



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

60m		5000 Meters		7. Corey Johnson (1997).....6-09.00	
1.	Brent Gray (2009).....6.75	1.	Jimmy Grabow (2006).....13:44.04	8.	Brad Zarembski (2010).....6-08.75
2.	Austin Fowler (2009).....6.85aa	2.	Wolhan Ovalle (2007).....14:26.86	9.	Dan Trautner (2005).....6-08.25
3.	Charles Lewis (2006).....6.90aa	3.	Bret Hasvold (2011)14:53.11		Aaron Junta (1996).....6-08.25
4.	Jason Dolison (2001).....6.96aa	4.	Dylan Jaedtke (2007).....14:56.70	Pole Vault	
5.	Chandler White (2001).....7.00aa	5.	Terrance Wroblewski (2003).....15:02.48	1.	Jason Hinkin (1997).....18-06.50
6.	Nathan Alade (2012)7.01c	6.	Steven DeCastro (2012)15:05.09	2.	Borya Celentano (1999).....18-00.50
7.	Richard Crawford (2011).....7.02aa	7.	Eli Rodriguez (2007).....15:12.21	3.	Don Baird (1975).....17-09.50
8.	Daniel Gerlach (2002).....7.04aa	8.	Pat Bendzick (1996).....15:17.32aa	4.	Tyler Wallace (2012)17-01.75
9.	Jahmani Lockett (2012)7.07c	9.	Jacob Kruczynski (2005).....15:37.06	5.	Steve Smith (1973).....17-01.50
10.	Alex Hughes (2007).....7.08	10.	Brian Stehmeier (2002).....15:55.28aa	6.	Jimmy Camilo (2001).....16-07.25
200m		60 Meter High Hurdles		7.	Jeff Mulligan (1989).....16-05.00
1.	Brent Gray (2009).....20.90	1.	Koree Hines (2012)8.09	8.	Adrian Ruark (2003).....16-04.75
2.	Charles Lewis (2006).....21.47	2.	Shino Suzumura (2003).....8.12	9.	Brandon Hierholzer (2012)16-00.75
3.	Lewis Young (1998).....21.47	3.	Chris Lawson (2009)8.16	10.	Jeff Truman (1999).....15-11.00
4.	Otis Dixon (1990).....21.68	4.	Nimrod Piggee (2010).....8.18	Long Jump	
5.	Jacob Glickman (1996).....21.69	5.	Armond Goodin (2006).....8.29aa	1.	Detric Cofield (1996).....24-05.50
6.	Kelsey Caesar (2008).....21.72	6.	Kenny Vinh (2001).....8.33aa	2.	Chris Richardson (2007).....23-11.50
7.	Terrance Riley (1990).....21.72	7.	Garrett Demirjian (2012)8.36	3.	Daniel Gerlach (2002).....23-08.50
8.	Jaime Barragan (1996).....21.77	8.	Nicholas Armstrong (2010).....8.38	4.	Kenneth Medwood (2009).....23-06.75
9.	Austin Fowler (2009).....21.78	9.	Jimmy Camilo (2002).....8.41aa	5.	Eric Nowell (2010).....23-06.25
10.	Gary Uribe (1988).....21.84	10.	Chris Richardson (2008).....8.49	6.	Ronald Carter (2006).....23-05.25
400m		4x400m Relay		7.	Robert Nelson (2004).....23-02.75
1.	Lewis Young (1999).....46.89	1.	Pearson, Perona, Moore, Young (1999).....3:12.51	8.	Collin Cram (2009).....23-00.00
2.	Charles Lewis (2006).....47.31	2.	Langston, Riley, Billoups, Dixon (1990).....3:13.58	9.	Manny Neizer (2010)22-10.50
3.	Kashus Perona (2000).....47.55	3.	Pearson, Perona, Carson, Young (1999).....3:14.95	10.	Cameron Gillett (2009).....22-09.25
4.	Roosevelt Langston (1990).....47.98	4.	B. Gray, Goldberg, Freitas, Lewis (2007).....3:15.21	Triple Jump	
5.	Brent Gray (2008).....48.04	5.	Lawson, Fowler, Piggee, Crawford (2009).....3:15.44	1.	Ronald Carter (2007).....52-07.25
6.	Kelsey Caesar (2008).....48.09	6.	Sweeney, Lawson, Crawford, Jeter (2011).....3:15.48	2.	John Temidara (2006).....51-03.75
7.	Tyrone Pearson (2000).....48.10	7.	Names unavailable (1988).....3:15.58	3.	Gregory Magee (1977).....51-01.50
8.	Kenneth Medwood (2010).....48.12	8.	B. Gray, Goldberg, Holley, K. Caesar (2008).....3:16.31	4.	Manny Neizer (2012)50-06.00
