



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

60m		5000 Meters		Pole Vault	
1.	Brent Gray (2009).....6.75	1.	Jimmy Grabow (2006).....13:44.04	1.	Jason Hinkin (1997).....18-06.50
2.	Austin Fowler (2009).....6.85aa	2.	Chris Enriquez (2014).....14:09.93	2.	Borya Celentano (1999).....18-00.50
3.	Dylan McCloskey (2013).....6.89aa	3.	Wolhan Ovalle (2007).....14:26.86	3.	Don Baird (1975).....17-09.50
4.	Charles Lewis (2006).....6.90aa	4.	Jake Dawson (2013).....14:37.37	4.	Tyler Wallace (2012).....17-01.75
5.	Jason Dolison (2001).....6.96aa	5.	Bret Hasvold (2011).....14:53.11	5.	Steve Smith (1973).....17-01.50
6.	Cameron Glasgow (2014).....6.97	6.	Dylan Jaedtke (2007).....14:56.70	6.	Paul Thenard (2017).....17-00.75
7.	Chandler White (2001).....7.00aa	7.	Terrance Wroblewski (2003).....15:02.48	7.	Conner Rouse (2015).....17-00.00
8.	Nathan Alade (2012).....7.01c	8.	Steven DeCastro (2012).....15:05.09	8.	Michael Montgomery (2016).....16-10.00
9.	Richard Crawford (2011).....7.02aa	9.	Eli Rodriguez (2007).....15:12.21	9.	Jimmy Camilo (2001).....16-07.25
10.	Daniel Gerlach (2002).....7.04aa	10.	Pat Bendzick (1996).....15:17.32aa	10.	Jeff Mulligan (1989).....16-05.00
200m		60 Meter Hurdles		Long Jump	
1.	Brent Gray (2009).....20.90	1.	Davon Wilson-Angel (2014).....8.05	1.	Kemonie Briggs (2017).....25-03.25
2.	Charles Lewis (2006).....21.47	2.	Koree Hines (2012).....8.09	2.	Willie Alexander (2013).....25-00.00
3.	Lewis Young (1998).....21.47	3.	Shino Suzumura (2003).....8.12	3.	Detric Cofield (1996).....24-05.50
4.	Michael Perez-Rogers (2015).....21.54	4.	Chris Lawson (2009).....8.16	4.	Jason Smith (2017).....24-01.75
5.	Cameron Glasgow (2015).....21.66	5.	Nimrod Piggee (2010).....8.18	5.	Chris Richardson (2007).....23-11.50
6.	Otis Dixon (1990).....21.68	6.	Devin Hickey (2013).....8.19	6.	Daniel Gerlach (2002).....23-08.50
7.	Jacob Glickman (1996).....21.69	7.	Armond Goodin (2006).....8.29aa	7.	Kenneth Medwood (2009).....23-06.75
8.	Kelsey Caesar (2008).....21.72	8.	Kenny Vinh (2001).....8.33aa	8.	Eric Nowell (2010).....23-06.25
9.	Terrance Riley (1990).....21.72	9.	Garrett Demirjian (2012).....8.36	9.	Ronald Carter (2006).....23-05.25
10.	Jaime Barragan (1996).....21.77	10.	Nicholas Armstrong (2010).....8.38	10.	Robert Nelson (2004).....23-02.75
400m		4x400m Relay		Triple Jump	
1.	Lewis Young (1999).....46.89	1.	Perez-Rogers, Glasgow, Lockett, McCloskey (2015).....3:12.13	1.	Ronald Carter (2007).....52-07.25
2.	Charles Lewis (2006).....47.31	2.	Pearson, Perona, Moore, Young (1999).....3:12.51	2.	John Temidara (2006).....51-03.75
3.	Cameron Glasgow (2015).....47.53	3.	Briggs, York-Mouton, McCloskey, Perez-Rogers (2016).....3:12.83	3.	Gregory Magee (1977).....51-01.50
4.	Kashus Perona (2000).....47.55	4.	Langston, Riley, Billoups, Dixon (1990).....3:13.58	4.	Ryan Sanders (2015).....50-08.00
5.	Michael Perez-Rogers (2015).....47.61	5.	McCloskey, Glasgow, Perez-Rogers, Smith (2014).....3:14.59	5.	Manny Neizer (2012).....50-06.00
