



LONG BEACH STATE

2016 TRACK & FIELD

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2016 SCHEDULE/RESULTS

Date	Meet	Time/Result
Indoor Season		
Jan. 29-30	UW Invitational <i>Seattle, Wash.</i>	All Day
Feb. 12-13	Husky Classic <i>Seattle, Wash.</i>	All Day
Feb. 26-27	MPSF Indoor Championships <i>Seattle, Wash.</i>	All Day
March 11-12	NCAA Indoor Championships <i>Birmingham, Ala.</i>	All Day

MPSF CHAMPIONSHIPS SCHEDULE (LBSU ONLY)

Friday, Feb. 26

12:00 p.m.	W-Weight Throw	Shelton, Vergara
12:15 p.m.	Pent.: W-60m Hurdles	Cooks
1:00 p.m.	Pent.: W-High Jump	Cooks
2:00 p.m.	W-Pole Vault	Krueger, Lambert
2:00 p.m.	Hept.: Men's 60m	Broadhead, Day
2:30 p.m.	Pent.: W-Shot Put	Cooks
2:45 p.m.	Hept.: M-Long Jump	Broadhead, Day
3:45 p.m.	Hept.: M-Shot Put	Broadhead, Day
3:45 p.m.	Pent.: W-Long Jump	Cooks
4:45 p.m.	Hept.: M-High Jump	Broadhead, Day
5:00 p.m.	W-60m Prelims	Carney, Chambers, Davis, Goosby, Knox
5:15 p.m.	M-Weight Throw	Hubbard, Marlow, Robison
5:15 p.m.	M-Long Jump	Alexander
5:30 p.m.	Hept.: W-800m	Cooks
5:30 p.m.	M-Pole Vault	Cooper, Montgomery, Rouse, Thenard, Wert
6:20 p.m.	W-200m Prelims	Carney, Chambers, Davis, Goosby, Harris, Knox, O'Dwyer
6:45 p.m.	M-200m Prelims	Briggs, McCloskey

Saturday, Feb. 27

10:30 a.m.	W-Shot Put	Vergara, Viltz
10:30 a.m.	W-High Jump	Cooks
10:30 a.m.	Hept.: M-60m Hurdles	Broadhead, Day
11:30 a.m.	Hept.: M-Pole Vault	Broadhead, Day
11:40 a.m.	W-400m	Harris, O'Dwyer, Wilson
12:05 p.m.	M-400m	Briggs, Colebrook, York-Mouton
12:25 p.m.	W-60m Finals	TBD
12:30 p.m.	M-60m Finals	TBD
12:45 p.m.	M-Shot Put	Marlow
1:00 p.m.	M-Triple Jump	Alexander
1:20 p.m.	W-3000m	Carrera, Mandel
2:10 p.m.	Hept.: M-1000m	Broadhead, Day
2:25 p.m.	W-4x400 Relay	Carney, Chambers, Davis, Harris
2:40 p.m.	M-4x400 Relay	McCloskey, Perez-Rogers, York-Mouton, Briggs

BEACH SET FOR MPSF INDOOR CHAMPIONSHIPS THIS WEEKEND

The Long Beach State indoor track & field team will make its third and final trip to Seattle this weekend for the MPSF Championships, Feb. 26-27. LBSU has 32 athletes set to compete in the conference meet.

HUSKY CLASSIC

The MPSF Championships will be held at Dempsey Indoor on the campus of the University of Washington. Nineteen of the West's top track & field programs participate in the MPSF Championships with the group consisting of members of the Big West, Pac-12 and West Coast Conferences. The action gets underway at noon on Friday, while Saturday's events begin at 10:30 a.m. LBSU has 16 men and 16 women entered in the two-day meet.

FAST START

Freshman Courtne' Davis has impressed early in her 49er career as she has established five lifetime bests in six collegiate races. At the season-opening UW Invitational, Davis ran the fifth-best 60-meter time in program history. She advanced out of the qualifying round and semifinals before posting her best mark of the day at 7.62 seconds to place sixth in the finals. Davis then continued her ascent up the LBSU all-time charts at the Husky Classic where she took sixth in the prelims (7.61) and seventh in the semis with a personal-record 7.59. That mark puts her at No. 4 in the school record books. She went on to take eighth in the finals at 7.70 seconds.

