

**2008 CAL POLY POMONA
WOMEN'S TRACK & FIELD BEST LIST**

As of May 25 2008

					"A"	"B"
100 Meters	Yr	Time	Date	Place	11.65	12.10
Jasmine Winn	Jr.	12.23	4/26	UCSD		
Sheena Wilridge	Sr.	12.38	5/2	CCAA		
Megan Emami	Fr.	13.36	4/26	UCSD		
Nicole Phillips	Sr.	13.38	2/23	CMS		
Milagro Carpio	Fr.	14.89	2/23	CMS		
Marisa Jerinigan	Sr.	15.01	3/1	CSLA		
200 Meters	Yr	Time	Date	Place	23.95	24.80
Jasmine Winn	Jr.	24.77	5/3	CCAA		x
Tookie Adeniji	So.	25.15	5/3	CCAA		
Sheena Wilridge	Sr.	25.51	5/3	CCAA		
Akilah Mayfield	Sr.	27.03	5/3	CCAA		
Megan Emami	Fr.	27.55	4/26	UCSD		
Natalia Gonzalez	So.	28.31	3/22	UCI		
Haley Smith	So.	30.35	3/8	Ben Brown		
Milargo Carpio	Fr.	30.54	3.8	Ben Brown		
400 Meters	Yr	Time	Date	Place	55.00	56.80
Tookie Adeniji	So.	55.49	5/3	CCAA		x
Akilah Mayfield	Sr.	59.74	5/3	CCAA		
Natalia Gonzalez	So.	60.09	4/5	PP		
Sheena Wildridge	Sr.	60.54	4/26	UCSD		
Allison Brewer	So.	63.58	3/22	UCI		
800 Meters	Yr	Time	Date	Place	2:10.50	2:15:00
Elizabeth Soria	Fr.	2:25.57	3/8	Ben Brown		
Denise Salceda	So.	2:27.03	3/8	Ben Brown		
Haley Smith	So.	2:36.76	4/26	UCSD		
Keiko Noda	So.	2:43.02	3/22	UCI		
1500 Meters	Yr	Time	Date	Place	4:31.00	4:42.00
Elizabeth Soria	Fr.	4:47.02	3/1	CSLA		
Amber Hebb	So.	4:48.16	3/1	CSLA		
Tiffany Turner	Jr.	4:53.58	3/8	Ben Brown		
Adrienne Schumm	Jr.	4:54.03	3/22	UCI		
Naomi Pride	Jr.	4:54.97	4/26	UCSD		
Claudia Garcia	Sr.	4:55.80	3/22	UCI		
Elizabeth Soria	Fr.	4:57.50	3/28	Cal-Nev		
Denise Salceda	So.	5:04.19	4/26	UCSD		
Sarah Garcia	Fr.	5:16.55	4/5	PP		
Lauren Wong	So.	5:29.53	4/26	UCSD		
Keiko Noda	So.	5:29.94	4/26	UCSD		
Keiry Perez	Sr.	5:43.79	4/5	PP		
3000 Meters	Yr	Time	Date	Place	9:40.00	10:15.00
Adrienne Schumm	Sr.	10:10.19	3/22	UCI		x
Claudia Garcia	Sr.	10:17.03	3/22	UCI		
Tiffany Turner	Jr.	10:17.31	5/3	CCAA		
Amber Hebb	So.	10:36.40	5/3	CCAA		
Elizabeth Soria	Fr.	10:41.15	5/3	CCAA		
Naomi Bisagno-Pride	Jr.	11:13.03	2/23	CMS		
Denise Salceda	So.	11:26.90	5/3	CCAA		
Lauren Wong	Fr.	11:38.90	4/26	UCSD		
Sarah Garcia	Fr.	11:44.69	3/22	UCI		

Keiry Perez	Sr.	12:35.86	3/1	CSLA
Keiko Noda	So.	12:37.14	2/23	CMS

3000 Meters SC	Yr	Time	Date	Place	11:00.00	11:27.00
Tiffany Turner	Jr.	11:08.87	5/10	Oxy		x
Naomi Pride	Jr.	11:45.69	4/26	UCSD		

