



2010 California Track & Field Outdoor Best Marks List

Cal Record in Parentheses / # New Cal Record / ^ Cal Freshman Record
h Earned Mark in Heptathlon / d Earned Mark in Decathlon / i Earned Mark Indoors

Men

<i>Name</i>	<i>Mark</i>	<i>Date</i>	<i>Site</i>	<i>PR</i>	<i>Name</i>	<i>Mark</i>	<i>Date</i>	<i>Site</i>	<i>PR</i>
100 meters (10.18a, Atlee Mahorn, 1990)					110-meter hurdles (13.39, Larry Cowling, 1982)				
Nick Porter	10.68w	4/10	Berkeley	10.50	Aaron Burney	14.52w	4/10	Berkeley	13.95
Mike Morrison	10.79d	3/31	Austin	10.79	Ryan Holmes	14.75	4/3	Tucson	14.05
Hammed Suleman	10.95	4/24	Berkeley	10.95	Mike Morrison	14.92d	4/1	Austin	14.92
Dash Oliver	11.10w	4/10	Berkeley	11.10w	Kevin Kuechler	15.30	5/1	Stanford	15.30
Aaron Burney	11.34	3/6	Stanford	11.34	400-meter hurdles (48.46, Larry Cowling, 1982)				
Kevin Kuechler	11.43d	3/24	Berkeley	11.43	Ryan Holmes	53.21	3/6	Stanford	52.91
200 meters (20.20, Atlee Mahorn, 1988)					2000-meter steeplechase				
Tom Blocker	21.74	4/10	Berkeley	21.74	Simon Schmidt	6:11.68	3/6	Stanford	6:11.68
Nick Porter	21.86	4/23	Berkeley	21.53	Cody Schmidt	6:14.03	3/6	Stanford	6:14.03
Aaron Burney	22.81	4/23	Berkeley	22.61	Nate Beach	6:25.80	3/6	Stanford	6:25.80
Hammed Suleman	23.34	3/6	Stanford	23.34	3000-meter steeplechase (8:35.37, Kevin Davis, 2007)				
400 meters (45.46, Peter Howard, 1985)					Steve Sodaro	8:40.60	5/15	Berkeley	8:40.60
Tom Blocker	48.32	4/10	Berkeley	48.32	Cody Schmidt	9:03.07	5/15	Berkeley	9:03.07
Mike Morrison	49.25d	3/31	Austin	49.25	Matt K. Miller	9:05.89	4/23	Berkeley	9:00.88
Tojsh Kennedy	49.29	5/15	Berkeley	48.31	Collin Jarvis	9:08.26	4/23	Berkeley	9:08.26
Keagan Wethington	50.81	3/26	Stanford	47.98	Simon Schmidt	9:27.22	4/10	Berkeley	9:27.22
Kevin Kuechler	51.52d	5/8	Berkeley	51.52	4x100-meter Relay (39.14, Strickland/Burns/Nichols, Walker, 1975)				
800 meters (1:45.4, Rick Brown, 1972)					Porter/Blocker/Oliver/Suleman	41.46	4/10	Berkeley	41.46
Sebastian Sam	1:49.71	4/10	Berkeley	1:48.82	Porter/Blocker/Holmes/Suleman	41.64	5/15	Berkeley	41.64
Mark Matusak	1:53.69	4/3	Tucson	1:53.69	4x400-meter Relay (3:03.9, Wallace/Walker/Mosley/Robinson, 1976)				
Austin Jett	1:57.20	3/6	Stanford	1:57.20	Holmes/Sam/Kennedy/Blocker	3:15.34	4/3	Tucson	3:15.34
1500 meters (3:39.59, Mark Matusak, 2010)					High Jump (7-5.75, Jeff Rogers, 1990)				
Mark Matusak	3:39.59#	5/29	Austin	3:39.59	Brian Carmichael	7-0.25 (2.14m)	5/16	Berkeley	7-0.25
Steve Sodaro	3:46.96	3/6	Stanford	3:46.96	Mike Tracy	6-6.75 (2.00m)	5/1	Stanford	6-6.75
Yosef Ghebray	3:48.39	3/26	Stanford	3:42.14	Mike Morrison	6-5.00 (1.96m)d	3/31	Austin	6-5.00
Kari Karlsson	3:50.28	3/6	Stanford	3:50.28	Kevin Kuechler	6-0.75 (1.85m)	3/24	Berkeley	6-0.75
Sebastian Sam	3:51.40	4/3	Tucson	3:51.40	Pole Vault (18-8.25, Brent Burns, 1992)				
James Brewer	3:52.30	5/15	Berkeley	3:52.30	Connor Landry	17-3.75 (5.28m)	5/15	Berkeley	17-5.50i
Yosef Ghebray	3:52.74	4/10	Berkeley	3:42.14	Justin Miller	16-10.75 (5.15m)	5/8	Sacramento	16-11.50i
Collin Jarvis	3:57.78	5/1	Stanford	3:57.78	Ryan Shuler	16-7.50 (5.07m)	4/17	Sacramento	17-2.75
