



CALIFORNIA

2009 Outdoor Track & Field



2008 NCAA Outdoor Pole Vault Champion Katie Morgan □ 2008 Olympian and All-American Martin Maric □ 5 Golden Bears in the 2008 Olympics

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Cal Sends 14 Athletes to NCAA Championships

2009 Schedule

Date	Opponent	Time/Result
1/24	at Cherry & Silver Invitational [^]	--
1/30-31	at UW Invitational+	--
2/14	Husky Indoor Classic+	--
2/27-28	MPSF Indoor Champs.+	Mt2nd/W6th
3/7	Cal Outdoor Opener	--
3/13-14	NCAA Indoor Championships!	12/T41
3/21	Hornet Invitational%	--
3/25-26	UC Davis Multis Meet**	--
3/27-28	Stanford Invitational*	--
4/4	Sacramento State Elite Invite%	--
4/10-11	Jackie Joyner-Kersey Invite#	--
4/18	Big Meet*	--
4/24-25	Brutus Hamilton Invite	--
5/2	Payton Jordan Invitational*	--
5/9	Sacramento Open%	--
5/9-10	Pac-10 Multi Championships@	4th
5/16-17	Pac-10 Outdr. Championships@	7th/7th
5/29-30	NCAA West Regional@	M8th / W7th
6/10-13	NCAA Outdr. Championships&	All Day

Home meets in **bold** at Edwards Stadium/Goldman Field.
 All Times PT ^Albuquerque +Seattle
 !College Station, Texas %Sacramento *Stanford, Calif.
 **Davis, Calif. #Los Angeles @Eugene, Ore.
 &Fayetteville, Ark.

Head Coach Tony Sandoval

Tony Sandoval, a familiar name in San Francisco Bay Area track and field circles, is in his 27th year of association with the California track and field program and his second as the Director of Track and Field, after serving numerous seasons as the associate director of track and field. Sandoval previously served 10 years as Cal's head women's coach prior to the merger of the men's and women's programs into a single entity.

This Week

California heads to Fayetteville, Ark., for the NCAA Championships, which will take place from Wednesday, June 10, to Saturday, June 13. The Cal men are currently ranked No. 15 in the USTFCCCA rankings and the Cal women are just outside of the top 25 at No. 27. The Golden Bears will have a total of 14 athletes and one relay participating.

Cal's Lineup

Cal received seven at-large bids to NCAAs, with the other seven entrants earning automatic-qualifying scores at the NCAA West Regional. The Bears' representatives are - Martin Maric (discus), Francis Gadayan (800), Michael Coe (1500), Yosef Ghebray (10,000), Jordan Paul (110-H), Jake Hanson (400-H), Katie Morgan (pole vault), Allison Stokke (pole vault), Tracey Stewart (triple jump), Inika McPherson (high jump), Brook Turner (400), Kandi Bonty (400), Cherrelle Garrett (100), Alison Greggor (10,000) and the women's 4x100-meter relay (Kimyon Broom, Kandi Bonty, Kayla Dixon, Cherrelle Garrett).

Last Time Out: at NCAA West Regional

At the NCAA West Regional (May 29-30), **Martin Maric** successfully defended his regional championship from 2008 when he took top honors in the discus in the 2009 competition. Maric captured California's lone regional title, as he recorded a collegiate-best throw of 200-11 (61.24m). The Cal men took eighth overall with 31 points and the Cal women finished in seventh with 42 points.

Senior **Kandi Bonty** (400 meters) and junior **Tracey Stewart** (triple jump) each PRed in their events and recorded fifth-place finishes. Bonty PRed in both the prelims and the final. Senior **Brook Turner** finished just ahead of Bonty in the 400, taking fourth overall. Also coming in fifth was senior **Katie Morgan** in the pole vault. Sophomore **Cherrelle Garrett** took second in the 100 with a time of 11.39, just shy of her PR of 11.38.

Last Year's NCAA Championships

Katie Morgan won the 2008 NCAA pole vault title with her jump of 13-9.25 (4.20m). Three other vaulters earned the same mark, but Morgan was the only one who did not have a miss through the first four rounds. Also earning All-America honors were Martin Maric in the discus and the women's 4x100-meter relay, which consisted of Kimyon Broom, Kandi Bonty, Kristin Holmes and Cherrelle Garrett. Both Maric and the relay came in eighth overall.

In the NCAA rankings

The Bears in the NCAA's top 10 are **Michael Coe**, who is ranked No. 6 in the 1500 based on his mile time (3:56.18), while junior **Ryan Young** is fourth in the javelin (250-10, 76.45m), senior **Martin Maric** is No. 4 in the discus 198-6 (60.52m) and senior Jake Hanson is No. 10 in the 400-meter hurdles (50.32). On the women's side, senior **Inika McPherson** is No. 8 in the high jump (6-0, 1.83m), **Kimyon Broom** is No. 5 in the 100-meter hurdles (13.02) and **Katie Morgan** is No. 10 in the pole vault (4.22m).

Three Bears Make Pac-10 All-Academic Team

Sophomore **Matt Hansadavid Miller**, senior **Francesca Weems** and junior **Kristen Meister** were recently named to the Pac-10 All-Academic second team. The Bears who earned honorable mention honors were - Sean Carey, Michael Coe, Francis Gadayan, Yosef Ghebray, Jake Hanson, Kari Karlsson, Patrick Kowalsky, Kevin Kuechler, Martin Maric, Kellan Patterson, Ryan Shuler, Kandi Bonty, Kayla Dixon, Cyrena Giordano, Tifani Grimes, Mercedes Marchbanks, Katie Morgan, Linda Oseso, Mackenzie Pierce, Veronica Stimson, Allison Stokke and Brook Turner.

2009 Updated Athlete Bios

Kandi Bonty (400, 4x100) – PRed in both the prelims and the final in the 400 at the NCAA West Regional, where she recorded the eighth-best time in school history at 53.70...will also run in the 4x100-meter relay...crossed the finish line in a then-personal-best time of 54.34 at the Pac-10 Championships, placing eighth overall...earned Pac-10 All-Academic honorable-mention honors.

Michael Coe (1500) – Earned an at-large bid to the NCAA Championships...at the NCAA West Regional, notched the best preliminary time in the 1500, crossing the finish line at 3:44.35 and placed seventh in the final...broke the school record in the mile and, at the time, set the fastest collegiate, U.S. and third-fastest time in the world this season with a time of 3:56.18 at the Brutus Hamilton Invitational... earned Pac-10 Men's Track Athlete of the Week accolades for that performance at the Brutus Hamilton Invitational...notched a personal-best time of 3:43.34 in the prelims of the 1500 at the Pac-10 Championships...won the 3000 at the Big Meet with a time of 8:13.09...earned Pac-10 All-Academic honorable-mention honors. **(Indoors)** Named the Mountain Pacific Sports Federation 2009 MPSF Indoor Track and Field Male Athlete of the Year...earned two All-America honors when he came in second at the NCAA Indoor Championships with a time of 7:54.42 in the 3000 and also when he anchored Cal's third-place distance medley relay that clocked a 9:30.39...posted an NCAA automatic-qualifying and Cal overall record time of 7:48.05 in the 3000 to take second place at the Husky Classic on Feb. 14 in Seattle, and that time ranked third in the nation going into the NCAAs...anchored Cal's winning men's DMR at the MPSF Indoor Championships...posted the nation's 20th-fastest time in the nation and a provisional qualifier (4:00.29) in the men's one-mile run as well as the nation's 33rd fastest time and a provisional qualifier (1:49.65) in the men's 800-meter run this season.

Francis Gadayan (800) – Automatically qualified for the NCAA Championships when he placed fifth at the NCAA West Regional with a time of 1:50.60...recorded Cal's second-best 800-meter time of the season in the prelims at the Pac-10 Championships (1:48.90)...clocked a regional-qualifying time of 1:50.09, placing fifth overall, at the Stanford Invitational...took top honors at the Payton Jordan Invitational, crossing the finish line at 1:50.57...MPSF all-academic honoree...earned Pac-10 All-Academic honorable-mention honors.

