

Mountain Pacific Sports Federation - Indoor Track & Field

2005 FINAL Best Marks - All Events as of 2/20/05 (Men)

MEN

revised standards highlighted in grey

Notes: aa = altitude adjusted

ht = hand timed

x = 200m flat track

Event (MPSF Standard)

date recorded

55 Meter (6.54)

1	Smith, DJ	Utah State	6.42aa	1/17/04
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60 Meter (7.04)

1	McSwain, James	WSU	6.72	2/11/05
2	Del Rincon, Richard	Oregon	6.79	1/22/05
3	Woods, Darren	California	6.79	1/29/05
4	Boston, Martin	WSU	6.82	2/11/05
5	McCoy, Bobby	Arizona	6.84aa	2/5/05
6	Robertson, Jaycee	WSU	6.86	1/29/05
7	Wopamo, Osaisai	Stanford	6.87	2/12/05
8	Spence, Davaon	Washington	6.89	1/29/05
9	Conrad, Steven	California	6.91	2/5/05
10	Dula, Ricci	California	6.92	2/5/05
11	Brown, Anthony	CS Northridge	6.93	1/29/05
12	Flexman, Josh	UC Davis	6.93	1/29/05
13	Stanback, Isaiah	Washington	6.93	2/12/05
14	Watson, Leonidas	Oregon	6.94	2/4/05
15	Davidson, Patrick	Washington	6.96	2/12/05
16	Atawo, Toby	California	6.98	2/5/05
17	Ruffin, Brandon	CS Northridge	7.00	1/29/05
18	Thomas, Ryan	WSU	7.00	1/29/05
19	Nelson, Jarrell	WSU	7.03	2/18/05

55m High Hurdle (8.04)

60m High Hurdle (8.54)

1	Mitchum, Eric	Oregon	7.74	2/12/05
2	Golston, Anthony	UCLA	7.85	1/29/05
3	Mack, Thomas	California	8.02	2/5/05
4	Frederickson, James	CS Northridge	8.04	1/29/05
5	Brown, Anthony	CS Northridge	8.05	1/29/05
6	Williams, Jonathan	UCLA	8.06	2/5/05
7	Cook, Daniel	Arizona	8.11aa	1/22/05
8	Ikwuakor, AK	Oregon	8.17	2/12/05
9	Powell, Darion	WSU	8.23	2/4/05
10	Hunter, Jeff	Arizona	8.24	1/28/05
11	Gallimore, Craig	California	8.27	2/5/05
12	Garcia, Jeremy	CS Northridge	8.28	1/29/05
13	Bjerkestrand, Jared	WSU	8.34	2/18/05
14	Johnson, Justin	CS Northridge	8.35	2/12/05
15	Emrich, T.J.	Washington	8.38	1/29/05
16	Lloyd, Wes	Oregon	8.39	2/4-5/05
17	Arnold, Jake	Arizona	8:40aa	1/22/05
18	Knickerbocker, Daniel	Stanford	8.40	1/29/05
19	Rexius, Sol	Oregon	8.42	2/12/05
20	Conrad, Steven	California	8.42	2/5/05
21	Frey, Bob	WSU	8.43	1/22/05
22	Taylor, Nicholas	Stanford	8.53	2/12/05

