

# The WARRIOR JOURNAL

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The Official Newsletter of Carpinteria Track & Field

## Warriors stay busy over spring break

Oaks Christian welcomed the Warriors after two meets over spring break.

The halfway point of the season has been reached and the team is back and refreshed from spring break ready to pounce upon the unsuspecting competition. Although the cultural debate may be raging, the team is still the Warriors for now and is ready to enter the competitive championship phase of the season at full capacity. There were a few die hard sentinels who braved the vacation with grit and determination. On last Wednesday the team took on the Santa Barbara schools at the Tri-City Relays. On Saturday the Journal correspondents shadowed the athletes to scenic Malibu for the Malibu Invitational. Both meets were dual divisional by gender.

At Tri-City, sprint city ran the show with the boys sprint medley team setting a school record of 1:37.49. Andrew McDonough, Steven Lozier, Alex Cuevas, and Freddy Maldonado combined for the win. On the 'B' relay team for the boys sprint medley Stevie Sarmiento ran a PR split of 26.9 for the 200 meters. The 100 meters was also hotly contested by the boys team with Alex in 1st, Freddy was 2nd with a PR time of 11.5, Steven was 4th. Marissa Carrillo, Carina Celio, Tesa Coleman and Amelia Ribbens completed the 4x200 meters for the win on the female side of the gender divide. Tesa ran a 29.4 PR split. Marissa was 1st in the 100 meters while Amelia ran a PR 100 meters hurdles at 21.3. She also finished 3rd in the 300 meter hurdles.

The distance crew also had a stellar break as Grant Coleman, Erick Cruz and Travis Madden all ran PR splits in the 4x800 meters. Grant finished in 2:17.8, Erick strived to a 2:29.8 and Travis huffed to a 2:17.7. Erick also had a PR in the 1200 meters portion of the Distance Medley; he completed it in 4:06.1. Trinidad Martinez ran the 1600 meters in a PR split of 6:51.1. Tesa Coleman pushed her limits in the 1600 meters with a PR time of 5:56.69.

The field event athletes were not left out of the achievements either. Carina Celio won the long jump and the triple jump; she had a PR triple jump of 35-05 1/4. This moved her to the #9 performer in the Red Book. Tesa was 5th in the vault and Marissa was 2nd in the shot put. Emily Moorehouse had a PR put of 22-05. Mirroring the girls the boys had a 5th place triple jumper in Andrew McDonough, a 3rd place finish in the vault for Travis Doop. Cameron Gonzales threw a PR shot of 31-07.

At the Malibu Invitational, Freddy Maldonado was 1st in both the

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### This Week in Warrior Track

WEDNESDAY, APRIL 23

After a two busy weeks coming out of spring break, the Warriors will only have one meet this week. Carpinteria will host St. Bonaventure and La Reina in the final dual meet of the season. The TVL action will be at, where else but Carpinteria Valley Memorial Stadium beginning at 3:00 PM.



Natalie Hipple passes the baton to Nikki Graham in the 4x100 meter relay.

200 and 400 meters. Javier Flores was 1st in the discus with a PR heave of 123-11. The frosh/soph division saw Brian Jaramillo finish 2nd in the 400 meters. Briggs Deardorff was 1st in the 1600 meters followed by Erick Cruz who was 5th with a PR run of 5:27.61. Travis Doop was 2nd in the high hurdles and the intermediate hurdles. He had a PR of 21.21 and 51.09 respectively. Brian, Andy Wills, Stevie Sarmiento and Andrew McDonough combined for a 49.82 4x100 meters relay to win. Andrew was also 2nd in both the long jump and triple jump with PR jumps of 37-06 in the triple and 17-07 3/4 in the long jump. David Maldonado was 2nd in the high jump as was Marcell Lee in the shot put. Isaiah Chavez had a PR shot put of 37-00 and a PR discus toss of 101-03. John Bustillos took the prize the discus competition however.

