



Track & Field

**Bears Gear Up For NCAA Championships**

*Johnson hopes to repeat as NCAA Champion*

**THIS WEEK:** June 11-14 NCAA Championships All Day Des Moines, Iowa

**2008 Schedule**

**January**

26 at Hampton Inn & Suites Classic

**February**

1-2 at United Heritage Invitational

16 at Husky Classic

29-1 at MPSF Indoor Championships

**March**

7 at Arkansas Last Chance Qualifier

8 at UW Last Chance Meet

14-16 at NCAA Indoor Championships

22 at Hornet Invitational

29 at Sacramento State Nike Elite Meet

**April**

**2-3 Cal Multi Event**

3-5 at Texas Relays

**12 Big Meet**

24-26 at Penn Relays

**25-26 Brutus Hamilton Invitational**

**May**

4 at Payton Jordan/Cardinal Qualifier

9-10 at Pac-10 Multi-Event Championships

10 at 67th Coca-Cola Modesto Relays

16-17 at Pac-10 Outdoor Championships

30-31 at NCAA West Regional

**June**

11-14 at NCAA Outdoor Championships

26-6 at USA Olympic Trials

\* Pac-10 meet.

**All home meets in bold**

**This Week**

California concludes the 2008 season this weekend at the NCAA Championships from Wednesday, June 11, to Saturday, June 14, at Drake Stadium on the campus of Drake University in Des Moines, Iowa. The Golden Bears will be represented by a total of 14 athletes, featuring three Pac-10 champions and two NCAA West Regional champions, competing in 11 individual events and a 4x100-meter relay.

Leading the way for Cal is senior All-American **Alysia Johnson**, the defending NCAA 800-meter champion. Johnson will be going for her third NCAA title in that event and an unprecedented seventh All-America honor. The Bears are armed with other national-title contenders, as well. The Cal men come in ranked No. 20 in the nation.

CBS College Sports Network (formerly CSTV) will be airing live coverage of the championships on Friday, June 13, from 7-10 p.m. (CST). CBS will also broadcast live coverage of the final day of competition from 3-5 p.m. CST.

**Bears Get Two Titles at NCAA West Regional**

Cal earned 12 qualifiers for the NCAA Championships at the NCAA West Regional two weeks ago at the Matador Track Complex at Cal State Northridge. The Cal men finished in sixth with 50 points, while the Cal women also came in sixth with 44.50 points.

Among the national qualifiers for Cal were Alysia Johnson, junior **Katie Morgan** and junior **Martin Maric**. Johnson won her second-straight NCAA West Regional title in the 800 with a meet-record time of 2:00.77. The former record time of 2:02.12 was set by Johnson a year ago. Maric took top honors in the discus with a mark of 196-00 (59.75m). Johnson and Maric each earned 10 points for Cal with their performances.

Morgan posted the new school record again with a mark of 13-11.75 (4.26m), which ranks seventh in the nation. She surpassed her old mark of 13-9.25. Morgan took second overall to advance to the NCAA Championships.

Freshman **Cherrelle Garrett** moved on to the NCAA Championships in the 100 meters, taking second overall at the regional with a time of 11.45. She logged a new PR in that event in the preliminary race the day before with a time of 11.41. That time tied for the second best in the conference, and improved her second-best time in school history and her school freshman-record time.

**Cal's Lineup**

Director of track and field **Tony Sandoval** sends this season's best to the NCAA Championships. Alysia Johnson will defend her 2007 NCAA 800-meter title. Johnson's current season best 800-meter time of 2:00.57 is No. 1 among all NCAA athletes. Johnson also has the opportunity to be the first Cal track and athlete to garner All-America honors seven times.

## USTFCCCA Men's Rankings

### Pre-Nationals

	Team	Points
1.	LSU	260.84
2.	Florida State	249.45
3.	Texas A&M	233.87
4.	Florida	201.67
5.	Tennessee	200.97
6.	UCLA	199.45
7.	Auburn	184.14
8.	Texas	178.67
9.	Colorado	173.79
10.	Arkansas	162.06
11.	Southern California	156.73
12.	Arizona State	148.88
13.	Baylor	143.78
14.	Kentucky	142.73
15.	Oregon	142.13
16.	UTEP	110.03
17.	Northern Iowa	109.91
18.	Arizona	108.00
19.	Nebraska	106.97
20.	<b>California</b>	<b>105.36</b>
21.	Washington State	102.85
22.	Clemson	94.20
23.	Washington	93.93
24.	South Carolina	92.75
25.	Mississippi State	89.42

## USTFCCCA Women's Rankings

### Pre-Nationals

	Team	Points
1.	LSU	366.30
2.	Texas A&M	334.51
3.	Arizona State	302.49
4.	Virginia Tech	231.62
5.	Texas Tech	189.00
6.	Southern California	187.64
7.	Penn State	183.44
8.	Tennessee	179.98
9.	UCLA	172.89
10.	Stanford	161.75
11.	Florida	160.23
12.	Minnesota	147.85
13.	Oregon	138.28
14.	Miami (Fla.)	127.59
15.	UTEP	123.09
16.	Michigan	118.56
17.	Arkansas	115.48
18.	Mississippi	112.87
19.	Baylor	105.98
20.	Kansas	97.19
21.	North Carolina	96.28
22.	Nebraska	91.19
23.	Arizona	90.35
24.	Kansas State	86.25
25.	Florida State	83.64

Joining Johnson in Des Moines will be senior **Ed Wright**, a fellow Olympic hopeful who will look for a national high jump title and a fourth All-America honor after claiming his second straight Pac-10 title earlier this year. Croatian Olympic hopeful Martin Maric will compete in the discus and currently ranks fifth in the nation. Senior **David Torrence**, another one of Cal's 2007 All-Americans, will be competing in the 1500 along with junior **Mark Matusak**. Two weeks ago at the NCAA West Regional, Torrence advanced to the NCAA Championships in the 1500 with a time of 3:42.25 in at the West Regional. Matusak also advanced to the national championships in the 1500, clocking a time of 3:43.37. Katie Morgan, who has been setting the school record in the women's pole vault constantly this season, hopes to take top honors once again.

Freshman **Cherrelle Garrett** will have more than one opportunity for glory at the national championships. Garrett will be participating in the 100 and will run in the 4x100 relay (**Kimyon Broom, Kandi Bonty, Kristin Holmes**) that earned an at-large bid. Broom won the Pac-10 title in the 100-meter hurdles in a school-record time of 13.17. The other participants are sophomore **Ryan Young** (javelin), junior **Jake Hanson** (400-meter hurdles), senior **Cassandra Strickland** (triple jump) and junior **Evelyn Smith** (400-meter hurdles).

### Last Year's NCAA Championships

Alysia Johnson ran a school-record and lifetime-best 1:59.29 to capture the women's 800 meter title at the 2007 NCAA Outdoor Championships at Sacramento State's Hornet Stadium. The Cal women finished in a program best of eighth place with a program-best 26 points. The men's best finish was when they won the team title in 1922. More recently the Cal men finished in 21st in 2000.

Kelechi Anyanwu won the women's discus throw with a school-record toss of 188-11 (57.58 meters), as she broke her own former school record of 185-11 set earlier last season.

Six Bears earned All-America honors for their performances at the national meet. Besides Johnson and Anyanwu, Kevin Davis earned the accolade after taking 10th place in the men's 3000-meter steeplechase. Also named All-American were Carrie Johnson, who took sixth place in the women's hammer, Ed Wright, who took sixth in the men's high jump and **Inika McPherson**, who was sixth in the women's high jump.

### Cal Women's 4x100-Meter Relay Gets At-Large Bid

Last week, Cal got one at-large bid to the NCAA Championships, to go along with its 12 automatic individual qualifiers earned at the NCAA West Regional. The women's 4x100-meter relay, consisting of sophomore Kimyon Broom, juniors Kandi Bonty and Kristin Holmes, and freshman Cherrelle Garrett will join the other Golden Bears this weekend. Freshman **Kayla Dixon** is currently listed as an alternate for the relay. Dixon was a part of the relay with Broom, Bonty and Garrett that ran at the NCAA West Regional, placing seventh and notching a time of 45.94.

