



LONG BEACH STATE

2016 OUTDOOR TRACK & FIELD

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2016 Schedule/Results

Date	Meet	Time/Result
Indoor Season		
Jan. 29-30	UW Invitational <i>Seattle, Wash.</i>	NTS
Feb. 12-13	Husky Classic <i>Seattle, Wash.</i>	NTS
Feb. 26-27	MPSF Indoor Championships <i>Seattle, Wash.</i>	Men - 11th; Women - 13th
Outdoor Season		
March 5	Cal Opener <i>Berkeley, Calif.</i>	Men - 2nd; Women - 2nd
March 11	Ben Brown Invitational <i>Fullerton, Calif.</i>	NTS
March 12	Anteater Invitational <i>Irvine, Calif.</i>	Men - 2nd; Women - 2nd
March 18-19	USC Trojan Invitational <i>Los Angeles, Calif.</i>	NTS
March 24-25	UCR Spring Track Classic (Multis) <i>Riverside, Calif.</i>	NTS
March 26	UCR Spring Track Classic <i>Riverside, Calif.</i>	NTS
April 8	Big West Challenge <i>Fullerton, Calif.</i>	Men - 1st Women - 2nd
April 14	Pacific Coast Intercollegiate <i>Jack Rose Track</i>	Men - 4th Women - 6th
April 15-16	Beach Invitational <i>Jack Rose Track</i>	Men - 1st Women - 3rd
April 22-23	UCSD Triton Invitational <i>La Jolla, Calif.</i>	NTS
April 29-30	Steve Scott Invitational <i>Irvine, Calif.</i>	NTS
May 1	Payton Jordan Invitational <i>Stanford, Calif.</i>	NTS
May 6-7	Big West Heptathlon/Decathlon <i>Jack Rose Track</i>	Day - 2nd Cooks - 1st
May 13-14	Big West Championships <i>Jack Rose Track</i>	Men - 1st Women - 4th
May 26-28	NCAA West Preliminary Round <i>Lawrence, Kan.</i>	NTS
June 8-11	NCAA Outdoor Championships <i>Eugene, Ore.</i>	All Day

BEACH SENDS THREE TO TRACKTOWN USA FOR NCAA CHAMPIONSHIPS

Long Beach State will send three individuals to Eugene, Ore., for the NCAA Outdoor Track & Field Championships at Hayward Field, June 8-11.

Junior Robert Marlow kicks things off for the Beach in the men's hammer throw at 2 p.m. on Wednesday. Senior Fatima Vergara will follow in the women's hammer throw at 2 p.m. on Thursday, while junior Riley Cooks is set to compete in the heptathlon on Friday and Saturday.

QUICK HITS

- Long Beach State is the only Big West school with multiple NCAA Championship qualifiers.
- The Beach has sent at least three individuals to the national meet since 2014.
- The LBSU men won their fourth consecutive Big West team championship in May.
- The 49er men and women combined to produce 31 all-conference awards at the Big West Championships.
- Willie Alexander and Riley Cooks were named the Big West Men's and Women's Athletes of the Meet.

LAST TIME OUT

Long Beach State had 16 athletes combine for 18 entries at the NCAA West Preliminary Championships in Lawrence, Kan., May 26-28. The Beach has had at least 14 regional qualifiers every year since the meet's inception in 2003.

The Beach faced immediate adversity with inclement weather forcing a seven-hour delay before all events were eventually suspended on the first day of the West Prelims. Action picked up again on Friday morning with junior Robert Marlow punching his ticket to Eugene in the men's hammer throw. His best toss came on his second attempt where he hit 207-03, and that stood as the 10th-best mark of the competition. The Ventura, Calif., native became the 49ers' second national qualifier in the men's hammer during head coach Andy Syth's tenure (since 1990) as he joined former All-American and 2016 Olympic hopeful Colin Dunbar in the exclusive group.

Senior Fatima Vergara was next to secure an NCAA Championship berth as she was 12th overall in the women's hammer throw. The Corona, Calif., native was consistent throughout the competition, twice setting a lifetime best, including a school record as she unleashed a huge throw of 199-08 on her final attempt. That broke a seven-year old program record and put her in third place after two of three flights. Vergara is the first 49er ever to qualify for the NCAA Championships in the women's hammer.

Long Beach State had several individuals narrowly miss out on qualifying for nationals. In the 400H, senior Ryan Colebrook ran a personal-best 51.62, which was actually the 12th-fastest time, but one of the automatic qualifiers who won their heat in 51.81 seconds bumped him out of contention. Colebrook ended up missing out on the last at-large bid by .11 seconds. Junior James Hubbard was also edged out by two inches in the men's hammer as he came in 13th (204-08).

LONG BEACH STATE'S NCAA CHAMPIONSHIP SCHEDULE (ALL TIMES PACIFIC)

Wednesday, June 8

2:00 p.m. Men's Hammer Throw (Final) Robert Marlow

Thursday, June 9

2:00 p.m. Women's Hammer Throw (Final) Fatima Vergara

Friday, June 10

12:30 p.m. 100m Hurdles - Heptathlon Riley Cooks

1:30 p.m. High Jump - Heptathlon Riley Cooks

3:30 p.m. Shot Put - Heptathlon Riley Cooks

7:13 p.m. 200m - Heptathlon Riley Cooks

Saturday, June 11

11:30 a.m. Long Jump - Heptathlon Riley Cooks

12:45 p.m. Javelin - Heptathlon Riley Cooks

5:13 p.m. 800m - Heptathlon Riley Cooks

LBSU IN THE NATIONAL RANKINGS

Top-50 (through May 22)

Rk	Name	Event	Time/Mark
4.	Kemonie Briggs	Long Jump	26-02.25
12.	Willie Alexander	Long Jump	25-10.25
20.	James Hubbard	Discus	190-02
23.	Riley Cooks	Heptathlon	5,569
25.	Robert Marlow	Hammer	215-02
29.	Kody Robsion	Hammer	214-01
T29.	Michael Montgomery	Pole Vault	17-05.75
T29.	Conner Rouse	Pole Vault	17-05.75
33.	Herman Day	Decathlon	7,249
46.	Fatima Vergara	Hammer	196-02

NCAA WEST REGION RANKINGS

Top-48 (through May 22)

Rk	Name	Event	Time/Mark
2.	Kemonie Briggs	M-Long Jump	26-02.25
6.	Willie Alexander	M-Long Jump	25-10.25
6.	Robert Marlow	M-Hammer	215-02
7.	Kody Robsion	M-Hammer	214-01
10.	James Hubbard	M-Discus	190-02
15.	Riley Cooks	Heptathlon	5,569
17.	James Hubbard	M-Hammer	207-07
T18.	Michael Montgomery	M-Pole Vault	17-05.75
T18.	Conner Rouse	M-Pole Vault	17-05.75
21.	Herman Day	Decathlon	7,249
23.	Fatima Vergara	W-Hammer	196-02
27.	Willie Alexander	M-Triple Jump	50-08
27.	Ryan Colebrook	M-400H	51.69
35.	Marina Shelton	W-Hammer	191-10
36.	Xander Cooper	M-Pole Vault	17-00.75
38.	Courtne' Davis	W-200m	23.68
40.	Courtne' Davis	W-100m	11.50
40.	Brianna Viltz	W-Discus	167-00
44.	Riley Cooks	W-100H	13.60

BIG WEST LEADERS (through May 22)

Name	Event	Time/Mark
Willie Alexander	M-Triple Jump	50-08
Kemonie Briggs	M-Long Jump	26-02.25
Riley Cooks	Heptathlon	5,569
Courtne' Davis	W-100m	11.50
Courtne' Davis	W-200m	23.65
Herman Day	Decathlon	7,249
James Hubbard	M-Discus	190-02
Robert Marlow	M-Hammer	215-02
Michael Montgomery	M-Pole Vault	17-05.75
Conner Rouse	M-Pole Vault	17-05.75
Fatima Vergara	W-Hammer	196-02
Briggs, McCloskey,	M-4x400 Relay	3:09.23
York-Mouton, Colebrook		

RILEY COOKS - Heptathlon | Junior | Coarsegold, Calif.

