

## 2010 Women's Performance List

### 2010 Personal Best

2010 Personal Best				All-Time Personal Best	
Athlete	Mark	Meet	Date	Mark	Date
<b>60-Meter Dash:</b>					
1. Karyn LaCour	7.73*	Nebraska Tune Up	2/19	Same	2/19/10
2. Leandra McGruder	7.84*	NWU Invite	1/22	Same	1/22/10
3. Sammy Hansen	7.98p	Frank Sevigne Husker Invite	2/5	7.97	1/22/10
<b>200-Meter Dash:</b>					
1. Karyn LaCour	25.10*	adidas Classic	1/23	Same	1/23/10
2. Sammy Hansen	25.60*	Nebraska Tune Up	2/19	Same	2/19/10
3. Allison Jorgensen	25.68*	Nebraska Tune Up	2/19	Same	2/19/10
4. Brandi Winchester	26.79*	Nebraska Tune Up	2/19	Same	2/19/10
<b>400-Meter Dash:</b>					
1. Kayle Ubel	57.66*	Nebraska Tune Up	2/19	Same	2/19/10
2. Alyssa Vierregger	57.97	adidas Classic	1/23	57.90	1/26/08
	57.97	Nebraska Tune Up	2/19		
3. Allison Jorgensen	59.93*	Nebraska Tune Up	2/19	Same	2/19/10
<b>Oversized:</b>					
1. Alyssa Vierregger	57.72*	Bill Bergan Invitational	1/30	Same	1/30/10
<b>600-Yard Run:</b>					
1. Blaire Dinsdale	1:23.13*	Nebraska Tune Up	2/19	Same	2/19/10
2. Brooke Dinsdale	1:23.41*	Frank Sevigne Husker Invite	2/6	Same	2/6/10
3. Kayle Ubel	1:24.55*	Frank Sevigne Husker Invite	2/6	Same	2/6/10
4. Suzanne Higgins	1:26.10	Nebraska Tune Up	2/19	1:25.09	2/07/09
<b>800-Meter Dash:</b>					
1. Ashley Miller	2:10.87*	Nebraska Tune Up	2/19	Same	2/19/10
2. Suzanne Higgins	2:12.81*	Frank Sevigne Husker Invite	2/6	Same	2/6/10
3. Erica Hamik	2:14.24*	Nebraska Tune Up	2/19	Same	2/19/10
4. Blaire Dinsdale	2:15.11	Frank Sevigne Husker Invite	2/6	2:10.13	2/20/09
5. Rachel Butler	2:25.84	Husker Multi Challenge	1/30	2:24.65	2/27/09
<b>Oversized:</b>					
1. Suzanne Higgins	2:10.84*	Big 12 Championships	2/27	Same	2/27/10
2. Brooke Dinsdale	2:10.88*	ISU Classic	2/13	Same	2/13/10
3. Blaire Dinsdale	2:12.35	ISU Classic	2/13	2:10.13	2/20/09
4. Megan Wheatley	2:21.84	Big 12 Pentathlon	2/26	2:16.29	2/27/09
5. Rachel Butler	2:23.07*	Big 12 Pentathlon	2/26	Same	2/26/10
6. Chantae McMillan	2:25.58	Big 12 Pentathlon	2/26	2:24.97	3/13/09
7. Lorena Menghia	2:30.42*	ISU Classic Pentathlon	2/11	Same	2/11/10
<b>1,000-Meter Run:</b>					
1. Ashley Miller	2:49.56*	Frank Sevigne Husker Invite	2/6	Same	2/6/10
2. Erica Hamik	2:56.15	Frank Sevigne Husker Invite	2/6	2:52.30p	2/27/09
3. Brooke Dinsdale	2:59.03*	Holiday Inn Invitational	1/15	Same	1/15/10
<b>Oversized:</b>					
1. Erica Hamik	2:55.81p	Big 12 Championships	2/26	2:52.30p	2/27/09
<b>Mile Run:</b>					
1. Ashley Miller	4:54.74p*	NCAA Championships	3/12	Same	3/12/10
2. Jen Webers	4:59.44*	Nebraska Tune Up	2/19	Same	2/19/10
3. Rachel Carrizales	5:01.93	Holiday Inn Invitational	1/15	4:56.05	2/20/09
4. Erica Hamik	5:07.86	Holiday Inn Invitational	1/15	5:07.39	1/31/09
5. Ari Goldstein	5:09.85	Holiday Inn Invitational	1/15	4:58.63	2/09/08
<b>Oversized:</b>					
1. Ashley Miller	4:40.50*%	UW Qualifier	3/6	Same	3/6/10
2. Erica Hamik	5:00.69*	ISU Classic	2/13	Same	2/13/10
<b>3,000-Meter Run:</b>					
1. Ashley Miller	9:48.09*	Holiday Inn Invitational	1/15	Same	1/15/10
2. Jen Webers	9:54.65*	Frank Sevigne Husker Invite	2/6	Same	2/6/10
3. Rachel Carrizales	10:02.49	Frank Sevigne Husker Invite	2/6	9:43.47	2/28/09
4. Ari Goldstein	10:12.10	Frank Sevigne Husker Invite	2/6	9:57.07	3/1/08
5. Katie White	10:19.48*	Holiday Inn Invitational	1/15	Same	1/15/10
6. Elizabeth Marsh	10:57.65	Holiday Inn Invitational	1/15	10:41.52	2/07/09
<b>Oversized:</b>					
1. Jen Webers	9:53.51*	Big 12 Championships	2/27	Same	2/27/10

