

2009 MEN'S OUTDOOR BESTS

Final

100 Meters (10.55)

10.00	0.3		Trindon Holliday	NCAA Championships (6/12)
10.48	1.8	r	Gabriel Mvumvure	SEC Championships (5/16)
10.54	1.8	r	Jerel Hill	SEC Championships (5/16)
10.72	1.6		Barrett Nugent	Sun Angel Classic (4/11)
10.72	1.8		Tristan Walker	Louisiana Classics (3/21)

Wind-Aided

10.42	2.5	r/w	Gabriel Mvumvure	Texas Relays (4/4)
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200 Meters (21.35)

20.72	0.4		Gabriel Mvumvure	NCAA Midwest Regional (5/30)
21.40	0.1		Tristan Walker	Louisiana Classics (3/21)
21.44	0.1		Jamar Howard	Louisiana Classics (3/21)
21.63	0.1		Jerel Hill	SEC Championships (5/15)
21.79	1.8		Ade Alleyne-Forte	Louisiana Classics (3/21)
21.81	0.9		Barrett Nugent	Louisiana Classics (3/21)
22.02	-1.0		Patrick Lee	Louisiana Classics (3/21)
23.04	0.9		Scott Gibson	Louisiana Classics (3/21)

Wind-Aided

21.41	3.5		Jerel Hill	LSU Alumni Gold (4/18)
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400 Meters (47.20)

45.67		r	Armanti Hayes	SEC Championships (5/17)
45.84			Robert Simmons	NCAA Championships (6/12)
47.05		r	Ade Alleyne-Forte	SEC Championships (5/16)
47.11		r	Jamar Howard	SEC Championships (5/16)
49.47			Garrek Thompson	LSU Alumni Gold (4/18)
52.05			Scott Gibson	Louisiana Classics (3/21)

800 Meters (1:50.40)

1:47.10			Richard Jones	NCAA Championships (6/13)
1:48.86		r	Jamaal James	Sun Angel Classic (4/11)
1:51.37			Garrek Thompson	SEC Championships (5/15)
1:53.26			Jeff Adolph	Louisiana Classics (3/21)
1:59.22			Jeremy Handy	Louisiana Classics (3/21)

1,500 Meters (3:47.80)

3:50.25			Andy Florek	SEC Championships (5/16)
3:51.54			Richard Jones	LSU Alumni Gold (4/18)
3:56.47			Alan Sticker	Sun Angel Classic (4/11)
4:00.05			Richard Chautin	LSU Alumni Gold (4/18)
4:00.83			Jeff Adolph	SEC Championships (5/16)
4:03.28			Jacob Simmons	Louisiana Classics (3/21)
4:09.65			Kenneth Schiffman	LSU Tiger Relays (3/28)
4:12.40			Frank Bohn	Louisiana Classics (3/21)

3,000-Meter Steeplechase (9:07.00)

9:26.86			Jacob Simmons	LSU Tiger Relays (3/28)
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5,000 Meters (14:12.00)

14:42.99			Jacob Simmons	SEC Championships (5/17)
14:50.25			Richard Chautin	Sun Angel Classic (4/11)
14:56.91			Andy Florek	Sun Angel Classic (4/11)
15:47.95			Frank Bohn	LSU Alumni Gold (4/18)
15:54.07			Ken Ehrhardt	LSU Tiger Relays (3/27)
16:02.28			Luke Dessauer	LSU Alumni Gold (4/18)
16:09.09			Alan Sticker	LSU Alumni Gold (4/18)
16:20.29			Jonathan Thomas	LSU Alumni Gold (4/18)
16:21.74			Sean Swanner	LSU Alumni Gold (4/18)

10,000 Meters (28:45.00/29:30.00)

No times

110-Meter Hurdles (14.30)

13.66	2.0		Barrett Nugent	NCAA Midwest Regional (5/30)
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400-Meter Hurdles (52.51)

50.90			Patrick Lee	NCAA Midwest Regional (5/30)
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4x100-Meter Relay (40.66)

38.67			Nugent, Coppage, Hayes, Holliday	NCAA Championships (6/12)
38.72			Nugent, Coppage, Hayes, Holliday	NCAA Championships (6/10)
38.86		r	Hayes, Coppage, Mvumvure, Holliday	SEC Championships (5/17)
38.89		r	Hicks, Coppage, Mvumvure, Holliday	Penn Relays (4/25)
39.07		r	Hicks, Coppage, Mvumvure, Holliday	LSU Alumni Gold (4/18)

4x400-Meter Relay (3:10.00)

3:03.81			Hayes, Howard, Jones, Alleyne-Forte	NCAA Championships (6/13)
3:04.75		r	Simmons, Alleyne-Forte, Howard, Hayes	SEC Championships (5/17)
3:05.09			Simmons, Howard, Jones, Hayes	NCAA Championships (6/11)
3:05.97		r	Howard, Hayes, Alleyne-Forte, Simmons	Texas Relays (4/4)
3:06.04		r	Howard, Hayes, Alleyne-Forte, Simmons	Penn Relays (4/25)

High Jump (6-10 3/4)

6-4 3/4 (1.94)			Phillip Thomas	Pelican Relays (4/11)
6-2 3/4 (1.90)			Davide Brown	LSU Tiger Relays (3/27)

Pole Vault (16-6 3/4)

17-0 3/4 (5.20)		r	Josh Dominguez	Penn Relays (4/25)
16-6 3/4 (5.05)		r	Marcus McGehee	Texas Relays (4/2)
15-7 (4.75)			Kyle Rose	Louisiana Classics (3/21)

Long Jump (24-1)

26-3 1/4 1.3		r	Jeremy Hicks	Penn Relays (4/24)
25-3 1/4 0.8		r	Will Coppage	SEC Championships (5/16)
24-9 3/4 1.3		r	Zedric Thomas	LSU Tiger Relays (3/27)
23-5 1/4 0.0			Reggie Haslom	LSU Tiger Relays (3/27)
21-4 -1.3			Brandon Gordon	Louisiana Classics (3/21)

Wind-Aided

25-4 3/4 2.4		w	Will Coppage	NCAA Championships (6/10)
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Triple Jump (49-2 1/2)

51-0 1/4 -0.9		r	Zedric Thomas	SEC Championships (5/17)
50-11 1/2 -0.7		r	Reggie Haslom	SEC Championships (5/17)
46-9 1/2 N/A			Brandon Gordon	Pelican Relays (4/11)
43-10 1/2 0.4			Phillip Thomas	Louisiana Classics (3/21)

Wind-Aided

51-7 3/4 2.9			Zedric Thomas	NCAA Midwest Regional (5/30)
51-0 1/4 3.1		r	Reggie Haslom	LSU Alumni Gold (4/18)

Shot Put (55-1 1/2)

55-5 (16.89)		r	Adam Wilcox	LSU Alumni Gold (4/18)
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Discus (169-7)

No marks

Javelin (202-1)

221-7 (67.55)		r	Anthony Martel	SEC Championships (5/16)
220-3 (67.14)		r	Aaron Moore	Cole Lancon Twilight (4/30)
216-4 (65.93)		r	Mark DeBlanc	LSU Tiger Relays (3/28)
210-10 (64.26)		r	Ryan Roubion	SEC Championships (5/16)

Hammer Throw (186-4)

235-11 (71.90)		sr/r	Walter Henning	LSU Alumni Gold (4/17)
205-4 (62.60)		r	Rabun Fox	SEC Championships (5/15)
205-0 (62.48)		r	Michael Lauro	LSU Alumni Gold (4/17)
197-2 (60.10)		r	Chris Bless	LSU Alumni Gold (4/17)
188-1 (57.34)		r	Ross Roubion	NSU Invitational (4/25)

Decathlon (7,500/6,900)

No marks

KEY

a - NCAA automatic qualifying mark
 p - NCAA provisional qualifying mark
 dec - Mark earned in decathlon competition
 r - Regional qualifying time/mark
 sr - School record
 w - Wind-aided time/mark
 w+ - Wind reading over the NCAA allowable limit of 4.0

2009 WOMEN'S OUTDOOR BESTS

Final

100 Meters (11.75)

11.14	1.4	Samantha Henry	NCAA Championships (6/10)
11.20	1.6	Kenyanna Wilson	NCAA Championships (6/10)
11.45	0.7	Monique Cabral	NCAA Championships (6/10)
11.49	1.6	Kristina Davis	NCAA Championships (6/10)
11.69	1.6	r Liann Kellman	SEC Championships (5/16)
11.83	1.3	Cassandra Tate	Louisiana Classics (3/21)
12.34	0.2	Tenaya Jones	Sun Angel Classic (4/11)

200 Meters (23.96)

22.80	1.2	Samantha Henry	NCAA Mideast Regional (5/30)
23.45	1.1	r Kenyanna Wilson	Sun Angel Classic (4/11)
23.68	1.1	r Cassandra Tate	Sun Angel Classic (4/11)
23.78	1.9	r Liann Kellman	Sun Angel Classic (4/11)
23.85	0.5	r Kristina Davis	SEC Championships (5/15)
24.06	0.9	Monique Cabral	Sun Angel Classic (4/11)
24.42	1.9	Taylor Evans	Louisiana Classics (3/21)
27.56	0.4	Katelin Palermo	Louisiana Classics (3/21)

400 Meters (54.61)

55.75		Taylor Evans	Louisiana Classics (3/21)
57.75		Monique Cabral	Louisiana Classics (3/21)

800 Meters (2:09.80)

2:01.56		LaTavia Thomas	NCAA Championships (6/13)
2:03.64		r Kayann Thompson	SEC Championships (5/17)
2:03.68		r Brittany Hall	SEC Championships (5/17)
2:15.10		Laura Carleton	LSU Alumni Gold (4/18)

1,500 Meters (4:27.80)

4:40.04		Laura Carleton	Louisiana Classics (3/21)
5:01.56		Jenna Henssler	LSU Alumni Gold (4/18)

Mile (4:49.30)

No times

3,000-Meter Steeplechase (10:50.25)

No times

5,000 Meters (16:52.00)

18:13.91		Christina Porter	LSU Alumni Gold (4/18)
18:30.69		Jenna Henssler	Sun Angel Classic (4/11)

10,000 Meters (33:30.00/35:00.00)

No times

100-Meter Hurdles (13.92)

13.28	1.2	r Tenaya Jones	Texas Relays (4/4)
15.66	1.8	Rachel Fountain	Louisiana Classics (3/21)

400-Meter Hurdles (1:00.82)

No times

4x100-Meter Relay (45.70)

43.20		Cabral, Tate, Henry, Wilson	NCAA Championships (6/10)
43.39		r Cabral, Tate, Henry, Wilson	LSU Alumni Gold (4/18)
43.72		Cabral, Tate, Henry, Wilson	NCAA Mideast Regional (5/30)
43.76		r Davis, Tate, Henry, Wilson	Sun Angel Classic (4/11)
43.84		r Davis, Tate, Henry, Wilson	LSU Tiger Relays (3/27)
43.92		Cabral, Tate, Henry, Wilson	NCAA Mideast Regional (5/29)
43.99		r Davis, Tate, Henry, Wilson	Texas Relays (4/4)
44.07		r Davis, Tate, Henry, Wilson	LSU Tiger Relays (3/28)
44.35		r Davis, Tate, Henry, Wilson	Texas Relays (4/3)
44.66		r Cabral, Tate, Henry, Wilson	Penn Relays (4/24)

