

### 2011 Outdoor Women's Performance List

**2011 Personal Best**

Athlete	Mark	Wind	Meet	Date
<b>100 Meters:</b>				
1. Karyn LaCour	12.60	-0.6	Pepsi Invitational	4/9
2. Arna Erega	13.06	-0.6	Pepsi Invitational	4/9
<b>Wind-Aided</b>				
1. Arna Erega	12.41	+4.1	WSU Classic	4/2
<b>200 Meters:</b>				
1. Mara Weekes	24.01*	-1.1	Ward Haylett Invitational	5/7
2. Alyssa Vierregger	24.55*	+0.1	Ward Haylett Invitational	5/7
3. Rachel Butler	24.72*	+0.0	Big 12 Heptathlon	5/13
4. Chantae McMillan	24.92	+0.0	Big 12 Heptathlon	5/13
5. Anne Martin	25.72	-0.6	Big 12 Heptathlon	5/13
6. Megan Wheatley	25.78	-2.4	Pepsi Invitational	4/9
7. Karyn LaCour	26.12	-0.6	Pepsi Invitational	4/9
<b>Wind-Aided</b>				
1. Mara Weekes	23.37*	+3.2	WSU Classic	4/2
2. Megan Wheatley	24.77	+5.3	WSU Classic	4/2
3. Karyn LaCour	25.23	+3.2	WSU Classic	4/2
<b>400 Meters:</b>				
1. Mara Weekes	53.49*	--	Big 12 Championships	5/15
2. Alyssa Vierregger	55.38*	--	Nebraska Open	5/1
3. Brooke Dinsdale	57.60	--	Concordia Invitational	4/16
<b>800 Meters:</b>				
1. Brooke Dinsdale	2:07.36*	--	Ward Haylett Invitational	5/7
2. Blaire Dinsdale	2:08.52	--	Ward Haylett Invitational	5/7
3. Ashley Miller	2:10.78	--	Stanford Invitational	3/26
4. Ellen Dougherty	2:11.37	--	Pepsi Invitational	4/9
5. Erica Hamik	2:12.39	--	Stanford Invitational	3/26
6. Sarah Plambeck	2:19.17	--	Kansas Relays	4/21
7. Chantae McMillan	2:20.32	--	Big 12 Heptathlon	5/14
8. Rachel Butler	2:22.97*	--	Big 12 Heptathlon	5/14
9. Anne Martin	2:23.03*	--	Big 12 Heptathlon	5/14
<b>1,500 Meters:</b>				
1. Ashley Miller	4:18.53p*	--	NCAA Championships	6/9
2. Erica Hamik	4:33.21	--	Pepsi Invitational	4/9
3. Blaire Dinsdale	4:35.30*	--	Concordia Invitational	4/16
4. Katie White	4:37.13*	--	Ward Haylett Invitational	5/7
5. Sarah Plambeck	4:49.65*	--	Nebraska Open	5/1
6. Brooke Dinsdale	4:50.73	--	Stanford Invitational	3/25
7. Isabel Andrade	4:50.47*	--	Kansas Relays	4/21
<b>3,000 Meters:</b>				
1. Martina Barinova	9:42.21	--	Kansas Relays	4/21
2. Lara Crofford	9:43.05*	--	Kansas Relays	4/21
<b>5,000 Meters:</b>				
1. Martina Barinova	16:27.94*	--	Stanford Invitational	3/25
2. Lara Crofford	16:33.53	--	Pepsi Invitational	4/9
3. Katie White	17:15.43*	--	Kansas Relays	4/21
4. Isabel Andrade	18:02.88*	--	Nebraska Open	5/1
<b>10,000 Meters:</b>				
Lara Crofford	34:19.77	--	Stanford Invitational	3/25

