

CAL'S ALL-TIME TOP 10 PERFORMERS

MEN

Name *Year* *Time*

100 METERS (* 100m hand time + 0.24)

1.	Atlee Mahorn	1990	10.18
2.	Mike Farmer	1978	10.33
3.	Leamon King	1956	10.34*
4.	Chris Huffins	1991	10.39
5.	Eddie Hart	1970	10.44*
6.	Roy Mosely	1983	10.46
7.	Jason Manley	1999	10.47
	Phillip Pipersburg	1999	10.47
9.	Keith Taylor	1977	10.48
10.	Jerrold Cherry	1995	10.49

100 YARDS

1.	Leamon King	1956	9.3
2.	Eddie Hart	1970	9.3
	Isaac Curtis	1970	9.3
4.	Hal Davis	1942	9.4

200 METERS (* 220y hand time + 0.14)

1.	Atlee Mahorn	1988	20.20
2.	Eddie Hart	1970	20.64*
3.	Roy Mosely	1983	20.65
4.	Dave Masters	1970	20.74*
5.	Larry Cowling	1982	20.78
6.	Keith Taylor	1977	20.82
7.	Peter Howard	1986	20.92
8.	Isaac Curtis	1970	20.94*
9.	Jim Williams	1984	21.01
	Derek Robinson	1981	21.01

400 METERS (* 400m hand time + 0.14)

1.	Peter Howard	1985	45.46
2.	Atlee Mahorn	1986	45.62
3.	Grover Klemmer	1941	46.14*
	Jack Yerman	1960	46.14*
	Dave Archibald	1962	46.14*
	Forrest Beaty	1965	46.14*
7.	Archie Williams	1936	46.24*
	Dave Timmons	1982	46.24*
9.	Paul Wallace	1977	46.39
10.	Walt Jones	1986	46.45

800 METERS (* 880y hand time - 0.6)

1.	Rick Brown	1972	1:45.4
2.	James Robinson	1976	1:45.86
3.	Don Bowden	1957	1:46.6*
4.	Mike White	1981	1:46.78
5.	Jerry Siebert	1960	1:46.8
	Lon Spurrier	1955	1:46.8
6.	Andy Clifford	1979	1:47.3
7.	John Drew	1971	1:48.0*
8.	Dave Ottaway	1988	1:48.19
9.	Cliff West	1972	1:48.2*
10.	Dave Fishback	1965	1:48.6*

1500 METERS (* Mile hand time - 18.0)

1.	Andy Clifford	1979	3:39.9
2.	Don Bowden	1957	3:40.7*
3.	David Torrence	2007	3:40.80
4.	Bolota Asmerom	2000	3:41.97
5.	Jay Marden	1984	3:42.1*
6.	Dave Ottaway	1989	3:42.72
7.	Richie Boulet	1994	3:43.01
8.	Tom Downs	1984	3:44.26
9.	Ronen Maoz	1984	3:44.34
10.	Reggie Williams	1991	3:44.76

MILE

1.	David Torrence	2007	3:58.62
2.	Don Bowden	1957	3:58.7
3.	Andy Clifford	1979	3:59.59
4.	Jay Marden	1986	4:00.1
5.	Kevin Davis	2007	4:01.39
6.	Cliff West	1972	4:02.7

3000 METERS

1.	Richie Boulet	1995	7:56.00i
2.	Giliat Ghebray	2007	7:56.51i
3.	Yosef Ghebray	2007	8:05.25i
4.	Mark Matusak	2006	8:06.18i
5.	Kevin Davis	2006	8:07.89i
6.	Girmay Guangul	2003	8:15.16i
7.	David Torrence	2007	8:16.63
8.	Bolota Asmerom	2001	8:18.56
9.	Jake Schmitt	2006	8:19.76i
10.	Michael Coe	2007	8:22:01

