

2014 Mt SAC Relays/CA Invite Multi-Events - 4/16/2014 to 4/17/2014**Cougar Stadium, Azusa Pacific University****Results - Heptathlon****Women Heptathlon CA Invite "A"**

	Points	100H	HJ	SP	200	Day1	LJ	JT	800
1 Howell, Aaron Michigan	5416	14.64 w: 0.3 (890)	1.75m (916)	12.69m (707)	26.19 w: 0.7 (781)	3294	5.33m w: 0.3 (651)	39.52m (658)	2:20.79 (813)
2 Walker, Alexis UCLA SR	5409	14.34 w: 1.4 (931)	1.81m (991)	10.17m (541)	25.49 w: 1.6 (842)	3305	5.52m w: +0.0 (706)	28.15m (442)	2:10.59 (956)
3 Stainton, Katie Birchfield Harriers	5347	14.62 w: 0.3 (892)	1.66m (806)	10.53m (564)	25.24 w: 1.2 (865)	3127	5.96m w: 1.4 (837)	29.45m (466)	2:13.26 (917)
4 Sasegbon, Moe Unattached SR	5293	14.57 w: -0.4 (899)	1.72m (879)	12.22m (676)	25.26 w: -1.0 (863)	3317	5.78m w: -0.4 (783)	25.31m (388)	2:21.35 (805)
5 Whitson, Morgan Missouri JR	5273	15.57 w: 0.3 (768)	1.75m (916)	12.15m (671)	27.19 w: 0.7 (696)	3051	5.91m w: 2.0 (822)	36.94m (609)	2:22.42 (791)
6 Farrington, Melissa Nebraska FR	5215	14.18 w: 0.3 (953)	1.60m (736)	11.12m (603)	25.80 w: 0.7 (815)	3107	5.86m w: +0.0 (807)	33.77m (548)	2:25.29 (753)
7 VanWinkle, Megan Unattached	5202	15.34 w: -0.4 (797)	1.69m (842)	10.57m (567)	25.31 w: 0.7 (859)	3065	5.64m w: 1.8 (741)	31.41m (503)	2:14.98 (893)
8 Morrison, Kaleigh Hawaii SR	5186	14.78 w: -0.4 (871)	1.72m (879)	10.44m (558)	26.35 w: 0.7 (767)	3075	5.74m w: +0.0 (771)	38.00m (629)	2:28.58 (711)
9 McCutchen, Carley Montana State SR	5151	14.85 w: 0.3 (862)	1.60m (736)	10.04m (532)	25.05 w: 2.0 (882)	3012	5.62m w: 1.5 (735)	36.65m (603)	2:21.64 (801)
10 Thompson, Natalie Texas Tech SO	5008	15.68 w: 1.0 (754)	1.69m (842)	10.33m (551)	25.75 w: 2.0 (819)	2966	4.89m w: -0.5 (530)	37.29m (615)	2:14.71 (897)
11 Usgaard, Tori UC Santa Barbara	4968	14.28 w: 1.0 (939)	1.60m (736)	9.74m (512)	26.35 w: -1.7 (767)	2954	5.19m w: 1.4 (612)	32.65m (527)	2:16.25 (875)
12 Littleton, Danielle UC Riverside JR	4926	14.15 w: 1.0 (957)	1.57m (701)	8.92m (459)	25.65 w: 1.6 (828)	2945	5.77m w: 0.9 (780)	25.59m (393)	2:21.11 (808)
13 Green, Jessica Colorado St. SO	4916	15.24 w: -0.4 (810)	1.66m (806)	10.11m (537)	26.34 w: 1.6 (768)	2921	5.21m w: 1.3 (617)	34.17m (556)	2:20.13 (822)
14 Jackson, Rose North Dakota St. FR	4872	16.11 w: -1.0 (701)	1.57m (701)	9.56m (501)	24.87 w: 1.2 (899)	2802	6.08m w: 0.6 (874)	25.72m (396)	2:21.74 (800)

