

2004 California Men's Outdoor Track & Field Best Performances

Event (NCAA Regional/Pac-10/School Record)

Athlete (Personal Best)	Season Best	Date	Meet
<u>100m (10.50/10.74/10.18)</u>			
&Nick Mazur (10.54)	10.54	5/1	Big Meet
&Toby Atawo (10.49w)	10.68	5/1	Big Meet
&Ricci Dula (10.42w)	10.72	4/10	Brutus Hamilton Inv.
Darren Woods (10.86)	10.86	3/20	Bay Area Blast Off
Noah Smith	10.92	5/1	Big Meet
Ben Karl (10.93)	10.93	5/1	Big Meet
Brandon Williams	11.16	3/20	Bay Area Blast Off
Scott Sobieralski	11.39	3/24	UC Multi Meet
<u>200m (21.19/21.44/20.20)</u>			
&Ahmad Wright (22.16)	21.30 i	2/7	United Heritage
Darren Woods (21.55)	21.55 i	2/28	MPSF Championships
Darren Woods (21.55)	21.79	5/1	Big Meet
Toby Atawo (21.26)	21.89 i	2/28	MPSF Championships
Ben Karl (21.39)	22.08	5/1	Big Meet
Ricci Dula	22.40	3/20	Bay Area Blast Off
Bruce Giron	22.52	3/20	Bay Area Blast Off
Nick Mazur (21.71)	22.66	3/20	Bay Area Blast Off
Craig Woods	22.88 i	2/7	Carle/Health Alliance
Brandon Williams	22.95	3/20	Bay Area Blast Off
Scott Norby-Cedillo	24.10	4/10	Brutus Hamilton Inv.
<u>400m (47.26/47.84/45.46)</u>			
&#Darren Woods	46.99	4/10	Brutus Hamilton Inv.
Randy Fair (48.29)	48.98	3/20	Bay Area Blast Off
Jon Suddaby	49.22 i	2/27	MPSF Championships
Thomas Mack	50.21	4/17	Mt. SAC
Andres Perezchica	50.80	4/24	Golden Bear Qualifier
Toby Atawo	51.40	3/27	Stanford Invitational
Scott Sobieralski (51.53)	51.53	5/7	Pac-10 Multis
Scott Norby-Cedillo	54.01	3/20	Bay Area Blast Off
<u>800m (1:50.62/1:51.44/1:45.40)</u>			
David Torrence	1:51.03	6/5	Eagle Rock
Randy Fair (1:51.75)	1:51.75	5/14	Pac-10 Championships
Andy Perezchica (1:52.69)	1:52.69	5/14	Pac-10 Championships
Tom Allen (1:54.28)	1:53.51 i	2/28	MPSF Championships
Daniel Bloomgren (1:56.81)	1:56.06	4/3	Cal-Nevada Champs
Ozzie Pina	1:56.87	4/10	Brutus Hamilton Inv.
<u>1500m (3:48.21/3:50.14/3:39.90)</u>			
&#David Torrence	3:47.65	5/1	Big Meet
Giliat Ghebray	3:53.17	4/4	Cal-Nevada Champs
Tom Allen (3:54.19)	3:54.19	3/27	Stanford Invitational
Carlos Carballo	3:57.50	4/24	Golden Bear Qualifier
Ozzie Pina	3:58.64	4/17	Mt. SAC
Scott Sobieralski	4:52.50	3/25	UC Multi Meet
<u>Mile (4:06.61/4:08.14/NA)</u>			
&David Torrence	4:07.55	4/10	Brutus Hamilton Inv.
&Giliat Ghebray	4:07.77 i	2/27	MPSF Championships
Tom Allen	4:15.65	4/10	Brutus Hamilton Inv.
Kevin Davis	4:15.92	4/10	Brutus Hamilton Inv.
<u>3,000m SC (9:08.15/9:23.54/8:36.7)</u>			
&#Kevin Davis (8:58.76)	8:58.76	3/26	Stanford Invitational
<u>3,000m (NA/NA/NA)</u>			
Giliat Ghebray (8:07.27)	8:07.27 i	3/6	Husky Last Chance Meet
Kevin Davis	8:28.72	3/20	Bay Area Blast Off
Carlos Carballo (8:23.17)	8:33.86 i	3/6	Husky Last Chance Meet
David Torrence	8:36.82	3/20	Bay Area Blast Off
<u>5,000m (14:18.58/14:34.14/13:31.88)</u>			
&Carlos Carballo (14:31.98)	14:31.98	3/27	Stanford Invitational
Kevin Davis	14:48.47	4/3	Cal-Nevada Champs
<u>10,000m (NA/NA/29:17.78)</u>			
Carlos Carballo	30:10.36	4/16	Mt. SAC
<u>110m Hurdles (14.33/14.74/13.39)</u>			
&Scott Sobieralski	14.40	5/1	Big Meet
&Thomas Mack	14.42	5/1	Big Meet
&Bruce Giron	14.53	5/15	Pac-10 Championships
Greg Ross (15.77)	15.84	5/1	Big Meet
<u>400m Hurdles (52.51/53.64/48.46)</u>			