6.	Kemonie Briggs (2016).....47.84	6.	Briggs, McCloskey, York-Mouton, Colebrook (2016).....3:14.70	6.	Michael Vaughan (2013).....48-10.00
7.	Roosevelt Langston (1990).....47.98	7.	Pearson, Perona, Carson, Young (1999).....3:14.95	7.	Haben Hagos (2004).....48-04.00
8.	Brent Gray (2008).....48.04	8.	B. Gray, Goldberg, Freitas, Lewis (2007).....3:15.21	8.	Willie Alexander (2013).....48-03.25
9.	Kelsey Caesar (2008).....48.09	9.	Lawson, Fowler, Piggee, Crawford (2009).....3:15.44	9.	Rodney Hawkins (2009).....47-09.00
10.	Tyrone Pearson (2000).....48.10	10.	Sweeney, Lawson, Crawford, Jeter (2011).....3:15.48	10.	Eric Nowell (2010).....47-08.00
800m		Distance Medley Relay		Shot Put	
1.	Alex Freitas (2008).....1:49.83	1.	Cobian, Lewis, Freitas, Grabow (2007).....9:51.55	1.	Jon O'Neil (2002).....61-10.50
2.	Larry Henderson (2000).....1:51.40	2.	Maldonado, Medwood, Freitas, Arcos (2009).....9:52.53	2.	Jacob Weintraub (2012).....58-09.25
3.	Matt Bates (2002).....1:51.57	3.	Arcos, Jeter, Evans, Reedy (2011).....10:00.21	3.	Ezra Kwong (2007).....58-06.25
4.	Gabe Hilbert (2012).....1:52.12	4.	Evans, Medwood, Granville, Freitas (2010).....10:01.87	4.	Colin Dunbar (2011).....56-06.00
5.	Hudson Wilvers (2008).....1:52.61	5.	Maldonado, Gray, Freitas, Arcos (2009).....10:03.68	5.	David Sampson (2006).....56-05.75
6.	Mario Cobian (2006).....1:52.62	6.	Breithaupt, Douglas, Bruton, Estrella (2005).....10:06.57	6.	Victor Martin (2015).....56-00.00
7.	Chris Low (2014).....1:52.88	7.	Wilvers, Lawson, Freitas, Thomas (2008).....10:12.45	7.	Jacob Fraser (2015).....55-07.00
8.	Neil Chomos (1991).....1:54.05	8.	Maldonado, Van Bostel, Naasz, Hilbert (2012).....10:13.53	8.	Cory Loebel (2003).....54-10.75
9.	Matt Maldonado (2009).....1:54.13	9.	Campbell, Dickran, Cardinali, Garcia (2004).....10:15.20	9.	Damon DeVault (1997).....54-03.75
10.	Josh Campbell (2004).....1:54.22	10.	Reedy, Evans, Arcos, Hasvold (2011).....10:17.93	10.	Kellen Boaz (2006).....52-11.50
1 Mile		High Jump		35 lb. Weight Throw	
1.	Matt Maldonado (2012).....3:59.08	1.	Dwight Stones (1976).....7-06.50	1.	James Hubbard (2016).....72-06.50
2.	Mario Cobian (2007).....4:11.85	2.	John Temidara (2004).....7-02.75	2.	Jon O'Neil (2002).....66-11.25
3.	Alex Freitas (2009).....4:11.93	3.	Alex Black (2010).....7-00.50	3.	Robert Marlow (2017).....66-06.00
4.	Raul Arcos (2011).....4:13.21	4.	Vincent Calhoun (2017).....6-11.00	4.	Kody Robison (2016).....66-04.25
5.	Chris Low (2015).....4:15.28	5.	Haben Hagos (2005).....6-10.25	5.	Colin Dunbar (2011).....65-00.75
6.	Gabe Hilbert (2012).....4:15.49	6.	David Puffer (1989).....6-10.00	6.	Robert Jennings (2006).....64-10.75
7.	Scott Breithaupt (2005).....4:16.14	7.	Nicholas Armstrong (2010).....6-09.50	7.	Joel Baez (2013).....59-11.00
8.	Johann Appell (2000).....4:16.69aa	8.	Corey Johnson (1997).....6-09.00	8.	Josh Villalobos (2013).....59-05.50
9.	Neil Chomos (1992).....4:17.54#	9.	Brad Zarembski (2010).....6-08.75	9.	Rajan Bains (2011).....58-03.75
10.	Larry Henderson (2000).....4:19.26	10.	Dan Trautner (2005).....6-08.25	10.	Ezra Kwong (2007).....57-04.25
