)	1:51.39
Cole Younger	Big Sky Championships (2/27)	1:53.19
Myko Lucas	Husky Classic (2/13)	1:53.23

#### Mile

Athlete	Meet	Mark
David Rabinowitz	UW Invitational (1/30)	4:12.17
Scott Grose	Husky Classic (2/13)	4:12.40

#### 3,000

Athlete	Meet	Mark
Chris Romo	Husky Classic (2/13)	8:25.39

#### 5,000

Athlete	Meet	Mark
Colin Szehner	UW Invitational (1/30)	15:05.06
Daniel Carlson	Husky Classic (2/13)	15:19.38

#### 55-Hurdles

Athlete	Meet	Mark
Ronald Brookins	Big Sky Championships (2/27)	7.28
A.J. Reed	Big Sky Championships (2/27)	7.43
D.J. Wright	Big Sky Championships (2/26)	7.90
Matt Williamson	Big Sky Championships (2/26-27) - Hep	8.06
Sam Schur	Big Sky Championships (2/26-27) - Hep	8.19

#### 60-Hurdles

Athlete	Meet	Mark
Ronald Brookins	NCAA Championships (3/12)	7.84
A.J. Reed	UW Invitational (1/30)	8.02

D.J. Wright	New Mexico Classic (2/6)	8.47
Sam Schur	UW Invitational (1/30)	8.51
Matt Williamson	Husky Classic (2/13)	8.72

#### High Jump

Athlete	Meet	Mark
Emilio Hernandez	New Mexico Classic (2/6)	6-10.25
Sam Schur	New Mexico Classic (2/6) - Hep	6-03.50
Matt Williamson	New Mexico Classic (2/6) - Hep	6-00.00
D.J. Wright	New Mexico Classic (2/6)	5-10.50

#### Long Jump

Athlete	Meet	Mark
Ronald Brookins	Big Sky Championships (2/26)	24-05.75
Sam Schur	New Mexico Classic (2/6) - Hep	23-01.75
Greg Mayo	Big Sky Championships (2/27)	22-10.00
D.J. Wright	New Mexico Classic (2/6)	21-10.75
Matt Williamson	New Mexico Classic (2/6) - Hep	21-08.75
Emilio Hernandez	Husky Classic (2/13)	21-08.75

#### Triple Jump

Athlete	Meet	Mark
Emilio Hernandez	Big Sky Championships (2/27)	47-03.00
Greg Mayo	UW Invitational (1/30)	46-11.75

#### Pole Vault

Athlete	Meet	Mark
Blair Wallingford	UW Invitational (1/30)	15-07.75
Andrew Lohse	UW Invitational (1/30)	15-01.75
Sam Schur	New Mexico Classic (2/6) - Hep	13-01.50
Matt Williamson	New Mexico Classic (2/6) - Hep	13-01.50

#### Shot Put

Athlete	Meet	Mark
Taylor Weldon	UW Invitational (1/30)	50-02.75
Jason Wacker	UW Invitational (1/30)	46-02.00
Sam Schur	Big Sky Championships (2/26-27) - Hep	43-03.25
Callan Duffy	New Mexico Classic (2/6)	36-05.75
Matt Williamson	New Mexico Classic (2/6) - Hep	31-09.25

#### Weight Throw

Athlete	Meet	Mark
Taylor Weldon	New Mexico Classic (2/6)	54-07.50
Callan Duffy	Husky Classic (2/13)	49-00.25
Jason Wacker	New Mexico Classic (2/6)	42-01.25

#### Heptathlon

Athlete	Meet	Mark
Sam Schur	New Mexico Classic (2/5-6)	5,130
Matt Williamson	New Mexico Classic (2/5-6)	4,587

#### Relays

Athlete	Meet	Mark
4x400	Big Sky Championships (2/27)	3:14.34
DMR	Anderson, Jost, Nesbitt, Nelson UW Invitational (1/30)	10:23.60



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 INDOOR WOMEN'S EVENT LIST

#### 55

Athlete	Meet	Mark
Alicia Truesdale	Big Sky Championships (2/27)	7.17
Nicole McGlory	Big Sky Championships (2/26)	7.37

#### 60

Athlete	Meet	Mark
Alicia Truesdale	New Mexico Classic (2/6)	7.85
Nicole McGlory	New Mexico Classic (2/6)	7.87
Victoria Humphrey	Husky Classic (2/13)	7.88
Sakya Bolton	New Mexico Classic (2/6)	8.00

#### 200

Athlete	Meet	Mark
Victoria Humphrey	Big Sky Championships (2/26)	24.98
Brianna Nelson	Big Sky Championships (2/26)	25.01
Alicia Truesdale	New Mexico Classic (2/6)	25.70
Sakya Bolton	New Mexico Classic (2/6)	26.19

#### 400

Athlete	Meet	Mark
Brianna Nelson	Husky Classic (2/13)	56.41
Victoria Humphrey	Big Sky Championships (2/26)	56.96
Lea Wallace	New Mexico Classic (2/6)	57.07
Renisha Robinson	New Mexico Classic (2/6)	57.28
Nicole Jackson	New Mexico Classic (2/6)	59.42

#### 800

Athlete	Meet	Mark
Lea Wallace	UW Last Chance Meet (3/6)	2:04.73
Renisha Robinson	UW Last Chance Meet (3/6)	2:05.27
Lora Marchini	Big Sky Championships (2/27)	2:15.94
Mary O'Reilly	UW Invitational (1/30)	2:19.41
Naima Goodwin	Big Sky Championships (2/26) - Pent	2:32.80
Baiba Celma	UW Invitational (1/30)	2:36.84

#### Mile

Athlete	Meet	Mark
Renisha Robinson	Husky Classic (2/13)	4:55.84
Erin Lewis	Big Sky Championships (2/27)	5:13.16
Jenni Eiremo	Husky Classic (2/13)	5:15.71

#### 3,000

Athlete	Meet	Mark
Kristina Holtz	Husky Classic (2/13)	10:06.07
Erin Lewis	UW Invitational (1/30)	10:08.81
Krystal Buck	Husky Classic (2/13)	10:39.86

#### 5,000

Athlete	Meet	Mark
Kristina Holtz	Big Sky Championships (2/26)	17:57.20

#### 55-Hurdles

Athlete	Meet	Mark
Sakya Bolton	Big Sky Championships (2/27)	7.94
Moira Robinson	Big Sky Championships (2/27)	7.96
Nicole McGlory	Big Sky Championships (2/26)	8.02
Ericka Violett	Big Sky Championships (2/27)	8.05
Alicia Truesdale	Big Sky Championships (2/26)	8.19
Naima Goodwin	Big Sky Championships (2/26) - Pent	8.27
Baiba Celma	Big Sky Championships (2/26) - Pent	8.89

#### 60-Hurdles

Athlete	Meet	Mark
Sakya Bolton	New Mexico Classic (2/6)	8.79
Ericka Violett	New Mexico Classic (2/6)	8.81
Nicole McGlory	New Mexico Classic (2/6)	8.83
Alicia Truesdale	New Mexico Classic (2/6)	8.84
Moira Robinson	Husky Classic (2/13)	8.83
Naima Goodwin	Husky Classic (2/13)	9.13
Nicole Jackson	Husky Classic (2/13)	9.21
Baiba Celma	New Mexico Classic (2/5) - Pent	9.71

#### High Jump

Athlete	Meet	Mark
Naima Goodwin	Big Sky Championships (2/26)	5-06.00
Moira Robinson	Big Sky Championships (2/26)	5-06.00
Baiba Celma	New Mexico Classic (2/5) - Pent	5-00.50

#### Long Jump

Athlete	Meet	Mark
Ericka Violett	Big Sky Championships (2/26)	19-11.50
Moira Robinson	Big Sky Championships (2/26)	18-10.00
Nicole McGlory	Big Sky Championships (2/26)	18-08.50
Naima Goodwin	Big Sky Championships (2/26)	18-05.25
Lauren McGlory	UW Invitational (1/30)	17-08.25
Baiba Celma	New Mexico Classic (2/5) - Pent	17-03.25

#### Triple Jump

Athlete	Meet	Mark
Nicole McGlory	Big Sky Championships (2/27)	40-07.00
Ericka Violett	Big Sky Championships (2/27)	40-05.00
Moira Robinson	Big Sky Championships (2/27)	40-05.00
Lauren McGlory	Big Sky Championships (2/27)	40-00.75
Naima Goodwin	Big Sky Championships (2/27)	39-05.00
Baiba Celma	Husky Classic (2/13)	37-09.50

#### Pole Vault

Athlete	Meet	Mark
Lizzy Norvell	New Mexico Classic (2/6)	12-07.50
Ericka Violett	New Mexico Classic (2/6)	12-07.50
Kaitlynn Moore	UW Invitational (1/30)	11-08.50

#### Shot Put

Athlete	Meet	Mark
Andi Behring	Big Sky Championships (2/26)	47-02.25
Ily Agwuenu	Big Sky Championships (2/26)	47-01.00
Holly Lohse	New Mexico Classic (2/6)	44-06.75
Jessica Bonner	Big Sky Championships (2/26)	42-11.50
Tatiana Clark	UW Invitational (1/30)	40-09.50
Baiba Celma	Big Sky Championships (2/26) - Pent	37-03.75
Naima Goodwin	Big Sky Championships (2/26) - Pent	35-08.50

#### Weight Throw

Athlete	Meet	Mark
Ily Agwuenu	Big Sky Championships (2/27)	59-05.50
Tatiana Clark	New Mexico Classic (2/6)	51-00.00
Andi Behring	New Mexico Classic (2/6)	49-11.25
Jessica Bonner	Husky Classic (2/13)	50-07.25
Holly Lohse	Husky Classic (2/13)	48-03.25

#### Pentathlon

Athlete	Meet	Mark
Naima Goodwin	Big Sky Championships (2/26)	3,691
Baiba Celma	Big Sky Championships (2/26)	3,256

#### Relays

Athlete	Meet	Mark
4x400	Big Sky Championships (2/27)	3:47.71
DMR	Nelson, Humphrey, Jackson, R. Robinson UW Invitational (1/30)	11:45.54
	Robinson, O'Reilly, Wallace, Marchini	