Austin Jett	4:00.82	4/24	Berkeley	4:00.82	Kyle Mills-Bunje	15-8.25 (4.78m)	5/15	Berkeley	16-0.75i
Mike Morrison	4:49.49d	5/9	Berkeley	4:49.49	Mike Morrison	15-1.00 (4.60m)d	4/1	Austin	15-1.00
Kevin Kuechler	4:50.14d	5/9	Berkeley	4:50.14	Kevin Kuechler	13-1.50 (4.00m)d	3/25	Berkeley	13-3.50i
Mile (3:56.18, Michael Coe, 2009)					Long Jump (26-6.25, Curtis Rogers, 1990)				
Steve Sodaro	3:59.42	4/24	Berkeley	3:59.42	Hammed Suleman	24-8.50 (7.53m)	4/3	Tucson	24-8.50
Michael Coe	4:00.36	4/24	Berkeley	3:56.18	Mike Morrison	24-4.25 (7.42m)	5/15	Berkeley	24-6.25i
Yosef Ghebray	4:03.00	4/24	Berkeley	4:03.00	Chad Jones	23-2.00 (7.06m)	4/10	Berkeley	23-2.00
Mark Matusak	4:09.68	4/24	Berkeley	3:58.36i	Kevin Kuechler	22-6.60 (6.87m)d	5/8	Berkeley	22-6.50
3000 meters (7:48.05i, Michael Coe, 2009)					Triple Jump (55-0.00, Ken Williams, 1985)				
Michael Coe	8:07.28	4/10	Berkeley	7:48.05	Hammed Suleman	49-9.25 (15.17m)	3/27	Stanford	49-9.25
Kari Karlsson	8:10.29	4/10	Berkeley	8:10.29	Chad Jones	47-3.00 (14.40m)	5/16	Berkeley	47-3.00
Collin Jarvis	8:14.63	3/6	Stanford	8:14.63	Shot Put (66-3, Dave Porath, 1981)				
Steve Sodaro	8:31.11	4/3	Tucson	8:31.11	Patrick Kowalsky	59-3.00 (18.06m)	4/3	Tucson	59-3.00
Collin Jarvis	8:35.51	4/3	Tucson	8:35.51	Miles Palacios	47-1.75 (14.37m)	4/10	Berkeley	47-11.25
Andres Diaz	8:39.10	3/6	Stanford	8:39.10	Kyle Mills-Bunje	43-9.75 (13.35m)	3/6	Stanford	46-9.00i
Cody Schmidt	8:40.90	3/6	Stanford	8:40.90	Mike Morrison	41-5.00 (12.62m)	3/6	Stanford	42-7.00i
Simon Schmidt	8:41.42	3/6	Stanford	8:41.42	Kevin Kuechler	39-10.75 (12.16m)	5/1	Stanford	41-2.50i
Matt Petersen	8:49.87	3/6	Stanford	8:49.87	Discus (210-11, Ramon Jimenez-Gaona, 1992)				
5000 meters (13:31.8, Bolota Asmerom, 2001)					Patrick Kowalsky	165-2 (50.34m)	5/1	Stanford	165-2
Michael Coe	13:48.64	5/16	Berkeley	13:48.64	Ryan Young	153-2 (46.68m)	5/16	Berkeley	153-2
Steve Sodaro	14:01.06	5/1	Stanford	14:01.06	Miles Palacios	136-5 (41.58m)	4/10	Berkeley	149-6
Kari Karlsson	14:01.99	3/26	Stanford	14:01.99	Mike Morrison	129-3 (39.39m)	3/25	Berkeley	129-3
Mark Matusak	14:26.71	5/1	Stanford	14:16.28	Kevin Kuechler	121-7 (37.07m)d	3/25	Berkeley	129-9
Collin Jarvis	14:37.37	3/26	San Francisco	14:37.37	Hammer (229-0, Jari Matinolli, 1986)				
Yosef Ghebray	14:45.56	5/16	Berkeley	13:44.75	Miles Palacios	199-1 (60.69m)	5/15	Berkeley	199-1
Cody Schmidt	14:51.18	4/23	Berkeley	14:51.18	Javelin (250-10, Ryan Young, 2009)				
Matt Miller	14:52.19	3/26	San Francisco	14:52.19	Mike Morrison	184-6 (56.23m)d	5/9	Berkeley	184-6
Matt Petersen	14:53.35	4/23	Berkeley	15:53.35	Kyle Mills-Bunje	178-10 (54.50m)	3/6	Stanford	178-10
Andres Diaz	15:24.59	3/26	San Francisco	15:25.59	Brian Norton	178-4 (54.37m)	4/10	Berkeley	178-4
James Slater	15:53.28	4/23	Berkeley	15:53.28	Kyle Mills-Bunje	169-1 (51.53m)	4/10	Berkeley	177-11
10,000 meters (28:32.27, Yosef Ghebray, 2009)					Kevin Kuechler	159-1 (48.49m)d	3/25	Berkeley	159-1
Kari Karlsson	29:31.82	5/15	Berkeley	29:28.05	Decathlon (8,007, Chris Huffins, 1993)				
					Mike Morrison	7,557	4/1	Austin	7,803
					Kevin Kuechler	6,638	3/25	Berkeley	6,638

