

## 2017 Season Best Outdoor Performances

# HAWAII

## WOMEN'S TRACK & FIELD

### 60m Dash

| Athlete         | Mark | Wind | Meet            | Location     | Date    |
|-----------------|------|------|-----------------|--------------|---------|
| Tristen Dulay   | 7.88 | 2.7  | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Tristen Dulay   | 7.96 | 0.0  | Green V. Black  | Honolulu, HI | 12.7.16 |
| Amber Kozaki    | 8.07 | 0.0  | Green V. Black  | Honolulu, HI | 12.7.16 |
| Amanda Bowers   | 8.19 | 0.0  | Green V. Black  | Honolulu, HI | 12.7.16 |
| Felicia Vazquez | 8.43 | 1.5  | Sunrise Meet #2 | Honolulu, HI | 2.4.17  |
| Briahn Brown    | 8.53 | 1.5  | Sunrise Meet #2 | Honolulu, HI | 2.4.17  |
| Lily Lowe       | 8.63 | 1.5  | Sunrise Meet #2 | Honolulu, HI | 2.4.17  |
| Natasha Black   | 9.05 | 0.0  | Green V. Black  | Honolulu, HI | 12.7.16 |
| Karen Bulger    | 9.38 | 0.0  | Green V. Black  | Honolulu, HI | 12.7.16 |

### 100m Dash

| Athlete       | Mark  | Wind | Meet              | Location     | Date    |
|---------------|-------|------|-------------------|--------------|---------|
| Tristen Dulay | 12.74 | -0.2 | Leah Bennett Inv. | Honolulu, HI | 3.11.17 |

### 150m Dash

| Athlete          | Mark  | Wind | Meet            | Location     | Date    |
|------------------|-------|------|-----------------|--------------|---------|
| Tristen Dulay    | 18.87 | 3.6  | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Tristen Dulay    | 18.99 | -1.0 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Courtney Andre   | 19.13 | -1.0 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Kendall Horan    | 19.26 | 3.6  | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Calli Ann Abbott | 19.29 | 3.6  | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Kendall Horan    | 19.39 | -1.0 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Calli Ann Abbott | 19.43 | -1.0 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Alexis Brenzil   | 19.87 | -1.0 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Tatiana Desender | 19.87 | -1.0 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Tatiana Desender | 20.41 | 3.6  | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Lily Lowe        | 20.46 | -1.0 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Natasha Currence | 20.79 | 3.6  | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Alexis Brenzil   | 20.84 | 3.6  | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Courtney Andre   | 20.90 | 3.6  | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Natasha Currence | 20.98 | -1.0 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Briahn Brown     | 21.10 | -1.0 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Briahn Brown     | 21.64 | 3.6  | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |

# 2017 Season Best Outdoor Performances

## 200m Dash

| Athlete          | Mark  | Wind | Meet                  | Location       | Date    |
|------------------|-------|------|-----------------------|----------------|---------|
| Calli Ann Abbott | 25.91 | 1.9  | California Heptathlon | Azusa, CA      | 4.12.17 |
| Kendall Horan    | 25.97 | 0.2  | Sunrise Meet #2       | Honolulu, HI   | 2.4.17  |
| Kendall Horan    | 25.99 | 0.0  | Leah Bennett Inv.     | Honolulu, HI   | 3.11.17 |
| Calli Ann Abbott | 26.11 | 1.9  | BWC Multi Events      | Fullerton, CA  | 5.5.17  |
| Kendall Horan    | 26.29 | -1.2 | Hornet Inv.           | Sacramento, CA | 3.18.17 |
| Calli Ann Abbott | 26.32 | 0.0  | Leah Bennett Inv.     | Honolulu, HI   | 3.11.17 |
| Calli Ann Abbott | 26.42 | 1.3  | Rainbow Relays        | Honolulu, HI   | 3.25.17 |
| Calli Ann Abbott | 26.60 | 0.8  | BWC Champ.            | Fullerton, CA  | 5.12.17 |
| Alexis Brenzil   | 27.07 | 0.0  | Leah Bennett Inv.     | Honolulu, HI   | 3.11.17 |
| Alexis Brenzil   | 27.13 | 2.7  | BWC Multi Events      | Fullerton, CA  | 5.5.17  |
| Alexis Brenzil   | 27.16 | 1.9  | California Heptathlon | Azusa, CA      | 4.12.17 |
| Tatiana Desender | 27.42 | 0.2  | Sunrise Meet #2       | Honolulu, HI   | 2.4.17  |
| Natasha Currence | 28.18 | 0.2  | Sunrise Meet #2       | Honolulu, HI   | 2.4.17  |
| Emily Stack      | 28.20 | 0.2  | Sunrise Meet #2       | Honolulu, HI   | 2.4.17  |
| Alexis Brenzil   | 28.26 | 1.3  | Rainbow Relays        | Honolulu, HI   | 3.25.17 |

## 300m Dash

| Athlete          | Mark  | Meet            | Location     | Date    |
|------------------|-------|-----------------|--------------|---------|
| Kendall Horan    | 42.21 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Kendall Horan    | 42.40 | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Tatiana Desender | 42.62 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Tatiana Desender | 44.28 | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Natasha Currence | 46.58 | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Natasha Currence | 47.13 | Green v. Black  | Honolulu, HI | 12.7.16 |

## 400m Dash

| Athlete         | Mark    | Meet                 | Location     | Date    |
|-----------------|---------|----------------------|--------------|---------|
| Robyn Brown     | 59.60   | Donnis Thompson Inv. | Honolulu, HI | 2.6.16  |
| Kendall Horan   | 1:00.54 | Donnis Thompson Inv. | Honolulu, HI | 2.6.16  |
| Jade Vaughan    | 1:01.02 | Donnis Thompson Inv. | Honolulu, HI | 2.6.16  |
| Courtney Andre' | 1:01.37 | Leah Bennett Inv.    | Honolulu, HI | 3.12.16 |

## 600m Run

| Athlete | Mark | Meet | Location | Date |
|---------|------|------|----------|------|
|---------|------|------|----------|------|

## 800m RUN

| Athlete          | Mark    | Meet                          | Location          | Date    |
|------------------|---------|-------------------------------|-------------------|---------|
| Tristan Setzer   | 2:14.47 | Rainbow Relays                | Honolulu, HI      | 3.24.17 |
| Tristan Setzer   | 2:15.74 | Pacific Coast Intercollegiate | Long Beach, CA    | 4.13.17 |
| Tristan Setzer   | 2:15.75 | SF Distance Carnival          | San Francisco, CA | 4.1.17  |
| Tristan Setzer   | 2:16.14 | Hornet Inv.                   | Sacramento, CA    | 3.18.17 |
| Tristan Setzer   | 2:17.20 | BWC Champ.                    | Fullerton, CA     | 5.12.17 |
| Tristan Setzer   | 2:19.09 | Steve Scott Inv.              | Irvine, CA        | 4.29.17 |
| Maddie Furhman   | 2:19.88 | SF Distance Carnival          | San Francisco, CA | 4.1.17  |
| Montana Martinez | 2:21.30 | Hornet Inv.                   | Sacramento, CA    | 3.18.17 |
| Maddie Furhman   | 2:21.83 | Beach Inv.                    | Long Beach, CA    | 4.15.17 |
| Maddie Furhman   | 2:21.93 | Pacific Coast Intercollegiate | Long Beach, CA    | 4.13.17 |