The girls were led by Kacey Nomura, Marissa Carrillo and Carina Celio. Marissa was 1st in the 100 meters, 200 meters and the shot put. She had a PR 200 meter time of 27.33 and moved to the #8 performer slot in the record book. Kacey was 2nd in the 200 meters and 1st in the 400 meters. She ran the 3200 meters for the first time where she became the #15 performer. She is now in the Red Book in the 100, 200, 300, 400, 800, 1600 and 3200 meters as well as the 4x100 and 4x400 meters relay. Carina Celio was 1st in the triple and long jump with a PR triple of jump of 34-04 and is now tied for the #4 spot in the Red Book. Maricela Hurtado threw a PR shot put of 19-10. Amanda Burch led the junior varsity squad with dual wins in the long jump and triple jump. Amanda Leonard was 2nd in the discus and 4th in the shot put. She had a PR of 68-05 in the metal Frisbee and 21-07 in the 4 kg cannon ball run. Gina Targoni was 1st in the discus.

Oaks Christian proved to be tough competition for the varsity squads but was less formidable in the lower

levels as both the frosh/soph boys and JV girls beat the Lions. Kristin Van Der Kar had double victories in the 1600 and the high jump for the JV girls. Amelia Ribbens and Katie Buchmiller went 1st and 3rd in the 100 meter hurdles and 300 hurdles. Anett Hurtado was 1st in the 3200 meters and 3rd in the 800 meters with a PR clocking of 3:11.14. Samantha Hudson ran her wheels off in the 200 meters to finish 2nd. Jennifer Leonard, Erika Delk, Natalie Hipple, and Nikki Graham joined forces in the 4x100 relay to finish 1st. Nikki was also on the crew



*Javier Perez and Justin Alvarado clear the barriers in the 110 m high hurdles.*

with Summer Alvarado, Ally Winn, and Amelia to win the 4x400. Ally cruised a 66.3 in her 400 meter split. In the long jump Natalie won, Ally was 2nd and Erika was third. Natalie and Ally PR'd with best jumps of 14-10 and 14-00. Nikki also had a best in the event with a 12-10 leap. The other horizontal jump featured Natalie, Ally and Summer in 1st, 2nd and 3rd. Summer had a PR hop, skip and a jump of 26-09. Amanda Leonard was 1st in the discus at 73-02, a new personal best. She was 2nd in the shot put with a new best of 23-02 3/4. Emily Moorehouse was 3rd in the shot put.

The boys frosh/soph also met success. Paul Aguilar was 3rd in the 100 meters and the 200 meters. Brian Jaramillo was 2nd in the 200 meters. Andrew McDonough was 1st in the 400 meters. In the 800 meters Travis Madden was 1st and Grant Coleman was 3rd. The metric mile showcased Erick Cruz at 2nd. He upped his place by one to win the 3200 meters. Travis Doop was 1st in the high hurdles and 2nd in intermediate hurdles. Michael Buchmiller was 3rd in the long hurdle race. The long jump and triple jump were swept by the boys with Jovan Saenz and Andy Wills finishing in the top two slots for the broad jump and Andrew McDonough and Jovan finishing 1st and 2nd in the triple jump. Scott Buffon was 3rd in the both jumps. Jovan had a PR triple jump of



SPRING BREAK, OAK CHRISTIAN, from page 2

33-04. Paul Aguilar was 3rd in the high jump and Travis Doop was 1st in the pole vault with a 10-00 clearance PR. John Bustillos was 1st in both throws with a personal best heave of 106-11 in the discus. Cameron Gonzales was 2nd in the shot put and Isaiah Chavez was 3rd. Isaiah Chavez was 2nd in the discus with a PR whirl of 104-11. Emmanuel Rodriguez was 3rd with a powerful launch of 79-07 to achieve a personal best.

