

2008 Indoor Performance List

Competition Results Listed:

Meet Name	City, State	Date of Competition
"Run For the Dream" Quad Meet	Fresno, CA	January 21
University of Washington Indoor Invitational	Seattle, WA	February 01 – 02
University of Washington Husky Classic	Seattle, WA	February 16
University of Washington Open Meet # 3	Seattle, WA	February 17
WAC Outdoor Championships	Nampa, ID	February 28 – March 01
University of Washington Last Chance Meet	Seattle, WA	March 08
NCAA Indoor Championships	Fayetteville, AR	March 13 – 15

Statistical Symbols of Reference:

Result	Code	Place	Athlete Name	Y.O.B	City, State	Date
--------	------	-------	--------------	-------	-------------	------

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

Result Codes:

Following the "result" a series of symbols may appear:

- P = NCAA Provisional Qualification Achieved
- A = NCAA Automatic Qualification Achieved
- ! = A UH School Record Result
- # = A UH All-Time Ranked Result
- @ = A Performance recorded at the Conference Championships (WAC)
- @@ = A Performance recorded at the NCAA Indoor Championships
- (dnf) = An athlete started the event but did not finish the event

2008 Indoor Performance List

W A I I H A W A I I H A W A I I

55m Dash

7.77 !#	(9)	Renee Elbourne	89	Fresno, CA	01.21.08
7.94 #	(10)	Sarah Nicolaisen	89	Fresno, CA	01.21.08

200m Dash

26.17 #	(h1)	Candace Rosenthal	85	Seattle, WA	02.16.08
26.24 #	(20)	Rosenthal	85	Seattle, WA	02.02.08

400m Dash

55.64 #!	(1)	Thalia Amanakis	86	Seattle, WA	02.17.08
59.27	(14)	Renee Elbourne	89	Nampa, ID	02.29.08
59.90	(s2)	Candace Rosenthal	85	Seattle, WA	02.17.08
1:01.01	(s3)	Samantha Whitehall	88	Seattle, WA	02.17.08

800m Run

2:10.07 #@	(1)	Thalia Amanakis	86	Nampa, ID	03.01.08
2:10.65 #	(s2)	Amanakis		Seattle, WA	02.16.08
2:13.09 #	(15)	Amanakis		Seattle, WA	02.02.08
2:13.72 #@	(h1)	Amanakis		Nampa, ID	02.29.08
2:18.80 #@	(7)	Samantha Whitehall	88	Nampa, ID	03.01.08
2:19.60 #	(Pent)	Annett Wichmann	84	Seattle, WA	02.01.08
2:19.68 #@@	(Pent)	Wichmann		Fayetteville, AR	03.15.08
2:19.88 #@	(h8)	Whitehall		Nampa, ID	02.29.08
2:20.45 #	(1)	Amanakis		Fresno, CA	01.21.08
2:22.14	(s6)	Whitehall		Seattle, WA	02.16.08
2:22.67	(s4)	Whitehall		Seattle, WA	02.17.08
2:24.92 @	(Pent)	Wichmann		Nampa, ID	02.28.08
2:24.39	(31)	Whitehall		Seattle, WA	02.02.08
2:28.46	(33)	Mackenzie Wallace	87	Seattle, WA	02.02.08
2:30.78	(Pent)	Mallory Gilbert	85	Seattle, WA	02.01.08
2:34.18 @	(Pent)	Gilbert		Nampa, ID	02.28.08
2:40.59 @	(Pent)	Emily Sheppard	88	Nampa, ID	02.28.08

1 Mile Run

5:03.62 #	(4)	Chantelle Wilder (Laan)	85	Seattle, WA	02.17.08
**5:44.41	(2)	Wilder (Laan)		Fresno, CA	01.21.08
5:57.62	(s8)	Briana Goodnight	89	Seattle, WA	02.17.08
5:58.60 @	(14)	Goodnight		Nampa, ID	02.29.08
6:11.15 @	(15)	Shannon Dresser	86	Nampa, ID	02.29.08

** Laps counted incorrectly resulting in an extra 160m to the race distance.

3000m Run

9:55.36 #	(14)	Chantelle Wilder (Laan)	85	Seattle, WA	02.16.08
10:33.21 @	(12)	Wilder		Nampa, ID	03.01.08

