

The 2007 California Men's Outdoor Track and Field Best Times and Marks

* NCAA regional qualifier, ^ Outdoor school record, % Freshman record, w Wind aided, i Indoors, + Converted Time

As of June 25, 2007

Event (Reg. Qualifier FAT/MT) (unless otherwise noted)	Meet	Time/Mark	PR
100m (10.50)			
Thomas Mack	California Collegiate Challenge (Big Meet)	10.87 (10.57w)	10.87
Jake Hanson	Big Meet	10.70w	NT
Steven Conrad	Pac-10 Multi Events (Big Meet)	11.07 (10.73w)	11.07
Alex Beitashour	California Collegiate Challenge (Big Meet)	11.11 (10.97w)	10.94
Jordan Paul	California Collegiate Challenge	11.17	11.17
Jonathan Suddaby	Jim Click Shootout	11.37	11.37
Ameer Ellaboudy	California Collegiate Challenge	11.46	11.46
Jonas Hallgrimsson	Cal Multi-Events Meet	12.04	11.83
200m (21.19)			
Thomas Mack	Big Meet	21.62	21.62
Jake Hanson	Big Meet	21.68	21.68
Alex Beitashour	Big Meet	22.25	22.25
Steven Conrad	Aggie Open	22.40	21.35
Jordan Paul	Jim Click Shootout	22.54	22.47
Jonathon Suddaby	Brutus Hamilton Invitational	22.57	22.03
Ameer Ellaboudy	Brutus Hamilton Invitational	22.87	22.71
Jonas Hallgrimsson	Jim Click Shootout	24.70	24.70
400m (47.20/46.9)			
Steven Conrad	NCAA Championships (decathlon)	48.64	48.64
Jonathan Suddaby	California Collegiate Challenge	49.29	47.79
800m (1:50.40/1:50.1)			
Francis Gadayan	NCAA West Regional	1:49.78*	1:49.78
David Torrence	Pac-10 Championships	1:49.87*	1:49.87
Sean Carey	California Collegiate Challenge	1:51.07	1:50.39
Andres Perezchica	Pac-10 Championships	1:51.19	1:50.20
Michael Coe	Brutus Hamilton Invitational	1:51.75	1:51.75
Mark Matusak	Payton Jordan Cardinal Invite	1:52.56	1:52.56
Eric Lee	Aggie Open	1:54.02	1:52.23
Peter Deptula	Stanford Invitational	1:55.65	1:55.65
Matt Miller	Jim Click Shootout	1:57.20	1:56.97
Steve Sodaro	Jim Click Shootout	2:00.59	1:59.00
1,500m (3:47.80/3:47.5)			
David Torrence	USA Championships	3:40.80*	3:40.80
Kevin Davis	Payton Jordan Cardinal Invite	3:45.51*	3:45.51
Mark Matusak	Jim Click Shootout	3:46.20*	3:45.04
Michael Coe	NCAA West Regional	3:46.26*	3:46.26
Eric Lee	California Collegiate Challenge	3:49.58	3:49.58
Francis Gadayan	Jim Click Shootout	3:51.38	3:51.38
Yosef Ghebray	Jim Click Shootout	3:51.61	3:51.61
Matt Miller	Aggie Open	3:59.85	3:55.66
Chris Chavez	California Collegiate Challenge	3:59.88	3:57.36
Dawit Tesfasilassie	Big Meet	4:04.20	3:56.92
Sean Carey	Aggie Open	4:04.39	4:04.39
Peter Deptula	Aggie Open	4:07.22	4:07.22
Steven Conrad	NCAA Championships	4:37.63	4:37.63
Mile (4:03.75/4:03.5)			
David Torrence	California Collegiate Challenge	3:58.62^*	3:58.62
Kevin Davis	California Collegiate Challenge	4:01.39*	4:01.39
Michael Coe	California Collegiate Challenge	4:04.29	4:04.29
Matt Miller	Brutus Hamilton Invitational	4:10.49	4:10.49
Eric Lee	Brutus Hamilton Invitational	4:10.54	4:10.54
Mark Matusak	California Collegiate Challenge	4:10.94	4:05.24
Chris Chavez	Brutus Hamilton Invitational	4:11.42	4:11.42
Francis Gadayan	Brutus Hamilton Invitational	4:13.72	4:13.72
Dawit Tesfasilassie	Brutus Hamilton Invitational	4:16.55	4:16.55
Sean Carey	Brutus Hamilton Invitational	4:20.48	4:20.48
Peter Deptula	Brutus Hamilton Invitational	4:22.53	4:22.53
Micah Parker	Brutus Hamilton Invitational	4:34.16	4:29.34