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15	Heinze, Ashley North Dakota St. JR	15.26 w: 1.4	1.57m (701)	9.00m (464)	25.83 w: 1.6 (812)	5.33m w: 2.0 (651)	27.51m (430)	2:15.61 (884)
16	Salcido, Katherine UCLA SO	14.27 w: 1.0	1.51m (632)	11.53m (630)	26.67 w: 2.0 (740)	5.14m w: 0.6 (598)	32.39m (522)	2:34.03 (643)
17	Van, Monique UCLA FR	15.62 w: 0.3	1.45m (566)	10.72m (577)	26.79 w: 1.8 (729)	5.20m w: 0.5 (614)	36.86m (607)	2:19.70 (828)
18	Bradley, Veronica UC San Diego JR	15.23 w: 1.0	1.63m (771)	9.73m (512)	26.43 w: -1.0 (760)	5.25m w: 1.8 (628)	26.20m (405)	2:26.99 (731)
18	Sper, Karson San Diego State Uni	14.95 w: 0.3	1.54m (666)	9.01m (465)	25.96 w: 0.7 (801)	5.31m w: 0.7 (645)	27.67m (433)	2:24.79 (760)
20	Wake, Ebony Unattached	14.88 w: -0.4	1.54m (666)	8.96m (462)	25.23 w: 1.8 (866)	5.78m w: 2.5 (783)	21.48m (316)	2:32.60 (661)
21	Muri, Danielle Montana State SO	15.78 w: -1.0	1.48m (599)	12.39m (687)	26.18 w: 1.8 (781)	5.03m w: 1.1 (567)	37.22m (614)	2:36.36 (615)
22	Lehner, Katelyn Unattached	14.96 w: 0.4	1.57m (701)	8.93m (460)	26.21 w: -1.7 (779)	5.35m w: 1.1 (657)	23.29m (350)	2:22.71 (787)
23	Johnson, Kayla Colorado Mines SR	14.92 w: 0.4	1.57m (701)	10.28m (548)	27.17 w: 1.8 (698)	5.26m w: 0.8 (631)	25.19m (386)	2:25.92 (745)
24	Hombres, Maddi Seattle Pacific FR	16.47 w: 0.3	1.57m (701)	9.00m (464)	26.27 w: 1.2 (774)	4.73m w: -1.0 (487)	38.20m (633)	2:22.28 (793)
25	Allen, Alisha Northern Colorado SO	15.55 w: 0.4	1.60m (736)	9.17m (475)	25.29 w: 1.6 (860)	5.60m w: -0.6 (729)	13.92m (177)	2:25.35 (752)
26	Zwinger, Erin Cal Poly Pomona	16.28 w: 1.0	1.54m (666)	10.70m (575)	26.89 w: 2.0 (721)	4.96m w: 1.3 (548)	34.37m (560)	2:30.09 (692)
27	Dezellem, Shayle Montana JR	15.57 w: -0.4	1.54m (666)	9.91m (524)	27.07 w: 1.2 (706)	5.06m w: 1.7 (576)	21.52m (317)	2:18.90 (839)