#&Ahmad Wright (50.35)	50.35	5/15	Pac-10 Championships
#&Bruce Giron (51.47)	51.47	5/28	NCAA West Regional
Craig Woods (54.53)	54.53	3/20	Bay Area Blast Off
Bjorgvin Vikingsson (52.38)	53.59	5/1	Big Meet
Thomas Mack	53.92	5/1	Big Meet
<u>4x100m Relay (40.66/NA/39.14)</u>			
#&Mazur/Atawo/D.Woods/Wright	40.38	5/1	Big Meet
#&Mazur/D.Woods/Atawo/Dula	40.40	4/10	Brutus Hamilton Inv.
C. Woods/Karl/Suddaby/Williams	42.73	3/20	Bay Area Blast Off
<u>4x400m Relay (3:11.50/NA/3:03.91)</u>			
#&Giron/Wright/Fair/D. Woods	3:08.83	5/15	Pac-10 Championships
&C. Woods/Wright/Giron/D. Woods	3:12.31	3/20	Bay Area Blast Off
D. Woods/Giron/Fair/Wright	3:13.83	3/27	Stanford Invitational
Giron/Perezchica/D.Woods/Allen	3:15.85	5/1	Big Meet
Atawo/Mack/Karl/Fair	3:19.18	3/20	Bay Area Blast Off
<u>Pole Vault (16-4.75, 5.00m/16-4.75, 5.00m/18-8.25)</u>			
Scott Sobieralski (16-00.75)	16-00.75 (4.90m)	5/8	Pac-10 Multis
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
<u>High Jump (6-10.75, 2.10m/6-8.75, 2.05m/7-5.75)</u>			
#&Teak Wilburn (7-05.00)	7-05.00 (2.26m)	4/10	Brutus Hamilton Inv.
#&David Glasgow (7-01.00)	7-01.00 (2.16m)	5/15	Pac-10 Championships
Scott Sobieralski (6-06.00)	6-06.00 (1.98m)	3/24	UC Multi Meet
<u>Long Jump (24-1, 7.34m/23-6, 7.17m/26-6.25)</u>			
&Vincent Ibia	23-11.75 (7.31m)	5/1	Big Meet
&Brandon Williams	23-06.25 (7.17m)	4/3	Cal-Nevada Champs
Bruce Giron	23-00.00 (7.01m)	5/1	Big Meet
Jonas Hallgrimsson (22-08.00)	23-00.50 (7.02m) i	2/27	MPSF Championships-Hep
Scott Sobieralski (22-03)	22-03.00 (6.78m)	5/7	Pac-10 Multis
<u>Triple Jump (49-5.75, 15.08m/47-7, 14.5m/55-0)</u>			
#&Bruce Giron (52-10.00)	52-10.00 (16.10m)	5/15	Pac-10 Championships
#&Vincent Ibia (52-00.00)	52-00.00 (15.85m)	5/29	NCAA West Regional
<u>Shot Put (54-0.5, 16.47m/55-9.25, 17.00m/66-3)</u>			
#&Rhuben Williams (64-09.75)	64-09.75 (19.75m)	5/1	Big Meet
#&Amin Nikfar (61-11.00)	61-11.00 (18.87m)	3/27	Stanford Invitational
Craig Kent	59-03.00 (18.06m)	6/26	USA Junior Nationals
Tony Miranda (53-01.75)	51-09.00 (15.77m) i	2/27	MPSF Championships
John Ludden	49-01.50 (14.97m) i	1/31	Cougar Invitational
Scott Sobieralski (43-02.25)	43-02.25 (13.16 m)	5/7	Pac-10 Multis
Jonas Hallgrimsson	40-05.50 (12.33m)	3/20	Bay Area Blast Off
<u>Discus (168-6, 51.37m/164-3, 50.07m/210-11)</u>			
#&Kurt Seefeld (178-10)	176-00 (53.64m)	4/24	Triton Invitational
#&Rhuben Williams (173-00)	173-00 (52.73)	5/15	Pac-10 Championships
Amin Nikfar	146-22 (44.78m)	5/1	Big Meet
Scott Sobieralski (116-10)	116-10 (35.62m)	3/20	Bay Area Blast Off
Jonas Hallgrimsson (115-10)	115-10 (35.32m)	3/20	Bay Area Blast Off
<u>Hammer (182-6, 55.63m/180-5, 55.00m/229-0)</u>			
#&Rhuben Williams (205-02)	205-02 (62.54m)	5/1	Big Meet
#&Zak Thomas	180-05 (55.03m)	4/18	Mt. SAC
Amin Nikar	137-01 (41.79m)	5/1	Big Meet
<u>Javelin (202-2, 61.62/190-5, 58-05.00/222-0)</u>			
&Adam Burgh	200-04 (61.06m)	4/10	Brutus Hamilton Inv.
Scott Sobieralski (172-10)	172-10 (52.69m)	5/8	Pac-10 Multis
Jonas Hallgrimsson (170-07)	170-07 (51.99m)	3/20	Bay Area Blast Off
Greg Ross (168-8)	151-05 (46.16m)	3/20	Bay Area Blast Off
Zak Thomas	139-09 (42.60m)	5/1	Big Meet
<u>Decathlon (A: 7,500/P: 7,000/5,892/8007)</u>			
#&Scott Sobieralski (7,215)	7,215	5/8	Pac-10 Multis