4x400-Meter Relay (3:42.00)

3:28.82		Hall, Thompson, Henry, Thomas	NCAA Championships (6/13)
3:31.09		Hall, Thompson, Henry, Thomas	NCAA Championships (6/11)
3:31.53		Tate, Hall, Thompson, Thomas	NCAA Mideast Regional (5/30)
3:31.81		r Hall, Tate, Thompson, Thomas	Texas Relays (4/4)
3:33.96		r Hall, Tate, Thompson, Thomas	Penn Relays (4/25)
3:34.11		r Tate, Thompson, Hall, Thomas	SEC Championships (5/17)
3:36.06		r Tate, Hall, Thomas, Thompson	LSU Tiger Relays (3/28)
3:36.46		r Hall, Henry, Thompson, Thomas	LSU Alumni Gold (4/18)
3:37.01		r Tate, Hall, Thompson, Thomas	Texas Relays (4/3)
3:58.80		Carleton, Evans, Davis, Cabral	Louisiana Classics (3/21)

High Jump (5-8 3/4)

6-0 (1.83)		Brittani Carter	NCAA Championships (6/12)
5-5 (1.65)		Mallory Thompson	LSU Tiger Relays (3/27)
5-1 (1.55)		Katelin Palermo	LSU Tiger Relays (3/27)

Pole Vault (12-7 1/2)

14-1 1/4 (4.30)		sr/r Rachel Laurent	Texas Relays (4/4)
13-6 1/4 (4.12)		r Katelyn Rodrigue	LSU Alumni Gold (4/18)
12-1 1/2 (3.70)		Mallory Thompson	Texas Relays (4/3)
11-1 3/4 (3.40)		Lauren Saucier	LSU Alumni Gold (4/18)

Long Jump (19-8 1/4)

20-4 1/2	0.0	r Melissa Ogbourne	SEC Championships (5/15)
16-6	1.6	Rachel Fountain	Louisiana Classics (3/21)
15-6	1.3	Katelin Palermo	Louisiana Classics (3/21)

Wind-Aided

18-6 1/2	3.4	w Brittani Carter	LSU Tiger Relays (3/27)
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Triple Jump (40-5)

43-2 1/4	0.8	Melissa Ogbourne	NCAA Mideast Regional (5/30)
33-0 1/2	0.6	Rachel Fountain	Louisiana Classics (3/21)

Shot Put (46-11)

45-11 1/4 (14.00)		Brianna Kennedy	LSU Alumni Gold (4/18)
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Discus (155-2)

146-11 (44.80)		Brianna Kennedy	Penn Relays (4/23)
129-11 (39.61)		Danielle Martin	Warhawk Classic (4/25)

Javelin (142-6)

168-11 (51.48)		r Anna Lyons	SEC Championships (5/17)
151-6 (46.18)		r Brianna Kennedy	Texas Relays (4/3)
136-3 (41.54)		Lindsey Turner	Texas Relays (4/3)

Hammer Throw (177-8)

190-11 (58.20)		r Kim Williams	Sun Angel Classic (4/10)
175-5 (53.48)		Allison Horner	LSU Tiger Relays (3/27)
153-5 (46.76)		Brianna Kennedy	LSU Alumni Gold (4/17)

Heptathlon (5,500/5,050)

3,628		Katelin Palermo	LSU Combined Events (4/16-17)
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KEY

a - NCAA automatic qualifying mark
 p - NCAA provisional qualifying mark
 dec - Mark earned in decathlon competition
 r - Regional qualifying time/mark
 sr - School record
 w - Wind-aided time/mark
 w+ - Wind reading over the NCAA allowable limit of 4.0

2009 MEN'S OUTDOOR PERFORMANCE LIST

Final

JEFF ADOLPH

800 Meters

1:53.26	Louisiana Classics (3/21)	.4th
1:55.92	LSU Tiger Relays (3/28)	.8th
1:54.99	Sun Angel Classic (4/11)	.39th-University
1:56.26	LSU Alumni Gold (4/18)	.13th
1:53.65	SEC Championships (5/15)	.22nd

1,500 Meters

4:00.83	SEC Championships (5/16)	.21st
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5,000 Meters

DNF	SEC Championships (5/17)	.DNF
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ADE ALLEYNE-FORTE

200 Meters

21.79	1.8	Louisiana Classics (3/21)	.8th
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400 Meters

48.22	Louisiana Classics (3/21)	.5th
48.66	Sun Angel Classic (4/11)	.13th-University
47.54	LSU Alumni Gold (4/18)	.11th
47.05	r SEC Championships (5/16)	.11th

CHRIS BLESS

Hammer Throw

189-4	r	Louisiana Classics (3/21)	.2nd
187-1	r	LSU Tiger Relays (3/27)	.5th
183-6		Texas Relays (4/2)	.11th
196-7	r	Sun Angel Classic (4/10)	.10th
197-2	r	LSU Alumni Gold (4/18)	.5th
190-11	r	Penn Relays (4/25)	.4th-College
192-10	r	SEC Championships (5/15)	.10th
194-11		NCAA Mideast Regional (5/30)	.11th

FRANK BOHN

1,500 Meters

4:12.40	Louisiana Classics (3/21)	.12th
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5,000 Meters

15:53.53	LSU Tiger Relays (3/27)	.6th
15:47.95	LSU Alumni Gold (4/18)	.15th

DAVID BROWNE

High Jump

6-2 3/4	LSU Tiger Relays (3/27)	.T11th
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RICHARD CHAUTIN

1,500 Meters

4:02.27	Louisiana Classics (3/21)	.5th
4:00.05	LSU Alumni Gold (4/18)	.6th

5,000 Meters

15:31.02	LSU Tiger Relays (3/27)	.2nd
14:50.25	Sun Angel Classic (4/11)	.18th
DNF	LSU Alumni Gold (4/18)	.DNF

WILL COPPAGE

Long Jump

23-10 1/4	4.7	w+	LSU Tiger Relays (3/27)	.6th
23-8 1/4	0.8		Texas Relays (4/3)	.6th
23-3 1/4	0.3		Sun Angel Classic (4/11)	.8th-Premiere
23-4 3/4	0.5		LSU Alumni Gold (4/18)	.8th
22-6 1/4	0.9		Penn Relays (4/24)	.13th
25-3 1/4	0.8	r	SEC Championships (5/16)	.3rd
24-7	-1.0		NCAA Mideast Regional (5/29)	.T11th
25-4 3/4	2.4		NCAA Championships (6/10)	.13th

Triple Jump

FOUL	SEC Championships (5/17)	.FOUL
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MARK DeBLANC

Javelin

196-3	Louisiana Classics (3/21)	.4th	
216-4	r	LSU Tiger Relays (3/28)	.3rd
203-9	r	Texas Relays (4/3)	.7th-University B
196-1		Sun Angel Classic (4/11)	.11th
206-3	r	LSU Alumni Gold (4/18)	.7th
208-3	r	Penn Relays (4/25)	.5th
207-11	r	SEC Championships (5/16)	.8th
206-11		NCAA Mideast Regional (5/29)	.12th

LUKE DESSAUER

5,000 Meters

16:23.41	Louisiana Classics (3/21)	.4th
17:08.80	LSU Tiger Relays (3/27)	.19th
16:02.28	LSU Alumni Gold (4/18)	.19th

JOSH DOMINGUEZ

Pole Vault

16-0 3/4	LSU Tiger Relays (3/28)	.2nd	
NH		Texas Relays (4/4)	.NH
16-6 3/4	r	Sun Angel Classic (4/11)	.5th-Premiere
16-0 3/4		LSU Alumni Gold (4/18)	.4th
17-0 3/4	r	Penn Relays (4/25)	.T6th
16-6 3/4	r	SEC Championships (5/16)	.T7th
16-1 1/4		NCAA Mideast Regional (5/30)	.22nd

KEN EHRHARDT

5,000 Meters

15:54.07	LSU Tiger Relays (3/27)	.7th
16:06.90	LSU Alumni Gold (4/18)	.21st

MICHAEL FLOREK

1,500 Meters

4:01.18	Louisiana Classics (3/21)	.3rd
3:53.97	LSU Alumni Gold (4/18)	.5th
3:50.25	SEC Championships (5/16)	.11th-prelims
4:00.19	SEC Championships (5/17)	.12th

5,000 Meters

DNF	LSU Tiger Relays (3/27)	.DNF
14:56.91	Sun Angel Classic (4/11)	.21st
15:53.79	LSU Alumni Gold (4/18)	.16th
DNF	SEC Championships (5/17)	.DNF

RABUN FOX

Hammer Throw

176-8	Louisiana Classics (3/21)	.3rd	
189-6	r	LSU Tiger Relays (3/27)	.3rd
196-9	r	Texas Relays (4/2)	.6th
202-6	r	Sun Angel Classic (4/10)	.7th
198-8	r	LSU Alumni Gold (4/18)	.4th
193-0	r	Penn Relays (4/25)	.9th
205-4	r	SEC Championships (5/15)	.5th
204-11		NCAA Mideast Regional (5/30)	.5th
193-8		NCAA Championships (6/10)	.23rd

SCOTT GIBSON

200 Meters

23.04	0.9	Louisiana Classics (3/21)	.25th	
23.13	3.6	w	LSU Alumni Gold (4/18)	.27th-B section

400 Meters

52.05	Louisiana Classics (3/21)	.16th
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2009 MEN'S OUTDOOR PERFORMANCE LIST

Final

BRANDON GORDON

Long Jump

21-4	-1.3	Louisiana Classics (3/21)	.6th
FOUL		LSU Tiger Relays (3/27)	FOUL
FOUL		LSU Alumni Gold (4/18)	FOUL

Triple Jump

44-6 1/4	1.4	Louisiana Classics (3/21)	.7th
ND		LSU Tiger Relays (3/28)	.ND
46-9 1/2	N/A	Pelican Relays (4/11)	.3rd

JEREMY HANDY

800 Meters

1:59.22	Louisiana Classics (3/21)	.11th
2:02.49	LSU Alumni Gold (4/18)	.18th-B section

REGGIE HASLUM

Long Jump

21-11	0.4	Louisiana Classics (3/21)	.4th
23-5 1/2	0.0	LSU Tiger Relays (3/27)	.8th
22-1	0.0	Sun Angel Classic (4/11)	.9th-University
23-8 3/4	4.8	w+ SEC Championships (5/16)	.11th

Triple Jump

47-11 3/4	0.9	Louisiana Classics (3/21)	.4th
49-5 1/2	1.9	r LSU Tiger Relays (3/28)	.1st
48-1 3/4	1.6	Texas Relays (4/3)	.13th-University B
47-10	1.8	Sun Angel Classic (4/11)	.12th
51-0 1/4	3.1	r/w LSU Alumni Gold (4/18)	.2nd-B section
48-7 1/4	0.7	Penn Relays (4/25)	.6th-College
50-11 1/2	-0.7	r SEC Championships (5/17)	.5th
50-0 3/4	1.3	NCAA Mideast Regional (5/30)	.11th