**All-Time Outdoor Personal Best**

Mark	Date
12.09	5/1/10
12.20	6/2/07
12.20	6/2/07
Same	5/7/11
Same	5/7/11
Same	5/13/11
24.90A	5/16/08
24.9	5/8/08
24.47A	5/15/09
24.94	4/5/08 & 4/3/10
Same	4/2/11
24.47A	5/15/09
24.94	4/5/08 & 4/3/10
Same	5/15/11
Same	5/1/11
56.69	5/9/06
Same	5/7/11
2:07.39	6/26/06
2:09.30	4/17/10
2:08.94	6/28/09
2:08.55	5/8/10
2:16.53	5/23/09
Same	5/14/11
Same	5/14/11
Same	5/14/11
Same	6/9/11
4:33.10	3/26/10
Same	4/16/11
Same	5/7/11
Same	5/1/11
4:33.50	3/26/10
Same	4/21/11
9:32.44	
Same	4/21/11
Same	3/25/11
16:27.73	4/18/08
Same	4/21/11
Same	5/1/11
33:56.46	4/5/08

**Key**

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### 2011 Outdoor Women's Performance List

**2011 Personal Best**

Athlete	Mark	Wind	Meet	Date
<b>100 Hurdles:</b>				
1. Karyn LaCour	13.85	+1.4	Ward Haylett Invitational	5/7
2. Chantae McMillan	13.87*	+1.8	California Invite Heptathlon	4/13
3. Arna Erega	13.90	+1.4	Ward Haylett Invitational	5/7
4. Rachel Butler	14.62	+2.0	Kansas Relays	4/20
5. Anne Martin	15.25*	+1.8	Big 12 Heptathlon	5/13
<b>Wind-Aided</b>				
1. Karyn LaCour	13.67	+2.2	Kansas Relays	4/23
2. Arna Erega	13.70	+2.2	Kansas Relays	4/23
3. Chantae McMillan	13.81w*	+3.1	Big 12 Heptathlon	5/13
4. Megan Wheatley	13.82	+3.8	WSU Classic	4/2
5. Rachel Butler	14.44p	+3.6	Tom Jones Memorial	4/16
6. Anne Martin	15.09*	+3.9	WSU Classic	4/2
<b>400 Hurdles:</b>				
1. Ellie Grooters	59.48*	--	Big 12 Championships	5/15
2. Rachel Butler	1:01.91*	--	Pepsi Invitational	4/9
3. Ellen Dougherty	1:04.00	--	Stanford Invitational	3/25
<b>3,000 Meter SC:</b>				
1. Martina Barinova	10:12.09*	--	Pepsi Invitational	4/9
2. Jessica Furlan	10:22.29	--	Pepsi Invitational	4/9
3. Jen Webers	12:31.30	--	Concordia Invitational	4/16
<b>4x100-Meter Relay:</b>				
LaCour, Weekes, Vierregger, Erega	46.87	--	Ward Haylett Invitational	5/7
<b>4x400-Meter Relay:</b>				
Vierregger, Weekes Grooters, Butler	3:37.73	--	Big 12 Championships	5/15
<b>4x800-Meter Relay:</b>				
Miller, Dougherty, Bl. Dinsdale, Br. Dinsdale	8:38.36	--	Drake Relays	4/29
<b>4x1,600-Meter Relay:</b>				
Miller, Furlan, Hamik, White	19:58.03	--	Drake Relays	4/28
<b>4x100-Meter Shuttle Hurdle Relay:</b>				
McMillan, Erega Butler, LaCour	56.15	--	Drake Relays	4/30
<b>High Jump:</b>				
1. Audrey Svane	5-8 3/4 (1.75)	--	Nebraska Open	5/1
2. Jillanna Scanlan	5-8 (1.73)*	--	Ward Haylett Invitational	5/7
3. Mara Griva	5-7 (1.70)*	--	Nebraska Open	5/1
t-4. Megan Wheatley	5-6 1/2 (1.69)	--	WSU Classic	4/2
t-4. Lorena Menghia	5-6 1/2 (1.69)	--	WSU Classic	4/2
t-6. Anne Martin	5-5 3/4 (1.67)	--	Big 12 Heptathlon	5/13
t-6. Rachel Butler	5-5 3/4 (1.67)	--	Big 12 Heptathlon	5/13
8. Chantae McMillan	5-4 1/2 (1.64)	--	Big 12 Heptathlon	5/13
<b>Pole Vault:</b>				
1. Natalie Willer	14-2 1/2 (4.33)	--	Big 12 Championships	5/15
2. Cami Jiskra	13-5 1/4 (4.10)*	--	Kansas Relays	4/23
3. Breanna Bussel	13-1 1/2 (4.00)*	--	Kansas Relays	4/23
	13-1 1/2 (4.00)*	--	Drake Relays	4/29
	13-1 1/2 (4.00)*	--	Nebraska Open	5/1
4. Rachel Birtles	12-9 1/2 (3.90)	--	WSU Classic	4/2
5. Maggie Maher	12-3 1/2 (3.75)*	--	Nebraska Open	5/1
6. Jordan Oddo	11-11 3/4 (3.65)	--	Kansas Relays	4/23