THROWING DOMINANCE

Long Beach State claimed the top three spots in the men's weight throw at the UW Invitational on Jan. 30. Senior Kody Robison won the event with a personal-record 63-09.75, while junior transfer James Hubbard was the runner-up at 61-02.25. Junior Robert Marlow completed the trifecta as he notched a lifetime-best 61-01.25. The trio now ranks third, fourth and fifth on the LBSU all-time charts. Prior to those performances, only three 49ers in school history had surpassed the 60-foot mark. Hubbard went on to improve his lifetime-best by over a foot with a toss of 62-09.5 at the Husky Classic (Feb. 12).

IN THE TOP-10

The Beach has seen a handful of athletes make their way into the program's indoor record books this season. Including the aforementioned performances from Davis, Robison, Hubbard and Marlow, LBSU has posted 16 marks that rank among the top-10 in school history. Kemonie Briggs ran the sixth-fastest men's 400m time at 47.84 seconds, while he also joined forces with Daniel York-Mouton, Dylan McCloskey and Michael Perez-Rogers to clock in at 3:12.83 in the 4x400 relay, a mark that ranks third in school history. Michael Montgomery is seventh in the pole vault with a lifetime-best 16-08. On the women's side, Whitney Knox and Hollie Harris cracked the top-10 in the 60m (7.85) and 400m (57.68), respectively, while Riley Cooks tied for sixth in the 200m (25.04) and notched the program's second-best time in the 60m hurdles at 8.64 seconds. Harris, Davis, Brianna Wilson and Natalie O'Dwyer are also eighth in the 4x400. In the field events, Jodi Lambert has etched her name in the record books in the pole vault, while Brianna Viltz (46-02.75) and Fatima Vergara (44-10.25) have done the same in the shot put.

HELLO, SEATTLE

The Beach travels to Seattle, Wash., for all but one of its indoor meets this year. LBSU opened the month-long campaign at the UW Invitational, and made its way back to Seattle for the Husky Classic (Feb. 12-13). The MPSF Championships are also going to be held at the University of Washington this weekend. The only meet on Long Beach State's slate that is not in Seattle is the NCAA Indoor Championships, which are set to take place in Alabama.

WELCOME HOME

Long Beach State's Jack Rose Track recently underwent a multi-million dollar renovation. The centerpiece is the track and its design features, and when all phases are complete, the stadium will boast seating for 5,000 spectators. With this, and other important elements accomplished, the redesign will complete the vision of a national-class facility that can play host to major invitational meets as well as NCAA and U.S. Track and Field championships. For the first time since 2005, the 49ers will be able to hold their annual home meet, the Beach Invitational, on campus. LBSU is also set to host the 2016 Big West Outdoor Track & Field Championships at Jack Rose Track in May.

UP NEXT

Long Beach State opens the outdoor season at the Cal Opener in Berkeley on March 5, while the NCAA Indoor Championships are scheduled for March 11-12 in Birmingham, Ala.