5000 Meters	Yr	Time	Date	Place	17:11.00	17:45.00
Claudia Garcia	Sr.	17:39.16	3/28	Cal-Nev		x
Adrienne Schumm	Sr.	17:53.94	3/28	Cal-Nev		
Tiffany Turner	Jr.	18:12.89	4/5	PP		
Elizabeth Soria	Fr.	18:27.30	4/5	PP		
Amber Hebb	So.	19:00.03	3/8	Ben Brown		
Sarah Garcia	Fr.	19:42.96	3/28	Cal-Nev		
Lauren Wong	So.	20:52.05	3/8	Ben Brown		

10000 Meters	Yr	Time	Date	Place	35:50.00	37:30.00
Adrienne Schumm	Sr.	36:23.54	5/10	Oxy		x
Claudia Garcia	Sr.	36:27.04	5/22	NCAA		x
Sarah Garcia	Fr.	41:56.49	5/3	CCAA		

100 Hurdles	Yr	Time	Date	Place	14.00	14.60
Jennifer Cryer	So.	15.18	5/3	CCAA		
Amanda Smith	Jr.	15.87	5/3	CCAA		
Kelsey Lee	Fr.	16.02	5/2	CCAA		
Allison Brewer	So.	16.23	5/2	CCAA		
Natalia Gonzalaz	So.	16.33	4/26	UCSD		
Haley Smith	So.	19.81	4/26	UCSD		

400 Hurdles	Yr	Time	Date	Place	60.00	1:03.30
Allison Brewer	So.	66.57	4/5	PP		
Jennifer Cryer	So.	67.14	3/8	Ben Brown		
Amanda Smith	Jr.	67.19	5/3	CCAA		
Kelsey Lee	Fr.	72.19	3/1	CSLA		

4X100 Relay	Time	Date	Place	46.00	47.60
Team A	48.20	5/3	CCAA		

4X400 Relay	Time	Date	Place	3:42.00	3:52.00
Team A	3:59.26	3/8	Ben Brown		
NG/SW/TA/AM	4:03.17	4/19	Azusa		
JC/AS/NG/AB	4:07.53	4/26	UCSD		

High Jump	Yr	Height	Date	Place	5-08.75	5-06.00
Megan Emami	So.	4-9	3/8	Ben Brown		

Pole Vault	Yr	Height	Date	Place	12-10	11-09.75
Marisa Jernigan	Jr.	9-6.25	3/24	UCI		

Long Jump	Yr	Distance	Date	Place	19-04.25	18-04.50
Jasmine Winn	Jr.	19-3.5	3/1	CSLA		X
Megan Emami	So.	17-2.25	5/3	CCAA		
Natalia Gonzalez	So.	13-09.75	4/26	UCSD		

Triple Jump	Yr	Distance	Date	Place	40-02.25	38-00.75
Megan Emami	So.	35-5	3/8	Ben Brown		
Kelsey Lee	Fr.	35-3.75	4/19	Azusa		

Shot Put	Yr	Distance	Date	Place	48-10.75	43-07.75
Illeana Tejada	So.	39-5	3/22	UCI		

Rizala Carrington	So.	36-2.25	4/19	Azusa		
Discus	Yr	Distance	Date	Place	156-02	141-01
Illeana Tejada	So.	139-0	2/23	CMS		
Rizala Carrington	So.	123-08	4/26	UCSD		
Javelin	Yr	Distance	Date	Place	146-02	134-06
Natalia Gonzalez	So.	118-08	3/22	UCI		
Amanda Smith	Jr.	98-5	3/8	Ben Brown		
Haley Smith	So.	81-2	3/8	Ben Brown		
Hammer	Yr	Distance	Date	Place	177-02	160-09
Illeana Tejada	So.	163-10	3/22	UCI		X
Rizala Carrington	So.	116-4	3/8	Ben Brown		
Heptathlon		Points	Date	Place	4,880	4,400
Natalia Gonzalez	So.	3,503	5/1-2	CCAA		

Team Result

2/23 at Claremont Mudd Scripps
 3/1 at Cal State L.A. 5-way
 3/7-8 at Ben Brown Meet, Fullerton
 3/22 at UC Irvine Invitational
 3/28-29 at Cal-Nevada (Fresno)
 4/5 at Pomona-Pitzer Invitational
 4/11-12 at Johnson, Joyner-Kersee Invite (UCLA)
 4/18 at Azusa Invitational, APU
 4/18-19 at Mt. SAC Invitational
 4/26 at Triton Invitaitonal (UCSD)
 5/1-3 at CCAA Championships (CSLA)
 5/10 at Occidental Relays
 5/22-24 at NCAA Championships, Mt. SAC