

UPDATED 6/28/2005

2005 California Men's Outdoor Track Field Best Performances

Event (NCAA Regional/School Record)

Athlete (Personal Best)	Season Best	Date	Meet
<u>100m (10.50/10.18)</u>			
Toby Atawo (10.49w)	10.59	4/16	Golden Bear Invitational
Rashaad Nunnally	10.66	4/2	Cal v Illinois
Ricci Dula (10.42w)	10.77	5/7	Modesto Relays
Brandon Williams	11.10	4/2	Cal v Illinois
Jonas Hallgrimsson	11.85	5/7	Pac-10 Multi's
<u>200m (21.19/20.20)</u>			
Toby Atawo (21.24)	21.24	4/2	Cal v Illinois
Ben Karl (21.39)	21.91	4/2	Cal v Illinois
Nestor Solis	22.16	4/2	Cal v Illinois
Jon Suddaby	22.22	4/23	Big Meet
Alex Beitashour	22.48	5/6	Hornet Invitational
Rashaad Nunnally	22.75	4/23	Big Meet
TJ Fisher	26.13	4/2	Cal v Illinois
<u>400m (47.26/45.46)</u>			
Nestor Solis	47.57	6/5	Jim Bush Invitational
Jon Suddaby	47.79	6/5	Jim Bush Invitational
Alex Beitashour	49.63	5/6	Hornet Invitational
Ben Karl	51.16	4/2	Cal v Illinois
Jonas Hallgrimsson	52.65	5/7	Pac-10 Multi's
<u>800m (1:50.40/1:45.40)</u>			
#Alex McClary (1:48.84)	1:48.84	5/7	Modesto Relays
Andy McClary	1:52.98	4/9	Brutus Hamilton
Eric Lee	1:54.99	4/16	Golden Bear Invitational
Ozzie Pina	1:58.20	5/6	Hornet Invitational
Chris Chavez	1:59.11	5/6	Hornet Invitational
<u>1500m (3:48.21/3:39.90)</u>			
#Andy McClary	3:48.01	5/1	Cardinal Invite
Giliat Ghebray	3:49.45	4/16	Golden Bear Invitational
Andy McClary	3:50.16	4/23	Big Meet
Ozzie Pina	3:54.22	4/23	Big Meet
Chris Chavez	3:57.36	4/23	Big Meet
Jonas Hallgrimsson	4:39.61	5/8	Pac-10 Multi's
<u>Mile (4:06.61/NA)</u>			
Giliat Ghebray	4:07.72	4/9	Brutus Hamilton
Alex McClary	4:10.52	4/9	Brutus Hamilton
Chris Chavez	4:15.02	4/9	Brutus Hamilton
Carlos Carballo	4:19.44	4/9	Brutus Hamilton
<u>3,000m SC (9:08.15/8:36.7)</u>			
Kevin Davis (8:55.56)	8:56.57	5/14	Pac-10 Champs.
Dan Blomgren	9:45.82	4/23	Big Meet
Tim Bardet	10:23.31	4/2	Cal v Illinois
<u>3,000m (NA/NA)</u>			
Giliat Ghebray (8:07.27i)	8:02.11 i	2/26	MPSF Champs
Kevin Davis	8:14.53 i	2/26	MPSF Champs
Chris Chavez	8:39.88	3/19	Bay Area Blast Off
Ozzie Pina	8:46.01	4/16	Golden Bear Invitational
John Eves	9:25.89	4/2	Cal v Illinois
<u>5,000m (14:15.75/13:31.88)</u>			
#Giliat Ghebray	14:04.00	3/27	Stanford Invitational
#Girmay Guangul	14:07.95 i	2/26	MPSF Champs.
Ozzie Pina	14:22.30	3/27	Stanford Invitational
Carlos Carballo (14:31.98)	14:31.98	3/27	Stanford Invitational
Chris Chavez	14:44.34	6/24	US Jr. Nationals
John Eves	15:30.13	4/8	Brutus Hamilton
<u>10,000m (A: 29:00.00;P: 29:45.00/29:17.78)</u>			
Carlos Carballo	29:52.43	3/26	Stanford Invitational
<u>110m Hurdles (14.33/13.39)</u>			
#Thomas Mack	14.12	4/2	Cal v Illinois
Craig Gallimore	14.32	4/16	Golden Bear Invitational
Yahya Abdul-Mateen	14.73	4/9	Brutus Hamilton
Scott Sobieralski	14.92	3/25	Stanford Invitational
Craig Woods	15.13	4/23	Big Meet