**Key**

p = prelims

% = NCAA provisional

s = semifinals

@ = NCAA automatic

# = school record

O = oversized track (over 200m)

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Athlete	Mark	Meet	Date
<b>5,000-Meter Run:</b>			
1. Jen Webers	17:43.42	Holiday Inn Invitational	1/15
2. Rachel Carrizales	17:44.84	adidas Classic	1/23
3. Ari Goldstein	17:54.98	adidas Classic	1/23
4. Elizabeth Marsh	18:34.46*	Nebraska Tune Up	2/19
<b>Oversized:</b>			
1. Rachel Carrizales	17:14.83	ISU Classic	2/13
2. Jen Webers	17:41.84	ISU Classic	2/13
3. Ari Goldstein	17:43.39	ISU Classic	2/12
<b>60-Meter Hurdles:</b>			
1. Karyn LaCour	8.35%	ISU Classic	2/13
2. Arna Erega	8.36%	Bill Bergan Invitational	1/30
3. Megan Wheatley	8.65	Frank Sevigne Husker Invite	2/6
4. Chantae McMillan	8.84p	Frank Sevigne Husker Invite	2/5
5. Rachel Butler	8.88	Big 12 Pentathlon	2/26
6. Brandi Winchester	9.34	Nebraska Tune Up	2/19
7. Lorena Menghia	9.84p*	ISU Classic Pentathlon	2/11
<b>4x400-Meter Relay:</b>			
Wheatley (57.6), Butler (56.7), LaCour (57.9), Ubel (57.7)	3:50.09	Frank Sevigne Husker Invite	2/6
<b>Oversized:</b>			
Ubel (56.8), Bl. Dinsdale (57.1), LaCour (56.4), Br. Dinsdale (57.7)	3:49.05	Big 12 Championships	2/27
<b>DMR:</b>			
Hamik (3:36.5), Vierregger (56.9), Br. Dinsdale (2:16.5), Miller (4:53.1)	11:43.36	Frank Sevigne Husker Invite	2/6
<b>High Jump:</b>			
1. Epley Bullock	6-1 1/2 (1.87)*@	adidas Classic	1/23
2. Audrey Svane	6-0 1/2 (1.84)*%	Tyson Invitational	2/13
3. Lorena Menghia	5-10 3/4 (1.80)%	Frank Sevigne Husker Invite	2/6
4. Rachel Butler	5-6 (1.68)	ISU Classic	2/13
5. Chantae McMillan	5-5 (1.65)	NCAA Pentathlon	3/13
t6. Lynsey Kreikemeier	5-4 1/2 (1.64)*	Nebraska Tune Up	2/19
t6. Megan Wheatley	5-4 1/2 (1.64)	Big 12 Pentathlon	2/26
8. Kara Korshoj	4-11 1/2 (1.51)*	NWU Invite	1/22
<b>Pole Vault:</b>			
1. Natalie Willer	14-0 1/2 (4.28)@	Big 12 Championships	2/26
2. Rachel Birtles	13-3 (4.04)*	Big 12 Outdoor Championships	5/16
3. Cami Jiskra	13-1 1/4 (4.01)%*	Nebraska Tune Up	2/19
t-4. Lindsey Maher	12-11 (3.94)*	Big 12 Outdoor Championships	5/16
t-4. Breanna Bussel	12-11 (3.94)*	Big 12 Outdoor Championships	5/16
6. Kailey Ryan	11-0 1/4 (3.36)*	Nebraska Tune Up	2/19
<b>Long Jump:</b>			
1. Leandra McGruder	20-6 1/2 (6.26)%	Big 12 Championships	2/26
2. Chantae McMillan	19-9 (6.02)	Big 12 Pentathlon	2/26
3. Rachel Butler	19-5 1/2 (5.93)	Nebraska Tune Up	2/19
4. Tara Korshoj	19-0 1/2 (5.80)	Big 12 Championships	2/26
5. Megan Wheatley	18-9 3/4 (5.73)	Frank Sevigne Husker Invite	2/5
6. Natalie Willer	17-8 (5.38)*	NWU Invite	1/22
7. Lorena Menghia	17-0 3/4 (5.20)*	ISU Classic Pentathlon	2/11
<b>Triple Jump</b>			
1. Leandra McGruder	43-0 1/4 (13.11)*%	Big 12 Championships	2/27
2. Tara Korshoj	41-9 1/4 (12.73)*%	Frank Sevigne Husker Invite	2/6
3. Arna Erega	41-2 1/4 (12.55)*	Holiday Inn Invitational	1/16
<b>Shot Put:</b>			
1. Samantha Musil	49-11 (15.21)*%	Big 12 Championships	2/27
2. Veronica Grizzle	49-6 1/2 (15.10)*	Frank Sevigne Husker Invite	2/6
3. Amanda Latsch	48-7 1/4 (14.81)	Nebraska Tune Up	2/19
4. Chantae McMillan	47-8 1/2 (14.54)*	Nebraska Tune Up	2/19
5. Jade Hodson	46-6 1/4 (14.18)*	ISU Classic	2/13
6. Megan Wheatley	44-2 (13.46)*	Big 12 Pentathlon	2/26
7. Rachel Butler	35-6 (10.82)*	Big 12 Pentathlon	2/26
8. Lorena Menghia	31-4 (9.55)*	ISU Classic Pentathlon	2/11

