

# 2004 MEN'S OUTDOOR BESTS FINAL

## 100 Meters (10.50)

10.68		Paul Thompson	.....	Texas Relays (3/31-4/3)
10.94		Gerald Taylor	.....	Texas Relays (3/31-4/3)
10.88	dec	Kwami Roberts	.....	LSU Alumni Gold (4/16-17)
11.00		Robert Parham	.....	SEC Championships (5/13-16)
11.56	dec	Gavin Fleming	.....	Texas A&M Multis (3/18-19)

## 200 Meters (21.19)

20.61	r	Kelly Willie	.....	LSU Alumni Gold (4/17)
21.30		Marvin Stevenson	.....	Gatorade Classic (4/10)
22.45		Robert Parham	.....	SEC Championships (5/13-16)
23.25		Chris Jackson	.....	Gatorade Classic (4/10)

## 400 Meters (47.26)

44.81		Kelly Willie	.....	NCAA Regionals (5/28-29)
45.62	r	Pete Coley	.....	LSU Alumni Gold (4/17)
47.02	r	Austin Benton	.....	Tiger Relays (3/26-27)
47.36		Siraj Williams	.....	Gatorade Classic (4/10)
48.21		Jeffrey Fisher	.....	LSU Alumni Gold (4/17)
48.68	dec	Kwami Roberts	.....	LSU Alumni Gold (4/16-17)
49.51		Robert Parham	.....	LSU Alumni Gold (4/17)
49.93		Anthony Ewers	.....	SEC Championships (5/13-16)
51.19		Marvin Pinnock	.....	SEC Championships (5/13-16)
53.03	dec	Gavin Fleming	.....	LSU Alumni Gold (4/16-17)

## 800 Meters (1:50.62)

1:49.75	r	Jeffrey Fisher	.....	Tiger Relays (3/26-27)
1:52.22		Austin Benton	.....	SEC Championships (5/13-16)
1:52.52		Ben Shumaker	.....	SEC Championships (5/13-16)
1:53.15		Marvin Pinnock	.....	Gatorade Classic (4/10)
1:55.55		Andrew Huston	.....	Gatorade Classic (4/10)
1:57.60		Roland LeBlanc	.....	Tiger Relays (3/26-27)
1:58.18		Nick Accardo	.....	LSU Alumni Gold (4/17)
2:01.15		Jake Dewey	.....	LSU Alumni Gold (4/17)

## 1,500 Meters (3:48.21)

3:55.16		Andrew Huston	.....	LSU Alumni Gold (4/17)
3:55.49		Ben Shumaker	.....	Gatorade Classic (4/10)
3:55.81		Jimmy Wiggins	.....	Gatorade Classic (4/10)
3:57.76		Roland LeBlanc	.....	Tiger Relays (3/26-27)
4:05.97		Sam Mwape	.....	Tiger Relays (3/26-27)
4:06.33		Nick Accardo	.....	LSU Alumni Gold (4/17)
4:06.89		Jake Dewey	.....	Tiger Relays (3/26-27)
4:11.07		Nick Accardo	.....	Tiger Relays (3/26-27)
4:16.65		Matthew Carroll	.....	Tiger Relays (3/26-27)
4:21.22		Ryan Lenaghan	.....	LSU Alumni Gold (4/17)
4:24.28		Serge Villanova	.....	Tiger Relays (3/26-27)
4:48.97	dec	Kwami Roberts	.....	LSU Alumni Gold (4/16-17)
4:51.68	dec	Gavin Fleming	.....	LSU Alumni Gold (4/16-17)

## 5,000 Meters (14:18.58)

14:14.52	r	Sam Mwape	.....	LSU Alumni Gold (4/17)
14:14.90	r	Jimmy Wiggins	.....	LSU Alumni Gold (4/17)
15:33.16		Drew Haro	.....	LSU Alumni Gold (4/17)
15:40.18		James Presley	.....	Tiger Relays (3/26-27)
15:51.46		Jace Gohres	.....	Tiger Relays (3/26-27)
15:56.41		Matthew Guy	.....	LSU Alumni Gold (4/17)
16:00.07		Jarett Roche	.....	LSU Alumni Gold (4/17)
16:24.14		Matthew Bilich	.....	Tiger Relays (3/26-27)
16:32.92		Doug Fields	.....	Tiger Relays (3/26-27)

## 10,000 Meters (29:00.00/29:45.00)

30:14.80		Jimmy Wiggins	.....	SEC Championships (5/13-16)
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## 110-Meter Hurdles (14.33)

14.58		Chris Jackson	.....	LSU Alumni Gold (4/17)
15.63	dec	Kwami Roberts	.....	LSU Alumni Gold (4/16-17)
15.69	dec	Gavin Fleming	.....	Texas A&M Multis (3/18-19)

## 400-Meter Hurdles (52.51)

48.86	r	Bennie Brazell	.....	SEC Championships (5/13-16)
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## 3,000-Meter Steeplechase (9:08.15)

9:24.03		Roland LeBlanc	.....	SEC Championships (5/13-16)
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## 4x100-Meter Relay (40.66)

38.93	r	Willie, Stevenson, Coley, Brazell	.....	Texas Relays (3/31-4/3)
39.10		Willie, Stevenson, Parham, Brazell	.....	NCAA Championships (6/9-12)
39.59		Willie, Stevenson, Coley, Parham	.....	NCAA Regionals (5/28-29)

## 4x400-Meter Relay (3:10.84)

3:01.39	r	Stevenson, Brazell, Willie, Coley	.....	Penn Relays (4/22-24)
3:02.30		Stevenson, Coley, Brazell, Willie	.....	NCAA Championships (6/9-12)
3:03.22	r	Willie, Benton, Brazell, Coley	.....	Texas Relays (3/31-4/3)
3:04.18	r	Willie, Williams, Brazell, Coley	.....	Penn Relays (4/22-24)
3:04.78	r	Willie, Brazell, Stevenson, Coley	.....	Tiger Relays (3/26-27)
3:06.67		Stevenson, Brazell, Benton, Willie	.....	NCAA Championships (6/9-12)
3:08.97	r	Parham, Williams, Stevenson, Benton	.....	LSU Alumni Gold (4/17)
3:19.31		Pinnock, Fisher, Shumaker, Huston	.....	Gatorade Classic (4/10)

## 4x800-Meter Relay

7:33.04		Fisher, Benton, Shumaker, Pinnock	.....	Penn Relays (4/22-24)
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## 800-Meter Sprint Medley Relay

1:26.46		Brazell, Stevenson, Willie, Coley	.....	Tiger Relays (3/26-27)
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## 1,600-Meter Sprint Medley Relay

3:21.04		Willie, Stevenson, Benton, Fisher	.....	Texas Relays (3/31-4/3)
3:27.82		Stevenson, Parham, Benton, Fisher	.....	Penn Relays (4/22-24)

## Distance Medley Relay

9:59.44		Benton, Fisher, Huston, Shumaker	.....	Tiger Relays (3/26-27)
10:00.78		Pinnock, Accardo, Huston, Fisher	.....	Texas Relays (3/31-4/3)
10:14.10		Shumaker, Parham, Pinnock, Huston	.....	Penn Relays (4/22-24)
10:25.98		Accardo, Dewey, Mwape, Pinnock	.....	Tiger Relays (3/26-27)

## High Jump (6-10 3/4)

6-5		Kwami Robert	.....	Gatorade Classic (4/10), SEC Champ. (5/13-16)
6-2	dec	Gavin Fleming	.....	LSU Alumni Gold (4/17)

## Pole Vault (16-4 3/4)

17-4 1/2	r	Daniel Troclair	.....	Texas (3/31-4/3), Penn (4/22-24), NCAA Champ. (6/9-12)
16-0 3/4		Gabriel Caraway	.....	SEC Championships (5/13-16)
14-5 1/4		BJ Brooks	.....	LSU Alumni Gold (4/17)
14-5 1/4		Brandon Conine	.....	Tiger Relays (3/26-27)
13-3 1/2	dec	Gavin Fleming	.....	LSU Alumni Gold (4/16-17)
12-3 1/4	dec	Kwami Roberts	.....	SEC Championships (5/13-16)

## Long Jump (24-1)

27-6 3/4	w	John Moffitt	.....	NCAA Championships (6/9-12)
26-3 1/2		LeJuan Simon	.....	NCAA Regionals (5/28-29)
24-0 1/4		Gerald Taylor	.....	LSU Alumni Gold (4/17)
23-11 1/2		Paul Thompson	.....	Tiger Relays (3/26-27)
23-10 1/4		Willie Bradley	.....	LSU Alumni Gold (4/17)
22-8 1/2	dec	Kwami Roberts	.....	LSU Alumni Gold (4/16-17)
21-4 3/4	dec	Gavin Fleming	.....	Texas A&M Multis (3/18-19)

## Triple Jump (49-5 3/4)

54-9 1/4	w/r	John Moffitt	.....	Texas Relays (3/31-4/3)
54-6 3/4	w	LeJuan Simon	.....	NCAA Regionals (5/28-29)
54-6	w/r	Willie Bradley	.....	Texas Relays (3/31-4/3)

## Shot Put (54-0 1/2)

58-2 1/2		Joe Lochridge	.....	NCAA Regionals (5/28-29)
56-6	r	Matt Vincent	.....	SEC Championships (5/13-16)
44-2 1/2	dec	Kwami Roberts	.....	LSU Alumni Gold (4/16-17)
34-8 1/4	dec	Gavin Fleming	.....	LSU Alumni Gold (4/16-17)

## Discus (168-6)

177-3	r	Matt Vincent	.....	Triton Invitational (4/23-24)
160-7		Joe Lochridge	.....	Triton Invitational (4/23-24)
159-10		Brad Sowa	.....	Tiger Relays (3/26-27)
146-0		Hunter Smith	.....	LSU Alumni Gold (4/17)
130-8	dec	Kwami Roberts	.....	SEC Championships (5/13-16)
91-10	dec	Gavin Fleming	.....	Texas A&M Multis (3/18-19)

## Javelin (202-2)

209-10	r	Brandon Racca	.....	Gatorade Classic (4/10)
208-1	r	Pat Perrien	.....	SEC Championships (5/13-16)
198-9		Taylor Bobo	.....	College Station Relays (3/20)
166-5	dec	Kwami Roberts	.....	Texas A&M Multis (3/18-19)
140-1	dec	Gavin Fleming	.....	Texas A&M Multis (3/18-19)

## Hammer (182-6)

174-9		Matt Vincent	.....	LSU Alumni Gold (4/17)
143-9		Brad Sowa	.....	Tiger Relays (3/26-27)

## Decathlon (7,500/7,000)

6,995		Kwami Roberts	.....	LSU Alumni Gold (4/16-17)
6,112		Gavin Fleming	.....	LSU Alumni Gold (4/16-17)

## Symbol Key

dec = Mark earned during decathlon competition  
r = NCAA Regional qualifying mark  
w = Wind-aided mark

# 2004 WOMEN'S OUTDOOR BESTS FINAL

## 100 Meters (11.78)

11.01	w	Muna Lee	NCAA Championships (6/9-12)
11.54	r	Stephanie Durst	SEC Championships (5/13-16)
12.01		Tania Woods	Texas Relays (3/31-4/3)

## 200 Meters (24.96)

22.22	w	Muna Lee	NCAA Regionals (5/28-29)
22.60	w	Stephanie Durst	NCAA Regionals (5/28-29)
23.41	w/r	Hazelann Regis	LSU Alumni Gold (4/17)
23.72	r	Monique Hall	Gatorade Classic (4/10)
23.76	w/r	Nadia Davy	LSU Alumni Gold (4/17)
23.76	r	Lolo Jones	LSU Alumni Gold (4/17)
24.33	w/r	RaNysha LeBlanc	LSU Alumni Gold (4/17)
24.82	r	Keioike Lutcher	Gatorade Classic (4/10)
25.23		Stephanie Butler	Gatorade Classic (4/10)
25.09	hep	Megan Akre	LSU Alumni Gold (4/16-17)
26.09	hep	Dianne Harrison	LSU Alumni Gold (4/16-17)
27.44	hep	Julie Bertrand	Texas A&M Multis (3/18-19)

## 400 Meters (54.61)

50.64	r	Hazelann Regis	SEC Championships (5/13-16)
51.19	r	Nadia Davy	SEC Championships (5/13-16)
51.93	r	Monique Hall	LSU Alumni Gold (4/17)
53.76	r	Neisha Bernard-Thomas	Tiger Relays (3/26-27)
54.51	r	Tanya Osbourne	Gatorade Classic (4/10)
55.13		Keioike Lutcher	LSU Alumni Gold (4/17)
55.35		Brittany Harris	Gatorade Classic (4/10)
56.86		Stephanie Butler	Tiger Relays (3/26-27)

