



California Athletic Media Relations

Track and Field Contact: Kimberley Hoidal (khoidal@berkeley.edu)

Assistant Contact: Caitlin Johnson (caitlinj@berkeley.edu)

349 Haas Pavilion, Berkeley, Calif. 94720

Phone (510) 643-5846

Fax: (510) 643-7778

FOR IMMEDIATE RELEASE - MAY 2, 2006

2006 Schedule

January

- 21 Modrall Sperling Lobo Invite
- 27 Arizona-California Challenge
- 27-28 Washington Invite

February

- 4 Cal All-Comers Meet
- 10-11 Tyson Invitational
- 10-11 Husky Classic
- 11 Cal All-Comers Meet
- 18 Cal All-Comers Meet
- 24-25 Mt. Pacific Indoor Championship
- 25 Cal All-Comers Meet

March

- 10-11 NCAA Indoor Champ
- 18 Bay Area Blast Off
- 25 Hornet Invitational
- 29-30 Cal Multi-Events

April

- 31-1 Cal-Nevada Championship
- 6-8 Texas Relays
- 15 Brutus Hamilton Invitational
- 15 Mt. Sac Relays
- 22 112th Big Meet
- 28-29 Drake Relays

May

- 5-6 Pac-10 Multi-Events Champ.
- 13-14 Pac-10 Championships
- 26-27 NCAA Regional Champ.

June

- 7-10 NCAA Outdoor Champ.
- 22-25 UASTF National Champ.

California Quick Facts

- Location Berkeley, Calif.
- Founded 1868
- Enrollment 33,000
- Nickname Golden Bears
- Colors Blue and Gold
- Chancellor Robert Birgeneau
- Facility Edwards Stadium
- Athletic Director Sandy Barbour
- Director of Track and Field ... Chris Huffins
- Head X-Country Coach Tony Sandoval
- Assistant Coach Jennifer Joyce
- Assistant Coach Bryan Fetzer
- Assistant Coach Phil McMullen

For more information on California Golden Bears track and field visit:

www.CalBears.com

California Track and Field Notes

The Golden Bears Hit Pac-10 Multi Event Championships

IN THE STARTING BLOCKS:

The California multi eventers will travel to the Pac-10 Multi Event Championships on May 5-6, in Eugene, Ore. Last weekend the Golden Bears competed at the 97th annual Drake Relays in Des Moines, Iowa

A QUICK LOOK AT CALIFORNIA:

At the 97th annual Drake Relays the California women's sprint medley team delivered an outstanding performance despite another weekend of poor weather conditions for the Bears. The sprint medley team of seniors Tiffany Johnson and Antonette Carter and sophomores Brook Turner and Alysia Johnson won the race in the pouring rain with its time of 3:50.81. The men's distance medley relay team of sophomore Alex McClary, senior Nestor Solis, sophomore Sean Carey and freshman Mark Matusak finished third in its race with a time of 9:49.80. In the field events, sophomore Ed Wright won the high jump with his mark of 6-08.75 (2.05m). Senior All-American Paul Teinert finished fourth in the javelin with his mark of 210-04 (64.11m). On the women's side, freshman sensation Emilee Strot finished fifth in the discus with her throw of 169-11 (51.79m). Junior Carrie Johnson placed fourth in the hammer with her throw of 182-04 (55.59m) and freshman Inika McPherson finished fifth in the high jump with her jump of 5-07 (1.70m). This weekend the attention turns to the Pac-10 Multi Event Championships in Eugene, Ore., where Tifani Grimes, Artensia Young, and Jonas Halgrimsson will represent the Bears.

A GLANCE AT THE PAC-10 MULTI EVENTS:

The Golden Bears will showcase three athletes at the Pac-10 Multi Event Championships in Eugene, Ore., this weekend. Redshirt freshmen Tifani Grimes and Artensia Young will compete on the women's side in the heptathlon and junior Jonas Halgrimsson will compete for the men in the decathlon. The Pac-10 Multi Events will feature the conference's top collegiate athletes in the heptathlon and decathlon. The events will be held at the University of Oregon's Hayward Field, the finest track-only venue in the nation and host to three Olympic Trials, nine NCAA Championships, and six USA Championships. Events are scheduled to begin at noon on both Saturday and Sunday. Last year the multi events were held at UCLA's Drake Stadium in Los Angeles, where Cal finished third behind Washington State and Oregon in both the women's heptathlon and the men's decathlon.

LAST YEAR AT THE PAC-10 MULTI EVENTS:

The Californian Golden Bears opened Pac-10 competition last year with two impressive performances by Cal's leading multi-event athletes. Senior All-American Brooke Meredith set a total of three personal bests in the heptathlon and finished third with a score of 5,446, the ninth best collegiate score in the country. Junior Jonas Hallgrimsson managed a similar feat as Meredith, finishing third in the decathlon with a total score of 7,002. It was his first decathlon of last year's season due to injury.