3000m (n/a / n/a)

Giliat Ghebray	Big Meet	8:04.54	7:56.51i
Yosef Ghebray	Big Meet	8:08.11	8:05.25i
David Torrence	Big Meet	8:16.63	8:16.63
Michael Coe	Jim Click Shootout	8:22.01	8:22.01
Mark Matusak	Big Meet	8:23.16	8:06.18
Chris Chavez	Big Meet	8:39.01	8:14.66

3,000m Steeplechase (9:07.00/9:06.7)

Kevin Davis	USA Championships	8:35.37^*	8:35.37
Steve Sodaro	Pac-10 Championships	9:04.41*	9:04.41
Matt Miller	Pac-10 Championships	9:06.29*	9:06.29
Micah Parker	California Collegiate Challenge	9:29.61	9:24.03
Peter Deptula	California Collegiate Challenge	10:02.43	10:02.43

5000m (14:12.00/14:11.7)

Giliat Ghebray	Payton Jordan Cardinal Invite	13:42.16*	13:42.16
David Torrence	Stanford Invitational	13:59.65*	13:59.65
Yosef Ghebray	Stanford Invitational	14:03.86*	14:03.86
Mark Matusak	Stanford Invitational	14:16.28	14:16.28
Chris Chavez	Stanford Invitational	14:27.57	14:27.57

10,000m (28:45.00 auto./29:30.00 prov.)

n/a

110m Hurdles (14.30/--)

Thomas Mack	NCAA Championships	13.74*	13.74
Jordan Paul	California Collegiate Challenge	14.10*	14.10
Craig Gallimore	Pac-10 Championships	14.30*	14.17
Steven Conrad	Pac-10 Multi Events	15.39	15.39

400m Hurdles (52.51/52.2)

Jake Hanson	NCAA West Regional	51.84*	51.76
Craig Gallimore	Big Meet	53.97	53.97
Jordan Paul	Big Meet	56.54	56.54

4x100m Relay (40.66/40.4)

Thomas Mack, Jake Hanson, Jonathan Suddaby, Steven Conrad	Big Meet	41.34	
Alex Beitashour, Jake Hanson, J.P. Suddaby, Steven Conrad	Pac-10 Championships	42.15	

4x400m Relay (3:10.00/3:09.7)

Steven Conrad, Andres Perezchica, Sean Carey, Francis Gadayan	Brutus Hamilton Invitational	3:16.42	
Craig Gallimore, Andres Perezchica, Jake Hanson, Francis Gadayan	Big Meet	3:16.68	
Jonathan Suddaby, Jake Hanson, Craig Gallimore, Francis Gadayan	Jim Click Shootout	3:17.00	
Alex Beitashour, Craig Gallimore, Jake Hanson, Francis Gadayan	Pac-10 Championships	3:19.65	
Alex Beitashour, Andres Perezchica, Jordan Paul, Sean Carey	Jim Click Shootout	3:21.49	

High Jump (2.10)

Ed Wright	NCAA West Regional	7-3.25 (2.22m)*	7-3.25 (2.22m)
Steven Conrad	Cal Multi-Events Meet	6-5.5 (1.97)	6-5.5 (1.97)
Jonas Hallgrimsson	Big Meet	6-0.75 (1.85)	6-6.75 (2.00)