## 800 Meters (2:10.29)

2:02.05	r	Neisha Bernard-Thomas	Gatorade Classic (4/10)
2:06.81		Tanya Osbourne	NCAA Regionals (5/28-29)
2:09.28		Ruth Nanyinza	NCAA Regionals (5/28-29)
2:10.76		Whitney Mitchell	SEC Championships (5/13-16)
2:21.31		Michelle Hymel	SEC Championships (5/13-16)
2:24.29		Katie Denton	LSU Alumni Gold (4/17)
2:24.88	hep	Megan Akre	SEC Championships (5/13-16)
2:27.65	hep	Julie Bertrand	LSU Alumni Gold (4/16-17)
2:28.25		Jennifer Radecker	LSU Alumni Gold (4/17)
2:41.18	hep	Dianne Harrison	LSU Alumni Gold (4/16-17)

## 1,500 Meters (4:29.12)

4:30.27		Ruth Nanyinza	LSU Alumni Gold (4/17)
4:43.56		Michelle Hymel	LSU Alumni Gold (4/17)
4:49.22		Katie Denton	LSU Alumni Gold (4/17)
4:59.09		Jennifer Radecker	LSU Alumni Gold (4/17)
5:07.28		Lynley Roche	Tiger Relays (3/26-27)
5:09.66		Sarah Colosimo	USM Invitational (4/9)
5:17.74		Megan Kliebert	LSU Alumni Gold (4/17)
5:21.51		Katherine Accardo	Tiger Relays (3/26-27)

## 5,000 Meters (16:56.43)

17:03.02		Ruth Nanyinza	SEC Championships (5/13-16)
17:26.93		Katie Denton	Gatorade Classic (4/10)
18:38.80		Erin Vandivort	LSU Alumni Gold (4/17)
19:05.80		Katrina Flanders	LSU Alumni Gold (4/17)
19:06.00		Sarah Colosimo	LSU Alumni Gold (4/17)
19:38.66		Lynley Roche	LSU Alumni Gold (4/17)
19:55.26		Katherine Accardo	LSU Alumni Gold (4/17)

## 10,000 Meters (34:10.00/35:15.00)

No Marks

## 100-Meter Hurdles (13.95)

12.77		Lolo Jones	NCAA Championships (6/9-12)
12.92	w	RaNysha LeBlanc	NCAA Championships (6/9-12)
12.94	w	Brittany Littlejohn	NCAA Championships (6/9-12)
13.99	w	Tiffany Robinson	LSU Alumni Gold (4/17)
14.16	wx/hep	Megan Akre	LSU Alumni Gold (4/16-17)
15.33	w/hep	Dianne Harrison	LSU Alumni Gold (4/16-17)
15.89	hep	Julie Bertrand	Texas A&M Multis (3/18-19)

## 400-Meter Hurdles (1:00.82)

No Marks

## 3,000-Meter Steeplechase (10:57.18)

No Marks

## 4x100-Meter Relay (45.80)

42.61	r	Jones, Hall, Durst, Lee	NCAA Championships (6/9-12)
42.92	r	Jones, Hall, Davy, Lee	Penn Relays (4/22-24)
43.45	r	Jones, Lee, Davy, Hall	Gatorade Classic (4/10)
44.63	r	Jones, Hall, Wood, Lee	Tiger Relays (3/26-27)
45.79	r	LeBlanc, Harris, Davy, Butler	Tiger Relays (3/26-27)

## 4x200-Meter Relay

1:30.42		Regis, Hall, Davy, Lee	Texas Relays (3/31-4/3)
1:30.54		Davy, Hall, Durst, Lee	Penn Relays (4/22-24)
1:31.75		Durst, Regis, Davy, Hall	Penn Relays (4/22-24)

## 4x400-Meter Relay (3:43.03)

3:25.26	sr	Bernard-Thomas, Regis, Hall, Davy	NCAA Championships (6/9-12)
3:27.04	r	Davy, Bernard-Thomas, Hall, Regis	SEC Championships (5/13-16)
3:30.21	r	Bernard-Thomas, Hall, Osbourne, Regis	Penn Relays (4/22-24)
3:30.72	r	Lutcher, Regis, Bernard-Thomas, Davy	Gatorade Classic (4/10)
3:31.81		Regis, Osbourne, Hall, Davy	NCAA Regionals (5/28-29)
3:33.22	r	Lutcher, Davy, Bernard-Thomas, Regis	Penn Relays (4/22-24)
3:35.28	r	Davy, Lutcher, Hall, Osbourne	Tiger Relays (3/26-27)
3:38.05	r	Regis, Butler, Lee, Harris	Tiger Relays (3/26-27)
3:46.57		Lutcher, Harris, Mitchell, Butler	LSU Alumni Gold (4/17)
3:48.69		Harris, Mitchell, Butler, Nanyinza	Gatorade Classic (4/10)

## 4x800-Meter Relay

8:34.97		Mitchell, Nanyinza, Osbourne, Bernard-Thomas	Penn Relays (4/22-24)
8:46.30		Bernard-Thomas, Hymel, Mitchell, Nanyinza	Texas Relays (3/31-4/3)

## 800-Meter Sprint Medley Relay

1:39.78		Jones, Hall, Harris, Regis	Tiger Relays (3/26-27)
1:39.87		LeBlanc, Woods, Lee, Davy	Tiger Relays (3/26-27)

## 1,600-Meter Sprint Medley Relay

3:44.20		Hall, Davy, Regis, Bernard-Thomas	Texas Relays (3/31-4/3)
3:44.97		Durst, Hall, Regis, Bernard-Thomas	Penn Relays (4/22-24)

## Distance Medley Relay

12:13.60		Nanyinza, Mitchell, Hymel, Osbourne	Tiger Relays (3/26-27)
12:53.25		Accardo, Denton, Radecker, Vandivort	Tiger Relays (3/26-27)

## Shuttle Hurdle Relay

53.43		Littlejohn, Robinson, LeBlanc, Jones	Penn Relays (4/22-24)
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## High Jump (5-8)

5-8	r	Shontae Harris	three times
5-8	r	Tina Harris	Penn Relays (4/22-24)
5-8	r/hep	Dianne Harrison	LSU Alumni Gold (4/16-17)
5-7	hep	Megan Akre	LSU Alumni Gold (4/16-17)
4-9 1/2	hep	Julie Bertrand	LSU Alumni Gold (4/16-17)

## Pole Vault (12-3 1/2)

10-10		Megan Duet	LSU Alumni Gold (4/17)
9-10		Jackie Dove	LSU Alumni Gold (4/17)
9-10		Megan Sharkey	Tiger Relays (3/26-27)

## Long Jump (19-5 1/2)

21-1 1/2	w	Tina Harris	NCAA Championships (6/9-12)
20-2 1/2	w	LaToya Payne	NCAA Regionals (5/28-29)
19-3 1/2	w	Nicole Toney	Texas Relays (3/31-4/3)
18-11 1/4		Ashley Gardner	Gatorade Classic (4/10)
18-0 1/4	hep	Dianne Harrison	LSU Alumni Gold (4/16-17)
17-8	hep	Megan Akre	SEC Championships (5/13-16)
16-5	hep	Julie Bertrand	LSU Alumni Gold (4/16-17)

## Triple Jump (40-2 3/4)

45-3 1/2	wx	Nicole Toney	NCAA Championships (6/9-12)
39-2 1/2	w	Ashley Gardner	SEC Championships (5/13-16)
37-0 1/2		Tina Harris	SEC Championships (5/13-16)

## Shot Put (46-8 3/4)

50-4 1/2	r	Katie McKeever	LSU Alumni Gold (4/17)
42-4 1/4	hep	Dianne Harrison	LSU Alumni Gold (4/16-17)
34-2 1/4	hep	Julie Bertrand	Texas A&M Multis (3/18-19)
32-0	hep	Megan Akre	LSU Alumni Gold (4/16-17)

## Discus (152-10)

173-10	r	Katie McKeever	Gatorade Classic (4/10)
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## Javelin (139-9)

148-0	r	Maria Romero	College Station Relays (3/20)
135-9		Milene Miranti	College Station Relays (3/20)
115-0		Britney Henry	SEC Championships (5/13-16)
110-5	hep	Dianne Harrison	Texas A&M Multis (3/18-19)
97-8	hep	Julie Bertrand	LSU Alumni Gold (4/16-17)
95-5	hep	Megan Akre	SEC Championships (5/13-16)

## Hammer (173-4)

205-11	sr	Britney Henry	NCAA Regionals (5/28-29)
175-0	r	Mallory McDonald	Texas Relays (3/31-4/3)

## Heptathlon (5,500/5,000)

4,984		Megan Akre	LSU Alumni Gold (4/17)
4,967		Dianne Harrison	LSU Alumni Gold (4/17)
4,186		Julie Bertrand	LSU Alumni Gold (4/17)

## Symbol Key

hep = Mark earned during heptathlon competition  
 r = NCAA Regional qualifying mark  
 sr = School record  
 w = Wind-aided mark  
 wx = Wind over the NCAA allowable limits (+4.0)

## 2004 MEN'S OUTDOOR PERFORMANCE LIST FINAL

### NICK ACCARDO

#### 800 Meters

1:58.18	LSU Alumni Gold (4/17)	.19th
1:59.83	Tiger Relays (3/26-27)	.24th

#### 1,500 Meters

4:05.77	USM Invitational (4/9)	.1st
4:06.33	LSU Alumni Gold (4/17)	.9th
4:06.89	Tiger Relays (3/26-27)	.22nd

### AUSTIN BENTON

#### 400 Meters

47.02	r Tiger Relays (3/26-27)	.1st
47.24	NCAA Regionals (5/28-29)	.19th
47.56	SEC Championships (5/13-16)	.12th

#### 800 Meters

1:52.22	SEC Championships (5/13-16)	.23rd
1:54.96	Gatorade Classic (4/10)	.9th
1:55.84	LSU Alumni Gold (4/17)	.13th

### MATTHEW BILICH

#### 5,000 Meters

16:24.14	Tiger Relays (3/26-27)	.15th
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### TAYLOR BOBO

#### Javelin

198-9	College Station Relays (3/20)	.12th
196-3	Texas Relays (3/31-4/3)	.8th-Section B
194-3	Tiger Relays (3/26-27)	.4th
189-2	Gatorade Classic (4/10)	.3rd

### WILLIE BRADLEY

#### Long Jump

23-10 1/4	LSU Alumni Gold (4/17)	.13th
23-7 1/2	Texas Relays (3/31-4/3)	.9th-Section B

#### Triple Jump

54-6	w/r Texas Relays (3/31-4/3)	.14th
54-2 1/2	wx NCAA Championships (6/9-12)	.5th
54-2 1/2	r NCAA Regionals (5/28-29)	.4th
53-10 1/2	NCAA Championships (6/9-12)	.2nd-prelims
53-1	r Gatorade Classic (4/10)	.1st
52-2	r SEC Championships (5/13-16)	.3rd
52-2	w/r Penn Relays (4/22-24)	.4th

### BENNIE BRAZELL

#### 400-Meter Hurdles

48.86	r SEC Championships (5/13-16)	.2nd
49.19	r Gatorade Classic (4/10)	.1st
49.34	NCAA Championships (6/9-12)	.2nd
49.85	NCAA Championships (6/9-12)	.3rd-prelims
49.99	r LSU Alumni Gold (4/17)	.1st
50.09	r SEC Championships (5/13-16)	.1st-prelims
50.65	r Tiger Relays (3/26-27)	.1st
FS	NCAA Regionals (5/28-29)	.N/A

### BJ BROOKS

#### Pole Vault

14-5 1/4	LSU Alumni Gold (4/17)	.16th
NH	Tiger Relays (3/26-27)	.N/A

### GABRIEL CARAWAY

#### Pole Vault

16-0 3/4	SEC Championships (5/13-16)	.16th
15-11	Texas Relays (3/31-4/3)	.15th-Section B
15-5	LSU Alumni Gold (4/17)	.5th
15-5	Tiger Relays (3/26-27)	.8th
NH	Gatorade Classic (4/10)	.N/A

### MATTHEW CARROLL

#### 1,500 Meters

4:16.55	Tiger Relays (3/26-27)	.29th
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### PETE COLEY

#### 400 Meters

45.62	r LSU Alumni Gold (4/17)	.1st
45.96	r NCAA Regionals (5/28-29)	.4th
46.00	r NCAA Regionals (5/28-29)	.3rd-prelims
46.12	r Gatorade Classic (4/10)	.2nd
46.64	r SEC Championships (5/13-16)	.8th
46.91	r SEC Championships (5/13-16)	.8th-prelims
DNF	NCAA Championships (6/9-12)	.N/A

### BRANDON CONINE

#### Pole Vault

14-5 1/4	Tiger Relays (3/26-27)	.15th
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### JAKE DEWEY

#### 800 Meters

2:01.15	LSU Alumni Gold (4/17)	.21st
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#### 1,500 Meters

4:06.89	Tiger Relays (3/26-27)	.22nd
4:11.42	LSU Alumni Gold (4/17)	.12th
4:12.99	USM Invitational (4/9)	.3rd

### ANTHONY EWERS

#### 400 Meters

49.93	SEC Championships (5/13-16)	.24th
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### DREW HARO

#### 5,000 Meters

15:37.22	Tiger Relays (3/26-27)	.6th
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### DOUGLAS FIELDS

