

**2007 CAL POLY POMONA
WOMEN'S TRACK & FIELD BEST LIST**

As of May 29, 2007

					"A"	"B"
100 Meters	Yr	Time	Date	Place	11.50	12.10
Nicole Phillips	Jr.	12.34	5/12	Oxy		
Sheena Wilridge	Jr.	12.57	4/28	UCI		
Jasmine Winn	So.	12.65	5/4	SFU		
Daniela Fromer	Sr.	12.69	3/24	UCI		
Megan Emami	Fr.	13.60	4/21	UCSD		
200 Meters	Yr	Time	Date	Place	23.80	24.80
Nicole Phillips	Jr.	25.43	5/4	SFU		
Sheena Wilridge	Jr.	25.93	5/4	SFU		
Jennifer Cryer	Fr.	26.04	4/7	PP		
Daniela Fromer	Sr.	26.26	3/24	UCI		
Tokunbo Adeniji	Fr.	26.75	4/7	PP		
400 Meters	Yr	Time	Date	Place	54.00	56.60
Tokunbo Adeniji	Fr.	58.46	4/13	APU		
Natalia Gonzalez	Fr.	59.18	2/17	PP		
Jennifer Cryer	Fr.	60.82	2/17	PP		
Allison Brewer	Fr.	62.13	4/13	APU		
Daniela Fromer	Sr.	63.03	2/17	PP		
Nicole Phillips	Jr.	64.23	2/17	PP		
Sheena Wildridge	Jr.	64.40	2/17	PP		
800 Meters	Yr	Time	Date	Place	2:08.00	2:15:00
Emily Tolbert	Fr.	2:24.62	5/4	SFU		
Denise Salceda	Fr.	2:25.70	4/7	PP		
Evelyn Lopez	Sr.	2:34.95	4/28	UCI		
Keiko Noda	Fr.	2:38.87	4/7	PP		
Tokunbo Adeniji	Fr.	2:42.14	2/17	PP		
Haley Smith	Fr.	2:42.96	2/17	PP		
Lauren Wong	Fr.	2:47.32	4/28	UCI		
Keiry Perez	So.	2:48.60	3/10	Ben Brown		
1500 Meters	Yr	Time	Date	Place	4:27.00	4:44.00
Denise Salceda	Fr.	4:51.81	4/21	UCSD		
Adrienne Schumm	Jr.	4:55.27	4/7	PP		
Karina Vega	Jr.	5:03.86	3/24	UCI		
Amber Hebb	Fr.	5:10.51	4/7	PP		
Evelyn Lopez	Sr.	5:14.78	3/10	Ben Brown		
Emily Tolbert	Fr.	5:16.17	4/21	UCSD		
Keiko Noda	Fr.	5:27.36	3/24	UCI		
Keiry Perez	So.	5:41.25	4/7	PP		
Lauren Wong	Fr.	5:49.35	3/24	UCI		
3000 Meters	Yr	Time	Date	Place	9:40.00	10:18.00
Adrienne Schumm	Jr.	10:39.78	3/24	UCI		
Christina Jimenez	Sr.	10:43.05	4/21	UCSD		
Whitney Hurley	Sr.	11:05.33	2/24	Rossi		
Brittney Ballin	So.	11:21.66	3/24	UCI		
Karina Vega	Sr.	11:27.72	3/3	USC		
Evelyn Lopez	Sr.	11:38.12	3/24	UCI		
Emma Hartel	Fr.	11:38.17	4/21	UCSD		
Keiry Perez	So.	12:16.41	3/24	UCI		

3000 Meters SC	Yr	Time	Date	Place	10:20.00	11:27.00
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Emma Hartel	Fr.	11:18.88	5/4	SFU		
Whitney Hurley	Sr.	12:01.11	3/24	UCI		