Greg Ross (15.53)	15.53	3/25	Cal v Illinois
Jonas Hallgrimsson	15.59	5/8	Pac-10 Multi's
<u>400m Hurdles (52.51/48.46)</u>			
#Thomas Mack (52.49)	52.49	4/9	Brutus Hamilton
Craig Gallimore (53.13)	53.13	4/2	Cal v Illinois
Craig Woods (53.98)	53.98	5/6	Hornet Invitational
Yahya Abdul-Mateen	55.02	4/23	Big Meet
<u>4x100m Relay (40.66/39.14)</u>			
California 'A'	40.53	5/28	NCAA West Regional
Karl, Atawo, Nunnally, Mack			
California 'A'			
Nunnally, Atawo, Karl, Mack	41.05	3/19	Bay Area Blast Off
<u>4x400m Relay (3:10.00/3:03.91)</u>			
California 'A'			
Solis, Suddaby, McClary, Mack	3:09.15	5/15	Pac-10 Champs.
Suddaby, Mack, Solis, Gallimore	3:11.64	4/9	Brutus Hamilton
<u>Pole Vault (16-4.75, 5.00m/18-8.25)</u>			
Scott Sobieralski (16-07.25)	16-07.25 (5.06m)	5/28	NCAA West Regionals
Donny Appanaitis (16-0)	15-06.25 (4.73m) i	2/27	MPSF Championships
Jonas Hallgrimsson (14-09)	14-09 (4.50m) i	2/27	MPSF Championships-Hep
Greg Ross	13-01.50	4/23	Big Meet
<u>High Jump (6-10.75, 2.10m/7-5.75)</u>			
#David Glasgow (7-02.25)	7-02.25 (2.19m)	5/27	NCAA West Regionals
#Ed Wright (7-00.00)	6-11.75 (2.13m)	5/15	Pac-10 Champs.
Jonas Hallgrimsson	6-03.50 (1.95m)	5/7	Pac-10 Multi's
Adam Burgh	5-00.50 (1.54m)	4/2	Cal v Illinois
<u>Long Jump (24-1, 7.34m/26-6.25)</u>			
#Brandon Williams (24-02.50)	24-01.00 (7.34m)	5/15	Pac-10 Champs.
	24-02.50 (7.38m) i	2/26	MPSF Champs.
Rashaad Nunnally	23-05.50 (7.15m)	4/23	Big Meet
Yahya Abdul-Mateen	21-00.00 (6.40m)	4/23	Big Meet
Jonas Hallgrimsson	22-01.00 (6.73m)	5/7	Pac-10 Multi's
<u>Triple Jump (49-5.75, 15.08m/55-0)</u>			
Yayah Abdul-Mateen (48-11.00) w	45-09.00 (13.94m) w	4/2	Cal v Illinois
David Glasgow	44-03.50 (13.50m)	4/2	Cal v Illinois
<u>Shot Put (54-6.00, 16.61m/66-3)</u>			
#Rhuben Williams (64-09.75)	64-02.50 (19.57m)	5/15	Pac-10 Champs.
#Craig Kent	58-02.00 (17.73m) i	2/12	Holiday Inn Invite
John Ludden (52-04.50)	52-04.50 (15.96m)	4/9	Brutus Hamilton
Tony Miranda	48-06.00 (14.78m)	4/23	Big Meet
Jonas Hallgrimsson	44-05.25 (13.54m)	5/7	Pac-10 Multi's
<u>Discus (165-3, 50.37m/210-11)</u>			
#Tony Miranda	183-02 (55.80m)	4/2	Cal v Illinois
#Rhuben Williams (179-01)	179-01 (54.60m)	3/19	Bay Area Blast Off
#John Ludden	169-07 (51.68m)	4/23	Big Meet
#Craig Kent	169-06 (51.67m)	5/7	Modesto Relays
Jonas Hallgrimsson (137-01)	137-01 (41.78m)	3/19	Bay Area Blast Off
<u>Hammer (182-6, 55.63m/229-0)</u>			
#Rhuben Williams (205-02)	195-09 (58.66m)	4/8	Brutus Hamilton
#John Ludden (191-08)	191-08 (58.41m)	4/23	Big Meet
Tony Miranda	167-02 (50.95m)	4/23	Big Meet
Joe Perkins	160-03 (48.85m)	4/23	Big Meet
<u>Javelin (202-2, 61.62/222-0)</u>			
#^Paul Teinert (235-11)	235-11 (71.92m)	5/15	Pac-10 Champs.
Adam Burgh (215-06)	215-06 (65.69m)	5/27	NCAA West Regionals
Jonas Hallgrimsson (213-06)	213-06 (65.09m)	5/15	Pac-10 Champs.
Craig Kent	171-06 (52.28m)	4/2	Cal v Illinois
Andy Sinotte	171-01 (52.14m)	5/1	Cardinal Invite
T.J. Fisher	165-02 (50.35m)	4/23	Big Meet
Greg Ross (168-8)	138-03 (42.15m)	3/20	Bay Area Blast Off
<u>Decathlon (A: 7,500/P: 7,000/8007)</u>			
Jonas Hallgrimsson	7,002	5/8	Pac-10 Multi's