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 OUTDOOR PERFORMANCE LIST

#### Vance Anderson

Meet	Event	Mark	Place
UC Davis Classic (3/20)	200	23.23	12th
Cal-Nevada Championships (3/26)	200	22.72	24th
RJ/JJK Invitational (4/10) - Open	200	22.78	22nd
Mondo Invitational (4/17)	200	22.45	9th
Brutus Hamilton Invit. (4/24) - Open	200	22.74	14th
Sacramento State Open (5/8)	200	22.82	10th
Aggie Opener (3/13)	400	51.17	17th
UC Davis Classic (3/20)	400	50.32	5th
Cal-Nevada Championships (3/26)	400	50.43	24th
RJ/JJK Invitational (4/10) - Open	400	50.21	8th
Mondo Invitational (4/17)	400	49.76	6th
Brutus Hamilton Invit. (4/24) - Open	400	50.00	14th
Sacramento State Open (5/8)	400	49.65	3rd
Big Sky Championships (5/14)	400	50.10	14th

#### Ronald Brookins

Meet	Event	Mark	Place
USC Trojan Invitational (3/20)	100	10.83	6th
Cal-Nevada Championships (3/26)	100	10.98	13th
RJ/JJK Invitational (4/10) - Open	100	10.95	7th
Mondo Invitational (4/17)	100	10.80	6th
Brutus Hamilton Invit. (4/24) - Open	100	10.96	Qual
Brutus Hamilton Invit. (4/24) - Open	100	11.08	8th
Big Sky Championships (5/14)	100	10.82	Qual
Big Sky Championships (5/14)	100	10.64	1st
Mondo Invitational (4/17)	200	23.52	16th
USC Trojan Invitational (3/20)	110H	13.98	3rd
Cal-Nevada Championships (3/26)	110H	14.27	Qual
Cal-Nevada Championships (3/27)	110H	13.92	1st
RJ/JJK Invitational (4/10) - Invite	110H	13.80	3rd
Brutus Hamilton Invit. (4/24) - Invite	110H	13.76	2nd
Sacramento State Open (5/8)	110H	13.95	3rd
Big Sky Championships (5/14)	110H	13.78	Qual
Big Sky Championships (5/15)	110H	13.84	1st
NCAA West Preliminary (5/28)	110H	13.88	Qual
NCAA West Preliminary (5/29)	110H	13.61	7th
NCAA Championships (6/10)	110H	13.80	12th
USC Trojan Invitational (3/20)	100	23-02.50	1st
Cal-Nevada Championships (3/26)	100	Foul	---
RJ/JJK Invitational (4/10) - Invite	100	24-04.50	3rd
Mondo Invitational (4/17)	100	23-05.25	1st
Brutus Hamilton Invit. (4/24) - Invite	100	24-05.50	1st
Sacramento State Open (5/8)	100	24-00.75	2nd
Big Sky Championships (5/12)	100	24-07.25	1st
NCAA West Preliminary (5/27)	100	24-08.50	11th
NCAA Championships (6/12)	100	24-10.00	9th

#### Daniel Carlson

Meet	Event	Mark	Place
American River Invitational (4/3)	STPL	9:44.49	3rd
RJ/JJK Invitational (4/10) - Invite	STPL	9:38.83	9th
Mondo Invitational (4/17)	STPL	9:57.06	8th
Sacramento State Open (5/8)	STPL	9:51.84	7th
Big Sky Championships (5/14)	STPL	10:06.20	14th

#### Matt Case

Meet	Event	Mark	Place
Aggie Opener (3/13)	800	2:04.45	23rd
UC Davis Classic (3/20)	800	1:56.54	6th
Cal-Nevada Championships (3/26)	800	1:58.97	30th
RJ/JJK Invitational (4/10) - Open	800	1:59.52	13th
Mondo Invitational (4/17)	800	2:09.77	18th
Brutus Hamilton Invit. (4/24) - Open	800	1:57.98	30th
Sacramento State Open (5/8)	800	1:54.40	5th
Aggie Opener (3/13)	1500	4:22.07	34th

#### Tyler Creswell

Meet	Event	Mark	Place
Aggie Opener (3/13)	100	11.72	33rd
Sacramento State Open (5/8)	100	11.43	15th
Aggie Opener (3/13)	200	24.43	34th
UC Davis Classic (3/20)	200	24.44	25th
Mondo Invitational (4/17)	200	23.46	15th
Aggie Opener (3/13)	110H	15.20	5th
UC Davis Classic (3/20)	110H	15.72	6th
Cal-Nevada Championships (3/26)	110H	15.27	15th
RJ/JJK Invitational (4/10) - Open	110H	15.24	3rd
Mondo Invitational (4/17)	110H	15.47	5th
Brutus Hamilton Invit. (4/24) - Open	110H	15.03	Qual
Brutus Hamilton Invit. (4/24) - Open	110H	14.94	7th
Payton Jordan Invitational (5/1)	110H	15.23	5th
Sacramento State Open (5/8)	110H	15.27	5th
Big Sky Championships (5/14)	110H	15.21	Qual
Big Sky Championships (5/15)	110H	15.29	7th

#### Robert Davis

Meet	Event	Mark	Place
Aggie Opener (3/13)	800	2:00.05	9th
UC Davis Classic (3/20)	800	1:56.00	4th
Cal-Nevada Championships (3/26)	800	1:58.87	29th
RJ/JJK Invitational (4/10) - Open	800	1:59.99	14th
Mondo Invitational (4/17)	800	1:57.52	15th
Brutus Hamilton Invit. (4/24) - Open	800	1:57.27	26th
Sacramento State Open (5/8)	800	1:55.40	7th
Aggie Opener (3/13)	1500	4:12.62	23rd

#### Callan Duffy

Meet	Event	Mark	Place
Aggie Opener (3/13)	SP	37-01.25	13th
UC Davis Classic (3/20)	SP	36-05.50	21st
Mondo Invitational (4/17)	SP	Foul	---
Aggie Opener (3/13)	HAM	134-04	19th
UC Davis Classic (3/20)	HAM	135-06	10th
American River Invitational (4/3)	HAM	132-11	21st
RJ/JJK Invitational (4/10) - Open	HAM	150-05	3rd
Mondo Invitational (4/17)	HAM	160-07	4th
Brutus Hamilton Invit. (4/24) - Open	HAM	146-03	15th
Payton Jordan Invitational (5/1)	HAM	163-11	8th
Sacramento State Open (5/8)	HAM	173-05	2nd
Big Sky Championships (5/15)	HAM	169-10	6th

#### Jesse Elvrom

Meet	Event	Mark	Place
Aggie Opener (3/13)	JAV	180-00	6th



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 OUTDOOR PERFORMANCE LIST

#### Scott Grose

Meet	Event	Mark	Place
Mondo Invitational (4/17)	1500	3:58.00	5th
UC Davis Classic (3/20)	STPL	9:29.73	1st
Cal-Nevada Championships (3/26)	STPL	9:07.87	1st
Brutus Hamilton Invit. (4/24) - Open	STPL	9:18.74	9th

#### Brad Hartman

Meet	Event	Mark	Place
Aggie Opener (3/13)	200	23.21	21st
UC Davis Classic (3/20)	200	23.23	13th
American River Invitational (4/3)	200	22.97	24th
RJ/JJK Invitational (4/10) - Open	200	23.11	24th
Mondo Invitational (4/17)	200	22.67	10th
Payton Jordan Invitational (5/1)	200	22.96	8th
Sacramento State Open (5/8)	200	22.79	9th
Aggie Opener (3/13)	400	51.65	20th
UC Davis Classic (3/20)	400	51.94	17th
American River Invitational (4/3)	400	51.88	29th
RJ/JJK Invitational (4/10) - Open	400	51.45	12th
Mondo Invitational (4/17)	400	52.13	11th
Payton Jordan Invitational (5/1)	400	52.04	8th
Sacramento State Open (5/8)	400	51.07	5th

#### Emilio Hernandez

Meet	Event	Mark	Place
Aggie Opener (3/13)	HJ	NH	---
USC Trojan Invitational (3/20)	HJ	6-08.75	3rd
Cal-Nevada Championships (3/26)	HJ	6-08.75	1st
RJ/JJK Invitational (4/10) - Invite	HJ	6-07.00	7th
Mondo Invitational (4/17)	HJ	6-08.00	1st
Brutus Hamilton Invit. (4/24) - Open	HJ	6-08.00	5th
Payton Jordan Invitational (5/1)	HJ	6-08.75	3rd
Sacramento State Open (5/8)	HJ	6-09.00	1st
Big Sky Championships (5/14)	HJ	6-11.00	1st
NCAA West Preliminary (5/28)	HJ	6-11.00	T18th
Aggie Opener (3/13)	UJ	21-11.00	5th
Sacramento State Open (5/8)	UJ	21-03.50	8th
Big Sky Championships (5/14)	UJ	22-01.75	9th
Cal-Nevada Championships (3/27)	TJ	44-09.50	12th
RJ/JJK Invitational (4/10) - Open	TJ	45-03.50	3rd
Big Sky Championships (5/15)	TJ	44-01.50	10th

#### Cameron Jost

Meet	Event	Mark	Place
Aggie Opener (3/13)	200	22.52	11th
UC Davis Classic (3/20)	200	23.60	19th
Cal-Nevada Championships (3/26)	200	22.52	21st
Aggie Opener (3/13)	400	50.74	12th
UC Davis Classic (3/20)	400	50.93	11th
Cal-Nevada Championships (3/26)	400	50.01	18th

#### Nathanael Litwiller

Meet	Event	Mark	Place
USC Trojan Invitational (3/20)	800	1:53.36	8th
Cal-Nevada Championships (3/26)	800	1:52.42	Qual
Cal-Nevada Championships (3/27)	800	1:52.08	7th
RJ/JJK Invitational (4/10) - Invite	800	1:54.94	9th
Mondo Invitational (4/17)	800	1:51.08	3rd
Sacramento State Open (5/8)	800	1:50.66	1st
Big Sky Championships (5/14)	800	1:53.07	Qual

Big Sky Championships (5/15)	800	1:52.13	1st
Aggie Opener (3/13)	1500	3:58.55	4th
RJ/JJK Invitational (4/10) - Open	1500	3:51.72	4th
Brutus Hamilton Invit. (4/24) - Open	1500	3:52.66	12th
Payton Jordan Invitational (5/1)	1500	3:53.49	45th
Big Sky Championships (5/15)	1500	4:03.28	9th

#### Myko Lucas

Meet	Event	Mark	Place
Aggie Opener (3/13)	400	51.97	23rd
Cal-Nevada Championships (3/26)	800	1:54.60	13th
RJ/JJK Invitational (4/10) - Open	800	1:54.34	5th
Mondo Invitational (4/17)	800	1:54.03	9th
Brutus Hamilton Invit. (4/24) - Open	800	1:53.34	10th
Big Sky Championships (5/14)	800	1:52.62	Qual
Big Sky Championships (5/15)	800	1:52.88	3rd
USC Trojan Invitational (3/20)	1500	4:03.31	15th

