

**2009 CAL POLY POMONA
WOMEN'S TRACK & FIELD BEST LIST
FINAL**

					"A" 11.65	"B" 12.12
100 Meters						
Jasmine Winn	Sr	12.56	2/21	UCSD		
Trameika Thomas	Fr	12.64	5/1	CCAA		
Megan Emami	So	13.55	4/17	APU		
Kelsey Lee	So	14.49	2/21	UCSD		
200 Meters						
Tokie Adeniji	Jr	25.33	5/2	CCAA	24.08	24.80
Jasmine Winn	Sr	25.48	4/17	APU		
Amanda Smith	Jr	26.53	3/20	CSUN		
Jennifer Cryer	Jr	26.77	3/21	UCI		
Allison Brewer	Jr	27.04	4/4	PP		
Trameika Thomas	Fr	27.44	5/1	CCAA		
Haley Smith	Jr	29.55	5/1	CCAA		
400 Meters						
Tokie Adeniji	Jr	55.56	5/21	NCAA	55.00	56.80
Kyle Wolff	Fr	58.87	3/21	UCI		x
Allison Brewer	Jr	61.36	4/4	PP		
Haley Smith	Jr	66.55	4/17	APU		
800 Meters						
Kyle Wolff	Fr	2:14.80	4/17	APU	2:10.40	2:15:00
Amber Hebb	Jr	2:22.06	4/25	UCSD		x
Amanda Smith	Jr	2:27.83	5/1	CCAA		
Elizabeth Soria	So	2:29.29	3/7	Ben Brown		
Denise Salceda	Jr	2:29.48	3/7	Ben Brown		
1500 Meters						
Amber Hebb	Jr	4:44.67	5/09	Oxy	4:31.00	4:38.00
Denise Salceda	Jr	4:59.69	4/17	APU		
Elizabeth Soria	So	5:00.14	3/21	UCI		
Kaitlin Traver	Fr	5:16.02	5/1	CCAA		
Sarah Garcia	So	5:24.05	2/21	UCSD		
3000 Meters SC						
Tiffany Turner	Sr	10:52.91	5/1	CCAA	10:55.00	11:20.00
						x
5000 Meters						
Tiffany Turner	Sr	17:28.61	4/25	UCSD	17:05.00	17:35.00
Amber Hebb	Jr	18:21.64	3/7	Ben Brown		x
Denise Salceda	Jr	19:10.85	4/4	PP		
Elizabeth Soria	So	19:33.83	4/4	PP		
Sarah Garcia	So	19:56.97	5/2	CCAA		
Kaitlyn Traver	Fr	21:19.75	4/4	PP		
10000 Meters						
Sarah Garcia	So	40:06.87	3/7	Ben Brown	35:50.00	37:20.00
100 Hurdles						
Jennifer Cryer	Jr	15.77	2/28	CMS	14.00	14.60
Amanda Smith	Jr	15.82	5/1	CCAA		
Allison Brewer	Jr	16.21	3/21	UCI		
Kelsey Lee	So	17.06	2/21	UCSD		

400 Hurdles	Yr	Time	Date	Place	60.75	1:03.00
Allison Brewer	Jr	67.91	3/28	Cal-Nev		
Jennifer Cryer	Jr	68.30	2/28	CMS		
4X100 Relay		Time	Date	Place	46.00	47.40
		48.78	3/28	Cal-Nev		
4X400 Relay		Time	Date	Place	3:45.00	3:51.00
KW, AB, TA, JW		3:54.84	4/4	PP		
High Jump	Yr	Height	Date	Place	5-8 3/4	5-6
Amanda Smith	Jr	4-8 1/4	4/30	CCAA		
Trameika Thomas	Fr	4-7 1/2	5/1	CCAA		
Courtney Alberi	So	4-6	2/28	CMS		
Pole Vault	Yr	Height	Date	Place	12-11 1/2	11-11 3/4
Jennifer Adams	Fr	9-8	4/4	PP		
Long Jump	Yr	Distance	Date	Place	19-4 1/4	18-5 1/4
Jasmine Winn	Sr	18-10 3/4	4/17	APU		x
Amanda Smith	Jr	18-1	4/4	PP		
Trameika Thomas	Fr	17-7 1/2	4/17	APU		
Megan Emami	Jr	16-4 1/2	2/21	UCSD		
Courtney Alberi	So	14-0 1/2	4/4	PP		
Triple Jump	Yr	Distance	Date	Place	39-10 1/2	37-10 3/4
Trameika Thomas	Fr	37-11 1/4	5/2	CCAA		x
Megan Emami	Jr	35-11 1/2	3/21	UCI		
Shot Put	Yr	Distance	Date	Place	48-2 3/4	43-5 3/4
Rizala Carrington	Jr	36-5 3/4	5/1	CCAA		
Ileana Tejada	Jr	34-8 1/4	2/21	UCSD		
Nicolette Brown	Fr	31-5 1/4	5/1	CCAA		
Amanda Smith	Jr	31-3	3/21	UCI		
Kristy Berlin	Jr	22-11	4/4	PP		
Discus	Yr	Distance	Date	Place	156-6	141-1
Rizala Carrington	Jr	127-8	2/21	UCSD		
Ileana Tejada	Jr	125-2	2/21	UCSD		
Kristy Berlin	Jr	61-5	2/21	UCSD		
Javelin	Yr	Distance	Date	Place	147-8	134-6
Amanda Smith	Jr	112-0	5/1	CCAA		
Courtney Alberi	So	111-10	3/21	UCI		
Hammer	Yr	Distance	Date	Place	179-1	162-5
Ileana Tejada	Jr	139-2	2/21	UCSD		
Rizala Carrington	Jr	118-11	4/4	PP		
Heptathlon		Points	Date	Place	4,800	4,400
Amanda Smith	Jr	4,416	4/30-5/1	CCAA		x

Team Result

2/21 at UCSD quad -- La Jolla

2/28 at Rossi Relays -- CMS

3/6-7 at Ben Brown Invitational, Fullerton

3/21 at UCI Invitational

3/19-20 at Cal State Northridge Multis

3/28-29 at Cal-Nev Championships (UCLA)
4/4 at Pomona Pitzer Invite
4/17 at Azusa Pacific
4/25 at Triton Invite, UCSD
4/30-5/2 at CCAA Championships, Chico
5/09 at Occidental Relays
5/21-22 at NCAA Championships, San Angelo, Texas