



LONG BEACH STATE MEN'S INDOOR ALL-TIME TOP 10

60m		5000 Meters		6. Nicholas Armstrong (2010)..... 6-09.50	
1.	Brent Gray (2009) 6.75	1.	Jimmy Grabow (2006)..... 13:44.04	7.	Corey Johnson (1997) 6-09.00
2.	Austin Fowler (2009) 6.85aa	2.	Chris Enriquez (2014) 14:09.93	8.	Brad Zarembski (2010)..... 6-08.75
3.	Dylan McCloskey (2013) 6.89aa	3.	Wolhan Ovalle (2007) 14:26.86	9.	Dan Trautner (2005) 6-08.25
4.	Charles Lewis (2006)..... 6.90aa	4.	Jake Dawson (2013)..... 14:37.37		Aaron Junta (1996) 6-08.25
5.	Jason Dolison (2001) 6.96aa	5.	Bret Hasvold (2011) 14:53.11	Pole Vault	
6.	Cameron Glasgow (2014) 6.97	6.	Dylan Jaedtke (2007) 14:56.70	1.	Jason Hinkin (1997) 18-06.50
7.	Chandler White (2001) 7.00aa	7.	Terrance Wroblewski (2003)..... 15:02.48	2.	Borya Celentano (1999)..... 18-00.50
8.	Nathan Alade (2012) 7.01c	8.	Steven DeCastro (2012) 15:05.09	3.	Don Baird (1975) 17-09.50
9.	Richard Crawford (2011)..... 7.02aa	9.	Eli Rodriguez (2007) 15:12.21	4.	Tyler Wallace (2012) 17-01.75
10.	Daniel Gerlach (2002) 7.04aa	10.	Pat Bendzick (1996) 15:17.32aa	5.	Steve Smith (1973) 17-01.50
200m		60 Meter Hurdles		6.	Conner Rouse (2015) 17-00.00
1.	Brent Gray (2009) 20.90	1.	Davon Wilson-Angel (2014) 8.05	7.	Michael Montgomery (2016) 16-10.00
2.	Charles Lewis (2006)..... 21.47	2.	Koree Hines (2012) 8.09	8.	Jimmy Camilo (2001) 16-07.25
	Lewis Young (1998)..... 21.47	3.	Shino Suzumura (2003) 8.12	9.	Jeff Mulligan (1989) 16-05.00
4.	Michael Perez-Rogers (2015) 21.54	4.	Chris Lawson (2009) 8.16	10.	Adrian Ruark (2003) 16-04.75
5.	Cameron Glasgow (2015) 21.66	5.	Nimrod Piggee (2010)..... 8.18	Long Jump	
6.	Otis Dixon (1990) 21.68	6.	Devin Hickey (2013) 8.19	1.	Willie Alexander (2013) 25-00.00
7.	Jacob Glickman (1996)..... 21.69	7.	Armond Goodin (2006)..... 8.29aa	2.	Detric Cofield (1996)..... 24-05.50
8.	Kelsey Caesar (2008) 21.72	8.	Kenny Vinh (2001) 8.33aa	3.	Chris Richardson (2007)..... 23-11.50
	Terrance Riley (1990) 21.72	9.	Garrett Demirjian (2012) 8.36	4.	Daniel Gerlach (2002) 23-08.50
10.	Jaime Barragan (1996)..... 21.77	10.	Nicholas Armstrong (2010)..... 8.38	5.	Kenneth Medwood (2009) 23-06.75
400m		4x400m Relay		6.	Eric Nowell (2010) 23-06.25
1.	Lewis Young (1999)..... 46.89	1.	Perez-Rogers, Glasgow, Lockett, McCloskey (2015)..... 3:12.13	7.	Ronald Carter (2006) 23-05.25
2.	Charles Lewis (2006)..... 47.31	2.	Pearson, Perona, Moore, Young (1999) 3:12.51	8.	Robert Nelson (2004) 23-02.75
3.	Cameron Glasgow (2015) 47.53	3.	Briggs, York-Mouton, McCloskey, Perez-Rogers (2016) 3:12.83	9.	Collin Cram (2009) 23-00.00