2008 Indoor Performance List

W A I I H A W A I I H A W A I I

5000m Run

17:03.63 #!	(7)	Chantelle Wilder (Laan)	85	Seattle, CA	02.01.08
18:07.91 #@	(6)	Wilder		Nampa, ID	02.29.08

55m Hurdles

8.18 #!	(1)	Thalia Amanakis	86	Fresno, CA	01.21.08
8.20 #	(h)	Amanakis		Fresno, CA	01.21.08
8.52 #	(h)	Annett Wichmann	84	Fresno, CA	01.21.08
8.54 #	(3)	Wichmann		Fresno, CA	01.21.08
8.75 #	(h)	Candace Rosenthal	85	Fresno, CA	01.21.08
8.84 #	(6)	Rosenthal		Fresno, CA	01.21.08

60m Hurdles

8.68 #!	(s2)	Thalia Amanakis	86	Seattle, WA	02.16.08
8.71 #@	(h1)	Amanakis		Nampa, ID	02.29.08
8.73 #@	(4)	Amanakis		Nampa, ID	03.01.08
8.75 #!	(9)	Amanakis		Seattle, WA	02.02.08
8.77 #	(s4)	Amanakis		Seattle, WA	02.16.08
8.83 #	(h1)	Amanakis		Seattle, WA	02.17.08
8.85 #!	(h8)	Amanakis		Seattle, WA	02.02.08
8.95 #@@	(Pent)	Annett Wichmann	84	Fayetteville, AR	03.15.08
8.99 #	(Pent)	Wichmann		Seattle, WA	02.01.08
9.08 #@	(Pent)	Wichmann		Nampa, ID	02.28.08
9.10 #	(s4)	Wichmann		Seattle, WA	02.16.08
9.27 #@	(Pent)	Mallory Gilbert	85	Nampa, ID	02.28.08
9.29 #	(s2)	Candace Rosenthal	85	Seattle, WA	02.17.08
9.42 #	(18)	Rosenthal		Seattle, WA	02.02.08
9.45 #@	(13)	Rosenthal		Nampa, ID	02.29.08
9.45 #	(Pent)	Gilbert		Seattle, WA	02.01.08
9.64 @	(Pent)	Emily Sheppard	88	Nampa, ID	02.28.08

4x160m Relay

78.92 #!	(3)	Nicolasem, Gauthier, Custance, Rosenthal		Fresno, CA	01.21.08
----------	-----	--	--	------------	----------

4x400m Relay

3:52.49 #!@	(6)	Rosenthal, Whitehall, Elbourne, Amanakis		Nampa, ID	03.01.08
3:52.77 #!	(s2)	Amanakis, Whitehall, Elbourne, Rosenthal		Seattle, WA	02.16.08
4:08.31 #	(2)	Amanakis, Wallace, Nicolaisen, Wichmann		Fresno, CA	01.21.08

Distance Medley Relay

14:05.44 @	(7)	Goodnight, Elbourne, Rosenthal, Dresser		Nampa, ID	02.29.08
------------	-----	---	--	-----------	----------

2008 Indoor Performance List

W A I I H A W A I I H A W A I I

High Jump

1.79m #!P	(2)	Mallory Gilbert	85	Seattle, WA	02.16.08
1.79m #!P	(3)	Emily Sheppard	88	Seattle, WA	02.02.08
1.75m #@@	(Pent)	Annett Wichmann	84	Fayetteville, AR	03.15.08
1.75m #@	(1)	Sheppard		Nampa, ID	03.01.08
1.75m #@	(2)	Gilbert		Nampa, ID	03.01.08
1.75m #@	(Pent)	Gilbert		Nampa, ID	02.28.08
1.75m #	(1)	Sheppard		Seattle, WA	02.17.08
1.75m #	(1)	Sheppard		Fresno, CA	01.21.08
1.74m #	(1)	Sheppard		Seattle, CA	03.08.08
1.73m #	(Pent)	Gilbert		Seattle, WA	02.01.08
1.73m #	(Pent)	Wichmann		Seattle, WA	02.01.08
1.72m #@	(3)	Wichmann		Nampa, ID	03.01.08
1.72m #@	(Pent)	Sheppard		Nampa, ID	02.28.08
1.72m #@	(Pent)	Gilbert		Nampa, ID	02.28.08
1.70m #	(2)	Gilbert		Fresno, CA	01.21.08
1.69m #	(3)	Gilbert		Seattle, WA	03.08.08
1.69m #	(4)	Wichmann		Seattle, WA	02.16.08
1.69m #	(4)	Sheppard		Seattle, WA	02.16.08
1.69m #	(5)	Gilbert		Seattle, WA	02.02.08
1.65m #	(3)	Wichmann		Fresno, CA	01.21.08
1.64m #	(9)	Wichmann		Seattle, WA	02.02.08