9.	Jahmani Lockett (2012)48.30	9.	Stephens, Moore, Cablayan, Young (1997).....3:16.80	5.	Haben Hagos (2004).....48-04.00
10.	Sam Jeter (2010)48.31	10.	Crawford, Freitas, Evans, Jeter (2010).....3:16.91	6.	Michael Vaughan (2012)48-03.50
800m		Distance Medley Relay		7.	Rodney Hawkins (2009).....47-09.00
1.	Alex Freitas (2009).....1:49.44	1.	Cobian, Lewis, Freitas, Grabow (2007).....9:51.55	8.	Eric Nowell (2010).....47-08.00
2.	Larry Henderson (2000).....1:51.40	2.	Maldonado, Medwood, Freitas, Arcos (2009).....9:52.53	9.	Cornelius Jones (1997).....47-01.50
3.	Matt Bates (2002).....1:51.57	3.	Arcos, Jeter, Evans, Reedy (2011).....10:00.21	10.	Chris Czerwinski (1996).....47-01.25
4.	Gabe Hilbert (2012)1:52.12	4.	Evans, Medwood, Granville, Freitas (2010).....10:01.87	Shot Put	
5.	Hudson Wilvers (2008).....1:52.61	5.	Maldonado, Gray, Freitas, Arcos (2009).....10:03.68	1.	Jon O'Neil (2002).....61-10.50
6.	Mario Cobian (2006).....1:52.62	6.	Breithaupt, Douglas, Bruton, Estrella (2005).....10:06.57	2.	Jacob Weintraub (2012)58-09.25
7.	Neil Chomos (1991).....1:54.05	7.	Wilvers, Lawson, Freitas, Thomas (2008).....10:12.45	3.	Ezra Kwong (2007).....58-06.25
8.	Matt Maldonado (2009)1:54.13	8.	Maldonado, Van Boxtel, Naasz, Hilbert (2012)10:13.53	4.	Colin Dunbar (2011).....56-06.00
9.	Josh Campbell (2004).....1:54.22	9.	Campbell, Dickran, Cardinalli, Garcia (2004).....10:15.20	5.	David Sampson (2006).....56-05.75
10.	Raul Arcos (2011).....1:54.29	10.	Reedy, Evans, Arcos, Hasvold (2011).....10:17.93	6.	Cory Loebel (2003).....54-10.75
1 Mile		High Jump		7.	Damon DeVault (1997).....54-03.75
1.	Matt Maldonado (2012)3:59.08	1.	Dwight Stones (1976).....7-06.50	8.	Kellen Boaz (2006).....52-11.50
2.	Mario Cobian (2007).....4:11.85	2.	John Temidara (2004).....7-02.75	9.	Juan Columbie (2001).....52-02.00
3.	Alex Freitas (2009).....4:11.93	3.	Alex Black (2010).....7-00.50	10.	Andrew Julius (2006).....52-01.75
4.	Raul Arcos (2011).....4:13.21	4.	Haben Hagos (2005).....6-10.25	35 lb. Weight Throw	
5.	Gabe Hilbert (2012)4:15.49	5.	David Puffer (1989).....6-10.00	1.	Jon O'Neil (2002).....66-11.25
6.	Scott Breithaupt (2005).....4:16.14	6.	Nicholas Armstrong (2010).....6-09.50	2.	Colin Dunbar (2011).....65-00.75
7.	Johann Appell (2000).....4:16.69aa			3.	Robert Jennings (2006).....64-10.75
8.	Neil Chomos (1992).....4:17.54#			4.	Rajan Bains (2011).....58-03.75
9.	Larry Henderson (2000).....4:19.26			5.	Josh Villalobos (2012)57-08.50
10.	Dylan Jaedtke (2007).....4:20.57			6.	Ezra Kwong (2007).....57-04.25
3000 Meters				7.	Cory Loebel (2003).....57-00.50
1.	Jimmy Grabow (2007).....7:59.40			8.	David Sampson (2006).....55-02.25
2.	Heath Reedy (2011)8:19.16			9.	Peter Fourtounis (2010).....53-06.50
3.	Travis Kuhlman (2010).....8:25.45			10.	Steve Holland (2004).....53-06.25
4.	Wolhan Ovalle (2007).....8:26.96			Heptathlon	
5.	Steven DeCastro (2010)8:29.60			1.	Nicholas Armstrong (2011).....5,399
6.	Raul Arcos (2011).....8:32.47			2.	Chris Richardson (2007).....5,363
7.	Terrance Wroblewski (2004).....8:35.22			3.	Mark Horist (2011)4,834
8.	Bret Hasvold (2011)8:36.49				
9.	Dave Schumacher (1988).....8:36.70aa				
10.	Johann Appell (2000).....8:39.40				

