



# SACRAMENTO STATE

## TRACK & FIELD

### 2009 OUTDOOR PERFORMANCE LIST

#### Ronald Brookins

Meet	Event	Mark	Place
Hornet Invitational (3/21)	100	11.70	38th
Mondo Invitational (4/4)	100	11.11	6th
Brutus Hamilton (4/24)	100	11.05	Qual
Brutus Hamilton (4/24)	100	11.04	7th
Causeway Classic (5/1)	100	11.65	4th
Sacramento State Open (5/9)	100	10.87	4th
Big Sky Championships (5/15)	100	14.44	14th
Hornet Invitational (3/21)	110H	14.33	2nd
Cal-Nevada Championships (3/28)	110H	14.33	Qual
Cal-Nevada Championships (3/29)	110H	14.32	3rd
Mondo Invitational (4/4)	110H	13.92	2nd
Mt. SAC Relays (4/18)	110H	14.00	1st
Brutus Hamilton (4/24)	110H	13.99	3rd
Causeway Classic (5/1)	110H	14.54	2nd
Big Sky Championships (5/15)	110H	14.23	Qual
Big Sky Championships (5/16)	110H	14.46	1st
NCAA West Regional (5/29)	110H	13.95	Qual
NCAA West Regional (5/30)	110H	14.32	7th
Hornet Invitational (3/21)	U	23-08.25	2nd
Cal-Nevada Championships (3/28)	U	22-01.50	10th
Mondo Invitational (4/4)	U	24-04.25	1st
Mt. SAC Relays (4/17)	U	23-04.50	5th
Brutus Hamilton (4/24)	U	24-11.25	1st
Causeway Classic (5/1)	U	23-02.75	1st
Big Sky Championships (5/15)	U	23-06.75	2nd
NCAA West Regional (5/29)	U	24-06.25	6th

#### Blake Brown

Meet	Event	Mark	Place
Aggie Open (3/14)	DIS	112-07	23rd
Hornet Invitational (3/21)	DIS	Foul	---
Woody Wilson Classic (4/11)	DIS	109-04	14th
Brutus Hamilton (4/24)	DIS	104-09	14th
Causeway Classic (5/1)	DIS	86-02	7th
Sacramento State Open (5/9)	DIS	105-06	12th
Causeway Classic (5/1)	HAM	75-09	7th
Sacramento State Open (5/9)	HAM	59-01	14th

#### Philip Burks

Meet	Event	Mark	Place
Mondo Invitational (4/4)	100	11.22	8th
Aggie Open (3/14)	200	22.67	9th
Cal-Nevada Championships (3/28)	200	22.30	22nd
Brutus Hamilton (4/24)	200	22.29	8th
Aggie Open (3/14)	U	22-08.50	3rd
Hornet Invitational (3/21)	U	23-07.50	3rd
Cal-Nevada Championships (3/28)	U	21-04.75	18th
Mondo Invitational (4/4)	U	22-05.25	2nd
Brutus Hamilton (4/24)	U	22-11.75	T3rd
Causeway Classic (5/1)	U	23-02.50	2nd
Sacramento State Open (5/9)	U	23-00.75	1st
Big Sky Championships (5/15)	U	23-08.00	1st
NCAA West Regional (5/29)	U	22-06.25	13th
Hornet Invitational (3/21)	TJ	47-11.75	4th
Cal-Nevada Championships (3/29)	TJ	48-00.00	5th
Mondo Invitational (4/4)	TJ	Foul	---
Brutus Hamilton (4/24)	TJ	46-02.50	5th

Causeway Classic (5/1)	TJ	44-10.25	1st
Sacramento State Open (5/9)	TJ	46-06.25	3rd
Big Sky Championships (5/16)	TJ	47-11.00	1st
NCAA West Regional (5/30)	TJ	47-08.00	11th

#### Daniel Carlson

Meet	Event	Mark	Place
Aggie Open (3/14)	STPL	10:03.88	10th
Hornet Invitational (3/21)	STPL	9:42.26	4th
Cal-Nevada Championships (3/28)	STPL	9:34.28	7th
Woody Wilson Classic (4/11)	STPL	9:48.37	5th
Brutus Hamilton (4/24)	STPL	9:54.71	10th
Causeway Classic (5/1)	STPL	10:06.30	5th
Big Sky Championships (5/15)	STPL	10:02.95	14th

#### Michael Goytia

Meet	Event	Mark	Place
Aggie Open (3/14)	SP	45-01.75	7th
Hornet Invitational (3/21)	SP	44-11.00	11th
Mondo Invitational (4/4)	SP	46-02.75	4th
Woody Wilson Classic (4/11)	SP	46-08.75	3rd
Brutus Hamilton (4/24)	SP	45-09.25	5th
Causeway Classic (5/1)	SP	46-00.00	3rd
Sacramento State Open (5/9)	SP	46-03.25	6th
Aggie Open (3/14)	DIS	126-02	18th
Hornet Invitational (3/21)	DIS	117-09	18th
Mondo Invitational (4/4)	DIS	124-09	9th
Woody Wilson Classic (4/11)	DIS	134-05	8th
Brutus Hamilton (4/24)	DIS	134-01	13th
Causeway Classic (5/1)	DIS	125-05	5th
Sacramento State Open (5/9)	DIS	129-08	10th
Aggie Open (3/14)	HAM	122-04	17th
Hornet Invitational (3/21)	HAM	123-01	17th
Mondo Invitational (4/4)	HAM	Foul	---
Woody Wilson Classic (4/11)	HAM	129-00	11th
Brutus Hamilton (4/24)	HAM	137-03	11th
Causeway Classic (5/1)	HAM	126-10	6th
Sacramento State Open (5/9)	HAM	127-01	12th

#### Scott Grose

Meet	Event	Mark	Place
Cal-Nevada Championships (3/29)	1500	3:58.57	17th
Mondo Invitational (4/4)	1500	3:54.01	1st
Big Sky Championships (5/16)	1500	3:59.36	11th
Hornet Invitational (3/21)	STPL	9:17.15	2nd
Cal-Nevada Championships (3/28)	STPL	9:07.12	1st
Mt. SAC Relays (4/16)	STPL	9:06.18	9th
Causeway Classic (5/1)	STPL	9:17.80	1st
Big Sky Championships (5/15)	STPL	9:47.90	13th
NCAA West Regional (5/30)	STPL	9:49.47	29th
Causeway Classic (5/1)	400H	1:02.88	3rd

#### Alex Harvin

Meet	Event	Mark	Place
Aggie Open (3/14)	100	11.57	17th
Sacramento State Open (5/9)	100	22.80	7th
Aggie Open (3/14)	200	23.58	19th
Hornet Invitational (3/21)	200	23.36	27th
Brutus Hamilton (4/24)	200	23.30	12th
Causeway Classic (5/1)	200	23.8h	2nd
Hornet Invitational (3/21)	400	50.68	17th
Cal-Nevada Championships (3/28)	400	51.00	31st



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### 2009 OUTDOOR PERFORMANCE LIST