5000 Meters	Yr	Time	Date	Place	16:40.00	17:50.00
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Christina Jimenez	Sr.	17:57.38	5/12	Oxy		
Adrienne Schumm	Jr.	18:05.59	3/10	Ben Brown		
Karina Vega	Jr.	18:30.60	3/10	Ben Brown		
Whitney Hurley	Sr.	18:57.40	4/21	UCSD		
Brittney Ballin	So.	19:46.07	4/13	APU		

10000 Meters	Yr	Time	Date	Place	35:00.00	37:55.00
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Christina Jimenez	Sr.	37:00.50	5/5	SFU		
Adrienne Schumm	Jr.	37:52.90	5/5	SFU		
Whitney Hurley	Sr.	39:47.63	5/5	SFU		

100 Hurdles	Yr	Time	Date	Place	13.80	14.65
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Jennifer Cryer	Fr.	15.83	3/10	Ben Brown		
Natalia Gonzalez	Fr.	15.97	3/10	Ben Brown		
Lyric Teigen	Jr.	16.13	3/10	Ben Brown		
Allison Brewer	Fr.	16.81	3/10	Ben Brown		

400 Hurdles	Yr	Time	Date	Place	59.00	1:03.30
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Jennifer Cryer	Fr.	64.55	5/12	Oxy		
Natalia Gonzalez	Fr.	64.67	3/3	USC		
Allison Brewer	Fr.	69.80	3/10	Ben Brown		

4X100 Relay		Time	Date	Place	45.50	47.50
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Team A		47.68	5/5	SFU		
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4X400 Relay		Time	Date	Place	3:42.00	3:52.00
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Team A		3:58.77	3/31	Fresno		
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High Jump	Yr	Height	Date	Place	5-10.50	5-06.00
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Pole Vault	Yr	Height	Date	Place	12-9.50	11-07.75
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Lyric Teigen	Jr.	12-6.50	5/12	Oxy		X
Marisa Jernigan	Jr.	9-6.25	3/24	UCI		

Long Jump	Yr	Distance	Date	Place	20-02.75	18-8.00
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Jasmine Winn	So.	19-03.50	4/13	APU		X
Megan Emami	Fr.	17-5.25	3/24	UCI		

Triple Jump	Yr	Distance	Date	Place	41-00.25	38-06.75
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Jasmine Winn	So.	37-8.75	3/24	UCI		
Megan Emami	Fr.	36-01.50	4/13	APU		

Shot Put	Yr	Distance	Date	Place	50-00	43-06
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Ileana Tejada	Fr.	38-6.00	4/28	UCI		
Rizala Carrington	Fr.	32-3.25	2/17	PP		

Discus	Yr	Distance	Date	Place	166-00	144-04
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Ileana Tejada	Fr.	121-05	5/4	SFU		
Rizala Carrington	Fr.	106-6	2/24	Rossi		

Javelin	Yr	Distance	Date	Place	155-00	133-00
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Hammer	Yr	Distance	Date	Place	185-00	158-09
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Ileana Tejada	Fr.	147-05	5/4	SFU		
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Erica Johnson	Fr.	118-03	4/28	UCI		
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Rizala Carrington	Fr.	108-11	4/7	PP		
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Heptathlon		Points	Date	Place	5050	4400
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Team Result

2/17 Pomona-Pitzer All-Comers

2/24 Rossi Relays, CMS

3/3 USC Trojans Relays

3/10 Ben Brown Invitational, Mt. SAC

3/24 Spring Break Collegiate Challenge, UC Irvine

3/30-31, Cal-Nevada Championships, 19th, 3 pts

4/7 Pomona-Pitzer Invitational

4/13 Asuza Pacific Invitational

4/21 Triton Invitational, UCSD

4/28 Steve Scott Invitational, UCI

5/3-5 CCAA Championships, SF State, 5th, 64 points

5/12 Oxy Invite, Occidental College

5/24-26 NCAA Nationals, Johnson C. Smith, 46th, 4 points