#NCAA Regional Qualifier

&Pac-10 Qualifier

^School Record

i Indoor

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<u>Athlete</u>	<u>Season Best</u>	<u>Date</u>	<u>Meet</u>
<u>100m (11.78/12.04/11.49)</u>			
#&^Antonette Carter (11.49)	11.49	5/14	Pac-10 Championships
&Tiffany Johnson	11.85	4/4	Cal-Nevada Champs
Shannan Hawes (12.07)	12.07	4/3	Cal-Nevada Champs
Osarhiemen Omwanghe	12.23	4/3	Texas Relays
Veronique Richardson	12.38	4/24	Golden Bear Qualifier
Trinety White	12.83	4/10	Brutus Hamilton Inv.
Danielle Navarre	12.87	4/24	Golden Bear Qualifier
<u>200m (23.96/24.64/23.26)</u>			
#&^Antonette Carter (23.26)	23.26	6/26	BYU Sprint & Power
&Tiffany Johnson	24.39	3/20	Bay Area Blast Off
Stephanie Cowling	25.13 i	2/14	Armory Invitational
Shannan Hawes (25.19)	25.31	3/20	Bay Area Blast Off
Brooke Meredith	25.50	5/7	Pac-10 Multis
Veronique Richardson	26.86	3/20	Bay Area Blast Off
<u>400m (54.61/55.44/52.53)</u>			
Janeshia Adams-Ginyard	58.97	5/1	Big Meet
Pippa MacDonald	59.48	5/1	Big Meet
<u>800m (2:10.29/2:11.14/2:01.59)</u>			
#&Bridget Duffy (2:08.75)	2:08.75	5/1	Big Meet
&Lindsay Maclise	2:10.43	5/1	Big Meet
Whitney Schmucker	2:11.64	5/1	Big Meet
Pippa MacDonald	2:14.21	3/26	Stanford Invitational
Maja Ruznic	2:17.43	3/20	Bay Area Blast Off
Brooke Meredith	2:20.94	5/7	Pac-10 Multis
Christy Borak	2:22.39	3/20	Bay Area Blast Off
<u>1500m (4:29.12/4:40.14/4:09.23)</u>			
#&Bridget Duffy (4:22.55)	4:22.55	4/10	Brutus Hamilton Inv.
&Lindsey Maclise	4:29.15	4/10	Brutus Hamilton Inv.
&Christy Borak	4:32.90	4/10	Brutus Hamilton Inv.
&Abby Parker	4:34.42	4/10	Brutus Hamilton Inv.
Whitney Schmucker	4:48.59	4/10	Brutus Hamilton Inv.
Whitney Russell	4:51.52	3/20	Bay Area Blast Off
Maja Ruznic	4:55.33	4/24	Golden Bear Qualifier
Brooke Wells	5:01.72	4/24	Golden Bear Qualifier