- Long Beach State's third NCAA Championship qualifier in the heptathlon and first since 1991
- Broke a 25-year old school record with 5,569 points to win the heptathlon at the UCR Spring Track Classic
- That mark ranks 15th in the West Region and is tied for 23rd in the nation
- Became LBSU's second Big West Women's Field Athlete of the Year and first since 2004
- Scored 31 points at the conference championships to earn Big West Athlete of the Meet honors
- Won the Big West heptathlon (5,414), while finishing second in the 100H and 200m, and fourth in the long jump
- NCAA West Preliminary qualifier in the 100m hurdles
- Recorded a wind-legal lifetime-best 13.60 in the 100H at the Big West meet; Ranks third in program history
- Has run five sub-14 second 100H races, including in each of her last four outings
- Also ranks among the 49er all-time top-10 in the 200m (7th, 24.01) and javelin (8th, 146-06)
- In addition, she was a member of the 4x100 relay team that ran the second-fastest time in school history (45.28)
- Two-time Big West Women's Athlete of the Week
- Established indoor school records in the pentathlon (3,690) and 60H (8.41) earlier this season

ROBERT MARLOW - Men's Hammer | Junior | Ventura, Calif.

- Placed 10th overall in the men's hammer throw at the NCAA West Prelims
- Best throw at regional meet came on his second attempt (207-03) to secure his first NCAA Championship berth
- Earned all-conference honors with a third-place performance in the hammer throw at the Big West meet (206-04)
- Registered a lifetime-best 215-02 to win the event at the USC Trojan Invitational on March 18
- That mark ranks third in school history, first in the Big West, sixth in the West Region and 25th in the nation
- Finished no lower than 10th in each of his 12 competitions
- Reached 200 feet eight times, including in each of the last four meets
- Also set personal bests in the shot put (52-02.5) and discus (157-00) during the regular season

FATIMA VERGARA - Women's Hammer | Senior | Corona, Calif.

- First 49er ever to qualify for nationals in the women's hammer throw with a 12th-place finish at the West Prelims
- Set a then lifetime-best 198-10 before going for a school-record 199-08 on her final attempt at the regional meet
- Has thrown for over 190 feet in six of her 12 meets, including each of the last three
- Claimed top honors in the women's hammer throw at the Big West Championships (196-00)
- Also won the Big West title in 2014, making her LBSU's second two-time champion in the women's hammer
- Threw for a then personal-record 196-02 at the Payton Jordan Invitational on May 1
- Owns nine top-10 finishes on the year with an individual victory at the USC Trojan Invitational (193-11)
- Made her way into the 49er top-10 in the shot put (9th, 47-03.75) and discus (10th, 159-04) this year
- Established an indoor school-record 62-11.50 in the weight throw in February

BEACH CLAIMS FIVE BIG WEST AWARDS

Long Beach State took home five of the eight Big West Track & Field awards the conference office announced on May 19. Andy Sythe was named the Big West Men's Coach of the Year for the fourth consecutive season and seventh time overall, tying him for second all-time in conference history. Senior Willie Alexander joined former 49er Chris Richardson as the only two individuals to repeat as Big West Men's Field Athlete of the Year as he claimed his second-straight award. Junior Riley Cooks was also named the Big West Women's Field Athlete of the Year, while Kemonie Briggs and Courtne' Davis were selected as the Big West Men's and Women's Freshmen of the Year.

49ER DYNASTY

The Long Beach State men successfully defended their Big West team title to secure the first four-peat in school history. LBSU is one of only five men's programs in all of NCAA Division I that have won at least four conference titles in a row as their streak is tied for fourth in the nation. With the win, the 49ers also earned their 10th Big West title overall, tying former member Fresno State for the most in league history.

Current Streak of Most Men's Conference Titles Won in a Row

1. Liberty - Big South Conference: 2007-16 (10)
2. Albany - America East Conference: 2010-16 (7)
3. Northern Arizona - Big Sky Conference: 2012-16 (5)
4. Long Beach State - Big West Conference: 2013-16 (4)
Kennesaw State - Atlantic Sun Conference: 2013-16 (4)

ON THE PODIUM

The LBSU men and women combined for 31 all-conference performances and 10 individual Big West titles. Senior Willie Alexander led the way as he was crowned the triple jump champion for the second time in his career. He added runner-up showings in the 100m, 200m, long jump and 4x100 relay to finish the meet with a school-record 42 points. Seniors Kody Robison (Hammer) and Michael Montgomery (Pole Vault) each defended their conference titles, while redshirt freshman Kemonie Briggs won the long jump. On the track, the men claimed their third-straight 4x400 championship, and senior Ryan Colebrook finished ahead of the pack in the 400m hurdles. On the women's side, junior Riley Cooks was Long Beach State's first Big West heptathlon champion since 2004. She was also the runner-up in the 100m hurdles and 200m. Freshman Courtne' Davis was a double-winner in the 100m and 200m, while senior Fatima Vergara became the 49ers' second two-time champion in the hammer throw.

LBSU ALL-TIME TOP-10 MARKS

Men's Top-10 Marks

Willie Alexander (2016).....	Long Jump (1st, 25-10.25)
Willie Alexander (2016).....	100m (T4th, 10.48)
Willie Alexander (2013).....	Triple Jump (T6th, 52-02.75)
Herman Day (2016).....	Decathlon (4th, 7249)
Devin Hickey (2014).....	110H (5th, 14.06)
James Hubbard (2016).....	Hammer (6th, 207-07)
James Hubbard (2016).....	Discus (7th, 190-02)
Robert Marlow (2016).....	Hammer (3rd, 215-02)
Michael Montgomery (2015).....	Pole Vault (6th, 17-09)
Kody Robison (2016).....	Hammer (4th, 214-01)
Conner Rouse (2016).....	Pole Vault (8th, 17-05.75)
4x400 Relay (2016).....	8th (3:09.23)