Trackwire Men's Poll

- 1 Florida State
- 2 LSU
- 3 UTEP
- 4 Texas
- T5 Arkansas
- T5 Arizona
- 7 Tennessee
- T8 Florida
- T8 Virginia Tech
- T8 BYU
- T11 Wisconsin
- T11 North Carolina
- 13 Oregon
- 14 Oral Roberts
- T15 Texas Tech
- T15 Nebraska
- T17 TCU
- T17 USC
- 19 Texas A & M
- T20 Kansas State
- T20 Kansas
- T20 South Carolina
- T23 Boise State
- T23 Houston
- 25 Washington

Trackwire Women's Poll

- T1 Texas
- T1 Miami
- 3 USC
- 4 Nebraska
- 5 Georgia
- 6 Arizona State
- 7 Auburn
- 8 LSU
- 9 South Carolina
- 10 UCLA
- 11 North Carolina
- 12 Stanford
- 13 Oregon
- 14 Florida State
- 15 Michigan
- 16 Tennessee
- 17 Texas A & M
- 18 Colorado
- T19 Villanova
- T19 Illinois
- T21 Iowa
- T21 Houston
- T21 Air Force
- T24 BYU
- T24 Minnesota
- T24 Washington State
- T24 Alabama
- T24 Penn State

ALL-AROUND COMPETITOR:

Junior Jonas Hallgrímsson battled back from injury last season to place third at the MPSF Championship on Feb. 25 in the heptathlon during the indoor season. Hallgrímsson collected 5429 points at the meet. He posted his season bests in almost all the categories: 13.45m (44-01.50) in the shot put, 7.03m (23-00.75) in the long jump, 2.00m (6-06.75) in the high jump, 8.64 in the 60m hurdles and 7.53 in the 60m. He collected his season best of 4.25m (13-11.25) in the pole vault at the UW Indoor Invitational on Jan. 28. Hallgrímsson joined middle distance runner Alysia Johnson as the only two Golden Bears to compete at the NCAA Indoor Championships. Last season at the Pac-10 Multi Events Championships, Hallgrímsson posted a NCAA qualifying mark of 7,002 in the decathlon. He boasted amazing marks in last year's championships in the 400m (52.62), 1500m (4:39.61), 110m hurdles (15.59) and javelin (213-06). His javelin mark from last year's competition ranks him seventh on the all-time Cal list.

YOUTH ATTACK:

In her first year with the Golden Bears redshirt freshman Artensia Young has continued her impressive outdoor season in the heptathlon. One of her best performances of her career came at the Cal Multi-Events, on March 29-30. In the first day of competition, Young tallied a 14.04m in the 100m hurdles, jumped a 5-3 (1.60m) in the high jump, collected a 31-3.25 (9.53m) in the shot put and was clocked at 25.14 in the 200m. After the first day, Young was in second ahead of several key competitors of the meet. After the final day of competition, Young finished in second with 4915 points, just behind Minnesota's Liz Roehrig, who was the Big Ten champion in the pentathlon in the last indoor season. In the final day, the Los Angeles native posted an 18-03.75 (5.57m) in the long jump, threw an 87-10 (26.76m) in javelin and was clocked 2:29.56 in the 800m. In the indoor competition, Young opened her season at the University of Washington Indoor Invitational with a fourth place finish in the pentathlon with a total of 3606 points. Young collected the marks of 2:30.46 in the 800m, 8.90 in the 60m hurdles, 1.58m (5-02.25) in the high jump, 5.70m (18-08.50) in the long jump and 9.81m (32-02.25) in the shot put. At the MPSF Indoor Championships Young competed in the women's long jump and earned the Bears four points with her mark of 5.83m (19-01.50). Young also competed in the pentathlon and finished right below redshirt freshman Tifani Grimes in ninth place with a score of 3614.

TERRIFIC TIFANI:

Redshirt freshman Tifani Grimes opened her indoor season in January at the University of Washington Indoor Invitational, in which she competed in her first collegiate pentathlon. Grimes placed 15th in the 800m (2:36.45), fourth in the 60m hurdles (9.20), first in the high jump (1.70m/5-07), sixth in the long jump (5.37m/17-07.50) and 10th in the shot put (10.44m/34-03). Grimes continued with speed at the MPSF Championships where she finished eighth in the pentathlon, posting the Bear's season-best score of 3679. Grimes has also been a successful in individual events, at her first outdoor season at the Bay Area Blast Off, Grimes took a third place in the 100m hurdles behind senior Osarhiemen Omwanghe and redshirt freshman Artensia Young. The junior All-American had an equally impressive debut in the field events, winning the women's high jump with a jump of 5-05 (1.65m) and finishing seventh in the women's javelin with a mark of 112-04. Grimes continued her success at the Cal Multi Events in late March, when she finished fourth in the heptathlon with a total of 4824 points. After the first day, Grimes was in fifth place after posting a 14.53 in the 100m hurdles, 5-5.25 (1.66m) in the high jump, 33-5.25 (10.19m) in the shot put and 29.78 in the 200m. On the second day of competition, she posted a 17-08.25 (5.39m) in the long jump, 100-10 (30.76m) in the javelin and 2:30.86 in the 800m.