Lauren Barbieri	5:09.74	3/26	Stanford Invitational
Lisa Sandoval	5:20.37	3/20	Bay Area Blast Off
<u>Mile (4:50.80/5:01.14/NA)</u>			
&Lindsay Maclise	4:59.31 i	2/27	MPSF Championships
<u>3,000m SC (10:57.18-10ft.; 11:00.00-12ft./11:11.69/10:22.38)</u>			
#&Abby Parker	10:48.10	4/4	Cal-Nevada Champs
Lauren Barbieri	11:49.52	5/1	Big Meet
Lisa Sandoval	12:02.75	4/24	Golden Bear Qualifier
<u>3,000m (NA/NA/9:21.42)</u>			
Abby Parker	9:47.75 i	2/28	MPSF Championships
Christy Borak	9:49.14 i	2/28	MPSF Championships
Lindsey Maclise	10:25.35	3/20	Bay Area Blast Off
Brooke Wells	11:09.95	3/20	Bay Area Blast Off
<u>5,000m (16:56.43/17:30.14/15:46.8)</u>			
&Abby Parker (17:12.69)	17:12.69	3/26	Stanford Invitational
&Christy Borak	17:19.96	3/26	Stanford Invitational
&Bridget Duffy	17:21.18	4/21	Cal-Nevada Champs
Brooke Wells	18:50.23	5/1	Big Meet
<u>10,000m (NA/NA/32:40.76)</u>			
<u>100m Hurdles (13.95/14.34/13.43)</u>			
#&^Osarhiemen Omwanghe	13.43	5/1	Big Meet
&Stephanie Cowling	14.31	5/1	Big Meet
Brooke Meredith	14.53	3/24	UC Multi Meet
<u>400m Hurdles (1:00.82/1:02.04/57.61)</u>			
#&Deanna Slaton (57.85)	57.85	6/17	San Diego Assn. USATF
#&Brooke Meredith	1:00.44	5/15	Pac-10 Championships
&Stephanie Cowling (1:01.23)	1:01.58	3/20	Bay Area Blast Off
Osarhiemen Omwanghe	1:02.72	5/1	Big Meet
Janeshia Adams-Ginyard	1:02.84	4/24	Golden Bear Qualifier

4x100m Relay (45.80/NA/44.28)

#&^Omwanghe/T.Johnson/Hawes/Carter	44.28	5/15	Pac-10 Championships
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4X400m Relay (3:43.03/NA/3:35.56)

&Cowling/Hawes/Johnson/Slaton	3:43.06	4/10	Brutus Hamilton Inv.
Cowling/Omwanghe/Carter/Slaton	3:44.74	5/1	Big Meet
Cowling/Slaton/Omwanghe/Meredith	3:45.26 i	2/28	MPSF Championships
Schmucker/Maclise/ruznic/Macdonald	4:07.51	4/24	Golden Bear Qualifier