## 2017 Season Best Outdoor Performances

|                  |         |                               |                |         |
|------------------|---------|-------------------------------|----------------|---------|
| Tristan Setzer   | 2:22.72 | Beach Inv.                    | Long Beach, CA | 4.15.17 |
| Emily Stack      | 2:23.17 | Leah Bennett Inv.             | Honolulu, HI   | 3.11.17 |
| Emily Stack      | 2:23.69 | Hornet Inv.                   | Sacramento, CA | 3.18.17 |
| Maddie Furhman   | 2:24.17 | Rainbow Relays                | Honolulu, HI   | 3.24.17 |
| Tristan Setzer   | 2:24.40 | Green v. Black                | Honolulu, HI   | 12.7.16 |
| Emily Stack      | 2:24.72 | Pacific Coast Intercollegiate | Long Beach, CA | 4.13.17 |
| Maddie Furhman   | 2:25.55 | Green v. Black                | Honolulu, HI   | 12.7.16 |
| Maddie Fuhrman   | 2:25.89 | Steve Scott Inv.              | Irvine, CA     | 4.29.17 |
| Emily Stack      | 2:26.98 | Beach Inv.                    | Long Beach, CA | 4.15.17 |
| Emily Stack      | 2:27.26 | Rainbow Relays                | Honolulu, HI   | 3.24.17 |
| Caitlyn Krueger  | 2:28.00 | Sunrise Meet #2               | Honolulu, HI   | 2.4.17  |
| Maddie Fuhrman   | 2:28.80 | BWC Champ.                    | Fullerton, HI  | 5.12.17 |
| Alison Bowman    | 2:29.06 | Rainbow Relays                | Honolulu, HI   | 3.24.17 |
| Emily Stack      | 2:29.22 | Green v. Black                | Honolulu, HI   | 12.7.16 |
| Caitlyn Krueger  | 2:29.23 | Rainbow Relays                | Honolulu, HI   | 3.24.17 |
| Kai Hoshijo      | 2:29.30 | Sunrise Meet #1               | Honolulu, HI   | 1.21.17 |
| Caitlyn Krueger  | 2:31.14 | Green v. Black                | Honolulu, HI   | 12.7.16 |
| Cait Foss        | 2:31.70 | Sunrise Meet #2               | Honolulu, HI   | 2.4.17  |
| Caitlyn Krueger  | 2:31.88 | Leah Bennett Inv.             | Honolulu, HI   | 3.11.17 |
| Lisa Tashiro     | 2:31.93 | Rainbow Relays                | Honolulu, HI   | 3.24.17 |
| Caitlyn Krueger  | 2:32.00 | Sunrise Meet #1               | Honolulu, HI   | 1.21.17 |
| Alison Bowman    | 2:33.00 | Sunrise Meet #1               | Honolulu, HI   | 1.21.17 |
| Alison Bowman    | 2:34.67 | Sunrise Meet #2               | Honolulu, HI   | 2.4.17  |
| Lisa Tashiro     | 2:39.23 | Leah Bennett Inv.             | Honolulu, HI   | 3.11.17 |
| Emily Stack      | 2:40.00 | Sunrise Meet #1               | Honolulu, HI   | 1.21.17 |
| Alexis Brenzil   | 2:42.16 | BWC Multi Events              | Fullerton, CA  | 5.6.17  |
| Alison Bowman    | 2:42.72 | Green v. Black                | Honolulu, HI   | 12.7.16 |
| Calli Ann Abbott | 2:43.11 | BWC Multi Events              | Fullerton, CA  | 5.6.17  |
| Lisa Tashiro     | 2:46.00 | Sunrise Meet #1               | Honolulu, HI   | 1.21.17 |
| Erin Herting     | 2:46.13 | Sunrise Meet #2               | Honolulu, HI   | 2.4.17  |
| Alexis Brenzil   | 2:50.39 | California Heptathlon         | Azusa, CA      | 4.13.17 |

### 1500m Run

| <b>Athlete</b>   | <b>Mark</b> | <b>Meet</b>          | <b>Location</b>   | <b>Date</b> |
|------------------|-------------|----------------------|-------------------|-------------|
| Montana Martinez | 4:42.00(h)  | BWC Champ.           | Fullerton, CA     | 5.12.17     |
| Montana Martinez | 4:42.82(f)  | BWC Champ.           | Fullerton, CA     | 5.13.17     |
| Montana Martinez | 4:38.94     | Hornet Inv.          | Sacramento, CA    | 3.18.17     |
| Montana Martinez | 4:41.10     | Rainbow Relays       | Honolulu, HI      | 3.25.17     |
| Tristan Setzer   | 4:43.31     | SF Distance Carnival | San Francisco, CA | 3.31.17     |
| Tristan Setzer   | 4:43.89     | Hornet Inv.          | Sacramento, CA    | 3.18.17     |
| Tristan Setzer   | 4:47.16     | Leah Bennett Inv.    | Honolulu, HI      | 3.11.17     |
| Tristan Setzer   | 4:47.17     | Bryan Clay Inv.      | Azusa, CA         | 4.14.17     |
| Cait Foss        | 4:50.06     | Beach Inv.           | Long Beach, CA    | 4.15.17     |
| Maddie Fuhrman   | 4:52.98     | SF Distance Carnival | San Francisco, CA | 3.31.17     |
| Maddie Fuhrman   | 4:55.23     | Leah Bennett Inv.    | Honolulu, HI      | 3.11.17     |
| Maddie Fuhrman   | 4:55.60     | Hornet Inv.          | Sacramento, CA    | 3.18.17     |
| Maddie Fuhrman   | 4:57.94     | Rainbow Relays       | Honolulu, HI      | 3.25.17     |
| Kai Hoshijo      | 4:58.91     | Rainbow Relays       | Honolulu, HI      | 3.25.17     |
| Maddie Furhman   | 5:00.94     | Bryan Clay Inv.      | Azusa, CA         | 4.14.17     |
| Erin Herting     | 5:03.49     | Rainbow Relays       | Honolulu, HI      | 3.25.17     |

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|                 |         |                   |                |         |
|-----------------|---------|-------------------|----------------|---------|
| Cait Foss       | 5:03.97 | Sunrise Meet #2   | Honolulu, HI   | 2.4.17  |
| Erin Herting    | 5:04.08 | Sunrise Meet #2   | Honolulu, HI   | 2.4.17  |
| Kai Hoshijo     | 5:04.62 | Leah Bennett Inv. | Honolulu, HI   | 3.11.17 |
| Alison Bowman   | 5:09.22 | Hornet Inv.       | Sacramento, CA | 3.18.17 |
| Gio Casazza     | 5:11.57 | Beach Inv.        | Long Beach, CA | 4.15.17 |
| Alison Bowman   | 5:14.59 | Beach Inv.        | Long Beach, CA | 4.14.17 |
| Alison Bowman   | 5:15.62 | Leah Bennett Inv. | Honolulu, HI   | 3.11.17 |
| Lisa Tashiro    | 5:20.68 | Leah Bennett Inv. | Honolulu, HI   | 3.11.17 |
| Alison Bowman   | 5:21.82 | Rainbow Relays    | Honolulu, HI   | 3.25.17 |
| Piper MacDonald | 5:22.16 | Steve Scott Inv.  | Irvine, CA     | 4.29.17 |
| Piper MacDonald | 5:22.38 | Beach Inv.        | Long Beach, CA | 4.15.17 |
| Gio Casazza     | 5:22.45 | Rainbow Relays    | Honolulu, HI   | 3.25.17 |
| Lisa Tashiro    | 5:27.06 | Rainbow Relays    | Honolulu, HI   | 3.25.17 |
| Alison Bowman   | 5:29.39 | Bryan Clay Inv.   | Long Beach, CA | 4.13.17 |

