

2013 FINAL TRITON WOMEN'S TRACK & FIELD BEST MARKS

100 Meters

Chelsey Kamson	12.28	+	CCAA Championships	5/3
Kathleen Hitchens	12.36		CCAA Championships	5/4
Amy Heins	12.49		All-UC Meet	3/2
Dereka Chargualaf	12.60		All-UC Meet	3/2
Meredith Bell	13.13		Rossi Relays	2/23
Bailey Turk	13.20		Soka Peace Invitational	4/20
Kirsten Martin	13.26		Rossi Relays	2/23
Michelle Cummins	13.32		UCSD Triangular	2/16

200 Meters

Chelsey Kamson	24.84		CCAA Championships	5/4
Ellexi Snover	25.39		Pomona-Pitzer Invitational	4/13
Dereka Chargualaf	25.81		San Diego Collegiate Challenge	3/9
Kathleen Hitchens	25.85	+	CCAA Championships	5/3
Amy Heins	25.87		All-UC Meet	3/2
Meredith Bell	26.68		Soka Peace Invitational	4/20
Veronica Bradley	26.70	H	CCAA Championships	5/2
Ronke Odubela	27.08		PLNU Collegiate Scoring Meet	3/23

400 Meters

Sabrina Pimentel	55.95	&	Soka Peace Invitational	4/20
Ellexi Snover	58.25	+	CCAA Championships	5/3
Lauren Irish	59.29	+	CCAA Championships	5/3
Chelsey Kamson	1:00.38		PLNU Collegiate Scoring Meet	3/23
Lorato Anderson	1:00.69		UCSD Triangular	2/16
Ronke Odubela	1:01.59		All-UC Meet	3/2

800 Meters

Sabrina Pimentel	2:10.90	&	Pomona-Pitzer Invitational	4/13
Lorato Anderson	2:12.80	&	Triton Invitational	4/27
Marie Diaz	2:18.48		Triton Invitational	4/27
Corinne Hinkle	2:18.77		All-UC Meet	3/2
Sara Graber	2:20.54		Mangrum Invitational	4/6
Alexandra Reich	2:21.71		Triton Invitational	4/27
Toni Sarge	2:23.04		Triton Invitational	4/27
Ximena Cruz	2:24.87		San Diego Collegiate Challenge	3/9
Amanda Weber	2:25.82		Mangrum Invitational	4/6
Dani Brabender	2:26.70		San Diego Collegiate Challenge	3/9
N. Lomayesva	2:28.87		San Diego Collegiate Challenge	3/9
Veronica Bradley	2:35.55	H	CCAA Championships	5/3

1500 Meters

Marie Diaz	4:39.51		Pomona-Pitzer Invitational	4/13
Ximena Cruz	4:52.50		All-UC Meet	3/2
Chia Chang	4:53.15		Triton Invitational	4/27
Madison Tanner	4:54.84		Mangrum Invitational	4/6
Dani Brabender	4:57.85		Aztec Invitational	3/16
Carolina Guzman	4:58.13		Mangrum Invitational	4/6
Anneke Kakebeen	4:59.07		Mangrum Invitational	4/6
Amanda Weber	5:01.41		Aztec Invitational	3/16
Alexandra Reich	5:03.94		San Diego Collegiate Challenge	3/9
Mei-Lin Okino	5:09.29		Mangrum Invitational	4/6
Kaity Malloy	5:23.11		UCSD Triangular	2/16
Alia Bales	5:25.47		Mangrum Invitational	4/6

3000 Meters

Marie Diaz	10:13.74		San Diego Collegiate Challenge	3/9
Chia Chang	10:23.42		All-UC Meet	3/2
Madison Tanner	10:36.87		UCSD Triangular	2/16
Dani Brabender	10:48.98		Mangrum Invitational	4/6
Carolina Guzman	10:49.40		All-UC Meet	3/2
Chandler Colquitt	10:59.74		San Diego Collegiate Challenge	3/9
Mei-Lin Okino	11:08.64		All-UC Meet	3/2
Michelle Le Roux	11:13.39		Mangrum Invitational	4/6
Samantha Groff	11:26.35		All-UC Meet	3/2

3000 Steeplechase

A. Kakebeen	11:18.92	!	Pomona-Pitzer Invitational	4/13
Alexandra Reich	11:56.93		Occidental Distance Carnival	3/15
Amanda Weber	12:14.60		Triton Invitational	4/27

5000 Meters

Chia Chang	17:54.94		Pomona-Pitzer Invitational	4/13
Madison Tanner	18:07.58		Triton Invitational	4/27
Carolina Guzman	18:09.65		Pomona-Pitzer Invitational	4/13
Chandler Colquitt	18:17.48		Triton Invitational	4/27
Dani Brabender	18:28.66		Triton Invitational	4/27
Michelle Le Roux	18:44.00		Triton Invitational	4/27
Mei-Lin Okino	18:54.35		Occidental Distance Carnival	3/15
Alia Bales	19:11.63		Triton Invitational	4/27

10000 Meters

Chia Chang	37:54.49		Cal-Nevada Championships	3/29
Chandler Colquitt	41:04.51		Cal-Nevada Championships	3/29

100 Hurdles

Raquel Ormsby	15.20	+	Soka Peace, CCAA	4/20, 5/3
Veronica Bradley	15.48	H	CCAA Championships	5/2
Kayla Batom	15.53		UCSD Triangular	2/16
Laura Schellenberg	15.86		UCSD Triangular	2/16
Megan Benham	17.07		San Diego Collegiate Challenge	3/9