ARMANTI HAYES

400 Meters

47.08	r	Sun Angel Classic (4/11)	.9th-Premiere
46.79	r	LSU Alumni Gold (4/18)	.5th
45.78	r	SEC Championships (5/16)	.2nd-prelims
45.67	r	SEC Championships (5/17)	.4th
46.10		NCAA Mideast Regional (5/29)	.2nd-prelims
45.74		NCAA Mideast Regional (5/30)	.2nd
46.62		NCAA Championships (6/10)	.20th

WALTER HENNING

Hammer Throw

208-7	r	Texas Relays (4/2)	.2nd
235-5	sr/r	Sun Angel Classic (4/10)	.1st
235-11	sr/r	LSU Alumni Gold (4/18)	.1st
225-6	r	Penn Relays (4/25)	.1st
229-5	r	SEC Championships (5/15)	.1st
231-6		NCAA Mideast Regional (5/30)	.1st
232-0		NCAA Championships (6/10)	.1st-prelims
232-0		NCAA Championships (6/12)	.2nd
233-5		USA Outdoor Championships (6/27)	.5th

JEREMY HICKS

Long Jump

26-1 1/2	1.5	r LSU Tiger Relays (3/27)	.1st
25-3 1/4	2.1	r/w Texas Relays (4/3)	.3rd
26-0 3/4	1.2	r LSU Alumni Gold (4/18)	.4th
26-3	1.3	r Penn Relays (4/24)	.1st
25-4	0.9	r SEC Championships (5/16)	.2nd
24-7	0.7	r NCAA Mideast Regional (5/29)	.11th
25-7 1/2	1.4	NCAA Championships (6/10)	.9th-prelims
26-1 1/2	2.3	w NCAA Championships (6/11)	.5th
24-11 3/4	4.3	w+ USA Outdoor Championships (6/27)	.11th

JEREL HILL

100 Meters

10.66	1.8	Louisiana Classics (3/21)	.3rd
FS		LSU Tiger Relays (3/27)	.FS
10.63	2.0	Texas Relays (4/3)	.13th
10.59	1.0	Sun Angel Classic (4/11)	.2nd-University
10.60	1.0	LSU Alumni Gold (4/18)	.2nd-B section
10.54	1.8	r SEC Championships (5/16)	.16th
10.56	1.5	NCAA Mideast Regional (5/29)	.13th

200 Meters

21.70	0.1	Louisiana Classics (3/21)	.6th
21.68	1.4	Sun Angel Classic (4/11)	.3rd-University
21.41	3.5	w LSU Alumni Gold (4/18)	.3rd-B section
21.63	0.1	SEC Championships (5/15)	.22nd

TRINDON HOLLIDAY

100 Meters

10.12	1.6	r Texas Relays (4/4)	.2nd-Invitational
10.19	2.4	r/w LSU Alumni Gold (4/18)	.2nd
10.48	-0.2	r Penn Relays (4/24)	.5th-prelims
10.16	-1.0	r Penn Relays (4/25)	.1st
10.11	1.3	r SEC Championships (5/16)	.1st-prelims
10.01	1.1	r SEC Championships (5/17)	.1st
10.51	-2.7	NCAA Mideast Regional (5/29)	.4th-prelims
10.03	3.8	w NCAA Mideast Regional (5/30)	.1st
10.00	1.4	NCAA Championships (6/10)	.1st-prelims
10.14	-0.1	NCAA Championships (6/10)	.1st-semifinal
10.00	0.3	NCAA Championships (6/12)	.1st
9.98	4.3	w+ USA Outdoor Championships (6/25)	.15th-prelims
10.03	4.0	w USA Outdoor Championships (6/26)	.9th

JAMAR HOWARD

200 Meters

21.44	0.1	Louisiana Classics (3/21)	.5th
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400 Meters

48.12		Louisiana Classics (3/21)	.3rd
48.07		Sun Angel Classic (4/11)	.14th-Premiere
47.73		LSU Alumni Gold (4/18)	.13th
47.11	r	SEC Championships (5/16)	.12th
47.74		NCAA Mideast Regional (5/29)	.14th

JAMAAL JAMES

800 Meters

1:48.86	r	Sun Angel Classic (4/11)	.3rd-Premiere
DNF		LSU Alumni Gold (4/18)	.DNF
1:51.50		SEC Championships (5/15)	.15th
1:50.05		NCAA Mideast Regional (5/29)	.4th-prelims
1:49.17		NCAA Mideast Regional (5/30)	.3rd
1:50.43		NCAA Championships (6/10)	.23rd

RICHARD JONES

800 Meters

1:52.91		LSU Tiger Relays (3/28)	.4th
1:48.85	r	Sun Angel Classic (4/11)	.2nd-Premiere
1:53.20		SEC Championships (5/15)	.19th
1:47.70		NCAA Mideast Regional (5/29)	.1st-prelims
1:49.28		NCAA Mideast Regional (5/30)	.4th
1:47.62		NCAA Championships (6/10)	.3rd-prelims
1:47.27		NCAA Championships (6/11)	.8th-semifinal
1:47.10		NCAA Championships (6/13)	.5th

1,500 Meters

3:51.54		LSU Alumni Gold (4/18)	.3rd
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2009 MEN'S OUTDOOR PERFORMANCE LIST

Final

MICHAEL LAURO

Hammer Throw

200-9	r	LSU Tiger Relays (3/27)	.2nd
203-2	r	Texas Relays (4/2)	.5th
201-2	r	Sun Angel Classic (4/10)	.8th
205-0	r	LSU Alumni Gold (4/18)	.3rd
198-3	r	Penn Relays (4/25)	.6th
203-5	r	SEC Championships (5/15)	.7th
200-9		NCAA Mideast Regional (5/30)	.6th

PATRICK LEE

200 Meters

22.02	-1.0	Louisiana Classics (3/21)	.15th
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400-Meter Hurdles

53.48		LSU Tiger Relays (3/27)	.6th-prelims
52.02	r	LSU Tiger Relays (3/28)	.3rd
52.14	r	Texas Relays (4/2)	.7th-prelims
51.57	r	Texas Relays (4/4)	.5th
51.97	r	Sun Angel Classic (4/11)	.5th-Premiere
51.52	r	LSU Alumni Gold (4/18)	.1st
52.32	r	Penn Relays (4/24)	.7th
51.93	r	SEC Championships (5/15)	.8th-prelims
51.18	r	SEC Championships (5/17)	.7th
51.49		NCAA Mideast Regional (5/29)	.7th-prelims
50.90		NCAA Mideast Regional (5/30)	.5th
50.94		NCAA Championships (6/10)	.20th

ANTHONY MARTEL

Javelin

183-3		Louisiana Classics (3/21)	.6th
175-10		LSU Tiger Relays (3/28)	.11th
209-7	r	LSU Alumni Gold (4/18)	.4th
221-7	r	SEC Championships (5/16)	.2nd
191-11		NCAA Mideast Regional (5/29)	.23rd

AARON MOORE

Javelin

195-10		LSU Tiger Relays (3/28)	.7th
193-9		LSU Alumni Gold (4/18)	.12th
199-9		NSU Invitational (4/25)	.N/A
220-3	r	Cole Lancon Twilight (4/30)	.N/A
209-1	r	SEC Championships (5/16)	.7th
207-10		NCAA Mideast Regional (5/29)	.10th
213-6		NCAA Championships (6/10)	.15th

MARCUS MCGEHEE

Pole Vault

16-0 3/4		Louisiana Classics (3/21)	.2nd
16-0 3/4		LSU Tiger Relays (3/28)	.4th
16-6 3/4	r	Texas Relays (4/2)	.3rd-University B
16-0 3/4		Sun Angel Classic (4/11)	.6th-University
15-7		LSU Alumni Gold (4/18)	.5th
NH		Penn Relays (4/24)	.NH
16-0 3/4		SEC Championships (5/16)	.14th
NH		NCAA Mideast Regional (5/30)	.NH

GABRIEL MVUMVURE

100 Meters

10.43	2.1	r/w	Louisiana Classics (3/21)	.1st
10.58	0.0		LSU Tiger Relays (3/27)	.3rd-prelims
10.60	2.1	w	LSU Tiger Relays (3/28)	.3rd
10.51	1.2	r	Texas Relays (4/3)	.8th-prelims
10.42	2.5	r/w	Texas Relays (4/4)	.6th
10.49	1.2	r	Penn Relays (4/24)	.6th-prelims
10.51	-1.0	r	Penn Relays (4/25)	.4th
10.48	1.8	r	SEC Championships (5/16)	.14th

200 Meters

21.15	0.1	r	Louisiana Classics (3/21)	.3rd
21.00	0.3	r	Sun Angel Classic (4/11)	.3rd-Premiere
20.89	0.6	r	LSU Alumni Gold (4/18)	.4th

20.95	1.1	r	SEC Championships (5/15)	.7th-prelims
21.00	-1.1	r	SEC Championships (5/17)	.6th
20.98	2.3	w	NCAA Mideast Regional (5/29)	.6th-prelims
20.72	0.4		NCAA Mideast Regional (5/30)	.5th
FS			NCAA Championships (6/11)	.FS-prelims

BARRETT NUGENT

100 Meters

10.72	1.6		Sun Angel Classic (4/11)	.6th-University
10.80	2.3	w	LSU Alumni Gold (4/18)	.11th-B section

110-Meter Hurdles

14.24	0.0	r	LSU Tiger Relays (3/27)	.3rd-prelims
14.13	-0.8	r	LSU Tiger Relays (3/28)	.2nd
14.10	3.0	r/w	Texas Relays (4/3)	.7th-prelims
13.84	2.9	r/w	Texas Relays (4/4)	.5th
DNF			Sun Angel Classic (4/11)	.DNF
14.19	2.0	r	LSU Alumni Gold (4/18)	.6th
13.89	1.0	r	Penn Relays (4/24)	.6th-prelims
14.11	0.6	r	Penn Relays (4/25)	.4th
14.09	-1.7	r	SEC Championships (5/16)	.7th-prelims
13.88	1.2	r	SEC Championships (5/17)	.6th
13.81	1.7		NCAA Mideast Regional (5/29)	.1st-prelims
13.66	2.0		NCAA Mideast Regional (5/30)	.1st
13.74	-0.6		NCAA Championships (6/11)	.5th-prelims
13.73	-0.3		NCAA Championships (6/12)	.5th-semifinal
14.01	-2.0		NCAA Championships (6/13)	.9th

200 Meters

21.81	0.9		Louisiana Classics (3/21)	.9th
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KYLE ROSE

Pole Vault

15-7			Louisiana Classics (3/21)	.3rd
15-7			LSU Tiger Relays (3/28)	.15th
NH			Texas Relays (4/2)	.NH