#### Greg Mayo

Meet	Event	Mark	Place
RJ/JJK Invitational (4/10) - Invite	UJ	23-09.50	4th
Mondo Invitational (4/17)	UJ	22-04.25	5th
Brutus Hamilton Invit. (4/24) - Invite	UJ	21-11.75	11th
Sacramento State Open (5/8)	UJ	Foul	---
Big Sky Championships (5/14)	UJ	23-06.25	4th
RJ/JJK Invitational (4/10) - Open	TJ	46-04.00	1st
Mondo Invitational (4/17)	TJ	46-06.25	2nd
Brutus Hamilton Invit. (4/24) - Invite	TJ	44-04.25	8th
Sacramento State Open (5/8)	TJ	45-05.25	2nd
Big Sky Championships (5/15)	TJ	46-07.00	4th

#### Nick Mills

Meet	Event	Mark	Place
Cal-Nevada Championships (3/26)	JAV	178-08	7th
RJ/JJK Invitational (4/10) - Invite	JAV	161-11	10th
Mondo Invitational (4/17)	JAV	199-06	1st
Brutus Hamilton Invit. (4/24) - Open	JAV	Foul	---
Sacramento State Open (5/8)	JAV	193-01	2nd
Big Sky Championships (5/14)	JAV	198-00	4th

#### Daniel Mitchell

Meet	Event	Mark	Place
Sacramento State Open (5/8)	1500	4:07.41	12th
UC Davis Classic (3/20)	5K	15:40.47	6th
Cal-Nevada Championships (3/26)	5K	15:12.69	18th
RJ/JJK Invitational (4/10) - Open	5K	15:27.57	23rd
Mondo Invitational (4/17)	STPL	9:50.98	7th
Sacramento State Open (5/8)	STPL	9:39.79	5th
Big Sky Championships (5/14)	STPL	10:07.66	15th

#### Jason Nelson

Meet	Event	Mark	Place
USC Trojan Invitational (3/20)	200	22.23	T15th
Cal-Nevada Championships (3/26)	200	21.87	12th
RJ/JJK Invitational (4/10) - Open	200	22.47	T16th
Brutus Hamilton Invit. (4/24) - Open	200	22.30	11th
Sacramento State Open (5/8)	200	21.78	2nd
Big Sky Championships (5/14)	200	21.99	Qual
Big Sky Championships (5/15)	200	21.75	6th
USC Trojan Invitational (3/20)	400	48.41	4th
Cal-Nevada Championships (3/26)	400	48.58	Qual



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 OUTDOOR PERFORMANCE LIST

Cal-Nevada Championships (3/27)	400	48.46	5th	Big Sky Championships (5/15)	110H	14.34	3rd
RJ/JJK Invitational (4/10) - Open	400	48.84	3rd	NCAA West Preliminary (5/28)	110H	14.12	Qual
Mondo Invitational (4/17)	400	48.03	1st	NCAA West Preliminary (5/29)	110H	14.08	19th
Sacramento State Open (5/8)	400	47.73	1st				
Big Sky Championships (5/14)	400	48.12	Qual	<b>Chris Romo</b>			
Big Sky Championships (5/15)	400	47.43	4th	<b>Meet</b>	<b>Event</b>	<b>Mark</b>	<b>Place</b>
				USC Trojan Invitational (3/20)	1500	3:59.99	8th
<b>Justin Nesbitt</b>				Mondo Invitational (4/17)	1500	3:56.25	4th
<b>Meet</b>	<b>Event</b>	<b>Mark</b>	<b>Place</b>	Sacramento State Open (5/8)	1500	3:55.07	5th
Mondo Invitational (4/17)	100	10.89	7th	RJ/JJK Invitational (4/10) - Open	5K	15:30.57	25th
Brutus Hamilton Invit. (4/24) - Open	100	11.07	14th	Brutus Hamilton Invit. (4/24)	5K	15:07.03	14th
Sacramento State Open (5/8)	100	10.84	6th	Big Sky Championships (5/15)	5K	16:20.34	18th
Big Sky Championships (5/14)	100	11.52	16th				
Aggie Opener (3/13)	200	22.29	9th	<b>Sam Schur</b>			
USC Trojan Invitational (3/20)	200	22.29	17th	<b>Meet</b>	<b>Event</b>	<b>Mark</b>	<b>Place</b>
Cal-Nevada Championships (3/26)	200	22.14	15th	RJ/JJK Multi (4/8)	100	11.47	DEC
RJ/JJK Invitational (4/10) - Open	200	21.91	7th	Big Sky Championships (5/12)	100	11.70	DEC
Mondo Invitational (4/17)	200	21.72	3rd	RJ/JJK Multi (4/8)	400	51.88	DEC
Brutus Hamilton Invit. (4/24) - Open	200	22.00	7th	RJ/JJK Multi (4/9)	1500	4:40.00	DEC
Sacramento State Open (5/8)	200	21.89	4th	Big Sky Championships (5/13)	1500	4:42.11	DEC
USC Trojan Invitational (3/20)	400	50.21	16th	Aggie Opener (3/13)	110H	14.98	4th
Cal-Nevada Championships (3/26)	400	49.55	14th	UC Davis Classic (3/20)	110H	15.08	3rd
RJ/JJK Invitational (4/10) - Open	400	49.38	5th	Cal-Nevada Championships (3/26)	110H	14.95	10th
Brutus Hamilton Invit. (4/24) - Open	400	49.58	12th	RJ/JJK Multi (4/9)	110H	15.44	DEC
				Mondo Invitational (4/17)	110H	15.07	2nd
<b>David Rabinowitz</b>				Brutus Hamilton Invit. (4/24) - Open	110H	15.08	Qual
<b>Meet</b>	<b>Event</b>	<b>Mark</b>	<b>Place</b>	Brutus Hamilton Invit. (4/24) - Open	110H	14.84	5th
Cal-Nevada Championships (3/26)	800	1:51.10	Qual	Big Sky Championships (5/13)	110H	14.86	DEC
Cal-Nevada Championships (3/27)	800	1:51.02	4th	Big Sky Championships (5/14)	110H	FS	---
RJ/JJK Invitational (4/10) - Invite	800	1:49.75	1st	RJ/JJK Multi (4/8)	HJ	5-09.75	DEC
Mondo Invitational (4/17)	800	1:50.25	2nd	Sacramento State Open (5/8)	HJ	5-09.25	4th
Payton Jordan Invitational (5/1)	800	1:49.68	20th	RJ/JJK Multi (4/9)	PV	13-05.25	DEC
Big Sky Championships (5/14)	800	1:53.05	Qual	Big Sky Championships (5/13)	PV	13-07.50	DEC
Big Sky Championships (5/15)	800	1:53.37	4th	UC Davis Classic (3/20)	U	23-06.75	2nd
NCAA West Preliminary (5/27)	800	1:48.12	Qual	Cal-Nevada Championships (3/26)	U	21-07.50	11th
NCAA West Preliminary (5/28)	800	1:50.02	17th	RJ/JJK Multi (4/8)	U	23-04.00	DEC
USC Trojan Invitational (3/20)	1500	4:07.70	29th	Mondo Invitational (4/17)	U	22-11.00	3rd
RJ/JJK Invitational (4/10) - Open	1500	3:50.03	1st	Brutus Hamilton Invit. (4/24) - Invite	U	22-02.50	10th
Brutus Hamilton Invit. (4/24) - Open	1500	3:46.94	1st	Big Sky Championships (5/12)	U	21-11.75	DEC
Big Sky Championships (5/15)	1500	3:53.63	4th	Big Sky Championships (5/14)	U	22-03.00	8th
				Cal-Nevada Championships (3/26)	HJ	NH	---
<b>A.J. Reed</b>				Mondo Invitational (4/17)	HJ	6-04.00	T3rd
<b>Meet</b>	<b>Event</b>	<b>Mark</b>	<b>Place</b>	Brutus Hamilton Invit. (4/24) - Open	HJ	NH	---
USC Trojan Invitational (3/20)	100	10.82	T4th	Big Sky Championships (5/12)	HJ	5-11.25	DEC
Cal-Nevada Championships (3/26)	100	10.76	Qual	UC Davis Classic (3/20)	SP	43-11.25	10th
Cal-Nevada Championships (3/27)	100	10.77	5th	RJ/JJK Multi (4/8)	SP	40-11.75	DEC
RJ/JJK Invitational (4/10) - Invite	100	10.96	12th	Mondo Invitational (4/17)	SP	42-07.50	8th
Mondo Invitational (4/17)	100	10.67	4th	Big Sky Championships (5/12)	SP	40-09.00	DEC
Sacramento State Open (5/8)	100	10.73	5th	Aggie Opener (3/13)	DIS	106-09	23rd
Big Sky Championships (5/14)	100	10.83	Qual	RJ/JJK Multi (4/9)	DIS	125-05	DEC
Big Sky Championships (5/15)	100	10.75	5th	Mondo Invitational (4/17)	DIS	122-05	14th
USC Trojan Invitational (3/20)	200	22.01	13th	Sacramento State Open (5/8)	DIS	131-11	6th
RJ/JJK Invitational (4/10) - Open	200	22.32	12th	Big Sky Championships (5/13)	DIS	123-01	DEC
USC Trojan Invitational (3/20)	110H	14.38	5th	Aggie Opener (3/13)	JAV	163-02	11th
Cal-Nevada Championships (3/26)	110H	14.34	5th	UC Davis Classic (3/20)	JAV	161-05	12th
Cal-Nevada Championships (3/27)	110H	14.42	5th	Cal-Nevada Championships (3/26)	JAV	147-09	20th
RJ/JJK Invitational (4/10) - Invite	110H	14.68	7th	RJ/JJK Multi (4/9)	JAV	160-02	DEC
Mondo Invitational (4/17)	110H	14.40	1st	Sacramento State Open (5/8)	JAV	160-08	6th
Brutus Hamilton Invit. (4/24) - Invite	110H	14.46	4th	Big Sky Championships (5/13)	JAV	160-04	DEC
Sacramento State Open (5/8)	110H	14.23	4th	RJ/JJK Multi (4/8-9)	DEC	6,888	1st
Big Sky Championships (5/14)	110H	14.32	Qual	Big Sky Championships (5/12-13)	DEC	6,847	3rd



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 OUTDOOR PERFORMANCE LIST

#### Colin Szehner

Meet	Event	Mark	Place
Aggie Opener (3/13)	800	2:01.14	12th
UC Davis Classic (3/20)	1500	4:03.97	13th
Cal-Nevada Championships (3/26)	5K	14:56.12	7th
RJ/JJK Invitational (4/10) - Open	5K	15:03.64	17th
Sacramento State Open (5/8)	5K	14:52.32	1st
Big Sky Championships (5/14)	10K	31:46.28	7th