Women's Top-10 Marks

Brittany Anselmo (2015).....	800m (9th, 2:11.65)
Jasmine Bass (2015).....	Triple Jump (2nd, 40-11.50)
Chaylene Bruggeman (2015).....	Hammer (8th, 171-09)
Madison Carney (2016).....	100m (10th, 24.25)
Ashleigh Chambers (2016).....	100m (T8th, 11.80)
Riley Cooks (2016).....	Heptathlon (1st, 5569)
Riley Cooks (2016).....	100H (3rd, 13.60)
Riley Cooks (2016).....	200m (7th, 24.01)
Riley Cooks (2016).....	Javelin (8th, 146-06)
Courtne' Davis (2016).....	100m (4th, 11.72)
Courtne' Davis (2016).....	200m (5th, 23.68)
Kathleen Dunne (2016).....	Steeplechase (4th, 11:00.90)
Tiffany Forbito (2014).....	Javelin (6th, 157-04)
Allison Foster (2016).....	Long Jump (10th, 19-05.25)
Kennedy Krueger (2016).....	Pole Vault (T6th, 12-04)
Jodi Lambert (2016).....	Pole Vault (4th, 12-10)
Taylor Lorack (2015).....	400H (10th, 61.66)
Elijah McDonald (2015).....	100H (8th, 13.87)
Jessica Rotter (2016).....	Shot Put (10th, 47-01)
Marina Shelton (2015).....	Hammer (3rd, 195-11)
Fatima Vergara (2016).....	Hammer (1st, 199-08)
Fatima Vergara (2016).....	Shot Put (9th, 47-03.75)
Fatima Vergara (2016).....	Discus (10th, 159-04)
Brianna Viltz (2016).....	Discus (5th, 167-00)
Brianna Wilson (2015).....	400H (9th, 61.41)
4x100 (2016).....	2nd (45.28)
4x100 (2016).....	T9th (45.89)

WELCOME HOME

Long Beach State's Jack Rose Track recently underwent a multi-million dollar renovation, and when all phases are complete, 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 held their annual Beach Invitational on campus, while they also hosted the Big West Outdoor Track & Field Championships for the first time in 15 years.

MISSING WILLIE

For the first time in his four-year career, senior Willie Alexander will not be at the NCAA Outdoor Championships after failing to qualify in the long jump and triple jump at the West Prelims. The Fresno, Calif., native is still one of the most decorated student-athletes in Long Beach State history as he is one of only five 49ers to claim at least three All-America honors. Alexander was a first-team All-America performer as the national runner-up in the long jump in 2014, while he received honorable mention recognition in 2013 (long jump) and 2015 (triple jump). At the conference level, he is an 11-time All-Big West performer and is the two-time defending Big West Men's Field Athlete of the Year. This season, Alexander started competing in the sprints to help his speed in the long jump and ended up scoring a school-record 42 points at the conference meet. He was the triple jump champion, and runner-up in the 100m, 200m, long jump and 4x100 relay. Alexander twice set a school record in 2016, first breaking the 20-year old long jump record with a mark of 25-10 at the USC Trojan Invitational on March 18. He then bettered that distance at the Big West Championships where he went 25-10.25. Although he will not be in Eugene this week, Alexander ranks sixth in the West Region and 12th in the nation in the long jump.

RAPID RISE

Freshman Kemonie Briggs came to Long Beach State as a highly touted 400-meter sprinter. After joining the track team at Wilson High School in his junior year, Briggs went on to win the California state title in the 400m as a senior. At the Big West Challenge (April 8), the Long Beach native was put in the long jump to secure points for LBSU's ninth-straight team title and exceeded expectations with a leap of 24-00.75 for runner-up honors. One week later at the Beach Invitational, he improved his distance by a foot with a personal-best 25-00.75. Briggs finished fourth overall behind 2012 Olympic Champion Greg Rutherford, 2014 U.S. National Champion Jeff Henderson and 2014 NCAA runner-up Willie Alexander. Briggs continued his rapid improvement, winning the Big West title with a wind-aided 26-02.25. He was the first long jumper to reach 26 feet at the conference meet since 1984. Briggs was a West Prelim qualifier in the long jump and 4x400 relay.

FAST START

Freshman Courtne' Davis made a name for herself early in her collegiate career. She was the Big West champion and an NCAA West Preliminary qualifier in both the 100m and 200m. Davis became Long Beach State's first-ever sprinter to claim gold in the women's 100m at the conference meet. After just one season, the Riverside, Calif., native ranks fourth on LBSU's all-time top-10 list in the 100m (10.72) and sits at No. 5 in the 200m (23.68). She was also a member of the 4x100 relay team that ran the second-fastest time in school history at 45.28 seconds. Davis was named the Big West Women's Freshman of the Year.

HAMMER SUCCESS

The men's hammer throwers finished first and second in seven of their 10 regular-season competitions this year. Senior Kody Robison led the group with five individual victories, while he was the top collegiate finisher eight times. Junior Robert Marlow also came in ahead of the pack at the USC Trojan Invitational where both he (215-02, 3rd) and Robison (214-01, 4th) established marks that rank among the top-10 in program history. Junior James Hubbard joined the duo with a toss of 203-04 at the UCR Spring Track Classic on March 26 and improved that distance with a mark of 207-07 at the Steve Scott Invitational to sit at No. 6 on the 49er all-time charts. That also made Long Beach State one of only six schools to have at least three individuals reach 200 feet this season (LBSU, Kansas State, LSU, Michigan State, Mississippi and Wichita State). The 49er trio advanced to the NCAA West Prelims.

LBSU'S 2016 BIG WEST AWARDS

Men's Coach of the Year: Andy Sythe

Men's Field Athlete of the Year: Willie Alexander

Women's Field Athlete of the Year: Riley Cooks

Men's Freshman of the Year: Kemonie Briggs

Women's Freshman of the Year: Courtne' Davis

Big West Men's Athlete of the Meet: Willie Alexander

Big West Women's Athlete of the Meet: Riley Cooks

BIG WEST ATHLETES OF THE WEEK (11)

Men's Track Athlete of the Week

March 15	Willie Alexander	100m, 200m
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Men's Field Athlete of the Week

March 8	Kody Robison	Hammer
March 15	Kody Robison	Hammer
March 22	Willie Alexander	Long Jump
March 29	Herman Day	Decathlon
April 12	Willie Alexander	Long Jump, Triple Jump
May 3	James Hubbard	Hammer

