

**LONG BEACH STATE BLACK and GOLD INTERSQUAD MEET
MEN'S ALL-TIME TOP-10 LIST
12/13/2011**

150 Meters

1.	15.0	Gray, Brent	'06
2.	15.6	Goldberg, Alex	'06
3.	15.7	Gray, Brent	'07
4.	15.8	Gray, Brent	'08
4.	15.8	Fowler, Austin	'07
6.	15.9	Alade, Nathan	10
6.	15.9	Lewis, Charles	'05
6.	15.9	Perona, Kashus	'99
9.	16.0	Crawford, Richard	10
9.	16.0	Fowler, Austin	'08
9.	16.0	Perona, Kashus	'00
9.	16.0	Barragan, Jamie	'93

55 Meter Hurdles

1.	7.3	Piggee, Nimrod	10
1.	7.3	Suzumuara, Shingo	'03
3.	7.3	Lawson, Chris	10
3.	7.4	Goodin, Armond	'06
3.	7.4	Mudge, Mike	'03
6.	7.5	Jeter, Sam	10
6.	7.5	Richardson, Chris	'06
8.	7.6	Armstrong, Nicholas	10
8.	7.6	Piggee, Rod	09
8.	7.6	Piggee, Rod	07
8.	7.6	Cablayan, Gary	95
8.	7.6	Cablayan, Gary	94
8.	7.6	Lawson, Chris	11
8.	7.6	Hines, Koree	11

800 Meters

1.	1:52.7	Henderson, Larry	'99
2.	1:54.5	Young, Lewis	'97
3.	1:55.0	Dickran, Michael	'02
4.	1:56.2	Freitas, Alex	'06
5.	1:56.7	Bates, Matt	'01
5.	1:56.7	Perona, Kashus	'98
7.	1:57.5	Bruton, Jason	'04
8.	1:58.24	Arcos, Raul	10
9.	1:58.2	Granville, Mario	09
9.	1:58.2	Word, Kevin	'06
9.	1:58.2	Cardinalli, Steve	'04

300 Meters

1.	33.3	Gray, Brent	'08
2.	33.6	James, Jamaal	'01
3.	33.7	Perona, Kashus	'00
4.	33.8	Fowler, Austin	'08
5.	34.1	Caesar, Kelsey	'07
5.	34.1	Perona, Kashus	'99
7.	34.3	Gray, Brent	'07
8.	34.4	James, Jamaal	'02
8.	34.4	Smith, Earl	'99
10.	34.5	Lockett, Jahmani	11

300 Meter Hurdles

1.	36.5	Jeter, Sam	10
2.	37.3	Lawson, Chris	11
3.	37.5	Lawson, Chris	10
4.	37.7	Jeter, Sam	11
5.	39.0	Piggee, Nimrod	07
6.	39.2	Cedeno, Frank	'07
7.	39.5	Phillips, Spencer	'07
8.	39.7	Gomez, Robert	'06
9.	39.9	Enriquez, Nathan	'03
10.	39.9	Patrella, Ryan	11

1600 Meters

1.	4:15.74	Arcos, Raul	10
2.	4:16.2	Cobian, Mario	'06
3.	4:17.5	Freitas, Alex	'07
3.	4:17.5	Bates, Matt	'04
5.	4:19.5	Freitas, Alex	'06
6.	4:20.2	Campbell, Josh	'03
7.	4:21.4	Garcia, Art	'03
8.	4:23.8	Hilbert, Gabe	11
9.	4:23.1	Ovalle, Wolhan	'04
10.	4:23.3	Estrella, Danny	'05

500 Meters

1.	63.6	Medwood, Kenny	09
1.	63.6	Barragan, Jaime	'94
3.	64.0	Sweeney, Chris	09
4.	64.1	Granville, Mario	09
4.	64.1	Lewis, Charles	'06
6.	64.2	Goldberg, Alex	'06
7.	64.3	Stephens, Karl	'96
8.	64.4	Lewis, Charles	'05
8.	64.4	Perona, Kashus	'96
10.	64.6	Obiora, Uchenna	'06

3200 Meters

1.	8:51.3	Grabow, Jimmy	'06
2.	8:59.8	Grabow, Jimmy	'05
3.	9:01.9	Wroblewski, Terranc	'04
4.	9:12.6	Tesfa, Fitsum	'05
5.	9:13.1	DeCastro, Steven	11
6.	9:13.4	Kuhlman, Travis	'07
7.	9:14.6	Dawson, Jake	11
8.	9:14.81	Maldonado, Matt	09
9.	9:16.1	DeCastro, Steven	10
10.	9:16.71	Reedy, Heath	08

2000 meter Steeple Chase

1.	6:07.4	Lawrence, Kenny	'04
2.	6:16.4	Ponce de Leon, And	'04
3.	6:17.1	Lawrence, Kenny	'03
4.	6:18.8	Bayne, Chris	'02
5.	6:19.6	Bayne, Chris	'03
6.	6:20.7	Martin, Cory	'03
7.	6:23.3	Martin, Cory	'02
8.	6:29.4	Ponce de Leon, And	'03
9.	6:33.0	Hall, Matt	'03
10.	6:34.2	Dempster, Ken	'95

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High Jump (8 step)