The varsity boys were not so fortunate but still met the challenge with aplomb. Alex Cuevas was 2nd in the 100 meters and 3rd in the 200 meters. Freddy Maldonado was 1st in the 400 meters. Javier Perez and Justin Alvarado finished 1st and 3rd in the 110 hurdles and 2nd and 3rd in the 300 hurdles. In the 4x400 meters relay, Gabe Flores had a personal best split time of 61.4. Steven Lozier was 3rd in the long jump and Emmanuel Casillos was 2nd in the triple jump. Justin was 2nd in the high jump and Emmanuel was 3rd. Evan Stanford soared over 10-6 in the pole vault for a win and a PR. Marcell Lee and Javier Flores went 1st and 3rd in the shot put. They switched around in the discus with Javier at 1st and Marcell in 2nd. Marcell's toss of 103-06 was a personal best.

The girls upper division squad also shone despite their loss. Marissa Carrillo was 1st in the 100 meters and 200 meters and 2nd in the shot put. Kacey Nomura was 1st in the 400 meters. In the 3200 meters, Hilary Ribbens were 3rd. Shelby Dunlap was 1st in the 300 hurdles and 2nd in the high hurdles. The 4x400 meter relay also won with Tesa Coleman, Nicole Spaeth, Brianna Stout and Kacey combining for the win. Nicole had a PR in the 800 meters at 2:39.49. On the field, Carina Celio won both the long jump and triple jump. She soared for a 16-01 mark in the sand for a new personal best. She is now tied for the #5 Performer and the 23rd Performance. Lucy Musson was 2nd in both with a new best of 15-02 in the long jump to move to #19 on the Warrior long jump list. Amanda Burch was third in the triple jump at 31-00, a new personal best. Tesa was 2nd in the pole vault and Valerie Chamlee was 3rd in the discus. Catie Clemency had a PR shot put hurl of 17-06 1/2.

# Life After Carpinteria

– *Alumni News Continuing on . . .*

The alums have been busy the last couple weeks as well. Westmont conducted the final meet on their dirt track on March 26 against George Fox. The Warriors celebrated by going retro. The styles were from the 1970's and the races were all in yards. Chris Targoni, considered to be retro in many ways, won the shot with a toss of 43-11. He also finished second in the hammer and third in the discus. Running mate Chachi Hernandez threw 28-2.25 in the shot and 68 feet in the discus.

Chris traveled to the California/Nevada Championships later that week in Fresno where he heaved the shot 42-7 and the shot in a wire (hammer) 137-11. Chachi kept himself busy at the Pomona-Pitzer Invite on April 5. He tossed the shot 26-7.75 and also gave the javelin a stab with a 69-3 toss.

Kevin Cogan ran a PR of 4:39.40 in the 1500 meters in Western States Quad Meet for Santa Barbara City College on April 4.



*Valerie Chamlee hurls the discus against Oaks Christian.*

VARSIYTY BOYS

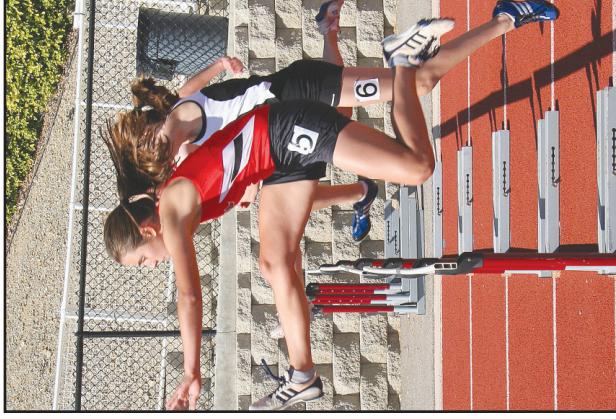
TRI-CITY RELAYS  
 APRIL 2, 2008 at DOS PUEBLOS  
 WEATHER: Cloudy, Calm w/ Rain late

