

**2004 CAL POLY POMONA
WOMEN'S TRACK & FIELD BEST LIST**

As of May 16, 2004

					"A"	"B"
100 Meters	Yr	Time	Date	Place	11.50	12.15
Riquel Wooten	Fr.	12.69	5/14	CSLA		
Jenna Tomlin	Fr.	12.82	2/28	CPP		
Amber Carpenter	Fr.	13.67	4/10	UCR		
Erin Flanagan	Fr.	15.64	4/10	UCR		
200 Meters	Yr	Time	Date	Place	23.80	24.90
Carmen Franklin	So.	25.63	5/14	CSLA		
Riquel Wooten	Fr.	26.37	5/14	CSLA		
Jenna Tomlin	Fr.	26.50	5/1	CPP		
Aurelia Dardaillon	Jr.	27.47	5/1	CPP		
Rachel Schaffner	Fr.	27.53	3/18	CS Northridge		
Jessica Lawson	Fr.	30.69	4/10	UCR		
Megan Flanagan	Fr.	31.35	4/24	UCSD		
Erin Flanagan	Fr.	32.18	4/24	UCSD		
400 Meters	Yr	Time	Date	Place	54.00	56.90
Carmen Franklin	So.	56.11	5/15	CSLA		X
Cathy Everett	Fr.	60.40	3/27	PP		
Jessica Lawson	Fr.	70.57	4/10	UCR		
800 Meters	Yr	Time	Date	Place	2:08.00	2:14.50
Carmen Franklin	So.	2:11.75	5/1	CPP		X
Carolyn Brown	Fr.	2:19.91	3/27	PP		
Jayme Ambos	Fr.	2:20.96	4/16	PP		
Shawna Winfrey	Jr.	2:20.99	4/16	PP		
Katie Price	Sr.	2:27.63	4/16	PP		
Natalie Miano	So.	2:30.32	4/16	PP		
Ashley Spann	Fr.	2:32.58	2/28	CPP		
Rachel Schaffner	Fr.	2:41.48	3/18	CS Northridge		
Megan Flanagan	Fr.	2:55.36	4/15	APU		
Erin Flanagan	Fr.	3:04.08	4/15	APU		
1500 Meters	Yr	Time	Date	Place	4:27.00	4:41.00
Jayme Ambos	Fr.	4:52.66	4/16	PP		
Shawna Winfrey	Jr.	4:56.01	5/1	CPP		
Natalie Miano	So.	4:59.34	3/27	PP		
Christina Jimenez	Fr.	5:02.45	4/10	UCR		
Karina Vega	Fr.	5:02.68	3/27	PP		
Carolyn Brown	Fr.	5:28.47	2/28	CPP		
Katie Price	Sr.	5:29.97	3/13	CS Full		
3000 Meters	Yr	Time	Date	Place	9:40.00	10:18.00
Natalie Miano	So.	10:46.75	4/24	UCSD		
Christina Jimenez	Fr.	10:52.34	4/24	UCSD		
Karina Vega	Fr.	10:59.79	4/24	UCSD		
Monica Valdez	So.	11:11.67	4/24	UCSD		
April Grothe	Fr.	11:27.42	4/24	UCSD		
Jayme Ambos	Fr.	11:41.53	5/14	CSLA		
3000 Meters SC	Yr	Time	Date	Place	10:20.00	11:30.00
April Grothe	Fr.	12:10.48	4/16	PP		
Jayme Ambos	Fr.	12:12.06	4/4	CP SLO		
Natalie Miano	So.	12:40.80	4/10	UCR		

5000 Meters	Yr	Time	Date	Place	16:40.00	17:50.00
Christina Jimenez	Fr.	17:57.51	3/13	CS Full		
Karina Vega	Fr.	18:57.5	2/28	CPP		
Monica Valdez	So.	19:36.38	4/3	CP SLO		
Whitney Hurley	Fr.	19:57.85	3/13	CS Full		