2016 MEN'S INDOOR SEASON BESTS

60m						
Name	Mark	Date	Place	Meet	Site	
Dylan McCloskey	7.17	Jan. 30	21st	UW Invitational	Seattle, Wash.	
A.J. Elam	7.45	Jan. 30	34th	UW Invitational	Seattle, Wash.	
200m						
Name	Mark	Date	Place	Meet	Site	
Kemonie Briggs	22.17	Jan. 29	11th	UW Invitational	Seattle, Wash.	
Dylan McCloskey	22.31	Jan. 29	15th	UW Invitational	Seattle, Wash.	
Michael Perez-Rogers	22.44	Jan. 29	20th	UW Invitational	Seattle, Wash.	
Willie Alexander	22.57	Jan. 29	24th	UW Invitational	Seattle, Wash.	
Daniel York-Mouton	22.78	Jan. 29	28th	UW Invitational	Seattle, Wash.	
A.J. Elam	23.09	Jan. 29	37th	UW Invitational	Seattle, Wash.	
400m						
Name	Mark	Date	Place	Meet	Site	
Kemonie Briggs	47.84	Feb. 13	4th	Husky Classic	Seattle, Wash.	
Dylan McCloskey	48.81	Feb. 13	10th	Husky Classic	Seattle, Wash.	
Daniel York-Mouton	49.30	Jan. 30	14th	UW Invitational	Seattle, Wash.	
Ryan Colebrook	51.15	Jan. 30	33rd	UW Invitational	Seattle, Wash.	
60m Hurdles						
Name	Mark	Date	Place	Meet	Site	
Herman Day	8.70	Jan. 30	16th	UW Invitational	Seattle, Wash.	
John Broadhead	9.17	Jan. 30	17th	UW Invitational	Seattle, Wash.	
4x400m Relay						
Name	Mark	Date	Place	Meet	Site	
Briggs, McCloskey, York-Mouton, Perez-Rogers	3:12.83	Feb. 13	3rd	Husky Classic	Seattle, Wash.	
Briggs, McCloskey, York-Mouton, Colebrook	3:14.70	Jan. 30	3rd	UW Invitational	Seattle, Wash.	
High Jump						
Name	Mark	Date	Place	Meet	Site	
Herman Day	6-02.75	Jan. 30	T8th	UW Invitational	Seattle, Wash.	
John Broadhead	6-02.75	Jan. 30	11th	UW Invitational	Seattle, Wash.	
Pole Vault						
Name	Mark	Date	Place	Meet	Site	
Michael Montgomery	16-08.00	Feb. 12	T7th	Husky Classic	Seattle, Wash.	
Conner Rouse	16-08.00	Feb. 12	T10th	Husky Classic	Seattle, Wash.	
Xander Cooper	16-01.25	Jan. 29	T9th	UW Invitational	Seattle, Wash.	
Paul Thenard	15-01.50	Jan. 29	T14th	UW Invitational	Seattle, Wash.	
Dustin Wert	15-01.50	Jan. 29	T14th	UW Invitational	Seattle, Wash.	
Long Jump						
Name	Mark	Date	Place	Meet	Site	
Willie Alexander	23-02.75	Jan. 30	6th	UW Invitational	Seattle, Wash.	
John Broadhead	20-08.50	Jan. 30	T19th	UW Invitational	Seattle, Wash.	
Herman Day	19-04.75	Jan. 30	25th	UW Invitational	Seattle, Wash.	
Shot Put						
Name	Mark	Date	Place	Meet	Site	
Robert Marlow	49-07.24	Jan. 30	16th	UW Invitational	Seattle, Wash.	
Sullivan Wall	48-04.50	Jan. 30	T17th	UW Invitational	Seattle, Wash.	
Herman Day	40-10.25	Jan. 30	26th	UW Invitational	Seattle, Wash.	
Weight Throw						
Name	Mark	Date	Place	Meet	Site	
Kody Robison	63-09.75	Jan. 30	1st	UW Invitational	Seattle, Wash.	
James Hubbard	62-09.50	Feb. 12	4th	Husky Classic	Seattle, Wash.	
Robert Marlow	61-01.25	Jan. 30	3rd	UW Invitational	Seattle, Wash.	