### Morgan Vaulting to New Heights

Katie Morgan has been having an excellent season for Cal thus far. The Tempe, Ariz., native has made setting the school record in the women's pole vault seem like a standard procedure in 2008. At the NCAA West Regional two weeks ago, Morgan once again set the school mark, clearing a 13-11.75 (4.26m) to advance to the NCAA Championships, taking second overall. At the California Relays on May 10, Morgan set the school mark at 13-9.25 (4.20m) to take top honors in the event. She surpassed her old mark of 13-6.25 that she set the previous weekend at the Payton Jordan Cardinal Qualifier. Morgan had taken top honors in her last five competitions before taking third at the Pac-10 Championships. She has also set the school record four times and is currently ranked No. 12 in the nation.

## California Regional Qualifiers

Jake Hanson	400 Meters	46.92
David Torrence	800 Meters	1:49.15
Sean Carey	800 Meters	1:49.43
Andres Perezchica	800 Meters	1:50.36
Mark Matusak	1500 Meters	3:42.52
David Torrence	1500 Meters	3:43.58
David Torrence	Mile	3:59.10
Mark Matusak	Mile	4:00.59
Matthew Miller	3000-Meter SC	9:00.83
Kari Karlsson	5000 Meters	14:07.13
Yosef Ghebray	5000 Meters	14:10.11
Kari Karlsson	10,000 Meters	29:38.05
Thomas Mack	110m Hurdles	13.74
Jordan Paul	110m Hurdles	13.78w
Jake Hanson	400m Hurdles	49.82
Patterson, Bradley	4x100 Relay	40.55
Porter, Mack		
Ed Wright	High Jump	2.22m
Martin Maric	Discus	61.13m
Craig Kent	Discus	54.52m
Craig Kent	Shot Put	17.88m
Donny Appanaitis	Pole Vault	5.10m
Ryan Shuler	Pole Vault	5.05m
Ryan Young	Javelin	71.67m
Martin Maric	Javelin	67.16m
Cherrelle Garrett	100 Meters	11.44
Cherrelle Garrett	200 Meters	23.73
Kandi Bonty	400 Meters	54.44
Alysia Johnson	800 meters	2:00.57
Mackenzie Pierce	800 Meters	2:05.04
Mackenzie Pierce	1500 Meters	4:27.57
Rowena Tam	3000-Meter SC	10:37.28
Kimyon Broom	100m Hurdles	13.17
Evelyn Smith	400m Hurdles	59.07
Broom, Bonty	4x100 Relay	44.69
Holmes, Garrett		
Broom, Bonty	4x100 Relay	45.03
Dixon, Garrett		
Huxtable, Pierce	4x400 Relay	3:36.93
Smith, Johnson		
Huxtable, Weems	4x400 Relay	3:39.83
Smith, Johnson		
Inika McPherson	High Jump	1.78m
Kristen Meister	High Jump	1.78m
Cassandra Strickland	Triple Jump	12.74m
Artensia Young	Triple Jump	12.65w

At the Brutus Hamilton Invitational, she took first in the pole vault, earning a mark of 13-1.75 (4.01m) to claim top honors. Morgan also claimed the top spot at the Big Meet when she set the then-school record that previously had been set earlier this year by teammate **Allison Stokke**. Morgan surpassed Stokke's mark of 13-3.50 with her score of 13-5.75. Morgan's score was also a Big Meet record.

During the indoor season, Morgan provisionally qualified for the NCAA Indoor Championships in the pole vault, as she set a then-PR of 13-1.00 (3.99m) and the school indoor record at the MPSF Indoor Championships. She achieved the same mark again later during the indoor season at the Washington Last Chance Meet.

### Cal Runners Going the Distance

David Torrence and Mark Matusak have earned solid distance times thus far, as Torrence, who made his season debut at the Big Meet on April 12, notched another sub-four-minute mile at the Brutus Hamilton Invitational (3:59.10), and Matusak registered Cal's fifth-best mile time in school history at 4:00.59. Most recently, Torrence advanced to the NCAA Championships in the 1500 with a time of 3:42.25 at the NCAA West Regional. Matusak also advanced to the national championships in the 1500, clocking a time of 3:43.37 at the regional. Junior **Sean Carey** was a regional qualifier in the 800 with his time of 1:49.43 at the Pac-10 Championships. Teammate **Kari Karlsson** regionally qualified in the 10,000 meters, crossing the finish line at 29:28.05 at the Stanford Invitational, which is also a freshman record time and the third best in school history, and in the 5000 where he posted a 14:07.13 at the Payton Jordan Cardinal Qualifier. Also getting into the action was junior **Matthew Miller**, who earned a regional-qualifying time in the 3000-meter steeplechase at the Pac-10 Championships, recording a personal-best time of 9:00.83.

### Men's Throwers Getting It Done

Cal's men's throwers have been putting up strong numbers the entire outdoor season. Martin Maric, senior Craig Kent and Ryan Young earned five regional-qualifying marks between the three of them. Maric qualified for the NCAA Championships in the discus and the javelin, currently ranking fifth in the nation in the discus (200-7, 61.13m), but will only compete in the discus at the national meet.

At the Pac-10 Championships, Young tallied a new PR in the javelin, posting the 10th-best mark in the nation at 235-02 (71.67m). He took second in the javelin at the NCAA West Regional with a mark of 229-09 (70.03m).

### Johnson Named Nominee for Honda Sports Award

Alysia Johnson was named one of four nominees for the 2007-08 Honda Sports Award for track and field. The award determines the top female collegiate athlete in their respective sport.

The winner will become a candidate for the Honda-Broderick Cup, which is awarded annually to the Collegiate Woman Athlete of the Year. Past winners of this award include Jackie Joyner and Mia Hamm. In 2007, the honor went to volleyball star Sarah Pavan of the University of Nebraska. Last year's track and field Honda Sports Award winner was Auburn's Kerron Stewart.

The only other Cal track and field athlete to be nominated for this award was Sheila Hudson for the 1989-90 season.

### Twelve Bears Garner Pac-10 All-Academic Honors

Twelve members of the Cal track and field team earned spots on the Pac-10 All-Academic team, the conference office announced on June 2. The Pac-10 awarded five Cal men and seven Cal women honorable mention honors. The honorees on the list are Kandi Bonty, **Tifani Grimes**, **Kerry Boyle**, Katie Morgan, **Mercedes Marchbanks**,

## California Regional Qualifiers

Mercedes Marchbanks	Triple Jump	12.44w
Tracey Stewart	Triple Jump	12.34mw
Katie Morgan	Pole Vault	4.20m
Allison Stokke	Pole Vault	4.11m
Theresa Raub	Pole Vault	3.85m

## California Individual Top-25 National Rankings (Trackshark)

No. 1	Alysia Johnson	800 Meters
No. 5	Ed Wright	High Jump
No. 5	Martin Maric	Discus
No. 8	Jake Hanson	400m Hurdles
No. 10	Ryan Young	Javelin
No. 10	David Torrence	1500 Meters
No. 12	Katie Morgan	Pole Vault
No. 12	Mackenzie Pierce	800 Meters
No. 14	Kimyon Broom	100m Hurdles
No. 19	Thomas Mack	110m Hurdles
No. 20	Allison Stokke	Pole Vault
No. 24	Mark Matusak	1500 Meters
No. 24	Cherrelle Garrett	100 Meters
No. 24	Kristen Meister	High Jump
No. 25	Jordan Paul	110m Hurdles

## Cal Records Set in 2008

13.17	Kimyon Broom	100m Hurdles
13-11.75	Katie Morgan	Pole Vault
2:03.39	Alysia Johnson	Indoor 800 Meters
13-1.00	Katie Morgan	Indoor Pole Vault
	Allison Stokke	
7.89	Thomas Mack	Indoor 60m Hurdles
14:08.58	Kari Karlsson	Indoor 5000 Meters
29:28.05	Kari Karlsson	10,000 Meters (Freshman Record)
11.41	Cherrelle Garrett	100 Meters (Freshman Record)
13-5.75	Allison Stokke	Pole Vault (Freshman Record)

Taylor Franklin, Theresa Raub, Donny Appanaitis, Grigore Key, Jake Hanson, Patrick Kowalsky and Ryan Shuler.

