

2010 Men's Outdoor Track and Field Best Marks (as of 6/14/10)

BEST MARKS KEY

(X) – Collegiate best in Parenthesis

*-School Record set in 2010

i- Indoor Performance

100m (SR-10.7 (Montague, 1932)

200m (Matson, 20.5, 1952)

400m (Matson, 46.50, 1952)

800m (Nelson, 1:52.99, 2008)

Byron Williams	1:53.49 (4/23)
Alex Nelson (1:52.99)	1:54.15 (3/27)
Derek De Santiago	1:56.35 (4/23)
Devin Hopkins (1:54.10)	1:56.42 (3/06)
Michael Barnes	1:56.57 (4/09)
Colin Hopkins (1:54.96)	1:57.10 (4/23)

1500m (Nelson, 3:44.76, 2008)

Alex Nelson (3:44.76)	3:52.37 (4/16)
Derek DeSantiago	3:53.01 (5/08)
Will Marquardt	3:53.70 (4/24)
Ganbileg Bor	3:55.15 (5/08)
Byron Williams (3:52.08)	3:55.19 (3/28)
Steve Garboden	3:55.51 (3/28)
Ravi Amarawansa (3:54.77)	3:57.98 (4/24)
Michael Barnes	4:00.56 (3/20)
Colin Hopkins (4:00.54)	4:03.06 (4/17)
Thomas Estrada (3:58.11)	4:04.18 (4/03)
Tyler Alvarez (4:01.14)	4:06.72 (3/26)
Paul Achee	4:12.41 (4/03)
Jason Waldram	4:17.24 (3/20)

1 mile (Nelson, 4:11.75, 2009)

Devin Hopkins	4:15.93i (2/13)
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3000m (Ganbileg Bor, 8:29.30, 2010)

Ganbileg Bor	8:29.30* (3/06)
Steven Garboden	8:30.55 (3/06)
Alex Nelson	8:37.93i (2/13)
Tyler Alvarez	8:54.01 (3/06)
Jeremy Grace (8:50.03)	8:54.99 (3/06)

3000m Steeple (Romo, 9:06.38, 2009)

Will Marquardt	9:29.65 (3/27)
Derek DeSantiago	9:51.79 (3/27)
Jason Waldram	10:12.45 (5/08)

5000m (Bor, 14:36.51, 2010)

Ganbileg Bor	14:36.51 (5/02)
Will Marquardt	14:48.70 (4/09)
Steve Garboden	14:55.77 (3/27)
Tyler Alvarez	15:07.40 (4/03)
Ravi Amarawansa (14:58.62)	15:08.43 (5/08)
Joshua Horeled (15:13.19)	15:20.23 (3/13)

Thomas Estrada (14:52.84)	15:20.49 (4/09)
Jeremy Grace (15:21.93)	15:22.38 (4/09)
Jason Waldram	15:36.57 (4/03)
Paul Achee	16:01.17 (3/26)

10,000m (Bor, 30:33.69, 2010)

Ganbileg Bor	30:33.69 (4/15)
Jeremy Grace	31:10.04 (3/26)
Josh Horeled	32:05.03 (3/26)

4X100m relay (45.69, 2007)

4 X 400m relay (3:22.2, 1934)

Distance Medley (10:27.92, 2005)

Pole Vault (McIntosh, 4.6m, 2009)

Alex McIntosh (4.60m)	4.30 (4/03)
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Shot Put (Kirkaby, 15.44m, 2010)

Oliver Kirkeby (14.60m)	15.87m(4/17)*
Alex Irani (13.59m)	12.83m (3/06)

Discus (Kirkaby, 48.73m, 2010)

Oliver Kirkeby	48.73m (4/10)*
Alex Irani (41.64m)	38.63m (3/20)

Javelin (Shively, 62.58, 1954)

Alex Delgadillo	56.93 (4/03)
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Long Jump (Fowler, 6.57m, 2010)

Alex Fowler	6.57m (5/08)*
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Triple Jump (Fowler, 14.05, 2010)

Alex Fowler	14.05 (3/13)*
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2010 University of San Francisco Track & Field

<u>Date</u>	<u>Meet</u>	<u>Location</u>
3/16	Stanford Opener	Stanford
3/13	Aggie Open	UC Davis
3/20	Aggie Classic	UC Davis
3/26	SFSU Distance Carnival	SFSU
3/27-28	Cal Nevada Championships	UCLA
4/03	Johnny Mathis Invitational	SFSU
4/09	JJK/Rafer Johnson Invitational	UCLA
4/09-10	Chico Twilight Invitational	Chico State
4/15-16	Mt Sac Invitational	Mt San Antonio College
4/17	Woody Wilson Invitational	UC Davis
4/23-24	Brutus Hamilton Invitational	UC Berkeley
5/02	Payton Jordan Invitational	Stanford
5/08	Sac State Open	Sacramento State University
5/26-29	NCAA Regionals	Austin, Texas
6/9-12	NCAA Championships	Eugene, Oregon