



February 25, 2013

## 2013 California Track & Field Indoor Best Marks List

^ Cal School Record  
 h Earned Mark in Heptathlon / p Earned Mark in Pentathlon  
 Cal Record in Parentheses

### Men

Name	Mark	Date	Site	PR	Name	Mark	Date	Site	PR
<b>60 Meters (6.77, Kellan Patterson, 2009)</b>					<b>60-meter Hurdles (7.68<sup>^</sup>, Ray Stewart, 2013)</b>				
Dash Oliver	6.85	1/26	Seattle	6.85	Ray Stewart	7.68	2/22	Seattle	7.68
Ray Stewart	6.86	2/22	Seattle	6.86	Maurice Valentine	8.22	1/19	Albuquerque	8.22
Tom Blocker	6.86	2/22	Seattle	6.86	Chad Jones	8.26	2/22	Seattle	8.26
Eric McDaniel	6.86	2/22	Seattle	6.86	Randy Bermea	8.32	1/19	Albuquerque	8.32
Chase Wheeler	6.96	2/22	Seattle	6.96	Andrew Cruikshank	8.83	1/19	Albuquerque	8.83
Charles Saseun	6.97	2/22	Seattle	6.97	<b>400-meter Hurdles</b>				
Evan Barr	7.68	1/19	Albuquerque	7.68	Randy Bermea	52.48	1/18	Albuquerque	52.48
<b>200 Meters (21.26, Toby Atawo, 2003)</b>					<b>4x400-meter Relay (3:12.98, 2005)</b>				
Ray Stewart	21.85	1/25	Seattle	21.85	Blocker/Bermea/Surovell/Ezold	3:14.26	2/23	Seattle	3:14.26
Tom Blocker	22.05	2/22	Seattle	22.05	<b>Distance Medley Relay (9:29.71, 2009)</b>				
Charles Saseun	22.07	2/22	Seattle	22.07	Walden/Bermea/Locklear/ Carpowich	9:41.18	2/22	Seattle	9:41.18
Kyle Ezold	22.21	2/22	Seattle	22.21	<b>High Jump (7-4.25, John Morris, 1984)</b>				
Cameron Roach	22.21	1/25	Seattle	22.21	Nick Ridge	7-3.00 (2.21m)	2/23	Seattle	7-3.00
Dash Oliver	22.22	2/22	Seattle	22.22	Brian Carmichael	7-1.00 (2.16m)	2/23	Seattle	7-1.00
Eric McDaniel	22.31	2/22	Seattle	22.31	Mike Tracy	6-9.00 (2.06m)	2/23	Seattle	6-9.00
Elliott Surovell	22.44	2/8	Seattle	22.44	Harrison Steed	6-9.00 (2.06m)	2/23	Seattle	6-9.50
Randy Bermea	22.45	2/8	Seattle	22.45	Andrew Cruikshank	6-0.50 (1.84m)	1/18	Albuquerque	6-0.50
Daniel Davis	22.72	1/25	Seattle	22.72	<b>Pole Vault (17-10.50, Brent Burns, 1994)</b>				
Jonathan Berry-Smith	23.26	2/8	Seattle	23.26	Evan Barr	15-3.00 (4.65m)	1/18	Albuquerque	15-8.25
Andrew Cruikshank	23.70	1/18	Albuquerque	23.70	<b>Long Jump (25-11.00, Chris Huffins, 1993)</b>				
<b>400 Meters (46.90, Darren Woods, 2005)</b>					<b>Triple Jump (54-2.50, Lenards Ozolinsh, 1995)</b>				
Kyle Ezold	48.70	2/23	Seattle	48.70	Taylor Kientzel	50-10.75 (15.51m)	1/26	Seattle	50-10.75
Elliott Surovell	49.56	2/23	Seattle	49.56	Chad Jones	50-9.50 (15.48m)	1/19	Albuquerque	50-9.50
Randy Bermea	49.56	1/26	Seattle	49.56	Hammed Suleman	50-7.50 (15.43m)	2/23	Seattle	52-10.75
Daniel Davis	49.62	1/26	Seattle	49.62	Jonte Grant	48-8.25 (14.84m)	1/19	Albuquerque	49-5.00
Jonathan Berry-Smith	50.20	2/9	Seattle	49.80	<b>Shot Put (62-4.50, Rhuben Williams, 2005)</b>				
Cameron Roach	50.33	2/9	Seattle	50.33	Ethan Cochran	55-3.50 (16.85m)	2/9	Seattle	55-3.50
<b>600 Meters</b>					<b>Weight Throw (64-10.00, Rhuben Williams, 2004)</b>				
Eliot Surovell	1:29.14	1/18	Albuquerque	1:29.14	Derek White	64-7.25 (19.69m)	2/22	Seattle	64-7.25
<b>800 Meters (1:49.65, Sean Carey, 2009)</b>					<b>Chijoke Nwuzi</b>				
Jordan Locklear	1:51.28	2/23	Seattle	1:50.96	61-3.50 (18.68m)	1/26	Seattle	61-3.50	
<b>Mile (3:58.26, Mark Matusak, 2010)</b>					<b>Scott Esparza</b>				
Collin Jarvis	4:02.98	2/23	Seattle	4:02.98	57-11.00 (17.65m)	2/22	Seattle	57-11.00	
Jordan Locklear	4:03.46	2/23	Seattle	4:03.46	<b>5000 Meters (13:56.09, Collin Jarvis, 2013)</b>				
Matt Carpowich	4:07.90	1/26	Seattle	4:07.90	Collin Jarvis	13:56.09 <sup>^</sup>	2/22	Seattle	13:56.09
Chris Walden	4:08.13	1/26	Seattle	4:08.13					
<b>3000 Meters (7:48.05, Michael Coe, 2009)</b>									
Collin Jarvis	8:03.62	1/26	Seattle	7:53.43					
Chris Walden	8:05.62	2/23	Seattle	8:05.62					
Matt Carpowich	8:14.34	2/9	Seattle	8:14.34					
Simon Schmidt	8:20.20	2/23	Seattle	8:20.20					
Jordan Locklear	8:21.04	1/26	Seattle	8:21.04					