Cal Record in Parentheses / # New Cal Record / ^ Cal Freshman Record
h Earned Mark in Heptathlon / d Earned Mark in Decathlon / i Earned Mark Indoors

Women

Name	Mark	Date	Site	PR	Name	Mark	Date	Site	PR
100 meters (11.33, Antonette Carter, 2006)					4x400-meter Relay (3:35.46, Turner/Pierce/E. Smith/A. Johnson, 2007)				
Cherrelle Garrett	11.67	3/26	Stanford	11.38	Joseph/Weaver/Dixon/Kamara	3:36.81	5/29	Austin	3:36.81
Malaina Payton	12.16	5/1	Stanford	12.16	Joseph/Dixon/Weaver/Kamara	3:40.06	4/24	Berkeley	4:40.06
Emani Truluck	12.37	4/3	Tucson	12.37	Joseph/Oberg/Weaver/Kamara	3:43.80	4/3	Tucson	3:43.80
200 meters (22.72, Antonette Carter, 2006)					High Jump (6-0.75, Beth Vidakovits, 1989)				
Cherrelle Garrett	24.18	4/3	Tucson	23.63	Kristen Meister	5-10.75 (1.80m)	4/3	Tucson	5-11.50i
Alima Kamara	24.24	3/6	Stanford	24.24	Kristin Rimbach	5-6.50 (1.69m)	4/10	Berkeley	5-6.50
Kayla Dixon	24.61w	4/10	Berkeley	24.33	Gianna Fernandez	5-3.25 (1.61m)	3/26	Stanford	5-3.25
Jasmine Joseph	24.71	4/23	Berkeley	24.71	Pole Vault (13-9.25, Katie Morgan, 2008)				
Hayley Huxtable	24.90	3/6	Stanford	24.90	Allison Stokke	13-5.25 (4.10m)	5/27	Austin	13-9.75
Emani Truluck	25.94	4/23	Berkeley	25.94	Theresa Raub	13-0.25 (3.97m)	5/16	Berkeley	13-0.25
400 meters (52.53, Latasha Gilliam, 1996)					Cyrena Giordano	11-11.75 (3.65m)	3/6	Stanford	13-4.25
Alima Kamara	52.75	5/28	Austin	52.75	Long Jump (22-1.00, Sheila Hudson, 1990)				
Jasmine Joseph	54.12	5/1	Stanford	54.12	Malaina Payton	20-0.25 (6.10m)^	5/28	Austin	20-0.25
Kayla Dixon	56.01	4/24	Berkeley	55.29	Tracey Stewart	19-9.75w (6.04m)	4/10	Berkeley	19-9.75w
Hayley Huxtable	56.89	3/6	Stanford	55.70	Kristin Holmes	19-5.25 (5.92m)	3/26	Stanford	19-9.50i
Angelica Weaver	56.86	4/24	Berkeley	56.86	Triple Jump (46-0.75, Sheila Hudson, 1990)				
Shannon Forbes	57.69	4/24	Berkeley	57.69	Tracey Stewart	42-11.50w (13.09m)	5/16	Berkeley	42-11.50w
Laureina Toler	58.07	4/24	Berkeley	58.07	Mercedes Marchbanks	41-6.50w (12.66m)	4/10	Berkeley	41-6.50w
800 meters (1:59.29, Alysia Johnson, 2007)					Amanda Hunter	39-1.75 (11.93m)	5/16	Berkeley	39-6.50i
Sofia Oberg	2:05.27	5/1	Stanford	2:05.27	Shot Put (54-4.75, Kristin Heaston, 1999)				
Taylor Dutch	2:12.68	5/1	Stanford	2:12.68	Linda Oseso	44-4.00 (13.51m)	5/15	Berkeley	45-5.25i
Taylor Bryson	2:20.25	4/3	Tucson	2:20.25	Kendall Morris	34-8.50 (11.49m)	4/10	Berkeley	34-8.50