Long Jump (7.34)

Steven Conrad	California Collegiate Challenge	23-6 (7.16)	24-2.25 (7.37m)
Jonas Hallgrimsson	Big Meet	21-6.75 (6.57)	23-0.5 (7.03)

Triple Jump (15.00)

Jonas Hallgrimsson	Pac-10 Championships (Big Meet)	45-8.50 (13.93m) [48-1.75 (14.67)w]	48-0 (14.63m)
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Discus (51.70)

Kurt Seefeld	Pac-10 Championships	179-11 (54.85m)*	179-11 (54.85m)
Craig Kent	Pac-10 Championships	177-9 (54.19)*	177-9 (54.19)
John Ludden	Pac-10 Championships	174-7 (53.21)*	174-7 (53.21)
Steven Conrad	Pac-10 Multi Events	123-09 (37.72)	123-09 (37.72)

Shot Put (16.80)

Craig Kent	California Collegiate Challenge	54-8.25 (16.67m)	58-2 (17.73m)
John Ludden	Big Meet	52-0 (15.85)	54-5.50 (16.60)i
Kurt Seefeld	Big Meet	50-8 (15.44)	50-8 (15.44)
Jonas Hallgrimsson	Cal Multi-Events Meet	40-6.25 (12.35)	44-5.25 (13.54)
Steven Conrad	Pac-10 Multi Events	41-7 (12.52)	41-7 (12.52)

Hammer (55.60)

John Ludden	California Collegiate Challenge	206-0 (62.79)*	206-0 (62.79m)
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Pole Vault (5.05)

Ryan Shuler	UCSD Triton Invitational	17-0.75 (5.20m)*	17-4 (5.285m)
Andrew Stevens	California Collegiate Challenge	15-7 (4.75)	15-7 (4.75)
Grigore Key	Brutus Hamilton Invitational	14-9.0 (4.50)	14-9.0 (4.50)
Steven Conrad	NCAA Championships	14-1.25 (4.30)	14-9 (4.50)

Javelin (61.60)

Jonas Hallgrimsson	California Collegiate Challenge	210-1 (64.03m)*	216-5 (65.96m)
Steven Conrad	NCAA Championships	180-8 (55.08)	180-8 (55.08)
Craig Kent	Big Meet	166-9 (50.84)	175-9 (53.56)

Decathlon (7,500 auto./6,900 prov.)

Steven Conrad	NCAA Championships	7,245*	7,245
Jonas Hallgrimsson	Cal Multi-Events Championships	2,594	7,002

The 2007 California Women's Outdoor Track and Field Best Times and Marks

* NCAA regional qualifier, ^ Outdoor school record, % Freshman record, w Wind aided, i Indoors