2016 WOMEN'S INDOOR SEASON BESTS

60m						
Name	Mark	Date	Place	Meet		Site
Courtne' Davis	7.59	Feb. 13	7th	Husky Classic		Seattle, Wash.
Whitney Knox	7.85	Jan. 30	20th	UW Invitational		Seattle, Wash.
Ashleigh Chambers	7.90	Jan. 30	T24th	UW Invitational		Seattle, Wash.
Kristina Goosby	7.90	Jan. 30	26th	UW Invitational		Seattle, Wash.
Madison Carney	8.09	Jan. 30	48th	UW Invitational		Seattle, Wash.
200m						
Name	Mark	Date	Place	Meet		Site
Riley Cooks	25.04	Jan. 29	10th	UW Invitational		Seattle, Wash.
Courtne' Davis	25.33	Jan. 29	18th	UW Invitational		Seattle, Wash.
Whitney Knox	25.83	Jan. 29	28th	UW Invitational		Seattle, Wash.
Kristina Goosby	26.02	Jan. 29	39th	UW Invitational		Seattle, Wash.
Hollie Harris	26.31	Jan. 29	49th	UW Invitational		Seattle, Wash.
Ashleigh Chambers	26.40	Jan. 29	50th	UW Invitational		Seattle, Wash.
Natalie O'Dwyer	26.64	Jan. 29	59th	UW Invitational		Seattle, Wash.
Madison Carney	26.77	Jan. 29	64th	UW Invitational		Seattle, Wash.
Kristin Snapper	27.62	Jan. 29	80th	UW Invitational		Seattle, Wash.
Delaney Smith	28.80	Jan. 29	81st	UW Invitational		Seattle, Wash.
400m						
Name	Mark	Date	Place	Meet		Site
Hollie Harris	57.68	Jan. 30	15th	UW Invitational		Seattle, Wash.
Brianna Wilson	58.11	Jan. 30	21st	UW Invitational		Seattle, Wash.
Taylor Lorack	60.09	Jan. 30	40th	UW Invitational		Seattle, Wash.
800m						
Name	Mark	Date	Place	Meet		Site
Brittany Anselmo	2:21.24	Jan. 30	52nd	UW Invitational		Seattle, Wash.
Alexandra Lathos	2:32.15	Jan. 30	62nd	UW Invitational		Seattle, Wash.
Mile						
Name	Mark	Date	Place	Meet		Site
Janet Salazar	5:36.20	Jan. 30	57th	UW Invitational		Seattle, Wash.
60m Hurdles						
Name	Mark	Date	Place	Meet		Site
Riley Cooks	8.64	Feb. 13	T2nd	Husky Classic		Seattle, Wash.
Kristin Snapper	10.02	Jan. 30	34th	UW Invitational		Seattle, Wash.
Delaney Smith	10.31	Jan. 30	35th	UW Invitational		Seattle, Wash.
4x400m Relay						
Name	Mark	Date	Place	Meet		Site
Harris, Davis, Wilson, O'Dwyer	3:55.93	Jan. 30	9th	UW Invitational		Seattle, Wash.
High Jump						
Name	Mark	Date	Place	Meet		Site
Aundrea Yancy	5-05.00	Jan. 30	T10th	UW Invitational		Seattle, Wash.
Riley Cooks	5-01.00	Jan. 30	21st	UW Invitational		Seattle, Wash.
Delaney Smith	4-07.00	Jan. 30	29th	UW Invitational		Seattle, Wash.
Kristin Snapper	4-07.00	Jan. 30	30th	UW Invitational		Seattle, Wash.
Pole Vault						
Name	Mark	Date	Place	Meet		Site
Jodi Lambert	12-00.50	Jan. 29	T10th	UW Invitational		Seattle, Wash.
Kennedy Krueger	11-06.50	Jan. 29	T17th	UW Invitational		Seattle, Wash.
Jessica Henslee	11-00.75	Jan. 29	T29th	UW Invitational		Seattle, Wash.
Lauren Bartsch	11-00.75	Jan. 29	T29th	UW Invitational		Seattle, Wash.
Lea Fong	11-00.75	Jan. 29	T29th	UW Invitational		Seattle, Wash.

Long Jump

Name	Mark	Date	Place	Meet	Site
Riley Cooks	17-08.75	Feb. 13	T14th	Husky Classic	Seattle, Wash.
Nikki Puerner	15-07.50	Jan. 30	36th	UW Invitational	Seattle, Wash.
Kristin Snapper	14-10.75	Jan. 30	39th	UW Invitational	Seattle, Wash.
Delaney Smith	14-08.00	Jan. 30	40th	UW Invitational	Seattle, Wash.