ROSS ROUBION

Hammer Throw

183-2			LSU Tiger Relays (3/27)	.6th
173-5			LSU Alumni Gold (4/18)	.11th
188-1	r		NSU Invitational (4/25)	.N/A
176-9			NCAA Mideast Regional (5/30)	.26th

RYAN ROUBION

Javelin

197-6			Louisiana Classics (3/21)	.3rd
188-3			LSU Tiger Relays (3/28)	.10th
195-9			Texas Relays (4/3)	.12th-University B
193-5			Sun Angel Classic (4/11)	.14th
206-8	r		LSU Alumni Gold (4/18)	.6th
190-1			Penn Relays (4/25)	.13th-College
210-10	r		SEC Championships (5/15)	.5th
192-5			NCAA Mideast Regional (5/29)	.22nd

KENNETH SCHIFFMAN

1,500 Meters

4:10.18			Louisiana Classics (3/21)	.11th
4:09.65			LSU Tiger Relays (3/27)	.6th

JACOB SIMMONS

1,500 Meters

4:03.28			Louisiana Classics (3/21)	.7th
4:03.53			LSU Alumni Gold (4/18)	.11th

3,000-Meter Steeplechase

9:26.86			LSU Tiger Relays (3/28)	.1st
9:33.05			SEC Championships (5/16)	.10th

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Final

5,000 Meters

15:01.60	Sun Angel Classic (4/11)	.23rd
DNF	LSU Alumni Gold (4/18)	.DNF
14:42.99	SEC Championships (5/17)	.16th

ROBERT SIMMONS

400 Meters

FS	Sun Angel Classic (4/11)	.FS
46.46	r LSU Alumni Gold (4/18)	.4th
46.88	r SEC Championships (5/16)	.9th-prelims
46.08	r SEC Championships (5/17)	.5th
46.05	NCAA Mideast Regional (5/29)	.1st-prelims
46.01	NCAA Mideast Regional (5/30)	.5th
46.13	NCAA Championships (6/10)	.5th-prelims
45.84	NCAA Championships (6/12)	.7th-semifinal
DNF	NCAA Championships (6/13)	.DNF

ALAN STICKER

1,500 Meters

3:56.47	Sun Angel Classic (4/11)	.16th
3:59.58	LSU Alumni Gold (4/18)	.6th

5,000 Meters

16:09.09	LSU Alumni Gold (4/18)	.23rd
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SEAN SWANNER

5,000 Meters

16:42.67	LSU Tiger Relays (3/27)	.18th
16:21.74	LSU Alumni Gold (4/18)	.26th

JONATHAN THOMAS

5,000 Meters

16:29.98	LSU Tiger Relays (3/27)	.16th
16:20.29	LSU Alumni Gold (4/18)	.25th

PHILLIP THOMAS

High Jump

6-2 3/4	LSU Tiger Relays (3/27)	.T11th
6-4 3/4	Pelican Relays (4/11)	.3rd

Triple Jump

43-10 1/2 0.4	Louisiana Classics (3/21)	.8th
FOUL	LSU Tiger Relays (3/28)	.FOUL
43-3 4.0 w	LSU Alumni Gold (4/18)	.13th-B section

ZEDRIC THOMAS

Long Jump

24-10 1/2 4.1 w+	LSU Tiger Relays (3/27)	.2nd
24-9 3/4 1.3 r	LSU Tiger Relays (3/27)	.2nd
23-10 3/4 -0.1	Texas Relays (4/3)	.7th-University B
22-7 0.2	Sun Angel Classic (4/11)	.9th-Premiere
23-3 1/2 -1.3	Penn Relays (4/24)	.10th-College
18-1 3/4 1.1	SEC Championships (5/16)	.23rd
24-11 2.2 w	NCAA Mideast Regional (5/29)	.9th

Triple Jump

50-6 2.8 w/r	Texas Relays (4/4)	.8th
50-11 0.6 w/r	LSU Alumni Gold (4/18)	.3rd
51-0 1/4 -0.9 r	SEC Championships (5/17)	.4th
51-7 3/4 2.9 w	NCAA Mideast Regional (5/30)	.8th

GARREK THOMPSON

400 Meters

49.47	LSU Alumni Gold (4/18)	.15th
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800 Meters

1:55.84	Louisiana Classics (3/21)	.5th
DNF	LSU Tiger Relays (3/27)	.DNF
1:51.95	Sun Angel Classic (4/11)	.15th-University
1:51.37	SEC Championships (5/15)	.14th

TRISTAN WALKER

100 Meters

10.72	1.8	Louisiana Classics (3/21)	.4th
10.76	0.0	LSU Tiger Relays (3/27)	.12th
10.99	2.4 w	LSU Alumni Gold (4/18)	.21st-B section

200 Meters

21.40	0.1	Louisiana Classics (3/21)	.4th
21.48	1.4	LSU Alumni Gold (4/18)	.7th-B section

ADAM WILCOX

Shot Put

53-6 1/4	LSU Tiger Relays (3/27)	.5th
FOUL	Texas Relays (4/3)	.FOUL
54-11 1/4	Sun Angel Classic (4/11)	.1st-University
55-5	r LSU Alumni Gold (4/18)	.4th
54-0	Penn Relays (4/24)	.3rd-College
53-5 1/2	SEC Championships (5/16)	.11th
53-8 1/4	NCAA Mideast Regional (5/29)	.18th

4X100-METER RELAY

39.36	r	Hicks, Coppage, Mvumvure, Holliday	.LSU Tiger Relays (3/27) - 1st-prelims
39.70	r	Hicks, Coppage, Mvumvure, Holliday	.LSU Tiger Relays (3/28) - 1st
39.67	r	Hicks, Coppage, Mvumvure, Holliday	.Texas Relays (4/3) - 2nd-prelims
39.10	r	Hicks, Coppage, Mvumvure, Holliday	.Texas Relays (4/4) - 3rd
39.40	r	Hicks, Coppage, Mvumvure, Holliday	.Sun Angel Classic (4/11) - 1st
39.07	r	Hicks, Coppage, Mvumvure, Holliday	.LSU Alumni Gold (4/18) - 2nd
39.93	r	Hicks, Coppage, Mvumvure, Holliday	.Penn Relays (4/24) - 3rd-prelims
38.89	r	Hicks, Coppage, Mvumvure, Holliday	.Penn Relays (4/25) - 3rd
38.86	r	Hayes, Coppage, Mvumvure, Holliday	.SEC Championships (5/17) - 2nd
39.32		Hayes, Coppage, Mvumvure, Holliday	.NCAA Mideast Regional (5/29) - 1st-p
39.13		Hayes, Coppage, Mvumvure, Holliday	.NCAA Mideast Regional (5/30) - 1st
38.72		Nugent, Coppage, Hayes, Holliday	.NCAA Championships (6/10) - 3rd-prelims
38.67		Nugent, Coppage, Hayes, Holliday	.NCAA Championships (6/12) - 2nd

4X200-METER RELAY

1:23.55		Simmons, Hayes, Mvumvure, Walker	.LSU Tiger Relays (3/28) - 1st
DNF		Howard, Simmons, Alleyne-Forte, Mvumvure	.Texas Relays (4/4) - DNF
1:24.45		Alleyne-Forte, Hayes, Hill, Walker	.Penn Relays (4/24) - 11th

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4X400-METER RELAY

3:11.63	Walker, Nugent, Mvumvure, ThompsonLouisiana Classics (3/21) - 3rd
3:14.54	James, Adolph, Lee, HowardLouisiana Classics (3/21) - 5th
3:08.83	r Hayes, Howard, James, Alleyne-ForteLSU Tiger Relays (3/28) - 3rd
3:26.91	Lee, Walker, Handy, GibsonLSU Tiger Relays (3/28) - 8th
3:05.97	r Howard (47.16), Hayes (45.53), Alleyne-Forte (46.92), Simmons (46.36)Texas Relays (4/4) - 2nd
3:06.16	r Howard, Hayes, Alleyne-Forte, SimmonsLSU Alumni Gold (4/18) - 2nd
3:06.07	r Howard, Hayes, Alleyne-Forte, SimmonsPenn Relays (4/24) - 2nd-prelims
3:06.04	r Howard, Hayes, Alleyne-Forte, SimmonsPenn Relays (4/25) - 6th
3:04.75	r Simmons, Alleyne-Forte, Howard, HayesSEC Championships (5/17) - 2nd
3:06.79	Simmons, Mvumvure, Howard, HayesNCAA Mideast Regional (5/30) - 5th
3:05.09	Simmons, Howard, Jones, HayesNCAA Championships (6/11) - 9th-prelims
3:03.81	Hayes, Howard, Jones, Alleyne-ForteNCAA Championships (6/13) - 6th

4X800-METER RELAY

7:52.52	Thompson, Schiffman, Handy, AdolphLSU Tiger Relays (3/27) - 4th
7:34.55	Thompson, Jones, Adolph, JamesTexas Relays (4/2) - 4th
7:28.57	Thompson, James, Adolph, JonesPenn Relays (4/25) - 12th

4X1,500-METER RELAY

16:24.98	Chautin, Adolph, Simmons, FlorekTexas Relays (4/3) - 6th
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SPRINT MEDLEY RELAY

3:20.08	Hayes, Mvumvure, Simmons, Alleyne-ForteLSU Tiger Relays (3/27) - 2nd
3:20.72	Lee, James, Walker, JonesLSU Tiger Relays (3/27) - 3rd
3:19.83	Hayes, Mvumvure, Simmons, JamesTexas Relays (4/3) - 4th
3:19.61	Mvumvure, Hayes, Simmons, JamesPenn Relays (4/24) - 4th

DISTANCE MEDLEY RELAY

10:28.71	Florek, Gibson, Sticker, ChautinLSU Tiger Relays (3/28) - 3rd
10:05.33	Jones, James, Thompson, FlorekTexas Relays (4/4) - 6th
10:02.46	Jones, Lee, Thompson, StickerPenn Relays (4/24) - 12th-College

2009 WOMEN'S OUTDOOR PERFORMANCE LIST

Final

MONIQUE CABRAL

100 Meters		
12.08	0.1	LSU Tiger Relays (3/27)10th
11.72	1.2	r Sun Angel Classic (4/11)1st-University
11.62	1.8	r LSU Alumni Gold (4/18)1st-B section
11.65	2.2	w/r SEC Championships (5/16)10th
11.45	1.9	NCAA Mideast Regional (5/29)3rd-prelims
11.49	1.7	NCAA Mideast Regional (5/30)4th
11.45	0.7	NCAA Championships (6/10)12th-prelims
11.72	-1.0	NCAA Championships (6/10)14th

200 Meters		
24.50	2.0	Louisiana Classics (3/21)8th
24.06	0.9	Sun Angel Classic (4/11)3rd-University
24.07	1.0	LSU Alumni Gold (4/18)11th
24.08	1.2	SEC Championships (5/15)13th

400 Meters		
57.75		Louisiana Classics (3/21)5th

LAURA CARLETON

800 Meters		
2:16.76		Louisiana Classics (3/21)3rd
2:15.10		LSU Alumni Gold (4/18)14th
2:14.71		SEC Championships (5/15)17th

