

2007 Furman Men's Track & Field Outdoor Best Lists

100 Meter Dash NCAA Regional — 10.50 Furman — 10.30, Floyd White, Brothel Cole 1979

D. Gourdin (6th)	11.29	WIN '07
W. Forrest (5th)	10.80	SO '05
W. Forrest (8th)	10.80	SO '06
W. Forrest (P)	10.95	SO '06
W. Forrest (3rd)	11.00	FU '07
W. Forrest (3rd)	11.11	WF '05
W. Forrest (P)	11.11	SoCon '06
W. Forrest (11th)	11.13	USC '06
W. Forrest (P)	11.17	SoCon '07
W. Forrest (7th)	11.22	SO '07
W. Forrest (17th)	11.28	CU '07
W. Forrest (8th)	11.31	SoCon '06
W. Forrest (12th)	11.44	CU '06
W. Forrest (3rd)	12.07	FU '05
Z. Stephenson (P)	11.06	SoCon '06
Z. Stephenson (13th)	11.44	CU '06

110 Meter Hurdles NCAA Regional — 14.30 Furman — 14.78, Benji Motte 1987

W. Forrest (10th)	22.15	SO '05
W. Forrest (P)	22.63	SoCon '07
W. Forrest (P)	22.77	SoCon '06
W. Forrest (2nd)	22.84	FU '06
W. Forrest (3rd)	23.14	FU '05
Z. Stephenson (7th)	22.12	SO '06

400 Meter Dash NCAA Regional — 47.26 Furman — 46.50, Floyd White 1983

P. Morgan (7th)	52.03	SO '07
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400 Meter Hurdles NCAA Regional — 52.51 Furman — 53.06 J.P. Bowles 2001

D. Matz (7th)	57.98	SO '07
D. Matz (P)	59.60	SoCon '06
D. Matz (12th)	59.63	CU '07
D. Matz (12th)	59.77	SoCon '05
D. Matz (P)	59.72	SoCon '07
D. Matz (3rd)	59.97	WF '05
D. Matz (6th)	1:00.03	SO '05
D. Matz (1st)	1:00.72	FU '06
D. Matz (5th)	1:01.00	FU '05
D. Matz (7th)	1:01.10	CU '05
D. Matz (P)	1:01.72	SO '06
D. Matz (19th)	1:02.63	CU '06

D. Matz (9th)	1:02.76	USC '06
D. Matz (3rd)	1:04.19	FU '07
D. Matz (7th)	1:04.43	WIN '07

800 Meter Run NCAA Regional — 1:50.40 Furman — 1:48.10, Phil Barker 1976

P. Morgan (2nd)	1:52.37	SoCon '06
P. Morgan (1st)	1:52.60	FU '06
P. Morgan (22nd)	1:52.69	GT '06
P. Morgan (8th-B)	1:52.72	Stanford '07
P. Morgan (2nd)	1:53.20	SoCon '07
P. Morgan (P)	1:53.70	SoCon '07
P. Morgan (P)	1:56.22	SoCon '06
P. Morgan (4th)	1:56.42	USC '06
P. Morgan (1st)	1:56.87	SO '06
P. Morgan (2nd)	2:01.98	WIN '07
J. Wilkerson (P)	1:59.23	SoCon '07
J. Wilkerson (5th)	2:00.05	SO '07
J. Wilkerson (3rd)	2:00.74	FU '07
J. Wilkerson (4th)	2:04.44	WIN '07

1,500 Meter Run NCAA Regional — 3:47.80 Furman — 3:44.53, Brian Caffrey 1988

E. Albrecht (4th)	4:05.99	SO '05
H. Meadows (8th)	4:08.50	SO '05
H. Meadows (8th)	4:15.14	USC '06
H. Meadows (6th)	4:16.82	FU '05
H. Meadows (14th)	4:20.23	WF '05
H. Meadows (8th)	4:24.30	FU '06
P. Morgan (1st)	4:01.03	CR '07
J. O'Connell (12th)	4:10.06	SoCon '07
J. O'Connell (11th)	4:15.73	SO '07
A. Plasencia (5th)	4:05.41	SO '07
J. Tenini (3rd)	4:02.33	SO '07
S. Robinson (7th)	4:09.32	USC '06
J. Wilkerson (3rd)	4:08.48	CU '07
J. Wilkerson (14th)	4:12.17	SoCon '07
J. Wilkerson (9th)	4:13.19	SO '07