3000-METER SC

1.	Kevin Davis	2007	8:35.37
2.	Gary Blume	1979	8:36.67
3.	Jason Flamm	1987	8:44.77
4.	Bob Price	1967	8:44.8
5.	Mike Dyer	1981	8:46.6
6.	Mark LaBonte	1982	8:49.0
7.	Sam Skinner	1985	8:51.38
8.	Martin Conrad	2002	8:56.65
9.	Andy Bupp	1994	8:58.27
10.	Steve Valen	1983	8:58.91

5000 METERS (* 3 mile +28 seconds)

1.	Bolota Asmerom	2001	13:31.88
2.	Tom Downs	1982	13:40.39
3.	Giliat Ghebray	2007	13:42.16
4.	Jay Marden	1986	13:47.78
5.	Richie Boulet	1996	13:49.47
6.	David Torrence	2007	13:59.65
7.	Simon Mudd	1998	14:00.27
8.	Felix Elieff	1980	14:02.5
9.	Yosef Ghebray	2007	14:03.86
10.	Gary Blume	1979	14:04.6 *

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10,000 METERS

1.	Girmay Guangul	2003	29:17.78
2.	Rich McCann	1981	29:24.3
3.	Peter Gilmore	2000	29:37.24
4.	Steve Moreno	1999	29:43.56
5.	Giliat Ghebray	2006	29:44.11
6.	Hal Schultz	1980	29:44.4
7.	Corey Creasey	2002	29:49.60
8.	Carlos Carballo	2005	29:52.43
9.	Gary Blume	1979	29:57.8
10.	Brian Maxwell	1975	29:58.6

110-METER HURDLES

(* = 120y hand time + 0.27)

1.	Larry Cowling	1982	13.39
2.	Tim Bogdanof	2003	13.51
3.	Rod Jett	1988	13.64
4.	Thomas Mack	2007	13.74
5.	Carl Florant	1976	13.85
6.	Pat Duffy	1985	13.86
7.	Leonard Robinson	1983	13.90
8.	Keith Moten	1995	13.96
9.	Kevin McPherson	1989	14.00
10.	B.J. Carmichael	1980	14.03

400-METER HURDLES (*400m hand time + 0.14)

1.	Larry Cowling	1982	48.46
2.	Leonard Robinson	1983	49.55
3.	Quentin Wheeler	1979	49.64*
4.	Paddy McCrary	1968	49.74*
5.	Lloyd Guss	1982	49.98
6.	Jim Scannella	1984	50.09
7.	Dave Chesarek	1986	50.35
	Ahmad Wright	2004	50.35
9.	Rod Jett	1987	50.47
10.	Walter Pratt	1978	50.52

400-METER RELAY

(* 440y auto timing - 0.23; + 440y hand time -.06)

1.	39.11* (39.34y)	1975	Strickland, Burns, Nichols, Walker
2.	39.43	1986	Jett, Gonsolin, Howard, Mahorn
3.	39.50	1987	Jett, Gonsolin, Rogers, Mahorn
4.	39.74+ (39.8y)	1969	Smyth, Richards, Smith, Masters
	39.74+ (39.8y)	1970	Couser, Curtis, Masters, Hart
6.	39.76* (39.99y)	1977	Smith, Wallace, Walker, Taylor
7.	39.94+ (40.0y)	1974	Walker, Mosely, Stickland, Burns
	39.94	1986	Jones, Gonsolin, Howard, Mahorn
9.	39.97	1981	Mathis, Cowling, Williams, Robinson

800-METER RELAY (* 880y - 0.6)

1.	1:22.5* (1:23.1y)	1975	Strickland, Burns, Nichols, Walker
2.	1:22.8* (1:23.4y)	1977	Smith, Wallace, Walker, Taylor
3.	1:23.6* (1:24.2y)	1980	

Kelly, Rachal, Wright, Robinson

1600-METER RELAY (* Mile Relay -1.1)