Mondo Invitational (4/4)	400	52.52	8th	Cal-Nevada Championships (3/28)	5K	15:32.21	27th
Woody Wilson Classic (4/11)	400	51.68	11th	Woody Wilson Classic (4/11)	5K	15:18.08	9th
Brutus Hamilton (4/24)	400	50.52	13th	Brutus Hamilton (4/24)	5K	15:14.59	19th
Causeway Classic (5/1)	400	52.18	3rd	Big Sky Championships (5/15)	10K	34:41.43	15th
Sacramento State Open (5/9)	400	51.04	3rd				

#### David Houghton

Meet	Event	Mark	Place
Mondo Invitational (4/4)	100	11.38	11th
Hornet Invitational (3/21)	200	22.78	14th
Cal-Nevada Championships (3/28)	200	22.46	26th
Brutus Hamilton (4/24)	200	22.71	11th
Aggie Open (3/14)	400	50.99	17th
Cal-Nevada Championships (3/28)	400	FS	---
Causeway Classic (5/1)	400	54.28	4th
Aggie Open (3/14)	U	21-10.75	7th
Hornet Invitational (3/21)	U	22-01.00	T9th
Cal-Nevada Championships (3/28)	U	21-10.25	12th
Mondo Invitational (4/4)	U	21-06.00	6th
Brutus Hamilton (4/24)	U	22-11.75	T3rd
Causeway Classic (5/1)	U	22-07.00	3rd
Sacramento State Open (5/9)	U	22-04.50	4th
Big Sky Championships (5/15)	U	22-07.75	5th
Causeway Classic (5/1)	TJ	41-11.50	2nd

#### Jon Jordan

Meet	Event	Mark	Place
Aggie Open (3/14)	SP	41-05.25	12th
Hornet Invitational (3/21)	SP	41-00.25	21st
Mondo Invitational (4/4)	SP	42-09.00	5th
Woody Wilson Classic (4/11)	SP	42-11.50	7th
Brutus Hamilton (4/24)	SP	43-08.00	8th
Causeway Classic (5/1)	SP	41-11.50	5th
Sacramento State Open (5/9)	SP	33-01.75	8th
Aggie Open (3/14)	HAM	138-08	13th
Hornet Invitational (3/21)	HAM	155-05	6th
Cal-Nevada Championships (3/28)	HAM	146-00	23rd
Mondo Invitational (4/4)	HAM	139-03	8th
Woody Wilson Classic (4/11)	HAM	145-10	9th
Brutus Hamilton (4/24)	HAM	142-01	10th
Causeway Classic (5/1)	HAM	149-03	2nd
Sacramento State Open (5/9)	HAM	159-08	6th
Big Sky Championships (5/15)	HAM	157-04	12th

#### Terrell Kirtz

Meet	Event	Mark	Place
Aggie Open (3/14)	400	51.18	19th
Hornet Invitational (3/21)	800	1:51.63	5th
Cal-Nevada Championships (3/28)	800	1:53.15	Qual
Cal-Nevada Championships (3/29)	800	1:55.70	8th
Mondo Invitational (4/4)	800	1:53.02	6th
Mt. SAC Relays (4/17)	800	1:54.81	31st
Brutus Hamilton (4/24)	800	1:56.53	13th
Causeway Classic (5/1)	800	1:55.43	2nd
Big Sky Championships (5/15)	800	1:55.60	16th

#### Kyle Lackner

Meet	Event	Mark	Place
Sacramento State Open (5/9)	1500	4:05.39	11th
Causeway Classic (5/1)	3K	8:45.40	6th
Hornet Invitational (3/21)	5K	15:14.90	4th

#### Andrew Lohse

Meet	Event	Mark	Place
Aggie Open (3/14)	PV	14-05.50	T8th
Hornet Invitational (3/21)	PV	NH	---
Cal-Nevada Championships (3/29)	PV	14-07.25	16th
Mondo Invitational (4/4)	PV	NH	---
Woody Wilson Classic (4/11)	PV	13-11.75	1st
Brutus Hamilton (4/24)	PV	14-01.25	8th
Causeway Classic (5/1)	PV	13-07.25	
Sacramento State Open (5/9)	PV	NH	---
Big Sky Championships (5/16)	PV	15-01.00	10th

#### Myko Lucas

Meet	Event	Mark	Place
Hornet Invitational (3/21)	800	1:53.89	9th
Cal-Nevada Championships (3/28)	800	1:53.44	Qual
Cal-Nevada Championships (3/29)	800	1:53.31	4th
Mondo Invitational (4/4)	800	1:56.20	10th
Mt. SAC Relays (4/17)	800	1:54.91	32nd
Brutus Hamilton (4/24)	800	1:55.68	11th
Causeway Classic (5/1)	800	1:57.35	3rd
Big Sky Championships (5/15)	800	1:52.52	Qual
Big Sky Championships (5/16)	800	1:52.87	5th
Aggie Open (3/14)	1500	4:03.55	14th

#### Marcus McMillan

Meet	Event	Mark	Place
Big Sky Championships (5/15)	110H	14.89	4th
Big Sky Championships (5/16)	110H	14.68	4th

#### Nick Mills

Meet	Event	Mark	Place
Aggie Open (3/14)	JAV	203-02	1st
Cal-Nevada Championships (3/28)	JAV	188-11	8th
Mondo Invitational (4/4)	JAV	184-06	2nd
Mt. SAC Relays (4/17)	JAV	199-11	15th
Brutus Hamilton (4/24)	JAV	193-11	4th
Causeway Classic (5/1)	JAV	199-06	1st
Sacramento State Open (5/9)	JAV	205-07	1st
Big Sky Championships (5/15)	JAV	193-06	9th
NCAA West Regional (5/29)	JAV	215-11	6th

#### Cameron Mitchell

Meet	Event	Mark	Place
Cal-Nevada Championships (3/28)	800	1:57.19	24th
Sacramento State Open (5/9)	800	1:55.74	5th
Aggie Open (3/14)	1500	4:00.35	10th
Hornet Invitational (3/21)	1500	4:06.23	11th
Cal-Nevada Championships (3/29)	1500	4:04.02	27th
Woody Wilson Classic (4/11)	1500	4:00.85	10th
Brutus Hamilton (4/24)	1500	4:09.07	29th

#### Jason Nelson

Meet	Event	Mark	Place
Aggie Open (3/14)	100	11.03	6th
Brutus Hamilton (4/24)	100	10.96	Qual



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### 2009 OUTDOOR PERFORMANCE LIST