200 Meter (22.44)

1	Inico, Kedar	Oregon	21.10	2/5/05
2	Everhart, Craig	UCLA	21.27	2/5/05
3	Woods, Darren	California	21.34	1/29/05
4	McSwain, James	WSU	21.44	2/11/05
5	Del Rincon, Richard	Oregon	21.53	2/5/05
6	Boston, Martin	WSU	21.53	2/11/05
7	Sebes, Nick	Stanford	21.60	2/12/05
8	McCoy, Bobby	Arizona	21.62	2/12/05
9	Flexman, Josh	UC Davis	21.69	2/12/05
10	Boase, Jordan	Washington	21.81	2/12/05
11	Atawo, Toby	California	21.83	2/11/05
12	Spence, Davaon	Washington	21.88	1/29/05
13	Frederickson, James	CS Northridge	21.91	2/12/05
14	Robertson, Jaycee	WSU	21.91	2/11/05
15	Mitchum, Eric	Oregon	21.95	1/22/05
16	Karl, Ben	California	21.95	2/5/05
17	Suddaby, JP	California	22.03	2/5/05
18	Douglas, Brady	LBSU	22.06	2/12/05
19	Wopamo, Osaisai	Stanford	22.09	2/5/05
20	Davidson, Patrick	Washington	22.14	2/12/05
21	Anderson, Travis	Oregon	22.21	1/22/05
22	Fahie, Kevin	CS Northridge	22.22	2/12/05
23	Nelson, Jarrell	WSU	22.26	2/19/05
24	Mack, Thomas	California	22.28	2/5/05
25	Nygaard, Eric	WSU	22.28	2/19/05
26	Brower, Jeremie	Arizona	22.35	2/5/05
27	Solis, Nestor	California	22.43	1/29/05
28	Burns, Kajari	UC Davis	22.43	2/11/05
29	Worsley, Marcelo	Stanford	22.74	2/12/05

Event (MPSF Standard)

date recorded

800 Meter (1:55.64)

1	Thornton, Nick	UCLA	1:48.72	1/29/05
2	Munguia, Martell	UCLA	1:49.22	2/12/05
3	Brown, Ryan	Washington	1:49.64	2/12/05
4	Charles, Shane	Washington	1:50.24	1/29/05
5	Garcia, Michael	Stanford	1:50.82	2/5/05
6	Brown, Russell	Stanford	1:50.83	2/12/05
7	McClary, Alex	California	1:50.94	2/12/05
8	Abbott, Austin	Washington	1:51.02	1/29/05
9	Jackson, Bruce	Washington	1:51.17	1/29/05
10	Fox, Evan	Stanford	1:51.70	2/12/05
11	Romaniuk, Justin	Stanford	1:51.92	1/29/05
12	Haddan, Mike	UCLA	1:52.13	2/5/05
13	Cheseret, Robert	Arizona	1:52.31	1/22/05
14	Freeman, Tim	Washington	1:52.42	2/12/05
15	Chapa, Joaquin	Stanford	1:52.43	1/29/05
16	Ireland, Justin	WSU	1:52.61x	1/22/05
17	Fair, Randy	California	1:52.81	2/12/05
18	Drake, Sean	Stanford	1:53.36	2/12/05
19	Manthey, Jon	WSU	1:53.51	2/12/05
20	Santini, Robert	CS Northridge	1:54.10	2/12/05
21	Fader, Andy	Washington	1:54.13	1/29/05
22	Scherer, Mat	Oregon	1:54.25	1/22/05
23	Hinrichs, Phil	WSU	1:54.29	2/12/05
24	Chambers, Justin	WSU	1:54.49x	1/29/05
25	Dotts, Roderick	Oregon	1:54.86	1/29/05
26	Frank, Kenny	Arizona	1:55.02	2/12/05

Mile (4:15.14)

1	Maiyo, Jonah	Arizona	4:02.00	1/29/05
2	Cheseret, Robert	Arizona	4:02.10	2/12/05
3	Abbott, Austin	Washington	4:02.25	2/12/05
4	Brown, Russell	Stanford	4:04.94	2/5/05
5	Jespersion, Lauren	Stanford	4:05.41	2/12/05
6	Aragon, Ben	UCLA	4:05.43	2/12/05
7	Chapa, Joaquin	Stanford	4:06.02	2/12/05
8	Fox, Evan	Stanford	4:06.91	1/29/05
9	Heath, Garrett	Stanford	4:08.17	2/12/05
10	Ireland, Justin	WSU	4:10.52	2/5/05
11	Drake, Sean	Stanford	4:10.67	1/29/05
12	DeWitt, Steve	Stanford	4:11.77	2/12/05
13	Harding, Jon	Washington	4:14.04	1/29/05
14	Romaniuk, Justin	Stanford	4:14.34	2/5/05
15	Dalton, Nick	Oregon	4:14.44	1/29/05
16	Sayenko, Mike	Washington	4:14.79	1/15/05
17	Concha, Chris	WSU	4:14.88	2/5/05