Cherrelle Garrett (100, 4x100) – Took second at the NCAA West Regional (11.39)...will also run in the 4x100-meter relay at the national championships...clocked a new personal-best time of 11.38 in the 100 at the Pac-10 Championships, earning that time in both the prelims and the final, where she placed second...two-time winner at the Stanford Invitational, capturing first place in both the 100 meters and the 200...in the 100, posted a season-best time of 11.60, which was also a regional-qualifying time, besting her previous regional-qualifying time of 11.73 in prelims...in the 200, Garrett clocked a personal-best time of 23.63, just shy of fifth on Cal's all-time career list (23.62)... also a two-time winner at the Sacramento State Elite Meet, taking first in the 100 (11.69) and the 200 (24.03)...won the 100 for the fourth time this season at the Brutus Hamilton Invitational, clocking a personal best time of 11.40, second best in school history...won both the 100 and the 200 for the third time this season at the Big Meet, clocking a wind-aided time of 11.34 in the 100...in the 200 at the Big Meet, crossed the finish line at 23.81...clocked a time of 11.41 in the 100 at the Jackie Joyner-Kersey Invitational. **(Indoors)** Came in 14th in the prelims of the 60-meter dash at the NCAA Indoor Championships (7.42)...reached the NCAAs with a provisional-qualifying time of 7.34 (tied for 15th in the nation) to win the women's 60-meter dash in the Husky Classic on Feb. 14...also ran 7.34 in the 60-meter prelim at the MPSF Indoor Championships on Feb. 27 in Seattle.

Yosef Ghebray (10,000) – Earned an at-large bid to the NCAA Championships...clocked at time of 14:19.41 in the 5000 at the NCAA West Regional...his time of 28:32.27 in the 10,000 at the Stanford Invitational was an automatic qualifier and also set a new school record, surpassing the old time of 29:17.78 by Girmay Guangul...clocked a regional-qualifying time in the 5000 at 13:44.75, placing ninth overall at the Brutus Hamilton Invitational, and that time was also a personal best and ranks fourth all-time in school history...clocked Cal's sixth-best time in school history in the 1500 at 3:42.14 at the Big Meet...earned Pac-10 All-Academic honorable-mention honors.

Alison Greggor (10,000) – Reached the NCAA Championships with her provisional-qualifying time of 34:37.01 set at the Stanford Invitational, and that time was also a personal best.

Jake Hanson (400-H) – Earned an at-large bid to the NCAA Championships...placed sixth at the NCAA West Regional with a time of 51.00...clocked a season-best time of 50.60, taking first at the Brutus Hamilton Invitational...came in second at the Stanford Invitational with a regional-qualifying time of 51.25...took top honors at the Sac State Elite Meet (51.38)...came in second at the Pac-10 Championships with a season-best time of 50.32...earned Pac-10 All-Academic honorable-mention honors.

Martin Maric (Discus) – Successfully defended his NCAA West Regional Championship from 2008 when he took top honors in the discus in the 2009 competition, capturing California's lone regional title, with a collegiate-best throw of 200-11 (61.24m)...came in second at the Pac-10 Championships (197-00, 60.06m)...earned a regional-qualifying mark of 56.71 meters and took first place at the Cal Outdoor Opener...improved on that mark at the Stanford Invitational where he took top honors (191-06, 58.37m)...notched a regional-qualifying mark of 218-0 (66.46m) in the javelin at the Jackie Joyner-Kersey Invitational...earned Pac-10 All-Academic honorable-mention honors.

Inika McPherson (High Jump) – Earned an at-large bid to the NCAA Championships...came in fifth at the NCAA West Regional with her score of 5-8.50 (1.74m)...won the Pac-10 Championship in the women's high jump with her first-place jump of 5-11.25 (1.81m)...took top honors at the Cal Outdoor Opener with a regional-qualifying mark of 1.80m...at the Big Meet, took first with her mark of 6-0.0 (1.83m). **(Indoors)** Tied the Cal indoor school record and earned All-America honors at the NCAA Indoor Championships with her mark of 6-0 (1.83 meters), placing fourth in the event...notched an NCAA provisional qualifier of 5-11.5 (1.82 meters, tied for 7th-best in the nation) when she took second in the women's high jump at the MPSF Indoor Championships.

Katie Morgan (Pole Vault) – Reached the NCAA Championships with her fifth-place finish at the NCAA West Regional (13-9.75, 4.21m)...at the Pac-10 Championships, took second with a season-best mark of 13-10.00 (4.22m)...in her outdoor opener, came in second with a regional-qualifying mark of 12-7.5 (3.85m)...took top honors with a jump of 13-6.50 (4.13m) at the Big Meet, setting the meet record for the second straight year, and won the event in a jump-off that took 15 jumps in order to find a winner...took top honors with a mark of 13-3.50 (4.05m) at the Payton Jordan Invitational. **(Indoors)** Posted an NCAA automatic-qualifying mark and Cal indoor record of 4.20 meters (13-9.25) in the Jan. 24 Cherry and Silver Invitational...MPSF all-academic honoree...won the pole vault title at the 2008 NCAA Outdoor Track and Field Championships with that same mark...earned Pac-10 All-Academic honorable-mention honors.

Jordan Paul (110-H) – Earned an at-large bid to the NCAA Championships...clocked in at 13.72 in the prelims at the NCAA West Regional...has earned regional-qualifying times in the 110-meter hurdles on four separate occasions so far this season, with his season-best time of 13.66 coming at the Pac-10 Championships where he placed second, and that time ranks fourth all-time in school history...clocked a time of 13.79 coming in the prelims at the Stanford Invitational...won the 110-H at the Cal Outdoor Opener with a time of 14.08.

Tracey Stewart (Triple Jump) – Continuing to come on strong at the end of the season, notched a personal-best mark of 42-3.50 (12.89m) at the NCAA West Regional, and that score ranks fourth in school history...came in fourth at the Pac-10 Championships with her season-best mark of 40-9.00 (12.42m)...notched a mark of 40-6.25 (12.35m) at the Payton Jordan Invitational.

Allison Stokke (Pole Vault) – Earned an at-large bid to the NCAA Championships...came in sixth at the NCAA West Regional with a mark of 13-1.75 (4.01m)...recorded a new personal best at the Sacramento Open surpassing her previous personal best by four inches with her first-place mark of 13-9.75 (4.21m) that ranks second all time in school history, is Cal's best mark of the season and earned her Pac-10 Women's Field Athlete of the Week honors that week...tied her then-collegiate best mark at 13-5.75 (4.11m) at the Brutus Hamilton Invitational, which also ranks second in school history...tied for second at the Cal Outdoor Opener with a mark of 13-2.25 (4.02m)...recorded a regional-qualifying mark of 12-7.50 (3.85m) at the Stanford Invitational...at the Payton Jordan Invitational, tallied a score of 12-11.50, 3.95m and came in second...earned Pac-10 All-Academic honorable-mention honors.

Brook Turner (400) – In the prelims at the NCAA West Regional, crossed the finish line in 53.34, just shy of her personal-best time of 53.34...placed fourth in the final (53.60) to advance to the NCAA Championships...Set her then-season-best time of 53.73 at the Pac-10 Championships when she took fifth overall...at the Brutus Hamilton Invitational, won the 400 in a time of 54.12...clocked a time of 54.14 at the Jackie Joyner-Kersey Invitational...won the 400 at the Cal Outdoor Opener with a regional-qualifying time of 54.35...followed that performance at the Stanford Invitational with a 54.39, taking third in the event...won the 400 with a time of 54.81 at the Sac State Elite Meet, and at the Big Meet (54.42) ...earned Pac-10 All-Academic honorable-mention honors.

