

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)

2015-16 Indoor Season

	Men			Women		
	Conf. 6th	Nat. Q	All-America	Conf. 6th	Nat. Q	All-America
	60m (55m)	7.09 (6.60)	6.92 (6.44)	6.86 (6.38)	8.00 (7.41)	7.74 (7.19)
200m	22.80	22.07	22.16	26.64	25.63	25.33
400m	50.83	49.12	48.97	61.06	57.94	57.16
800m	1:58.36	1:53.39	1:55.60	2:26.59	2:13.95	2:13.93
Mile	4:30.65	4:14.98	4:13.44	5:28.93	5:02.50	4:56.59
3,000m	9:02.20	8:23.93	8:30.93	10:53.72	9:58.08	9:42.85
5,000m	15:40.63	14:40.41	14:32.78	19:14.65	17:27.05	17:13.13
60h (55h)	8.93 (8.32)	8.22 (7.62)	8.16 (7.56)	9.56 (8.89)	8.96 (8.33)	8.91 (8.28)
4x4		3:19.23	3:19.91		3:54.36	3:53.18
DMR		10:04.46	10:07.24		11:59.91	11:53.27
High Jump	6-0.5	6-9	6-6.25	4-11.75	5-6	5-5
Pole Vault	13-1.5	15-11	15-11	9-4.25	12-2.5	12-1.5
Long Jump	20-6.25	23-2.75	22-7.25	16-5.25	18-4.25	18-0.5
Triple Jump	41-6.5	46-11.5	47-2.5	32-2.25	37-10.5	38-6.75
Shot Put	44-1.5	53-4.25	54-2.5	36-8.5	44-1.5	44-4
Weight Throw	45-5.25	58-4.5	57-11.75	43-2.5	56-4.75	56-8
Hep/Pentathlon		4700	4812		3220	3246

2016 Outdoor Season

	Men			Women		
	Conf. 6th	Nat. Q	All-America	Conf. 6th	Nat. Q	All-America
	100m	10.91	10.68	10.69	12.77	12.14
200m	21.81	21.56	21.71	25.89	24.84	24.68
400m	50.78	48.10	47.74	58.93	55.97	55.59
800m	1:57.17	1:51.12	1:51.34	2:26.47	2:11.36	2:10.60
1500m (1600m)	4:06.88 (4:23)	3:50.82 (4:08)	3:51.12 (4:10)	5:05.63 (5:28)	4:34.17 (4:52)	4:34.71 (4:53)
5,000m	15:52.20	14:27.64	14:46.60	19:14.60	17:05.65	17:12.74
10,000m	33:21.97	30:38.90	31:35.99	44:06.37	36:23.43	36:45.55
110h/100h	16.13	14.60	14.53	15.84	14.55	14.38
400h	59.47	53.59	53.07	69.77	62.48	61.93
Steeple [3200m]	10:09.00	9:10.11	9:19.92	12:44.76	10:58.23	10:48.74
4x1		41.48	41.40		47.79	47.34
4x4		3:14.51	3:12.77		3:50.53	3:47.17
High Jump	5-11.25	6-7.75	6-8.25	4-11	5-6	5-5.25
Pole Vault	12-11.5	16-0.75	16-4.75	9-0.25	12-2	12-7.5
Long Jump	20-10.75	23-4.5	23-0.5	15-10.5	18-7.25	18-9
Triple Jump	42-3.5	47-3	48-5.5	33-11.25	38-1.25	39-0.5
Shot Put	43-3.75	53-5.75	54-10	35-3.25	43-11.25	44-7.5
Discus	134-1	159-11	166-1	107-11	146-5	143-2
Hammer	138-5	180-6	186-10	121-3	170-2	175-8
Javelin	147-6	196-2	197-8	103-2	134-4	138-6
Dec/Heptathlon		6313	6567		4386	4468