Pole Vault

3.86m #!	(7)	Jessica Custance (Trujillo)	87	Seattle, WA	02.02.08
3.83m #@	(2)	Patricia Gauthier	84	Nampa, ID	02.29.08
3.83m #@	(3)	Custance (Trujillo)		Nampa, ID	02.29.08
3.83m #@	(4)	Samantha Weaver	87	Nampa, ID	02.29.08
3.82m #	(1)	Custance (Trujillo)		Seattle, WA	02.17.08
3.82m #	(1)	Weaver		Seattle, WA	02.17.08
3.72m #	(3)	Custance (Trujillo)		Seattle, WA	02.16.08
3.72m #	(3)	Weaver		Seattle, WA	02.16.08
3.72m #	(3)	Gauthier		Seattle, WA	02.16.08
3.71m #	(14)	Weaver		Seattle, WA	02.02.08
3.71m #	(14)	Gauthier		Seattle, WA	02.02.08
3.70m #	(1)	Custance		Fresno, CA	01.21.08
3.70m #	(2)	Gauthier		Fresno, CA	01.21.08
3.67m #	(5)	Gauthier		Seattle, WA	02.17.08

Long Jump

5.71m #	(1)	Annett Wichmann	84	Seattle, WA	02.17.08
5.64m #@	(6)	Mallory Gilbert	85	Nampa, ID	02.29.08
5.63m #@	(Pent)	Gilbert		Nampa, ID	02.28.08
5.62m #@	(7)	Wichmann		Nampa, ID	02.29.08
5.57m #	(Pent)	Gilbert		Seattle, WA	02.01.08
5.54m #@@	(Pent)	Wichmann		Fayetteville, AR	03.15.08
5.50m #@	(Pent)	Emily Sheppard	88	Nampa, ID	02.28.08
5.41m #	(4)	Gilbert		Seattle, WA	02.17.08
5.34m #	(Pent)	Wichmann		Seattle, WA	02.01.08

2008 Indoor Performance List

W A I I H A W A I I H A W A I I

5.32m #@	(12)	Candace Rosenthal	84	Nampa, ID	02.29.08
5.18m #	(s1)	Sheppard		Seattle, WA	02.17.08
5.16m #	(s2)	Rosenthal		Seattle, WA	02.17.08
5.13m #	(3)	Sheppard		Fresno, CA	01.21.08
4.99m	(s1)	Mary Reeds	86	Seattle, WA	02.17.08
4.96m	(s4)	Renee Elbourne	89	Seattle, WA	02.17.08
4.94m @	(20)	Reeds		Nampa, ID	02.29.08
4.39m	(6)	Reeds		Fresno, CA	01.21.08

Triple Jump

12.12m !#@	(2)	Mallory Gilbert	85	Nampa, ID	03.01.08
11.96m #@	(4)	Emily Sheppard	88	Nampa, ID	03.01.08
11.20m #	(8)	Renee Elbourne	89	Seattle, WA	02.16.08
11.02m #	(11)	Mary Reeds	86	Seattle, WA	02.16.08
11.00m #	(11)	Elbourne		Nampa, ID	03.01.08
10.89m @	(12)	Reeds		Nampa, ID	03.01.08
10.84m	(3)	Elbourne		Seattle, WA	02.17.08
10.80m	(4)	Elbourne		Fresno, CA	01.21.08
10.60m	(21)	Reeds		Seattle, WA	02.02.08
10.40m	(6)	Reeds		Fresno, CA	01.21.08