The 2009 California Men's Outdoor Track and Field Best Times and Marks

* NCAA regional qualifier, ^ Outdoor school record, % Freshman record

As of May 30, 2009

Event (Reg. Qualifier FAT/MT) Date <i>(unless otherwise noted)</i>	Meet	Time/Mark	PR
100m (10.55)			
Kellan Patterson 5/16	Pac-10 Championships	10.45*	10.45
Nick Porter 5/16	Pac-10 Championships	10.50*	10.50
Shane Vereen 5/2	Payton Jordan Invite.	10.66	10.66
Jordan Paul 4/4	Sac State Elite Invitational	11.25	11.10
Aaron Burney 4/4	Sac State Elite Invitational	11.36	11.36
Kyle Mills-Bunje 5/9	Pac-10 Multis	11.37	11.37
Kevin Kuechler 3/25	UC Davis Multi Meet	11.43	11.43
200m (21.35)			
Kellan Patterson 4/18	Big Meet	21.62	21.62
Nick Porter 5/16	Pac-10 Championships	21.77	21.53
Keagan Wethington 5/16	Pac-10 Championships	22.02	22.02
Jordan Paul 4/18	Big Meet	22.23	22.23
Aaron Burney 4/18	Big Meet	23.02	23.02
400m (47.20/46.9)			
Jake Hanson 4/25	Brutus Hamilton Invite.	47.52	47.52
Keagan Wethington 4/4	Sac State Elite Invitational	47.98	47.98
Tojsh Kennedy 3/7	Cal Outdoor Opener	48.31	48.17
Sebastian Sam 3/27	Stanford Invitational	48.46	48.00
Kyle Mills-Bunje 5/9	Pac-10 Multis	52.21	52.21
Kevin Kuechler 3/7	Cal Outdoor Opener	52.94	52.94
800m (1:50.40/1:50.1)			
Sebastian Sam 5/29	NCAA West Regional	1:48.82*	1:48.82
Francis Gadayan 5/16	Pac-10 Championships	1:48.90*	1:48.90
Sean Carey 5/16	Pac-10 Championships	1:50.33*	1:49.43
Eric Lee 4/11	Jackie Joyner-Kersee Invite	1:51.36	1:51.36
Brad Surh 4/11	Jackie Joyner-Kersee Invite	1:54.26	1:54.00
Dmitry Kislyuk 4/25	Brutus Hamilton Invite.	1:57.90	1:57.90
James Attarian 4/25	Brutus Hamilton Invite	1:58.89	1:58.89
1500m (3:47.80/3:47.5)			
Yosef Ghebray 4/18	Big Meet	3:42.14*	3:42.14
Michael Coe 5/16	Pac-10 Championships	3:43.34*	3:43.34
Eric Lee 4/18	Big Meet	3:44.01*	3:44.01
Francis Gadayan 3/7	Cal Outdoor Opener	3:54.04	3:51.38
Brad Surh 3/7	Cal Outdoor Opener	3:55.11	3:55.11
Sean Carey 3/7	Cal Outdoor Opener	3:55.55	3:55.55
Nick Palladino 3/7	Cal Outdoor Opener	3:56.22	3:56.22
Steve Sodaro 3/7	Cal Outdoor Opener	3:56.69	3:56.69
Dmitry Kislyuk 4/25	Brutus Hamilton Invite.	3:59.60	3:59.60
James Attarian 3/27	SFSU Distance Carnival	4:01.42	4:01.42
Matt H. Miller 3/7	Cal Outdoor Opener	4:02.31	4:02.31
Brad Suhr 4/18	Big Meet	4:08.95	4:08.95
Dan Brown 4/4	Sac State Elite Invitational	4:17.89	4:17.89
Kyle Mills-Bunje 5/10	Pac-10 Multis	4:50.34	4:50.34
Kevin Kuechler 3/26	UC Davis Multi Meet	4:58.72	4:58.72
Mile (4:06.00/4:05.7)			
Michael Coe 4/25	Brutus Hamilton Invite.	3:56.18 [^] *	3:56.18
3000m (n/a / n/a)			
Michael Coe 4/18	Big Meet	8:13.09	7:48.05
Kari Karlsson 4/18	Big Meet	8:13.39	8:12.39
Matt H. Miller 4/18	Big Meet	8:39.73	8:39.73
Eric Lee 3/7	Cal Outdoor Opener	8:40.87	8:40.87
Yosef Ghebray 3/7	Cal Outdoor Opener	8:51.22	8:02.68
James Attarian 3/7	Cal Outdoor Opener	8:53.08	8:53.08
Dmitry Kislyuk 3/7	Cal Outdoor Opener	8:57.89	8:57.89

3000m Steeplechase (9:07.00/9:06.7)

Steve Sodaro	5/16	Pac-10 Championships	9:26.84	9:04.41
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5000m (14:12.00/14:11.7)

Yosef Ghebray	4/24	Brutus Hamilton Invite.	13:44.75*	13:44.75
Kari Karlsson	5/2	Payton Jordan Invite.	14:06.61*	14:06.61
Steve Sodaro	3/27	SFSU Distance Carnival	14:28.72	14:28.72
Matt H. Miller	3/27	SFSU Distance Carnival	14:56.88	14:56.88
Dan Brown	3/27	SFSU Distance Carnival	16:12.73	16:12.73

10,000m (28:45.00 auto./29:30.00 prov.)

Yosef Ghebray	3/27	Stanford Invitational	28:32.27*^	28:32.27
Kari Karlsson	5/16	Pac-10 Championships	30:47.73	29:28.05

110m Hurdles (14.30/--)

Jordan Paul	5/17	Pac-10 Championships	13.66*	13.66
Ryan Holmes	5/16	Pac-10 Championships	14.42	14.05
Aaron Burney	4/18	Big Meet	14.71	13.95
Kevin Kuechler	4/4	Sac State Elite Invitational	16.11	16.11
Kyle Mills-Bunje	5/10	Pac-10 Multis	16.12	15.23

400m Hurdles (52.51/52.2)

Jake Hanson	5/17	Pac-10 Championships	50.32*	49.82
Ryan Holmes	4/18	Big Meet	52.91	52.91

4x100m Relay (40.66/40.4)

Patterson, Wethington Porter, Vereen	5/30	NCAA West Regional	40.43*	
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4x400m Relay (3:10.00/3:09.7)

Wethington, Sam Gadayan, Hanson	5/17	Pac-10 Championships	3:10.26	
T. Kennedy, Sam, Gadayan, Hanson	4/11	Jackie Joyner-Kersey Invite	3:11.56	
Carey, Hanson, Holmes, T. Kennedy	4/4	Sac State Elite Invitational	3:12.64	

High Jump (2.10)

Brian Carmichael	3/27	Stanford Invitational	6-8.75 (2.05m)	6-8.75 (2.05m)
Kyle Mills-Bunje	3/25	UC Davis Multi Meet	6-4.75 (1.95m)	6-5 (1.96m)
Dom Powell	3/7	Cal Outdoor Opener	6-2.75 (1.90m)	6-2.75 (1.90m)
Kevin Kuechler	5/9	Pac-10 Multis	5-9.75 (1.77m)	5-9.75 (1.77m)

Long Jump (7.34)

Kyle Mills-Bunje	4/18	Big Meet	23-0.25 (7.07m)	23-4.50 (7.12m)
Kevin Kuechler	3/25	UC Davis Multi Meet	22-4 (6.84m)	22-4 (6.84m)

Triple Jump (15.00)

Brian Carmichael	4/18	Big Meet	40-7.75 (12.39m)	40-7.75 (12.39m)
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Discus (51.70)

Martin Maric	5/30	NCAA West Regional	200-11 (61.24m)*	205-8 (62.68m)
Patrick Kowalsky	5/17	Pac-10 Championships	159-03 (48.53m)	159-03 (48.53m)
Kyle Mills-Bunje	5/10	Pac-10 Multis	121-05 (37.01m)	129-9 (39.62m)
Kevin Kuechler	5/10	Pac-10 Multis	107-01 (32.64m)	107-01 (32.64m)

Shot Put (16.80)

Patrick Kowalsky	3/21	Hornet Invitational	56-8 (17.27m)*	56-8 (17.27m)
Martin Maric	4/18	Big Meet	54-6.50 (16.03m)	54-6.50 (16.03m)
Kyle Mills-Bunje	5/9	Pac-10 Multis	40-10.25 (12.45m)	42-6 (12.95m)
Kevin Kuechler	3/25	UC Davis Multi Meet	37-11.5 (11.57m)	37-11.5 (11.57m)

Pole Vault (5.05)

Ryan Shuler	5/2	Payton Jordan Invite.	17-2.75 (5.25m)*	17-4 (5.29m)
Andrew Stevens	4/11	Jackie Joyner-Kersey Invite	16-0.75 (4.90m)	16-0.75 (4.90m)
Kyle Mills-Bunje	3/26	UC Davis Multi Meet	15-3 (4.65m)	15-3 (4.65m)
Cameron Kroll	4/18	Big Meet	15-1.75 (4.62m)	15-1.75 (4.62m)
Kevin Kuechler	5/10	Pac-10 Multis	11-11.75 (3.65m)	11-11.75 (3.65m)

Javelin (61.60)

Ryan Young	4/10
Martin Maric	4/11
Kyle Mills-Bunje	5/10
Kevin Kuechler	5/10

Jackie Joyner-Kersey Invite	250-10 (76.45m)^*	250-10 (76.45m)
Jackie Joyner-Kersey Invite	218-0 (66.46m)*	237-3 (72.32m)
Pac-10 Multis	177-11 (54.22m)	177-11 (54.22m)
Pac-10 Multis	145-11 (44.47m)	145-11 (44.47m)

Decathlon (7,500 auto./6,900 prov.)