3,000 Meter (8:35.14)

1	Logsdon, Eric	Oregon	7:54.29	1/29/05
2	Cheseret, Robert	Arizona	7:54.89	2/11/05
3	Hall, Ryan	Stanford	8:02.63	2/12/05
4	Mutanya, Obed	Arizona	8:03.27	2/12/05
5	Pierce, Jonathan	Stanford	8:04.21	2/5/05
6	Ghebray, Giliat	California	8:06.42	2/12/05
7	Rankin, Jon	UCLA	8:07.25	1/29/05
8	Steier, Rolf	Stanford	8:08.16	1/29/05
9	Vidal, David	Stanford	8:09.16	2/5/05
10	Fader, Andy	Washington	8:11.09	2/12/05
11	Emilsson, Erik	UCLA	8:13.37	1/29/05
12	Alcorn, Kyle	Oregon	8:13.71	1/29/05
13	Araia, Nefattlem	Stanford	8:14.08	2/11/05
14	Sayenko, Mike	Washington	8:14.60	1/29/05
15	Jespersion, Lauren	Stanford	8:14.66	2/5/05
16	Mineau, Jeremy	Washington	8:15.00	1/15/05
17	Heath, Garrett	Stanford	8:15.97	1/29/05
18	Mix, Hari	Stanford	8:16.53	1/29/05
19	Davis, Kevin	California	8:17.23	2/12/05
20	DeWitt, Steve	Stanford	8:18.24	1/29/05
21	Traten, Mohamed	Arizona	8:19.04	2/12/05
22	Jones, Andrew	WSU	8:20.33	2/12/05
23	DeVries, Hakon	Stanford	8:22.60	1/29/05
24	Gotcher, Brett	Stanford	8:22.81	2/5/05
25	Concha, Chris	WSU	8:23.90	2/12/05
26	Peters, Kevin	Washington	8:28.06	1/15/05
27	Ovalle, Wolhan	LBSU	8:28.68	2/12/05
28	Ludwig, Josh	Arizona	8:29.32	2/12/05
29	Harding, Jon	Washington	8:29.44	1/15/05
30	Freimuth, Ryan	WSU	8:31.26	2/12/05
31	Williams, Chris	WSU	8:31.34	2/12/05
32	Grant, Alex	WSU	8:32.90	2/12/05

400 Meter (49.24)

1	Scherer, Matt	Oregon	46.40	2/12/05
2	Everhart, Craig	UCLA	46.48	1/29/05
3	Sebes, Nick	Stanford	46.97	1/20/62
4	Inico, Kedar	Oregon	47.04	1/29/05
5	Goehring, Curtis	Stanford	47.36	2/12/05
6	Anderson, Travis	Oregon	47.50	2/5/05
7	Williams, Sean	Washington	47.72	2/12/05
8	Woods, Darren	California	47.82	2/12/05
9	Versher, Denye	UCLA	48.11	2/12/05
10	Cason, Dion	WSU	48.37	2/12/05
11	Williams, Nik	Washington	48.39	1/29/05
12	Bassani, Mario	UCLA	48.39	2/5/05
13	Charles, Shane	Washington	48.42	2/12/05
14	Lindsay, Allen	CS Northridge	48.47	1/29/05
15	Fahie, Kevin	CS Northridge	48.50	1/29/05
16	Casselmann, John	WSU	48.52	2/5/05
17	Conkey, Jeff	Stanford	48.82	2/5/05
18	Ikwuakor, AK	Oregon	48.83	2/12/05
19	Heed, Damiane	CS Northridge	48.87	1/29/05
20	Rhoades, James	UCLA	48.87	2/5/05
21	Solis, Nestor	California	48.87	2/12/05
22	Boase, Jordan	Washington	48.90	1/29/05
23	Brower, Jeremie	Arizona	48.90	1/29/05
24	Suddaby, Jonathan	California	48.98	2/12/05
25	Savoy, Everett	CS Northridge	49.14	2/12/05
26	McCary, Phil	Washington	49.16	1/29/05
27	Nygaard, Eric	WSU	49.22x	1/29/05