1,500 Meters		
4:40.04		Louisiana Classics (3/21)3rd
4:47.09		LSU Tiger Relays (3/28)4th
4:40.38		Sun Angel Classic (4/11)11th-University
4:48.89		SEC Championships (5/16)20th

5,000 Meters		
DNF		SEC Championships (5/17)DNF

BRITTANI CARTER

High Jump		
6-0	r	LSU Tiger Relays (3/27)1st
6-0	r	Texas Relays (4/3)2nd
5-10 3/4	r	Sun Angel Classic (4/11)1st
5-10	r	LSU Alumni Gold (4/18)1st
5-10 1/2	r	Penn Relays (4/24)4th
5-11 1/2	r	SEC Championships (5/17)2nd
5-8 1/2	r	NCAA Mideast Regional (5/30)T3rd
5-9 3/4	r	NCAA Championships (6/10)T1st-prelims
6-0	r	NCAA Championships (6/12)T5th

Long Jump		
18-6 1/2	3.4	w LSU Tiger Relays (3/27)9th

KRISTINA DAVIS

100 Meters		
11.95	0.2	LSU Tiger Relays (3/27)7th-prelims
11.94	2.3	w LSU Tiger Relays (3/28)6th
11.90	1.4	Texas Relays (4/3)31st
11.68	3.0	w/r LSU Alumni Gold (4/18)3rd-B section
11.81	-1.0	Penn Relays (4/24)11th
11.65	2.2	w/r SEC Championships (5/16)9th-prelims
11.62	1.7	NCAA Mideast Regional (5/29)8th-prelims
11.56	1.7	NCAA Mideast Regional (5/30)5th
11.49	1.6	NCAA Championships (6/10)18th-prelims
11.82	-1.1	NCAA Championships (6/10)18th

200 Meters		
23.87	0.9	r Sun Angel Classic (4/11)2nd-University
23.85	0.5	r SEC Championships (5/15)7th-prelims

TAYLOR EVANS

200 Meters		
24.42	1.9	Louisiana Classics (3/21)6th

400 Meters		
55.75		Louisiana Classics (3/21)2nd
56.32		Sun Angel Classic (4/11)12th-Premiere
56.40		LSU Alumni Gold (4/18)13th-B section
56.71		SEC Championships (5/16)17th

RACHEL FOUNTAIN

100-Meter Hurdles		
15.66	1.8	Louisiana Classics (3/21)12th

Long Jump		
16-6	1.6	Louisiana Classics (3/21)8th

Triple Jump		
33-0 1/2	0.6	Louisiana Classics (3/21)3rd

BRITTANY HALL

800 Meters		
2:05.82	r	LSU Alumni Gold (4/18)3rd
2:05.24	r	SEC Championships (5/15)2nd-prelims
2:03.68	r	SEC Championships (5/17)6th
2:05.49		NCAA Mideast Regional (5/29)6th-prelims
2:04.25		NCAA Mideast Regional (5/30)4th
2:06.07		NCAA Championships (6/10)17th-prelims
2:03.73		NCAA Championships (6/11)6th-semifinal
2:04.06		NCAA Championships (6/13)6th

SAMANTHA HENRY

100 Meters		
11.37	2.0	r LSU Tiger Relays (3/27)1st-prelims
11.59	2.3	r/w LSU Tiger Relays (3/28)2nd
11.21	1.6	r Texas Relays (4/3)1st-prelims
11.19	1.8	r Texas Relays (4/4)3rd
11.54	0.0	r Sun Angel Classic (4/11)3rd-Premiere
11.33	1.8	r LSU Alumni Gold (4/18)2nd
11.31	1.2	r Penn Relays (4/24)2nd-prelims
11.22	0.9	r Penn Relays (4/25)1st
11.36	2.2	w/r SEC Championships (5/16)3rd-prelims
11.34	0.6	r SEC Championships (5/17)2nd
11.37	1.4	NCAA Mideast Regional (5/29)1st-prelims
11.43	1.7	NCAA Mideast Regional (5/30)2nd
11.14	1.4	NCAA Championships (6/10)4th-prelims
11.44	-1.0	NCAA Championships (6/10)5th-semifinal
11.42	-0.5	NCAA Championships (6/12)8th
11.35	-1.3	Jamaican National Championships (6/27)5th-prelims
11.36	-1.5	Jamaican National Championships (6/27)6th

200 Meters		
23.27	1.1	r Sun Angel Classic (4/11)4th-Premiere
23.38	-0.9	r LSU Alumni Gold (4/18)3rd
23.06	0.5	r SEC Championships (5/15)1st-prelims
23.36	-1.1	r SEC Championships (5/17)1st
23.73	-1.2	NCAA Mideast Regional (5/29)4th-prelims
22.80	1.2	NCAA Mideast Regional (5/30)1st
23.26	-0.3	NCAA Championships (6/11)3rd-prelims
23.07	1.0	NCAA Championships (6/11)4th-semifinal
23.07	-1.2	NCAA Championships (6/13)6th

JENNA HENSSLER

1,500 Meters		
5:01.56		LSU Alumni Gold (4/18)2nd-B section

5,000 Meters		
18:56.73		LSU Tiger Relays (3/27)10th
18:30.69		Sun Angel Classic (4/11)21st
DNF		LSU Alumni Gold (4/18)DNF
DNF		SEC Championships (5/17)DNF

2009 WOMEN'S OUTDOOR PERFORMANCE LIST

Final

ALLISON HORNER

Shot Put

ND LSU Tiger Relays (3/28)ND

Hammer Throw

169-5 Louisiana Classics (3/21)3rd
 175-5 LSU Tiger Relays (3/27)4th
 163-8 Sun Angel Classic (4/10)16th

TENAYA JONES

100 Meters

12.38 2.4 w LSU Tiger Relays (3/27)15th
 12.34 0.2 Sun Angel Classic (4/11)11th
 12.53 1.5 LSU Alumni Gold (4/18)27th-B section

100-Meter Hurdles

13.89 0.0 r LSU Tiger Relays (3/27)2nd-prelims
 13.69 -1.1 r LSU Tiger Relays (3/28)2nd
 13.50 1.8 r Texas Relays (4/3)4th-prelims
 13.28 1.2 r Texas Relays (4/4)3rd
 13.53 1.4 r Sun Angel Classic (4/11)4th
 13.87 1.1 r LSU Alumni Gold (4/18)7th
 13.51 -0.3 r Penn Relays (4/24)8th-prelims
 13.48 0.0 r Penn Relays (4/25)6th
 13.68 -0.8 r SEC Championships (5/16)4th-prelims
 13.47 0.4 r SEC Championships (5/17)3rd
 13.46 0.8 NCAA Mideast Regional (5/29)6th-prelims
 13.70 0.6 NCAA Mideast Regional (5/30)8th
 13.62 -1.7 NCAA Championships (6/11)15th-prelims
 13.51 -0.4 NCAA Championships (6/12)14th

LIANN KELLMAN

100 Meters

11.82 1.3 Louisiana Classics (3/21)2nd
 11.94 0.1 LSU Tiger Relays (3/27)6th-prelims
 11.93 2.3 w LSU Tiger Relays (3/28)4th
 11.85 1.3 Texas Relays (4/3)25th
 11.79 0.0 Sun Angel Classic (4/11)4th-Premiere
 11.79 1.8 LSU Alumni Gold (4/18)6th-B section
 11.77 1.2 Penn Relays (4/24)9th-prelims
 11.69 1.6 r SEC Championships (5/16)13th
 11.77 1.4 NCAA Mideast Regional (5/29)14th

200 Meters

24.09 1.9 Louisiana Classics (3/21)4th
 23.78 1.9 r Sun Angel Classic (4/11)1st-University
 23.98 1.0 LSU Alumni Gold (4/18)10th
 23.94 0.6 r SEC Championships (5/15)9th-prelims
 24.15 -1.1 SEC Championships (5/17)6th
 24.39 -1.2 NCAA Mideast Regional (5/29)16th

BRIANNA KENNEDY

Shot Put

44-7 LSU Tiger Relays (3/28)8th
 43-11 1/4 Sun Angel Classic (4/110)13th-University
 45-11 1/4 LSU Alumni Gold (4/18)7th
 45-3 SEC Championships (5/17)14th

Javelin

141-4 LSU Tiger Relays (3/27)2nd
 151-6 r Texas Relays (4/3)1st-University B
 141-0 Penn Relays (4/23)6th
 137-6 SEC Championships (5/17)7th

Discus

142-10 LSU Tiger Relays (3/28)8th
 FOUL Sun Angel Classic (4/110)FOUL
 133-9 LSU Alumni Gold (4/18)11th
 146-11 Penn Relays (4/23)12th-College
 136-1 SEC Championships (5/16)13th

Hammer

FOUL Sun Angel Classic (4/10)FOUL
 153-5 LSU Alumni Gold (4/18)10th
 162-7 SEC Championships (5/15)10th

RACHEL LAURENT

Pole Vault

12-7 1/2 r LSU Tiger Relays (3/28)3rd
 14-1 1/4 sr/r Texas Relays (4/4)1st
 13-1 1/2 r Sun Angel Classic (4/11)T2nd
 13-1 1/2 r LSU Alumni Gold (4/18)2nd
 13-10 1/2 r Penn Relays (4/23)1st
 13-5 1/4 r SEC Championships (5/17)T2nd
 13-1 3/4 NCAA Mideast Regional (5/29)T9th
 13-5 1/4 NCAA Championships (6/10)T1st-prelims
 13-9 1/4 NCAA Championships (6/12)11th

ANNA LYONS

Javelin

156-4 r Louisiana Classics (3/21)1st
 157-3 r LSU Tiger Relays (3/27)1st
 160-11 r Texas Relays (4/4)6th
 145-11 r Sun Angel Classic (4/11)6th
 152-1 r LSU Alumni Gold (4/18)2nd
 158-5 r Penn Relays (4/23)4th
 168-11 r SEC Championships (5/17)3rd
 156-9 NCAA Mideast Regional (5/30)5th
 142-9 NCAA Championships (6/10)24th

DANIELLE MARTIN

Discus

124-2 Louisiana Classics (3/21)4th
 125-5 LSU Tiger Relays (3/28)14th
 126-2 LSU Alumni Gold (4/18)16th
 129-11 Warhawk Classic (4/25)N/A

MELISSA OGBOURNE

Long Jump

FOUL LSU Tiger Relays (3/27)FOUL
 19-4 1/4 -0.1 Texas Relays (4/3)4th-University B
 FOUL Sun Angel Classic (4/11)FOUL
 20-0 1/2 3.2 w/r Penn Relays (4/23)1st-College
 20-4 1/2 0.0 r SEC Championships (5/15)3rd
 19-9 1.1 NCAA Mideast Regional (5/29)12th

Triple Jump

41-8 1/2 1.1 r LSU Alumni Gold (4/18)5th
 42-6 3/4 4.1 w/r Penn Relays (4/24)1st-College
 40-6 1.5 SEC Championships (5/17)7th
 43-2 1/4 0.8 NCAA Mideast Regional (5/30)3rd
 42-0 3/4 2.1 w NCAA Championships (6/12)19th