LAST OUTDOOR SEASON:

The Bears completed their 2005 season with a number of outstanding performances from both the men and women's teams in the Pac-10 and NCAA Championships. In the Pac-10

CAL NCAA OUTDOOR CHAMPIONSHIP QUALIFIERS

Regional Qualifiers

Men

Nate Rolfe - Hammer - 3/18 - 207-30 (63.18m)
Nate Rolfe - Discus - 4/1 - 184-04 (56.29m)
John Ludden - Hammer - 4/7 - 195-04 (59.54m)
Ryan Young - Javelin - 3/25 - 232-10 (70.98m)
Paul Tienert - Javelin - 3/25 - 230-07 (70.28m)
Adam Burgh - Javelin - 3/18 - 204-00 (62.18m)
Jake Hanson - 400m H - 4/6 - 52.38
Alex McClary - 800m - 4/22 - 1:49.53
Craig Kent - Shot Put - 4/22 - 17.01m (55-09.75)
Jonas Hallgrímsson - Javelin - 4/22 - 64.57m (211-10)

Women

Carrie Johnson - Hammer - 3/18 - 195-40 (59.53m)
Emilee Strot - Javelin - 3/25 - 152-10 (46.59m)
4 x 100m Relay Team - 4/8 - 44.99 -
(Omwanghe, Carter, Holmes, T. Johnson)
4 x 400m Relay Team - 4/7 - 3:37.04 -
(Turner, Pierce, Holmes, A. Johnson)
Inika McPherson - High Jump - 4/7 - 5-10 (1.78m)
Cassandra Strickland - Triple Jump - 4/7 - 41-09.75 (12.74m)
Emilee Strot - Shot Put - 4/1 - 48-06 (14.78m)
Alysia Johnson - 800m - 4/15 - 2:07.38
Kelechi Anyanwu - Discus - 4/15 - 49.69m (163-00)
Antonette Carter - 100m - 4/22 - 11.33
Antonette Carter - 200m - 4/22 - 23.20
Alysia Johnson - 400m - 4/22 - 53.01
Mackenzie Pierce - 800m - 4/22 - 2:08.04
Osarhiemen Omwanghe - 100m H - 4/22 - 13.55
Antonette Carter - Long Jump - 4/22 - 6.35m (20-10)
Tiffany Johnson - Long Jump - 4/22 - 6.02m (19-09)
Kelechi Anyanwu - Shot Put - 4/22 - 14.71m (48-03.25)
4 x 100m Relay Team "B" - 4/22 - 44.73
(Omwanghe, T. Johnson, Picott, Carter)
Daisy VanRavenswaay - Shot Put - 4/22 - 14.69m (48-02.5)
Emilee Strot - Discus - 4/22 - 54.24m (177-11)

Championships Paul Teinert posted a lifetime best in winning the javelin and senior Chloe Jarvis was the Pac-10 champion in the 800m. Teinert and Antonette Carter set school records at the Pac-10 Championships in, respectively, the men's javelin and women's 100m. The men finished in eighth place with 60.5 points and the women finished fifth with 82 points. Cal head coach Chris Huffins sent an impressive 15 athletes to the national championships, the most since his short tenure began in 2003. On the men's side the athletes that competed in the NCAA Championships included javelin throwers Adam Burgh and Teinert, 800m runner Alex McClary, senior co-captain David Glasgow and senior All-American shot put thrower Rhuben Williams. The women sent 10 athletes to the NCAAs including Jarvis, Carter, Shannan Hawes, Whitney Schmucker, Alysia Johnson, Cassandra Strickland, Osarhiemen Omwanghe, Elzunia Lamb, Tiffany Johnson, and Brooke Meredith. Carter won All-American honors in the long jump, marking Huffins' first All-American as a coach at Cal and his first female All-American athlete. Carter's fifth-place finish in the 200m earned her second All-American honor of the meet. On the men's side, Teinert's seventh-place finish in the javelin earned him All-American honors, marking Huffins' first male All-American athlete at Cal. Glasgow finished 11th in the high jump ending his career at Cal with his first All-American honors. The Cal's women team ended up finishing 29th with nine points and Cal's men finished 60th with two points scored by Teinert. Five more Cal athletes earned junior All-American honors at the 2005 U.S. Nationals including Missy Faubus and Emilee Strot in the shot put, Alysia Johnson in the 800m, Tifani Grimes in the heptathlon and Chris Chavez in the 5000m.

GOOD AND PLENTY:

In a recent issue of Track and Field News, the magazine previewed collegiate athletes. On the Cal women's side senior Antonette Carter ranked No. 8 in the 100m, No. 12 in the 200m and No. 4 in the long jump. Sophomore Alysia Johnson was ranked No. 16 in the 800m, while freshman Inika McPherson was ranked No. 4 in the high jump and was given the nod for top freshman in the nation. For the men, junior Paul Teinert was ranked No. 5 in the javelin and junior Teak Wilburn ranked No. 7 in the high jump.

OUTDOOR RECORD SETTING:

Heading into the final meets of the outdoor season Cal has broken outdoor school records and freshman school records. Freshman Ryan Young's javelin throw of 232-10 broke the freshman school record set by Adam Burgh in 2004 (200-40) at the Hornet Invitational. Redshirt freshman Emilee Strot broke both the freshman school record and the outdoor school record in the javelin at the Hornet Invitational. Strot threw 152-10, breaking Laura Baker's freshman record of 134-10 from 1989 and breaking Brooke Meredith's outdoor school record set in 2004 of 148-00. Strot also broke the freshman school record in the discus at the Brutus Hamilton Invitational with a mark of 174-06 (53.81m) and then rewrote the record a week later at the 112th Big Meet with her toss of 177-11. At the Texas Relays, the women's 4x200m relay team of freshmen Kristin Holmes and Kandi Bonty, and seniors Tiffany Johnson and Antonette Carter set a school record in the event with a time of 1:35.79. At the 112th Big Meet, Carter rewrote her school record in the 100m. The Concord native was clocked at 11.33 in the race beating her previous record of 11.43.