#### 5,000 Meters

16:32.92	Tiger Relays (3/26-27)	.17th
17:01.76	USM Invitational (4/9)	.3rd

### JEFFREY FISHER

#### 400 Meters

48.21	LSU Alumni Gold (4/17)	.16th
49.04	SEC Championships (5/13-16)	.24th

#### 800 Meters

1:49.75	r Tiger Relays (3/26-27)	.1st
1:50.65	r Gatorade Classic (4/10)	.4th
1:50.86	SEC Championships (5/13-16)	.18th
1:51.31	NCAA Regionals (5/28-29)	.22nd

# 2004 MEN'S OUTDOOR PERFORMANCE LIST FINAL

## GAVIN FLEMING

### 100 Meters

11.56	dec	Texas A&M Multis (3/18-19)	.13th
11.60	dec	LSU Alumni Gold (4/16-17)	.7th

### 400 Meters

53.03	dec	LSU Alumni Gold (4/16-17)	.6th
54.53	dec	Texas A&M Multis (3/18-19)	.11th

### 1,500 Meters

4:51.68	dec	LSU Alumni Gold (4/16-17)	.3rd
5:06.02	dec	Texas A&M Multis (3/18-19)	.9th

### 110-Meter Hurdles

15.63	dec	LSU Alumni Gold (4/16-17)	.3rd
15.69	dec	Texas A&M Multis (3/18-19)	.9th

### High Jump

6-2	dec	LSU Alumni Gold (4/16-17)	.3rd
6-1 1/4	dec	Texas A&M Multis (3/18-19)	.4th

### Pole Vault

13-3 1/2	dec	LSU Alumni Gold (4/16-17)	.3rd
12-7 1/2	dec	Texas A&M Multis (3/18-19)	.11th

### Long Jump

21-4 3/4	dec	Texas A&M Multis (3/18-19)	.10th
20-7 1/4	dec	LSU Alumni Gold (4/16-17)	.6th

### Shot Put

34-8 1/4	dec	LSU Alumni Gold (4/16-17)	.5th
31-8	dec	Texas A&M Multis (3/18-19)	.7th

### Discus

91-10	dec	Texas A&M Multis (3/18-19)	.8th
87-3	dec	LSU Alumni Gold (4/16-17)	.4th

### Javelin

140-1	dec	Texas A&M Multis (3/18-19)	.5th
126-10	dec	LSU Alumni Gold (4/16-17)	.5th

### Decathlon

6,112	LSU Alumni Gold (4/16-17)	.4th
5,980	Texas A&M Multis (3/18-19)	.11th

## MATTHEW GUY

### 5,000 Meters

15:56.41	LSU Alumni Gold (4/16-17)	.13th
16:43.13	Tiger Relays (3/26-27)	.18th

## JACE GOHRES

### 5,000 Meters

15:51.46	Tiger Relays (3/26-27)	.9th
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## DREW HARO

### 5,000 Meters

15:33.16	LSU Alumni Gold (4/17)	.5th
15:46.48	SEC Championships (5/13-16)	.31st

## ANDREW HUSTON

### 800 Meters

1:55.55	Gatorade Classic (4/10)	.11th
1:56.39	SEC Championships (5/13-16)	.30th
2:01.60	LSU Alumni Gold (4/17)	.22nd

### 1,500 Meters

3:55.16	LSU Alumni Gold (4/17)	.2nd
3:55.52	Gatorade Classic (4/10)	.4th
3:57.12	Tiger Relays (3/26-27)	.6th
3:58.11	SEC Championships (5/13-16)	.18th

## CHRIS JACKSON

### 200 Meters

23.25	Gatorade Classic (4/10)	.29th
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### 100-Meter Hurdles

14.58	LSU Alumni Gold (4/17)	.4th
14.61	w Gatorade Classic (4/10)	.5th
14.67	SEC Championships (5/13-16)	.12th
15.00	Texas Relays (3/31-4/3)	.38th
15.09	Tiger Relays (3/26-27)	.16th

## JUSTIN LANDRY

### Pole Vault

NH	LSU Alumni Gold (4/17)	.N/A
NH	Tiger Relays (3/26-27)	.N/A

## ROLAND LeBLANC

### 800 Meters

1:57.60	Tiger Relays (3/26-27)	.18th
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### 1,500 Meters

3:57.76	Tiger Relays (3/26-27)	.7th
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### 3,000-Meter Steeplechase

9:24.03	SEC Championships (5/13-16)	.8th
9:35.65	Tiger Relays (3/26-27)	.3rd
9:41.07	LSU Alumni Gold (4/17)	.3rd
10:01.75	USM Invitational (4/9)	.1st

## RYAN LENAGHAN

### 1,500 Meters

4:21.22	LSU Alumni Gold (4/17)	.18th
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## JOE LOCHRIDGE

### Shot Put

58-2 1/2	NCAA Regionals (5/28-29)	.9th
58-0 1/2	r SEC Championships (5/13-16)	.3rd
56-7 1/2	r Gatorade Classic (4/10)	.1st
56-5 1/4	r Triton Invitational (4/23-24)	.13th
56-4 1/2	r LSU Alumni Gold (4/17)	.4th
55-5	r Tiger Relays (3/26-27)	.2nd
53-3 1/2	Texas Relays (3/31-4/3)	.14th-Section B

### Discus

160-7	Triton Invitational (4/23-24)	.45th
159-8	LSU Alumni Gold (4/17)	.6th
157-4	Tiger Relays (3/26-27)	.7th
152-8	Gatorade Classic (4/10)	.5th

# 2004 MEN'S OUTDOOR PERFORMANCE LIST FINAL

## JOHN MOFFITT

### Long Jump

27-6 3/4	w	NCAA Championships (6/9-12)	1st
26-6 1/4	w	NCAA Regionals (5/28-29)	2nd
26-5 3/4	r	Penn Relays (4/22-24)	1st
26-4 1/4	r	LSU Alumni Gold (4/17)	2nd
26-1	r	Gatorade Classic (4/10)	1st
25-10 1/4	r	SEC Championships (5/13-16)	3rd
25-7 1/2	r	Texas Relays (3/31-4/3)	2nd
NM		Penn Relays (4/22-24)	N/A

### Triple Jump

54-9 1/4	w/r	Texas Relays (3/31-4/3)	3rd
51-11 3/4	w/r	SEC Championships (5/13-16)	4th
50-10		NCAA Championships (6/9-12)	18th
FOUL		NCAA Regionals (5/28-29)	N/A

## SAM MWAPE

### 1,500 Meters

4:05.97		Tiger Relays (3/26-27)	20th
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### 5,000 Meters

14:14.52	r	LSU Alumni Gold (4/17)	1st
14:23.59		Penn Relays (4/22-24)	6th
14:23.87		SEC Championships (5/13-16)	8th
14:24.54		NCAA Regionals (5/28-29)	6th
14:44.13		Gatorade Classic (4/10)	2nd
14:59.86		Texas Relays (3/31-4/3)	8th

## ROBERT PARHAM

### 100 Meters

11.00		SEC Championships (5/13-16)	14th
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### 200 Meters

22.45		SEC Championships (5/13-16)	23th
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### 400 Meters

49.51		LSU Alumni Gold (4/17)	15th
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## PAT PERRIEN

### Javelin

208-1		SEC Championships (5/13-16)	4th
200-11		LSU Alumni Gold (4/17)	4th
200-1		Tiger Relays (3/26-27)	3rd
199-9		Gatorade Classic (4/10)	2nd
197-1		Triton Invitational (4/23-24)	4th
196-11		NCAA Regionals (5/28-29)	8th
194-10		Texas Relays (3/31-4/3)	9th-Section B
185-2		College Station Relays (3/20)	17th

## MARVIN PINNOCK

### 400 Meters

51.19		SEC Championships (5/13-16)	27th
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### 800 Meters

1:53.15		Gatorade Classic (4/10)	7th
1:54.44		SEC Championships (5/13-16)	26th
1:55.56		LSU Alumni Gold (4/17)	11th

## JAMES PRESLEY

### 5,000 Meters

15:40.18		Tiger Relays (3/26-27)	8th
16:13.76		USM Invitational (4/9)	1st

## BRANDON RACCA

### Javelin

209-10	r	Gatorade Classic (4/10)	1st
209-1	r	College Station Relays (3/20)	8th
205-10	r	Tiger Relays (3/26-27)	2nd
199-1		SEC Championships (5/13-16)	5th
195-10		Triton Invitational (4/23-24)	5th
192-8		LSU Alumni Gold (4/17)	5th
192-2		NCAA Regionals (5/28-29)	10th
190-7		Texas Relays (3/31-4/3)	11th-Section B

## KWAMI ROBERTS

### 100 Meters

10.88	dec	LSU Alumni Gold (4/16-17)	1st
10.94	dec	Texas A&M Multis (3/18-19)	2nd
11.11	dec	SEC Championships (5/13-16)	3rd

### 400 Meters

48.68	dec	LSU Alumni Gold (4/16-17)	1st
49.50	dec	Texas A&M Multis (3/18-19)	1st
50.57	dec	SEC Championships (5/13-16)	5th

### 1,500 Meters

4:48.97	dec	LSU Alumni Gold (4/16-17)	2nd
4:55.29	dec	SEC Championships (5/13-16)	5th
5:01.56	dec	Texas A&M Multis (3/18-19)	7th

### 110-Meter Hurdles

15.40	dec	LSU Alumni Gold (4/16-17)	2nd
15.83	dec	Texas A&M Multis (3/18-19)	9th
15.96		Gatorade Classic (4/10)	10th
15.97	dec	SEC Championships (5/13-16)	6th

### High Jump

6-6		Gatorade Classic (4/10)	6th
6-5	dec	SEC Championships (5/13-16)	3rd
6-3 1/2	dec	Texas A&M Multis (3/18-19)	4th
6-3 1/4	dec	LSU Alumni Gold (4/16-17)	2nd

### Pole Vault

12-3 1/2	dec	SEC Championships (5/13-16)	6th
11-3 3/4	dec	LSU Alumni Gold (4/16-17)	5th
10-11 3/4	dec	Texas A&M Multis (3/18-19)	11th

### Long Jump

22-8 1/2	dec	LSU Alumni Gold (4/16-17)	2nd
22-3	dec	SEC Championships (5/13-16)	4th
22-0 1/4	dec	Texas A&M Multis (3/18-19)	10th

### Shot Put

44-2 1/2	dec	LSU Alumni Gold (4/16-17)	2nd
43-3 1/4	dec	SEC Championships (5/13-16)	4th
41-6 1/2	dec	Texas A&M Multis (3/18-19)	7th

### Discus

130-8	dec	SEC Championships (5/13-16)	4th
122-11	dec	Texas A&M Multis (3/18-19)	8th
121-10	dec	LSU Alumni Gold (4/16-17)	2nd

### Javelin

166-5	dec	Texas A&M Multis (3/18-19)	5th
161-6	dec	SEC Championships (5/13-16)	6th
147-4	dec	LSU Alumni Gold (4/16-17)	4th

### Decathlon

6,995		LSU Alumni Gold (4/16-17)	2nd
6,943		SEC Championships (5/13-16)	3rd
6,795		Texas A&M Multis (3/18-19)	5th

# 2004 MEN'S OUTDOOR PERFORMANCE LIST FINAL

## JARETT ROCHE'

### 5,000 Meters

16:00.07	LSU Alumni Gold (4/16-17)	.14th
16:14.64	Tiger Relays (3/26-27)	.13th

## BEN SHUMAKER

### 800 Meters

1:52.52	SEC Championships (5/13-16)	.23rd
1:57.40	LSU Alumni Gold (4/17)	.16th
2:00.75	Gatorade Classic (4/10)	.22nd

### 1,500 Meters

3:55.49	Gatorade Classic (4/10)	.3rd
4:00.19	SEC Championships (5/13-16)	.19th
4:02.17	LSU Alumni Gold (4/17)	.7th
4:07.52	Texas Relays (3/31-4/3)	.11th

## LeJUAN SIMON

### Long Jump

26-3 1/2	NCAA Regionals (5/28-29)	.3rd
26-0 1/4	r SEC Championships (5/13-16)	.2nd
25-8	r Texas Relays (3/31-4/3)	.1st
24-8 1/2	r LSU Alumni Gold (4/17)	.6th
24-6 1/2	r Penn Relays (4/22-24)	.5th
FOUL	NCAA Championships (6/9-12)	.N/A

### Triple Jump

54-6 3/4	w NCAA Regionals (5/28-29)	.3rd
53-8 1/4	r Texas Relays (3/31-4/3)	.6th
53-6 1/2	w/r Penn Relays (4/22-24)	.2nd
53-2 3/4	r SEC Championships (5/13-16)	.2nd
52-9 1/4	r Gatorade Classic (4/10)	.2nd
51-1 3/4	NCAA Championships (6/9-12)	.15th