### MILE Run

| Athlete          | Mark    | Meet            | Location     | Date    |
|------------------|---------|-----------------|--------------|---------|
| Montana Martinez | 5:02.87 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Maddie Furhman   | 5:24.23 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Tristan Setzer   | 5:25.29 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Kai Hoshijo      | 5:26.90 | Green v. Black  | Honolulu, HI | 12.7.16 |
| Lisa Tashiro     | 5:54.29 | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Alison Bowman    | 5:55.79 | Green v. Black  | Honolulu, HI | 12.7.16 |

### 3000m Run

| Athlete          | Mark     | Meet              | Location     | Date    |
|------------------|----------|-------------------|--------------|---------|
| Montana Martinez | 9:50.45  | Green v. Black    | Honolulu, HI | 12.7.16 |
| Montana Martinez | 10:07.00 | Leah Bennett Inv. | Honolulu, HI | 3.11.17 |
| Erin Herting     | 10:35.00 | Leah Bennett Inv. | Honolulu, HI | 3.11.17 |
| Erin Herting     | 10:47.73 | Sunrise Meet #1   | Honolulu, HI | 1.21.17 |
| Cait Foss        | 11:00.22 | Green v. Black    | Honolulu, HI | 12.7.16 |
| Gio Casazza      | 11:08.00 | Leah Bennett Inv. | Honolulu, HI | 3.11.17 |
| Piper MacDonald  | 11:18.00 | Green v. Black    | Honolulu, HI | 12.7.16 |
| Gio Casazza      | 11:28.88 | Green v. Black    | Honolulu, HI | 12.7.16 |
| Piper MacDonald  | 11:29.08 | Sunrise Meet #2   | Honolulu, HI | 2.4.17  |
| Lisa Tashiro     | 11:47.80 | Green v. Black    | Honolulu, HI | 12.7.16 |

### 5000m Run

| Athlete         | Mark     | Meet                 | Location          | Date    |
|-----------------|----------|----------------------|-------------------|---------|
| Cait Foss       | 18:18.54 | Bryan Clay Inv.      | Azusa, CA         | 4.14.17 |
| Cait Foss       | 18:47.37 | Rainbow Relays       | Honolulu, HI      | 3.24.17 |
| Cait Foss       | 18:55.33 | Steve Scott Inv.     | Irvine, CA        | 4.28.17 |
| Gio Casazza     | 19:09.05 | Hornet Inv.          | Sacramento, CA    | 3.18.17 |
| Gio Casazza     | 19:16.30 | SF Distance Carnival | San Francisco, CA | 3.31.17 |
| Gio Casazza     | 19:25.33 | Bryan Clay Inv.      | Azusa, CA         | 4.13.17 |
| Gio Casazza     | 19:26.21 | Rainbow Relays       | Honolulu, HI      | 3.24.17 |
| Piper MacDonald | 19:36.69 | Hornet Inv.          | Sacramento, CA    | 3.18.17 |
| Piper MacDonald | 19:53.29 | Rainbow Relays       | Honolulu, HI      | 3.24.17 |

# 2017 Season Best Outdoor Performances

## 2 MILE Run

| Athlete         | Mark     | Meet                 | Location          | Date   |
|-----------------|----------|----------------------|-------------------|--------|
| Gio Casazza     | 12:06.29 | SF Distance Carnival | San Francisco, CA | 4.1.17 |
| Piper MacDonald | 12:17.13 | SF Distance Carnival | San Francisco, CA | 4.1.17 |

## 10,000m Run

| Athlete   | Mark     | Meet                 | Location          | Date    |
|-----------|----------|----------------------|-------------------|---------|
| Cait Foss | 38:19.65 | SF Distance Carnival | San Francisco, CA | 3.31.17 |
| Cait Foss | 38:52.74 | BWC Champ.           | Fullerton, CA     | 5.12.17 |

## 4 x 100m Relay

| Mark  | Team                           | Meet           | Location     | Date    |
|-------|--------------------------------|----------------|--------------|---------|
| 52.00 | Bean, Black N., Bowers, Kozaki | Rainbow Relays | Honolulu, HI | 3.25.17 |

## 4 x 400m Relay

| Mark    | Team                            | Meet           | Location     | Date    |
|---------|---------------------------------|----------------|--------------|---------|
| 4:09.68 | Andre, Desender, Fuhrman, Stack | Rainbow Relays | Honolulu, HI | 3.25.17 |

## 60m Hurdles

| Athlete          | Mark  | Wind | Meet            | Location     | Date    |
|------------------|-------|------|-----------------|--------------|---------|
| Calli Ann Abbott | 9.17  | 0.0  | Green v. Black  | Honolulu, HI | 12.7.16 |
| Courtney Andre   | 9.19  | 0.0  | Green v. Black  | Honolulu, HI | 12.7.16 |
| Calli Ann Abbott | 9.28  | -1.7 | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Courtney Andre   | 9.39  | 1.2  | Sunrise Meet #2 | Honolulu, HI | 2.4.17  |
| Alexis Brenzil   | 9.56  | 0.0  | Green v. Black  | Honolulu, HI | 12.7.16 |
| Sha'tres Ah Nee  | 9.57  | 0.0  | Green v. Black  | Honolulu, HI | 12.7.16 |
| Alexis Brenzil   | 9.59  | 1.2  | Sunrise Meet #2 | Honolulu, HI | 2.4.17  |
| Alexis Brenzil   | 9.70  | -1.7 | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Courtney Andre   | 10.50 | -1.7 | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |

## 100m Hurdles (84cm - 36")

| Athlete          | Mark     | Wind | Meet                  | Location       | Date    |
|------------------|----------|------|-----------------------|----------------|---------|
| Calli Ann Abbott | 14.25(f) | 0.3  | Stanford Inv.         | Palo Alto, CA  | 3.31.17 |
| Calli Ann Abbott | 14.43    | 1.3  | BWC Champ.            | Fullerton, CA  | 5.12.17 |
| Calli Ann Abbott | 14.48    | 1.0  | Beach Inv.            | Long Beach, CA | 4.15.17 |
| Calli Ann Abbott | 14.52    | 0.5  | BWC Multi Events      | Fullerton, CA  | 5.5.17  |
| Calli Ann Abbott | 14.60    | 0.6  | California Heptathlon | Azusa, CA      | 4.12.17 |
| Calli Ann Abbott | 14.61    | -0.6 | Hornet Inv.           | Sacramento, CA | 3.18.17 |
| Calli Ann Abbott | 14.69(h) | -2.3 | Stanford Inv.         | Palo Alto, CA  | 3.31.17 |
| Calli Ann Abbott | 14.74    | -1.0 | Rainbow Relays        | Honolulu, HI   | 3.25.17 |
| Calli Ann Abbott | 14.94    | 0.0  | Leah Bennett Inv.     | Honolulu, HI   | 3.11.17 |
| Alexis Brenzil   | 15.56    | 1.2  | Rainbow Relays        | Honolulu, HI   | 3.25.17 |
| Alexis Brenzil   | 15.80    | -0.5 | BWC Multi Events      | Fullerton, CA  | 5.5.17  |
| Alexis Brenzil   | 16.15    | 0.0  | Leah Bennett Inv.     | Honolulu, HI   | 3.11.17 |
| Alexis Brenzil   | 16.23    | -0.6 | Hornet Inv.           | Sacramento, CA | 3.18.17 |
| Alexis Brenzil   | 16.79    | 0.6  | California Heptathlon | Azusa, CA      | 4.12.17 |