^School Record
i Indoor

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<u>Athlete</u>	<u>Season Best</u>	<u>Date</u>	<u>Meet</u>
<u>100m (11.75/11.49)</u>			
^#Antonette Carter (11.43)	11.43	5/14	Pac-10 Champs.
#Shannan Hawes (11.75)	11.75	5/14	Pac-10 Champs.
Tiffany Johnson (11.85)	11.98	4/2	Cal v UNR
Angie Pressey	12.06	4/2	Cal v UNR
Osarhiemen Omwanghe	12.25	3/19	Bay Area Blast Off
Brooke Turner	12.28	3/19	Bay Area Blast Off
Chanda Picott	12.66	4/9	Brutus Hamilton
<u>200m (23.96/23.26)</u>			
^#Antonette Carter (23.05)	23.05	6/25	US Nationals
#Shannan Hawes (23.96)	23.96	5/14	Pac-10 Champs.
Brooke Turner (24.70)	24.78	4/2	Cal v UNR
Tiffany Johnson (24.34)	24.99 i	2/5	Air Force Quad
Angie Pressey	25.52	4/23	Big Meet
Chanda Picott	25.56	4/16	Golden Bear Invitational
Brooke Meredith (25.33)	25.76	4/21	Mt SAC Relays Hep.
Eryn Mack	26.87	4/23	Big Meet
Lauren Dorsey	27.29	4/23	Big Meet
<u>400m (54.61/52.53)</u>			
Alysia Johnson	54.08	4/23	Big Meet
Brooke Turner	55.64	4/2	Cal v UNR
Eryn Mack	58.23	4/2	Cal v UNR
<u>800m (2:09.80/2:01.59)</u>			
#Chloe Jarvis (2:03.62)	2:04.53	5/15	Pac-10 Champs.
#Alysia Johnson (2:05.49)	2:05.49	6/10	NCAA Championships
#Whitney Schmucker (2:07.20)	2:07.20	5/15	Pac-10 Champs.
Lindsay Maclise (2:10.43)	2:10.71	4/2	Cal v UNR
Bridget Duffy (2:08.75)	2:16.21	4/16	Golden Bear Invitational
Brooke Meredith	2:17.39	6/26	US Nationals
<u>1500m (4:27.80/4:09.23)</u>			
#Bridget Duffy (4:22.55)	4:23.58	5/15	Pac-10 Champs.
#Lindsey Maclise (4:27.77)	4:27.77	3/26	Stanford Invitational
Amanda Thornberry	4:30.50	6/25	US Jr. Nationals
Whitney Schmucker	4:38.71	3/26	Stanford Invitational
Maja Ruznic	4:39.47	4/9	Brutus Hamilton
Marie Raffray	4:42.06	4/2	Cal v UNR
<u>Mile (4:49.60/NA)</u>			
Lindsay Maclise	4:50.22 i	2/26	MPSF Champs.
<u>3,000m SC (10:52.10/ 10:22.38)</u>			
Amanda Thornberry (11:11.00)	11:11.00	6/25	US Jr. Nationals
Diane Reed	12:02.34	4/23	Big Meet
<u>3,000m (NA/9:21.42)</u>			
Bridget Duffy	9:43.52i	2/12	Husky Invite
Abby Parker	9:53.66i	2/12	Husky Invite
Maja Ruznic	10:08.00	4/2	Cal v UNR
Lindsey Maclise	10:19.53	4/2	Cal v UNR
Amanda Thornberry	10:20.49	4/2	Cal v UNR
Brooke Wells	10:26.39	4/2	Cal v UNR
Rebecca Yau	10:27.90	3/19	Bay Area Blast Off
Marie Raffray	10:34.51	4/16	Golden Bear Invitational
Elizabeth Mayeda	11:19.94	3/19	Bay Area Blast Off
<u>5,000m (16:52.00/15:46.8)</u>			
Abby Parker	17:14.44i	2/12	Husky Classic
Bridget Duffy	17:13.57	3/26	Stanford Invitational
Maja Ruznic	17:38.28	3/26	Stanford Invitational
Brooke Wells	18:04.17	4/8	Brutus Hamilton
Rebecca Yau	18:07.52	4/8	Brutus Hamilton
Marie Raffray	19:32.93	4/23	Big Meet

10,000m (A: 34:10.00/P: 35:15.00/32:40.76)

100m Hurdles (13.95/13.43)