Women's Track Athlete of the Week

March 22	Courtne' Davis	100m, 200m, 4x100
April 12	Riley Cooks	100H, 200m, 4x100

Women's Field Athlete of the Week

March 29	Riley Cooks	Heptathlon
May 3	Fatima Vergara	Hammer, Shot Put, Discus



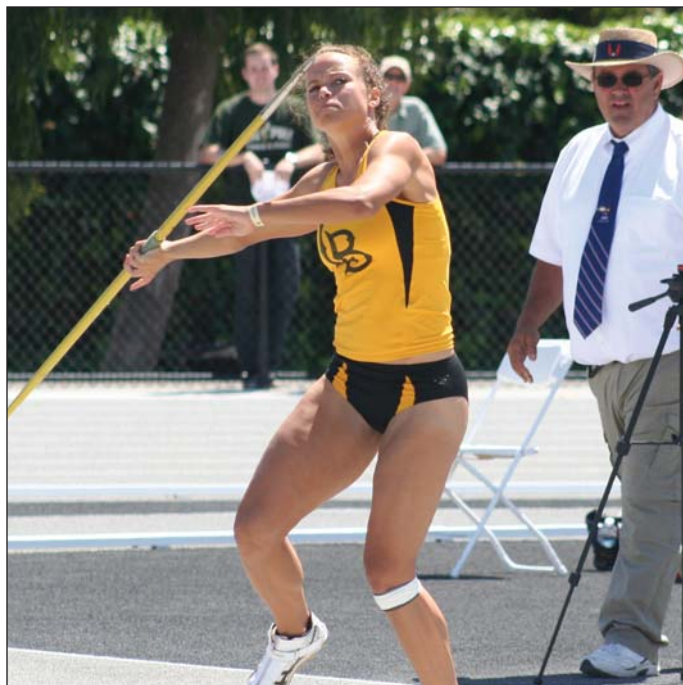
RILEY COOKS

Event	Mark	Date	Place	Meet	Site
200m	23.65 (w)	May 14	2nd	Big West Championships (Finals)	Long Beach, Calif.
200m	23.79 (w)	May 13	2nd	Big West Championships (Prelims)	Long Beach, Calif.
200m	24.12	May 6	1st	Big West Multi-Event Championships	Long Beach, Calif.
200m	24.48	April 16	9th	Beach Invitational	Long Beach, Calif.
200m	24.01	April 8	1st	Big West Challenge	Fullerton, Calif.
200m	24.29	March 24	2nd	UCR Spring Track Classic - Heptathlon	Riverside, Calif.
200m	24.32 (w)	March 5	1st	Cal Opener	Berkeley, Calif.
800m	2:36.21	May 7	11th	Big West Multi-Event Championships	Long Beach, Calif.
800m	2:33.31	March 25	9th	UCR Spring Track Classic - Heptathlon	Riverside, Calif.
100m Hurdles	13.79	May 28	36th	NCAA West Preliminary	Lawrence, Kan.
100m Hurdles	13.61 (w)	May 14	2nd	Big West Championships (Finals)	Long Beach, Calif.
100m Hurdles	13.80	May 13	2nd	Big West Championships (Prelims)	Long Beach, Calif.
100m Hurdles	13.60	May 6	1st	Big West Multi-Event Championships	Long Beach, Calif.
100m Hurdles	14.12	April 16	19th	Beach Invitational	Long Beach, Calif.
100m Hurdles	13.93	April 8	1st	Big West Challenge	Fullerton, Calif.
100m Hurdles	13.85	March 24	1st	UCR Spring Track Classic - Heptathlon	Riverside, Calif.
100m Hurdles	14.19	March 19	7th	USC Trojan Invitational	Los Angeles, Calif.
100m Hurdles	14.09	March 12	1st	Anteater 4-Way Meet	Irvine, Calif.
100m Hurdles	DNF	March 5	--	Cal Opener	Berkeley, Calif.
High Jump	5-03.00	May 6	T4th	Big West Multi-Event Championships	Long Beach, Calif.
High Jump	5-03.00	April 14	T10th	Pacific Coast Intercollegiate	Long Beach, Calif.
High Jump	5-04.25	March 24	T2nd	UCR Spring Track Classic - Heptathlon	Riverside, Calif.
Long Jump	19-04.75 (NWI)	May 13	4th	Big West Championships	Long Beach, Calif.
Long Jump	18-01.50	May 7	4th	Big West Multi-Event Championships	Long Beach, Calif.
Long Jump	18-05.75	March 25	3rd	UCR Spring Track Classic - Heptathlon	Riverside, Calif.
Long Jump	17-01.50	March 19	11th	USC Trojan Invitational	Los Angeles, Calif.
Long Jump	17-11.50	March 5	3rd	Cal Opener	Berkeley, Calif.
Shot Put	40-11.75	May 6	2nd	Big West Multi-Event Championships	Long Beach, Calif.
Shot Put	38-03.25	April 14	18th	Pacific Coast Intercollegiate	Long Beach, Calif.
Shot Put	41-02.25	March 24	2nd	UCR Spring Track Classic - Heptathlon	Riverside, Calif.
Javelin	120-08	May 13	13th	Big West Championships	Long Beach, Calif.
Javelin	129-03	May 7	1st	Big West Multi-Event Championships	Long Beach, Calif.
Javelin	132-04	April 8	5th	Big West Challenge	Fullerton, Calif.
Javelin	146-06	March 25	1st	UCR Spring Track Classic - Heptathlon	Riverside, Calif.
Javelin	127-00	March 19	6th	USC Trojan Invitational	Los Angeles, Calif.
Javelin	110-07	March 5	7th	Cal Opener	Berkeley, Calif.
Heptathlon	5,414	May 6-7	1st	Big West Championships	Long Beach, Calif.
Heptathlon	5,569	March 24-25	1st	UCR Spring Track Classic	Riverside, Calif.

LBSU CAREER BEST'S

- 200m: 24.01 (7th)
- 800m: 2:33.31
- 100H: 13.60 (3rd)
- High Jump 5-04.25
- Long Jump: 19-04.75
- Shot Put: 41-02.25
- Javelin: 146-06 (8th)
- Heptathlon: 5,569 (1st)

() - LBSU all-time ranking





ROBERT MARLOW

Event	Mark	Date	Place	Meet	Site
Hammer	207-03	May 27	10th	NCAA West Preliminary	Lawrence, Kan.
Hammer	206-04	May 13	3rd	Big West Championships	Long Beach, Calif.
Hammer	204-00	May 1	4th	Payton Jordan Invitational	Stanford, Calif.
Hammer	202-01	April 29	4th	Steve Scott Invitational	Irvine, Calif.
Hammer	189-04	April 23	10th	Triton Invitational	La Jolla, Calif.
Hammer	199-02	April 15	9th	Beach Invitational	Long Beach, Calif.
Hammer	202-04	April 8	2nd	Big West Challenge	Fullerton, Calif.
Hammer	204-02	March 25	2nd	UCR Spring Track Classic	Riverside, Calif.
Hammer	215-02	March 18	1st	USC Trojan Invitational	Los Angeles, Calif.
Hammer	203-10	March 12	2nd	Anteater 4-Way Meet	Irvine, Calif.
Hammer	199-05	March 11	2nd	Ben Brown Invitational	Fullerton, Calif.
Hammer	191-05	March 5	3rd	Cal Opener	Berkeley, Calif.

LBSU CAREER BESTS

Shot Put: 52-02.5
 Discus: 157-00
 Hammer: 215-02 (3rd)
 () - LBSU all-time ranking



FATIMA VERGARA

Event	Mark	Date	Place	Meet	Site
Hammer	199-08	May 27	12th	NCAA West Preliminary	Lawrence, Kan.
Hammer	196-00	May 14	1st	Big West Championships	Long Beach, Calif.
Hammer	196-02	May 1	4th	Payton Jordan Invitational	Stanford, Calif.
Hammer	189-07	April 29	5th	Steve Scott Invitational	Irvine, Calif.
Hammer	189-09	April 22	9th	Triton Invitational	La Jolla, Calif.
Hammer	193-05	April 15	11th	Beach Invitational	Long Beach, Calif.
Hammer	190-02	April 8	2nd	Big West Challenge	Fullerton, Calif.
Hammer	187-04	March 25	2nd	UCR Spring Track Classic	Riverside, Calif.
Hammer	193-11	March 18	1st	USC Trojan Invitational	Los Angeles, Calif.
Hammer	180-10	March 12	2nd	Anteater 4-Way Meet	Irvine, Calif.
Hammer	177-04	March 11	4th	Ben Brown Invitational	Fullerton, Calif.
Hammer	173-10	March 5	3rd	Cal Opener	Berkeley, Calif.