1.	7-0.25	Temidara, John	'04
2.	6-10.75	Temidara, John	'05
3.	6-10	Black, Alex	'09
4.	6-8	Black, Alex	'07
4.	6-8	Temidara, John	'03
4.	6-8	Johnson, Cory	'96
7.	6-6.75	Richardson, Chris	'05
8.	6-6.25	Trautner, Dan	'04
9.	6-6	Jenkins, Keving	11
9.	6-6	Zarembski, Brad	'09
9.	6-6	Black, Alex	'08
9.	6-6	Black, Alex	'06

Shot Put

1.	57-11	O'Neil, Jon	'01
2.	57-5	Weintraub, Jacob	11
3.	56-3	Loebl, Cory	'01
4.	55-4	Kwong, Ezra	'06
5.	55-2.5	Dunbar, Collin	'10
6.	53-6	Sampson, David	'05
7.	53-5	Kwong, Ezra	'05
8.	53-1	Loebl, Cory	'04
9.	52-2.75	O'Neil, Jon	'98
10.	52-0	Richardson, Chris	'07

Hammer Throw

1.	209-5.5	Dunbar, Colin	'10
2.	195-1	Baez, Joel	11
3.	191-9	Villalobos, Josh	11
4.	186-9	Holland, Steve	'04
5.	186-5	Dunbar, Colin	'09
6.	184-0	Jennings, Robert	'07
7.	182-6	O'Neil, Jon	'01
8.	181-4	Loebl, Cory	'02
9.	177-4	Bains, Rajan	'10
10.	175-0	Kwong, Ezra	'05

Pole Vault (7 stride)

1.	16-9	Hinkin, Jason	'95
2.	16-7	Celentano, Borya	'98
2.	16-7	Hinkin, Jason	'96
4.	16-2	Wallace, Tyler	11
5.	16-0	Camilo, Jimmy	'01
6.	15-6	Hierholzer, Brando	11
6.	15-6	Horist, Mark	11
6.	15-6	Wallace, Tyler	10
6.	15-6	Celentano, Borya	'99
6.	15-6	Hinkin, Jason	'94

Discus

1.	180-0	Loebl, Cory	'02
2.	177-8	O'Neil, Jon	'01
3.	174-3	Cornell, Eddie	'05
4.	172-3	O'Neil, Jon	'98
5.	171-3	Jennings, Robert	'07
6.	168-4	Kwong, Ezra	'05
7.	167-5	Jennings, Robert	'06
8.	167-0	DeVault, Damon	'96
9.	166-6	Loebl, Cory	'01
10.	165-8.5	Dunbar, Colin	'09

35# Weight Throw

1.	63-4	O'Neil, Jon	'01
2.	60-5	Jennings, Robert	'06
3.	55-9	Jennings, Robert	'05
4.	55-6	Kwong, Ezra	'06
5.	54-0	Boaz, Kellen	'06
6.	52-5	Sampson, David	'06
7.	50-10	Cornell, Eddie	'05
8.	49-11	Carpenter, Jason	'01
9.	48-2	Sampson, David	'05
10.	41-0	Alvarez, Francisco	'96

Long Jump (10 Step)

1.	23-10	Richardson, Chris	'06
2.	23-4	Carter, Ronald	'05
3.	22-10.5	Richardson, Chris	'07
4.	22-5.75	Richardson, Chris	'05
5.	22-3	Nelson, Robert	'05
6.	22-0	Cofield, Detric	'95
7.	21-0	Nowell, Eric	'10
8.	21-9.75	Neizer, Manny	'10
8.	21-9.75	Nowell, Eric	'09
10.	21-9	Hagos, Haben	'04

Javelin (5 step)

1.	219-4	Richardson, Chris	'07
2.	204-11	Rodriguez, Frank	'02
3.	203-0	Blandford, Sean	'03
4.	198-4	Loebl, Cory	'02
5.	193-10	Gray, Tyson	'07
6.	190-7	Blandford, Sean	'02
7.	189-9.5	Woodruff, Ben	11
8.	187-8	Loebl, Cory	'01
9.	187-1	Sanchez, Hector	'93
10.	186-2	Cranford, Cory	'02

Decathlon

1.	6260	Frudakis, Jason	'93
2.	5910	Camilo, Jimmy	'99
3.	5862	Christensen, Richard	'99
4.	5671	Shirley, John	'93
4.	5671	Gartin, Bryan	'93

Triple Jump (10 step)

1.	51-9	Carter, Ronald	'06
2.	50-11.5	Carter, Ronald	'05
3.	49-1	Neizer, Manny	11
4.	48-10	Nowell, Eric	'10
5.	48-8	Temidara, John	'05
6.	48-5	Neizer, Manny	09
7.	47-11	Vaughan, Michael	11
8.	47-7	Nowell, Eric	'09
9.	46-11	Hagos, Haben	'04
10.	46-9	Hawkins, Rodney	'07

Javelin (Full Approach)

1.	220-10	Woodruff, Ben	11
2.	206-5	Gray, Tyson	'07
3.	204-11	Blandford, Sean	'02
4.	200-6	Smith, Pat	'06
5.	200-2	Rodriguez, Frank	'01
6.	193-2	Loebl, Cory	'01
7.	189-3	Woodruff, Ben	10
8.	187-3	Loebl, Cory	'02
9.	186-5.5	Keller, Braden	'10
10.	184-3	Blandford, Sean	'01