



LONG BEACH STATE TRACK AND FIELD

CONTACT: ANDREA OHTA PHONE: (562) 985-8569 FAX: (562) 985-1549 EMAIL: AOHTA@CSULB.EDU

WWW.LONGBEACHSTATE.COM | 1250 BELLFLOWER BLVD. LONG BEACH, CA 90840 | UPDATED: JUNE 8, 2009

2009 SCHEDULE/RESULTS

Date	Meet	Time/Result
INDOOR SEASON		
Jan. 30-31	Washington Invitational <i>Seattle, Wash.</i>	NTS
Jan. 31	Mountain T's Invitational <i>Flagstaff, Ariz.</i>	NTS
Feb. 7	NAU Team Competition (LBSU, ASU, NAU, SUU) <i>Flagstaff, Ariz.</i>	All Day
Feb. 14	Husky Classic <i>Seattle, Wash.</i>	NTS
Feb. 15	UW Indoor Open <i>Seattle, Wash.</i>	NTS
Feb. 27-28	MPSF Indoor Championships <i>Seattle, Wash.</i>	Men - 10th Women - 10th
March 13-14	NCAA Indoor Championships <i>College Station, Texas</i>	Gray - 6th (200m)
OUTDOOR SEASON		
Feb. 13	Riverside College Invitational <i>Riverside, Calif.</i>	NTS
March 6-7	Ben Brown Invitational <i>Fullerton, Calif.</i>	NTS
March 20-21	USC Invitational <i>Los Angeles, Calif.</i>	NTS
March 27-28	Stanford Invitational <i>Stanford, Calif.</i>	NTS
March 28-29	Cal-Nevada Championships <i>Los Angeles, Calif.</i>	Men - 4th Women - 11th
April 3-4	UCLA Invitational <i>Los Angeles, Calif.</i>	NTS
April 10	Big West Challenge <i>Fullerton, Calif.</i>	Men - 1st Women - 3rd
April 15-16	Mt. SAC Decathlon-Heptathlon <i>Walnut, Calif.</i>	NTS
April 16-18	Mt. SAC Relays <i>Walnut, Calif.</i>	NTS
April 18	BEACH INVITATIONAL <i>Cerritos College</i>	NTS
April 23-25	Drake Relays <i>Des Moines, Iowa</i>	NTS
April 24-25	UCSD Triton Invitational <i>La Jolla, Calif.</i>	NTS
May 2-3	UCI/Steve Scott Invitational <i>Irvine, Calif.</i>	NTS
May 8-9	Big West Champ. (Multi-Events) <i>Irvine, Calif.</i>	O'Connor - 7th Heptathlon
May 15-16	Big West Championships <i>Irvine, Calif.</i>	Men - 4th Women - 8th
May 29-30	NCAA West Regional Championships <i>Eugene, Ore.</i>	Men - T22nd
June 10-13	NCAA Outdoor Championships <i>Fayetteville, Ark.</i>	
June 18-21	USATF Junior National Championships <i>Eugene, Ore.</i>	

*All times Pacific and subject to change.

For all the latest news on the 49er track and field team, visit
www.longbeachstate.com.

Medwood Heads to Arkansas for NCAA Championships

Junior Kenneth Medwood (Los Angeles, Calif.) will be the lone representative for Long Beach State at the NCAA Division I Outdoor Track and Field Championships in Fayetteville, Ark., June 10-13.

Medwood will be contending for the national title in the 400-meter hurdles after earning an automatic berth with a fifth-place finish at the West regionals. Medwood enters the meet as the 24th seed.

Medwood, a transfer from East Los Angeles College, has made an immediate impact at The Beach, posting the team's top marks of the season in three events (400m dash, 400 hurdles, long jump). He established the fourth-fastest 400m hurdle time in school history at the Cal-Nevada Championships where he placed second overall (March 29). Medwood was an All-Big West performer and NCAA West Regional qualifier in both the 400H and the long jump.

NCAA CHAMPIONSHIP 400H SCHEDULE

Date	Time	Round
Wed., June 10	4:45 p.m.	Qualifying
Thurs., June 11	5 p.m.	Semifinals
^Fri., June 12	6:05 p.m.	Finals

*All times Pacific.