#### Andrew Titherington

Meet	Event	Mark	Place
UC Davis Classic (3/20)	SP	46-03.50	8th
Cal-Nevada Championships (3/27)	SP	46-10.75	22nd
American River Invitational (4/3)	SP	38-02.25	24th
RJ/JJK Invitational (4/10) - Open	SP	44-09.50	9th
Mondo Invitational (4/17)	SP	45-09.00	5th
Brutus Hamilton Invit. (4/24) - Open	SP	46-00.50	15th
Payton Jordan Invitational (5/1)	SP	Foul	---
Sacramento State Open (5/8)	SP	46-06.75	4th
UC Davis Classic (3/20)	DIS	132-10	11th
American River Invitational (4/3)	DIS	133-01	11th
RJ/JJK Invitational (4/10) - Open	DIS	Foul	---
Mondo Invitational (4/17)	DIS	139-11	6th
Brutus Hamilton Invit. (4/24) - Open	DIS	137-00	17th
Sacramento State Open (5/8)	DIS	139-01	5th
American River Invitational (4/3)	HAM	132-11	21st
Mondo Invitational (4/17)	HAM	131-06	8th

#### Jason Wacker

Meet	Event	Mark	Place
Aggie Opener (3/13)	SP	42-09.75	7th
UC Davis Classic (3/20)	SP	48-01.25	3rd
Cal-Nevada Championships (3/27)	SP	48-02.50	19th
RJ/JJK Invitational (4/10) - Open	SP	50-04.75	2nd
Mondo Invitational (4/17)	SP	47-10.50	4th
Brutus Hamilton Invit. (4/24) - Open	SP	45-11.75	16th
Payton Jordan Invitational (5/1)	SP	50-04.50	3rd
Big Sky Championships (5/14)	SP	46-09.50	13th
Aggie Opener (3/13)	DIS	141-02	7th
UC Davis Classic (3/20)	DIS	142-03	7th
RJ/JJK Invitational (4/10) - Open	DIS	142-00	9th
Mondo Invitational (4/17)	DIS	134-04	10th
Brutus Hamilton Invit. (4/24) - Open	DIS	140-06	15th
Aggie Opener (3/13)	HAM	129-00	20th
UC Davis Classic (3/20)	HAM	131-02	11th
Mondo Invitational (4/17)	HAM	126-02	10th

#### Blair Wallingford

Meet	Event	Mark	Place
Aggie Opener (3/13)	PV	15-05.75	3rd
USC Trojan Invitational (3/20)	PV	15-01.50	T6th
RJ/JJK Invitational (4/10) - Open	PV	15-01.50	T8th
Mondo Invitational (4/17)	PV	15-05.75	8th
Brutus Hamilton Invit. (4/24) - Open	PV	15-07.25	7th
Payton Jordan Invitational (5/1)	PV	15-07.00	9th
Sacramento State Open (5/8)	PV	15-07.00	5th
Big Sky Championships (5/14)	PV	15-01.00	5th
Aggie Opener (3/13)	JAV	185-04	4th
Cal-Nevada Championships (3/26)	JAV	188-06	3rd
Mondo Invitational (4/17)	JAV	194-09	3rd
Sacramento State Open (5/8)	JAV	185-07	4th
Big Sky Championships (5/14)	JAV	165-10	10th

#### Taylor Weldon

Meet	Event	Mark	Place
UC Davis Classic (3/20)	SP	44-07.50	9th
Cal-Nevada Championships (3/27)	SP	49-05.00	15th
RJ/JJK Invitational (4/10) - Open	SP	48-08.75	6th
Mondo Invitational (4/17)	SP	50-04.50	2nd
Brutus Hamilton Invit. (4/24) - Open	SP	46-10.75	13th
Payton Jordan Invitational (5/1)	SP	49-01.50	5th
Sacramento State Open (5/8)	SP	49-10.00	2nd
Big Sky Championships (5/14)	SP	51-01.75	8th
Aggie Opener (3/13)	DIS	139-01	10th
UC Davis Classic (3/20)	DIS	142-07	6th
RJ/JJK Invitational (4/10) - Open	DIS	139-09	11th
Mondo Invitational (4/17)	DIS	145-03	5th
Brutus Hamilton Invit. (4/24) - Open	DIS	140-02	16th
Sacramento State Open (5/8)	DIS	148-05	1st
Big Sky Championships (5/15)	DIS	131-03	16th
Aggie Opener (3/13)	HAM	154-02	13th
UC Davis Classic (3/20)	HAM	166-09	2nd
Cal-Nevada Championships (3/27)	HAM	155-08	18th
RJ/JJK Invitational (4/10) - Open	HAM	156-07	2nd
Mondo Invitational (4/17)	HAM	Foul	---
Brutus Hamilton Invit. (4/24) - Open	HAM	Foul	---
Payton Jordan Invitational (5/1)	HAM	144-00	11th
Big Sky Championships (5/15)	HAM	157-09	12th

#### Andy White

Meet	Event	Mark	Place
Aggie Opener (3/13)	100	10.92	8th
USC Trojan Invitational (3/20)	100	10.94	T11th
Cal-Nevada Championships (3/26)	100	11.11	19th
RJ/JJK Invitational (4/10) - Open	100	11.06	T9th
Mondo Invitational (4/17)	100	11.03	11th
Big Sky Championships (5/14)	100	11.36	15th

#### Matt Williamson

Meet	Event	Mark	Place
Aggie Opener (3/13)	400H	56.52	8th
UC Davis Classic (3/20)	400H	56.49	9th
Cal-Nevada Championships (3/26)	400H	56.65	26th
RJ/JJK Invitational (4/10) - Open	400H	55.80	8th
Mondo Invitational (4/17)	400H	56.87	3rd
Brutus Hamilton Invit. (4/24) - Open	400H	57.22	12th
Payton Jordan Invitational (5/1)	400H	59.62	7th
Sacramento State Open (5/8)	400H	57.06	8th
Big Sky Championships (5/14)	400H	1:01.39	15th

#### D.J. Wright

Meet	Event	Mark	Place
Aggie Opener (3/13)	100	11.13	14th
USC Trojan Invitational (3/20)	100	11.11	16th
RJ/JJK Invitational (4/10) - Open	100	11.16	11th
Mondo Invitational (4/17)	100	10.95	9th
Payton Jordan Invitational (5/1)	100	11.12	6th
Sacramento State Open (5/8)	100	10.92	7th
Big Sky Championships (5/14)	100	11.15	12th
Aggie Opener (3/13)	U	22-05.00	3rd
USC Trojan Invitational (3/20)	U	21-09.00	4th
Cal-Nevada Championships (3/26)	U	22-00.25	7th
RJ/JJK Invitational (4/10) - Open	U	21-09.50	4th
Mondo Invitational (4/17)	U	22-03.00	6th



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 OUTDOOR PERFORMANCE LIST

Brutus Hamilton Invit. (4/24) - Invite	U	21-11.75	4th
Payton Jordan Invitational (5/1)	U	21-08.75	8th
Sacramento State Open (5/8)	U	22-00.75	5th
Big Sky Championships (5/14)	U	21-09.75	10th

#### Cole Younger

Meet	Event	Mark	Place
Aggie Opener (3/13)	400	52.56	26th
Cal-Nevada Championships (3/26)	800	1:55.81	19th
RJ/JJK Invitational (4/10) - Open	800	1:56.68	9th
Mondo Invitational (4/17)	800	1:56.58	11th
Brutus Hamilton Invit. (4/24) - Open	800	1:56.75	23rd
Sacramento State Open (5/8)	800	1:53.93	3rd
Big Sky Championships (5/14)	800	1:53.95	11th
USC Trojan Invitational (3/20)	1500	4:01.75	12th
Cal-Nevada Championships (3/27)	1500	4:01.52	22nd

#### 4x100 Relay

Meet	Event	Mark	Place
Aggie Opener (3/13)	4x100	42.18	3rd
USC Trojan Invitational (3/20)	4x100	41.32	3rd
Cal-Nevada Championships (3/27)	4x100	40.96	3rd
RJ/JJK Invitational (4/10)	4x100	41.48	4th
Mondo Invitational (4/17)	4x100	41.09	1st
Brutus Hamilton Invit. (4/24)	4x100	41.14	4th
Sacramento State Open (5/8)	4x100	40.84	1st
Big Sky Championships (5/15)	4x100	40.45	2nd

#### 4x400 Relay

Meet	Event	Mark	Place
Cal-Nevada Championships (3/27)	4x400	3:14.27	5th
RJ/JJK Invitational (4/10)	4x400	3:20.08	6th
RJ/JJK Invitational (4/10)	4x400	3:27.96	7th
Mondo Invitational (4/17)	4x400	3:15.03	2nd
Mondo Invitational (4/17)	4x400	3:24.56	7th
Sacramento State Open (5/8)	4x400	3:22.98	1st
Big Sky Championships (5/15)	4x400	3:16.09	4th



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 OUTDOOR PERFORMANCE LIST

#### Ify Agwuenu

Meet	Event	Mark	Place
USC Trojan Invitational (3/20)	SP	46-08.00	6th
Cal-Nevada Championships (3/27)	SP	46-10.00	5th
Rainbow Relays (4/3)	SP	45-03.50	1st
Mondo Invitational (4/17)	SP	46-02.50	1st
Brutus Hamilton Invit. (4/24) - Open	SP	49-11.00	3rd
Payton Jordan Invitational (5/1)	SP	46-06.25	2nd
Sacramento State Open (5/8)	SP	46-08.00	2nd
Big Sky Championships (5/15)	SP	49-10.50	1st
NCAA West Preliminary (5/28)	SP	48-03.25	23rd
Aggie Opener (3/13)	DIS	128-02	5th
USC Trojan Invitational (3/20)	DIS	140-05	10th
Cal-Nevada Championships (3/27)	DIS	142-08	8th
Rainbow Relays (4/3)	DIS	132-09	5th
Mondo Invitational (4/17)	DIS	153-07	3rd
Brutus Hamilton Invit. (4/24) - Open	DIS	136-01	11th
Payton Jordan Invitational (5/1)	DIS	Foul	---
Sacramento State Open (5/8)	DIS	151-10	3rd
Big Sky Championships (5/14)	DIS	125-05	14th
Aggie Opener (3/13)	HAM	147-02	7th
Cal-Nevada Championships (3/26)	HAM	144-10	20th
Rainbow Relays (4/3)	HAM	147-05	2nd
Mondo Invitational (4/17)	HAM	Foul	---
Brutus Hamilton Invit. (4/24) - Open	HAM	Foul	---
Payton Jordan Invitational (5/1)	HAM	162-09	6th
Big Sky Championships (5/14)	HAM	158-08	8th