1500 meters (4:09.23, Louise Romo, 1984)					Discus (188-11, Kelechi Anyanwu, 2007)				
Sofia Oberg	4:23.75	3/26	Stanford	4:23.75	Kendall Morris	155-4 (47.34m)	4/10	Berkeley	155-4
Deborah Maier	4:23.98	4/3	Tucson	4:23.98	Kiely Smith	114-8 (34.95m)	4/10	Berkeley	127-9
Taylor Dutch	4:30.32	4/24	Berkeley	4:30.32	Hammer (214-0, Jennifer Joyce, 2002)				
Alison Greggor	4:30.39	4/3	Tucson	4:30.39	Linda Oseso	179-2 (54.61m)	5/29	Austin	179-2
Taylor Bryson	4:34.54	3/26	Stanford	4:34.54	Kiely Smith	173-9 (52.96m)	5/16	Berkeley	173-9
Crystal Esparza	4:44.69	3/6	Stanford	4:44.69	Javelin (152-10, Emilee Strot, 2006)				
Rowena Tam	4:45.15	4/24	Berkeley	4:37.08	Danielle Hoolko	143-6 (43.75m)	5/15	Berkeley	143-6
Hillary Hayes	4:48.22	3/26	Stanford	4:48.22	Tracey Stewart	127-6 (38.87m)	4/10	Berkeley	127-6
3000 meters (9:20.05i, Deborah Maier, 2010)									
Deborah Maier	9:26.60	4/10	Berkeley	9:20.05i					
Alison Greggor	9:38.88	4/10	Berkeley	9:38.88					
Michelle Davis	9:57.12	3/6	Stanford	9:57.12					
Nicole Hough	10:16.74	3/6	Stanford	10:16.74					
Hillary Hayes	10:25.13	4/10	Berkeley	10:25.13					
Crystal Esparza	10:51.52	4/10	Berkeley	10:42.45					
5000 meters (15:46.8, Kirsten O'Hara, 1985)									
Deborah Maier	16:15.39	5/16	Berkeley	15:58.49i					
Alison Greggor	16:25.88	3/26	Stanford	16:25.88					
Michelle Davis	16:49.62	3/26	Stanford	16:49.62					
Nicole Hough	17:56.59	4/23	Berkeley	17:56.59					
Crystal Esparza	18:01.24	3/26	San Francisco	18:01.24					
10,000 meters (32:40.76, Kirsten O'Hara, 1985)									
Michelle Davis	35:26.30	5/15	Berkeley	35:26.30					
100-meter hurdles (13.02, Kimyon Broom, 2009)									
Kimyon Broom	13.18	4/10	Berkeley	13.02					
Emani Truluck	13.91	4/10	Berkeley	13.91					
Dantia Hudson	15.13	4/24	Berkeley	14.27					
400-meter hurdles (57.61, Helga Haldorsdottir, 1986)									
Angelica Weaver	1:00.10	4/23	Berkeley	1:00.10					
Natalya Beneby	1:00.50	5/27	Austin	1:00.50					
Laureina Toler	1:02.30	4/23	Berkeley	1:02.30					
Shannon Forbes	1:02.71	4/23	Berkeley	1:01.85					
3000-meter Steeplechase (10:22.38, Mariele Schlueter, 2002)									
Taylor Bryson	11:01.19	4/10	Berkeley	11:01.19					
Rowena Tam	11:18.66	5/15	Berkeley	10:37.28					
4x100-meter Relay (44.28, Omwanghe/T. Johnson/Hawes/Carter, 2004)									
Payton/Dixon/Holmes/Garrett	44.97	5/29	Austin	44.97					
Broom/Holmes/Dixon/Garrett	45.18	4/24	Berkeley	45.18					
Payton/Holmes/Dixon/Garrett	45.40	5/15	Berkeley	45.40					