INDOOR RECORD SETTING:

California is off to a hot start. During the indoor season the team rewrote several of the school's indoor records. Senior Antonette Carter set school records in the 60m (7.33) at the Arizona-California Challenge and the 200m (23.81) at the MPSF Championships. Senior Osarhiemen Omwanghe broke the 60 hurdles record with her time of 8.31 at the Husky Classic. Omwanghe had set the previous 60m hurdles' record two weeks prior. Senior Bridget Duffy broke the school record in the mile (4:49.04) and in the 3000m (9:39.26) at the MPSF Championships and sophomore Alex McClary broke his own indoor record in the 800m at the Alex Wilson Invitational after he was clocked at 1:49.71 in South Bend, Ind.

School Records Broke in 2006

Outdoor Records

Women's Javelin -

OLD: Brooke Meredith, 2004, 148-00

NEW: Emilee Strot, 2006, 152-10

Women's 100m

OLD: Antonette Carter, 2005, 11.43

NEW: Antonette Carter, 2006, 11.33

Freshman Records

Men's Javelin -

OLD: Adam Burgh, 2004, 200-40

NEW: Ryan Young, 2006, 232-10

Women's Javelin -

OLD: Laura Baker, 1989, 134-10

NEW: Emilee Strot, 2006, 152-10

Women's Discus -

OLD: Missy Faubus, 2005, 171-06

NEW: Emilee Strot, 2006, 174-06

OLD: Emilee Strot, 2006, 174-06

NEW: Emilee Strot, 2006, 177-11

At the UW Indoor Invitational, the Cal men's distance medley team broke the school record (9:42.31) and women's distance medley team set a new school record (11:28.96) at the MPSF Championships. Junior Teak Wilburn broke the indoor high jump, with his 7-3.75 from the Tyson Invitational. Sophomore Alysia Johnson broke Chloe Jarvis' record in the 800m at the MPSF Championships with her time of 2:05.52, then Johnson broke her own record in the prelims at the NCAA Indoor Championships (2:05.49). Rebecca Yau set a new school record in the 5000m after she was clocked at 16:52.66. Also at the MPSF Championships, junior set a new school record in the 3000m (14:13.60).

COACHES:

After successfully competing as a Golden Bears athlete in the early 1990s, Chris Huffins returned to Cal Oct. 16, 2002, as Director and Head Coach of the Men's and Women's Track and Field and Cross Country programs. In the last three years, the Huffins-led Bears have sent more athletes to the NCAA Championships than in any other three-year span (12 in 2003, 13 in 2004, and 15 in 2005), and he has overseen 14 All-American honors. Huffins has also witnessed Cal history books rewritten, as there have been 12 new Cal school records and six new freshman records set, which bodes very well for the future. Most impressively, Huffins saw five current Golden Bears compete at the 2004 Olympic Trials in Sacramento, Calif. In 2005, two of Huffins' athletes were ranked in the top 10 in the country by Track and Field News. Antonette Carter was ranked No. 8 in the long jump and Paul Teinert ranked ninth in the javelin. Huffins has seen the team dramatically improve its conference position since he inherited the program. Prior to this season, the women have had their highest Pac-10 team finish in history two years in a row, finishing in fifth place at the conference championships in 2004 and 2005, up four places from 2003. The Golden Bears men's team has moved up to seventh, in the tough Pac-10 conference, having weathered a few key injuries over the last two years. Indoors however, the men have been second and third in the 2004 and 2005 Mountain Pacific Sports Federation Championships. Huffins has also nurtured the development of the true student-athlete, evidenced by more than 60 Pac-10 All-Academic honors that his athletes have earned since 2003. The future looks bright for Huffins and his Golden Bears, as the 2004 incoming freshman recruiting class was ranked No. 1 and the 2005 class was ranked No. 5 in the country, by Track & Field News. Prior to taking the reigns at Cal, Huffins was an assistant coach for six years.

Huffins is assisted by Ed Miller (field events-multi-events), Tony Sandoval (head cross country coach), Phil McMullen (pole vault-high jump-multi events), Bryan Fetzer (sprints-hurdles) and Jennifer Joyce (throws).

UP NEXT:

The Cal track and field team will head to the Pac-10 Championships in Eugene, Ore., on May 13-14, before heading to the west regional in Provo, Utah on May 26-27.

The 2006 California Men's Outdoor Track and Field Best Times and Marks

* NCAA Regional Qualifier, # NCAA Automatic Qualifier, ^ Indoor School Record, % Freshman Record, \$ Outdoor School Record, i Indoors