Kyle Mills-Bunje	5/10
Kevin Kuechler	5/10

Pac-10 Multis	7,007	7,007
Pac-10 Multis	5,362	5,362

The 2009 California Women's Outdoor Track and Field Best Times and Marks

* NCAA regional qualifier, ^ Outdoor school record, % Freshman record

As of May 30, 2008

Event (Reg. Qualifier FAT/MT) Date <i>(unless otherwise noted)</i>	Meet	Time/Mark	PR
100m (11.75)			
Cherrelle Garrett 5/17	Pac-10 Championships	11.38*	11.38
Kimyon Broom 4/18	Big Meet	11.97	11.97
Kristin Holmes 3/28	Stanford Invitational	12.08	12.08
Jackie Lewis 4/18	Big Meet	12.08	12.08
Robyn Hunte 4/25	Brutus Hamilton Invite.	12.27	11.91
Emani Truluck 3/7	Cal Outdoor Opener	12.66	12.66
Dantia Hudson 4/4	Sac State Elite Invitational	12.79	12.79
200m (23.96)			
Cherrelle Garrett 3/28	Stanford Invitational	23.63*	23.63
Kandi Bonty 5/2	Payton Jordan Invite.	24.23	24.23
Kayla Dixon 4/4	Sac State Elite Invitational	24.33	24.33
Brook Turner 4/24	Brutus Hamilton Invite.	24.60	24.10
Kristin Holmes 3/7	Cal Outdoor Opener	24.75	24.19
Tracey Stewart 4/4	Sac State Elite Invitational	24.76	24.76
Robyn Hunte 4/4	Sac State Elite Invitational	25.29	24.80
Danita Hudson 4/18	Big Meet	26.07	26.07
Emani Truluck 4/18	Big Meet	26.07	26.07
400m (54.61/54.3)			
Brook Turner 5/29	NCAA West Regional	53.34*	53.31
Kandi Bonty 5/30	NCAA West Regional	53.70*	53.70
Kayla Dixon 4/4	Sac State Elite Invitational	55.29	55.29
Evelyn Smith 3/7	Cal Outdoor Opener	55.91	55.91
Mackenzie Pierce 3/7	Cal Outdoor Opener	56.43	55.61
Brazile Clark 4/4	Sac State Elite Invitational	57.93	55.80
Shannon Forbes 4/25	Brutus Hamilton Invite.	58.19	58.22
Natalya Beneby 3/7	Cal Outdoor Opener	58.83	57.22
Hayley Huxtable 3/7	Cal Outdoor Opener	1:01.95	55.70
800m (2:09.80/2:09.5)			
Brazile Clark 4/18	Big Meet	2:11.91	2:11.10
Mackenzie Pierce 5/10	Sacramento Open	2:13.02	2:04.78
Francesca Weems 4/24	Brutus Hamilton Invite.	2:13.48	2:13.48
1500m (4:27.80/4:27.5)			
Deborah Maier 4/18	Big Meet	4:32.09	4:32.09
Ellie Keene 4/4	Sac State Elite Invitational	4:42.50	4:42.50
Keena Kohl 3/7	Cal Outdoor Opener	4:43.57	4:43.57
Taylor Bryson 5/16	Pac-10 Championships	4:40.60	4:40.60
Crystal Esparza 3/27	SFSU Distance Carnival	4:46.42	4:46.42
Michelle Davis 4/4	Sac State Elite Invitational	4:50.62	4:50.62
3000m (n/a / n/a)			
Ellie Keene 3/7	Cal Outdoor Opener	9:58.06	9:58.06
Michelle Davis 4/18	Big Meet	10:03.24	10:03.24
Taylor Dutch 3/7	Cal Outdoor Opener	10:24.03	10:24.03
Crystal Esparza 3/7	Cal Outdoor Opener	10:42.45	10:42.45
5000m (16:52.00/16:51.7)			
Deborah Maier 3/27	Stanford Invitational	16:31.41*	16:31.41
Ellie Keene 3/27	SFSU Distance Carnival	17:11.06	17:11.06
Michelle Davis 4/24	Brutus Hamilton Invite.	17:16.97	17:16.97
Taylor Dutch 3/27	SFSU Distance Carnival	17:38.02	17:38.02
10,000m (33:30.00 auto./35:00.00 prov.)			
Alison Greggor 3/27	Stanford Invitational	34:37.01	34:37.01
100m Hurdles (13.92/--)			

Kimyon Broom	5/17	Pac-10 Championships	13.02^*	13.02
Emani Truluck	4/25	Brutus Hamilton Invite.	14.02	14.02
Dantia Hudson	5/2	Payton Jordan Invite.	14.27	14.27
400m Hurdles (1:00.82/1:00.5)				
Evelyn Smith	4/4	Sac State Elite Invitational	59.85*	59.07
Natalya Beneby	4/11	Jackie Joyner-Kersee Invite	1:01.20	1:00.58
Shannon Forbes	4/18	Big Meet	1:01.85	1:01.85
4x100m Relay (45.70/45.4)				
Dixon, Bonty, Lewis, Garrett	4/11	Jackie Joyner-Kersee Invite	44.56*	
Broom, Bonty, Dixon, Garrett	5/30	NCAA West Regional	44.67*	
4x400m Relay (3:42.00/3:41.7)				
	3/28	Stanford Invitational	3:39.04*	
Bonty, Dixon, Smith, Turner	4/11	Jackie Joyner-Kersee Invite	3:40.08*	
	4/18	Big Meet	3:40.30*	
Beneby, Clark, Forbes, Smith	4/4	Sac State Elite Invitational	3:50.15	
High Jump (1.75)				
Inika McPherson	4/18	Big Meet	6-00.00 (1.83m)*	6-2 (1.88m)
Kristen Meister	3/7	Cal Outdoor Opener	5-8-75 (1.75m)*	5-11.25 (1.81m)
Tifani Grimes	4/11	Jackie Joyner-Kersee Invite	5-7.00 (1.70m)	5-8 (1.73m)
Long Jump (6.00)				
Kristin Holmes	5/16	Pac-10 Championships	19-8.0 (5.99m)	19-8.00 (5.99m)
Jackie Lewis	4/18	Big Meet	19-1.50 (5.83m)	19-1.50 (5.83m)
Tracey Stewart	4/4	Sac State Elite Invitational	18-7.75 (5.68m)	19-9.75 (6.03m)
Robyn Hunte	4/4	Sac State Elite Invitational	17-8.75 (5.40m)	19-4.00 (5.88m)
Tifani Grimes	3/7	Cal Outdoor Opener	16-10.50 (5.13m)	18-5.75 (5.63m)
Triple Jump (12.32)				
Artensia Young	5/30	NCAA West Regional	42-3.50 (12.89m)*	42-3.50 (12.89m)
Tracey Stewart	5/17	Pac-10 Championships	40-9.00 (12.42m)*	41-9.00 (12.73m)
Mercedes Marchbanks	5/2	Payton Jordan Invite.	40-1.25 (12.22m)	40-9.75 (12.44m)
Pole Vault (3.85)				
Katie Morgan	5/17	Pac-10 Championships	13-10.00 (4.22m)*	13-11.75 (4.26m)
Allison Stokke	5/9	Sacramento Open	13-9.75 (4.21m)*	13-9.75 (4.21m)
Cyrena Giordano	5/17	Pac-10 Championships	13-4.25 (4.07m)*	13-4.25 (4.07m)
Veronica Stimson	4/4	Sac State Elite Invitational	11-3.75 (3.45m)	13-0 (3.96m)
Theresa Raub	3/7	Cal Outdoor Opener	10-11.75 (3.35m)	12-7.50 (3.85m)
Discus (47.30)				
Kendall Morris	5/9	Sacramento Open	152-11 (46.60m)	152-11 (46.60m)
Kiely Smith	4/18	Big Meet	115-08 (35.26m)	127-09 (38.95m)
Hammer (54.15)				
Linda Oseso	4/24	Brutus Hamilton Invite	167-10 (51.16m)	167-10 (51.16m)
Kiely Smith	5/17	Pac-10 Championships	163-11 (49.97m)	163-11 (49.97m)
Shot Put (14.30)				
Linda Oseso	5/16	Pac-10 Championships	45-1.0 (13.74m)	45-1.0 (13.74m)
Kendall Morris	4/18	Big Meet	34-1.25 (10.39m)	34-1.25 (10.39m)
Javelin (43.45)				
Danielle Hoolko	3/7	Cal Outdoor Opener	139-4 (42.48m)	139-4 (42.48m)
Inika McPherson	4/18	Big Meet	118-0 (35.98m)	118-0 (35.98m)
Tifani Grimes	4/18	Big Meet	115-3 (35.12m)	115-3 (35.12m)