3,000 Meter Run NCAA Regional — Furman — 9:13.27, Alex Plasencia 2007

A. Plasencia (2nd)	9:13.27	WIN '07
J. Tenini (4th)	9:16.30	WIN '07
J. O'Connell (6th)	9:18.67	WIN '07

3,000 Meter Steeplechase NCAA Regional — 9:07.00 Furman — 9:01.80, Jon Cole 1978

E. Albrecht (2nd)	9:29.34	SoCon '07
E. Albrecht (1st)	9:29.86	FU '07
E. Albrecht (4th)	9:36.90	SoCon '05
E. Albrecht (6th)	9:43.38	SoCon '06
E. Albrecht (3rd)	9:46.70	FU '06
E. Albrecht (3rd)	9:53.77	WF '05
E. Albrecht (4th)	9:59.71	CU '06
E. Albrecht (1st)	10:02.60	FU '05
F. Goodwin (8th)	10:02.91	SoCon '06
F. Goodwin (3rd)	10:09.14	FU '07
F. Goodwin (8th)	10:13.95	CU '06
F. Goodwin (4th)	10:18.43	WF '05
F. Goodwin (10th)	10:19.03	SoCon '07
F. Goodwin (6th)	10:19.40	FU '06
F. Goodwin (5th)	10:21.05	USC '06
F. Goodwin (2nd)	10:21.73	SO '06
F. Goodwin (13th)	10:32.91	SoCon '05
F. Goodwin (3rd)	10:36.50	FU '05
J. Tenini (3rd)	10:07.67	USC '06

5,000 Meter Run NCAA Regional — 14:10.00 Furman — 14:25.00, David Branch 1978

S. Robinson (7th)	15:13.29	GT '06
E. Albrecht (13th)	15:23.78	SoCon '06
E. Albrecht (10th)	15:56.43	SoCon '07
F. Goodwin (10th)	16:19.15	CU '05
J. Tenini (1st)	15:31.78	FU '07
A. Plasencia (2nd)	15:39.31	FU '07
A. Plasencia (12th)	16:00.53	SoCon '07
J. O'Connell (6th)	16:28.42	FU '07

10,000 Meter Run NCAA Automatic — 28:45.00 NCAA Provisional — 29:30.00 Furman — 29:54.40, David Branch 1978

J. Tenini (7th)	32:55.37	SoCon '07
J. Tenini (1st)	32:38.65	CU '07
S. Robinson (8th)	33:01.79	SoCon '06
A. Plasencia (8th)	33:06.99	SoCon '07
A. Plasencia (4th)	33:35.78	CU '07

2007 Furman Men's Track & Field Outdoor Best Lists

4x100 Meter Relay NCAA Regional — 40.66

**Furman — 41.20, Gibson, Thompson
Austin, White 1983**

Thacker, Johnson 42.40 FU '06
Stephenson, Forrest (1st)

Thacker, Johnson 42.69 SO '06
Stephenson, Forrest

LaFrance, Gourdin 42.90 SoCon '07
Williams, Forrest (6th)

Forrest, Gourdin 43.59 SO '07
Witzke, Wilkerson (3rd)

4x200 Meter Relay

**NCAA Regional —
Furman — 1:29.70, Stephens, Ratcliff
Tremble, Whitley 1991**

4x400 Meter Relay

**NCAA Regional — 3:10.00
Furman — 3:15.70, Norris, Myers
Wilson, Fox 1985**

Morgan, Forrest 3:34.24 SO '06
Stephenson, Gittemeier (3rd)

Morgan, Wilkerson 3:34.65 SoCon '07
Matz, Tenini (6th)

Wilkerson, Matz 3:35.55 CR '07
Morgan, Forrest (11th)

