

**2010 CAL POLY POMONA
WOMEN'S TRACK & FIELD BEST LIST
FINAL**

					"A"	"B"
100 Meters	Yr	Time	Date	Place	11.65	12.12
Brooke Gamble	Fr	12.71	2/27	CMS		
Ariel Whitney	Fr	12.97	3/6	CSUS		
Megan Emami	Sr	13.18	4/24	CSULA		
Jennifer Adams	So	14.00	2/20	UCSD		
Melissa Nguyen	Fr	14.95	2/20	UCSD		
200 Meters	Yr	Time	Date	Place	23.95	24.70
Brooke Gamble	Fr	25.17	4/24	CSULA		
Tokunbo Adeniji	Sr	25.20	2/20	UCSD		
Ariel Whitney	Fr	26.11	4/16	APU		
Tramieka Thomas	So	26.12	3/6	CSUS		
Amanda Smith	Sr	26.54	5/2	UCI		
Kyle Wolff	So	27.20	4/24	CSULA		
Allison Brewer	Sr	27.42	3/6	CSUS		
Elizabeth Regan	Fr	27.61	5/2	UCI		
Megan Emami	Sr	27.80	5/2	UCI		
Haley Smith-Orr	Sr	29.12	4/16	APU		
Jennifer Adams	So	29.28	3/6	CSUS		
Julia Manzo	Fr	29.58	4/16	APU		
Melissa Nguyen	Fr	30.99	3/6	CSUS		
400 Meters	Yr	Time	Date	Place	55.00	56.80
Tokunbo Adeniji	Sr	55.00	5/27	NCAA	X	
Brooke Gamble	Fr	57.77	4/10	PP		
Kyle Wolff	So	58.44	4/10	PP		
Ariel Whitney	Fr	58.87	4/10	PP		
Elizabeth Regan	Fr	61.91	4/10	PP		
Denise Lopez	Jr	65.47	4/10	PP		
Haley Smith-Orr	Sr	65.04	5/7	CCAA		
800 Meters	Yr	Time	Date	Place	2:10.00	2:14.50
Kyle Wolff	So	2:16.71	5/8	CCAA		
Amber Hebb	Sr	2:19.19	5/7	CCAA		
Tiffany Dinh	Fr	2:22.25	4/16	APU		
Fabiola Lugo	Fr	2:24.71	4/10	PP		
Amanda Smith	Sr	2:26.37	5/7	CCAA		
Elizabeth Regan	Fr	2:27.39	4/24	CSULA		
Denise Lopez	Jr	2:28.01	3/6	CSUS		
Victoria Bateman	Fr	2:41.10	4/10	PP		
Johannah Murray	Fr	2:43.91	4/16	APU		
1500 Meters	Yr	Time	Date	Place	4:29.60	4:38.00
Amber Hebb	Sr	4:40.36	3/20	USC		
Tiffany Dinh	Fr	4:43.73	4/16	APU		
Fabiola Lugo	Fr	5:03.17	3/20	USC		
Victoria Bateman	Fr	5:11.21	4/16	APU		
Sarah Garcia	Jr	5:17.53	2/20	UCSD		
Johannah Murray	Fr	5:19.11	4/16	APU		
Lizette Macias	Fr	5:26.90	4/16	APU		
3000 Meters SC	Yr	Time	Date	Place	10:46.00	11:20.00
Fabiola Lugo	Fr	12:37.45	4/16	APU		
5000 Meters	Yr	Time	Date	Place	16:57.00	17:33.0

Amber Hebb	Sr	18:12.00	3/6	CSUS
Tiffany Dinh	Fr	18:15.34	3/28	UCLA
Sarah Garcia	Jr	19:21.63	3/6	CSUS
Victoria Bateman	Fr	19:33.63	3/6	CSUS
Lizette Macias	Fr	20:05.78	3/6	CSUS