^Live coverage on CBS College Sports.

NCAA West Regional Recap

Twelve 49ers (nine men, three women) made their way to Eugene, Ore., for the NCAA West Regional Championships at historic Hayward Field, May 29-30.

Kenneth Medwood, LBSU's only dual-event competitor, led the way with a fifth-place finish in the 400-meter hurdles, securing the 49ers' only national berth. He also took 12th in the long jump with a leap of 23-06.25.

Senior Rodney Hawkins finished 12th overall in the triple jump (47-02.50) but fell just short of an at-large bid to the NCAA Championships.

In other action, sophomore Nimrod Piggee took 13th in the 110m hurdles with a time of 14.73. Juniors Alex Freitas (800m) and Colin Dunbar (hammer) placed 18th overall in their respective events, while senior Patrick Smith was 19th in the javelin with a toss of 196-09. Senior Dylan Jaedtke (steeplechase) and freshman Matt Maldonado (1500m) also competed in the two-day meet.

On the women's side, junior Tayler O'Connor cleared 5 feet, 7 inches in the high jump to finish in a tie for 10th place, while senior Carly Harris took 15th in the steeplechase with a mark of 10:46.76. Junior Missy Barclay also participated in the 1500m run (4:44.24).

Big West Championship Recap

The Long Beach State men's track and field team placed fourth overall with 109 points, while the women took eighth (61.5 points) at the Big West Championships in Irvine, May 15-16.

Carly Harris paced the women with a pair of runner-up finishes in the 5000-meter run and the 3000m steeplechase. Kenneth Medwood did the same on the men's side, taking second in the 400 hurdles and the long jump. Patrick Smith (javelin), Colin Dunbar (hammer), Rodney Hawkins (triple jump) and Rajan Bains (discus) also posted second-place performances in their respective events.



2009 ALL-BIG WEST PERFORMERS

Long Beach State Only

Athlete	Event
Carly Harris	5000m
Carly Harris	Steeplechase
Kenneth Medwood	400 Hurdles
Kenneth Medwood	Long Jump
Rajan Bains	Discus
Colin Dunbar	Hammer
Alex Freitas	800m
Rodney Hawkins	Triple Jump
Tayler O'Connor	High Jump
Gabe Rodriguez	Javelin
Patrick Smith	Javelin
Kristina Wilson	10000m

**KENNETH
MEDWOOD**

►►► *All-Big West performer (400 Hurdles, Long Jump)*

Career: Ranks fourth all-time in school history in the 400-meter hurdles (50.94).

2009: All-Big West performer and NCAA West Regional qualifier in the 400-meter hurdles and long jump ... Posted the 49ers' top marks of the season in the 400H (50.94), 400-meter dash (48.72) and long jump (24-01.50) ... Took second in the 400 hurdles at the Cal-Nevada Championships with a lifetime-best 50.94 ... Won the same event at the Big West Challenge (52.63) and the Beach Invitational (51.30).

East Los Angeles College: Two-time All-South Coast Conference selection ... Back-to-back state champion in the 400-meter hurdles ... Established a school-record 51.63.

High School: Won four letters in track and field at Theodore Roosevelt High School ... Three-time city champion in the high jump ... Finished fourth in the state in 2005 and seventh in 2006 ... A four-time all-league and all-city selection ... Was an all-state performer as a junior and senior ... Established a school and city record 6-05.00 in the high jump ... Also lettered in basketball (2003-06) and tennis (2002-04).

Personal: Majoring in kinesiology-secondary school physical education.