Brutus Hamilton (4/24)	100	10.85	5th	Aggie Open (3/14)	110H	16.18	9th
Causeway Classic (5/1)	100	11.28	1st	Hornet Invitational (3/21)	110H	15.90	11th
Aggie Open (3/14)	200	22.63	8th	UC Multi (3/26)	110H	15.87	DEC
Hornet Invitational (3/21)	200	22.48	10th	Mondo Invitational (4/4)	110H	15.62	8th
Cal-Nevada Championships (3/28)	200	22.07	17th	Woody Wilson Classic (4/11)	110H	15.93	7th
Mondo Invitational (4/4)	200	21.88	3rd	Brutus Hamilton (4/24)	110H	15.83	Qual
Mt. SAC Relays (4/17)	200	22.21	18th	Brutus Hamilton (4/24)	110H	16.06	8th
Brutus Hamilton (4/24)	200	22.29	9th	Causeway Classic (5/1)	110H	16.28	4th
Causeway Classic (5/1)	200	21.8h	1st	Big Sky Championships (5/15)	110H	15.49	13th
Big Sky Championships (5/15)	200	22.08	10th	Hornet Invitational (3/21)	HJ	5-10.75	12th
Hornet Invitational (3/21)	400	48.60	6th	UC Multi (3/25)	HJ	5-10.75	DEC
Cal-Nevada Championships (3/28)	400	46.67	11th	Mondo Invitational (4/4)	HJ	6-00.75	5th
Mondo Invitational (4/4)	400	48.38	4th	Brutus Hamilton (4/24)	HJ	5-10.75	8th
Mt. SAC Relays (4/17)	400	57.18	16th	Causeway Classic (5/1)	HJ	5-07.00	
Big Sky Championships (5/15)	400	48.57	Qual	Hornet Invitational (3/21)	UJ	19-00.50	27th
Big Sky Championships (5/16)	400	49.10	6th	UC Multi (3/25)	UJ	21-09.50	DEC
				Mondo Invitational (4/4)	UJ	22-01.75	3rd
				Woody Wilson Classic (4/11)	UJ	21-03.25	8th
				Brutus Hamilton (4/24)	UJ	20-07.25	11th
				Big Sky Championships (5/15)	UJ	21-01.25	15th
				UC Multi (3/25)	PV	11-07.75	DEC
				UC Multi (3/25)	SP	40-01.25	DEC
				Mondo Invitational (4/4)	SP	39-07.25	7th
				Hornet Invitational (3/21)	DIS	115-08	20th
				UC Multi (3/26)	DIS	113-11	DEC
				Causeway Classic (5/1)	DIS	116-06	6th
				Aggie Open (3/14)	JAV	131-00	16th
				UC Multi (3/26)	JAV	143-08	DEC
				Mondo Invitational (4/4)	JAV	136-01	7th
				Causeway Classic (5/1)	JAV	130-00	6th
				Sacramento State Open (5/9)	JAV	151-06	8th
				UC Multi (3/25-26)	DEC	6,298	5th

#### David Rabinowitz

Meet	Event	Mark	Place
Hornet Invitational (3/21)	800	1:50.17	4th
Cal-Nevada Championships (3/28)	800	1:52.24	Qual
Cal-Nevada Championships (3/29)	800	1:52.08	2nd
Brutus Hamilton (4/24)	800	1:50.04	6th
Big Sky Championships (5/15)	800	1:53.23	Qual
Big Sky Championships (5/16)	800	1:54.03	7th
NCAA West Regional (5/29)	800	1:51.48	20th
Aggie Open (3/14)	1500	3:54.83	2nd
Cal-Nevada Championships (3/29)	1500	3:50.00	4th
Mondo Invitational (4/4)	1500	DNF	---
Mt. SAC Relays (4/17)	1500	3:53.39	32nd
Causeway Classic (5/1)	1500	3:59.98	2nd
Big Sky Championships (5/16)	1500	DNF	---

#### Ben Rinn

Meet	Event	Mark	Place
Hornet Invitational (3/21)	1500	4:09.05	18th
Mondo Invitational (4/4)	1500	4:07.37	13th
Brutus Hamilton (4/24)	1500	4:07.49	28th
Sacramento State Open (5/9)	1500	4:21.23	19th
Aggie Open (3/14)	STPL	10:17.60	12th
Cal-Nevada Championships (3/28)	STPL	10:07.30	22nd
Woody Wilson Classic (4/11)	STPL	10:22.96	14th
Causeway Classic (5/1)	STPL	10:12.50	6th
Sacramento State Open (5/9)	STPL	10:24.68	3rd
Causeway Classic (5/1)	400H	1:06.03	4th

#### Chris Romo

Meet	Event	Mark	Place
Woody Wilson Classic (4/11)	1500	3:59.60	7th
Causeway Classic (5/1)	3K	8:31.70	2nd
Hornet Invitational (3/21)	5K	14:59.82	1st
Cal-Nevada Championships (3/28)	5K	14:41.61	5th
Mt. SAC Relays (4/17)	5K	15:18.84	44th
Big Sky Championships (5/16)	5K	DNF	---

#### Sam Schur

Meet	Event	Mark	Place
UC Multi (3/25)	100	11.71	DEC
UC Multi (3/25)	400	53.28	DEC
Woody Wilson Classic (4/11)	400	53.27	19th
UC Multi (3/26)	1500	4:45.62	DEC

#### Jason Sey

Meet	Event	Mark	Place
Causeway Classic (5/1)	1500	4:22.92	4th
Hornet Invitational (3/21)	5K	15:28.33	9th
Cal-Nevada Championships (3/28)	5K	31:30.98	4th
Woody Wilson Classic (4/11)	5K	15:58.73	16th
Brutus Hamilton (4/24)	5K	15:14.85	20th
Big Sky Championships (5/15)	10K	32:31.27	13th

#### Colin Szehner

Meet	Event	Mark	Place
Causeway Classic (5/1)	1500	4:31.73	5th
Sacramento State Open (5/9)	5K	15:10.51	1st
Big Sky Championships (5/15)	10K	32:03.40	8th

#### Dominic Vogl

Meet	Event	Mark	Place
Hornet Invitational (3/21)	STPL	9:16.87	1st
Cal-Nevada Championships (3/28)	STPL	9:10.65	2nd
Brutus Hamilton (4/24)	STPL	9:23.50	6th
Causeway Classic (5/1)	STPL	9:28.20	2nd
Big Sky Championships (5/15)	STPL	9:24.55	8th

#### Blair Wallingford

Meet	Event	Mark	Place
Aggie Open (3/14)	PV	15-05.50	T3rd
Hornet Invitational (3/21)	PV	NH	---
Cal-Nevada Championships (3/29)	PV	NH	---



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### 2009 OUTDOOR PERFORMANCE LIST

Mondo Invitational (4/4)	PV	15-01.00	6th
Woody Wilson Classic (4/11)	PV	15-07.00	5th
Mt. SAC Relays (4/17)	PV	15-07.00	T13th
Brutus Hamilton (4/24)	PV	NH	---
Sacramento State Open (5/9)	PV	NH	---
Causeway Classic (5/1)	PV	13-07.25	5th
Big Sky Championships (5/16)	PV	14-07.25	11th
Hornet Invitational (3/21)	JAV	171-03	5th
Mondo Invitational (4/4)	JAV	152-02	6th
Causeway Classic (5/1)	JAV	148-07	4th
Sacramento State Open (5/9)	JAV	177-03	5th
Big Sky Championships (5/15)	JAV	184-08	11th

#### 4x400 Relay

Meet	Event	Mark	Place
Aggie Open (3/14)	4x400	3:23.14	5th
Cal-Nevada Championships (3/29)	4x400	3:17.00	9th
Causeway Classic (5/1)	4x400	3:56.00	1st
Big Sky Championships (5/15)	4x400	3:16.22	6th

