



# LONG BEACH STATE TRACK & FIELD

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## 2012 Schedule/Results

Date	Meet	Time/Result
<b>Indoor Season</b>		
Jan. 20	Run For The Dream <i>Fresno, Calif.</i>	NTS
Jan. 26-27	Air Force Indoor Combined Events <i>USAF Academy, Colo.</i>	All Day
Jan. 27-28	UW Invitational <i>Seattle, Wash.</i>	All Day
Jan. 28	Air Force Team Challenge <i>USAF Academy, Colo.</i>	All Day
Feb. 10-11	Husky Classic <i>Seattle, Wash.</i>	All Day
Feb. 12	UW Open Meet <i>Seattle, Wash.</i>	All Day
Feb. 24-25	MPSF Indoor Championships <i>Seattle, Wash.</i>	All Day
March 9-10	NCAA Indoor Championships <i>Nampa, Idaho</i>	All Day
<b>Outdoor Season</b>		
Feb. 22	Riverside Invitational <i>Riverside, Calif.</i>	All Day
<b>March 2-3</b>	<b>Beach Classic</b> <b>Cerritos College</b>	<b>All Day</b>
March 9-10	Ben Brown Invitational <i>Fullerton, Calif.</i>	All Day
March 15-16	Northridge Multi-Events <i>Northridge, Calif.</i>	All Day
March 17	Aztec Invitational <i>San Diego, Calif.</i>	All Day
March 17	USC Invitational (Hammer Only) <i>Los Angeles, Calif.</i>	All Day
March 24	UC Irvine Spring Invite <i>Irvine, Calif.</i>	All Day
March 31-April 1	Cal/Nevada Championships <i>Claremont, Calif.</i>	All Day
April 4-7	Texas Relays <i>Austin, Texas</i>	All Day
April 6-7	Stanford Invitational <i>Stanford, Calif.</i>	All Day
April 13	Big West Challenge <i>Fullerton, Calif.</i>	All Day
April 18-19	Mt. SAC/California Multi-Events <i>Azusa, Calif.</i>	All Day
April 19-21	Mt. SAC Relays <i>Walnut, Calif.</i>	All Day
<b>April 20-21</b>	<b>Beach Invitational</b> <b>Cerritos College</b>	<b>All Day</b>
April 27-28	UCSD Triton Invitational <i>La Jolla, Calif.</i>	All Day
April 28-29	Steve Scott Invitational <i>Irvine, Calif.</i>	All Day
May 4-5	Big West Multi-Events <i>Irvine, Calif.</i>	All Day
May 11-12	Big West Championships <i>Irvine, Calif.</i>	All Day
May 24-26	NCAA West Preliminaries <i>Austin, Texas</i>	All Day
June 6-9	NCAA Outdoor Championships <i>Des Moines, Iowa</i>	All Day

## 49ERS CONTINUE INDOOR SEASON AT AIR FORCE, UW INVITATIONAL

The Long Beach State track and field team is gearing up for a busy week as it will send a majority of its squad to USAF Academy, Colo., for the Air Force Indoor Combined Events (Jan. 26-27) and the Air Force Team Challenge (Jan. 28). Eleven athletes will also travel to Seattle, Wash., for the UW Invitational (Jan. 27-28).

### AIR FORCE MEET INFO

The Air Force Indoor Combined Events will be held Thursday and Friday at Cadet Field House. The meet gets underway on Thursday afternoon with the first four events of the men's heptathlon (60-meter dash, long jump, shot put, high jump).

The women's pentathlon (60m hurdles, high jump, long jump, shot put and 800m) is set to take place on Friday, beginning with the 60m hurdles at 9:30 a.m. (PST). The men's heptathlon also concludes with the 60m hurdles, pole vault and 1000m run.

Long Beach State will then return to Cadet Field House for the Air Force Team Challenge (formerly known as the Don Barrett Duals) on Saturday. In addition to the 49ers, the scored meet will feature host Air Force, BYU, Colorado, Colorado State, Northern Colorado, San Diego State (women only), Utah Valley and Wyoming. The field events are slated for a 7:30 a.m. (PST) start with the men's weight throw, while the track events kick off with the women's mile run at 11 a.m. (PST).