HURDLES/JUMPS
Jr. | Los Angeles

LBSU CAREER BESTS
400 Hurdles: 50.94
200m: 21.79
400m: 48.72
Long Jump: 24-01.50



Medwood's Individual Results (400m Hurdles)

Time	Date	Place	Meet	Site
53.61	March 21	3rd	USC Invitational	Los Angeles, Calif.
52.37	March 28	1st	Cal-Nevada Championships (Prelims)	Los Angeles, Calif.
50.94	March 29	2nd	Cal-Nevada Championships (Finals)	Los Angeles, Calif.
52.63	April 10	1st	Big West Challenge	Fullerton, Calif.
51.30	April 18	1st	Beach Invitational	Norwalk, Calif.
53.64	April 25	11th	Drake Relays	Des Moines, Iowa
52.79	May 15	2nd	Big West Championships (Prelims)	Irvine, Calif.
52.55	May 16	2nd	Big West Championships (Finals)	Irvine, Calif.
51.29	May 29	6th	NCAA West Regionals (Prelims)	Eugene, Ore.
50.99	May 30	5th	NCAA West Regionals (Finals)	Eugene, Ore.

Medwood's Individual Results (Long Jump)

Mark	Date	Place	Meet	Site
22-07.75	March 21	5th	USC Invitational	Los Angeles, Calif.
23-09.00	March 28	3rd	Cal-Nevada Championships	Los Angeles, Calif.
23-00.00	April 10	2nd	Big West Challenge	Fullerton, Calif.
23-09.50	May 2	8th	Steve Scott Invitational	Irvine, Calif.
24-01.50	May 15	2nd	Big West Championships	Irvine, Calif.
23-06.25	May 29	12th	NCAA West Regionals	Eugene, Ore.



2009 MEN'S OUTDOOR BESTS

100 Meters

Athlete	Time	Date	Place	Meet	Site
Austin Fowler	10.73	March 7	6th	Ben Brown Invitational	Fullerton, Calif.
Malcolm Thomas	11.30	April 10	11th	Big West Challenge	Fullerton, Calif.
Spencer Phillips	11.39	May 3	35th	Steve Scott Invitational	Irvine, Calif.

200 Meters

Athlete	Time	Date	Place	Meet	Site
Austin Fowler	21.65	March 7	4th	Ben Brown Invitational	Fullerton, Calif.
Alex Goldberg	21.76	May 16	4th	Big West Championships	Irvine, Calif.
Kenneth Medwood	21.79	May 3	11th	Steve Scott Invitational	Irvine, Calif.
Richard Crawford	22.21	May 3	20th	Steve Scott Invitational	Irvine, Calif.
Christopher Sweeney	22.46	March 7	25th	Ben Brown Invitational	Fullerton, Calif.
Malcolm Thomas	23.00	April 25	26th	UCSD Triton Invitational	La Jolla, Calif.
Spencer Phillips	23.85	March 7	50th	Ben Brown Invitational	Fullerton, Calif.

400 Meters

Athlete	Time	Date	Place	Meet	Site
Kenneth Medwood	48.72	March 7	7th	Ben Brown Invitational	Fullerton, Calif.
Alex Goldberg	48.91	May 3	12th	Steve Scott Invitational	Irvine, Calif.
Christopher Sweeney	48.94	March 7	9th	Ben Brown Invitational	Fullerton, Calif.
Mario Granville	49.66	May 15	14th	Big West Championships	Irvine, Calif.
Richard Crawford	50.21	March 28	26th	Cal-Nevada Championships	Westwood, Calif.
Jonathan Evans	50.46	April 4	17th	UCLA Invitational	Westwood, Calif.
Malcolm Thomas	50.81	April 4	20th	UCLA Invitational	Westwood, Calif.

800 Meters

Athlete	Time	Date	Place	Meet	Site
Alex Freitas	1:50.37 [^]	May 3	2nd	Steve Scott Invitational	Irvine, Calif.
Jonathan Evans	1:52.64	May 16	5th	Big West Championships	Irvine, Calif.
Raul Arcos	1:53.09	March 28	3rd (Sec. 4)	Stanford Invitational	Stanford, Calif.
Matt Maldonado	1:53.52	April 4	4th	UCLA Invitational	Westwood, Calif.
Bret Hasvold	1:57.58	April 25	21st	UCSD Triton Invitational	La Jolla, Calif.
Mark Thomas	1:58.00	April 25	24th	UCSD Triton Invitational	La Jolla, Calif.
Stuart Chapman	1:58.28	April 10	12th	Big West Challenge	Fullerton, Calif.
Mario Granville	1:58.93	March 21	18th	USC Invitational	Los Angeles, Calif.