- 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

1.	Amaris Buchanan (1999)	7.47
2.	Charlene Deardorff (2005)	7.56aa
3.	Emily Cooper (2012)	7.61c
	Jessica Branker (2006)	7.61aa
5.	Patrice White (2007)	7.64aa
6.	BJ Triplett (2009)	7.80
7.	Magnolia Howell (2007)	7.86aa
	Miranda Garrido (2007)	7.86aa
9.	Kayla Goosby (2012)	7.88
10.	Dee Lars (2012)	7.92
	Megan Irely (2003)	7.92aa

200m

1.	Cathy Roberts (1988)	24.58
2.	Jessica Branker (2005)	24.70
	Amaris Buchanan (1999)	24.70
4.	Jasmin Winfield (2006)	24.92
5.	Charlene Deardorff (2005)	25.04
6.	Emily Cooper (2012)	25.05
7.	Patrice White (2006)	25.10
8.	BJ Triplett (2010)	25.19
9.	Ami Ice (1989)	25.27
10.	Magnolia Howell (2007)	25.35

400m

1.	Kerri Zaleski (1988)	54.79
2.	Asa Karlsson (1997)	55.43
3.	Le'Gretta Hinds (1996)	56.66
4.	Jasmine Winfield (2006)	56.76
5.	Jessica Williams (2002)	57.25
6.	Meghan Atkinson (2002)	57.50
7.	Bethany Ross (2006)	58.01
8.	Saedra Wright (2012)	58.17
	Shanille Fairweather (2006)	58.35
10.	Patrice White (2007)	58.44

800m

1.	Jessica Barnard (2012)	2:10.40
2.	Christine Morgan (1991)	2:10.90
3.	Ivonne Cardenas (1998)	2:14.24
4.	Nicole Blalock (2007)	2:15.43
5.	Ejiro Okoro (2009)	2:15.60
6.	Jenessa Botello (2007)	2:17.35
7.	Kylee Martin (2012)	2:18.64
8.	Kerri Zaleski (1989)	2:21.40
9.	Drea Palacio (2001)	2:21.82
10.	Sharon Burnett (2004)	2:22.27

1 Mile

1.	Rosa Del Toro (2012)	4:50.75
2.	Missy Barclay (2008)	4:53.57
3.	Jaclyn Pedersen (2006)	4:54.30
4.	Christine Morgan (1991)	4:55.54#aa
5.	Jenessa Botello (2007)	4:55.90
6.	Carly Harris (2009)	4:56.04
7.	Nicole Blalock (2007)	4:56.70
8.	Annie Randall (2010)	4:59.85
9.	Brooke Mabe (1992)	5:06.64aa
10.	Jessica Barnard (2011)	5:06.95

3000m

1.	Rosa Del Toro (2012)	9:34.81
2.	Carly Harris (2009)	9:37.57
3.	Sarah Apgar (2009)	9:47.27
4.	Jennifer Rodriguez (2011)	9:49.06
5.	Nina Moore (2011)	9:55.95
6.	Kristina Wilson (2009)	9:56.48
7.	Ludi Valdez (2006)	10:03.31
8.	Alisia Barajas (2011)	10:04.21
9.	Meredith Kramon (2006)	10:07.40
10.	Annie Randall (2010)	10:08.16

5000m

1.	Ludi Valdez (2006)	17:01.31
2.	Rosa Del Toro (2012)	17:08.26
3.	Nina Moore (2011)	17:22.36
4.	Kristina Wilson (2009)	17:22.63
5.	Meredith Kramon (2005)	17:23.54
6.	Jennifer Rodriguez (2011)	17:26.38
7.	Jenny Yadon (2003)	18:12.38
8.	Monica MacManus (1999)	18:25.64aa
9.	Annie Randall (2012)	18:33.45
10.	Bethany Gardner (2005)	18:39.57

60 Meter Hurdles

1.	Phylicia Johnson (2012)	8.46
2.	Shakina Phillips (2012)	8.71
3.	Erricka Feazell (2008)	8.75
4.	Kristen Kiefer (2012)	8.78
5.	Gina Londono (2004)	8.91aa
6.	Shannon Livingston (2001)	8.92aa
7.	Marion Reneau (2000)	8.95aa
8.	Franchelle Smith (2005)	9.06aa
9.	Wendy Izquierdo (2012)	9.07
10.	Kelly Burke (2005)	9.08aa

4x400 Relay

1.	Winfield, Branker, Deardorff, White (2006)	3:46.14
2.	Winfield, Branker, White, Deardorff (2005)	3:49.84
3.	Kruthers, Askew, Kiefer, Wright (2012)	3:52.22c
4.	Bedford, Buchanan, D. Jones, Reneau (1999)	3:53.03
5.	Ruiz, Goldhammer, Fairweather, Atkinson (2003)	3:54.43
6.	Martino, Cardenas, Hunt, Reneau (1998)	3:56.98
7.	Williams, Packard, Young, Atkinson (2002)	3:59.37
8.	Williams, Packard, Burnett, Atkinson (2002)	3:59.50
9.	Kholev, Kiefer, Okoro, White (2008)	4:00.00
10.	Fairweather, Dale, Ross, Atkinson (2004)	4:00.57