#### Andi Behring

Meet	Event	Mark	Place
Aggie Opener (3/13)	SP	44-04.25	2nd
USC Trojan Invitational (3/20)	SP	46-00.00	7th
Cal-Nevada Championships (3/27)	SP	47-00.75	4th
Rainbow Relays (4/3)	SP	42-00.75	5th
Mondo Invitational (4/17)	SP	44-00.75	3rd
Payton Jordan Invitational (5/1)	SP	44-11.50	3rd
Sacramento State Open (5/8)	SP	45-02.50	3rd
Big Sky Championships (5/15)	SP	46-03.00	8th
Aggie Opener (3/13)	HAM	138-03	8th
Rainbow Relays (4/3)	HAM	139-06	4th
Mondo Invitational (4/17)	HAM	145-11	5th
Payton Jordan Invitational (5/1)	HAM	136-09	11th
Big Sky Championships (5/14)	HAM	142-06	14th

#### Sakya Bolton

Meet	Event	Mark	Place
USC Trojan Invitational (3/20)	100	12.62	20th
Mondo Invitational (4/17)	100	12.54	12th
Brutus Hamilton Invit. (4/24) - Open	100	12.65	16th
Sacramento State Open (5/8)	100	12.54	7th
USC Trojan Invitational (3/20)	200	26.13	39th
USC Trojan Invitational (3/20)	100H	14.27	T5th
Cal-Nevada Championships (3/26)	100H	14.32	10th
Mondo Invitational (4/17)	100H	14.27	5th
Brutus Hamilton Invit. (4/24) - Open	100H	14.17	9th
Payton Jordan Invitational (5/1)	100H	14.50	4th
Sacramento State Open (5/8)	100H	14.08	4th
Big Sky Championships (5/14)	100H	14.26	Qual
Big Sky Championships (5/15)	100H	14.06	2nd

#### Jessica Bonner

Meet	Event	Mark	Place
Aggie Opener (3/13)	SP	37-01.75	4th
UC Davis Classic (3/20)	SP	40-02.75	5th
Cal-Nevada Championships (3/27)	SP	42-09.50	10th
RJ/JJK Invitational (4/10) - Open	SP	41-08.50	7th
Mondo Invitational (4/17)	SP	41-06.00	7th
Brutus Hamilton Invit. (4/24) - Open	SP	42-02.25	15th
Payton Jordan Invitational (5/1)	SP	40-09.00	8th
Sacramento State Open (5/8)	SP	39-00.25	8th
Big Sky Championships (5/15)	SP	38-03.50	16th
Aggie Opener (3/13)	DIS	128-01	6th
UC Davis Classic (3/20)	DIS	140-01	3rd
Cal-Nevada Championships (3/27)	DIS	129-03	15th
RJ/JJK Invitational (4/10) - Open	DIS	143-06	4th
Mondo Invitational (4/17)	DIS	133-05	6th
Brutus Hamilton Invit. (4/24) - Open	DIS	146-01	7th
Payton Jordan Invitational (5/1)	DIS	145-00	6th
Sacramento State Open (5/8)	DIS	138-09	6th
Big Sky Championships (5/14)	DIS	117-07	16th

#### Krystal Buck

Meet	Event	Mark	Place
UC Davis Classic (3/20)	1500	4:51.70	6th
Cal-Nevada Championships (3/27)	1500	5:04.85	28th
Brutus Hamilton Invit. (4/24) - Open	1500	4:57.45	26th
Sacramento State Open (5/8)	STPL	12:16.32	3rd

#### Baiba Celma

Meet	Event	Mark	Place
Aggie Opener (3/13)	200	27.97	33rd
RJ/JJK Multi (4/8)	200	27.65	HEP
Big Sky Championships (5/12)	200	28.03	HEP
RJ/JJK Multi (4/9)	800	2:41.21	HEP
Aggie Opener (3/13)	100H	17.09	26th
UC Davis Classic (3/20)	100H	DNF	---
RJ/JJK Multi (4/8)	100H	16.30	HEP
Big Sky Championships (5/12)	100H	16.24	HEP
Aggie Opener (3/13)	UJ	16-05.25	14th
UC Davis Classic (3/20)	TJ	37-08.50	7th
Cal-Nevada Championships (3/27)	TJ	38-00.00	17th
Rainbow Relays (4/3)	TJ	38-11.00	4th
UC Davis Classic (3/20)	HJ	4-10.25	14th
Rainbow Relays (4/3)	HJ	4-11.50	4th
RJ/JJK Multi (4/8)	HJ	4-11.00	HEP
Mondo Invitational (4/17)	HJ	4-11.75	T5th
Sacramento State Open (5/8)	HJ	4-11.50	7th
Big Sky Championships (5/12)	HJ	4-11.00	HEP
RJ/JJK Multi (4/9)	UJ	16-04.25	HEP
Mondo Invitational (4/17)	UJ	17-00.75	8th
Big Sky Championships (5/13)	UJ	16-02.50	HEP
Mondo Invitational (4/17)	TJ	38-06.00	4th
Brutus Hamilton Invit. (4/24) - Open	TJ	37-04.00	7th
Sacramento State Open (5/8)	TJ	39-00.25	2nd
Big Sky Championships (5/15)	TJ	36-02.75	12th
RJ/JJK Multi (4/8)	SP	37-07.25	HEP
Big Sky Championships (5/12)	SP	39-01.00	HEP
Aggie Opener (3/13)	JAV	133-10	1st
Cal-Nevada Championships (3/26)	JAV	127-11	8th
Rainbow Relays (4/3)	JAV	120-04	4th
RJ/JJK Multi (4/9)	JAV	121-08	HEP



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 OUTDOOR PERFORMANCE LIST

Brutus Hamilton Invit. (4/24) - Open	JAV	111-01	14th
Big Sky Championships (5/13)	JAV	Foul	HEP
Big Sky Championships (5/15)	JAV	127-04	12th
RJ/JJK Multi (4/8-9)	HEP	4,308	T5th
Big Sky Championships (5/13)	HEP	DNF	---

#### Tatiana Clark

Meet	Event	Mark	Place
Aggie Opener (3/13)	SP	Foul	---
UC Davis Classic (3/20)	SP	40-06.00	4th
Cal-Nevada Championships (3/27)	SP	43-01.00	7th
Rainbow Relays (4/3)	SP	42-03.50	4th
Mondo Invitational (4/17)	SP	40-08.25	8th
Brutus Hamilton Invit. (4/24) - Open	SP	40-05.50	18th
Payton Jordan Invitational (5/1)	SP	42-08.25	5th
Sacramento State Open (5/8)	SP	41-04.50	4th
Big Sky Championships (5/15)	SP	39-06.50	15th
Aggie Opener (3/13)	DIS	122-04	8th
UC Davis Classic (3/20)	DIS	132-00	4th
Cal-Nevada Championships (3/27)	DIS	117-02	23rd
Rainbow Relays (4/3)	DIS	144-09	3rd
Mondo Invitational (4/17)	DIS	139-09	4th
Brutus Hamilton Invit. (4/24) - Open	DIS	Foul	---
Payton Jordan Invitational (5/1)	DIS	132-04	7th
Sacramento State Open (5/8)	DIS	137-06	7th
Big Sky Championships (5/14)	DIS	136-06	9th
Aggie Opener (3/13)	HAM	127-06	13th
UC Davis Classic (3/20)	HAM	131-11	13th
Rainbow Relays (4/3)	HAM	133-03	5th
Mondo Invitational (4/17)	HAM	142-08	6th

#### Jenni Eiremo

Meet	Event	Mark	Place
Aggie Opener (3/13)	800	2:28.17	12th
Aggie Opener (3/13)	1500	5:07.79	26th
Brutus Hamilton Invit. (4/24) - Open	1500	5:01.85	26th
Rainbow Relays (4/3)	5K	20:36.34	7th
UC Davis Classic (3/20)	STPL	11:57.93	3rd
Cal-Nevada Championships (3/26)	STPL	11:47.45	10th
Rainbow Relays (4/3)	STPL	11:50.31	1st
Mondo Invitational (4/17)	STPL	11:54.77	3rd
Brutus Hamilton Invit. (4/24) - Open	STPL	11:56.62	16th
Sacramento State Open (5/8)	STPL	11:42.27	1st
Big Sky Championships (5/14)	STPL	12:06.98	8th

#### Mallorie Franco

Meet	Event	Mark	Place
Cal-Nevada Championships (3/27)	HJ	NH	---

#### Holly Fraser

Meet	Event	Mark	Place
Aggie Opener (3/13)	DIS	112-05	14th
UC Davis Classic (3/20)	DIS	124-03	10th
Mondo Invitational (4/17)	DIS	118-08	9th
Payton Jordan Invitational (5/1)	DIS	121-09	8th
Aggie Opener (3/13)	HAM	125-07	14th
UC Davis Classic (3/20)	HAM	129-00	17th
Mondo Invitational (4/17)	HAM	129-08	8th
Payton Jordan Invitational (5/1)	HAM	Foul	---
Sacramento State Open (5/8)	HAM	127-00	8th
Aggie Opener (3/13)	JAV	116-03	5th

UC Davis Classic (3/20)	JAV	120-07	5th
Cal-Nevada Championships (3/26)	JAV	127-07	9th
Mondo Invitational (4/17)	JAV	137-04	2nd
Brutus Hamilton Invit. (4/24) - Open	JAV	134-00	7th
Payton Jordan Invitational (5/1)	JAV	132-04	4th
Sacramento State Open (5/8)	JAV	128-06	4th
Big Sky Championships (5/15)	JAV	130-04	7th

#### Athena Gillen

Meet	Event	Mark	Place
UC Davis Classic (3/20)	1500	5:11.05	13th
American River Invitational (4/3)	1500	5:38.20	23rd
Mondo Invitational (4/17)	1500	5:05.82	8th
Brutus Hamilton Invit. (4/24) - Open	1500	5:04.95	31st
Sacramento State Open (5/8)	1500	5:08.85	9th
Aggie Opener (3/13)	3K	11:29.86	20th