4.	Kashun Perona (2000) 47.55	4.	Langston, Riley, Billoups, Dixon (1990)..... 3:13.58	10.	Ryan Sanders (2015) 22-11.25
5.	Michael Perez-Rogers (2015) 47.61	5.	McCloskey, Glasgow, Perez-Rogers, Smith (2014) 3:14.59	Triple Jump	
6.	Kemonie Briggs (2016) 47.84	6.	Briggs, McCloskey, York-Mouton, Colebrook (2016) 3:14.70	1.	Ronald Carter (2007) 52-07.25
7.	Roosevelt Langston (1990) 47.98	7.	Pearson, Perona, Carson, Young (1999)..... 3:14.95	2.	John Temidara (2006) 51-03.75
8.	Brent Gray (2008) 48.04	8.	B. Gray, Goldberg, Freitas, Lewis (2007) 3:15.21	3.	Gregory Magee (1977) 51-01.50
9.	Kelsey Caesar (2008)..... 48.09	9.	Lawson, Fowler, Piggee, Crawford (2009) 3:15.44	4.	Ryan Sanders (2015) 50-08.00
10.	Tyrone Pearson (2000)..... 48.10	10.	Sweeney, Lawson, Crawford, Jeter (2011) 3:15.48	5.	Manny Neizer (2012) 50-06.00
800m		Distance Medley Relay		6.	Michael Vaughan (2013) 48-10.00
1.	Alex Freitas (2008) 1:49.83	1.	Cobian, Lewis, Freitas, Grabow (2007) 9:51.55	7.	Haben Hagos (2004) 48-04.00
2.	Larry Henderson (2000)..... 1:51.40	2.	Maldonado, Medwood, Freitas, Arcos (2009) 9:52.53	8.	Willie Alexander (2013) 48-03.25
3.	Matt Bates (2002)..... 1:51.57	3.	Arcos, Jeter, Evans, Reedy (2011) 10:00.21	9.	Rodney Hawkins (2009) 47-09.00
4.	Gabe Hilbert (2012) 1:52.12	4.	Evans, Medwood, Granville, Freitas (2010) 10:01.87	10.	Eric Nowell (2010) 47-08.00
5.	Hudson Wilvers (2008) 1:52.61	5.	Maldonado, Gray, Freitas, Arcos (2009) 10:03.68	Shot Put	
6.	Mario Cobian (2006)..... 1:52.62	6.	Breithaupt, Douglas, Bruton, Estrella (2005)..... 10:06.57	1.	Jon O'Neil (2002) 61-10.50
7.	Chris Low (2014) 1:52.88	7.	Wilvers, Lawson, Freitas, Thomas (2008) 10:12.45	2.	Jacob Weintraub (2012) 58-09.25
8.	Neil Chomos (1991)..... 1:54.05	8.	Maldonado, Van Boxtel, Naasz, Hilbert (2012) 10:13.53	3.	Ezra Kwong (2007) 58-06.25
9.	Matt Maldonado (2009) 1:54.13	9.	Campbell, Dickran, Cardinalli, Garcia (2004) 10:15.20	4.	Colin Dunbar (2011) 56-06.00
10.	Josh Campbell (2004) 1:54.22	10.	Reedy, Evans, Arcos, Hasvold (2011)..... 10:17.93	5.	David Sampson (2006)..... 56-05.75
1 Mile		High Jump		6.	Victor Martin (2015) 56-00.00
1.	Matt Maldonado (2012) 3:59.08	1.	Dwight Stones (1976) 7-06.50	7.	Jacob Fraser (2015)..... 55-07.00
2.	Mario Cobian (2007)..... 4:11.85	2.	John Temidara (2004) 7-02.75	8.	Cory Loeb (2003) 54-10.75
3.	Alex Freitas (2009) 4:11.93	3.	Alex Black (2010) 7-00.50	9.	Damon DeVault (1997) 54-03.75
4.	Raul Arcos (2011)..... 4:13.21	4.	Haben Hagos (2005) 6-10.25	10.	Kellen Boaz (2006) 52-11.50
5.	Chris Low (2015)..... 4:15.28	5.	David Puffer (1989) 6-10.00	35 lb. Weight Throw	