### Lewy Headed to Beijing

Cal track and field assistant coach **Magdalena Lewy** placed second in the women's marathon in the 2008 U.S. Olympic Trials on April 20 in Boston, Mass. With the second-place finish, Lewy will be headed to Beijing, China, for the Olympics later this summer, as the top three runners qualified for the U.S. Olympic Team. Lewy, who is in her seventh season coaching at Cal, clocked a lifetime-best 2:30:19 to take second overall.

Lewy led for most of the race before she was passed by eventual-winner Deena Kastor at the 2:15 mark. She was in first from the start until the 24th mile of the 26-mile-plus race. Despite losing the top spot, Lewy still held a strong lead over the competitors in third and fourth place, ensuring her spot on the Olympic team.

### Garrett Named Pac-10 Women's Track Athlete of the Week

Cherrelle Garrett was named the Pac-10 Women's Track Athlete of the Week, as announced by the conference earlier this season. Garrett earned the honor after her performances at the Big Meet on April 12. This was the first Pac-10 Track Athlete of the Week award for Cal in 2008.

Garrett was a three-time winner against Stanford. She was victorious in the 100-meter dash, the 200-meter dash and ran the final leg of the first-place 4x100-meter relay. Garrett's time in the 100 meters was a regional-qualifying time of 11.51, was a then-freshman record and ranks her second all-time at Cal in that event. She also set a then-PR in the 200 at 24.01.

### Twelve Bears Garner Academic All-MPSF Honors

Twelve members of the Cal track and field team earned spots on the Academic All-MPSF team, the conference office announced on April 21. The MPSF awarded six Cal men and six Cal women academic honors. The honorees on the list are Kandi Bonty, Tifani Grimes, **Pippa Macdonald**, Katie Morgan, Mackenzie Pierce, **Daisy Van Ravenswaay**, **Donny Appanaitis**, **Sean Carey**, Jake Hanson, Patrick Kowalsky, Martin Maric and Mark Matusak.

### Up Next

A select few Bears, including Alysia Johnson, will compete in the U.S. Olympic Trials from June 26-July 6 in Eugene, Ore., for a chance to make the national team and go to the Olympic Games in Beijing, China, later this summer.

### Director of Track and Field Tony Sandoval

Tony Sandoval, a familiar name in San Francisco Bay Area track and field circles, continues his 26th year of association with the California track and field program and his first 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.

Under his tutelage, members of the Cal women's team have earned All-America honors on 22 different occasions. Most recently, Sandoval added another honor from two-time NCAA champion Alysia Johnson in the 800 meters.

## **2008 California Bios**

### **Kandi Bonty - 4x100**

Pac-10 All-Academic honorable mention selection...will compete on Cal's 4x100 relay at the NCAA Championships with Kimyon Broom, Kristin Holmes and Cherrelle Garrett...at the Brutus Hamilton Invitational, was a member of the women's 4x100-meter relay that took first with a regional-qualifying time of 44.85, which also ranks fourth all-time in school history...at the Big Meet, took first in the 400 meters, surpassing her old PR in the event by over a second, winning with a time of 54.44, which was also a regional qualifier.

### **Kimyon Broom - 100-Meter Hurdles**

Will compete on Cal's 4x100 relay at the NCAA Championships with Kandi Bonty, Kristin Holmes and Cherrelle Garrett...set the school 100-meter-hurdles record of 13.17 in the prelims at the Pac-10 Championships...went on to claim Cal's third conference title in the 100-meter hurdles with a time of 13.26...turned in an excellent performance at the California Relays, clocking a then-personal-best, NCAA regional-qualifying time of 13.46...at the Brutus Hamilton Invitational, was a member of the women's 4x100-meter relay that took first with a regional-qualifying time of 44.85, which also ranks fourth all-time in school history...set a then-PR in the 100-meter hurdles, posting a regional qualifying time of 13.54 at the Texas Relays...another first-place finisher for Cal at the Big Meet, clocking a time of 13.65 in the 100-meter hurdles.

### **Cherrelle Garrett - 100 / 4x100**

Moved on to the NCAA Championships in the 100 meters, taking second overall with a time of 11.45 at the NCAA West Regional...logged a new PR in the preliminary race at the regional with a time of 11.41...that time of 11.41 tied for the second best in the conference, and improved her second-best time in school history and her school freshman-record time...will compete on Cal's 4x100 relay at the NCAA Championships with Kimyon Broom, Kristin Holmes and Kandi Bonty...posted a time of 11.45 in the final of the 100-meter dash, taking second at the Pac-10 Championships, and took first in the prelims, with a time of 11.44, which was a school freshman record and the second-best 100-meter time in school history...also at the conference meet, clocked a season-best, NCAA regional-qualifying time of 23.73 that ranks sixth in school history...at the Brutus Hamilton Invitational, was a member of the women's 4x100-meter relay also consisting of sophomore Kimyon Broom, junior Kristin Holmes and junior Kandi Bonty that took first with a regional-qualifying time of 44.85, which also ranks fourth all-time in school history...a three-time winner at the Big Meet, claiming top honors in the 100-meter dash, the 200 meters and she ran the final leg of the first-place 4x100 relay...clocked in at 11.51 in the 100 meters, which was a regional-qualifying time...the 4x100 relay, which also consisted of Bonty, sophomore Kimyon Broom and freshman Kayla Dixon, logged a season-best, regional-qualifying time of 45.03...provisionally qualified for the NCAA Indoor Championships in the 60-meter with a personal-best time of 7.40.

### **Jake Hanson - 400-Meter Hurdles**

Pac-10 All-Academic honorable mention selection...qualified for the national championships when he recorded a time of 51.06, taking fourth overall in the 400-meter hurdles at the NCAA West Regional...took second with a personal-best time of 49.82 in the 400-meter hurdles (fifth in school history) at the Pac-10 Championships, breaking 50.00 for the first time...earned a then-personal best at the Payton Jordan Cardinal Qualifier, crossing the finish line in first place at 50.77...took top honors in the 400 meters at the Brutus Hamilton Invitational, clocking a 46.76, which was also a regional qualifier...set a then-PR in the 400-meter hurdles, regionally qualifying with a mark of 51.08 at the Texas Relays.

### **Alysia Johnson - 800**

Won her second-straight NCAA West Regional title in the 800 with a meet-record time of 2:00.77, breaking her former record time of 2:02.12, which she set a year ago...won her second straight 800-meter Pac-10 title with a time of 2:00.57 that was a season best and also a meet record; the previous record time was 2:01.74, set by Johnson at the 2007 Pac-10 Championships...made her outdoor debut at the Brutus Hamilton Invitational, taking second with a time of 2:04.94...placed third with a time of 2:08.70 at the Husky Classic, provisionally qualifying for the NCAA Indoor Championships in her first race of 2008...with an MPSF and indoor school record of 2:03.39 at the MPSF Championships, automatically qualified for the NCAA Indoor Championships...took third in the NCAA Indoor Championships with a time of 2:05.47.

### **Martin Maric - Discus**

Captured the NCAA West Regional title in the discus with a mark of 196-00 (59.75m)...also qualified for the national meet in the javelin at the regional, but withdrew his name from the competition to focus on discus...completed an excellent weekend at the Brutus Hamilton Invitational with his first-place finish in the javelin with a season-best, NCAA regional-qualifying mark of 220-04 (67.16m), which also ranks him sixth on Cal's all-time list...also took first in the discus competition (188-10 (57.57m) at the Brutus Hamilton

Invitational...recorded the fifth-best discuss mark in school history at the Texas Relays, posting a 200-7 (61.13m)...at the Big Meet, took first in the discus with his mark of 192-00 (58.52m), in the shot put recorded a mark of 52-8.00 (16.05m) to take third, and in the javelin, took second with his mark of 210-04 (64.10m).

### **Mark Matusak - 1500**

Finished in third in the 1500 at 3:43.37 at the NCAA West Regional to advance to the national championships...took third in the 1500 meters at the Pac-10 Championships, earning a new personal-best time of 3:42.52, which also ranks sixth in school history...took second in the mile at the Brutus Hamilton Invitational, clocking a regional-qualifying 4:00.59, earning Cal's fifth-best all-time score in that event...recorded a regional qualifying time of 3:45.85 in the 1500 at the Stanford Invitational...took third in the 3000 at the Big Meet, clocking in at 8:18.12...a multiple winner at the United Heritage Invitational, claiming first in the 3000 and first in the 800 with a new PR of 1:52.28...provisionally qualified for the NCAA Indoor Championships with a personal-best time of 4:03.15 in the mile at the Husky Classic.