#### Taylor Weldon

Meet	Event	Mark	Place
Aggie Open (3/14)	SP	50-09.50	2nd
Hornet Invitational (3/21)	SP	51-09.75	4th
Cal-Nevada Championships (3/29)	SP	51-10.00	7th
Mt. SAC Relays (4/17)	SP	48-00.50	16th
Brutus Hamilton (4/24)	SP	43-10.00	7th
Causeway Classic (5/1)	SP	45-07.25	4th
Sacramento State Open (5/9)	SP	49-10.00	5th
Big Sky Championships (5/16)	SP	52-01.75	8th
Aggie Open (3/14)	DIS	143-00	7th
Hornet Invitational (3/21)	DIS	142-06	7th
Mondo Invitational (4/4)	DIS	147-08	4th
Woody Wilson Classic (4/11)	DIS	147-11	4th
Brutus Hamilton (4/24)	DIS	Foul	---
Causeway Classic (5/1)	DIS	45-07.25	4th
Sacramento State Open (5/9)	DIS	150-08	5th
Big Sky Championships (5/16)	DIS	150-02	9th
Aggie Open (3/14)	HAM	153-10	8th
Mondo Invitational (4/4)	HAM	162-02	4th
Woody Wilson Classic (4/11)	HAM	Foul	---
Brutus Hamilton (4/24)	HAM	160-00	8th
Causeway Classic (5/1)	HAM	157-10	1st
Big Sky Championships (5/15)	HAM	159-01	11th

#### Andy White

Meet	Event	Mark	Place
Aggie Open (3/14)	100	11.09	7th
Hornet Invitational (3/21)	100	11.10	T12th
Cal-Nevada Championships (3/28)	100	11.13	26th
Mondo Invitational (4/4)	100	11.14	7th
Mt. SAC Relays (4/17)	100	10.90	21st
Big Sky Championships (5/15)	100	11.12	10th

#### 4x100 Relay

Meet	Event	Mark	Place
Aggie Open (3/14)	4x100	41.78	2nd
Hornet Invitational (3/21)	4x100	41.24	2nd
Cal-Nevada Championships (3/29)	4x100	41.71	3rd
Mondo Invitational (4/4)	4x100	41.37	2nd
Mt. SAC Relays (4/18)	4x100	41.63	6th
Brutus Hamilton (4/24)	4x100	41.80	4th
Causeway Classic (5/1)	4x100	41.9h	1st
Sacramento State Open (5/9)	4x100	42.08	2nd
Big Sky Championships (5/15)	4x100	41.93	6th



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#### Ify Agwuenu

Meet	Event	Mark	Place
Cal-Nevada Championships (3/29)	SP	49-08.50	2nd
Mondo Invitational (4/4)	SP	48-10.25	1st
Mt. SAC Relays (4/17)	SP	48-01.75	3rd
Brutus Hamilton (4/24)	SP	48-03.25	1st
Causeway Classic (5/1)	SP	43-08.50	1st
Sacramento State Open (5/9)	SP	47-05.00	1st
Big Sky Championships (5/15)	SP	48-11.50	1st
NCAA West Regional (5/30)	SP	50-06.75	6th
Aggie Opener (3/14)	DIS	133-09	4th
Hornet Invitational (3/21)	DIS	137-06	4th
Cal-Nevada Championships (3/29)	DIS	134-06	18th
Mondo Invitational (4/4)	DIS	130-02	7th
Woody Wilson Classic (4/11)	DIS	135-02	6th
Brutus Hamilton (4/24)	DIS	136-01	9th
Causeway Classic (5/1)	DIS	111-02	5th
Sacramento State Open (5/9)	DIS	128-11	10th
Big Sky Championships (5/16)	DIS	135-10	8th
Aggie Opener (3/14)	HAM	136-06	12th
Mondo Invitational (4/4)	HAM	126-03	13th
Woody Wilson Classic (4/11)	HAM	Foul	---
Causeway Classic (5/1)	HAM	127-11	7th

#### Laura Arnold

Meet	Event	Mark	Place
Aggie Opener (3/14)	SP	36-02.75	11th
Hornet Invitational (3/21)	SP	36-05.00	19th
Mondo Invitational (4/4)	SP	38-04.00	14th
Woody Wilson Classic (4/11)	SP	40-06.75	8th
Brutus Hamilton (4/24)	SP	36-00.00	18th
Causeway Classic (5/1)	SP	33-11.25	7th
Sacramento State Open (5/9)	SP	Foul	---
Aggie Opener (3/14)	DIS	110-02	17th
Hornet Invitational (3/21)	DIS	120-02	11th
Mondo Invitational (4/4)	DIS	122-08	9th
Woody Wilson Classic (4/11)	DIS	120-09	10th
Brutus Hamilton (4/24)	DIS	122-01	14th
Causeway Classic (5/1)	DIS	116-09	4th
Sacramento State Open (5/9)	DIS	126-08	11th

#### Sakya Bolton

Meet	Event	Mark	Place
Aggie Opener (3/14)	100	13.46	20th
Hornet Invitational (3/21)	100	13.62	31st
Mondo Invitational (4/4)	100	12.86	8th
Woody Wilson Classic (4/11)	100	13.07	15th
Brutus Hamilton (4/24)	100	12.53	15th
Causeway Classic (5/1)	100	13.18	5th
Sacramento State Open (5/9)	100	12.68	12th
Big Sky Championships (5/15)	100	12.64	15th
Hornet Invitational (3/21)	200	27.60	31st
Mondo Invitational (4/4)	200	26.71	19th
Causeway Classic (5/1)	200	27.38	5th
Aggie Opener (3/14)	100H	15.27	5th
Hornet Invitational (3/21)	100H	15.18	9th
Cal-Nevada Championships (3/28)	100H	14.75	20th
Mondo Invitational (4/4)	100H	15.15	8th
Woody Wilson Classic (4/11)	100H	14.86	6th
Mt. SAC Relays (4/17)	100H	14.80	20th
Brutus Hamilton (4/24)	100H	14.50	Qual

Brutus Hamilton (4/24)	100H	14.45	7th
Causeway Classic (5/1)	100H	15.35	3rd
Sacramento State Open (5/9)	100H	14.44	6th
Big Sky Championships (5/15)	100H	14.27	Qual
Big Sky Championships (5/16)	100H	14.13	1st
NCAA West Regional (5/29)	100H	14.16	18th

#### Caprice Bradshaw

Meet	Event	Mark	Place
Causeway Classic (5/1)	800	2:29.39	8th
Mt. SAC Relays (4/17)	1500	4:40.98	51st
Brutus Hamilton (4/24)	1500	4:41.15	5th
Sacramento State Open (5/9)	1500	5:20.81	10th
Sacramento State Open (5/9)	5K	18:19.72	1st
Big Sky Championships (5/16)	5K	18:57.43	13th
Woody Wilson Classic (4/11)	STPL	11:23.39	5th
Brutus Hamilton (4/24)	STPL	11:15.20	4th
Causeway Classic (5/1)	STPL	11:26.0h	6th