1	4 x 200 RELAY	1:35.35	
200	Andrew McDonough	24.9	
200	Alex Cuevas	23.9	
200	Freddy Maldonado	23.2	
200	Steven Lozier	23.2	
	4 x 800 RELAY	10:12.20	
800	Grant Coleman	2:17.8	PR
800	Trinidad Martinez	3:06.7	
800	Erick Cruz	2:29.8	PR
800	Travis Madden	2:17.7	PR
1	SPRINT MEDLEY	1:37.49	'08 Best
	<i>*School Record*</i>		
100	Andrew McDonough		
100	Steven Lozier		
200	Alex Cuevas	22.6	= '08 Best
400	Freddy Maldonado	51.2	'08 Best
	SPRINT MEDLEY	1:50.29	
100	Andy Wills		
100	Jovan Saenz		
200	Steve Sarmiento	26.9	PR
400	Brian Jaramillo	56.8	=PR
	DISTANCE MEDLEY	12:38.00	
1200	Erick Cruz	4:06.1	PR
400	Brian Jaramillo	59.0	
800	Grant Coleman	2:25.0	
1600	Travis Madden	5:07.8	
	100 METERS		
1	Alex Cuevas	11.2	
2	Freddy Maldonado	11.5	PR
4	Steven Lozier	11.8	
	400 METERS		
4 x 1600 RELAY			
	Trinidad Martinez	6:51.1	PR
110 HURDLES (36")			
	Travis Doop	21.5	
300 HURDLES			
	Travis Doop	53.03	
LONG JUMP			
	Andy Wills	15-01 1/2	
		15-01 1/2	
TRIPLE JUMP			
5	Andrew McDonough	67-08	
	Jovan Saenz	36-03 3/4	
		31-04 1/4	
HIGH JUMP			
		9-00	
		9-00	
POLE VAULT			
3	Travis Doop	59-00	
		31-07	PR
		27-05	
SHOT PUT			
	Cameron Gonzales	61-11	
	Paul Macias	61-11	
	Cameron Gonzales	NM	
DISCUS			
	Paul Macias		
	Cameron Gonzales		

VARSIYTY GIRLS

TRI-CITY RELAYS  
 APRIL 2, 2008 at DOS PUEBLOS  
 WEATHER: Cloudy, Calm w/ Rain late

1	4 x 200 RELAY	1:57.11	
200	Marissa Carrillo	28.5	
200	Carina Celio	29.0	
200	Tesa Coleman	29.4	PR
200	Amelia Ribbens	30.0	
	400 METERS		
	4 x 1600 RELAY		
	Tesa Coleman	5:56.69	PR
	Hilary Ribbens	6:09.7	'08 Best
100 HURDLES			
	Amelia Ribbens	21.3	PR
300 HURDLES			
3	Amelia Ribbens	59.11	
LONG JUMP			
1	Carina Celio	40-05	
	Hannah Stuber	15-04 3/4	
	Marith Parton	12-10 1/2	
		12-01 3/4	
TRIPLE JUMP			
1	Carina Celio	64-10	
		33-05 1/4	PR
	<i>#9 Performer</i>		
	Hannah Stuber	31-04 3/4	
	Marith Parton	NM	
HIGH JUMP			
		3-06	
	Marith Parton	3-06	
POLE VAULT			
		6-06	
	Tesa Coleman	6-06	
SHOT PUT			
2	Marissa Carrillo	67-03 1/2	
	Emily Moorhouse	28-01 1/2	PR
	Catie Clemency	22-05	
		16-09	
DISCUS			
		75-03	
	Catie Clemency	40-01	
	Emily Moorhouse	35-02	



*Amelia Ribbens charges ahead in the 100m hurdles against Oaks Christian.*



BOYS

MALIBU INVITATIONAL  
APRIL 5, 2008 at MALIBU  
WEATHER: Partly Cloudy, PM Breeze