**All-Time Outdoor Personal Best**

Mark	Date
13.51	4/19/08
Same	4/13/11
13.44A	5/1/10
14.31A	5/15/09
Same	5/13/11
13.51	4/19/08
13.44A	5/1/10
Same	5/13/11
13.76A	5/15/09
14.31A	5/15/09
Same	4/2/11
Same	5/15/11
Same	4/9/11
1:01.25	5/22/09
Same	4/9/11
10:16.32	7/10/08
10:47.19	4/25/09
43.33	6/4/83
3:29.61	6/6/02
8:36.61	4/25/81
19:41.97	4/25/09
55.18	4/26/08
5-9 1/4 (1.76)	5/1/10
Same	5/7/11
Same	5/1/11
5-7 3/4 (1.72)	2/26/04
5-10 3/4 (1.80)	7/24/05
5-8 (1.72)	5/22/08
5-6 1/2 (1.69)	4/2/09
5-8 3/4 (1.75)	5/14/10
14-4 1/2 (4.38)	5/8/09
Same	4/23/11
Same	4/23/11
13-1 1/2 (4.00)	6/9/07
Same	5/1/11
12-0 3/4 (3.68)	3/22/08

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Athlete	Mark	Wind	Meet	Date
<b>Long Jump:</b>				
1. Mara Griva	21-7 1/2 (6.59)*	+2.0	European U23 Championships	7/17
2. Chantae McMillan	20-8 (6.30)*	+1.9	California Invite Heptathlon	4/14
3. Arna Erega	19-9 1/2 (6.03)*	+1.5	Nebraska Open	5/1
4. Tara Korshoj	19-7 (5.97)*	+1.5	Big 12 Championships	5/14
5. Jeanelle Facey	18-9 (5.71)	+2.0	WSU Classic	4/2
6. Anne Weigandt	18-7 1/4 (5.67)*	+1.8	Nebraska Open	5/1
7. Rachel Butler	18-4 (5.59)	+1.4	Big 12 Heptathlon	5/14
t-8. Anne Martin	18-3 1/4 (5.57)	+1.2	Tom Jones Memorial	4/16
t-8. Megan Wheatley	18-3 1/4 (5.57)	0.0	Pepsi Invitational	4/9
<b>Wind-Aided</b>				
1. Mara Griva	21-11 3/4 (6.70)*	+3.6	Big 12 Championships	5/14
2. Tara Korshoj	19-10 3/4 (6.06)*	+2.6	WSU Classic	4/2
3. Anne Martin	18-8 1/4 (5.70)	+2.4	Big 12 Heptathlon	5/14
4. Rachel Butler	18-6 (5.64)	+2.2	Kansas Relays	4/21
<b>Triple Jump:</b>				
1. Mara Griva	45-3 3/4 (13.81)*	+2.0	Big 12 Championships	5/15
2. Tara Korshoj	42-2 (12.85)*	+0.6	Big 12 Championships	5/15
3. Lorena Menghia	41-7 (12.67)*	+0.4	Nebraska Open	5/1
4. Anna Weigandt	40-9 1/2 (12.43)*	+1.3	Concordia Invitational	4/16
5. Arna Erega	39-8 (12.06)	+1.6	Pepsi Invitational	4/9
6. Jeanelle Facey	39-5 1/4 (12.02)	+1.3	Concordia Invitational	4/16
<b>Wind-Aided</b>				
1. Tara Korshoj	42-7 1/2 (12.99)*	+2.9	Big 12 Championships	5/15
2. Arna Erega	41-7 (12.53)	+2.2	Big 12 Championships	5/15
3. Jeanelle Facey	41-1 1/2 (12.53)*	+4.4	WSU Classic	4/2
<b>Shot Put:</b>				
1. Annie Jackson	52-4 1/2 (15.96)*	--	Big 12 Championships	5/14
2. Amanda Latsch	51-3 (15.62)*	--	Big 12 Championships	5/14