Triple Jump (14.30m)

1	Romero, Jason	CS Northridge	15.74	1/29/05
2	Smith, Jamil	WSU	15.65	2/12/05
3	Johnson, Michael	UCLA	15.28	2/12/05
4	Marshall, Daniel	Arizona	15.25	2/12/05
5	Andrews, Dashalle	CS Northridge	15.00	2/12/05
6	Moore, Jonathan	CS Northridge	14.91	2/12/05
7	Carter, Ronald	LBSU	14.83	2/12/05
8	Wiley, Johnny	CS Northridge	14.81	2/12/05
9	Watson, Leonidas	Oregon	14.79	2/12/05
10	Okanlami, Feranmi	Stanford	14.62	2/12/05
11	Easterling, Dominique	UCLA	14.58	1/29/05
12	Hagos, Haben	LBSU	14.54	1/29/05
13	Temidora, John	LBSU	14.49	1/29/05
14	Howard, Demetre	UCLA	14.46	1/29/05
15	Hampton, Ben	WSU	14.43	1/29/05

Shot Put (16.00m)

1	Shields, Sean	Arizona	18.73	1/22/05
2	Knight, Jake	UCLA	18.31	2/12/05
3	Caulfield, John	UCLA	18.29	2/5/05
4	Williams, Rhuben	California	18.06	2/12/05
5	Silverman, Jeremy	UCLA	17.75	2/5/05
6	Kent, Craig	California	17.73	2/12/05
7	Kuehl, Adam	Arizona	17.30	2/12/05
8	Frank, Ryan	UC Davis	16.33	2/12/05
9	Macellari, Michael	Stanford	16.32	2/5/05
10	Sampson, David	LBSU	16.25	2/12/05

35# Weight Throw (16.00m)

1	Williams, Rhuben	California	18.86	2/11/05
2	Rolfe, Nate	California	18.04	2/5/05
3	Etter, Paul	Oregon	17.82	2/11/05
4	Frank, Ryan	UC Davis	17.34	2/11/05
5	Thomas, Zak	California	17.32	1/28/05
6	Knight, Jake	UCLA	16.94	2/5/05
7	Miranda, Tony	California	16.92	1/28/05
8	Ninow, Andrew	UCLA	16.92	2/12/05
9	Ludden, John	California	16.88	2/5/05
10	Silverman, Jeremy	UCLA	16.86	2/5/05
11	Shields, Sean	Arizona	16.19	1/22/05

Heptathlon (4900 points)

		Points	
1	Powell, Darion	WSU	5,631 1/28-29/05
2	Arnold, Jake	Arizona	5,331 1/28-29/05
3	Voge, Ryan	Oregon	5,238 2/4-5/05
4	Johnson, Justin	CS Northridge	5,132 1/28-29/05
5	Conrad, Steven	California	5,039 1/28-29/05
6	Thomas, Ryan	WSU	5,001 1/28-29/05

33	Owen, Matt	Washington	8:32.90	2/12/05
34	Knox, Caleb	Washington	8:33.33	1/29/05
35	Wilson, James	Washington	8:33.73	1/15/05

5,000 Meter (No Standard)

1	Logsdon, Eric	Oregon	13:49.99	2/12/05
2	Cheseret, Robert	Arizona	13:51.04	1/29/05
3	Mutanya, Obed	Arizona	13:53.93	1/29/05
4	Grabow, Jim	LBSU	14:18.36	2/12/05
5	Holts, Brett	Oregon	14:29.42	1/29/05
6	Peters, Kevin	Washington	14:33.76	1/29/05
7	Wall, Alec	Oregon	14:44.16	1/29/05

Distance Medley Relay (No Standard)