10000 Meters	Yr	Time	Date	Place	35:30.00	37:20.00
Sarah Garcia	Jr	40:58.71	3/28	UCLA		

100 Hurdles	Yr	Time	Date	Place	13.90	14.55
Tramieka Thomas	So	14.54	3/20	USC		X
Amanda Smith	Sr	15.64	5/6	CCAA		
Allison Brewer	Sr	16.57	4/16	APU		
Elizabeth Regan	Fr	17.88	5/2	UCI		
Julia Manzo	Fr	17.91	4/16	APU		

400 Hurdles	Yr	Time	Date	Place	60.75	1:03.00
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4X100 Relay		Time	Date	Place	46.00	47.40
AW/TT/TA/BG		47.88	3/20	USC		
		48.57	4/24	CSULA		
AW/TT/TA/AS		49.14	2/20	UCSD		

4X400 Relay		Time	Date	Place	3:45.00	3:50.00
		3:50.11	5/7	CCAA		
BG/KW/TT/TA		3:53.75	3/28	UCLA		
AS/BG/KW/TT		3:59.10	4/10	PP		

High Jump	Yr	Height	Date	Place	5-8 3/4	5-6
Amanda Smith	Sr	4-11	4/10	PP		
Tramieka Thomas	So	4-7 1/2	2/20	UCSD		
Elizabeth Regan	Fr	4-4	3/6	CSUS		

Pole Vault	Yr	Height	Date	Place	12-11 1/2	11-9 3/4
Jennifer Adams	So	9-8	4/24	CSULA		
Allison Brewer	Sr	8-9	5/7	CCAA		
Melissa Nguyen	Fr	8-8 3/4	3/6	CSUS		

Long Jump	Yr	Distance	Date	Place	19-6 1/4	18-6 1/2
Amanda Smith	Sr	17-9 1/2	3/19	CSUN		
Megan Emami	Sr	17-7 1/2	4/10	PP		
Tramieka Thomas	So	17-6 1/4	4/24	CSULA		
Alexandra Pankey	Fr	17-6 1/4	4/24	CSULA		
Elizabeth Regan	Fr	14-6 1/2	3/6	CSUS		

Triple Jump	Yr	Distance	Date	Place	39-10 1/2	37-10 3/4
Tramieka Thomas	So	36-5 1/2	3/20	USC		
Megan Emami	Sr	36-5	3/6	CSUS		
Alexandra Pankey	Fr	34-6 3/4	4/10	PP		

Shot Put	Yr	Distance	Date	Place	47-7	43-5 3/4
Riz Carrington	Sr	41-1 1/2	5/7	CCAA		
Ileana Tejada	Jr	38-3 1/4	3/6	CSUS		
Amanda Smith	Sr	30-11	5/6	CCAA		
Elizabeth Regan	Fr	22-8	4/24	CSULA		

Discus	Yr	Distance	Date	Place	156-2	141-1
Ileana Tejada	Jr	139-9	2/27	CMS		
Riz Carrington	Sr	13106	5/8	CCAA		

Javelin	Yr	Distance	Date	Place	147-8	131-3
Amanda Smith	Sr	119-10	3/6	CSUS		
Elizabeth Regan	Fr	61-8	5/7	CCAA		

Hammer	Yr	Distance	Date	Place	179-1	162-5
Ileana Tejada	Jr	168-3	5/8	CCAA		X

Heptathlon		Points	Date	Place	5,000	4,400
Amanda Smith	Sr	4,458	5/7-8	CCAA		X
Elizabeth Regan	Fr	2,687	5/7-8	CCAA		

Team Result

- 2/21 @ UC San Diego
- 2/27 @ Rossi Relays, Claremont-Mudd-Scripps
- 3/6 @ Kim Duyst Invite, Turlock (CSUS)
- 3/18-19 @ CSUN Multis (CSU Northridge)
- 3/20 @ Trojan Invitational, USC
- 3/26/27 @ Cal-Nevada Championships (UCLA)
- 4/10 @ Pomona-Pitzer, Pomona
- 4/16 @ Azusa Pacific
- 4/24 @ Tiny Lister (CSULA)
- 5/1 @ Steve Scott Invite (UC Irvine)
- 5/6-8 @ CCAA (UCSD)
- 5/27 @ NCAA Championships (Charlotte, N.C.)