### UW INVITATIONAL INFO

LBSU will also send 11 athletes to compete in nine events at the UW Invitational at Dempsey Indoor, Jan. 27-28. The 49ers open the meet on Friday with the women's and men's distance medley relay at 7:10 p.m. and 7:40 p.m., respectively. Long Beach State is back on the track on Saturday to compete in the women's 400m (Chelsea Hairanian), men's 800m (Gabe Hilbert, Connor Naasz, Bryce Van Boxtel), women's 800m (Jessica Barnard, Kylee Martin), men's mile run (Matt Maldonado), women's mile run (Rosa Del Toro), men's 3000m (Steven DeCastro) and the women's 3000m (Prism Garcia, Catherine Martinez).

### AND THEY'RE OFF

Long Beach State had a successful start to the 2012 indoor season with 23 top-five finishes, including five first-place performances, at the Run for the Dream meet in Fresno. Jacob Weintraub won the men's shot put with a meet-record and career-long 58-09.25. Manny Nezier took top honors in the long jump (22-04.25), while Bryce Van Boxtel came in ahead of the pack in the 600-yard run (76.45). On the women's side, Katrina Graves-Johnson matched her lifetime-best in the high jump, clearing 5-08 to win the event. Phylcia Johnson was also victorious in the long jump with a leap of 18-08.

### RECORD SETTERS

The 49ers made 13 additions to the program's indoor top-10 record book last weekend. Leading the way was Phylcia Johnson, who bettered her own school record in the 60-meter hurdles by 0.18 seconds as she clocked in at 8.51. Emily Cooper tied the fourth-best 60-meter dash mark in school history at 7.64 seconds, while Chelsea Hairanian (7th, 800m), Stephanie Armstrong (8th, High Jump), Kristen Kiefer (9th, Long Jump) and Kayla Goosby (10th, 60m) also made their way into the top 10 in their respective events.

Jacob Weintraub paced the men with the second-longest shot put mark in LBSU history (58-09.25). Koree Hines came in at No. 4 with a time of 8.23 seconds in the 60m hurdles. Manny Nezier also moved up to the fourth slot in the triple jump with a leap of 49-08.25, while Michael Vaughan wasn't far behind in sixth (48-03.50). Nathan Alade (7th) and Jahmani Lockett (T10th) both entered the all-time list in the 60m dash and Josh Villalobos posted the eighth-best distance in the weight throw (54-05.25).

### UP NEXT

Long Beach State will take next weekend off before returning to Seattle, Wash., for the Husky Classic (Feb. 10-11) and the UW Open Meet (Feb. 12).

## 2012 MEN'S INDOOR SEASON BESTS

<b>60m</b>						
Name	Time	Date	Place	Meet		Site
Nathan Alade	7.04c	Jan. 20	3rd	Run for the Dream		Fresno, Calif.
Jahmani Lockett	7.11c	Jan. 20	5th	Run for the Dream		Fresno, Calif.
Cameron Glasgow	7.62c	Jan. 20	13th	Run for the Dream		Fresno, Calif.

<b>800m</b>						
Event	Mark	Date	Place	Meet		Site
Bryce Van Boxtel	1:58.50c	Jan. 20	1st	Run for the Dream		Fresno, Calif.
Jake Talley	2:01.99	Jan. 20	1st	Run for the Dream		Fresno, Calif.
Connor Naasz	2:02.08c	Jan. 20	6th	Run for the Dream		Fresno, Calif.

<b>4x400 Relay</b>						
Name	Time	Date	Place	Meet		Site
Talley, Naasz, Van Boxtel, Lockett	3:34.77	Jan. 20	1st	Run for the Dream		Fresno, Calif.

<b>60m Hurdles</b>						
Name	Time	Date	Place	Meet		Site
Koree Hines	8.23c	Jan. 20	2nd	Run for the Dream		Fresno, Calif.
Dillon Fox	8.74c	Jan. 20	4th	Run for the Dream		Fresno, Calif.

<b>High Jump</b>						
Name	Mark	Date	Place	Meet		Site
Kevin Jenkins	6-04.00	Jan. 20	T2nd	Run for the Dream		Fresno, Calif.

<b>Pole Vault</b>						
Name	Mark	Date	Place	Meet		Site
Dillon Fox	15-04.25	Jan. 20	3rd	Run for the Dream		Fresno, Calif.
Brandon Hierholzer	15-04.25	Jan. 20	4th	Run for the Dream		Fresno, Calif.

<b>Long Jump</b>						
Name	Mark	Date	Place	Meet		Site
Manny Neizer	22-04.25	Jan. 20	1st	Run for the Dream		Fresno, Calif.
Mark Horist	20-07.75	Jan. 20	2nd	Run for the Dream		Fresno, Calif.
Dillon Fox	20-07.25	Jan. 20	3rd	Run for the Dream		Fresno, Calif.