As of June 25, 2007

Event (Reg. Qualifier FAT/MT) (unless otherwise noted)	Meet	Time/Mark	PR
100m (11.75)			
Kimyon Broom	Big Meet	12.20	12.20
Cameo Motley	Jim Click Shootout	12.24	12.24
200m (23.96)			
Brook Turner	Jim Click Shootout	24.10	24.10
Kandi Bonty	Pac-10 Championships	24.31	24.31
Cameo Motley	Jim Click Shootout (Big Meet)	24.87 (24.80w)	24.87
Francesca Weems	Jim Click Shootout	25.18	25.18
Tifani Grimes	Pac-10 Multi Events	26.83	25.78
Ashleigh Gunderman	Brutus Hamilton Invitational	27.62	27.62
400m (54.61/54.3)			
Brook Turner	California Collegiate Challenge	53.64*	53.64
Alysia Johnson	Brutus Hamilton Invitational	54.43*	53.01
Kandi Bonty	Big Meet	55.86	55.86
Francesca Weems	Big Meet	56.62	56.62
Evelyn Smith	Brutus Hamilton Invitational	56.74	56.74
800m (2:09.80/2:09.5)			
Alysia Johnson	NCAA Championships	1:59.29^*	1:59.29
Mackenzie Pierce	Payton Jordan Cardinal Invite	2:04.78*	2:04.78
Pippa MacDonald	Stanford Invitational	2:11.34	2:11.34
Rowena Tam	Aggie Open	2:14.73	2:14.73
Bridget Duffy	Jim Click Shootout	2:18.07	2:08.75
Tifani Grimes	Pac-10 Multi Events	2:29.48	2:29.48
1,500m (4:27.80/4:27.5)			
Mackenzie Pierce	Brutus Hamilton Invitational	4:27.88	4:27.88
Bridget Duffy	Big Meet	4:34.79	4:22.55
Rowena Tam	Stanford Invitational	4:37.08	4:37.08
Elizabeth Mayeda	California Collegiate Challenge	4:40.19	4:38.54
Allison Greggor	Aggie Open	4:41.73	4:41.73
Rebecca Yau	California Collegiate Challenge	4:46.48	4:46.48
Mile (4:49.60/4:49.3)			
n/a			
3000m (n/a / n/a)			
Elizabeth Mayeda	Big Meet	10:00.42	10:00.42
Bridget Duffy	Big Meet	10:03.55	9:39.26
Rebecca Yau	Jim Click Shootout	10:26.63	9:39.35
3,000m Steeplechase (10:50.25/10:50.0)			
Rowena Tam	Big Meet	11:15.16	11:15.16
Rebecca Palm	Big Meet	11:42.03	11:42.03
5000m (16:52.00/16:51.7)			
Bridget Duffy	Stanford Invitational	17:16.67	16:48.36
Elizabeth Mayeda	Stanford Invitational	17:26.23	17:26.23
Rebecca Yau	Pac-10 Championships	17:41.49	16:52.66
Rebecca Palm	Stanford Invitational	18:09.56	18:09.56
Rowena Tam	California Collegiate Challenge	18:19.35	18:19.35
10,000m (33:30.00 auto./35:00.00 prov.)			
n/a			
100m Hurdles (13.92/--)			
Kimyon Broom	California Collegiate Challenge (Pac-10s)	13.77* (13.74w)	13.74
Tifani Grimes	Aggie Open (Big Meet)	14.87 (14.67w)	14.33
Artensia Young	Big Meet	14.88w	14.04
Ashleigh Gunderman	California Collegiate Challenge (Big Meet)	15.73 (15.45w)	14.53
Katie Cartwright	Big Meet	16.42w	NT
400m Hurdles (1:00.82/1:00.5)			
Evelyn Smith	Pac-10 Championships	1:00.40*	1:00.40