### **Katie Morgan - Pole Vault**

Pac-10 All-Academic honorable mention selection...posted the new school record again with a mark of 13-11.75 (4.26m) to take second at the NCAA West Regional, 13-11.75 ranks seventh in the nation and surpasses her old mark of 13-9.25...previously set the school record at the 67th Coca-Cola California Relays, tallying a mark of 13-9.25 (4.20m) to take top honors in the event, breaking her old record of 13-6.25 (4.12m) that she set the weekend before at the Payton Jordan Cardinal Qualifier...at the Brutus Hamilton Invitational, took first for the third consecutive meet, earning a mark of 13-1.75 (4.01m) to claim top honors...took first at the Big Meet when she set the new school record that had previously been set earlier this year by teammate Allison Stokke, surpassing Stokke's mark of 13-3.50 with her score of 13-5.75, which was also a Big Meet record...also took first at the Woody Wilson Open with her mark of 13-1.50 (4.00m)...provisionally qualified for the NCAA Indoor Championships, as she set a new PR of 13-1.00 (3.99m) at the MPSF Indoor Championships; this mark (along with teammate Allison Stokke's mark the same day) set the school indoor record.

### **Evelyn Smith - 400-Meter Hurdles**

Advanced to the national championships in the 400-meter hurdles, clocking a time of 59.30 to take fourth at the NCAA West Regional...earned a PR, clocking a 59.07 in the 400-meter hurdles and placing fourth at the Pac-10 Championships, and the time also ranks fifth on Cal's all-time charts...reached a then-PR with a time of 59.73 at the Payton Jordan Cardinal Qualifier...earned a then-PR at the Texas Relays, recording a regional-qualifying time of 60.02...took first at the Big Meet, recording a time of 1:00.12.

### **Cassandra Strickland - Triple Jump**

Qualified for the NCAA Championships when she recorded a season-best mark of 42-5.50 (12.94m) in the triple jump at the NCAA West Regional, taking fifth place overall in the event...in her 2008 outdoor debut, posted a regional-qualifying mark in the women's triple jump at the Brutus Hamilton Invitational, taking second overall with a 41-9.75 (12.74m).

### **David Torrence - 1500**

Took second with a season-best time of 3:42.25 in the 1500 at the NCAA West Regional...notched a personal best in the 800 in the prelims at the Pac-10 Championships, clocking a 1:49.15...at the Brutus Hamilton Invitational, ran another sub-four-minute mile, as he took first with a regional-qualifying time of 3:59.10, after recording Cal's school-best mile time of 3:58.62 last year, becoming the first Cal athlete in school history to record two sub-four-minute miles...took second and posted a regional-qualifying time of 3:44.30 in the 1500 at the Big Meet.

### **Ed Wright - High Jump**

Advanced to the NCAA Championships when he took fourth and posted a mark of 6-11 (2.11m) at the NCAA West Regional...won his second straight Pac-10 high jump title, as he once again tied his personal best with a jump of 7-3.25 (2.22m)...placed first with a regional qualifying mark of 7-2.50 (2.20m) at the Stanford Invitational...won at the Big Meet, for the third consecutive year, with a mark of 7-0.50 (2.15m)...in his first competition of 2008 at the Husky Classic, he provisionally qualified for the NCAA Indoor Championships, as he tied his PR of 7-3.25 (2.22m)...took seventh at the NCAA Indoor Championships with a mark of 7-0.25 (2.14m).

### **Ryan Young - Javelin**

At the NCAA West Regional, took second with a mark of 229-09 (70.03m) to advance to the national meet...notched a personal best in the javelin at the Pac-10 Championships, taking second overall with his mark of 235-02 (71.67m), which ranks second in school history...tallied a regional qualifying mark of 225-07 (68.76m) at the Texas Relays...won with a mark of 217-08 (66.35m) at the Big Meet.

## **The 2008 California Men's Outdoor Track and Field Best Times and Marks**

\* NCAA regional qualifier, ^ Outdoor school record, % Freshman record, w Wind aided

**As of May 31, 2008**

**Event (Reg. Qualifier FAT/MT)**                      **Date**                      **Meet**                      **Time/Mark PR**  
*(unless otherwise noted)*

### **100m (10.55)**

Thomas Mack	4/12	Big Meet	10.62	10.62
Kellan Patterson	5/4	Payton Jordan	10.62w	10.62
Nick Porter	4/12	Big Meet	10.68	10.56
Michael Bradley	5/4	Payton Jordan	10.74w	10.74
Steven Conrad	4/12	Big Meet	10.95	10.95
Jordan Paul	3/29	Sacramento State Elite	11.13	11.10
Kyle Mills-Bunje	5/9	Pac-10 Multis	11.39	11.39

### **200m (21.35)**

Michael Bradley	5/16	Pac-10 Championships	21.47	21.47
Thomas Mack	4/12	Big Meet	21.68w	21.62
Nick Porter	4/12	Big Meet	21.71w	21.53
Keagan Wethington	3/29	Sacramento State Elite	22.11	22.04
Kellan Patterson	3/29	Sacramento State Elite	22.21	21.85
Tojsh Kennedy	3/29	Sacramento State Elite	22.34	22.05
Steven Conrad	4/12	Big Meet	22.34	21.35
Kyle Mills-Bunje	4/19	Woody Wilson Open	23.31	22.45

### **400m (47.20/46.9)**

Jake Hanson	4/26	Brutus Hamilton Invite.	46.76*	46.76
Keagan Wethington	5/4	Payton Jordan	48.73	48.73
Tojsh Kennedy	3/29	Sacramento State Elite	48.88	48.17
Jonathan Suddaby	5/10	Aggie Twilight	50.97	47.79
Kyle Mills-Bunje	5/9	Pac-10 Multis	53.21	53.21

### **800m (1:50.40/1:50.1)**

David Torrence	5/16	Pac-10 Championships	1:49.15*	1:49.15
Sean Carey	5/16	Pac-10 Championships	1:49.43*	1:49.43
Andres Perezchica	5/16	Pac-10 Championships	1:50.36*	1:50.20
Joey Thomas	4/12	Big Meet	1:51.75	1:51.75
Nick Palladino	3/22	Hornet Invitational	1:54.37	1:54.05
Alejandro Bautista	4/5	Stanford Invite	1:56.76	1:56.11
Chris Chavez	3/22	Hornet Invitational	1:57.48	1:57.48

### **1500m (3:47.80/3:47.5)**

David Torrence	5/31	NCAA West Regional	3:42.25*	3:40.80
Mark Matusak	5/17	Pac-10 Championships	3:42.52*	3:42.52
Chris Chavez	4/12	Big Meet	3:50.25	3:50.25
Yosef Ghebray	4/26	Brutus Hamilton Invite.	3:50.28	3:50.28
Kari Karlsson	4/26	Brutus Hamilton Invite.	3:51.15	3:51.15
Nick Palladino	3/29	Sacramento State Elite	3:56.22	3:56.22
Sean Carey	3/22	Hornet Invitational	3:58.24	3:58.24
Alejandro Bautista	3/29	Sacramento State Elite	4:03.30	4:01.00
Peter Deptula	3/22	Hornet Invitational	4:04.48	4:02.35
Micah Parker	3/22	Hornet Invitational	4:05.09	4:05.09
Patrick Lynch	4/5	Stanford Invite.	4:05.21	4:05.21
Kyle Mills-Bunje	5/10	Pac-10 Multis	4:58.89	4:58.89

### **Mile (4:06.00/4:05.7)**

David Torrence	4/26	Brutus Hamilton Invite.	3:59.10*	3:58.62
Mark Matusak	4/26	Brutus Hamilton Invite.	4:00.59*	4:00.59
Chris Chavez	4/26	Brutus Hamilton Invite.	4:13.81	4:11.42

