

2013 Best Performances			
EVENT	ATHLETE	TIME/DISTANCE	DATE
100m	Meabh Lavery	13.6*	4/18
	Cayley Woodbeck	13.6*	5/7
	Zahia Ismail	15.3	5/9
	Tara Brennen	15.7	4/30
	Sonam Sherpa	16.4	5/9
100 Hurdles	Mattie Seamans	19.4	4/18
	Cayley Woodbeck	19.6	5/7
110m Hurdles	Chris Carl	21.5	4/18
200m	Chris Carl	25.6	4/18
	Mattie Seamans	28.4	5/2
	Cayley Woodbeck	29.2	4/16
	Meabh Lavery	29.3	5/10
	Gaea Turman	30.9	5/9
	Tara Brennen	34.4	5/7
	Nicole Malen	35.1	5/9
	Zahia Ismail	35.4	5/9
	Sonam Sherpa	35.4	5/9
400m	Chris Carl	1:00.3	4/18
	Garret Sullivan	1:02.5	5/9
	Mattie Seamans	1:06.8	4/11
	Meabh Lavery	1:09.0	4/30
	Evan Porosleye	1:10.5	5/7
	Walter Dodson	1:11.0	5/8
	Nicole Malen	1:21.0	5/9
	Tara Brennen	1:21.8	5/8
	Cosima Compton	1:26.0	5/9
400m Hurdles	Chris Carl	1:04.0*	5/9
	Mattie Seamans	1:13.3*	4/18
	Cayley Woodbeck	1:15.3*	4/30
800m	Chris Carl	2:11.9	5/10
	Chris Weiman	2:21.1	4/23
	Mattie Seamans	2:26.13*	5/16
	Kevin Malen	2:31.1	4/23
	Gaea Turman	2:36.9*	5/10
	Garret Sullivan	2:41.9	4/9
	Evan Porosleye	2:45.2	4/30
	Isaiah Chura	2:48.6	4/11
	Cayley Woodbeck	2:53.7	4/9
	Walter Dodson	3:02.2	4/11
	Zahia Ismail	3:06.3	5/10
	Cosima Compton	3:21.3	4/23
	Sonam Sherpa	3:41.3	4/23
1500m	Mattie Seamans	5:27.1	5/2
	Nicole Malen	6:09.0	4/30
	Cosima Compton	7:11.0	5/2
1600m	Chris Weiman	4:53.5*	5/10
	Chris Carl	5:12.1	4/30
	Kevin Malen	5:25.9	4/30
	Isaiah Chura	6:22.4	4/9
3000m	Nicole Malen	13:18.2	5/10
3200m	Kevin Malen	11:12.0	5/8
	Chris Weiman	11:24.0	4/16

Steeplechase			
Shot Put	Tara Brennan Cosima Compton	26'10.5" 20'8"	5/7 5/9
Discuss	Walter Dodson Garret Sullivan Tara Brennan Cosima Compton Evan Porosleye Zahia Ismail	62'10" 59'7" 57'1" 55'6" 53'6" 53'3"	5/7 4/30 4/23 4/16 5/7 4/23
Long Jump	Mattie Seamans Meabh Lavery	14'8.5"* 11'11"	4/30 4/30
Triple Jump	Mattie Seamans Meabh Lavery	33'6.75"*! 27'10.25"	5/16 5/10
High Jump			
4 x 100m	Seamans, Woodbeck, Turman, Lavery	55. 7	5/9
4 x 400m	Carl, Malen, Sullivan, Weiman Seamans, Woodbeck, Turman, Lavery	4:16.3 4:33.8*	4/30 4/9
4 x 800m			