

2003 California Women's Indoor Track & Field Best Performances

Event (NCAA Auto/NCAA Prov/MPSF Auto/School Record)

<u>Athlete</u>	<u>Season Best</u>	<u>Date</u>	<u>Meet</u>
<u>55m (6.80/6.94/7.34/TBD)</u>			
Osarhiemen Omwanghe	7.12	2/8	Wolfpack Invite
DeCola Groce	7.17	2/8	Wolfpack Invite
Monica Green	7.28	2/8	Wolfpack Invite
<u>60m (7.30/7.44/7.84/TBD)</u>			
Antonette Carter	7.75	2/22	MPSF Champ.
Osarhiemen Omwanghe	7.79	1/25	Western Classic
Qadriyyah Abdullah	7.80h	1/18	Bandanna Invitational
DeCola Groce	7.84	1/25	Western Classic
Monica Green	7.94	1/25	Western Classic
<u>200m (23.70/24.20/25.74/TBD)</u>			
Shannan Hawes	25.32	1/25	Western Classic
Stephanie Cowling	25.50	2/8	Wolfpack Invite
Osarhiemen Omwanghe	25.68	2/1	Husky Invite
DeCola Groce	25.68	1/18	Bandanna Invitational
Jacqueline Earls	26.27	2/8	Wolfpack Invite
Monica Green	26.37	2/8	Wolfpack Invite
<u>400m (53.80/54.80/59.04/TBD)</u>			
Jacqueline Earls	1:03.76	1/25	Western Classic
<u>800m (2:06.60/2:09.40/2:20.14/TBD)</u>			
Erin Belger	2:11.29	2/22	MPSF Champ.
Lache Bailey	2:12.63	2/22	MPSF Champ.
Chloe Jarvis	2:34.91	1/25	Western Classic
<u>1600m</u>			
Bridget Duffy	4:58.4h	2/22	MPSF Champ.
<u>One Mile (4:43.20/4:49.00/5:10.14/TBD)</u>			
Bridget Duffy	4:58.56	2/1	Husky Invite
Lindsey Maclise	5:04.66	2/1	Husky Invite
<u>3000m (9:20.80/9:35.80/10:30.14/TBD)</u>			
Christy Borak	9:57.50	2/1	Husky Invite
Abby Parker	10:28.31	2/1	Husky Invite
<u>55m Hurdles (7.64/7.90/8.64/TBD)</u>			
Osarhiemen Omwanghe	7.99	2/8	Wolfpack Invite
Mary Meyman	8.22	2/8	Wolfpack Invite
Stephanie Cowling	8.25	2/8	Wolfpack Invite
<u>60m Hurdles (8.17/8.43/9.14/TBD)</u>			
Osarhiemen Omwanghe	8.56	2/22	MPSF Champ.
Mary Meyman	8.87	1/25	Western Classic
April Holliverse	8.97	1/25	Western Classic
Stephanie Cowling	9.03	1/25	Western Classic
Elzunia Lamb	9.37	1/25	Western Classic

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<u>Athlete</u>	<u>Season Best</u>	<u>Date</u>	<u>Meet</u>
<u>4x400m Relay (3:39.00/3:43.20/None/TBD)</u>			
California	3:47.91	2/22	MPSF Champ.
(Cowling, Bailey, Meredith, Omwanghe)			
California	3:52.02	2/8	Wolfpack Invite
(Cowling, Hawes, Bailey, Omwanghe)			
California	3:52.60	1/25	Western Classic
(Cowling, Belger, Jarvis, Omwanghe)			
California	3:54.10	1/18	Bandanna Invite
(Cowling, Omwanghe, Groce, Belger)			
California	4:04.84	2/8	Wolfpack Invite
(Meredith, Adams-Ginyard, Holliverse, Earls)			
<u>Distance Medley Relay</u>			
California	12:04.02	2/22	MPSF Champ.
(Belger, Hawes, Maclise, Duffy)			
<u>High Jump (6-0.50/5-9.75/5-3.75/TBD)</u>			
Trinity White	4-10.00	1/18	Bandanna Invitational
Brooke Meredith	4-8.00	1/18	Bandanna Invitational
<u>Pole Vault (13-9.25/12-9.50/11-9.75/TBD)</u>			
Leora Ward	12-1.50	2/8	Wolfpack Invite
Danielle Navarre	11-06.25	1/25	Western Classic
Shannon McIntyre	10-00.00	2/8	Wolfpack Invite
<u>Long Jump (21-0/20-4/17-8.50/TBD)</u>			
Elzunia Lamb	19-2.75	2/8	Wolfpack Invite
Qadriyyah Abdullah	18-7.00	1/18	Bandanna Invitational
Anthnette Carter	18-2.50	2/22	MPSF Champ.
Brooke Meredith	17-10.25	2/22	MPSF Champ.
Mary Meyman	17-06.25	1/25	Western Classic
<u>Triple Jump (43-1.75/41-6/36-1.25/TBD)</u>			
Qadriyyah Abdullah	37-10.50	1/25	Western Classic
Trinity White	38-11.75	1/18	Bandanna Invitational
<u>Shot Put (53-9.75/49-10.50/41-10/TBD)</u>			
Jenna Johnson	48-9.50	2/22	MPSF Champ.
Sheni Russell	47-03.00	2/8	Wolfpack Invite
Tamrya D'Artenay	44-2.75	2/8	Wolfpack Invite
Carrie Johnson	43-00.50	2/8	Wolfpack Invite
Brooke Meredith	39-00.25	2/8	Wolfpack Invite
<u>Weight Throw (64-11.50/60-8.50/48-2.75/TBD)</u>			
Tamrya D'Artenay	54-8.00	1/18	Bandanna Invitational
Carrie Johnson	43-09.75	2/8	Wolfpack Invite
Jenna Johnson	43-05.00	1/25	Western Classic

NCAA automatic qualifier
& MPSF qualifier

+ NCAA provisional qualifier
! School record