LBSU CAREER BESTS

Shot Put: 47-03.75 (9th)
 Discus: 159-04 (10th)
 Hammer: 199-08 (1st)
 () - LBSU all-time ranking



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

100m

1.	Brent Gray (2007)	10.29
2.	Jaime Barragan (1995)	10.30
3.	Cameron Glasgow (2014)	10.42
4.	Willie Alexander (2016)	10.48
	Anthony Ford (1987)	10.48
6.	Austin Fowler (2008)	10.50
7.	Ricky Jackson (1978)	10.52
	Horace Berry (1978)	10.52
9.	Brandon Thomas (1996)	10.53
	Bobby Flenoid (1988)	10.53

200m

1.	Brent Gray (2007)	20.51
2.	Jaime Barragan (1995)	20.72
3.	Anthony Ford (1988)	20.93
4.	Dan Moore (1970)	20.94
5.	Terrance Riley (1989)	21.00
	Ricky Jackson (1978)	21.00
7.	Phil Pipersburg (1978)	21.01
	Dino Romanelli (1986)	21.02
9.	Oscar Beasley (1972)	21.04#*
10.	Jacob Glickman (1996)	21.06

400m

1.	Lewis Young (1999)	45.75
2.	Herbert Beasley (1978)	45.87
3.	Albert Shorts (1975)	45.91*
4.	Kashus Perona (2001)	46.21
5.	Clarence Palmer (1970)	46.34#*
6.	Cameron Glasgow (2015)	46.39
7.	Bryan Saunders (1978)	46.56
8.	Charles Lewis (2007)	46.62
9.	Otis Dixon (1990)	46.63
10.	Kelsey Caesar (2008)	46.65

800m

1.	Chris Low (2014)	1:47.52
2.	Sam Ceasar (1983)	1:48.41
3.	Odie Huffman (1978)	1:48.50
4.	Ralph Lee (1965)	1:48.70
5.	Gabe Hilbert (2013)	1:48.99
6.	Ed Ricker (1968)	1:49.10*
7.	Alex Freitas (2008)	1:49.34
8.	Darryl Taylor (1964)	1:49.60
9.	Larry Gonzalez (1980)	1:49.90
10.	Mario Cobian (2007)	1:50.08



1500m

1.	Armando Cendejas (1978)	3:43.60
2.	Matt Maldonado (2010)	3:44.28
3.	Mike Parker (1983)	3:45.78
4.	Dan Arsenaault (1983)	3:47.86
5.	Chris Monroe (1986)	3:47.90
6.	Dave Cangelosi (1980)	3:48.30
7.	Ron Cornell (1978)	3:48.80
8.	Colin McConnell (1979)	3:48.90
	Kel Phelps (1975)	3:48.90
10.	Rudy Krause (1977)	3:49.60

3000m (Since 2002)

1.	Jimmy Grabow (2005)	8:26.02
2.	Jake Dawson (2012)	8:28.03
3.	Travis Kuhlman (2008)	8:29.06
4.	Terrance Wroblewski (2003)	8:32.17
5.	Kevin Ramirez (2015)	8:32.78
6.	Chris Walden (2011)	8:32.85
7.	Heath Reedy (2011)	8:34.86
8.	Daniel Estrella (2004)	8:34.98
9.	Josh Ruff (2011)	8:35.19
10.	Wolhan Ovalle (2007)	8:35.62

3000m Steeplechase

1.	Jim Sweeney (1975)	8:59.40
2.	Rich McCandless (1978)	9:00.30
3.	Mike Ritchie (1971)	9:00.80
4.	Steven DeCastro (2012)	9:02.22
5.	Cal Linam (1985)	9:04.40
6.	Dylan Jaedtke (2009)	9:06.13
7.	Howard Burgess (1976)	9:07.60
8.	Lalo Terriquez (1986)	9:08.30
9.	Johann Appell (1999)	9:08.84
10.	Kenny Lawrence (2005)	9:10.10

5000m

1.	Chris Enriquez (2014)	14:07.30
2.	Rich McCandless (1978)	14:10.48
3.	Armando Cendejas (1978)	14:11.20
4.	Colin McConnell (1977)	14:12.20
5.	Ron Cornell (1978)	14:14.00
6.	Heath Reedy (2011)	14:16.62
7.	Ron Pryor (1972)	14:19.00*
8.	Gordon Duff (1983)	14:20.14
9.	Dave Schumacher (1988)	14:20.69
10.	Bob Macias (1977)	14:21.20*

10000m

1.	Ron Pryor (1972)	28:52.20
2.	Chris Enriquez (2014)	29:12.46
3.	Jimmy Grabow (2007)	29:36.83
4.	Bob Wallace (1972)	29:45.50*
5.	Dave Schumacher (1987)	29:53.10
6.	Ben Martinez (1972)	29:53.60*
7.	Mike Wood (1971)	29:56.80*
8.	Heath Reedy (2011)	30:14.85
9.	Jake Dawson (2013)	30:21.09
10.	Allen Just (1984)	30:22.30

110m Hurdles

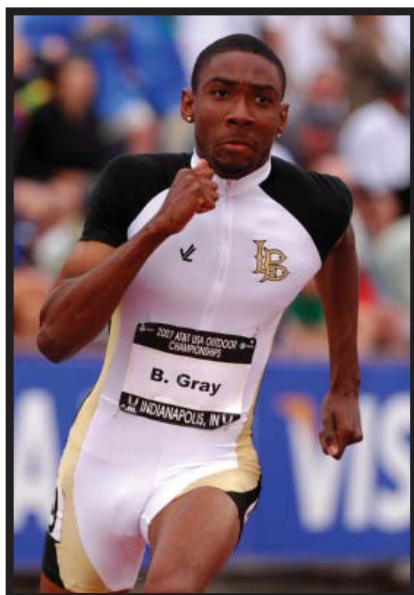
1.	Milt Turner (1972)	13.72*
2.	Derek Pye (1991)	13.84
3.	Davon Wilson-Angel (2014)	13.97
4.	Doug Conner (1992)	13.98
5.	Devin Hickey (2014)	14.06
6.	Chris Lawson (2012)	14.07
7.	Larry Blake (1981)	14.10
8.	Koree Hines (2014)	14.13
	Jason Ricker (1991)	14.13
10.	John Peterson (1976)	14.14#

400m Hurdles

1.	Kenneth Medwood (2010)	49.66
2.	Sam Jeter (2010)	50.24
3.	James Ferreira (1986)	50.52
4.	Chris Lawson (2012)	50.66
5.	Wil Moore (1999)	50.79
6.	Oswaldo Zea (1986)	50.86
7.	Dennis Ruby (1971)	51.14#*
8.	Allen Jones (1981)	51.44#*
	Otis Fisher (1976)	51.44#*
	Walt Clements (1966)	51.44#*