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28	Wood, Kelsy Chadron State FR	15.23 w: 0.4	1.60m (736)	9.67m (508)	26.48 w: -1.7 (756)	4.95m w: -0.5 (546)	16.96m (233)	2:25.33 (753)
29	Pena, Ewelina Colorado FR	15.98 w: 0.3	1.57m (701)	9.48m (495)	26.93 w: 1.2 (718)	5.00m w: 0.5 (559)	24.43m (372)	2:29.10 (704)
30	Migliozzi, Natalie Northern Colorado SO	17.05 w: -1.0	1.57m (701)	8.42m (427)	27.37 w: 1.8 (681)	5.09m w: +0.0 (584)	28.08m (440)	2:20.67 (814)
31	Hahn, Deidre North Dakota St. FR	16.48 w: 0.3	1.60m (736)	7.52m (368)	25.36 w: 0.7 (854)	4.94m w: 1.7 (543)	20.44m (297)	2:23.56 (776)
32	Govig, Ann North Dakota St. SO	17.23 w: -1.0	1.63m (771)	9.87m (521)	28.45 w: -1.7 (596)	5.08m w: -0.7 (581)	27.53m (430)	2:25.84 (746)
33	Garcia, Nicolette Cal St. Fullerton JR	15.07 w: 1.4	1.48m (599)	7.98m (398)	27.27 w: 2.0 (690)	4.76m w: -0.7 (495)	25.56m (393)	2:27.55 (724)
34	Franco, Monica Colorado St. SO	16.33 w: -1.0	1.60m (736)	9.03m (466)	27.51 w: 2.0 (670)	4.77m w: +0.0 (498)	29.15m (461)	2:37.00 (608)
35	Slack, Mariah Colorado FR	16.84 w: 0.4	1.60m (736)	8.86m (455)	27.58 w: -1.0 (664)	5.09m w: -0.4 (584)	17.32m (239)	2:22.18 (794)
36	Hong, Cheryl Seattle Pacific FR	15.89 w: -0.4	1.45m (566)	7.03m (337)	25.67 w: 0.7 (826)	4.81m w: 0.4 (508)	24.45m (372)	2:26.61 (736)
37	Morgan, Andi Texas Tech FR	15.22 w: 1.4	1.45m (566)	8.25m (416)	26.89 w: -1.0 (721)	5.05m w: +0.0 (573)	22.39m (333)	2:38.13 (594)
38	Elcock, Deandra Northern Colorado FR	15.86 w: 0.3	1.42m (534)	8.27m (417)	26.29 w: 1.8 (772)	4.87m w: 0.5 (524)	21.00m (307)	2:29.77 (696)
39	Frank, Taylor Cal St. Fullerton JR	16.17 w: -1.0	1.48m (599)	8.05m (403)	27.72 w: -1.0 (653)	5.08m w: 0.6 (581)	29.75m (472)	2:41.78 (553)
40	Buck, Casey UC San Diego FR	17.17 w: 0.3	1.42m (534)	11.33m (617)	27.44 w: 0.7 (676)	5.31m w: +0.0 (645)	25.31m (388)	2:46.09 (505)

2014 Mt SAC Relays/CA Invite Multi-Events - 4/16/2014 to 4/17/2014

Cougar Stadium, Azusa Pacific University

Results - Heptathlon

...Women Heptathlon CA Invite "A"

41	Giles, Amanda Colorado Mines FR	17.79 w: -1.0 3859 (510)	1.45m (566)	9.04m (467)	27.71 w: 1.6 (654)	4.34m w: +0.0 2197 (388)	36.77m (605)	2:31.89 (669)
42	Sowers, Ali Seattle Pacific FR	16.81 w: 0.3 3744 (618)	1.57m (701)	7.45m (364)	27.87 w: -1.7 (641)	4.19m w: 0.5 2324 (352)	20.19m (292)	2:23.52 (776)
43	Haydock, Sarah San Diego State Uni	17.44 w: 0.3 3474 (548)	1.39m (502)	9.89m (522)	29.37 w: 0.7 (527)	4.73m w: 0.9 2099 (487)	22.33m (332)	2:41.47 (556)
44	Kirk, Kayla Hawaii SO	19.23 w: 1.4 3464 (369)	1.51m (632)	7.62m (375)	27.77 w: 1.2 (649)	4.60m w: +0.0 2025 (454)	26.31m (407)	2:39.53 (578)
45	Fischer, Erin Unattached	17.28 w: 0.3 3266 (565)	1.36m (470)	FOUL (0)	27.68 w: -1.0 (656)	4.83m w: 0.5 1691 (514)	27.69m (433)	2:35.29 (628)
DNF	Goshen, Aariana Cal Poly Pomona	15.67 w: 0.4 (755)	1.45m (566)	9.90m (523)	25.82 w: 1.6 (813)	5.11m w: 2.1 (589)	26.59m (412)	DNS (0)
DNF	Bowe, Samantha New Mexico JR	15.31 w: 0.3 (801)	1.69m (842)	12.14m (670)	26.95 w: 1.2 (716)	5.29m w: 1.3 (640)	32.43m (523)	DNS (0)
DNF	Marchildon, Megan Lewis JR	14.49 w: 1.4 (910)	1.45m (566)	11.26m (612)	25.83 w: -1.7 (812)	5.08m w: 0.8 (581)	29.28m (463)	DNS (0)
DNF	Jewett, Olympia Cal St. Northridge JR	(0)	(0)	(0)	(0)	(0)	(0)	DNS (0)
DNF	Chacon, Alexa Air Force FR	17.57 w: -0.4 (534)	1.45m (566)	8.45m (428)	26.62 w: 0.7 (744)	4.89m w: +0.0 (530)	30.76m (491)	DNS (0)
DNF	Hicks, Stephanie Cal St. Northridge SR	(0)	(0)	(0)	(0)	(0)	(0)	DNS (0)
DNF	Agnew, Jordan Long Beach St. FR	(0)	DNS (0)	DNS (0)	DNS (0)	(0)	(0)	(0)
DNF	Millard, Emma Cal St. Northridge FR	(0)	DNS (0)	(0)	(0)	(0)	(0)	(0)