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## 400m Hurdles (76cm – 30")

| Athlete          | Mark       | Meet                          | Location          | Date    |
|------------------|------------|-------------------------------|-------------------|---------|
| Courtney Andre   | 1:02.16    | SF Distance Carnival          | San Francisco, CA | 4.1.17  |
| Courtney Andre   | 1:03.18    | Stanford Inv.                 | Palo Alto, CA     | 3.31.17 |
| Courtney Andre   | 1:03.29    | Mt. Sac Relays                | Torrance, CA      | 4.14.17 |
| Courtney Andre   | 1:03.38(f) | BWC Champ.                    | Fullerton, CA     | 5.13.17 |
| Courtney Andre   | 1:03.69(h) | BWC Champ.                    | Fullerton, CA     | 5.12.17 |
| Courtney Andre   | 1:03.80    | Hornet Inv.                   | Sacramento, CA    | 3.18.17 |
| Courtney Andre   | 1:05.20    | Leah Bennett Inv.             | Honolulu, HI      | 3.11.17 |
| Courtney Andre   | 1:06.12    | Rainbow Relays                | Honolulu, HI      | 3.25.17 |
| Courtney Andre   | 1:06.36    | Steve Scott Inv.              | Irvine, CA        | 4.29.17 |
| Tatiana Desender | 1:06.91    | Leah Bennett Inv.             | Honolulu, HI      | 3.11.17 |
| Tatiana Desender | 1:07.01    | SF Distance Carnival          | San Francisco, CA | 4.1.17  |
| Tatiana Desender | 1:07.05    | BWC Champ.                    | Fullerton, CA     | 5.12.17 |
| Tatiana Desender | 1:07.24    | Pacific Coast Intercollegiate | Long Beach, CA    | 4.13.17 |
| Tatiana Desender | 1:07.88    | Hornet Inv.                   | Sacramento, CA    | 3.18.17 |
| Tatiana Desender | 1:07.93    | Bryan Clay Inv.               | Asuza, CA         | 4.14.17 |
| Tatiana Desender | 1:08.35    | Steve Scott Inv.              | Irvine, CA        | 4.29.17 |
| Tatiana Desender | 1:08.54    | Beach Inv.                    | Long Beach, CA    | 4.15.17 |
| Tatiana Desender | 1:08.72    | Rainbow Relays                | Honolulu, HI      | 3.25.17 |

## 3000m Steeple Chase

| Athlete         | Mark     | Meet                 | Location          | Date    |
|-----------------|----------|----------------------|-------------------|---------|
| Piper MacDonald | 12:03.14 | Steve Scott Inv.     | Irvine, CA        | 4.28.17 |
| Piper MacDonald | 12:13.55 | SF Distance Carnival | San Francisco, CA | 3.31.17 |
| Piper MacDonald | 12:29.77 | Bryan Clay Inv.      | Azusa, CA         | 4.13.17 |
| Piper MacDonald | 12:47.88 | Rainbow Relays       | Honolulu, HI      | 3.25.17 |
| Piper MacDonald | 12:48.04 | BWC Champ.           | Fullerton, CA     | 5.12.17 |

## High Jump

| Athlete          | Mark  | Meet                  | Location       | Date    |
|------------------|-------|-----------------------|----------------|---------|
| Lily Lowe        | 1.76m | Steve Scott Inv.      | Irvine, CA     | 4.29.17 |
| Lily Lowe        | 1.75m | Stanford Inv.         | Palo Alto, CA  | 3.31.17 |
| Lily Lowe        | 1.75m | Rainbow Relays        | Honolulu, HI   | 3.25.17 |
| Lily Lowe        | 1.74m | NCAA West Region      | Austin, TX     | 5.26.17 |
| Lily Lowe        | 1.70m | Beach Inv.            | Long Beach, CA | 4.15.17 |
| Lily Lowe        | 1.68m | Leah Bennett Inv.     | Honolulu, HI   | 3.11.17 |
| Lily Lowe        | 1.67m | BWC Champ.            | Fullerton, CA  | 5.12.17 |
| Lily Lowe        | 1.65m | Green V. Black        | Honolulu, HI   | 12.7.16 |
| Sha'tres Ah Nee  | 1.60m | Green V. Black        | Honolulu, HI   | 12.7.16 |
| Alexis Brenzil   | 1.55m | BWC Multi Events      | Fullerton, CA  | 5.5.17  |
| Alexis Brenzil   | 1.51m | California Heptathlon | Azusa, CA      | 4.12.17 |
| Alexis Brenzil   | 1.50m | Rainbow Relays        | Honolulu, HI   | 3.25.17 |
| Alexis Brenzil   | 1.50m | Sunrise Meet #1       | Honolulu, HI   | 1.21.17 |
| Calli Ann Abbott | 1.48m | California Heptathlon | Azusa, CA      | 4.12.17 |
| Calli Ann Abbott | 1.46m | BWC Multi Events      | Fullerton, CA  | 5.5.17  |
| Calli Ann Abbott | 1.45m | Sunrise Meet #1       | Honolulu, HI   | 1.21.17 |
| Briahn Brown     | 1.40m | Sunrise Meet #2       | Honolulu, HI   | 2.4.17  |
| Briahn Brown     | 1.35m | Sunrise Meet #1       | Honolulu, HI   | 1.21.17 |