4x100m Relay

1.	Goldberg, B. Gray, K. Caesar, Fowler (2008)	39.66
2.	Berry, Jackson, Grace, Pipersburg (1978)	39.90
3.	Biggers, London, Palmer, Moore (1971)	39.94#*
4.	Williams, Grace, Country, Brewer (1976)	40.04*
5.	Cablayan, Barragan, Glickman, Thomas (1995)	40.08
6.	White, Carson, Perona, Young (1999)	40.10
7.	Dixon, Riley, Langston, Stovall (1990)	40.11
8.	Brewer, Turner, Williams, Shorts (1975)	40.13
9.	Biggers, London, Jones, Moore (1970)	40.14#*
10.	Glickman, Thomas, Cablayan, Barragan (1996)	40.19



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

4x400m Relay

1.	McCloskey, Glasgow, Perez-Rogers, Lockett (2015).....	3:06.20
2.	Taylor, Lizardi, Saunders, Beasley (1977).....	3:06.24#
3.	Conaway, Beasley, Cox, Saunders (1978).....	3:06.84#*
4.	Pearson, Perona, Carson, Young (1999).....	3:07.51
5.	Goldberg, Fowler, K. Caesar, B. Gray (2008).....	3:08.64
6.	Pearson, Perona, Moore, Young (1999).....	3:09.00
7.	Perona, Stephens, Young, Moore (1997).....	3:09.16
8.	Briggs, McCloskey, York-Mouton, Colebrook (2016) ..	3:09.23
9.	Nickerson, Ruby, Stevenson, Moses (1972).....	3:09.24#*
10.	Perona, Smith, Carson, Young (1998).....	3:09.31

High Jump

1.	Dwight Stones (1976).....	7-07.25
2.	John Temidara (2004).....	7-03.00
3.	Mel Baker (1982).....	7-02.75
4.	John Rambo (1964).....	7-01.25
5.	Bill Heitchew (1975).....	7-00.50
6.	Kelly Gordien (1982).....	7-00.00
	Brian Sims (1981).....	7-00.00
	Mike Franz (1977).....	7-00.00
	Carl Miles (1975).....	7-00.00
10.	Dan Trautner (2005).....	6-11.75
	Haben Hagos (2004).....	6-11.75

Pole Vault

1.	Jason Hinkin (1997).....	18-07.50
2.	Borya Celentano (1999).....	18-06.50
3.	Don Baird (1977).....	18-02.00
4.	Tyler Wallace (2011).....	18-00.50
	Steve Smith (1972).....	18-00.50
6.	Michael Montgomery (2015).....	17-09.00
7.	Ken Corney (1982).....	17-06.00
8.	Conner Rouse (2016).....	17-05.75
9.	Jim Knaub (1976).....	17-03.00
10.	Craig Wilson (1979).....	17-01.00

Long Jump

1.	Willie Alexander (2016).....	25-10.25
2.	Detric Cofield (1996).....	25-09.25
	Keith Taylor (1978).....	25-09.25
4.	Fred Batiste (1974).....	25-08.75
5.	Stanford Brewer (1976).....	25-08.25
6.	Doyle Steele (1971).....	25-07.75
7.	Ron Johnson (1979).....	25-07.50
8.	Terry Metcalf (1972).....	25-02.75
9.	Greg Magee (1977).....	25-02.50
10.	Mark Givens (1976).....	25-01.50

Triple Jump

1.	Dave Tucker (1973).....	54-01.00
2.	Keith Taylor (1978).....	53-08.00
3.	Greg Magee (1977).....	53-02.50
4.	Rayfield Dupree (1974).....	53-01.75
5.	Ronald Carter (2006).....	52-09.25
6.	Willie Alexander (2013).....	52-02.75
	John Temidara (2006).....	52-02.75
8.	Willie Williams (1984).....	51-07.75
9.	Michael Vaughan (2013).....	51-07.25
	Rodney Hawkins (2009).....	51-07.25

Shot Put

1.	Mike Smith (1981).....	64-10.00
2.	Jon O'Neil (2002).....	63-01.50
3.	Victor Martin (2015).....	60-06.75
4.	Jim Hannefield (1967).....	60-04.25
5.	David Fuller (1978).....	59-07.00
6.	Jacob Weintraub (2012).....	59-04.25
7.	Jacob Fraser (2015).....	59-03.00
8.	Chris Yates (2013).....	59-01.25
9.	Ezra Kwong (2007).....	57-07.75
10.	Cesar Puga (2011).....	57-04.25

Discus

1.	Jon O'Neil (2002).....	201-08
2.	Greg McSeveney (1967).....	199-01
3.	Cory Loeb (2002).....	195-11
4.	Dan Gardner (1975).....	195-03
5.	David Fuller (1978).....	192-04
6.	Jason Harrell (2014).....	191-09
7.	James Hubbard (2016).....	190-02
8.	Scott Reid (1981).....	189-08
9.	Jacob Fraser (2014).....	189-05
10.	Robert Jennings (2007).....	187-10

Hammer

1.	Bill Green (1983).....	235-07
2.	Colin Dunbar (2011).....	223-06
3.	Robert Marlow (2016).....	215-02
4.	Kody Robison (2016).....	214-01
5.	Steve Rohovit (1982).....	214-00
6.	James Hubbard (2016).....	207-07
7.	Cory Loeb (2003).....	202-07
8.	Robert Jennings (2007).....	198-05
	David Fuller (1978).....	198-05
10.	Greg McSeveney (1981).....	197-08

Javelin

1.	Ben Woodruff (2012).....	243-02
2.	Doug Lefler (2004).....	237-02
3.	Chris Richardson (2008).....	224-10
4.	Adam Bianchessi (2013).....	223-07
5.	Tyson Gray (2007).....	218-00
6.	Frank Rodriguez (2002).....	214-02
7.	Chris Kanowsky (1996).....	212-06
8.	Tyler McCoy (2006).....	209-00
9.	Hector Sanchez (1993).....	208-06
10.	Sean Blandford (2004).....	207-09

Decathlon

1.	Chris Richardson (2006).....	7,605
2.	Nicholas Armstrong (2011).....	7,478
3.	Garrett Demirjian (2013).....	7,296
4.	Herman Day (2016).....	7,249
5.	Shawn Wilbourn (1990).....	7,148
6.	Darby Kelly (1999).....	7,106
7.	Craig Malaer (1990).....	7,038
8.	Mark Long (1970).....	6,921
9.	Mike Worden (1984).....	6,919
10.	Jason Frudakis (1995).....	6,798

- Converted hand times

* - Converted from yards to meters

Current 49ers in **bold**.