<b>Triple Jump</b>						
Name	Mark	Date	Place	Meet		Site
Manny Neizer	49-08.25	Jan. 20	3rd	Run for the Dream		Fresno, Calif.
Michael Vaughan	48-03.50	Jan. 20	4th	Run for the Dream		Fresno, Calif.
Kevin Jenkins	44-03.25	Jan. 20	6th	Run for the Dream		Fresno, Calif.

<b>Shot Put</b>						
Name	Mark	Date	Place	Meet		Site
Jacob Weintraub	58-09.25	Jan. 20	1st	Run for the Dream		Fresno, Calif.
Josh Villalobos	42-09.75	Jan. 20	5th	Run for the Dream		Fresno, Calif.

<b>Weight Throw</b>						
Name	Mark	Date	Place	Meet		Site
Josh Villalobos	54-05.25	Jan. 20	2nd	Run for the Dream		Fresno, Calif.

c- Converted times using USTFCCA Standardized Conversion Factors

## 2012 WOMEN'S INDOOR SEASON BESTS

<b>60m</b>						
Name	Time	Date	Place	Meet		Site
Emily Cooper	7.64c	Jan. 20	4th	Run for the Dream		Fresno, Calif.
Kayla Goosby	7.95c	Jan. 20	12th	Run for the Dream		Fresno, Calif.
Dee Lars	7.97c	Jan. 20	15th	Run for the Dream		Fresno, Calif.
Saedra Wright	7.99c	Jan. 20	16th	Run for the Dream		Fresno, Calif.
Alex Kruthers	8.07c	Jan. 20	20th	Run for the Dream		Fresno, Calif.
Sharonda Clark	8.11c	Jan. 20	T21st	Run for the Dream		Fresno, Calif.

<b>800m</b>						
Name	Time	Date	Place	Meet		Site
Chelsea Hairanian	2:20.49c	Jan. 20	6th	Run for the Dream		Fresno, Calif.
Kylee Martin	2:23.89c	Jan. 20	7th	Run for the Dream		Fresno, Calif.
Jasmine Askew	2:32.07c	Jan. 20	17th	Run for the Dream		Fresno, Calif.

<b>1 Mile Run</b>						
Name	Time	Date	Place	Meet		Site
Madison D'Ornellas	6:10.16	Jan. 20	19th	Run for the Dream		Fresno, Calif.

<b>60m Hurdles</b>						
Name	Time	Date	Place	Meet		Site
Phylicia Johnson	8.51c	Jan. 20	2nd	Run for the Dream		Fresno, Calif.
Sara Macey	9.24c	Jan. 20	9th	Run for the Dream		Fresno, Calif.
Wendy Izquierdo	9.27c	Jan. 20	10th	Run for the Dream		Fresno, Calif.
Aiyana Welsh	9.35c	Jan. 20	T12th	Run for the Dream		Fresno, Calif.
Amber Clark	9.36c	Jan. 20	14th	Run for the Dream		Fresno, Calif.
Iesha Iwobi	9.55c	Jan. 20	T18th	Run for the Dream		Fresno, Calif.
Kristen Kiefer	9.55c	Jan. 20	T18th	Run for the Dream		Fresno, Calif.

<b>4x400 Relay</b>						
Name	Time	Date	Place	Meet		Site
Kruthers, Hairanian, Cooper, Wright	4:03.94	Jan. 20	3rd	Run for the Dream		Fresno, Calif.
Askew, Lars, A. Clark, Martin	4:08.33	Jan. 20	8th	Run for the Dream		Fresno, Calif.

<b>High Jump</b>						
Name	Mark	Date	Place	Meet		Site
Katrina Graves-Johnson	5-08.00	Jan. 20	1st	Run for the Dream		Fresno, Calif.
Stephanie Armstrong	5-06.00	Jan. 20	2nd	Run for the Dream		Fresno, Calif.
Janelle Coulter	5-04.25	Jan. 20	6th	Run for the Dream		Fresno, Calif.
Sara Macey	5-04.25	Jan. 20	7th	Run for the Dream		Fresno, Calif.
Amber Britt	5-00.25	Jan. 20	9th	Run for the Dream		Fresno, Calif.
Wendy Izquierdo	4-10.25	Jan. 20	13th	Run for the Dream		Fresno, Calif.