Shot Put

16.01m !#P@	(2)	Meghan Weaver	85	Nampa, ID	03.01.08
15.52m #P	(1)	Weaver		Seattle, WA	03.03.08
15.48m !#P	(1)	Weaver		Seattle, WA	02.17.08
15.30m !#P	(1)	Weaver		Seattle, WA	02.02.08
15.09m #	(2)	Weaver		Seattle, WA	02.16.08
14.35m #@	(6)	Annett Wichmann	84	Nampa, ID	03.01.08
14.33m #	(3)	Weaver		Fresno, CA	01.21.08
14.11m #@@	(Pent)	Wichmann		Fayetteville, AR	03.15.08
13.62m #	(2)	Wichmann		Seattle, WA	02.17.08
13.21m #	(Pent)	Wichmann		Seattle, WA	02.01.08
13.12m #@	(Pent)	Wichmann		Nampa, ID	02.28.08
12.72m #@	(12)	Careena Onosai	88	Nampa, ID	03.01.08
12.52m #	(f5)	Onosai		Seattle, WA	02.16.08
12.46m #	(11)	Wichmann		Seattle, WA	02.02.08
12.10m #	(15)	Onosai		Seattle, WA	02.02.08
11.67m	(s9)	Onosai		Seattle, WA	02.17.08
11.20m	(s11)	Alana Faagai	88	Seattle, WA	02.17.08
11.04m @	(18)	Faagai		Nampa, ID	03.01.08
10.92m @	(Pent)	Mallory Gilbert	85	Nampa, ID	02.28.08
10.88m	(s1)	Brittani Daniels	88	Seattle, WA	02.17.08
10.77m	(s2)	Gilbert		Seattle, WA	02.17.08
10.76m	(pent)	Gilbert		Seattle, WA	02.01.08
10.35m	(7)	Onosai		Fresno, CA	01.21.08
9.98m @	(19)	Daniels		Nampa, ID	03.01.08
9.78m @	(Pent)	Emily Sheppard	88	Nampa, ID	02.28.08
7.57m	(14)	Sheppard		Seattle, WA	02.17.08

2008 Indoor Performance List

W A I I H A W A I I H A W A I I

Weight Throw

16.48m #@	(5)	Meghan Weaver	85	Nampa, ID	02.29.08
15.92m #	(s5)	Brittani Daniels	88	Seattle, WA	02.16.08
15.18m #	(18)	Daniels		Seattle, WA	02.02.08
15.17m #	(5)	Ava Cavaco	86	Fresno, CA	01.21.08
15.12m #@	(10)	Cavaco		Nampa, ID	02.29.08
15.00m #@	(12)	Daniels		Nampa, ID	02.29.08
14.72m #	(s9)	Cavaco		Seattle, WA	02.16.08
14.55m #@	(13)	Careena Onosai	88	Nampa, ID	02.29.08
14.10m #	(6)	Onosai		Fresno, CA	01.21.08
13.78m #	(6)	Onosai		Seattle, WA	02.17.08
13.33m #	(27)	Cavaco		Seattle, WA	02.02.08
13.29m #	(28)	Onosai		Seattle, WA	02.02.08
13.17m #@	(20)	Alana Faagai	88	Nampa, ID	02.29.08
13.17m #	(8)	Cavaco		Seattle, WA	02.17.08
13.11m #	(s3)	Faagai		Seattle, WA	02.17.08
13.07m #	(9)	Faagai		Seattle, WA	02.16.08
12.88m	(30)	Faagai		Seattle, WA	02.02.08
12.26m	(11)	Onosai		Seattle, WA	02.16.08

Pentathlon

4027 points #!A@@	(4)	Annett Wichmann (8.95, 1.75m, 14.11m, 5.54m, 2:19.68)	84	Fayetteville, AR	03.15.08
4027 points #P	(1)	Wichmann (8.99, 1.73m, 13.21m, 5.34m, 2:19.60)		Seattle WA	02.01.08
3936 points #@P	(1)	Wichmann (9.08, 1.72m, 13.12m, 5.40m, 2:24.92)		Nampa, ID	02.28.08
3739 points #@P	(2)	Mallory Gilbert (9.27, 1.75m, 10.92m, 5.63m, 2:34.28)	85	Nampa, ID	02.28.08
3691 points #	(4)	Gilbert (9.45, 1.73m, 10.76m, 5.57m, 2:30.71)		Seattle WA	02.01.08
3441 points #@	(7)	Emily Sheppard (9.64, 1.72m, 9.78m, 5.50m, 2:40.59)	88	Nampa, ID	02.28.08