#Osarhiemen Omwanghe (13.43)	13.59	5/14	Pac-10 Champs.
Brooke Meredith (14.38)	14.38	5/7	Pac-10 Multi's
Elzunia Lamb	15.07	4/2	Cal v UNR
<u>400m Hurdles (1:00.82/57.61)</u>			
Osarhiemen Omwanghe	1:00.04	4/23	Big Meet
Brooke Meredith	1:01.12	5/15	Pac-10 Champs.
Eryn Mack	1:03.12	4/2	Cal v UNR
<u>4x100m Relay (45.80/44.28)</u>			
California 'A'	44.36	4/28	NCAA West Regionals
#Omwanghe, Johnson, Hawes, Carter			
California 'A'			
#Turner, Omwanghe, Hawes, Carter	45.45	4/9	Brutus Hamilton
<u>4X400m Relay (3:42.00/3:35.56)</u>			
California 'A'			
Schmucker, Johnson, Hawes, Jarvis	3:37.62	5/15	Pac-10 Champs.
California 'A'			
Navarre, Jarvis, Schmucker, Johnson	3:43.84	4/23	Big Meet
California 'A'	3:50.18	4/2	Cal v UNR
<u>Pole Vault (12-5.75, 3.80m/13-2.5)</u>			
#Katie Morgan (13-00.25)	13-00.25 (3.97m)	4/2	Cal v UNR
#Danielle Navarre (12-07.50)	12-05.75 (3.80m)	3/26	Florida Relays
<u>High Jump (5-9, 1.75m/6-0.75)</u>			
Brooke Meredith (5-7.25)	5-05.25 (1.66m)	6/25	US Nationals
Cassandra Strickland	5-05.00 (1.65m)	4/23	Big Meet
Elzunia Lamb	5-02.25 (1.58m)	4/2	Cal v UNR
<u>Long Jump (19-6.25, 5.95/22-1)</u>			
#Antonette Carter (21-04.00)	21-04.00 (6.50m)	5/28	NCAA West Regionals
Quadriyyah Abdullah (19-07.50i)	19-07.50i (5.98m) i	2/26	MPSF Champs.
#Elzunia Lamb	19-09.50 (6.03m)	5/28	NCAA West Regionals
	20-02.50 (6.16m) w	4/9	Brutus Hamilton
#Tiffany Johnson	19-06.25 (5.95m)	5/15	Pac-10 Champs.
Cassandra Strickland	19-04.75 (5.91m)	5/6	Hornet Invitational
Trinety White (19-00.75)	18-09.25 (5.72m)	4/2	Cal v UNR
Brooke Meredith (19-4.75)	18-09.00 (5.71m)	4/21	Mt SAC Relays Hep.