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### Women

Name	Mark	Date	Site	PR	Name	Mark	Date	Site	PR
<b>60 Meters (7.33, Antonette Carter, 2006)</b>					<b>High Jump (6-0.00, Inika McPherson, 2009)</b>				
Carisma Lyday	7.65	2/9	Seattle	7.59	Gianna Fernandez	5-7.25 (1.71m)	2/23	Seattle	5-7.25
Charnell Price	7.67	2/22	Seattle	7.57	Kristin Rimbach	5-6.00 (1.68m)	1/18	Albuquerque	5-6.00
Malaina Payton	7.69	2/22	Seattle	7.63	Grace Beaudoin	5-4.25 (1.63m)	1/18	Albuquerque	5-6.00
Esther Higwe	7.80	1/19	Albuquerque	7.80	Jaci Powell	5-1.75 (1.57m)p	1/25	Seattle	5-1.75
	7.80	1/26	Seattle	7.80	<b>Pole Vault (13-11.75, Allison Stokke, 2011)</b>				
<b>200 Meters (23.81, Antonette Carter, 2006)</b>					Victoria Rische 12-11.00 (3.94m) 2/23 Seattle 12-11.00				
Charnell Price	24.60	2/22	Seattle	24.60	Nicole Larson	11-5.75 (3.50m)	1/19	Albuquerque	11-5.75
Alima Kamara	24.94	1/25	Seattle	24.94	<b>Long Jump (21-9.50, Sheila Hudson, 1990)</b>				
Esther Higwe	25.34	2/22	Seattle	25.34	Malaina Payton	19-5.50 (5.93m)	2/23	Seattle	20-5.75
Carisma Lyday	25.79	1/18	Albuquerque	25.40	Jaci Powell	17-10.75 (5.45m)	2/9	Seattle	17-10.75
Jaci Powell	26.07	1/18	Albuquerque	26.07	Sunny Margerum	16-8.75 (5.10m)	2/23	Seattle	16-8.75
Taylor Lawson	26.12	1/25	Seattle	26.12	<b>Triple Jump (45-9.00, Sheila Hudson, 1990)</b>				
<b>400 Meters (54.31, Brook Turner, 2009)</b>					Amanda Hunter 39-11.25 (12.17m) 2/23 Seattle 40-0.75				
Alima Kamara	54.82	2/23	Seattle	54.82	<b>Shot Put (53-7.50, Dana Lawson, 2001)</b>				
Taylor Lawson	57.16	2/23	Seattle	57.16	Torie Owers	52-10.25 (16.11m)	2/8	Albuquerque	52-10.25
Arielle Cunningham-Stevenson	58.81	2/9	Seattle	58.81	Chioma Amaechi	52-6.50 (16.01m)	1/26	Seattle	52-6.50
<b>600 Meters</b>					Jaci Powell 36-0.25 (11.03m)p 2/22 Seattle 36-0.25				
Alima Kamara	1:32.21	1/18	Albuquerque	1:32.21	<b>Weight Throw (67-2.00, Chioma Amaechi, 2013)</b>				
<b>800 Meters (2:03.39, Alysia Johnson, 2008)</b>					Chioma Amaechi 67-2.00 (20.47m)^ 1/26 Seattle 67-2.00				