#### Ashley Chavez

Meet	Event	Mark	Place
Causeway Classic (5/1)	800	2:31.73	9th
Mondo Invitational (4/4)	1500	4:54.05	24th
Brutus Hamilton (4/24)	1500	4:55.92	21st
Causeway Classic (5/1)	1500	5:02.0h	6th
Aggie Opener (3/14)	2 Mile	11:58.06	11th
Hornet Invitational (3/21)	STPL	12:02.09	5th
Cal-Nevada Championships (3/28)	STPL	12:10.55	21st
Woody Wilson Classic (4/11)	STPL	12:23.35	9th
Sacramento State Open (5/9)	STPL	12:40.23	1st

#### Baiba Celma

Meet	Event	Mark	Place
Aggie Opener (3/14)	HJ	NH	---
Hornet Invitational (3/21)	HJ	NH	---
Mondo Invitational (4/4)	HJ	NH	---
Hornet Invitational (3/21)	TJ	35-05.25	8th
Cal-Nevada Championships (3/29)	TJ	37-08.75	8th
Mondo Invitational (4/4)	TJ	36-01.25	9th
Woody Wilson Classic (4/11)	TJ	35-09.50	8th
Brutus Hamilton (4/24)	TJ	36-11.75	3rd
Causeway Classic (5/1)	TJ	37-01.00	2nd
Sacramento State Open (5/9)	TJ	38-03.25	T3rd
Big Sky Championships (5/16)	TJ	35-09.50	10th
Aggie Opener (3/14)	JAV	123-00	2nd
Hornet Invitational (3/21)	JAV	101-04	12th
Cal-Nevada Championships (3/28)	JAV	116-02	11th
Mondo Invitational (4/4)	JAV	112-07	7th
Brutus Hamilton (4/24)	JAV	114-07	10th
Causeway Classic (5/1)	JAV	109-11	3rd
Sacramento State Open (5/9)	JAV	112-09	3rd
Big Sky Championships (5/16)	JAV	124-06	7th

#### Tatiana Clark

Meet	Event	Mark	Place
Cal-Nevada Championships (3/29)	SP	Foul	---
Mondo Invitational (4/4)	SP	44-00.50	T6th
Woody Wilson Classic (4/11)	SP	Foul	---
Brutus Hamilton (4/24)	SP	42-03.50	12th
Causeway Classic (5/1)	SP	41-04.25	3rd
Sacramento State Open (5/9)	SP	36-11.50	10th



# SACRAMENTO STATE

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### 2009 OUTDOOR PERFORMANCE LIST

Big Sky Championships (5/15)	SP	41-10.50	14th
Aggie Opener (3/14)	DIS	118-09	10th
Hornet Invitational (3/21)	DIS	127-07	8th
Cal-Nevada Championships (3/29)	DIS	Foul	---
Mondo Invitational (4/4)	DIS	131-01	6th
Woody Wilson Classic (4/11)	DIS	Foul	---
Brutus Hamilton (4/24)	DIS	Foul	---
Causeway Classic (5/1)	DIS	128-03	2nd
Sacramento State Open (5/9)	DIS	133-01	8th
Aggie Opener (3/14)	HAM	135-00	14th
Mondo Invitational (4/4)	HAM	135-00	12th
Woody Wilson Classic (4/11)	HAM	141-04	7th
Brutus Hamilton (4/24)	HAM	134-06	15th
Causeway Classic (5/1)	HAM	128-06	6th

#### Chelsea Davis

Meet	Event	Mark	Place
Brutus Hamilton (4/24)	100	12.45	14th
Mondo Invitational (4/4)	200	25.12	7th
Brutus Hamilton (4/24)	200	24.97	5th
Big Sky Championships (5/15)	200	25.42	9th
Hornet Invitational (3/21)	400	56.57	2nd
Cal-Nevada Championships (3/28)	400	56.55	Qual
Cal-Nevada Championships (3/29)	400	56.52	9th
Mondo Invitational (4/4)	400	56.68	5th
Mt. SAC Relays (4/17)	400	55.68	T7th
Causeway Classic (5/1)	400	56.26	2nd
Big Sky Championships (5/15)	400	56.76	Qual
Big Sky Championships (5/16)	400	56.64	6th

#### Jennie Eiremo

Meet	Event	Mark	Place
Causeway Classic (5/1)	800	2:25.99	7th
Sacramento State Open (5/9)	800	2:17.51	9th
Aggie Opener (3/14)	1500	4:50.94	5th
Cal-Nevada Championships (3/29)	1500	4:42.76	11th
Mondo Invitational (4/4)	1500	4:48.51	18th
Brutus Hamilton (4/24)	1500	4:38.77	1st
Big Sky Championships (5/16)	1500	4:48.10	17th
Hornet Invitational (3/21)	STPL	12:00.98	4th
Cal-Nevada Championships (3/28)	STPL	11:17.11	15th
Woody Wilson Classic (4/11)	STPL	11:13.12	3rd
Brutus Hamilton (4/24)	STPL	11:30.14	7th
Causeway Classic (5/1)	STPL	11:18.4h	5th
Big Sky Championships (5/15)	STPL	11:43.22	14th

#### Monica Gomez

Meet	Event	Mark	Place
Cal-Nevada Championships (3/29)	SP	36-03.00	21st
Mondo Invitational (4/4)	SP	44-00.50	T6th
Woody Wilson Classic (4/11)	SP	Foul	---
Brutus Hamilton (4/24)	SP	42-06.75	T9th
Causeway Classic (5/1)	SP	40-06.75	5th
Sacramento State Open (5/9)	SP	Foul	---
Big Sky Championships (5/15)	SP	46-04.25	6th
Aggie Opener (3/14)	HAM	149-06	5th
Cal-Nevada Championships (3/28)	HAM	155-11	19th
Mondo Invitational (4/4)	HAM	170-11	1st
Woody Wilson Classic (4/11)	HAM	150-08	5th
Brutus Hamilton (4/24)	HAM	155-07	10th
Causeway Classic (5/1)	HAM	154-09	4th

Sacramento State Open (5/9)	HAM	161-07	2nd
Big Sky Championships (5/16)	HAM	142-11	14th

#### Naima Goodwin

Meet	Event	Mark	Place
UC Multi (3/25)	200	26.51	HEP
Big Sky Championships (5/13)	200	26.39	HEP
UC Multi (3/26)	800	2:36.03	HEP
Big Sky Championships (5/14)	800	2:31.03	HEP
Aggie Opener (3/14)	100H	15.96	9th
Hornet Invitational (3/21)	100H	15.82	15th
UC Multi (3/25)	100H	15.02	HEP
Mondo Invitational (4/4)	100H	15.81	12th
Woody Wilson Classic (4/11)	100H	15.23	8th
Sacramento State Open (5/9)	100H	14.76	T7th
Big Sky Championships (5/13)	100H	14.61	HEP
Aggie Opener (3/14)	HJ	5-00.25	T7th
Hornet Invitational (3/21)	HJ	5-01.00	T8th
UC Multi (3/25)	HJ	5-05.25	HEP
Mondo Invitational (4/4)	HJ	5-01.00	5th
Brutus Hamilton (4/24)	HJ	NH	---
Causeway Classic (5/1)	HJ	5-00.25	T2nd
Sacramento State Open (5/9)	HJ	4-11.00	7th
Big Sky Championships (5/13)	HJ	5-03.00	HEP
Big Sky Championships (5/16)	HJ	4-11.00	13th
Hornet Invitational (3/21)	UJ	17-08.75	2nd
UC Multi (3/26)	UJ	18-00.50	HEP
Mondo Invitational (4/4)	UJ	17-02.25	11th
Woody Wilson Classic (4/11)	UJ	17-04.00	1st
Brutus Hamilton (4/24)	UJ	17-06.25	T14th
Causeway Classic (5/1)	UJ	17-07.00	2nd
Big Sky Championships (5/14)	UJ	18-05.00	HEP
Mondo Invitational (4/4)	TJ	37-11.25	3rd
Woody Wilson Classic (4/11)	TJ	37-01.00	5th
Big Sky Championships (5/16)	TJ	38-00.00	9th
UC Multi (3/25)	SP	34-10.25	HEP
Big Sky Championships (5/13)	SP	35-10.50	HEP
Aggie Opener (3/14)	JAV	94-05	9th
UC Multi (3/26)	JAV	91-08	HEP
Causeway Classic (5/1)	JAV	86-06	5th
Big Sky Championships (5/14)	JAV	92-03	HEP
UC Multi (3/25-26)	HEP	4,725	2nd
Big Sky Championships (5/13-14)	HEP	4,837	4th

