

<b>2012 Season Best Performances</b>			
<b>Event</b>	<b>Athlete</b>	<b>Time/Distance</b>	<b>Date</b>
100m	Luke Rasmussen	13.1	3/29/12
	Matt Sackett	13.1	5/1/12
	David Saunders	13.2	5/1/12
	Meabh Lavery	14.3	4/19/12
	Tara Brennan	15.6	4/24/12
	Oksana Korostil	16.9	5/3/12
100m Hurdles			
110m Hurdles			
200m	David Saunders	26.7	4/19/12
	Matt Sackett	26.7	5/1/12
	Luke Rasmussen	26.9	4/19/12
	Lafayette Compton	27.9	5/1/12
	Mattie Seamans	28.8	4/26/12
	Meabh Lavery	30.9	4/24/12
	Tara Brennan	32.0	4/17/12
	Oksana Korostil	35.5	4/26/12
400m	Lafayette Compton	59.4	5/1/12
	David Saunders	1:01.2	5/1/12
	Tristen Jaeger	1:02.8	5/10/12
	Luke Rasmussen	1:03.8	4/19/12
	Chris Carl	1:04.1	5/10/12
	Chris Weiman	1:04.1	5/10/12
	Mattie Seamans	1:07.3	4/26/12
	Meabh Lavery	1:08.0	5/1/12
	Chris Rappleyea	1:21.0	3/29/12
	Cayley Woodbeck	1:21.1	4/26/12
	Zahia Ismail	1:21.4	5/10/12
	Cosima Compton	1:23.9	4/26/12
	Nicole Malen	1:24.6	4/24/12
	Tara Brennan	1:25.4	4/19/12
Oksana Korostil	1:27.0	4/24/12	
400m Hurdles	Cayley Wood beck	1:17.05	5/17/12
800m	Chris Carl	2:17.44	5/17/12
	Tristen Jaeger	2:18.91	5/11/12
	Mattie Seamans	2:29.72	5/23/12
	Chris Weiman	2:34.9	4/19/12
	Lafayette Compton	2:41.4	4/24/12
	Chris Rappleyea	2:53.3	4/19/12
	Cayley Woodbeck	2:57.8	5/11/12
	Zahia Ismail	3:02.80	5/17/12
	Nicole Malen	3:18.9	4/26/12
	Cosima Compton	3:25.4	4/24/12
1500m	Mattie Seamans	5:23.1	5/1/12
	Nicole Malen	6:05.59	5/23/12
	Cayley Woodbeck	6:54.6	4/26/12
	Zahia Ismail	6:56.8	4/24/12

	Cosima Compton	7:28.9	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