1500 Meters

Athlete	Time	Date	Place	Meet	Site
Matt Maldonado	3:47.76 [^]	April 10	2nd	Big West Challenge	Fullerton, Calif.
Alex Freitas	3:52.00	March 27	4th (Sec. 4)	Stanford Invitational	Stanford, Calif.
Raul Arcos	3:53.12	April 10	3rd	Big West Challenge	Fullerton, Calif.
Bret Hasvold	3:55.46	May 15	12th	Big West Championships	Irvine, Calif.
Mark Thomas	3:59.34	April 10	11th	Big West Challenge	Fullerton, Calif.
Josh Arrieta	4:00.77	April 25	9th	UCSD Triton Invitational	La Jolla, Calif.
Jacob Ainsworth	4:01.54	April 25	10th	UCSD Triton Invitational	La Jolla, Calif.
Steven DeCastro	4:06.17	April 25	29th	UCSD Triton Invitational	La Jolla, Calif.
Stuart Chapman	4:09.54	March 7	20th	Ben Brown Invitational	Fullerton, Calif.
Josh Ruff	4:12.13	April 25	44th	UCSD Triton Invitational	La Jolla, Calif.
Nick Kelley	4:15.51	April 25	48th	UCSD Triton Invitational	La Jolla, Calif.

3000 Meters

Athlete	Time	Date	Place	Meet	Site
Steven DeCastro	8:41.11	March 21	4th	USC Invitational	Los Angeles, Calif.
Dylan Jaedtke	8:44.82	March 21	6th	USC Invitational	Los Angeles, Calif.
Josh Ruff	8:45.06	April 10	5th	Big West Challenge	Fullerton, Calif.
Bret Hasvold	8:47.98	March 21	7th	USC Invitational	Los Angeles, Calif.
Jared Long	8:48.89	April 10	6th	Big West Challenge	Fullerton, Calif.
Josh Arrieta	8:50.34	March 21	9th	USC Invitational	Los Angeles, Calif.
Naveed Kharrat	8:50.82	March 21	10th	USC Invitational	Los Angeles, Calif.
Raul Arcos	8:58.96	April 10	10th	Big West Challenge	Fullerton, Calif.
Jacob Ainsworth	9:00.68	March 21	15th	USC Invitational	Los Angeles, Calif.
Josh Kelly	9:33.70	April 10	14th	Big West Challenge	Fullerton, Calif.

3000 Meter Steeplechase

Athlete	Time	Date	Place	Meet	Site
Dylan Jaedtke	9:06.13 [^]	May 2	1st	Steve Scott Invitational	Irvine, Calif.
Jacob Ainsworth	9:21.21	May 15	9th	Big West Championships	Irvine, Calif.
Josh Arrieta	9:27.29	May 15	11th	Big West Championships	Irvine, Calif.
Steven DeCastro	9:27.40	April 10	3rd	Big West Challenge	Fullerton, Calif.

5000 Meters

Athlete	Time	Date	Place	Meet	Site
Steven DeCastro	14:56.17	May 2	5th	Steve Scott Invitational	Irvine, Calif.
Raul Arcos	14:59.74	March 7	39th	Ben Brown Invitational	Fullerton, Calif.
Josh Ruff	15:06.16	May 2	7th	Steve Scott Invitational	Irvine, Calif.
Dylan Jaedtke	15:12.40	April 18	4th	Beach Invitational	Cerritos, Calif.
Nick Kelley	15:37.81	May 2	15th	Steve Scott Invitational	Irvine, Calif.
Jared Long	15:50.36	April 4	6th	UCLA Invitational	Westwood, Calif.

10000 Meters

Athlete	Time	Date	Place	Meet	Site
Steven DeCastro	31:23.76	March 28	2nd	Cal-Nevada Championships	Westwood, Calif.
Josh Ruff	31:44.81	March 28	6th	Cal-Nevada Championships	Westwood, Calif.
Nick Kelley	33:32.92	May 15	20th	Big West Championships	Irvine, Calif.