#### Amanda Helmer

Meet	Event	Mark	Place
Aggie Opener (3/14)	DIS	Foul	---
Woody Wilson Classic (4/11)	DIS	Foul	---
Brutus Hamilton (4/24)	DIS	Foul	---
Causeway Classic (5/1)	DIS	99-11	6th
Sacramento State Open (5/9)	DIS	Foul	---
Aggie Opener (3/14)	HAM	149-05	6th
Hornet Invitational (3/21)	HAM	143-05	10th
Woody Wilson Classic (4/11)	HAM	149-06	6th
Brutus Hamilton (4/24)	HAM	146-01	12th
Causeway Classic (5/1)	HAM	157-01	3rd
Sacramento State Open (5/9)	HAM	155-08	4th



# SACRAMENTO STATE

## TRACK & FIELD

### 2009 OUTDOOR PERFORMANCE LIST

#### Kristina Holtz

Meet	Event	Mark	Place
Cal-Nevada Championships (3/29)	1500	4:40.96	10th
Mondo Invitational (4/4)	1500	4:34.64	6th
Brutus Hamilton (4/24)	5K	16:51.82	2nd
Big Sky Championships (5/16)	5K	17:38.58	2nd
Hornet Invitational (3/21)	STPL	10:42.00	1st
Cal-Nevada Championships (3/28)	STPL	10:46.09	3rd
Mt. SAC Relays (4/16)	STPL	10:45.81	10th
Causeway Classic (5/1)	STPL	10:34.1h	1st
Big Sky Championships (5/15)	STPL	10:48.62	5th
NCAA West Regional (5/30)	STPL	10:31.52	8th

#### Victoria Humphrey

Meet	Event	Mark	Place
Aggie Opener (3/14)	100	12.43	3rd
Hornet Invitational (3/21)	100	12.42	3rd
Cal-Nevada Championships (3/28)	100	12.20	Qual
Cal-Nevada Championships (3/29)	100	12.30	9th
Brutus Hamilton (4/24)	100	12.13	6th
Causeway Classic (5/1)	100	12.48	1st
Big Sky Championships (5/15)	100	12.24	Qual
Big Sky Championships (5/16)	100	12.11	3rd
Hornet Invitational (3/21)	200	24.78	3rd
Cal-Nevada Championships (3/28)	200	24.81	Qual
Cal-Nevada Championships (3/29)	200	24.68	8th
Mondo Invitational (4/4)	200	25.08	6th
Mondo Invitational (4/4)	200	56.25	4th
Mt. SAC Relays (4/17)	200	24.79	19th
Brutus Hamilton (4/24)	200	24.80	4th
Causeway Classic (5/1)	200	24.99	1st
Sacramento State Open (5/9)	200	25.28	6th
Big Sky Championships (5/15)	200	25.15	Qual
Big Sky Championships (5/16)	200	24.76	4th
Mt. SAC Relays (4/17)	400	55.82	10th
Sacramento State Open (5/9)	400	56.61	2nd

#### Nicole Jackson

Meet	Event	Mark	Place
Brutus Hamilton (4/24)	400	1:00.00	18th
Aggie Opener (3/14)	100H	14.95	4th
Hornet Invitational (3/21)	100H	14.90	6th
Cal-Nevada Championships (3/28)	100H	15.20	29th
Mondo Invitational (4/4)	100H	15.24	9th
Brutus Hamilton (4/24)	100H	14.54	9th
Causeway Classic (5/1)	100H	15.71	4th
Big Sky Championships (5/15)	100H	14.32	6th
Big Sky Championships (5/16)	100H	14.41	8th
Aggie Opener (3/14)	400H	1:05.82	5th
Hornet Invitational (3/21)	400H	1:03.43	3rd
Cal-Nevada Championships (3/28)	400H	1:02.80	10th
Mondo Invitational (4/4)	400H	1:01.87	3rd
Mt. SAC Relays (4/17)	400H	1:03.45	21st
Brutus Hamilton (4/24)	400H	1:03.32	10th
Causeway Classic (5/1)	400H	1:02.77	1st
Big Sky Championships (5/15)	400H	1:03.42	Qual
Big Sky Championships (5/16)	400H	1:04.40	7th

#### Morinsola Keshinro

Meet	Event	Mark	Place
Hornet Invitational (3/21)	200	26.00	16th
Aggie Opener (3/14)	400	57.32	1st
Brutus Hamilton (4/24)	400	57.30	7th
Aggie Opener (3/14)	400H	1:05.50	3rd
Hornet Invitational (3/21)	400H	1:01.29	1st
Cal-Nevada Championships (3/28)	400H	1:02.39	Qual
Cal-Nevada Championships (3/29)	400H	59.90	3rd
Mondo Invitational (4/4)	400H	1:03.65	7th
Mt. SAC Relays (4/17)	400H	1:02.74	18th
Brutus Hamilton (4/24)	400H	1:00.50	5th
Causeway Classic (5/1)	400H	1:06.03	3rd
Big Sky Championships (5/15)	400H	1:02.38	Qual
Big Sky Championships (5/16)	400H	DQ	---
NCAA West Regional (5/29)	400H	1:02.33	17th
Causeway Classic (5/1)	HJ	5-00.25	1st

#### Jodie Leal

Meet	Event	Mark	Place
Causeway Classic (5/1)	800	2:33.76	10th
Sacramento State Open (5/9)	800	2:17.34	8th
Big Sky Championships (5/15)	800	2:28.75	18th
Aggie Opener (3/14)	1500	4:48.95	4th
Cal-Nevada Championships (3/29)	1500	4:55.43	25th
Mondo Invitational (4/4)	1500	4:40.77	11th
Brutus Hamilton (4/24)	1500	4:45.43	9th
Hornet Invitational (3/21)	STPL	11:02.44	2nd
Cal-Nevada Championships (3/28)	STPL	10:54.72	7th
Woody Wilson Classic (4/11)	STPL	11:46.04	7th
Brutus Hamilton (4/24)	STPL	10:56.76	1st
Causeway Classic (5/1)	STPL	11:09.7h	4th
Big Sky Championships (5/15)	STPL	11:21.50	8th

