

## 2010 Women's Performance List

### 2010 Personal Best

Athlete	Mark	Wind	Meet	Date
<b>100 Meters:</b>				
1. Karyn LaCour	12.09A*	+2.0	Texas Tech Dual	5/1
2. Allison Jorgensen	12.45	+1.0	Jim Click Shootout	4/3
3. Sammy Hansen	12.61A	+2.0	Texas Tech Dual	5/1
<b>200 Meters:</b>				
1. Karyn LaCour	24.94*	0.0	Jim Click Shootout	4/3
2. Arna Erega	25.52*	0.0	Jim Click Shootout	4/3
3. Megan Wheatley	25.55	+1.8	NCAA Heptathlon	6/9
4. Allison Jorgensen	25.78	0.0	Jim Click Shootout	4/3
5. Lorena Menghia	25.82*	+0.4	Big 12 Heptathlon	5/14
6. Chantae McMillan	25.90	+1.8	NCAA Heptathlon	6/9
7. Sammy Hansen	25.99	+1.6	Nebraska Invitational	4/10
<b>Wind Aided</b>				
1. Alyssa Vierregger	25.13A*	+4.0	Texas Tech Dual	5/1
2. Sammy Hansen	25.31A	+4.0	Texas Tech Dual	5/1
<b>400 Meters:</b>				
1. Alyssa Vierregger	57.28A*	--	Texas Tech Dual	5/1
2. Kayla Ubel	58.32	--	Nebraska Invitational	4/10
<b>800 Meters:</b>				
1. Blaire Dinsdale	2:08.29	--	Nebraska Open	5/8
2. Erica Hamik	2:08.55*	--	Nebraska Open	5/8
3. Brooke Dinsdale	2:08.70	--	Nebraska Open	5/8
4. Ashley Miller	2:09.30*	--	Beach Invitational	4/17
5. Suzanne Higgins	2:12.39A*	--	Texas Tech Dual	5/1
6. Megan Wheatley	2:17.52	--	NCAA Heptathlon	6/10
7. Chantae McMillan	2:23.65*	--	NCAA Heptathlon	6/10
8. Lorena Menghia	2:27.43*	--	KU Relays Heptathlon	4/15
<b>1,500 Meters:</b>				
1. Ashley Miller	4:22.01*	--	Mt. SAC Relays	4/16
2. Erica Hamik	4:33.10*	--	Stanford Invitational	3/26
3. Brooke Dinsdale	4:33.50*	--	Stanford Invitational	3/26
4. Jen Pancoast	4:34.71	--	Jim Click Shootout	4/3
5. Jen Webers	4:35.33*	--	Nebraska Open	5/8
6. Suzanne Higgins	4:37.97*	--	Nebraska Open	5/8
7. Elizabeth Marsh	4:52.46*	--	Nebraska Invitational	4/10
<b>3,000 Meters:</b>				
1. Jen Pancoast	10:12.93*	--	Jim Click Shootout	4/3
2. Ari Goldstien	10:19.72	--	Jim Click Shootout	4/3
<b>5,000 Meters:</b>				
1. Jen Pancoast	16:37.88*	--	Mt. SAC Relays	4/16
2. Jen Webers	17:39.24	--	Big 12 Championships	5/16
3. Ari Goldstein	18:20.52A	--	Texas Tech Dual	5/1
4. Elizabeth Marsh	18:30.18*	--	Concordia Open	4/2
<b>10,000 Meters:</b>				
1. Ari Goldstein	38:00.34	--	Drake Relays	4/22
<b>100-Meter Hurdles:</b>				
1. Arna Erega	13.44A*	+1.4	Texas Tech Dual	5/1
2. Karyn LaCour	13.56	-0.8	Baldy Castillo Invitational	3/20
	13.56A	+1.4	Texas Tech Dual	5/1
3. Megan Wheatley	14.32	+1.3	Big 12 Heptathlon	5/14
4. Chantae McMillan	14.41	+1.4	Big 12 Heptathlon	5/14
5. Lorena Menghia	15.52*	0.0	Big 12 Heptathlon	5/14
<b>Wind Aided</b>				
1. Megan Wheatley	14.30	+2.9	NCAA Heptathlon	6/9
2. Lorena Menghia	15.32A*	+3.6	Texas Tech Dual	5/1
<b>400-Meter Hurdles:</b>				
1. Blaire Dinsdale	1:02.76*	--	Beach Invitational	4/17
2. Karyn LaCour	1:02.98A*	--	Texas Tech Dual	5/1
3. Arna Erega	1:03.90A*	--	Texas Tech Dual	5/1
4. Suzanne Higgins	1:05.06	--	Stanford Invitational	3/26
<b>3,000-Meter Steeplechase:</b>				
1. Jen Webers	10.58.03	--	Big 12 Championships	5/16