KATELIN PALERMO

200 Meters

27:56 0.4 Louisiana Classics (3/21)30th

High Jump

5-1 LSU Tiger Relays (3/27)T11th

Long Jump

15-6 1.3 Louisiana Classics (3/21)10th
 ND LSU Tiger Relays (3/27)ND

Heptathlon

3,628 LSU Combined Events (4/16-17)8th

2009 WOMEN'S OUTDOOR PERFORMANCE LIST

Final

CHRISTINA PORTER

5,000 Meters

18:23.63	LSU Tiger Relays (3/27)	.6th
18:13.91	LSU Alumni Gold (4/18)	.9th
DNF	SEC Championships (5/17)	.DNF

KATELYN RODRIGUE

Pole Vault

13-1 1/2	r Louisiana Classics (3/21)	.1st
13-1 1/2	r LSU Tiger Relays (3/28)	.2nd
13-5 1/4	r Texas Relays (4/4)	.3rd
12-7 1/2	r Sun Angel Classic (4/11)	.6th
13-6 1/4	r LSU Alumni Gold (4/18)	.1st
NH	Penn Relays (4/23)	.NH
13-1 1/2	r SEC Championships (5/17)	.6th
13-1 3/4	NCAA Mideast Regional (5/29)	.T9th
NH	NCAA Championships (6/10)	.NH

LAUREN SAUCIER

Pole Vault

10-8	Louisiana Classics (3/21)	.5th
11-1 3/4	LSU Tiger Relays (3/28)	.11th
11-1 3/4	LSU Alumni Gold (4/18)	.13th

CASSANDRA TATE

100 Meters

11.83	1.3	Louisiana Classics (3/21)	.3rd
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200 Meters

23.96	1.9	r Louisiana Classics (3/21)	.1st
23.68	0.8	r Sun Angel Classic (4/11)	.6th-Premiere
24.09	1.0	LSU Alumni Gold (4/18)	.12th
23.97	0.5	SEC Championships (5/15)	.10th
24.10	-1.2	NCAA Mideast Regional (5/29)	.10th

LATAVIA THOMAS

800 Meters

2:04.48	r Sun Angel Classic (4/11)	.1st-Premiere
2:06.71	r LSU Alumni Gold (4/18)	.4th
2:06.50	r SEC Championships (5/15)	.7th-prelims
2:02.77	r SEC Championships (5/17)	.2nd
2:05.19	NCAA Mideast Regional (5/29)	.4th-prelims
2:04.06	NCAA Mideast Regional (5/30)	.3rd
2:05.33	NCAA Championships (6/10)	.7th-prelims
2:03.37	NCAA Championships (6/11)	.4th-semifinal
2:01.56	NCAA Championships (6/13)	.3rd
2:04.58	USA Outdoor Championships (6/25)	.4th-prelims
2:05.45	USA Outdoor Championships (6/25)	.12th

KAYANN THOMPSON

800 Meters

2:07.49	r Sun Angel Classic (4/11)	.4th-Premiere
2:04.25	r LSU Alumni Gold (4/18)	.1st
2:06.42	r SEC Championships (5/15)	.5th-prelims
2:03.64	r SEC Championships (5/17)	.4th
2:06.73	NCAA Mideast Regional (5/29)	.7th-prelims
2:07.41	NCAA Mideast Regional (5/30)	.7th
2:05.49	NCAA Championships (6/10)	.11th-prelims
2:03.99	NCAA Championships (6/11)	.10th

MALLORY THOMPSON

High Jump

5-5	Louisiana Classics (3/21)	.2nd
5-5	LSU Tiger Relays (3/27)	.8th
5-3	Sun Angel Classic (4/11)	.T22nd
5-3	SEC Championships (5/17)	.13th

Pole Vault

11-1 3/4	Louisiana Classics (3/21)	.4th
11-7 3/4	LSU Tiger Relays (3/28)	.T6th

12-1 1/2

11-7 3/4

11-7 3/4

11-5 3/4

Texas Relays (4/3)10th-University B

Sun Angel Classic (4/11)T16th-University

LSU Alumni Gold (4/18)T7th

Penn Relays (4/23)T14th-College

LINDSEY TURNER

Javelin

134-8	Louisiana Classics (3/21)	.5th
133-5	LSU Tiger Relays (3/27)	.5th
136-3	Texas Relays (4/3)	.7th-University B
121-4	Sun Angel Classic (4/11)	.14th
125-5	LSU Alumni Gold (4/18)	.11th
121-9	SEC Championships (5/17)	.11th

KIM WILLIAMS

Hammer Throw

171-6	Louisiana Classics (3/21)	.2nd
187-3	r LSU Tiger Relays (3/27)	.2nd
189-0	r Texas Relays (4/2)	.7th
190-11	r Sun Angel Classic (4/10)	.1st-University
185-11	r LSU Alumni Gold (4/17)	.2nd
177-7	Penn Relays (4/23)	.4th-College
192-3	r SEC Championships (5/15)	.2nd
185-0	NCAA Mideast Regional (5/29)	.12th

KENYANNA WILSON

100 Meters

11.40	1.5	r LSU Tiger Relays (3/27)	.2nd-prelims
11.42	2.3	r/w LSU Tiger Relays (3/28)	.1st
11.53	1.4	r Texas Relays (4/3)	.4th-prelims
11.31	1.8	r Texas Relays (4/4)	.5th
11.51	0.0	r Sun Angel Classic (4/11)	.2nd-Premiere
11.38	0.7	r LSU Alumni Gold (4/18)	.5th
11.50	-1.0	r Penn Relays (4/24)	.3rd-prelims
11.48	0.9	r Penn Relays (4/25)	.7th
11.42	1.1	r SEC Championships (5/16)	.4th-prelims
11.32	0.6	r SEC Championships (5/17)	.1st
11.38	1.9	NCAA Mideast Regional (5/29)	.2nd-prelims
11.39	1.7	NCAA Mideast Regional (5/30)	.1st
11.20	1.6	NCAA Championships (6/10)	.9th-prelims
11.42	-1.0	NCAA Championships (6/10)	.3rd-semifinal
11.30	-0.5	NCAA Championships (6/12)	.3rd

200 Meters

23.45	1.1	r Sun Angel Classic (4/11)	.5th-Premiere
23.73	-0.9	r LSU Alumni Gold (4/18)	.6th
23.56	1.2	r SEC Championships (5/15)	.5th-prelims
23.44	-1.1	r SEC Championships (5/17)	.2nd
24.35	1.5	NCAA Mideast Regional (5/29)	.14th

4X100-METER RELAY

43.84	r Davis, Tate, Henry, Wilson	.LSU Tiger Relays (3/27) - 2nd-prelims
44.07	r Davis, Tate, Henry, Wilson	.LSU Tiger Relays (3/28) - 2nd
44.35	r Davis, Tate, Henry, Wilson	.Texas Relays (4/3) - 1st-prelims
43.99	r Davis, Tate, Henry, Wilson	.Texas Relays (4/4) - 2nd
43.76	r Davis, Tate, Henry, Wilson	.Sun Angel Classic (4/11) - 1st
43.39	r Cabral, Tate, Henry, Wilson	.LSU Alumni Gold (4/18) - 2nd
44.66	r Cabral, Tate, Henry, Wilson	.Penn Relays (4/23) - 2nd-prelims
DNF	Cabral, Tate, Henry, Wilson	.Penn Relays (4/24) - DNF
DNF	Cabral, Tate, Henry, Wilson	.SEC Championships (5/17) - DNF
43.92	Cabral, Tate, Henry, Wilson	.NCAA Mideast Regional (5/29) - 1st-prelims
43.72	Cabral, Tate, Henry, Wilson	.NCAA Mideast Regional (5/30) - 1st

2009 WOMEN'S OUTDOOR PERFORMANCE LIST

Final

43.20	Cabral, Tate, Henry, WilsonNCAA Championships (6/10) - 2nd-prelims
DNF	Cabral, Henry, Davis, WilsonNCAA Championships (6/12) - DNF

4X200-METER RELAY

1:33.27	Kellman, Tate, Wilson, HenryLSU Tiger Relays (3/28) - 2nd
1:35.14	Davis, Tate, Kellman, CabralPenn Relays (4/24) - 6th-prelims
1:32.03	Kellman, Tate, Henry, WilsonPenn Relays (4/25) - 3rd

4X400-METER RELAY

3:58.80	Carleton, Evans, Davis, CabralLouisiana Classics (3/21) - 5th
3:36.06	r Tate, Hall, Thomas, ThompsonLSU Tiger Relays (3/28) - 3rd
3:37.01	r Tate, Hall, Thompson, ThomasTexas Relays (4/3) - 4th-prelims
3:31.81	r Hall (53.94), Tate (52.98), Thompson (52.93), Thomas (51.96) . . .Texas Relays (4/4) - 1st
3:36.46	r Hall, Henry, Thompson, ThomasLSU Alumni Gold (4/18) - 3rd
3:40.18	r Hall, Tate, Thompson, ThomasPenn Relays (4/23) - 7th-prelims
3:33.96	r Hall, Tate, Thompson, ThomasPenn Relays (4/25) - 3rd
3:34.11	r Tate, Thompson, Hall, ThomasSEC Championships (5/17) - 1st
3:31.53	Tate, Hall, Thompson, ThomasNCAA Mideast Regional (5/30) - 1st
3:31.09	Hall, Thompson, Henry, ThomasNCAA Championships (6/11) - 1st-prelims
3:28.82	Hall, Thompson, Henry, ThomasNCAA Championships (6/13) - 2nd

4X800-METER RELAY

8:46.23	Carleton (2:15.27), Thompson (2:09.67), Hall (2:10.79), Thomas (2:10.60)Texas Relays (4/2) - 1st
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SPRINT MEDLEY RELAY

3:48.98	Wilson, Henry, Thomas, HallLSU Tiger Relays (3/27) - 1st
3:51.25	Tate, Davis, Evans, ThompsonLSU Tiger Relays (3/27) - 2nd
3:50.89	Wilson, Henry, Thomas, HallTexas Relays (4/3) - 1st
3:47.26	Henry, Wilson, Hall, ThomasPenn Relays (4/24) - 1st