#### Erin Lewis

Meet	Event	Mark	Place
Brutus Hamilton (4/24)	1500	4:41.73	6th
Causeway Classic (5/1)	1500	4:39.0h	3rd
Sacramento State Open (5/9)	1500	4:35.34	2nd
Big Sky Championships (5/16)	1500	4:39.47	13th

#### Nicole McClure

Meet	Event	Mark	Place
Hornet Invitational (3/21)	SP	45-05.75	1st
Cal-Nevada Championships (3/29)	SP	44-05.50	10th
Mondo Invitational (4/4)	SP	44-02.00	5th
Woody Wilson Classic (4/11)	SP	44-09.50	2nd
Brutus Hamilton (4/24)	SP	44-11.00	4th
Causeway Classic (5/1)	SP	43-01.50	2nd
Sacramento State Open (5/9)	SP	44-03.25	2nd
Big Sky Championships (5/15)	SP	46-10.75	4th
Aggie Opener (3/14)	HAM	162-06	3rd
Hornet Invitational (3/21)	HAM	162-09	2nd
Cal-Nevada Championships (3/28)	HAM	157-04	18th
Mondo Invitational (4/4)	HAM	163-09	4th
Woody Wilson Classic (4/11)	HAM	167-08	3rd
Mt. SAC Relays (4/17)	HAM	163-01	15th
Brutus Hamilton (4/24)	HAM	158-04	8th
Causeway Classic (5/1)	HAM	164-06	1st
Sacramento State Open (5/9)	HAM	160-02	3rd
Big Sky Championships (5/16)	HAM	148-06	9th



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### 2009 OUTDOOR PERFORMANCE LIST

#### Lora Marchini

Meet	Event	Mark	Place
Hornet Invitational (3/21)	800	2:17.44	4th
Cal-Nevada Championships (3/28)	800	2:16.62	17th
Mondo Invitational (4/4)	800	2:15.53	4th
Brutus Hamilton (4/24)	800	2:16.53	6th
Causeway Classic (5/1)	800	2:17.94	4th
Sacramento State Open (5/9)	800	2:18.93	10th
Big Sky Championships (5/15)	800	2:17.24	14th
Aggie Opener (3/14)	1500	4:41.83	1st
Cal-Nevada Championships (3/29)	1500	4:39.26	6th
Brutus Hamilton (4/24)	1500	4:40.27	2nd
Big Sky Championships (5/16)	1500	4:41.63	15th

#### Kaitlynn Moore

Meet	Event	Mark	Place
Aggie Opener (3/14)	PV	10-11.75	T11th
Hornet Invitational (3/21)	PV	11-03.75	T4th
Cal-Nevada Championships (3/28)	PV	12-01.50	T13th
Mondo Invitational (4/4)	PV	11-03.75	T9th
Woody Wilson Classic (4/11)	PV	11-11.75	8th
Mt. SAC Relays (4/17)	PV	11-07.75	T12th
Brutus Hamilton (4/24)	PV	11-07.75	T3rd
Sacramento State Open (5/9)	PV	12-02.50	T8th
Big Sky Championships (5/16)	PV	11-07.75	8th

#### Briana Nelson

Meet	Event	Mark	Place
Aggie Opener (3/14)	100	12.73	7th
Brutus Hamilton (4/24)	100	12.83	19th
Aggie Opener (3/14)	200	25.43	3rd
Hornet Invitational (3/21)	200	25.28	7th
Cal-Nevada Championships (3/28)	200	24.89	13th
Woody Wilson Classic (4/11)	200	25.26	2nd
Brutus Hamilton (4/24)	200	24.74	2nd
Sacramento State Open (5/9)	200	24.90	4th
Big Sky Championships (5/15)	200	24.88	Qual
Big Sky Championships (5/16)	200	24.89	6th
Hornet Invitational (3/21)	400	57.46	4th
Cal-Nevada Championships (3/28)	400	47.08	12th
Woody Wilson Classic (4/11)	400	57.46	3rd
Sacramento State Open (5/9)	400	57.29	3rd
Big Sky Championships (5/15)	400	56.38	Qual
Big Sky Championships (5/16)	400	55.70	3rd

#### Lizzy Norvell

Meet	Event	Mark	Place
Aggie Opener (3/14)	PV	11-11.75	T3rd
Cal-Nevada Championships (3/28)	PV	12-01.50	T8th
Mondo Invitational (4/4)	PV	11-09.75	T7th
Woody Wilson Classic (4/11)	PV	12-07.50	4th
Mt. SAC Relays (4/17)	PV	12-01.50	T7th
Brutus Hamilton (4/24)	PV	NH	---
Sacramento State Open (5/9)	PV	12-07.50	T4th
Big Sky Championships (5/15)	PV	11-01.75	9th
NCAA West Regional (5/29)	PV	12-10.00	T12th

#### Jessica Pimentel

Meet	Event	Mark	Place
Aggie Opener (3/14)	PV	10-11.75	13th
Hornet Invitational (3/21)	PV	9-10.00	T15th

Mondo Invitational (4/4)	PV	10-10.00	T12th
Woody Wilson Classic (4/11)	PV	10-11.75	13th
Brutus Hamilton (4/24)	PV	NH	---
Sacramento State Open (5/9)	PV	11-03.75	12th

#### Renisha Robinson

Meet	Event	Mark	Place
Mt. SAC Relays (4/17)	800	2:08.16	5th
Brutus Hamilton (4/24)	800	2:11.55	4th
Causeway Classic (5/1)	800	2:10.39	1st
Big Sky Championships (5/15)	800	2:08.95	Qual
Big Sky Championships (5/16)	800	2:11.54	2nd
NCAA West Regional (5/29)	800	2:09.01	Qual
NCAA West Regional (5/30)	800	2:08.14	5th
Mondo Invitational (4/4)	1500	4:35.57	7th
Woody Wilson Classic (4/11)	1500	4:26.50	1st
Big Sky Championships (5/16)	1500	4:30.17	2nd

#### Erica Sahli

Meet	Event	Mark	Place
Mondo Invitational (4/4)	1500	4:40.77	11th
Causeway Classic (5/1)	3K	10:17.1h	4th
Hornet Invitational (3/21)	5K	17:37.71	1st
Cal-Nevada Championships (3/28)	5K	17:34.23	9th
Mt. SAC Relays (4/17)	5K	17:48.10	28th
Brutus Hamilton (4/24)	5K	17:17.34	7th
Big Sky Championships (5/16)	5K	18:33.13	12th
Big Sky Championships (5/15)	10K	38:17.12	3rd

#### Brittany Thomas

Meet	Event	Mark	Place
Aggie Opener (3/14)	200	26.73	15th
Hornet Invitational (3/21)	200	26.54	23rd
Mondo Invitational (4/4)	200	26.30	14th
Causeway Classic (5/1)	200	27.37	4th
Sacramento State Open (5/9)	200	26.33	12th
Aggie Opener (3/14)	400	58.92	6th
Hornet Invitational (3/21)	400	58.87	11th
Mondo Invitational (4/4)	400	59.13	12th
Causeway Classic (5/1)	400	1:01.07	4th
Sacramento State Open (5/9)	400	59.99	8th