110 Meter Hurdles

Athlete	Time	Date	Place	Meet	Site
Nimrod Piggee	14.27 [^]	May 3	3rd	Steve Scott Invitational	Irvine, Calif.
Christopher Lawson	14.41	May 16	4th	Big West Championships	Irvine, Calif.
Spencer Phillips	15.34	May 3	11th	Steve Scott Invitational	Irvine, Calif.

400 Meter Hurdles

Athlete	Time	Date	Place	Meet	Site
Kenneth Medwood	50.94 [^]	March 29	2nd	Cal-Nevada Championships	Westwood, Calif.
Christopher Lawson	53.02	April 25	7th	Drake Relays	Des Moines, Iowa
Nimrod Piggee	55.51	March 29	18th	Cal-Nevada Championships	Westwood, Calif.

4x100 Meter Relay

Athlete	Time	Date	Place	Meet	Site
Goldberg, Fowler, Crawford, Medwood	41.34	March 21	3rd	USC Invitational	Los Angeles, Calif.
Goldberg, Medwood, Crawford, Lawson	41.51	April 10	3rd	Big West Challenge	Fullerton, Calif.

4x400 Meter Relay

Athlete	Time	Date	Place	Meet	Site
Goldberg, Sweeney, Crawford, Medwood	3:14.33	March 29	5th	Cal-Nevada Championships	Westwood, Calif.
Long Beach State	3:15.00	May 16	6th	Big West Championships	Irvine, Calif.
Goldberg, Granville, Medwood, Crawford	3:15.45	April 10	2nd	Big West Challenge	Fullerton, Calif.

High Jump

Athlete	Mark	Date	Place	Meet	Site
Alex Black	6-10.75 [^]	April 4	T-1st	Big West Challenge	Fullerton, Calif.
Kenneth Medwood	6-04.75	April 10	T-3rd	Big West Challenge	Fullerton, Calif.
Rob Pappas	6-02.75	April 10	T-7th	Big West Challenge	Fullerton, Calif.

Pole Vault

Athlete	Mark	Date	Place	Meet	Site
Collin Cram	16-00.75	April 10	1st	Big West Challenge	Fullerton, Calif.
Sovannarith South	14-07.75	March 7	T-10th	Ben Brown Invitational	Fullerton, Calif.
Erick Haman	14-07.25	April 10	4th	Big West Challenge	Fullerton, Calif.
James Bush	13-07.25	April 25	T-27th	UCSD Triton Invitational	La Jolla, Calif.

Long Jump

Athlete	Mark	Date	Place	Meet	Site
Kenneth Medwood	24-01.50 [^]	May 15	2nd	Big West Championships	Irvine, Calif.
Cameron Gillett	22-09.00	April 10	4th	Big West Challenge	Fullerton, Calif.
Rodney Hawkins	22-07.00	May 15	10th	Big West Championships	Irvine, Calif.
Collin Cram	22-03.50	April 18	13th	Beach Invitational	Norwalk, Calif.
Michael Vaughn	21-06.00	April 10	8th	Big West Challenge	Fullerton, Calif.
Nimrod Piggee	20-08.00	April 10	12th	Big West Challenge	Fullerton, Calif.

Triple Jump

Athlete	Mark	Date	Place	Meet	Site
Rodney Hawkins	51-07.25 [^]	May 16	2nd	Big West Championships	Irvine, Calif.
Michael Vaughan	49-01.00	May 16	4th	Big West Championships	Irvine, Calif.
Donnie Crandall	45-04.25	May 3	15th	Steve Scott Invitational	Irvine, Calif.
Cameron Gillett	45-03.00	March 21	9th	USC Invitational	Los Angeles, Calif.

Shot Put

Athlete	Mark	Date	Place	Meet	Site
Rajan Bains	52-06.00	May 15	6th	Big West Championships	Irvine, Calif.
Peter Fourtounis	48-10.25	April 25	17th	UCSD Triton Invitational	La Jolla, Calif.
Kellen Boaz	48-07.25	May 15	11th	Big West Championships	Irvine, Calif.
Colin Dunbar	48-04.75	April 25	18th	UCSD Triton Invitational	La Jolla, Calif.