#### Naima Goodwin

Meet	Event	Mark	Place
Aggie Opener (3/13)	200	26.72	22nd
RJ/JJK Multi (4/8)	200	26.80	HEP
Big Sky Championships (5/12)	200	26.65	HEP
RJ/JJK Multi (4/9)	800	2:36.27	HEP
Big Sky Championships (5/13)	800	2:29.83	HEP
Aggie Opener (3/13)	100H	14.91	8th
USC Trojan Invitational (3/20)	100H	15.00	20th
Cal-Nevada Championships (3/26)	100H	14.81	22nd
RJ/JJK Multi (4/8)	100H	14.87	HEP
Mondo Invitational (4/17)	100H	14.74	7th
Sacramento State Open (5/8)	100H	14.93	9th
Big Sky Championships (5/12)	100H	14.52	HEP
USC Trojan Invitational (3/20)	400H	1:10.10	23rd
Rainbow Relays (4/3)	400H	1:10.19	3rd
Mondo Invitational (4/17)	400H	1:05.01	3rd
Aggie Opener (3/13)	UJ	17-09.50	6th
Rainbow Relays (4/3)	UJ	18-03.00	3rd
RJ/JJK Multi (4/9)	UJ	18-03.25	HEP
Mondo Invitational (4/17)	UJ	18-06.00	2nd
Brutus Hamilton Invit. (4/24) - Open	UJ	18-05.25	4th
Sacramento State Open (5/8)	UJ	18-06.00	4th
Big Sky Championships (5/13)	UJ	18-07.25	HEP
Big Sky Championships (5/14)	UJ	18-06.50	6th
Cal-Nevada Championships (3/27)	TJ	39-05.00	4th
Sacramento State Open (5/8)	TJ	38-10.50	4th
Big Sky Championships (5/15)	TJ	39-01.00	6th
Cal-Nevada Championships (3/27)	HJ	5-02.25	16th
Rainbow Relays (4/3)	HJ	NH	---
RJ/JJK Multi (4/8)	HJ	5-06.00	HEP
Brutus Hamilton Invit. (4/24) - Open	HJ	5-04.25	8th
Sacramento State Open (5/8)	HJ	NH	---
Big Sky Championships (5/12)	HJ	5-05.00	HEP
Big Sky Championships (5/15)	HJ	5-03.00	7th
RJ/JJK Multi (4/9)	SP	34-08.50	HEP
Big Sky Championships (5/12)	SP	36-04.25	HEP
RJ/JJK Multi (4/9)	JAV	94-02	HEP
Big Sky Championships (5/13)	JAV	108-02	HEP
RJ/JJK Multi (4/8-9)	HEP	4,773	2nd
Big Sky Championships (5/12-13)	HEP	5,019	3rd



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 OUTDOOR PERFORMANCE LIST

#### Victoria Humphrey

Meet	Event	Mark	Place
Rainbow Relays (4/3)	100	11.96	1st
Mondo Invitational (4/17)	100	11.95	2nd
Brutus Hamilton Invit. (4/24) - Open	100	12.01	Qual
Brutus Hamilton Invit. (4/24) - Open	100	12.14	3rd
Aggie Opener (3/13)	200	24.74	2nd
USC Trojan Invitational (3/20)	200	25.50	25th
Cal-Nevada Championships (3/26)	200	24.97	12th
Rainbow Relays (4/3)	200	24.65	1st
Mondo Invitational (4/17)	200	24.18	1st
Brutus Hamilton Invit. (4/24) - Invite	200	24.87	3rd
Sacramento State Open (5/8)	200	24.72	1st
Big Sky Championships (5/14)	200	24.50	Qual
Big Sky Championships (5/15)	200	25.49	8th
NCAA West Preliminary (5/28)	200	24.87	43rd
USC Trojan Invitational (3/20)	400	57.58	22nd
Cal-Nevada Championships (3/26)	400	56.08	Qual
Cal-Nevada Championships (3/27)	400	56.77	8th
Sacramento State Open (5/8)	400	55.10	1st
Big Sky Championships (5/14)	400	55.44	Qual
Big Sky Championships (5/15)	400	55.78	2nd

#### Allison Ihle

Meet	Event	Mark	Place
Aggie Opener (3/13)	400H	1:13.40	12th
UC Davis Classic (3/20)	400H	1:11.69	9th
Cal-Nevada Championships (3/26)	400H	1:10.69	29th
Mondo Invitational (4/17)	400H	1:13.21	9th
Brutus Hamilton Invit. (4/24) - Open	400H	1:11.11	17th
Payton Jordan Invitational (5/1)	400H	1:10.74	9th
Sacramento State Open (5/8)	400H	1:12.96	7th

#### Emily Kersting

Meet	Event	Mark	Place
UC Davis Classic (3/20)	PV	NH	---
Rainbow Relays (4/3)	PV	9-06.25	5th
Aggie Opener (3/13)	JAV	119-00	3rd
UC Davis Classic (3/20)	JAV	141-04	1st
Cal-Nevada Championships (3/26)	JAV	123-05	11th
Rainbow Relays (4/3)	JAV	148-04	1st
Brutus Hamilton Invit. (4/24) - Open	JAV	140-05	4th
Payton Jordan Invitational (5/1)	JAV	136-06	2nd
Sacramento State Open (5/8)	JAV	140-08	1st
Big Sky Championships (5/15)	JAV	143-01	4th
NCAA West Preliminary (5/27)	JAV	145-02	25th

#### Jessica Koehne

Meet	Event	Mark	Place
Aggie Opener (3/13)	800	2:26.41	10th
UC Davis Classic (3/20)	800	2:24.49	9th
SF State Distance Carnival (3/27)	800	2:22.45	16th
American River Invitational (4/3)	800	2:20.75	4th
RJ/JJK Invitational (4/10) - Open	800	2:26.38	22nd
Mondo Invitational (4/17)	800	2:22.70	8th
Sacramento State Open (5/8)	800	2:20.80	13th
Aggie Opener (3/13)	1500	5:05.02	24th
UC Davis Classic (3/20)	1500	5:04.76	11th
SF State Distance Carnival (3/27)	1500	4:55.72	14th

#### Erin Lewis

Meet	Event	Mark	Place
USC Trojan Invitational (3/20)	800	2:21.31	17th
Cal-Nevada Championships (3/26)	800	2:18.75	21st
USC Trojan Invitational (3/20)	1500	4:43.59	15th
Cal-Nevada Championships (3/27)	1500	4:41.95	10th
Rainbow Relays (4/3)	1500	4:47.55	1st
Mondo Invitational (4/17)	1500	4:40.70	1st
Brutus Hamilton Invit. (4/24) - Open	1500	4:36.64	7th
Payton Jordan Invitational (5/1)	1500	4:40.60	39th
Rainbow Relays (4/3)	5K	18:40.58	1st
Big Sky Championships (5/14)	10K	39:35.93	8th

#### Holly Lohse

Meet	Event	Mark	Place
UC Davis Classic (3/20)	SP	41-04.25	2nd
Cal-Nevada Championships (3/27)	SP	40-01.25	18th
Rainbow Relays (4/3)	SP	43-07.75	3rd
Mondo Invitational (4/17)	SP	44-03.25	2nd
Payton Jordan Invitational (5/1)	SP	41-06.50	6th
Big Sky Championships (5/15)	SP	43-11.25	10th
Aggie Opener (3/13)	DIS	132-01	3rd
UC Davis Classic (3/20)	DIS	129-03	7th
Cal-Nevada Championships (3/27)	DIS	153-11	3rd
Rainbow Relays (4/3)	DIS	144-08	4th
Mondo Invitational (4/17)	DIS	157-04	2nd
Payton Jordan Invitational (5/1)	DIS	152-11	3rd
Sacramento State Open (5/8)	DIS	160-04	2nd
Big Sky Championships (5/14)	DIS	144-11	4th
NCAA West Preliminary (5/28)	DIS	140-03	40th
Aggie Opener (3/13)	HAM	159-04	4th
UC Davis Classic (3/20)	HAM	167-09	2nd
Cal-Nevada Championships (3/26)	HAM	164-02	12th
Rainbow Relays (4/3)	HAM	160-04	1st
Mondo Invitational (4/17)	HAM	173-10	1st
Brutus Hamilton Invit. (4/24) - Open	HAM	157-06	7th
Payton Jordan Invitational (5/1)	HAM	158-05	9th
Sacramento State Open (5/8)	HAM	169-01	3rd
Big Sky Championships (5/14)	HAM	153-03	12th

#### Lora Marchini

Meet	Event	Mark	Place
Aggie Opener (3/13)	400	1:02.94	16th
USC Trojan Invitational (3/20)	800	2:18.71	11th
Cal-Nevada Championships (3/26)	800	2:16.15	14th
Rainbow Relays (4/3)	800	2:21.77	3rd
Mondo Invitational (4/17)	800	2:20.06	6th
Sacramento State Open (5/8)	800	2:19.94	11th
Big Sky Championships (5/14)	800	2:29.17	13th
USC Trojan Invitational (3/20)	1500	4:47.91	19th
Cal-Nevada Championships (3/27)	1500	4:46.35	17th
Rainbow Relays (4/3)	1500	4:52.85	2nd

#### Lauren McGlory

Meet	Event	Mark	Place
Aggie Opener (3/13)	UJ	17-10.25	5th
Mondo Invitational (4/17)	UJ	17-07.00	5th
Brutus Hamilton Invit. (4/24) - Open	UJ	16-11.25	11th
Payton Jordan Invitational (5/1)	UJ	Foul	---
Sacramento State Open (5/8)	UJ	18-02.50	5th
Big Sky Championships (5/14)	UJ	17-00.75	14th



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 OUTDOOR PERFORMANCE LIST

Mondo Invitational (4/17)	TJ	36-03.00	6th
Brutus Hamilton Invit. (4/24) - Invite	TJ	37-09.50	6th
Payton Jordan Invitational (5/1)	TJ	38-07.50	5th
Sacramento State Open (5/8)	TJ	38-04.25	5th
Big Sky Championships (5/15)	TJ	39-08.50	3rd

#### Nicole McGlory

Meet	Event	Mark	Place
USC Trojan Invitational (3/20)	100	12.73	25th
Aggie Opener (3/13)	100H	14.57	3rd
USC Trojan Invitational (3/20)	100H	14.63	15th
Rainbow Relays (4/3)	100H	14.57	2nd
Brutus Hamilton Invit. (4/24) - Open	100H	FS	---
Payton Jordan Invitational (5/1)	100H	15.44	14th
Sacramento State Open (5/8)	100H	14.82	6th
USC Trojan Invitational (3/20)	U	17-04.25	8th
Cal-Nevada Championships (3/26)	U	17-02.75	21st
Rainbow Relays (4/3)	U	17-04.25	5th
Brutus Hamilton Invit. (4/24) - Open	U	15-11.00	14th
Payton Jordan Invitational (5/1)	U	17-01.25	11th
Sacramento State Open (5/8)	U	18-08.00	3rd
Big Sky Championships (5/14)	U	17-02.25	13th
USC Trojan Invitational (3/20)	TJ	39-03.25	5th
Cal-Nevada Championships (3/27)	TJ	39-01.00	9th
Rainbow Relays (4/3)	TJ	38-11.75	3rd
Payton Jordan Invitational (5/1)	TJ	39-05.00	3rd
Big Sky Championships (5/15)	TJ	39-06.50	5th