6.	Gabe Hilbert (2012) 4:15.49			1.	James Hubbard (2016)..... 67-09.50
7.	Scot Breithaupt (2005) 4:16.14			2.	Jon O'Neil (2002) 66-11.25
8.	Johann Appell (2000) 4:16.69aa			3.	Kody Robison (2016) 66-04.25
9.	Neil Chomos (1992) 4:17.54#			4.	Colin Dunbar (2011) 65-00.75
10.	Larry Henderson (2000)..... 4:19.26			5.	Robert Jennings (2006)..... 64-10.75
3000 Meters				6.	Robert Marlow (2016) 61-01.25
1.	Jimmy Grabow (2007)..... 7:59.40			7.	Joel Baez (2013) 59-11.00
2.	Chris Enriquez (2014) 8:18.01			8.	Josh Villalobos (2013) 59-05.50
3.	Heath Reedy (2011) 8:19.16			9.	Rajan Bains (2011) 58-03.75
4.	Travis Kuhlman (2010) 8:25.45			10.	Ezra Kwong (2007) 57-04.25
5.	Jake Dawson (2013) 8:25.77			Heptathlon	
6.	Wolhan Ovalle (2007) 8:26.96			1.	Nicholas Armstrong (2011)..... 5,399
7.	Steven DeCastro (2010)..... 8:29.60			2.	Chris Richardson (2007)..... 5,363
8.	Raul Arcos (2011)..... 8:32.47			3.	Herman Day (2016) 5,265
9.	Terrance Wroblewski (2004)..... 8:35.22			4.	Mark Horist (2011) 4,834
10.	Bret Hasvold (2011)..... 8:36.49			5.	John Broadhead (2016) 4,370
				6.	Cameron Pizzica (2015) 4,274

- Converted hand times aa - Altitude adjusted
 c - Converted times using USTFCCA Standardized Conversion Factors
 Current 49ers in **bold**.



LONG BEACH STATE WOMEN'S INDOOR ALL-TIME TOP 10

60m		5000m		Pole Vault	
1.	Amaris Buchanan (1999) 7.47	1.	Rosa Del Toro (2013)..... 16:23.15	1.	Connie Jerz (2002) 13-03.50
2.	Charlene Deardorff (2005)..... 7.56aa	2.	Hillary Zator (2014)..... 17:00.64	2.	Jill Reynolds (2007)..... 12-11.50
3.	Courtne' Davis (2016) 7.57	3.	Ludi Valdez (2006) 17:01.31	3.	Marylou Badillo (1998) 12-07.50
4.	Emily Cooper (2013) 7.58aa	4.	Michelle Thompson (2013)..... 17:11.86	4.	Kayla Kamaka (2014) 12-06.50
5.	Jessica Branker (2006) 7.61aa	5.	Nina Moore (2011) 17:22.36	5.	Rebecca Adams (2007) 12-01.50
6.	Patrice White (2007) 7.64aa	6.	Kristina Wilson (2009) 17:22.63	6.	Jodi Lambert (2016) 12-00.50
7.	Whitney Knox (2016) 7.70	7.	Meredith Kramon (2005) 17:23.54	7.	Katie Crowe (2009) 11-11.75
8.	Ashleigh Chambers (2015) 7.70	8.	Jennifer Rodriguez (2011)..... 17:26.38	8.	Christina Lee (2001)..... 11-09.00
9.	Kayla Goosby (2015) 7.72	9.	Jenny Yadon (2003)..... 18:12.38	9.	Kennedy Krueger (2016) 11-08.00
10.	BJ Triplett (2009)..... 7.80	10.	Monica MacManus (1999) 18:25.64aa	10.	Kristin Hambaroff (2004) 11-07.75
200m		60 Meter Hurdles		Long Jump	
1.	Cathy Roberts (1988) 24.58	1.	Riley Cooks (2016) 8.41	1.	Marion Reneau (2000)..... 19-09.75