Discus

Athlete	Mark	Date	Place	Meet	Site
Rajan Bains	167-10	May 16	2nd	Big West Championships	Irvine, Calif.
Ed Cornell	161-07	May 16	5th	Big West Championships	Irvine, Calif.
Peter Fourtounis	160-01	April 25	26th	UCSD Triton Invitational	La Jolla, Calif.
Colin Dunbar	157-10	April 10	2nd	Big West Challenge	Fullerton, Calif.
Kellen Boaz	154-02	May 3	9th	Steve Scott Invitational	Irvine, Calif.

Hammer Throw

Athlete	Mark	Date	Place	Meet	Site
Colin Dunbar	195-03 [^]	April 17	2nd	Mt. SAC Relays	Walnut, Calif.
Kellen Boaz	175-06	May 2	7th	Steve Scott Invitational	Irvine, Calif.
Peter Fourtounis	172-04	May 2	8th	Steve Scott Invitational	Irvine, Calif.
Rajan Bains	168-02	May 2	9th	Steve Scott Invitational	Irvine, Calif.

Javelin

Athlete	Mark	Date	Place	Meet	Site
Patrick Smith	203-01 [^]	April 18	2nd	Beach Invitational	Norwalk, Calif.
Gabe Rodriguez	198-04	March 7	1st	Ben Brown Invitational	Fullerton, Calif.
Colin Dunbar	180-11	March 28	9th	Cal-Nevada Championships	Westwood, Calif.

[^] - NCAA West Regional Qualifier

2009 WOMEN'S OUTDOOR BESTS

100 Meters

Athlete	Time	Date	Place	Meet	Site
Ashley Campbell	11.83	April 18	3rd	Beach Invitational	Norwalk, Calif.
BJ Triplett	12.01	April 18	11th	Beach Invitational	Norwalk, Calif.
Jazmin Brooks	12.51	April 18	40th	Beach Invitational	Norwalk, Calif.

200 Meters

Athlete	Time	Date	Place	Meet	Site
Ashley Campbell	24.31	April 17	9th	Mt. SAC Relays	Walnut, Calif.
BJ Triplett	24.65	May 3	9th	Steve Scott Invitational	Irvine, Calif.
Jazmin Brooks	25.91	April 25	12th	UCSD Triton Invitational	La Jolla, Calif.
Amanda Rosencrantz	27.12	April 10	17th	Big West Challenge	Fullerton, Calif.
Taylor O'Connor	27.61	May 8	11th	BWC Multi-Events Champ.	Irvine, Calif.

400 Meters

Athlete	Time	Date	Place	Meet	Site
Amanda Rosecrantz	56.92	May 3	7th	Steve Scott Invitational	Irvine, Calif.
Ejiro Okoro	59.86	April 4	6th	UCLA Invitational	Westwood, Calif.
Dee Lars	60.78	March 7	11th	Ben Brown Invitational	Fullerton, Calif.

800 Meters

Athlete	Time	Date	Place	Meet	Site
Ejiro Okoro	2:13.76	May 15	5th	Big West Championships	Irvine, Calif.
Missy Barclay	2:14.89	April 25	6th	UCSD Triton Invitational	La Jolla, Calif.
Denise Nunez	2:16.53	March 28	16th	Cal-Nevada Championships	Westwood, Calif.
Jessica Barnard	2:21.39	May 3	22nd	Steve Scott Invitational	Irvine, Calif.
Taylor O'Connor	2:38.58	May 9	9th	BWC Multi-Events Champ.	Irvine, Calif.

1500 Meters

Athlete	Time	Date	Place	Meet	Site
Missy Barclay	4:27.62 [^]	May 3	1st	Steve Scott Invitational	Irvine, Calif.
Carly Harris	4:29.13	May 3	2nd	Steve Scott Invitational	Irvine, Calif.
Denise Nunez	4:52.03	April 4	13th	UCLA Invitational	Westwood, Calif.
Jessica Barnard	4:54.53	April 25	18th	UCSD Triton Invitational	La Jolla, Calif.
Cheryl Bube	4:57.75	April 10	11th	Big West Challenge	Fullerton, Calif.