Pole Vault (12-3.5, 3.75m/12-5.5, 3.80m/13-2.5)

#&Danielle Navarre (12-07.50)	12-5.5 (3.80m) i	1/31	Cougar Invitational
#Danielle Navarre (12-07.50)	12-03.75 (3.75m)	5/8	Modesto Relays
Stephanie Starritt	11-03.75 (3.45m)	4/24	Golden Bear Qualifier
Shannon McIntyre	10-11.75 (3.35m)	3/20	Bay Area Blast Off

High Jump (5-8, 1.73m/5-7, 1.70m/6-0.75)

&Brooke Meredith	5-07.25 (1.71m) i	3/13	NCAA Championships
&Cynthia Mallory	5-07.00 (1.70m)	4/24	Golden Bear Qualifier

Long Jump (19-0.5, 5.80/19-5.5, 5.93m/22-1)

#&Antonette Carter (20-01.50)	20-01.50 (6.13m)	5/15	Pac-10 Championships
#&Brooke Meredith (19-04.75)	19-04.75 (5.91m) i	3/13	NCAA Championships
#&Tiffany Johnson	19-04.75 (5.91m) i	3/6	Husky Last Chance Meet
Trinity White (19-00.75)	18-05.75 (5.63m)	4/3	Cal-Nevada Champs
Tiffany Johns on	18-04.50 (5.60m)	3/20	Bay Area Blast Off
Quadriyyah Abdullah (18-05.25)	18-03.25 (5.57m)	3/20	Bay Area Blast Off
Mary Meyman	17-10.75 (5.45m) i	1/31	Cougar Invitational

Triple Jump (40-2.75, 12.26m/38-10.50, 11.85m/46-0.75)

#&Trinity White (40-11.00)	40-07.50 (12.38m)	5/15	Pac-10 Championships
Quadriyyah Abdullah (38-04.25)	38-04.25 (11.69m)	3/20	Bay Area Blast Off

Shot Put (46-8.75, 14.24m/43-5.75, 14.24m/54-4.75)

#&Jenna Johnson (50-02.75)	50-02.75 (15.31m)	5/1	Big Meet
&Kelechi Anyanwu	46-07.25 (14.20m)	5/1	Big Meet
&Sheni Russell (47-05.00)	46-04.25 (14.13m) i	1/31	Cougar Invitational
&Crystal Griffin	44-02.00 (13.46m) i	2/28	MPSF Championships
Brooke Meredith	42-01.00 (12.83m)	4/24	Golden Bear Qualifier

Discus (152-10, 46.58m/150-11, 46.00m/181-02)

#&Sheni Russell (181-02)	181-02 (55.22m)	4/24	Triton Invitational
Carrie Johnson	148-01 (45.13m)	5/1	Big Meet
Kelechi Anyanwu	145-05 (44.33m)	4/24	Triton Invitational
Jenna Johnson (141-07)	132-07 (40.41m)	3/20	Bay Area Blast Off

Hammer (173-3, 52.84m/170-7, 52.00m/214-0)

#&Giulia Orlando	181-02 (55.23m)	4/10	Brutus Hamilton Inv.
#&Alexandra Hunnings (176-11)	176-11 (53.92m)	3/19	Bay Area Blast Off
&Carrie Johnson (173-00)	173-00 (52.73m)	5/1	Big Meet
Lauren Dorsey (147-03)	147-03 (44.89m)	3/26	Stanford Invitational

Javelin (139-9, 42.61m/142-1, 43.32m/148-0)

#&^Brooke Meredith (148-0)	148-0 (45.11m)	5/1	Big Meet
Trinity White	136-03 (41.53m)	5/1	Big Meet
Alexandra Hunnings	102-08 (31.29m)	5/1	Big Meet

Heptathlon (A: 5,500 P: 5,000/4,215/5624)

#&Brooke Meredith	5,511	3/25	UC Multi Meet
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#NCAA Regional Qualifier

&Pac-10 Qualifier

^School Record

i Indoor