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DNF Mills, Jealinda				DNS			DNS	
Cal St. Northridge								
SR	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)

DNF Raney, Madeline		DNS	DNS	DNS		DNS	DNS	DNS
Texas Tech								
FR	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)

DNF Bozner, Shelby	DNS	DNS	DNS	DNS				
Chadron State								
SO	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)

DNF Mann, Jenna	14.15	DNS	DNS	DNS		DNS	DNS	DNS
Wyoming	w: 1.4							
SR	(957)	(0)	(0)	(0)	(0)	(0)	(0)	(0)

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56th ANNUAL MT. SAC RELAYS

"Where the world's best athletes compete"

Hilmer Lodge Stadium, Walnut, California - 4/17/2014 to 4/19/2

Event 122 Men 10000 Meter Run Invite Elite

World Record: W 26:17.53 2005 Kenenisa Bekele, Ethiopia
American Rec: @ 26:48.00 2011 Galen Rupp, Nike
Meet Record: \$ 27:36.2h 1982 Gabriel Kamau, UTEP

Name Year Team Finals

Finals

1	Joseph Gray	SCOTT Sports/ADP	29:03.84
2	Matthew Gillespie	Iona	29:08.71
3	John Mascari	Indiana State	29:10.32
4	Sean Davidson	Cal Poly	29:11.20
5	Jannis Topfer	Illinois	29:13.07
6	Kieran Clements	Iona	29:17.22
7	Andrew Larsen	Minnesota	29:28.30
8	Jeff Howard	Boise State	29:28.78
9	Ernest Kibet	Louisville	29:29.05
10	Tyler Byrne	Louisville	29:30.62
11	David Elliott	Boise State	29:33.51
12	Scott Dahlberg	BoulderRC/adidas	29:36.46
13	Isaiah Bragg	Air Force	29:37.25
14	Thomas Gruenewald	BYU	29:37.56
15	Kevin Joerger	Loyola Marymount	29:40.85
16	Chris Borg	Unattached	29:40.89
17	Andrew Kimpel	Washington St.	29:41.06
18	Drew Jordan	Washington St.	29:49.39
19	Pablo Ramirez	Eastern Illinois	29:52.95
20	Tim Freriks	Northern Arizona	29:58.66
21	Edwin Kibichiy	Louisville	29:59.12
22	Mark Beams	Michigan	29:59.65
23	Tuomas Jokinen	Team Finland	30:17.79
24	Evan Landes	Kansas	30:18.93
25	Robert Walgren	Gonzaga	30:26.90
26	Reese Byers	Sac State Redshirt	30:35.60
27	Phil Schneider	Colorado Mines	30:39.30
--	Dayne Gradone	Chico State	DNF