# 2017 Season Best Outdoor Performances

## Pole Vault

| <b>Athlete</b> | <b>Mark</b> | <b>Meet</b>                   | <b>Location</b> | <b>Date</b> |
|----------------|-------------|-------------------------------|-----------------|-------------|
| Amber Kozaki   | 3.92m       | BWC Champ.                    | Fullerton, CA   | 5.13.17     |
| Amber Kozaki   | 3.81m       | Green V. Black                | Honolulu, HI    | 12.7.16     |
| Amber Kozaki   | 3.81m       | Steve Scott Inv.              | Irvine, CA      | 4.28.17     |
| Amanda Bowers  | 3.80m       | Stanford Inv.                 | Palo Alto, CA   | 3.31.17     |
| Natasha Black  | 3.77m       | BWC Champ.                    | Fullerton, CA   | 5.13.17     |
| Megan Fereira  | 3.77m       | BWC Champ.                    | Fullerton, CA   | 5.13.17     |
| Amanda Bowers  | 3.77m       | BWC Champ.                    | Fullerton, CA   | 5.13.17     |
| Megan Fereira  | 3.66m       | Steve Scott Inv.              | Irvine, CA      | 4.28.17     |
| Amber Kozaki   | 3.65m       | Mt. Sac Relays                | Torrance, CA    | 4.14.17     |
| Amber Kozaki   | 3.65m       | Stanford Inv.                 | Palo Alto, CA   | 3.31.17     |
| Natasha Black  | 3.65m       | Stanford Inv.                 | Palo Alto, CA   | 3.31.17     |
| Amanda Bowers  | 3.65m       | Rainbow Relays                | Honolulu, HI    | 3.25.17     |
| Amanda Bowers  | 3.65m       | Green V. Black                | Honolulu, HI    | 12.7.16     |
| Megan Fereira  | 3.65m       | Leah Bennett Inv.             | Honolulu, HI    | 3.11.17     |
| Amanda Bowers  | 3.65m       | Mt. Sac Relays                | Torrance, CA    | 4.14.17     |
| Amber Kozaki   | 3.65m       | Sunrise Meet #2               | Honolulu, HI    | 2.4.17      |
| Amber Kozaki   | 3.61m       | Pacific Coast Intercollegiate | Long Beach, CA  | 4.13.17     |
| Natasha Black  | 3.61m       | Pacific Coast Intercollegiate | Long Beach, CA  | 4.13.17     |
| Amanda Bowers  | 3.61m       | Pacific Coast Intercollegiate | Long Beach, CA  | 4.13.17     |
| Natasha Black  | 3.60m       | Hornet Inv.                   | Sacramento, CA  | 3.18.17     |
| Amber Kozaki   | 3.60m       | Hornet Inv.                   | Sacramento, CA  | 3.18.17     |
| Natasha Black  | 3.60m       | Beach Inv.                    | Long Beach, CA  | 4.15.17     |
| Megan Fereira  | 3.60m       | Hornet Inv.                   | Sacramento, CA  | 3.18.17     |
| Amanda Bowers  | 3.51m       | Steve Scott Inv.              | Irvine, CA      | 4.28.17     |
| Natasha Black  | 3.51m       | Steve Scott Inv.              | Irvine, CA      | 4.28.17     |
| Natasha Black  | 3.50m       | Rainbow Relays                | Honolulu, HI    | 3.25.17     |
| Amber Kozaki   | 3.50m       | Rainbow Relays                | Honolulu, HI    | 3.25.17     |
| Nina Bean      | 3.50m       | Rainbow Relays                | Honolulu, HI    | 3.25.17     |
| Amber Kozaki   | 3.50m       | Sunrise Meet #1               | Honolulu, HI    | 1.21.17     |
| Amber Kozaki   | 3.50m       | Leah Bennett Inv.             | Honolulu, HI    | 3.11.17     |
| Nina Bean      | 3.50m       | Leah Bennett Inv.             | Honolulu, HI    | 3.11.17     |
| Natasha Black  | 3.50m       | Leah Bennett Inv.             | Honolulu, HI    | 3.11.17     |
| Amanda Bowers  | 3.50m       | Leah Bennett Inv.             | Honolulu, HI    | 3.11.17     |
| Natasha Black  | 3.47m       | Bryan Clay Inv.               | Asuza, CA       | 4.14.17     |
| Megan Fereira  | 3.46m       | Pacific Coast Intercollegiate | Long Beach, CA  | 4.13.17     |
| Amber Kozaki   | 3.45m       | Beach Inv.                    | Long Beach, CA  | 4.15.17     |
| Megan Fereira  | 3.45m       | Beach Inv.                    | Long Beach, CA  | 4.15.17     |
| Natasha Black  | 3.35m       | Green V. Black                | Honolulu, HI    | 12.7.16     |
| Megan Fereira  | 3.35m       | Sunrise Meet #2               | Honolulu, HI    | 2.4.17      |
| Megan Fereira  | 3.35m       | Green V. Black                | Honolulu, HI    | 12.7.16     |
| Natasha Black  | 3.35m       | Sunrise Meet #2               | Honolulu, HI    | 2.4.17      |
| Nina Bean      | 3.20m       | Sunrise Meet #2               | Honolulu, HI    | 2.4.17      |
| Nina Bean      | 3.05m       | Green V. Black                | Honolulu, HI    | 12.7.16     |

# 2017 Season Best Outdoor Performances

## Long Jump

| Athlete          | Mark  | Wind | Meet                  | Location       | Date    |
|------------------|-------|------|-----------------------|----------------|---------|
| Alexis Brenzil   | 5.47m | nwi  | Green V. Black        | Honolulu, HI   | 12.7.16 |
| Alexis Brenzil   | 5.42m | 0.2  | Beach Inv.            | Long Beach, CA | 4.15.17 |
| Alexis Brenzil   | 5.39m | 0.2  | Hornet Inv.           | Sacramento, CA | 3.18.17 |
| Calli Ann Abbott | 5.37m | 1.7  | Rainbow Relays        | Honolulu, HI   | 3.25.17 |
| Calli Ann Abbott | 5.37m | 2.1  | California Heptathlon | Azusa, CA      | 4.13.17 |
| Alexis Brenzil   | 5.36m | 0.0  | California Heptathlon | Azusa, CA      | 4.13.17 |
| Calli Ann Abbott | 5.35m | 1.9  | BWC Multi Events      | Fullerton, CA  | 5.6.17  |
| Alexis Brenzil   | 5.26m | nwi  | Sunrise Meet #2       | Honolulu, HI   | 2.4.17  |
| Alexis Brenzil   | 5.26m | 2.5  | BWC Multi Events      | Fullerton, CA  | 5.6.17  |
| Calli Ann Abbott | 5.20m | 0.8  | BWC Champ.            | Fullerton, CA  | 5.12.17 |
| Alexis Brenzil   | 5.19m | 0.0  | BWC Champ.            | Fullerton, CA  | 5.12.17 |
| Calli Ann Abbott | 5.17m | 0.0  | Beach Inv.            | Long Beach, CA | 4.15.17 |
| Alexis Brenzil   | 5.15m | 2.8  | Stanford Inv.         | Palo Alto, CA  | 3.31.17 |
| Amber Kozaki     | 5.05m | nwi  | Green V. Black        | Honolulu, HI   | 12.7.16 |
| Briah Brown      | 5.00m | nwi  | Green V. Black        | Honolulu, HI   | 12.7.16 |
| Calli Ann Abbott | 4.99m | nwi  | Green V. Black        | Honolulu, HI   | 12.7.16 |
| Courtney Andre   | 4.74m | nwi  | Leah Bennett Inv.     | Honolulu, HI   | 3.11.17 |
| Courtney Andre   | 4.62m | 1.5  | Rainbow Relays        | Honolulu, HI   | 3.25.17 |
| Courtney Andre   | 4.51m | 0.0  | Hornet Inv.           | Sacramento, CA | 3.18.17 |

## Triple Jump

| Athlete          | Mark   | Wind | Meet                          | Location          | Date    |
|------------------|--------|------|-------------------------------|-------------------|---------|
| Briahn Brown     | 10.81m | 1.4  | Pacific Intercollegiate Inv.  | Long Beach        | 4.13.17 |
| Felicia Vazquez  | 10.55m | Nwi  | Green v. Black                | Honolulu, HI      | 12.7.16 |
| Tatiana Desender | 10.39  | nwi  | Bryan Clay Inv.               | Azusa, CA         | 4.14.17 |
| Briahn Brown     | 10.34m | 0.0  | Beach Inv.                    | Long Beach, CA    | 4.15.17 |
| Briahn Brown     | 10.33m | 2.8  | Rainbow Relays                | Honolulu, HI      | 3.24.17 |
| Tatiana Desender | 10.23  | 2.5  | Pacific Coast Intercollegiate | Long Beach, CA    | 4.13.17 |
| Tatiana Desender | 10.21m | nwi  | SF Distance Carnival          | San Francisco, CA | 3.31.17 |
| Tatiana Desender | 10.00m | 0.2  | Rainbow Relays                | Honolulu, HI      | 3.24.17 |
| Tatiana Desender | 10.00m | Nwi  | Leah Bennett Inv.             | Honolulu, HI      | 3.11.17 |
| Felicia Vazquez  | 9.92m  | 1.4  | Rainbow Relays                | Honolulu, HI      | 3.24.17 |
| Tiziana Ruiz     | 9.85m  | Nwi  | Green v. Black                | Honolulu, HI      | 12.7.16 |
| Briahn Brown     | 9.77m  | Nwi  | Leah Bennett Inv.             | Honolulu, HI      | 3.11.17 |
| Megan Feriera    | 8.60m  | nwi  | Green v. Black                | Honolulu, HI      | 12.7.16 |