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

100m

1.	Andrea Lynch (1978)	11.32
2.	Amaris Buchanan (1999)	11.46
3.	Jessica Branker (2008)	11.52
4.	Courtne' Davis (2016)	11.72
5.	Emily Cooper (2013)	11.76
6.	Patrice White (2007)	11.77
7.	Charlene Deardorff (2005)	11.79
8.	Ashleigh Chambers (2016)	11.80
	Cathy Roberts (1988)	11.80
10.	Ashley Campbell (2009)	11.83

200m

1.	Andrea Lynch (1978)	23.26
2.	Amaris Buchanan (1999)	23.46
3.	Jessica Branker (2008)	23.53
4.	Cathy Roberts (1988)	23.61
5.	Courtne' Davis (2016)	23.68
6.	Emily Cooper (2013)	23.92
7.	Riley Cooks (2016)	24.01
8.	Jasmine Winfield (2006)	24.15
9.	Kayla Goosby (2015)	24.23
10.	Madison Carney (2016)	24.25

400m

1.	Faye Paige (1982)	53.56
2.	Alex Kruthers (2014)	54.34
3.	Jasmine Askew (2015)	54.55
4.	Cathy Roberts (1987)	54.55
5.	Kerri Zaleski (1987)	54.75
6.	Saedra Wright (2013)	55.02
7.	Jasmine Winfield (2006)	55.03
8.	Jessica Branker (2008)	55.14
	Asa Carlsson (1997)	55.14
10.	Teresa Jenkins (1979)	55.44

800m

1.	Kerri Zaleski (1987)	2:05.34
2.	Michelle Bonds (1980)	2:08.44
3.	Meghan Foley (2013)	2:08.84
4.	Chris Morgan (1991)	2:09.60
5.	Caitlin Turner (2014)	2:09.81
6.	Ann Dandoy (1978)	2:10.00
7.	Jessica Barnard (2012)	2:10.13
8.	Patty Cape (1977)	2:10.60
9.	Brittany Anselmo (2015)	2:11.65
10.	Catherine Martinez (2014)	2:12.68



1500m

1.	Meghan Foley (2013)	4:23.55
2.	Rosa Del Toro (2012)	4:24.97
3.	Chris Morgan (1991)	4:25.70
4.	Nicole Blalock (2007)	4:27.01
5.	Laura Koterba (1982)	4:27.30
6.	Missy Barclay (2009)	4:27.62
7.	Carly Harris (2009)	4:29.13
8.	Jenessa Botello (2007)	4:29.44
9.	Michelle Bonds (1980)	4:30.85
10.	Catherine Martinez (2014)	4:31.32

3000m

1.	Jennifer Bessel (1990)	9:37.04
2.	Laura Koterba (1983)	9:40.35
3.	Chris Morgan (1991)	9:49.81
4.	Stacy Pando (1994)	9:50.38
5.	Kristina Wilson (2009)	9:54.75
6.	Meredith Kramon (2006)	9:57.21
7.	Brooke Mabe (1994)	9:59.33
8.	Joanna Green (1991)	10:00.40
9.	Monica MacManus (2000)	10:01.05
10.	Sarah Apgar (2009)	10:01.46

3000m Steeplechase

1.	Jessica Barnard (2012)	10:22.90
2.	Carly Harris (2009)	10:28.31
3.	Jenny Yadon (2003)	10:33.99
4.	Kathleen Dunne (2016)	11:00.90
5.	Kylee Martin (2014)	11:03.62
6.	Danielle Miller (2006)	11:07.63
7.	Missy Barclay (2007)	11:26.64
8.	Kelsea Tiapon (2012)	11:39.39
9.	Katie Vahoviak (2006)	11:39.63
10.	Madison D'Ornellas (2012)	11:40.12

5000m

1.	Jennifer Bessel (1990)	16:16.82
2.	Carly Harris (2009)	16:40.41
3.	Rosa Del Toro (2012)	16:45.72
4.	Ludi Valdez (2006)	16:48.95
5.	Meredith Kramon (2007)	16:54.00
6.	Sarah Apgar (2008)	16:56.26
7.	Chris Morgan (1991)	16:57.13
8.	Kristina Wilson (2008)	17:07.08
9.	Alisia Barajas (2010)	17:08.88
10.	Nina Moore (2011)	17:11.15

10000m

1.	Hillary Zator (2014)	35:12.22
2.	Jennifer Rodriguez (2010)	35:19.05
3.	Alisia Barajas (2010)	35:22.06
4.	Annie Randall (2010)	35:29.56
5.	Meredith Kramon (2005)	35:38.21
6.	Jennifer Bessel (1990)	35:45.72
7.	Kristina Wilson (2009)	36:04.07
8.	Nina Moore (2011)	36:28.37
9.	Mary Yost-Schumacher (1991)	36:28.60
10.	Christine Riel (2001)	36:31.61

100m Hurdles

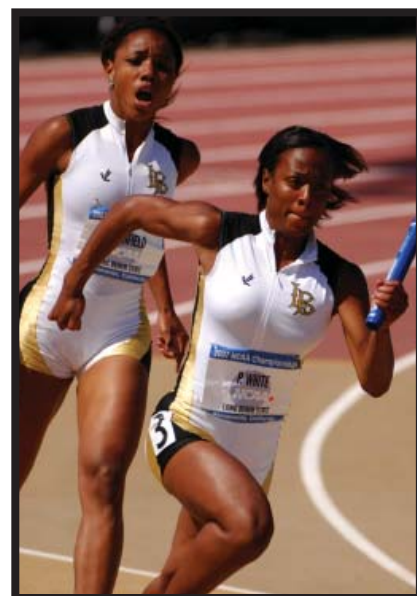
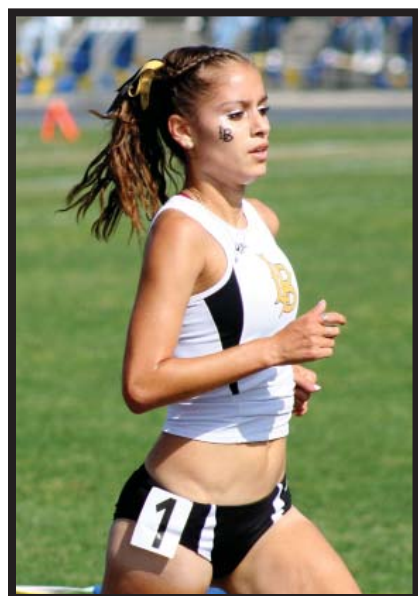
1.	LeGretta Hinds (1994)	13.49
2.	Shakina Phillips (2012)	13.52
3.	Riley Cooks (2016)	13.60
4.	Amber Clark (2014)	13.68
5.	Ambre' Thompson (1993)	13.77
6.	Erricka Feazell (2007)	13.80
7.	Phylicia Johnson (2011)	13.86
8.	Elijah McDonald (2015)	13.87
9.	Maureen McGee (1979)	13.94#
10.	Ami Ice (1989)	13.95
	Lori Smith (1981)	13.95

400m Hurdles

1.	LeGretta Hinds (1996)	57.53
2.	Asa Carlsson (1997)	57.64
3.	Ami Ice (1988)	57.82
4.	Faye Paige (1982)	58.21
5.	Shakina Phillips (2012)	59.89
6.	Cathy Bower (1981)	60.26
7.	Kristen Kiefer (2008)	60.61
8.	Patty Cape (1978)	61.34#
9.	Brianna Wilson (2015)	61.41
10.	Taylor Lorack (2015)	61.66