3000 Meters		3000 Meters		Heptathlon	
1.	Jimmy Grabow (2007).....7:59.40	1.	Jimmy Grabow (2007).....7:59.40	1.	Nicholas Armstrong (2011).....5,399
2.	Chris Enriquez (2014).....8:18.01	2.	Chris Enriquez (2014).....8:18.01	2.	Chris Richardson (2007).....5,363
3.	Heath Reedy (2011).....8:19.16	3.	Heath Reedy (2011).....8:19.16	3.	Herman Day (2016).....5,265
4.	Travis Kuhlman (2010).....8:25.45	4.	Travis Kuhlman (2010).....8:25.45	4.	Mark Horist (2011).....4,834
5.	Jake Dawson (2013).....8:25.77	5.	Jake Dawson (2013).....8:25.77	5.	John Broadhead (2017).....4,394
6.	Wolhan Ovalle (2007).....8:26.96	6.	Wolhan Ovalle (2007).....8:26.96	6.	Cameron Pizzica (2015).....4,274
7.	Steven DeCastro (2010).....8:29.60	7.	Steven DeCastro (2010).....8:29.60		
8.	Raul Arcos (2011).....8:32.47	8.	Raul Arcos (2011).....8:32.47		
9.	Terrance Wroblewski (2004).....8:35.22	9.	Terrance Wroblewski (2004).....8:35.22		
10.	Bret Hasvold (2011).....8:36.49	10.	Bret Hasvold (2011).....8:36.49		

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



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

60m		500m		Pole Vault	
1.	Amaris Buchanan (1999)..... 7.47	1.	Rosa Del Toro (2013)..... 16:23.15	1.	Connie Jerz (2002)..... 13-03.50
2.	Courtne' Davis (2017) 7.50	2.	Hillary Zator (2014)..... 17:00.64	2.	Jill Reynolds (2007)..... 12-11.50
3.	Charlene Deardorff (2005)..... 7.56aa	3.	Ludi Valdez (2006)..... 17:01.31	3.	Marylou Badillo (1998)..... 12-07.50
4.	Ashleigh Chambers (2017) 7.58	4.	Michelle Thompson (2013)..... 17:11.86	4.	Kayla Kamaka (2014)..... 12-06.50
	Emily Cooper (2013)..... 7.58aa	5.	Nina Moore (2011)..... 17:22.36	5.	Rebecca Adams (2007)..... 12-01.50
6.	Azaria Hill (2017) 7.61	6.	Kristina Wilson (2009)..... 17:22.63	6.	Jodi Lambert (2016)..... 12-00.50
	Jessica Branker (2006)..... 7.61aa	7.	Meredith Kramon (2005)..... 17:23.54	7.	Katie Crowe (2009)..... 11-11.75
8.	Madison Carney (2017) 7.62	8.	Jennifer Rodriguez (2011)..... 17:26.38	8.	Christina Lee (2001)..... 11-09.00
9.	Patrice White (2007)..... 7.64aa	9.	Jenny Yadon (2003)..... 18:12.38	9.	Kennedy Krueger (2016)..... 11-08.00
10.	Whitney Knox (2016) 7.70	10.	Monica MacManus (1999)..... 18:25.64aa	10.	Kristin Hambaroff (2004)..... 11-07.75
					Leslie Smith (2000)..... 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.	Elijah McDonald (2017) 8.68	3.	Riley Cooks (2017) 18-11.25
	Amaris Buchanan (1999)..... 24.70	4.	Shakina Phillips (2012)..... 8.71	4.	Kristen Kiefer (2012)..... 18-09.25
5.	Ashleigh Chambers (2017) 24.71	5.	Ericka Feazell (2008)..... 8.75	5.	Phylicia Johnson (2009)..... 18-08.50
6.	Courtne' Davis (2016) 24.77	6.	Kristen Kiefer (2012)..... 8.78	6.	Ambre' Thompson (1992)..... 18-08.25
7.	Jasmin Winfield (2006)..... 24.92	7.	Gina Londono (2004)..... 8.91aa	7.	Melanee Williams (2017) 18-07.25
8.	Riley Cooks (2016) 25.04	8.	Shannon Livingston (2001)..... 8.92aa		Ami Ice (1989)..... 18-07.25
	Charlene Deardorff (2005)..... 25.04	9.	Marion Reneau (2000)..... 8.95aa	9.	Cathy Roberts (1988)..... 18-06.75