CAL MEN'S RECORDS

Event	Mark/Time	Athlete	Site	Year
100 Meters	10.18a	Atlee Mahorn	Provo, Utah	1990
200 Meters	20.20	Atlee Mahorn	Eugene, Ore., NCAA Championships	1988
400 Meters	45.46	Peter Howard	Arizona, Pac-10 Championships	1985
800 Meters	1:45.4	Rick Brown	Eugene, Ore., Final Olympic Trials	1972
Mile	3:56.18	Michael Coe	Berkeley, Calif., Brutus Hamilton Invitational	2009
1500 Meters	3:39.9	Andy Clifford	ASU, Pac-10 Championships	1979
3000 Meter SC	8:35.37	Kevin Davis	Indianapolis, Ind., USA Championships	2007
5000 Meters	13:31.88	Bolota Asmerom	Mt. SAC Relays	2001
10,000 Meters	28:32.27	Yosef Ghebray	Stanford Invitational	2009
110m H	13.39	Larry Cowling	Provo, Utah, NCAA Championships	1982
400m IH	48.46	Larry Cowling	Provo, Utah, NCAA Championships	1982
400m Relay	39.14	Strickland, Burns, Nichols, Walker	Provo, Utah, NCAA Championships	1975
1600m Relay	3:03.91	Wallace, Walker, Mosley, Robinson	Philadelphia, Pa., NCAA Championships	1976
High Jump	7-5.75	Jeff Rogers	Kauhajoki, Finland	1990
Pole Vault	18-8.25	Brent Burns	Austin, Texas, NCAA Championships	1992
Long Jump	26-6.25	Curtis Rogers	Fresno Relays	1990
Triple Jump	55-0	Ken Williams	Arizona, Pac-10 Championships	1985
Shot Put	66-3	Dave Porath	Stanford, Pac-10 Championships	1981
Discus	210-11	Ramon Jimenez-Gaona	Oregon, Pac-10 Championships	1992
Hammer	229-0	Jari Matinolli	Stanford Relays	1986
Javelin (new)	250-10	Ryan Young	Los Angeles, Calif., Jackie Joyner-Kersey Invite.	2009
Javelin (old)	267-4	Bruce Kennedy	Berkeley, Calif., Kennedy Games	1973
Decathlon	8,007	Chris Huffins	New Orleans, NCAA Championships	1993

CAL WOMEN'S RECORDS

Event	Mark/Time	Athlete	Site	Year
100 Meters	11.33w	Antonette Carter	Berkeley, Calif., Big Meet	2006
200 Meters	22.72a	Antonette Carter	NCAA West Regional, Provo, Utah	2006
400 Meters	52.53	Latasha Gilliam	UCLA, Pac-10 Championships	1996
800 Meters	1:59.29	Alysia Johnson	Sacramento, Calif., NCAA Championships	2007
1500 Meters	4:09.23	Louise Romo	Los Angeles, Calif., Final Olympic Trials	1984
3000 Meters	9:21.42	Marilyn Davis	Berkeley, Calif., Triangular Meet	1986
3000 Meters SC	10:22.38	Marielle Schlueter	Berkeley, Calif., Big Meet	2002
5000 Meters	15:46.8	Kirsten O'Hara	Austin, Texas, NCAA Championships	1985
10,000 Meters	32:40.76	Kirsten O'Hara	Indianapolis, Ind., TAC Championships	1985
100mH	13.02	Kimyon Broom	Eugene, Ore., Pac-10 Championships	2009
400mH	57.61	Helga Halldorsdottir	Oregon State, NorPac Championships	1986
400m Relay	44.28	Omwanghe, T. Johnson, Hawes, Carter	Arizona, Pac-10 Championships	2004
1600m Relay	3:35.46	Turner, Pierce, E. Smith, A. Johnson	Berkeley, Calif., California Coll. Challenge	2007
High Jump	6-0.75	Beth Vidakovits	Stanford, Pac-10 Championships	1989
Pole Vault	13-11.75	Katie Morgan	Modesto, Calif., California Relays	2008
Long Jump	22-1	Sheila Hudson	Durham, N.C., NCAA Championships	1990
Triple Jump	46-0.75	Sheila Hudson	Durham, N.C., NCAA Championships	1990
Shot Put	54-4.75	Kristin Heaston	Arizona State, Pac-10 Championships	1999
Discus	188-11	Kelechi Anyanwu	Sacramento, Calif., NCAA Championships	2007
Hammer	214-0	Jennifer Joyce	Berkeley, Calif., Big Meet	2002
Javelin (new)	152-10	Emilee Strot	Sacramento, Calif., Hornet Invitational	2006
Javelin (old)	170-7	Kristen Engle	College Station, Texas, AIAW	1982
Heptathlon	5,624	Ifeoma Ozoeze	Arizona, Pac-10 Championships	1995

a Altitude adjusted
w Wind aided

CAL'S ALL-TIME TOP 10 PERFORMERS

MEN

Name Year Time

100 METERS (* 100m hand time + 0.24)

1.	Atlee Mahorn	1990	10.18
2.	Mike Farmer	1978	10.33
3.	Leamon King	1956	10.34*
4.	Chris Huffins	1991	10.39
5.	Eddie Hart	1970	10.44*
6.	Kellan Patterson	2009	10.45
7.	Roy Mosely	1983	10.46
8.	Jason Manley	1999	10.47
	Phillip Pipersburg	1999	10.47
9.	Keith Taylor	1977	10.48
10.	Jerrold Cherry	1995	10.49

100 YARDS

1.	Leamon King	1956	9.3
2.	Eddie Hart	1970	9.3
	Isaac Curtis	1970	9.3
4.	Hal Davis	1942	9.4

200 METERS (* 220y hand time + 0.14)

1.	Atlee Mahorn	1988	20.20
2.	Eddie Hart	1970	20.64*
3.	Roy Mosely	1983	20.65
4.	Dave Masters	1970	20.74*
5.	Larry Cowling	1982	20.78
6.	Keith Taylor	1977	20.82
7.	Peter Howard	1986	20.92
8.	Isaac Curtis	1970	20.94*
9.	Jim Williams	1984	21.01
	Derek Robinson	1981	21.01

400 METERS (* 400m hand time + 0.14)

1.	Peter Howard	1985	45.46
2.	Atlee Mahorn	1986	45.62
3.	Grover Klemmer	1941	46.14*
	Jack Yerman	1960	46.14*
	Dave Archibald	1962	46.14*
	Forrest Beaty	1965	46.14*
7.	Archie Williams	1936	46.24*
	Dave Timmons	1982	46.24*
9.	Paul Wallace	1977	46.39
10.	Walt Jones	1986	46.45

800 METERS (* 880y hand time - 0.6)

1.	Rick Brown	1972	1:45.4
2.	James Robinson	1976	1:45.86
3.	Don Bowden	1957	1:46.6*
4.	Mike White	1981	1:46.78
5.	Jerry Siebert	1960	1:46.8
	Lon Spurrier	1955	1:46.8
6.	Andy Clifford	1979	1:47.3
7.	John Drew	1971	1:48.0*
8.	Dave Ottaway	1988	1:48.19
9.	Cliff West	1972	1:48.2*
10.	Dave Fishback	1965	1:48.6*

1500 METERS (* Mile hand time - 18.0)

1.	Andy Clifford	1979	3:39.9
2.	Don Bowden	1957	3:40.7*
3.	David Torrence	2007	3:40.80
4.	Bolota Asmerom	2000	3:41.97
5.	Jay Marden	1984	3:42.1*
6.	Yosef Ghebray	2009	3:42.14
7.	Mark Matusak	2008	3:42.52
8.	Dave Ottaway	1989	3:42.72
9.	Richie Boulet	1994	3:43.01
10.	Michael Coe	2009	3:43.34