<b>Pole Vault</b>						
Name	Mark	Date	Place	Meet		Site
Kayla Kamaka	11-10.50	Jan. 20	4th	Run for the Dream		Fresno, Calif.
Amanda Klinchuch	10-08.00	Jan. 20	5th	Run for the Dream		Fresno, Calif.

<b>Long Jump</b>						
Name	Mark	Date	Place	Meet		Site
Phylicia Johnson	18-08.00	Jan. 20	1st	Run for the Dream		Fresno, Calif.
Kristen Kiefer	17-11.75	Jan. 20	3rd	Run for the Dream		Fresno, Calif.
Wendy Izquierdo	17-04.75	Jan. 20	6th	Run for the Dream		Fresno, Calif.
Goziam Okolie	17-03.50	Jan. 20	7th	Run for the Dream		Fresno, Calif.
Iesha Iwobi	16-11.50	Jan. 20	9th	Run for the Dream		Fresno, Calif.
Sara Macey	16-07.00	Jan. 20	11th	Run for the Dream		Fresno, Calif.
Rebecca Hamilton	16-05.25	Jan. 20	12th	Run for the Dream		Fresno, Calif.

<b>Shot Put</b>						
Name	Mark	Date	Place	Meet		Site
Shari Harris	37-03.75	Jan. 20	10th	Run for the Dream		Fresno, Calif.

<b>Weight Throw</b>						
Name	Mark	Date	Place	Meet		Site
Shari Harris	49-05.00	Jan. 20	7th	Run for the Dream		Fresno, Calif.
Alexandria Cervantes	46-05.25	Jan. 20	9th	Run for the Dream		Fresno, Calif.