### **3000m (n/a / n/a)**

Michael Coe	4/12	Big Meet	8:14.45	8:14.45
Mark Matusak	4/12	Big Meet	8:18.12	8:06.18

Kari Karlsson	4/12	Big Meet	8:18.18	8:18.18
Yosef Ghebray	4/12	Big Meet	8:51.22	8:05.25

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

Matthew Miller	5/17	Pac-10 Championships	9:00.83*	9:00.83
Micah Parker	4/12	Big Meet	9:15.60	9:15.60
Patrick Lynch	4/25	Brutus Hamilton Invite.	9:36.81	9:36.81
Matt Miller	4/25	Brutus Hamilton Invite.	9:40.85	9:40.85
Peter Deptula	4/25	Brutus Hamilton Invite.	9:45.91	9:38.00

### 5000m (14:12.00/14:11.7)

Kari Karlsson	5/4	Payton Jordan	14:07.13*	14:07.13
Yosef Ghebray	5/4	Payton Jordan	14:10.11*	14:03.86
Chris Chavez	4/5	Stanford Invite	14:14.61	14:14.61
Mark Matusak	5/17	Pac-10 Championships	14:43.31	14:16.28
Matt Miller	4/5	Stanford Invite	14:57.13	14:57.13
Matt H. Miller	4/5	Stanford Invite	15:22.77	15:22.77
Micah Parker	4/5	Stanford Invite	15:38.27	15:38.27
John Cheng	4/25	Brutus Hamilton Invite.	15:39.65	15:39.65

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

Kari Karlsson	4/5	Stanford Invite	29:28.05*%	29:28.05
John Cheng	4/5	Stanford Invite	32:47.69	32:47.69

### 110m Hurdles (14.30/--)

Thomas Mack	4/12	Big Meet	13.74*	13.74
Jordan Paul	5/4	Payton Jordan	13.78*w	13.78
Kyle Mills-Bunje	5/4	Payton Jordan	16.14	15.23

### 400m Hurdles (52.51/52.2)

Jake Hanson	5/17	Pac-10 Championships	49.82*	49.82
Justin Ta	4/25	Brutus Hamilton Invite.	55.27	55.27
Jordan Paul	4/12	Big Meet	56.04	56.04
Jon Meachem	4/12	Big Meet	1:00.88	1:00.88

### 4x100m Relay (40.66/40.4)

K. Patterson, M. Bradley	5/30	NCAA West Regional	40.51*	
N. Porter, T. Mack				
K. Patterson, M. Bradley	4/26	Brutus Hamilton Invite.	40.89	
N. Porter, S. Conrad				
N. Porter, T. Mack,	3/29	Sacramento State Elite	41.23	
J. Hanson, K. Patterson				
K. Patterson, T. Mack,	4/12	Big Meet	41.37	
J. Hanson, S. Conrad				

### 4x400m Relay (3:10.00/3:09.7)

K. Wethington, J. Hanson	5/17	Pac-10 Championships	3:11.56	
S. Carey, A. Perezchica				
K. Patterson, J. Hanson	4/26	Brutus Hamilton Invite.	3:11.94	
S. Carey, A. Perezchica				
T. Kennedy, S. Carey	4/12	Big Meet	3:12.66	
A. Perezchica, J. Hanson				
K. Wethington, T. Kennedy	3/29	Sacramento State Elite	3:13.21	
S. Carey, J. Hanson				
T. Kennedy, A. Perezchica	4/5	Stanford Invite	3:15.62	
S. Carey, K. Wethington				

### High Jump (2.10)

Ed Wright	5/17	Pac-10 Championships	7-3.25 (2.22m)*	7-3.25 (2.22m)
Kyle Mills-Bunje	4/3	Cal Multi-Event	6-5.00 (1.96m)	6-5.00 (1.96m)

### Long Jump (7.34)

Steven Conard	4/12	Big Meet	23-5.25 (7.14m)	24-2.25 (7.37m)
Kyle Mills-Bunje	4/19	Woody Wilson Open	23-4.50 (7.12m)	23-4.50 (7.12m)
Ed Wright	3/29	Sacramento State Elite	22-7.75 (6.90m)	(7.16m)
Christian Green	3/29	Sacramento State Elite	19-0.75 (5.81m)	(6.85m)

### Triple Jump (15.00)

Christian Green	4/12	Big Meet	46-3.25 (14.10m)	47-6.25 (14.48m)
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**Discus (51.70)**

Martin Maric	4/5	Texas Relays	200-7 (61.13m)*	200-7 (61.13m)
Craig Kent	4/5	Texas Relays	178-10 (54.52m)*	178-10 (54.52m)
Patrick Kowalsky	4/25	Brutus Hamilton Invite.	156-03 (47.63m)	156-03 (47.64m)
Miles Palacios	4/19	Woody Wilson Open	149-06 (45.57m)	170-5 (51.94m)
Kyle Mills-Bunje	3/29	Sacramento State Elite	112-9 (34.37m)	(39.62m)

**Shot Put (16.80)**

Craig Kent	5/16	Pac-10 Championships	58-8.00 (17.88m)*	58-8 (17.88m)
Patrick Kowalsky	4/26	Brutus Hamilton Invite.	54-8.25 (16.67m)	54-8.25 (16.67m)
Martin Maric	4/12	Big Meet	52-8.00 (16.05m)	53-9.75 (16.40m)
Miles Palacios	4/12	Big Meet	47-11.25 (14.61m)	47-11.25 (14.61m)
Kyle Mills-Bunje	3/22	Hornet Invitational	40-11.00 (12.47m)	42-6.00 (12.95m)

**Hammer (56.80)**

Miles Palacios	3/29	Sacramento State Elite	183-09 (56.00m)	183-09 (56.00m)
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**Pole Vault (5.05)**

Donny Appanaitis	5/31	NCAA West Regional	17-1.00 (5.21m)*	17-1.00 (5.21m)
Ryan Shuler	5/31	NCAA West Regional	16-7.25 (5.06m)*	17-4 (5.29m)
Grigore Key	4/12	Big Meet	15-7.0 (4.75m)	16-0.50 (4.89m)
Andrew Stevens	4/12	Big Meet	15-7.0 (4.75m)	15-7.0 (4.75m)
Kyle Mills-Bunje	4/3	Cal Multi-Event	15-1.0 (4.60m)	15-1.0 (4.60m)

**Javelin (61.60)**

Ryan Young	5/16	Pac-10 Championships	235-02 (71.67m)*	235-02 (71.67m)
Martin Maric	5/16	Pac-10 Championships	220-05 (67.19m)*	237-3 (72.32m)
Colin Kennedy	4/12	Big Meet	193-08 (59.04m)	193-08 (59.04m)
Kyle Mills-Bunje	5/10	Pac-10 Multis	166-00 (50.60m)	166-00 (50.60m)

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

Kyle Mills Bunje	5/10	Pac-10 Multis	6,673	6,673
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**The 2008 California Women's Outdoor Track and Field Best Times and Marks**

\* NCAA regional qualifier, ^ Outdoor school record, % Freshman record, w Wind aided

**As of May 31, 2008**

<b>Event (Reg. Qualifier FAT/MT)</b> <i>(unless otherwise noted)</i>	<b>Date</b>	<b>Meet</b>	<b>Time/Mark PR</b>
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**100m (11.75)**

Cherrelle Garrett	5/30	NCAA West Regional	11.41*%	11.41
Kayla Dixon	5/4	Payton Jordan	11.96	11.87
Kimyon Broom	4/12	Big Meet	12.25	12.20
Lollie Onpede	3/29	Sacramento State Elite	12.78w	11.92

**200m (23.96)**

Cherrelle Garrett	5/17	Pac-10 Championships	23.73*	23.68
Kristin Holmes	5/9	Pac-10 Multis	24.19	24.19
Kandi Bonty	4/25	Brutus Hamilton Invite.	24.26w	24.25
Hayley Huxtable	4/25	Brutus Hamilton Invite.	24.65	24.44
Kayla Dixon	4/12	Big Meet	24.77	24.59
Dantia Hudson	4/25	Brutus Hamilton Invite.	26.68	26.68
Tifani Grimes	5/9	Pac-10 Multis	27.36w	27.36
Sarah Morrison	4/3	Cal Multi-Event	29.35	29.35