Triple Jump

Name	Mark	Date	Place	Meet	Site
Aundrea Yancy	36-01.50	Feb. 13	17th	Husky Classic	Seattle, Wash.
Nikki Puerner	34-11.75	Jan. 30	28th	UW Invitational	Seattle, Wash.

Shot Put

Name	Mark	Date	Place	Meet	Site
Brianna Viltz	46-02.75	Jan. 30	6th	UW Invitational	Seattle, Wash.
Fatima Vergara	44-10.25	Jan. 30	9th	UW Invitational	Seattle, Wash.
Jessica Rotter	41-06.50	Jan. 30	20th	UW Invitational	Seattle, Wash.
Riley Cooks	39-09.25	Jan. 30	24th	UW Invitational	Seattle, Wash.
Alanah Greenburg	38-06.00	Jan. 30	29th	UW Invitational	Seattle, Wash.
Kristin Snapper	30-02.00	Jan. 30	34th	UW Invitational	Seattle, Wash.
Delaney Smith	28-03.00	Jan. 30	35th	UW Invitational	Seattle, Wash.

Weight Throw

Name	Mark	Date	Place	Meet	Site
Fatima Vergara	61-04.00	Feb. 13	2nd	Husky Classic	Seattle, Wash.
Marina Shelton	60-05.00	Feb. 13	T6th	Husky Classic	Seattle, Wash.
Brianna Viltz	50-10.25	Jan. 29	15th	UW Invitational	Seattle, Wash.
Chaylene Bruggeman	47-09.75	Jan. 29	25th	UW Invitational	Seattle, Wash.