400 Hurdles

Lauren Irish	1:02.55	&+	Cal-Nevada Championships	3/29
Raquel Ormsby	1:03.28		Triton Invitational	4/27
L. Schellenberg	1:07.40		San Diego Collegiate Challenge	3/9

4x100 Relay

Hitchens, Kamson, Sato, Heins	47.40		Triton Invitational	4/27
Hitchens, Chargualaf, Sato, Heins	49.12		UCSD Triangular	2/16
Chargualaf, Bell, Snover, Martin	50.32		All-UC Meet	3/2

4x400 Relay

Pimentel, Ormsby, Irish, Kamson	3:49.81	CCAA Championships	5/4
Pimentel, Kamson, Snover, Ormsby	3:50.52	Pomona-Pitzer Invitational	4/13
Pimentel, Snover, Kamson, Irish	3:50.91	Cal-Nevada Championships	3/30
Pimentel, Snover, Anderson, Irish	3:55.54	Rossi Relays	2/23
Pimentel, Kamson, Snover, Irish	3:56.14	San Diego Collegiate Challenge	3/9
Pimentel, Anderson, Snover, Irish	3:57.92	All-UC Meet	3/2
Anderson, Ormsby, Graber, Hinkle	4:03.30	Triton Invitational	4/27
Ormsby, Kamson, Snover, Hinkle	4:03.45	Mangrum Invitational	4/6
Graber, Ormsby, Hinkle, Sarge	4:06.18	Soka Peace Invitational	4/20
Odubela, Kamson, Hinkle, Graber	4:07.62	Rossi Relays	2/23
Kakebeen, Reich, Diaz, Chang	4:12.39	Triton Invitational	4/27
Odubela, Graber, Hinkle, Anderson	4:13.60	San Diego Collegiate Challenge	3/9
Graber, Kakebeen, Weber, Reich	4:16.23	Mangrum Invitational	4/6
Bell, Guzman, Okino, Tanner	4:33.74	Mangrum Invitational	4/6

4x800 Relay

Pimentel, Anderson, Sarge, Hinkle	9:31.86	Rossi Relays	2/23
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High Jump

Julia Wildenthaler	5'5.75"	Rossi Relays	2/23
Michelle Woodruff	5'4.25"	San Diego Collegiate Challenge	3/9
Veronica Bradley	5'3"	CCAA Championships	5/4
Kristen Daugherty	5'3"	UCSD Triangular, Mangrum	2/16, 4/6
Chantia Justice	5'3"	UCSD Triangular	2/16
Kirsten Martin	5'3"	UCSD Triangular	2/16
Devon Brook	5'1"	UCSD Triangular, Aztec	2/16, 3/16
Valerie Francis	4'7.75"	Rossi Relays	2/23

Pole Vault

Megan Benham	12'0.5" &	CCAA Championships	5/3
Sydney Blakeley	12'0.5" &	San Diego Collegiate Challenge	3/9

Long Jump

Kristin Sato	18'3.75"	San Diego Collegiate Challenge	3/9
Veronica Bradley	17'7.5"	Soka Peace Invitational	4/20
Kristen Daugherty	17'7"	Rossi Relays	2/23
Bailey Turk	17'4.75"	UCSD Triangular	2/16
Marya Carter	16'11.25"	Soka Peace Invitational	4/20
Ashley Rhorer	16'7"	UCSD Triangular	2/16
Meredith Bell	15'11.75"	Soka Peace Invitational	4/20
Devon Brook	15'9.75"	UCSD Triangular	2/16

Triple Jump

Kristin Sato	39'6" &	Cal-Nevada Championships	3/30
Chantia Justice	39'5.75" &	San Diego Collegiate Challenge	3/9
J. Wildenthaler	37'6.5"	CCAA Championships	5/4
Marya Carter	37'5"	Cal-Nevada Championships	3/30
Ashley Rhorer	36'3"	Soka Peace Invitational	4/20
Kristen Daugherty	36'1.5"	Triton Invitational	4/27
Michelle Cummins	34'9"	San Diego Collegiate Challenge	3/9
Meredith Bell	33'3.75"	Soka Peace Invitational	4/20
Devon Brook	32'6.25"	Pomona-Pitzer Invitational	4/13
Valerie Francis	31'9.5"	UCSD Triangular	2/16

Shot Put

Eva Isaacs	43'3.25"	Soka Peace Invitational	4/20
U. Agbahiwe	35'3.75"	All-UC Meet	3/2
Haley Libuit	34'6.25"	Soka Peace Invitational	4/20
Veronica Bradley	32'5.5"	Rossi Relays	2/23

Discus

U. Agbahiwe	147'4" &	APU Last Chance Qualifier	5/11
Eva Isaacs	139'0"	Cal-Nevada, Mangrum	3/29, 4/6

Hammer Throw

Valerie Francis	147'1"	Soka Peace Invitational	4/19
Eva Isaacs	132'7"	CCAA Championships	5/3

Javelin

Jessica Miklaski	143'4" &	Rossi Relays	2/23
Haley Libuit	127'11"	Triton Invitational	4/27
Aletha Vassilakis	127'1"	Soka Peace Invitational	4/20
Amanda Horowitz	108'2"	Soka Peace Invitational	4/20
Veronica Bradley	82'0"	Pomona-Pitzer Invitational	4/13

Heptathlon

Veronica Bradley	4383	CCAA Championships	5/2-5/3
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! - School Record + - Prelim
- NCAA A Cut (Automatic Qualifier) H - Heptathlon
& - NCAA B Cut (Provisional Qualifier)

NOTE: Ross and Sharon Irwin Collegiate Scoring Meet is the official name of the PLNU Collegiate Scoring Meet.