**400m (54.61/54.3)**

Kandi Bonty	4/12	Big Meet	54.44*	54.44
Hayley Huxtable	5/4	Payton Jordan	55.70	55.70
Evelyn Smith	4/26	Brutus Hamilton Invite.	55.93	55.93
Hayley Huxtable	4/26	Brutus Hamilton Invite.	56.38	56.03
Francesca Weems	4/26	Brutus Hamilton Invite.	57.07	56.62

Shannon Forbes	4/26	Brutus Hamilton Invite.	58.22	58.22
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### 800m (2:09.80/2:09.5)

Alysia Johnson	5/17	Pac-10 Championships	2:00.57*	1:59.29
Mackenzie Pierce	4/12	Big Meet	2:05.04*	2:04.78
Pippa Macdonald	5/16	Pac-10 Championships	2:10.49	2:10.49
Francesca Weems	4/12	Big Meet	2:16.47	2:16.47
Chelsea Reilly	5/10	Aggie Twilight	2:18.49	2:18.49
Tifani Grimes	5/10	Pac-10 Multis	2:30.58	2:29.48
Kristin Holmes	4/3	Cal Multi-Event	2:34.40	2:34.40
Dantia Hudson	4/3	Cal Multi-Event	2:42.75	2:42.75

### 1500m (4:27.80/4:27.5)

Mackenzie Pierce	3/22	Hornet Invitational	4:27.57*	4:27.57
Chelsea Reilly	5/16	Pac-10 Championships	4:35.05	4:35.05
Gabriela Rios-Sotelo	4/5	Stanford Invite.	4:38.73	4:38.73

### Mile (4:49.30/4:49.0)

Rowena Tam	4/26	Brutus Hamilton Invite.	4:51.39	4:51.39
Chelsea Reilly	4/26	Brutus Hamilton Invite.	5:09.85	5:09.85

### 3000m (n/a / n/a)

Alison Greggor	4/12	Big Meet	10:01.07	10:01.07
Gabriele Rios-Sotelo	4/12	Big Meet	10:10.47	10:10.47
Rebecca Yau	4/12	Big Meet	10:29.29	9:39.35

### 3000m Steeplechase (10:50.25/10:50.0)

Rowena Tam	4/12	Big Meet	10:37.28*	10:37.28
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### 5000m (16:52.00/16:51.7)

Rowena Tam	4/5	Stanford Invite	17:01.31	17:01.31
Alison Greggor	4/25	Brutus Hamilton Invite.	17:10.71	17:10.71
Rebecca Yau	4/5	Stanford Invite	17:41.78	16:52.66
Rebecca Palm	5/10	Aggie Twilight	17:46.90	17:46.90
Araceli Huerta	4/25	Brutus Hamilton Invite.	17:58.88	17:58.88
Gabriela Rios-Sotelo	5/17	Pac-10 Championships	18:01.92	18:01.92

### 10,000m (33:30.00 auto./35:00.00 prov.)

Araceli Huerta	4/5	Stanford Invite	37:23.06	37:23.06
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### 100m Hurdles (13.92/--)

Kimyon Broom	5/16	Pac-10 Championships	13.17*^	13.17
Dantia Hudson	3/29	Sacramento State Elite	14.58	14.40
Tifani Grimes	5/4	Payton Jordan	14.68w	14.33
Kristin Holmes	5/9	Pac-10 Multis	15.20	15.20
Sarah Morrison	4/3	Cal Multi-Event	18.88	18.88

### 400m Hurdles (1:00.82/1:00.5)

Evelyn Smith	5/17	Pac-10 Championships	59.07*	59.07
Natalya Beneby	4/5	Texas Relays	1:01.05	1:00.58
Shannon Forbes	4/12	Big Meet	1:02.64	1:02.64

### 4x100m Relay (45.70/45.4)

K. Broom, K. Bonty	5/17	Pac-10 Championships	44.69*	
K. Holmes, C. Garrett				
K. Broom, K. Bonty	4/12	Big Meet	45.03*	
K. Dixon, C. Garrett				
K. Broom, K. Holmes	5/31	NCAA West Regional	45.94	
K. Dixon, C. Garrett				

### 4x400m Relay (3:42.00/3:41.7)

H. Huxtable, M. Pierce	5/17	Pac-10 Championships	3:36.93*	
E. Smith, A. Johnson				
H. Huxtable, F. Weems	5/31	NCAA West Regional	3:38.09*	
E. Smith, K. Bonty				
H. Huxtable, F. Weems	4/26	Brutus Hamilton Invite.	3:39.83*	
E. Smith, A. Johnson				
N. Beneby, K. Bonty,	4/12	Big Meet	3:43.68	

H. Huxtable, E. Smith M. Pierce, E. Smith	4/5	Texas Relays	3:44.21
N. Beneby, H. Huxtable H. Huxtable, N. Beneby, K. Bonty, E. Smith	3/29	Sacramento State Elite	3:48.61

### High Jump (1.75)

Inika McPherson	4/12	Big Meet	5-10.00 (1.78m)*	6-2 (1.88m)
Kristen Meister	5/17	Pac-10 Championships	5-10.00 (1.78m)*	5-10.00 (1.78m)
Tifani Grimes	5/9	Pac-10 Multis	5-5.25 (1.66m)	5-8 (1.73m)
Kristin Holmes	4/3	Cal Multi-Event	5-3.00 (1.60m)	5-3.00 (1.60m)
Sarah Morrison	4/3	Cal Multi-Event	5-0.50 (1.54m)	5-0.50 (1.54m)
Dantia Hudson	4/3	Cal Multi-Event	4-6.75 (1.39m)	4-6.75 (1.39m)

### Long Jump (6.00)

Kristin Holmes	4/12	Big Meet	19-8.00 (5.99m)	19-8.00 (5.99m)
Tracey Stewart	4/12	Big Meet	19-3.50 (5.88m)	19-9.75 (6.03m)
Tifani Grimes	5/4	Payton Jordan	18-00.50 (5.50m) <sup>w</sup>	18-5.75 (5.63m)
Lollie Onipede	3/22	Hornet Invitational	17-10.25 (5.44m)	18-10 (5.74m)
Mercedes Marchbanks	4/25	Brutus Hamilton Invite.	17-8.00 (5.38m)	(5.63m)
Artensia Young	4/12	Big Meet	17-3.50 (5.27m)	(5.71m)
Dantia Hudson	4/3	Cal Multi-Event	16-3.50 (4.97m)	18-0

### Triple Jump (12.32)

Cassandra Strickland	5/31	NCAA West Regional	42-5.50 (12.94m)*	43-3.25 (13.19m)
Artensia Young	5/4	Payton Jordan	41-6.00 (12.65m)* <sup>w</sup>	41-6.00 (12.65m)
Mercedes Marchbanks	5/4	Payton Jordan	40-9.75 (12.44m)* <sup>w</sup>	40-9.75 (12.44m)
Tracey Stewart	5/17	Pac-10 Championships	40-6.00 (12.34m)*	41-9 (12.73m)

### Pole Vault (3.85)

Katie Morgan	5/30	NCAA West Regional	13-11.75 (4.26m)* <sup>^</sup>	13-11.75 (4.26m)
Allison Stokke	5/17	Pac-10 Championships	13-5.75 (4.11m)* <sup>%</sup>	13-7
Theresa Raub	3/22	Hornet Invitational	12-7.50 (3.85m)*	12-7.50 (3.85m)
Veronica Stimson	5/4	Payton Jordan	12-2.50 (3.72m)	13-0
Cyrena Giordano	4/5	Texas Relays	12-1.50 (3.70m)	13-0
Taylor Franklin	3/22	Hornet Invitational	11-11.75 (3.65m)	12-6 (3.81m)
Kerry Boyle	4/12	Big Meet	11-1.75 (3.40m)	11-7.75 (3.55m)

### Discus (47.30)

Kiely Smith	4/12	Big Meet	127-09 (38.95m)	127-09 (38.95m)
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### Hammer (54.15)

Kiely Smith	4/5	Stanford Invite	161-01 (49.09m)	161-01 (49.09m)
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### Shot Put (14.30)