AS OF APRIL 30, 2006

		2006 Outdoor	PR
100m (10.50)			
Alex Beitashour	Big Meet, 4/22	10.98	10.98
Robert Young	Big Meet, 4/22	11.04	11.04
Steven Conrad	Cal Multi-Events, 3/29	11.63	11.63
200m (21.19)			
Nestor Solis	Big Meet, 4/22	21.78	21.78
Jake Hanson	MPSF Championships, 2/24	22.07i	22.07
Steven Conrad	Modrall Sperling Invitational, 1/21	22.09i	21.35
Alex Beitashour	Big Meet, 4/22	22.25	22.25
Chris Boykins	Modrall Sperling Invitational, 1/21	22.28i	22.28
Jordan Paul	Arizona-California Challenge, 1/27	22.47i	22.47
Jonathan Suddaby	MPSF Championships, 2/24	22.55i	22.03
Noah Smith	MPSF Championships, 2/24	22.96i	22.96
400m (47.26/47.00)			
Nestor Solis	Brutus Hamilton, 4/15	47.46	47.46
Randy Fair	Arizona-California Challenge, 1/27	48.83i	48.29
Jonathan Suddaby	Arizona-California Challenge, 1/27	49.18i	47.79
Alex Beitashour	MPSF Championships, 2/24	49.34i	49.34
Steven Conrad	Cal Multi-Events, 3/29	49.38	49.38
800m (1:50.40/1:50.10)			
Alex McClary	Big Meet, 4/22	1:49.53	1:48.82
Sean Carey	Big Meet, 4/22	1:51.77	1:51.77
Eric Lee	USF Invite, 4/30	1:52.76	1:52.23
Randy Fair	Husky Classic, 2/11	1:53.50i	1:51.75
Andy McClary	MPSF Championships, 2/24	1:55.22i	1:51.78
Matt Miller	Brutus Hamilton, 4/15	1:56.97	1:56.97
Stephen Pottey	Hornet Invitational, 3/25	2:00.50	1:55.79
Mile (4:06.00/4:05.70)			
Kevin Davis	Alex Wilson Invitational, 3/4	4:03.55i	4:03.55
Andy McClary	Husky Classic, 2/11	4:09.01i	4:09.01
Mark Matusak	Brutus Hamilton, 4/15	4:08.70	4:05.24
Eric Lee	Bay Area Blast Off, 3/18	4:15.26	4:15.26
Alex McClary	UW Indoor Invitational, 1/28	4:15.80i	4:10.52
Chris Chavez	Brutus Hamilton, 4/15	4:20.84	4:20.84
Stephen Pottey	Brutus Hamilton, 4/15	4:23.46	4:12.98
Micah Parker	Bay Area Blast Off, 3/18	4:29.34	4:29.34
1500m (3:47.80/3:47.50)			
Giliat Ghebray	Big Meet, 4/22	3:49.13	3:49.13
Mark Matusak	Big Meet, 4/22	3:50.00	3:50.00
Alex McClary	Stanford Invitational, 4/1	3:50.49	3:48.01
Andy McClary	Big Meet, 4/22	3:51.67	3:51.67
Matt Miller	Hornet Invitational, 3/25	3:55.66	3:55.66
Eric Lee	Hornet Invitational, 3/25	3:56.39	3:58.39
Stephen Pottey	Johnny Mathis Invitational, 4/8	3:58.59	3:58.59
Dawit Tesfasillasi	Hornet Invitational, 3/25	3:56.92	3:58.92
3000m			
Giliat Ghebray	Husky Classic, 2/11	7:58.46i	7:58.46
Mark Matusak	MPSF Championships, 2/25	8:06.18i	8:06.18
Kevin Davis	MPSF Championships, 2/25	8:07.89i	8:07.89
Jake Schmitt	MPSF Championships, 2/25	8:19.76i	8:19.76
Matt Miller	Hornet Invitational, 3/25	8:43.34	8:43.34
Eric Lee	Hornet Invitational, 3/25	8:45.73	8:45.73
Dawit Tesfasillasi	Hornet Invitational, 3/25	8:51.70	8:51.70
Micah Parker	Hornet Invitational, 3/25	8:56.81	8:56.81
3000mSC (9:07.00/9:06.70)			
Matt Miller	Big Meet, 4/22	9:14.61	9:14.61

The 2006 California Men's Outdoor Track and Field Best Times and Marks (Con't)