### All-Time Outdoor Personal Best

Mark	Date
Same	5/1/10
12.27	4/14/08
12.26	4/30/09
Same	4/5/08 & 4/3/10
Same	4/3/10
24.47A	5/15/09
25.73	5/7/09
Same	5/14/10
24.90A	5/16/08
25.05	4/24/09
Same	5/1/10
25.05	4/24/09
Same	5/1/10
57.50	5/26/07
2:07.39	6/23/06
Same	5/8/10
2:08.52	8/2/06
Same	4/17/10
Same	5/1/10
2:16.81	7/11/09
Same	6/10/10
Same	4/15/10
Same	4/16/10
Same	3/26/10
Same	3/26/10
4:29.45	4/18/08
Same	5/8/10
Same	5/8/10
Same	5/8/10
Same	4/10/10
Same	4/3/10
10:07.61	
Same	4/16/10
17:28.19	4/11/09
17:09.61	4/17/08
Same	4/2/10
36:21.53	3/27/09
Same	5/1/10
13.51	4/19/08
13.76A	5/15/09
14.18	6/13/08
Same	5/14/10
13.76A	5/15/09
Same	5/1/10
1:03.64	5/2/09
10:47.19	4/25/09

Key

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Athlete	Mark	Wind	Meet	Date
<b>4x100-Meter Relay:</b>	46.73	--	Kansas Relays	4/17
1. McGruder, LaCour, Jorgensen, Erega				
<b>4x400-Meter Relay:</b>	3:46.88	--	Big 12 Championships	5/16
1. Vierregger (57.1), Hamik (56.7), Br. Dinsdale (56.5), Ubel (56.4)				
<b>4x800-Meter Relay:</b>	8:43.11	--	Drake Relays	4/23
1. Miller (2:09.1), Bl. Dinsdale (2:08.6), Higgins (2:13.6), Br. Dinsdale (2:11.7)				
<b>4x1,600-Meter Relay:</b>	19:58.65	--	Drake Relays	4/24
1. Pancoast (4:52.8), Br. Dinsdale (5:04.8), Hamik (5:01.6), Webers (4:59.5)				
<b>Distance-Medley Relay:</b>	11:42.09	--	Drake Relays	4/23
1. Hamik (3:33.8), Bl. Dinsdale (57.7), Higgins (2:16.6), Pancoast (4:55.8)				
<b>High Jump:</b>				
1. Epley Bullock	6-2 3/4 (1.90)A#*	--	Texas Tech Dual	5/1
2. Audrey Svane	5-9 1/4 (1.76)*	--	Nebraska Open	5/8
t-3. Lorena Menghia	5-8 3/4 (1.75)	--	Jim Click Shootout	4/3
	5-8 3/4 (1.75)A	--	Texas Tech Dual	5/1
	5-8 3/4 (1.75)	--	Big 12 Heptahtlon	5/14
t-3. Chantae McMillan	5-8 3/4 (1.75)*	--	Big 12 Heptahtlon	5/14
5. Megan Wheatley	5-4 1/4 (1.63)	--	Big 12 Heptahtlon	5/14
	5-4 1/4 (1.63)	--	NCAA Heptahtlon	6/9
6. Lynsey Kreikemeier	5-3 (1.60)*	--	Concordia Open	4/2
<b>Pole Vault:</b>				
1. Natalie Willer	14-1 1/4 (4.30)	--	Kansas Relays	4/17
2. Cami Jiskra	12-11 3/4 (3.96)*	--	Nebraska Open	5/8
3. Rachel Birtles	12-10 1/4 (3.92)A	--	Texas Tech Dual	5/1
4. Breanna Bussel	12-9 1/2 (3.90)*	--	NCAA West Regional	5/27
5. Lindsey Maher	12-6 (3.81)	--	Nebraska Open	5/8
6. Kailey Ryan	11-0 1/4 (3.36)*	--	Nebraska Open	5/8
<b>Long Jump:</b>				
1. Chantae McMillan	19-9 3/4 (6.04)	+0.5	Kansas Relays	4/17
2. Leandra McGruder	19-9 1/2 (6.03)	+0.4	Big 12 Championships	5/15
3. Zarinah Suluki-Drakes	19-0 1/2 (5.80)	+0.9	Drake Relays	4/23
4. Megan Wheatley	18-5 1/4 (5.62)	+1.0	KU Relays Heptahtlon	4/15
5. Lorena Menghia	18-4 1/2 (5.60)A*	+1.5	Texas Tech Dual	5/1
<b>Wind Aided</b>				
1. Leandra McGruder	20-1 (6.12)A	+3.1	Texas Tech Dual	5/1
2. Lorena Menghia	18-5 3/4 (5.63)A*	+4.7	Texas Tech Dual	5/1
<b>Triple Jump:</b>				
1. Leandra McGruder	43-1 (13.13)*	+1.4	NCAA West Regional	5/29
2. Zarinah Suluki-Drakes	41-11 1/4 (12.78)	+0.8	Nebraska Open	5/8
3. Arna Erega	41-7 3/4 (12.69)*	+0.0	Big 12 Championships	5/16
<b>Wind Aided</b>				
1. Leandra McGruder	43-2 1/4 (13.16)A	+2.6	UTEP Invitational	4/10
2. Zarinah Suluki-Drakes	42-0 1/2 (12.81)	+2.7	Kansas Relays	4/16
3. Arna Erega	41-10 3/4 (12.77)*	+2.9	NCAA West Regional	5/29
<b>Shot Put:</b>				
1. Veronica Grizzle	50-9 1/2 (15.48)*	--	NCAA West Regional	5/27
2. Amanda Latsch	50-8 (15.44)*	--	Nebraska Open	5/8
3. Samantha Musil	47-8 (14.53)	--	Kansas Relays	4/16
4. Chantae McMillan	46-9 (14.25)*	--	NCAA Heptahtlon	6/9
5. Megan Wheatley	41-3 1/4 (12.58)	--	NCAA Heptahtlon	6/9
6. Lorena Menghia	34-11 1/4 (10.65)*	--	Big 12 Heptahtlon	5/14
<b>Discus:</b>				
1. Morgan Wilken	166-9 (50.84)*	--	Big 12 Championships	5/15
2. Samantha Musil	162-6 (49.54)	--	Nebraska Open	5/8
3. Amanda Latsch	161-3 (49.15)*	--	Big 12 Championships	5/15