Kiely Smith	4/12	Big Meet	37-7.25 (11.46m)	37-7.25 (11.46m)
Tifani Grimes	4/12	Big Meet	37-6.50 (11.44m)	37-6.50 (11.44m)
Kristin Holmes	4/3	Cal Multi-Event	35-3.25 (10.75m)	35-3.25 (10.75m)
Dantia Hudson	4/12	Big Meet	30-11.75 (9.44m)	30-11.75 (9.44m)
Sarah Morrison	4/3	Cal Multi-Event	26-9.00 (8.15m)	26-9.00 (8.15m)

### Javelin (43.45)

Danielle Hoolko	4/26	Brutus Hamilton Invite.	124-11 (38.08m)	124-11 (38.08m)
Tifani Grimes	4/19	Woody Wilson Open	120-04 (36.67m)	122-11 (37.47m)
Kristin Holmes	5/4	Payton Jordan	114-08 (34.96m)	114-08 (34.96m)
Dantia Hudson	4/3	Cal Multi-Event	44-3.00 (13.49m)	44-3.00 (13.49m)

### Heptathlon (5,500 auto./5,050 prov.)

Tifani Grimes	5/10	Pac-10 Multis	4,863	4,863
Kristin Holmes	4/3	Cal Multi-Event	4,672	4,672
Dantia Hudson	4/3	Cal Multi-Event	3,807	3,807

## 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
<b>Mile</b>	<b>3:58.62</b>	<b>David Torrence</b>	<b>Berkeley, Calif., California Coll. Challenge</b>	<b>2007</b>
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	29:17.78	Girmay Guangul	Stanford Invitational	2003
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)	236-0	Paul Teinert	Sacramento, Calif., NCAA Championships	2006
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
<b>800 Meters</b>	<b>1:59.29</b>	<b>Alysia Johnson</b>	<b>Sacramento, Calif., NCAA Championships</b>	<b>2007</b>
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
<b>100mH</b>	<b>13.17</b>	<b>Kimyon Broom</b>	<b>Tempe, Ariz., Pac-10 Championships</b>	<b>2008</b>
400mH	57.61	Helga Halldorsdottir	Oregon State, NorPac Championships	1986
400m Relay	44.28	Omwanghe, T. Johnson, Hawes, Carter	Arizona, Pac-10 Championships	2004
<b>1600m Relay</b>	<b>3:35.46</b>	<b>Turner, Pierce, E. Smith, A. Johnson</b>	<b>Berkeley, Calif., California Coll. Challenge</b>	<b>2007</b>
High Jump	6-0.75	Beth Vidakovits	Stanford, Pac-10 Championships	1989
<b>Pole Vault</b>	<b>13-11.75</b>	<b>Katie Morgan</b>	<b>Northridge, Calif., NCAA West Regional</b>	<b>2008</b>
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 Ozoze	Arizona, Pac-10 Championships	1995

a Altitude adjusted  
w Wind aided

## CAL MEN'S FRESHMEN RECORDS

<b>Event</b>	<b>Mark</b>	<b>Athlete</b>	<b>Year</b>
100 Meters	10.26	Atlee Mahorn	1986
200 Meters	20.34	Atlee Mahorn	1986
400 Meters	45.62	Atlee Mahorn	1986
800 Meters	1:47.09	Mike White	1979
<b>1500 Meters</b>	<b>3:43.62</b>	<b>David Torrence</b>	<b>2004</b>
<b>3000 Meters</b>	<b>8:05.25i</b>	<b>Yosef Ghebray</b>	<b>2007</b>
3000 Meters SC	8:58.91	Steve Valen	1983
5000 Meters	14:02.27	Bolota Asmerom	1998
<b>10,000 Meters</b>	<b>29:28.05</b>	<b>Kari Karlsson</b>	<b>2008</b>
400m HH	51.31	Larry Cowling	1979
110m IH	13.8	Carl Florant	1974
	13.99	Keith Moten	1994
400m Relay	41.1	Adams, Brinksworth, Gould, Beaty	1963
1600m Relay	3:09.1	Courchesne, Fishback, Brown, Archibald	1962
High Jump	7-3.75	Teak Wilburn	2003
Pole Vault	17-5.75	Brent Burns	1988
Long Jump	25-6.5	Floyd Eddings	1978
Triple Jump	54-4	Ken Williams	1983
Shot Put	60-9.25	Rhuben Williams	2001
Discus	184-08	Nate Rolfe	2006
Hammer	229-0	Jari Matinolli	1986
<b>Javelin</b>	<b>232-10</b>	<b>Ryan Young</b>	<b>2006</b>

## WOMEN'S FRESHMEN RECORDS

<b>Event</b>	<b>Mark</b>	<b>Athlete</b>	<b>Year</b>
<b>100 Meters</b>	<b>11.41</b>	<b>Cherrelle Garrett</b>	<b>2008</b>
200 Meters	23.50	Kelia Bolton	1979
400 Meters	52.53	Latasha Gilliam	1996
800 Meters	2:03:00	Louise Romo	1982
1500 Meters	4:21.66	Margaret Spotts	1982
3000 Meters	9:23.9	Sally Wood	1986
3000m SC	10:59.31	Abby Parker	2002
5000 Meters	15:46.8	Kirsten O'Hara	1985
10,000 Meters	33:44.19	Kirsten O'Hara	1985
100mH	13.60	Osarhiemen Omwanghe	2003
400mH	58.45	Roslyn Mack	1990
High Jump	6-0	Beth Vidakovits	1986
<b>Pole Vault</b>	<b>13-5.75</b>	<b>Allison Stokke</b>	<b>2008</b>
Long Jump	20-0	Sheila Hudson	1986
Triple Jump	44-3.50	Sheila Hudson	1986
Shot Put	53-00.75	Missy Faubus	2005
Discus	177-11	Emilee Strot	2006
Hammer	193-0	Jennifer Joyce	1999
Javelin	152-10	Emilee Strot	2006
Heptathlon	5235	Allison Eades	1984
<b>4x400m</b>	<b>3:52.84</b>	<b>Weems, Smith Bonty, Holmes</b>	<b>2006</b>

i Set indoors

## Cal All-Time Top Performances

### 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.	Roy Mosely	1983	10.46
7.	Jason Manley	1999	10.47
	Phillip Pipersburg	1999	10.47
9.	Keith Taylor	1977	10.48
10.	Jerrod 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.	Mark Matusak	2008	3:42.52
7.	Dave Ottaway	1989	3:42.72
8.	Richie Boulet	1994	3:43.01
9.	Tom Downs	1984	3:44.26
10.	Ronen Maoz	1984	3:44.34

#### MILE

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

#### 3000 METERS

1.	Richie Boulet	1995	7:56.00i
2.	Giliat Ghebray	2007	7:56.51i
3.	Michael Coe	2008	7:59.75i
4.	Yosef Ghebray	2008	8:02.68i
5.	Mark Matusak	2006	8:06.18i
6.	Kevin Davis	2006	8:07.89i
7.	Kari Karlsson	2008	8:12.39i
8.	Girmay Guangul	2003	8:15.16i
9.	David Torrence	2007	8:16.63
10.	Bolota Asmerom	2001	8:18.56

#### 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.	Jay Marden	1986	13:47.78
5.	Richie Boulet	1996	13:49.47
6.	David Torrence	2007	13:59.65
7.	Simon Mudd	1998	14:00.27
8.	Felix Elieff	1980	14:02.5
9.	Yosef Ghebray	2007	14:03.86
10.	Gary Blume	1979	14:04.6 *

## 10,000 METERS

1.	Girmay Guangul	2003	29:17.78
2.	Rich McCann	1981	29:24.3
3.	<b>Kari Karlsson</b>	<b>2008</b>	<b>29:28.05</b>
4.	Peter Gilmore	2000	29:37.24
5.	Steve Moreno	1999	29:43.56
6.	Giliat Ghebray	2006	29:44.11
7.	Hal Schultz	1980	29:44.4
8.	Corey Creasey	2002	29:49.60
9.	Carlos Carballo	2005	29:52.43
10.	Gary Blume	1979	29:57.8