1	Stanford	Stanford	9:33.49	2/11/05
2	UCLA	UCLA	9:35.45	1/29/05
3	Arizona	Arizona	9:39.89	1/28/05
4	Washington	Washington	9:51.36	1/28/05

4 x 400 Relay (No Standard)

1	Oregon	Oregon	3:07.55	2/5/05
2	UCLA	UCLA	3:09.28	2/12/05
3	Washington "A"	Washington "A"	3:09.63	2/12/05
4	Stanford	Stanford	3:12.21	2/5/05
5	CS Northridge	CS Northridge	3:13.67	1/29/05
6	Washington "B"	Washington "B"	3:13.93	2/12/05
7	WSU	WSU	3:14.89	2/5/05
8	California	California	3:15.71	2/5/05
9	Arizona	Arizona	3:17.89	1/22/05

High Jump (1.98m)

1	Temidora, John	LBSU	2.19	1/29/05
2	Marbley, Alex	CS Northridge	2.15	1/29/05
3	Lindsey, Jeff	Oregon	2.15	2/11/05
4	Glasgow, David	California	2.12	2/5/05
5	MacGregor, Steve	Arizona	2.10	2/5/05
6	Romero, Jason	CS Northridge	2.10	2/12/05
7	Frederick, Norris	Washington	2.08	1/15/05
8	Hagos, Haben	LBSU	2.08	1/29/05
9	Eaton, Kyle	WSU	2.05	1/22/05
10	Eickhoff, Warren	Washington	2.05	2/12/05
11	Trautner, Dan	LBSU	2.03	1/29/05
12	Thomas, Ryan	WSU	2.01	1/28/05
13	Voge, Ryan	Oregon	2.00	1/22/05

Long Jump (6.85m)

1	Frederick, Norris	Washington	7.78	1/29/05
2	Watson, Leonidas	Oregon	7.71	2/11/05
3	Romero, Jason	CS Northridge	7.56	2/12/05
4	Andrews, Dashalle	CS Northridge	7.35	2/12/05
5	Garcia, Jeremy	CS Northridge	7.31	2/12/05
6	Marshall, Daniel	Arizona	7.25	2/12/05
7	Wolfork, J.R.	Washington	7.20	1/15/05
8	Easterling, Dominique	UCLA	7.19	2/5/05
9	Auclair, Kyle	UC Davis	7.18	2/11/05
10	Felizola, Rolando	CS Northridge	7.12	2/12/05
11	Powell, Darion	WSU	7.06	1/28/05
12	Mason, Kien	WSU	7.03	1/28/05
13	Thomas, Ryan	WSU	6.98	1/28/05
14	Williams, Brandon	California	6.96	1/29/05
15	Ruffin, Brandon	CS Northridge	6.96	2/12/05
16	Smith, Jamil	WSU	6.94	1/22/05
17	Merriweather, Chris	UCLA	6.89	2/5/05
18	McSwain, James	WSU	6.88	1/28/05
19	Conrad, Steven	California	6.86	1/28/05
20	Voge, Ryan	Oregon	6.86	2/4/05

Pole Vault (4.80m)

1	Skipper, Tommy	Oregon	5.65	1/29/05
2	Kim, Yoo	UCLA	5.51	1/29/05
3	Byers, Tyson	WSU	5.31	2/12/05
4	Lee, McKane	Washington	5.26	2/12/05
5	Shortenhaus, David	UCLA	5.23	2/5/05
6	Opalka, Kevin	Arizona	5.22	2/5/05
7	Derby, Jon	Oregon	5.11	2/12/05
8	Nicoletti, Paul	WSU	5.05	2/5/05
9	Landers, Mike	UCLA	5.05	2/5/05
10	Hoste, Graeme	Stanford	5.01	1/29/05
11	Roberts, Sam	Washington	4.91	1/15/05
12	DeLeo, Dustin	UCLA	4.90	2/5/05
13	Rademacher, Andrew	Arizona	4.90	2/5/05
14	Perrins, Seth	Washington	4.81	2/12/05
15	Arnold, Jake	Arizona	4.81	2/12/05