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) 16-08.00
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.	Kashus 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 Loebel (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.	Jon O'Neil (2002).....66-11.25
7.	Scot Breithaupt (2005).....4:16.14			2.	Colin Dunbar (2011).....65-00.75
8.	Johann Appell (2000).....4:16.69aa			3.	Robert Jennings (2006).....64-10.75
9.	Neil Chomos (1992).....4:17.54#			4.	Kody Robison (2016) 63-09.75
10.	Larry Henderson (2000).....4:19.26			5.	James Hubbard (2016) 62-09.50
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.	Mark Horist (2011).....4,834
9.	Terrance Wroblewski (2004).....8:35.22			4.	Herman Day (2015) 4,623
10.	Bret Hasvold (2011).....8:36.49			5.	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.	Emily Cooper (2013)..... 7.58aa	3.	Ludi Valdez (2006) 17:01.31	3.	Marylou Badillo (1998) 12-07.50
4.	Courtne' Davis (2016)..... 7.59	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.	Ashleigh Chambers (2015)..... 7.70	7.	Meredith Kramon (2005) 17:23.54	7.	Katie Crowe (2009) 11-11.75
8.	Kayla Goosby (2015)..... 7.72	8.	Jennifer Rodriguez (2011)..... 17:26.38	8.	Christina Lee (2001)..... 11-09.00
9.	BJ Triplett (2009)..... 7.80	9.	Jenny Yadon (2003)..... 18:12.38	9.	Kristin Hambaroff (2004) 11-07.75
10.	Whitney Knox (2016)..... 7.85	10.	Monica MacManus (1999) 18:25.64aa		Leslie Smith (2000) 11-07.75
200m		60 Meter Hurdles		Long Jump	
1.	Cathy Roberts (1988) 24.58	1.	Phylicia Johnson (2012) 8.46	1.	Marion Reneau (2000)..... 19-09.75
2.	Emily Cooper (2013)..... 24.63	2.	Riley Cooks (2016)..... 8.64	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.	Jasmin Winfield (2006)..... 24.92	5.	Elijah McDonald (2015) 8.77aa	5.	Ambre' Thompson (1992)..... 18-08.25
6.	Riley Cooks (2016)..... 25.04	6.	Kristen Kiefer (2012) 8.78	6.	Ami Ice (1989) 18-07.25
7.	Charlene Deardorff (2005)..... 25.04	7.	Gina Londono (2004)..... 8.91aa	7.	Cathy Roberts (1988)..... 18-06.75
8.	Patrice White (2006)..... 25.10	8.	Shannon Livingston (2001)..... 8.92aa	8.	Holly Lipscomb (2003) 18-05.25
9.	Ashleigh Chambers (2015)..... 25.12	9.	Marion Reneau (2000)..... 8.95aa	9.	Angie Scott (1992) 18-01.25
10.	Kayla Goosby (2014) 25.18	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.	Ruiz, Goldhammer, Fairweather, Atkinson (2003) 3:54.43	7.	Megan Irely (2004) 38-06.75
8.	Meghan Atkinson (2002) 57.50	8.	Harris, Davis, Willis, O'Dwyer (2016) 3:55.93	8.	Jasmine Tolbert (2002) 38-06.00
9.	Saedra Wright (2014) 57.66	9.	Martino, Cardenas, Hunt, Reneau (1998) 3:56.98	9.	Lynette Parker (1992) 38-00.25
10.	Hollie Harris (2016) 57.68	10.	Williams, Packard, Young, Atkinson (2002)..... 3:59.37	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.	Ejoro Okoro (2009) 2:15.60	6.	Barnard, Nunez, Randall, 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			8.	Destanie Yarbrough (2009)..... 45-02.25
9.	Alexis Trujillo (2014) 2:17.36			9.	Fatima Vergara (2016) 44-10.25
10.	Catherine Martinez (2014) 2:18.60aa			10.	Suzie Greganic (1992) 44-08.00
1 Mile		High Jump		20 lb. Weight Throw	
1.	Rosa Del Toro (2012)..... 4:50.75	1.	Katrina Graves-Johnson (2012)..... 5-11.50	1.	Fatima Vergara (2015) 62-05.00
2.	Missy Barclay (2008)..... 4:53.57	2.	Tayyiba Hanef (2000)..... 5-11.50	2.	Marina Shelton (2015) 60-08.50
3.	Jaclyn Pedersen (2006)..... 4:54.30	3.	Kristy Kierulff (1999) 5-11.50	3.	Jennifer Onyeagbako (2009)..... 58-01.25
4.	Meghan Foley (2013)..... 4:55.40	4.	Emily Forsythe (2004) 5-09.75	4.	Stephanie Sampson (2003)..... 55-05.50
5.	Christine Morgan (1991)..... 4:55.54#aa	5.	Lori Svoboda (1992)..... 5-09.25	5.	Kirran Moss (1997) 54-02.25
6.	Jenessa Botello (2007) 4:55.90	6.	Janelle Coulter (2009)..... 5-08.50	6.	Shannon Daniels (2002)..... 53-02.75
7.	Carly Harris (2009) 4:56.04		Taylor O'Connor (2010)..... 5-08.50	7.	Katelyn Ciarelli (2006)..... 52-08.75
8.	Nicole Blalock (2007) 4:56.70	8.	Aundrea Yancy (2014) 5-06.00	8.	Chaylene Bruggeman (2015)..... 52-04.75
9.	Annie Randall (2010) 4:59.85		Stephanie Armstrong (2012) 5-06.00	9.	Alexandra Cervantes (2013) 52-04.75
10.	Catherine Martinez (2012) 5:00.48	10.	Jaime Cuthbert-Allen (2005)..... 5-05.75	10.	Shari Harris (2011) 51-00.75
3000m				Pentathlon	
1.	Rosa Del Toro (2013)..... 9:22.08	1.	Taylor Jackson (2014)..... 3,658		
2.	Carly Harris (2009)..... 9:37.57	2.	Kristen Kiefer (2012) 3,585		
3.	Hillary Zator (2014)..... 9:46.69	3.	Riley Cooks (2015)..... 3,533		
4.	Sarah Apgar (2009) 9:47.27	4.	Jamie Cuthbert-Allen (2006)..... 3,445		
5.	Jennifer Rodriguez (2011)..... 9:49.06	5.	Wendy Izquierdo (2012) 3,410		
6.	Michelle Thompson (2013)..... 9:52.86	6.	Katie Black (2009) 3,359		
7.	Nina Moore (2011) 9:55.95	7.	Phylicia Johnson (2011) 3,155		
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.