#### Rachel Mitchell

Meet	Event	Mark	Place
Rainbow Relays (4/3)	STPL	12:12.43	3rd
Mondo Invitational (4/17)	STPL	12:34.92	4th
Sacramento State Open (5/8)	STPL	11:59.34	2nd
UC Davis Classic (3/20)	5K	18:57.03	2nd
Cal-Nevada Championships (3/26)	5K	18:35.40	17th
Rainbow Relays (4/3)	5K	19:49.00	5th
Big Sky Championships (5/14)	10K	40:20.53	12th

#### Kaitlyne Moore

Meet	Event	Mark	Place
UC Davis Classic (3/20)	PV	11-09.75	4th
Cal-Nevada Championships (3/26)	PV	12-01.50	12th
Rainbow Relays (4/3)	PV	10-11.75	3rd
Mondo Invitational (4/17)	PV	11-11.75	7th
Brutus Hamilton Invit. (4/24) - Open	PV	11-06.50	5th
Payton Jordan Invitational (5/1)	PV	11-10.50	9th
Sacramento State Open (5/8)	PV	11-09.75	6th
Big Sky Championships (5/15)	PV	11-03.00	7th

#### Liz Murray

Meet	Event	Mark	Place
Mondo Invitational (4/17)	100	13.10	13th
Aggie Opener (3/13)	200	27.44	30th
UC Davis Classic (3/20)	200	27.49	23rd
Mondo Invitational (4/17)	200	26.74	15th
Sacramento State Open (5/8)	200	27.07	10th
Aggie Opener (3/13)	400	1:04.46	20th
UC Davis Classic (3/20)	400	1:02.65	15th
Sacramento State Open (5/8)	400	1:02.05	6th

#### Brianna Nelson

Meet	Event	Mark	Place
Aggie Opener (3/13)	200	24.94	4th
USC Trojan Invitational (3/20)	200	25.00	13th
Cal-Nevada Championships (3/26)	200	25.26	17th
Rainbow Relays (4/3)	200	25.05	2nd
Mondo Invitational (4/17)	200	24.89	4th
Brutus Hamilton Invit. (4/24) - Invite	200	25.23	12th
Sacramento State Open (5/8)	200	25.23	3rd
Big Sky Championships (5/14)	200	25.50	15th
USC Trojan Invitational (3/20)	400	56.77	16th
Cal-Nevada Championships (3/26)	400	56.60	11th
Rainbow Relays (4/3)	400	56.55	1st
Mondo Invitational (4/17)	400	55.89	2nd
Brutus Hamilton Invit. (4/24) - Open	400	56.85	14th
Sacramento State Open (5/8)	400	55.59	2nd
Big Sky Championships (5/14)	400	56.97	10th

#### Lizzy Norvell

Meet	Event	Mark	Place
Rainbow Relays (4/3)	100	13.46	5th
Aggie Opener (3/13)	PV	11-11.75	T1st
Rainbow Relays (4/3)	PV	11-05.75	1st
RJ/JJK Invitational (4/10) - Open	PV	11-10.00	3rd
Mondo Invitational (4/17)	PV	13-00.25	2nd
Brutus Hamilton Invit. (4/24) - Open	PV	13-00.25	2nd
Payton Jordan Invitational (5/1)	PV	13-00.25	2nd
Sacramento State Open (5/8)	PV	13-05.25	1st
Big Sky Championships (5/15)	PV	13-02.75	1st
NCAA West Preliminary (5/27)	PV	13-05.25	T14th

#### Mary O'Reilly

Meet	Event	Mark	Place
Aggie Opener (3/13)	800	2:24.88	8th
USC Trojan Invitational (3/20)	800	2:24.29	24th
Cal-Nevada Championships (3/26)	800	2:18.08	18th
RJ/JJK Invitational (4/10) - Open	800	2:17.82	11th
Sacramento State Open (5/8)	800	2:18.94	8th
USC Trojan Invitational (3/20)	1500	4:41.93	12th
Cal-Nevada Championships (3/27)	1500	4:51.68	19th
Mondo Invitational (4/17)	1500	4:48.89	4th
Brutus Hamilton Invit. (4/24) - Open	1500	4:44.77	15th
Payton Jordan Invitational (5/1)	1500	4:49.15	44th
Big Sky Championships (5/15)	1500	4:37.81	4th

#### Moira Robinson

Meet	Event	Mark	Place
Aggie Opener (3/13)	100H	14.24	5th
USC Trojan Invitational (3/20)	100H	14.46	11th
Cal-Nevada Championships (3/26)	100H	14.26	Qual
Cal-Nevada Championships (3/27)	100H	14.26	8th
Mondo Invitational (4/17)	100H	14.15	3rd
Brutus Hamilton Invit. (4/24) - Open	100H	14.09	6th
Sacramento State Open (5/8)	100H	14.05	3rd
Big Sky Championships (5/14)	100H	14.15	Qual
Big Sky Championships (5/15)	100H	13.78	1st
NCAA West Preliminary (5/28)	100H	14.21	42nd
Cal-Nevada Championships (3/27)	HJ	5-06.00	7th
Rainbow Relays (4/3)	HJ	5-05.25	3rd
Mondo Invitational (4/17)	HJ	5-07.75	1st
Brutus Hamilton Invit. (4/24) - Open	HJ	5-04.25	14th



# SACRAMENTO STATE

## TRACK & FIELD

### 2010 OUTDOOR PERFORMANCE LIST

Sacramento State Open (5/8)	HJ	5-07.25	1st	Big Sky Championships (5/14)	100H	14.12	Qual
Big Sky Championships (5/15)	HJ	5-08.00	1st	Big Sky Championships (5/15)	100H	14.11	4th
NCAA West Preliminary (5/29)	HJ	5-06.50	T28th	NCAA West Preliminary (5/28)	100H	14.03	36th
Aggie Opener (3/13)	U	18-09.25	1st	Rainbow Relays (4/3)	400H	1:06.06	2nd
USC Trojan Invitational (3/20)	U	19-01.50	2nd	Mondo Invitational (4/17)	400H	1:09.33	7th
Cal-Nevada Championships (3/26)	U	17-06.25	15th	Brutus Hamilton Invit. (4/24) - Open	400H	1:02.91	11th
Rainbow Relays (4/3)	U	18-10.50	1st	Sacramento State Open (5/8)	400H	1:04.43	2nd
Mondo Invitational (4/17)	U	19-03.50	1st	Big Sky Championships (5/14)	400H	1:03.40	9th
Brutus Hamilton Invit. (4/24) - Open	U	19-06.25	1st				
Sacramento State Open (5/8)	U	19-10.75	1st				
Big Sky Championships (5/14)	U	19-09.75	1st				
NCAA West Preliminary (5/28)	U	18-09.25	43rd				
USC Trojan Invitational (3/20)	TJ	41-05.75	T1st				
Cal-Nevada Championships (3/27)	TJ	41-11.50	1st				
Rainbow Relays (4/3)	TJ	40-11.00	1st				
Mondo Invitational (4/17)	TJ	40-02.75	1st				
Brutus Hamilton Invit. (4/24) - Invite	TJ	39-01.25	1st				
Big Sky Championships (5/15)	TJ	41-02.50	1st				
NCAA West Preliminary (5/29)	TJ	41-08.75	18th				

#### Renisha Robinson

Meet	Event	Mark	Place
Cal-Nevada Championships (3/26)	400	57.91	20th
Rainbow Relays (4/3)	400	56.69	2nd
Rainbow Relays (4/3)	800	2:16.55	1st
Mondo Invitational (4/17)	800	2:09.14	3rd
Brutus Hamilton Invit. (4/24) - Invite	800	2:06.66	3rd
Big Sky Championships (5/14)	800	2:13.56	Qual
Big Sky Championships (5/15)	800	2:09.14	1st
NCAA West Preliminary (5/27)	800	2:07.09	Qual
NCAA West Preliminary (5/28)	800	2:07.16	15th
Cal-Nevada Championships (3/27)	1500	4:29.77	1st
Payton Jordan Invitational (5/1)	1500	4:41.26	39th

#### Kenna Ross

Meet	Event	Mark	Place
Aggie Opener (3/13)	JAV	108-04	8th
UC Davis Classic (3/20)	JAV	113-03	9th
Cal-Nevada Championships (3/26)	JAV	117-08	16th
Brutus Hamilton Invit. (4/24) - Open	JAV	126-04	11th
Payton Jordan Invitational (5/1)	JAV	110-02	7th
Sacramento State Open (5/8)	JAV	136-03	2nd
Big Sky Championships (5/15)	JAV	127-06	11th

#### Alicia Truesdale

Meet	Event	Mark	Place
Aggie Opener (3/13)	100	12.24	5th
USC Trojan Invitational (3/20)	100	12.39	13th
Cal-Nevada Championships (3/26)	100	12.24	11th
Rainbow Relays (4/3)	100	12.20	2nd
Mondo Invitational (4/17)	100	12.22	6th
Brutus Hamilton Invit. (4/24) - Open	100	12.24	Qual
Brutus Hamilton Invit. (4/24) - Open	100	12.47	8th
Aggie Opener (3/13)	100H	14.05	3rd
USC Trojan Invitational (3/20)	100H	14.37	10th
Cal-Nevada Championships (3/26)	100H	14.32	11th
Rainbow Relays (4/3)	100H	14.30	1st
Mondo Invitational (4/17)	100H	14.07	2nd
Brutus Hamilton Invit. (4/24) - Open	100H	14.07	Qual
Brutus Hamilton Invit. (4/24) - Open	100H	14.45	4th
Sacramento State Open (5/8)	100H	13.78	2nd

Big Sky Championships (5/14)	100H	14.12	Qual
Big Sky Championships (5/15)	100H	14.11	4th
NCAA West Preliminary (5/28)	100H	14.03	36th
Rainbow Relays (4/3)	400H	1:06.06	2nd
Mondo Invitational (4/17)	400H	1:09.33	7th
Brutus Hamilton Invit. (4/24) - Open	400H	1:02.91	11th
Sacramento State Open (5/8)	400H	1:04.43	2nd
Big Sky Championships (5/14)	400H	1:03.40	9th