c- Converted times using USTFCCA Standardized Conversion Factors



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

<b>60m</b>		<b>5000 Meters</b>		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.	<b>Bret Hasvold (2011)</b> ..... <b>14:53.11</b>		Aaron Junta (1996).....6-08.25
	Jason Dolison (2001).....6.96aa	4.	Dylan Jaedtke (2007).....14:56.70	<b>Pole Vault</b>	
5.	Chandler White (2001).....7.00aa	5.	Terrance Wroblewski (2003).....15:02.48	1.	Jason Hinkin (1997).....18-06.50
6.	Richard Crawford (2011).....7.02aa	6.	<b>Steven DeCastro (2011)</b> ..... <b>15:08.41</b>	2.	Borya Celentano (1999).....18-00.50
7.	<b>Nathan Alade (2012)</b> ..... <b>7.04c</b>	7.	Eli Rodriguez (2007).....15:12.21	3.	Don Baird (1975).....17-09.50
	Daniel Gerlach (2002).....7.04aa	8.	Pat Bendzick (1996).....15:17.32aa	4.	Steve Smith (1973).....17-01.50
9.	Alex Hughes (2007).....7.08	9.	Jacob Kruczynski (2005).....15:37.06	5.	Jimmy Camilo (2001).....16-07.25
10.	<b>Jahmani Lockett (2012)</b> ..... <b>7.11c</b>	10.	Brian Stehmeier (2002).....15:55.28aa	6.	Jeff Mulligan (1989).....16-05.00
	Pedro Fernandez (2003).....7.11aa	<b>60 Meter High Hurdles</b>		7.	Adrian Ruark (2003).....16-04.75
<b>200m</b>		1.	Shino Suzumura (2003).....8.12	8.	Jeff Truman (1999).....15-11.00
1.	Brent Gray (2009).....20.90	2.	<b>Chris Lawson (2009)</b> ..... <b>8.16</b>	9.	Tim Burnham (2006).....15-07.25
2.	Charles Lewis (2006).....21.47	3.	Nimrod Piggee (2010).....8.18	10.	Collin Cram (2009).....15-07.00
	Lewis Young (1998).....21.47	4.	<b>Koree Hines (2012)</b> ..... <b>8.23c</b>	<b>Long Jump</b>	
4.	Otis Dixon (1990).....21.68	5.	Armond Goodin (2006).....8.29aa	1.	Detric Cofield (1996).....24-05.50
5.	Jacob Glickman (1996).....21.69	6.	Kenny Vinh (2001).....8.33aa	2.	Chris Richardson (2007).....23-11.50
6.	Kelsey Caesar (2008).....21.72	7.	Nicholas Armstrong (2010).....8.38	3.	Daniel Gerlach (2002).....23-08.50
	Terrance Riley (1990).....21.72	8.	Jimmy Camilo (2002).....8.41aa	4.	Kenneth Medwood (2009).....23-06.75
8.	Jaime Barragan (1996).....21.77	9.	Chris Richardson (2008).....8.49	5.	Eric Nowell (2010).....23-06.25
9.	Austin Fowler (2009).....21.78	10.	Richard Christensen (2000).....8.51aa	6.	Ronald Carter (2006).....23-05.25
10.	Gary Uribe (1988).....21.84	<b>4x400m Relay</b>		7.	Robert Nelson (2004).....23-02.75
<b>400m</b>		1.	Pearson, Perona, Moore, Young (1999).....3:12.51	8.	Collin Cram (2009).....23-00.00
1.	Lewis Young (1999).....46.89	2.	Langston, Riley, Billoups, Dixon (1990).....3:13.58	9.	<b>Manny Neizer (2010)</b> ..... <b>22-10.50</b>
2.	Charles Lewis (2006).....47.31	3.	Pearson, Perona, Carson, Young (1999).....3:14.95		Cameron Gillett (2009).....22-09.25
3.	Kashus Perona (2000).....47.55	4.	B. Gray, Goldberg, Freitas, Lewis (2007).....3:15.21	<b>Triple Jump</b>	
4.	Roosevelt Langston (1990).....47.98	5.	Lawson, Fowler, Piggee, Crawford (2009).....3:15.44	1.	Ronald Carter (2007).....52-07.25
5.	Brent Gray (2008).....48.04	6.	Sweeney, Lawson, Crawford, Jeter (2011).....3:15.48	2.	John Temidara (2006).....51-03.75
6.	Kelsey Caesar (2008).....48.09	7.	Names unavailable (1988).....3:15.58	3.	Gregory Magee (1977).....51-01.50
7.	Tyrone Pearson (2000).....48.10	8.	B. Gray, Goldberg, Holley, K. Caesar (2008).....3:16.31	4.	<b>Manny Neizer (2012)</b> ..... <b>49-08.25</b>
8.	Kenneth Medwood (2010).....48.12	9.	Stephens, Moore, Cablayan, Young (1997).....3:16.80	5.	Haben Hagos (2004).....48-04.00
9.	<b>Sam Jeter (2010)</b> ..... <b>48.31</b>	10.	Crawford, Freitas, Evans, Jeter (2010).....3:16.91	6.	<b>Michael Vaughan (2012)</b> ..... <b>48-03.50</b>
10.	Larry Billoups (1992).....48.51	<b>Distance Medley Relay</b>		7.	Rodney Hawkins (2009).....47-09.00