### All-Time Personal Best

Mark	Date
17:39.63	1/24/09
16:59.64	2/27/09
17:12.28	2/29/08
Same	2/19/10
16:59.64	2/27/09
17:39.63	1/24/09
17:04.490	2/9/07
8.33p	2/29/08 & 3/8/08
8.30	2/10/07
8.62	3/13/09
8.77	3/13/09
8.80	2/29/08
9.23p	1/15/10
Same	2/11/10
3:34.46	3/09/91
3:34.44	2/26/00
11:25.08	3/12/04
Same	1/23/10
Same	2/13/10
6-0 1/2 (1.84)	2/19/06
5-7 (1.70)	2/7/09 & 2/27/09
5-7 (1.70)	2/7/09 & 2/27/09
Same	2/19/10
5-5 3/4 (1.67)	2/7/09 & 2/27/09
Same	1/22/10
14-3 1/4 (4.35)	4/18/09
Same	5/16/10
Same	2/19/10
Same	5/16/10
Same	5/16/10
Same	2/19/10
20-3 (6.17)	3/07/09
20-8 (6.30)	2/13/09
19-6 (5.94)	2/27/09
19-1 1/2 (5.83)	2/27/09
20-3 (6.17)	3/13/09
Same	1/22/10
Same	2/11/10
Same	2/27/10
Same	2/6/10
Same	1/16/10
Same	2/27/10
Same	2/6/10
50-7 1/2 (15.43)	3/06/08
Same	2/19/10
Same	2/13/10
Same	2/26/10
Same	2/26/10
Same	2/11/10

## 2010 Women's Performance List

### 2010 Personal Best

Athlete	Mark	Meet	Date
<b>20-Pound Weight Throw:</b>			
1. Victoria Zimmerman	57-2 3/4 (17.44)*	Bill Bergan Invitational	1/30
2. Jade Hodson	57-1 1/2 (17.41)*	Holiday Inn Invitational	1/15
3. Samantha Musil	56-10 (17.32)*	Nebraska Tune Up	2/19
<b>Pentathlon:</b>			
1. Rachel Butler	3,659	Husker Multi Challenge	1/30
2. Megan Wheatley	3,029	Husker Multi Challenge	1/30
3. Chantae McMillan	1,475	Husker Multi Challenge	1/30
<b>Oversized:</b>			
1. Chantae McMillan	4,151* <sup>@</sup>	Big 12 Championships	2/26
2. Megan Wheatley	4,015 <sup>%</sup>	Big 12 Championships	2/26
3. Rachel Butler	3,881* <sup>%</sup>	Big 12 Championships	2/26
4. Lorena Menghia	3,386*	ISU Classic	2/11

### All-Time Personal Best

Mark	Date
Same	1/30/10
Same	1/15/10
Same	2/19/10
3,858	2/27/09
4,267	3/13/09
4,096	3/13/09
Same	2/26/10
4,267	3/13/09
Same	2/26/10
Same	2/11/10