## Shot Put

| Athlete         | Mark   | Meet           | Location       | Date    |
|-----------------|--------|----------------|----------------|---------|
| Sabrina Mendoza | 14.47m | BWC Champ.     | Fullerton, CA  | 5.12.17 |
| Sabrina Mendoza | 14.27m | Beach Inv.     | Long Beach, CA | 4.15.17 |
| Sabrina Mendoza | 14.09m | Rainbow Relays | Honolulu, HI   | 3.25.17 |
| Sabrina Mendoza | 13.92m | Stanford Inv.  | Palo Alto, CA  | 3.31.17 |
| Sabrina Mendoza | 13.79m | Mt. Sac Relays | Torrance, CA   | 4.14.17 |
| Sabrina Mendoza | 13.50m | Green v. Black | Honolulu, HI   | 12.7.16 |
| Mary Kamau      | 13.05m | Rainbow Relays | Honolulu, HI   | 3.25.17 |
| Michelle Altice | 13.00m | Green v. Black | Honolulu, HI   | 12.7.16 |
| Michelle Altice | 12.85m | Stanford Inv.  | Palo Alto, CA  | 3.31.17 |
| Mary Kamau      | 12.84m | Beach Inv.     | Long Beach, CA | 4.15.17 |

## 2017 Season Best Outdoor Performances

|                  |        |                       |               |         |
|------------------|--------|-----------------------|---------------|---------|
| Michelle Altice  | 12.83m | Rainbow Relays        | Honolulu, HI  | 3.25.17 |
| Mary Kamau       | 12.65m | Green v. Black        | Honolulu, HI  | 12.7.16 |
| Michelle Altice  | 12.50m | Leah Bennett Inv.     | Honolulu, HI  | 3.11.17 |
| Mary Kamau       | 12.41m | BWC Champ.            | Fullerton, CA | 5.12.17 |
| Michelle Altice  | 12.38m | BWC Champ.            | Fullerton, CA | 5.12.17 |
| Mary Kamau       | 12.36m | Stanford Inv.         | Palo Alto, CA | 3.31.17 |
| Kahili Novikoff  | 12.35m | Leah Bennett Inv.     | Honolulu, HI  | 3.11.17 |
| Kahili Novikoff  | 12.25m | Green v. Black        | Honolulu, HI  | 12.7.16 |
| Alexis Brenzil   | 12.21m | BWC Multi Events      | Fullerton, CA | 5.5.17  |
| Mary Kamau       | 12.20m | Sunrise Meet #1       | Honolulu, HI  | 1.21.17 |
| Mary Kamau       | 12.18m | Steve Scott Inv.      | Irvine, CA    | 4.29.17 |
| Kahili Novikoff  | 12.13m | Sunrise Meet #2       | Honolulu, HI  | 2.4.17  |
| Alexis Brenzil   | 12.06m | California Heptathlon | Azusa, CA     | 4.12.17 |
| Kahili Novikoff  | 12.00m | Sunrise Meet #1       | Honolulu, HI  | 1.21.17 |
| Calli Ann Abbott | 11.84m | California Heptathlon | Azusa, CA     | 4.12.17 |
| Malissa Humanic  | 11.50m | Leah Bennett Inv.     | Honolulu, HI  | 3.11.17 |
| Malissa Humanic  | 11.35m | Sunrise Meet #1       | Honolulu, HI  | 1.21.17 |
| Calli Ann Abbott | 11.29m | BWC Multi Events      | Fullerton, CA | 5.5.17  |
| Malissa Humanic  | 11.24m | Green v. Black        | Honolulu, HI  | 12.7.16 |
| Malissa Humanic  | 10.86m | Rainbow Relays        | Honolulu, HI  | 3.25.17 |
| Calli Ann Abbott | 10.80m | Sunrise Meet #2       | Honolulu, HI  | 2.4.17  |
| Malissa Humanic  | 10.71m | Sunrise Meet #2       | Honolulu, HI  | 2.4.17  |
| Winnie Markowitz | 10.70m | Leah Bennett Inv.     | Honolulu, HI  | 3.11.17 |
| Winnie Markowitz | 10.53m | Rainbow Relays        | Honolulu, HI  | 3.25.17 |
| Ashley Kamau     | 10.10m | Green v. Black        | Honolulu, HI  | 12.7.16 |
| Ashley Kamau     | 10.10m | Sunrise Meet #1       | Honolulu, HI  | 1.21.17 |
| Winnie Markowitz | 9.68m  | Sunrise Meet #2       | Honolulu, HI  | 2.4.17  |
| Sha'tres Ah Nee  | 9.45m  | Green v. Black        | Honolulu, HI  | 12.7.16 |

## Weight Throw

| <b>Athlete</b>  | <b>Mark</b> | <b>Meet</b>     | <b>Location</b> | <b>Date</b> |
|-----------------|-------------|-----------------|-----------------|-------------|
| Haleigh Sudbeck | 15.06m      | Sunrise Meet #2 | Honolulu, HI    | 2.4.17      |
| Haleigh Sudbeck | 14.42m      | Green v. Black  | Honolulu, HI    | 12.7.16     |
| Kahili Novikoff | 14.31m      | Sunrise Meet #2 | Honolulu, HI    | 2.4.17      |
| Kahili Novikoff | 14.10m      | Sunrise Meet #1 | Honolulu, HI    | 1.21.17     |
| Michelle Altice | 13.81m      | Sunrise Meet #2 | Honolulu, HI    | 2.4.17      |
| Felicia Vazquez | 13.75m      | Green v. Black  | Honolulu, HI    | 12.7.16     |
| Michelle Altice | 13.72m      | Green v. Black  | Honolulu, HI    | 12.7.16     |
| Sabrina Mendoza | 13.70m      | Hornet Inv.     |                 | 3.18.17     |
| Sabrina Mendoza | 13.65m      | Green v. Black  | Honolulu, HI    | 12.7.16     |
| Mary Kamau      | 13.37m      | Sunrise Meet #2 | Honolulu, HI    | 2.4.17      |
| Kahili Novikoff | 13.30m      | Green v. Black  | Honolulu, HI    | 12.7.16     |
| Mary Kamau      | 13.22m      | Sunrise Meet #1 | Honolulu, HI    | 1.21.17     |
| Felicia Vazquez | 13.10m      | Sunrise Meet #1 | Honolulu, HI    | 1.21.17     |
| Sabrina Mendoza | 12.82m      | Sunrise Meet #1 | Honolulu, HI    | 1.21.17     |
| Haleigh Sudbeck | 12.80m      | Sunrise Meet #1 | Honolulu, HI    | 1.21.17     |
| Felicia Vazquez | 12.65m      | Sunrise Meet #2 | Honolulu, HI    | 2.4.17      |
| Mary Kamau      | 12.50m      | Green v. Black  | Honolulu, HI    | 12.7.16     |
| Malissa Humanic | 12.50m      | Sunrise Meet #1 | Honolulu, HI    | 1.21.17     |
| Mary Kamau      | 12.24m      | Hornet Inv.     |                 | 3.18.17     |