Micah Parker	Big Meet, 4/22	9:24.03	9:24.03
Andy McClary	Brutus Hamilton, 4/15	9:34.93	9:34.93
Stephen Potty	Big Meet, 4/22	9:37.03	9:37.03
5000m (14:10.00/14:09.70)			
Giliat Ghebray	Payton Jordan Cardnial Invite, 4/30	13:50.84	13:50.84
Mark Matusak	Big Meet, 4/22	14:31.31	14:31.31
Chris Chavez	MPSF Championships, 2/24	14:38.96i	14:38.96
Jake Schmitt	MPSF Championships, 2/24	14:44.92i	14:44.92
Micah Parker	Brutus Hamilton, 4/15	15:31.69	15:31.69
Dawit Tesfasillasie	Stanford Invitational, 4/1	15:33.34	15:33.34
10,000m (28:45.00/29:30.00)			
Giliat Ghebray	Stanford Invitational, 3/31	29:44.11	29:44.11
Jake Schmitt	Stanford Invitational, 3/31	30:15.38	30:15.38
110m Hurdles (14.30)			
Craig Gallimore	Big Meet, 4/22	14.41	14.41
Scott Sobieralski	Big Meet, 4/22	14.51	14.51
Jordan Paul	Big Meet, 4/22	14.58	14.58
400m Hurdles (52.51/52.20)			
Jake Hanson	Texas Relays, 4/6	52.38	52.38
Craig Gallimore	Big Meet, 4/22	54.09	54.09
Jordan Paul	Big Meet, 4/22	57.20	57.20
4 x 100m Relay (40.66/40.40)			
Forsett, Hampton, Paul, Lynch	Big Meet, 4/22	41.98	
	Bay Area Blast Off, 3/18	43.26	
4x400m Relay (3:10.00/3:09.70)			
Solis, Suddaby, Fair, Hanson	Texas Relays, 4/7	3:11.74	
Fair, Ghebray McClary, Solis	Big Meet, 4/22	3:15.47	
Suddaby, Solis Fair, Hanson	Brutus Hamilton, 4/15	3:16.77	
High Jump (2.10)			
Teak Wilburn	Tyson Invitational, 2/11	2.23m (7-03.75)j [^]	2.26m (7-05.00)
Ed Wright	Tyson Invitational, 2/11	2.13m (6-11.75)j	2.14m (7-00.25)
Jonas Halgrimsson	MPSF Championships, 2/24	2.00m (6-06.75)j	2.00m (6-06.75)
Steven Conrad	UW Indoor Invitational, 1/28	1.88m (6-02.00)j	1.93m (6-04.00)
Scott Sobieralski	Big Meet, 4/22	1.88m (6-02.00)	1.88m (6-02.00)
Paul Teinert	Big Meet, 4/22	1.83m (6-00.00)	1.83m (6-00.00)
Long Jump (7.34)			
Jonas Halgrimsson	Big Meet, 4/22	7.11m (23-04.00)	7.11m (23-04.00)
Steven Conrad	UW Indoor Invitational, 1/28	7.01m (23-00.00)j	7.37m (24-02.0)
Robert Young	Big Meet, 4/22	6.95m (22-09.00)j	7.14m (23-50.25)
Scott Sobieralski	Big Meet, 4/22	6.88m (22-.07.00)	6.88m (22-.07.00)
Jake Hanson	Modrall Sperling Invitational, 1/21	6.86m (22-06.25)j	6.86m (22-06.25)
Triple Jump (15.08)			
Jonas Hallgrimsson	Modrall Sperling Invitational, 1/21	14.35m (47-01.00)j	14.63m (48-00.00)
Shot Put (16.80)			
Craig Kent	Big Meet, 4/22	17.01m (55-0.975)	17.01m (55-0.975)
Nate Rolfe	Big Meet, 4/22	16.24m (53-03.50)	16.24m (53-03.50)
John Ludden	Big Meet, 4/22	16.11m (52-10.25)j	16.11m (52-10.25)
Jonas Halgrimsson	MPSF Championships, 2/24	13.45 (44-01.50)j	13.54m (44-05.25)
Steven Conrad	UW Indoor Invitational, 1/28	11.88m (38-11.75)j	11.88m (38-11.75)
Discus (51.70)			
Nate Rolfe	Stanford Invitational, 3/31	56.29m (184-08)*	56.29m (184-08)
John Ludden	Bay Area Blast Off, 3/18	51.13m (167-09)	51.68m (169-07)

The 2006 California Men's Outdoor Track and Field Best Times and Marks (Con't)

Craig Kent	Johnny Mathis Invitational, 4/8	51.03m (167-05)	51.67m (169-06)
Kurt Seefeld	Big Meet, 4/22	50.96m (167-02)	50.96m (167-02)
Jonas Hallgrimsson	Payton Jordan Cardnial Invite, 4/30	38.93m (127-09)	38.93m (127-09)
Scott Sobieralski	Johnny Mathis Invitational, 4/8	34.61m (113-06)	34.61m (113-06)
Hammer (55.60)			
Nate Rolfe	Bay Area Blast Off, 3/18	63.18m (207-30)*	63.18 (207-30)
John Ludden	Texas Relays, 4/6	59.54m (195-04)*	59.54m (195-04)
Zak Thomas	Johnny Mathis Invitational, 4/8	52.82m (173-03)	(176-06)
Javelin (61.60)			
Ryan Young	Hornet Invitational, 3/25	70.98m (232-10)*%	70.98m (232-10)
Paul Tienert	Hornet Invitational, 3/25	70.28m (230-07)*	71.95m (235-11)
Jonas Hallgrimsson	Big Meet, 4/22	64.57m (211-10)	64.57m (211-10)
Adam Burgh	Bay Area Blast Off, 3/18	62.18m (204-00)*	65.69m (215-06)
Craig Kent	Bay Area Blast Off, 3/18	53.56 (175-09)	53.56 (175-09)
Andy Sinotte	Bay Area Blast off, 3/18	52.31m (171-07)	52.31m (171-07)
Pole Vault (5.05)			
Scott Sobieralski	MPSF Championships, 2/25	4.91m (16-01.25)j	5.06m (16-07.25)
Donny Appanaitis	Arizona-California Challenge, 1/27	4.90m (16-00.75)j	4.90m (16-00.75)
Andrew Stevens	Arizona-California Challenge, 1/27	4.60m (15-01)j	4.60m (15-01)
Jonas Halgrimsson	UW Indoor Invitational, 1/28	4.25m (13-11.25)j	4.50m (14-09.00)
Steven Conrad	UW Indoor Invitational, 1/28	3.85m (12-07.50)j	3.95m (12-11.50)
Decathlon (7,500/7,000)			
Steven Conrad	Cal Multi-Events, 3/30	5211	5211

The 2006 California Women's Outdoor Track and Field Best Times and Marks

* NCAA Regional Qualifier, # NCAA Automatic Qualifier, ^ Indoor School Record, % Freshman Record, \$ Outdoor School Record, i Indoors