## HUNTER SMITH

### Discus

146-0	LSU Alumni Gold (4/17)	.14th
137-0	USM Invitational (4/9)	.6th

## BRAD SOWA

### Discus

159-10	Tiger Relays (3/26-27)	.6th
159-2	SEC Championships (5/13-16)	.13th
148-5	LSU Alumni Gold (4/17)	.13th
141-5	USM Invitational (4/9)	.4th

### Hammer

143-9	Tiger Relays (3/26-27)	.9th
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## MARVIN STEVENSON

### 200 Meters

21.30	Gatorade Classic (4/10)	.2nd
21.38	LSU Alumni Gold (4/17)	.8th
21.55	SEC Championships (5/13-16)	.14th

## GERALD TAYLOR

### 100 Meters

10.94	Texas Relays (3/31-4/3)	.44th
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### Long Jump

24-0 1/4	LSU Alumni Gold (4/17)	.10th
23-4	Tiger Relays (3/26-27)	.8th
23-1 1/4	Texas Relays (3/31-4/3)	.16th-Section B
FOUL	SEC Championships (5/13-16)	.N/A

## PAUL THOMPSON

### 100 Meters

10.68	Texas Relays (3/31-4/3)	.23rd
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### Long Jump

23-11 1/2	Tiger Relays (3/26-27)	.3rd
23-10 3/4	Texas Relays (3/31-4/3)	.5th-Section B
23-8 3/4	SEC Championships (5/13-16)	.11th

## DANIEL TROSCLAIR

### Pole Vault

17-4 1/2	NCAA Championships (6/9-12)	.1st-prelims
17-4 1/2	r Penn Relays (4/22-24)	.1st
17-4 1/2	r Texas Relays (3/31-4/3)	.6th
17-3	r NCAA Regionals (5/28-29)	.4th
17-0 3/4	r SEC Championships (5/13-16)	.2nd
16-10 3/4	r Gatorade Classic (4/10)	.1st
NH	LSU Alumni Gold (4/17)	.N/A
NH	NCAA Championships (6/9-12)	.N/A

## SERGE VILLANOVA

### 1,500 Meters

4:24.28	Tiger Relays (3/26-27)	.33rd
4:26.15	LSU Alumni Gold (4/17)	.19th
4:34.45	USM Invitational (4/9)	.6th

## MATT VINCENT

### Shot Put

56-6	r SEC Championships (5/13-16)	.9th
55-7 3/4	r Triton Invitational (4/23-24)	.15th
55-1 1/2	NCAA Regionals (5/28-29)	.18th
53-11 1/4	Gatorade Classic (4/10)	.3rd
53-8 1/4	LSU Alumni Gold (4/17)	.7th
49-7 1/4	Texas Relays (3/31-4/3)	.20th-Section B

### Discus

177-3	r Triton Invitational (4/23-24)	.28th
174-4	NCAA Regionals (5/28-29)	.6th
166-6	Tiger Relays (3/26-27)	.3rd
165-8	LSU Alumni Gold (4/17)	.5th
165-0	Gatorade Classic (4/10)	.1st
164-4	SEC Championships (5/13-16)	.11th
161-11	Texas Relays (3/31-4/3)	.16th

### Hammer

174-9	LSU Alumni Gold (4/17)	.3rd
172-2	Gatorade Classic (4/10)	.4th
171-7	Tiger Relays (3/26-27)	.2nd
154-2	Triton Invitational (4/23-24)	.28th

# 2004 MEN'S OUTDOOR PERFORMANCE LIST FINAL

## JIMMY WIGGINS

### 1,500 Meters

3:55.81	Gatorade Classic (4/10) . . . . .	5th
3:57.97	Tiger Relays (3/26-27) . . . . .	8th

### 5,000 Meters

14:14.90	r LSU Alumni Gold (4/17) . . . . .	2nd
14:39.25	Texas Relays (3/31-4/3) . . . . .	3rd
14:41.84	SEC Championships (5/13-16) . . . . .	11th
15:21.58	NCAA Regionals (5/28-29) . . . . .	17th

### 10,000 Meters

30:14.80	SEC Championships (5/13-16) . . . . .	6th
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## SIRAJ WILLIAMS

### 400 Meters

47.36	Gatorade Classic (4/10) . . . . .	3rd
47.62	LSU Alumni Gold (4/17) . . . . .	5th

## KELLY WILLIE

### 200 Meters

20.61	r LSU Alumni Gold (4/17) . . . . .	2nd
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### 400 Meters

44.81	r NCAA Regionals (5/28-29) . . . . .	1st
44.85	NCAA Championships (6/9-12) . . . . .	2nd
45.12	r NCAA Regionals (5/28-29) . . . . .	1st-prelims
45.16	r SEC Championships (5/13-16) . . . . .	1st
45.19	NCAA Championships (6/9-12) . . . . .	3rd-prelims
45.58	r Gatorade Classic (4/10) . . . . .	1st
46.41	r SEC Championships (5/13-16) . . . . .	4th-prelims

## 4X100-METER RELAY

38.93	r Willie, Stevenson, Coley, Brazell . . . . .	Texas Relays (3/32-4/3) - 1st
39.07	r Willie, Stevenson, Coley, Brazell . . . . .	Gatorade Classic (4/10) - 1st
39.10	Willie, Stevenson, Parham, Brazell . . . . .	NCAA Championships (6/9-12) - 5th prelims
39.23	r Willie, Stevenson, Coley, Brazell . . . . .	Texas Relays (3/32-4/3) - 1st-prelims
39.41	r Willie, Stevenson, Coley, Brazell . . . . .	Penn Relays (4/22-24) - 1st-prelims
39.44	r Willie, Stevenson, Coley, Brazell . . . . .	Tiger Relays (3/26-27) - 1st
39.48	r Willie, Stevenson, Coley, Brazell . . . . .	Penn Relays (4/22-24) - 2nd
39.59	r Willie, Stevenson, Coley, Parham . . . . .	NCAA Regionals (5/28-29) - 2nd
39.72	r Willie, Stevenson, Coley, Parham . . . . .	NCAA Regionals (5/28-29) - 1st-prelims
40.02	r Willie, Stevenson, Coley, Brazell . . . . .	SEC Championships (5/13-16) - 3rd
DNF	Willie, Stevenson, Parham, Brazell . . . . .	NCAA Championships (6/9-12) - N/A

## 4X400-METER RELAY

3:01.39	r Stevenson, Brazell, Willie, Coley . . . . .	Penn Relays (4/22-24) - 2nd
3:02.30	Stevenson, Coley, Brazell, Willie . . . . .	NCAA Championships (6/9-12) - 2nd-prelims
3:03.22	r Willie, Benton, Brazell, Coley . . . . .	Texas Relays (3/32-4/3) - 4th
3:04.18	r Willie, Williams, Brazell, Coley . . . . .	Penn Relays (4/22-24) - 2nd-prelims
3:04.78	Willie, Brazell, r Stevenson, Coley . . . . .	Tiger Relays (3/26-27) - 1st
3:05.20	r Stevenson, Benton, Williams, Willie . . . . .	NCAA Regionals (5/28-29) - 1st
3:06.67	Stevenson, Brazell, Benton, Willie . . . . .	NCAA Championships (6/9-12) - 8th
3:08.97	r Parham, Williams, Stevenson, Benton . . . . .	LSU Alumni Gold (4/17) - 1st
3:09.04	r Parham, Williams, Stevenson, Benton . . . . .	Gatorade Classic (4/10) - 2nd
3:18.67	LSU "B" . . . . .	Tiger Relays (3/26-27) - 8th
3:19.31	Pinnock, Fisher, Shumaker, Huston . . . . .	Gatorade Classic (4/10) - 5th

## 4X800-METER RELAY

7:33.04	Fisher, Benton, Shumaker, Pinnock . . . . .	Penn Relays (4/22-24) - 12th
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## 800-METER SPRINT MEDLEY RELAY

1:26.48	Brazell, Stevenson, Willie, Coley . . . . .	Tiger Relays (3/26-27) - 1st
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## 1,600-METER SPRINT MEDLEY RELAY

3:21.04	Willie, Stevenson, Benton, Fisher . . . . .	Texas Relays (3/32-4/3) - 6th
3:27.82	Stevenson, Parham, Benton, Fisher . . . . .	Penn Relays (4/22-24) - 20th

## DISTANCE MEDLEY RELAY

9:59.44	Benton, Fisher, Huston, Shumaker . . . . .	Tiger Relays (3/26-27) - 2nd
10:00.78	Pinnock, Accardo, Huston, Fisher . . . . .	Texas Relays (3/32-4/3) - 15th
10:14.10	Shumaker, Parham, Pinnock, Huston . . . . .	Penn Relays (4/22-24) - 23rd
10:25.98	Accardo, Dewey, Mwape, Pinnock . . . . .	Tiger Relays (3/26-27) - 8th