<b>800m</b>		1.	Cobian, Lewis, Freitas, Grabow (2007).....9:51.55	8.	Eric Nowell (2010).....47-08.00
1.	Alex Freitas (2008).....1:49.83	2.	Maldonado, Medwood, Freitas, Arcos (2009).....9:52.53	9.	Cornelius Jones (1997).....47-01.50
2.	Larry Henderson (2000).....1:51.40	3.	Arcos, Jeter, Evans, Reedy (2011).....10:00.21	10.	Chris Czerwinski (1996).....47-01.25
3.	Matt Bates (2002).....1:51.57	4.	Evans, Medwood, Granville, Freitas (2010).....10:01.87	<b>Shot Put</b>	
4.	Hudson Wilvers (2008).....1:52.61	5.	Maldonado, Gray, Freitas, Arcos (2009).....10:03.68	1.	Jon O'Neil (2002).....61-10.50
5.	Mario Cobian (2006).....1:52.62	6.	Breithaupt, Douglas, Bruton, Estrella (2005).....10:06.57	2.	<b>Jacob Weintraub (2012)</b> ..... <b>58-09.25</b>
6.	Neil Chomos (1991).....1:54.05	7.	Wilvers, Lawson, Freitas, Thomas (2008).....10:12.45	3.	Ezra Kwong (2007).....58-06.25
7.	<b>Matt Maldonado (2009)</b> ..... <b>1:54.13</b>	8.	Campbell, Dickran, Cardinalli, Garcia (2004).....10:15.20	4.	Colin Dunbar (2011).....56-06.00
8.	Josh Campbell (2004).....1:54.22	9.	Reedy, Evans, Arcos, Hasvold (2011).....10:17.93	5.	David Sampson (2006).....56-05.75
9.	Jack Davis (1988).....1:54.40	10.	Garcia, Dolison, Delgado, Bates (2002).....10:18.37aa	6.	Cory LoebI (2003).....54-10.75
10.	Michael Dickran (2003).....1:55.17	<b>High Jump</b>		7.	Damon DeVault (1997).....54-03.75
<b>1 Mile</b>		1.	Dwight Stones (1976).....7-06.50	8.	Kellen Boaz (2006).....52-11.50
1.	<b>Matt Maldonado (2010)</b> ..... <b>4:03.94</b>	2.	John Temidara (2004).....7-02.75	9.	Juan Columbie (2001).....52-02.00
2.	Mario Cobian (2007).....4:11.85	3.	Alex Black (2010).....7-00.50	10.	Andrew Julius (2006).....52-01.75
3.	Alex Freitas (2009).....4:11.93	4.	Haben Hagos (2005).....6-10.25	<b>35 lb. Weight Throw</b>	
4.	Raul Arcos (2011).....4:13.21	5.	David Puffer (1989).....6-10.00	1.	Jon O'Neil (2002).....66-11.25
5.	Scott Breithaupt (2005).....4:16.14	6.	Nicholas Armstrong (2010).....6-09.50	2.	Colin Dunbar (2011).....65-00.75
6.	Johann Appell (2000).....4:16.69aa	<b>Heptathlon</b>		3.	Robert Jennings (2006).....64-10.75
7.	Neil Chomos (1992).....4:17.54#	1.	Nicholas Armstrong (2011).....5,399	4.	Rajan Bains (2011).....58-03.75
8.	Larry Henderson (2000).....4:19.26	2.	Chris Richardson (2007).....5,363	5.	Ezra Kwong (2007).....57-04.25
9.	Dylan Jaedtke (2007).....4:20.57	3.	<b>Mark Horist (2011)</b> ..... <b>4,834</b>	6.	Cory LoebI (2003).....57-00.50
10.	Eli Rodriguez (2007).....4:20.86	<b>3000 Meters</b>		7.	David Sampson (2006).....55-02.25
1.	Jimmy Grabow (2007).....7:59.40	1.	Jimmy Grabow (2007).....7:59.40	8.	<b>Josh Villalobos (2012)</b> ..... <b>54-05.25</b>
2.	<b>Heath Reedy (2011)</b> ..... <b>8:19.16</b>	2.	Heath Reedy (2011).....8:19.16	9.	Peter Fourtounis (2010).....53-06.50
3.	Travis Kuhlman (2010).....8:25.45	3.	Travis Kuhlman (2010).....8:25.45	10.	Steve Holland (2004).....53-06.25
4.	Wolhan Ovalle (2007).....8:26.96	4.	Wolhan Ovalle (2007).....8:26.96	<b># - Converted hand times</b>	
5.	<b>Steven DeCastro (2010)</b> ..... <b>8:29.60</b>	5.	<b>Steven DeCastro (2010)</b> ..... <b>8:29.60</b>	aa - Altitude adjusted	
6.	Raul Arcos (2011).....8:32.47	6.	Raul Arcos (2011).....8:32.47	c - Converted times using USTFCCA Standardized Conversion Factors	
7.	Terrance Wroblewski (2004).....8:35.22	7.	Terrance Wroblewski (2004).....8:35.22	Current 49ers in <b>bold</b> .	
8.	<b>Bret Hasvold (2011)</b> ..... <b>8:36.49</b>	8.	<b>Bret Hasvold (2011)</b> ..... <b>8:36.49</b>		
9.	Dave Schumacher (1988).....8:36.70aa	9.	Dave Schumacher (1988).....8:36.70aa		
10.	Johann Appell (2000).....8:39.40	10.	Johann Appell (2000).....8:39.40		