Distance Medley Relay

1.	Del Toro, Hairanian, Martinez, Barnard (2012)	11:48.81
2.	Harris, Okoro, Barclay Apgar (2009)	11:52.79
3.	Barclay, White, Okoro, Apgar (2008)	12:02.40
4.	Del Toro, Phillips, Barnard, Moore (2011)	12:03.73
5.	Barnard, Kiefer, Barclay, Randall (2010)	12:08.64
6.	Barnard, Nunez, Randal, Barajas (2010)	12:13.16
7.	Botello, Ross, Pedersen, Miller (2006)	12:20.14

High Jump

1.	Katrina Graves-Johnson (2012)	5-11.50
	Tayyiba Haneef (2000)	5-11.50
	Kristy Kierulff (1999)	5-11.50
4.	Emily Forsythe (2004)	5-09.75
5.	Lori Svoboda (1992)	5-09.25
6.	Janelle Coulter (2009)	5-08.50
	Taylor O'Connor (2010)	5-08.50
8.	Stephanie Armstrong (2012)	5-06.00
9.	Jaime Cuthbert-Allen (2005)	5-05.75
	Misty May (1996)	5-05.75

Pole Vault

1.	Connie Jerz (2002)	13-03.50
2.	Jill Reynolds (2007)	12-11.50
3.	Marylou Badillo (1998)	12-07.50
4.	Kayla Kamaka (2012)	12-04.75
5.	Rebecca Adams (2007)	12-01.50
6.	Katie Crowe (2009)	11-11.75
7.	Christina Lee (2001)	11-09.00
8.	Kristin Hambaroff (2004)	11-07.75
	Leslie Smith (2000)	11-07.75
10.	Susana Kassab (1998)	11-06.50

Long Jump

1.	Marion Reneau (2000)	19-09.75
2.	Kristen Kiefer (2012)	18-09.25
3.	Phylicia Johnson (2009)	18-08.50
4.	Ambre' Thompson (1992)	18-08.25
5.	Ami Ice (1989)	18-07.25
6.	Cathy Roberts (1988)	18-06.75
7.	Holly Lipscomb (2003)	18-05.25
8.	Angie Scott (1992)	18-01.25
9.	Mia Mobley (2008)	18-00.50
10.	Tisha Uwadiale (2007)	17-11.00
	Aroline Neal (2004)	17-11.00

Triple Jump

1.	Mia Mobley (2010)	39-10.50
2.	Gladys Iwuaba (2002)	39-05.75
3.	Kenya Jimerson (2002)	39-05.00
4.	Tisha Uwadiale (2007)	39-00.50
5.	Holly Lipscomb (2004)	38-11.50
6.	Tammura Hawthorne (1992)	38-09.25
7.	Megan Irely (2004)	38-06.75
8.	Jasmine Tolbert (2002)	38-06.00
9.	Shaneika Hearvey (2007)	37-09.50
	Melissa Brown (2002)	37-09.50

Shot Put

1.	Serena Boykin (2004)	50-00.50
2.	Jennifer Onyeagbako (2009)	48-01.25
3.	Lauren Reimer (2005)	46-06.75
4.	Jillian Weir (2011)	45-05.00
5.	Kristina Price (2008)	45-04.25
6.	Adara Newidouski (1998)	45-03.75
7.	Destanie Yarbrough (2009)	45-02.25
8.	Suzie Greganic (1992)	44-08.00
9.	Stephanie Sampson (2003)	42-03.50
10.	Rachel Hammar (2010)	42-02.50

20 lb. Weight Throw

1.	Jennifer Onyeagbako (2009)	58-01.25
2.	Stephanie Sampson (2003)	55-05.50
3.	Kirran Moss (1997)	54-02.25
4.	Shannon Daniels (2002)	53-07.25
5.	Katelyn Ciarelli (2006)	52-08.75
6.	Shari Harris (2011)	51-00.75
7.	Ramiah Rhay (2011)	50-11.00
8.	Kathy Andrews (2000)	49-10.00
9.	Michelle Pequignot (2005)	49-01.75
10.	Lynn Patu (2011)	48-05.25

Pentathlon

1.	Kristen Kiefer (2012)	3,585
2.	Jamie Cuthbert-Allen (2006)	3,445
3.	Wendy Izquierdo (2012)	3,410
4.	Katie Black (2009)	3,359
5.	Phylicia Johnson (2011)	3,155

- Converted hand times

aa - Altitude adjusted

c - Converted times using USTFCCA Standardized Conversion Factors
Current 49ers in bold.