AS OF APRIL 30, 2006

		2006 Outdoor	PR
100m (11.75)			
Antonette Carter	Big Meet, 4/22	11.33*	11.33
Tiffany Johnson	Big Meet, 4/22	11.92	11.92
Kandi Bonty	Texas Relays, 3/7	12.09	11.85
Lollie Onipede	Hornet Invitational, 3/25	12.20	11.91
Osarhiemen Omwanghe	Texas Relays, 3/7	12.32	12.32
Chandra Picott	Big Meet, 4/22	12.68	12.68
200m (23.96)			
Antonette Carter	Big Meet, 4/22	23.20*	23.05
Tiffany Johnson	Big Meet, 4/22	24.09	24.34
Kandi Bonty	Hornet Invitational, 3/25	24.67	24.63
Brook Turner	Big Meet, 4/22	24.95	24.51
Artensia Young	Cal Multi-Events, 3/29	25.14	25.14
Osarheimen Omwanghe	Brutus Hamilton, 4/15	25.17	25.17
Francesca Weems	MPSF Championships, 2/24	25.28i	25.28
Lollie Onipede	Hornet Invitational, 3/25	25.53	25.11
Tiffani Grimes	Cal Multi-Events, 3/29	25.78	25.78
Chandra Picott	Big Meet, 4/22	25.86	24.57
Evelyn Smith	Arizona-California Challenge, 1/27	26.38i	26.02
400m (54.61)			
Alysia Johnson	Big Meet, 4/22	53.01	53.01
Brook Turner	Brutus Hamilton, 4/15	55.03	54.32
Francesca Weems	Big Meet, 4/22	56.74	56.74
Evelyn Smith	Brutus Hamilton, 4/15	57.78	57.78
Amanda Thornberry	Hornet Invitational, 3/25	1:05.25	1:05.25
800m (2:09.80/2:09.50)			
Alysia Johnson	NCAA Indoor Championships, 3/10	2:05.49i^	2:05.49
Mackenzie Pierce	Husky Classic, 2/11	2:07.37i	2:06.45
Pippa Macdonald	Husky Classic, 2/11	2:11.87i	2:11.87
Lindsay Maclise	Husky Classic, 2/11	2:12.03i	2:10.43
Maja Ruznic	Big Meet, 4/22	2:30.38	2:30.38
Amanda Thornberry	Big Meet, 4/22	2:35.41	2:35.41
1500m (4:27.80/4:27.50)			
Mackenzie Pierce	Hornet Invitational, 3/25	4:32.52	4:32.52
Amanda Thornberry	Hornet Invitational, 3/25	4:38.68	4:38.68
Maja Ruznic	Brutus Hamilton, 4/15	4:49.96	4:49.96
Pippa Macdonald	Hornet Invitational, 3/25	5:01.33	5:01.33
Mile (4:49.60/4:49.30)			
Elizabeth Mayeda	USF Invite, 4/30	4:38.54	4:38.54
Bridget Duffy	MPSF Championships, 2/25	4:49.04i^	4:49.04
Lindsay Maclise	Husky Classic, 2/11	4:50.19i	4:50.19
Amanda Thornberry	MPSF Championships, 2/24	4:57.22i	4:57.22
Lisa Sandoval	USF Invite, 4/30	5:13.13	5:13.13
3000m			
Bridget Duffy	MPSF Championships, 2/25	9:39.26i^	9:39.26
Rebecca Yau	MPSF Championships, 2/25	9:39.35i	9:39.35
Amanda Thornberry	MPSF Championships, 2/25	10:04.97i	10:04.97
Marie Raffray	Hornet Invitational, 3/25	10:33.53	10:33.53
3000mSC (10:50.25/10:50.00)			
Abby Parker	Drake Relays, 4/28	11:00.18	10:40.35
Lisa Sandoval	Big Meet, 4/22	11:59.69	11:59.69
5000m (16:52.00/16:51.70)			
Rebecca Yau	MPSF Championships, 2/24	16:52.66i^	16:52.66
Abby Parker	MPSF Championships, 2/24	16:56.27	16:56.27
Elizabeth Mayeda	Stanford Invitational, 3/31	17:57.35	17:57.35

The 2006 California Women's Outdoor Track and Field Best Times and Marks (Con't)