4x100m Relay

1.	Howell, Branker, Winfield, White (2007)	44.86
2.	Chambers, Davis, Carney, Cooks (2016)	45.28
3.	Garrido, Branker, Mobley, White (2008)	45.41
4.	Ka. Goosby, Kr. Goosby, Chambers, Carney (2015)	45.44
5.	Deardorff, Branker, Smith, White (2005)	45.50
6.	Askew, Ka. Goosby, Kruthers, Cooper (2014)	45.61
7.	Cooper, Ka. Goosby, Wright, Askew (2013)	45.86
8.	Reneau, Knighten, Bedford, Buchanan (1999)	45.87
9.	Carney, Chambers, Davis, Knox (2016)	45.89
	Knight, Mobley, Thompson, Mosley (1993)	45.89



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

4x400m Relay

1.	Cooper, Kruthers, Askew, Wright (2014).....	3:39.65
2.	Askew, Cooper, Wright, Lorack (2013)	3:41.24
3.	Winfield, Fairweather, White, Deardorff (2005)	3:41.88
4.	Askew, Lorack, Kruthers, Cooper (2014).....	3:44.54
5.	White, Branker, Howell, Winfield (2007).....	3:44.64
6.	Winfield, Fairweather, Ross, Deardorff (2005).....	3:44.70
7.	Knighen, Bedford, Buchanan, Renau (1999).....	3:45.02
8.	Wilson, Askew, Chambers, Harris (2015).....	3:45.42
9.	White, Branker, Kholev, Howell (2007).....	3:45.52
10.	Askew, Phillips, Barnard, Wright (2012).....	3:45.55

High Jump

1.	Joni Huntley (1978).....	6-04.00
2.	Tayyiba Haneef (2001).....	6-02.00
3.	Shelly Fehrman (1984).....	6-00.50
4.	Lori Svoboda (1992).....	6-00.00
5.	Kristy Kierulff (1997).....	5-11.50
6.	Fern Simon (1978).....	5-11.00
7.	Katrina Graves-Johnson (2012).....	5-10.75
8.	Emily Forsythe (2002).....	5-10.50
9.	Loni Buettner (1993).....	5-10.00
	Chandra Roberts (1983).....	5-10.00

Pole Vault

1.	Connie Jerz (2002).....	13-04.25
2.	Kayla Kamaka (2014).....	13-01.50
	Jill Reynolds (2007).....	13-01.50
4.	Jodi Lambert (2016)	12-10.00
5.	Christina Lee (2001).....	12-05.50
6.	Kennedy Krueger (2016)	12-04.00
	Marylou Badillo (1997).....	12-04.00
8.	Amanda Klinchuch (2013).....	12-03.50
9.	Amber Britt (2015).....	12-01.50
	Katelyn Beighton (2009).....	12-01.50

Long Jump

1.	Sherron Walker (1978).....	21-00.00
2.	Joni Huntley (1978).....	20-03.50
3.	Cathy Roberts (1988).....	20-02.25
4.	Chandra Roberts (1983).....	20-01.50
5.	Maureen Wiley (1987).....	20-01.00
6.	Marion Reneau (2000).....	19-11.00
7.	Taylor Jackson (2015).....	19-10.75
8.	Phylicia Johnson (2011).....	19-08.75
9.	Ambre Thompson (1992).....	19-06.50
10.	Allison Foster (2016)	19-05.25

Triple Jump

1.	Miia Mobley (2008).....	41-01.00
2.	Jasmine Bass (2015)	40-11.50
3.	Gladys Iwuaba (2002).....	40-10.25
4.	Megan Irely (2004).....	40-06.25
5.	Chandra Roberts (1984).....	40-02.50
6.	Tisha Uwadiale (2007).....	40-00.75
7.	Cathy Roberts (1988).....	39-08.50
8.	Phylicia Johnson (2012).....	39-08.00
9.	Goziam Okolie (2013).....	39-07.00
10.	Holly Lipscomb (2004).....	39-06.50
	Marquita Knight (1993).....	39-06.50

Shot Put

1.	Peggy Pollock (1983).....	57-00.75
2.	Ramona Pagel (1982).....	55-04.00
3.	Annie McElroy (1982).....	52-02.75
4.	Emily Dole (1978).....	51-06.50
5.	Serena Boykin (2002).....	50-07.25
6.	Jacque Norton (1986).....	49-08.50
7.	Adara Newidouski (1998).....	49-08.25
8.	Melanie Samvalian (2014).....	48-02.50
9.	Fatima Vergara (2016)	47-03.75
10.	Jessica Rotter (2016)	47-01.00

Discus

1.	Jennifer Onyeagbako (2007).....	179-04
2.	Jacque Norton (1986).....	174-03
3.	Katelyn Ciarelli (2008).....	171-05
4.	Leslie Horner (1981).....	167-11
5.	Brianna Viltz (2016)	167-00
6.	Celeste Paquette (1990).....	166-01
7.	Ramona Pagel (1981).....	165-09
8.	Adara Newidouski (1998).....	161-05
9.	Pat Shaw (1981).....	161-03
10.	Fatima Vergara (2016)	159-04

Hammer

1.	Fatima Vergara (2016)	199-08
2.	Jennifer Onyeagbako (2009).....	199-05
3.	Marina Shelton (2015)	195-11
4.	Stephanie Sampson (2004).....	193-05
5.	Alexandra Cervantes (2013).....	179-09
6.	Shari Harris (2012).....	173-00
7.	Samantha Meredith (2004).....	171-10
8.	Chaylene Bruggeman (2015)	171-09
9.	Katelyn Ciarelli (2006).....	171-04
10.	Shannon Daniels (2002).....	170-07

Javelin Throw (1999 IAAF Specs.)

1.	Randi Hicks (2010).....	170-11
2.	Kim Heinz (2007).....	169-04
3.	Alex Shaw (2008).....	167-05
4.	Tara Ross (2011).....	163-08
5.	Samantha Young (2005).....	158-10
6.	Tiffany Forbito (2014)	157-04
7.	Ami Goldhammer (2006).....	155-02
8.	Riley Cooks (2016)	146-06
9.	Nina Grubbs (2004).....	144-02
10.	Marion Reneau (1999).....	142-01

Javelin Throw (Pre-1999)

1.	Jacque Nelson (1980).....	173-11
2.	Kelly Camarigg (1978).....	167-04
3.	Jacque Norton (1986).....	155-04
4.	Ana Marie Gill (1990).....	152-03
5.	Sheila Beuler (1986).....	149-00
6.	Ami Ice (1991).....	145-02
7.	Lisa Reslock (1990).....	142-05
	Peggy Pollock (1982).....	142-05

Heptathlon

1.	Riley Cooks (2016)	5,569
2.	Ami Ice (1991).....	5,521
3.	Marion Reneau (1999).....	5,375
4.	Sara Macey (2012).....	5,160
5.	Phylicia Johnson (2011).....	5,116
6.	Kristen Kiefer (2012).....	5,023
7.	Taylor Jackson (2013).....	4,963
8.	Jamie Cuthbert-Allen (2006).....	4,955
9.	Lori Smith (1981).....	4,912
10.	Ami Goldhammer (2004).....	4,838

- Converted hand times
Current 49ers in **bold**.