### Symbol Key

dec = Mark earned during decathlon competition

r = NCAA Regional qualifying mark

w = Wind-aided mark

## 2004 WOMEN'S OUTDOOR PERFORMANCE LIST FINAL

### KATHERINE ACCARDO

#### 1,500 Meters

5:21.54 Tiger Relays (3/26-27) ..... 32nd

#### 5,000 Meters

19:55.26 LSU Alumni Gold (4/17) ..... 18th

### MEGAN AKRE

#### 200 Meters

25.09 hep LSU Alumni Gold (4/16-17) ..... 1st

25.53 hep Texas A&M Multis (3/18-19) ..... 1st

25.55 hep SEC Championships (5/13-16) ..... 6th

#### 800 Meters

2:24.88 hep SEC Championships (5/13-16) ..... 5th

2:26.24 hep LSU Alumni Gold (4/16-17) ..... 2nd

2:31.34 hep Texas A&M Multis (3/18-19) ..... 7th

#### 100-Meter Hurdles

14.16 wx/hep LSU Alumni Gold (4/16-17) ..... 1st

14.78 w Gatorade Classic (4/10) ..... 17th

14.90 hep SEC Championships (5/13-16) ..... 6th

14.96 w/hep Texas A&M Multis (3/18-19) ..... 2nd

#### High Jump

5-7 hep LSU Alumni Gold (4/16-17) ..... 3rd

5-4 1/2 hep Texas A&M Multis (3/18-19) ..... t2nd

5-4 1/4 SEC Championships (5/13-16) ..... t13th

5-4 1/4 Gatorade Classic (4/10) ..... 9th

5-3 3/4 hep SEC Championships (5/13-16) ..... t8th

#### Long Jump

17-8 hep SEC Championships (5/13-16) ..... 4th

17-6 1/4 hep LSU Alumni Gold (4/16-17) ..... 3rd

17-4 1/4 hep Texas A&M Multis (3/18-19) ..... t5th

#### Shot Put

32-0 hep LSU Alumni Gold (4/16-17) ..... 5th

31-1 1/4 hep Texas A&M Multis (3/18-19) ..... 16th

30-11 hep SEC Championships (5/13-16) ..... 11th

#### Javelin

95-5 hep SEC Championships (5/13-16) ..... 8th

82-8 hep LSU Alumni Gold (4/16-17) ..... 9th

82-5 hep Texas A&M Multis (3/18-19) ..... 18th

#### Heptathlon

4,987 LSU Alumni Gold (4/16-17) ..... 2nd

4,825 SEC Championships (5/13-16) ..... 6th

4,665 Texas A&M Multis (3/18-19) ..... 3rd-Bronze Division

### NEISHA BERNARD-THOMAS

#### 400 Meters

53.76 Tiger Relays (3/26-27) ..... 3rd

#### 800 Meters

2:02.05 r Gatorade Classic (4/10) ..... 1st

2:02.86 NCAA Championships (6/9-12) ..... 1st

2:03.53 r SEC Championships (5/13-16) ..... 4th

2:03.63 NCAA Regionals (5/28-19) ..... 3rd

2:03.91 r SEC Championships (5/13-16) ..... 2nd-prelims

2:04.21 NCAA Championships (6/9-12) ..... 2nd-prelims

2:05.66 NCAA Regionals (5/28-29) ..... 3rd-prelims

### JULIE BERTRAND

#### 200 Meters

27.44 hep Texas A&M Multis (3/18-19) ..... 19th

27.69 hep LSU Alumni Gold (4/16-17) ..... 9th

#### 800 Meters

2:27.76 hep LSU Alumni Gold (4/16-17) ..... 4th

2:30.02 hep Texas A&M Multis (3/18-19) ..... 4th

#### 100-Meter Hurdles

15.89 w/hep Texas A&M Multis (3/18-19) ..... 11th

16.11 wx/hep LSU Alumni Gold (4/16-17) ..... 8th

#### High Jump

4-9 1/2 hep LSU Alumni Gold (4/16-17) ..... 7th

4-8 1/4 hep Texas A&M Multis (3/18-19) ..... t12th

#### Long Jump

16-5 hep LSU Alumni Gold (4/16-17) ..... 9th

15-6 hep Texas A&M Multis (3/18-19) ..... 19th

#### Shot Put

34-2 1/4 hep Texas A&M Multis (3/18-19) ..... 8th

31-3 3/4 hep LSU Alumni Gold (4/16-17) ..... 6th

#### Javelin

97-8 hep LSU Alumni Gold (4/16-17) ..... 4th

87-9 hep Texas A&M Multis (3/18-19) ..... 14th

#### Heptathlon

4,186 LSU Alumni Gold (4/16-17) ..... 8th

4,098 Texas A&M Multis (3/18-19) ..... 13th-Bronze Division

### STEPHANIE BUTLER

#### 200 Meters

25.23 Gatorade Classic (4/10) ..... 25th

#### 400 Meters

56.86 Tiger Relays (3/26-27) ..... 17th

56.94 Gatorade Classic (4/10) ..... 21st

57.16 LSU Alumni Gold (4/17) ..... 18th

57.84 SEC Championships (5/13-16) ..... 18th

### SARAH COLOSIMO

#### 1,500 Meters

5:09.66 Gatorade Classic (4/10) ..... 7th

#### 5,000 Meters

19:06.00 LSU Alumni Gold (4/17) ..... 13th

19:33.75 Tiger Relays (3/26-27) ..... 12th

### NADIA DAVY

#### 200 Meters

23.76 w/r LSU Alumni Gold (4/17) ..... t4th

#### 400 Meters

51.19 r SEC Championships (5/13-16) ..... 3rd

51.33 r Gatorade Classic (4/10) ..... 2nd

51.66 NCAA Regionals (5/28-29) ..... 3rd

51.85 NCAA Regionals (5/28-29) ..... 1st-prelims

52.99 r SEC Championships (5/13-16) ..... 4th-prelims

53.13 NCAA Championships (6/9-12) ..... 11th



# 2004 WOMEN'S OUTDOOR PERFORMANCE LIST FINAL

## KATIE DENTON

### 800 Meters

2:24.29 LSU Alumni Gold (4/17) ..... 29th

### 1,500 Meters

4:49.22 LSU Alumni Gold (4/17) ..... 13th

### 5,000 Meters

17:26.93 Gatorade Classic (4/10) ..... 2nd  
 17:27.52 Penn Relays (4/22-24) ..... 28th  
 17:38.97 Texas Relays (3/31-4/3) ..... 9th  
 17:40.99 SEC Championships (5/13-16) ..... 21st  
 18:01.25 Tiger Relays (3/26-27) ..... 1st

### 10,000 Meters

DNF SEC Championships (5/13-16) ..... N/A

## JACKIE DOVE

### Pole Vault

9-10 LSU Alumni Gold (4/17) ..... 13th  
 9-4 1/4 Tiger Relays (3/26-27) ..... 12th

## MEGAN DUET

### Pole Vault

10-10 LSU Alumni Gold (4/17) ..... 11th  
 10-4 Tiger Relays (3/26-27) ..... 7th

## STEPHANIE DURST

### 100 Meters

11.54 r SEC Championships (5/13-16) ..... 4th-prelims  
 11.61 r SEC Championships (5/13-16) ..... 4th

### 200 Meters

22.60 NCAA Regionals (5/13-16) ..... 2nd  
 22.78 NCAA Championships (6/9-12) ..... 4th-prelims  
 22.88 NCAA Regionals (5/13-16) ..... 2nd-prelims  
 22.96 r LSU Alumni Gold (4/17) ..... 1st  
 23.61 r SEC Championships (5/13-16) ..... 6th  
 24.19 SEC Championships (5/13-16) ..... 8th-prelims  
 DQ NCAA Championships (6/9-12) ..... N/A

## KATRINA FLANDERS

### 5,000 Meters

19:05.80 LSU Alumni Gold (4/17) ..... 12th  
 19:09.10 Tiger Relays (3/26-27) ..... 9th  
 19:09.12 Gatorade Classic (4/10) ..... 2nd

## ASHLEY GARDNER

### Long Jump

18-11 1/4 Gatorade Classic (4/10) ..... 9th  
 18-10 1/2 Penn Relays (4/22-24) ..... 11th  
 18-7 SEC Championships (5/13-16) ..... 15th  
 18-0 1/2 wx Tiger Relays (3/26-27) ..... 16th  
 FOUL Texas Relays (3/31-4/3) ..... N/A

### Triple Jump

39-2 1/4 SEC Championships (5/13-16) ..... 8th  
 38-7 1/2 LSU Alumni Gold (4/17) ..... 4th

## MONIQUE HALL

### 200 Meters

23.72 r Gatorade Classic (4/10) ..... 5th

### 400 Meters

51.93 r LSU Alumni Gold (4/17) ..... 2nd  
 51.98 NCAA Regionals (5/28-29) ..... 4th  
 52.25 r SEC Championships (5/13-16) ..... 5th  
 52.68 NCAA Regionals (5/28-29) ..... 4th-prelims  
 52.76 r SEC Championships (5/13-16) ..... 3rd-prelims  
 53.54 NCAA Championships (6/9-12) ..... 16th

## BRITTANY HARRIS

### 400 Meters

55.35 Gatorade Classic (4/10) ..... 16th  
 55.36 LSU Alumni Gold (4/17) ..... 11th  
 56.12 Tiger Relays (3/26-27) ..... 9th  
 56.69 SEC Championships (5/13-16) ..... 14th

## SHONTAE HARRIS

### High Jump

5-8 r Gatorade Classic (4/10) ..... t4th  
 5-8 r Texas Relays (3/31-4/3) ..... t2nd-Section B  
 5-8 r Tiger Relays (3/26-27) ..... 2nd  
 5-6 12/ NCAA Regionals (5/28-29) ..... t12th  
 5-6 1/2 LSU Alumni Gold (4/17) ..... 3rd  
 5-6 SEC Championships (5/13-16) ..... t6th  
 5-5 3/4 Penn Relays (4/22-24) ..... 13th

## TINA HARRIS

### High Jump

5-8 Penn Relays (4/22-24) ..... 4th  
 5-6 1/2 LSU Alumni Gold (4/17) ..... 6th  
 5-6 Gatorade Classic (4/10) ..... 5th  
 5-5 Tiger Relays (3/26-27) ..... 5th  
 5-4 1/4 SEC Championships (5/13-16) ..... t13th  
 NH NCAA Regionals (5/28-29) ..... N/A

### Long Jump

21-1 1/2 w NCAA Championships (6/9-12) ..... 5th  
 20-4 1/2 NCAA Regionals (5/28-29) ..... 4th  
 20-3 w/r Penn Relays (4/22-24) ..... 1st  
 20-0 1/2 r SEC Championships (5/13-16) ..... 4th  
 19-8 r Gatorade Classic (4/10) ..... 6th  
 19-7 r LSU Alumni Gold (4/17) ..... 5th  
 19-0 Tiger Relays (3/26-27) ..... 6th  
 18-8 1/4 Texas Relays (3/31-4/3) ..... 11th-Section B

### Triple Jump

37-0 1/2 SEC Championships (5/13-16) ..... 12th

# 2004 WOMEN'S OUTDOOR PERFORMANCE LIST FINAL

## DIANNE HARRISON

### 200 Meters

26.09	hep	LSU Alumni Gold (4/16-17)	.5th
26.39	hep	Texas A&M Multis (3/18-19)	.9th
26.48	hep	SEC Championships (5/13-16)	.10th

### 800 Meters

2:41.18	hep	LSU Alumni Gold (4/16-17)	.7th
2:44.18	hep	SEC Championships (5/13-16)	.12th
2:44.24	hep	Texas A&M Multis (3/18-19)	.17th

### 100-Meter Hurdles

15.33	hep	LSU Alumni Gold (4/16-17)	.5th
15.91	hep	SEC Championships (5/13-16)	.14th
15.95	w	Gatorade Classic (4/10)	.28th
16.11	hep	Texas A&M Multis (3/18-19)	.16th

### High Jump

5-8	hep	LSU Alumni Gold (4/16-17)	.1st
5-7 1/4	hep	SEC Championships (5/13-16)	.t4th
5-7		Penn Relays (4/22-24)	.9th
5-6		Gatorade Classic (4/10)	.6th
5-4 1/2	hep	Texas A&M Multis (3/18-19)	.t2nd
5-4 1/4		SEC Championships (5/13-16)	.t13th
NH		NCAA Regionals (5/28-29)	.N/A

### Long Jump

18-0 1/4	hep	LSU Alumni Gold (4/16-17)	.1st
16-6	hep	SEC Championships (5/13-16)	.14th
16-4 1/4	hep	Texas A&M Multis (3/18-19)	.16th

### Shot Put

42-4 1/4	hep	LSU Alumni Gold (4/16-17)	.1st
40-4 1/4	hep	Texas A&M Multis (3/18-19)	.1st
38-3 1/2	hep	SEC Championships (5/13-16)	.3rd

### Javelin

110-5	hep	Texas A&M Multis (3/18-19)	.3rd
110-0	hep	SEC Championships (5/13-16)	.5th
104-4	hep	LSU Alumni Gold (4/16-17)	.3rd

### Heptathlon

4,967		LSU Alumni Gold (4/16-17)	.3rd
4,553		Texas A&M Multis (3/18-19)	.7th-Bronze Division

## BRITNEY HENRY

### Hammer Throw

205-11	sr	NCAA Regionals (5/28-29)	.1st
202-1	r	Texas Relays (3/31-4/3)	.2nd
200-6	r	LSU Alumni Gold (4/17)	.1st
200-5	r	SEC Championships (5/13-16)	.4th
198-5	r	Triton Invitational (4/23-24)	.6th
197-8	r	Gatorade Classic (4/10)	.1st
183-11	r	College Station Relays (3/20)	.7th
FOUL		Tiger Relays (3/26-27)	.N/A
FOUL		NCAA Championships (6/9-12)	.N/A

### Javelin

115-0		SEC Championships (5/13-16)	.13th
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## MICHELLE HYMEL

### 800 Meters

2:21.31		SEC Championships (5/13-16)	.29th
2:21.89		LSU Alumni Gold (4/17)	.27th

### 1,500 Meters

4:46.62		Gatorade Classic (4/10)	.2nd
4:50.28		SEC Championships (5/13-16)	.20th
5:02.32		Tiger Relays (3/26-27)	.22nd

### 5,000 Meters

DNF		SEC Championships (5/13-16)	.N/A
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## LOLO JONES

### 200 Meters

23.76	r	LSU Alumni Gold (4/17)	.t4th
24.14	r	Gatorade Classic (4/10)	.7th
24.40		SEC Championships (5/13-16)	.10th

### 100-Meter Hurdles

12.77		NCAA Championships (6/9-12)	.4th
12.78	w/r	Texas Relays (3/31-4/3)	.2nd
12.83	w	NCAA Regionals (5/28-29)	.1st
12.83	r	SEC Championships (5/13-16)	.1st
12.96		NCAA Championships (6/9-12)	.9th-prelims
12.97	w/r	LSU Alumni Gold (4/17)	.1st
13.04	w/r	Penn Relays (4/22-24)	.1st
13.06	w	NCAA Regionals (5/28-29)	.1st-prelims
13.09	r	SEC Championships (5/13-16)	.2nd-prelims
13.21	r	Tiger Relays (3/26-27)	.1st
13.30	r	Penn Relays (4/22-24)	.4th-prelims
13.30	r	Texas Relays (3/31-4/3)	.2nd-prelims
13.35	r	Tiger Relays (3/26-27)	.2nd-prelims

## MEGAN KLIEBERT

### 1,500 Meters

5:17.74		LSU Alumni Gold (4/17)	.34th
5:20.48		Gatorade Classic (4/10)	.8th
5:23.68		Tiger Relays (3/26-27)	.34th

## RaNYSHA LeBLANC

### 200 Meters

24.33	w	LSU Alumni Gold (4/17)	.9th
25.26		Gatorade Classic (4/10)	.26th

### 100-Meter Hurdles

12.92	w	NCAA Championships (6/9-12)	.7th-prelims
13.14	w	NCAA Regionals (5/28-29)	.3rd
13.15	w/r	LSU Alumni Gold (4/17)	.2nd
13.18	w	NCAA Regionals (5/28-29)	.4th-prelims
13.18	r	SEC Championships (5/13-16)	.3rd-prelims
13.22	r	Penn Relays (4/22-24)	.2nd-prelims
13.24	w/r	Penn Relays (4/22-24)	.4th
13.31	w/r	Gatorade Classic (4/10)	.3rd
13.32	r	SEC Championships (5/13-16)	.6th
13.45	w/r	Texas Relays (3/31-4/3)	.6th
13.54	r	Tiger Relays (3/26-27)	.3rd
13.66	r	Texas Relays (3/31-4/3)	.7th-prelims
13.86	r	Tiger Relays (3/26-27)	.5th-prelims
14.11		NCAA Championships (6/9-12)	.9th

# 2004 WOMEN'S OUTDOOR PERFORMANCE LIST FINAL

## MUNA LEE

### 100 Meters

11.00	wx	NCAA Regionals (5/28-29)	1st
11.01	w	NCAA Championships (6/9-12)	2nd-prelims
11.07	w	NCAA Regionals (5/28-29)	1st-prelims
11.12		NCAA Championships (6/9-12)	2nd
11.25	r	SEC Championships (5/13-16)	2nd
11.25	r	Penn Relays (4/22-24)	2nd-prelims
11.30	r	Penn Relays (4/22-24)	3rd
11.31	r	Texas Relays (3/31-4/3)	1st
11.35	r	SEC Championships (5/13-16)	3rd-prelims
11.41	r	Texas Relays (3/31-4/3)	1st-prelims