Katie Cartwright	Pac-10 Championships	1:04.94	1:04.94
Artensia Young	Big Meet	1:12.67	1:05.74
4x100m Relay (45.70/45.4)			
Kimyon Broom, Kandi Bonty,	Pac-10 Championships	46.14	
Lollie Onipede, Cameo Motley			
Kimyon Broom, Kandi Bonty,	Jim Click Shootout	46.58	
Lollie Onipede, Cameo Motley			
Kimyon Broom, Kandi Bonty,	Big Meet	46.85	
Cameo Motley, Artensia Young			
4x400m Relay (3:42.00/3:41.7)			
Brook Turner, Mackenzie Pierce,	California Collegiate Challenge	3:35.46*^	
Evelyn Smith, Alysia Johnson			
Brook Turner, Mackenzie Pierce,	NCAA Championships	3:36.10*	
Evelyn Smith, Kandi Bonty			
Kandi Bonty, Mackenzie Pierce,	NCAA West Regional	3:36.62*	
Brook Turner, Alysia Johnson			
Francesca Weems, Brook Turner,	Pac-10 Championships	3:39.07*	
Evelyn Smith, Alysia Johnson			
Kandi Bonty, Brook Turner,	Big Meet	3:40.13*	
Mackenzie Pierce, Alysia Johnson			
High Jump (1.75)			
Inika McPherson	NCAA West Regional	6-00.50 (1.84m)*	6-2 (1.88m)
Tifani Grimes	Pac-10 Multi Events	5-7.75 (1.72)	5-8 (1.73)
Long Jump (6.00)			
Mercedes Marchbanks	Jim Click Shootout	18-6.50 (5.65m)	18-6.50 (5.65m)
Lollie Onipede	Jim Click Shootout	18-5 (5.61)	18-10 (5.74)
Tifani Grimes	Big Meet	18-1.50 (5.52)	18-5.75 (5.63)
Cassandra Strickland	Big Meet	18-1.50 (5.52)	19-4.75 (5.91)
Inika McPherson	Jim Click Shootout	17-0.50 (5.19)	18-7 (5.66)
Artensia Young	Brutus Hamilton Invitational	16-06.50 (5.04)	18-11.75 (5.78)
Triple Jump (12.32)			
Cassandra Strickland	Pac-10 Championships	42-8 (13.0m)*	43-3.25 (13.19m)
Artensia Young	Pac-10 Championships	40-6.75 (12.36)*	41-4.50 (12.61)
Lollie Onipede	Pac-10 Championships	39-9.25 (12.12)	39-9.25 (12.12)
Mercedes Marchbanks	Pac-10 Championships	39-6.75 (12.05)	39-6.75 (12.05)
Pole Vault (3.80)			
Katie Morgan	Stanford Invitational	12-2.0 (3.71m)	13-0.25 (3.97m)
Taylor Franklin	California Collegiate Challenge	11-11.75 (3.65)	12-6 (3.81)
Theresa Raub	Jim Click Shootout	11-7.75 (3.55)	12-0 (3.66)
Kerry Boyle	Brutus Hamilton Invitational	10-08 (3.25)	10-08 (3.25)
Discus (47.30)			
Kelechi Anyanwu	NCAA Championships	188-11 (57.58m)*^	188-11 (57.58m)
Emilee Strot	Pac-10 Championships	181-4 (55.28)*	181-4 (55.28)
Missy Faubus	Stanford Invitational	164-9 (50.22)*	171-6 (51.58)
Daisy Van Ravenswaay	Jim Click Shootout	151-2 (46.07)	155-6 (47.39)
Carrie Johnson	Big Meet	145-9 (44.43)	146-1 (44.52)
Hammer (54.15)			
Carrie Johnson	Stanford Invitational	211-5 (64.43m)*	211-5 (63.43m)
Missy Faubus	Jim Click Shootout	159-6 (48.61)	159-6 (48.61)
Shot Put (14.30)			
Kelechi Anyanwu	Big Meet	50-7.50 (15.43m)*	50-7.50 (15.43m)
Emilee Strot	Stanford Invitational	49-11.25 (15.22m)*	49-11.25 (15.22)
Missy Faubus	Jim Click Shootout	49-9.75 (15.18m)*	53-0.75 (16.17)
Daisy Van Ravenswaay	Jim Click Shootout	45-1 (13.74)	48-11.75 (14.93)
Carrie Johnson	Big Meet	41-7.25 (12.68)	42-0.75 (12.82)
Tifani Grimes	Pac-10 Multi Events	37-4.5 (11.39)	37-4.5 (11.39)
Javelin (43.45)			
Emilee Strot	Pac-10 Championships	143-3 (43.67m)*	152-10 (46.59m)
Daisy Van Ravenswaay	Stanford Invitational	137-5 (41.88)	140-3 (42.74)
Tifani Grimes	Aggie Open	116-3 (35.43)	122-11 (37.47)
Cameo Motley	Big Meet	100-2 (30.53)	110-0 (33.54)
Heptathlon (5,500 auto./5,050 prov.)			
Tifani Grimes	Pac-10 Multi-Event Championships	4,972	5,034