## 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.	<b>Thomas Mack</b>	<b>2008</b>	<b>13.74</b>
5.	<b>Jordan Paul</b>	<b>2008</b>	<b>13.78</b>
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.	<b>Jake Hanson</b>	<b>2008</b>	<b>49.82</b>
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
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, McCray, 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.	<b>3:23.09</b>	<b>2005</b>	Solis, Karl, <b>Suddaby</b> , McClary

## DISTANCE MEDLEY RELAY (\* yards - 3.3)

1.	<b>9:33.77</b>	<b>2007</b>	<b>Torrence</b> , Solis, <b>Gadayan</b> , Davis
2.	<b>9:34.99</b>	<b>2007</b>	G. Ghebray, Solis, <b>Gadayan</b> , Davis
3.	9:37.6* (9:49.9y)	1979	O'Reilly, Smith, White, Clifford
4.	<b>9:38.39i</b>	<b>2008</b>	<b>Matusak</b> , <b>Hanson</b> , <b>Perezchica</b> , <b>Coe</b>
5.	9:39.0* (9:40.3y)	1957	Stewart, Orme, House, Bowden
6.	<b>9:42.31</b>	<b>2006</b>	McClary, <b>Hanson</b> , Davis, <b>Matusak</b>
7.	9:42.6		California team 1980
8.	<b>9:42.67</b>	<b>2006</b>	Davis, <b>Suddaby</b> , McClary, <b>Matusak</b>

## 6400-METER RELAY

1.	<b>16:43.63</b>	<b>2006</b>	An. McClary, Al. McClary, Schmitt, <b>Matusak</b>
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
	<b>Ed Wright</b>	<b>2007</b>	<b>7-3.25</b>
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.	<b>Donny Appanaitis</b>	<b>2008</b>	<b>17-1.00</b>
8.	<b>Ryan Shuler</b>	<b>2007</b>	<b>17-0.75</b>
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 Ozolinsh	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.	<b>Martin Maric</b>	<b>2008</b>	<b>200-7</b>
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 Matinolli	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.	Paul Teinert	2006	236-0
2.	<b>Ryan Young</b>	<b>2008</b>	<b>235-02</b>
3.	Jonas Hallgrimsson	2006	231-6
4.	Joe Berro	2002	224-1
5.	Ilpo Poutianen	1986	222-0
6.	<b>Martin Maric</b>	<b>2008</b>	<b>220-05</b>
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.	<b>Steven Conrad</b>	<b>2007</b>	<b>7245</b>
10.	Scott Sobieralski	2004	7215

**WOMEN**

<i>Name</i>	<i>Year</i>	<i>Time</i>
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**100 METERS** (\* 100m hand time + 0.24)

1. Antonette Carter	2006	11.33
2. <b>Cherrelle Garrett</b>	<b>2008</b>	<b>11.41</b>
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. <b>Cherrelle Garrett</b>	<b>2008</b>	<b>23.73</b>
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. <b>Alysia Johnson</b>	<b>2006</b>	<b>53.01</b>
5. Kim White	1982	53.54*
6. Chantal Reynolds	1996	53.59
7. <b>Brook Turner</b>	<b>2007</b>	<b>53.64</b>
8. Connie Culbert	1983	53.86
9. Kelia Bolton	1979	54.00
10. Andreen Alvarenga	1985	54.09

**800 METERS** (\* = 880 - 0.6)

1. <b>Alysia Johnson</b>	<b>2007</b>	<b>1:59.29</b>
2. Louise Romo	1984	2:01.59
3. Erin Belger	2002	2:04.39
4. Chloe Jarvis	2005	2:04.53
5. <b>Mackenzie Pierce</b>	<b>2007</b>	<b>2:04.78</b>
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
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. Lori Riedy	1998	9:36.45
10. Rae Ann Stiger	1989	9:36.4

**3000-METER STEEPLECHASE**

1. Marielle Schulueter	2002	10:22.38
2. <b>Rowena Tam</b>	<b>2008</b>	<b>10:37.28</b>
3. Abby Parker	2003	10:40.37
4. A. Thornberry	2005	11:11.00
5. <b>Rebecca Palm</b>	<b>2007</b>	<b>11:30.32</b>
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. Marilyn Davis	1987	16:33.93
9. Lori Riedy	1998	16:44.92
10. Janet Bowie	1993	16:45.6

**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. Tenaya Soderman	1994	35:01.48
6. <b>Rebecca Yau</b>	<b>2006</b>	<b>35:11.07</b>
7. Sally Wood	1986	35:34.44
8. Sally Metteer	1979	35:46.0
9. Eugenia Zorich	1979	36:37.6
10. Kristen Hansen	1987	36:46.0

**100-METER HURDLES**

(\* = 120y hand time + 0.27)

1. <b>Kimyon Broom</b>	<b>2008</b>	<b>13.17</b>
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. Raven Viltz	1990	14.09
9. Michelle Hawthorne	1979	14.12
10. Missy Vanek	2000	14.15

**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. <b>Evelyn Smith</b>	<b>2008</b>	<b>59.07</b>
6. Roberta Eccles	1985	59.12
7. April Holliverse	2000	59.22
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. 44.36	2005	Omwanghe, T. Johnson, Hawes, Carter

3.	<b>44.69</b>	<b>2008</b>	
	<b>Broom, Bonty, Holmes, Garrett</b>		
4.	44.73	2006	
	Omwanghe, T. Johnson, Picott, Carter		
5.	<b>44.99</b>	<b>2006</b>	
	Omwanghe, T. Johnson, <b>Holmes</b> , Carter		
6.	45.01	2003	
	Earls, Omwanghe, Hawes, Carter		
7.	<b>45.03</b>	<b>2008</b>	
	<b>Broom, Bonty, Dixon, Garrett</b>		
8.	<b>45.45</b>	<b>2005</b>	
	<b>Turner</b> , Omwanghe, Hawes, Carter		
9.	45.61	1991	
	Mitchell, Ervin, J. Mack, R. Mack		
10.	45.67	1999	
	Corley, Gilliam, Mazik, Holman		

### 1600-METER RELAY

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

### 800-METER RELAY

1.	<b>1:35.79</b>	<b>2006</b>	
	<b>Holmes, Bonty</b> , T. Johnson, Carter		

### 3200-METER RELAY

1.	California team	1980	8:53.2
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### SPRINT MEDLEY RELAY

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

### HIGH JUMP

1.	Beth Vidakovits	1989	6-0.75
2.	<b>Inika McPherson</b>	<b>2007</b>	<b>6-0.50</b>
3.	Kathy Raugust	1982	5-10.50
4.	<b>Kristen Meister</b>	<b>2008</b>	<b>5-10.00</b>
	Ifeoma Ozoeze	1995	5-10
	Chi Johnson	1996	5-10
	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

### POLE VAULT

1.	<b>Katie Morgan</b>	<b>2008</b>	<b>13-11.75</b>
2.	<b>Allison Stokke</b>	<b>2008</b>	<b>13-5.75</b>
3.	Maria Lopez	2001	13-2.5
4.	Leora Ward	2002	13-0.25

5.	<b>Cyrena Giordano</b>	<b>2008</b>	<b>12-11.75i</b>
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.	<b>C. Strickland</b>	<b>2007</b>	<b>43-3.25i</b>
4.	Reynda King	2000	42-0.75
5.	<b>Artensia Young</b>	<b>2008</b>	<b>41-6</b>
6.	Shawna Adkins	2001	41-1.75
7.	Trinety White	2002	40-11
8.	<b>Mercedes Marchbanks</b>	<b>2008</b>	<b>40-9.75</b>
9.	Ine Jones	1997	40-9
10.	<b>Tracey Stewart</b>	<b>2008</b>	<b>40-6</b>

### 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.	<b>Daisy Van Ravenswaay</b>	<b>2006</b>	<b>48-11.75</b>
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

### 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.	Tamrya d'Artenay	2003	167-7

### 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.	<b>Daisy Van Ravenswaay</b>	<b>2006</b>	<b>140-03</b>

7.	Shawna Adkins	2002	137-11
8.	<b>Danielle Hoolko</b>	<b>2008</b>	<b>124-11</b>
9.	<b>Tifani Grimes</b>	<b>2006</b>	<b>122-11</b>
10.	<b>Inika McPherson</b>	<b>2006</b>	<b>119-00</b>

#### **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