4x800 Meter Relay

**NCAA Regional —
Furman — 7:52.17, Morgan, Johnson
Mullen, Tennini 2006**

4x1500 Meter Relay

**NCAA Regional —
Furman — DeCamps, Crosby
Albrecht, Johnson 2004**

Shot Put

**NCAA Regional — 16.80m
Furman — 56' 3", Ken Garrett 1960**

S. Adams (1st) 13.11m FU '06
S. Adams (4th) 13.08m WIN '07
S. Adams (7th) 13.01m SoCon '06
S. Adams (4th) 12.72m SO '06
S. Adams (8th) 12.52m USC '06
S. Adams (9th) 12.45m SoCon '07
S. Adams (P) 11.91m SO '06
S. Adams (P) 11.90m CU '06
S. Adams (5th) 11.66m FU '07
S. Adams (3rd) 11.25m WF '05
S. Adams (14th) 11.23m SO '05

S. Adams (9th) 11.10m CU '05
S. Adams (6th) 11.07m FU '05

D. Gourdin (13th) 6.18m/20-03.50 SoCon '07
D. Gourdin (7th) 6.17m/10-03.00 SO '07

Discus Throw

NCAA Regional — 51.70m

Furman — 169' 8" Bill Dimitrouleas 1973

S. Adams (5th) 43.95m SoCon '07
S. Adams (3rd) 41.20m FU '07
S. Adams (9th) 40.54m SoCon '06
S. Adams (7th) 40.31m SO '06
S. Adams (11th) 40.03m CR '07
S. Adams (3rd) 39.64m WF '05
S. Adams (12th) 39.00m SoCon '05
S. Adams (P) 38.79m SO '06
S. Adams (6th) 38.61m SO '07
S. Adams (9th) 38.78m SO '05
S. Adams (P) 37.87m CU '06
S. Adams (2nd) 37.54m FU '06
S. Adams (5th) 37.31m WIN '07
S. Adams (3rd) 36.14m FU '05
S. Adams (17th) 34.95m USC '06
S. Adams (P) 34.62m CU '05

D. Sellers (2nd) 42.50m FU '07
D. Sellers (10th) 40.70m SoCon '07
D. Sellers (5th) 40.17m SO '07
D. Sellers (13th) 39.03m CR '07
D. Sellers (P) 37.65m CU '06
D. Sellers (13th) 37.51m USC '06
D. Sellers (4th) 37.38m WIN '07
D. Sellers (3rd) 34.42m FU '06

Javelin Throw

NCAA Regional — 61.60m

Furman — 61.31m, David Moseley 2006

D. Moseley (1st) 61.31m USC '06
D. Moseley (1st) 58.83m SoCon '06
D. Moseley (3rd) 57.98m CU '06
D. Moseley (2nd) 57.02m CU '05
D. Moseley (25th) 56.18m NCAA '06
D. Moseley (3rd-B) 56.15m Stanford '07
D. Moseley (P) 55.81m CU '05
D. Moseley (P) 54.61m CU '06
D. Moseley (3rd) 54.00m SoCon '07
D. Moseley (1st) 52.08m CR '07
D. Moseley (1st) 51.89m WIN '07
D. Moseley (3rd) 51.66m SO '05
D. Moseley (1st) 47.47m FU '05
D. Moseley (1st) 48.17m FU '07

Long Jump

NCAA Regional — 7.34m

Furman — 24' 5", Benji Motte 1985

D. Gourdin (2nd) 6.24m/20-05.75 FU '07

Triple Jump

NCAA Regional — 15.00m

Furman — 51' 7" Kim Piersol 1969

D. Gourdin (8th) 13.07m/42-10.75 SoCon '07
D. Gourdin (4th) 12.93m/42-05.25 SO '07
D. Gourdin (1st) 12.54m/41-02.00 FU '07

Legend of Events

USC	USC Invite	03/18/06
CU	Clemson Relays	03/26/05
		03/25/06
		03/23/07
FU	Furman Invite	04/02/05
		04/01/06
		04/07/07
GT	Georgia Tech Invite	05/16/06
NCAA	NCAA Regional	05/27/06
		05/26/07
SO	Solid Orange	04/16/05
		04/15/06
		04/14/07
Stanford	Stanford Invite	03/31/07
SCF	SoCon Champs	05/01/05
		04/30/06
		04/22/07
WIN	Winthrop Invite	03/17/07
WF	Wake Forest	03/19/05

P = Preliminaries