MILE

1.	Michael Coe	2009	3:56.18
2.	David Torrence	2007	3:58.62
3.	Don Bowden	1957	3:58.7
4.	Andy Clifford	1979	3:59.59
5.	Jay Marden	1986	4:00.1
6.	Mark Matusak	2008	4:00.59
7.	Kevin Davis	2007	4:01.39
8.	Cliff West	1972	4:02.7

3000 METERS

1.	Michael Coe	2009	7:48.05i
2.	Richie Boulet	1995	7:56.00i
3.	Giliat Ghebray	2007	7:56.51i
4.	Mark Matusak	2009	8:01.77i
5.	Yosef Ghebray	2008	8:02.68i
6.	Kevin Davis	2006	8:07.89i
7.	Kari Karlsson	2008	8:12.39i
8.	Matt K. Miller	2009	8:15.04i
9.	Girmay Guangul	2003	8:15.16i
10.	David Torrence	2007	8:16.63

3000-METER SC

1.	Kevin Davis	2007	8:35.37
2.	Gary Blume	1979	8:36.67
3.	Jason Flamm	1987	8:44.77
4.	Bob Price	1967	8:44.8
5.	Mike Dyer	1981	8:46.6
6.	Mark LaBonte	1982	8:49.0
7.	Sam Skinner	1985	8:51.38
8.	Martin Conrad	2002	8:56.65
9.	Andy Bupp	1994	8:58.27
10.	Steve Valen	1983	8:58.91

5000 METERS (* 3 mile +28 seconds)

1.	Bolota Asmerom	2001	13:31.88
2.	Tom Downs	1982	13:40.39
3.	Giliat Ghebray	2007	13:42.16
4.	Yosef Ghebray	2009	13:44.75
5.	Jay Marden	1986	13:47.78
6.	Richie Boulet	1996	13:49.47
7.	David Torrence	2007	13:59.65
8.	Simon Mudd	1998	14:00.27
9.	Felix Elieff	1980	14:02.50
10.	Gary Blume	1979	14:04.60*

CAL'S ALL-TIME TOP 10 PERFORMERS

10,000 METERS

1.	Yosef Ghebray	2009	28:32.27
2.	Girmay Guangul	2003	29:17.78
3.	Rich McCann	1981	29:24.30
4.	Kari Karlsson	2008	29:28.05
5.	Peter Gilmore	2000	29:37.24
6.	Steve Moreno	1999	29:43.56
7.	Giliat Ghebray	2006	29:44.11
8.	Hal Schultz	1980	29:44.40
9.	Corey Creasey	2002	29:49.60
10.	Carlos Carballo	2005	29:52.43

110-METER HURDLES

(* = 120y hand time + 0.27)

1.	Larry Cowling	1982	13.39
2.	Tim Bogdanof	2003	13.51
3.	Rod Jett	1988	13.64
4.	Jordan Paul	2008	13.66
5.	Thomas Mack	2008	13.74
6.	Carl Florant	1976	13.85
7.	Pat Duffy	1985	13.86
8.	Leonard Robinson	1983	13.90
9.	Keith Moten	1995	13.96
10.	Kevin McPherson	1989	14.00

400-METER HURDLES (*400m hand time + 0.14)

1.	Larry Cowling	1982	48.46
2.	Leonard Robinson	1983	49.55
3.	Quentin Wheeler	1979	49.64*
4.	Paddy McCrary	1968	49.74*
5.	Jake Hanson	2008	49.82
6.	Lloyd Guss	1982	49.98
7.	Jim Scannella	1984	50.09
8.	Dave Chesarek	1986	50.35
	Ahmad Wright	2004	50.35
10.	Rod Jett	1987	50.47

400-METER RELAY

(* 440y auto timing - 0.23; + 440y hand time -.06)

1.	39.11* (39.34y)	1975	Strickland, Burns, Nichols, Walker
2.	39.43	1986	Jett, Gonsolin, Howard, Mahorn
3.	39.50	1987	Jett, Gonsolin, Rogers, Mahorn
4.	39.74+ (39.8y)	1969	Smyth, Richards, Smith, Masters
	39.74+ (39.8y)	1970	Couser, Curtis, Masters, Hart
6.	39.76* (39.99y)	1977	Smith, Wallace, Walker, Taylor
7.	39.94+ (40.0y)	1974	Walker, Mosely, Stickland, Burns
	39.94	1986	Jones, Gonsolin, Howard, Mahorn
9.	39.97	1981	Mathis, Cowling, Williams, Robinson

800-METER RELAY (* 880y - 0.6)

1.	1:22.5* (1:23.1y)	1975	Strickland, Burns, Nichols, Walker
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2.1:	22.8* (1:23.4y)	1977	Smith, Wallace, Walker, Taylor
3.	1:23.6* (1:24.2y)	1980	Kelly, Rachal, Wright, Robinson

1600-METER RELAY (* Mile Relay -1.1)

1.	3:03.91	1976	Wallace, Walker, Mosely, Robinson
2.	3:04.46	1982	Scannella, Guss, Cowling, Timmons
3.	3:04.48* (3:05.58y)	1975	Grasha, Burns, Walker, Robinson
4.	3:05.77	1986	Chesarek, Howard, Jones, Mahorn
5.	3:05.7h	1982	Scannella, Bonner, Guss, Timmons
6.	3:06.11	1985	Jett, Jones, Timmons, Howard
7.	3:06.1h	1983	Scannella, Smith, Howard, White
8.	3:06.2* (3:07.3y)	1980	Kelly, Cowling, Guss, White
9.	3:06.3* (3:07.4y)	1964	Courchesne, Fishback, Beaty, Archibald
10.	3:06.4* (3:07.5y)	1965	Glenn, Fishback, Beaty, Archibald
	3:06.4* (3:07.5y)	1968	J. Smith, D. Smith, Hengl, Weddle

3200-METER RELAY (* 2 mile Relay - 2.5)

1.	7:18.4* (7:20.9y)	1958	Orme, Siebert, Yerman, Bowden
2.	7:19.9*	1976	Bay, Clifford, Morgan, Robinson
3.	7:28.5	1954	Byers, Diehl, McCrary, Smith
4.	7:29.0	1957	Beata, Wilson, Simpson, Spurrier
5.	7:32.82	1988	Torrente, Maoz, Harper, Gaziano

SPRINT MEDLEY RELAY (* yards - 1.2)

1.	3:17.6* (3:18.8y)	1958	Yerman, White, Upshaw, Bowden
2.	3:23.09	2005	Solis, Karl, Suddaby , McClary

DISTANCE MEDLEY RELAY (* yards - 3.3)

1.	9:29.71i	2009	Matusak, Hanson, Sam, Coe
2.	9:33.77i	2007	Torrence, Solis, Gadayan, Davis
3.	9:34.99i	2007	G. Ghebray, Solis, Gadayan , Davis
4.	9:37.6* (9:49.9y)	1979	O'Reilly, Smith, White, Clifford
5.	9:38.39i	2008	Matusak, Hanson, Perezchica, Coe
6.	9:39.0* (9:40.3y)	1957	Stewart, Orme, House, Bowden
7.	9:42.31	2006	McClary, Hanson , Davis, Matusak

CAL'S ALL-TIME TOP 10 PERFORMERS

8. 9:42.6
California team 1980
9. **9:42.67** **2006**
Davis, Suddaby, McClary, **Matusak**

6400-METER RELAY

1. **16:43.63** **2006**
An. McClary, Al. McClary, Schmitt, **Matusak**
2. 16:57.8 1981
California

HIGH JUMP

1. Jeff Rogers 1990 7-5.75
2. John Morris 1984 7-5.25
3. Teak Wilburn 2004 7-5
4. Greg Walker 1997 7-4.5
5. Mike Harris 1987 7-4.5
6. Kevin Keane 1994 7-3.5
7. Clarence Johnson 1967 7-3.25
- Ed Wright** **2007** **7-3.25**
9. Mike Nelson 1981 7-2.25
- David Glasgow 2004 7-2.25