### All-Time Outdoor Personal Best

Mark	Date
43.44	6/4/83
3:29.61	6/6/02
8:36.61	4/25/81
19:41.97	4/25/09
11:26.21	4/23/93
Same	5/1/10
Same	5/8/10
5-10 3/4 (1.80)	7/24/05
Same	5/14/10
5-7 3/4 (1.72)	2/26/04
Same	4/2/10
14-4 1/2 (4.38)	5/8/09
Same	5/8/10
13-1 1/2 (4.00)	6/9/07
Same	5/27/10
12-7 1/2 (3.85)	5/17/09
Same	5/8/10
20-1 (6.12)	4/27/07
20-4 1/4 (6.21)	5/26/07
19-9 1/2 (6.03)	5/7/05 & 5/12/07
20-2 1/2 (6.16)	6/12/08
Same	5/1/10
20-10 (6.35)w	5/16/09
Same	5/1/10
Same	5/29/10
42-9 (13.03)A	5/18/08
Same	5/16/10
43-5 1/4 (13.24)w	5/30/09
42-9 (13.03)A	5/18/08
Same	5/29/10
Same	5/27/10
Same	5/8/10
47-8 1/2 (14.54)	
Same	6/9/10
44-3 1/4 (13.49)	5/15/09
Same	5/14/10
Same	5/15/10
167-5 (51.04)p	6/6/07
Same	5/15/10

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### 2010 Personal Best

Athlete	Mark	Wind	Meet	Date
<b>Hammer Throw:</b>				
1. Jade Hodson	193-9 (59.07)*	--	Big 12 Championships	5/14
2. Victoria Zimmerman	189-11 (57.90)A*	--	Texas Tech Dual	5/1
3. Samantha Musil	185-10 (56.65)A*	--	Texas Tech Dual	5/1
<b>Javelin:</b>				
1. Roxie Grizzle	163-3 (49.75)	--	Kansas Relays	4/16
2. Chantae McMillan	139-8 (42.58)*	--	Nebraska Open	5/8
3. Veronica Grizzle	137-6 (41.92)	--	Kansas Relays	4/16
4. Megan Wheatley	129-11 (39.59)	--	Jim Click Shootout	4/3
5. Lorena Menghia	98-9 (30.10)*	--	Nebraska Invitational	4/10

### All-Time Outdoor Personal Best

Mark	Date
Same	5/14/10
Same	5/1/10
Same	5/1/10
<b>Javelin:</b>	
170-3 (51.89)	6/20/08
Same	5/8/10
144-9 (44.14)	5/30/09
131-4 (40.04)	7/11/09
Same	4/10/10

### Heptathlon: (Day 1: 100h, HJ, SP, 200m | Day 2: LJ, JV, 800m)

1. Chantae McMillan	5,583*	--	NCAA Championships	6/9-10	Same	6/9-10
<b>(Day 1: 14.43 [+1.0], 5-5 1/4, 46-9, 25.90 [+1.8]   Day 2: 18-9 [-0.9], 137-7, 2:23.65)</b>						
2. Megan Wheatley	5,420	--	NCAA Championships	6/9-10	5,800	5/15-16/09
<b>(Day 1: 14.32 [+1.3], 5-4 1/4, 41-3 1/4, 25.55 [+1.8]   Day 2: 18-3 3/4 [-0.3], 118-11, 2:17.52)</b>						
3. Lorena Menghia	4,903*	--	Big 12 Championships	5/14-15	Same	5/14-15/10
<b>(Day 1: 15.52 [0.0], 5-8 3/4, 34-11 1/4, 25.82 [+0.4]   Day 2: 17-5 1/2 [0.0], 98-3, 2:29.14)</b>						

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