### 200 Meters

22.22	w	NCAA Regionals (5/28-29)	1st
22.40	w	NCAA Championships (6/9-12)	1st-prelims
22.47		NCAA Regionals (5/28-29)	1st-prelims
22.55	w	NCAA Championships (6/9-12)	2nd
22.98		SEC Championships (5/13-16)	2nd
23.33		SEC Championships (5/13-16)	2nd-prelims

## BRITTANY LITTLEJOHN

### 100-Meter Hurdles

12.94	w	NCAA Championships (6/9-12)	8th-prelims
13.04		NCAA Championships (6/9-12)	5th
13.17	w/r	LSU Alumni Gold (4/17)	3rd
13.19	w/r	Gatorade Classic (4/10)	2nd
13.23	w	NCAA Regionals (5/28-29)	4th
13.25	wx	NCAA Regionals (5/28-29)	5th-prelims
13.32	r	SEC Championships (5/13-16)	8th-prelims
13.37	r	Tiger Relays (3/26-27)	3rd-prelims
13.38	r	SEC Championships (5/13-16)	8th
13.40	r	Penn Relays (4/22-24)	5th-prelims
13.45	w/r	Penn Relays (4/22-24)	6th
13.62	r	Tiger Relays (3/26-27)	4th
13.83	r	Texas Relays (3/31-4/3)	12th

## KEIOIKE LUTCHER

### 200 Meters

24.82		Gatorade Classic (4/10)	18th
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### 400 Meters

55.13		LSU Alumni Gold (4/17)	8th
55.21		Gatorade Classic (4/10)	14th
55.73		SEC Championships (5/13-16)	11th
55.81		Tiger Relays (3/26-27)	6th

## MALLORY McDONALD

### Hammer Throw

175-0	r	Texas Relays (3/31-4/3)	13th
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## KATIE McKEEVER

### Shot Put

50-4 1/2	r	LSU Alumni Gold (4/17)	2nd
49-7 3/4	r	SEC Championships (5/13-16)	8th
49-6 1/2	r	Tiger Relays (3/26-27)	1st
48-6 3/4	r	Texas Relays (3/31-4/3)	9th
47-9	r	College Station Relays (3/20)	7th
44-6 3/4		Gatorade Classic (4/10)	8th
FOUL		NCAA Regionals (5/28-29)	N/A

### Discus

173-10	r	Gatorade Classic (4/10)	2nd
165-2	r	College Station Relays (3/20)	3rd
165-1	r	Triton Invitational (4/23-24)	16th
161-6	r	Tiger Relays (3/26-27)	3rd
154-3	r	Texas Relays (3/31-4/3)	8th
154-0	r	LSU Alumni Gold (4/17)	7th
153-7		NCAA Championships (6/9-12)	29th
152-0		SEC Championships (5/13-16)	11th
131-4		NCAA Regionals (5/28-29)	30th

## MILENE MIRANTI

### Javelin

135-9		College Station Relays (3/20)	10th
131-4		Gatorade Classic (4/10)	3rd
129-9		Tiger Relays (3/26-27)	11th
127-1		LSU Alumni Gold (4/17)	7th
119-10		SEC Championships (5/13-16)	10th

## WHITNEY MITCHELL

### 800 Meters

2:10.76		SEC Championships (5/13-16)	20th
2:12.96		LSU Alumni Gold (4/17)	5th
2:13.55		Tiger Relays (3/26-27)	5th
2:16.47		Gatorade Classic (4/10)	10th

### 1,500 Meters

4:43.56		LSU Alumni Gold (4/17)	8th
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## RUTH NANYINZA

### 800 Meters

2:09.28		NCAA Regionals (5/28-29)	21st
2:10.19	r	SEC Championships (5/13-16)	18th
2:10.22	r	Gatorade Classic (4/10)	4th

### 1,500 Meters

4:30.27		LSU Alumni Gold (4/17)	2nd
4:32.85		SEC Championships (5/13-16)	13th
4:44.65		Tiger Relays (3/26-27)	7th

### 5,000 Meters

17:03.02		SEC Championships (5/13-16)	11th
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## TANYA OSBOURNE

### 400 Meters

54.51	r	Gatorade Classic (4/10)	9th
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### 800 Meters

2:06.81		NCAA Regionals (5/28-29)	10th
2:08.25	r	Tiger Relays (3/26-27)	1st
2:08.36	r	SEC Championships (5/13-16)	14th

# 2004 WOMEN'S OUTDOOR PERFORMANCE LIST FINAL

## LaTOYA PAYNE

### Long Jump

20-2 1/2	NCAA Regionals (5/28-29)	.5th
19-9 1/2	w NCAA Championships (6/9-12)	.20th
19-6 1/4	SEC Championships (5/13-16)	.8th
19-6 1/4	LSU Alumni Gold (4/17)	.6th
19-1 1/2	Tiger Relays (3/26-27)	.5th
18-4 1/4	Texas Relays (3/31-4/3)	.13th
18-3 3/4	Penn Relays (4/22-24)	.17th

## JENNIFER RADECKER

### 800 Meters

2:28.25	LSU Alumni Gold (4/17)	.31st
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### 1,500 Meters

4:59.09	LSU Alumni Gold (4/17)	.22nd
5:02.38	Gatorade Classic (4/10)	.4th
5:04.99	Tiger Relays (3/26-27)	.27th

## HAZELANN REGIS

### 200 Meters

23.41	w/r LSU Alumni Gold (4/17)	.2nd
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### 400 Meters

50.64	r SEC Championships (5/13-16)	.1st
51.21	r Gatorade Classic (4/10)	.1st
51.60	NCAA Regionals (5/28-29)	.2nd
52.01	NCAA Championships (6/9-12)	.8th
52.33	NCAA Championships (6/9-12)	.4th-prelims
52.51	NCAA Regionals (5/28-29)	.3rd-prelims
53.63	r SEC Championships (5/13-16)	.6th

## TIFFANY ROBINSON

### 100-Meter Hurdles

13.99	w LSU Alumni Gold (4/17)	.10th
14.00	w Gatorade Classic (4/10)	.8th
14.37	Penn Relays (4/22-24)	.25th
14.46	Texas Relays (3/31-4/3)	.31st

## LYNLEY ROCHE'

### 1,500 Meters

5:07.28	Tiger Relays (3/26-27)	.28th
5:08.26	LSU Alumni Gold (4/17)	.26th

### 5,000 Meters

19:38.66	LSU Alumni Gold (4/17)	.16th
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## MARIA ROMERO

### Javelin

148-0	r College Station Relays (3/20)	.5th
144-10	r Tiger Relays (3/26-27)	.6th
141-7	r LSU Alumni Gold (4/17)	.4th
140-2	NCAA Regionals (5/28-29)	.7th
138-10	Gatorade Classic (4/10)	.4th
138-8	Texas Relays (3/31-4/3)	.10th
138-3	SEC Championships (5/13-16)	.1st
137-0	Triton Invitational (4/23-24)	.4th

## MEGAN SHARKEY

### Pole Vault

9-10	Tiger Relays (3/26-27)	.9th
9-4 1/4	LSU Alumni Gold (4/17)	.16th

## NICOLE TONEY

### Long Jump

19-3 1/2	Texas Relays (3/31-4/3)	.11th
19-0	Penn Relays (4/22-24)	.7th

### Triple Jump

45-3 1/2	wx NCAA Championships (6/9-12)	.2nd
44-3 1/4	NCAA Championships (6/9-12)	.3rd-prelims
43-10	wx Texas Relays (3/31-4/3)	.5th
43-7 3/4	w NCAA Regionals (5/28-29)	.2nd
43-6 1/2	r Penn Relays (4/22-24)	.2nd
42-11	r SEC Championships (5/13-16)	.4th
41-10 3/4	r Gatorade Classic (4/10)	.4th

## ERIN VANDIVORT

### 5,000 Meters

18:38.80	LSU Alumni Gold (4/17)	.8th
18:54.50	Tiger Relays (3/26-27)	.7th

## TANIA WOODS

### 100 Meters

12.01	Texas Relays (3/31-4/3)	.t22nd
12.02	LSU Alumni Gold (4/17)	.10th

## 4X100-METER RELAY

42.61	Jones, Hall, Durst, Lee	NCAA Championships (6/9-12) - 1st
42.92	r Jones, Hall, Davy, Lee	Penn Relays (4/22-24) - 1st
43.04	Jones, Hall, Durst, Lee	NCAA Championships (6/9-12) - 1st-prelims
43.15	r Jones, Hall, Durst, Lee	SEC Championships (5/13-16) - 1st
43.34	r Jones, Hall, Davy, Lee	Texas Relays (3/31-4/3) - 1st
43.45	r Jones, Lee, Davy, Hall	Gatorade Classic (4/10) - 1st
44.17	r Jones, Lee, Davy, Hall	Penn Relays (4/22-24) - 1st-prelims
44.47	r Jones, Hall, Davy, Lee	Texas Relays (3/31-4/3) - 1st-prelims
44.63	r Jones, Hall, Wood, Lee	Tiger Relays (3/26-27) - 1st
45.79	r LeBlanc, Harris, Davy, Butler	Tiger Relays (3/26-27) - 4th
DQ	Jones, Hall, Durst, Lee	NCAA Regionals (5/28-29) - N/A

## 4X200-METER RELAY

1:30.42	Regis, Hall, Davy, Lee	Texas Relays (3/31-4/3) - 1st
1:30.54	Davy, Hall, Durst, Lee	Penn Relays (4/22-24) - 1st
1:31.75	Durst, Regis, Davy, Hall	Penn Relays (4/22-24) - 1st-prelims

## 2004 WOMEN'S OUTDOOR PERFORMANCE LIST FINAL

### 4X400-METER RELAY

3:25.26	sr Bernard-Thomas, Regis, Hall, Davy . . . . . NCAA Championships (6/9-12) - 1st
3:27.04	r Davy, Bernard-Thomas, Hall, Regis . . . . . SEC Championships (5/13-16) - 1st
3:29.64	r Davy, Bernard-Thomas, Hall, Regis . . . . . Texas Relays (3/31-4/3) - 2nd
3:30.21	r Bernard-Thomas, Hall, Osbourne, Regis . . . . . Penn Relays (4/22-24) - 2nd
3:30.72	r Lutcher, Regis, Bernard-Thomas, Davy . . . . . Gatorade Classic (4/10) - 1st
3:31.34	Davy, Bernard-Thomas, Osbourne, Regis . NCAA Championships (6/9-12) - 3rd-prelims
3:31.81	Regis, Osbourne, Hall, Davy . . . . . NCAA Regionals (5/28-29) - 2nd
3:33.22	r Lutcher, Davy, Bernard-Thomas, Regis . . Penn Relays (4/22-24) - 1st-prelims
3:35.28	r Davy, Lutcher, Hall, Osbourne . . . . . Tiger Relays (3/26-27) - 1st
3:38.05	r Regis, Butler, Lee, Harris . . . . . Tiger Relays (3/26-27) - 3rd
3:46.57	Lutcher, Harris, Mitchell, Butler . . . . . LSU Alumni Gold (4/17) - 3rd
3:48.69	Harris, Mitchell, Butler, Nanyinza . . . . . Gatorade Classic (4/10) - 6th

### 4X800-METER RELAY

8:34.97	Mitchell, Nanyinza, Osbourne, Bernard-Thomas . . . . . Penn Relays (4/22-24) - 6th
8:46.30	Bernard-Thomas, Hymel, Mitchell, Nanyinza . . . . . Texas Relays (3/31-4/3) - 4th

### 800-METER SPRINT MEDLEY RELAY

1:39.78	Jones, Hall, Harris, Regis . . . . . Tiger Relays (3/26-27) - 1st
1:39.78	LeBlanc, Woods, Lee, Davy . . . . . Tiger Relays (3/26-27) - 2nd

### 1,600-METER SPRINT MEDLEY RELAY

3:44.20	Hall, Davy, Regis, Bernard-Thomas . . . . . Texas Relays (3/31-4/3) - 1st
3:44.97	Durst, Hall, Regis, Bernard-Thomas . . . . . Penn Relays (4/22-24) - 2nd

### DISTANCE MEDLEY RELAY

12:13.60	Nanyinza, Mitchell, Hymel, Osbourne . . . . . Tiger Relays (3/26-27) - 2nd
12:53.25	Accardo, Denton, Radecker, Vandivort . . . . . Tiger Relays (3/26-27) - 5th

### SHUTTLE HURDLE RELAY

53.43	Littlejohn, Robinson, LeBlanc, Jones . . . . . Penn Relays (4/22-24) - 1st
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#### Symbol Key

- hep = Mark earned during heptathlon competition
- r = NCAA Regional qualifying mark
- sr = School record
- w = Wind-aided mark
- wx = Wind reading over NCAA allowable limits

# MEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

## 100 Meters

1.	Slip Watkins	1989	10.15
	Fabian Muyaba	1993	10.15
	Byron Logan	1998	10.15
4.	Glenroy Gilbert	1993	10.16
5.	Chris Cummings	1996	10.17
6.	Reggie Jones	1993	10.25
	Kirk Cummins	1996	10.25
8.	Bryant Williams	1992	10.26
9.	Jason Sanders	1992	10.27
10.	Efram Coley	1980	10.29

## 200 Meters

1.	Rohsaan Griffin	1996	20.21
2.	Curtis Perry	1997	20.25
3.	Efram Coley	1980	20.35
4.	Dino Napier	1989	20.37
	Glenroy Gilbert	1993	20.37
6.	Derrick Brew	1999	20.38
7.	Slip Watkins	1989	20.40
8.	Byron Logan	1998	20.41
9.	<b>Robert Parham</b>	<b>2002</b>	<b>20.44</b>
10.	<b>Kelly Willie</b>	<b>2004</b>	<b>20.61</b>

## 400 Meters

1.	Derrick Brew	1999	44.29
2.	<b>Kelly Willie</b>	<b>2004</b>	<b>44.81</b>
3.	Alleyne Francique	2002	44.87
4.	<b>Pete Coley</b>	<b>2002</b>	<b>44.89</b>
5.	Al Coffee	1969	45.44c
6.	Lloyd Wills	1972	45.54c
7.	Mike Alridge	1998	45.64
8.	<b>Robert Parham</b>	<b>2001</b>	<b>45.74ht</b>
9.	Derrick Thymes	1994	45.93
10.	Milton Mallard	1995	45.94

## 800 Meters

1.	Robin van Helden	1987	1:45.53
2.	David Singoei	1993	1:45.64
3.	Bob Smith	1972	1:46.9c
4.	Passmore Fursua	1995	1:47.91
5.	Mark Fowler	1988	1:48.19
6.	Rod Green	1984	1:48.34
7.	Maurice Horton	1991	1:48.47
8.	James Epps	1972	1:48.8c
9.	Darrin Browder	1989	1:49.0
10.	<b>Marlon Greensword</b>	<b>2002</b>	<b>1:49.38</b>

## 1,500 Meters

1.	Passmore Fursua	1995	3:39.71
2.	Bobby Beck	1984	3:41.8
3.	Terry Thornton	1989	3:42.20
4.	Mike Quigley	1980	3:42.36
5.	Robin van Helden	1989	3:42.37
6.	John Stewart	1972	3:44.2c
7.	Bob Smith	1974	3:44.3c
8.	Mark Elliott	1989	3:44.52
9.	John Sauerhage	1982	3:45.35
10.	Fran Schimper	2000	3:45.39

## 3,000-Meter Steeplechase

1.	Magnus Bengtsson	1990	8:38.14
2.	Mark Dobbins	1979	8:39.72
3.	Terry Thornton	1991	8:44.19
4.	Passmore Fursua	1994	8:45.33
5.	Bobby Beck	1981	8:47.35
6.	Paul Marmaro	1987	8:47.83
7.	Stuart Mee	1987	8:48.26
8.	David Hall	1986	8:56.01
9.	Bob Wyman	1993	9:00.40
10.	Jaime Bastidas	1998	9:02.64

## 5,000 Meters

1.	Mark Elliott	1989	13:33.10
2.	Terry Thornton	1989	13:49.69
3.	John Stewart	1971	14:04.0c
4.	Mike Smith	1986	14:10.74
5.	Abderrak Merchoud	1997	14:12.79
6.	Mike Quigley	1980	14:13.43
7.	Tom Douple	1974	14:13.4
8.	Sam Mwape	2004	14:14.52
9.	Jimmy Wiggins	2004	14:14.90
10.	Mark Dobbins	1979	14:23.23

## 10,000 Meters

1.	Terry Thornton	1990	28:18.68
2.	Mark Elliott	1989	28:32.44
3.	Likhaya Dayile	2001	29:16.82
4.	Mike Smith	1986	29:18.88
5.	Pablo Presedo	1988	30:12.65
6.	<b>Jimmy Wiggins</b>	<b>2004</b>	<b>30:14.80</b>
7.	Tom Douple	1974	30:40.8c
8.	Ryan Gallup	2003	31:05.71
9.	Jeff Miller	1977	31:21.0
10.	Phil Sims	1994	32:28.97

## 110-Meter Hurdles

1.	Eric Reid	1987	13.50
2.	Larry Shipp	1975	13.55
3.	Orlando McDaniel	1980	13.64
4.	Charles James	1984	13.67
5.	Allen Misher	1973	13.73
	Bernard Williams	1985	13.73
7.	Greg Scott	1999	13.74
8.	Bert Rareshide	1996	13.81
9.	James Rainey	1993	13.88
10.	Sean Dupigny	1993	14.06

## 400-Meter Hurdles

1.	<b>Bennie Brazell</b>	<b>2002</b>	<b>48.80</b>
2.	Lueroy Colquhoun	2002	48.91
3.	Regan Nichols	1996	49.43
4.	Bernard Williams	1986	49.65
5.	Billy Hardin	1964	49.94c
6.	Carey Schimph	1975	50.44c
7.	David Singoei	1992	50.69
8.	Slats Hardin	1934	50.74c
9.	John Duhon	1984	51.38
10.	David Herbert	1987	51.47

## High Jump

1.	Tom Lange	1990	7-5 3/4
2.	J.J. Barton	1997	7-4 1/2
3.	Larey Weaver	1982	7-3 3/4
4.	Alain Metellus	1986	7-3 1/4
5.	Louis Callaway	1986	7-1
6.	Claston Bernard	2002	7-2 1/4
7.	Bruce Reid	1988	7-0 1/4
8.	John Dupont	1995	6-11 3/4
9.	Juan Thomas	1994	6-11 1/2
10.	Ted Heroman	1972	6-11

## Pole Vault

1.	Russ Buller	2000	18-8 3/4
2.	Greg Duplantis	1986	18-5 1/4
3.	Grey Rappe	1983	18-0 1/2
	Derrick Prentice	1996	18-0 1/2
5.	Edgar Daiz	1991	17-9
6.	Ricky Wright	1986	17-8 1/2
7.	Mark Rose	1983	17-5
8.	<b>Daniel Trosclair</b>	<b>2002</b>	<b>17-4 3/4</b>
9.	Mario Sategna	1995	17-2 3/4
10.	Bob Anding	1975	17-2

## Long Jump

1.	<b>John Moffitt</b>	<b>2004</b>	<b>27-2 1/2</b>
2.	Llewellyn Starks	1990	27-0 1/2
3.	Walter Davis	2001	26-8 1/4
4.	Reggie Jones	1993	26-5 3/4
5.	<b>LeJuan Simon</b>	<b>2004</b>	<b>26-3 1/2</b>
6.	Lotfi Khaida	1992	26-2 1/4
	Matthew Rose	1989	26-2 1/4
8.	Eugene McCain	1979	26-1 1/2
	Marcus Thomas	2000	26-1 1/2
10.	Mike Alridge	1996	25-10

## Triple Jump

1.	Walter Davis	2002	57-8 1/2
2.	Reggie Jones	1992	56-2
3.	Lotfi Khaida	1993	55-6 1/4
4.	Marcus Thomas	2000	54-6 3/4
5.	<b>LeJuan Simon</b>	<b>2004</b>	<b>54-4 1/2</b>
6.	<b>John Moffitt</b>	<b>2003</b>	<b>54-2 3/4</b>
	LeVar Anderson	1999	54-2 3/4
8.	Jermaine Grant	1995	53-1 3/4
9.	<b>Willie Bradley</b>	<b>2004</b>	<b>53-1</b>
10.	Ernest Marvin	1981	52-10 1/2

## Shot Put

1.	Joe Maciejczyk	1982	65-7
2.	Simon Williams	1991	62-10 3/4
3.	Gunnar Pflingsten	1997	62-4 1/2
4.	Rolf Kahles	1997	62-3
5.	Scott Petersen	1993	62-1
6.	Alex Forst	2000	60-10 3/4
7.	John Dermody	1996	60-7 1/4
8.	Frank Mazza	1989	60-4 1/2
9.	Tom Marshall	1980	59-8
10.	Christian Nehme	1998	59-7

## Discus

1.	John Nichols	1989	209-1
2.	Simon Williams	1992	200-7
3.	Alex Forst	1998	195-7
4.	Mike Yasolsky	1989	193-4
5.	Derrick Farrell	1993	192-5
6.	Dave Paddison	1991	183-11
7.	Dave Grant	1995	183-10
8.	Rolf Kahles	1997	181-3
9.	Frank Mazza	1989	180-2
10.	Christian Nehme	2000	178-3

## Hammer

1.	Dave Paddison	1994	222-3
2.	Javier Nieto	1999	216-5
3.	John Woosley	1998	202-1
4.	Nigel Green	1996	201-8
5.	Dave Galvan	1996	193-10
6.	Nathan Turner	1997	193-0
7.	Gunnar Pflingsten	1998	187-9
8.	<b>Matt Vincent</b>	<b>2004</b>	<b>174-9</b>
9.	Paul Gardner	2000	170-4
10.	Tommy Gibson	1992	163-1

## Javelin

1.	Mikael Olander	1987	247-11
2.	Mark Morris	1992	236-1
3.	Willie Boudloche	1993	231-11
4.	Blake Theriot	2000	231-8
5.	Craig Nall	2000	229-6
6.	Enno Tjepkema	1988	220-9
7.	Keith Nunez	2003	<b>218-7</b>
8.	Blake Theriot	1999	213-5
9.	Mike Williamson	1995	213-3
10.	Delyle Woods	1995	213-0

## Decathlon (1985 IAAF Tables)

1.	Mario Sategna	1995	8,172
2.	Mikael Olander	1988	8,126
3.	Claston Bernard	2002	8,094
4.	Sheldon Blockburger	1987	7,964
5.	Bruce Reid	1988	7,900w
6.	Bengt Jarlso	1989	7,733
7.	Kanon Vanderhoff	1992	7,449w
8.	Claston Bernard	1999	7,444
9.	Chip Troxclair	1978	7,052w*
10.	<b>Kwami Roberts</b>	<b>2004</b>	<b>6,995</b>

## 4x100-Meter Relay, (0.2)

1.	Jermaine Grant, Mike Alridge, Byron Logan, Curtis Perry	1998	38.24
2.	Walter Davis, Robert Parham, Pete Coley, Bennie Brazell	2002	38.32
3.	Jermaine Grant, Chris Cummings, Eddie Kennison, Rohsaan Griffin	1995	38.64
4.	<b>Kelly Willie, Robert Parham, Pete Coley, Bennie Brazell</b>	<b>2003</b>	<b>38.65</b>
5.	Reggie Jones, Bryant Williams, Chris King, Jason Sanders	1992	38.70
	(tie)Reggie Jones, Glenroy Gilbert, Chris King, Fabian Muyaba	1993	38.70
7.	Chris Cummings, Kirk Cummins, Byron Logan, Rohsaan Griffin	1996	38.86
8.	Eddie Kennison, Bryant Williams, Derrick Thymes, Fabian Muyaba	1994	38.91
	(tie) Eddie Kennison, Chris Cummings, Milton Mallard, Rohsaan Griffin	1995	38.91
	(tie) Chris Cummings, Jermaine Grant, Byron Logan, Curtis Perry	1998	38.91

## 4x400-Meter Relay, (0.3)

1.	<b>Marvin Stevenson, Bennie Brazell, Kelly Willie, Pete Coley</b>	<b>2004</b>	<b>3:01.39</b>
2.	Robert Parham, Lueroy Colquhoun, Pete Coley, Alleyne Francique	2001	3:01.66
3.	<b>Robert Parham, Bennie Brazell, Pete Coley, Kelly Willie</b>	<b>2003</b>	<b>3:02.01</b>
4.	<b>Marvin Stevenson, Pete Coley, Bennie Brazell, Kelly Willie</b>	<b>2004</b>	<b>3:02.30</b>
5.	Lueroy Colquhoun, Marlon Greensword, Bennie Brazell, Pete Coley	2002	3:02.33
6.	Pete Simon, Pete Coley, Lueroy Colquhoun, Alleyne Francique	2002	3:02.70
7.	Lueroy Colquhoun, Pete Coley, Bennie Brazell, Alleyne Francique	2002	3:02.88
8.	<b>Kelly Willie, Austin Benton, Bennie Brazell, Pete Coley</b>	<b>2004</b>	<b>3:03.22</b>
9.	Eddie Kennison, Rohsaan Griffin, Regan Nichols, Milton Mallard	1995	3:03.37
10.	<b>Kelly Willie, Siraj Williams, Bennie Brazell, Pete Coley</b>	<b>2004</b>	<b>3:04.18</b>

# WOMEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

## 100 Meters

1.	Dawn Sowell	1989	10.78
2.	D'Andre Hill	1996	10.92
3.	Peta-Gaye Dowdie	1999	11.03
4.	<b>Muna Lee</b>	<b>2003</b>	<b>11.04</b>
5.	Cheryl Taplin	1994	11.07
6.	Sheila Echols	1987	11.09
7.	Esther Jones	1991	11.11
8.	Zundra Feagin	1996	11.18
9.	Kwajalein Butler	1995	11.25
10.	Dahlia Duhaney	1991	11.35
	Sa'Donna Thornton	2000	11.35

## 200 Meters

1.	Dawn Sowell	1989	22.04
2.	Zundra Feagin	1996	22.30
3.	<b>Muna Lee</b>	<b>2004</b>	<b>22.47</b>
4.	<b>Stephanie Durst</b>	<b>2002</b>	<b>22.48</b>
5.	D'Andre Hill	1996	22.49
	Esther Jones	1990	22.49
7.	Peta-Gaye Dowdie	2000	22.51
8.	Astia Walker	1997	22.69
9.	Myra Combs	1998	22.73
10.	Kwajalein Butler	1998	22.75

## 400 Meters

1.	LaTarsha Stroman	1997	50.60
2.	<b>Hazelann Regis</b>	<b>2004</b>	<b>50.64</b>
3.	<b>Nadia Davy</b>	<b>2003</b>	<b>50.66</b>
4.	Claudine Williams	1999	51.40
5.	Youlanda Warren	1992	51.55
6.	Ronetta Smith	2002	51.62
7.	<b>Monique Hall</b>	<b>2004</b>	<b>51.93</b>
8.	Charlene Maulseed	1995	52.03
9.	Debbie Parris	1994	52.14
10.	Opal Cunningham	1989	52.44

## 800 Meters

1.	<b>Neisha Bernard-Thomas</b>	<b>2003</b>	<b>2:01.75</b>
2.	Claudine Williams	1999	2:02.52
3.	Camille Cato	1987	2:02.73
4.	Sylvia Brydson	1989	2:03.02
5.	Lee Ann Van Landingham	1982	2:03.54
6.	Christine Slythe	1985	2:03.57
7.	Kathi Harris	1987	2:04.70
8.	Marian Burnett	2002	2:05.52
9.	Jackie Bobien	1987	2:05.69
10.	Tammie Young	1988	2:06.25

## 1,500 Meters

1.	Christine Slythe	1985	4:17.14
2.	Charlotte Mayock	1997	4:18.68
3.	Muffy McLeod	1985	4:20.25
4.	Silje Rasmussen	1996	4:20.96
5.	Lisa Reed	1987	4:27.1
6.	Susanne Strunz	2001	4:30.19
7.	<b>Ruth Nanyinza</b>	<b>2004</b>	<b>4:30.27</b>
8.	Tina Bengtson	1981	4:32.8
9.	Michelle Gross	1981	4:37.2
10.	Ann Quigley	1980	4:39.35

## 3,000 Meters

1.	Lisa Reed	1987	9:22.04
2.	Charlotte Mayock	1997	9:25.58
3.	Muffy McLeod	1985	9:32.28
4.	Suzanne Strunz	2000	9:52.50
5.	Michelle Gross	1981	9:56.1
6.	Colleen Scanlan	1986	9:57.4
7.	Bridget Cusack	2000	9:58.61
8.	Ann Quigley	1980	10:03.92
9.	Elaine Gomez	1984	10:15.90
10.	<b>Katie Denton</b>	<b>2003</b>	<b>10:24.83</b>

## 5,000 Meters

1.	Muffy McLeod	1985	16:18.89
2.	Lisa Reed	1988	16:27.65
3.	<b>Ruth Nanyinza</b>	<b>2004</b>	<b>17:03.02</b>
4.	Ann Quigley	1980	17:22.0
5.	Suzanne Strunz	2000	17:22.02
6.	<b>Katie Denton</b>	<b>2004</b>	<b>17:26.93</b>
7.	Bridget Cusack	2000	17:27.43
8.	Elaine Gomez	1984	17:28.45
9.	Michelle Gross	1981	18:05.0
10.	Emily Blake	1997	18:37.27

## 10,000 Meters

1.	Lisa Reed	1988	35:27.94
2.	Bridget Cusack	2001	36:32.79
3.	Elaine Gomez	1984	36:37.25
4.	Emily Blake	1997	37:12.76

## 100-Meter Hurdles

1.	Tananjalyn Stanley	1989	12.70
2.	Kim Carson	1996	12.72
3.	<b>Lolo Jones</b>	<b>2004</b>	<b>12.77</b>
4.	Dawn Bowles	1991	12.82
	Astia Walker	1997	12.82
6.	Joyce Bates	2000	12.85
7.	Cinnamon Sheffield	1989	12.95
8.	<b>Brittany Littlejohn</b>	<b>2004</b>	<b>13.04</b>
9.	Mary Cobb	1991	13.05
10.	Selena Lewis	1999	13.06

## 400-Meter Hurdles

1.	Schowonda Williams	1987	54.82
2.	Debbie Parris	1994	55.17
3.	Donalda Duprey	1991	56.29
4.	Sylvia Brydson	1989	57.69
5.	Doria Appleberry	2002	58.16
6.	Leslie Nixon	1988	58.25
7.	Althea Thomas	2003	58.30
8.	Celena Clarke	1998	58.34
9.	Wendy Truvillion	1987	58.40
10.	Rhonda Phillips	1988	58.69

## 3,000-Meter Steeplechase

1.	Susanne Strunz	2001	10:18.54ht
2.	Sandra Smith	2003	11:57.98

## High Jump

1.	Gai Kapernick	1994	6-2 1/4
2.	Kym Carter	1987	6-0 1/2
	Kelli Flynn	1993	6-0 1/2
4.	Hareldau Argyle	1997	6-0
5.	Gretchen Francois	1998	5-11 1/4
6.	Kim Fenton	1989	5-10 3/4
7.	Sharon Jaklofsky	1991	5-10 1/2
8.	Leslie Nixon	1988	5-10
9.	Lana Zimmerman	1983	5-8 3/4
10.	LaTosha Pierce	1998	5-8 1/2

## Pole Vault

1.	Randi Opperman	2002	11-5 3/4
2.	<b>Megan Duet</b>	<b>2004</b>	<b>10-10</b>
3.	Margaret Reaves	2001	10-2
4.	<b>Jackie Dove</b>	<b>2004</b>	<b>9-10</b>
	<b>Megan Sharkey</b>	<b>2004</b>	<b>9-10</b>
6.	Jessica Biggerstaff	2002	9-6 1/4
	Candice Sigur	2001	9-6 1/4

## Long Jump

1.	Sheila Echols	1987	22-9 1/4
2.	Daphnie Saunders	1993	22-2 1/2
3.	Claire Connor	1988	21-9
4.	Keisha Spencer	2000	21-8 1/4
5.	Marita Hunt	1995	21-5 1/2
6.	Dahlia Duhaney	1991	21-3 1/2
	Camille Jackson	1993	21-3 1/2
8.	Julie Lewis	1988	21-1 1/4
9.	<b>Tina Harris</b>	<b>2004</b>	<b>21-0 1/2</b>
10.	Monique Freeman	1999	20-10 3/4

## Triple Jump

1.	Keisha Spencer	2000	45-10
2.	Suzette Lee	1997	45-8
3.	<b>Nicole Toney</b>	<b>2003</b>	<b>44-6 3/4</b>
4.	Sharon Clarke	1986	43-11 3/4
5.	Camille Jackson	1993	43-6
6.	Bianca Rockett	1999	43-0 1/4
7.	Daphnie Saunders	1993	42-10
8.	Andria Booker	2002	42-7
9.	Julie Lewis	1988	42-0
10.	<b>Ashley Gardner</b>	<b>2003</b>	<b>41-3 3/4</b>

## Shot Put

1.	Danyel Mitchell	1994	54-6 1/2
2.	Teresa Williford	1986	53-5
3.	<b>Katie McKeever</b>	<b>2003</b>	<b>51-9 3/4</b>
4.	Laurie Trapp	1992	49-0 3/4
5.	Kym Carter	1987	48-7 1/4
6.	Lavern Eve	1986	48-2
7.	Jacqui Sheffield	1984	47-8 1/2
8.	Jill Lipp	2000	47-0 3/4
9.	Maria Pettersson	1998	46-5
10.	Sharon Jaklofsky	1992	45-4 1/2

## Discus

1.	Danyel Mitchell	1994	194-4
2.	Laurie Trapp	1992	175-11
3.	<b>Katie McKeever</b>	<b>2003</b>	<b>173-10</b>
4.	Teresa Williford	1987	172-10
5.	<b>Mallory McDonald</b>	<b>2002</b>	<b>162-9</b>
6.	Lavern Eve	1987	161-1
7.	Anysa Olivarez	1996	157-8
8.	Maria Pettersson	1997	156-6
9.	Mattie Cymek	1994	155-1
10.	Stacy Shaw	1986	152-8

## Javelin

1.	Lavern Eve	1987	204-9
2.	Cheryl Coker	1988	179-1
3.	Wanda Ferster	1989	169-11
4.	<b>Maria Romero</b>	<b>2003</b>	<b>157-4</b>
5.	Kim Poche	1996	153-0
6.	Neely Falgout	2002	150-5
7.	Jacqui Sheffield	1984	150-3
8.	Camilla Strid	1991	145-11
9.	Amy Higginbotham	2001	145-9
10.	Neely Falgout	2001	143-8

## Hammer

1.	<b>Britney Henry</b>	<b>2004</b>	<b>205-11</b>
2.	<b>Mallory McDonald</b>	<b>2003</b>	<b>197-4</b>
3.	Candice Gonzalez	2002	188-1
4.	Jill Lipp	2001	147-8
5.	Jennifer Wolfinger	2000	142-0
6.	Teresa Williford	1986	108-4

## Heptathlon

1.	Sharon Jaklofsky	1992	6,013w
2.	Cheryl Wilson	1989	5,855
3.	Jovennie McDuffie	1991	5,778
4.	Lana Zimmerman	1985	5,606w
5.	Kym Carter	1987	5,545
6.	Camilla Strid	1991	5,532
7.	Katarina Hallberg	1990	5,506w
8.	Loren Leaverton	2000	5,366
9.	Rhonda Phillips	1988	5,363w
10.	Martha Harris	1995	5,336

## 4x100-Meter Relay

1.	Tananjalyn Stanley, Dawn Sowell, Cinnamon Sheffield, Esther Jones	1989	42.50
2.	<b>Stephanie Durst, Monique Hall, Lolo Jones, Muna Lee</b>	<b>2003</b>	<b>42.55</b>
3.	<b>Lolo Jones, Monique Hall, Stephanie Durst, Muna Lee</b>	<b>2004</b>	<b>42.61</b>
4.	Astia Walker, Kwajalein Butler, Zundra Feagin, D'Andre Hill	1996	42.76
5.	Astia Walker, Kwajalein Butler, Sa'Donna Thornton, Peta-Gaye Dowdie	1997	42.92
	<b>Lolo Jones, Monique Hall, Nadia Davy, Muna Lee</b>	<b>2004</b>	<b>42.92</b>
7.	Cheryl Taplin, Dahlia Duhaney, Dawn Bowles, Esther Jones	1991	42.96
8.	Dawn Bowles, Cheryl Taplin, Cinnamon Sheffield, Dahlia Duhaney	1992	43.00
9.	Sa'Donna Thornton, Kwajalein Butler, Myra Combs, Peta-Gaye Dowdie	1998	43.02
10.	Doria Appleberry, Lolo Jones, Stephanie Durst, Muna Lee	2002	43.06

## 4x400-Meter Relay

1.	<b>Neisha Bernard-Thomas, Hazelann Regis, Monique Hall, Nadia Davy</b>	<b>2004</b>	<b>3:25.26</b>
2.	<b>Nadia Davy, Neisha Bernard-Thomas, Monique Hall, Hazelann Regis</b>	<b>2003</b>	<b>3:27.04</b>
3.	<b>Nadia Davy, Monique Hall, Neisha Bernard-Thomas, Hazelann Regis</b>	<b>2003</b>	<b>3:27.88</b>
4.	Debbie Parris, Indira Hamilton, Heather Van Norman, Youlanda Warren	1993	3:27.97
5.	LaTarsha Stroman, Sheila Powell, Charlene Maulseed, Youlanda Warren	1995	3:28.26
6.	<b>Nadia Davy, Neisha Bernard-Thomas, Monique Hall, Hazelann Regis</b>	<b>2004</b>	<b>3:29.64</b>
7.	Opal Cunningham, Danyel Wofford, Sylvia Brydson, Schowonda Williams	1988	3:29.93
8.	Stephanie Durst, Xyllena Lynch, Myra Combs, Ronetta Smith	2001	3:30.20
9.	<b>Neisha Bernard-Thomas, Monique Hall, Tanya Osbourne, Hazelann Regis</b>	<b>2004</b>	<b>3:30.21</b>
10.	Wendy Truvillion, Schowonda Williams, Michele Morris, Danyel Wofford	1985	3:30.39