VARSITY

200 METERS	LONG JUMP
1 Freddy Maldonado 23.32	2 Andrew McDonough 17-07 3/4 PR
400 METERS	TRIPLE JUMP
1 Freddy Maldonado 52.63	2 Andrew McDonough 37-06 PR
SHOT PUT	HIGH JUMP
Javier Flores 31-11	3t David Maldonado 4-08 =PR
Paul Macias 27-05	SHOT PUT
DISCUS	Marcell Lee 40-03
1 Javier Flores 123-11 PR	Isaiah Chavez 37-00 PR
Paul Macias 58-00	John Bustillos 36-11
	Wyatt Craddock 29-03
	Gil Craddock 23-06
<u>FROSH/SOPH</u>	DISCUS
100 METERS	1 John Bustillos 104-05
Stevie Sarmiento 13.22	2 Isaiah Chavez 101-03 PR
200 METERS	3 Marcell Lee 94-07
Brian Jaramillo 26.19	Travis Doop 64-06
Stevie Sarmiento 26.78	Gil Craddock 63-05
	Wyatt Craddock 55-02
400 METERS	
2 Brian Jaramillo 57.69	
1600 METERS	
1 Briggs Deardorff 5:07.92	
5 Erick Cruz 5:27.61 PR	
Trinidad Martinez 6:55.25	
110 HURDLES (36")	
2 Travis Doop 21.21 PR	
300 HURDLES	
2 Travis Doop 51.09 PR	
4 x 100 RELAY	
1 Brian Jaramillo 49.82	
Andy Wills	
Stevie Sarmiento	
Andrew McDonough	



*Erick Cruz cruises to victory in the 3200 meters against Oaks Christian.*

GIRLS

MALIBU INVITATIONAL  
APRIL 5, 2008 at MALIBU  
WEATHER: Partly Cloudy, PM Breeze

VARSITY

100 METERS	<u>FROSH/SOPH</u>
1 Marissa Carrillo 13.27 '08 Best	LONG JUMP
2 Amanda Burch 12-09	
200 METERS	TRIPLE JUMP
1 Marissa Carrillo 27.33 PR	1 Amanda Burch 29-00 1/2
#8 Performer	HIGH JUMP
2 Kacey Nomura 27.36	
400 METERS	POLE VAULT
1 Kacey Nomura 62.46	
1600 METERS	SHOT PUT
Maricela Hurtado 7:52.07	5 Amanda Leonard 21-07 PR
3200 METERS	6 Gina Targoni 20-05 PR
2 Kacey Nomura 13:13.27	Michelle Carter 16-09
#15 Performer	DISCUS
LONG JUMP	1 Gina Targoni 71-01
1 Carina Celio 15-04 1/2	2 Amanda Leonard 68-05 PR
TRIPLE JUMP	Michelle Carter 40-08
1 Carina Celio 34-04 PR	
=#4 Performer, =20th Performance	
SHOT PUT	
1 Marissa Carrillo 28-06	
Maricela Hurtado 19-10 PR	



*Erika Delk touches down in the sand pit during the long jump.*

**VARSITY BOYS**  
**OAKS CHRISTIAN DUAL MEET**  
**APRIL 10, 2008 at OAKS CHRISTIAN**  
**WEATHER: Clear, Light Breeze**  
**CARPINTERIA — 46**  
 Overall Record (0 - 4), TVL Record (0 - 3)