Arielle Cunningham-Stevenson	2:13.98	2/23	Seattle	2:13.98	Shelby Ashe	66-1.50 (20.15m)	2/22	Seattle	66-1.50
Sydney Gray	2:17.70	2/23	Seattle	2:12.62	Torie Owers	59-1.25 (18.01m)	1/26	Seattle	59-1.25
Jaci Powell	2:24.47p	2/22	Seattle	2:24.47	<b>Pentathlon (4189, Brooke Meredith, 2004)</b>				
<b>Mile (4:41.29, Chelsea Reilly, 2012)</b>					Jaci Powell 3536 2/22 Seattle 3536				
Sydney Gray	4:54.31	1/26	Seattle	4:54.31	<b>3000 Meters (9:00.86, Chelsea Reilly, 2012)</b>				
<b>3000 Meters (9:00.86, Chelsea Reilly, 2012)</b>					Kelsey Santisteban 9:17.52 2/23 Seattle 9:17.52				
Kelsey Santisteban	9:17.52	2/23	Seattle	9:17.52	Taylor Dutch	9:47.41	2/9	Seattle	9:47.41
Taylor Dutch	9:47.41	2/9	Seattle	9:47.41	Laura O'Neill	9:49.92	2/23	Seattle	9:49.92
Laura O'Neill	9:49.92	2/23	Seattle	9:49.92	Christine Bowlus	9:53.62	2/23	Seattle	9:53.62
Christine Bowlus	9:53.62	2/23	Seattle	9:53.62	Hillary Hayes	9:58.67	2/23	Seattle	9:58.67
Hillary Hayes	9:58.67	2/23	Seattle	9:58.67	<b>5000 Meters (15:29.24, Deborah Maier, 2012)</b>				
<b>5000 Meters (15:29.24, Deborah Maier, 2012)</b>					Kelsey Santisteban 16:01.70 2/8 Seattle 16:01.70				
Kelsey Santisteban	16:01.70	2/8	Seattle	16:01.70	Hillary Hayes	17:32.90	2/8	Seattle	17:32.90
Hillary Hayes	17:32.90	2/8	Seattle	17:32.90	<b>60-meter Hurdles (8.30, Kimyon Broom, 2010)</b>				
<b>60-meter Hurdles (8.30, Kimyon Broom, 2010)</b>					Jaci Powell 8.89p 1/25 Seattle 8.89				
Jaci Powell	8.89p	1/25	Seattle	8.89	<b>4x400-meter Relay (3:37.64, 2007)</b>				
<b>4x400-meter Relay (3:37.64, 2007)</b>					Lawson/Price/Cunningham-Stevenson/Kamara 3:46.49 2/23 Seattle 3:46.49				
Lawson/Price/Cunningham-Stevenson/Kamara	3:46.49	2/23	Seattle	3:46.49	<b>Distance Medley Relay (10:56.29, 2012)</b>				
<b>Distance Medley Relay (10:56.29, 2012)</b>					Bowlus/Kamara/Gray/Santisteban 11:37.22 2/22 Seattle 11:37.22				
Bowlus/Kamara/Gray/Santisteban	11:37.22	2/22	Seattle	11:37.22					