#### Erica Violet

Meet	Event	Mark	Place
Aggie Opener (3/14)	100H	14.46	1st
Hornet Invitational (3/21)	100H	14.51	2nd
Cal-Nevada Championships (3/28)	100H	14.18	Qual
Cal-Nevada Championships (3/29)	100H	20.95	9th
Mondo Invitational (4/4)	100H	14.32	3rd
Mt. SAC Relays (4/17)	100H	14.30	10th
Brutus Hamilton (4/24)	100H	14.03	Qual
Brutus Hamilton (4/24)	100H	13.95	1st
Causeway Classic (5/1)	100H	14.72	1st
Sacramento State Open (5/9)	100H	14.25	3rd
Big Sky Championships (5/15)	100H	14.02	Qual
Big Sky Championships (5/16)	100H	14.16	4th
Hornet Invitational (3/21)	U	19-03.50	1st
Mondo Invitational (4/4)	U	19-02.75	1st
Mt. SAC Relays (4/17)	U	18-02.50	12th
Brutus Hamilton (4/24)	U	19-11.50	4th
Causeway Classic (5/1)	U	18-09.25	1st



# SACRAMENTO STATE

## TRACK & FIELD

### 2009 OUTDOOR PERFORMANCE LIST

Big Sky Championships (5/15)	U	19-09.75	1st	Hornet Invitational (3/21)	U	16-05.75	11th
NCAA West Regional (5/29)	U	19-01.25	12th	Mondo Invitational (4/4)	U	17-08.25	9th
Hornet Invitational (3/21)	TJ	38-02.25	1st	Woody Wilson Classic (4/11)	U	17-00.50	3rd
Cal-Nevada Championships (3/29)	TJ	39-10.75	3rd	Brutus Hamilton (4/24)	U	18-09.75	6th
Mondo Invitational (4/4)	TJ	37-07.25	5th	Causeway Classic (5/1)	U	17-06.00	3rd
Brutus Hamilton (4/24)	TJ	40-09.75	2nd	Sacramento State Open (5/9)	U	18-00.25	3rd
Causeway Classic (5/1)	TJ	37-00.50	3rd	Big Sky Championships (5/15)	U	18-06.00	7th
Big Sky Championships (5/16)	TJ	40-03.25	2nd	Hornet Invitational (3/21)	TJ	38-02.00	2nd
NCAA West Regional (5/30)	TJ	39-08.00	16th	Cal-Nevada Championships (3/29)	TJ	36-03.00	21st
Aggie Opener (3/14)	PV	11-11.75	1st	Mondo Invitational (4/4)	TJ	38-02.00	2nd
Cal-Nevada Championships (3/28)	PV	12-01.50	T6th	Woody Wilson Classic (4/11)	TJ	37-10.00	2nd
Mondo Invitational (4/4)	PV	11-09.75	T7th	Mt. SAC Relays (4/17)	TJ	38-10.50	8th
Woody Wilson Classic (4/11)	PV	12-07.50	3rd	Brutus Hamilton (4/24)	TJ	40-04.25	3rd
Mt. SAC Relays (4/17)	PV	12-07.50	5th	Causeway Classic (5/1)	TJ	37-06.75	1st
Brutus Hamilton (4/24)	PV	12-07.50	1st	Sacramento State Open (5/9)	TJ	39-06.50	1st
Sacramento State Open (5/9)	PV	12-07.50	T4th	Big Sky Championships (5/16)	TJ	40-02.25	3rd
Big Sky Championships (5/15)	PV	12-01.50	2nd				
NCAA West Regional (5/29)	PV	12-06.00	T15th				

#### Erin Wachter

Meet	Event	Mark	Place
Causeway Classic (5/1)	1500	5:03.0h	7th
Causeway Classic (5/1)	3K	10:59.2h	8th
Hornet Invitational (3/21)	5K	18:47.77	9th
Woody Wilson Classic (4/11)	5K	18:57.47	12th
Brutus Hamilton (4/24)	5K	18:08.53	25th
Sacramento State Open (5/9)	5K	19:05.84	2nd
Cal-Nevada Championships (3/28)	10K	38:03.35	10th

#### Mary Wagner

Meet	Event	Mark	Place
Aggie Opener (3/14)	800	2:18.08	3rd
Cal-Nevada Championships (3/28)	800	2:15.83	Qual
Cal-Nevada Championships (3/29)	800	2:19.68	9th
Brutus Hamilton (4/24)	800	2:19.04	12th
Causeway Classic (5/1)	800	2:23.02	6th
Sacramento State Open (5/9)	800	2:23.03	14th
Hornet Invitational (3/21)	1500	4:45.98	9th
Mondo Invitational (4/4)	1500	4:36.83	8th
Brutus Hamilton (4/24)	1500	4:47.94	12th
Causeway Classic (5/1)	1500	4:47.0h	4th

#### Lea Wallace

Meet	Event	Mark	Place
Hornet Invitational (3/21)	800	2:11.34	1st
Cal-Nevada Championships (3/28)	800	2:12.56	Qual
Cal-Nevada Championships (3/29)	800	2:19.68	2nd
Brutus Hamilton (4/24)	800	2:09.55	3rd
Causeway Classic (5/1)	800	2:10.59	1st
Big Sky Championships (5/15)	800	2:11.60	Qual
Big Sky Championships (5/16)	800	2:10.64	1st
NCAA West Regional (5/29)	800	2:07.77	Qual
NCAA West Regional (5/30)	800	2:06.97	3rd
Mondo Invitational (4/4)	1500	4:28.87	4th
Big Sky Championships (5/16)	1500	4:36.10	8th

#### Natalia Wright

Meet	Event	Mark	Place
Mondo Invitational (4/4)	100	13.03	10th
Aggie Opener (3/14)	200	27.62	21st
Aggie Opener (3/14)	U	17-07.50	2nd

#### 4x100 Relay

Meet	Event	Mark	Place
Aggie Opener (3/14)	4x100	47.20	1st
Hornet Invitational (3/21)	4x100	46.96	2nd
Cal-Nevada Championships (3/29)	4x100	47.27	8th
Mondo Invitational (4/4)	4x100	46.79	2nd
Mt. SAC Relays (4/18)	4x100	47.04	5th
Brutus Hamilton (4/24)	4x100	47.11	5th
Causeway Classic (5/1)	4x100	48.5h	2nd
Sacramento State Open (5/9)	4x100	46.76	1st
Big Sky Championships (5/16)	4x100	46.94	4th

#### 4x400 Relay

Meet	Event	Mark	Place
Aggie Opener (3/14)	4x400	4:03.07	4th
Hornet Invitational (3/21)	4x400	3:48.01	2nd
Cal-Nevada Championships (3/29)	4x400	3:48.20	4th
Mondo Invitational (4/4)	4x400	3:51.70	3rd
Mt. SAC Relays (4/17)	4x400	3:46.35	2nd
Causeway Classic (5/1)	4x400	4:21.60	1st
Big Sky Championships (5/16)	4x400	3:43.57	2nd