#### Lila Yoldi

Meet	Event	Mark	Place
Aggie Opener (3/13)	SP	35-05.75	9th
UC Davis Classic (3/20)	SP	37-01.75	9th
American River Invitational (4/3)	SP	27-10.00	25th
RJ/JJK Invitational (4/10) - Open	SP	38-04.00	13th
Mondo Invitational (4/17)	SP	Foul	---
Payton Jordan Invitational (5/1)	SP	40-11.00	7th
Sacramento State Open (5/8)	SP	39-10.50	7th
Aggie Opener (3/13)	HAM	Foul	---
UC Davis Classic (3/20)	HAM	143-06	4th
American River Invitational (4/3)	HAM	103-01	19th
RJ/JJK Invitational (4/10) - Open	HAM	155-09	7th
Mondo Invitational (4/17)	HAM	158-09	2nd
Brutus Hamilton Invit. (4/24) - Open	HAM	154-03	8th
Payton Jordan Invitational (5/1)	HAM	160-06	7th
Sacramento State Open (5/8)	HAM	161-08	4th
Big Sky Championships (5/14)	HAM	154-08.75	10th

#### Sarah Yoldi

Meet	Event	Mark	Place
Mondo Invitational (4/17)	SP	35-07.25	11th
Payton Jordan Invitational (5/1)	SP	37-01.75	11th
Sacramento State Open (5/8)	SP	36-00.25	10th
Mondo Invitational (4/17)	HAM	149-08	4th
Brutus Hamilton Invit. (4/24) - Open	HAM	146-01	11th
Payton Jordan Invitational (5/1)	HAM	132-10	12th
Sacramento State Open (5/8)	HAM	149-06	6th

#### 4x100 Relay

Meet	Event	Mark	Place
Aggie Opener (3/13)	4x100	47.75	3rd
USC Trojan Invitational (3/20)	4x100	47.27	7th
Cal-Nevada Championships (3/27)	4x100	46.99	6th
Rainbow Relays (4/3)	4x100	46.82	1st
Mondo Invitational (4/17)	4x100	46.63	3rd
Brutus Hamilton Invit. (4/24)	4x100	47.04	4th
Sacramento State Open (5/8)	4x100	46.68	2nd
Big Sky Championships (5/15)	4x100	46.35	3rd

#### 4x400 Relay

Meet	Event	Mark	Place
Cal-Nevada Championships (3/27)	4x400	3:48.95	6th
Rainbow Relays (4/3)	4x400	4:05.95	1st
Mondo Invitational (4/17)	4x400	3:51.06	2nd
Sacramento State Open (5/8)	4x400	4:00.62	1st
Big Sky Championships (5/15)	4x400	3:55.56	8th





# SACRAMENTO STATE

## TRACK & FIELD

### 2010 OUTDOOR WOMEN'S EVENT LIST

<b>100</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>	<b>High Jump</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>
	Victoria Humphrey	Mondo Invitational (4/17)	11.95	Moirra Robinson	Big Sky Championships (5/15)	5-08.00	
	Alicia Truesdale	Rainbow Relays (4/3)	12.20	Naima Goodwin	RJ/JJK Multi (4/7)	5-06.00	
	Sakya Bolton	Mondo Invitational (4/17)/Sac State Open (5/8)	12.54	Baiba Celma	Mondo Invitational (4/17)	4-11.75	
	Nicole McGlory	USC Trojan Invitational (3/20)	12.73				
	Liz Murray	Mondo Invitational (4/17)	13.10	<b>Long Jump</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>
	Lizzy Norvell	Rainbow Relays (4/3)	13.46	Moirra Robinson	Sacramento State Open (5/8)	19-10.75	
<b>200</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>	Lauren McGlory	Sacramento State Open (5/8)	18-08.00	
	Victoria Humphrey	Mondo Invitational (4/17)	24.18	Naima Goodwin	Big Sky Championships Multi (5/13)	18-07.25	
	Brianna Nelson	Mondo Invitational (4/17)	24.89	Nicole McGlory	Sacramento State Open (5/8)	18-02.50	
	Sakya Bolton	USC Trojan Invitational (3/20)	26.13	Baiba Celma	Mondo Invitational (4/17)	17-00.75	
	Naima Goodwin	Big Sky Championships Multi (5/12)	26.65				
	Liz Murray	Mondo Invitational (4/17)	26.74	<b>Triple Jump</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>
	Baiba Celma	Big Sky Championships Multi (5/12)	28.03	Moirra Robinson	Brutus Hamilton (4/24)	42-00.50	
<b>400</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>	Lauren McGlory	Big Sky Championships (5/15)	39-08.50	
	Victoria Humphrey	Sacramento State Open (5/8)	55.10	Nicole McGlory	Big Sky Championships (5/15)	39-06.50	
	Brianna Nelson	Sacramento State Open (5/8)	55.59	Naima Goodwin	Cal-Nevada Championships (3/27)	39-05.00	
	Renisha Robinson	Rainbow Relays (4/3)	56.69	Baiba Celma	Sacramento State Open (5/8)	39-00.25	
	Liz Murray	Sacramento State Open (5/8)	1:02.05				
	Lora Marchini	Aggie Opener (3/13)	1:02.94	<b>Pole Vault</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>
<b>800</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>	Lizzy Norvell	Sac State Open (5/8)/NCAA West Prelim. (5/27)	13-05.25	
	Renisha Robinson	Brutus Hamilton (4/24)	2:06.66	Kaitlyne Moore	Cal-Nevada Championships (3/26)	12-01.50	
	Lora Marchini	Cal-Nevada Championships (3/26)	2:16.15	Emily Kersting	Rainbow Relays (4/3)	9-06.25	
	Mary O'Reilly	RJ/JJK Invitational (4/10)	2:17.82				
	Erin Lewis	Cal-Nevada Championships (3/26)	2:18.75	<b>Shot Put</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>
	Jessica Koehne	American River Invitational (4/3)	2:20.75	Ily Agwuenu	Brutus Hamilton (4/24)	49-11.00	
	Jenni Eiremo	Aggie Opener (3/13)	2:28.17	Andi Behring	Cal-Nevada Championships (3/27)	47-00.75	
	Naima Goodwin	Big Sky Championships Multi (5/13)	2:29.83	Holly Lohse	Mondo Invitational (4/17)	44-03.25	
	Baiba Celma	RJ/JJK Multi (4/8)	2:41.21	Tatiana Clark	Cal-Nevada Championships (3/27)	43-01.00	
<b>1,500</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>	Jessica Bonner	Cal-Nevada Championships (3/27)	42-09.50	
	Renisha Robinson	Cal-Nevada Championships (3/27)	4:29.77	Lila Yoldi	Payton Jordan Invitational (5/1)	40-11.00	
	Erin Lewis	Brutus Hamilton (4/24)	4:36.64	Baiba Celma	Big Sky Championships Multi (5/12)	39-01.00	
	Mary O'Reilly	USC Trojan Invitational (3/20)	4:41.93	Sarah Yoldi	Payton Jordan Invitational (5/1)	37-01.75	
	Lora Marchini	Cal-Nevada Championships (3/27)	4:46.35	Naima Goodwin	Big Sky Championships Multi (5/12)	36-04.25	
	Krystal Buck	UC Davis Classic (3/20)	4:51.70				
	Jessica Koehne	SF State Distance Carnival (3/27)	4:55.72	<b>Discus</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>
	Jenni Eiremo	Brutus Hamilton (4/24)	5:01.85	Holly Lohse	Sacramento State Open (5/8)	160-04	
	Athena Gillen	Brutus Hamilton (4/24)	5:04.95	Ily Agwuenu	Mondo Invitational (4/17)	153-07	
<b>Steeplechase</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>	Jessica Bonner	Brutus Hamilton (4/24)	146-01	
	Jenni Eiremo	Sacramento State Open (5/8)	11:42.27	Tatiana Clark	Rainbow Relays (4/3)	144-10	
	Rachel Mitchell	Sacramento State Open (5/8)	11:59.34	Holly Fraser	Sacramento State Open (5/8)	131-11	
	Krystal Buck	Sacramento State Open (5/8)	12:16.32				
<b>5,000</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>	<b>Hammer</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>
	Rachel Mitchell	Cal-Nevada Championships (3/26)	18:35.40	Holly Lohse	Mondo Invitational (4/17)	173-10	
	Erin Lewis	Rainbow Relays (4/3)	18:40.58	Ily Agwuenu	Payton Jordan Invitational (5/1)	162-09	
	Jenni Eiremo	Rainbow Relays (4/3)	20:36.34	Lila Yoldi	Sacramento State Open (5/8)	161-08	
	Krystal Buck	American River Invitational (4/3)	20:59.41	Sarah Yoldi	Mondo Invitational (4/17)	149-08	
<b>10,000</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>	Andi Behring	Mondo Invitational (4/17)	145-11	
	Erin Lewis	Big Sky Championships (5/14)	39:35.93	Tatiana Clark	Mondo Invitational (4/17)	142-08	
	Rachel Mitchell	Big Sky Championships (5/14)	40:20.53	Holly Fraser	Mondo Invitational (4/17)	129-08	
<b>100-Hurdles</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>	<b>Javelin</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>
	Alicia Truesdale	Sacramento State Open (5/8)	13.78	Emily Kersting	Rainbow Relays (4/3)	148-04	
	Moirra Robinson	Big Sky Championships (5/15)	13.78	Holly Fraser	Mondo Invitational (4/17)	137-04	
	Sakya Bolton	Big Sky Championships (5/15)	14.06	Kenna Ross	Sacramento State Open (5/8)	136-03	
	Naima Goodwin	Big Sky Championships Multi (5/12)	14.52	Baiba Celma	Aggie Opener (3/13)	133-10	
	Nicole McGlory	Aggie Opener (3/13)	14.57	Naima Goodwin	Big Sky Championships Multi (5/13)	108-02	
	Baiba Celma	Big Sky Championships Multi (5/12)	16.24				
<b>400-Hurdles</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>	<b>Heptathlon</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>
	Alicia Truesdale	Brutus Hamilton (4/24)	1:02.91	Naima Goodwin	Big Sky Championships Multi (5/12-13)	5,019	
	Naima Goodwin	Mondo Invitational (4/17)	1:05.01	Baiba Celma	RJ/JJK Multi (4/8-9)	4,308	
	Allison Ihle	Cal-Nevada Championships (3/26)	1:10.69				
				<b>Relays</b>	<b>Athlete</b>	<b>Meet</b>	<b>Mark</b>
				4x100	Big Sky Championships (5/15)	46.35	
				4x400	Cal-Nevada Championships (3/27)	3:48.95	