100 METERS	4 x 400 RELAY	3:54.97
2 Alex Cuevas 11.66	Erick Esqueda 56.2	
Alfredo Cornejo 12.22	Ivan Millhollin 60.3	
Matthew Ross 12.93	Gabe Flores 61.4	PR
	Alfredo Cornejo 56.8	
200 METERS	LONG JUMP	
3 Alex Cuevas 23.50	Steven Lozier 17-09	
Steven Lozier 24.76	Emmanuel Casillas 17-05	
Alfredo Cornejo 25.15	Matthew Ross 15-09	'08 Best
400 METERS	TRIPLE JUMP	
1 Freddy Maldonado 52.83	Emmanuel Casillas 34-10	
	Evan Stanford 30-09	
800 METERS	HIGH JUMP	
Erick Esqueda 2:19.59		
Gabe Flores 2:26.44		'08 Best
1600 METERS	POLE VAULT	
Erick Esqueda 5:19.74	Justin Alvarado 5-02	=PR
	Emmanuel Casillas 5-02	
3200 METERS	POLE VAULT	
	1 Evan Stanford 10-06	PR
	SHOT PUT	
110 HURDLES	1 Marcell Lee 38-08	
1 Javier Perez 17.51	3 Javier Flores 32-07 1/2	
3 Justin Alvarado 20.67	Mike Ramirez 31-09 1/2	
	Paul Macias 27-00	
300 HURDLES	DISCUS	
2 Javier Perez 45.73	1 Javier Flores 121-04	
3 Justin Alvarado 46.09	2 Marcell Lee 103-06	PR
	Mike Ramirez 79-08	
	Paul Macias 68-00	
4 x 100 RELAY		
Ivan Millhollin 45.50		
Steven Lozier		
Freddy Maldonado		
Alex Cuevas		

**VARSITY GIRLS**  
**OAKS CHRISTIAN DUAL MEET**  
**APRIL 10, 2008 at OAKS CHRISTIAN**  
**WEATHER: Clear, Light Breeze**  
**CARPINTERIA — 48**  
 Overall Record (1 - 3), TVL Record (1 - 2)

100 METERS	4 x 400 RELAY	4:24.96
1 Marissa Carrillo 13.60	Tesa Coleman 69.3	
Mary Gonzalez 16.00	Nicole Spaeth 68.4	'08 Best
	Brianna Stout 66.5	=PR
	Kacey Nomura 60.5	'08 Best
200 METERS	LONG JUMP	
1 Marissa Carrillo 28.20	Carina Celio 16-01	PR
Mary Gonzalez 29.25		
400 METERS	HIGH JUMP	
1 Kacey Nomura 63.16	Lucy Musson 15-02	PR
Jazmin Vargas 75.38		'08 Best
		#19 Performer
800 METERS	TRIPLE JUMP	
Nicole Spaeth 2:39.49	1 Carina Celio 32-04	PR
Tesa Coleman 2:44.86	2 Lucy Musson 31-08	
	3 Amanda Burch 31-00	PR
1600 METERS	HIGH JUMP	
Brianna Stout 6:10.94	Shelby Dunlap 4-04	
Maricela Hurtado 8:12.48	Lucy Musson 4-04	
	Marith Parton NH	
3200 METERS	POLE VAULT	
3 Hilary Ribbens	2 Tesa Coleman 6-06	
	SHOT PUT	
100 HURDLES	2 Marissa Carrillo 28-09	
2 Shelby Dunlap 19.50	Valerie Chamlee 25-08 1/4	
	Gina Targoni 20-07 1/2	
300 HURDLES	Jessika Ramirez 20-05	
1 Shelby Dunlap 52.14	Catie Clemency 17-06 1/2	PR
	DISCUS	
4 x 100 RELAY	3 Valerie Chamlee 70-03	
Amanda Burch	Gina Targoni 65-10	
Kacey Nomura	Catie Clemency 41-02	
Marissa Carrillo	Jessika Ramirez 38-03	
Carina Celio		

FROSH/SOPH BOYS  
 CARPINTERIA — 75  
 OAKS CHRISTIAN — 57

OAKS CHRISTIAN DUAL MEET  
 APRIL 10, 2008 at OAKS CHRISTIAN  
 WEATHER: Clear, Light Breeze  
 Overall Record (2 - 2), TVL Record (2 - 1)