10000 Meters	Yr	Time	Date	Place	35:00.00	38:00.00
Christina Jimenez	Fr.	38:22.46	4/16	PP		
Karina Vega	Fr.	40:12.22	5/14	CSLA		
Monica Valdez	So.	41:15.75	4/16	PP		

100 Hurdles		Time	Date	Place	13.80	14.65
Rachel Schaffner	Fr.	15.30	4/3	CP SLO		
Topaz Marcos	Fr.	15.87	5/1	CPP		
Megan Flanagan	Fr.	17.45	5/1	CPP		
Erin Flanagan	Fr.	18.93	3/13	CS Full		

400 Hurdles	Yr	Time	Date	Place	59.00	1:03.70
Aurelia Dardailon	Jr.	63.93	5/15	CSLA		
Cathy Everett	Fr.	64.63	4/16	PP		

4X100 Relay		Time	Date	Place	45.50	47.90
Team A		49.66	5/14	CSLA		

4X400 Relay		Time	Date	Place	3:42.00	3:52.00
Team A		3:59.67	5/15	CSLA		

High Jump	Yr	Height	Date	Place	5-10.50	5-06.00
Topaz Marcos	Fr.	5-7.75	5/1	CPP		X
Rachel Schaffner	Fr.	5-6.50	4/4	CP SLO		X
Erin Flanagan	Fr.	4-0.50	3/18	CS Northridge		
Megan Flanagan	Fr.	4-0	2/28	CPP		

Pole Vault	Yr	Height	Date	Place	13-01.50	11-05.75
Rachel Schaffner	Fr.	9-6.25	5/1	CPP		
Heidi Lance	Jr.	9-0.25	3/27	PP		
Billie Maldonado	Sr.	9-0.25	5/1	CPP		

Long Jump	Yr	Distance	Date	Place	20-06.25	18-8.00
Valerie Henderson	So.	17-0.50	2/28	CPP		
Rachel Schaffner	Fr.	15-7.50	2/28	CPP		
Erin Flanagan	Fr.	12-10.50	3/18	CS Northridge		
Megan Flanagan	Fr.	12-1.00	4/24	UCSD		

Triple Jump	Yr	Distance	Date	Place	41-00.25	38-00.75
Valerie Henderson	So.	39-0.50	5/8	Oxy		X
Riquel Wooten	Fr.	21-1.50	4/10	UCR		

Shot Put	Yr	Distance	Date	Place	50-00	43-06
Rachel Schaffner	Fr.	29-10.75	4/10	UCR		
Erin Flanagan	Fr.	24-5.75	5/1	CPP		
Megan Flanagan	Fr.	24-4.50	3/18	CS Northridge		

Discus	Yr	Distance	Date	Place	166-00	141-01
Aurelia Dardailon	Jr.	137-05	3/13	CS Full		

Javelin	Yr	Distance	Date	Place	155-00	134-00
Rachel Schaffner	Fr.	97-3.00	3/6	LB State		
Megan Flanagan	Fr.	62-3	4/15	APU		
Erin Flanagan	Fr.	55-4	3/18	CS Northridge		

Hammer	Yr	Distance	Date	Place	185-00	155-00
Stephanie Aiken	Jr.	130-06	3/27	PP		

Heptathlon		Points	Date	Place	5250	4400
Rachel Schaffner	Fr.	4095	5/15	CSLA		
Megan Flanagan	Fr.	2482	5/15	CSLA		
Erin Flanagan	Fr.	2244	5/15	CSLA		

Team Result

Bronco Invitational
 LB State Relays
 Ben Brown Invitational (CS Full)
 Middlebury College, W, 85-82
 Cal-Nevada Championships @ CP SLO, 19th place, 5 points
 UCR 5-Way Meet, 84 points, 5th place
 Pomona-Pitzer Invitational
 Mt. SAC Relays
 UCSD Invitational
 CPP Wind/Windless Invitational
 Steve Scott Invitational, UC Irvine
 Occidental Invitational
 CCAA Championships, 6th place, 62.50 points