1.	3:03.91	1976	Wallace, Walker, Mosely, Robinson
2.	3:04.46	1982	Scannella, Guss, Cowling, Timmons
3.	3:04.48* (3:05.58y)	1975	Grasha, Burns, Walker, Robinson
4.	3:05.77	1986	Chesarek, Howard, Jones, Mahorn
5.	3:05.7h	1982	Scannella, Bonner, Guss, Timmons
6.	3:06.11	1985	Jett, Jones, Timmons, Howard
7.	3:06.1h	1983	Scannella, Smith, Howard, White
8.	3:06.2* (3:07.3y)	1980	Kelly, Cowling, Guss, White
9.	3:06.3* (3:07.4y)	1964	Courchesne, Fishback, Beaty, Archibald
10.	3:06.4* (3:07.5y)	1965	Glenn, Fishback, Beaty, Archibald
	3:06.4* (3:07.5y)	1968	J. Smith, D. Smith, Hengl, Weddle

3200-METER RELAY (* 2 mile Relay - 2.5)

1.	7:18.4* (7:20.9y)	1958	Orme, Siebert, Yerman, Bowden
2.	7:19.9*	1976	Bay, Clifford, Morgan, Robinson
3.	7:28.5	1954	Byers, Diehl, McCray, Smith
4.	7:29.0	1957	Beata, Wilson, Simpson, Spurrier
5.	7:32.82	1988	Torrente, Maoz, Harper, Gaziano

SPRINT MEDLEY RELAY (* yards - 1.2)

1.	3:17.6* (3:18.8y)	1958	Yerman, White, Upshaw, Bowden
2.	3:23.09	2005	Solis, Karl, Suddaby , McClary

DISTANCE MEDLEY RELAY (* yards - 3.3)

1.	9:33.77	2007	Torrence , Solis, Gadayan , Davis
2.	9:34.99	2007	G. Ghebray , Solis, Gadayan , Davis
3.	9:37.6* (9:49.9y)	1979	O'Reilly, Smith, White, Clifford
4.	9:39.0* (9:40.3y)	1957	Stewart, Orme, House, Bowden
5.	9:42.31	2006	McClary, Hanson , Davis , Matusak
6.	9:42.6		California team 1980
7.	9:42.67	2006	Davis , Suddaby , McClary, Matusak

6400-METER RELAY

1.	16:43.63	2006	An. McClary, Al. McClary, Schmitt, Matusak
2.	16:57.8	1981	California

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HIGH JUMP

1.	Jeff Rogers	1990	7-5.75
2.	John Morris	1984	7-5.25
3.	Teak Wilburn	2004	7-5
4.	Greg Walker	1997	7-4.5
5.	Mike Harris	1987	7-4.5
6.	Kevin Keane	1994	7-3.5
7.	Clarence Johnson	1967	7-3.25
	Ed Wright	2007	7-3.25
9.	Mike Nelson	1981	7-2.25
	David Glasgow	2004	7-2.25

POLE VAULT

1.	Brent Burns	1992	18-8.25
2.	Clarence Phelps	1997	18-5.25
3.	Robert McLean	2002	18-0.5
4.	Bevan Hart	2000	17-9.25
5.	Ross McAlexander	1982	17-5.5
6.	Amit Barken	1996	17-5.50
7.	Ryan Shuler	2007	17-0.75
8.	Larry Hintz	1976	17-0.25
9.	Ross Bomben	1997	16-8.75
	Sean Haworth	1994	16-8.75
	Bill Shepard	1988	16-8.75

LONG JUMP

1.	Curtis Rogers	1985	26-6.25
2.	Chris Huffins	1993	26-3.5
3.	Lee Adkins	1994	26-0.75
4.	Floyd Eddings	1978	25-6.5
5.	Chris Ferreira	1996	25-6.25
6.	Ken Smith	1984	25-6
7.	Paul Bates	1981	25-4.25
8.	Alonzo Livingston	1990	25-4
	Robert Kennedy	2000	25-4
10.	Kevin Smith	1990	25-3.25