## 2017 Season Best Outdoor Performances

|                 |        |                 |              |         |
|-----------------|--------|-----------------|--------------|---------|
| Michelle Altice | 12.00m | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Malissa Humanic | 11.28m | Sunrise Meet #2 | Honolulu, HI | 2.4.17  |
| Malissa Humanic | 10.94m | Green v. Black  | Honolulu, HI | 12.7.16 |
| Michelle Altice | 12.00m | Sunrise Meet #1 | Honolulu, HI | 1.21.17 |
| Malissa Humanic | 11.28m | Sunrise Meet #2 | Honolulu, HI | 2.4.17  |
| Malissa Humanic | 10.94m | Green v. Black  | Honolulu, HI | 12.7.16 |

### Discus Throw

| <b>Athlete</b>   | <b>Mark</b> | <b>Meet</b>                   | <b>Location</b> | <b>Date</b> |
|------------------|-------------|-------------------------------|-----------------|-------------|
| Michelle Altice  | 42.78m      | Stanford Inv.                 | Palo Alto, CA   | 4.1.17      |
| Mary Kamau       | 41.98m      | Mt. Sac Relays                | Torrance, CA    | 4.14.17     |
| Michelle Altice  | 41.70m      | Green v. Black                | Honolulu, HI    | 12.7.16     |
| Sabrina Mendoza  | 41.57m      | Rainbow Relays                | Honolulu, HI    | 3.25.17     |
| Sabrina Mendoza  | 41.43m      | Green v. Black                | Honolulu, HI    | 12.7.16     |
| Sabrina Mendoza  | 41.36m      | Stanford Inv.                 | Palo Alto, CA   | 4.1.17      |
| Michelle Altice  | 41.20m      | BWC Champ.                    | Fullerton, CA   | 5.13.17     |
| Mary Kamau       | 41.18m      | Stanford Inv.                 | Palo Alto, CA   | 4.1.17      |
| Mary Kamau       | 41.14m      | Steve Scott Inv.              | Irvine, CA      | 4.29.17     |
| Mary Kamau       | 41.10m      | Rainbow Relays                | Honolulu, HI    | 3.25.17     |
| Mary Kamau       | 40.99m      | Beach Inv.                    | Long Beach, CA  | 4.15.17     |
| Michelle Altice  | 40.5m       | Rainbow Relays                | Honolulu, HI    | 3.25.17     |
| Mary Kamau       | 40.20m      | BWC Champ.                    | Fullerton, CA   | 5.13.17     |
| Mary Kamau       | 39.74m      | Pacific Coast Intercollegiate | Long Beach, CA  | 4.13.17     |
| Sabrina Mendoza  | 38.93m      | BWC Champ.                    | Fullerton, CA   | 5.13.17     |
| Mary Kamau       | 38.65m      | Green v. Black                | Honolulu, HI    | 12.7.16     |
| Ashley Kamau     | 38.44m      | Rainbow Relays                | Honolulu, HI    | 3.25.17     |
| Sabrina Mendoza  | 38.20m      | Sunrise Meet #2               | Honolulu, HI    | 2.4.17      |
| Ashley Kamau     | 38.00m      | Steve Scott Inv.              | Irvine, CA      | 4.29.17     |
| Mary Kamau       | 37.80m      | Hornet Inv.                   | Sacramento, CA  | 3.18.17     |
| Malissa Humanic  | 37.30m      | Green v. Black                | Honolulu, HI    | 12.7.16     |
| Mary Kamau       | 37.10m      | Sunrise Meet #2               | Honolulu, HI    | 2.4.17      |
| Sabrina Mendoza  | 36.89m      | Beach Inv.                    | Long Beach, CA  | 4.15.17     |
| Kahili Novikoff  | 36.80m      | Green v. Black                | Honolulu, HI    | 12.7.16     |
| Sabrina Mendoza  | 36.78m      | Mt. Sac Relays                | Torrance, CA    | 4.14.17     |
| Ashley Kamau     | 35.90m      | Green v. Black                | Honolulu, HI    | 12.7.16     |
| Sabrina Mendoza  | 34.78m      | Pacific Coast Intercollegiate | Long Beach, CA  | 4.13.17     |
| Michelle Altice  | 34.36m      | Sunrise Meet #2               | Honolulu, HI    | 2.4.17      |
| Winnie Markowitz | 32.73m      | Sunrise Meet #2               | Honolulu, HI    | 2.4.17      |
| Kahili Novikoff  | 32.41m      | Sunrise Meet #2               | Honolulu, HI    | 2.4.17      |
| Malissa Humanic  | 32.22m      | Sunrise Meet #2               | Honolulu, HI    | 2.4.17      |
| Malissa Humanic  | 31.74m      | Rainbow Relays                | Honolulu, HI    | 3.25.17     |

### Hammer Throw

| <b>Athlete</b>  | <b>Mark</b> | <b>Meet</b>      | <b>Location</b> | <b>Date</b> |
|-----------------|-------------|------------------|-----------------|-------------|
| Haleigh Sudbeck | 52.01m      | BWC Champ.       | Fullerton, CA   | 5.12.17     |
| Haleigh Sudbeck | 51.70m      | Mt. Sac Relays   | Torrance, CA    | 4.14.17     |
| Haleigh Sudbeck | 50.95m      | Rainbow Relays   | Honolulu, HI    | 3.24.17     |
| Haleigh Sudbeck | 50.80m      | Hornet Inv.      | Sacramento, CA  | 3.17.17     |
| Haleigh Sudbeck | 50.35m      | Green v. Black   | Honolulu, HI    | 12.7.16     |
| Haleigh Sudbeck | 49.71m      | Steve Scott Inv. | Irvine, CA      | 4.28.17     |

## 2017 Season Best Outdoor Performances

|                 |        |                               |                |         |
|-----------------|--------|-------------------------------|----------------|---------|
| Haleigh Sudbeck | 49.20m | Sunrise Meet #2               | Honolulu, HI   | 3.11.17 |
| Haleigh Sudbeck | 48.45m | Pacific Coast Intercollegiate | Long Beach, CA | 4.13.17 |
| Haleigh Sudbeck | 48.39m | Stanford Inv.                 | Palo Alto, CA  | 4.1.17  |
| Haleigh Sudbeck | 47.65m | Sunrise Meet #1               | Honolulu, HI   | 1.21.17 |
| Mary Kamau      | 43.30m | Green v. Black                | Honolulu, HI   | 12.7.16 |
| Mary Kamau      | 42.51m | Pacific Coast Intercollegiate | Long Beach, CA | 4.15.17 |
| Mary Kamau      | 42.48m | Steve Scott Inv.              | Irvine, CA     | 4.28.17 |
| Mary Kamau      | 42.35m | Hornet Inv.                   | Sacramento, CA | 3.17.17 |
| Mary Kamau      | 42.26m | Rainbow Relays                | Honolulu, HI   | 3.24.17 |
| Kahili Novikoff | 42.10m | Sunrise Meet #2               | Honolulu, HI   | 3.11.17 |
| Kahili Novikoff | 41.95m | Green v. Black                | Honolulu, HI   | 12.7.16 |
| Mary Kamau      | 41.80m | Sunrise Meet #2               | Honolulu, HI   | 3.11.17 |
| Kahili Novikoff | 40.95m | Sunrise Meet #1               | Honolulu, HI   | 1.21.17 |
| Michelle Altice | 39.95m | Green v. Black                | Honolulu, HI   | 12.7.16 |
| Sabrina Mendoza | 39.32m | Sunrise Meet #1               | Honolulu, HI   | 1.21.17 |
| Sabrina Mendoza | 38.50m | Green v. Black                | Honolulu, HI   | 12.7.16 |
| Michelle Altice | 38.29  | Rainbow Relays                | Honolulu, HI   | 3.24.17 |
| Malissa Humanic | 37.50m | Sunrise Meet #1               | Honolulu, HI   | 1.21.17 |
| Malissa Humanic | 37.12m | Sunrise Meet #2               | Honolulu, HI   | 3.11.17 |
| Felicia Vazquez | 36.85m | Sunrise Meet #1               | Honolulu, HI   | 1.21.17 |
| Felicia Vazquez | 36.80m | Sunrise Meet #2               | Honolulu, HI   | 3.11.17 |
| Malissa Humanic | 36.75m | Green v. Black                | Honolulu, HI   | 12.7.16 |
| Michelle Altice | 36.43m | Sunrise Meet #2               | Honolulu, HI   | 3.11.17 |
| Felicia Vazquez | 35.65m | Green v. Black                | Honolulu, HI   | 12.7.16 |
| Malissa Humanic | 34.69m | Rainbow Relays                | Honolulu, HI   | 3.24.17 |
| Michelle Altice | 33.80m | Sunrise Meet #1               | Honolulu, HI   | 1.21.17 |
| Ashley Kamau    | 31.90m | Sunrise Meet #1               | Honolulu, HI   | 1.21.17 |
| Ashley Kamau    | 27.00m | Green v. Black                | Honolulu, HI   | 12.7.16 |