3. Chantae McMillan	48-4 3/4 (14.75)*	--	USA Championships	6/25
4. Megan Wheatley	41-9 3/4 (12.74)	--	Nebraska Open	5/1
5. Morgan Wilken	40-10 1/2 (12.46)*	--	WSU Classic	4/2
6. Rachel Butler	33-5 1/4 (10.19)*	--	Big 12 Heptathlon	5/13
7. Anne Martin	33-6 (10.13)*	--	Kansas Relays Heptathlon	4/20
<b>Discus:</b>				
1. Samantha Musil	173-10 (52.99)*	--	Drake Relays	4/29
2. Morgan Wilken	172-3 (52.51)*	--	Tom Jones Memorial	4/16
3. Amanda Latsch	165-7 (50.46)*	--	Drake Relays	4/29
<b>Hammer Throw:</b>				
1. Victoria Zimmerman	197-9 (60.28)*	--	Big 12 Championships	5/13
2. Jade Siegel	197-2 (60.11)*	--	Drake Relays	4/30
3. Samantha Musil	193-7 (59.00)*	--	Nebraska Open	5/1
4. Mary Morales	168-0 (51.21)*	--	Ward Haylett Invitational	5/7
5. Annie Jackson	167-7 (51.08)*	--	Tom Jones Memorial	4/16
<b>Javelin:</b>				
1. Chantae McMillan	156-10 (47.81)*	--	Pepsi Invitational	4/9
2. Roxie Grizzle	150-5 (45.85)	--	Stanford Invitational	3/25
3. Mara Griva	136-4 (41.55)*	--	WSU Classic	4/2
4. Anne Martin	133-5 (40.66)*	--	Big 12 Heptathlon	5/14
5. Megan Wheatley	117-11 (35.94)	--	Nebraska Open	5/1
6. Lorena Menghia	105-8 (32.20)*	--	WSU Classic	4/2
7. Rachel Butler	104-11 (31.97)*	--	Nebraska Open	5/1
<b>Heptathlon:</b>				
1. Chantae McMillan	6,003*#	--	USA Championships	6/25-26
2. Anne Martin	5,167*	--	Big 12 Championships	5/13-14
3. Rachel Butler	5,150*	--	Big 12 Championships	5/13-14

#### All-Time Outdoor Personal Best

Mark	Date
Same	7/17/11
Same	4/14/11
Same	5/1/11
Same	5/14/11
19-6 1/4 (5.95)w	2/28/09
Same	5/1/11
19-0 (5.79)	6/1/07
18-11 3/4 (5.78)	5/14/09
20-2 1/2 (6.16)	6/12/08
Same	5/14/11
Same	4/2/11
18-11 3/4 (5.78)	5/14/09
19-7 (5.79)	4/12/08
Same	5/15/11
Same	5/15/11
Same	5/1/11
Same	4/16/11
41-7 3/4 (12.69)	5/16/10
41-0 1/4 (12.50)	3/24/10
Same	5/15/11
41-10 3/4 (12.77)w	5/29/10
Same	4/2/11
Same	5/14/11
Same	5/14/11
Same	6/25/11
44-3 1/4 (13.49)A	5/15/09
Same	4/2/11
Same	5/13/11
Same	4/20/11
Same	4/29/11
Same	4/16/11
Same	4/29/11
Same	5/13/11
Same	4/30/11
Same	5/1/11
Same	5/7/11
Same	4/16/11
Same	4/9/11
170-3 (51.89)	6/20/08
Same	4/2/11
Same	5/14/11
131-4 (40.04)	7/11/09
Same	4/2/11
Same	5/1/11
Same	6/25-26/11
Same	5/13-14/11
Same	5/13-14/11

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