10,000m (33:55.00/35:00.00)			
Rebecca Yau	Stanford Invitational, 3/31	35:11.07*	35:11.07
100m Hurdles (13.92)			
Osarheimen Omwanghe	Texas Relays, 4/7	13.77	13.43
Artensia Young	Cal Multi-Events, 3/29	14.04	14.04
Tifani Grimes	Big Meet, 4/22	14.48	14.48
400m Hurdles (1:00.82/1:00.50)			
Evelyn Smith	Payton Jordan Cardnial Invite, 4/30	1:01.06	1:01.06
Osarhiemen Omwanghe	Big Meet, 4/22	1:01.89	1:00.40
Artensia Young	Big Meet, 4/22	1:05.74	1:05.74
Lisa Sandoval	Bay Area Blast Off, 3/18	1:22.54	1:22.54
4 x 100m Relay (45.70/45.40)			
	Big Meet, 4/22	44.73	
Omwanghe, Carter Holmes, T. Johnson	Hornet Invitational, 3/25	45.01	
4x400m Relay (3:42.00/3:41.70)			
Turner, Pierce, Holmes, A. Johnson	Texas Relays, 4/7	3:37.04*	
Turner, A. Johnson Carter, Pierce	Big Meet, 4/22 Texas Relays, 4/8	3:39.97 3:40.22*	
E. Smith, A. Johnson Young, Turner	Brutus Hamilton, 4/15	3:44.44	
Smith, Pierce, T. Johnson, Carter	Hornet Invitational, 3/25	3:46.41	
Sprint Medley Relay			
T. Johnson, Carter, Turner, A. Johnson	Texas Relays, 4/7	3:48.13	
High Jump (1.75)			
Inika McPherson	Tyson Invitational, 2/11	1.80m (5-10.75)j ^a	1.88m (6-02.00)
Tifani Grimes	Johnny Mathis Invitational, 4/8	1.73m (5-08.00)	1.73m (5-08.00)
Artensia Young	Cal Multi-Events, 3/29	1.60m (5-03.00)	1.60m (5-03.00)
Cassandra Strickland	Big Meet, 4/22	1.63 m (5-04.25)	1.68m (5-06.00)
Long Jump (5.97)			
Antonette Carter	Big Meet, 4/22	6.13m (20-01.50)*	6.50m (21-04.00)
Tiffany Johnson	Big Meet, 4/22	6.02m (19-09.00)	5.95m (19-06.25)
Qadriyyah Abdullah	Hornet Invitational, 3/25	5.87m (19-03.25)	5.98m (19-07.50)
Angie Pressey	Arizona-California Challenge, 1/27	5.81m (19-00.75)j	5.94m (19-06.00)
Cassandra Strickland	Husky Classic, 2/11	5.79m (19-00.00)j	5.91m (19-04.75)
Artensia Young	MPSF Championships, 2/25	5.78m (18-11.75)j	5.78m (18-11.75)
Tifani Grimes	Payton Jordan Cardnial Invite, 4/30	5.63m (18-05.75)	5.63m (18-05.75)
Trinity White	Big Meet, 4/22	5.49m (18-00.25)	5.49m (18-00.25)
Kristen Holmes	Brutus Hamilton, 4/15	5.47m (17-11.05)	5.47m (17-11.05)
Inika McPherson	Bay Area Blast Off, 3/18	4.39m (14-05.00)	5.95m (19-07.00)
Triple Jump (12.32)			
Cassandra Strickland	Arizona-California Challenge, 1/27	13.05m (42-09.75)j	13.05m (42-09.75)
Artensia Young	MPSF Championships, 2/25	12.53m (41-01.50)j	12.53m (41-01.50)
Qadriyyah Abdullah	Modrall Sperling Invitational, 1/21	12.20m (40-00.50)j	12.34m (40-06.00)
Tiffany Johnson	Arizona-California Challenge, 1/27	12.12m (39-09.25)j	12.12m (39-09.25)
Trinity White	Hornet Invitational, 3/25	11.77m (38-07.50)	12.38m (40-07.50)
Inika McPherson	Alex Wilson Invitational, 3/4	11.51m (37-09.25)j	11.51m (37-09.25)
Lollie Onipede	Brutus Hamilton, 4/15	11.13m (36-06.20)	11.13m (36-06.20)
Pole Vault (3.80)			
Danielle Navarre	Modrall Sperling Invitational, 1/21	3.75m (12-03.50)j	3.85m (12-07.50)
Katie Morgan	Modrall Sperling Invitational, 1/21	3.60m (11-09.75)j	3.97m (13.00.25)
Shot Put (14.30)			
Kelechi Anyanwu	Drake Relays, 4/29	14.97m (49-07.50)	14.97m (49-07.50)

The 2006 California Women's Outdoor Track and Field Best Times and Marks (Con't)

Emilee Strot	MPSF Championships, 2/25	14.69m (48-02.50)j	14.69m (48-02.50)
Daisy Van Ravenswaay	Big Meet, 4/22	14.69m (48-02.50)	14.54m (47-08.50)
Carrie Joshnson	Big Meet, 4/22	12.82m (42-00.75)	12.82m (42-00.75)
Tifani Grimes	Cal Multi Events, 3/29	10.19m	10.19m
Artensia Young	Cal Multi Events, 3/29	9.53m	9.53m
Discus (47.30)			
Emilee Strot	Big Meet, 4/22	54.24m (174-11)*	54.24m (174-11)
Kelechi Anyanwu	Drake Relays, 4/29	49.68m (163-00)*	49.68m (163-00)
Daisy Van Ravenswaay	Big Meet, 4/22	47.39m (155-06)	47.39m (155-06)
Carrie Johnson	Brutus Hamilton, 4/15	44.52m (146-01)	44.52m (146-01)
Hammer (54.15)			
Carrie Johnson	Bay Area Blast Off, 3/18	59.53m (195-40)*	59.53m (195-40.00)
Alexandra Hunnings	Bay Area Blast Off, 3/18	50.63m (166-20)	54.45m (178-08.00)
Daisy Van Ravenswaay	Big Meet, 4/22	43.56m (142-11)	43.56m (142-11)
Javelin (43.45)			
Emilee Strot	Hornet Invitational, 3/25	46.59m (152-10)*%\$	46.59m (152-10.00)
Daisy Van Ravenswaay	Brutus Hamilton, 4/15	42.69m (140-01)	42.69m (140-01)
Trienty White	Jordan Payton Cardnial Invite, 4/30	38.01m (124-08)	40.01m (131-03.00)
Inika McPherson	Bay Area Blast Off, 3/18	36.27m (119-00)	36.72m (119-00.00)
Tifani Grimes	Jordan Payton Cardnial Invite, 4/30	36.04m (118-03)	37.47m (122-11.00)
Artensia Young	Cal Multi-Event, 3/30	26.76m	26.76m
Heptathlon (5,500/5,000)			
Artensia Young	Cal Multi-Events, 3/30	4915	4915
Tifani Grimes	Cal Multi-Events, 3/30	4824	4824