10.	Patrice White (2006)..... 25.10	10.	Amber Clark (2014)..... 8.97	10.	Holly Lipscomb (2003)..... 18-05.25
400m		4x400 Relay		Triple Jump	
1.	Kerri Zaleski (1988)..... 54.79	1.	Winfield, Branker, Deardorff, White (2006)..... 3:46.14	1.	Mia Mobley (2010)..... 39-10.50
2.	Asa Karlsson (1997)..... 55.43	2.	Winfield, Branker, White, Deardorff (2005)..... 3:49.84	2.	Jasmine Bass (2017) 39-06.50
3.	Anaya Alexander (2017) 56.56	3.	Wright, Cooper, Askew, Hairanian (2013)..... 3:50.00	3.	Gladys Iwuaba (2002)..... 39-05.75
4.	Le'Gretta Hinds (1996)..... 56.66	4.	Kruthers, Askew, Kiefer, Wright (2012)..... 3:52.22c	4.	Kenya Jimerson (2002)..... 39-05.00
5.	Jasmine Winfield (2006)..... 56.76	5.	Askew, Cooper, Kruthers, Wright (2014)..... 3:52.48aa	5.	Tisha Uwadiale (2007)..... 39-00.50
6.	Jasmine Askew (2013)..... 56.80	6.	Bedford, Buchanan, D. Jones, Reneau (1999)..... 3:53.03	6.	Holly Lipscomb (2004)..... 38-11.50
7.	Alex Kruthers (2014)..... 56.84	7.	Davis, Wilson, Chambers, Knox (2016)..... 3:53.95	7.	Tammura Hawthorne (1992)..... 38-09.25
8.	Tavajia Richardson (2017) 57.13	8.	Ruiz, Goldhammer, Fairweather, Atkinson (2003)..... 3:54.43	8.	Megan Irey (2004)..... 38-06.75
9.	Jessica Williams (2002)..... 57.25	9.	Alexander, Richardson Chambers, Davis (2017)..... 3:55.63	9.	Jasmine Tolbert (2002)..... 38-06.00
10.	Meghan Atkinson (2002)..... 57.50	10.	Harris, Davis, Wilson, O'Dwyer (2016)..... 3:55.93	10.	Lynette Parker (1992)..... 38-00.25
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, 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			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.	De'Ondra Young (2017) 68-11.75
2.	Missy Barclay (2008)..... 4:53.57	2.	Tayyiba Haneef (2000)..... 5-11.50	2.	Marina Shelton (2016)..... 62-11.50
3.	Jaclyn Pedersen (2006)..... 4:54.30	3.	Kristy Kierulff (1999)..... 5-11.50	3.	Fatima Vergara (2016)..... 62-11.50
4.	Meghan Foley (2013)..... 4:55.40	4.	Emily Forsythe (2004)..... 5-09.75	4.	Jennifer Onyeagbako (2009)..... 58-01.25
5.	Christine Morgan (1991)..... 4:55.54#aa	5.	Lori Svoboda (1992)..... 5-09.25	5.	Stephanie Sampson (2003)..... 55-05.50
6.	Jenessa Botello (2007)..... 4:55.90	6.	Bria Palmer (2017) 5-08.75	6.	Kirran Moss (1997)..... 54-02.25
7.	Carly Harris (2009)..... 4:56.04	7.	Janelle Coulter (2009)..... 5-08.50	7.	Shannon Daniels (2002)..... 53-02.75
8.	Nicole Blalock (2007)..... 4:56.70	8.	Taylor O'Connor (2010)..... 5-08.50	8.	Katelyn Ciarrelli (2006)..... 52-08.75
9.	Annie Randall (2010)..... 4:59.85	9.	Diana Acholonu (2017) 5-06.50	9.	Chaylene Bruggeman (2015)..... 52-04.75
10.	Catherine Martinez (2012)..... 5:00.48		Aundrea Yancy (2014)..... 5-06.00		Alexandra Cervantes (2013)..... 52-04.75
3000m				Pentathlon	
1.	Rosa Del Toro (2013)..... 9:22.08			1.	Riley Cooks (2016) 3,690
2.	Carly Harris (2009)..... 9:37.57			2.	Taylor Jackson (2014)..... 3,658
3.	Hillary Zator (2014)..... 9:46.69			3.	Kristen Kiefer (2012)..... 3,585
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 USTFCCA Standardized Conversion Factors
 Current 49ers in **bold italics**