TRIPLE JUMP

1.	Ken Williams	1985	55-0
2.	Michael Marlow	1979	54-6.75
3.	Paul Bates	1981	54-4.5
4.	Mike Harris	1990	54-2.5
	Lenards Ozolinsh	1995	54-2.5
6.	Jim Fraser	1971	53-0.25
7.	Chris Huffins	1991	52-11.5
8.	Harold Rucker	1990	52-11
9.	Dmitry Piterman	1986	52-10
	Bruce Giron	2004	52-10

SHOT PUT

1.	Dave Porath	1981	66-3
2.	Rhuben Williams	2004	64-9.75
3.	Dave Maggard, Jr.	1985	63-9
4.	Bruce Parker	1981	62-5.25
5.	Amin Nikfar	2004	61-11
6.	Nate DeSomber	2001	61-7
7.	R. Jimenez-Gaona	1992	60-1
8.	Paul Rosati	1986	59-10.5
9.	Roland Anderson	1990	59-9.5
10.	Dave Maggard	1962	59-8.75

DISCUS

1.	R. Jimenez-Gaona	1992	210-11
2.	Dave Porath	1981	209-4
3.	Kari Nisula	1986	202-2
4.	Jim Penrose	1972	201-3
5.	Scott Overton	1977	200-1
6.	Dave Maggard, Jr.	1985	198-7
7.	John Wirtz	1993	193-8
8.	Tony Hill	1981	189-4
9.	Paul Santiago	1977	187-11
10.	Jon Paxton	1999	186-6

HAMMER

1.	Jari Matinalli	1986	229-0
2.	Travis Nutter	1998	227-5
3.	Demien Luper	1993	210-4
4.	Nate Rolfe	2006	207-30
5.	John Ludden	2007	206-0
6.	Rhuben Williams	2004	205-2
7.	Garrett Collier	2000	203-6
8.	Roland Anderson	1991	196-7
9.	Ryan Carcione	1996	194-9
10.	Nick White	1989	192-4

JAVELIN (1986 implement)

1.	Paul Teinert	2006	236-0
2.	Ryan Young	2006	232-10
3.	Jonas Hallgrimsson	2006	231-6
4.	Joe Berro	2002	224-1
5.	Ilpo Poutanen	1986	222-0
6.	John Cummings	1992	215-7
7.	Adam Burgh	2005	215-6
8.	Andrew Kearns	1996	202-8
9.	Ross Bomben	1997	200-5
10.	Scott Gonsolin	1987	198-11

JAVELIN (pre 1986)

1.	Bruce Kennedy	1973	267-4
2.	Gary Pennington	1969	248-7
3.	Wayne Guy	1978	240-8

DECATHLON

1.	Chris Huffins	1993	8007
2.	Bevan Hart	2000	8002
3.	Ross Bomben	1998	7808
4.	Dave Steen	1980	7778
5.	Steve Denger	1987	7472
6.	Ed Miller	1976	7443
7.	Bob Clark	1934	7353
8.	Greg Canfield	1978	7276
9.	Steven Conrad	2007	7245
10.	Scott Sobieralski	2004	7215

CAL'S ALL-TIME TOP 10 PERFORMERS

WOMEN

Name Year Time

100 METERS (* 100m hand time + 0.24)

1. Antonette Carter	2006	11.33
2. Kelia Bolton	1979	11.64
3. Latasha Gilliam	1996	11.70
4. Zhauntel Holman	2000	11.74
5. Shannan Hawes	2005	11.75
6. Elaine Parker	1980	11.81
7. Kim White	1982	11.84
8. Wanda Smith	1983	11.85
Mona Simmons	1990	11.85
Tiffany Johnson	2004	11.85

200 METERS (* 220y hand time + 0.14)

1. Antonette Carter	2006	22.72 (A)
2. Kelia Bolton	1979	23.50
3. Tiffany Johnson	2006	23.52 (A)
4. Kim White	1982	23.54*
5. Latasha Gilliam	1996	23.62
6. Elaine Parker	1979	23.81
7. Mona Simmons	1990	23.93
8. Shannan Hawes	2005	23.96
9. Connie Culbert	1983	23.98
10. Brook Turner	2007	24.10