3000 Meters

Athlete	Time	Date	Place	Meet	Site
Kristina Wilson	9:54.75	April 10	1st	Big West Challenge	Fullerton, Calif.
Sarah Apgar	10:01.46	April 10	4th	Big West Challenge	Fullerton, Calif.
Missy Barclay	10:04.02	April 10	6th	Big West Challenge	Fullerton, Calif.
Alisia Barajas	10:34.14	April 25	4th	UCSD Triton Invitational	La Jolla, Calif.
Cheryl Bube	10:42.96	April 25	6th	UCSD Triton Invitational	La Jolla, Calif.
Veronica Franco	10:44.93	April 25	7th	UCSD Triton Invitational	La Jolla, Calif.
Stacey Flores	10:50.09	April 25	9th	UCSD Triton Invitational	La Jolla, Calif.

3000 Meter Steeplechase

Athlete	Time	Date	Place	Meet	Site
Carly Harris	10:28.31 [^]	May 15	2nd	Big West Championships	Irvine, Calif.
Veronica Franco	12:05.84	April 10	9th	Big West Challenge	Fullerton, Calif.
Kim Sherman	12:20.54	April 10	10th	Big West Challenge	Fullerton, Calif.

5000 Meters

Athlete	Time	Date	Place	Meet	Site
Carly Harris	16:40.41 [^]	April 17	5th	Mt. SAC Relays	Walnut, Calif.
Sarah Apgar	17:02.15	April 17	14th	Mt. SAC Relays	Walnut, Calif.
Kristina Wilson	17:07.08	April 17	8th	Mt. SAC Relays (FAM U/O)	Walnut, Calif.
Alisia Barajas	18:01.94	May 2	9th	Steve Scott Invitational	Irvine, Calif.
Cheryl Bube	18:20.27	May 2	10th	Steve Scott Invitational	Irvine, Calif.
Veronica Franco	18:25.32	May 2	11th	Steve Scott Invitational	Irvine, Calif.
Stacey Flores	18:42.39	March 7	58th	Ben Brown Invitational	Fullerton, Calif.

10000 Meters

Athlete	Time	Date	Place	Meet	Site
Kristina Wilson	36:04.07	March 27	11th (Sec. 1)	Stanford Invitational	Stanford, Calif.
Alisia Barajas	38:03.02	May 15	14th	Big West Championships	Irvine, Calif.
Cheryl Bube	38:44.33	March 28	13th	Cal-Nevada Championships	Westwood, Calif.
Veronica Franco	39:16.90	March 28	19th	Cal-Nevada Championships	Westwood, Calif.

100 Meter Hurdles

Athlete	Time	Date	Place	Meet	Site
Aiyana Welsh	15.53	April 10	7th	Big West Challenge	Fullerton, Calif.
Phylicia Johnson	15.81	March 21	16th	USC Invitational	Los Angeles, Calif.
Taylor O'Connor	15.91	May 8	9th	BWC Multi-Events Champ.	Irvine, Calif.
Brenda Finney	16.24	April 25	20th	UCSD Triton Invitational	La Jolla, Calif.
Rebecca Hamilton	16.90	March 21	21st	USC Invitational	Los Angeles, Calif.

400 Meter Hurdles

Athlete	Time	Date	Place	Meet	Site
Brenda Finney	64.99	May 3	9th	Steve Scott Invitational	Irvine, Calif.
Anastasiya Kholev	65.19	May 3	10th	Steve Scott Invitational	Irvine, Calif.
Aiyana Welsh	67.04	March 29	23rd	Cal-Nevada Championships	Westwood, Calif.

4x100 Meter Relay

Athlete	Time	Date	Place	Meet	Site
Long Beach State	46.95	May 16	5th	Big West Championships	Irvine, Calif.
Brooks, Campbell, Triplett, Rosencrantz	47.14	April 18	3rd	Beach Invitational	Norwalk, Calif.
P. Johnson, Campbell, Brooks, Triplett	47.54	March 21	7th	USC Invitational	Los Angeles, Calif.