2.	Emily Cooper (2013) 24.63	2.	Phylicia Johnson (2012) 8.46	2.	Taylor Jackson (2015)..... 19-08.00
3.	Jessica Branker (2005) 24.70	3.	Shakina Phillips (2012)..... 8.71	3.	Kristen Kiefer (2012) 18-09.25
4.	Amaris Buchanan (1999) 24.70	4.	Erricka Feazell (2008)..... 8.75	4.	Phylicia Johnson (2009) 18-08.50
5.	Courtne' Davis (2016) 24.82	5.	Elijah McDonald (2015) 8.77aa	5.	Ambre' Thompson (1992)..... 18-08.25
6.	Jasmin Winfield (2006) 24.92	6.	Kristen Kiefer (2012) 8.78	6.	Ami Ice (1989) 18-07.25
7.	Riley Cooks (2016) 25.04	7.	Gina Londono (2004) 8.91aa	7.	Cathy Roberts (1988) 18-06.75
8.	Charlene Deardorff (2005)..... 25.04	8.	Shannon Livingston (2001) 8.92aa	8.	Holly Lipscomb (2003) 18-05.25
9.	Patrice White (2006) 25.10	9.	Marion Reneau (2000) 8.95aa	9.	Angie Scott (1992) 18-01.25
10.	Ashleigh Chambers (2015) 25.12	10.	Amber Clark (2014) 8.97	10.	Iesha Iwobi (2013) 18-00.50
400m		4x400 Relay		Triple Jump	
1.	Kerri Zaleski (1988) 54.79	1.	Winfield, Branker, Deardorff, White (2006) 3:46.14	1.	Miia Mobley (2010) 39-10.50
2.	Asa Karlsson (1997) 55.43	2.	Winfield, Branker, White, Deardorff (2005) 3:49.84	2.	Gladys Iwuaba (2002) 39-05.75
3.	Le'Gretta Hinds (1996) 56.66	3.	Wright, Cooper, Askew, Hairanian (2013) 3:50.00	3.	Kenya Jimerson (2002)..... 39-05.00
4.	Jasmine Winfield (2006) 56.76	4.	Kruthers, Askew, Kiefer, Wright (2012) 3:52.22c	4.	Tisha Uwadiale (2007) 39-00.50
5.	Jasmine Askew (2013) 56.80	5.	Askew, Cooper, Kruthers, Wright (2014)..... 3:52.48aa	5.	Holly Lipscomb (2004) 38-11.50
6.	Alex Kruthers (2014) 56.84	6.	Bedford, Buchanan, D. Jones, Reneau (1999) 3:53.03	6.	Tammura Hawthorne (1992) 38-09.25
7.	Jessica Williams (2002) 57.25	7.	Davis, Wilson, Chambers, Knox (2016) 3:53.95	7.	Megan Irely (2004) 38-06.75
8.	Meghan Atkinson (2002) 57.50	8.	Ruiz, Goldhammer, Fairweather, Atkinson (2003) 3:54.43	8.	Jasmine Tolbert (2002) 38-06.00
9.	Saedra Wright (2014) 57.66	9.	Harris, Davis, Wilson, O'Dwyer (2016) 3:55.93	9.	Lynette Parker (1992) 38-00.25
10.	Hollie Harris (2016) 57.68	10.	Martino, Cardenas, Hunt, Reneau (1998) 3:56.98	10.	Shaneika Hearvey (2007)..... 37-09.50
800m		Distance Medley Relay		Shot Put	
1.	Jessica Barnard (2012) 2:10.40	1.	Del Toro, Hairanian, Martinez, Barnard (2012) 11:48.81	1.	Serena Boykin (2004) 50-00.50
2.	Christine Morgan (1991)..... 2:10.90	2.	Harris, Okoro, Barclay Apgar (2009) 11:52.79	2.	Jennifer Onyeagbako (2009)..... 48-01.25
3.	Caitlin Turner (2014) 2:11.46	3.	Barclay, White, Okoro, Apgar (2008) 12:02.40	3.	Lauren Reimer (2005) 46-06.75
4.	Ivonne Cardenas (1998)..... 2:14.24	4.	Del Toro, Phillips, Barnard, Moore (2011)..... 12:03.73	4.	Brianna Viltz (2016) 46-02.75