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

<b>60m</b>		<b>500m</b>		<b>Pole Vault</b>	
1.	Amaris Buchanan (1999).....7.47	1.	Ludi Valdez (2006).....17:01.31	1.	Connie Jerz (2002).....13-03.50
2.	Charlene Deardorff (2005).....7.56aa	2.	<b>Nina Moore (2011).....17:22.36</b>	2.	Jill Reynolds (2007).....12-11.50
3.	Jessica Branker (2006).....7.61aa	3.	Kristina Wilson (2009).....17:22.63	3.	Marylou Badillo (1998).....12-07.50
4.	<b>Emily Cooper (2012).....7.64c</b>	4.	Meredith Kramon (2005).....17:23.54	4.	<b>Kayla Kamaka (2010).....12-01.50</b>
	Patrice White (2007).....7.64aa	5.	Jennifer Rodriguez (2011).....17:26.38		Rebecca Adams (2007).....12-01.50
6.	BJ Triplett (2009).....7.80	6.	Jenny Yadon (2003).....18:12.38	6.	Katie Crowe (2009).....11-11.75
7.	Magnolia Howell (2007).....7.86aa	7.	Monica MacManus (1999).....18:25.64aa	7.	Christina Lee (2001).....11-09.00
	Miranda Garrido (2007).....7.86aa	8.	Bethany Gardner (2005).....18:39.57	8.	Kristin Hambaroff (2004).....11-07.75
9.	Megan Irey (2003).....7.92aa	9.	Christine Riel (2001).....18:50.32aa		Leslie Smith (2000).....11-07.75
10.	<b>Kayla Goosby (2012).....7.95c</b>			10.	Susana Kassab (1998).....11-06.50
<b>200m</b>		<b>60 Meter Hurdles</b>		<b>Long Jump</b>	
1.	Cathy Roberts (1988).....24.58	1.	<b>Phylicia Johnson (2012).....8.51c</b>	1.	Marion Reneau (2000).....19-09.75
2.	Jessica Branker (2005).....24.70	2.	<b>Shakina Phillips (2011).....8.74aa</b>	2.	<b>Phylicia Johnson (2009).....18-08.50</b>
	Amaris Buchanan (1999).....24.70	3.	Erricka Feazell (2008).....8.75	3.	Ambre' Thompson (1992).....18-08.25
4.	Jasmin Winfield (2006).....24.92	4.	Gina Londono (2004).....8.91aa	4.	Ami Ice (1989).....18-07.25
5.	Charlene Deardorff (2005).....25.04	5.	Shannon Livingston (2001).....8.92aa	5.	Cathy Roberts (1988).....18-06.75
6.	Patrice White (2006).....25.10	6.	Marion Reneau (2000).....8.95aa	6.	Holly Lipscomb (2003).....18-05.25
7.	BJ Triplett (2010).....25.19	7.	<b>Kristen Kiefer (2011).....9.05</b>	7.	Angie Scott (1992).....18-01.25
8.	Ami Ice (1989).....25.27	8.	Franchelle Smith (2005).....9.06aa	8.	Mia Mobley (2008).....18-00.50
	Magnolia Howell (2007).....25.35	9.	Kelly Burke (2005).....9.08aa	9.	<b>Kristen Kiefer (2012).....17-11.75</b>
10.	Miranda Garrido (2007).....25.75	10.	LaShawn McNairy (1999).....9.13	10.	Tisha Uwadiale (2007).....17-11.00
					Aroline Neal (2004).....17-11.00
<b>400m</b>		<b>4x400 Relay</b>		<b>Triple Jump</b>	
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.	Gladys Iwuaba (2002).....39-05.75
3.	Le'Gretta Hinds (1996).....56.66	3.	Bedford, Buchanan, D. Jones, Reneau (1999).....3:53.03	3.	Kenya Jimerson (2002).....39-05.00
4.	Jasmine Winfield (2006).....56.76	4.	Ruiz, Goldhammer, Fairweather, Atkinson (2003).....3:54.43	4.	Tisha Uwadiale (2007).....39-00.50
5.	Jessica Williams (2002).....57.25	5.	Martino, Cardenas, Hunt, Reneau (1998).....3:56.98	5.	Holly Lipscomb (2004).....38-11.50
6.	Meghan Atkinson (2002).....57.50	6.	Williams, Packard, Young, Atkinson (2002).....3:59.37	6.	Tammura Hawthorne (1992).....38-09.25
7.	Bethany Ross (2006).....58.01	7.	Williams, Packard, Burnett, Atkinson (2002).....3:59.50	7.	Megan Irey (2004).....38-06.75
8.	Shanille Fairweather (2006).....58.35	8.	Kholev, Kiefer, Okoro, White (2008).....4:00.00	8.	Jasmine Tolbert (2002).....38-06.00