400 METERS (* 400m hand time + 0.14)

1. Latasha Gilliam	1996	52.53
2. Marian Franklin	1980	52.90
3. Marilyn Neufville	1976	52.93
4. Alysia Johnson	2006	53.01
5. Kim White	1982	53.54*
6. Chantal Reynolds	1996	53.59
7. Brook Turner	2007	53.64
8. Connie Culbert	1983	53.86
9. Kelia Bolton	1979	54.00
10. Andreen Alvarenga	1985	54.09

800 METERS (* = 880 - 0.6)

1. Alysia Johnson	2007	1:59.29
2. Louise Romo	1984	2:01.59
3. Erin Belger	2002	2:04.39
4. Chloe Jarvis	2005	2:04.53
5. Mackenzie Pierce	2007	2:04.78
6. Elissa Riedy	1998	2:05.37
7. Laura Baker	1992	2:05.57
8. Whitney Schmucker	2005	2:07.20
9. Ally Lombardi	1998	2:07.39
10. Trescia Palmer	1984	2:07.44

1500 METERS

1. Louise Romo	1984	4:09.29
2. Alice Trumbly	1980	4:17.58
3. Elissa Riedy	1997	4:17.9
4. Marilyn Davis	1987	4:18.58
5. Margaret Spotts	1982	4:21.6
6. Cindy Schmandt	1981	4:22.51
7. Bridget Duffy	2004	4:22.55
8. Magdalena Lewy	1997	4:23.2
9. Sabrina Han	1990	4:23.3
10. Lisa Lopez	1995	4:23.44

3000 METERS

1. Marilyn Davis	1986	9:21.43
2. Sally Wood	1986	9:24.0
3. Magdalena Lewy	1997	9:25.93
4. Cindy Schmandt	1981	9:25.9
5. Kirsten O'Hara	1985	9:28.7
6. Sabrina Han	1990	9:29.56
7. Louise Romo	1984	9:32.64
8. Sue Richter	1979	9:33.0
9. Lori Riedy	1998	9:36.45
10. Rae Ann Stiger	1989	9:36.4

3000-METER STEEPLECHASE

1. Marielle Schulueter	2002	10:22.38
2. Abby Parker	2003	10:40.37
3. A. Thornberry	2005	11:11.00
4. Rowena Tam	2007	11:15.16
5. Rebecca Palm	2007	11:30.32
6. Lauren Barbieri	2004	11:49.52
7. Lisa Sandoval	2006	11:59.69

5000 METERS

1. Kirsten O'Hara	1985	15:46.8
2. Magdalena Lewy	1997	16:04.86
3. Sally Wood	1986	16:16.85
4. Suzanne Richter	1979	16:24.1
5. Sabrina Han	1990	16:25.41
6. Jan Oehm	1979	16:26.8
7. Lynne Hjelte	1980	16:28.2
8. Marilyn Davis	1987	16:33.93
9. Lori Riedy	1998	16:44.92
10. Janet Bowie	1993	16:45.6

10,000 METERS

1. Kirsten O'Hara	1985	32:40.76
2. Jan Oehm	1980	33:55.59
3. Sabrina Han	1990	34:00.2
4. Janet Bowie	1993	34:03.20
5. Tenaya Soderman	1994	35:01.48
6. Rebecca Yau	2006	35:11.07
7. Sally Wood	1986	35:34.44
8. Sally Metteer	1979	35:46.0
9. Eugenia Zorich	1979	36:37.6
10. Kristen Hansen	1987	36:46.0

100-METER HURDLES

(* = 120y hand time + 0.27)