5.	Nicole Blalock (2007) 2:15.43	5.	Barnard, Kiefer, Barclay, Randall (2010) 12:08.64	5.	Jillian Weir (2011) 45-05.00
6.	Ejiro Okoro (2009) 2:15.60	6.	Barnard, Nunez, Randal, Barajas (2010)..... 12:13.16	6.	Kristina Price (2008) 45-04.25
7.	Meghan Foley (2013) 2:15.72	7.	Botello, Ross, Pedersen, Miller (2006) 12:20.14	7.	Adara Newidouski (1998) 45-03.75
8.	Jenessa Botello (2007)..... 2:17.35	High Jump		8.	Destanie Yarbrough (2009)..... 45-02.25
9.	Alexis Trujillo (2014) 2:17.36	1.	Katrina Graves-Johnson (2012)..... 5-11.50	9.	Fatima Vergara (2016) 44-10.25
10.	Catherine Martinez (2014) 2:18.60aa	2.	Tayyiba Hanef (2000) 5-11.50	10.	Suzie Greganic (1992) 44-08.00
1 Mile		3.	Kristy Kierulff (1999) 5-11.50	20 lb. Weight Throw	
1.	Rosa Del Toro (2012)..... 4:50.75	4.	Emily Forsythe (2004) 5-09.75	1.	Marina Shelton (2016) 62-11.50
2.	Missy Barclay (2008)..... 4:53.57	5.	Lori Svoboda (1992) 5-09.25	Fatima Vergara (2016) 62-11.50	
3.	Jaclyn Pedersen (2006) 4:54.30	6.	Janelle Coulter (2009)..... 5-08.50	3.	Jennifer Onyeagbako (2009)..... 58-01.25
4.	Meghan Foley (2013)..... 4:55.40	7.	Taylor O'Connor (2010)..... 5-08.50	4.	Stephanie Sampson (2003)..... 55-05.50
5.	Christine Morgan (1991)..... 4:55.54#aa	8.	Aundrea Yancy (2014) 5-06.00	5.	Kirran Moss (1997) 54-02.25
6.	Jenessa Botello (2007) 4:55.90	Stephanie Armstrong (2012) 5-06.00	6.	Shannon Daniels (2002)..... 53-02.75	
7.	Carly Harris (2009) 4:56.04	9.	Jaime Cuthbert-Allen (2005)..... 5-05.75	7.	Katelyn Ciarelli (2006) 52-08.75
8.	Nicole Blalock (2007) 4:56.70	10.	Misty May (1996)..... 5-05.75	8.	Chaylene Bruggeman (2015) 52-04.75
9.	Annie Randall (2010) 4:59.85	Pentathlon		Alexandra Cervantes (2013) 52-04.75	
10.	Catherine Martinez (2012) 5:00.48	1.	Riley Cooks (2016) 3,690	Shari Harris (2011) 51-00.75	
3000m		2.	Taylor Jackson (2014) 3,658		
1.	Rosa Del Toro (2013)..... 9:22.08	3.	Kristen Kiefer (2012) 3,585		
2.	Carly Harris (2009)..... 9:37.57	4.	Jamie Cuthbert-Allen (2006)..... 3,445		
3.	Hillary Zator (2014)..... 9:46.69	5.	Wendy Izquierdo (2012) 3,410		
4.	Sarah Apgar (2009) 9:47.27	6.	Katie Black (2009) 3,359		
5.	Jennifer Rodriguez (2011)..... 9:49.06	7.	Phylicia Johnson (2011) 3,155		
6.	Michelle Thompson (2013)..... 9:52.86				
7.	Nina Moore (2011) 9:55.95				
8.	Kristina Wilson (2009) 9:56.48				
9.	Alexis Trujillo (2014) 10:02.65				
10.	Ludi Valdez (2006) 10:03.31				

- Converted hand times
 aa - Altitude adjusted
 c - Converted times using USFCCCA Standardized Conversion Factors
 Current 49ers in bold.