100 METERS	4 x 400 RELAY	3:56.59
3 Paul Aguilar 13.53	Andy Wills 59.8	
David Maldonado 13.81	Grant Coleman 61.8	
	Brian Jaramillo 57.6	
	Travis Madden 57.1	
200 METERS	LONG JUMP	
2 Brian Jaramillo 26.90	1 Jovan Saenz 15-04	
3 Paul Aguilar 27.24	2 Andy Wills 15-04	
David Maldonado 28.29	3 Scott Buffon 14-09	
400 METERS	TRIPLE JUMP	
1 Andrew McDonough 57.26 '08 Best	1 Andrew McDonough 36-09	
800 METERS	2 Jovan Saenz 33-04	PR
1 Travis Madden 2:19.03	3 Scott Buffon 27-07	
3 Grant Coleman 2:25.80	HIGH JUMP	
1600 METERS	3 Paul Aguilar 4-10	=PR
2 Erick Cruz 5:39.01	David Maldonado 4-08	=PR
Trinidad Martinez 7:03.36	Emmanuel Rodriguez 4-06	
3200 METERS	POLE VAULT	
1 Erick Cruz 12:23.98 '08 Best	1 Travis Doop 10-00	PR
110 HURDLES	Michael Buchmiller NH	
1 Travis Doop 21.30	Scott Buffon NH	
300 HURDLES	SHOT PUT	
2 Travis Doop 52.81	1 John Bustillos 40-11 1/2	
3 Michael Buchmiller 76.22	2 Cameron Gonzales 32-10 3/4	
4 x 100 RELAY	3 Isaiah Chavez 32-04 1/2	
Andy Wills 49.20 '08 Best	Emmanuel Rodriguez 30-11 3/4	
Jovan Saenz	Jesus Vargas 30-01 1/4	
Brian Jaramillo	Wyatt Craddock 29-03	
Andrew McDonough	Gil Craddock 24-03 3/4	
	DISCUS	
	1 John Bustillos 106-11	PR
	2 Isaiah Chavez 104-11	PR
	3 Emmanuel Rodriguez 79-07	
	Cameron Gonzales 78-03	
	Jesus Vargas 58-03	
	Wyatt Craddock 58-02	
	Gil Craddock 57-02	

JR. VARSITY GIRLS  
 CARPINTERIA — 68  
 OAKS CHRISTIAN — 54

OAKS CHRISTIAN DUAL MEET  
 APRIL 10, 2008 at OAKS CHRISTIAN  
 WEATHER: Clear, Light Breeze  
 Overall Record (1 - 3), TVL Record (1 - 2)

100 METERS	4 x 400 RELAY	4:41.83	'08 Best
Catherine Hough 15.65	Summer Alvarado 72.8		
Samantha Hudson 17.43	Ally Winn 66.3	PR	
	Nikki Graham 74.0		
	Amelia Ribbens 68.6		
200 METERS	LONG JUMP		
2 Samantha Hudson 36.81	1 Natalie Hipple 14-10	PR	
400 METERS	2 Ally Winn 14-00	PR	
	3 Erika Delk 13-06		
800 METERS	Nikki Graham 12-10	PR	
3 Anett Hurtado 3:11.14	Summer Alvarado 11-00		
1600 METERS	TRIPLE JUMP		
1 Kristin VanDerKar 6:48.75	1 Natalie Hipple 27-08		
3200 METERS	2 Ally Winn 27-08		
1 Anett Hurtado 17:12.03	3 Summer Alvarado 26-09	PR	
100 HURDLES	Erika Delk 26-02		
1 Amelia Ribbens 21.62	Nikki Graham 25-09		
3 Katie Buchmiller 21.71	HIGH JUMP		
300 HURDLES	1 Kristin VanDerKar 4-00	=PR	
1 Amelia Ribbens 57.68	Jennifer Leonard NH		
3 Katie Buchmiller 65.41	POLE VAULT		
Kristin VanDerKar 67.88			
4 x 100 RELAY	SHOT PUT		
1 Jennifer Leonard 57.70	2 Amanda Leonard 23-02 3/4	PR	
Erika Delk	3 Emily Moorhouse 20-09 1/4		
Natalie Hipple	Michelle Carter 16-04 1/2		
Nikki Graham	DISCUS		
	1 Amanda Leonard 73-02	PR	
	Katie Buchmiller 55-10		
	Emily Moorhouse 45-00		
	Michelle Carter 44-07		