## Javelin Throw

| <b>Athlete</b>  | <b>Mark</b> | <b>Meet</b>           | <b>Location</b> | <b>Date</b> |
|-----------------|-------------|-----------------------|-----------------|-------------|
| Alexis Brenzil  | 47.63m      | BWC Multi Events      | Fullerton, CA   | 5.6.17      |
| Alexis Brenzil  | 45.97       | NCAA West Region      | Austin, TX      | 5.25.17     |
| Karen Bulger    | 45.54m      | Rainbow Relays        | Honolulu, HI    | 3.24.17     |
| Alexis Brenzil  | 44.60m      | Sunrise Meet #2       | Honolulu, HI    | 3.11.17     |
| Karen Bulger    | 43.95m      | Green v. Black        | Honolulu, HI    | 12.7.16     |
| Alexis Brenzil  | 43.90m      | Green v. Black        | Honolulu, HI    | 12.7.16     |
| Alexis Brenzil  | 43.88m      | BWC Champ.            | Fullerton, CA   | 5.13.17     |
| Karen Bulger    | 43.38m      | Stanford Inv.         | Palo Alto, CA   | 4.1.17      |
| Alexis Brenzil  | 43.29m      | Hornet Inv.           | Sacramento, CA  | 3.17.17     |
| Karen Bulger    | 43.15m      | Steve Scott Inv.      | Irvine, CA      | 4.28.17     |
| Karen Bulger    | 42.93m      | BWC Champ.            | Fullerton, CA   | 5.13.17     |
| Felicia Vazquez | 42.49m      | Steve Scott Inv.      | Irvine, CA      | 4.28.17     |
| Alexis Brenzil  | 42.19m      | Rainbow Relays        | Honolulu, HI    | 3.24.17     |
| Karen Bulger    | 42.00m      | Hornet Inv.           | Sacramento, CA  | 3.17.17     |
| Alexis Brenzil  | 41.80m      | Sunrise Meet #2       | Honolulu, HI    | 2.4.17      |
| Alexis Brenzil  | 41.33m      | California Heptathlon | Azusa, CA       | 4.13.17     |
| Karen Bulger    | 40.71m      | Sunrise Meet #2       | Honolulu, HI    | 3.11.17     |
| Felicia Vazquez | 40.57m      | Hornet Inv.           | Sacramento, CA  | 3.17.17     |
| Felicia Vazquez | 40.00m      | Green v. Black        | Honolulu, HI    | 12.7.16     |

## 2017 Season Best Outdoor Performances

|                  |        |                       |               |         |
|------------------|--------|-----------------------|---------------|---------|
| Felicia Vazquez  | 39.84m | BWC Champ.            | Fullerton, CA | 5.13.17 |
| Felicia Vazquez  | 39.50m | Rainbow Relays        | Honolulu, HI  | 3.24.17 |
| Alexis Brenzil   | 39.40m | Stanford Inv.         | Palo Alto, CA | 4.1.17  |
| Karen Bulger     | 39.20m | Sunrise Meet #1       | Honolulu, HI  | 1.21.17 |
| Karen Bulger     | 39.03m | NCAA West Region      | Austin, TX    | 5.25.17 |
| Felicia Vazquez  | 38.97m | Sunrise Meet #2       | Honolulu, HI  | 3.11.17 |
| Felicia Vazquez  | 38.55m | Sunrise Meet #2       | Honolulu, HI  | 2.4.17  |
| Calli Ann Abbott | 35.98m | BWC Champ.            | Fullerton, CA | 5.13.17 |
| Calli Ann Abbott | 34.90m | BWC Multi Events      | Fullerton, CA | 5.6.17  |
| Felicia Vazquez  | 34.90m | Sunrise Meet #1       | Honolulu, HI  | 1.21.17 |
| Calli Ann Abbott | 33.10m | Sunrise Meet #2       | Honolulu, HI  | 3.11.17 |
| Calli Ann Abbott | 32.18m | Rainbow Relays        | Honolulu, HI  | 3.24.17 |
| Calli Ann Abbott | 31.83m | California Heptathlon | Azusa, CA     | 4.13.17 |
| Calli Ann Abbott | 31.70m | Green v. Black        | Honolulu, HI  | 12.7.16 |
| Megan Feriera    | 22.05m | Green v. Black        | Honolulu, HI  | 12.7.16 |
| Megan Feriera    | 21.32m | Sunrise Meet #2       | Honolulu, HI  | 3.11.17 |

### Heptathlon

| Athlete          | Score | Meet                  | Location      | Date          |
|------------------|-------|-----------------------|---------------|---------------|
| Alexis Brenzil   | 4786  | BWC Multi Events      | Fullerton, CA | 5/5, 5/6/17   |
| Calli Ann Abbott | 4650  | BWC Multi Events      | Fullerton, CA | 5/5, 5/6/17   |
| Alexis Brenzil   | 4429  | California Heptathlon | Azusa, CA     | 4/12, 4/13/17 |

## Statistical Symbols of Reference

### Wind Readings

|              |                                                             |
|--------------|-------------------------------------------------------------|
| Track Events | Required for all sprint & hurdle events under 300m          |
| Field Events | Required for all horizontal jumps (long jump & triple jump) |
| (+1.0) =     | a wind reading of positive 1.0 meters per second            |
| (-1.0) =     | a wind reading of negative 1.0 meters per second            |
| (nwi) =      | no wind reading was measured or recorded for this event     |

### Records & Winds

Wind readings must be no greater than (+2.0) for all school records and All-Time list performances requiring a wind measurement. The levels of a negative wind reading do not affect a record performance. For Heptathlon events, wind readings must not exceed (+4.0) for record purposes.

Finish Place Code:

|                          |   |                                                                                                                                                       |
|--------------------------|---|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| (3)                      | = | the athlete finished in 3rd place overall in their event                                                                                              |
| (h), (sf), (q), (s), (f) | = | the performance was done in a preliminary round such as a Heat (h), semi-final (sf), qualifying round (q), section (s) or flight (f) for field events |
| (h3)                     | = | example meaning the athlete placed 3rd in their heat                                                                                                  |
| (pen)                    | = | the event performance was done as a part of the Pentathlon event                                                                                      |

### Schedule Note:

All Outdoor results posted before March 1st are not achieved within the designated NCAA outdoor season. Therefore, any results before March 1st will not be coded as a Regional mark.