Event 123 Men 10000 Meter Run Olympic Dev. Elite

World Record: W 26:17.53 2005 Kenenisa Bekele, Ethiopia
American Rec: @ 26:48.00 2011 Galen Rupp, Nike
Meet Record: \$ 27:36.2h 1982 Gabriel Kamau, UTEP

Name Year Team Finals

Finals

1	Sergio Pedraza Gonzalez	Mexico-FMAA	29:06.05
2	Danny Martinez	Portland	29:28.21
3	Bryan Guijarro	UC Santa Barbara	29:38.39
4	Jake Sienko	Columbia	29:38.94
5	Eric Schott	Missouri Southern	29:39.10
6	Anthony Costales	Unattached	29:39.52
7	Brian King	Georgetown	29:47.69
8	Andrew Epperson	Colorado Mines	29:48.66
9	John Whelan	Washington St.	29:54.72
10	Nico Composto	Columbia	29:56.54
11	Matt Brooker	Cedarville	29:57.69
12	Sean Gildea	Colorado Mines	29:58.60
13	Adam Zutz	Minnesota	29:59.14

14	Rajpaul Pannu	St. Mary's (Cal.)	30:01.32
15	Riley Coates	Air Force	30:01.94
16	Jordan Hebert	Illinois	30:02.52
17	Derek Alcorn	Colorado Mines	30:05.56
18	Ibrahim Ahmed	Southern Utah	30:09.02
19	Matt Miller	Belmont	30:14.78
20	Nick Renberg	Michigan	30:15.97
21	Nohe Lema	U C Los Angeles	30:25.72
22	Sergey Sushchikh	U C Los Angeles	30:37.56
23	Trevor Sleight	William & Mary	30:40.35
24	Stephen Kersh	Portland	30:41.38
25	John Valentine	Miss State	30:44.80
26	Aaron Back	Boise State	30:46.23
27	Hayden Legg	Missouri	30:53.83
28	Chase Caulkins	Portland	30:54.16
29	Scotty Albaugh	Michigan	31:02.42
30	Brant Haase	South Dakota	31:02.84
31	Cole Decker	Central College	31:05.34
32	Aiden Irish	Cal Poly Pomona	31:38.62
33	Dylan Anthony	Alaska Anchorage	31:39.89
34	Roosevelt Cook	Unattached	31:50.38

Event 220 Women 10000 Meter Run Open-B U/O

World Record:	W 29:31.78	1993	Junxia Wang, China
American Rec:	@ 30:22.22	2008	Shalane Flanagan, Nike
Meet Record:	\$ 31:23.35	2004	Sabrina Mockenhaupt, Germa
Name	Year	Team	Finals

Finals

1	Amelia Evans	Gonzaga	35:52.78
2	Cassandra Ortiz	Western State	36:08.63
3	Gabriela Alfonso	UT-Arlington	36:10.21
4	Chloe Gustafson	Colorado Mines	36:24.10
5	Emma Kraft	Unattached	36:25.10
6	Rexi Parcels	Arkansas State	36:35.69
7	Marianne Hogan	San Diego State	36:41.06
8	Abbey Dixon	Arkansas State	36:47.90
9	Vanessa Herrera	Cal St. Los Angeles	37:18.06
10	Ericka LaViste	Loyola (Ill.)	37:22.20
11	Abby Larson	Idaho	37:30.04
12	grace Hanshaw	San Diego State	37:31.50
13	Kelly Ryan	Santa Clara	37:37.06
14	Chandler Colquitt	UC San Diego	37:38.85
15	Sarah Mazzei	Xavier (Ohio)	37:39.89
16	Gabrielle Pepin	St. Thomas (Minn.)	37:53.58
17	Cassy Kendrick	Missouri Southern	37:54.22
18	Alex Sciocchetti	Idaho	38:10.35
19	Bridget Hazel	Utah Valley	38:11.22
20	Stephanie Rexus	Idaho	38:20.30
21	Claire Brickson	Pomona-Pitzer	38:57.00
22	Danielle Kissel	Tampa	39:41.97
--	Madison Tanner	UC San Diego	DNF