POLE VAULT

1. Brent Burns 1992 18-8.25
2. Clarence Phelps 1997 18-5.25
3. Robert McLean 2002 18-0.5
4. Bevan Hart 2000 17-9.25
5. Ross McAlexander 1982 17-5.5
6. Amit Barken 1996 17-5.50
7. Donny Appanaitis 2008 17-1.00
8. **Ryan Shuler** **2007** **17-0.75**
9. Larry Hintz 1976 17-0.25
10. Ross Bomben 1997 16-8.75
- Sean Haworth 1994 16-8.75
- Bill Shepard 1988 16-8.75

LONG JUMP

1. Curtis Rogers 1985 26-6.25
2. Chris Huffins 1993 26-3.5
3. Lee Adkins 1994 26-0.75
4. Floyd Eddings 1978 25-6.5
5. Chris Ferreira 1996 25-6.25
6. Ken Smith 1984 25-6
7. Paul Bates 1981 25-4.25
8. Alonzo Levingston 1990 25-4
- Robert Kennedy 2000 25-4
10. Kevin Smith 1990 25-3.25

TRIPLE JUMP

1. Ken Williams 1985 55-0
2. Michael Marlow 1979 54-6.75
3. Paul Bates 1981 54-4.5
4. Mike Harris 1990 54-2.5
- Lenards Ozolinis 1995 54-2.5
6. Jim Fraser 1971 53-0.25
7. Chris Huffins 1991 52-11.5
8. Harold Rucker 1990 52-11
9. Dmitry Piterman 1986 52-10
- Bruce Giron 2004 52-10

SHOT PUT

1. Dave Porath 1981 66-3
2. Rhuben Williams 2004 64-9.75
3. Dave Maggard, Jr. 1985 63-9
4. Bruce Parker 1981 62-5.25
5. Amin Nikfar 2004 61-11
6. Nate DeSomber 2001 61-7
7. R. Jimenez-Gaona 1992 60-1
8. Paul Rosati 1986 59-10.5
9. Roland Anderson 1990 59-9.5
10. Dave Maggard 1962 59-8.75

DISCUS

1. R. Jimenez-Gaona 1992 210-11
2. Dave Porath 1981 209-4
3. Kari Nisula 1986 202-2
4. Jim Penrose 1972 201-3
5. **Martin Maric** **2009** **200-11**
6. Scott Overton 1977 200-1
7. Dave Maggard, Jr. 1985 198-7
8. John Wirtz 1993 193-8
9. Tony Hill 1981 189-4
10. Paul Santiago 1977 187-11

HAMMER

1. Jari Matinelli 1986 229-0
2. Travis Nutter 1998 227-5
3. Demien Luper 1993 210-4
4. Nate Rolfe 2006 207-30
5. John Ludden 2007 206-0
6. Rhuben Williams 2004 205-2
7. Garrett Collier 2000 203-6
8. Roland Anderson 1991 196-7
9. Ryan Carcione 1996 194-9
10. Nick White 1989 192-4

JAVELIN (1986 implement)

1. **Ryan Young** **2009** **250-10**
2. Paul Teinert 2006 236-0
3. Jonas Hallgrimsson 2006 231-6
4. Joe Berro 2002 224-1
5. Ilpo Poutianen 1986 222-0
6. **Martin Maric** **2008** **220-05**
7. John Cummings 1992 215-7
8. Adam Burgh 2005 215-6
9. Andrew Kearns 1996 202-8
10. Ross Bomben 1997 200-5

JAVELIN (pre 1986)

1. Bruce Kennedy 1973 267-4
2. Gary Pennington 1969 248-7
3. Wayne Guy 1978 240-8

DECATHLON

1. Chris Huffins 1993 8007
2. Bevan Hart 2000 8002
3. Ross Bomben 1998 7808
4. Dave Steen 1980 7778
5. Steve Denger 1987 7472
6. Ed Miller 1976 7443
7. Bob Clark 1934 7353
8. Greg Canfield 1978 7276
9. Steven Conrad 2007 7245
10. Scott Sobieralski 2004 7215

CAL'S ALL-TIME TOP 10 PERFORMERS

WOMEN

Name Year Time

100 METERS (* 100m hand time + 0.24)

1.	Antonette Carter	2006	11.33
2.	Cherrelle Garrett	2009	11.38
3.	Kelia Bolton	1979	11.64
4.	Latasha Gilliam	1996	11.70
5.	Zhauntel Holman	2000	11.74
6.	Shannan Hawes	2005	11.75
7.	Elaine Parker	1980	11.81
8.	Kim White	1982	11.84

200 METERS (* 220y hand time + 0.14)

1.	Antonette Carter	2006	22.72 (A)
2.	Kelia Bolton	1979	23.50
3.	Tiffany Johnson	2006	23.52 (A)
4.	Kim White	1982	23.54*
5.	Latasha Gilliam	1996	23.62
6.	Cherrelle Garrett	2009	23.63
7.	Elaine Parker	1979	23.81
8.	Mona Simmons	1990	23.93
9.	Shannan Hawes	2005	23.96
10.	Connie Culbert	1983	23.98

400 METERS (* 400m hand time + 0.14)

1.	Latasha Gilliam	1996	52.53
2.	Marian Franklin	1980	52.90
3.	Marilyn Neufville	1976	52.93
4.	Alysia Johnson	2006	53.01
5.	Brook Turner	2009	53.31i
6.	Kim White	1982	53.54*
7.	Chantal Reynolds	1996	53.59
8.	Kandi Bonty	2009	53.70
9.	Connie Culbert	1983	53.86
10.	Kelia Bolton	1979	54.00

800 METERS (* = 880 - 0.6)

1.	Alysia Johnson	2007	1:59.29
2.	Louise Romo	1984	2:01.59
3.	Erin Belger	2002	2:04.39
4.	Chloe Jarvis	2005	2:04.53
5.	Mackenzie Pierce	2007	2:04.78
6.	Elissa Riedy	1998	2:05.37
7.	Laura Baker	1992	2:05.57
8.	Whitney Schmucker	2005	2:07.20
9.	Ally Lombardi	1998	2:07.39
10.	Trescia Palmer	1984	2:07.44

1500 METERS

1.	Louise Romo	1984	4:09.29
2.	Alice Trumbly	1980	4:17.58
3.	Elissa Riedy	1997	4:17.9
4.	Marilyn Davis	1987	4:18.58
5.	Margaret Spotts	1982	4:21.6
6.	Cindy Schmandt	1981	4:22.51
7.	Bridget Duffy	2004	4:22.55
8.	Magdalena Lewy	1997	4:23.2
9.	Sabrina Han	1990	4:23.3
10.	Lisa Lopez	1995	4:23.44

3000 METERS

1.	Marilyn Davis	1986	9:21.43
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2.	Sally Wood	1986	9:24.0
3.	Cindy Schmandt	1981	9:25.90
4.	Magdalena Lewy	1997	9:25.93
5.	Kirsten O'Hara	1985	9:28.7
6.	Sabrina Han	1990	9:29.56
7.	Louise Romo	1984	9:32.64
8.	Sue Richter	1979	9:33.0
9.	Alison Greggor	2009	9:36.26i
10.	Lori Riedy	1998	9:36.45

3000-METER STEEPLECHASE

1.	Marielle Schulueter	2002	10:22.38
2.	Rowena Tam	2008	10:37.28
3.	Abby Parker	2003	10:40.37
4.	A. Thornberry	2005	11:11.00
5.	Rebecca Palm	2007	11:30.32
6.	Lauren Barbieri	2004	11:49.52
7.	Lisa Sandoval	2006	11:59.69

5000 METERS

1.	Kirsten O'Hara	1985	15:46.8
2.	Magdalena Lewy	1997	16:04.86
3.	Sally Wood	1986	16:16.85
4.	Suzanne Richter	1979	16:24.1
5.	Sabrina Han	1990	16:25.41
6.	Jan Oehm	1979	16:26.8
7.	Lynne Hjelte	1980	16:28.2
8.	Alison Greggor	2009	16:30.56i
9.	Debra Maier	2009	16:31.41
10.	Marilyn Davis	1987	16:33.93

10,000 METERS

1.	Kirsten O'Hara	1985	32:40.76
2.	Jan Oehm	1980	33:55.59
3.	Sabrina Han	1990	34:00.2
4.	Janet Bowie	1993	34:03.20
5.	Allison Greggor	2009	34:37.01
6.	Tenaya Soderman	1994	35:01.48
7.	Rebecca Yau	2006	35:11.07
8.	Sally Wood	1986	35:34.44
9.	Sally Metteer	1979	35:46.0
10.	Eugenia Zorich	1979	36:37.6