9.	Patrice White (2007).....58.44	9.	Fairweather, Dale, Ross, Atkinson (2004).....4:00.57	9.	Shaneika Hearvey (2007).....37-09.50
10.	DaFona McClain (1996).....58.52	10.	Reneau, Knighten, Buchanan, Bedford (1999).....4:01.89	10.	Melissa Brown (2002).....37-09.50
<b>800m</b>		<b>Distance Medley Relay</b>		<b>Shot Put</b>	
1.	Christine Morgan (1991).....2:10.90	1.	Harris, Okoro, Barclay Apgar (2009).....11:52.79	1.	Serena Boykin (2004).....50-00.50
2.	Ivonne Cardenas (1998).....2:14.24	2.	Barclay, White, Okoro, Apgar (2008).....12:02.40	2.	Jennifer Onyeagbako (2009).....48-01.25
3.	Nicole Blalock (2007).....2:15.43	3.	Del Toro, Phillips, Barnard, Moore (2011).....12:03.73	3.	Lauren Reimer (2005).....46-06.75
4.	Ejiro Okoro (2009).....2:15.60	4.	Barnard, Kiefer, Barclay, Randall (2010).....12:08.64	4.	Jillian Weir (2011).....45-05.00
5.	Jenessa Botello (2007).....2:17.35	5.	Barnard, Nunez, Randal, Barajas (2010).....12:13.16	5.	Kristina Price (2008).....45-04.25
6.	<b>Jessica Barnard (2010).....2:19.72</b>	6.	Botello, Ross, Pedersen, Miller (2006).....12:20.14	6.	Adara Newidouski (1998).....45-03.75
7.	<b>Chelsea Hairanian (2012).....2:20.49c</b>			7.	Destanie Yarbrough (2009).....45-02.25
8.	Kerri Zaleski (1989).....2:21.40			8.	Suzie Greganin (1992).....44-08.00
9.	Drea Palacio (2001).....2:21.82			9.	Stephanie Sampson (2003).....42-03.50
10.	Sharon Burnett (2004).....2:22.27			10.	Rachel Hammar (2010).....42-02.50
<b>1 Mile</b>		<b>High Jump</b>		<b>20 lb. Weight Throw</b>	
1.	Missy Barclay (2008).....4:53.57	1.	Tayyiba Haneef (2000).....5-11.50	1.	Jennifer Onyeagbako (2009).....58-01.25
2.	Jaclyn Pedersen (2006).....4:54.30	2.	Kristy Kierulff (1999).....5-11.50	2.	Stephanie Sampson (2003).....55-05.50
3.	Christine Morgan (1991).....4:55.54#aa	3.	Emily Forsythe (2004).....5-09.75	3.	Kirran Moss (1997).....54-02.25
4.	Jenessa Botello (2007).....4:55.90	4.	Lori Svoboda (1992).....5-09.25	4.	Shannon Daniels (2002).....53-02.75
5.	Carly Harris (2009).....4:56.04	5.	<b>Janelle Coulter (2009).....5-08.50</b>	5.	Katelyn Ciarelli (2006).....52-08.75
6.	Nicole Blalock (2007).....4:56.70		Taylor O'Connor (2010).....5-08.50	6.	<b>Shari Harris (2011).....51-00.75</b>
7.	<b>Annie Randall (2010).....4:59.85</b>	7.	<b>Katrina Graves-Johnson (2010).....5-08.00</b>	7.	Ramiah Rhay (2011).....50-11.00
8.	Brooke Mabe (1992).....5:06.64aa	8.	<b>Stephanie Armstrong (2012).....5-06.00</b>	8.	Kathy Andrews (2000).....49-10.00
9.	<b>Jessica Barnard (2011).....5:06.95</b>	9.	Jaime Cuthbert-Allen (2005).....5-05.75	9.	Michelle Pequignot (2005).....49-01.75
10.	<b>Nina Moore (2011).....5:10.40</b>		Misty May (1996).....5-05.75	10.	Lynn Patu (2011).....48-05.25
<b>3000m</b>				<b>Pentathlon</b>	
1.	Carly Harris (2009).....9:37.57			1.	Jamie Cuthbert-Allen (2006).....3,445
2.	<b>Rosa Del Toro (2011).....9:42.46</b>			2.	Katie Black (2009).....3,359
3.	Sarah Apgar (2009).....9:47.27			3.	<b>Phylicia Johnson (2011).....3,155</b>
4.	Jennifer Rodriguez (2011).....9:49.06				
5.	<b>Nina Moore (2011).....9:55.95</b>				
6.	Kristina Wilson (2009).....9:56.48				
7.	Ludi Valdez (2006).....10:03.31				
8.	<b>Alicia Barajas (2011).....10:04.21</b>				
9.	Meredith Kramon (2006).....10:07.40				
10.	<b>Annie Randall (2010).....10:08.16</b>				

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