<u>Triple Jump (40-2.75, 12.26m/46-0.75)</u>			
#Cassandra Strickland	42-01.50 (12.84m)	6/10	NCAA Championships
Quadriyyah Abdullah (40-06.00i)	40-06.00 (12.34m) i	2/26	MPSF Champs.
	40-01.25 (12.22m)	4/23	Big Meet
Trinety White (40-04.25i)	40-04.25 (12.30m) i	2/26	MPSF Champs.
	39-01.25 (11.92m)	4/23	Big Meet
<u>Shot Put (46-11, 14.30m/54-4.75)</u>			
#Missy Faubus	53-00.75 (16.17m)	4/23	Big Meet
#Kelechi Anyanwu	48-06.25 (14.79m)	5/14	Pac-10 Champs
Carrie Johnson	42-10.75 (13.07m)	4/23	Big Meet
Brooke Meredith	43-07.25 (13.29m)	6/25	US Nationals
Crystal Griffin	39-08.00 (12.09m)	4/16	Golden Bear Invitational
Elzunia Lamb	36-01.25 (11.31m)	4/16	Golden Bear Invitational
<u>Discus (155-2.25, 47.30m/181-02)</u>			
#Missy Faubus	171-06 (51.58m)	6/23	US Jr. Nationals
Kelechi Anyanwu	147-04 (44.90m)	4/2	Cal v UNR
Carrie Johnson	140-05 (42.79m)	4/2	Cal v UNR
<u>Hammer (177-8, 54.15m/214-0)</u>			
#Giulia Orlando (190-06)	190-06 (58.07m)	4/23	Big Meet
#Carrie Johnson (188-07)	188-07 (57.49m)	4/23	Big Meet
#Alexandra Hunnings (178-08)	178-08 (54.45m)	3/26	Florida Relays
Lauren Dorsey (164-08)	164-08 (50.20m)	5/6	Hornet Invitational
Missy Faubus (159-02)	159-02 (48.51m)	4/23	Big Meet
Crystal Griffin	134-01 (40.87m)	4/23	Big Meet
<u>Javelin (141-7, 43.15m/148-0)</u>			
#Brooke Meredith (148-0)	143-05 (43.72m)	6/26	US Nationals
#Elzunia Lamb (142-01)	142-01 (43.30m)	4/2	Cal v UNR
Trinety White (136-3)	131-03 (40.01m)	4/23	Big Meet

Heptathlon (A: 5,500 P: 5,000/5624)
Brooke Meredith (5,611)

5,611

6/26

US Nationals

#NCAA Regional Qualifier
Pac-10 Qualifier
^School Record
i Indoor