1. Osarhiemen Omwanghe	2004	13.43
2. Laurie Smith	1992	13.58
3. Kimyon Broom	2007	13.77
4. April Holliverse	2000	13.82
5. Cheryl Hawthorne	1980	13.86
6. Helga Halldorsdottir	1985	13.91
7. LaShawn McBride	1991	14.03
8. Raven Viltz	1990	14.09
9. Michelle Hawthorne	1979	14.12
10. Missy Vanek	2000	14.15

400-METER HURDLES

1. Helga Halldorsdottir	1986	57.61
2. Deanna Slaton	2004	57.85
3. Roslyn Mack	1990	58.45
4. Michelle Hawthorne	1979	58.86
5. Roberta Eccles	1985	59.12

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6.	April Holliverse	2000	59.22
7.	Lavinia Henlon	1996	59.52
8.	Beth Vidakovits	1989	59.55
9.	Jamila English	1997	59.56
10.	Nneka Black	1996	59.74

400-METER RELAY (* 440y hand - 0.06)

1.	44.28	2004	
	Omwanghe, T. Johnson, Hawes, Carter		
2.	44.36	2005	
	Omwanghe, T. Johnson, Hawes, Carter		
3.	44.73	2006	
	Omwanghe, T. Johnson, Picott, Carter		
4.	44.99	2006	
	Omwanghe, T. Johnson, Holmes , Carter		
5.	45.01	2003	
	Earls, Omwanghe, Hawes, Carter		
6.	45.45	2005	
	Turner , Omwanghe, Hawes, Carter		
7.	45.61	1991	
	Mitchell, Ervin, J. Mack, R. Mack		
8.	45.67	1999	
	Corley, Gilliam, Mazik, Holman		
9.	45.68	1996	
	Upshaw, Greene, Hayes, Gilliam		
10.	45.75	2000	
	Groce, Vanek, Holliverse, Holman		

1600-METER RELAY

1.	3:35.46	2007	
	Turner, Pierce, E. Smith, A. Johnson		
2.	3:35.56	1996	
	Reynolds, Greene, Henlon, Gilliam		
3.	3:36.10	2007	
	Turner, Pierce, E. Smith, Bonty		
4.	3:36.62	2007	
	Bonty, Pierce, Turner, A. Johnson		
5.	3:37.04	2006	
	Turner, Pierce, Holmes, A. Johnson		
6.	3:37.62	2005	
	Schmucker, A. Johnson , Hawes, Jarvis		
7.	3:38.38	2003	
	Cowling, Jarvis, Omwanghe, Slaton		
8.	3:38.55	1995	
	Reynolds, Henlon, Janssen, Greene		
9.	3:39.07	2007	
	Weems, Turner, E. Smith, A. Johnson		
10.	3:39.74	1990	
	J. Mack, Baker, R. Mack, Alvarenga		

800-METER RELAY

1.	1:35.79	2006	
	Holmes, Bonty , T. Johnson, Carter		

3200-METER RELAY

1.	California team	1980	8:53.2
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SPRINT MEDLEY RELAY

1.	3:47.04	2006	
	T. Johnson, Carter, Turner, A. Johnson		
2.	3:49.51	2005	
	Hawes, Carter, Johnson , Jarvis		

HIGH JUMP

1.	Beth Vidakovits	1989	6-0.75
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2.	Inika McPherson	2007	6-0.50
3.	Kathy Raugust	1982	5-10.50
4.	Ifeoma Ozoeze	1995	5-10
	Chi Johnson	1996	5-10
	Tiffany Barnett	2001	5-10
7.	Jamila Churchill	1997	5-9.75
8.	Lauren Dudugjian	2000	5-9.25
9.	Cynthia Mallory	2002	5-8.75
	Missy Vanek	2000	5-8.75

POLE VAULT

1.	Maria Lopez	2001	13-2.5
2.	Leora Ward	2002	13-0.25
3.	Katie Morgan	2005	13-0.25
4.	Kira Costa	2004	12-11.50
5.	Danielle Navarre	2005	12-5.75

