

CNU TRACK & FIELD/CROSS COUNTRY CONFERENCE SCORER/NATIONAL QUALIFIER/ALL-AMERICA PERFORMANCES

Cross Country Season (Typical for "standard" courses & conditions)

	Men			Women		
	Conf. 14th	Nat. Q	All-America	Conf. 14th	Nat. Q	All-America
	8k/6k (5k)	26:00 (15:45)	25:30 (15:30)	25:00 (15:15)	23:45 (19:35)	22:30 (18:30)

2016-17 Indoor Season

	Men			Women		
	Conf. 8th	Nat. Q	All-America	Conf. 8th	Nat. Q	All-America
	60m (55m)	7.17 (6.67)	6.89 (6.41)	6.89 (6.40)	8.14 (7.55)	7.79 (7.23)
200m	23.07	22.23	22.08	27.24	25.41	25.28
400m	52.10	49.21	49.18	61.92	57.73	56.59
800m	2:01.13	1:54.45	1:53.72	2:30.96	2:15.04	2:14.14
Mile	4:27.30	4:13.71	4:10.20	5:26.32	5:01.14	4:56.62
3,000m	8:54.34	8:23.95	8:23.96	11:13.52	9:52.85	9:52.03
5,000m	15:42.39	14:39.21	14:31.43	19:25.10	17:21.95	17:06.47
60h (55h)	9.13 (8.48)	8.19 (7.60)	8.22 (7.63)	9.72 (9.03)	8.96 (8.33)	8.95 (8.32)
4x4		3:19.48	3:20.63		3:57.22	3:53.78
DMR		10:03.21	10:04.36		11:58.57	11:59.66
High Jump	6-1.5	6-9	6-5.5	4-8.75	5-6.5	5-6.5
Pole Vault	11-9.75	16-0.75	16-0.75	9-4.25	12-2.25	11-9.75
Long Jump	21-0.75	23-5.25	22-6.5	15-4.75	18-6.75	18-3.25
Triple Jump	41-10.75	47-2.25	46-7.5	33-3.75	37-8.75	39-3
Shot Put	43-0.5	53-9	53-7.75	34-2.75	44-9	45-7.25
Weight Throw	42-6.75	58-10.25	59-1.5	36-10.5	56-11.5	58-1
Hep/Pentathlon		4794	4872		3230	3285

2017 Outdoor Season

	Men			Women		
	Conf. 8th	Nat. Q	All-America	Conf. 8th	Nat. Q	All-America
	100m	11.19	10.67	10.55	13.36	12.10
200m	22.40	21.47	21.46	26.58	24.76	24.47
400m	51.66	48.05	47.73	63.20	56.63	55.47
800m	1:59.45	1:51.86	1:51.63	2:27.81	2:11.92	2:11.39
1500m (1600m)	4:09.88 (4:28)	3:51.43 (4:08)	3:53.39 (4:10)	5:07.27 (5:30)	4:34.78 (4:55)	4:31.95 (4:52)
5,000m	15:30.52	14:27.65	14:36.50	18:56.63	17:10.58	17:14.28
10,000m	33:12.43	30:41.75	30:19.74	42:09.11	36:15.56	35:52.40
110h/100h	15.94	14.56	14.37	15.95	14.58	14.45
400h	59.16	53.50	52.98	70.30	62.34	61.78
Steeple [3200m]	9:50.05	9:12.17	9:16.28	12:31.36	10:55.64	10:50.25
4x1		41.43	41.30		47.39	47.55
4x4		3:15.17	3:14.14		3:51.13	3:48.31
High Jump	5-10.75	6-9	6-8.25	4-8.75	5-6.5	5-5.25
Pole Vault	12-3.5	15-9.75	16-0.75	9-4.25	12-3.5	12-7.5
Long Jump	21-2	23-10.25	23-1.25	14-9	18-8.25	18-5.25
Triple Jump	41-8.5	47-11.25	47-6.5	31-9.5	38-4	39-1.75
Shot Put	43-5	52-10	53-5	37-2.5	44-10.25	45-9
Discus	131-5	161-7	153-4	108-10	146-10	143-8
Hammer	129-8	184-7	184-1	119-11	170-4	177-0
Javelin	135-3	196-1	200-9	103-7	135-4	137-5
Dec/Heptathlon		6371	6566		4313	4574