MEN'S OUTDOOR PERSONAL BESTS

JEFF ADOLPH	MICHAEL LAURO
800 Meters1:53.64	Hammer Throw205-0
1,500 Meters4:00.83	
ADE ALLEYNE-FORTE	PATRICK LEE
400 Meters46.27	110-Meter Hurdles13.95
	400-Meter Hurdles50.90
CHRIS BLESS	ANTHONY MARTEL
Hammer Throw197-2	Javelin221-7
RICHARD CHAUTIN	MARCUS McGEHEE
1,500 Meters4:00.05	Pole Vault16-6 3/4
5,000 Meters14:50.25	
WILL COPPAGE	MICHAEL MILTON
100 Meters10.54	Long Jump23-3
Long Jump25-3 1/4	
MARK DeBLANC	AARON MOORE
Javelin216-4	Javelin220-3
JOSH DOMINGUEZ	GABRIEL MVUMVURE
Pole Vault17-5	100 Meters10.37
	200 Meters20.68w/20.72
ANDY FLOREK	BARRETT NUGENT
1,500 Meters3:50.25	110-Meter Hurdles13.66
5,000 Meters14:54.67	
RABUN FOX	KYLE ROSE
Discus139-0	Pole Vault16-1 3/4
Hammer Throw215-11	
SCOTT GIBSON	ROSS ROUBION
100 Meters10.81	Discus144-8
200 Meters21.85	Hammer188-1
400 Meters49.09	
BRANDON GORDON	RYAN ROUBION
Long Jump23-0	Javelin210-10
Triple Jump46-9 1/2	
JEREMY HANDY	JACOB SIMMONS
400 Meters49.98	1,500 Meters4:03.28
800 Meters1:59.00	3,000-Meter Steeplechase9:21.59
	5,000 Meters14:41.04
REGGIE HASLOM	ROBERT SIMMONS
Long Jump23-5 1/2	200 Meters21.11
Triple Jump51-0 1/4w/50-11 1/2	400 Meters45.84
ARMANTI HAYES	ALAN STICKER
200 Meters21.16	800 Meters1:54.26
400 Meters45.67	1,500 Meters3:49.29
WALTER HENNING	5,000 Meters14:59.93
Hammer Throw235-11	PHILLIP THOMAS
JEREMY HICKS	High Jump6-6
Long Jump26-3	ZEDRIC THOMAS
Triple Jump47-1	Long Jump24-11w/24-9 3/4
JEREL HILL	Triple Jump52-3 1/4
100 Meters10.38	GARREK THOMPSON
200 Meters21.05	400 Meters49.47
TRINDON HOLLIDAY	800 Meters1:51.37
100 Meters10.00	ADAM WILCOX
JAMAAL JAMES	Shot Put56-0
800 Meters1:47.00	
RICHARD JONES	
800 Meters1:47.10	

WOMEN'S OUTDOOR PERSONAL BESTS

MONIQUE CABRAL		LATAVIA THOMAS	
100 Meters	.11.45	400 Meters	.53.17
200 Meters	.23.54	800 Meters	.2:01.56
LAURA CARLETON		KAYANN THOMPSON	
800 Meters	.2:14.71	800 Meters	.2:02.64
1,500 Meters	.4:40.04	MALLORY THOMPSON	
BRITTANI CARTER		Pole Vault	
High Jump	.6-0	.12-2 1/2	
KRISTINA DAVIS		LINDSEY TURNER	
100 Meters	.11.49	Javelin	
200 Meters	.23.80	.136-3	
TAYLOR EVANS		KIM WILLIAMS	
400 Meters	.54.65	Hammer Throw	
BRITTANY HALL		.194-2	
800 Meters	.2:03.68	KENYANNA WILSON	
SAMANTHA HENRY		100 Meters	
100 Meters	.11.14	.11.20	
200 Meters	.22.80	200 Meters	
JENNA HENSSLER		.23.44	
5,000 Meters	.18:30.69	ALLISON HORNER	
TENAYA JONES		Hammer Throw	
100-Meter Hurdles	.13.28	.194-1	
LIANN KELLMAN		TENAYA JONES	
100 Meters	.11.59	100-Meter Hurdles	
200 Meters	.23.48	.13.28	
BRIEANNA KENNEDY		LIANN KELLMAN	
Shot Put	45-11 1/4	100 Meters	
Discus	.149-3	.11.59	
Javelin	.151-6	200 Meters	
Hammer	.162-7	.23.48	
RACHEL LAURENT		BRIEANNA KENNEDY	
Pole Vault	.14-1 1/4	Shot Put	
ANNA LYONS		45-11 1/4	
Javelin	.168-11	Discus	
DANIELLE MARTIN		.149-3	
Discus	.129-11	Javelin	
MELISSA OGBOURNE		.151-6	
Long Jump	.20-4 1/2	Hammer	
Triple Jump	.43-2 1/4	.162-7	
CHRISTINA PORTER		RACHEL LAURENT	
1,500 Meters	.5:04.77	Pole Vault	
5,000 Meters	.18:13.91	.14-1 1/4	
KATELYN RODRIGUE		ANNA LYONS	
Pole Vault	.13-7 1/4	Javelin	
LAUREN SAUCIER		.168-11	
Pole Vault	.11-1 3/4	DANIELLE MARTIN	
CASSANDRA TATE		Discus	
100 Meters	.11.79	.129-11	
200 Meters	.23.68	MELISSA OGBOURNE	
100-Meter Hurdles	.14.11	Long Jump	
		.20-4 1/2	
		Triple Jump	
		.43-2 1/4	

MEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

100 Meters

1.	Richard Thompson	2008	9.89
2.	Trindon Holliday	2009	10.00
3.	Xavier Carter	2006	10.09
4.	Slip Watkins	1989	10.15
	Fabian Muyaba	1993	10.15
	Byron Logan	1998	10.15
7.	Glenroy Gilbert	1993	10.16
8.	Chris Cummings	1996	10.17
9.	Kelly Willie	2006	10.19
10.	Reggie Jones	1993	10.25
	Kirk Cummins	1996	10.25

200 Meters

1.	Xavier Carter	2005	20.02
2.	Richard Thompson	2008	20.18
3.	Rohsaan Griffin	1996	20.21
4.	Curtis Perry	1997	20.25
5.	Efram Coley	1980	20.35
6.	Dino Napier	1989	20.37
	Glenroy Gilbert	1993	20.37
8.	Derrick Brew	1999	20.38
9.	Slip Watkins	1989	20.40
10.	Byron Logan	1998	20.41

400 Meters

1.	Derrick Brew	1999	44.29
2.	Xavier Carter	2006	44.53
3.	Kelly Willie	2004	44.63
4.	Alleyne Francique	2002	44.87
5.	Pete Coley	2002	44.89
6.	Al Coffee	1969	45.44c
7.	Lloyd Wills	1972	45.54c
8.	Mike Alridge	1998	45.64
9.	Armanti Hayes	2009	45.67
10.	Robert Parham	2001	45.74ht

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.	Jamaal James	2007	1:47.00
5.	Elkana Kosgei	2008	1:47.05
6.	Richard Jones	2009	1:47.10
7.	Reuben Twijukye	2007	1:47.11
8.	Passmore Furusa	1995	1:47.91
9.	Mark Fowler	1988	1:48.19
10.	Rod Green	1984	1:48.34

1,500 Meters

1.	Passmore Furusa	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 Kosgei	2008	3:42.98
6.	John Stewart	1972	3:44.2c
8.	Bob Smith	1974	3:44.3c
8.	Mark Elliott	1989	3:44.52
9.	Patrick Gavin	2006	3:45.03

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 Furusa	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 Kosgei	2008	13:54.40
4.	John Stewart	1971	14:04.0c
5.	Mike Smith	1986	14:10.74
6.	Abderrzak Merchoud	1997	14:12.79
7.	Mike Quigley	1980	14:13.43
8.	Tom Douple	1974	14:13.4
9.	Sam Mwape	2004	14:14.52
10.	Jimmy Wiggins	2004	14:14.90

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.	Joseph Simuchimba	2007	29:39.83
6.	Jimmy Wiggins	2005	29:50.94
7.	Sam Mwape	2005	30:02.83
8.	Pablo Presedo	1988	30:12.65
9.	Tom Douple	1974	30:40.8c
10.	Ryan Gallup	2003	31:05.71

110-Meter Hurdles

1.	Eric Reid	1987	13.50
2.	Larry Shipp	1975	13.55
3.	Alleyne Lett	2007	13.57
4.	Orlando McDaniel	1980	13.64
	Ryan Fontenot	2008	13.64
6.	Barrett Nugent	2009	13.66
7.	Charles James	1984	13.67
8.	Allen Misher	1973	13.73
	Bernard Williams	1985	13.73
10.	Greg Scott	1999	13.74

400-Meter Hurdles

1.	Bennie Brazell	2005	47.67
2.	Isa Phillips	2007	48.51
3.	Lueroy Colquhoun	2002	48.91
4.	Regan Nichols	1996	49.43
5.	Bernard Williams	1986	49.65
6.	Billy Hardin	1964	49.94c
7.	Carey Schimph	1975	50.44c
8.	David Singoei	1992	50.69
9.	Glenn "Slats" Hardin	1934	50.74c
10.	Patrick Lee	2009	50.90

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.	Josh Dominguez	2008	17-5
	Mark Rose	1983	17-5
9.	Daniel Troisclair	2002	17-4 3/4
10.	Mario Sategna	1995	17-2 3/4

Long Jump

1.	John Moffitt	2004	27-9 1/2
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.	LeJuan Simon	2004	26-3 1/2
6.	Jeremy Hicks	2009	26-3
7.	Lotfi Khaïda	1992	26-2 1/4
	Matthew Rose	1989	26-2 1/4
9.	Eugene McCain	1979	26-1 1/2
	Marcus Thomas	2000	26-1 1/2

Triple Jump

1.	Walter Davis	2002	57-8 1/2
2.	Reggie Jones	1992	56-2
3.	Lotfi Khaïda	1993	55-6 1/4
4.	Marcus Thomas	2000	54-6 3/4
5.	LeJuan Simon	2004	54-4 1/2
6.	John Moffitt	2003	54-2 3/4
	LeVar Anderson	1999	54-2 3/4
8.	Jermaine Grant	1995	53-1 3/4
9.	Willie Bradley	2004	53-1
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 Galvan	1995	183-10
8.	Rolf Kahles	1997	181-3
9.	Frank Mazza	1989	180-2
10.	Alleyne Lett	2005	178-4

Hammer

1.	Walter Henning	2009	235-11
2.	Dave Paddison	1994	222-3
3.	Javier Nieto	1999	216-5
4.	Rabun Fox	2008	215-11
5.	Michael Lauro	2009	205-0
6.	John Woosley	1998	202-1
7.	Nigel Green	1996	201-8
8.	Chris Bless	2008	197-2
9.	Dave Galvan	1996	193-10
10.	Nathan Turner	1997	193-0

Javelin

1.	Mikael Olander	1987	247-11
2.	Chad Radgowski	2007	239-8
3.	Mark Morris	1992	236-1
4.	Preston Chatham	2007	234-7
5.	Willie Boudloche	1993	231-11
6.	Blake Theriot	2000	231-8
7.	Craig Nall	2000	229-6
8.	Anthony Martel	2009	221-7
9.	Enno Tjepkema	1988	220-9
10.	Brandon Racca	2007	220-8

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 Jarlsgo	1989	7,733
7.	Darion Powell	2006	7,640
8.	Alleyne Lett	2005	7,550
9.	Edwin Billot	2006	7,468
10.	Kanon Vanderhoff	1992	7,449w

