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| **2012 Season Best Performances** | | | |
| **Event** | **Athlete** | **Time/Distance** | **Date** |
| 100m | Luke Rasmussen  Matt Sackett  David Saunders  Meabh Lavery  Tara Brennan  Oksana Korostil | 13.1  13.1  13.2  14.3  15.6  16.9 | 3/29/12  5/1/12  5/1/12  4/19/12  4/24/12  5/3/12 |
| 100m Hurdles |  |  |  |
| 110m Hurdles |  |  |  |
| 200m | David Saunders  Matt Sackett  Luke Rasmussen  Lafayette Compton  Mattie Seamans  Meabh Lavery  Tara Brennan  Oksana Korostil | 26.7  26.7  26.9  27.9  28.8  30.9  32.0  35.5 | 4/19/12  5/1/12  4/19/12  5/1/12  4/26/12  4/24/12  4/17/12  4/26/12 |
| 400m | Lafayette Compton  David Saunders  Tristen Jaeger  Luke Rasmussen  Chris Carl  Chris Weiman  Mattie Seamans  Meabh Lavery  Chris Rappleyea  Cayley Woodbeck  Zahia Ismail  Cosima Compton  Nicole Malen  Tara Brennan  Oksana Korostil | 59.4  1:01.2  1:02.8  1:03.8  1:04.1  1:04.1  1:07.3  1:08.0  1:21.0  1:21.1  1:21.4  1:23.9  1:24.6  1:25.4  1:27.0 | 5/1/12  5/1/12  5/10/12  4/19/12  5/10/12  5/10/12  4/26/12  5/1/12  3/29/12  4/26/12  5/10/12  4/26/12  4/24/12  4/19/12  4/24/12 |
| 400m Hurdles | Cayley Wood beck | 1:17.05 | 5/17/12 |
| 800m | Chris Carl  Tristen Jaeger  Mattie Seamans  Chris Weiman  Lafayette Compton  Chris Rappleyea  Cayley Woodbeck  Zahia Ismail  Nicole Malen  Cosima Compton | 2:17.44  2:18.91  2:29.72  2:34.9  2:41.4  2:53.3  2:57.8  3:02.80  3:18.9  3:25.4 | 5/17/12  5/11/12  5/23/12  4/19/12  4/24/12  4/19/12  5/11/12  5/17/12  4/26/12  4/24/12 |
| 1500m | Mattie Seamans  Nicole Malen  Cayley Woodbeck  Zahia Ismail  Cosima Compton | 5:23.1  6:05.59  6:54.6  6:56.8  7:28.9 | 5/1/12  5/23/12  4/26/12  4/24/12  5/1/12 |
| 1600m | Chris Carl  Chris Weiman  Tristen Jaeger  Chris Rappleyea | 5:11.48  5:18.73  5:43.9  6:03.40 | 5/23/12  5/11/12  4/24/12  5/11/12 |
| 3000m | Nicole Malen | 13:57.5 | 5/1/12 |
| 3200m | Chris Weiman  Chris Rappleyea | 12:43.6  13:29.3 | 5/1/12  5/1/12 |
| Steeplechase |  |  |  |
| Shot Put | Matt Sackett  Luke Rasmussen | 29’2.5”  28’11.5” | 5/1/12  5/1/12 |
| Discuss | Luke Rasmussen  Cosima Compton  Zahia Ismail  Chris Weiman  Tara Brennan | 52’10”  45’8”  41’7”  38’1”  30’3.5” | 5/1/12  5/3/12  5/10/12  5/10/12  5/1/12 |
| Long Jump | Luke Rasmussen  Matt Sackett  David Saunders  Mattie Seamans  Tristen Jaeger  Lafayette Comptom  Meabh Lavery | 17’0.5”  15’3.5”  15’3.5”  14’7”  12’8.5”  11’8”  10’4” | 5/23/12  5/1/12  5/23/12  4/26/12  5/3/12  4/26/12  5/3/12 |
| Triple Jump | Mattie Seamans | 32’7.5” | 5/31/12 |
| High Jump | David Saunders  Luke Rasmussen | 5’4”  4’10” | 4/26/12  4/19/12 |
| 4 x 100m |  |  |  |
| 4 x 400m | Carl, Jaeger, Saunders, Weiman  Seamans, Ismail, Woodbeck, Lavery | 4:10.88  4:45.40 | 5/23/12  5/11/12 |
| 4 x 800m | Jaeger, Rappleyea, Carl, Weiman | 10:41.5 | 4/19/12 |