4x400 Meter Relay

Athlete	Time	Date	Place	Meet	Site
Long Beach State	3:52.25	May 16	8th	Big West Championships	Irvine, Calif.
Campbell, Triplett, Barnard, Okoro	3:55.23	May 3	4th	Steve Scott Invitational	Irvine, Calif.
Rosencrantz, Kholev, Lars, Okoro	3:57.19	March 29	10th	Cal-Nevada Championships	Westwood, Calif.

High Jump

Athlete	Mark	Date	Place	Meet	Site
Taylor O'Connor	5-08.75^	May 8	1st	BWC Multi-Events Champ.	Irvine, Calif.
Janelle Coulter	5-07.00	March 29	T-3rd	Cal-Nevada Championships	Westwood, Calif.
Sara Macey	5-05.00	April 18	T-6th	Beach Invitational	Cerritos, Calif.
Katrina Graves-Johnson	5-03.00	May 16	15th	Big West Championships	Irvine, Calif.

Pole Vault

Athlete	Mark	Date	Place	Meet	Site
Katelyn Beighton	12-01.50	March 28	12th	Cal-Nevada Championships	Westwood, Calif.
Katie Crowe	11-07.75	April 4	T-3rd	UCLA Invitational	Westwood, Calif.
Laura Faris	10-08.00	April 24	23rd	UCSD Triton Invitational	La Jolla, Calif.

Long Jump

Athlete	Mark	Date	Place	Meet	Site
Phylicia Johnson	18-10.50	March 28	4th	Cal-Nevada Championships	Westwood, Calif.
Taylor O'Connor	17-06.25	May 9	6th	BWC Multi-Events Champ.	Irvine, Calif.
Gabrielle Broomfield	17-04.25	May 3	23rd	Steve Scott Invitational	Irvine, Calif.
Tiana Johnson	17-03.50	May 3	24th	Steve Scott Invitational	Irvine, Calif.
Rebecca Hamilton	16-07.00	April 4	T-11th	UCLA Invitational	Westwood, Calif.
Stephanie Glick	16-02.50	April 10	13th	Big West Challenge	Fullerton, Calif.

Triple Jump

Athlete	Mark	Date	Place	Meet	Site
Tiana Johnson	39-04.00	May 3	8th	Steve Scott Invitational	Irvine, Calif.
Stephanie Glick	35-11.50	March 21	8th	USC Invitational	Los Angeles, Calif.
Gabrielle Broomfield	35-08.50	May 3	19th	Steve Scott Invitational	Irvine, Calif.

Shot Put

Athlete	Mark	Date	Place	Meet	Site
Jennifer Onyeagbako	45-07.00	March 21	6th	USC Invitational	Los Angeles, Calif.
Destanie Yarbrough	43-08.50	May 16	6th	Big West Championships	Irvine, Calif.
Rachel Hammar	41-05.75	April 4	7th	UCLA Invitational	Westwood, Calif.
Taylor O'Connor	37-07.25	May 8	2nd	BWC Multi-Events Champ.	Irvine, Calif.

Discus

Athlete	Mark	Date	Place	Meet	Site
Jennifer Onyeagbako	162-00 [^]	April 4	1st	UCLA Invitational	Westwood, Calif.
Rachel Hammar	143-00	May 15	6th	Big West Championships	Irvine, Calif.
Destanie Yarbrough	130-10	March 7	7th	Ben Brown Invitational	Fullerton, Calif.

Hammer Throw

Athlete	Mark	Date	Place	Meet	Site
Jennifer Onyeagbako	199-05 [^]	March 28	3rd	Cal-Nevada Championships	Westwood, Calif.
Destanie Yarbrough	147-01	March 20	19th	USC Invitational	Los Angeles, Calif.
Rachel Hammar	126-08	May 2	20th	Steve Scott Invitational	Irvine, Calif.

Javelin

Athlete	Mark	Date	Place	Meet	Site
Taylor O'Connor	108-10	May 9	4th	BWC Multi-Events Champ.	Irvine, Calif.
Kate Beighton	69-09	April 10	9th	Big West Challenge	Fullerton, Calif.

Heptathlon

Athlete	Points	Date	Place	Meet	Site
Taylor O'Connor	4,708	May 8-9	7th	BWC Multi-Events Champ.	Irvine, Calif.

[^] - NCAA West Regional Qualifier