4x100-Meter Relay

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.	Armanti Hayes, Richard Thompson, Gabriel Mvumvure, Trindon Holliday	2008	38.42
4.	Richard Thompson, Xavier Carter, Marvin Stevenson, Kelly Willie	2006	38.44
5.	Jermaine Grant, Chris Cummings, Eddie Kennison, Rohsaan Griffin	1995	38.64
6.	Kelly Willie, Robert Parham, Pete Coley, Bennie Brazell	2003	38.65
7.	Armanti Hayes, Richard Thompson, Gabriel Mvumvure, Trindon Holliday	2008	38.67
8.	Barrett Nugent, Will Coppage, Armanti Hayes, Trindon Holliday	2009	38.67
9.	Reggie Jones, Bryant Williams, Chris King, Jason Sanders (tie) Reggie Jones, Glenroy Gilbert, Chris King, Fabian Muyaba	1993	38.70

4x400-Meter Relay

1.	Reggie Dardar, Kelly Willie, Bennie Brazell, Xavier Carter	2005	2:59.59
2.	Marvin Stevenson, Bennie Brazell, Kelly Willie, Pete Coley	2004	3:01.39
3.	Reggie Dardar, Kelly Willie, Melville Rogers, Xavier Carter	2006	3:01.58
4.	Robert Parham, Lueroy Colquhoun, Pete Coley, Alleyne Francique	2001	3:01.66
5.	Robert Parham, Bennie Brazell, Pete Coley, Kelly Willie (tie) Reggie Dardar, Melville Rogers, Xavier Carter, Kelly Willie	2003	3:02.01
6.	Reggie Dardar, Melville Rogers, Xavier Carter, Kelly Willie	2006	3:02.01
7.	Reggie Dardar, Melville Rogers, Marvin Stevenson, Pete Coley, Bennie Brazell, Kelly Willie (tie) Siraj Williams, Melville Rogers, Marvin Stevenson, Reggie Dardar	2004	3:02.30
8.	Reggie Dardar, Melville Rogers, Xavier Carter, Kelly Willie	2006	3:02.30
10.	Reggie Dardar, Melville Rogers, Xavier Carter, Kelly Willie	2006	3:02.31

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.	Muna Lee	2003	11.04
5.	Kelly Baptiste	2008	11.06
6.	Cheryl Taplin	1994	11.07
7.	Sheila Echols	1987	11.09
8.	Esther Jones	1991	11.11
9.	Samantha Henry	2009	11.14
10.	Juanita Broaddus	2008	11.17

200 Meters

1.	Dawn Sowell	1989	22.04
2.	Zundra Feagin	1996	22.30
3.	Muna Lee	2004	22.47
4.	Stephanie Durst	2002	22.48
5.	D'Andre Hill	1996	22.49
	Esther Jones	1990	22.49
7.	Peta-Gaye Dowdie	2000	22.51
8.	Kelly Baptiste	2008	22.67
	Sherry Fletcher	2007	22.67
10.	Astia Walker	1997	22.69

400 Meters

1.	LaTarsha Stroman	1997	50.60
2.	Hazelann Regis	2004	50.64
3.	Nadia Davy	2003	50.66
4.	Claudine Williams	1999	51.40
5.	Youlanda Warren	1992	51.55
6.	Ronetta Smith	2002	51.62
7.	Deonna Lawrence	2006	51.75
8.	Monique Hall	2004	51.93
9.	Charlene Maulseed	1995	52.03
10.	Debbie Parris	1994	52.14

800 Meters

1.	Neisha Bernard-Thomas	2004	2:01.32
2.	LaTavia Thomas	2009	2:01.56
3.	Claudine Williams	1999	2:02.52
4.	Camille Cato	1987	2:02.73
5.	Sylvia Brydson	1989	2:03.02
6.	Lee Ann Van Landingham	1982	2:03.54
7.	Christine Slythe	1985	2:03.57
8.	Kayann Thompson	2009	2:03.64
9.	Brittany Hall	2009	2:03.68
10.	Kathi Harris	1987	2:04.70

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.	Ruth Nanyinza	2005	4:30.16
7.	Susanne Strunz	2001	4:30.19
8.	Tina Bengtson	1981	4:32.8
9.	Katie Dawson	2007	4:34.71
10.	Michelle Gross	1981	4:37.2

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.	Megan Broussard	2007	10:06.99
10.	Kate Accardo	2006	10:15.72

5,000 Meters

1.	Muffy McLeod	1985	16:18.89
2.	Lisa Reed	1988	16:27.65
3.	Ruth Nanyinza	2004	17:03.02
4.	Katie Denton	2005	17:10.47
5.	Ann Quigley	1980	17:22.0
6.	Suzanne Strunz	2000	17:22.02
7.	Bridget Cusack	2000	17:27.43
8.	Elaine Gomez	1984	17:28.45
9.	Megan Broussard	2007	17:52.73
10.	Kate Accardo	2007	17:57.53

10,000 Meters

1.	Lisa Reed	1988	35:27.94
2.	Katie Denton	2005	35:39.94
3.	Bridget Cusack	2001	36:32.79
4.	Elaine Gomez	1984	36:37.25
5.	Emily Blake	1997	37:12.76

100-Meter Hurdles

1.	Tananjalyn Stanley	1989	12.70
2.	Kim Carson	1996	12.72
3.	Lolo Jones	2004	12.77
4.	Dawn Bowles	1991	12.82
	Astia Walker	1997	12.82
6.	Joyce Bates	2000	12.85
	Nickiesha Wilson	2008	12.85
8.	Cinnamon Sheffield	1989	12.95
9.	Jessica Ohanaja	2007	13.01
10.	Brittany Littlejohn	2004	13.04

400-Meter Hurdles

1.	Nickiesha Wilson	2007	53.97
2.	Schowonda Williams	1987	54.82
3.	Debbie Parris	1994	55.17
4.	Donalda Duprey	1991	56.29
5.	Sylvia Brydson	1989	57.69
6.	Doria Appleberry	2002	58.16
7.	Leslie Nixon	1988	58.25
8.	Althea Thomas	2003	58.30
9.	Celena Clarke	1998	58.34
10.	Wendy Truvillion	1987	58.40

3,000-Meter Steeplechase

1.	Susanne Strunz	2001	10:18.54ht
2.	Kate Accardo	2006	11:35.10
3.	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
	Brittani Carter	2009	6-0
6.	Gretchen Francois	1998	5-11 1/4
7.	Kim Fenton	1989	5-10 3/4
8.	Shaunette Davidson	2007	5-10 1/2
	Sharon Jaklofsky	1991	5-10 1/2
10.	Leslie Nixon	1988	5-10

Pole Vault

1.	Rachel Laurent	2009	14-1 1/4
2.	Katelyn Rodrigue	2008	13-7 1/4
3.	Mallory Thompson	2008	12-2 1/2
4.	Calah Young	2005	11-11 3/4
5.	Randi Opperman	2002	11-5 3/4
	Megan Duet	2005	11-5 3/4
7.	Lauren Saucier	2009	11-1 3/4
8.	Jackie Dove	2006	10-10
9.	Margaret Reaves	2001	10-2
	Megan Sharkey	2004	9-10

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.	Tina Harris	2005	21-4 3/4
7.	Dahlia Duhaney	1991	21-3 1/2
	Camille Jackson	1993	21-3 1/2
9.	Julie Lewis	1988	21-1 1/4
10.	Monique Freeman	1999	20-10 3/4

Triple Jump

1.	Keisha Spencer	2000	45-10
2.	Suzette Lee	1997	45-8
3.	Nicole Toney	2003	44-6 3/4
4.	Andrea Linton	2007	44-1 1/4
5.	Sharon Clarke	1986	43-11 3/4
6.	Camille Jackson	1993	43-6
7.	Melissa Ogbourne	2009	43-2 1/4
8.	Bianca Rockett	1999	43-0 1/4
9.	Daphnie Saunders	1993	42-10
10.	Andria Booker	2002	42-7

Shot Put

1.	Danyel Mitchell	1994	54-6 1/2
2.	Teresa Williford	1986	53-5
3.	Katie McKeever	2003	51-9 3/4
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.	Brianna Kennedy	2009	45-11 1/4

Discus

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

Javelin

1.	Laverne Eve	1987	204-9
2.	Cheryl Coker	1988	179-1
3.	Wanda Ferster	1989	169-11
5.	Anna Lyons	2009	168-11
5.	Amanda Harmata	2007	166-4
6.	Maria Romero	2003	157-4
7.	Kim Poche	1996	153-0
8.	Brianna Kennedy	2009	151-6
9.	Neely Falgout	2002	150-5
10.	Jacqui Sheffield	1984	150-3

Hammer

1.	Britney Henry	2004	205-11
2.	Mallory McDonald	2003	197-4
3.	Kim Williams	2008	194-2
4.	Candice Gonzalez	2002	188-1
5.	Allison Homer	2009	175-5
6.	Brianna Kennedy	2009	162-7
7.	Jill Lipp	2001	147-8
8.	Jennifer Wolfinger	2000	142-0
9.	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.	Megan Akre	2006	5,352

4x100-Meter Relay

1.	Tananjalyn Stanley, Dawn Sowell, Cinnamon Sheffield, Esther Jones	1989	42.50
2.	Stephanie Durst, Monique Hall, Lolo Jones, Muna Lee	2003	42.55
3.	Brooklynn Morris, Samantha Henry, Juanita Broaddus, Kelly Baptiste	2008	42.59
4.	Lolo Jones, Monique Hall, Stephanie Durst, Muna Lee	2004	42.61
5.	Astia Walker, Kwajalein Butler, Zundra Feagin, D'Andre Hill	1996	42.76
6.	Brooklynn Morris, Samantha Henry, Juanita Broaddus, Kelly Baptiste	2008	42.80
7.	Brooklynn Morris, Samantha Henry, Juanita Broaddus, Kelly Baptiste	2008	42.84
8.	Kenyan Wilson, Samantha Henry, Brooklynn Morris, Kelly Baptiste	2008	42.85
9.	Astia Walker, Kwajalein Butler, Sa'Donna Thornton, Peta-Gaye Dowdie	1997	42.92
	Lolo Jones, Monique Hall, Nadia Davy, Muna Lee	2004	42.92

4x400-Meter Relay

1.	Neisha Bernard-Thomas, Hazelann Regis, Monique Hall, Nadia Davy	2004	3:25.26
2.	Brooklynn Morris, Meisue Francis, Cynethea Rooks, Deonna Lawrence	2006	3:25.78
3.	Nadia Davy, Neisha Bernard-Thomas, Monique Hall, Hazelann Regis	2003	3:27.04
4.	Nadia Davy, Monique Hall, Neisha Bernard-Thomas, Hazelann Regis	2003	3:27.88
5.	Brooklynn Morris, Meisue Francis, Deonna Lawrence, Cynethea Rooks	2006	3:27.85
6.	Debbie Parris, Indira Hamilton, Heather Van Norman, Youlanda Warren	1993	3:27.97
7.	Nickiesha Wilson, Cynethea Rooks, LaTavia Thomas, Deonna Lawrence	2007	3:28.07
8.	Meisue Francis, Brooklynn Morris, Cynethea Rooks, Deonna Lawrence	2006	3:28.23
9.	LaTarsha Stroman, Sheila Powell, Charlene Maulseed, Youlanda Warren	1995	3:28.26
10.	Brooklynn Morris, Kelly Baptiste, LaTavia Thomas, Deonna Lawrence	2008	3:28.33