100-METER HURDLES

(* = 120y hand time + 0.27)

1.	Kimyon Broom	2009	13.02
2.	Osarhiemen Omwanghe	2004	13.43
3.	Laurie Smith	1992	13.58
4.	April Holliverse	2000	13.82
5.	Cheryl Hawthorne	1980	13.86
6.	Helga Halldorsdottir	1985	13.91
7.	LaShawn McBride	1991	14.03
8.	Emani Truluck	2009	14.07
8.	Raven Viltz	1990	14.09
9.	Michelle Hawthorne	1979	14.12

400-METER HURDLES

1.	Helga Halldorsdottir	1986	57.61
2.	Deanna Slaton	2004	57.85
3.	Roslyn Mack	1990	58.45
4.	Michelle Hawthorne	1979	58.86
5.	Evelyn Smith	2008	59.07
6.	Roberta Eccles	1985	59.12
7.	April Holliverse	2000	59.22

CAL'S ALL-TIME TOP 10 PERFORMERS

8.	Lavinia Henlon	1996	59.52
9.	Beth Vidakovits	1989	59.55
10.	Jamila English	1997	59.56

400-METER RELAY (* 440y hand - 0.06)

1.	44.28	2004	
	Omwanghe, T. Johnson, Hawes, Carter		
2.	44.32	2008	
	Broom, Bonty, Holmes, Garrett		
3.	44.36	2005	
	Omwanghe, T. Johnson, Hawes, Carter		
4.	44.56	2009	
	Dixon, Bonty, Lewis, Garrett		
5.	44.67	2009	
	Broom, Bonty, Dixon, Garrett		
6.	44.73	2006	
	Omwanghe, T. Johnson, Picott, Carter		
7.	44.99	2006	
	Omwanghe, T. Johnson, Holmes , Carter		
8.	45.01	2003	
	Earls, Omwanghe, Hawes, Carter		
9.	45.24	2009	
10.	45.45	2005	
	Turner , Omwanghe, Hawes, Carter		

1600-METER RELAY

1.	3:35.46	2007	
	Turner, Pierce, E. Smith , A. Johnson		
2.	3:35.56	1996	
	Reynolds, Greene, Henlon, Gilliam		
3.	3:36.10	2007	
	Turner, Pierce, E. Smith, Bonty		
4.	3:36.62	2007	
	Bonty, Pierce, Turner , A. Johnson		
5.	3:36.93	2008	
	Huxtable, Pierce, Holmes, Garrett		
6.	3:37.04	2006	
	Turner, Pierce, Holmes , A. Johnson		
7.	3:37.62	2005	
	Schmucker, A. Johnson, Hawes, Jarvis		
8.	3:38.09	2008	
	Huxtable, Weems, E. Smith, Bonty		
9.	3:38.38	2003	
	Cowling, Jarvis, Omwanghe, Slaton		
10.	3:38.55	1995	
	Reynolds, Henlon, Janssen, Greene		

800-METER RELAY

1.	1:35.79	2006	
	Holmes, Bonty , T. Johnson, Carter		

3200-METER RELAY

1.	California team	1980	8:53.2
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SPRINT MEDLEY RELAY

1.	3:47.04	2006	
	T. Johnson, Carter, Turner , A. Johnson		
2.	3:49.51	2005	
	Hawes, Carter, Johnson, Jarvis		

HIGH JUMP

1.	Beth Vidakovits	1989	6-0.75
2.	Inika McPherson	2007	6-0.50
3.	Kristen Meister	2009	5-11.
4.	Kathy Raugust	1982	5-10.50

5t.	Ifeoma Ozoeze	1995	5-10
5t.	Chi Johnson	1996	5-10
5t.	Tiffany Barnett	2001	5-10
8.	Jamila Churchill	1997	5-9.75
9.	Lauren Dudugjian	2000	5-9.25
10.	Cynthia Mallory	2002	5-8.75
	Missy Vanek	2000	5-8.75
	Kristen Meister	2009	5-8.75

POLE VAULT

1.	Katie Morgan	2008	13-11.75
2.	Allison Stokke	2009	13-9.75
3.	Cyrena Giordano	2009	13-4.25
4.	Maria Lopez	2001	13-2.5
5.	Leora Ward	2002	13-0.25
6.	Kira Costa	2004	12-11.50

LONG JUMP

1.	Sheila Hudson	1990	22-1
2.	Antonette Carter	2005	21-4
3.	Rosalyn Mitchell	1989	20-10
4.	Mona Simmons	1990	20-9.25
5.	Crystal Hayes	1995	20-5.75
	Grace Upshaw	1997	20-5.75
7.	Reynda King	2001	20-2.5
	Elzunia Lamb	2005	20-2.5
9.	Kenya Corley	2000	20-1.75
10.	Amy Littlepage	1996	19-11.5

TRIPLE JUMP

1.	Sheila Hudson	1990	46-0.75
2.	Amy Littlepage	1997	44-0.5
3.	C. Strickland	2007	43-3.25i
4.	Artensia Young	2009	42-3.50
5.	Reynda King	2000	42-0.75
6.	Shawna Adkins	2001	41-1.75
7.	Trinity White	2002	40-11
8.	Mercedes Marchbanks	2008	40-9.75
9.	Ine Jones	1997	40-9
10.	Tracey Stewart	2008	40-6

SHOT PUT

1.	Kristin Heaston	1999	54-4.75
2.	Dana Lawson	2001	53-7.5i
3.	Missy Faubus	2005	53-0.75
4.	Kelechi Anyanwu	2007	50-7.50
5.	Jenna Johnson	2004	50-2.75
6.	Emilee Strot	2007	49-11.25
7.	Missy Maloata	1994	49-11
8.	Daisy Van Ravenswaay	2006	48-11.75
9.	Cindi Durchslag	1985	48-6
10.	Sheni Russell	2002	47-5

DISCUS

1.	Kelechi Anyanwu	2007	188-11
2.	Emilee Strot	2007	182-2
3.	Sheni Russell	2004	181-2
4.	Kim Kesler	1987	178-10
5.	Jennifer Joyce	2002	178-3
6.	Gale Zaphiropoulos	1980	177-2
7.	Dana Lawson	2001	175-11
8.	Annette Kailihiwa	1995	173-9
9.	Missy Faubus	2005	171-6
10.	Kristin Heaston	1999	168-5

CAL'S ALL-TIME TOP 10 PERFORMERS

HAMMER

1.	Jennifer Joyce	2002	214-0
2.	Carrie Johnson	2007	211-5
3.	Giulia Urlando	2005	190-6
4.	Dana Lawson	2001	189-11
6.	Alexandra Hunnings	2005	178-8
7.	Sheni Russell	2002	176-3
8.	Ericka Dice	1995	175-6
9.	Nadia Lopez	1998	174-2
10.	Linda Oseso	2009	167-10

JAVELIN (since 1999)

1.	Emilee Strot	2006	152-10
2.	Brooke Meredith	2004	148-0
3.	Missy Vanek	2002	142-5
4.	Trinety White	2004	142-1
	Elzunia Lamb	2005	142-1
6.	Daisy Van Ravenswaay	2006	140-03
7.	Danielle Hoolko	2009	139-4
8.	Shawna Adkins	2002	137-11
9.	Tifani Grimes	2006	122-11
10.	Inika McPherson	2006	119-00

JAVELIN (pre-1999)

1.	Kristen Engle	1982	170-7
2.	Ingrid Bailey	1986	168-4
3.	Tiffany Janssen	1995	151-0
4.	Cindy Banks	1979	144-5
5.	Cindy Durchslag	1985	144-2
6.	Allison Eades	1987	143-3
7.	Laura Baker	1990	141-2
8.	Laura Devine	1975	138-6
9.	Martha Hill	1985	138-5

HEPTATHLON

1.	Ifeoma Ozoeze	1995	5624
2.	Missy Vanek	2000	5614
3.	Brooke Meredith	2004	5611
4.	Kathy Raugust	1982	5514
5.	Laura Baker	1990	5377
6.	Tiffany Janssen	1995	5354
7.	Shawna Adkins	2002	5259
8.	Allison Eades	1984	5235
9.	LaShawn McBride	1989	5219
10.	Chris Viguie	1982	5161