LONG JUMP

1.	Sheila Hudson	1990	22-1
2.	Antonette Carter	2005	21-4
3.	Rosalyn Mitchell	1989	20-10
4.	Mona Simmons	1990	20-9.25
5.	Crystal Hayes	1995	20-5.75
	Grace Upshaw	1997	20-5.75
7.	Reynda King	2001	20-2.5
	Elzunia Lamb	2005	20-2.5
9.	Kenya Corley	2000	20-1.75
10.	Amy Littlepage	1996	19-11.5
10.	Stacey Rogers	1989	19-10.25

TRIPLE JUMP

1.	Sheila Hudson	1990	46-0.75
2.	Amy Littlepage	1997	44-0.5
3.	C. Strickland	2007	43-03.25i
4.	Reynda King	2000	42-0.75
5.	Artensia Young	2007	41-4.5i
6.	Shawna Adkins	2001	41-1.75
7.	Trinity White	2002	40-11
8.	Ine Jones	1997	40-9
9.	Q. Abdullah	2005	40-6i

SHOT PUT

1.	Kristin Heaston	1999	54-4.75
2.	Dana Lawson	2001	53-7.5i
3.	Missy Faubus	2005	53-0.75
4.	Kelechi Anyanwu	2007	50-7.50
5.	Jenna Johnson	2004	50-2.75
6.	Emilee Strot	2007	49-11.25
7.	Missy Maloata	1994	49-11
8.	Cindi Durchslag	1985	48-6
9.	Daisy Van Ravenswaay	2006	48-2.50
10.	Sheni Russell	2002	47-5

DISCUS

1.	Kelechi Anyanwu	2007	188-11
2.	Emilee Strot	2007	181-4
3.	Sheni Russell	2004	181-2
4.	Kim Kesler	1987	178-10
5.	Jennifer Joyce	2002	178-3
6.	Gale Zaphiropoulos	1980	177-2
7.	Dana Lawson	2001	175-11
8.	Annette Kailihiwa	1995	173-9
9.	Missy Faubus	2005	171-6
10.	Kristin Heaston	1999	168-5

CAL'S ALL-TIME TOP 10 PERFORMERS

HAMMER

1.	Jennifer Joyce	2002	214-0
2.	Carrie Johnson	2007	211-5
3.	Giulia Orlando	2005	190-6
4.	Dana Lawson	2001	189-11
6.	Alexandra Hunnings	2005	178-8
7.	Sheni Russell	2002	176-3
8.	Ericka Dice	1995	175-6
9.	Nadia Lopez	1998	174-2
10.	Tamrya d'Artenay	2003	167-7

JAVELIN (since 1999)

1.	Emilee Strot	2006	152-10
2.	Brooke Meredith	2004	148-0
3.	Missy Vanek	2002	142-5
4.	Trinety White	2004	142-1
	Elzunia Lamb	2005	142-1
6.	Daisy Van Ravenswaay	2006	140-03
7.	Shawna Adkins	2002	137-11
8.	Tifani Grimes	2006	122-11
9.	Inika McPherson	2006	119-00
10.	Aliah Abdo	2002	115-8

JAVELIN (pre-1999)

1.	Kristen Engle	1982	170-7
2.	Ingrid Bailey	1986	168-4
3.	Tiffany Janssen	1995	151-0
4.	Cindy Banks	1979	144-5
5.	Cindy Durchslag	1985	144-2
6.	Allison Eades	1987	143-3
7.	Laura Baker	1990	141-2
8.	Laura Devine	1975	138-6
9.	Martha Hill	1985	138-5

HEPTATHLON

1.	Ifeoma Ozoeze	1995	5624
2.	Missy Vanek	2000	5614
3.	Brooke Meredith	2004	5611
4.	Kathy Raugust	1982	5514
5.	Laura Baker	1990	5377
6.	Tiffany Janssen	1995	5354
7.	Shawna Adkins	2002	5259
8.	Allison Eades	1984	5235
9.	LaShawn McBride	1989	5219
10.	Chris Vigie	1982	5161